

GOOD TIMES

The monthly news of Royal Johannesburg
Issue 7 | July 2023



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Titleist

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FROM THE CLOCKTOWER

CHRIS BENTLEY, CEO



If good things come in threes, then for left-handers, it would appear they arrive in years ending in three, with Harman's 2023 success following Bob Charles in 1963 and Phil Mickelson in 2013.

In dominant fashion Brian Harman wrapped up the 151st Open Championship and the first major of his career! Amid a sea of umbrellas at a rain-soaked Royal Liverpool, the American weathered a stormy start to lift the Claret Jug. I believe Harman was always going to shoot a conservative final round and the weather prevented the top golfers from scoring a low chase, which saw Harman finish six strokes ahead of Jason Day, Sepp Straka, Tom Kim and Jon Rahm. He was certainly the Champion golfer of the year!



At the time of writing this month's column, the July Board meeting has just concluded and the mission to deliver, invest, protect, grow and evolve the Club, remains the priority. We continue to operate in an environment riddled with external shocks yet I believe the resilience of a great Club lies in its ability to not only traverse adverse conditions but to adapt and succeed as Royal has done over its 132 years.

The Club has completed its preparations for the annual financial audit, taking place on 1 August 2023. The financial year was certainly a story of two halves and as forecasted, the preliminary results for the year ending, 30 June 2023, reflect the expected operating loss (pre audit), primarily due to the exorbitant fuel bills, the West Course renovation/utilisation and the extreme summer rainfall.

The Club closed its financial year with 57150 rounds of golf played and a 19% increase in membership (1675) including residential members). Following the final payment from our property developers, the Capital Fund value has increased to R16m (R2m more than anticipated).

Considering the plethora of challenges and the continuing macroeconomic environment, the Club is quietly satisfied with what has been invested, the challenges overcome and the many achievements throughout an 'abnormal' trading year.

The new budget and financial forecast for the year ahead is promising and will see a number of our efforts coming to fruition. We are however mindful and planning for headwinds that will further challenge us in the coming years, most notably water, climate, geopolitical uncertainty and the cost of living. We are prepared and remain alert to the potential risks, and the impact they will have on our Club and we take confidence from our strong track record of adapting and thriving in the face of other significant external challenges in recent years.

Overall, we are confident that the strength of our balance sheet, our experienced team and our longer-term approach will enable our Club to continue its' growth journey. We are also pleased to advise that after nearly 12 months of waiting, the first delivery of our new machinery

fleet has finally arrived, which includes the new greens mowers. The new fleet will have a considerable effect on quality of cut, especially in the summer months ahead. The second and final delivery of our fleet will arrive toward the end of the year.

As communicated, the Club has approved the furniture replacement program for the patio, bar and halfway house – the estimated delivery is set for mid-September.

Members will notice the preparations for our solar carports starting in August and the Club will distribute the detailed arrangements (logistics) around parking etc. before the main construction gets underway.

As communicated the timeline for the project was amended due to council delays and we Solarise estimate completion by the end October. Please rest assured of our best efforts to alleviate temporary inconvenience during the project. The Club now progresses with the preparations for the 132nd Annual General Meeting, set to take place on Wednesday, 20 September 2023. The notice of the meeting will be distributed 14 business days prior.

There will be a couple of vacancies to serve on the future Board, namely Treasurer and Captain and we invite and encourage any member who wishes to serve on the Club, to please get in touch with us.

Nominations to serve on the Board will close 10 days prior to the AGM and the Royal Review publication (Annual report/e-mag) will be distributed on 8 September 2023. Any member wishing to advertise or contribute to this year's publication, please email marketing@royaljhb.co.za.

The 2023 Past Presidents lunch was held on 19 July, where 16 former leaders of the Club attended this wonderful tradition. We shared the latest developments, challenges and plans for the future and this year's lunch was another special occasion, immersed in the history and stories of Royal. It is a constant reminder that over many decades, the Club has continued to grow and evolve and that the importance of leading the institution can never be taken for granted.

In closing, school holidays are fast approaching and I look forward to taking some annual leave post our annual financial audit, to re-charge the batteries and catch up on some quality time with family. Erik Brakhoven will oversee the management teams responsibilities during my absence and I look forward to seeing you all when I return on 22 August.



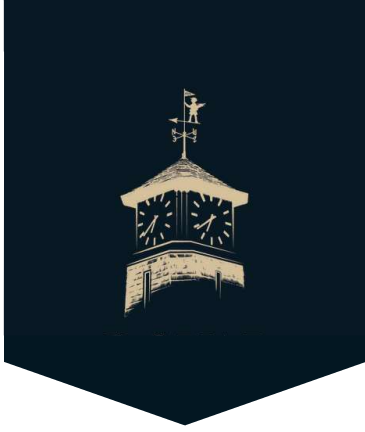


Save the Date

132nd Annual General Meeting

20 | 09 | 23

WEDNESDAY | 18H00
ST. GEORGES ROOM



"He plays golf like Moe Norman, dresses like Bobby Locke, merchandises like Ralph Lauren and tells jokes like Dale Hayes"

After claiming the regional award, Greg Jacobs has now also been named the national winner!



Congratulations

HEAD PROFESSIONAL GREG JACOBS

**NAMED NATIONAL
CLUB PRO OF THE YEAR**



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THE GOLF DEPARTMENT

LIAM BROWN, DIRECTOR OF GOLF



The 2023 Winter Club Championships was another resounding success, hosted on the first weekend of July and it was tightly contested in all 3 divisions. The A division took 142 shots for Sam McKenzie to clinch victory against a strong field.

In recent years, the Championships has been hosted on East Course for the full 36 holes but this year the field had to contend with a tricky setup on the West course on day one and our beastly Championship course for day two. As always, many laughs about missed fairways, lucky saves and big scores on short holes were shared on the patio post round.

The hot topic surrounding the Winter Club Championships is medal golf at the Club and moving forward, we will be introducing more medal golf for the members to play. On the weekend that hosts the individual stableford (3rd Saturday of each month), we will have one golf course playing individual medal and one playing individual stableford.

Our Club hosted the regional league finals on the 29th and 30th of July with only the Championship East Course being used. Scratch league teams from Silver Lakes

Magalies Park, Witbank, Reading and Royal competed in the match-play event, off scratch and off the back tees. Some spectacular golf was played and after the two days, Silver Lakes were crowned the winners. Special thanks to those who came out in support of our team as well as to the members of Royal who gave up their normal tee times so that this prestigious event could be hosted by our Club.

Dates to diarise: 9 August - Women's day, 26 August - Interschools challenge (PM field), 2 September - Heritage Championships, 24 & 25 September - Heritage Day

The current standings for our league teams are as follows: Scratch League A - 1st, Scratch League B - 2nd, Mid-Am A - 4th, Mid-Am B - 1st, Betterball East - 7th, Betterball West - 3rd, Juniors - 1st





CONGRATULATIONS

ROYAL MEMBER,
MIKE LANSDOWN
WINS THE BORDER
SENIOR OPEN
CHAMPIONSHIP AT
EAST LONDON GC
(147)



CONGRATULATION
S

FROM EAST TO
WEST GARY KEMP
WINS THE RJ
BUSHVELD TOUR
EVENT (SERIES 4)
WITH AN
IMPRESSIVE -5
RESULT (54 HOLES)





the Heritage Golf



CHAMPIONSHIPS



ROYAL JOHANNESBURG
EST. 1890

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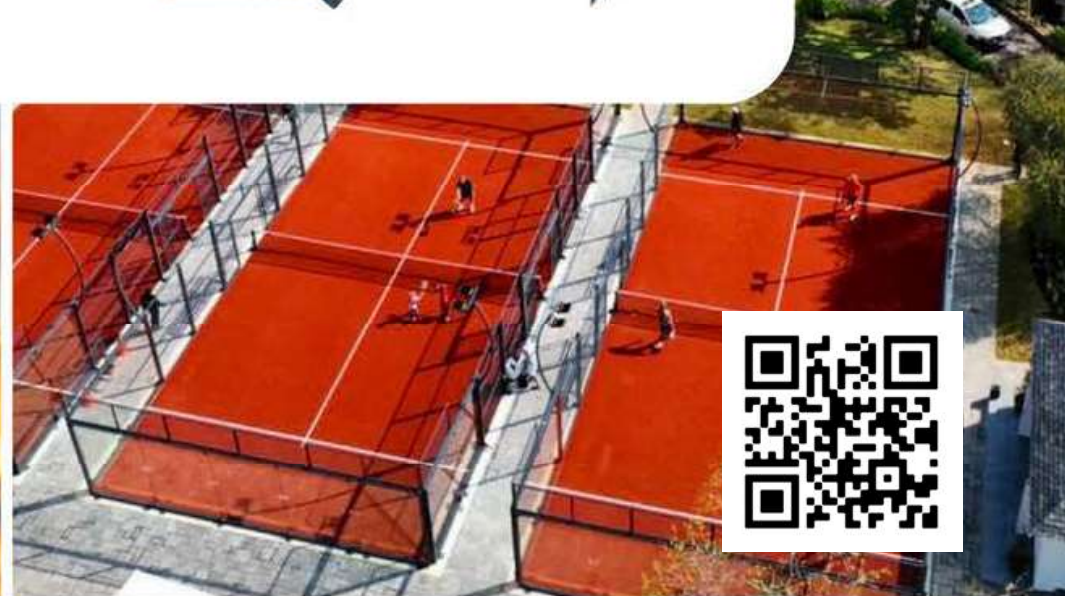
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FROM EAST TO WEST

JERRY STEYN, COURSE MANAGER

The end of the winter season is now upon us, although it only seems like winter is really setting in now. As we all saw, we received a small amount of snow on the 10th of July and this was certainly an exciting experience. I truly believe the snowfall reflected on what a year 2023 has been thus far - from floods to droughts, from heat to snow, we have certainly had all the seasons in one year.

The forecast for the spring and summer seasons still shows a heavy El Nino prediction, with scorching heat to be expected.

The tees that has been levelled on the West course will most likely open within the next two weeks as the cold snap we encountered over the past two weeks, slowed the recovery down. The tees are looking good and we are excited to have them open as soon as possible. We are in the process of planning our spring treatments and will start with scarifying of the golf courses tees and fairways in August and carrying on to mid-September



I know this is a painful inconvenience for golfers, but it is a necessary practice to ensure we have a great playing surface for summer.

August bring much excitement with the first batch of our new machines arriving. New green's mowers will be on both courses, including new mechanical bunker rakes and perhaps the most exciting is a dedicated greens roller for the courses.

With these new greens mowers, we move away from hydraulic equipment on all the greens. The remainder of the fleet is expected to arrive in December, By January 2024, Royal will have a full fleet of new primary equipment - this will be in time for when the season is in full swing and they are needed the most.





Reminder

FAIRWAY SCARIFYING
EAST TO WEST

2 AUGUST - 20 SEPTEMBER

New Website



Launching October 2023

www.royaljhb.co.za

LADIES GOLF

WENDY HUDDY,
LADIES GOLF MANAGER

Ash Buhai had a couple of rough weeks health wise on the LPGA Tour but still managed to make the cut and finish strongly in both the LPGA Women's PGA Championship and the US Women's Open. Well done to Ash and all the very best to her as she prepares for her title defence of the AIG Women's Open to be played from 10 to 13 August in Surrey. No doubt she will have an enormous amount of support from the many South Africans living in the area.

On the home front, Cassandra Alexander had a fine win at Bryanston in the Standard Bank Pro-Am series and Kelsey Nicholas continues to impress with consistent top 10 finishes in these tournaments. Good luck to both ladies for the rest of the season.

Six of our young lady golfers were selected to represent CGGU at the Gary Player Country Club in the 2023 Nomads SA Girls Championships earlier in the month.



Congratulations to Paola Sakota, Stacey-Lee van Gent, Valentina Sakota, Sarah Gutuza, Abby Rigby and Yaone Mokgatlé who all acquitted themselves very well and enjoyed the experience.

Well done to Valentina Sakota who finished runner-up in the silver division of the 54 hole medal championships which is quite an achievement.

Our league teams had mixed fortunes in July with both our Sunday team and weekday 2 team beating teams from Bryanston and our weekday 1 team going down to the CCJ 2 team in a hard fought match. All games were at home. All three league teams are strongly positioned on their respective logs with three games to go: the Sunday team lies in second place, the weekday 1 team lies in second place and the weekday 2 team shares the top of the log with 3 other teams. Good luck for the rest of the season ladies.

The Club held a most successful Open Mixed competition in mid-July and members and their visitors enjoyed their morning out on the East Course, followed by the most delicious lunch served up by our food and beverage team. Special thanks to Mr Jin of Volvik for his very generous sponsorship of prizes for the day – they were most appreciated.

Chris Bentley and I had the rewarding task of handing over bags and bags of blankets to Fiona Manoim from the Immaculata Shelter for the homeless in honour of the Mandela Day this year. Thank you to everyone who donated a blanket over the past few weeks – Fiona was so very grateful. It was so interesting to hear about the wonderful work that this shelter does and although they do receive a small government subsidy, how much shelters like this depend on donations from individuals and companies. Thank you all!

Looking forward to watching some great coverage of ladies golf in August but in particular of the 2023 AIG Women's Open when hopefully Ash can enjoy another wonderful tournament. Keep warm ladies and hope to see many of you around the Club.





.....☆☆☆.....

GOLF

On Women's Day

.....☆☆☆.....

.....

WEDNESDAY

9 August 2023

Every lady teeing up to play on Women's Day will receive a 50% discount on their greenfees

Bookings:

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 -  bookings@royaljhb.co.za
 -  011 640 3021
-



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CAPTAINS CORNER

NICK WATT-PRINGLE,
CLUB CAPTAIN

I have just got back from competing in the 2023 5 Royals Tournament that is held annually at Royal Port Alfred Golf Club. This is the third time that I have competed in this tournament and I don't believe you will find better value for money for any golf tour – R1 250 takes care of three golf games, three breakfasts and three dinners, which includes the famous steak braai on the Sunday. One of the many positives that can be taken from the tournament is the real characters that you meet from other Clubs – I am already looking forward to next year!!

The teams prize was a very contested competition with a mere 4 points separating the first and fifth positions.

1st	Royal Durban	116.38
2nd	Royal Port Alfred	115.13
3rd	Royal Harare	113.14
4th	Royal Cape	112.50
5th	Royal Johannesburg	112.13

The Claret Jug for the most individual points was won by Anthony Graham from Royal Harare with 134 points accumulated over the three days



Royal Durban won the attendance prize, pipping Royal Johannesburg, despite our Club having 5 members pull out of the competition a week before the event.

Only the four travelling Royal teams are eligible for this trophy so Royal Port Alfred does not qualify.

Royal Johannesburg were this year's hosts and so were responsible for providing the prizes for the tournament. How proud we were to be members of our Club and most sincere thanks to our Golf Director, Liam Brown, for the magnificent prizes that he had organized for the tournament. The prizes were certainly a game changer and both Ken Brook, the General Manager and Mark Warren, the Club Captain at Royal Port Alfred, thanked our Club for the prizes. Next year the tournament 'hosts' will be Royal Durban so they will be under serious pressure to 'up their game'!

Our infamous “want to be” lounge singer, Alistair McDonald was heavily fined by Mark Warren on Friday night but made amends and sang for everyone after prize giving (he was allowed just one song as he had paid all his fines) ... Royal Johannesburg had one player in the prizes, Laki Economides – he and his partner from Royal Port Alfred Golf Club, won the best betterball score on Sunday. Well played gents! Results from the Tournament:

Friday 21 July

- 1st Rob Bailey (Harare) & Geoff Bladen (Port Alfred) - 47 points.
- 2nd Anthony Graham (Harare) & Bram Coetzee (Port Alfred) – the chef 45 points
- 3rd Ockie Pieterse (Port Alfred) & Jimmy Kinnear (Harare) - 41 points.

Saturday 22 July

- 1st Wollie Wolmarans (Port Alfred) & Anthony Graham (Harare) - 46 points.
- 2nd Keith Williamson (Durban) & Paul Dukas (Port Alfred) - 45 points.
- 3rd Andries Small (Port Alfred) & David Hooper (Durban) - 45 points.

Sunday 23 July

- 1st Laki Economides (Johannesburg) & Andries Small (Port Alfred) - 45 points.
- 2nd Malcolm Law (Cape) & Kevin Henry (Port Alfred) - 43 points.
- 3rd Anthony Graham (Harare) & Charlie Poulton (Port Alfred) - 43 points.

A meeting was held about holding the tournament earlier in the year, moving forward. Although final dates still need to be confirmed, the tournament will move to May as the best months of the year in Port Alfred are from January to May when it is a lot warmer and there is less chance of rain. In closing I would like to suggest that ‘schools’ from Royal use this tournament as a golf tour. The group that I was with played before the tournament at Humewood and after at East London. All in all it was great value and a great experience!



THE LINKS INVITATIONAL

by *golftraveller*



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



‘Techniques are not the most difficult to teach. The attitude of chefs take much more important’- Alain Ducasse

In the resonating words of Alain Ducasse, it is more vital to find the people that have the self-belief in achieving the impossible, daily.

Amidst the symphony of clanging pots and pans, shouting of table numbers and times, the unbearable heat scalding your face as you meticulously fire main courses over sizzling temperatures... This is where we have found our peace, our home. The kitchen is a place that shelters and provides refuge to those that have looked fear in the eyes, to those that never back down for any challenge. This is the brigade that wields knives as swords and wear aprons as armour. The unity amongst each other all fused together by the purpose we have found in the kitchen are often the most profound relationships you will ever come across.

The background of the dishwasher corps worked tirelessly, their steady rhythm like the heartbeat of the brigade, gazing through the windows of the pass at a glimpse of what they aspire to become

Without these selfless souls the chaos and mayhem would overwhelm the entire kitchen. To them we are forever indebted to give of ourselves for their unwavering dedication and selflessness. In the haziness of it all, camaraderie blossoms, laughter and encouragement echoes, the sharing of knowledge and techniques are so visibly evident in everything that we do. The restaurant floor is a theatre of operations, orchestrated to deliver far beyond expectation. The culinary creations are our weapons, designed to satisfy appetite and still leave you longing for more.

I would like to extend my heartfelt gratitude to my team that has dedicated their lives to investing their most valuable resources of time, blood, sweat and tears to the establishment.

As one chapter ends and another begins, we trust that you will relish in your experiences ahead as we have set the tone for your next visit.





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THE CHAMPIONS RETREAT

NEW MENU LAUNCH AUGUST 2023



[CLICK HERE TO VIEW](#)





WINE, WHISKEY & MORE!

RUHAN DUVENAGE

As winter is fully set in and parts of Johannesburg was covered in an unusual white blanket of snow, what better way to snuggle up next to a warm cozy fireplace with exception red wines from the Western Cape. Here are a few winter warmers to help you through those cold nights.

Idiom Sangiovese 2019, The Grapes were spourced from the Da Capo vineyard , Sir Lowry's Pass, Helderberg in Stellenbosch. It's an enticing and emotive wine. Modern and elegant Stellenbosch Sangiovese presents a tantalising nose and complex mouthfeel. Signature sweet and sour cherry flavours develop into riper, darker fruit notes accompanied with complex gravel, tomato leaf and cinnamon notes combine with savoury spices to enhance the sweet and sour profile of this stunning Sangiovese. A silky, well-balanced wine to treasure and enjoy. Perfectly pair with pork belly and fiorentina steak.

Holden Manz Visionaire 2017, Sourced from the Franshhoek area, winemaker Gerard Holden bring you a wine that offers a smooth elegant focused palate with mid-palate ripeness and spicy supple finish. Red and black fruits dominate balanced with a graphite steeliness. The tannins are soft and refined and exquisitely round off the aromas of spice and fresh plum. Savoury, layered complexity with lots of finesse. The multiple components of Visionaire allow each to show off its own unique characters while combining to produce an experience greater than the parts – each varietal a celebrated soloist combining with the orchestra of the blend!



Elgin Vinters Elgin Noir Merlot 2018, Elgin Vintners is based in the unique, cool-climate Elgin Valley, located in close proximity to the cold Atlantic ocean. Elgin Valley is 500 - 900 m above sea-level and surrounded by the Kogelberg, Hottentots Holland and Groenland mountain ranges. Their 45 hectares of vineyards are established on previously aged apple orchards. The rich organic matter soils consist mainly of decomposed granite, sandstone and shale. Rich aromas of ripe mulberries and cherries interfused with mocha, forest leaves, sweet spice, and notes of vanilla. Juicy, soft ripen tannins with a tarty acidic backbone ensures for a pleasing complex, lingering palate with a textured finish.

All these wines are new add ons to the Old Oak Cellar, they offer exceptional quality and value.



THE BEE JOURNAL



BEES AT ROYAL

It's officially been one year since the first hive box was placed on the East championship course. This year has shown the club the potential for bees at Royal with the first honey produced, bottled and sold to the members. We are one of the only professionally run apairy management programs in South Africa and hope to carry on well into the future with history still present and a new legacy in the making.

I would like to thank Chris Bentley for his Beelief in BeeLIEVE, Jerry and his incredible greenkeeping team, all the Royal staff and all our members who have taken an interest in the initiative. The future never looked so beautiful.



Hello Honey!

"Maximising the use of green spaces"



INTRODUCTION

Royal Johannesburg prides itself on leading with innovation and management practices that continually improve one of the largest green lungs in Joburg. Conservation and sustainability is a priority to us, for the past 24 months we have secured wild colonies, allowing bees to live in their most natural habitat without over crowding and creating a safe and secure place for them to thrive. By having a professionally run apiary management program, we are enhancing the environment while producing amazing honey for our food & beverage operation .



OPPORTUNITY

Bees play an important role in our everyday lives, many of the foods we consume and the products we purchase wouldn't exist if it wasn't for our flying friends (yes, that includes our beloved avocado's). When evaluating the general health of the environment scientists often use bee colony health as a benchmark.

The opportunity has been for our Club to create 6 apiaries in "out of play" areas surrounding the golf courses. The goal is to grow awareness around the importance of bees and developing our green-keeping staff while producing our very own honey. We plan to have twenty bee apiaries by 2025.

CHALLENGES

Some of the challenges we face today is urbanisation, deforestation, illicit practices, harmful diseases like varroa, vandalism, secure apiary sites and theft. The honey being produced at Royal Johannesburg is 100% natural, no sugar substitutes are given to the bees at any point of their life span thus showing the importance around professional bee management practices.

Bees are vital for food security and beehives are also an important element for urban gardens due to the pollination services they provide. The journey of a single frame starts with 2 million flowers, it takes an African honey bee 6 weeks to create less than a quarter of a teaspoon of honey in it's lifetime.



EMPLOYEES OF THE MONTH



AYANDA NGWENYA
Front of house
Royal Johannesburg



JABULANE ZWANE
Back of house
Royal Johannesburg

FROM THE PROS

MARTIN BRIEDE,
HEAD TEACHING PROFESSIONAL



RSG Wednesday comp

Fantastic turn out in our July Wednesday Comp , huge congratulations to our monthly winners.

1st Place:

Paul Taylor & Greg Jacobs - 45 pts

2ND Place:

Mike Berriman & Gareth Taylor - 45 pts

3RD Place:

Luis Magalhaes & Nico Erasmus - 44 pts

Nearest to the Pin: Gareth Taylor
(East Course)

Nearest to the Pin: Mike Daly
(West Course)

During the month of August we will be running a Junior Holiday clinic , so if you wondering what to do with your little ones then bring them down and let them have some fun in the sun.

Week 1: 9, 10, 11 Aug (09:00 – 10:30)

Week 2: 22 ,23, 24 Aug (09:00 – 10:30)

R900 for 3 days or R 350 per day.

For more Info please contact
Jayde@rightsidegolf or 071 410 7212.

Ladies Golf Clinic in August

On the 9th of August Martin Briede will be hosting a Ladies Clinic to celebrate National Woman's day.

Bookings are essential and for more information please contact
Jayde@rightsidegolf.co.za

Day : 9 August

Time : 10:00 – 11:00

Price : R150 per person

Includes : Welcome Drinks , Clinic , Pizza and Wine afterwards.

We look forward in seeing as many wonderful ladies as possible.

Free Friday Golf Clinics

On the 1st and Last Friday of every month Martin Briede will be hosting a free 30 min clinic starting from the 1st Friday of September.

Each Friday Martin will focus on an aspect of the game which will be advertised the week before.

Times: 16:00 – 17:00

Venue: At the Royal driving range

Looking forward in seeing as many members as possible on those Fridays.

TIP OF THE MONTH



Royal Johannesburg Driving Range & Academy by Rightside Golf

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GOLF CLINIC

FOR ALL THE PAR-FECT LADIES



9 August
10:00 - 11:00
R 150.00 p.p.


BOOKINGS ESSENTIAL




Includes

- Master PGA Professional Coach 'Martin Briede'
- Rental Clubs (if needed)
- Arrival Drinks
- Pizza & Wine/softdrinks

More Information

071 410 7212 

jayde@rightsidegolf.co.za 

Royal Johannesburg Driving Range 

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:

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1 FAIRWAY AVENUE, LINKSFIELD
NORTH, JOHANNESBURG

SHOTS OF THE MONTH

BY TREVOR BARNETT





I'm very excited that all our new logoed items are arriving. We have driver, fairway and hybrid covers along with both blade and mallet putter covers. For the more sentimental member we also have teddy bears. For this weekend only all members get 10% off.

We are only a few weeks from summer! All winter wear is less 20% now!

FJ have added Joggers into their line. They have been incredible sellers. If Joggers are your style, these are easily the best I've seen!

I had the pleasure of entertaining several members around the Gary Player and Lost City courses a couple of weeks ago. We all had a good time, it was my first pro-am since recovering from Leukaemia and I fared better than expected. A pair of 76's was good enough for 11th place. I have no doubt I'll grow from this effort. I'm looking for to our next event at the Wild Coast at the end of August.

Enjoy your golf!

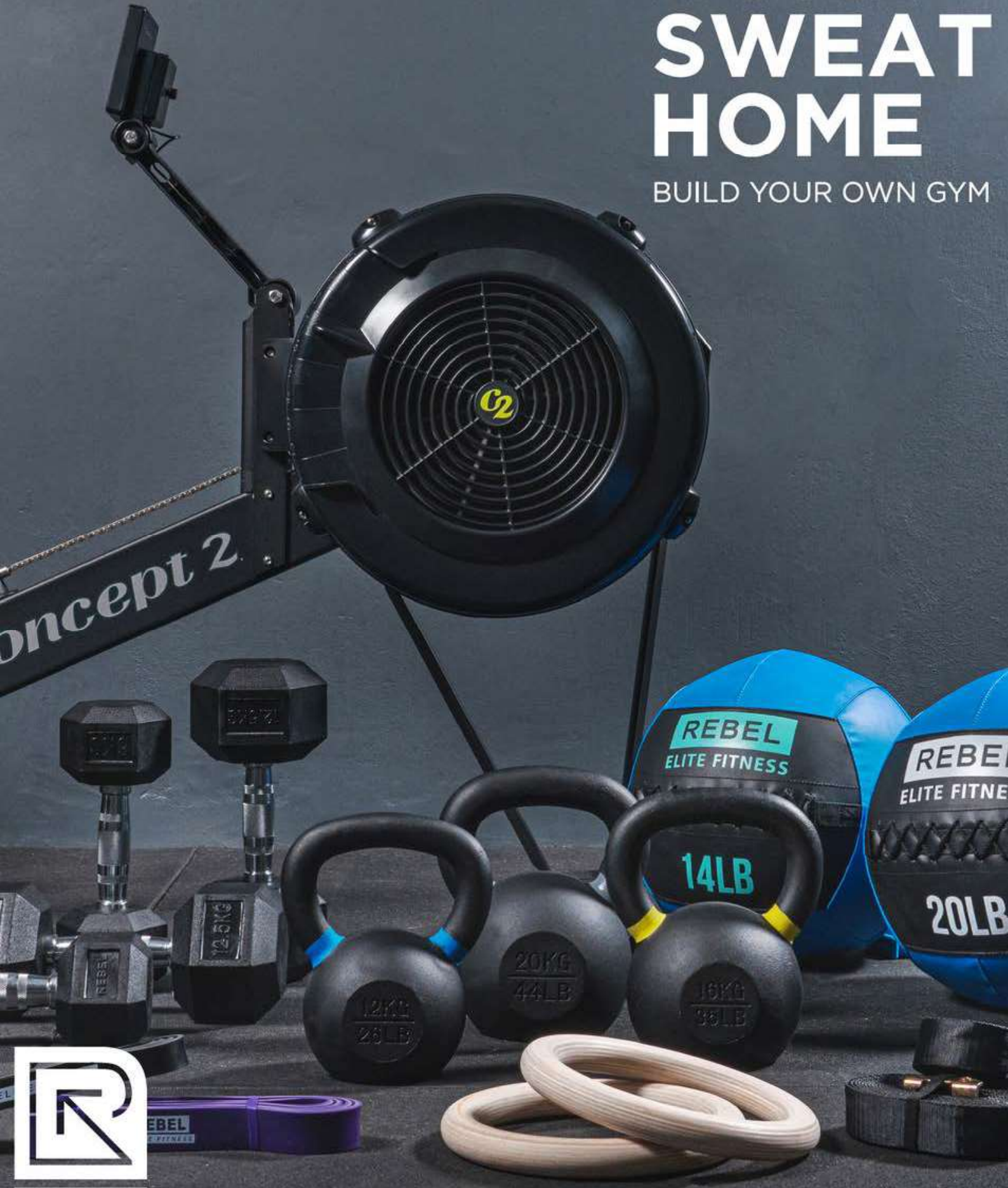
Greg Jacobs

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,
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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 precision, 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 warm-up. Unlike static stretching, a dynamic warm-up involves active 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.

1. **Increased 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 muscles, which helps to optimize 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

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TPI
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AIMPOINT

Snow at Royal JHB?

On Monday 10 July, we had an early 08h00 start to our AimPoint session at Royal JHB (temperature was zero degrees but the sun was out at that stage). Not knowing that within in an hour the weather would change so much that snow flakes started covering the green and golf course .

Luckily we could get most of the lesson in before it was way too cold for the 2 students all the way from KZN, to even hold onto their putters! Always a first for everything.....



Personal Calibration - the next step after taking the AimPoint Express lesson
Once the AimPoint Green Reading and matching Speed Control is mastered in the initial 2-hour session, it is advisable to go through the personal calibration. This takes into account finger thickness and arm length, as for each golfer it is different. I match the golfer's body to the patented calibration strip to become much more accurate on 3 to 10 foot putts (putts within 3 meters), to make a one putt. Each golfer receives their own personalised notes to refer to when putting. With practice we work towards perfection and increased self-confidence, which also has a huge mental advantage on the putting green.

Sandra Van Den Bergh

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INSTAGRAM: AIMPOINTGOLFSOUTHAFRICA



August 2023



August

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		

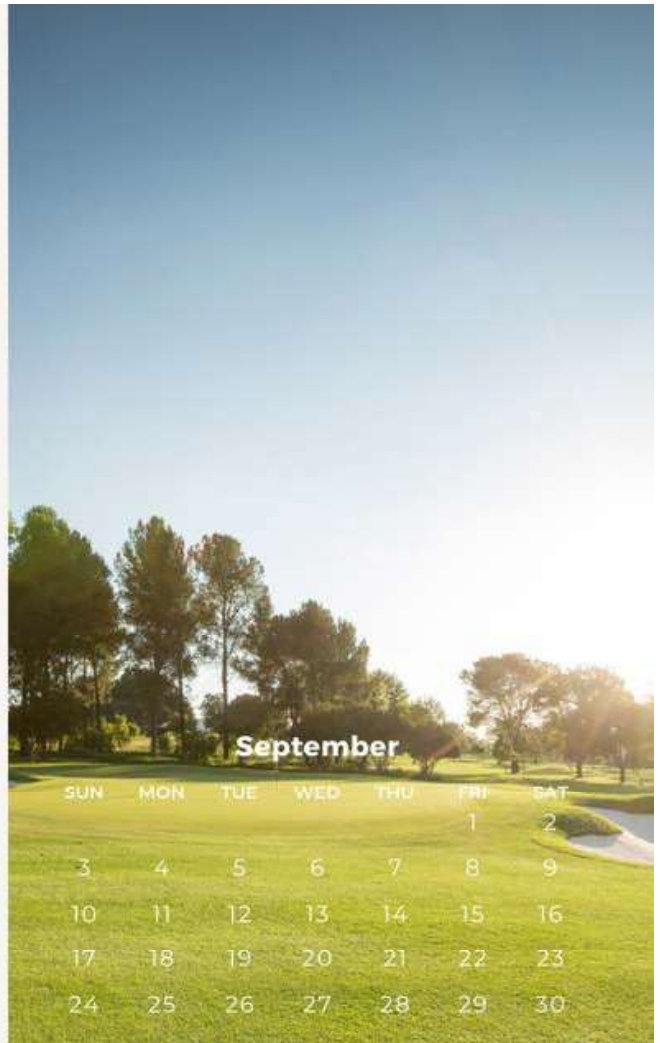
Ladies Comp - Anstey Trophy - 3 Ball all agg	Tues 1 Aug
Club Comp - Betterball Stableford	Sat 5 Aug
AM Alliance 2 Scores to Count	Sun 6 Aug
Ladies Comp - 4 Ball Alliance	Tues 8 Aug
Public Holiday - Women's Day	Wed 9 Aug
Club Comp - Betterball Bonus Bogey	Sat 12 Aug
Club Comp AM - Betterball Stableford	Sun 13 Aug
Ladies Comp - Betterball Stableford	Tues 15 Aug
Gregs Day	Wed 16 Aug
Club Comp - Individual Stableford / Medal	Sat 19 Aug
Club Comp AM - Betterball Medal	Sun 20 Aug
Ladies Comp - Individual Stableford Draw	Tues 22 Aug
Royal Joker Draw	Fri 25 Aug
Club Comp - Interschools Round 3- PM	Sat 26 Aug
Club Comp - AM Alliance	Sun 27 Aug
Ladies Comp - 3 Ball Alliance	Tues 29 Aug
Right Side Golf - Wed Comp	Wed 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

September 2023

Club Comp - Heritage Champ - Betterball Stableford	Sat 2 Sept
BG's Spring Day	Sat 2 Sept
Club Comp AM - Alliance 2 Scores to count	Sun 3 Sept
Ladies Comp - 3 Ball Alliance	Mon 4 Sept
Past Lady Captains Lunch	Wed 6 Sept
Rugby World Cup 2023 Opening	Fri 8 Sept
Club Comp - Betterball Bonus Bogey	Sat 9 Sept
Club Comp AM - Betterball Stableford	Sun 10 Sept
RWC Springboks v Scotland	Sun 10 Sept
Ladies Comp - Individual Stableford Draw	Wed 13 Sept
Gregs Day	Wed 13 Sept
Club Comp - Individual Stableford / Medal	Sat 16 Sept
Club Comp AM - Betterball Medal	Sun 17 Sept
RWC Springboks v Romania	Sun 17 Sept
Ladies Comp - Spring Trophy, Ladies Open Day	Tues 19 Sept
The 132 Annual General Meeting	Wed 20 Sept
Club Comp - Alliance	Sat 23 Sept
RWC - Springbokd v Ireland	Sat 23 Sept
Club Comp AM - Alliance	Sun 24 Sept
Public Holiday - Heritage Day	Sun 24 Sept
Public Holiday	Mon 25 Sept
Ladies Comp - Ryder Cup	Tues 26 Sept
Right Side Golf - Wed Comp	Wed 27 Sept
Royal Joker Draw	Fri 29 Sept
Club Comp - Golf Directors Choice	Sat 30 Sept

The Old Oak - Every Wednesday - Pizza Night | Every Thursday - Curry Night



September

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



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.





Reciprocity Clubs

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- Westlake Golf Club
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- East London Golf Club
- Humewood Golf Club
- Inanda Club
- Kloof Golf Club
- Prince's Grant, Durban
- Pretoria Country Club
- Zebula Country Club & Spa
- Royal Cape Golf Club
- Royal Durban Golf Club
- Royal Port Alfred Golf Club
- Pecanwood Estate Golf Club
- Rustenburg Golf Club
- The Victoria Club, Pietermaritzburg
- Royal Harare Golf Club, Zimbabwe
- Chapman Golf Club, Harare, Zimbabwe
- Windsor Golf & Country Club, Kenya
- Omeya Golf Estate, Windhoek Namibia
- Phakalane Golf Estate Botswana
- Denman Golf Club, England
- Royal Ascot Golf Club, England
- Royal Clinque Ports Golf Club, England
- Royal Wimbledon Golf Club, England
- Royal Dublin Golf Club, Ireland
- Royal Aberdeen Golf Club, Scotland
- Hong Kong Golf Club, China
- Mission Hills, China
- Killara Golf Club, Australia
- Royal Perth Golf Club, Australia
- Royal Queensland Golf Club, Australia
- Auckland Golf Club, New Zealand
- Royal Wellington Golf Club, New Zealand
- Real Sociedad, Spain
- Royal Colwood Golf Club, Canada
- Royal Ottawa Golf Club, Canada



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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.*

