THE ROYAL NEWS

ISSUE 2 | February 2023









February 2023 | Members review | Club Championships

"What a Club! To Chris, Liam and the amazing Royal team, well done on another successful Club Champs! This was put together with such professionalism and passion. Everything was thought out and everything was so organised, effortless and perfect. Not everyone gets to see (and often takes it for granted) all the hard work that goes on behind then scenes. Thank you.

Lastly and most importantly, to the green keeping staff... wow wow wow! What an unbelievable and "impossible" task you guys had to overcame this week. The course was in unbelievable condition. I have to commend and make a special mention to you guys!! Excellent job!

Very proud to call myself a Royal Johannesburg member!"

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FROM THE CLOCK TOWER

Chris Bentley. Chief Executive Officer

It has been another extremely 'wet', challenging and yet successful month at the Club, culminating with another memorable Club Championships held this past weekend.

We live in a world of heightened stress and negativity and I always hear the talk about what separates us, and not enough about what unites us. Member events like Club Championships, always remind me that in our Club, we are a community that share the same values. When we lean in together, when we include more members and family not only does the Club thrive, but our lives get better too.



We thank all our sponsors and members who participated in this year's Championships and for your contribution to the amazing atmosphere and wonderful camaraderie – which is what a Club is all about. Congratulations to all the 2023 winners and in particular our new Club Champion, Mathew Mortimer who claimed an exciting victory over Joshua De Aguiar in a sudden death playoff (144). To our sublime Ladies Champion, Eleonora Galletti, who claimed her 9th title and remains in pursuit of chasing down Julie McWilliam's record of 12 wins. Last but not least, well done to our runner up and Junior Champion, Joshua De Aguiar, who put on a superb final round and an effort to be very proud of. The success of any event relies on immense preparation and teamwork. In this regard our sincere appreciation and thanks to all our management and staff for the hard work, late nights and attention to detail in creating another exceptional experience for our members. "The finest staff serving the finest members anywhere".

Considering the extreme rainfall that we had in the middle of the month, without doubt, our course department are the unsung heroes here. Thank you to course manager, Jerry Steyn and his live-wire team, who managed to showcase our golf courses beyond all expectation.







Your management team now prepare for 'administration season' as we develop the new budget and membership renewal advice for the 2023/24 financial year.

Through this process, we are, as always, taking great care in considering future pricing, the impact on members' personal and disposable income and all the other factors, whilst still ensuring we raise enough capital to keep standards up and move the Club beyond the macro and micro challenges. All this, while amplifying the members value proposition. Following approval from the Board, we will aim to distribute the member renewal advice in April and the early settlement options will also include some sensational incentives.

We also take the opportunity to remind members that the annual member survey will be distributed in March and your participation and feedback in this exercise is always greatly appreciated and valued.

As communicated, Africa Padel (www.africapadel.com) is currently starting site establishment to construct the car park extension and three courts, a padel proshop and hospitality area on the west side of the clubhouse parking. It will include new landscaping, be child friendly, aesthetically pleasing and offer a great hospitality space. Once construction is complete (May), we look forward to launching padel through an exhibition match to our members.

In closing, the high demand Masters Par 3 Challenge will take place on 5 April and it promises to be another wonderful day celebrating that Augusta aura.

We continue to thank all members for your support and loyalty at a place that creates special memories, history and friendships that stand the test of time.

Members create a Club and the past weekend has shown yet again, why Royal is the finest address in golf!











For More Information: www.africapadel.com

THE OLD OAK RESTAURANT PROUDLY PRESENTS AN EXCLUSIVE EVENING WITH SOUTH AFRICAN RUGBY LEGEND

HOSTED BY, THE INFAMOUS DAN NICHOLL



DATE: THURSDAY, 2 MARCH 2023

T1ME:17H30 FOR 18H00

COST:R1200PP

TNCLUDES:3 COURSE WINE-PAIRING SIGNED GIFT/PHOTO

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

MEMBERS RECEIVE 10% DISCOUNT













9 February 2023 | Patron Review - Dineplan

Stunning experience - from the booking, to the 'umbrella- keeper', the delectable food, impeccable service and for making the two birthday ladies feel so special and cherished.

What a afternoon...

I never knew what old fashioned was, and now i love it!

The surprise desert was superb and much appreciated. Bless you and your wonderful staff!

FIVE STARS are not enough!

Voted best luxury family restaurant in South Africal

ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB

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THE GOLF DEPARTMENT

liam Brown, Director of Golf

With our 2023 Club Championships brought to you by NJR Steel in the books, we reflect on an incredible member event. In a decade of working in the club industry, I have never been part of such an amazing tournament. The member participation was awesome and the buzz created around the clubhouse for the weekend was something to behold. It truly is a great privilege to serve you!

With that said, we are excited to soon be hosting some awesome activities at the club in the coming months, kicking off with the Windhoek pairs qualifier on the 4th of March and the Masters par 3 challenge on the 5th of April. This years, Masters looks to be a spectacle and we will definitely have the big screen down for the members to come through and watch the live golf and the Senior club champs which will be hosted over two weekends in April.

To add something different for members who are battling with their short game I will be hosting a FREE clinic for members every second Friday from 16h00 for 40 min starting on the 10th of March where we will help hone in your skills around or on the putting green.





Our league season has kicked off with a couple tough fixtures which have left our league sides in the following positions.

- Betterball East T5
- Betterball West T4
- Mid-am A T5
- Mid-am B T1
- Junior T3

Scheduled events coming up.

- Windhoek Pairs qualifier 4th March
- Interschools round 1 25th March
- Senior Club Championship 15th

Wishing you many fairways and birdies through 2023!

2023 CLUB CHAMPIONSHIPS



JOSH DE AGUIAR JUNIOR CHAMPION (144)



MATTHEW MORTIMER CLUB CHAMPION (144)



ELEONORA GALLETTI LADIES CHAMPION (149)



RASHAAD BHAMJEE B DIV WINNER (158)



XOLISA NGWADLA C. DIV WINNER (169)



JANE GOODWIN LADIES BRONZE DIV WINNER (74 POINTS)



SULEIMAN BHYAT D DIV WINNER (70 POINTS)





TAYO STRAW JUNIOR B DIV WINNER (164 POINTS)

GALLERY







The Board of the Royal Johannesburg & Kensington Golf Club

cordially invites you to participate in the

Twenty Twenty Three

Masters Par Three Challenge
to be held at the West Course
the fifth of April.

Chandru Wadhwani Chairman

R.S.V.P MEMBERS ONLY

PAR 3 CHALLENGE

Tee off from 14h30 | 9 Holes | Replica R 250pp | Incl. snacks, giveaways & great prizes Kids/Caddies Dress Up

THE PATRONS DRAW

Buy a ticket to 'own' one of the players competing Tickets at R50 each or 5 for R200

Limited: bookings@royaljk.co.za | OII 640 3021

EVERY WEDNESDAY

B & KENSINGTON GOLF CLUB

5 BALL | 5 CLUBS | 5 HOLES | 5 PM

FREE!

BOOKINGS ESSENTIAL T'S & C'S APPLY

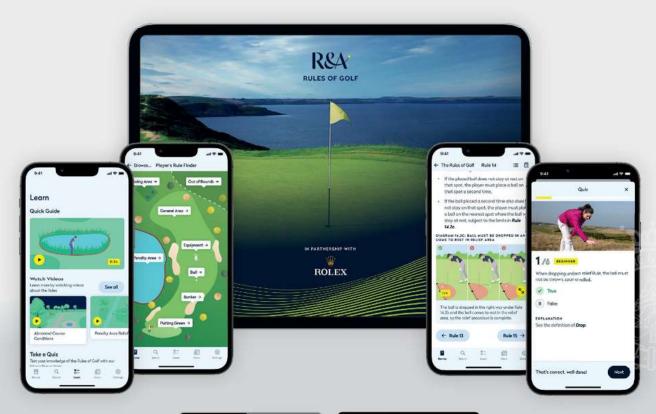
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2023 Rules of Golf

Access the new Rules via the official App







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



FROM EAST TO WEST

Terry Steyn, Course Manager

Mother nature is certainly testing all our capabilities this summer season as we went from extreme record low rainfall in January to extreme record high rainfall in February. It has certainly been one of the most challenging times I have encountered in terms of weather. In January we recorded 28,2mm of rain and in February a total of 385,3mm of rain, of that 385,3mm, a total 346.4mm came down in only 13 days. This has been the most rain received over such a short period in the last decade.

The rains have caused some serious challenges on the golf course – standing water on fairways for such a long time starts to hurt the turf, drainage pipes blocked, and old drainage lines found. What I definitely need to add is that the bunkers on East and West have handled this period with flying colours. We have had a few challenges and repairs to do, but certainly far less than what we have experienced in the past. Following the rains, the courses have also drained quicker than what we had anticipated. Although the lead up to Club Champs has been challenging and we could not present the courses at their utmost best, the courses were playable and the team has done well in five days to have accomplished what they have. Again, we would like to thank all the members and visitors for their patience and support during this challenging time.



Autumn is now upon us, and this is my most favourite season with the cooler mornings, picture perfect tree lines and growth slowing down. This allows the maintenance team to reflect on the past spring and summer seasons highs and lows, and in doing so, learning valuable lessons and improving on them going forward. For now, let's enjoy the last of the summer and hopefully this will be a good month in terms of weather.

During March we will finalise all the repairs from the rains to ensure that we have adequate turf cover going into winter. We will also be conducting bunker probing as sand levels have moved during the past summer storms. Regular dusting of both East and West greens will be done every 14 days.

From the course maintenance team, we wish to congratulate all who took part in the Championships this past weekend but particularly to our Club Champion, Matthew Mortimer and our Lady Champion, Eleonora Galletti.



January 2023 | Golfers review | East Championship Course

"Played the East Course today and although very challenging playing from the gold tees the course was in excellent shape, the staff warm and welcoming.
From our caddy to the restaurant manager, this establishment was simply excellent!

Looking forward to our upcoming and many returns to RJKGC for some on course redemption."

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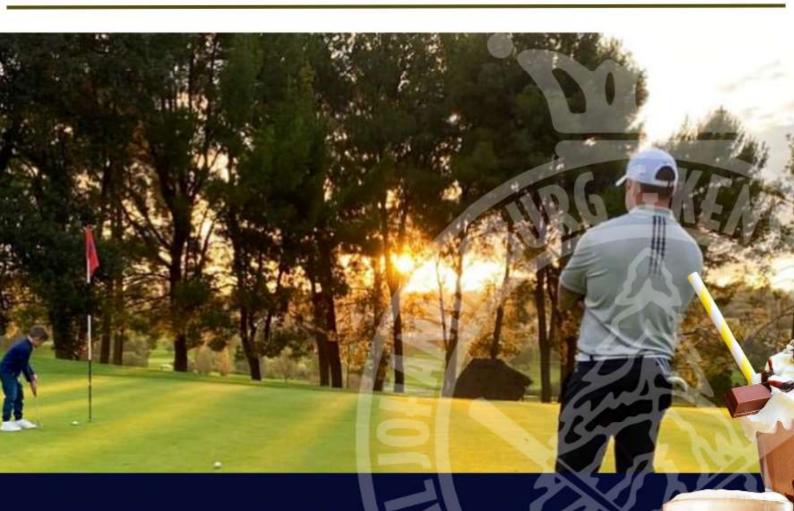


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Book your Tee time online at www.royaljk.co.za or call 011 640 3021 Subject to availability.



LAUREUS GOLF FOR GOOD CLASSIC

Join us at our annual Laureus Golf for Good Classic for a day of golf and entertainment.

This day provides you with the opportunity to entertain clients, colleagues and friends in a memorable environment while raising funds to help provide safe spaces for our youth.

Royal Johannesburg & Kensington Golf Club East Championship Course, 29 March 2023

ENTRY PRICE: R6 000 + VAT PER FOUR-BALL.



LADIES GOLF

Wendy Huddy, ladies Golf Manager



Rain, rain and more rain

Sadly our second attempt at having our Cupcakes of Hope Ladies Open day was washed out. This was very disappointing but some things are totally out of our control. We were combining this Open day with Valentine's day as it was being held on 14 February and sadly the BG's Valentines competition that was due to be held on Saturday 11 February, was also affected by the weather and was not held. We hope to have the third attempt of hosting our Cupcakes of Hope day in June but further details will follow.

Well done and well played to all our ladies who played in the SA Amateur Championships held at Mount Edgecombe in the middle of February. I have heard that weather conditions were very tough for all the players but hopefully an enjoyable week was had by you all.

What an incredible achievement it was that our course manager, Jerry Steyn and his amazing team, managed against all odds, to successfully prepare our two courses for last weekend's 2023 Club Championships. The courses were understandably wet but playable and it appeared that most had an enjoyable weekend of golf and friendship. Thank you to all the ladies who played and supported this wonderful event and we hope that special memories have been made.

Sincere congratulations to our 2023 Club Champion, Ladies Eleonora Galletti and to our lady captain, Jane Goodwin, who was crowned the 2023 Bronze Champion. Both ladies played some great golf on both courses but special mention must be made of Eleonora for winning the trophy for the 9th year!! Speaking to Ellie after her game, her aim is to match or surpass the 12 Lady Club Championship titles Honorary Life member, Julie McWilliam won at the Kensington Golf Club. Good luck Ellie!



Our league ladies have all been playing wonderful golf! Our weekday 1 team beat the CCJ 2 team 2 – 1 on the tough Woodmead course and our weekday 2 team recorded a 1.5 – 1.5 draw with Bryanston at Bryanston – both matches were played on 9 February. Conditions were tough for all four teams after the heavy rains so very well played to everyone who played. Our Sunday league team have had a great start to their season. Their first match was against Bryanston at Bryanston on Sunday 5 February and the ladies came away with a 2 – 1 win which was tremendous. They followed that victory up with another 2 – 1 victory at home on the West Course, against the ladies from Modderfontein on Sunday 19 February so all in all, a great month for all our league players. The weekday ladies both play their next matches on Thursday 2 March and the Sunday team have their next match on Sunday 19 March. Good luck to you all.

As the courses dry out, hopefully all players will get a little more run and conditions will get a little easier. Wishing you all a great dry month of golf and look forward to seeing many of you around the Clubhouse.



THE CAPTAINS CORNER

Nick Watt-Pringle

By the time you read this newsletter, the 2023 Club Championships will be done and dusted. Well done to all the participants and sincere congratulations must go to the 2023 Club Champion, Matthew Mortimer and the remarkable Ladies Champion again – Eleonora Galletti.

A special thank you must go to our course superintendent, Jerry Steyn and his staff for the wonders they did in getting the golf courses in a playable condition after 700 ml of rain had fallen in the past month. A full list of all the prize winners is included in this newsletter. I'm not too sure how many of you have played the five on 5/5. I just pitched up one Wednesday afternoon at 17h00 and ended up joining three other players in playing the five holes. What was pleasing to see was that two of them were visitors and the other member was a corporate member. After the game, I bumped into some visitors on the patio and we got chatting and I explained to them that you do not have to be a member to play in this competition – it is just a nice initiative to get out and play five holes in 60 to 90 minutes.



Soon, all members will be able to see footage of the fastest hole that has ever been played at Royal by Greg Jacobs, Liam Brown, Martin Briede, and yours truly. I think we should have a board like the one they have in Top Gear with celebrities who raced around the track and the times are recorded on the board! Perhaps we could have something similar with teams of members trying to beat our record, which I think could stand for many a year. We are calling on members to set up teams and see if they can beat this record. This will be done on a particular Friday afternoon, so keep an eye open for the date each month.

Please remember the first Interschools Challenge Day which will be held in the morning of 25 March and entries from the various team captains have already been received. This year we will be playing 4 rounds before the best school at Royal is crowned. I'm looking forward to a great day on the 25th.

I've saved the best for last as it must be the worst kept secret in Royal especially amongst the more mature members of Royal. The golf department will be reintroducing a much bigger and better version of the Royal Senior Club Championships for both ladies and men, to be played over two Saturdays. This is to ensure that there are no tired limbs having to play 36 holes on two consecutive days. Please diarise the 15th and the 22nd April. Qualification age will be 60 years old and the tournament fee will be R450 . Please keep an eye open for the entry forms, emails and flyers concerning the championships, on which you will find all the relevant details.

I look forward to seeing many of you around the Club over the weekends and enjoy your golf.

ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB

MEMBERS, FRIENDS & FAMILY The Joket Draw

THE FEBRUARY DRAW WILL TAKE PLACE ON THE FIRST FRIDAY IN MARCH (3RD MARCH) & THE MARCH DRAW ON THE LAST FRIDAY (31ST MARCH) DRAW WILL TAKE PLACE @ 18H30

FRIDAYSRDAMARCH

Food & Drinks specials
Current pot

R 10 820

Pre draw sales on Friday 3rd Marrch 2023

R 20 FOR 1 TICKET OR R 100 FOR 6

TERMS & CONDITIONS APPLY





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148 kg LEAD ACID

*Externally endorsed testing. Results determined comparing the RXV ELITE vs. conventional lead acid battery carts. Results vary according to course terrain and conditions. **Based on the RXV

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Members receive FREE venue hire! (subject to availability)

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Corporate Function | Motus

"Thank you again to you and your team for the very successful event we had yesterday. The food was incredible, the venue so beautiful and the team was just so friendly and easy – we absolutely loved it.

People are still raving about it this morning so that's always a good sign of a great function "

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THE CHEF'S TABLE

Ransley Netersen, Executive Chef

"A chef is a mixture maybe of artistry and craft.

You have to learn the craft really

to get there."
Wolfgang Ruck

The chefs column takes a turn in direction to focus on produce and educating the palette consistently to broaden the horizon when it comes to picking up flavours. Without being too geeky or complex in this write up, I encourage everyone who comes across this to put your palette to the test.

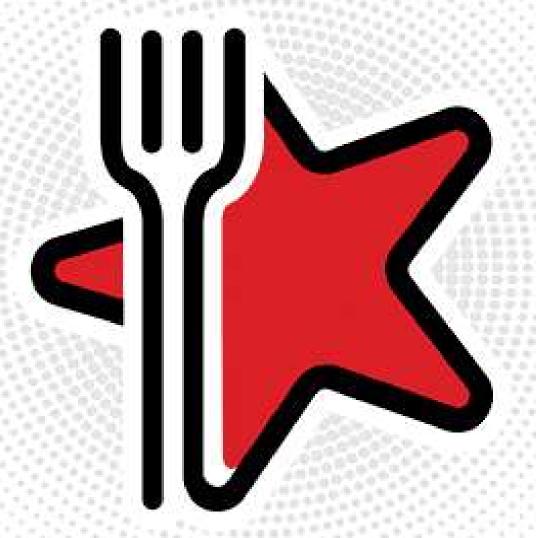
The key to adapting your palette and training your mind to tasting different flavours is pretty straight forward, stop eating the same thing all the time. As humans we are creatures of habit, reluctant to explore the unknown. Moving out of your comfort zone when it comes to food and beverage is vital to developing a palette that picks up different flavour profiles. All too often we have built up a stigma regarding certain ingredients such as, cauliflower, brussels sprout, mushrooms, the list is endless; and this is merely an indication in most situations that refer to these ingredients being prepared poorly in our past.

As chefs, we are extremely blessed with the unique opportunity we have, to create something spectacular that looks like a masterpiece that one ingests to create a magical experience. We strive to push the boundaries when it comes to creativity and enticing a feeling of nostalgia.

The produce we source is particularly specific to each wine that we have selected to feature alongside the gastronomic experience. This in turn is a very complex process that we embark on to decipher different notes and nuances. Try and understand what you are eating and allow your mind to explore the unknown.



RESTAURANT GURU 2023



Royal Johannesburg & Kensington Golf Club

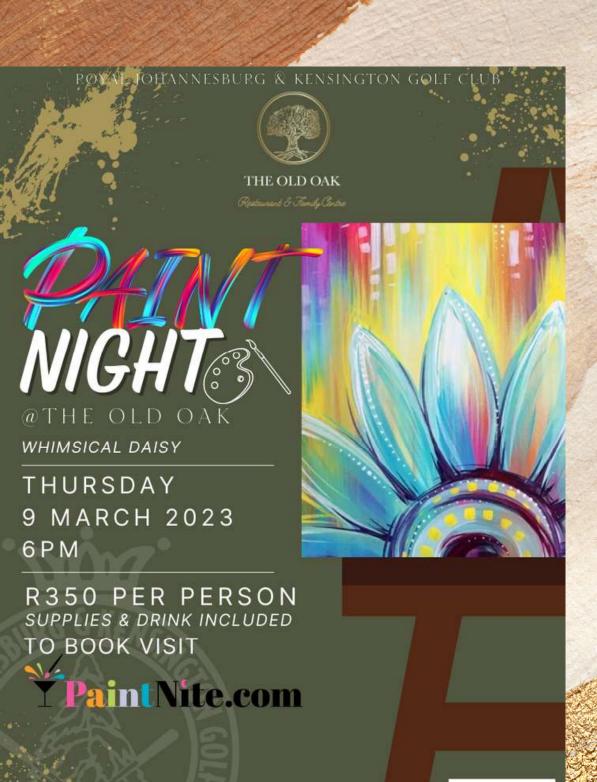
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14 February 2023 | Member Review

"It was an awesome valentines dinner at The Old Oak Restaurant.

Congratulations to Chef Ransley and all the staff who made everyone comfortable and welcome.

I have never been one for fine dining and wine pairing, however the experience last evening was exceptional. From the service at the entrance, to the ambiance in the restaurant and most importantly the food and pairing of the wines was outstanding"

Thank you!

ROYAL JOHANNESBURG & KENSINGTON GOLF CLUI

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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.









RUHAN'S WINE COLUMN

Ruhan Duvenage. Assistant Food & Beverage Manager

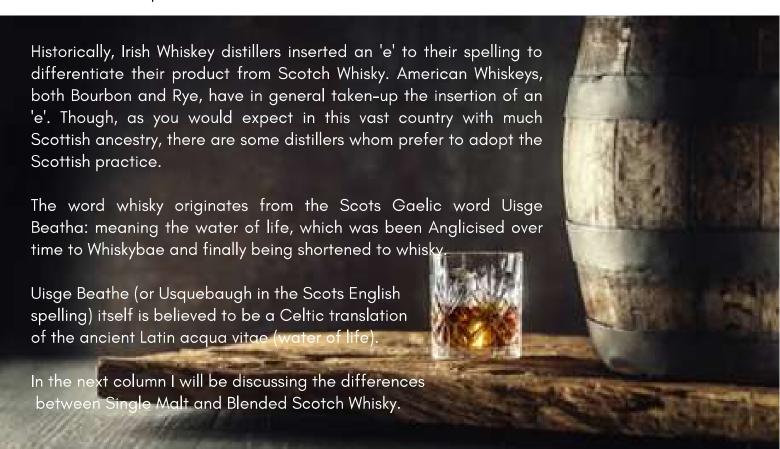
At The Old Oak we have an exceptional list of whiskeys to choose from, from Blended Scotch, Single Malts, Japanese Whiski, Irish Whisky, and of course American Bourbon. In the next 3 editions I will be talking about what makes a whisky, the regions they are from, and the differences between certain classifications. Let's talk about common misconceptions on the correct classifications,

Scotch Whisky, Irish Whiskey, Wisky and Wiski

Whisky may mean Scotch whisky to most of the world's population, but it is often wrongly substituted by the spelling whiskey, or even mis-spelt: wiskey, wisky. Much of this misunderstanding originates from the fact that there are a number of countries that distil their own whiskies (or whiskeys). Scotch whisky is by far and away the largest selling and most renowned; however, local spirits distilled in Ireland, Japan, Canada, America and India are also known as whiskey (whisky).

Scotch whisky is always spelt without an 'e', be it Single Malt Whisky or Blended Scotch Whisky. On occasions, particularly in the United States, blended Scotch Whiskies will be shortened and asked for as Scotch.

Japanese Whisky, Canadian Whisky and Indian Whisky are also spelt without an 'e'. It is believed that Japanese Whisky is spelt this way as a result of Japan's first whisky distillers learning their trade in Scotland, in the early 1920's, thereafter adopting the Scottish convention. Canadian and Indian Whiskies, it is thought, in a similar vein embraced the spelling when they were part of the British Empire.



#retirementgoals!

As a golfer, you search for the little fixes and tweaks that will allow you to better your game, allow mCubed to assist with your retirement goals with an obligation-free fund analysis or quotation, as well as a payroll health check.

To find out more about our complimentary fund analysis or payroll health check, email **newbusiness@mcubed.co.za** and simply put RJ3 in the sentence. One of our qualified consultants will get back to you.



March 2023

Evening with John Smit @ The Old Oak	Thurs 2 March		
Club Comp - Windhoek Lager Pairs - Betterball Stableford	Sat 4 March		
Club Comp AM - Alliance 2 scores to count	Sun 5 March		
Ladies Comp - Trophy Event - Ind Stableford	Tues 7 March		
Greg's Day	Wed 8 March		
Paint Night @ The Old Oak	Thurs 9 March		
Club Comp - Alliance 2 scores to count	Sat 11 March		
Club Comp AM - Betterball Stableford	Sun 12 March		
Ladies Comp - Postponed ladies Christmas Competition	Tues 14 March		
Pasta Evening @ The Old Oak	Wed 15 March		
St Patricks Day - Pot of Gold Drinks special @ The Old Oak	Fri 17 March		
Club Comp - Ind Medal - East Ind Stableford - West	Sat 18 March		
Club Comp AM - Ind Stableford	Sun 19 March		
Public Holiday - Human Rights Day	Tues 21 March		
Club Comp - Interschools Round 1	Sat 25 March		
Club Comp AM - Betterball Medal	Sun 26 March		
Ladies Comp - Jean Eustice Trophy BB Stableford	Tues 28 March		
Club House Whiskey Week Special	Tues 28 March		
High Tea @ The Old Oak	Thurs 30 March		
Royal Joker Draw	Fri 31 March		
Live Music @ The Old Oak	Fri 31 March		

Every Wednesday - Pizza Night @ the Old Oak | 5@5 Golf Every Friday - Sundowner 9 Hole Comp | Tapas & Bubbly



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April 2023

Club Comp - Betterball Stableford	Sat 1 April
Club Comp AM - Alliance 2 scores to count	Sun 2 April
Ladies Comp - Ind Stableford	Tues 4 April
Masters Par 3 Challenge	Wed 5 March
Date Night @ The Old Oak	Thurs 6 April
Public Holiday - Good Friday	Fri 7 April
Club Comp - Ind Medal - West Ind Stableford - East	Sat 8 April
Club Comp AM - Betterball Stableford	Sun 9 April
Easter Sunday Lunch @ The Old Oak	Sun 9 April
Public Holiday - Family Day - West Course Open	Mon 10 April
Ladies Comp - 4 Ball Alliance	Tues 11 April
Pasta Evening @ The Old Oak	Wed 12 April
Paint Night @ The Old Oak	Thurs 13 April
Club Comp - Betterball bonus bogey	Sat 15 April
Senior Club Championships Day 1	Sat 15 April
Club Comp AM - Ind Stableford	Sun 16 April
Ladies Comp - Betterball	Tues 18 April
Club Comp - 4 Ball Alliance	Sat 22 April
Senior Club Championships Day 2	Sat 22 April
Earth Day Brunch Picnic	Sat 22 April
Club Comp AM - Betterball Medal	Sun 23 April
Ladies Comp - 3 Ball Alliance	Tues 25 April
Pasta Evening @ The Old Oak	Wed 26 April
Public Holiday - Freedom Day	Thurs 27 April
High Tea @ The Old Oak	Thurs 27 April
Royal Joker Draw	Fri 28 April
Live Music @ The Old Oak	Fri 28 April
Club Comp - Betterball bonus Bogey	Sat 29 April
Club Comp AM - Alliance Mixed	Sun 30 April

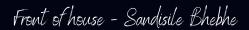
The Masters - 3rd to 9th April Every Wednesday - Pizza Night @ the Old Oak | 5@5 Golf Every Friday - Sundowner 9 Hole Comp | Tapas & Bubbly



EMPLOYEES OF THE MONTH

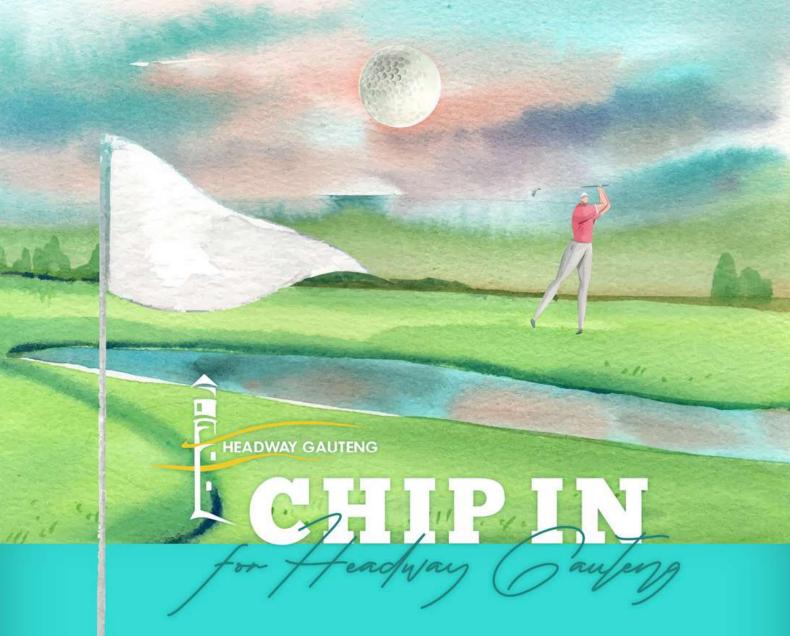
Congratulations!







Back of house - Khanana Elias Moagi



JOIN US FOR THE 7TH ANNUAL HEADWAY GAUTENG GOLF DAY

WED 15 MARCH 2023

ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB (EAST COURSE)

REGISTRATION FROM 10H00 | TEE OFF AT 11H00 | RSVP BY FRI 3 MARCH 2023

COST: R3800 PER FOURBALL | CARTS: R420 PER CART

RSVP: SALLY SPADA

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ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB

THE DRIVING RANGE & ACADEMY

Wow, this February has been one of the wettest to date and this forced us to close for a few days as well as use mats only on more days than we would have chosen. On that note, we would like to thank all the members for their patience during this testing time. We are working alongside Jerry and his team to try and get the range up and running as soon as possible.

Team Spirit

It was great to see the betterball East league side as well as some of the 2 club members showing some team gees on Friday. Getting some practise in while enjoying a boerie and drink proved to have worked with a good win over CCJ. Well done boys ©

We look forward to seeing many more league teams down at the range and joining in on the team spirit.

Jacks Paint Barrel Challenge

Due to the rains we have had to postpone the 1st Jacks Paint challenge.

Our next Jacks Paint Barrel Challenge will be the 24th of March from 15h30 – 17h00 (just before the Club's Lucky Draw). So come down and test your wedge play – who knows, you could walk away with R5000.

2023 Club Champs

We could see that this year the members took the Club Champs very seriously with most of the field coming down and warming up before their round on each day.

A huge congratulations to all the winners as well as everyone who competed over the weekend.

Saturday Junior Clinics

Looking to keep your little ones entertained on a Saturday, then we have the perfect solution for you. Every Saturday from 09h00 – 10h00, we host a junior clinic at the driving range with lots of fun activities to be enjoyed.

For more information please contact jayde@rightsidegolf or 071 410 7212 .

Regards

Right Side Golf team





YOUR MONTHLY FIX

By Martin Briedé, Master Teaching Professional





SHOTS OF THE MONTH

By resident photographer, Trevor Barnett













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REBEL Urban Retro - where functionality meets style.





We have new arrivals of UA apparel as well as a fashion drop from Callaway. Well worth a look! Both brands a reasonably priced which is always good news for our members.

Srixon and Titleist have launched their new golf balls. Some spin a little more and some spin a little less. Pop into the shop and we'll advise what's best for your game.

The new Callaway Paradym and TaylorMade Stealth 2 have been launched. Both exciting products that promise more distance. Book a fitting and we'll get you into the right combination of head and shaft. The new FJ shoes have also arrived. I have a bit of a shoe fetish as most of you know so it won't be long before I'm in a new pair of Premiere's!

Congrats to Matt Mortimer who won the Club Championships on a wonderful score of 144. Eleonora Galletti kept her remarkable run going of 9 wins in 10 starts – what an amazing achievement!

On a personal note, I would like to thank all the members for their ongoing support and concern for me over the past year. It has meant so much to me and my family and it made a significant difference in my recovery. Royal is my home and my family so thank you from the bottom of my heart!













THIS MONTHS FITNESS TOP TIP

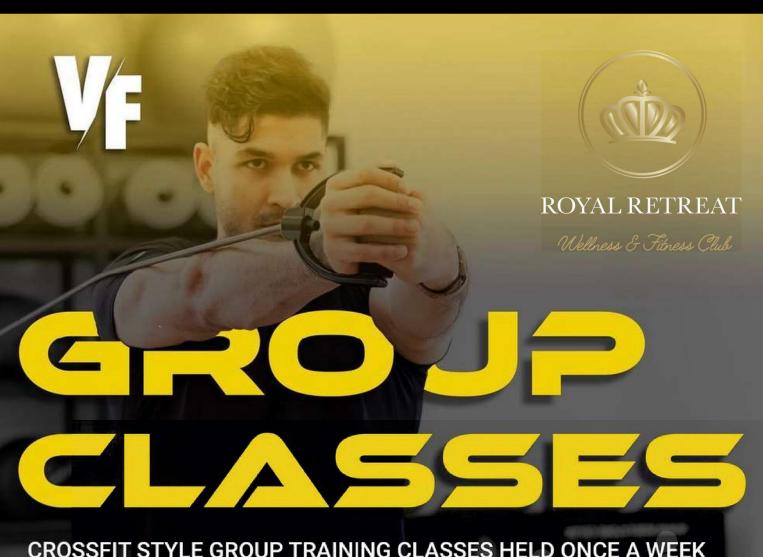
By Personal Trainer, Yusuf Vally

In a country like South Africa where loadshedding and water shortages are a neverending story we often find ourselves prioritising what is most important to us. I'm here to speak to you on how to maximise your time in the gym with regards to weight loss

The body is always working off one of two forms of energy: anaerobic and aerobic. Aerobic is defined as a steady state effort that you could perform for hours. Anaerobic is defined as the highest sustained intensity of exercise for which the body oxygen uptake can support.

Anaerobic training is one of the best ways to maximise your weight loss potential but it's only possible to maintain that level of training for a short while before you are forced to stop. That is why training at your anaerobic threshold is the perfect compromise.

Contact me for a free consultation and let's see where your anaerobic threshold stands.



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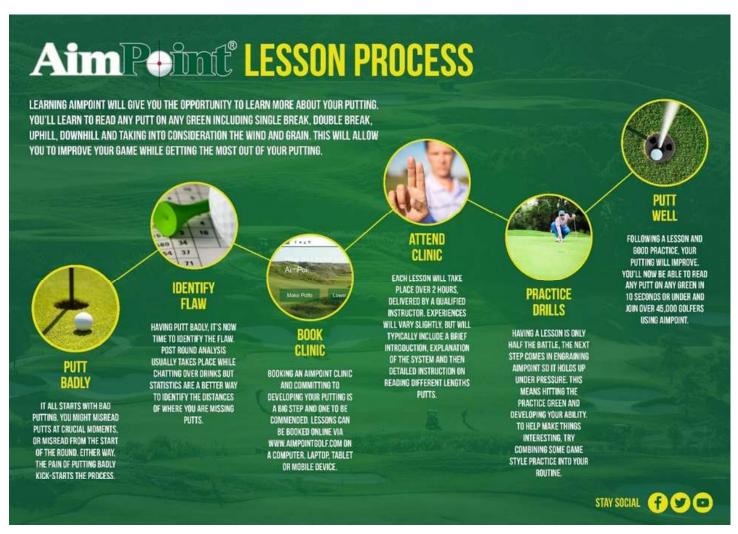


ROYAL RETREAT WELLNESS & FITNESS CLUB

Sandra Van den bergh

AimPoint follows a consistent process that can be used on any green anywhere in the world. It's not just green reading mastery, but a full putting solution that also helps with aim and speed & distance control.

I have been teaching AimPoint here in South Africa for over 8 years, so why wait? Contact me to book a private lesson or get a few golfers together for a fun filled clinic.



Justin Rose winning at Pebble Beach US PGA Tour early February, after a 4 year winless drought. He is holding up 4 fingers which means it was quite a break to putt!

An avid AimPointer





Professional golfer Xiyu Lin at HondaLPGAThailand

Max Homa – another PGA win for Aimpointer Max Homa at Torrey Pines Farmers Insurance Open 2023.



For AimPoint bookings contact

Sandra van den Bergh

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BOARD:

C. WADHWANI (CHAIRMAN), D. HARDING (VICE CHAIRMAN), N. WATT-PRINGLE (CLUB CAPTAIN), J. GOODWIN (LADY CAPTAIN), T. PEYPER (TREASURER), G. ODGERS, D. MOOROSI, W HUDDY, C. BENTLEY (CEO)

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@ROYAL_JHB_GOLF

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.







