



REMINDER - PVHOA AGM 31 AUGUST 2023

Members may participate in the AGM either in person or virtually via the online platform (Lumi). Those opting for online participation must complete their registration by Tuesday, August 29, 2023, at 5:00 PM. On the day of the meeting, in-person registration will be open from 5:00 PM at the Pearl Valley Conference Venue in the Clubhouse.

Alternatively, Members may appoint a proxy to attend the meeting and vote on their behalf. All relevant documents for the AGM are available on the [HOA's website](#) under the [HOA Meetings tab](#) and the [Estate Documents tab](#).

Should you have any enquiries, please contact the HOA office at info@pvhoa.co.za.

UPDATE: NEW CONTRACTORS' ENTRANCE

The new entrance gate for contractors and deliveries was opened on Monday morning and is expected to greatly relieve the burden of traffic on Jack Nicklaus Boulevard.

Estate Management is aware of a number of technical and logistical "teething problems" at the new entrance, and these are being addressed together with the Security team.

We thank residents for their patience and understanding during this phase-in period.

Please report any problems to the HOA via info@pvhoa.co.za.

PEARL VALLEY GOLF ACADEMY



Congratulations to John Rabie, one of the Pearl Valley gap year students, who won the Pearl Valley Open this past Sunday with an impressive score of +4 for the challenging 36 holes played.

A strong second-place finish, just one shot behind, was achieved by Anton Pieters. Coming in a further 1 shot back was WP in third place, while our very own Trevor Mahoney secured 4th place with a score of +7. Our ground staff deserves another round of applause for their continued efforts to make us proud.

A special thanks to our Golf Data team, who ensured the course was in pristine condition.

Leave the Chicken Wings for KFC

"Chicken Winging" is a term used to describe the appearance of the lead arm in players/golfers who bend their lead elbow (target side) and cup their lead wrist (target side) through impact. The lead arm resembles the wing of a chicken, hence the name.

This is common among players with an "Over-the-Top" golf swing, which is created by a loss of body connection. Typically, golfers experience excessive breakdown of the upper body through impact, caused by poor lower body movement. When the lower body fails to generate efficient speed or transfer that speed to the upper body, the arms and hands compensate for this loss. Moreover, if the lower body doesn't initiate the downswing sequence, the swing path can become steep or "over-the-top". Loss of the external rotation in the lead shoulder can also cause Chicken Winging. External rotation is required for the lead arm to release and rotate normally through impact.

Here are a few drills to help overcome the Chicken Wing:

1. You can use any flat object such as a tennis racquet, ping pong racquet, plate, or book. Place it in your lead hand, ensuring the lead arm is extended and the object is perpendicular to the target line, resembling the clubface's position. Take a half-backswing, feeling a slight internal rotation of the lead arm and wrist. Then, perform the downswing to the impact position, ensuring that the lead arm and wrist are extended, and the flat object is once again perpendicular to the target. The post-impact movement should resemble an extended lead arm and wrist position with external rotation of the arm, wrist, and shoulder joint.



2. Place a round object, such as a small ball or balloon, between your arms. Grab a club, take your grip, and perform a golf swing while keeping the ball between your arms. This exercise will assist in maintaining the correct arm structure throughout the golf swing.



For any assistance or enquiries, feel free to contact us:

- 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

Kwa-Zulu Natal Junior Championship Results - Alessia Goussard

Pearl Valley's Golf Academy extends its sincere congratulations to Alessia Goussard for her achievement of yet another remarkable top-10 finish. The accomplished junior golfer secured a shared 8th position in the Kwa-Zulu Natal Junior Championship, which took place at the scenic Prince's Grant Golf Club from August 20th to 21st, 2023.

Hole in one - Hein Koegelenberg

Congratulations to Hein Koegelenberg for achieving a remarkable hole-in-one on the 6th hole this past Wednesday, August 23rd!



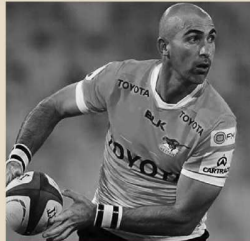
Celebrity GOLF DAY

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



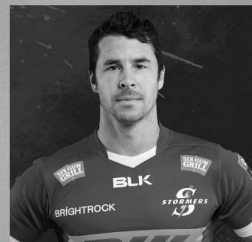
REUBEN RIFFEL



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](#)

THE VALLEY RESTAURANT

SPRINGBOK FAN CLUB

JOIN THE VALLEY RESTAURANT AT THEIR SPRINGBOK FAN CLUB TO WATCH THE SPRINGBOKS KICK OFF THE DEFENCE OF THEIR 2023 RUGBY WORLD CUP CROWN AGAINST SCOTLAND



VS



SUNDAY, 10 SEPTEMBER 15:00 | KICK-OFF IS AT 17:45

TICKETS INCLUDE:

LIVE MUSIC

ONE STELLA DRAUGHT OR
A GLASS OF KWV WINE

A SPRINGBOK OR CHICKEN
BURGER AND CHIPS

GUESS-THE-SCORE
COMPETITION



PEARL VALLEY
JACK NICKLAUS
SIGNATURE GOLF COURSE

**CLICK HERE
TO PURCHASE YOUR TICKETS**

LIMITED TICKETS AVAILABLE FOR 60 PEOPLE

THE VALLEY RESTAURANT
SPITBRAAI
experience



Let **The Valley Restaurant** team cater for you and your guests at your next special occasion or gathering with a delicious **Lamb Spitbraai Experience**.

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Up next at *The* VALLEY RESTAURANT

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08:00 – 11:00

VAL DE VIE EVERGREEN
Early bird
SPECIAL

Early Bird

EVERY TUESDAY
R119pp

THE VALLEY RESTAURANT
EAT IN ONLY
Italian
NIGHTS

EVERY WEDNESDAY
Complimentary 500ml
Stella Artois Draught with
each curry ordered

THE VALLEY RESTAURANT
Curry
NIGHT

LAST THURSDAY
OF EVERY MONTH
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LAST THURSDAYS

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EVERY MONTH
R250pp

COFFEE
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Lunch

Bookings Essential

WhatsApp: 071 644 6743 | Call: 021 867 8000

THE VALLEY RESTAURANT

Lucky Draw Special

Spend **R1000** or more at your next visit to the Valley Restaurant and stand a chance to win **Haifa Turbo-K fertilizer** for one year, proudly sponsored by Henchem Environmental Management Solutions



ENTRIES ARE OPEN UNTIL
30 AUGUST

THE DRAW WILL TAKE PLACE ON
31 AUGUST

Book now 021 867 8000

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:

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 

Available all winter



Garden workshop

Join us for a celebration of all things blossoming

BRING YOUR FAMILY AND FRIENDS FOR AN INFORMATIVE AND CREATIVE SPRING MORNING

26
AUG
2023
09:00
-12:00



At this year's Garden Workshop

Simon Allen, Val de Vie Estate's Environmental Officer, will be giving a talk on biodiversity in one's garden. Simon will be followed by Welma Jurgens, a horticulturist from Protek, who will talk about integrated pest management and how this can combat pests in and around your garden.

Brenthurst Wealth will provide complimentary coffee and snacks to all attendees and the opportunity to enter a lucky draw and win an exciting Brenthurst Wealth prize.

COSMAFOLIA's naturalist farmers will have an array of carefully selected heirloom seeds at their seed exchange station on the day, so be sure to bring along some seeds should you wish to trade.

With only one week to go before entries close after the Garden Workshop, be sure to stop past the **Agrimark** and **Protek** product exhibitions to discuss any final garden prep with their gardening specialist or browse some of the exciting gardening equipment they have available in store.

Date: 26 August

Time: 09:00 – 12:00

Venue: The tented area behind the L'Huguenot Cellar (where Unwind Friday is hosted).

[Click here to RSVP for the workshop](#)

Entries now Open



The overall
prize is a R60 000
investment
portfolio from
Brenthurst Wealth

ENTER
NOW



IN PARTNERSHIP WITH
BRENTHURST WEALTH
www.bwm.co.za

OPEN TO ALL VAL DE VIE ESTATE RESIDENTS

Entries Open | **1 August - 14 September 2023**

First Judging Round | **14 September 2023**

Final Judging Round | **14 October 2023**

Prize Giving | **21 October 2023**

[Click here to enter your garden](#)



CS BIODIVERSITY

Health benefits of exercising when pregnant:

- Prevention of excessive gestational weight gain and gestational diabetes mellitus.
- Decreased risk of pre-eclampsia and urinary incontinence.
- Mood improvements.
- Reduced incidence of LBP (lower back pain) and caesarean section.

- Reduced length of labour.
- Maintenance/improvement of CRF (cardiorespiratory fitness).

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. You can also visit Pearl Valley Gym and speak to one of their trainers in person.



CAMELOT SPA

Thalgo Men Regenerating Cream is for men aspiring to maintain youthful-looking skin and a dynamic appearance, and in search of a cream that effectively combats visible signs of ageing.



CAMELOT SPA
Your World Of Wellness



Since well-being also originates from within, **Les Infus'Océanes Serenity** infusion aids in restoring inner harmony and relaxation, courtesy of its light, sweet flavours of honey and orange blossom. Take a moment to relish this delightful infusion and let your thoughts drift away.



CAMELOT SPA
Your World Of Wellness



Contact Camelot Spa via email, call or WhatsApp:
valdevie@camelotspa.co.za
 + 27 21 867 8001
 +27 66 354 0093

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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