

ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB



THE CEO's COLUMN

Despite no patrons and with everything happening in the world today, it is a time when we almost fall in love with golf all over again - with that Masters aura.

At home we celebrate The Masters through our very own Masters Par 3 experience/contest, personally my favourite member event of the year, as this allows the whole family to get involved. The selected 9 holes on the East Course will be replicated to the same criteria as the Par 3 course set out at Augusta National. There are only a couple of tee times left, so book, dress up your caddies, bring the family and enjoy another fun filled afternoon, celebrating Masters week.

The first Board meeting of the year was held on 10 March and management has received its mandate for the membership renewal advice and budget for the new financial year 2021/22. The Board & management team have taken great care in considering future pricing, the impact on member's personal and disposable income and all the other factors. Changes to the positive trading environment and forecasts has allowed us to adjust/progress favourably for the new financial year, whilst still ensuring we raise enough capital to keep up standards and move the Club forward. The member renewal advice for the new financial year (1 July) will be distributed to the membership at the end of April.

Prior to the last AGM, the Board undertook to consider some updating of the Club's Constitution and if necessary, make proposals to members in this regard. The Board has therefore engaged with the Club's attorney to discuss potentially increasing the size of the Board, alongside office bearers term of service. Additionally, in this 'new world', we have asked our attorney to holistically review the Club's constitution, which was last updated in 2015, with the view to ensure the make-up of our organisation supports and includes any modern requirements to efficiently govern the Club (i.e. virtual meetings). At the same time the Board is working on its succession planning. If there are any further recommendations from the membership, please send through your suggestions in writing.

As communicated earlier in the year, our property developers have confirmed the erection of the much-anticipated family centre (old halfway house) and the Royal fitness club (current conference entrance, Birkdale & Blackheath rooms) where boarding will be in place at the end of May and construction will start on 1 June 2021. The estimated grand opening will take place in November and all members will be invited to attend.

The Chairman will be issuing the first quarter report next week - please take the time to review the current Club operations and consider the new strategic approach. This will be followed by the annual member survey. The objective is to receive member insight into the preferences and perceptions across the various Club topics and services. This allows the Club to continue with its development and monitor a go-forward frame of reference on a broader basis, which greatly assists the office in paving future strategy, correcting shortfalls and delivering what the majority membership wish to see. Please take the time to complete the survey which will go out via email and will be available in hardcopy at reception.

We are all cognisant and take consideration of a potential third wave of the COVID-19 approaching and the potential re instatement of certain restrictions etc. As more information becomes available, we will adapt swiftly and advise the membership accordingly. Please do not drop your guard, remain safe, vigilant and responsible at all times as we all do our part to remain 'together apart' in the continued fight against COVID -19.

On behalf of the Club, we wish you and your families a happy Easter, safe travels and if you are not going away please use the Club, bring the family, play golf, and enjoy our wonderful facilities.

Warm regards

Chris Bentley
Chief Executive Officer



APRIL

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DATES TO NOTE Public Holiday - Good Friday Fri 2 April Club Comp - Betterball Stableford Sat 3 April Sun 4 April Public Holiday - Easter Sunday Sun 4 April Easter Sunday Lunch @ Royal Mon 5 April Public Holiday - Family Day Club Open Mon 5 April Ladies Comp -Ind. Stableford Tue 6 April Greg's Day Wed 7 April Masters Par 3 Challenge Wed 7 April Club Comp - Betterball Bonus Bogey Sat 10 April Masters Mixed Open Sun 11 April Betterball League Round 4 Sun 11 April Club Closed Mon 12 April Ladies Comp - 4 Ball Alliance Tue 13 April Club Comp - Ind. Medal Sat 17 April Mid Amateur league round 3 Sat 17 April Club Closed - East Course Verti drain Mon 19 April Ladies Comp - Ind. Medal or Stableford Tue 20 April LGG weekday league vs CCJ away Thurs 22 April Club Comp - 4 Ball Alliance Sat 24 April Betterball league round 5 Sun 25 April Junior league round 3 Sun 25 Apri Club Closed Mon 26 April Public Holiday - Freedom Day Tue 27 April

MAY

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March is certainly a memorable month and it is incredible to think that this time last year, we were all preparing to go into a hard lockdown under level 5 restrictions and our Club would be days away from being entirely closed for operations.

Fast forward one year later and I now write this month's newsletter on the back of three of the most successful events we have had, certainly during my period at the Club. It goes to show what can be achieved and how quickly events can turn for better or worse.

We can safely say that despite the challenges we have endured and continue to face, it has been an incredible month for the Club overall and it is undoubtedly the accumulative efforts of all staff, management and members at the Club that has seen us grow from strength to strength over the past twelve months.



Following on from my report sent out last week to the membership, I would like to reiterate our appreciation for all your support, understanding and encouragement, particularly during the first quarter of this year. Members would have read the in-depth explanation of the load shedding challenges and tee box work that we are busy with after the tournaments.

Additionally, the team still have much work to do on the courses as we enter autumn. Apart from the usual daily maintenance items, turfgrass growth will start to decline and in turn, this alleviates the daily pressures of excessive mowing and irrigation, allowing us to perform some much-needed work on our tees, sweeping of leaves, landscape maintenance both on and off course areas.



The cool season, Rye seed, along with our new divot mix for our tees, will be arriving soon and we will be over-seeding the range tees, opening holes on each course alongside the par3 tees during the month of April. During this over-seeding process we will be alleviating traffic from these areas and will need to move tee markers around to allow these tee-boxes the time to germinate.

We remind members that we will not be hollow tining our greens this autumn but will be performing a necessary vertidrain on both courses towards the end of April and beginning of May. We will also begin our poa annua control programme, predominantly on the East greens during the month of April. The green kikuyu has also started to discolour slightly as autumn has set in and the turf goes into dormancy over the coming weeks.

Autumn is my favourite season for the golf here in Joburg and we trust that you will enjoy the beauty of the trees and the courses during this wonderful season. If you are travelling away during the Easter period, please do so safely and we wish you an enjoyable Easter holiday.

See you on the golf course!
Shaun Brits
Course Manager

Note from the Captain

February and March have been very busy golfing months at Royal. We have held three massive tournaments at our Club, culminating with the hosting of the biggest Club Championships, to date.

Thanks must go to a number of people but firstly, to Shaun Brits and his team for preparing two magnificent courses for the 2021 Club Championships. Secondly, to the golf department and operations department who are up late and at the Club very early in the week prior to the Championships and during the staging of the Championships, particularly on the final day. Your dedication is much appreciated.

Well played to our 2021 Club Champion, Jules Helary who won the Championship for the first time and to our 2021 Ladies Club Champion, Eleonora Galletti who claimed her seventh title! Congratulations too to the following trophy

winners:

B Division Clint Poppesqou

C Division Jay Budler

D Division John Earl

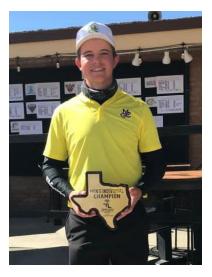
Ladies Bronze Division Valentina Sakota

Junior A Division Champion Matthew Mortimer

Junior B Division Champion Paola Sakota

I must just say one of the funniest and shortest speeches I have heard from a winner in a long time, must come from the B division winner, Clint Poppesgou. On being

handed the microphone for his 'victory' speech, Clint said he would like to thank the most important staff members at Royal, namely the barmen! Cheers.



On that note, I do have to mention a young Royal Member who has just started his collegiate career at Midland College in the USA. Sam McKenzie, playing in his first tournament in the Tanklogix Intercollegiate tournament at Randhland Hills Golf Club, won the individual title by 10 shots with scores of 63-64-69 =196. By doing so, he helped his side to edge out Indian Hills Community College into 2nd place by 2 shots to finish the 54 hole event in first place in the team event as well. Besides this amazing result, Sam is currently the top ranked player in NJCAA (the National Junior Collegiate Athletic Association).

For all the new members, there is tournament called the Five Royals that is held at Royal Port Alfred on an annual basis. Please see the invite below and if you are keen to participate, please add your name to the list which will be up on the notice board. It is a most enjoyable weekend playing against all the Royals - Cape, Durban, Harare, Port Alfred and ourselves.

In closing, do not forget the 17th of April for the second round of the Interschools Challenge.

Yours in golfing

Nick Watt-Pringle

Club Captain



Founded 1907 Appointed 1924

Royal Port Alfred Golf Club

Tel. (046) 624-4796 Email corrie@rpagc.co.za P.O. Box 418 Port Alfred 6170

INVITATION TO THE 2021 ROYALS

You are invited to attend the 2021 Royals Tournament to be held from Friday 23rd to Sunday 25 July 2021

This event as usual will be attended by the Royals from Cape Town, Durban, Harare, Johannesburg/Kensington and Port Alfred.

The event includes a light supper on Thursday 22nd where all guests meet and attend to registration.

- Friday morning: Flag raising ceremony, followed by the tree planting, performed by the captains.
- 2. Friday morning: Breakfast at Royal Port Alfred
- 3. Friday: Golf at Royal Port Alfred
- 4. Friday evening: A get-together meal.
- 5. Saturday morning: Breakfast at Royal Port Alfred.
- 6. Saturday: Golf at Fish River golf. The evening is free.
- 7. Sunday morning: Breakfast at Royal Port Alfred.
- 8. Sunday: Golf at Royal Port Alfred.
- 9. Sunday evening: A get-together with prize giving and an evening steak braai.

Kind Regards,

Corrie van Zyl Manager 072 3843041



Essentially Royal



For an exclusive, one-of-a-kind royal touch own a luxury 'Royal branded' toiletry bag.

Handcrafted in genuine leather, it's distinctive, versatile & practical. Made to order in limited editions - we can personalize them too. Or give them as a gift.

Contact Dean: exdesign@iafrica.com Size: 250mm(L) x 140mm(W) x 85mm(H)



HOME IS CLOSER THAN YOU THINK

Be sure to forward the below contact details to a friend or family member today.

If a successful apartment sale is made as a result of our 'Refer a Friend' Campaign, you'll qualify for a

FREE GOLF MEMBERSHIP FOR TWO YEARS!

E | <u>sales@royaldevelopments.co.za</u>

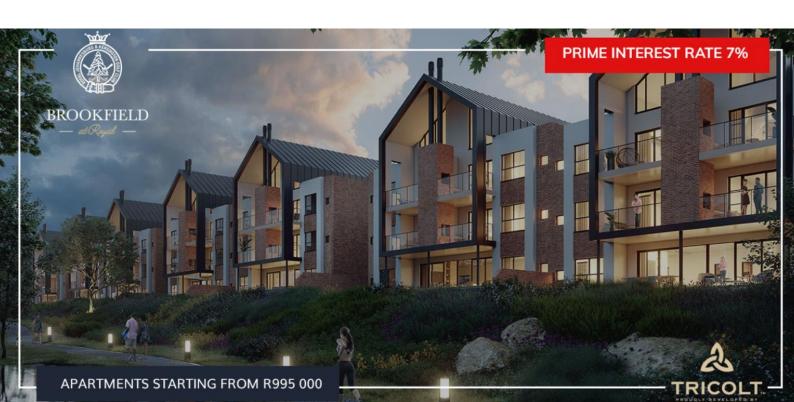
T | 0661 683 683

Our dedicated sales agents will do the rest!

WEBSITE TAB

BROCHURE TAB

Ts&Cs Apply.



SWING THOUGHTS

By Theo Bezuidenhout



Theo is a psychologist, guest-lecturer and self-confessed sports nut. He is the founder of BVP Sport Psychology as well as the current High Performance Psychologist for GolfRSA. Theo has a professional philosophy that performance (good or bad) is not co-incidental. He therefore encourages clients to maintain both physical and mental processes and routines that lead to consistent performances and a consistent life.

Why Match Play Matters

Match play: A scoring system for golf in which a player, or team, earns a point for each hole in which they have bested their opponents.

It feels like just yesterday when the victorious European team strode the last green of Le Golf National in France with the famous Ryder cup to cheers of "EUROPPPPPE-EUROPPPPPE" ringing in their ears. The pressure was palpable and you could cut the tension with a knife as then world number 1 Dustin Johnson succumbed to the big moment. Ian Poulter again "delivering" as only the "Postman" can as Europe regained the vaunted chalice of Matchplay golf in 2019. How the Yanks must hate the sight of that Englishman!

The drama and tension, guts and glory on this day were all thanks to an almost forgotten format for us amateurs: match play. In this the month of the Dell Match play on the PGA Tour, RJK Swing Thoughts focuses on the importance of match play and why it is relevant to your game and your psyche.

Fostering a positive attitude

Play one shot at a time, one hole at a time. Easier said than done in stroke play, especially when you are playing a very tough course and you start badly. In match play staying in the moment is far easier. All you have to do is focus on each hole and to try and best the score of your playing partner. Lose a hole? No problem I'll just win the next one. The ability to think like this fosters the positive focus needed in stroke play of one thing at a time and it is often a much more enjoyable journey to getting to the end of your round than just having to tally scores all the time.

Speaking of positive attitudes one is also inclined to play with much less fear and much greater freedom around the greens. Thus a negative and conservative attitude to your putting will not take hold as you are trying to hole all your putts. Something that may just help you sink a few more putts when you play your stroke play rounds. The message? GO FOR IT! What do you have to lose except one hole?

Learning to play under pressure

"Remember Doug, this one is for the half".

Match play is a natural way of teaching players how to deal with pressure on the golf course. Ask any of the European or American players in any Ryder Cup if the format lacks intensity and you may get a firm rebuttal. Match play creates drama and tension and none more so than between friends and playing partners. Something that if used correctly will help you deal better with the tension of the putt for breaking your best score or winning your club champs.

How to use it to your advantage?

Focus on the fact that if you make or miss the putt it is only one hole and the effect of that putt will not be carried over to the next hole. The result of this type of thinking is that missed putts get put in their rightful place: they are just shots to get to the end of your round not the be-all-and-end-all of your round. Remember you can only lose one hole.

Challenge your brain

Wind off the right, uphill lie, 160 yards to the flag, greens are quite firm today and the flag is close to the water on the right, it's an easy six, obviously.

Quite a simple equation if you do this every weekend of your life and here-in lies the danger of always playing stroke play. Your brain becomes lazy and unfocused

and often we wonder why we lose the drive to play well. Well it can be summarized in one word: boredom.

If there is one thing that match play can never be accused of fostering in golfers, it is boredom. There are so many variables that need to be taken into account that it is like a heavy lifting session for your brain at the mental gymnasium. Do I hit iron off the tee so that I can have the first shot in? Do I give my partner a few long putts and then make him or her putt a short one?

The focus with match play is very tactical and it is this type of thinking that needs to be developed in

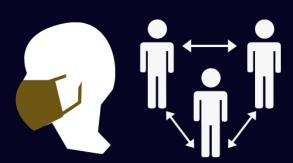
youngsters for them to later enjoy planning a stroke play round. Match play makes game-plans sexy and exciting and even for us older golfers it is a way of reigniting the golfing fire every now and again with a well-thought and well-fought victory over our (sometimes younger) match play challengers.

So next time the question comes up: "what format are we going to play on Saturday" why not suggest a good old battle of wits and thinking? The best players in the world enjoy it every few years, and who are we to argue with the best players in the world?





ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB GUIDELINES



Let's help stop the spread of CORONAVIRUS; Please wear your mask, social distance & sanitise often

Smoking is prohibited in the club house. Please only smoke in designated smoking areas.





Drink responsible Do not drink and drive

THANK YOU
ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB

Birds of the Month



Top Left; Longcrested Eagle chic | Top Right; European Bee Eaters

(Photographer: Trevor Barnett)

Bottom Left; Black Sparrowhawk with an Indian Mynah | Bottom Right; Greenback Heron



The Golfers Scorecard

I'm very sure that all members are incredibly proud of our wonderful Championship East Course being on live TV once again, during the Kit Kat Sunshine Tour Event. As always, the course was showcased in a world class light and congratulations must go to Shaun Brits and his team for getting the course prepped as well as they did.

League Results

- Betterball league (no games played)
- Mid Am league (no games played)
- Junior league vs Soweto (halved)

Upcoming Dates

- 3 April: Windhoek Lager Pairs Qualifier
- 5 April: Family Day Course Open
- 7 April: Masters Par 3 Experience
- 10 April: Greensomes Knockout Games
- 17 April: Interschool Club Challenge (TBC)

Special Mentions

• Since I have had the privilege of working at this wonderful Golf Club, I'm proud to say that this year we had a record-breaking Club Champs, with a fantastic turnout of 298 players. On behalf of the Royal team, we would like to thank all the members who came out and showed their loyalty and support over the 2 days. I think it is safe to say that this annual member event has turned out to be a highlight on our golfing calendar.

With our 3-time Club Champion, Kian Rose, moving to the States to study, it created some excitement to see who was going to be crowned the new 2021 Club Champion. As always, Dylan Keylock rose to the occasion shooting a great score of 3 under on day 1, securing his slot in the final 3 ball for day 2. Unfortunately, it was not enough to keep Jules Helary at bay, with a fantastic 3 under on day 1 and following this up with level par, on what was a very

tough day 2 on the East Course. Master Helary, without a doubt, deserved to lift the Club Championship Trophy to separate himself from the rest of the 58 'A' Division players.

- Congratulations must also go out to the following: Matthew Mortimer (Junior Club Champion), Clint Poppesqou (B Division Champion), Jay Budler (C Division Champion), John Earl (D Division Champion).
- A huge THANK YOU to all our sponsors that made it all possible for without you, this year's Club Champs would never have been the huge success that it was: Rebel Safety Gear, Urban Glass, Jacks Paint Greenstone, Nike Golf, Unique Personal, NJR Steel, Tag Solutions, Titleist and BMW Bedfordview.

To find the rest of the results for 2021 Club Championship please <u>Click here</u>

 As another wonderful member's event passes, another one comes into view and on that note don't forget to book for our family fun filled Masters Par 3 experience. As always, we look forward to seeing as many members with their wives, husbands, kids and family members dressed to impress. If you have not booked yet make sure that you get on top of it before it is too late.

WHS Rules Question

True or False

The new 'PH' that came out from the 1st of March stands for Players Handicap and can be used only if there are more than 30 players in the competition field.

Answer to be revealed in May's newsletter.

Jayde Rademeyer
Club Operation Director





ROYAL JHB AND KENSINGTON GOLF CLUB A MEMBER'S, FAMILY EVENT

DRESS CODE: GREEN, YELLOW, WHITE

Masters Par 3

EXPERIENCE

WEDNESDAY, 7 APRIL 2021

EAST CHAMPIONSHIP COURSE, BACK 9 - FROM 14H30PM FORMAT: INDIVIDUAL STABLEFORD PRIZES: 1ST TO 3RD & BEST DRESSED CADDY COMP FEE: R 200PP (INC. PAR 3 CHALLENGE, SNACKS, PRIZES)

RSVP: BOOKINGS@ROYALJK.CO.ZA



Bookings: ladies@royaljk.co.za or WhatsApp 082 772 0489

What a wonderful 2021 Club Championships tournament was held over the weekend of the 13 and 14 March and huge congratulations to Jayde Rademeyer and his team who continue to raise the bar every year! Thank you to each and every one of you who participated in this year's champs and congratulations to you all. We can only have two trophy winners but I'm sure you all had at least one small personal triumph over the two days and I sincerely hope that you all enjoyed the fine weather, the camaraderie and the golf! It is always so encouraging to see the 'older faces' competing in the Championships each year but it was very exciting to see all the 'new faces' playing in both the silver and bronze divisions.

Warmest congratulations to our 2021 Ladies Club Champion for the seventh time, Eleonora Galletti who posted an impressive 36 hole medal score of 148 – simply wonderful golf. The 2021 Bronze Championship was won by our youngest active member, Valentina Sakota, who at the tender age of 11 years old, scored 72 individual stableford points to win by one point! Our much adored life member, Julie McWilliam, was the guest of honour at prize giving and presented the trophies to all the winners. Julie won the Club Championships at Kensington Golf Club for a record 11 times and she herself commented that this record could well be broken in a few year's time!

Ashleigh Buhai continues to play well on the LPGA tour and finished in a tie for 8th position in the Gainbridge LPGA event held in Orlando Florida at the end of February. Ashleigh won the Ladies Club Championships

6 times, with her first victory being at the age of 12! As a little 'extra' this year, Ashleigh recorded a short video message for all the lady participants in Club Championships and this was sent to them on Friday 12th via WhatsApp – I do hope this inspired everyone!

We held a very successful Mixed Open on Sunday 28th February on the East Course and thank you to everyone who played, for their support of the day. Following on the success of this day, we are hoping to host another mixed open on Sunday 11 April (Masters Sunday) and do hope that many of you will be able to join us again. Please check your WhatsApp messages for a poster that was sent to the membership with all the details of the day.

It is hard to believe that Easter is only a week away but to those of you who are traveling, be safe and we look forward to seeing you when you are back. To those of you who are staying here, please consider having Easter Sunday lunch at the Club – you will not be sorry. Please check the details of the lunch in this newsletter and make your bookings early to avoid disappointment.

In closing, I wish you all a very happy Easter, filled with happiness, peace and love.

Kind regards

Wendy Huddy Ladies Captain





GROCERIES

Delivered to your door

MEAT

BACK BACON **R89** p/kg CHICKEN BREAST FILLET **R89** p/kg TRADITIONAL BOEREWORS **R80** p/kg BEEF RUMP STEAK **R135** p/kg BEEF PATTIES 4x150g **R60**

FROZEN FOOD

CHIPS IKG R35
PEAS IKG R39
MINI PEPPER STEAK PIES 60pc R159
VEGETABLE SAMOOSAS 60pc R129
BOBOTIE SPRINGROLLS 50pc R175

DAIRY

GRATED CHEDDAR IKG **R100** Gouda 1 kg **R100** Milk Long Life (Full Fat) 1l **R18**

DRY GOODS

TOMATO SAUCE 500ML **R40** HONEY 500G **R60** GOLDEN SYRUP **R40**

TINNED FOOD

COCONUT MILK 400G R18 SWEET CORN 400G R23 TINNED TOMATO 400G R15

SPECIAL REQUESTS WELCOME - ALL ITEMS WILL BE SANITIZED ...

Call or WhatsApp: Erik 082 924 5665

Email: fb@royaljk.co.za

PREMIUM MINCE (90/10) **R80** p/kg BEEF WHOLE FILLET STEAK **R185** p/kg BONELESS LEG OF LAMB **SQ** p/kg LAMB LOIN CHOPS **SQ** p/kg

CORN IKG **R39**MIXED VEGGIES IKG **R39**BEEF SAMOOSAS 60pc **R150**HASHBROWN 1.2KG packet **R85**

MOZZARELLA 1 KG **R95** MILK LONG LIFE (LOW FAT) MILK 1L **R18**

C&B MAYONNAISE 750g R35 MAPLE SYRUP R40 PEANUT BUTTER 400g R40

PINEAPPLE PIECES 400G R28 TOMATO & ONION MIX 410G R20

DELIVERY FEE:

R30 -10km radius of Royal R50 - 20km radius of Royal We will schedule a delivery time with you or deliver within 24 hours



HEAT & EAT

Delivered to your door

Serves four

Hearty Lasagna R220
Steak & Guiness Pie R210
(Half portion R105)
Traditional Bobotie R210
(Half portion R105)
Butter Chicken Curry & Rice R220
(Half portion R110)
Honey Glazed Gammon SQ
(On request 48 hours lead time)

Soup for one

Butternut **R40**Minestrone **R45**Tomato & Basil **R40**

Dessert for four

Malva Pudding & Custard R125

(Half Portion **R95)** Served with tortilla wraps & rice Beef Wellington **SQ** (On request 48 hours lead time)

(Half portion **R120**)

Moroccan Chicken & Cous Cous R240

Chicken Schnitzel (pack of 4) R100

Vegetable Chilli Con Carne R185



Delivery Fee

R30 - 10km Radius of Royal R50 - 20km Radius of Royal We will schedule a delivery time with you or deliver within 24 hours

Call or WhatsApp: Erik: 082 924 5665

Email: fb@royaljk.co.za

EFT or Credit Cards payments only

All safety and hygiene measures will be followed All items will be sanitised before delivery







DINNER MADE EASY

ORDER YOUR HEAT & EAT MEALS TODAY DELIVERED TO YOUR DOOR

WE CAN HELP WITH YOUR GROCERIES

CHECK OUR MENU'S TO SEE WHAT WE HAVE ON OFFER DELIVERED TO YOUR DOOR



Easter Sunday Lunch

April 4, 2021 | Sunday 12pm Royal Jhb and Kensington Golf Club

R325 pp Kids 7 to 12 years R 95 | Under 7 years free Bookings:

Marcelle | guestrelations@royaljk.co.za | 011 640 3021





Starter & salad table

Roasted butternut soup with cocktail rolls

Cold meat display

Fresh fruit mirror

Caesar salad mirror

New potato & spring onion salad

Pesto pasta salad

Greek salad

Mains from the carvery

Roast rump of beef served with horseradish and a rich thyme gravy.

Roast leg of pork with apple sauce and roast gravy

Baked Yellowtail served with savoury rice and a lemon butter sauce.

Spinach & feta lasagne Seasonal vegetables Crispy roast potatoes.



Homemade chocolate brownie with vanilla ice cream.
White chocolate profiteroles with an espresso cream
Malva pudding with vanilla custard.

Over the next few weeks our winter stock will be arriving. Under Armour and FJ have already started arriving. For the first time Lyle and Scott will be in stock and for those of you who don't know Lyle and Scott, they are the number 1 on course brand in the UK! Their knitwear in particular is just gorgeous.

Andrew Plint from Titleist continues to fit members at the range. He is one of the best in the industry so take advantage and get fitted. It is free!

The ProV1 and 1X special is not too far away now but I will keep you all informed. If you order more than 12 dozen, I can get them logoed for you at no extra charge and give you a further 5%. That is, retail less 25% less 5% and all printing is free.

There are 2 new Scotty Cameron Phantom putters being launched in the next week. They have already had tremendous success on tour – I can't wait.



For those of you who know me well, you would know I have a bit of a shoe fetish! The new FJ Premiere will be in stock during the course of next week. – there will be 5 stunning styles for the more discerning golfer. Pop in for some eye candy.





Inspired by then, supercharged for now.

Your monthly golf tip

This Month's tip is on making a model of your golf swing, The first thing to get right is the set up and posture, I demonstrate in the video below how you can do this using the impact bag and small mirror. The next step is to practice your takeaway. Ben Hogan always said the first two feet is the most important part of the swing. Once you get the takeaway correct you can make the backswing longer and feel the coil in the backswing. From there, you can swing the club back into the impact bag and get a feel and look of the correct impact position.



Have a look at the video and create a swing model of your own,

Martin Briedé Head Teaching Professional



Royal Retreat Wellness & Performance Centre

AimPoint – 🥌



Nadia van der Westhuizen started playing golf at the age of 6. She is now 20 years old and recently ended her Amateur status on a big high by winning the North West Women's Open Championship at Pecanwood. Nadia turned professional and I will be following her career with great interest. She started doing AimPoint with me in 2018 and recently we did her AimPoint personal calibration to calculate her exact measurements for her arm length and finger thickness. Nadia has also been with Wanna Be A Champion Golf Academy for many years.



This last week I spent a great couple of hours with Dieter Marx teaching him AimPoint Express Green Reading, followed by personal calibration, speed & distance control and ending with start line training. Dieter drove up all the way from Pietermaritzburg to learn a system used by many of the best pro golfers in the world #makeeverything . Dieter also commented on the amazing practice putting green we are fortunate to have at Royal J&KGC. What a privilege it is to be able to teach at such a world class Golf Club!



Contact me for more information and bookings.

Sandra van den Bergh Certified level 3 AimPoint Instructor

The only certified AimPoint instructor in Africa

E: sandra@royalretreat.co.za

C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa Instagram: aimpointgolfsouthafrica



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ROYAL LOYALTY is a way of offering special **SAVINGS**, **BENEFITS & CONVENIENCE** to our members **Included in your ROYAL LOYALTY membership**

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E-Z-Go – All Royal members receive 7.5% off the retail price – contact <u>clive@ezqo.co.za</u>

Inanda Club - All Royal members have reciprocity at the Inanda Club with an introduction letter

The Houghton Hotel – 20% discount on room rates

Golf Guys – Your one stop shop for golf solutions <u>valueadds@royaljk.co.za</u> – <u>Click here to view brochure</u>

 $\textbf{REBEL Safety Gear - Via our eCommerce partner} \, \underline{www.protekta.co.za}$

REBEL Elite Fitness – For any fitness equipment visit <u>www.rebelstore.co.za</u>

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