

GOOD TIMES

The monthly news of Royal Johannesburg
Issue 5 | May 2023



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FROM THE CLOCKTOWER

CHRIS BENTLEY, CEO

Sunrise is later, sunset is earlier, morning golfers are donned in their jackets and beanies, Winter is here!

The Wanamaker trophy delivers yet again. The cheers for Brooks Koepka's PGA Championship victory reverberated from Rochester to Riyadh. For the American, a fifth major title which places him alongside names such as Byron Nelson and Peter Thomson in golf's pantheon of greats.



He becomes only the 20th golfer in history to reach five. Arnold Palmer, who claimed seven, is now within view!

It's been a whirlwind month at the Club, with lots of corporate golf, events and of course the opening of Padel@Royal. The opening of padel is another significant milestone at the Club, as we continue to evolve into a family inclusive Club, with top facilities and an experience that members and guests would struggle to find elsewhere. The overall quality and value proposition at Royal has never been greater!

In this regard, my gratitude and sincere appreciation to Africa Padel and all the teams involved in the launch. We also thank the members who have sent such wonderful feedback.

Over the past ten years the Club has conducted the annual member survey, a process that exercises transparency and sets the stage for the Club to view member perception, insight and data for continual progress.

Over this time the overall weighted satisfaction average, across the Club has increased by 20.2% The survey for 2022/23 was distributed on 13 April (via Survey Monkey) and closed on Friday the 28th and the Club has released the results and high level data.

We are delighted and thankful to report an overall satisfaction level of 97% and a weighted improvement from 84.6% to 85.5%. We thank each member who took the time to participate and those who provided additional feedback. What next? Within this newsletter the Club is launching a bi- monthly series of 'snapshot' surveys, which will target specific operational topics and areas. We will keep travelling the road of the majority members, drive progress, improvement, development and a better future!

The Club has officially launched its new brand and the positive feedback from the membership and greater golfing community has been overwhelming. The rebranding stays faithful to everything our existing members and customers love and without limitation, it opens up opportunities to build stronger relationships with younger customers.

With our unique appeal, shortened name and united symbol, we will use our new identity to extend to all areas of our Club, with a fresh approach, to create further opportunities to promote our membership, facilities, culture, events and services. The new brand will be rolled out over a two to three year period (as practical and feasible) and merchandise will shortly become available in Greg Jacobs Golf Shop. We also remind members that the name change of the Club is for PR and marketing purposes but the legal trading name of the Club will remain the same. The Club will also find a suitable and fitting position to keep and celebrate the Kensington name.



It is with excitement and relief, that we now head towards our next big project at the Club - the first phase of our Solar carports. The construction is set to get underway toward the end of June (pending stock availability) and will take approximately 6 weeks to complete. Phase one will be the carport with solar panels, which will take us 40% off grid. Phase two (battery install) will start in September and take us 70-80% off grid. Members are to note that there will be temporary inconvenience to parking during the first phase and the club will continue to run a shuttle service over busy days.

As we approach the Club's financial year end, at 30 June 2023, we urge all members who have not yet settled their dues for the new year, starting 1 July, to please do so and take advantage of the fantastic 'early bird' incentives. Congratulations, to Gillian Lee for winning the early bird -April incentive. Gillian walks away with a brand new set of Titleist irons, standbag, Old Oak voucher and 'head-to-toe' under armour outfit.

It's hard to believe our Old Oak Restaurant is a year old already and what a first year it has been. R11.5m in sales, over 68 000 meals served and of-course being voted the best luxury family restaurant in SA to top it off! We thank all the members and our wonderful teams for all the support and bringing the vision to life.

In closing, the negative climate outside the Club, is very noticeable amongst some people's behaviour and it's clear how stressed society is in general and whilst we aim to provide members and guests with an escape from reality, we ask members to assist the Club in upholding the high calibre of standards, respect and expectations. It is the members and staff who shape our wonderful Club culture and this must be maintained.

We hope you enjoy the additional content and the new look and feel of the monthly newsletter!

An aerial photograph of a golf course clubhouse and tennis courts. The clubhouse is a large, multi-story building with a dark, gabled roof and a central tower. It is surrounded by lush green lawns and trees. In the foreground, there are several red tennis courts with people playing. The image is partially obscured by a semi-transparent overlay on the left side.

[CLICK TO](#)
[EXPLORE PADEL](#)

Issue 2 – May 2023

South Africa's TOP 100 Courses

*How Leopard Creek
BECAME NO 1 AGAIN*

DURBAN CC
renovation

*BEST 50 RANGES
& halfway houses*

FEATURING ROYAL
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94
pages

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SURVEY

Club Operations



Designated Smoking
Halfway House variety
Sandbags
Green speeds
Golf carts :)

Click here to answer
the **survey**:

THE GOLF DEPARTMENT

LIAM BROWN, DIRECTOR OF GOLF



The cold seems to be settling in, however the golf courses are in amazing condition and the big frosts have luckily not hit yet. I was fortunate enough to sneak out onto the West course recently for a round of golf and I was pleasantly treated with a sublime round of golf on a fantastic course. However, the number pitch marks seen after a busy member weekend were highly disappointing.

The golf department communicates regularly on the expected course care and etiquette by our members and guests but it seems many players conveniently forget to repair their pitch marks or fill their divots. Again, we plead to all members to leave the golf courses in a better condition than they find it.



We recently sent out a poster for the annual 5 Royals event which is played at Royal Port Alfred annually and this year the tournament will take place on the weekend of the 21st of July. Each year one of the 5 participating Clubs host the event at the lovely coastal course and this year it is our turn to play host. We would love to have a strong showing at the event.

The scratch league sides kicked off their first game of the season at home with a great set of wins against Dainfern and Maccauvlei on the 21st of May. Both teams recorded an opening 7-1 result against their opponents. Our betterball league sides have started their season with a few tough fixtures and have a point to prove to set their season back on track. The mid-am A side had a great day out against Kyalami on the 27th of May, winning the game 5.5 to 2.5 against a very strong side which keeps their title defence back on track. The Mid-Am B side are holding strong at the top of their respective log and are hopeful for a promotion at the end of the season. Below are our current league standings.

Scratch League A – 1st
Scratch League B – 1st
Mid Am A – Tied 3rd, Mid Am B – 1st
Betterball East – 8th, Betterball West – 8th
Junior League – 5th



CLICK TO VIEW



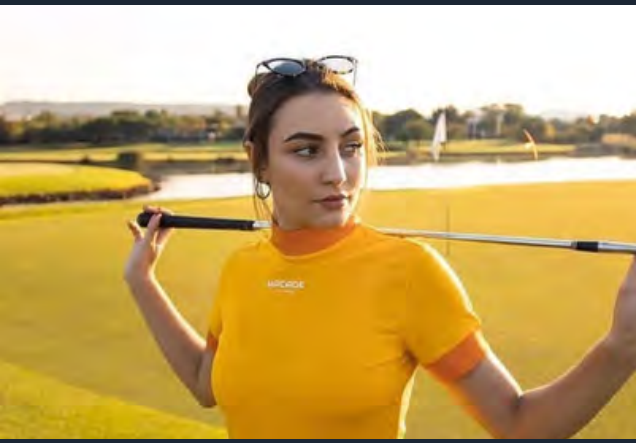
ROYAL JOHANNESBURG
EST. 1890

THE 2023 ROYALS
INVITATION

'5 ROYALS'



ROYAL PORT ALFRED GOLF CLUB



Welcome

ELEONORA GALLETTI

GOLF EVENTS CO- ORDINATOR

events@royaljk.co.za | golfevents@royaljk.co.za

Golf Department (Junior Management)

As we bid farewell to Jenene Bernhardt, the Golf Department has been restructured to better accommodate the responsibilities and tasks, particularly that of golf events (i.e corporate golf days) at the Club.

Following a lengthy recruitment process, the golf department is proud to welcome Eleonora Galletti to the team. Eleonora takes up the position of Golf Events Co - Ordinator from 1 June 2023 and we could not have found a better candidate to fill this role.

Eleonora is well known at the Club mainly due to her National and Provincial representation in Ladies golf and needless to say her 9 Ladies Club Championship titles. But she has always had a desire to work at Royal and enter the 'business of golf' (merging her education and skills with her passion for the game).

Having completed her tertiary education at St Teresa School and BSI, she has gained valuable experience by completing her bachelor's degree in Corporate Communications and over the last two years gained great experience in the financial administration field. All skills and attributes to full-fill our clients needs.

Eleonora has been a member of Royal for 17 years and is an avid sports person with a passion for golf and people. We are confident that her experience, skills, attitude and positive mindset will see her become a great asset to the golf department.

The Golf Events Co-Ordinator reports to the Director of Golf.

"I'm grateful and excited for the opportunity. I can't wait to get started and look forward to the challenge, playing some golf with the ladies section, working with the team and serving the members & clients of this great Club"

ROYALS RISING STARS



Jason and Michael Balora are almost 7 year old twins. They are the rising star members of Royals Junior section at the Club.

In-between grade 1 at SAHETI School the twins are golf obsessed and enjoy playing golf together with their dad Wesley and Nonno (grandfather).

Over the past two years Jason & Michael have become very popular within the US Kids Golf circuit and have quickly started collected an array of trophies and medals for the stellar golf performances.

Jason & Michael are coached by Master teaching Professional Gavan Levenson who is very excited by the boys natural abilities and passion for the game.

"The boys are truly talented and i love working with them but most importantly they are having fun and enjoying this wonderful game".



W I N T E R C L U B

CHAMPIONSHIPS

1 & 2 JULY 2023
EAST & WEST

CHAMPIONSHIP FEE: R 490 PP

INCLUDES GIFT BAG, HALFWAY AND PRIZES

TO ENTER: BOOKINGS@ROYALJK.CO.ZA

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FROM EAST TO WEST

JERRY STEYN, COURSE MANAGER



Our winter months have officially started, frost has started to set in lower lying areas and in the roughs and soon the golf courses will be covered in frost leaving us with very chillier mornings than what we would like. This also means that we need to adapt our maintenance schedules in terms of mowing. As soon as frost starts appearing on the greens more regularly, we will start mowing greens in the afternoons as this limits any mechanical damage on the greens in terms of ice accumulating on the rollers and damage to the leaf. I am also pleading to all golfers using carts to please stay in the rough if frost is visible - driving over grass with ice on breaks up the leaf causing a very unsightly look to the golf courses.

We have multiple exciting projects on the go from the start of June. We will be starting to level the tee's on all the Par 3's on the West course and this project will be split into two parts to limit the disruption to golf. We will first be start with all the mens back tee's, then allow five weeks of recovery and then start on the second part with the remainder of the tee's. The plan is to have all the Par 3 tee's completed by end of July. Unfortunately, there are only two sets of tee's on the par 3's aside from 17 West so this means that the course will be playing shorter than normal for this period. While we are busy with this project, we will also be taking the opportunity to widen some of these tee's as best as possible to allow for more space to rotate the tee's more frequently. This also means that we can prolong the timeline until they need to be re-levelled again.



As soon as the Par 3 tee's are done, we will be targeting all the remainder of the unlevel tee's on West, one by one.

We have already started with some winter maintenance on West. All the mowing of the veldgrass and the boundaries will be completed by the end of May after which, we will move across to the East course and have that completed by the end of June. This winter we will also do a major clean-up of all the water sluits around the course. With the possibility of the El-Nino approaching we want to ensure that all these "gutters" are clean to allow any rain falling to go into our irrigation dams at maximum capacity. This is also very important for when we have huge storms to ensure the water runs in the appropriate channels and keeps the course as dry as possible. Another project on the go is the cleaning of the compost yards. We are busy turning the East compost yard into a complete grass nursery for our golf courses as this will take us away from taking sods from the driving range. The West compost yard will become our recycling site for any natural refuse from the golf courses. Spraying off all the clover weeds will also be starting in June - we had planned this to have been done in May but with the unexpected rainfall we had, it had to be delayed.

The late rains we have received have been surprising and we have recorded a total of 96mm for May, which is the most rain we have experienced in the last decade. This past season is best described as a 'yo-yo'- it's been one extreme to the next and the courses has certainly felt this drastic change in each month. I look forward to seeing everyone out on the golf courses - keep warm.





Open on
MONDAY'S

BACK BY DEMAND ...

**EFFECTIVE, 22 MAY 2023 THE
CLUB WILL BE OPEN AGAIN ON
MONDAY'S!**

BOOKINGS ESSENTIAL

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LADIES GOLF

WENDY HUDDY,
LADIES GOLF MANAGER



Ash Buhai continues to play some wonderful golf in the United States and in early May finished in third place in the Cognizant Founders Cup played in New Jersey. Ash was only three shots off the winning score which was recorded by Jon Young Ko who defeated Minjee Lee after a play-off of one extra hole. Congrats to Ash on yet another fine performance!

Our league teams continue to impress with their steady play at each fixture.

Both our weekday teams recorded victories over teams from CCJ on 4 May – the weekday 1 team was at home on the West course and the weekday 2 team away at CCJ. Our Sunday league ladies went down against Killarney on Sunday 21 May after a tough battle on the West course. However at the half way stage of the league season, all three teams top their respective division logs which is a wonderful achievement and let's hope the second half of the league season is as successful

Sherida Stevens had a wonderful tournament in the Senior National Ladies Championships held at the end of May on the Benoni Country Club and Ebotse courses. In the 50 to 59 year age group, Sherida was the runner up in the 36 hole stableford competition and won the day 1 prize with 37 points and was third in the 36 holes stableford competition in the C division. Very well played Sherida.

42 lady staff and lady members bid our Club Operations Director, Jenene Bernhardt, a sad farewell on Tuesday 23 May. After a golf game, when Jenene played a hole or 2 with all the three balls playing, we had a small get together in the Old Oak Restaurant. Jenene will be missed enormously but we look forward to welcoming Eleonora Galletti to the team on 1 June when she takes on the position of Golf Events coordinator. There is no doubt that Ellie will be a great asset to the Royal team.

As the colder weather sets in, our tee off times are thankfully a bit later but we are all hoping for a wonderful day on Tuesday 13 June, when we will try and host our Ladies Cupcakes of Hope Open Day, on our third attempt!! All proceeds from the day go towards this absolutely wonderful charity and with only a couple of tee off times still available, this promises to be a super day.

Whilst speaking of charity, we do hope that our members and their guests support our Mandela Day blanket drive that has been launched this month – you simply purchase a blanket/s and drop off at reception and all the blankets collected up until 18 July, Mandela Day, will be collected by a representative from a homeless shelter on that day! I have no doubt that our Royal members will dig deep as they always do, to support this wonderful project.

Keep warm and look forward to seeing you around the Club.



Ladies Open



BOOK NOW: LADIES@ROYALJK.CO.ZA

EAST COURSE

Tuesday, 13 June 2023 | 4 Ball Alliance

TEE OFF FROM 07H16

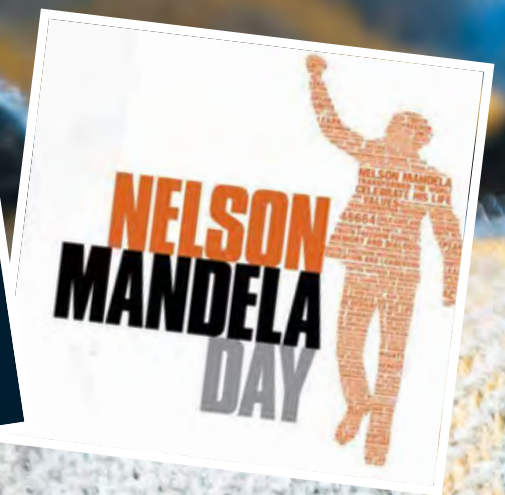
R175 - MEMBERS WITH PRE-PAID ROUNDS

R500 - VISITORS & MEMBERS (WITH NO PRE-PAID)

INCLUDES: COMP FEE, HALFWAY, LIGHT LUNCH
AND CHAMPAGNE

ALL PROCEEDS COLLECTED WILL GO TO THE
CUPCAKES OF HOPE CHARITY





Blanket Drive

'What counts in life is not the mere fact that we have lived; it is what difference we have made to the lives of others that will determine the significance of the life we lead'. Nelson Mandela

Members and staff are encouraged to purchase or donate a blanket or blankets between now and Tuesday 18 July and to drop these off at reception.

All blankets received will be collected by representatives from a homeless shelter on Tuesday 18 July 2023.

Mandela Day is celebrated every year on July 18, Nelson Mandela's birthday.

The day remembers Madiba's achievements in working towards conflict resolution, democracy, human rights, peace and reconciliation. Not only is the life of Nelson Mandela celebrated on this day, but it is global call to action for people to recognise their ability to have a positive effect on others around them.

The day hopes to inspire people to embrace the values that Mandela shared.



THE CAPTAINS CORNER

NICK WATT-PRINGLE
CLUB CAPTAIN

By the time you read this month's newsletter, the winter solace will only be two weeks away! With that thought in mind, Winter Club Championships are nearly upon us. With the late rains and no frost, we should be playing on greener courses than one would normally find at this time of the year.

It should be a grand affair so if you haven't yet entered, please hurry as entries will be closing soon.

The 2023 South African Senior National Championships were held at Pretoria Country Club and Waterkloof in the second week of May and several of our Royal members did extremely well. Congratulations to Dean Harding who finished runner up, one shot off the pace and to David Stratton for finishing in fourth position – great play gents!



We have the bragging rights once again after our biannual tournament against Pretoria Country Club in Pretoria. Well done to all who represented Royal Johannesburg at this fixture and congratulations on the convincing win Royal managed!

It is always great to hear about some of younger stars from Royal playing collegiate golf and I refer to Kian Rose in this newsletter, who is studying in the US and plays for Clemson University. This is the report that I got from Clemson – Rose was Clemson's best player for the regional with the score of 205 to set a Clemson record for a low 54 hole score in the NC AA regional. The native of South Africa had rounds of 68, 70, & 67 in recording his eleven under par score that was good enough for 8th place in the field of 75 golfers. He led the Tigers (it's the school's nick name) in under par holes for the tournament with 20, tie for the most in a 54 hole tournament in the school's history.

Well Done Kian.

The 5 Royals are once again upon us and all members are invited to play in the annual event held every year at Royal Port Alfred GC. See attached poster for further details.

Finally, it was with much sadness that we bid farewell to our operations director, Jenene Bernhardt, who has left Royal after 7 years of loyal service to our Club. I am sure many of our members would love to bump into Jenene as she starts her new career as general manager on the Vrymansfontein wine farm – I know that she would be delighted to see some familiar faces.

I look forward to seeing you all at Winter Championships.





THE OLD OAK RESTAURANT
FATHERS DAY LUNCH
SUNDAY, JUNE 18, 2023

LIMITED SEATS
CLICK TO
BOOK NOW!

THE CHEFS TABLE

RANSLEY PIETERSEN
EXECUTIVE CHEF

As the air grows crisp and the first signs of frost are imminent, a new season beckons on us into its embrace. Winter calls for frost kissed landscapes and cozy evenings, holding a special place in the hearts of Chefs and food enthusiasts alike. Let's embark on the culinary journey of what the magnificent mysteries winter brings.

Winter harvests celebrate ingredients that excite the palate and warm the soul. From hearty root vegetables like parsnips and turnips to the most gorgeous citrus fruits and robust winter greens. These winter treasures are sure to set the tone of delectable cuisine and what better way to celebrate that other than the launch of the Old Oak's new menu.



Coupled with an exceptional new wine list created by Ruhan Duvenage, the tone is already set and cozy nights are guaranteed.

Winter being synonymous with comfort, which the culinary world embraces wholeheartedly, is not looked at as a period of hibernation but rather as an experience with a different ambiance. Showing this seasons' essence lies in the secrets of how to deliver the wholesome hearty flavours in an elegant and elevated way. Our new menu celebrates not only the ingredients that are in season but also the ethical cooking in respecting that which goes onto the plate.

'The joy of harvesting lies in the discovery of new flavours and the exciting anticipation of transforming nature's gifts into culinary masterpieces that awaken the senses.'

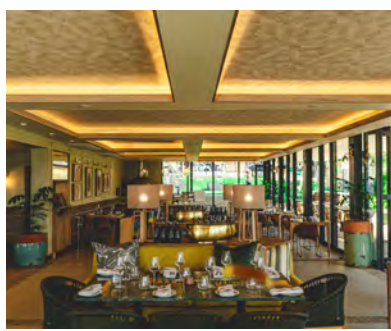
With 85% of our menu being changed we trust that there are flavours that can be enjoyed by all our diners. An exciting evolution of our menu and the ability and skill development that this brings for our team. We believe that the opportunity to teach and maintain new output levels at an establishment ensures growth for our fellow employees.

In the celebration of The Old Oak Restaurant turning one year old, I have written a small piece in tribute of The Grand Oak that once was...

'You stood tall as a symbol of strength, resilience and a passage of time. Your majestic branches reaching into the sky, casting a sprawling canopy of shade beneath you. Signs of many weathered storms masked your frail skin yet the bones that crept and stood firm. If anything, we hope that the stories you could tell, would be of how we have honoured your memory in building new ones to your ode.'

The Old Oak

URNS ONE!





THE OLD OAK
Restaurant & Family Centre



May 2023 | Corporate Review

"We hosted our staff get-together at The Old Oak yesterday and our experience was nothing short of exceptional. The service was world class, the food incredible and the venue and hospitality was certainly the best we have experienced.

From our first engagement to make the booking we experienced service your whole team should be proud of. We have a diverse team with many different dietary requirements, and not only were they made to feel welcome but the food they received was truly memorable. Thank you from our whole team".

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May 2023 | Patron review | Function

"Thank you so much for an amazing venue, and the excellent service.
We had such a lovely time, and everyone was so impressed!

What a privilege to have spent the day with you!"

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WINE, WHISKEY & MORE!

With another month behind us, we celebrate The Old Oak turning 1 year old, and how better to celebrate than with Tequila. In this month's column I will be discussing Tequila and we will go through the main differences between Tequila and Mezcal and later on we will look at flavoured tequilas and common tequila myths.

What is tequila? Mexico's iconic spirit. No other drink is surrounded by as many stories, myths, legends and lore as tequila and its companion, mezcal. Tequila transcends simple definition by reaching into the heart of Mexico, past and present. It blends indigenous and Spanish cultures with Filipino and Arabian technology.

At its most basic, tequila is an alcoholic, distilled drink made in the arid highlands of central Mexico, from fermented and distilled sap of one species of agave (also called a maguey), an indigenous plant (a succulent related to the lily family, not a cactus).

Archaeologists say agaves have been cultivated for at least 9,000 years, and used as food for even longer. The agave has woven its fibres through the entire course of Mexican history.

'Tequila wine' was first made by the Conquistadors within a few decades of their arrival. Today, most of it is made in Jalisco state around the towns of Tequila and Arandas, using only one species of plant: the blue agave.

Tequila is an androgynous word, being written as both *el tequila* and *la tequila* in Spanish; masculine and feminine (although the masculine form is more commonly used). Tequila is technically a mezcal, as are all agave spirits, but it is limited as to where it can be produced and where its source agave can be grown. Like cognac is a brandy from a specific region of France, tequila is a mezcal from a specific region of Mexico. What is mezcal? Tequila's ancestral spirit. Mezcal (also spelled mescal) is a related distilled spirit, and is the older form of the name for all tequila as well. The name for the product made in Jalisco state - tequila - was adopted in the late 19th century.

Mezcal is actually a generic word that covers a wide range of distilled agave spirits that are made in every Mexican state except Veracruz, Quintana Roo, Campeche and Baja California. It is not a singular product, but should be considered in the plural - mezcals (Sp. mezcales).

Technically, all tequilas are mezcals, which were also known as mezcal wines and mezcal brandies before the name tequila became common and replaced mezcal for that one particular type of mezcal. Today they are distinct products, differentiated by production process, place of origin and taste, much the same way rye whiskey and Scotch whisky differ.

Most mezcal is made in Oaxaca state today, although some (mostly regional and not for export) is also made in Guerrero, Zacatecas, and other states.



ROYAL JOHANNESBURG

PRESENTS A

WINE DINNER

WITH

Kevin Arnold

at The Old Oak Restaurant



WEDNESDAY 14TH JUNE 2023
ARRIVAL 18H00

4 course meal paired with

THE FAMILY CHENIN BLANC 2022
THE FAMILY SAUVIGNON BLANC 2022
THE FAMILY GMS BLEND 2019

R1 050 per person

BOOKINGS:
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THE OLD OAK

Restaurant & Family Centre



May 2023 | Guest Review

"Thank you so much to the Old Oak for hosting my 50th birthday celebration lunch. It was totally awesome! The best day ever! The food and service was amazing and a special thanks to Percy who gave us his personal and undivided attention for the entire afternoon.

I will highly recommend your venue as a professional and excellent choice!

Thank you"

ROYAL JOHANNESBURG

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EXPLORE MEMBERSHIP

1 - 30 JUNE 2023



Welcome to your golfing and lifestyle nirvana. A place where history & tradition meets modern hospitality!

From our award winning courses, to wellness and dining - it's all about family, fun and creating wonderful memories.

We are proud to once again offer this unique opportunity, to experience the Club as a member for one month.

Simply pay the explore fee, and if you convert to full membership, the Club will credit back the fee paid.

Includes: 4 rounds of golf, gym access, padel tennis, 10% off food & beverage and much more...

R1995

Valid Monday - Friday and Sunday afternoons (Limited to 20 only)
Subject to availability & application.
Terms & Conditions apply!

Any current members who introduces a new member (full member) will receive a FREE 12 round playing ticket.

apply now:
membership@royaljk.co.za

www.royaljk.co.za

EMPLOYEES OF THE MONTH



MARTIN CHI DUWA
Front of house
The Old Oak Restaurant

PRUDENCE MBOWANE
Back of house
The Old Oak Restaurant

FROM THE PROS

MARTIN BRIEDE,
HEAD TEACHING PROFESSIONAL



Winter Projects

As I'm sure most of the members have already noticed, we are busy with our winter inter seeding on the tee boxes. Our top tee has been done and is now open and we have now moved onto our middle and front tee which will be out of action for June and July. Please take note of our grass days and mat days during this process.

Monday, Tuesday and Thursday :
Mat bays only

Wednesday and Friday mornings:
Mat bays only

Wednesday and Friday afternoons:
Grass and mat bays

Saturday & Sunday all day:
Grass and mat bays

We thank the members for their patience during this period.

Right Side Golf Wednesday comp

Our first Wednesday competition will be kicking off on the 31st May.

A reminder that the RSG Wednesday competition will be held on the last Wednesday of every month and includes a warm up bucket, grab & go and prizes.

We look forward to seeing our members and visitors enjoying our Wednesday competition.

Saturday Junior Clinics

It is so fantastic seeing the little ones enjoying our Saturday morning golf clinics as well as enjoying their free milkshake at the Old Oak.

If you would like to get your little ones enjoying these clinics please contact Jayde at jayde@rightsidegolf or 071 410 7212.

(Junior Picture)

New distance boards

A big thank you to the Mordt Group who have generously donated our new distance boards at the range. Safe to say they really do look fantastic as some of the members have mentioned already.

Warm up with our Winter special

During the month of June and July, buy a bucket of balls and receive a complimentary coffee/tea/hot chocolate to warm you up.

In closing, the Clubs CEO has come up with a wonderful initiative for the PGA Professionals of Royal to provide a free clinic, every second Thursday. On a rotation basis one of our PGA Pros will host the group clinics to anyone looking to enhance their game, increase skills, knowledge or just have fun!

The first clinic will take place on 8 June. to secure your spot email golfdirector1@royaljk.co.za. See you there!



ROYAL
JOHANNESBURG
EST. 1890

KIDS GOLF CLINIC



R250 PER CLASS
INCLUDES A MILKSHAKE AT
THE OLD OAK



Kids having some fun in the sun while learning the beautiful game of golf

MartinBriedé
RightSideGolf 

**EVERY
SATURDAY**

AGES : 5 - 9 YRS

REGISTRATION:

071 410 7212

jayde@rightsidegolf.co.za

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INTRODUCING THE

RIGHT SIDE GOLF

Wednesday Comp

COMP FEE
R120 pp

LAST WEDNESDAY OF EVERY MONTH

Starting May 31, 2023 | Afternoon Field

Includes a warm up bucket, grab & go and prizes

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AVENUE, LINKSFIELD, JOHANNESBURG



FREE GOLF CLINICS



WITH OUR RENOWNED PGA PROFESSIONALS



"As PGA Professionals we are passionate about encouraging golfers to improve, thereby creating fun moments for more golfers, delivering increased participation, rounds of golf and more members".

Royal is blessed to have some of the countries most renowned PGA Professionals - enhancing the golf experience and contributing to the success of the Club through their unrivalled knowledge, skills and expertise.

The Club is delighted to announce that every second Thursday on a rotation basis one of our PGA Pros will be hosting FREE group clinics to anyone looking to enhance their game, increase skills, knowledge or just have fun.



GREG JACOBS



CHRIS BENTLEY



MARTIN BRIEDE



LIAM BROWN



GAVAN LEVENSON

WHEN

EVERY SECOND
THURSDAY

STARTING 8
JUNE 2023

TIME

16H00 - 17H00

MEET AT THE
PUTTING
GREEN

Whether your an avid player looking for more tips and techniques, a beginner wanting to improve or just looking to meet new friends - this social learning experience is just for you! Clinics will be limited to 14 people - Bookings essential.

Email: golfdirector1@royaljk.co.za

GROWING THE GAME & HELPING YOU PLAY BETTER GOLF!

From chipping and putting to course management and rules, these clinics will cover it all.



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BUNKER PLAY



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SHOTS OF THE MONTH

BY TREVOR BARNETT





We are extremely excited with the new FJ wall we have put in the shop. It looks fantastic! The whole shop has taken on a new look and feel. Pop in and have a look.

Next week FJ will be running a trade in trade up promotion. Bring in any of your old shoes and get up to 30% off a new pair of selected FJ's. We have run a promotion like this once before and it proved to be very successful. A great value add for our members.

There has been a shortage of white ProV1 and ProV1X golf balls. I've been told that we should be sorted out by the end of next week. I do have the ProV1 left dash ball in stock. It's the ball I personally use and well worth a try as a substitute for the ProV1. Statistically it is the longest ball Titleist make!

The suppliers have made me aware of a price increase coming in the next 2 weeks. If you are considering buying new clubs, now is the time. Contact me and I'll arrange a fitting for you.

We have the Srixon XV 2 sleeve pack on special. R300 for 2 sleeves instead of R420. This is a great ball for an unbelievable price.

See you soon & Happy golfing,

Greg Jacobs

PROSHOP@ROYALJK.CO.ZA



HOME SWEAT HOME

BUILD YOUR OWN GYM





ROYAL RETREAT

Wellness & Fitness Club

GROUP CLASSES

CROSSFIT STYLE GROUP TRAINING CLASSES HELD ONCE A WEEK
USING HIGH INTENSITY INTERVAL TRAINING (HIIT) TECHNIQUES

R200

PER CLASS PER PERSON

MIN 3 PEOPLE // MAX 6 PEOPLE PER CLASS

CLASSES HELD AT THE ROYAL RETREAT GYM,
ROYAL JOHANNESBURG & KENSINGTON GOLF CLUB

BOOK NOW!

GET IN TOUCH WITH YUSUF VALLY +27 (74) 300-9058



ROYAL RETREAT



Unlocking the Power of Strong Hips for a Pain-Free Swing

Following on from the last month's article, we now focus on the link between the hips and the lower back. Many golfers, both amateurs and professionals, have experienced the frustration of back pain affecting their performance and enjoyment of the sport.

The Mechanics of the Golf Swing

The golf swing is a complex movement that requires coordination, balance, and power. A fluid and powerful swing relies on the transfer of force from the lower body through the trunk and into the arms. This transfer of force places significant stress on the lower back. If the hips, which serve as the foundation of the swing, are weak or imbalanced, the lower back compensates, leading to increased stress and potential injury.

The Role of Hip Strength

Hip strength is critical for golfers as it provides stability, power, and control throughout the swing. Strong hip muscles, including the glutes, hip flexors, and hamstrings, facilitate proper weight transfer, generate rotational power, and critically maintain optimal posture. Deteriorating hip strength can lead to compensatory movements and increased stress on the lower back, resulting in pain and decreased performance.

The Link to Back Pain

When golfers lack hip strength, the body compensates by using other muscle groups, such as the lower back, to generate power and maintain balance. This compensation places excessive strain on the lumbar spine, leading to overuse injuries and chronic back pain.

The repetitive nature of the golf swing exacerbates these issues, making hip strength crucial for injury prevention and long-term back health.

Unlocking Hip Strength: Exercises and Techniques

Professional Guidance: Consider consulting a physiotherapist, chiropractor or golf fitness expert to assess your hip strength, identify any imbalances, and create a personalized exercise program to address your specific needs.

1. **Hip Bridges:** Lie on your back with knees bent and feet flat on the ground. Lift your hips off the ground, squeezing your glutes and engaging your core. Hold for a few seconds and slowly lower. Repeat for several reps.
2. **Clamshells:** Lie on your side with knees bent and feet together. Keeping your feet touching, lift your top knee while maintaining contact between your feet. Slowly lower and repeat on the other side. This exercise targets the hip abductors.
3. **Yoga and Pilates:** Incorporate yoga and Pilates exercises into your routine to improve hip mobility, stability, and overall body alignment.

When it comes to golf, the adage "drive from the hips" holds true both for power and injury prevention. Developing strong hip muscles is a vital component of maintaining a pain-free golf game. By prioritizing hip strength exercises and addressing any imbalances, you can reduce the risk of back pain, enhance your swing mechanics, and ultimately enjoy the game to its fullest.

Remember, a strong foundation is the key to success on the golf course. Strengthen those hips, unlock your potential, and swing with confidence!

Dale Ebell

082 324 7797
dale@bespokefit.co.za

TPI
CERTIFIED

AIMPOINT



The beginning of May at Wells Fargo, Justin Thomas explained why he adopted the AimPoint System:

Last Wednesday, in his second week of a two-week break, Thomas got together with his putting coach, John Graham, and someone new: AimPoint Golf founder and developer Mark Sweeney.

“It was probably two or three hours and just worked with him,” Thomas said after signing for a second-round 67 that got him to 7 under par, one off the lead shared by Tyrrell Hatton (65), Nate Lashley (66) and Wyndham Clark (67) with the afternoon wave still out on the course.

AimPoint is a system of reading greens used by several top players, including but not limited to Keegan Bradley, Max Homa, and Adam Scott. In part it asks players to feel slope in their feet. So far, you’d have to say it’s been working for Thomas, who took 30 putts Thursday and 29 Friday and was finally in positive numbers in Strokes Gained: Putting, gaining around a stroke per round.

“Keegan and Max have both been very helpful for me because they both do it,” he said. “I called both of them, I talked to them for a while. Keegan said it best, it’s a very simple idea but like a complex system, if you will, or maybe opposite. It’s one of those things that once you get it, it’s a very generic, pretty simple like bang, go, do it.

“It’s just getting comfortable enough with what you’re feeling,” Thomas continued. “And how everybody feels slope is different. How I feel it might be different than you or Keegan or Max or whatever. At the end of the day, if the ball’s going in the hole, who cares, right?” The tournament is only half finished, but Thomas said he’s enjoyed taking the guesswork out of his green-reading and feels the new system has potential. It’s already helping him get more out of his rounds.

Speed & Distance Control

Are you struggling with speed and distance control on the putting green? Fear not, all it takes is an hour and a bit lesson using the patented speed strip to calibrate you for flat greens and then we focus on up and down hill putts. You do not need to have done the AimPoint Express Green Reading lesson to do the speed lesson.

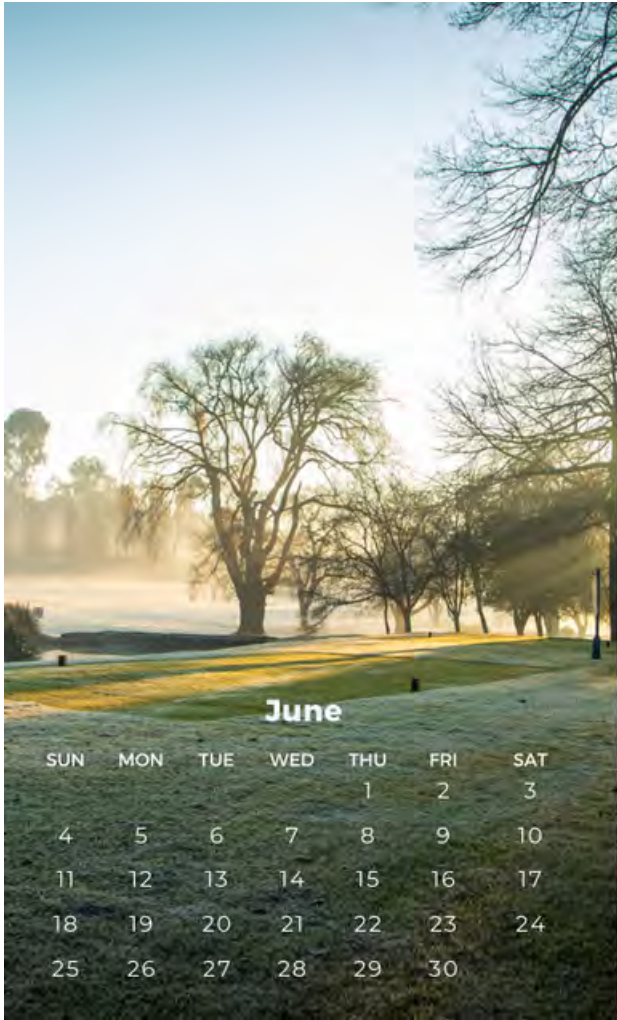
Don't hesitate, contact me for further details.

Sandra Van Den Bergh

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FACEBOOK: AIMPOINTGOLF SOUTH AFRICA
INSTAGRAM: AIMPOINTGOLFSOUTHAFRICA





June 2023

Club Comp - Betterball Stableford	Sat 3 June
BG's Anniversary Bowl	Sat 3 June
AM Alliance 2 Scores to Count	Sun 4 June
Ladies Comp - Ind Stableford Draw	Tues 6 June
Wine Club Wednesday	Wed 7 June
Ladies Weekday League	Thurs 8 June
Club Comp - Betterball medal	Sat 10 June
Club Comp AM - Betterball Stableford	Sun 11 June
Ladies Comp - 4 Ball Alliance	Tues 13 June
Gregs Day	Wed 14 June
Public Holiday - Youth Day	Thurs 16 June
Club Comp - Individual Stableford	Sat 17 June
Club Comp AM - Betterball Medal	Sun 18 June
Father's Day - The Old Oak - Set Menu	Sun 18 June
Ladies Comp - Betterball	Tues 20 June
Club Comp - Interschools Round 2	Sat 24 June
Club Comp AM - Alliance	Sun 25 June
Ladies Comp - July Funday	Tues 27 June
Wine Club Wednesday	Wed 28 June
Right Side Golf - Wed Comp	Wed 28 June
Royal Joker Draw	Fri 30 June

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

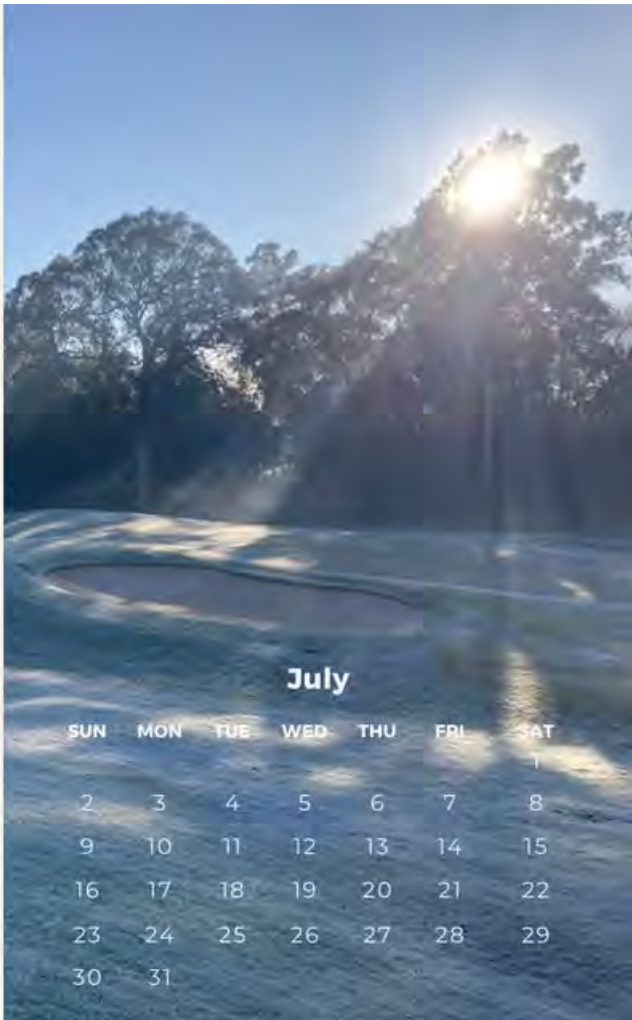
June

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2023

Winter Club Champs	Sat 1 July
Club Comp - Betterball Stableford	Sat 1 July
Winter Club Champs	Sun 2 July
AM Alliance 2 Scores to Count	Sun 2 July
Ladies Comp - Ind Stableford Draw	Tues 4 July
Ladies Weekday League	Thurs 6 July
Club Comp - Betterball medal	Sat 9 July
Club Comp AM - Betterball Stableford	Sun 10 July
Ladies Comp - Wimbledon White	Tues 11 July
Gregs Day	Wed 12 July
Club Comp - Individual Stableford	Sat 15 July
Club Comp AM - Betterball Medal	Sun 16 July
Mixed Open	Sun 16 July
Ladies Comp - Betterball	Tues 18 July
Nelson Mandela Day	Tues 18 July
Club Comp - Interschools Round 2	Sat 22 July
Club Comp AM - Alliance	Sun 23 July
Ladies Comp - 4 Ball Alliance	Tues 25 July
Wine Club Wednesday	Wed 28 July
Right Side Golf - Wed Comp	Wed 28 July
Royal Joker Draw	Fri 28 July
Club Comp - Golf Directors Choice	Sat 29 July
Club Comp - Mixed Alliance	Sun 3 July

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



July

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Works perfectly in the city or in the bush, the REBEL Urban Retro are designed to fit into your lifestyle.

With a dual density outsole, it ensures comfort, durability and a specially design tread system for maximum traction and minimal foot fatigue.

Boots that are engineered to go anywhere! Built with a premium 2,5mm water resistant leather upper which ensures that your feet are protected from all that the elements can throw at you.

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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.*

