
USE OF GENERATORS

With the continued high levels of loadshedding, the HOA would like to draw attention to the fact that approval from the Estate Manager is required prior the installation of any generator, whether permanently fitted or portable.

- The requirements for approval are detailed in section 10.6 of the Estate Rules.
- Only Ultra Silent Generators running at a maximum of 1500 revolutions per minute with a maximum sound pressure level of 51 dB are allowed.
- Generators may not be used between the hours of 23:00 and 06:00, regardless of the stage of loadshedding.

Kindly click on the button below to access a copy of the Estate Rules.

Applications must be submitted by email to info@pvhoa.co.za.

[View Pearl Valley Estate Rules here](#)

SNAKES, BEES AND WASPS

As the temperature rises in the Cape Winelands region, residents should be cautious of an increase in snake activity. If you discover a snake on the Estate, please contact the Security team (021 867 1201) which has well-trained staff who are equipped to remove and relocate snakes.

Bees and wasps are also hard at work due to the warm weather. Residents may call John de Freitas at 076 527 9377 or Bergrivier Beekeeping at 085 553 3977 for private nest removal services. Should residents come across a nest in a private open space, please notify the HOA at info@pvhoa.co.za.

SECURITY QUESTIONS

OPPORTUNITY TO MEET WITH THE SUPER-ESTATE'S RISK MANAGER

We are pleased to confirm that Louis De Jager will be available at the HOA offices in the Pearl Valley Clubhouse between 08:00 and 09:00 on Wednesday mornings to meet informally with residents and answer security-related questions. Residents are welcome to pop in and have a chat over a cup of coffee.

ESTATE DAM MAINTENANCE

The HOA is responsible for maintaining a total of 10 lakes and dams, covering a sizeable area of the Estate. These water bodies are complex ecosystems, sustaining a wide variety of fauna and flora, and are subject to various seasonal changes as temperatures and rainfall fluctuate during the year. They are also essential components of our estate irrigation and storm water management systems. As such, they require very careful management, with an emphasis on sustainable, environmentally sound, long-term strategies, rather than "quick fixes".

Estate management is currently engaging with the HOA's appointed environmental consultants to review our management practices and ensure that we continue to adapt and improve wherever possible.

Homeowners who are interested in this subject are welcome to submit comments to the HOA via email.



PEARL VALLEY GOLF ACADEMY

- Message from Pearl Valley golf coaches

Dear Pearl Valley Residents and golfing community,

We, the Pearl Valley Golf Academy, would like to wish you all a happy New Year. May this year be a huge success in all aspects of life but especially on the golf course.

Over the festive period we packed away our golf clubs and enjoyed some quality time with our families. Now that 2023 is in "full swing", the golf clubs have been dusted off and we are ready to get on the driving range and golf course.

To kick the year off, we at the academy would just like to share a few tips on how to avoid injury while practicing or playing.

In order to perform at your optimum level, you would have to have a basic exercise routine. When exercising, focus on strengthening the core muscles and strengthening leg muscles. Remember to have light stretching session in the morning and the evening to loosen up the muscles.

Don't forget to warm up on the range before you start hitting balls. Warm-ups include rotational movements of the Upper body and lower body also wrists and ankles.

Once you have completed your warmup session you can start hitting balls with a short iron making small swings to start with, eventually leading up to a full swing. When performing the full swing, DON'T FORGET TO TURN! 😊

For any further enquiries feel free to contact us:

- James Wade at james.wade@valdevie.co.za or call 082 435 5831
- Sevey Links at Sevey.Links@pearlvalley.co.za or call 082 214 8014
- David Gerhardi at David.Gerhardi@pearlvalley.co.za or call 083 658 5611



VILLAGE DELI

It is a new year so let's start celebrating at ViLLAGE deli and L'Huguenot Vineyards
Head down to ViLLAGE deli this Friday and enjoy LIVE music on the lawn, followed by more LIVE music from 18:00 till 21:00 at L'Huguenot Vineyards.
Bring the kids, we have added more kids-friendly food options to the grab-and-go menu and the wine by the glass plus the wine and gin slushy's awaits you.
Grab-and-go opens at 10:30 weekly, Tuesday – Sunday

L'Huguenot is all about wine and unwinding - a place to feel at home, to meet and socialise with your friends and neighbours.
We have LIVE music brought to you by *Fine & Country* which will create a lovely ambience all while you sip and enjoy our selection of wines available at cellar door prices.
It's the weekend, therefore our pizza and food truck options will be ready to satisfy your appetite and there is plenty of kids play areas and the jumping castle to keep them busy!

Bookings are essential

experience@lhuguenot.com | 021 876 8037

Please note that additional parking is available - just follow the signs to D'Vine Nursery

🍕 **Delicious pizzas are also available from Crusted Pizza on the following days/times** 🍕

- Thursday | 15:00 - 19:00
- Friday | 15:00 - 20:00
- Saturday | 15:00 -19:00

You can phone in your order or send a WhatsApp to 063 815 6218



CAMELOT SPA

1. It's probably a good guess that you don't need an excuse to get a little bit of massage therapy. After all, not many of us would pass up a chance to chill out and ease away the tensions of the day, week - and life... When you throw in the powerful healing aromas of essential oils, the power of aromatherapy just magnifies all the do-good and feel-good benefits of massage
An essential oil massage does help you relax and ease away pain. But did you know it also sends a surge of 'happy hormones' through your body and can even boost your immune system? In fact, it has so many health benefits that some studies suggest that you should move an aromatherapy massage a notch up from a 'nice-to-have' to a 'must-have' weekly routine.

2. Turn back the clock at Camelot Spa at Val de Vie and combat signs of aging with Thalgo's Silicium Marin range.

Marine Silicium Complex is the hero ingredient in the Thalgo Silicium Marin range. It has been re-developed to target the signs of ageing, restore the skin's natural firmness, elasticity, improve skin tone and help to smooth wrinkles. Allow one of our trained therapists to assist you in finding out more.

3. Bellabaci Skin Get A Life

Stretch marks, known as the "stretching" of the skin are caused by hormonal changes, weight changes, genes, and pregnancy. Cupping Therapy offers a quick fix in reducing the visible signs of stretch marks. The negative pressure caused by a non-invasive 2-minute cupping massage regenerates blood flow to targeted areas for enhanced collagen and elastin production.

4. The human body is a self-healing, self-renewing, self-cleansing organism.

When the right conditions are created, vibrant well-being is its natural state. We have departed from the ways of nature and live under less than natural conditions. That said, you can enhance your body's natural detoxification system with Thalgo's OCeaD! OCÉA D Detoxifying, with its 100% natural-origin active ingredients - fucus brown algae and a complex of organic plants* - helps you to recover a sense of well-being and lightness

Contact Camelot Spa via mail, phone or WhatsApp! valdevie@camelotspa.co.za | 0218678001 | 0663540093



GENERAL MATTERS

We wish to remind residents to contact the Pearl Valley HOA for all queries about estate maintenance, irrigation, environmental matters, and general homeowner affairs.

If you know of a Pearl Valley resident who is not receiving the PV HOA notices, please ask them to contact the PV HOA to ensure that their details are up to date.

PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

+27 21 867 8000
info@pvhoa.co.za

SECURITY

Security Control Room - +27 21 867 1201
Pearl Valley Main Gate - +27 21 867 1203
Val de Vie Main Gate - +27 21 867 6110/6138
Berg River Gate - +27 21 863 6102/6101

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, 0836564458

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