



UPDATED ARCHITECTURAL DESIGN GUIDELINES

The Architectural Design Guidelines for Pearl Valley and The Acres have been revised and updated by the HOA's Design Review Committee. The amended documents are available on the HOA's website under the *Design Guidelines and Annexures* tab, with the changes to the text highlighted in yellow.

Any queries regarding the design guidelines can be submitted via info@pvhoa.co.za.

STREETLIGHTS NOT WORKING

Drakenstein has confirmed that streetlights are not working due to a cable fault on their side. A team will be dispatched to repair the fault once weather conditions improve.

PEARL VALLEY GOLF

Struggling with topped shots? Use this drill to start flushing your irons.

The dreaded top... you put a lot of effort into your swing, but instead of seeing the ball soaring down the fairway, you watch it dribble in front of you.

The sound of a top is a harsh, clunky noise—nothing like the satisfying feel of hitting a flush iron shot in the center of the face. A top occurs when the clubhead strikes the top or middle of the ball instead of hitting it lower.

Topped shots can have various causes, and they are not fixed by the oft-heard advice of “just keep your head down,” “watch the ball,” or “keep your left arm straight.” I've seen plenty of blind players hit solid shots without ever topping the ball. Don't waste your time with bad advice!

Here are the primary causes for topping:

TENSION

Tight hands and arms can halt the clubhead's motion. Use medium to light grip pressure and try

to maintain consistency throughout the entire swing. Don't tighten up at the most important part—prior to and at impact. On a scale of 1-10, your grip pressure should be a 4.

PATH

You might be swinging too steeply (too much to the left or out-to-in) or too shallow (in-to-out or too much to the right). The correct path should follow an arc, slightly in-to-in, not in-to-out or out-to-in.

The drill below addresses both issues outlined above and will have you hitting the ball beautifully in no time!

The Hockey Stick or Split-Grip Drill

1. Separate your hands on the club by sliding your bottom hand down to the very bottom of the grip and making a backswing.
2. To start the downswing, envision what a hockey player would do to skate into the shot, and shift some pressure onto your front foot.
3. Next, simply deliver the club back to where it started, with the grip end coming in towards your body and the club head moving slightly outward to the ball.
4. Brush the grass aggressively with the back of the club.
5. Finish the swing on your front foot, allowing your lead arm to fold so the club comes around you on the correct arc.
6. Do this 4-5 times, then slide your hands together into the normal grip position and hit a shot.

If you practice keeping the tension light to medium in your hands and arms and learn to swing the club on its natural path from in to in, you will hit your irons high and straight!



THE VALLEY RESTAURANT



KWV & FOOD BRANDY PAIRING



— *At The Valley Restaurant Signature lounge* —

18 JULY | FROM 18:30 | R550PP



Bookings are essential

THE VALLEY
RESTAURANT



EVERY TUESDAY
FROM

17:00

ENJOY A DELICIOUS
PASTA OR PIZZA
FOR JUST

R 135

INCLUDES A
COMPLIMENTARY

Dessert

MAKE YOUR RESERVATION

WhatsApp: 071 644 6743 | Call: 021 867 8000





ENJOY A CURRY
WITH A COMPLEMENTARY
500ML STELLA DRAUGHT
EVERY WEDNESDAY *from 17:00*

IN PARTNERSHIP WITH



THE PEARL VALLEY CONFERENCE VENUE

SPOEGWOLF 24 UNPLUGGED JUL SHOW

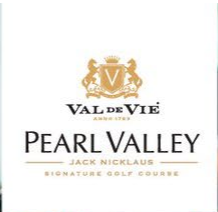
**18:00
FOR 18:30**



**R360
PER PERSON**

COMPLIMENTARY STELLA OR KWV
WINE | A FOOD MENU AND BAR WILL
BE AVAILABLE ON THE EVENING

Bookings are essential



FROM
18:00



THURS
1 AUGUST

SEAFARER'S • SUPPER CLUB • SEAFOOD CUISINE

JOIN US

AT THE VALLEY RESTAURANT FOR
A DELIGHTFUL EVENING OF
DELICIOUS SEAFOOD CUISINE



BOOK NOW

L'HUGUENOT VINEYARDS



UNwine'd
Friday

Let's get together, invite your **friends and neighbours**
and let's celebrate the start of the weekend
with a fine selection of wines at **cellar door prices**
and a **traditional spitbraai!**

SPITBRAAI

TAKE AWAY OPTIONS AVAILABLE ON THE NIGHT

DATE: FRIDAY, 19 JULY 2024
Book your Spitbraai ticket | R200 per person

Ticket includes a complimentary glass of wine
& lamb on the spit, baby potatoes, onions,
garlic bread, green salad and curry pasta.

E: experience@lhuguenot.com | T: 021 876 8037



scan n barcode

Join our WhatsApp Wine Community
for special offers, events and more...



WINE | BEER | GIN | PIZZA | COZY FIREPLACE

Celebrate your special event

at L'Huguenot Vineyards

In the heart of Val de Vie Estate, you will find L'Huguenot Vineyards. You may choose to host your function under a marquee to enjoy the scenic setting and the slanting rays of the setting sun or indoors at the Wine Lounge or Vinoteque for a more intimate and exclusive event. L'Huguenot is the place to be.

A comfortable conference or corporate function, yearend function, birthday celebration or kiddies party, your guests will surely be captivated by our exceptional location and friendly, professional team.

We are committed to ensuring your event is a remarkable experience for you and your guests.

A place to feel at home



KIDS PARTIES | BIRTHDAY CELEBRATIONS | CORPORATE FUNCTIONS

To find out more please contact us at experience@lhuguenot.com

New Grab and Go Winter Menu 1

New Grab and Go Winter Menu 2

New Grab and Go Winter Menu 3

New Grab and Go Winter Menu 4

SELA VIE

UP NEXT *at* SELA VIE

A THAI CUISINE
CULINARY EXPERIENCE

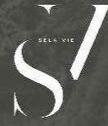
TASTE OF
THAI

26 & 27 July | 18:00

BOOK ON DINEPLAN

UP NEXT *at* SELA VIE

BBB NIGHT



BURGERS, BOKKE
AND BRANDY



13 JULY

2X DOUBLE BRANDY & COKE FOR R90

BOOK ON DINEPLAN



DINNER *to your* DOOR

Monday - Thursday | Directly to your door!
ONLY 30 PORTIONS AVAILABLE PER NIGHT



MEAT-FREE MONDAY

Any 2 Sela Vie pizzas
(excluding SV signature pizzas)
300pp

TRIM TUESDAY

Spicy roasted chicken wrap
with feta, avocado and
sweet potato fries
R150 pp



CURRY WEDNESDAY

Prawn coconut curry with
rice, pineapple salsa, toasted
coconut and a poppadum
R175 pp

TASTY THURSDAY

Exotic mushroom tagliatelle
with pickled and sautéed
mushrooms, parmesan
and fresh parsley
R150 pp



Kids Menu



MONDAY: Bacon and feta pizza
TUESDAY: Crispy chicken wrap
WEDNESDAY: Spaghetti and meatballs
THURSDAY: Chicken skewers with mash potatoes

R90 PER CHILD



DELIVERIES POWERED
BY PLATINUM WHEELS

Book on Dineplan

BACK'S RESTAURANT AND DELI



Pearl Valley Hotel by Mantis Winter Menu

CAMELOT SPA



CAMELOT SPA[®]
VAL DE VIE

Book a **Base Colour with High/Low Lights** (two dimensional) with either a **Deluxe Manicure or Pedicure**
R1300

Save up to R685

Book a **Permanent or Demi-Colour Hair Treatment** (one dimensional) with either a **Deluxe Manicure or Pedicure**
R1100

Save up to R450

Valid until 31 August 2024 at Val de Vie Estate.

Top-To-Toe



Spa & Salon Special

Book a **60min Hot Stone Massage** with a **Wash, Cut & Blow Dry**
R950 | Save up to R475

Valid until 31 August 2024 at Val de Vie Estate.

SALON SPECIAL

Wash & Blow-Dry Bundle:
Buy 4 get 1 free

Terms & conditions apply. Valid Mondays - Thursdays until 31 July 2024.

Val de Vie Estate
021 867 8001
valdevie@camelotspa.co.za | www.camelotspa.co.za



CS BIKINETICISTS



PATELLOFEMORAL PAIN SYNDROME (RUNNER'S KNEE)



PAIN IN FRONT OF KNEE OR AROUND KNEECAP (PATELLA)



COMMON SYMPTOMS:

- Pain in front of knee, usually dull and aching
- Pain when walking up or down stairs
- Pain when kneeling or squatting
- Pain when sitting for a long time with a bent knee

CAUSE:

- Overuse! Running or jumping sports put repeated stress on the knee joint
- Muscle imbalances or weakness
- Excessive training
- Malalignment of the kneecap

BENEFITS OF EXERCISE FOR PATELLOFEMORAL PAIN SYNDROME:

- Reduce pain and inflammation
- Increase flexibility
- Improve function and range of motion
- Decrease risk of further injury

If you require further information please contact the CS Biokineticists team at 0764087608 / 0662680611 or send an email to csbiokineticists@gmail.com.

PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

- ☎ 021 867 8000
- ✉ info@pvhoa.co.za
- ✉ debtors@pearlvalley.co.za (Levy Accounts enquiries)
- 🌐 www.pvhoa.co.za

SECURITY

- ☎ Security Control Room – 021 867 1201
- ☎ Pearl Valley Main Gate - 021 867 1203
- ☎ Val de Vie Main Gate - 021 863 6110/6138
- ☎ Berg River Registration Centre - 021 863 6137

EMERGENCY CONTACT DETAILS

- ☎ ER24 Paarl - 084 124
- ☎ Paarl Mediclinic - 021 807 8000
- ☎ Medicross Paarl - 021 872 3867
- ☎ SAPS - 021 807 4000
- ☎ Ambulance - 101 77
- ☎ Paarl Fire Brigade - 021 872 2323
- ☎ Drakenstein Municipality - 021 807 4500
- ☎ Voltano Metering App - 086 186 5826

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.

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646, South Africa, 0218678000

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