



HOA ROADWORKS UPDATE

The HOA will be carrying out a number of road repairs and upgrades over the next few weeks. Please take note of the following details, with reference to the maps below:

1. Road Repairs – Bear Creek Boulevard between Shoal Creek Crescent and the booms

This is a major road resurfacing project which is expected to take 7-10 days to complete. Traffic flow will be restricted during this period. Stop / Go controls will be in place and flagmen will be on duty to direct traffic. For short periods, it will be necessary to close the road completely, and drivers will need to take an alternative route around the Estate. During these periods, only residents of house numbers 88 – 102 will be able to enter that section of the road, from the booms side. Work is expected to begin within the next two to three weeks and the exact date will be announced well in advance.

2. Roadworks – Bear Creek Boulevard between Hanbury Manor Lane and Harbour Town Close

Work on the speed bump between erf numbers 147 and 189 will commence on Monday 21 October (weather permitting) and should be completed within 7 days. There will be limited impact on traffic flow and flagmen will be on duty to direct traffic.

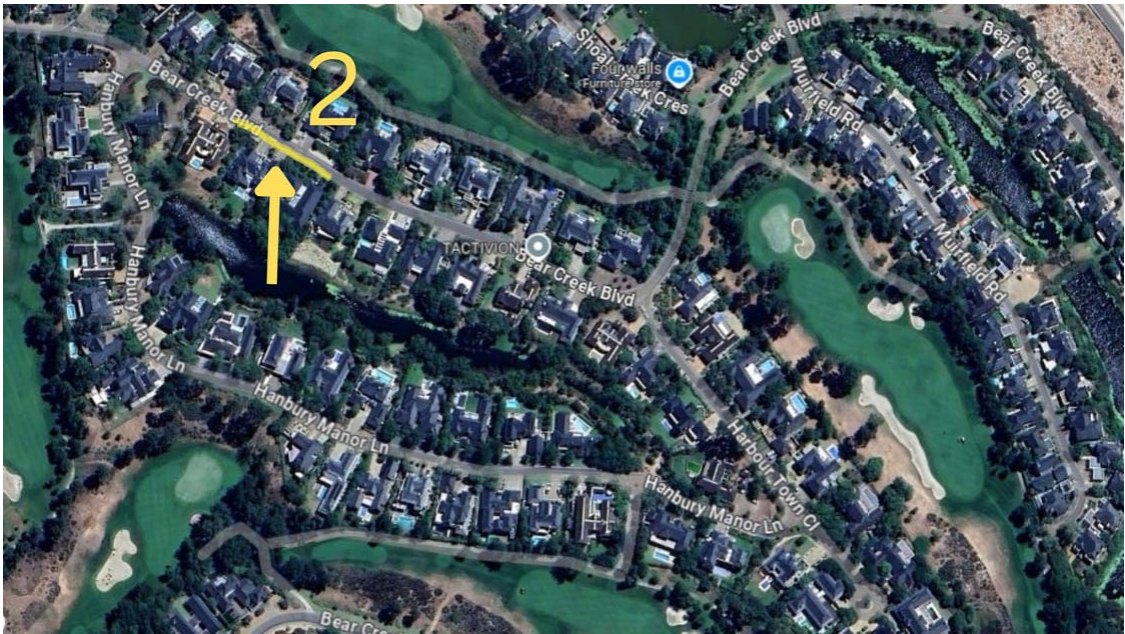
3. Road repairs – Bear Creek Boulevard at Stonewolf Crescent

Repairs to the brick-paved section of the road near the golf cart crossing will commence on Monday 28 October (weather permitting) and should be completed within 7 days.

4. Road repairs – Between the parking area and the traffic circle near the main gate

Repairs to the brick-paved section of the road approaching the fountain / traffic circle will commence in the week of Monday 28 October (weather permitting) and should be completed within 2 days.

Road users are asked to please drive with extra care in the affected areas and respect the role of the flagmen who will be directing traffic to ensure safe passage and the safety of the work teams. Thank you for your understanding and co-operation.



Liam Cronje, Benjamin Volschenk, Christo Daries, Thornton Asia, Mia Adams, Ciara Adams

- **Orange Division (50 meters)**

- **Champion:** Daniel Volschenk - Score: 30
- **2nd Place:** Savannah Wolseley Brinton - Score: 32
- **3rd Place:** Evan Adams - Score: 34

Graduates to Purple Division:

Daniel Volschenk, Savannah Wolseley Brinton, Evan Adams, Leroy De Hahn

- **Purple Division (75 meters)**

- **Champion:** Reid Cornish - Score: 31
- **2nd Place:** Wiehan Swart - Score: 34
- **3rd Place:** Drew Ebdn - Score: 45

Graduates to Pink Division:

Reid Cornish, Wiehan Swart

- **Pink Division (100 meters)**

- **Champion:** Sergio Gomes - Score: 30
- **2nd Place:** Fred Wolseley Brinton - Score: 33
- **3rd Place:** Marko Swart - Score: 34

Graduates to Future Competitions:

Sergio Gomes, Fred Wolseley Brinton, Marko Swart, Finn Kahn

Upcoming Events

Mark your calendars! Our next Under Armour Breaking Par Series round will take place on **November 17**. Additionally, the Pearl Valley Junior Club Championship is set for **November 20**. We encourage everyone to come out, grab some breakfast and coffee, and support our talented juniors as they showcase their skills.

Thank you for your continued support of our young golfers!



THE VALLEY RESTAURANT

PEARL VALLEY
— JACK NICKLAUS —
SIGNATURE GOLF COURSE

FOOD *and* WINE PAIRING

with DIEMERSFONTEIN WINES

24
Oct



R750 *per person*



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RESTAURANT

FROM
18:30

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THE VALLEY
RESTAURANT

ITALIAN
Nights



EVERY TUESDAY
FROM

17:00



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PASTA OR PIZZA
FOR JUST

R 135



INCLUDES A
COMPLIMENTARY

Dessert

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

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deli



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KIDS PLAY AREA AND MORE...



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FROM 12H00 UNTIL CLOSING**

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SOMM

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Trading Hours:
Mon - Sat | 07:00 - 17:00
Sun | 09:h00 - 14:00



UN^{wine'd} FRIDAY

18 OCTOBER 2024
17:00 - 21:00

VILLAGE
deli



GINOLOGIST
SAVOUR THE MOMENT

"LEKKER"
SMOKED RIBS AND LOADED FRIES

MENU

SMOKED RIBS (300G) SERVED WITH CHIPS - R220
LOADED FRIES SERVED WITH BRISKET AND CHEESE - R200

PRE-ORDERS ARE ESSENTIAL
E: experience@lhuguenot.com | T: 021 876 8037

LIVE MUSIC



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



SMOKED RIBS | WINE | BEER | GIN | PIZZA | KIDS PLAY AREA | GRAB & GO MEALS



Wine

OF THE MONTH

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MÉTHODE CAP CLASSIQUE
CUVÉE DE VIE

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or send an email to orders@lhuguenot.com
and receive a 10% discount if you
order six bottles or more!

Discount code: WINEOFTHEMONTH



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when you buy any
six bottles of the

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Offer valid until 31 October 2024



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a culture of excellence

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L'HUGUENOT
WINE & SPIRITS

UNwine'd Friday

VILLAGE
deli

Let's get together, invite your friends and neighbours, bring the kids and let's celebrate the start of the weekend with a fine selection of wines at cellar door prices, beautiful views and spacious lawns where kids can play and have FUN!

Join our wine loving community from 17:00 - 21:00

18 OCT



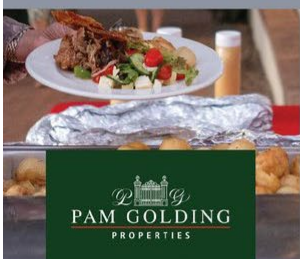
"LEKKER" SMOKED RIBS AND LOADED FRIES

"LEKKER" Smoked Ribs (300g) served with chips R220
or Loaded Fries served with brisket and cheese R200

Book your table, pre-orders are essential:
experience@lhuguenot.com | 021 876 8037

LIVE MUSIC

25 OCT



SPITBRAAI

Lamb served with potatoes, onions, curry pasta salad,
garlic bread and green salad R220 per person

Book your table, pre-orders are essential:
experience@lhuguenot.com | 021 876 8037

LIVE MUSIC

01 NOV



Seafood Paella

Enjoy delicious, authentic seafood paella!
Price per person: R280

Book your tabel, pre-orders are essential
experience@lhuguenot.com | 021 876 8037

LIVE MUSIC

WINE | BEER | PIZZA | KIDS PLAY AREA | GRAB & GO MEALS

SELA VIE

DINNER *to your* DOOR

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



[View menu here](#)

[Order via WhatsApp](#)

DUE TO POPULAR DEMAND SCHALK BEVERIDENHOUT 9 NOVEMBER 2024

**MATINEE SHOW
VIEWING**

12:00

VAL DE VIE ESTATE



**ONLY
55 SEATS
AVAILABLE**

R325 (Incl welcome drink)

[Book on Dineplan](#)

BACK PAIN



Symptoms:

- range from a muscle aching to a shooting, burning or stabbing sensation
- Also, the pain can radiate down a leg
- Bending, twisting, lifting, standing or walking can make it worse

How to prevent back pain:

Improving one's physical condition and learning and practising how to use the body might prevent back pain by keeping your back strong and healthy and avoiding movements that twist or strain the back.

Exercise: Regular low-impact aerobic activities - those that don't strain or jolt the back - can increase strength and endurance in the back and allow the muscles to work better. Walking, bicycling and swimming are good choices.

Build muscle strength and flexibility: Abdominal and back muscle exercises, which strengthen the core, help condition these muscles so that they work together to support the back.

Maintain a healthy weight: Being overweight strains back muscles.

Quit smoking: Smoking increases the risk of low back pain. The risk increases with the number of cigarettes smoked per day, so quitting should help reduce this risk.

Stand smart: Don't slouch. Maintain a neutral pelvic position. When standing for long periods, place one foot on a low footstool to take some of the load off the lower back. Alternate feet. Good posture can reduce the stress on back muscles.

Sit smart: Choose a seat with good lower back support, armrests and a swivel base. Placing a pillow or rolled towel in the small of the back can maintain its normal curve. Keep knees and hips level. Change position frequently, at least every half-hour.

Lift smart: Avoid heavy lifting, if possible. If you must lift something heavy, let your legs do the work. Keep your back straight - no twisting - and bend only at the knees. Hold the load close to your body. Find a lifting partner if the object is heavy or awkward.

If you require further information or assistance with back pains, 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.

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