

GOOD TIMES

The monthly news of Royal Johannesburg
Issue 8 | August 2023 | Spring Edition



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FROM THE CLOCKTOWER

CHRIS BENTLEY, CEO

Avoiding the hardware store:) - the Aussies are back in town - enjoying some of South Africa's finest hospitality ahead of their Proteas series! "This is one of my favourite Clubs in the world. Thank you for always hosting us". *David Warner*

The month of August has been all about preparation, general maintenance and administration. We are looking forward to summer and the course team are finishing up the numerous projects, treatments and seasonal maintenance.

The first signs of spring are starting to show, with the trees beginning to develop new buds and this would be evident if you had played recently. At the time of writing this month's column, we have successfully completed our annual financial audit with HLB, for the year ending 30 June 2023 and our auditors continue to show satisfaction with the Club's accounting practices, good governance and standard operating procedures. The Annual Financial Statements will be presented at the 132nd Annual General Meeting (20 September 2023) and as always, the abridged results will be published in the Royal Review (10th edition).

2022/23 was another watershed year for 'Royal', as we experienced many highs and a few lows. The lows were a function of our external environment while the highs were made possible by the unsurpassed teamwork and execution of strength that has become synonymous with our Club. I am proud of what our Club has maintained, overcome, enhanced and accomplished, particularly in persistently volatile and complex environment.



It goes without saying that the year remained disruptive, heavily affected by the country's ailing infrastructure, administration and the economic downturn that confronts us all. The Club has not laid idle and among many initiatives the preparations and implementation of our solar carport structure formally gets underway on 12 September. Once the energy structure is complete, it will take the Club 70-80% off the grid and stabilise the extreme fuel cost been inflicted. In conjunction, to curb the issues with COJ billing, we will also be installing pre-paid metres.

Looking back at the financial year it was certainly abnormal and I cannot categorise it as one of great financial results, however the Club completed all its major projects and has shown great patience and fortitude to navigate the way, pivot and stay the course. The lows through the financial year equated to unbudgeted fuel costs of -R1.5m while the highlights for the period saw our Capital Fund restored to R16.1m (R2.1m higher than forecast).

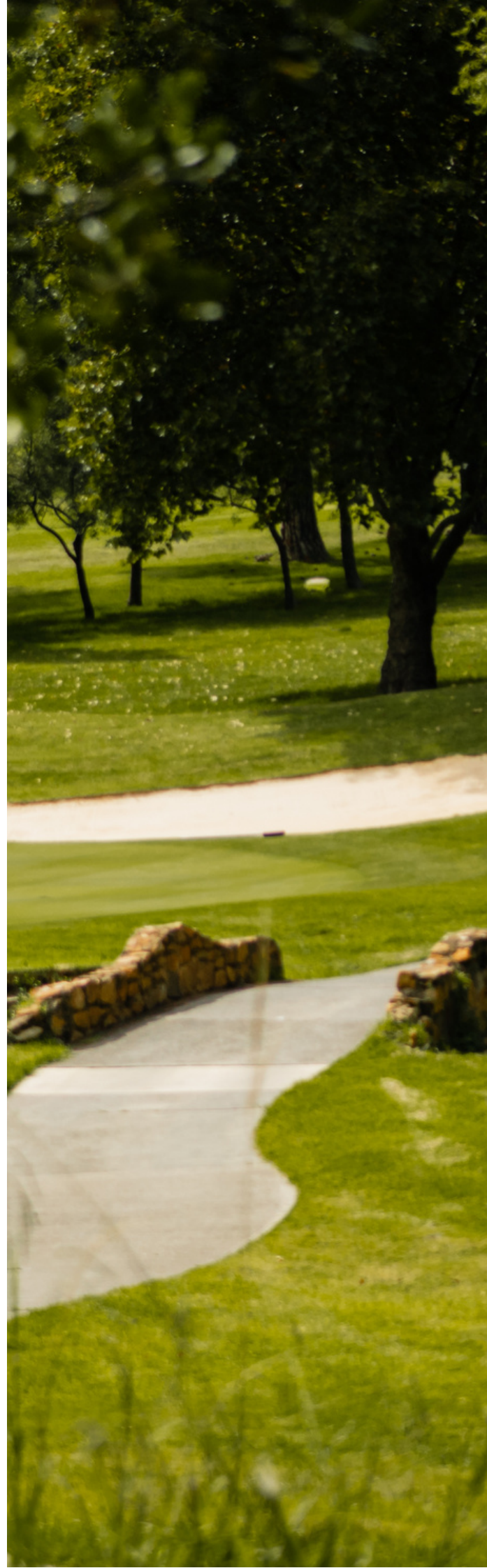
Following the conclusion of the '5 year' resolution and the annuity income from residents becoming a reality we realised membership growth from 1410 to 1654.

The notice of the 132nd Annual General Meeting has been distributed and this will be followed by the Royal Review publication (annual reports) on 12 September 2023. We encourage all members to please read the annual reports and any member who wishes to advertise or contribute to the magazine, to please email marketing@royaljhb.co.za by 5 September 2023.

I look forward to presenting my tenth annual report to the members and we encourage all to please attend the AGM and we ask the membership to please give special consideration to the Board members who will be standing down at this year's AGM and the Club will be looking for a new Treasurer, Club Captain and Lady Captain.

In line with the Club's rebrand, the Board will be launching the new Club ties and revealing a special portrait of the Johannesburg Clubhouse (1900), commissioned and donated to the Club by R&A members, who are members of Royal Johannesburg. Lastly, as per the direction of the members, the Board will propose one special resolution being the final model, for the creation of a boutique lodge and function venue.

In closing, the Club is delighted to advise that our property developers (Tricolt) have once again confirmed their sponsorship of this year's Festival of Golf taking place from 23 - 28 October 2023. This is the fourth year running that Tim Kloeck and his team have undertaken the success of this exciting celebration and our sincere appreciation to them for all the support.





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Save the Date



132nd Annual General Meeting

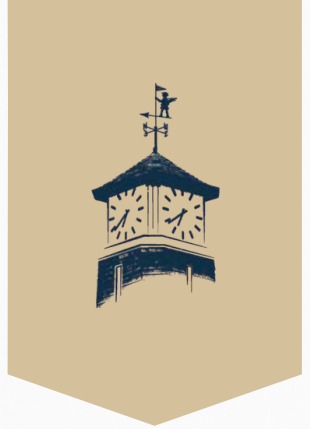
20 | 09 | 23

WEDNESDAY | 18H00
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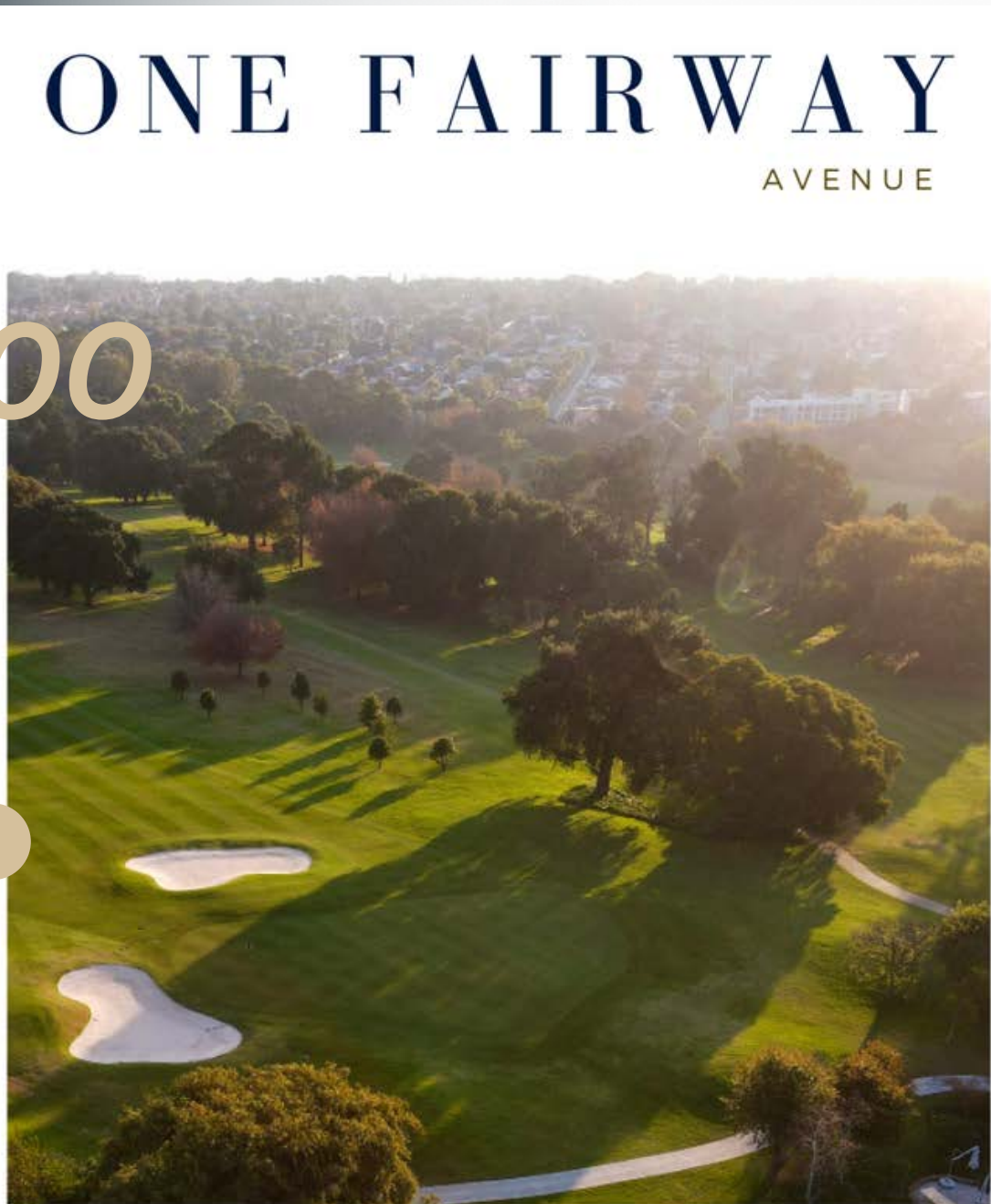
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THE GOLF DEPARTMENT

LIAM BROWN, DIRECTOR OF GOLF



A cold snap, which is hopefully the last we will have, didn't affect the third round of the Interschools challenge with the Royal Family team coming out on top on the day. With one round to go, there are only a few points separating the top five teams, so there is everything to play for.

Leaders:

Royal Family	359 points
FJM 1	348 points
2 Club Goose	346 points
Wake 'n Rakers	344 points
Johnnies	341 points
Louts	341 points

As we go full steam into spring and summer, we ask all players to be especially vigilant in course care around the grounds. The courses will start softening and greening up but also require a lot more care by both player and course staff. Repairing your pitch marks and filling your divots are paramount to the overall condition of our two wonderful tracks. Have you ever struck a tee shot beautifully and arrived at your ball in one of those pesky, yet well placed fairway bunkers, only to find your ball nestled in another player's dug out footmarks? This unfortunately cost me a buffalo to an unmentioned head pro lately. If we find the culprit who graciously left the bunker without raking it, a fine at prize-giving will be issued! Please ensure the course is left in a better condition than when you arrived.

We ask all members and their guests to always keep in mind their position on the course. Speed of play is always a hot topic in the game, and we ask all to always attempt to keep up with the fourball ahead. If you walk onto a tee box and the group ahead is on the green (on a par 4) you are out of place and need to speed up. In addition to this, we ask all members making bookings to adhere to our booking policy of cancellation at least 48 hours prior, to allow the golf department to fill the gaps wherever they may be, to ensure the best experience on the course. If you end up as a 2 ball in the middle of a field, you can only expect to have a painfully slow round. As much as the player assistants can push the field, there are situations that simply cannot be worked out.

League positions are as follows:

- Mid am A – 2nd
- Mid Am B – 2nd
- Junior League – 3rd
- Scratch League A – 1st
- Scratch League B – 3rd
- Better ball League East – 6th
- Better ball League West – 3rd

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FROM EAST TO WEST

JERRY STEYN, COURSE MANAGER



The willows are blooming, so that means spring is now upon us. With that being said, the scarifying on both courses is complete, and next up is the hollow tining of the tees and fairways. This will start on the East course first on Monday 4 September and will be followed by the West course.

The scarifying is vital for preparing the courses for summer season and I am pleased to report that the scarifying process was a great success and already we can see new growth coming through. We have marked out new cutting lines on the West tees and have moved away from the squared tee and made them rounder. By doing this we can generate more teeing ground on the tee boxes without comprising vital space. Each tee will have a different appearance - some will be round while some will be bean shaped and I truly believe that this will add to the unique look and beauty of the West course.

Spring time at Royal is a time of balance for us. As we all know, we rely solely on storm water capture and water run off from the surrounding neighbourhood to fill our dams to use on the courses.

We are not fortunate enough to have a river from which we could get a constant supply of water to the courses, to put them into top condition early in summer. We balance our usage by the amount of water coming into our dams vs dams levels, along with evaporation rates. Although multiple warnings have been issued by the weather services of an El Nino presence, no real prediction is given in terms of rainfall expectations but what is certain is that we will be experiencing some early heat during the day. This is a stressful time for us, but learning from the past I believe we will head into this as well prepared as we can be. With that being said, we will only be fertilizing all the tees and fairways once the rains have arrived and we feel comfortable that we will have some consistent rainfall.

We are moving onto the second stage of leveling the tees on the West course. Although the tees are not fully recovered, they are usable and I am sure the members cannot wait to hit from their usual tees. Following the completion of the West course we will move across to the East course to start with the par 3 tees there.

The East course staff have been doing quite a bit of work in moving sand and re-checking all the levels in the bunkers. August is always a time when we experience a lot of sand movement during the hotter days due to the sand drying out much quicker than usual. Something that we do find a lot is consistently unraked bunkers and golfers exiting and entering the bunkers on the high side. Golfers need to leave the course in a better condition than what they find it.

We would like to thank the members for their understanding during the spring treatment period and as we near the end of the treatment, the members will realise the sacrifices made will be greatly rewarded.





Reminder

FAIRWAY SCARIFYING
EAST TO WEST

2 AUGUST - 20 SEPTEMBER

2023 FESTIVAL OF GOLF



Save the date

23RD TO 28TH OCTOBER



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LADIES GOLF

WENDY HUDDY,
LADIES GOLF MANAGER



It wasn't quite the week that Ash Buhai had hoped for but nevertheless, Ash was kept very busy with duties as the 2022 AIG Women's Open Champion and what a worthy champion she was. Cassandra Alexander has been playing some great golf overseas and back at home Kelsey Nicholas has been flying the flag high competing in the Standard Bank Pro-Am Series and has not yet been out the top 10 in any of these tournaments.

13 ladies enjoyed a wonderful clinic with Martin Briede on National Women's Day and this was followed by bubbles and pizzas at The Old Oak, which proved to be a real treat. Thank you to Martin and to Jayde Rademeyer who put it all together and we look forward to many more clinics - please keep a look out for details.



Our Anstey Trophy was played on Tuesday 1 August and although the day was very cold, we had a great turnout. This trophy dates back to 1925 and used to be a 3 or 4 ball medal aggregate but is now played as a 3 ball individual stableford aggregate as we don't play medal anymore. The winners on the day were Niki Christie, Val McKenzie and Liza van Wyk so congratulations to the three of you.

Our league teams continue to play well and with two games left to play in the season, all three teams have a very realistic chance of winning their division. Our Sunday league team share the top spot of Sunday league A division, our weekday 1 team lie in third position in the weekday A division and our weekday 2 team also share the top spot of their division - the D division. The ladies have everything to play for and good luck to all our league players for the rest of the season.

Shannon Berry left for the USA on Tuesday 15 August and I know we all join in wishing her every bit of success as she starts this new chapter in her life. I had a look at her tournament itinerary and was exhausted reading about it and as her mum says, the tournaments are over and above her daily schedule - Belinda will keep us updated.

Our senior ladies had mixed results in the SWWG Championships held on the Royal West Course this month but congratulations to Michelle von Holdt who won the best nett in the silver division of these Championships – perhaps a bit of local knowledge helped there....

Thanks, ladies and please don't forget to diarise Wednesday 20 September – the 132nd Annual General Meeting that will be held in the St Georges Room at 18h00. Please keep an eye out for the Notice of the meeting which will be sent out next week. We urge as many of you to attend as possible but should you wish to send your apologies, please email these to membership@royaljhb.co.za.

Wishing you all a wonderful spring month and so look forward to our warmer weather.





Ladies Spring Open

EAST COURSE

Tuesday, 19 September 2023 | 4 Ball Alliance

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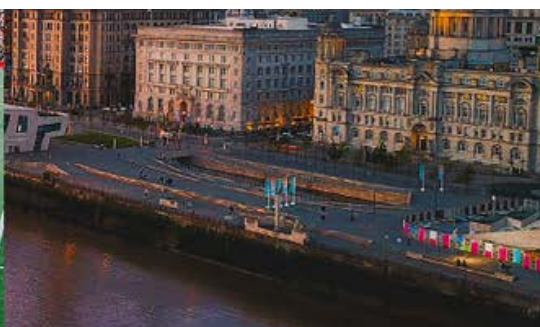
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THE CHEFS TABLE

RANSLEY PIETERSEN
EXECUTIVE CHEF



What a great kickstart to the new financial year!! The second month has been nothing short of amazing for the guests that we've hosted, building memorable moments. A special thank you to our food and beverage team for surpassing expectations and delivering on every single occasion.

The Old Oak has hosted a myriad of events that speak to our unique hospitality offering across the board, catering for two special weddings, 3 birthday parties and a conference for Kuehne + Nagel. With consistently fully booked weekends and weekdays getting busier as spring rolls in, it is evident that we have set the tone for a very successful year ahead.

The Chef's table has hosted winemaker Craig Barnard soaring from Eagle's Nest in conjunction with a 5 course wine pairing event. A resounding successful evening with very influential guests around the table. The grand finale Chef's table had an amazing lineup from wine maker Etienne Louw hailing from Orpheus and the Raven, celebrating 8 very unique wines that are a symphony of echoes. Echoes and tales from the underworld and all the mystery that brings, perfectly curated to carry those mysteries in nose and palette. An emotional and fitting end to the Chef's table for the rest of the year hosted by winemakers.

Number 42- Cape blend has been the identity and flagship for Louw and the brand, ironically our 42nd dinner is the Swansong of this chapter.



As the dull landscapes slowly start introducing a hue of vibrant colours we can be optimistic of a new birth to life in many forms. It's a season of second chances of new beginnings, and of the promise that life's cycle continues, unwavering in its rhythm. It is with a heavy heart but complete excitement that we as a food and beverage team bid farewell to our Sous Chef, Leigh Ann Knipe. Leigh Ann started her journey at Royal in March of 2022 in preparation for the launch of The Old Oak Restaurant and Family Centre. Over the past year, Leigh has been a massive force to be reckoned with when operating in the kitchen and her dedication and hard work have afforded her the opportunity to be appointed as Head Chef @ The Ground Venue, Muldersdrift which is a multifaceted events venue that is nestled in the countryside of hills and valleys. From our members, staff, guests and patrons we wish you all the best with your next chapter. May the memories of The Old Oak forever be etched into your heart and may you always be reminded to stay hungry and stay foolish.





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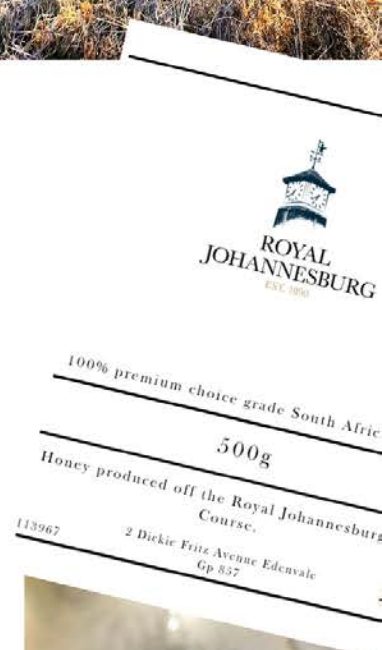
THE BEE JOURNAL



What has been a mixed winter season with unexpected cold fronts, snow and rain causing major disturbances within the hives. Condensation played a major factor this winter season and I'm already trying to solve this issue for the 2024 winter season. I'm glad to announce that there are now officially 6 working hive colonies and all bee hive colonies made it through naturally.

The West course will be the area of attention for the 2023/2024 swarming season with empty catch boxes being placed behind the 15th green. Many golfers will encounter swarms on both courses which is common and the advise is to firstly stay calm , do not swat at the bees , walk in the opposite direction of the swarm as soon as possible - swarming bees are chasing their queen who has left her old existing colony in search of a new home and are the least dangerous when it comes to bee activity movements. You will also encounter male swarming, this is a grouping of smaller swarms but louder as the male bees chase down a virgin queen. Please report all bee swarm sightings to reception which will be noted down.

There are plans to remove the colony of bees in the propolis tree on hole three of the East championship course as well as the water valve box inside the garden bed alongside the 10th tee box , please still be extremely vigilant in these areas especially on windy days.



EMPLOYEES OF THE MONTH



MOSA MOKGOERA
Front of house
Royal Johannesburg

KHANYELIHLE SIBIYA
Back of house
Royal Johannesburg

FROM THE PROS

MARTIN BRIEDE,
HEAD TEACHING PROFESSIONAL



Prepping practice tees for summer

Although we have been experiencing some cold days, it is evident that summer is fast approaching and with that being said, the maintenance team will start prepping our tees for the summer season in September. We ask members to please be patient over the first two weeks of September when we start our hollow tining and inter-seeding with kikuyu grass.

Woman's Day Clinic

What a fantastic turnout we had for our National Women's Day clinic on the 9th of August. Thank you to all the ladies who came through, it's safe to say there were plenty of smiles and laughs to be had by all. We will be running a ladies' clinic every month so be sure not to miss the next one.

August junior holiday clinic

During the month of August, Martin and his team of coaches kept all the juniors entertained with fun-filled golf activities. If you missed this one don't worry, we will be having more in the months to come.



Wednesday Comp

As always don't forget that the last Wednesday of every month is our Right Side Golf competition proudly sponsored by Jacks Paint. So far the turnout has been great and we can't wait to see more members joining in the fun.

Saturday Junior Clinics

So fantastic seeing the little ones enjoying our Saturday morning golf clinics, as well as enjoying their free milkshake at the Old Oak. If you would like to get your little ones enjoying these clinics please contact martin@rightsidegolf.co.za



TIP OF THE MONTH



SHOTS OF THE MONTH

BY TREVOR BARNETT





I'm very excited about the new T Series Titleist irons – soft as butter. As an ambassador, my new weapons arrived last week. They are just incredible. While Titleist is looking for a new fitter, they have entrusted me to do their fittings. Please book in the shop to book a slot. All purchases before the end of September will receive a 10% discount.

ProVI's are back in stock and we should be good for the rest of the year.

Hopefully, this is the last of the winter spell. All winter wear is 30% off.

I have the pleasure of entertaining Nigel Sand, Norman Mordt and my son, Ben at the FootJoy Wild Coast pro-am. Martin Briede is looking after Graeme Mutch, Grant Kaindl and Clint Poppesquou. It should be a lot of fun and hopefully, both teams will perform well.

At this time of year, everything seems to be going on sale. Be rest assured we can match any price from the big discount stores. Discounts all come from the agents!!

Greg Jacobs

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ROYAL RETREAT



BIOKINETICS

What is Biokinetics, and why is it important

Biokinetics focuses on the application of exercise and movement in promoting health, preventing injuries, and rehabilitating individuals with various physical conditions. Biokinetics combines principles from exercise science, biomechanics, physiology, and rehabilitation to develop tailored exercise programs that enhance overall well-being and physical function.

The main goals of biokinetics include:

1. Health Promotion: Biokinetics aims to improve general health and fitness through exercise. This can include activities to increase cardiovascular fitness, muscular strength, flexibility, and overall mobility.
2. Injury Prevention: By understanding biomechanics and movement patterns, biokineticists can identify potential movement dysfunctions or imbalances that may lead to injuries. They then design exercise programs to address these issues and promote proper movement mechanics.

3. Rehabilitation: Biokinetics plays a crucial role in the rehabilitation of individuals recovering from injuries, surgeries, or medical conditions. Exercise is used as a therapeutic tool to aid in the recovery process, improve muscle strength and joint mobility, and restore functional abilities.

4. Chronic Disease Management: Biokineticists work with individuals who have chronic conditions such as diabetes, cardiovascular disease, and cancers. Exercise has been shown to have a positive impact on managing these conditions, and biokinetics focuses on developing safe and effective exercise plans that align with medical guidelines.

5. Special Populations: Biokinetics also caters to special populations, including elderly individuals, pregnant women, and those with disabilities. Exercise programs are tailored to accommodate specific needs and limitations of these groups.

Exercise rehabilitation, which is an integral part of biokinetics, is important for several reasons:

1. **Faster Recovery:** After an injury or surgery, targeted exercise rehabilitation can help individuals regain strength, flexibility, and function more quickly. It aids in preventing muscle atrophy and joint stiffness during periods of reduced activity.
2. **Improved Functional Abilities:** Rehabilitation exercises are designed to mimic daily activities and movements, helping individuals regain the ability to perform essential tasks and enjoy a good quality of life.
3. **Reduced Pain:** Properly prescribed exercises can alleviate pain by improving joint stability, muscle balance, and overall body mechanics. This is particularly important for conditions like lower back pain and joint injuries.
4. **Prevention of Secondary Complications:** If an injury or medical condition is not properly addressed, it can lead to secondary complications and long-term issues. Exercise rehabilitation helps mitigate these risks.
5. **Long-Term Health:** Through exercise rehabilitation, individuals can develop habits that contribute to their long-term health and well-being. It can lead to better overall fitness, reduced risk of future injuries, and improved management of chronic conditions.

In summary, biokinetics is the science of using exercise and movement to promote health, prevent injuries, and aid in the rehabilitation of individuals with various physical conditions. Exercise rehabilitation, a key component of biokinetics, is crucial for optimizing recovery, function, and overall quality of life for those who have experienced injuries or health setbacks.

Dale Ebell

082 324 7797
dale@bespokefit.co.za

TPI
CERTIFIED



AIMPOINT

I had the privilege of teaching Zane' Kleynhans the AimPoint methodology a few years ago and recalibrating her every year. Zane is part of The Golf RSA Elite Team and recently won at Prince Grant Coastal Estate, taking home the KZN Junior Winner 2023 trophy. This is a testament to her hard work and dedication.

Two-time major winner, Lilia Vu moved to World #1, after winning the AIG Women's OPEN recently. Lillian as well as Lydia Ko (who moved to world #2), are both AimPointers, reading the greens with big success!



Viktor Hovland did it again!

PGA TOUR: BMW Championship - Viktor Hovland delivered the best round of his career at the right time, making birdie on all but two holes on the back nine on Sunday for a 9-under 61 to break the course record at Olympia Fields and storm past Scottie Scheffler and Matt Fitzpatrick to win the BMW Championship. What looked to be a two-man race between Scheffler and Fitzpatrick turned into a one-man show by Hovland. He headed to the back nine four shots behind. In the end, Scheffler and Fitzpatrick had to hole out from the fairway to catch him. Both closed with a 66, a score that normally would be enough to win on a day like this. They had to settle for runner-up to Hovland, who won for the second time this year and never looked better doing it.

One of the most consistent AimPoint users on Tour.

Sandra Van Den Bergh

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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 - Springbok 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	



October 2023

Club Comp AM - Alliance 2 Scores to count	Sun 1 Oct
RWC - Springboks V Tonga	Sun 1 Oct
Ladies Comp - Individual Stableford draw	Tues 3 Oct
Club Comp - Betterball Stableford	Sat 7 Oct
Cricket World Cup - SA v Sri Lanka	Sat 7 Oct
Club Comp AM - Betterball Stableford	Sun 8 Oct
Ladies Comp - 4 Ball Alliance	Tues 10 Oct
Cricket World Cup - SA v Aus	Thurs 12 Oct
Club Comp - Betterball Bonus Bogey	Sat 14 Oct
RWC - Quarter Finals	Sat 14 Oct
Club Comp AM - Betterball Medal	Sun 15 Oct
RWC - Quarter Finals	Sun 15 Oct
Ladies Comp - Betterball	Tues 17 Oct
Cricket World Cup - SA v Netherlands	Tues 17 Oct
RWC - Semi Final	Fri 20 Oct
Club Comp - Individual Stableford / Medal	Sat 21 Oct
RWC - Semi Final	Sat 21 Oct
Cricket World Cup - SA v Eng	Sat 21 Oct
Club Comp AM - Alliance	Sun 22 Oct
2023 Festival of Golf - 23 to 28 Oct	Mon 23 Oct
Cricket World Cup - SA v Bangladesh	Tues 24 Oct
Cricket World Cup - SA v Pakistan	Fri 27 Oct
RWC Final	Sat 28 Oct
Ladies Comp - Betterball	Tues 31 Oct
Club Comp - Golf Directors Choice	Sun 29 Oct
Every Wednesday - Pizza Night @ the Old Oak	



Reciprocity Clubs

MEMBERS | 2023

- Westlake Golf Club
- Bloemfontein Golf Club
- 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





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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*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.*

