

Good Times

October 2024 | Issue 10

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

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A NEW CLASS
OF DRIVERS

Titleist



Forenote

By Candice Humphrey



As October arrived, it swiftly passed us by, with the stunning Jacaranda trees showering us with vibrant purple blooms, which will soon fade away.

We kicked off this month with the conclusion of our annual golf festival, which was a resounding success. Exciting updates for next year's festival are on the horizon, so be sure to look out for the save-the-date announcement!

Our Annual General Meeting took place on October 2, 2024, and we extend our heartfelt gratitude to our outgoing Chairman, Chandru Wadhwani, for his invaluable contributions, as well as to Treasurer and long-standing board member Gordon Odgers and board member Duke Moorosi for their dedication and efforts.

We were delighted to see such a strong response from members willing to stand for Board positions this year. Congratulations to all who were elected, and to those who weren't, we hope to see your names nominated again next year.

We are thrilled to announce the appointment of our first Royal Junior Ambassadors, Michael and Jason Bellora. These remarkable young golfers truly embody the spirit and values of our club, exemplifying dedication, sportsmanship, and a passion for the game. As they take on this prestigious role, we, as a club, are committed to supporting and partnering with them on their journey toward achieving greatness in the world of golf. We look forward to seeing them reach for the stars and inspiring other young athletes along the way.

Michael, Jason, and several of our Royal Juniors have been actively showcasing their golfing talents, continuing their winning streak in recent tournaments. Congratulations to them—we are incredibly proud to have such talented young members associated with our Club.



The Chairmans Introduction

By Dean Harding



As the 98th Chairman of Royal Johannesburg, I take up the role with so much respect and gratitude to the Club's forefathers and commit to upholding the essence of what we stand for. I am in my happy place. My career passion for building great brands and my love for golf and Royal have come together in a perfect union.

I started playing golf in earnest when I was 32. Royal Johannesburg was an aspiration for me, and I became a member in 1997, only after playing an introduction round with the captain and two committee members, a lovely tradition. I have played hundreds of rounds in the last 27 years, drunk a few beers at the 19th, and walked thousands of kilometres on these beautiful fairways. My family always knew that they would not see me on a Saturday morning. I even arranged for the birth of both my children to happen on a Friday!

The journey to better golf has been long, but thanks to Dr Bob Rotella and Martin Briedé, it's been a fantastic adventure; I was Martin's first student. Once the range is complete, I hope more members will follow my lead and use the incredible teaching talent we have at our disposal. Martin Briedé, Gavan Levenson and Ricki Dembo are brilliant coaches. The new driving range will open soon and huge thanks and praise must be extended to those who had the vision and to those who executed the plan of this project. I can't wait for the green and new chipping area to be ready for play - this will be one of the country's best warm-up and practice facilities.

To the team who run our Club – bravo to all of you for owning your space and continuing with your responsibilities no matter who the boss is. Knowing our roles and caring that the best is delivered daily plays a massive role in keeping our standards as high as they are.

I am excited about Royal Johannesburg's future prospects; we stand on an incredible foundation that began in 1890. Past President (1990-91) Barry Karg, "Reflected on the reasons to be proud of our founders and pioneers and to be grateful for their hard work and ingenuity. Thanks to the dedication of so many members over the years, we have become one of the leading golf clubs in South Africa".

Welcome Jason Bird! You have hit the ground running with curiosity and determination to create even a greater success for Royal. I've had the pleasure of getting to know Jason, and we share a deep passion for the game, its' traditions, and ensuring the East Championship Course reclaims its rightful place amongst the top ten in South Africa. Our waterways project, the new driving range, and the renovation of the 15th hole on the West Course will elevate both courses' rankings.

To our new Board members, welcome to you all! The ritual of limited time on the Board as an office bearer, ensures that we have a solid succession plan which ultimately keeps our Club safe. Thank you to outgoing Board members, and thank you for handing over the baton to the new guys. In this regard, thank you to Alan Field who recognised something in me and who nominated me for the Board; to Gordon Odgers for his unwavering faith in me when co-opting me onto the Board under his Chairmanship, and for his mentorship along the way and to our Club's former CEO, Chris Bentley, for all his kindness and support while I served as Vice Chair for the past two years.

Thank you too to our past Chairman, Chandru Wadhwani, for his dedication and commitment to our great Club over the past two years and for guiding our Club in the right direction.

Looking ahead, we have some big projects starting next year. Construction of the new 15th hole on the West Course will begin in the winter of 2025 and the waterways project will commence and this project will span several years. This is a massive undertaking with many moving parts and much of the work will be done in-house as we look for cost savings without compromising functionality and quality. There is much to be grateful for. Our facilities are world-class, but we must always strive for improvement.

Thank you to you, our members, for entrusting me with this enormous responsibility – it is both an honour and a privilege to serve as your Chairman. I look forward to the next couple of years and hope that, in some small way, I can help pave the way for an even brighter future for Royal Johannesburg and its members.





From the Clocktower

By Jason Bird



Dear members

I hope this message finds you well! As we wrap up the first quarter of the year, I'd like to take a moment to reflect on our achievements, share some updates, and outline our goals for the coming months.

The Club has traded below par with both food and beverage and golf rounds below the forecasted budgets. Having said this, the first quarter is generally of the quieter times of the year. Considering the functions and golf events booked for the near future, the management team and I are confident that Q2 will reflect a different state of affairs. Our current focus has been realigning some of our partnership agreements and scrutinising our monthly expenses in order to make adjustments that we feel are appropriate and beneficial. A few noticeable mentions are as follows:

- Rolling out phase two of our Solar project - this should start early in the new year and will assist us with savings on our electricity usage.
- Our lease hold agreements on the course and within the clubhouse, which should also assist us in managing our monthly overheads better.

- Extra food and beverage offerings at the Padel courts.
- Aligning our staff overtime and management of hours to benefit our allocated budgets and events pertaining to these.
- Actively looking at golf round efficiencies and possible partnership agreements to capitalize on our quieter periods to maximize our revenue streams.
- A new marketing and commercial strategy in promoting our Old Oak restaurant to improve patronage on our weekdays.
- Discussions with suppliers and partners on payment structures and potential future alliances where projects will improve not only the offerings but the commercial advantages to the Club.

The above adjustments, among other things, are our top priority at this time to ensure that we manage the ever-changing and complex demands of the golfing environment.

In relation to our golf courses, thanks must be extended to the diligent work of Jerry Steyn, our course superintendent, as well as our maintenance teams. Considering that this was one of the driest winter periods on record, the courses are both in superb condition. Our recent fertilization program will be recognized soon, and with imminent much needed rain, I am confident that both tracks will be well presented in time for the holiday period and upcoming events in 2025. Over the last 3 months, I have had the privilege of playing both courses. Although they have both tested my patience and skill level, they have both left me with an unwavering urge to go back for more. I look forward to joining the members in many more games over the coming months.



In the vein of celebrating our team's successes, I would like to welcome the incoming members of the Board and Capital Fund and congratulate them on their appointment. Their choice to volunteer to support the Club in a significant way is sincerely appreciated, and they should be commended. The management team and I are confident that we have a strong and hugely capable group of people who will assist us in the strategy and governance of this amazing Club. I would also personally like to thank the previous Chairman and Treasurer, namely Chandru Wadhwani and Gordon Odgers, for their support and guidance during the brief 3 months before they completed their tenure as Board members, both who made the start of my Royal journey, easy to adjust to.

Thank you once again for your continued commitment to our Club's success. Your support makes a significant impact, and your feedback is invaluable to us. We're committed to fostering an inclusive and engaging environment, so if you have suggestions or ideas, please don't hesitate to reach out. We want to hear from you!



S U M M A R Y

133RD ANNUAL GENERAL MEETING



ROYAL JOHANNESBURG
EST. 1890

CLICK HERE TO READ
THE SUMMARY OF THE AGM
HELD ON WEDNESDAY, 2 OCTOBER 2024
18H00 | ST GEORGES



Trevor Barnett

A romantic scene of a bride and groom in formal wedding attire. The groom, in a grey suit and bow tie, is kissing the bride on the cheek. The bride is wearing a white lace dress and has her hair styled in waves. They are standing outdoors at sunset, with a large tree and a warm, orange-hued sky in the background.

Your perfect venue

functions@royaljhb.co.za

A golfer in a white polo shirt, dark trousers, and a cap is captured mid-swing on a golf course. A large cloud of sand is kicked up behind him, creating a dramatic effect. The background shows lush green trees and a white building.

Grow Membership

membership@royaljhb.co.za

Happy Golfing

By, Robert Larsen | Golf Director



BACK TO BASICS - GOLF ETIQUETTE

The courses are back to where they need to be and with some hint of rain in the air, we as the golf department, are looking forward to having the lush green fairways and Jacarandas flourish within the next month.

In this month's newsletter, we revert back to some etiquette to please bear in mind when you play either of the courses.

Respect the Greens: The Importance of Pitch Mark Repair at Royal Johannesburg

A smooth, true green is essential for every golfer's experience, and at Royal Johannesburg we're dedicated to keeping our greens in pristine condition. But maintaining that standard requires a little help from everyone.

The Impact of Pitch Marks

Every pitch mark left unrepaired damages the green, affecting roll and overall playability. When unrepaired, these marks can take weeks to heal, compromising the experience for fellow golfers.

How You Can Help

Repairing a pitch mark takes just a few seconds. By using the correct technique—gently pushing the surrounding grass toward the centre of the mark—players can make a huge difference in maintaining our greens. We encourage all members to carry a pitch mark repair tool and make it a habit after every shot.

Let's work together to keep Royal Johannesburg's greens in top condition for everyone. With each repair, you're helping preserve the quality and beauty of our course.

If you repair 1 extra pitch mark per green, this will go a long way to enhancing your experience next time you play.

Also, in order to keep your handicap up to date, don't forget to enter your score at the Club or on the HNA App.

Happy Golfing!!!!



GUEST RELATIONS

TRACY NCUBE

Designation Guest Relations	Age: 22 years old	Zodiac Sign: Gemini	Handicap Index Not a golfer
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WHAT INITIALLY DREW YOU TO WORK AT THIS GOLF CLUB?

The Club’s culture , environment and the team !

WHAT IS YOUR FAVOURITE MEMORY OR EXPERIENCE FROM WORKING HERE SO FAR?

Festival of golf was my favourite memory. I enjoyed interacting with members outside the reception desk , dressing up for festival of golf and the late nights with my work colleagues.

WHAT DO YOU ENJOY MOST ABOUT WORKING IN THE GOLF INDUSTRY?

The opportunity to learn new things on a daily basis and to meet people from all walks of life.

WHAT ARE YOUR LIKES AND DISLIKES IN GENERAL?

*I like nature , food , music , exercising and spending time with loved ones.
I dislike crowded places , noise and injustice.*

OUTSIDE OF WORK, WHAT HOBBIES OR INTERESTS DO YOU PURSUE?

My hobbies outside work are dancing , drawing , working out and trying new foods.

League

As all leagues end for the 2024 year, here are the final and current standings of all our league teams.

Scratch League 1st Team – Currently Leading the A Division.

Scratch League 2nd Team – Currently in 2nd in the C Division.

Senior Betterball – Royal West in 2nd place and Royal East in 7th place after 2 Rounds.

East Team – Won the B Division, Promoted to A Division

West Team – Finished 9th position in the C Division

Mid Am league – Won the A Division.

Mixed Betterball League – Finished 2nd .

Junior league – Finished T4 in the B Division.

Dates to diarise:

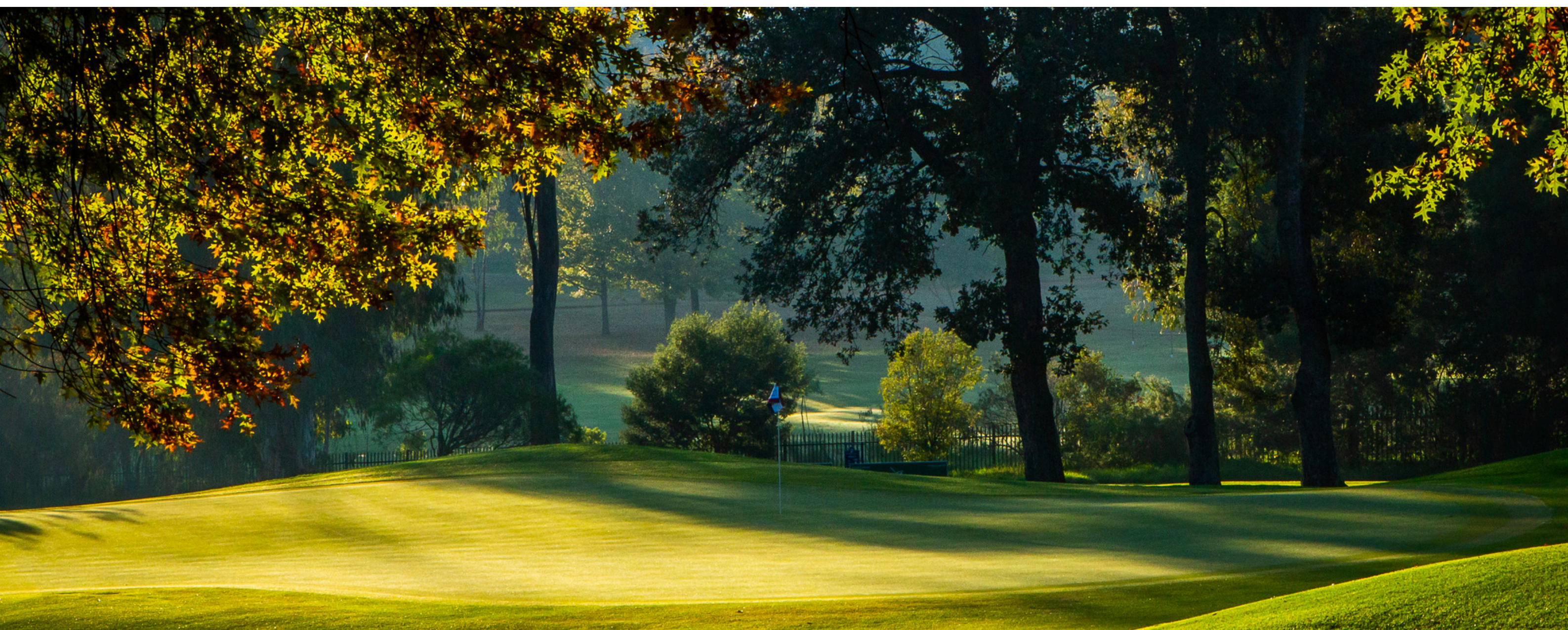
Thurs, 21 November - Opening of the driving range

Sat, 23 November - Finals 2024 Interschools Challenge (morning times)

Sat, 23 November - Club knockout trophies will be presented at the Interschools final: *(Greensomes, foursomes, singles and mixed)*

Sat, 30 November & Sat, 7 December - Senior Club Championships
(please book at reception)

*"No matter how good you get, you can always get better—
and that's the exciting part." Tiger Woods*



EMPLOYEE OF THE MONTH

October 2024



Lucas Marabe Monageng

**Course
Department**



November

2024

Saturday 2nd November	Betterball Bonus Bogey Mid-AM League
Sunday 3rd November	Alliance 2 scores to count
Monday 4th November	East Course Closed
Tuesday 5th November	Ladies Comp - Ind Stableford (Draw)
Wednesday 6th November	Club Comp - Individual Stableford
Thurs 8th - Sun 10th November	Central Gauteng Golf Union Open - East Course
Saturday 9th November	CGGU Open Betterball Stableford
Sunday 10th November	CGGU Open Betterball Bonus Bogey Senior Betterball League Rnd 4
Monday 11th November	West Course Closed
Tuesday 12th November	Ladies Comp - U70's Over 70's Betterball Comp
Wednesday 13th November	Club Comp - Betterball Stableford
Saturday 16th November	Individual Medal (West) Individual Stableford (East)
Sunday 17th November	Individual Stableford Ladies Sunday League Rnd 10
Monday 18th November	West Course Closed
Tuesday 19th November	Ladies Comp - Fourball Alliance
Wednesday 20th November	Club Comp - Betterball Bonus Bogey
Thursday 21st November	Opening of the driving range
Saturday 23rd November	Betterball Stableford Interschool Challenge Finals
Sunday 24th November	Betterball Stableford Men's Scratch League Rnd 8 Senior Betterball League Rnd 5
Monday 25th November	West Course Closed
Tuesday 26th November	Ladies Comp - 3 Ball Alliance
Wednesday 27th November	Club Comp - Golf Directors Surprise
Saturday 30th November	Alliance 2 scores PM - Senior Club Championships (Day 1)

Please note dates are subject to change, please confirm with the Club. Additional events will be added as confirmed

Ladies Golf

By, Wendy Huddy | Ladies Golf Manager



October started in the best possible way with the Ladies Spring Fiesta Day being held at last on Tuesday 1 October, the last day of our '2024 Fiesta of Golf'. Despite the very cold weather, (why wouldn't it be cold on our ladies day), everyone embraced the theme and all enjoyed the day enormously. Congratulations to our visiting team from Emfuleni , namely Marietjie Emslie, Karene Beaurain, Jacqui Coetser and Dalene Lategan, who won on the day and in doing so, won the 2024 Spring Trophy. Thank you to everyone who contributed in any way to the success of our Festival but most importantly to our title sponsor, Hyundai, for their support and generosity – it is so appreciated.

The 133rd Annual General Meeting was held on October 2nd and congratulations and good luck to our incoming Chairman, Dean Harding and his new Board and to Ina Sanders who will be serving her second year as your Lady Captain and I am confident that you will all continue to support her in this role. Ina is recovering from knee surgery she had earlier this month and we look forward to having her back at the Club soon.



Our ladies league teams have now finished their 2024 season and I'd like to thank our three league captains, Gina Slade, Ina Sanders and Lynn Gardner and their teams for always giving of their best and representing Royal Johannesburg with much pride. Our Sunday team finished in 5th position in the Sunday A division, our weekday 1 team finished in 3rd position in the weekday A division and our weekday 2 team finished in 4th position in the weekday C division log. Our mixed betterball team play their final match of the season on Sunday 27 October on the East Course and are hoping for a good result from that game.

There have been a few changes to competitions and dates for the ladies fixtures for the rest of the year so please refer to my weekly newsletters for any updates. The weekday ladies Christmas competition and lunch will be held on Tuesday 3rd December and then the BG's Christmas golf day and lunch will be held on Saturday 14th December so let's hope that we have a good turnout for both days.

Wishing you all a great November and thank you for your continued support.

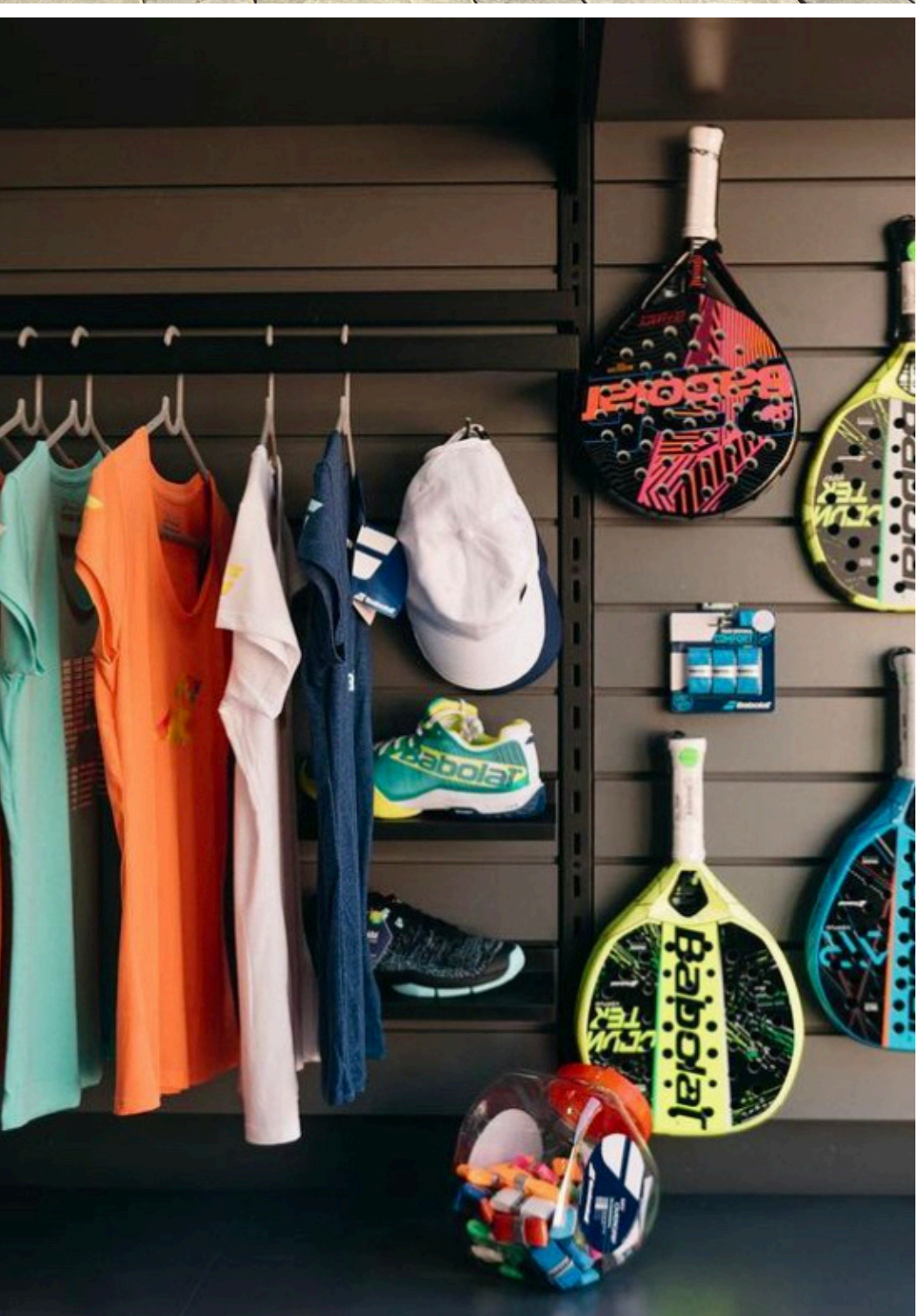




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**AFRICA
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JOIN THE SPORTS REVOLUTION



NEW VOKEY DESIGN SM10 WEDGES.
SHARPEN YOUR SHORT GAME.



More than a fitting



IT'S 10, 20, 30 OR MORE METRES!

We could tell you that you should have a fitting. But that's not where the conversation should start. If we're talking tee shots, the conversation starts with you:

- How far are you hitting your tee shots with your swing speed?
- How consistently do you make good contact and get to your longer distances?
- How many times do you find the fairway?
-

From those answers, comes a discussion about ambition and priority. What would make the biggest impact on your game and your enjoyment of the game?

The conversation is still about you, because what we're searching for is the best result for you.

Now we go to work. With your swing, swing speed, and launch data, how do we quickly maximise your results in distance, accuracy, and consistency? What can we do with a perfectly fitted club to change your game from the tee?

THE GIFT WE CAN GIVE YOU

We want to change your experience out on the golf course, tee-shot after tee-shot. It's what we're trained to do. It's what the technology now makes even easier for us to do. It's never been easier to find the right launch angle and spin rate (with your ball speed) to deliver you the best possible results! Book

Book an Assessment and Fitting with us



From East to West

By, Jerry Steyn | Course Manager



Anticipating the arrival of rain!

It has been a frustrating start to the spring season for us in terms of rainfall. This has been one of the driest October months yet with only 36mm rainfall recorded at Royal, which was our first real rainfall since May earlier this year. Overall rain has been scarce across the whole of Gauteng and we are anticipating a heavy downpour soon as early forecasts are showing the return of La Nina - fingers crossed it will be here soon.

We fertilised the East course on 21 October following the first rains and this fertilizer is starting to take affect and will be active fully in the next week or two. The fertilizing of the West course will be done as soon as we have received more rainfall and we anticipate these rains to arrive early in November.

During November the maintenance team will continue with tee levelling of holes 5, 12 & 13. We will be looking into doing as many tees as we can during November to allow adequate recovery time to be ready come the new year. East course greens will be lightly sanded on 4 & 18 November. The West course greens were verti-drained on 14 October with a 6mm solid tine and light sand dusting will also be done on 11 & 25 November. Hollow tining of the tee's was planned for October but due to the lack of rainfall we have postponed it to November as soon as we have received rains but no other disruptive maintenance is planned for November.

Regular topdressing is a standard part of golf course maintenance to ensure greens stay smooth, healthy, and playable throughout the season and dusting greens with sand serves several purposes:

- Smooths the surface: Sand fills in small imperfections, creating a smoother, more consistent putting surface. This helps the ball roll more evenly and improves the quality of play.
- Promotes healthier grass: Sand topdressing promotes healthy turf by encouraging root growth and reducing thatch, a layer of organic matter that can build up on the surface. Thatch can prevent water and nutrients from reaching the roots, so controlling it helps maintain the grass's overall health.
- Improves drainage: Sand improves soil structure, helping water move more freely through the soil. This allows for faster drainage, which keeps greens firm and playable even after rain.
- Enhances aeration: Combined with aeration, sand allows oxygen to reach the roots and reduces soil compaction, which can otherwise inhibit growth.
- Helps control disease: Sand can help prevent certain turf diseases by reducing thatch and allowing for better airflow, making it harder for fungi and pests to thrive.





Trevor Barnett

Tip of the Month

By, Martin Briedé | Head Teaching Pro



The new range is growing in nicely and although we have had very little rain, we wait in hope for more. The grass on the teeing ground is knitting well with the scheduled opening ceremony and opening of the grass teeing ground on the 21st of November. The feedback on the new target greens has been very positive and many members have been honing their wedge play on the new greens.

The short game area is now complete and it just needs growing in. I am very happy with the result and congratulate Jerry Steyn and his team. The green is considerably bigger making practicing chipping and pitching more realistic and practical.

This month's tip is on hitting fairway bunkers. If you come down to the range you will notice we have put in a fairway bunker for you to practice in. We all know that if you play the East course a lot, this is a shot that you need to master. Ricki Dembo, my teaching pro, gives us some tips on how to play this shot. In summary, make sure you have a club with enough loft to clear the lip. It's better to be a little short of the green than still in the bunker. Choke down a little on the grip to avoid the fat shot, a little thin is better than fat, providing you have enough loft. Thirdly, put the ball forward in the stance towards the front foot, to get a shallower angle of approach which launches it higher and helps clear the lip. Enjoy the video.

Come along down and improve your game.

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715



Introducing BSI

By, Rodger King | Head of Marketing



Balderstone Sports Institute (BSI) was founded by Michael Balderstone in 2004. Michael has been recognised as a PGA Master Professional for his contribution to South African golf. The BSI Golf Academy was the first elite performance golf academy in South Africa.

Four years later, an education component was added by offering the PGA Diploma, providing students with dual career paths either playing professionally or in the golf industry. Combining education and high performance sports training is now a fundamental principle across BSI.

Royal Johannesburg became the official home club of BSI Golf Academy in 2007, with the Club benefiting from +/-80 young members each year. Players come to BSI from all over the world, and there are currently 16 different nationalities in the Golf Academy.

Student and Alumni Achievements

BSI alumni include Sunshine Tour winners Toto Thimba and Yurav Premall. Yurav actually became the youngest ever player, aged 15, to qualify for the SA Open whilst a BSI Junior Academy student and Royal Johannesburg member. He also went on to make the cut in that event.

Other professional tournament winners in the BSI alumni include Stuart Smith, Reece McKain, Dayne Moore (all Sunshine Big Easy Tour) and Kelsey Nicholas. Notable national amateur wins include Reece McKain winning the SA Amateur Proudfoot Trophy in 2022.

As an institution, BSI won the SA double of the National High School Championship and National University Championship (USSA) in 2023.

High performing students include current Royal Johannesburg Club Champion Jacques van der Merwe, Golf RSA Squad member Vuyisani Makama, and international representatives Gilbert Chalwe (Zambia) and Adrian Andrade (Seychelles).

BSI alumni in the golf industry include Royal staff members Jerry Steyn, Eleanora Galletti and Tiaan van Wyk. Other notable success stories include Jeremy d'Argent, the general manager at The Links Fancourt, and Murray Smit, PGA of SA National Coach of the Year 2021 and currently the National Coach for the Singapore Golf Association. BSI alumni are working in over 25 countries around the world.





Club Competition Results

[View now](#) | October



The Old Oak Restuarant

[Book Now](#)

MIDWEEK UNWIND
WITH
Wine
AT THE OLD OAK
RESTAURANT

Recieve a bottle of wine with
your meal T&C's Apply

Recieve a complimentary bottle of wine with your meal for any booking for 2 or more people in the month of November. Valid Wednesday to Friday (Terms & Conditions Apply)

Book Now!



Need More Rounds of Golf

Pruchase a pre paid round card



Golf lessons

Enquire now



Padel Membership

Enquire now

THE RAIN
THE WONDERS





The Chefs Table

By, Ransley Pietersen | Executive Chef

Food for thought

"A [restaurant] wine list is praised and given awards for reasons that have little to do with its real purpose, as if it existed only to be admired passively, like a stamp collection. A wine list is good only when it functions well in tandem with a menu." – Gerald Asher

Wrapping up October with a bang!!

Our annual Orpheus & The Raven dinner was a resounding success with 24 guests indulging through an 8-course degustation menu. Where every course was paired with a carefully curated musical set performed by Etienne Louw, the winemaker of Orpheus & The Raven shared his inspiration behind the musical notes and why they matched each wine. Showcasing the entire range of Orpheus and The Raven wines with a lineup of 9 wines was something remarkable to experience. What made this one so special is that guests got to taste the last bottles of the Eye of The Tiger Chenin Blanc as this was a limited release from the farm.



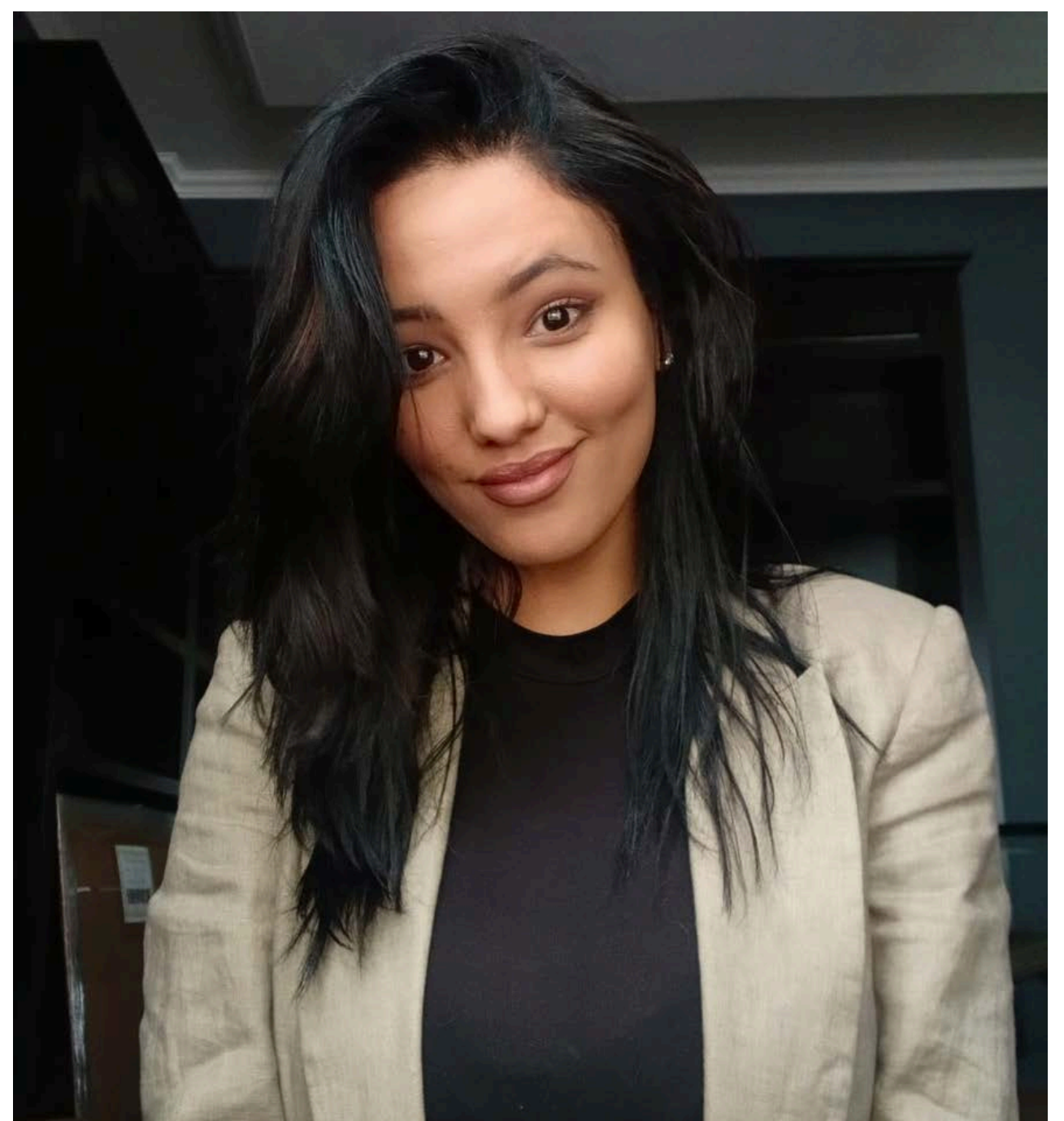


The new Orpheus and the Raven Eye of The Tiger is now a 100% cinsault and we got to open the very first bottles. No Label, no wax just pure liquid to judge off and it was quite impressive with a very well-integrated tannins structure and lingering fruit on the palette left such. A beautiful canvas for food to pair. The new Eye of the Tiger will be released to the market on the 28th of November 2024, and there's no better place to try it first than The Old Oak Restaurant.

On the 26th of October we hosted the very first Noble Roots Wine Festival in the tranquil gardens surrounding The Old Oak, celebrating the incredible wines that we produce in South Africa. With over 100 guests attending the festival and bringing the space to life was something remarkable to stand back in awe and appreciate the wonderful opportunities we have as a Club. The vibe was infectious throughout the day with a live cooking station as well as a saxophonist setting the tone for the day. Considering this was our very first festival, we were pleased with the outcome and the feedback from all guests that attended.

As we approach the festive season with a jam packed schedule, we encourage all our members to stay tuned for new and exciting events and activations happening around The Old Oak.

I would like to take this opportunity to introduce Leandre Saunderson to our amazing Club. Leandre joins the team as our new assistant food & beverage manager and will lead the team at The Old Oak. I believe that her unique approach, dedication to excellence, attention to detail and her passion for hospitality will enhance and contribute to the experience at the restaurant.





Your business playground

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.



Hello Honey

By, Clinton Duncan | Royals Bee Guy



October has brought with it the start of some summer rainfall. This has been a welcoming sign for both the course as well as the hives. With the placement of seven honey supers on the hives, the honey production is looking pretty sweet. The honey harvest will commence in the first week of November and this is due to the jacaranda trees flowering slightly later this year. Please keep an eye on the Club's social media platform as the Royal Honey will sell out fast. Remember, this is an award-winning South African honey, a seasonal harvest and one of the only honeys which has been produced by bees caught and managed at a golf facility in the country.

One bee removal has been completed for the season with bees occupying a valve box cover near the staging area.

You will hear a strong humming buzz around the course, there are a few reasons why. Reason 1 - male bees from colonies occupying surrounding areas come together for an annual meet to chase down a virgin queen, reason 2 - bees from surrounding colonies are swarming which is a natural occurrence during the spring/summer period which promotes the growth of the bees species, reason 3 - bees are foraging in their numbers.





Your health & wellness fix

POWER FOR GOLF STARTS IN THE GYM

Power for Golf Starts in the Gym

In my last article, I explored the importance of strength training for golf and how professional golfers have embraced resistance training as a vital part of their fitness regimens. This month, we delve deeper into a critical element of resistance training that can elevate your golf game: power.

Understanding Power in Golf

Power is a multifaceted concept, especially when it comes to golf performance. While not every golfer possesses the innate ability to hit the ball farther, the good news is that power can be developed through targeted training. Simply put, power in movement is defined as the ability to exert force quickly. This means that while building muscle mass through strength training is essential, it's not the only factor. Speed is the key to translating strength into power.

The Power Training Paradigm

When we think of power training, we often picture dynamic movements. In the gym, typical power exercises include plyometrics, Olympic lifts, and speed/agility drills. These exercises can be categorized into the three main anatomical planes of the body:

- Sagittal Plane: Divides the body into left and right halves. Common movements include kettlebell swings, jump squats, and box jumps.
- Frontal Plane: Divides the body into front and back sections. Exercises such as lateral bounding and medicine ball throws engage this plane.
- Transverse Plane: Divides the body into upper and lower sections. This plane is crucial for golf as it involves rotation, yet many golfers neglect rotary power movements in their training.

 **concept 2** Ski**ERG**

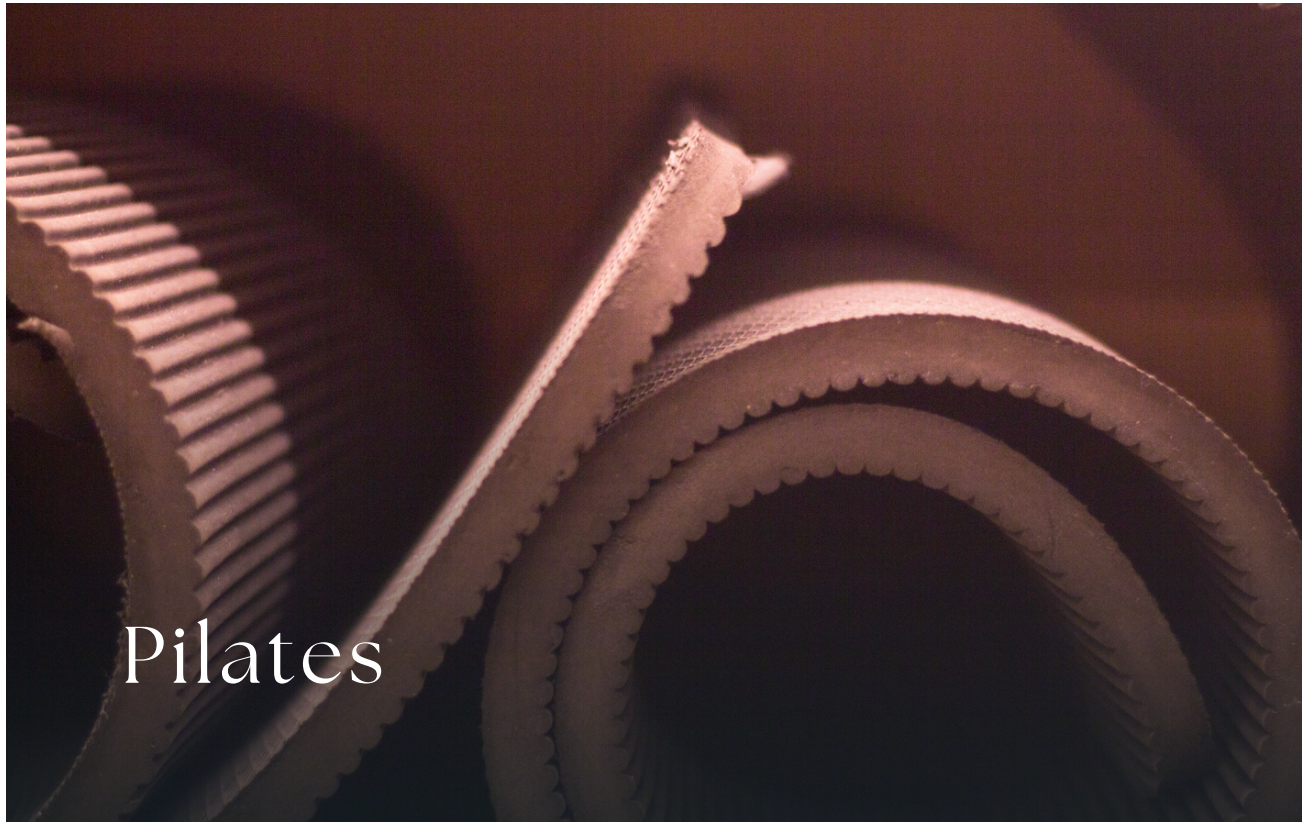
Improve the power, speed and motion of your golf swing whilst boosting your conditioning with full-body, impact-free workouts.



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'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.





AimPoint

Sandra van den Bergh

Certified level 3 AimPoint Instructor

Another SA AimPointer in the winner's circle

About a year ago Jonathan Broomhead did his AimPoint Express and Personal Calibration with me and continues to use this world-renowned green reading method. On 14 Apr he claimed his maiden Sunshine Tour title in the Tour Championship delivered by The Courier Guy at Serengeti Estates.

On Sunday 13 October 2024, Jono was able to daub his scorecard with red numbers for birdie as he charged up the leaderboard in the final round to secure himself a place in the playoff, which he subsequently won to claim the Vodacom Origins of Golf Wild Coast title at the Wild Coast Sun Country Club on Sunday. Broomhead shot a tremendous seven-under-par 63 on Sunday, which included nine birdies, as he posted the clubhouse lead at 11 under par. Two hours later, it was only Luke Brown, who fired a brilliant 66, who managed to match that score. Brown and Broomhead then both parred the 348m, par-four 18th twice before Broomhead nailed a 20-foot putt for birdie on the third playoff hole, to secure his second Sunshine Tour title. Published by Complete Golfer.com



Jonathan Broomhead

AimPointers in the Top Golf RSA Men and Women's Open Amateur

Super happy for AimPointer Zane' Kleynhans currently ranked #1 Golf RSA Woman Amateur, and going from strength to strength. I first met her in 2019 when she was only 12 years old teaching her AimPoint, and she has been using it with great success ever since.

Astin Arthur and Jordan Burnand (ranking #1 and #2 Men's Open Amateur) both learnt AimPoint with me in the last 12 months at the world class putting facility at Royal JHB. Wishing them every success going forward in their careers in golf.



Shave shots off your handicap with AimPoint

Read this article by amateur Barry Plummer as he shares how AimPoint assisted him to reduce his handicap and eliminate 3-putting <https://www.golfmonthly.com/features/i-tried-aimpoint-for-three-months-and-shaved-5-shots-off-my-handicap-its-time-for-more-amateur-golfers-to-use-it?>

AimPoint XMAS and BIRTHDAY gift vouchers are available - the perfect gift for the golfer in your life.

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Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)



UNDERSTANDING GOLFER'S ELBOW AND SIMPLE EXERCISES TO EASE SYMPTOMS

What is Golfer's Elbow?

Golfer's elbow, or medial epicondylitis, is a common overuse injury characterized by pain and inflammation on the inside of the elbow. It results from repetitive gripping, lifting, or swinging motions, which strain the forearm muscles and tendons that connect to the elbow. This discomfort can hinder both performance and enjoyment on the course. Fortunately, specific exercises can help alleviate symptoms and prevent future strain.

1. Wrist Flexor Stretch

- How to Do It: Extend your arm out with the palm facing up. Use your opposite hand to gently pull down on your fingers until you feel a stretch along the inside of your forearm. Hold for 15–30 seconds and repeat 3 times on each arm.
- Tip: Keep your arm straight to target the forearm muscles effectively.

2. Forearm Pronations and Supinations

- How to Do It: Hold a light dumbbell or even a water bottle with your elbow bent at a 90-degree angle. Slowly rotate your hand, turning your palm down (pronation) and then up (supination). Do this for 2 sets of 15 repetitions per arm.
- Tip: Move slowly to control each rotation, focusing on working the muscles and tendons of the forearm.

3. Grip Strengthening Squeeze

- How to Do It: Use a tennis ball or a stress ball and grip it in your hand, squeezing for 5 seconds before releasing. Perform this exercise for 2 sets of 10–15 repetitions.
- Tip: Maintain a relaxed wrist to avoid excess tension on the elbow.

These simple exercises can make a significant difference in reducing the discomfort of golfer's elbow, improving both your grip strength and swing control. Consistency with these stretches and strengthening movements, combined with rest, is key for recovery and prevention.

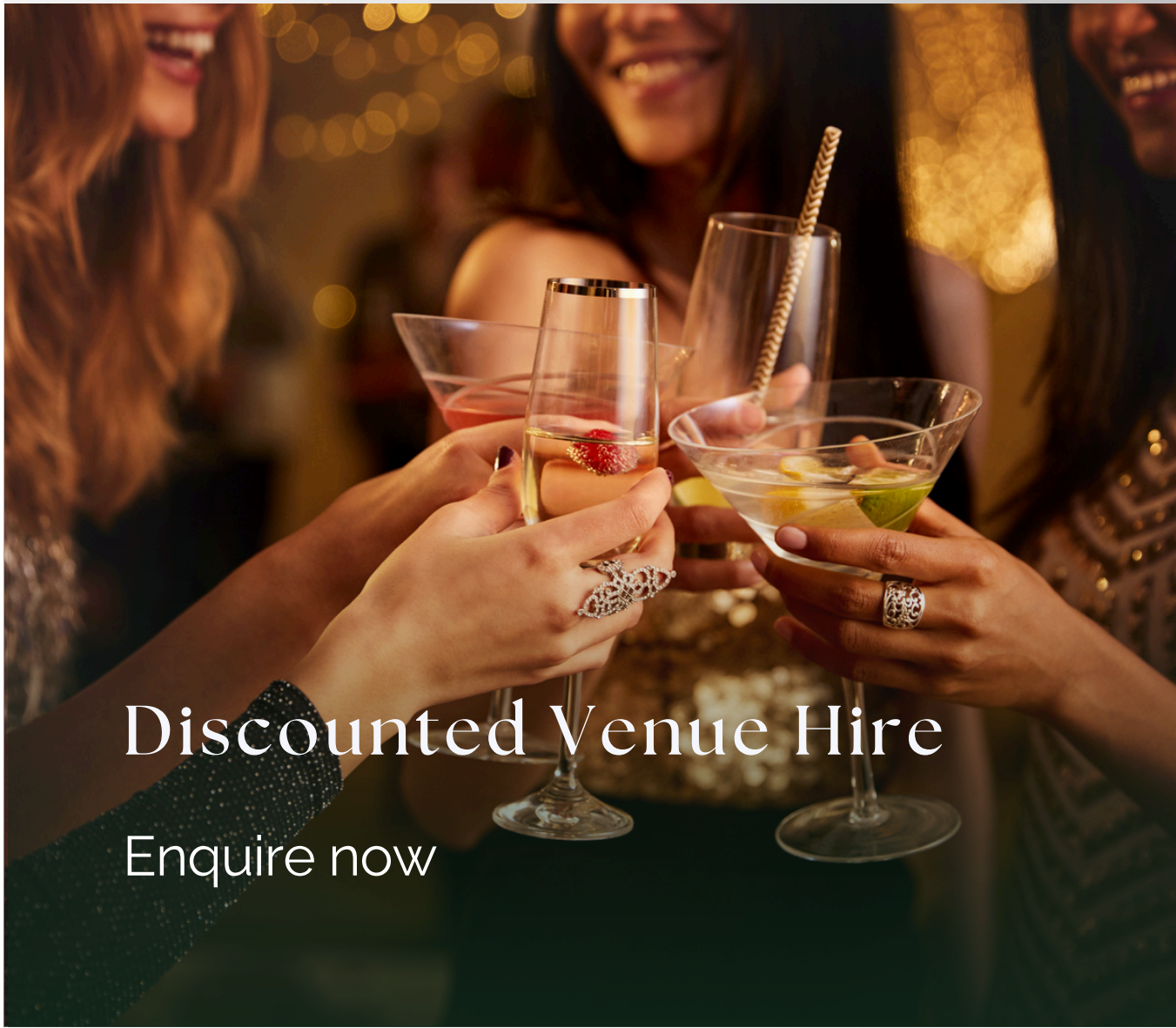






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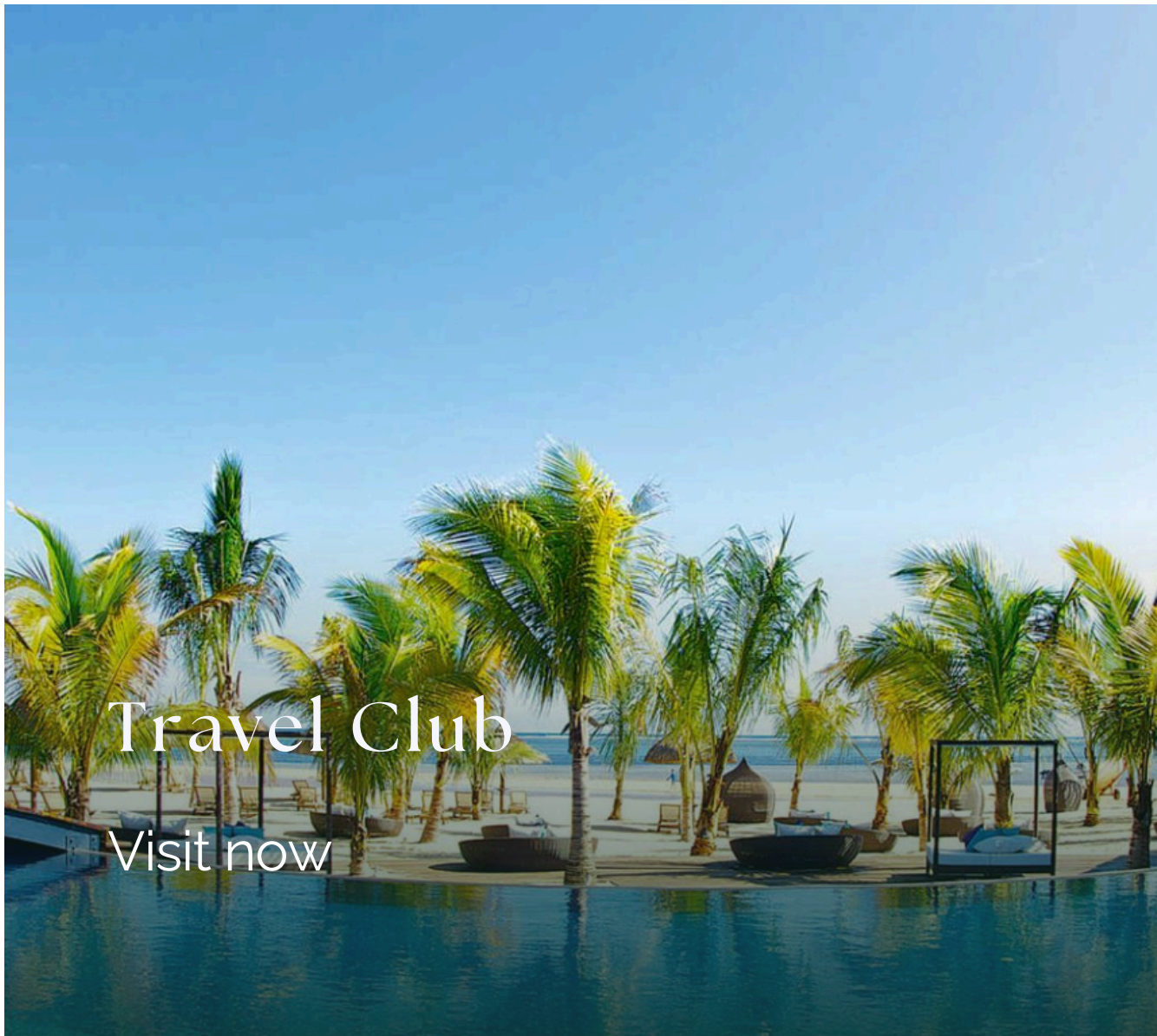
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Royal Johannesburg
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