



VAL DE VIE  
 PEARL VALLEY  
 HOME OWNERS ASSOCIATION

# WEEKLY HOA NEWSLETTER

## PVHOA TOWNHALL MEETING

Homeowners are reminded of the PVHOA Townhall Meeting scheduled for 6 pm on Wednesday 24 April at the Pearl Valley Conference Venue. Online registration for Members who plan to attend the meeting virtually will open at 8 am tomorrow, Friday 19 April. Homeowners are also encouraged to submit questions in advance by email to [info@pvhoa.co.za](mailto:info@pvhoa.co.za).

## Under Armour BREAKING PAR SERIES

9-Hole event | Par 36 | All holes are par 4

**15:00**  
 WINTER  
 MONTHS

**15:30**  
 SUMMER  
 MONTHS

At the first event, all participants will compete from the 25-meter tee. The goal is to play 9-holes and score 36 or lower. The desired score will allow players to move on to the 50-meter tee in the next event. The participants who do not achieve the target score will remain on the same tee for the next event. The game aims to get juniors to score from a close distance and advance further away from the green once the target score is met.

THE COLOUR OF THE TEE MARKERS WILL INDICATE EIGHT DIFFERENT COURSES

25m	50m	75m	100m
125m	150m	175m	200m

YEARLY  
 SUBSCRIPTION  
 FEE OF **R1500**

INCLUDES  
 Grading caps  
 Under Armour golf shirt  
 Great prizes at each event  
 Snacks and drinks

12  
 MAY

16  
 JUNE

14  
 JULY

25  
 AUG

22  
 SEPT

13  
 OCT

17  
 NOV

15  
 DEC

ENQUIRE NOW  
 SEVEY LINKS  
[Sevey.Links@pearlvalley.co.za](mailto:Sevey.Links@pearlvalley.co.za)  
 082 214 8014

THE PEARL VALLEY CONFERENCE VENUE

TUES 30 APRIL | 18:00 for 18:30



# KAREN UN PLUG GED Show

# ZOO

**R350  
PER TICKET**

Complimentary Stella Artois  
beer or glass of KWV wine  
included in the ticket price

[CLICK HERE TO  
SECURE YOUR SPOT](#)

*Limited tickets available*

CULT

CULT



12 MAY  
FROM 12:00

The Valley Restaurant

MOTHER'S  
Day

*Spoil your mom* THIS MOTHER'S DAY  
with a delicious "Mothers of the World"  
three-course lunch at The Valley Restaurant

Live DJ | Jumping castle

*Bookings essential*

Book now

View the menu

THE VALLEY  
RESTAURANT

ITALIAN  
*Nights*



EVERY TUESDAY  
FROM

17:00

MAKE YOUR RESERVATION

WhatsApp: 071 644 6743 | Call: 021 867 8000



ENJOY A DELICIOUS  
PASTA OR PIZZA  
FOR JUST

R 135



INCLUDES A  
COMPLIMENTARY

*Dessert*



Bookings are essential

WhatsApp: 071 644 6743 | Call: 021 867 8000



# UP NEXT *at* SELA VIE

FREE-DOM FRIDAYS | TASTE OF MEXICO | DINNER-TO-DOOR



## FREE-DOM FRIDAYS

### FREE-DOM FRIDAYS

**12 APRIL | 14:00 - 17:00**  
GET ONE FREE KIDS MEAL  
WITH EVERY REGULAR MEAL ORDERED  
\*KIDS MUST BE UNDER 12  
SIT DOWN ONLY



## TASTE OF MEXICO

### TASTE OF MEXICO 26 APRIL | 18:30

SELA VIE TRANSPORTS YOU TO THE HEART OF MEXICO.  
JOIN US IN A WORLD OF VIBRANT FLAVORS AND  
CULTURAL DELIGHTS.  
**MAKE SURE TO BOOK YOUR SPOT**



## DINNER *to your* DOOR

Monday - Thursday | Directly to your door!  
ONLY 30 PORTIONS AVAILABLE PER NIGHT

### MONDAY

Exotic truffle & mushroom  
risotto with sautéed & pickled  
mushrooms  
R300 for 2 people



### TUESDAY

Butter chicken curry,  
basmati rice, sambals, and raita  
with poppadum's  
R300 for 2 people



### WEDNESDAY

Creamy prawn and spicy chorizo  
pasta with fresh herbs  
R350 for 2 people

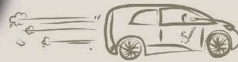


### THURSDAY

Beef lasagna with  
signature village side salad  
R300 for 2 people



## Kids Menu



**MONDAY:** Sticky sesame chicken with rice  
& steamed broccoli  
**TUESDAY:** Spaghetti Bolognese  
**WEDNESDAY:** Crispy honey chicken pasta  
**THURSDAY:** Ham & mushroom pizza

**R90 PER CHILD**



DELIVERIES POWERED  
BY PLATINUM WHEELS

[Book now](#)

JUMPING CASTLE | LIVE BIG SCREEN TV  
KIDS PLAY AREA AND MORE...



# SATURDAY chill n

Come and relax  
with your family and friends this Saturday!  
From 12h00 until closing...



WINE TASTING  
R55 FOR 4 WINES

*Special offer*  
**10% DISCOUNT  
ON ALL CRUSTED PIZZA  
+  
BUY 1 GET 1 FREE  
BEER ON TAP / GIN ON TAP**



**SPITBRAAI**   
with LIVE MUSIC BY JUAN CASEY

DATE: FRIDAY, 19 APRIL 2024  
Book your Spitbraai ticket | R200 per person



# 10% OFF

When you purchase 6 bottles of the selected

LA MOTTE CHARDONNAY  
or  
LA MOTTE SYRAH

[orders@lhuguenot.com](mailto:orders@lhuguenot.com)  
[www.villagedeli.co.za](http://www.villagedeli.co.za)

**Get 10% OFF**  
when you buy any  
six bottles  
of the medal wines.

[orders@lhuguenot.com](mailto:orders@lhuguenot.com)  
or  
[www.villagedeli.co.za](http://www.villagedeli.co.za)



Culinaria Chenin Blanc 2023: Gold medal  
Culinaria Grand Vin 2020  
Culinaria Grand Vin 2021: Double Gold medal and  
Trophy winner: South African Wine of The Year  
Family Collection Heritage Blend 2021: Gold medal  
Special Edition Pinotage 2022: Gold medal  
Special Edition Red Blend 2021: Gold medal



— Wine —  
OF THE MONTH



**POLO CLUB MERLOT | 2022**

Order online [www.villagedeli.co.za](http://www.villagedeli.co.za)  
and receive a 10% discount if you  
order six bottles or more!

Discount code: **WINEOFTHEMONTH**





## Leopard`s Leap Award winning wines

Recently Leopard's Leap was awarded with the following medals at the China Wine & Spirits Awards - Best Value 2024.



Culinaria Chenin Blanc 2023: Gold medal  
Culinaria Grand Vin 2020  
Culinaria Grand Vin 2021: Double Gold medal and  
Trophy winner: South African Wine of The Year  
Family Collection Heritage Blend 2021: Gold medal  
Special Edition Pinotage 2022: Gold medal  
Special Edition Red Blend 2021: Gold medal

Join our winemaker, Renier van Deventer for an interactive, relaxed wine tasting with excellent wines and cheese.

**Date: 24 April 2024 | Time: 18h00 – 20h00**

Tickets: R150 per person (includes wine tasting and cheese)  
Place: L'Huguenot Vineyards

Bookings are essential | [experience@lhuguenot.com](mailto:experience@lhuguenot.com)

**15% DISCOUNT | ON ALL WINE ORDERS ON THE NIGHT**







**05**  
APRIL

**MUSIC**  
by Newton Theron



**19**  
APRIL

**SPITBRAAI**   
with LIVE MUSIC BY JUAN CASEY

Book your Spitbraai ticket  
R200 per person



**26**  
APRIL

**MUSIC**  
by Richard Brockensha



BOOKINGS ARE ESSENTIAL : [experience@lhuguenot.com](mailto:experience@lhuguenot.com) | 021 876 8037

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

### CS BIKINETICISTS



Osgood-Schlatters Disease is becoming a more common injury nowadays.

**Why could this be?**

Children are engaging in a lot of jumping, running activities, and sports that can cause this.

**Risk factors:**

- Male gender
- Ages: males 12-15, females 8-12
- Sudden skeletal growth
- Repetitive activities such as jumping and sprinting

**What can we do?**

We can provide rehabilitative exercises that are specific to this condition, helping to relieve pain and promote better recovery through exercise.

**Clinical Presentation & Examination includes:**

- Painful palpation of the tibial tuberosity.
- Pain worsens during physical activity/sport.

- Some cases involve an increased bony protuberance at the tuberosity.
- Pain experienced during resisted isometric quad contraction.
- Tightness of the quadriceps.

If you require further information or assistance with rehabilitation, please contact the CS Biokineticists team at 0764087608 / 0662680611 or send an email to csbiokineticists@gmail.com

## CAMELOT SPA



# APRIL SPECIALS

<b>Polished To Perfection</b> 45min Nailcare & Gelish 75min Gelish Pedicure <b>R990   Save R160</b>	<b>The Reviver</b> 60min Signature CBD Wellness Massage 30min Thalgo Hydra-Radiance Facial Includes a CBD Shot <b>R1 600   Save R320</b>
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Valid 1 - 30 April 2024.

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

## SPA WELLNESS MEMBERSHIPS

Sign up for a Spa Membership today! Invest in yourself, feel better and stay well.

### Annual Membership Plans\*

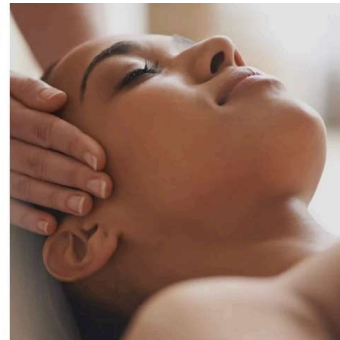
(valid for 12 months)

R5100  
R8500  
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**

**CAMELOT SPA**  
VAL DE VIE



### 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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