



Tellington TTouch® Southern Africa

Issue 2, March 2016

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Website of the month
Book of the month

TTouch South Africa

www.ttouch.co.za

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Eugenie's Letter

Hello TTouch Friends!

Where has this year gone? It's almost Easter and we are looking forward to having Robyn Hood here with us again for our April Trainings! I have said before how much I value Robyn as a teacher of the Tellington TTouch method, but I'd like to reiterate that if you have the chance of experiencing her first hand – TAKE IT. So instead of saying any more, I thought I'd share an Interview she gave:

An interview with Robyn Hood!

What about the Tellington TTouch Method is most important to you?

Robyn Hood replied: **"The most significant thing is how the work helps people change the way they see their animals.** That's the most rewarding thing for me and I see how lots and lots of people change their attitude in many other situations too. The great thing is that we don't have to push it on them; it just happens."



"I'm feel like I'm the best person I can be when I do the work. I have infinite patience with the people and their animals, and I don't in every aspect of my life, but the Tellington TTouch work powerfully influences the way I work with people and animals. When you have enough tools you can just quietly persist and, if you have no attachment to the outcome, you watch to see what happens. Amazing changes occur."



Linda (Tellington-Jones) contributed: "There are really no words to adequately thank my sister, Robyn, for the contributions she has made to the development, dissemination and teaching of the work for 30+ years. Robyn has refined and many details to tools and techniques of our work."

Robyn and her husband, Phil, have been importing and breeding Icelandic horses since 1976. The [Icelandic Horse Farm](http://www.IceFarm.com) is the venue for many of Robyn's workshops and trainings. For the past few years, daughter Mandy Pretty has joined Robyn in teaching. Visit their farm online at www.IceFarm.com.

"Dear Robyn, Your workshop was absolutely wonderful in so many ways, thank you. You and Susan and Christine and Mandy (and of course Sue) all made us feel right at home. The food was fabulous, the snacks and cold drinks always so appreciated, your interest in our personal horse issues along with your thoughtful ways of responding was wonderful. Every detail, including music to ride to, photos of us, handouts, the trail ride, - so many things that made us feel cared about." Robin Wellington

"Dear Robyn, Just wanted to thank you again for the truly outstanding clinic. Even though I was tired from the drive, I was so excited to try some things with Brana that I got right out there this morning and we had a lovely time. After doing touches and connected ground work, I started doing S turns and circles over obstacles with my body without touching her and she followed me all over. It made me cry. Thanks for the best summer camp a person could have!" Linda Eddy

How do you feel about having your daughter do the Tellington Method with you? (Note: Robyn's daughter Mandy works with her)

"I am very happy because so often it's so very difficult for young people to do what their parents do -- you can't make your parents passion your own. Mandy didn't intend to "do" the work and after college she decided to get involved.

"It's really an honour to watch her work because she's her own person completely and has a great way with people and horses. It makes me really proud."

So there is a short snippet from Robyn! I do hope to see many of you at the trainings in April. Remember Companion Animals starts on April 1st and Horses on April 8th.

All the very best to you and your 4 legged friends,

Eugenie

**Instructor for
Tellington TTouch
Companion
Animals**

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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.



Companion Animals

5-Day TTACT Practitioner Trainings

With Robyn Hood and Eugenie Chopin

Dates: 1st April 2016 to 5th April 2016

Venue: TTouch Office, Sandton, Johannesburg

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ~~ZAR 4400.00~~

~~expires on 31st Jan 2016~~

3 Day TTACT and TTEAM Training

This will be the first 3 days of the Companion Animal (and Horse) Training and will count as a half session for those interested in the Practitioner Program

Full price: R2900

Deposit: R1600

Early bird: ~~R2600~~

~~(expires on 31st Jan 2016 for Companion Animals and 8th February for Horses)~~

For more details, [click here](#)

Horses

5-Day TTEAM Horse Clinic

With Robyn Hood and Lindy Dekker

Dates: 9th April 2016 to 13th April 2016

Venue: Donnybrook Guest House and Stables, 66 Chattan Road, Glenferness, Midrand

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156

Contact: Lindy Dekker

at: equibalance@iafrica.com

on: 083 616 0577

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ~~ZAR 4400.00~~

~~expires on 8 Feb 2016~~

Tellington TTouch Training Equipment

The Balance Leash

To put on the Balance Leash rearrange your regular leash in a position across the dog's lower chest. Walk even with the dog's head and your body turned slightly toward the dog, and hold the leash in both hands between your thumb and index finger. If your dog pulls, use an upward signal to shift your dog's center of gravity back and release the contact. When this happens, he can find his own balance on all four feet and is better able to respond to your signals.

We use special equipment to help dogs find their balance - not just physical balance, but mental and emotional.

To teach a dog to walk on a leash without pulling is a matter of balance for dogs and their owners. Many behavioural as well as physical issues develop from leash-pulling, and many shelter dogs don't get adopted because of this behaviour.

The Tellington Method for teaching a dog to walk in balance without pulling on the leash is very effective. With the special leash combinations it takes surprisingly little time to teach a dog to walk in balance without the use of force or domination.

Bring your dog into balance

Leash pulling is a common problem that many dog owners ignore because they don't know what to do about it and do not realize the physical damage it can cause from pressure on the vertebrae of the neck and back as well as the pasterns, shoulders, hips and knees.

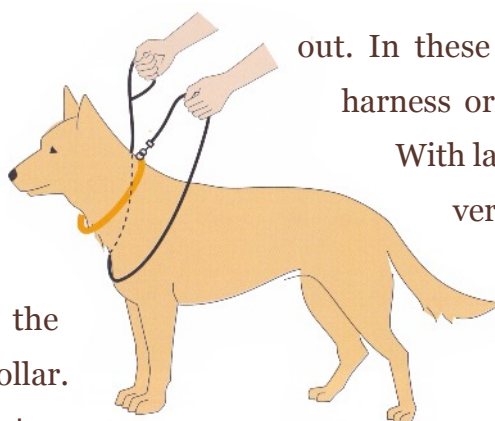
One of the multiple tools to bring dogs into balance so that they stop pulling is the Balance Leash.

HOW TO:

The leash should be at least six feet long. Attach the leash to the dog's collar as usual, and drape it around your dog's chest. Hold the loop of the leash with one hand and the end of the leash with the other (see drawing on next page). Using both hands for two points of contact is the secret to success. To slow down or stop, rebalance your dog with two or three subtle, light "ask-and-release" movements of your fingers on the leash. You want to stop your dog

One of the multiple tools to bring dogs into balance so that they stop pulling is the Balance Leash.

from leaning and to shift his weight over all four feet. A second secret to success is to make sure that the end of the leash that is attached to the collar remains loose. Check the snap that is attached to the collar. This should be loose and lie flat.



out. In these cases we recommend using a harness or a head halter when they pull.

With larger breeds of dogs these can be very effective—except for dogs who spin, lunge, rear or backup. In these cases we recommend the Balance Leash Plus, Super-Balance Leash, or a harness with two points of contact or a ring on the chest to attach the leash.

With small dogs it is sometimes difficult to keep the leash on the chest because they have a tendency to step over the loop, twist or back

Step by step

Putting on the Tellington TTouch Balance Leash

- 1 Stop the dog. If you are balanced, breathing and using your peripheral vision you can stop even a strong pully dog with little effort.
- 2 Maintain the contact on the collar to prevent the dog from moving forward while you move up the leash, gathering a loop or two in your hand, until you are standing near the dog's collar.
- 3 Transfer the leash into the hand furthest away from the dog.
- 4 Put the back of your hand nearest the dog on the side of your thigh. (This is an intermediate step that you can leave out after it becomes more automatic to move to the next step)
- 5 Bring your hand under the leash and grasp it. As you turn your hand you will see that this directs the remainder of the leash toward the opposite side of the dog.
- 6 Take the hand with the remainder of the leash and drop the loop(s) on the opposite side of the dog from where you are standing. This hand will now just be holding the handle of the leash. (Be sure to have your this hand at the handle, not partway down the leash)
- 7 Exhale while you bring the leash across the front of the dog. Remember to stand in balance, not leaning or reaching forward.
- 8 Position the leash across the dog's chest. Adjust the location of the hand near the collar to take the pressure off the collar yet close enough to allow you to pick up the connection if you want to use it to ask the dog to move forward.
- 9 Your hips will be turned slightly toward the dog in order to be in a comfortable, balanced position. If the leash is very long, you may need to pick up a loop with your outside hand in order to rebalance the dog and remain in position near the collar.

Why we love dogs and cats but not bats or rats

By Bonnie Berkowitz

Follow @bonnieberkowitz

Why do we adore hamsters but abhor rats? Cuddle kittens but curse raccoons? Pay to keep birds inside and bats outside?

A big reason, say researchers, has to do with our grandparents, our friends, Hollywood and the Queen of England. In other words, our culture.

Hal Herzog, an animal behaviorist who wrote the book “Some We Love, Some We Hate, Some We Eat,” has studied the people-animal connection for 30 years and writes about it in a blog for Psychology Today. He said the reasons we love some critters and loathe others is complex.

“What you see are these big themes in human nature: part biology, part culture, part voodoo magic that we don’t understand,” said Herzog.

“I used to think pet-keeping was a fundamental attribute of human nature — it evoked our parental instincts. The thing is, I no longer believe that. I think that culture trumps biology, because there are cultures that don’t even have a word for ‘pet.’”

About two-thirds of U.S. households contain at least one pet, and we are pretty darn choosy about what type of critters do and do not share our homes. Americans lavished about \$60 billion on their pets last year and spent another \$7.8 billion to get rid of pests — some of which looked a lot like the pets.

“A pest is anything you don’t like,” said Cindy Mannes, spokeswoman for the National Pest Management Association. She said people spend more money to eradicate ants from their homes than for any other critter, yet “some people have ant farms in their houses. I think about a little kid who has iguanas in their bedroom. There are some people who probably couldn’t walk into the room if they knew they were there.”

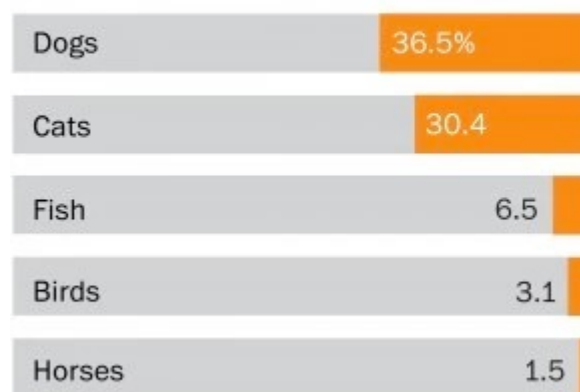
The line between pet and pest differs depending on where you are on the globe.

Dogs are considered pets in Western countries, unclean vermin in some Middle Eastern and Asian countries and tasty entrees in still other places.

Even within the United States, there are differences based on geography and ethnicity. Vermonters

Top five pets

In U.S. households, 2011



Source: American Veterinary Medical Association

are most likely to have pets than residents of any other state. District residents are the least likely to own pets. And African Americans have lower rates of pet ownership than whites, Asians or Hispanics.

James Serpell, director of the Center for the Interaction of Animals and Society at the University of Pennsylvania School of Veterinary Medicine, said that culture is a big driver in pet/pest choice, but he also emphasized that fads and fashion can't explain it all.

"You could almost say that people imprint on the animals they grew up with," Serpell said. "If you grew up with dogs, you tend to be a lifelong dog person. You may even have a preference for particular breeds of dogs. ... If we were all following the same fashion there would only be a handful of breeds, but we don't. We go off in all sorts of different directions."

And where Herzog sees wallet-size dogs as a fashion trend, Serpell also sees them as a practical choice: As people move into urban areas with smaller homes and less greenspace, they want pets that require less room to roam. And a single dog lover may keep a cat instead because cats generally require less care.

Serpell says we also can't discount biology, particularly brain chemistry. He gave the example of oxytocin, the hormone that is released when mothers gaze at their babies.

Wildlife wanting in

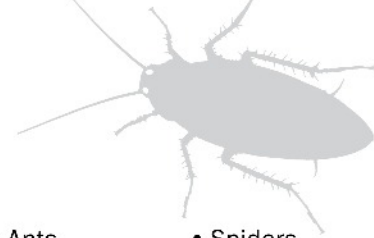
Outdoor animals most often reported for removal.



- Rats
- Bats
- Squirrels
- Pigeons
- Raccoons
- Opossums
- Snakes
- Moles
- Armadillos
- Skunks

Top household pests

In order of revenue generated for the pest-control industry.

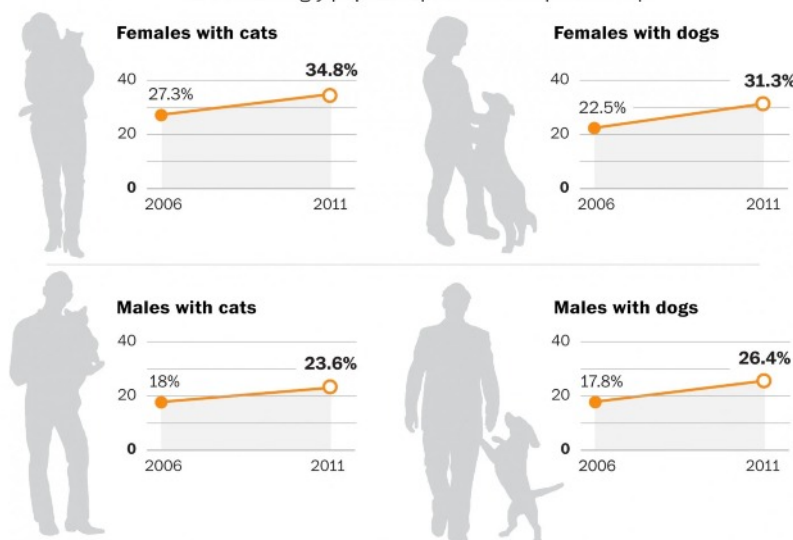


- Ants
- Termites
- Cockroaches
- Rodents
- Spiders
- Bedbugs
- Fleas
- Stinging insects

Sources: National Pest Management Association, Orkin, TruTech Wildlife Service

Living alone with pets

An increasingly popular option for companionship



Source: American Veterinary Medical Association

"Eye contact from dogs appears to trigger the release of oxytocin, the bonding hormone, in the human brain," he said. "It also releases oxytocin in the dog's brain."

“Wolves don’t do that. It looks like we may, over time, have selected dogs for that type of behavior because it turns us on, so to speak. It tells us that we’re loved and cared for, and in turn it tells the dog it is loved and cared for.”

You just aren’t going to get that fuzzy feeling from the mole that’s digging up your yard or the squirrel that’s ransacking your bird feeder.

A 1989 California study found that pet choice correlated strongly to a person’s personality. Men who owned horses, for example, tended to be aggressive, while horse-owning women tended to be easygoing. Bird owners were expressive and outgoing. Snake owners were unconventional, not that anyone really needed a study to figure that out.

Some pet choices, however, defy logic. That’s where culture comes in.

“Would you have a bulldog?” asks Herzog. Yes? “Then you’re going to send your veterinarian’s kids to college. ... In 40 to 50 years, we took an athletic animal that was bred to work and turned it into this giant, slobbering heap of a thing with itchy skin, difficulty breathing, cardiac problems ... and they tend to fart a lot.”

Yet the bulldog was the fourth most popular breed in the United States last year, according to the American Kennel Club. (The top three were Labrador retrievers, German shepherds and golden retrievers.)

Pet-keeping goes back at least 12,000 years and probably further, experts say.

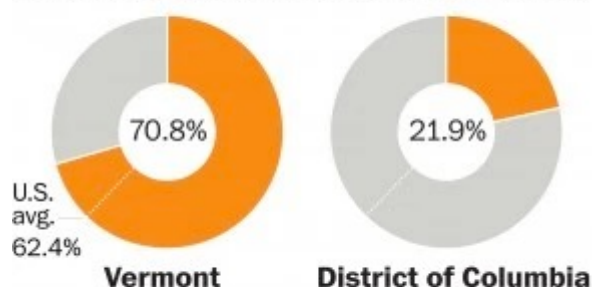
Society’s wealthiest people often started the trend, and it eventually spread to the middle and lower classes, according MIT history professor Harriet Ritvo in a paper on the emergence of pet-keeping. In the United States and Britain, she said, pets have become commonplace only in the past two centuries, a powerful argument for culture as a driving force.

When fashion, peer pressure and trends come into play, it’s not hard to see how a pet here and now could be a pest in another place or time.

Cats, for instance, were cherished and sometimes worshiped in ancient Egypt, where they were thought to be elegant good-luck charms. Medieval European Christians, however, thought cats, particularly black ones, were demonic pests. By the 18th century, cats had become household royalty. Although British monarchs are usually known for their dogs — King Charles and his spaniels and Queen Elizabeth and her corgis — Queen Victoria doted on her cats and was a driving force in making cats cool again in 19th century England.

The most and the least

Percentage of households with at least one pet



2011 data

Source: American Veterinary Medical Association

African American pet ownership

All U.S. households, 2011



Pet-owning households



Source: American Veterinary Medical Association

History's pet trends

An extremely anecdotal timeline

**Before 600:** Ancient Greeks loved lapdogs, and wealthy Romans favored dogs, monkeys and even turbot (a flat fish).**1200s:** Monkeys were all the rage in 13th-century Europe.**1500s:** Squirrels, tortoises, otters and hedgehogs were popular among the European middle class, and little dogs were big with wealthy English. (Mary Queen of Scots dressed her tiny dogs in blue velvet suits.)**1500s-1800s:** Native Americans kept tame raccoons, moose, bison, wolves and bears in addition to dogs.**1600s-1900s:** During China's Qing Dynasty, Pekingese dogs were given ranks of prince and princess and had servants, personal stipends and human wet nurses for puppies.**1700s:** "Pocket pets" such as mice and toads became fashionable in Japan and spread to Europe in the 1800s.**1800s:** Explorers in South America and the Amazon basin reported seeing the locals keep many types of pets, including birds, opossums and deer.**1900:** Caged songbirds were the most popular pet among the American middle class at the turn of the century.**1920s:** Aquarium fish swam into fashion.**1940s:** After World War II, purebred dogs were en vogue in the United States. AKC registrations peaked in the mid-1990s.**1960s:** Giant stag and rhinoceros beetles became fashionable in Japan.**1970s-1990s:** Short-lived U.S. pet fads went in and out: baby turtles, horned toads, miniature pigs and, for a few months in 1975, pet rocks.**2000s:** The prestige of owning purebred dogs gives way to the moral panache of shelter and rescue dogs in the United States.

Sources: "The emergence of Modern Pet-Keeping" paper by Harriet Ritvo; "Pet-Keeping in Non-Western Societies: Some Popular Misconceptions," by James A. Serpell; "Biology, Culture, and the Origins of Pet-Keeping" by Harold A. Herzog

In other corners of the world this century, common pets include ducks, sloths, tapirs, ocelots, coatis, capybaras, caimans, ostriches, tortoises and bears. For people who cuddle capybaras and tame tapirs, perhaps Fido and Fluffy would be annoying pests.

Bonnie Berkowitz is a reporter in the Infographics department at The Washington Post.

<https://www.washingtonpost.com/news/animalia/wp/2016/03/03/why-we-love-dogs-and-cats-but-not-bats-or-rats/>

Note: In case you're wondering about the critter bona fides of the people who produced and are quoted in this story, here's the tally of their current pets:

— Author and blogger Hal Herzog: Tilly, a black cat

— NPMA spokeswoman Cindy Mannes: Dog Skyler and cats Riley and Fe

— Prof. Harriet Ritvo: Three Siamese cats, Manny, Tony and Ollie

— Prof. James Serpell: Atticus the dog, Henry the cat, Basil the bearded dragon and 11 aquariums of unnamed tropical fish

— Reporter Bonnie Berkowitz: Spike, a bearded dragon

— Illustrator Patterson Clark: A pond's worth of mosquitofish and some well-fed composting worms

— Graphics editor Lazaro Gamio: Laika the rescue pit bull

— Lead Animalia blogger Karin Brulliard: Enzo the cat

Website of the month

<http://ethology.eu/>

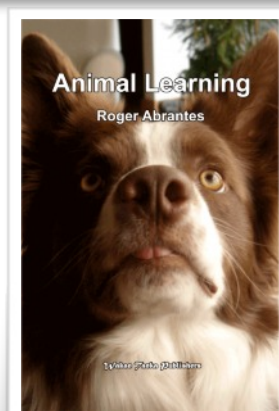


Welcome to Ethology Institute Cambridge
Take great online courses, enjoy, and earn a diploma!

Our Work: Animal Behavior and Learning

- Educational programs for Animal Trainers.
- Courses, talks, seminars and workshops.
- Animal behavior consultancy.
- Research in the fields of ethology and animal learning.
- Publishing articles, books and other educational media.

Book of the month



Animal Learning
by Roger Abrantes

Animal learning — the science that studies how animals learn the various behaviors they display. Animal learning theory is the science that studies how animals acquire the skills they need and how we can teach them various behaviors. Good trainers implement suitable plans of action. An efficient plan of action gives the animal trainer a secure guideline, but also enough flexibility to work around any problem that inevitably will show up. To do that, you need a solid foundation in animal learning theory. This little book gives you all the fundamental principles you need to turn your training into an exercise of applied science and inspired art, instead of guesswork.

Bits and Pieces

JUST WHEN I THINK I'M DONE,
I ROTATE IT AND FIND ANOTHER
SPOT I MISSED!



Tellington TTouch Training Tips - The Balance Leash for Dogs

This is one of the easiest ways to improve the way you handle any dog. All you need is a leash and a few simple instructions! The Balance Leash is the perfect tool for unexpected situations where you find your dog, or any dog, pulling on the leash and putting a lot of pressure on the collar. The Balance Leash interrupts the Opposition Reflex and imbalance experienced by pulling dogs and brings them back into balance with a gentle, clear signal.

<https://www.youtube.com/watch?v=BR1J716HLro>

Did They Really Say That?
by Dr. Ken Tudor

As with all professions, veterinary clients and customers are capable of saying some outrageously hilarious things.

At closing time, Mr. X rushed into our hospital with a limp puppy that was weak from violent vomiting and diarrhea. Mr. X was concerned, and he was convinced that he knew exactly why the dog was seriously ill. He had a previous dog that he had also purchased in Utah and it had died of Provo. The puppy did indeed have Parvovirus, and he responded well to treatment.

Mr. X has sworn never to buy another dog in Utah, especially from the city of Provo.