

# GROOVY

Pet Wellness 🐾 Pet Lifestyle

*Magazine*

www.groovy.co.id

## New Year New You

Top 10 Resolutions  
for You and  
Your Pet

HOW TO

LOSE  
WEIGHT &  
KEEP IT  
OFF

Is Your Pet  
KISS -  
WORTHY?

GAMES  
TO PLAY  
*With*  
YOUR DOG

# OLGA LYDIA

On Compassion, Cats & Change





## How can I stop my dog from scratching ?

Itchy....

Skin irritation....



Royal Canin introduces a variety of skin products for dogs suffering from skin problems, which help improving the health of your beloved dog through precise nutrition.



**For further information  
please contact your VET**

Visit us :

**[www.royalcanin.co.id](http://www.royalcanin.co.id)**

---

Available at : Animal Clinic & VET | Contact us : ( 021 ) 2932.7950

---





The Groovy CEO with Zahra

## Happy 2015 for all Groovy PAWrents and pets!!!

May the year 2015 bring you all joy, wellness, and welfare.

We are stepping into a very important year in Groovy life and history, as we are celebrating our 25th ANNIVERSARY this year.

We, the Groovy management and staff, would like to thank God for His guidance and blessings. If not for Him and His grace, Groovy would not exist. We also thank our customers, who have been loyal to us – and even more. Most of you have become our two-legged and four-legged forever friends.

Our history is inseparable from the late Ms. Lucy, the founder of Groovy. In her lifetime, she was Groovy's soul. She worked tirelessly to realize pets as lifetime companions. Her dreams, visions, and mind will always be our legacy. This magazine edition is dedicated to her.

We asked some of you to tell your own story about Groovy on pages 8-13. As you will read, what makes Groovy special is our community and family, where everybody is welcome. Let's celebrate our new beginning era together.

Juda Adisusanto  
*Groovy CEO*

Share your Groovy story  
and experience with us!  
**@groovypet**  
**magazine@groovy.co.id**



# February 2015 Contents



20



#### On the cover:

Olga Lydia with Friskies, Oscar, Millie.  
Photograph by Mario Ardi.  
Makeup by Bunlay. Hair by Nur.  
Location: Olga's residence.



16

- 1 Foreword
- 2 Contents

#### FOR THE LOVE OF PETS

- 4 Fresh Start
- 6 Blown Away
- 8 Groovy Anniversary

#### HEALTHY LIVING

- 14 Cut the Stress with Pets
- 16 Why Choose Premium Pet Food for Your Pet?
- 18 How to Lose Weight and Keep It Off

#### FEATURES

- 20 New Year, New You
- 24 How to Make Your Pet's Stressful Life Changes PAWsitive
- 28 Cover Story: Olga Lydia on Compassion, Cats, and Change



4

36





## The Team

**Chief Content Officer:**  
Juda Adisusanto

**Publisher**  
Groovy Pet Supplies & Services

**Managing Editor**  
Andrea Deierlein

**Contributors**  
Wenchelle Joyce Cardenas, DVM  
Andrea Deierlein  
Deasy Anellis Juwana, DVM  
Lance Tan  
Suwarno Taryadi  
Maria Zarah Gregorio Viado

**Art Director**  
Noni Soeparman

**Graphic Designer**  
Astri Lusiana

**Promotion Designer**  
Grace Christiana

**Photographer**  
Mario Ardi

**Communications**  
Amelia Santoso

**Editorial Office**  
Groovy Pet Supplies & Services  
Jl. Kemang Raya no. 44  
Jakarta 12730  
Tel: (021) 719 77 04

**Subscriptions**  
Tel: (021) 719 77 04  
magazine@groovy.co.id

### MY GROOVY PET & I:

- 32 Selfie with My Bestie
- 34 PAWRates of Groovyland

### VET'S CORNER

- 36 Is Your Pet Kiss-Worthy?
- 38 Mark Your Calendar
- 40 New Year, New Look:  
Groovy Vetcare

### PAWTROTTERS

- 42 All Around the World
- 43 Groovy Boarding Kennel

### ETIQUETTE & COMMUNICATIONS

- 46 Ask the Expert: Training Methods
- 48 Games to Play with Your Dog







FOR THE LOVE OF PETS



**DENTAL FRESH  
WATER SUPPLEMENT**  
Rp.80.000-Rp.110.000

**HAPPY DOGGY  
DENTAL CHEW**  
Rp.13.000



# FRESH Start



**FURMINATOR  
FUR DRY DOG  
DRYING WRAP**  
Rp.380.000-  
Rp.575.000



**WHEAT FREE  
BONE-A-MINTS**  
Rp.35.000-  
Rp.50.000



**VIRBAC  
DENTAL KIT**  
Rp.255.000



**HEALTHY TREATS  
BREATH &  
DENTAL**  
Rp.40.000

**N-BONE PUPPY  
TEETHING RING  
NATURAL CHEW  
TREAT**  
Rp.60.000



PHOTO: MARIO ARDI.

healthyMOUTH : healthyPET™  
pet:ESSENTIAL  
**healthy**mouth™  
*Dental Care that Dogs and Cats Drink™*

Recipient  
of 7 VOHC  
Seals



4 dog & 3 cat  
VOHC Seals.



### The Mouth:

*Window to Your  
Pet's Overall Health*

Veterinary dental cleaning  
combined with 100% free of  
alcohol, artificial or synthetic  
ingredients, healthymouth™,  
at home, provides a  
comprehensive oral care  
program for dogs and cats.

"Vet Exclusive"  
"Available at  
Groovy Vetcare"



**Serious Science. Safe. Simple™**

For the contact details

(+6221) 728 00 617

[vetcare@groovy.co.id](mailto:vetcare@groovy.co.id)

**im3®**  
The Veterinary Dental Company

Email: [sales@im3vet.com](mailto:sales@im3vet.com)

Web: [www.im3vet.com](http://www.im3vet.com)



FOR THE LOVE OF PETS

# BLOWN AWAY



SMOOTH CARE  
SLICKER BRUSH  
(SOFT PIN)  
Rp.75.000



SMOOTH CARE  
REVOLVABLE SOFT  
RUBBER HANDLE  
SLICKER BRUSH  
(SOFT PIN)  
Rp.70.000-  
Rp.75.000



FURMINATOR  
DESHEDDING  
TOOL  
Rp.690.000-  
Rp.970.000



SMOOTH  
CARE DELUXE  
COMBO  
BRUSH  
Rp.55.000



PET TOWEL  
Rp.90.000

& FURMINATOR  
SUPER ABSORBENT  
MICROFIBER TOWEL  
Rp.290.000



HAIR AND  
LINT ROLLER  
Rp.55.000-  
Rp.75.000



FURMINATOR  
NAIL CLIPPER  
Rp.300.000



PHOTO: MARIO ARDI



# ALLIED PICKFORDS®

*The Careful Movers™*

[www.alliedpickfords.com](http://www.alliedpickfords.com)  
[info@alliedpickfords.co.id](mailto:info@alliedpickfords.co.id)

Jakarta 62-21 780 7851

Surabaya 62-31 749 8377

## ***Relax. We carry the load.***

Your peace of mind is our highest priority.  
One company Allied to Allied over 800  
locations worldwide. Your specialist in  
household goods moving services.



GROOVY VETCARE CLINIC

### VET VISITS PACKAGE

Groovy Vetcare's stress-free program for  
pet owners who are out of town for a while.

- ✓ Veterinarian home visits to check on your pet's wellbeing
- ✓ Physical health and activities examinations, such as eating, drinking, potty, exercise behavior
- ✓ Administration of medicines and supplements, if needed
- ✓ Assessment of pet's environmental conditions
- ✓ Regular reports to the owner via e-mail or SMS

Choose between:

10 Vet Visits, 7 Vet Visits, 4 Vet Visits



For inquiries or sign up:

(+6221) 728 00 617 / 7279 6089

Hotlines: 0811 888 2490

[vetcare@groovy.co.id](mailto:vetcare@groovy.co.id)

[f groovypetshop](https://www.groovypetshop.com)

[@groovypet](https://www.groovypetshop.com)

[www.groovy.co.id](http://www.groovy.co.id)



GROOVY PET TRANSPORT

## THE SPECIALIST FOR

- Pet Export/Import
- Animal Relocation Services

Door-to-port. Port-to-door. Door-to-door.



Jl. Kemang Selatan 8 / 63B

Jakarta 12730

+6221 719-2283, 719-2286

[transport@groovy.co.id](mailto:transport@groovy.co.id)

**WE DELIVER WHAT WE PROMISE**



GROOVY PET STORE

Home delivery service. All over Indonesia.



### Delivery Hotline

Kemang: 0818-986-656

Radio Dalam: 0818-0863-7387

BSD: 0812-108-7387

Bintaro: 0811-989-5499

[f groovypetshop](https://www.groovypetshop.com)

[@groovypet](https://www.groovypetshop.com)

[www.groovy.co.id](http://www.groovy.co.id)

**The Ultimate Partner for Pet Wellness**



1990-2015

# GROOVY TURNS 25!

GROOVY STARTED AS A SMALL PET SHOP IN KEMANG IN 1990. SINCE THEN, THE ONCE SMALL SHOP AND GROOMING SALON HAS GROWN INTO A PET-CENTRIC COMPANY WITH FOUR STORE AND GROOMING LOCATIONS, A BOARDING KENNEL, A PET TRANSPORT BUSINESS, AND A VETCARE CLINIC TO SERVE JAKARTA'S GROWING PETS' AND PET OWNERS' NEEDS.

When Groovy opened its doors in 1990, it was the first pet shop in Kemang, South Jakarta. Little did the Groovy founder and late Ibu Lucy know that she and her little store would become trailblazers in the Indonesian pet industry and agents of change for Jakarta's companion animals. More than two decades ago, in the 1990s, the majority of people thought of pets as four-legged animals that only had basic needs, like food and shelter. But today, an increasing number of dogs, cats, rabbits, and other furry and non-furry friends are considered precious parts of the family, who deserve the best possible care, products, and services.

"Through the years, we have witnessed how the public's awareness of animal welfare and animal rights changed. The level of care and responsibility among pet owners has changed tremendously in the pets' favor," a Jakarta Globe article (A Pet Shop Owner Who Has a Passion for 'PAWrenting') quoted Ibu Lucy in 2013. Simultaneously, the rising number of happy and healthy pets in Jakarta is also credit to the Groovy founder, who strongly believed that prevention is always better than cure. Day after day after day, Ibu Lucy put strong emphasis on educating pet owners about pet well-

ness, especially the importance of nutrition and the benefits of natural products.

It is no surprise that her passion to improve animals' lives was the building block for the first Groovy pet store in 1990. It is also the foundation upon which Groovy, the company, is built on. With the vision of pets as lifetime companions, pet wellness is the utmost priority for all work and everybody at Groovy. From the store assistants to management, all team members strongly believe that it is each individual's responsibility to change the way pet owners care for and manage their companion animals.

The year 2015 marks a big milestone for Groovy. In its 25 years of existence, Groovy has become an advocate, facilitator, and the ultimate partner for pet wellness in Jakarta and across Indonesia. Under the leadership of its CEO Juda Adisanto, who is also Ibu Lucy's husband, Groovy is stepping into a new era - so that all divisions and locations will continue to be the best partner in keeping pets healthy, handling pets safely, and giving pets the best products and services, for years to come.



# Groovy Time flies! Groovy History

1990

The first **Groovy pet shop (Groovy Kemang)** opened on Jl. Kemang Raya no. 114. It was also the first pet shop in Kemang back then.



1995

Groovy Kemang moved to its current location on Jl. Kemang Raya no. 44. **Groovy Boarding Kennel** opened in Gunung Sindur.



1997

**Groovy Pet Transport** was founded as the first pet relocation company in Indonesia.



2006

Groovy opened a **store in Radio Dalam (Groovy Radio Dalam)**.



2008

**Groovy Vetcare Clinic** was founded.



2012

Groovy opened a **store in BSD (Groovy BSD)**. Groovy launched its **PAWrenting** education and event series.



2014

Groovy opened a **store in Bintaro (Groovy Bintaro)**. **GROOVY Magazine** was launched.



2015

Groovy introduces Indonesia's first **Pet Taxi service**.





## Happy 25<sup>th</sup> Anniversary Groovy!

by Pinky Warouw Wickiser

Once upon a time there was this dog lover lady. She and her family had just moved into their new home in Pamulang. They built a house with the thought of having it as a haven for their beloved pets. Oh, I am talking about myself and my beloved husband, Clyde Wickiser.

This house, which we ended up naming P45 (as derived from the first letter of the street name and the number of the house), has become a home not only for humans, but for all sorts of animals.

It was back in the late 1990s: I was looking for a pet shop closer to home. A good friend of mine told me about this "small" pet shop in Kemang, South Jakarta (near to Kemang Selatan then). It had a good name on it: Groovy. Yeah, being a flower generation myself, I was pretty familiar with this word.

Then, all that I remember was, that this pet shop was run by Ms. Lucy and Ms. Doris, two wonderful pet lover ladies (hmm... where was juda back then?). At that time, we only had our mutt dog named Frodo. FYI, we raised him since he was barely two weeks old, so he grew up not knowing he was a dog (you know what I mean?). Lucy and Doris called Frodo "The Tasmanian Devil." Believe me, these ladies could have not been more correct. However, to my surprise, Groovy never gave up taking care of Frodo's well-being: let it be from referring to good vets, good dog food, toys, and teaching us how to take care of our pets.

Soon after Frodo, came the whole enchiladas of pets. Until today, a P45 pet menagerie of 30 dogs (19 of them Rottweilers), a Macaw, a turtle, and a cat... yikes, a cat, too!

Literally, each and every one of these pets has been lovingly and personally taken care of by Groovy.

Frodo, who was born in a dog mill, always had health problems. Groovy found a way to heal Frodo, when he suffered from a rare illness (other vets didn't know what it was back then). When Bilbo had an acute kidney disease, Groovy especially ordered special diet food from the United States, just for Bilbo! Now, how cool is that! Needless to say: Groovy won my heart.

Groovy and their Vetcare Clinic have also helped me in my moments of grief, each time we lose a pet. Frankly, having to put down a beloved pet is so stressful. Yet, Groovy has always been there to console my broken heart.

Over the years, having our pets taken care of by Groovy has taught me a lot about how to be a better and responsible owner (PAWrent), too. I would like to think it is as if I have grown up with Groovy together.

Lucy was not only Groovy's founder and owner she was also a very personal, dear friend of mine. One time, we travelled together to the United States. It was a good business and pleasure trip. She took me to visit a pet cemetery for the first time, around the Los Angeles area. I took her to Las Vegas. These are memories of a wonderful adventurous trip that is embedded in my heart forever.

Happy 25<sup>th</sup> Anniversary, Groovy! May God bless you with good, successful, and prosperous business in the years to come! Ruff!





1



2



3



4

1. Pinky Warouw Wickiser
2. Pinky Warouw Wickiser with Bilbo
3. Paula (Dora Soewardjan's dog)
4. Dora Soewardjan and Jerry Wijaya with Vodka

I was about 15 years old when I had my precious Old-English sheepdog, named Paddington Bear, and Standard Poodle, named Dior. Back in those days, we brought them to Groovy after our vet's recommendation. There, I met the late Bu Lucy for the first time, and got to see the whole process of dog grooming that was done mainly by Bu Lucy herself. She was so kind to introduce us to the grooming process. She even let us enter the room to assure us that nothing bad would happen to our dogs inside. It was a nice and memorable experience for me, especially when I could see that our dogs were treated kindly and they came back home with beautiful fur and smelled really good :)

Our good relationship continued as Paddington and Dior grew old, sadly, they passed away at the age of 10 and 14. Today, 21 years later, with a family of my own and two lovely dogs named Vodka and Paula, we continue to use Groovy's service. One thing that amazes me is that the Groovy family has grown bigger with the same

passion, love, and care towards the cats and dogs that were shown by Bu Lucy back then. I remember bringing in some stray dogs several years ago to have them cleaned, and Bu Lucy and her staff were so supportive in helping us find good homes for them. To see this level of animal care in Indonesia was really something.

I believe Bu Lucy has grown a beautiful animal-lover family with Groovy. I would like to thank her, Pak Juda, and the Groovy team for letting us be part of the family all these years. Thank you for the beautiful shot for the 2011 calendar, too.

And at last, Happy 25th Anniversary, Groovy! May God always bless your journey ahead and may the spirit, passion and love of Bu Lucy keep shining and living, in each of you.

Love,  
Dora & Jerry,  
Vodka & Paula



I started my relationship with Groovy in 2003, when my daughter needed to board her dog. We were very satisfied with the services. Quality vet care and friendliness of the Groovy team are keys that create peace of mind for me when relating to my dogs. Thank you, Groovy team, for the great work of taking care for all of my dogs. The high standard of vet care, dog food, and customer service has been first class, and Groovy always ensures this.

A great soul of Lucy, the founder, never dies. It brings the Groovy team together to reach what she had started and to become the best pet care provider in Jakarta. Thank you, Groovy team, for the great care to all of my dogs.

- Tri Agus Wirahadikusumah



1. Tri Agus Wirahadikusumah with Groovy founder Lucia Sudjiat
2. Dian Adhitama and Lucia Sudjiat at the June 7, 2014 PAWrenting
3. Dian Adhitama and four-and two-legged family members at the June 29, 2013 PAWrenting
4. Playtime at the June 7, 2014 PAWrenting



## Groovy... caring, professional, joyful...

Three generations of my family have been groovin' with Groovy for more than 20 years. My parents, sister, nieces and nephew, and myself - ranging from ages 3 to 81 - have all visited Groovy Kemang and attended Groovy events. We've spent wonderful weekends together with Groovy, attending PAWrenting events, K9 obedience classes, First Aid classes, doggy birthdays, swimming, taking the dogs for grooming, and hanging out there.

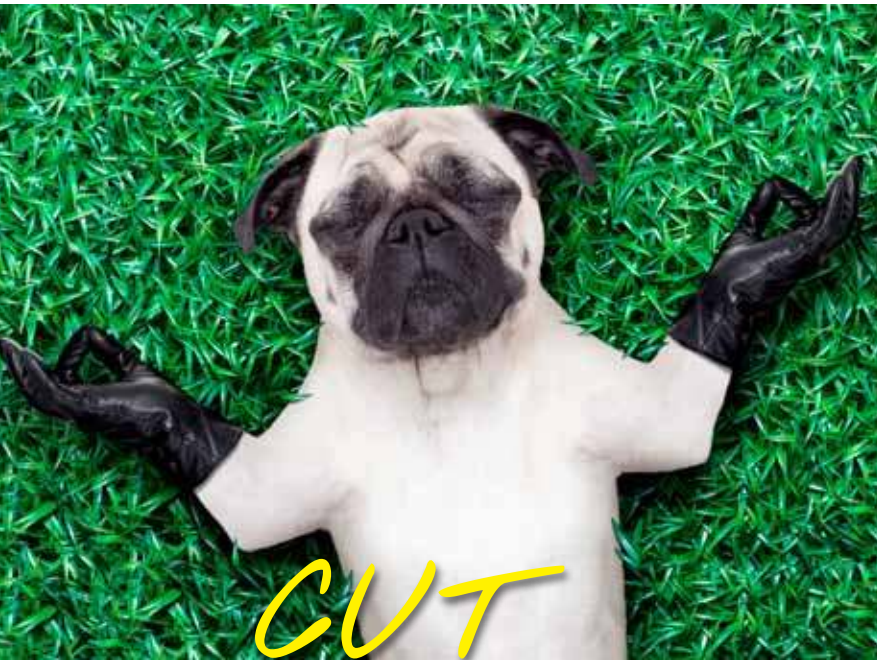
Dogs have always been important members of our family. In my younger age, we had Archie, Shaunna, and Benji. We started bringing our pets to Groovy in the 1990s, not long after Groovy opened. We had two Shih Tzus: Gucci and Jolie, and a Labrador, named Black. Visits to Groovy for grooming, buying pet supplies became a routine. I recall days when I had to go to campus and it was grooming time. My mother, Toeti Adhitama, despite her hectic schedule at work, would enjoyably take the dogs to Groovy Kemang, before going to the office, and pick them up.

More than 20 years have passed, visits to Groovy are still routine, nowadays added with the third generation of the Adhitamas. Also with a new generation of dogs: In 2011, I adopted Enzo, a puppy Golden Retriever. In addition to grooming, we joined Groovy's PAWrenting and Dog Obedience School with Lance Tan. When I visited my parents during weekends and holidays, I always brought Enzo along to his 'grandparents.' Witnessing the joy and happiness Enzo brought into our lives, my parents could not resist to have a new generation of dogs of their own. So for my Mom's birthday, she asked us to get her two small breed dogs. In early 2013, we adopted Marco, a Pomeranian, and Archi, a Shih Tzu, to live with my parents. So now Enzo, Marco, and Archi (yes, 'Archi' without an e, based on a city in Italy - so the three of them are Italian names) visit Groovy and attend the events together.

Groovy is much more than a care giver for our pets. When my mother was critically ill and hospitalized for a long period in Singapore in 2014, the first flowers Mom received were from Groovy. Ibu Lucy took time to visit my mother at the hospital in Singapore and gave support and encouragement. I was in Jakarta at that time and Ibu Lucy gave me updates on Mom's condition. On the phone, Mom also told me how glad she was that Ibu Lucy had accompanied her. Only God knew that Ibu Lucy would pass away not too long after visiting Mom. What a shock and loss to our family. May Ibu Lucy rest in peace. Ibu Lucy, Pak Juda, and the whole Groovy family have always been so thoughtful to our family - both the four-legged and two-legged members.

Happy Silver Anniversary, Groovy, lots of love from our family to the Groovy family... we're looking forward to the next ages to come with Groovy!

- Dian Adhitama



## THE STRESS with PETS

Feeling stressed out? Our furry friends are potent, prescription-free mood boosters and stress busters in an ah-so-cuddly way.

By Suwarno Taryadi

**M**ore and more people are experiencing day-to-day stresses of work and life, and a lot of them are chronically stressed out. And people use different outlets to relieve their stress. Some use meditation, yoga. Some dance or eat their troubles away. Some write, some read. Some stay in their rooms, some need to go on a vacation. People in Japan can go to Ha Atari Dokoro or Smashing Place,

where they pay to smash things, usually plates, to their hearts' content. It turns out these plates are defective products; and for the environmental friendly folks, the scraps are recycled. So, break with confidence!

For pet lovers, spending time with furry friends is beneficial too. When people engage with animals, the stress-reducing hormone oxytocin

is released. According to research, many health benefits of pets exist. A new report from the Harvard School of Public Health and the Robert Wood Johnson Foundation found that 47% of stressed Americans find relief with pets and 57% from going outdoors (another happy side effect of having a dog: you need to walk). Undeniably, it's also rejuvenating and calming to come home to a friendly animal who greets you happily with all its being.

### THE STRESS-BUSTING BENEFITS OF PETS

**1** Our furry friends are prescription-free mood boosters. For animal lovers, it's virtually impossible to stay in a bad mood, when a pair of loving puppy eyes meets yours, or when your super soft cat rubs up against your hand.

**2** Research proves that pets can help reduce blood pressure. In a study conducted on pet ownership and blood pressure, groups of hypertensive New York stockbrokers, who owned dogs or cats, were found to have lower blood pressure and heart rates than those who didn't have pets.

**3** Pets help with social contacts. Walking a dog makes us more approachable and gives people a reason to stop and talk to us. Even some men/women find women/men with dogs more attractive. You'll never know: you might meet your special someone while walking Fido.

**4** Pets are great motivators to get out and exercise – and physical activity is always good for stress management and overall health.

So, what are you waiting for? Hug your furry friend often and get moving together. It's good for your health – and your mood. 🐾

PHOTO: SHUTTERSTOCK

# THE ULTIMATE PARTNER FOR PET WELLNESS IN JAKARTA



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

To us, pets are lifetime companions.

The wellbeing of our four-legged friend's is our main priority.

The happiness and health of your pet, is our reward.



## SERVICES OFFERED



Pet supplies & services in Kemang, Radio Dalam, BSD and Bintaro



Vetcare Clinic in Radio Dalam



Pet Transport and animal relocation services (international and domestic)



Pet taxi service



Boarding for dogs and cats



PAWrenting event and education series



groovypetshop  
groovypettransport  
groovyvetcare



www.groovy.co.id



@groovypet



info@groovy.co.id





## WHY CHOOSE PREMIUM PET FOOD *for Your Pet?*

Diet plays a very crucial role in overall pet health. As the popular saying goes: "You are what you eat." A good diet, chosen wisely, can contribute to a long and healthy life and even psychological well-being for your pet(s).

By Wenchelle Joyce Cardenas, DVM



### QUALITY MATTERS

Most pet food can be purchased from supermarkets and is widely recognized thanks to widespread advertising. Many of these products are all-purpose food that is actually balanced for the most demanding stages in a pet's life, which are growing and lactating (and therefore, may provide excess nutrients for adults and senior pets).

Low in energy density due to low quality ingredients, a pet has to eat a lot of supermarket pet food to fulfill its energy needs. This often results in large voluminous stools, because of the food's poor digestibility. Produced with low-cost ingredients, this kind of food sells at a low price, which leads PAWrents to think that they save money. What PAWrents fail to realize is that they spend more on pet food, because of the large amounts the pet has to eat every meal. Eating nutrient-deficient food does not provide the pet with everything it needs, so vet bills may be higher, when the pet gets ill.

Premium or super premium foods are specialty brands available in pet stores, veterinary clinics, and very few supermarkets. They emphasize superior ingredients and provide balanced nutrition suitable for a pet's life stage (either for puppy/kitten, adult or senior) and when needed, for a pet's special needs (overweight/obese or prone to skin problems). Premium pet food is energy-dense and highly digestible. The pet needs less food to meet its energy requirements, which results in less stool volume. The unit cost is often higher; yet, the feeding cost per day may be less compared to supermarket brands.

### PREMIUM INGREDIENTS

According to the Association of American Feed Control Officials, pet food in-

Ingredients are listed in descending order by their predominance by weight, per the product's formula. Protein is one essential nutrient, which serves as building block for healthy coat, skin, and muscle growth. The protein source is usually the first ingredient found in pet food.

Organic and holistic premium pet food contains higher quality, easy-to-digest proteins from different animal sources like chicken, fish, lamb, beef or from more unique animals like kangaroo, elk or rabbit (just like what nature intended for pets.) Whereas poor quality, mass-produced supermarket brand pet food is packed with proteins from soy and corn. Diets high in plant proteins are hard on a pet's organs, since dogs' and especially cats' bodies are not designed to process these kinds of ingredients.

Specialty pet food features high quality carbohydrate sources like rice, one of the most digestible grains. Unlike supermarket brands, which use different chemical preservatives, premium brands contain natural preservatives, like Vitamin E, and also avoid the use of artificial colors and flavors.

### **ADVANTAGES OF PREMIUM PET FOOD**

For busy PAWrents with little to no time for their pets, premium pet food can be very convenient. As pet food quality directly affects a pet's life quality, it provides a good foundation for a long, happy, and healthy life.

Aside from being served as the main meal, it can be used as an effective training treat and even helps with dental health. Kibble can be left in a pet's bowl for a few hours without spoiling and easily stored in an airtight container to keep it fresh and the bugs away.

Premium pet food is more cost-effective, because of its higher nutrient density and digestibility. Full of high quality ingredients, pets absorb rather than eliminate more of what they eat, which helps promote a healthy immune system – and this boost in your pet's immunity will help prevent costly diseases that require vet care. Available for each life stage and special need, premium pet food contains appropriate quantities and proportions for good animal health.

### **HOMEMADE PET FOOD**

Concerned with the ingredients and additives found in commercial pet food, some PAWrents prefer to cook for their pets. While it is possible to achieve the same nutrient balance (similar to premium pet food), you'll have to consider how accurate the

on an evolutionary diet based on what canines ate before they were domesticated: raw, meaty bones, and vegetable scraps. Feeding a raw diet has become popular, but is still very controversial.

The potential benefits of a raw food diet include a shinier coat, healthier skin, cleaner teeth, smaller stools, and high energy levels. But raw food also has its potential risks like nutritional imbalance, gastro-intestinal perforations (which may be caused by bones) and bacterial contamination (like *Salmonella* spp and *E. coli*). A 2007 study by Rita Finley et al. concluded that dogs fed with salmonella-contaminated raw food diets can shed salmonellae and may, therefore, be a source of environmental contamination, potentially leading to human or animal illness. The RSPCA



*Premium pet food is energy-dense and highly digestible*

food was formulated by a competent veterinarian or nutritionist and how it is prepared. According to Hill's Nutrition Advocate Program, many homemade formulations contain excessive protein and phosphorous, but are deficient in calories, calcium, vitamins and minerals.

### **RAW FOOD FOR PETS**

Ian Billinghurst, an Australian veterinarian, proposed the feeding of raw food to family pets, which he called the BARF (Bones And Raw Food) diet, in 1993. This feeding practice stems from the idea that dogs would thrive

Australia also cited safety issues related to sulphur dioxide and sodium and potassium sulphite (used as preservatives in fresh meat), as they can cause thiamine deficiency, which can be fatal in pets.

### **ALWAYS CONSULT WITH YOUR VETERINARIAN**

Different pets have different nutritional requirements. Follow the advice by Dr. Jade Norris, a scientific officer and veterinarian at RSPCA Australia: Your veterinarian is the best place to start when it comes to feeding advice for your pet. 🐾

# HOW TO LOSE WEIGHT

## AND KEEP IT OFF

The secret to shedding pounds and maintaining a fit body does not require expensive gym memberships and gears... it's your pooch!

By Suwarno Taryadi



I couldn't believe myself when the magazine editor assigned this article to me. She asked me to write about losing weight and keeping it off. Has she met me, I wondered? I mean, me... of all people. I, the person, who loves love handles so much I want to keep them forever.

But then, something happened. It wasn't an extraordinary event or something unusual. I have done it many, many times. Yet during one of my regular grooming activities, I realized that my extra pounds caused me some bending and breathing challenges.

That was my personal wake up call. I did some exercise before and it didn't work out (pun intended), because I am the type who needs company to shed a few (or many) extra pounds. But then I thought: Dogs are always excited about exercise. Yes, a dog would be a

more fun and reliable exercise partner than another human, who can find and make excuses.

Rain or shine, our love for our four-legged friends is enough motivation to go out and do some physical activity with them. Because we love our dogs, we want to give them the best to fulfill their needs - and that includes taking them outside for a walk or run, which are both very important activities for canine well-being. Walking with our dogs, running and playing with them, are all calorie-torching activities: The more we romp and jump, the more calories we burn.

### FUN WAYS TO GET MOVING WITH YOUR POOCH

#### INTERVAL WALKS

For a 20-minute cardio session:

1. Walk for 1 minute.
2. Jog for 20 seconds.

3. Walk for 1 minute.
4. Shuffle sideways for 20 seconds.
5. Walk for 1 minute.
6. Run backwards for 20 seconds.
7. Repeat 5 times.

#### FETCH CRUNCHES

This exercise works with cats, too.

Grab your pet's favorite fetch toy and get into a sit-up position on the floor. Hold the toy as you do sit-ups and pretend to toss it when you reach the top. Repeat as many times until Fido or Kitty gets bored trying to get the toy from you.

#### PLAY TAG

This is a good sprinting exercise that will get your and your dog's hearts pumping.

"Tag" your pooch, then start running around, and let him/her chase you. 🐾

PHOTO: SHUTTERSTOCK



# EAGLE PRO™

It's Naturally Healthier



Made in USA

QUALITY + PRICE =  



WIRA PET DIVISION

Reliable Pet Food Importer & Distributor Since 1980

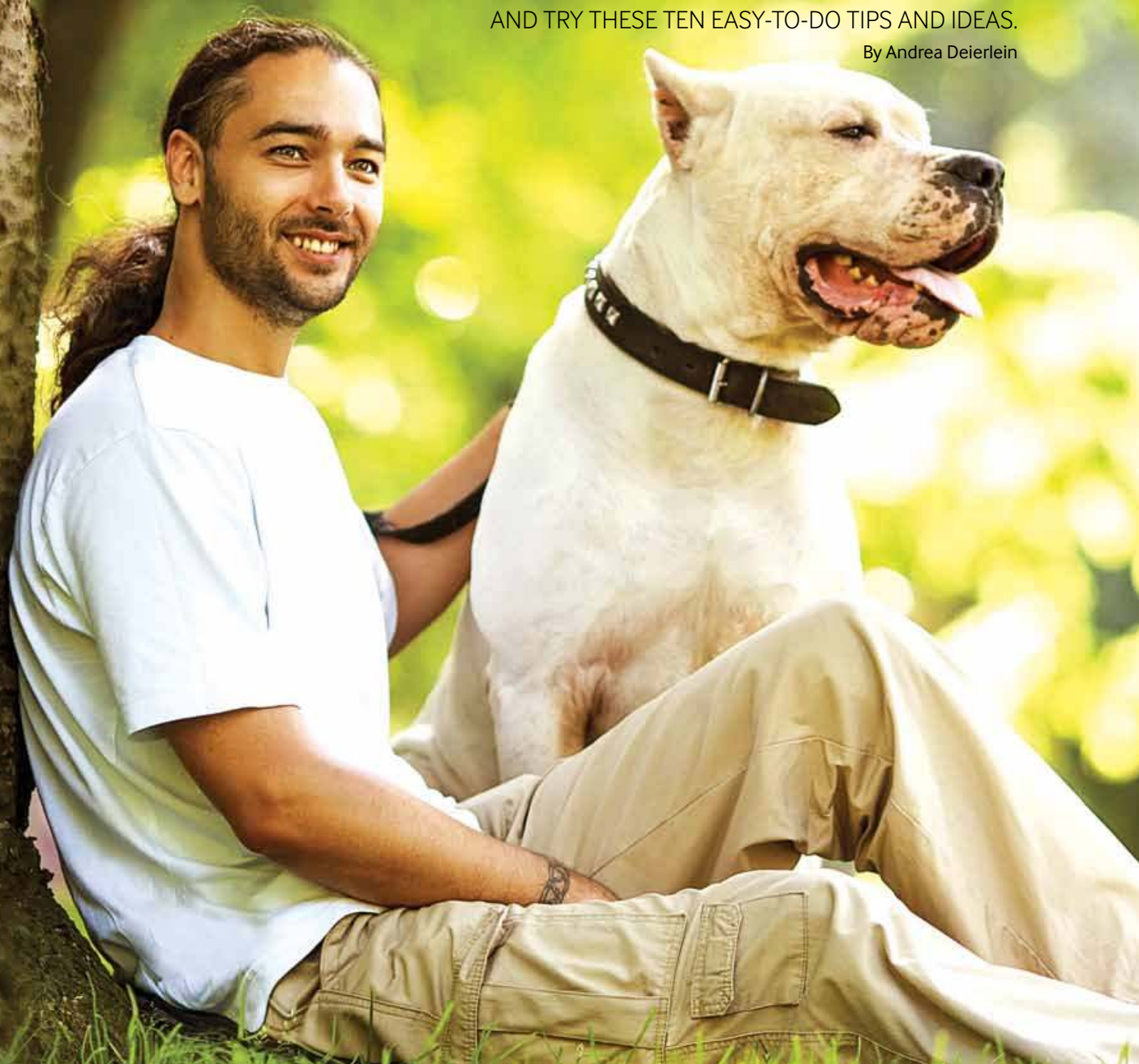


# NEW YEAR, NEW YOU!

## TOP 10 RESOLUTIONS FOR YOU AND YOUR PET

A NEW YEAR ALWAYS BRINGS THE AGE-OLD TRADITION OF MAKING (AND BREAKING) RESOLUTIONS. FOR YOUR PET'S HEALTHIEST AND HAPPIEST YEAR YET, CHECK OUT AND TRY THESE TEN EASY-TO-DO TIPS AND IDEAS.

By Andrea Deierlein



It's this time of year again, when we are highly motivated to be and do better. We vow to make changes and are inspired to improve our health, our skills, and our relationships. For some of us, this means eating more vegetables and fruits, lifting our butts off the oh-so-comfy couch more often, and spending precious quality time with loved ones, including our animal companions.

Yes, at the beginning of a new year, the air is full of new opportunities to start fresh and change old habits. To help with some ideas for a happier and healthier 2015 for your beloved pet(s) and you, the following list compiles some easy-to-follow resolutions for you. For those of you who don't like the concept of New Year's resolutions, consider these as tips for increased quality of life.

Choose what speaks to you and start from there. Use this list as a reminder throughout the year, go back to it, incorporate some tips into your daily life, and see where they will take you.

May this year and the next bring you, your families, and your pets joy and happiness – and many wonderful moments together!

SWITCH TO FOOD WITHOUT  
ARTIFICIAL COLORS, FLAVORS,  
PRESERVATIVES, AND FILLERS TO  
AVOID UNNECESSARY TOXINS IN  
YOUR PET'S SYSTEM.

PHOTO: SHUTTERSTOCK.

## 1 GET MOVING

We all need a reminder to get off our butts and move more, including our dogs and cats. Take your dog(s) for a walk in the neighborhood, at least for half an hour once a day. You'll notice that Fido and you will feel refreshed and less grouchy after a walk. Try to go to new places on the weekend, where you and your pooch can discover new sceneries and scents. The physical activity is good for your bodies due to the increased oxygen intake and cardio benefits, but going for a walk does wonders for mental health and anti-aging, too.

To entice Kitty for some exercise, you need to be a little more creative. Here's a move that gets your cat(s) running and your tummy tight: Do sit-ups with a flashlight (or better: laser pointer) in your hand. When you tighten your ab muscles at the top position, wave the turned-on flashlight (or laser pointer) at the wall, your cat(s) will chase after the beam.

## 2 EAT HEALTHY

We are what we eat. It's that simple. Only feed your furry babies food made with the highest quality ingredients, preferably organic, to fuel their bodies with all the

nutrients they need. Pets that eat low quality food may have dull eyes, non-shiny coats, lack of energy, excessive defecation, flatulence and other digestive issues. Switch to food without artificial colors, flavors, preservatives, and fillers to avoid unnecessary toxins in your pet's system. Talk to your veterinarian when changing food to prevent tummy upsets and possible over- or underfeeding. The Groovy Pet Stores in Kemang, Radio Dalam, BSD, and Bintaro have a great selection of organic and holistic pet food.

## 3 WATCH YOUR PET'S WEIGHT

Talking about feeding: Many pet parents "eyeball" their pet's daily food intake and pour kibble or spoon wet food into a bowl by feeling, which can easily result in overfeeding and weight gain. Use a measuring cup for portion control and follow the feeding guidelines on the bag and can.

Every time you visit the vet, hit the scale, so you know your pet's weight. Ask your veterinarian about the ideal weight for your dog and cat, so that you can compare if you are on track or need Fido and Kitty to lose a few pounds.

Keep in mind that older, spayed/neutered and less active pets usually have lower energy needs and require less food. Consult with your veterinarian and adjust the feeding accordingly.

## 4 SCHEDULE THAT ANNUAL HEALTH CHECK-UP

Yearly examinations for your beloved pet(s) are key to good preventive care, because it's much easier (and cheaper) to prevent disease than to treat it. Medical conditions, such as diabetes, arthritis, or obesity are com-



mon in aging pets and much easier to manage when detected early. Remember that pets age faster than we do. So missing even one annual check-up can be like us not visiting a doctor for over five years. Don't forget to ask your vet for advice, when it comes to updating your pet's food or getting an expert opinion on behavioral issues.

## 5 BRUSH DAILY

Sniff your dog's or cat's breath. Not smelling like roses? Daily tooth brushing is the best way to keep bad breath, tartar, and plaque at bay. Get yourself a toothbrush and toothpaste made especially for pets. Follow the instructions on the packaging on how to best brush your pet's pearly whites or ask your vet to show you how to do it. Please do not use human toothpaste, as its ingredients can harm our beloved pets. Water additives, dental chews, and treats designed to reduce tartar can also be helpful in keeping teeth clean and mouths fresh.



## 6 PREVENT BEFORE YOU TREAT

Make sure your pet's vaccinations are up-to-date and that you give heartworm, flea and tick preventive medication on a monthly basis. Heartworms, parasitic worms that live in the heart and lungs of infected pets, for example, are transmitted by mosquitoes. Ticks can cause Lyme disease, ehrlichiosis, anaplasmosis, and other scary sounding diseases. Preventative medicine is your pet's best line of defense and much cheaper for you in the long run.

## 7 SPAY & NEUTER YOUR PET

In addition to controlling unwanted pet population, spaying and neutering your dog(s) and cat(s) also brings a lot of health benefits for the animal(s). Among them: a decrease in testicular cancer, prostate problems, urine marking and inter-dog (or inter-cat) aggression for males, and a decrease in mammary cancer, uterine infection, uterine cancer, and ovarian cancer for females.

## 8 MAKE TIME FOR PLAYTIME

Playtime brings many benefits: mental stimulation, an outlet for pent-up energy, and a bonding experience for both of you. Go and have fun with your furry friend! Cats, for example, love the thrill of chasing a laser toy. And every dog loves to run after a ball. If you want to keep your pet's brain extra active, try a feeding puzzle or other stimulating toys.

## 9 GROOM DAILY

Did you know that daily grooming is a bonding activity that demonstrates to your pet how much you love him/her? Brushing your pet removes excess fur from the coat

and reduces the amount you find on your clothes and furniture. It also helps distribute oils from the skin to the fur, keeping the coat shiny and healthy. At the same time, you can feel if there are any lumps or bumps that need to be checked out by a veterinarian.

## 10 HAVE FUN AND MAKE NEW FRIENDS

Go out and explore the world with your furry friend. Pets are great conversation starters, when you want to meet new people, even if you only go around the block in the neighborhood. Check out cafes/restaurants where you can enjoy the outdoor seating with your dog or visit a pet-friendly park together. Participate in events especially for pets, like training sessions or the Groovy PAWrenting event and education series.

This year, try one, two, or all of these changes. Repeat them often, so they become part of your daily routine. When you feel stressed out, tired or just prefer to sit and watch TV (ideally, while cuddling with your pet), remember: dogs and cats are not capable of making resolutions. They can't go exercise more, if you keep them in confined spaces, they eat what you serve them, and they surely can't hold a toothbrush between their paws and use it correctly. It's up to you to keep your dog(s) and cat(s) happy and healthy. It may be work, but it is a work of love – and the reward is priceless: unconditional love... for many years to come...🐾

PHOTO: SHUTTERSTOCK

PETS ARE GREAT CONVERSATION STARTERS, WHEN YOU WANT TO MEET NEW PEOPLE.

# GROOVY PET TAXI



TAKES FOUR-LEGGED PASSENGERS  
WHEREVER THEY NEED TO GO

TO THE VET

TO THE GROOMING SALON

TO FRIENDS AND FAMILY

TO THE AIRPORT

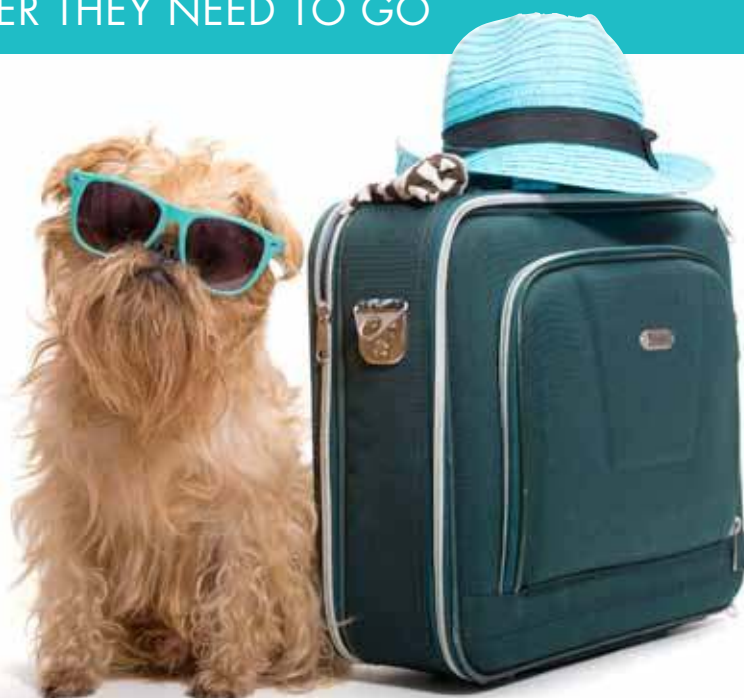
... AND BACK HOME



## SERVICES OFFERED

- 🐾 FRIENDLY STAFF EXPERIENCED IN HANDLING PETS
- 🐾 DRIVERS TRAINED IN PET FIRST AID
- 🐾 FULLY AIR-CONDITIONED CARS

- 🐾 CRATES ARE PROVIDED, PET SITTERS TOO, IF NEEDED
- 🐾 ONE HUMAN PASSENGER ALLOWED WITH PET(S) PER CAR



## SERVICE AREAS:

- SOUTH JAKARTA
- CENTRAL JAKARTA, DEPOK
- WEST JAKARTA, NORTH JAKARTA, BEKASI, TANGERANG, KARAWACI

BY RESERVATION ONLY.  
APPOINTMENTS MUST BE MADE  
**TWO DAYS PRIOR TO SERVICE.**

CALL (021) 719 22 83 / 86  
MONDAY-FRIDAY, 9AM-5PM  
SATURDAY, 9AM-2PM  
OR E-MAIL: PETTAXI@GROOVY.CO.ID







# How to Make Your Pet's Stressful Life Changes PAWsitive

PETS, LIKE HUMANS, CAN BE SENSITIVE TO CHANGES IN THE ENVIRONMENT. A PET'S BEHAVIOR IS RELATED TO ITS ENVIRONMENT IN MORE WAYS THAN WE CAN UNDERSTAND OR SEE. SOMETIMES, WE CAN SEE HOW PETS COPE WITH CERTAIN SITUATIONS, BUT THIS IS JUST SUPERFICIAL. STRESS, CAUSED BY CHANGES IN THE ENVIRONMENT, CAN HAVE SHORT- AND LONG-TERM EFFECTS ON OUR FURRY FRIENDS' EMOTIONAL, PHYSICAL, AND PSYCHOLOGICAL WELL-BEING.

By Wenchelle Joyce Cardenas, DVM

## DOG STRESS REACTIONS

Each dog has a unique personality, which can be a factor in how Fido reacts to different environmental changes. More aggressive or independent dogs may take out their stress on you and your home; while soft, shy, or nervous dogs, may turn their stress inward and get sick.

- › Accidents in the house, such as soiling, lack of bowel or bladder control
- › Excessive barking or howling, both inside and outside the house
- › Lack of focus and loss of interest in playing
- › Destructive behavior, such as biting or chewing furniture

- › Aggression, such as biting, growling or snarling
- › Vomiting or diarrhea

## CAT STRESS REACTIONS

Cats are very independent and like to take control of their environment. Like dogs, they don't show all the same signs when it comes to stress - and since cats are masters at hiding symptoms, these are easy to overlook.

- › Aggression towards people or other animals
- › Urine marking
- › Vertical scratch marking
- › Hiding or reduced interaction with family members

- › Loss of appetite
- › Elimination outside of the litter box
- › Excessive grooming

## STRESSFUL LIFE CHANGES AND HOW TO HELP PETS DEAL WITH THEM

### › MOVING WITH YOUR PET

Before you pick your dream home, make sure your pet will love it, just as much as you do. Consider the space needs of your pets. Cats usually need space for their scratching posts. Dogs might need areas for toilet training.

When packing, keep your pets in a familiar room you plan to pack up last. On moving day, keep your pets in a

quiet room, with the door shut, or at a friend's house to ensure that they won't get scared, while the movers load up the truck.

When you arrive at your new home, let your pets adjust to one room and make it their home base. Be consistent with your routines, like in your previous home. When your pets seem comfortable, gradually introduce them to other rooms in the house.

#### ❖ STAYING IN A BOARDING KENNEL

To minimize the stress on your pets, choose a boarding kennel that is clean, with strict health requirements, and looks after the welfare of the boarders properly. Pick a facility with activities your pet routinely does, such as walking or playtime. Bring your pet's bed, food, and favorite interactive toys, like from Kong, to keep them busy. Apply flea and tick preventative medications on your pets a few days prior, to ensure they are protected against these ectoparasites.

#### ❖ INTRODUCING A NEW FAMILY MEMBER

If there is a new baby in your home and your pet is fearful and aggressive, proceed with caution. Never ever leave your pet alone with a baby or small child, as neither fully knows how to react to the other. Put your dog on a leash, when s/he first approaches the baby. If your dog gets excited, correct her/him and praise her/him when s/he obeys. Be patient. By showing plenty of love and attention, you will reduce the likelihood of sibling rivalry.

#### ❖ ADOPTING A NEW PET

Before bringing home a new pet, make sure that s/he is as healthy as possible. Ask the former owner for the medical records and give them to your veterinarian in advance, so s/he can assess the health needs of your pet, such as



Start training your pet **while young;** discuss among family members which behaviors you want to **reward and which to ignore.**



vaccinations, deworming, fleas and tick prevention.

At home, create a safe room, where you can confine your new pet when unsupervised, or for gradual introductions to existing pets. Consider using pheromone diffusers two weeks before bringing your new pet home to ease the stress of new environment.

If you're adopting young pets, be consistent with their feeding and eating schedules; this also helps facilitate potty or litter box training. Supervise puppies and kittens closely, especially when playing, as they might ingest objects or toys that may cause stomach and bowel problems. Make sure your young pets get enough quality time with you and the rest of your family.

Start training your pet while young; discuss among family members which behaviors you want to reward and which to ignore, so everyone is consistent with training.

For older pets, learn about any training or health problems they have and be proactive, make plans on how to deal with any issues. Gradually introduce new experiences under controlled circumstances. Give your new pet lots of quality time, especially during his/her first few weeks; consistency and routines make things easier for everyone.

### ❖ GRIEVING

It is very difficult for PAWrents to lose one of their beloved pets, but it can be as hard on the other pets in the family. A study from the American Society for the Prevention of Cruelty to Animals (ASPCA) found that two-thirds of dogs show recognizable signs of grieving, such as a decrease in appetite, clinginess, and lethargy. "I've also found that some dogs whine and bark more or sleep in unusual places. This type of attention seeking behavior may happen because the dog has pent-up "play energy" that he's not able to release with a friend. The good news is that in most cases, these changes resolve in a couple of weeks," says Stephen Zawistowski, PhD, an author of the ASPCA study.

According to Justine A. Lee, DVM, an emergency care specialist and author of *It's a Dog's Life...but It's Your Carpet*, one key way to help your dog recover is by spending time together. Take longer walks, cuddle more, or devote an extra 20 minutes to throw around a tennis ball. Leave the former pet's belongings during the transition period. Schedule doggy play dates. As pets are sensitive to human emotions, minimize extravagant displays of grief in front of your pet. Wait two or three

months before bringing home another pet to give the pet (and you) time to adjust.

### ❖ PREVENT STRESS BEFORE IT HAPPENS

Stop stress before it starts with clear,

consistent communication.

Spend quality time with Fido or Kitty whenever you can. Make sure your pets are always in the peak of health by visiting your veterinarian for regular health examinations. 🐾

## PRODUCTS TO HELP DE-STRESS PETS



### 1. THE THUNDERSHIRT

This simple and safe product helps pets overcome stress brought about by separation, travel, vet visits and more. With its patented design, ThunderShirt's gentle, constant pressure has a dramatic calming effect for most dogs and cats, if they are anxious, fearful or overexcited.

Experts believe that pressure has a calming effect on the nervous system, possibly by releasing a calming hormone, like endorphin.



### 2. KONG TOYS

With various designs to choose from, Kong toys are pet safe, durable and built-to-chew, natural rubber. Stuffed Kong toys are fun and interesting and will keep your dog or cat mentally and physically occupied for hours, which helps avoid any situation that could cause your pets to feel stressed.



### 3. PHEROMONOTHERAPY (FELIWAY/COMFORT ZONE/ADAPTIL)

Synthetic pheromones come in different forms like sprays, wipes, collars and plug-in diffusers. Feliway mimics the facial pheromones that cats use to mark their territory as safe and secure. Comfort Zone and Adaptil both are synthetic copies of dog appeasing pheromones released by mother dogs to calm their puppies. All three help comfort, stop, or prevent stress-related signs in pets.



All products are available at the Groovy stores. For locations: [www.groovy.co.id](http://www.groovy.co.id)



# Olga Lydia

on  
Compassion,  
Cats,  
and Change

NEW YEAR, NEW BEGINNINGS:  
GROOVY MET WITH **OLGA LYDIA**  
IN HER HOME IN TANAH KUSIR  
TO TALK ABOUT HER LOVE FOR  
PETS, ANIMAL RESCUE, AND  
THE COURAGE IT TAKES  
FOR BOTH.

By Andrea Deierlein

**W**hen Groovy participated in Indonesia's first Animal Blessing at the Santa Helena Church in Tangerang on October 4, 2014, TV personality Olga Lydia also attended the event. She was invited by the event's initiator, Father Andang Binawan SJ, known as Romo Andang in the Catholic community in Jakarta, to talk about the meaning of pets in her life.

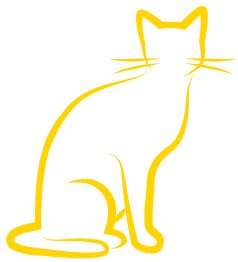
Olga passionately described how she grew up around pets and how her family has been involved in rescuing street animals for as long as she can remember. She told about Chippy, a smaller medium-sized anjing kampung, whom her mother found in Senayan, after the dog was hit by a motorbike. Even one year after Chippy's dramatic rescue (a veterinarian had to travel to the site to sedate the dog to take him away for treatment), the dog is still highly traumatized. Although the physical wounds have healed, the emotional damage lingers.







PHOTO: MARIO ARDI, MAKEUP: BUNLAY HARDO-NUH



“It’s like having a friend who will always be there. When you have a bad day, you can talk to them. I think they can understand how you feel. They can sense it in a way.”

In December 2014, when Groovy visited Olga for this story, Chippy ran around the backyard of the house, where Olga lives with her parents and two sisters. Speeding away from any human who just wants to come near, it is impossible to touch the dog, let alone to give him much needed affection, one of the main ingredients for turning a street animal into a contented pet.

But Olga knows time will heal all wounds – especially when combined with love. “Just love them, take care of them, and know that each of them has their own personality,” she knows from experience. “It’s a lot of responsibility to have pets,” she said. “But it’s worth it. Their love to us is more valuable than anything.”

The 38-year-old pet lover has shared her life with “so many dogs, so many cats,” she can’t remember the amount. “I had a turtle. We had birds, white mice, guinea pigs. Once, we even had an ayam kate (small chicken) in our backyard and I felt like I was living in a village,” she laughed.

Today, Olga and her family share their home with five cats: Millie, Daisy, Kiky, Koneng, and Friskies. Oscar, a friendly grey cat with black markings, is the family’s official welcoming committee. Yet, he is not allowed inside. He hasn’t been granted citizenship to the house, because he and Kiky, who thinks he is part of the security system, always fight. Even though he doesn’t have access to the couches and beds inside, Oscar comfortably sleeps in the garage.

### EACH CAT CAME WITH A STORY, NOT FROM A SHOP

About five years ago, Olga found Millie in front of a studio in East Jakarta where she had a session for a TV station. Millie had beautiful big eyes, a broken leg, and three kittens in her belly. Two of the kittens, Daisy and Kiky, survived and are still with Millie. Olga likes to talk to Millie and believes that Millie talks to her, too.

Friskies was left to die in a plant pot in Kemang, when Olga found him two years ago. She rushed him to the vet and now he’s a typical male cat, who only comes up to snuggle, when he feels like it.

Koneng, whom Olga affectionately calls an old grandpa, showed up in the family’s backyard about seven years ago and never left. He likes to curl up on Olga’s lap in the morning when she reads the newspaper.

Oscar, just like Koneng, showed up one day. The family keeps a small “cat cafeteria” in front of their house, “where we always provide cat food and water for the cats passing around the house. This one [pointing at Oscar] is one of our customers, who doesn’t want to go anywhere.”

### LESSONS LEARNED

From a young age, Olga learned what it means to lead a life filled with compassion and kindness – and the heartbreak the death of a beloved pet brings. Yet despite the sadness and the pain when a pet passes, Olga and her family continue to care and to help.

When asked how pets have influenced her life: “It’s like having a friend who will always be there. When you have a bad day, you can talk to them. I think they can understand how you feel. They can sense it in a way. Sometimes I talk to Millie and she talks back. She leans on me. It’s very nice.”

“Be grateful for your life, because when we rescue animals, they are sometimes close to death. Enjoy your life,” Olga advised.

She also believes in the famous Mahatma Ghandi quote, “The greatness of a nation can be judged by the way its animals are treated.”

From her experience, people who love animals are different





from people who don't love animals. "The person who loves animals is a person who has more compassion."

### CARING ABOUT ANIMALS SHOWS COMPASSION, BUT ALSO REQUIRES COURAGE

From all the animals that Olga helped get a second chance at life, she remembers this story the most vividly: Last year, in front of her office, Olga saw a big man chase a small anjing kampung and throw stones at the helpless dog. "I was shaking all over, because I thought that this guy would kill the dog," she recalled. Although terrified, Olga pleaded with the man for 20 minutes (which felt like hours) until he stopped. At some point, the guy even apologized for throwing stones at the dog. He thought the dog had bitten his daughter. "I don't think she [the dog] even had the capability to bite. Thankfully, this incident had a happy ending [the dog is now in a safe place], but it was very, very scary."

As this example shows, caring about animals starts at home, in front of our houses, in our streets. "What made me this way are my parents who taught me to care for animals."

Olga, who has a degree in civil engineering, worked as a model and actress earlier in her career. She made a name for herself as the host of the politically charged TV show *Negeri Impian*. Nowadays, her production company Fish Eye Production fills her busy schedule. She has even campaigned for Indonesia's natural beauty. "When I talked to all the conservationists and people who are concerned about conservation, I said to them, we can't just ask the government to take care of the rhinos, of the elephants. It is important, but we have to start from home. We have to start socializing kids about pets, teach them that they can't harm dogs, can't harm cats. If we can't care about the animals around us, it is impossible to ask people to care about the elephants, who are so far inside the forests, or the rhinos they never see, except for in the zoo."

### NEW YEAR, NEW PROJECTS

According to Olga, new things can be good, can be bad, but also fun. "I don't have New Year's Resolutions. I like to see what will happen," she said. But she is also mindful that change is the only constant in life: "Whether you like it or not, enjoy it. There is always something to learn, something to accept, something to change. Accept change with curiosity. Be excited to learn something new."

Professionally, her biggest project in 2015 is the production and release of "The Players," a new musical/movie (title may



change). She is the producer and thinking of having a dog as part of the movie.

Personally, she may move into her own place. "Maybe when I move out, I will take Oscar with me, he's just too cute," Olga confessed.

For Oscar, this would mean the sweetest change... to finally sleep inside, next to Olga. 🐾





# Selfie with My Bestie



Antika Muliasary &  
Bauw (Bulldog, 10 months)



Johansen &  
Biku (Mix, 1 year)



Ezron Tarigan &  
Spike (Alaskan Malamute, 1 year)



Dirga Octafiant with Putri Aga Vania, Difia  
Adinda Ariantasya, Dipa Sochana Marta &  
Alzeus (Alaskan Malamute, 7 months)



Marissa Winata &  
Joey (Golden Retriever,  
9 years)



PHOTO: GROOVY DOC, SHUTTERSTOCK.





## TAKE A CLOSER LOOK AT THE BENEFITS



There are numerous reasons to recommend EFFIPRO®

### ■ Efficacy

- Based on Fipronil, the anti-parasitic molecule of reference
- New formulation
- Treatment and prevention of tick and flea infestations for at least 1 month

### ■ Compliance

- Professional, affordable presentations
- Easy-to-use pipettes

### ■ Flexibility

- Full range for different body weights
- 4-pipette box

### ■ Profitability

- Cost-effective presentation
- Support materials to ensure pet owner awareness and compliance

### ■ Responsibility

- Offering pet owners an affordable alternative
- Caring for pets and the environment
- Bringing preventative care back to the practice







# PAWrates of Groovyland

This Groovy PAWrenting event, which took place on November 1, 2014, was a fun-filled day for families and their pooches to socialize and meet new two- and four-legged friends. In addition to plenty of playtime, the event included a dog coaching clinic, where Lance Tan taught PAWrents how to fix some of the most common dog problems.

By Andrea Deierlein

Every time Groovy invites to one of its popular PAWrenting events, all guests enter and discover a new world. In 2014, for example, the June 7 event featured an African Safari theme, the November 1 event was all about pirates.

Almost 100 people and their dogs participated in *PAWrates of Groovyland* at EcoBar Kemang. Everybody enjoyed the PAWrates photo booth, Ahoy! dog parade, opening, and a warm-up quiz, before deciding whether they wanted to follow the game sessions outside or join the dog coaching clinic with Lance Tan inside.

At the hands-on coaching workshop, Lance Tan, who traveled to Jakarta from Singapore, addressed dog problems ranging from elimination in inappropriate places inside the house to leash pulling to fear of thunder. He

spent precious one-on-one time with each workshop participant and their dogs. He showed, explained, and practiced methods and techniques with the PAWrents to help them better handle their four-legged friends and to fix behavior issues.

The late Ibu Lucy, Groovy's founder, started the PAWrenting event and education series in 2012. Dedicated to improve pet owners' knowledge to better care for their pets, PAWrenting does more than just bring people and pooches together: "These events are part of our efforts to enlighten and raise awareness of animal rights and welfare among animal lovers and the public at large," Ibu Lucy explained in a 2013 Jakarta Globe article (A Pet Shop Owner Who Has a Passion for 'PAWrenting'). "Most of all, we are focused on pet wellness, so PAWrenting is directed towards pet owners. We want them to

understand the important role they play in their pets' lives and guide them in their responsibilities as pet parents."

We, at Groovy, are always happy to see our patients and clients have a great time – and to engage with them in a more informal setting than the examination or grooming room. The PAWrenting events are an additional place, where we can share our expertise and passion with our PAWrenting community and with pet lovers, who meet us for the first time. At each event, we are pleased to see how many people passionately care for the well-being of their dogs and how our work helps increase that number in Jakarta. The PAWrents' eager interest in learning how to take the best possible care of their pets is one key reason why Groovy strives to continuously provide the best information, products, and services for the well-being of all companion animals.

PHOTO: GROOVY DOG.

### Praise for PAWrenting

"Thank you so much for a great afternoon of Pawrenting! The dog coaching clinic was amazing and the way it was being organized, going on simultaneously with games in the outdoor area, was a very good and well-planned idea. I was glad to be able to take part in the dog coaching clinic. Greatly appreciate all the work the Groovy team has done to make this wonderful event!"

- Franky Wongkar, PAWrent to Thatcher and Jackie-O, as posted on the Groovy Vetcare Facebook wall on November 1, 2014.

### We thank our event sponsors for their support:

✿ PT. Mega Utama Medica

✿ PT. EMVI (Virbac)

✿ PT. Kalbe Farma Animal Health Division

✿ PT. Royal Canin Indonesia

### About PAWrenting:

Groovy launched its PAWrenting event series in October 2012 as a continuous commitment to provide education for caring PAWrents (pet parents).

This fun-filled educational series is a way for Groovy to promote responsible pet ownership and a stronger human-animal bond. A great opportunity for supervised socialization and information exchange, PAWrenting also helps raise the public's awareness of pet wellness and animal welfare in Jakarta. 🐾



To learn more about PAWrenting and/or to sign up for the PAWrenting invitation list, write to: [pawrenting@groovy.co.id](mailto:pawrenting@groovy.co.id).



## Is Your Pet Kiss-Worthy?

As long as we can remember, we were taught that brushing our teeth daily and visiting the dentist regularly is the secret to sparkling white teeth. But many don't know that, just like us humans, pets need proper dental care, too!

**By Wenchelle Joyce Cardenas, DVM**

All puppies and kittens begin life with clean, white teeth, and sweet smelling breath that's so irresistible to kiss. As they age (remember: pets age faster than humans) plaque builds up and decay can set in, making their once so kiss-worthy mouths smelly. Yet, many PAWrents do not realize how essential pet oral care is: the American Veterinary Medical Association (AVMA) reports that 80% of dogs and 70% of cats show signs of oral disease by the age of three.

### DENTAL DISEASE CAN BE LIFE THREATENING

Although oral health is closely connected to a pet's overall health, den-

tal care for their beloved dogs and cats is not a top priority for PAWrents. But most patients, who come to the Groovy Vetcare Clinic for a health check-up, suffer from mild to severe periodontal (dental) disease, especially adult dogs and cats.

According to the American Veterinary Dental College (AVDC), periodontal disease begins when bacteria in the mouth form plaque that sticks to the surface of the teeth. Subsequently, minerals in the saliva harden the plaque into dental calculus (tartar), which is firmly attached to the teeth. Plaque and calculus spread under the gum line, which causes inflamed and bleed-

PHOTO: SHUTTERSTOCK.



ing gums, and as the condition progresses, loss of attachment between the gum and tooth occurs. As the gum separates from the tooth, little pockets of infection develop around the tooth, and harmful bacteria in the mouth can enter the pet's bloodstream, causing infections throughout the body. The lungs, heart, kidneys, and liver are the organs most affected by periodontal diseases, says an AVMA report.

So when you notice the following signs of periodontal disease (as listed by the AVDC), visit your veterinarian and have your pet's mouth and chompers checked thoroughly:

- ✗ Bad breath
- ✗ Loose teeth or teeth that are discolored or covered with tartar
- ✗ Your pet shies away from you when you touch the mouth area
- ✗ Drooling or dropping food from the mouth
- ✗ Bleeding from the mouth
- ✗ Loss of appetite or weight (this combination can result from diseases of many organs)

## PROVIDING BETTER ORAL CARE FOR YOUR PET

### Brush Your Pet's Teeth

Dental disease can be prevented. In most cases, healthy pet mouths can be easily achieved at home, by brushing your pet's teeth daily. According to the AVDC President Dr. Jan Bellows, brushing is the gold standard, and many dogs and some cats will tolerate having their teeth brushed, if the introduction is managed gently and gradually.

It's best to brush your pet's teeth in the first few months of life to help them become familiar with the routine, and to be more receptive to brushing when their permanent teeth erupt (permanent teeth start to erupt at 12 weeks in dogs and 11 weeks in cats).

Use your finger, a damp cloth or Q-tip (dipped in tuna juice for cats), and gently rub your pet's teeth and gums, by starting at the front, and gradually working towards the back. Once your pet becomes comfortable with this approach, use a toothbrush especially designed for pets to allow better reach. Meat-flavored toothpastes, like the C.E.T. toothpastes for pets, are available to help clean the teeth. Never use human toothpaste! Toothpastes for humans contain abrasives and high-foaming detergents that harm your pet, when swallowed or inhaled.

Make brushing your pet's teeth part of your evening routine, like when you are done with brushing your own teeth. Always remember: Brushing your pet's teeth daily is much more effective in getting rid of plaque and tartar build-up, compared to brushing only a few times per week.

### Supplement with Tooth-Friendly Foods and Treats

▶ A study conducted by Watson in 1994 concluded that soft diets are associated with increased frequency and severity of periodontal disease, and that harder foods requiring vigorous prehension and mastication are preferable for dogs and cats.

▶ A variety of dental treats, such as Greenies, chew bones, and toys available in pet stores, are also effective, either mechanically by scrapping the tooth surface or by chemically removing excess calcium in saliva that could otherwise be deposited on the teeth as calculus.

▶ There are also plaque retardant products in the form of a water additive, spray or gel to help seal the surface of the teeth.

▶ Based on a clinical trial by Gorrel and Rawlings in 1996, providing a dental hygiene chew daily seems to give an

added health benefit when tooth-brushing is less frequent, and provides the pet owner with a useful adjunct for homecare.

### Visit Your Veterinarian Annually

Annual veterinary dental check-ups are an ideal opportunity for PAWrents to find out if their pet has an existing problem, which may have gone unnoticed. Your veterinarian can also further teach and provide you with vital information on how to keep up with your pet's dental care, so that your pet's mouth stays kiss-worthy for the rest of his/her life. 🐾

The lungs, heart, kidneys, and liver are the organs most affected by periodontal diseases.





## MARK YOUR CALENDAR!

Annual check-ups are crucial in keeping your furry family member(s) healthy and happy for the long run. Make the most of this annual date with your veterinarian by being prepared.

**By Deasy Anellis Juwana, DVM**

**S**taying healthy is the foundation for a long and satisfying life for both the two-legged and four-legged members of your family. But did you know that our furry family members age differently from us humans? They age faster than we do, so missing even one check-up can be like us not visiting a doctor for over five years! Knowing this, it is even more important for us to schedule and remember our furry friends' annual check-up date with the veterinarian of your trust.

A scheduled visit to the vet on one special day every year will help make sure that your pet will still be around for many more days to come. So when you get your next reminder, don't put it off. Make the appointment at your earliest convenience to give your pet the special health day s/he deserves.

Some pets will need to have vaccinations when they come for the check-up. But as we are constantly learning more and more about the best pos-

sible treatments for your and our furry friends, the latest research shows that some older pets may only need to be vaccinated against certain diseases every three years to be protected. Your vet will talk to you about what is best for your individual pet and you.

We know and understand that with everything going on in your life, it can be tough to remember your four-legged family member's annual check-up time. So why not make your pet's birthday as the "check-up day"? This way you will not forget and can spend some quality time with your beloved pooch and/or kitty.

Annual health checks are usually inexpensive. Ask about the estimated cost when you call your veterinarian's office to make the appointment. But if your vet finds a problem with your pet's health, the visit might become more expensive. But finding and detecting health problems early will save time and money in the long run – and might even save your pet's life. 🐾



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

PHOTO: SHUTTERSTOCK.



BEFORE



AFTER



## WHY DO WE HAVE TO CLEAN OUR PET'S TEETH?

### SIGNS OF DENTAL DISEASE IN PETS:

- SMELLY BREATH
- LOOSE OR DISCOLORED TEETH
- TEETH COVERED IN TARTAR
- DROOLING OR DROPPING FOOD FROM THE MOUTH
- BLEEDING FROM THE MOUTH
- ABSCESS ON THE CHEEK BELOW THE EYE
- POSSIBLE LOSS OF APPETITE AND WEIGHT

FOR THE SAME REASONS  
**YOU BRUSH YOUR TEETH  
EVERY DAY!**



Dental scaling can remove plaque and tartar that cause dental and periodontal disease, which, when left untreated, can lead to heart, liver, and kidney disease in your dog and cat.

Talk to your veterinarian about dental scaling\*: a safe, pain-free procedure, done with ultrasonic instruments under anesthesia.

*\*Unlike other ultrasonic tooth scalers that use a 'jack hammer' approach to tooth scaling, the 42-12 scaler adopts a more gentle technique with its revolutionary rotational tip movement, and ultrasonic removal of the plaque and calculus (like a water bath instrument or jewelry cleaner). In some cases, we will do dental X-ray with CR-7 vet advance digital X-ray to evaluate the X-ray image, establish the diagnosis, and annotate as appropriate, finalize the examination.*



**By appointment only.**

Prior health check and consultation necessary (3-7 days before procedure).

**Groovy Vetcare**

**(021) 728 00 617 / 7279 6089 • [vetcare@groovy.co.id](mailto:vetcare@groovy.co.id)**





## New Year, New Look: Groovy Vetcare

At Groovy Vetcare, we know that each pet is special and unique with its own needs and demands. We believe that it is our responsibility to help and enable all pet owners to keep their beloved animal companions happy and healthy for a long life together.

**By Deasy Anellis Juwana, DVM**

**A**t Groovy Vetcare our goal has always been to provide top-quality services and equipments that improve the health and well-being of all the animals that come through our doors. Based on the Groovy vision that pets are lifetime companions, we provide a caring and protective environment, where PAW-rents can trust that their pets are in the best possible hands.

Last August, we began the renovations at Groovy Vetcare when we added the adjacent building to our clinic space. At our "new" clinic, spreading over four floors, our veterinarians have now four consultation rooms and two individual rooms, which are especially suitable for

cat consultations, available, to avoid long waiting times for our patients. Our bigger clinic space also accommodates three treatment areas, one emergency area as well as a separate surgery suite. In case your beloved pet needs to be hospitalized with us, we have separate areas for dogs and cats. Patients with infectious diseases are carefully supervised in our isolated infectious unit.

Groovy Vetcare was founded in 2008. Driven by the late Groovy founder, Ibu Lucy's dream to bring international standard veterinarian services to Indonesia, Groovy Vetcare quickly grew from a simple veterinary clinic to a sophisticated small animal hospital operation and environment. Dedicated to

treat your beloved pet(s) with the same care we would demand for ourselves, we aim to be your best partner in maintaining your pet's health and well-being through high-quality treatments and compassionate care with state-of-the-art equipment and facilities.

Our services include:

- ▶ Acupuncture
- ▶ Critical care treatment
- ▶ Dental care and dental X-ray
- ▶ Dermatology care
- ▶ Emergency care
- ▶ Hospitalization
- ▶ House visits
- ▶ In-house laboratory and pharmacy
- ▶ Internal medicine
- ▶ Laboratory tests
- ▶ Microchip implantation
- ▶ Ophthalmology care (IOP check, Schirmer Tear Test, Fluorescein Test)
- ▶ Orthopedics by appointment
- ▶ Physiotherapy
- ▶ Rabies serology test
- ▶ Surgery
- ▶ Ultrasonography (USG)
- ▶ Vaccinations
- ▶ Veterinary health checks and consultations
- ▶ Whelping assistance
- ▶ X-ray

Special equipments include an oxygen concentrator and CR-7 dental X-ray unit. 🐾



**Groovy Vetcare Clinic**  
**Jl. Radio Dalam Raya no. 49**  
**Jakarta 12140**  
**(021) 728 00 617 / 7279 6089**  
**Hotline/Emergency: 0811-888-2490**  
**vetcare@groovy.co.id**  
**facebook.com/groovyvetcare**



# NUTRITION

## THE MOTHER & CUBS NEEDS

The bond between a mother and her puppy/kitten is also forged through healthy nutrition.

Royal Canin's complete nutritional program takes care of gestating-nursing dogs/cats and their newborn babies.

### THE 5 KEY STAGES OF THEIR LIFE TOGETHER

#### 1. GESTATION

In dogs and cats, gestation lasts around nine weeks. In the first six weeks, the mother's energy needs are moderate. But, in the last pregnancy third, fetus development speeds up dramatically. Now, the mother-to-be needs food with increased energy, protein and mineral levels, while, at the same time, her digestive capacities decrease. At this stage, she needs to move to *Royal Canin Starter*, a very digestible and energy-dense food.

#### 2. BIRTH

A couple of weeks before the due date,

move the mother-to-be to a quiet place and ensure you have everything ready for the birth. The mother's bodyweight should not be more than 25% of her ideal weight to avoid any strain during delivery. After birth, feed the mother ad lib until weaning.

#### 3. LACTATION

From the first hours of life, puppies will suckle from their mother, who will produce up to three times her own weight in milk over the next six to seven weeks. A nursing cat can produce 250ml of milk a day, a process, which demands energy-dense food. Because the mother's milk is very rich in proteins and fats, the lactating bitch/queen needs a

lot of energy and proteins, along with necessary nutrients, such as calcium and essential fatty acids.

#### 4. WEANING

Weaning starts naturally at around four weeks. The puppies' digestive capacities have developed, the first milk teeth have come through, and milk alone no longer completely fulfills their increasing energy needs. Start off with porridge of solid food, and then gradually reduce the quantity of water or milk replacer, until you are just feeding dry food.

#### 5. GROWTH

A large size puppy can have its weight multiplied by 70 within 15 months. In kittens, up to four months, growth is very intense and requires a lot of energy. Food needs to be highly palatable, ensure the health of their immature digestive systems, and the development of their immune systems. Kibble size and shape must be suitable for milk teeth and small jaws. After four months, the growth rate will progressively slow down. The kitten's and puppy's muscles and bones continue to develop, a process, which lasts, at least, up to one year, until they reach their full size in adulthood. 🐾





# ALL AROUND THE WORLD

Moving to another part of the world? Take your pet with you with the help of Groovy Pet Transport. By Maria Zarah Gregorio Viado

Since 1997, Groovy Pet Transport is Indonesia's specialist for handling the import, export, and relocation of live animals with love and care. The first company in Indonesia to provide pet transport services and from its very beginning, Groovy joined the US-based International Pet and Animal Association (IPATA). As one of 350 IPATA members, Groovy Pet Transport is an esteemed member of a vast network of pet shippers from 80 countries. This kind of access to pet relocation specialists, goods and services, ranging from airlines to quarantine operators, gives Groovy clients peace

of mind, both at the point of departure and final destination.

In addition to well-established working relationships within the IPATA network, members also attend annual conferences to keep abreast on every country's regulations. The next IPATA Asia and Oceania Regional Meeting and Workshop will take place in Bali, Indonesia, in March 2015, and Groovy proudly supports this event as a sponsor.

At Groovy, well-trained English-speaking pet transport consultants, each with individual expertise in import, ex-

port and legal matters, are happy to provide assistance every step of the way. Dedicated ground handling staff, well-trained in custom clearance and quarantine procedures, ensure that proper documentation, requirements, and regulations are fulfilled. But most of all, pets are well taken care of and receive plenty of individual attention and TLC, because all Groovy staff members are pet lovers and care for all four-legged clients as if they were their own.

If needed, furry family members can enjoy a stay at the Groovy Boarding Kennel, which is amply supported by premium pet supplies from Groovy's pet stores as well as access to veterinarians from the Groovy Vetcare Clinic. With all these services under one roof and management, Groovy Pet Transport is the agent of choice. As a part of the Groovy family, Groovy Pet Transport stands by its tagline: We deliver what we promise. This is a guarantee of the smooth and safe delivery of your beloved canine or feline friend to wherever you are in the world, so that you don't have to leave your four-legged family member behind.

To facilitate safe travel for pets, Groovy Pet Transport advises PAWrents to prepare in advance by organizing the necessary documents, as well as ensuring that their cats or dogs get their annual booster vaccine regularly. 🐾



For more information, you can reach the Groovy Pet Transport office at (021) 719 22 83 / 86 or via e-mail at [transport@groovy.co.id](mailto:transport@groovy.co.id)

PHOTO: SHUTTERSTOCK.



A way from the hustle and bustle of Jakarta, located in Gunung Sindur, the Groovy boarding facility is a home away from home for your adorable pet(s). Under the care of our loving kennel staff and the same management as all Groovy facilities, we make your pet's stay a fun-filled experience with plenty of activities and TLC.

At our newly renovated kennel with separate buildings for VIP and standard rooms, our pet guests now have the opportunity to play and run in four different indoor and outdoor areas. Cats, too, get out of the cage to frolic and sunbathe two times per day; all under supervision in specially designed cat areas, of course. To make boarding even more fun for our canine friends, we are in the process of building a swimming pool and another outdoor playground.

For your pet's health and safety, we take precautionary measures by weekly disinfecting all areas to maintain proper hygiene. During the day, our dog areas are checked every 30 minutes and cleaned, in case Fido needed to go before walk time.

Before entering our kennel, every pet must have a general health check with our veterinarians. This ensures that all animals come and stay healthy as well as are free from any contagious diseases and ectoparasites, such as fleas and ticks, to protect other boarders and the cleanliness of our facility. A Groovy veterinarian visits twice a week to guarantee that all pets are in good shape and taken care of properly. In case of emergency, our veterinarian will travel to the kennel immediately or the animal will be transported to the Groovy Vetcare Clinic in Radio Dalam.

Because we know how important human touch is to our furry friends, our pet sitters make sure to give plenty of



Fido and Kitty need a safe place to stay while you can't take care of them? Groovy has been offering reliable and comfortable boarding for dogs and cats since 1995.

By Andrea Deierlein



For more information or to make a reservation, e-mail [boarding@groovy.co.id](mailto:boarding@groovy.co.id) or talk to a pet advisor at the Groovy stores in Kemang, Radio Dalam, BSD and Bintaro, or Groovy Vetcare. [www.groovy.co.id](http://www.groovy.co.id).



# Transporting Animals by Air

Today, live animal carriage by air is part of daily life. Plane travel is the safest and fastest way to transport pets over long distances. Depending on the airline and your pet's size and weight, furry family members either travel in cabin or as cargo.

## ✈ Did you know that animals have been flying since the early 1930s?

The German airline Lufthansa has been flying animals for almost 60 years. Recently, Lufthansa added the Lufthansa Cargo Animal Lounge at Frankfurt Airport to its service portfolio. Since 2008, more than 110 million animals pass through there each year.

While the majority of these passengers are ornamental fish (80 million), 14,000 dogs and cats stop at the Animal Lounge as well.

## ✈ Choose an airline you trust

Wherever life takes you and your furry family member(s), choose an airline that you trust and with the best con-

nections to your final destination. To minimize the stress on your beloved pet(s), keep the total journey time as short as possible.

Some furry friends may be allowed to travel in cabin. When flying with Lufthansa, they must not exceed 8kg (incl. the weight of the crate) and have a passenger ticket.

Should your pet travel as cargo, don't worry. An agent and forwarder, specialized in shipping animals, takes care of the paperwork and handling to ensure that your precious cargo is well taken care of and arriving at your destination safely.

## ✈ Before take off

Keep the timeframe between check-in and departure as short as possible. Three hours before take off should be sufficient for check-in. Pets stay comfortably in their travel crates before boarding. If the airport has a dedicated animal facility, like the Frankfurt Animal Lounge, they may even get out of their crates and stretch their limbs. Food is not provided, shortly before departure, so that Fido and Kitty won't get sick during the flight.

In Jakarta, once pets are handed over to the airline at Soekarno Hatta International Airport, they wait in a special monitored storage (pet shelter) area, until loading and transfer to the aircraft.

## ✈ In flight

Since pets fly in the plane's freight compartment, no one will access them during the flight. Therefore, they won't be able to enjoy any in-flight service, as food is only provided on the ground. But since all travel crates must have attachable water bottles and dishes, water is available whenever your furry friend is thirsty. As pets should rest during the flight, the lights in

the freight compartment are usually switched off.

#### ✈ In transit

The main hub for all animals traveling with Lufthansa Cargo is the Frankfurt Animal Lounge, the world's most modern animal station. For transport to and from the aircraft, special transporters protect all passengers from weather, heat and cold.

The first stop at the Animal Lounge is a visit with one of the facility's 25 vets. If the veterinarian gives the "ok," pets come to specially designated areas by breeds and needs. Cats can relax in quiet rooms. Dogs can run around and refresh in more than 80 different-sized kennels. Certified animal keepers give attention, food, and water to all lounge guests, and clean soiled travel crates.

#### ✈ Booking & Preparation

The required documents vary by each origin and destination country. Consult with your pet shipping agent, the embassy, and other authorities, for information as soon as you know you want to travel with your pet(s).

Allow enough time to prepare all documents. Reservations should be made, at least 48 hours, prior to departure, to ensure the "OK for travel" from the destination station and the consignee.



When your pet travels on a Lufthansa flight, transfer to the aircraft is done as late as possible to avoid waiting times on the apron. Even the cockpit gets a separate information sheet to set the right temperature in the cargo compartments for optimum comfort.

Lufthansa Cargo needs the "OK to Forward" from the destination station and from the consignee, before accepting an animal shipment. This guarantees there are no office closures at the final destination and that the consignee is available for pick-up at the scheduled arrival time. And because your animal will travel with an Airway Bill, you can track the status of your pet shipment online at [www.Lufthansa-Cargo.com](http://www.Lufthansa-Cargo.com).

#### ✈ Travel crate requirements

The pet container requirements are defined by the IATA Live Animal Regulations. Pets must be able to stand, turn around, and lie down comfortably in the travel crate. When buying crates from a pet store, check if the crates are certified for air travel and meet international safety standards. Lufthansa can also provide crates for you. But they must be ordered, at least one week, prior to departure. 🐾



To make a booking, please contact the nearest local Lufthansa Cargo office. In Jakarta, you can reach the local sales team at:

**+62 21 55913170 or**  
**[jktgdteam@dlh.de](mailto:jktgdteam@dlh.de)**



	DOCUMENT TYPE
<b>Ministry of Agriculture</b> <b>Customs</b> <b>Airline (Lufthansa Cargo)</b> <b>EU requirements</b>	<b>Animal Health Certificate</b> <b>Export Permit</b> <b>Shipper Certificate for Live Animal</b> <b>Microchip, Blood Test from EU-approved Laboratory,</b> <b>Pet Passport</b>

*\*As of December 2014, the above list is subjected to change by each issuing party. Please check with your pet agent at the point of booking.*





ASK  
THE  
EXPERT:

# Training Methods

While many different dog training beliefs and methods exist, good trainers are open to new ideas and searching for more effective techniques that work best for you and your dog. **By Lance Tan**

In the past decade that I have been training dogs, I have seen methods that swung from one extreme to the other. In the 1980s, the overly harsh and “one-size-fits-all” negative reinforcement method was the most commonly used. This often came with punishments, which do not seem to fit the “crime.” Training using treats, toys, or play as motivators was frowned upon.

Dog training embraces different beliefs based on different premises resulting in different training methods. If you have read enough books, and attended enough seminars, you’ll probably be more perplexed than enlightened in finding the “right” way to train dogs! Training will only be successful, if you fully understand how it should be conducted and feel comfortable applying it.

## → DOGS LEARN BY INSTANT FEEDBACK

Good dog trainers are always open to new ideas and searching for more ef-

fective techniques. The newest trend in dog training is "Purely Positive." This technique discourages trainers from verbally or physically reprimanding the dog. Instead of using the word "No," clickers are used to mark good behavior. Dogs learn best by instant feedback, so trainers click whenever the dog performs a desired behavior, following shortly with a treat for reward.

My objection to using a clicker is this: How well would you learn when you are only praised/rewarded when you do something right, not knowing, if you did something wrong? Letting the dog know what NOT to do is just as important as giving positive reinforcement, whenever s/he has done something right. I prefer to use a combination of both positive and negative reinforcements. I use food, praise, petting, play, and toys for positive reinforcement, and leash, collar, and/or verbal corrections for negative reinforcement. The goal is a happy, well-adjusted pet, which responds reliably.

#### → TRAINING NEEDS TO BE BASED ON MUTUAL TRUST AND RESPECT

There are practical, sensible, and effective techniques that are based on mutual respect and trust, and focus on the psychology of the relationship between the owner and his pet. These techniques transform the dog owner into a dog trainer himself. The owner can be taught proper posture, timing, body language, voice intonation, inflection, and attitude to bring out the best behavior in his/her dog. The bottom-line is, the dog responds well to the owner. That is the ultimate aim of a good dog trainer. 🐾



PHOTO: SHUTTERSTOCK.

### About Lance Tan

**Lance Tan is one of today's most respected obedience authorities. With many different titles under his belt, he is an internationally celebrated instructor, who conducts seminars and dog caching clinics throughout the world.**

**Lance has developed different techniques to solve all the 'bad dog' problems that drive owners crazy. A highly successful professional trainer since 1995, he uses a modified dog approach to show owners how to turn problem dogs into perfectly behaved companions.**

**He uses his amazing personal success story and insight on people behavior, based on dog behavior, to help thousands of dog owners develop a more satisfying relationship. He takes his students to "behind the scenes" of training a dog - peppering his sessions with knowledge on how dogs think and their body language, practical advice, useful suggestions, novel ideas, intriguing techniques, and counseling, to achieve maximum results in the shortest time.**

**His unique background, personal sensitivity, and innate training skills quickly made him one of Asia's most sought-after dog trainers. Tailoring his programs to meet his audience's needs and interests, such as at the PAWrates of Groovyland dog coaching clinic on November 1, 2014, his unique method has worked successfully with a wide variety of breeds, size and temperaments, even abused and aggressive dogs.**

**Prior to starting Shiloh Dawg Skool in Singapore, Lance was an active competitor in the United States, where he earned 14 obedience titles in six years. Lance also trained dogs and birds for use in print media and commercials. His canine actors have appeared in local and international television programs, motion pictures, and photo shoots for Fortune 500 companies.**

**Lance is the author of two books and the behavior columnist for numerous dog magazines as well as a regular contributor to numerous U.S. national dog publications and newsletters.**



Upon request, Lance Tan's dog behavior modification services can also be available through Groovy.

**Call (021) 719 77 04 for more information.**

**[www.k9shiloh.com](http://www.k9shiloh.com)**

# Games to Play with Your Dog

The November 2014 GROOVY edition introduced you to **Hide & Seek** and **Find Your Toy**. Today's game is great for energetic pups – and teaches highly excited dogs how to sit.

By Lance Tan



## Go Wild & Freeze

**STEP 1:** Teach your pup to sit for a treat, by holding one just above his/her nose, then raising it slightly, and moving it over the back of his/her head. As the pup reaches for the treat, his/her rear will lower to the floor. Praise him/her. Give the treat.

**STEP 2:** Add motion and excitement to stir up the pup. Hop, spin, and wave your arms. Then stop, stand straight, and tell your pup to sit.

At first, you'll need to end the "wildness" after a few seconds, so your pup doesn't get too excited and start jumping or nipping. As s/he learns the game better, you'll be able to stay "wild" longer, before having him/her sit.

## More people, more fun

If you have children, include them in

the game. They'll enjoy the high-energy action and learn a positive way to romp with the pup. The puppy will learn to play more gently with children and obey them, when they tell him/her to sit.

**STEP 1:** Show each player how to have the pup sit and reward him/her with a treat.

**STEP 2:** Then hand each player a doggie treat and start playing.

Begin the game by saying "Go wild!" At that cue, the players should hop, skip, wiggle, wave, and make happy sounds. After three or four seconds, call "Freeze!" and have everyone stop, and stand tall. Players should hold their arms at their sides or folded across their chests.

When you call "Freeze!" the person closest to the pup tells him/her to sit

and give a treat. After the pup gets the treat, start the game again by calling "Go wild!"

Each round, wait a few seconds longer before saying "Freeze!" If your pup gets overexcited and behaves roughly, shorten the "Go wild" time. The idea is to let the pup get playful and excited, but not overtax his/her self-control.

## Learning outcome

After a few rounds, your pup will sit automatically when players freeze. If s/he sits, reward him/her with a treat. If s/he doesn't sit automatically, have the closest player teach him/her to sit for a reward.

Your puppy will learn that it's ok to get excited and have fun, but also when to stop, and sit down calmly. 🐾

PHOTO: SHUTTERSTOCK.



# Our travel service for your special ones.

Imagine your pets having to travel thousands of miles, just like you – and feeling just as comfortable during their journey, too. Live/td from Lufthansa Cargo is the perfect way to ensure the comfort of your pets, whether at the state-of-the-art Frankfurt Animal Lounge or our other pet-friendly stations. Thanks to our specially trained personnel, animal specific care and fast transit times, you can be sure that your pets are always well-treated and looked after – on the ground, in the air, around the clock. Learn more about Live/td at [lufthansa-cargo.com](http://lufthansa-cargo.com)



**Lufthansa Cargo**

Networking the world.



Conquer the home-birth territory with

# Royal Canin

Birth  
& Growth  
programme



Birth programme is designed for the bitch and her puppies from gestation, lactation, weaning and up growth up to 2 months old.



\*And other Breed Health Nutrition Junior products.

royalcanin  
co.id