



# Susquehanna Trail Dog Training Club

November 2008

## Old Friends

by Connie Cuff



As temperatures drop, be sure to winterize your pet as efficiently as yourself and your home. Keeping pets hydrated is every bit as important in arctic conditions as it is during the dog days of summer, and perhaps more so.

At this time of year, dogs risk hypothermia if exercised outdoors for long periods, so try to schedule Fido's longest daily outing between the hours of 11 a.m. and 2 p.m. the warmest part of the day.

Never leave your dog alone in a car during the cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death.

If your dog spends a lot of time engaged in outdoor activities, increase his supply of food, particularly protein, to keep his fur thick and healthy.

Antifreeze safety tips: Check your driveway and under your car regularly for leaks. Always clean up spills immediately. Store containers securely away from children and pets. Never allow your pets near your vehicle when you are changing antifreeze. Some antifreeze/coolants such as Prestone Low Tox, are made with propylene glycol, which is less toxic to pets and safer to use around them.

To prevent bare paw pads from becoming dry and cracked, you can use PAW-Zitive Therapy (nuhemp.com) a nontoxic balm that provides a breathable protective barrier against frigid, icy surfaces. Avoid walking dogs through the ice-melting salt used on sidewalks and roads; it burns paw pads and causes digestive upset licked off during self-grooming. If Fido has stepped in this stuff, gently dunk all his paws in a bowl of clean, warm water and towel-dry thoroughly.

There is a product Safe Paw ice melter noncorrosive formula that won't irritate pets' pads or otherwise cause harm to animals, kids or the environment.

Make sure your companion animal has a warm place to sleep away from all drafts and off the floor, such as in a dog bed with a warm blanket or pillow.

*"Don't be pushed by your problems. Instead be led by your dreams"*

- Guidepost reader Liz Sayer

Till next time,

*Connie*

## **Minutes (October 7, 2008)**

submitted by Ginny Pentz

Meeting was called to order with 19 members present.

Minutes of previous meeting were approved as written in newsletter.

Robin Montgomery is head of Haven to Home rescue. New members were welcomed.

There is a sign up sheet for those interested in participating in Halloween Parade. Our theme this year is "Old McDonald's Farm".

There is a sign up sheet for visits at the Center on Tuesday evenings at 6:30 PM.

There is a dog First Aid class at Danville every Tuesday evening in October.

We are organizing our Christmas Party. It will be Sunday Dec. 7th--There is a sign up at training so we know how many will be attending. The cost is \$17 per member with club picking up rest of tab.

If you are interested in attending our reading program at Boughner Elem, let Ann Trudnak know the Monday before our first visit on Oct 15th.

Treasurers Report:

**(Treasurer's Reports are not available in the online edition of the STDTC newsletter.)**

TDI Visits -- Thurs      Northwestern , Life Geisenger, and Shamokin Hospital

Respectfully Submitted, Ginny Pentz, Secretary

## **Breed of the Month**

### **Bouvier des Flanders**

submitted by Connie Cuff

Their intelligence plus the breed's energy and head-on approach to life have garnered it many fans. It was found in Southwest Flanders and on the French northern plain. As a rule, it was owned by people who occupied themselves with cattle and as an all-purpose farm dog.

The Societe Royale St. Hubert took cognizance of the breed when it appeared on the show benches at the International Dog Show of May, 1910 in Brussels.

The breed was making rapid progress when World War I broke out. The areas where the Bouvier were largely bred were entirely destroyed and most of the dogs were lost. However, a few men succeeded in keeping their dogs all through the war.

Ch. Nic de Sottegem owned by a Veterinarian and lived in the Belgian Army was the ideal type Bouvier and left many descendents whose name appears in almost every pedigree.

The Bouvier needs a job and "work" for the pet Bouvier can include obedience, agility, tracking, therapy visits, herding – anything that requires mental focus and physical activity. Breeders do not forget that the Bouvier is first of all a working dog and do not want it to lose the early qualities which first called attention to its desirability. For that reason, in Belgium a Bouvier cannot win the title of champion unless he has also won a prize in a work competition as a police, defense or army dog.

Because of their inherent protectiveness, Bouvier puppies need socialization from a young age to keep them from becoming fearful, or aggressive. A dog this big and intelligent thrives on dependable leadership.

The Bouvier requires serious attention to its coat. It consists of a coarse outer layer and a soft, dense undercoat that collects dirt and water. You need to brush your Bouvier twice a week to prevent mats and strip or clip every 4 to 6 weeks.

If socialized and trained early a Bouvier makes an excellent therapy dog. One owner found her four year old Bouvier curled up with a patient during a power outage at a local hospital, "It was just a small thing, but it was just what the patient needed".

It is nice to have Laura Loboskie and her Bouvier des Flanders, Nika, with us.



# Live Up Your Dog's Meal

submitted by Connie Cuff

If you would like to liven up your dog's meal with "people" food, here are some healthy options straight from market shelves. Some dogs can be surprisingly fussy about new things in their food bowls; start with a small portion to see if it's a go.

1. **Bananas** – High in potassium, fiber, magnesium. They also contain Vitamin C. Mash a banana and mix with your dog's food.
2. **Rutabaga** – Their high levels of Vitamin C, potassium and carotenoids aid eye health and maintenance of DNA activation in cells. Peel, boil and mash the rutabaga, then add a little bit of olive oil.
3. **Sweet potato** – Loaded with nutrients such as carotenoids and Vitamin C. They are high in fiber and magnesium. As with rutabaga, boil, mash and add a bit of oil.
4. **Flaxseeds** – They benefit coat, skin, bone and brain function. They are high in fiber and contain the B vitamin. Grind fresh flaxseed. Flaxseed oil is also available in most health food stores. (Store in refrigerator to maintain freshness).
5. **Yogurt** – Yogurt may improve gut function. It contains a number of nutrients including protein, calcium, phosphorus, Vitamin B12, potassium, zinc and iodine. A dollop of non-fat yogurt is a great way to disguise some yucky medicines.
6. **Salmon** – Bursting with Omega-3 fatty acids. It does wonders for skin, coat and brain as well as inflammatory processes that cause arthritic pain. (fish oil in capsule form may help any of these conditions).
7. **Nori** – Dried edible seaweed. It has protein, Vitamin C, E. and all the B's. Nori may have beneficial effects on fat metabolism, immune function and anti-tumor response. Nori does have a strong odor and can be soaked in broth and added to food.
8. **Blueberries** – They are potent antioxidants and supply Vitamin C, E, manganese and fiber. Slow introduction in small quantities is essential. Rinse and serve whole or mashed.
9. **Rosemary** – It provides some fiber, iron and calcium and is thought to improve immune function and act as an anti-inflammatory agent and antioxidants. Wash a sprig of fresh rosemary and add the minced needles to foods.
10. **Swiss Chard** – Chard belongs to the same family as beets and spinach and has tons of nutrients and are best maintained by blanching and not boiling the leaves. Chard's nutrients have the potential to maintain bone health, blood vessel integrity, eye health, immune function and benefit energy production. Offer your dog some blanched, chopped chard with a bit of olive oil.

What is good for our dogs is good for us also, so we can all share in a nutritious life style.

*Taken from Sept/Oct 08 Bark Magazine  
Roschelle Heisbewrger, PhD, RD*



## Notes and Notices



**The Sunbury Halloween Parade was a great success, thanks to Kelly's sister and brother-in-law, Kim and Jon Clemens, who provided us with a tractor and hay wagon. The students from Chief Shilellamy did a wonderful job in making posters for our float. The dogs were so well behaved and that goes along with everyone keeping their dogs trained and socialized. I wish to thank everyone who participated. We came in 2nd place.**

**Please contact Connie if you have accumulated 50 or more TDI visits or acquired any other title with your dog this past year.**

**Our annual Christmas Party will be held at the Susquehanna Valley Country Club on Sunday, Dec. 7 at 5:00 pm. The meal consists of a buffet – salad station, pasta salad, Oven Baked Ham with a honey maple sauce, stuffed chicken breast, garlic mashed potatoes, green bean almondine, roles, butter, iced tea, coffee, cookies, brownies and pudding parfaits. The cost is \$17 each (this includes tax and tip). We will have our silent auction and you may bring an item (does not need to be dog related). An item for the no-kill shelter would also be appreciated. We also do a gift exchange which is dog related.**

**Reservations can be made up until Dec. 2. You can call Connie if you cannot be at class before that date.**

**December will end our evening nursing home visits until March because of the possibility of inclement weather.**

**Be sure to check Sherry Carpenter's blog on our website each month for new articles. I thank her for taking the time to research items for our Club.**


**In case of inclement weather please check for emails for cancellations, check the main page of the website under announcements or cancellations, or call Connie.**


## UPCOMING TDI VISITS AND CLUB ACTIVITIES

<b>Nov. 2 (Sun)</b>	<b>Daylight Saving Ends – Turn your clocks back one hour</b>	
<b>Nov. 4 (Tues)</b>	<b>Election Day</b>	
<b>Nov. 5 (Wed)</b>	<b>Riverwoods Bucknell University (TDI ONLY)</b>	<b>10:00 am 6:00 pm</b>
<b>Nov. 6 (Thurs)</b>	<b>Penn Lutheran Village (Selinsgrove)</b>	<b>6:45 pm</b>
<b>Nov. 10 (Mon)</b>	<b>Reading, Chief Shikellamy</b>	<b>9:00 am</b>
<b>Nov. 12 (Wed)</b>	<b>Riverwoods</b>	<b>10:00 am</b>
<b>Nov. 13 (Thurs)</b>	<b>Northwestern Academy Life Geisinger Shamokin Hospital</b>	<b>1:00 pm 2:00 pm 3:00 pm</b>
<b>Nov. 18 (Tues)</b>	<b>USP-Max Allenwood (Memo TDI Only)</b>	<b>12:30 pm</b>
<b>Nov. 19 (Wed)</b>	<b>Baugher Elementary (Milton) Riverwoods</b>	<b>9:00 am 10:00 am</b>
<b>Nov. 20 (Thurs)</b>	<b>Sunbury Hospital Mansion Nursing Home Sunshine Corners</b>	<b>1:00 pm 1:45 pm 2:15 pm</b>
<b>Nov. 24 (Mon)</b>	<b>Geisinger Health South</b>	<b>2:00 pm</b>
<b>Nov. 26 (Wed)</b>	<b>Riverwoods</b>	<b>10:00 am</b>
<b>Nov. 27 (Thurs)</b>	<b>HAPPY THANKSGIVING</b>	
<b>Dec. 1 (Mon)</b>	<b>Reading, Chief Shikellamy</b>	<b>9:00 am</b>
<b>Dec. 7 (Sun)</b>	<b>Christmas Party Susquehanna Valley Country Club</b>	<b>5:00 pm</b>

Newsletter coordinator: **Brandon Pastuszek**  
 E-mail: [brandon@stdtc.org](mailto:brandon@stdtc.org)  
 Club web site: <http://www.stdtc.org>

# November 2008

 US Holidays

 Susquehanna Trail Dog Training Club

October 2008

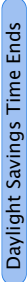



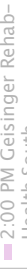


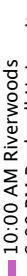




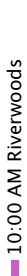

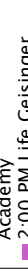
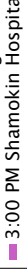


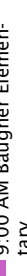

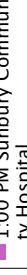






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November 2008

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December 2008

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
 Daylight Savings Time Ends		 CLASS CANCELED  12:30 PM Allenwood Medium Prison, Badged Members Only	 10:00 AM Riverwoods	 2:00 PM Geisinger Rehabilitation Health South  Halloween		
2	3	4	5	6	7	8
		 Election Day	 10:00 AM Riverwoods  6:00 PM Bucknell University (TDI ONLY)	 6:45 PM Penn Lutheran Village		
9	10	11	12	13	14	15
	 9:00 AM Reading, Chief Shikellamy	 Veteran's Day	 10:00 AM Riverwoods	 1:00 PM Northwestern Academy  2:00 PM Life Geisinger  3:00 PM Shamokin Hospital		
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23	24	25	26	27	28	29
	 2:00 PM Geisinger Rehabilitation Health South		 10:00 AM Riverwoods	 Thanksgiving		
30	1	2	3	4	5	6
	 9:00 AM Reading, Chief Shikellamy		 10:00 AM Riverwoods			