



## UPCOMING INTERSCHOOLS

The HOA requests that all Interschool decorations be placed only around trees on the Estate and not on booms, traffic signs, or lamp posts. Let's ensure fair play by not removing the colours of opposing schools. Please remove and dispose of all decorations once the Interschools weekend is over.

May the best team win!

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## PEARL VALLEY GOLF



#### **Annual Pearl Valley PGA Pro Am 21-22 July 2024**

The event consisted of 27 pros from the Western Cape competing for the title of Pearl Valley PGA Champion.

The first day, which took place on Sunday, saw the 27 pros playing off scratch on the challenging yellow tees. Pearl Valley Director of Golf and Club Operations, James Searson took the lead with an excellent score of 2 under par 70.

On the second day, we had the amateurs join the pros for an alliance competition as well as the pros' individual event.

James Searson matched his 70 on the first day and ended up winning the event with a score of -4 for the 36-hole event. Well played, James.

A massive thank you to all the sponsors and players that made the event a great success.



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*- Golf tip from the teaching professionals*

Shanks. Six little letters that put fear into the heart of any golfer. They're like a disease. You might not shank the ball for months, then you shank one, then another, and another...

**What Is A Shank?**

A shank is when the golf ball impacts the hosel rather than the clubface. This causes the ball to shoot off to the right at a 45-degree angle. It's pretty much the most destructive shot in golf.

### **What Causes A Shank?**

This can be caused by fixing one fault with another. For example, when a golfer has excessive draw spin on the ball resulting in big hooks, the golfer would then fix the fault by opening the clubface at the start of the backswing, which leads to presenting the hosel first at impact with an open clubface. The hosel gets to the ball before the clubface.

### **Fixes And Drills For Curing The Shanks:**

#### **Address The Ball On The Heel**

Wait, what?

You're trying not to hit the heel, so why would you set the club there at address?

Well, think about it logically.

You might think that if you're shanking, you should address the ball off the toe. But what's your subconscious going to think about that?

It's going to think:

"Hey body, arms, and hands. We don't want to hit off the toe, so let's move the club further out on the downswing to hit the center of the face."

And just an inch too much, that's going to mean a heel shot. And a shank.

On the flip side, by addressing off the heel, your subconscious is going to think:

"Woah. We're going to hit the heel. I better pull in the hands on the downswing and make room to hit the center."

An inch too much there and you might hit the toe. Which is not ideal, but I'd take a toe hit every day over a shank!

Sounds wrong, but give it a try.

#### **The Two-ball Drill**

Place two balls next to each other, about two inches apart. Set up to the outside ball as you would normally do with a comfortable distance ratio to the ball. Make a swing and try to hit the inside ball.

#### **Final Thoughts**

Shanks can be caused by a multitude of swing faults. But the most common faults are moving closer to the ball (with your body, hands, or both) and lagging the hosel. Figuring out what's causing your shanks by recording your swing in slow motion is a good place to start. Also, seek the help of your local club teaching professional. With the help of a swing coach, your shank will be fixed in no time.

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**THE VALLEY RESTAURANT**



The Valley Restaurant  
**BURGER**  
*Evening*



R100PP | 18:00

**BOOK NOW**



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R750 PP

**FOOD**  
*and*  
**WINE**  
*Pairing*

*with*  
**MARIANNE**  
**WINES**

*from*  
**18:30**

**29**  
**AUG**



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THE VALLEY RESTAURANT SIGNATURE LOUNGE


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

IN PARTNERSHIP WITH





VAL DE VIE  
PEARL VALLEY  
JACK NICKLAUS  
SIGNATURE GOLF COURSE



FROM  
18:00

THURS  
1 AUGUST

# SEAFARER'S • SUPPER CLUB • SEAFOOD CUISINE

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



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L'HUGUENOT VINEYARDS





# LIVE MUSIC & KARAOKE

with Juan Casey



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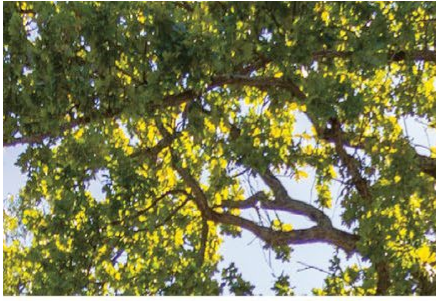


DATE: FRIDAY, 26 JULY 2024 | TIME: 17H00 - 22H00  
BOOKINGS:  
EXPERIENCE@LHUGUENOT.COM

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**, delicious **hearty soup** and live music with a karaoke.



WINE | BEER | GIN & BRANDY | PIZZA | HEARTY SOUP | COZY FIREPLACE



VILLAGE  
deli



WINE | BREAD & BAKED GOODS | DELI PRODUCTS | GRAB & GO MEALS | WINE TASTING  
CRUSTED PIZZA | KIDS PLAY AREA | WORKSPACE | SOMM COFFEE



MONDAY - SATURDAY | 08H00 -18H00 SUNDAY | 09H00 -14H00  
T; 021 876 9112 | WWW.VILLAGEDELI.CO.ZA | E: DOWNTOEARTH@VILLAGEDELI.CO.ZA

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[View Grab and Go Winter Menu 1 here](#)

[View Grab and Go Winter Menu 2 here](#)

[View Grab and Go Winter Menu 3 here](#)



SELA VIE

DINNER *to your* DOOR

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



UP NEXT *at* SELA VIE

A THAI CUISINE  
CULINARY EXPERIENCE

# TASTE OF THAI

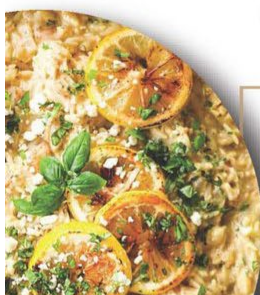
26 & 27 JULY 2024  
18:00 ONWARDS

Book on Dineplan



## DINNER *to your* DOOR

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



### MEAT-FREE MONDAY

Creamy lemon coconut orzo  
pasta with ricotta and parmesan  
R150 pp

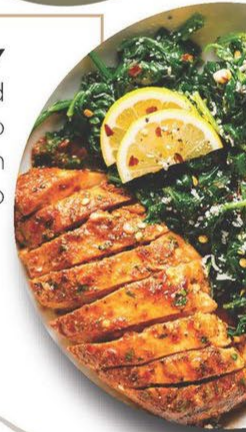


App +27 (62) 90



### TRIM TUESDAY

Grilled chicken with roasted sweet potato, hummus, avo and baby spinach  
R150 pp



### CURRY WEDNESDAY

Lamb madras curry with basmati rice, salsa, yogurt dressing, coriander and a poppadum  
R175 pp



### TASTY THURSDAY

Beef stroganoff with tagliatelle and mushrooms in a cream white wine parsley sauce  
R150 pp



## Kids Menu



**MONDAY:** Baked penne pasta with cheese and mince

**TUESDAY:** Bacon and feta pizza

**WEDNESDAY:** Crispy chicken strips with mashed potatoes

**THURSDAY:** Crispy chicken wrap with avocado and mayo

**R90 PER CHILD**



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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



# DIABETES



## Benefits of exercise:

- 1 Management of comorbidities
- 2 Reduction of Cardiovascular disease risk factors
- 3 Improve glucose tolerance
- 4 Improve insulin sensitivity in Type 1 Diabetes

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

### PEARL VALLEY CONTACT DETAILS

#### PEARL VALLEY HOA

- 021 867 8000
- [info@pvhoa.co.za](mailto:info@pvhoa.co.za)
- [debtors@pearlvalley.co.za](mailto:debtors@pearlvalley.co.za) (Levy Accounts enquiries)
- [www.pvhoa.co.za](http://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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