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10th Edition / April 2017

GROOVY

Pet Wellness 🐾 Pet Lifestyle

Magazine

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**POISON
CONTROL**
GET THE 411

**THE BIG
QUESTION**
Should You
Spay/Neuter
Your Pet?

**BRIGHT
SMILE**
PET ORAL
HYGIENE

MANOHARA
ODELIA ALL IN THE
FAMILY





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With Zahra at Kopi Cat Café

Dear PAWrents,

Last March 2017, Groovy celebrated its 27th anniversary. In this regard, I would like to thank our management staff, vets and all employees who have been with Groovy for many years until the present, as well as our customers, pet lovers, suppliers and everyone who has ever been in contact with us, thank you for your support.

It is our dream to be the most trusted world-class pet wellness company. With everything that we've achieved over the years, I would like to thank and honor God for making all things possible and blessing Groovy with 27 years. Rest assured, we will continue to flourish and serve our pet lovers in Indonesia and all over the world.

To commemorate our 27th year, we held a PAWrenting Day event, which we skipped the past two years. It was held on 2nd April 2017, which coincided with the grand opening of our Groovy PAW Resort.

In addition, our Kopi Cat Café in Bintaro and Groovy PAW Resort are now open to cater to pet lovers and coffee lovers, as well as our Grooming Online and Shopping Online services.

Online shopping is now very trendy and we aim to provide customers an easy way to get all the things they want using only their smartphone. Groovy Online in co-operation with GoMart, Happy Fresh and also Online Portals like Tokopedia, Blanja.com, Bukalapak and Lazada, will be available soon. Apart from Kopi Cat Café in Bintaro, we will also have Dogi-Tiam Resto in PAW Resort, the difference is that in Kopi Cat, there are residence cats inside the café, but for Dogi-Tiam, customers will be allowed to bring their dogs inside the café.

In the month of March 2017, we also offered discounts of up to 27% in relation to our 27th Anniversary, so PAWrents and customers were able to grab better deals for certain products and services, including blood tests at our clinic.

Now we are especially happy to present our Groovy Magazine edition no. 10 for PAWrents, customers and pet lovers, with valuable articles for your beloved pets' wellness. Lastly, we would like to remind PAWrents who have plans to travel during Lebaran, that you may board your cats or dogs at our PAW Hotel. Please make early reservations to secure accommodations for your babies as it tends to be full during the season.

Juda Adisusanto
Groovy CEO

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

@groovypet
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April 2017 Contents



On the cover:

Manohara Odelia

Photography by Mario Ardi.

Makeup by Bunlay.

Hair do by Cun Cun.

Location: Manohara residence.

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PHOTO: MARIO ARDI, SHUTTERSTOCK.

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FOR THE LOVE OF PETS

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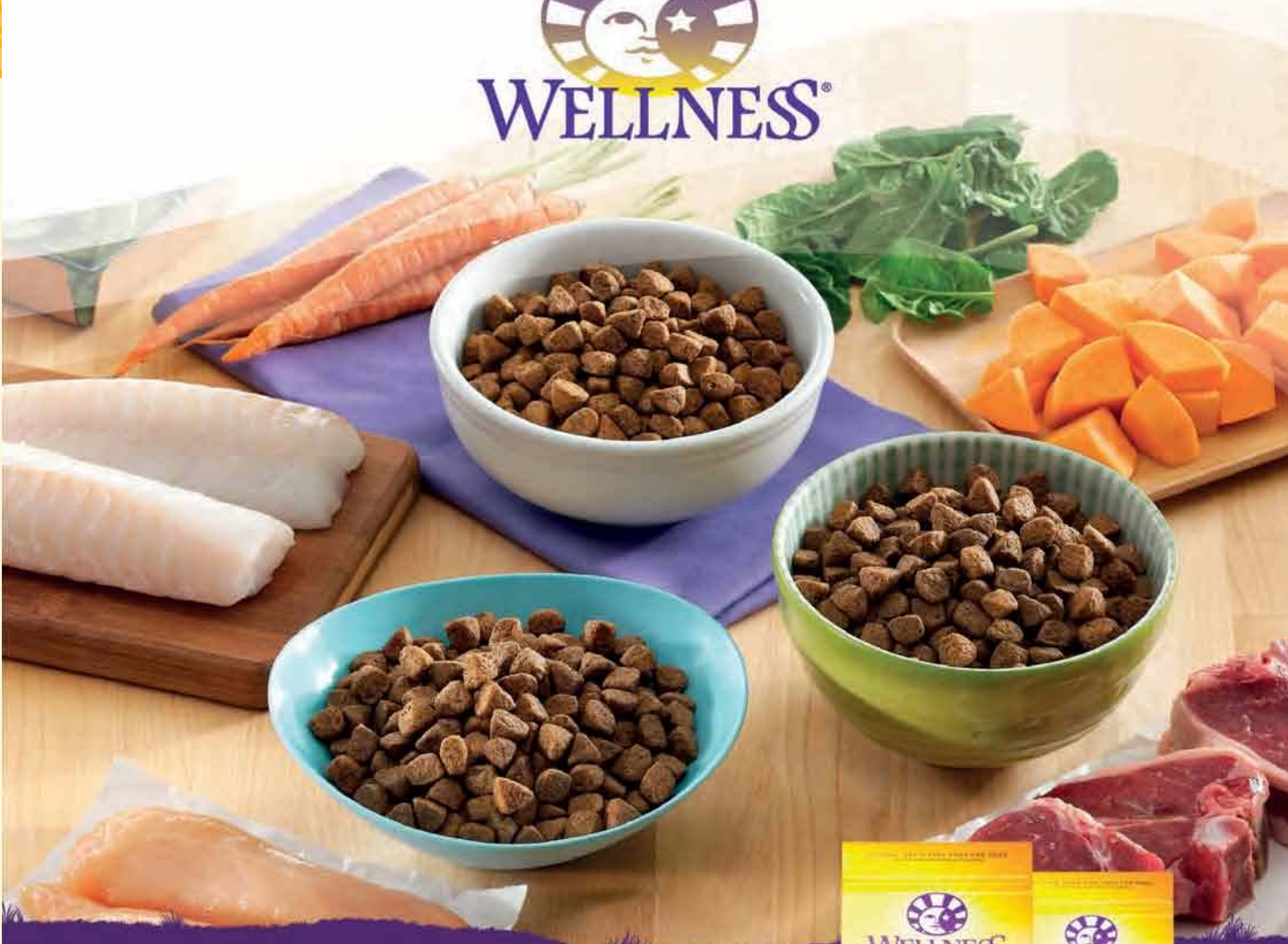
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FOR THE LOVE OF PETS

It's a Cat's life



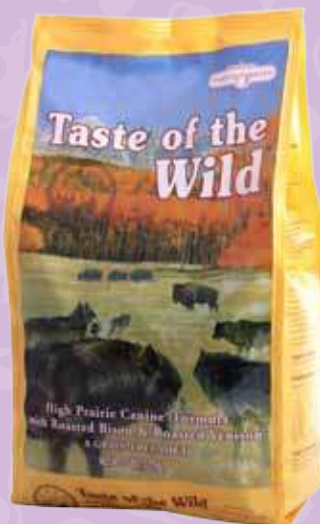
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EATING WELL, OPT FOR ONLY THE
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HEALTHY LIVING

ME AND YOU

OUR PETS GIVE US SO MUCH MORE THAN LOVE. HERE ARE SOME WAYS THEY BRING VALUE TO OUR LIVES.

By Yosefin Lingga, DVM

PHOTO: SHUTTERSTOCK.



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Have you ever had a bad day at work or school and then you come home and your dog greets you happily and somehow your day does not feel that bad anymore? This is one benefit of having pets, whether they're dogs, cats, fish, you name it. Having pets also has additional benefits of enhancing both the physical and mental health of PAWrents.

+ GOOD FOR YOUR HEART

According to an article published by the American Heart Association, having pets, especially dogs and cats, is associated with a favorable lipid profile, lower systemic blood pressure and lower stress levels. This is probably be-

cause having a pet somehow pushes you to engage in more physical activities. When you have a dog, you have to take him for walks. This seems nothing compared to proper gym exercises but that does not mean walking your dog is not beneficial for you. It is light exercise and if you do it regularly it helps you maintain a healthy cardiovascular system. Doing exercises will also lead to the production of serotonin which is a neurotransmitter that can elevate your mood.

+ GOOD FOR YOUR SOUL

Humans are social beings thus we all need social support. Having a pet companion can help us with our social

┌ **HAVING A PET
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needs. While individuals have different levels of social needs, it is proven that pets can fulfill your sense of belonging. This is possible because humans are able to humanize their pets, so being with your pet can have the same mental support effect as being with your family or friends. One study even found that those who have pets tend to exhibit higher self-esteem, are less lonely, and are more socially outgoing compared to non-pet owners.

The benefits of having pets from a psychological standpoint seem to depend on the owner's mind rather than on the pets themselves. As the relationship bond gets stronger, the mental support the owner feels also grows stronger.

+ GOOD FOR STRESS

Cortisol is a hormone that is released when your body system is off-balance. This is what we call stress. Although necessary in small amounts, a prolonged elevation of cortisol in the body has a lot of detrimental effects such as lowering the immune system, reducing bone formation that can lead to osteoporosis, increasing gastric acid production and making it difficult to memorize. So other than feeling bad, stress also has bad effects on your health.

Stress levels can be tampered by interacting with pets. Playing with your cat, cuddling with your dog, or watching your fish swimming around its bowl can stimulate the production of oxytocin which is often called "the love hormone", that contributes in making you feel happy. Petting a dog is proven to lower stress levels in the body.

+ GOOD WHEN YOU ARE SICK

A study reveals that pet owners tend to heal faster when they have wounds.

The presence of pets also helps patients with chronic pain. This is because pets help to relieve anxiety, thus reducing the pain we feel.

Another study also shows that one-third of pets living with diabetic owners change their behavior when their owners' blood sugar level drops. They can somehow detect the changes in the owner's body and get alarmed.

Having a pet means you need to establish a routine of feeding, playtime,

walks, and vet visits. This helps bring discipline in our daily lives. The feeling of being needed also gives you a purpose in life and many pet owners admit to having more value in their lives after they have pets.

All these benefits of having pets only work for those who love their pets and are willing to be responsible in taking care of them. When the trust is mutual between pets and owners, the benefits derived from the relationship can also be maximized to the fullest. 🐾




BRIGHT *Smile*

Maintain your pet's dental health by practicing good oral hygiene.

By Agnya Sinung, DVM

Like humans, oral hygiene is one of the important aspects of your pet's health. An unhealthy oral cavity could become the cause of bacterial infection that can spread through the bloodstream to the heart, kidney, liver or joints. When your pets experience tooth pain, they may not directly stop eating until the pain is really too much for them to endure. Their natural instinct to eat is very strong so pets will often continue to eat despite intense oral pain. Therefore maintaining the oral hygiene of your pet is as important

PHOTO: SHUTTERSTOCK.



"Maintaining the oral hygiene of your pet is as important as maintaining the other parts of his/her body."

be used and if you want to use toothpaste, choose toothpaste made especially for pets. Human toothpaste contains fluoride and foams up which can be upsetting or even toxic to your pet's gastrointestinal tract. Ideally, brush the teeth of your pet once a day. But if s/he has a healthy mouth, three days a week can make a difference.

First, choose a time when your pet has gotten enough exercise so s/he is inclined to sit still for the procedure. Start by introducing the brush head into the mouth. Brush the teeth for a short time in the first few trials, then increase the brushing time length when your pet is already used to it. Flavored toothpaste will help your pet like the procedure more, even though some pets like to chew the brush with flavored toothpaste, so it might become more difficult to actually do the tooth brushing. But toothpaste could be used to encourage good behavior when brushing for some other pets. Brush at a 45-degree angle; the bristles should be angled toward the gum line.

as maintaining the other parts of his/her body.

Here are some ways to ensure your pet has good oral hygiene:



Brushing teeth

Introducing tooth brushing is one of the best ways to practice good pet oral hygiene. The younger you introduce it to them, the more possible and easier it is for them to view tooth brushing as a habit. Traditional flat toothbrushes or finger brushes are recommended to

monitored while chewing their treat as they may swallow large pieces and this may lead to different kinds of digestive system disorders.



Dental cleaning and check-ups

Many symptoms like bad breath, excessive drooling, inflammation, as well as damaged or missing teeth are signs that you need to bring your pet to the vet, even if they are still eating well. Yearly check-ups of your pet's mouth is recommended when no symptoms are visible. Thorough teeth cleaning by a professional vet can remove plaque and tartar in your pet's mouth. You can also request for dental radiograph (x-rays) under anesthesia so the vet can assess the bone level around the teeth which is important in determining periodontal disease status and what treatment beyond cleaning is necessary. 🐾



Dental treats and food

Dry food, especially "dental diet" kibble formula, is better for your pet's teeth than wet food. Some food are made with special kibble design and others include a chemical anti-tartar polyphosphate ingredient. Some chew treats, rawhide products and biscuits contain anti-tartar ingredients. Not all chewing bone treats are recommended to be given to dogs. Cow hooves, dried natural bones or hard nylon products are too hard and could break teeth or damage gums. Pets should be





THE GIFT *of* Music

WE LISTEN TO RELAXING TUNES TO UNWIND, BUT DID YOU KNOW THAT SOME ANIMALS ALSO RESPOND TO MUSIC? By Maria Zarah Gregorio Viado

Music is a universal language, it is something that most, if not all people can relate to. Music can connect people or even be used to convey emotions and intent. Regardless of what language is used to interpret a certain song, most people can appreciate its melody and harmony and by paying close attention to the pitch, rhythm and tempo, one can derive the distinct message that the song wishes to convey. Which is why most of us, in one way or another, use music or songs to impart love, happiness, sadness, anger, disappointment, amongst others. The universal appeal of music and its many genres also allow us to divest of emotions that we normally conceal. Just listening to music helps us cope with our current circumstances and ease our anxiety. In the same manner, certain songs may also help us in relieving our stress. The soothing effect of music can cheer us up or even quell our emotions.

🎵 A PENCHANT FOR CLASSICAL OEUVRES

In the same manner, music can also be a source of enjoyment for our furry loves. Recent studies have shown that animals can also appreciate music, that certain types of music can help them relax or distract them from other sounds that may otherwise make them uneasy or scared. For example, some types of classical music have been found to help dogs relax. Furthermore, the combination of classical music interspersed with ambient sounds may effectively help your pooch calm down and become less tense. Music is especially helpful when there

are loud sounds going on outside, such as fireworks during New Year's celebrations or on-going construction outside the house.

However, dogs are not great fans of heavy metal music, as discovered by Deborah Wells, a psychologist at Queens University, Belfast. While playing heavy metal music, it was found that dogs tend to become perturbed and show signs of agitation such as barking. Whereas, popular music did not really draw any kind of substantial change in the dogs' behavior. This kind of research is beneficial especially for dog owners who want only the best for their four-legged babies.

🎵 SPECIFIC TO SPECIES

Cats, on the other hand, may not take as much of a liking for music that humans enjoy, even if it is classical pieces that you play. According to newly published research, for felines to appreciate sounds or music, it has to be specific to

their species. The authors of the study, Megan Savage and Charles Snowdon, both psychologists at the University of Wisconsin, say that cats need music that is composed in accordance with how they communicate, in particular it must be in their frequency range and with similar tempos they use in their natural communication.

🎵 MILKING MUSIC

Producing milk may be part of a cow's bodily functions, however, the demands of humans for fresh milk may take its toll on any herd. Which is why it is especially helpful that in 2001, University of Leicester researchers played different songs for 1,000 cows over nine weeks. Alternating between various genres, the cows were exposed to the music for 12 hours every day. At the end of the experiment, they were able to derive some interesting data. They found that some calming songs, such as "Everybody Hurts" by R.E.M. and "Bridge Over Troubled Water" by Simon

**CERTAIN TYPES
OF MUSIC CAN
HELP THEM RELAX
OR DISTRACT
THEM FROM OTHER
SOUNDS THAT MAKE
THEM UNEASY
OR SCARED.**





& Garfunkel resulted in a 3% rise in the cows' milk production. This information could be useful for cattle farmers who may reap the benefits from providing their cows with a more relaxed atmosphere.

AS DIVERSE AS HUMANS

While some animal species may share a preference for certain types of music, gorillas apparently are as individualistic as humans. Three gorillas at the Buffalo Zoo were observed over a period of time, and focused on natural sounds, classical or rock. Each type of music was played for three weeks at a time, followed by a one week control period. All three gorillas showed changes in their stereotypical behavior when the natural sounds were played, however,

each of them had varying responses to the other types of music. This may show that gorillas are as unique as they come, with certain preferences, just like humans.

HOW CAN MUSIC HELP YOUR PET?

Regardless of the various responses animals may have when they listen to music, it can be said that our pets serve to benefit from listening to music that is soothing and calming. Just like we humans like to listen to soft music when we go to the spa to relax or when we're trying to get some shut-eye, our pets may also feel appeased or pacified by listening to slow, soothing tunes. Perhaps it wouldn't hurt to leave a classical CD playing for our dogs when we step outside for a while or maybe allow

them to tune in to a radio station that plays classical music when we leave them at home.

Apart from helping them relax, these tunes may help to create a calm atmosphere, wherein our furry friends can feel loved and thrive. In this kind of environment, there's a possibility that they will feel less lonely and be less agitated to look for diversions or things to do, such as gnawing on your new sneakers or raiding the pantry for a snack.

Maybe it's time to expose our beloved pets to music. And perhaps they too will develop an appreciation for this art which as the saying goes is 'food for the soul'. 🐾

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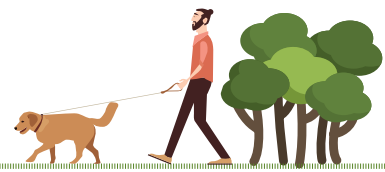
JOLLY GOOD TIME

A good sense of humor helps make life much easier to live. Below are some tips on how laughter can make you feel better. By Maria Zarah Gregorio Viado

We laugh at jokes or funny circumstances. And sometimes, we even laugh at ourselves. A good sense of humor helps us cope with the many different events that occur in our lives and it helps make light of things that may otherwise be awkward or difficult to go through. Finding humor in our day to day lives allows us a respite from all the bad things that happen and laughter allows us to release pent-up energy or emotions. To some, laughter is also a form of therapy and because we release endorphins when we laugh, we tend to feel a whole lot better afterwards.

Apart from endorphins, laughing also relieves physical stress and tension, it relaxes our bodies and also defuses stressful

PHOTO: SHUTTERSTOCK.



situations. It also helps in burning calories, so the more you laugh, the more calories you burn. There are plenty of benefits associated with laughter. Apart from the mental and physical benefits, shared laughter also helps strengthen relationships, makes you attractive to others and promotes good bonding between individuals. Maximize the effects and advantages of having and practicing a good sense of humor with these tips.

✔ BE OPEN

Maintaining an open-mind and being open to adventures will allow you to experience more things and develop a wider perspective of the world. Don't be afraid to discover new places, meet new people or even take up a new hobby or two.

✔ LEARN TO LAUGH AT YOURSELF

We sometimes do things we are embarrassed about or maybe even find ourselves in amusing situations when we are alone. Don't be too hard on yourself. Learn to laugh at your

mistakes or blunders, there's always tomorrow to try again and do better.

✔ SHARE FUNNY MOMENTS

The funny things that happen to us should be shared, for maximum pleasure and enjoyment. Tell your friends some jokes or even share funny stories about yourself or your family.

✔ DEFUSE A SITUATION WITH HUMOR

Have you ever been in a difficult situation punctuated by awkward silence? Deal with it by telling a joke or changing the topic. Even just smiling will help alleviate a disastrous meeting.

✔ TAKE THINGS LIGHTLY

Not everything should be regarded so seriously. Sure, traffic jams are annoying, the government could do better and the prices of commodities are sky-rocketing, but these are things that you can't possibly do anything about. Instead of getting angry at the state of the world, why not try to take things in stride? It will be better for

you and perhaps, you could use your positivity to influence other people.

✔ HAVE FUN WITH YOUR PET

Like humans, our pets also like to frolic and have fun. They may not find humor in the things that make us laugh nor are they able to laugh exactly like we do, but our furry friends surely know how to have a jolly good time. Engage them in some games such as fetch or let them chase after you. Not only will they appreciate you more for it, it will also uplift their spirits and provide them with some exercise. Both of you will definitely derive great pleasure from spending time and doing something fun with each other.

✔ SPEND TIME WITH LOVED-ONES

Nobody needs to go through life alone. We should spend more time with our friends and families, and most especially, our beloved pets. Take time to just cuddle or interact with your pet. Just hugging them will surely help to make a bad day into a good one. 🐾





The New Cat Café

FIND OUT WHAT'S IN STORE
FOR YOU AT KOPI CAT CAFÉ.



Kopi Cat Café by Groovy is finally open to the public! We have opened our doors and have begun brewing coffee; visitors can enjoy our delectable menu selections including delicious cakes and light meals which can be savored in the company of our lovely and lively cats.

Our Groovy resident cats greet people upon entering our cozy Kopi Cat Café, located at the 3rd floor of the Groovy Pet Store in Bintaro, Ruko Viktorian Block C5. It is situated in the shopping complex (ruko) next to the Pembangunan Jaya School and there are ample parking spaces available for most of the time.

You can look forward to meeting and loving our Groovy cats, such as Miss Zahra the Egyptian Sphinx, Miss Sally the 'Cheezeburger' British Shorthair, Mister Alfonso the Ragdoll and many other young and playful cats. There are also very beautiful kampung (domestic) cats in the café such as Jingga and Purr; you will love them when you see them walk and sit close to you.



LOVING CATS WILL INDUCE POSITIVE FEELINGS IN PEOPLE AND WILL HELP THEM RELAX.

Kopi Cat Café is open daily, except on Mondays, from Tuesday to Friday, 9am to 6pm and on the weekends, Saturday and Sunday from 10am to 7pm. Kids under 12 years old must be guided by one adult inside the café. Rules and regulations inside the café must be strictly followed by visitors in order to keep our cats healthy and playful so we can all have fun together. Forcibly feeding or touching the cats can make them feel stressed and drive them to retreat and stop playing with guests. It can also affect their health too. So we would like to ask and encourage all visitors to respect the rules and regulations in order for all of us to enjoy a healthy co-existence with our resident cats.

Loving cats will induce positive feelings in people and will help them relax. It is also a fun activity, something which can be used as an alternative therapy method. Our cats are regularly checked, twice a week, by our vet from Groovy Vetcare to make sure they are all healthy and happy. In case of any health issues, we remove the cat from the café and nurse him/her back to good health before allowing him/her inside the café. In case this happens, we apologize in advance if you arrive at Kopi Cat to visit your favorite cat

and find out s/he is not available at the time. Rest assured we take care of all our resident cats and treat them with only the utmost love and care.

Relaxing music is played throughout the premises and was especially selected to make our cats and our special visitors feel comfortable while hanging out and having fun. While visiting the cats, we encourage you to also try our favorite menus as well: Swiss Roll Cake, New York Cheese Cake, Vanilla Choco, Macaroni Schotel, Chicken Pot Pie, and for the drinks: Hot Catsppuccino, 3D

Cat Latte, Ice Catsppuccino and many more choices, they all taste fantastic!

Lastly, Kopi Cat Café will regularly host an adoption day for people who want to have a new companion pet at home, so they will be able to choose which cat is suitable for them. This event will be held once a month, depending on the availability of cats for adoption. We are committed to teaching people about the advantages of adoption rather than buying pets and we cannot wait to welcome you to our Kopi Cat Café! See you there! 🐾





BOOST YOUR PET'S *Brain- Power*

KEEP YOUR FURRY
FRIEND'S MIND SHARP
BY INTRODUCING HIM/
HER TO NEW THINGS.

By Maria Zarah Gregorio Viado

Animals, even our pets, were not created to sit in a corner with nothing to do all day. They are naturally curious and if not given some form of distraction, they may become anxious or depressed with nothing and nowhere to expend their energy. Leaving them with nothing to do may lead them to resort to negative behavior, such as attacking your shoes or ripping up the sofa. It is therefore the responsibility of a PAWrent to ensure that his/her four-legged baby is given the right amount of activities to keep him/her busy, whether you're there to keep your pet company or for the duration of the time s/he is left at home.

Below are some ways you can keep your pet engaged while also helping boost his/her IQ.

Play Up their Animal Instincts

Dogs love to dig and cats like to climb. It's just in their nature. So why not cater to the activities they like to do? You can bring your dog to the yard and let him do a little digging or you can also introduce him/her to a treat-dispensing toy such as a Kong Classic

PHOTO: SHUTTERSTOCK.



"ANIMALS ARE NATURALLY CURIOUS AND IF NOT GIVEN SOME FORM OF DISTRACTION, THEY MAY BECOME ANXIOUS OR DEPRESSED WITH NOTHING AND NOWHERE TO EXPEND THEIR ENERGY."



(available at **Groovy Pet Stores**) which you can stuff with a treat (or two) that s/he can try to get. For your feline family member, you can provide a cat tree or ledge s/he can climb and perch on to look out the window. You must also remember that cats like to scratch things, therefore make sure to give your cat a scratching post, otherwise s/he might scratch other things in your home.

Keep Your Pet Busy

Busy animals have less energy for creating chaos so taking your pet for a walk regularly will help him/her tremendously. If you have to leave your dog at home, spend 15 minutes before you leave and take him/her out for a short walk. Otherwise, you can do it when you get home. Puzzle toys will also keep your dog engaged for hours at a time. Cats, on the other hand, may

not need as much physical exertion, but they do need to be intellectually stimulated. Why not give your furry feline some empty boxes or a ping pong ball s/he can play with? A ball of yarn never grows old and will keep your cat engaged for some time.

School is Cool

Enrolling your puppy in training school will not only benefit him/her mentally and physically, it will also allow him/her to develop good behavior and the ability to respond to certain commands. Just like children, puppies need guidance in cultivating good behavior and your participation will also be essential

in helping your furry friend remember and practice commands at home.

Interaction with Mom and Dad

Perhaps one of the best ways you can help boost your pet's IQ is by spending time with him/her. You cannot discount the value of engaging in activities with your pet. Not only does it strengthen your bond as well as his/her EQ, it also stimulates his/her intellect. You can choose different routes when you walk your dog, this will expose him/her to different environments and stimuli. For your cat, engage him/her with a laser that he can chase around while you comfortably sit on a sofa. 🐾



THE ARCTIC CHARMER

Renowned for its strength,
the Alaskan Malamute is now
a favored domestic pet.

The Alaskan malamute is an old dog breed that originated from the Arctic region. They were bred as working dogs because of their strength and endurance. They used to pull heavy freights even in freezing climates. The Alaskan Malamute is loyal, playful and affectionate by nature, this is why nowadays they are considered good family dogs. In spite of this, early training is a must since they can be quite stubborn. Owners need to establish themselves as the pack leader from the dog's puppyhood. 🐾

WHAT YOU SHOULD KNOW



SIZE AND WEIGHT (FORM)

According to the American Kennel Club, this breed grows to about 58 cm tall and weighs 34 kg for females and to about 64 cm tall and 39 kg for males, although lighter and heavier variations are commonly seen as well.



HAIR AND GROOMING

Malamutes have a double coat that needs regular brushing and bathing. They regularly shed so brushing helps keep their hair in good condition. Daily brushing keeps

matted hair away and you can check the dog's skin for any hot spots. Don't forget to check the ears for accumulated ear wax and to keep the dog's nails short.



ENERGY LEVEL

True to the nature of their ancestors, Malamutes have high energy levels and are very active thus they need lots of exercise. They are a great breed to be brought outside for activities with the family.



IDEAL ENVIRONMENT

Considering Malamutes are Arctic dogs, they are supposed to live in cold climates. This does not mean they can't survive in tropical climates; owners just need to be sensible in keeping them cool. In warmer areas, it is a good thing to keep Malamutes indoors where there is air conditioning. Short potty times outside can be done during the day but consider doing

their walks super early in the morning or only in the evening when it's cooler.

These guys are also active and full of energy so provide them plenty of space and lots of activities to enjoy. They might become destructive when they get bored or are not able to release their pent-up energy, so keep them busy!

Additional info:

- ▶ **Life span:**
12-14 years
- ▶ **Common health problems:**
hip dysplasia, hereditary cataracts.





NOW OPEN!

Your beloved pets can now frolic in the sun at our PAW Resort.

It's been our dream to have our own swimming pool for our dogs, Jetblack and Toffee.

They used to swim at our friend's pool where they were allowed to swim and play; we really had fun with them at the swimming pool. Both of them used to stay in the pool for hours in a day, swimming and playing with their toys.

It was because of this that we began to think about having our own swimming pool. We were able to allocate land in our kennel, substantial enough to accommodate one big swimming pool. In 2015, construction of the swimming pool was started and it was completed at the end of 2016. Along with our desire to give Jetblack and Toffee a fun place to play in, we also wanted

this pool to accommodate other dogs and PAWrents so they can play, swim and have fun together. And now our swimming pool at our PAW Resort is open for all dog lovers.

Our swimming pool measures 15 meters in length and has a width of 6,5 meters; the deepest side is 120 cm, deep enough for people and dogs while also being safe for children. We have additional facilities such as shower rooms for people and for dogs after swimming, as well as grooming and drying or blow drying services.

While your dogs are swimming, you can opt to join in the fun or you can enjoy meals at our Dogi-Tiam Café, which serves Eastern style cooking as well as cool and hot drinks. At the PAW Resort,



we also have the multi-function Groovy House, which can accommodate indoor activities such as small parties for the birthday celebrations of your children or even your pets. Inside Groovy House, a Pet Corner also sells pet products.

The PAW Resort also features a green playground in the backyard and spacious parking spaces. We have plans to develop additional facilities inside the PAW Resort, and at the moment, some of the facilities still need improvements.

The PAW Resort is open Tuesday to Sunday, and it is closed on Mondays. We are open Tuesday to Friday from 9am to 4pm, and Saturday to Sunday from 8am to 4pm. We are closed on public holidays. 🐾



ALL IN THE FAMILY

Manohara Odelia



WHEN YOU DEVELOP CLOSE BONDS WITH YOUR PETS, THEY BECOME MEMBERS OF YOUR FAMILY. JUST ASK **MANOHARA ODELIA**, WHO HAS WELCOMED SIX DOGS AND A NUMBER OF CATS INTO HER HOME AND INEVITABLY, INTO HER HEART.

By Maria Zarah Gregorio Viado

A different kind of aura now surrounds Manohara Odelia. The former model and TV personality has certainly retained her unparalleled beauty, but she now exudes a peaceful countenance and a quiet confidence that a person only acquires with maturity. After four years of not being in the spotlight, Manohara is currently pursuing a career in publishing, producing corporate magazines for malls, hotels and airlines, to name a few.

Recently, she has also been seen on TV with two of her beloved dogs – Paddington, a Bernese Mountain dog and Butterball, a St. Bernard. And it is evident that this time around, Manohara is ready to show a different side of her life, a more personal view of her animal-loving nature. “I have always been an animal person. Ever since I was small we had pets in the house, from rabbits, to cats and dogs,” shares the 25-year-old half Caucasian and half Indonesian lady.

Apart from her large furbabies Paddington and Butterball, Manohara is also a PAWrent to Winnie, a mix Pomeranian Poodle; Molly, a rescue; Hank, a red Poodle; and Axl, a deaf and blind rescue, “We also have several cats; I think more than nine at the moment. I feed stray cats,



and I think some of them have decided not to leave anymore,” she reveals with a laugh.

A self-confessed homebody, Manohara likes to spend time at home with her pets, who co-exist happily with her family. “Though I like to travel, as well as practice yoga and pilates, I also enjoy being at home where I paint. Painting is an old hobby of mine and it is my outlet, so I’m personally attached to my paintings. Some of my friends took several of my paintings home, but otherwise, I have never exhibited my work. The paintings are like my journal, like writing to me.”

As a private person, it is apparent that Manohara feels slightly guarded when she is asked personal questions, however her guard comes down when she starts talking about her babies, “I have tried to build the endurance of my dogs to the warm climate since they live in a tropical country. For the most part they live with us indoors, but I do take them outside regularly and make sure there’s water for them to drink close by.” Asked if she has a favorite pet, the protective PAWrent in Manohara comes out when she says, “No, I don’t have favorites; that would be like picking a favorite parent. I love them all for different reasons and for their different charac-

PHOTO: MARIO ARDI, MAKEUP: BUNLAY, LOCATION: MANOHARA RESIDENCE.



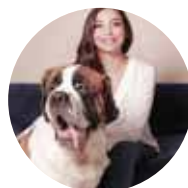


I HAVE COME TO KNOW MORE ABOUT ORGANIZATIONS THAT RESCUE DOGS AND I WOULD LOVE TO HELP THEM, EVEN JUST BY GIVING MY TIME TO SUPPORT THEIR CAUSE.

ters. All dog owners know their dogs better than anyone else.”

The affable lady then goes on to describe each of her six dogs, “Paddy, who is trained as a guard dog, has an indoor and outdoor personality. When he is inside our gate, he is very guarded, but outside, he’s a very chill dog,” Manohara says as a little dog comes into the room, “This is Molly, who just pushed the door open. She’s a rescue. She’s very nervous around people, especially men, but she’s very sweet. Her best friend is Hank. Hank is a red Poodle, he is very dominant with the ladies and doesn’t like making friends with other male dogs. Butterball, on the other hand, is food-oriented, you just need to give him food to make him do anything. Winnie is easy and Axl, I share a close bond with him.”

Axl is her blind and deaf rescue dog, who couldn’t walk when Manohara adopted him. But since he has been in her care, Manohara has successfully restored Axl to good health, taking him to acupuncture treatments and providing him DHA for his brain development. Now Axl can walk and is very relaxed and calm when he is with Manohara, but he tends to be very intense and nervous around other people, “I’ve seen a difference in Axl’s demeanor, I feel we have bonded quite well. I love and appreciate how much he trusts me. Axl was my first rescue and



since then, I have come to know more about organizations that rescue dogs and I would love to help them, even just by giving my time to support their cause.”

With so many pets making up her household, one wonders if Manohara and her family have any plans of acquiring or adopting more dogs/cats, “Not at all, we have plenty of pets to love right now. However, if I would get a new pet in the future, it would definitely be a rescue. I am now a firm believer of rescuing dogs who need a home, rather than buying a pet.”

On a more personal note, Manohara also has plenty of things she would like to do for herself in the future. In May this year, she will be going to flying school, something she has always wanted to do, “I’ve always thought it would be cool to learn to fly a plane. I remember when I was eight or nine years old, I watched a TV documentary about elderly people with special talents and there was this lady farmer who had her own propeller plane and she would fly herself wherever she wanted to go. Now I am finally taking steps to make my dream come true by attending flying school so I can learn to fly a plane by myself. Hopefully I won’t fail in this endeavour,” concludes the affable lady, who armed with her friendly nature and positive demeanor will surely be able to achieve whatever she puts her mind to. 🐾



selfie with
my
bestie



Simona Buechi with Naga (Shih Tzu)



Yvly and her kids with Jackson (Labrador)



Dewi with Haru (Maltese)



Jui with Fio and Amaira (Westie and Red Toy Poodle)



Amanda with Aeemora (Persian)



Debra Angelique with Mango (samoyed)



THE BIG QUESTION

SHOULD YOU SPAY
OR NEUTER YOUR
DOG/CAT? FIND OUT
WHY YOU SHOULD AT
LEAST CONSIDER
THE PROCEDURE.

By Deasy Anellis, DVM

Many pet owners are riddled with the decision of whether to spay/neuter their pets. Surely you have also contemplated this option.

There are a number of benefits from having your furry friend undergo the procedure. By spaying or neutering your pet, you'll help curb the problem of pet homelessness. In the United States alone, this results in the death (by euthanasia) of millions of healthy dogs and cats each year, simply

because there are not enough homes that are willing or able to accommodate more animals. Apart from this, there are also several medical and behavioral benefits to spaying (female pets) and neutering (male pets) your pets.

Medical benefits:

✚ If your pet is a female, she will live a **longer, healthier life** if she is spayed. Spaying helps prevent uterine infections and breast tumors, which are malignant or cancerous in about 50

PHOTO: SHUTTERSTOCK.

THE BEST TIME TO SPAY YOUR PET IS BEFORE HER FIRST HEAT!



percent of dogs and 90 percent of cats. The best time to spay your pet is before her first heat, as this offers the best protection from these diseases.

+ Conversely, having your male dog neutered can **prevent testicular cancer** and some prostate problems which he can develop as he gets older.

Behavioral benefits:

+ When your female pet is spayed, she **won't go into heat**. While cycles are different for each dog or cat, female felines usually go into heat four to five days every three weeks during breeding season. When this occurs, the cat tends to attract a mate by yowling and urinating more frequently. Sometimes even in different places throughout the house. Having your cat spayed is going to prevent chaos from happening in your home.

+ When your male dog is neutered,

he will be **less likely to roam away from home**. An unneutered male dog is hardwired to do anything to find a mate, including looking for different, sometimes creative ways to escape from the house. Once he gets out, your dog will be faced with plenty of risks including being run over or getting into fights with other male animals.

+ A neutered dog is inclined to **behave better**. Unneutered dogs and cats have a higher tendency of marking their territory by spraying strong-smelling urine all over the house. In addition, your dog will less likely feel the need to mount other dogs, people and inanimate objects after he's neutered. Some aggression problems may also be avoided when your pet is neutered at a young age.

Having mentioned the medical and behavioral benefits of spaying/neutering, it must also be said that spaying/neutering your pets is also highly cost-effective. The cost of your pet's spay/neuter surgery is far cheaper than the

cost of having and caring for a litter. Despite the many advantages, there are plenty of misconceptions surrounding the procedure. Below we discuss two common myths.

Debunking Spay/Neuter Myths and Misconceptions

+ *My pet will become overweight because of paying or neutering.*

This is false. Your four-legged babies usually become overweight because of lack of exercise or overfeeding—not neutering. If you have a regular exercise routine and consistently monitor your pet's food intake, then s/he will remain fit and trim.

+ *If I have my pet neutered, his behavioral problems will disappear.*

No, that is not true. Neutering is not a quick fix for behavior problems. There is a possibility that after neutering your pet, his undesirable behaviors will be reduced but it's not a guarantee that he will undergo a complete change. Although the surgery will reduce the amount of testosterone in your dog's





system, it won't eliminate the hormone completely. Neutering will also not 'erase' behaviors your pet has developed from a young age. The effects of neutering are largely dependent on your dog's individual personality, physiology and history.

Like all things in life, there are specific times when spaying/neutering are recommended. Read on to find out when you should have your dog/cat undergo the procedure.

+ For dogs: The best time to have your dog neutered is from **six to nine months**, however puppies aged eight weeks old can be neutered as long as

they're healthy. Adult dogs can also be neutered, although there's a slightly higher risk of post-operative complications, as well as for dogs that are overweight or dogs that have health problems.

+ For cats: In general, it is considered safe for kittens to be spayed or neutered **from eight weeks old onwards**. In animal shelters, surgery is often performed at this time so that kittens can be sterilized prior to adoption. To avoid the start of urine spraying and eliminate the chance for pregnancy, we recommend that you schedule the surgery before your furry feline reaches five months of age. It's

also possible to spay a female cat while she's in heat.

Visit your veterinarian so you can discuss and determine the best time to spay or neuter your pet. Lastly, spaying/neutering your pets will also give them a higher chance of enjoying their senior years. When dogs or cats reproduce, their energy is used up, whereas if they are spayed/neutered, this energy can be used for other purposes, such as tissue/cell remodelling. In other words, having your dogs or cats spayed/neutered will also help them in slowing down their aging process. That means you will get to enjoy more years with them. 🐾

PHOTO: SHUTTERSTOCK.

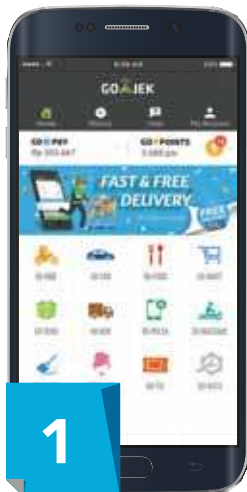


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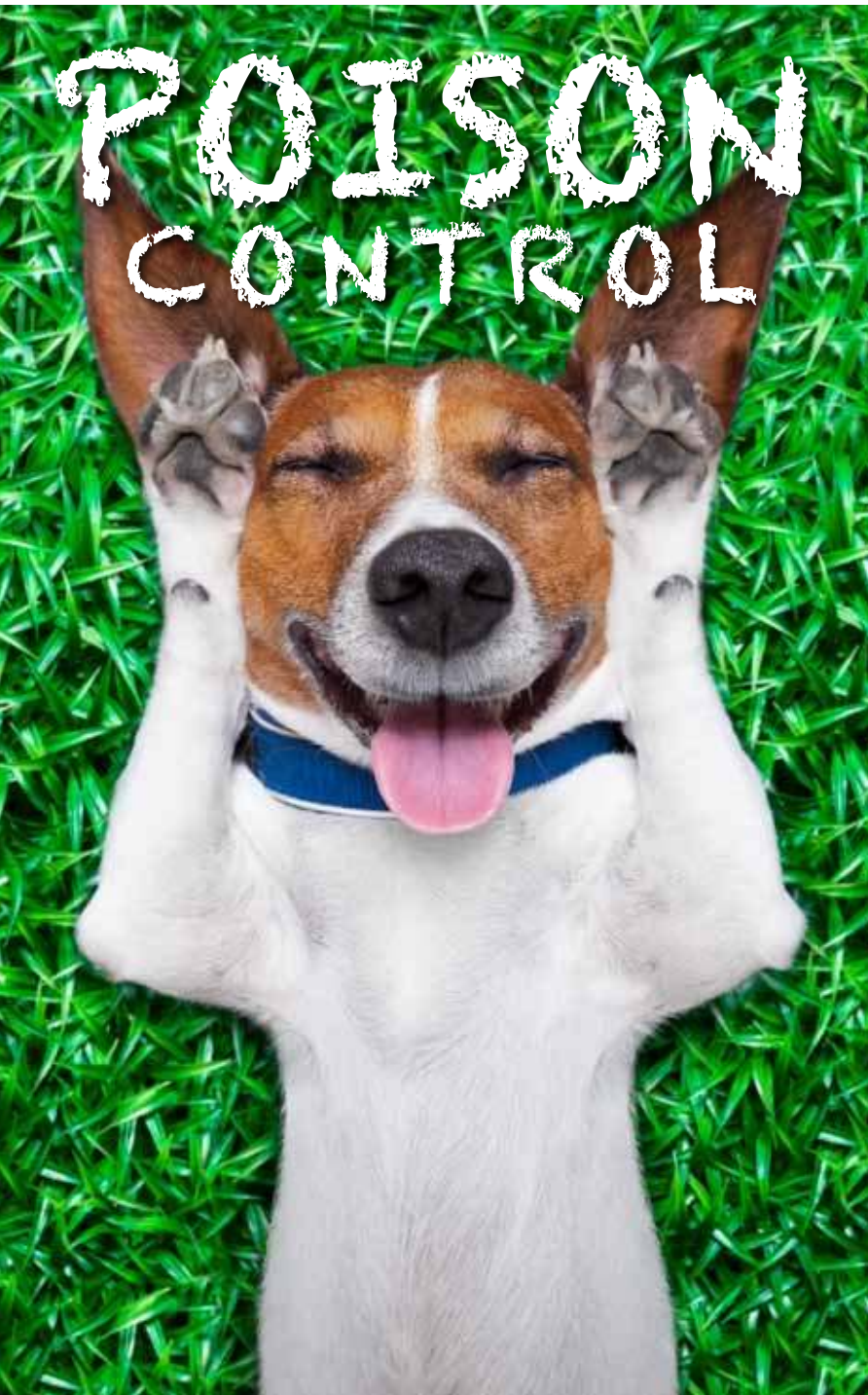
PILIH **TOKO**
DAN **BARANG**

YANG ANDA INGINKAN



MASUKKAN ALAMAT
DAN DRIVER **GO-JEK**

AKAN BERBELANJA DAN
MENGANTAR BARANG ANDA



The 411 on what you can do on the offhand chance your dog ingests something he's not supposed to.

By Agnya Sinung, DVM

As good PAWrents, we don't want our dogs to be in a critical state because of anything toxic. Lots of things around our house and environment are toxic to dogs. Sometimes they seem harmless, useful, even tasty, but are in fact poisonous to our dogs. These 'dangerous' materials should be placed as far away as possible from our dogs, in places they cannot reach:

✖ MEDICATIONS

Paracetamol, anti-depressants, sleeping pills, birth control pills and many other medications are toxic to your dog. Keep medications in an inaccessible location so they are not able to reach them. Even pet medications could be dangerous if taken in higher doses. Keep human and pet medications separately so you will not mistakenly give the wrong pills. Be vigilant in looking for and picking up dropped pills/tablets before your dog does.

✖ INSECTICIDES AND RODENTICIDES

When using insecticides or rodenti-

PHOTO: SHUTTERSTOCK.

cides, keep dogs away from the area for the recommended period of time. Strictly follow the directions and don't let them lick any residue.

❌ HUMAN FOOD

As most PAWrents know, chocolates are toxic and can be fatal for dogs. Other food like grapes, raisins, avocados, macadamia nuts, xylitol, alcohol, coffee, caffeine, citrus, onions, garlic, chives, salt or salty snacks can also be dangerous. Always think twice before you give these types of food to your dogs as they could be fatal.

❌ PLANTS

Several household flowers and plants can be dangerous to your dog. Lilies, sago palms, azaleas, daffodils and rhododendrons are poisonous to dogs.

❌ HOUSEHOLD PRODUCTS

Bleach, detergents and other cleaners and disinfectants can make dogs sick when they lick or inhale them. Make sure floor or equipment are fully dry from cleaning solutions before you let your dogs play around them.

❌ MISCELLANEOUS CHEMICALS

Look out for warnings regarding pet exposure to fertilizers, paint thinner, antifreeze, etc.

If your dogs have access to these poisonous materials, consider removing them, fencing in your pets, or keeping them in a part of your house where your dogs cannot reach them. Teach them the command "drop it" so when they pick up something dangerous you can stop them from swallowing it.

Symptoms of dog poisoning can vary depending on the poisonous substances. The poison could affect their behavior, digestive system, respiratory system, urinary system, and/or nerv-

ous system. The signs include diarrhea, drooling, vomiting, lack of appetite, coughing, discolored gums, black tarry stool, excessive thirst, decreased, absent or excessive urination, or weakness. Other symptoms like seizure or loss of consciousness should be treated immediately by the vet.

When you see or find those symptoms repeatedly in your pet within a short period of time, you need to remain calm and controlled. Remove your dog from the area, then check if s/he is breathing and acting normally. Collect remaining poison or other substances involved (vomit, feces). These will serve as evidence and will be instrumental in

helping the vet to respond quickly to what type of poison affected your dog.

Call your vet or the **Groovy Vetcare hotline: +62 811 888 2490** immediately. Prepare to explain about the symptoms, breed, age, sex, weight and other information about your dog and the incident. The vet will give basic instructions regarding the condition of your pet. Don't induce vomiting, give any home antidotes, milk or salt before speaking to the veterinarian. The sooner the treatment is started, the better the chance of survival. Remember that there is only a narrow time frame when a veterinarian can decontaminate in the case of a poisoning. 🐾



"LOTS OF THINGS AROUND
OUR HOUSE AND ENVIRONMENT
ARE TOXIC TO DOGS. SOMETIMES
THEY SEEM HARMLESS, USEFUL, EVEN
TASTY, BUT ARE IN FACT POISONOUS
TO OUR DOGS."

VET TIPS!



CHECK OUT SOME ADVICE FROM A PROFESSIONAL TO ENSURE YOU GIVE YOUR PET THE BEST CARE POSSIBLE.

By Yosefin Lingga, DVM

As a PAWrent, you are responsible for the growth and development of your pet. To check if you are on track, read these useful tips from the vet.

YEARLY CHECK-UPS

This is very important: to know the health status of your pet. Yearly check-ups are the time when your pets get their vaccinations, have their feces checked, as well as undergo blood tests to see if their internal organs are doing well, etc.

SPAY AND NEUTER

Spaying and neutering are ideal in reducing the risk of your pet having some types of cancer. It typically makes the pet less stressed since they will not have the urge to mate and thus lowers the risk of them getting lost from roaming around looking for a mate or coming home full of wounds from fighting with other animals.

There are some owners who oppose spaying and neutering because they feel bad about their pet losing the

PHOTO: SHUTTERSTOCK.



THIS COULD BE
A VERY DANGEROUS THING
TO DO; EVEN COMMON
COLD MEDICINE
CAN BE VERY TOXIC
TO YOUR CATS AND DOGS
WHEN GIVEN EVEN IN
SMALL DOSES.

ability to mate. Unlike human views on sex, animals view mating as an urge to proliferate and ensure the existence of its species. They do not miss out on the urge to mate after they are spayed and neutered.

HEALTHY WEIGHT

Keep your pets in their healthy weight range. Too skinny from malnutrition or obesity from overfeeding can cause hormonal imbalances, organ failure, skin problems, heart disease, joint problems, diabetes, etc. Consult with your vet to see what diet is best for your pet depending on their age, weight, and lifestyle.

Another tip about weight, pets tend to gain weight after being spayed or neutered. So watch their appetite and supervise their activities to keep them fit after the procedure.

WATCH WHAT YOU GIVE AS FOOD AND SNACKS

There are plenty of human food that can be harmful to your pet such as chocolates, grapes, onion, garlic, alcohol, xylitol, raw bones, and many others. Some can cause mild symptoms but they mostly cause irreversible organ damage. So be cautious when sharing your snacks with your pet.

NEVER GIVE HUMAN MEDICATIONS

This could be a very dangerous thing to do; even common cold medicine can be very toxic to your cats and dogs when given even in small doses. When your pet is sick, bring them to the vet to get proper treatment and medication. If it is not possible to bring them, make a phone call to the vet to consult if you are allowed to give your pet certain medicine. Mention the ingredients, the name of the medicine and ask if it is safe for you administer it to your pet.



DO NOT HOARD

This often starts with good intentions as it is indeed a good deed when you save sick stray cats from the streets or provide a home to abandoned kittens and puppies. The thing is, there is a limit to everything. Even shelters have a limit to the number of animals they can keep. Having too many animals to care for will only cause suffering to the animals themselves, as they will suffer from too little food or cramped space. Not to mention, when infectious diseases and parasites start to spread amongst the animals, it will be difficult to control the disease and if basic living requirements are not met, they will most likely fall sick and will not be able to receive proper treatment as well.

PUT YOUR VET ON SPEED DIAL

If you are not sure about something with regards to your pet, from what food to give, what products to use or even if you just have uncertainties or questions about the health of your pet, don't hesitate to discuss it with your vet. You can make a quick phone call or go on a casual visit to the vet's clinic with your pet. Contact Groovy Vetcare hotline for more pressing matters at +62 811 888 2490. 🐾



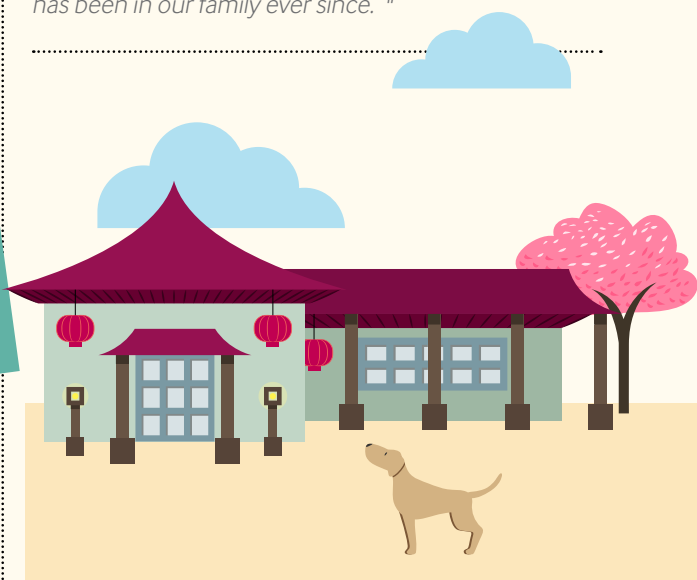
DESTINATION:

CHINA



WHERE DID YOU LIVE IN INDONESIA?

"We lived in Jakarta, Indonesia for many years and our boy **Bailey** was a rescue dog from the street. He still looks a bit scraggly and he is quite nervous around strangers but over the years he has calmed down and become quite placid especially around my children. I first found Bailey on the street in **Bintaro, Jakarta** where we used to live back in the year **2007** and he has been in our family ever since. "



WHEN DID YOU LEAVE JAKARTA AND WHERE DID YOU MOVE TO?

" We recently left Jakarta bound for **Xian, China** and used **Groovy** to help with our pet transportation. We had some issues trying to find an airline that would transport a dog into China and Groovy recommended that we fly into Guangzhou to avoid quarantine which we wanted to do at all costs because Bailey was already a nervous dog, goodness only knows what he would be like if he had been quarantined for some time."

Samantha
Pryse with
her kids and
Bailey

WHAT AIRLINE DID YOUR PET USE?

"The only airline that would fly him from Jakarta to Guangzhou was **Malaysian Airlines** and then I had to have a connecting flight from Guangzhou to Xian with him in the cargo hold, not as a carry on. I saw him before take-off at Soekarno-Hatta International Airport and then again when I arrived at Guangzhou where he was picked up by another pet relocation agency recommended by **Groovy**. Seeing him relieved some of my tension for him. Finally, I arrived in Xian and he was delivered to my apartment a few hours later. It was definitely a

very long day, but it was worth it and I was very happy with the professionalism of **Groovy** and the other agency to ensure that he made it to our apartment safe and well."



WHAT IS YOUR DOG'S FAVORITE ACTIVITY?

Xian is a very dog-friendly city. There are many parks and beautiful walks and Bailey is a very happy dog because he gets to go on big walks every day sometimes for several kilometers. His favorite activity now is **sniffing around** his new neighborhood and **meeting other dogs**. 🐾





BE A RESPONSIBLE PET OWNER.

By Lance Tan

Some of the reasons given by dog owners for abandoning their pets, as recorded by us for many years are shocking to say the least. Very few give up their pets for genuine reasons. When you analyze the reasons, what strikes you is the utter selfishness of the human race that causes them to abandon a defenceless animal, which has looked up to them always for its needs and protection and whose companionship and love they have enjoyed for perhaps a long period of time.

Most people who come to abandon their dogs are those who have not

"counted the cost", so to speak, of owning a pet. Before bringing the dog home, they did not consider carefully the changes that they will need to make in their lifestyle, the expenses to be incurred and the time and attention they would need to give it. And when they see that they do not have the patience to cope, or are simply unwilling to make time, they find abandoning their dog the best way to get rid of the problem.

Moving to another city or country where circumstances may not be conducive to having a dog is another

PHOTO: SHUTTERSTOCK.



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reason cited. Sometimes, people buy a dog for their children expecting the children to look after the dog and when they fail to, the parents abandon the dog. These people do not realise that they are responsible for their children's behavior and ultimately for the dog.

Still others take refuge in complaining that the dog barks or howls too much. Well, that happens because you have not trained the dog well or are not giving it enough attention. Another person abandons the dog because she is pregnant. Well, whose fault is that?!

There are some people who complain that the dog eats too much. That probably is because the dog is being fed too much! Then there are those who give up dogs because it chases cars. These are people who will not take the time to buy a leash, collar

or fence up their yard. Some selfish people will give up their dog because they got new carpeting. Is that the dog's fault? And who was there first, the dog or the carpet? These are some of the shallow reasons given by people who abandon their dogs. These are also the kind of people who will not even have the sensitivity of leaving

**PETS ARE
LIVING THINGS
AND SHOULD
NOT BE THROWN
OR CAST AWAY
LIKE DISCARDED
PIECES OF
FURNITURE.**

the dog in an animal shelter where the dog can at least hope to be adopted by somebody who will genuinely love it. Their way of getting rid of their dog is by abandoning it on the road, or in a forest or tie it to somebody's fence and drive off.

There are so many reasons that an irresponsible dog owner can give when they abandon their dog: divorce, death, birth, relocating to new city, moving to an apartment or condo, renting, we have too many pets, they cost too much to keep, they're old or sick, they're not housebroken, we have unwanted puppies or kittens, they're wild, destructive or unruly, they don't listen or behave, no one takes care of the pets, we have no time for the dog, we're too busy, the dog is too aggressive...and the list goes on. But it really doesn't matter what we come up with. What we must all realize is that there is just no justifiable reason for us to abandon a helpless animal which we, ourselves, acquired or adopted. When any pet owner comes across a challenge in pet ownership, then s/he should just try his/her best to manage and deal with problem. Pets are living things and should not be thrown or cast away like discarded pieces of furniture. We, as people, should all know better. 🐾

PHOTO: SHUTTERSTOCK.



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LET'S SOCIALIZE!

A puppy's first forays into the world can help hone their social skills. By Lance Tan

Many well-intentioned dog owners do not realize that they waited too long on getting started with socialization. The critical window of socialization ends approximately when the puppy is 16 weeks old. In fact many veterinarians, trainers, behavior consultants and behaviorists emphasize the importance of the period before the pup is just 3 months old! Adequate socialization can help prevent many behavior problems such as shyness, aggression, fears and phobias as well as behavior problems caused by anxiety. Your puppy needs to meet people of all different shapes, sizes,

ages and ethnic backgrounds. And all these experiences need to be fun! The easiest way to try is you can have as many different people to give your puppy a delicious and healthy treat. Use small nutritious treats the size of a pea or you can even give your puppy's own food as a reward.

Socialization includes not only the opportunity to meet many people, but also many dogs of different breeds, shapes and sizes, and experience different environments. Just because your puppy lives with another dog does not mean your puppy is suffi-

ciently socialized to dogs. Please do not take your young puppy to a dog park! Dogs at dog parks can have great temperaments or terrible ones and a bad experience now will have lasting ramifications.

Your puppy also needs to have opportunities to explore urban settings as well as suburban and rural settings. If you dream of a dog that you can take hiking, or for leisure walks, and will lie politely by your side while you enjoy lunch outdoors, you need to prepare your puppy for these very different environments now. 🐾

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