

# **ALL THE LEAVES ARE FALLING**

It's the time of year when leaves are falling all around and residents and HOA staff are hard at work cleaning up!

We would like to appeal to residents (and their gardening helpers) to please refrain from sweeping or blowing leaves into the Estate's storm water drains as this can cause blockages and flooding in the streets. Leaves should ideally be collected and disposed of at the Estate's green waste site on Watervliet farm.



Important Notice from GLOVent Solutions

We would like to inform you that the Glovent mobile app is currently experiencing a temporary service interruption.

We sincerely apologise for the inconvenience this may cause and want to assure you that our team is actively working to resolve the issue as quickly as possible.

We appreciate your patience and understanding during this time. An update will be provided as soon as the app is fully operational again.

Thank you for your continued support.

Warm Regards, The Glovent Team

#### WINTER GARDENING IN THE WESTERN CAPE

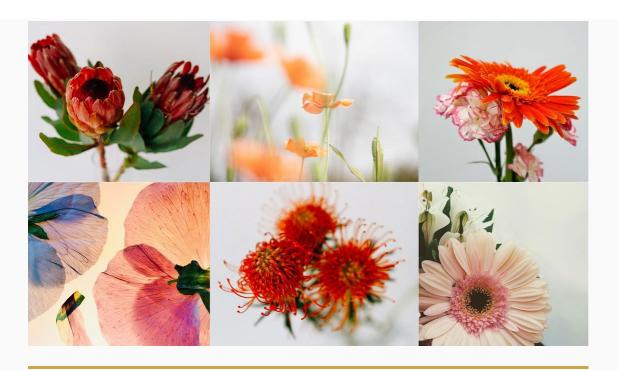
With winter now upon us, the garden may appear to be entering a period of rest - but in fact, it can be one of the most productive seasons. In the Western Cape, winter marks the beginning of the planting season, making it the perfect time to add winter-flowering annuals and prepare for spring-flowering perennials.

As plants enter dormancy and the sap recedes, trees and shrubs are ready for a period of rest and renewal. This is an ideal time to prune back shrubs after their final blooms, helping to shape them and encourage strong growth in spring. Pruning also improves sunlight and airflow in the garden - both essential for maintaining plant health through the colder months.

If you have trees growing close to estate verges and extending over the street, please ensure they are pruned to a minimum height of 3.5 metres from the ground to allow for safe and clear passage of vehicles, including the Drakenstein refuse removal truck.

Winter is also a good time to remove tired or old groundcovers and plan for new plantings. Consider hardy, indigenous perennials such as Gazania, Arctotis, Namaqua Daisy, Falkia (White Carpet), Felicia, and Plectranthus, all of which bring colour and resilience to your garden.

Thanks to the welcome winter rains, this is also an excellent time to plant trees and shrubs, giving them the chance to establish strong root systems before the arrival of spring.



# **OVERFLOWING POST BOXES**

The HOA's Compliance Officer, Megan Odendaal, has reported that many post boxes are full and overflowing. We remind all post box owners to kindly collect their mail regularly.

If you have lost your post box key, please email info@pvhoa.co.za to request a replacement. For any other post box-related enquiries, you may use the same email address or contact Megan directly on <a href="mailto:compliance@pvhoa.co.za">compliance@pvhoa.co.za</a>.



# **PEARL VALLEY GOLF**

The Breaking Par Series at Pearl Valley is an exciting, progressive golf challenge designed to develop and reward consistent improvement for junior golfers. The series is open to all skill levels, with a unique format that promotes personal growth and competitive spirit.

#### How It Works:

Each participant begins their journey from the 25-meter tee, playing 9 par-4 holes. The objective is simple: score 36 shots or less over the 9 holes to graduate to the next distance.

The course is structured with seven tee positions, spaced 25 meters apart:

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

At each event, players aim to break par from their current distance. Once a player successfully scores 36 or under, they move to the next tee box at the following series event. The ultimate goal is to progress through all distances up to 175 meters.

Once a participant completes the 175-meter level, they "graduate" and continue to play the event as a par-3 challenge, simulating standard course conditions and preparing them for competitive rounds.

This structured progression helps young golfers build confidence, consistency, and a love for the game - step by step.



#### **Junior Academy – Winter Season Coaching Times**

Our Junior Academy offers age-specific coaching sessions during the winter season to help young golfers sharpen their skills in a supportive and professional environment:

Super Juniors (Ages 5–7):

• Thursdays: 15h30 - 16h30

Primary School Program (Ages 8–13):

Tuesdays & Fridays: 16h00 – 17h00

High School Girls Program (Ages 14-18):

Tuesdays: 17h00 – 18h00Thursdays: 16h30 – 17h30

Join us this winter to be part of a thriving junior golf community and take your game to the next level!





#### **Mastering Posture**

This week, we're focusing on one of the most important fundamentals of the golf swing - **posture**. Good posture is essential because it allows your body to move correctly throughout the swing and helps maintain balance and stability. Neglecting posture can lead to a variety of swing faults.

Here's a simple way to find the correct address posture:

Without a club, slightly bend your knees, tilt forward gently from the waist, and let your arms hang naturally. Now, clap your hands together - this is your ideal posture at address. It's that easy!

Take a look at this great example of proper posture. Notice the slight knee flex, the forward bend from the waist, and how the arms hang naturally in position.



To make sure you're getting it right, stand in front of a mirror and compare your posture to the image above.

If you have any questions or need further assistance, feel free to reach out to the Golf Academy professionals:

- James Wade <u>James.Wade@pearlvalley.co.za</u> | 082 435 5831
- Sevey Links <u>Sevey.Links@pearlvalley.co.za</u> | 082 214 8014



Contact me so that I can do the same for you.

GET IN TOUCH

Jordan Greenhalgh 083 298 1481



UNDER OFFER

Pearl Valley Golf and Country Estate | R21.9 million 4 Bedrooms | 4 Bathrooms | 3 Garage





LAST OPPORTUNITY TO INVEST IN AN EXCLUSIVE NORTH-FACING STAND on Pearl Valley Golf & Country Estate



 $R9\ 700\ 000$  - including transfer duties & vat -



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# ENJOY A CURRY WITH A COMPLEMENTARY 500ML STELLA DRAUGHT

**EVERY WEDNESDAY** from 17:00

IN PARTNERSHIP WITH



#### **SELA VIE**







L'HUGUENOT







# MOZAMBIQUE STYLE PERI-PERI CHIICKEN

Half Chicken served with Chips: R190 Kiddies Chips: R40

Food orders close Thursday 22 May at 17h00



Enjoy your Friday and feel at home! Bring your friends, family and neighbours to kick of the weekend with our fine selection of wines at cellar door prices, tasty food, beautiful sunsets, live music by Newton, kids play areas and more!

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Table bookings are essential:
experience@lhuguenot.com
021 876 8037
Last orders on 22 May @ 17:00
Take away orders are welcome!

WINTE SIPECIALS?



WINE I BEER I PIZZA I KIDS PLAY AREAS I GRAB & GO MEALS I LIVE MUSIC



#### PEARL VALLEY HOME OWNERS ASSOCIATION

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

\*Address\*\* Pearl Valley Golf and Country Estate, Mandela Freedom Road, Paarl 7646, South Africa

Tel +27 21 867 8000 Email info@pvhoa.co.za Website www.pvhoa.co.za

#### EMERGENCY CONTACT DETAILS

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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

 $\label{lem:posterior} Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.$ 

Pearl Valley, Golf & Country Estate, Paarl, Cape Town, South Africa