



UPDATE: PROPOSED PEARL VALLEY DOG PARK

Thank you to the many residents who took the opportunity to submit comments regarding the proposed dog park. The Trustees are reviewing all the comments, questions, objections, and suggestions received and further information will be published shortly. Please note that no decisions have been taken yet and that the rights and interests of all homeowners will be respected in determining the way forward on this matter.



Summer *is here*

THE SWIMMING POOL LOCATED AT THE
PEARL VALLEY CLUBHOUSE IS NOW
OPEN FOR RESIDENTS TO ENJOY



Please note the following summer season operating hours:

Pearl Valley Swimming Pool:

Pool Service: Enjoy poolside drinks service from the Pearl Valley Bar as well as a light snack offering. We encourage residents and guests to dine at The Valley Restaurant, as a limited food service is available from the pool.

Pool Opening Hours:

Monday - Sunday: 08:00 - 19:00
Poolside Service Hours:
Friday - Sunday and public holidays: 11:00 - 18:00

The Valley Restaurant:

Open from Mondays to Sundays from 08:00 - 22:00. Last food and bar order at 21:45
Coffee station: Mondays to Sundays from 07:30.
Halfway house: Mondays to Sundays from 07:00 to 17:00.

Pearl Valley Golf Course:

The first tee-off is at 07:30, with the last 18-hole tee-off time at 14:00.
The driving range will be open from 07:00 and the last balls will be given at 17:30. The range will close at 18:00.

The ProShop:

The golf shop is open from Mondays to Sundays from 06:30 - 18:30.

PEARL VALLEY GOLF



The 2023 Ryder Cup at Pearl Valley

Embracing the Ryder Cup weekend spirit, Pearl Valley proudly hosted its annual event with Shane leading team Europe in an exciting showdown against Adrian's Team USA.

Team USA hoped to get off to a better start than their counterparts competing at Marco Simone Golf and Country Club in Italy. However, they were met with tough competition as Europe got off to a flying start taking their early lead and the USA unfortunately were unable to recover with Team Europe running out convincing Ryder Cup winners on a score of 9 – 5.

A massive thank you to all members who took part in the day. The comradery and sportsmanship from members was exemplary.

Thank you to all the sponsors who made the event another running success.

Ryder Cup Challenge Results



Pieter Rossouw's Impressive Performance at the National Tournament

Pearl Valley Golf is proud to congratulate Pieter Rossouw on yet another great performance. Pieter participated in the national tournament at Benoni Lake Golf Club from Friday, 29 September to Sunday, 1 October, with scores of 72 and 75 to advance to the final two rounds, where he scored 78 and 74 (+11).

We would like to wish **Alessia Goussard** the best of luck as she is currently in Durban, participating with the Boland Women's team in the Premier Women's Inter-Provincial tournament this week. This year's tournament is hosted by Umhlabi Country Estate in Ballito from October 1st to October 6th.



Golf tip of the week: Width is Key!

Swing width is an important factor when swinging a golf club. Creating and maintaining width throughout the backswing, downswing, and follow-through is essential for consistency and leads to effortless power. Often, golfers try to create a straight left arm in the backswing but find it difficult. Factors such as poor grip, lack of rotation, and lifting of the arms can cause the left elbow to break down in structure.

- Get Wide

Expanding the width of your swing arc is a matter of understanding the influence of each arm on either side of the swing. For right-handers, the right arm governs the width of the backswing, and the left arm controls the width of the downswing. Delving a little deeper, each arm bends at the elbow and wrist along your swing arc. The less the elbows fold, the farther the handle of the club will be away from the body, i.e., the wider the arc of the swing. Use that theory to expand the arc of the handle and, by extension, the clubhead.

- A Width Drill

Hold the club with your trail hand only around the middle of the grip. Assume your athletic posture and, as you keep your head stable, swing the club back to around the shaft parallel to the ground. Look over to the club and notice an absence of fold in the elbow and wrist. Now, maintaining the stable head and keeping the club in the same area, reach over to the club and slip your lead hand onto the grip. You will feel extension and a little rotation across your torso. You will notice how your lead shoulder has travelled away from the target, and you will feel a little force on the club. Next, maintain that attitude and complete your backswing. It should feel bigger, wider, more stretched, and certainly powerful.

To practice the through-swing side, reverse the course. Hold the club in the lead hand, move to the shaft parallel on the follow-through side, hold it, and then, while keeping your eyes trained on where the ball would be, slip your trail hand onto the club. It will be enlightening and a bit challenging as well.

For any further information or advice, 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



Celebrity GOLF DAY

PEARL VALLEY JACK NICKLAUS SIGNATURE GOLF COURSE

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



DAN NICHOLL



JACQUES KALLIS



JEAN DE VILLIERS



HAWIES FOURIE



CAMERON DELPORT



HENRY DAVIDS



PAUL HARRIS



MARIUS SCHOEMAN



VERNON PHILANDER

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



19 OCTOBER 2023

The Valley Restaurant Signature Lounge

18:00 – 20:00
R650 per person

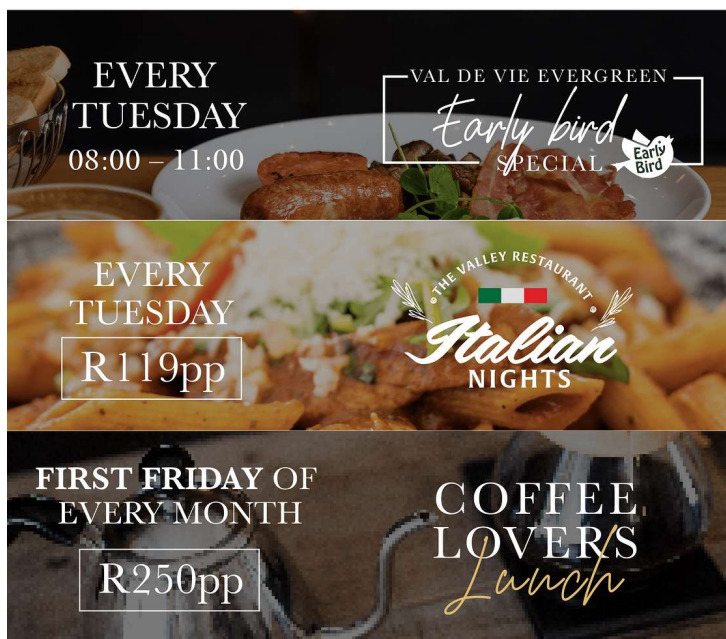


Cancellation Policy
72 hours in advance – full refund
48 hours in advance – 50% refund

Book now: restaurant2@pearlvalley.co.za

[Book now](#)

Up next at **The VALLEY RESTAURANT**



VAL DE VIE MTB EXPEDITION



The 3rd edition of the Val de Vie MTB Expedition is scheduled to take place from Friday 6 October to Sunday 8 October 2023. Daily starting and finishing points will be at the Pearl Valley Clubhouse. Riders will enter and leave the Estate via the Schuurmansfontein Road contractors' gate and the Link Road to Val de Vie.

The field between the Mantis Hotel and the Clubhouse parking area will be used as a base for the event and will not be available for soccer games or other recreational use for the duration of the event.

Strict safety and security protocols will be in place throughout the weekend and the event organiser has committed to ensuring that any potential inconvenience to residents will be minimised.

Further details regarding the event can be found [here](#).





Breast Cancer Awareness

We're collecting pre-loved bras to spread awareness around regular screenings for early detection.

Collections: Jordan Greenhalgh | 083 298 1481
Drop off: Pam Golding Properties, Unit 4, Polo Family Offices | 021 300 1658

Upcoming Event



11 October 2023 | 09:00 - 17:00

Venue: Laborie Wine Estate

VIEW EVENT 

FINE COUNTRY

Invest, relocate or retire in Mauritius!

📅 THURSDAY 19TH OCTOBER, 17:00 – 19:00
 📍 PEARL VALLEY CLUBHOUSE, VAL DE VIE ESTATE, PAARL, CAPE TOWN

📅 THURSDAY 26TH OCTOBER, 17:00 – 19:00
 📍 STBB SANDTON, 112 4TH ST, PARKMORE, SANDTON, JOHANNESBURG

RSVP : Anél Els
 📞 +230 5933 6261
 ✉️ mauritius.agent2@fineandcountry.com

SELA VIE

UP NEXT *at* SELA VIE



**PIZZA
and
PASTA**

**EVERY THURSDAY
FROM 18:00**

JOIN US FOR OUR PIZZA & PASTA EVENINGS

**SCOTLAND
versus
IRELAND**

**SATURDAY, 7 OCT
FROM 19:00**

WATCH THE GAME ON OUR 150-INCH BIG SCREEN



*Stronger
TOGETHER*



join us for
RAAF

**WEDNESDAY, 25 OCT
ARRIVAL AT 18:30**

R350 P/TICKET | INSIDE SEATING

BOOK THROUGH DINEPLAN | WWW.SELAVIE.CO.ZA

Book now

L'HUGUENOT VINEYARDS


L'HUGUENOT
 VINEYARDS

Do you need a **venue** for a
staff year-end event?
 Let's help!

With our spacious lawns, marquee tent and cosy wine lounge, L'Huguenot Vineyards can offer you the perfect setting for your year-end function where you can end your work-year on a high!

All our wines are available at cellar door prices and we have an amazing catering team that will be able to satisfy your food needs with a spitbraai or more...

Contact us to arrange a personalised, fun event with delicious food and wine.

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CS BIKINETICISTS

Frozen Shoulder

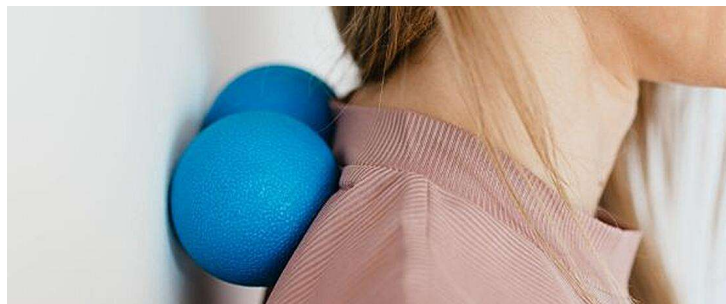
Frozen shoulder, also known as Adhesive Capsulitis (AC), is characterized by an initial period of pain followed by progressively restricted active and passive range of motion (ROM) in the glenohumeral (GH) joint. Pain in the centre of the shoulder joint worsens over time. Recovery from a frozen shoulder can occur over a variable period, and it may lead to complete or nearly complete spontaneous recovery. This condition typically arises due to inflammation, which subsequently causes fibrosis in the GH joint capsule, resulting in the thickening of bones, ligaments, and tendons.

Frozen shoulder can be categorised as:

Primary: The onset is generally idiopathic, meaning there is no identifiable cause.

Secondary: It results from a known cause, predisposing factor, or surgical event.

If you require further information or wish to schedule an appointment, please do not hesitate to get in touch with us via email at csbiokineticists@gmail.com or give us a call at 076 408 7608.



CAMELOT SPA



OCTOBER SPECIAL

Weekday Spa Retreat
60min Thalga Hyalu-Procollagene Wrinkle Correcting Treatment
60min Swedish Massage
60min Deluxe Spa Pedicure
60min Deluxe Spa Manicure
R3 550 | SAVE R670

Valid Monday - Thursday until 31st October 2023

CAMELOT SPA
Your World Of Wellness

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

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.

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646, South Africa, 0218678000

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