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making WAVES

WOW NEWSLETTER

movie

Fever Dream the musical

Bodyboarding DVD
A new movie all about Bodyboarding from Oz. Not sure if it will top WOWees Big Bay, but worth checking out to see what the pros are doing in the waves.

[Click here](#) to see the 1 minute teaser.



WOMEN ON WAVES

Get your **WOWees** CAP NOW!

R80 gets you one of these exclusive **WOWees** caps. Stone coloured, one size fits all.

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Although, primarily we are not out in the sea to spot wildlife, we have been very fortunate over the last year and we have surfed with 3 of the *Big Bay Big Five*: seals, dolphins and our memorable whale show.

I wonder who's going to spot the remaining two: the killer toe crunching rock lobster and the illusive, endangered bottom feeding giant squid? Eyes wide open.



Don't miss this!

Breakfast with bubbly, give-aways, Lingerie with Juliet and much more! Plus you get to do some good for the wildlife! (Increase your chances of spotting that Squid.) 8:30 for 9:00am Primi Blue (Table View) Sat, 20 March, Price: R220 (proceeds go to the Endangered Wild Life Trust) Book with Kim 082 653 1729 or [email her here](#).

Make every stroke count

Fins on. Aaah cold today. Did the waves just get bigger? Strong current. Chat. OMGosh! Look! A wave. About to crash. Paddle? No. Wrong timing. I'm breakfast. Turn around and take the foam? Could do. No. To the back. Yes. I will make it. Oh no. Throw board. Big breath. Go deep. NOW. Surface. Ice-cream headache. Gasp. Jump onto board. Paddle. Strong. Weak. Yes. Yes. Kick. Flap. Go faster. I will make it. Swell looms. Rising like a giant hungry monster. Ready to roll. Over. Yes! Over the lip I go!

Some days it feels near impossible to even think about getting out to the back and some days quite honestly it is not a place I want to be. Anything over 3ft and I am happy surfing the middle or the second breaks. However on the days when its glassy and looking good—all I want is to get to where the wave forms. So here are some tips to get you there: Stay on your feet until you are in waist deep water. Often you loose more ground, lying on your board when there is a strong current. Wait until you see a lull in the waves. (After the monster sets have had you for breakfast once or twice.) Start paddling and make every stroke count (now where have I heard that before?) Most of the time my arms feel like jelly and are in a non co-operative, non co-ordinated mood, but the quality of the paddle is more important than the quantity. Keep you hands close to the rails of the board and pull down and follow all the way through to the back. Cup your hands to maximize the pull. Alternate the hands and remember not to roll your shoulders, otherwise you will pull yourself right off your board! (We might need Kim to work out a program for us, to get those arms muscles toned and up to speed!) The other skill that really helps one get out past the soup is the art of duck diving. And that ladies, leads me to my next headline...

Welcome aboard: to Tania, who finally made it to one of our sessions. Hope to see you again soon. Margot joined us too and she is the first WOWee to wear a hood. Things are getting serious. Watch this space for a picture of 'Lady Hood'.

GOOD NEWS:

Big Bay [Web Cam](#) now up and running! Check out the surf conditions by the minute!

Link: [HERE](#)

WOWees get professional HELP

Blackberry out and diarise: Monday 15 March 2010. Anton Fourie will be down at the Big Bay Car Park at 8:30am to help us "Read the Waves" He will also give some tips on *duck diving techniques*. Anton offered to help to us over a year ago and we felt we weren't ready for it. (Considering no-one had fins and most of us were only just keeping our heads above water.) Now a year down the line, not much has changed, but we *do* have fins and I think the information will be well received! So for all of you that have been meaning to get into the water, but are a little nervous—**this is** the day to join us. Anton is a swimmer, a lifesaver, a surfer, a kite surfer and if I am not mistaken, can actually walk on water. So no need for the water wings girls. You will be in good hands! Cappuccinos on all the fakers!

Please feel free to forward to anyone who wants to come and have some fun.

CHECK OUT [Atlantic Surfco](#) are currently having a **50% sale** off all their clothing.



Poem by Lisé (March 2010)

Monday mornings can be dull and gloomy,
but not when we know it's time to boogie.
WOWees meet come rain or shine,
to spend some time feeling young and groovy.

The waves are our fascination,
which we surf with such determination.
The power, energy and magic of the sea
becomes a part of us for that week, you see.

We hold onto that magic feeling,
riding our waves in our minds and dreaming.
Until we meet again in that cold Atlantic swell,
which leaves us feeling so totally WELL.