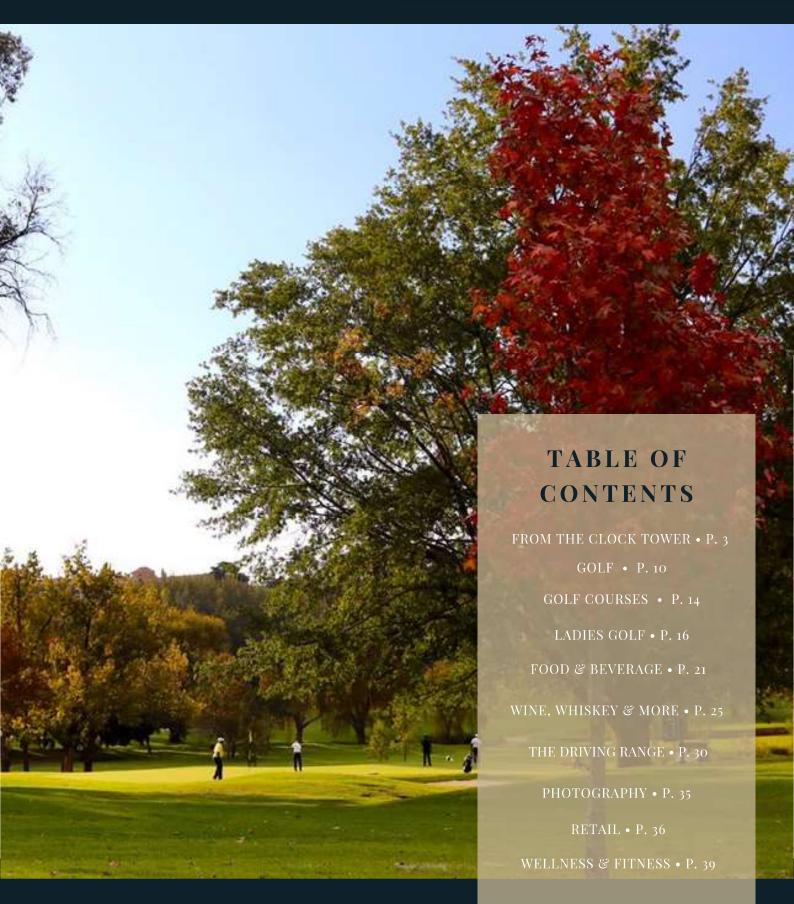
## GOOD TIMES

The monthly news of Royal Johannesburg
Issue 6 | June 2023







The golf world is still reeling from the surprise announcement of the PGA Tour, the DP World Tour and LIV Golf agreeing to merge their business operations. The deal was a shock, considering the PGA Tour commissioners '180' and not many of the key people involved knew anything about the deal. It's clear from the immediate reaction of PGA Tour players on social media, that this decision came from out of the blue. While the full details and exactly what it means are lacking at this point, for now the ceasefire on golf's civil war and bombshell merger, await an investigation and a hearing to take place with the US Senate on 11 July. Interesting times ahead for Pro Golf.

The USGA has become accustomed to firefighting at its' marquee event. US Opens became mired in controversy long ago.

## FROM THE CLOCKTOWER

CHRIS BENTLEY, CEO

Titleist







From watering greens mid-round Shinnecock Hills to Dustin Johnson's rules farrago at Oakmont and all manner of complaints about course set-up between, this year was no different. However, despite the controversial venue of the LA Country Club, it was another thrilling championship, from Rickie Fowlers 'come back' to Wyndham Clark beating Rory McIlroy by a shot and lifting his first major – it was another wonderful and exciting major to watch.



#### WHAT A JOURNEY!

From two course renovations, world golf awards to some incredible property developments...

In 2015 the members approved a bold and brave vision (the 5 year plan) which included the sale of three tranches of out of play land for apartment developments, the inclusion of residential members, the full refurbishment of both our golf courses, the conversion of the old halfway house into a family restaurant, a new wellness and fitness club and an all-encompassing approach to become a family centric facility - thereby generating new revenue streams and the annuity income in perpetuity. Despite the challenges, objections, the pandemic and severe council delays (Linksfield property still to come - old 6 West), all of the above has been successfully completed and with the final payment from our property developers, Tricolt (Tim Kloeck) now received recently, the special resolution has been completed and the funds have been handed over to the Capital Fund Committee for its inclusion into the Stanlib investment portfolio. At the time, the Club estimated a balance of proceeds in favour of the Capital Fund being R14m upon completion and we are pleased to advise that that estimate has been exceeded by some R2m, totalling a current fund value of R16m.

In this regard, our property developers have done more than meet their obligations to the Club, exceeded expectations and we are most appreciative of all the other significant contributions and sponsorships over the years. Truly, our Club could not have chosen a better partnership and looking back – it is quite remarkable what's been achieved. On behalf of the board, we also extend our sincere thanks to the members for all their support through the development process. Our loyal members have played an integral part of the improvements and ensured the projects deployed are more appealing to existing members, preserving the legacy of Royal, making the Club more accessible, more about family and appealing to the younger generation.



We have entered our financial year end - we thank those who have already settled their 2023/24 subscriptions and we now enter the "fees due" phase for the new year. Membership fees are DUE by 30 June 2023 and if you have not yet settled, please email membership@royaljhb.co.za to confirm your set up and your fees for the new financial year. A 15 day grace period will be extended for unsettled fees and thereafter unsettled accounts will be fully restricted. All members will receive their tax invoice for the new financial year, from 1 -5 July 2023. A special thank you to those Honorary and Life members who have paid voluntary subscriptions to the Club, which greatly assists in the overall scheme.

Last month the Club confirmed its' implementation plan for Solar and the carport construction was planned to start at the end of June - this has unfortunately been delayed due to council approval. The timeline has therefore been amended and the project implementation is now set to start at the end of July with completion by the end September.

In closing, we remind all members of our open door policy, the Club welcomes your feedback on our journey, to keep improving our facilities and service.

The month of July is an exceptional month for sport lovers, from the 151st Open Championship to Wimbledon, the Ashes and the Tour de France, it will all be live on the Club's BIG SCREEN (patio). That's it for another month, keep warm and we look forward to seeing at the Club.











June 2023 | New Member review

"From the moment I joined, I realised that being a member means so much more than simply having access to these world-class facilities. It is an experience that is truly one-of-a-kind. I get no greater thrill than introducing friends to Royal Johannesburg for the first time. They always leave wanting more, because just like golf, you just can't get enough.

Royal is not just a Club; Being a member here also means being a part of a vibrant and close-knit community. The camaraderie and shared passion for golf create a sense of belonging that is truly very special.

Thank you - My home away from home".



PARTICIPANTS - 27 YES NO

1.Should sand bags be made compulsory to purchase and use on the courses.	<b>3</b> 7%	63%
The Club operates within all prescripts regarding smoking areas (i.e the deck). Some members are calling for a complete ban on smoking at the facility. Do you agree?	19%	81%
3. Are you satisfied with the current green speeds? (East 11.1 & West 10.1)	78%	22%
4. Would you like to see more variety in halfway house?	37%	63%
5. Is the clubhouse food & beverage offering good value for money (including members 10%)?	89%	11%
6. Did you know golf carts are not permitted within 10 meters of any green?	93%	7%

## UNLIMITED JUNIOR MEMBERSHIP



A NNUAL | FROM 1 JULY 2023 - 30 JUNE 2024



4-7 YEARS R1100

8-11 YEARS R2100

12-15 YEARS R3100

16-19 YEARS R4900

UNLIMITED GOLF,
Junior Clinics,
Holiday Camps,
10% off food &
beverage and
much
more...

www.royaljhb.co.za

Terms & Conditions apply.





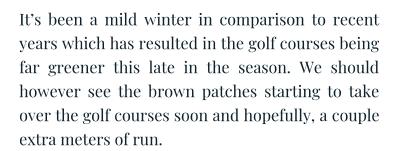


## THE GOLF DEPARTMENT

LIAM BROWN. DIRECTOR OF GOLF



#### PING



The 5 Royals entries are closing in the next couple days. As we are playing host to the event at Royal Port Alfred, we call on members to action and enter the fantastic event. The format is a betterball stableford format over the three days (21–23 July), with daily prizes given to winners and overall winners also earning a great prize! There will be many festivities around the event and this could also be a great opportunity for a golf tour with your mates, to play a couple extra courses in the days leading up to the event.

The second round of the Interschools Challenge was held on Saturday 24 June over both courses and a great morning was had by all. The team of the day was Royal Family with Justin Boyce and Gibron Sadie winning the morning competition on the West Course with 48 betterball points and on the East Course, Marios Conidaris and Graham Finke came in with 45 betterball points. There are six points between the leaders and fifth place so the Challenge is anyone's to win with 2 rounds left to play this year:



Royal Family 236 points 2 Club Goose 235 points Wake 'n Rakers 232 points FJM 1 231 points Johnnies 230 points

The 2023 Winter Club Championships will be held on 1 and 2 July and the championship looks to be an amazing member event as always. The defending champion Kian Rose was unable to extend his stay in South Africa and had to return to the USA for a few upcoming tournaments. This leaves the door open for a few great players to take the top prize in a very competitive A division. In recent years, we've had the tournament held on one golf course for the two days and this year we have put it over both courses.

The scratch league regional finals are being hosted here at Royal on the 29th and 30th of July on the Championship East Course and the format will be match-play off scratch which is played off the back tees. Our A division side won their respective league last year and by doing that now could book their spot to nationals by winning the home tournament. We ask all members who would be available on the weekend, to come down to the Club and support our team who will be up against the best that Gauteng has to offer.

## MIXED OPEN



ROYAL JOHANNESBURG



#### **BOOK NOW**

ladies@royaljk.co.za 082 772 0489

DATE

SUNDAY 16 JULY 2023 TIME

START FROM 7 AM VENUE

EAST COURSE

Two Ladies & Two Gents | Includes: Arrival drinks, Greenfees, Competition fee (fourball alliance), Wonderful prizes and light lunch

R500 pp (without a member playing card) R175pp (with a member playing card)



### CLICK TO VIEW

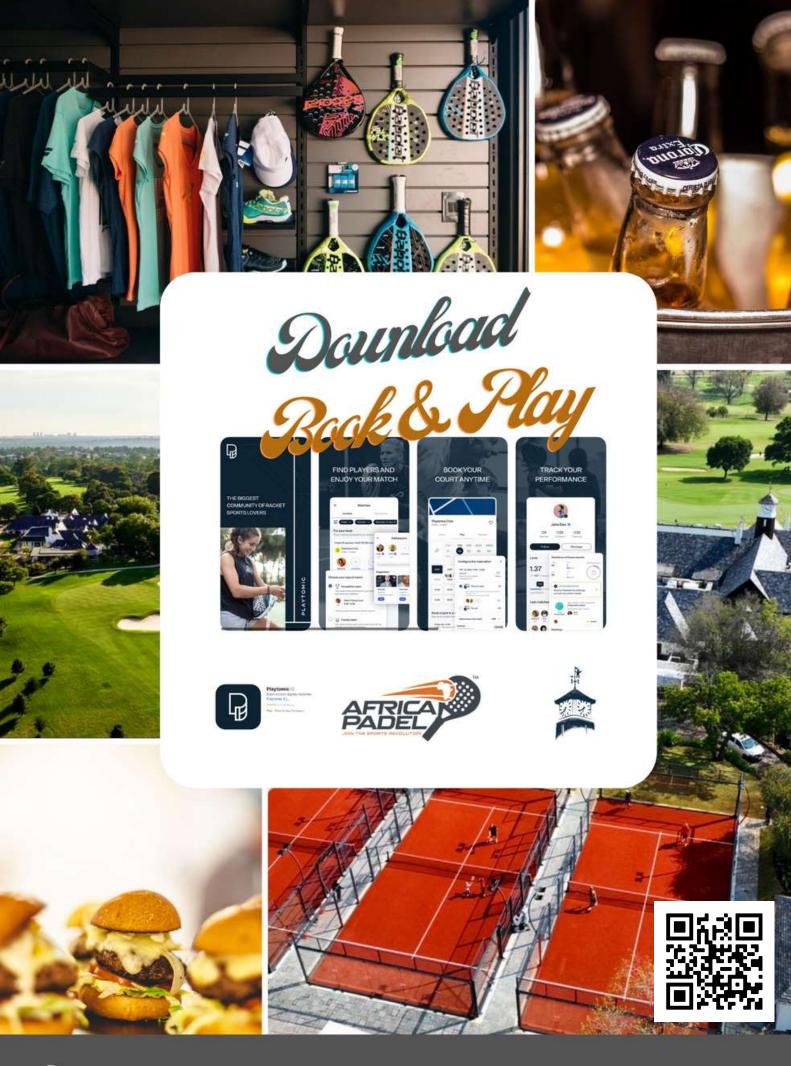


## THE 2023 ROYALS INVITATION

'5 ROYALS'



ROYAL PORT ALFRED GOLF CLUB



### FROM EAST TO WEST

JERRY STEYN, COURSE MANAGER





Members would have noticed that we have started with the tee relevelling on the west par 3's, We have completed a total of 5 sets of tee's on three holes and we have also taken this opportunity to enlarge the teeing ground to allow for more frequent movement of the tee's so as to prolong the event of a relevelling project. We are aiming to finish the 14th West tee by the first week of July. Following the West's par 3's, we will move across to the East to do a few of the par 3's while the West recovers. The tee's that have been done on West will hopefully be open to play by the end of July. "The efforts we put in now (winter) will have a significant benefit in summer"

June has been a month when we have waited in anticipation for the arrival of our first batch of our new fleet. This will be arriving in the first week of July with the remainder being delivered in October and December. These new Hybrid machines will have a huge impact on conditioning and delivering the best possible playing surface, improved productivity and most importantly, a reduced carbon footprint and less fuel being used.



Winter is also the best time of year to spot treat weeds with herbicide in the rough and fairways, The West has been fully treated and we will now also be moving across to the East before doing a possible follow up in areas.

The bunkers on both courses have been dryer following the cold and wind drying them out quicker than normal. We have now taken to watering them manually three times a week along with the weekly watering schedule. In the first week of July, staff will also be probing all bunkers and moving sand around in preparation for the summer season. The bunkers that are being worked on will be staked as Ground Under Repair.

We now await the first delivery of our new machinery, which will have an immediate impact on the courses.



Corporate membership packages are tailored to provide the perfect solution for your company, business, golf, recreation and social needs. Extensive and unique facilities make Royal the perfect place to meet, play and entertain.

#### STANDARD PACKAGES INCLUDE

Entry into the clubs annual magazine

Logo display on our new corporate membership board

First right to sponsorship opportunities

Stylish, historic and modern facilities

Two superb golf courses and worldwide reciprocity

Conferencing & various meeting rooms

10% off food and beverage

Personalised service and concierge suite

Enjoy exclusive access to world-class sport events

The Old Oak Restaurant

Wellness & Fitness Club



### LADIES GOLF

WENDY HUDDY, LADIES GOLF MANAGER

Four wins, on four different continents in 10 months!!Congratulations to Ash Buhai on her wonderful victory at the Shoprite LPGA Classic played in early June, in Galloway, New Jersey. Ash played some magnificent golf to record her first win on American soil and we now all look forward to watching her play in the US Women's Open to be played at Pebble Beach from 6 to 9 July and wish her much luck for this tournament.

Kelsey Nicholas continues to play well in the Standard Bank Pro-Am series with a great third place finish at Cotswold Downs in the first week of June and Cassandra Alexander finished in a tie for 10th position in the Helsingborg Open in Sweden. Well played ladies!

The Royal ladies are also playing well at home! The BG's held their annual Crystal Bowl Trophy on Saturday 3 June on the West Course and the betterball stableford competition was won by Belinda and Shannon Berry with an impressive 46 points. The Berry team dove tailed so well with Shannon shooting a 68 gross – well played ladies!



Our weekday league teams had mixed fortunes on Thursday 8 June. Our weekday 1 team recorded a solid 1.5 – 1.5 draw against the River Club at River Club and our weekday 2 team went down o – 3 to Kyalami at Kyalami. Both teams are well placed on their respective log positions and both play their next match on Thursday 6 July. Our Sunday team, who are also well positioned on their log, play their next match on Sunday 2 July.



It was 3rd time lucky for our Ladies Cupcakes of Hope Day that was held on Tuesday 13 June! It was bitterly cold but the sherry on offer and the hot chocolate served helped ease the pain a little. There was not a single cancellation on the day and I thank each and every one of you who played and supported this worthy charity. Although a long day, it was very successful and our two 'Cupcakes of Hope Angels' were present on the day to thank all the ladies for their generosity.

There are a few spots available for the Open Mixed Competition (two ladies and two gents), to be held on Sunday 16 July on the East Course, with morning times followed by a delicious lunch. Thank you to those of you who have entered already – as always the success of these competitions is dependent on the support received from the members. Please send through your fourball entries to <a href="mailto:ladies@royaljhb.co.za">ladies@royaljhb.co.za</a> and a time will be allocated to you.

Thank you to those of you who have supported our blanket drive with such enthusiasm and we look forward to receiving many more blankets before the cut-off date of Tuesday 18 July, Mandela Day, when we hope to hand over at least 67 blankets to a homeless shelter.

There have been resignations from several of our lady members as our financial year comes to an end. A large percentage of these resignations are due to relocation and although we are sad to lose any member, we thank each of you for your loyalty and support of Royal over the years and we wish you all much happiness. Our doors are always open and we would love to see you back when you are next in the area. Thank you for being part of the Royal family.

Keep safe and warm ladies and hope to see many of you around the Club.





## 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.



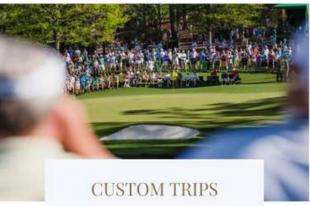


### OFFICIAL TRAVEL PARTNER

# golftraveller The preferred travel partner of Royal Johannesburg



"As we continue to drive and enhance value to our membership, we are excited to introduce Golf Traveller, which delivers unforgettable golf experiences, taking you to the best courses, events and destinations around the world" Chris Bentley, CEO



Want to tailor a bespoke trip? attend The Masters at Augusta and then play at some of the best courses in Georgia? Or how about attending the Singapore Grand Prix before taking in a round at one of Asia's finest? Maybe you want to explore the very best links courses in Scotland and Ireland – in the same trip?



We offer golfing holidays centred around bucket-list events and experiences. Tailored for discerning golfers, we allow you to combine rounds at the most exclusive courses with major events on the sporting calendar. Explore these extraordinary opportunities and more, by visiting Travel at Royal (www.royaljhb.co.za).





Royal Birkdale | Royal Liverpool Royal Lytham & St Annes | Formby

10th - 15th September 2023

SPEAK TO THE TRAVEL TEAM FOR MORE INFORMATION

## THE CHEFS TABLE

RANSLEY PIETERSEN EXECUTIVE CHEF

Food for thought ...

"Eat at a local restaurant tonight. Get the cream sauce. Have a cold pint at 4 o'clock in a mostly empty bar. Go somewhere you've never been. Listen to someone you think may have nothing in common with you. Order the steak rare. Eat an oyster. Have a Negroni. Have two. Be open to a world where you may not understand or agree with the person next to you, but have a drink with them anyways. Eat slowly. Tip your server. Check in on your friends. Check in on yourself. Enjoy the ride. "-Anthony Bourdain

In times of turbulence and friction one needs to always remain grounded in that every situation you find yourself in, shall come to pass. The wise words of Anthony Bourdain resonate now, more than ever before. With the much-anticipated winter menu at The Old Oak Restaurant launching and entering wedding season, we are extremely blessed that we can look to the horizon with a spirit of Ubuntu.

The curation of the new menu has been one of great introspection.



Featuring some of our concept dishes only ever presented at chef's tables in the past definitely poses a challenge for the team to execute and deliver this on a large scale. We believe that in doing so, this opens up a unique opportunity to upskill our staff and essentially put our best foot forward in this regard. We believe that this menu is our best yet, sticking to familiar favourites with our twist is the recipe to surpassing expectation.

Celebrating our wonderful culture which is blended with a strong Mediterranean influence provides a blank canvas to allow the creative nuances to flow through compositions that excite the senses and awaken the soul. We hope that throughout your dining experience you share in our passion and pride in what we have put together as a team.

Some unique items that feature on this new menu is the:

Roman Sandwich- Our hand stretched Neapolitan style sourdough pizza bases... Yes bases- the two bases form the 'bread' of the sandwich, filled with layers of Prosciutto, Salami, Grana Padano, Caramelised Red Onion, Rocket & Basil. This is one of the wild ideas that has come to the forefront in the development of this menu. Definitely a showstopper that is ideal for sharing if you're feeling generous.

Kingklip- Set on a base of a tomato curry sauce that is finished with tamarind and coriander. The kingklip itself, is lightly grilled then finished off in the oven with our inhouse resting butter. Accompanied by a sticky coconut Jasmine rice and mango salsa, this is by far the most interesting and tantalizing dish on our menu.

In addition to a new food menu, we have also launched a new wine list at The Old Oak. What an extraordinary selection that Ruhan has meticulously put together, we trust that the range on offer is notably one of the best wine lists in Johannesburg that is slowly growing modularly.

With so much that has changed and everything that has remained, I cannot wait for you to book a table at The Old Oak and create new memories centered around food and wine.





June 2023 | Member review | The Old Oak Restaurant

"The Old Oak continues to exceed expectations with exceptional service and a culinary masterpiece created by Chefs Ransley and Leigh-Ann. Immaculate, Ruhan, and Martin provided attentive and personalized care. The new menu is remarkable and flavours to satisfy all.

A must-visit for an extraordinary dining experience. Thank

A must-visit for an extraordinary dining experience. Thank you!"



EVERY THURSDAY, THROUGH WINTER | STARTING 29 JUNE 2023

SET MENU @ R285pp (Starter, Main & Desert)

(members receive 10% off) | BOOKINGS ESSENTIAL



oldoak@royaljk.co.za | 078 764 3079 | 011 640 3021

Royal Johannesburg | www.royaljhb.co.za | One Fairway Avenue, Linksfield, Johannesburg, South Africa



## WINE, WHISKEY& MORE!

As discussed in last months column, we managed to distinguish between Tequila and Mezcal. And in this month's column, we will have a closer look at the official designation of the five tequila types and flavoured tequilas.

The five types of tequila:

Official designations. Blanco or plata (white or silver)

Type 1: the most common type and the original form of tequila. It's considered 'unaged' and is under 60 days old. It may be bottled fresh from distillation or sometimes stored in stainless steel tanks before bottling. Sometimes this is a harsh, young (joven) drink, but it can also be tastier and more robust than highly refined varieties, especially if it's marked "100% agave" (see below). Some distillers may 'rest' blanco tequilas in large oak barrels for more smoothness - the maximum allowable period is 30 days.

Joven, joven abocado (young and smoothed), also called gold (oro)

Type 2: basically the same as blanco, but with colouring and flavouring ingredients added to make it look aged and smoothen the harshness. These are also called suave or oro (gold) because of its colouring (usually through added caramel and sometimes oak essence, up to 1% total weight). In the industry they're known as mixto, or mixed blends. Generally they're not as good as 100% agave, but they are also very popular for export sales. Note that Herradura also calls its 100% agave reposado tequila "gold," but it is not to be confused with a gold mixto

Reposado (rested or aged)

Type 3: This tequila is aged from two months to up to a year in large oak casks or smaller barrels. These casks may be as large as 20,000 litres. This is where the tastes become richer and more complex. The longer the aging, the darker the colour and the more the wood affects the flavour, although the larger the cask, the less the wood contact. Reposado accounts for more than 60% of all tequila sales in Mexico. It was the first type of aged tequila. Some companies use the same small barrels for añejo and reposado tequilas while others prefer the high-capacity vats. The larger the vat, the less the wood contact with the aging tequila.

Most producers age in oak, American, French and Canadian preferred. However, Asombroso has a reposado aged in red wine barrels, which imparts a pink tinge to the tequila, and adds a subtle sweetness. A few companies will use new barrels for reposado because they can impart a wood essence and a smoothness in less time than a used barrel. After these barrels have been used for aging reposado a few times, they are then used for añejo tequila.

An unofficial term sometimes used for reposados aged longer than usual is 'gran reposado.' Añejo (extra aged, or vintage)

Type 4: Now called "extra aged" – stored in government-sealed barrels of no more than 600 litres, but usually about 200 litres, for a minimum of a year. They may be aged longer – as long as eight to ten years, although many authorities say tequila is at its best at four or five years. It may be removed from the barrels and racked into stainless steel tanks after four years because evaporation in the barrels can reach 50% or more in some areas. Many of the añejos become quite dark and the influence of the wood is more pronounced than in the reposado variety.

The barrels most commonly used for añejos are previously used bourbon or whisky barrels from the USA, Canada or France. New barrels are rarely used because they make the tequila too woody, too quickly. In the past, after three or more years, these añejos may have been called "muy añejo" or "tres añejos" by the manufacturers – a term not recognized officially. These have since been replaced by type 5, below.

Extra añejo (maduro; ultra aged). The new type 5. A new añejo type as of the 2006 NORMA. Tequila which has been left to mature for at least three years in oaken wooden containers having a maximum capacity of 600 litres (but usually under 200 litres); the commercial alcohol by volume must be adjusted by the addition of water as in other tequilas. Also called vintage.

Because this was only introduced in 2006, it is still a rare product, but many producers have been storing tequila for this expected release, so more are being readied to appear soon. In April 2007, the forum tour learned that many producers are storing añejos for later release in this category – five, seven and possibly even ten–year–old tequilas will be on the market in 2007. Initial tastings of these extra–aged tequilas suggest they will be rich, complex, and delightful – with highlights of chocolate, caramel, leather and wood.

As a general rule of thumb, the older the tequila, the higher the price. Other unofficial categories include gran reposado – which should mean it was aged longer than the minimum – and blanco suave which suggests a smoother blanco. These are all attempts by manufacturers to identify their product as unique or at least better, within the rigid government guidelines for labelling and can be described as more artistic than official descriptions. Regardless of any unofficial descriptions, better tequila should also be identified as 100% agave.



## THE BEE JOURNAL







### EMPLOYEES OF THE MONTH



SONIA NHAU Front of house Royal Johannesburg KHAYELIHLE NTANDWENHLE Back of house Royal Johannesburg

## PLAY South Africa's Top Courses

#5 Fancourt



Two nights' accommodation for two people sharing in a Luxury room B&B One round of golf per person per day on either the Montagu or Outeniqua. Valid until 15 December 2023.

Starting Bid: R4700.00

The CMASA Club Foundation invites you to take part in our Annual Auction taking place online from the 26th - the 30th June 2023. Winners will be announced on the 1st July

Golf at 7 of the Top 10 Courses in South Africa will be up for auction, with all proceeds raised going back into the Club Foundation, which seeks to promote transformation and fund the life cycle of employees working within the club industry, to assist them in achieving their career goals.

> To partake in the auction scan the barcode







#3

Pearl Valley



Blair Athol



1 Fourball & 2 Golf Carts Valid until 31st October 2023. Starting Bid: R4000.00.

1 Fourball & 2 Golf Carts Valid until 30th June 2024. Starting Bid: R1650.00.

alued at R4120.00

1 Fourball, 2 Golf Carts & Halfway. Valid until 31st December 2023.

Starting Bid: R2560.00.

Valued at R6400.00

#8

Glendower Golf Club

**Humewood Golf Club** 

Elements Private Golf Reserve ...



1 Fourball & 2 Golf Carts Valid until 31st December 2023. Starting Bid R1520.00.



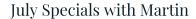
1 Fourball & 2 Golf Carts Valid until 31st May 2024. Starting Bid: R1000.00.



1 Fourball & 2 Golf Carts Valid until 31st December 2023. Starting Bid: R2145.00.

## FROM THE PROS

MARTIN BRIEDE, HEAD TEACHING PROFESSIONAL



For the month of July, 'Martin' will be running lesson specials for only R400 if you book online using the below link.

Use the link and choose which date and time best suits you – it is that easy.

R400 INC : 45 Min lesson with the Flightscope Monitor

https://martinbriede.pencilmein.online

**Junior Gold Clinics** 

Kids having some fun outdoors as well as learning this beautiful sport is our main priority.

So if you are looking to get your little ones into the game or just want them to have something fun and entertaining to do on a Saturday, then bring them down to join our Junior Golf Clinics.

For more information contact Jayde: <u>jayde@rightsidegolf.co.za</u> or 071 410 7212.



Monday Range Special

Mondays the driving range run a special for 30, 60 and 100 ball buckets.

R40 (60 Balls), R60 (100 Balls)

Times: 12h30 - 16h30.

Virtual Golf Room

For the month of July, we will be running an awesome special for all ages in our indoor virtual golf room.

Come and have some fun playing virtual golf courses around the world with friends and family.

#### Interseeding tee boxes

As discussed in last month's newsletter, the team have been interseeding and covering tee boxes for the winter period, which I can say has helped tremendously as we still have good grass cover to carry us through the rest of the winter months.

Thank you to all the members for their patience during this cold season.

#### Warm up with our Winter special

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

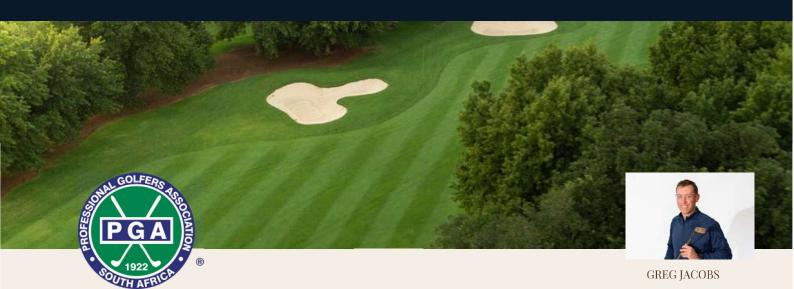
The next clinic will take place on 13 July. to secure your spot email golfdirector1@royaljhb.co.za. See you there!



# 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.



CHRIS BENTLEY



MARTIN BRIEDE



LIAM BROWN



GAVAN LEVENSON

### WHEN

EVERY SECOND THURSDAY

### 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: golfdirectorl@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.



PUTTING



BUNKER PLAY



DRIVING



**SWING** 



COURSE MANAGEMENT



RULES





**EVERY SATURDAY** 

**AGES: 5 - 9 YRS** 

REGISTRATION:

071 410 7212

jayde@rightsidegolf.co.za

1 FAIRWAY AVENUE, LINKSFIELD NORTH, JOHANNESBURG

## SHOTS OF THE MONTH

BY TREVOR BARNETT













FJ are running a special on selected golf shoes. Get 30% off the retail of a pair of shoes. All you need to do is trade in an old pair of shoes. Even I took advantage of this deal!!



Our embroidery machines have already been a huge hit and several members have had either the new Royal logo done or their company logo embroidered. We can now confidently supply our members with corporate gear along with their logo and turnaround time is never more than a couple of days.



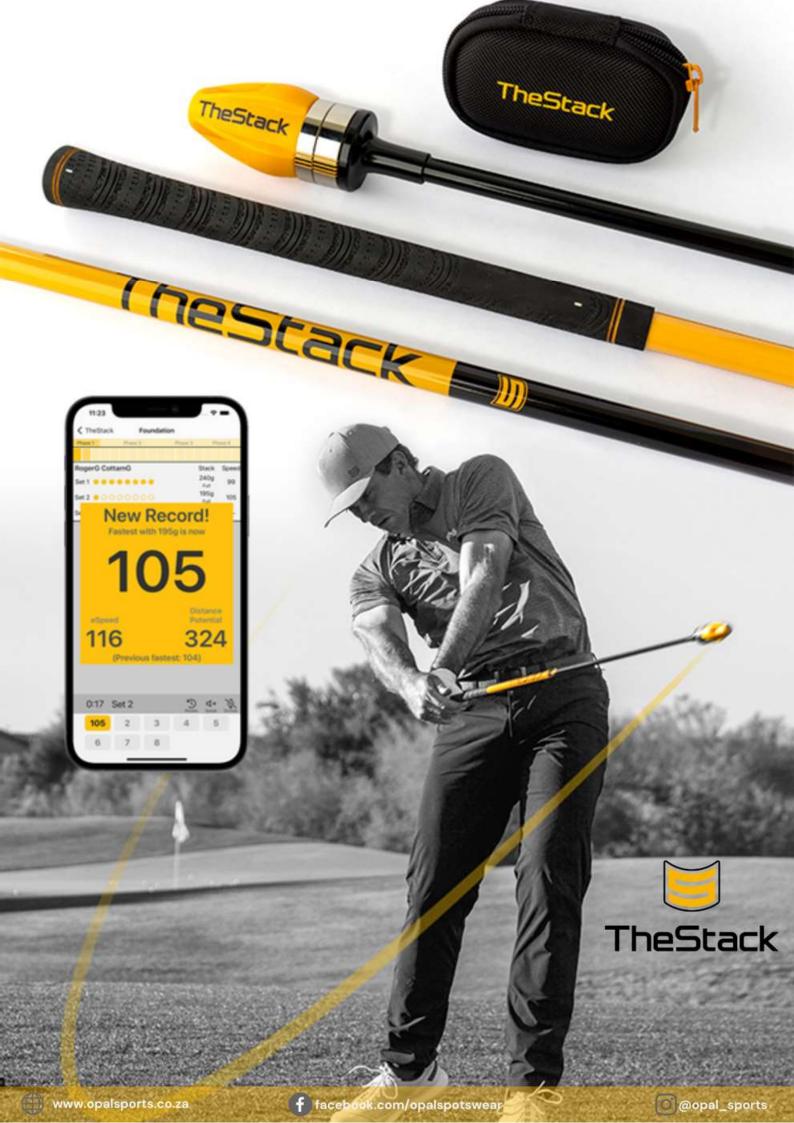
You would have seen on TV that Titleist is having a trade up, trade in deal. You will receive R5000 trade in for your old clubs when purchasing a set of T100 or T200 set and R3000 trade in when purchasing a set of T300 irons. Titleist are launching their new range of irons in September.

All winter wear is now less 20% for the month of July!

See you soon & Happy golfing,



Greg Jacobs







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!** 





### ROYAL RETREAT

No More Breakfast Balls!

To perform at your best on the course, it's essential to prepare your body properly. Golf is a sport that requires skill and precisions, from the first swing. While many golfers understand the importance of warming up before a round, not everyone is aware of the specific benefits of a dynamic Unlike static stretching, warm-up. dynamic involves active warm-up movements that mimic the actions you'll perform during the game. Here are some significant advantages of incorporating a dynamic warm-up routine into your golfing regimen.

involve a wide range of motion: Golf swings involve a wide range of motion, and a dynamic warm-up helps to improve flexibility in the muscles and tendons. Dynamic stretches such as arm circles, trunk rotations, and leg swings help to loosen up the body and increase the range of motion required for a fluid golf swing. This enhanced flexibility translates into better clubhead speed, improved accuracy, and reduced risk of injury.



2. Improved Blood Flow and Muscle Activation: Engaging in dynamic exercises increases blood flow to the muscles, preparing them for the physical demands of the game. This heightened circulation delivers oxygen and nutrients to the which muscles. helps optimize to performance. Dynamic movements also activate the muscles that are involved in the golf swing, priming them for action and enhancing neuromuscular coordination.

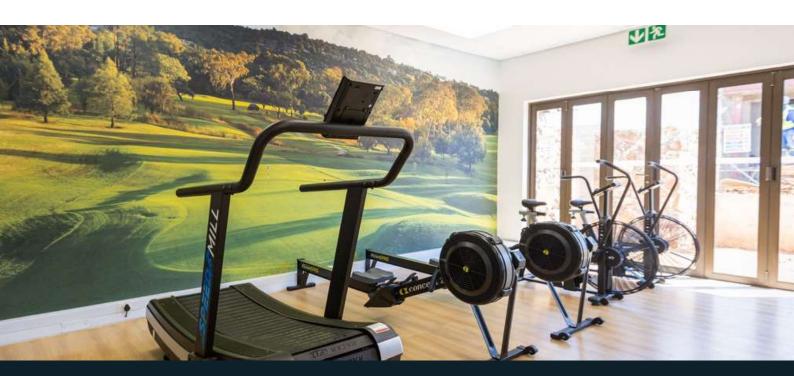
3. Enhanced Warm-up of Specific Golf Muscles: A dynamic warm-up routine can target the specific muscles used in the golf swing. Exercises such as standing trunk rotations, shoulder rolls, and hip rotations help to activate the core, shoulder, and hip muscles, respectively. By focusing on these key muscle groups, you prepare them for the repetitive and explosive movements required during the swing, ultimately leading to a more powerful and efficient swing motion.

- 4. Injury Prevention: Golfers, like athletes in any sport, are susceptible to injuries if they don't adequately prepare their bodies. A dynamic warm-up routine helps to reduce the risk of common golf-related injuries, such as strains, sprains, and overuse injuries. By increasing flexibility, improving blood flow, and activating the muscles, you provide your body with the necessary preparation to handle the stresses of the game.
- 5. Mental Focus and Preparation: A dynamic warm-up routine not only prepares the body but also helps to focus the mind. By going through a series of active movements and stretches, you shift your attention away from distractions and focus it on the upcoming round. This mental preparation allows you to enter the course with a clear and focused mindset, enhancing your overall performance.

A dynamic warm-up is a crucial component of a golfer's preparation routine. Before you tee off, remember to give your body the dynamic warm-up it deserves. For more information on the what types of movements to include into a dynamic warm-up, have a chat to the Biokineticist at the Royal Retreat.

Dale Ebell

082 324 7797 dale@bespokefit.co.za TPI CERTIFIED



### AIMPOINT



PGA Tour - June 2023

Memorial

On 4 June, avid AimPointer Viktor Hovland finally bagged a PGA Tour win at one of the biggest events. The 25-year-old Norwegian made a two-putt par from 58 feet on the first playoff hole to defeat Denny McCarthy and win the Memorial on Sunday.

#### US Open

From his electric opening-round 62 to his neon-orange Sunday ensemble, Rickie Fowler showed off just about everything during the 123rd U.S. Open that once made him one of the most compelling figures in golf. After his second and third rounds Fowler had held the tournament lead. Sunday was not his best day, but he ended T<sub>5</sub>. Looking forward to see what Rickie can do in the future.

#### **Travelers Championship**

Winning the Travelers with 23-under, Keegan Bradley credits this green-reading technique for fueling career-best form. When asked about why his putting has been so lethal, Bradley credited the <u>AimPoint technique</u> — which, he said, is especially helpful on TPC River Highlands' bentgrass greens. "With AimPoint and the way I putt, bentgrass is especially nice with this style," he said. "I've just been really feeling the reads really well. Speed's been good."

That's enabled Bradley to be extra-confident. "I don't know, just every time I'm standing over a putt, I feel like I have a chance to make it, which is a great feeling," he said. Bradley then revealed his secret — the <u>AimPoint</u> putting technique that allows him to feel the slopes in the greens with his feet.

June 25, 2023 Golf.com

## Sandra Van Den Bergh

CERTIFIED LEVEL 3 AIMPOINT INSTRUCTOR
THE ONLY CERTIFIED AIMPOINT INSTRUCTOR IN AFRICA

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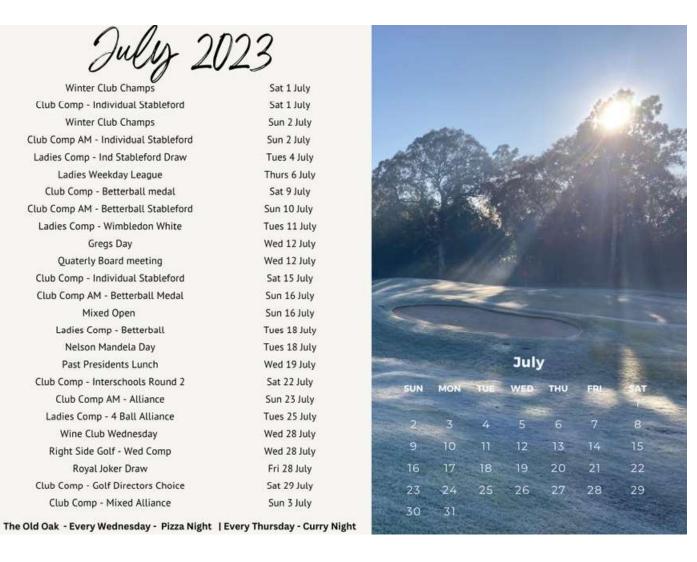
TWITTER: @SVDBERGHGOLF

FACEBOOK: AIMPOINTGOLF SOUTH AFRICA INSTAGRAM: AIMPOINTGOLFSOUTHAFRICA



July 2023

Winter Club Champs	Sat 1 July	
Club Comp - Individual Stableford	Sat 1 July	
Winter Club Champs	Sun 2 July	
Club Comp AM - Individual Stableford	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	
Quaterly Board meeting	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	
Past Presidents Lunch	Wed 19 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	





## August 2023

Club Comp - Alliance Sa	t 5 Aug
AM Alliance 2 Scores to Count Sur	n 6 Aug
Ladies Comp - Ladies Open - 4 Ball Alliance Tue	s 8 Aug
Public Holiday - Women's Day We	d 9 Aug
Club Comp - Betterball medal Sat	12 Aug
Club Comp AM - Betterball Stableford Sun	13 Aug
Ladies Comp - Better Ball Tue	s 15 Aug
Gregs Day Wed	1 16 Aug
Club Comp - Individual Stableford Sat	19 Aug
Club Comp AM - Betterball Medal Sun	20 Aug
Ladies Comp - Individual Stableford Draw Tue	s 22 Aug
Royal Joker Draw Fri	25 Aug
Club Comp - Interschools Round 3 Sat	26 Aug
Club Comp - AM Alliance Sun	27 Aug
Ladies Comp - 3 Ball Alliance Tue	s 29 Aug
Right Side Golf - Wed Comp Wed	d 30 Aug

Scarifying will take place on both course in the month of August Every Wednesday - Pizza Night @ the Old Oak Every Thursday - Curry Night @ The Old Oak





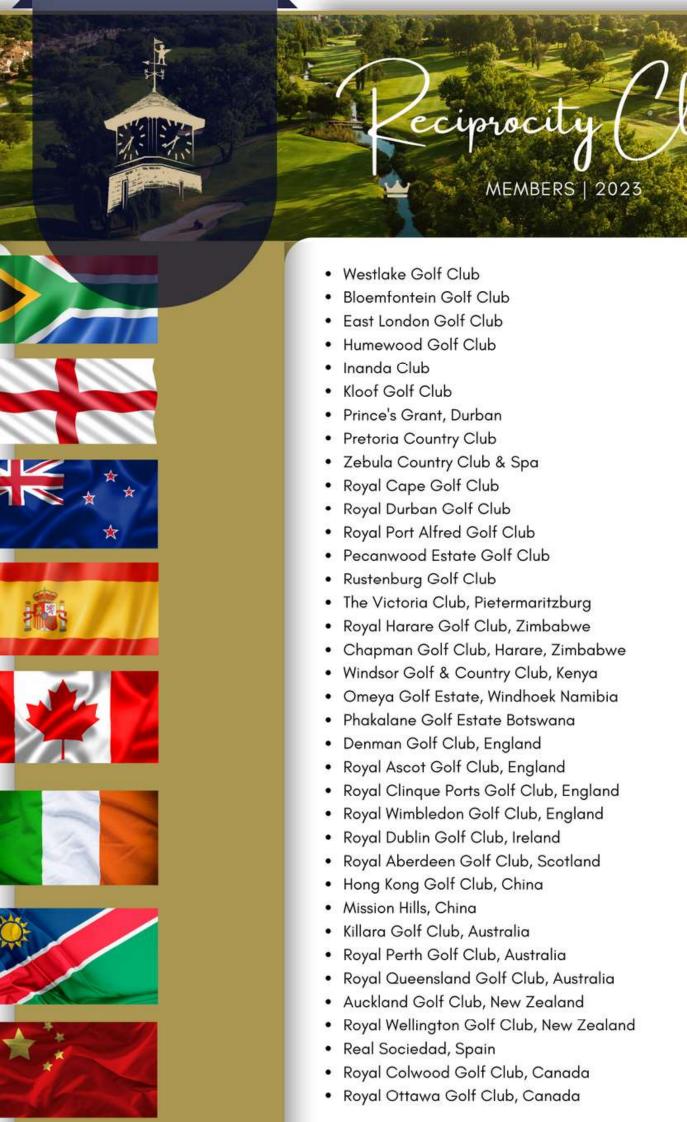
Works perfectly in the city or in the bush, the REBEL Urban Retro are designed to fit into your lifestyle.

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.

REBEL Urban Retro - where functionality meets style.





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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.









