International Dolphin Watch (IDW)
Has an unblemished reputation as a non-profit organisation dedicated to helping dolphins since it was founded by Dr Horace Dobbs in 1978.

Friends of IDW
NEWSLETTER
1st January 2007

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BARGAIN OF THE MONTH
Offer extended until 1st February 2007

How Did Dilo Spend Christmas?
Visit Dilo’s Corner to find out.
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PERSONALITY OF THE MONTH

Estelle Myers
Master of Applied Science, Social Ecology, Hon. PhD

It was an encounter and communication with dolphins off a beach in Queensland, on the 28th October 1980 that inspired Australian born Estelle Myers to set off on her personal dolphin trail. Since then she has shared many adventures and stages with Dr. Horace Dobbs, the founder of International Dolphin Watch. Horace was with Estelle when she put a 50cent deposit on a $80,000 property in New Zealand to set up the first Rainbow Dolphin Centre, to study the relationship between humans, whales and dolphins and to initiate underwater birthing for human babies. Horace sat and listened as she expounded her vision on the 17th June 1981 – the day of the full moon. The owners accepted Estelle’s 50cent option and gave her one month to raise the balance.

Estelle then set off around the world to raise attention and hopefully the funding. Interest and awareness grew like Topsy – but no money, so Estelle sold her Australian home to buy what became the first of three Rainbow Dolphin Centres in different locations. Since then, international awareness has grown to such an extent that dolphin and whale eco tourism has now become a multi-million dollar business. A far cry from when Estelle took out her first visitors in New Zealand to look for dolphins in their own environment in a local Tutukaka fishing boat. Everyone thought Estelle was quite mad. Today there are more than 55 friendly dolphin whale operators in New Zealand, and accounts for their largest tourism dollar!

Horace wrote about Estelle’s ‘coruscating’ mind in one of his many books. Her imagination knows no bounds. Having just turned 70, she is currently completing a PhD. Titled ‘Midwife to Gaia, birthing global consciousness’ it is a reflective topical autobiography, with a strong message to inspire and empower others. It recalls and explores the many personal and international journeys that have changed old patterns and limitations. The first babies that were born at the Rainbow Dolphin Centre are now 24 years old and the pioneer mothers paved the way for a safe and gentle alternative natural way to give birth. In 1994 Great Britain led the world by legislating to make the use of water for birthing and option in every hospital in the United Kingdom. Almost every hospital in Australia and New Zealand have installed baths for birthing. Water babies are born safely all over the world. This is a major change in consciousness in less than the blink of an eyelid in human historical terms.

Estelle convened and hosted the first two international human dolphin conferences in 1982 and 1986. Five thousand visitors stopped by at her 3 Rainbow Dolphin Centres over 5 years. Her determination to share her personal experiences have taken her around the world almost every other year, using the media to get the messages of personal peace and global peace to millions of people in America, Canada, Iceland, Japan, Russia, France, Germany, Switzerland, Israel, India, New Zealand and Australia. Her message was simple: that the dolphins represented individual freedom and group consciousness and that we humans had much to learn from observing them in oceans of the world. Horace and Estelle worked together on the campaigns, which resulted in closing down the sea world type sea circus establishments where cetacea ‘die to entertain humans’. This battle is
still not won. Such establishments make millions of dollars exploiting our friends of the sea. People do not realise when they see ‘Shamu’, or whatever name is given to the animal, that when a dolphin dies the establishment buy another one! No one is any the wiser. Estelle hopes that with the growth of global consciousness and the use of the World Wide Web that millions will join a campaign to finally close down every sea circus, including those in her native Australia. It is not an impossible dream.

Estelle’s life has been one of setting an example of making dreams a reality. Her visionary planetary pioneering has been extended to many projects including, author, film maker, women’s television, children’s theatre, spirituality and leadership in business, moving the peace flame around the world and taking it into the United Nations carrying it across the ocean from England to New York on the QE2.

One might ask how is this possible for one person to make a difference and how does she finance so many major programs. Estelle is committed to being a catalyst of change setting the example of ‘leaderless leadership’. No need for hierarchical organizations, no memberships, certainly no limitations from lack of money, which she insists, does not mean lack of personal power. ONE PERSON CAN MAKE A DIFFERENCE! (She has sold her home almost every other year since 1976 to pay for her passions).

Her secret is to encourage trust, unconditional love and co-operation instead competition which leads to making fear based decisions.

A highlight of this busy life was the making of “Oceania The Promise of Tomorrow” – the magic of the human dolphin connection. It took eight years to make and won a United Nations Media Peace Prize in 1990. The film made its way around the world and often was the first introduction to people about the special human relationship with cetacea. Horace of course was one of the stars, as was Jacques Mayol, Rick O’Barry, John Lily, Igor Charkovsky and others. They all retold their own fantastic stories in their own worlds with lovely images to back them up. Today the DVD is as fresh to view as ever and is available from the IDW Dolphin Shop www.idw.org/html/dolphin_shop.html.

Estelle has just completed an around the world 70th birthday celebration visiting the special people in her huge global family who have a place in her unique story. Estelle spent a very special few days with the Dobbs’ family and insisted on a new daily juice regime to restore Horace’s health and vitality following his treatment for cancer. It is her one concession to her own good health, carrot with ginger and other fruits and vegetables every single day for the last twenty-five years.

She coined the word ‘DOLPHINICITY’ in 1992 to describe the magic beyond synchronicity, which is more than co-incidence and always has a brilliant human dolphin or water baby connection!

This tiny woman, pocket whirlwind is extremely proud of her daughters and her four grown-up grandchildren. Her 70 is today’s 50! This is a never-ending story. She insists Horace and her have heaps more things to do and has always really appreciated his unequivocal support.
DOLPHINS IN CHURCH

International Dolphin Watch kneeler is dedicated in All Saints Church in North Ferriby

BY
Horace Dobbs
(Honorary Director International Dolphin Watch)

A special dedication service was held in All Saints Church, North Ferriby on 19th November 2006, to celebrate the donation of additional kneelers for use in the church, including one bearing the International Dolphin Watch logo made over a period of two years by Ferriby resident Shirley Whitelam.

Since earliest times elaborate decorations have been incorporated in many places of worship. This is true of North Ferriby All Saints Church, built in 1850 on the site of an earlier church, which has a magnificent stained glass east window. In more recent years a fine collection of colourful kneelers in a wide range of designs, hanging along the pews like works of art in a gallery, add to the spiritual uplift of those entering the church. Now they are joined by a unique kneeler, which will serve as a memorial to International Dolphin Watch. The village of North Ferriby has been the home of International Dolphin Watch ever since it was founded in 1978. The first IDW Newsletter was printed by the late Audrey Barrick on the same Roneo machine she used for church notices. This involved typing the copy onto a sheet of special paper in which the typewriter punched the letters in the form of tiny holes. If mistakes were made they had to be painted over with a thin, pink plastic film and then overtyped with the correct letters. The corrected sheet was then draped over a drum coated with ink. When the drum was rotated with a handle the ink was squeezed through the holes onto a blank sheet, which was then left to dry if it was not to smudge. It was a time consuming and messy business. Now IDW Newsletters are set on a computer and sent around the world at the touch of an Email button.

When Shirley Whitelam, a resident of North Ferriby who edited my Dilo books, decided she would like to commemorate the achievements of International Dolphin Watch she set about it in a novel and unusual way. It started with her embroidering the IDW logo in silk on a rectangle of canvas stretched on a wooden frame. Other pieces of canvas, edged with intricate embroidered patterns, were stitched to the main canvas. The complete assembly was then fitted over a padded foam block. A wooden base covered with hessian was attached to the bottom of the block which, Hey Presto! had become a kneeler for prayer.

Review by Kris Simpson

Although written for children aged 5 – 11 the Dilo series is enjoyed by readers of all ages.

Dilo in Lighthouse Bay

Written by Horace Dobbs, illustrated by Rico

ISBN 0-9541721-4-0

Published by Watch Publishing

**Dilo in Lighthouse Bay** is the 5th book in Dr Horace Dobbs’ well-loved ‘Dilo’ series. There is no need to have read any of the previous books to enjoy Dilo’s continuing adventures with twins Debra and Robin, but having read one, children are sure to want to read the full series.

In this book Dilo faces great dangers when there is an accident at the oil rig. Instead of swimming to safety he faces fire, oil and choking smoke to go to the rescue.

Highly recommended for all lovers of dolphins and adventure. Available from the on-line Dolphin Shop at [www.idw.org](http://www.idw.org) or call 01482 634599.
WIN A PRIZE 😊

DRAW A PICTURE OF A DOLPHIN

As part of IDW's Educational Programme

Each month International Dolphin Watch is sending to a school anywhere in the world:

- Two Dilo books (signed by author Horace Dobbs)
- Dilo Poster
- Dilo Sticker

IT'S EASY TO ENTER

No age limit

All you have to do is to discuss it with a teacher, DRAW A PICTURE OF A DOLPHIN and Email scanned picture to mailto:idw@talk21.com or post to IDW, 10 Melton Road, North Ferriby, E. Yorks, HU14 3ET, ENGLAND.

The prize this month was won by: Penny Pickering and Oliver.

This was not done as a school project. The children were bored so they sat down and Penny Pickering (age 12) wrote the story and her friend Olivier, age 11, drew the picture.

Penny goes to Northfield Comprehensive and Olivier goes to Holy Rosary Primary School in Billingham.

We would like to receive more stories like this. Please send them in. Author Horace Dobbs will send autographed copies of Dilo books to the writers of the best entries.

Dilo’s Friends at Christmas.

Dilo was feeling a bit lonely when Debra and Robin went home after spending their summer holiday with their uncle Pat in
Lighthouse Bay, but Dilo knew they would be coming back. Everyone missed each other like crazy.

Just four months later Debra and Robin came back with their Mum to stay with their uncle for Christmas.

Debra and Robin had come to see Dilo, so they shouted to him and he swam into the bay. Debra ran inside the house to collect her swimming gear, but her uncle told her to put it away because it was too cold to swim. Dilo had to go and get his tea.

Debra and Robin came out and realised that Dilo didn’t know what Christmas is about. So they told him about it and when they finished they said goodbye to go for their tea.

When they left him, Dilo looked up into the sky and remembered what happened to his mother when she was caught in a net and died. He never forgets her, even when the sky is dark and starless. Every night Dilo sends messages to his mother so she knows he is always caring. Dilo’s mum glows within his heart.

Dilo is dreading the end of the Christmas holidays. Not only will Debra and Robin be leaving, but there will be nobody to talk to him.

One day Dilo figured out that Debra and Robin weren’t coming to see him. Then it struck him. It was Christmas Day. They were having a brilliant time when Dilo was swimming around all on his own.

When the next morning came, Dilo was in the bay as usual waiting for Debra to come out. Eventually she arrived. Debra had some good news for Dilo. Debra’s uncle had to move because someone else bought the lighthouse. He was going to live with Debra and Robin in their new house in a different bay.
Dilo was going to move bays, but does Dilo want to move? Of course Dilo wants to move. He has memories of Lighthouse Bay that will stay in his heart for ever.

As darkness fell, the lighthouse light began to shine, but Debra insisted on staying out longer. When she went in, she ran straight to her room and waved to Dilo out of the window and he jumped in the air with joy.

Dilo can now see Debra whenever he pleases. He never has to wait for months because he’s now moved to the bay where she lives and he can see her every day.

The closing date for entries for this month’s prize is 15th January 2007
SPOT THE DIFFERENCE

Put a ring round each mistake on Picture B. There are 20 to find altogether.
CONSERVATION

UN launch ‘The Year of the Dolphin 2007 Campaign’ - Prince Albert dives in Monaco’s waters to protect dolphins

http://www.yod2007.org/

Threats for dolphins are on the rise: They face entanglement in fishing nets, marine pollution, prey depletion due to over fishing, deliberate hunting and disturbance from noise. These are only some of the causes why they might soon be extinct in the world’s seas.

To help stop this process, the United Nations Environment Programme/Convention on Migratory Species (CMS) along with ACCOBAMS and ASCOBANS decided to launch the Year of the Dolphin 2007. This campaign will involve Governments, NGOs and the private sector around the world to emphasize the need to protect dolphin species. The Whale and Dolphin Conservation Society (WDCS) and the tourist group TUI are partners.

"The Year of the Dolphin gives me the opportunity to renew my firm commitment towards protecting marine biodiversity. With this strong initiative we can make a difference to save these fascinating marine mammals from the brink of extinction”, said Prince Albert, the patron of the campaign.

The Year of the Dolphin will be launched at a public event on Larvottó’ beach in Monaco on 17 September 2006. Together with professional divers and the Executive Secretary of the Monaco-based “Agreement on the Conservation of Cetaceans of the Black Sea, Mediterranean Sea and contiguous Atlantic Area” (ACCOBAMS), Prince Albert will submerge the statue of a dolphin in the Larvotto Reserve to mark the 10th Anniversary of the agreement and its achievements made during the last decade. The statue is a tribute to the memory of Prince Rainier III. Representatives of the Convention on Migratory Species and other UN officials and of Monegasque institutions will attend the event.

Under the auspices of the Convention on Migratory Species two special Agreements have so far been concluded to help protect dolphin species: the Agreement on the Conservation of Small Cetaceans of the Baltic and North Seas (ASCOBANS) and ACCOBAMS.

The fact that ACCOBAMS is based in Monaco stresses the Principality’s environmental commitment, with a particular focus on the sea and marine life.
Whale meat on the menu!
(Friends of IDW join forces to complain)

It was brought to our attention that the SBS programme 'Iron Chef' in Australia, featured the cooking of whale meat. IDW immediately joined forces with Friends in Australia to complain:

On behalf of Friends of IDW, I write to you to protest. Please ban all shows that cook and eat whales, dolphins and all protected species.

Whales are intelligent beings that have been hunted almost to extinction by us for our personal profit perhaps we might refrain from eating them and showing television programs that teach us how to cook and eat them”.

Like us, whales are mammals. Many of them have brains that are as large and more highly evolved than those of humans. Furthermore they have had their large brains for millions of years longer than us. There is a connection between us that remains a mystery. Many sensitive people feel it intuitively at a very deep spiritual level and that to deliberately kill whales and dolphins is morally unacceptable.

Response:

Matt Campbell
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SBS Corporation
Locked Bag 028
Crows Nest NSW 1585
AUSTRALIA
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fax: +612 9430 3400

Thank you for your letter regarding our screening of the Iron Chef on November 18th 2006. We have taken your comments and those of the avid SBS viewer you mention on board. I understand that your organisation and indeed some viewers would find the content of this particular episode disturbing to say the least, perhaps even offensive and I'm sure I could go through a long list of suitable adjectives describing audience reaction. Given the nature of broadcasting itself, there are in fact very few programs aired that don't offend some individuals or organisations, cultures or religions in one way or another. That being said, and given Australia's stance on whaling, I am pleased to inform you the said episode of Iron Chef will not be aired again on SBS-TV. We apologise for any distress the airing of this program has caused you and members of your organisation.

Kind regards
Matt
RESEARCH

A new study has revealed humpback whales are capable of emanating as many as 622 social sounds
(Washington, D.C. Nov 20, 2006)

Scientists believe the whales’ broad vocal repertoire enables them to communicate with their fellow whales, like summoning their young or even wooing potential mates by expressing emotions.

Rebecca Dunlop, a researcher in the School of Veterinary Sciences at the University of Queensland, Australia said that while some sounds are brief, some are unpatterned, distinct from lengthier, complex whale songs.

She said the study threw new light on the fact that whales convey more meaning through vocalizations than previously thought.

"I wouldn't say (whales possess) language, as that's a human term. Whales don't string these sounds together like words and form sentences. It's more like a simple vocabulary," Discovery News quoted Rebecca as saying.

For their study, the team used a static hydrophone array - sensitive equipment that detects sound waves - to visually track 60 pods of whales migrating along the east coast of Australia.

The waves linked the whale sounds to various activities and contexts.

The team identified 622 distinct sounds, which fell into 35 basic types.

Rebecca said these included "wops" made by females, "thwops" made by males, "yaps" made when pods split, and high pitched cries that appeared to express anger.

In addition to vocalizations, the team also found that whales sent messages through body language - by breaching the surface, slapping water with their tails and blowing underwater bubbles.
She said the whales also sometimes even "speak" short song units individually instead of singing them. Males especially seem to do this when trying to woo a female.

“Song is a loud broadcast signal and two singers singing at the same time is bound to be confusing to the receiver. If he's trying to attract a female, but doesn't want his signal confused with another singer in the area, then using song units in this case might be the way forward,” Rebecca said.

The study will be presented at the upcoming joint meetings of the Acoustical Society of America (ASA) and the Acoustical Society of Japan in Hawaii.

Additional Note from Rebecca Dunlop to IDW

I analysed 622 sounds, which fell into 35 different categories, these 622 weren’t distinct, they were just my sample size, the 35 were distinct sounds.

They don’t send messages through body language; one of the POSSIBLE functions for breaching is to send a signal to other whales regarding their location or size. High-pitched cries probably don’t express anger as such, it is probably an agonistic call used between competing males or possibly between males and females. No one can say an animal ‘expresses anger’, that’s a human emotion.

The take home message is not that whales communicate using sound (that has been known for years) but that humpbacks are renowned for their use of song. Relatively little work has been carried out on these other sounds, the social sounds, which probably convey much more information than that song. For example, song is probably used either as a sexual signal, where the male uses it to attract a female OR it is used between males to establish a dominance hierarchy. On the other hand, social sounds convey a lot of information, sex, location, some of them may be used in the same way as song (sexual signal etc.), contact calls between mother and calves or animals within a pod, agonistic calls between competing males, solicitation calls between males and females etc.

Dr. Rebecca Dunlop
School of Veterinary Sciences
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St. Lucia
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Humpback whales have brain cells also found in humans

Contact: Amy Molnar
Email: AMolnar@wiley.com

Cetaceans, the group of marine mammals that includes whales and dolphins, have demonstrated remarkable auditory and communicative abilities, as well as complex social behaviors. A new study published online November 27, 2006 in The Anatomical Record, the official journal of the American Association of Anatomists, compared a humpback whale brain with brains from several other cetacean species and found the presence of a certain type of neuron cell that is also found in humans. This suggests that certain cetaceans and hominids may have evolved side by side. The study is available online via Wiley InterScience at http://www.interscience.wiley.com/journal/ar.

Although the biology of the humpback whale is well understood, there have been virtually no studies published on its brain composition, leaving an open question as to how brain structure may relate to the extensive behavioral and social abilities of this mammal. Although brain to body mass ratio, a rough measure of intelligence, is lower for baleen whales such as the humpback compared to toothed whales such as dolphins, the structure and large brain size of baleen whales suggests that they too have a complex and elaborate evolutionary history.

Patrick R. Hof and Estel Van der Gucht of the Department of Neuroscience at Mount Sinai School of Medicine in New York, NY, examined the brain of an adult humpback whale and compared it with the brain of a fin whale (another baleen species) and brains from several toothed whales, including three bottlenose dolphins, an Amazon river dolphin, a sperm whale, two beluga whales, a killer whale and several other whale and dolphin species. They found that the humpback cerebral cortex, the part of the brain where thought processes take place, was similar in complexity to smaller sized cetaceans such as dolphins. The large area of cortex found in these mammals is thought to be related to acoustic capabilities and the current study shows that it is organized into a system of core and belt regions. However, substantial variability was found between the cell structure of the cortex in humpbacks compared to toothed whales. The authors suggest that these differences may indicate differences in brain function and behavior in aquatic species that are not yet understood.

One feature that stood out in the humpback whale brain was the modular organization of certain cells into "islands" in the cerebral cortex that is also seen in the fin whale and other types of mammals. The authors speculate that this structural feature may have evolved in order to promote fast and efficient communication between neurons. The other notable feature was the presence of spindle cells in the humpback cortex in areas comparable to hominids and in other areas of the whale brain as well. Although the function of spindle neurons is not well understood, they are thought to be involved in cognitive processes and are affected by Alzheimer's disease and other debilitating brain disorders such as autism and schizophrenia. Spindle neurons were also found in the same location in toothed whales with the largest brains, which suggests that they may be related to brain size.

The authors note that spindle neurons probably first appeared in the common ancestor of hominids about 15 million years ago, since they are observed in great apes and humans, but not in lesser apes and other primates; in cetaceans they evolved earlier, possibly as early as 30 million years ago. It is
possible that they were present in the ancestors of all cetaceans, but were retained only in those with the largest brains during their evolution. It may also be that they evolved several times independently in the two cetacean suborders; part of this process may have taken place at the same time as they appeared in the ancestor of great apes, which would be a rare case of parallel evolution.

"In spite of the relative scarcity of information on many cetacean species, it is important to note in this context that sperm whales, killer whales, and certainly humpback whales, exhibit complex social patterns that included intricate communication skills, coalition-formation, cooperation, cultural transmission and tool usage," the authors state. "It is thus likely that some of these abilities are related to comparable histologic complexity in brain organization in cetaceans and in hominids."

The authors conclude: "Cetacean and primate brains may be considered as evolutionary alternatives in neurobiological complexity and as such, it would be compelling to investigate how many convergent cognitive and behavioral features result from largely dissimilar neocortical organization between the two orders." They also suggest that the current study provides a framework for further investigations into the brain and behavior of cetaceans, which are naturally elusive, poorly documented and often endangered.

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Article: "The Structure of the Cerebral Cortex of the Humpback Whale, Megaptera novaeangliae (Cetacea, Mysticeti, Balaenopteridae)," Patrick R. Hof, Estel Van der Gucht, The Anatomical Record, Published Online: November 27, 2006. (DOI: 10.1002/ar.a.20407).
Dear Whale and Dolphin loving friends

It has been a big year for whale and dolphin activity and as we near the end of the year it is a good reminder that the whales in the southern ocean and elsewhere are still in danger from Japanese whalers- please send support in whatever way is appropriate for you.

The Whale and Dolphin conference was great with input from so many people.

The great news is that it will be held again next year at Hervey Bay in early August (date to be confirmed).

This will give people a wonderful opportunity to attend the conference and then spend time in the bay with the whales. There will be post conference trips organized the next day after the conference.

I am off to Bunbury in Western Australia from 15th January to 14th February to study effects of dolphin interaction with people with depression and others.

This will be a collaboration with Professor Patricia Sherwood and the Global Outreach program from Sophia College. This is an exciting project and I will be looking forward to sharing the results with you all.

On my return to the east coast I will be giving talks and presentations in Sydney and up the coast. Jonathan Quintin from New Zealand will join me and showing his amazing mandalas- whale and dolphins and mandalas- what a combination.

The Tweed Dolphin program will start on 9th March 2007 with trips at the Tweed River.

See my website; www.dolphinwave.info for updates and information.

Please join in the whale and dolphin activities and thank you for your interest and input in 2006. Have a peaceful and joyous New Year.
‘Winter is the time for R&R!’

The winter this year has been very cold, and with the latest freeze and snow, all we want to do is curl up in bed with the heater on. Hot drink and good book at the ready! All this talk of hibernating and burning fossil fuels to stay warm has led me to think about our responsibility to the environment and what we can do to help. Basically if you can remember 5 R’s, then you’re on your way to becoming the ultimate eco-warrior. With the state of the planet at the moment, she needs all the help we can give her.

The 5 R’s: Reuse, Recycle, Reduce, Respect, Responsibility.

**Reuse**

It is as it sounds, reuse you plastic bags and don’t just buy new ones at the store because you forgot to bring your old ones. Reuse glass bottles and containers and find uses for old tyres and things you want to just dump and forget about. Plastic bags look like jellyfish to seals and dolphins and when they swallow them they get stuck in their stomachs causing them to die of hunger, which is an awfully slow and painful death. Be creative and use that old chipped mug as a pot plant holder or repaint it and turn it into a penholder. Use and reuse.

**Recycle**

Why not get a few bins at home, call Mondi and Consol and find out where to get your paper and glass recycled. Call the plastic companies and find out where the drop off points are for plastic recycling. It’s sheer laziness and the consumer lifestyle we lead that has left us believing that our waste is another person’s problem. It’s not; it’s your problem! By recycling we cut down on the amount of raw material required to create new products, as they can be recreated from old products. We can save forests from destruction simply by recycling. Buy recycled products and do your best to be kind to the environment.

**Reduce**

We create a stack of waste everyday. How many garbage bags do you get rid of a week? By recycling and reusing items you reduce the amount of trash going into landfills and into the oceans, contaminating rivers and polluting the environment. Take your own bags to the store, reduce your need to buy and buy.

**Respect**

Respect the planet you live on. Pick up litter when you go the beach or park. Even if it’s not yours, take a bag with you and fill it, you may inspire someone else to help you and so you teach by example. Get your car serviced regularly; oil leaks manage to get into the ground water, which flows to the rivers which head to the oceans. Your oil could be polluting a river somewhere. Use eco-friendly cleaning products in your home, they’ll be better for you and for the environment. Detergents and harsh cleaners have chemicals in them that damage plant and animal life once they get into the ground water. Respect wild animals, don’t harass them or try to get them to do what you want. Leave them alone. Respect their need for privacy. If you do go on any animal programmes like dolphin swims or elephant back safaris only go with professional organisations that support and protect wildlife. Look up their mission statements beforehand and find out what they offer, and what work they do to promote the protection of wildlife. If you are in the ocean and a pod of dolphins comes near don’t go blundering after them, don’t put yourself in danger, remain calm, assess the situation and then interact with them. They’ll let you know very clearly if they want to
play or not. Show them the respect you would want.

Responsibility
Believe it or not, you are as responsible for this planet as the next person. Everything you do has an impact no matter how big or small on the environment. As intelligent beings use your discernment and find out about things before you use them or take part in them. It is your responsibility to be informed, ignorance in today’s modern age is no excuse. Go on-line and sign petitions to prevent over fishing, by catch and bottom fishing. Information is power, learn what you can and then the environment where you can.

Ultimately we need to stand together and get our governments to support eco-friendly bills and solutions instead of energy wastage and damage to the environment. Do your best to help out. So take advantage of the last few weeks of winter to really get your R and R up to date. Before we know it summer will be here and we will be at the barbeque and enjoying hot lazy days. Get R savvy now and help our planet, our gorgeous mother to survive us for another season.

Michelle Sachs of Ocean's Essence.

www.oceansessence.com

TOUR INFORMATION:

Do you dream of swimming with wild dolphins?

Your dream is about to come true with Michelle Sachs of Ocean's Essence. Experience the freedom and joy of swimming with wild dolphins in the open ocean in Southern Mozambique, South Africa. This is the real thing, there are no gimmicks or amusement park rides. You will be in the open ocean, in their world, swimming along the dolphins wild and free and on their terms

We work together with a team of experts in the area who have over ten years experience working and interacting with the dolphins. We also offer a holistic side to the tour, which includes meditations and the awesome Dolphin Breathing Technique pioneered by Michelle and inspired by the dolphins. As a qualified reflexologist Michelle will teach you a divine foot massage that is guaranteed to have your loved ones asking for more. You'll also enjoy interactive presentations about the dolphins. Sample our gourmet chef’s awesome cooking and go to sleep each night listening to the soothing sounds of the ocean.

For further information, rates and tour dates, visit www.oceansessence.com
Note from the Editor

2006 was the year when we launched our first monthly E MAIL NEWSLETTER.

Ever since IDW was founded in 1978 by Dr. Horace Dobbs, he has tried to embody in it the concept of a global family of dolphin lovers. The rapid and easy communication between Friends of IDW that the introduction of the E Mail Newsletters has brought about, means that each new friend can feel that he or she has indeed become a member of a diverse family of dolphin lovers with many different aims, interests and aspirations from a wide variety of religions and ethnic groups.

The Email Newsletter presents us with an opportunity to give those with an interest in dolphins, an opportunity to share news and stories. It also enables us to give much broader coverage of the many long-term activities of International Dolphin Watch.

International Dolphin Watch has always striven to encourage youngsters to take part in dolphin activities. I hope therefore, that you will enrol as many children as you can to become DOLPHIN FRIENDS and encourage them to contribute to future Newsletters.

PLEASE KEEP YOUR STORIES COMING – WE LOVE TO HEAR FROM YOU. WE ARE CREATING A GLOBAL NETWORK OF DOLPHIN LOVERS THAT CARE ABOUT OTHERS AND THE EARTH WE SHARE.

Registration to Friends of IDW can be made online at: http://www.dolphinfriend.com/html/dolphin_shop.html.

If you would like to advertise on www.dolphinfriend.com website, then Email our Webmaster Terry Connell on mailto:terry.connell@ntlworld.com.

Wishing you a New Year filled with love, peace, hope, joy and new beginnings.

Jackie Connell
Editor – Friends of IDW Newsletter
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