



AMBULANCE SERVICE



The HOA is excited to announce the introduction of the Titanium Securitas Ambulance Service at Pearl Valley Estate with immediate effect, following agreements reached with the Val de Vie HOA and the service operator.

Stationed at the Val de Vie Evergreen Medical Centre, the Titanium Securitas ambulance personnel will provide dedicated emergency medical care to residents of Val de Vie and Pearl Valley, including transportation to local hospitals when necessary.

Val de Vie Evergreen has made dedicated accommodation available to the ambulance teams during after-hours and standby periods, enabling the ambulance to be available around the clock. Pearl Valley's contribution towards the costs of the service will be funded directly by the Pearl Valley HOA.

What to do in case of a medical emergency:

- **Call for Help:** Call the Security Control Room on **021 867 1201**
- **Use the Val de Vie App*:** Open the app and press the emergency SOS button (*this option will shortly be replaced by a new Pearl Valley App; further details will be published soon!)

If the dedicated ambulance is responding to another emergency, your request will be redirected to other available services.



PVHOA SEPTEMBER LEVY INVOICES

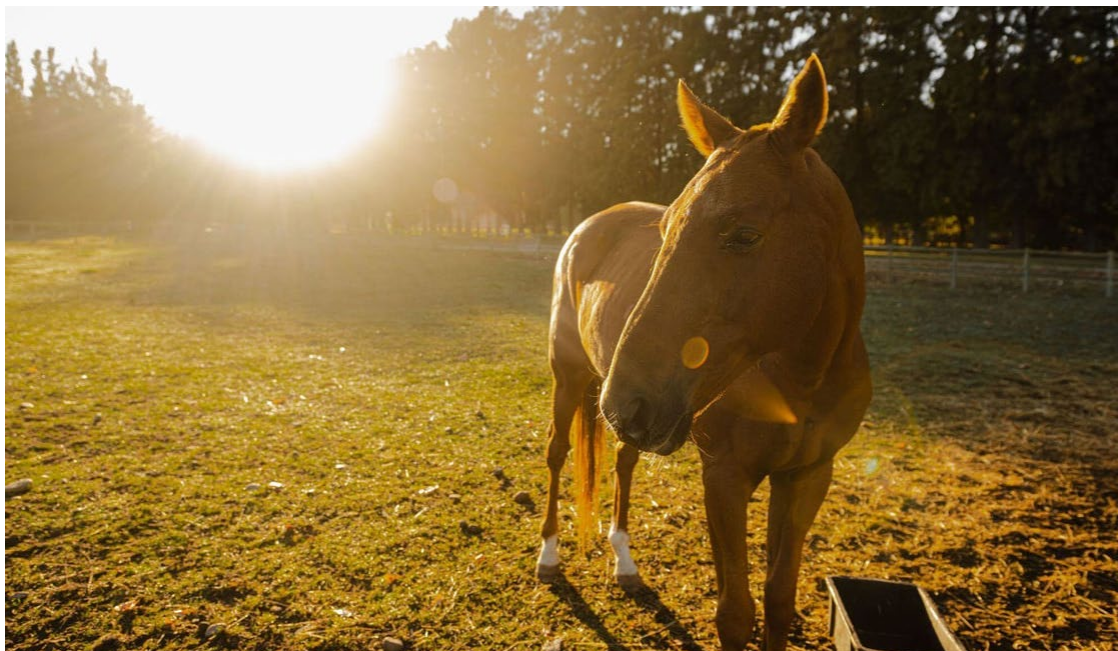
Please note that September levy invoices and account statements will be issued after the Annual General Meeting is held on 28 August 2024.

WATERVLIET FARM - EQUESTRIAN FACILITIES

The HOA reminds residents that Watervliet Farm is private property. Residents are welcome to use the established farm roads to access the Boma, the green waste facility, and designated trails for walking and cycling. However, the equestrian facilities are strictly out of bounds and residents must comply with the following rules:

- **Please stay out of the paddocks:** No one is permitted to enter the paddocks without permission, including both children and adults.
- **No unauthorised walking through stables:** Please refrain from entering the stables and surrounding areas unless authorized by the horse owner or a person in charge.
- **No loose dogs allowed:** Dogs must be kept on a leash at all times and are not allowed to run loose on the farm, and especially not in the paddocks, as this can distress the horses and potentially cause injuries to both animals. Even well-behaved dogs may become overwhelmed in unfamiliar situations, so keeping them leashed ensures their safety and minimizes the risk of unexpected encounters.
- **Be considerate when passing horses on lead:** When encountering horses being led, slow

down and provide ample space to ensure safe passage for everyone.



PEARL VALLEY GOLF



"Keeping your head down" could be one of the most counterproductive tips for improving your golf game. Despite being common advice, it often leads to more problems than solutions. The main issue with this phrase is that players tend to take it too literally. In trying to keep their head down, they often stiffen their neck, causing the shoulders to tighten and restricting the downswing and follow-through.

Even if a golfer avoids tensing up, maintaining this position still prevents proper rotation through the ball. With restricted shoulders, the hips can't rotate effectively, leaving the arms to control the swing. As long as you keep your eye on the ball until impact, it's best to let go of the "head down"

mantra. Once the ball is struck, your head should naturally lift and turn towards the target, allowing the right shoulder and hips to rotate fully. Let your head rise with the motion of your shoulders and hips during the follow-through. This will lead to noticeable improvements in both your distance and accuracy.

For any training sessions with golfing professionals, contact them at:

- 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

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4 MONTH CHALLENGE

1 AUG 2024 - 30 NOV 2024

Each participant pay R1000 and the winner gets it all...

- First Inbody Assessment : 23 Jul onwards
- Last Inbody Assessment : 30 Nov 2024 - 6 Dec 2024



CORNE STEENKAMP
biokineticists



ENTRY FEE: R1000
4 INBODY TESTS: R600

- The pretest can be done anytime as we will compare pre to post testing.
- The post test need to be done in the given time frame as no exception will be made.
- The R1000 and Inbody assesement fee of R600 need to be paid before the 15 August.
- You do not need to sign up for any fitness classes and can follow your own program.
- We do offer classes but at a additional cost.
- Winner : Maximum body Fatt loss and muscle gain.

**If you are interested, please contact
Corne 076 408 7608 for more information**

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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