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WOMEN ON WAVES

Books and movies:

Breath (Tim Winton) The descriptions in this book of big wave riding are awesome and you will feel your heart leap into your throat as the author describes the monster sets that roll in....

Surfer Dude: Definitely give this one a miss. Other than some eye candy featuring Matthew McConaughey, this one should have been titled Surfer Dud. "WOWees Big Bay" tops this one by far.

addiction setting in

This month has seen some WOWees take to the sky and fly, some were watching others fly down waves along the Wild Coast, and others drank way too much tequila. And let me use that as a lead in to this months topic of "addiction" One is always weary of addictive substances, knowing well just how dangerous they can be and how your life can take a very different course once hooked. Well, I didn't see the warning signs, thought I was safe and now I am definitely at the stage where I want more ...

Changing your route so that you can drive along the coast to check out the waves, gazing longingly at other addicts as they dance in the surf, rearranging work schedules to suit wave conditions, upon hearing that the conditions are perfect and having just blow-waved your hair for the past hour AND you decide it is a good idea to get wet, when birthday presents are leashes, fins and boards —these are some of the signs that start your journey of becoming a wave addict.

The mind seems to forget the rather scary dumping you took, or the time you were swallowed up by a wave and spat out on the sand and the continuous pounding your body gets just walking out through the currents. Instead the body longs, aches and twitches to feel the speed and acceleration of the next wave. Yahooooooooooo I hear you scream and *lets* just have *one* more.

Google searches come up blank on wave addiction. I found no self help groups to join, no shrinks to see and generally I think most people are keeping a little quiet on their addiction. WAA (Wave Addicts Anonymous) can HELP, a voluntary group sponsored by WOW—[subscribe now](#) and take control of your life. So how long has it been since YOUR last wave?



A big WOWee welcome goes out to Ute and Caroline T. who joined us this month. Ute we hope you will show us the way on the long board!

potentially WOWees could get to exercise 5 different muscle groups....

According to Steve Alexander (a seasoned body boarder from California), body boarding works 5 sets of muscles—now there's a plus. Legs are the obvious one from all that flapping under the water (WOWees with fins), arms are an easy guess and those muscles will get worked once we start paddling. Doing push ups on your board as you sail along the white water also helps the upper arms. As we know the foot muscles get a serious work out too. The other 2 groups are not so easy to imagine. Back muscles are apparently hugely important whatever level you are at. A strong flexible back is needed to enable the arching and twisting that some advance maneuvers require. The last group and the one that will get you interested in are the ABS. Lying around on your board requires strong abdominal muscles to be able support your body weight. They are also extremely important when doing air rolls and flips as they absorb the impact of the landing. Strong abdominal muscles will help keep the wind from getting knocked out of you and the quick recovery you will make insures that you will not lose speed upon impact. Fancy that! Back to that word "potentially". (wonder what Steve's ABs look like...)

Support WOWees

SUPPORT TWO WOWee MEMBERS at their launch of their two new different business ventures. The beautiful Blossom Boutique and Treasure Chest are showing off their stuff on Wednesday 29 August, between 4:30-9:00pm at Eden on the Bay Shopping Mall. Pop in for a glass of wine and have a look at what they offer. Blossom is giving 10% off any purchases made on the night. Good luck and we wish you well!

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Look forward to seeing ya all in da wata!