



REMINDER: PVHOA 2024 AGM

Homeowners are reminded of the PVHOA Annual General Meeting scheduled for 6:00 pm on Wednesday 28 August, at the Pearl Valley Conference Venue.

Members who are not able to attend the meeting in person will be able to do so online via the Lumi platform. A separate Notice containing the registration details will be sent to members next week.

Please click on the links below to view the following documents:

[- Notice of the Meeting](#)

[- Meeting Agenda](#)

[- Proxy Form](#)

[- Resolution Form](#)

[- Consent Form](#)

[- Trustee Nomination Form](#)

[- Minutes of the Annual General Meeting held on 31 August 2023](#)

Homeowners may submit their documentation (if applicable) in person at the HOA offices or via email at info@pvhoa.co.za.

PEARL VALLEY GOLF



Are you swinging the club back far enough?

A backswing that is too long plagues many amateur golfers; however, it is also possible for your backswing to fall short of the ideal length. In this case, we are not talking about the position of the club at the top of the backswing. We are focusing more on the amount of rotation you achieve with your shoulders on the way back. In fact, it is possible to get the club up to parallel at the top without a full shoulder rotation.

If you are struggling with distance and consistency but feel that you are swinging the club far enough back, you need to compare the amount of shoulder turn with the arm and hand movement in the backswing.

Here is a useful drill to check if your shoulders are rotating enough:

- Stand opposite a large mirror or reflective glass and make a full backswing. Are your shoulders at a 90-degree angle with the mirror at the top position? They should be, provided you are flexible enough to get there.
- If your shoulders are not reaching that mark, place the golf club across your shoulders with the grip side pointing to the left. Then make a backswing and try to get the grip to point at your right foot. Repeat this movement a few times to loosen up your shoulders, allowing for a full shoulder rotation.
- Keep in mind that no matter how far you rotate, your arms and hands need to stop moving as soon as your shoulders do.

For any assistance or enquiries, feel free to contact the golfing professionals:

James Wade at James.Wade@pearlvalley.co.za or call 082 435 5831

Sevey Links at Sevey.Links@pearlvalley.co.za or call 082 214 8014

THE VALLEY RESTAURANT

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PEARL VALLEY
SIGNATURE GOLF COURSE



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FOOD
and
WINE
Pairing

with
MARIANNE
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18:30

29
AUG



THE VALLEY RESTAURANT SIGNATURE LOUNGE

THE VALLEY
RESTAURANT



EVERY TUESDAY
FROM

17:00

ENJOY A DELICIOUS
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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





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, 16 AUGUST 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



WINE | BEER | GIN | PIZZA | COZY FIREPLACE | WINE TASTING





— Wine —

OF THE MONTH
POLO CLUB
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NOIR 2023

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order six bottles or more!

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VILLAGE DELI BAKERY has launched deli`cious NEW products
Try our, Seeded Multigrain Loaf, White Loaf, Banana Bread, Mini Lemon Cake and more...



SOMM COFFEE - NEW juice and smoothie offering!



THIS LONG WEEKEND - GET 10% OFF on all kiddie's slushies!

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

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

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



New Exclusive Mandates in Pearl Valley

Val de Vie and Pearl Valley Area Specialists



Jordan Greenhalgh | **083 298 1481**

Registered with the PPRA - Full Status FFC

Amy Anley | **060 693 5533**

Registered with the PPRA - Full Status FFC

[Get in touch](#)

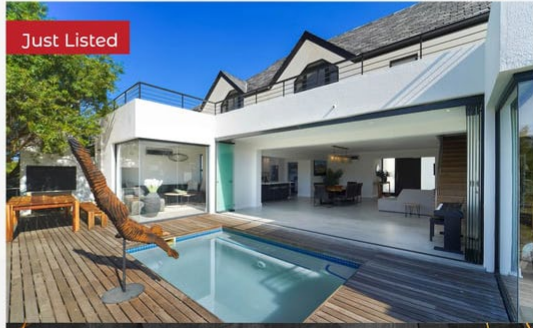
Pam Golding Properties (Pty) Ltd - Paarl Luxury Estates, Registered with the PPRA.
Holder of a Business Property Practitioner FFC, Operating a Trust Account.
Tel: +27 21 300 1658 | E: paarl.luxury.estates@pamgolding.co.za

An International Associate of Savills



Just Listed

R17.25 million | The Acres, Pearl Valley
4 Bedrooms | 4 Bathrooms | 2 Garages



Just Listed

R14.4 million | Muirfield Avenue, Pearl Valley
4 Bedrooms | 4 Bathrooms | 2 Garages

SELA VIE

DINNER *to your* DOOR

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



[View menu here](#)

[Order via WhatsApp](#)

UP NEXT *at* SELA VIE

TOMAHAWK STEAK NIGHT FOR 2

R500 p/couple accompanied
with 2 glasses of red wine

8 August | 18:00 onwards

BOOK ON DINEPLAN

Book on Dineplan

CAMELOT SPA

WOMEN'S MONTH SPECIALS

Pure Relaxation

60min Swedish Body Massage
30min Indian Head Massage OR Pressure Point Foot Massage
Includes a CBD Oil Add On

R1250 | Save R370

Pedicures, Manicures & Mimosas

30min Classic Pedicure with a Gelish Add On, OR 60min
Deluxe Spa Pedicure

45 min Nailcare & Gelish on hands

Includes a Mimosa Drink

R970 | Save up to R210

Val de Vie Estate

021 867 8001 | 066 354 0093 (WhatsApp)
valdevie@camelotspa.co.za
www.camelotspa.co.za

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"The miracle isn't that I finished. It is that I had the courage to start"
- John Bingham

CORNE STEENKAMP
biokineticists



4 MONTH CHALLENGE

1 AUG 2024 - 30 NOV 2024

Each participant pay R1000 and the winner gets it all...

- First Inbody Assessment : 23 Jul onwards
- Last Inbody Assessment : 30 Nov 2024 - 6 Dec 2024



CORNE STEENKAMP
biokineticists



ENTRY FEE: R1000
4 INBODY TESTS: R600

- The pretest can be done anytime as we will compare pre to post testing.
- The post test need to be done in the given time frame as no exception will be made.
- The R1000 and Inbody assesement fee of R600 need to be paid before the 15 August.
- You do not need to sign up for any fitness classes and can follow your own program.
- We do offer classes but at a additional cost.
- Winner : Maximum body Fatt loss and muscle gain.

**If you are interested, please contact
Corne 076 408 7608 for more information**

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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