

ISSUE 6, June 2025

# GOOD TIMES

THE MONTHLY NEWS OF ROYAL JOHANNESBURG



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JOHANNESBURG  
EST. 1890

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A NEW CLASS  
OF DRIVERS

*Titleist*



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**#THEROYALEXPERIENCE**





Trevor Barnett



# CLOCK TOWER TALK

## A MESSAGE FROM THE CEO

*By Paul Leishman | CEO*



We had a great member engagement session last Wednesday and I would like to thank the members who took the time to join us. If you were not able to join us, below are some highlights:

### **Annual Survey feedback**

We received 284 responses, just below 20% of membership which is an above average response rate but reflects either general apathy, or satisfaction? Surveys are incredibly valuable in looking at opportunities for continuous improvement. Feedback from the survey suggested that what members valued most about Royal is 2 great courses, the friendly and warm environment, great facilities and awesome staff that give you a real sense of belonging. You can click on this link to get a summarised report of the survey results. [Click here!](#)

### **Course Projects**

Several tees on the course are being enlarged and levelled. On the East we have completed the 5th and 11th tees and we will still be doing the 12th East back Tee, 2<sup>nd</sup> tee East, 8th East back tee, 3rd Tee West and 6th West, this winter.

Bunkers were discussed ... Our bunkers drain beautifully and we don't sit with water-logged bunkers after storms. West has a shade net base to prevent contamination while East bunker faces are lined with concrete. We need to keep 5-8cm of sand in the base of East bunkers to avoid club damage or injury. There are better options for bunker linings but at R3 million per course, it would have to form part of a medium-term plan. Members are encouraged to read this article on bunkers on the next page. I would say a fair assessment of how we should be looking at bunkers.

There was discussion about other course projects, including drainage, waterways and the future plans for more cart paths.

The West course 9 hole swap, as well as 6th and 13th tees were discussed, and consideration will be made to the best way forward.

### **The Old Oak**

The restaurant is currently operating at around R1m annual net profit and gets a good 4.4 rating on Dine Plan. Unfortunately, 90% of patrons are currently non-members. The biggest critique from members is around price perceptions and that the food is a bit too “gourmet”. We are busy with a review of the restaurant and will engage with more members before doing a spring re-launch.

### **Halfway House**

Thoughts were shared around the possibility of transforming the existing halfway into a much needed extra function venue and building a new halfway near the turning circle going to the West course. The food offering would be simple but delicious. Members present were very supportive of the idea that would allow for a nice seating area after league games or small events. More work will be done on the concept.

### **Membership Fees, Rounds and Sustainability**

There is consensus that we need to reduce subscription fees especially for full members. To facilitate this and to ensure that we remain sustainable, we are looking to attract another 200 members and around 7 000 golf rounds. This will get us to 75 000 rounds, still about 14 000 less than other 36 hole clubs in Gauteng. To get these additional rounds we will focus our marketing primarily around weekdays. We will still retain an exclusive, premium, member focussed Club.

We have also reviewed our Junior, Student and Young Adult membership offering and are confident that the new membership offering should attract younger members who are the future of our Club.

### **Member Events**

You’ve asked for it and we are doing it! We shared information on several member events being planned to create fun and excitement around the club for everyone. Details of many of these are in this newsletter. Members are urged to support and bring the vibe.



## **Board and Management Strategic Planning**

The Board and Management will be participating in an off-site strategy session this week where we will be looking at the Club's current position and determining our key focus areas for the coming years. We look forward to providing feedback next month.

Thank you for your continued support! Keep warm and we look forward to seeing you around the Club.

Paul Leishman  
ceo@royaljhb.co.za  
Cell : 082-322-2369





# BUNKERS:

## HAZARDS OR HAVENS?

HAVE GOLFERS BECOME TOO SPOILED BY EXCESSIVE BUNKER MAINTENANCE?

*By Robert Vavrek*

The unnecessary quest for perfect playing conditions in bunkers will always require a considerable amount of time and labour. The cost of excessive maintenance in hazards ultimately is passed on to golfers. Hazard - the very word suggests danger, risk, and a place to avoid.

In the Rules of Golf, a "bunker" is a hazard consisting of a prepared area of ground, often a hollow, from which turf or soil has been removed and replaced with sand or the like. Nowhere in the Rules does it state or even suggest that playing conditions within bunkers must be firm, uniform, and consistent from hazard to hazard. The design, location, and number of bunkers on any particular golf hole factor significantly into the course rating, but the playing conditions within bunkers have minimal influence on the slope or rating. However, a provision is available to adjust a course rating for any extraordinary concerns found in bunkers, such as exceedingly soft sand.

The perception among an increasing number of golfers, regardless of their level of skill, is that sand conditions within bunkers must be firm, uniform, and as near perfection as possible. Firm playing conditions in one bunker and somewhat softer sand in another is deemed unfair. If most golfers had their way, they would be granted relief when an errant 9-iron approach shot results in a partially embedded, fried-egg lie. As a result, some courses are putting nearly as much time and labour into conditioning sand in bunkers every day as they spend grooming the putting surfaces.

The quest for bunker perfection occurs at private and public facilities, and the costs are ultimately passed on to the golfer. Perhaps the golfers' perceptions of what sort of penalty to expect in a bunker are influenced by what they see on TV every weekend. Highly skilled professionals can often be heard whispering "get in the bunker" as an errant shot misses the target. These athletes, who play golf for a living and routinely practice recovery shots from a variety of lies in bunkers, find little difficulty getting up and down from the sand in intensively maintained hazards. **Needless to say, they spend a great deal of time honing their bunker skills. In contrast, the average golfer spends plenty of time with a driver on a practice tee, but rarely practices bunker shots.**

From the USGA's point of view, what are considered unacceptable or unfair playing conditions within a bunker? First, the margin of the bunker must be clearly defined to determine whether the ball lies in the hazard. Bunker margins that are obscured by overzealous bunker raking, which displaces sand out of the hazard. Poor construction or design can lead to serious drainage problems after wet weather and results in more of a penalty than necessary. However, they are hazards and do not need to play consistently. weed encroachment are a Rules dilemma just waiting to happen. The ability to ground a club, to remove a loose impediment, and other Rules options available to a player depend on whether the ball lies inside or outside of the hazard.



Second, common sense dictates that there should be enough sand in the bunker to prevent golfers from injuring themselves when they attempt a recovery shot. As a general rule of thumb, the Green Section recommends approximately 4 to 6 inches of sand at the base of a bunker and 2 to 4 inches of sand across sloped bunker faces. Keep in mind that these are guidelines, not Rules, to provide a reasonable balance of drainage and stability for most bunker sands.

Third, bunkers should be maintained in a manner that minimizes the potential for a ball to completely bury in the sand. The pace of play can't help but slow when balls disappear into the face of a hazard. You will find that the Rules of Golf are fair, but not overly sympathetic to golfers' misfortunes when they hit errant shots into a bunker. Etiquette dictates that before leaving a bunker; a player should carefully fill up and smooth over all holes and footprints made by him.

However, should you have to drop in a bunker to, for example, obtain relief from casual water, and the ball happens to plug into the sand, you have no option to drop again without penalty (Decision 33-8/28). If your ball becomes completely embedded into the sand to the point where it cannot be seen, you are permitted to probe, rake, or use other means to find the ball.

In essence, you are required to play the ball as it lies in the hazard, with fewer options for relief without penalty compared to the options available when the ball lies through the green. Perhaps our grip it and rip it attitude toward golf in the United States is partly to blame for unreasonable expectations for perfect playing conditions within a bunker. Hit the ball as hard as you can and forget about strategy.

Visit a classic links course in Scotland and you will find the locals have no problem playing sideways or backwards from a bunker. Similarly, they don't even consider declaring a ball unplayable in a bunker and taking a penalty stroke just to obtain an opportunity to exit the hazard and perhaps advance the ball. You won't find too many Scots grouching about soft sand or hard sand from Hell Bunker at the Old Course at St. Andrews. They seem to understand that luck, good and bad, is an integral part of the game. In his famous book *The Spirit of St. Andrews*, Alister Mackenzie stated, "Many poor golf courses are made in an endeavour to eliminate the element of luck." Uniform, ultra-firm conditions in every hazard, in effect, remove an element of luck from the game.

This is not meant to imply that bunkers should never be raked or that every stray shot into a bunker should result in the same penalty as a shot into a water hazard. However, the delicate equilibrium between a penalty and the ability to recover from an errant shot has been upset when anything but a perfect lie in the sand is deemed unacceptable. It is better to accept a good lie in a bunker as good luck and a difficult lie as bad luck than to debate what is fair and unfair on an area of the course that was designed to be avoided in the first place.

The bottom line is that bunkers are indeed hazards, not havens. A considerable amount of time and effort is wasted at many courses in the futile endeavour to provide the same conditions in every bunker. Shade, drainage, irrigation coverage, bunker design, and a myriad of other factors vary throughout the course and influence the playability of bunkers. Instead of complaining about bad luck in the sand, take a lesson or two and practice. After all, it was Gary Player who said, "The more I practice, the luckier I get."





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EST. 1890

LIVE MUSIC & GREAT FOOD SPECIALS

# CLUB DRAW

*First Friday of every month*

DRAW TAKES PLACE PROMPTLY AT 6PM

**TICKETS – R100 EACH**

80% paid out on night. 20% carried over to last draw of year.

## HOW TO BUY TICKETS

AT RECEPTION NOW OR DRAW TABLE FROM 4.30PM ON THE DAY  
OR EMAIL - [MARKETING@ROYALJHB.CO.ZA](mailto:MARKETING@ROYALJHB.CO.ZA)  
(TO BE DEDUCTED FROM SPENDING ACC)

6 lucky draw attendance prizes every month

**Sponsored by:**



Winner of CASH does not have to be at draw but attendance prizes are only for people at Club





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# CELEBRATING *Youth* MONTH

We value our youth and know that you hold the future of our Club and Country in your hands!

## *Juniors* (UNDER 20 YEARS OLD)

**Subscriptions - R 1 600 Annually or R 140 - Monthly Debit Order**

Pay as you play green fees: R 120 (Weekdays & Sundays)

R 200 (Saturdays)

Unlimited playing card: R 3 900 **All-in R 5 500**

FULL-TIME

## *Students*

**Subscriptions - R 1 760 Annually or R 154 - Monthly Debit Order**

Add a Playing card:

**Weekday unlimited: R 5 000**

**12 Rounds R 3 540 | 26 Rounds R 6 370 | 52 Rounds R 10 140**

Pay as you play green fees: R 200 (Weekdays & Sundays)

R 325 (Saturdays)

## *Young Adults* 20 TO 35 YEARS

Age Group	Annual Subs -or- Monthly D/O		Green Fee
20 - 25	R 6 750	R 591	Pay as you play
26	R 7 400	R 648	Weekdays & Sunday PM
27	R 8 420	R 737	R 200
28	R 9 590	R 839	Saturday - R 325
29	R 10 900	R 954	Sunday AM - R 250
30	R 12 400	R 1 085	Pay as you play
31	R 14 100	R 1 234	Weekdays & Sunday PM
32	R 16 000	R 1 400	R 325
33	R 18 250	R 1 597	Saturday & Sunday AM -
34	R 20 700	R 1 811	R 390
35	R 23 522	R 2 058	





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WINTER CLUB

# Championships

2025

## August

Saturday 23 & Sunday 24

### Entry Fee:

R 500

### Includes:

Winter warmer giveaway, halfway for both days, prizegiving snacks & prizes

### Excludes:

Green fees and carts

## ENTER NOW

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



# HAPPY GOLFING

*By Robert Larsen | Golf Director*



As we step into the heart of winter, the cool, crisp mornings at Royal Johannesburg are painting the courses with a touch of serenity. With early tee times often starting under a gentle mist and daytime temperatures hovering in the low teens, it's a perfect time to layer up and enjoy the quieter, scenic charm of winter golf.

While fairways and greens adapt to the season, our team has been hard at work ensuring your playing experience remains top-notch.

## Course Maintenance Update: Enhancing the East

We're excited to share some key developments taking place on the East Course as part of our ongoing commitment to excellence:

- **Tee box Levelling and Expansion:** Several tee boxes on the East Course are currently undergoing levelling and expansion. These upgrades will enhance the playing surface, and allow for more versatile tee placements to better accommodate all levels of play.
- **Wetland Cleaning Initiative:** A thorough cleaning and ecological restoration effort is underway in the wetlands area of the East. These wetlands are an essential part of the course's natural character and local biodiversity. Clearing invasive plants and improving water flow will help maintain both environmental balance and aesthetics.

Please bear with us as these projects progress—temporary tee placements or mild disruption may occur, but the long-term benefits will be well worth the wait.





## SEASONAL COURSE TRANSITION

Winter brings subtle yet significant changes to both courses. Here's what to expect:

- **Fairways:** Grass growth slows down, so divot repair and proper etiquette are more important than ever to maintain the playing surfaces.
- **Greens:** Expect firmer greens as soil moisture levels drop with the lower temperatures. Green speeds may vary, so be mindful on approach shots and putts.
- **Rough Areas:** Frost and drier air means the rough may thin in places, but shot control remains critical.

We appreciate your cooperation in caring for the course—please replace divots, repair pitch marks, and respect the winter conditions.

We are thrilled to introduce the newest member of our Golf Operations Team, **Jayden Mackrell**, who joins us as **Golf Operations Assistant**.

Jayden brings a fresh energy and a strong drive to improve Royal Johannesburg's golf operation and experience, Jayden will be working closely with the Rob and Tiaan to ensure smooth daily operations. Be sure to say hello and extend a warm Royal welcome when you see him around the Club



## Fun Golf Fact

Did you know?

**The chances of making two holes-in-one in a single round are 67 million to 1!**

But don't let that stop you from trying – miracles happen on the course every day.

### Winter Golf Tip

Club up in the cold! Colder temperatures reduce ball compression and distance — expect to lose up to 10% of your normal yardage. Take one more club than usual, and don't be afraid to swing easy for better control and contact.

### League Standings:

- East BB League – T6 (A-Div)
- West BB League – T3 (D-Div)
- Junior League – T2 (B-Div)
- MidAM A League – T3 (A-Div)
- MidAM B League – T5 (C-Div)
- Scratch A League – T1 (A-Div)
- Scratch B League – T6 (B-Div)

Thank you for your continued support and enthusiasm. Whether you're out on a crisp morning tee time or enjoying a coffee overlooking the greens, we're here to make every visit memorable.







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# THE OPEN. QUIZ NIGHT

Hosted by  
**ROB LARSEN**

**DINNER: 18H00**  
**START TIME: 18H30**

**COST: R 120**

Includes light dinner  
*Bangers & Mash or*  
*Fish and mushy peas*  
*Served with salad*  
Teams of 4

## 8 CATEGORIES

General Knowledge  
Geography  
Current Affairs  
History  
Open Trivia  
Music, Movies & Television  
Guess who  
Bonus Round (double points)

## BOOKINGS:

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

**WEDNESDAY**  
**16 JULY**

*Winner of each  
round gets a  
complimentary  
round of  
drinks*







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# Friday 9 Hole Meat Competition

Comp Fee: R50

Individual Stableford

Bookings from 14h30

*Afternoon 18 Hole bookings can enter  
the 9 Hole Meat Comp*

***Meat Hamper up for  
grabs to the value of  
R 1 500***

*Must be at prize giving to win*

**Booking: 011 640 3021  
[bookings@royaljhb.co.za](mailto:bookings@royaljhb.co.za)**

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# GOLF

WINTER SPECIALS

2025

## WINTER GOLF AT ROYAL JHB

20 - 60 PLAYERS R 630 PP

61 - 100 PLAYERS R 600 PP

Includes Greenfee, halfway, tea / coffee at  
registration and light dinner

VALID 1 JUNE TO 30 AUGUST 2025

BOOK NOW: [GOLFEVENTS@ROYALJHB.CO.ZA](mailto:GOLFEVENTS@ROYALJHB.CO.ZA)

*Weekday's | East or West Course (Subject to Availability) | Terms & Conditionas apply.*





# EAST TO WEST

*By Jerry Styen | Course Manager*





This winter feels particularly colder than it has done over the past few years . The frost has finally set in properly with the courses being covered in ice nearly every morning. With that being said, we face a challenge in terms of our greens prep in the mornings, When the greens have ice on we cannot mow or roll due to the accumulation of ice on the rollers and damage cause by mowing, We will cut or roll greens as soon as the ice has subsided which is normally around 08h30, We do inspect each morning and if there is no ice on the greens,we will do the preparations prior to play. We apologise for any inconvenience and plead for your patience for the next two months.

We have been quite busy on the courses with some action list work and some small winter projects. We have completed the levelling of the 5<sup>th</sup> East tee box which has increased in size by double. The weather has been harsh on us and has slowed down the expected recovery rate, but we expect both the 5<sup>th</sup> and 11<sup>th</sup> tee boxes to be opened within the next couple of weeks. The team has also completed cleaning out the small waterway on the right-hand side of the 6<sup>th</sup> approach and green and the wetlands on the 6<sup>th</sup> East has also been completed by clearing out 15 years of overgrowth of plants. It's amazing to notice how much water still is running through the drainage pipes considering we haven't seen any good rain for a while.

We are busy with clearing out the wetlands on 7/11 and will follow this with the small water way behind the 12<sup>th</sup> East green. It will be particularly interesting to see how our courses will drain following the clearing. We will also commence with the levelling of the back tee on 12<sup>th</sup> East as well as the 3<sup>rd</sup> tee on East.

No major maintenance is planned for July and we will only be commence in our regular irrigation audits and clearing of all the out of play areas in preparation for the next growing season.





# LADIES GOLF

By Wendy Huddy | Ladies Golf Manager



Royal ambassador Casandra Alexander has done it! After recording a course record of ten under par on the final day and chipping in for an eagle on the 18<sup>th</sup> hole, Casandra recorded her first victory on the LET tour by winning the Tipsport Czech Ladies Open played at the Royal Beroun Golf Club from the 20<sup>th</sup> to the 22<sup>nd</sup> June. Casandra blitzed the course over the second two days in an astonishing 18 under par so well done to her on this amazing feat! Augurs well for the rest of the LET season for Casandra.

June has been a busy month for the Royal ladies with some great individual accomplishments and impressive team results. Michelle von Holdt had a very successful SWGG Nationals in Pretoria at the end of May, winning a gross and a stableford prize in the three day tournament and Lauren van der Merwe has been selected to represent CGGU in the Mid Am IPT to be held at Fancourt in the first week of August. Good luck to Lauren and her fellow team members, Heather Kruger, Karien Alberts and Lindsay Owen, all of whom are friends of Royal. Lauren van der Merwe added to her expanding trophy cupboard by winning the CGGU Mid Am played on our East Course last Sunday, so her great form continues.



Our league ladies have produced some wonderful results and at the halfway stage of the season, all teams are sitting comfortably on their respective division logs. The weekday 1 team have recorded great wins, both at home on the East Course, against Houghton and The Riverclub and are sitting at the top of the A division. Our weekday 2 team also recorded fine wins, both at home on the East Course, against Ruimsig and Krugersdorp and have shot up to second position on the C division log. Our Sunday team had a very tough away match against Eagle Canyon losing this match but I'm sure they will get their revenge at the return match later on this year. The Sunday ladies sit in a tie for fourth position on the Sunday league A division log and we can look forward to the second half of the 2025 league season for all three teams.

The pile of blankets continues to grow and thank you to every one of you who has donated a blanket and/or a cash donation and for those still wishing to be part of this drive, we will be collecting blankets and or a cash donation, up until 18 July.

Not everything can be good news in the Good Times! Our third attempt at holding the Masters Open Day on Tuesday 10 June was sadly reduced to 23 players from the original 88 players because of the extremely cold weather conditions. Well done and thank you to those of you who braved the cold and did your very best to look cheerful that morning and I do hope that the hot chocolate and sherry that was served, helped a little. I am weary of announcing that our Wimbledon day is to be held on 8 July and already we have 72 players booked and ready to play. Last year this day was cancelled due to extreme temperatures so again, we pray that our fortunes change this year!

Thanks ladies and hoping that the cold morning temperatures will soon be a thing of the past. See you all around the Clubhouse and on the fairways.







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*Tuesday 8 July*

**LADIES**

*Wimbledon Open*

**WEST COURSE**

FROM 7AM

R 185

MEMBERS WITH PRE-PAID ROUNDS

R 500

GUESTS AND MEMBERS WITHOUT PRE-PAID ROUNDS

INCLUDES: COMP FEE, LIGHT LUNCH & CHAMPAGNE

**BOOKINGS:**

**LADIES@ROYALJHB.CO.ZA**  
**WHATSAPP: 082 772 0489**





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# BLANKET

## *Drive*

### 2025

**HELP US SHARE THE WARMTH**

*BY DONATING BLANKETS OR  
R 250 TO GO TOWARDS  
PURCHASING A BLANKET!*

*Between the 1<sup>st</sup> & 18<sup>th</sup> July 2025*

*Drop off at reception*









# MORE THAN A FITTING

By Greg Jacobs | Club Professional



Winter has arrived with a bang. Be rest assured we, in the shop are ready. We are fully stocked with jackets, jerseys, base layers, beanies and mittens! The cold weather shouldn't keep you off the course.

We had a great time on Saturday making sliders for all our members. Paul somehow came out on top with his Buffalo Chicken slider. Unfortunately, KPMG were not available for an audit so who really knows?

I am looking forward to our next challenge! I'm hoping to get revenge at the next quiz evening which will be taking place on the Wednesday of The Open Championship. No holds barred!

We have a magnificent Odyssey tour bag, 1 of 1 for the unbelievable price of R 12 500. Usually, limited edition tour bags go for R 20 000 plus. For all you collectors out there or for someone wanting something completely different, this tour bag is worth considering.





# TIP OF THE MONTH

*By Martin Briedé | Teaching Professional*



This month we will catch up with Gavan Levenson who will talk about his Open Championship experiences as July is Open Championship Month. This year it will be played at Royal Portrush in Northern Ireland from the 17th to 20th of July.

Mornings have been cold at the range in June with frost in the mornings but the tee still has a good covering of grass. Thanks to Jerry, the course manager, the driving range is in really great condition. The mild winter afternoons are a great time to come and hit a bucket of balls or two.

I asked Gavan, who has played in a few Open Championships, what he did differently and the shots he played during the Open Championship? He said he had to manipulate the ball flight a lot, usually hitting it lower, bouncing the ball onto the green and sometimes rolling the ball onto the green. This is because of the windy conditions and firm turf.

Gavan explains, to do this you need to put the ball back in the stance, grip down on the club a bit, keep your weight forward on the front foot and have a restricted low follow through. The ball comes out low with a bit of draw spin, perfect for keeping the ball out of the wind. Please have a look at the video below where Gavan discusses and demonstrates his Links beater.



Gavan's tips also apply to the winter conditions here at Royal Johannesburg, because the fairways are firm we can run the ball onto the greens. In keeping with our Open Championship theme, a fun fact is South Africa's Bobby Locke, who is my golfing hero, has won the Open Championship 4 times, in 1949, 1950, 1952 and 1957. Enjoy your winter golf at Royal Johannesburg and the Open Championship.

For details about lessons contact me on 084 503 5477 or [martinbriede@me.com](mailto:martinbriede@me.com)



**Martin Briedé**  
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**Ricki Dembo**  
071 381 8715

**Stacey Burrows**  
076 792 5262

**Gavan Levenson**  
082 990 7186

**Keagan Beyers**  
082 643 9018



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# THE CULINARY CORNER

*By Erik Brakhoven | Food & Beverage Manager*



As we near the close of the financial year, we take a moment to reflect on a journey marked by both achievements and lessons learned. Despite the many challenges, we're proud of how far we've come and optimistic about the road ahead.

The past year has not been without its hurdles—rising costs, especially in meat and essential goods, have affected households and businesses alike. Yet, through it all, our team has remained focused and driven, striving to meet our goals and deliver memorable experiences for our members and guests.

Looking ahead, the new financial year offers us a fresh canvas—an opportunity to innovate, improve, and push the boundaries of what we offer. By embracing our brand more deeply and sharing our story with pride, we aim to increase the Club's F&B engagement and elevate the experience for all.

We invite your continued feedback and support as we grow and shape a vibrant future together.

And finally, a special  
congratulations to  
James and Marcelle Rolt on  
the arrival of baby

*Riley Rolt*

Welcome to the Royal family!





# THE ROYAL BUZZ

*By Clinton Duncan | Royal Bee Guy*



## **Building with Bees**

We have officially been running the bee program for three years. I would like to thank the Club for their continued support as we keep moving towards a bigger and better future. Many golf courses now have bee boxes but with bees which have been brought from outside of their facility. As Royal Johannesburg and BeeLIEVE, we have managed our bees from start to finish which goes along away in population numbers and allowing the bees to thrive.



## **The Winter Buzz**

Bees behave quite differently in winter compared to the warmer months. Here's what typically happens with honey bees. Honey bees don't hibernate, but they form a tight cluster inside the hive to stay warm. The queen stays in the centre of the cluster, where it's warmest. Worker bees vibrate their flight muscles (without flapping their wings) to generate heat. The cluster moves slowly around the hive to access stored honey. Why don't we get honey in winter. Bees rely on honey stores collected during spring and summer to survive. They consume more honey when it's colder, as they burn energy to keep warm.



## **Working with nature**

Our pledge to protecting natural habitats through professional bee removal practices has seen trees still standing in their beauty while protecting the entire biodiversity chain. We recognize the urgent need to address environmental challenges such as climate change, pollution, and biodiversity loss.





Trevor Barnett





# YOUR HEALTH & WELLNESS FIX

*by Gavin Groves*

## From the Ground Up – Part 2: Gym Drills That Improve Swing Power

As a fitness trainer, PGA pro, and golf fitness specialist, I often get asked whether gym exercises should mimic the golf swing. My professional conviction: they shouldn't.

The body learns ground reaction forces, sequencing, and power development through simple, effective movements—not by trying to copy a complex swing pattern in the gym.

Over the years, I've seen both professional and recreational golfers add real yards to their drives by improving sequencing, ground reaction, and anti-rotation—all without doing exercises that resemble a swing. Below are five examples of movements that build the right physical qualities so you can use the ground better on the course.



### 1. Rotational Medicine Ball Throws

Stand side-on to a wall, step with your trail foot, and rotate through your hips and torso to launch the med ball.

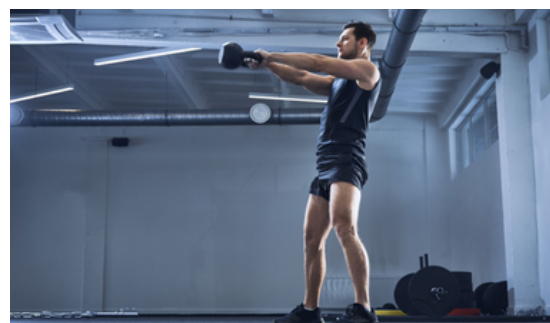
Why it works: Teaches ground-up sequencing—like Rory McIlroy's early lower-body initiation—without swinging a club.



### 2. Kettlebell Swings

Hinge at the hips, swing the kettlebell through your legs, then aggressively thrust your hips forward to raise the kettlebell to chest height.

Why it works: Develops powerful hip extension and timing—essential for driving force into the ground and transferring it upward.



### 3. Landmine Torso Rotations with Foot Pivot

Anchor a barbell in a landmine setup, rotate across your body, allowing your feet to pivot naturally.

Why it works: Combines lower-body push and rotational sequencing—mirroring how the best golfers weight-shift and rotate.



### 4. Box Jumps

Use a small countermovement squat, then explode onto the box, land softly in control.

Why it works: Trains rhythmic vertical ground reaction—just like Rory and Jon Rahm use just before impact to generate lift and speed.



### 5. Wall Ball Throws with Medicine Ball

Start in a squat, then explosively throw the med ball upward (or to a wall), catch, and repeat.

Why it works: Integrates lower-body drive, anti-rotation core, and upper-body control—a full kinetic chain exercise that builds real swing power.





## Final Thoughts

Gym movements don't need to resemble the golf swing—but they must teach the body how to move like a golfer. These drills don't look like a drive, yet they improve the same physical qualities elite Tour players rely on: ground reaction timing, sequencing, anti-rotation strength, and explosive drive.

If you're serious about adding speed and distance to your game, start here. And if you want a personalized program that fits your body and swing, I'm only an email away: [\*\*gavingrovestraining@gmail.com\*\*](mailto:gavingrovestraining@gmail.com)

“

You don't find  
willpower; you  
create it.”





# BESPOKE FITNESS

By Dale Ebell | Biokineticist (HPCSA/BASA)



## **Hip Mobility Can Change Your Life**

— and your golf game

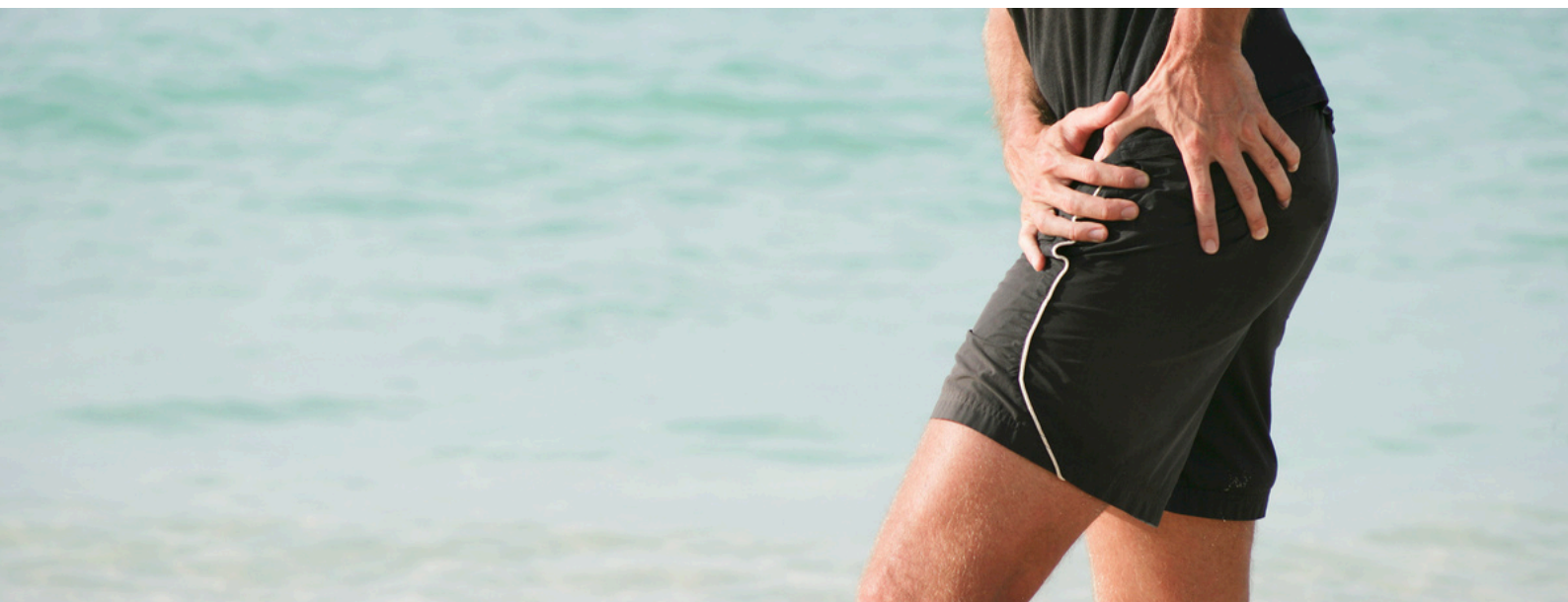
Whether you're chasing more distance off the tee or just trying to enjoy a full 18 holes without discomfort, your hips may hold the key.

Hip mobility is one of the most overlooked components in both golf performance and everyday pain management. For many golfers, limited hip rotation and stiffness lead to one frustrating issue — lower back pain. In fact, if you've started feeling stiffness or dull aches in your lower back, your hips might be the real culprit.

## **Why Do Tight Hips Affect Your Back?**

During a golf swing, your body needs to rotate — and that rotation should begin in your hips. If your hips can't rotate effectively, your lower back is forced to compensate. That leads to repetitive strain on the spine, especially in the lead-up to impact and follow-through. Over time, this compensation can result in inflammation, tightness, or even long-term injury.

Even off the course, poor hip mobility affects how you walk, bend, and stand. The result? An overworked lower back, poor posture, and eventually, pain.





## Try These 2 At-Home Hip Mobility Tests

### 1. Seated 90-90 Test

Sit on the floor with one leg bent in front of you at 90°, and the other behind you, also at 90°. Without lifting your hips off the floor, try rotating to the other side.

✓ Good mobility: You can switch sides with control and both hips stay grounded.

✗ Poor mobility: One or both hips lift, or you can't switch sides without using your hands.



### 2. Standing Hip Rotation Test

Stand tall, lift one leg to 90° at the knee, and try to rotate your leg outward (like you're opening a gate).

✓ Good mobility: You can rotate the leg with control and no trunk movement.

✗ Poor mobility: You struggle to lift the leg or rotate without wobbling or turning your body.



## What Can You Do?

If these tests felt stiff, shaky, or uneven — you're not alone. But don't ignore it. Better hip mobility can lead to:

- A more powerful, pain-free swing
- Reduced strain on your lower back
- Greater ease with everyday movements

At Bespoke Fitness, we specialise in golf-specific movement and injury prevention. Our biokinetics team at Royal Johannesburg offers in-depth assessments, personalised mobility training, and golf performance plans tailored to your swing and body.

**Book a hip mobility screen with our team and start moving better — on and off the course.**

Contact **Dale Ebell** at [dale@bespokefit.co.za](mailto:dale@bespokefit.co.za) or **082 324 7797** !



# AIM POINT

by Sandra van den Bergh  
Certified level 3 AimPoint Instructor

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All important Club information will continue to be communicated via email, however a reminder sent through WhatsApp for you to check your mail!





### **SA High Schools Championship CCGU Qualifier**

Congratulations to Team BSI on qualify for the SA High Schools Championship 2025. The team, who are all members at Royal Johannesburg, represented by Connor Olfen (c), Mongiwetfu Masuku, Mpho Makhado and Shaka Kariisa, took an emphatic win at the CCGU Qualifier at Wanderers GC on Sunday.

The National Championship will take place at Middelburg CC in Mpumalanga from 4-5 August.

### **U.S. Kids Golf World Championship**

Congratulations to Connor Olfen, who has qualified to participate in the U.S. Kids World Teen Championship in 2025, representing South Africa in the Boys 15 - 18 age category.

The Championship will take place in Pinehurst, North Carolina, USA, on the 24 – 26 July and will attract the best players from all over the World.

Connor is hitting a rich vein of form and we would like to wish him all the best in this upcoming tournament.

### **Connor clinches the BSI Srixon Junior Tour**

A big well done to BSI Junior Academy student Connor Olfen, who emerged as the overall winner of the BSI Srixon Junior Golf Tour, held in conjunction with the Ekurhuleni Golf Union at Reading Country Club on Sunday, 22 June 2025.

Connor was the only player to finish at level par, shooting an impressive 71—a standout performance, especially as he closed out the round in fading light.

Great golf, Connor! You continue to make your family and BSI proud.



Results round-up:

Boys U15:

6<sup>th</sup> – Lu'ay Hsu (Royal Jhb)

Boys U17:

T7 – Kayle Turner (Royal Jhb)

Boys U19:

1<sup>st</sup> – Connor Olfson (Royal Jhb)

3<sup>rd</sup> – Mongiwetfu Masuku (Royal Jhb)

7<sup>th</sup> - Kean Buytendorp (Royal Jhb)

Jayden Mackrell Secures Industry role ahead of Graduation. Congratulations to Jayden Mackrell, a current BSI 3rd-year PGA Diploma student, on being appointed as Assistant Operations Manager at Royal Johannesburg.

With just a few months and final exams remaining in his studies, Jayden's enthusiasm, professionalism, and dedication have already earned him a full-time role in the golf industry—an outstanding achievement before even graduating.

Well done, Jayden! We're incredibly proud of your accomplishment and look forward to seeing your continued success in the professional world.

Alumni Spotlight: Heinrich Prinsloo Appointed Sales Manager

A big shout-out to Heinrich Prinsloo, a proud graduate of the BSI PGA Diploma Class of 2021, on his recent appointment as Assistant Sales Manager at Greg Jacobs Pro Shop at Royal Johannesburg.

We're excited to see Hein continuing his journey in the golf industry, and we're sure his positive energy and friendly presence will be a great asset to the shop and to all the golfers he assists.

Wishing you many happy and successful days ahead, Hein—we look forward to seeing your smiling face around the club!







Trevor Barnett



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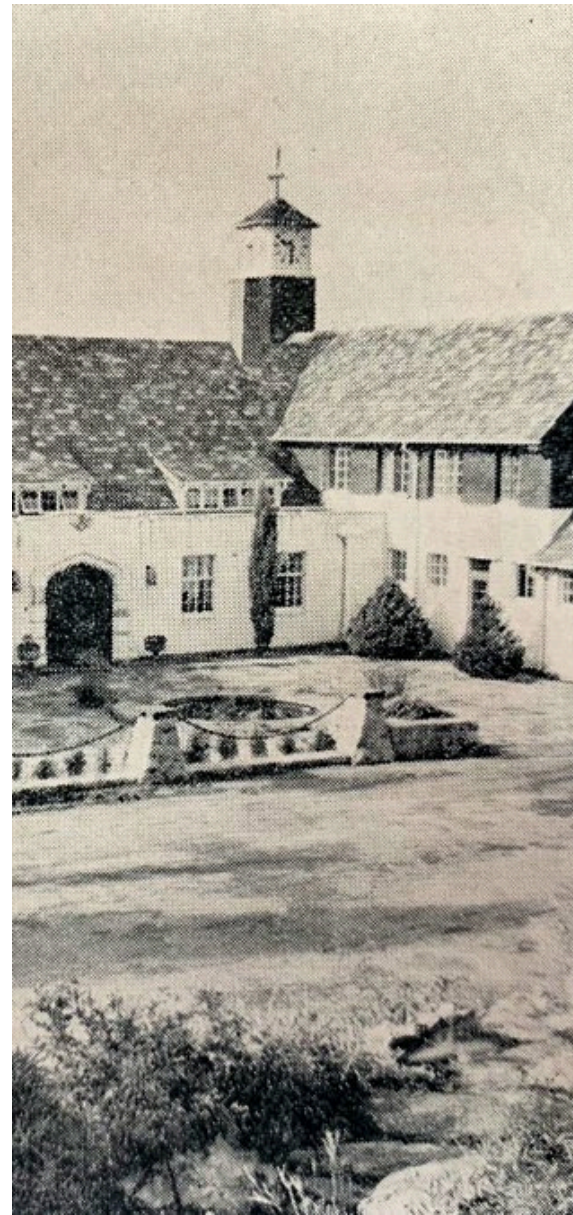
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082 3222369



*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.*



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A Msenti, W Huddy.



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