



IMPORTANT NOTICE: AMBULANCE SERVICE | EMERGENCY CARE 24/7

Since its introduction last year, the Titanium Securitas ambulance service has been an invaluable asset to our community, responding to 175 incidents on Val de Vie and Pearl Valley Estates as of 31 March 2025. This service is in place to provide critical, life-saving emergency care, ensuring the well-being of residents during genuine medical emergencies.

Understanding the Role of the Estate Ambulance

It is important to note that the ambulance stationed on the estate is an Intermediate Life Support (ILS) ambulance inspected and approved by the Department of Health. It is not a mobile clinic and is equipped according to Department of Health standards, with regular inspections ensuring compliance.

Advanced Life Support (ALS) paramedics are available in the Brackenfell area for more severe medical emergencies and will be dispatched to the estate when required.

What Qualifies as a Medical Emergency?

A medical emergency is a sudden and severe health condition requiring immediate intervention to prevent serious harm or loss of life. The Constitutional Court describes an emergency as *"A dramatic, sudden situation or event which is of passing nature in terms of time."*

A medical emergency presents acutely and requires urgent medical or surgical intervention. Failure to treat the condition immediately could result in severe impairment or death.

Examples of medical emergencies include:

- **Acute asthma attacks** (a sudden worsening of asthma symptoms due to airway inflammation, muscle tightening, and increased mucus production, making breathing difficult).
- **Myocardial infarction (heart attack)** (symptoms may include chest discomfort or

pressure, shortness of breath, unusual fatigue or weakness, pain in other areas—jaw, neck, shoulders, upper back, arms (especially the left arm), or stomach, cold sweats, dizziness or lightheadedness, nausea or vomiting (more common in women, sometimes mistaken for indigestion), heart palpitations, or a sense of impending doom).

- **Stroke (FAST Recognition is crucial** - Face drooping, Arm weakness, Speech difficulty, Time to call emergency services).
- **Anaphylactic shock** (a severe allergic reaction may present as respiratory distress, rapid or weak pulse, dizziness or fainting (low blood pressure), pale and clammy skin, widespread hives, severe swelling, flushing or redness of the skin, nausea, vomiting, or diarrhoea, severe stomach cramps, confusion or agitation or a feeling of impending doom).
- **Hypoglycaemic coma** (when blood sugar and glucose levels drop dangerously low; symptoms may include extreme weakness or fatigue, confusion or disorientation, sweating and paleness, shaking or tremors, blurred vision, heart palpitations or a sudden intense hunger).
- **Seizures or convulsions** (symptoms may include uncontrolled, jerking movements, loss of consciousness or unresponsiveness, sudden stiffening of the body, unusual sensations before the seizure (aura), repetitive movements, confusion or disorientation after the seizure (postictal state), or drowsiness or extreme fatigue following the episode).
- **Severe head injuries or trauma.**

Recognising Emergencies in Children

It is understandable that medical concerns, particularly involving children, can be distressing. However, not every incident requires an ambulance. The following are clear signs of a paediatric emergency:

- Significant change in mental status (confusion, unresponsiveness)
- Difficulty breathing or abnormal respiratory patterns
- Bluish or grey skin colour (cyanosis)
- Seizures
- Severe bleeding that does not stop

Responsible Use of the Estate Ambulance

With only one ambulance available to serve both Estates, each call for assistance needs to be made with careful consideration. Misuse of emergency services can delay critical medical care for those in genuine distress.

To provide perspective, some examples of non-emergency calls received in the past include:

- A child needing a plaster for a minor cut
- Assistance with getting back into bed
- A scuffed elbow requiring basic first aid

These non-urgent situations can be managed at home or with a visit to a GP or clinic. While the paramedics are always professional and committed to patient care, they must prioritise medical emergencies.

Be Prepared: Every Home Should Have a Basic Medical Kit

To manage minor injuries and illnesses effectively, we encourage every household to keep a well-stocked medical emergency kit. These kits, available at pharmacies, will help treat minor

medical issues without ambulance assistance, ensuring that emergency responders remain available for medical emergencies.

A Shared Responsibility

The estate's ambulance service is a privilege, offering peace of mind and life-saving support when needed most. Your cooperation ensures that this vital resource is used correctly and effectively, allowing paramedics to prioritise genuine medical emergencies.

Val de Vie Estate-based Medical and Health Service Providers

A variety of medical and health service providers operate within the estate. A list of providers located on the estate is available at this [link](#).

We appreciate your understanding and responsible use of the service.

Kind regards,

Pearl Valley HOA and Val de Vie Estate HOA

LONG WEEKEND ARRANGEMENTS

Taking care of your pets:

With an extra-long weekend ahead of us, the HOA reminds pet owners who may be travelling to make appropriate arrangements for the care of their furry friends.

Dog owners, please ensure that your dogs will not be left unattended and are under control at all times, especially at night, to avoid causing noise or disturbance.

HOA office times:

Please note that the HOA offices will be closed on the public holidays listed below.

In case of an emergency, please contact the Security Control Room at 021 863 6101.

DATE	PVHOA OFFICES	PV ENROLMENT CENTRE	ESTATE SHUTTLE BUS SERVICE
Friday 18 April (Good Friday)	Closed	Closed	Not operating
Monday 21 April (Family day)	Closed	Closed	Not operating
Monday 28 April (Public holiday – Freedom Day)	Closed	Closed	Not operating
Thursday 1 May (Workers Day)	Closed	Closed	Not operating

WEMMERSHOEK WATER TREATMENT PLANT | PLANNED SHUTDOWN

The HOA has been informed by the City of Cape Town that the Wemmershoek Water Treatment Plant will be shut down for maintenance. The 48-hour shutdown is scheduled for Monday, 14 April 2025 from 00:01 until Tuesday, 15 April 2025, at 23:59.

The reservoirs which supply potable water to the Estate have sufficient capacity to meet normal demand during the shutdown period. However, residents are requested to please use potable water sparingly and to refrain from running irrigation systems during the shutdown. Responsible

use is crucial to ensuring that reservoir levels are not depleted to critical levels.

Thank you for your cooperation.

REMINDER: HOLLOW TUNING - APRIL 2025

The Pearl Valley golf course, the driving range, The Valley Restaurant and the Pearl Valley swimming pool will be closed for the duration of hollow tuning from Tuesday, 22 April 2025 up to and including Friday, 2 May 2025. These facilities will reopen on Saturday, 3 May 2025.

The Pearl Valley gym, Sports Facility and Back's Restaurant and Deli will be open during this period.

Winter season golf operating hours:

First tee-off time is 08:00 AM with the last 18-hole tee-off time at 1:00 PM.

The driving range will be open from 07:30 AM, and the last balls will be given at 5:30 PM. The range will close at 06:00 PM.

Please note that the golf course will be closed on Mondays during winter except for the driving range, which will operate from the members range from 09:00 AM to 06:00 PM.

The pool will remain closed after hollow tuning for the winter season.

Mondays:

- The Valley Restaurant: Closed
- Coffee station: 08:00 AM – 3:00 PM
- Halfway House: Closed

Tuesdays – Saturdays:

- The Valley Restaurant: 08:00 AM – 9:00 PM (last food order & drinks orders at 8:45 PM)
- Halfway House: 07:00 AM – 5:00 PM

Sundays:

- The Valley Restaurant: 08:00 AM – 7:00 PM (last food order & drinks orders at 6:45 PM)
- Halfway House: 07:00 AM – 5:00 PM



PEARL VALLEY GOLF



Introducing Your Children to Golf: Tips for Parents

To help your child get started with golf, focus on good fundamentals and seek out a PGA Professional with a junior program in your area. Group lessons are ideal, as they allow kids to make friends while they learn.

Key Fundamentals for Young Golfers

- **Aim, Posture, and Ball Position:** These basics are crucial for young golfers. The grip can be refined as they grow older. Make learning enjoyable by engagingly teaching these fundamentals.

Equipment Tips

- **Size-Appropriate Clubs:** Ensure your child has clubs suited to their height, not their age. Clubs that are too long can hinder their development, making it difficult to control the club and reducing swing speed. Think of it like playing soccer in oversized boots. If you're unsure of your child's interest level, start with just one or two clubs, like a wedge and a putter, and add more as needed.

Making Practice Fun

- **Interactive Drills:** Create games and challenges to make practice enjoyable. For example, tape a hula hoop to alignment rods and challenge your child to see how many times they can chip the ball through in a row.

Course Introduction

- **Early Exposure:** Introduce your child to the course early on, allowing them to play from distances appropriate to their skill level.

Teaching Golf Rules and Etiquette

- **Basic Rules:** Teach your child the basic rules of golf, such as scoring, the number of clubs allowed, penalty shots, and how to mark and sign a scorecard if they're ready for events.
- **Course Etiquette:** Emphasise the importance of caring for the course with the 3 R's:

Replace divots, Repair pitch marks, and Rake bunkers after use.

The Breaking Par Series, presented by Sevey Links, is a fantastic opportunity to introduce young golfers to the game.



BREAKING PAR SERIES

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

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

START TIMES

15:30 SUMMER MONTHS	15:00 WINTER MONTHS
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YEARLY SUBSCRIPTION FEE OF R2200
(incl. green fee for 11 events)

INCLUDES:
Grading caps
Great prizes at each event
Snacks and drinks

ENQUIRE NOW
Sevey Links
sevey.links@pearlvalley.co.za
082 214 8014



Calendar:

- 23 FEB
- 9 MAR
- 30 MAR
- 13 APR
- 18 MAY
- 22 JUN
- 20 JUL
- 10 AUG
- 21 SEP
- 12 OCT
- 9 NOV
- 7 DEC

HALVES AND BETTER HALVES COMPETITION RESULTS

On behalf of the Pearl Valley Golf team, we would like to congratulate the 22 pairings who took part in the Halves and Better Halves competition held on the 16th of March.

Defending champions Monica and Ian Bennet were aiming to retain their title, which they won back in 2023. However, Ben and Antoinette Pieters ended up lifting the trophy with an extremely well-played score of 45 points.



R15 995 000

VAL DE VIE[®]
PROPERTIES
We know Val de Vie Estate best

LUXURIOUS FAMILY HOME LOCATED IN A
CUL-DE-SAC *on Pearl Valley Golf and Country Estate*



4



4



3



373m²



1130m²

[View here](#)

THE VALLEY RESTAURANT



EVERY TUESDAY FROM
17:00

ENJOY A DELICIOUS PASTA OR PIZZA FOR JUST
R 135

INCLUDES A COMPLIMENTARY
Dessert

MAKE YOUR RESERVATION
WhatsApp: 071 644 6743 | Call: 021 867 8000



ENJOY A CURRY
WITH A COMPLEMENTARY
500ML STELLA DRAUGHT
EVERY WEDNESDAY *from 17:00*

IN PARTNERSHIP WITH



SELA VIE



[View menu here](#)

DINNER *to your* DOOR

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



[View menu here](#)

Order via WhatsApp

L'HUGUENOT VINEYARDS

ANNO 1888
L'HUGUENOT
VINEYARDS

UNwine'd
Friday



FRIDAY 11 APRIL 2025 TIME: 17:00-21:00



Lamb Nuggets & Chips @R68



Shredded Lamb Wrap @R98



Pulled Lamb Prego Roll @R92



Mini Lamb Bunny Chow @R85



LANDRANI LAMB FOOD TRUCK

Lamb Nuggets & Chips R68
Shredded Lamb Wrap R98
Pulled Lamb Prego Roll R92
Mini Lamb Bunny Chow R85



FOOD ORDERS DIRECTLY WITH LANDRANI LAMB FOOD TRUCK:

To place & pay for your order, WhatsApp "UNWINED" to 072 524 2805
or tap on this link: <https://wa.me/27725242805?text=UNWINED>

L'HUGUENOT WINES TABLE RESERVATIONS:

To book a seated table:



experience@lhuguenot.com | 021 876 8037



LIVE MUSIC BY TRIVENO



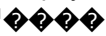
FINE & COUNTRY



We are excited to welcome the delicious **Landrani Lamb Food Truck**, with live music by **Triveno** and April specials on selected **Sauvignon Blanc** wines.

Landrani Lamb Food Truck Orders:

To place and pay for your food order, WhatsApp the "UNWINED" to **072 524 2805**.

BoerBot™ , your interactive WhatsApp assistant, will guide you through placing your order and completing the payment.

L'Huguenot Wine Table Reservations:

To book your seated table email: experience@lhuguenot.com | T: 021 876 8037

Bookings are essential!



MENU

EAT WELL AND SUPPORT ETHICAL FARMING



LAMB NUGGETS & CHIPS

R68



MINI LAMB BUNNY CHOW

R85



PULLED LAMB PREGO ROLL

R92



SHREDDED LAMB WRAP

R98



NO ROUTINE ANTIBIOTICS
NO ADDED HORMONES





APRIL WINE SPECIALS!
PER GLASS SPECIAL @ R35
on Polo Club Sauvignon Blanc



Per Case Special - 6 bottles, or more:
10% OFF SELECTED SAUVIGNON BLANC
Leopards Leap Sauvignon Blanc
La Motte Sauvignon Blanc
La Motte Pierneef Sauvignon Blanc



Home deliveries : Tuesdays - Thursday (T&C)
Minimum order of one case: Credit card or EFT payment
Email: orders@lhuguenot.com with your Wine order + Address + Payment method



momentum
multiply

Join us for

MOMENTUM TESTING DAILY

FITNESS ASSESSMENTS | VITALITY CHECK | HIV TEST | NUTRITION CONSULTATIONS

Pearl Valley Gym



BOOKINGS ARE ESSENTIAL: csbiokineticists@gmail.com | 076 408 7608



Join us for

DISCOVERY VITALITY TESTING DAILY

FITNESS ASSESSMENTS | VITALITY CHECK | HIV TEST | NUTRITION CONSULTATIONS

Pearl Valley Gym



VITALITY HEALTH
CHECK & HIV SCREENING

2500
points

NUTRITION
CONSULTATION

1000
points

VITALITY FITNESS
ASSESSMENT

2500-7500
points

BOOKINGS ARE ESSENTIAL: csbiokineticists@gmail.com | 076 408 7608

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


 Security Control Room – +27 21 863 6101/03


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

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