



ANNUAL CONTRACTOR SHUTDOWN

The annual construction industry shutdown will run between Friday 12 December 2025 and Monday 12 January 2026. During the shutdown period, no building activities or contractor companies are permitted on the Estate, except for emergency repairs (e.g. burst geysers, plumbing, electrical, or internet failures).

Domestic garden service operators and pool cleaning services may continue their regular maintenance and upkeep activities. However, no garden or pool service providers will be permitted to work on the Estate between Christmas and New Year. Courier services and home delivery services will operate as usual throughout the holiday period.

Residents are kindly requested to make a note of these dates and plan ahead accordingly.

HOUSEHOLD MOVES

When making use of a delivery/removal company for moving onto or off the Estate, a Consent and Indemnity Form is required.

The form is available from daphne.smith@pyhoa.co.za, or from your estate agent. Kindly return completed forms to Daphne Smith at least 24 hours prior to the move, so that access can be arranged.



BEEES AND WASPS - STAY ALERT

With warmer weather, bees and wasps become more active around the Estate. Wasps often build their nests in wall cavities, under roof eaves, and any gaps they can find, while some species nest directly in the ground. If you spot a nest in any Estate common area, please report it

to the HOA at info@pvhoa.co.za so it can be safely removed.

For nests found on private property, residents may contact John de Freitas (076 527 9377) or Bergrivier Beekeeping (085 553 3977) for professional removal services.



PINK TREES FOR PAULINE - THANK YOU!

We thank all residents who participated in and supported the *Pink Trees for Pauline* campaign. We kindly remind those who have not yet removed their pink ribbons to please do so.

PEARL VALLEY GOLF



The 2025 Pearl Valley Club Championship

The 2025 Pearl Valley Club Championship was hosted over the past weekend and proved to be an exciting showcase of exceptional golf and great sportsmanship.

In the Men's A Division, Oliver Scriven claimed his second consecutive title with an outstanding total score of 130 (14 under par). His performance included a *record-breaking* opening round of 63, setting a new tournament record for the lowest single-round score, followed by an impressive 67 on the second day. Congratulations to Oliver on a truly remarkable achievement.

The B division was won by Luca Caricola with a score of 163, while Leonard Dormehl secured the C division on a score of 67 points. Well done, gents.

The Ladies A Division saw Leah Piggott capture her first Club Championship title, finishing with a score of 156. Leah displayed composure and consistency throughout the event to claim a well-deserved victory. Congratulations, Leah!

The Ladies B Division was won by Beverley Harpham on a score of 72 points. Well done, Bev!

A heartfelt thank you goes out to Jaffie, Johan, Heinrich, Tyson and the course staff for their exceptional preparation and conditioning of the course, which was in pristine shape throughout the championship. We also extend our sincere gratitude to our sponsors, whose support made this event possible.

Finally, thank you to all staff members, and members who contributed to making this year's Club Championship a memorable and successful event. Your dedication and enthusiasm continue to make Pearl Valley Golf a standout golfing community.

THE VALLEY RESTAURANT



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CAMELOT SPA

Residents' Discount

Residents receive **10% OFF*** selected treatments.

Massage Mondays
10% OFF all 30 - 90min Massages

Tips and Toes Tuesday
10% OFF Deluxe Spa Manicure or Pedicure, Gelish Manicure or Pedicure, or Nail Care & Gelish

Waxing Wednesday
10% OFF all Waxing treatments

Thalgo Thursday
10% OFF all Thalgo Body Treatments and Facials

**10% off cannot be redeemed in conjunction with any other promotion. Valid for residents on selected days only at Pearl Valley*

BOOK NOW!



CAMELOT SPA
Your World Of Wellness

Pearl Valley
021 867 8001 | 066 354 0093 (WhatsApp)
pearlvalley@camelotspa.co.za
www.camelotspa.co.za

CS BIOKINETICISTS

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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EMERGENCY CONTACT DETAILS

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📞 Pearl Valley Clubhouse Reception: +27 867 8000

📞 Pearl Valley Enrolment Centre: +27 21 863 6199

📞 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

📞 Val de Vie Main Gate: +27 21 863 6110/6138

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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