



WORK BEGINS ON PEARL VALLEY'S NEW SPORTS FACILITIES!

The area has been enclosed and clearing of the site is underway. These are the exciting first steps in the construction of the new sports facilities, which will include two padel courts, a multi-purpose court, a half basketball court, and the refurbishment of one existing tennis court.

Without any major weather delays, the envisaged project completion date is Friday, 1 September 2023.



BIRDS ON THE ESTATE: THE AFRICAN YELLOW-BILLED DUCK

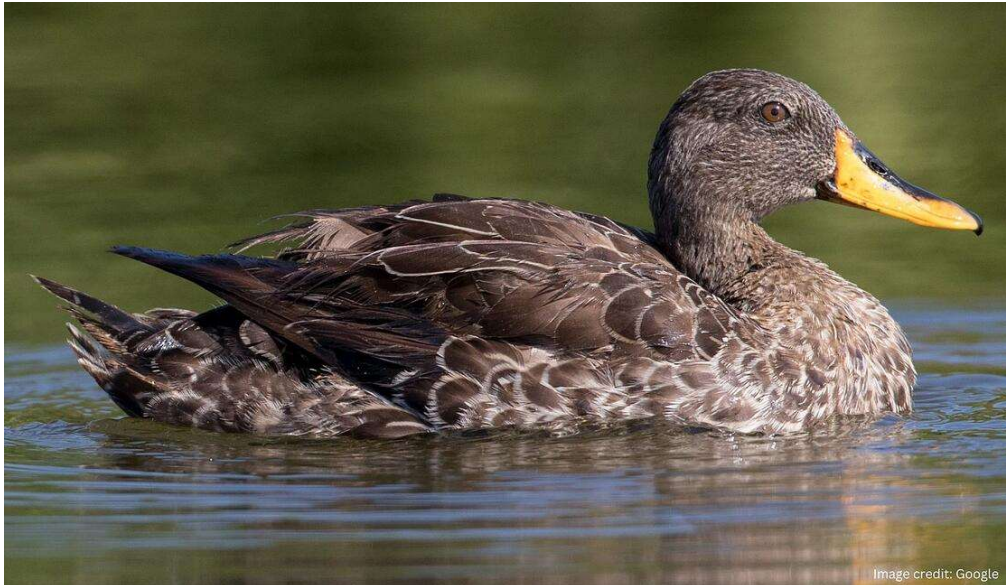
- Message from the Estate's Senior Horticulturist, Rory Phelan

It is always a pleasure to see the African Yellow-billed duck on our waterways, as they are such a typical sight and tend to be very shy. They give a sense that all is well with the environment while they "dabble" among reeds and shallow waterways in search of food items, which vary from plants and crustaceans to aquatic insects. They will also feed on grains such as sunflower seeds and maize. Normally seen in pairs, the male and female look very similar, except the female has slightly duller feather and bill colouration and is a bit smaller. They have surprisingly long lifespans of 20 to 30 years and are not on any threatened species list.

The Yellow-billed duck is similar in size and appearance to the African Black Duck, which has darker feather colouration with white spots on the upper parts, a shorter neck, and a black and pink bill. However, the Yellow-billed duck can easily crossbreed with the Northern Mallard, an exotic and introduced species, producing fertile offspring. This poses a threat to the integrity of

the indigenous Yellow-billed duck population.

Keep an eye out on our waterways and lakes, and you will certainly see pairs of Yellow-billed ducks, as well as the African Black duck.



PEARL VALLEY GOLF ACADEMY

- *Golf tip from Pearl Valley's Golf Manager, Adrian Buchner*

No matter the weather, avid golfers like us are always ready to hit the course and improve our game. Whether it's scorching hot at 35 degrees in the peak of summer or a crisp 5 degrees on those beautiful winter mornings, we embrace the challenge, relish the time outdoors, and enjoy the company of our playing partners.

In different conditions, it becomes essential to adjust our approach to certain shots. One of the most effective ways to improve our score and reduce our handicap is by honing our short game skills. Today, let's delve into the significance of considering the conditions when choosing between a bump and run shot and a standard chip shot.

[Adjusting Golf Shots video](#)

Women 72-hole Teams Championship 2023

Pearl Valley would like to congratulate Alessia on being selected to represent the Boland Golf Union at the 72-hole Teams championship, which will take place at the Paarl Golf Course from the 21st to the 24th of May. All the best, Alessia!



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The Valley Restaurant

WINTER

OPERATING HOURS

MONDAY: **CLOSED**
TUESDAY - SUNDAY: **08:00 - 21:30**
(KITCHEN CLOSSES **AT 20:45**)
FINAL BAR ORDERS **AT 21:00**

— FROM MONDAY 8 MAY —



UNWINE'D FRIDAY

—  **Spitbraai**  —



Winter is drawing near, so it is time to celebrate a Friday afternoon in a warm, cosy setting with a crackling fire, slow-cooked lamb, and elegant wines. Live music will provide ambient entertainment.

Once a month, we invite residents, family, and friends to join us for a traditional South African "spitbraai" with perfectly slow-cooked lamb, mouthwatering potatoes, onions, garlic bread and a selection of seasonal salads.

Book your tickets now as only 50 seats are available for this winter warmer comfort food feast.

Date: Friday 9 June

Time: 17:00 – 21:00

Price: R280 per person

(Includes a complimentary Diesel Dust golden larger 500ml draught)

Dinner will be served from 19:00

Bookings are essential so secure your seat by sending an email to experience@lhuguenot.com or call us on + 27 021 876 8037.



Good food, good wine, and good company– that is what wintery Fridays call for.



Winter BLANKET DRIVE

THIS YEAR, THE VAL DE VIE FOUNDATION IS COLLECTING BLANKETS TO SUPPORT THE GRATEFULNESS COMMUNITY SOUP KITCHEN.

THIS ORGANISATION PROVIDES DAILY MEALS TO MORE THAN 300 CHILDREN IN MBEKWENI, WHO RECEIVE THEIR FOOD AT AN AFTERCARE CENTRE. LET'S MAKE SURE THESE CHILDREN STAY WARM DURING THE WINTER MONTHS.

Every gift of warmth makes a difference.



How To Help

Gift a blanket

Please place donated blankets in the baskets, which are located at:
The Yard Wellness Centre
Outside the Val de Vie HOA office
Sports and Lifestyle Centre
Polo Pavilion
Pearl Valley Clubhouse reception
Fleet

Make a donation

You can also make a difference by donating to the Val de Vie Foundation via the account details below:

Investec Bank
Branch code: 580105
Account no: 10011706246
Reference: BLANKET DRIVE

Any donations should be made **before 30 June 2023**. We kindly ask that you drop off new blankets only.

Juvenile Arthritis

What is it?

The most common type of childhood arthritis is juvenile idiopathic arthritis (JIA) or juvenile rheumatoid arthritis. It is found in children under the age of 16. It is known as an autoimmune and inflammatory condition found in children. There are seven different types of JIA. It usually affects more girls than boys. The cause is unknown, but genetics may play a role. The different types are: oligoarthritis, polyarthritis (factor negative and factor positive), systemic, enthesitis-related, juvenile psoriatic arthritis, or undifferentiated.

Can you treat it?

There is no cure, but it can be treated. Early diagnosis and treatment are key. Physical and occupational therapy are beneficial. Pharmaceutical therapy can be helpful. Other alternatives can also be used.

Symptoms of juvenile arthritis: Some children experience symptoms for only a few months, while others experience them for many years. Symptoms include joint pain, especially upon waking up, morning joint stiffness, warm and swollen joints, regular fevers, redness in the affected area, limping, and difficulty in walking.

Exercise is beneficial for juvenile arthritis. Exercise interventions can improve functional performance, pain, range of motion, physical fitness, quality of life, muscular strength, and protect joint integrity (providing better shock absorption).

Types of exercises include: Muscle strengthening program, range of motion activities, stretching of deformities, and endurance and recreational exercises; cardiorespiratory exercises such as swimming, cycling, dancing, and walking are also beneficial.

During a flare-up, low-impact exercises such as cycling or swimming put less stress on the joints. It is advisable to avoid contact and high-impact sports as they may exacerbate pain and put extra stress on affected joints.

For more information or to make a booking, please feel free to contact them via email at csbiokineticists@gmail.com or give them a call at 076 408 7608. You can also visit Pearl Valley Gym and speak to one of their trainers in person.



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Pamper Mom throughout the entire month of May with Mom's Retreat. Indulge in a 30-minute Thalgo Hydra-Radiance Facial, followed by a choice of a 30-minute Classic Manicure or Pedicure. Relieve tension with a 30-minute back, neck & shoulder Massage. This package also includes a glass of bubbly and a sweet treat. It's only R1400, saving you R310!

Experience ultimate relaxation with Autumn Spa Breakaway. Treat yourself to a 60-minute Thalgo Source Marine Hydra-Strengthening Treatment and a soothing 60-minute Hot Stone Massage. Book now for only R1900 and save R350!

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Contact Camelot Spa via email, call or WhatsApp:

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Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

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