



Tellington TTouch® Southern Africa

Issue 05, June 2017

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Website of the month
Book of the month

TTouch South Africa

www.ttouch.co.za

Eugenie Chopin

eugenie@ttouch.co.za

011 884-3156

Newsletter Creator and Editor
Nancy Horenburg

[naneky@gmail.com](mailto:naney@gmail.com)

Eugenie's Letter



Dear TTouch Friends

Danilo and the Afterlife

Oh wow, I am in the middle of reading a letter from Dr. Dobias on the loss of his dog Skai a couple of weeks ago and all that the experience has meant to him and his clients/patients. It's entitled "IS THERE AN AFTERLIFE? A CONVERSATION WITH MY DOG"

While reading, I couldn't help but think of Danilo and his last message to me after passing. So now I am thinking, I simply have to write this short story for the Newsletter and all of a sudden, something comes out of the ceiling and gives me such a fright! It turns out to simply be the light bulb of a ceiling light that has somehow escaped its containment and is now hanging by the wire. Hmm, Danilo, did you do that? His portrait that hangs opposite my desk grins back at me.... what do you think? I don't believe in co-incidence and it was simply too serendipitous! And for sure not once in the 30 years I've been living in this house, has this happened.... Ok, ok, I get the message, I'll write it now!

For those of you new to "Danilo Stories", he was the SPCA special that I brought home in 1990. My first dog since the break-up of my marriage and all the pain that entailed. He in

"If there are no dogs in Heaven, then when I die I want to go where they went." Will Rogers

turn acted out all of my drama and for years sent me looking for help to sort out his behaviour. To make a long story short, he only really started recovering when I found TTouch in the USA and subsequently brought the program to South Africa. Thus, we have always called him the dog that brought TTouch to Africa.

Suffice it to say that we went through much together, including rehabilitation, training, lots of TTouch and many crazy adventures, each with their own story. We were especially close and bonded from all of our ordeals and the work we did as a team. When Danilo was about 16 years old, he started having started having some issues climbing the stairs (we lived upstairs, so this was a major problem) I sat him down one day and said "Danilo, I want another 2 GOOD years from you; healthy and alert, so get with the program!" and if I tell you that I got another 2 years almost to the day.... Needless to say, I wondered why I hadn't asked for more!

When the time came that his back legs couldn't support him and my back was in spasms from helping him walk, I decided it was time to let him move on. Just thinking about it so many years later brings tears to my eyes as he is and was the most special being to ever come into my life. Anyway, I had the Vet come in and help him along and then decided to go off for a couple of days just to clear my head and get away from the house. So off I went to the bush and stayed 3 nights at Ngala Tented Camp just outside the Orpen Gate at Kruger.

Now one of the many things that Danilo used to do was to go sit in the car while we were packing for trips, in the grand hope that "this time" he would be allowed to go as well. It was always heart breaking to pull him out of the car and make him stay behind. He had been known to sit for over an hour waiting to leave! Well, "this time" it was different. When I got into the car to leave, Danilo was beside me in the passenger seat, I could feel his presence vividly. In fact we drove out of the gate with big smiles on our faces, bubbling over with laughter, knowing that we were finally going to the bush together. 😊

Ngala is a small camp with only about 6-8 tents and as with other private camps, they take safari rides mornings and again later in the afternoons. On evening drives, the schedule usually finds a lovely spot to stop just before sunset to have "sundowners" and stretch. So on the 3rd day after Danilo's passing, we had all just received our "sundowner" drink, when the Ranger suddenly said: "Look up in the sky, there's a dog" – Seriously? No way, did he really say that?

We all looked up and sure enough, the perfect dog was formed by the clouds. I didn't say a word out loud, but knew that Danilo was taking his leave and telling me the Journey was not over but just taking another turn. It was his way of saying goodbye and that all was well with him. I had no doubt in my mind at the time, nor do I now. It was one of the most magical moments I have ever experienced.

In all of my 70 years, outside of being a child with friends, I have never had an adult say look up at a figure in the sky, and this one time, it was a dog and 3 days after Danilo passed. You may call it coincidence but I call it one of God's many miracles that we receive daily if we but have eyes to see.

May you each have your own miracle to ponder and experience. Just believe and it's yours.



**Instructor for
Tellington TTouch
Companion
Animals**

eugenie@ttouch.co.za

www.ttouch.co.za

011 884-3156

Upcoming Tellington TTouch Trainings

For Companion Animals and Horses

You need no previous Experience to join these Trainings

These trainings are for any person who wants to better understand their animals as well as for those who would like to work with animals themselves.

Gauteng Practitioner Training for Horses

Workshop: **5 Day training for Horses**

Presented by: **Debby Potts**

Date: September, 16th to 20th, 2017

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R5200 -Deposit R2800

Early Bird price R4680 expires 16th July 2017

3 day option available

Price: Full price R3500 -Deposit R1800

Early Bird price R3150 expires 16th July 2017



Debby Potts

Contact: Lindy Dekker
at: equibalance@iafrica.com
on: 083 616 0577

Gauteng Practitioner Training for Companion Animals

Workshop: **5 Day training for Companion animals**

Presented by: **Debby Potts**

Date: September, 22nd to 26th, 2017

Venue: TBA Midrand or Sandton, JHB, Gauteng

Price: Full price R5200 -Deposit R2800

Early Bird price R4680 expires 22nd July 2017

3 Day option available

Price: Full price R3500 -Deposit R1800

Early Bird price R3150 expires 22nd July 2017

Contact: Eugenie Chopin
at: info@ttouch.co.za
on: 011 884-3156



For more details, [click here](#)

Ear TTouches for What Ails You

By *Sandy Rakowitz Eq P2; CA P1*

www.OneHeartHealingCenter.com

As long as you have ears, whether furry or of the human variety, using Ear TTouches can work wonders with whatever might be ailing you.

Maybe someone you know at one time or another has just not felt well in some manner, shape or form. Have you or your animals had emotional upsets from stress, tension or trauma of some kind? Has someone you know been in an accident or gone into shock? Or has a poor appetite, cramps or belly upset ever been an issue? Perhaps your body temperature has been too low or you've had an animal or child that has gotten overheated? Using Ear TTouches is akin to having a first aid kit that can help resolve many day-to-day common ailments.

A Dog's Appetite Dilemma Resolved

One day while I while visiting a friend she was telling me how her dog Sundance was not eating her food. I asked if it was ok to do a few TTouches with her dog while visiting. I briefly explained how stroking the ears could help with digestion and appetite.

Although Sundance was a pretty active dog who didn't typically sit still for very long, she loved getting her ears TTouch. She lay right down, rolled over, paw on my



arm, and gave over to the deliciousness of having her ears stroked. I used about 4 strokes around the base of one ear and then I followed the strokes up the length of the ears to the tips. I worked one ear, then the other, back and forth for maybe 5 minutes.

Sundance rolled over, got up, gave a good full body shake and trotted off. I heard from my friend within a day or so that Sundance had chowed down her full dinner and hadn't had a problem since.

A Race Horse Transformed

Years ago I was asked to work with a 3-year-old Standardbred filly at a harness race track. I really got to see the power of using Ear TTouches with this youngster to help her relax, loosen extreme tightness and sensitivity to being touched. She was so tight and touch sensitive that she would not let me touch beyond her shoulders.

This filly would move all around, shuffling around to avoid being touched at all. Her skin and muscles felt extremely taught to my hands. Even though she was handled daily, was trained to wear a racing harness and was actively racing she was especially sensitive around her hindquarters. By stroking the length of the ears, you can have a very balancing effect on the horse overall. This filly loved her ears getting worked. So I stayed at her ears for about 20 minutes. I just stroked her ears from the base to the tips and around the base of the ears. I'd work one ear in this manner, then the other. Her head lowered, she gave deep breaths, and seemed to enjoy this immensely. Her face and eyes softened the



longer I worked. Her responses to my working with her ears were totally different than when I lightly ran my hands along her shoulders, back and hindquarters.

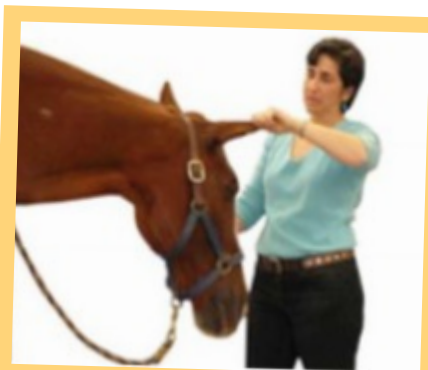
After she was significantly more relaxed, I tried working with her body again. She was amenable to her neck and shoulders being touched and less wary. I was then able to slowly work my way along her back, down her legs and all the way to her hind end pretty easily. As it turned out, she was incredibly tight in her back end. How they got a harness on her daily I do not know!

In her next race she placed instead of coming in dead last. This filly showed me the deep effects of helping a profoundly tight and reactive body just by working on those ears!!!

Colic Averted

My house sitter called me one afternoon while I was away at a training. My horse was not feeling well. He was lying down and didn't want to get up. I walked her through taking his

pulse and respiration and using Ear Strokes. She called me back and told me he had gotten up, his pulse and respiration were improved but still seemed uncomfortable. I instructed her to continue the ear strokes. Within a short period, he



There are acupressure points for shock in the tip of an animal's ears but it is important to stroke the entire ear from the base to the tip.

walked over to his hay and began eating once again. She later told me she initially thought I was a bit off the wall, but quickly became a believer. She had never seen colic be averted before in this manner. She exclaimed, "If I hadn't seen it myself, I would not have believed it!"

A Semi Feral Cat's Tale

Scarlet's dad was a wild boy, rarely seen and never touched. Her mom lived outside on the farm where Scarlet was born and grew up. When we moved in to Four Oaks Farm, Scarlet continued to be a resident. She adopted us eventually, though for the first 2 weeks after our arrival we didn't even see her. We heard she may appear at some point. Slowly she began to show herself, first for meals, and then to join me on my short walk from the house to the barn each morning.

Scarlet would rub along my legs and clearly liked attention but she did not like being touched except for a very quick pat on the head, occasionally.

Gradually, she'd let me sneak in an ear stroke here and there. But if I attempted to stroke down towards her shoulder or beyond, I'd get a quick and swift swipe with just enough oomph and precision to let me know that these were no touch zones.

Gradually a nano-second length stroke could be prolonged into 1-2 seconds. Progression came in small increments. Next she allowed a second ear to be included. The changes were gradual and subtle, but continued.

At some point I realized that I simply had to give up my notions of actually 'getting anywhere' and release the expectations of what I thought was 'supposed to happen' and the extent of 'magic' to which I was 'supposed' to have happen using TTouch with my queen cat.



Some cats are very sensitive about having their ears strokes so be gentle. You can use something between your hand and kitty's ear like sheep's wool to diffuse the contact.

Once I realized I had this going on inside me, I could gradually let my expectations go, and just enjoy the connections we were having in the many ways already present. For instance, Scarlet loved to join the dogs and I for our walks up and around the woods. She was a riot. When I'd sit in meditation on my favorite rock, Scarlet would sit right beside me along with the dogs. I loved our outings.

Gradually I began to notice that we were both enjoying longer ear strokes and a few other TTouches. Ah, the way of a cat to teach you to let go and surrender. Scarlet was one of those wise Buddha Cats.

Eventually she would allow me the honor of picking her up and we'd have a short snuggle complete with head smooches. It was all very gradual. As she aged into her teens, she ventured inside the house more and more. She discovered that she loved to snuggle on my chest, appreciative of her ear strokes. Me loving her quiet and soothing purr over my heart. Interestingly, she came to insist on my always starting with ear strokes. If I forgot, or tried to do something else, she'd put her head and ear in my hand to get me going. Oh, smart, wise cat, guide and teacher continue to show me the ways of your cat wisdoms.

A Heart's Incidence

Many years ago at Thanksgiving we were all sitting around the table having a hearty holiday meal. Tom got up to take his plate into the

kitchen. He got about 5 steps and collapsed to the floor. We all gasped and jumped up to help. He was unconscious in a heap on the floor.

After calling 911 for the paramedics and some brief discussions, I began using Ear TTouches fairly vigorously on one ear and then the other. Stroking from the bottom of the lobe in small arcs from the inside out with the lobe between my thumb and forefinger using about a 3-4 pressure and trying to remember to breathe myself. Meanwhile someone took his blood pressure. It was precariously low. I increased the vigor of the Ear Strokes.

At one point, his eyes fluttered open and he looked around. With one hand he swatted my hand away from his ear and said 'Ow!' His eyes closed again and went unconscious once again. We all looked at each other in amazement and puzzlement. I said, "Ok," or something like that and continued, and then I said, "Sorry Tom, I'm going to continue working on your ears!" Everyone agreed. Since his eyes fluttered open, I figured the Ear strokes were heading him in the right direction. I continued, 4 strokes on one ear, then the other, finding a rhythm, stroke, stroke, stroke, stroke and breathing.

After about 10-15 minutes and a seeming eternity, Tom opened his eyes. Weak, but awake, we helped him up to a chair. Shortly after, the paramedics arrived, gave him oxygen and helped him onto a stretcher to take him to the hospital. By that time, he was fairly alert, wondering what all the fuss was about. The doctor said he had a 'heart related incident.' The doc told him that whatever we did before the medics arrived likely saved his life. Based on his test results they said he was lucky to have made it. He had a brief stay in the hospital and recovered well with no other 'heart' incidents.

Blue Lips

Tubing down the river in Northern Massachusetts in August normally was fun, and warm. But on this day, clouds blew in and the temperature dropped quite a bit while we were floating down river. We thought our destination was only an hour or two away. We seriously miscalculated. We had no food, drinks, cell phones, additional clothes or a way to warm up on a tubing trip that turned out to be 3-4 hours long., and, we ran into some trouble.

At some point while floating, I looked over to Mary in the tube next to me. I saw that her lips were turning blue, her face looking mighty pale, and heard her teeth chattering. I had never seen anyone's lips turn blue before. I thought, 'Uh, oh, that doesn't look good.' I called over to her and asked how she was doing. She didn't respond right away. 'Hmm,' I thought, but then she said she was ok. I joked around with her trying to get more of a response. Things were not looking good on this river float. I knew ear strokes might be very useful. And I admit, I felt pretty awkward. I wondered, "How in the world do I ask about stroking her ears in the middle of the river when she says she is fine and I barely know this person?" I bit the proverbial bullet, took a deep breath and told her that her lips were turning blue and I heard her teeth chattering and it seemed like she was getting pretty cold. Well, she finally agreed that maybe she was 'a bit' on the cold side.

I told her that I knew 'this thing with the ears' that can help warm people up and asked if she wanted to try it. "Sure," she said, but made no attempt to lift her hand to her ear after I showed her how to do the Ear TTouches. So I asked if I could try them with her ears, and she agreed.

While bobbing in the water in the tube next to her and floating very slowly downstream, I began working the ear closest to me. I don't recall if I somehow reached over to the other ear or if I just worked the ear closest to me. At some point, her lips began to turn back towards a more normal pink and her teeth stopped chattering. Once she began to feel better, I stopped. But, then after a few more minutes without ear strokes, I'd hear her teeth chattering and see that her lips were turning blue again. She'd begin to slip into this state and not be aware that it was happening.

Again I told her what I was seeing and again she realized she was getting a bit cold and agreed to my working her ears. After a few times of this happening, I suggested she begin doing the Ear



TTouches herself. I suggested she keep doing them intermittently to see if she could prevent her temperature from dropping that low again. Mary continued to use the Ear TTouches for the rest of the time on the river and her body temperature stayed in a more level range.

We were very glad to arrive on land at our destination and get to our cars where we had towels, warm clothes, some food and a car heater! I later found out that the signs she was showing were early stages of hypothermia. I am so grateful to have had this knowledge of Ear TTouches. We believe we prevented a pretty horrible situation on the river in the middle of nowhere.

Emergency: A Rush of Adrenaline

Two deer jumped right out in front of me running fast across the highway while I was

driving to go see a new TTouch horse client. I gasped, slammed on my brakes, skidded sideways across the road with the deer just out of reach ahead of me. I watched them race off into the woods, safe.

Meanwhile, my heart was pounding and I was shaking. Fortunately no one else was driving next to me on the two-lane highway. I tried to take a few deep breaths, but it was hard to settle my system down. The scenario kept flashing in my mind's eye and my body continued to react as if I were still in danger.

I tried to refocus on the horse I was about to visit. She had been bitten by a snake weeks ago and had been having a difficult time recovering. Her person had heard of TTouch and asked me to come and see what this work might offer for her recovery. I had been thinking about the variety of TTouches, which might be useful, including Ear TTouches, and then I realized that I was the one in need of them right now!

So, I began using the Strokes in an upward arc on one ear. I felt calmer within minutes, so I stopped. After another minute or two however, my heart started to pound again. "Hmm," I muttered out loud to myself and thought this to be quite curious. I decided to continue with the ear strokes again.

After a few minutes of stroking my ear lobe between my forefinger and thumb my breathing settled once again, so I stopped. Well, this happened a few times, each time my heart was not pounding quite as hard after I had stopped for a few minutes, but it gradually began up again. I realized that the adrenaline was still pumping in my system and perhaps I needed to use the ear strokes for longer than 2-3 minutes in order to help the adrenaline stop pumping altogether. So I timed it and doubled the amount of time to 8-9 minutes

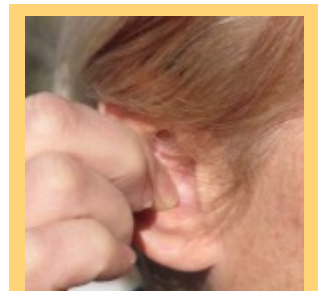
after my heart stopped pounding and seemed normal. My heart rate stayed normal after using the Ear TTouches beyond the time when my heart rate came back to normal.

This was a huge lesson for me on the power of calming the nervous system with Ear TTouches. I had already known that these TTouches had a calming and relaxing effect. But this experience took my understanding to a whole other level and showed me a deeper effectiveness on calming the Sympathetic Nervous System.

Sometimes working with Ear TTouches for a few minutes shows a difference initially, but doesn't necessarily keep the system calm over a long period of time.

What a lesson on continuing the work beyond when calming first shows itself. This was the first time I saw how repeating Ear Strokes many times offers initial calming of the nervous system, but can also help to maintain a calming influence while bringing the nervous system back into a balance of homeostasis.

Each animal and person has shown me a unique aspect of the effectiveness of Ear TTouches. This one TTouch tool can be used in such a wide variety of situations to help someone feel better. Loss of appetite, stiff, tight and sore or painful muscles, fear and reactions of being touched, collapsing from unknown causes, colic, bringing body temperature from freezing into balance, calming adrenaline rushes and enhancing the bond across species are just a few of the many, many reasons to use Ear TTouches. I hope you try them out for yourself.



When dealing with an upset stomach start in the concha of the ear and stroke in an upward diagonal direction.

Leadership: the most dangerous word in dog training

THE DOG GUY

“Leadership” is included in almost every dog-related book. Sometimes it is used in archaic and debunked ways, as in “Pack Leader.”

Sometimes it is used, along with that other equally dangerous word, “respect,” as code for hurting or scaring our dogs. This word – leadership – has been so over-used, and associated with so many harmful and absurd approaches, I have tried not to use it at all for the last several years. My efforts are not going well – it seems the more I resolve not to use the word, the more clients ask me what it means, or how to instill it, or worry their dog doesn’t see them as the leader. Colleagues use it in handouts and in classes, and I cringe – they don’t define it, or they define it as remaining calm or some nonsense. It keeps showing up in books, diagrams, and charts, but is rarely actually defined.

The truth is, dogs don’t need what most people think of as leadership. It is us humans who have a need to feel we are in power, in charge, the leader. Dogs do much better with no such problematic notion with which to contend, because they don’t, and can’t, understand what it is we mean when we proclaim leadership over them, as if we have colonized a far-off nation or something: CONGRATULATIONS! WE ARE YOUR NEW LEADERS. No one ever wants to hear that. Not from either species.

My wife works as a manager, and supervises, along with a team of other managers, dozens of people. Recently, she relayed a short story about something that occurred at work. Another employee had made a big mistake; my wife was concerned, and thoughtful, about how to help the situation. She wasn’t with the employee at the time, or even in the same section – she hadn’t trained the employee, and the issue really had nothing directly to do with my wife at all. She was clearly affected, however, and I didn’t understand at first (this is probably why I work for myself, and by myself). She explained, “Being a good leader means you take responsibility for everything. It is my job to take responsibility for this, and make sure it doesn’t happen again. No matter what.” Wow. That is it. That is real leadership. Take responsibility, no matter what.

Finally, a definition I can get behind. Being a good leader means you take responsibility for everything. If your dog takes food off the counter or out of the trash, well, you’re the leader, why did you leave food on the counter? Being a good leader means you take responsibility for everything. Why didn’t you buy a locking trash can, or a baby gate, or both? Dogs evolved to be scavengers, did you think your dog wouldn’t take the food you left out? Be a leader. Take responsibility. Your dog hurt your cat. Who decided to have a dog and a cat, both? Did you train them? Dogs and cats act like cats and dogs. Whose responsibility is it to ensure they get along, or to manage them so they can’t fight? The leader’s. Being a good leader means you take

responsibility for everything. Your dog is barking out the window while you aren't home. Dogs bark at other dogs near their home. Trucks are scary. Dogs bark at scary things. Did you close off the sight lines with blinds, and buy a noise machine? Be a leader. Take responsibility and change the environment. Work with a trainer to come up with a plan. Being a leader isn't putting a dog in a scary or stressful situation and then reacting to their reaction by putting a bark collar on them and punishing them for acting predictably. That is the opposite of leadership.

Recently, some friends had simultaneous major changes in their work schedules. Their dogs were going to be home for much longer stretches than before, and one of them already had a minor but chronic physiological problem with holding her urine. Being a good leader means you take responsibility for everything. They built a small outdoor kennel/potty area and installed a dog door. They did this the weekend after their schedules changed. They didn't wait a few months until the poor dogs were stressed or soiling in the home. Their dogs can safely step outside for a wee, but are still inside the safe, warm, dry familial home while the humans are at work. That is taking responsibility. That is leadership. Does the dog learn something from this example? Yes, they will learn by example to build a kennel for their dogs when they grow up... wait, no, that would be leadership between humans and other humans. Dogs have no idea

– they know they are warm, dry, safe, and can go outside safely to do their business. The expense and time it took to build the kennel? The dogs have no idea. Leadership is meaningless to them – they care about being cared for, including being loved, but leadership is a problem entirely human.

Good leadership to our dogs means only one thing: Taking care of them. Everything is up to you. Train them, manage them, provide for them. Learn at least some basic things about what dogs want and need, and how to change their behavior – and I mean from actual people who actually know about the topic, not your friend's aunt's cousin who watched a television show about dogs. Leadership means caring for our dogs, and caring for our dogs means trying to understand them by learning about them – what and who they really are, not what we wish they were, or what we saw in a movie, or even what people thought they were 50, 30, or 20 years ago. We were wrong. We have learned. Leaders don't just teach, they learn. Good leaders work to understand their dogs, and work to help them be happy, enriched, and fulfilled. Leaders don't hurt dogs, not even their feelings. Want to be a leader to your dogs? Great! Everything is up to you. Take care of it. Being a good leader means you take responsibility for everything.



Published by The Dog Guy

Professional Dog Trainer in Bellingham, WA USA [View all posts by The Dog Guy](#)

Website of the month

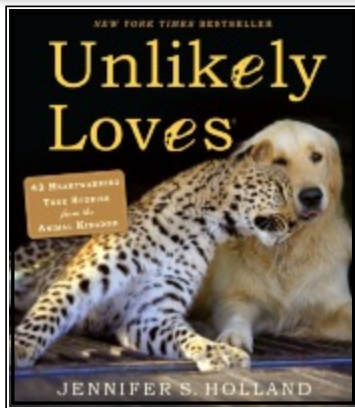


dogguy.net/

Michael Nichols, CPDT-KA

Kind & effective dog training.

Book of the month

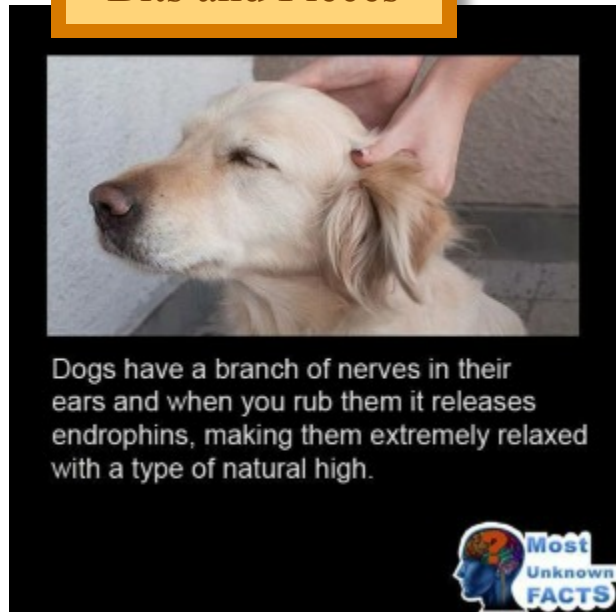


Unlikely Loves: 43 Heartwarming True Stories from the Animal Kingdom

Unlikely Loves is the phenomenal New York Times bestseller that’s spent 44 weeks on the list and has 615,000 copies in print. It’s struck a chord with media, from CBS This Morning to USA Today, and Temple Grandin has praised it as “amazing. It shows the power of friendship.” Now its author, Jennifer Holland, who writes about animal relationships with insight, compassion, and a fine narrative touch, explores animal attachments that, in human terms, can only be called love.

Packed with beautiful, breathtaking full-color photographs, Unlikely Loves is a celebration of love between species. Here are stories of parental love, like the Dalmatian who mothers a newborn lamb—a lamb that just happens to be white with black spots! Stories of playful love, including the fox and the hound who become inseparable. And stories of orphaned animals who have found family-like ties in unexpected combinations, like the elephant who’s bonded with sea lions, goats, and other animals in her walks around the Oregon Zoo.

Bits and Pieces



<https://www.youtube.com/watch?v=BUSDe-KFTwk>

Calming a Dog Using TTouch Ear Work - Firework Fright and Sound Sensitivity

5 Reasons You Should Meditate With Your Pet

By Amanda Ree Ringnalda

If you’ve ever practiced meditation around your pet, you may have noticed the way they are drawn toward your peaceful energy. In fact, whenever you sit with your canine or feline companion (as with almost any other animal) while in a restful, relaxed space, they soon feel at ease and become more still as a result. They may even position themselves strategically by your side in order to make physical contact and enjoy the warmth and connection with you.

In addition to feeling more relaxed and less anxious, pets receive an array of other benefits from a regular meditation experience, just as humans do. Considering the significant influence you have on your pet’s health and well-being, and they have on yours, a mutual meditation practice is entirely a win-win.

Here are five benefits you and your pets will enjoy through a shared meditation practice:

[Read more...](#)

