August 2009

Subscribe here

making WAVES WOW NEWSLETTER

WOMEN ON WAVES

Book of the Month by Lisé
Surfer's Code (Shaun Tomson)
A perfect book for all WOWees or anyone who has ever felt the energy, power and magnificence of the ocean. Each chapter is devoted to a simple lesson of which there are 12, for riding waves or riding through life. They are amazing and I guarantee that you will be touched by their power and simplicity. In fact on Monday, Shaun Tomson was on my mind a lot and "mind surfing" is now another thought process which I have added to my day. To get hold of a signed copy of the book visit: www.surferscode.com

This month's WOWee welcome goes out to Melanie, who kitted herself out on her first session and is now getting her feet fit!

Two no no's

As women there are not many things that we *don't* talk about and WOWees are no different. Generally natter begins the moment we arrive in the car park and while we battle to put on our wetsuits there is more chit chat. Even while we are doing our warm up lungers, our chins are still waggling. Once we find ourselves in the water, we manage to describe with animated actions the events of the weekend over the sound of the waves. There are, however, two topics of conversation that we don't touch on in the water. The first one being the depth of the water—you will never hear a WOWee say: "I can't feel the bottom" —it just freaks us out. We are finding a link between surf reports that say dismally flat and to the times that WOWees are able to actually *get* out to the back of the surf. Now that we are further out we have discovered that we can't feel the bottom and suddenly things are getting scary. So it is best not to know how deep we are and hence the ban on the topic.

The second topic that can cause a bit of a unease, is the question of other wildlife in the water. Most WOWees would join the WOW division of *WOMEN ON WILDLIFE* as we all love to watch, talk and experience nature, but while we are actually in the ocean, we would prefer to imagine that the only living things in the water, while we are ramping around in the waves, are our fellow WOWees and perhaps the odd bird.

Motivation *to* GET FIT

We have discovered why the pros can stay out longer than us and it is because they get to lie around on their boards for most of the session. In comparision WOWees are at it non stop, fighting the currents, ducking the white water and straining to hear over the waves. Now if we could just get out to the back, a *little* more often, we would be able to have long, lazy, *audible* chats…

on my shopping list

this nifty wetsuit change mat looks great to keep the wetsuit from getting dirty or damaged. Simply undress on the mat, drop the wet wetsuit, pull the string and throw the bag into the car. I like! Retails for about R105 at Atlantic Surf co.
Now if they could organize an automated rinser and dryer...

Be brave to watch this... We have often thought it would be cool if we could hire a jetski to pull us out to the back. Check out this link (1 minute long) and see why the big guns really need jetskis and why we really do need to get fit!

WOW goes to POT

WOWees are heading off to the POT (Pinotage on Tap) festival at the Diemersfontein wine farm in Wellington on the 24 October. Anyone who enjoys chocolate or wine or both will love this! It is a day of music, chocolate and of course barrels of their delicious Pinotage. For more info and to book tickets Click here. (And yet another division of WOW in the making: Women on Wine)

news just in

WOWees are taking part in the SPRING DIP — Tuesday,1st September. Surf Zone is having a big launch along with Eden on the Bay, Celebs are going to be there and so are we! Come and join us as we celebrate the start of spring. Meet: Lifesaving Car park at 8:30am.
Listen to the radio promotions on heart 104.9fm http://www.1049.fm/Home/tabid/145/Default.aspx