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WOMEN ON WAVES

Lingo:

Buttee:

A skillful maneuver, usually taking a life time to master. Catching a wave and ending up riding the wave on another WOWees' butt.

(Julz, that LOL experience won't be forgotten—two in a month!)

Coalee:

Short for coalition, **bi-coalee** - two waves join together to give you double wave action, **tri-coalee** - you got it, three waves joining up. (a frequent thrill for WOWees)

to fin or not to fin? (thanks Gill)

... is what we are asking ourselves this month.

When you are standing in waist deep water and are happy catching foamees, fins tend to be a nuisance and they are exhausting too.

Firstly, one has to paddle everywhere, as walking or skipping out to the waves is no longer an option. Secondly, foot fatigue is a real issue. One WOWee said that at least ones feet will get fit, but really this is the last area on the body that usually needs toning....

However, after a couple of sessions with fins on, actually it is after catching your first facee, that you realize the benefits of fins. You are able to catch the wave far easier with fins. Another benefit of the fins is safety: if you find yourself boardless, (lease snapped off) then you can at least swim to shore or to Robben Island, whichever is closer.

It also allows you to get out to the start of the wave. Usually the water is deeper here, so there is no way of trying to "hop" onto these waves. Paddling and flapping is the key. Of course flapping your feet with fins on *above* the water is a whole other issue — and WOWees probably **do** know the answer to this question: to flap or not to flap?

If in doubt — Paddle out

Putting on a costume and finding your gear on cold winter mornings, often doesn't feel like the smartest idea you have ever had. However, WOWees have found the opposite to be true. So far we have yet to be disappointed. The water seems to be warmer and if the sun does poke it's head out and the rays catch the white water — well it's just awesome.

What a way to start the week!



HAPPY BIRTHDAY to Lisé – may the swells & waves in the next decade bring you lots more whooping!
Piece of paradise — BIG BAY. (Photo taken in between a May down pour.)

COMING SOON



DEBUT MOVIE Age: All

WOWees Big Bay

it has some scary moments and it might make you cry and laugh. This is a movie that has it all! Be sure not to miss it.

a **HORROR** a **THRILLER** a **COMEDY**

(not a lot of action)

(WOWees Big Bay will be not be showing on the big screen nor on "You Tube", so be sure to get your copy.)

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