



# The Splash !

The Official Newsletter of The Association of Canine Water Therapy

*Dedicated to and Inspired by the Dogs in our Lives*

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Spring 2006

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## Swim Sessions Combined with the TTOUCH METHOD™ offer Canines New Pawsibilities

By Pampered Paw Swim Spa

Injuries sustained by canines often leave a holding pattern of impaired function and pain in the injured area. These mal-adaptive responses are repetitively used because they are "programmed" as neural patterns which exist below the level of the dog's awareness. In an effort to protect their body, the animal that is in pain will carry themselves in a way which is beneficial at the time. However long term, it can have a negative effect, causing movement patterns that cause more tension and pain. These patterns often block the use of that original affected body part and thereby create stress on distant areas of the body which must overwork to compensate. This chronic distress often affects the dog's general health, mood, and behavior. The TTouch Method™ is used to bring these patterns to awareness. The benefits of aware functioning are an invitation for restoration of function following surgery or injury.. In this state of awareness daily processes are altered so that self healing is mobilized and a healthier homeostasis results.

The Tellington TTouch Method™ finds areas in the canine's body that indicate discomfort, fear of contact, pain and tension. The TTouch Method™ has been used extensively to speed healing and recovery from injuries, ill-

*(Continued on page 11)*





# The Splash !

## President's Message

### Happy First Birthday to the ACWT!



Wow! What a great first year!

Not only are we over 60+ members strong and growing but we have taken on a life of our own.

We have a dynamic and supportive group of independent thinkers and strong people.

Together, we adopted our Code of Ethics and Professional Conduct. We voted. We laughed. We cried. We did it as a team.

Our Newsletter, The Splash, is reaching international recognition and getting rave reviews.

Veterinarians are beginning to reach for The Splash to refer clients to pools and therapists.

Online discussion groups are starting to refer others to our website.

In a profession where some states and provinces are losing their right to practice due to a lack of rules, we are coming together and defining our profession.

This is a fun business. Our clients are dogs with wagging tails and our office attire is a swim suit. We have so much to celebrate - in finding this path of service and for coming together.

It takes a lot to join an Association and network with the 'competition'. I think that's what I am most impressed with...how supportive we are of each other. Last month, when Teri of Heavenly Spa lost a therapist, she reached out to other therapists at other pools and was able to get her clients covered. The spirit of the team...striving to be more like the dogs in our lives! ☺

We made it – and we couldn't have done it without you.

Thank you for all of your support!

WOOF !

*Cindy*

### OFFICERS AND COMMITTEES

#### *President*

Cindy Horsfall

#### *Vice President (website)*

John Hague

#### *Vice President (membership)*

Heidi Hildebrand

#### *Secretary*

Sandy Fisher

#### *Treasurer*

Cindy Horsfall

#### *Newsletter Editor*

Sandy Fisher

#### *Ethics Committee*

Lisa Van Horn

#### *Website Links Committee*

Anita Ghering

#### *Political Committee ~ WA State*

Megan Anderson

#### *Social Events and Meetings*

Teri Sahn

Melissa Barran



### The Association of Canine Water Therapy

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Sequim, WA 98382

[www.caninewatertherapy.com](http://www.caninewatertherapy.com)



*Dedicated to and Inspired by the Dogs in our Lives!*

#### **Mission Statement:**

The Association of Canine Water Therapy is dedicated to advancing the safe practices of canine water therapy through education, establishing industry standards and building a network of support.

#### **Vision Statement:**

To be an Association that inspires us all to come together as a profession, to build standards for our work and to bring opportunities to further our skills.

*Photo by Nancy Levine ~ [www.browneyesgallery](http://www.browneyesgallery)*



# The Splash !

## January 2006 Meeting Highlights

**Association of  
Canine Water Therapy  
Quarterly Meeting  
held January 16, 2006  
at Heavenly Spa in Fall City, WA**

Members in Attendance: Sandy Fisher, Doris Kopp, Teri Sahn with Leo and Honey, Cathy Gallagher, Carol Swindaman, Tonita Fernandez, Megan Anderson, Cindy Hill, Cindy Hickman, Heidi Hildebrand, John Hague, Cassie Sawyer, Michele Lang, Lisa Van Horn and Cindy Horsfall.



**HONEY SAHM**

Guests: Washington Animal Massage Association (WAMA) Members and George and Melissa with their dogs Mozart (St. Bernard), Kali (Newfoundland) and Bannon (Bernese Mountain Dog).

Social hour took place from 5:00 to 6:00 pm. Thanks to Teri Sahn of Heavenly Spa for hosting and prepar-



**SOCIAL HOUR**

ing the wonderful buffet of foods.

The meeting was called to order by Sandy Fisher, ACWT Secretary. Sandy announced that this was a joint meeting between the ACWT and WAMA. There are a number of members present that belong to both associations. The ACWT will be presenting their final draft of the Code of Ethics and Professional Conduct and WAMA will be presenting a legislative update on a bill sponsored by the NW School of Animal Massage.

Sandy made some announcements - thanking everyone for a great first year. We are now 60+ members strong. 15 pool members, 20 individual therapist/student members, 2 veterinarians, 7 supporting businesses and 16 supporting friends. Thanks to everyone for the support!

Sandy introduced John Hague and Heidi Hildebrand, our new Vice



**JOHN AND HEIDI**

Presidents. Due to personal health reasons, Cathy Gallagher has had to stop providing canine water therapy and needed to step down from the VP position of the ACWT. John will be working on the website and Heidi will be working on memberships. John has some great ideas for the website so 2006 will be the year of the website. If anyone has any ideas

for the website, please pass them along to us.

The next ACWT meeting will be held April 24th. The agenda for that meeting will be discussing the future plans for the website. The special event will be a Behavior Training Panel. Beth Meyer is organizing this fun forum and will be joined by Tonita Fernandez, owner of Pampered Paw Swim Spa and Becky Bishop, owner of Puppy Manners. Becky Bishop and Puppy Manners were named "Best Bet for Your Pet" by Seattle Magazine and is one of the best dog training camps in the Pacific Northwest. Tonita will be on hand to discuss how Ttouch can be used as an approach to behavior modification. This will be a fun Question and Answer type of forum so come to be educated and enlightened.

Sandy turned the meeting over to Lisa Van Horn who is the leader of the Ethics Committee. A copy of the final draft of the Code of Ethics and Professional Conduct was passed out for review. Lisa asked the members for some constructive ideas. One change was made. The Code of Ethics and Professional Conduct will now go out as an email and the membership will be asked to vote on the final draft.



**CODE OF ETHICS DISCUSSION**

The goal will be to have the final ver-  
*(Continued on page 4)*



# The Splash !

## January 2006 Meeting Highlights

(Continued from page 3)

sion posted on the website by February 1st in time for the first round of membership renewals.

After Lisa's presentation, the meeting was turned over to Cathy Gallagher, President of WAMA. Cathy introduced Cheryl Gordon, the WAMA Legislative Liaison. Cheryl described a bill, sponsored by the Northwest School of Animal Massage (NWSAM) and endorsed by WAMA,



WAMA PRESENTATION

that has begun its process through the legislature. A handout of the current bill was passed out. The current law in Washington State mandates that a professional performing massage on an animal be either a vet tech or a licensed massage practitioner with a special endorsement for either small or large animals. This will not change. The new bill proposes a second tract for becoming an animal massage practitioner via a registration or special licensing process after

obtaining a minimum of 300 hours of training for either small animals or large animals. Currently, in addition to the support of the NWSAM and WAMA, the bill has received support from the Veterinary Board, as well as Senators Jacobson and Rasmussen. The state Senate will hold a hearing on the proposed version of the bill on January 24th in Olympia. For more information about the bill & legislative process, please contact Cheryl Gordon at Cheryl\_53@msn.com.

A number of raffle prizes were awarded as follows: Lisa Van Horn and Linda Voelker won an ACWT Luggage Tag, Cindy Hill won an ACWT Journal with dog bone paper clips, Teri Sahn and Karen Hunter won water toys, Megan Anderson won an ACWT tile and Cassie Sawyer won a dog bowl filled with treats.

At 7:15, George and Melissa showed up with their wonderful pooches, Mozart, Kali and Bannon. Cindy



CINDY AND BANNON

### Next ACWT Meeting

#### *When:*

Monday, April 24, 2006  
5:00-6:00 pm ~ Social Hour  
6:00-7:00 pm ~ Meeting  
7:00-9:00 pm ~ Behavior Training Panel

#### *Where:*

Heavenly Spa  
Fall City, WA

#### *Who:*

Members of all levels are invited to join in

#### *Meeting Agenda:*

Future of the ACWT website

#### *Special Presentation:*

A fun Question and Answer forum where you can bring your questions on behavior and training issues

*Food and Beverages will be provided*

Horsfall got in the pool and showed some massage techniques and ways to hold dogs in water. Cindy then invited anyone interested to join her in

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### Disclaimer

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# The Splash !

## January 2006 Meeting Highlights

(Continued from page 4)

the water to play with techniques and water massage. She was assisted by



WORKING WITH KALI



A GREAT LEARNING EXPERIENCE

Tonita Fernandez and Megan Ander-



FUN WAS HAD BY ALL!

son in helping people who had never experienced this form of canine health care... fun was certainly had by all!

*Post meeting update: Cheryl Gordon of WAMA reports: "The bill was killed in the Senate because of partisan disagreement on other issues...not because of the proposed animal massage bill. Unfortunately, when Democrats and Republicans do not agree, the session can end early and all the bills that had not been heard, approximately 100, were also killed at the same time. The Lobbyist will resubmit the bill in January 2007 to get through Legislation."*

## Supporting Business Spotlight



By Amy North

A number of years ago, I was given a candle from a mom of a baby I had taken care of for several months. I had heard about these candles before and never understood what the "big" deal was about them. I opened it up (it was a big Pomegranate candle from Gold Canyon Candles) and UNburned, it smelled wonderful!! It wasn't overpowering like some can be. Lit, they smell just as nice. The bigger sizes have double wicks for a more even

burn. I subsequently fell in love with the candles. About a year ago, I decided to start selling them.

Gold Canyon candles have many different smells"...Fresh Cut Roses, Vanilla, Cinnamon/Vanilla (smells real nice), Pomegranate, Orange/Vanilla (smells like those ice cream bars from years ago)...just to name a few.



If interested in these candles, I have supplied Cindy with several catalogs for people to look through. They also have votives and other candle holders). My website is: [www.mygccandle.com/amyn](http://www.mygccandle.com/amyn)

If you have any questions regarding any products, you may contact me at:

[anorth3@cox.net](mailto:anorth3@cox.net). (Please put in the subject line that its regarding candles.)

PS: My dog Lexi, a German Shepherd, is also a client of Cindy's. While we no longer live permanently in Washington State, Lexi does get special "vacations" up there and has sessions with Cindy when we are in town. Swim time with Cindy has really helped Lexi...and Lexi LOVES to swim with Cindy.





## Code of Ethics and Professional Conduct

After the last quarterly meeting, the proposed ACWT Code of Ethics and Professional Conduct was emailed to members for their vote. The ACWT membership unanimously approved the Code of Ethics and Professional Conduct as it appears below. Thank you to everyone that made comments and suggestions!

*The Association of Canine Water Therapy (ACWT) created the Code of Ethics and Professional Conduct to set forth aspirations and guidelines for ACWT members of all levels to provide outstanding service. It is the hope of the ACWT that the Code will also provide clients with the confidence that ACWT members are knowledgeable, caring and conscientious professionals.*

**As a practicing member of the Association of Canine Water Therapy (ACWT), I will:**

### **With My Clients (Both Human and Canine)**

- ◆ Take appropriate measures to ensure the safety, comfort and privacy of my client.
- ◆ Treat all dogs and their people with respect, taking into account their physical and psychological well-being. I will avoid any discrimination on the basis of race, breed, ethnicity, gender, sexual orientation, social class, age, disability, religion or political beliefs.
- ◆ Be mindful and considerate of the emotional state of the client (both human and canine) at all times, acknowledging that the client's emotional well-being is an integral part of healing the physical body.
- ◆ Respect the confidentiality of information obtained in the course of professional service.
- ◆ Recognize that the relationship between a human guardian and their dog is personal and strive to be of support to their beliefs.
- ◆ Seek references to have on hand so that I can serve as an information resource on enhancing quality of life or providing palliative care for disabled and/or aging clients.

### **In My Business Practice**

- ◆ Represent my qualifications honestly, including educational achievements and professional affiliations, and provide only those services that I am qualified to perform safely and competently.
- ◆ Inform the client of the type and scope of service or treatment, what to expect, and the fees, prior to providing any service or treatment.
- ◆ Recommend the client seek alternative care when I recognize a condition is beyond my scope of practice or ability.
- ◆ Serve the best interests of my client at all times and provide the highest quality of service possible.
- ◆ Strive for personal excellence through regular assessment, personal development and by continued education and training.
- ◆ Recognize that canine water therapy is not a substitute for veterinary medicine and that it is not within our scope to diagnose, prescribe or provide medical treatment.
- ◆ Relate to all colleagues with integrity, respect, courtesy, fairness, and good faith.
- ◆ Refrain from making unfounded statements that may damage the reputation of colleagues, or the reputation of other disciplines or their practitioners.

### **In My Environment and Pool**

- ◆ Provide a clean and safe environment appropriate to the type of service and consistent with local public health requirements and industry standards.
- ◆ Routinely review my facility's overall environment for safety, including outdoor areas, disability access, proper ventilation, pool entrance, and the water quality of the pool.



# The Splash !

## Member Therapist Spotlight

### Happy Dog Healthy Dog



Like many of you, we have a very strong bond with our dogs. They are members of our pack, and we are mem-

bers of their pack. When we began to seriously talk about creating a business that could have the potential to positively impact so many dogs and their owners the excitement took over. An idea to build a hydrotherapy center soon began to expand as we talked about adding a bakery and the retail shop. Like many good ideas, they need a driving force to put them into action, Diane Mayer was that driving force.

Her love for dogs, combined with her passion for learning brought Happy Dog Healthy Dog from an idea to a reality. With over 16 years experience as one of the most respected massage therapists in the state, Diane's work on human clients ended when a tendon ruptured in her hand. As she rehabilitated she began to massage our dogs to gain strength.

Our dogs responded so well to the massage that she began to devote her recovery to canine massage and forgo the humans. Many of the humans cried fowl and begged her to return, they could not believe she would only book appointments with their dogs and not them. She also began to pour herself into the study of canine nutrition and the history of commercial dog food. What she found was alarming, and that became the driving force behind the bakery and providing a source for better food.

The idea has now become a reality, we look forward to meeting you and your dog. The true joy in opening Happy Dog Healthy Dog is watching the dogs walk up the steps and know that this store is for them, when the tails begin to wag we know we are doing something right.

### **Welcome To Bodhi's Kitchen!**

"Is this really for dogs?", is constantly overheard in our store. People feel as if they are in a small European bakery "for people!!!" Our unique line of treats, whole foods, nourishing soups, and complete meals are not only for dogs, they are preservative free and with the freshest organic ingredients.

We are lucky to have a team of well-respected, experienced women who bake everything with love. With over 25 years of culinary experience between them, chefs, Lori, Sarah, Cathy, Sarah, and Joelle decided that humans were simply not good enough to enjoy their culinary treats.

We base our recipes on lessons learned from our dogs, the teachings of Juliette de Bairacli Levy, Oriental food theory, and natural rearing. We support as many local farms as possible, buying seasonally, which we believe is the most natural way to feed your dog.

Every dog is different, just like us, with likes and dislikes, special needs, seasonal changes in nutrition, and concerns about health and disease. Bodhi knows the foundation of a happy life is healthy food that is fun, tastes really good, and is prepared with love.

It is our passion and privilege to cook for your dog!!

*Coming in 2006, we will be building a state of the art swim facility and Wellness Center.*

Our goal is to break ground this summer. Extra time has been spent incorporating different elements into the design, both interior and exterior. We are currently working with one of the nation's foremost Feng Shui consultants to ensure that the energy and flow of the space will assist and promote healing.

It is also very important to us that the center be environmentally healthy and green. Therefore a large percentage of our time has been spent researching "green" building materials, and animal friendly products. Our intention is to recycle as many of the materials as possible from the garage. It has wonderful roof timbers that we can use for our outdoor fencing and trellises. Space and zoning requirements are challenging, pushing our creativity to areas we never knew existed!!!

This is far more than a physical project. It is heart-centered, focusing solely on our commitment to the well-being and wholeness of dogs. Our initial dream was one of providing them with an "island" here in the city, a place dedicated totally to dogs, not people. A place to receive individual attention, a place that respects and allows their natural behaviors without human interference, and a place that will give them the love and care they are constantly giving to us.

### **Happy Dog Healthy Dog**

1825 Delaware Ave.

Wilmington, DE 19806

Phone: 302-428-1919

**Website and online store:**

[www.happydoghealthydog.com](http://www.happydoghealthydog.com)



# The Splash !

## Snarls In The Water

### The Story of Walter!

by Diane Mayer  
of Happy Dog Healthy Dog

Meet Walter...can't get much more adorable than this little guy.....right?



Well Walter grew up...

He is now four years old and here is his story.

From the day we brought him home, he LOVED the water. Toys, blankets, food... everything went in his water bowl. When he was a bit older, we bought him a

baby pool and we had to drag him out of it at the end of the day. He particularly loved diving for things, putting his entire head under the water until he retrieved whatever it was we would throw.

Shortly after Walter turned a year old, we built a pool in our backyard. The construction was just about finished when Walter had an accident. While running with his ball, he slipped on the new decking, slid full force into a tree, and I watched as his body buckled from the impact. He got up slowly and walked with a horrible limp.

We immediately drove to the Veterinarian Specialty Center and met with an Orthopedic Surgeon. It was then that I learned first hand how they check to see if a dog's knee is injured. I was shocked mostly at the incredible scream Walter let out. Then more amazed when the vet said, "Nope it's not his knee, it feels fine." I barely had time to collect myself when he started to examine Walter's hips. Walter turned on him with his teeth showing and a growl that said, "Don't even think about it." I told him it was time for us to leave and we did.

A second opinion revealed that Walter had almost dislocated his hip and although it was okay, he would be prone to moderate or severe hip dysplasia depending on how he grew and how we managed it.

To this day he has never had surgery, and does quite well, except for his memory of the initial veterinarian

visit. No one, not even I, for almost two years could touch him from the shoulders down. Through intensive research, and trial and error, I was finally able to touch him, and regain his trust. I have learned intimately where his personal space boundaries begin and end. I have a scar on my face that is proof that I entered that space when I shouldn't have, even though he warned me.

He never lost his love of water, and definitely needed to swim to rehab his body. Our pool was finished, we were all set to go, and Walter wouldn't get in the water. No matter what we tried, we failed repeatedly. The frustration for all of us was that he REALLY, REALLY wanted to get in. So picture this.....a dog who is obviously so excited about getting in

that he would make himself sore trying repeatedly to enter the water, with half of his body on the stairs and half sticking up on the pool edge....not good for his hips. Yet, as

soon as we tried to touch him, to gently help him in.....Snarls in the Water. He would bare his teeth and glare.

I was determined not to use a muzzle or any other type of "equipment" and was just about to give up when I learned of Cindy Horsfall and La Paw Spa. Two months later, myself and a co-worker, Cathy, signed up for Cindy's "The Heart of Canine Water Therapy" program and we were off to Fall City, Washington to learn how to help Walter.

A whole new world opened to us as

*(Continued on page 9)*

*"Walter turned on him with his teeth showing and a growl that said, "Don't even think about it."*



# The Splash !

## Snarls In The Water

### The Story of Walter!

(Continued from page 8)

we learned how to first make ourselves comfortable in the water, transferring that energy and confidence to the dog.



We learned patience, safety, “the heart connection” and how to build trust. We worked with many dogs over the course of 6 days, yet none presented the challenge that Walter did. Cindy made several “special suggestions” for him and Cathy and I were eager to return home and try them.

For anyone who may find themselves in the situation we did, here is what we learned...Walter being the best teacher of them all.

**Build Trust:** Cathy and I had already been doing this for a year, making each meeting with Walter fun and safe.

**Fear:** Since he is huge and strong with REALLY big teeth, our fear was looking us right in the face. The fear taught us that patience, safety, and respect was the best combination when working with an unpredictable, aggressive dog. Sometimes it would

take us 20-40 minutes just to get him to take one more step into the pool, but he did it!

**Distractions:** With Cathy and I working together, we were able to distract Walter with his favorite ball. Cathy would be up front with him, twirling that tennis ball around like magic. This gave me the opportunity to be in the back, looking for the opportunity to guide him off the stair into the pool. This took many attempts as Walter is not easily fooled, but again, eventually he did it.

**Consistency:** Being repeatedly successful was Walter’s favorite thing. Once he made it down another step, or progressed in anyway, we IMMEDIATELY reinforced it with tons of praise and “let’s do it again!” We found he was so engrossed in succeeding he would momentarily forget there was a problem, giving us more space to help him.

**The Heart Connection:** We obviously love Walter very much, but he helped us discover a place in our hearts we didn’t know. It is a place where you see without your eyes, touch without your hands, and trust beyond the familiar edges of your comfort zone.

I encourage you to look not at your dog, but beyond them, into them, and I guarantee you will find a place that teaches you volumes that humans cannot.

**Communication:** I have been studying animal communication, canine body language and behavior for sev-

eral years. It was invaluable to Cathy and I as we worked with Walter in and out of the water. It was our safety net. We watched closely and listened

*“I encourage you to look not at your dog, but beyond them, into them, and I guarantee you will find a place that teaches you volumes that humans cannot.”*

to the language he spoke VERY clearly with his facial expressions, how he held his ears, mouth and tail. More times than not, we were able to quickly shift our focus or his

focus, know when to end a session and not push, or simply re-check ourselves and see if our fear, frustration or impatience was transferring to him.

**Reward:** What an amazing feeling, for us all to see Walter’s face. In fact, his entire body beamed happiness as he walked out of the pool, only to turn right around and want to come back in to swim. We called Cindy as soon as we dried off and relayed the wonderful news!

Walter is an exceptional case, but he is a constant reminder of how much emotion and how many memories we hold in our physical bodies.

I would like to thank Cindy and Walter for being excellent teachers, pushing me to places I didn’t know, but now love, and to Cathy for staying right there next to me, when I know there were many times we both wanted to run right out of the water!





## Marketing Scents

### Your Own Web Site for Under \$3 A Month

by Charlie Comstock of Synchronicity

In a recent poll, 90% of the business web sites were created specifically so their customers and prospects could find their current contact information.

At first it would seem that is a considerable amount of effort for "just" a phone number or a mailing address. But then when you consider the time and money to establish a new address or phone number through the "established" channels of communication (phone book, newspaper, etc.) it makes sense; particularly when it is your money, your time, and your contact information.

You probably do not need to be persuaded with the mounting statistics of the influence of the internet in our everyday lives. If you don't already have your own business web site, it may only become a matter of time before you become reliant upon one. The vast majority of you probably already have an email address and that is a major first step.

Even the most basic of web sites will allow you and your business to establish a "presence" within your local community. A web site consisting of one page can contain your name, address, phone, fax, email, hours of operation, services, specialties, staff, directions, testimonials, products, activities, and images of your facility.

Virtually everything you need to "sell" yourself to a potential customer

can be found on your "home" page.

You have a head start with your web site if you are active within your business and professional communities.

Many business and civic organizations have web sites and will include your business listing and a link to your own web site. "Traffic" to their site can find their way to your site.

By offering reciprocal links to favored veterinarians and pet stores you increase your business exposure to a qualified audience.

So how do you get started if you do not have your own web site? There are a number of web sites dedicated to supporting the first time web shopper. I came across one, HOSTING REVIEW which can be found at [www.hosting-review.com](http://www.hosting-review.com). This site offers an up to date review of web hosting companies in their February "issue."

*"By offering reciprocal links to favored veterinarians and pet stores, you increase your business exposure to a qualified audience."*

What makes this site most interesting is the in-depth review of the top 10 web hosting services. The firms are ranked by price value, customer support, reliability, management, reputation within the industry, hours of operation, ease of use, user feedback, etc.

If you are serious about your own web site I encourage you to do your own research. Many of these web hosting services offer easy to use templates for creating your own

site. They will assist with registering your own domain name, personalized email addresses, and even provide sales support should you have your own products.

To keep your operating costs at an acceptable pace you can contact your local high school computer club or similar high tech youth organization for technical support.

Rank	Web Host	Price	Score
1	Blue Host	\$6.95	94%
2	IX Web Hosting	\$3.95	91%
3	StartLogic	\$4.17	89%
4	Lunarpages	\$7.95	89%
5	Micfo Hosting	\$4.98	87%
6	Yahoo Hosting	\$8.96	85%
7	midPhase	\$7.95	85%
8	Host Excellence	\$2.95	84%
9	PowWeb	\$5.18	83%
10	Site Build It	\$24.92	80%



# The Splash !

## Swim Sessions Combined with the TTOUCH METHOD™ offer Canines New Pawsibilities

*(Continued from page 1)*

ness and surgeries in all animal species as well as humans. TTouch™ is NOT a variation of massage. TTouch™ is useful to “retrain a number of physiological responses in ways which promote recovery and health. The intent of the TTouch™ is to activate the function of the cells and awaken cellular intelligence. TTouch™ helps to release tension and increase body awareness by using a combination of touches, lifts and movement exercises. This TTouch™ awakens the neurological system at the cellular level so that the animal actually learns a different way to relate to his world.

Canine swimming and TTouch™ practioner, Tonita Fernandez offers combinations of TTouch™ and hydrothermal exercise to create an invitation for the canine body to re-pattern and re-balance. At Pampered Paw Swim Spa, LLC in Enumclaw WA, we incorporate the TTouch Method™ in the canine swim sessions. For many clients we also set up follow-up TTouch™ sessions outside of the water. Tonita has developed a first of its kind swim session for canines using tools, and equipment as the dog is immersed in the comfort of warm water. “I am really excited about bringing TTouch™ to the world of Canine hydrotherapy”. “By combining swim sessions and TTouch™ it offers non-invasive ways to work with gait irregularities,

injury, illness, arthritis, hip dysplasia, aging and surgery recovery. It reduces stress as well as brings about more body awareness which creates an invitation for better physical and emotional function and balance.

The Tellington TTouch Method™ is comprised of three components that work independent of each other, but are designed to work most efficiently when the three components of the work are combined for maximum effect.

The first of the three components works on the neurological level, while the second one uses equipment and tools to influence the self confidence and the balance of the animal. The third component uses grounding exercises to increase self confidence, coordination, focus and body awareness.

TTouch™ can be used on the animal in the comfort of water as well as outside of the water, with equally great results. The few minutes spent before the dog enters the pool or spa can be used to offer TTouches that take little time and can be used parallel to other methods or hydrothermal exercises. In its simplest form the only tools needed are a pair of hands. TTouch™ offers the dog non-habitual touches and movement. The effects are lasting. TTouch™ is known as the touch that teaches. As we apply it, TTouch™ teaches the dog to use its mental and physical resources to reorganize its programmed responses.

Tonita plans to offer Canine hydrothermal TTouch™ workshops in the fall 2006 at Pampered at Paw Swim Spa. TTouch™ is known as the touch that teaches. During a warm water swim session TTouch™ can be used as a way of offering the dog help in cases of excessive barking, aggressive behavior, extreme fear and shyness, excitability and nervousness, problems with aging, surgery recovery, as well as a multitude of physical and emotional issues. Sessions outside of the pool will help a dog to build confidence as well as bring about more body awareness, helping a dog to recover from injury and illness, or just enhance the quality of the animal’s life. Dog guardians as well as veterinary staff and all water workers will learn ways to help dogs live up to their full potential. Some topics that we will visit are:

1. Calming the nervous dog or a first time swimmer.
2. Specific TTouches to use for helping an incision to heal.
3. How to use a leash to offer the dog with physical issues a way to rebalance its body, promoting optimum balance.
4. TTouches and tools to make the most of a dogs swim session.
5. Minimizing counterproductive stress responses during a swim session.

Watch the website  
for more information:  
[www.pamperedpawswimspa.com](http://www.pamperedpawswimspa.com)

For more information on the TTouch™ Method  
and a schedule of classes,  
Visit Linda Tellington’s TTouch™ website at:  
[www.tellingontouch.com](http://www.tellingontouch.com)



# The Splash !

## Swim Sessions Combined with the TTOUCH METHOD™ offer Canines New Pawsibilities

**THE BODY WRAP AND TTOUCH™** Depending on the dog, his behavior, or physical impairment, different wraps may be applied. “The wrap pictured is one I most frequently use. It is easy to put on the dog and very effective.” Place the middle of the wrap across the dog’s chest and cross the ends once on the back. Then take both ends (without crossing them) back along the outside of the thighs. Place each end over the hind end and bring the ends of the wrap up under the legs and over the back. Connect the Wrap by tying it off to one side of the dogs spine. If left loose, it may not be effective and, if too tight, it can interfere with the dog’s movement especially when swimming. Some dog’s coats and activity level don’t allow the wrap to be of benefit during a swim session. However, the wrap can be applied for just five minutes or so in the beginning of a session as you introduce the dog to the water and spend some time connecting with him. It can then be removed before he actually swims. Ace bandages are inexpensive and easy to apply on a dog. Pampered Paw Swim Spa stocks Ace bandages for home use. Large breed dogs may need two or three Ace bandages sewn together to function as a full Body Wrap. Tonita likes to send the client home with tips, and TTouches to use at home. The more involved the dog guardian is in the health and well being of the dog the faster we see positive results. After the Body Wrap is on the dog Tonita uses variations of TTouches to increase the dog’s circulation and activate the neural impulses in the legs.



**BODY WRAP** The Body Wrap enhances the dog’s sense of his own body. It is a TTouch aid, that Tonita incorporates into most swim sessions. “ I often use the Body Wrap to address issues that effect a dog on an emotional as well as physical level. It is a great aid, that helps to improve a dog’s mobility. It is especially helpful for the dog that is hyperactive, afraid of loud noises or nervous in general. The Body Wrap is also useful for injured or recovering dogs. It works wonderful for older, stiff and arthritic dogs.” TTouches can be offered to the dog before, during or after the use of the Body Wrap. Veterinary techs, canine water workers and animal massage practitioners can also incorporate the TTouch Body Wrap aid into their swim sessions, as well as before or after a session. Just wearing the Body Wrap for

five to ten minutes can bring more body awareness to an animal. “There are several versions of wrapping. When using a wrap in the water, I use a waterproof material.” At Pampered Paw Swim Spa, Tonita teaches the dogs’ guardians to use simple ace bandages as a wrap to offer more information to the dog at home or to calm the dog before coming for a swim session. The dog who is healing from a knee or hip surgery or one who is pre-op with issues in these areas often do remarkably well when body wraps are applied. Pictured at right, Tonita uses wraps to work with a dog that is very hyperactive, nervous and vocal. “Upon arrival I apply a body wrap on this dog and he is able to calm down and relax and be more focused and aware of his body, getting the most out of his swim session.”





# The Splash !

## Swim Sessions Combined with the TTOUCH METHOD™ offer Canines New Pawsibilities

**MOUTH TTOUCH™** Using this gentle circular TTouch™ on the dogs mouth affects both physical and emotional responses and improves the dog's focus and ability to learn. This TTouch™ method is very helpful for barking, stress, shyness, chewing, dental work, hyperactivity, fear and maintaining health and well-being. Pictured at left, Tonita Fernandez of Pampered Paw Swim Spa is sitting behind the dogs head supporting the muzzle or chin softly with one hand, being careful not to squeeze or restrain. She uses gentle TTouches on the outside of the mouth and tiny touches on the upper and lower gums and lip areas, that can be done for just one minute or less with great results. If the mouth is dry, wet fingers work better. This should be done with obvious caution. " I find that this mouth work is very effective for the dog who has emotional upset. It is great to use for dogs that are recovering from surgery who tend to lick or chew their wounds, continuously. It is also very beneficial for the animal that has a fear of veterinary offices."



## Sink Or Swim!

### Rating Canine Water Toys

Brodie Fisher has been swimming with Cindy Horsfall at La Paw Spa since his CCL surgery in July 2003. He loves toys therefore, he will be testing a new canine water toy each quarter. In this issue, he will be reviewing the...

### Zanies SS Canine Neoprene Toys

**PetEdge says** "Set sail into a sea of profits with these Zanies® SS Canine Neoprene Toys. Made of buoyant neoprene so they float in water and are easy to grab on land. Bright nautical colors and designs stand out and make these fun toys highly visible both in your displays and during playtime. Buoy and Life Preserver feature cotton ropes for extra chewing fun. Each 9" toy contains a squeaker and comes with a hangtag for easy retail display. SS Canine Neoprene Toys are available in Anchor, Life Preserver and Buoy."

**Brodie's Rating:** Brodie tested the Life Preserver toy. It was very visible in the water so he had an easy time playing fetch with it. The toy was substantial enough that he could get a good grip on it as well. It did soak up a lot of water getting pretty heavy after a while. Also, it does not hold up to any amount of chewing. Let's just say...stuffing everywhere...it's not pretty! The toy is very impressive upon first glance and would do okay with very gentle users in short bursts of play.



Brodie rates this toy...

**SINK!!**



[www.petedge.com](http://www.petedge.com)  
\$2.09 each  
Suggested retail price is \$9.99



## Client Testimonials and Stories

*An entrepreneur who turned her passion for dogs' wellness into a business...*

by Jessica Daum

Pampered Paw Swim Spa is a canine spa created to help injured dogs increase muscle strength and regain mobility. Several reasons that people take their dogs to warm water therapy sessions are: hip and elbow dysplasia, arthritis, spinal injuries, muscle strengthening, pre/post surgery, circulatory problems, chronic pain, cancer patients, and geriatrics. Although the mission of the business is to help dogs recover from injuries or improve their quality of life, the spa also helps people relax in its friendly environment. The spa room is decorated in a French Bistro theme and soothing music plays in the background. The owner of the business is an entrepreneur who turned her passion and love for dogs' wellness and canine nutrition education into a great business.

As a full time graduate student that also works full time, my days are long and boring. I come home from work tired, and wish I could just take a long nap. But then I open the back door and my energetic dog, Mickey, rushes into the house spinning in circles, whimpering because he is so happy to see me. His energy is contagious and I am immediately rejuvenated. We then go for a walk together so that I can get some fresh air and so that he can get out and investigate the neighborhood. After our walk, we come back in for the evening and Mickey sits by me while I complete my homework on the computer. This has been our basic routine for over six months now, until a month ago when

Mickey suddenly became paralyzed.

I met the owner of Pampered Paw Swim Spa, Tonita, when I sent out a desperate e-mail plea to approximately eight different canine water therapy businesses in the Puget Sound region of Washington State. Mickey, a five year old Australian Shepherd, had suddenly become paralyzed and the veterinarian told me that he did not know what was wrong with Mickey other than it appeared he had ingested something toxic and that they hoped he would recover. I walked out of the veterinary clinic, with my 35 pound dog in my arms. For a solid week my faithful pup was bed-ridden and his muscles were wasting away. Every time I went to the door, he tried to wiggle and get up to go with me, but just didn't have the strength to. During the next two weeks, my thoughts were based on accomplishing two missions; finding out what happened to Mickey and doing all that I could to help him recover.

During my investigation, I called the Poison Control Center for animals and bombarded them with questions and I bought and read a book on veterinary care. I searched the internet for answers and I e-mailed the canine

water therapy businesses, asking them if they had any cases similar to Mickey's symptoms. Pampered Paw Swim Spa was the first business to respond to my plea. Tonita offered to make room in her canine swim spa schedule for me to get Mickey in the water the very same night that I first contacted Pampered Paw Swim Spa.

The location of the spa was about an hour drive from where I live, but the drive was worth interacting with someone who truly loved dogs and was dedicated to helping Mickey recover. We put Mickey in the water and although his muscles were too weak for him to walk on land with gravity keeping him down, he immediately began moving his legs and trying to swim with Tonita helping to support him in the water. While Tonita used a non-invasive method on him known as TTouch and helped support him while he swam, Tonita and I brainstormed together about what had happened. I sat on a bench next to the swim spa and was offered sparkling water and a warm lavender and flaxseed aromatherapy pack to wrap around my neck so that I could try to relax after all the stress that I had been under because of Mickey's illness.

The day after Mickey's first warm water treatment session, Mickey showed a few small signs of increased strength and over the next few weeks, with canine hydrotherapy sessions twice a week, he was able to stand up and walk on his own again. The day after our first warm water swim session at Pampered Paw Swim Spa, Tonita joined me on my quest to find out what happened to Mickey. She e-mailed veterinarians that she knew, as

*(Continued on page 15)*





## Client Testimonials and Stories

*(Continued from page 14)*

well as other people in other animal health industries. She also e-mailed me articles that helped me narrow down the cause of Mickey's sudden paralysis and she continued to ask about Mickey's progress every day. Through all of our research, I have determined that the most likely cause of Mickey's sudden weakness and paralysis was an adverse reaction to the "spot-on" flea treatment that I had given him three days before he became so weak that he couldn't walk. Mickey's veterinary bills and the warm water hydrotherapy appointments were a large unplanned expense for me. I didn't know how I could afford it all at once, but Tonita demonstrated that she cared more about Mickey's recovery than getting paid right away. We worked out a payment plan so that we could help Mickey as soon as possible.

It has now been one month since Mickey became paralyzed. With warm water swim sessions, the TTouch Method, and exercise he continues to made steps towards a full recovery. He can now walk and even run a short distance, but can not jump up and does not have the strength or endurance that he used to, but he continues to improve daily.

My testimony is one example of how Tonita, the owner of Pampered Paw Swim Spa, dedicated extensive time and energy to help a stranger and her dog. But I've learned that Tonita has also helped many other people and animals. Tonita volunteers at dog clubs, and public events presenting TTouch demos as well as teaching classes on natural canine nutrition. Tonita has five healthy and happy

dogs, one of which she adopted from the local animal shelter. Another was kept out of a litter of puppies that were born at her home from a sweet stray abandoned Rottweiler. The Pampered Paw Swim Spa website has many links and information to educate the public on canine health and nutrition. Her website can be seen at [www.pamperedpawswimspa.com](http://www.pamperedpawswimspa.com).



*Tonita with Mickey*

### Chase

Chase Howard's life is one amazing story after another. Lindsay Howard had that very special connection with Chase when she first saw him as a puppy. Chase was a constant companion while Lindsay was an undergraduate student. As you can imagine, Chase got his name because of his favorite activity. But it's not balls that Chase mostly likes to "chase" – it's rocks. He loves to swim and play at Lake Washington where Lindsay's family owns a house, and really loves it when you toss rocks in the water for him to dive after!

Growing up as a Golden Retriever, Chase has had more than his fair share of allergies, skin problems, etc. He also has a history of hip problems

and had his hip replaced at a year old. Over time the cement cracked and the hip needed to be redone. When the surgeon got Chase opened up again, he determined that he would not be able to replace the hip, and had to remove it completely. Chase recovered from this surgery in record time and you can hardly tell he is missing anything!

Lindsay was recently engaged, and was busy planning all the details of her wedding. About a month before the wedding, she noticed a change in Chase's bark. She took him into the vet and Chase was diagnosed with an extremely fast growing tumor that would eventually block his throat and suffocate him! She was told that the tumor was growing in such a way that surgery would not be possible and that it would be in Chase's best interest to put him down before leaving out of state for 3 weeks to attend her wedding/honeymoon. Lindsay and her family were heart broken. She continued bringing Chase into the spa where he would chase balls and swim to his heart's content.



However, Lindsay observed in that week leading up to her wedding that Chase just didn't seem to be suffering; on the contrary, he was still full of life and always willing to "chase"

*(Continued on page 16)*



# The Splash !

## Client Testimonials and Stories

### Chase, cont.

(Continued from page 15)

and play.

Two days before the wedding, Lindsay and her soon-to-be husband decided that Chase should come with them to attend their wedding in California. Miraculously, a friend of the groom had a small private airplane that they could fly down to the wedding in! They were also able to get Chase home on this same plane so that he could stay with family mem-

bers at their house while they were on their honeymoon.

When Lindsay and her husband returned two weeks later from their honeymoon, Chase continued to show little signs of cancer. When the veterinarian surgeon reviewed Chase's prognosis and progress, amazingly the tumor had shrunk down to the size of a pea! The surgeon was able to remove it all! They have been back to see the surgeon twice since, with nothing new to report!

Chase continues to swim and play at



Heavenly Spa each week – tumor free and happy to chase as many balls as you are willing to throw!

## Terms To Know

*Hydrostatic pressure*, the sum pressure exerted on all surfaces of an immersed body for any given depth (see illustration below), is directly proportional to depth and density of the water, increasing by 0.43 pounds per square inch (PSI) for each additional foot of water depth. Deep-water exercise is helpful in reducing edematous swelling in the extremities by direct opposition of peripheral pooling of blood. This hydrostatic pressure also adds to overall balance in patients and may help to stabilize unstable joints. However, patients with acute or chronic respiratory depression (pneumonia, emphysema, bronchitis/bronchiectasis, etc.) are adversely affected by deep-water exercise since increasing hydrostatic pressure tends to resist chest wall expansion, limiting ventilation. Buoyancy aids should be utilized judiciously in these patients.

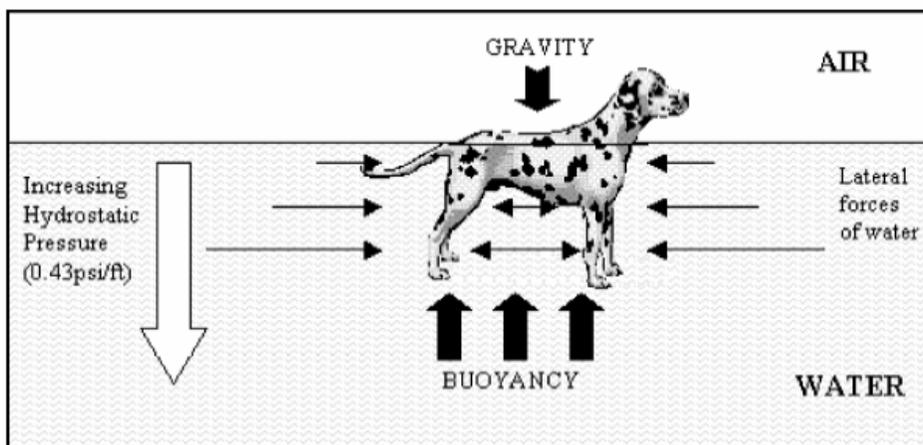
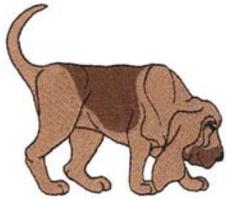


Fig. 1: Effect of increasing water depth on Hydrostatic Pressure. (Adapted from *Aquatic Exercise Therapy* -- Bates & Hanson 1996)

From: *Canine Hydrotherapy: Guidelines and Protocols for Musculoskeletal and Neuromuscular Rehabilitation*  
By Bruce S. Nwadike, DVM, DACVS *Southern Maryland Animal Rehabilitation Center*

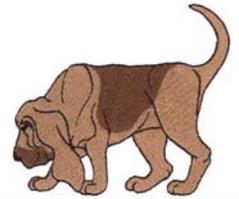


# The Splash !



## Sniff This!

*~A Look at Products NEW to our Industry~*



### *Better than Barefoot, FiveFingers™ Shoes Feature Individually Wrapped Toes*

SALT LAKE CITY – Vibram®, the worldwide leader in high performance soles, announces it is launching a cutting edge interpretation of a watersport approach shoe. FiveFingers™ is a unique glove-styled shoe with five individually wrapped toes, offering a barefoot sensation with the benefits of a Vibram sole for superior grip and protection from the elements. Ideal as an approach shoe for watersports such as surfing, windsurfing, sailing and other ocean sports, the shoes are also well suited for canoeing, kayaking, canyoneering and sport fishing.



“There are many advantages to going barefoot, it stimulates muscles in the feet and promotes a natural walking motion for better posture and improved foot health,” explains Tony Post, president of Vibram USA. “We’ve taken the best of barefoot walking and added a Vibram sole that protects the foot from the scorching earth and sharp rocks.”

FiveFingers™ features a proprietary Vibram sole designed to follow the contours and flex points of the foot and toes. It promotes a natural bare foot sensation, yet protects the foot from hot sand, rocks and sharp coral. The sole is razor siped, for additional grip in wet slippery conditions.

Available in Spring 2006, FiveFingers™ will be distributed in the US to a very limited number of premium outdoor retailers with expertise in and knowledge of high quality watersports products. It carries a suggested retail of \$70. FiveFingers was originally part of the limited and exclusive “Just For Me” shoe collection from Marco Bramani, grandson of Vibram founder Vitale Bramani. The shoe was launched through a small premium distribution network in Italy in late spring, where it sold out almost immediately.

Vibram® is recognized worldwide as the leader in high performance soles for outdoor, recreational, work and fashion footwear and is relied on by the world’s greatest climbers and athletes. Vibram® soles have set the standard since Vitale Bramani created mountaineering’s first rubber lugged sole in the late 1930’s. Vibram® soles have gone on to conquer Mt. Everest, K2 and a host of the world’s tallest peaks. Visit [www.vibram.com](http://www.vibram.com) for more information.

*Editors Note: If you are looking for more traction in your water therapy practice, this might be something to look into!*



*It's the shoe that fits like a glove Vibram's FiveFingers, in stores this spring, is a foot sheath that's admittedly odd but very effective at improving traction.*





# The Splash !

## Waggin' Tails

### Minty Fresh Biscuits

#### Ingredients:

1-1/2 cups flour  
1 cup whole wheat flour  
1/2 cup fresh grated Parmesan cheese  
3 tablespoons fresh chopped mint  
1 beaten egg  
3/4 cup milk  
1/3 cup extra virgin olive oil (EVOO)

#### Directions:

Combine the egg, milk and oil together.  
Then mix in remaining ingredients.  
Roll out on a floured surface into 1/4"-1/2" thick sheet.  
Cut into fun doggy themed shapes.  
Bake at 350 degrees for 10-15 minutes on a cookie sheet.  
For a crunchier biscuit, turn oven off and leave cookies in oven for two hours.

Store in an airtight container in fridge (for soft biscuits)  
Store in Ziplock bag (for crunchy biscuits)

### Why Does a Dog Pant?

A dog's panting is similar in function to a human sweating. Panting helps lower the dog's body temperature by the evaporative action of moving cool air over the tongue. The result is a cooler dog—provided the air is cooler than the dog. Dogs left in hot, parked cars with poor ventilation derive no benefit from panting because the air is warmer than the dog.

### Useful Links



The International Association of Animal Massage and Bodywork (IAAMB), a forum for animal massage and bodywork professionals to network and support each other, has published a listing of Animal Massage laws by state. You can find this listing at:

[www.iaamb.org/reference/state-laws-2005.html](http://www.iaamb.org/reference/state-laws-2005.html)

Visit the IAAMB website at: [www.iaamb.org](http://www.iaamb.org)

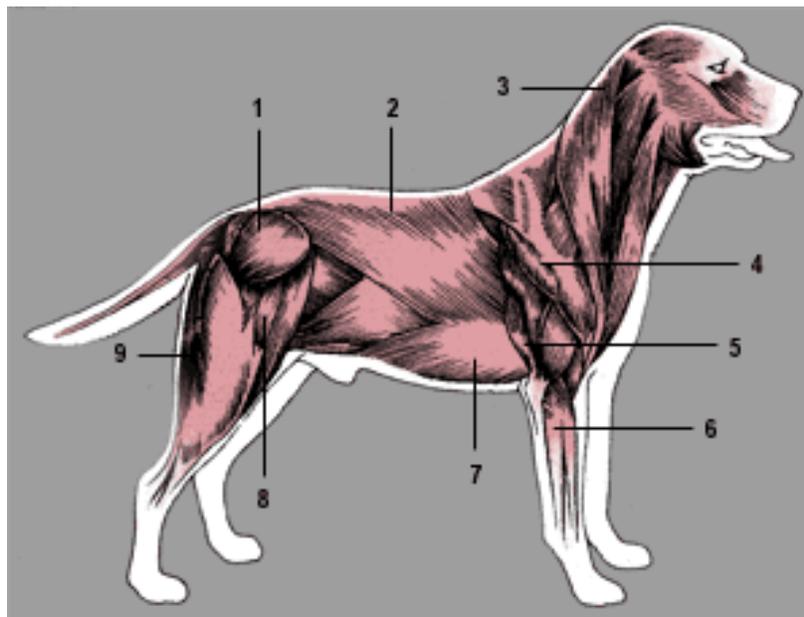
## Waggin' Tails



Look Mom...  
I'm  
Ready  
To  
Swim!!!

### Canine Muscle Refresher

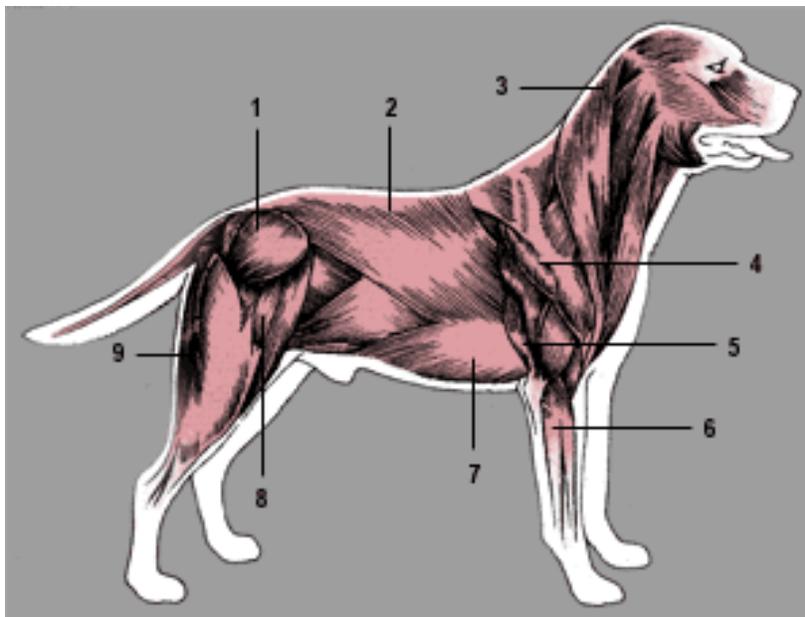
Can you identify the muscles (and/or their function) of the dog below? Answers on page 20.





# The Splash !

## Canine Muscle Refresher Answers



1. Gluteas and muscles which move the hip joint.
2. Latissimus dorsi.
3. Brachiocephalicus (neck muscles).
4. Muscles which move the shoulder.
5. Triceps (extends elbow).
6. Extensors of foot.
7. Pectorals.
8. Muscles which flex the hip to move the leg forward.
9. Biceps femoris and muscles which extend the leg.



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## Retriever finishes 72nd in Alcatraz Swim!

Associated Press — Aug. 3, 2005

SAN FRANCISCO — With a stomach full of scrambled eggs, Jake dog-paddled his way into history.

Organizers of the South End Rowing Club's 10th annual Alcatraz Invitational, a 1.2-mile swim from the infamous prison island to the San Francisco shoreline, say the 65-pound golden retriever is the first canine known to have made the crossing. He was the only dog among more than 500 swimmers who leapt into the chilly, choppy waters Saturday, coming in 72nd overall. His time was 41 minutes and 45 seconds.

The crowd cheered as 4-year-old Jake made his way onto solid ground, shaking sprays of water and dodging a woman who tried to put a medal around his neck. "It was colder and rougher than we thought it would be," said Jeff Pokonosky, Jake's owner and swim partner. "Jake amazed me. He was very focused. He started out really fast. I was trying to slow him down. He increased his pace to stay with the pack."

The pair live in San Diego and swim 4 miles a week and bodysurf together. And Jake always eats scrambled eggs before a big swim. Bill Wygant, president of the South End Rowing Club, said he was happy to allow a dog into the race, a first for the more than 100-year-old group. "This swim is about personal challenge," Wygant said. "Whether you are dog or human, it's whatever you can achieve that counts."



*A tennis ball is part of Jake's training regime*



*Jeff and Jake in the cold, choppy water*



*Jake was the only non-human to take the plunge*



*The crowd cheers as Jake finishes the swim and shakes off*



*Jake finished 72nd out of 500 swimmers!*



*Jake basks in the glory of his accomplishment!*

**See videos of Jake and his famous swim at:**

**<http://msnbc.msn.com/id/8787598/> and <http://www.ironmanwireless.com/jake.html>**

**THE SPLASH! will now be published according to the following schedule:**

Spring Edition (March/April/May)

Summer Edition (June/July/August)

Fall Edition (September/October/November)

Winter Edition (December/January/February)



# The Splash!

## Upcoming Training Opportunities

**The Heart of Canine Water Therapy - Level 1 Training ~ Instructor: Cindy Horsfall, LMP, SAMP, CWP**

March 26-30, 2006 (Sunday at 3pm to Thursday at 11am) ~ in WA State **(SOLD OUT)**

May 7-11, 2006 (Sunday at 3pm to Thursday at 11am) ~ in WA State **(NO LONGER AVAILABLE)**

July 30-August 3, 2006 (Sunday at 3pm to Thursday at 11am) ~ in WA State **(ONLY 2 SPOTS LEFT)**

**The Heart of Canine Water Therapy - Level 2 Training ~ Instructor: Cindy Horsfall, LMP, SAMP, CWP**

June 18-22, 2006 (Sunday at 3pm to Thursday at 11am) ~ in WA State **(SOLD OUT)**

September 24-28, 2006 (Sunday at 3pm to Thursday at 11am) ~ in WA State **(SOLD OUT)**

*Visit [www.lapawspa.com](http://www.lapawspa.com) for more information.*

## Member Discounts!

### FACILITY MEMBER DISCOUNTS

**GET YOUR NEW POOL AT FLORIDA NORTH!!!** This is a great pool.... And Bob and Dick at Florida North are offering members at the POOL LEVEL a \$500.00 discount on their already reasonably priced SWIM SPA!!! WOW. Check out these products at [www.floridanorth.com](http://www.floridanorth.com). Our friends Dan and Bob at Florida North are there to help you – just give them your ACWT POOL membership # and start preparing for your new pool or spa. Email or call them at 1-800-505-SWIM (7946).

### GET ALL YOUR POOL SUPPLIES at a HUGE

**SAVINGS!!!** Call our friends Phil Miller and Jim at Amerimerc and get a 15% discount on their already low, low prices on everything you need. These guys are dog lovers and they are so excited to help the ACWT and the world of water therapy for dogs. Check out their websites at [www.aqua-poolwarehouse.com](http://www.aqua-poolwarehouse.com) and [www.amerimerc.com](http://www.amerimerc.com). When you are ready to order – call Phil at 1-877-891-7665 with your ACWT Pool Membership # and start saving money today!!!

### ALL LEVEL MEMBER DISCOUNTS

**INNOVATIVE HEALTH ALTERNATIVES** for the Water (and Air!) are now yours at [www.ewater.com](http://www.ewater.com). Fred Van Liew has graciously offered discounts to ALL of our MEMBERS of up to 25% on his product line. We put an Etower in all of our pools and they are AMAZING!!! Upon receiving your MEMBERSHIP APPLICATION, we will send you the referral link that will get you our generous professional discount pricing.

### ALL LEVEL MEMBER DISCOUNTS

**AN EXTENSIVE LINE OF FUN THINGS!** Can be found at “All PETS GO TO HEAVEN” .... and they are offering every member of the ACWT a 10% discount! Thank you Teri (an ACWT Member)!!! Go to [www.allpetsgotoheaven.com](http://www.allpetsgotoheaven.com) and enjoy shopping!!!



### FULL SERVICE BAKERY & UNIQUE RETAIL STORE!

Happy Dog Healthy Dog (an ACWT Member) is offering a 10% discount to ACWT Members in their online retail store. Shop for wonderful bakery items, dog food, supplements, books, clothing for you and your dog, gift baskets of wonderful spa items and much more. Visit [www.happydoghealthydog.com](http://www.happydoghealthydog.com) today!

Editors note: I have made several purchases so far and the level of customer service is fantastic! From the custom tissue paper that all the items were wrapped in to the sample of fresh baked cookies, I am hooked. So, support your fellow ACWT Member and place an order soon!



**DO YOU HAVE A SPECIAL EVENT PLANNED AT YOUR POOL?**

**DO YOU KNOW OF A SPECIAL TRAINING OPPORTUNITY?**

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**WOULD YOU LIKE YOUR POOL, SERVICES OR BUSINESS FEATURED?**

**PLEASE LET US KNOW SO THAT WE CAN INCLUDE IT IN A FUTURE ISSUE OF THE SPLASH!**



# The Splash !



## MEMBERSHIP APPLICATION

\_\_\_\_\_  
Your Name Date

---

\_\_\_\_\_  
Business Name Website Address

---

\_\_\_\_\_  
Type of Business

---

\_\_\_\_\_  
Services that you provide

---

\_\_\_\_\_  
Address

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\_\_\_\_\_  
Email Address Phone Number(s)

**Check the Level of Membership you are applying for below:**  
*If you need additional information on any level, please visit [www.caninewatertherapy.com](http://www.caninewatertherapy.com).*

	<u>Amount Enclosed:</u>
<input type="checkbox"/> Pool/Treadmill/Facility Owner ~ \$175 (renewal rate will be \$150)	_____
<input type="checkbox"/> For Directory purposes, check this box if you also work in the water	
<input type="checkbox"/> For Member Benefit purposes, check this box if you are also a veterinarian	
<input type="checkbox"/> Therapists/Swim Assistants/Students ~ \$75 (renewal rate will be \$60)	_____
<input type="checkbox"/> Supporting Veterinarians ~ \$55	_____
<input type="checkbox"/> Supporting Businesses ~ \$45	_____
<input type="checkbox"/> Supporting Friends ~ \$30	_____

**Additional Services Available (check all that apply):**

Your own email account/web-mail box ~ \$25 \_\_\_\_\_  
*If you chose this option, list 2 preferences (ie: [chorsfall@caninewatertherapy.com](mailto:chorsfall@caninewatertherapy.com))  
for your email address below:*

\_\_\_\_\_

Your own custom webpage (as a subpage of the ACWT website) ~ \$150 \_\_\_\_\_  
*If you are choosing this option, we will send you a packet to get you started on your  
own custom webpage.*

The Splash, ACWT's quarterly Newsletter, printed and mailed to you ~ \$25 \_\_\_\_\_  
*The Splash is mailed to Facility Owners in printed format and is available to all  
members free via the website. Check this option if you would prefer to have the  
issues published in your membership term mailed to you in printed format.*

Additional contribution to benefit our organization (any amount) \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

*\*(while supplies last)*





# The Splash !

## The 5 Levels of A.C.W.T. Membership

- ◆ All levels of membership will enjoy receiving and will have the option to contribute to our Newsletter “The Splash!” A fun newsletter full of interesting articles and the latest and greatest for our industry. Facility owner members will receive a complimentary printed subscription.
- ◆ All levels of membership will have an option to buy their own web sub-page and/or email account.
- ◆ All levels of membership will enjoy exclusive member only discounts that can easily pay for your dues.

**BESIDES THE ABOVE, EACH LEVEL OF MEMBERSHIP ALSO INCLUDES....**

### *Facility Owners -Pool/Treadmill Canine Therapy-Introductory Price for Annual Dues (US\$) is \$175.00*

- ◆ Your membership includes your listing in our widely distributed directories.
- ◆ You will save money with our exclusive discounts from major suppliers in our industry –offered to this level of membership only.
- ◆ As a member, you will have use of our dynamic member LOGO in your literature.
- ◆ If you are also a therapist, you will also enjoy a complimentary dual listing.
- ◆ If you are also a veterinarian, you will get a special # to participate in our vet-only forums.
- ◆ Enjoy networking with your colleagues around the world via our member-only forums.
- ◆ Share information on water maintenance, valuable marketing tips and business support.
- ◆ Our open forums and available information will be a resource for your clients.

### *Regular-Therapists/Students of the Work-Introductory Price for Annual Dues (US\$) is \$75.00*

- ◆ Your membership includes your listing in our widely distributed directory.
- ◆ As a member, you will have use of our dynamic member LOGO in your literature.
- ◆ Expand your education and training.
- ◆ Enjoy networking with your colleagues around the world via our member-only forums.
- ◆ This Association is a professional group of individuals who are dedicated to becoming the best that they can be.
- ◆ Get your questions asked and answered; expand your learning with our web community of like minded people.
- ◆ Our open forums and available information will be a resource for your clients.
- ◆ You will also enjoy receiving, and contributing to, our Newsletter “The Splash”.
- ◆ If you are considering buying a pool/treadmill or operating a facility yourself someday, you may consider upgrading your membership to the Facility Level where you will experience all these benefits plus valuable pool-member discounts and support.

### *Supporting Veterinarians-Introductory Price for Annual Dues (US\$) is \$55.00*

- ◆ Includes your listing in our Supporting Veterinarian Directory and in our Newsletter.
- ◆ Your membership will instantly open yourself up to a network of potential clients who seek the best care for their animals.
- ◆ You will also have access to information and our directories of pools and therapists in your area so that you can educate and refer your clients.
- ◆ We will have a private forum for veterinarians only so that you can network with your colleagues.

### *Supporting Businesses-Introductory Price for Annual Dues (US\$) is \$45.00*

- ◆ Includes your listing in our Supporting Businesses Directory and in our Newsletter.
- ◆ Our members are a unique group and your membership will instantly open yourself to this network of potential customers.

### *Supporting Friends-Introductory Price for Annual Dues (US\$) is \$30.00*

- ◆ For those who love animals and who also may be clients of this work, your membership will give you access to a network of people on our community website who are dedicated to helping you.
- ◆ Get your questions asked and answered in our forums and enjoy the extensive information available on our site.

***And finally, as a member, you get to enjoy the fact that you are helping to support a worthy organization, dedicated to the world of animal health care. Thank you!***



# The Splash!

## Member Directory

### MEMBER POOLS & TREADMILLS

#### All Dogs Pool & Spa

*(coming Summer of 2006)*  
**Owner:** Megan Anderson  
**Business Phone:** 360-659-4688  
**Location:** Tulalip, WA  
**Email:** alldogs1@verizon.net  
**Website:** coming soon...

#### Aquadog Spa

**Owner:** Cindy Hickman  
**Business Phone:** 253-630-3340  
**Location:** Kent-Covington Area, WA  
**Email:** cindy@aquadogspa.com  
**Website:** www.aquadogspa.com

#### Art's Canine Swim Spa

*(actual name TBA...coming soon)*  
**Owner:** Karen Theusen  
**Business Phone:** coming soon...  
**Location:** Bellingham, WA  
**Email:** karentheusen@hotmail.com  
**Website:** coming soon...

#### Canine Fitness Center

**Owner:** Maury Chaput  
**Business Phone:** 410-923-SWIM  
**Location:** Crownsville, MD  
**Email:** maury@caninefitnesscenter.com  
**Website:** www.caninefitnesscenter.com

#### Happy Tails Resort & Spa

**Owner:** Beth Meyer  
**Business Phone:** 253-939-3494  
**Location:** Auburn, WA  
**Email:** beth@happytailsresort.com  
**Website:** www.happytailsresort.com

#### Healthy People Healthy Pets

**Owner:** Eva Gellert  
**Business Phone:** 770-457-4420  
**Location:** Atlanta, GA  
**Email:** thepetaway@yahoo.com  
**Website:** www.healthypeoplehealthypets.com

#### Heavenly Spa

**Owner:** Teri Sahn  
**Business Phone:** 425-222-7221  
**Location:** Fall City, WA  
**Email:** teri@allpetsgotoheaven.com  
**Website:** www.allpetsgotoheaven.com

#### La Paw Spa

**Owner:** Cindy Horsfall  
**Business Phone:** 425-222-WOOF (9663)  
**Location:** Fall City, WA & Edmonds, WA  
**Email:** cindy@lapawspa.com  
**Website:** www.lapawspa.com

#### K9 Aquatics

*(coming in 2006)*  
**Owner:** Sandy Fisher & Doris Kopp  
**Business Phone:** coming soon...  
**Location:** Sammamish, WA  
**Email:** info@k9aquatics.com  
**Website:** www.k9aquatics.com

#### K9 Hydrotherapy Inc.

**Owner:** John Lambert  
**Business Phone:** 952-922-9366  
**Location:** St. Louis Park, MN  
**Email:** info@k9hydrotherpayinc.com  
**Website:** www.k9hydrotherapyinc.com

#### Mega-Dogs!

**Owner:** Karen Hunter  
**Business Phone:** 866-MEGA-DOG  
**Location:** Woodinville, WA  
**Email:** swim@mega-dogs.com  
**Website:** www.mega-dogs.com

#### Pampered Paw Swim Spa

**Owner:** Tonita Fernandez  
**Business Phone:** 360-802-4986  
**Location:** Enumclaw, WA  
**Email:** tonita@pamperedpawswimspa.com  
**Website:** www.pamperedpawswimspa.com

#### Paws To Swim

**Owner:** Deborah Logerfo  
**Business Phone:** 804-749-4972  
**Location:** Rockville, VA  
**Email:** pawstoswim@verizon.net  
**Website:** www.pawstoswim.com

#### Pawsitively Pooched, Ltd.

**Owner:** Carrie Smith & Brenda Williams  
**Business Phone:** 403-241-5030  
**Location:** Calgary, Canada  
**Email:** carries@caninewatertherapy.com & brendaw@caninewatertherapy.com  
**Website:** www.pawsitivelypooched.com

#### Sit, Stay, Swim

*(coming in 2007)*  
**Owner:** Judith Huff and Cherie Hogland  
**Business Phone:** 804-749-4972  
**Location:** Rockford, IL  
**Email:** jkhuff@insightbb.com & chogland@aol.com  
**Website:** coming soon...

#### SplashDog Spa

**Owner:** Melissa Barran  
**Business Phone:** 206-546-5309  
**Location:** Edmonds, WA  
**Email:** topdog@splashdogspa.com  
**Website:** www.splashdogspa.com

#### Sumner Veterinary Hospital

**Owner:** Kathy Sheeran  
**Business Phone:** 253-863-2258  
**Location:** Sumner, WA  
**Email:** Dr.Sheeran@sumnervet.com  
**Website:** www.sumnervet.com

#### The Boston Dog Spa

*(coming in Fall 2006)*  
**Owner:** Pamela Tewes  
**Business Phone:** coming soon...  
**Location:** Massachusetts  
**Email:** ptewes@caninewatertherapy.com  
**Website:** coming soon...

#### The Dog Run, NYC

**Owner:** Stacy Alldredge & Mary Connelly  
**Business Phone:** 212-414-2500  
**Location:** New York, NY  
**Email:** thedogrun\_nyc@msn.com  
**Website:** www.thedogrun-nyc.com





# The Splash!

## Member Directory

### MEMBER THERAPISTS, CANINE SWIM SPECIALISTS & STUDENTS OF THE WORK

#### Stacy Alldredge

**Company:** The Dog Run, NYC  
**Business Phone:** 212-414-2500  
**Location:** New York, NY  
**Email:** thedogrun\_nyc@msn.com  
**Website:** www.thedogrun-nyc.com

#### Megan Anderson

**Company:** All Dogs Pool & Spa  
**Business Phone:** 360-659-4688  
**Location:** Tulalip, WA  
**Email:** alldogs@northwestmail.net

#### Patricia Cool

**Company:** New facility coming soon  
**Location:** Granite Falls, WA

#### Tonita Fernandez

**Company:** Pampered Paw Swim Spa  
**Business Phone:** 360-802-4986  
**Location:** Enumclaw, WA  
**Email:** tonita@pamperedpawswimspa.com  
**Website:** www.pawsitivelypooched.com

#### Cathy Gallagher, LMP, SAMP

**Business Phone:** 425-222-7221  
**Location:** Heavenly Spa, WA  
**Email:** Cathy.Gallagher@att.net

#### Eva Gellert

**Company:** Healthy People Healthy Pets  
**Business Phone:** 770-457-4420  
**Location:** Atlanta, GA  
**Email:** thepetaway@yahoo.com  
**Website:** www.healthypeoplehealthypets.com

#### J Linn Black Henline, LMP, SAMP

**Company:** JLinn  
**Business Phone:** 425-673-9573  
**Location:** SplashDog Spa, WA  
**Email:** jlinn@jlinn.net  
**Website:** www.jlinn.net

#### Cindy Hickman, LMP, SAMP

**Company:** Aquadog Spa  
**Business Phone:** 253-630-3340  
**Location:** Kent-Covington Area, WA  
**Email:** cindy@aquadogspa.com

#### Melody Horne

**Company:** New facility coming soon  
**Location:** New Durham, NH

#### Cindy Horsfall, LMP, SAMP, CWP

**Company:** La Paw Spa  
**Business Phone:** 425-222-9663  
**Location:** Fall City & Edmonds, WA  
**Email:** cindy@lapawspa.com  
**Website:** www.lapawspa.com

#### Cherie Hogland

**Company:** Sit, Stay, Swim  
**Business Phone:** 804-749-4972  
**Location:** Rockford, IL  
**Email:** jkhuff@insightbb.com

#### Judith Huff

**Company:** Sit, Stay, Swim  
**Business Phone:** 804-749-4972  
**Location:** Rockford, IL  
**Email:** chogland@aol.com

#### Carmen Kolz

**Company:** Canine Underwater Treadmill, LLC  
**Business Phone:** 937-684-5921  
**Location:** Dayton, OH  
**Email:** ckolz@aol.com  
**Website:** www.canineunderwatertreadmill.com

#### John Lambert

**Company:** K9 Hydrotherapy Inc.  
**Business Phone:** 952-922-9366  
**Location:** St. Louis Park, MN  
**Email:** info@k9hydrotherpayinc.com  
**Website:** www.k9hydrotherapyinc.com

#### Debbie LaMonica, LMP, SAMP

**Company:** Andante Bodyworks  
**Business Phone:** 425-231-0235  
**Location:** SplashDog Spa, WA  
**Email:** vivacewhippets@comcast.net

#### Michele Lang, LMP, SAMP

**Company:** Creature Comforts  
**Business Phone:** 425-753-6008  
**Location:** SplashDog Spa, WA  
**Email:** Michele@creaturecomfortsmassage.com  
**Website:** www.creaturecomfortsmassage.com

#### Barbara Lierson

**Company:** New facility coming soon  
**Location:** Renton, WA

#### Deborah Logerfo

**Company:** Paws to Swim  
**Business Phone:** 804-749-4972  
**Location:** Rockville, VA  
**Email:** pawstoswim@verizon.net  
**Website:** www.pawstoswim.com

#### Diane Mayer

**Company:** Happy Dog Healthy Dog  
**Business Phone:** 302-428-1919  
**Location:** Wilmington, DE  
**Website:** www.happydoghealthydog.com

#### Beth M. Meyer

**Company:** Happy Tails Resort & Spa  
**Business Phone:** 253-939-3494  
**Location:** Auburn, WA  
**Email:** beth@happytailsresort.com  
**Website:** www.happytailsresort.com

#### Michelle Moran

**Company:** New facility coming soon  
**Location:** Cedar Rapids, IA

#### Karen Rowan

**Company:** New facility coming soon  
**Location:** Indian Trail, NC

#### Cassie Sawyer, LMP, SAMP

**Business Phone:** 206-935-3615  
**Location:** Heavenly Spa, WA and AquaDog Spa, WA  
**Email:** WeePawsMail@aol.com

#### Denny Seabright

**Company:** New facility coming soon  
**Location:** Winchester, VA

#### Carrie Smith

**Company:** Pawsitively Pooched, Ltd.  
**Business Phone:** 403-241-5030  
**Location:** Calgary, Canada  
**Email:** carries@caninewatertherapy.com  
**Website:** www.pawsitivelypooched.com

#### Carol Swindaman

**Business Phone:** 425-222-7221  
**Location:** Heavenly Spa, WA  
**Email:** spawcs@gte.net



## Member Directory

### MEMBER THERAPISTS, CANINE SWIM SPECIALISTS & STUDENTS OF THE WORK *(Continued)*

#### Pamela Tewes

**Company:** New facility coming soon  
**Location:** West Roxbury, MA

#### Cathy Toner

**Company:** Happy Dog Healthy Dog  
**Business Phone:** 302-428-1919  
**Location:** Wilmington, DE  
**Website:** www.happydoghealthydog.com

#### Gina Whipkey

**Company:** New facility coming soon  
**Location:** Bend, OR

#### Alison White

**Company:** New facility coming soon  
**Location:** Orange County, CA

#### Brenda Williams

**Company:** Pawsitively Pooched, Ltd.  
**Business Phone:** 403-241-5030  
**Location:** Calgary, Canada  
**Email:** brendaw@caninewatertherapy.com  
**Website:** www.pawsitivelypooched.com

### SUPPORTING VETERINARIANS

#### Animal Healing Center

**On Staff:** Dr. Larry Siegler  
**Business Phone:** 425-885-5400  
**Location:** Redmond, WA  
**Website:** www.animalhealingcenter.com

#### Puget Sound Animal Hospital for Surgery, P.S.

**On Staff:** Dr. Mark Engen & Dr. Byron Misseghers  
**Business Phone:** 425-827-5686  
**Location:** Kirkland, WA

#### Sumner Veterinary Hospital

**On Staff:** Kathy Sheeran  
**Business Phone:** 253-863-2258  
**Location:** Sumner, WA  
**Email:** Dr.Sheeran@sumnervet.com  
**Website:** www.sumnervet.com

### SUPPORTING BUSINESSES

#### Fur Haven Canine Camp

*A unique boarding experience*  
**Owner:** Mary DeFillippo  
**Business Phone:** 425-290-2255  
**Location:** Snohomish, WA  
**Email:** maryfurhaven@earthlink.net

#### Gold Canyon Candle - Independent Distributor

*Candles & votives for your home & spa*  
**Owner:** Amy North  
**Location:** USA  
**Email:** anorth3@cox.net  
**Website:** www.mygccandle.com/amyn

#### Mystic Mountain Retreat

*Specializing in special needs pets*  
**Owner:** Cindy Hill  
**Business Phone:** 360-794-6388  
**Location:** Monroe, WA  
**Email:** mysticmountainretreat@hotmail.com  
**Website:** www.mysticmountainretreat.com

#### Pension Design & Administration, Inc.

*Retirement plan consulting & admin.*  
**Owner:** Doris Kopp  
**Business Phone:** 425-688-8220  
**Location:** Bellevue, WA  
**Email:** doris@pensiondesign.com  
**Website:** www.pensiondesign.com

#### Puppy Manners

*The most popular puppy class in Seattle*  
**Owner:** Becky Bishop  
**Business Phone:** 425-482-1057  
**Location:** Woodinville, WA  
**Email:** becky@puppymanners.com  
**Website:** www.puppymanners.com

#### Sam's Dog Hut

*Doggie Wraps and Swimwear*  
**Owner:** Sheila Palme  
**Business Phone:** 715-262-4566  
**Location:** Prescott, WI  
**Email:** samsdoghut@centurytel.net

#### Synchronicity

*All facets of marketing communications*  
**Owner:** Charlie Comstock  
**Business Phone:** 360-461-3155  
**Location:** can service anyone, anywhere  
**Email:** ccomstock@direcway.com

#### The Lodge at Cardiff's

#### A Canine Country Club and Spa

*Dog suites on 20 acres*  
**Owner:** Susan Von Beck  
**Business Phone:** 425-788-8449  
**Location:** Duvall, WA  
**Email:** Hunterdonfarms@aol.com  
**Website:** www.lapawspa.com/thelodge

### SUPPORTING FRIENDS

Lisa Van Horn and Dugan  
Catherine Lisa Van Camp  
Nicholas, John and Heidi  
Lisa and Uncle Bookney  
Jean and John Horsfall  
Gretchen and Gunther  
Julie Hess and Annie  
Sedalana Shepherds  
Kristin and Cooper  
Carrie and Owen  
Ann Schurman  
Anita Gehring  
Rebeca Berni  
Bella Wright  
Kathe Roat



See a complete listing  
with more details at:  
[www.caninewatertherapy.com](http://www.caninewatertherapy.com)

If you are a member and would like to receive a printed version of this newsletter,  
mail a check for \$25 (for four quarterly issues) to: ACWT, 325 E. Washington St., #237, Sequim, WA 98382