

# Good Times

February 2024 | Issue 2

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

## TABLE OF CONTENTS

FROM THE CLOCK TOWER • P. 2

HAPPY GOLFING • P. 9

CALENDAR • P. 11

LADIES GOLF • P. 16

TIP OF THE MONTH • P. 22

FROM EAST TO WEST • P. 24

THE CHEFS TABLE • P. 28

HEALTH & WELLNESS FIX • P. 31

AIMPOINT • P. 35

HELLO HONEY • P. 36





# TSR

The hours have been put in. The work has been done.  
As the moment approaches, you either fear it or feel it.  
So step up and settle in with confidence. Titleist TSR is here.

#FindYourFaster



*Titleist*





# From the Clocktower

By, Christopher Bentley | CEO

N O M I N A T E D - 2 0 2 4 W O R L D G O L F A W A R D S

We continue to live in a world of heightened challenges and negativity and I always hear the talk about what separates us, and not enough about what unites us. Member events like Club Championships always reminds me that in our Club, we're a community that share the same values and when we lean in together, when we include more members and have good fun, not only does the Club thrive, but our lives get better, too. This year's Championship theme is "Scottish" and it promises to be bigger and better than ever before. If you haven't entered yet, please do so and don't miss out on this flagship event.

Your management team now prepares for 'administration season' as we develop the new budget and membership renewal advise for the 2024/25 financial year.



Through this process, we are, as always taking great care in considering future pricing, the impact on members' personal and disposable income and all the other factors, whilst still ensuring we raise enough capital to keep standards up and move the Club beyond the macro challenges, while still amplifying the members value proposition. The Q1 Board meeting will take place on 27 March and following approval, we will aim to distribute the member renewal advise at the beginning of April and as usual the early settlement options will also include some wonderful incentives. We also take the opportunity to remind members that the annual member survey will be distributed at the end of March and your participation and feedback in this exercise is always greatly appreciated.

We have a couple of changes to announce in senior management, following the resignation of Charlotte de Jong (Financial Manager) & Liam Brown (Director of Golf).

For the past decade, Charlotte has proudly served the Club as the Financial Manager and has played a pivotal role in navigating the financial evolution and performance of the Club. At this time, Charlotte and her family have decided to relocate to the Cape and take more time to focus on their family. With strong succession, Siobhan Bersiks (current Club Accountant) will be taking over the Financial Manager reins, effective 28 March 2024. Simultaneously, Liam Brown has been approached to take on the Golf Director duties at Houghton Golf Club, with an offer he couldn't refuse. Liam joined Royal in `March 2020 (Covid) and has played a vital role in the success of the golf experience both on and off the course. Due to this change in management, the Club is looking to restructure the Golf Department duties into two PGASA Golf Manager roles and the interview process is well underway. We would like to take the opportunity to thank Charlotte & Liam for their immense service and commitment to the Club's success and wish them all the best in the future,



In closing, our East Championship course has once again been nominated as Best Course in Africa and Best Course in South Africa by World Golf Awards.

The Club will be chasing its 6th WGA and we need your support. Please see the voting link contained within the newsletter and take the time to vote for your favourite course.

We continue to thank our ever growing membership, for all your support and loyalty.







VOTE FOR US



Africa's  
Best Golf Course



South Africa's  
Best Golf Course

---

# 2024 WORLD GOLF AWARDS

EAST COURSE NOMINATED  
Best in Africa & Best in SA

---

[WWW.WORLDGOLFAWARDS.COM](http://WWW.WORLDGOLFAWARDS.COM)



# Your perfect venue

[functions@royaljhb.co.za](mailto:functions@royaljhb.co.za)



# Grow Membership

[membership@royaljhb.co.za](mailto:membership@royaljhb.co.za)





# Farewell!

It is with a heavy heart that we inform the membership of two recent resignations .

Liam Brown has been approached to take on the Golf Director duties at Houghton Golf Club, with a offer he couldn't refuse.

Liam joined the Club in `March 2020 (Covid) and has played a vital role in the success of the Royal experience both on and off the course. We are both thankful and sad to see Liam depart, but we wish him and his family all the best in this new chapter.

Due to this change in management, the Club will restructure the Golf Department duties into two PGASA Golf Manager roles and the appointments will be announced soon.



Liam Brown  
Director of Golf



Charlotte de Jong  
Financial Manager

For the past decade, Charlotte de Jong has proudly served the Club as the Financial Manager and has played a pivotal role in navigating the financial evolution and performance of the Club.

At this time, Charlotte and her family have decided to relocate to the Cape and take more time to focus on their family.

We would like to take the opportunity to thank Charlotte for her unwavering commitment and efforts towards the Clubs success and wish her all the best in the future,

With strong succession, Siobhan Bersiks (current club accountant) will be promoted to the Financial `Manager position, effective 28 March 2024.





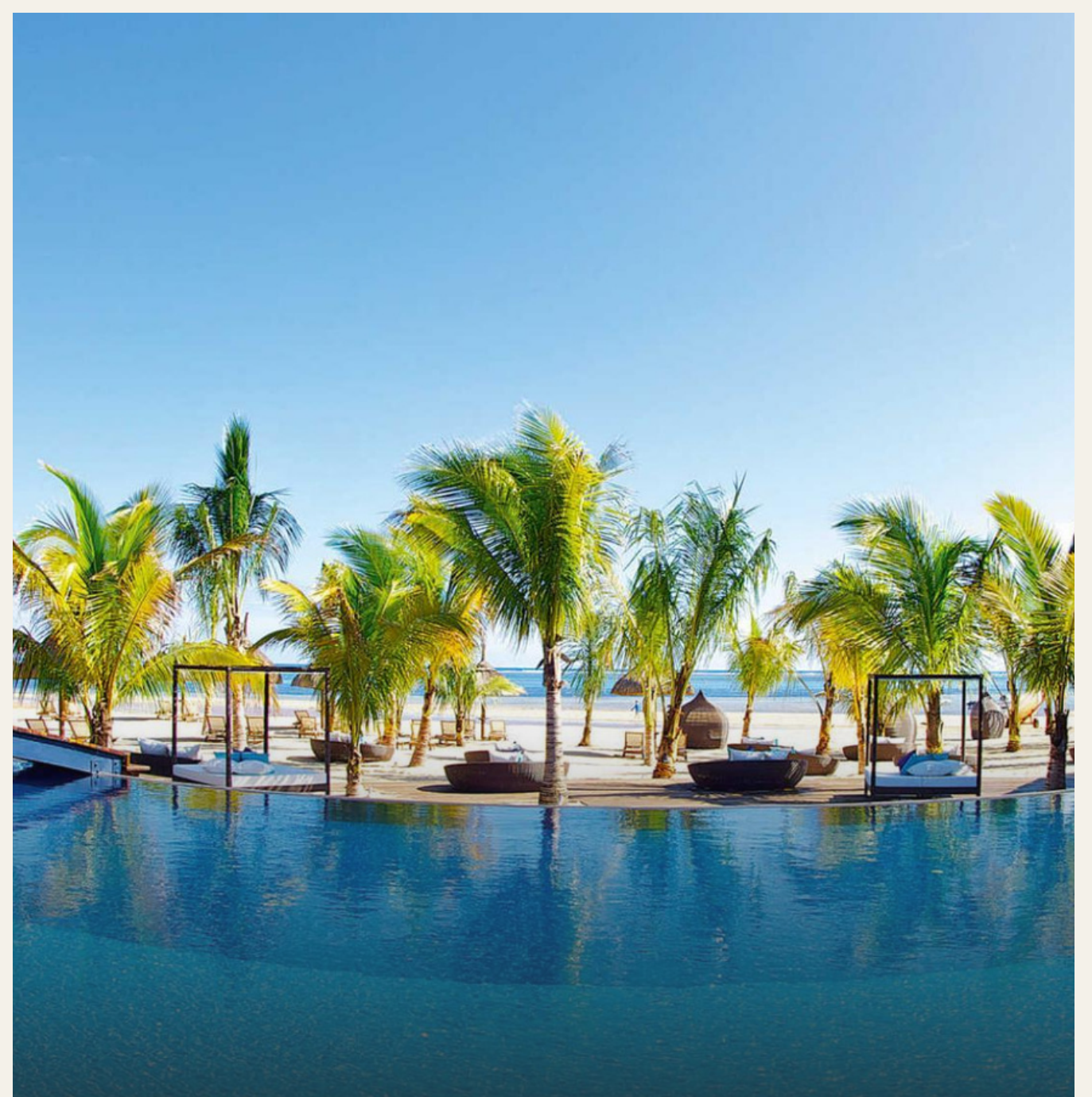
# Club trip to paradise

[Jan-louis.nel@golftraveller](mailto:Jan-louis.nel@golftraveller)

## BEST OF MAURITIUS

9 - 16 JUNE 2024

Accommodation, transfers, bucket list courses  
and unforgettable memories! Hosted by a Royal, PGASA Professional





# Happy Golfing

By, Liam Brown | Director of Golf



IT HAS BEEN A PRIVILEGE SERVING YOU!

I would like to take the opportunity to thank the Board, management and members of Royal Johannesburg for the past four years. It has been such a privilege working amongst and for some of the best members and staff in the industry. I have created friendships and memories that I will carry with me for the journey to come. I would like to particularly thank Chris Bentley who has been my mentor and taught me more than i could ever have asked for in my tenor at Royal. I wish the Club all the success in the future and it will be exciting watching Royal reach new heights and continue to break through and set the industry standards. Farewell, but i am only down the road.





The junior league side has opened their 2024 league season account with an impressive away win against Dainfern - congratulations to new team captain Clayton Shone. Our betterball league sides are set to face up against Modderfontein and Wanderers and the mid am sides will be up against Randpark and CCJ. We wish all sides the best of luck.

The 2024 Annual Club Championships is on our doorstep and is sure to be a fantastic member event as always. If you have not yet entered, the spots are filling up quickly so please do so as soon as possible to avoid any disappointments. Our defending champion Matthew Mortimer is at the top of his game and will be a tough opponent.





<b>Saturday 2nd March</b>	Betterball Stableford
<b>Sunday 3rd March</b>	Alliance 2 scores to count
<b>Monday 4th March</b>	<b>West Course Closed</b>
<b>Tuesday 5th March</b>	Ladies Comp - Trophy Event - Ind Stableford (Draw)
<b>Wednesday 6th March</b>	Individual Stableford   Pizza night
<b>Thursday 7th March</b>	Ladies Weekday League (Round 3)   New website launch
<b>Saturday 9th March</b>	Individual - Medal (West)   Individual Stableford (East)   Mid-AM League (Round 2)
<b>Sunday 10th March</b>	Betterball Medal   Junior League (Round 2)   Betterball League (Round 2)
<b>Monday 11th March</b>	<b>East Course Closed</b>
<b>Tuesday 12th March</b>	Ladies Comp - Betterball Comp
<b>Wednesday 13th March</b>	Betterball Stableford   Pizza night
<b>Saturday 16th March</b>	2024 Club Championships
<b>Sunday 17th March</b>	2024 Club Championships
<b>Monday 18th March</b>	<b>West Course Closed</b>
<b>Tuesday 19th March</b>	Ladies Comp - 4 Ball Alliance
<b>Wednesday 20th March</b>	Betterball Bonus   Pizza night
<b>Thursday 21st March</b>	Public Holiday
<b>Saturday 23rd March</b>	Heritage Golf Championships - Betterball Stableford
<b>Sunday 24th March</b>	Individual Stableford
<b>Monday 25th March</b>	<b>West Course Closed</b>
<b>Mon 25th to Wed 27th March</b>	Bushveld Tour East Course
<b>Tuesday 26th March</b>	Ladies Comp - Jean Eustice Trophy Betterball Stableford
<b>Wednesday 27th March</b>	Golf Directors Surprise   Pizza night
<b>Friday 29th March</b>	Public Holiday - Good Friday   Easter Weekend
<b>Saturday 30th March</b>	Alliance 2 Scores to count
<b>Sunday 31st March</b>	Betterball Stableford   Public Holiday - Easter Sunday Easter Sunday Buffet (The Old Oak & Club House)





# ENTER NOW



Limited fields  
ENTRIES CLOSE 8/03



## *Club Championships*

### EXPERIENCE:

**R675**  
pp

Tournament gift (limited edition belt & towel).  
Welcome drink | Post round food & beverage | driving range warm up.  
Giveaways | water | fruit | halfway house (grab & go).  
Hole in one | incredible prizes in each division.  
Live entertainment after the final round | Bring the family.  
*Standard green fees apply.*



# SUPPORT YOUR CLUB

## *Championships*

Ex vat.

**Title Sponsor - NJR STEEL** **SOLD**

**Driven by - VW HATFEILD** **SOLD**

Exclusive vehicle display, banners, giveaways and digital marketing.

**Tournament Tee boards** **R20 000**

### **ONLY 2 LEFT**

Company tournament boards displayed on holes 1 & 10. Digital marketing, other banners and giveaways

**Headline sponsor** **R10 000**

Pull up banners, giveaways, activations and digital marketing

**Tournament partner** **R5 000**

Digital marketing and promotions

**Volunteers (Members)**

Not playing? The tournament seeks to introduce honorary starters and course marshals for the event.



## *Contact:*

Liam Brown | Tournament Director  
[golfdirector@royaljhb.co.za](mailto:golfdirector@royaljhb.co.za)





[www.royaljhb.co.za](http://www.royaljhb.co.za)



LOADING ...



New website  
Launching soon...



# Easter Sunday Feast

SUNDAY 31 MARCH | 12H00 | THE OLD OAK RESTUARANT

R695 / ADULT

(INCLUDES A WELCOME DRINK & WINE TASTING)

R215 / CHILD

(INCLUDING EASTER EGG HUNT)

*10% off for members*

## Menu

### *Cold Selection*

Selection of Artisanal Breads & Spreads

Devilled Eggs with Trout Caviar

Pickled Fish

Roasted Carrot & Miso Soup

Apricot Glazed Ham

Roasted Balsamic Onion & Cream Cheese Brushettas

Mini Caprese Tartlets

### *Salad Bar*

Apple & Cranberry Salad with Feta and Red Onion

Crispy Potatoes & Mustard Salad

Grain Salad with Roasted Butternut & Artichokes

Cesar Pasta Salad

### *Hot Selection*

Lamb Spit

Herb Roasted Turkey

Beef Sirloin

Glazed Pork Rashers

Roasted Baby Potatoes

### *Desserts*

Pumpkin Fritters

Chocolate Hot Cross Buns

Coffee Madeleines and Chantilly Cream

Ice Cream Bar

Carrot Cake Truffles



Please note all bookings need to be paid for in full prior to arriving. A standard 10% service fee will be added to your invoice

BOOKINGS: [FUNCTIONS@ROYALJHB.CO.ZA](mailto:FUNCTIONS@ROYALJHB.CO.ZA)



# Ladies Golf

By, Wendy Huddy | Ladies Golf Manager



February has been a busy month for the ladies, with our junior ladies and league teams making us proud. Sincere congratulations to Maru Chokwe who won the 54 hole silver division strokeplay championship at the SA Amateur Championships held at Modderfontein early this month and to Paola Sakota who won the SA Amateur matchplay championships, flight division, at the same venue. Both young ladies are to be commended on their great performances.

Congratulations to Gina Slade and Shannon Frigyik who successfully defended their title in the BG's Betterball knockout competition by managing to beat Cilla Hewitt and Jenny Maine to win the 2023 competition. From all accounts it was a very close game.

Our league teams continue to play well with both our Sunday team and our weekday 2 team recording convincing wins over their opposition in their first fixture of the season. Gina Slade and her Sunday team beat Eagle Canyon at home on the West Course on Sunday 18 February and Lynn Gardner and her weekday 2 team recorded a fine away win against Ruimsig on Thursday 15 February. Ina Sanders and her weekday 1 players went down to Parkview at Parkview on 15 February, in their second fixture of the season. Good luck to the Sunday team as they take on Killarney on the East Course on Sunday 3 March.



We held our Ladies Valentines Open Day on the East Course on Tuesday 13 February and for the first time in three years, this Open Day was not cancelled due to bad weather. We had 44 visitors join us for the day with 22 fourballs in total playing. Grateful thanks to Carmen Taljaard of Srixon for the most generous donation of prizes in addition to Lelane Straw and Jo Webb and to our wonderful food and beverage department for the delicious lunch and gin bar that the ladies enjoyed. All in all it was a very happy day and I thank those of you who took the time to thank the staff in a message and/or email – they really do appreciate this.

The next ladies open day will be held on Tuesday 9th April on the West Course and we will be celebrating the Masters Tournament so please do get out your green kit now. Just to let you know that moving forward, due to the ever increasing prices that affect us all, we will no longer be including halfway house in your entry fee and trust that you all understand. You will still enjoy a 5 star experience at our ladies open days – that we promise you!

Good luck to those of you who have entered Club Championship this year on the 16th and 17th March and we look forward to a great weekend. There is still time to enter, so please enter your name on the list on the notice board in the ladies locker room.

Thanks ladies and wishing you all a happy and healthy month ahead with lots of good golf!





[proshop@royaljhb.co.za](mailto:proshop@royaljhb.co.za)

# Unlock exclusive benefits

We are very excited with the new range of FJ shoes that have arrived. The Pro SL has been replaced with a Stylish Pro SLX. 3 new Premiere series have been added to the range, these are for the discerning golfer! We haven't forgotten the ladies. We have 4 new styles for the girls along with a special on the Stratos which has to be the most comfortable shoe on planet earth. These I give our ladies R1500 off.





I've been running a loyalty rewards program that has been received well by several members! You basically will be buying all your golf gear at cost! Terms and conditions do apply of course (see below).

I had the pleasure of fitting Tom Burger this week. The new Callaway Ai Smoke won the battle of the drivers, beating out the XXIO, Ping G430 10K Max and the Titleist TSR2. The results were startling, you can hit it anywhere on the face and ball speed is hardly compromised!

The Vokey SM10 wedges have also arrived! I know many of our members have been waiting patiently. As a brand ambassador we are fortunate enough to get them before anyone else!





# GREG'S LOYALTY REWARDS

## Unlock Exclusive Benefits All Year Round!

*For just an annual fee of R10,000.00, become a valued member of our Loyalty Rewards Program and enjoy the privilege of purchasing any golf-related products at cost price throughout the entire calendar year. It's not just a sale – it's a year-long opportunity you won't want to miss!*

### **What's Included:**

**Access to cost price on all golf products - No exclusions – shop directly from top brands like Titleist, Callaway, Srixon, and lots more.**

### Terms and Conditions:

*\* Easy payment via EFT: R10,000.00 annual fee \* Purchase all your favorite items at cost price directly from the brand agents \* Payment methods: EFT or cash (no credit card payments) \* Exclusive promotion valid for the Loyalty Rewards member only (strictly non-transferable) \* Golf shop credit can be applied toward purchases \* Your exclusive purchasing power is valid from 1st January 2024, to 31st December 2024.*

**Join our Loyalty Rewards Program today and elevate your golfing experience.**



**SRIXON**

*Titleist*

**TaylorMade**

**Cleveland GOLF**

**MIZUNO**

**PING**

**Callaway GOLF**

**Cobra**

**FOOTJOY**

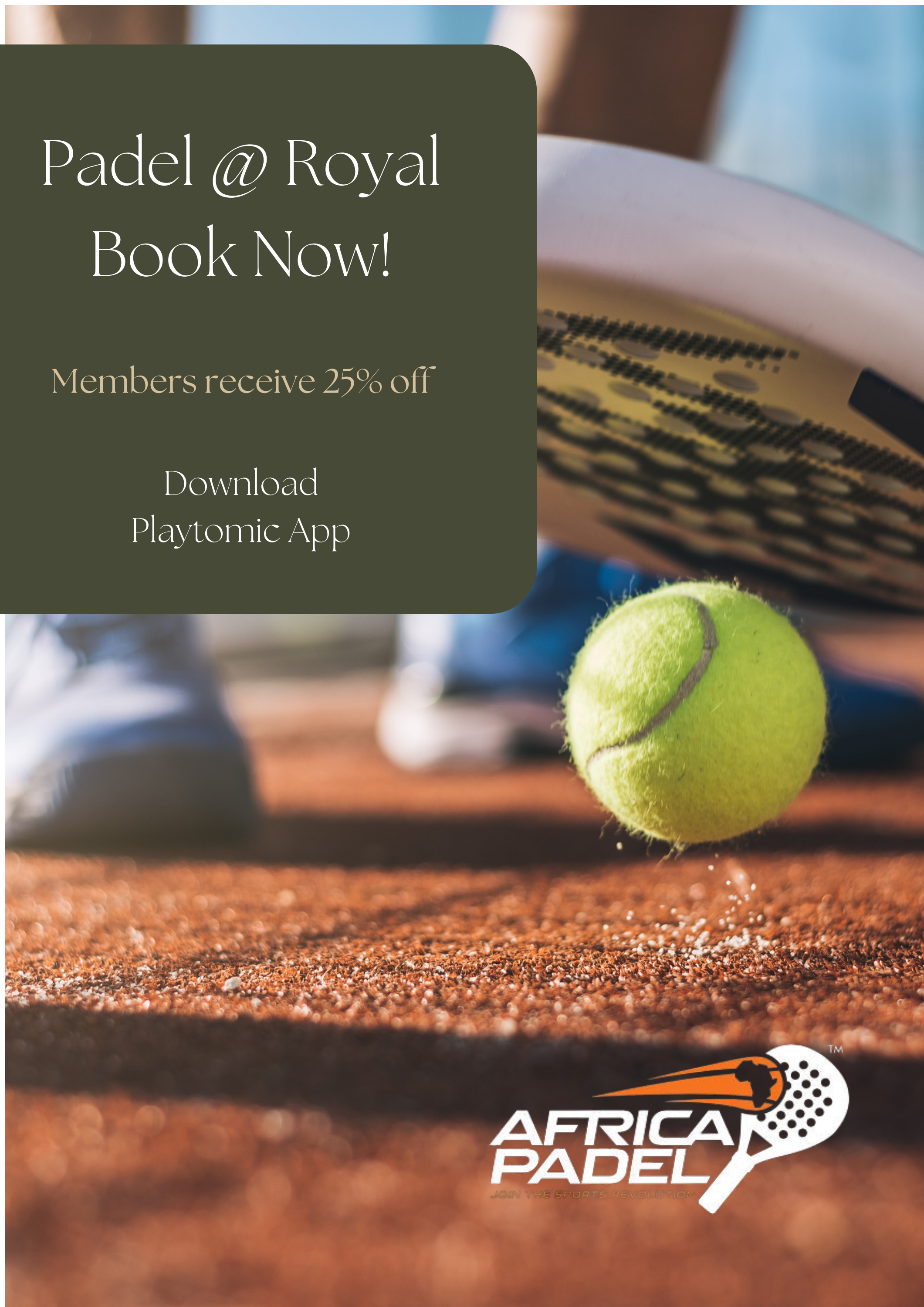




Padel @ Royal  
Book Now!

Members receive 25% off

Download  
Playtomic App





# Tip of the Month

By, Martin Briedé | Head Teaching Pro



February was a busy month on the range with Royal hosting the South African Amateur. As well as many enthusiastic members working on their games. I always try and use the grass tees whenever I can to provide the optimum practice experience here at Royal.

Dave Stratton has brought to my attention an article by the USGA on the research of the optimum way to practice to get maximum use of the grass and the quickest way the range tees can recover. Take a look at the photo below showing divot patterns on the range.





The linear pattern involves placing each shot behind the previous divot. In doing so linear pattern is created and only a small amount of turf is removed with each swing. This can be done for about 15 to 20 shots before moving sideways to create a new line of divots. It is recommended that a minimum of 10cm of live turf is preserved between the strips of divots, the turf will recover quickly. This divot pattern removes the least amount of turf and promotes quick recovery. This is the preferred method.

The scattered divot pattern removes the most amount of turf because a full divot is removed with every swing. Scattering divots results in the most turf loss and uses up the largest area on the grass.

The concentrated divot pattern removes all the turf in a given area. While this approach does not result in a full sized divot removed with every swing, by creating such a large void in the turf canopy there is little opportunity for timely turf recovery.

So there you have it, some food for thought, I will post this photo on the notice board at the range. I encourage all members to come down to the range and make some linear pivot patterns.

Teaching and lessons have also been busy. Our new teaching Pro Ricki Dembo has settled down nicely. If you would like to book a lesson you can get hold of us on these numbers.

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715





# From East to West

By, Jerry Steyn | Course Manager



I T S   A L L   C O M I N G   T O G E T H E R !

During the first week of February we hosted the SA Amateur Matchplay Championship on the East Course. It was a hugely successful tournament and seeing a 15-year-old win the Strokeplay tournament was spectacular. Congratulations to the Matchplay Champion, Gregor Graham - you certainly won a trophy of golf's truest format.

After the tournament, we top dressed the greens to revive them following a harsh week of double cutting, rolling and pitch marks to get them back to full and healthy coverage and although there are still one or two areas that need some attention, most are back to being in top standard condition. We have also done a very light sanding on the West greens as we haven't had this course closed for some time now and it really needed attention.





Maintaining smooth, firm but receptive, healthy greens with a good pace, is of paramount importance and a regimented, frequent sand topdressing program is essential to achieve optimum playing surfaces. Topdressing encourages new growth of grass shoots and stems to form a dense and fine-bladed turf, reduced disease risks, insect activity, firmer and truer putting surface, aid in the recovery of pitch marks, thatch and organic matter content control. These are only a few reasons why we top dress greens and we will be introducing lighter more frequent applications of sand on both courses to ensure we can produce the ultimate playing surfaces. Sand has very limited impact on the playability of the greens but just be sure to clean your ball and putter face before putting the ball as sand particles can sit on either and move the ball into a different direction.

We have received two of our new hybrid tees and fairway units. We are already experiencing a combined 10 litres less diesel usage difference per day, not to mention a much better quality of cut and overall visual appearance of our courses. We eagerly await the delivery of the last six units.

With three weeks to Club Champs we are preparing both courses to be in top tournament conditions for our members. Good luck to all participating in these championships.



**Club Competition Results**  
View now | February

ONNOR Pat	N.R.								
ONNOR Peter	81	75	156						
JLLIVAN	75	70	145	73	81	209			
ES, D	75	73	148	71	68				
WELL, D	77	75	152						
ERRITT, P	74	75	149						
EWART, V	84	82	166						
HY, R	70	77	147	72					
LACE, KP	77	81	158						
MAN, H	74	72	146	72					
HOLME, G	69	72	141	73					
D	75	73	148	70					
E, PG	73	70	143	69	83				

**Club Champs 16 & 17 March**  
Enter now

**Masters Par 3 Challenge**  
Save the date | 10 April 2024

**Golf Digest**  
SOUTH AFRICA  
JANUARY/FEBRUARY 2024

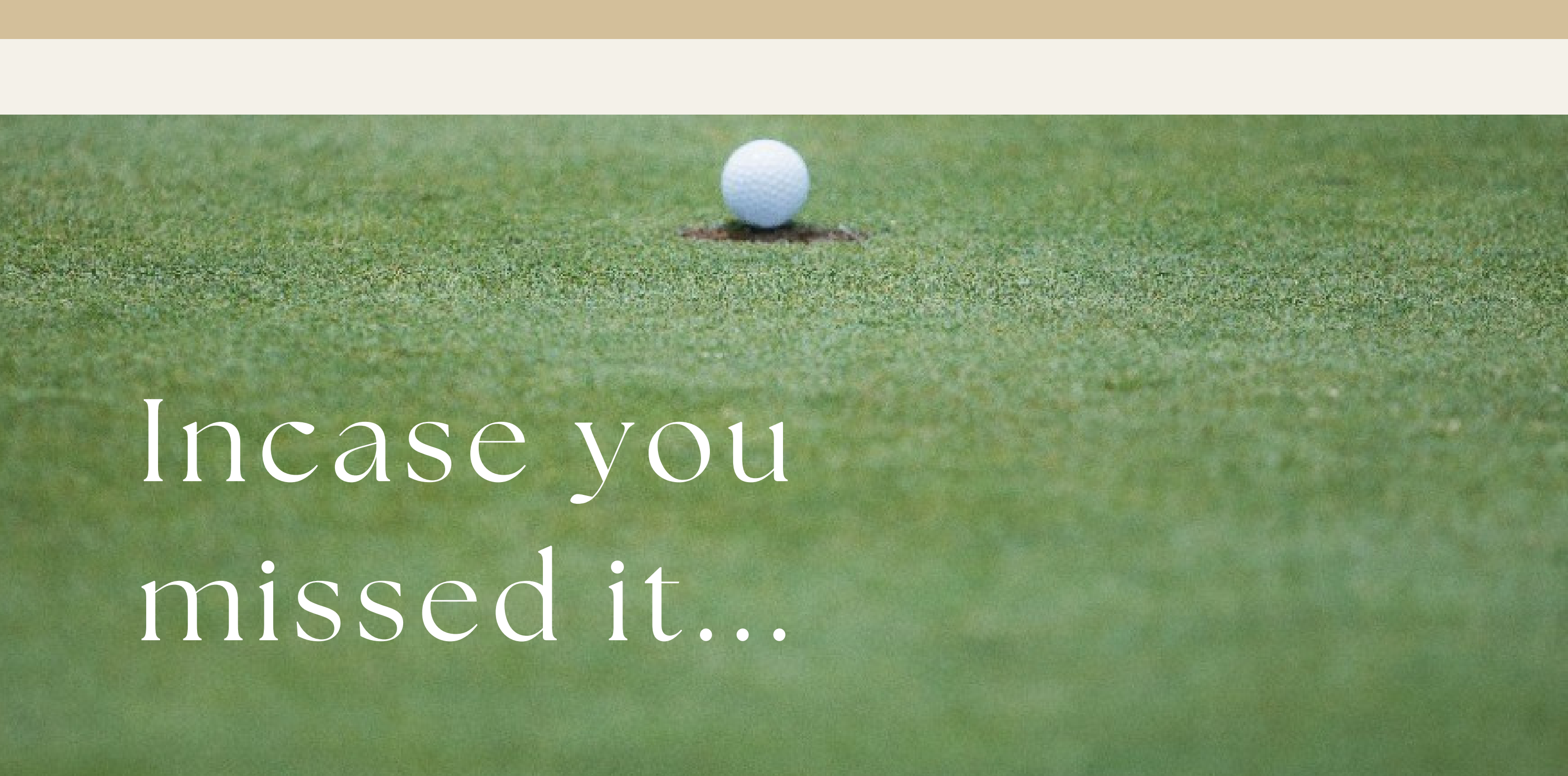
the **RETURN** of **RICKIE FOWLER**  
Read Now

HOW THE POWER OF BUTCH CAN HELP YOU, TOO

**Golf lessons**  
Enquire now

**Padel Membership**  
Enquire now





# Incase you missed it...

It is not just for the sake of the greens - there is nothing more infuriating for a golfer than to see a perfect putt knocked off line, especially through no fault of the player. It is essential that all players are diligent in their repair of pitch marks on greens. Please repair your pitch mark and any others you might find. We also remind all golfers that it is compulsory to either fill your divots with sand provided or by replacing the divot taken (if there is still soil attached). We need all golfers to get into the habit of repairing all pitchmarks and divots, even those which are not yours or your playing partners. It will help us get the best out of our playing surfaces for you!







# The Chefs Table

By, Ransley Pietersen | Executive Chef

The beginning of 2024 has filled us with optimism as we pinpoint essential sources of revenue for the establishments within our esteemed Club. As we persist in pushing limits and surpassing expectations, we want to recognize the unwavering dedication and commitment of our respective teams, who consistently strive for perfection on a daily basis.

Valentine's day hosted at The Old Oak turned out to be a massive success. A sophisticated evening coupled with relaxed dining and superb wine pairing was immaculately curated and enjoyed by all guests that attended.

### ***Get ready to embark on a culinary adventure!***

We're thrilled to announce that our brand-new menus are about to make their grand debuts, for the Champion's Retreat & The Old Oak, during the month of March. Brace your taste buds for an explosion of flavors and innovative delights. Stay tuned for the official launch – a feast like never before is just around the corner!



Approaching a feast that has been a resounding success over the last couple years is on the horizon. Prepare your tantalizing taste buds for a culinary feast like no other. On the 31st of March we will be hosting an exclusive harvest feast at The Old Oak, from traditional favourites to Chef inspired delights. We've got entertainment planned for the entire family, avoid disappointment and book your seats now. Includes an easter egg hunt & a jumping castle for kids, live music and wine tasting. The Old Oak will also be open on the 1st of April for Family Day for breakfast and lunch with loads of specials on food and beverages.

Exclusive Chef's Tables are on the horizon with wine makers showcasing the best of their collections, stay tuned for details to follow.

We are excited to announce that The Old Oak has been selected as one of the restaurants in Johannesburg to celebrate the 30th anniversary of Ken Forrester. On the 17th of April we will host Chef's Table alongside Ken Forrester who will be curating a vertical tasting of his world-famous FMC. This is set to be a dinner of note and if you're an avid wine drinker this is an experience that should not be missed.





# Your business playground

[functions@royaljhb.co.za](mailto:functions@royaljhb.co.za)

Support your Club, network with like-minded people. Have freedom to be alone or together, working or having fun. Your place of belonging in 2024. We look forward to hosting your wedding, charity day or corporate event.







# Your health & wellness fix

## The Low Hanging Fruit of Golf Fitness

The field of golf fitness has a mountain of information, and there are many experts who are adamant that certain training methods are the best for golf. How many people have you spoken to say that pilates is good for golf, or that yoga is great for golf? There are some that will take it a step further and say that Kettlebell training, or functional movement is good for golf, or perhaps the opposite that weight training is bad for golf.

The truth is all of the above-mentioned methods or styles of training can be good for golf, WHEN APPLIED CORRECTLY. I have a saying that I often use: there's no such thing as a bad exercise, only bad application.

But there will always be the person looking for the quick fix, or the easy answer to training, or a way to improve their golf in the gym. What I have noticed is that the vast majority of people that I assess have some kind of flexibility or mobility restriction, in other words, there is always a muscle or joint that is stiff.



Mobility is the “low hanging fruit” of golf fitness. Not because I like a good fruit salad (a topic for another day), but for the reason that you don’t necessarily have to go to the gym to improve your flexibility, it can also be done at home. It certainly helps to go to gym (where you are surrounded by other people improving themselves), and when you have such a great facility like we do at Royal, you actually want to come and use it.

The next question is what or where do I stretch? Well again, a really easy place to start is your posture. We can spend up to 23 out of 24 hours a day in a bent over, hunched position (think work, driving, couch, dinner table, sleeping) which can restrict your shoulder turn in the golf swing, and restrict your shoulder flexibility.

Here is a very quick exercise you can do to help that: ***Click here to watch***

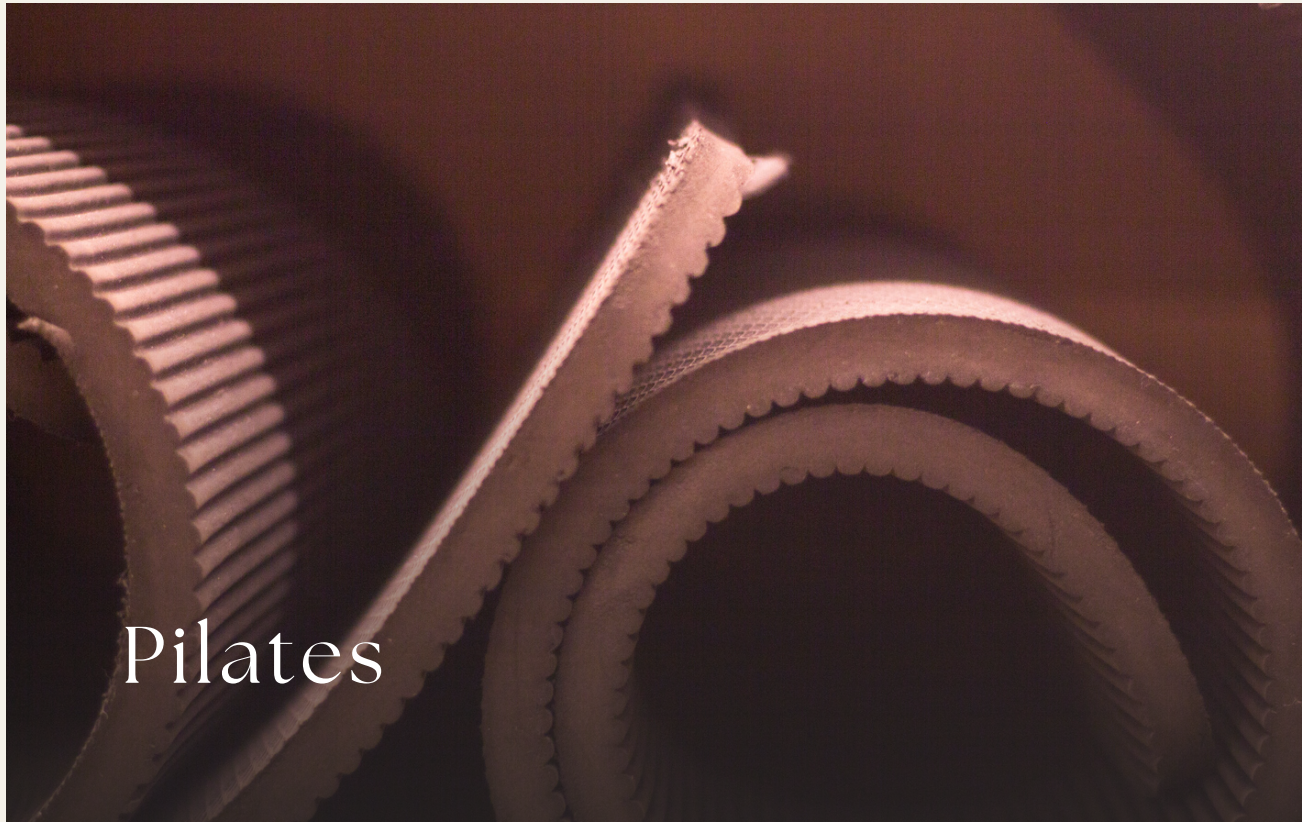
There are many more very exercises to do that have pretty big gains for very little time investment, but for more info or to start your journey, you can reach out to me at [Fitness@royaljhb.co.za](mailto:Fitness@royaljhb.co.za) or visit my website [www.gavingrovestraining.co.za](http://www.gavingrovestraining.co.za) and book your slot directly.





# Join us

[fitness@royaljhb.co.za](mailto:fitness@royaljhb.co.za)



Pilates



Personal Training



Bio, Chiro & Massage



'Get fit' Classes

With our state of the art gym equipment and wonderful service providers, the Royal Retreat Wellness & Fitness centre is the perfect venue to reach all your goals. With discounts for existing members it is the perfect opportunity.





# HOME SWEAT HOME

BUILD YOUR OWN GYM





# AimPoint

**Sandra van den Bergh**

Certified level 3 AimPoint Instructor

The only certified AimPoint instructor in Africa

I had the privilege and pleasure in early February of teaching a grandfather (Pieter) and his grandson (also named Pieter), the AimPoint Express system. Pieter Jnr is a North West Amateur off a +3 and Pieter Snr has been playing golf for a very long time. Both benefitted tremendously learning the Aimpoint system, which takes 2 hours.

The lesson started with the introduction of the history and advances of AimPoint, followed by practising the various slope reads and how much a putt breaks. Feedback on slope reads being immediate for best outcome and trusting the amount of slope felt and not what the eyes are telling (as eyes generally under read the break). Practising the AimPoint Green Reading for short, medium and long single breaking putts, as well as double breaks, and adapting the system for various green speeds. Ending the lesson off with learning how to use the AimPoint system for greenside chipping to ensure best outcome.

Their next lesson will focus on Personal Calibration that is unique for each golfer, as arm length and finger thickness differs for each of us. Using the patented calibrations strip and working on improving accuracy with distances of 3 to 10 foot from the hole, followed by medium and longer putts.

C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa

Instagram: aimpointgolfsouthafrica



# Hello Honey

By, Clinton Duncan | Royals Bee Guy



February saw an extensive bee removal on the west course take place. This was unfortunately due to unforeseen circumstances as the iconic bush willow on the 2nd hole collapse after many many years on the course.

This became an emergency for the course due to three massive bee colonies being exposed after the bush willow hit the ground. The removals took place over two evenings with risk management observations taken place over seven days following the three removals. The biggest concern was the safety for players and greenkeeping staff due to the number of bees which had dispersed from the fallen willow. Approximately over 300 000+ bees were removed from three separate colonies. The area was handed back to Jerry and his team after risk levels were low enough to remove the stump of the willow. The first summer harvest has taken place since the inception of the BeeLIEVE program with 500 jars being made available to the club.



This project has taken 17 months from catching the bees in our swarm prevention program, managing the bees through conservation practices, and now producing the first award-winning honey from the golf facility which is the first professional apiculture program for golf courses. This is a major milestone as honey is only pulled from colonies older than one year old showing our commitment to environmental sustainability and conservation practices in establishing colonies.

There are plans for a honey and wine pairing evening with one of the only honey sommeliers in South Africa which will be planned in line with the old oak restaurant for World Bee Day which is on the 20th of May 2024. If you are interested in learning more about honey from one of the best sommeliers known around the world, please leave your name with the Royal marketing team so we can get the exact numbers of interested members. A minimum of 10 members is required to host the evening which is truly a magical experience.

Wishing you all a happy and buzzing March





# Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)

Warm-up and post-round recovery are crucial aspects when you have two days of golf back to back. This can significantly impact your performance and overall well-being. Here are some tips for both:

## Warm-Up:

**Dynamic Stretching:** Start with dynamic stretches to loosen up your muscles and increase blood flow. Focus on the rotary centres – rotation from the hips, shoulder turns and rotation from the neck.

**Swing Exercises:** Perform some practice swings with different clubs to gradually increase your range of motion and warm up your golf-specific muscles.

**Putting and Chipping:** Spend some time on the putting green and chipping area to get a feel for the speed of the greens and the consistency of your short game.

**Short Iron Shots:** Hit a few short iron shots on the driving range to dial in your ball striking and rhythm before moving on to longer clubs.

**Hydration and Nutrition:** Drink plenty of water before and during your round to stay hydrated, and fuel your body with a balanced meal or snack containing carbohydrates and protein.



## Post-Round Recovery:

**Cool Down:** After your round, take some time to walk around and allow your body to cool down gradually. Avoid sitting down immediately after finishing your round.

**Stretching:** Perform static stretches focusing on the major muscle groups used in golf, such as the shoulders, back, hips, and legs. Hold each stretch for 15-30 seconds.

**Hydration:** Replenish lost fluids by drinking water or electrolyte-rich sports drinks.

Hydrating properly after your round is essential for recovery and preventing muscle cramps.

**Nutrition:** Eat a nutritious meal or snack within 30-60 minutes after your round to replenish glycogen stores and support muscle recovery. Include carbohydrates for energy and protein for muscle repair.

**Rest and Recovery:** Give your body time to rest and recover after a round of golf, especially after day 1 of Club Champs. Aim for 7+ hours of quality sleep each night to support overall recovery and performance.







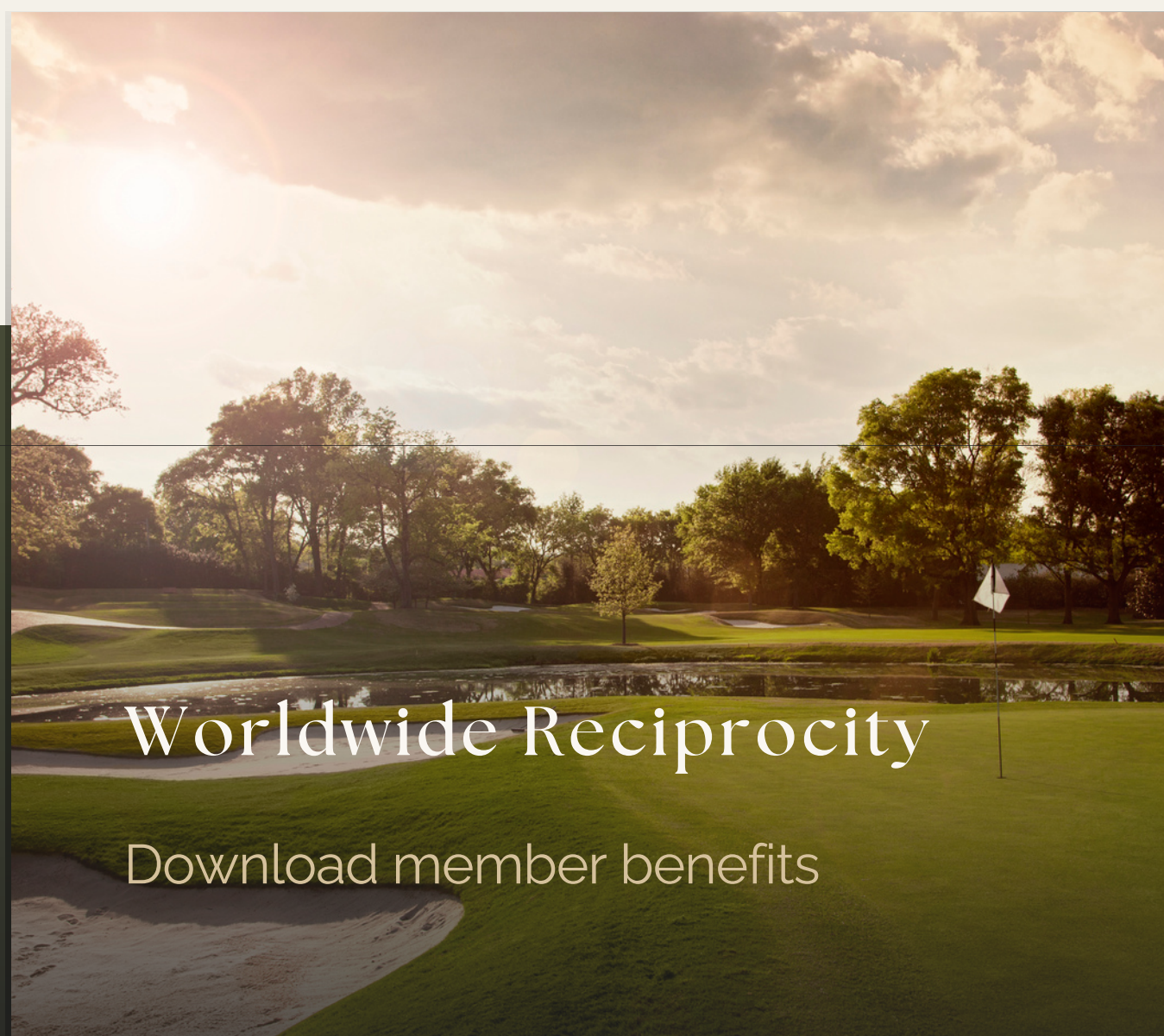
10% off F&B

Top up your clubcard



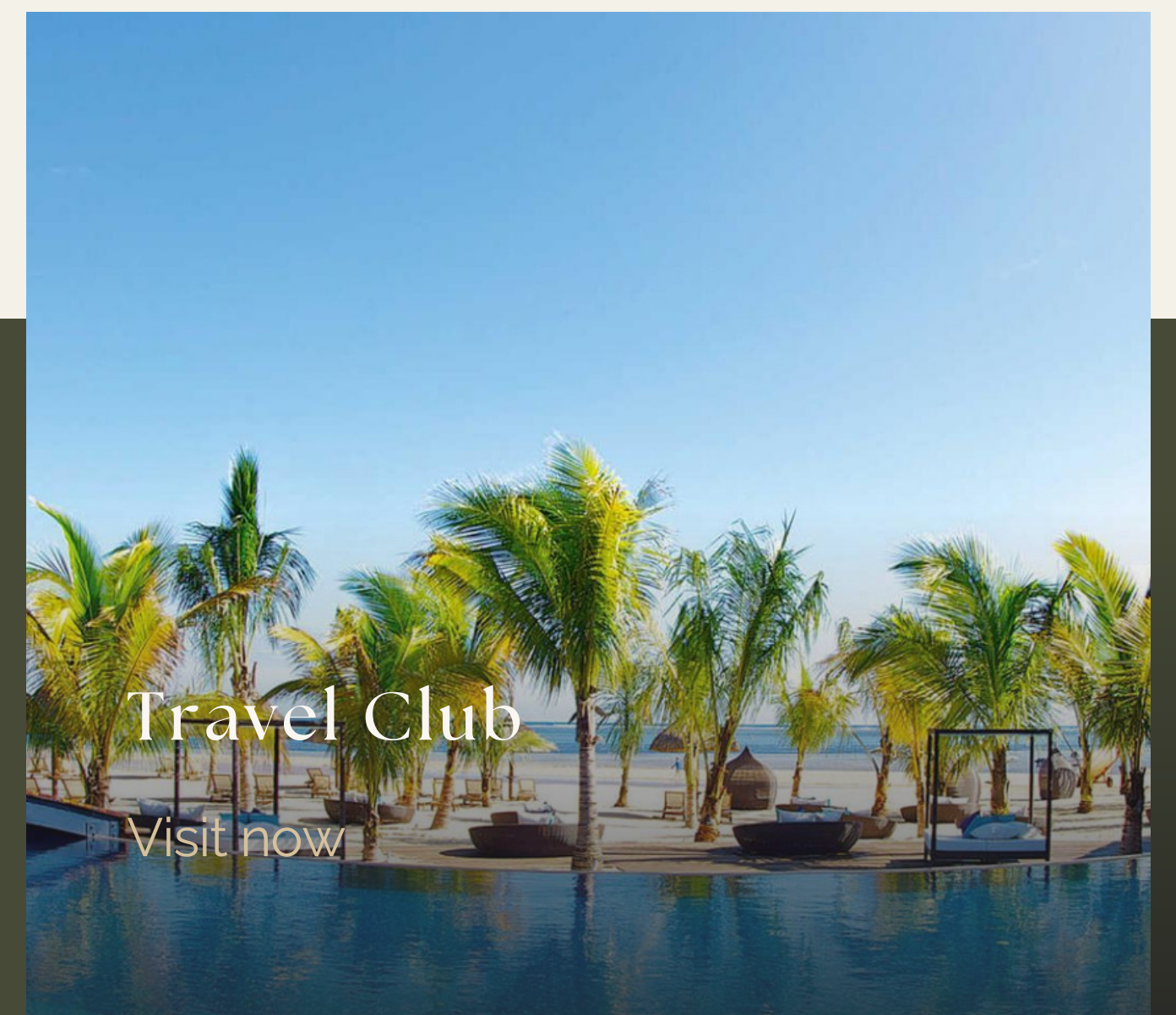
Free Venue Hire

Enquire now



Worldwide Reciprocity

Download member benefits



Travel Club

Visit now



Free Gym Access (STC)

Sign up



Exclusive access

By golf traveller.com





# FOR THE BEST DRIVE ON AND OFF THE GREEN.

Immerse yourself in the world of BMW's unparalleled craftsmanship and experience the pinnacle of automotive excellence like never before.

If you're looking to purchase the vehicle of your dreams, BMW Bedfordview is where you need to go. Turn your birdies into eagles with an unrivalled BMW from our various luxury lines.

**For more information, please call 011 201 0000 or scan the QR code below.**



## **BMW Bedfordview**

8 Kings Rd,  
Bedfordview,  
Germiston, 2008





# CONNECT

GUEST RELATIONS & BOOKINGS  
RECEPTION@ROYALJHB.CO.ZA  
BOOKINGS@ROYALJHB.CO.ZA

GOLF  
LIAM BROWN GOLFDIRECTOR@ROYALJHB.CO.ZA  
GREG JACOBS PROSHOP@ROYALJHB.CO.ZA  
ELEANORA GALLETI - GOLFEVENTS@ROYALJHB.CO.ZA  
TIAAN VAN WYK - ASSISTANTGD@ROYALJHB.CO.ZA

MARKETING & MEMBERSHIP MANAGER  
CANDICE HUMPHREY MARKETING@ROYALJHB.CO.ZA

CLUB OPERATIONS  
ERIK BRAKHOVEN FB@ROYALJHB.CO.ZA

FUNCTIONS & EVENTS  
MARCELLE ROLT FUNCTIONS@ROYALJHB.CO.ZA

INFRASTRUCTURE  
HENNIE BREDENHANN MAINTENANCE@ROYALJHB.CO.ZA

FINANCIAL MANAGER  
CHARLOTTE DE JONG FM@ROYALJHB.CO.ZA

CLUB ACCOUNTANT  
SIOBHAN VAN ROOYEN CLUBACC@ROYALJHB.CO.ZA

COURSE MANAGER  
JERRY STEYN COURSEMANAGER@ROYALJHB.CO.ZA

CHIEF EXECUTIVE OFFICER  
CHRISTOPHER BENTLEY  
CEO@ROYALJHB.CO.ZA

ROYAL JOHANNESBURG  
NO. 1 ON FAIRWAY AVENUE  
LINKSFIELD NORTH JOHANNESBURG

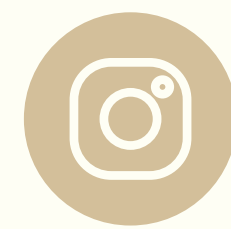
PHONE: 011 640 3021  
WHATSAPP: 076 392 2495

BOARD:  
C. WADHWANI (CHAIRMAN), D. HARDING (VICE CHAIRMAN),  
A MSENTI (CLUB CAPTAIN), I SANDERS (LADY CAPTAIN),  
B JAGGARD, G. ODGERS (TREASURER), D. MOOROSI, W HUDDY,  
C BENTLEY (CEO), S DESAI (Co OPT NOV'23).

[www.royaljhb.co.za](http://www.royaljhb.co.za)  
[royal@royaljhb.co.za](mailto:royal@royaljhb.co.za)

Published monthly by  
Royal Johannesburg  
All Rights Reserved 2024

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.



Advertise in the monthly  
newsletter  
Email: [marketing@royaljhb.co.za](mailto:marketing@royaljhb.co.za)