



Introducing our first supplimentry section - 'furry friends' In this issue we focus on Dogs



ADOBE STOCK IMAGE

CONTENTS p 96. A message to Dog lovers / p 98. Conversations with dogs / p 102. Photobooks & Good reads / p 104. food / p 105. treats / p 106. toys and stuff.

### ISSUE No. 1 / 2025

## A MESSAGE TO DOG LOVERS

Every day, countless dogs around the world long for a loving home and a caring family.

When you think about adding a furry friend to your life, I urge you to consider the immeasurable joy and love that comes with adopting a dog from a shelter or rescue. By adopting you not only transforms the life of the dog but also your life will be enriched in ways. Do it, take that leap of faith.

Imagine the energy of the young puppy, all wide eyes and floppy ears, exploring its new home and surroundings with an curiosity. Each wag of the tail seems like a blur of excitement as this little creature immerses itself in discovering the world.

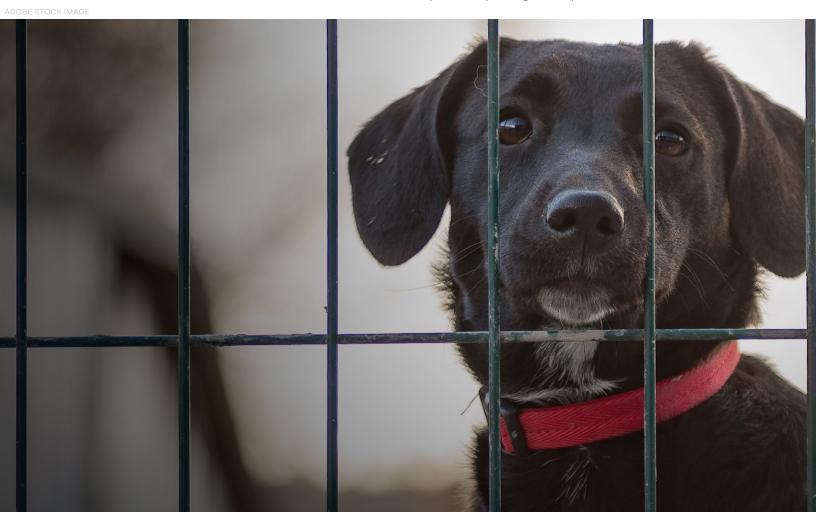
Puppies are undeniably adorable, prompting many potential pet owners to flock to pet stores or breeders in search of the perfect, fluffy companion. Yet, what often goes unnoticed is that numerous shelters and rescues are filled

to capacity with puppies waiting for someone to choose them. These young souls deserve a chance to thrive in a loving environment.

By adopting from a shelter, you not only gain a loyal companion but also save a life.

However, the appeal of adopting a puppy can overshadow the needs of older dogs, who often find themselves languishing in shelters as the adorable, younger canines capture the attention of potential adopters.

Senior dogs are old and wise and so grateful that they will transform any household. Their gentle demeanor, often shaped by years of companionship, brings a unique comfort and



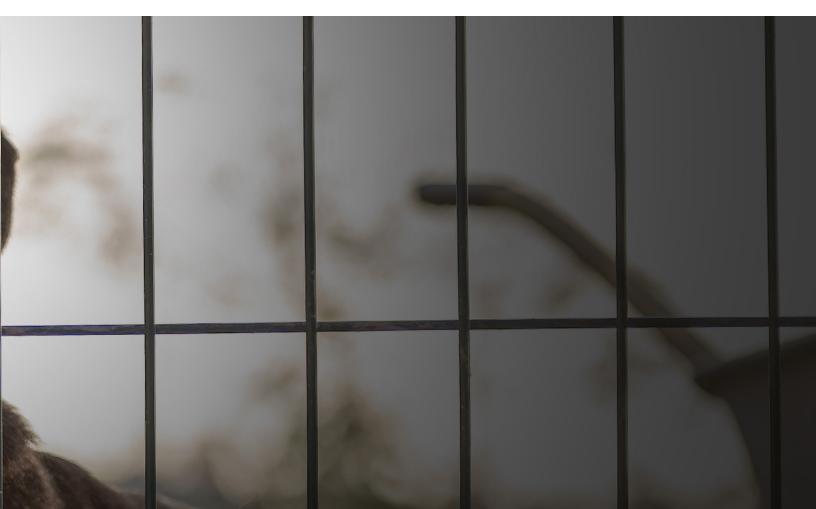


stability to our lives. It's crucial to recognize that older dogs, much like fine wine, often become even more delightful with age. They may not have the boundless energy of a puppy, but they carry an incredible capability for love, companionship, and loyalty that is unparalleled. Furthermore, older dogs are often already house-trained and have a better understanding of their place in the home, making the transition into adoption smoother for both the pet and the owner.

The connection one can forge with a dog, whether they come from a speedy, playful puppy or a wise, gentle senior, is profound and life-affirming. These relationships often exceed the mere existence of companionship. Dogs possess an innate ability to sense our feelings, offering support during moments of joy and times of sorrow. In return for the love, care, and attention we bestow upon them, dogs offer unwavering loyalty and companionship, making them invaluable members of our families. The reality is, millions of dogs across the globe await adoption in shelters.

Each dog has a story, often filled with struggles, resilience, and hope for a new beginning. By choosing to adopt, we are not only giving a dog a second chance at life but are also encouraging our friends and family to consider the value of supporting shelters and rescue missions. Each adoption story can serve as a catalyst for change, showcasing the beauty of rescuing a dog in need. Success stories of dogs transforming their owners' lives illustrate that the bond formed is not just about providing shelter to the animal, but about the profound changes it can make in our lives.

Shelters often work tirelessly to train and socialize these animals, preparing them for the transition into a loving home. By adopting, you provide support to these organizations, allowing them to continue their vital work in rescuing



and rehabilitating dogs. A dog is more than a pet; it becomes a member of your family, enriching your daily life with unwavering loyalty, love, and the rewarding responsibility of care.

It is essential to recognize that adopting a dog is a long-term commitment, and potential adopters should carefully consider their lifestyle, the needs of the dog, and the responsibilities that come with pet ownership. This empathetic consideration is particularly crucial for individuals interested in adopting older dogs, who may have specific health needs or limitations.

Seniors may also require more visits to the Vet, careful management of existing health conditions, or adjustments to their daily routines to accommodate an easier, more comfortable lifestyle. This additional responsibility should never deter you from adopting an older dog, but rather motivate you to consider how much love and joy you can bring into their twilight years. Every moment spent with a senior dog is a testament to the profound connections that can be formed through compassion.

Visiting your local shelter and considering adoption is a big step toward breaking the cycle of overpopulation and abandonment. Finding a shelter you trust can be as simple as researching local organizations and reaching out to see how you can contribute even if you are not in the position to adopt. There are many ways to support shelters through volunteer work, fundraising, and spreading awareness of their mission. Choosing to adopt is a beautifully selfless act that has the power to change lives forever. By welcoming a dog from a shelter into your home, you rescue not only an animal in need but also yourself, discovering the unique companionship that blossoms from these relationships. Each dog adopted from a shelter is not merely a pet but a symbol of resilience and hope, a nurturing reminder of the journey of life and the joy of giving love. Whether it's a wriggling puppy with a heart full of adventure or a wise old soul looking for a cozy spot to rest, every dog has the potential to leave an indelible mark on our hearts.

Those who cannot adopt should consider fostering a dog . This helps provide a comfortable transitional loving home while awaiting thier permanent home. Dog lovers, we have the opportunity to make a tangible difference in the lives of dogs everywhere by choosing to adopt from shelters and rescue organizations. Let the stories of these magnificent animals inspire us. Let us spread the message that every dog, regardless of age or background, is deserving of a loving home. Join the community of advocates for shelter dogs — foster, adopt, volunteer, or simply spread the word. The journey of adoption is one filled with challenges and joys, and for every dog rescued, our lives and the tapestry of companionship is made richer. Together, we can write a new story for the dogs in our shelters, one filled with love, hope, and the promise of a brighter tomorrow.

When you adopt, you support a system that strives to provide care and rehabilitation for dogs that have faced abandonment, abuse, or neglect.





## CONVERSATIONS WITH OUR DOGS



### Lexi (French Bulldog) & Michael

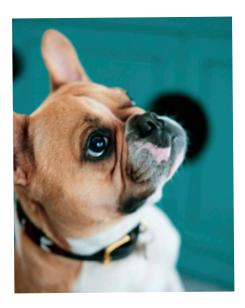
#### Meet Lexi and Michael

Lexi is a French Bulldog, Michael, Australian who lived in Hong Kong and now in Sydney.

Lexi has a very cheeky toothy grin thats infectiously adorable and a social slut for belly rubs - thats why everyone smiles a you and wants to pat or cuddle you.

Michael was living in Hong Kong when he got her and wanted a small dog that had lots of personality and could comfortably live in a Hong Kong apartment. Michael and Lexi have since moved from Hong Kong to Australia, and are pleased to notice that in Australia there are a lot more dog parks and dog friendly beaches.

Sydney's way of life is sun surf and outdoor. Lexi really enjoys both her morning and evening walks running on grass and playing chase with all the other dogs in the neighbourhood. We can have lots of fun here, and will do once we are more settled. Moving country is quite challenging but we have done well.







Gracie (Staffordshire Terrior Mix) & Peter



Meet Gracie and Peter

Both Gracie and Peter love waking up in the morning to loads of kisses. Gracie does this to wake him up and tell him its time for potty. Having a dog does not allow you to sleep in, every morning my day starts with morning potty, a neighbourhood sniff and greating all the security staff.

Gracies favourtite is to play ball, and would play all the time, sometimes she even sneaks a toy on her walks so she is sure for some play time. Her other toys are a soft crocodile and a stuffed cow. Gracie loves walking and sniffing outside, but sometimes just wants to go out and then return to her warm and cozy bed.

Peter would like to go on vacation with Grace somewhere, but that would involve flying as he lives in Hong Kong. It would be awesome to do, unfortunately here in Asia its not so easy to just take you on a flight, but I promise when we move to Europe and have a house and yard, we will be travelling everywhere, new places new smells, and new dogs too. What an adventure it will be.



### Pepa (Airedale Terrier) & Gustavo

#### Meet Pepa and Gustavo

Pepa was the runt of the litter and when Gus saw her he knew she needed a loving home.

Gus knew she was going to be a special puppy and needed all the love you could get.

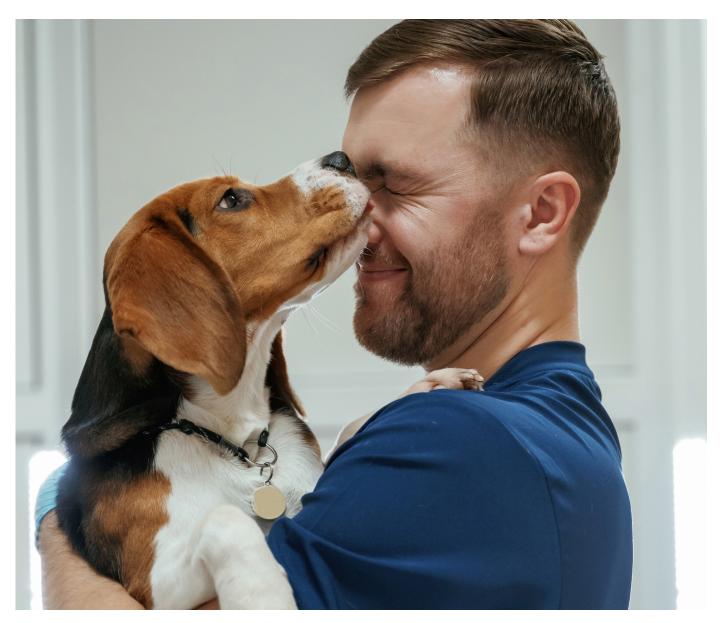
Like owner, like dog, both Gus and Pepa are Divas-sometimes. Pepa with her brilliant and amazing personality, always being happy, but can be such a drama queen, and needs constant attention. Thats probably why they get on so well.

Pepa was the runt because she has one ear smaller than the other one, but it makes her unique and very special.

Pepa loves to go out an play with the ball and run around in the park and then come home and give Gus loads of cuddles.







### Dewey (Beagle) & Trevor

#### Meet Dewey and Trevor

Trevor loves to dress Dewey up warmly in winter knitted gear, then go outside for walks and play. Dewey loves going out and walking especially on the trails and in the forests. Picking up sticks and exploring in the fallen leaves. He also likes to go run and play ball in the park when the weather is warmer.

Trevor is glad that its becoming warmer, as its been very cold outside. I do like to play in the cold and then cuddle up in our warm home. Dewey will be 10 years old this year. thats quite a milestone birthday, we will have to plan your celebrations.



## PHOTOBOOKS & GOOD READS

AIDEN REED

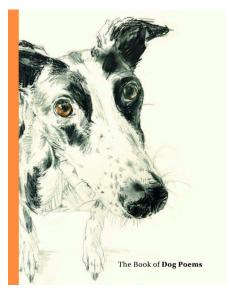
## The Dogs Way to be Raised



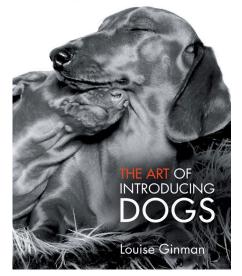
The Real Deal on what your Dog's Thinking

The Dogs Way to be Raised - Aiden Reed.

This Book isn't just about teaching you how to raise your dog, it's about learning how to understand their simple and unique language.

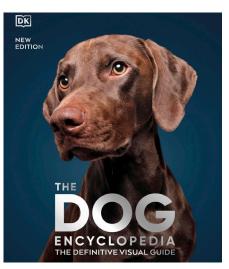


The Book of Dog Poems The relationship between us humans and our dogs has inspired many of the world's greatest poets. A guide for conducting dog-to-dog introductions

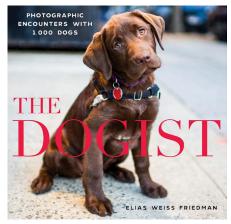


The art of introducing Dogs -Louise Ginman.

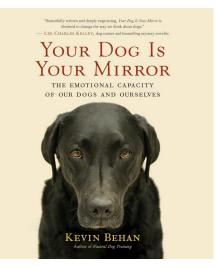
A guide for conducting dog to dog introductions. People add a new dog or puppy to their household often without any planning taking place or consideration of how that new dog or puppy will affect the dynamics of the current family and resident dog/s.



The Dog Encyclopedia Explore the history and variety of our most faithful companions in this collection of over 400 different dog breeds.

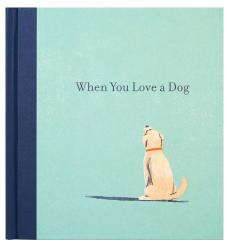


Photographic Encounters with 1,000 Dogs - Elais Weiss Friedman. The Dogist is a beautiful, funny, and inspiring tribute to the beloved dogs in our lives. Every page presents dog portraits that command our attention



Your Dog Is Your Mirror - Kevin Behan The Emotional Capacity of Our Dogs and Ourselves. Kevin Behan proposes a radical new model for understanding canine behavior: a dog's behavior and emotion, indeed its very cognition, are driven by our emotion

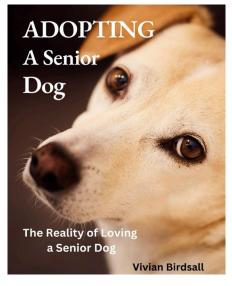




When You Love a Dog

A gift book for dog owners and dog lovers everywhere.

When you love a dog, there is always someone at home waiting to greet you with wide eyes and an open

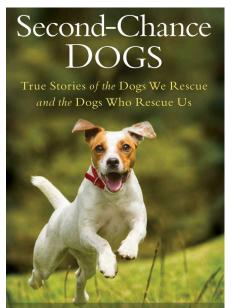


Adopting a Senior Dog: The Reality of Loving a Senior Dog - Vivian Birdsall. Experience the love and laughter that comes with giving an older dog a second chance.

Available on Amazon or from your local book store



Finding Home: Shelter Dogs & Their Stories - Traer Scott. Heart-touching photographs and rescue stories. Bold, retiring, serious, sparkling, or quirky—the dogs in Traer Scott's remarkable photographs regard us with humor, dignity, and an abundance of feeling.



Edited by Callie Smith Grant

Second-Chance Dogs: True Stories of the Dogs We Rescue and the Dogs Who Rescue Us - Callie Smith Grant. Everyone loves an underdog, and nothing gives us warmer feelings than seeing someone get a second chance in life. Causes one's dog-loving heart to flutter with astonishment and gratitud — САТНЕЕН SCHINE, THE NEW YORK TIMES BOOK REVIEW #1 NEW YORK TIMES BESTSELLER

## INSIDE OF A DOG

WHAT DOGS SEE, SMELL, AND KNOW

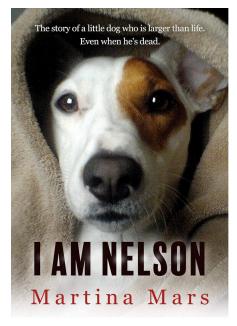
ALEXANDRA HOROWITZ AUTHOR OF THE YEAR OF THE PUPPY



Inside of a Dog: What Dogs See, Smell, and Know

- Alexandra Horowitz.

The instant classic on the mind of the dog is now updated to include the latest results in the booming field of dog cognition.



I am Nelson - Martina Mars. The story of a little dog who is larger than life. Even when he's dead.

## HOMEMADE DOG FOOD

## KEEP YOUR DOG HEALTHY & FIT WITH HOMEMADE RECIPES

#### Recipe by Damndelicious.net

The best part about making homemade dog food is just like making anything at home – is that you know exactly what is going into the dog bowl, and not any of that questionable gelatinous gunk from the canned food.

But it's important to note that dogs have different nutrient requirements than humans for their proportional body size, such as:

- High-quality protein (meat, seafood, dairy or eggs)
- Fat (meat or oil)Carbohydrates (grains or vegetables)
- Calcium (dairy)
- Essential fatty acids (egg yolks or oatmeal)

Now this recipe here has a balance of 50% protein, 25% veggies and 25% grains, but the ratios can easily be adjusted to suit your pup's breed and/or needs.

#### Ingredients:

1 1/2 cups brown rice 1 tbspn olive oil 3 pounds ground turkey 3 cups baby spinach, chopped 2 carrots, shredded 1 zucchini, shredded 1/2 cup peas, canned or frozen

#### Instructions:

In a large saucepan of 3 cups water, cook rice according to package instructions; set aside.

1. Heat olive oil in a large stockpot or Dutch oven over medium heat.

2. Add ground turkey and cook until browned, about 3-5 minutes, making sure to crumble the turkey as it cooks. 3. Stir in spinach, carrots, zucchini, peas and brown rice until the spinach has wilted and the mixture is heated through, about 3-5 minutes.

4. Let cool completely.

5. Portion meal sizes in ziplock bags for easy storage and freezing.

When ready to serve, you can defrost it in the fridge overnight and microwave it for 15-30 seconds.

Who knew that making dog food would be this easy? and you know that your pooch is eating well.









## PUMPKIN DOG TREATS

## THE PERFECT WAY TO GIVE YOUR PUP SOME EXTRA LOVE

Recipe by Christi from Love the Oven lovetheoven.com

### Ingredients:

2 1/2 cups whole wheat flour
2 large eggs
1/2 cup canned pumpkin
2 tbsp natural peanut butter
(Please avoid any peanut butter that contains the sweetener Xylitol)
1/2 tsp salt
1/2 tsp ground cinnamon

### Instructions:

1. Preheat the oven to 350 F. In a large bowl, mix together eggs, cinnamon, pumpkin, flour, salt and peanut butter. This mixture will become stiff, dry and crumbly really quickly when first mixing.

2. Add a little bit of water to help moisten the ingredients, then you will be able to work and knead the dough. Only add a tablespoon or so as you go.

You want the dough to end up being a dry and thick consistency.

3. Flour your countertop and roll the dough out to be about a ½ inch thick.

Use your cookie cutters to cut out individual treats and place on a greased baking sheet. You don't need to separate them a ton, they don't rise much.

4. You will have left over dough after

cutting out the first batch of treats. Quickly knead and roll out the dough left over dough to make even more!

5. Bake for about 35 minutes or until hard.

Serve to your fur-baby!

They will be living their best doggy life!





## STUFF FOR YOU...





02.



03.



04.









01. AIGLE Men Gore-Tex Parka Jacket <u>aigle.com</u> / 02. Bottle & Holder Bundle <u>frankgreen.com.au</u> / 03. Thank you Bags, Dog poo bag <u>coolpoobags.com</u> / 04. Milan | Mens Straw Fedora Hat <u>americanhatmakers.com</u> / 05. Green Chelsea Ankle Welly Boots <u>next.com</u> / 06. Tote-bag <u>ivyandduke.co.uk</u> / 07. Arthur Beale Ensign Beanie Hat <u>wolfandbadger.com</u> / 08. Luxe Black Sttoke cup <u>stokke.com</u> / 09. End raincoat <u>endclothing.com</u>



## TOYS FOR THEM...







01.

02.

03.



04.

05.

06.



01. Frank Green Squeeky Toy, <u>frankgreen.com.au</u> / 02. Small Dog Bowl Cool Mint <u>lecreuset.com</u> / 03. Reflective Dog Collar <u>ruffwear.eu</u>. / 04. Pet Food Container Rose <u>lecreuset.com</u> / 05. HAY dog bed <u>selfridges.com</u> / 06. Pull toy <u>ruffwear.eu</u>. / 07. Dog lead <u>ruffwear.eu</u>. / 08. HAY Dogs scarf, red <u>finnishdesignstore.com</u> / 09. HAY dogbowl <u>finnishdesignstore.com</u>

# LIVING

Look out for the next issue to arrive in your inbox in Summer 2025

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