

GROOVY

Pet Wellness 🐾 Pet Lifestyle

Magazine

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FIDO**
STAY OR GO?

**TRAVELING
WITH**
A Happy &
Balanced
Furkid

GROOVY
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**MARIO
LAWALATA**
Written In The Stars



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New Vision And Mission

Greetings PAWrents,

Groovy was a participant at The First INDOPET Expo 2015, held at the Indonesia Convention Center (ICE) BSD City. In conjunction with this event, Groovy Pet Transport put up a commercial booth at this exhibition of pet services and products.

We are also happy to inform all our readers and clients that the renovations to our boarding kennel have been completed, and we are proud to announce the opening of our new five-star Pet Hotel, with different services offered by our Groovy Boarding and Cattery (Groovy BC). In the near future, we will also have a doggy swimming pool open for the public in our Groovy BC area.

Apart from this, Groovy has also set up a new vision and mission to replace the previous one to re-establish Groovy's position in the next five years. Our NEW Vision is: To be the most trusted World-Class Pet Wellness Company. Our Mission, Service Focus and Core values are also going to be officially changed soon.

An IPATA conference was held in Rome, from 21st – 27th October 2015, in which Groovy Pet Transport also sent some of our staff to participate in that International event.

A new website look has also been published, with the hope that our readers will find it much easier to get information and have easier access to our site. At a later time, our online shop will also be published.

Since this is our 6th issue, we would like to receive feedback from you, our dear readers, to improve the content of our Magazine as part of Groovy's aim to be an educational resource for all PAWrents. Please feel free to send us your feedback through info@groovy.co.id.

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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On the cover:

Mario Lawalata

Photograph by Mario Ardi.

Makeup by Bunlay.

Location: Lawalata family residence.



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PHOTO: MARIO ARDI, SHUTTERSTOCK, FEBI LUBIS.



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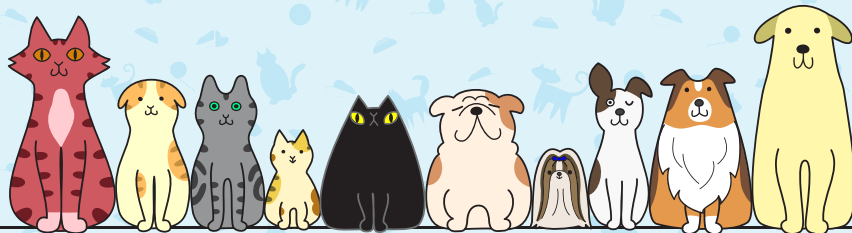


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Head to tail health starts in the middle



CAT NUTRIENT & ENERGY NEEDS

Cats have different nutritional needs than dogs. Find out how best to care for your Kitty with this guide.

By Wenchelle Joyce C. Gianatti, DVM

Cats are finicky eaters which can be very frustrating. Some PAWrents resort to different types of food just so their cat will eat. It is important to note that cats are obligate or true carnivores which means they rely on a diet consisting mostly of meat. The anatomical structure of cats does not allow them to properly digest food products derived from plants unlike dogs. To sum up, cats are not small dogs nor are they vegetarian.

An understanding therefore of the nutritional requirements of your cat is necessary in order to maintain their overall health and well-being.

CAT'S UNIQUE NUTRIENT NEEDS

✚ **Proteins.** Proteins are building blocks for cells, tissues, organs, enzymes, hormones and antibodies. They are essential for growth, maintenance, reproduction and body repair.

Proteins can be found either from animal (such as chicken, fish, beef, lamb, etc) or plant (like cereals and soy) sources. Cats, being carnivores, lack the metabolism required for proper digestion of plant-based food sources. They are dependent on protein as their main source of energy which makes them require twice as much protein in their diet compared to dogs.

Dietary protein contains 10 essential amino acids (which can be found in high-quality protein sources) that cats cannot make on their own and deficiencies of which can lead to serious health problems. Examples of these essential amino acids are arginine and taurine. Arginine is critical to the removal of ammonia from the body through urine, thus, an insufficient arginine in the diet may lead to toxic build-up of ammonia in the cat's bloodstream. Taurine deficiency causes metabolic and clinical problems including feline central retinal degeneration and blindness, deafness, heart disease, inadequate immune response, slow growth in kittens, reproductive failure and congenital defects.

+ Fats. Dietary fats supply essential fatty acids (which can't be synthesized in the body and serve as carriers for important fat-soluble vitamins) that play an important role in cell structure and function. They provide the most concentrated energy source (twice as much energy as protein and carbohydrates). It also enhances the taste and texture of cat's food. They are usually derived from animal fats and the seed oils of various plants.

Cats have the ability to use high levels of dietary fat which are necessary in keeping their skin and coat health. They require three essential fatty

acids – arachidonic (omega-6), linoleic (omega-6) and linolenic (omega-3).

Listed below is a table of the Daily Recommended Allowances for proteins and fats for cats published by the National Research Council of the National Academies in 2006. Note that pet food labels state guarantees for the minimum percentages of Crude Protein (CP) and Crude Fat (CF), and the maximum percentages of crude fiber and moisture. To convert these percentages to grams, multiply the crude percentages times the weight of your cat's daily portion. So if an adult cat eats 170gm can of food in a day which contains 8% CP, the grams of protein would be $0.08 \times 170 = 13.6\text{gms}$.



	Kittens Weighing 1.8lb	Adult Cat Weighing 9lb, consuming 250 calories	Nursing Cat Weighing 9lb with 4 kittens
Crude Protein	10g	12.5g	41g
Crude Fat	4g	5.5g	12g

+ Carbohydrates. These provide an abundant source of energy but cats have limited ability to use large amounts of carbohydrates. Major sources of carbohydrates in commercial cat foods are cereals, legumes and other plant stuff. The short length of cats' large intestines limits their ability to ferment fibers that are found in many carbohydrates. They obtain the most benefit of fibers from moderately

fermentable fiber sources like beet pulp, bran (corn, rice and wheat) and wheat middlings.

+ Water. It is the most critical nutrient for survival as it is the most plentiful substance in the body, comprising from 60% to 70% of body weight – depending on age and muscle mass. Water is used for all body processes: digestion, absorption, nutrient transportation, waste product removal, tissue building and repair and more.

Cats naturally have a low thirst drive which can be a problem to those cats that eat mostly dry food products and treats. Low water intake in cats is a risk factor for feline lower urinary

tract disease (FLUTD) and aggravates kidney diseases. Therefore, cats must be encouraged to consume as much water as possible by keeping a fresh bowl of drinking water at all times and feeding wet food in addition or rotation to dry food and treats.

+ Vitamins. They are found in food and some are made within the animal's body. Vitamins are important for meta-



bolism regulation, normal growth and function. Cats' requirement for niacin and pyridoxine (B Vitamins) is four times higher than that of dogs. Additionally, Vitamin A precursors are mostly plant-derived which cats have the inability to convert unlike dogs. Therefore, cats need preformed Vitamin A in their diets.

+ Minerals. They are important in a variety of functions like maintaining acid-base balance, body fluid balance, nutrient utilization, oxygen transport and structural integrity of bones and teeth. Minerals make up less than 0.7% of the pet's body and most of which is comprised of macrominerals – calcium, phosphorus, potassium and sodium. Cats can get varied amounts of minerals from their diet; excessive dietary magnesium can cause formation of stones in their urinary tract.

CAT'S ENERGY NEEDS

Like a car that requires petrol to run, pets burn food in order to meet their energy needs (which is measured in kilocalories). Pets need energy to perform body functions (like digestion, movement, eating, resting), for without it the body would cease to function and

death will occur. Therefore, meeting the energy requirement of a pet is first considered when feeding them.

The energy content of a given cat food determines the amount of daily food intake of your cat which in turn affects the amount of nutrients your cat eats. High quality cat foods are able to meet cat's energy requirements with the proper balance of all the other nutrients that your cat needs. Energy requirements of cats vary depending on multiple variables – age, sex, size, activity level, neutered/spayed and presence of diseases that may alter metabolism.

Most PAWrents rely on pet food packaging feeding guidelines to calculate the dosage of food given to pets. This however should only be the starting point, PAWrents should continuously adjust the amount of food given to their pet in order to achieve optimum body condition. This means that cats must appear well-proportioned with moderate waistline behind the ribs and should not have abdominal fat pad visible or felt along the underline.

Listed below is a table of Cat's Average Daily Energy Needs published by the National Research Council of the National Academies in 2006.

Meeting the nutrient and energy needs of your cats require monitoring of your cat's body condition and regular assessment of their food intake. Also, always make sure you give only high quality cat food for a well-balanced diet. A regular visit to your cat's veterinarian will help guide you along the way in keeping your cat healthy so s/he can live a longer and higher quality life. 🐾



PHOTO: SHUTTERSTOCK

	CALORIES PER DAY (KILOCALORIES PER DAY*)			
	5 lb	10lb	15lb	20lb
Kittens (after weaning)	200	-	-	-
Lean Domestic cat	170	280	360	440
Overweight Domestic Cat	180	240	280	310
Exotic (wild) Cat	100-480	170-180	230-1100	200-1,360
Pregnant/Nursing Cat (4 kittens/4 kittens at peak lactation)	336	603	851	1,091

*1 Calorie = 1kilocalorie = 1,000 calories

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The Nightmare of Nail Trimming

Are you a dog owner who dreads trimming your dog's nails? If you are, you are not alone.

By Yosefin Lingga, DVM

For many dog owners, trimming the dog's nails could be a traumatic experience (and for the dog as well). But this simple habit is necessary to the health and well-being of your pet.

• The Cons of Long Nails

If you leave your pet's nails to grow uncontrollably, they would eventually get long enough to touch the ground and twist your baby's toes. This could lead to muscle and skeletal damage which can cause pain. Your dog might

limp and develop difficulty in walking. At this stage, cutting the nails becomes an even more painful experience since the nail quick grows with the nails and when you cut the quick, it will bleed. Long nails can also break and lead to paw infection.

• Some Useful Tips

If your dog is the active type and has high walking mileage, nail cutting is necessary only for the dew claws, which can be found in the inner surface of the paw. The surface of the

ground or concrete could naturally trim the nails and keep them short. If not, a trim once every two weeks is necessary to keep the nails short. Be cautious if you hear clicking when your dog walks around the house. It means his/her nails are long enough to touch the floor. If it is really not possible to cut all the nails at once, you can do one nail per day to make it a less traumatic experience. Don't forget to give your baby his/her favorite treat to associate nail trimming as a positive experience.

• The Right Way to Do It

To trim the nails you need to have a good clipper and a bleeding stopper ready at your side. When trimming you have to avoid the quick. This is quite easy to see if your dog has clear nails. With darker nails, cut slivers of nail until you see a grayish color in the middle of the nail. Stop trimming when you see this. If you accidentally cut the quick, the bleeding could be quite profuse and your dog most likely will cry and pull his/her leg away. Calm him/her down, get the bleeding stopper powder and apply it directly on the bleeding nail.

Going to the vet or groomer for nail trimming is another option. However, you have to realize that there are more stressors for your dog in these places compared to if you do the trimming at home. So brace yourself (give your dog lots of hugs before and after), and make nail trimming a careful, yet regular healthy habit. 🐾



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TRAVELING WITH A HAPPY & BALANCED FURKID

Read through this helpful pet travel checklist
to ensure you have all the bases covered for you and
your furkid before your trip.

By Rio E. Ridad, DVM

As I'm waiting in line for my turn at the check-in-counter at the airport, I hear excited voices of ladies giggling behind me. I'm curious and expect a baby getting all the attention and to my surprise, "It's a cute puppy pug!" The puppy sits in the trolley with a calm demeanor looking very much healthy and delighted to travel with his PAWrent.

Traveling with your lovely pets should not give you too much stress. Here are six great tips on how to prepare them and keep them fit for travel for your next adventure:

1 Visit your favorite veterinarian

It doesn't hurt to visit your veterinarian within 10 days of departure. Quickly make an appointment for a thorough health check-up. The veteri-

narian will make sure all required vaccinations are up to date and relevant to the country being visited. Discuss with your veterinarian all the necessary health care requirements. Be reminded to contact the foreign office of the country you are traveling to for more information.

2 Check and review SOPs of each country you want to visit

First, check if your pet has a readable microchip so that in case of being lost, your pet can be properly identified. A lot of countries require a satisfactory level of immunity against rabies virus and to obtain this rabies antibody titre, a series of rabies vaccination must be administered prior to travel. Keep all vaccinations up to date. A pet passport will then be issued to you which is signed by a veterinarian. Lastly, a tick/

tapeworm treatment must be given between 24-48 hours before your pet can be checked in at the airport. The health certificate should show that your pet is healthy and free of any parasites.

3 You and your pet should be mentally prepared

Most cats are not happy when they are taken out of their comfort zone. They would stop eating if you mess with their territory. Dogs on the other hand may also present some separation anxiety issues and they may keep barking or keep clawing the door of their crates. So what can you do?

Train your pets to be alone at home. This may not be a problem in cats as these pets are known to be solitary animals. However, most cats may not like to be put inside a crate. For both cats



and dogs, control their anxiety by training them to be placed in a crate for a few hours everyday. Do not force them to go inside the crate. Instead, make the crate comfortable so that they would go inside on their own accord.

4

Get the most comfortable carrier

Let them get used to their carrier by training your pet to be put in a crate to reduce the stress months before the travel date. How? You know how some pets associate the carrier to going to a trip to the vet? I suggest you start helping your dog associate his carrier with good things. Make sure he rides in it to only good places for a while like going to his favorite park, visits to the pet shops where he's allowed inside, etc.

When you are at home, leave it open so he can go in and out of the crate at his most convenient time. Try to place a familiar toy or piece of clothing inside which may also help your beloved pets, to settle down.

Find the most suitable size for your pet. It should be able to stand, sit and lie down in a natural position and to turn around easily. Get the most simple carrier that should not contain anything which could injure your pet or is designed so that no part of him like its head, paws or tail can protrude or become trapped. Place an absorbent bedding inside the carrier too.

Before you buy a pet crate, check out the International Air Transport Association's list of pet carrier requirements, which most airlines adhere to.

5

Breathe and be calm

Some vets will advise you to sedate your fractious pets. Please do not allow them to do this as this would be the worst possible thing you can do to your pet before their long flight. Remember that sedative drugs combined with high altitude may prevent them from naturally regulating their body temperature which can help alleviate their own stress. Some

PAWrents may pass their anxiety to their pets before the flight. I suggest that you take a chill pill to calm your nerves and let yourself and your pet enjoy the journey ahead.

Pets on sedation during travel may experience slow heart rates and may be too lethargic to even eat and drink during the flight. Some pets may suffer jet lag too. What can you provide that is safe to keep your pet calm?

Do bring your pet's security blanket or his favorite stuffed animal, toy, bone—any item which has a familiar scent that will bring comfort and relax him.

Lavender oil or other calming oils can be massaged on pets during feeding times or before walks for positive association. The scent will allow him to remain relaxed. Hours before the journey, try rubbing a little lavender oil between your hands and give your pet a little aromatherapy or deep tissue massage for the best soothing effect.

6

Provide long walks, play and nutritious food

Before the flight, play or take your pet for a long walk. The more tired your pet is, the more likely it is to rest or sleep during the trip. Feed them a light meal at least 2-4 hours before the trip. A water bottle inside the crate should be available all throughout the trip.

Traveling with your furry pal can be an engaging experience for both you and the people you're with. The key is to be as prepared as possible. Plan well and do your homework when traveling. The more prepared you and your pet are, the fewer surprises there will be. Don't forget to make sure they are fit and healthy and above all, of course, be a calm and assertive PAWrent. Have a safe and enjoyable trip! 🐾

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DOES FIDO

Stay or Go?

GOING ON A TRIP? BEFORE YOU FINALIZE PLANNING AND PACKING FOR YOUR VACATION, BE SURE TO MAKE THE BEST ARRANGEMENT FOR YOU AND YOUR PET.

By Maria Zarah Gregorio Viado

Being a PAWrent takes a lot of responsibility; more often than not, it's similar to having your own child. Our fur babies rely on us to take care of them, feed them, and protect them, so we have a duty to do right by them. And because our four-legged friends are akin to being family, we must always put their best interests at heart.

This is especially important when we make decisions for them, such as where they sleep, what they eat and what to do with them when we plan to travel for an extended period of time. Ideally, we would be most comfortable in bringing Fido and Felix with us, however, their temperaments may not be suited to traveling, plus they may be uncomfortable being surrounded by different people and may be averse to

strange new places. Because we want what's best for them, we may have to resort to leaving them while we traipse off to a far-flung island destination. But don't fret. There are a number of ways you can ensure your baby love is well-taken care of while you're on vacation. The key is to plan ahead so you can choose the best possible arrangement for your dog or cat, without subjecting them to any undue physical, mental or emotional stress.

R&R with Trusted Family Member/friend

There is no better way to ensure your pet's well-being than by letting him/her enjoy the very comforts of home while you're away. Our beloved pets, however well-adjusted or well-trained they may be, still prefer the familiarity and routines they have at home. So

why not ask a trusted extended family member or even a friend to take a short vacay in your home to accompany your babies?

With this set-up you can assure that your furry baby will be at his/her most comfortable, plus you can throw all your worries out the window since the person who will be taking care of your



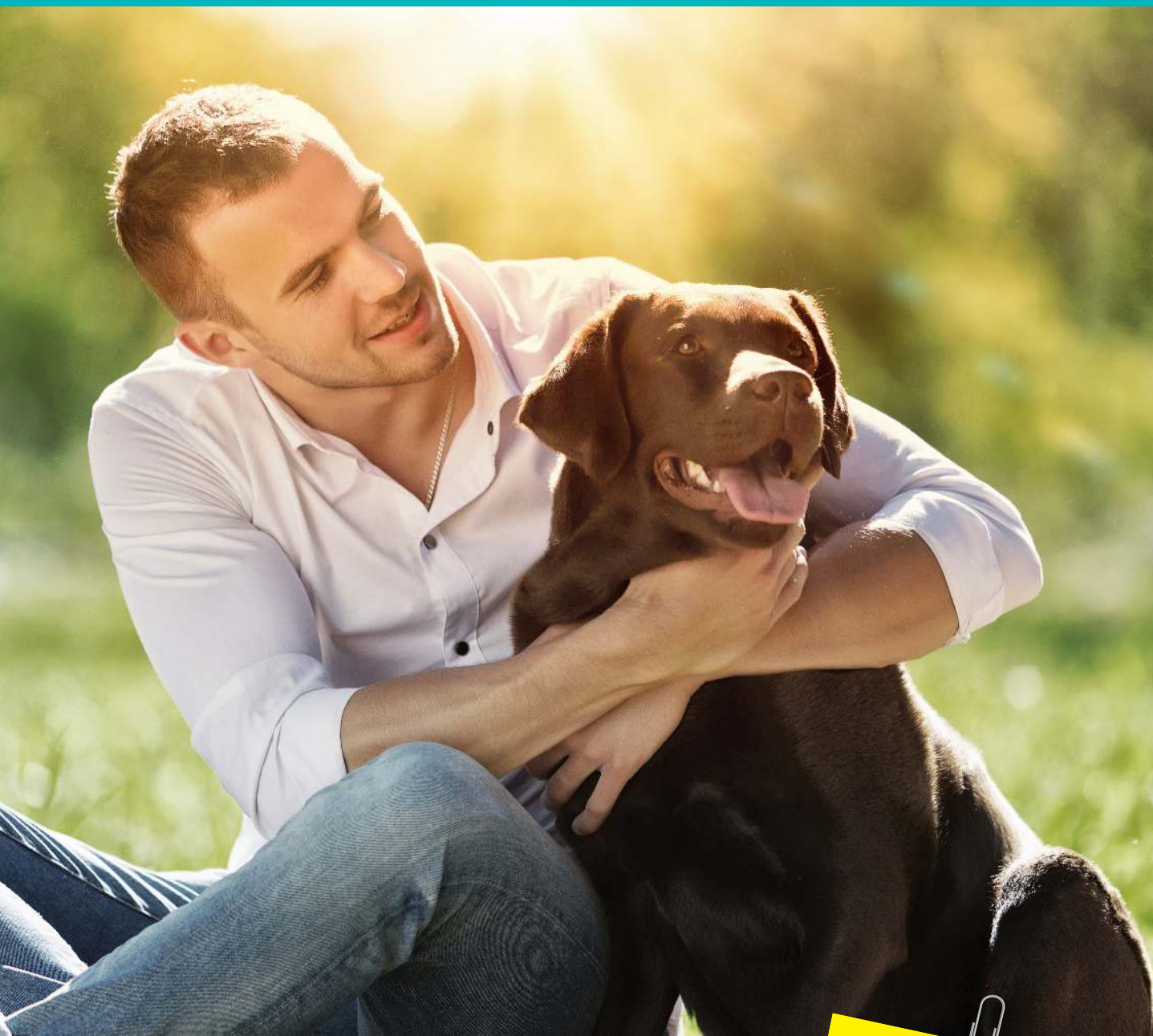


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pet is someone you know and who will surely express the same amount of devotion and care to your beloved four-legged pooch. Since your pet already knows who's taking care of him/her, s/he will feel very relaxed and will be subjected to the least amount of stress with your departure. Despite missing you, s/he will also be guaranteed to have lots of fun. Just

make sure to share your baby's routine to your relative/friend so they will be able to follow it closely without a hitch.

Date with the Pet Sitter

If you already have a person who takes your dog out for a walk regularly, why not ask him/her to accompany your pet at home? This can be an option if you already trust your dog walker

There is no better way to ensure your pet's well-being than by letting him/her enjoy the very comforts of home while you're away...

and don't mind him/her crashing at your house for some time. A plus point is that your pet already knows him/her.

However, if this isn't a set-up you would be comfortable with, you can opt to ask your dog walker to take your furry baby home with him/her. You can help your pet acclimatize to the new surroundings by bringing him/her around to your dog walker's house several times before you leave. Don't forget to bring your four-legged friend's beloved bed and toys so s/he would be surrounded by familiar things despite being in a different home. It is also vital to leave a detailed list of your dog/cat's diet and schedule of activities so your dog walker would be able to follow your pooch's routine to the T. You can also list down the telephone numbers of family members or friends as well as the veterinarian which s/he can call in case of an emergency.

Another option would be to hire a pet sitter. It would be best to interview a prospective pet sitter in advance and let him/her get to know your furry baby. Don't forget to ask for references, so you can be sure that you are leaving your baby in caring and trust-worthy hands. Help the sitter and your pet develop a relationship by letting them spend some time together, maybe have them go on walks. A pet sitter can stay in your house with your pet or if the sitter is more accommodating, s/he may agree to let your pet come home with him/her for the duration of your trip.

Relinquishing control could prove difficult, however, you must always remember that you are doing this for your beloved pet, so don't let jealousy get in the way. You must remember that you are always first in your furry baby's heart.



All A-Board at the Kennel or Dog Spa/Hotel

On the offhand chance that there's simply nobody you can hire or ask to help look after your pets while you're away, your local kennel may be an option. But, and this is a big BUT, you should first visit the kennel, see it first hand for yourself, try and decipher if it is really a place you would leave your precious pooch in. Inquire about how the pet caretakers go about caring for the animals that stay there. Be very observant so you can get a whole picture view of the place. Though this could be your last resort, ask yourself twice, thrice, four times if you are sure about leaving your pooch or feline love in the kennel.

Other than a kennel, you may also check your pet into a dog spa or hotel. This may be a pricey option, but since you will be paying good money for their services, then you would be able to make specific requests with regards to the needs of your pet. Best to also ask friends or acquaintances who may have used the dog spa or hotel before, find out how their pets fared and treated. This may help you make a more informed decision. One example of a quality pet hotel is the Groovy Pet Hotel. Check out www.groovy.co.id for more information.

Veterinarian's Office

Another option you can consider

is leaving your furry baby at his/her veterinarian's office. Before you decide on this option, you must first visit the vet's office and take a look at the accommodations for your dog. It would also be good to speak with the people who will be caring for your beloved pet and to assess whether they would be capable of catering to his/her needs

This definitely would be a viable choice in Indonesia as Groovy provides a home away from home for your pets. Choose from a VIP or standard room for your precious pooch, the choice is all yours. In existence since 1995, Groovy's Boarding ensures that your pet's stay will be a safe and fun-filled one with daily activities and exercise. All the cats will get to sunbathe twice a day, while dogs get to run around in the outdoor playground. With our capable and loving staff, your pets will surely have a ball of a time at Groovy Boarding. You can get in touch with any Groovy Pet Store or Groovy Vetcare for more information.

Take Fido or Felix with you

If you really cannot bear to part, then why not bring your furry baby with you? Check out some of the other articles in this issue such as "Cool and Calm," "Traveling with a Balanced, Happy Furkid," and "Travel Easy," so you can get more information on how to prepare for travel with your pet. 🐾

PHOTO: SHUTTERSTOCK.

HOW & WHEN TO GIVE HEALTHY DOG TREATS



How to use dog treats most effectively

Use treats to reinforce a calm, submissive state. *Never use dog treats to reward an excited, over-stimulated state of mind.* Always let the dog smell the treat first, but hold it up away from her and wait. Remember dogs can smell from over 25 feet away so you don't have to put the treat under her nose. Once the dog has the scent, she may jump around at first, and will probably jump on you. If so, indicate your disapproval with your attitude and body language and slowly move yourself back or to one side and then wait. Remember, your moment of patience as an owner will pay off in a well-behaved dog for a lifetime.

One of the reasons treats work so well in training, is because a dog's sense of smell is so unbelievable. Dogs can smell a treat from over 20 yards away and can get a pretty good idea of the main ingredients. ***Not all treats are created equal though.***
#cesarmillan

~ Here is a good technique for giving treats. Hold the treat in your hand between the first two fingers and the thumb. Let your dog sniff so that she knows it is there, and remember my rule: *nose first, then eyes, then ears!* ~

When you engage your dog's nose, you are appealing to the most important part of her brain. *Lift the treat slowly and easily* so that your dog's nose follows it in your hand. If she jumps at your hand, take it away. Next

time, have the treat hand closer to her head. The moment she begins to follow the treat with her nose and eyes and her butt begins to move to the floor, say "sit" calmly and easily, and give her the treat. Use a natural voice as you don't want to startle or distract her. Remember, one of my cardinal rules for training is "don't overexcite your dog so that

she loses the lesson in all the commotion."

When to give dog treats

In between meals is the ideal time to give treats. Choose a treat that your dog will enjoy. As a rule of thumb I save the best, most delectable treats for last, to reengage a dog if she begins to lose interest in the training session. Make sure your treat giving occurs in between meals and not immediately before or after a meal.



**5 star snack
Affordable
price**

What ingredients to look for in a dog treat

When choosing a dog treat, make sure it's something your dog will like and something that's appropriate to give a dog. When buying treats (and food) for dogs, look at the ingredients list. If the ingredients include things you don't recognize or can't pronounce, it might not be the best treat for your dog. Also, keep in mind your dog has a different palate than a human and that *human treats are not necessarily good for dogs.* There are many things that we eat that dogs are allergic to or literally can't stomach.

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THE LONG AND SHORT OF IT

Leashes are accessories that PAWrents cannot do without. Choose one that suits your pet and your specific endeavor.

By Maria Zarah Gregorio Viado

A leash is not only useful when you take your dog out for a walk. Leashes can also be used for training, and of course, to protect your furry pal. It is a necessity when you have a pet as it provides you a mode of control especially when you're outdoors. With a leash, you can get the attention of your doggy love and keep him/her in line, while also keeping him/her from approaching other people or dogs in a haphazard or even threatening manner. Now the question is, which type of leash and

what length to choose? Read on below to find the myriad of choices.

► WALKING LEASH

The most common type of leash is probably the synthetic or fabric leash. Easy to wash, cheap and lightweight, these are readily available in many stores, including Groovy. Usually measuring four to six feet in length, these are the ideal length for keeping your baby love in line and getting his/her attention and can be used for already trained or obedient dogs.

The material might burn your hands and fingers when your dog pulls on it, so best to handle this type with gloves. Likewise, your furry love can easily chew through the plastic or fabric.

If you would like to avoid having a half-chewed through leash, you can opt for a leather one. Though more expensive, this type tends to last longer just like chain leashes. Chain leashes are more suitable for larger, heavier dogs. However, chain leashes may not be ideal for walking as they are

PHOTO: SHUTTERSTOCK.



quite heavy and awkward to handle. In addition, they may pose the threat of choking, so every dog owner should be careful when using this type of leash.

► TRAINING LEASH

If you are in the process of training your dog, regardless of whether you're working indoors or outdoors, you would require a training leash. Longer in length than walking leashes, this type can be made of synthetic material, fabric or rope.

A round synthetic leash could be ideal when you're working indoors, especially since it would give your furry pal freedom to move, it won't weigh him/her down, while the rounded shape of the leash will prevent it from getting stuck under furniture.

For outdoor training, a longer leash would be advisable (between 20-50 feet long), made of rope or cotton. The added length will help you practice distance commands such as sit or stay or recall. For easier handling, you can tie knots as intervals throughout the

length of the rope so it won't get away from you. This type of leash is usually worn high on the dog's neck, where its most sensitive, prompting him/her to react quickly and avoid any discomfort.

► RETRACTABLE LEASH

Retractable leashes can also be used for walking but may be more appropriate for trained dogs. The slack in the line may cause untrained dogs to pull or drag you when they see or smell something that piques their interest.

They are good for allowing your baby to explore and feel free however this type of leash is not advisable for crowded areas where you can lose your dog in the chaos of people and other dogs. Furthermore, a retractable leash can wrap around a tree or a post, or worse yet, wrap around other people or fingers and may cause harm or

injury to other people. If you are using a retractable leash, it is important to keep your eyes on your four-legged buddy and take him/her to a less crowded area such as a park.

Regardless of the type of leash you are intending to buy, what is important is to choose one that is comfortable for your pet. Leashes should also be durable and well-made, this will prevent you from going back and forth to the pet shop because your dog's last leash broke or was chewed on. As a PAW-rent, you must also ensure that your furry baby does not get away from you therefore opt for a leash that has a secure clip, preferably one that is made of stainless steel. Don't buy a leash with a plastic clip as this would snap off easily if your dog happens to pull hard. For more leash selections, visit the nearest Groovy Pet Store in your area. 🐾



“Regardless of the type of leash you are intending to buy, what is important is to choose one that is **comfortable** for your pet.



The Traveling Dog



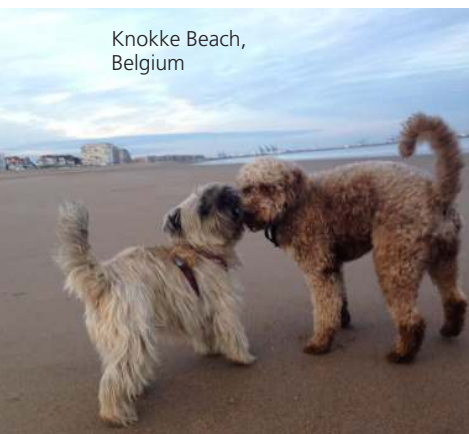
Grand Palace,
Brussels



Scenery on one
of Febi and
Bilbo's walks



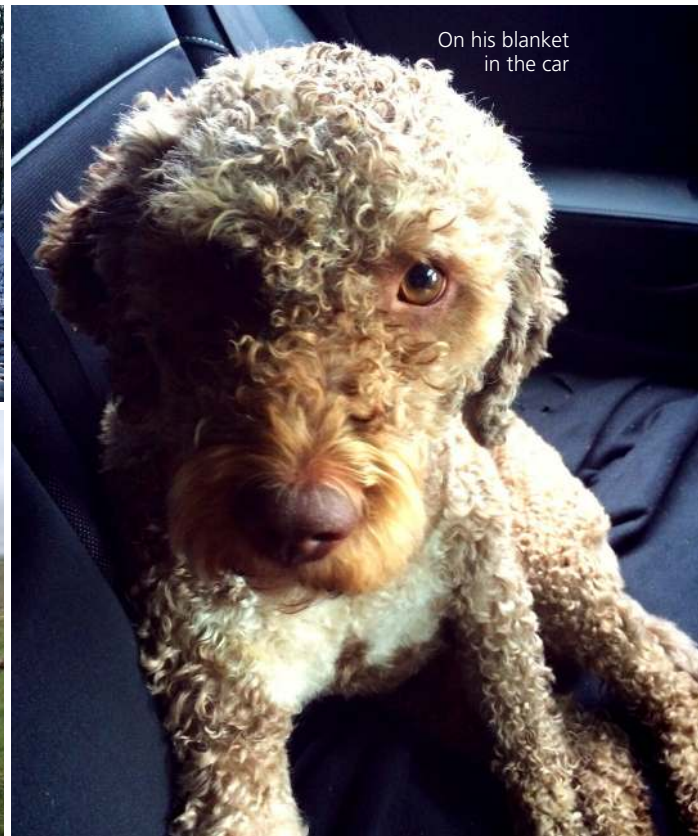
Maules woods/
Switzerland



Knokke Beach,
Belgium



Bilbo in
Scotland



On his blanket
in the car



MEET BILBO, THE ITALIAN WATER DOG, WHO HAS BEEN BITTEN BY THE TRAVEL BUG.

By Maria Zarah Gregorio Viado with
Febi Lubis

Not all dogs like to travel. In fact, many dogs just don't have the temperament for it. But not Bilbo. This three-year-old Lagotto Romagnolo (or Italian water dog) from Holland is a breed apart because he loves accompanying his PAWrents on their numerous trips around Europe.

To date, Bilbo, who was named after Bilbo Baggins from J.R.R. Tolkien's "The Hobbit," has travelled to different countries in Europe, including trips to The Netherlands, United Kingdom, Scotland, Switzerland, Italy, Germany, France, and of course, Belgium, which he and his PAWrents – Febi Lubis and Tom Tassignon - call home. A dog who loves the water, Bilbo enjoys sleeping, walking and swimming whether at home or while on one of their family's bonding trips. Considered the best swimmer in their family, Bilbo was trained early on to enjoy car or train rides, "Since he was a puppy, we already took him around in the car, bus and train. I read a book, "Puppyhood (How to raise a perfect dog)" by Cesar Millan, and in it it's stated that whatever you want to teach your dog, you have to teach him/her before s/he is six months old. Whatever habits, manners, tricks that you teach him/her before six months old, it will

stick with him forever. And we have proven this to be true, because whatever we taught Bilbo before he was six months old, has stuck with him until now. We are very proud of Bilbo, we always get compliments from strangers when we are in restaurants, trains and hotels that Bilbo is so cute and well-behaved," shares Febi, a brand manager at an advertising/management agency in Belgium.

Foresight and good training has allowed Febi and her husband, Tom, to take Bilbo wherever they go, even when they do errands, "Bilbo loves to sit in the car, he is already happy even for a short ride to the supermarket. I think, he thinks 'Take me anywhere with you, I don't care, as long as I am with you,'" she says. Because Febi and Tom work full-time, they have come to value the quality time they get to spend with Bilbo when they do go on vacation, "He is part of the family. We always take him with us when we travel inside Europe, because without him our travel would not be fun. However, if we have to travel outside Europe, he usually stays with my parents-in-law, because Bilbo has known them since he was a puppy, and my parents-in-law's dog (terrier) is Bilbo's best friend."

By traveling together, their little family has grown closer and Febi has learned to read Bilbo's body language well, "I can tell from his body language how he feels and what he wants. For example, when we drove 16 hours to Tuscany, I knew when we needed to stop for him to drink, pee, etcetera; I could tell through his body language. Or when he swam and drank too much salt water in Cornwall, I knew that we needed to wait for him to puke before we put him in the car; I always know when there's something wrong with him...I can tell," elaborates the doting

mom, who makes sure that her baby has everything he needs when they travel, "When we go on a trip, I always bring his blanket and a big bottle of water, especially for long road trips. We tried to put him in a traveling carrier/cage when he was just four months old, but we realized that he didn't enjoy it that much, until we gave him his blanket. But now that he is all grown-up, we just let him lie on the blanket without the carrier. Bilbo doesn't have a favorite snack, he eats everything. We usually give him treats in the public transport (bus, train); when the bus/train is packed and Bilbo is calm and well-behaved, we make sure to reward him with some small treats."

A sensitive dog, Bilbo knows how to treat people well and Febi provides some examples, "The way he treats me is different with the way he treats my husband. With my husband, he always roughhouses like a boy but with me, he acts like a lap dog. Even when he meets strangers, Bilbo is always nicer towards beautiful girls/women and acts aloof and a bit distant towards men/boys. Maybe it's his Italian genes that make him so inclined," Febi concludes with a laugh. 🐾

**"Whatever
you want
to teach your dog,
you have
to teach him/her
before s/he is
six months old."**





PHOTO: MARIO ARDI, MAKEUP: BUNLAY, LOCATION: LAWALATA FAMILY RESIDENCE.

MARIO LAWALATA WRITTEN IN THE STARS

SOMEONE WHO HAS ALWAYS LOVED DOGS, **MARIO LAWALATA** BELIEVES THAT CHOOSING A DOG IS JUST LIKE CHOOSING A GIRLFRIEND, IT HAS TO BE FATED.

By Ayunda Pininta Kasih and Maria Zarah Gregorio Viado

An actor, model and restaurateur, Mario Lawalata already has his hands full. But regardless of all the activities he is involved in, Mario makes sure to spend time with his 'baby boy' – Max, a three year old Husky.

Raised in a family that loves dogs, Mario along with his brother, fashion designer Oscar Lawalata, always cared for pets even at a young age. But in his adulthood, the self-confessed baller believed that he could only get a pet once he was ready and if he and the dog would be well-suited to one another. Along came Max, and the rest, as they say, is history, "Max came into my life at just the right time. I have always liked Huskies, in fact, I wanted one since I watched the movie "Eight Below." One of the huskies in the movie was named Max and it was the exact name I wanted to give my dog. I've always thought of Huskies as cool and dashing dogs. And the arrival of Max just cemented that idea even further. Max was born in the same month I was, May, which makes us brothers in a way as we share the same zodiac sign."

A man's man, Mario wanted a pet that suited not only his personality but his healthy and active lifestyle. "Honestly, huskies are good looking dogs, they're also masculine and have piercing yet sexy eyes. I feel this type of dog is compatible with my own personality. Huskies are amongst the dog breeds that are active, like to run and are friendly. Because of these attributes, Max was able to adapt well to my active, sporty and sociable lifestyle."

Like most pet owners, Mario considers Max as part of his family, much like his child, "With Max around, I already feel like I have a son. I have looked after Max from when he was a baby wholeheartedly, and by taking care of him and seeing him grow, my love for him has also grown deeper. In fact, I call him my 'baby boy,' as a term of endearment."

Asked if there was one word he would use to describe Max, Mario answers with a laugh, "Spoiled. But I have to say he is that way because I spoiled him from the beginning." So much so in fact that Mario has greatly accommodated the dog into his life and into his home, "My house is not that big, it is more like a semi-apartment. Before Max, it could be said that my living room was in good condition, with a carpet and sofa that's neat and tidy. With Max in my life, my living room now functions as his home. Huskies need ample room to move around in. Aside from that they also need a place or a home that's not too hot, to the point that my air-conditioner is always on throughout the day."

This type of devotion to a dog may sound excessive for some, but to loving pet owners like Mario, it's the least that they can do to express love and concern for their pet. "I have a friend who also has a pet Husky but didn't place the dog in an air-conditioned room. The heat made the dog seem to have an unkempt appearance, its fur did not look healthy. It served as a lesson for me which is why I try to provide Max with a 'home' that's more conducive to his well-being."

But caring for a pet does not end with just providing him/her with an ideal home. It also includes giving him/her a good, healthy diet. "I always ensure that I give Max only high quality food. I always choose the best quality and do not feed him carelessly. In addition, I always remember to give him treats

How To Care for Huskies

Do

EXERCISE WITH YOUR DOG

Huskies are naturally very active that's why they need a lot of exercise to keep fit and prevent them from getting bored.

PROVIDE HIM/HER WITH ENOUGH SPACE

Dogs need space. Give your Husky enough room to move around in.

FEED HIM/HER A GOOD QUALITY DIET

A good balanced diet will keep your dog healthy and happy. Visit your Groovy vet for diet recommendations and suggestions.

BRUSH YOUR DOG

Huskies groom themselves that's why they don't need to be bathed that often. Instead you can brush the fur/hair of your Husky. This will also help in preventing his/her fur/hair from shedding excessively all over the house.

Don't

BATHE YOUR HUSKY OFTEN. ONLY BATHE AS NEEDED

Huskies are clean dogs and just like cats, take the time to clean themselves. They don't usually emit 'dog' odor, unless they get into mud or dirt while running around outside.

SHAVE THE FUR OF YOUR HUSKY

Fur helps the Husky to regulate its body temperature. Never shave your Husky's fur/hair unless it's because of medical circumstances. Furthermore, the skin of Huskies can be likened to fair-skinned people, it does not protect them from the sun's harmful rays so removing their hair may result in painful sunburn.

LEAVE YOUR DOG IN EXTREMELY HOT OR HUMID CONDITIONS

Huskies are used to cold weather therefore they would not fare well in places that are too hot or humid. It is important to keep your Husky in a cool and comfortable environment.

when I train him. Aside from that, I also bring Max to Groovy for routine grooming, at least once a month."

Since Mario considers Max his son, his affection for the dog extends beyond just feeding and grooming him. "I see to all of Max's daily needs and have even collected a substantial amount of clothes for him," Mario adds with a laugh, "Just like having a child, every time I pass a pet store, I always have to go in and look for something cute for Max, from clothes to toys to bones and whatever I think will be good for him."

Time is also something every pet owner should provide his/her pet and Mario always rises to the occasion, "As busy as my schedule gets, once I get home I always have play time with Max. Sometimes, before going to work, I jog around the house with Max. During those days when I'm not too tired, I take Max out for jogging. It's a shame that in Jakarta there are no open parks and establishments that welcome dogs and pets."

Driven by the desire to provide Max with an outlet where he could run freely and safely, Mario is now planning to put up such a park, alongside expanding his restaurant and developing a clothing line, "It would be so convenient if there were more pet-friendly places in Jakarta, just like a park where pets and children can play and interact safely. I was just in Paris and while jogging at one such park I saw dogs and children running around and it instantly reminded me of Max."

Just like any parent, Mario has his own wishes and dreams for Max. "Honestly, I don't like dogs that are fierce with other people. I want Max to grow up to be a dog that is friendly with everybody." Initially Mario wanted to have Max professionally trained and

when the trainer asked him what kind of dog he wanted Max to become, he said, "I want him to be loving and obedient." And after three years of caring for Max, Mario is not disappointed, "Max has grown up to be very understanding and he's a good listener. He can only get better with further training."

It could definitely be said that Max is a well-rounded dog as he displayed

genuine friendliness with Oscar's pet, seven-year old Kenji, who was also present during the shoot. The younger Husky did not display any signs of jealousy, but instead played happily with the older Dalmatian. "My brother Oscar and I often visit and stay at our mom's house with our pets, that's why Max and I spend a substantial amount of time playing with Kenji. We're one happy family!" 🐾



Selfie with My Bestie



Natassia Callista with
Molly (Shih Tzu, 1.7
years old)



Tania Lie
with Choco
(Maltese,
9 months)



Mega Selvia with Anakin
(Maltese, 3 years old) &
Annabelle (Red toy Poodle,
2 years old)



Linda van
Leeuwen with
Poochi (Shih Tzu,
8 years old)



Anjani Nindi
with Axel
(Shiba Inu, 2.5
years old)



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Situated on land measuring 3,000 square meters, **Groovy BC** was constructed and has been in operation since 1995. Based on that long experience, we have been entrusted to treat your beloved dogs and cats as family members who deserve the same excellent service you would enjoy in a 5-Star Hotel.

DOG BOARDING: (ALL ROOMS WILL BE READY IN DECEMBER 2015)

A dog owner can rent a room instead of paying per head, each dog (head) will be charged for daily meals and services if s/he stays in the same room (subject to room availability). There are several room types:

- ✦ Non Air-Conditioned Room, known as **Standard Room** - a conventional boarding place set-up popular even before the 90's.



+ There are several Air-Conditioned room types as follows:

- **Deluxe Room**
- **Superior Room**
- **Suite Room**

+ The Air-Conditioned rooms have facilities as follows:

- Individual Dog bed, according to the size of the dog.
- Room charge based. One room can be booked for 1, 2 or 3 dogs from one family depending on the dog and the room size.
- In addition to room charge, daily meals and daily services will be charged per dog. In case the owner will bring their own dog food, only daily services will be charged.
- Daily services include: cleaning & renting individual/personal use.
- Meals that are being served here



"Meals served are **premium food** (dry food as their basic meal with wet/cooked food for flavor or appetizer only)."

are premium food (dry food as their basic meal with wet/cooked food for flavor or appetizer only).

- ✦ Each dog will be monitored twice a week by Veterinarians from our Groovy Vetcare Clinic.
- ✦ Each dog staying in an Air-conditioned room (**Deluxe, Superior and Suite**) will be allowed to play in the playground twice a day after meals.
- ✦ Each dog will have 2 meals everyday with sufficient amount of food according to body weight and diet.
- ✦ Terms and conditions apply.

CAT BOARDING (CATTERY): ALL ROOMS WILL BE READY IN JANUARY 2016

Same as dog boarding, cats will be placed in individual rooms with a litter pan and each cat can play with the

scratching board/post, toys, hiding and sleeping peacefully.

A **Deluxe Room**, can be rented for boarding cats as each room can accommodate 2 cats from one family, with the condition that both cats get along with each other.

One family can rent 2 rooms for a more spacious place and for a maximum of 4 cats, a connecting door can be opened so it can accommodate more cats from one family.

Other facilities will be provided for a **Standard Cattery**.

We have spacious rooms with high roofs that are ideal for cats to play in, available on demand. Playing facilities

are optional upon request (terms and conditions apply).

Meals & service will be charged per cat per day in addition of room charge (**only for Deluxe Room**). No meal will be charged if the owner can provide it during their stay at our cattery. Service and room charges still apply.

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For more details, please call our **Groovy Pet Shops, Groovy Clinic and Groovy Pet Transport** office or email info@groovy.co.id. 🐾



NO TO NAUSEA

You are taking your dog, Rover, for his very first car ride to the dog park. Within minutes the ever active Rover suddenly becomes quiet, listless, and then vomits! Oh, no! What happened? By Yosefin Lingga, DVM

If you have encountered pets with car sickness problems before, then you probably already guessed that Rover is one of those dogs that gets car sick. Car sickness in dogs and cats is quite common especially in puppies and kittens. When you have car sick pets you will see tell-tale signs such as: listlessness, excessive drooling, restlessness, whining/meowing, vomiting, and even diarrhea.

Although motion sickness can be the cause, pet car sickness happens

most likely because of stress. The new sensation and sight of moving so fast could be terrifying for them. When your pet has this, even short car trips can be quite frustrating.

What To Do

Make the car as comfortable as possible. Keep it cool, avoid excessively loud noises, and remove any strong odor that might escalate the nausea. If your pets need to travel in another vehicle without you around, putting them inside a crate is probably a bet-

ter option. You need to plan ahead and get them used to the crate a few days before. Putting a used t-shirt or their bed inside the crate might also help to calm them down.

Train your pet to get used to the car.

First, just let them stay inside the car without turning the engine on. Then turn the engine on without moving. If they are okay with that, do very short trips near your house to get your pet accustomed to car rides. Do this repeatedly, prolonging the travel each time. Don't forget to praise them and give them treats to make the travel more fun.

Several sprays for dogs and cats contain pheromones, that have a calming effect and helps with stress.

Don't feed your pet a few hours before travel. Having a full stomach during travel can worsen the nausea and increase the chance for your pet to vomit.

Most pets eventually outgrow car sickness. However, if nothing works, your pet might need anti-nausea or anti-stress medications. This is especially important if your pet needs to travel for a long period of time. Many of these medications need to be given over a couple of days before the calming effect works. Consult with your pet's vet and see which medication works best for them. 🐾



PHOTO: SHUTTERSTOCK.



THE LOWDOWN ON RABIES

Injury and death due to rabies can be prevented if more people are aware of how to protect themselves and their pets from the virus. Be a smart PAWrent and have your pet vaccinated now.

By Deasy Anellis Juwana, DVM

PHOTO: SHUTTERSTOCK

Rabies is one of the most well-known of all the viruses. Human cases and deaths from rabies are much higher. Around the world, one person dies from rabies every 10 minutes. The disease is widespread but certain countries such as Australia, New Zealand, Japan, Hawaii, Taiwan and all other Pacific Islands, UK, Ireland, Spain, Portugal, Norway, Sweden, and some West Indian and Atlantic islands are completely free of rabies. Dog rabies is quite common in parts of Mexico, Colombia, Ecuador, El Salvador, Guatemala, India, Nepal, Peru, the Philippines, Sri Lanka, Thailand (high risk) and Vietnam; the disease also occurs in most African, and Asian countries, including Indonesia.

People that work closely with wildlife, veterinarians, and travelers are at the highest risk of exposure. Fortunately, there is a vaccine that is available to protect high-risk people. Animals that come into contact with wildlife and are not vaccinated are at a higher risk of infection.

How the Virus Spreads

The transmission of the disease almost always occurs as a result of an infected animal biting a non-infected animal. Skunks, raccoons, foxes, coyotes and bats are the animals most likely to transmit the virus. Rabies virus does

not live very long outside the host and remains viable in the carcass of an infected animal for less than 24 hours. The rabies virus is shed at high levels in saliva. However, being bitten by a rabid animal does not necessarily mean that the bitten animal (or human) will become infected. It has been speculated, that only around 15% of exposed people will contract the disease. Humans, cats, and dogs are only mildly susceptible to the disease.

Know the Symptoms

After coming in contact with the virus, the bitten animal may go through one or all of several stages. With most animals, the virus will spread through the nerves of the bitten animal towards the brain. The virus is relatively slow moving and the average time of incubation from exposure to brain involvement is between 3 to 8 weeks in dogs, 2 to 6 weeks in cats, and 3 to 6 weeks in people. However, incubation periods as long as 6 months in dogs and 12 months in people have been reported. After the virus reaches the brain, it will then move to the salivary glands where it can be spread through a bite. After the virus reaches the brain, the animal will show obvious clinical signs, such as nervousness, anxiety, solitude, and a fever as well as hyper responsiveness to auditory and visual stimuli. When caged, dogs may bite and attack their enclosures. Animals progress to become disoriented and then have seizures and eventually die.

Nerves affecting the head and throat are the first to be involved and animals may begin to salivate as a result of their inability to swallow. Deep labored breathing and a dropped jaw may result as the diaphragm and facial muscles become increasingly paralyzed. The animal will get weaker and eventually go into respiratory failure and die.

The current way to diagnose rabies in animals is to submit the brain for microscopic examination. Some new testing techniques utilizing skin and/or blood samples are being studied nowadays and used in several research settings and show promise as a way of testing potentially exposed humans and animals.

Any pet who is bitten or scratched by either a wild, carnivorous mammal or a bat that is not available for testing should be considered as having been exposed to rabies. Public health officials recommend that **unvaccinated** dogs, cats, and ferrets exposed to a rabid animal should be euthanized immediately. If the owner is unwilling to have this done, the animal should be placed in strict isolation for 6 months and vaccinated 1 month before being released. Animals with expired vaccinations need to be evaluated on a case-by-case basis. Dogs and cats that are currently vaccinated are kept under observation for 45 days.

Prevention is the Cure

But if bitten, scratched or licked (on broken skin) by an animal:

1. **Cleanse the wound** with soap and water and a povidone-iodine solution if available.
2. **Seek medical help** for thorough deep-wound cleansing.
3. **Injections of rabies** immune globulin and vaccines as prescribed.
4. **Tetanus prophylaxis and antibacterial** treatment when required.
5. **No sutures (stitches)** for wound closure, unless unavoidable.
6. **Follow-up for completion of vaccine** program and wound care.
7. **Notify local health authorities** immediately for rabies *post-exposure vaccination*, even if you have had pre-exposure vaccination. **(THIS CAN BE LIFE SAVING).**

There is no treatment. Once the disease develops in humans, death is almost certain. Only a handful of people have survived rabies after extremely intensive medical care. There have been several reported cases of dogs surviving the infection, but they are very rare.

Vaccination is the best way to prevent infection and properly vaccinated animals stand very little chance of contracting the disease. The standard vaccination protocol is to vaccinate cats and dogs at three or four months and then again at one year of age. A year later, a three-year rabies vaccination is recommended. The three-year vaccine has been tested and shown to be very effective. A few counties, states, or individual veterinarians require yearly or once every two-year vaccination for a variety of reasons. 🐾

“The current way to diagnose rabies in animals is to submit the brain for microscopic examination.”



PHOTO: SHUTTERSTOCK.

KEEPING YOUR PET FIT



Healthy and fit pets mean they are physically fit and have a healthy mind and behavior. Every pet has its own specific needs according to their breed, size, age, lifestyle and sexual status (intact or neutered). To keep your pets fit, you need to give them precise nutrition based on their unique requirements.

KEEPING YOUR PETS IN SHAPE

Physical fitness and maintaining a healthy body weight is just as important

for dogs and cats as it is for humans. Unfortunately many pet owners don't realize that their pet is overweight, and many are unaware of how much this impacts their pet's health.

Excess weight leads to a number of health conditions in dogs and cats including diabetes, arthritis, heart disease, lung disorders, high blood pressure, immune dysfunction and some cancers. Pets who maintain a healthy body weight can live longer, healthier, and lead happier lives.

SIZE MATTERS

Bigger animals have lower body metabolism, this means they need lower energy per kilogram food than smaller animals. Give your pet food that is specially formulated according to his/her size, otherwise your dog will gain more weight or lose weight and either of these conditions will definitely not make your pet fit.

HEALTH NUTRITION FOR EVERY LIFE STAGE

As we are all aware, every life stage has its own unique nutrition requirement. We must fulfill these nutritional requirements to make our pets live longer, happy and healthy lives.

→ PUPPY & KITTEN

Puppies and kittens are still growing. They need more proteins and calories to develop their bodies. Special nutrients like essential fatty acid is also needed to ensure maximum brain development. Precise amounts of minerals such as calcium and phosphorus will ensure healthy bone and joint development.

→ ADULT

Dogs and cats age differently according to their adult sizes. Different sizes have different life expectancies. Adult nutrition objectives is to give the pets balanced energy content while maintaining their health by adding nutrients like antioxidants.

→ SENIOR

In their twilight years, the major organ capabilities of senior pets may be reduced. They need more antioxidants to slow down the aging process and low phosphorus content to reduce the risk of kidney problems.

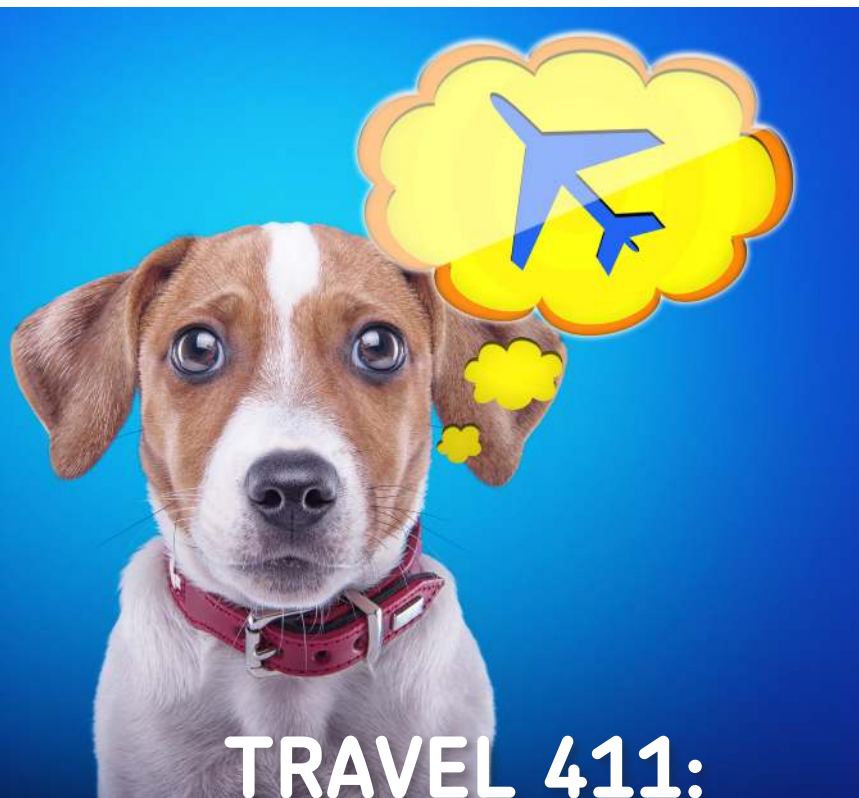
EXERCISE TO STIMULATE, NOT TO ANNIHILATE

Exercise is an important activity to keep your pet healthy and fit. Exercise can be in the form of walking, running, playing fetch, hiking, playing, swimming, sports, tricks and games. For cats, you can use toys to play a hunting game. Generally, dogs and cats should get at least 15- 30 minutes of exercise each day.

Exercise can be shorter but more frequent. For senior pets, exercise can be shorter and/or less frequent.

Get your vet's approval before starting your pets on an exercise program. Remember you should not exercise your dog right before or after a meal. Try different activities and find out what you and your pet enjoy the most. To stimulate curiosity, introduce new toys regularly. 🐾





TRAVEL 411: PET STYLE

Moving with your pet to a new home (and a new country) can be hassle-free with a trusted Transport company.

By Theresia Tokarso and Maria Zarah Gregorio Viado

Are you in the midst of relocating to a different country? If you are, then not only must you make the proper arrangements for yourself and your family, you should also plan accordingly for the transportation of your beloved pet/s.

CHOOSE A TRUSTED PET TRANSPORT COMPANY

The first decision you must make with regards to moving with your pet/s is

to choose an established, well-trusted Pet Transport Company. Groovy Pet Transport was founded in 1997 and is a government-licensed company. As the first pet relocation company in Indonesia, Groovy Pet Transport has successfully exported and imported more than 10,000 dogs and cats.

THE BENEFITS OF USING A PET TRANSPORTATION AGENT

Using a Pet Transport Company allows

you to be more efficient with your time, especially since there will be many details you will need to look into for your move. With the help of Groovy Pet Transport, you will receive expert assistance in preparing the correct requirements for the export or import of your pet/s, resulting in less hassle and stress. You also need not worry about the comfort and well-being of your pet/s while s/he is in transit as Groovy Pet Transport will ensure the safety and security of your pet/s. They will be treated as beloved clients, and the staff of Groovy Pet Transport will treat him/her as their own.

OTHER PET TRANSPORT SERVICES

Once you acquire the services of Groovy Pet Transport, moving will turn into a pleasant experience. If you are moving out of Indonesia, the company will provide services such as attaining the correct government formalities, as well as air freight and traveling crate for your dog or cat. If you are bringing your pet into Indonesia, Groovy Pet Transport will process the necessary documents for your pet's arrival, including clearance on arrival and delivery right to your doorstep. 🐾

PHOTO: GROOVY DOC.



DESTINATION:

JAPAN

For 18 years now, Groovy Pet Transport has helped with the relocation of 10,000 dogs and cats from all over the world. In this GROOVY issue, we would like to introduce two of our clients who moved from Indonesia to Japan. By Theresia Tokarso



MICHELLE AND LUCY (GOLDEN RETRIEVER, FOUR YEARS OLD)

A satisfied client of Groovy Pet Transport, Lucy is a young Golden Retriever who moved to Japan this year.

❖ Where did you live in Indonesia?

We lived in Canggu, Bali.

❖ How long did Lucy live in Indonesia?

Lucy was born in Indonesia and we left when she was just four years old.

❖ When did you leave Indonesia?

We left on 2 April 2015.

❖ Where did you move to?

We now live in the ski town of Hakuba, in the Japanese Alps.

❖ What airline did Lucy take?

She traveled with JAL (who were wonderful!).

❖ What are Lucy's favorite activities in Japan?

She likes to swim in the crystal clear river and play with new friends.

❖ What did Lucy like to do in Bali?

In Bali, Lucy loved going to the beach.

MIHOKO UMEZAWA AND BUDDY (PEKINGESE)

Settling well in the home country of her PAWrents, Groovy Pet Transport played an important part in sending Buddy safely to Japan.

❖ Where did you live in Indonesia?

We lived in Shinju Apartment, Cilandak, South Jakarta.

❖ How long did Buddy live in Indonesia?

Just 2 years.

❖ When did you leave Indonesia?

8th Aug 2015.

❖ Where did you move to?

Tokyo, Japan.

❖ With what airline did Buddy travel?

Japan airlines.

❖ What is Buddy's favorite activity in Japan?

Playing with other dogs.

❖ What did Buddy like to do in Indonesia?

Take walks. 🐾



Travel Easy

No PAWrent would feel happy about going on vacation without his/her pet. Take your furry love on vacation by following these tips. *By Maria Zarah Gregorio Viado*



A vacation is not especially enjoyable when your mind is on your pet back home. Don't spoil your much-deserved break by constantly checking up on your baby. Instead, why not bring your furry pal with you? Gear up for your trip with careful planning and preparation. Head on over to your favorite Groovy Pet Store to acquire the items you will need to be travel-ready.

► HAVE A CRATE/CARRIER DATE

If you decide to take your cat/dog with you, the best (and safest way) to do this would be to crate them or bring them in a carrier.

As a rule, crates should be high enough for your dog to stand in and provide enough room for him/her to be able to turn around completely without difficulty. The crate should also have proper air circulation or ventilation as well as a lock or latch to keep your

four-legged baby inside. The same goes for carriers for smaller pets. It would be advisable to check airline size requirements for crates/carriers before you buy one.

A crate or carrier serves as a familiar, cozy and comfortable place for your pet while s/he is in transit, whether in the car or aboard the plane, so choose one that is made of light yet durable material. Allow your furry pal to have a positive association with the crate/carrier by letting him/her enter on his/her own time. Be chirpy and happy when you talk to your dog as s/he enters the crate. Suffice to say, you might need to introduce the crate way before you are set to leave and practice leaving him/her for some time inside, first without closing the door, then eventually closing it. It might also help to take your pet in his crate/carrier on several short drives, this will serve as practice.

► REQUIRED FASTING

Do not feed your pet a hearty meal before you depart. This way you can avoid any catastrophe brought on by nausea. However, you can give him/her a treat during breaks in your travel or as a way to calm him/her down. Remember, do not overdo it on the treats. A little at a time will indeed go a long way.

► HYDRATE AS YOU GO

Despite not feeding your pet a lot, you must keep him/her well hydrated. Purchase a portable water bottle to prevent any spills.

► POTTY BREAKS

Before you leave, make sure to let your pet relieve his/herself. A diaper can also minimize any accidents. Every time you stop for a travel break, let your dog out with you. This way s/he can stretch and perhaps go to the potty himself/herself. 🐾

PHOTO: SHUTTERSTOCK.

COOL *and* CALM

Travelling doesn't have to be chaotic. Keep your pet calm throughout your trip by being a vigilant PAWrent.

By Maria Zarah Gregorio Viado

There's no real secret to having a hassle-free trip with your pet. All you need is a substantial amount of planning, presence of mind and of course, don't hold back on the tender loving care. Your little love will surely be calmer (and happier!) being around you than being left at home.



KEEP CALM YOURSELF

When you're calm, your pet will be calm. Speak softly yet firmly to your furry love when you feel s/he is feeling riled up. You can also stroke him/her gently through the crate/carrier. Maintaining a positive tone and atmosphere will help your cat/dog feel comfortable and relaxed for the duration of your trip.

SURROUND HIM/HER WITH FAMILIAR THINGS

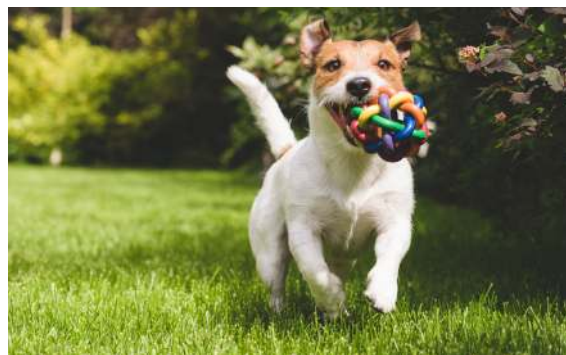
Be sure to bring your pet baby's favorite blanket, bed or toy and place that with him/her inside his/her crate. Stuffing an old shirt of yours inside his/her crate or carrier could also serve to calm him/her down. Don't forget to also have a portable water dispenser and food bowl for your baby love.

PRACTICE MAKES PERFECT

If you're going on a road trip, it would be advisable to take your doggy baby on several short car trips to condition him for a longer one. Take him to the park in the car or just around the block. Don't forget to reward him with a treat afterwards so he would have a positive memory of the ride.



PHOTO: SHUTTERSTOCK.



DISTRACT WITH A TOY

Just like children, pets also need one or two distractions especially for a long-haul trip. Why not purchase a **Kong® toy** (available at Groovy Pet Store) which will keep your baby love engrossed for hours at a time. Because they are designed to hold a dog's curiosity and attention, this will keep your furry pal distracted and happy while you are on your merry way to your vacation spot. 🐾



ASK
THE
EXPERT:

HOW CAN I TEACH MY DOG TO ACCEPT *My departures?*

There is a way for Fido to remain calm and behave while you are away. It just takes some time, perseverance and lots of practice. By Lance Tan

If you are thinking you simply cannot leave your dog alone in your home, then you are mistaken. Invest some time in teaching your dog proper behavior and you will certainly reap the benefits.

To begin with, formal retraining should be directed at teaching your dog to remain on its mat, in its bed, or in its crate or den area, for progressively longer periods of time (30 minutes or more).

STEP 1 Start by using a favored treat as a prompt. Hold it in front of your dog, have him or her sit or lie

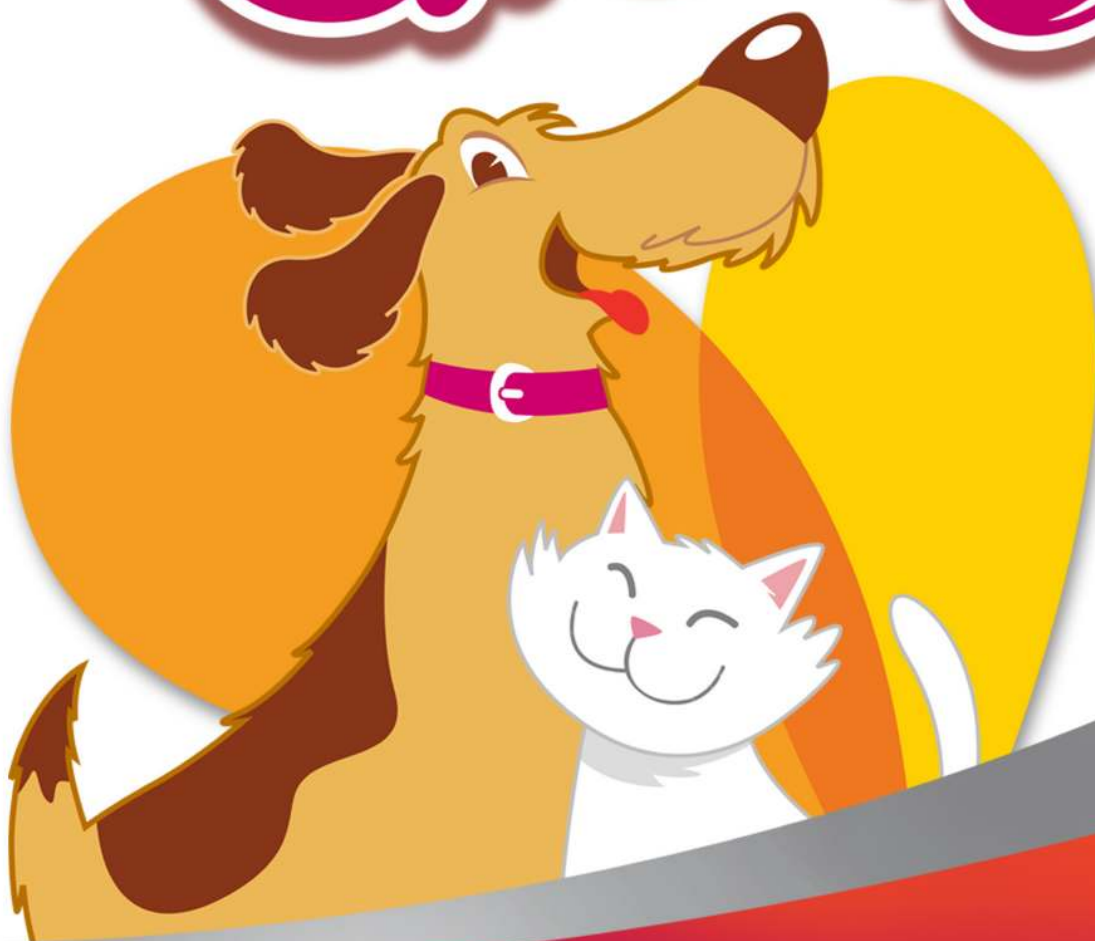
down on command and give the food, praise and pet him/her. At the next few commands, hide the food so that the dog is not certain whether it is there or not. Progress from a 1 second sit, to 2 seconds then 3 seconds, etc., until the dog will sit for at least 60 seconds.

STEP 2 You can practice the “stay” command, saying “sit”, (“stay implied”) and walk 2 or 3 steps away. Have the dog stay for 60 seconds and then walk back and give the reward with the dog staying in position. Once your dog will stay in place for 1 minute while you go across the room, sit and return, switch to intermittent rewards. 🐾

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Patting and praise is given every time, but food is only given every 2nd, 3rd or 4th time. However, for each new step in training, use the food reward the first time or two. If you have trouble proceeding to this step, change to a leash and collar to ensure success.

The balance of the training should proceed in the dog's quiet or resting area, using as many cues as possible to help relax the dog. Mimic the secure environment that the dog feels when the owner is at home. Leave the TV on. Play a favorite video or CD. Leave a favorite blanket or chew toy in the area. These all help to calm the dog. You are teaching the dog to stay in its bed or confinement area for progressively longer periods of time before you return and give the reward. Initially, train the dog to stay for 1 minute while you cross the room, return, and give either the food or praise and affection. Increase this up to 30 minutes. From this point on, your dog should be encouraged to stay in its bed or crate for extended periods of time rather than sitting at your feet or on your lap.

STEP 3 You begin to leave the room. Give the 'down' (stay implied) command, walk across the room, and go out of sight for a short time before returning to give the reward. Gradually make departures longer until the dog will tolerate leaving for up to 30 minutes.

STEP 4 Practice short "mock" departures. During "mock" or graduated departure training, the dog should be exercised, given a short formal training session, and taken to its bed or mat to relax. Give the 'down' command, a few toys and treats and leave. The first few "mock" departures should be just long enough to leave and return without any signs of anxiety or destructiveness.

This might last from a few seconds to a couple of minutes.

Gradually but randomly increase the time (e.g. 30 seconds, 1 minute, 2 minutes, 1, 2, 3, 2, 5, 7, 4, 7, 10, etc.). As the time of departures approaches 10 or 15 minutes, begin to include other activities associated with departure such as opening and closing the car door and returning, turning on and off the car engine and returning, or pulling the car out of the driveway and returning.

Many dogs that destroy the home when left alone will stay in a car or van without becoming anxious or destructive. This is because the dog has learned to relax and enjoy the car rides without the need for constant

physical attention and contact. And when the owner does leave the relaxed dog in the car, the departures are generally quite short. The owner may occasionally leave the dog in the car during longer absences.

This inattention, relaxation and graduated departure technique is worth trying with your own four-legged baby. What is very important is to progress slowly through the series of departures. If when you return, the dog is anxious or extremely excited, then the departure was too long and the next one should be shorter. This is an effective technique, but very slow in the beginning. The goal is to teach your pet to think, "my owner is only going to be gone for a short time; they are coming right back; I can be good." 🐾

What is very important is to progress slowly through the series of departures.



PHOTO: SHUTTERSTOCK.

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POOCH

Troubles

Is your four-legged baby acting up or just experiencing anxiety because you left the house? Be an observant PAWrent to find out what is exactly troubling your pooch. By Lance Tan

Most pets express their love for their PAWrents by staying close to them. However, some cannot bear to be apart from their beloved mommy or daddy. When your furry pal becomes whiney or becomes destructive in your home, it could be a sign that s/he is experiencing separation anxiety.

✓ HOW DO I KNOW IF MY PET'S PROBLEM IS DUE TO SEPARATION ANXIETY?

Separation anxiety describes dogs that are overly attached or dependent on family members. They become extremely anxious and show distress

behaviors of vocalization, destruction, house-soiling or inactivity when separated from their owners. Most dogs with separation anxiety try to remain close to their owners and become increasingly anxious the greater the separation. They may follow the owners from room to room and begin to display signs of anxiety as soon as the owners prepare to leave. Some of these dogs crave a great deal of physical contact and attention from their owners and can be demanding. During departures or separations, they may begin to salivate or pant profusely, vocalize, eliminate, refuse to eat, become destructive or become quiet and with-

drawn. Most often, these behaviors occur within about 20 minutes of the owner's departure. While typically the behavior occurs each and every time the owner leaves, it can happen on selected departures, such as work-day departures, or when the owner leaves again after coming home from work.

✓ ARE THERE OTHER REASONS THAT MY DOG MAY ENGAGE IN THESE BEHAVIORS?

Many dogs, especially puppies that enjoy chewing, engage in the behavior when they have nothing better to keep them occupied. House-soiling may be due to medical problems, leaving the dog alone for longer than it can control its bladder or inadequate house-training. Vocalization may be due to territorial intrusion by strangers or other animals and can be a rewarded behavior if the dog receives any form of attention when it vocalizes or rewarded by the stimulus leaving. Some dogs will attempt to escape or become extremely anxious when confined, so that destructiveness or house-soiling when a dog is locked up in a crate, basement, or laundry room, may be due to confinement or barrier anxiety and associated attempts at escape. In addition, noise phobias such as a thunderstorm that passes through during the owner's absence, may lead to marked destructiveness, house-soiling, salivation and vocalization. 🐾

Separation anxiety describes dogs that are overly attached to family members.

PHOTO: SHUTTERSTOCK

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