



## WASTE MANAGEMENT AND RECYCLING GUIDELINES

To help keep our community clean and running smoothly, the following guidelines are in place for the proper disposal of household refuse and recyclables:

### *Household Refuse Disposal:*

- Household refuse should be placed in black bins for collection by Drakenstein Municipality every Wednesday morning.
- Bins should be placed outside before 8:00 AM on the day of collection and brought back inside the property on the same day.
- If residents will be away during the week, household refuse in sealed plastic bags may be disposed of in one of the open skips at the recycling facility at the Pearl Valley Main Gate. Please keep in mind that the recycling facility is designated primarily for recyclable materials (glass, plastic, and paper) and is not intended for general household waste. Please use the appropriately labelled bins at the facility for sorting recyclables.

### *Recycling Service:*

- Our Estate is included in the municipal door-to-door recycling service.
- On the same day as refuse collection, recyclable materials (glass, plastic, paper) will be collected.
- Ensure recyclables are placed in clear municipal recycling bags next to your refuse bin.
- If recyclables do not fit into a clear bag, please dispose of them in the designated bins at the recycling facility. Please note that Drakenstein Municipality does not collect recyclables that are not in a bag.

Please note that residents may not dispose of waste in a building contractor's skip. These skips are strictly for building rubble only.

Thank you for your cooperation!



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### KEEP ROAD VERGES CLEAN

The HOA requests all residents to ensure that road verges are kept clean and neat. This is especially important for properties with stone, peach pip, or bark ground cover in gardens or driveways, as these materials can easily spill onto the road and present a risk to safety when driven over by vehicles.

Maintaining clean verges contributes to the overall appearance and safety of our Estate.



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### REMINDER: BUILDING PLANS SUBMISSION DATES

Please be reminded of the following Design Review Committee meeting dates and the submission deadlines for building plans:

| SUBMISSION DATES          | MEETING DATES               |
|---------------------------|-----------------------------|
| Friday, 5 September 2025  | Thursday, 11 September 2025 |
| Friday, 19 September 2025 | Thursday, 25 September 2025 |
| Friday, 3 October 2025    | Thursday, 9 October 2025    |
| Friday, 17 October 2025   | Thursday, 23 October 2025   |
| Friday, 31 October 2025   | Thursday, 6 November 2025   |
| Friday, 14 November 2025  | Thursday, 20 November 2025  |



# Shop the Pop

SOUTH AFRICA

## SPRING Fling

**24 SEPTEMBER 09:00 – 16:00**

The Ballroom at Polo Pavilion, Val de Vie Estate, Paarl

**FREE ENTRANCE** | CURATED SHOPPING

*Enjoy a complimentary coffee with us.*

*\*Valued at R40, while stocks last.*



# SPRING 5KM FUN RUN & WALK

**Saturday, 6 September 2025**  
**Starts @ 09:00**  
**Playrock Adventure Park**  
**Freedom Village, R301**  
**Wemmershoek Rd, Paarl**

**R50**  
1 FREE COFFEE

Tickets Available On The Day



## SPRING HOLLOW TINING

The Pearl Valley Golf Course and Halfway House will be closed for Spring hollow tining from Sunday, 14 September 2025 until Friday, 19 September 2025. The course will reopen on Saturday, 20 September 2025.

*Important to note during the hollow tining period:*

The driving range will open at 08:00. The last balls will be at 17:30, and the range will close at 18:00.

The Valley Restaurant and Bar, Pearl Valley Golf Shop, Gym and Sports Facility will remain open.



## PEARL VALLEY GOLF SHOP



Visit the Golf Shop to explore stylish new accessories - ideal for gifting!

Email: [golfshop@pearlvalley.co.za](mailto:golfshop@pearlvalley.co.za)

## THE VALLEY RESTAURANT

A promotional poster for The Valley Restaurant featuring a close-up of a fork with spaghetti and a slice of pepperoni pizza against a background of a wood fire. The restaurant's logo is in the top left, and the text 'Buon appetito' appears in the top right and bottom left.

*Buon appetito*

# Pasta & Pizza

The Valley Restaurant  
Every Tuesday from 17h00

+27 (0)21 867 8000 | [RESTAURANT@PEARLVALLEY.CO.ZA](mailto:RESTAURANT@PEARLVALLEY.CO.ZA)

*Buon appetito*

A promotional poster for Curry Evenings showing two hands holding a slate tray with three mounds of yellow, red, and brown curry powders. The background is dark green. The restaurant's logo is in the bottom right.

Every Wednesday  
from 17h00

# Curry Evenings

Choose your favourite curry  
and we'll treat you to a complimentary  
500ml Stella Artois draught.

+27 (0)21 867 8000 | [RESTAURANT@PEARLVALLEY.CO.ZA](mailto:RESTAURANT@PEARLVALLEY.CO.ZA)

A promotional poster for Parent's Night Off showing a man and a woman smiling at each other at a restaurant table. The background is a blurred restaurant interior. The restaurant's logo is in the top left.

KIDS UNDER 8 EAT FREE - ONE PER PARENT.

# Parent's Night Off

The Valley Restaurant  
Every Thursday from 17h00

Escape the midweek madness and unwind at The Valley Restaurant  
while the little ones enjoy a meal on us.

+27 (0)21 867 8000 | [RESTAURANT@PEARLVALLEY.CO.ZA](mailto:RESTAURANT@PEARLVALLEY.CO.ZA)



## CS BOKINETICISTS

### CHILDREN & PHYSICAL THERAPY

#### Biokinetics/Physical Therapy for children:

- Biokineticists provides individualized rehabilitative programs
- It is a non invasive way to assist with physical rehabilitation
- It can assist with development skills that may be delayed or lacking due to developmental conditions, diseases/disability.



#### Benefits

- Improve fine & gross motor skills
- Improve Functional mobility skills
- Boost self-confidence
- Improved function of muscles aiding breathing and oxygen consumption
- Reduced spasticity and increase in range of motion
- Reduction in body fat and increase in muscle mass
- Improved coordination/skill of movements
- Improved sense of wellness, body image and capacity to perform ADL

- Strength
- Flexibility
- Balance
- Coordination
- Posture
- Gait

#### Common chronic paediatric conditions:

- Cystic Fibrosis (affects pulmonary system)
- Autism (developmental disorder)
- Cerebral Palsy (neuromuscular)
- Muscular Dystrophy (neuromuscular)
- Spina Bifida (neural tube defect)
- Muscle dystrophy/low muscle tone

#### References:

<https://ffbiokinetics.co.za/paediatric-conditions-children-physical-therapy/t>



PEARL VALLEY HOME OWNERS ASSOCIATION

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**Trustees** B Lodewyk, E Lyon, J Miller, B Schäfer, I van Niekerk, D Woolley  
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**Tel** +27 21 867 8000  
**Email** info@pvhoa.co.za  
**Website** www.pvhoa.co.za

EMERGENCY CONTACT DETAILS

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|                                                                                                                                    |                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|  Security Control Room – +27 21 863 6101/03       |  ER24 Paarl - 084 124                |
|  Pearl Valley Main Gate - +27 21 867 1203         |  Paarl Mediclinic - +27 21 807 8000  |
|  Val de Vie Main Gate - +27 21 863 6110/6138      |  Medicross Paarl- +27 21 872 3867    |
|  Berg River Registration Centre - +27 21 863 6137 |  SAPS- +27 21 807 4000               |
|  Voltano Metering - +27 86 186 5826               |  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 Homeowners Association, R301, Mandela Freedom Road, Paarl, South Africa

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