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WOMEN ON WAVES

making WAVES
WOW NEWSLETTER

The return of the BUTTEE

After a drought of Buttees, this month we had the 'almost initiation Buttee', the 'I took you by surprise Buttee' and the 'BIRTHDAY Buttee'. One WOWee has waited a whole year for this. No wonder she is now on fire with electric current! HAPPY BIRTHDAY INGRID!

Lingo:

- feeling the green:** riding the face of the wave (having a facee)
- pulling lip:** riding along the face of the wave and then heading up to the top of the wave crest (the lip)
- sticking tongue:** sorry girls, no meaning yet

THE LULL UNCOVERED:

"A pause between a set of waves"
Wave conditions have mostly read "flat" and that has meant that WOWees have had a chance to breathe out there in the waves. Finally we can all say we have experienced a lull! Sometimes we have drifted so far out, that we should perhaps consider taking flares to launch off Robben Island.

If one is in the search of facees, the thing to do is, is to paddle like mad during a lull and get out to the back as quickly as possible, so that you miss all the pounding white water from the looming sets. Of course if chewing on the foamees is your thing, then jump the next one, paddle, flap and ride it to the shore.

Disadvantage of lulls: body gets cold lying around on your board waiting for the sets. This is when doing some underwater tai chi or similar exercise will help you to keep warm. Perhaps we could patent the "UNDERWATER lunge"...

Juliet could you check out the legals on this. Long lulls also have the effect that you quite forget what you doing out there and then, when you are mid conversation, a monster wave sneaks up on you. The next thing you know is you are inside a washing machine getting cleaned up!

Advantages of lulls: time to catch your breath, tune into the weekend news, admire the beautiful bay, watch the birds and it is a peaceful time to take a WOW wee break. (for those of us who can't multi-task)

The broom takes on the boogie

This month has seen lots of action at the WOWee Board Meetings. We have been riding face, pulling lip and getting up to all sorts of magic out in the bay. The weather is heating up and bolts of lightning are flying, as WOWees are charged with warmer weather energy. Some WOWees, that are yet to master aerial maneuvers on their boogie boards, decided to try the broomstick, in the hope of getting some airtime. Some found it incredibly easy and were soon flying around the bay at speed, while others were a little out of their depth and ended belly-up in the sea. Wand WOWee after beaching herself, made sure we all had some magic waves out there. *Witches on Water* will meet again next year for a broomstick boogie —HAPPY HALLOWEEN EVERYONE— Hope your sick tricks earn you lots of treats. ☺



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Three new WOWees joined this month who have never Body Boarded before: Welcome Sylvia, Natalie and Marianne! Sylvia, who on her first session, was negotiating a broomstick and a boogie board, managed to fly high. Natalie, who is featured in the photo below, is riding a facee and is 'feeling the green'... (remember to leash up next time). And Marianne holds the title of "oldest WOWee" yet to join. Marianne was tearing up the foam in a matter of minutes even though the board was upside down and back to front! Laughing all the way.

Great to have you all 'on board'!

When you think that most people plan their holidays to visit places like this, isn't it just awesome that we live with this beautiful bay on our doorstep. This month the water has definitely been cooler, (the up side of this is that those cold water showers actually feel warm). We have also experienced more glass and less chop. The water has been so blue and clean that we have been able to see the ocean floor. (All sand I swear).

