

May 2009

'making waves'

it's official
wowees* - our first
newsletter !

making WAVES

WOW NEWSLETTER

WOMEN ON WAVES

Wowees' lingo

Wowie:

a member of WOW

Foamee:

a broken wave, the, white water

Facee:

a wave that hasn't yet broken

Skidda & Sand Dump:

(see explanation below—feel the need for speed?)

BOARD meetings

are cool. Board meetings with a difference. **Women on Waves** meets weekly to play in the waves. Our meetings are nothing like board meetings: there are no chairs, no chairmen and whooping, shrieking and generally howling is encouraged. In fact the only similarity to a board meeting is that we *do* have a table—the one we gaze out onto across the bay! To put things in perspective: we go in **whatever** the surf conditions, (ok not if

Cape Town is experiencing one of her wicked storms, like last weekend), **what-ever the weather** and we ride mostly the "foamies". Primarily this is all about getting into the ocean and feeling **fantastic**



wowees on a beautiful Autumn day — Big Bay 4 May 09

afterwards! Usually we feel like we have had a good workout — so exercise is another added bonus! It's wonderful to see WOW growing and a big wowie welcome goes out to Reta, who joined us last week on her stick. We look forward to seeing some more original wowie maneuvers. We would love to spread the WOW, so if you have received this newsletter via a friend and would like to join, (whether you are a seasoned rider or an absolute beginner), please send us an email on: cvasica@telkomsa.net so that we can keep you in the wowie loop!

FEEL THE NEED FOR SPEED?

Tip of the month:

To be able to do sick tricks on a wave—the key is speed, speed, speed, oh yes and a little practice, so "they" say.

Not that any of us are thinking about getting airborne or anything, but if you do want to go a "little" faster the more of your body that you can get onto your board the better. (No, we don't need to buy bigger boards). But do watch out, as one enthusiastic wowie discovered, pulling your body *too* far up onto the board, could result into a "skidda" - going down the wave at right angles, and sometimes resulting in a big WIPE OUT!.

Another wowees' experience was lying so far up the board that the nose, as she hit the shore, nose dived into the sand. In wowie terms this would be referred to as a "sand dump"

What to do after a "sand dump", you may ask? Take your head out of the sand, blow your nose and try to look as cool as you are, as you waddle back out to the foamies...

a special surprise for WOWEES

ok so it is not big, big, but maybe it might mean an extra few flapjacks or an extra cappuccino for the month. We have managed to secure a **20%** discount at Atlantic Surf on gear. If you are new to it all and want to give it a try before splashing out, they are even willing to rent you the gear for about R70 (normally R150) —all in the name of getting more women into da wata!

Atlantic surf co offers

20 % OFF

ON ALL YOU NEED TO GET YOU STARTED

Shop 3, Cheetah Centre, Table View, 021 557 4532
Shop 35, West Coast Village, 021 553 4828 for Rentals
www.atlanticsurfco.co.za