

Clubhouse Update

Clubhouse OPEN Wed to Sunday

Club Office hours: Wed to Fri | 9am - 3pm

Weekends : 9am - 2pm

031 030 0190

Dear Members,

The weekend kicked off with stunning conditions for Sunrise SUP on Friday morning. The paddlers were treated to a surprise visit from Gina the local turtle and a friendly pod of dolphins.

Unfortunately the NE arrived that evening, bringing in the bluebottles and turning the sea upside down. This didn't stop the team at Breathe Ocean Conservation with going ahead with their beach clean up, collecting 2.5kg off the beach.

A friendly reminder for DSBC members that the AGM will be taking place on the 29th at 18h00.

See below for more details of news at the club.



Grant Wessels
General Manager



Dates to Diarize

Dates to make note of this month. Mark your diary so that you don't miss the action.

- **15th** Quiz Night
- **19th** Fishing Comp
- **23rd - 26th** DUC Sodwana Trip
- **25th - 26th** DSBC Boat Inspections
- **25th** DUCS League Swim
- **29th** DSBC AGM
- **9th Dec** Freediving Workshop



Club Watersport Sections

As a member of DUC or DSBC, you are spoilt for choice on various watersports that are available to you. In the following sections, we'll highlight any special events for these watersports.

- Boating
- Environmental
- Fishing Ski
- Freediving
- Lifesaving
- Open Water Swimming
- Scuba Diving
- Spearfishing
- Stand Up Paddle
- Surf Ski
- Underwater Hockey
- Water Polo



Social Activities

This week Wednesday, join us for our Quiz night at Bar 1 from 7pm!

Catch The Situation on Sunday from 1pm!



Our recent wine tasting event was a huge success, with nothing but compliments! Check out some highlights from the evening -



Boating

Mark your diary for the next Boat Inspection weekend. Get your boat's paperwork sorted out for the next year. Inspections taking place on the **25th and 26th of November**



Environmental

HIGHLIGHTS: We had a fabulous turnout on Saturday morning for our 11th reef & beach clean up of the year! Despite ZERO vis and the threat of blue bottles, we had 3 die hard snorkelers enter the water to try and find some litter, sadly the visibility was zero so they returned wet, happy but empty handed!

The rest of our crew joined marine guide Andre, learning about nudles and picking up 2.5kg off the beach. Thank you to all who came out!



Fishing Ski

Join our Paddle Ski Fishing competition this **Sunday, 19th November**.
Entry fee is R100 - which includes an egg roll & chips! Great prizes up for grabs!

To confirm your entry, contact Raymond Kriel 082 614 1929



Freediving

If you're curious to find out more about freediving, the next workshop will take place on the **9th of December**.

These hands on workshops are limited to 6 participants only. By the end of the workshop you'll have a basic understanding of freediving terminology & physiology. You'll also learn about your body's ability to hold your breath and how this can benefit daily life!

Contact Angie 082 874 1706

Introduction to Freediving
Workshop .01

WHAT'S INCLUDED

- Basic theory
- Guided stretching
- Relaxation techniques
- Pool entry fee
- PDF Workshop Guide

BENEFITS

- Improved breathing patterns
- Reduced stress & anxiety
- Increased relaxation
- Improved mood, focus & self-belief
- Improved skills for Ocean Experience

WHAT TO BRING

- Costume, towel, sunblock
- Notebook & pen
- Snorkel gear*
- Bottle of water
- Good Vibes!

*Gear can be rented via the DUC club. You will need a mask, snorkel & fins (weight belt optional)



SALT
SPORTS

Open Water Swimming

The 10km Challenge was planned for the average swimmer who normally only swims a few times a week. 10km of swimming in one week needs extra effort & dedication in getting up and getting to DUC to participate. This year we had 31 participants, with 28 finishers. We had to pick a week with favourable winds and weather and we're very fortunate to have had great conditions for the week.

Distances covered were 1870m, 1880, 2010m, 2250m and 2110m. We selected the course at a quick briefing each morning, and for safety reasons, the social group left 10 mins before the more serious group. This ensured everyone finished together. We also had many swimmers join us, who did not enter the Challenge. All finishers were treated to a breakfast and a unique T-shirt. Many interesting stories and a lot of laughter were shared over coffee after each swim and thanks must go to both DUC and PWSC for their contributions in making this a huge success.



Scuba Diving

Last chance to join the DUC Sodwana Dive Trip! There are only 5 spots left! This is one of the Scuba highlights of the year.

Non members are welcome to join, contact Bryan Hart for more info 082 8099 188







DUC Sodwana Dive Trip

23 - 26 November '23



The annual DUC dive trip to Sodwana is a mix of fun, great diving and relaxing. DUC has booked 2 x boats with AMORAY so as a club we get to dive where we want and at the pace we want.

Staying at CORAL DIVERS, you have the benefit of being inside the park and catching the bubble bus to the beach – no diving and carrying gear from the parking lot. CORAL DIVERS has awesome accommodation, a pool, a bar, braai area, fridge for each guest and a restaurant.



R3 392 PER PERSON

BOOK NOW

WHAT'S INCLUDED:

- 5 x Dives to 2 Mile Reef
- 3 x Nights Accommodation in Standard Cabin that has outside toilet and shower
- Air fills
- 5 x Park Fees

To book contact Simone at Coral Divers on: bookings@coraldivers.co.za or call 033 243 6531, or call Bryan Hart 082 8099 188 for further details.

Stand Up Paddle

It's been a while since our last Sunrise SUP due to the unfavourable conditions. The SUP crew jumped at gap in the weather with calm seas and clear skies forecast for Friday.

What a wonderful way to start the day!



Water Polo

DUC Water Polo now have three teams participating in the KZN Water Polo League. Games are played at the Northwood school pool on Thursday nights.

If you are interested or want to support your team, come watch!





FOOD & BEVERAGE

Kitchen Specials Menu

ALL WEEK

| | |
|-----------------------------------------------|------|
| Ribs n' Wings | R150 |
| Big Daddy Breakfast | R95 |
| Fish Stix | R86 |
| Grilled Chicken, Avo, Pineapple & Prawn Salad | R98 |
| PWSC Signature Pizza | R98 |
| Line fish Mussel-cracker | R140 |

VEGETARIAN OPTIONS

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| Basil Pesto Pasta | R85 |
| Vegetable Stir Fry | R70 |

WEDNESDAY 15 NOV

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|------------------------|------|
| Pulled Pork Quesadilla | R95 |
| Tender Beef Curry | R110 |
| Spicy Prawn Curry | R110 |

THURSDAY 16 NOV

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|------------------------|------|
| Roasted Pork Roll | R100 |
| Southern Fried Chicken | R90 |

FRIDAY 17 NOV

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|----------------------|------|
| Fisherman's Eisbein | R98 |
| Roasted Beef Topside | R100 |

SUNDAY 19 NOV

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|------------------------|------|
| PWSC Sunday Pork Belly | R120 |
| American Meatloaf | R100 |
| Mixed Berry Pudding | R45 |

