

THE ROYAL NEWS

ISSUE 11 & 12 - YEAR END 2022



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TSR

The hours have been put in. The work has been done.
As the moment approaches, you either fear it or feel it.
So step up and settle in with confidence. Titleist TSR is here.

#FindYourFaster



Titleist



Festive Season schedule

2022

- Wednesday 30 November – West Course Grand Opening ✓
- 1 December to 4 December – West Course Opening ✓
- Saturday 3 December – BG'S Christmas Comp & Interschools ✓
- Monday 5 December – Club closed ✓
- Tuesday 6 December – Ladies Christmas Comp ✓
- Monday 12 December – West Course OPEN!
- Tuesday 13 December – Staff Christmas function
- Wednesday 14 December – TBC Carols by candlelight
- Thursday 15 December – Ashleigh Buhai, Welcome home function
- Friday 16 December – Public Holiday – Club Open
- Monday 19 December – Both courses OPEN!
- 23 December to 3 January – Finance & Membership departments closed
- Saturday 24 December – Club Open – last tee off time 12h00
- Sunday 25 December – Christmas Day – Club Closed
- Monday 26 December – Public Holiday – Both courses OPEN!
- Saturday 31 December – Club Open – last tee off time 12h00

2023

- Sunday 1 January – New Years Day – Club Closed
- Monday 2 January – Public Holiday – Both courses OPEN!
- Monday 9 January – West Course OPEN!
- 9 January to 13 January – East Course Hollowtining
- Monday 16 January – Club Closed

FROM THE CLOCK TOWER

Chris Bentley, Chief Executive Officer

The festive spirit is all around us and it's almost time to start the celebrations and enjoy making new memories with those we hold near and dear!

Despite the ongoing backdrop, extreme weather and another challenging year, our commitment to excellence and driving the Club's success has not altered and this remains at the heart of everything we do.

We have accomplished an enormous amount in 2022 and our combined efforts confirm how Royal remains dedicated to success and future generations. We are a fully immersive Club - one that is more sustainable, more efficient and innovative and one that has even more focus on you, the member, your family, the future customer, resident and patron.

Following the 6 month restoration, the 'new' and enhanced West course was officially re-opened on 30 November 2022 by Vice Chairman, Dean Harding & Honorary Life Member, Denis Hutchinson. The grand opening week was a resounding success and we thank the members for your support and tremendous feedback. We now have both courses open again, both are 'new' and we have a course for everyone, from beginner to professional. There might not be a better, more unique facility or prettier place to play or get away from the hustle and bustle and Royal's courses have truly been redefined and brought back to their very best.

With the re-opening of the West course, we would once again like to highlight the importance of course care and consideration required from everyone playing. After only one week of play, it's been concerning to see the amount of unrepaired or incorrectly repaired pitch marks on the greens - this matched with bunkers left unraked. As always, it is every golfer's responsibility to look after the club grounds - it is compulsory to fix pitch marks, rake bunkers and replace divots. We again appeal to all members to please take the responsibility and where others struggle, to please assist them to leave the course in a better condition than it was found.





As 2023 rolls in, we will continue to face the macro and micro challenges, however the projects and initiatives to keep increasing the members value proposition is certainly exciting. We are pleased to advise that the Cabinet Office in the UK has formally approved the name change of the Club, in line with the special resolution approved by the members at the 131st AGM. Management will finalise the new corporate identity and branding by March next year and aim to launch the new logo and name by May 2023. In this regard, it is important to note the name change of the Club is for PR and marketing purposes. The legal trading name of the Club will remain the same.

The year end Board meeting was held on 1 December 2022, with some key approvals and progress, which include the replacement of our course machinery fleet (July 2023 - leased model). The new fleet will be a mix of hybrid and fuel and will further enhance course conditions and lower maintenance costs. In addition, the Board has received two power purchase proposals for solar and we hope to finalise an agreement by April next year. The agreement will meet our objectives and most likely see the installation of solar car ports, reliable energy and significant savings for the Club.

As communicated earlier in the year, we completed substantial homework and market research around padel tennis (the fastest growing sport in the world). We are pleased to announce that having met with several padel companies, we have reached all our objectives and the Board has formally approved the implementation of padel at the Club. The agreement is with Africa Padel www.africapadel.com, the country's most successful padel service provider (on a no capital basis). Africa padel will establish three courts and a padel proshop on the west side of the car park (old bowling green car park). It will include new landscaping, be child friendly, aesthetically pleasing and offer a hospitality area for us to provide food & beverage. Africa Padel will also be covering the cost of the 'lost' parking bays and re-establish new parking on the east side of the car park (45 bay extension). The model is very similar to golf, with lots of synergy and economies of scale (hence the location) and it will be very profitable for the Club from the outset and add an additional offering to members. Padel compliments the 'Country Club' aspect and aligns with our mission to create new revenue streams on a no risk basis. Further information will be provided to members early in the new year and once construction is complete, we aim to open for play by April/May 2023.



The Old Oak Restaurant and Family Centre has now been open for 7 months and while any new business (especially F&B) will naturally experience teething issues in its early years, overall the facility continues to exceed expectations. In addition to winning best luxury family restaurant in South Africa recently, we are also very pleased to share that the venue is now trading with a healthy profit (avg. GP% 62), ahead of schedule. Our sincere appreciation to our chefs and front line staff for continually pushing memorable experiences, refined dining, better procurement and creating special events, which will ensure this fantastic setting continues to go from strength to strength.



As we near the end of another turbulent year, we are finally welcoming our first residents, who are currently moving into Brookfield and Royal View. As the homeowners move in, the residential memberships are being activated and our Club's business is incrementally changing, operationally and financially, with annuity income in perpetuity.

It is important for golfers to note that residents have access to the new cart path 'promenade' leading from their development to the clubhouse, throughout the day (residents are restricted to cart path only). The homeowners are briefed regarding golf etiquette, operations, indemnity, safety and the applicable signage has been implemented to guide the corridor of play. However, it will be an adjustment for us all, having lifestyle activities surrounding golf and we ask everyone to please integrate and ensure both golf and lifestyle memberships are respected. At this point, golfers have right of way, however should this become a challenge we will then consider giving residents the right of way - similar to that of St. Andrews.



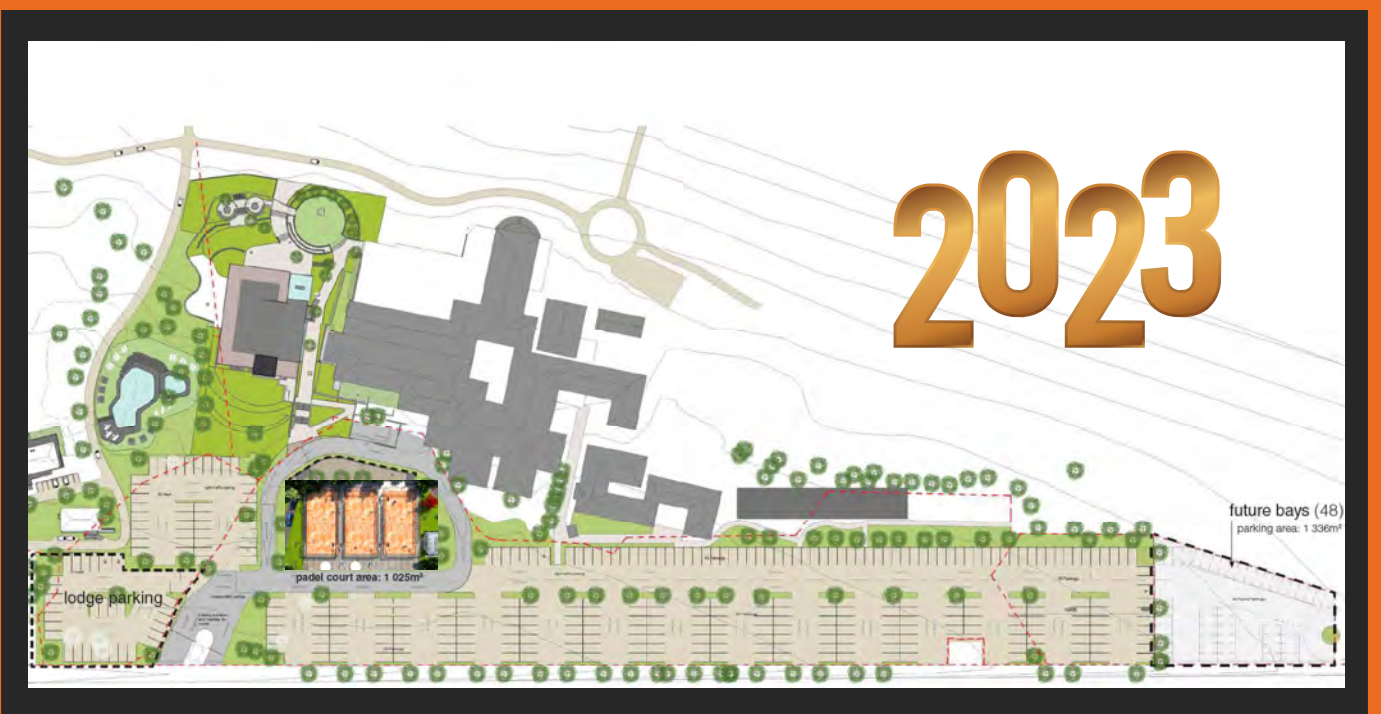
In closing, a note of sincere thanks; to all Club staff, dealing with thousands of members and patrons, all with diverse views, tastes and expectations, calls for an abundance of tact and diplomacy of our teams and I couldn't be prouder because we certainly have all that and so much more. The finest staff, serving the finest members at the finest address in golf.

On behalf of the management team and staff, we thank each and every member for your continued loyalty, trust and support. We hope we have made you proud in the way we have executed, handled our duties and responsibilities to the Club, staff and membership through the year. We would also like to take the opportunity to thank our Chairman and Board members for dedicating their time and knowledge and for assisting management with the overall delivery, vision, strategy and good governance of the Club. May you be blessed with the time this holiday season to purely enjoy some "time out" from the world, may the spirit of the season fill your heart with peace and the opportunity to create special memories with friends and family. From my family to yours, wishing you a wonderful festive season and a prosperous new year.

My best wishes to you all and happy golfing!

*Merry
Christmas*





For More Information: www.africapadel.com



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MEMBERS, FRIENDS & FAMILY

FESTIVE Special KIDS PLAY FOR FREE

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MONDAY - FRIDAY
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Rate is applicable to online booking and payment
Subject to availability at time of booking
Excluding club competitions*



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VOUCHER

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WELCOME HOME FUNCTION

Ashleigh Buhai

AN EXCLUSIVE EVENING WITH
OUR VERY OWN
OPEN CHAMPION!

MEMBERS & INVITED GUESTS

*"I LOOK FORWARD TO
RETURNING HOME AND
CELEBRATING WITH MY
FRIENDS, FAMILY AND
MEMBERS OF RJKGC"*

HOSTED BY:
DAN NICHOLL

DATE:
15 DECEMBER 2022

TIME:
17H00 - 19H00

COST:
NONE

INCLUDES:
DRINKS & SNACKS

VENUE:
PATIO

RSVP:
LIMITED SEATS
FUNCTIONS@ROYALJK.CO.ZA
073 644 8925



ROYAL JOHANNESBURG &
KENSINGTON GOLF CLUB

ONE FAIRWAY AVENUE, LINKSFIELD,
JOHANNESBURG



THE GOLF DEPARTMENT

Liam Brown, Director of Golf

What feels like a year that's just started 2022 is about to end and with that the golf department looks forward to a busy festive season. Hopefully, the weather plays the part... an unusually wet start to the summer is concerning however we are sure the hot summer days are around the corner. We ask all players to be especially diligent in course care as you spend time on our beautifully manicured fairways. Always leave the course in a better condition than what you found it, if you use a golf cart, please ensure you stay well away from any wet patches, greens and use the 90-degree rule where possible to try keep the fairways in the best condition possible. The 30th of November and the rest of the week following was our grand opening of the West, this was restricted to mostly members only. The amount of un-repaired divots and pitch marks on the brand-new greens and lush fairways was a sad sight indeed.

Looking forward into the new year and our Club Championship dates have provisionally been set for the 25th and 26th of February. As always, we hope for an uninterrupted event and a spectacle of golf from our future 2023 Club Champion. The challenge I am sure our reigning champion Marc Kourie will be excited for. Our club knockout entries are now open, and the lists have been placed on the notice board in the patio. We remind all entrants that the play by dates are set to ensure the full tournament is closed by a certain date to avoid running over into the next year.



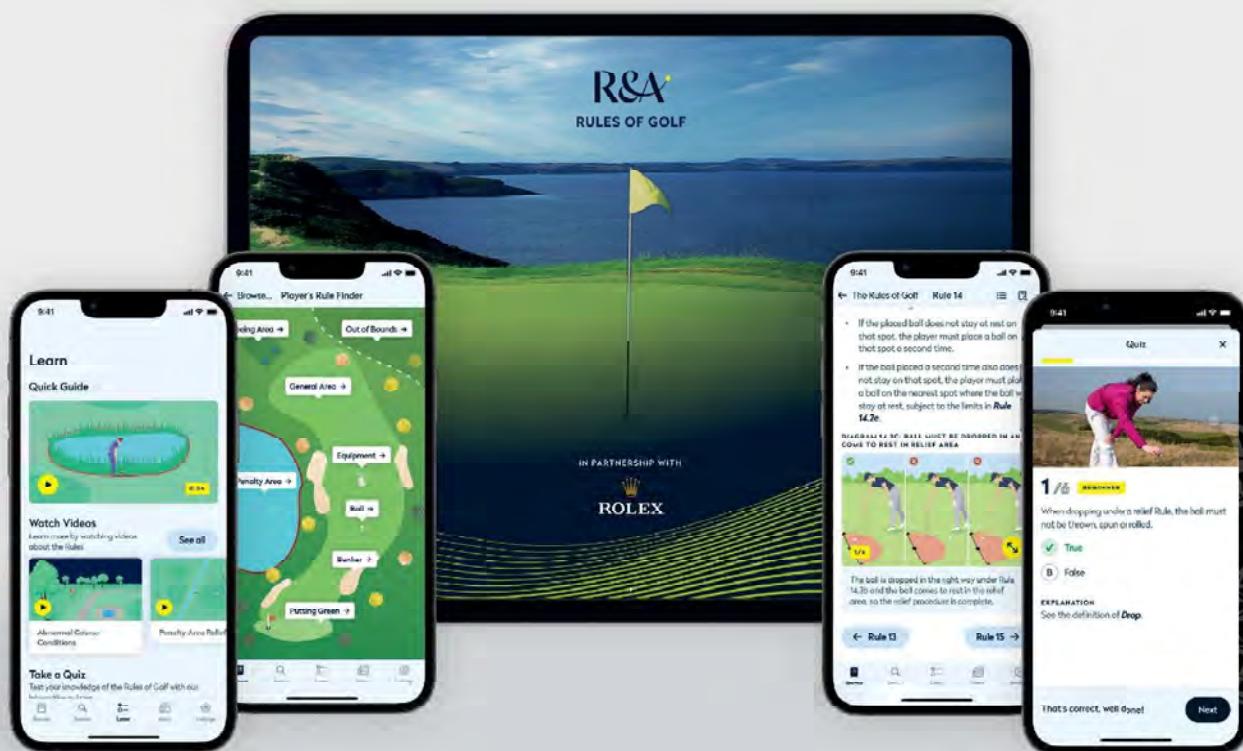
We wish all members a very merry Christmas and a happy new year.

We hope for the luckiest of bounces when need the most, many fairways and best of all more birdies and less bogeys.



2023 Rules of Golf

Access the new Rules
via the official App



To download for FREE, scan the QR code or visit:
randa.org/rules/rules-app



South Africa's **TOP 100** Courses

Wingate Park
SAVED *by members*

WEST COURSE
makeover

Devastation
AT TOTI

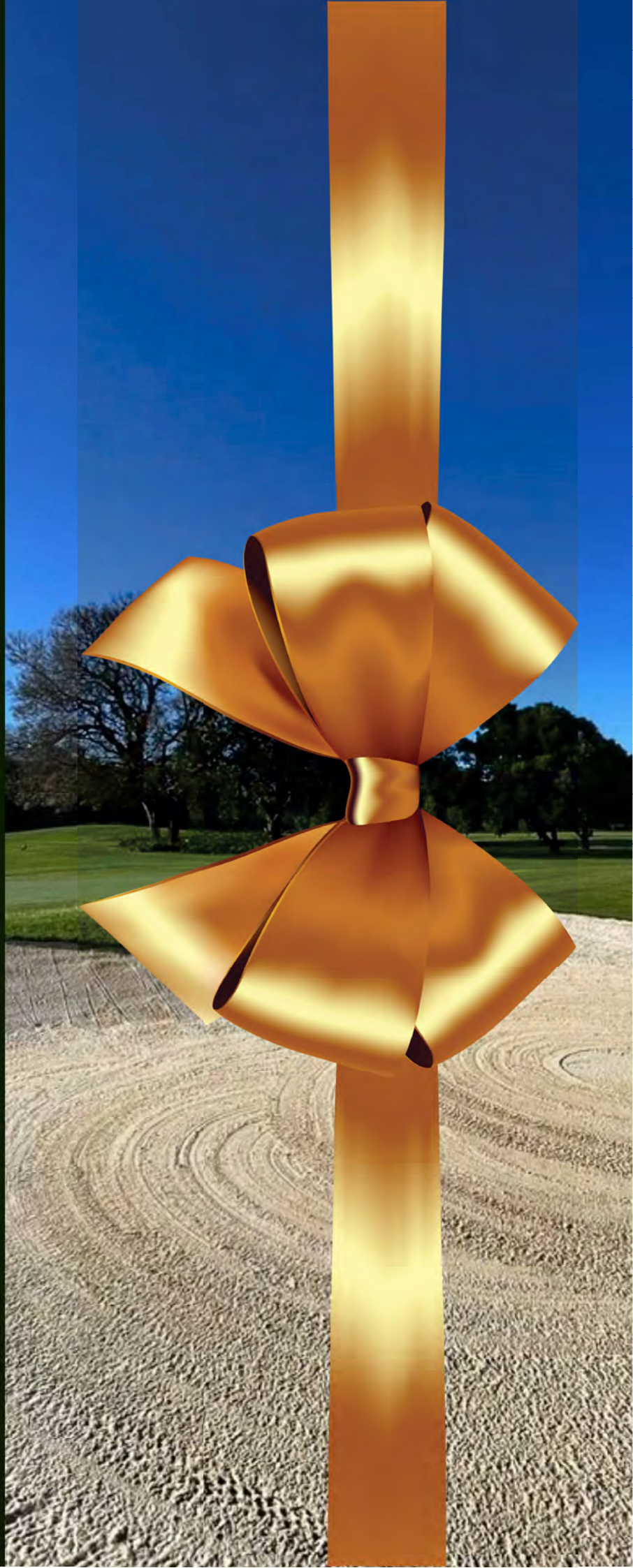
Ernie's
TRIPLE CROWN *year*

Issue 1 - November 2022



The 'new' West Course

is open! playable, affordable, beautiful...



FROM EAST TO WEST

Jerry Steyn, Course Manager

With much anticipation, the new West course has finally opened. Feedback from the members on the improvements have been phenomenal and I really would like to thank the members for their support and patience during the renovation – I am of the belief that it has been worth the wait. On that note, the greens on West are still very young and opening day on 30 November, marked exactly 12 weeks from when the first green germinated. New greens need at least one to two seasons to mature and be at their best. With that being said, I urge members and guests to please fix your pitch marks correctly! The repairing of pitch marks continues to be a challenge and although we will do our best to ensure that we fix them, we will still require the assistance from golfers to repair them correctly.

The new West course bunkers have certainly stood the test, as we have received a total of 480mm of rain since 20 October and this came in a time frame of seven weeks. The rains certainly helped settle the new bunkers but most importantly they drain and are playable following a storm. Both courses have responded well to the bulk fertiliser application done in October and we have already done a foliar application on the West tee boxes and fairways and will soon be applying it to the East.



During the high rainfall experienced during the end to mid-November, we have experienced some drainage challenges on the East course, Members would have seen the staff hard at work exposing these drainage pipes and ensuring that they are cleaned out. We have also used the opportunity to install a few extra inspection points to ensure maintenance in the future will be more time effective. Sodding of the bare areas on the greens surrounds and areas where the damage from the rain occurred, has also started and we aim to have the East completed by the second week of December. New bunker rakes for both East and West have been ordered and will be arriving around the second week of December.

December also marks the time when we give our staff time off during the festive season and we will be working with skeleton staff from 23 December to 4 January. The East closes on 9 January 2023 for the hollow tining of its' greens.

On behalf of the course maintenance department, we would like to wish all our members a Merry Christmas and a Happy New Year. Please travel safely if you are travelling and we look forward to welcoming you back to our courses in 2023.



2023
**HOLLOW
TINING**
Dates
EAST COURSE

Save the dates
9th to 13th January 2023



Appeal to Members

Please rake your Bunkers!



There is nothing more frustrating than hitting your ball into a bunker and finding, on arrival, that your ball is sitting at the bottom of someone else's divot or footprint. Over the past couple of months, we have noticed an alarming number of bunkers left 'unraked', particularly on member days.

Bunkers are frustrating places to visit, but by following the correct rules and etiquette, all golfers can help themselves and fellow golfers escape this unnecessary situation. You will also boost your own standing amongst fellow members and playing partners, as a considerate and responsible player.

The Club has invested considerable funds into our bunkers and the course staff take great care in preparing the bunkers every morning, ahead of play, but it requires all golfers to rake any bunker they have been in and to ensure the bunkers remain playable and presentable for all, throughout the day. Please rake your bunkers and encourage your fellow golfers to do the same.

"In golf, customs of etiquette and decorum are just as important as rules governing play. It is the enthusiasm, passion, respect and support of our Club members, which enables us to offer these wonderful facilities. To offer a great experience it takes the cooperation of all patrons using the course to uphold the guidelines, culture and standards. Golf is a game of great integrity; there are no referees on the course and it's every golfers responsibility to respect each other, the game and the facility we play. We thank you in advance for helping us and for leaving the course in a better condition than you found it". Christopher Bentley, CEO

BEE NEWS

Clinton Duncan, Beekeeper



The first ever presentation of honeycomb at the Old Oak went well with all managers being present and they were all able to taste the first raw honey which has been produced on the golf course. For some, honey comb was a new experience but truly the most authentic way to taste the honey directly from the hive.

A few items of natural comb with liquid honey still stored and capped which was sold out in less than 10 minutes, I'm sure a magical experience of tasting was had by all. I am planning a harvest before the end of the year thus once testing has been concluded and bottle count released for the specific season, our honey will be available for purchase. We have limited quantities available and the club will be stocking the beautiful honey by the start of 2023.

We have concluded a successful rehive of 2 colonies along hole two in our secondary apiary site. These bees are Royal bees being caught at this exact area without being brought to the course. The growth and strength of these colonies is due to the endless amount of forage available. We are excited to watch these hives grow, swarm which is a natural occurrence for the bees and eventually produce honey as Royal honey.

From BeeLIEVE, I would like to wish everyone a safe and merry festive season and we will see you in 2023.

Where there are bees there are flowers, and wherever there are flowers there is new life and hope.

— Christy Lefteri

You can follow the journey on Instagram @beelievesa



LADIES GOLF

Wendy Huddy, Ladies Golf Manager

What a wonderful end to the season for Ashleigh Buhai! 2022 AIG Womens Champion and now 2022 ISPS Handa Australian Open Champion with husband David on her bag! What a performance and now a well-earned rest in Australia before she heads home. We have the absolute privilege of hosting a welcome home party for Ash on 15 December in the Clubhouse. I know we are all so looking forward to this and cannot wait to hear all about her success.

A couple of days before Ash's victory, Shannon Berry signed with Arkansas State University on a full scholarship for the 2023 - 2024 year! Congratulations Shan on this wonderful achievement and although we will all miss you terribly when you leave in August, we know that this is just the beginning of great things for you! Our ladies continue to play well in outside competitions and on 9 November, at the CGGU Christmas Alliance competition held at Kyalami, two of the three teams entered, finished in the prizes. Congrats to Lauren van der Merwe, Ina Sanders, Amanda Kieser and Wendy Huddy who finished second, counting out the team of Val McKenzie, Lelane Straw, Michelle von Holdt and Lisa de Sousa. Well done everyone.



The BG's held their Christmas competition and lunch on Saturday 26 November and had a superb day. The weather was kind this year and we hope that this will be the case for the weekday ladies Christmas competition to be held on Tuesday 6 December! Many thanks to Mandy Pardew who has completed her year as the BG's manager and welcome to Val McKenzie who takes over - we wish you much success in this position.

Hopefully those of you who have been lucky enough to have played the West course since its opening, have enjoyed the new experience! The beautiful greens and wonderful bunkers are a joy to play on/in and it is up to every single one of us, to ensure that they are looked after. If we all remember to repair pitch marks (yours and any others you see), rake the bunkers and replace divots, we can keep our courses looking beautiful. Please always be mindful of looking after our two treasures and do remind others, if they forget!!

To those of you travelling over the holiday period, travel safely and to those of you staying in Johannesburg, enjoy all that Royal has to offer. Looking forward to a superb 2023 year and with two of the most beautiful courses in Gauteng to play on, I think we'll all be okay!
Happy holidays everyone!



WEDNESDAY IS

PARENTS NIGHT OFF

at the Old Oak Restaurant



KIDS EAT FREE!

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Qatar 2022

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20 November to 18 December 2022

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GROUP A



QATAR



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NETHERLANDS

GROUP B



ENGLAND



IRAN



UNITED STATES



WALES

GROUP C



ARGENTINA



SAUDI ARABIA



MEXICO



POLAND

GROUP D



FRANCE



AUSTRALIA



DENMARK



TUNISIA

GROUP E



SPAIN



COSTA RICA



GERMANY



JAPAN

GROUP F



BELGIUM



CANADA



MOROCCO



CROATIA

GROUP G



BRAZIL



SERBIA



SWITZERLAND



CAMEROON

GROUP H



PORTUGAL



GHANA



URUGUAY



SOUTH KOREA



THE OLD OAK
Restaurant & Family Centre

Every
Tuesday in December!



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PIZZA NIGHT!

BUY ONE,
GET ONE FREE!

(T's & C's apply)

Members

Receive 10% off

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THE CHEF'S TABLE

Ransley Pietersen, Executive Chef

“The amount of work that it takes to both find great staff and then keep great staff. The amount of work that it takes to train everybody so they're ready to put forth the vision you've created – it's an extremely HR-dependent business. I think a lot of people that go into opening restaurants are all about the food, which I am as well, but you learn very quickly that it's all about the people, leadership and support to bring everything together.

The year has been one of many victories and lessons of our shortcomings that have consistently challenged both the back of house and front of house to keep pushing boundaries, create magical moments and strive for perfection. Through all the trials and tribulations that hospitality brings, one thing has remained and that is of the unwavering dedication of the team behind it all. The tireless work of all scullers, housekeepers, chefs, waiters, hostesses and managers alike has been a tremendous feat that we have overcome as one.

By empowering our staff and being agile in leadership approaches and workshops in upskilling through on-the-job practical training, we have ensured that through turbulent spells of unforeseen staff turnover we have created internal succession to afford junior members the opportunity to move up the organogram. Thus, highlighting the silver lining in every situation and keeping our workforce inspired and motivated, to never be deterred and stay focused.

In just 6 months to date from opening its doors, The Old Oak Restaurant boasts the status of 'The Best Luxury Family Restaurant in South Africa' awarded by the Luxury Lifestyle Awards which is an international regulatory board. The reassurance that these awards bring, as well as the appetite to accomplish more, is what has been the driving force behind the team this past month. We remain steadfast in the offering and level of service that we have set in the vision of this establishment since inception and we will continue to achieve our aspirations and goals as a team.

The new year on the horizon is going to be even bigger than the past. The exciting new introductions to the Club to ensure a holistic food & beverage experience will definitely be stained in the memories of the years to follow.

The food & beverage team would like to take this opportunity to wish all our members a blessed festive season and we look forward to welcoming you back home in the new year.



The Christmas Collection

Available at Royal Jhb & Kensington Golf Club & The Old Oak Restaurant

Last collections available @ 12:00, 24 December 2022

Limited amount of prepacked boxes available

Pre orders on Gammon, Biscuit Box, Artisanal Breads

Glazed Gammon

R265

(1.7 to 2kg)

Cake Pops

Charged individually

R50

Kiddies Santa Socks

R125

Filled with candies and treats

Wine Box 1

3 pack R395

Old Oak Chenin

Old Oak Pino

Horizon Rose

Wine Box 2

3 pack R520

Old Oak Chenin

Old Oak Pino

L'avenir Glen Rose

Biscuit Box

R140

Citrus & Almond, Choc Chip, Sugar Cookies

Artisanal Bread Box

R200 for all 4 /R60 Each

Ciabatta, Olive, Sourdough, Garlic





THE OLD OAK

Restaurant & Family Centre

Festive Season Operating Hours

#theoldoakrestaurant

16 December 2022 to 8 January 2023

Tuesday to Saturday

9 AM - 10 PM

Sunday's

9 AM - 5 PM

Open - Public holiday's

FRIDAY 16 DECEMBER 2022, 9AM - 10PM

MONDAY 26 DECEMBER 2022, 9AM - 5PM

MONDAY 2 JANUARY 2022, 9AM - 5PM

Closed

MONDAY, 5, 12, 19 DECEMBER 2022

SATURDAY 17 DECEMBER 2022

SUNDAY 25 DECEMBER 2022

SUNDAY 1 JANUARY 2023

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Wellness & fitness Club



Two magnificent courses



It's incomparable!

LIVE - PLAY - EAT - RELAX

Membership at Royal Johannesburg & Kensington Golf Club, is one of the most prestigious memberships on the continent. It provides a lifestyle of uncompromising personalised service; luxurious amenities and attention to detail that create a lifetime of memories.

An incomparable lifestyle that caters to the needs of you and your family.

Current members, who introduce a new member (gold category) receive 12 FREE rounds.
Members receive 10% off food & beverage when using their prepaid account.



Our heritage, your home



Two Restaurants (Old Oak & Champions Retreat)



Enquire now!



Family & fun

RUHAN'S WINE COLUMN

Ruhan Duvenage, Assistant Food & Beverage Manager

With the year already at its end we can't help to reflect on what an amazing year it has been, lots of highs and lots of lows, together, being strong and united in one goal. It was a year that we achieved a lot of success and smashed many goals that we set out to do. I cannot be more grateful for all my peers, the new and existing family and friends at The Old Oak and Royal Golf Club. Thank you to all of you for making it as special as it was. I wish all of you a blessed festive season and safe travels on wherever you might find yourself. I cannot wait to welcome you all back in the new year.

This festive season we have a couple of great offerings at the Club and the Old Oak, one of them being the gift of wine. Introducing 2 wine boxes containing 3 of our most beautiful wines at a great price, easy for gifting or to enjoy over this holiday season, the entry level box is priced at R 395-00, and contains a Old Oak Chenin Blanc, Old Oak Pinotage and L'Avenir Horizon Rose, where the premium box is at R 520-00 and contains a Old Oak Chenin Blanc, Old Oak Pinotage and a L'Avenir Glenrose.

You can place your orders with me via the following email address, assistantfb@royaljk.co.za





THE OLD OAK

Restaurant & Family Centre

Date Night

Every Thursday Night

December 2022

3 Course Dinner
for 2
including a bottle of
Neil Ellis Wines

R 835
per couple*

Members received 10% discount when using pre-funded Club cards

M e n u

Starter (Sharing)

Fig & Brie Pizetta
or
Corn Bread
Gouda, Fennel, Whipped Dill Butter

Main Course

Short Rib Ragout
Pappardelle Pasta, Pangritatta, Grana Padano
Or
Sous Vide Chicken Thighs
Herbed Polenta, Courgettes, Charred Heirloom Tomatoes
Or
Wild Mushroom Risotto
Chives, Elm Oyster Mushrooms, Porcini Dust

Dessert

Chocolate Fondant
Cinnamon Ice Cream, Vanilla Crumb
Or
Eton Mess
Brownie, Macerated Strawberries, Coral Sugar

Booking Essential

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DinePlan



ROYAL VIEW

BY AURIA SENIOR LIVING

AN INSPIRING VIEW ON RETIREMENT



**LUXURY APARTMENTS DESIGNED FOR INDEPENDENT
AND ASSISTED LIVING, FROM R1.65M**

Situated on the Royal Johannesburg Golf Course, Royal View offers a new and fresh perspective on senior living. With fine dining, hospitality and entertainment; concierge services; a fully equipped exercise and wellness centre; comprehensive on-site care facilities and 24hr nursing care and support.

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INTERNATIONALLY AWARDED





EMPLOYEES OF THE MONTH

Congratulations!



Front of house - Kwanele Matutu



Back of house - Lucas Menageng

THE RANGE

By Right Side Golf Academy

Indoor Golf Simulator Junior Special

Not going away this December and need something for the kids to do, then look no further!!!

From the 9th of December to the 8th of January, we will be running a 'Junior Special' in our exciting Indoor Golf Simulator room.

Over 90 golf courses to choose from as well as fun and exciting games for all juniors.

All prices include a cooldrink per junior.

- 4 Ball : R 500 (3 Hrs)
- 3 Ball : R 400 (3 Hrs)
- 2 Ball : R 300 (2hrs)
- 1 Ball : R 160 (1 hr)

To book your game contact Jayde@rightsidegolf.co.za or 071 410 7212

December Junior Golf Camp

We will be holding a fun filled Junior Golf Camp on 13,14 & 15 December at the driving range. Golf clubs, drinks and snacks will be provided on the three days.

To book your child please contact jayde@rightsidegolf.co.za or 071 410 7212

Jacks Paint Barrel Challenge

Please take note that our Jacks Paint Barrel challenge will now be changed to every last Friday of the month in the new year.

The next date will be the 27th of January 2023 and will be up to R 5 000

Tip Friday's

Our Tip Friday's will resume on the 13 of January 2023.

Remember, buy a bucket from 16:00 - 17:00 every Friday and our coaches will be there lending a hand with a few tips.

On behalf of the Right Side Golf team, we wish all our members a festive season and if you are going away, travel safely and we will see you in the new year.

If you not going away happy golfing

Happy Holidays



DECEMBER JUNIOR GOLF CAMP

R750
AGES 5 - 12 YRS
Includes drinks & snacks for all 3 days

13 DECEMBER	14 DECEMBER	15 DECEMBER
10:00 AM - 11:30 AM	10:00 AM - 11:30 AM	12:00 PM - 14:00 PM
Long Game & Swing Training	Short Game & Skill Training	On Course Lesson

Martin Briedé
RightSideGolf.com

Royal Johannesburg & Kensington Golf Club
1 Fairway Avenue, Linksfield North, Gauteng

For more information: 071 410 7212 | jayde@rightsidegolf.co.za



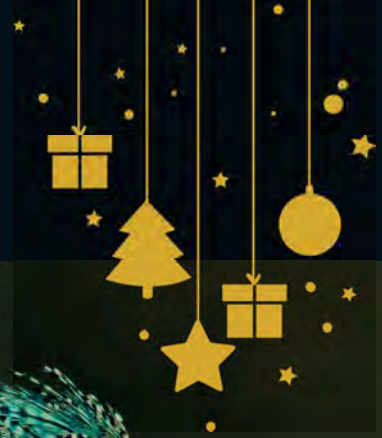
YOUR MONTHLY FIX

By Martin Briede, Master Teaching Professional



SHOTS OF THE MONTH

By resident photographer, Trevor Barnett



Greg's Day

The Golf Shop's monthly golf day will be held on the 14th of December and Srixon will once again be here with a sleeve of golf balls for each player who enters the competition. Bring all your friends and come and enjoy the day with us. We'll even buy your half way lunch!

Happy Holidays

From the team in the Pro Shop we would like to wish all members a fantastic festive season and that everyone travels safe. We look forwards to seeing our members return fresh and rejuvenated for the new year and eager to swipe their cards in the Pro Shop.





Christmas Sale

HAPPY HOLIDAY



HOME SWEAT HOME

BUILD YOUR OWN GYM





MAKE YOUR BODY STRONGER

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Wellness & fitness Club's
Exclusion Personal Trainer

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MOVEMENTS, HIGH PERFORMANCE TRAINING
AND SPECIAL AGED POPULATIONS GROUPS

My training methods come from the nerdy science behind the reason for each exercise and therefore in my sessions I am always explaining the benefit of the exercise from an anatomical point of view, I'm a true nerd in the field. Reason being is I treat my clients as athletes not and want to maximise their performance and results without injury and the best way to do that is to help them understand and learn so that they can create a sustainable lifestyle for themselves. So no, I am not the boot camp trainer that's going to be screaming at you "train insane or remain the same"



BOOK NOW



ROYAL RETREAT

Wellness & Fitness Club

ROYAL RETREAT WELLNESS & FITNESS CLUB

Knee Pain and Golf

Ideally, we don't want any pain playing golf – at all. But knee pain during a round of golf isn't uncommon. What we all want to know is what causes it, how it affects your swing, and what we can do about it.

Causes of knee pain can vary from person to person. With golfers, it's often a chronic or overuse injury or issue. You wouldn't tee it up on the first hole if it were acute. And the idea is "I know my knee is sore, but I'll manage my way through the round" isn't helping the knee and that isn't helping the golf swing either.



Fundamentally, the knee is a hinge joint. It's built for stability, and it's meant to flex and extend – that's it. Knee pain is often caused by the knee losing its stability by moving sideways or rotating (which it isn't meant to do).

What does this all mean?

Pain in your knee during your swing will result in some basic flaws. Loss of posture, sway and/or slide, and 'hanging back' are a few of the common swing flaws we would see with someone who can't create a solid base. This all means a poor strike, and uncontrolled ball flight (hook or slice), as well as a drop on swing speed and distance.

What to do about it?

Correcting the mechanical issues – the imbalances of strength and flexibility is where the work needs to happen. Controlling and limiting the sideways and rotational stress on the knee actually happens from the hip. Unfortunately, there isn't one recipe nor one exercise that fixes the problem for everyone – this is where the skill of the therapist or trainer lies. Assessing where the pain is, and how or when it happens will determine where and how to address the body mechanics, and which muscles to get stronger.

We don't want knee pain, or any pain to limit your golf.

If you are having trouble with knee pain during your golf, come through to see Dale Ebel at the Royal Retreat for an assessment.

082 324 7797

dale@bespokefit.co.za

AIMPOINT GOLF

Sandra Van den bergh

What a weekend for AimPoint Golf!

AimPointer Victor Hovland won the Hero World Challenge on the PGA Tour.



AimPointers Adrian Meronk came first and Adam Scott second in the Australian Open



For AimPoint bookings contact

Sandra van den Bergh

Certified level 3 AimPoint Instructor

The only certified AimPoint instructor in Africa

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2022



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*As our newsletter continues to evolve,
we are looking to make it even more
useful and interesting for our members.
We encourage you to share your
thoughts with us.*

