

THE ROYAL NEWS

ISSUE 4 | *April 2023*



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Titleist[®]

FROM THE CLOCK TOWER

Chris Bentley, Chief Executive Officer

It has been another busy month at the Club and the autumn colours are simply spectacular - it's certainly the most beautiful time of the year to play golf.

Masters week was another wonderful success, with our Par 3 experience being held on Wednesday, 5 April. Since the inaugural contest in 2014, the event has become one of the favourites on the schedule - with demand increasing year on year. It's one of the few golf events that include the entire family and it produces some special memories together. This year's contest was again played over 9 holes on the East Course, replicated to the same criteria as the Par 3 course set out at Augusta National and it was a fun charged afternoon, enjoying that Masters aura, pimento cheese sandwiches and caddies 'best dressed' all round. Thank you to all the members and their families who participated in this year's event and congratulations to all who 'dressed' up and of course the 2023 Champion, Haroon Tayob who won on 23 pts (IPS).

The 2022/23 Chairman's report was released to the membership on 28 March and the detail provides members with the holistic position of the Club, which has been well received thus far.



As we approach the Club's financial year end, at 30 June 2023, we have also released the annual membership renewal with some fantastic 'early bird' incentives (now May). As always, the Board has taken great care in considering the related impact on members and all the other factors that influence future pricing. I am personally pleased with the financial planning, the increased value proposition and how we balance member satisfaction, value for money and the capital required to keep running the Club successfully.

In addition, the construction of our Africa Padel courts has entered its final stage and we have communicated the grand opening, which will take place on the weekend of 13 & 14 May. The membership has received the relevant pricing and information to sign up - we look forward to seeing you, your family and friends 'on court'.

The annual member survey for 2022/23 was distributed on 13 April and closed on Friday the 28th. The Club will now analyse these valuable results and report back to membership with the data. We thank each and every member who took the time to participate.

We also seek to get a little more specific on certain areas within the Club, and will therefore be launching a short series of operational surveys in our monthly newsletters, starting in May - these snapshot surveys will address the day to day trade and areas that members feel require a little more attention. However, if you have any additional feedback or a burning question please don't wait for the surveys, contact us and let's have coffee!

In closing, the Club played proud host to the inaugural Standard Bank Ladies Open last week and the event was showcased live Supersport. It was an exciting finish as Stacy Bregman sank a curling 20-footer for birdie on the first play-off hole on Saturday, to celebrate her first win in over five years.

Our West course looked simply spectacular and our sincere thanks to Jerry Steyn and his team for the fantastic effort.

We now prepare and look forward to the installation of our solar carpports in June/July, which will finally assist the club in reducing the current fuel bills and energy costs.





Padel @ Royal

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NAME CHANGE / REBRAND
LAUNCHING TO MEMBERS SOON





SEVEN OF THE BEST!
THANK YOU AND

Farewell!

JENENE BERNHARDT

We appreciate all of
your hard work,
friendship and
dedication to Royal
Johannesburg &
Kensington Golf Club
over the past 7 years.

Wishing you all the
best in your new role
as General Manager at
Vondeling &
Vrymansfontein Wine
Estate .





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.

Welcome

ELEONORA GALLETTI GOLF EVENTS CO-ORDINATOR

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

Golf Department (Junior Management)

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"



THE GOLF DEPARTMENT

Liam Brown, Director of Golf

With autumn arriving, a few challenges come in with the change of seasons. Whilst Jerry and the course team are flat out trying to collect and dispose of the leaves around the facility, we remind players of the importance of speed of play and what effect searching for your golf ball for prolonged periods (longer than 3 minutes) has on the rest of the field. We encourage all players to use the provisional ball rule wherever necessary - hitting another just in case, doesn't mean you have to play it afterward! You can always pick it up. However, I think most will agree the course department has done an exceptional job in preparing two superb courses over this period for us to enjoy.

Our better ball league season is well under way with a slow start for both sides but we hope for a few good showings to push the sides back up into the top of their respective tables. The first fixture for scratch league is set to kick off on the 21st of May against Maccauvlei and Dainfern. We hope for yet another tight tussle at the top of the table as our 1st team is defending their title as league winners last year and our 2nd side will be out to prove a point to get back into the first division of the league.

"NO PLACING
From 3 May 2023"



Over the weekends of the 15th and 22nd of April our Senior Championship was played over both courses and we'd like to congratulate all participants on yet another amazing member event. A close finish between two club stalwarts Gordon Huddy and David Stratton led to a great finish of an awesome tournament with Gordon taking the honours with a birdie on the final hole.

2023 Senior Champion



Ahead of the first round of the 2023 Senior Club Championship, Mr. Gordon Huddy noted an impressive list of physical ailments which were bothering him, none of which stood in his way on the road to victory.

With rounds of 81 on the West Course & 82 on the East Course (163 Gross), Gordon produced a remarkable birdie on the final hole, to avoid a playoff with David Stratton and claim the 2023 title. Congratulations Gordon Huddy!



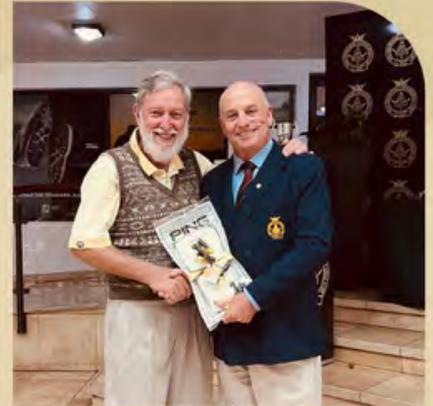
Gallery



Mr. David Stratton
A Div, Runner up
(164 Gross)



Ms. Cilla Hewitt
Best Lady (71 pts.)



Mr. Mark Daynes
A Div, Nett Winner
(on/co 151)



Mr. David Rigby
A Div, Third (166 Gross)



Mr. Joe Smit
B Div, Day 1 Stableford
(39 pts.)



Mr. Graham Van Bosch
B Div, Day 2 Stableford
(35 pts.)



Mr. Stathy Diamandis
B Div, Third (71 pts.)



Mr. Steve Sherwood
B Div, Second (74 pts.)



Mr. Rob Voerman
B Div, Winner (75 pts.)



the Heritage Golf



CHAMPIONSHIPS



SATURDAY 6TH MAY

ENTRY FEE R150

EVERY GOLFER RECEIVES GIFTING

BETTERBALL STABLEFORD

BOOK NOW!

RIXON

1



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SOUTH AFRICAN HERITAGE
FINALS SUN CITY 2023**

Sun International



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UK HERITAGE CHAMPIONSHIPS
2024!**

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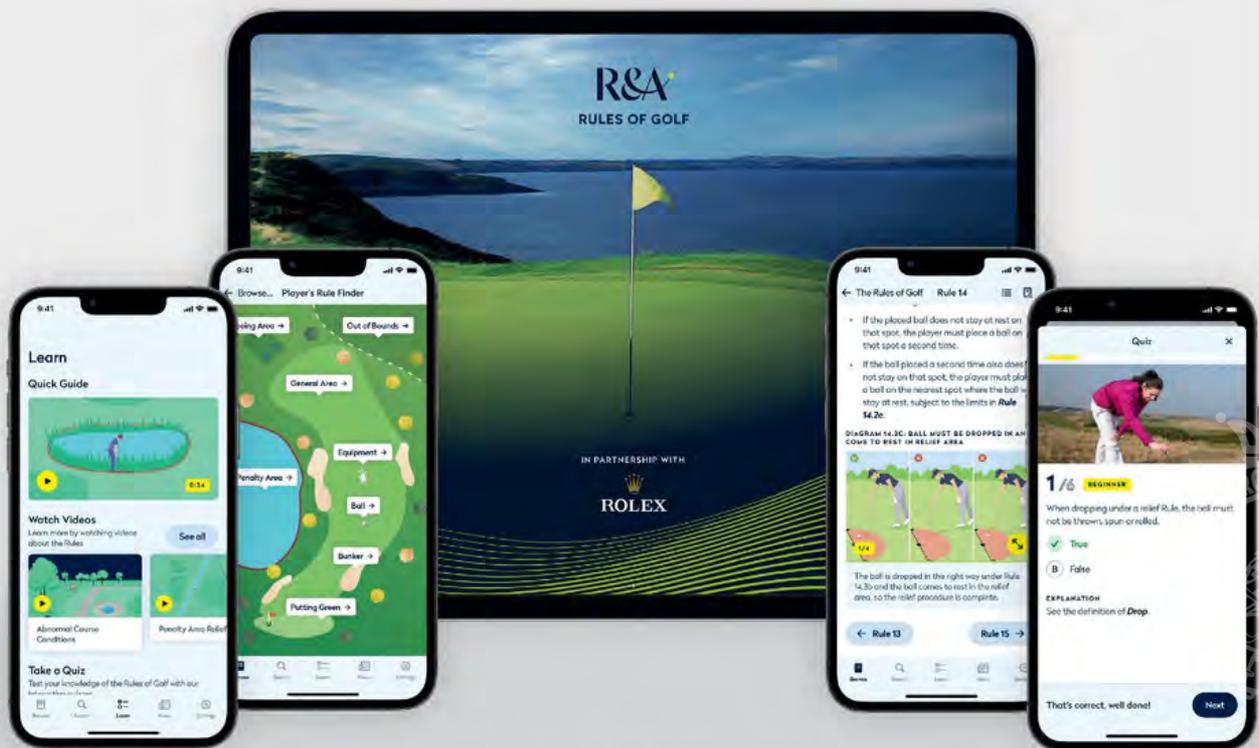
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2023 Rules of Golf

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

Jerry Steyn, Course Manager

As we head into the last month of autumn, we can see how Royal is showcasing its beautiful tree's across the whole property. With that being said, the maintenance team is hard at work collecting leaves on both courses. Yet again we have had record low rainfall recordings for both March and April with only 100mm total for both months. The reality of Global warming is being displayed as we can see the inconsistency in rainfall we have experienced this past season compared to previous years. We have had some concerning early predictions for the next coming season and it seems as if we are heading out of the La Nina stage and straight into the El Nino stage. However, these have been early predictions but can change depending on the type of winter we have - hopefully we will have a normal season next year with good rains.

The pitch marks on the West have become a major concern for us as a maintenance department and the number of unrepaired or incorrectly repaired pitch marks are concerning. We are tasking two staff members each day to repair all pitch marks on a green per day and the incorrectly repaired pitch marks are assisted by adding sand and seed to the speed up the recovery process. What is more concerning, is that we have repaired every pitch mark on the 14th West green two weeks ago with numerous, new unrepaired pitch marks visible. Pitch marks remain a golfers sole responsibility to repair. With pitch marks becoming an extra task for the course team, we are taking staff away from other tasks to repair ball marks caused by golfers. We are pleading to all members and guests to please repair your pitch marks correctly - if you are uncertain on how to fix it correctly you are more than welcome to pop in and either myself or one of the PGA professionals will gladly assist.



We are finalising the planning regarding the levelling of tee's on West this coming winter. We will phase this levelling of the tee's into two stages to allow minimal disruption to golf. We will be starting off on all par 3 tee's and will gradually move over to top the other tee's following winter. Our plan will also include to enlarge some of the teeing area to allow for better rotation of tee markers on the tee's.

Enjoy your golf and please leave the course in a better condition than found.

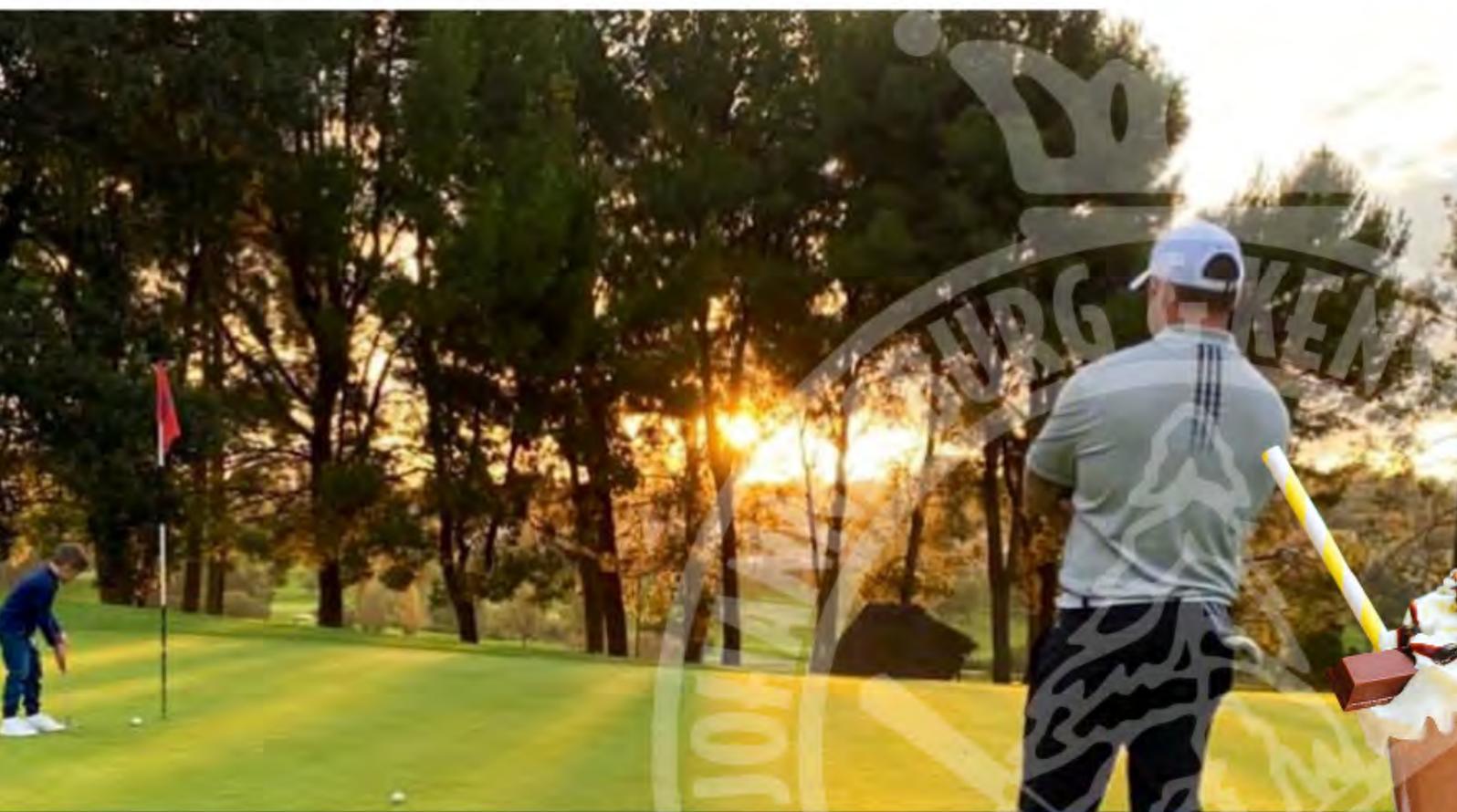


ROYAL JHB & KENSINGTON GC

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EVERY FRIDAY

9 HOLE COMP - TEE TIMES 15H30 - 16H00
KIDS R50 | ADULTS R150 | COMP FEE R30



RECEIVE A FREE CASTLE LITE OR KIDS MILKSHAKE AFTER YOUR ROUND
T'S & C'S APPLY

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Subject to availability.

LADIES GOLF

Wendy Huddy, Ladies Golf Manager



After a very well earned two week break from the tour, Ash competed in the first ladies Major of the year, the Chevron Championship and after a wonderful 6 under par third round, finished in a very respectable tie for 18th position. This past week saw Ash competing in the JM Eagle LA Championship in Los Angeles and finishing in a tie for 33rd place - this after playing the final 7 holes in 5 under par! Well played Ash!

The West Course at Royal played host to the 2023 CGGU Championships at the beginning of April and our Royal ladies continued in their winning ways. Congratulations to Lauren van der Merwe who was crowned the 2023 Mid-Am A Division champion, after playing 36 holes.

Stacey-Lee van Gent won the B Division trophy and the B Division gross junior prize with Yaone Mokgatle finishing in second place. Wonderful golf was played by all the Royal ladies - well done.

Lauren van der Merwe has been chosen as captain of the North West ladies Mid-Am team competing in the SA Women's Mid-Am Inter Provincial to be held at East London Golf Club from 1 to 4 May. Congrats to Lauren and wishing her a very successful tournament. Congratulations too to Shannon Berry for being chosen to represent the CGGU B team to play in the SA Women's 72 hole Interprovincial championship at Paarl Golf Club from 21 to 24 May 2023 and to Lauren who will be captaining the North West team who will also be competing in the IPT. Well done ladies and hope you both have a great tournament.

Our Club proudly hosted the Standard Bank Ladies Open from 27 to 29 April and what a wonderful tournament it was with Stacey Bregman being crowned the champion after one extra hole of play. Congrats to Cassandra Alexander and Ivanna Samu who tied for ninth position and Kelsey Nicholas who finished in nineteenth place. Well done to the Royal team on pulling out all the stops to make this such a successful week - so many compliments were received about the Club and our beautiful West course.

Our league teams had mixed fortunes over the past month but all three teams are still very well positioned on their respective division logs.



Our Sunday team are top of the Sunday A Division log along with Modderfontein 1, our weekday 1 team are in 2nd position on the weekday A Division log, one point behind leaders Parkview and our weekday 2 team are in joint third position on the D Division log, two points behind current leaders, Kyalami 3. All 3 teams have one more fixture to complete the first half of the season so good luck to all our league players.

Although down in numbers this past month, some of the ladies from both our Tuesday and BG's schools continue to produce some great results with the most notable being Christine de Villiers and Shirley Hubbard who won our 2023 Jean Eustice Trophy with a great score of 48 betterball points. Very well played ladies on our tough East course.

Please continue to support the Club in all the extra activities that are advertised and on that note, bookings are now open for Mother's Day on the 14 May - book early to avoid disappointment! We look forward to the opening of our 3 Padel courts within the next few weeks - I have already heard banter around the Clubhouse about challenges amongst our members, so exciting times await us!

Look forward to seeing many of you around the Club and on the fairways!





CAPTAINS CORNER

Nick Watt-Pringle. Club Captain

It's been a rather busy time at Royal of late. I'd like to start my report by thanking all the senior members who committed to play in the 2023 Senior Championships that was held over two consecutive Saturday afternoons on the 15th and 22nd of April. This Championship was last held in 2013 and I think moving forward, it is a great addition to our calendar. It is a great way for our senior players to be involved as I have noticed that very few senior members choose to play in our annual Club Championships and Winter Club Championships. However, with over 300 senior members qualifying to play in this championship, by means of age, the turnout was somewhat disappointing with 50 players registering to play. I sincerely hope that we can grow this event every year.

I would like to congratulate Gordon Huddy on winning the A division with a 36 hole gross score of 163 - well done Gordy. A division competitors played medal and had their individual stableford points calculated for them to enable them to qualify for age group prizes. B division competitors played individual stableford and I'd like to congratulate Rob Voerman on his well-deserved one point victory, recording 75 points after 36 holes of play. Thank you again to the participants and for the feedback received from many of you - we look forward to a bumper entry in 2024.

For a full list of all scores and prize winners, see the attached link.



On a serious but sad note, a couple of weeks ago, Royal was playing a league game at home against another Club, when a member of the opposition team was caught blatantly cheating by dropping a ball in the rough when he couldn't find his original ball. (The said player did acknowledge what he had done). No golfer likes to see things like this happening but the consequences are that this player was reported to Central Gauteng Golf Union and he will be banned from ever playing league for their Club or any other Club again - this aside from any disciplinary action that would have taken place by his own Club. We should never forget that this is a game of great integrity and we ultimately play for the love of the game.

Both Liam and Jerry have mentioned in their reports that although beautiful, it is the time of year when there are a lot of falling leaves on both courses. Should you hit your ball into an area where a lot of leaves have fallen, it is suggested that you hit a provisional ball to save a lot of time, should you not find your original ball.

This is a great time of year to be playing golf as it is not too cool or too hot and the fairways are starting to harden a bit which is helping with a bit more distance on the tee shot.

Please don't forget to fill your divots, fix your pitchforks (correctly) and rake your bunkers! I look forward to seeing you around the Club and enjoy your golf in autumn.





Your Perfect Venue

We offer a wide choice of facilities and our flexible approach to events means that we can cater from the largest to the smallest conference or meeting. Our facility offers high 'tech' yet sophisticated venues that have successfully merged vintage with contemporary design. A full range of services are able to cater for all your requirements. Prices are competitive and the value offered is outstanding.

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THE CHEF'S TABLE

Ransley Pietersen, Executive Chef

'Cooking is like a painting or writing a song. Just as there only so many notes or colors, there are only so many flavours- it's how you combine them that sets you apart.'
- Wolfgang Puck

Artistry in motion-

We truly believe that the art of putting together the simplest dish can evoke powerful emotions that are received in a different way from guest to guest, from their personal experience or even a nostalgic smell or texture that is reminiscent of memories dear to the individual.

Over the past few weeks we have had the opportunity to deliver multiple Chef's Tables that highlight either a special moment or a milestone. We draw inspiration from what the celebration is and incorporate this as best we can to ensure we surpass expectations.

Erika Obermeyer- The Crafter of Story Telling Wines... Successfully delivering a stellar pairing to highlight some of the best wines we are blessed with in South Africa. Produced in Stellenbosch, these wines are true to their location focusing on True Terroir, Balance, Honesty and a Light Touch. She believes that the wines aren't just about the harvest and the process of fermentation but rather the entire process from soil to climate and what happens in the vineyard all year round. The true art is in the ability to listen to what the vineyard whispers and use that as the foundation to telling the story of remarkable fine wines.





Over the next month we have a number of exciting pairing events lined up. The Old Oak will welcome a few of the top winemakers in the country, featuring their best wines to the guests that attend these dinners. On the 17th of May we are set to host, in conjunction with Dan Nicholl, an exclusive dinner of international status,, celebrating the best wines from France in a 'Fine Wine category'. Following that on the 29th of May we host the Franschoek Vignerons in showcasing their wines to a select few in the Johannesburg region allowing for a better footprint and understanding of each wine through discussions with the respective wine makers.

Holden Manz Wine Estate, considered to be Franschoek's Hidden Gem, will be showcasing their best wines paired in a 6 course dinner and led by Gerard Holden on every single wine. You don't want to miss this one either.

Stay tuned to see what wineries we will feature in the next few months leading up to a major Food & Wine Extravaganza like Johannesburg has never seen.





*Mother's Day
Lunch*

SUNDAY, MAY 14, 2023

Mother's Day Lunch

12H00 | THE ST GEORGE'S ROOM
R 325 PP | R 95 (5-12YEARS) | KIDS UNDER 5 EAT FREE
LIVE MUSIC & MORE

Starters

Butternut Soup with Herb Croutons
Greek Mezze to include – Kota ball, Pork Souvlaki
Skewers, Dolmades, Kalamata olives, Grilled
Calamari, Feta, Marinated Eggplant, Hummus,
Tzatziki, Cherry Tomato Cucumber & Basil, Pita &
Crostini's.
Tabbouleh Salad
Mix Leaf Salad
Coleslaw

Mains

Salt & Pepper Rump of Beef from the Spit
Honey Glazed Gammon
Seasonal Vegetables
Crispy Roast Potatoes

Dessert

Ice Cream Bar
A Selection of Ice Creams with Chocolate Sauce,
Vanilla Cream, Berry Coulis & Meringue
Malva Pudding & Vanilla Custard

Bookings

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Wellness & fitness Club



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

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Members receive 10% off food & beverage when using their prepaid account.



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Two Restaurants (Old Oak & Champions Retreat)



Enquire now!



Family & fun

RUHAN'S WINE / WHISKEY COLUMN

Ruhan Duvenage, Assistant Food & Beverage Manager

Whisky at The Old Oak Part 3

In last month's column we discussed the differences between Blended Scotch Whiskeys and Single Malt Whiskeys and we classified the Malt Whiskies and divided them into four groups according to the geographical location of the distilleries in which they are made. Furthermore, we can classify the regions into 5 groups - these regions are unique in the way they produce their whisky but also unique in terms of the flavour profiles they have,

The Five Single Malt Regions of Scotland and Single Malt Scotch Whisky Characteristics

The Lowlands

The Lowlands region lies south of an imaginary line drawn from the Clyde estuary to the Tay estuary. It can claim only three working distilleries. Whiskies from the Lowlands tend to be soft and light in character. They often display very malty, grassy characteristics and subtle delicate aromas. Examples include Glenkinchie, Blandoch and Auchentoshan.



The Highlands

Moving north of the imaginary line takes us into the Highland region. The region includes most of the rest of Scotland, with the exception of the Island of Islay and Campbeltown, and thus its malts vary greatly in character. Generalisations about the Highland region are less valid, as its whiskies will range from dry to sweet and some even have a touch of smoke and peat. Examples include Glenmorangie, Blair Athol and Talisker.

Speyside

Technically Speyside lies within the Highland region. It is home to approximately half of Scotland's malt whisky distilleries. This small area of land located to the north west of Aberdeen produces mellow, sweet, and particularly fruity malt whiskies. Examples include Glenfiddich, Glenlivet and Macallan.

Islay

Located in the Inner Hebrides, the small Island of Islay is often called 'Whisky Island' given its concentration of eight distilleries. The island produces very distinct malts, generally heavily peated and smoky in taste. Examples include Bowmore, Ardbeg and Laphroaig.

Campbeltown

The town of Campbeltown was once home to more than 30 distilleries. Today it is home to just three: Springbank, Glen Gyle and Glen Scotia. Whiskies from the town tend to have a little peat and salt to them, and are generally medium to full bodied. Examples included Springbank and Glen Scotia.

Hope you enjoy these beautiful whiskeys as much as I do, Cheers!





THE OLD OAK RESTAURANT
MOTHERS DAY LUNCH
SUNDAY, MAY 14, 2023

**Sold
Out!**

#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.



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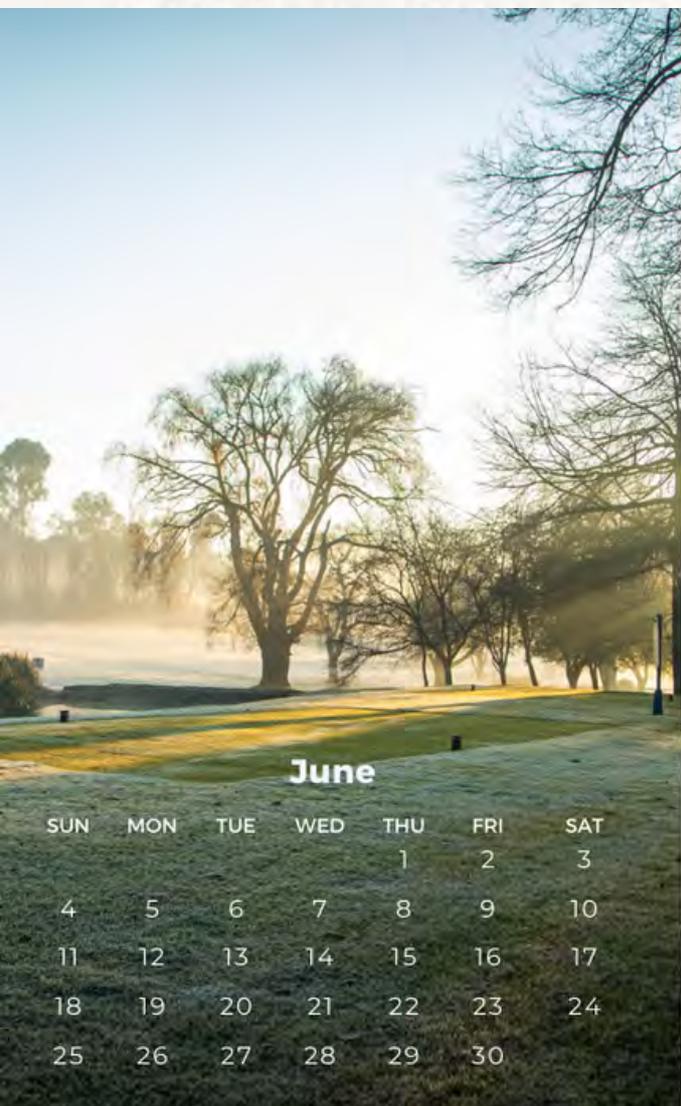
May 2023

Public Holiday - Workers Day - East & West Course Open	Mon 1 May
Ladies Comp - Ind Stableford Draw	Tues 2 May
Royal Joker Draw - April Draw	Fri 5 May
Club Comp - Betterball Stableford - Heritage Championships	Sat 6 May
The Old Oak - Birthday Celebration	Sat 6 May
AM Alliance 2 Scores to Count	Sun 7 May
Ladies Comp - 4 Ball Alliance	Tues 9 May
Greg's Day	Wed 10 May
Club Comp - Betterball Medal	Sat 13 May
Club Comp AM - Betterball Stableford	Sun 14 May
Mother's Day Lunch - St George's	Sun 14 May
Set Menu for Mother's Day @ The Old Oak	Sun 14 May
Ladies Comp - Betterball	Tues 16 May
Club Comp - Individual Stableford	Sat 20 May
Club Comp AM - Betterball Medal	Sun 21 May
Ladies Comp - 3 Ball Alliance	Tues 23 May
Africa Week @ Royal - Specials	Wed 24 May
High Tea @ The Old Oak	Thurs 25 May
Royal Joker Draw	Fri 26 May
Live Music @ The Old Oak	Fri 28 April
Club Comp - 4 Ball Alliance	Sat 27 May
Club Comp AM - Alliance	Sun 28 May
Wine Club Wednesday	Wed 31 May



May						
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			

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

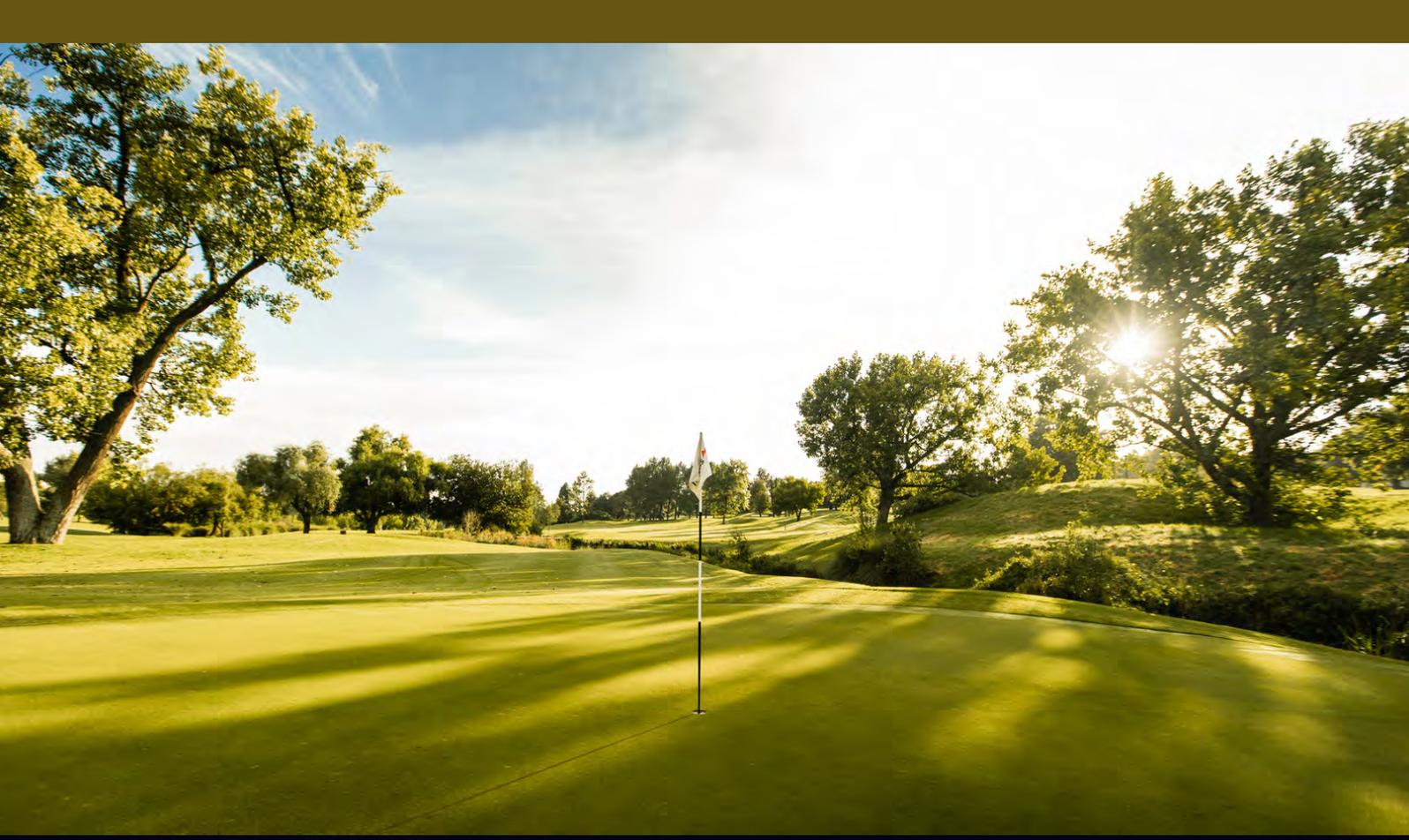


June 2023

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
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
High Tea @ The Old Oak	Thurs 29 June
Royal Joker Draw	Fri 30 June

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	

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



EMPLOYEES OF THE MONTH

Congratulations!



Front of house - Nonhlanhla Ndiweni



Back of house - Leigh Ann Kruipe

THE DRIVING RANGE & ACADEMY

Winter times for the Range

As winter starts to rear its cold head, please take note of the time changes for the driving range.

- Monday : 12h00 - 16h00
- Tuesday to Sunday : 06h30 - 16h45 (last bucket sold)

Golf Simulator Room

- Monday and Tuesday : 05h45 - 18h00
- Saturday and Sunday : 06h30 - 18h00

Interseeding Tee Boxes

It's that time of year again where we need to interseed the cool season grass with the Kikuyu to ensure that there is enough grass coverage during the cold spell.

We have started the process already on the top tee and we will be alternating the tees during the next month.

So please be patient with us during this process 😊.

Early Bird Special

Enjoy a quick 9 holes before work in our indoor golf simulator room.

R100 includes : 9 holes of your choice & complimentary coffee.

Times : 05:45 - 09:00 (Mon - Fri)

Bookings are essential , please contact jayde@rightsidegolf or 071 410 7212.

Right Side Golf Wednesday Comp

We are excited to introduce the RSG Wednesday competition and hope to see as many members as we can playing in it.

Our first Wednesday will be the 31st of May, thereafter it will be every last Wednesday of the month.

Times : Afternoon tee off times (alternating golf courses) .

Price : R 120 comp fee , includes : warm up bucket , grab & go , prizes .

Bookings to be done as per the Club's booking policies.

Happy Practicing!





YOUR MONTHLY FIX

By Martin Briedé, Master Teaching Professional



Titleist[®]

SHOTS OF THE MONTH

By resident photographer, Trevor Barnett





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.

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I have thoroughly enjoyed getting back playing with the members, it's been so much fun. The "Buffalo club" is in full swing and my board has filled up nicely and i will have to start a new one shortly.

I love playing golf with all our members so if you are looking for one to fill your four-ball I'll be delighted to join!

It's with great pleasure I announce 2 new staff members who will be joining the shop - Cara Bosman started 2 weeks ago and Seamus Leech who will be starting on the 1st May. Cara will be working weekends and holidays only, whilst Seamus will be full time. Both youngsters fit in well to the Royal culture! On a sad note we bid farewell to Ethan who has done a great job in the shop and we wish him well on his new venture.

Members will shortly receive the new and exciting branding for the Club. Part of this new identity is a members only logo which will be available for purchase from the Shop from 1 June. The new Royal Johannesburg Brand is indeed spectacular and you can look forward to some wonderful members only merchandise.

Our winter apparel has started to arrive, UA and FJ in particular. This compliments 2 new styles of FJ shoes.

We have a special on the NEW Srixon Z-star and Z-star XV, R300 for 2 sleeves, normally R420!

See you soon & Happy golfing,

Greg Jacobs



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BIOKINETICS

Dale Ebell

Why golfers need hip mobility

Hip mobility is crucial for golfers because it plays a fundamental role in generating power, maintaining balance, and achieving an efficient golf swing.



1. **Generating power:** The golf swing is a complex movement that requires the sequential activation of various muscle groups, including the hips. During the backswing, the hips rotate to wind up the body, storing potential energy. Then, during the downswing, the hips rapidly rotate and transfer that energy to the club, generating power and speed. Limited hip mobility can result in a loss of power, reducing the distance and accuracy of the golf shot.
2. **Maintaining balance:** Balance is critical in golf, as it ensures stability and control throughout the swing. The hips play a significant role in maintaining balance by shifting weight from one leg to the other during the swing. Adequate hip mobility allows golfers to transfer their weight smoothly and maintain stability, which is essential for consistent ball striking and accuracy.
3. **Achieving an efficient swing:** A smooth and efficient golf swing relies on proper sequencing and timing of movements, including hip rotation. Limited hip mobility can disrupt the sequence and timing of the swing, leading to compensatory movements, such as swaying or sliding, which can result in poor swing mechanics and decreased performance.
4. **Reducing risk of injury:** Golfers, like any athletes, are susceptible to injuries. Limited hip mobility can place additional stress on other parts of the body, such as the lower back or knees, as they compensate for the restricted hip movement. Over time, this can increase the risk of developing overuse injuries, such as muscle strains, joint pain, and even chronic conditions like golfer's elbow or low back pain.
5. **Improving flexibility:** Flexibility is an important component of overall fitness, and hip mobility is a key aspect of overall flexibility for golfers. Adequate hip mobility allows golfers to perform other necessary movements in the golf swing, such as rotation and weight transfer, with ease, and can also improve their ability to perform other aspects of their fitness routine, such as stretching or strength training.

Incorporating hip mobility exercises into a golfer's fitness routine, such as stretching, mobility drills, and targeted exercises, can help enhance performance, reduce the risk of injury, and contribute to a more effective golf swing. It is always recommended to consult with an appropriately qualified fitness professional or healthcare provider before beginning any new exercise program.

Dale Ebell
082 324 7797
dale@bespokefit.co.za

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AIMPOINT



It was such a pleasure teaching Shritesh at Royal JHB - he travelled all the way from Kenya. He mastered AimPoint Express Green Reading and we did some speed control drills. Confidence in line of putt on a different level.

Thereafter he played 18 holes on the magnificent East Course, replying afterwards "Thanks Sandra, was a great lesson, and good I played after the lesson and used some of what I learned. East Course is looong!!, but what a fantastic course.



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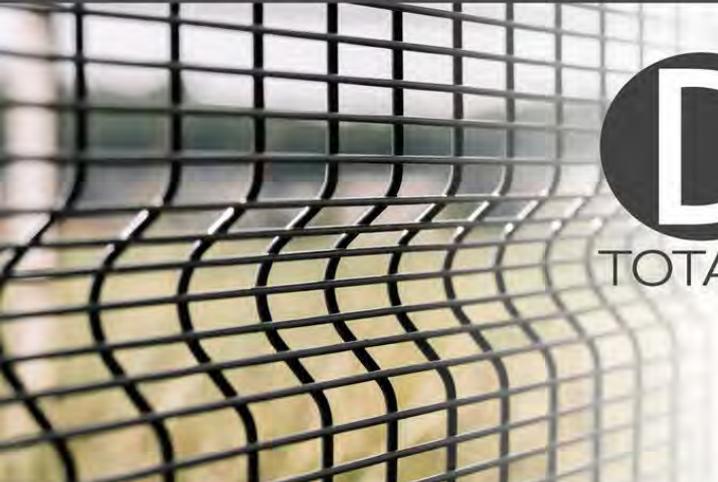
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*As our newsletter continues to evolve,
we are looking to make it even more
useful and interesting for our members.
We encourage you to share your
thoughts with us.*

