

WOMEN ON WAVES

Buddee system

Divers do it and now so do the **WOWees!**

At times there are so many of us in the water that it is hard to keep track of who's left, who's right and who never even arrived.

So before entering the surf, pick a partner and when you decide to go in, let your Buddee know. This way we will not be left wondering who is still bobbing about at the back.

This is a great way to make us all feel safe, secure and comfortable out there. (Especially when Big Bay gets Wiamea.) Now where's my Buddee? **Oops** back to the beach ...

A warm woohoo welcome to all the new **WOWees**: Lizanne, Entia, Elleni, Mandy, Tracy and Marien.

A tribute to a very special **WOWee**

On the 14 August 2010, a dear friend and a founder WOWee, Juliet, passed away. Juliet had been battling with cancer for the past 7 years. She lived her life with such passion, that she was an inspiration to us all. It was Juliet's wish to have her ashes scattered into the sea and below is an extract that was read out at the beautiful gathering that was held on the 18 August.

Every week on a Monday for the past 2 years, we would meet with Juliet in the surf here at Big Bay no matter what the weather. Together we shared the most incredible times, we laughed so much, that at times we cried.

We come here to play
We come here to laugh
We come here to be free from all the demands of the outside world

We come to feel the magic the power and rhythm of this incredible ocean
This is our playground
Table Mountain is our canvas
The skies change from blue to grey
The bird formations fly overhead
And even the seals and whales show their heads

There are times when the beauty of it all leaves our mouths agape.
Juliet loved this place
She was always at peace here
Together we watched and surfed the changing seasons
Playing and laughing all the way
We salute you, unforgettable friend and hold you in our hearts forever.



WOWees go on South Peninsula TOUR

After winning the bid for [Atlantic Dream](#) (a stunning house on the beachfront in Scarborough) at the last [Woman-2-Woman](#) charity event, it was decided that we would go on our first WOWee surf weekend. Now life doesn't get better than packing up your car on a Friday afternoon and heading off with a bunch of loony women (speak for yourself - I hear some say) in search of some white water (ok and some green too). Some of the highs of the weekend were: being out in the water with no deadlines to come out, clear glassy Scarborough waters after sunset, tropical blue waters at Witsands, midnight neon glow walk to the beach, aqua aerobics, yoga on the deck, chocolate chilli cake, laughing, dancing, good coffee and good stories, the inception of the WOWee War Cry, wraps and the rap! Oh and we had some good waves too! The weekend was so good that it certainly is the start of a WOWees yearly event. What has to follow now is a "What to do in a rip current" article, as three WOWees had a far too intimate experience with the rip along the rocks at Scarborough.



Some new photos up on the website www.wowees.com

Not only have the **WOWees** being catching waves, they have also **splashed** out in the Table Talk last month and have had some **airtime** on CCFM! What's next you ask... Carte Blanche ladies.



The rules of the RIP



This information is vitally important to anyone spending time in the ocean, whether it is watching your child swim, or surfing in unfamiliar places. The stats on drowning in rip currents is horrifying and just by knowing what to do in a rip can mean the difference between life and death.

A rip current, which is often incorrectly referred to as a riptide, is a narrow, powerful current of water running perpendicular to the beach, out into the ocean. Rip currents are terrifying because they catch you off guard: one minute you're bobbing along peacefully in the surf, the next you're being dragged out to sea at

top speed. They can often move at 8kph or faster. An Olympic swimmer cannot swim faster, so it is pointless trying to swim against a rip current. Unlike violent, crashing waves, you probably won't notice a rip current until you're right in the middle of it. Rip currents usually stop once they reach the open water beyond the waves and are typically less than 9 m wide. So if you are not too fatigued to swim, the best solution is to swim parallel to the shore and then once you feel that you are out of the rip, swim towards the beach. Otherwise allow the rip to take you beyond the waves. Rips often look flat and rippling, like rivers, and behave like rivers, too. Their fastest flow of water is in the middle. As you move toward the sides, the current slows. Be aware how you are feeling out in the ocean. Try to finish your session before feeling too tired, as becoming fatigued is a real danger when you are out in the ocean. If you should be caught in a rip, once you are already noodled, it can be a terrifying experience. Above all, don't give in to panic. This is easy to say and hard to do, but that alone, staying calm, is probably what's going to save your life.

Safety rules: * talk to locals when surfing or swimming at a new beach * never swim alone * never try to rescue somebody caught in a rip: instruct the victim what to do and call a lifesaver or rescue service * exhaustion is your biggest enemy, don't fight a rip current * create landmarks for yourself once you are out in the ocean, so you can constantly keep track if you are drifting * remain calm

How to identify a rip:

- a channel of churning or choppy water
- an area where the water is a distinctly different colour
- a line of foam, seaweed, or debris heading out to sea
- a break in the wave pattern