



### RE-OPENING OF THE PEARL VALLEY GREEN WASTE FACILITY

The HOA is pleased to announce that the Green Waste Facility on Watervliet Farm has been re-opened.

In order to ensure proper management of the site for the benefit of all users, the following facility rules apply:

1. **Facility Hours:** Open from Monday to Friday, from 08:30 to 16:30 and on Saturdays from 08:30 to 13:00. The facility is closed on Sundays and public holidays.
2. **Accepted Green Waste:** The facility only accepts organic green waste such as grass clippings, leaves, and small branches with a diameter not exceeding 20mm. Tree stumps, large branches, and other large garden debris are not accepted and must be removed from the Estate.
3. **No Hazardous Materials:** The disposal of hazardous materials, including building materials, chemicals, paints, treated wood, and other substances that could harm personnel or the environment is strictly prohibited.
4. **No Household Refuse:** Household refuse may not be dumped at the green waste site. This includes dog poop, paper, plastic, tins, bottles, and other non-organic materials.
5. **Garden Service Contractors:** Residents' service providers will be allowed to use the facility, subject to the same rules applicable to individual homeowners. Management reserves the right to restrict access to service providers who do not comply with these rules.
6. **CCTV Monitoring:** The facility has been enclosed and will be monitored by CCTV cameras. Misuse of the facility and dumping of waste outside the designated area will result in penalties being levied by the HOA.
7. **Enter at Own Risk:** The use of the facility and the access road is entirely at the individual's own risk.



A reminder that the levy increase for 2023/24 was approved by members at the PVHOA AGM on Thursday, 31 August 2023, as follows:

- Previous levy: R3 025 (April 2023)
- Interim levy: R3 175 (5% interim increase and catch-up adjustment implemented in May to September this year)
- New levy adjusted: R3 200 (including catch-up adjustment over the remaining 6 months of the financial year).

The new levy contribution will reflect on homeowners' accounts from *October 2023*.

Any queries in this regard should be addressed to Clyde Constable and Danelle Jansen at [debtors@pearlvalley.co.za](mailto:debtors@pearlvalley.co.za).

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## 2024 GENERAL ELECTION - REGISTER TO VOTE

Following the 2021 municipal election, Val de Vie Estate engaged with the Independent Electoral Commission (IEC) and Drakenstein Municipality, and we are pleased to announce that Val de Vie Estate, including Pearl Valley, will have its own dedicated voting station for the 2024 general election, tentatively scheduled for 24 May 2024.

It is a requirement by the IEC that all Val de Vie Estate residents have to re-register in order to vote on the Estate as it is a new voting district. The first registration day will take place on 16 September from 08:00 - 11:00 at the Polo Pavilion. Residents will need to bring their valid South African Passports or ID's with to register.

Alternatively, click the below link to re-register online.

[Click here to register to vote](#)

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## PEARL VALLEY GOLF ACADEMY

### **Do not fear Jack's bunkers!**

As we all know, Jack Nicklaus loves designing golf courses with strategically positioned fairway bunkers. Fear not! This week's golf tip provides useful advice on how to overcome fairway bunkers.

*Assessing the lip* - The first step is to assess the height of the bunker face. This will give you an idea of which club to use. For higher handicap golfers, remember that loft is your friend. Your first objective is to get the ball out of the trap. For more skilled golfers, if the lip/face is not too high, a lower lofted club could be an option.

*Knock the knees in* - In greenside bunkers, you shuffle your feet into the sand, but it is not something you should do in a fairway bunker – you do not want to lower your divot depth. Instead, you are looking to pick the ball cleanly off the top. It is important to know that when taking the backswing, the lower body should have little to no movement and have forward movement (towards the target) in the downswing/forward swing to ensure clean contact.

*Go down the grip* - Going down the grip slightly will also help you catch the ball cleanly. While the golf swing will remain the same, you don't want to be at the top of the grip because you're going to come in at divot depth, which means too much sand. For the same reason, position the ball fractionally back in the stance so that you get to the ball early.

*Make a rhythmical swing* - Then it's all about making a quiet, rhythmical golf swing. Whatever you do, don't try to muscle the ball out, because your legs will go, and you'll slip, and all the lovely work you did at the setup is going to be wasted.

Often, you'll see players trying to hit the ball too hard, which results in tilting, or you see golfers who are scared of hitting the lip, so they try to 'help' it out – all of which just upsets the golf swing. There's one other factor to bear in mind. By taking the ball off cleaner, there's going to be less compression, and therefore less backspin. As a result, the ball is going to come out lower.

For any further information or advice, feel free to contact us:

- James Wade at [James.Wade@pearlvalley.co.za](mailto:James.Wade@pearlvalley.co.za) or call 082 435 5831
- Sevey Links at [Sevey.Links@pearlvalley.co.za](mailto:Sevey.Links@pearlvalley.co.za) or call 082 214 8014



**Trevor Mahoney** claims the top spot once again! Following his victorious streak at the Boland Foursomes Championship in De Zalze and the Kruger League Final at Pearl Valley, our frontline staff member secured victory at the 2023 Bobby Locke Open, which took place at Robertson Golf Club on Sunday, September 3rd.

The Mid-Amateur player delivered impressive rounds of 72 and 69 to finish with a score of -3, clinching the win with a comfortable three-stroke margin.

Congratulations, Trevor! Pearl Valley Golf is extremely proud of your performance!





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**ONLY R795  
PER ROUND**

INCLUDING A CART

VALID FROM  
23 SEPTEMBER - 1 OCTOBER 2023

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[golfshop@pearlvalley.co.za](mailto:golfshop@pearlvalley.co.za) | 021 867 8000

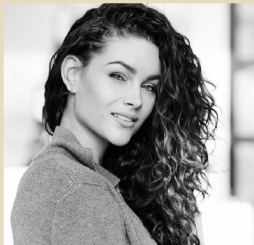




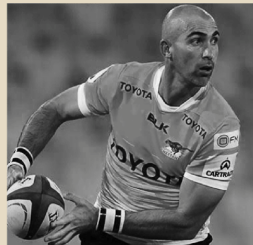
# Celebrity GOLF DAY

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



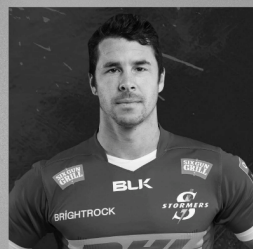
REUBEN RIFFEL



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](mailto: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



**Food and Wine Pairing with Rainbow's End Wine Estate**

Join us at The Valley Restaurant for a refined four-course wine pairing menu with Rainbow's End Wine Estate.

21 September 2023

R650pp

18:00 – 20:00

The Valley Restaurant Signature Lounge

Cancellation policy:

*72 hours in advance – full refund*

*48 hours in advance – 50% refund*

[Book now](#)

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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**.

Available from R330 per person

Enquire now  
restaurant@pearlvalley.co.za  
021 867 8000

*Up next at* **The VALLEY RESTAURANT**

**EVERY TUESDAY**  
08:00 – 11:00

VAL DE VIE EVERGREEN  
*Early bird*  
SPECIAL

**EVERY TUESDAY**  
R119pp

THE VALLEY RESTAURANT  
*Italian*  
NIGHTS

EAT IN ONLY

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

THE VALLEY RESTAURANT  
*Curry*  
NIGHT

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OF EVERY MONTH

R120pp

**LAST THURSDAYS**

**FIRST FRIDAY OF**  
EVERY MONTH

R250pp

**COFFEE**  
*LOVERS*  
*Lunch*

**Bookings Essential**

WhatsApp: 071 644 6743 | Call: 021 867 8000

**SELA VIE**

**MasterChef Dinner**

Indulge in a 5-course dinner experience like no other at Sela Vie, Val de Vie Estate, on September 15th & 16th, starting at 19h00.

Shawn Godfrey, Masterchef 2022 Winner, will be crafting each dish with passion and precision, showcasing the flavours that earned him the title. From appetizers to desserts, prepare for a taste sensation you won't want to miss!

Price: R495 per person - Limited tickets are available.

[Book now](#)

**UP NEXT** *at* **SELA VIE**

*dinner with*  
**SHAUN GODFREY**  
WINNER OF MASTERCHEF 2022

**5-COURSE DINNER EXPERIENCE | R495 PP**  
**15 & 16 SEPTEMBER**

*Stronger*  
**TOGETHER**

**SCREENING ON 150-INCH BIG SCREEN**  
**08 SEPTEMBER - 08 OCTOBER**

**RUGBY WORLD CUP FRANCE 2023**

This Friday join us for the World Cup Rugby Opening Game 🏉 support the Boks Sela Vie style!

# Unwind Friday Spitbraai

**22 SEPTEMBER 2023**

We are celebrating our heritage and therefore we invite residents, family, and friends to join us for a **traditional South African "spitbraai"** with perfectly slow-cooked lamb, mouthwatering potatoes, onions, garlic bread and a selection of seasonal salads.

**LIVE MUSIC** will provide ambient entertainment brought to you by **PAM GOLDING**.

**TIME: 17:00 – 21:00**

**PRICE: R280 per person**

(Includes a complimentary glass of red wine)

Bookings are essential  
E: [experience@lhuguenot.com](mailto:experience@lhuguenot.com) or T: + 27 21 876 8037



**PAM GOLDING**  
PROPERTIES

Good food, good wine, and good company – that is what wintery Fridays call for.



L'HUGUENOT  
VINEYARDS



# Kids Fun Wednesday

Wednesday 13 September, 2023  
Time: 15h00 - 18h00

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...**

The family are welcome to linger a bit longer, sit back and enjoy our stunning setting and our community.

Enjoy a glass of wine and pizza or place an order at the **VILLAGE deli Grab&GO** for a *down to earth* evening meal.



VILLAGE  
deli



**R50 per child**  
(includes all activities  
and a kiddies slushy)



Send an email to [experience@lhuguenot.com](mailto:experience@lhuguenot.com) to add your child's name on the list



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...**

The family are welcome to linger a bit longer, sit back and enjoy our stunning setting and our community.  
Enjoy a glass of wine and pizza or place an order at the **VILLAGE deli Grab&GO** for a *down to earth* evening meal.



Send an email to [experience@lhuguenot.com](mailto:experience@lhuguenot.com) to add your child's name on the list



**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.*



The menu card features a dark green background with a floral arrangement in the top left and bottom left corners. The text is centered and uses a mix of elegant script and clean sans-serif fonts. The main title 'Steak Night WEDNESDAY' is prominent, followed by the restaurant name 'Back's Pearl Valley Menu'. The main dish is '200g Sirloin served with hand cut potato chips & seasonal stir fried vegetables' for R125. Upgrade options for 300g Sirloin (+R55) and 250g Ribeye (+R110) are listed. A section for sauces (+R30) includes Green peppercorn, Creamy Mushroom, Lemon Butter, and Peri Peri. A horizontal line separates this from 'Other Options for Tonight', which lists Chef's Line Fish of the Day (R240), Spaghetti Bolognese (R130), (V) Penne Pesto (R125), (V) Vegetarian Burger & Chips (R155), and Bacon & Brie Beef Burger & hand cut chips (R185). The 'BACK'S' logo and a stylized 'PB' monogram are at the bottom, with the note 'Available all winter' below them.

*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*

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*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*



Exclusive mandates For Sale

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Jordan Greenhalgh  
083 298 1481

Amy Anley  
060 693 5533

Get in touch

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Registered with the PPRA. Holder of a Business Property Practitioner FFC. Operating a Trust Account.  
W: +27 21 300 1658 | E: [pearluxuryestates@pamgolding.co.za](mailto:pearluxuryestates@pamgolding.co.za)

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Exclusive Mandate

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R 26 million | Pearl Valley 4 Bedrooms | 4 Bathrooms | 3 Garages

Exclusive Mandate

Ref# VLV1619008

R 18 million | Pearl Valley 4 Bedrooms | 3 Bathrooms | 3 Garages



# Entries now Open



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prize is a R60 000  
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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](#)



COSMAFOLIA  
NATURALIST FARMERS



## CS BOKINETICISTS

### Understanding Back Pain: Symptoms, Risk Factors, and Prevention

#### *Symptoms:*

Range from muscle ache to a shooting, burning, or stabbing sensation.  
The pain can also radiate down a leg.

Bending, twisting, lifting, standing, or walking can exacerbate it.

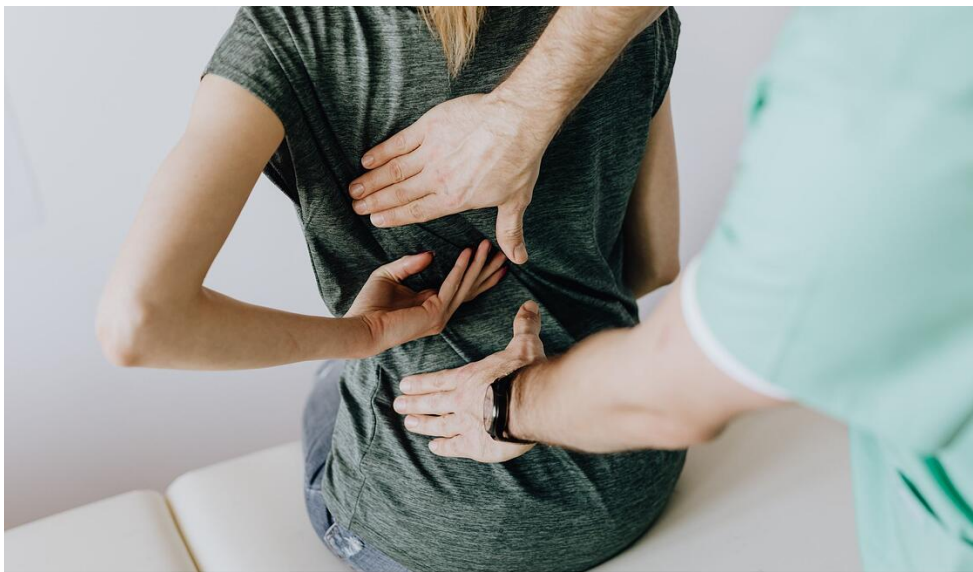
*Risk factors:*

- Age: More common in individuals over 30 or 40.
- Excessive weight: Extra weight puts stress on the back.
- Lack of exercise: Weak, unused muscles in the back and abdomen might lead to back pain.
- Diseases: Some types of arthritis and cancer can contribute to back pain.
- Improper lifting: Using the back instead of the legs can lead to back pain.
- Psychological conditions: People prone to depression and anxiety appear to have a greater risk of back pain. Stress can cause muscle tension, contributing to back pain.
- Smoking: Smokers have increased rates of back pain. This may occur because smoking causes coughing, which can lead to herniated discs. Smoking also reduces blood flow to the spine and increases the risk of osteoporosis.

*Prevention:*

Improving one's physical condition and learning and practising how to use the body might help prevent back pain by keeping the back strong and healthy and avoiding movements that twist or strain the back. For example, engage in regular low-impact aerobic activities, build muscle strength and flexibility, maintain a healthy weight, quit smoking, and use proper techniques for standing, sitting, and lifting.

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



## CAMELOT SPA



## Flash Special

Receive a complimentary Blow-Dry with our hairstylist when you book a Full Body Massage

\*Offer valid at Camelot Spa Val de Vie until 7 September 2023

LIMITED TIME OFFER

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Val de Vie Estate  
021 867 8001  
[valdevie@camelotspa.co.za](mailto:valdevie@camelotspa.co.za)

## PEARL VALLEY CONTACT DETAILS

### PEARL VALLEY HOA

- +27 21 867 8000
- [info@pvhoa.co.za](mailto:info@pvhoa.co.za)
- [www.pvhoa.co.za](http://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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