



REMINDER: FIRST AID TRAINING WORKSHOP

The HOA wishes to remind residents of a first-aid training workshop available to Pearl Valley and Val de Vie residents, presented by BLS Medical. This valuable training session will equip participants with life-saving skills and knowledge.

Details of the event are as follows:

Date: Thursday, 30 January 2025

Time: 09h00 - 12h00 (A dedicated Q&A session will ensure that all your queries will be addressed.)

Venue: Pearl Valley Conference Venue

Cost: R450 per delegate (payable upon confirmation of your booking)

Topics cover emergency care for adults, children, and infants.

- First Aid and the Law
- First Aid Kits
- Universal Precautions
- Actions in an Emergency (including Emergency Contact Numbers/Apps)
- Chain of Survival
- Airway Management
- Rescue Breathing
- CPR
- Use and Operation of the Automated External Defibrillator (AED)
- Foreign Body Airway Obstruction – Choking
- Stroke
- Heart Attack
- Sudden Cardiac Arrest
- Congestive Cardiac Failure/Angina
- Shock Management
- Drownings
- Poisonings and Snake Bites

Participants will receive an internationally accredited certificate, valid for two years, upon completion of the workshop. For inquiries or to secure your spot, please send an email to

info@pvhoa.co.za.

UPCOMING THE YARD GYM MAINTENANCE

- Message received from Val de Vie HOA

We would like to inform you of scheduled maintenance at The Yard Gym on Friday, 24 January, starting at 11:00. During this time, one of the walls will be repainted, which may result in a noticeable smell for approximately two days.

While The Yard Gym will remain open, we kindly encourage you to take advantage of the alternative gym facility available at the Sports & Leisure Centre for your convenience.

We appreciate your patience and understanding as we work to maintain and enhance the spaces for everyone's benefit.

PEARL VALLEY GOLF

Classes kicked off this week, and we are happy to have our juniors back on the course. The Junior Academy program is designed to help young golfers develop their skills, have fun, and enjoy the game of golf in a friendly and supportive environment.

Here is a reminder of the session days and times for this year:

Tuesday: 16:00 – 17:00 (Ages 8 – 13)

Thursday: 15:30 – 16:30 (Ages 5 – 7)

Friday: 16:00 – 17:00 (Ages 8 – 13)

To join the classes or for more information, contact Sevey Links at Sevey.Links@pearlvalley.co.za or call 082 214 8014.



SELA VIE

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THE VALLEY RESTAURANT



The graphic features a central shield-shaped logo for 'THE VALLEY RESTAURANT' with 'ITALIAN Nights' written in a stylized font. The shield is decorated with a tomato, a leafy branch, and a fork. Below the logo, three paper clips hold up a green, white, and red card. The green card says 'EVERY TUESDAY FROM 17:00'. The white card says 'ENJOY A DELICIOUS PASTA OR PIZZA FOR JUST R 135'. The red card says 'INCLUDES A COMPLIMENTARY Dessert'. At the bottom, there is a dark blue bar with 'MAKE YOUR RESERVATION' and contact information. The background is decorated with various food-related icons like a tomato, a lemon, a wine glass, and a plate of pasta.

THE VALLEY RESTAURANT

ITALIAN Nights

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



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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