

1<sup>st</sup> Edition / July 2014

# GROOVY

Pet Wellness 🐾 Pet Lifestyle

*Magazine*

www.groovy.co.id

## LET'S GET MOVING

Solve Dog Problems  
with Exercise

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### Cat Cafés

Cute Concept  
of Coffee & Care

---

### First Aid for Pets

**BEWARE  
OF**

**HEAT  
STROKE**

HOW TO  
TRAVEL  
WITH STYLE



**We Are  
What  
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Lucia with Jet Black &amp; Toffee

## Welcome to Groovy!

**W**e, the Groovy family, are proud to bring this magazine to you. It is the first of its kind in Indonesia and was created with love for all pets.

It is also out of love and passion for pets that we started Groovy, the store and the company, almost 25 years ago. Pets are lifetime companions – and our main motivation has always been the well-being of our four-legged friends. We strongly believe that it is our responsibility to change the way pet owners, whom we call PAW-rents (pet parents), care for and manage their companion animals.

Throughout the years, Groovy has become an advocate, facilitator, and the ultimate partner for pet wellness. And it all starts with nutrition: Food has either the power to heal or to harm humans and animals alike. Since prevention is always better than cure, our stores only carry all-natural and holistic pet food. But should your pet, despite your loving care, require medical attention and treatment, our Vetcare Clinic is equipped for all needs. Yet, we highly recommend that you are familiar with First Aid for Pets, about which you can read on page 38.

When we established our Pet Transport division in 1997, we were the first in Jakarta, making Groovy a pioneer in the Indonesian pet industry in many ways. In everything we do, we are driven to do things right so we can improve the quality of life for all pets. With this magazine, we want to share our knowledge and know-how with you. Please let us know how you like Groovy - via Twitter and e-mail. We look forward to hearing from you.

**Lucia Sudjiat**  
*Groovy Founder & CEO*  
**@groovypet**  
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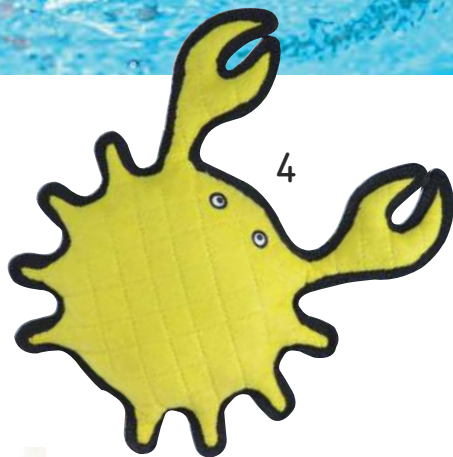
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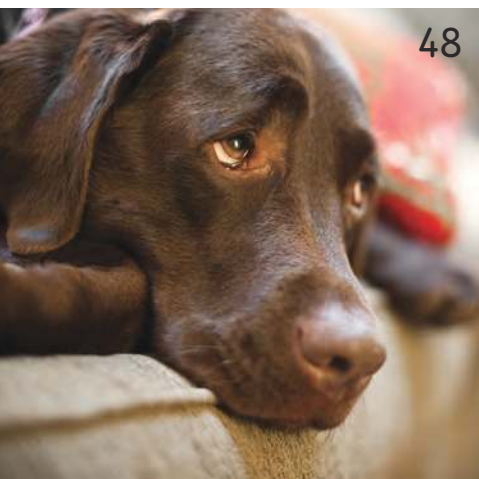
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# PAWrenting

The health and wellbeing of your pets is  
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**It is our continuous commitment to provide education for caring PAWrents (pet parents).**

Groovy's quarterly PAWrenting event series is a way to promote responsible pet ownership. It is also a means for building a stronger bond between PAWrents and their pets. By doing activities together and mingling with other pets and their PAWrents, Groovy's PAWrenting events are a great opportunity for supervised socialization and information exchange.





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*Chris Christensen.*



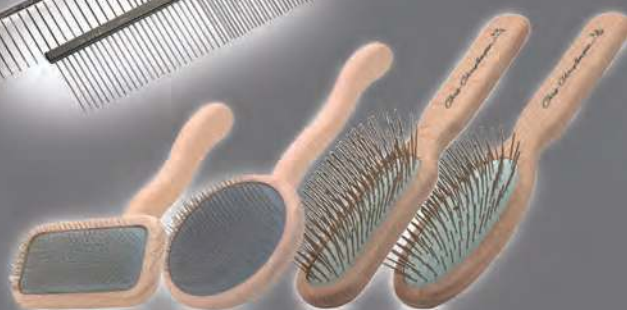
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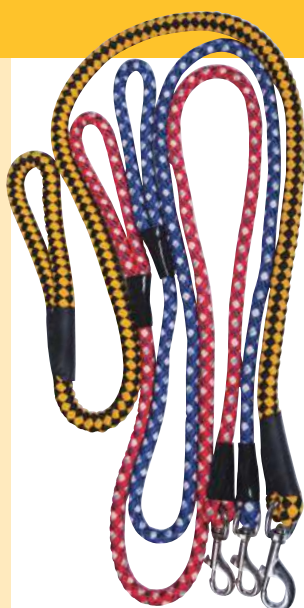


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A close-up photograph of a dog's head above water. The dog has brown and white fur and is looking directly at the camera. It is holding a bright orange ball in its mouth. Water splashes around the dog's head, creating a dynamic and energetic scene.

# Let's Get MOVING!

When my dogs get bored, they make sure I know. Excessive barking, sofa scratching, people jumping, and garbage raiding are what my four-legged buds do, when they're not getting enough exercise.

By Andini Haryani

Just as humans, dogs also benefit from regular exercise. Boredom and frustration are not the only problems from lack of exercise. More importantly, it also increases the risk of health issues. A dog that does not get enough exercise can run the risk of obesity, heart disease, and even arthritis.

Exercise lets our dogs be the animals they are meant to be, so they can express their normal instinctive behavior, such as the use of scent, sight, and hearing, also tracking, stalking, and chasing. The right amount of exercise is important for a dog's normal muscular and skeletal development.

Unfortunately, most 21st century dogs spend their time as couch potatoes and inactive. Some owners might argue that their dogs have lots of opportunities to exercise, because they have access to a yard. The thing is, most dogs do not run laps by themselves, or play throw and catch with other dogs. They would rather curl up beside you while you watch that TV series. What matters to them is the interaction with you: their human.

## GO OUTSIDE

The great outdoors is where most dogs love to be. An elaborate plan for an exercise is not needed. Simply take a short



walk with your four-legged pal. As both of you get the hang of being outdoors and face different scenarios, such as meeting other dogs, seeing a cat, or having the garbage truck pass by, aim for longer and more frequent walks.

Walking is the least arduous form of exercise. It is gentle on the joints, both yours and your pup's. According to the ASPCA (The American Society for the Prevention of Cruelty to Animals), dog owners walk an average of 300 minutes per week, while people without dogs only walk 168 minutes.

Dogs of all ages, sizes, and shapes will surely benefit from a brisk 30-minute walk with opportunities to sniff here and there, when you allow them to. When it comes to sniffing, it is recommended for dogs to be on-leash. Leashes provide more control over your dogs, especially for the ones with strong sense of smell and instinct to hunt.

For dogs that are not (yet) accustomed to exercising, overweight, or have health issues, a 10-minute walk rather than 30 minutes is probably a better idea. As s/he grows more comfortable with this form of exercise or her/his fitness level increases, you can try to add more minutes to your walk.

To make your walks more interesting, try to vary your routes. It will also give your dog a chance to encounter new scents to analyze (or sometimes, obsess).

## CREATE SOME VARIETY

In addition to walking, there are other forms of exercise you can do with your dogs. It is important to choose activities that are most suitable for your dog's personality, interest, size, age, and breed. Most dogs find great benefit from exercises that make them pant, like running, swimming, and fetching.

## TAKING CONTROL

**Choosing and using the correct leash is essential for a successful run or walk with your dog. I personally find flexi-retractable leashes and harnesses more difficult to use. Regular leashes are easy to grip, which is especially useful when your dog is still uncomfortable on a leash or has trouble obeying verbal commands.**

**Dog trainer Cesar Millan believes in keeping the leash short, but slack. When the dog behaves well, keep the leash loose. Make a quick correction, if needed, and let it loose again. Leash and collar should be positioned at the top of the neck, not the shoulders.**

Owners who love running, cycling or inline skating can think about involving their well-behaved adult dogs in those activities. Dogs need to be accustomed to being on leash, not pulling, and do not have the habit to suddenly stop or gallop every time there is a distraction. Safety comes first, for you and your dog.

The thing to remember about running with your dog is that a human's body is more suited for jogging or long-distance running. Our four-legged buddies move in intense bursts of speed with erratic stops. So even when you are running, make time for your dog to stop, so s/he can sniff around, put her/his marks, and enjoy the scenery. Never make puppies or dogs, whose bones are still growing (under 18 months), go running, cycling, or inline skating with you. Also avoid making your dog run on the pavement, since it can hurt his/her paws. It is better for him/her to run on grass or other soft surfaces.

Regularity is key in an effective exercise program. Make it a habit to exercise with your dog daily and, if possible, at the same time. Regular exercise will help your best friend live a fuller and healthier life. You know s/he deserves it and so do you. Make it a pact to get healthy together! 🐾



## IMPORTANT!

**When vigorously exercised in warmer temperatures, breeds with short or flat noses can have trouble breathing.**

**Cruciate ligament injuries, arthritis, and hip dysplasia are more prone to happen to large dogs. Jogging can take a toll on dogs that are not well conditioned for the exercise.**

**Be very careful with senior dogs. They might suffer from osteoarthritis. The combination of strenuous exercise and osteoarthritis can cause severe pain.**



## Dog Grooming: An Act of Love

A happy dog is a healthy dog. There are ways to keep our four-legged friends in their best shape. Food and exercise are important, and so is grooming. Despite any pet salon ad, dog grooming is a necessity, not a luxury – and it's possible without breaking the bank.

By Andini Haryani

Grooming goes beyond bringing your pooch to the groomer and picking him/her up a couple of hours later, smelling like vanilla cupcake and posing a new cut. Besides making him/her look good, grooming maintains your pup's level of cleanliness. It even helps establish a connection and trust between owners and their dogs. For some owners, grooming made them spot problems in their dogs' physical health. A simple act of grooming could save your dog's life.

Andrea, Groovy's very own Director of Marketing and Communications, and her husband recently found a lump on the left leg of Blondie, the couple's 13-year-old Cocker Spaniel. Blondie just had her long hair groomed. The lump turned out to be mast cell tumor and Blondie needed to undergo three-

weeks of chemotherapy for treatment. The tumor has thankfully decreased in size and Blondie is doing well.

### MAKE IT A HABIT

Grooming ranges from brushing, giving your dog a bath, and cutting hair, to ear cleaning, teeth brushing, and nail trimming. The easiest is obviously brushing. It is beneficial for all kinds of dogs, regardless the breed.

Brushing helps remove dead hair, dandruff, and dirt. It also brings out the natural oils in the dog's fur. Shorthaired breeds benefit from a once-a-week brushing, but those with longer, maybe also curly and wired hair, might need more. Having matted hair can be quite a pain.

Other than the coat, there are other parts of a dog's body that need special attention. The cleanliness of eyes, ears, nails, and teeth is also important. Dental hygiene is not only vital in human health. Keeping a dog's teeth clean and free of plaque can make a huge difference in his/her comfort and health. Brushing your dog's teeth daily is the single most effective way to maintain oral health between professional dental examinations, according to the American Veterinary Dental College. A toothache or sore gums, if left untreated, can allow bacteria to enter the bloodstream and affect the dog's heart, kidneys, and liver.

Grooming is beneficial for both owner and the dog. It is a chance for a special bonding time between the two of you. And no one would ever object to clean, nice smelling, free-of-fleas dogs. They are always nice to hold. Your clothes and sofas would also agree. To make grooming even more enjoyable, always end every session with a good ol' belly rub. Your dog will sure appreciate it. 🐾





# TIRED OF YOUR PET'S SMELL & LOOK?



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# From A to Zinc

Thirteen vitamins, twelve basic minerals, ten amino acids, and two kinds of fatty acids are the essential nutrients our pets need to thrive. Since the body does not have the ability to produce these nutrients, it is important for pets to have a balanced diet. *By Andini Haryani*

**D**ogs and cats require about 40 essential nutrients. A complete and balanced diet consists of the right amount of every essential nutrient, within the daily calories needed by a cat or dog, whether the food is wet, dry, or semi-moist.

## WATER

An animal's body is 60% water. Without a doubt, it is the most important nutrient for life. The absence of water will result in major physiological dysfunctions. Free access to clean drinking water is vital in a pet's wellbeing.

The role of water in an animal's body is undeniable. It is the ideal medium for transporting nutrients and waste through the body. It lubricates the joints, eyes, and inner ears. Metabolic processes need water to happen and it also aids in the regulation of body temperature.

## AMINO ACIDS

Proteins are made up of amino acids (20 in total). They play an important role in the synthesis of proteins needed to build and repair organs and tissues, combat disease, and produce hormones. Protein itself is not considered an essential nutrient, but rather these amino acids.

Every dog and cat has the ability to produce its own amino acids, except

for ten (or eleven for cats) that must come from the diet. In dogs, the 10 essential amino acids are Arginine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophane, and Valine. Animal-based protein sources contain a more favorable essential amino acid content, but the right combination is key. Vegetable proteins can also satisfy your pet's amino acid needs.

## FATS

Not all dietary fats cause obesity in pets. The good fats (fatty acids), such as omega-3 and omega-6, enhance energy production, resulting in less fat. A pet requires both to thrive. A deficiency in omega-3 fats can result in stunted growth, eye problems, muscle weakness, and lack of motor coordination, as well as immune system dysfunction.

Most pet food claims to contain both omega-3 and omega-6 with the latter in larger amount. Both of these fats are very sensitive to heat. It is possible that during the kibbling or canning process these good fats are destroyed. Marine fish oil is a good supplement to add to your pet's diet.

## VITAMINS

Thirteen vitamins are essential for the wellbeing of our pets: A, D, E, K, B1, B2, B3, B5, B6, B7, B9, B12, and Choline.

Each of these vitamins is involved in several different functions. B vitamins are mostly involved in skin and hair growth, formation of blood cells, and nervous system health. Vitamin D is for calcium and bones, A is good for vision, E protects cells from damaging effects of free radicals, and K supports blood coagulation.

Vitamins A, D, E, and K are fat-soluble. Liver, eggs, dairy products, fish, and oils are good sources of these vitamins. Vitamins B1, B2, B3, B5, B6, B7, B9, B12, and Choline are water-soluble. They can be found in liver, eggs, dairy products, meat, fish, wheat germs, and spinach.

## MINERALS

Minerals are main contributors to good health and are already included in the pet food we buy. Those minerals include: calcium, phosphorus, magnesium, potassium, sodium and chloride, iron, copper, manganese, zinc, iodine, and selenium. Natural sources include meat, vegetables, fish, eggs, and whole grain cereals. 🐾



PHOTO: SHUTTERSTOCK





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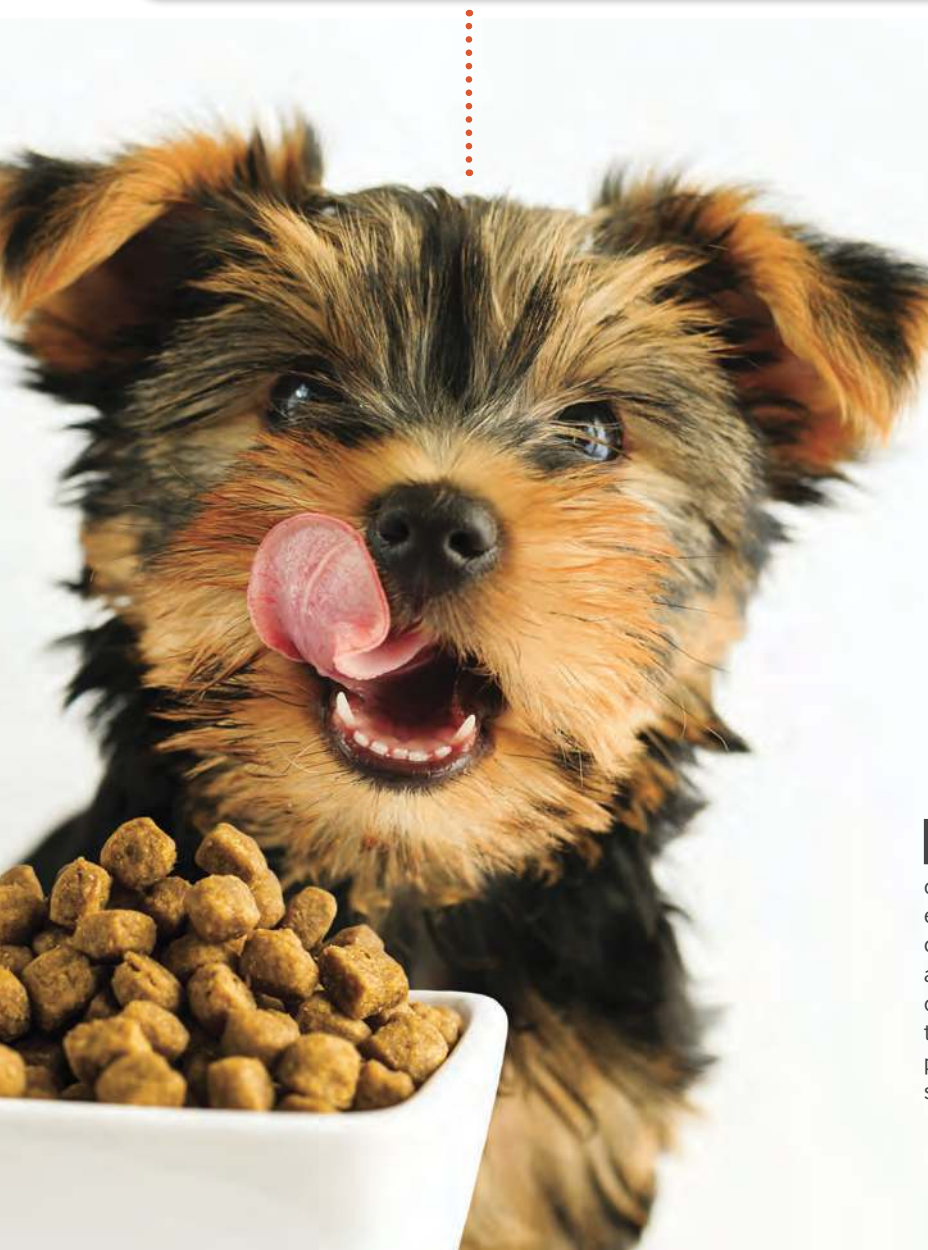


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## THE ULTIMATE PARTNER FOR PET WELLNESS



# We Are What We Eat



THE ACT OF EATING IS MORE THAN A MERE ATTEMPT TO PROVIDE ENERGY. WHAT WE EAT MATTERS TO OUR BODIES, BRAINS, AND EVEN MOODS. AN UNHEALTHY DIET HAS BEEN PROVED TO CAUSE VARIOUS HEALTH ISSUES NOT JUST IN HUMANS, BUT ALSO IN ANIMALS. WHATEVER FOOD WE CHOOSE CAN EITHER HEAL OR HARM. THE SAME RINGS TRUE FOR OUR PETS.

By Andini Haryani

**M**any researchers believe that a lot of health problems are related to diet. Type II diabetes, obesity, heart disease, stroke, and certain types of cancers are some of the conditions that are attributed to a network of biological dysfunctions. One of the biggest contributing factors is the food we eat, in part because our diets lack the necessary balance of nutrients.



## LET THY FOOD BE THY MEDICINE

The *Webster's Dictionary* defines medicine as the science and art of dealing with the maintenance of health and the prevention, alleviation, or cure of disease. The food we ingest provides information and materials for our bodies to function properly. Thus, food can act as medicine to maintain, prevent, and treat disease. As Hippocrates put it so well: "Let food be thy medicine and medicine be thy food."

It is important to understand that obesity is not the only health problem when it comes to food. One can be small in size, but still have health issues. Food sensitivity contributes to a number of health-related problems, such as systemic inflammation, water retention, swelling of body parts, and constipation. Eliminating certain foods from our diet can be a simple way to keep our health in check.

Food and mood are also related. Today, mental health is considered as important as physical health. It even affects physical health. Stress, depression, and anxiety have now become so common in people, regardless of their age or gender. Certain food can stimulate the happy-making part of the brain, while others have a completely different effect.

Chocolate, bananas, turmeric, purple colored berries, protein, and coffee are all considered mood boosters. Sugar, gluten, and processed foods, on the other hand, are said to be responsible to gloom your mood. Refined sugar from soda or cupcakes can provide an instant pick-me up, but then before long, a sugar crash follows. The effect of blood sugar fluctuation causes mood swings, lack of energy, inability to lose weight, and pre-diabetes. So opt for an apple with almond butter the next time you need a mood booster.

## THE THING WITH NUTRITION

Wardlaw's *'Perspectives in Nutrition'* stated: "Nutrients are the nourishing substances in food that are essential for the growth, development, and maintenance of body functions. Essential meaning that if a nutrient is not present, aspects of function and therefore human health, declines. When nutrient intake does not regularly meet the nutrient needs dictated by the cell activity, the metabolic processes slow down or even stop."

Nutrition goes beyond calories or grams. It has the ability to create health and reduce disease, if we know which foods to include rather than to exclude. Functional medicine practitioners look at the digestive, immune, detoxifica-

tion systems, and the interconnection between them in a human's body, to examine the role of nutrition in chronic diseases. The human gastrointestinal tract contains 80% of the immune system. Thus, an issue with immunity could be related to unhealthy digestion. Providing food and nutrients needed to restore function is one of the cheapest and non-invasive ways to put a halt to the progression of a disease.

As awareness towards food and nutrition increases, animal lovers also become eager to know more about the nutritional contents of their pet's food. We want to know what we are feeding our precious four-legged friends, because food-related illness, like obesity, in pets is increasing.

According to a 2012 Association for Pet Obesity Prevention survey, 52% of dogs and 58% of cats in the United States are overweight and even obese. Chubby pets may look cute and adorable, but those extra pounds can lead to arthritis, type II diabetes, and even cancer. Experts, who are concerned by this fact, followed those diseases to their roots and found a common culprit: commercial pet food. More owners are now turning to holistic food. In a nutshell, holistic dog or cat food

"Food and mood are also related. Today, mental health is considered as important as physical health."





is food that has been created with balance in mind. Ingredients have been carefully balanced, so that pets can get optimal nutrition and support for their wellbeing. Holistic dog food is tailored differently, with different health conditions and individual nutritional needs in mind. Some have ingredients with high levels of fatty acids or with digestible proteins. The main difference of holistic and commercial pet food lies in higher quality ingredients. Most commercial dog food focuses on low cost production.

Our pets need a daily variety of protein, vitamins, and minerals. Unlike us, our pets eat the same food at every meal. Therefore, it is important for pet food to deliver a lot of nutrition in every bite. That means food made without artificial colors, flavors, preservatives, and fillers, as the food's production also contributes to the amount of toxins embedded in it.

### READ THE LABEL

Pets, especially dogs that eat insufficient levels of nutrients, vitamins, and minerals, may appear to have dull eyes, non-shiny coat, lack of energy, excessive defecation, flatulence, and various digestive problems. When a dog defecates more than twice a day s/he probably has trouble with digest-

ing fillers or certain carbohydrates, such as corn or wheat. For this reason, grains along with by-products have become the enemy to health-conscious pet owners.

What really is the case with by-products and grains? Animal by-product is a vague way of referring to what is left of a slaughtered animal, after the edible parts have been removed. This includes the meat processing waste not intended for human consumption. By-products vary in nutrition. Liver is definitely more nutritious than feet. The problem is, we can never know if the ones in our pet food are nutritious.

Unlike by-products, pet food companies are more straightforward with grains, which are labeled on the ingredients list. Grains are an inexpensive source of protein and fiber. Low quality kibble is known to have grains as the dominant ingredient. In limited quantity, grains may be beneficial. But if they build the foundation of a pet's diet, our buddies lack much needed nutritious ingredients. Dogs with grains intolerance or allergies should avoid grains at all cost. Acana dog food, for example, is high in animal proteins, low in carbs, rich in vitamins and minerals, and is either low or grain free, depending on the variety.

There are many types of grains used in dog foods. When a pet food claims to be grain free, then it is safe to assume that it does not contain wheat and corn, the two most popular allergens for dogs. More "digestion friendly" grains are oats, barley, and rice. Holistic Select, Nature's Variety Limited Ingredient Diet, and Wellness are some of the pet food brands that do not use corn, wheat, or soy.

Besides grain-heavy foods, a high-carb diet is also believed to contribute to health issues in pets, such as blood-sugar spikes and diabetes. Dry dog food uses some types of carbohydrates to bind the kibble. In grain free dry food, carbohydrates are essential for consistency of the food. Potatoes, tapioca, and peas are the most common in holistic pet foods.

When shopping for pet food, the owner should check the labels first. Ingredients are listed in order of weight. Less desirable ingredients are usually broken into several different smaller ingredients and listed individually. Always read the bottom ingredients very carefully, because this is where preservatives and colorings are listed. You also need to be aware of gimmicks marketers use to lure customers, such as 'natural,' 'gourmet,' 'organic,' or 'premium.' If you want your pet to benefit from real organic food, simply add it yourself.

The debate on which food is best for dogs and cats still continues. Keep in mind, that there is no such thing as "the best pet food." If anyone can make this decision, it should be your pet. Watch his/her bowel movements, stool, coat, eyes, energy, and appetite. A slight change can tell you a lot. Do not wait until your pet is sick to react and make a change for the better. Be proactive and intentionally create wellness. Start with food. 🐾





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## CAT CAFÉS :

# CUTE CONCEPT OF COFFEE AND CARE

Around the world from America to Australia, cat cafés are either opening or in the making. This global phenomenon, which serves coffee and cake along with furry cuddle time, is a growing trend in gastronomy and animal welfare circles.

By Andrea Deierlein

**A**t first popular in Asia, mostly in Japan, cat cafés feature all kinds of kitties: pure and rare breeds, with or without fur, fat, slim, all black, and, of course, rescues. Many of the world's cat cafés have become homes to former stray or shelter cats, providing the animals with a safe haven as well as plenty of affection to make up for the hardships they endured earlier in life. Humans benefit too: from the relaxing atmosphere to the health perks feline company brings.

### \* PURRFECT MEDICINE

As an old veterinary adage said: "If you put a cat and a bunch of broken bones in the same room, the bones will heal." When a cat purrs, vibrations in the 20 to 140 Hz range are generated. Cat lovers know that a purring cat is an instant stress buster and mood booster. So it's not surprising that cat purrs also have therapeutic physical effects, such as the power to reduce stress and lower blood pressure. Thanks to the frequencies of kitty love, purr vibrations can also help heal infections, swellings, and soft tissue injuries.

The soothing effect of feline company surely helps combat feelings of loneliness. City dwellers in densely populated places and in apartment buildings with strict no-pet policies,

such as in Singapore or Tokyo, especially welcome the cat café concept. So do parents who want to introduce their children to cat companionship without having to deal with litter box duties or business people who travel a lot. Older people, who used to live with pets, but can't anymore, also appreciate these friendly places where they can come and soak up some furry love. Stressed out young professionals, like 24-year-old Cherlie, seek feline relief as well.

### \* SERENITY FOR STRESS RELIEF

Cherlie, who works in sales trading, is a regular guest at Singapore's first cat café Neko no Niwa (Japanese for "Cat Garden"). Even though she has two cats at home, she likes to spend an average of two hours at Neko no Niwa's cosy living room and Japanese cat café-inspired atmosphere. "Pets help us more than we help them," she said. "Purring helps to heal the body, ours and theirs." Tan Sue Lynn, co-founder and co-owner of Neko no Niwa, which opened last Christmas, confirmed: "In a dense city like Singapore, people look for a place to destress." A self-described "Ms. Smitten with Cats," Sue wants to bring the joy of cats to the community. This joy is still underrated in Singapore, in her opinion, so she created "a place for people to come and enjoy the serenity."



PHOTO: SHUTTERSTOCK & NEKO NO NIWA DOC.



## \* IT'S ABOUT EDUCATION TOO

At the same time, she also wants to educate people about cat welfare and proper cat care. Each of the café's 13 resident cats has its own story of abandonment and loneliness to tell, which guests can read in a handbook given upon entry: Emma (1 yr.), Brown Monkey (2 yrs.), Robbie (1 yr.), Skittles (1 yr.), the two one-year-old brothers Mr. White and Dewey, the five-year-old sister and brother combo Little Miss Muffet and Baloo, Luna (2 yrs.), Miley (4 yrs.), and Demi (4 yrs.).

But proper pet etiquette and education are also among the biggest challenges Sue faces, when guests don't observe the house rules and code of good conduct that forbids the pulling of tails, the waking up of sleeping cats, or feeding them human food. "My greatest disappointment is that people don't respect our cats. Somebody even fed chocolate-lemon-pie to them!"

"But it really feels good, when people do respect the cats and read the handbook," said 21-year-old Shirley, who just started to work at Neko no Niwa a few months ago. Always on the lookout for cat and house rule offenders, Shirley has already had plenty of opportunities to observe cat and human behavior.

## \* CAKE & CUDDLES

When patrons pay a cuddle charge, like at Neko no Niwa, the disappointment is great when the cats don't feel like snuggling or playing. "People complain that the cats are always sleeping, because they don't know that cats are nocturnal animals and need a lot of sleep," said Cherlie.

In fact, cats sleep between 15 and 20 hours a day, but once they are awake and up for playtime, a lot of fun things happen. "Actually, the thing with cats





is, the more you ignore them, the more they come to you,” shared Cherie. Sometimes a long-flowing skirt or dress turns into a cat tent or Jia Jia decides to push around a pen for entertainment. Some lucky guests even get to hold a cat, after the animal approaches the person, and does some paw tapping.

Yet people, like tourists on a tight sightseeing schedule or families with kids, neither have the patience or the time to make themselves comfortable and wait for the cat magic to happen. But others “stay up to five hours soaking up the peaceful environment and energy,” said Sue. “The focus is on the cats. For that reason, we don’t offer a varied, fancy menu,” she explained her café’s concept, where food and drinks are carefully selected, but optional.

At the Café Katzentempel (German for “Temple of Cats”) in Munich, Germany, guests pay no cuddle charge for feline company. The café, which is home to all two-year-olds Gizmo, Ayla, Jack, Balou, Robyn and Saphira, features vegan and vegetarian cuisine, another niche market in Germany’s meat-and-sausage heavy culinary culture.

Owner Thomas Leidner uses tasty plant-based food to educate his customers about cruelty-free nutrition and animal welfare. His 160-square-meter café has turned into a meeting point for the vegan and animal welfare communities in Munich. He also provides one table, where information brochures on vegan / vegetarian diets and animal rescue projects in Europe, Turkey, and China are displayed. Of course, the temple cats are all rescues and serve as representatives for cat welfare issues as well. Thomas, just as Sue in Singapore, is a big advocate for cat adoption, the wellbeing, and proper treatment of animals.

Three-legged Jack, for example, is a purrfect ambassador for the cause. During his former life as a street cat, a car hit him and his right hind leg had to be amputated. His disability, however, does not stop him from jumping onto people’s laps and from soaking up sympathy... if he feels like it.

Regardless the location of each cat café, the owners have to carefully select the feline residents, socialize them properly with each other and humans, to ensure a safe, calm, and relaxing en-

vironment. Space and hygiene regulations need to be observed carefully too. So, it’s no surprise that many cat cafés in the planning need to undergo a lengthy licensing process in order to avoid cat hairs in people’s drinks.

In Germany, where the Katzentempel was the first café of its kind, when it opened in May 2013, Thomas had to pass a veterinary exam on cat health, and behavior as well as rigorous regulations for human and cat safety.

Depending on where in the world, rules and regulations vary; some cat cafés may charge a cuddle fee, by consumption, or both. But some things always remain constant, no matter where on this globe: The enjoyment of coffee and cake, the joy of good company, and the healing power of a cat’s purring. 🐾



**Want to find out more about Neko no Niwa and Café Katzentempel?**  
**Visit their websites:**  
[www.catcafe.com.sg](http://www.catcafe.com.sg)  
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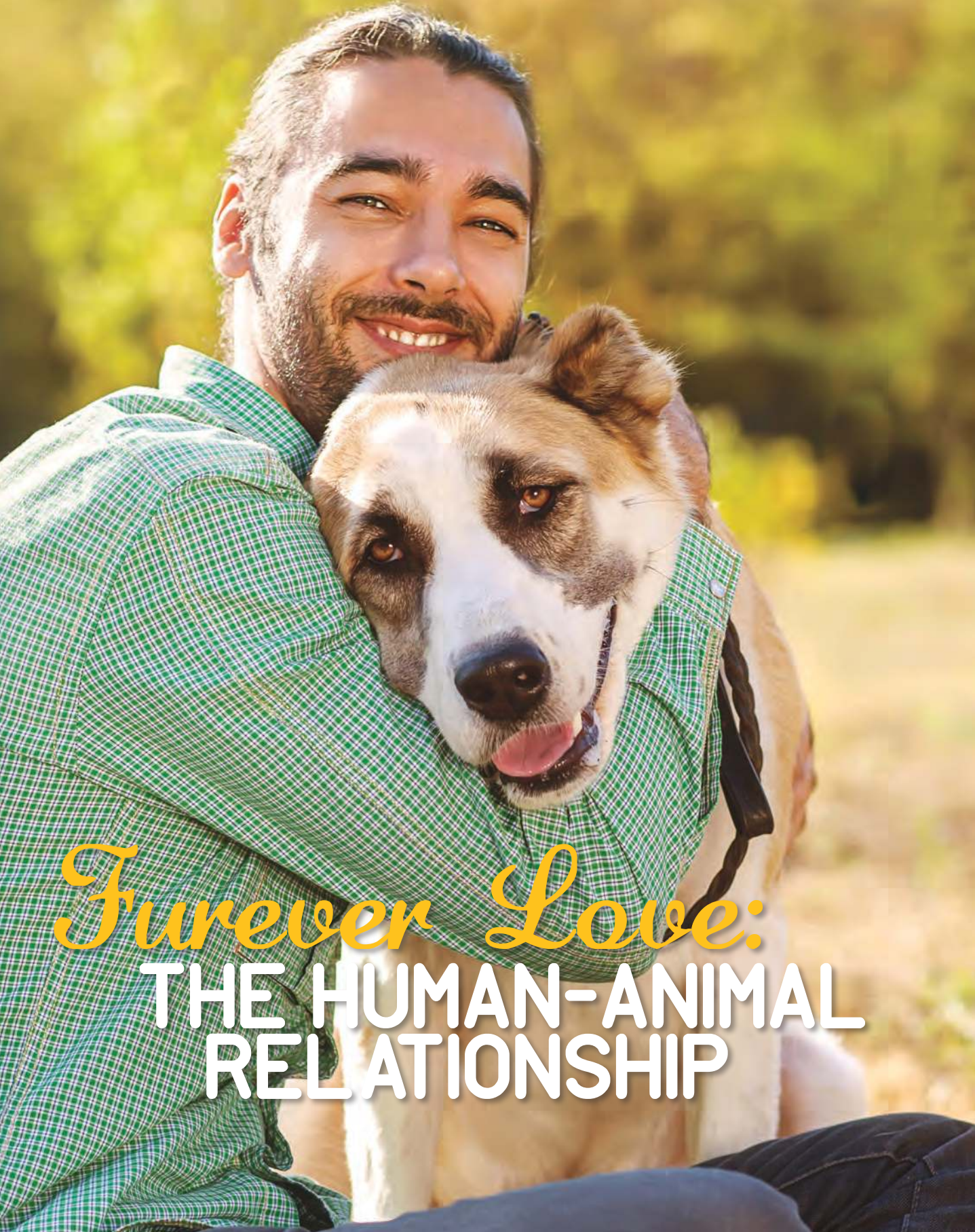
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People and pets share a special bond. This bond is deeply rooted, as humans' and animals' lives have always been interwoven, since the beginning of humanity. Today, research proves that our companion animals keep us healthy and happy, both on the outside and on the inside. By Andrea Deierlein

*"A dog is the only thing on earth that loves you more than he loves himself."*

- Josh Billings

His name was Indo. He came into my life one August day in 2001. The moment I opened the door, he ran towards me, jumped on me, and licked my face. I fell to the floor and have been under the dog spell ever since. From that moment 13 years ago, my life has been blessed with many more canine companions. With Indo, came Shila, then Blondie, Pepe, Bailey, Tootsie, Nesia, Foo Foo, Happy, and Man Man. Most of them have already crossed the rainbow bridge. But each and every one of them came with a different story – and taught me a different lesson.

### LESSONS LEARNED

Although already gone, Indo is still the dog love of my life. He is the reason why I am so madly in love with dogs. Shila embodied companionship through sickness and age. She was the constant companion of my father, who suffers from cerebral vasculitis, and who, by caring for her, has learned to care for himself again. Blondie opened my husband's heart to love all dogs. Pepe was our first special needs dog. A former stray with an anal hernia, he triggered our desire to help other disadvantaged dogs. Bailey, the almost blind and deaf dog, solely relied on her nose and instincts. She was full of trust and an example that we don't need all our senses in order to enjoy life. Tootsie was a little standoffish and hard

to connect to, but she taught me patience and perseverance. Nesia brings young playfulness and a keen sense of caution to life. Foo Foo was a gentle soul in an ailing body and cherished every single moment. Quality of life lies in the simple things, such as a warm bed and good meals – and life is always worth living, especially when the days are numbered. Happy was a happy-go-lucky girl, who walked up to everybody just to say hi. Man Man was the perfect example of "Don't judge a book by his cover." He defied the stereotype of his breed (he was a pit bull) and was living proof that dogs are pure love.

### UNIVERSAL LESSONS

These are just my examples of tail-wagging teachers, but the lessons taught and learned are universal, because animals, and dogs, in particular, teach us

- + To be present in the moment.
- + To follow a rhythm and routine for balance.
- + To be social through increased interactions and conversations.
- + To just be, sleep, play, and run. Not necessarily in that order.
- + To be accepting and nonjudgmental towards others.
- + To be grateful and enthusiastic.

### FRIENDS WITH BENEFITS

In his book *The Healing Power of Pets*, Dr. Marty Becker wrote: "As a veterinarian, I gradually came to see the link between the health of the pet and the health of its human companion." "Pets are interwoven in the social and emotional fabric of the family," he ex-

plained - and, here comes an eye-opening statement: "In many ways they reflect the families' health problems too." For example, there are proven links between an unruly pet and children with discipline problems, or that a depressed pet is the reflection of a depressed person, or that overweight pets often live with humans, who themselves struggle with excess pounds.

We all know that both species benefit from exercise, rules, and regulations – and that animal companions are also great relaxers and relaxants. But did you know that petting and owning an animal

- + Reduces stress?
- + Lowers a person's heart rate?
- + Drops a person's blood pressure?
- + Alters a person's mood?
- + Promotes cardiovascular health?
- + Can strengthen a person's immune system?

### PHYSIOLOGICAL HEALTH BENEFITS

A growing body of research suggests and confirms that interacting with animals has measurable health benefits. These are some examples:

#### + A stronger heart

Some of the largest studies were conducted on cardiovascular health. A study by the U.S. National Institute of Health (NIH), for example, looked at 421 adults who had suffered heart attacks. Regardless of the severity of the attack, dog owners were more likely to be alive one year later, compared to those who did not own dogs.



#### + Lower blood pressure, cholesterol and triglycerides levels

Another NIH study of 240 married couples found that pet owners had lower heart rates and blood pressure, at rest or when stressed, compared to those without four-legged friends.

#### + Improved fitness

Other studies have investigated the exercise component and found that dog owners, who regularly walked their dogs, were physically more active and less likely to be overweight.

#### + A stronger immune system

According to American cardiologist and TV personality Dr. Mehmet Oz, animal companions may also strengthen the immune system against allergies, asthma, and eczema, when infants are exposed to pets. This may be, because pet exposure, from an early age, helps humans to desensitize to allergens, scientists speculate.

### PSYCHOLOGICAL AND EMOTIONAL BENEFITS

A 2011 study on the emotional benefits of pet ownership showed that the human-animal friendship equals the human friendship, according to psychologists at Miami and St. Louis Universities. The findings, which were published in the *Journal of Personality and Social Psychology*, are based on three experiments.

#### 1/ Two-hundred-seventeen people

filled out detailed questionnaires on self-esteem, loneliness, illness, depression and activity levels. Pet owners scored higher than people without four-legged friends and demonstrated higher self-esteem and fewer tendencies for loneliness.

2/ Fifty-six dog owners answered identical questionnaires to part one and added information on how they relate to their animals and other humans. When the animal “complemented rather than competed” with human companions, humans experienced great emotional response. “...People who enjoyed greater benefits from their pets also were closer to other important people in their lives and received more support from them,” the study says.

3/ Ninety-seven undergraduate students were asked to write about an experience, where they felt socially excluded, and then write about a favorite pet or friend. The researchers found that writing about pets was as effective as writing about friends, when dealing with feelings of exclusion.

### THE RIGHT CHEMISTRY

When we pet and interact with animals, a bio-chemical happiness cocktail flows through our veins, so Dr. Marty Becker in *The Healing Power of Pets*.

This cocktail includes dopamine, a neurotransmitter that helps control the brain's reward and pleasure centers, beta-endorphins, neuropeptides involved in pain management, and the love / trust hormone oxytocin, among other ingredients.

### CROSS-CULTURAL PERSPECTIVES

Yet, the way humans perceive animals, and to what extend humans and companion animals interact with each other, varies greatly in different countries and societies. In the Western perspective, pets are regarded and socially accepted as family members. Many people in developing countries are not as familiar and comfortable with this intense bond. Public education on animal welfare and the effects on humans are limited, as is access to scientific literature and research on the human-animal relationship.

But now that we know about the health and emotional benefits of the human-animal bond, we can share our knowledge with others. Let's start with walking our dogs regularly. It's good for our hearts and our heads. 🐾



The human-animal relationship describes any point at which human needs, actions, or choices intersect with the lives of non-human animals. The discipline of the human-animal relationship is called Anthrozoology and covers a wide range of disciplines, including anthropology, veterinary medicine, zoology, public health, ethology, medicine, ecology, conservation, psychology, and religion.





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THE HEALING POWER  
OF

# HARPS AND DOGS

GROOVY MET WITH INDONESIAN HARPIST  
**HEIDI AWUY** IN HER HOME IN SOUTH JAKARTA  
TO TALK ABOUT HARP MUSIC, PETS,  
AND THE CHANGE BOTH GENERATE.

By Andrea Deierlein

**W**hen Heidi Awuy plays the harp, time and people stand still. Even her two usually active Dachshunds, Chloe and Choko, lie down on the floor and rest. "The harp gives you peace," says Heidi. "It feels like water," she explains. "There is this special technique that really makes the harp sound like water. Humans like water. It is part of life. Our bodies are 80% water."

Heidi, who is Indonesia's first harpist and a devout Christian, firmly believes in the spiritual connection of the harp and its healing powers. As an instrument that is sounded by the harpist's fingers, it produces vibrations, which change the atmosphere of a room by cleansing the air. "When I play the harp, I don't feel any tension. If you play the harp and your heart is angry, the harp will sound angry. As a harpist, you really have to put your emotions aside, so that you can produce the music for healing."

While harp music's soothing properties have been first mentioned in the Bible, Heidi's first encounter with harp therapy was in 2001, when she had a student

PHOTO: KELIK BROTO, MAKE UP: BUNLAY, LOCATION: THE INFINITY, KEMANG VILLAGE RESIDENCES.







with cancer behind the eye. Teaching this woman how to play the harp changed Heidi's perception about its healing powers. "Her doctor from the U.S. told her to learn the harp as part of her cancer treatment, also to stimulate acupressure points. When this student played the harp, she didn't think about her disease. She felt positive and inner peace." Amazingly, the woman was cured of cancer. Although her former student doesn't play the harp anymore, she now sends her two children to Heidi to learn the instrument.

Since she began teaching 26 years ago, Heidi has introduced more than 150 students to the harp. Some of her students, Maya Hasan, among them, made names for themselves and helped grow the popularity of harp music in Indonesia.

Born in 1962, in Bern, Switzerland, to an Indonesian diplomat and a Canadian pianist, Heidi first experienced the harp when she was eight years old. "It was close to Christmas time in Geneva, Switzerland," she recalls. "It was the

magical sound and the beauty of the harpist, who had long flowing hair" that made her fall in love with harp music. More than 30 years later, Heidi met her inspiration again at the World Harp Congress in Geneva. "Her hair was shorter and she had grown older, but the magic was still there."

Her favorite harpist remains Lieve van Oudhesden, her first teacher. When Heidi was 14 and lived in Bangkok, Thailand, she saw van Oudhesden, who is Belgian, recite. Shortly after, she be-



gan lessons with her. "She taught me a lot about the harp. But she mainly taught me that you have to be tough. I never anticipated a harpist to be so tough and strong of character. She taught me that if you want to break through in life, you really have to be bold. That took a lot of years to enter my mind."

But Heidi had to be bold in order to bring the harp to Indonesia. "Daddy, there is no harpist in Indonesia. I want to be the first one," she convinced her father.

After 25 years of living abroad, Heidi returned to Indonesia in 1987 for good and married Glen Tumbelaka. Full of energy and persistence, she introduced the harp by playing all kinds of music genres from pop to classic. "I had to show my father, with whom I had a pact, that I did something. I had to be bold to perform and recruit students. I am grateful that I was beautiful. It helped that people liked to take pictures of me."

Today, after almost 30 years of performing, Heidi devotes most of her time teaching her 55 students, ranging from age four to 62. "She loves to share, to give everything she can," says her daughter, Gabriela Tumbelaka (25), who is the oldest of Heidi's four children as well as her manager. According to Heidi, "Music is everything. It is politics, history, beauty. I teach every one of my students the importance of character building and attitude, because if you value your life and music, it really is different. I play because I want to share something, I want to share the music and its beauty."

For now 16 years, Heidi also passionately shares her music in ministry and "uses the harp to praise the glory of the Lord," says Gabriela. When Jakarta was shaken by riots in 1998, a shift happened within Heidi. "Everybody asked

'Where is God?' and I realized that you are nothing, if there is not God in your life. I hope that my music will make a change, because I believe that one person can make a change."

She believes that dogs too can make a change: "Dogs are also there to soothe you, to cheer you up," she says. Chloe, her seven-year-old Dachshund, whom she adopted from a shelter in Cinere, helped her son Arnold overcome his grief over the death of his grandfather six years ago. "Within days, Chloe transformed Arnold from sad to joyful." She also told the story of a couple of friends with two children from Singapore, who used to love to come to her house to play with Chloe and Choko. Three months ago, this family was handed a Jack Russell at a park in Singapore from a woman who rescued the dog from euthanasia. "The four of them are one

family again," Heidi says. Before, each family member used to go their own ways, but the dog, named Noel (Christmas in French), is now the catalyst of the family. "They are so in love with the dog and so in love with each other again," laughs Heidi. "Noel was a true gift for this family. Maybe another family would not have the same chemistry with him."

Growing up in a dog-friendly environment, Heidi has lived with more than 20 dogs. Her two current dogs were intended for her children, "but then they all became so busy, so Chloe and Choko became Mama's dogs." When they are nervous, she likes to play the harp for them to calm them down. "I especially saw the effect after Chloe had her dental scaling done at Groovy and she felt low. I put her on my lap, played the harp, and she was soothed." 🐾



*"I put her on my lap,  
played the harp,  
and she was soothed."*

# How to Take Good Animal Photos

Jerry Aurum (b. 1976) is one of the most well known photographers in Indonesia, as well as a reputable graphic designer. He has been praised as an inspiring young entrepreneur, a keynote speaker in seminars and workshops, an ambassador of national and global brands, a regular contributor for diverse magazines, including *National Geographic*, and has served as the youngest judge in many photography and fashion competitions. His international solo exhibitions and books, including award-winning *Femalography* and *In My Room* have been reviewed in over 250 publications. His latest book is *Hampir Fotografi*. [www.jerryaurum.com](http://www.jerryaurum.com)

## What are the ingredients of a great picture?

A great picture is a combination of aesthetic and technical skills. It involves a lot of taste and logic, common sense and sensitivity.



In this interview, Jerry Aurum shares some advice for successfully photographing our furry friends. Groovy met with him in April 2014 at KOI Kemang.

By Andrea Deierlein

## How do you get the subject in front of the camera onto film the way you want?

I don't try to make things perfect according to my taste. I am usually pretty flexible. I listen a lot. I adapt a lot. I collaborate with whomever or whatever I shoot. If I want to shoot my dog Nojel (he is a four-year-old Schnauzer) and I want him to look straight at the camera, but he doesn't want to cooperate, I'll try to shift my thinking. I try to shoot him from the side to get the best pose. Working this way is easier than trying so hard to shoot the picture the way you want it. In photography, the surprises never end.

## What are some rules to keep in mind for photographing animals?

You have to be an animal lover. A little bit, at least, because many animals, especially dogs, they just know.

Of course, you have to be patient; some animals are easy to tell what to



do, some are not. You also have to be strategic. Give good thought about your process and progress. If you need the pet owner to help you do tricks, talk to the person, discuss your idea, and have him / her help you move the animal for the shoot.

### How do you get animals to cooperate in front of the camera?

It is very important to have the person who actually knows the animal to be present. Otherwise, it is nearly impossible to take good pictures of animals.

In many ways, we, photographers, sometimes choose to be nearly invisible. So people don't realize that we are actually there. In that sense, the person and the animal interact and behave very naturally, like in their own environment. That way you have more chances to make something different.

### What is your advice for pet close-up pictures?

Try to shoot them in a bright area, because taking close-up pictures needs high shutter speed. Otherwise, it is very easy to get a blurry picture.

I always prefer to get close to the animal for more feeling and sensitivity of the angle.

Try not to take pictures from the common angle, which is from our own height. We usually use the eye level angle to shoot everything, including animals. If you don't want your photographs to be like everybody else's, try to lower your camera down to your knee, for example, to photograph your dog at its own eye level, for a different perspective. Sometimes, I put the camera on the floor, have my dog sniff around, and take pictures of him. I think it's pretty funny.

### What is your opinion on cell phone photography?

I think it is great and one of the biggest leaps in the photography world. Everybody has a camera and brings it everywhere, wherever they go. 24/7. Nearly two billion digital pictures are taken every day in the whole world now.

### What do you think of the "Selfie" movement?

It has been around forever. Now it is just being branded as "Selfie," that's why it's popular. In the old days, it was called "self timer." I think the first "Selfie" was made in the 18th century in Europe.

### What is your advice for aspiring photographers?

You have to be very hungry all the time. Photography is very practical and grows naturally. It is an organic knowledge. You can't really control the growth. That's why photography can expand very rapidly depending on the people and the technology that influence it. If you are not really on top of things, you won't be able to follow.

### What is your main driving force as a photographer?

I am a very social person. If I make something, I want to have as many people as possible to enjoy it. I also want to make a real difference in the art world, because we are so behind, from my perspective.

Thanks to the Dutch, who were in Indonesia for three-and-a-half centuries, our way of thinking is very much under stereotype modes. There is also a lack of individualistic thinking in our basic education system. That is very much the opposite of the way we should learn arts, right? No won-



"It is very important to have the person who actually knows the animal to be present."

der many great artists in Indonesia actually learn from the street. You know, art has become more practical nowadays. You can learn even from Twitter. You just follow the right people and they teach you for free. The best thing about educating people is that you are educating yourself. The more you share, the more you get. 🐾

Selfie  
with  
My Bestie

Nur Annisa  
Rylai (Golden Retriever, 4 years)



Jeffrey Jeff &  
Franky Wongkar  
Thatcher (Chihuahua, 2 years)  
Jackie O (Chihuahua, 2 years)



Illiana Wijnarko  
Lilo (Labrador, 2 years)



Kaemita Boediono  
Zoey (Golden Retriever, 11 months)





Dimas Leimena

Teebar (Alaskan Malamute, 1,5 years)  
Tala (Alaskan Malamute, 11 months)  
Thor (Alaskan Malamute, 6 months)



Puri Hadiprana  
Gucci (Schnauzer)  
Prada (Schnauzer)



Drabya Takesha  
Bilo (Local breed, 4 years)



Dian Adhitama

Marco (Pomeranian, 1,5 years)  
Enzo (Golden Retriever, 3 years)  
Archi (Shih Tzu, 1,5 years)



# Nutritional Influences on Health & in Disease

Consumption of highly processed food may cause overfeeding and undernourishment in animals as well as affect animal disease.

By Dr. Jean-Paul Ly







## INFLUENCE ON HEALTH

+ Nutrients – besides water, carbohydrates, proteins and fats: there are about 45 nutrients, co-factors, and enzymes essential for animal health. Deficiencies or excesses of these nutrients over long periods may prove harmful to the animal.

Most symptoms are insidious and subtle, and do not correlate clinically! Only the experienced clinician can pick up clues.

+ At the end of the last century, man developed food processing and 'fast foods' apparently to improve his nutrition and that of companion animals. However, the refining process damages and distorts most nutrients, and the addition of chemicals and flavorings, to make food last longer and appear more appealing, can be harmful to susceptible individuals and animals.

+ Many animals on highly processed foods are actually overfed and yet undernourished! This brings in the terms 'undernutrition' and 'malnutrition' for differentiation.

+ In the 1930's pioneering work by an American dentist on the diets of 30 primitive cultures observed that when these cultures started consuming 'Western diets,' they also suffered an increase in chronic degenerative diseases (cancer, diabetes, degenerative joint disease, heart disease and allergies).

+ Debunking the excellent 'Western diet':

- ✓ "Animal protein is essential in high proportions."
- ✓ "Balanced diet is scientific and easily achievable."
- ✓ "Sugar is essential nutrient."
- ✓ "Milk is necessary for calcium."
- ✓ "Food additives do not generally cause problems."

It is foolish to assume that giving any species a diet, that is different from that which was present during the major part of its evolution, would not result in health problems!

Have you ever seen the majority of nutritionists or health workers and physicians to be really healthy? So much for the better-informed members of the community giving advice on nutrition!

## CONCLUSION

- + A truly healthy or optimum diet has never been fully defined.
- + Dietary requirements are varied between species and sometimes within species, making it very individualistic.
- + Chronic consumption of highly processed food has profound effects upon animal diseases today.
- + Animals that are sick, or even just have signs, are likely to have a nutritionally contributed cause or can be influenced positively through dietary management.

## INFLUENCE IN DISEASE

- + Allergies
- + Cancer
- + Cardiovascular disease
- + Central nervous system disease
- + Degenerative joint disease
- + Diabetes mellitus
- + Eye disease
- + Gastrointestinal conditions
- + Nutritional psychiatry
- + Skin disease 🐾



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

**His special interests include:**

- Holistic Medicine
- Acupuncture
- Micro & General Surgery
- Dermatology
- Ophthalmology
- Nutritional Medicine
- Veterinary & Veterinary Nurse Education

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



# Groovy's Pet First Aid Tips for PAWrents

In case of emergency, it is always good to be prepared. Everyone, who shares a home with a pet, should know basic pet first aid and have a basic pet first-aid kit on hand. By Andrea Deierlein



... Your dog ate the whole bag of chocolate chip cookies?

... Your cat makes funny wheezing sounds?

... What to do when your pet got too much sun and overheats?

... Or falls down the stairs?

**D**on't panic! We are here to help you and your pet(s). That's why our PAWrenting event on February 8, 2014, was all about "First Aid for Dogs." Pet parents learned and practiced life-saving tips and techniques. Even if you didn't attend the seminar, here is what you need to know.

## **1** In case of an emergency, call the Groovy Vetcare Clinic immediately!

Our emergency hotline number is **0811-888-2490**. Save this number in your phone and have it available at all times.

## **2** Have a First Aid Kit handy.

This checklist from PetMD tells you all the supplies you should have on hand for pet first aid – and includes:

**BANDAGES** – to help control bleeding and keep wounds clean.

**SCISSORS.**

**STERILE SALINE EYEWASH AND LUBRICATION** – to flush out debris or smoke.

**WATER** – to flush wounds, soothe burns, wash off toxins, soak paws, or to cool an overheated pet.

**MEDICATIONS** – talk to our veterinarians for recommendations.

**MILD DISH SOAP** – to remove toxins from the skin and fur.

**THERMOMETER AND WATER-BASED LUBRICANT** – to determine whether your pet has a fever or is hypothermic (the normal body temperature for a dog / cat is approx. 37.2 – 39.2 degrees Celsius).

**BLANKET / TOWEL, SLIP LEAD, MUZZLE** - to restrain and secure your pet.

**TREATS** – to calm and distract an injured pet.

## **3** Comfort your injured pet.

Knowing how to comfort an injured pet can help minimize your pet's anxiety and also protect you and your family





Groovy veterinarians teaching "First Aid for Dogs" to PAWrenting participants.

from injury. Know that pain and fear can make even the gentlest pet dangerous, so, for your safety, don't try to hug and kiss an injured animal. Remain calm. We know that's easier said than done.

#### 4 Know basic pet first aid procedures.

Ask our veterinarians for simple instructions for emergency first aid, if your pet is suffering from poisoning, seizures, broken bones, bleeding, burns, shock, heatstroke, choking or other urgent medical problems.

#### 5 First aid care does not substitute veterinary care!

Always remember that any first aid ad-

ministered to your pet should be followed by immediate veterinary care. Although first aid may save your pet's life until it receives veterinary treatment, it is no substitute for veterinary care.

#### ANIMAL EMERGENCIES THAT REQUIRE IMMEDIATE ATTENTION

- A. Severe bleeding or bleeding that doesn't stop within 5 minutes.
- B. Choking, difficulty breathing or non-stop coughing and gagging.
- C. Bleeding from nose, mouth, rectum, coughing up blood, or blood in urine.
- D. Inability to urinate or pass feces (stool), or obvious pain associated with urinating or passing stool.

- E. Injuries to your pet's eye(s).
- F. You suspect or know your pet has eaten something poisonous, such as xylitol, chocolate, rodent poison, etc.
- G. Seizures and/or staggering.
- H. Fractured bones, severe lameness or inability to move leg(s).
- I. Obvious signs of pain or extreme anxiety.
- J. Heat stress or heat stroke.
- K. Severe vomiting or diarrhea — more than 2 episodes in a 24-hour period, or either of these combined with obvious illness or any of the other problems listed here.
- L. Refusal to drink for 24 hours or more.
- M. Unconsciousness. 🐾



# Beware of Heat Stroke!

Dogs don't sweat like humans, as their only sweat glands are on the pads of their feet. When a dog's body overheats, heat stroke happens. Know and recognize the signs, so that you can save your best friend's life. By Andrea Deierlein

It's always hot and humid in Indonesia, which poses a risk to the health of our canine and also feline friends. Snub-nosed and short-nosed breeds, such as Pugs, Bulldogs of all kinds, Boxers, or Boston Terriers are especially vulnerable, because the anatomy of their facial constructions causes them to have breathing difficulties.

Although to many of us dogs are our kids, we have to know that dogs do not

perspire the way humans do. The only sweat glands that they have are on the pads of their feet. Dogs pant to cool themselves. They also use a temperature exchange called convection to cool their skin. Both panting and convection cool the body by exchanging the warm body temperatures for the cooler air outside.

When a dog can't regulate his/her own body temperature anymore, heat stroke happens.

## SIGNS OF HEAT STROKE

- ✓ Increased heart rate
- ✓ Excessive panting
- ✓ Increased salivation
- ✓ Bright red tongue
- ✓ Red or pale gums
- ✓ Thick, sticky saliva
- ✓ Depression
- ✓ Weakness
- ✓ Dizziness
- ✓ Vomiting (sometimes with blood)
- ✓ Diarrhea

**Once you recognize these symptoms, react quickly, because seizures, coma, cardiac arrest, and even death can occur.**

Remove your dog from the hot area immediately. Prior to taking him/her to your veterinarian, lower his temperature by wetting him / her thoroughly with cool water (for very small dogs, use lukewarm water), then increase air movement around him / her with a fan.

Do not use very cold water, which can be counterproductive! 🐾



**Call your veterinarian immediately for further instructions. The Groovy Vetcare Clinic's 24-hour emergency hotline number is (+62) 811 888 2490.**





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Featured Recipe: Sliced Turkey Entrée



# How To Travel with Style



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# Boarding Your Dog & Cat

Going out of town and need a safe place for your dog and cat to stay? While you are away, professional boarding kennels provide quality care for Fido and Kitty, so that you don't have to worry about your pet's wellbeing. By Andrea Deierlein

## CHOOSE THE RIGHT PLACE

Peace of mind begins with the perfect place. A home away from home atmosphere is ideal, but not always possible. To find a kennel where you feel comfortable to board your furry family member(s), start your research early. Ask friends with pets and your veterinarian for recommendations. Then do a background check.

## LOOK FOR SAFETY, HYGIENE, AND COMFORT

If possible, visit the facility. Check out the grounds, the staff, the kennels and crates. Is the facility clean? Or does it smell? Are the runs indoors or out-

doors? How big is the individual space for each animal? How about light and ventilation? Is the temperature comfortable? What is your impression of the boarded animals there? Do they seem stressed or comfortable? Are resting boards or bedding provided, so that dogs don't need to sleep on the bare floor? How about cat crates? Do cats have enough room to move around? How close is the litter box to the food / water bowls?

## DON'T BE AFRAID TO ASK QUESTIONS TOO

- ❖ How often is the water changed?
- ❖ When are feeding times?

- ❖ Can my pet(s) eat their own special food?
- ❖ How often do pet(s) get exercised and where?
- ❖ What about individual attention?
- ❖ How often are the runs / crates cleaned?
- ❖ Are veterinary services available?
- ❖ Does kennel staff stay overnight at the facility?
- ❖ What kind of vaccinations and parasite protection are required?

## PREPARE YOUR PET

Always make sure that your pet's vaccinations are up-to-date and that your four-legged friend is in good condition. Should any medical issues arise or your pet require medication, communicate this information with the kennel. Provide enough medicine for the stay and proper instructions on dosage and administration — as well as your veterinarian's contact information.

If the boarding facility allows, bringing your pet's own food, bowls, bedding, and toys will make your dog / cat feel more comfortable. It is normal for animals to get nervous in unfamiliar surroundings, so having something that feels and smells like home eases their nerves.

Lastly, don't forget to leave an email address or phone number, where you can be reached (even when traveling internationally), in case of emergency; and provide the contact information of a local backup.

Bon voyage! 🐾





# ID, Please! Vaccination Records and Pet Passports

Preparing to move or relocate to another country can be a hassle. Bringing your dog or cat with you will surely add to the stress. Every country and airline has its own rules regarding international pet travel. Be extra prepared and plan way ahead of time. Find out as much as you can and be ready for the unexpected.

By Andini Haryani

## GATHER PET DOCUMENTS

Just like people who need necessary documents for traveling, pets must also have their paperwork. Call your vet's office as soon as possible and tell them about your travel plans. Basic requirements include blood tests, vaccinations, microchips for identification, and "Certificates of Veterinary Inspection." If a country's requirements are not met, your pet might not be issued the necessary papers for travel.

If you are a well-organized person, you probably have every health record from previous vet appointments gathered neatly somewhere. No need to panic if you don't. Your vet should have these records. Veterinary appointments and paperwork have to be completed before travel. A pet passport is a collection of all identifying and required documents for entering a country.

## PREPARE TO FLY

Most airlines do not allow pets in cabin as carry-ons for overseas flights. Your dog or cat will have to be checked as baggage or cargo and put in a quiet and pressurized part of the aircraft. If you are on the same flight as your pet, s/he is considered as checked baggage. Your pet is considered as

cargo when he or she is traveling alone. Either way, your dog or cat must travel in a sturdy container with enough room to stand, sit, lie in a natural position, and be able to turn around while standing.

Check with your airline about the time of day or year they will accept pets as baggage or cargo. Reconfirm with your airline 24 to 48 hours before departure about taking your pet on the flight.

Sedation is not advised. The effects of tranquilizers in high altitude can vary. Check with your veterinarian for concerns about keeping your pet calm. The decision regarding the use of tranquilizers should only come from your vet.

## USE A PET SHIPPER

Consider a pet shipper to make your travel less stressful. Find a professional agent with ample experience of arranging international pet travels. They will know if there is any change in requirements, regulations, and restrictions, and make necessary adjustments. Professional pet shippers handle every single detail and let you focus on preparing the big move. 🐾





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ASK THE EXPERT:

# Crate Training – Start Early

When used properly, a dog crate can be an effective tool for managing and housetraining your dog, as well as provide a cozy and safe sleeping spot.

By Lance Tan



force him into the crate. As he enters the crate, give him a lot of praise. This will acclimate him to his crate before housebreaking begins.

**3** **Potty training** should begin at week 12 and usually takes about 4 weeks to complete.

**4** **Make the crate comfortable** and cozy by providing washable bedding. We recommend Pet Dreams specially made crate bedding. NEVER put housebreaking pads or newspaper inside his crate. It is important to take advantages of his natural instinct not to eliminate in his home.

**7** **Some people feed their dogs** in their crates. This eliminates distractions and helps digestion!

**8** **Your dog's crate** is his "special place" and should not be put away when training is complete. Crates give your dog an increase sense of security; build his confidence while providing comfort.

**9** **Dogs, like their wild ancestors**, naturally want to seek shelter, even in the house. If not provided, they will create it themselves under a table, chair or bed.

**1** **Puppies** usually arrive at their new home at 8 weeks of age. Just like babies they cannot control their bladders until they mature. This is usually between 3 and 6 months.

**2** **As soon as your puppy** arrives home introduce him to his crate, preferably after playtime, when the puppy is ready to nap. Start by putting treats and toys inside to entice him to go in on his own. NEVER

**5** **Start by putting your tired puppy** in his crate for only 5 minutes at a time. Stay in sight and when he's inside give lots of praise. Just as a baby cries in his crib, it is common to expect some distress at first. He may whine, but don't let him out, until he stops or you will be rewarding negative behavior.

**6** **If your dog soils** in his crate, most likely it is either too big, or you left him in too long.







**10** A crate provides security, comfort, and prevents excessive barking and chewing.

**11** By providing a crate for your dog, you are in essence providing him his own bedroom. A place he can claim as "his" territory.

**12** Crates are the quickest and easiest way to housebreak a dog. Instinctively, puppies are less likely to soil their eating or sleeping area. Confined space teaches them to "hold it."

**13** When traveling: crates provide safety for you, your passengers, and your dog. Also, the few hotels that allow dogs require that they be crated.

**14** Crates are transportable and unlike you, your dog can have his

own familiar bedroom wherever he goes, whether he's staying in a hotel or a kennel.

**15** The size of the crate is very important. Your dog's crate should have only enough room for him to stand and turn around.

**16** Dogs are social animals and therefore, the ideal location for a crate is in a room full of activity. Your pet will enjoy

his new room, while still being part of the family without getting in the way. Teach your dog respect by respecting his privacy, when he's inside his crate. Keep prying little hands away.

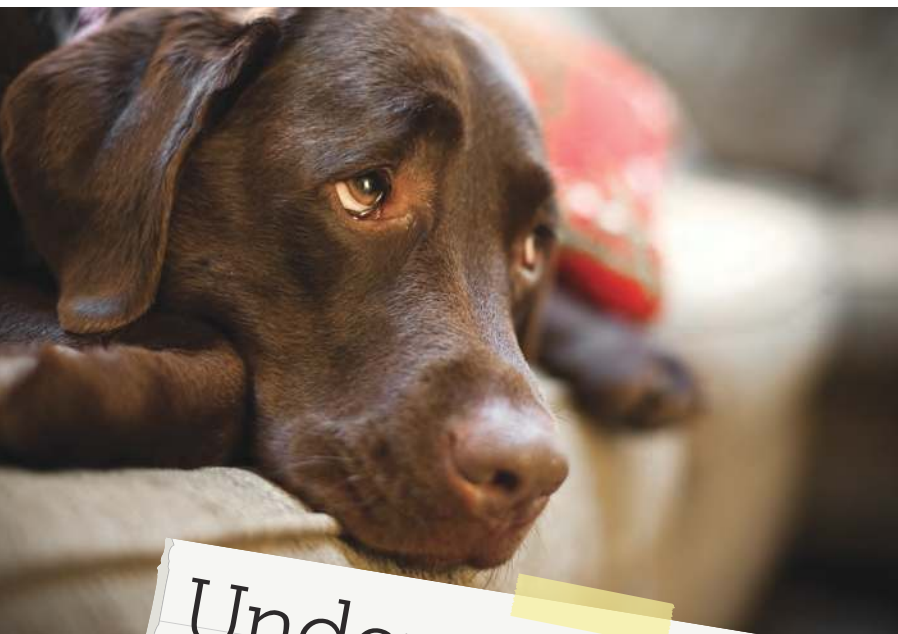
**17** Puppies need to relieve themselves every 2-4 hours. As a general rule, puppies can control themselves for one hour for every month of age, up to 9 or 10 hours. It is best to walk them after waking, eating, and playing. When he eliminates outside reward him, soon you'll be able to leave the crate door open all the time.

**18** It is never too late to crate train. There is no age limit. 🐾



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





## Understanding Your Dog

Dogs speak to us, but in a different language. Unfortunately, there is no sure way to help us learn “dog talk.” So, instead, we must analyze it ourselves, keep it in context, and avoid asserting our own interpretations. **By Lance Tan**

Have you ever wondered why your dog makes those strange muttering sounds at the dinner table? Or why s/he lays his/her ears back when confronted with a stranger?

The best way to start is to look to the dog’s ancestor, the wolf. Wolves live in packs. Dogs do the same with other pets in the household and their humans. There must be a leader of the pack and that leader should be you.

To be an effective canine leader, you need to know what your dog is trying to tell you.

### DOG TALK

Dogs communicate in many ways with each other, using verbal cues, body language, and facial expressions. They also try to communicate with humans using these methods. Humans, of course, communicate with dogs with commands and phrases. Dogs can

learn hundreds of human sounds, but they can’t string them together. Thus, the need for short commands, such as “Sit!” and “Come!”

Many of our communication tools are lost on dogs, for example sarcasm (to indicate frustration), closed body language (to indicate you’re uncomfortable), or a look of surprise. In order to enhance our communication with our canines, we must learn to get back to the basics and speak “dog.”

### Some examples:

✓ **Darting away** indicates fear. Dogs may stand in a variety of off-balanced ways that show you which way they would like to dart away. If your dog is standing off balance, try and determine what is frightening him/her.

✓ **If a dog approaches you** in a direct line, looking aggressive, turn away, keeping one eye on him/her. You will often see this rude behavior from adolescent dogs trying out assertive behavior, albeit in the wrong context. Standing still, looking down at the ground, and yawning may diffuse the situation.

✓ **When dogs play**, they run in a very particular way. They move vertically, almost as much as they move horizontally, rocking back and forth like a child’s rocking horse.

✓ **When a dog is going to bite**, s/he pulls the lips and tongue back and out of the way, so that the teeth can do the work.

✓ **Dogs use their tails** the way people use smiles. The idea that a wagging tail indicates happiness is similar to thinking that every smile means only one thing. A low, fast-wagging tail is like a nervous laugh.

✓ **The more forward** your dog’s ears are, the more confident s/he is about a given situation. The further back and pinned against the head and neck your dog’s ears are, the more fearful s/he is. 🐾



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June 7<sup>th</sup> 2014  
at Infinity Tower



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