



Olas Para el Desarrollo

Community Newsletter

September 2009

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WAVES for Development

W = Water

A = Adventure

V = Voluntourism

E = Education

S = Sustainability

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WAVES Surf Competition!

On the 9th of August, the NGO WAVES for Development held a surfing competition in Lobitos Point. 18 children and Young people participated in the competition, competing in three levels. The competition was organised by our Surf Instructor and Program Coordinator, Holggers Clavijo Arambulo, with the help of our volunteers Fanny, Hanneke, Jillian, Jennifer, and Lobitos young people. We had three judges - Rubén Roberto Barboza Dedios (from the Lobitos Municipality), Sylvain Gaeng (President of WAVES Switzerland), and Marco Polo Aras Flores.

Results:

Under 8 years	9-12 years	Advanced
1st: Jamile Periche Chapilliquen	1st: Frank Amaya Eche	1st: Roni Espinoza Panta
2nd: Jesús Espinoza Panta	2nd: Karen Periche Chávez	2nd: Joel Espinoza Panta
3rd: Sebastián Solca Cordova	3rd: Alfonso Novoa	3rd: Henry Espinoza Panta
4th: Morelia Andrade Tinoco	3rd: Samuel Chapilliquen	4th: Cesar Viera Fiesta

We held a presentation ceremony during the night, with a band from Talara named *Código de Barras* ('Bar Code'). On the 14th of August, the television channel *America TV* programmed a video of the competition, which was prepared by Omar Pacherras Alamo from the Instituto Peruano de Deporte (Peruvian Institute of Sport). Thankyou to everyone for your participation!



Winner of the Advanced Level– Roni Espinoza Panta

More photos from the Competition



Assistant Luis Enrique Tinoco Chávez with Morelia del Pilar Andrade Tinoco; Instructor Holggers Clavijo Arambulo with Jesus Espinoza Panta



Frank Amaya Eche



Warm-up

New Project Manager- Naomi Godden

Hola! I'm Naomi, WAVES for Development's new Project Manager in Lobitos. I am a Social Worker from Australia. My role with WAVES includes the administration of our Education Program, our Voluntourism Program, community projects and community engagement. I am very excited to live and work with you all in this special town. I look forward to meeting you and doing projects together for a great future for everyone.



Community Consultation in September

In September, WAVES for Development will conduct a consultation with the Lobitos community. We want to know your opinions, perspectives and ideas for the future of Lobitos and WAVES. WAVES for Development works in partnership with the Lobitos community, and we want to talk with all adults, young people and children. We look forward to your opinions!

Beach Clean-Up Day

On the 6th of August, the young people at WAVES organized an activity to clean up rubbish from the beach. We met at Lobitos Point, and walked to Playa Piscina. 35 participated in the event, including 20 children and young people, 4 parents, 5 tourists, 4 volunteers and 2 WAVES staff. We collected 40 bags of rubbish – a huge success! Thanks to everyone for participating. The beach is now much cleaner!



Cleaning the beach (from left to right)

Feliz Rumiche Pazos, Maira Sernaque Espinoza, Yhadira Periche Chapalliquen, Jamile Periche Chapalliquen, Tania Rumiche Pazos.

English – Basic greetings

Buenas dias	<i>Good morning</i>
Buenas tardes	<i>Good afternoon</i>
Buenas noches	<i>Good evening</i>
Hola	<i>Hello</i>
Adios	<i>Goodbye</i>
¿Como estas?	<i>How are you?</i>
¿Como se llama?	<i>What is your name?</i>
¿De donde es?	<i>Where are you from?</i>

Environment Facts - WATER

Did you know...?

- ➔ 75% of the earth's surface is water, and is composed as follows:
 - Oceans = 97.2%
 - Polar caps = 2.0%
 - Ground water = 0.62%
 - Fresh lakes = 0.009%
 - Salt lakes = 0.008%
 - Atmosphere = 0.001%
 - Rivers = 0.0001%
 - TOTAL = 99.8381%

Nutrition – Fruits and Vegetables

Fruits and vegetables are very important for your health. You need 5 different vegetables and two different fruits per day. Fruits and vegetables provide many minerals and vitamins for your body.

Potatoes	Magnesium – Important for your nervous and muscular systems.	Bananas	Potassium – Important for growth and your heart
Corn	Zinc –important for your vision and to heal injuries.	Apples	Vitamin E – important for your blood
Avacodos	Vitamin B1 – important for energy production	Strawberries	Vitamin B9 – Important for pregnant women
Tomatoes	Vitamin A – important for immunity.	Peaches	Calcium– Important for your bones and teeth
Spinach	Iron – Important for providing energy,	Oranges	Vitamin C – Important for immunity.



Monthly Information

Schedule for Educational Surf Program – September 2009

We invite all children and young people to participate in our Educational Surf Program. All classes begin in the WAVES for Development House, Nuevo Lobitos.

WEDNESDAY 3.00pm-5.30pm Surf class for advanced surfers	THURSDAY 3.00pm-5.00pm Surfboard repair class (with Life Skills class)	FRIDAY 3.00pm-5.30pm Surf Class (with Environment class)	SATURDAY 10.00am-12.30pm Surf class (with English class)
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For more information, please call the Manager, Naomi Godden: 706 888

Tide Chart – September

Day	Time	cm	Day	Time	Cm	Day	Time	cm
1	0216	142	11	0140	41	21	0517	182
	0824	53		0748	142		1128	-5
	1417	134		1412	26		1747	172
	2023	31		2047	135		2344	14
2	0254	151	12	0241	50	22	0554	170
	0859	43		0849	131		1206	2
	1457	144		1522	33		1830	162
	2100	25		2205	130			
3	0327	159	13	0406	56	23	0024	26
	0931	35		1013	126		0630	155
	1532	151		1649	34		1244	12
	2133	20		2333	133		1914	150
4	0357	167	14	0542	53	24	0105	39
	1000	27		1144	129		0708	140
	1605	158		1809	27		1325	23
	2204	16					2003	138
5	0425	172	15	0048	145	25	0152	52
	1030	20		0658	42		0749	125
	1637	162		1258	140		1412	33
	2235	14		1913	16		2102	127
6	0453	175	16	0147	161	26	0252	63
	1100	15		0757	28		0845	113
	1709	163		1357	153		1515	43
	2306	15		2007	5		2217	121
7	0521	175	17	0236	176	27	0422	68
	1131	11		0846	14		1014	105
	1744	162		1449	165		1636	48
	2339	18		2055	-5		2335	121
8	0552	171	18	0320	187	28	0557	64
	1204	11		0930	2		1150	107
	1821	159		1536	174		1756	48
				2140	-3			
9	0015	24	19	0400	192	29	0041	127
	0625	163		1011	-5		0703	56
	1239	13		1621	178		1300	116
	1902	152		2223	-3		1859	43
10	0054	32	20	0439	190	30	0132	135
	0702	153		1050	-8		0747	45
	1320	19		1705	178		1350	127
	1949	144		2304	3		1948	37

¿What does WAVES for Development mean?

¡Olas para el desarrollo!

WAVES for Development Perú (WAVES) is a not-for-profit organisation. WAVES Works with coastal communities to utilize surfing as a method of sustainable development. WAVES for Development uses surfing to make the world a better place through Educational Surf programs that develop youth into healthy & empowered adults and Adventure Voluntourism programs that engage travelers and transform their world views.

Our Lobitos Project has two staff members:

Holggers Clavijo Arambulo – Surf Instructor / Program Coordinator

Naomi Godden – Project Manager

We also have volunteers that assist our program in Lobitos. In September, we have:

- Jillian Rubio – USA
- Jennifer Carroll – USA
- Tom Dowling - Australia
- Alison Humphries - Australia
- Giampiero Mugheddu - Italy

The WAVES for Development house is in Nuevo Lobitos. Please visit us!