



### ESTATE EMERGENCY CONTACT DETAILS

Residents are reminded that in case of an emergency on the estate, day or night, please phone the Security Control Room directly, and not the Pearl Valley switchboard or the Main Gate. The number is (021) 867-1201.

Other relevant emergency contact details are:

- ER24 – 084 124
- Metro Ambulance – 10177
- Netcare 911 – 082 911
- Paarl Mediclinic - 086 122 7778 / (021) 807-8000
- Medicross Paarl – (021) 872-3867
- SAPS – (021) 807-4000 / 10111
- Paarl Fire Brigade - (021) 872-2323 or (021) 887-4446
- Drakenstein (electrical /power outage) – (021) 807-4665
- Voltano - 086 186 5826



### HOA ARCHITECTURAL GUIDELINES AND RESOURCES

A reminder to homeowners that Pearl Valley and The Acres have distinct architectural design guidelines and approved paint colours. The applicable guidelines and colour details can be found on the PV HOA website ([www.pvhoa.co.za](http://www.pvhoa.co.za)). A sample board displaying the approved paint colours for each development is also available for viewing at the HOA offices.

Please remember that any changes or alterations to an existing building or structure on an erf, including changes to the external colour scheme, require prior written approval by the HOA (per clause 5.6 of the PVHOA Constitution).

Owners are welcome to contact the HOA directly with any queries in this regard:  
[info@pvhoa.co.za](mailto:info@pvhoa.co.za) or [bco@pvhoa.co.za](mailto:bco@pvhoa.co.za).

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## PEARL VALLEY GOLF



### **Ladies Golf Clinic**

Every Wednesday morning from 9:00 – 10:00

- Driving range work (long game and approach play)
- Swing analysis
- Short game skills (putting and chipping)
- Monthly competitions
- Bunker play
- On-course management and situational training
- Performance psychology coaching

For more information, please contact James Wade at 082 435 5831 or via email [james.wade@pearlvalley.co.za](mailto:james.wade@pearlvalley.co.za).

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**St PaTriCk's  
WeeKeNd**  
at The Valley Restaurant

**SATURDAY 16 MARCH**

**Meals | R145pp**  
SERVED WITH A COMPLIMENTARY  
GUINNESS DRAUGHT

[View the menu](#)

[Book now](#)



# Easter Lunch

*at The Valley Restaurant*

31 MARCH FROM 12:00

*Entertainment*

LIVE JAZZ DUO PERFORMANCE

*Complimentary*

KIDDIES EASTER EGGS

**BOOKINGS ESSENTIAL** (LIMITED AMOUNT OF SPACE AVAILABLE)

[View the menu](#)

[Book now](#)

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



# UP NEXT *at* SELA VIE

SIP 'N SHOP

TASTE OF ASIA

DINNER-TO-DOOR



BYLA GOSPELERS

Lace + Lamb  
alcasa  
anna rosholt

## SIP 'N SHOP

16 MARCH | 9:00 - 13:00

JOIN US FOR A MORNING OF SHOPPING ACCOMPANIED BY REFRESHING MIMOSAS  
JEWELLERY | CLOTHING | HOMEWARE



## TASTE of ASIA

20 MARCH | 18:30

SELA VIE INVITES YOU TO DINNER - EXPERIENCE THE TASTE OF ASIA  
MAKE SURE TO BOOK YOUR SPOT

## DINNER *to your* DOOR

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

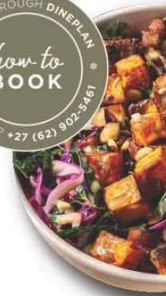


### MONDAY

Exotic mushroom tagliatelle  
pickled and sautéed mushrooms  
R300 for 2 people

### TUESDAY

Grilled chicken on a bed of sweet potato, fresh baby spinach, chickpeas, hummus, crispy kale  
R300 for 2 people



### WEDNESDAY

Seared tuna poke bowl, sushi rice, pineapple, pickled ginger, rainbow slaw, edamame beans, fresh avo and nori dressing  
R350 for 2 people

### THURSDAY

Beef sirloin gyros, fresh tomato, chopped lettuce, sliced red onion with a cumin tzatziki  
R300 for 2 people



## Kids Menu



MONDAY: Mac & cheese  
TUESDAY: Spaghetti & meatballs  
WEDNESDAY: Cheese burger & chips  
THURSDAY: Ham & mushroom pasta

R90 PER CHILD



DELIVERIES POWERED BY PLATINUM WHEELS

Book now



## Celebrate the 2024 harvest with a SPITBRAAI

Let's get together, invite your friends and neighbours and let's celebrate the harvest with a traditional lamb spitbraai and enjoy the start of the weekend with a fine selection of wines at cellar door prices.

**Date: Friday, 15 March 2024**

**Book your Spitbraai ticket | R200 per person**

(Ticket includes complimentary glass of wine + lamb on the spit, baby potatoes, onions, garlic bread, green salad and curry pasta.)

**LIVE MUSIC by Newton from 17h00 – 20h00**

**BOOKINGS: EXPERIENCE@LHUGUENOT.COM**

Join our wine loving community where everyone belongs and where happiness comes alive.



**WINE | BEER | PIZZA | KIDS PLAY AREA | GRAB & GO MEALS**



VILLAGE deli

**Get 10% off when you buy any six bottles of the Culinaria Collection during MARCH!**

Order [www.villagedeli.co.za](http://www.villagedeli.co.za)



# 10% OFF

When you purchase 6 bottles of the selected  
THE PIERNEEF COLLECTION

Pierneef Sauvignon Blanc  
Pierneef Syrah Viognier

[www.villagedeli.co.za](http://www.villagedeli.co.za)



Wine  
OF THE MONTH



VAL DE VIE CUVEÉ DE VIE

Order online [www.villagedeli.co.za](http://www.villagedeli.co.za)  
and receive a 10% discount if you  
order six bottles or more!

Discount code: WINEOFTHEMONTH

CS BIKINETICISTS



# INBODY COMPOSITION ANALYSIS



CS Biokineticists offers Inbody Composition Analysis. This system calculates your:

- Body fat
- Lean muscle mass
- Basal metabolic weight
- Water retention and,
- Muscle mass in your arms, legs and trunk

*What can we do with this information?*

We will be able to formulate a well-established, individualised exercise plan based on what you need to help you achieve the results you are looking for.

For more information or to make an appointment, contact the CS Biokineticists team at 0764087608 / 0662680611 or send an email to [csbiokineticists@gmail.com](mailto:csbiokineticists@gmail.com).

## CAMELOT SPA

### March Specials

#### SPA SERENITY

60min Swedish Body Massage  
30min Salt Glow Body Scrub

**R1050 | Save R280**

*\*Add Elixinol CBD Oil to your  
massage for an additional R100  
Save R60*

#### MOMMY & ME\*

20min Hand Massage or Nail Paint  
20min Foot Massage or Nail Paint  
20min Back Massage

**R1600 for Two | Save R220**

*\*Only for an adult and a child aged 12  
years or younger.*

**BOOK NOW!**

**CAMELOT SPA**<sup>®</sup>  
VAL DE VIE



Contact the team at:  
Email: [valdevie@camelotspa.co.za](mailto:valdevie@camelotspa.co.za)

Phone: 021 867 8001  
WhatsApp: 066 354 0093

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#### 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.

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646, South Africa, 0218678000

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