



### HOA WORKING HOURS - FRIDAY 21 MARCH 2025

Please note that the HOA offices and the Pearl Valley Enrolment Centre will be closed tomorrow due to the public holiday. The Estate shuttle buses will also not be operating.



### BUILDING PLANS SUBMISSION DATES

Please note the following Design Review Committee meeting dates and the submission deadlines for building plans:



Submission dates	Meeting dates
Friday, 28 March 2025	Thursday, 03 April 2025
Friday, 11 April 2025	Thursday, 17 April 2025
Friday, 25 April 2025	Wednesday, 30 April 2025
Friday, 09 May 2025	Thursday, 15 May 2025
Friday, 23 May 2025	Thursday, 29 May 2025
Friday, 06 June 2025	Thursday, 12 June 2025
Friday, 20 June 2025	Thursday, 26 June 2025

Kindly note that the *Solar Installation Checklist (Annexure K)* has been updated and is now available on the PVHOA website ([www.pvhoa.co.za](http://www.pvhoa.co.za)) under the *Building Rules & Annexures* tab.

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### BOMA CLOSED - SATURDAY 22 MARCH 2025

Please be advised that the Boma will be closed on Saturday for an exclusive private event. We ask that residents kindly respect the privacy of the guests.



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### JOB VACANCY: ESTATE RELATIONS & COMPLIANCE OFFICER

The HOA is currently recruiting a new Estate Relations & Compliance Officer.

To view the job advertisement, click the link below.

[View vacancy details](#)

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GET IN TOUCH

Jordan Greenhalgh **083 298 1481**  
Amy Anley **060 693 5533**



*Jordan  
& Amy*



EXCLUSIVE MANDATE  
Pearl Valley Golf and Country Estate | R45 million  
5 Bedrooms | 5 Bathrooms | 3 Garages



EXCLUSIVE MANDATE  
Pearl Valley Golf and Country Estate | R14.94 million  
4 Bedrooms | 4 Bathrooms | 2 Garages

Agents registered with the PPRA - Full Status FFC. Pam Golding Properties (Pty) Ltd - Paarl Luxury Estates. Registered with the PPRA. Holder of a Business Property Practitioner FFC. Operating a Trust Account. W: +27 21 300 1658 | E: paarluxuryestates@pamgolding.co.za

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THE PAM GOLDING WAY

## PEARL VALLEY GOLF

### WIDTH IS KEY

Width is a critical element in the golf swing. Maintaining a wide arc throughout the backswing, downswing, and follow-through is vital for producing consistent, effortless power.

Many golfers strive to keep a straight left arm in the backswing but often struggle. Common issues such as poor grip, insufficient rotation, or lifting the arms can cause the left elbow to collapse, compromising structure and width.

### How to Get Wide

Expanding your swing arc starts with understanding how each arm influences width at different points in the swing. For right-handed golfers, the right arm controls the width of the backswing, while the left arm dictates the width of the downswing.

Looking closer, both elbows and wrists naturally bend during the swing. The less the elbows fold, the farther the club's handle stays from your body - creating a wider arc. By focusing on this principle, you can increase both the width of the handle's path and, as a result, the clubhead's arc.

### Drill to Build Width

Start by holding the club with only your trail hand, gripping it near the middle. Take your athletic posture, and, while keeping your head steady, swing the club back until the shaft is parallel to the ground. Observe how the trail arm stays extended, with minimal bend at the elbow and wrist.

From here, while keeping your head stable and the club in position, reach across and place your lead hand on the grip. You will feel a stretch through your torso and notice your lead shoulder moving away from the target. There will also be a slight tension in the club. Now, maintaining this sensation, complete your backswing. The motion should feel wider, more extended, and noticeably more powerful.

To train the follow-through, simply reverse the drill. Hold the club with your lead hand and swing



through to a shaft-parallel position on the follow-through side. Hold this position, then, while keeping your gaze down where the ball would be, reach over and place your trail hand onto the grip. You'll likely find this both revealing and a little challenging - but rewarding.

For swing practice lessons, please feel free to contact our golf professionals:

- James Wade at [James.Wade@pearlvalley.co.za](mailto:James.Wade@pearlvalley.co.za) or call 082 435 5831
- Sevey Links at [Sevey.Links@pearlvalley.co.za](mailto:Sevey.Links@pearlvalley.co.za) or call 082 214 8014



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PEARL VALLEY GOLF SHOP



☐☐ ♂ **G/FORE SPECIAL COMBO ALERT!** ☐☐ ♀

Step up your golf game and style with our exclusive G/FORE combo at the Pearl Valley Golf Shop!

Get a G/FORE Pearl Valley Shirt + Cap for only R1500!

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THE VALLEY RESTAURANT



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INCLUDES A  
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L'HUGUENOT VINEYARDS

BAR OPEN UNTIL 19:00

VAL DE VIE  
**POLO CLUB**  
CHARDONNAY PINOT NOIR  
SOUTH AFRICA

## THIRSTY THURSDAY 20 MARCH

**“LEKKER” BENNIES BISTRO**

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

**FOOD ORDERS CLOSE ON WEDNESDAY 19 MARCH 17:00**

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## DRINKS SPECIALS

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BEER &  
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OPEN TILL 19:00

Please note that L'Huguenot is closed for the public holiday on Friday.



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## BACK'S POLO PAVILION



**BORDEAUX**  
*at Back's*

80%  
SOLD  
OUT

14 Bordeaux wines presented  
by 3 French winemakers  
paired with a three-course dinner

Date	27 March 2025
Time	17:30 for 18:00
Cost	R1 875 per seat

**TP BACK'S**

 WINE CELLAR

[Book online](#)

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## CS BIODYNAMICISTS AT PEARL VALLEY GYM

# HIP REPLACEMENT

A HIP REPLACEMENT IS A SURGICAL PROCEDURE WHERE A DAMAGED OR DISEASED HIP JOINT IS REMOVED AND REPLACED WITH AN ARTIFICIAL JOINT, CALLED A PROSTHESIS. THIS PROCEDURE IS OFTEN DONE TO RELIEVE PAIN AND IMPROVE MOBILITY IN INDIVIDUALS WITH SEVERE ARTHRITIS, FRACTURES, OR OTHER HIP JOINT CONDITIONS.

## Why is it done?



- Relieve chronic pain from arthritis or fractures.
- Restore mobility and improve joint function.
- Enhance quality of life when other treatments no longer work.

## Types:

1. Partial Hip replacement
2. Total Hip replacement
3. Hip resurfacing

### Types of hip replacement



## RECOVERY

Recovery can take 6-12 months.

### Important Precautions

- Don't cross your legs at the knees for at least 6-8 weeks.
- Don't raise your knee higher than your hip.
- Avoid leaning forward while sitting or when sitting down

## BENEFITS OF A BIOKINETICIST

- Personalized rehab to strengthen muscles and improve mobility.
- Improved range of motion for daily function.
- Faster recovery with strength and flexibility exercises.
- Prevention of complications like stiffness and weakness.
- Long-term joint health and injury prevention.

To get in touch with the Biokineticists, kindly send an email to [csbiokineticists@gmail.com](mailto:csbiokineticists@gmail.com).

CAMELOT SPA AT PEARL VALLEY





**Radiant Retreat**  
45min Back, Neck & Shoulder Massage  
30min Thalgo Hydra-Radiance Facial  
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**R1 590 | Save R360**

**Spa Serenity**  
60min Swedish Body Massage  
30min Indian Head OR Pressure Point Foot Massage  
15min Back scrub  
**R1 300 | Save R340**

*Valid 1 - 31 March 2025.*

Val de Vie Estate  
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valdevie@camelotspa.co.za  
www.camelotspa.co.za

**CAMELOT SPA**  
Your World Of Wellness

## PEARL VALLEY HOME OWNERS ASSOCIATION

**Trustees** B Lodewyk, E Lyon, J Miller, B Schäfer, I van Niekerk, D Woolley  
**Address** Pearl Valley Golf and Country Estate, R301 Wemmershoek Road, Paarl 7646, South Africa  
**Tel** +27 21 867 8000  
**Email** info@pvhoa.co.za  
**Website** www.pvhoa.co.za

## EMERGENCY CONTACT DETAILS

- |  |                                       |
|--|---------------------------------------|
| ☎ Security Control Room – +27 21 867 1201          | ☎ ER24 Paarl - 084 124                |
| ☎ Pearl Valley Main Gate - +27 21 867 1203         | ☎ Paarl Mediclinic - +27 21 807 8000  |
| ☎ Val de Vie Main Gate - +27 21 863 6110/6138      | ☎ Medicross Paarl- +27 21 872 3867    |
| ☎ Berg River Registration Centre - +27 21 863 6137 | ☎ SAPS- +27 21 807 4000               |
| ☎ Voltano Metering - +27 86 186 5826               | ☎ Paarl Fire Brigade- +27 21 872 2323 |

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, Paarl, Cape Town, South Africa

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