

Susquehanna Trail Dog Training Club

July 2026



Old Friends

by Connie Cuff

Do Dogs Dream?



Back in the 1800's, the majority of scientist believed that almost all mammals experienced vivid dreams. That vision fell out of favor with the rise of behaviorism in the 20th Century, with many scholars poo-pooing the idea that any species other than humans were capable of dreaming.

It wasn't until the 2020's that the word "dream" began to enter the lexicon of scientific studies on animal sleep, based in large part, on research using EEG's which measure electrical activity in the brain. This revealed that during sleep, a dog's brain wave patterns are almost identical to ours and exhibit the same type of electrical activity.

Just as humans often exhibit physical reactions during dreams by talking, moaning, laughing and sometimes sleepwalking, dogs also respond subconsciously to their dreams with physical signs: twitching their paws, wagging their tail, whining, grumbling, licking their lips and sometimes barking.

What do dogs dream about? We can only theorize, but it appears they dream about their day. It is also likely that dogs dream of things that are central to their world, such as food, playing, their human companions and even more fundamental to the way they experience the world, smelling. Dogs dream on their own terms and of their own experiences, and since much of how dogs interact with the world is through their noses, it follows that smell is likely a key component of their dreams. A 2025 study goes further, noting that dogs appear to have emotional responses to scents, which only heightens the likelihood that a dog's dream would include smells. Since dogs process life through their noses and eyes rather than logically, their dreams probably integrate imaginative events with common scents and sights.

We may never know for certain what mysteries lie within the quiet whispers of our dog's dreaming mind, any more than they can know what is in ours. But it's far from fanciful to believe that their dream life is every bit as vibrant, diverse and emotional as our own.

Till next time

Connie



Notes and Notices



We are able to get to classes at the Marina with the construction. The work should be finished by the end of June so travel will be both ways, If there are any up-dates, we will publish on our web site.

A group of us were able to visit the Gino J. Merli Veteran's Home in Scranton and it certainly was a worthwhile trip. The Veterans really enjoyed our presentation and one-on-one visiting. We hope to continue these trips to various Veteran's Homes.

Our schedule is getting quite busy with visits and I am hoping that everyone is taking advantage of them. As an ATD member, you are required to do at least one visit every three months or you will need to be retested.

The Town of Mifflinburg each year, holds a really nice Pet Parade on 4th of July. The parade forms at 10:30am on Saturday, July 4th at the Rail to Trail at Eighth Street, near Rusty Rail, before commencing at 11:00 am from Eighth Street on the Rail to Trail to 5th Street to the Mifflinburg Park. There are several categories: small, medium, large and "float" and prizes are awarded. It is a lot of fun and the people line up to watch and really enjoy it.

Please mark your calendars for Sunday, September 20th at 1:00pm for our Club Picnic at the Shikellamy State Park Marina, Pavillion #2. We provide the hot dogs and drinks. Everyone brings a covered dish and a dog related item for the Chinese Auction. We bring the dogs, of course, and it is a nice time for all of us.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

July 1 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
July 4 (Sat)	Mifflinburg 4th of July Pet Parade	10:30 am
July 6 (Mon)	5 Star (Certified only)	12:20 pm
July 8 (Wed)	Riverwoods	10:00 am
July 9 (Thurs)	Kelly Elementary School (ATD only)	9:30 am -10:30 am
	Mt. Carmel Senior Living Facility	10:30 am - 11:30 am
	Mountain View Manor	1:30 pm
July 13 (Mon)	James F. Baugher Elem, Milton (ATD only)	9:00 am - 10:00 am
	Heather Court, Nottingham	6:00pm
July 15 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
July 16 (Thurs)	Mansion	10:30 am
July 17 (Fri)	Bucknell Pups & Pops (ATD only)	12:00 pm - 1:00 pm
July 20 (Mon)	Columbia County Prison (Certified only)	1:15 pm
July 22 (Wed)	Riverwoods	10:00 am
July 23 (Thurs)	Linntown Elem & Middle School (ATD only)	9:30 am - 10:30 am
July 28 (Tue)	Penn Lutheran	10:00 am
July 29 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
	9am - Summer STEAM	10am - Penn Lutheran 6pm - Advanced Training 7pm - Beginner Training	10am - Heritage Springs 10:45am - Buffalo Valley			
5	6	7	8	9	10	11
	12:20pm - 5 Star (certified	6pm - Advanced Training 7pm - Beginner Training	10am - Riverwoods @	9:30am - Kelly Elementary 10am - Mount Carmel 1:30pm - Mountain View		
12	13	14	15	16	17	18
	9am - Summer STEAM 6pm - Heather Court	6pm - Advanced Training 7pm - Beginner Training	10am - Heritage Springs 10:45am - Buffalo Valley	10:30am - Mansion	12pm - Bucknell Pups &	
19	20	21	22	23	24	25
	1:15pm - Columbia County	6pm - Advanced Training 7pm - Beginner Training	10am - Riverwoods @	9:30am - Linntown		
26	27	28	29	30	31	1
		10am - Penn Lutheran 6pm - Advanced Training 7pm - Beginner Training	10am - Heritage Springs 10:45am - Buffalo Valley			