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Pet & Lifestyle Magazine

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Dear PAWrents,

We are now almost done with the first trimester of 2016 and the previous year, 2015, seemingly went by so fast. We were just celebrating Groovy's 25th Anniversary and now we are counting down to our 26th year this March 27, 2016.

The year 2015 was also a tough one for Groovy due to the changes in almost all the divisions of Groovy's management. Since then we have fortified our system and have duly prepared for any opportunities and challenges we will face in 2016.

With the aim to be more accessible to you, our customers, we are happy to announce that there are two new ways you can shop at Groovy. We are now available online at GoMart (through the GoJek app) so customers will find it easier to shop for our products and have their items delivered directly to their home. In addition, customers can also go to our website to look for their favorite products and brands and do their shopping online.

On another note, it is my pleasure to announce that our new boarding places are now ready for occupancy, with increased capacity and furnished just like any human 5-star hotel. It's especially advantageous for PAWrents who have more than one dog or one cat, because the charges will be based per room. Please check out our article entitled '5-Star Hotel Boarding' for more information.

In 2016, we will also be introducing our dog swimming pools and café, which we expect to be opened to the public by April or May. These facilities will be located in our boarding area, between BSD and Parung, which is easily accessible through the BSD/Serpong toll road.

As usual in this edition, you will find new things including our cover story, featuring Sophia Latjuba and her six furbabies, as well as how to take care of and be a better PAWrent to your beloved four-legged children.


Have a blessed 2016, Gong Xi Fa Chai, Happy Valentine's day and for those who celebrate, Happy Easter too.

A handwritten signature in black ink that reads "Juda Adisusanto".

Juda Adisusanto

Groovy CEO

We'd love to hear from you. Share your comments, feedback, and questions:

 [@groovypet](https://twitter.com/groovypet)
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Sophia Latjuba

Photograph by Mario Ardi.

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PHOTO: MARIO ARDI, SHUTTERSTOCK.

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FOR THE LOVE OF PETS

Feline FAVORS



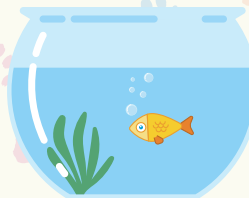
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HEALTHY LIVING

THE INTELLIGENT WAY OF FEEDING YOUR CAT

SHOW YOUR LOVE FOR YOUR FELINE BABY
BY FEEDING HIM/HER WITH THE RIGHT FOOD.

by Rio E. Ridad, DVM

Did you hear that news about that kitten that nearly died after its owners fed it with a strict diet of potatoes, rice milk and pasta? How did that happen? The owners were vegan and they wanted their kitten to be one too. Before you buy that big sack of cat food, make yourself a big cup of fresh coffee, sit down and read these smart facts about your cat's nutrition:

▶ WHAT SHOULD YOU READ ON THE CAT FOOD LABEL?

Cat lovers, we can't mess with our cat's nutrition. Remember one word: Proteins. Cats of all ages require high levels of protein in their diet. The first thing that you need to do when you go to pet stores is to check the ingredients. If the label states, "...contains high amount of essential amino acids such as taurine and arginine, Vitamins A, E and B, and fatty acids such as arachidonic acid and linoleic acid," grab it because that means you're not getting the dog food.

Cats also have a higher minimum requirement for protein in their food than dogs. They can obtain some of the essential nutrients from only animal-based protein ingredients such as eggs, poultry, pork, beef, and fish meat. Cats and kittens require taurine, an amino acid present only in animal tissue, which maintains cardiovascular and eye health.

Arginine is also an amino acid and when cats are deficient in arginine, there will not be enough ornithine to bind the ammonia. Huge amounts of ammonia after a meal will cause severe signs of salivation, vocalization, incoordination and even death. Cats require a preformed Vitamin A which is present only in foods of animal origin. In cat food, Vitamin A comes as retinyl palmitate.



**"REMEMBER,
YOUR CAT CAN
NEVER SURVIVE
A VEGAN OR
VEGETARIAN DIET
LIKE YOU."**

We often see cats in the hospital with recurring loss of appetite and weight, inflamed gums, and hemorrhagic diarrhea. The most common denominator is that they come from the same household and so we may believe at first that it can be viral-related when in fact, these clinical signs may be caused by deficiency in Niacin which is a Vitamin B. Cats cannot manufacture it in sufficient quantities, thus they require higher amounts in their diet.

Arachidonic acid is found only in animal fats which must therefore be included as part of the diet. This fatty acid with linoleic acid helps to regulate skin growth, promotes gut and reproductive health and aids in proper blood clotting.

Remember, your cat can never survive a vegan or vegetarian diet like you because through natural evolution, they lack certain enzymes that convert vegetable proteins into the essential amino acids and preformed vitamins that they need.

▶ CATS ARE NOT DESIGNED TO EAT ONLY FISH ESPECIALLY WHEN IT'S RAW FISH

"But my cat likes to eat tuna fish!" The ancestors of our beloved felines came

from Africa and even up to this date, it's kind of hard to catch fish in the desert. Your cat in the wild likes to eat small predators like mice but you can't and won't feed them mice right? That will be disgusting. But cats did not evolve for us, to eat only fish.

When you feed your cats with a strict diet of canned tuna, chances are they may have an increased risk of acquiring squamous cell carcinoma which is a type of cancer. Another risk of feeding tuna fish in pet food is the presence of ethoxyquin which is a chemical that preserves the fat in the fish meal. Ethoxyquin is known to be a cancer-causing agent which gets incorporated heavily during the manufacturing process.

A cat lover asked me once, "Can I feed my cat home-cooked food or even raw fish?" Raw fish contains an enzyme called thiaminase which destroys thiamine, a Vitamin B. A thiamine deficiency may lead to inappetence, seizure and also death. Although cooking destroys the enzyme, a steady diet of fish or any home-cooked food doesn't provide adequate amounts of necessary vitamins and minerals. Your cats can be exposed to parasites when feeding raw food.

▶ MY CAT IS ADDICTED TO TUNA PHENOMENON

We have a patient who has been inappetent for days and we've already offered most of the prescription diets available but the sick cat won't eat anything unless it's tuna! Cats are tuna junkies because they like the strong taste and smell of tuna and they may refuse to eat anything else. Tuna in cans are made to be given as a treat but as a maintenance diet can lead to malnutrition. Tuna is not a good source of vitamin E and lack of this vitamin in the diet may lead to a condition called yellow fat disease. The other problem with a steady diet of tuna is that there's a risk of mercury poisoning.

▶ GOOD FISH. BAD FISH.

There is no such thing as a bad fish. A bad fish is when you keep feeding a strict regular diet of tuna or any fish. Be very choosy about the fish you feed your pets: fish that are packed with omega-3 fatty acids. Fish that are safe to eat does not contain high levels of mercury. Choose sardines in water and wild caught salmon or trout in rotation with other meat proteins. Sardines don't live long enough to store toxins in their bodies.

But seafood is a very rich source of iodine, right? Yes. However, cats aren't designed to metabolize a lot of iodine and this could be the reason why cats that eat too many iodine-rich foods, especially those packaged in cans, are prone to having hyperthyroidism.

Fish also contains high magnesium which has been linked to urinary tract diseases in cats. A diet overloaded with the mineral magnesium can predispose your kitty to magnesium ammonium phosphate crystals or struvite crystals. Ironically, struvite crystals under the microscope look like coffin lids.

If you do not like to feed your cats any fish, you can supplement your pet's diet with krill oil or another omega-3 fatty acid.

▶ THE SECRET TO HAPPINESS IS VARIETY

There are a lot of commercial diets available in Groovy Pet Stores. Cat food comes mainly in dry or kibbles, wet (mousse, jelly, or gravy), semi-moist, frozen and freeze-dried types. Perhaps, if you are keen to introduce dry food, soften it first by moistening it with clean water so that your cat will be familiar with both dry and wet feeds. One trick is to gradually offer food with a variety of textures, smell and flavors to coax your cat. But don't go overboard by changing the food everyday as you may inadvertently raise a fussy eater. Mix a little bit of various flavors as toppings to the meal.

Rotate proteins in your pet's diet because any food that is over-consumed can create an allergy over time. Again, fish is one of the most highly allergenic foods for felines. Allergies cause inflammation in the body which leads to diseases. Cats that eat allergenic foods,

like those who are put on a strict fish diet, can end up with lung inflammation that can also lead to asthma.

▶ THE CAT LOOKS AT YOU AND GIVES YOU THE SAME LOOK WHEN THEY SEE A MOTH OR AN AXE-MURDERER

Probably, because you have been feeding your cat kitten food and milk when it is already 5 years old. Kitten food contains more protein and fat than adult cat food and is appropriate to give only for the first year of life. Once weaned, most cats become lactose intolerant too. An occasional milk and yoghurt treat will be fine with most cats.

Visit Groovy Pet Stores and check some of the foods which are labeled for senior cats, young cats, inactive cats, etc. There are also therapeutic diets for specific health concerns. Feed the appropriate food for your cat's stage of life. If you have any questions, consult with your favorite veterinarian.

Always ensure your cat is being fed with a safe and appropriate diet. Be a smart PAWrent. 🐾

"ROTATE PROTEINS IN YOUR PET'S DIET BECAUSE ANY FOOD THAT IS OVER-CONSUMED CAN CREATE AN ALLERGY OVER TIME."



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Human stressors can also affect our beloved pets. Here are some ways you can help your furbaby achieve a more relaxed state.

By Maria Zarah Gregorio Viado

Are you transferring to a new home? Or introducing a new pet into the household? If you're feeling burdened because of all the details involved in moving house or caring for more furbabies, it's safe to say that your pets are feeling stressed too. Animals are quite perceptive and when changes are apparent, they tend to react in their own little ways.

Be Observant

Regardless of how busy you become, it is of utmost importance that you reserve some time for your pets. It is vital to be aware of any change/s in their behavior. If there are any, it may be a sign that they are feeling stressed.

Dogs may become more aggressive, or resort to destructive behavior such as chewing shoes or furniture. They may also be more prone to accidents

or have more evident physical manifestations such as vomiting or diarrhea. Excessive barking can also be a sign of stress.

Cats, though they seem cool-as-ice, can also feel anxiety. Some indicators include urine marking, hiding, loss of appetite or aggression towards you or your other pets.

Help them Deal

If your pet is exhibiting some of the behavior above, don't fret. If your pet suddenly becomes lethargic or exhibits signs of illness, the first thing you must do is take him to the vet for a check-up. By doing this you can effectively rule out any health issues and be more guided in how to help your pet.

Since dogs are more social animals, spending time with your furry love

can make him happier. You can go out for walks or take him along when you go for a run. Mental stimulation can also distract him so buying him a fun, interactive toy or engaging him in some hide and seek might help.

Since cats are more solitary in nature, you can help your furbaby by giving her a room or area where she can retreat to. A cat tree and scratching post will be a good playground for your cat, especially when you're not around. Other things you can do to help her feel more at ease is to spend quality time with her and make sure her litter box is kept clean at all times.

If your pet still seems out of sorts even after you try addressing his problem, or if his illness becomes more profound, a visit to the vet is your next step to helping your pet. 🐾



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At Home FUN

Sometimes the weather may not be ideal for walks or going out for a run with your dog. Instead of slacking off, you and your pet can engage in some fun indoor activities.

By Maria Zarah Gregorio Viado

Keeping your dog (and yourself) in shape does not have to be such a chore. When the weather turns cool and the days get shorter, you may find it harder and harder to drag yourself outside to exercise with your pooch. If you can relate to this, there's no need to worry. There are plenty of fun games and exercises you can do with your dog without having to set one foot out the door.

Use The Stairs

Encourage your dog to run up and down the stairs by using a toy that s/he needs to retrieve and bring back to you. You can also take turns with him/her so you could get also get a

PHOTO: SHUTTERSTOCK.

workout. Before no time, you will both be winded and ready to call it a day.

Running up and down the stairs allows you (and your dog) to use different muscles than if you were just walking or running outside, making it a suitable activity or workout while you're both cooped up at home.

Get on the treadmill

Who says the treadmill should only be for human use? With careful training, you can also allow your pet to reap the benefits of this exercise machine. But first things first. You will need to acclimate your dog to feel comfortable around the machine and become used to its whirring sound. Do this by using the machine first with your dog around. Allow him/her to observe you and become used to being around the machine.

When s/he no longer minds the treadmill and is used to its sound, you can then begin treadmill training for your dog. First place your pet on the treadmill and turn it to its lowest speed. Encourage your pooch to stay on the machine by giving him/her some treats. By situating yourself in front of the treadmill and giving your pet treats, you are rewarding him for walking and s/he will develop a positive association with the activity. Once s/he becomes more comfortable, you can slowly increase the treadmill's speed. Like running up and down the stairs, you and your dog can take turns so both of you can get a workout while spending time together.

Set Up An Obstacle Course

Ordinary items inside your home can also be used as tools for a fun activity with your dog. Using chairs and a hula hoop, you can create an obstacle course in your living room or for a safer

**"Ordinary items
inside your home can
also be used as tools
for a fun activity
with your dog."**



option, in your basement or garage. You can arrange the chairs in such a way that your dog (and you) has to maneuver his way around them, while a hula hoop can be something s/he can leap through. Place some cushions together to serve as tunnels. Make it even more interesting by hiding some things under the cushions or beyond the obstacle course that your dog has to retrieve. This way s/he will not only get physical exercise, s/he will also be mentally stimulated.

In the same manner, you can make your pet work for food by placing some treats around the house. S/he will have to 'hunt' or 'scavenge' for his/her food. This activity can occupy your pooch for some time and will allow him/her to feel truly rewarded when s/he finally finds the treat.

Play Fetch Inside

Another activity both of you can enjoy indoors, preferably in the garage or basement, is playing fetch. This oldie but goodie keeps your dog active and allows you to spend some quality time with your beloved furbaby. Not only will your dog's pent-up energy be released, s/he will also get a proper workout.

Dance To Music (And A Laser Pointer)

No need to head to the club when you can bring the club to your home! Put on some lively tunes and dance to the beat with your pooch. Engage your dog by using a laser pointer and flashing it all over the floor (but be careful not to shine the pointer directly into your pet's eyes!). S/he will surely 'chase' the light and in no time, both of you will be moving around to the music. 🐾

NEW KIT(-TEN) ON THE BLOCK

Already have a resident cat but thinking of adopting another kitten? Before you take the plunge, read up on what you should do to help both cats with the transition.

By Maria Zarah Gregorio Viado



It would be so much easier if all pets just got along, but that's not what happens in the real world. Some animals can be territorial and that includes cats, so bringing home a kitten out of the blue and expecting your resident cat to take to it just like that is a definite no-no. Below are some steps you can follow to ease the transition.

EASE ANXIETY BY SEPARATION

Initially, you can put your new kitten and your resident cat in separate rooms with their own litter boxes. This way, neither one is threatened or stressed by the other. One way you can introduce the new kitten to your pet without putting them in the same room is by rubbing a sock over the face of the kitten and placing this sock next to the feeding area of your cat, and vice

versa. This way they will slowly get used to the other's scent.

DOTE ON YOUR RESIDENT CAT

Your furbaby will probably notice or feel the presence of another cat (even if he doesn't see it) and may express his disapproval by eliminating outside of the litter box. Try to dispel his unhappiness by spending a bit more time with him, playing or just cuddling on the couch.

SCREENING TIME

One way you can bring both cats together without starting WW III is to place their feeding areas near one another but separated by a screen. They will be able to see one another but the screen will serve as a buffer. Your resident furbaby might refuse to

take his meals beside the newbie so you might have to adjust the distance of his feeding dish/bowl from the screen. Try to vary the distance until he decides to eat his food with the new cat nearby.

FACE TIME

When you finally feel it's time for your two furry babies to meet, let the two cats into a common room or introduce a new toy which they can both play with. One thing that can happen is for them to ignore each other, or they could just start hissing at each other. Once the hissing starts, take them to their separate rooms. It is important to be patient and let them adjust at their own pace. Do this step again until hopefully they become true feline friends. 🐾

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The Newbie



Do you have a new furbaby? Slowly assimilate him/her into your pack by being the ever vigilant PAWrent.

by Rio E. Ridad, DVM



A new dog is like any pimply, socially, awkward teenager in his freshman year asking difficult questions like, "Will I have any friends here? Will I feel safe?" Believe me, everyone will be measuring him up and testing him to see if he'll fit in the pack.

The social behavior of dogs depends on their established pack which is actually a family unit, with the adult parents guiding the activities of the group. Your role is to act as their leader with structure that will allow positive reinforcement and a conflict-free environment. You don't want any of your furkids to feel scared and insecure all the time when one dog gets too assertive. Dog fights are way too ugly.

LOVE TAKES TIME

There is no special secret to introducing a newbie to the pack but time. Make sure that you let number three (or four, or five) dog meet the other dogs in the household gradually. Remember that dogs are territorial and they may not like the intrusion of a new pack member. The new dog who is forced into a strange environment may feel like the weakest link. Here are 8 unique approaches to introducing a new dog into your home:

1 HAVE A PROPER INTRODUCTION BY SIMPLY WALKING THEM FIRST

The best place to let your new dog and existing furbabies meet each other is on neutral ground which is where you do not walk your resident dogs



regularly. The long walk will allow excess energy to be released from the pack and this is a good start when they would be sniffing each other's rear ends.

Let the resident dogs with their leash on walk first and the new dog follows behind. When every dog has recognized the presence of the others, let your resident dog sniff the new dog's rear. Prevent them from facing each other as this may lead to a big fight. Allow the new dog to sniff the rear of the resident dogs once they are all relaxed. Now it's time to go home after walking together without any conflict or incident.

2 STAY CALM AS YOU BRING YOUR DOGS HOME

This is the most important thing: crossing the threshold. Let a family member enter the house first with your resident dogs. Lead your new dog with a leash on and make sure that you enter first before him. A positive invitation is when your resident dogs just go about their life and ignore the new dog.

3 SHOW THE NEW DOG AROUND

Navigate the whole house with your new dog still on the leash. Keep in mind to lead him all the time from room to room. Linger in each room for a few minutes and only allow the dog to follow you in all the areas with your permission. Do the same thing outside the house like in your garage, patio, or garden. Speak to him in a soft tone as you keep him by your side.

4 BOTTLE UP THAT EXCITEMENT!

As tempting it is to smother the new dog with kisses, toys and treats, please curb your affection to a minimum level. Everyone in the household must remain calm. Use

simple sounds, like "Tsk!" or a finger snap, to communicate or correct. Your mantra should be, less stimulation, less conflict. So as much as possible, less touching, less talk and less eye contact. Watch out for different personalities coming out once you're at home.

5 BE AWARE OF EACH DOG'S BODY POSTURE

Eye for that "play-bow" body posture in which one dog will crouch with his front legs on the ground and his hind end in the air with a wagging tail. This is a positive body posture that tells you no one is getting killed just yet. Breathe normally now as this is a good invitation to play and elicits friendly behavior from the resident dogs. But if one dog shows aggressive response such as hair standing up on one dog's back, teeth-baring, deep growls, a stiff-legged gait, or a prolonged stare then interrupt the interaction immediately by calmly getting each dog interested in something else like walks.

6 FOOD AND TOYS ARE SOURCES OF COMPETITION

Once everyone has settled, bring the dog on the leash to the feeding area and offer him some water and a few bits of food. Feed the new dog away

from the other dogs first as food is a great source of competition and stress. This goes the same way for play and toys. Someone may lose their cool when that tennis ball flies by. Watch out for a dog that stays behind you and does not want to make contact. Protect everyone and diffuse the tension quickly.

7 OFFER HIS OWN CORNER

Take him to his own special place and remove the leash. His own area may have his bed or just a small spot on the floor at the corner of your couch. Let him settle down and make him comfortable. If the new dog is ignoring everyone else and resting, take a seat and enjoy this moment.

8 ENJOY BEING THE PACK LEADER

Dogs are constantly assessing you and each other. You, as their pack leader should be calm and assertive when one of the dogs is out of control. Avoid playing favorites and be patient! You're going to spend a lot of time with these dogs and these moments will be magical. Establish being the peaceful presence in your dogs' lives and enjoy the perks of having multiple furkids to love! 🐾



"His own area may have his bed or just a small spot on the floor at the corner of your couch. Let him settle down and make him comfortable."





SIMON

SAYS!



Learn how to get your pet to do anything you want with these helpful tips.

by Rio E. Ridad DVM

We choose pets based on 4Cs: coat color, conformation and cuteness right? But can you teach him/her simple training commands like sit, down, come when called? Here are my six tips for teaching your pet to have good manners:

01 DOGS AND CATS HAVE INTERESTS

Our furry sweethearts can be motivated to learn new skills just like us. Occasionally, some pets are not motivated with treats alone and you must play the gentle PAWrent and be patient with them. Keep a clear eye on what would be your pet's strongest motivator and generally it is whatever excites them at the moment. Just remember that the motivator may change in different moments or situations. Some dogs may get excited with the scent of barbecued meat, in others your praise or just sniffing around may be the key factor. Some cats may get excited with anything that moves.

Now observe and identify his/her favorite activities. Is it ball/insect chasing, tug of war, sniffing, running? In teaching your pets, pick out that one great interest/motivator which can be a distraction in training to reinforce a less motivating behavior. This is what is termed as the Premack Principle.

02 "PREMACK PRINCIPLE, WHAT?"

How many times have you heard someone say to a child, "Eat your vegetables and you can have dessert after"? Did you ever ask your dog to sit then give him his meal? Or ask your dog to sit and throw his favorite ball? Applying the Premack Principle means we take the pet's point of view into account.

We get that one strong motivator such as playing outside to encourage behaviors that your pet may currently find less motivating or less valuable like coming when called out. So you may have to look further than that slice of aromatic meat, the verbal "good boy" or "smart cat" or the moving furry toy in your hand.

03 LETTING THE PET THINK THAT HE/SHE IS TRAINING US

Animals learn about their physical and social environment through consequences or their behavior. So let them think that when they sit on cue, we do everything for them. So we go, "sit," dog goes on the couch; "sit," belly-rub dub; "sit," look, a flying frisbee; "sit," say hello to that hamster. That's when our pets start to be really happy with training. We have to motivate them to do things that we want them to do in a positive way that the need to punish will seldom arise.



04 TO ENFORCE, BUT WITHOUT FORCE

Most of you have probably heard of training an animal to sit by often applying upward pressure or pulling on the leash and collar while applying pressure on the rump. There would be a lot of struggle and pain if you keep reinforcing this punishment as a stimulus that reduces the immediately preceding bad behavior. They can successfully learn to sit but under compulsion. When we want to train our pets to behave properly, it doesn't have to be that way. Our pets deserve better. If it doesn't have to be, then maybe it shouldn't be.

05 ALWAYS USE A LOVING TONE

You'll hear a non-stop barking dog or a vocalizing cat and all you want to do is shout, "Shut up!" He'll probably stop for one second and then the barking/meowing begins again. It's useless right? Another all-time classic example is the "come here" command. You hear an owner say with a very loud voice, "Cinnamon, come here. Cinnamon, come here. Cinnamon, come here, grrrr COME HERE!" The wide-eyed puppy

thinks, "Oh dear, I don't think so." The puppy would not want to approach you when you're screaming like that. Cinnamon probably thinks, "I know that tone. Previously, when I approached, I got hit with a rolled newspaper." Never raise your voice especially with a stubborn and/or aggressive pet if you don't want the bad behavior to be reinforced.

06 BUILD A GOOD RELATIONSHIP AND HEALTHY INTERACTION WITH YOUR PET

I think we all have seen an ugly face. No, it's not that nosy neighbor. What is that? Say for example you're sitting in a crowded plane and a child kicks the back of your chair. The father grabs the child, leans forward and face-to-face scolds the child and says, "I said stop doing that! Stop it now!" Now, that's an ugly face you're giving to a poor puppy every time you grab him by the collar and scream at his face to stop a bad behavior. It's futile and it can be heart breaking. Every time you interact with your pets, give a positive feedback and this will help you ease back to smooth training.

Do remember all these tips and keep creating good habits with your pet. Cheers to strengthening your pet's good behavior! 🐾





Adventure Time!



ARE YOU READY TO GO BEYOND YOUR LIMITS? TAKE YOUR FLUFFY BEST FRIEND WITH YOU AND DISCOVER HIS/HER ADVENTUROUS SIDE.

BY Maria Zarah Gregorio Viado

PHOTO: SHUTTERSTOCK.



One of the great things about being a PAWrent is that you have a bosom buddy, a loyal best friend and baby wrapped up in a cute furry bundle. Long gone are the days when you would call up one of your friends to ask them to come out and do something with you, now your schedule is your own and you have the best companion to do plenty of things with.

Yes, you might be compelled to just lounge comfortably on the sofa with your furbaby sitting beside you or by your feet as you catch up on your favorite TV shows during the weekend. But on the other hand, you can also head out the door with your beloved pet and go on an adventure! Take advantage of your free time to engage in activities you don't normally do.

1 BEACH LOVING

Head on over to the beach to get some much-needed sun, preferably a deserted one so you can let your dog roam free and discover the many things s/he can do! Your pooch will definitely find plenty of things to keep him occupied from chasing after birds, to playing by the water's edge or just digging holes in the sand. Take the time to relax or join your furry baby in some frolicking fun!

1 DISCOVER THE ROAD LESS TRAVELED

If you live in the city, why not take a road trip to the countryside to explore nature and breathe in some fresh air? I'm sure your dog will thank you for it. Wade into a stream or a shallow river and don't be afraid to get wet!

1 GO FOR A SWIM

And since you're already wet, why not go all in and have a swimming party with your furbaby. This is an activity you can do at the beach, at a stream or

even a river. Savor your surroundings and discover the treasures nature has in store for you.

1 BE A HAPPY CAMPER

While you're already out and about, make a whole day out of it by taking your dog camping. Bring food, a tent and a change of clothes and you're all set. Choose a dog-friendly campground, one that's safe and not too crowded for both of you to stay at.

1 HIKE THIS WAY

All dogs need plenty of exercise and one way you can make this sometimes boring chore more exciting is to go for a short hike. However, hiking may be a more suitable activity for younger dogs as older dogs may have stiffer joints or may suffer from arthritis.

Choose a trail that is considered dog-friendly and needless to say, always follow proper hiking etiquette by specifically keeping your dog near you at all times, picking up after him/her and making sure s/he does not bother other hikers. It is also your responsibility as a PAWrent to make sure your furbaby is safe at all times, so be vigilant about what s/he puts in his/her mouth, or where s/he drinks. Not all water sources are potable so it would be best to bring water with you as well as your pet's water dish.

1 FARMVILLE

If you reside near rural areas, you can set an appointment with a farm so you and your dog can visit. While there you can go on a walk to discover everything the farm has to offer and your pup can run to his/her heart's content.

1 SURF'S UP

If you're a frequent beach visitor or a surfer, share this amazing sport with your dog! But before anything else, it



would be wise to first find out if your dog loves the water or has an aversion to it. One way you can find out is to play fetch with your pooch and if s/he retrieves his/her toy from the water, s/he probably loves it! It would also help if you first take him/her swimming so s/he can develop strength and resistance in the water.

Before you head to the surf, make sure your pet has a dog surfboard, a dog life vest, dog wetsuit, beach towels, salt and waterproof bungee leashes, as well as a portable bed and tent (for your beloved dog to rest in after surfing). And before you take your pet to the open ocean, train him first in a swimming pool or a lake. Get in the water with your surfboard and encourage your pooch to join you. Let him/her get a feel for the board while you're on it and try to develop your dog's trust. Remember this should be an enjoyable activity for both of you, so keep things light and fun.

You can also find out where your furbaby likes to sit on the surfboard by letting him/her ride the board on the sand. This will help you determine how to best tackle the waves and then you can paddle out with him/her. After this, you can start catching some waves. You can push off your dog and let him ride the wave on his own. Be patient as it will take repetition and time before s/he gets the hang of it. But when s/he does, then you've got a surfing companion at the ready any time you hear the waves calling.

❶ GO FOR A PADDLE

Paddleboarding can also be a good activity to do with your canine friend. If s/he is already at ease in the water and feels comfortable on a surfboard then s/he will definitely enjoy paddleboarding. Just make sure to suit up,



both of you should wear your lifejackets, and apply some sunscreen if you will be spending a lot of time under the sun (yes, dogs also need sun protection. Consult your veterinarian for dog-friendly sunscreen and test your dog's sensitivity to it by applying a small amount of sunscreen on a specific area of your pet's body. Observe the area as well as your pooch for any adverse reactions).

❶ RIDE A BIKE

Take your bike out and have your pet join you while you go for a ride. There are two ways to do this: one, by purchasing a bike basket (this is suitable for smaller dogs) you can attach to your bike or two, by attaching

your dog's leash to your bike and leading him along. Enjoy a leisurely paced ride while the both of you take in the fresh air and have a look at your local surroundings.

Regardless of what adventure you choose to embark on, you will be doing yourself (and your pooch) a great favor by stepping out of your comfort zone and discovering new and enjoyable things to do. You might also learn a thing or two about yourself (or your furbaby) and the shared activity will surely help you in developing a stronger, more trusting relationship with your pet. So keep next weekend free and be ready to choose your next adventure! 🐾

PHOTO: SHUTTERSTOCK.

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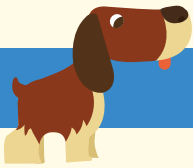
By: Ayunda Pininta Kasih and Maria Zarah Gregorio Viado

Sophia Latjuba's cup runneth over. The mother of two and full-time actress of the popular TV comedy sitcom "Tetangga Masa Gitu?" (more commonly abbreviated to TMG) does not only have a busy schedule, she is also a PAWrent to six furry babies. It could not be easy having so many things to juggle but Sophia manages it like a pro, "There is always a time for everything. I just make do with what I have," she quips.

An animal lover from a young age, the half-Indonesian, half-German stunner dotes on all her babies, human and animal alike, and expresses this, along with her deep love for yoga and reading in her social media account, "Since I was a young girl, I already loved dogs. I had my first dog at the age of five, when my parents gave me one as a present for my birthday. From that time onwards, I have always had a dog in the house."

With so many little ones running around the house, Sophia rarely has time alone for herself, "It's like having many friends living with you, sharing your personal space. Our house is never empty nor do I ever feel lonely. There's always someone who accompanies me whenever I sit down to read a book, or get down to practice yoga, or basically do anything around the house." Indeed there is no empty corner in the Latjuba household with four dogs, namely – Mochi, Zoe, Pepsi and Pepper – as well as two cats – Nala and Gucci – warming up every nook and cranny. But regardless of the fact that she loves her pets, Sophia believes in setting limits, "I treat them all as members of my family. However, I am also careful about not going overboard with my affection. Dogs are still dogs, they're still animals, you have to set rules and limitations for them to follow and abide by. Otherwise they will become unruly or worse, spoiled."





Though her pets have not undergone any formal training, Sophia tries to learn as much as she can about rearing her fur babies by watching Cesar Millan's show on TV, "This helps me and gives me tips on how to deal with the different problems dogs can have." Case in point is Pepper, who is just a year old and the youngest in the brood, "Pepper loves to bite the sofa. I have just replaced our sofa because the old one was in such a messy state, it was full of Pepper's bites and scratches. At the moment I have not found an effective way to solve this problem, but I'm trying to distract Pepper's attention by giving him plenty of toys he can play with." Sophia's active approach to Pepper's problem is testament to her 'get up and do something' approach to life and to her pets.

An advocate of adoption, three of Sophia's pets are adopted. Pepper was found in a dumpster and was rescued by Garda Satwa Indonesia, an NGO that focuses on animal welfare, while Mochi was adopted in Los Angeles, USA, during the time the actress was living there, "I adopted Mochi when she was only two to three years old, I think she's eight at present. I got her from an Indonesian living in LA and later decided to bring her back with me to Jakarta. It was only some time later that I found out that Mochi was a victim of abuse from her previous owner." Her third adopted baby is Pepsi, who was rescued from a pet shop. He was part of a group of dogs that had gotten too big to be sold so they were kept in the back room where they were caged and not given food or water, "The neglect caused Pepsi to develop a skin condition, which thankfully he has recovered from. However, his traumatic time at the back room of that pet shop may directly be the cause why it is quite difficult to teach him new things," she elaborates.



"IT'S LIKE HAVING MANY FRIENDS LIVING WITH YOU, SHARING YOUR PERSONAL SPACE. OUR HOUSE IS NEVER EMPTY NOR DO I EVER FEEL LONELY."

Sophia has given these dogs a new lease on life and it is because she believes that action begins with oneself, "If I have not adopted my dogs, then who will care for them? Besides, in my opinion, the business of breeding dogs just to sell them for a profit can be considered a form of animal abuse. There is an element of imposition in the practice which is why rescuing or adopting dogs is a much better choice."

Steadfast in her beliefs, Sophia loves spending time with her pets at home.

And despite there being both dogs and cats in one household, these fur babies co-exist peacefully, "For me, there is no problem with cats and dogs. They're all animals, and even when dogs meet other dogs, they also have to adapt. My pets have never fought. They are used to one another and they have not given me any problems."

Asked if she would be open to loving more pets, Sophia says, "Six of them are enough for now. We have no plans as yet to expand the family." 🐾



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selfie my with bestie



Irene with Whisker



Puspa with Momo & Macho



Johanes Widiyanto
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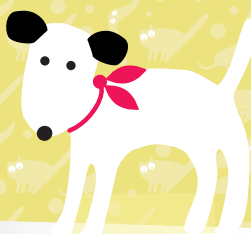
MY GROOVY PET & I



Dhita Affliganti with Bibo and Bobi
(Bichon Frise, 2 years old)



Pamela Bowie with Snowball Bowie
(Pomeranian, 2 years old)



Rakhee Kishore with Bailey
(Chihuahua mix, 7 years old)



Rozana Sunarjo with Cindy
Marbelline Sunarjo
(Shih Tzu, 5 years old)





TIME FOR... GROOMING

A little grooming won't hurt any pet, in fact, it can make your furbaby look cuter and let him feel more loved by you.

By Yosefin Lingga, DVM

Grooming is very important for our pets, not just to make them look more attractive, but to maintain their health as well.

THE WAY TO GROOM

Brushing the hair regularly is important to remove dead hair and dirt, keep tangles away, and distribute the skin's natural oils throughout the hair shafts. Brushing hair before baths is good so water and shampoo can penetrate the coat to the skin. This is also a good chance for you to check not just the skin condition but also if there are any lumps or bumps under the skin. Nail clipping, teeth brushing, eye, and ear cleaning are also important to maintain

your pet's health. Baths can be done in case your pets got themselves in mud or anything that is difficult to clean. Do not bathe your pets too often since this will strip the natural oils from their skin, leaving the skin dry and the hair dull and brittle.

QUESTION OF FREQUENCY

Now how do you decide on how often you need to groom your pets? It all depends on the breed and hair type of your pet, also his activity type. Some dog breeds have thick undercoats, shed a lot, or have long hair that needs to be brushed everyday while others do not. Cats mostly groom themselves but the long-haired breeds also need to be brushed regularly to prevent hairballs and matted hair. Outdoor dogs might need more grooming to keep debris off their coat.

The long haired breeds need to be groomed every day or at least every couple of days. A trim for the paw hair might be necessary to keep your pet from slipping while walking or running. If you are a busy person and can't allocate time to do regular grooming you can opt for short haircuts for your pet. It is easier to brush and check if there are any skin problems going on. A short haircut is also recommended for those with skin problems. Aside from helping medicated shampoo to penetrate the hair and skin, applying cleaner and cream is also easier when the hair is short. 🐾



VET'S CORNER

THREE HEALTH CUES



PHOTO: SHUTTERSTOCK

HOW CAN YOU TELL IF YOUR PET IS HEALTHY? CHECK HIS EYES, EARS AND NOSE.

By Yosefin Lingga, DVM

Apart from regular visits to the vet, you can also determine the health of your pet by frequently checking his eyes, ears and nose. Find out what accounts for healthy, and what does not, below.

EYES

Look at your pet's eyes in a well-lit area. The eyes should look clear and bright with the pupils having equal size. The pupils should react to different light intensities by getting bigger or smaller equally. There should be no signs of tears in the tissues; cloudiness; redness on both the white part (sclera) and/or the eyelids; discharge around the eyes; asymmetry; or any kind of inflammation visible.

Dirty eyes can lead to many eye problems such as irritation and infection. Your pet will try to rub its eyes when these happen and rubbing the eyes might cause corneal ulcer which is a blister or scratch on the outer layer of the eyeball. To keep your pet's eyes clean, use non-irritable eye cleanser. Different individuals have varying tear production levels so you need to observe your own pet to see how often you need to clean them.

For healthy, short-haired dogs and cats, eye cleaning might not be necessary, but some breeds like exotic Persian cats or Shih Tzus have flat-faces

with long hair and bulgy eyes; these breeds will need daily eye cleaning. Hair around the eyes also needs to be trimmed regularly to avoid it getting into the eyes and getting matted by the eye discharge. This will make eye cleaning even more difficult and may cause further irritation.

NOSE

The nose should not have any kind of excessive discharge. In pets with flu, aside from sneezing and coughing, you might see some discharge, thin or thick, and sometimes with pus or blood.

For dogs, the nose moisture level can vary during the day. Contrary to the popular belief, this is not an indication of the dog being sick or not. Your dog might be sleeping under the sun causing his nose to become dry and warm. As long as your pet's nose is clean, and there are no cracks, wounds, or scabs on or around it, then it is in good condition. If the nose is dirty from food or dirt, you can clean it by rubbing gently using a damp paper towel or cotton.

EARS

The ears should look clean and dry. Normal ear wax is usually slightly yellowish to tan, a bit thick. There should be no excessive ear wax, crusty ear wax, runny discharge, foul odor, or any indication of inflammation such as redness, skin thickening, and itchiness present. Dirty ears can be caused by food allergies, infection or ear mite infestation.

Ears have their own mechanism to slowly expel the earwax from the ear canal but again, there is variety between individuals. You need to clean your pets' ears once a week, twice if

necessary, but not too frequent since you might cause irritation. To clean the ear canal you must use an ear cleansing solution. Drop some of the solution into the ear canal and rub the base of the ear. Let your pet shake their head once you're done rubbing his ear. This movement will expel the solution with the earwax. Then you can clean the outer ear with dry cotton or cotton buds. Do not use the cotton buds to reach deep into the ear canal because you might damage the eardrum. Only clean the crevices that you can see.

Some dog breeds such as Poodles, Schnauzers, and Malteses are prone to have excessive hair growth in the ear canal. These can disturb the airflow, block the expulsion of the earwax, and create a good environment for fungal and bacterial growth. Groomers usually do ear hair plucking to ensure this does not happen. It is better to start doing this when the dog is young to get them used to it.

If an ear infection has already occurred, contact your vet as soon as possible. The ear canal runs deep into the skull. There are delicate nerve endings as well as the semicircular canal which is the balance center inside. The longer the infection happens, the deeper it gets, and the more areas will get affected. When the infection goes deeper, it is harder to cure and if the semicircular canal is affected, your pet will lose his sense of balance.

When you religiously see to the cleanliness and health of your pet but still see inflammatory signs and your pet is visibly bothered by them, he might have other underlying problems such as allergies, glaucoma, a fungal infection or even ear mite infestation. Take your pet to the vet as soon as possible for a consultation. 🐾



BEATING PARVO

Protect your furbaby from this contagious virus by learning more about it and finding out how to prevent it.

By: Deasy Annellis Juwana, DVM

Canine parvovirus type 2 or “parvo” is a highly contagious virus that is very common in dogs. Parvo should especially be a concern for those with puppies as this virus tends to attack the weaker immune system of younger dogs. There are ways to prevent parvo and stop it from spreading. It all boils down to being a responsible dog owner and familiarizing yourself with the prevention methods available. This starts with understanding the virology and pathophysiology of the virus itself.

WHAT IS CANINE PARVOVIRUS TYPE 2 OR PARVO?

Canine parvovirus type 2 (known as

parvo) is classified as a group II virus in the family Parvoviridae and the genus Parvovirus. Parvo in dogs is highly contagious and is spread through a dog's feces whether through direct or indirect contact with the feces of an infected dog. There are two different types of the canine parvovirus, classified by the system of the body that is mainly affected:

CARDIAC MANIFESTATION OF PARVO

The cardiac manifestation of parvo is characterized by cardiovascular failure or respiratory failure in puppies. The cardiac variant of parvo is less common than the intestinal form and is found in very young puppies under eight weeks

old. These puppies usually have been infected by a mother with parvo while they were still in the womb. The virus targets the muscles of the heart which are weak and cannot withstand the virus. The mortality rate of puppies who are infected with cardiac parvovirus infection is almost 100%. This infection can come on suddenly and is not usually accompanied by visible symptoms. It can also be accompanied by a short period of respiratory trouble.

INTESTINAL MANIFESTATION OF PARVO

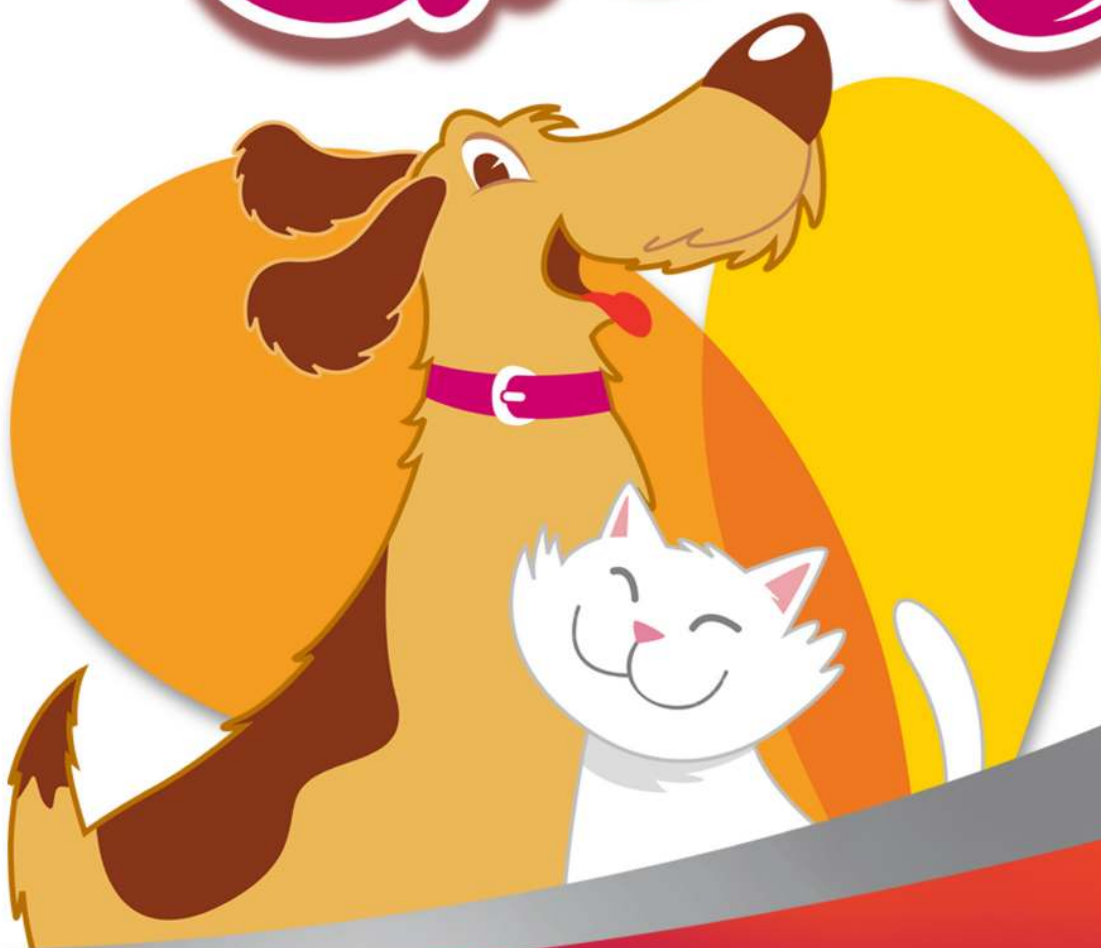
Where the cardiac manifestation of the parvovirus is passed from the infected mother to her unborn babies, the intestinal form is passed on through

PHOTO: SHUTTERSTOCK.

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oral contact with the parvovirus. The virus can be spread through fomites, feces or through infected soil and once an uninfected dog comes in oral contact with the infection, there is a very high possibility that the virus will spread quickly.

The first step in infection of a dog is when the canine parvovirus is ingested and it replicates in the lymphoid tissue located in the dog's throat. After replication, the virus then spreads to the bloodstream where it attacks the cells in the body that naturally divide at a fast rate. Some cells seem to be more affected by the virus because

of their rapidly dividing nature namely the bone marrow and lymph nodes. The virus then begins to deplete the lymphocytes found in the lymph nodes and destroys and kills the tissue in the intestines. With the virus affecting the intestines, leakage can occur in the bloodstream that can lead to sepsis and an untimely death. The key is in catching the virus through treatment, which can prevent death.

PAWrents must remember that even though their furbabies may have been successfully treated for parvo, the virus will still be present in their feces for up to three weeks. Sadly, any dog that has

been affected with the parvovirus at some point will always be a carrier of the virus and can be transmitters of parvo for life.

⊕ IS PARVO ALWAYS DEADLY?

As mentioned, this disease has a higher occurrence in young puppies and many do not survive. This is because they are generally too young to be vaccinated against the virus and they have not received any maternal antibodies as a result of vaccination of a breeding female. With no strong defense mechanisms, they are very susceptible to the aggressive virus. However, some dogs can recover from parvo. When left untreated, the mortality rate of parvovirus infection is around 91%. When treated with more aggressive therapy, parvo mortality rates can drop to 20% to 5%, but unfortunately, not without lasting effects.

⊕ WHAT HAPPENS WHEN PUPPIES ARE INFECTED WITH PARVO THROUGH MATERNAL EXPOSURE?

Unborn puppies can become infected with parvo through their unvaccinated mother who can become exposed to the virus and contract it. Puppies who are born exposed to the virus usually manifest symptoms of the disease and have very low survival rates. Some of the signs seen in young puppies born with the virus include cerebellar hypoplasia, a condition in which the cerebellum is under developed or incomplete. Other neurological abnormalities are also seen in infected puppies and often these dogs will not be strong enough to fight the complications that accompany their condition.

⊕ WHAT ARE THE SYMPTOMS OF PARVO?

The general incubation period for parvo is five to 10 days, meaning that five to 10 days after a dog is exposed

to the virus s/he will begin to show symptoms. PAWrents should be observant as the first signs of having contracted the virus include extreme lethargy, usually accompanied or followed by fever, vomiting and diarrhea. If ever you notice blood in your dog's stool, then you must take them to the vet immediately. Due to these primary symptoms, dogs who suffer from parvo can be more prone to dehydration and infection. Any dog with diarrhea or vomiting should always be kept properly hydrated. If you are unable to physically care for your sick baby at home or if you suspect s/he has a parvo infection, you can take your dog to the vet where they can administer IV fluids.

The first things to look out for in a dog infected with parvo is lethargy. A lethargic dog may be difficult to spot if you have an older dog or a dog that has very little energy as a result of any number of conditions. A lethargic dog will lose its appetite and will not respond in the usual manner, even when bribed with food or toy. Lethargy may be hard to spot in your pet, however, it would be hard not to notice if your pet is not eating regularly or is suffering from diarrhea, even more so when s/he dog starts vomiting (the next sign to look out for after diarrhea).

➕ HOW IS PARVO DIAGNOSED?

Do not wait until your dog vomits, if s/he displays any of the first symptoms then you should take him/her to the vet immediately. If the vet suspects your dog has contracted parvo, an EIA or hemagglutination test can be carried out on the feces to check for signs of the canine parvovirus. However, since this test may be inconclusive for dogs in the later stages of the disease who may not shed much of the virus in their feces, many veterinarians instead use

PCR or polymerase chain reaction to test for the virus.

➕ TREATMENT OF PARVO VIRUS

Time is of the essence when it comes to the successful treatment of parvo. The earlier the virus is detected and the earlier the treatment begins, the higher the chances of conducting successful treatment. If your dog is older or suffering from immunity issues, s/he might not be able to sustain the more aggressive types of treatments designed to eradicate parvo.

Though you might prefer for your sick baby to stay at home, confinement in the hospital is often necessary so s/he can receive intravenous fluids and nutrients to replace the vast quantities lost through vomiting and diarrhea.

➕ PREVENTION OF PARVO

Like with any disease, prevention should always be on the minds of PAWrents. The first step in preventing parvo is vaccination. Puppies will derive immunity from their vaccinated mother and at four months old they receive a

series of vaccinations to create their own immunity to the virus. Parvo vaccines are a set of three vaccinations that are spaced within a period of three to four weeks.

Since puppies and adolescent dogs are especially susceptible to parvovirus, you must avoid bringing your puppy to public places where s/he would have more exposure to the virus (animal shelters and kennels), at least until after his/her vaccinations are complete.

Cleanliness is also important in prevention. If you have a furbaby who has contracted the virus, you can use a solution of one part bleach mixed with approximately 30 parts water to disinfect any indoor area (including bedding, food/water bowls, and all surfaces) where your pet once stayed in.

By knowing what the canine parvovirus can do and how to prevent it, you and your dog can beat the virus on its head. More importantly, you can save your canine pal from innumerable suffering and maybe, even an untimely death. 🐾



PAWTROTTERS

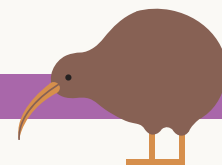
DESTINATION:

AUSTRALIA

An orange silhouette of a kangaroo is positioned to the left of the word 'AUSTRALIA', appearing to hold the letter 'A'.

Dessy
Febrianty
&
Nanook

PHOTO: DESSY FEBRIANTY DOC



🗣️ Where did you live in Indonesia?

We lived in Balikpapan, East Kalimantan, Indonesia.

🗣️ How long did your pet live in Indonesia?

Nanook lived in Indonesia for almost two years.

🗣️ And when did you leave?

Nanook and I left Indonesia in September 2015

🗣️ Where did you move to?

We moved to St. Georges Basin, New South Wales, Australia. It's a small town with a nice neighborhood where a lot of animal-friendly people live.

🗣️ What airline did your pet use?

Nanook travelled with three different

airlines. She had a long journey from Balikpapan to get to Australia. From Balikpapan to Jakarta, she flew LION AIR. From Jakarta – Kuala Lumpur – Melbourne, she used Malaysia Airlines. And from Melbourne to Canberra, she was on board QANTAS Airlines.

Groovy Pet Transport also helped us tremendously, especially Ms. Linda.

🗣️ What is your pet's favorite activity in your new home?

Nanook is a Siberian Husky, a dog breed known for their high energy and active demeanor, so she loves to run and walk. Fortunately, we have a big backyard where she can run freely. We also have beautiful streets in our neighborhood so we go on walks every morning and afternoon.

🗣️ What was your pet's favorite activity in Indonesian?

Nanook loved walking around our housing complex and swimming.

🗣️ Please describe your pet's personality?

Hmmm.... Nanook is a unique Husky. She is so playful, loves digging holes, loves playing with socks, she's not just a pet for us, she's a part of our family. I feel she also has human traits, she knows when she's done something wrong, she will look at me with sad eyes. It's like her eyes are telling me she's "Sorry." 🐾





Anne
Stabback
&
Dingo



Where did you live in Indonesia?

We lived in Pondok Indah in South Jakarta

How long did your pet live in Indonesia?

1.5 years – 18 months

And when did you leave?

We left in June 2015 – Dingo left July 2015 – he stayed with friends for two weeks and then boarded at Groovy before his departure to Malaysia

Where did you move to?

We moved to the Northern Beaches of Sydney

What airline did your pet use?

Jet Pets (Australia) and Groovy Pets worked together to organize logistics – I think he flew with KLM

What is your pet's favorite activity in your new home?

Go to the "off the lead" dog park at the end of the street and then climbing the rocks along the harbor foreshore – I think it reminds him of the rocky terrain of some areas of the Swiss Alps where he is from

What was your pet's favorite activity in Indonesia?

Going for walks and sitting at the gates to the house with the guards watching the world go by

Please describe your pet's personality?

Dingo is extremely friendly and affectionate. He loves people and other dogs except Staffordshire terriers do not like Dingo – maybe he frightens them. People say how handsome he is – I think he likes it when they say that to him. 🐾

PHOTO: ANNE STABBACK STOCK.

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For 25 years, Groovy has changed the way pet owners care for and manage their companion animals.

To us, pets are lifetime companions.
The well-being of our four-legged friends is our main priority.

The happiness and health of your pet is our reward.



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The Ultimate Partner for Pet Wellness



5-STAR HOTEL BOARDING

TREAT YOUR PET LIKE A STAR WITH 5-STAR HOTEL ACCOMMODATIONS AT GROOVY BOARDING

At this time dog owners like to treat their pets as humans. So this paradigm is also related to how they would like their pets to be treated by other people, and how pet services must be offered to the pet owner.

Groovy has more than two decades of experience in running a BOARDING service for dogs and cats. Located in between BSD and Parung, Groovy Boarding has been in existence since 1995.

WHAT SETS GROOVY BOARDING APART?

We have built especially designed accommodations for pets in our Boarding place. With a selection of rooms (Standard, Deluxe, Supawrior and Sweet), every pet owner can choose a suitable room type for their pet/s to stay in.



FOR DOGS, WE HAVE FOUR ROOM TYPES:

- ✓ **STANDARD** can accommodate 2 large dogs with its outdoor running area. The room is not air-conditioned but is equipped with an electric fan with moisture spray during the warm season.
- ✓ **DELUXE, SUPAWRIOR, and SWEET ROOMS** are air-conditioned and temperature-controlled.
- ✓ **DELUXE** can accommodate 2 dogs

(both medium or one large and one small)

- ✓ **SUPAWRIOR** can accommodate 2 large dogs
- ✓ **SWEET ROOM** can accommodate 3 large dogs. At the moment, there are only 4 rooms available.



FOR CATS, THERE ARE 3 TYPES OF AIR-CONDITIONED ROOMS:

- ✓ **DELUXE CAT ROOM** is a conventional cage with individual cat litter, mostly occupied by our owned cats.
- ✓ **SUPAWRIOR CAT ROOM** is a cat condo that can accommodate 2-3 cats from the same house to stay together, with cat litter hidden in the bottom of the room, so the cats can do their business in a darker place.
- ✓ **SWEET CAT ROOM** is a big room that can accommodate up to 5-6 cats, with climbing and scratching trees/poles, hiding box and clean water made available all the time.



CHARGES

The way we charge pet owners is per day by Room, plus service and meal charges for each pet.

For example, a pet owner has 2 dogs (or cats) that will stay in one room then per day will be charge of 1x Room, plus 2x services plus 2x meal.

PLAYING/ EXERCISING TIME

Pets have access to outdoor and indoor places for play and exercise. These are located near all the rooms. Dogs will be taken out of their rooms twice a day.

BOARDING STAFF

Members of our staff are all well-trained and certified animal lovers, so you can rest assure that your pets will be treated with utmost gentleness and their well-being and safety will be prioritized throughout their stay at Groovy Boarding.

For more information or inquiries, please visit any **Groovy Pet Shop**. 🐾



Looking for a new way to train your pet? Here are two awesome activities you can enjoy with your dog. By Lance Tan

Dogs never stop learning and as PAWrents, we must all take advantage of this. By choosing the right games to play with our pooches, we can teach them to become more obedient and patient pets while also taking part in the fun!

THANK YOU/TAKE IT

This game teaches a pup to take an object gently from your hand and then release it to you when asked. Choose a puppy toy that's long enough that he can grip one end while you hold the other. A large plush toy or knotted rope toy works well for this.

STEP1: Make the toy interesting by shaking it; then, make it hop or wiggle away from your pup. This will entice him to go after it. Say, "take it," and let your pup grab the toy. Continue holding it while he mouths and plays with it. Then ask your pup to release the toy. Keep hold of your end of the toy but stop moving your hand. Say, "thank you," and show your pup a treat in your other hand, about six inches away from the side of his mouth. He'll

PHOTO: SHUTTERSTOCK.

ASK
THE
EXPERT:

Play Time

be looking at the treat out of the corner of his eye as you hold the toy steady. Most pups quickly choose the treat and let go of the toy. If your pup prefers toys to treats and won't trade his toy for food, offer another toy in trade instead of a treat.

STEP 2: When he lets go of the toy, don't pull it away; hold it right where it was when he let go. This way he'll learn he doesn't really lose the toy by giving it to you. As soon as he's eaten the treat, offer him the toy again, saying, "take it," and encourage him to grab on.

STEP 3: Repeat this several times, then stop showing him the trade-treat when you say, "thank you." Instead, move your hand in a smooth sweeping motion near his head, parallel to his face, with your palm toward the pup. Move your hand alongside his face from nose to neck. Most pups watch that hand motion curiously and release the toy as the hand moves by. Praise and reward by excitedly offering the toy back to him instead of giving a treat. The game itself becomes the reward.

Once your pup knows how to play "Thank You/Take it" with toys, he'll become more willing to give up other things, too. When he gets something he shouldn't have, tell him "thank you" and make the hand motion past his face. When he gives up the item, praise, reward with a treat, then go with your pup and help him find something more appropriate to play with.

TUG OF PEACE

Once your pup knows "Thank You/Take It", you can increase the excitement level and add exercise with this friendly tug game. This is not the rough, competitive, tug-of-war game experts caution against. Tug of Peace

is cooperative, not competitive. It's fun to play and teaches an off-switch for excitement. The object of the game is to tug only as hard as the one holding the other end, not try to yank it away.

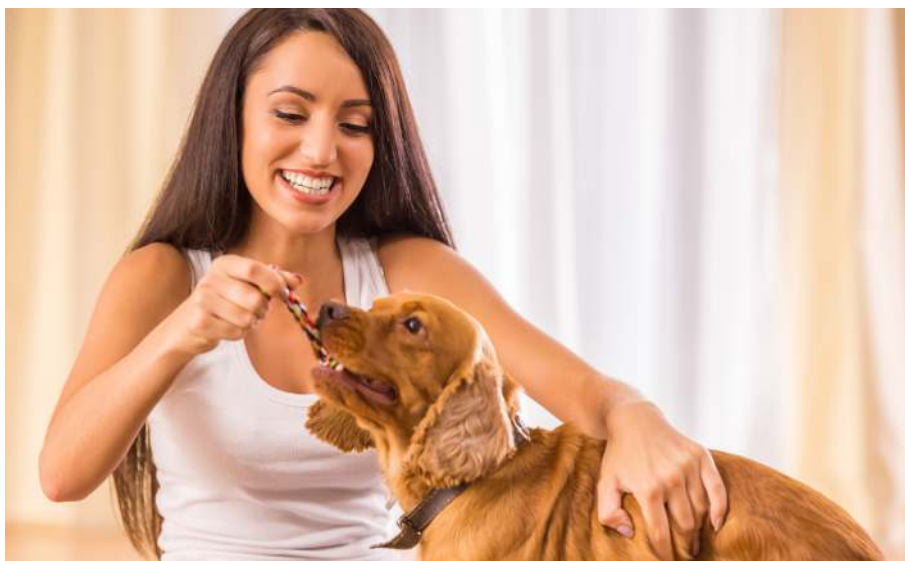
STEP 1: Start by offering your pup a toy you can both hold at the same time. Tell your pup, "take it," and encourage him to grab on. Then begin tugging gently, with a straight-ahead give-and-take motion in line with the pup's neck and spine. Don't shake the toy violently or yank it around, as this could hurt your pup. Pull only as hard as your pup pulls, and resist the temptation to use your full strength. Don't try to jerk the toy away; remember, this isn't a competition.

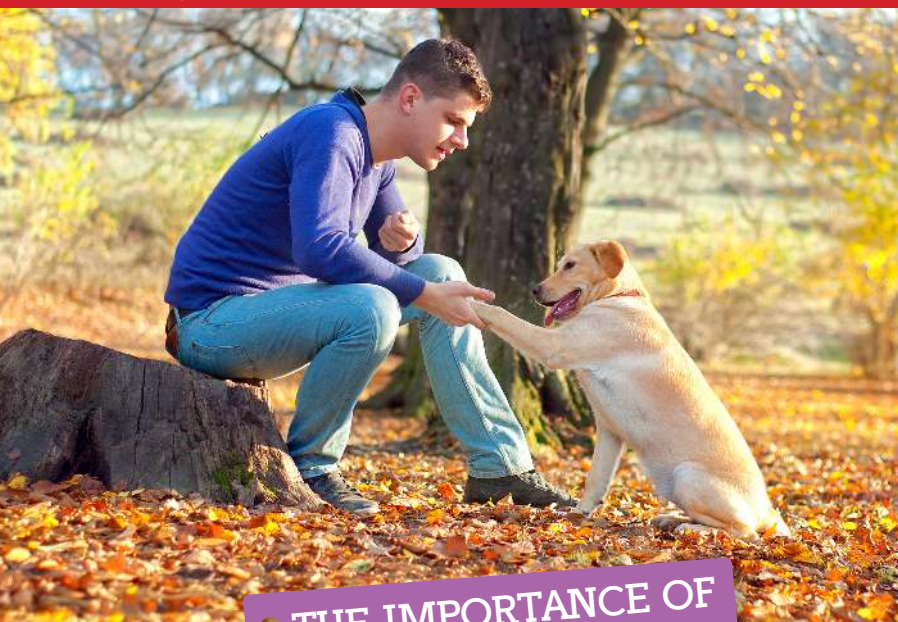
STEP 2: Play this way a few moments, then stop pulling but keep holding the toy. Wait a moment for your pup to realize you're not actively tugging, then say, "thank you," and receive the toy from him. Praise him for releasing the toy and give him a treat. Then offer the toy back in an enticing way to begin another round.

STEP 3: After rewarding the release several times with treats, switch to rewarding with another round of tug instead. Most pups would rather grab the toy again than stop and eat a treat anyway, so the opportunity to tug is a strong reward for releasing the toy.

If your pup tries to yank the toy out of your hand, just let it slip through your fingers. He might play with it a few moments, but his "win" won't feel satisfying, because you offered no resistance, and he'll want to play again. To encourage you to play, your pup will try to push the toy into your hand. (Ignore him until he does.)

STEP 4: When he offers you the toy, say "thank you," cueing him to release it. Then immediately offer it back, saying, "take it" in a happy voice. Hang on to the toy and play tug with a give-and-take motion. If he pulls too hard, let the toy slip weakly out of your hand again. Soon your pup will learn the object of the game is to match the play partner's strength rather than trying to forcefully yank away the toy. 🐾





THE IMPORTANCE OF CONTINUOUS TRAINING

MOST DOGS KNOW COMMANDS BUT JUST
DON'T SEEM TO KNOW HOW TO LISTEN.

THE QUESTION IS, WHY? By Lance Tan

This problem has less to do with the dog listening and more to do with the relationship between the two, the owner's efforts to train the dog, and the dog's reliability (with regards to an accurate response to commands). Commands are not only verbal in nature; commands/cues can come in many different forms.

► Training is an Endless Process

Many people teach their dogs some basics as puppies, when they are fun and cute and easy to work with. Pups are taught to sit, down, stay and come, typically, in the living room or the yard, for food or a toy, for one second or two. Then the pup jumps up from the

sit or down, leaves the stay location, and runs away from the recall, but the owners find this acceptable because "he's a puppy." "My dog knows commands..." means little to me as a trainer unless I see the dog responding reliably in a new location and with multiple distractions around. Until then, the dog has some room to learn more about obedience, and most likely, the owner has room to learn, too.

Especially with large and powerful dogs, it is essential to give them some tools to help them learn a sense of responsibility and self-discipline. Without these and other important aspects of good character, large dogs can be-

come a terrible nuisance (or worse, dangerous) to everyone they meet.

► Respect and Discipline are Key

Puppy training and novice/basic obedience training differ in a number of ways. A puppy is simply eager to learn, enjoying the process, and getting down some of the basics as they learn how to communicate and get around in a people-oriented society.

The adolescent and adult dog should be taught to respect and trust the handler and to respond to commands quickly and reliably. This is where most people, at least in America, seem to forget their sense of responsibility and drop their training goals altogether. And this is precisely why so many people give up their dogs, get bitten by their own dogs, or kill dogs—they don't train them properly and thoroughly beyond puppyhood. It is often when the dog reaches adolescence or adulthood (about 6 months to three years or so) that some owners start to blame the dog for not "listening."

► Be a Responsible PAWrent

Instead of taking on this line of thinking, pet owners need to take responsibility for the dog's instruction so he knows, first of all, exactly what is expected of him. He needs to know how to comply, when to comply, and that it is in his best interest to do so, even when he would really rather not. Unless an owner is responsible for the dog's training in this way, the dog cannot be blamed for his behavior.

It is when a dog owner becomes responsible for completing the dog's training that the blame game stops and the dog becomes easier to live with. It is much easier for a dog to "listen" to an owner who is actually providing him some information, isn't it? 🐾

PHOTO: SHUTTERSTOCK.

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