



Susquehanna Trail Dog Training Club

May 2019



Old Friends

by Connie Cuff

So many of us have gone through a period of the "hyperactive" dog, busy all the time and difficult to manage. He is thinking what's next, how much fun he can have, and he wants to engage anyone near him to join in his frolic - he never seems to be tired.

There is a widespread notion to try to tire them out with fetch, endless games and so forth. As a trainer, Jim Breitner suggests it is more about every dog needing a job. It's more valuable to teach these dogs to settle themselves. Forget about the "forced settle" that leaves the dog no choices and often exacerbates the dog's so-called hyperactivity. A dog who is in the state of hyperarousal often has no ability to calm himself

down.

When hyperactive dogs don't have their needs met by us, we unintentionally reinforce the behavior - dogs pawing at you for attention, focusing on them and throwing a toy. When we engage in the activity exercising your dog in a high level of playing fetch their adrenaline level spikes upward. Some dogs find the release of these hormones enjoyable. This stimulation is wrong.

If we teach them healthy, appropriate behaviors, especially during puppyhood, we can help them grow into less anxious dogs. A good start is practicing tricks, obedience and doing 5-6 fetches, not letting the dog into a state of hyperarousal. After each session do not let the dog engage in you - ignore the behavior. Any activity that the dog wants your attention should be ignored. There should be toys, chews and puzzle toys for him to engage in for him to entertain himself. Learning for him to settle will take time.

You can ask any of us who do "Pet Therapy" with our dogs how the dogs seem at the end of our sessions. They sleep all the way home and then some.

Another much needed and overlooked part of caring for dogs is the loving touch of massage. If given in low 5 minute massages 2-3 times a day with no talking or eye contact you will notice your dog in a complete state of relaxation.

Appropriate stimulation of mind and body is healthy for dogs. By engaging in some of these activities you may see some behavioral changes that can help with a hyperarousal dog. Don't expect a quick fix, everything takes time.

Till next time,

Connie



Notes and Notices



We welcome new members into our Star Puppy Class:

Judy Brubaker with Quinn

Tammy Pierce with Fig

Madison Hollenbach with Finley

Stevie Blyle with Rezzi

Carol Hanson with Reese

We will be attending the Emergency Prep at Allenwood on Thursday May 16 from 9:30 am - 12:00pm. Your dog does not need to be certified and puppies are welcome. It is held at the Training Center complex and there are groups of children who attend this event.

We will be attending a Wellness Day at Southern Columbia High School on Thursday, April 9 from 12:00pm to 3:00pm.

Please check our web site and emails for our move to the Shikellamy State Park Marina. Since we hold classes outdoors and weather can be an issue, I will cancel classes by 5:00pm and notices will be on our web site and emails.

It is nice seeing everyone at class and socializing their dogs. We have a nice group working on their CGC and therapy dog titles. I thank you for taking the time each week to come to Class.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

May 1 (Wed)	Buffalo Valley, Riverwoods	10:00am
May 2 (Thurs)	Bloomsburg University Grandview Geisinger Rehab, Health South	9:00am - 11:00am 1:00pm 2:00pm
May 6 (Mon)	5 Star Nottingham Village	1:00pm 6:30pm
May 8 (Wed)	Riverwoods	10:00am
May 9 (Thurs)	Southern Columbia H.S. Wellness Day	12:00pm - 3:00pm
May 15 (Wed)	Buffalo Valley, Riverwoods	10:00am
May 16 (Thurs)	Emergency Prep Allenwood	9:30am - 12:00pm
May 20 (Mon)	Buffalo Valley	6:30pm
May 21 (Tues)	Allenwood Prison Maximum	12:00pm
May 22 (Wed)	Riverwoods	10:00am
May 27 (Mon)	MEMORIAL DAY	
May 29 (Wed)	Buffalo Valley, Riverwoods	10:00am
May 30 (Thurs)	Maria Joseph Geisinger Rehab, Health South	1:00pm 2:00pm

May 2019

April 2019
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May 2019
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June 2019
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US Holidays

Susquehanna Trail Dog Training Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 3:00 PM Bucknell University Library (ATD only)	30 3:15 PM Training 4:15 PM Beginner Training	1 7:00 AM Riverwoods 7:00 AM Buffalo Valley	2 6:00 AM Bloomsburg University 10:00 AM Grandview 11:00 AM Geisinger Rehab, Health South	3	4
5 Mother's Day	6 10:00 AM 5 Star 3:30 PM Nottingham Village	7 3:15 PM Training 4:15 PM Beginner Training	8 7:00 AM Riverwoods	9 9:00 AM Southern Columbia H.S. Wellness Day	10	11
12	13	14 3:15 PM Training 4:15 PM Beginner Training	15 7:00 AM Riverwoods 7:00 AM Buffalo Valley	16 6:30 AM Emergency Prep Allenwood	17	18
19	20 3:30 PM Buffalo Valley	21 9:00 AM Allenwood Prison Maximum 3:15 PM Training 4:15 PM Beginner Training	22 7:00 AM Riverwoods	23	24	25
26	27 Memorial Day	28 3:15 PM Training 4:15 PM Beginner Training	29 John F. Kennedy's Birthday 7:00 AM Riverwoods 7:00 AM Buffalo Valley	30 10:00 AM Maria Joseph 11:00 AM Geisinger Rehab-Health South	31	1