



PVHOA BUS SERVICE UPDATE

It has been three months since the introduction of the new PVHOA bus service for residents' domestic employees. This much-needed service has been welcomed by residents and their staff, particularly given the current summer heat, and we thank everyone who has submitted feedback to the HOA.



As communicated at the time of the launch, the HOA has been monitoring usage patterns, including the number of people using each of the bus routes (red and yellow) in the mornings and afternoons, each day of the week. Based on three months of data, we will be implementing the following changes to the service, with effect from Monday 4 March:

- A second bus stop in The Acres will be added to the yellow route (please see the route maps [here](#)).
- The 08:45 bus will be discontinued on both routes, due to lack of demand at this time.
- In the afternoons, the 16:30 departure will be discontinued on both routes, due to lack of demand.
- On Friday afternoons, the 16:00 departure will also be discontinued, for the same reason.

The revised timetable, from 4 March is thus as follows:

Morning departure times from the main gate:

- 07:15
- 07:45
- 08:15

Afternoon return trips, starting at the farthest stop and travelling back to the main gate:

- 13:00
- 13:30
- 14:00
- 14:30
- 15:00
- 15:30
- 16:00

With regards to funding, the HOA is pleased to announce that it will continue to provide the service free of charge to users. The buses were paid for last year and are fully owned by the HOA. The monthly operating costs are being carefully managed within the HOA's existing operating budgets and will not necessitate the introduction of user fees or have any impact on members' levies.

Any questions regarding the bus service may be addressed to the HOA via info@pyhoa.co.za.

OPPORTUNITY TO GET DOCUMENTS CERTIFIED

Louis de Jager, the Estate's Security Consultant, is a qualified Commissioner of Oaths. He is available at the HOA office in the Pearl Valley Clubhouse between 09:00 and 10:00 on Wednesday mornings. Residents are welcome to bring any documentation that requires certification.

PEARL VALLEY GOLF



Town vs Country Team Announcement

Boland Golf Union announced the representatives for Boland Province at the highly anticipated Town vs Country match, which took place at Worcester Golf Club on Monday, 26 February. We were incredibly proud to share that five Pearl Valley lady members were chosen to represent the three different divisional teams.

They joined their teammates who were selected from other golf clubs in the Province: Nanette Nel, Marinda Waldeck, and Lizanne Heydenrych were chosen to represent the A-division team. Yvette Wishart was selected to represent the B-division team, and Emma Lyon was chosen to represent the C-division team. Congratulations to all!



Don't lift your head!

This is a common phrase or thought many golfers say or think when preparing for a golf swing. Have you ever given any thought as to why your head lifts?

To counter head lift, golfers often attempt to keep their heads down during the swing. However, this is counterproductive because it inhibits a relaxed, smooth swing. A golf swing should be effortless and not rigid.

Most golfers lift their heads due to an incorrect club swing plane. Headlift becomes a compensation. Without head movement, the golfer would be in a far worse position to make proper contact. So, we could say that head lift is a blessing in disguise.

If you find that you lift your head during the swing or at impact, you must determine whether you are an over-the-top swinger or an under-the-plane swinger. Both extremes can lead to the dreaded headlift.

Remember, when the shaft plane steepens in the downswing, the golfer is forced to extend in posture, allowing the club-to-ball angle to shallow for more space; otherwise, the club will dig. The same principle applies to golfers who swing flat and under the plane. If the golfer stays in posture and the club drops down or the shaft plane drops dramatically in the downswing, the golfer is forced to extend at a certain point. This move prevents heavy, fat shots and allows the club to reach the ball. In both cases, it can also create topped shots. The extension of the body causes the head to move up. The golfer may not know the exact angle at which the club swings, only sensing the movement of their head upward.

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
-

UP NEXT AT

The VALLEY
RESTAURANT



Bookings are essential

WhatsApp: 071 644 6743 | Call: 021 867 8000

UP NEXT *at* SELA VIE

DINNER & DRINKS

SIP 'N SHOP

DINNER-TO-DOOR



DINNER & DRINKS

after

PINK POLO

2 MARCH | 18:00

PIZZA | BBQ WINGS | DIPS | BURGERS



CYLA + GONSOLVES

Lace + Lamb
KIDS COUTURE

alicasa

anna
rosholt

SIP 'N SHOP

16 MARCH | 9:00 - 13:00

JOIN US FOR A FREE MIMOSA WHILST SHOPPING

JEWELLERY | CLOTHING | DRINKS

DINNER *to your* DOOR

Monday - Thursday | Directly to your door!
ONLY 30 PORTION'S AVAILABLE PER NIGHT



MONDAY

Mediterranean bowl: couscous, feta, olives, tomato, baby spinach, chickpeas & red onion with a cumin yogurt dressing
R300 for 2 people

TUESDAY

Crispy chicken asian noodles: stir fry veg, dressed with asian soy vinaigrette & pickled ginger
R300 for 2 people



WEDNESDAY

Soft shell fried prawn tacos: fresh slaw, pickled ginger, avo, sour cream dressing & a side of homemade crisps
R350 for 2 people
(2 tacos per person)

THURSDAY

Creamy beef stroganoff: pasta, mushrooms, white wine & parsley sauce
R300 for 2 people



Kids Menu



MONDAY: Chicken strips & chips

TUESDAY: Butter spaghetti with parmesan cheese

WEDNESDAY: Bacon and feta pizza

THURSDAY: Creamy chicken pasta

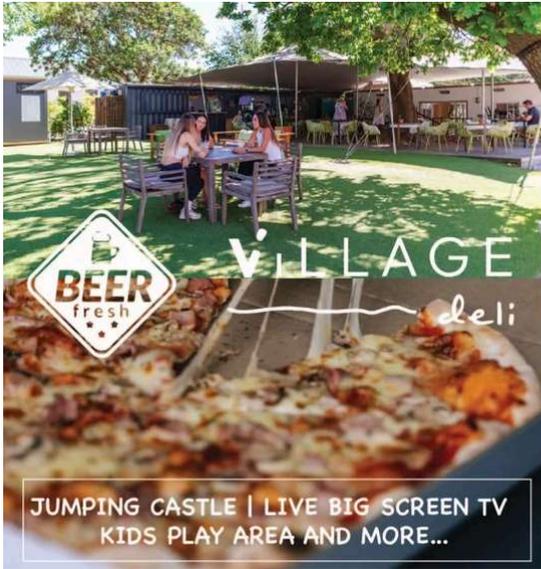
R90 PER CHILD



PLATINUM WHEELS

DELIVERIES POWERED
BY PLATINUM WHEELS

Book now



SATURDAY CHILLIN

at ViLLAGE deli from 12:00 until closing

Come and relax with your family and friends every Saturday.

Special offer

10% DISCOUNT ON ALL CRUSTED PIZZA
+
BUY 1 GET 1 FREE DRAUGHT BEER

Offers are only valid on Saturdays.

[View the menu](#)




VAL DE VIE
L'HUGUENOT
 VINEYARDS

UNwine'd
Friday



Celebrate the 2024 harvest with a SPITBRAAI

Let's get together, invite your friends and neighbours and let's celebrate the harvest with a traditional lamb spitbraai and enjoy the start of the weekend with a fine selection of wines at cellar door prices.

Date: Friday, 15 March 2024

Book your Spitbraai ticket | R200 per person

(Ticket includes complimentary glass of wine + lamb on the spit, baby potatoes, onions, garlic bread, green salad and curry pasta.)

LIVE MUSIC by Newton from 17h00 – 20h00

BOOKINGS: EXPERIENCE@LHUGUENOT.COM

Join our wine loving community where everyone belongs and where happiness comes alive.



WINE | BEER | PIZZA | KIDS PLAY AREA | GRAB & GO MEALS



L'HUGUENOT
VINEYARDS

The ideal kids party venue

The **Marquee Tent** at **L'Huguenot Vineyards** in Val de Vie Estate is a comfortable kids party venue where you and your younger guests will surely be captivated by our exceptional location and friendly team.

The lawn overlooking the vineyards provides plenty of space for jumping castles, waterslides and energetic younger ones running and playing outside on the jungle gyms.

Crusted Pizza, ViLLAGE deli and our **catering team** can provide you with delicious party snacks, pizza or more.

You are welcome to bring in your own platters and snacks with no cakeage fee.

Come and have fun!

Get in touch:

+27 (0)21 876 8847 | experience@lhuguenot.com



CS BIODYNAMICISTS

BOOK CLASSES



CONTACT US:

CSBIKINETICISTS@GMAIL.COM

CS Biokineticists offers a variety of classes for any fitness or age group. Their classes include:

- Fit for Evergreen
- Pilates
- Spinning
- Water aerobics
- HIIT classes
- Sport-Specific classes
- Mobility/Stretch classes
- Kids Development

For more information on the various classes or to make a booking, contact the CS Biokineticists team at 0764087608 / 0662680611 or send an email to csbiokineticists@gmail.com

CAMELOT SPA



CAMELOT SPA
VAL DE VIE



CBD Wellness Journey

Duration: 2hrs

Prepare to surrender yourself, body and soul to a dose of wellness. Sip on CBD infused drink and enjoy the stillness as you ease into this calming spa journey. Goodleaf is a premium CBD brand which is natural, THC free and 100% legal.

60min Signature CBD Wellness Massage
30min Signature CBD Pressure Point Foot Massage
30min CBD Radiance Facial
Includes 10mg CBD Booster Drink



Contact the team at:
Email: valdevie@camelotspa.co.za
Phone: 021 867 8001
WhatsApp: 066 354 0093

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.

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