



AS BUSY AS A BEE!

Swarming is a natural part of the bees' existence and, unfortunately, any cavity that is secure from the elements becomes a target home. Hence, bees will colonise house roofs, meter boxes, pool motor covers, drums, waste bins, bird logs, empty tree trunks, and any other place they feel will make a warm, secure home.

Bees are very protective of their valuable commodities, and bee sting venom is one of the most potent venoms in the animal kingdom.

Our African and Cape bees can become very aggressive when their homes are disturbed and a person not trained in carrying out bee removals should never attempt to relocate a colony of bees. Bees, when aggressive and uncontrollable, can pose a threat to humans and animals. The cost of spending a night or two in the intensive care unit of any hospital is not worth it!

Ideally, a competent beekeeper is the right person to carry out this function.

(South African Bee Industry Organization (SABIO) - <https://sabio.org.za/bee-removal-services/>)

Residents may call John de Freitas at 076 527 9377 or Bergrivier Beekeeping at 082 558 3989 for private nest removal and relocation services. Should residents come across a nest in an Estate open area, please notify the HOA at info@pvhoa.co.za. Residents who know of further service providers are welcome to send their details to the HOA.



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 ACADEMY

Do you swing at the ball or do you swing through the ball

To achieve a consistent and solid ball strike, golfers need to adopt the mindset of swinging through the ball. Understanding that the golf ball lies in the path of the golf club's movement, is crucial. By focusing on swinging through the ball, rather than just at it, players can enhance their ball-striking abilities.

An effective exercise to reinforce the concept of swinging through the ball is the step drill. This drill not only promotes the proper transfer of weight from the trail side to the lead side but also encourages a smoother flow in the golf swing. The key to success in this drill lies in the downswing sequence, where the golfer takes a forward step with the left foot (for right-handed golfers).

Executing the Step Drill:

Firstly, position the golf club a meter ahead (target side - image 1). Start the exercise from this position (image 2).

Next, move the lead foot next to the trail foot while keeping the club on the target side. Then, from this position, complete the backswing.

Try lifting the lead foot while balancing on the trail foot (image 3). This will give the golfer the sensation of having their body loaded on the trail side.

As you initiate the downswing, focus on stepping forward with your left foot (for right-handed golfers). (image 4)

Allow your weight to shift smoothly from the trail side to the lead side, emphasising a continuous motion. (image 5)

Follow through with the swing, ensuring that the club head moves through the impact zone, emphasising the concept of swinging through the ball and having a balanced end-of-swing position. (image6)

Benefits of the Step Drill:

The step drill helps golfers develop a better sense of weight transfer, leading to a more powerful and controlled swing. By incorporating this exercise into your practice routine, you can enhance your ball striking skills and promote a more consistent and reliable golf game.

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





INVITATION

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Founded in 2004, TSIBA Business School is a registered not-for-profit Higher Education Institution located in Ndabeni, Cape Town. TSIBA's purpose is to profoundly change the future trajectory of young people from systemic and inter-generational poverty.

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RSVP - graham.moore@tsiba.ac.za or 082 900 7198

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Wednesday
February
2024

Rhone Homestead, Boschendal Wine Estate,
Pniel Road, Groot, Franschhoek

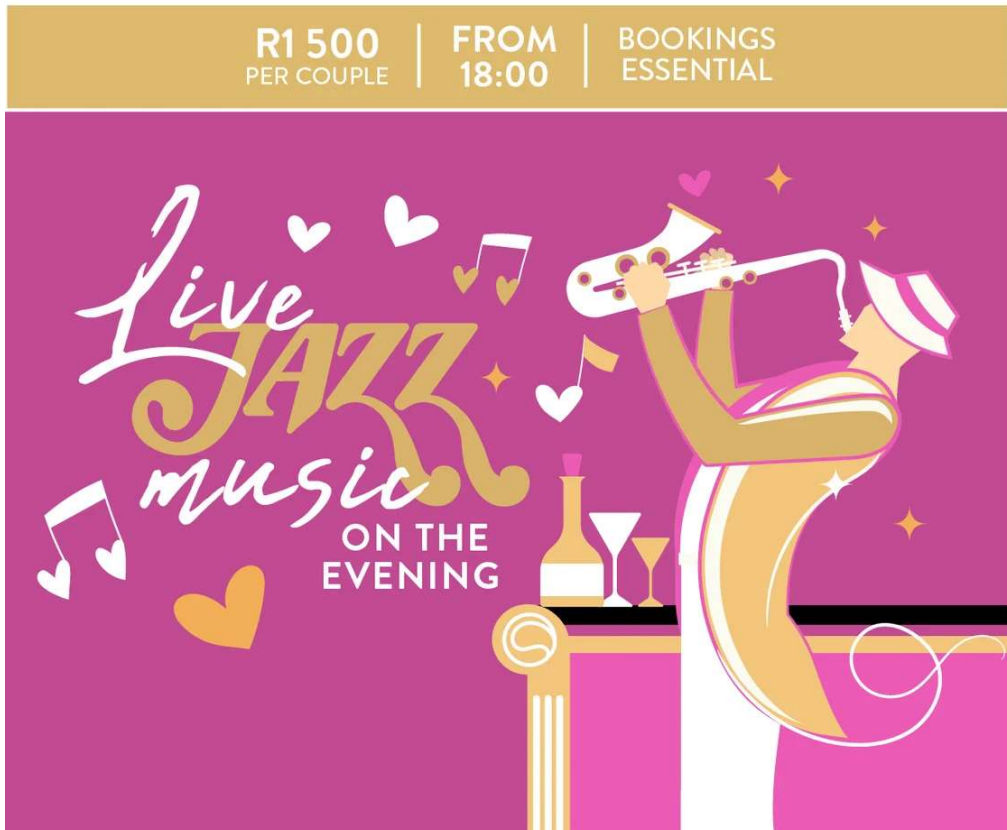


VALENTINE'S DAY DINNER AT *The* *Valley Restaurant*

R1 500
PER COUPLE

FROM
18:00

BOOKINGS
ESSENTIAL



[View the menu](#)

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UP NEXT AT

The VALLEY
RESTAURANT

EVERY
TUESDAY

R119pp

THE VALLEY RESTAURANT

Italian
NIGHTS

Bookings are essential

WhatsApp: 071 644 6743 | Call: 021 867 8000



*be my
valentine.*

VALENTINE'S DINNER

Wednesday 14th of February

5 course menu

6 for 6.30pm

First course will be served at 7pm.
Price per couple R1700 - Includes
a glass of bubbly. Optional
Premium Wine pairing at R450
per person.

Limited to 30 couples at the Polo
Pavilion and 15 couples at Back's
Pearl Valley.

Book on Dineplan for Polo Pavilion
Email to book at Back's Pearl Valley:
hello@backs.co.za

BACK'S

PP

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 L'Huguenot Vineyards, Val de Vie

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UP NEXT *at* SELA VIE

PIZZA BUILDING NIGHT | VALENTINES DINNER | DINNER-TO-DOOR



PIZZA BUILDING NIGHT

23 FEBRUARY | 18:00
RANGING FROM R165 - R185
KIDS - R100



VALENTINES DINNER

Four-course dinner with
 Annandale wine pairing

14 FEBRUARY | 19:00
R990 PER COUPLE



DINNER *to your* DOOR

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



MONDAY
 Chicken Pesto Pasta Salad:
 shredded chicken, avocado,
 tomato and pesto dressing
 R300 for 2 people

TUESDAY
 Roasted Butternut Bowl: Quinoa,
 cherry tomatoes, grilled broccoli
 and chickpeas with a tahini dressing
 R300 for 2 people

WEDNESDAY on Valentine's Day
 Steak Bowl: Brown rice,
 avocado, feta and
 edamame beans
 R300 for 2 people

THURSDAY
 Crispy Chicken Orzo Pasta:
 Feta, olives, baby spinach
 and roasted tomatoes
 R300 for 2 people

Kids Menu



MONDAY: Bacon and feta pizza
TUESDAY: Spaghetti and meatballs
 in napolitana sauce
WEDNESDAY: Cheese burger and chips
THURSDAY: Mac and Cheese

R90 PER CHILD

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

Offers are only valid on Saturdays.

View the menu



UNwine'd Friday



Live Music

FRIDAY, 09 FEBRUARY | 5PM - 9PM



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



— Wine —
OF THE MONTH

POLO CLUB CHARDONNAY PINOT NOIR 2023
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10% discount! Discount code: WINEOFTHEMONTH

CAMELOT SPA



Annual Memberships*

(valid for 12 months)

R5 100

R8 500

R15 300

R20 400

*once off payment valid for one year

Once your membership miles are depleted, your membership will have to be renewed.

Membership can be used by more than one person.

Lower prices are charged during off-peak periods (Monday to Thursday).

Joining fee of R100

Contact any of our spas for more information.

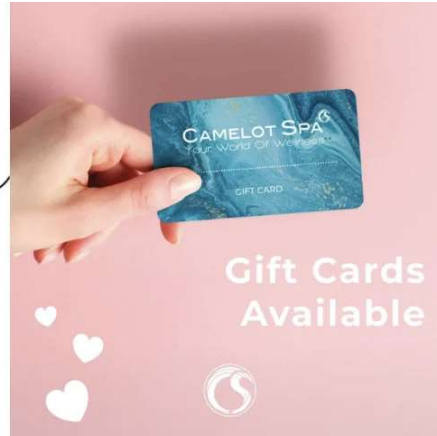
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HELLO
february

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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.

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

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