



We all have woken up to hoodies this winter, which is great, as it is certainly a little cosier in the water. However, our challenge is now - how to identify fellow **WOWees**. Most of the surfers out there wear hoodies too and so it can get quite confusing trying to identify who's who. It would be quite embarrassing, to say the least, to mistakenly "buttee" a non-wowee. After some discussion out in the water - it was decided that we should make some *slight* adjustments to our hoodies. We are now looking for some pink wetsuit material and if you know somebody, who knows somebody, who knows somebody, that can steer us in the right direction - we will be **in business!**



Hottentot's / Cape Fig



Jelly Fish



Portuguese Man o'War /

Blue Bottle

New member hits the water flying

She's small, sexy, can hold her breath indefinitely underwater, can withstand below freezing temperatures and just loves being out in the waves with the **WOWees**. We are of course talking about "Toughee" - the new underwater camera that made her debut with the **WOWees** this month. Operations manager is in dire need of *practice*, but hopefully this will be rectified in the next few months. To check out the camera work that can only improve, [click here](#).



Free waterpark open all seasons

This is a place that is open all hours, has endless thrilling rides (that change on a daily basis), keeps you fit and best of all - no day pass/ticket needed. Having the ocean on our doorstep is just amazing and every session we have out there, makes us feel alive, exhilarated and 10 years younger (at least.) It is the best therapy for just about everything! I overheard a fellow **WOWee** asking a new **WOWee**, who was about to have her first ever boogie, if she could swim. (Welcome Patricia!) This is probably the only requirement that is needed for entry into this place of play! Come and join us for your best Monday morning ever!

Jellyfish bloom bypass Big Bay

Apparently, a couple of weeks ago, a large bloom of jellyfish was heading straight towards Milnerton and Blouberg Beaches. These jellyfish normal reside along the banks of Cape Agulhas, but due to strong winter winds and currents, they floated around Cape Point and up towards our part of the world. However, once they saw the **WOWees'** "WILDLIFE KEEP OUT" underwater sign, posted just left off the rocks in Big Bay, they turned around and headed off to more welcome waters. Every now and then though, illiterate Portuguese Man o' Wars, also known as blue bottles, or jellies do sneak through, as we sometimes witness the evidence washed up on the beach. The weird thing about jellyfish and blue bottles is that they don't even have to be alive to sting you. If their tentacles still have venom in them and you happen to touch them, then you can get stung. So maybe it is worth knowing how to treat a sting? Here are the do's and don'ts: **Do** use a shell or something other than you bare hand to remove the tentacles. **Do** rinse the area with sea water. **Do** use white vinegar to deactivate any unfired nematocysts, (these are the stinging cells) which can cause further stings. **Do** use any aftersun suntan product, that you may have with you, to help alleviate the burning sensation **Do** use Hottentot's/Cape Fig's leaf juice or crushed leaves as a soothing lotion. (This plant is often conveniently found growing along our coastline). **Do** pop an anti-histamine. **Do** seek medical attention immediately, should you experience an extreme allergic reaction. Don't rinse with fresh water, this will activate any stinging cells that haven't yet ruptured, causing more stinging. **Don't** rub with sand. Same reason. **Don't** let anyone wee on you, (probably good to adopt this rule for life), using urine as an option has not yet been proven to be effective. Luckily for us, not all jellies are venomous (although my Mom makes a killer jelly) and although severe reactions do occur, usually all that happens is some localised swelling, burning, redness and irritation. Also it is lucky we don't live off the coast of Maryland, USA, where 500 000 jellyfish stings are reported yearly. Another great thing about our cold water is that generally Jellyfish prefer the warmer waters! We were joined by a special guest this month, Fiona from Australia, who also shared with us that along most of Queensland Beaches vinegar is readily available. Tons of various stinger critters down under. And, lastly it is worth noting, that for a jellyfish or blue bottle to sting you, it has to come in contact with your skin and the way that **WOWees** have kitted themselves up this winter (socks, gloves *and* hoodies), we would have to have a jellyfish wrapped around our face to be stung!

On that pleasant picture, we move onto much more exciting news: **WOWees' stickers** now available for your Bumper!



WOWees and friends do 67 minutes for Mandela

As part of this great initiative '67 minutes for Mandela', **WOWees** and friends gathered at the Big Bay Life Saving Club, armed with shovels, rakes and gloves to clean up the beach. Many black bags were filled!

See more photos on the [Website](#)
www.wowees.com



UP to 70% off!!!

WOWees and Friends

you are invited to:

Blossom Boutique and

"Art in the Garden of Eden"

Friday 30 July 2010, Eden on the Bay, 6-10pm

Enjoy a glass of sherry with us to celebrate

the start of our Weekend Winter Sale

RSVP please: retavisser@gmail.com