

### ALTERATIONS TO HOMES AND GARDENS

The HOA wishes to remind homeowners that any changes to the external appearance of an existing building or structure require the prior approval of the HOA, as per rule 25.1 of the Constitution. This includes paint colour, swimming pools, decks, solar panels, garden walls and fencing.

In addition, changes to the landscaping design of gardens also require HOA approval. This includes the installation of berms, artificial turf, rock features, gabions, water features, etc.

The HOA has appointed a Design Review Committee (per clause 23.7 of the Constitution), which is responsible for reviewing all plans submitted for approval. The Committee meets every second Thursday and all new submissions must be received by midday on the Tuesday before the meeting.

A scrutiny fee is payable for a new submission. Further details regarding the procedures, fees and estate guidelines can be requested from any of the following:

- [info@louisphillips.co.za](mailto:info@louisphillips.co.za) (building plans)
- [Kobus.la@gmail.com](mailto:Kobus.la@gmail.com) (landscaping plans)
- [compliance@pvhoa.co.za](mailto:compliance@pvhoa.co.za) (all general queries)


### THE VALLEY RESTAURANT



**It's the final countdown to tonight's Local's Night at the Valley Restaurant!**

To make a reservation, contact the restaurant at:

 +27 76 408 7608

 [restaurant@pearlvalley.co.za](mailto:restaurant@pearlvalley.co.za)

*Click on the button below to view tonight's menu.*



**Have you heard?**

The Valley Restaurant has a new and improved ordering system for takeaways so that you can enjoy your favourite meals and sushi from the comfort of your home.

WhatsApp your order to The Valley Restaurant at +27 71 644 6743 for collection.

## GOLF

Pearl Valley would like to congratulate Alessia Goussard who participated in the Nomads SA Girls Championship presented by Sun International at Gary Player Country Club from 4-6 July 2022.

Congratulations, Alessia, we are proud of you!



The Pearl Valley Junior Series took place on the 26th June. This series is a great way to introduce juniors to fun competitive golf. Beginners play from a shortened course and the more advanced players play from the Red markers.

Format: Double Par:

*Short Course Division:*

1st Sias Zietsman 48  
2nd Daniel Schaefer 51 c/i  
3rd Ruben Meintjies 51 c/o

*Red Tee Division:*

1st Christian Meintjies 48  
2nd Daniel Harber 55  
3rd Zac Ontong 61

*Ladies Division:*

1st Elle Joubert 61



## CAMELOT SPA AT PEARL VALLEY

### Did you know?

Camelot Spa Val de Vie offers brow laminations and lash lifts.

This month, they are offering Exclusive Specials. Click on the downloadable button below to view the deals.

For more information or to schedule an appointment, pop in for a visit, or contact them directly at:

☎ + 27 21 867 8001 / WhatsApp +27 66 354 0093

✉ [valdeviemanager@camelotspa.co.za](mailto:valdeviemanager@camelotspa.co.za)

Terms & conditions do apply - please check with the spa for expiry date of the individual specials.



[Download Camelot Spa's Exclusive Specials here](#)



## BIODEX TESTING AT PEARL VALLEY GYM



### WHAT IS A BIODEX?

The biodex an instrument used to measure muscle strength through a joint's full range of motion.

### WHAT MAKES IT BENEFICIAL?

The biodex allows biokineticists to test using isokinetic protocol. Isokinetic testing measures the maximum strength of a joint while you move at a constant, controlled velocity. The controlled velocity removes all the danger of further injury by controlling the movement. It allows biokineticists to measure the strength between your injured and uninjured side in a safe, objective, and scientific manner.

### WHAT CAN WE DO WITH THIS INFORMATION?

Once tested, biokineticists will have an accurate measure of exactly where the weaknesses lie throughout your injured joint. This allows for:

- Specific and individualised program design - targeting individual risk factors
- Identification of limb asymmetries
- Reliable and valid re-testing
- Improved clinical decision-making

For more information or to schedule an assessment, please send an email to [csbiokineticists@gmail.com](mailto:csbiokineticists@gmail.com).

## COMPETITION TIME



You've Got to Be in it, to Win it!

The Golf Shop at Pearl Valley will be running a raffle throughout the month of July.

Purchase tickets in-store for just R100.00, to stand a chance of winning an Adidas hamper to the value of R5 000.00.

The winner will be announced on Friday, 19 August 2022.

PEARL VALLEY

## CONTACT DETAILS

### PEARL VALLEY HOA

☎ 021 867 8000  
✉ [info@pvhoa.co.za](mailto:info@pvhoa.co.za)

### SECURITY

☎ Security Control Room - 021 867 1201  
☎ Val de Vie Main Gate - 021 867 6110/6138  
☎ Pearl Valley Main Gate - 021 867 3266  
☎ Berg River Gate - 021 863 6102/6101

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646,  
South Africa, 0836564458

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