



PROPOSED PEARL VALLEY DOG PARK

The HOA has received a number of requests from residents for a dog park to be established on the Estate. This would entail providing a fenced area where dogs can be allowed to run off the lead in a secure environment.

Due to the unique nature and layout of the Estate, there are very few large open areas available, and the HOA must consider the needs and wishes of all residents when making decisions regarding the use of the private open spaces.

Following a review of potential sites, Estate Management has recommended to the board of trustees that the only feasible option would be to enclose a portion of the park situated between Bear Creek Boulevard, Grand Cypress Drive and Aspen Glen Way (please refer to the images below).

Before deciding on this matter, the Trustees would like to gauge the level of support for this proposal and afford residents an opportunity to submit any comments for consideration.

All comments should be submitted by email to info@pvhoa.co.za by no later than Friday 29 September. Kindly note that only emailed comments will be considered. Social media posts and text messages will not be included in this survey.





WEMMERSHOEK WATER TREATMENT PLANT MAINTENANCE SHUTDOWN

The City of Cape Town, Water and Sanitation Directorate, is committed to ensuring the uninterrupted supply of clean water to our residents. To facilitate essential maintenance at the Wemmershoek Water Treatment Plant, a 48-hour shutdown is scheduled.

Shutdown Period

- Start Date: Monday 2 October at 00:01
- End Date: Tuesday 03 October at 23:59

Affected Areas

- Parts of the Drakenstein and Stellenbosch Municipality
- Private consumers along the Wemmershoek pipeline

Residents are requested not to irrigate their gardens during this time. Please use potable water in your household sparingly. Responsible use is crucial to ensure reservoir capacities are not depleted to critical levels. Thank you for your cooperation.

SPRING'S CORAL TREE BEAUTY

Although the cold and wet weather has not left us yet, the first signs of the spring season are already visible in residents' gardens. One tree, in particular, that heralds the season is the 'Coral Tree,' or *Erythrina lysistemon*.

Coral trees are indeed a marvel of nature, captivating us with their striking beauty throughout the year. However, it is during the spring season that they truly steal the spotlight, adorned with their vibrant scarlet flowers that are impossible to ignore. These blossoms, bursting with delicious nectar, become a haven for our feathered friends and other beneficial insects. Sunbirds, bulbuls, yellow weavers, red-winged starlings, brown-headed parrots, and orioles are just some of the visitors you can expect to see, creating a symphony of colours and melodies.

If you have a coral tree in your garden, grab a front-row seat and enjoy the show!



PEARL VALLEY GOLF

2023 SA IPT at East London Golf Club

East London Golf Club is hosting the 2023 SA Inter-Provincial Tournament, which began on Monday, September 18th, and will continue until Saturday, September 22nd. Golfers face the challenge of navigating steep ascents and descents along the dunes, undulating fairways, elevated greens, and the ever-present strong winds from the Indian Ocean.

Pearl Valley Golf Academy is proud to announce that Pieter Rossouw, John Rabie, and Dylan Kayne are participating in this tournament. As they approach the final days of play, we extend our best wishes for their continued success on the course.



South African Premier Inter-Provincial Tournament
East London Golf Club
18-22 September 2023



Boland

Standing: Jere Brits, Danie Jooste, John Rabie, Angelo Keffers

Seated: Pieter Rossouw, Anton Pieters, Jacques Hamman (Manager), Ryk van Schoor (Captain), Dylan Kayne

GOLFRSA



POST HOLLOW TINIING SPECIAL

ONLY R795
PER ROUND

INCLUDING A CART

VALID FROM
23 SEPTEMBER - 1 OCTOBER 2023

RESERVE YOUR ROUND
golfshop@pearlvalley.co.za | 021 867 8000

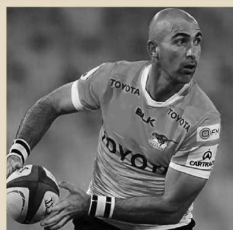
Celebrity GOLF DAY

PEARL VALLEY JACK NICKLAUS
SIGNATURE GOLF COURSE

A SNEAK PEAK OF THE CELEBRITIES YOU
WILL BE PLAYING WITH ON THE DAY



ROLENE STRAUSS



RUAN PIENAAR



NICO PANAGIO



MAPS MAPONYANE



FRANK RAUTENBACH



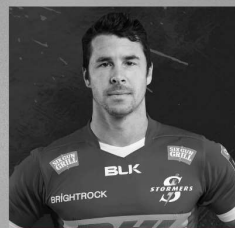
REUBEN RIFFEL



ANDRIES STRAUSS



HEINZ WINCKLER



RUHAN NEL

12 OCTOBER 2023

R12 000 (VAT INCLUSIVE)

PER THREE BALL

10:00 REGISTRATION OPENS

12:30 SHOTGUN START

FOUR BALL ALLIANCE | TWO
SCORES TO COUNT AND ALL ON PAR
3'S | WE ALLOCATE A CELEBRITY
PER TEAM TO MAKE UP THE FOUR
BALL | PRIZE GIVING DINNER | LIVE
ENTERTAINMENT | LIVE AUCTION
WITH ALL FUNDS DONATED TO THE
VAL DE VIE FOUNDATION



EMAIL HANNAH.VANHEERDEN@VALDEVIE.CO.ZA TO SECURE YOUR TEAM

[Click here to download the entry form](#)

**WELCOME TO
THE VALLEY OF LIFE!**

**MTB
EXPEDITION**
THREE STAGE RACE

6-8 OCTOBER 2023
3 Stages | 152km | 3400m Ascent

VAL DE VIE FOOD LOVERS MARKET TCSWFi

The 3rd edition of the prestigious Val de Vie Expedition takes place on 6-8 October 2023, an extraordinary three-stage mountain bike race that links the sought-after trails in the Paarl Franschhoek Valley into an epic 152km journey over some of the best mountain biking terrain in the country.

For more information about the Expedition, click on the button below.

[Val de Vie MTB Expedition](#)

THE VALLEY RESTAURANT



VAL DE VIE
ANNO 1783

PEARL VALLEY
JACK NICKLAUS
SIGNATURE GOLF COURSE

SPRINGBOK FAN CLUB



VS



SATURDAY 23 SEPTEMBER | KICK OFF AT 21:00
BUILD UP AND DINNER FROM 19:00

TICKETS INCLUDE:

LIVE DJ | RUGBY ON A BIG SCREEN | ONE STELLA DRAUGHT
OR GLASS OF KWV WINE | THE CHOICE BETWEEN SPRINGBOK
STEAK AND CHIPS WITH MUSHROOM OR PEPPER SAUCE
OR IRISH FISH AND CHIPS | GUESS-THE-SCORE COMPETITION

ADULT TICKETS: R200PP

 KIDS TICKETS: R60PP

(ONLY AVAILABLE FOR KIDS UNDER THE AGE OF 10)

CHICKEN STRIPS AND CHIPS | JUMPING CASTLE

SUNDAY 24
SEPTEMBER

FROM 11:00



HERITAGE DAY
SPITBRAAI
at the VALLEY
RESTAURANT

SPOIL YOUR FAMILY WITH A THREE
COURSE SPITBRAAI BUFFET LUNCH
AT THE VALLEY RESTAURANT

Live DJ | Kiddies jumping castle



R330 pp

R165 pp

FOR KIDS UNDER 10
YEARS OF AGE

BOOK NOW | RESTAURANT2@PEARLVALLEY.CO.ZA

[Click here to purchase tickets](#)

SELA VIE

UP NEXT *at* SELA VIE



Stronger
TOGETHER

LET'S SUPPORT OUR BOKS SELA VIE STYLE!
SOUTH AFRICA
VS
IRELAND

WATCH THE GAME ON A
150-INCH BIG SCREEN
SATURDAY, 23 SEPT | FROM 19:00



 **RAAF**

Join us
25/10
R350 p/ticket

Arrival at 18:00

HE'S BACK!
Tim Gallagher

FROM THE VOICE UK RETURNS
TO SELA VIE!

3 & 4 NOVEMBER
IN VAL DE VIE ESTATE



BOOK THROUGH DINEPLAN | WWW.SELAVIE.CO.ZA

Book now

L'HUGUENOT VINEYARDS

Kids Fun Wednesday

Wednesday 18 October, 2023
Time: 15h00 - 17h30

A fun Wednesday afternoon awaits the Estate's younger residents at
L'Huguenot Vineyards.

Kids can enjoy **jumping castles, obstacle tracks, battle gladiator,
a soft play station, face painting and more...**

Parents are welcome to sit back and enjoy our stunning setting and our community.
Enjoy a glass of wine and pizza or place a take-away order at the
VILLAGE deli Grab&GO for a *down to earth* evening meal.



VILLAGE
deli

R70 per child
(includes all activities
and a kiddies slushy)

Please support our business. No outside snacks or drinks will be allowed on our premises!

Send an email to experience@lhuguenot.com to add your child's name on the list



Receive

**30%
DISCOUNT**

Polo Club Chardonnay Pinot Noir 2022

Construction at VILLAGE deli will start this week to bring all residents and friends a new and exciting coffee experience. We apologize for the short-term inconvenience caused.

Our 550 square meters of artificial grass will be installed by this weekend. Crusted Pizza has also added a delicious Braaibroodjie pizza to their menu for this weekend with Heritage Day in mind and the VILLAGE deli will be serving delicious Prego rolls and Boerewors rolls from the Grab & GO!

Order your pizza for pick up at www.villagedeli.co.za



STEAK NIGHT AT BACK'S AND POLO PAVILION

Only R125 per person!

Join us every Wednesday evening and enjoy our irresistible steaks that are cooked to perfection and packed with flavor. And the best part? Our prices make it the perfect opportunity to treat yourself and your loved ones to a delightful evening out.

Book your table now:

Polo Pavilion: [Click here](#) | **Menu:** [Click here](#)

Back's Pearl Valley: 021 300 6992

Limited spaces are available.



Steak Night **WEDNESDAY**

Back's Pearl Valley Menu

**200g Sirloin served with hand cut potato
chips & seasonal stir fried vegetables**

R125

Upgrade the 200g Sirloin to:

300g Sirloin +R55

250g Ribeye +R110

Sauces +R30

Green peppercorn

Creamy Mushroom

Lemon Butter

Peri Peri

Other Options for Tonight

Chef's Line Fish of the Day R240

Spaghetti Bolognese R130

(V) Penne Pesto R125

(V) Vegetarian Burger & Chips R155

Bacon & Brie Beef Burger & hand cut chips R185

BACK'S

PB

Available all winter



Enter now



Entries close
1 October

Open to all Val de Vie Estate residents

Entries close | **1 October 2023**
First Judging Round | **9 October 2023**
Final Judging Round | **14 October 2023**
Prize Giving | **21 October 2023**



Enter

in three simple steps



1. Click the button below
2. Share five photos of your garden
3. Share a few words about what makes your garden unique

[Click here to enter your garden](#)



CS BIKINETICISTS

What is a Tendon Injury (Tendinopathy)?

Tendons are sturdy fibres that connect muscles to bones. A tendon injury, also known as tendinopathy, occurs when these fibres become irritated or damaged. This can happen at the point where the tendon attaches to the bone, but it can also occur in the mid-portion of the tendon.

The areas most commonly affected by tendinopathy include the shoulder, elbow, wrist, hip, knee, and ankle.

What Causes Tendinopathy?

- Most tendon injuries result from gradual wear and tear on the tendon due to overuse or the natural ageing process.

- This condition is more likely to occur in individuals who frequently engage in repetitive motions or movements, whether in sports, work, or daily activities.
- Tendinopathy may also develop when there is repetitive energy storage and release coupled with excessive compression.
- Tendon injuries can manifest suddenly or develop gradually over time.

For more information or to make an appointment, please feel free to contact them via email at csbiokineticists@gmail.com or give them a call at 076 408 7608.



CAMELOT SPA



Spring Specials

Val de Vie Estate
021 867 8001
valdevie@camelotspa.co.za | www.camelotspa.co.za

RENEWAL

45min CSpa Aroma Hydrating OR
Detox Wrap
30min Salt Glow Body Scrub
45min Back, Neck & Shoulder Massage
R1 590 | SAVE R380

REFRESH

45min Nailcare & Gelish on hands
45min Nailcare & Gelish on feet
15min Brow Tint & Shape
R1 050 | SAVE R240

PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

+27 21 867 8000
info@pvhoa.co.za
www.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 21 863 6110/6138
Berg River Registration Centre - +27 21 863 6137

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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