



MAKE SURE TO STAY IN THE LOOP: UPDATE YOUR CONTACT INFO

The HOA would like to encourage all homeowners and residents to notify us of any changes to their contact details. It is important for us to maintain accurate records to ensure that important communications such as email newsletters, notices, and WhatsApp notifications are received without delay, especially in the event of an emergency.

If additional household members would like to be included in our communications, please contact us at info@pvhoa.co.za, and we will gladly add them to our records.

Based on experience, we have noticed that our communications may occasionally be blocked by security measures beyond our control, such as company firewalls or spam filters. If you experience issues receiving HOA communications, HOA staff will be happy to investigate and assist in finding a solution. However, please note that the HOA is not responsible for managing individual device or email settings.

SNAKES REMAIN ACTIVE DURING COLD WEATHER

Despite the Western Cape's cold and rainy winter conditions, snakes can still be active, especially during the occasional sunny days. Just like us, they are drawn to the warmth and may emerge from their hiding places to bask in the sun.

Snakes often seek shelter in places such as piles of loose rubble, dead vegetation, stacked firewood, and underneath dog kennels.

Earlier this week, a Puff Adder was found in a valve box on the Estate, serving as a reminder to stay vigilant.



Residents are urged to be cautious and to contact the Security Team on 021 867 1201 if they spot a snake anywhere on the Estate. Trained responders are available to safely capture and release the snake.

UPCOMING INTERSCHOOLS EVENTS

The HOA requests that any Interschool decorations be placed only around trees and not on booms, traffic signs, or lamp posts on the Estate. Let's ensure fair play by not removing the colours of opposing schools. Please remove and dispose of all decorations once the Interschools weekend is over.

May the best team(s) win!

PEARL VALLEY GOLF

NEW FROM MACADE GOLF

New Season. New Style.

Only at The Golf Shop.
Shop Now →

PVG

Macade

How to Improve Your Putting

Improving your putting takes time, patience, and consistent practice. The best putters in the world

don't just have great alignment, rhythm, and distance control - they also have one key ingredient: confidence. And there's only one proven way to build confidence on the greens - make more putts!

A great drill is to end every practice session by sinking as many short putts in a row as possible. Start with 2-footers, then move on to 3-footers. Set a goal of making 15 to 20 putts in a row. Treat each putt as if it were the only one - read the break, focus, and go through your full pre-shot routine, just like you would on the course.

Practice with purpose.

Looking to take your putting - or your overall game - to the next level?

Remember, improvement is in your hands. Smarter play and better skills don't come overnight, but with focused drills, consistent effort, and a positive mindset, you'll start to see real progress.

Golf takes hard work, but with dedication, patience, and a commitment to steady practice, you'll get there. If you'd like to sharpen your skills even more, get in touch with our coaches:

- James Wade – james.wade@pearlvalley.co.za / 082 435 5831

- Sevey Links – sevey.links@pearlvalley.co.za / 082 214 8014





[View July 2025 Events Golf Calendar here](#)

THE VALLEY RESTAURANT

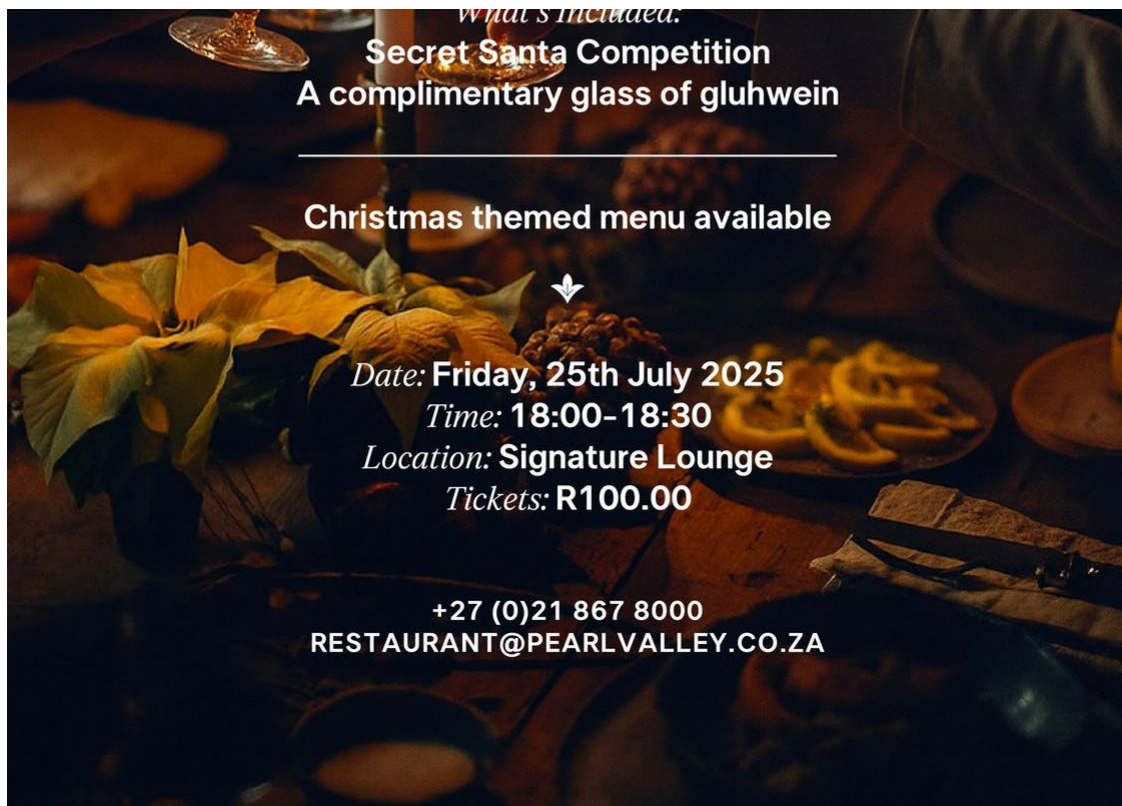
*Celebrate the magic of the season with good food,
—— great company, and unforgettable holiday spirit.*



Christmas
in July

one night only

What's Included



[Make a reservation](#)



An advertisement for 'Curry Evenings' featuring a pair of hands holding a dark slate tray with three small mounds of curry powder in yellow, red, and brown. The background is dark green. The text is white and gold.

Every Wednesday
from 17h00

Curry Evenings

Choose your favourite curry
and we'll treat you to a complimentary
500ml Stella Artois draught.

+27 (0)21 867 8000 | RESTAURANT@PEARLVALLEY.CO.ZA

An advertisement for 'Parent's Night Off' showing a man and a woman smiling at each other at a restaurant table. The man is holding a spoon with food. The background is a blurred restaurant interior. The text is white and gold.

KIDS UNDER 8 EAT FREE - ONE PER PARENT.

Parent's Night Off

The Valley Restaurant
Every Thursday from 17h00

Escape the midweek madness and unwind at The Valley Restaurant
while the little ones enjoy a meal on us.

+27 (0)21 867 8000 | RESTAURANT@PEARLVALLEY.CO.ZA



BACK'S PEARL VALLEY



Winter Warmer
ONLY R160
FOOD+WINE

200g Rump Steak & side
Smash Burger & side
Chicken Korma
Hake & Chips
+ Glass of Wine

Available every day
for lunch and
dinner at Back's
Pearl Valley.
Includes one main
course and a glass
of wine. Sit-in only.

BACK'S
Pearl Valley

Back's at the Pearl Valley Hotel
0213006992 - hello@backs.co.za

SELA VIE



JOIN US FOR
PUB AND GRUB

SA VS GEORGIA
SATURDAY | 19 JULY 2025 | 17:10

MTN

SPRINGBOK

[Make a reservation](#)



SELA VIE
Soulful Curry Sundays

SUNDAY 20 JULY 2025

BUTTER CHICKEN CURRY WITH HERBED RICE,
SALSA, SAMBALS AND A POPPADUM
R185

SELA VIE

[Make a reservation](#)

HOW BIOKINETICS CAN HELP YOUR GOLF



IMPROVE SWING MECHANICS

HOW: We assess and correct movement imbalances, mobility restrictions and muscular weakness.

IMPACT: Better swing efficiency, more power and reduced compensations.

INCREASE DRIVING DISTANCE

HOW: Strengthen the kinetic chain (hips, core, shoulders) which improves power generation.

IMPACT: Greater drive distances and more consistent ball striking.

REDUCE RISK OF GOLF-RELATED INJURIES

HOW: We address common overuse injuries (golfers elbow, lower back pain, shoulder impingement).

IMPACT: Players stay injury-free and play more consistently.

ENHANCE CORE STABILITY AND BALANCE

HOW: Through functional, golf-specific core training and balance drills.

IMPACT: Improve swing control, weight transfer and endurance during the round.

INCREASE MOBILITY FOR FULLER SWING ARC

HOW: Mobility work for the hips, shoulders and thoracic spine to enhance range of motion.

IMPACT: Allows for a bigger backswing and follow through without strain.

OPTIMIZE LONGEVITY IN GOLF

HOW: Preventative programs for joint health, muscle preservation and neuromuscular control

IMPACT: Keeps golfers playing well into their 60s, 70s and beyond.



Contact us at
csbiokineticists@gmail.com

PEARL VALLEY HOME OWNERS ASSOCIATION

Trustees B Lodewyk, E Lyon, J Miller, B Schäfer, I van Niekerk, D Woolley

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Email info@pvhoa.co.za


Website www.pvhoa.co.za

EMERGENCY CONTACT DETAILS

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 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

 Voltano Metering - +27 86 186 5826

 ER24 Paarl - 084 124

 Paarl Mediclinic - +27 21 807 8000

 Medicross Paarl- +27 21 872 3867

 SAPS- +27 21 807 4000

 Paarl Fire Brigade- +27 21 872 2323

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 Homeowners Association, R301, Mandela Freedom Road, Paarl, South Africa

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