

2nd Edition / November 2014

GROOVY

Pet Wellness 🐾 Pet Lifestyle

Magazine

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Lucia Sudjiat and Juda Adisusanto
in Melbourne, Australia, 2012

Life Goes On

We, the Groovy family, are deeply saddened by the loss of GROOVY founder and my wife, Lucia Sudjiat. At the age of 53, she suddenly passed away. But life goes on – and so does her legacy. We are committed to continue all that she began, with the same passion she had for pets and for people. That's why we are proud to present to you the second edition of GROOVY Magazine.

When Lucy founded Groovy, the pet store and company, almost 25 years ago, it was out of a hobby due to the fondness of pets. But throughout the years, her love and passion for animals became her and our life. In the process, she changed many lives, four-legged and two-legged, in countless ways.

Today, Groovy consists of four pet stores, located in Kemang, Radio Dalam, BSD and Bintaro; one boarding facility; one Pet Transport company as well as one Vetcare Clinic. Lucy's vision was to educate people that pets are lifetime companions, in good times and in bad. She cared for animals the same way she cared for humans. But she often said that animals are helpless and need our help more. Her vision to be the best partner in keeping pets healthy, handling pets safely, and giving them the best products is, therefore, the foundation for all our work at Groovy.

She strongly believed that it is our responsibility to change the way pet owners, whom we call PAWrents (pet parents), care for and manage their companion animals. This was also her vision for this magazine: to improve the quality of life for all pets by fostering understanding and sharing our know-how with you.

Please stay in touch with us and let us know how we can help you and your pets lead a fulfilled life.

Juda Adisusanto
Groovy CEO

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Glenn Fredly with Snoop & Melody.
Photograph by Kelik Broto.
Styling by Bunlay.
Location: Mitra Hadiprana,
Jl. Kemang Raya no. 30, Jakarta 12730.



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PHOTO: GROOVY DOG & SHUTTERSTOCK

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In Memoriam: *A Groovy Life* *Lucia Sudjiat (1961 - 2014)*

THE BELOVED GROOVY FOUNDER AND CEO SUDDENLY PASSED AWAY ON OCTOBER 7, 2014. HER PASSION AND LOVE FOR ANIMALS CHANGED THE WAY PEOPLE VIEW AND TREAT PETS AS WELL AS THE PET INDUSTRY IN INDONESIA. By Andrea Deierlein



Ibu Lucy, also called Mam Lucy by the Groovy family, was a pioneer, trailblazer, and a whirlwind of activity. Her head was always full of ideas, which she eloquently shared in BBM, e-mail, Facebook, WhatsApp messages and by phone with her big network.

Driven by her vision to make Indonesia a better place for pets, to have people consider companion animals as lifelong, four-legged family members and to give them the best possible care, she is leaving behind a legacy that changed pet stores, vetcare clinics, and the pet relocation business. "When we entered this industry, everybody woke up and became aware that what they were doing is not enough," says her husband

Juda Adisusanto, who joined Groovy in 1997 and continues to lead the company.

Back in 1990, when Ibu Lucy, together with her friend Ibu Debbie founded Groovy, Groovy was the first pet shop in Kemang. Pak Juda still remembers the very first loyal Groovy customer who, at their first encounter, asked Ibu Lucy to correctly name his dog's breed. That dog was a Schnauzer, a breed Ibu Lucy was very fond of. Coincidentally, she learned grooming from an old European lady who owned a lot of Schnauzers. A lifelong animal lover, who grew up with monkeys, birds, and dogs, Ibu Lucy, of course, took one of her teacher's dogs home.

PHOTO: GROOVY DOC

Groovy started the same year Ibu Lucy and Pak Juda were married. "We looked for the best business to develop for her, to make her busy," shares Pak Juda. "We never thought and dreamt at that time that Groovy would become as big as it is today."

It took tremendous effort, energy, and enthusiasm to make Groovy known as the ultimate partner for pet wellness. Although it was "quite difficult to move ahead and required long effort to keep our customers, one by one," Ibu Lucy excelled and thrived at personal relationships. She brought joy, laughter and fun into the business and deeply cared for every single person and furry friend who came through Groovy's doors. The Groovy staff of now 80 people was her family, with whom she celebrated Christmas, the breaking of the fast (Buka Puasa) at Ramadan, weddings and births. Many of the Groovy customers became dear family friends, like Dora Alexandra Soewardjan, who remembers the Groovy founder personally groom her old-English Paddington Bear 20 years ago, when Dora was 14.

In addition to introducing organic, holistic, and all-natural pet food and products to the Indonesian market, Ibu Lucy focused very strongly on community building. Everything she did was from the pet owner's point of view to give the best possible products, treatments, and opportunities to pets. She recognized the need for a community, where dogs and their PAWrents could come together for socializing and training, which started the PAWrenting event series in 2012. Earlier, Ibu Lucy brought humane dog training to Indonesia, with the help of renowned dog behaviorist Lance Tan from Singapore.

But her quest for education on behalf of animal wellness did not stop there. Upon founding the Groovy Vetcare Clinic in 2008, Ibu Lucy realized the need for better education for Indonesian veterinarians. Committed to provide the best possible service and equipment to all patients, she strongly guided the training and development of the Groovy staff and clinic. She worked closely and consulted with international veterinarians, always striving to improve vetcare in Indonesia. One of her long-term dreams was to change the system how veterinarians are trained at universities.

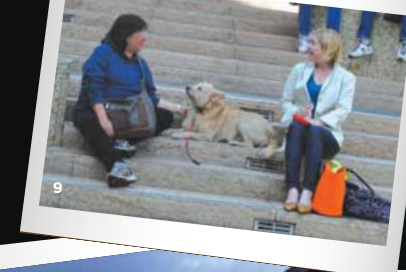
While Ibu Lucy will not see the completion of her dream veterinarian clinic (the expansion process for Groovy Vetcare began in August 2014), Pak Juda and the Groovy family are committed to continue her legacy with the same passion and love she started Groovy almost 25 years ago.

Ibu Lucy leaves behind this world a better place. She changed countless lives, four-legged and two-legged, in many, quiet ways. On the morning she passed away, all 14 dogs, 5 cats, and 2 birds became very quiet at her home, as if they knew their beloved Ibu would not return. Whenever she went away, Deknoi, her poodle, almost always used to sleep near the front door and her beagle Snoopy cried for her return.

Life at her home and at Groovy will be much quieter without Mam Lucy's laughter and idea sharing. But life goes on as her light will continue to shine. 🐾



- 1990** Ibu Lucy opened Groovy Pet Shop on Jl. Kemang Raya no. 114
- 1995** Groovy Pet Shop moved to Jl. Kemang Raya no. 44 (its current location). Groovy Boarding Facility opened in Gunung Sindur
- 1997** Groovy Pet Transport was founded as the first pet relocation company in Indonesia
- 2006** Groovy Pet Shop opened in Radio Dalam
- 2008** Groovy Vetcare Clinic was founded
- 2012** Groovy Pet Shop opened in BSD. First PAWrenting event took place
- 2014** Groovy Pet Shop opened in Bintaro. GROOVY Magazine was launched.



"Sooo very sorry for the Groovy pet family's loss... It's a loss for everyone that has used the transport company for moving our fur children. May she rest in peace and may the Groovy work in her memory. Thoughts and prayers are with you all..."
 - Sharon Rounding, as posted on the Groovy Pet Supplies & Services Facebook wall on October 9, 2014



"I knew you in 2003, when I brought my dogs to your shop. I don't know how it started when you & your husband became family best friends and very dear to my mother. We shared ideas, good food, disappointment of surroundings, and laughs. We are not in the same business, but we shared passion and big dreams on what we do. Frustration comes and goes during our journey in reaching our big dreams, but I am a witness of your great soul. A great soul serves everyone all the time. A great soul never dies. We begin to remember not just that you died, but that you lived. And that your life gave us memories too beautiful to forget. You will be missed Tante Lucy."
 - Vie WirahadiKusumah, as posted on Ibu Lucy's Facebook wall on October 8, 2014

"Dear God. Thank you for having Lucy in my life. Thank you for sharing her life with us. I know you love her more than us in this world. You have given her a wonderful, loving & happy life. She is now with you, her Creator. Thank you, God. Lucy, we will meet each other one day, till then... Rest In Peace, dear."
 - Pinky Warouw Wickiser, as posted on Ibu Lucy's Facebook wall on October 7, 2014



1. Already an animal lover at young age, 1976.
2. At the Groovy Christmas party, 2013.
3. With Bob Sadino, 2013.
4. At the first PAWrenting event, 2012.
5. At the South Paws Clinic, Melbourne, 2012.

6. At the GROOVY Magazine photo shoot, 2014
7. With Zahra, 2014
8. Fun with the Groovy Family, 2012
9. Making new friends in San Francisco, CA, 2011
10. Swimming with Jordan, 2012

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Electric Youth!

Feeling old? Defy the hands of time and discover renewed vigor and energy by following these tips.

By Maria Zarah Gregorio Viado

Age is just a number. However, age also prompts the onset of many age-related afflictions. Though some may be genetic in nature, many stem from habits developed over time. The good news is that habits can be changed — with a good amount of willpower and determination.

Pet owners have a distinct advantage over those without canine or feline companionship. It has been proven that people with cats reduce their risk of dying from a heart attack by 40%. Furthermore, since cats and dogs can substitute for human companionship, pet ownership reduces loneliness and depression, emotions connected to early mortality.

Aging gracefully begins with being in tune with your mind and body, and paying attention to what you do and what you eat. Here are some tips to consider:

✦ EAT WELL

Making smarter food choices can add years to your life. Include some anti-aging foods, such as nuts, yogurt, fish and blueberries — to your regular diet.

For your pet, choose holistic pet food, packed with balanced amounts of protein, vitamins and minerals.

✦ EXERCISE DAILY

Engaging in regular exercise also has anti-aging benefits, such as a youthful

glow, strengthening of bones and better balance. Walking with your pet can be one of your activities, as well as indulging him/her with a massage for better circulation.

✦ PLAY TOGETHER

Interactive play can be a source of stimulation for you and your pet. It also improves your bond and reduces stress.

✦ LIVE IN THE MOMENT

Being a pet owner helps you to be mindful all the time and allows you to enjoy the present. It also increases flexibility, allowing you to be ready for whatever comes your way.

✦ LAUGH OUT LOUD

Laughter is the best medicine. Do it often and very loudly.

✦ DISCOVER NEW PLACES

Check out the new pet café or visit the pet-friendly mall. Having a pet provides you more opportunities to visit new places.

✦ MAKE NEW FRIENDS

Pets are great conversation starters. They are also sociable and provide leeway to talk to strangers and make new friends.

✦ LEARN A NEW SKILL

Whether it's a new language, reading or origami, you also need to keep your mind active.

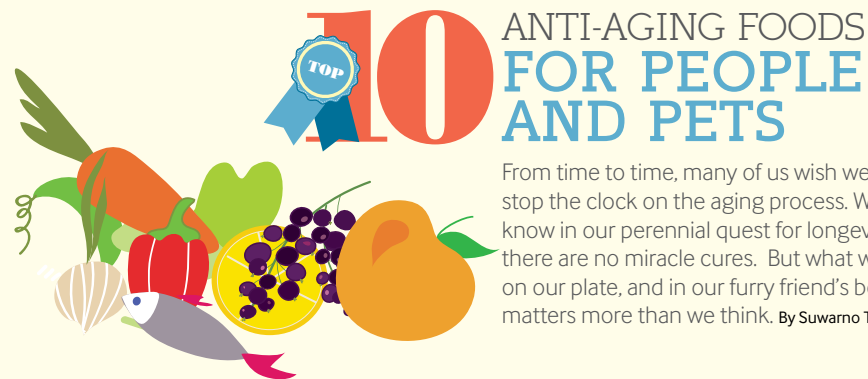
✦ VOLUNTEER AND HELP OTHERS

Putting others first feeds the soul. Find out what you can do for your local pet shelter.

✦ PET, HUG AND CUDDLE OFTEN

Touch is as important to humans as it is to pets. Express your love for your pet every chance you get. 🐾

PHOTO: SHUTTERSTOCK.



From time to time, many of us wish we could stop the clock on the aging process. We all know in our perennial quest for longevity, there are no miracle cures. But what we put on our plate, and in our furry friend's bowl, matters more than we think. By Suwarno Taryadi

The top 10 youth boosters are all nature's best:

- 1 BANANA**
Contains beauty-boosting vitamins A, B, C and E, iron, zinc, potassium, amino acids and antioxidants that provide nutrients to you and your furry friend's skin and hair (or fur).
- 2 BLUEBERRIES**
Loaded with phytochemicals, fiber, vitamins C and E and antioxidants, blueberries are a great treat for your dog.
- 3 BROCCOLI**
Increases the production of enzymes that clear toxins from the body, and is a great source of fiber and vitamin C. When your dog chews on this veggie, it can naturally help to clean their teeth.
- 4 CARROTS**
Full with beta carotene. Eating just one carrot a day significantly reduces the effects of some illnesses and diseases as well as aging. Carrots can also be given as healthy snacks to dogs, as an alternative to packaged treats. Dogs love the taste of it.
- 5 KELP**
Powerhouse of vitamins and minerals, with numerous benefits for dogs as well, such as: better digestion, shinier coat and softer, healthier skin.
- 6 OLIVE OILS**
Helps prevent age-related diseases. And for canines, aside from the doggone good taste, it defends the immune system and extends canine longevity.
- 7 SALMON**
A good source of omega-3 fatty acids to support the immune system. This fish is also beneficial for skin and coat health. Salmon may bring relief to dogs with allergies, too. But make sure it's cooked before serving, as raw salmon can carry parasites that can make your dog sick.
- 8 SPINACH**
Popeye's favorite veggie is high in iron. It also contains flavonoids and carotenoids that have anti-inflammatory and anti-cancer properties for your dog's health.
- 9 SWEET POTATOES**
A source of dietary fiber, vitamins B6 and C, and beta carotene. Sweet potatoes are great sliced and dehydrated as a chewy treat for your dog.
- 10 WATER**
Flushes waste out of our system and keeps the skin hydrated, acting as an internal moisturizer. Change your pet's water bowl daily and refresh it with clean water! 🐾

PHOTO: SHUTTERSTOCK.

Let's Get Physical!

Join the exercise bandwagon and develop physical strength with your pet.

By Maria Zarah Gregorio Viado



Bring out the sweat pants and sports shoes! There is no better time than the present to start a healthy habit. Regular exercise is beneficial at any age, but it is even more important for people who are advanced in years. It is a fact that older people have lower levels of energy and tend to become inactive due to certain ailments or limitations. The same goes for dogs.

However, studies show that regular exercise and physical activity can help slow down the aging process. A steady exercise regimen contributes to an overall youthful glow and improves brain function, because physical activity increases blood flow to the brain. Furthermore, doing exercises helps maintain your muscle mass, strengthens bones, and provides you with better balance and stability.

You and your dog need not succumb to the limitations of getting older. A study done by researchers from Michigan State University states that those with dogs, on average, get 30 minutes of exercise per week, compared to those without dogs. In addition, a study at the University of Missouri reported that dogs are better exercise companions than humans. They are more consistent and can out-match your

energy levels on any given day. A big plus is that they can also help raise your endorphin level, which directly reduces stress. It's a win-win situation.

But before embarking on your road to fitness, be smart and take a trip to your doctor's office first. Make sure you have a clean bill of health and inform your doctor of what exercise regimen you are planning to undertake. Once you are given the go signal, you can then proceed accordingly. But don't forget your exercise partner! Take your dog on a trip to the vet and make sure he/she also gets a check-up. Then you're all set.

Start slow and eventually build up your exercises. Also, keep yourself hydrated by always bringing a water bottle with you. An effective yet not-so-strenuous exercise is walking. Begin with short distances and over time go for longer walks. Research in humans showed that walking 30 to 50 minutes, three or four times a week, can increase blood flow to the brain by 15 percent! You may also want to join a doggy boot camp where owners and dogs can enjoy a myriad of activities together. Whatever the exercise regimen you choose, don't forget to be safe and have fun! Enjoy! 🐾

PHOTO: SHUTTERSTOCK



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CALMING PETS *with* PHEROMONOTHERAPY

One of the most challenging parts of being a PAWrent is when your furry family member is experiencing stress or fear-related behavioral problem/s. Pheromonotherapy, the use of natural chemicals that help regulate behavior by sense of smell, is an easy, effective, subtle way to soothe frazzled pet nerves.

By Wenchelle Joyce Cardenas, DVM

STRESS-RELATED BEHAVIORAL PROBLEMS OF DOGS AND CATS

In dogs, some of these behaviors include attention seeking, excessive licking, chewing, drooling, destruction, noisiness, attempting to escape, firework phobia, fear of thunder, defecating or urinating in inappropriate locations, gastrointestinal signs and self-trauma.

Cats, on the other hand, when subjected to stress of visiting vets, boarding, or moving to a new house, may manifest urine marking, vertical scratching, loss of appetite, reduced desire to play and inter-act, and inter-cat aggression in multiple cat households.

PHOTO: SHUTTERSTOCK



COMFORT ZONE

Comfort Zone mimics the appealing pheromones to calm dogs and puppies much like Adaptil. It comes in spray and plug-in diffuser. It helps prevent unwanted behaviors in dogs, such as excessive panting, hiding, whining, and howling. It reduces stress behaviors resulting from loud noises and new pet adoption. It also helps dogs remain calm during travel.

TREATMENT OPTIONS

Treatment options for these behavioral disorders include behavior modification therapy, drug therapy, and pheromonotherapy.

Pheromones are substances that regulate behavior by means of sense of smell. They are natural chemicals released outside an animal's body to communicate with other animals of the same species; therefore, cats cannot detect dog pheromones and vice versa. They can convey many different types of information, like a pet's sexual cycle, social rank, territorial marking, and warning.

THE POWER OF SMELL

In 2011, Pageat and Cozzi proposed the word pheromonotherapy to describe the use of pheromones in the purpose to treat behavior disorders. With the innovations on pet industry, synthetic pheromone analogs (chemicals made to be structurally natural pheromones) have been produced. The most common products available for cats are the analogue of cats' facial pheromones that they usually leave behind when they rub their faces against furniture and people, making them feel more

PHOTO: ADAPTIL & FELIWAY DOC.

secure. In dogs, they have the DAP (Dog Appeasing Pheromones), which is an analogue of the pheromones released on the mammary gland area of nursing dogs to calm puppies.

SCIENTIFICALLY PROVEN

Different studies have been conducted to prove the efficacy of pheromonotherapy among pets. Tessier (1997) did a trial on the usefulness of the synthetic pheromone in cats and concluded that it helped cats settle into a new environment and prevented the potential stress-related problems, such as urine spraying or running away. In 2005, Mills' clinical trial suggested that the use of DAP in the clinic was associated with greater relaxation of dogs. Siracusa et al. (2010) found out that dogs exposed to synthetic DAP were more likely to have alertness and visual exploration behaviors after surgery.

A VARIETY OF PRODUCTS

Pheromonotherapy products for pets come in various forms, like sprays,



FELIWAY

Feliway is a synthetic copy of the facial pheromone that cats use to mark their territory as safe and secure. It comes in either spray or plug-in diffuser. It is used to help comfort and reassure cats, while they cope with a challenging situation and/or help prevent or reduce the stress caused to a cat during change in their environment.

plug-in diffusers, wipes, and collars. The ease of applying these products and the absence of side effects represent significant advantages



ADAPTIL

Adaptil is a synthetic copy of the natural comforting pheromones released by a mother dog. It is available in collar, spray, and plug-in diffuser. It helps stop or prevent fear and stress-related signs in puppies and adult dogs, such as destruction, vocalization, house soiling, and excessive licking. Adaptil also comforts the dog in stressful environments (visitors, strangers, vet visits, new and unpredictable situations) and helps establish the puppy in a new environment (re-homing, moving house).

of this mode of behavioral therapy. Groovy Vetcare, Grooming Salon, and Boarding Kennel have been using sprays and plug-in diffusers for a few years now and have noticed the positive effects of the products in reducing stress and calming pets on the premises. Synthetic pheromones available here in Indonesia include Adaptil and Comfort Zone for dogs and Feliway for cats.

Always bear in mind that there is no alternative to vet visits. Have your pet checked by a veterinarian when it displays behavior that you may not understand. Let your veterinarian decide the best treatment option there is for your pet. 🐾

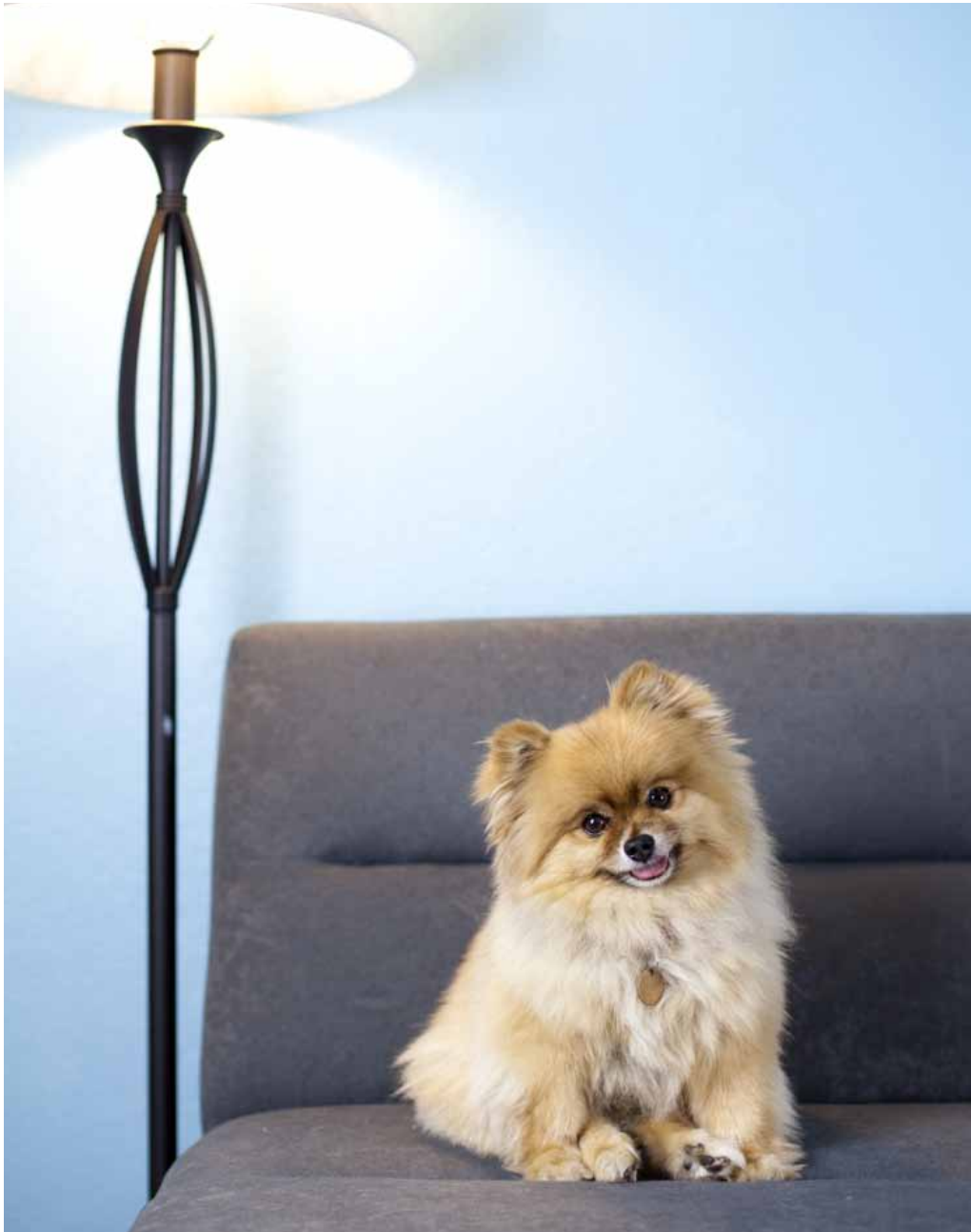


PHOTO: SHUTTERSTOCK.

Scent-sational Healing

Discover a whole new world of relaxation and rejuvenation with aromatherapy.

By Maria Zarah Gregorio Viado

Out of the five senses, one of the most underrated is the sense of smell. Because we live in a world full of visual stimuli, we sometimes overlook the importance of smell. Unbeknownst to many, we all react differently to smells. This is because scents trigger varying emotions and sensations in different people. Scents may alter our mood and remind us of specific moments in our past, whether good or bad. Due to its effects on our mental and physical well-being, scents can be used not only as a means of relaxation, but also as a way of healing various ailments.

When we smell something, our nasal receptors pick up the molecules from the aroma we are exposed to, and transmit signals to our brain which leads to the interpretation of the scent in our brain centers. This part of our brain involves memory, sensory perception and general processing. The signal is also transmitted to a gland in our brain and its other parts that induces a chemical secretion in our blood. These intricate processes involving our sense of smell can help combat a

variety of health concerns. This is where aromatherapy comes in.

WHAT IS AROMATHERAPY?

According to the National Association for Holistic Aromatherapy (NAHA), "aromatherapy is defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of the body, mind and spirit. It seeks to unify physiological, psychological and spiritual processes to enhance an individual's innate healing process." The term aromatherapy was first coined by French perfumer and chemist, Rene-Maurice Gattefosse, in 1937 and used as the title of his book, *Gattefosse's Aromatherapy*, which recorded clinical findings for the usage of essential oils to treat physiological concerns.

Also stated in the NAHA website is the definition of essential oil, "essential oil is derived from quintessential oil and stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was

then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant." Usually concentrates taken from roots, seeds, leaves or plant blossoms, essential oils might have health benefits as studies show. They can be used to promote physical healing or as stress relievers and mood lifters. In fact, Cancer Research UK believes it is a helpful complementary therapy for patients with cancer and other types of illnesses. They found that patients sleep better, are less stressed and experience less feelings of sickness when undergoing aromatherapy treatments. This is further supported by a study done by the National Institutes of Health, where participants who used aromatherapy felt less stress even during stressful situations.

AROMA HEALING

There are a number of ways to enjoy aromatherapy. Essential oils can be applied on the body or used in massage therapy as well as in diffusers and burners. Choose one that works best

If you are interested in essential oil therapy for your furry friends, it is very important to first get the advice and approval of your local veterinarian.

for you. In the same manner, opt for the scents that you like best. Since this kind of therapy depends on how you personally react to certain aromas, then you can try several and settle on the ones that help you the most.

For relaxation, lavender, vanilla, chamomile, frankincense and patchouli work best, and they are also known to reduce anxiety. If you are looking for a lift-me-up, vibrant scents, such as orange, lime, lemon, bergamot and peppermint, are good choices to ease depression. Others, such as basil, cedarwood, clove and eucalyptus can lessen fatigue. While cinnamon, ginger, lemon grass, thyme and clary sage are said to relieve headaches.

Just like any alternative healing therapy, stay on the safe side and first seek an evaluation from your physician to eliminate any major health concerns. Once you get the clearance to practice aromatherapy, you may get guidance from an integrative practitioner to help you with your options. Most essential oils can be powerful and may have adverse side effects when not used properly. It is also imperative to only use top-grade quality oils produced by reputable companies to ensure that you get the maximum benefit from them.

PET AROMATHERAPY

Despite the many healing properties of essential oils, pet owners should be careful in exposing their canine or feline companions to aromatherapy. You must remember that animals, particularly dogs, are more sensitive to smells than humans, and that goes

for cats too. What can smell good for people may possibly be overbearing or even toxic for our pets. Some careful considerations should be taken.

The first is to keep essential oils, burners and diffusers in a place where your animal family members will not be able to get to them. This will prevent any risk of having your dog or cat accidentally doused with essential oils from the burner or worse yet, of them ingesting the oils. Secondly, be sure to provide your pets an area where they will not be able to smell the scents. Think of it as a neutral ground, where they can retreat to and get fresh air, when the smell gets overwhelming in the other room. It is also important not to apply 100 percent essential oils on your pets, especially on broken skin. They can easily absorb the volatile compounds in the oil into their bloodstream and may cause damage to their vital organs. If you must do aromatherapy, use your common sense and do it on a schedule, maybe every other day, or throughout the week and then the next week will be a no scent week.

A totally different point of view is offered by holistic veterinarian Dr. Melissa Shelton, who has been using essential oils in her practice for several years. Drawn to essential oils, but wary about how she herself would react to them, Dr. Shelton was skeptical at first. But exposure to high quality oils made her a convert. She did intensive research on reports of toxicity from oils, to find out why some people can use them

and some can't. Her findings concluded that it all boils down to the quality of essential oils used. She discovered that just as there are many types and brands of pet food in the market, there are also many variations in the quality of essential oils. Dr. Shelton has since successfully used essential oils to treat her patients, in particular Cowboy, the Cat, who was diagnosed with upper motor neuron damage to his bladder. The holistic veterinarian was at a loss of how to help the ailing feline and since his owner was not about to let him go without a fight, Dr. Shelton suggested essential oil therapy. After some time, Cowboy improved and his owner continued to give him essential oil treatments twice a day.

Dr. Shelton provides answers to the many questions of pet owners about essential oils on her website, www.oilyvet.com. She also mentions the brand of essential oils she uses and provides a link for people who are interested in buying the oils. For further reference, Dr. Shelton has also written two books entitled, *Essential Oils for Natural Pet Care: A Veterinarian's Desk Reference for the Top Health Concerns of Cats, Dogs, and Horses* and *The Animal Desk Reference*.

Though Dr. Shelton uses essential oils in her own practice, it does not necessarily mean you should automatically do the same for your pet. If you are interested in essential oil therapy for your furry friends, it is very important to first get the advice and approval of your local veterinarian. Discuss the advantages and disadvantages and find out what and how your veterinarian – the one who actually looks after your pet – thinks and feels about essential oil therapy. After all, you can never be too careful when it comes to the four-legged members of your family. 🐾

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ANTI-AGING FOR YOU AND YOUR PET

MOST SCIENTISTS AGREE THAT HUMANS CAN LIVE TO AN OPTIMUM AGE OF 110 TO 130 YEARS. DOGS AND CATS HAVE BEEN KNOWN TO LIVE INTO THEIR 20S. WHETHER WE AGE GRACEFULLY OR NOT DEPENDS ON MANY FACTORS, BUT ONE KEY TO LONGEVITY IS AWARENESS. By Dr. Jean-Paul Ly



It's a scientific and proven fact that with advancing age, our bodies continue to live, but our DNA becomes damaged and we deteriorate. But instead of letting time simply take its course, there are plenty of things we can do to slow down the ticking clock. The secret to a long life is quite simple: Be aware and live life to the fullest.

This doesn't mean that you can indulge in French fries and donuts and sit on the couch watching Grey's Anatomy all day long. As everything in life, it's about balance, quality and quantity. If we take good care of ourselves, our bodies and minds, make wellness a part of life,

instead of an occasional treat, we can help optimize our life span.

Pets are an integral part of our lives — and as every pet lover knows, our furry friends can play a big role in our quality and quantity of life. Yet, what rings true for us, also rings true for our four-legged friends: Every living and breathing being on this planet is subject to the inevitable process of aging.

The two main factors that contribute to aging are genetic and environmental determinants. While we can't change our genetic disposition, we can surely influence the environmental factors

that fast-forward our individual clocks. A 2010 study from the Harvard School of Public Health estimates that, for example, in the U.S., smoking, high blood pressure, elevated blood glucose, and excess body weight can reduce the life expectancy by 4.9 years in men and 4.1 years in women.

THREE AGES OF MAN

Before we can focus on life-extending tips, we need to understand that human age can be categorized and viewed at from three different perspectives.

1. The chronological age tells you how old you are according to the calendar.

2. The biological age shows how old your body is in terms of critical signs and cellular process.

3. The psychological age is determined by how old or young you feel.

ACHIEVING WELLNESS

According to The American Heritage® Medical Dictionary wellness is defined as "The condition of good physical, mental and emotional health, especially when maintained by an appropriate diet, exercise, and other lifestyle modifications."

Wellness is much more than just a state of physical well-being. It's an

internal process that starts with how we view ourselves — and begins with a positive self-image.

Alternative medicine advocate and author of numerous New York Times bestsellers, Deepak Chopra M.D., challenges the common view of aging and offers a mind-changing perspective: "The rules of cause and effect as you accept them have squeezed you into the volume of a body and the span of a lifetime. In reality, the field of human life is open and unbounded. At its deepest level, your body is ageless, your mind timeless. Once you identify with

that reality, which is consistent with the quantum world view, aging will fundamentally change."

CHRONIC INFLAMMATION – THE DISEASE OF AGING

While it is true that aging is a natural, universal and inevitable process, it doesn't mean that aging needs to be painful. Pain in old age is often the result of preventable disease, caused by inflammation. Contrary to common belief, it is most often disease, not old age that kills the majority of the elderly.

We all have experienced inflammation on the surface of the body as local redness, heat, swelling and pain. It is the cornerstone of the body's healing response, bringing more nourishment and more immune activity to an injury or infection area. But when inflammation inside the body persists or serves no purpose, it causes damage and illness, such as heart disease, many cancers, and Alzheimer's disease.

Stress, lack of exercise, genetic predisposition, and exposure to toxins, like tobacco smoke, can all contribute to chronic inflammation, but what we eat plays a big role as well.

COMBAT INFLAMMATION WITH FOOD

One way of achieving longevity begins with how we fuel our bodies. Fill your plate with plenty of good foods, meaning highly digestible and hypoallergenic proteins, complex carbohydrates and omega-3 oils, to promote anti-inflammatory messengers in your system.

Avoid bad foods, like the ones high in saturated fats, sugar and refined carbohydrates, and red meats and organ meats. Also know that food allergies may promote the formation of inflammatory messengers.

PHOTO: SHUTTERSTOCK

When we feel tense or sad, our furry friends pick up on our negative emotions, causing them stress.



Always a smart choice: A diet rich in fruits and vegetables, full of vitamins A, C, E and the mineral selenium.

OPTIMUM NUTRITION

Ideally, strive for four servings of vegetables and fruits, two servings of complex carbohydrates with omega oils, and one serving of a quality protein every day.

Important vegetables, for example, are:

- ❖ Cruciferous, like broccoli, cauliflower, bok choy.
- ❖ Green and leafy, like lettuce (no iceberg), spinach (full of calcium, vitamins A, B, C, K, iron).
- ❖ Colored, like tomatoes, squash, pumpkin, carrots (high in beta-carotene, fiber).

Complex carbohydrate sources include:

- ❖ Grains, like unpolished rice, brown rice, rye, oats.
- ❖ Roots, like yam, sweet potato, potato, kudzu.
- ❖ Omega & mono-saturated oils are found in fish oil, linseed (flaxseed) oil, olive and canola oil.
- ❖ Protein sources vary in digestibility, intolerance and allergy levels. Choose

from and between eggs, soya beans, fish, seafood, chicken, pork, beef, and dairy products.

STEPS TO OPTIMUM HEALTH

In addition to a nutrient-packed diet, it is highly recommended to reduce and eliminate the intake of toxins, such as alcohol, drugs, negative emotions, processed foods, refined sugars, and tobacco.

Drink lots of water to detox and cleanse your system. Lose weight, if necessary. Fast on a liquid diet for three to four days, once every two to three months, to flush out toxins. Improve your body's circulation with massage. Include supplements to your diet. And, of course, exercise. Walking is best, especially when accompanied by a dog.

SECRETS TO LONGEVITY

You don't need to spend a lot of money to look and feel younger. Be mindful and follow these simple steps for a more rewarding and longer life:

- ❖ Think young.
- ❖ Take time off for yourself, your pet, and your family. You deserve it!
- ❖ Maintain a sense of balance in your approach to eating, sleeping, indulging, work, and play.

ANTI-AGING ADVICE FOR PETS

As we become more aware and incorporate anti-aging regimes, such as inflammation-busting foods, exercise, and nutritional supplements into our own lifestyles, we can also adapt some of these principles for our companion animals.

The foundation to a happy and healthy life starts with what we put into our furry friends' bowl. Feed them a high-quality, grain-free diet, because any disease prevention

begins with what goes into their bellies. This may be news to you, but Fido's and Kitty's teeth need brushing too. Regular dental hygiene is important, because tartar is a breeding ground for bacteria. By keeping tartar to a minimum, fewer bacterial toxins will get into your pet's bloodstream and damage the pet's liver and kidneys.

Also minimize exposure to environmental toxins. Hazards include cigarette smoke, household cleaning products, and lawn pesticides. What's bad for us is also bad for our four-legged friends.

But, most of all, reduce emotional stress. When we feel tense or sad, our furry friends pick up on our negative emotions, causing them stress. Managing our own stress is, therefore, the most important step in improving our pet's well-being.

Daily exercise, like walking your dog, is a great way to destress, get some blood flowing, and have some valuable quality time together, which is good for you and your pooch. 🐾



Dr. Jean-Paul Ly is the CEO & Director of ARVC Group in Singapore.

His special interests include:

- Holistic Medicine
- Acupuncture
- Micro & General Surgery
- Dermatology
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YOUTHFUL SLUMBER

SLEEP IS ONE OF THE BASIC HUMAN NEEDS. GETTING ENOUGH SLEEP IS AN IMPORTANT FACTOR IN MAINTAINING A HEALTHY LIFESTYLE AND COMBATING THE EFFECTS OF AGING.

By Maria Zarah Gregorio Viado

PHOTO: SHUTTERSTOCK.

Sleeping Beauty was able to get one thing right. She succumbed to the call of slumber, which is what we should all do, if it is our dream to discover the fountain of youth, or at the very least, if we are interested in pursuing a healthy lifestyle. Getting enough sleep is essential for our bodies to recharge and function properly. It is during sleep that many of the body's restorative and repair functions, such as muscle growth, tissue repair, protein synthesis and growth

hormone release occur, as stated on the website of the Harvard Medical School Division of Sleep Medicine.

Ample sleep is also a factor in reducing health problems, which can be attributed to lack of or too much sleep, such as obesity, cardiovascular disease and diabetes, amongst others. In recent years, doctors prescribed at least eight hours of sleep, but recent sleep studies propose that the adequate number of sleep hours depends on the person. It would be safe to say that between seven to nine hours of sleep is ideal for most adults.

THE BENEFITS OF SLEEP

Just like other good habits, such as exercising and eating healthy, ensuring you get enough sleep will be beneficial for your mind and body. In addition, it improves the quality of your life and helps you beat some of the signs of aging, such as wrinkles and premature aches. Suffice to say, ample sleep each night can lead to a longer and better life. It will also make you less grumpy and moody throughout the day.

For those who are advanced in years, sleep is greatly beneficial in improving memory. A process called 'consolidation' takes place while we snooze that reinforces our memories and allows us to recall them more easily. It also helps ease inflammation in the body, which is connected to heart disease, stroke, diabetes, arthritis and premature aging. Studies show that people who lack sleep tend to have increased levels of inflammatory proteins compared to those who sleep more.

A good night's sleep can also contribute to achieving your ideal weight. Well-rested people lose more fat, according to researchers at the University of Chicago. Coincidentally, they also discovered that those on a diet tended to have increased appetites when they had less sleep.

In addition, the stress levels of well-slept people can be greatly reduced, allowing them to achieve better control of their blood pressure and cholesterol levels. And because sleep contributes to a person's overall well-being and greatly influences his/her mood, those who get enough sleep will be less likely to succumb to depression. Creating a balanced sleep schedule during the week is vital to your overall health, as you cannot make up for it during the weekends.

HOW TO SLEEP BETTER

Sleep deprivation is very common in adults. However, there are many tried and tested ways to attain better sleeping patterns. Find one that works best for you and enjoy a good night's rest every night.

The first thing you can do towards achieving sleep perfection is to decrease your caffeine intake. Coffee or tea in the morning is fine, but anything with caffeine after lunch can be detrimental to sleep. Wine can help you get sleepy; however, drinking it late at night can affect the second half of your sleep cycle. It is best to drink wine with dinner, around 6 PM and not later.

When you incorporate exercise into your daily routine, you use up a lot of energy and this will help you retire early and soundly at the end of the day. In addition, stretching or doing light yoga before bedtime can also clear your mind and help your body to relax. Let your body know it's time to rest by turning off the overhead lights in your bedroom and turning on the lamps. Turn off your gadgets – mobile phone, computer, TV (or at least, lower the sound and put it on timer) – at least one hour before bedtime. Invest in a real alarm clock to avoid having to keep your mobile phone near you. You can also spray lavender scent – which not only smells good but is also a sedative – on your pillow or in your room.



Dr. Mehmet Oz says the effects of anti-aging can be reversed by first changing your sleep position. He advises sleeping on your back, so your face isn't squashed on your pillow (this will help decrease the onset of wrinkles) and your spine is aligned. Put one pillow under your neck and one under your knees to help you get used to this position. Dr. Oz also emphasizes the importance of sticking to a consistent sleep routine, going to bed and waking up at the same time. He also suggests simple stretching or holding the plank position before sleeping as it helps lower body temperature, which will help you fall asleep faster.

Though these tips may work for most people, those who have sleep disorders may not derive the utmost benefit from

them. Sleep apnea, a sleep disorder wherein a person stops breathing or experiences shallow or infrequent breathing during slumber, can greatly affect the quality of sleep. It can make a person feel tired upon waking up and affect him/her for the rest of the day. It is advisable for those with sleep disorders to seek treatment from a specialist.

✦ SLEEPING WITH YOUR PET

Pets can also play an important role in attaining your well-deserved sleep. In the same way that they can help ease stress and provide companionship, having your cat or dog in the bedroom can allow you to relax and doze off more easily. However, there are some drawbacks to this type of closeness with your pet. Close contact will make

it easier for you to pick up fleas, ticks or skin mites from your pet and possibly aggravate any allergies you may have.

Furthermore, the Mayo Clinic Sleep Disorders Center reports that pets may also disturb you while you are sleeping. The sleep habits of animals are very different from humans, so they may wake up at odd hours of the night wanting to play or cuddle.

These do not need to deter you from enjoying having a pet in the bedroom. Just be smart about it. Cats and dogs step on all sorts of things throughout the day. To ensure your room and bed remain pristine, it would be best to wipe off their paws before they join you in the bedroom. Also, keep them healthy, tick-free and make sure they have all the required vaccinations and are up-to-date in their parasite control program. Cesar Millan, celebrity dog trainer and star of the show "The Dog Whisperer," says in his book *Cesar's Way*, that a dog should be invited up to the room each night, just to show who is the leader of the pack. He also suggests that the pet owner should choose where the pet sleeps on the bed and not the other way around.

To do this, you should first mark a clear area where your dog should sleep on the floor with a towel or a blanket. Teach your dog to target the area. Once your pet can readily do this, bring him/her to the bed and do the same. If you are met with some resistance, guide the dog to the space and use some treats placed strategically on his/her sleeping area as reward every time he/she stays put. It would be best to designate the foot of your bed to your pet, as this would be more conducive for your sleep. But wherever you mark your dog's territory, whether it's on your bed or in his/her own, be consistent, so the dog will know his/her place. This consistency will be beneficial in helping you achieve deep slumber today. Sweet dreams. 🐾

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WITH THE SINGER
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MITRA HADIPRANA
TO TALK ABOUT THIS
VERY SPECIAL LOVE
AFFAIR.

By Andrea Deierlein

PHOTO: KELEK BROTO.

She is his best friend, his confidante, and for seven years now, she has been occupying a very special place in his heart. Her name is Melody. "Melody is my harmony. Melody is one of the notes that I wrote," says Glenn Fredly about his seven-year-old Chow Chow.

LOVE AT FIRST SIGHT

It was love at first sight when they met at a Paris Van Java pet shop in Bandung in 2007. Glenn went there to look at some dogs, but didn't find any canine that spoke to him. As he was about to leave, suddenly, from behind the cashier, a four-month-old Chow Chow puppy appeared. He said "Melody" and the puppy immediately came to him.

But Melody wasn't for sale. She was the shop owner's dog. Glenn, who is famous for mesmerizing an audience of thousands of people, had to be really convincing to be allowed to take Melody home. "There was a chemistry between us," Glenn remembers. "I believe in the attraction between humans and dogs. It's very personal."

A DOG LOVER SINCE CHILDHOOD

The 38-year-old musician of Moluccan descent has been a dog lover, since childhood. He grew up surrounded by his grandfather's dogs. At the age of five years, he had his first own dog: a Chow Chow, with the name... Melody. Today, Glenn shares his home and life in Jakarta, with Melody, the ll., and Snoop, a six-month-old Golden Retriever. He lovingly calls the puppy "King Snoop" and "a bad, bad, naughty boy." Snoop, who became part of the pack in June, belonged to an Australian friend and colleague of Glenn's before returning to Downunder.

He is
a regular person,
kind and humble,
who drives
his own car and
lives alone with
his two dogs.

▶ GETTING PERSONAL

"They impact my life on very personal level," says Glenn about his two furry companions. "They bring color into my life." In the middle of the night, when he comes home from the studio or a recording session, he takes them outside for a walk and playtime. "At that time, there are no neighbors. And we are just playing together. I love it. It relieves me from everything," Glenn says about this sacred nighttime ritual.

But as every dog owner knows, life with dogs, and especially life with a high-energy six-month-old puppy, is not always a walk in the park.

One time, Glenn left Melody and Snoop home by themselves. Usually, he always makes sure to have somebody stay at the house to take care of them. But on that particular day, no one was available. "When I came back, my house was so messed up, because of him," Glenn points at Snoop. "The floors were so muddy, after he played in the yard, after the rain. There was mud everywhere!" He remembers looking at Melody who was like "See? I told you, not to bring another dog into this house. Especially not a Golden Retriever!" Glenn looked back at her and said "O.k., Melody. Tomorrow morning I will clean the house."

One might think that a star like Glenn Fredly has an army of housekeepers to keep his place spotless. But he is a regular person, kind and humble, who drives his own car and lives alone with his two dogs.

Despite the difficult situations, Snoop more often than Melody, bring him into, he loves them. "Because at my house, I am living by myself, it's only me and my dogs. So I treat them like my siblings, my partners, my best friends."

▶ DISCIPLINE, THE INGREDIENT FOR A SUCCESSFUL RELATIONSHIP

Yet, no bad deed is left unpunished. "Sometimes, I'm being a bad cop, especially to Snoop, because he is very active. When I get mad at him, I put him in his big cage. Just for one night." Glenn then talks to the puppy in a stern voice "If you do something like this one more time, I give you to my sister." Snoop understands completely, by whining immediately and begging for forgiveness.

Glenn says he learned how to speak dog from the Dog Whisperer, Cesar Millan, by watching his show and reading his books. "When you are sincere with a dog, the dog is a reflection of the human or the owner. I believe in this connection between human and dog." He also credits his ex-wife Dewi Sandra for teaching him about dogs. "Learning about dogs is actually very personal for me, because my ex-wife is also a very big dog lover and I learned a lot from her."

Although his desire to better understand canines dates back to when he was in Junior High School. "I was bit by a wild dog and got a bad impression of dogs. But from that time, I want to learn about their behavior."

This knowledge and understanding may explain why Glenn is so close with his four-legged friends: "Melody knows me very well. She has a sense for listening, for interacting with me. Melody is always my best friend. She always is there for me." In good times and in bad, in quiet times and in busy times, Glenn and Melody are inseparable. "I also like to take her to my concerts. For the final set, for the closing, I take her on the stage. Since she was very young, I take her to my stage – from small gigs to big stages in front of thousands of people. I always take her." Once, Melody even traveled to Yogyakarta by car with him. "That's the farthest place that I took Melody. And she was happy."

▶ THE SIMPLE THINGS MATTER

It doesn't take much to make a dog happy. It's the simple things in life that make all the difference. "Sometimes we are going out together at noon, on a Sunday, when I have no schedule. We are going to my Mom's house or to my sister, where Melody and Snoop can play with my nephews. My nephews love them so much. Often, they only come to me, because they want to see Melody and Snoop."

In addition to being Glenn's companions, Melody and Snoop are also "a bridge for my family," shared Glenn. Even his mother, Linda Latuhamallo, who doesn't like dogs, asks to see Melody when she visits her son. "I don't know why my



PHOTO: KELIK BROTO

Mom doesn't like dogs. Until today, I keep asking her why. But when she plays with Melody and Snoop, I say: "See, Mom? You get close to them."

Maybe it's because Glenn taught Melody from very young to be a well-behaved dog. Maybe it's also the fact that music is always playing in his house. Music can have a very calming and soothing effect on dogs. "I always play the piano in the morning. I think that is the best moment for them. When I am playing the piano, they sit in front of me or lie down, like they understand what I am playing. They love it so much. They always want me to play the piano. They just keep listening... even Snoop, who is usually very active. But when he hears the piano, he gets calm. I believe that music is like therapy for dogs."

Thousands of fans would give everything for an intimate morning recital of jazz or classical music by Glenn. To Melody and Snoop, it's part of their daily life; unless Glenn is out of town or on tour. As in any relationship, daily communication is

important. "Sometimes I just call, because I want to hear them. If I call their names, they recognize my voice. They are happy and bark into the phone."

On managing his busy schedule and being a single dog parent, Glenn says: "Actually, it's not easy." He is grateful for his support network of a housekeeper who takes care of the house and his sister who becomes like his "dog assistant" when he is away.

▶ LOOKING AHEAD

It looks like Glenn will be out of the house a lot next year. In 2015, he will celebrate his 20th career anniversary – and he has a lot planned. His fans will be happy to hear that there will be a big concert, a tour, projects with other musicians, a movie to produce, and plenty of activity within the Music Bagus online community.

With such a busy schedule ahead, let's hope that Snoop learned his lesson. So that when Glenn comes home, he won't find his house a muddy mess again. 🐾

MY GROOVY PET & I

Behind the Scenes: Groovy Calendar Photoshoot

The photo shooting session for the 2015 Groovy calendar was all about the 1960s and took place on September 6, 2014 at TMStudio on Jl. Jenderal Gatot Subroto. We invited 12 loyal customers and clients and their furry kids from our #groovypet community to participate. Three of Groovy's very own dogs, Peter Pan, Tinkerbell, and Wendy, were also part of the fun.



PHOTO: NIKOLAS DOG

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LOOKING FOR MY FUREVER BEST FRIEND

I have been thinking about adopting a dog for some time. I even have the name ready. I would name my dog Richard Parker from "Life of Pi."

That's the only thing I know so far. I don't know anything about dog breeds. I need to arm myself with information to find my new BFF... best friend FURever. So I start to do some research about the best dog breed for my family and I.

By Suwarno Taryadi

A GOLDEN RETRIEVER OR A LABRADOR RETRIEVER?

My sister told me a Golden Retriever or Labrador Retriever could be the best breed for me, since she thinks I am desperately in need of exercise. Besides sharing the same last name (really???), Labrador and Golden Retrievers also share the same characteristics. They are very active, energetic, and in need of a lot of daily exercise. I would actually have an exercise buddy, if I adopted one of these breeds, she said. That's her way of saying I need to lose weight. Anyway, Golden Retrievers are known as smart, kind, loyal, patient, and friendly dogs. While Labrador Retrievers are usually playful, patient, loving, protective, reliable. Both weigh between 55-75 pounds. Since the Golden Retriever has long hair and a thick coat that sheds seasonally, it also requires brushing twice a week. If I want a lower maintenance breed, I would opt for the Labrador Retriever, because it has a water-proof coat and only requires regular grooming.

A POODLE MAYBE?

Since I want to have more options, my search for dog breed information continues. Poodles are cute. I mean they can range from toy and miniature to standard. One of the things that makes their owners fall in love with them are their characteristics. They are a playful, patient, loving, protective, reliable, and active breed. Their coat is water-proof and only requires regular grooming. They are low in maintenance.

HOW ABOUT AN IRISH SETTER?

For the child inside me, the Irish Setter might be the one for me. This big dog won't settle into adulthood until three years old. They are eager playmates for kids and trainable. Also, you won't have to worry about losing track of your pet at the dog park—the flashy

Irish Setter naturally stands out in any crowd, unlike the Kardashians who have to do many unnatural things to attract people's attention (Yes, I went there). Underneath the coat is a tough, substantial dog, over two feet tall at the shoulder and weighing 60 to 70 pounds. And no surprise here, their coat requires lots of brushing and combing.

OR A NEWFOUNDLAND?

Another big dog breed that caught my attention was the Newfoundland (Newfie). They are huge. An adult male can weigh up to 150 pounds and stand 28 inches at the shoulder. Females typically weigh in at 100 to 120 pounds. This breed is sweet, patient, devoted, and makes good companions. The innate goodness of a Newfie is best expressed in their affinity for kids—they take naturally to the role of nanny. One thing to pay attention to, though: The dense, water-repellant double coat requires diligent brushing.

COLLIES ARE NICE TOO

Also included in the friendly dog category is the Collie. This breed, although it requires daily walks, can also be a couch potato. My kind of dog: highly intelligent, good at listening to people and understanding their moods. When treated well, they will learn happily and rapidly and they will stand by their owners through thick and thin, not like some people. The coat needs to be brushed daily when they are shedding, or once a week otherwise.

THEN THERE'S THE VIZSLA

Then I discovered the Vizsla, a medium size dog breed. They are gentle, affectionate, energetic and very active, since they are born hunting dogs built for long days in the field. Vizslas form a tight bond with their owners. These dogs want to be part of the family and

hate to be left alone. They excel at all kinds of sports and activities. They're up for anything, if they can do it with their human. They are easily recognized by their unique golden-rust coat, which is low maintenance but needs regular brushing. The male stands 22 to 24 inches at the highest point of the shoulder, females 21 to 23 inches.

DON'T FORGET THE BEAGLE

A friend told me about the Beagle, the dog breed made famous by Snoopy. They are loving, happy, easygoing, and companionable. They are comedians who will make us laugh with their antics. This compact hound is very active and needs a lot of exercise. They are shedders, thus, a good brushing is required twice a week.

OR MAYBE A BULLDOG?

I also consider a Bulldog after I get to know its characteristics. They are calm, friendly, sweet and mellow. Even though a Bulldog can weigh up to 50 pounds, that won't stop them from curling up in your lap. In terms of maintenance, the short, smooth coat should be brushed once a week and the wrinkly face should be wiped daily; similar to a Pug's.

FINALLY, A PUG?

Pug people say their breed is the perfect housedog. Pugs are happy living in the city or country, with kids or grandparents, and as the family's only pet or among other animals. They enjoy their food, and care must be taken to keep them at their best weight (14 to 18 pounds). They thrive in moderate climates—not too hot, not too cold—but, with proper care, Pugs can be their adorable selves anywhere. They live to love and to be loved in return.

A lot of breeds, a lot of information to grasp. But I believe one day, when I meet him, I know he will be the one, my Richard Parker. 🐾

PHOTO: SHUTTERSTOCK.



Ever wonder why some dogs and cats have black eyes or dark eyebags? Well, blame it on tear stains. They are not just ugly to look at; tear stains sometimes smell and can lead to health problems, if left untreated.

By Wenchelle Joyce Cardenas, DVM

Tear staining amongst pets has been a growing concern and frustration for PAWrents who want their furry babies to always look and feel their best.

TEARS AND DRAINAGE

Glands in the eyes constantly produce a clear thin film of tears that act to lubricate, protect from environmental debris, supply nutrients, and wash away irritants in the eye. After the tears protect and bathe the eye through blinking, they are drained via the nasolacrimal system (tear duct) located in the inner corner of the eyelid into the inside of the nose and throat (hence, the runny nose and tasting our tears when we cry).

PHOTO: SHUTTERSTOCK.

If there is any problem with any part of the tear glands and ducts, drainage of tears from the eye may be impeded. If the tears do not drain into the tear duct, or there is excessive production of tears, they will spill over into the face creating a condition called epiphora.

EPIPHORA AND TEAR STAINS

Epiphora is the overflow of tears into the pet's cheeks found below the inside corner of the eye. It can either be a primary problem or a symptom of a condition that concerns the eye.

Possible causes of excessive tearing in pets include, but are not limited to, allergy, physical (i.e. misplaced eyelashes, eyelid tumors, and thick eyelids) or chemical irritants, direct injury, corneal ulcers, blocked tear glands, glaucoma, some systemic diseases or toxin ingestion. Some breeds, like Poodle and Bichon Frise, as well as Brachycephalic breeds (flat or squished-in faces) of dogs (i.e. Shih Tzu, Maltese, Lhasa Apso, French Bulldog and Pug) and cats (i.e. Persian, Exotic Short Hair, and Himalayan) are prone to having epiphora, due to a shallow eye socket, which is not enough to contain the tears, thus, it overflows on the corner of the eye. There are also instances wherein a pet can be born with a defective tear drainage system, which often occurs in Cocker Spaniels.

In cases of long-standing epiphora, the constant dampness or wetness on the fur and skin beneath the eye makes it an ideal breeding ground for bacteria and yeast. The growth of these microbes causes the reddish brown stain (tear stain) on the hair coat, which is apparent most especially among light-colored pets.

It is always good to check with your veterinarian to diagnose the underlying



cause and determine the specific treatment options for your pet when having epiphora.

ADDRESSING TEAR STAINS

There are various ways to resolve the unsightly tear stains that result from chronic tear drainage. Daily cleaning of the area below the eye with pet wipes will help decrease tear stains. The use of whitening shampoos during grooming or showering can help reduce the stains. Plucking the stained hairs or having a pet groomer clip the stained fur close to the face will also help. The use of natural tear stain remover products, like Eye Envy, help eliminate tear stains.



EYE ENVY

Besides being one of the most effective products in removing tear stains, Eye Envy is also very safe and gentle for dogs and cats. It is also effective in treating urine stains, food stains, and saliva / drool stains.

Eye Envy is a topical tear stain remover, which contains a cleanser, an astringent (to dry the area), herbal flower extract (acts as a natural antibiotic), and an antibacterial. It works by getting rid of the bacteria that thrives on the stained areas. It is safe to use on pregnant and lactating pets, puppies and kittens over the age of seven weeks.

The simple way of applying it to pets makes it easy for PAWrents to use. First, gently clean around the eyes with warm water using a cotton pad, toothbrush or comb to remove any debris. Soak up a cotton pad with the Eye Envy Solution and gently wipe around the stained area, leave it to dry. Lastly, gently work the Eye Envy Powder against the hair growth using a small brush or your fingertip and allow to dry. Use the product continuously for one week and apply as necessary thereafter. 🐾

PHOTO: GROOVY DOG.

The Importance of

Supplements for Your Senior Pet

Keep your senior pet youthful and agile by adding dietary supplements, also known as nutraceuticals, to the diet. Glucosamine, omega-3 fatty acids, antioxidants, such as vitamin E and beta-carotene, and extra vitamin C and vitamin E are recommended anti-aging boosters. **By: Deasy Anellis Juwana, DVM.**

Just like old people, elderly pets do not tend to handle change and stress well. Much of this decline is due to habituation and the sum total of multiple health problems that accumulate over the years. But some of it is due to a reduction in hormone levels the body produces to combat stress (adrenal hormones) and in brain changes that hinder adaptation to new or stressful situations.

OLD DOGS NEED ROUTINE

In general, old dogs like fixed routines and sameness. They tend not to be good travellers or kennel boarders, and interruptions of any kind in their routine are not appreciated. Try to engineer their lifestyle to adjust for this. When you must be away, rely on pet sitters rather than kennels. When your pet requires veterinary care, consider a

house call veterinarian. Think carefully before introducing new pets into the household. Consider how changes in your lifestyle will affect your dog. Keep in mind that you are aging much slower than your pet. Remember that decisions that seem unimportant and have no immediate consequences for you will affect your old pet much sooner.

BEAT THE CLOCK WITH SUPPLEMENTS

Pet supplements are defined as either dietary or therapeutic supplements. Dietary supplements, also called dietary nutrients, are substances added to pet food to make them nutritionally complete and balanced. Therapeutic supplements, called nutraceuticals, are food or food nutrients that are taken orally to provide a health benefit, either for prevention or disease treatment.

To have this therapeutic effect, a nutraceutical is usually taken in a larger dose than the daily requirement of that same food when used as a nutrient.

Pet supplements are used to help counter the aging process. Aging pets experience degenerative organ changes that occur over time and lead to a pet that may be unable to meet the challenges of its environment. Degenerative changes commonly affect the musculoskeletal system (muscles, bones and ligaments), gastrointestinal tract (including teeth), skin, heart, lungs, kidneys, liver, nervous system and the specialized organs of sense (especially hearing and sight). It may be possible to slow these degenerative changes by the appropriate use of supplements in an older pet.

PHOTO: SHUTTERSTOCK.



PROPER NUTRITION IS IMPORTANT TOO

Older pets have a reduced ability to digest nutrients due to an altered metabolism, as their dietary requirements change during the geriatric years. It is important to feed an older pet a high quality natural pet food to maximize the availability of nutrients. The best supplements for an older pet are those that help address age-related organ changes. These supplements, together with natural pet food, may improve longevity and quality of life in an older animal.

THE POWER OF VITAMINS

A vitamin B complex, including B1, B2, B6 and B12, is often recommended as a pet supplement to help counter fatigue and improve appetite. The risk of toxicity is very low as B vitamins are

water-soluble and excess amounts will be excreted in the urine. Vitamin C has antioxidant effects, potential to reduce inflammation through antihistamine (anti-allergic) effects, and enhances immune function. Vitamin E serves also as an antioxidant and brings positive effects in inflammatory skin disorders. Coenzyme Q10, Alpha Lipoic Acid, DMG (dimethylglycine) and L-Carnitine may all similarly improve overall physical performance or reduce the incidence and severity of age-related illness. Coenzyme Q10 and Carnitine help improve the strength of the heart muscle, while DMG is often recommended as an immune stimulant or anti-inflammatory for the joints. Alpha Lipoic Acid supports eye health and slows degenerative neurological conditions. Increased fatty acids intake, especially

omega fatty acids, and increased zinc intake, help maintain healthy skin and coat, and may decrease inflammatory reactions. Digestive enzymes and probiotics enhance the availability and absorption of dietary nutrients.

TEAM UP WITH YOUR VET

If you are giving pet supplements, inform your veterinarian, so that other required treatments can be effectively integrated. Your vet can also advise you on the most effective dosage and use of supplements, because few products have undergone scientific trials to determine efficacy. Beware, because a lot of information on the Internet comes from anecdotal or testimonial evidence only, based on the effects on humans or laboratory research. Although this information may be helpful, it is incomplete, and may not give a realistic indication of potential benefits for your pet. In general, enhanced physical appearance (especially of the skin and coat), improved mobility, and increased activity levels are common outcomes. There may even be an observable dose-related response, where improvements are noticed when a supplement is given, and declines noticed when it is not.

TALK TO YOUR VET FOR MORE INFORMATION

The best source of information about the safety of pet supplements is your veterinarian. Yet, some veterinarians may not be well informed about alternative treatments, in which case a referral to another practitioner with a reputation for knowledge of pet supplements is recommended. Remember that the quality of pet supplements varies by source and manufacturer. Reputable manufacturers always provide detailed information about the product on the label or in a package insert. To be on the safe side, ask your veterinarian for a recommendation. 🐾



THE BENEFITS OF ACUPUNCTURE



Traditional Chinese Medicine (TCM) is more and more popular nowadays. Acupuncture is one of the many TCM forms with good therapeutic effects for humans. But many don't know that acupuncture also provides relief for various animal diseases and symptoms. According to experts, acupuncture is used for more than just pain control in pets. It also helps with allergies, seizures, reproductive problems, liver and kidney diseases, respiratory problems, gastrointestinal, and urinary disorders.

By Suwarno Taryadi

Acupuncture increases circulation, releases various neurotransmitters and hormones (some of which are endorphins, the "natural pain-killing" hormones), relieves muscle spasms, stimulates nerves, and the body's defense system, among many other beneficial effects.

It is not a "one-time fix," nor is it a cure-all. But it is not uncommon for pet owners to observe improvement in their pet's condition after the first acupuncture treatment. Depending on the severity of the disease, some pets may not show any signs of improvement until the sixth or eighth treatment. In general, effectiveness should not be assessed

until after three to four treatments.

The International Veterinary Acupuncture Society (IVAS) — a non-profit organization dedicated to promoting excellence in the practice of veterinary acupuncture as an integral part of the total veterinary health care delivery system — has been seeking to integrate veterinary acupuncture and the practice of western veterinary science, while also noting that the science of veterinary acupuncture does not overlook related treatment modalities. For years, the Groovy Vetcare Clinic has been providing acupuncture treatments for pets to complement its regular veterinarian services.

GROOVY met with the Groovy Vetcare Clinic resident veterinary acupuncturist, Dr. Harry Soehartono, to talk about acupuncture for pets.

Q Groovy: In what ways can acupuncture help pets?

Dr. Harry: Acupuncture works for animals the same way it works for people — by treating both the root cause and the symptomatic effects of imbalances that occur in the body, mind, and spirit.

Q What conditions are treated with acupuncture?

A lot of symptoms and root causes can be treated with acupuncture. But here,

I mostly treat pets with joint problems, mostly localized treatment. There are also cases like epilepsy, head shaking in pets.

Q How does acupuncture for pets work? Can you please explain the process?

Usually, the vet who treats the animal, after making a diagnosis, refers the pet to me. I confirm the diagnosis, making sure that the pet does need an acupuncture treatment. Then I start with the acupuncture treatment for the pet. I place the needles in the area that need the treatment. I usually have a medic who helps me handle the pet. Some of the patients get restless during the acupuncture process, so we need to calm them down. Some are very cooperative. (Editor's note: We attended one acupuncture session when Dr. Harry treated a dog with joints problem. The patient was extremely cooperative. During the whole process, from start to finish, she was very calm and quiet).

Q How long has Groovy offered acupuncture for pets and what has been the most impressive change in an animal you have seen since then?

Groovy has offered acupuncture for pets for around five years. And in these five years, there have been a lot of stories where pets have found healing through acupuncture. One of the cases I remember was this canine friend who came with a case of joint problem and diarrhea. I was able to cure both diseases in only one session.

Q How long is one acupuncture session? And how many needles do you use?

One session takes usually between 20 and 30 minutes. I use around eight needles and the needles are disposed after each use.



Q Do you use different needles for dogs and cats?

No, the needles are the same. I use very thin, sterile needles to gently stimulate points along the animal's energy meridians, according to principles that have been studied over thousands of years.

Q Do the needles hurt the pets?

Acupuncture needles stimulate nerves that do not cause the unpleasant feelings of pain that we are trying to treat. Sometimes, animals may react to this sensation as though they are expecting pain, but then relax because it does not occur. Most of the time, they accept the fine needles very well and often become relaxed and sleepy during the treatment. Often, they appear to look forward to the next treatment when they come back to the practice.

Q Are there possible side effects and complications?

There are no side effects or complications. Acupuncture is safe for humans and also for animals.

Q How long does it take until one can see an improvement

in the animal's condition after acupuncture?

It depends on the conditions and the diseases the patients have. Usually, we can see the improvements after six to eight sessions. In general, the patients are treated twice a week. So in about a month's time, we can see improvements.

Q Can you please share your favorite pet acupuncture success story with us?

There was one case where the dog had epilepsy. I was surprised that after two sessions, the dog was healed. It was all because of acupuncture. 🐾



For more information or to sign up your pet for an acupuncture session with Dr. Harry, please contact the Groovy Vetcare Clinic by phone 021 728-00617, 7279-6089, or via e-mail at vetcare@groovy.co.id.



Ann Bostock has lived in many countries. She has called Bahrain, Texas, Abu Dhabi, Dubai, and Jakarta her home. In August, she returned to her native England, together with her three "Indonesian boys," Barney, a 10-year-old Beagle, Harley, an 8-year-old Black Labrador Retriever, and Indie, a 14-month-old Golden Retriever. Five pawtrotting-experienced cats, Xsander 14, Bronx 13, Greebo 11, Kaliche 8, and Ripley 5, joined them.

By Andrea Deierlein

From Dubai To Jakarta

When Ann Bostock, age 59, came to Jakarta in 2002, Dubai Kennels and Cattery arranged the relocation of her cats. Groovy Pet Transport served as the Indonesian agent. Before Ann and her husband Garry, who are originally from Manchester, England, could move into their house in South Jakarta, they stayed in temporary accommodation until the cats could enjoy their new home and the wide, lush garden with their very own catio.

Ann and her furry companions became familiar faces at Groovy Kemang and, after its opening in 2008, at Groovy Vetcare. Greebo, her 11-year-old Persian, whom she calls Mr. Aloof, loves being shaved. He visited his favorite groomer in Groovy Kemang on a regular basis. Harley, her 8-year-old Black Labrador Retriever with hip problems, received weekly acupuncture treatments with Dr. Harry (read his interview on the benefits of acupuncture on page 42).

PHOTO: GROOVY DOG

New Environment, New Life

Keeping her pets happy and healthy was a full time job, especially in the crowded, busy and traffic jammed capital Jakarta. "In Indonesia, because it is not very sanitary outside, there are very few places where you can take your dog for a walk," Ann said. To exercise her dogs, she put daily swimming and treadmill sessions on the schedule. It wasn't easy in the beginning: She searched and bought life jackets in the U.S. (Today, you can find dog life jackets at Groovy.) She tried multiple tricks to get food-motivated Barney onto the treadmill. When dog obedience authority Lance Tan came for a one-on-one session, "he put the collar on Barney, turned on the treadmill, and Barney jumped up on it straight away." "Once I had been trained, I was o.k. to pass it on to the dogs," Ann shared about her experience with Lance.

As for cats, they exercise themselves — enticed by toys they like to play with. "And, of course, they get chased by the dogs. That keeps them fit." A good diet is the foundation of every pet's wellness regime. Ann feeds grain-free food, because "grains are not part of a canine's and feline's natural diet, which you should mimic. I always buy a good brand. You have to make sure that you are getting pure protein, not by-products."

Once An Animal Lover, Always An Animal Lover

An animal lover since childhood, her first pet was a black and white cat called Snagglepuss. Her first dog was Gyp, a Labrador Chow mix, when she was 13. Since then, she shared her life with countless animals: "It's been one after the other. The only times I didn't have a pet was when I lived in Bahrain and Texas."

Her love for animals also extends to street animals. In Jakarta, two cats found their way into Ann's garage and heart: Precious Poppet and Fergie, the Wild Child, both nine. She didn't take them to England, but made sure that they are well taken care of. As are the four street cats she fed every day. "I've always fed the cats that come around the house, especially here, because it keeps the mouse and rat problem down. Abu Dhabi and Dubai have the same problem with a lot of street cats. But they have a program where they catch and neuter them."

Pets Are Lifetime Companions

In her opinion, education is the best way for people to appreciate pets more. "Some cultures just don't appreciate animals. They don't think of them as pets." She was shocked to see how many people are afraid of dogs, even cats, in Indonesia — and how this fear passes from parents

to children. Her solution: "Get the children interested in helping animals."

"Being a responsible pet owner is the most important thing. You should spay and neuter. And people should stop being influenced by the latest pet on TV. They see something about Chihuahuas and then everybody wants a Chihuahua."

When choosing a pet, people need to think very carefully. "I researched which dog suits my lifestyle. I got Golden Retriever, Labrador Retriever, and Beagle. That's what I ended up with. Never ever get a pet on impulse. Are you able to afford it? Do you know enough about the animal to care for it on a day-to-day basis? Do you understand the animal's needs for diet and exercise? And do you realize that this little furry thing could quite possibly be with you for 20 years?"

While packing for the return to England, she asked the movers to stop for the afternoon, because the animals were too stressed out and needed a break. Ann had already placed the traveling crates in the living room six weeks prior to departure to familiarize her animals with them. For weeks, she sat on blankets and towels, which were going into the crates, so they would smell of her and comfort her furry friends during their travel.

In England, Ann, her husband, and her pawtrotters will live in the countryside with access to the woods and dog parks. A new life begins, one with a lot of space for running and roaming freely — and playing in the snow in winter. 🐾





ASK THE EXPERT:

Bonding with Your Dog

When you create and maintain a good bond with your dog, you make the dog a real member of your family. Developing a strong human-canine relationship requires that you consistently take the right actions. It's work - but it's a labor of love.

By Lance Tan

People often insist that the new dog they adopt must come to them in puppyhood, in order to bond with the family. In fact, adopting a puppy and expecting a bond to form automatically is a big mistake. What people don't understand is that the human in the puppy's early life does not have to be you. It's the ABILITY to bond that is formed through this early experience. Dogs routinely form new bonds with humans at all stages of life.

✓ BONDING STAGES

A dog, who will work as assistant to a disabled person or as partner to a police handler, will typically first form a bond with a breeder, then with a puppy-raiser, then with a skilled trainer, and finally, with the disabled person or the police handler. Dogs are in their fourth home, when they form some of the closest human-dog bonds possible.

✓ ONE-ON-ONE

Bonding happens when you and your dog focus on each other. A relationship

is between two individuals. Each person in the family will have a relationship (good or bad) with the dog. If you have more than one dog, you'll have a relationship with each dog individually. Daily one-on-one time is essential. Some of this time needs to be spent away from the house. If you have multiple dogs, take them on individual outings, whenever possible, instead of as a group. If they always go out together, bad habits and fears can rub off from one dog to the other.

✓ MANAGEMENT

Certain things you do and don't do in the day-to-day management of your dog make a great difference to bonding. Instead of reacting, when something goes wrong in your dog's behavior, it's much more effective to manage the dog. One example is getting your dog to the potty area frequently, so that the dog is able to hold it until the next chance. If you wait until there is an accident and then try to train the dog, by reacting to the accident, you're doing it the hard way!

People, who reliably meet their dogs' needs, develop dogs who trust them. The dogs have steadier nerves, because they're free from worry about not getting fed today, being left outdoors during a scary thunderstorm, or waiting too many hours in a crate. Until the dog is past puberty, and you know the dog's temperament is mild, it's optimum for bonding to have the dog sleep in your bedroom, but not on your bed. Later, the dog may move onto the bed, but it's best to leave that for later. The same goes for letting the dog share the sofa with humans.

Until you're sure the dog will chew only dog toys and otherwise has good house manners, don't leave your loose dog unsupervised in your house. Some dogs are comfortable resting in a crate,

while others do well in a confined area. This is important, because it avoids situations of people coming home to find things torn up by the dog and losing control of their temper. Besides protecting your dog from your anger, sensible confinement protects the dog from chewing something dangerous.

✓ BONDING MISTAKES

✗ Tricking the dog into making a mistake and then punishing the dog.

Practice success, not failure. Set the dog up to get it right, so you can praise and reward. Practiced often, this creates a confident dog who habitually does the right things. It also creates a dog who values your praise and approval, when you have repeatedly paired that praise with tangible rewards, such as a food.

✗ Confrontational corrections.

People want to see a dog "look sorry." To accomplish this, it's common to stretch out a correction, which is distressing to dogs and can result in aggressive reactions. Humans don't realize how this handling interferes with the dog's ability to learn. A good correction is so quick that it's over, before the dog has time to get upset, and ends with the dog doing the correct action, and being praised and rewarded for it. In other words, a good correction ends with the dog and the handler both behaving correctly!

✗ Punishment that inflicts pain or fear.

Nothing is gained by treating a dog in this manner, and much is lost. Certainly it doesn't create a dog who trusts you and can face the world confidently.

✓ ROUTINES THAT BUILD POWERFUL BONDS

✦ Take your dog on regular, one-dog outings.

A dog views a person who does this as

a leader. It's also a perfect time to work on training and socialization.

✦ Train with your dog daily for several months.

Some of this needs to be done away from the house, such as on walks or in training class. Certain exercises are particularly good for bonding with your dog: * Gentle stay training, including a month of leadership exercises as explained in the book *Dog Training for Dummies* by Jack and Wendy Volhard. * Come-when-called, for great rewards that you vary so that the dog knows it's always worthwhile to come to you. * Walk on a loose leash. * Eye contact, attention exercise. * Retrieving, taught with a gentle method, such as a simple play retrieve, if the dog is not training for competitive dog sports.

✦ Daily grooming.

Comb out all tangles from your dog's coat daily, if the fur is long, or give the dog a full-body rubdown, if the fur is short. It is impossible to overstate the benefits of these few minutes to condition your dog to human handling and to your touch. 🐾



Lance Tan is the Director of Training at Singapore's K9 Shiloh Dawg Skool. A highly successful professional trainer since 1995, he has developed different techniques to solve all the 'bad dog' problems that drive owners crazy. Upon request, his dog behavior modification services can also be available in Indonesia. Call (021) 719 77 04 for more information. www.k9shiloh.com

PHOTO: SHUTTERSTOCK.

Games to Play with Your Dog

These fun games will exercise your pup's body and brain. They can be played indoors or outdoors. While playing, your pup will have a great time and also practice gentleness, patience, and cooperation.

By Lance Tan

Hide & Seek

1. HAVE SOMEONE HOLD YOUR PUPPY while you hide. Stay in the same room, but behind the drapes or a big chair. Let your puppy watch you disappear. Call him/her. Have your helper release him/her. When your pup "finds" you, praise and give a treat.

2. WITH YOUR HELPER HOLDING THE PUP, LEAVE THE ROOM. Hide in plain sight, but where your pup will easily spot you. Call him/her. When s/he comes, reward with treats. Make a happy fuss, telling your pup how clever s/he is.

3. HIDE OUT OF SIGHT, BUT PICK A PLACE YOUR PUP CAN EASILY FIND. S/he'll discover s/he needs to use his/her nose, instead of his/her eyes. Soon you'll be able to conceal yourself well, and your pup will follow his/her nose. When your pup masters this game indoors, move it to a fenced area outdoors. The scents and sounds probably will distract your pup. If s/he is too busy exploring, make an interesting sound from your hiding place to attract his/her attention.

If playing with children, establish safety rules, so they don't get carried away and hide in places they shouldn't. Have them a few hide first, then encourage your pup to look for them.

Find Your Toy

This game is similar to Hide-and-Seek, but instead of looking for a person, your pup will seek a hidden toy.

You can play without a helper, by confining your pup in his crate, pen or safe room, while you hide the toy. Cover the toy with a towel while your pup watches. Then say, "Where's your toy? Find your toy!" Encourage him/her to find it under the towel. When s/he uncovers it, let him/her play with it, cover the toy again.

When s/he's "found" the covered toy several times, hide it behind a nearby chair or some other easy spot. Let him/her watch you put it there, then encourage him/her to get the toy. Praise your pup, give a treat, play with him/her and let him/her enjoy the toy, before hiding it again.

Soon, you'll be able to hide that toy almost anywhere, even in a pile of other toys, and your pup will be able to find it by scent.

When choosing a hiding spot for the toy, think about whether you'd want your pup to go back there later by himself and look for things he maybe shouldn't. 🐾

A lioness is walking towards the camera on a bright red carpet that runs down the center of an airplane cargo hold. The cargo hold has a curved, metallic ceiling and walls with various structural elements and wiring visible. The perspective is from the front of the hold, looking down the length of the aircraft.

Live/td

Perfect for your pets!

The live way.

Imagine: A lioness needs to get from a zoo in Frankfurt to a refuge in South Africa. Or your dogs and cats have to get from Jakarta to New York in perfectly sound condition. In both cases, you need fast, individual and safe transportation. And in both cases the answer is Live/td by Lufthansa Cargo. Thanks to our specially trained personnel, species-appropriate care and fast transit times, you can be sure that your animal or pet is well treated and cared for on the ground and in the air, around the clock! Find out more on: www.lufthansa-cargo.com/livetd



Lufthansa Cargo

Networking the world.



X-SMALL

For very small dogs up to 4kg



JUNIOR

2-10 months



Healthy digestion
& transit

ADULT

10 months - 8 years



Healthy transit

ADULT 8+

above 8 years



Vitality
management



**Sized for very small dogs,
formulated to meet their every need.**

The smallest dogs are unique, and their demands **great**. Taking into account their very specific needs, Royal Canin has created the innovative **X-SMALL** nutritional - Junior, Adult, Adult 8+ - meet the needs of very small dogs at every stage of their lives, for even greater nutritional precision.

**VERY PALATABLE &
VERY SMALL KIBBLE**



This small-sized kibble has been developed to be perfectly adapted to the miniature jaw of dogs under 4 kg. Its exclusive formula also helps stimulate fussy appetites in very small breed dogs.