

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

MAY 2010

2010 IS THE YEAR OF THE DOLPHIN IN SCHOOLS

CONTENTS

2010 IS THE YEAR OF THE DOLPHIN IN SCHOOLS.....	3
North Ferriby Primary School MY DOLPHIN STORY PROJECT.....	3
BOOK REVIEW	4
Dilo and The Call of The Deep	4
Dilo and the Isle of the Gods Serialisation: CHAPTER 11	5
NEWS.....	7
Mediterranean gray whale appears 'back from the dead'	7
New Zealand calls for whaling compromise.....	8
Picture of the Month In the Pink: Flippers Amazon Adventure	10
FRIENDS' NEWS	11
Midwife to Gaia Birthing Global Consciousness	11
The Magic of "Dolphinicity" Full On in New Zealand.....	11
Whale Hunting Could Resume – please help!	13
An evening of BLISS – 19th June 2010 at 7.30.....	13
Swimming with Humpbacks.....	14
Wildquest Human Dolphin Connection.....	16
The Healing Effects of Dolphins and Whales	17
Whale Rescue Story from Joan Ocean, Dolphin Connection	20
The Spinner Dolphins.....	21
The Dolphins, The Cosmos and Us.....	21
NOTE FROM THE EDITOR.....	22

Education

2010

IS THE YEAR OF THE DOLPHIN IN SCHOOLS

Ever since he created International Dolphin Watch (IDW) in 1978 Horace Dobbs has seen EDUCATION as one of the best long-term solutions for protecting dolphins by bringing to youngsters' attention the joy dolphins can bring into their lives and the threats that face these delightful sea mammals.

Teachers and pioneers in education have been pressing for a long time for education to be less tightly bound to the national curriculum.

Ray Woodward, a pioneering Head teacher at Swanland Primary School and Dr Horace Dobbs, research scientist and Honorary Director of International Dolphin Watch (IDW) agree that giving children the freedom to explore and express their personal passions encourages a desire to learn.



Dr Horace Dobbs invites schools around the World to participate in 2010 THE YEAR OF THE DOLPHIN to improve literacy, education and an appreciation for conservation of the marine environment. Email your ideas to idw@talk21.com

Ray Woodward is now planning for a cluster of schools to participate in an interactive Dolphin Arts Festival that will take place simultaneously at three different schools 29th – 30th June 2010 – further information coming soon.

North Ferriby Primary School MY DOLPHIN STORY PROJECT

with Dr Horace Dobbs.

The aim of MY DOLPHIN STORY PROJECT is to use the universal appeal of dolphins and their ability to stimulate the human mind to **encourage kids to want to read and write and to persuade their parents/carers to take a proactive role in their children's activities** by helping and encouraging them to write a story.

To achieve this on 4th May 2010 Ray Woodward the Head teacher of Swanland Primary School invited a cluster of local schools to take part in the Dolphin Education Research Project (DERP) programme of International Dolphin Watch in addition to participating in a Dolphin Arts Festival on 29th - 30th June 2010.

One outcome of this initiative is that Dr Horace Dobbs - The Honorary Director of International Dolphin Watch who visits schools around the world and is the author of a series of children's books about a fictional dolphin named Dilo – agreed to organise a story writing project at Ferriby Primary School, similar to those that were highly successful at Swanland School in 2009. At a meeting on 11th May with the Head teacher, Russell Orr, and his acting Deputy, Lynne Brooks, a programme was agreed for Ferriby Primary School to proceed with the MY DOLPHIN STORY Project on 28th May.

BOOK REVIEW

Dilo and The Call of The Deep

By Caitlin Wilson

The book I read was called *Dilo and The Call of The Deep*. The author, Horace Dobbs, is a scientist with International Dolphin Watch. My Nana knows him personally and asked him to send a set of books for my 10th birthday. This is the first of 6 books in the series. You can't get these books in New Zealand so they are very special to me. This book genre is an animal adventure. It's a narrative written from the dolphin's point of view.



This story takes place underwater in the deep blue ocean with lots of reefs, seaweed and an amazing variety of sea creatures. It takes place in the present time.

The main character is Dilo the dolphin. Dilo is an adventurous dolphin and loves exploring underwater. He learns new

things every day and sometimes gets in trouble.

Dilo the dolphin is born and spends time with his mother learning about the sea and all the sea creatures. In the background there seems to be something mysterious going on with whole groups of fish going missing and strange threatening noises. Will Dilo and his mother find out what's happening? Is it danger to them? Read the book to find out.

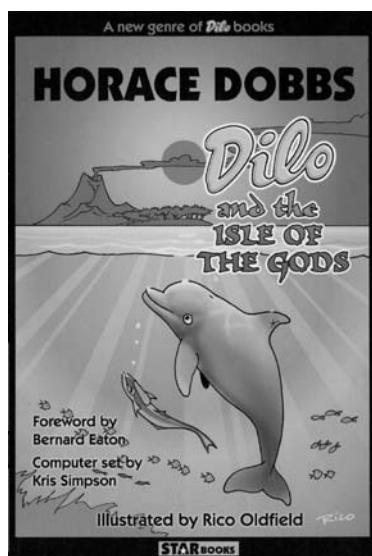
This book was funny and a bit sad in places but kept me interested as it taught me all about dolphins and how they play, feed and spend their lives. They seem to be quite "human" sometimes. It also shows how men can have a very terrible effect on the natural environment. I would definitely recommend this book to anyone who loves animals and nature.

Note from the Editor

You can purchase Dilo Books from the online shop on www.dolphinfriend.com .

More information about Dilo and 2010 YEAR OF THE DOLPHIN can be seen in previous Friends of IDW Newsletters <http://www.newsletter.dolphinfriend.com> .

Dilo and the Isle of the Gods Serialisation: CHAPTER 11



11. Dancing with Garden eels

THERE WAS A LARGE SANDY BEACH ON THE ISLE OF THE GODS.

The seabed shelved gently up to it. When Dilo approached it the first time he thought one patch of the sand was covered with an unusual type of seaweed.

As he got closer Dilo noticed something odd. The seaweeds were waving. That in itself was not unusual. Seaweeds always move in the currents. These seaweeds, however, were all waving in different directions at the same time. The dolphin moved in for a closer look. As he approached they disappeared. Yes, they disappeared. Down into holes in the seabed. Dilo stopped to see what would happen next. He remained quite still. One by one, little heads appeared.

They looked this way and that. Then long silvery bodies

Page 57

emerged. With the ends of their tails still in the holes, they flexed into curves. Soon, like snakes moving to the music of a snake charmer, the slender strips of silver started waving back and forth.

“These are not seaweeds at all,” Dilo commented to Rema. “These are garden eels. My mother told me about them.

They are famed for their movements. It is as if they are dancing to music. Now I am seeing them for myself.”

Dilo was excited. He finned forwards to join in the dance. But as soon as he moved the eels in front of him stopped dancing. In a trice they drew back down into their holes.

“Well if you don’t want to dance with me I shall dance by myself,” said Dilo.

Inspired by the garden eels Dilo swam close to the bottom. He trailed a flipper across the seabed. The sand puffed up and settled. Like a skater on ice Dilo cut trails in the sand. First he used one flipper, then the other. The dolphin swept this way and that. Soon the holes of the garden eels were surrounded by curved furrows.

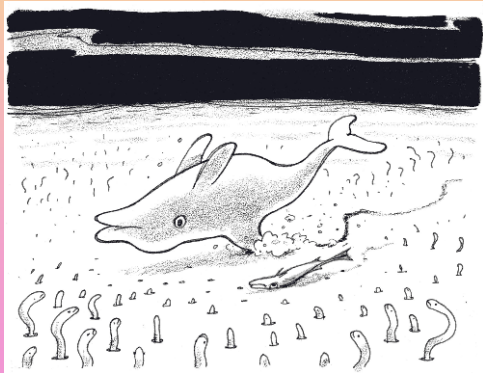
The sun was having its own dance. It beamed down to the seabed. Bright rainbow streamers flickered across the sand

Page 58

in ever changing patterns. They danced across the trails left by Dilo. Dilo became full of the joy of the dance. He soared up towards the surface, rolled over and flew down to the sand again.

The dolphin felt free. Free. Free. Free to dance. Free to play. Free to do anything he wanted.

Dilo headed out to open water. Above him the surface of the sea stretched like an endless silver mirror. The orange disc of the sun shone like a spotlight sending waving beams of light into the blue depths.



Page 59

When he returned to the island, the garden eels were all out again. Dilo headed towards them. He swept down to the seabed. At the last minute he turned upside down. He prodded his dorsal fin into the sand. Swimming forwards he made a long curving trail.

“Hey, what do you think you are up to?” called Rema, who was surprised to find herself suddenly sweeping uncomfortably close to the seabed.

“Having a dance,” retorted Dilo, as he continued to curve a furrow with his dorsal fin.

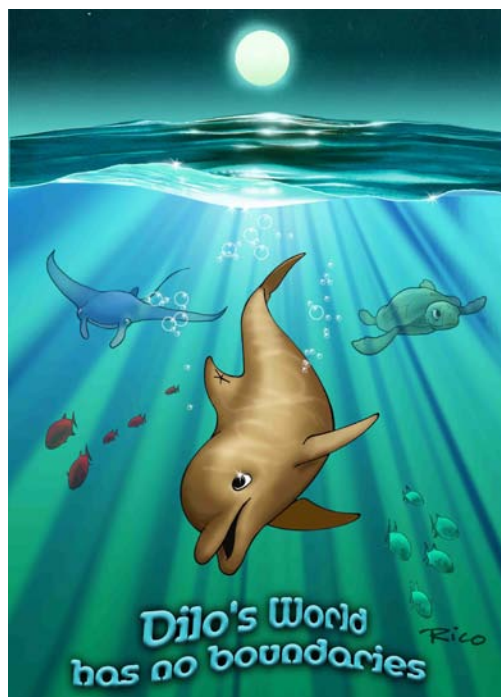
Rema decided to have a go at making trails in the sand too. But she wasn't very good at it.

The grains of sand rubbing against his fin felt good to Dilo. Around him the startled eels were popping back into their burrows. This was the day Dilo went potty. This was the day he danced among the garden eels, with a remora for a partner.

Page 60

CHAPTER 12 will be in the next issue of the Friends of IDW Newsletter. An electronic copy of the complete book can be downloaded from

<http://www.lulu.com/content/2713995>



NEWS

Mediterranean gray whale appears 'back from the dead'

*By Matt Walker
Editor, Earth News*

10th May 2010



Gray whale sighted off Herzliya Marina

A gray whale has appeared off the coast of Israel, shocking conservationists.

Gray whales are thought to be extinct across the Atlantic Ocean, so the appearance of an individual within the Mediterranean Sea is a major surprise.

The whale may have inadvertently travelled a huge distance from its natural habitat thousands of kilometres away in the Pacific Ocean.

However, it raises the possibility that gray whales have returned to former haunts in the western hemisphere.

Photographic ID

Once, three major populations of gray (also spelt grey) whale existed: in the western and eastern North Pacific Ocean, and in the North Atlantic.

However, the North Atlantic population of gray whale became extinct sometime in the 17th or 18th Century, for reasons that are not clear.

No sightings of the species had been made in the Atlantic Ocean since.

That was until a single individual gray whale was sighted off the coast of Herzliya Marina, Israel.



On 9 May, researchers from the Israel Marine Mammal Research and Assistance Centre (IMMRAC) in Israel went to investigate.

They took photographs to identify the huge animal, which they have since confirmed is a gray whale.

"This discovery is truly amazing. Today, gray whales only inhabit the Pacific Ocean, so to find one in the North Atlantic, let alone the Mediterranean Sea, is bizarre in the extreme," says Nicola Hodgins of the Whale and Dolphin Conservation Society (WDCS), which has its headquarters in Wiltshire, UK.

New Zealand calls for whaling compromise

BBC News, 1st April 2010

Allowing whaling nations to kill a limited number of the animals is the only way to ensure control, New Zealand's representative on the issue has said.

Former PM Geoffrey Palmer said attempts to reach a global deal on whaling would fail unless nations could compromise.

Australia, which wants a total ban on whaling, has expressed alarm at Mr Palmer's comments, and said it could not back such a scheme.

Japan, Iceland and Norway together hunt more than 2,000 whales each year.

Mr Palmer, who represents New Zealand on the International Whaling Commission (IWC), said whaling nations had increased the size of their hunts in recent years.

But he said the main problem was that there was no effective way of controlling how many whales were hunted.

He said a compromise would lead to "a big reduction in the total number of whales killed compared with now".

Mr Palmer said that if the IWC did not agree to a compromise when it meets in Morocco in June, all control over whaling could be lost.

"There is a big risk of that and I don't relish it," he said.

Japan has not stated publicly how far it is prepared to reduce the size of its annual Southern Ocean hunt.

'Awful alternatives'

Mr Palmer said that the "emotional attachment" to a total ban on whaling was unrealistic.

"There is a great deal of unhappiness in New Zealand about killing whales, and that's true of other public opinions in many countries," he said.

"But the truth of the matter is that not all cultures or all nations see that issue the same way, and because of that you have to arrive at an international accommodation under a treaty arrangement."

New Zealand's Foreign Minister Murray McCully said he thought a compromise deal was worth making, saying that the alternatives to conducting further talks were "truly awful".

New Zealand, Australia and Japan are members of a small group of countries that has been exploring the potential for a compromise for two years.

It faces a deadline of 22 April to come up with a submission to go forward to the IWC's annual meeting in June.

But Australia, which has threatened to take Japan to the International Court of Justice if it does not stop whaling in the Southern Ocean, reacted angrily to the comments.

Federal Environment Minister Peter Garrett said he was "alarmed and very concerned that New Zealand would support a proposal that is flawed and represents a huge compromise to pro-whaling nations".

"Australia cannot support the compromise package now being discussed in the IWC," he said.

Japan abandoned commercial whaling in 1986 after agreeing to a global moratorium but continues to target more than a thousand whales each year under the auspices of a scientific research programme.

Conservationists say the whaling is a cover for the sale and consumption of whale meat.

Iceland and Norway both "objected" to the moratorium - a permitted procedure under IWC rules - and also carry out annual hunts.



Picture of the Month In the Pink: Flippers Amazon Adventure

The Sunday Times, 25th April 2010



These pink-tinged dolphins live in the murky depths of the Amazon River. They have followed a very different evolutionary path from their sea-dwelling cousins; here, the water is dense with silt from the Andes and the dolphins have evolved not to use their eyes.

The Seattle-based photographer Kevin Shafer swam with the 7ft animals for three weeks and braved piranha-infested waters in search of the perfect shot. The dolphins themselves actually count piranhas as part of their diet, although, Shafer says, “I have seen a few with little nips taken out of their flippers and fins, which the locals assure me are the work of piranhas getting their own back”.

The dolphins’ pink coloration may be due in part to their diet of crabs and shellfish, and in part to the large number of blood capillaries near the surface of their skin: when the dolphins get excited they become pinker, as if blushing.

FRIENDS' NEWS

Midwife to Gaia Birthing Global Consciousness

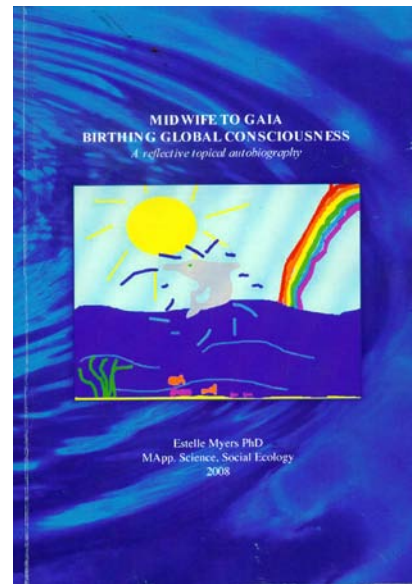
DR Estelle Myers is the author of [Midwife to Gaia Birthing Global Consciousness](#). This book is offered as an inspiration and empowerment for others to realise their own dreams into reality. With freedom to choose a life grounded in love and trust instead of fear and limitation, anything is possible.

Estelle Myers has also been a midwife to countless women and was the person responsible for bringing the practice of birthing in water to the wider world, setting up the famous Rainbow Dolphin Birthing Centre in New Zealand in the 1980s.

“I used the rainbow and the dolphin to create the heart-mind energy to help change the world”, she said.

Estelle continues to be an example of embracing the NOW...living fully, joyfully and being one with all and all with one.

To order this book contact Dr Estelle Myers: estellejmyers@gmail.com



The Magic of “Dolphinicity” Full On in New Zealand

By Dr. Estelle Myers

During my recent visit to Kaikoura, North Island, New Zealand. I was as excited as my very first encounter when I saw hundreds of leaping and spinning dolphins. I did not have my camera and that is the making of a magical dolphinicity story:

After a very unpleasant encounter at the dusky dolphin headquarters, I hitched a ride to the Kaikoura’s Whale Watch terminal, a tiny village about two kilometres up the road.

At a minute’s notice and after introducing myself they kindly invited me to join the trip that was leaving instantly, so I had no time to concern myself about my new missing camera. Nor was it to be found on my return after this exquisite and wonderful trip. In 2 metre waves we watched a single sperm whale that was asleep on the surface for almost 30 minutes. During the trip we were given an amazing wonderful and educational presentation by our expert Kaikora Whale Watch guide, complete with video on a huge screen.

(You can see information on how you can join their whale watch trips on <http://www.whalewatch.co.nz/>).

When it became apparent that we were not disturbing this single male, the Captain moved off to find the Dusky Dolphin Tour that had refused to take me (this was a journey that I had booked with the Dusky Dolphin Headquarters from my home in Australia and verified several times by



Email, only to be told there was no room when I arrived at their Headquarters in New Zealand). I was not happy, especially as I had also planned to meet up there with the Russian scientist I had met at the Whale Celebration two days earlier in Auckland with Wally Franklin of the Oceania Project http://www.oceania.org.au/footer_stuff/about_us.html .

Anyway the magical part of this adventure is that a lovely young woman from the Kaikoura Star, who was very heavily pregnant, interviewed me as planned the next morning. I realised that in such a tiny town that she might know who the passenger was in the car that gave me a lift to the Whale Watch, as she was also very pregnant. Indeed the reporter, Emma, did know the woman and contacted her for me, to discover that the driver of the car was the branch manager of BNZ Bank.

Days passed and I held the vision of finding the camera in her car - wait for it not only was it in her car, but as it was the identical camera and case that she owns, she assumed it was her camera.

And there is more...I called her from Taupo in New Zealand to claim my camera and make arrangements to courier it to me and guess what happened next...this lovely woman was leaving for a MNZ manager's conference in Taupo the next day!

Yes, my camera was in my hands a whole week later with real magical dolphinicity!

My mission to make the journey from Australia to Taupo in New Zealand was to help very special friends of 30 years prepare to leave their home and boutique B & B after 45 years, not knowing what was ahead of them at 80 and 76 years old and not in best of health or finances. Well the magic continued and two more wonderful friends of the same period (all from my Rainbow Dolphin Centre days) were able to make a commitment to go to Taupo and help them pack, prepare for a garage sale and move at the end of the month. Not only that, an old friend of the 80 year old from his University days rang in and had a conversation with me in his absence. He had not been in touch for more than a year and had no idea that the couple were in a tough transition, considering house sitting for a time, with their household goods and chattels in storage, the friend immediately offered them unconditional time in one of two of his own homes!

And on top of all of this, there was only one window of time to catch up with Jackie and Terry Connell (Newsletter Editor and Web Master for International Dolphin Watch), who were returning to UK after their six month sojourn in northern New Zealand. So my wonderful Auckland team picked them up from the bus station so we could all catch up for a hug and dolfun tails before sending them on their way...and me on my way the next day.



Another amazing window of opportunity happened on the way over when another of my very special dolphin pod came to Sydney from New York to see her ailing elderly mother and we were able to meet and hug on the one day I had free in transit from my home in Ballina Northern NSW.

The magic continued for me when on arrival back in OZ, a waterbaby now twelve years old and her father (I had not seen them for years) surprised me with a pick up and delivered

me from the Gold Coast to my door - as a result of my requesting a hire car from my Byron Bay Earth car hire company - how good is that!

HOWS THAT FOR THE MAGIC OF DOLPHINICITY...WHICH IS MORE THAN SYNCHRONICITY...WHICH IS MORE THAN COINCIDENCE!

“When I change, my world changes. There is no need to change anything outside my own circle. It starts and ends with my own thoughts. The basic requirement is an open heart and an open mind which suspends judgement. It takes practice to break old embedded patterns and to quote a powerful new style world leader YES WE CAN”!

Whale Hunting Could Resume – please help!

Care2 Petition

Killing whales for profit has been banned since 1986 - but that's about to change unless we make a stand.

The International Whaling Commission (IWC) [just released a new plan](#) that would overturn the global ban on commercial whaling, and *even open a whale sanctuary near Antarctica for hunting.*

A final decision could happen as soon as next month, and Germany has a key role in the IWC's decision -- **please write to the German Federal Ministry for Agriculture and stop the sell out of the whales.**

Japan, Norway and Iceland have continued to hunt whales in defiance of the worldwide commercial whaling ban. The proposed plan would make their hunts legal again.

A decision on the plan to resume killing whales could come as soon as next month!

Please take action to save the whales

<http://www.thepetitionsite.com/takeaction/175/446/210>

An evening of BLISS – 19th June 2010 at 7.30

The most beautiful voice of Lucinda Drayton. Lucinda will be accompanied alongside the talented Marcus Cliffe. There are only 100 tickets available for this very special concert which is to be held at The Church of the Holy Sepulchre in Northampton, England.

Tickets cost £20.00 and will include drink on arrival and refreshments in the interval!

An opportunity not to be missed – to obtain you ticket contact Diana O’Neil:

<http://www.healwithin.org/>

All money raised from this concert will be donated to Kidney Research.

Swimming with Humpbacks

By Aynsley Halligan

In March this year I had the amazing privilege of swimming with hump-back whales.

When asked if I could write an account for this newsletter, I was somewhat daunted, because how could I, with my frustratingly limited ability to find the right words, possibly give an adequate account...However, I will give it a go...

First - if you can bear with me - I should provide a little background about my connection with whales and dolphins, and why this experience meant so much to me.

Like many New Zealanders I suppose, with its association with the famous wild, friendly dolphins Pelorus Jack and 'Opo' of Opinoni, availability of dolphinaria, and of course being an avid watcher of 'Flipper' on TV in my youth, I have had a fascination for dolphins since my earliest recollections. Sadly, whales are part of NZ's heritage, too – for all the wrong reasons. (Thank God that has all changed now, with whales now being very much the target for camera lenses rather than harpoons.) I trained as a zoologist in NZ, as well, where my curiosity was further encouraged with greater knowledge (albeit scanty), about these marvellous beings.

When I learned about the work of Horace Dobbs, heard him speak and watched his wonderful videos, talked to other dolphin/whale enthusiasts and read more about the special talents and wisdom of whales and dolphins, my appreciation of cetaceans seemed to grow exponentially.

I decided I wanted to have my own personal encounter - especially when I went through a bad bout of depression after a failed relationship and I had learned about the amazing effects that dolphins could have on such sufferers.

So, prompted by the suggestion of a dear friend/fellow dolphin-fanatic, my first experience was with that wonderful German couple Roma Spring and Volker Todd (Human Dolphin Research), back in 2005. I had the most amazing week, swimming with pilot whales in the Canaries, whilst in their wonderful, loving care. A week I will never forget. And, indeed, I returned fully recovered from my previous depression!

However, I wanted more – especially, to swim with bottle-nosed dolphins.

I tried going to Dingle, in Ireland. Fungi, that amazing 'associate' of Horace Dobbs, was still there, and yes, it seemed it was possible to arrange a swim.....

I have to say that was unsuccessful. I left feeling rather sorry for Fungi, with the constant demands and harassment to which he appeared to be subjected; I also felt rather sorry for me. The weather was vile, the water was freezing, and Fungi seemed intent on evading me and my fellow swimmers. (Who could blame him, in all honesty!) I spent the remaining time I was there going on every boat trip available to see him, and did, at least, come back with a reasonably satisfying photo. However, the over-riding feeling was that of sadness at the degree of commercialism surrounding his on-going presence in Dingle. Perhaps that was just the effect of my rather negative mood at the time, and I guess he could always leave...



I did nearly swim with captive dolphins in Cuba, but that attempt was also thwarted. Perhaps that was a blessing, looking back, given the arguments against swimming with captive dolphins...

I also made two separate attempts to swim with wild dolphins on a holiday in New Zealand – including an attempt to swim along with our lovely IDW Newsletter's editor, Jackie Connell. Again unsuccessful. At least I did get to see several sperm whales on a special trip to Kaikoura. (Strange, they were never there, as far as I was ever aware, when I often used to holiday in the area with my parents in the 1960s. Perhaps the threat of whaling was still too fresh in their collective memory...)

When I retired from work at the end of 2008 and was thinking about a special treat for myself for my 60th birthday, I decided to follow up Jackie's suggestion and look into 'Wildquest'. The choice was wild dolphin encounters in Bimini or once-a-year-only swimming with humpbacks off the coast of the Dominican Republic. I knew that the Bimini swims were reputed to be wonderful, but I couldn't help thinking that swimming with hump-back whales must be just about the pinnacle of such cetacean experiences. And at 60, maybe I should do it while I still could....a dolphin swim would probably still be accessible later.

Well, this seems to be rather a lot of background pre-amble, so I hope you're still with me!

In brief, the week was spent with Atmo and Amlas and the rest of our very special, loving 'human pod' on a boat anchored at what's known as the Silver Bank, 80 or so miles off-shore from the Dominican Republic.

Even from the first morning, we seemed to be virtually surrounded by whales.

I cannot hope to describe the feelings that pervade your heart and soul when you are standing on a boat deck, with a golden sun setting on the horizon, when your eyes and ears perceive the misty breath of several hump-back whales in the sea around you..... One night, a lone whale obligingly performed a full breach for us immediately in front of the setting sun!

Twice each day, we clambered onto smaller boats to seek out and then slip as silently as possible into the water above these whales – usually, the quiet 'mother-and-calf' pairs, sometimes with an escort 'hanging out' in the background. Feelings defy all description when you are held suspended in that magical watery medium above a mother and calf.



(C) Whale Photos taken by Atmo, Wildquest - Human Dolphin Connection

The calf tucked under the protective 'chin' of its huge mother, apparently keeping it safely held out of harm's way, and released only when it needs to surface to take a breath – required, of course, more frequently than by the mother. Our human pod held hands and gazed in awe as the young one, with conspicuous white pectoral fins extended, swirled as if in slow-motion so gracefully towards the surface. Sometimes the baby would ascend so close to us, obviously with curiosity about these odd human beings, we were instructed to 'back off' to avoid possible collision. When the mother herself ascended, the feeling of awe prompted by her size and yet her apparent serenity and acceptance of us was almost overwhelming. You could not help but be deeply affected by this experience. The feelings were palpable; I was not alone in feeling a strong physical as well as emotional response in my heart and solar plexus to the evident trust and tolerance of these powerful but highly intelligent beings. We could not help wonder that these mighty whales, who could easily toss us out of the water with one slight twitch of a fluke muscle, were willing to accept us into their realm and private space, with their youngsters apparently curious as to what we were all about.



My lovely cabin-mate (Steph, from Boston), described the experience as a 'living prayer'. Such an apt description!

There were other less serene encounters, as well. The so-called 'rowdy groups' – up to six or seven testosterone-filled males – gave us plenty of excitement-filled moments, observed from the safe distance of our boats, as they battled it out amongst themselves to establish their position in the male hierarchy and ward off competition for those females potentially willing to mate. We were guilty of being pretty 'rowdy' ourselves when these groups surrounded our little boat, often swimming directly beneath it and re-appearing the other side! I have to say I preferred the still serenity of the mother-calf encounters, but then I am a peace-loving female.

We were blessed with wonderful encounters every day.

I am so grateful to the whales for their tolerance and acceptance, and to the wonderful crew, guides, Atmo and Amlas and fellow members of our human pod. It is an experience that will remain in my head and heart for the rest of my life, and certainly served to further cement my sense of admiration and wonder for these amazing beings, to which we owe so much consideration, respect and above-all, protection.

Wildquest Human Dolphin Connection

<http://www.wildquest.com>

This is a fantastic opportunity for those that wish to experience the ultimate human-dolphin connections with the best conditions in the world.

Wildquest have been connecting and swimming with wild dolphins in the warm Caribbean ocean since 1995. Their intention is always of minimal intrusion, and their dolphin swims are conducted with respect and awareness.

The Healing Effects of Dolphins and Whales

By Anne Gordon de Barrigon

Anne Gordon is a biology and animal behavior major and professional animal trainer for movies & TV, who also offers Emberá Village tours, Spirit Walks, Spirit Journeys tours and other tour services in Panama.



Everyone loves seeing dolphins and whales. Have you ever noticed that you cannot help but smile when you see a dolphin, even if only in a picture or on TV?

That effect is magnified if you can see cetaceans – the family of marine animals that includes dolphins, whales and porpoises – in the wild. If you are lucky enough to actually swim in the same waters near the dolphins and/or whales, the effect is even greater. It is an incredible experience to be in the sea with the dolphins or whales and hear their clicks and high pitched whistles all around you, or hear the mighty humpback whales sing their little-understood, melodious song.

Swim programs with both captive and wild dolphins have demonstrated their healing effects on autistic and mentally handicapped children. After swimming with dolphins, the children come out more relaxed, happy and communicate more both verbally and through eye contact.

There is one account of a woman who was swimming with a captive dolphin which rammed her hard in the chest, leaving a serious bruise. Everyone, including the dolphin's trainers, were shocked by this abnormally aggressive behavior.

The woman went to the doctor to get checked out. It turned out that she had a tumor in her chest directly under the bruise, one that had been growing undetected for some time. Because the dolphin could “see” or sense the tumor with its sonar, he knew it was there. Hitting the woman and leaving a bruise was his way of making her aware of the dangerous threat growing in her body. As a result of the dolphin's actions, the tumor was successfully treated. Had the dolphin not “discovered” the tumor, it might have turned out otherwise.

Dr. Horace Dobbs took several clinically depressed people to swim with a wild and very friendly dolphin who frequented a bay in Ireland. After only one experience with this lone dolphin, people who previously were too depressed to function properly and hold down a job were able to go back to work and live a normal life!

Whales are the largest animals on earth and have the strength to easily do harm to humans. Yet even after many years of people hunting and persecuting them, it's extremely rare that they attack or defend themselves against whalers. In fact, like dolphins, whales have been known to actually help lost ships and guide them to safety. Orca whales often hunt adult baleen whales, yet there has never been a recorded attack of a wild orca whale on a human being. In Mexico's San Ignacio lagoon where gray whales go to give birth and breed, the whales often seek out contact with humans in boats and even allow and enjoy being touched and rubbed by enthusiastic people.

There are many reports, some dating as far back as ancient Greece, of dolphins leading or carrying drowning or tired swimmers to safety. There are also stories of swimmers who have been protected by dolphins against sharks, including great whites.

What is it about dolphins and whales that affect us so positively? How are they able to heal people after a brief encounter with them? Why do they even care about us humans who, as a race, have treated them so poorly and still hunt them? It is not easy to answer these questions, except to say that it is all true.

I attended a school, Dolphin Heart World, taught by Linda Shay and David Rosenthal, that teaches people how to incorporate the life skills of dolphins and whales, such as living in joy, flow, play, community, transparency and most of all love, into their human lives.

We were taught an exercise to locate the source of an issue in our lives and release it from our bodies. Through this dolphin living skill, I was able to release an intense anger that had been manifesting itself in my life. After one simple exercise, I felt perceptibly lighter in weight. I could feel myself releasing the anger. That was six years ago, and the intense anger I felt before has never returned.

One of the other skills I learned at the Dolphin Heart World School was how to act as a conduit to transmit Dolphin Energy Healing. This is a deeply respectful and beautiful form of energetic healing. At first I felt like nothing was happening while I was transmitting the energy, but my clients report a beautiful and joyful experience, much like swimming with wild dolphins. During my Dolphin Energy Healing sessions I started receiving visions and messages from the dolphins that my clients report are incredibly accurate and helpful to them.

I recently had a magical experience with about 40 spotted dolphins and four humpback whales in the Pearl Islands in Panama.

I had been working for several months straight with very little rest, and was both physically and emotionally exhausted. One day, I broke down crying for hours and could not imagine going to work. I arranged for another tour director to take over my work for a few days, and booked a flight and hotel in the Pearl Islands near Panama City, where I live.



I spent the first few days just relaxing and catching my breath at the Contadora Island Inn, and exploring the Pearl Islands. Then one day, I hired a local boat captain and asked him to find the dolphins.



As we headed out to search for the dolphins, waves of sadness washed through me. Though I knew that happiness and joy attract the cetaceans, I also knew that I needed to let my emotions flow naturally and not keep them bottled up. As sadness and frustration went through me, we saw no signs of life, other than a few sea birds.

After about 20 minutes of allowing the sadness to flow, it started to abate. I felt better, but kind of numb. I then started thinking about how much I wanted to see the dolphins and whales, and how that would make me feel so much better. I had learned that the best way to find dolphins is to be in your own joy and not want too much, nor focus on the *need* to see them. So I let go of the wanting to see the

dolphins and focused on feeling grateful to the ocean, and sending it my love and appreciation.

After about five minutes of shifting from want and need to gratitude and love, the boat captain shouted “Whales!” I stood up and sure enough there was a whale spout, then several more. As we got closer we also saw about 40 spotted dolphins in amongst the whales.

The dolphins came to swim in the bow wave of our boat and did so for about 15 minutes. It was incredible to see them so close. I was laughing and shouting for joy. Then I looked at the captain and asked him “What would you say if I got in the water with them?”

He shrugged his shoulders and said “I don’t care.” So he stopped the boat and I gently slid into the water with my swim goggles, to see underwater.

Sometimes dolphins are not comfortable with human swimmers and leave the area. Not that day. The dolphins swam all around me, coming within ten feet. The water was a crystal clear, deep turquoise color. I could see them easily. I could also hear their squeaks, whistles and clicks everywhere. It was incredible! Seeing the dolphins swim in perfect synchrony in small groups under and all around me was like hearing a symphony while watching a perfectly choreographed ballet.

The humpback whales were not close enough to see underwater, but when I looked from the surface they were less than 100 feet away.

Just knowing they were there was much like the feeling of comfort and support I felt growing up in the north western U.S., with the Cascade Mountains and Mount Rainer always watching over me from nearby.



I had no face-to-face encounters with dolphins or whales on that day. But later that evening, as I was sitting in bed working on my computer, I realized I felt extremely happy. In fact, I felt completely empowered, as though I could face and handle anything life had to throw at me. I knew that no matter what happened, I would be just fine. In fact, I would be happy and have a great future. It was an inner knowing and feeling of empowerment and confidence that gave me a deep sense of peace.

I also knew that this newfound feeling was made possible by the healing effect of swimming with the dolphins and whales. There was no way I could have shifted so drastically from sobbing uncontrollably just a few days before, to feeling completely at peace and deeply happy and content with my life, by myself. I cannot tell you exactly how the dolphins and whales helped me make this shift in feeling. I just know they did, and I am extremely grateful to them for it. I feel truly blessed and honored to have the dolphins and whales in my life.

After my healing experience with the dolphins and whales here in Panama, I felt drawn to create a way for others to also have their own exciting and healing experience. In fact, I felt as though the cetaceans were asking me to help them share their joy and beauty with others of the human race.

To experience for yourself the healing power of dolphins and whales, please join me on a tropical Pearl Island tour in Panama. You can reserve your tour for 2, 3 or 5 days with the whales and dolphins at <http://www.WhaleWatchingPanama.com> . Some tours include yoga

or meditation, as well as watching, visiting and learning about whales and dolphins.

I am very excited to offer you this opportunity to allow the dolphins and whales to open your heart and touch you with their healing energy, as they did me. I hope you will join me.

To have your own healing experience with whales and dolphins in the Pearl Islands, Panama, check out Whale Watching Panama <http://www.WhaleWatchingPanama.com> .

To experience and learn more about the healing power of dolphins and whales without having to get wet (or even leave home), check out www.DolphinHealing.net

For more information about the Pearl Islands, go to <http://www.ContadoraIslandInn.com> .

For more information about Linda Shay's Dolphin Heart World, go to <http://www.DolphinHeartWorld.com> .

To learn more about Horace Dobbs and his work with mentally challenged and depressed people go to www.HoraceDobbs.com and www.operationsunshine.org



Dr. Horace Dobbs is Patron and Advisor for the charity Operation Sunshine Family Therapy Programmes, registered charity 1121315. Their mission is to bring dolphin joy and healing into human lives – especially disadvantaged families.

They are the *only* charity in the world that offers a programme for severely disadvantaged children that includes experiencing wild dolphin encounters. By only working with wild dolphins, the results are significantly more powerful and life changing. The dolphins choose to be with the children, they are not lured and the charity ensures that they and their environment are respected.

Donations can be made online: <http://www.operationsunshine.org/html/fundraising.html>.

The charity is an International Charity based in Milton Keynes England. If you would like to be actively involved in helping this charity develop further then please contact: Jackieconnell@btinternet.com . Charity details on <http://www.operationsunshine.org>.

Whale Rescue Story from Joan Ocean, Dolphin Connection

<http://joanocean.com/>

Here is a story of the female Humpback whale entangled in crab traps and lines, that was assisted off the coast of California when divers came to her rescue. The whale quietly allowed the men to unwind and cut the lines that dug deeply into her skin and mouth. They set the whale free. At that point, she did not merely swim away. The whale made eye contact and circled the men, certainly saying thank you before swimming into the open ocean. One of the men claimed he was changed forever by this close encounter with this sensitive whale.

It is a reminder that cetaceans and animals too have feelings of pain, sadness and gratitude. They are aware and are interacting with people on an intelligent and caring level. Most likely they always have been. Now we are noticing.

There is a deep, ancient relationship between cetaceans and humans. We are drawn to each other to meet and learn together. Size differences do not matter, brains and bodies are just the vehicles we ride in, to live our lives on earth. Meanwhile, we are able to inspire and be

thankful for each other for our uniqueness and our kindred souls. It feels like a Remembering..... This friendship is a reminder of our inherent connection to all life. The whales call it: The Oneness.

The Whale rescue story...

A female humpback whale had become entangled in a spider web of crab traps and lines.

She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed for help.

Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her -- a very dangerous proposition. One slap of the tail could kill a rescuer.

They worked for hours with curved knives and eventually freed her.

When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, nudged them, and pushed gently, thanking them. Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never be the same...

The Spinner Dolphins

Come to the Mountains and the Ocean

On the Big Island of Hawaii you can experience it all. We are offering a Seminar with the Hawaiian Spinner dolphins. This takes place at Sky Island Ranch, Mauna Kea Mountain, the home of the Dolphin Connection with Joan Ocean and Jean-Luc Bozzoli.

This Seminar will present many new and fascinating concepts including practical ideas for inspiring your life. Come and be revived by our dear dolphins that swim with us each day and by the ancient messages of the sacred fires at night under the stars in the presence of ET vehicles.

The Dolphins, The Cosmos and Us

August 8-14th 2010 (7 days) \$1795.

Included: Accommodations at Sky Island Ranch (shared occupancy) or if you prefer a private room and bath, we will accommodate you in a nearby garden hotel; days on the beaches to sun and swim; four boat trips with lunch to meet the dolphins in their warm ocean world; outdoor fire circles at night under millions of brightly shining stars; daily sessions with Joan and visionary artist, Jean-Luc; messages of wisdom and empowerment in a healing environment where you feel joy and fulfillment as we have FUN together with the dolphins.

Joan and Jean-Luc - Dolphin Connection

<http://www.JoanOcean.com>, Email: Joan@joanocean.com

<http://www.eyewithin.com> Email: jeanluc@eyewithin.com

NOTE FROM THE EDITOR

THIS IS YOUR NEWSLETTER - PLEASE KEEP YOUR STORIES COMING

**WE ARE CREATING A GLOBAL NETWORK OF DOLPHIN LOVERS
THAT CARE ABOUT OTHERS AND THE EARTH WE SHARE.**

Email your news and comments on articles in our newsletters to me at jackieconnell@btinternet.com.

The Friends of IDW Newsletter is FREE but if you would like to support the work of IDW to help dolphins and people, you can still **make a donation through the Dolphin Shop** http://www.dolphinfriend.com/html/dolphin_shop.html.

Charity (Patron – Dr Horace Dobbs): If you would like to support the registered charity ‘Operation Sunshine Family Therapy Programmes’ bringing dolphin joy to families of children with special needs, donations can be made through: <http://www.operationsunshine.org/html/fundraising.html>

Friends of IDW can advertise on <http://www.dolphinfriend.com>. Email our Webmaster Terry Connell on terry.connell1@btinternet.com.

Please contribute to future Newsletters and send me your views, comments and experiences of dolphin encounters. Email: jackieconnell@btinternet.com.

EDUCATION is a major function of International Dolphin Watch and has therefore 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, encourage them to contribute to future Newsletters and participate in 2010 YEAR OF THE DOLPHIN IN SCHOOLS.



**Jackie Connell
EDITOR**