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Mixed Breed Pup
Composed of?

UNLEASHING HEROES

Driven by a Mission to
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VET BOOKS FOR AFRICA

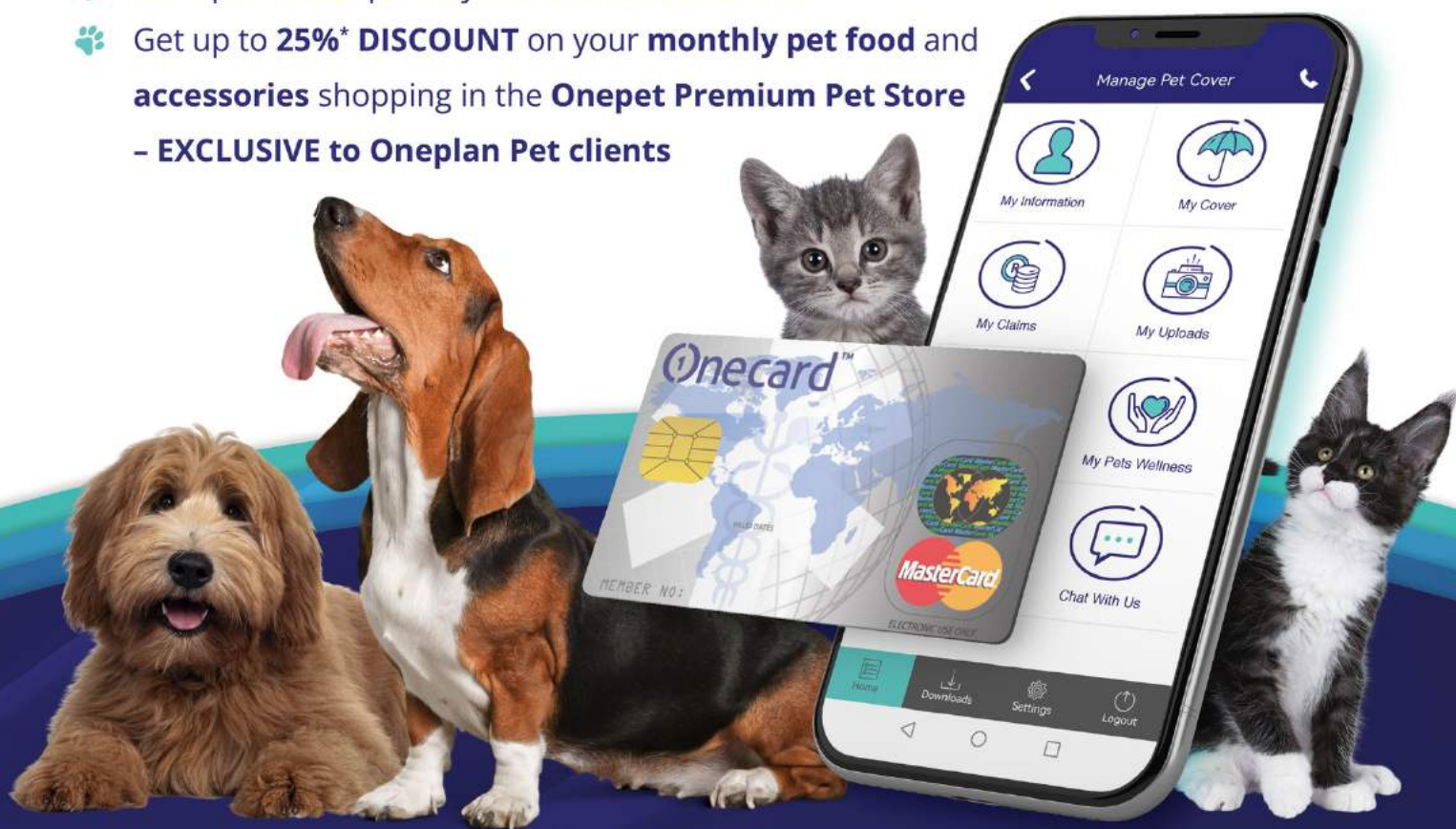
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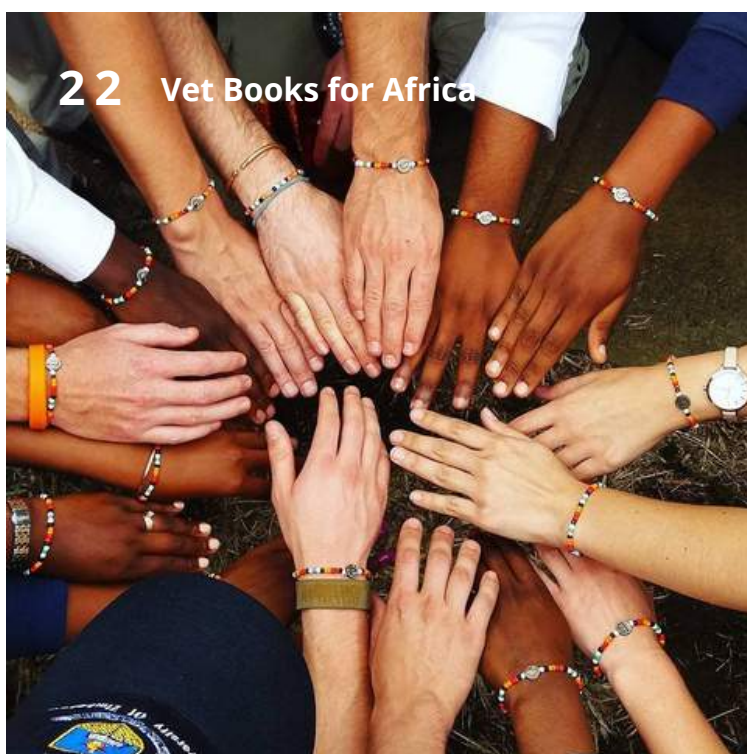
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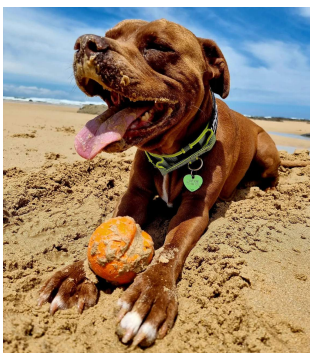
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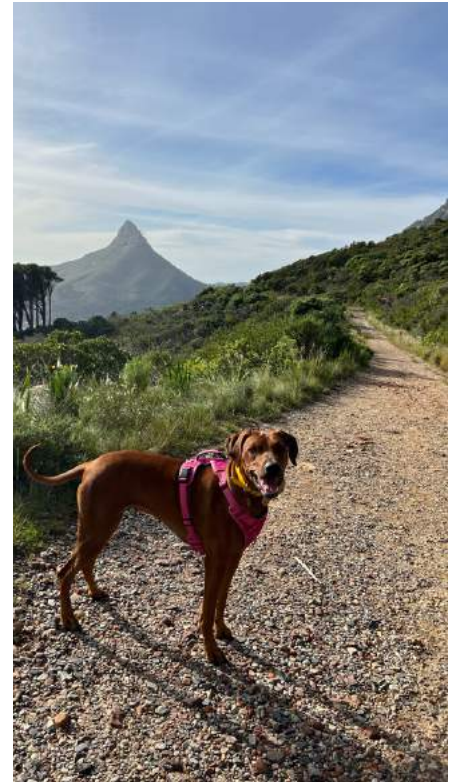
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BY IMTITHAAL DAWOOD



The Camps Bay Pike Track Trail

offers majestic mountain views and amazing sniffari opportunities for your dogs

If you're looking for an off the beaten track, dog-friendly trail, I suggest you try the Camps Bay Pipe Track route. The start is located just off Theresa Avenue in Camps Bay and offers an alternative route to get to the Pipe Track and the starting points for Kasteelspoort and the Diagonal Cave route.

It is a jeep track with a bit of a steep incline that'll get your and your dog's heart racing.

But the view of Camps Bay and Clifton beaches, Lion's Head, and the 12 Apostles provide enough of a motivation to keep going. This trail is part of the Table Mountain National Park and is renowned for being one of the richest fynbos areas. We saw lots of Protea varieties, including black-bearded sugarbushes and wagon trees, as well as Cape Sugarbirds and Orange breasted Sunbirds.



The path is clearly defined and easy to follow. It snakes around a few bends as you continue to climb toward the Pipe Track trail. There is a path that splits to your left, but veer right and continue up the path. As you reach the Pipe Track, you can either choose to go left or right. If you go left, you will go towards the starting points for Kasteelspoort and Diagonal Cave. We went right, going along the length of the Twelve Apostles in the direction of the Slangolie Ravine.

When we got to the Pipe Track, we bumped into lots of dogs and their owners. It is always nice for the pups to say hello and have a sniff before we continue. We also did this trail after some heavy rainfall, which meant that there were lots of little rock pools so the dogs could drink some fresh water, and we could see plenty of waterfalls on the mountain. We got to an area where the water was gushing quite hard and some hikers who used the path before us had put down some rocks so we could teeter across the stream to the other side.

We continued our walk until we reached the two kilometre mark, according to my watch, and then turned around and made our way back the same way. It took us about 90 minutes to do the four kilometres and that's with enough time for breaks in between to catch our breath and for the dogs to enjoy a sniffari. This route, before joining up with the Pipe Track which is always busy, is quiet and one that should not be done alone. Rather hike in the safety of a group and carry enough water and snacks for both the humans and the dogs. Always wear weather-appropriate clothing.

You do need a **SANParks dog-walking my activity permit** to enjoy any of the trails in the Table Mountain National Park, including this one. And remember to scoop your dog's poop and keep the trail pleasant for everyone who uses it.

ABOUT IMTITHAAL



Intithaal is the dog mom of Kygo, a five-year old Rottweiler, and Selena, a one-year-old Rhodesian Ridgeback. She's married to Waleed and they enjoy hiking, beaching and exploring Cape Town with their dogs. You can read her blog for interesting dog-friendly walks. Follow Kygo & Selena's adventures on Instagram or Facebook and DM them if you'd like to join one of their adventures.



SNIFFING OUT *pet friendly eateries...*



BELLEVUE

Did you know? Bellevue's vineyard produced the world's first commercially bottled Pinotage.

Under the oak trees, on the Restaurant "stoep", or at the Beer Garden, you are spoilt for choice, when it comes to where to sit. Got kids? (The two-legged kind), there's a big jungle gym in front of the Restaurant under the oak trees and another one at the Beer Garden, so yes you are spoilt for choice on where to sit.

We chose to sit on the "stoep" as the sun was out, and we needed to defrost after a chilly morning. We were immediately told about the amazing soup and wine special (Three soups and three wines, perfect for winter). Or if you do not want to have wine you can order a single bowl of soup as well. We ordered a bottle of Bellevue MCC Brut Rosé 2020 to start, while making our menu selections.

While we enjoyed a meal, basking in the warm sun and sipping our wine, our two dogs took a nap under our table. Just happy to be outside and shaking off the cabin fever from the last few days of rain.

Pink Valley

A well-kept secret in the Helderberg wine region, between Stellenbosch and Somerset West.

by **VICKI FOX**

We were given a table on the "Stoep" overlooking the children's play area and offering amazing views of the vineyards. After taking in the views, we took our dogs Cobalt and Morgan for a sniff around the play area before they settled down under the table.

The menu offers Tapas Style meals designed for sharing. We were spoiled with just too many options so we allowed ourselves to be guided by our waiter, who helped us choose a few plates of what she said were the most popular dishes. I must say her suggestions did not disappoint, with all the meals tasting as good as they looked.

THINGS TO KEEP IN MIND WHEN VISITING PINK VALLEY



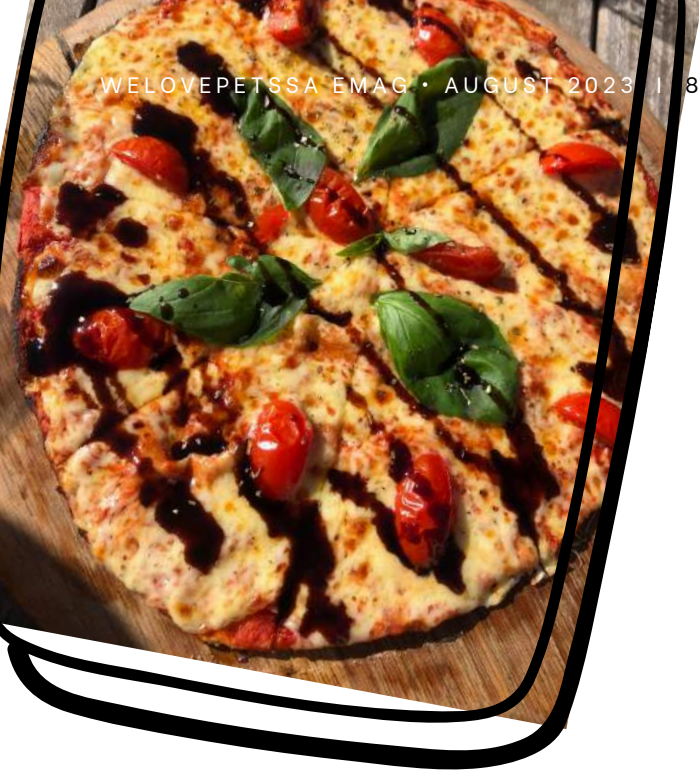
They offer a great outside seating with heaters and a pizza oven, ideal for both kids and dogs.



Make sure you go hungry, the selection of food on the menu is mouth-watering but don't forget to leave space for their amazing desserts.



Pink Valley is situated next to Helderberg Farm, perfect if you want to go walk or run with your dogs, while building up that appetite, remember to buy your permit at the office.



After our meal, we decided to have a look around and made our way to the beer garden. What a lovely surprise! The pizza's (more options than the restaurant) looked amazing! We could not stop admiring the beautiful décor which was done very stylishly (for a beer garden).

Here too, you have the option to sit inside with a big TV screen for the sport, or outside in the garden with a big play area for the children. We will most definitely be back to try the beer garden, for the dogs of course! Well maybe for the beer and pizza as well.

With so many places to eat out in the Western Cape it is always great to find one that ticks all the boxes, for dogs, kids, adults and with an in or outdoor option.

Mango Ginger

This little coffee shop is a real hidden gem, with stunning food and atmosphere to match.

Cobalt my youngest furry child was performing at Dancers Loves Dogs at the Baxter Theatre, and before the show, we wanted to meet family for a quick lunch without having to drive too far. I found Mango Ginger in lower Observatory on Google Maps. After checking with them to make sure they are indeed pet friendly we booked a table.

I would recommend booking if you are planning on a visit, as they only have a few outside tables. The restaurant also offers take home ready-made meals and tasty looking home bakes. We will definitely be visiting again when we are not as rushed and have more time to enjoy our new find.

THINGS TO REMEMBER...

when visiting a restaurant with your dog

Restaurants are not always able to accommodate dogs, not because they are not owned by dog lovers, but more often because health regulations or body corporate restrictions prevent them from doing so. This is even more reason we should support the restaurants that have gone out of their way to welcome us.

- It is always best to have a water bowl with you, remember there is a difference between pet-friendly and dogs allowed. (Not all restaurants keep water bowls).
- Make sure your server is aware you have a dog with you and where they are laying, so as not to have the dog or server startled by a "stood-on tail" or "strange brush up against a leg".
- Go one step further and introduce your dog to the server. This will make your dog more relaxed with someone approaching your table during your visit.
- Take your dog for a stroll after a car trip before entering a restaurant to avoid any awkward moments.
- Remember everybody has different rules for their dogs (just like for their kids), so do not let your dog visit other tables, not everyone at the establishment is necessarily a dog lover.
- To avoid disappointment it is advisable to always book a table when traveling with pets, seeing as outside tables fill up quickly when the weather is good. Our experience is that when you book in advance and tell them you are traveling with a pet, the restaurant tends to give you the best table possible. (Be it a quiet corner, not too close to play areas, or middle of outside area).

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Simon's RESTAURANT

The Groot Constantia wine farm is one of a kind and is a testimony of how one man's love for wine established South Africa's first wine farm in 1685. Groot Constantia's memories are part of literature and heritage and embody the timeless endeavour to perfection. Their heritage stands for growth, life, and beauty. The farm offers remarkable restaurants and museums. A visit to Groot Constantia becomes an unforgettable experience.

In the vibrant Constantia Valley, on the majestic 300-year-old wine estate, Groot Constantia, is Simon's, an enchanting restaurant where visitors can marvel at the elegant, old-world charm and dine in sophistication. With the farm's stunning oak-lined road, beautiful panoramic views of rolling vineyards, and luscious gardens, Simon's is the perfect Winelands dining experience.

They have many seating areas on offer. On cold or rainy days, you can enjoy the beautiful ambiance of the restaurant inside and nestle up next to the enormous fire. In Spring or warmer Summer days, you can soak in the stunning views on the terrace, on the lawn enjoying a lovely picnic, or in the country yard reveling in the picturesque mountain views. The farm also has a walking path where you can take your dogs for a stroll before or after a meal.

Simon's Restaurant also offers a paw-some dining experience. You can enjoy a dog-friendly adventure where both you and your beloved pet can enjoy a delightful meal together and let the fur-filled fun begin. Simon's has a special menu that will make their tails wag with joy. You can spoil your four-legged friends with a tailored menu featuring delicious and nutritious options that will have the doggies begging for more.



Groot Constantia wine farm is less than 20 minutes from Cape Town, less than 15 minutes from Hout Bay and only 12 minutes from Newlands.

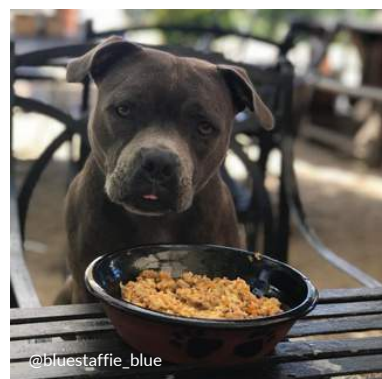


@simons_restaurant

For humans, they have a menu that celebrates the riches of the Cape Winelands by transforming the freshest ingredients into delicious, delectable, memorable meals that will satisfy any craving and make it an unforgettable dining experience for the whole family. You can savour the wines of the valley or enjoy their wide selection of craft beers. Seafood, pasta, burgers, salads, you name it, they cater for one and all to make sure you have a wonderful time with your loved ones. A gem with good food, good wine, and good times, Simon's welcomes you to your next adventure, where memories are made!



@grootconstantia



@bluestaffie_blue



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for more reviews**

The LIST

Pink often brings out feelings of joy and happiness. Be brave and unleash your inner Barbie by embracing the *fun* of pink. These are some of our favourite Pink Pet Products – and of course something for the Dog Moms too.

The Dog Duchess

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a colour they
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Karen Haller

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emigration

TWO TALES OF FAMILIES
RELOCATING WITH
THEIR DOGS



WRITTEN BY MIA VAN ROOYEN



Leaving them behind was never an option

Two years ago, my family and I made the life-changing decision to relocate to Switzerland, lured by an exciting job opportunity. From the very beginning, there was no doubt in our minds—Jinaid, Xavier, and Paul, our precious pups, were coming with us. We couldn't imagine leaving them behind.

PLANNING OUR MOVE WITH OUR FUR KIDS REQUIRED CAREFUL PREPARATION.

It's quite a long process, and one should start at least 6 months before the big move to get everything organised. The longest process is getting your dogs tested for rabies (that's for the EU, other countries might have different additional tests). It takes about a month to get the tests back. If the antibody reading is adequate, your pup is set to go. The date is 90 days from the day your test was received. Obviously, your dog also needs to be microchipped and all vaccines **MUST** be up to date. Honestly, this is the biggest effort and stress factor.

To ensure their comfort during travel, we enlisted the help of AeroPets. The team provided us with crates three months in advance, allowing our pups to get accustomed to them through crate training. Additionally, we sought the expertise of Zelda, an animal whisperer, who worked her magic a week before departure, calming their nerves. On travel day, they got into their crates without any hesitation.

SETTLING IN AND EMBRACING NEW HORIZONS

We never experienced any anxiety or nervousness from the pups. They have settled in from when they touched ground in Switzerland. Since then they have travelled with us to Italy, France, Austria and Slovenia. The biggest adjustment was more for us, as we walk with them every day for 40min or more, and on average we walk them 25-40km per week in the forest and mountain. Hiking routes here are endless.

A delightful surprise awaited us in Switzerland's snow-capped wonderland. Our pups couldn't get enough of the fluffy white stuff! They transformed into playful kids, rolling around, biting it, and engaging in their famous Ridgeback *zoomies*. Witnessing their joy in this winter wonderland warmed our hearts.

Throughout our journey, we realized that our pups' loyalty and love knew no bounds. For them, home was wherever we were together. Adapting to new surroundings, they embraced the adventure with us, making every step of the way more joyous.

Emigrating With Senior Pets

WRITTEN BY RENATA DU TOIT

Honestly, I think I suffered more from anxiety and stress in re-adapting to a new country than what my dog, Chloé, did.

One of the biggest considerations we had to take into account was her age. Chloé was 13 years old when the opportunity presented itself for us to move from South Africa to Germany. The first thing we did was take her to our veterinarian so they could verify whether her body was strong enough to endure the move. After listening to her heart and doing blood tests, they confirmed that she was still fit as a fiddle and there shouldn't be any reason why she couldn't fly. And so the process began.

Fast forward 8 months and we were on the plane, jetting off into the unknown. We were incredibly impressed with how Chloé adapted to her new environment. She hopped onto trains, buses, and escalators like she's done it her whole life. She quickly made dog-friends in the park and gained human admirers too. Nowadays Chloé even cruises along on the back of the bicycle without a whisper of hesitation.

The biggest adjustment for her was probably apartment-living. Not having her own garden where she could lay down on the grass or people-watch through the gate was something that she's never known before. Germany is extremely pet friendly though so we counter this 'loss' with new experiences.

We take Chloé to one of the many parks around the city where she can laze about on the grass (and watch passersby of course). She also comes with us on hikes in the forest-clad mountains or to swim in caribic-blue lakes. And when her little - now fifteen-year-old-legs become tired, she hops into her backpack and gets carried the rest of the way while still enjoying the scenery and fresh air.



I sometimes reflect back on the whole experience and am reminded of how stressful it was, but wouldn't change anything. Still having Chloé by my side is a blessing which I'm constantly grateful for.

We prepared her the best we could and with her warrior spirit always marching unabashedly forward, she is able to spend her senior years going on many adventures. I know that she too wouldn't want it any other way.

RENATA DU TOIT WROTE A SERIES OF ARTICLES ABOUT THE PROCESS OF EMIGRATION, THE FIRST IN THE SERIES YOU WILL FIND IN THE APRIL 2022 ISSUE. YOU CAN READ THEM [HERE](#).



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THE IronMan Mindset

Embracing the challenges of responsible Pitbull ownership and dispelling the myths and misconceptions surrounding Pitbulls and fostering responsible ownership to ensure a safe society, where all animals are treated with dignity.



FOLLOW
YANKA



Owning a Pitbull is like participating in an endurance race - a journey that demands unwavering commitment, passion, and responsibility. Marizanne Kemp Ferreira, a seasoned Pitbull owner, self-proclaimed activist for the breed, passionate educator about all things Pitbull, and mom to Yanka-Kwanita, a 10-year-old female Pittie that she rescued from a backyard breeder, compares it to being an IronMan, where each day presents new challenges that require drive, discipline, and self-confidence.

Embracing the role of a responsible Pitbull owner means being determined to give your furry friend the best life possible. It requires discipline, as you might have to make sacrifices to ensure your Pitbull's happiness. Being confident in your abilities as a competent owner is key to building a strong bond with your four-legged companion.

Pitbulls have unique needs that require extra attention. From specialised training to proper socialisation, going above and beyond ensures a well-adjusted and happy Pitbull. Thinking creatively and being adaptable are essential to meeting your furry friend's distinct requirements.

You will need to employ excellent time management skills as you will be wearing multiple hats as a responsible Pitbull owner. Balancing training, socialisation, and other commitments requires excellent time management skills. By prioritising your Pitbull's needs, you can cultivate a meaningful relationship while managing work, family, and personal life.



Fostering Understanding

Sadly, not all Pitbulls receive the care they deserve. Living conditions, neglect, and abuse are some of the issues faced by these dogs. Responsible owners must be proactive in reporting illegal breeding and cruelty, working towards a healthier environment for all animals.

Misconceptions about Pitbulls contribute to fear and hatred of the breed. Education and responsible ownership can dispel these myths. Punishing an entire breed and its responsible owners for the actions of a few is unjust; instead, let's focus on promoting responsible ownership and nurturing a safe society for all pets.

Being a competent Pitbull owner goes beyond merely following instructions. It requires a natural love and sense of caring for these dogs and all animals. Patience is vital when facing challenges, and determination ensures you stay the course even on tough days.

ABOUT Yanka-Kwanita

Yanka-Kwanita's training started at the age of 10 weeks old. Marizanne knew that as a responsible and competent dog owner, she had to take into account the breed's strengths and weaknesses. At training, Yanka was taught certain commands, but most importantly Marizanne learned when and how to use them.

Socialisation is very important and Marizanne took Yanka everywhere with her from a young age. She was introduced to everyday items, such as brooms, noisy trolleys, bicycles, many different animals and all other things that she might encounter in her life. Marizanne took Yanka to play schools, malls, hospitals, old age homes, and coffee shops to introduce Yanka to all possible scenarios, always ensuring that Yanka is safe and not overwhelmed. This helps Yanka cope with life in general.

All training was done by positive reinforcement.

A WORD FROM Marizanne ...

I wanted the world to learn more, to like, respect and protect Pitbulls and I soon realized the best way would be to lead by example.

Yanka-Kwanita's career as an educator started at a very young age. The purpose was to create positive Pitbull awareness, but it soon became very clear that the true problem was the lack of knowledge pertaining to general pet education.

Yanka soon became a regular at pre-schools, primary, high school, schools for the blind, and even corporates as an educator. She was a hit and was even invited to kiddies' parties.

General pet care, how to approach a strange dog, how to touch a strange dog, how to groom, put a leash on, give a treat, all these and more were taught. The importance of sterilisation was always at the top of the list.

Kids scared of dogs were drawn to Yanka's calm demeanour and very often, they would be the one's volunteering to assist me by doing demonstrations to their peers with Yanka.

YANKA SAYS...

"I'm loved and cared for. I'm a well-balanced dog, happy and mentally and physically stimulated. Relaxed and easy-going and not fearful of strange things, because my Momsie is committed to my wellbeing and she loves me."



UNLEASHING HEROES



LUCKY'S QUEST TO EDUCATE & EMPOWER

The heartwarming journey alongside Lucky, the lovable creation of Kate Boyes and Mandy Lomborg, the brilliant minds behind Hero in My Hood. Get ready to be inspired as we dive into their story and discover how Lucky is transforming the lives of children and adults alike!

Kate and Mandy started working together in 2006 when they collaborated on producing health messages for the Western Cape Health Department and various NGOs. Their vision was clear—to create positive and creative messages that resonate with people without bombarding them with "don'ts." After all, research shows that emphasizing the positive is much more effective in conveying messages. One tends to forget the "DON'T" that precedes the keyword, and rather than "DON'T PANIC" say "**KEEP CALM**" or "DON'T RUN" becomes **WALK**.



THE BIRTH OF HERO IN MY HOOD

CapeNature commissioned the duo to create posters and lesson plans on wildfires, which included their first activity book. This sparked the idea of creating their own activity books for children. The stars aligned when Mdzananda Animal Clinic in Khayelitsha sought educational material for their programs, and in 2017, Lucky and Hero in My Hood were born!

Story Activity Books with a Purpose

Hero in My Hood's approach to educating children about pet care and empathy is truly unique. They crafted a story activity book format, featuring the adventures of two South African children who find Lucky, a lovable puppy. Throughout the story, kids are engaged in various activities that not only reinforce the content but also cover multiple learning areas from the CAPS syllabus, including matching, sequencing, colours, shapes, and numeracy.



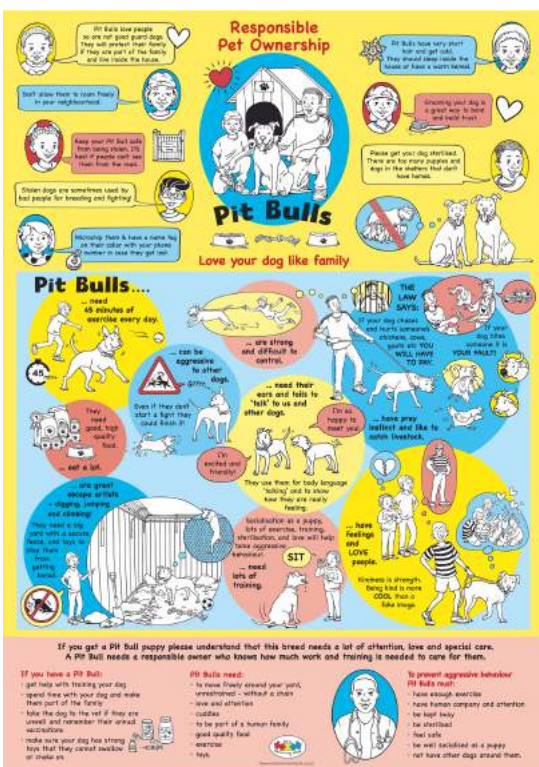
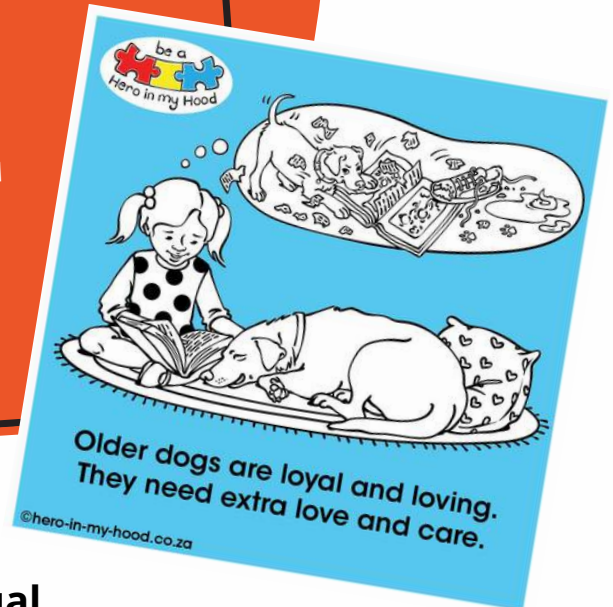


FROM STRENGTH TO STRENGTH

Hero in My Hood prides itself on steering clear of negative images. Instead, they use fun and engaging illustrations to convey their messages. This approach not only ensures that the children remember the content but also avoids negative associations that could be misinterpreted. The focus is on normalizing good behaviour and inspiring children to become heroes in their neighbourhoods by doing the right thing.

With their dedication to promoting empathy and humane education, Hero in My Hood caught the attention of the Santa Shoebox Project. Lucky's activity books became a delightful addition to the shoeboxes, spreading joy and knowledge to thousands of children each year.

Driven by the mission to educate and empower, Hero in My Hood developed a range of educational materials addressing critical issues such as bullying, plastic pollution, and more. Their passion for humane education led them to collaborate with FOURPAWS, Africanizing their lesson plans, and expanding their impact even further.



A Multilingual Approach

During the COVID-19 pandemic, Hero in My Hood stepped up to provide vital information on hygiene and safety. Over the following months they published handouts on handwashing and mask wearing. All translated into at least 4 other SA languages. During this time, Mandy got an exemption certificate and traveled around Cape Town delivering sponsored books and handouts to various communities around the city.

Many were informal feeding schemes that contacted the team as they were trying to keep the children occupied while not at school. Lucky went along on all of these journeys. It was at about this time that Felix and Moni, from Switzerland, donated money and they were able to use it to get books to those organisations in need.

A follower living in Greyton requested information about

the Tippy Tap in order to educate the local community. After resurrecting previous artwork and adding instructions, the Tippy Tap went viral with over 80 000 hits on Facebook. This led to it being translated into 13 African languages and made its way across the globe.

Hero in My Hood has received requests to translate their material into various South African languages, and today, most of their educational content is available in English, Afrikaans, isiXhosa, and isiZulu, with additional translations in progress.

Their work caught the attention of Footprints magazine and the Little Issue, where they contributed engaging articles on animal care and more. Hero in My Hood continues to provide a treasure trove of free downloads and colouring books, making learning fun and accessible to all.

Hero in My Hood offers commissioned work, including educational material for classrooms, posters, and handouts, and they are always up for creative challenges. Their passion for making a positive impact drives their dedication to every project.

LOOKING AHEAD

With an unyielding commitment to making the world a better place for pets and people, Hero in My Hood continues to expand its pipeline. They are working on cat care material and exploring new avenues to spread their message of empathy and self-esteem.

You are invited to join this inspiring journey with Lucky and Hero in My Hood, and to become a part of their mission. Explore their website, subscribe to their newsletter, and support their fantastic work. Together, let's become heroes in our hoods and make this world a happier, more compassionate place for all living beings!

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VET BOOKS FOR AFRICA

www.vetbooksforafrica.org



VET BOOKS FOR AFRICA

is a student run initiative that is embedded in the recognition of a responsibility to do something more for others, with what we have been given ourselves.

30 years ago, the initiative first started to provide other Veterinary Faculties in Africa with adequate resources to help their students become knowledgeable veterinarians. Today, students, universities, schools, communities, rehabilitation- and conservation organizations all over Africa thrive a little more because of the work Vet Books For Africa do.

For a period of two years, our team of eight students works hard to gather resources such as textbooks, journals, medical equipment, including microscopes, suture kits, and stationery. We collaborate with various animal welfare and rehabilitation organisations, as well as community engagement projects, with one goal in mind:

To unlock the true potential of conservation in Africa through the education of its people.

It takes a full 2 years of intense planning, fundraising, communicating, and working together in order to complete a 6-week trip into Africa. We personally hand deliver essential resources to different universities and offer our time to help at various conservation and community projects along the way.



With the wealth of knowledge that is available to a large percentage of people, it doesn't seem fair that there are some limited by a lack of provision of resources many take for granted. In providing for these students, and actively working on conservation projects, we hope to have a lasting impact in creating a better Africa for generations to come.

In past trips, countries such as Botswana, Zimbabwe, Zambia, Tanzania, Malawi, Uganda, Rwanda, Barundi, and Kenya have been a part of our mission. Universities and institutions are the beneficiaries of equipment and resources which previously were unattainable and with each country we plan to help, we aim to contribute to other charity organisations as well. These range from animal rehabilitation centers, sanctuaries, and community veterinary clinics to local communities and schools.

We use our passion for animals to find a common ground upon which special relationships between South Africa and fellow African countries can be formed, intending to create a positive ripple effect in the struggling world of conservation. Vet Books for Africa is our small attempt to globally represent the veterinary profession. Through our actions, we hope to promote education and conservation and to unite veterinary students and faculties across Africa to achieve the goal of creating a sustainable world for animals and man alike.

As a student driven, non-profit initiative, Vet Books For Africa rely solely on fundraising, donations, and sponsorships from external companies, institutions, and individuals. To raise funds, we have an online bookstore where we sell older edition textbooks, as well as animal and nature reading books. We have many small fundraising events at Onderstepoort Campus and many more new ideas such as an online auction and golf day for this year to come.



To get students involved, we have a stationary drive for schools in need and have a new initiative for our 2024 trip: a clothing drive for the rural African communities. We have immense appreciation for companies and individuals who take hands with us to help fund this incredible project. After all, the extent to which we can have an impact is limited by the support we receive.

We have big plans for our 2023/2024 term

We want to continue building on the incredible project that has been established in the last 30 years and empower even more students to become more knowledgeable, skillful and independent. The ultimate goal is to preserve this world for generations to come.

To be able to make a difference in the lives of animals and people is an honour and a privilege and we look forward to putting our hearts into this project for the next couple of months.



Visit our website or social media pages to see more of what we do and how YOU can make a difference too.

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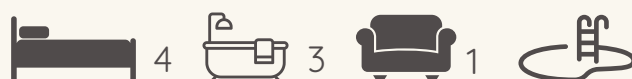


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by *Minette van den Bergh*

Perambulating Picturesque Piketberg *with Pooches*

Join in for a dog-friendly Saturday in and around the beautifully elevated and historic town of Piketberg, a mere 90-minute drive from Cape Town.



Piket-Bo-Berg Farmers Market

I am yet to meet a dog parent that does not love a dog-friendly market on a Saturday morning. Especially when filled with fresh produce, friendly locals, live music, and a beautiful setting.

The Three G's - Griffon, Gabi, and Gilbert - have never seen that many friendly, furry friends of all sizes and breeds at any other market before. We have a joke between us that entry is only allowed on proof that you are bringing a fur child. The Farmer's Market is

scheduled for every last Saturday of each month at the *Kruisementvlei* Farm on Piket-Bo-Berg, just outside Piketberg. They welcome you from 9am until midday beneath the oak trees with more than forty stalls at a time. Be prepared for a beautiful scenic drive up the Versfeld Pass to get there

and make sure you opt to be in the passenger seat so that you can marvel at the beautiful landscape and photo opportunities. Arriving early is recommended as the favourites sell out fast. Do not forget your cash and shopping bags.

Arriving for the first time, I could see the confusion on Gilbert's face as to why some of the friendly dogs were not leashed but he was. From a human perspective, the thinking is all about bread, cake, roosterkoek, cheeses, olives, chutneys, samosas, fresh flowers, books and crafts, etc. Make sure that you get your spot in the popular coffee queue quickly. Breakfast consisting of a *roosterkoek* and coffee is a winner at the wooden tables overlooking the beautiful views of the farm. Snacks for the road and pantry items for back home are essential. Spending time away in the eco- and dog-friendly accommodation, offered by the farm, is still a bucket list item for us and I am sure to share all about it when we do.



Org de Rac Organic Wine Estate

Your next stop is Org de Rac Wine Estate. It is one of the first wine farms in South Africa committed to 100% certified organic wine farming and wine production and is still one of the very few wine producers certified to make wine from organically farmed grapes.

There are limited outside tables overlooking the beautiful landscape but we have never been disappointed at the view from any of the readily available tables. I would love to think it is one of our best-kept secrets, hence the lack of people at times, but in a different breath, I also know they are very deserving of more patrons. The Three G's have had good leash-free runs on the beautiful green lawn while having fun with other friendly furry friends also visiting with their humans. You are in for a treat with great wines and if lucky, fresh oysters too. Do not forget to purchase wine for home, especially from the bargain bin barrels in the tasting room.



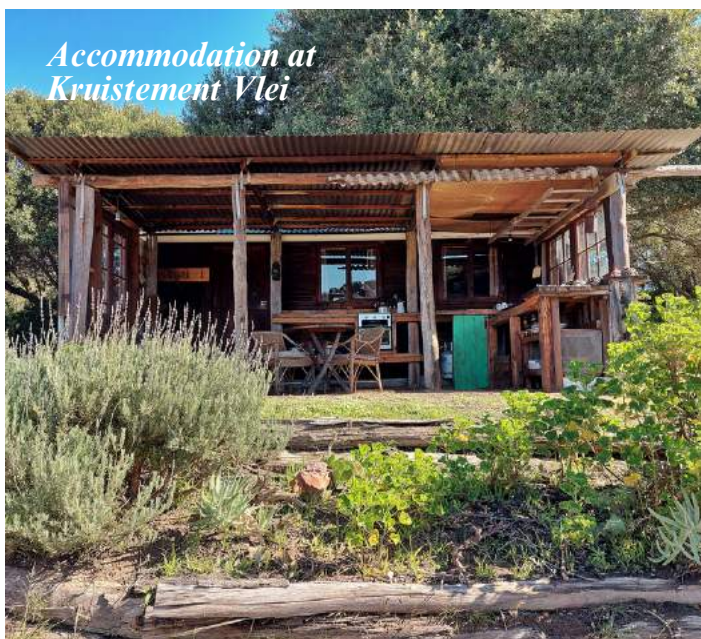
*Piket-Bo-Berg
Farmers Market*



Desert Rose Farm Stall



*Accommodation at
Kruisestement Vlei*



Desert Rose Farm Stall



Nieuwedrift Wine Estate

A snack, lunch or more wine is a short 5km drive down the road to Nieuwedrift Wine Estate. For our first visit we were 5 minutes away after leaving Org de Rac Wine Estate and I phoned them to ask whether they were dog-friendly or not. There was a bit of a silent shock response at the other side as how could I think they are not, as of course they are.

The atmosphere was buzzing with festivities (and dogs) upon our arrival. Despite no open tables on the lawn outside, they without hesitation set a new table up for us by carrying an inside table outside. It is advisable to book in advance if you plan to arrive in a large group. Friendly dogs are allowed to roam free and mingle with all the other resident and visiting dogs. You are spoilt for choice when it comes to their menu. We always start with their delicious mouth-and-eye watering delicious jalapeno poppers. They will literally make you cry but it is so worth it! After this starter, you have a choice of burgers, pizza, salad, grills and more... and all of it is very tasty!



Desert Rose Farm Stall

As you leave Piketberg on the N7 towards home, your last obligatory stop is Desert Rose Farm Stall. This bright, cheerful, quirky, and humorous farm stall is more than just that, offering a giftshop, photo stop and restaurant all in one. It has a great outdoor area for the kids, with a jungle gym and some big dinosaur 'statues' that call for fun photo opportunities. The shelves are jam packed – all puns intended - with everything as comforting as you would expect from a farm stall. You are sure to find something for everyone back home who deserves a little spoil. The restaurant is known for their comfort food and generous portion sizes. Here, your fur kids need to be leashed throughout your visit. On our last visit, Molly the 'resident' feline friend, made herself comfortable on our table on my bright bag, surely because the brightness of it reminded her of her own colourful daily environment.

I hope you have already diarized the last Saturday of each month to ensure you do not miss the market. All the other stops on this journey do not need to be visited on just a market Saturday. Just make sure of their operating times on Google so that you do not miss any of it!



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We love traveling as a family and our family includes the fur babies too... But, they aren't little lapdogs. Luna and Milo are border collies that enjoy adventuring along with us. That's why finding accommodation options that suit the needs of our big brood can be a challenge but it's not impossible... So, if you're like us - you'll want to add Tewgaan Country Getaway to your bucket-list!

Husband and wife team, Balthazar and Renia, with their 2 children have created a haven of conscious living where visitors step back into nature. It's about kicking off your shoes, feeling the grass tickle your toes, walking through the beautiful permaculture gardens while hearing the water bubbling in a nearby brook, and saying hello to the friendly farm chickens. You can also expect a warm welcome from the friendly resident dogs that get to call Tegwaan home.

Stay in one of the uniquely designed cottages, tiny houses, camp, "glamp" in their secret garden or tipi! Each accommodation option offers a different experience and pets are welcome in all of them, of course. All units are self-catering and don't expect any screens or Wi-Fi either.

Every day at Tegwaan is slow, peaceful, and a reminder of how nature recharges our souls. No distractions, just big, open spaces to roam in freely. Best of all, you won't even have to leave the property with so many things to do, right on the farm!

“Tegwaan truly offers a uniquely calm and restful country escape for the entire family. Our time here was unforgettable and we can't wait to visit again!



Things TO DO

Hike any of the 5 farm trails which lead through some of the coolest cliffs, natural rock formations, and waterfalls - perfect for a swim. It's the kind of place one can only ever find on foot and that stays in your heart forever.

The abundance of feathered friends on route makes for perfect bird-watching conditions and if fishing is your thing, you'll want to cast a line into one of the 5 Bass dams. Just remember; it's catch and release ONLY and you'll need to bring your own gear.

Join in for a Sunday morning Yoga session in the garden or barn, depending on the weather. Kids are welcome too and if you don't have your own yoga mat, Tegwaan can assist.

Looking for a bit of pampering? Luxurious massages or spa treatments can be pre-arranged in the quietness and comfort of your room or in the serenity of the garden.

And the kids will never run out of play ideas with swingsets, treehouses, hammocks, a spring-fed swimming pool, and rolling lawns to explore.

On special occasions, your hosts may even invite you to join in a magnificent bonfire evening so don't forget the smores.

Our kids and border collies loved every minute and were ready for an early bedtime at the end of each day which provides mom and dad with loads of alone time too.

Plan A DAY TRIP

Some nearby destinations:
Barberton Makhonjwa Mountains
(UNESCO World Heritage Site)
Saragossa Game Reserve
Kaapsehoop
Dullstroom
Sudwala Caves

Tegwaan is situated near a very small town with limited stores available. Rather come prepared with all your usual favourites such as coffee, milk, treats, food, and drinks. You won't want to leave the farm anyway.

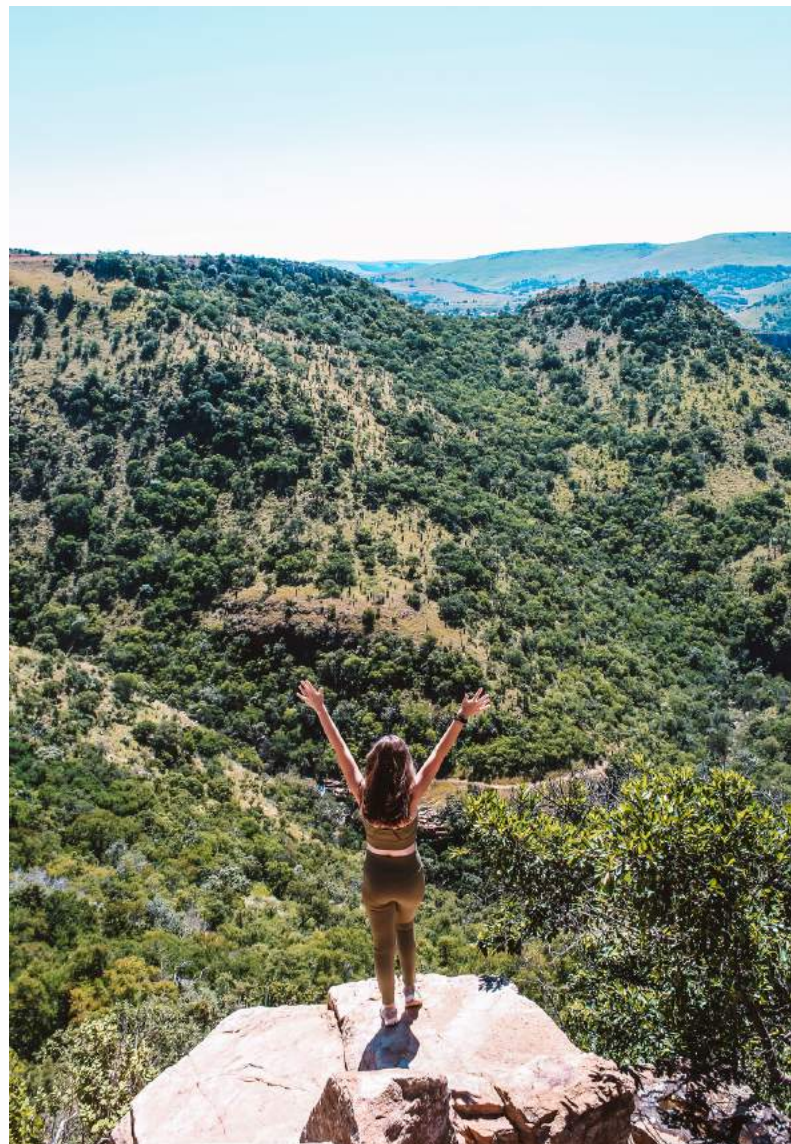


For the ADVENTUROUS SOULS

- Climb at the famous Restaurant Craggs within a 15-minute walk from the farm. Or if you're feeling adventurous explore the forgotten Triple Tier just 20 minutes away.
- BBK Trails offer incredible champagne tours, sundowner tours, historic tours, and more. All done on horseback.
- Mountain Strings Zip Line has the longest zip line in Mpumalanga! It's a MUST-VISIT for all adrenaline junkies.
- And if mountain biking is your thing, you'll definitely want to explore one of the many trails available at Tranquilitas Adventure Farm. With 9 routes to choose from, all designed to accommodate various skill levels, you're sure to find a course to enjoy.



A worthwhile "add-on" to your booking is the *Local Farmers Veggie Basket*. It includes honey and fresh produce from farmers nearby as well as veggies picked straight out of the Tegwaan veggie patch.



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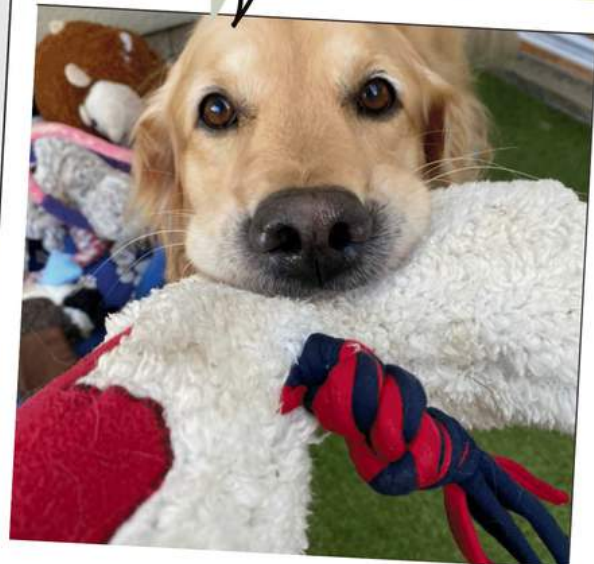
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A Soothing Solo Getaway **WITH MY TOMCAT**

Tamlyn Amber Wanderlust - Travel Writing and Photography

As a full-time writer and part-time travel blogger, I lead an interesting life: by day, I work a typical 9-5 job, while, by night/weekends, I run my travel blog.



Travel is an integral part of my life. It centres, soothes and recharges me. So, in November 2018, when I adopted a feisty, loving ginger-and-white kitten called Tom – I think, initially, people worried that my travels would lessen.

Truthfully, I also thought I'd have to scale back on the travelling, as Tom instantly became my main priority.

Yet, to everyone's collective surprise – with Tom, my travels increased. He made me feel safer, braver and oddly, more independent.

Even before he was diagnosed with epileptic seizures in 2021 – it's always been a simple choice for me: if I go on holiday, Tom goes with.

Our first major road trip came in December 2018, when we travelled from Cape Town to my family's farm, situated some 44 km outside of Montagu. Then-four-month-old Tomcat handled that first holiday like a champ, with only the occasional protesting miaow in an almost 3.5-hour drive (each way).

In addition to his calm car demeanour, whenever we arrive at a new destination, he easily settles into the new environment. He happily explores every nook and cranny indoors or peacefully lounges on a windowsill, eyeing the newest display of "birdies".

Unlike most cats, Tom has a curiosity and fondness for travel. It's like he goes, "Well, if I can't beat her, I'll join her."

A STAYCATION IN THE STELLENBOSCH WINELANDS

Post-COVID, having largely survived almost two years in my tiny flat with Tom, I sensed we were long overdue for a relaxing getaway. I wanted to de-stress in the countryside and Tom needed some respite from his many vet checkups.

At first, I casually browsed and enquired after pet-friendly accommodation near Montagu but I soon discovered that "pet friendly" is rarely synonymous with "cat-friendly" ...

Somewhat disheartened, I turned to an option a little closer to our Durbanville homebase: Knorhoek Wine Farm and Guesthouse.

Despite their website stating they were pet friendly, I was worried they would be reluctant for Tom to join.

Before booking, I contacted them to make sure they were truly cat-friendly. I let them know Tom usually sleeps on the bed with me and might jump onto the furniture.

They warmly emailed back and assured me that, as long as he didn't damage the furniture or disturb other guests, Tom was most welcome.

Satisfied, I booked their beautiful loft family room. It was sure to be the perfect pamper for us both. (For myself, I added some MCC to the bill, while, for Tom, I packed in his favourite canned food.)

Three days later, on a sweltering Saturday in mid-March, we bundled into the car with all our paraphernalia and headed for Knorhoek Wine Farm.



Upon arrival, I nervously approached reception, tightly gripping Tom's carrier. We were both immediately embraced with such friendliness and warmth (they even helped me take Tom's carrier and my bags up). It made me so happy!

Once we'd settled into our room, I hung the 'Do Not Disturb' sign on our door and let Tom out of his carrier. He nervously crept out, running low along the ground to timidly explore and sniff every inch of our luxurious room.

Our room offered beautiful, spacious furnishings and amenities, including a dreamy king-size bed. In the bathroom, an antique-styled bath beckoned to me with a siren's call – but then so, too, did the gorgeous private balcony outside.

Our balcony offered the most tranquil views of the farm, oak trees and distant Stellenbosch mountains – so I poured some MCC, grabbed a book and placed Tom outside next to me, secure in his pet backpack.

After a few minutes, our nerves settled and he began to doze. Tentatively, I unzipped the backpack so he could fully experience the fresh country air. With wide-eyed wonder and clearly relishing the balmy breeze, he watched the male peacocks strut below.

Later that afternoon, I went for a brief dip in the natural pool and a short sunset hike around the farm, while Tom contentedly stayed in the room, keeping an eye out for me from the loft window.

That night, during my relaxing bubble bath, he nervously 'checked up' on me, peering over the edge of the bath in alarm as if to say, "You're crazy, lady" before deciding it was safer in the bedroom.

After some good coffee and more canned food for him, we curled up together on the king-sized bed and fell asleep.

The next morning, with a heavy heart, we checked out – but it was clear that we were both blissfully invigorated by our short, yet soothing cat-friendly staycation in the Stellenbosch Winelands.

KNORHOEK WINE FARM & GUESTFARM

+27 (021) 865 2114
guesthouse@knorhoek.co.za



About

Technical writer by day and blogger by night, Tamlyn Ryan passionately runs her travel blog, called Tamlyn Amber Wanderlust - Travel Writing and Photography, from her home base of Cape Town, South Africa.

Despite having a national diploma in Journalism and working as a writer by day, Tamlyn's preferred niche remains travel writing.

Tamlyn is a hopeless wanderer, equipped with an endless passion for road trips, carefully planned, holiday itineraries and, above all else, an innate love for the great outdoors.



Tamlyn Amber Wanderlust -
Travel Writing and Photography

*Travel adventures in the
Western Cape, South Africa
and Beyond!*

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DOG FRIENDLY

JOZI

TUGELA RIVER LODGE

A self-catering eco-lodge located on a private cattle and game farm on the banks of the Tugela River. This is the place to either relax and do nothing, or keep very busy with the numerous outdoor activities on your doorstep.



***FOLLOW
DOGFRIENDLYJOZI***

Our double-storey house had more of a modern feel than the rest of the cottages. The main bedroom had a king-size bed with an open plan shower and toilet, while the upstairs room has 2 single beds with gorgeous views.

The River House also has Wi-Fi and is the only unit to have this functionality. The property uses solar power and gas to run the lodge and is completely off the grid. This picturesque and pet friendly piece of paradise is the perfect location for a stopover between Gauteng and KZN.

The lodge offers accommodation in 5 standalone units that can each accommodate 4, 5, or 10 guests at a time. Each unit includes a kitchen equipped with a fridge-freezer, oven, gas stove, cutlery, crockery, and tea and coffee-making facilities. The living area in each unit features comfortable seating and opens onto either a patio or a balcony with outdoor seating and beautiful views, secure parking, mountain biking trails, hiking trails, bird watching, game viewing, swimming, and fishing on the premises. Each unit has an outdoor braai area and a fireplace.

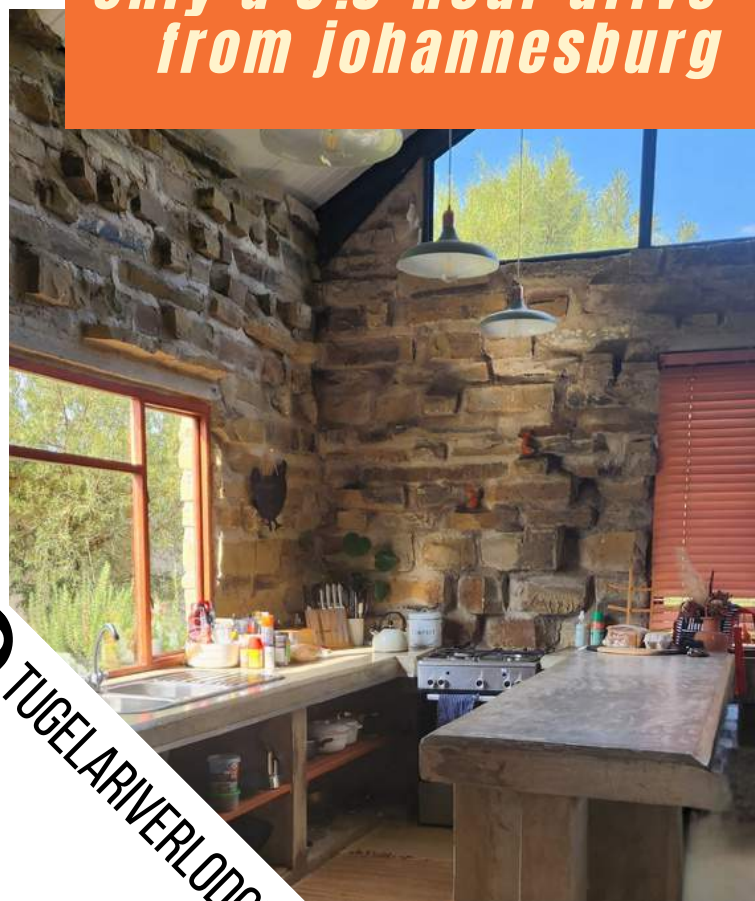
Relax next to the Tugela River and listen to the sounds of nature. Just peaceful. The stars are spectacular on clear evenings. This is the perfect place to get away from the hustle and bustle, with your fur-babies. Units are fenced off and there are throws in the cottages so that your pooches can sit on the couches and beds with you.

The units are clean and well-equipped with everything one needs for the stay. Bheki and his wife, Thoko, are always available when needed. Bheki ensured we had firewood at all times. Our host Julian was readily available to answer any questions and to assist with all requests.

*only a 3.5-hour drive
from Johannesburg*



TUGELARIVERLODGE



It is so quiet and dark at night, I had the best sleep ever, and waking up to the sounds of farm life and bird chatter is such a blessing for city dwellers.



FOLLOW
@luna_harli_pixi

International Assistance Dog Week (IADW)

6-12 August 2023

While many dogs function only as pets and companions, others can be life changers for their human partners. Assistance Dogs are found worldwide and perform various roles for persons with disabilities and health challenges.

Celebrating Assistance Dogs Changing lives

For 70 years, the SA Guide-Dogs Association has been training highly qualified Guide, Service and Autism Support Dogs, enhancing the lives of many visually and physically impaired persons and autistic children in South Africa. The Association strives to positively change lives through the dogs they train, assisting persons with disabilities to live more independent and mobile lives with a special companion by their side.

CLICK HERE for more information on the Litter Legends Programme



Contact

Melanie for further details
MelanieN@guidedog.org.za
011 705 3512



South African
Guide-Dogs
Association

During International Assistance Dog Week (IADW), we recognize and raise awareness about the amazing work of these dogs. IADW is celebrated each year on the first Sunday in August, and in 2023, it runs from August 6th - August 12th.

Internationally recognised, IADW has the following goals:

- Honour and recognise Assistance Dogs
- Raise awareness and education about the work of Assistance Dogs
- Honour Assistance Dog trainers and Puppy Raisers
- Recognize heroic individual Assistance Dogs

An Assistance Dog changes their owner's life on a daily basis, so it's only fitting that at least one week each year is devoted to celebrating their work.

Follow SA Guide-Dogs Association during this time and be inspired by their Assistance Dogs working in the field as well as the Puppy Raisers and Trainers involved in raising and training these amazing animals.

SPONSOR OUR DOGS IN TRAINING

CLICK HERE
for more information

Your contribution can support the raising and training of many future Assistance Dogs, helping the Association to continue granting these life-changing services for many more years to come!

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WITH DR FALON OLFSSEN

Kidney disease is a common ailment that affects cats of all ages and breeds. As responsible pet owners, it's crucial to be aware of this condition and its potential impact on our feline companions. In this article, we will delve into the causes, symptoms, diagnosis, treatment options, and prevention strategies for kidney disease in cats, providing pet owners with valuable insights to help them better care for their beloved feline friends.

The kidneys play a vital role in maintaining a cat's overall health. They filter waste products, regulate electrolyte balance, produce urine, and contribute to the production of certain hormones. When the kidneys become compromised, their ability to perform these essential functions is impaired, leading to kidney disease.

UNDERSTANDING KIDNEY DISEASE IN CATS

There are several causes and risk factors associated with kidney disease in cats:

Inadequate Diet

One of the leading causes for kidney disease in cats is an inadequate diet that includes excessive sodium intake. Feeding cats food that is high in sodium can place added stress on the kidneys, potentially leading to chronic kidney disease over time.

Aging

As cats age, the likelihood of developing kidney disease increases. Chronic kidney disease (CKD) is more prevalent in older cats.

Genetic Predisposition

Certain breeds, such as Persian and Abyssinian cats, are more prone to developing kidney disease.

Dental Disease

Periodontal infections can introduce bacteria into the bloodstream, affecting the kidneys.

Infections and Inflammation

Bacterial or viral infections can lead to kidney damage if left untreated.

High Blood Pressure

Hypertension can damage the kidneys over time.

Toxins and Medications

Certain medications (including human medication), household chemicals, and plants (such as lilies) can be toxic to cats and cause kidney damage.

Early detection of kidney disease is vital for successful treatment.

Here are some common symptoms to watch for:

- Increased thirst and urination
- Loss of appetite and weightloss
- Vomiting and diarrhoea
- Lethargy and weakness
- Bad breath and oral ulcers
- Poor coat condition

If you notice any of these signs, it's crucial to consult your veterinarian promptly. The veterinarian will perform a thorough physical examination and recommend diagnostic tests such as blood tests, urine analysis and imaging (such as ultrasound) to confirm the diagnosis and determine the state of kidney disease.

While kidney disease in cats is generally incurable, early diagnosis and appropriate treatment can significantly slow its progression and enhance the cat's quality of life.

Treatment options may include:

Veterinary approved diet

Feed your cat a high-quality, balanced diet that supports kidney health. Consult your veterinarian for dietary recommendations.

Provide fresh water

Ensure your cat has access to clean, fresh water at all times to prevent dehydration.

Regular veterinary check-ups

Routine wellness exams help detect kidney disease in its early stages, allowing for timely intervention.

Environmental enrichment

Provide a stress-free environment, mental stimulation, and plenty of exercise to keep your cat's overall health in check.

Kidney disease is a significant health concern for cats, and being well-informed about its causes, symptoms, diagnosis, treatment options, and preventative measures is essential for every South African cat owner. By taking proactive steps and working closely with a veterinarian, you can help ensure the well-being and longevity of your feline companion.

Q

Can kidney disease in cats be cured?

A

Unfortunately, kidney disease in cats is generally not curable, but with appropriate treatment, its progression can be slowed, and the cat's quality of life can be improved.

Q

Can kidney disease in cats be prevented?

A

While kidney disease cannot always be prevented, there are steps you can take to reduce the risk. Feeding a veterinary approved diet, providing fresh water, scheduling annual veterinary check-ups, and maintaining a stress-free environment can help promote kidney health in cats.

Q

Can cats with kidney disease live a normal life?

A

With proper management, including a tailored treatment plan, regular veterinary care, and a supportive environment, many cats with kidney disease can lead a relatively normal life for an extended period.



by Rooleen Bloemhof
CHAIRLADY NATIONAL PET GROOMERS
ASSOCIATION OF SOUTH AFRICA

HOW TO

EASE YOUR DOG'S ANXIETY

GROOMING

WITHOUT

WORRY

Are you terrified of the dentist? Especially while sitting there in the waiting room listening to the winding tools. Imagine how your pet must feel when they step into the parlour and hear all the machines... they might think it is the Dogalypse!

For some dogs, the grooming process can be a source of anxiety and stress. As responsible pet owners, it is essential to understand the signs of anxiety in dogs during grooming and to take proactive steps to help them feel more at ease. We explore the common signs of anxiety that professional groomers are trained to spot, effective techniques to alleviate grooming-related anxiety, and the benefits of using a mobile pet groomer for a stress-free grooming experience.



Recognising Anxiety in Dogs During Grooming

Dogs, like humans, can experience anxiety when faced with unfamiliar and potentially stressful situations. For many pets, a trip to the grooming salon can trigger fear and anxious behaviour, which may manifest in various ways. Professional groomers are trained to spot the following signs of anxiety:

- **Rapid Breating**
- **Panting**
- **Whining**
- **Shaking**
- **Hiding**
- **Aggressive Behaviour**
- **Vomiting and Diarrhea**

Alleviating Anxiety During Grooming

Groomers have a responsibility to provide a comfortable and stress-free grooming experience for their canine clients. Some groomers use mutt muffs, essentially ear muffs for dogs to block some of the noise, but it is only partially successful due to washing, shampooing, drying, and ear cleaning, which means the groomer can only use the mutt muffs partially during the grooming session.



Several effective techniques can be employed to help alleviate anxiety during grooming.

Desensitisation

Groomers can gradually introduce dogs to the sights and sounds of the grooming environment, starting with short and positive interactions, to help them become accustomed to the experience.

Positive Reinforcement

Offering treats and praise during grooming sessions reinforces positive associations with the process and helps ease anxiety.

Touch & Massage

Groomers and pet owners can gently touch and massage sensitive areas such as paws, ears, and bellies to desensitize the dog to grooming touches.

Calming Products

There are various anti-anxiety products available, such as calming sprays and diffusers, that can create a soothing environment during grooming.

Mobile Grooming

One of the most effective ways to reduce anxiety in dogs during grooming is by opting for mobile pet grooming services.



Feel free to visit www.npgasa.org.za to find a groomer in your area that specialises in ensuring your dog is clean and healthy at all times. Remember the skin is the biggest organ of the pet and the hair is there to keep it safe. Without proper grooming you are putting your dog into harm's way.

The Benefits of Mobile Pet Grooming

Mobile pet grooming presents an excellent solution for dogs that experience anxiety during traditional grooming salon visits.

Some of the key benefits are:

Familiar Surroundings

Mobile grooming takes place in the comfort of the pet's home, providing a familiar and secure environment, which can significantly reduce stress.

Reduced Stress

Mobile grooming typically services one pet at a time, eliminating the presence of other animals and excessive noise, resulting in a more peaceful grooming experience.

Personalized Attention

Mobile groomers can dedicate extra time and attention to anxious pets, ensuring a gentle and patient grooming process.

Safety and Security

Having the owner or family members present during the grooming session helps reassure the pet that they are safe and protected.

Convenient and Time-Saving

Mobile grooming eliminates the need for traveling to a salon, saving time and reducing the likelihood of motion sickness for dogs that experience anxiety during car rides.

Professional groomers play a vital role in creating a calm and positive grooming experience for our furry friends. Proper training techniques and calming products can be useful tools in helping to ease anxious pets during their grooming till they are used to accepting it as part of their stress-free life.

Remember that grooming throughout the year is essential to keep your pet healthy. The skin, the biggest organ in the body, needs to be dander, matting, and molding-free, to allow your dog's other organs to be healthy. The nails, ears, and teeth need to be checked regularly to ensure that they stay mite-, and tarter-free and the nails are not ingrown. Anal glands need to be expressed and professionally trained groomers can do this with ease.

Tips to Calm your Pet for Grooming

A professional groomer will show owners how to calm their pet before grooming and could recommend an animal behaviourist that can join on the next grooming to show the pet all is safe a normal part of their life.

Through touching and massaging sensitive areas many pets will become accustomed to the touches that will be needed during grooming. Owners who gently work with the paws, rear, belly, groin, and ears will encourage the pet to be more relaxed when the grooming happens.

Desensitising your pet to sounds is also a big assistance in dealing with anxiety. Do introduction visits. The blow dryer can be run for short intervals close to the pet without blowing them. The nail clippers can be used to stroke and brush along their legs and body without cutting the nails. With repeated practice, the pet will adjust to the once terrifying actions and sounds and learn that there is nothing to fret about.

Simulate the experience at home when it is only you and your pet. Some pets get very anxious when you lift them onto the grooming table. Simulate this by picking your dog up and making them stand on a higher surface such as a table or counter.

Between grooming, you as the owner must brush your furry family member. This provides a positive connection with grooming activities.

Before every grooming take your pet and spend some special time with them such as a walk around the block or a play in the garden. Don't play games that hype them but keep it calm and relaxed. This way they will see the grooming as a reward for the calm playing.

Always use a soft and relaxed tone when interacting with your pet and reward all positive interactions.

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CANINE GENETIC TESTING

What is your mixed breed pup composed of?

What is a mixed breed?

Canines have been bred for specific traits for hundreds of years, resulting in hundreds of dog breeds. When a dog has not been intentionally bred (not a purebred or designer dog), the term mixed breed is used.

A mixed breed has a plethora of genes and traits that make up its final genetic map, with varying physical and behavioural characteristics. A good metaphor for their genetic state would be when you get a slushy at the movies and ask for all the flavours mixed into one cup. While the original colours and flavours may be "pure", once it is all mixed there could be any colour and flavour in the end. This is much the same for mixed breed dogs.

www.zoomics.co.za



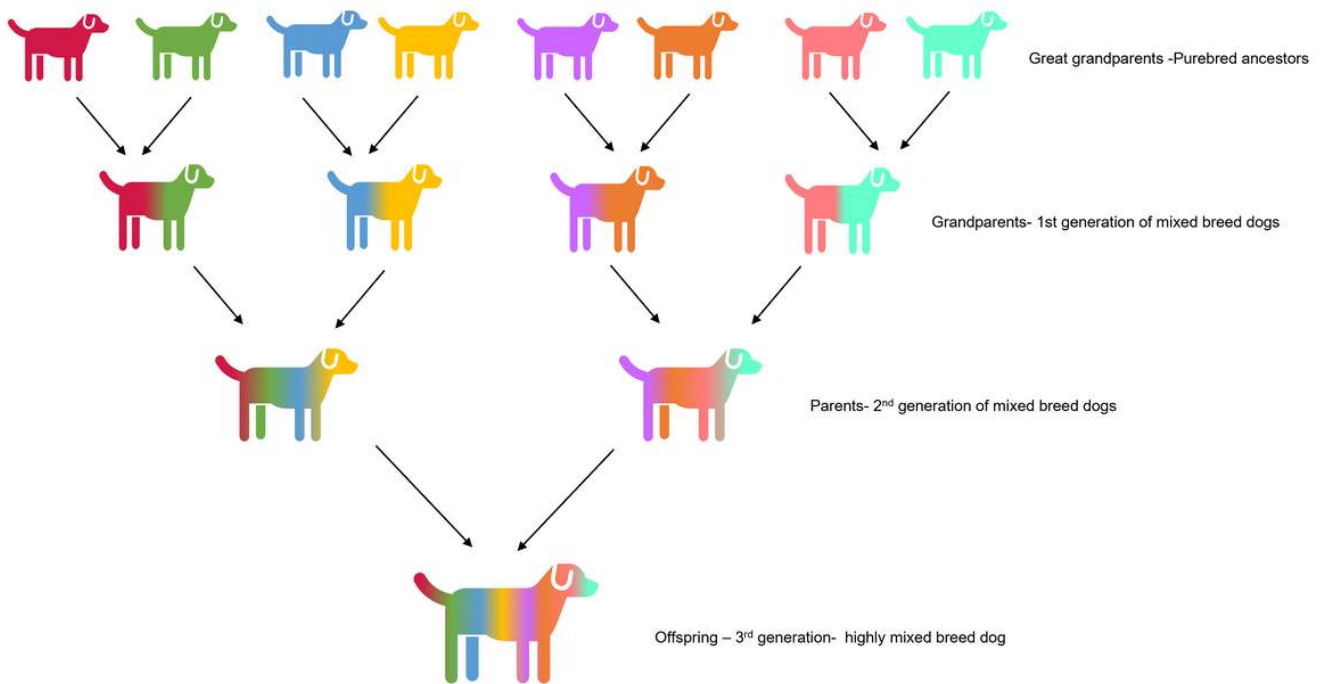


Figure 1: Family tree showing how in three generations of mixed breeding, it can result in a highly mixed breed dog. Each colour represents a single breed.

Even if some of the ancestors were pure-bred, different combinations of genes are inherited, resulting in a variety of physical and behavioural traits. Even in just three generations originating from pure-bred ancestors, which can easily be in a human lifetime, we can get a highly mixed offspring (**Figure 1**).

Can you test which breeds are present in my mixed breed dog?

Luckily, with the aid of genetics, we can test what breeds are present in your mixed dog's ancestry. This test compares your dog's genetics with a massive database that represents various pure-bred breeds and will give a percentage match to the pure-bred canine groups.

The results of a breed ancestry test can be quite surprising. Since the markers used to compare the ancestry do not determine physical traits, the look of the dog could be completely misleading as to which breeds are present. If we return to the slushy metaphor here when mixing blue and red you will get a purple slushy, but it will not taste like grape even if it looks like grape flavour. Similarly, a dog could look like a Jack Russel, but its ancestry test could show completely different breeds present. It is important to remember that the breed ancestry test will not tell you what breed your dog is, if you have a mixed breed dog, then your dog is a mixed breed. Even theoretically purebred dogs will most likely have small percentages of other breeds. What the ancestry test can do is show you which breeds are present and what is the main contributing breed in your dogs' ancestry.

Besides the curiosity of knowing which breeds are the main contributors to your canine companion's composition, it can also be useful in terms of identifying behavioural traits and health problems that could arise. Many pure-bred breeds have genetic health issues that are common to the breed and knowing that your pup has a main contributor of that breed can help with preventative measures for those health issues.

Where can I get The Breed Ancestry Test done?

At ZooOmics we provide breed ancestry testing for your mixed breed dog.
Contact us at info@ZooOmics.co.za to order your kit today.



Barkley

- 25%-30% Belgian Shepherd
- 12%-20% Poodle
- 5%-10% Whippet
- 1%-3% Chihuahua

ORDER YOUR KIT TODAY

Meet the Team



Back row from left to right:

Almero Oosthuizen, Candice Jooste, Catherine Greenslade,
Shenrae Carter, Dr Christiaan Labuschagne

Front row from left to right:

Keagan Strydom, Dr Keabetswe Ncube, Demika Naidoo,
Mulisa Simba

Where can I get genetic health tests done?

At ZooOmics we provide both health and colour testing as well as DNA profiles for canine and feline. We utilise innovative technology for our mutation testing and provide you with certificates for all testing done, which can be submitted to registrars and breed societies.

Contact us at info@ZooOmics.co.za for any enquiries on sample collection, shipping of samples, sample processing and services offered. Alternatively visit our website at www.zoomics.co.za to download our sample submission form.



www.zoomics.co.za

BY SASCHA ODAYAR
COAPE QUALIFIED ANIMAL
BEHAVIOURIST

PERIURIA IN CATS



Understanding the Common Issue of Urinary House Soiling

Periuria, or urinary house soiling is an all too common reason cats are relinquished to shelters or in some cases, euthanised. Yet in most cases, the problem can be resolved by examining the cat and their environment. Sometimes some small changes at home can greatly reduce or even eliminate the problem.

Firstly, when a cat is urinating in places other than their litter tray, it is important to rule out any medical causes. A visit to the vet for an examination and urinalysis is paramount. Cats can suffer from urinary tract infections, which can cause an increase in frequency and often pain when urinating, which may make them hesitant to go into the litter tray. Once the vet has ruled out medical issues, the behavioural aspect can be addressed.

When a cat urinates outside of the tray, the urine must be cleaned properly. A pet enzymatic cleaner should be used, rather than household products. General household cleaners are ineffective at removing the odour and ammonia-based cleaners may encourage the cat to mark the same place again.

There are many types of litter trays available and some cats have a preference. It is recommended the tray be large enough, ideally one and a half times the length of the cat. Many cats dislike the covered trays. Have a couple



of options available and see which they prefer. Older cats may benefit from a more shallow tray as it may be increasingly difficult and uncomfortable for them to climb into a deep tray if they suffer from joint pain or mobility issues.

In multi-cat households, there must be enough litter trays for the number of cats in the house. The rule of thumb is one more litter tray than the number of cats in the home.

The position of the tray is often a factor in a cat's reluctance to use it. When a cat is urinating they can feel vulnerable, so if they are not feeling safe, they will not eliminate. Ensure the tray has more than one exit point and is away from doors and windows. A cat may see another cat outside whilst in the tray and not be comfortable using it. Also, in the evenings when it is dark outside, the cat may mistake its reflection for a cat and startle, this may result in a reluctance to go back into the tray.

The type of litter in the tray can make a difference. The pet aisle is full of variety when it comes to litter. If a cat has a preference and it is suddenly changed, they may not want to use the new type of litter. Sand, clay, woodchip and crystals are all types of litter, but feel different under a cat's paws. Often there is a preference for the type they have used since a kitten. If you decide to try different litter, ensure there is a tray with the old litter available until you see your cat is comfortable using the new type.

If this behaviour has a sudden onset, assess what has changed in the household. Cats enjoy routine and familiarity, changes to their routine can cause stress. Cats are stoic animals and outwardly can appear calm when struggling internally. If there are changes within the home or you suspect your cat is stressed, calming supplements or pheromone sprays and collars could help.

Ensuring your cat is happy and content means ensuring all needs are met

This includes providing opportunities to fulfil their natural desires such as to hunt prey. Even though they are domesticated, cats still have an innate need to express the predatory behaviours they were born with. Today cats typically live a sedentary life, especially indoor cats, so they need to be encouraged to be active.

Enrichment and regular play sessions can boost a cat's mood, increase confidence and improve their general well-being. Physical and mental stimulation are vital to a happy cat.

Stress is often the cause of Periuria



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Liberec, Czech Republic
4 - 8 October 2023



What the Itch...

by Retha van der Walt

Having a dog with allergy issues can be incredibly frustrating... for you and your dog.

FOOD ALLERGY VERSUS FOOD INTOLERANCE

Most allergic conditions are a result of inflammation originating in your dog's gut. Allergies are immune system responses that cause your dog's body to go a little haywire in response to a trigger. No matter what you do to treat them, if your dog is exposed to allergens, the problems and discomfort will continue. The trick is to figure out what these allergens are.

There can be a variety of reasons for your pet's itchy, scratchy skin condition, including environmental allergies or food sensitivities.

Dr Connor Brady explains food sensitivities as: "the immune system that patrols the gut sees a protein it doesn't like and sends out the troops. Once all the "baddies" are rounded up they need to be ejected from the body. The bum is a common exit point but so is the skin (zit-like pustules), ears (dark brown, smelly wax), eyes (weepy), and mouth / nose (phlegm). This is one of the reasons your dog is now exhibiting some of these symptoms. It's the body trying to empty the bin. It's trying to help. Drugs at this point merely tell the body to stop helping and leave that crap where it is."

It is important to understand that most dogs or cats are experiencing a food intolerance/ sensitivity. Dogs that present allergic symptoms is mostly experiencing a food intolerance and that is true for a large number of dry-fed dogs today. It is very similar to allergies, and it also involves the immune system, it just is slower than true allergies.

www.pawsomeraw.com





In dogs, more than 50% of allergies are caused by the world around them.

The most common symptom of an allergy is skin irritation – itching, scratching, and licking.

ITCHY SKIN, RED UNDERBELLY, AND DULL COAT

Together, these signs can indicate an allergy. Your dog itches constantly without relief, possibly causing hair loss in the affected patches.

What It Looks Like: The skin underneath the hair is red or pink, dry, and inflamed. No relief with baths, conditioners, or over-the-counter allergy medications. Excessive, near-constant scratching.

What It Means: Environmental allergies, possibly food-related sensitivities / intolerances.

WHAT ARE DOGS ALLERGIC TO?

Let's look at some of the causes to allergic symptoms:

Environmental allergies: Your dog may be allergic to grass, pollen, dust mites or mould spores. These allergens are often seasonal and can start from an early age. The dog's skin is a crucial barrier to allergens, making proper skin care a priority.

Parasites: Fleas, lice, and mites can be a constant nuisance to many pets. Some pets are particularly sensitive, and even a single fleabite can cause skin irritation!

Adverse reactions to food: Certain ingredients in commercial pet foods, such as:

- Wheat (wheat based dry food, dental stix, bread, pasta)
- Chicken or Beef
- Chemicals in dry food (all the stuff you can't pronounce in the dry food ingredients but also neurotoxic chemical flea treatments, heavy de-wormers).

Infection: Bacterial and fungal infections can cause skin problems.

Hormonal imbalance: Pets with too much or too little of certain hormones are prone to skin issues.

Breed disposition: *Certain breeds of pets can be predisposed to skin conditions too. Such as bulldogs, beagles, Labradors, and various terrier breeds, particularly bull terriers. Some skin conditions can be cleared up quickly, while others need lifelong management. The good news is, soothing the itch can be as simple as changing your pet's diet.*

NATURAL STEPS TO MANAGE AND IMPROVE YOUR DOG'S SKIN CONDITIONS

Now that you know what to eliminate, to stop all the bad reactions that cause your dog to suffer, let's look at steps you can take to improve these reactions:

Switch Your Dog to A Well Balanced Raw Diet

Avoid starchy carbohydrates as much as possible ... they can aggravate skin conditions. And never feed any foods with preservatives, colourants, or other chemicals.

The first step for any health issue is to find out what are the proteins that work for your dog. Dogs with severe gut problems may need to have special care and an individually designed diet. At Pawsome Raw we assist with elimination diets and advise on how to get the golden way forward. For most dogs starting with a novel protein is a great start. We suggest something like Rabbit, Lamb, or venison, these are often very successful proteins when you are dealing with food intolerances. Where possible, buy organic, grass-fed, pasture-reared animals – intensively-reared farm animals are fed grains and drugs such as antibiotics, which could have a negative reaction in your dog.

You can also add vegetables like broccoli, cauliflower, leafy greens, and zucchini to help filter toxins.

Use Herbs to Help Detoxify Your Dog

This will help clear toxins from his gut, liver, lymphatics, and kidneys. The best way to detoxify and support your dog's gut and immune system is: Feed a clean, raw diet (it's worth repeating a second time). The following dried organic herbs will be beneficial and help your dog manage allergy reactions: Calendula – Chamomile – Parsley – Burdock – Nettle – Dandelion.

Repair the Gut

Since most of the immune system lives in your dog's gut, you need to address his gut health. The best way to do this is to feed your dog high-quality species-appropriate food and good probiotics daily for several months.

The probiotics will balance the bacteria in the gut and restore the health of the immune system. I strongly recommend, you also start with a good quality broth made from a novel protein for example Pawsome Raw's Duck and Turmeric broth. Bone broth is amazing at fixing a leaky gut.

Avoid Environmental Toxins

It is all good and well that you are detoxing your dog; however, you'll want to make sure you're not adding new toxins... If you do, his skin condition will continue. Go through your home and remove as many chemicals and artificial fragrances as you can (they're very toxic).

Reduce Stress

Last, but not least, reduce any stress in the humans and dogs in the household. Emotional stress is a big trigger for skin conditions. Take time out as a family to relax, meditate and exercise. If there is major stress going on, get help to process and move through it. If your dog has stress, anxiety, or trauma, think about training or bodywork. It will all help!

For more information on top grade, premium quality nutrition for pets, **Contact Pawsome Raw.** We have Petfood nutritionists that will assist you with advice on dealing with your pets' allergies.



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WeLovePets SA
Pet Lifestyle Magazine

www.welovepetssa.co.za

written by
Carolyn Dudgeon

Let's talk about Kennel Stress



“Kennel stress is a generic term used when dogs encounter a state of mental or emotional strain and tension during or after a kennel stay. It can manifest in a number of ways including aggression, fear, anxiety, shaking, whining, or other noticeable changes in behaviour.”

We usually hear the words kennel stress when it comes to reasons why a dog should be euthanised in a pound, open admissions or pro-life shelter situation; and it is a completely valid reason.

There are 4 main factors that contribute toward the dreaded Kennel Stress

1

Changes to routine:

Dogs are creatures of habit and can become very anxious and unsettled when their routine changes. There is no way to avoid this in a pound environment, not only is the doggo experiencing changes to when they eat and what they eat, but also where they sleep, and how they usually release their energy.

2

Lack of usual exercise:

Not being able to release energy is known to increase a dog's stress levels. If your dog isn't walked as far as usual, or releasing their energy sufficiently their stress levels rise.

3

Sudden change in diet:

Different food can not only cause stomach issues in a dog but also raises their anxiety as it's a shock to their system and another change to their routine. Nutrition is also an important factor as it helps to keep the dog's immune systems functioning properly. If your dog loses their appetite, their nutrition levels will drop while their stress level rises.

4

New people:

While most dogs love anyone who gives them attention, some dogs are frightened around new people. The person looking after them could change hourly in a kennel, which makes it even more frightening. Added that some dogs are also frightened of dogs they don't know, this amplifies the terror of the kennel environment for them.



Kennel stress can occur with any dog breed but is most often seen in Jack Russells, German Shepherds, Labradors, Border Collies, and Pitbull breeds, high energy, and loyal family dogs who are also more prone to separation anxiety from their owners.

Kennel stress is the most heartbreaking thing to witness. Some dogs will hide in the back of the kennel, be less active, or stop eating altogether. Some dogs may behave aggressively, while others will begin to perform repetitive behaviours, increase their frequency of barking, become destructive, and start to urinate and defecate in their kennel.

When kennel stress sets in and no viable home is in sight, this is when humane euthanasia is the kindest option. It is never an easy decision to make, but quality of life should always trump quantity of life when it comes to an animal's best welfare.



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Atlas

Second Chances

Rescued Belgian Mallinois-Boerboel Mix Gets His Second Chance at **TEARS Animal Rescue**

Physical & behavioural rehabilitation is vital to an animal's recovery before finding its forever home. That is how Atlas came into the care of the loving and passionate team at TEARS Animal Rescue.

After being rescued from a life of neglect and deprivation, Atlas arrived at TEARS Veterinary Hospital weighing a mere 16kgs (less than half of what he should have weighed). Having lived his life tethered to a short chain and only knowing the feeling of cold concrete beneath his paws, Atlas suffered from open, infected pressure wounds that had developed on his hips and back legs. He also suffered from ehrlichiosis, a life-threatening tick-borne disease requiring immediate treatment.



The TEARS Veterinary and Kennel teams formulated a treatment plan specific to Atlas's needs. Rehabilitation at TEARS is individualised to each pet, from medication and veterinary treatment, including the best nutritional support to assist in the animal's full recovery from the physical and emotional trauma they've endured.

Cats and dogs that have experienced neglect or abandonment or are severely underfed need a strict nutrition plan to improve and strengthen their overall health and wellness. Having access to a specialised feeding plan helps broken bodies - and broken spirits - heal.

Atlas' weight has almost doubled since he was rescued, and his ehrlichiosis symptoms have completely cleared. He no longer carries the evidence of starvation or having lived his life on a short chain. He is sweet and full of energy - life is a constant thrill as he is discovering the wonder of a belly scratch, chasing after a ball and what it feels like to be treated with tenderness and love. Everything is new for him. Atlas would be the perfect companion to someone with an adventurous spirit who can share the rush of new experiences with him and help him put his best paw forward!

After rescue, treatment, and rehabilitation are the critical building blocks in providing the second chance all TEARS rescue pets deserve.

Here's what rehabilitation at TEARS looks like, at a glance

Behaviour Rehab

Behaviour rehab takes time, much patience, and understanding. Trauma, mistreatment, and isolation are often the most pressing issues shaping how the pets, who come through our doors, see the world.

From learning to socialise with other dogs or walk on a lead, to earning trust from animals who may have been used as "bait dogs" or experienced extreme cruelty, TEARS pets are equipped through our enrichment programme and remedial socialising to prepare for a life of wonder, loyalty and love.

Physical rehabilitation

Physical rehabilitation is vital for animals who have experienced physical trauma or have been diagnosed with disabilities and that need post-op care. They receive various therapies such as physiotherapy, laser therapy, hydrotherapy, and Touch movement to heal and restore muscle tone, muscle memory, and overall physical confidence and performance.

Nutrition rehabilitation

TEARS cats and dogs that are neglected, abandoned, starved, or even those who have been overfed, need a tailored nutrition plan to achieve an optimal healthy weight. Access to a scientifically formulated and specialised feeding plan helps rebuild and repair bodies from the inside out.

Neonatal care

In addition to all of the different forms of rehab, TEARS also provides neonatal care for kittens and puppies in our care.

TEARS relies on the generosity of its donors to support vulnerable pets. Please support the **TEARS Feed Hungry Pets** campaign so we can feed hungry community pets living in under-resourced communities.



Join us in Rescuing, Rehabilitating and Rehoming companion animals in need across the Western Cape's South Peninsula.

Media contact

Odette Visser
TEARS Marketing & Events Coordinator
Tel: 021 785 4482
Email: events@tears.org.za

www.tears.org.za

THE MOON & ITS INFLUENCE

LUNAR CYCLES AND HOW THEY CAN HELP YOUR PETS IN EVERYDAY LIFE

With South African winter in full swing, keeping your pets safe and warm is a top priority. As we delve into the intriguing world of celestial influences, you might be surprised to discover the historical significance the Moon has held for centuries, guiding various aspects of life, from planting and building to medicine and food production. Embracing this knowledge can bring a sense of logic and freedom to your daily routine, knowing that Mother Nature always protects her beloved creatures.

As we eagerly anticipate the arrival of Spring, it's essential to consider the astrological events that could impact our lives and those of our furry companions. This August kicks off with a Full Moon in Aquarius, promising new opportunities for those who thrive on spontaneity, logic, and a thirst for learning.

However, during this period, Venus, the celestial supervisor of our material world, will be in retrograde until September 6th. This planetary position might lead to confusion in our choices and desires, potentially causing disappointments later on. Hence, it's wise to avoid investing large sums of money in seemingly too-good-to-be-true ventures and to refrain from making drastic or permanent changes to your appearance, such as tattoos, plastic surgeries, or extreme haircuts.

Interestingly, some individuals born during Venus retrograde can disregard the cautionary advice and proceed with their plans. Lucky them!

When it comes to our beloved pets, the Full Moon in August recommends

postponing surgeries or medical procedures until after August 7th to avoid any complications or unforeseen health concerns. The best days for surgeries and vaccinations are between the 7th and 17th, allowing for smoother recoveries and optimal health outcomes.

Moreover, from August 21st to September 17th, Mercury will be in retrograde, further impacting medical procedures and recoveries. It's advisable to put a hold on any new medical treatments during this period, as Mercury retrograde has been known to slow down recoveries and lead to unexpected post-operative issues.

Looking ahead to September, we find ourselves spending most of the month with Venus and Mercury still in retrograde. However, there are a few favorable days for medical procedures: the 18th, 19th, 22nd, 23rd, 25th, and 26th. As always, it's crucial to note that the above recommendations primarily pertain to planned and preventative procedures. In case of any sudden acute health conditions, seeking urgent medical assistance remains paramount.



By being aware of these celestial influences, you can take proactive steps to optimize your pet's health during this season. Remember, the cosmos may seem overwhelming at first, but understanding and embracing its impact can bring newfound harmony and well-being to you and your beloved pets. Stay informed, stay prepared, and enjoy the wonders of the natural world as you journey through life with your furry companions.

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Tafelberg Road
Cape Town

Lion's Head
Cape Town





Speech bubbles containing questions:

- CAN I SAFELY TAKE IVERMECTIN?
- HEREDITARY MYOPATHY?
- MALIGNANT HYPERTHERMIA?
- WHICH COAT COLOURS MIGHT MY PUPPIES BE?
- HAIR LENGTH?
- WHAT IS MY BREED ANCESTRY?
- DO I HAVE GENETIC EYE PROBLEMS?
- KIDNEY STONES?
- HAEMOPHELIA?
- WHO'S MY DAD?
- CYSTINURIA?
- IS MY DNA PROFILE READY FOR MY FLIGHT?

ZooOmics™, the animal genetics division of inqaba biotec™ (est. 2002) has been dedicated to providing accurate genetic tests and exceptional client service for over a decade to sub-Saharan Africa.



ZooOmics offers over 85 Canine genetic tests.

Testing is done with the Gold Standard, DNA sequencing.

HEALTH TESTS:

Degenerative Myelopathy (SOD1)
Cystinuria
Pyruvate Kinase Deficiency (PKLR)
Centronuclear Myopathy (BIN1) (PTPLA)
Copper Storage Disease (ATP7B)
Exercise Induced Collapse (NEI)
Progressive Retinal Atrophy (PRCD)
Goniodysgenesis & Glaucoma (OLFML3)
Primary Open Angle Glaucoma (ADAMTS10)
Primary Lens Luxation (ADAMTS17)
Heritable cataracts (HSF4)
Canine Multifocal Retinopathy 1 (BEST1)
Achromatopsia (CNGB3)
Photoreceptor dysplasia (PDC)
Collie Eye Anomaly (CEA)
Multiple drug resistance (MDR1)
Imerslund-Gräsbeck Syndrome (IGS)
Trapped Neutrophil Syndrome (TNS)
Neuronal Ceroid Lipofuscinosis (CLN5)
Cerebellar Ataxia (ARSG)
Neonatal cerebellar cortical degeneration NCCD (SPTBN2)
Hyperuricosuria (HUU) (SLC2A9))

Malignant Hyperthermia (MFSD12)
Juvenile Laryngeal Paralysis & Polyneuropathy (JLPP)
Leukoencephalomyelopathy LEMP (NAPEPLD)
X-linked myotubular myopathy (MTM1)
Neuroaxonal Dystrophy (VPS11) (PLA2G6)
SeSAME-EAST Ataxia (KCNJ10)
Neuronal Ceroid Lipofuscinosis (1TRP1)
Novell Cerebellar Cortical Degeneration (SNX14)
Neural Hypomyelination (FNIP2)
Spinal Dysraphism (NKX2-8)
Congenital Myotonia (CIC1)
Late onset Spinocerebellar Ataxia (CAPN1)
Spinocerebellar Ataxia (KCNJ10)
L2-Hydroxyglutaric Aciduria (L2HGA)
Familial Nephropathy (FN)
Myoclonic Epilepsy (DIRAS1)
Arrhythmogenic Right Ventricular Cardiomyopathy (STRN)
Dilated Cardiomyopathy (PDK4)
Hereditary Nasal Parakeratosis (SUV39H2)
Ichthyosis (PNPLA1)
Musladin Leuke Syndrome (ADAMTSL2)
Lupus Erythematosus (DPF2)
Lethal Acrodermatitis (LAD)
MKLN1

Polycystic Kidney Disease (BTPKD)
Phosphofructokinase (PFK)
Factor VII deficiency (FVII)
von Willebrand's Disease Type I
Haemophilia B (Factor IX)
Cleft Palate (DXL6), (ADAMTS20)
Raine Syndrome (FAM20C)
Fucosidosis (FUCA1)
Sensory Neuropathy (FAM134B)

COLOUR INHERITANCE

A Locus (ASIP: c.244 G>T; c.248G>A; c.286C>T; SINE)
B Locus (TYRP1: c.121T>A; c.991C>T; c.1033delCCT; c.555T>G)
Cocoa (HPS3: c.2420G>A)
D Locus (MLPH: c.-22G>A; c.705G>C)
Hair length (FGF5: c.284G>T)
E Locus (MC1R: c.799A>G; c.914C>T)
I Locus (MFSD12: c.151C>T)
K Locus (CBD103: delGGA)
S Locus (MITF: c.478 C>T)
M locus (Merle)

OTHER:

DNA Profiling
Parentage
Breed Ancestry
(For mixed breeds only –
Cannot test if a dog is purebred).

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