

GROOVY

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Pet Wellness 🐾 Pet Lifestyle

Magazine

**A VET'S
SECRETS**

**FOR GOOD
PET HEALTH**

Jakarta's
**NEW
CAT
MOJO**

**WATCH
A MOVIE
With Your
Furry
Friend**

**MARCELL
SIAHAAN**

A Life in Harmony



Health Nutrition for Weaning Puppies

Smooth transition from liquid diet to solid food

How to wean your puppies?

- Choose precise health nutrition for their special needs
- Divide daily ration into few meals (at least 4 meals)
- Adapt the texture to the puppy's eating ability: suckling, licking and chewing the kibble



Suckling

From birth
to weaning



Special milk
formulated for puppy



Licking

From weaning
to 8 weeks



Starter in porridge



Chewing

From 8 months
to adult



Junior product dry

**“Do not hesitate to ask your veterinarian
about nutrition for weaning puppies”**



Let's Celebrate!

On Friday, 27 March 2015, Groovy celebrated a special day. It was the birthday of the late Groovy founder, Lucia Sudjiat, and the day when we invited our most loyal customers and partners for our Silver Anniversary celebration (read about it on pages 8 to 11).

Yes, Groovy is 25 years old now. Did you know that, in 1990, Groovy was the first pet shop in Kemang? Today, Groovy has four pet store (incl. grooming) locations. In addition to Groovy Kemang, you can find us in Radio Dalam, BSD, and Bintaro. In 1995, we started the Groovy Boarding Kennel in Gunung Sindur. Two years later, we opened Indonesia's first Pet Transport Service for worldwide pet relocation. The Groovy Vetcare Clinic, which recently expanded to accommodate all of our patients' needs, was founded in 2008. Last year, Groovy launched GROOVY Magazine as Indonesia's first pet wellness and lifestyle magazine. Earlier this year, Groovy became a pioneer again in launching our Pet Taxi service.

I invite you to watch our Groovy – 25 Years (1990-2015) video on our YouTube channel *Groovypet Jakarta Videos* and share your Groovy memory with us on social media.

The Groovy family and I thank all our customers and partners for their support and trust. Without you, we wouldn't be what we are today.



Juda Adisusanto

Juda Adisusanto
Groovy CEO

Share your Groovy story
and experience with us!
@groovypet
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Good for Pets
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On the cover:

Marcell, Dolar & Ah Tjon.

Photograph by Mario Ardi.

Stylist: Iwan Latiff.

Makeup by Bunlay.

Location: Marcell's residence.

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PHOTO: MARIO ARDI, SENDIE NURSEPTARA, GROOVY DOC, CUTIE CATS CAFE & SHUTTERSTOCK.

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FOR THE LOVE OF PETS

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GROOVY SILVER CELEBRATION

FRIDAY, MARCH 27, 2015, WAS A SPECIAL DAY FOR GROOVY: IT WAS THE BIRTHDAY OF THE LATE GROOVY FOUNDER, LUCIA SUDJIAT, AND THE DAY GROOVY CELEBRATED ITS 25TH ANNIVERSARY. **By Andrea Deierlein**

Groovy CEO Juda Adisusanto shared many memories in his welcome speech at the Cosmo Amaroossa Hotel, where the celebration took place in the De Larenta Ballroom. He revealed that Groovy was created to keep his wife, Lucia Sudjiat, busy. Little did the then newlywed couple know that Groovy would grow into a “family” with now 100 employees - and that Groovy would become a pioneer in the Indonesian pet industry.

Driven by Ibu Lucy’s passion for animals and their well-being, Groovy set a high bar for quality pet products and care from the beginning. Debora Yunus, who worked at Groovy in the very early days, fondly shared her memories of



the old times, when Groovy Kemang was still a little shop on Jalan Kemang Raya. She used to handle the grooming at Groovy and was happy to see many familiar faces at the celebration. Many of the evening's guests were children or teenagers in the 1990s, when their parents brought the family dogs and cats to Groovy for grooming.

Moderated by MC Kaemita Boediono, Pak Juda, together with Debora Yunus, gave out some more of Groovy's secrets during the little talk show segment of the evening's program.

The name Groovy, for example, was chosen from a dictionary. When looking for a name for the business, Ibu

Lucy wanted a name that stands out, one that people don't forget easily. She looked for a name that also related to the style of grooming offered at Groovy and after flipping many pages, stumbled upon the word "groovy."

According to the Oxford Advanced Learner's Dictionary "groovy" is defined as "fashionable and exciting" as well as "excellent." "Marvelous, wonderful, hip and trendy" and "very good and enjoyable" are the attributes the Merriam Webster Dictionary uses to describe "groovy."

Like its namesake, Groovy has been a trendsetter in the Indonesian pet industry in so many different ways.

1. Kaemita Boediono, Purwati (Groovy Kemang), Lidya Trikurniawati (Groovy Radio Dalam), Gede Rudiawan (Groovy BSD), Juda Adisusanto, Samiyo (Groovy Bintaro), Deasy Anellis Juwana (Groovy Vetcare), Theresia Tokarso (Groovy Pet Transport)
2. Debora Yunus, Juda Adisusanto
3. MC Kaemita Boediono
4. Famous Dancers by Adith
5. Dian Adhitama with Purwati (Store Manager Groovy Kemang)
6. Members of the Groovy Vetcare Clinic team



1. Judo Adisusanto with loyal Groovy customers
2. Doris Soewardjan and Kaemita Boediono
3. Judo Adisusanto with ABODA, who provided the music for the event, and Groovy team members



Groovy was the first pet shop to ever open in Kemang, Jakarta's Southern heart for urban living and a popular expat area. Why Ibu Lucy chose Kemang for Groovy was quite accidental as well: She found a newspaper ad for an open space there and decided to take a look.

After five years on Jalan Kemang Raya no. 114, Groovy moved to a bigger space on the same street, which is still

the current Groovy Kemang location (Jalan Kemang Raya no. 44). Over time, Groovy Kemang has been adding to its premises to house more products, more services, and more staff. Also, in 1995, upon requests by loyal customers, Groovy opened the Groovy Boarding Kennel, which is located in Gunung Sindur. When Groovy customers wanted to return to their home countries and bring back their pets, Ibu Lucy helped them with the paperwork — and Groovy Pet Transport was born in 1997, as the first pet relocation service in Indonesia. At the same time, Pak Judo joined the company full time.

Nine years later, in 2006, the second Groovy pet store opened (Groovy Radio Dalam). Right next door to Groovy Radio Dalam, the Groovy Vetcare Clinic was founded in 2008 to help keep beloved family pets healthy and happy. In 2012, Groovy BSD was added as the third store and in 2014, Groovy Bintaro as the fourth Groovy store location.

This magazine in your hands, GROOVY Magazine, launched in July 2014 as Indonesia's first pet wellness and pet

lifestyle magazine with the goal to educate pet owners and enthusiasts about the human-animal bond and pet care.

In early 2015, the Groovy Pet Taxi service was added, another first here in Indonesia.

Sadly, Ibu Lucy couldn't join the celebration on March 27, 2015, as she suddenly passed away in October 2014. In her memory, the Groovy team created a video for her birthday. When the lights in the De Larenta Ballroom turned off and impressions of her life lit up the 3m x 4m screen, many tears were shed. Although it took a few moments for the Groovy family and guests to compose themselves again, the show continued.

Next was a little appreciation ceremony for long-term Groovy customers. Barbara Johnson, for example, has been bringing her pets to Groovy for almost 20 years. She still remembers the first Groovy location in Kemang. Her cat Chloe, a Chincilla and Persian mix, was born in August 1996 and is now 18 years old. Barbara said that Chloe reached this advanced age also thanks to the good food and care from Groovy.

As Chloe's example shows, with loving care and nutritious food, pets can spend a long time with their PAWrents. They are, indeed, lifetime companions.

Until her death, Ibu Lucy worked tirelessly to help people in Indonesia to realize that pets are lifetime companions and to make Groovy known as the ultimate partner for pet wellness. In the 25 years since Groovy first opened its doors, things slowly have begun to change for pets in terms of improved quality of life, one cat, one dog, at a time. 🐾

THE OLDEST PETS IN GROOVY'S CARE



Chloe

During the Groovy Anniversary celebration, the Groovy team also acknowledged the oldest dog and the oldest cat that Groovy helps care for. Hana, a 15-year-old Mini Pomeranian was nominated as the oldest dog in Groovy's care by the Groovy Vetcare team. Her PAWrent, Yoko Kawano, was, unfortunately, not able to attend the Groovy Anniversary. But Barbara Johnson, whose cat Chloe is a proud 18 years old, joined the celebration. Chloe is a Chincilla-Persian mix and was born in August 1996.

Barbara has been a Groovy Kemang customer since the late 1990s. She even remembers the very first Groovy Kemang location.

Groovy: What is your secret for Chloe's long life?

Barbara Johnson: As I mentioned [during the anniversary event] good food from Groovy and a lot of love. Chloe used to be regularly vaccinated. But for, at least, five years, owing to her age, she has skipped shots. She is groomed regularly at Groovy, as she is too old to clean herself well.

How did you find Groovy back in the late 1990s?

We moved to Kemang and wanted a dog. We found Ibu Lucy and Ibu Doris and they found a wonderful breeder of Golden Retrievers for us. After that we became loyal customers for dog and cat needs.



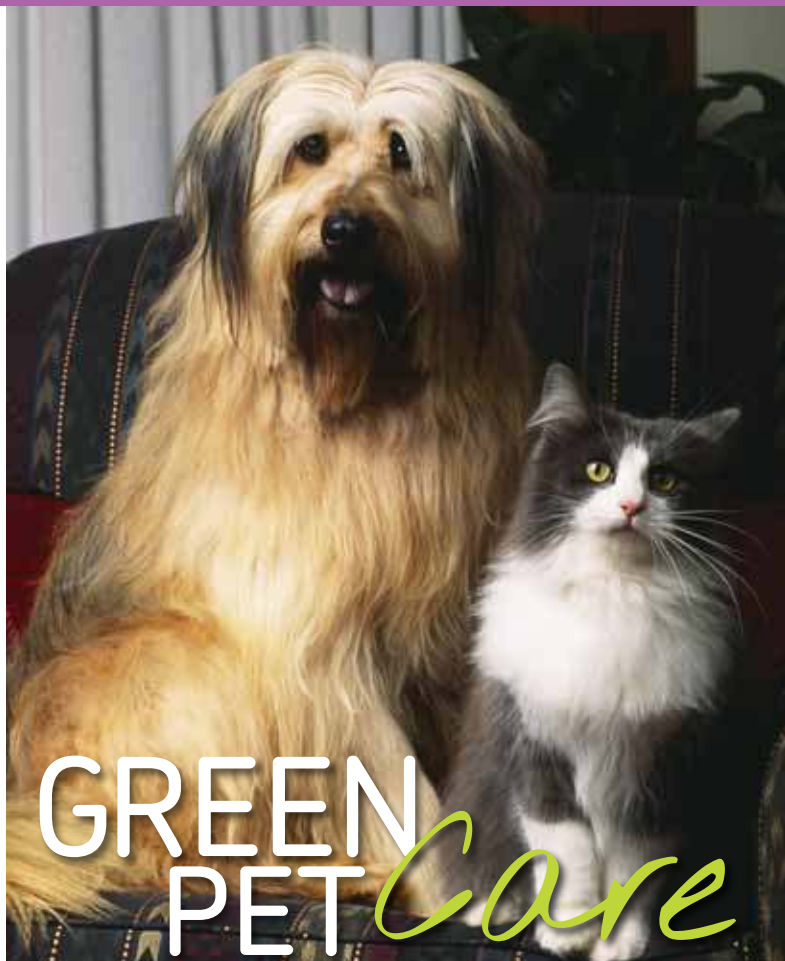
Barbara Johnson

What do you like about Groovy and which changes have most impressed you?

The new improved facility is excellent as well as the variety of products stocked. One the most important aspects of Groovy, from the beginning, is the caring, knowledgeable Groovy family.

What kind of Groovy services do you use regularly?

Products for cats and dogs, as well as grooming. We have not yet used the boarding facilities, but have heard from friends that they are very good.



GREEN PET *Care*

Living with pets doesn't have to be a deterrent to living a green lifestyle. You can do both at the same time By Maria Zarah Gregorio Viado

>> IT'S IN THE BAG

No one likes to pick up waste, but responsible dog owners clean up after their furry friends. Use a biodegradable bag or paper bag instead of grocery store plastic. For those with feline pals, opt for an organic, plant-based litter. Eco-friendly poop bags from Earth Rated® and cat litter made from pine or paper from Pinnacle Pine or Breeder Celest are available at the Groovy Pet Stores.

>> NO TO DRIVING

Instead of driving to places, choose to run, bicycle, or walk with your dog in the neighbourhood. You get more exercise while also reducing your fuel consumption.

>> GO ORGANIC

Organic food is now all the rage. Your pet can also benefit from this lifestyle choice, because organic food has no chemicals, artificial flavouring, and co-

louring. Try pet food from Canidae or Wellness and see the difference in your furry baby's well-being.

>> KEEP DIRT OUTDOORS AND YOUR PET INDOORS

Your garden is most likely full of pesticides, so take off your shoes before going indoors. It is important not to expose your furry friend to these harmful chemicals. Consider keeping your cat inside to lengthen her/his life, while also protecting other animals, which may be found in your backyard.

>> GREEN PRODUCTS

Go for eco-friendly products. The Groovy Pet Stores sell people-tested and pet-approved natural shampoos from Earthbath. You can also opt for biodegradable toys or use items found in your home. Knotted rope or a stick make alternative chewing toys, whereas a ball of yarn can go a long way for your cats.

>> BULK-BUYING

Buying pet food and products in bulk lessens the amount of plastic packaging and boxes used for your purchases. It also saves time, reduces your trips to the store, and lowers your fuel consumption.

>> ADOPT AND DONATE

Instead of buying a dog or cat, why not adopt? You save money and provide a home to an abandoned animal. You can also donate old newspapers, collars, or toys to pet shelters, instead of just throwing them away.

>> HOME REMEDIES

Natural home remedies keep your carbon footprint in check, while you give your pet the best care. Some examples include rubbing citrus rinds on fur to repel fleas or using chamomile tea to soothe skin irritations. 🐾

PHOTO: SHUTTERSTOCK



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SKIN & COAT

Give your pet a soft coat that invites family snuggles



DIGESTIVE HEALTH

Give him the carefree tail wagging that comes from feeling good



EYES, TEETH & GUMS

Give him bigger smiles, brighter eyes & happier barks



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IMMUNITY

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CAT LITTER: THAT PLAY SAND IN THE BOX

You provided the holistic and organic cat food, the bowls and alkaline water, the scratching post, the fluffy toys, and the cute bed. What is missing on your checklist? The litter tray! You have a big garden and think that would do? Do you truly need “that play sand in the box?” Yes!

By Rio E. Ridad, DVM



Why? Let me tell you a story. My friend rescued a dying kitten from the street. He provides the most nutritious food the pet store has to offer and the toys your five-year-old would envy. But he decides not to use a litter box and instead share his own bathroom. Well, he said, the idea is both convenient and cheap! Convenient, because it is his bathroom, which he cleans almost every day and he can quickly scoop the poop and flush the pee with water. Cheap, because he doesn't need to buy the litter box and sand. Yet, he forgets one thing all cat owners should be aware of:

The big double “D”, dreaded disease that you can get from cats' feces, such as Toxoplasmosis.

→ Toxoplasmosis

Toxoplasma gondii is a protozoan, which causes Toxoplasmosis in pregnant women and immunocompromised individuals. It causes damage to the brain and is associated with schizophrenia. The protozoa also injure the eyes causing blindness and other organs.

→ How can you get Toxoplasmosis?

You and your family can get the disease by accidentally swallowing the parasite through contact with cat feces that has *Toxoplasma*. It may happen while cleaning and removing the infected feces, touching or ingesting anything that has come into close contact with infected cats' feces, or when accidentally ingesting contaminated soil, or eating unwashed fruits and vegetables from your garden. That's why you cannot use your garden as a litter box! Carriers of *Toxoplasma* shed the protozoa oocysts in their feces for a few weeks following infection with the parasite. Most pet owners are not aware if their



cat has been infected, because like humans, cats rarely show symptoms of Toxoplasmosis.

→ Why do cats need a litter box?

Cats like to bury the deed. Dogs bury bones, cats bury poop. Hiding their excrements is a natural feline instinct, which stems from their long history of marking territories.

This behavior also serves as a self-protecting instinct, because your cat sees you as the “dominant cat” of the household. So they must hide their

waste from your prying eyes to avoid unwanted attention from “predators,” just like in the wild. Even though there are no actual predators in your home, your cat may not be so certain, and will bury his/her waste just to feel safe.

Another advantage of using a litter box is that you can monitor the quality and amount of urine and stools. You’ll see the first signs of constipation or diarrhea or difficulty in urination. You’ll know right away, if your cat is having trouble with his/her pipes and prevent a dreary trip to the emergency clinic.

→ What kind of litter box and material?

A litter box should be comfortable, always open, clean, and secure. It must be as large as possible to provide for normal posturing, allowing the cat to stretch fully, both horizontally and vertically. Kittens should be provided with a shallow box. If you have multiple cats, consider one litter box per cat.

The litter box needs to be located as remotely from the resting and feeding area as possible. Cats become psychologically stressed, if forced to sit amongst their own excrements. Tidy up and replenish the litter material, at least, once a day. Clean and disinfect the litter box, at least, every other day by using mild-smelling spray disinfectants. Cats’ noses are very sensitive to smell. It’s because they have 67 million scent receptors compared to our 5 million! Be careful in selecting your household disinfectants. You can dilute 1/2 cup of bleach in one gallon of lukewarm water for a cheap disinfectant.

→ Litter box problems

I get the same complaint from frustrated and stressed cat owners: “I bought a litter box and my cat is not using it. S/he’s eliminating all over the place! S/he needs training.”

Cats are fussy and you need to reinforce their natural instincts of waste hiding. But you have to get their personal preference of litter material right.

In general, cats like an unscented, sand-like substrate. Good texture is also important. They like the soft feel on their paws and sand-like litter makes digging and covering easy. While some cats prefer the texture of an alternative litter, most prefer an unscented, soft, scoopable litter. Some cats also dislike the smell of the flowery, perfumed litters.

→ What to choose? What to choose?

Head to the nearest Groovy Pet Store and you are met with row upon row of litter choices: clumping or non-clumping, scented or non-scented, clay, crystals or sand granules. There even are biodegradable products, such as from pine, cedar, sawdust, corn, beet pulp, soybean, wheat, and recycled paper!

Consult your veterinarian about what litter material to use or if you need to switch to a natural product. Ask your cat lover friends about their favorite brands. Review the litter material. Some may be better at clumping and controlling odors than others. Before you know it, you’ll be cheerfully scooping your Kitty’s little “treasures” – plus, you may get to see your cat playing cutely in his/her own play sand! 🐾



Groomed Pet, Happy Pet

Express your love
for your pet by pampering
and providing Fido and Kitty
with proper grooming.

By Maria Zarah Gregorio Viado



Caring for pets goes beyond giving them food and providing them shelter. Like humans, our furry babies need tender loving care and require regular grooming.

Bringing them to a pet salon not only saves you time and energy, but also ensures that your pet will be well-groomed. However, there are a number of things you can do for your pet within the comforts of your own home.

FurlHair

Gentle brushing soothes your pet. Make this a regular habit and it can

become a comforting exercise for you as well.

Brushing your pet's fur regularly will help make him/her more comfortable and allow you to check your dog or cat's skin thoroughly for any health problems, before they become serious. Aside from removing ticks, dirt, and knots, brushing will also help you see any lumps or bruises. For cats, this will also lessen furballs, which could lead to stomach or intestinal blockages. According to Groovy Veterinarian Dr. Yosefin Lingga, "Cats need to be groomed daily, especially long-haired

ones. If their hair isn't brushed daily, it will cause matted hair that needs to be cut very carefully. Cats have thin skin and you might injure the cat by cutting the matted hair too close to the skin."

To remove tangles in the coat, invest in a special brush from your local pet store. Do not pull too hard to remove knots as this hurts and do not attempt to cut matted hair. Instead, you can ask the local veterinarian or groomer for help.

Eyes and Ears

Apart from hair, Dr. Yosefin Lingga also encourages pet owners to "pay close

attention to the eyes as well as the ears, because leaving the eyes and ears dirty might lead to inflammation and infection.”

When you look into your pet’s eyes, they should be clear and shiny with moisture. If there is redness, signs of irritation or cloudiness, be sure to tell your veterinarian. Flip your pet’s ears, at least once a week, to check for any odor or redness. If you find any, a visit to the vet is advisable.

Nails

Another thing you should add to your pet’s grooming regimen is nail clipping. You can ask your veterinarian to teach you how to trim your pet’s nails properly and safely. But a trip to the groomer is a safer option.

Teeth

Although it sounds like an impossible feat, brushing your pet’s teeth regularly is an important part of good grooming. Experts recommend daily tooth brushing, but if this is not a realistic target for you and your pet, then try to do it once or twice a week. Visit the pet store and purchase cat or dog toothpaste as well as a toothbrush kit to get you started. Like all habits, it is best to help your beloved furry pal become familiar with toothpaste from an early age. At first, you can massage your pet’s muzzle for a week, then dab his/her lips with toothpaste. Don’t wrestle him/her in a headlock. Instead, introduce the toothbrush by allowing him/her to play with it. Then attempt to brush as many teeth as you can, for as long as your pet will allow it. For smaller pets, use a Q-tip with toothpaste and rub this on your furry friend’s teeth.

If this is something that you don’t think you can handle, don’t fret. The local grooming salon will make sure your pet gets the VIP treatment. 🐾

PET GROOMING MYTHS DEBUNKED

Below, we shed light on several myths, so you can have a clearer perspective on pet grooming and pet care.



Myth “People shampoo can be used for pets”

+ Although a popular misconception, our beloved furry friends require a shampoo of their own, just like human babies who only use baby shampoo. Seek the advice of a veterinarian for the most suitable one for your pet’s skin and hair type.

Myth “Cats don’t need to be groomed, because they groom themselves”

+ Even though cats groom themselves, they still need help from their human owners. Take your feline baby to the groomer for professional grooming.

Myth “Pets should be bathed infrequently”

+ Bathing your pet every week or two is more beneficial for him/her, because it helps lessen shedding and makes your four-legged baby smell better. Bathing also prevents skin diseases, especially when you use the right shampoo.

Myth “Cat’s claws don’t need to be trimmed, if they have scratching posts”

+ Scratching posts do not replace the need to trim your cat’s claws. You still have to schedule regular claw trimming, whether your cat likes it or not.

Myth “All cats hate water”

+ This is not true. If you introduce your feline friend to water and bathing at an early age, s/he will learn to like it.

Myth “Smelly breath is normal”

+ Bad breath can mean that your pet is suffering from dental decay, intestinal issues or other problems. If your pet has stinky breath, take him/her to the vet immediately.

Being a PAWrent is a big responsibility. Make sure you’re on the right track and find out about proper grooming from your veterinarian. For more thorough and effective grooming, make a trip to the grooming salon routine. After all, your pet’s health and happiness are on the line.



CLEAN HOUSE:

MISSION POSSIBLE

HAVING A PET AND MAINTAINING A TIDY HOME IS NOT IMPOSSIBLE. YOU CAN KEEP YOUR HOUSE SPICK-AND-SPAN BY BEING A VIGILANT PET OWNER.

By Maria Zarah Gregorio Viado

PHOTO: SHUTTERSTOCK.



Having a clean home and living with a pet should not be mutually exclusive. There is no secret to achieving both; all it takes is a little extra effort on your part. By being a responsible pet lover and an industrious home owner, you will be able to enjoy the love and warmth of your furry friends within the comforts of your neat abode.

STAY ON TOP OF GROOMING

It does not take rocket science to figure out that a well-groomed pet

is equal to a cleaner home. Brushing the hair/fur of your canine and feline babies will lessen the spread of hair/fur all over the house. Giving them regular baths and brushing their teeth will also contribute to the prevention of odor. Regular nail clipping should also be done to avoid damaging floors and surfaces.

MAKE HASTE WITH WASTE

Accidents happen all the time, but you should always be on the look-out. Clean them up immediately and thoroughly with an enzyme-based cleaner. You should also keep an enzyme-based odor neutralizer handy. For those with cats, clean the litter box daily. Scoop the box, at least, twice a day and change it completely, at least, every 10 days.

RUGS OVER CARPETS

Yes, carpets look better, but rugs are way more convenient to clean. You can vacuum them regularly and even wash rugs in the washing machine. In addition, you can teach your dog to lie down on a rug you place on the couch, that way his/her hair doesn't get all over the place.

THE MAGIC OF COVERING

To keep your couch clean (and safe from any scratches), purchase a canvas or microfiber couch slipcover. This way you can allow your dog or cat to lounge on the couch, without worrying too much about the damage (or dirt) they will cause. The same goes for your bed. If you like to take your cuddly pet into the confines of your room, your bed can be kept pristine by covering it with a sheet or comforter.

THE RIGHT TRAINING

Having a well-trained pooch is also instrumental in reducing mess. Don't let your doggy run into the house without wiping him/her down first. Teach your canine pal to sit on a mat by the door

as you wipe his/her paws or treat him/her to a paw soak.

INDOOR PETS MAKE HAPPY PETS

Keeping your canine and feline buddies indoors makes it easier for you to keep them clean and free of fleas and ticks. It also makes them happier and healthier. Indoor pets live longer and are less stressed, because they can socialize with you. Pets kept outside are more stressed and prone to becoming victims of accidents. So for your pet's overall well-being, let them live indoors, but make regular trips outside routine.

OFF LIMITS TO PETS

Make other rooms off limits to your pets. This limits the places you have to clean. Keep the door closed at all times, even when you enter the room, so your dog or cat won't follow you inside.

A ROOM OF HIS/HER OWN

If you can spare a room, why not designate it for your pet or pets? Keep all your furry friend's things inside the room, such as your cat's scratching post and litter box. By doing so, you will only have to regularly clean this room and not the entire house.

CLEAN CAGES

Apart from canine and feline babies, many animal lovers also have other pets, such as mice, guinea pigs, and lizards, to name a few. Keeping cages or terrariums clean prevents any odors to developing or any allergies to be triggered.

MAKE THE VACUUM YOUR NEW BEST FRIEND

If vacuuming once a week was more than enough before you had a pet, that practice will no longer be adequate once you become a pet owner. With animals in your house, vacuuming

daily is advisable. Even if you have hard floors and little to no carpeting, vacuuming daily will help you stay on top of the cleaning game.

And if you have a big house, it is best to invest in more than one vacuum. Keep one handy on every level of your home. A handheld vacuum can also be more convenient.

GUARD YOUR KITCHEN

Because food preparation is done in the kitchen, your pets will also be drawn to the room. Your feline pal may walk on the kitchen counter and bring with him/her dirt from other rooms or from the litter. To ensure that your counter is clean before you prepare food, wipe it down with a cleansing wipe or paper towel with cleaning solution, before and after you use the counter. Keeping utensils, pots and pans as well as kitchen knives in drawers will also be more hygienic. It is also common sense to keep food covered or properly stored where beloved pets cannot get to them.

CHANGE THE FILTER

Regularly check the air filter in your home and change it if you need to. Purchasing it will help in removing pet odors in the home, while buying a room air cleaner may reduce allergic reactions to fur or dander. If your child or any member of your family is allergic, it would be best to minimize contact with the pet.

A CHEMICAL-FREE HOME

Although many home cleaners guarantee long-lasting smells and effective cleaning power, many of them are laden with chemicals, which may be harmful not only for humans, but also for our furry friends. Carbon-based chemicals, such as disinfecting products, remain in the air for prolonged



periods and can be toxic for both humans and pets. The same goes for air fresheners, insecticides, pesticides, and rodenticides. However, there's no need to fret because there are plenty of natural, eco-friendly and pet-friendly alternatives for these products.

You can filter the air in your home with pet-friendly plants that do the trick, while baking soda can neutralize bad odors. For a natural air freshener, you can use an oil burner. Fragrant oils, such as lavender or vanilla, can spruce up your home. Lavender, citronella, or tea tree oil can also be used as natural insecticides. If you have a rodent problem, opt to use sticky and non-lethal rodent traps.

To remove stains, make an all-natural vinegar-baking soda spray by mixing two cups of white distilled vinegar, two cups lukewarm water and four tablespoons of baking soda. Place the mix-

ture in a spray bottle and voila! Good-bye to stains!

If the smell of vinegar is too harsh, another stain-removing solution you can make at home is a citrus-enzyme cleaner. You will need seven tablespoons of brown sugar, one and a half cups of lemon, orange peels and one liter of water. Put the sugar in a container, add the fruit and pour the water in and screw the cap on tight. Give it a good shake. Then loosen the cap so the gases can be released. Set it aside and after three months you will have your very own natural enzymatic cleaner.

For those who need a quicker fix, you can make a lemon all-purpose cleaner. Just combine three cups of very hot water, two tablespoons of baking soda and two tablespoons of pure lemon juice. Not only will your house be sparkling clean and pet-friendly, it will also smell lemony fresh. 🐾



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JAKARTA'S NEW CAT MOJO

CAT CAFÉS ARE A WORLDWIDE PHENOMENON AND IT WAS ONLY A MATTER OF TIME WHEN ONE WOULD OPEN IN JAKARTA. SINCE ITS OPENING IN FEBRUARY 2015, CUTIE CATS CAFÉ HAS BEEN ATTRACTING MANY VISITORS TO ENJOY FELINE COMPANY ALONG WITH COFFEE AND CAKE. By Andrea Deierlein

Originally from Taiwan, most of the world's cat cafés are located in Japan. This cute café concept was created to provide a space where stressed-out city dwellers can sip a cup of Java in purrfect company to unwind and relax. Due to space limitations, strict housing regulations, demanding work schedules or the high expenses of pet ownership, many pet lovers cannot live with companion animals, but crave furry love. Parents, who want to introduce their children to cat companionship without having to deal with litter box duties and vet visits, also welcome this café concept. As do business people, who spend more time on the road than at home, and older people, who used to share their life with pets. They all come to enjoy the serenity and health perks feline company bring.



Cat Therapy

Cat lovers know that a purring cat is an instant stress buster and mood booster. Feline company is soothing. It helps combat feelings of loneliness and serves as purrfect medicine, because cat purrs generate vibrations in the 20 to 140 Hz range. It has been scientifically proven that cat purrs have therapeutic physical effects, such as the power to reduce stress and lower blood pressure. Thanks to the frequencies of kitty love, purr vibrations can also speed up the healing of infections, swellings, and soft tissue injuries.

Lia Ramadhani Kurtz, the founder of Indonesia's first cat café, the Cutie Cats Café, wants young and old to benefit from cat therapy. "I am a product of parents who don't love cats," she shared her personal story. "When I was already independent and working by myself, I picked up a stray kitten at the intersection near Brawijaya Women and Children Hospital. This kitten was almost crashed by a motorcycle. I decided to stop the car, pick up the cat, and raise her." Lia's beloved Munchkin was the beginning of her love affair and life with cats.

🐱 Meet the Cutie Cats

- ▶ Ace, Exotic, male, 6 months
- ▶ Argo, Bengal, male, 7 months
- ▶ Bumble, Local, female, 1 year
- ▶ Candy, Exotic, female, 7 years
- ▶ Cherie, Himalayan, female, 6 months
- ▶ Fox, Persian, male, 6 months
- ▶ Jolie, Persian, female, 6 months
- ▶ Karamello, Maine Coon, male, 2 years
- ▶ Lola, Himalayan, female, 6 months
- ▶ Luigi, Exotic, male, 1 year
- ▶ Moka, Himalayan, female, 7 months
- ▶ Mr. Kenji, Persian, 6 years
- ▶ Muffin, Himalayan, female, 6 months
- ▶ Pokko, Local, male, 4 years
- ▶ Spotty, Local, female, 1 year
- ▶ Usagi, Scottish Fold, female, 6 months

All 16 Cutie Cats are Lia's own. She knows each of them inside and out, including all their quirks. "Argo, for example, is very active. He likes to jump around. But for a Bengal, he is very social. Usually Bengals only like to play with the owners, as they tend to be nervous around a lot of people. But Argo doesn't mind the many visitors. Jolie and Fox are the kids' favorites,



because they like to wrestle with each other. Candy is the oldest. She is quiet and really enjoys her time in here."

🐱 The Difference between a Cat Café and a Café with Cats

As the headline of a 2014 CNN article so aptly says: *Cat-ching! Cat cafés take over the world.* It feels like they are mushrooming. You can now enjoy your coffee, cake and feline company in Amsterdam, Budapest, Dubai, London, Moscow, Munich, New York, Paris, Vienna, and many other places. Apparently there are about 150 cat cafés in Japan alone!

But in Lia's opinion, some cat cafés are more like cafés with cats: "A real cat café is a playground for cats. The focus is not on the culinary, it's on the cats."

"At Cutie Cats Café, we love to provide comfort for cats and cat lovers.

We don't push our cats to entertain visitors. We make sure that our cats are very well taken care of by the experts at Groovy [Groovy is the official partner for the Cutie Cats grooming and health care needs]. We want to make sure that the cats and visitors are happy."

Before Lia and her husband Michael Kurtz opened Cutie Cats Café in Kemang, they visited various cat cafés in Japan, London, Singapore, and Thailand to discern good from bad practice examples. Out of the 35 they saw in Tokyo alone, only five met Lia's high standards, which include:

1. The cats must be healthy, happy, and well taken care of.
2. The cat area must be odourless.
3. The cat area must be separated from the food area.

Out of concern for their cats' well-being, the couple decided to only serve



cakes. "Cats are carnivores. So that the cats are not tempted to eat human food, a good cat café only offers items on the menu that are not attractive for cats. That's why we only provide desserts to complement the cat therapy sessions," Lia said.

After studying cat behavior and habits for many years, "My husband and I learned how to create a proper cat house with proper flooring and furniture material. For example: Our cat bridge [which is located under the ceiling] is connected to the shelf on the wall for easy climbing and hiding." Vertical space is especially important "to give the cats privacy, so they can choose if they want to play with the other cats or be around the visitors."

Cat-Ducation

What differentiates Cutie Cats Café from other cat cafés is the mission to educate people, especially children, about cats and the feline lifestyle.

"Not all cat cafés allow kids, because they can't control themselves. They pull the tails of the cats. They chase them. But at Cutie Cats Café we allow kids, because I have a baby at home and I believe, the earlier you introduce kids to cats, the better. So that they can be relaxed around the animals and become more sensitive to the animals' needs."

House Rules

For hygiene and the cats' safety, all visitors must remove their shoes, wear slippers as well as disinfect their hands

before entering the cat room. Visitors are also asked to follow house rules, which are explained in Indonesian, English, German, and Japanese:

- ▶ Be gentle with the cats and no tail pulling!
- ▶ Do not pick up the cats.
- ▶ Respect the cats' individual space.
- ▶ Do not disturb sleeping cats.
- ▶ Do not give human food.
- ▶ No flash photography.
- ▶ No running, jumping and screaming inside the room.
- ▶ No outside cats are allowed.

To help cover for the cats' care, including their food, veterinary visits and grooming, Cutie Cats Café charges an entrance fee:

- ▶ Rp. 50.000 for the first hour (on weekdays)

- ▶ Rp. 75.000 for the first hour (on weekends)
- ▶ Rp. 35.000 for every additional hour

Be sure to make a reservation and be on time for your appointment. Cutie Cats Café gets crowded quickly and only allows a maximum of 20 people in the cat room (that's including five kids). 🐾



Cutie Cats Café
 Jl. Kemang 1 no. 12F,
 Jakarta Selatan
 ✉ contact@cutiecatscafe.com
 ☎ 0811 100 4560
 Open daily 10:00 A.M. to 9:00 P.M.

JOINT EDUCATION PROGRAM WITH GROOVY



In addition to being the official partner for the Cutie Cats grooming and vetcare needs, Groovy veterinarians and groomers also share their expertise with the Cutie Cats community and other cat lovers. The hour-long presentations start at 10:00 A.M. and take place at Cutie Cats Café.

- ▶ **Benefits of Spay & Neuter for Your Cat** (28 March 2015)
Speaker: drh. Lia Wahyu
- ▶ **How to Keep Your Cat Healthy & Happy** (25 April 2015)
Speaker: drh. Francisca Juwita
- ▶ **Basic Handling and Grooming for Your Cat** (30 May 2015)
Speakers: Antonius Heri Susanto & Eko Suprpto
- ▶ **What is Toxoplasmosis and Can I Get Sick from My Cat?**
 (27 June 2015)
Speaker: drh. Francisca Juwita

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Marcell Siahaan: A LIFE in HARMONY

THE 37-YEAR-OLD SINGER, DRUMMER AND ACTOR AND HIS WIFE **RIMA MELATI ADAMS** ARE BIG ANIMAL LOVERS. WHEN GROOVY VISITED THEIR NEW HOME IN BINTARO IN APRIL 2015, **MARCELL** TALKED ABOUT LIVING WITH PETS AND HIS PHILOSOPHY OF "HIDUP HARMONIS," A LIFE IN HARMONY.

By Andrea Deierlein

The way Marcell Siahaan and his cat Ah Tjon look into each other's eyes shows their mutual respect and appreciation. One can easily see that they share a special bond. As Marcell's wife Rima posted on Twitter in February 2014, Ah Tjon is her husband's soulmate.

Ah Tjon's real name is actually Tjondro. He is a six-year-old local cat (kucing kampung), who opened Marcell's heart to the feline world. "Before Ah Tjon I didn't really like cats. Maybe it's because I lived with dogs for so long." But one day in 2009, when Marcell and Rima had lunch at a Warteg on Terogong Raya, near Bumimas Apartment, a small, skinny kitten jumped into Marcell's lap. "This was the very first time I realized 'Ok, this would be the first cat in my life.'"

"Ah Tjon is very unique. He is very devoted to me. He really appreciates that I rescued him from starvation and all the worms. When we [Marcell, Rima and their seven-month-old son Seth] take a walk in the neighborhood, he is always the first to join us. He follows us like a shadow."



Marcell, who was born and raised in Bandung, grew up around all kinds of animals: "We had dogs, chicken, ducks, gold fish. Because of my grandfather, who was a very Javanese person, we also had more than 30 birds. I saw how my grandfather fed the birds every day. I often helped him and cleaned the cages."

Besides the love for animals and how to care for them, Marcell also learned about balance and harmony from his grandfather. "It's very important to practice gratitude," he says. It is also vital to stay true to one's character and values.

According to Marcell, it is easier to take care of cats than of dogs, because they are more independent. "I just need to take care of their moods," he jokes. "I am really happy that I can have cats as pets now."

In addition to Ah Tjon, there are three other felines in residence: Ah Mey, Ah Lien, and Cemong. All of them are former street cats. Dolar, a three-year-old Mini Pinscher, completes the whole pack.

AH MEY, THE MOODY ONE

About one year younger than Ah Tjon, Ah Mey, a kucing kampung with black and white markings, is approx. five years old. One day, she just walked into the house. "She stared and stared, found the food, ate, jumped onto the couch, and slept. And that's it. Ah Mey has been with us ever since." Marcell describes their relationship as cold, sometimes not so cold. Due to her moody behavior, the family gave her a tagline: "I don't want to be touched. Let me touch you." Especially when it comes to men and Marcell's colleagues visit the house, Ah Mey is a very attention-seeking cat. "But once my friends try to touch her, she scratches." When Ah Mey gave birth, Rima had to help as midwife. Lucky for Marcell, he was out of the house at that time.

AH LIEN, THE FIERCE ONE

Every person, who was once bitten by a cat, knows the sharp pain. Marcell's right hand still shows the scar where Ah Lien bit him last year. Ah Lien is a four-year-old black feline Marcell and Rima adopted from their veterinarian. She has a slight disability with her pelvic bone due a birth defect. "She can not walk and run properly and has this agility problem. When she jumps, she tends to fall," Marcell explained her condition.

A while ago, Ah Lien was hit by a motorcycle. After the accident, she ran to the sewer to hide. "She was covered in blood

and I had to take her out of the sewer and straight to the vet. Before this accident, she was a very fierce cat."

CEMONG, THE YOUNGEST

At almost one year, the white brown-checked Cemong is the latest feline addition to the house. He, too, was rescued from a sewer, when Rima heard him cry.

DOLAR, THE ALARM CLOCK

Smaller than the cats, Dolar, the Mini Pinscher, makes up for what he lacks in size with his barking.

Although the barking can get quite testing, especially at 2:00 A.M., "Dolar is a very good alarm clock," said Rima. "At our old house, we had no door bell. We didn't need one, because we have Dolar. He would always let us know when somebody was coming."

It was also Dolar who alerted the family about a dog in the neighborhood who was chained 24/7. Since life on a chain is no life for any dog or animal, Marcell and Rima took action. They started a petition, so that the owner would release the dog from the chains and put him inside. But the couple is still not satisfied with the result, because they know that this dog is not treated with kindness. Marcell wishes that people would understand and "put into their mindsets that animals also have feelings. Like us, they can feel pain. They can feel love."

"My pets are my family. It's important to live in harmony with them. That's why I educate my children and the children in my neighborhood to respect and not to disturb animals."

He wants children and people to understand that animals must be treated with respect and kindness, even when they are afraid. "I don't like it, when people disturb animals and cause them pain. When you don't like animals, why don't you just stay away from them? Don't kick them! Don't hit them! Don't hurt them!"

PET THERAPY

Despite living with pets for almost all his life, Marcell still gains new insights from his four-legged family members. "Taking care of them brings different lessons, especially when it comes to understanding them."

While he has learned to read his cats' moods, they know how to stabilize their daddy's mood too. "All stress is gone when I see my pets." Ah Tjon masters the art of having a dumb



"It's very important to practice gratitude"

look on his face, while sitting and licking his big fat belly, which never fails to bring a smile to Marcell's face. Ah Mey prefers to be more paws-on. "She is my personal massage therapist. When I am on the couch or in the bed, she jumps up and kneads me until it hurts."

Like all small dogs, Dolar often seeks approval. Although he enjoys a playful love-and-hate-relationship with the cats, "Dolar has the tendency to protect us and bark at them," laughs Marcell. "He then looks at us and waits for praise," which, of course, can sometimes be adorable.

Yet, the boss of the four-legged is very clear: Ah Tjon ranks first in the pecking order of the family's animals. When it's time for the family's neighborhood walk, Ah Tjon is always the first in line and the others follow the "Commander."

NEW PROJECTS

In August 2015, Marcell is going to release his sixth solo album. The first single, *Cinta Mati*, will be released on May 4. "It is a very romantic song. I am still preaching, still talking about love, but in a very optimistic way. It's about love that brings happiness, not the painful side of love."

Other projects include his band Konspirasi's second album and work for Juggernaut's, his other band, first album.

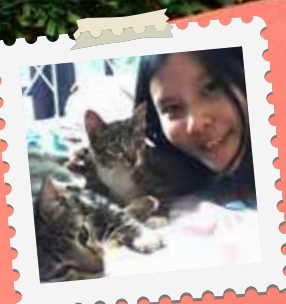
As if this weren't enough, Marcell and his team are also preparing a big concert for 2016. Maybe even a tour throughout Indonesia and to Singapore and Malaysia, where Marcell has a great fan base.

Wherever his tour and life will take him, Marcell has unlocked the secret to a life in harmony with the four-legged. Should life become too stressful, Ah Mey lovingly waits at home, ready for a paws-on massage, while Ah Tjon will amuse his daddy by just being his charming self. 🐾

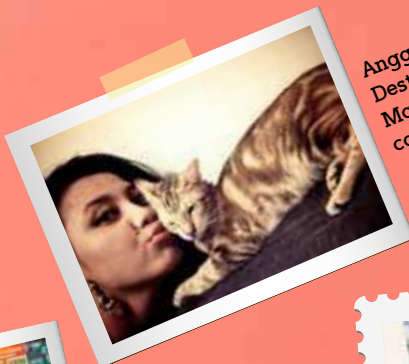
Selfie with My Bestie



Asa, Monika, Ira, and Chico with their family dog Summer Love (Corgi, 5 months)



Amelia Putri & Anton and Antie (Cats, 8 and 4 months)

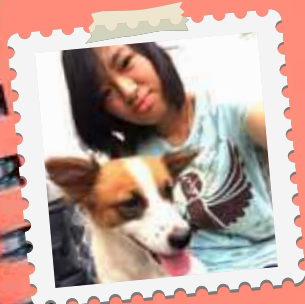


Anggita Destiara & Mala (Local cat, 2 years)



Johnson & Soju (Maltese, 5 years) and Yeslin Wang & Baileys (Poodle, 1 year)

Helen Storyna with Mora Xaviera (Tri-color cat, 1 year 4 months) & Karim Benzema (Two-color cat, 1 year 2 months)



Annissa Imanina & Milla (Mixed breed, 5 months)



Michelle Claudia & Kenzo (Alaskan Malamute, 2 years)

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Take Time to PAWS for
an Animal Tale:

WATCH A MOVIE *with* YOUR FURRY FRIEND

Spending time with your pet, like watching a film together, can be a transformative experience. There are many great films featuring animal characters, highlighting the relationships between animals and between humans and animals. These films can bring you laughter, tears, heartbreak and joy as the characters find friendship in unlikely places, overcome circumstances, and follow their dreams. By Zahra M. Baird

We all know that spending quality time with our furry friend(s) is very rewarding and relaxing. As pet lovers, we take any chance we get to cuddle with our beloved dog and cat on the couch. More than just cuddly creatures with paws, whiskers and a wagging tail, our animals are our companions along the journey of life. So why not enjoy a movie date together at home?

Movies have been watched all over the world for entertainment and educational purposes, offering historical context, and stressing cultural and societal values. We tend to judge movies on how they make us feel: Some help us escape reality, others offer us the strength in drama, or the triumph of a heroic figure. Whatever the case, films can provide comfort, order in the chaos, make statements, or inspire us to question who and what we should value.

One of the most famous stories about the incredible bond of mutual trust and love between humans and an animal is that of Ace Bourke and John Rendall and their domesticated lion, Christian. With the help of George Adamson, Christian was released into the wild. Their story is chronicled in the documentary *Christian, The*

Lion At World's End. Forty years after the lion and his humans parted ways, many people watched their moving reunion and made it a YouTube sensation. For more information, please visit www.alioncalledchristian.com.au.

► Funny Animated Features

Cats and Dogs shows the classic age-old battle between the species. In this top-secret, high-tech espionage game, the human owners are not aware of all the animal antics going on.

In *Ratatouille*, you will enjoy the hilarious and exciting rat race that turns the culinary world of Paris upside down when a rat, named Remy, follows his passion for cooking.

The animated Disney classic *101 Dalmatians* brings determination to life. We all cheer as the canine protagonists, Pongo and Perdita, take matters into their own paws and outsmart the evil Cruella de Vil, who stole their puppies to make a spotted fur coat.

► Piggy Tales

In the lesser-known animated musical version of the book *Charlotte's Web*, a pig becomes friends with a spider. The pig, snubbed by the other barn animals and afraid of ending up on the dinner table, finds friendship in Charlotte, a gentle and wise grey spider.

Sometimes, we have all felt like we wanted to be someone else, and *Babe* is a special pig who wants to be a sheepdog. Compassion and kindness surely light the screen as this little pig goes a long way.

► Stories Like in Real Life

No home is complete without a pet. In *Beethoven*, a slobbery St. Bernard eventually wins the love of the reluctant father.

With *Marley and Me*, we delve into the happy messiness of family life with an incorrigibly frisky Golden Labrador Retriever. As John and Jenny Grogan experience, the canine-human connection is endearingly strong as they learn important life lessons from their adorable dog.

Set in Japan, *Hachi: A Dog's Tale* is all about fierce loyalty and devotion. The true story of Inu, a faithful Akita, pays homage to the invincible bond between a man and a dog, as the dog waits for his master at the train station.

In *War Horse*, we see the plight of both English and German soldiers in World War One. But the courage of Joey, a young farm horse, touches them in the desolation and horror of the trenches.

Two Brothers tells the tale of two playful twin tigers, who were separated at birth as cubs. They are reunited later, but forced to fight each other as enemies, trying to find their way home.

Whether you choose to watch a drama or a comedy together with your beloved pet, sit back and enjoy each precious moment. There may a lesson or two for us to learn, as the movie characters reveal the depth of each animal-animal and animal-human tale.



For your next free evening or weekend, turn on the TV, your computer or tablet, curl up with your favorite furry friend, and take pleasure in the human-animal bond, which is good for us in so many beautiful ways. 🐾



FILMS YOU MAY BE INTERESTED TO SEE:

- ★ **101 Dalmatians** (1961), 79 mins (G)
- ★ **Adventures of Milo & Otis** (1986), 90 mins (G)
- ★ **Babe** (1995), 91 mins (G)
- ★ **Because of Winn-Dixie** (2005), 106 mins (PG)
- ★ **Cats & Dogs** (2001), 87 mins (PG)
- ★ **Charlotte's Web** (1973), 84 mins (G)
- ★ **Christian, The Lion at World's End** (1971), 89 mins (G)
- ★ **Duma** (2006), 100 mins (PG)
- ★ **Gorillas in the Mist** (1988), 129 mins (PG-13)
- ★ **Hachi: A Dog's Tale** (2010), 93 mins (G)
- ★ **Homeward Bound: The Incredible Journey** (1993), 84 mins (G)
- ★ **Lassie Come Home** (1943), 89 mins (G)
- ★ **My Dog Skip** (2000), 85 mins (PG)
- ★ **Old Yeller** (1957), 84 mins (G)
- ★ **Ratatouille** (2007), 111 mins (G)
- ★ **Two Brothers** (2004), 109 mins (PG)
- ★ **War Horse** (2011), 146 mins (PG-13)



A VET'S SECRETS

FOR GOOD PET HEALTH

When you know how to keep your pet healthy and happy, you will spend less time and money at the vet clinic - and your beloved companion will live longer. Keep your four-legged friends safe by following these tips.

By Deasy Anellis Juwana, DVM

1 REGULAR VET VISITS

Just like you, your pet can get heart problems, develop arthritis, or have a toothache. The best way to prevent and catch health problems is the annual exam with your veterinarian.

2 SPAY AND NEUTER

In addition to preventing unwanted litter, spay and neuter has health benefits for your pet. Studies show that sterilization lowers the risk for certain cancers and a pet's risk of getting lost by decreasing the tendency to roam.

3 PARASITE PREVENTION

Fleas are the most common external parasite that plague pets and can cause irritated skin, hair loss,

hot spots, and infection. They also introduce other parasites. If your pet swallows one flea, s/he can end up with tapeworms, the most common internal parasite, affecting dogs and cats. Year-round prevention is key.

4 WEIGHT MANAGEMENT

Pet obesity, caused by overfeeding, comes with health risks that include diabetes, arthritis, and cancer. Trust your vet for feeding suggestions based on your pet's age, weight, and lifestyle.

5 REGULAR VACCINATIONS

Pets need regular vaccinations against common ills, such as rabies, distemper, feline leukemia, and canine

hepatitis. How often your dog or cat needs to be immunized depends on the age and lifestyle.

6 ENRICHED ENVIRONMENT

Dogs and cats need mental stimulation. For your pooch, this means daily walks. For your cat, scratching posts, window perches, and toys. Play time is the best way to strengthen your bond.

7 DENTAL CARE

Just like you, your pet can suffer from gum disease, tooth loss, and tooth pain. Keep your pet's teeth strong with regular brushing and oral cleanings. Dental disease is one of the most common preventable illnesses in pets. Your vet is a good source of information for brushing techniques, oral rinses, and dental treats.

8 NEVER GIVE PEOPLE MEDICATION

Medicines made for humans can kill your pet as they can cause kidney damage, seizures, and cardiac arrest.

If you suspect your pet has consumed human medication -- or anything toxic -- call the Groovy Vetcare 24-hour emergency hotline at 0811 888 2490 immediately.

9 PROPER RESTRAINT IN A VEHICLE

You buckle up for safety when you're in the car, shouldn't your pet? 🐾



For more information or to schedule an appointment for your pet's check-up, please contact the Groovy Vetcare Clinic by phone (021) 728 00 617 / 7279 60 89 or via e-mail at vetcare@groovy.co.id

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Simple Steps for Your Kitty Care

Cats are easy to take care of, but it does need commitment. Here are some basic tips to care for our feline friend(s). By Yosefin Lingga, DVM



1 MAKE SURE YOUR CAT IS HEALTHY

Bring Kitty to the vet for regular health checks and vaccinations. Yearly check-up is also important, especially when your cat gets older.

2 FOOD

Give your cat the proper amount of

food. Kittens need more calorie intake, since they are still growing. Adults need less. Please don't overfeed your cat. If obesity isn't good for your health, then it isn't good for your cat's health either.

3 LITTER BOXES

Your cat has to have unlimited access to litter boxes. The bigger the area your

cat can access, the more litter boxes you need to provide. Regular cleaning is a must. Just like us, cats prefer a clean toilet. If the litter boxes are not clean, your cat might end up doing his/her "business" in other areas, like the couch or even your bed! You also can monitor your cat's health by checking if his/her stool or urine is normal.

4 EXERCISE/PLAY TIME

Cats are playful creatures. Keep a feline amused and healthy with toys. Sometimes just a crumpled paper will keep a cat busy for hours. Do pay attention to the things your cat plays with, make sure the toys are safe.

5 GROOMING

This is a good way to bond with your cat. Starting at an early age is best to get him/her used to it.

a. Brushing is very important for long-haired cats. It helps remove dirt and dead hair, spreads natural oils through the hair, prevents tangled hair, and keeps the skin clean.

b. Bathing. Cats are usually very clean, since they use their tongue as personal grooming equipment. However, cats might end up in a mess and need your help. For bathing cats, use lukewarm water and mild shampoo. Ask your veterinarian which shampoo is good for your cat.

c. Eye cleaning. For some cat breeds that tend to have lots of eye discharge, clean the eyes once or twice daily. This prevents the discharge from going dry and from irritating your cat.

d. Nail clipping. You can have a scratch post, if your cat likes that. But sometimes cats still scratch things around the house. Clip Kitty's nails regularly to prevent him/her from destroying your favorite couch or clothes. 🐾

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LAB STORIES: WHAT YOUR PET'S BLOOD WORK TELLS YOU

Even if Fido and Kitty look happy and healthy, they may have serious, sometimes even life-threatening, medical problems that require treatment. While a physical examination is vital to your pet's health care, many conditions cannot be diagnosed without blood work. By Agnya Sinung, DVM

To find out what is lurking inside your pet, various blood tests can provide a detailed look. That's why routine blood checks are essential in identifying diseases at the earliest – and most treatable – stage. We can tell a lot about your pet's health through quick, simple, and accurate chemistry and hematology blood tests, and, rule out some infectious diseases.

Depending on your pet's life stage, we pay particular attention to the health risks for each age group.

Puppies and kittens (until 6–8 months)

Typical medical problems in puppies and kittens are caused by viral infections or intestinal parasites infestation. When your furry baby has any vomiting, diarrhea, or less appetite, we always recommend hematology and viral tests to rule out life-threatening infections, such as parvo, distemper virus, and leptospirosis in dogs and panleukopenia, feline leukemia, and immunodeficiency virus in cats. In

the sad case your puppy or kitten died quickly from any of these diseases, and you have another puppy or kitten at home, have their blood work tested as well.

Middle-aged pets (until 9 years)

These pets usually have good immunity and will not show any symptoms until a disease is well established, which may make treatment more difficult and expensive. Common health problems include dental disease, obesity, skin disease, allergies, reproductive diseases, and arthritis. Even when your pet has no symptoms, have his/her blood tested at every annual check-up.

Senior pets (over 9 years)

Older pets often suffer from dysfunctional organs. Older cats, for example, are known to have kidney problems, whereas some dog breeds develop heart problems. Other common health problems include dental disease, tumors and cancer, cognitive dysfunction, and hormone imba-

lances. A blood chemistry test, X-ray, and ultrasonography will help you understand your pet's health status. The blood chemistry test reveals the condition of the liver, kidneys, pancreas, blood sugar levels, electrolytes, and some hormones. X-ray and ultrasonography tests can show the size and structure of your pet's organs and if there is any growth or mass that needs to be addressed.

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For more information or to schedule an appointment, please contact the Groovy Vetcare Clinic by phone (021) 728 00 617 / 7279 60 89 or via e-mail at vetcare@groovy.co.id

PHOTO: SHUTTERSTOCK.



THE & INTELLIGENT CHEERFUL BEAGLE

Beagles are dogs bred principally for tracking hares by scent. Today, the Beagle is mostly a family pet, as the Beagle enjoys the company of people and other dogs. Good-natured, great with children, intelligent, full of enthusiasm, and ready for anything, the Beagle is usually quite obedient. Yet, a Beagle's fantastic sense of smell can easily distract the dog and send him/her chasing after interesting scents.

The Beagle is a medium dog, which weighs around 9 to 11 kg as an adult, with a height of 33 to 40 cm. This amiable dog can live up to 12 or 15 years. For many enthusiasts, the Beagle remains the archetype of more than 70 hound breeds.

+ BEAGLE SENSITIVITIES

According to a survey, conducted in Great Britain, by the Kennel Club and British Small Animal Veterinary Association, Beagle owners need to pay special attention to:

1 Ideal body weight maintenance

Thanks to breeder feedback and veterinary clinic data on more than 50.000 Beagles, we know that the breed has a tendency to be overweight or obese (17% of study participants).

2 Gluttonous tendency

causes the dog to eat large quantities very quickly.

3 Bone and joint health

The long life span of the Beagle is accompanied by bone and joint problems. According to a 2009 kennel club report, 10% of Beagles have osteo-ar-

ticular disorders, such as arthritis, stiff joints & hip dysplasia.

+ HEALTH NUTRITION SOLUTIONS

It's really important to establish a strict food rationing table, to ensure the correct daily amount.

The fat level of the food has to be adapted. The Royal Canin Beagle Adult dog food, for example, only contains 12% of fat.

The food's energy content has to be adapted as well. Increased fiber, for example, prolong the satiety effect.

To address the breed's gluttonous tendency, Royal Canin decided to make a specific kibble dedicated to Beagles that helps slow down the speed of ingestion and prolong the feeling of fullness.

To help support bone and joint health, we can limit joint stress by helping the dog maintain his/her ideal body weight. The right ratio of Ca/Phosphorus, Omega-3 fatty acids, and especially EPA and DHA, are beneficial for bones and joints. EPA and DHA inhibit inflammatory mediators and reduce joint pain and inflammation. 🐾





THE CREEPY CRAWLY: Getting Rid of Fleas and Ticks Once and For All

Fleas and ticks are everywhere – and these external parasites can transmit various diseases to your pet(s). But don't worry. You can beat and prevent these pests with a lot of products, such as easy-to-use spot-on, sprays, and oral medications. By Rio E. Ridad, DVM

Mostly, fleas are found in stray dogs and cats and lay their eggs in the environment. These eggs will molt into adults and jump to your pet to feed. Ticks quest in grassy areas and wait for a host, like a dog or cat to latch onto. When fleas feed on your

pet, they inject salivary proteins, which can cause allergic dermatitis leading to intense pruritus and hair loss. Fleas also suck blood, causing anemia in kittens and puppies. These insects also transmit tapeworm parasites in both dogs and cats.

Ticks transmit tick-borne parasites in their saliva like Ehrlichia canis, Anaplasma spp., Babesia spp. and Borrelia spp. These parasites can cause tick fever and Lyme disease and may be fatal to your pet(s) and will cost you a lot for hospitalization and medicines.

⚠ The Power of Prevention

Frontline® Plus, Revolution® and K9 Advantix® are brands of spot-on treatments that are easily applied onto the scruff of your pets. These oil-based drugs kill fleas within 24 hours and ticks within 48 hours of application. Your cats are protected against fleas for up to five weeks, your dogs up to two months. They protect against ticks for up to a month.

Then there are sprays, containing Fipronil, against fleas and ticks. Sprays are safe to use on pregnant, lactating bitches, and even puppies and kittens from two days of age. These products provide flea control for dogs for two months and six weeks for cats. Protection against ticks lasts four weeks for both dogs and cats. You can also give oral medications against fleas and ticks.

The choice is yours... But know that all these preventative medications must be applied/given every month to be effective.

Products are just one way to prevent and kill ticks and fleas. Treat all your pets at home. Regularly vacuum your carpets and furnishing to remove eggs, larvae and pupae in the environment. And use an environmental spray, containing an insect growth regulator, to stop their life cycle.

Always discuss the best and most effective flea and tick solution for your pet(s) with your veterinarian. You'll be glad you did. 🐾

PHOTO: SHUTTERSTOCK

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TIPS FOR TRAVELING WITH FURRY FAMILY MEMBERS

By Theresia Tokarso



✓ BUY A TRAVEL CRATE AND GET YOUR PET USED TO IT

- 📍 Bring your pet or his/her measurements to the store to choose a crate in the correct size.
- 📍 Place the crate in a room where your pet plays or sleeps. Open the crate door and have your pet sniff it, so s/he can get familiar with it.
- 📍 Throw some treats or your pet's favorite toys inside and encourage your dog / cat to get them. Repeat this frequently until Fido / Kitty feels relaxed and goes into the cage on his/her own.
- 📍 Close the crate door. Leave your pet inside for a few minutes and add more time every day.
- 📍 Make sure to remove all items that could harm or strangle your pet, before leaving him/her crated for a few hours.
- 📍 Do not use a sad voice, when you walk away. Keep good energy and body language.

✓ TRANQUILIZERS

Most airlines don't recommend the use of tranquilizers, as they can cause respiratory and cardiovascular problems in increased altitude pressure. Your pet may also not be able to balance himself/herself, which can be dangerous when the crate is moving. If your pet must use a tranquilizer, your veterinarian will have to inform the airline about the medication and dosage.

✓ CHECK THE DESTINATION REQUIREMENTS

- 📍 When you rent a new apartment / house, confirm with the landlord that your pet is allowed inside.
- 📍 If you move abroad, check the country's import requirements as soon as possible.
- 📍 Make sure that your pet has all valid vaccinations.

✓ IF YOU TRAVEL BY CAR

- 📍 Always put your pet inside a crate for safety.
- 📍 To reduce motion sickness, don't feed too much before the trip.
- 📍 Stop regularly to give your pet water and allow your dog to stretch his/her legs and pee.
- 📍 Never leave your dog / cat inside a parked car unsupervised and without the engine and air-condition on.



✓ IF YOU TRAVEL BY AIRPLANE

- 📍 Check with the airline about the requirements for pets.
- 📍 Most airlines won't accept snub-nose dog / cat breeds as accompanied baggage or manifest cargo.
- 📍 Some airlines accept snub-nose dogs / cats only as manifest cargo.
- 📍 Other airlines only accept pets as manifest cargo.
- 📍 Always use a pet agent when shipping your pet as manifest cargo.
- 📍 Airlines may not accept female dogs / cats when pregnant or in heat.
- 📍 Choose a direct flight route whenever possible. 🐾



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Crates: The Right Stuff

To crate or not to crate? Find out why it is beneficial for your pet to have his/her very own crate.

By Maria Zarah Gregorio Viado

Freedom for a pet is very important, but so is a special place where he/she can rest and sleep undisturbed. Like people, our paw pals need a safe and comfortable area to retreat to after running around and socializing. A crate for your pet provides privacy, security and comfort, while also affording you with the opportunity to use it for travel as well as a training and management tool.

Be Wise about Size

As a rule of thumb, crates or carriers should be able to accommodate your dog or cat when he/she is standing and should allow him/her space to lie down and turn around comfortably. It

is best to measure your pet first before going crate shopping. Afterwards you can visit the nearest Groovy Pet Store to check out crate selections.

Accessorize!

Make the crate comfortable for your pet by lining the bottom with a soft blanket or pillow. Create a positive association with the crate by placing your pet's favorite toys inside.

The Way to Travel

Airlines have specific requirements for pet carriers. Some even allow small pets inside the cabin provided the airline's requirements are fulfilled, the carriers have a waterproof base, are

secured with nylon tie, and allow the animal proper ventilation. It should also fit under the seat. Larger animals travel as checked baggage in the cargo department and should be inside an IATA-compliant pet crate. To facilitate your search for the perfect crate, contact Groovy Pet Transport.

This Way to Potty

A crate can also serve as a training tool to teach your dog to potty outside. By placing the crate near the entrance to your home, your pet will know that once he/she is brought out of the crate, it is time to relieve himself/herself.

Time Out

If your pal is being extraordinarily naughty, the crate can also serve as time out place. Just don't scold him/her, while he/she is inside, because this will instigate fear. The lack of freedom will be the punishment and not being placed in the crate per se.

Management Tool

Luring your pet into the crate with a chew toy can also serve as an effective management tool, especially when you don't want him/her jumping on guests or the pizza delivery guy. But remember, you should only keep your pal in the crate for several hours at a time. Pets also need lots of time to socialize and play. 🐾

"Like people, our paw pals need a safe and comfortable area to retreat to after running around and socializing."



NEED A PET SHIPPER? CHOOSE AN IPATA MEMBER

Your pet is a beloved member of your family. Working together with a professional pet shipper will save you a lot of time and stress, as the procedures and regulations for pet shipments vary by country and can be complicated. *By Andrea Deierlein*

The International Pet and Animal Transportation Association (IPATA), which was founded in 1979 in the U.S., provides worldwide pet relocation expertise.

IPATA members are part of a vast international network and include animal handlers, airlines, boarding kennels, freight forwarders, insurances, pet moving providers, port holding facilities, quarantine operators, and veterinarians. Today, the IPATA network consists of more than 350 pet relocation

specialists in 80+ countries with services to all major global airports. Following the IPATA mission of “the safe and humane transport of pets and other animals,” all IPATA members are dedicated to giving you the best service and peace of mind when it comes to planning, arranging, and conducting the transport of your beloved pet(s).

In addition to the annual IPATA conference, IPATA also organizes regular regional meetings, so that members from specific regions can connect

with each other and discuss topics of common interests.

Organized by the IPATA Asia & Oceania Regional Director Gina Nam (The First Class Pet, Korea), this year’s IPATA Asia & Oceania meeting took place on March 13, 2015, in Bali, Indonesia. Meeting topics included: Regulations and procedures for Indonesian imports / exports, government regulations and quarantine (presented by Dr. Sri Yusnowati from the Indonesian Quarantine Veterinary Association), country profiles for Asia, Australia, and New Zealand, as well as a discussion to identify the key issues pet shippers face in the Asia and Oceania region today. Dr. Gerry Pahl from the PetExport-Vet (Hong Kong) gave a talk on difficult dogs and cats, which provided pet shippers the opportunity to brush up their knowledge on animal behavior, especially body language related to fear and stress.

About 50 representatives from 20 different companies within the Asia & Oceania region attended this meeting in Bali. Groovy Pet Transport, who has been an IPATA member since 1997, supported the 2015 IPATA Asia & Oceania Regional Meeting as one of the sponsors.



For more information on IPATA, visit www.ipata.org - or contact Groovy Pet Transport by phone +62 21 719 22 83 or by e-mail transport@groovy.co.id

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Socialization

New puppy owners hear the word “socialization” from trainers over and over again, as in “it’s important to socialize your puppy.” What is sometimes added, either implied or directly, is the warning “or else.” But what does socialization really mean? **By Lance Tan**

The Canadian Oxford Dictionary’s definition of “socialize” is to “act in a sociable manner” or “prepare for life in society.”

Most people think of the second definition, when they hear about the importance of socialization. We, as dog trainers, help clients achieve that by training Fido to “act in a sociable manner.”

It is often helpful to explain to clients what socialization is NOT: A wild free-for-all of dogs of all shapes, sizes and temperaments to climb, jump and

bounce all over each other on unsupervised, uninterrupted occasions, left to the attitude of “the dogs will work it out themselves.”

❖ Inacceptable Dog Behaviors

- Jumping on another dog’s head by way of greeting.
- Running up quickly, and directly in the face of every dog they encounter, invading personal space without first going through ritual introductions, failing to observe boundaries, real or imagined.

👉 Assuming that every dog they encounter wants to play.

The owner must teach his/her puppy that the above behaviors are not the appropriate way to interact with other dogs. They are not welcome and will be corrected in the language the dog has available to him/her – through growls, air snaps, nips, scruff shakes, and other, perfectly acceptable, dog communication tools.

❖ Your Role as the Leader

Socialization cannot occur if an owner insists on constantly interrupting or removing his/her cute puppy from any interaction that involves noise, teeth, or correction.

In the dog-human relationship, owners have accepted the responsibility of being their dog's leaders. But that title comes with all the duties leadership requires. The owner must show his/her dog the proper way to play and the appropriate way to say hello. For example: If your dog is incapable of controlling himself/herself and insists to jump on every dog in sight, then it is your job to ensure that s/he is not rewarded with playtime or saying hello.

As the leader of your dog, you must also walk the fine line of allowing your pup to discover things for himself/herself. When a puppy, lost in the rambunctious world of play, smashes into an older dog, who isn't interested in the game, the older dog will correct the puppy with a loud snarl and perhaps even with the showing of some teeth. In this case, you must learn and understand that this is normal and expected dog behavior. Instead of accusing the other dog of being a "vicious dog," you must learn to trust the process and respect the integrity of the dogs involved in this situation.

When working with a trainer, we will explain the different things you can expect to see in this learning process.

❖ Proper socialization

Now that we know what not to do, we need to know what proper socialization means. It is structured interaction that includes, but is, certainly, not limited to:

👉 **Exposing a new puppy to as many sounds, sights, smells, people, animals, and locations as possible, as soon as the dog arrives in his/her new home.**

Suggestions for proper socialization include:

👉 **Taking the dog to the vet, to the park, to the pet store, to the school yard (when children are playing), on public transport (when allowed), in the car, in an elevator, on an escalator, on busy streets, outside when the garbage truck goes by, near bicycles and skateboards, around people of all shapes, sizes, colors, ages, and abilities – the list is endless.**

❖ Play Dates

The more new things a puppy sees in his/her early days, the easier it will be for him/her to adjust to new things with time and age. Attending local classes or puppy play groups, for example, allows the pups to play together and to learn with each other.

Also gradually introduce your puppy to adult dogs. If you have your own adult dog, bring him/her to the puppy play date. This will allow the pups to interact with an adult dog, which will act as a living testimonial for the quality of your training.

Consistently change the type and quality of social interactions. Be sure to



offer structure in your play dates. You can include lots of breaks, handling and problem-solving opportunities.

There are many ways to socialize your dogs in every day life. Every time you see a young pup on the street is a training opportunity. Be prepared to let the other pup's owner know what proper dog social manners are – as well as what behavior is not.

As any dog trainer will tell you: The importance of preventing behavior problems by appropriate socialization and reward-based training cannot be overstated. 🐾



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 through Groovy.

For more information:
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Do We **EXPECT TOO MUCH** From Our *Dogs?*



I can't tell you how many times people have said that their dog thinks it is human and I always give the same answer: "No, it doesn't. It probably thinks you're a dog." Though not strictly true, it serves to emphasize that dogs are not little human beings in fur coats. **By Lance Tan**

Animals work on drive levels and instinct. It is vital to keep in mind that they do not have the capacity to comprehend the complex thought processes that bring us to understand human emotions, language, and behavior.

I believe that anthropomorphism is one of the main reasons we have difficulty in successfully communicating with our pets. The textbook definition of anthropomorphism is "to assign

emotions or thought patterns to animals or objects, which are incapable of achieving such dimensions."

Humans always find it easier to project their own emotions and thought patterns into the actions of their animals. This psychological phenomenon is useful in everyday life, as it takes the guesswork out of reality. Instead of constantly contemplating why something is like it is, you simply put it into context with how you think and view everyday life.

Dogs are capable of linking ideas together, but are totally incapable of linking actions that are separated by time. If, for example, a dog makes a mess on the floor during your absence, there is no point in scolding the dog or rubbing its nose in it, which, to my mind, is barbaric. You wouldn't rub a child's nose into a soiled nappy, would you?

The dog's brain cannot link the action with any passage of time. So many people say to me, "Look at him, you can see he is guilty." NO, HE DOESN'T. He actually looks submissive, which to our anthropomorphic minds, appears like guilt. Your dog is submissive, because he can read every nuance and movement in your body language and is aware you are annoyed.

Your dog's brain is much smaller than a human's, especially in the upper part called the cerebrum, which is associated with these points: intellectual functions, such as speech, memory, consciousness, logical and emotional thought.

They cannot understand human language. That's why it is far more important to use sound patterns, intonation, facial and body language as a form of communication. 🐾

Photo by David J. Smith - 10/10/2010

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