

[Subscribe here](#)

WOMEN ON WAVES

making WAVES
WOW NEWSLETTER

WOWees welcome: Lisa, who has watched her husband surf for 20 years and has now finally seen the light (or is that the water), Lydia, who is known to usually brave the ocean without a wetsuit, is now on board. We are pleased to have Ann out with us. Having been a sick hot windsurfer, we now at least have somebody out there with us, that knows a little about the waves!

Great to have you all part of the WOWees!!!



Board Meeting Essentials what to pack

the obvious:

Wetsuit, booties, fins & fin guards, your board or stick or kite or your winnie the pooh play tube and towel.

the not so obvious:

Bottle of hot water (if you need a warm water shower afterwards), Waterproof Key Pouch, Vaseline for chafing, Sunblock (Summer's on it's way—yaheee), a Bag for your wet gear and the ever so important Hot Chocolate Panties (for the impromptu drinks after).

Oh, and a healthy sense of humour, when the friendly SE wind is howling)

Spring is here or is it?

Ok, so it is getting lighter in the mornings, flowers are out in force, but where are those blue skies? This month has taken the **WOWees** from being a recreational club to a sect of extremists who have braved all weather just to attend their favourite Monday morning board meeting. We have had gale force winds, torrential rain and still the **HARDCORE WOWees** have parked their cars in the car park with the hope that

some other member, of not so sane mind, will pitch. We have been in some seriously stormy surf conditions (take note—the swell even landed a boat on our shores) and we are longing for the 'dismally flat, we-can-get-out-to-the-back, glass-like conditions again. You might have noticed that we have not added any new lingo for a while and this is due to the



fact that it is hard to come up with new tricks, when trying to stay afloat consumes all ones energy. One trick we would like to master is the

duck-dive (the trick to get through the white water of the wave). This is aptly named after the duck that dives deeply for it's food. The key word is deep and not food. If you 'shallow' duck dive, **WOWees** have discovered, the outcome is not always desirable. 1. Your sinuses are given a serious cleansing (maybe a good thing for beating the winter lurgees). 2. You are face-smacked by the wave, so violently that you wonder why you put your wetsuit on in the first place. 3. Your whole body is taken up in the whitewash, you are thrown heels over head, your board is pulled one direction and your limbs seem to stretch in opposite directions, which leaves you wishing you had done a few extra lunges earlier. So, the bigger the white water, the deeper we must go. These scenarios are not meant to deter potential new **WOWees** of taking the plunge and joining us, but rather to inform that duck diving is new to most of us. We normally just lunge ourselves over the top of the white water. When this gets too big or scary, we



20% off wetsuits & accessories
40% off all clothing

atlantic
surf co

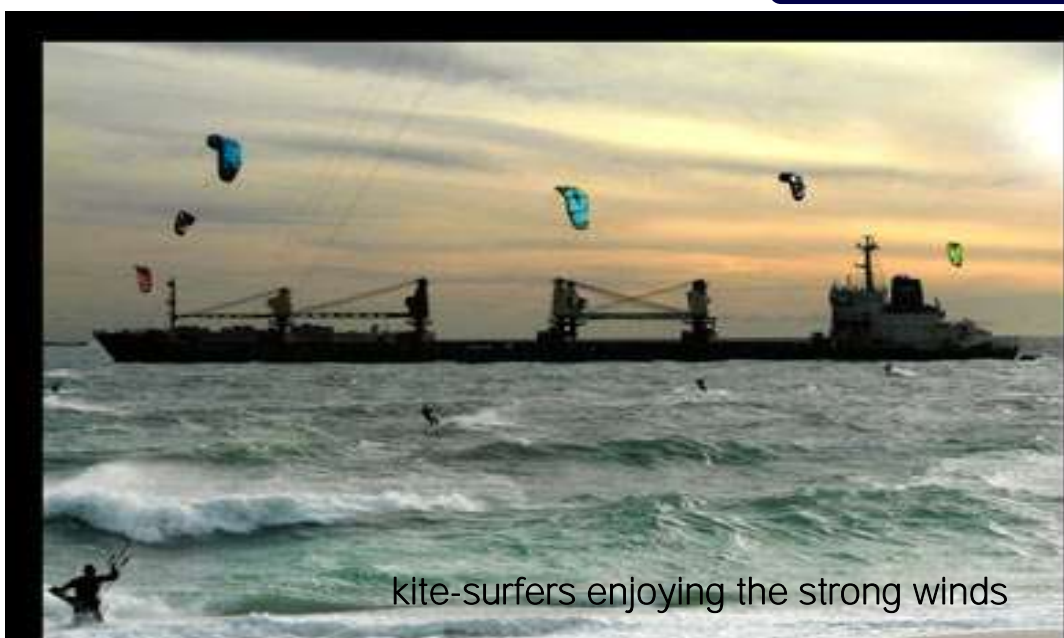
Shop 3, Cheetah Centre, Coral Road, Tableview, 021 557 4532
Shop 35, West Coast Village, 021 553 4828 for Rentals
www.atlanticsurfco.co.za

turn around, catch the foam and yell all the way to shore! My duck diving skills would be more aptly named the 'goose flap'. (And **WOWees**, there is nothing edible on the ocean floor—I have checked.)



Safety measures in place

Well, we might not have new lingo, but we do have some new hand signals. **WOWees** need to feel safe, so we have created some essential signals as some extra communication aids out there in the water. One hand waving frantically is the distress signal (we hope we don't see this one), but if you get a cramp or need help in any way, or if you just happen to spot anything unkind in the water—this is the signal to use. (Please don't use this to greet fellow **WOWees** as a 'hello, I have missed you', a subtle small wave is good enough) One hand in the air with fingers pointing down means we are looking for somebody. (This happens fairly regularly when **WOWees** are swallowed up by a wave or washed ashore and are temporarily out of sight to other **WOWees**. The thumb and the index finger connected with pinkie raised, means it's time for a cappuccino or a tequila ... essential :)



kite-surfers enjoying the strong winds