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WOMEN OF CHINA has been published since 1952, and is sponsored and administered by the All-China Women's Federation, the largest women's organization in China. It remains the only English-language magazine with the specific purpose of introducing Chinese women to the world. WOMEN OF CHINA keeps global readers informed about Chinese culture and the reality of Chinese women's lives, experiences and perspectives.

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ON THE COVER:

For our October pets issue we had the distinct pleasure of photographing Isla Gillespie (10) and her bestie Bluey, the Siamese cat. Isla is a trilingual (English, Korean, Chinese) kid that loves nothing more than spending quality time with her feline companion, showering him with treats and affection. Photos: Dave's Studio

beijingkids

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AJ Warner

Proud parent of two boys, AJ Warner has been helping Chinese families for the past 13 years in Beijing. He guides Chinese applicants through the complicated process of getting accepted to US boarding schools and top universities. He is also the former Beijing Chapter President of the Entrepreneurs Organization (EO). WeChat: ajwarner, Email: ajwarner@touchdown.education



Mike Signorelli

Mike Signorelli arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.

Marianne Daquet

In Beijing for 12 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 6 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.cn.com.



Dominika Meiia

Dominika is career diplomat with a foothold in three continents. She shares a taste for food with a passion for books and travel. She is the author of the bilingual culinary blog D-constructed. While she is full of hope to master Chinese while writing her PhD, she's also the mother of a two-year-old daughter.

Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.



Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has three children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.co

Lise Floris

Lise Poulsen Floris is an EU official turned blogger. Since leaving her native Denmark in 1998, she has lived in Italy and Belgium before moving to China with her family. She writes about life in Beijing on her blog ninemillionbicycles. com, aiming to tell "the big story through the small story." Her work has been published in the South China Morning Post, Global Times, and Point of View International.



Juliet London

After seven years in Beijing, market researcher, branding consultant and writer, mother to two teenagers, Juliet 'Lady' London continues to be fascinated by this ever changing city. British by birth, she has also lived in Australia and Hong Kong. Her work primarily focuses on education research, leaving less time than she would like to take exercise, walk her dog, and snap up bargains at local markets.





The pet market in China is a booming industry. Whether it be young people acquiring a miniature doggo to accessorize, a cat or two to snuggle with, or something to fill the void that exists in an empty nest, pets have a definite place here in present-day China.

For most of my life, I've had a sentient, self-serving, furball walking around the house. All of my dogs growing up – Schnapps the schnauzer, Andre the poodle, and Peggy, the blue healer-chow mix – had their own personalities and became everything from little mascots of the family to trusted confidents.

While we have no reason to believe that having pets is an essential factor in the well-being metric of your children, they are definitely a welcomed addition to many families hoping to further make Beijing a home. But there is a lot to consider for any family thinking of taking this massive leap into pet ownership. It's a lot of work juggling these creatures with life's responsibilities. However, the more you give to these little beasts, the more you receive.

In this issue, we discuss the roles pets take in many Beijingers' lives, along with diving deep into some of the essential details regarding pet ownership. In our helpful vet guide (p25), we cover a list of necessary shots and other procedures you might encounter, and some useful tips to make these visits more comfortable for your furry friends. On page 18, we examine some of the local laws and regulations regarding owning an animal. Be forewarned: there are many!

We have also encountered people who have made a life rescuing, caring for, and even feeding dogs with creative, home-made treats. On page 27, you can find some creative and healthy snack ideas, and all you need is a food dehydrator. Your canine compatriots will no doubt

reciprocate with hours of stinky cuddles and slobbery kisses.

Finally, it is with a heavy heart that I disclose this will be my final magazine with *beijingkids*. It has been two-and-a-half years of learning, maniacal moments trying to hit deadlines, but, most of all, an extreme pleasure to work for this publication that helps so many families thrive in this wonderful city. This job has given me the rare opportunity to gain a deep insight into educational trends, parenting, and life in Beijing. I've learned so much from both the parent communities and educators that we've featured throughout the years, and for this, I'm incredibly grateful to all who shared their stories.

I would also like to thank my team members, and the many others at True Run Media that work behind the scenes to make *beijingkids*, the Beijinger, and Jingkids possible. There are so many moving gears in our small business, and it takes a village to succeed in this very competitive market. Thankfully, I'm leaving this publication in very capable hands, and am excited to watch from afar as it continues to grow and help the Beijing expat community.



Flipp Whittaker

Kipp Whittaker

广告

House of Knowledge

INTERNATIONAL EDUCATION SINCE 2007



Chaoyang Park Campus: Victoria Gardens, 15 Chaoyang Park West Road. Beijing
Shunyi Campus: North gate of Quanfa compound, 18 Maquanying Road, Beijing
Xinglong Campus: Block A, Unit 8, Xinglongzhuang, Chaoyang Road, Chaoyang District, Beijing

- Reggio Emilia Approach inspired kindergarten
- Project-based learning
- Qualified native language teachers
- · Wide range of after-school activities
- Bilingual teaching and German as optional language

Open Day

Chaoyang Park Campus: Oct. 15th

Xinglong Campus: Oct. 17^e

Shunyi Campus: Oct. 24th

9:30AM - 11:30AM



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What's New



After the Birthday Party, Beijing Gets **Back to Business** as Usual — With a Pizza Festival!

By the time this issue hits the streets, the patriotic fervor inspired by the 70th anniversary of the founding of the People's Republic of China will be settling back to normal levels. Beijing will be getting back to business as usual. This means we can start looking forward to the Beijing Pizza Festival. This annual celebration of all things round, flat, and tastily topped had to be postponed from its original date and is now taking place at Galaxy Soho on October 19-20. On the plus side, this means that you'll be chewing on your cheese in Beijing's pleasant fall sunshine. The theme this year is Ancient Rome, so get out your toga, stop resting on your laurels, and get over to the Beijinger website for your ticket: www.thebeijinger.com

New School Regulations to Make Students Safer

Beijing authorities have announced a slew of new regulations and rules aimed at making the city's schools safer for our kids. The regulations create a 200 meter "safety zone" around schools, where dangers such as polluting factories and internet cafes will not be permitted. In a sign that the authorities are serious about this, school principals will be held personally responsible for breaches of the regulations. Most eye-catching though is the news that parking will be banned within 100 meters of any school. Anyone who has ever witnessed the jam of SUVs outside any school in a well-off area of Beijing at pick-up and drop-off time will be wondering whether and how this is actually going to be enforced. We at beijingkids will be monitoring the situation, to see how it plays out.



Beijing On Track to Meet WHO Air Quality Standard

Some unequivocally good news for Beijing families came with the publication of IQAir's annual air quality report. Pollution has fallen for the sixth year in a row, a trend that should see Beijing drop out of the list of the world's 200 most polluted cities by the end of the year. If the trajectory continues, then the capital's air will meet the World Health Organization's air quality standard by 2022. Although measuring pollution is always tricky, if not contentious, anyone who has been in Beijing for any length of time will be able to attest to the ever-improving air. It's a staggering achievement, and reassuring to families who may one day no longer have to send their kids to school in masks, or worry about sending them outside to play.



Welcome to Mina and Drew!

We're delighted to welcome some new faces to the beijingkids team. Mina Yan is taking over as our new Chief Manager. She's originally from Newport Beach, California and has been living and working in Beijing for the past eight years. Mina is no stranger to the F&B industry here in Beijing, having worked in hotel marketing and editorials. She is currently also working as a freelance food columnist for News China and has a book on China's poverty alleviation coming out early next year. Our new Deputy Chief Manager is Drew Pittock, who moved to Beijing from Los Angeles, California this year. While he hates to leave his cat behind, he's very excited to explore everything the city has to offer. He's always looking for the next adventure, and is happy to have found a like-minded community here in Beijing.

... And Farewell to Chief Manager Kipp

As we have a new Chief Manager, you'll have guessed that we are saying a sad zaijian to Kipp Whittaker. Kipp has steered the good ship beijingkids over the last two years with a sure hand, and can look back on achievements such as our groundbreaking Special Needs issue with considerable pride. Aside from his work with us, he's well known around town as DJ Cousin Kippy, using his encyclopedic knowledge of weird and wonderful music to get toes tapping and faces grinning at countless venues and events. We're going to miss his humor and his kindness. And while we're very sorry to see him go, we're excited for him and his lovely wife and son as they embark on a new adventure in Europe. Thanks, Kipp, for everything you've done, and best of luck for the future!



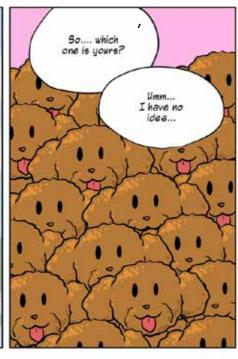
PHOTOS: KIPP WHITTAKER, REMKO TANIS, CHINA DAILY, THE BEIJINGE

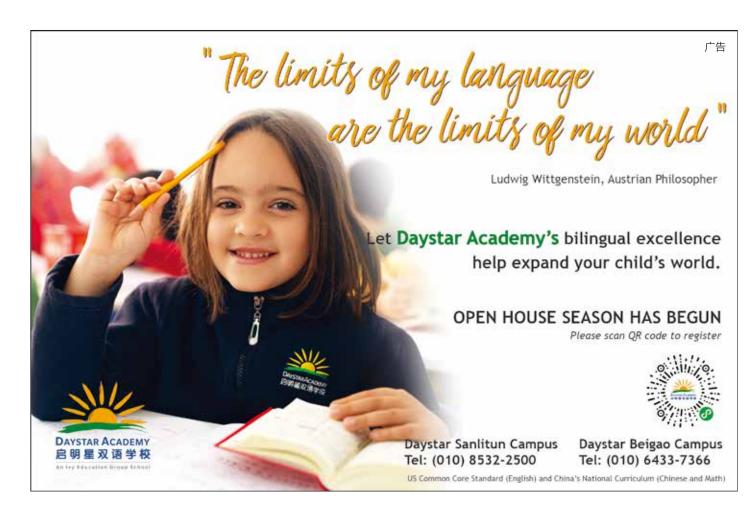
Harmony and Steve

By Jin Chan Yum Wai









OCTOBER EVENTS



Promote your family-friendly event on the beijingkids website!

Submit your activity details before October 16 to be considered for our November listings.



DULWICH COLLEGE BEIJING OPEN DAYS

Oct 11, Nov 4 and 11

Dulwich College Beijing (DCB) invites eligible families to tour their facilities, meet the students and staff, and learn about their award-winning education supported by four pillars: academic excellence, creative arts, competitive sports, and service to others. Prospective families. Free. Date and time varies. Registration required. Dulwich College Beijing. http://beijing.dulwich.org. 6454 9000. admissions@dulwich-beijing.cn



THE COLOR RUN BEIJING

Oct 13

The Color Run promotes health, happiness and fun. Join their signature event in Beijing's Garden Expo Park on October 13th. The event is an untimed 5km run, where runners, who start wearing white, are doused in colored powder as they run. There are two races, one at 9.30am and one at 2.30pm. All ages. RMB 208 - 498 (family kits!). 9.30am and 2.30pm. Beijing Garden Expo Park. www.247tickets.com



NBA EXHIBITION: UNSTOPPABLE BEIJING

Now till Oct 13

All ages. Aimed at showcasing the excitement of the game and the rich history of the league, the NBA is launching its touring exhibition in Beijing. By using interactive exhibits, video, and exciting memorabilia, the multi-level experience will showcase the passion of the league, its teams and players, and will explore the many ways the NBA has evolved since its founding in 1946. All ages. RMB 90. 10am - 8pm. Yang Art Museum. www.247tickets.com



PAW PATROL: LIVE THE GREAT PIRATE ADVENTURE

Oct 17 - 20

The Great Pirate Adventure! It's Pirate Day in Adventure Bay, and Mayor Goodway is getting ready for a big celebration. But first, Ryder and his team of pirate pups must rescue Cap'n Turbot from a mysterious cavern. When they do, they also discover a secret pirate treasure map. The PAW Patrol set out over land and sea to find the treasure for Mayor Goodway's celebration before Mayor Humdinger finds it first! The pups will need all paws on deck for this pirate adventure, including some help from the newest pup, Tracker. Some shows are in Chinese and some are in English; each show is 90 minutes. Ages 2+. RMB 162 - 522. Times vary. Beijing Exhibition Center Theater. www.247tickets.com

HAPPY VALLEY DISCOUNT FOR **STUDENTS**

Now till Oct 13

Beijing's Happy Valley amusement park is offering discount tickets for students. Enjoy all the rides and thrills at a reduced cost! Rollercoasters, water rides, shows, and food can all be found at Happy Valley. Students. RMB 89. All day. Happy Valley, Beijing.



2019 BEIJING PIZZA FESTIVAL!

Oct 19-20

Over 1,500 years ago, there ruled one of the largest empires in the world: the mighty Roman Empire. As a civilization, the Romans proved themselves to be untouchable, accomplishing feats in almost every facet of society - language, religion, technology, art, literature, architecture, and engineering - and irrevocably altering the path of mankind. Then came the pizza. As Julius Caesar famously uttered upon emerging victorious from the Battle of Zela in 47 BC, "Veni, Vidi, Vici" – I came, I saw, I conquered. Our motto? "Veni, Vidi, Edi" – I came, I saw, I ate. The 2019 Beijing Pizza Festival will be one to go down in history. All ages. RMB 20 - 60. 11am - 8pm. Galaxy SOHO. www.thebeijinger.com



3E TEA TALK: LISTEN SMART, TALK SMART: BECOME A MASTER COMMUNICATOR

Oct 15

This 3e International School workshop helps adults learn practical tips and principles to Listen Smart and Talk Smart and get others to listen to you. Find out the hidden secrets to help you maneuver through interpersonal communication within your family (parents, spouses, children) and professionally and become a master communicator. Adults. Free. 9am – 10.30am. 3e International School. Registration required. www.3einternationalschool.org.community@3einternationalschool.org





DER ELEFANTENPUPS: EIN TIERISCHER GEHEIMPLAN

Oct 23

In this theater production a new animal joins the zoo: a young panda named Mei Yue. She suffers from intense homesickness and would do anything to return home to China. The zoo animals hatch a secret plan to cheer Mei Yue up. Come to the show to see what happens next! Ages 2+. Chinese. RMB 120 - 480. 10.30am and 3.30pm. Art Center of the National Library. www.247tickets.com



BSB SHUNYI OPEN DAY

Oct 23

The British School of Beijing, Shunyi (BSB Shunyi) invites prospective parents to see the school in action. Visit the Early Years, Primary, German Primary and Secondary classrooms to see teaching and learning taking place. Talk to the teachers about the enhanced English National Curriculum and IB Diploma Program. BSB Shunyi benefits from collaborations with some world-renowned organizations including MIT, The Juilliard School and UNICEF. Visit the new Early Years Playground, IB Centre, Secondary Library, Sports Dome and other facilities. Open to prospective parents only. Free. 9am - 11am. BSB Shunyi. RSVP at www.bsbshunyi.com/OpenDay.



HOUSE OF KNOWLEDGE OPEN DAY AT SHUNYI CAMPUS

Oct 24

House of Knowledge (HoK) invites you to come and learn about Reggio Emilia. This is the first Reggio Emilia kindergarten school in Beijing. Come to the event to learn about the Reggio Emilia approach through interactive activities, a teacher exhibition, student portfolios, classroom observations and more. Understand about how House of Knowledge's Core Values are incorporated into daily teaching practices. Prospective families. Free. 9.30am - 11.30am. House of Knowledge International School Shunyi Campus.



FRENCH MUSICAL: LE ROUGE ET LE NOIR – L'OPÉRA ROCK

Oct 25-29

The internationally renowned historical psychological novel by Stendhal is being brought to the stage by L'Opéra Rock. Le Rouge et Le Noir is a story of how a provincial young man tries to rise beyond his modest upbringing through a combination of talent, hard work, and deception. But he ultimately allows his passions to betray him. With everything from love affairs to hypocrisy, this French musical is full of drama from start to finish. RMB 280 - 780. 2.30pm and 7.30pm. Beijing Century Theater, www.247tickets.com.

3E TEA TALK: SOCIAL INTERACTION & SELF-REGULATION FOR KINDER-**GARTEN & ELEMENTARY CHILDREN**

Oct 30

This 3e International School tea talk provides strategies for parents to recognize and support children with social and emotional challenges, including social interaction and self-regulation. Dr Ira Canada – 3e Learning Support Specialist and author of The Exciting, Social, & Emotional Adventures of Chatting Timmy (www.chattingtimmy.com) – will guide parents using real-life social stories to address key issues and help children through difficult times. Adults. Free. Registration needed. 9.30am – 11am. 3e International School. (community@3einternation alschool.org. www.3eInternationalschool.org.)



CAMPING | SEE SUNSET AND SUN-RISE FROM THE GREAT WALL

Every weekend through Oct 20

Spend two days on the Great Wall, experience the Great Wall at sunset and sunrise, and camp overnight at a Great Wall tower. This camping experience is organized by Cultural Exchange Trips (CET) who will provide camping equipment, transportation, and guides (an English speaking guide and local guide). The hiking portion is relatively easy but there are some steep sections. Please contact CET for more information, and to find out if this trip is right for you and your family. Age varies on ability. RMB 365 (Discounts are available for groups). Needs registration. Cultural Exchange Trips. (Jon 185 1420 3469 / Jane: 155 1030 7192).



ELECTRIC BICYCLE TOUR OF OLD BEIJING

Every Wednesday and Sunday

Interested in seeing Beijing from a different view? Join Belectric on a tour of Old Beijing on an ebike. Tour through Old Beijing hutongs while stopping at famous landmarks like the Lama Temple, Drum Tower, Confucius Temple, Houhai Lake, and the Forbidden City. At each place your guide will share stories on the history and lore. RMB 400. 1pm - 4pm. Culture Yard. www.belectricbeijing.com.



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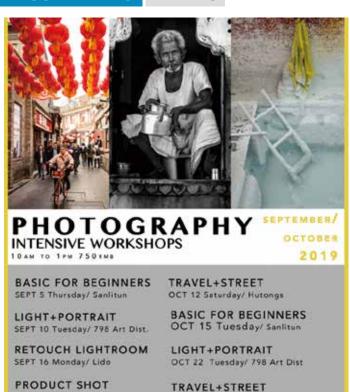


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Photographer collaborator

OCT 9 Wednesday /798 Art Dist

Local photographer, Priss Baxter, is offering intensive workshops for aspiring photographers. These courses are offered on multiple dates and at a couple different locations. Each class focuses on different techniques such as product shots, travel, basics, and light and portrait. All ages. RMB 750. 10am - 1pm. (131 2470 7430. Wechat: prissbaxter. www.prisscilabaxter.com.)

OCT 30 Wednesday/ Hutongs

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BEIJING GUILD

Every Tuesday and Thursday

The Beijing Guild hosts weekly sessions for all sorts of fiber crafts and any other craft you are into. Join them for knitting, crocheting, embroidery, and more. Meet new friends, exchange ideas, share projects, get help, or be inspired by the dedicated artists who attend this event. The guild meets on Tuesday afternoons and Thursday evenings, check the website for any changes and for locations. Free. Time and location varies. (knit@beijingguild.com www.beijingguild.com)



KAYAKING ON THE MOST **BEAUTIFUL RIVER**

Every Sunday till Nov 18

Kayak down a beautiful river at Kayak Scenic Area on a Cultural Exchange Trip (CET). Spend the morning learning to kayak, go kayaking, have a nice lunch, followed by an afternoon of raft swimming and racing. Price includes round-trip bus, English speaking guide, and insurance fee. It does not include kayak fee (RMB 130) or raft swimming fee (RMB 30). There are three meeting points for pick up throughout Beijing. Based on ability. RMB 75. 7am - all day. Fangshan district. Sunny (155 1030 7172 English & Mandarin).



NEW STREET DANCE TERM AT WAB

Every Wednesday, Thursday, and Weekends

Sunshine Studios provides street dance classes where children and adults can learn from one of the biggest dance studios in Europe. Classes are available for a wide range of ages and skill level, including adults. Classes are led by professionals who have danced with stars like Justin Bieber, Beyoncé, Lady Gaga, and more. All ages. TBA. Western Academy of Beijing. (enquiries@sunshine-studios.co.uk. www.sunshine-studios.co.uk).

MENTAL HEALTH PEER SUPPORT GROUP

Bi-Weekly

There are many things that can be challenging in life: moving to a new country, going through a breakup, job loss, living with mental illness, or just the difficulties of living in this fast-paced modern life. Allow this bi-weekly mental health peer group to help you out. There is no reason to suffer alone when you can choose to join up with others and let the power of group therapy heal you. This project provided by CandleX, an NGO in Beijing focuses on mental health by raising awareness on depression. This is a continuing effort to provide more support to the Beijing English speaking community. Adults. 50 RMB. Meets every second and third Tuesday of each month. 7:30pm. U-Town Shopping Center. (www.candlex.cn).

Share your new arrival and scan this QR code!



Note that we will only publish photos of babies born in the last 12 months





Ben Kasischke German. Born on February 13 to Annette Kasischke and Markus Kasischke at Beijing United Family Hospital



Mika Leonard Schiemann German. Born on June 24 to Ronja S. Dygas and Axel Schiemann at Beijing United Family Hospital



Chinese/British. Born on March 30 at Amcare Women's and Children's Hospital



Louis Cros French/Chinese. Born on September 2 to Shaoting Wu and Alex Croc at Beijing Hospital Capital Medical University





Chinese. Born on January 31 to Yanyan Dong and Kefei Hu at Peking University People's Hospital



THE BRAVE AND

A Beijing mom shows us how to stay strong







very woman deserves to look and feel her best. We couldn't think of any mom that's more deserving of a day of pampering than Marcey Sparenberg. Our monthly Indulge section usually features a before and after transformation of one of Beijing's hard working moms, but this month we went in a slightly different direction.

Sparenberg is a mom of two who recently moved to Beijing from Canada with her family. After arriving in Beijing she received news that she's been diagnosed with cancer. With the love and support of her family by her side,

Sparenberg made the decision to shave off all her hair before starting chemotherapy.

On a beautiful sunny Sunday in Beijing our team met the Sparenberg family at Tuanjiehu Park to shave off her beautiful blonde locks together as a family. We watched as her husband Bill, son Wim, and daughter Syril each took turns shaving off her long hair. At times there were glimmers of tears in her eyes, but Sparenberg stood strong and not a single drop of tear ever grazed her cheeks.

Following an emotional morning at the park we met Sparenberg at Laurent Falcon Studio in Sanlitun for a total transformational make-over. The French-inspired hair concept salon are experts when it comes to coloring and styling, but what we love the most is their dedication to their clients. We've worked with this salon over the years and they've always taken the time to create a style and fine-tune a color that fits your skin tone, style, and occupation. This time Laurent took to styling one of Sparenberg's chic new wigs, sharing their tips and tricks for attaching a full wig without using wig clips.

Moving on to makeup. Sparenberg has





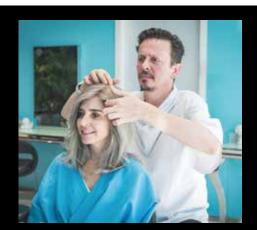


THE BEAUTIFUL

and stunning through life's challenges By Mina Yan







perfect bone structure and is already so effortlessly beautiful that all we wanted to do was to accent her natural beauty. We went with an autumn palette to add a subtle accent to her eyes, and brightened her look with a thin liquid eve liner lined again with black eve shadow to create a slightly smokey look. We finished off her makeup with a combination of various shades of pink lipstick for a vibrant, but not over the top, addition to her look.

With makeup done and ready, Falcon fitted Sparenberg's newly styled wig firmly on her head. One of 2019's top hair color trends is the "mushroom blonde". The silvery blonde locks have been all the rage this year in the US, UK, and have even been seen on the heads of China's fashionistas.

Dressed in a simple summer dress and fitted with her brand new mushroom blonde wig, Sparenberg looked stunning, and dare we say, Coachella-ready.

We're honored that this Beijing supermom decided to share her story with us and we wish this her a speedy recovery!

Laurent Falcon, French Style Salon F/2, Sanlitun North Street South. www.laurent-falcon.com (6409 4243)

Makeup Mina Yan

Dress

Marcey's wardrobe



ARRIOR RATES eir favorite reads ndrew Killeen n this new feature, we ask a family that's passionate about reading to share with us their love of books, by each nominating a favorite read. If you'd like to be featured in a future issue, then contact us on editor@ beijing-kids.com, via our website www.beijing-kids.com, or via WeChat. We'd love to hear from you! Jacopo Della Ragione could fairly be described as an old China hand. He came way back in 2001, and after a week had canceled his flight back home to Italy. He met and married Pan Yanrui, and they have one son, Pan Qifeng, who's 9 years old. Qifeng is a student at Tsinghua Primary School, while Yanrui is a Deputy Director at the Bank of China. Della Ragione is an artist, and works on international partnerships and negotiations between Chinese and western companies mostly linked to art and education. In their book choices the boys go in search of adventure, while Mom finds wisdom to help on the adventure of parenting. Pan Qifeng 潘启锋 If I really have to choose, I'd like to recommend Into the Wild, the first book of the "Warriors" series by Erin Hunter. It made me think about the importance of cooperation between peers, and that being part of a group, a family, makes you stronger. The main characters of the books are cats, and this is another reason why I love it. By reading it I also learned a lot of things about cats' lives, such as how they eat, where they sleep, how they behave, and how they recognize each other when they're not living with us as pets. Jacopo Della Ragione The dictionary; every other book is just a remix. However if, like me, you enjoy a good remix, especially in the form of a novel, then I would recommend Long John Silver by Björn Larsson. Many kids are fascinated by pirates, mostly because of the romantic idea we're given of them by movies and 19th century books; growing up we leave those Peter Pan dreams behind, also because there are not many well written novels (nor

essays, for what it matters) on this particular topic. Long John Silver is a grown-up pirate story, rich of historical references where real and fictional characters interact brilliantly. Jack Sparrow was good, but Silver

will never be matched!







Important rules regarding pet ownership in the capital

By Kipp Whittaker

t's happened to most long-term Beijing expat families at some point: you've had a stable job that you've enjoyed for over a year, the kids are learning Mandarin at a steady pace, a few Xiaomi air purifiers are humming throughout the rooms of your apartment, and that desire to further nest and nurture comes through. Maybe it's time to take in a furry friend or three, but first, let's familiarize ourselves with

the rules. And there are a few.

Pet ownership, like many other fairly innocuous things in the West, is highly regulated in China. China is still considered to have some of the highest number of rabies transmissions worldwide. Due to these understandable concerns, it's important to stay on top of local and national rules regarding pet ownership, which can change quickly.

What kinds of pets are allowed?

Don't buy or adopt a pet without knowing if that pet is even allowed to be owned in China. Even animals sold in pet shops are sometimes illegal to own. Never buy endangered or trafficked animals, no matter how adorable. Be smart.

For doggos, only one is allowed to be registered per household. Dogs aren't registered to an individual, but to an address. If you own more than one dog, this can be a challenge. Although many people with more than one dog register them at petless friend's addresses, it's not something we would recommend.

Beijing has no specific list of forbidden breeds, but dogs of a "large size (or) aggressive breeds" are not allowed inside the eight central districts of Chaoyang, Dongcheng, Xicheng, Chongwen, Xuanwu, Haidian, Fengtai, and Shijingshan. Size-wise, any dogs within these districts must be small. A frequently cited measurement for an adult dog is under 35cm from ground to shoulder.

Please note that rules in China are frequently updated or can be abruptly altered. For example, in the coastal city of Qingdao, a recent "one dog policy" has even been enacted with 40 "dangerous breeds" simply banned altogether, and stricter rules can always make their way to the capital.

Make sure to check with a veterinarian about up-to-date rules regarding allowed dog breeds and exotic pets. The International Center for Veterinary Services (ICVS) is considered one of Beijing's most trusted sources for all things pet related.

Where can I take my dog for a walk?

Last month, Beijing's Gardening and Greening Bureau expanded a blacklist of so called "uncivilized" behavior in public parks. Besides obvious no-nos like fishing, creating loud noise or "digging for wild vegetables," dog walking was also added, surprising many and sparking debate.

Unfortunately, this government reaction is possibly due to a few high profile dog attacks in recent years. A case of a few rotten apples spoiling the barrel. We hope this can spark the creation of new dog friendly private parks, but in the meanwhile, if your apartment has a shared garden or there is light traffic and wide sidewalks around your home, this will work fine for daily dog walks.

Remember to always leash your dog when out in public; no exceptions.

How does the registration process work?

Firstly for dogs, obtain an annual, up-to-date rabies vaccination certificate. This vaccine is available at all State Food & Drug Administration (SFDA) certified veterinarians. Prices vary, but ask other dog owners for reputable suggestions. Good veterinarians can also keep you abreast of current pet laws.

Next, register your dog at the correct police station for your area. Usually, this is the same station you'd go to for registering yourself and family when you enter China. Bring your passport, your apartment lease, rabies vaccination certificate, and two identical photos of your dog.

Initial registration is RMB 1,000 and subsequent renewals are RMB 500 each year. Since regulations can change quickly and often, other fees could apply and other documents could be required. Check in at your local PSB beforehand to make sure you have all required documents, or bring a Chinese friend if necessary.

Remember that an annual renewal of your pup's registration is required. All Beijing dog licenses expire yearly on April 30th, and the annual dog registration periods begin May 1st and ends June 30th. Sometimes free rabies vaccinations are available during these times, so check with your vet.

Cat owners don't need to register their felines, unless you plan to teach them how to walk on a leash. (We've heard this is an uphill battle.)

How do I take a pet out of China when moving?

Once your family's stint in China comes to a close, it's time to take your precious pet cargo with you. Moving animals across borders can be a time, but especially money, intensive endeavor. Make sure you familiarize yourself with the specific regulations in your country, and give yourself enough time to finish all the paperwork and pay all the fees you need. Your pet will need a health certificate with proof of vaccination and an exit permit. Additionally, your pet will be quarantined at your expense. Generally speaking, this can all be incredibly pricey.

Depending on where you're moving to, it can take as little as four months of prep to the E.U. and as much as eight months or more to Australia. Some dog breeds or exotic pets are banned or restricted in some locations, so, like anything in life, it's best to do research beforehand. Again, here, ICVS is an invaluable resource and hold regular talks on importing and exiting China with pets. Check out their website (icvsasia.com) for more info so that you are not in the dark or forced to go into this lengthy process alone.





History Off the Leash

How Beijing's pets have endeared everyone from Emperors to Millennials

By Drew Pittock

little over four years ago, Kyle Page was going through a rough patch. He was already a veteran on the Chinese expat scene and had worked hard to stitch together a decent life for himself, but the seams were beginning to split and he was in a state of flux. Hoping to inject some love into his otherwise ailing heart, Page visited Little Adoption Shop (LAS) in Shunyi. It was there that he found Grendel, a squat, diminutive pup who, unlike her namesake — the vicious monster from Beowulf — would provide him with all the guiet, dependable tenderness he needed.

"To be honest, Grendel came into my life at a pretty difficult time," Page confesses. "She may be adopted, but I think she actually rescued me."

As an American, pet ownership wasn't anything new for Page. Dogs and cats were ubiquitous, both at his home and the homes of his friends. But for his fiancée Zou Yin, a Beijing native, the story is a bit different. "I really wanted a cat growing up, but my parents wouldn't let me have one," Zou tells beijingkids. "They thought it would be a distraction from studying." When asked if many of her friends had pets, Zou says that of course some did, but not as many as now. According to the couple, roughly half of their friends currently own a dog or a cat.

Zou, Page, and their friends are not anomalies. They're part of a much larger trend that has seen Beijing pet ownership skyrocket over the last few years. In fact, according to a 2016 report by the National Bureau of Statistics of China, the country ranked second and third in global cat and dog ownership, respectively.

Whereas companionship of the four-legged variety has been a pastime long enjoyed by those in the West, it hasn't always been a top priority for Chinese people. Nevertheless, recent studies into canine

domestication and an examination of China's emperors reveals a long tradition of pet ownership in the Capital, proving that the current boom is not without precedent.

Exactly when and how dogs joined human settlements remains a contentious area of scientific inquiry, with contradictory evidence and conclusions that are less than satisfying. Every once in a while though, new studies come out that begin to coalesce around a consensus.

One such study was published in the December 2015 issue of the prestigious journal, Nature. "Out of Southern East Asia: The Natural History of Domestic Dogs Across the World" outlines the results of a comprehensive genome sequencing project that sampled a pool of 58 canine varieties. What they found is that genetic diversification is highest among breeds from southern East Asia, suggesting that dogs as we know them today originated in the area. What's more, multiple breeds endemic to China are, at the DNA level, most closely related to their ancestral wolves. These new revelations put the bond between Chinese citizens and their furry counterparts at 33,000 years old, making it the longest and deepest running friendship between the two species to date.

Flash forward a few thousand years to 700 BCE and, like any culture, the Chinese had begun to mythologize their treasured breeds. One such legend tells the tale of a mighty lion that fell in love with a marmoset monkey. Due to the significant difference in size between the two creatures, the lion appealed to Ah Chu, the protector of animals, hoping the benevolent deity could remedy the situation. Ah Chu granted the lion his wish, and shrunk him down to the size of his betrothed. From these humble beginnings was born the Fu Lin — Lion Dog — or as it's more commonly referred to today, the Pekingese.

According to Stanley Coren, author of The Pawprints of History: Dogs and the Course of Human Events, the Pekingese was bred for the imperial courts as far back as the Han Dynasty, which ruled from 206 BCE to 220 CE. During the latter part of their reign, Emperor Lingdi of Han (168 - 189 CE) loved his Pekingese so much, he conferred upon it an honorary scholarly title, thus making it part of the nobility. This, in effect, started a long-standing tradition of honoring imperial dogs with noble ranks.

Over the years the Pekingese only grew in popularity and sanctity, such that by the time of the Tang Dynasty (618 - 907 CE), the Fu Lin were full blown aristocrats, and common folks not only couldn't keep them as pets, they had to bow when the two crossed paths. What's more, it was during this period that the Imperial Palace began breeding the dogs increasingly smaller until eventually, they could fit in the oversized sleeves of traditional palace garb. As the Pekingese Club of America points out on their website, "the smallest ferocious ones... were carried in the large sleeves of garments and served as the ancient Chinese version of mace to defend and scare off anyone threatening the courtiers."

Jeremiah Jenne is a historical author and owner of the tour group, Beijing by Foot. Speaking to beijingkids, he points out that during the later Qing Dynasty, there were around 200 dogs living in the Forbidden City. According to Jenne, "some were the special pets of the imperial family [and] others were 'owned' by the eunuchs." He goes on to explain that while the Pekingese is the breed usually associated with the court, there were a few other breeds around as well.

Having solidified its place among the upper echelons of China's elite, the Pekingese continued to enjoy a pampered and lavish life, sleeping atop silk pillows in kennels carved from marble slabs. Tragically however, when the Qing Dynasty fell in 1911, so too did the royal dog. Seen as a symbol of extravagance run amok, the innocent pooches were roundly condemned and stripped of their exalted status.

Dogs weren't the only animal to enjoy a special place in the Forbidden City though. Cats too became an integral part of palace life, revered not only as pets, but as security guards who would slink around the grounds at night, protecting the cherished antiques and artifacts from rats and vermin. And although the Pekingese met a fateful end in 1911, the cats can still be found around the Palace today.

While rough estimates put the number of cats kept during ancient times somewhere above 20, Jenne says the area is now home to a couple of hundred. Popular lore likes to believe that some of the current inhabitants may even be direct descendants of the ancient order of feline protectors, though Jenne says he's not convinced.

However if these noble lineages do still roam within the Palace's iconic red walls, they may be the last of their kind, as back in 2009, staff at the museum instituted a sterilization program to control the increasing population. Nevertheless, those who have taken up residence are well-cared for and receive food, water, vitamins, and shelter during cold weather, while continuing to combat unwanted critters.

Leading the sterilization program is Gao Haiying, who also works for a larger Beijing-based organization that protects animals. Speaking to China Daily in 2014, Gao explained that in China, there is no tradition of sterilizing pets as people think infertility will negatively impact the animal's health. But with the only other option being euthanasia, the program, which operates under the guide-lines of trap-neuter-return, is a welcome alternative that honors the memory of the royal families and their kitties.

On the face of it, you might be hard-pressed to imagine that Beijing's pets would ever reach the lofty status that they enjoyed during the time of China's dynastic ruling classes. But due to the rise of social media and the currency to be cashed in on digital trends, cats and dogs are once again treated like royalty.

Entire online industries now exist for "cloud cats," who regularly delight netizens with their adorable faces and silly antics. Alternatively referred to as "cloud cat smokers" and "cloud cat sniffers," these Chinese millennials consume a heavy dose of Weibo and WeChat accounts that feature felines in all their glory.

Ensuring that this phenomenon will last well into the future, quite literally, Beijing-based company Sinogene Biotechnology announced this year that it had successfully cloned a cat named Garlic. Not content to settle on a mere biological double, Sinogene's next goal is to transfer the memories of the deceased animal to the clone. Shortly after the unveiling of Garlic, Sinogene's general manager told a press conference that the company, "is considering the use of artificial intelligence or man-machine interface technology to...pass the memories to cloned animals."

For now, Beijing's growing middle class is happy to have non-cloned pets with whom they can create a lifetime of new memories. And with more and more expats coming to the city, as well as young professionals leaving their childhood homes behind for opportunities in the Capital, these pets afford both groups some much needed love and stability.

As Page succinctly put it, "Grendel grounds me. Caring for her keeps me on a schedule and taking her on walks everyday helps me get out and be more a part of my community. Plus I've developed a connoisseur's eye for ugly little goblin dogs."



Beyond Pet Food

How Penny's prepare healthy, fresh meals for dogs and cats

By Wendy Xu

upermarkets around the world have entire aisles packed with treats and food for dogs and cats. With so many options to choose from, the question that arises is, "which one should I buy for my pet?" Pet owners will naturally look at the ingredients of these food brands to see which are the healthiest and tastiest for their furry companions. This can often be a challenging task with some of the ingredients sounding completely unrecognizable.

This was a problem that Tao Zhu and Dan Christensen ran into so often that they decided to create their very own fresh meals for their pets. They founded Penny's Food Studio to provide pet owners with quality food options for their dogs and cats which anyone could buy via e-commerce channels Taobao and WeChat. In addition to this, earlier this year they started SPACE, a hospitality concept for dogs. We asked them to tell us more.





Can you tell us a little about Penny's? What inspired you to start a business solely for dogs and cats?

Penny's is China's first fresh food brand for dogs and cats. We provide subscription service to cats and dogs across China. We started a fresh food concept because we both abhor typical commercial pet foods, and feel that feeding such garbage to a family member you love doesn't make very much sense. We basically think of feeding bad quality food to a dog or cat (or child) as tantamount to abuse.

How do you ensure the quality of the dog and cat food you provide?

Our factory is actually a human food factory. They are an excellent production partner and we put a great deal of trust in them. Ingredients are checked on arrival – the same day as production - and anything that we wouldn't happily use as an ingredient in our own food isn't used. That is our own personal standard, on top of the Sheng Chan coding system that replaced QS (Quality Standards) in 2015. In short, we use human food chain ingredients and processes.

What are some of the most common ingredients on your menu?

Animal proteins - quality meats and organs are the most common ingredients in our food. We use fairly common ingredients such as duck, chicken, beef, and rabbit. We also use sardines in almost every recipe as they are a genuine super food packed with valuable things like omega 3s and vitamin B12. There are also often some veggies and fruits in our (dog) foods.

What is SPACE open-format boarding?

SPACE is Penny's new hospitality concept, basically a social club for dogs. Open-format refers to the fact that there are no cages or kennels at SPACE. Dogs intermingle and socialize in groups that are assigned based on factors like age, size, and temperament. Because of this, we don't accept aggressive dogs. To make sure, we conduct a two-part interview with potential quests, typically just a list of questions over the phone, followed by a face-to-face meeting with other dogs and people. SPACE isn't just for dogs, though, it's also a clubhouse for people who are into dogs. People love SPACE as much as dogs do.

How do you make sure the dogs in SPACE get along with each other?

Dogs, unlike a lot of people, tend to naturally get along quite well. A shy dog might need a little encouragement to help come out of his or her shell, but our experience is that within just a couple of hours, under professional guidance, just about all dogs can sort themselves into a comfortable social arrangement. Additionally, we group dogs accordingly based on energy level and size. Last but not least, there are always managers on hand keeping an eye on the crew.

What does a normal day look like for these dogs?

The idea at SPACE is to create a home-like experience for the guests. A typical day would start with a walk, followed by breakfast, followed by some group play time, then a longer walk for the dogs that desire it. We also make sure there is some downtime in the afternoon. We may also do some reinforcement training for basic commands and manners. Dinner is popular, and there is usually some playing around after that too. Finally, we have an evening walk and then eventually everyone (dogs and people) go to bed around 10pm or 11pm. There is always at least one person that sticks around and stays with the dogs overnight.









How do the dogs respond to SPACE?

One funny thing we've noticed is that the dogs often don't even notice that their humans have left when they've been dropped off. It is always the people that get emotional. The dogs are generally too busy socializing with their friends. We also see some of the more challenging dogs that had been branded as "anti-social" developing into the beautiful, social creatures they were always meant to be.

What are your thoughts on Beijing's pet community?

Beijing might be a challenging place to be a dog owner at times, but we are always impressed by the strength and unity of the pet owning community! I've not seen anything like it anywhere else.

What does the future hold for Penny's?

We want to grow Penny's and SPACE into the biggest and best providers of food and hospitality for dogs and cats in the world. Look out!





THE SECRET LIFE OF PETS

How they may make our immune system stronger

ets keep us company, they provide a chance for us to show affection to another creature, and to care for them. This has many benefits on a mental/emotional level. Studies show that keeping a pet helps relieve stress, decrease symptoms of depression, anxiety, feelings of loneliness and interestingly enough, also helps to enhance social skills.

Pets also give children the opportunity to develop responsibility. Usually we try to get them to take on some of the duties of feeding, changing their water, walking, etc. And kids love having a furry companion at home. I should know, my kids are constantly asking for a dog or a cat! (We settled on a turtle instead.)

Of course there are also some problems associated with keeping pets, things like allergies, asthma, bites, and scratches. But at the same time there are some recent studies are showing that pets may actually help prevent allergies. Most of these studies look at cats and dogs. For example, there is some evidence that kids who have pets at home during infancy have less of a chance to develop food allergies. One study found that the more pets in a home during a child's first year of life, the less likely they were to develop allergies between the ages of 7 to 9. So the positive effect was dose dependent, meaning the higher the dosage (the number of pets) the better the chance of being protected from allergies. Interesting!

Part of the reason for this effect could be related to the positive impact of a pet on a person's microbiome. The microbiome refers to the organisms that live symbiotically in a particular part of the body, for example the digestive tract, on the skin, and in the respiratory tract. It's well documented that people who have greater variety of organisms, have a more diverse and robust microbiome. In other words their microbiome is healthier, and this translates to many different health benefits. One of them being a stronger immune system. It's inevitable that living with a cat or a dog we would exposed to the same organisms they

are. Many studies have shown that this is the case, and there is actually transfer of organisms from animals to humans. This is especially beneficial when the pets are outdoor pets and have exposure to dirt, soil and other microbes from the outside. Pets then help to bring these organisms into the home.

This is in-line with the Hygiene Hypothesis, it's the name of a theory that attempts to explain why allergies are so prevalent in recent history and seem to increase with each passing year. In North America especially, we have become obsessed with "cleanliness". Disinfecting wipes, hand sanitizers, anti-bacterial soaps, and other such products. They prevent exposure to helpful organisms which sustain a healthy microbiome. Compared to even 50 years ago, children now spend a lot less time playing outdoors, getting dirty. And all information seems to indicate that having contact with different types of bacteria early in life is critical, because it helps set a healthy pattern for immune system development.

So next time your child wants to roll around in the mud with the dog and get dirty, rest assured it's good for both of them, and your microbiome will thank you later.

> Got a question? Melissa Rodriguez is a naturopathic specialist

and mother of two. To find out more, check out her website at drmelissarodriguez.com



DOGGO GOES TO THE VET

A guide to vets in Beijing

By Auna Harris

aking your pet to the vet in China can be a daunting task. You don't speak the language, or if you do, you still don't know how to ask for the correct vaccinations. How do you say "dewormer" in Chinese? Even if you can communicate well, your problems aren't over. You will still run into cultural differences between vet care in the West and vet care in China. Many vets use far less pain medication or no pain medication after surgery, or may try to run unnecessary tests just to make more money. It is a stressful experience, especially when Mr. Fluffers is sick.

There is hope though. There are many wonderful vets in China with experience working under conditions that don't exist elsewhere, making them flexible, experienced, and great at getting things done on a budget. This guide will provide some basic translations, a list of the shots and treatments every dog and cat needs, and a selection of recommended vets. It is a good idea to know where your local vet is. You don't want to be searching for a hospital while Pupperina has the flu.

Vaccines (疫苗)

Vaccinations are the only way to give life-long protection to your fur baby. This is especially important in China because many cats and dogs are unvaccinated, which means there is a high rate of infectious disease among strays and even pets. These shots, given at the right times, will provide your dog or cat with its best chance of survival. All the vaccines should be kept in a red book like this:



Puppies: Starting at 6 weeks, puppies can get their first round of vaccinations. They need to receive three rounds of the "8-in-1" vaccination (8联疫 苗). This shot covers all sorts of diseases that kill many puppies including Parvovirus (细小病毒) and Distemper (犬瘟热); it is also called the DAP, DHP, or DHPP. About a week after they have received all three shots they are fully protected against these nasty diseases and can go outside.

Adult dogs: Adults older than 6 months only need two rounds. If you are not sure if the dog has been vaccinated, then you must get these shots. Every year dogs need a booster shot for canine distemper (犬瘟热疫苗). It is suggested if you board your dog to vaccinate against Kennel Cough too.

Kittens: Starting at 6 weeks, kittens need three combination vaccinations, 2-3 weeks apart, similar to puppies. This is also important for indoor cats too!

Cats: Adult cats only need two rounds of vaccinations. Even if you keep your cat indoors these are necessary. They also need the Feline Distemper FVRCP vaccination every year.

	Vaccinations	Rabies	Dewormer	Fleas and Ticks	Spay and Neuter
Puppies (6-8 weeks)	Three rounds of the "8-in-1" vaccination, 2-3 weeks apart	After vaccinations are completed yearly	Every 2-3 months	Monthly	
Dogs (6+ months)	Two combo vaccinations, yearly distemper	After vaccinations	Every 2-3 months	Monthly	At 6 months or soon as possible
Kittens	Three, 2-3 weeks apart	Yearly	Every 2-3 months	Monthly if they are outdoors	
Cats	Two combo vaccinations, yearly Feline Distemper		Every 2-3 months, less if indoors	Monthly, less if indoors	At 6 months – cats can get pregnant before this so be careful

HEALTH

FEATURE

Rabies(狂犬)

The rabies vaccination (狂犬疫苗) needs to be given every single year in China for dogs and cats. In the US and many other countries three-year rabies vaccinations are available but China requires a yearly vaccine. This is very important. You will receive an iconic tag to put on your dog's collar; make sure this is always easy to see.

Deworming (体内驱虫)

Every puppy and kitten has worms. Unless it is treated regularly, pets are basically walking bags of parasites. Test your pet for worms and then treat them to a dewormer every two to three months to get them parasite-free. Dogs and cats with worms can get very sick due to malnutrition, or if you get a serious parasite like heartworms (心丝虫), this can affect your pet for its entire life. If your pet has worms, the vet will give them two rounds of a strong dewormer, usually 3 months apart. Then every 2-3 months treat them to an over the counter dewormer like Drontrol or Frontline. These are usually available at pet stores, groomers, or your vet's office, one pill typically costing RMB 30.

Fleas and Ticks (体外驱虫)

Once a month treat your pet to an external parasite extermination. This is usually a gel that is placed on the back of the neck to prevent fleas and ticks. If you have an indoor feline, this is okay to skip but generally, fleas are not fun to have in bed so be sure to mark this in your calendar.

Spay and Neuter (绝育)

Please spay and neuter your pets. Getting a pet desexed or fixed reduces cancer risk for both males and females. The younger they get this done, the better off they are; most vets recommend around 6 months or before the first heat for females. Not only does this increase the life of your pet but also reduces the burden of stray animals worldwide. There are millions of stray animals in China and billions worldwide. Please do not add to this problem.

Some additional advice: surgery in China is probably done differently than in your home country. Before you hand over your fluffy monster, insist on pain medication (止痛药) after the surgery. Many vets here believe that the pain tells the animal to stay calm, sit still, not run, or play etc... and actually assists in the healing process. Others still believe that animals don't feel pain the same way humans do. Many are not trained to consider quality of life. Do yourself and Pooperdoodle a favor - ask for pain medication.

My own dog, Lucy Liu, went through her spay surgery without proper pain medication afterwards. It was a harrowing experience. Lucy Liu came out of her surgery crying and it took the vet a long time to give her the pain meds I was insisting on. It was nearly an hour till she stopped crying. It was completely unnecessary for my baby to go through that. To help prevent this from happening to you, consider the vets listed below. These are all brands and vets that regularly receive rescues from trusted organizations. Save yourself the trauma of a bad vet!

Recommended Animal Hospitals (动物医院 or 宠物医院):

Look for this plaque. It tells you that the vet is certified to give real, government approved vaccinations and rabies shots.



Doctors Beck and Stone Pet Health Care Center

This popular private chain offers an international level of pet care with 24-hour emergency service and vets trained in both China and the West. They have locations in Shuangjing, Baiziwan, Chaowai, and Shunyi. (doctorsbeckandstone.com)

- · Daily 9am-9pm. Unit 104, Bldg 7, Compound 9, Fangyuan Nanli, Chaoyang District (8457 8233, 400 103 8686 for appointments, pet pick-up and emergencies) 朝阳区芳园南里9号院7号楼104
- Daily 9:30am-9:30pm. Unit 104, Tower B, Bldg 3, Hou Xiandai Cheng, Baiziwan Lu, Chaoyang District (8774 8653, 135 0103 0572 for emergencies) 朝阳区百子湾路后现代城3栋B座104底商
- · Daily 9am-7pm. Shop 0153, Tower B, Chaowai Soho, 6 Chaoyangmenwai Dajie, Chaoyang District (5869 6401, 400 103 8686 for appointments, pet pick-up, and emergencies) 朝阳区朝阳门外大街6号朝外SohoB号楼0153
- · Daily 9am-7pm. Shop LB05, Euro Plaza,99 Yu Xiang Lu, Shunyi District (8046 2886, 135 0103 0572 for emergencies) 顺义区天竺镇 裕祥路99 号欧陆广场LB05

International Center for Veterinary Services (ICVS)

ICVS is a professionally managed and affordable full service international standard animal hospital and pet care facility. All doctors are legally licensed in the PRC and all services are provided in Mandarin and English. Licensed rabies vaccinations for export are also available. (ICVSASIA.com)

· Tue and Thu 9am-8pm; Mon, Wed, Fri-Sun 9am-6pm. 13-16 Rongke Ganlan Chengshang Jie, Futongxi Dajie, Wangjing Chaoyang District (8456 1939/40/41) 朝阳区望京阜通西大街融科橄榄城商街13-16号

PuppyTown (芭比堂动物医院)

This vet chain has all of the necessary certifications with locations around the city and comes recommended by many in the animal rescue community. Some, but not all locations are also open 24-hours. (Puppytown.com.cn)









proceeds go towards his number one passion: rescuing stray dogs in Beijing. It all started with one adopted husky back in 2010. Since then his passion just snowballed. He opened up his home to two, then four, then up to 16 dogs at one time. After numerous neighbor complaints, Liu purchased a 60-acre plot of land in the suburbs of Beijing and devoted it to rescuing stray dogs. He adoringly calls them his kids. To him, they're all fur babies.

"I must have been a stray dog in my past life," Liu jokes. "The life of a stray is too heartbreaking for me to ignore. They drink dirty water from the sewers, eat leftovers out of the garbage, sleep on the side of the road. When they get hurt all they can do is lick their wounds."

His devotion to rescuing strays led to the creation of a small dog treat business to help pay for the cost of providing homes for so many fur babies. Dry dog food contains preservatives that, overtime, will lead to health issues for pets. Liu decided to start creating his own food for his rescued friends that are fresh and contain no preservatives. With the help of his circle of friends, Liu's doggy treats have become a popular choice for dog rescuers to give as gifts to their doggy obsessed friends and for their own fur babies.

To make dog treats at home a trusty dehydrator will do 90 percent of the job for you. Any vegetable or meat that dogs can eat raw can be dehydrated for treats. Liu recommends chicken breasts, beef, liver, and sweet potatoes for first timers. They're his best sellers, and a favorite amongst his four-legged customers.



Selecting a Dehydrator

There are typically two types of home use dehydrators on the market that you can purchase from Taobao or JD.com for as little as RMB 80. Stacking trays have a greater capacity, while shelves make it easier to check for doneness. When searching for a dehydrator that'll suit your needs, consider the quantity and type of foods that you'll most likely use it for. If you'll be preparing a variety of treats and would need to check on them often, then a tray would be the most convenient. But if you're cooking for a large dog (or dogs) who'll require a lot of the same treats, then a stacking model will cut your cooking

Sweet Potato Slices

Ingredients

Sweet potato

Method

When it comes to using a dehydrator the thing to keep in mind is that the thicker the slice, the longer the cooking time. Slice your sweet potato about 1/8 inch thick.

Lay them out flat on your dehydrator sheets.

Set the timer for 3 hours.

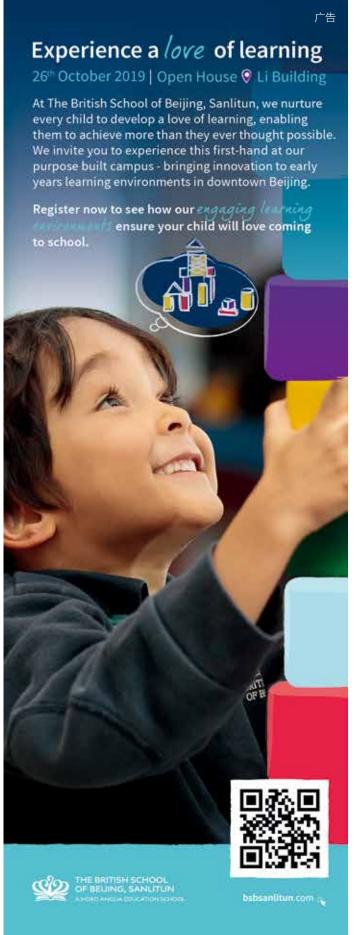
Depending on the thickness of your slices and your dehydrator the cooking time varies. That's why it's important to start out with frequent checks the first time you make your doggy treats.

To see if they're done, twist and flex your sweet potato slices around the middle (the thickest section). If they're bendy, they're ready.

When in doubt follow these tips from the pro:

If you're making meaty treats, boneless, skinless chicken breasts are a safe bet. If you find them to be a bit difficult to slice, a few hours in the freezer will stiffen them up a bit but not turn them into frozen blocks.

To check if your meaty treats are ready, slice one open in the middle at the thickest part. The middle should be dry and the same color throughout.





hen it comes to dining out with the little ones, we love a place that has a wide variety of choices to choose from both for grown-ups and kids alike. Throw in some kid-friendly entertainment and a team that goes above and beyond for their guests, and we've got a family dining goldmine!

For most of us when we make dining plans at East Hotel it's usually for their famous Feast (Food by East) brunch every Saturday and Sunday, but right outside of Feast is the pet-friendly open space all-day-dining area that caters to children of all ages with their Little Chefs Cooking Classes and cartoons all day long.

Restaurant Manager Maria Ma and her team make it their mission to provide excellent service and to know their regular guests on a personal level, making grabbing a meal at Domain like dining out at a friend's.

Super mom Benita Sumita and her 7-yearold son Yohan Daniel celebrated the loss of his two front teeth at Domain with a table full of Yohan's favorites (ranked in order from 1 -5). From pizzas and burgers to freshly made cakes, one of our favorite things about Domain is that they've got something for everybody, regardless of what you're in the mood for.







The Sliders

Domain has a huge Australian wagyu beef burger (RMB 148) that's super popular with those looking for a quick work lunch, but they've also shrunk their famous recipe for their smaller guests. The wagyu sliders (RMB 98) are built like mini-beefy skyscrapers, with a thick juicy wagyu beef patty topped with fresh tomatoes, crisp lettuce, caramelized onions, and cheddar cheese. Served with a side of thick-cut fries, and you've got yourself a hearty lunch combo. Although mini, these sliders are tall, and if your hands are still growing, you've got a lot of squishing to do before you can fit them in your mouth.

The Pasta-bilities

One of our all-time favorite comfort foods is pasta. A belly full of pasta makes for one happy kid. Domain's pasta (RMB 80) is another example of how the restaurant will make what you like, just the way you like it. Have your choice of classic tomato, carbonara, fresh pesto, or our all-time favorite, bolognese prepared with your favorite type of pasta. Keep a stack of napkins on hand, because these saucy noodles tend to get messy.

Kids love pizza. That's just a fact! Domain's thin crust pizzas (RMB 78) are available all day long. Their toppings tend to cater towards a more mature palette with toppings that range from classic Napoletana to the more exotic Sichuan spicy sausage and dry aged beef. But when it comes to making pizza that the kids





will love. Ma's team is fast to make substitutions and changes to suit their smaller patrons.

The Fish 'n' Chips

Their fish 'n' chips (RMB 98) taste nothing like the frozen stuff (thank goodness) and also isn't what you'd expect when you think of the classic pub food. Thick slices of sole fish are coated with a layer of crispy batter fried to golden perfection and served with a side of fries. These strips of fried sole fish are crispy on the outside and juicy on the inside, making them a popular choice amongst kids and adults alike.

The Sugar Rush

When it comes to desserts the Domain cake counter is every kid's dream. With six freshly-made cakes to choose from each day they're never in short supply of something sweet. While we've always been partial to their thick, creamy cheesecakes, Yohan couldn't resist the temptation of the mango crêpe cake (RMB 40): moist layers of crêpes layered with sweet slices of ripe mangoes. Perfect during the warm Beijing months, or whenever you're in the mood for something light and sweet.

Domain

Daily, 7am - 8pm 2F East Hotel 22 Jiuxianqiao Lu, Chaoyang District 朝阳区酒仙桥路22号东隅酒店2楼 (8414 9830)



hen it comes to Halloween, there is no spooky theme or format off-limits to decorate your house. Every year, no matter how tastefully terrifying or terrifyingly tacky your handicraft, spending time with your little ones to make decorations provides a great opportunity for family fun!

For this month's Maker's Corner, Robbie, a 7-year-old student from House of Knowledge, along with his teacher Marianna Wilde, made a happy Halloween grave bat flying in the moon. Robbie drew a lot of stars for the sky, including a make-a-wish shooting star. With his bat's big smile, we believe he will greet trick-or-treaters in a cute way this Halloween.

The instructions below are only guidelines. Feel free to encourage your kids to use their creativity to decorate their bat craft however they like.



What You'll Need

- · Paint
- · Stapler
- · Scissors
- · Double-sided tape/glue
- · 1 black thick paper card
- · 2 paper plates
- · 2 colored craft sticks
- · 2-3 paint brushes
- · Printable bat and graveyard craft templates



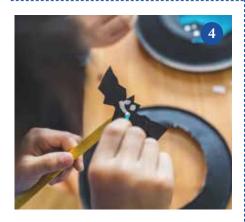
Print and cut out the bat and graveyard craft templates. Paint the back of one of the paper plates black.



(Graveyard) Use the double-sided tape to place the graveyard template on the inner circle of the black plate and draw around the graveyard. Cut out the middle of the plate following the drawn lines.



(Sky) Paint the front of another paper plate blue. When it's dried, add stars to your blue night sky.



(Bat) Place the bat template on the black thick card, draw around it, and cut out the paper following the drawn lines. Add eyes and a smile or teeth to your bat. You will need to put together two colored craft sticks and stick the bat onto one end.



(Moon) Draw a moon on the scrap plate and cut it out. Then you can glue it onto the rim of the black plate.



Lay the graveyard plate on top of the blue sky plate and place the bat with the glued sticks in between, then staple all around the two paper plates. Don't forget to leave a section at the bottom open so you can move the bat puppet from side to side.

lice to Meet You

Students from Canadian International School of Beijing portray their favorite animals

By Wendy Xu



Fiona, Canada (Grade 3)

This is inspired by stories about a cat. Garfield is enjoying surfing on his new surf board on a hot and sunny day. The waves are wild, the cat is happy, and he practices for a long time. He is very fat.



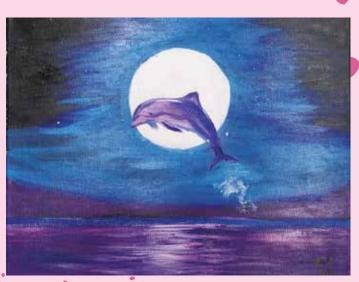
Julia, Korea (Grade 3)

This is a wedding ceremony for lovely dogs. I love dogs. If I have pet dogs, I would like to hold a beautiful wedding ceremony for them.



Unnati, India (Grade 3)

This is a dog, and it is called a Chihuahua. Cindy the Chihuahua is waiting for her friends at the park.



Angelica Z, New Zealand (Grade 4)

This is a painting about a dolphin in the moonlight, jumping out from the water. It looks like it is under a moon.



Scarett Zhang, Canada (Grade 2)

In October, the wild geese fly to a warmer place for food and home. Here is a wild goose who takes a rest during the migration trip.



Suhan, Korea (Grade 3)

This parrot likes to wear a cap because the sunlight is strong. The parrot is taking a rest on the tree.



Qing Lin, Singapore (Grade 2)

This is my pet dog.



Angelica Y, Canada (Grade 3)

The kitten's curious eyes are searching for something on the table with its paws clinging on the edge.





ALL THE REASONS IN THE WORLD

An argument for children's pets

By Prairie Boulmier

aving and taking care of pets is one of the most rewarding ways to help children develop internally and includes many different pathways to self-development, social skills, health, family bonding, and many more precious gems! Worried about the costs? There are lots of animal rescue groups and veterinarian hospitals who help lonely pets find good homes for free, and often provide vaccinations and, er, birth control. Afraid of working long hours and not being able to properly care for it? That's what kids are for! Besides, many families in China have small pets and work crazy hours, yet still find a way to walk out the door after a stressful day at the office and just chill with something furry while in sweats. If you are really adventurous, it's a great excuse to wear pajamas in public.

I recommend it.

Worried about having too small of an apartment? There's lots of smaller dogs and cats, of course, that can be perfectly happy even in a small place. Having the chance daily to go out and meet all the other animals along the wild and nuanced zone of fragrance and treasure of Beijing streets has got to be a dog's paradise. Even some of our more adventurous humans can have a whale of a time trying to figure out what exactly some of those mysterious items in the gutter are. It's free entertainment. Or at least free... something. If you still have doubts about being able to handle a family pet, I have some great reasons to give it a try, and they all relate to the amazing benefits a pet will bring to your family. Here they are:

Play

Playing with pets is a very important part of the process. Young children, at first, may only want to play with their pet. In the beginning, the pet serves the role of a toy which the child directs in their play to serve their own interests. However, since pets also have their own needs and wishes, they provide immediate feedback to the play. The child must learn to respond to the feedback the pet is giving, to understand when their play is too rough or when the pet does not like it. They also get positive feedback in the form of cuddling, purring or care-seeking behaviors.

This kind of feedback is helpful for developing children's emotional regulation, bonding, and relationship building. It becomes more of a give and take, rather than a one-dimensional fantasy. Because of the nature of these kinds of relationships, pets can be very good emotional support for children who experience loneliness, social awkwardness, or insecurity. The unconditional love of a dear pet is a great emotional boost while teaching appropriate behaviors at the same time.

Nurturing

Not only can a pet provide a child with emotional support and care, but children also learn these skills in return. Especially for boys, who might not feel safe playing "parent" to toys or even siblings, having a pet gives them the social leeway to care for an animal in ways similar to "playing daddy". It's still masculine, it's still cool, and it's something that boys really need permission to explore if we want them to be emotionally responsive kids today and healthy parents later in life. Often children will talk to their pets and reveal secret feelings and stories to their pet as a trusted friend. Additionally, children who can read aloud to pets engage in read-alouds more comfortably and often than those who do not have pets.

Health Benefits

Pets offer great health benefits to children and families. Children in households with pets have fewer allergies and cases of asthma. fewer visits to the doctor's office and they are likely to have lower blood pressure. Actually, studies show that people who play with their dogs have lower blood pressure. Owning pets that need to be walked encourages exercise and helps children who are slow to get moving or struggling with their weight or other health issues. Pets reduce stress, anxiety, and loneliness, which are all things that expat families in China may be dealing with.

Responsibility

Depending on the age of the child and the type of pet being cared for, the responsibilities of caring for an animal can be gradually introduced and transferred to children. For children younger than ten, it's a wise idea to assist the child in learning care – obviously the easiest and most enjoyable activities first. However, children can take on more and more duties as they grow in their maturity and become more aware of the many skills and activities it takes to care for another living being. Simple tasks to begin with can be feeding and watering, going for walks, and brushing or washing the pet.

These responsibilities can increase to include taking care of waste, clipping nails, tooth care, and assisting with giving medications or supplements, cleaning living areas. These kinds of responsibilities assist a child in not only learning what is involved in caring for another, but the need to be consistent and regular with care. Not only will these skills help them to have other pets in the future, but it also encourages good self-care in the now. This is great for kids who struggle with brushing their hair or completing regular self-care tasks.

Family Bonding

Children are rarely solely responsible for pets, and it's often the parents or older siblings who take a good chunk of the responsibility on. However, even without the joint responsibility of care, pets provide an easy point of interest for family members to connect around. Especially in the very tech-heavy times we are living in, it seems families need to work harder to find common interests and themes. People are often tied up in corners of the house using some kind of device, and getting off those devices to have a face to face conversation can be challenging. Let those among us who have not sent a WeChat message to our child sitting in the next room or next chair stand and be counted! Noticing funny quirks about a family pet, playing with them, or just enjoying their company together creates family bonding time that is surely worth more than its weight than umm... pet waste.

Respect for Life

Children who raise animals develop respect, love and curiosity about the living world and about nature. Their feelings and emotional connection towards their pet will naturally extend out to caring for other domestic and wild animals, and nature in general. And finally, they will at some point be faced with death and loss. All things must come to an end, and this includes a dear animal friend. Exploring and moving through the tough emotions of losing a pet helps children to understand the transient nature of life, that all things must eventually die, and that it's okay. We have the opportunity to cherish each moment with those we love around us, knowing that these things are finite. Dealing with pet loss will help children be able to deal emotionally with other loss later in life.

With all of these amazing benefits available, it's a wonder that any of us are without animals. So if you are ready to take the plunge, be assured there are many resources out there for finding caring for, and raising pets in Beijing. And rejoice in the new perspectives that those fascinating smells and mysterious objects on the streets of life have to offer when accompanied by a furry friend!





A Love for

All Living Things

High schoolers make helping vulnerable animals the focus of their extracurricular activities

By Drew Pittock

rom an early age, Tao L. nurtured an interest in animal welfare, slowly cultivating his knowledge of vulnerable species and populations through online articles and videos, until eventually that interest had blossomed into a full-blown call to action.

He began volunteering at a local animal shelter and while he was happy to be dedicating his time to a cause he cared deeply about, he quickly decided that he wasn't content to merely work within the confines of an organization already on his side. As often happens with young activists, he realized that if he wanted to have a greater, more meaningful impact, he'd have to take his message to people who weren't involved in the fight yet. That's why last year Tao L., now in grade 12, started the Animal Welfare Club at Dulwich College Beijing (DCB).

"I've always been passionate about animal related topics," Tao L. tells beijingkids. "I really like animals and I've done many things by myself. I volunteer at a local animal shelter, I started an Instagram account to raise awareness about cetaceans in captivity, like whales and dolphins, and I wanted to get more people involved to raise more awareness."

With more of the world's attention turning to the issue of climate change, humans are becoming increasingly aware of the role they play on the global environmental stage. Across every industry, big questions are being asked, and while some of them address social issues like pollution from manufacturing, others are geared towards the roles and responsibilities humanity assumes in the greater animal kingdom.

As the first generation to be raised with an acute awareness of how we are affecting the world around us, kids are leading the charge in considering what it means to be conscious stewards of the earth. As a result, they are both spearheading and joining efforts that champion the causes of animal welfare in their schools and communities.

As Laura Husté, DCB's Animal Welfare Club's supervising teacher explains, "Developing the youngest generations' knowledge about animals, locally and globally, will help create awareness, opportunities for change and action."

Tao L.'s club began as a small cohort made up of his close friends, however after they had the opportunity to share their mission at DCB's Extracurricular Activities Fair, the membership ballooned to around 20 students representing Years 7 through 12.

"I was surprised to see so many younger students interested in my club and passionate about our causes," says Tao L. "I'm also just really happy to see the increasing amount of people who care about the welfare of animals [and] I was surprised to learn that some of the very young students actually are quite knowledgeable when it comes to problems related to animal welfare."

According to fellow club members, Jessica T. and Lia C., the reason for this sharp increase in enthusiasm is twofold.

On the one hand, students at Dulwich were eager to join a club like this. As Jessica T. explains, "I think there are a lot of students in this school who have pets, who are passionate about helping out, but they don't have this platform to do it on, and I think Tao's club gave them that." When it came to drumming up members, she states that, "it was quite easy to attract other students who are passionate about the same causes."

Perhaps more important though is what the two girls had to say about Tao L. himself. In articulating the young animal activist's devotion to his cause, one gets the sense that his unbridled excitement about wildlife preservation is nothing short of contagious.

"I've always been really interested in environmental and animal issues," says Jessica T. "I don't think I'm as knowledgable about the issues as Tao is, he's always telling me stuff, sending me articles and videos, and it's really great." She goes on to say that, "Tao is very much the person you go to if you want to help or you want to learn more."

Lia C. expresses a similar sentiment. "I have a dog myself so I'm really into animals, but Tao's ambition and compassion towards animal welfare also got my interest."

No matter how the students came to the club, or how knowledgeable they are before joining, one thing is clear; they all possess a shared desire to make a difference. "I just wanted to be a part of an organization where we can really make a change and see results in something that we're passionate about," says Jessica T.

Given the scope of the problem however, it can sometimes feel daunting to try and tackle these issues head on. According to Husté, "what [students] often don't realize is that they can make changes in their communities. Little things like reminding them that dogs, cats, and other pets are for life and not only for a few weeks, that it is better to adopt than to buy bred animals, that to help the bees they just need to plant flowers and not use pesticides. The list is long, and it makes a huge difference."

Thanks to all of their hard work and grassroots efforts, that change is already beginning to happen. For example, during last year's Founder's Day celebration at DCB, the club set up a booth where they sold fruits, ultimately raising RMB 4,585, which was donated to a local animal shelter.

During an Earth Day event organized by the Sustainable Development Goals club, the group erected a panel that featured photos and QR codes with links to more information about a range of topics such as poachers and the ivory trade, plastic pollution in the oceans, shelter animals and adopt-don't-shop policies.

What's clear from these two activities is that DCB's Animal Welfare Club understands the importance of looking at the problem on both a micro and macro level. "Tao talks about what is happening globally and locally," says Husté. Globally, the students recently produced materials that educated the rest of the school about "animal-based tourist attractions such as elephant rides or pictures with drugged bears and tigers," whereas on the local level, Tao L. always knows "which animal shelters the students can volunteer at and who in the local community needs more support."

DCB's Animal Welfare Club certainly isn't alone when it comes to spreading the word about animal rights.

At the beginning of last year, the founder of worldwide animal advocacy organization, A Voice For Animals (AVFA), stopped by the Yew Chung International School of Beijing (YCIS Beijing) campus and gave an impassioned speech about the work the organization was doing, and what the students could do to get involved. In an unprecedented outpouring of support, the CAS program — Creativity, Activity, Service — quickly filled up with kids that wanted to join the effort. When asked how many students signed up, the group's supervising instructor, Prachi Gupta, jokingly says "too many!"

Nevertheless, the two groups have been working together ever since, tirelessly raising money and awareness of the plight that Beijing's homeless pet populations face.

"If humans didn't build all these big cities, animals wouldn't have any problems. So we are limiting down environments for pets and animals, and it's our responsibility to care about them," says 16-yearold club member Jakob Q.

Fellow club member Catherine C. agrees. "We are human beings, and we kind of dominated this planet. I believe there is a connection between animals and the environment. And I think helping the animals is a way to contribute to the ecosystem."

Aware that they can't rescue every dog and cat on the street, the Animal Club at YCIS has come up with other ways to help alleviate the suffering that shelter pets experience. "We made dog toys, cat toys, and pet beds out of recycled clothes and donated them to shelters. I thought that was really fun and for a good purpose," explains Emmie S.

The club also spent all of last year developing co-curricular activities with AVFA such as fundraisers and dog food drives, the largest of which was their charity dinner, "Animazing Night," at The Taj Pavilion restaurant in Beijing. Through a combination of ticket sales and raffle tickets the night of the event, the Animal Club was able to bring in about RMB 7,000, which enabled AVFA to fund animal medication, critical surgeries, and the construction of a new dog shelter in the city.

"It's plain to see that our students have a strong commitment to charity. They are filled with kindness and generosity, and are motivated by charitable causes," said Gupta in a press release about the event. "All this engagement from students throughout secondary school made A Voice for Animals seem like a fitting beneficiary of the annual charity dinner."

The students understand that this multifaceted approach to activism, contributing both direct service in the way of volunteering at shelters and indirect service through fundraising and gala events, is necessary to maximize their impact and fully realize the club's potential. But it's also clear that the students truly cherish the moments they get to spend with animals, relating with them on a deeper level.

"They want to connect with the animals," says Gupta. "They want to know who they are raising the money for. It's not just about raising money and WeChat moments, they want to be connected, they want to feel how these animals are rescued and how they're adopted."

Some of the club's members even have future aspirations, which their work with the Animal Club is helping to develop and make possible.

Emmie S., who's currently in Year 11, is hoping to do an internship program with a local veterinarian clinic that would provide her with valuable hands-on experience and insight, setting her up for a career working with sick and injured animals.

Likewise, while not intending to make a career out of animal welfare, Jakob Q., Year 12, certainly has plans to continue keeping pets and raising money for them later in life. "I will definitely have pets when I get older. If there's a charity group or someone raising money for pets, I will give money to the charity because animals are living things and they should be cared about."

The clubs at DCB and YCIS are a powerful testament to the changing attitudes that make up our collective worldview, and given that these organizations are student-led, it's obvious that kids are feeling the urgency in a way that parents rarely have.

Their efforts to protect animals on a global and local scale show a profound understanding of the inextricable link between climate change and animal welfare. As the world continues to get pummeled by natural disasters and droughts, animals in the wild are increasingly at risk of getting caught up in the devastation. What's more, as these catastrophic events touch down in our own backyards, our very own pets, and those without owners struggling to survive on the streets, are made even more vulnerable and defenseless.

As the old adage goes, the children are our future, but this idea has traditionally put the onus on adults, making them the ones responsible for children. In the 21st century however, young people are increasingly taking the baton of progress from the older generation. With a slate of new tools at their disposal, from global interconnectedness via social media to an unrivaled collection of academic information at their fingertips, they're unabashedly pushing us towards a future of their own creation. Because after all, it's a future they're going to have to live in. And the work that the students at DCB and YCIS are doing will have a genuine and admirable effect for generations to come.





When the veterinarian haltingly emerged from the back room, a stricken look on her face, I knew parenting improvisation would

It was just before Christmas, three years ago. One of our cats had recently been put down and the kids, at the time just 5 and 3 respectively, were confused as to why the pet carrier had returned empty.

"But what does it mean to die, Mommy?"

We had two cats. Though their dad and I had already been separated for more than a year by this particular Christmas, both cats still lived with him while the kids spent the majority of time with me. I thought it was a fair deal. The cats were a feature at daddy's house and, while I sometimes missed my furry friends, I was relieved to be with one less burden of responsibility.

When one of the cats became ill, their dad had been away for work and the moment of intervention came and went. Before long, the poor thing just couldn't be saved. Sadly, the other cat also seemed to have lost weight and we mutually decided to take him in for a check up.

We walked into the vet's in a festive mood. We weren't often together as a four-person unit anymore, but on this drive we'd all been singing carols in the car and the kids were laughing and merry. The remaining cat was agitated to be out of the house, but with lots of cuddling and cooing, the kids and I managed to haul him out of the carrier and surround him with our familiar smells and touch during his check-up. The doctor was extremely professional and gentle. There was no cause for alarm.

A routine blood test in the back room later, however, and out she came with that blanched look of horror.

"He became so nervous that he spontaneously went into cardiac arrest," she said. "We tried to save him but we couldn't."

He just... died. A heart attack. Only a week after the other cat had perished. Surreal.

"Where's Husky?" my oldest asked, looking at me with her chocolate eyes wide with worry. "Well," I said slowly, as their dad

stormed out of the veterinarian office in a fury, "Seems he wanted to be with 'Little One.""

"But where's 'Little One' after she died?" she asked again, still stumped. This is when I knew I had to shift gears—and fast. I turned to the vet and asked to see the cat. Out he came in a blanket. His eyes were still open, his body still slightly warm. He was already stiffening up: the perfect moment for a lesson on death.

The morbidity of our situation is almost funny, in that black humor kind of way, though that took me awhile to see. There I was, alone, with my two little people, both of them up on stools to look at the dead cat while I leaned over the examination table saying gravely: "This [pause] is death." I explained that he had gone, got them to look in his vacant eyes to prove it, and told them no one really knows where the spirit goes, etc. I even let them touch him. They were fascinated. Not afraid or sad, just accepting of death as just another fact life delivers.

"Seems to me he died of a broken heart," I said, to no one in particular.

Because, after all, lots of things die natural deaths. Love, marriages, cats. Yet, songs can still be sung in cars and Christmas can still feel festive with or without loved ones nearby, and plus or minus one (or two) with fur.

Nevertheless, I think we'll stay pet-free for a few years yet.



About the Writer Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She has a daughter called Echo (国如一) and a son called Topaz or "Paz" (国世龙).

Puppy Love

Parents from different cultural backgrounds talking about the pets in their lives

By Andrew Killeen and Jolie Wu



The fish is the latest addition. Laila is the one who feeds him and I clean the fish tank.

What do you call your pets? Who chose the names, and whv?

Our dog's name is Linny and the fish is called "Fish". I chose Linny's name as I found it cute and a good fit for her personality. The fish doesn't really have a name yet.

How do you encourage your children to take responsibility for looking after your family pets?

I feel like when they grow up with animals, they naturally grow into the position of taking responsibilities. According to Laila's age, we include her more and more in the caregiving aspects of having a pet. So now she asks to help, and she goes to feed the dog or the fish. She goes together with her dad to walk the dog.

Ronja Dygas is a kindergarten teacher, who came to Beijing from Germany eight years ago. Here she met fellow German Axel Schiemann, and their two children were both born in the city. 2-year-old Laila attends Green Garden International Nursery, and the family has recently been blessed with the arrival of little Mika. Somehow she also finds time to look after a fish and Linny the dog!

Did you have a pet as a child? If so, what was it?

Yes, I grew up with dogs. My parents are whippet breeders. I loved having dogs around and they were our best buddies.

What factors did you consider when

choosing a pet for your family?

I chose to have a dog, before I met my husband. I always wanted to have a French bulldog, but my friend went to Vietnam shortly after rescuing a dog from a bus station. She asked me whether I could take the dog and I fell in love with the little puppy on first sight. Now Linny is no longer a puppy, but she is still cute, and my oldest Beijing friend.

What pets do you have, and how do they relate to different family members?

We have a dog and a fish. The dog was a bit depressed after the kids came into our lives. But she settled well. My daughter Laila loves Linny, and is always trying to include her into family activities. My husband takes Linny out for walks, and I am the spoiled one who gets all the cuddles.

What do your children learn from owning a pet?

They learn to take responsibilities. They learn to respect animals and nature. They experience that it's not always easy to take care of someone else. They experience the joy of our dog when seeing us, when we return from traveling. They enjoy the cuddles and love she gives us.

How do you combine owning a pet with traveling, eg back home for holidays?

Ayi takes the dog when we are away.

Do you plan to get any more pets in the future? If so, what?

Right now, we have enough pets. If we would get another one then it would be a dog, to keep Linny company.

Ma Jiayi and her husband Sen Sheng have always loved animals, so Bean the dog was a natural addition to their family in 2017. A year later, they welcomed another new family member: a little girl named Xinxin. Xinxin is curious about everything, they tell us, while Bean is "sometimes cool and sometimes enthusiastic."

Did you have a pet as a child? If so, what was it?

I kept many pets when I was young. I had a chick and a little rabbit, but it was a little squirrel who was with me the longest.

What factors did you consider when choosing a pet for your family?

My husband is very supportive. We both love animals. We hope to add new members to our small family, to increase the happiness of life and a sense of responsibility.

What pets do you have, and how do they relate to different family members?

Now we have a dog. He's smart enough to

know what benefits he can get from different family members. He likes to ask for snacks, and likes to join in on fun. He is also very friendly to our little baby who came after him.

What do you call your pet? Who chose the name, and why?

Our dog's name is Bean. The name was given to him by his rescuer. Maybe he thought, "people who love to smile always have good fortune!" Mr. Bean has been making people happy his whole life and he has good luck. I hope that name will bring our dog good luck.

How do you encourage your children to take responsibility for looking after your family pets?

Since our baby is still small, it's a little difficult for her to take care of the dog. But we will let her interact with the dog more as life goes on: let her pet the dog or give him a snack. She sees her father interacting with the dog and sometimes she giggles. Now when we ask her where Bean is, her eyes immediately go to his basket.

What do your children learn from owning a pet?

In my opinion, keeping a pet has a great impact on children. It can help them improve their sense of responsibility, promote the development of language ability, and even improve their immunity.

How do you combine owning a pet with traveling, eg back home for holidays?

When we take him out, we plan ahead and choose hotels and attractions that will allow him to stay. We get his usual supplies and medications ready. On the way we let him get out of the car in time to do his business, and make sure he doesn't get thirsty while we're out. And be sure to make him wear a leash, in case he gets lost.

Do you plan to get any more pets in the future? If so, what?

I might consider getting a cat. It'll be such a wonderful life to have both a cat and a dog.







What Are We?

The secret thoughts of our family animals

By Kipp Whittaker

ets live in a world of their own. Yes, they can meow or bark to their heart's content, and we can sometimes surmise their meaning, but we ultimately have no idea what is actually going on inside their cute, furry heads. What do they think of their position and status in these environments that are forced upon them? Do they prefer wet or dry food? Who were they rooting for in the last season of Rupaul's Drag Race? These were all questions that we were dying to ask, but, most importantly, we wanted to get their stories and find out how these animals found their adopted families.

We decided to get on all fours and do our best to put these perspectives into words (not just barks or meows), and examine the nitty-gritty details of these familial bonds. It was a lengthy and complicated process interviewing these companions, and we won't bore you with the entire process, but Siri was a massive help with translating. For brevity's sake, let's just skip straight to the groundbreaking, if not miraculous, results.

Bluey Gillespie

I'm only four years old, but I am wise beyond my years. I've grown up surrounded by a beautiful, loving family that practices the peaceful self-defense art of Aikido. I remember that day four years ago when they picked me up. I was nervous, but leaped at the opportunity, immediately landing in six-year-old Isla's bag and ready to go to my forever home. I have since been showered with attention and treats by the Gillespies.

The skills I have gleaned from constant Aikido training with Isla allows me to slip out of any prickly situation with ease. I reciprocate this tutelage with hours of cuddles and by being a trusted confidant and friend. Most people say that I act like a dog, but this little lady just brings these uncharacteristically canine attributes out in me. But, like a cat, I always land on my feet! This couldn't be more evident than in my choice of the Gillespie family.

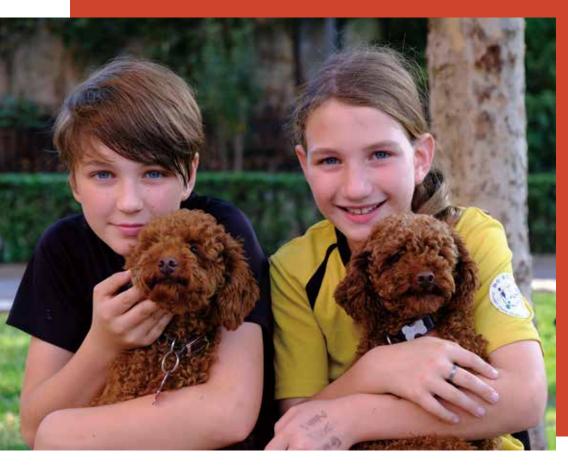
Luna **London-Mason**

Sup y'all! I'm Luna, and I'm the sassiest pup in Lianbao Garden. As an exotic mix of many sought after street breeds, I've been gifted with a particular je-ne-sais-quoi exterior that's led to a moderately successful modeling career. Life has been good to me so far being a part of the London-Mason tribe. I was picked up at a shelter four and a half years ago by this lovely family, and have since become the go-to creature in the family for a quality cuddle. I've taken a liking to my human service team. When I'm not claiming couch space, or provocatively sprawled across an antique tribal kilim rug, I try to maintain a healthy diet that goes beyond the essential proteins and includes a healthy dose of cucumbers and carrots. When I go outside, you better watch out! Yeah, I'm talking to you, Ginger and Sarah! Just kidding. We just need to parley about a few things, but it's probably best that we keep the leashes on just in case the peace process gets heated.



Toby and **Princess** Stewart-Yates

We began life in a complicated household, where our primary caregivers were often living abroad. Toby and I were left in the care of an ayi who was not committed to giving us the time and attention that we craved. It was difficult, but we were patient that our situation would soon improve. Luckily we were introduced to Janice, Nick, and Dylan, and decided it would be a fortuitous union. Since joining their family, they have given us a home filled with love and compassion, and we have tried to return their affection with loads of pleasureful grunts and slobbery pug kisses. We feel that we are pretty successful in this respect. Between cuddle sessions, we enjoy pulling out and cozying up with whatever cashmere items we are able to get our tiny paws on. Let us indulge in a slice of smoked salmon, and we will be best friends for life!

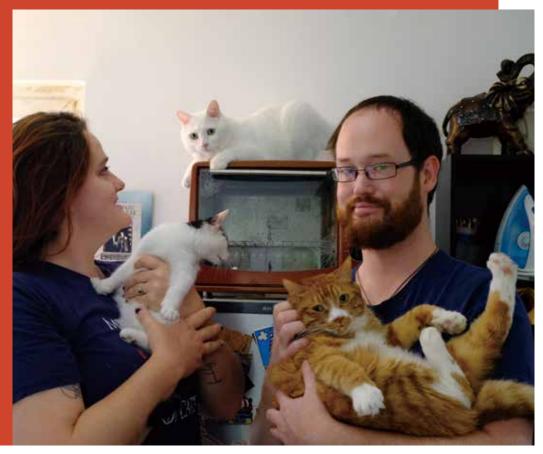


Ginger Sadie and Sarah **Bridget Lindner**

I'm Ginger, and this is my sister Sarah. We are a dynamic duo of twin teddy poodles and rule the yard of the Lianbao Garden compound with our ultimate cuteness and fierce (when we need to be) temperament. We may be tiny, but we are very mighty. We love our two compatriots, and partners in crime, Elliot and Monty. Together we run around the neighborhood in search of things to smell. Elliot and Monty don't usually partake in the smelling, but often let us do our business without too much interference. When we are good protectors of our humans, we are rewarded with bones dipped in peanut butter. For some odd reason, giving us a dollop of this thick substance is humorous to our masters. That's OK though, because Sarah leaves secret "number ones" in mom and dad's bedroom, which is hilarious to us.

Baiselong

Hello, plebs. When I'm not maintaining my overlord status in my human/feline domain, I'm plotting my imminent return to power over the provincial cat kingdom. After my supreme power was taken from my family in a kitty coup, at two weeks old, I found myself living on the streets. But, luckily, when all hope was lost and I was hiding behind a pile of bricks about to resign myself to nature's will, I was saved and adopted by Adam and Savy. It was through their tender care that I was able to recover my strength and start planning my rise to power. Although lately, I've been very content with my current post as the supreme leader of this quaint household. I am perpetually showered with treats and objects of affection. I think humans refer to these items as "toys." Whatever they are, they are mine, and I don't like to share. I respect Savy and Adam for their work adopting others of my species and helping kitties who are in need, as long as my authority is never questioned and my rule over this tiny realm not challenged.



SAVETHE DAY

How to rescue an animal – and whether you should

By Auna Harris

he kitten is tiny, white, sad, probably eight weeks old or less. My boyfriend Max and I see it running across the road, and by the time it reaches our side, it has been hit by a vehicle. It is bleeding and its back legs aren't working.

I wait by the kitten, while my boyfriend runs up to our apartment to get a towel and a box. Panicking, I get on my phone and start messaging people. Unfortunately, I only have a few contacts in the animal rescue world, and I have no idea how to find a vet in China. I don't hear back from anybody. I call my Chinese friends, asking for help.

Max comes back, towel and box in hand. I make my first mistake of the rescue and the kitten bites my finger. The bite didn't hurt but I should have been more careful and not put myself at risk. Max throws the towel over the kitten and scoops it into the box. It is in poor shape.

My phone pings; my roommate sends me an address for a nearby vet. Max calls a taxi. We arrive at the address and find nothing there. It is just a training school for people working with large domesticated animals. I am crushed. The kitten is still moving so we rush to find another address. My phone pings again, Max waves down a cab, we

The cab pulls over, we look around. It is just a pet store. Max is irritated, I am questioning why I ever came to China. Why are things so hard here? This should have been so straightforward. I get on my phone, I still haven't heard from any rescuers, and my friends are not sure how to find a veterinarian. The kitten is still breathing. I take a deep breath. We ask someone on the street in very broken Chinese, are there any animal doctors nearby? He directs us down the road.

We walk for a long time in the heat. We try to go as fast as possible without jostling the kitten. Finally, we find a place with a dog and cat sign. We walk in and Max explains that we have an injured kitten. The man tries to be helpful but he is not equipped to do surgery. He explains this is a clinic and not a fully-fledged animal hospital.

With less care than I would have liked the man dumps the kitten onto a table. It mews and shakes while it bleeds. They tell me the spine is broken; even with surgery it probably wouldn't walk again. It probably is diseased too. The man takes his time to write something on the computer in English. The outlook is bad. He explains the injuries, possible outcomes if I try to go to yet another place, and how he believes the best situation is euthanasia.

I sat in the waiting room feeling very alone as I cry over this poor little soul. I don't know if I have other options. I have no support, I don't yet speak Chinese, I don't even know where in the city I am. We agree to euthanize the kitten. The vet sees how upset I am, and comforts me by telling me the kitten was in bad shape even before being hit by the car. The process is quick.

Max and I head home. I am angry and sad and tired. I am grateful Max is with me, but also angry with him. He is frustrated by all the running around we did, and I am furious I agreed to come to China with him in the first place. It is one of the hardest days I've faced in China and one of the loneliest.

The next day I go to the doctor. I realize that I have been bitten by a stray animal in a country where rabies is still a big problem. I need to get the shot within 36 hours of being bitten, and the sooner the better. Since I haven't been vaccinated for rabies while in the US, I get the full round of the vaccination, which is five shots exactly one week apart, about RMB 90 each. For five weeks I am reminded of the little kitten I failed to save.

Note: clear visual break needed at this point

This incident took place last summer, and since then things have changed for me. I got more connected with animal rescuers, and now I even volunteer my time to rescuing and fostering dogs (and occasionally other critters – I had an injured crow for about a month!) But I don't want anyone else to feel as lost as I did. China can be a difficult place to navigate and I hope the guide that follows can make it easier, so when you find that sad kitten on the road, you don't have to go through the same thing I did.



HOW TO RESCUE AN ANIMAL?



PRO TIP:

SAFETY FIRST. Wear gloves or protect yourself with a thick towel or blanket to prevent getting bitten or spreading disease. If you are bitten, you must get to a hospital soon to start rabies vaccinations. Keep rescues away from healthy animals. There are many extremely contagious diseases that dogs and cats may carry, especially puppies and kittens. If you have animals at home that are not fully vaccinated, or if you aren't 100 percent sure, then err on the side of caution and don't allow the rescue animal near your pet. The younger the animal the higher the risk that they are carrying a disease like feline distemper or canine parvovirus. The latter kills many puppies before they can be vaccinated, can live in the environment for months, and is resistant to many disinfectants. Bleach does kill this virus, so always use bleach in these cases!

First, ask yourself: Does it need to be rescued?

This is important. If the animal has an injury, then yes! It needs help, skip straight to the next step. However, some of the strays around Beijing are pets that are allowed to roam, and you can be accused of stealing personal property. Do not take someone's pet, even if you believe the animal is being abused. Many locals feed strays too, and they might be upset if the animal suddenly disappears, so make sure to speak with your neighbors to avoid any confusion. If you don't speak Chinese, have a friend help you.

Consider Trap-Neuter-Return.

Adult strays are sometimes better off in a Trap-Neuter-Return/ Release (TNR) program. This is especially true for adult feral cats. A feral animal refers to a domesticated animal that has never been accustomed to people and is very fearful. Cats that have never been around humans as kittens have a long road to becoming good pets, and many will never thrive as a pet. That is why TNR can be a great option when an animal is very fearful; it is the best way you can help cut back on stray animals in your neighborhood. Alleycat.org explains TNR this way: "In a Trap-Neuter-Return program, cats are trapped, brought to a veterinarian to be spayed or neutered, vaccinated, eartipped (the universal sign that a community cat has been neutered and vaccinated), and then returned to their outdoor home." This limits strays, disease, and kittens, and these cats can live long and healthy lives outdoors. Just make sure to give them regular food and clean water.

If the animal is friendly, young, or injured continue with your rescue!

Make a relationship and capture.

If the rescue isn't urgent, take the time to build trust. Feed and water the animal, give it some treats, and see if the animal will let you pet it. Don't push a nervous animal – this is how people get bitten. For some strays building trust happens fast; all it takes is one yummy treat before it happily follows you home. For others, it can take weeks. The best thing to do is to figure out where the animal is living, because you also do not want to risk losing track of the critter. Use your best judgment to figure out how much time you can spare on this step.

Once you have built up a relationship, you need to capture it. If you are lucky, the animal will just follow you home, or you can lure it into a box or crate with some boiled chicken (this is one of the cheapest and yummiest treats for dogs or cats. Strays don't always respond well to dry food.) If you can't just scoop the animal up, perhaps because it is too scared or too big, then you will need to find someone with more experience in trapping and rescuing dogs.

Get it to a vet!

The vet should be your first stop. Call a Didi or use another transportation service. Didi and taxi drivers usually will take an animal if it is in a carrier. However they might insist that you put the animal in the trunk. This is not safe, so politely refuse and find another driver. This service called GOGOVAN "快狗打车" will transport animals, and is especially good for large or crated dogs.

There are many vets around but finding a decent or a nearby one can be challenging. Make sure the vet has an Animals Rabies Vaccination Clinic Certification. It's best to search Baidu maps or Amap for one of these terms "宠物医院" pet hospital, "宠物诊所" pet clinics, "宠物之家" pet homes, to find your nearest veterinarian. I usually recommend PuppyTown "芭比堂动物医院" to rescuers, because they have locations all over the city, and have a discount for rescues! If the animal is injured, then obviously address that first. Once the rescue is healthier you need to start vaccinations, rabies shots, deworming, and flea and tick prevention. If the animal is healthy enough, schedule

a spay or neuter surgery. It sounds like a lot but this is the easiest part! You can check out our article on going to the vet in China (p25) for more information.

If you are bringing an injured animal to the vet, you may have some tough choices to make. Get an idea of the scope of the problems and the costs. The hardest part is knowing when to continue with treatment, and when to think about euthanasia. Consider the quality of life for the animal. If the animal is going to be in pain for the rest of its life and the pain can't be properly managed, euthanasia may be necessary. If it is a matter of losing a leg, paralysis, blindness... these are things animals can often live a happy life with, even if they may need more care. There are people happy to adopt an animal with special needs.

Covering cost and care.

Get an idea of the cost, and then start fundraising if you can't cover the costs on your own. There are many WeChat communities where you can post asking for help and donations for rescues. I suggest making a poster with the animal's photos, the care needed, and estimated cost. I use an app called Pic Collage. Make sure to keep receipts; people are much more willing to donate when they know exactly where their money is going.

After the vet has given your rescue the all-clear, and it's ready to be a pet. If you can't personally adopt or foster the animal, you'll need to find someone who can. The same WeChat rescue groups that you can fundraise in are also a great place to start looking for a foster (short term) and then an adopter (long term). While you are looking for someone to care for your rescue, you can board them. There are many cheap boarding options. Make sure your choice will quarantine unvaccinated animals, and allows for walks and potty breaks throughout the day. Take time to make sure your rescue is going to a safe place and a safe home once you find an adopter.

Consider asking these questions of a potential adopter: how long are you staying in China (if they're foreign)? If you move or leave the country are you willing to take your pet with you? Some countries are harder than others to bring pets into, so check relevant laws. How much free time do you have? How are you planning on training the dog or cat?

That's it. Once you get started, you won't be able to stop. Be careful before you end up with multiple dogs, cats, birds, and turtles in your tiny Beijing apartment.



Here are a few great organizations that are willing to help you. Many of the rescue organizations are volunteer-run and are very full; please contact them to see if they have any space.

Lost Puppies: Foster, adoption, fundraising; requires a two week guarantine period before adding animals to their network. (Lostpuppies.cn)

Together for Animals in China (TAC): Private dog shelter. (138 0119 2990, xiaoli@togethertac.org)

Kiki Boarding: Cheap, reliable boarding. (WeChat: kevinhome2008)

PJ Canine Chateau: Cageless boarding for dogs. (WeChat: 135 8185 1516, bookings@chateauk9.wang)





Horse Play

t's said that dogs were the first animal to be domesticated by man. Horses came relatively late to the party, some ten thousand years later, after the goat, the camel and even the guinea pig. But no animal can have had such a profound effect on human civilization. Horses provided transport and status, and were once so important that early engines were measured by how many "horsepower" they produced.

But the motor long surpassed the mare, and cities have developed around the automobile. Is it still possible, in a 21st century metropolis like Beijing, for children to learn to love and care for these magnificent beasts? We spoke to a mom and daughter who say the answer is emphatically "Yes!"

Vanessa Vandevraye grew up in her native France without a horse of her own.

"I always loved horses as far as I remember," she tells us, "but I also loved to play piano and my mother had not enough money to pay for both activities so I had to choose. I had to wait until I was grown up and getting my own money to start riding lessons. Then I owned my first horse when I was 24."

Becoming a riding instructor was a natural next step.

"I had the chance to combine my two passions. I wanted to become a teacher and I had the opportunity to become a horseback riding instructor."

As a result Vanessa's daughter Dakota grew up around horses.

"She likes to say that she started riding when she was inside my belly!" Vanessa laughs. "It's almost true. She has been with horses every day, and got on their back each time she wanted to since she was a baby. She did a lot of vaulting (gymnastics on the back of the horse) when she was 4, but she starting progressively to really learn how to ride around 5 or 6 years old. What she just loved was to take care of them. We never pushed her to ride, always let her ask for it, and taught her nothing except what we normally teach to a toddler: left and right, colors, how to count, coordination, balance. But then when she said she really wanted to ride, we made sure she would do it on a regular basis and stick to it."

Dakota's passion for riding is certainly genuine.

"I like horse riding because I love horses, and when I ride them I feel like I'm free or that I'm flying," she tells us. "I like to try to understand how they feel the day I ride them or care for them: if they feel sad or happy, if they feel scared or confident."

The family came to Beijing seven years ago, and Vanessa and husband Joel now own a riding school in Shunyi. This has given Dakota plenty of opportunity to deepen her interest in horses.

"I also love to train the new ponies who

arrive in our club," she says. "Usually they are shy or scared of people. I teach them to be confident in humans and in their new environment. I also like to give them their new English or Chinese names. I have special bonds with some of the ponies and horses of the club, and if I feel sad or if I had a bad day I go see them, and they always try to make me laugh or cuddle me."

While she cares for all the horses and ponies, she owns four of her own – plus a dog called Mickey.

"My horses' names are Andalou, Aladdin, Gucci, and Hawaii," she says. "My favorite horse is Andalou, he was given to me by my parents for my 10th birthday. He's now 5 years old, and his color is grey and his breed is Spanish horse. He loves hugs and kisses. He loves eating so he's always a bit fat. He likes apples and carrots, but his favorite is watermelon. When I arrive in the stables in the morning he calls for me and becomes crazy if I don't come see him right away. And he doesn't like when I leave. Every afternoon, he

goes out in the paddock with Gucci and Hawaii and the other horses. They are all girls, so he is very proud. He bosses them and protects them. His favorite mare is Happiness, who is the tallest horse of the club. He is also very smart because he's learned many tricks, like opening the door of his stall by himself. We now also play horseball together, even if he doesn't really like to have the ball landing on his head."

Dakota is now 12, a student at the Lycée Français International Charles de Gaulle de Pékin (LFIP), and the demands of schoolwork are beginning to increase.

"We are a lucky family because we are all involved in horses," Vanessa says. "My husband is also a horseback riding instructor so Dakota can go to the club anytime she wants. However, this year she entered middle school, and her planning is very busy so she has less time except on weekends and holidays."

"This year it is difficult," Dakota agrees, "but I try to make sure my homework is done far in advance. This way I can spend more





time at the stables. Sometimes I feel tired, but when I see my horses it gives me courage and then I have energy again. I know school is very important but I feel sad because I have less time to go to the stables. And horse riding is also a very important school of life."

We ask her what she learns at this school. "First I learn patience," she says. "Then I learn responsibility. I learn that nothing is easy in life; if you want to be good you must work hard and always pay attention to details. Even a very gentle horse can kick you.

"The most important thing I learned is that we call ourselves humans and the other kind the animals, but we forget that we also are animals. We are not 'the humans' and the horses our slaves; even if we don't speak the same language we can learn how to communicate with each other and respect each

other. Horses they are very sensitive, they really have feelings and if we pay attention we can share our feelings and they can show us how we feel. They are like mirrors, so we must be a good person if we want our horse to be good."

Mom too sees the value of the time Dakota spends with her horses.

"Horses require daily attention," she says. "It's not a toy you just put back in the box when you don't want to play anymore or you are too tired. It teaches her empathy, leadership, communication skills, self control, discipline, independence... what amazed me the most was when last year she came up with a daily planning of all the tasks she would do during her holidays. She had set it up herself, and was ticking a box each time she completed the tasks."

But Dakota still finds time for other activities.

"I have always done Taekwondo, thanks to the extracurricular activities of the schools I went to. I now train with my favorite teacher. Bruno from NB8. He knows I love horses, so he always says my brain is half horse on the left, half horse on the right, and horse in the middle! My best kick is the horse kick. I also play piano and hulusi [a Chinese woodwind instrument] for my pleasure but I don't learn with a teacher, just by myself."

Not all of her school friends share her passion, Dakota tells us.

"At the stables I have many friends and ride sometimes with them. My friends who also love riding think that I am so lucky to have my own horse and to live most of the time at the club. At school my best friend rides a little bit. Many of my friends don't ride, but they have other sports they are passionate about. For my birthday, I invited them to the stables and they got to ride for the first time and they all liked it and liked the horses so I was very happy."

Vanessa says it's not a hobby that's out of reach for most people, though it can become an obsession.

"If you don't own a horse, it's easy! Even if riding is much more expensive in China than in Europe, it is still affordable to ride on a regular basis. If you own a horse, then it's terrible because then you want the pretty saddle and bridle to go with it, all the equipment, with different colors, the best grooming kits, you become a fashion victim! Attending competitions can be expensive too, and of course horses are like kids - you pay attention to their health, to what they eat, if they have one hair upside down you call the vet..."

But she emphasizes the importance of doing things properly.

"Every parent wants to make sure that their kid will be safe," she says, "so I would tell them to find a very professional place with certified instructors. They have to visit the place before trying to ride and go see the horses. Do they look happy or aggressive, are they in good shape or skinny, are there ponies for the kids? Is the environment healthy, clean and quiet? Will the kid be taught how to care for the horse before and after the riding? If you want to have all the benefits that horses can bring into the life of your kid, this is very important."

For Dakota, life without horses is now unthinkable.

"I will always ride, there is no way I will stop riding. In fact I would like to be a horseback riding instructor or director like my parents when I grow up. If for any reasons I cannot be that I would like to be an archaeologist, but horses will always be part of my life."



The Animal Experience Exploring the essence of commitment

and pet ownership

Bv Pamela Diima

hile it might be tempting to respond in frustration when your child asks you for the thirty-seventh time if they can please have a Chihuahua, it might just be that contained within the incessant badgering is a beautiful teaching moment. The decision as to whether or not to become pet owners provides a great opportunity to explore the concept of commitment and all that it involves.

The wants and desires of children evolve often, and so the highly coveted animal that they repeatedly beg for can so easily become the chore they loathe passionately. The well-known adage, "A dog is for life, not just for Christmas" may seem cliché, but its truthfulness transcends the season and is not just relevant for canines. What does it mean to be committed to an undertaking? And what type of commitment might becoming a pet owner encompass?

Commitment of finances:

It costs money to have a pet. It's not just the initial expense of purchasing the animal that needs to be weighed (although there are ways of acquiring pets for free). There is also the expense of all the requisite paraphernalia that accompanies the animal. That's not to mention the cost of food, vet charges, shots, grooming, and boarding establishments for when owners travel without their pet. Depending on the pet, there may also be the expense of pet insurance, microchipping, and spaying and neutering. Are you, as a family, committed to making the financial expenditure that goes hand in hand with pet ownership? And if need be, are you willing to cut back in other areas to accommodate this increased outlay?

Commitment of time & energy:

Some pets require large inputs of time and energy on a regular basis. In some cases, this investment is required immediately. Owners of cats and dogs may find that the continual smooth running of their household will mandate the prompt training of the new addition. Cats will need to be taught to take care of business in the litter tray, and that cute little puppy will need to learn to relieve itself outside. This is unless the prospect of having your sanctuary adorned with animal feces and urine doesn't bother you. In addition to this, it may be vital for the new pet to undergo some form of behavior coaching. The exact duration of this teaching phase differs from animal to animal, but the important business of animal training will certainly require some degree of time and effort.

This preliminary grounding is not always limited to the new animal. Young children may also need to undergo some level of guidance. Some children have a propensity for behaving in ways that are at best annoying to animals and at worst dangerous. Children need to be taught how to respectfully interact with animals. This includes things such as respecting the animal's personal space, resisting the urge to tease, and never being physically abusive. This cautioning against inappropriate behavior might also include such lessons as not dropping random objects into the fish tank.

The hard work doesn't cease once the rudimentary training phase has been completed. Some pets require daily exercise and engagement. Such pets do not cope well with being left alone for long periods of time. For example, some dogs respond to extended periods of solitude with constant barking and various forms of destructive behavior. So, a reasonable question to put to your child might be as follows: Are we, as a family, committed to investing the time and energy that is required to see this animal thrive?

Considering all of the responsibilities that are already vying for our time-work, school, homework, extracurricular activities, social commitments, etc- how exactly will we carve out time to care for a pet?

Commitment in the face of inconvenience:

When the initial novelty wears off and the new pet becomes less alluring, the hamster cage will still need to be cleaned and Bruno will still need to be taken for a walk. The necessity of these tasks does not evaporate into thin air after a stressful day or when outdoor temperatures plummet below freezing. There are less demanding pets but even these creatures require some degree of attention. Are you as a family, prepared to sacrifice your comfort and convenience to ensure the needs of this pet are met 365 days a year?

Under the right circumstances, having a pet provides an ideal opportunity for children to dig deep and demonstrate their ability to commit. However, choosing not to become a

pet owner and truly grasping the rationale that underpins that decision can also add to a child's understanding of commitment. Sometimes, valuing the essence of commitment means choosing to forego what we truly desire because we just are not in a position to give that endeavor the attention it deserves and requires.

Truth be told, there are a number of ways to foster compassion, impulse control, stress reduction, and an empathy for animals. For the child who seems to have an unsatisfiable aspiration to own a pet, it might be helpful to explore other avenues in which to indulge these feelings. This might include caring for a friend's pet while they are on vacation, or volunteering at an animal refuge center. The important thing to remember is that not owning a pet does not disqualify children from being exposed to the animal kingdom and growing to develop an understanding of and respect for these impressive creatures.







Sustainability Consultant d'Arcy **Lunn Works with Dulwich College** Beiiina

During his week-long vis-it, founder of Teaspoons of Change, d'Arcy Lunn, audited and gave advice on working towards the Dulwich Sustainability Goals. His message was about how one's actions, no matter how small, can have a positive impact.

Teacher's Professional Development at House of Knowledge

House of Knowledge recently completed two weeks of professional development for their teachers. Teachers have learned how to build on their existing skills and knowledge, recognizing individual differences, and how teachers should adjust their practice accordingly.



Keystone Teacher Deborah Smith Johnston Named Pioneer in World History Keystone MYP History teacher Dr. Deborah Smith Johnston has

received the Pioneer in World History Award, given by the World History Association (WHA) to only two distinguished people each year who have made remarkable contributions to world history studies.



3e Welcomes Dr. Ira Canada as **Learning Support** Specialist

3e International School announces the appointment of Dr. Ira Canada as Learning Support Specialist for both Early Years and Elementary campuses. For over 16 years, Dr Canada has worked with children, families and schools across the US and in Beijing in the area of social, emotional, developmental, and academic learning support.



YCIS Beijing Welcomes New Head of Science and Biology Teacher New school year, new teachers. Yew Chung International School of Beijing (YCIS Beijing) welcomed Oscar Goncalves, the new Head of Science and Biology Teacher, to their community. Not new to teaching abroad, he has lived and worked in Croatia (Zagreb), the United Kingdom (London), and Czech Republic.





Three-Time World Record Holder Ash Dykes at DCB

British explorer Ash Dykes, the first person to walk the length of the Yangtze, talked to DCB students about believing in yourself and the value of meticulous planning to achieve your goals. Having traversed the length of Mongolia and Madagascar, Ash provided tips on breaking down challenges into manageable steps.



Harvest Season at BCIS

Beijing City International School (BCIS) nursery and kindergarten students have been busy harvesting the fruits and vegetables of their labor in recent weeks, picking produce from their downtown campus roof garden. Parents joined students to make delicious dishes, enhancing students' understanding of the garden-to-plate process and knowledge of sustainable practices.







high-resolution photos (at least 1MB each) to magazine@beijing-kids.com by October 16







Mid-Autumn Fun at BWYA

As part of Beijing World Youth Academy's (BWYA's) Classroom Without Walls Program, the lower primary school will be enjoying seven trips throughout this academic year. On September 12, K-Class had an exciting time making mooncakes, grain paintings, and tie-dye tea towels. All of this feeds into the school's motto, Locally Grounded, Globally Aware.



YCIS Beijing 2019 Welcomed BBQ

Yew Chung International School of Beijing (YCIS Beijing) Annual Welcome BBQ was again a great success and the best way for new and returning families to mingle and get acquainted. The information sessions held by the academic staff for parents were also well received.











Harrow Beijing City Campus Mid-Autumn Festival Celebrations

On September 11 and 12, Harrow Beijing City Campus celebrated the Mid-Autumn Festival by coloring the traditional "Tuye" and making mooncakes, while sharing traditional legends and stories throughout the community.

ISB High School Club Fair

The International School of Beijing's (ISB's) commitment to variety and student learning was on full display at the High School Club Fair on August 28, with over 40 organizations for students to choose from. Many clubs featured were dedicated to charity and engaging with the outside community.











Welcoming Party at Beijing No.55 High School

On September 6, Beijing No.55 High School (BJ55) had a "Welcome Party" giving the students an opportunity to meet new students and rekindle old friendships, expanding students' circle of friends in a cheerful atmosphere. Teachers and students of all grades participated in this activity.







House of Knowledge (HoK) held a solemn entrance ceremony for the G1 students called Schultüte. Schultüte means "school cone" in German, and the ceremony is a German tradition which dates back to the 17th century. They uphold this tradition to make the first day of elementary school extra sweet for students.







Grade 11 Field Trip to The Hutong with CISB

On September 11, Canadian International School of Beijing (CISB) Grade 11 students accompanied by their teachers visited The Hutong to participate in a day of team-building activities. Students came back from this trip as a happy community of learners, each reflecting very positively on the experiences they gained.



Annual Community Picnic Celebrates WAB's 25th Year

Bigger and better than ever, Western Academy of Beijing (WAB) held its annual Community Picnic on August 31. This year they celebrated WAB's 25th anniversary with music and a range of happenings for every member of the WAB community to enjoy.











BIBA Mid-Autumn Festival

Beijing International Bilingual Academy (BIBA) Elementary School celebrated Mid-Autumn Festival this month. Teachers worked together with students to create an enriching cultural experience. The parent community also supported and provided a mooncake making session.





First Day of School for German Primary Class 1 at BSB, **Shunyi**

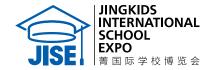
On their first day of school ceremony, each first grader of The British School of Beijing, Shunyi (BSB Shunyi) German Primary School received a huge colorful "school-bag" (Schultüte) filled with sweets from their parents. Older students also gave them a lot of positive wishes as they started their school life.











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