

Good Times

September 2024 | Issue 9

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

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A NEW CLASS
OF DRIVERS

Titleist

Forenote

By Candice Humphrey

September often serves as a transitional month where the weather becomes a blend of lingering warmth and the hints of cooler days past. The prospect of rain brings a refreshing change, nourishing the earth and preparing it for the upcoming seasons. However, the occasional cold snaps remind us that summer has not fully arrived, creating a unique interplay of temperatures that can be both invigorating and unpredictable.

We start this month's newsletter off with some delightful news. It is with heartfelt congratulations that we celebrate the arrival of Fourie Steyn, the newest member of the Steyn family. We extend our warmest wishes to our Course Manager, Jerry Steyn, his wife, and their daughter on this joyous occasion. May this new chapter bring an abundance of love, happiness, and cherished memories for the entire family. Welcome to the world, baby Fourie!



As we bid farewell to September, we are filled with gratitude for the tremendous support shown by our members during our annual Festival of Golf and it wouldn't have been possible without your participation. As we transition into what we affectionately term the "silly season" in the hospitality industry, we eagerly anticipate welcoming you and your families to the Club. The coming months promise to be filled with joy, camaraderie, and memorable experiences. Thank you for being a vital part of our Royal Family



From the Clocktower

By Jason Bird



Dear Esteemed Members,

I hope this message finds you well.

As I complete my second month as your new CEO, I am acutely aware of the importance of understanding the intricacies of this substantial business and the focus required in the preparation for our 133rd AGM holds. In saying this, I have not yet had time to meet as many of you as I would have liked. In the coming months, I will ensure that it is a priority of mine to improve on this and dedicate as much of my time as possible to meet with as many of you as I can and hopefully even get a few games of golf in, on our wonderful courses. Your thoughts, experiences and aspirations for our Club are invaluable to me.

The last two months have involved various meetings with our current and potential future partners and suppliers who are essential to the successful operations of our business.

As is customary with contracts, fine-tuning and improvements are often necessary and important for progress, and some of our contracts may need more complete reconsiderations than others. Having said this, I want our members to rest assured knowing that the wellbeing of the Club and the benefit to members are always prioritised during these discussions. Considering the devastating state of affairs at Country Club Johannesburg's, Auckland Park property recently, it is crucial for us to re-evaluate and refine our relationships with suppliers and other partnerships to ensure that our facility is well looked after, well covered and prepared for all possibilities.

In terms of operations thus far, our first quarter has produced mixed results. While July, in keeping with tradition, has shown rather average results, August has thus far revealed improvement and is reflecting positive figures. In our next newsletter, I will share in greater detail, the results of the first quarter with you.

I am excited about the incoming new era of our Club, with both management and Board changes [RM1] [RL2] having been made and soon to be made. The quantity of Board nominations is reflective of a strong membership who are throwing their names in the ring to make positive and relative contributions to an already powerful and vibrant club.

It is crucial that we capitalize on this strong foundation as we move forward with focus and care. Please join us for our Clubs 133rd AGM on Wednesday the 2nd of October at 6pm.

I would once again like to extend my heartfelt gratitude for the warm welcome and continued support.



Save the date

133RD ANNUAL GENERAL MEETING



ROYAL JOHANNESBURG
EST. 1890

WEDNESDAY, 2ND OCTOBER 2024
18H00 | ST GEORGES ROOM



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

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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



WE AWAIT THE AFTERNOON THUNDERSTORMS
FOR THE COURSES PLAYABILITY TO IMPROVE

After a successful hollow tining of the East Championship course, the greens are recovering nicely. With a small drizzle and cold snap in the middle of September, we now await the rain. The much-needed saturation of both courses will greatly improve the playability of both courses.

The 2024 Hyundai Fiesta of Golf closed off September with a spicy flair, and we hope all the members enjoyed our unique festival events, we look forward to bringing them all back next year bigger and better!

This month's staff spotlight goes to our Golf Events Manager, Eleanora Galletti. From golf days to the social scene, Ele binds the golf team and ensures there are always some laughs in the office.

"The secret of golf is to turn three shots into two."
- Bobby Jones

GOLF EVENTS MANAGER

ELEONORA GALLETTI

Designation	Age:	Zodiac Sign:	Handicap Index
Golf Events Manager	26 years old	Aquarius	2.5



WHAT INITIALLY DREW YOU TO WORK AT THIS GOLF CLUB?

Before I started working here, I'd already been a member of the Club for many years. When I saw there was an opening for the Golf Events Coordinator position, I figured it was the perfect mix of my love for golf and event planning, so I sent in my CV and went for it. Royal Johannesburg is such a special place for me, and I've grown both as a person and in my knowledge of the industry while working here

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

My absolute favourite memory working here so far has to be hosting the Waterfall City of Champions Sunshine Tour event this past May. It was my first time planning such a prestigious tournament and watching it all come together was incredible. With the amazing support of the Royal team, everything ran smoothly, and it was such a rewarding experience to see it all unfold perfectly.

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

Golf has been my whole life, and it's something I've always just understood. The game and the industry are always changing, which makes it fun to be part of. It's not just about getting better at golf, but also building business skills. That's what I love most—always learning and growing.

WHAT ARE YOUR LIKES AND DISLIKES IN GENERAL?

I wouldn't say I have any real dislikes, but there are definitely some challenging moments in this industry. That's just part of life, and challenges can always be overcome. As for what I enjoy, I love seeing all the planning finally come together!

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

Ironically, as most of you know my biggest hobby outside of work is golf! When I'm not swinging clubs, I love chilling at home and definitely sneaking in a lazy day now and then. Family time is a must, and I love binge-watching Netflix 😊

League

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

Scratch League 2nd Team – Currently in T2 in the C Division.

Senior Betterball - Royal West in 6th place and

Senior Betterball - Royal East in 14th place after 1 Round.

Betterball league, East Team – Currently in T3 in the B Division

Betterball league, West Team – Currently in T9th position in the C Division

Mid Am league – Currently in 1st place in the A Division.

Junior league – Currently in T4 in the B Division.

Ladies Sunday League – Currently in T4th position in the A Division.

Ladies Weekday League – Currently in 2nd position in the A Division.



EMPLOYEE OF THE MONTH

September 2024

Kwanele Matutu

Food & Beverage



October

2024

Wednesday 2nd Octotber	133rd Annual General Meeting Club Comp - Ind Stableford
Saturday 5th October	Betterball Stableford
Sunday 6th October	Alliance 2 scores to count Mens Betterball League Rnd 10
Monday 7th October	East Course Closed
Tuesday 8th October	Ladies Comp - Ind Stableford (Draw)
Wednesday 9th October	Club Comp - Betterball Stableford
Thursday 10th October	Ladies Weekday League Rnd 10
Saturday 12th October	Ind Medal (East) Ind Stableford (West) Mi-AM Rnd 9
Sunday 13th Ocotber	Betterball Bonus Bogey Senior Beterball League Rnd 3
Monday 14th October	West Course Closed
Tuesday 15th October	Ladies Comp - Betterball
Wednesday 16th October	Club Comp - Bonus Bogey
Saturday 19th October	Betterball Bonus Bogey
Sunday 20th October	Individual Stableford Ladies Sunday League Rnd 9
Monday 21st October	East Course Closed
Tuesday 22 October	Ladies Comp - 3 ball Alliance
Wednesday 23rd October	Club Comp - Golf Directors Surprise
Saturday 26th October	Alliance 2 Scores to count
Sunday 27th October	Betterball Stableford Men's Scratch League Rnd 7
Monday 28th October	West Course Closed
Tuesday 29th October	Ladies Comp - TBC
Wednesday 30th October	Club Comp - Beterball Stableford

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

The ladies have been busy this month with the Tuesday ladies starting the month off with the Solheim Cup played on 10 September. It was a fun day and everyone embraced the spirit and particular thanks to our two captains, Sherida Stevens of the USA and Anne Barrow of Europe, for the encouragement of their players on the day. It was USA's time to win this year so well done to Sherida and her team.

September was not kind to our league teams with all three of the teams losing their matches. The weekday 1 team lost to Kyalami at Kyalami, the weekday 2 team lost to Bryanston on the West course and the Sunday team lost to Bryanston, at Bryanston. All very tough games and with one game to play in the weekday divisions and two in the Sunday division, our ladies still have everything to play for. Good luck ladies.

Our annual past lady captains lunch was held at the Old Oak Restaurant in mid-September and what a wonderful meal the 12 past lady captains enjoyed. It is always so lovely to get together and talk about the past and how different things are now and how the role of the lady captain has changed. We are very fortunate to be able to celebrate together each year and although we missed Julie McWilliam at the table this year, we thought of her and spoke so fondly about her.



Our Fiesta week is in full swing and we look forward to hosting our postponed Wimbledon Spring Fiesta Day on Tuesday 1 October, which will bring an end to the festival week. We will also be playing host on Sunday 29 September, on the West course to 18 mixed couples from Country Club Johannesburg as we compete for the Ryder Cup Trophy that was last played for in 2019. This was always such a popular date on our golf calendar so hopefully it is back for good now and the results for this year's contest will be published in next month's newsletter.

Thanks ladies and I look forward to seeing many of you at our 133rd Annual General Meeting to be held on Wednesday 2 October at 18h00 in the St Georges Room.

Have a wonderful month and good health to you all.





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I had the privilege of hosting two Royal Johannesburg teams at The Links Invitational in Ireland this week. Remarkably, Dublin's weather surpassed Johannesburg's for the first four days! Our tournament format consisted of a better ball stableford competition played across three courses, where teams' daily scores were accumulated over three rounds. Each day, players were paired with different partners.

My team comprised Bruce Harris, Graeme Finke, and Gavin Steer, while our second team included Matt Martino, George Mouskides, Martin Briede, and Pete Solomon. The Royal A team led after two rounds but faced insurmountable conditions on the final day at The European Golf Club, ultimately securing a commendable fourth-place finish. To put this in perspective, the highest better ball score that day was 34 points.

The first two rounds took place at The Island course and Portmarnock, the latter ranking among the finest courses I've played, a sentiment echoed by our travelling party.

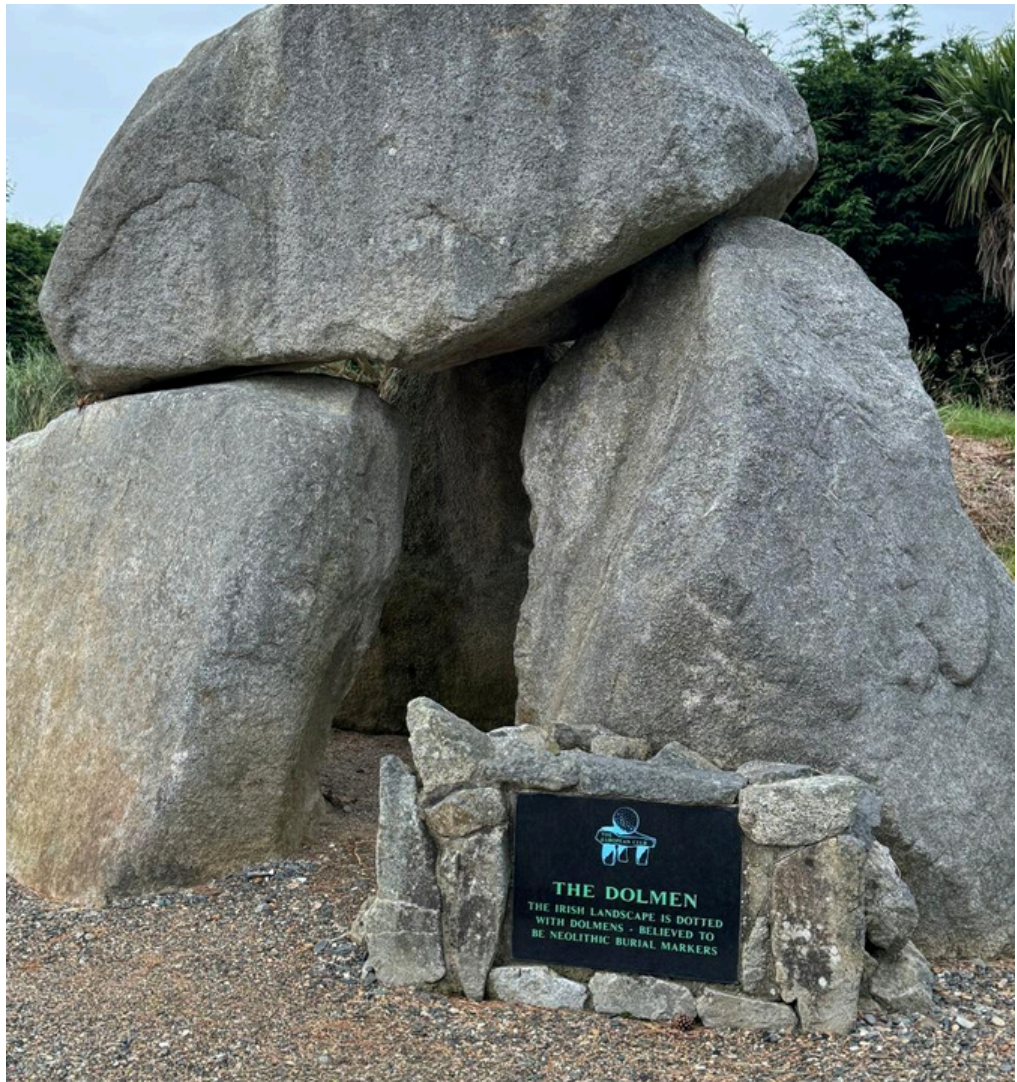
Special Offers

- All clothing: 30% off for one more week, then select items remain discounted.
- Titleist equipment sales continue to dominate. Book a fitting with Greg and enjoy a 10% member discount.



Titleist

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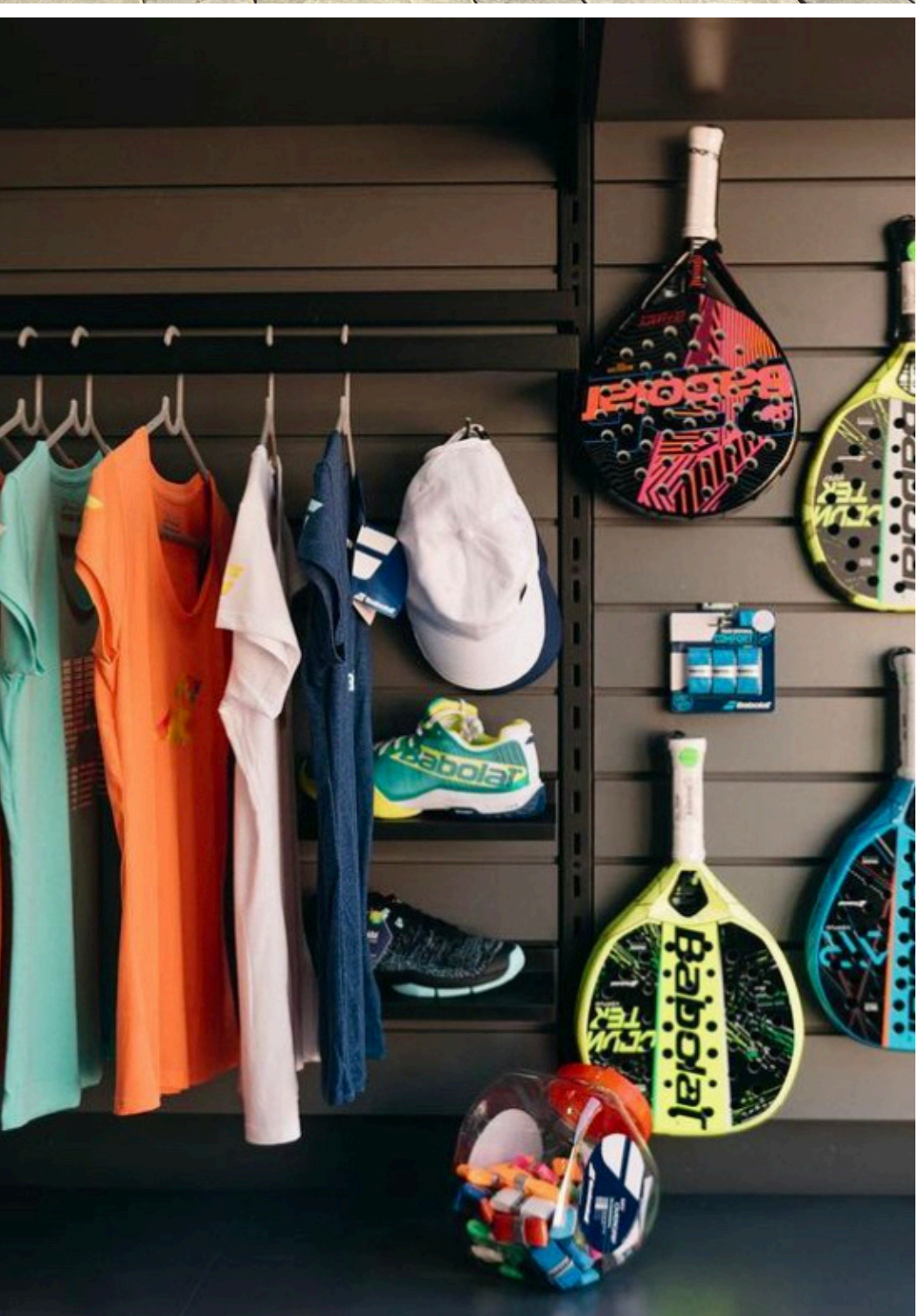




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Trevor Barnett

From East to West

By, Jerry Steyn | Course Manager



A n t i c i p a t i n g t h e a r r i v a l o f s p r i n g !

It is hard to believe spring has arrived - the seasons are moving past us rapidly this year. As I reflect on one of the most iconic winters experienced, it has been an exceptional one for us. As most would comment that it wasn't a cold one, we did experience some of the coldest mornings during this winter. Our frost started earlier than normal, and we had prolonged frosty mornings which then lead to the courses being affected and reaching dormancy quickly.

The courses have since started to return to back to life. The East course greens, and surrounds were hollow tined in the first week of September, and full recovery is expected by the end of September. The greens are still a bit bumpy and sandy, but this will soon disappear and they will be back to their full potential in no time. Our dams on the East are starting to lose water due to evaporation from the heat experienced over the last couple of weeks. We are in dire need of rain, as our last decent recorded rainfall was earlier this year in May.

The range project is nearing the end, with the green's extension being the last part of this project. The grow in is starting to take shape and hopefully we get some rain to facilitate a speedy grow in.

Upcoming maintenance of the courses:

- West will be vertidraind on Monday 14 October followed by a light sanding.
- We have two dates set for fertilizing the East course - the first date being 7 October and the second date, the 21 October. This will be weather dependent and hopefully we would have received some rain to allow us to proceed with this planned practice.
- The tee's on both courses will also be hollow tined in a phased approach - we will do half a tee, allow for recovery and then follow with the other half.

It is also with great sadness that we advise the members of the passing of Jabulane Zwane. Jabulane passed away on Thursday 26 September from cancer. He went on disability leave in April to be with his family and receive the necessary treatment. He played a huge role in our East course renovation and also all the accolades following the renovation. Jabulane was also very special to me and my career as we have learned and completed so many challenges in our time together at Royal - ones that I will cherish and never forget. He was always such a happy soul, his work ethic was beyond measurable and he would always go the extra mile. Our sincere condolences go out to his family - he will be fondly remembered.



Tip of the Month

By, Martin Briedé | Head Teaching Pro



The work on the short game practice area at the drivingrange is well on its way. Its going to awesome with a much bigger green for practising putting, chipping, pitching and bunker shots. The driving range is open and operational but hitting is off mats. The grass tee is growing in nicely.

Last week I was lucky enough to experience playing in The Links Invitational in Dublin Ireland with Greg Jacobs and Royal members Bruce Harris, Graham Finke, George Mouskides, Matthew Martino, Mike Berriman, Nic van der Walt, Jan Louis Nel and Peter Solomon.

We had practice rounds at the K Club and Royal Dublin and then for the tournament three rounds on the great links courses of Portmarnock, The Island Course and The European Club. What an incredible experience, Portmarnock was by far my favourite course, a stunning links course. By and large, the weather was favourable and pleasant however the playing conditions at The European Club were brutal, cold, windy and rainy.

The Links Invitational is a truly international event with the Royal Johannesburg teams being paired with teams from throughout the world. The photo below is Matthew and I with the team from The Santa Claus Golf Club in Lapland, Finland.

A truly unbelievable experience with awesome members of our great Club. Travelling does make you aware of how special Royal Johannesburg is in terms of a Club and quality of golf courses. I'm looking forward to getting back home.

This month Gavan Levenson will be giving us the tip on getting out of the bunkers.

Come along down and improve your game.

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715





Monthly Golf tip - September 2024



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Club Competition Results

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ROYAL JOHANNESBURG

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THE RAVEN

WITH WINE MAKER ETIENNE LOUW

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The Chefs Table

By, Ransley Pietersen | Executive Chef

Spring is nature's way of saying: 'Let's Party!' Now that the hibernation is over and our surroundings start coming back to life, it is important for us to look to the next chapter of the year with optimism and excitement.

With September wrapped up with a great Mexican Fiesta through the Festival of Golf our next party destination is The Old Oak for the month of October with so much to celebrate throughout the month.

I would like to invite all our members to visit and take advantage of the Restaurant Week special that we are running for the period of 27 September- 4 November. Indulge in a 2-course lunch & Welcome Drink for R 455 or a 3-course dinner & Welcome drink for R 595 per person. The menu boasts some of our signature dishes over the last two & a half years.





The most exclusive dinner of our calendar is scheduled for the 25th of October celebrating the world class wines of winemaker Etienne Louw from the Vinoneers showcasing his Orpheus and The Raven portfolio. The true myth behind this experience is not being present when the tales of Orpheus and The Raven are shared, accompanied by music curated to pair with the wine and a 7-course meal pairing included. This has never been done before and we are privileged to bring this experience to Royal Johannesburg at The Old Oak. We will also be opening the first ever bottle of Orpheus & The Raven Eye of the Tiger Cinsault on the evening part of the incredible line up. Ending off the evening with an auction of the last bottles of Eye of the Tiger Chenin Blanc.



ROYAL JOHANNESBURG

**ONE OF A KIND
CHEFS TABLE**

**ORPHEUS &
THE RAVEN**

WITH WINE MAKER ETIENNE LOUW

THE OLD OAK RESTAURANT
FRIDAY 25 OCTOBER
18h00 for 18h30
R 1 750 PER PERSON
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Your health & wellness fix

DISTANCE CONTINUED: STRENGTH – THE FOUNDATION FOR MORE DISTANCE

In our last two newsletters, we explored various factors that help you hit the ball further, focusing on training techniques. This month, let's delve into the importance of strength.

What Does Strength Mean for Golf Distance?

To generate more force and accelerate your golf club faster, you need a stronger “engine.” This can come from increased muscle mass, body weight, or both. Strength training has become a crucial component of modern golf training, with today's golfers often being top-tier athletes in their own right.

Improving your strength can enhance your ability to accelerate the club, which may lead to greater driving distance. Statistics indicate that increased driving distance is a significant contributor to earnings on tour—perhaps a discussion for another newsletter.

Many professional golfers have transformed their physiques to boost their game. For instance, Tiger Woods evolved from a lean amateur to a powerhouse in the early 2000s, where he was practically unbeatable. Brooks Koepka similarly built his strength, which contributed to his rise to World No. 1. Bryson DeChambeau took this further, gaining enough muscle to compete (and compete well) in the World Long Drive Championship.

But what does this mean for you as a recreational golfer?

1. Increased Speed: Greater strength allows you to create more speed with the club, leading to potential distance gains—assuming you are addressing your technique with a PGA Teaching Professional.
2. Better Control: More strength means you can manage your existing speed more efficiently, helping you achieve the goal of consistent performance in golf.
3. Injury Prevention: Building muscle protects your joints, ligaments, and tendons from the added stress that comes with increased speed.

While these benefits are compelling, the challenge lies in training intentionally. Understanding which muscles to strengthen and which to stretch is vital to ensuring that your gym efforts support your distance goals

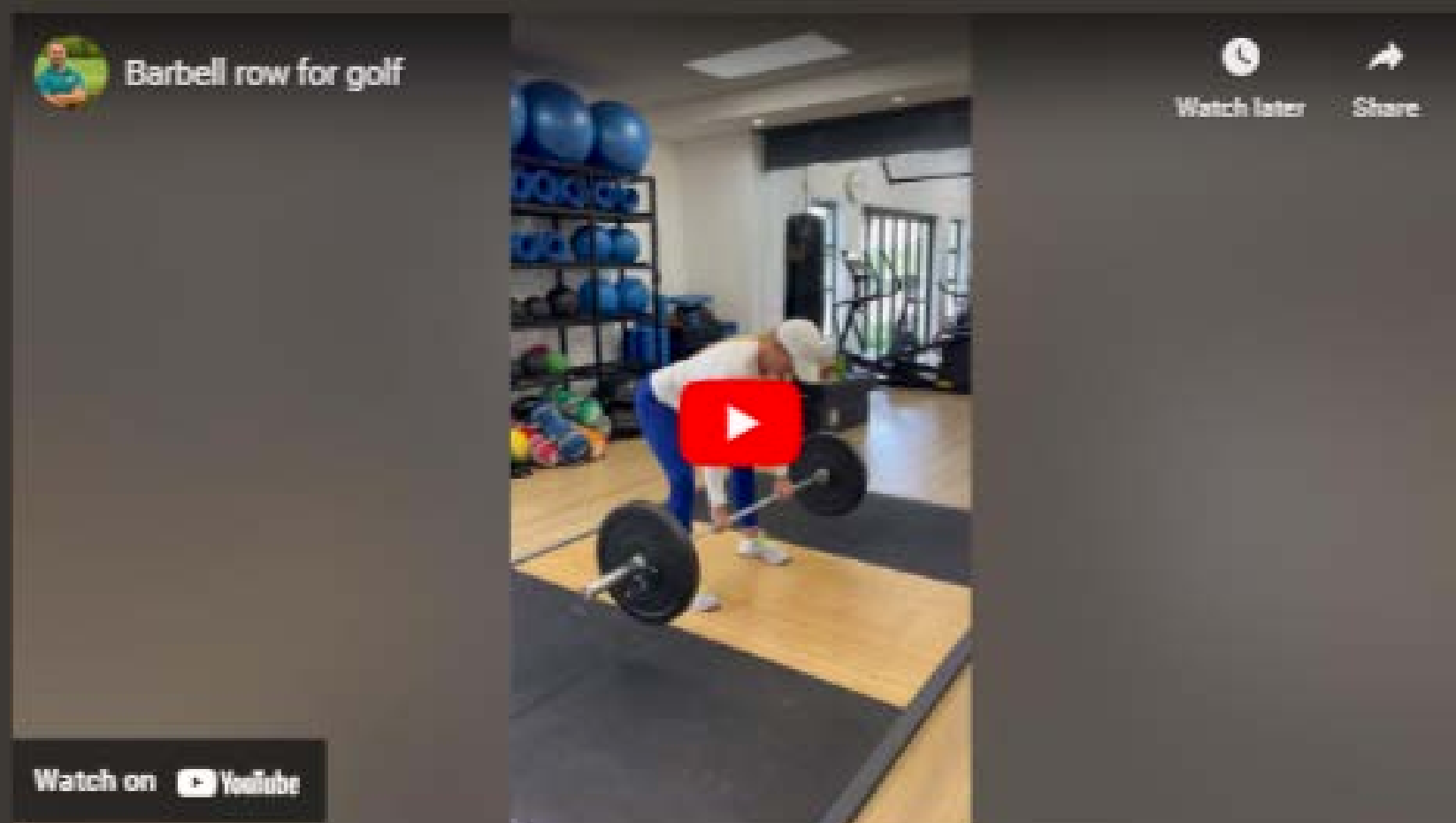
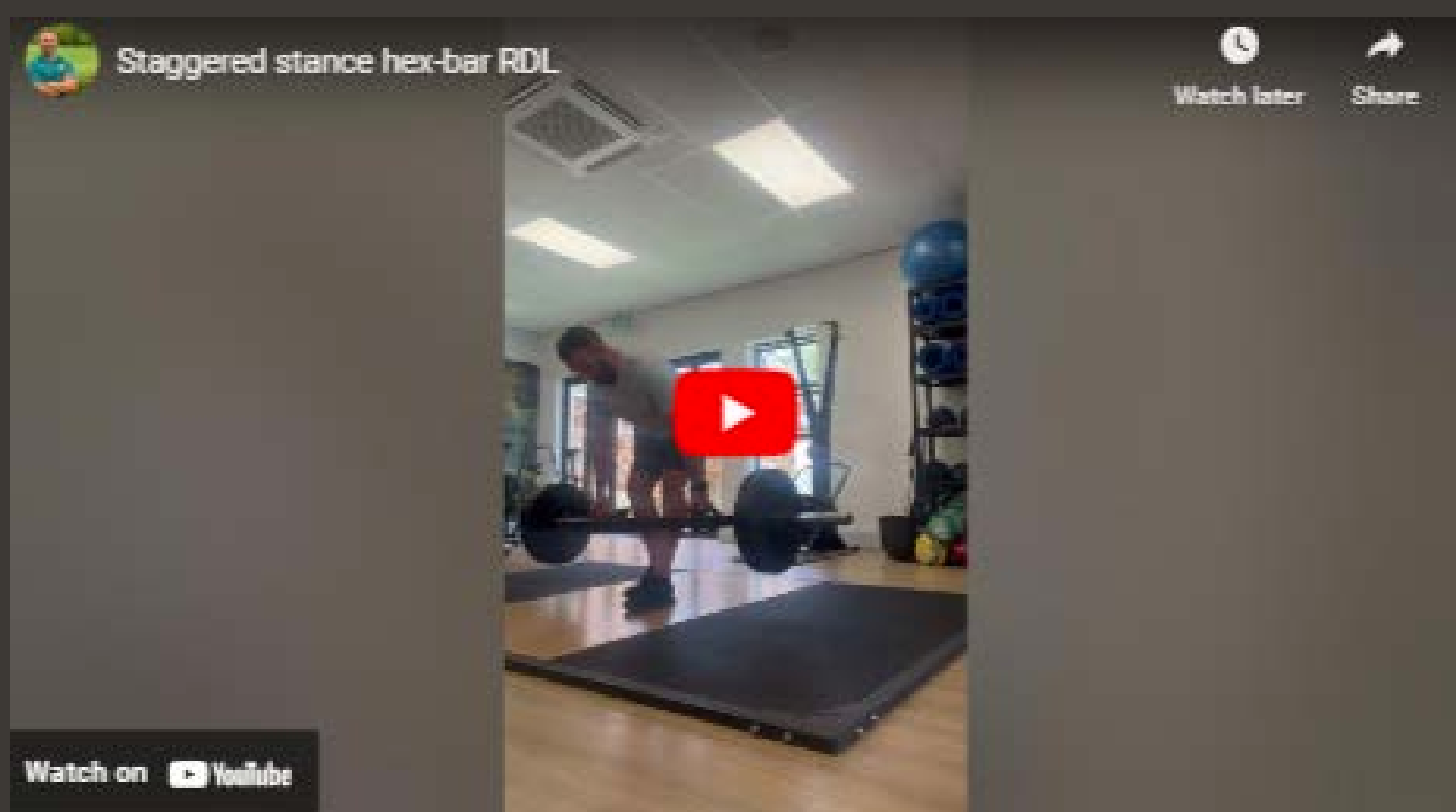
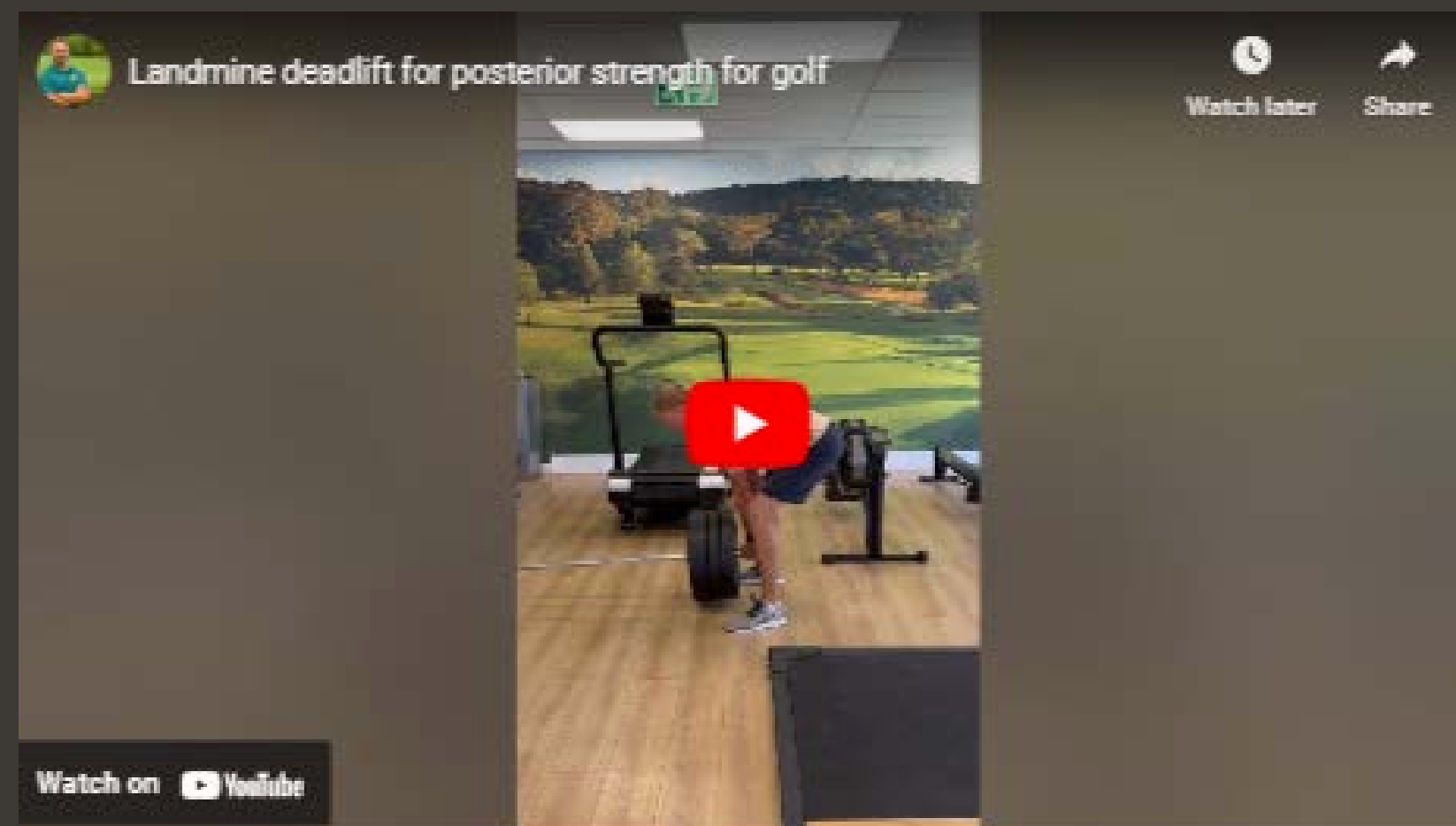


Three Key Areas to Focus on for Strength:

Grip Strength: Your grip is your only connection to the club. A stronger grip stabilizes the clubface, especially in tough conditions, and allows for a more relaxed grip pressure, enhancing clubhead release. Exercises like deadlifts can significantly improve grip strength.

Lower Body/Glute Strength: The glutes are essential for power generation, stability, and hip rotation. Target them with exercises like deadlifts, lunges, and Bulgarian split squats.

Back/Posterior Shoulder Strength: Strengthening your upper back and shoulders is crucial for maintaining golf posture and generating clubhead speed. Incorporate exercises like seated rows and lat pull-downs into your routine.



Naturally, the application of exercises should be done with the guidance of a professional within the structure of a tailored program. This will ensure that you can train safely, and effectively in the gym.

To book a TPI Assessment or discuss a personalized golf fitness program, visit www.gavingrovestraining.co.za or email me at fitness@royaljhbc.co.za. Let's strengthen your game!

HOME SWEAT HOME

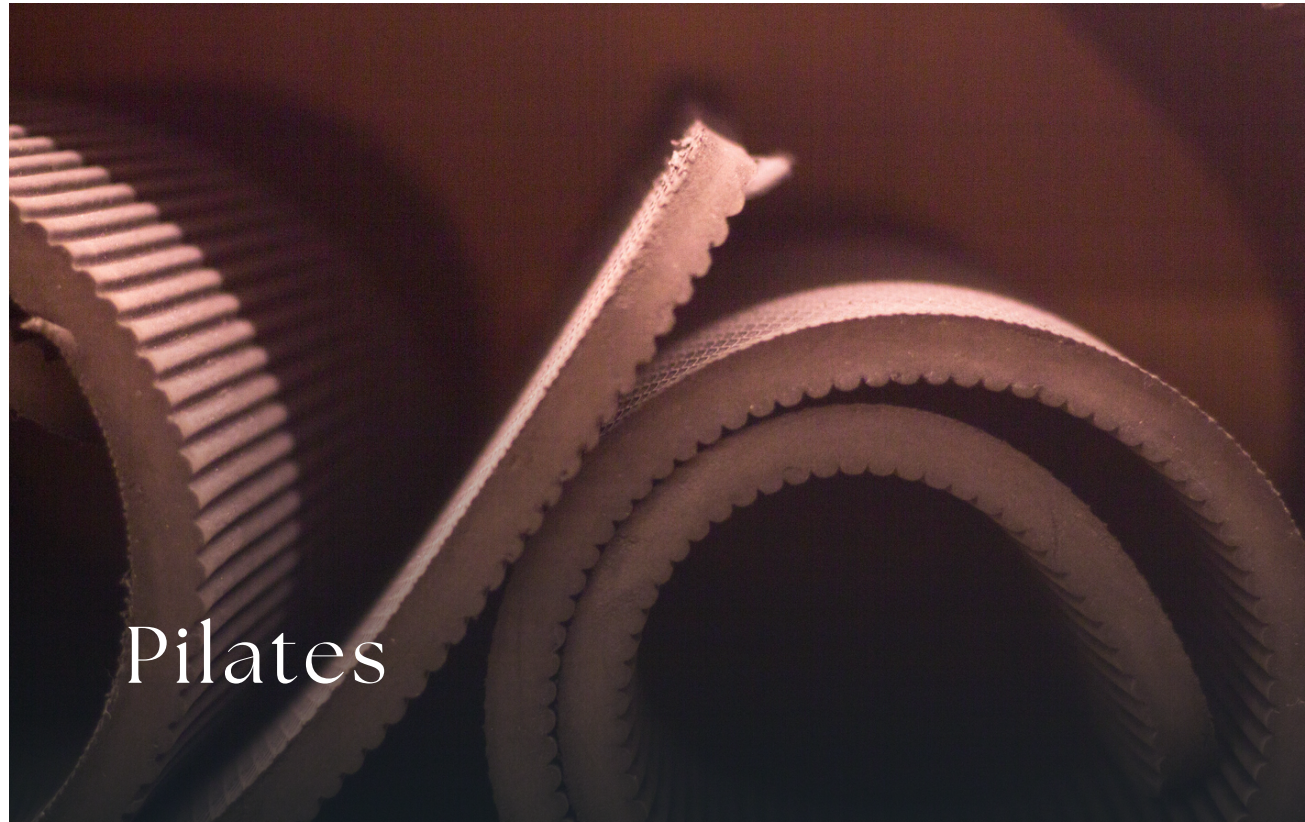
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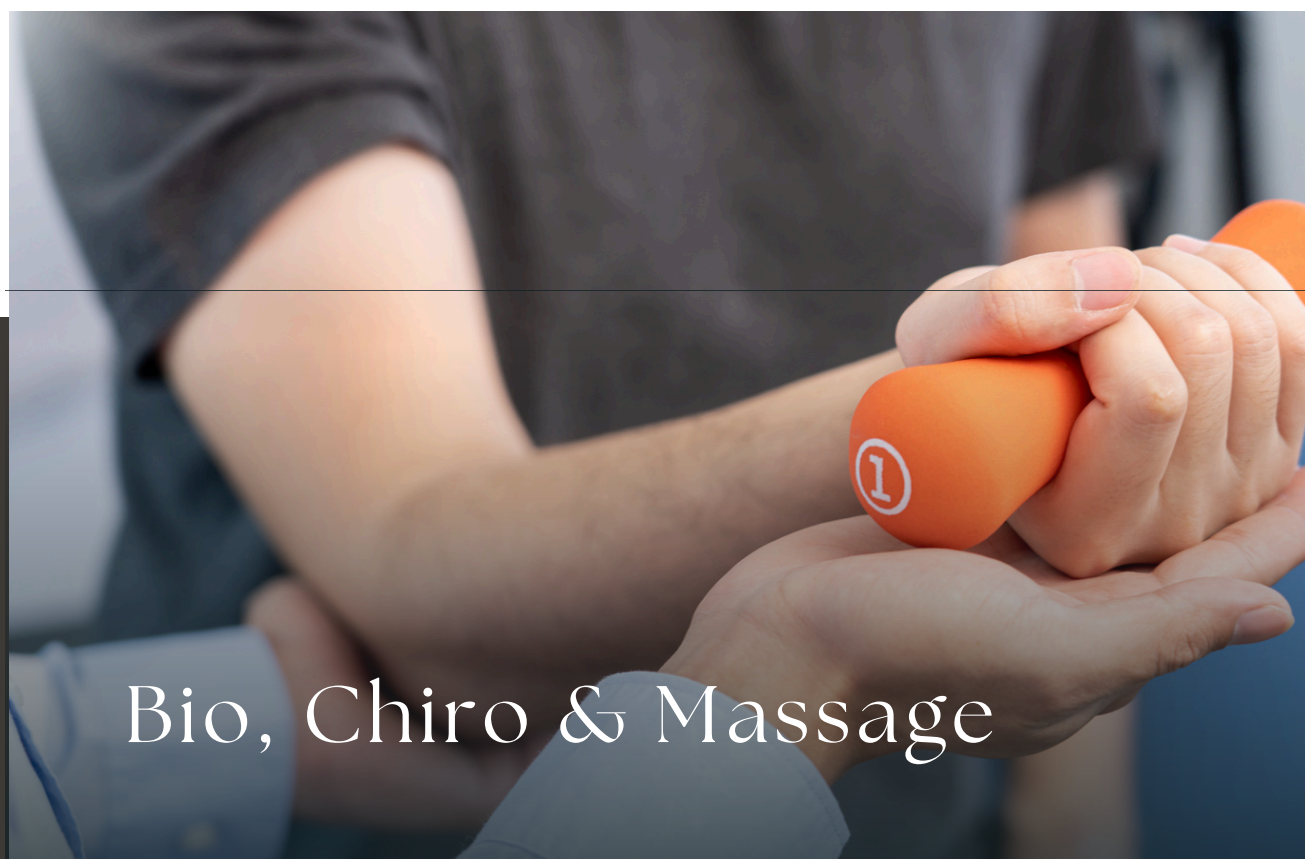
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AimPoint

Sandra van den Bergh

Certified level 3 AimPoint Instructor

Weather was freezing but the putting was HOT!

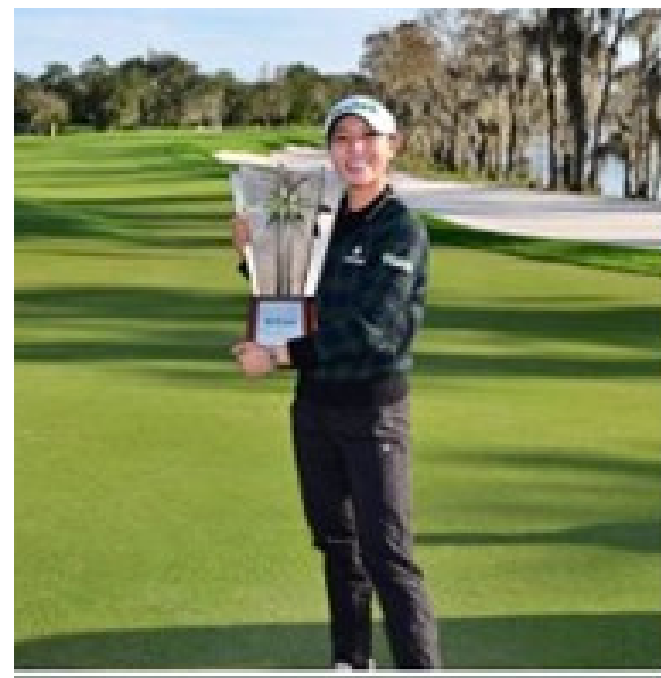
Friday 20 September was probably the coldest teaching day for me of 2024, and that in Spring.....The weather might have been freezing, but the putting was . This group of golfers from Waterfall City Management Company attended a two-hour AimPoint Clinic and experienced the best green reading and speed control system used by more than 65% of the world's best pro golfers.

"I played Golf twice after your lesson and have already experienced the impact. It was a great experience! Thank you very much!" – Willie Vos CEO.



AimPointer Lydia Ko wins again

This last week, Lydia Ko was crowned winner of the Kroger Queen City Championship, blitzing the field by five shots to claim her third LPGA Tour title of the 2024 season (she also won 2024 Hilton Grand Vacations TOC and 2024 AIG Women's Open, not to mention a gold medal at the recent Olympics).



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Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)



What an Injury Means to Your Golf

Golf is often seen as a low-impact sport, but the physical demands of the game are significant, especially on your body's key joints, muscles, and soft tissues. Whether you are swinging a driver off the tee or bending down to retrieve your ball, each movement requires a coordinated effort from your body. Unfortunately, injuries—whether they are acute or chronic—can disrupt this coordination and throw off your swing mechanics, ultimately affecting your game.

Common Golf-Related Injuries and Their Impact

While golf injuries can affect any part of the body, some areas are particularly vulnerable, including the lower back, shoulders, wrists, and knees. Each of these injuries can have a unique impact on your golf swing mechanics:

- **Lower Back Pain:** The rotational motion involved in the golf swing places a significant strain on the lower back. When injured, golfers often alter their posture or rotation to avoid pain, which can lead to inconsistent ball striking, reduced distance, and even further injury.
- **Shoulder Injuries:** Conditions such as rotator cuff injuries or shoulder impingement can reduce your ability to rotate fully during the backswing or follow-through. Limited shoulder mobility can result in a shorter swing, reducing power and affecting accuracy.
- **Wrist and Elbow Injuries:** Golfer's elbow (medial epicondylitis) or wrist tendinopathies can make gripping the club painful and affect your ability to control the clubface through impact, resulting in mishits and poor ball flight.
- **Knee Injuries:** Knees play a vital role in stability and weight transfer during your swing. A knee injury—whether it's ligament damage, arthritis, or patellar issues—can hinder your ability to load and release energy efficiently, reducing your power and causing an imbalance in your swing.

The Importance of Proper Rehabilitation

For golfers dealing with injury, one of the most common mistakes is attempting to “play through the pain” without addressing the underlying issue. This not only risks worsening the injury but can also engrain poor swing mechanics that are difficult to correct later.

Enter the role of a qualified Biokinetics professional. Biokinetics focuses on human movement and the role of exercise in maintaining health and preventing injury. By working with a biokineticist, you can:

1. **Identify the Root Cause:** A biokineticist will assess your body's movement patterns, identifying muscle imbalances, joint stiffness, or improper mechanics that may be contributing to your injury or pain.
2. **Develop a Personalized Rehabilitation Plan:** Unlike general fitness programs, a biokineticist tailors your rehabilitation to your specific injury and needs as a golfer. This may include exercises to restore range of motion, improve strength, and retrain proper movement patterns critical to your swing.
3. **Prevent Future Injury:** Biokineticists also work to correct the mechanical issues that led to the injury in the first place, helping to protect you from future problems. This might involve enhancing your flexibility, building core stability, or improving posture—all essential elements for a strong, pain-free swing.

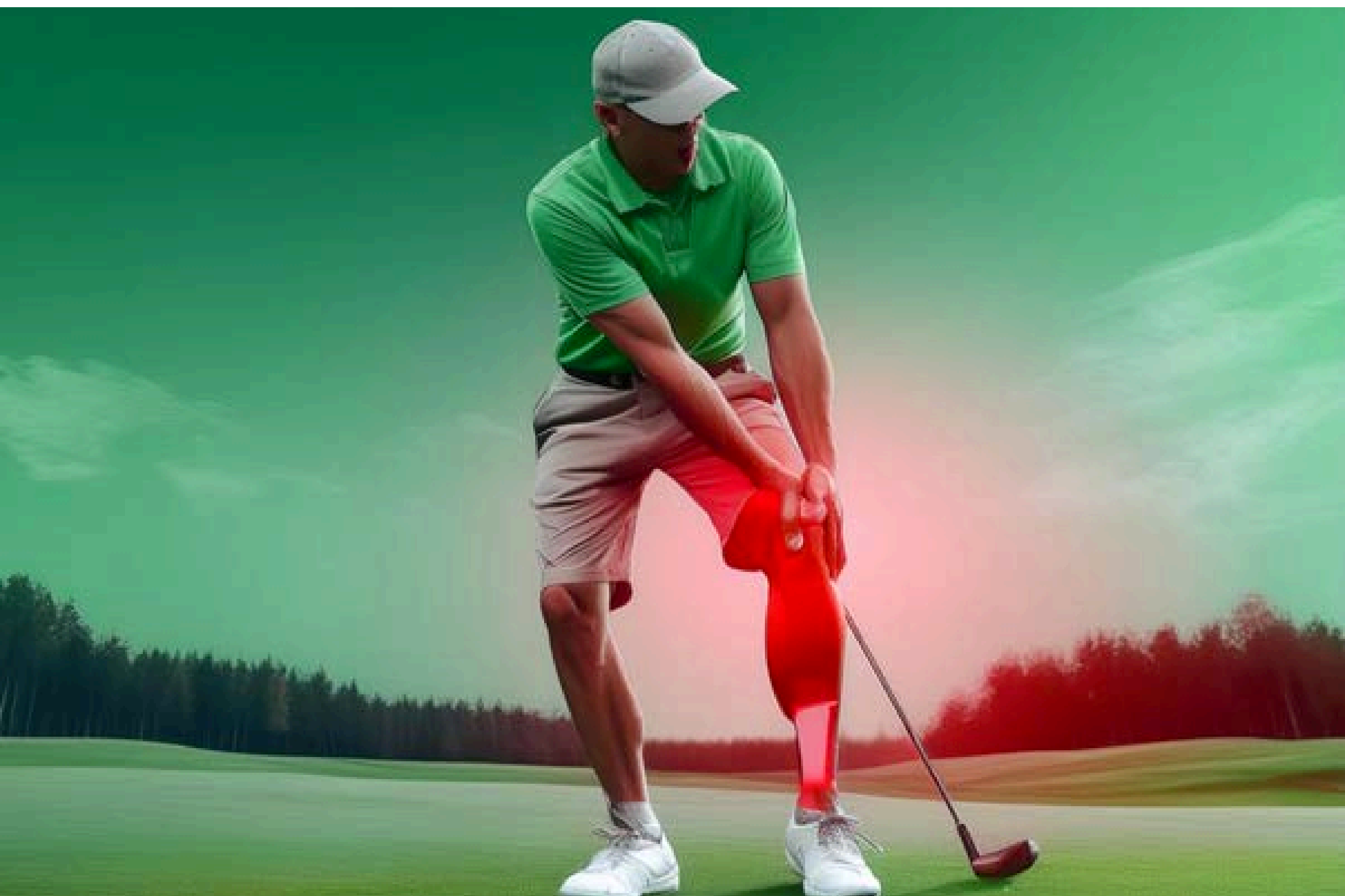


Optimizing Your Performance Post-Injury

Once your rehabilitation is underway, your swing mechanics can begin to improve. By gradually reintroducing the movements required for an effective golf swing—whether it's a full shoulder turn, proper hip rotation, or balanced weight transfer—your body can relearn how to move efficiently. This not only helps you return to the course but often leads to better performance than before the injury.

Additionally, a biokineticist may incorporate golf-specific training drills that help refine your mechanics while ensuring that you remain injury-free. These exercises focus on the key muscles and joints involved in your swing, improving your overall golf performance and reducing the risk of reinjury.

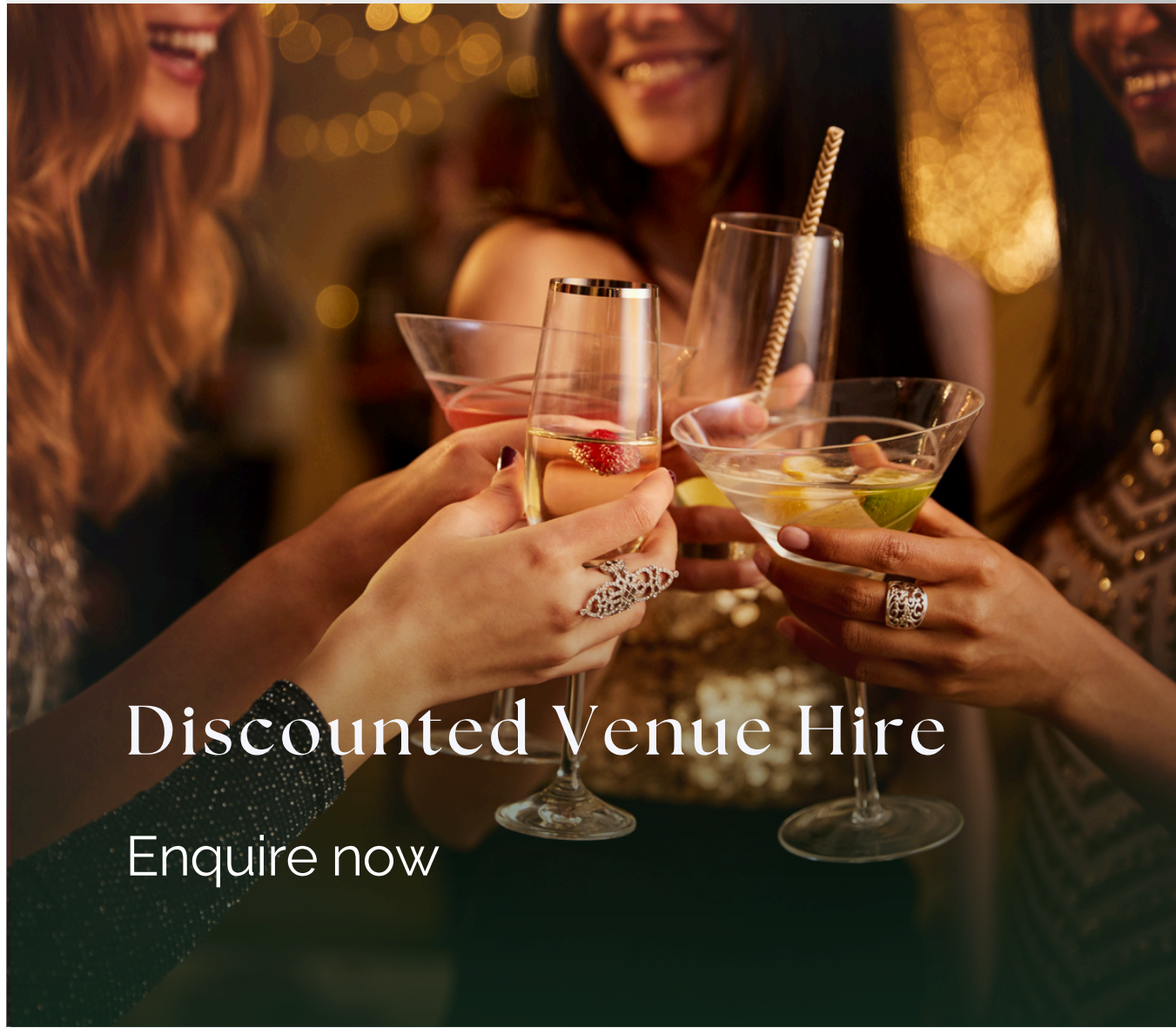
Injuries can severely impact your golf swing mechanics, but working with a qualified biokinetics professional can help you rehabilitate effectively and return to the course stronger than ever. By addressing the root cause of the injury, correcting faulty movement patterns, and developing a personalized rehabilitation program, you can reduce pain, restore your swing, and even improve your overall game. Don't let injuries hold you back from enjoying the sport you love—seek the guidance of a biokineticist and take the first step toward a stronger, healthier game.





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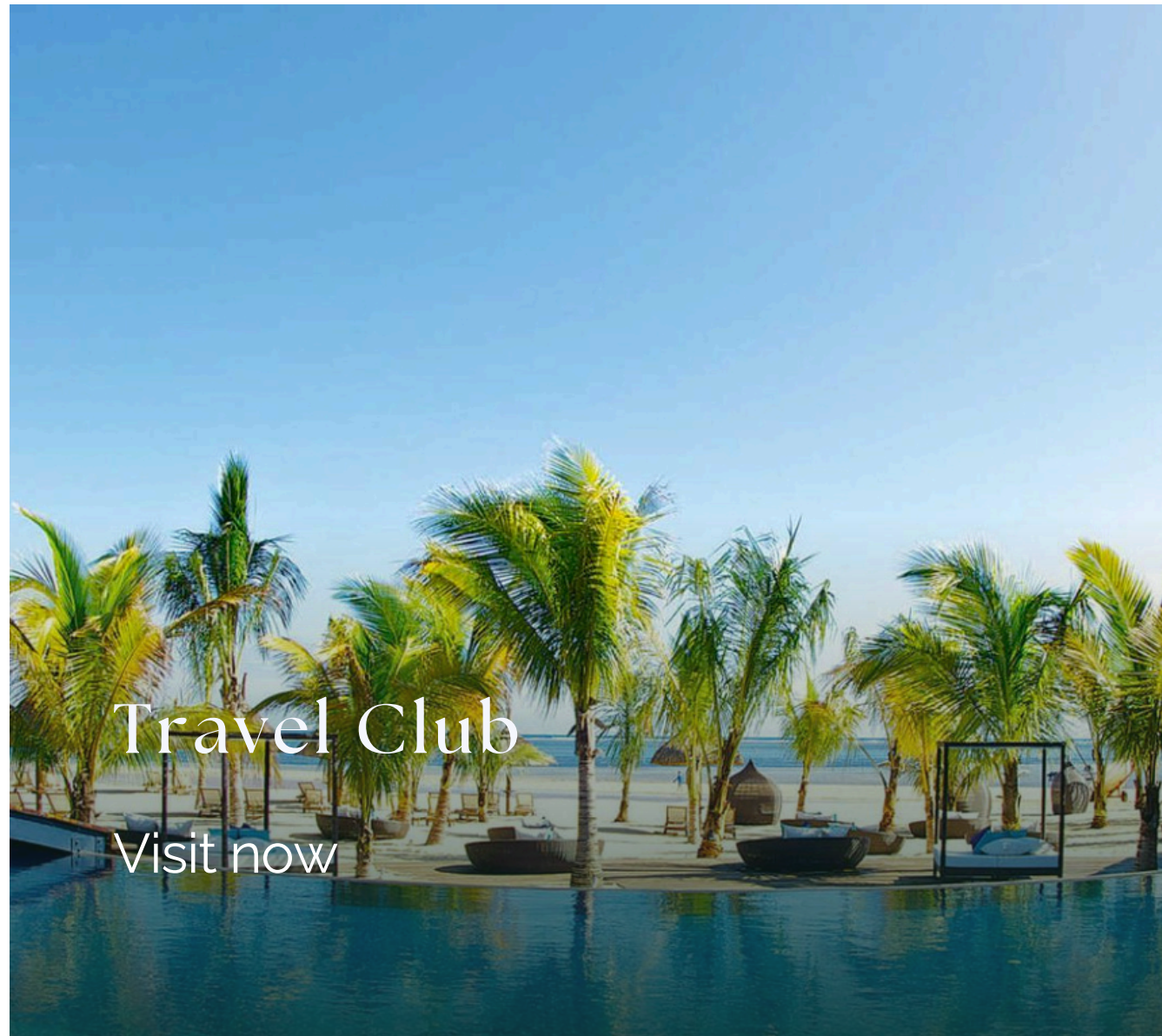
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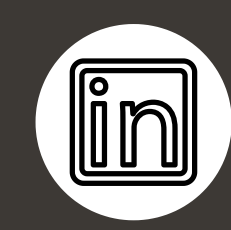
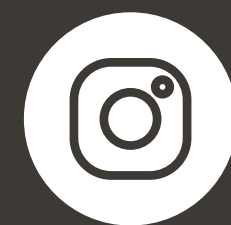
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