

Susquehanna Trail Dog Training Club

September 2026



Old Friends

by Connie Cuff



Do you know how to tell if a dog is happy? What are the signs of a happy dog?

A lot of the time, dogs are so clear about what they're to communicate, their body language, their movement; it all conveys a tremendous amount of information. The key is accurately interpreting what a dog is communicating. Though that can look different from dog to dog, researchers have identified typical happy dog body language and behaviors.

Most common signs of a happy dog - a wagging tail, playful dog behavior, and a relaxed body. However, becoming fluent in dog body lingo means being aware that context matters when reading a dog's mind. When the environment changes, it may change how your dog is going to look, and what signals they're going to give you.

All dogs have different personalities, energy levels, and needs, so this is a starting point of 10 Signs of a Happy Dog:

#1 Relaxed dog body language is key to figuring out if your dog is at ease. The facial muscles are relaxed, the mouth is relaxed, it may even be open, like a grin.

#2 Ears at Ease. The position and movement of a dog's ears can indicate how they're feeling, but can be a challenge since canine ears come in many shapes and sizes. We like to see ears looking relaxed, but not too tense, and not pointing backward or forward.

#3 Soft Eyes. If a dog is comfortable with us, their eyes won't have a hard stare. We don't want to see eyes where the whites of the eyes are being shown.

#4 Loose Wagging Tail. A dog's tail can have different meanings. We are looking for a tail that's relaxed, high, and wags. "Waggy butt, waggy tail".

#5 Playful behaviors. Look for dogs expressing joy, like zooms, squeaking toys and giving play bows.

#6 Physical contact. A dog that seeks you out for physical contact is often showing they're content.

#7 Interaction. You are looking for a dog that wants to engage with you and wants to come into your space. "When I call my dog, he will come to me".

#8 Healthy appetite. A healthy, hearty and consistent appetite is another sign of a happy dog.

#9 Blissful barks. High pitched barks, yes or yaps while they're playing with dogs trying to show their bliss. A happy bark is different from the "Who is at my door".

#10 Sleeping dogs lie. A happy dog likes to sleep near you, next to you or even on top of you. Sleep is important to dogs. An adult dog can need up to 16 hours of sleep a day.

Look at the big picture before you come to a conclusion. It is not just the individual sign, it's everything put together.

To support your dog's happiness, they love routines, exercise and giving them something to do. Nose work is one of them. Bringing to classes where they can interact with other dogs also makes them happy. We see this as they come to the Marina.

It is up to each and everyone of us to interact with our dog and know what brings him "happiness".

Till next time

Connie



Notes and Notices



Our Dog Club Picnic will be held Sunday, September 27th at 1:00pm at Pavilion #2 at the Marina. Please bring a covered dish, something dog related for the Chinese Auction and of course, your dog. This is held rain or shine. Please sign up since we provide hot dogs and drinks and need a count to purchase the items.

We are organizing a Star Puppy Class and are looking for puppies that can participate. Please let us know as there is a limit of 6 and we will set a date once that is achieved.

There is NO CLASS on Tuesday, September 1st.

Because of earlier darkness for Tuesday evening classes, we need to move training to Sundays. Our first Sunday class will be held September 6th. Advanced at 1pm and Beginner at 2pm. We will not have class on September 20th and September 27th (Club picnic). We will continue to train at the Marina until weather will not allow and then we will move to the Selinsgrove Center (same times).

We welcome new members, **Melissa and Jared Rutt** with Golden Retriever, **Bailey**.

There is a Doggie Swim at Knoebels on Sunday, September 13th from 11am - 3pm. You must show a license and rabies and 1 dog per handler. Pre-registration is \$8 and \$10 at the gate.

Please keep checking the online Club Calendar for updates on dog visits/class. For ATD/ Prison visits, please sign up using the appropriate links or reply to emails regarding, so we know we have enough dogs to attend.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

Sept 1 (Tues)	NO CLASSES	
Sept 2 (Wed)	Riverwoods	10:00 am
Sept 4 (Fri)	Bucknell Paws for a Shake (ATD only)	11:30 am - 1:00 pm
Sept 6 (Sun)	Classes at the Marina	
	<i>Advanced</i>	1:00 pm
	<i>Beginner</i>	2:00 pm
Sept 9 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
Sept 10 (Thurs)	Allenwood Prison Suicide Walk/Health Fair	10:00 am - 12:00 pm
	Mt. Carmel Sr. Living	11:30 am
	Mountain View Manor	1:30 pm
Sept 11 (Fri)	Shikellamy HS (ATD only)	8:00 am - 10:00 am
	Bucknell Paws for a Shake (ATD only)	11:30am - 1:00 pm
	Bucknell Stress Relief (ATD only)	7:00 pm - 10:00 pm
Sept 14 (Mon)	Danville Middle School (ATD only)	8:15 am - 10:15 am
	5 Star (Certified only)	12:20 pm
Sept 15 (Tues)	Allenwood Max Inmate Health Fair (Badged)	8:30 am - 10:30 am
Sept 16 (Wed)	Riverwoods	10:00 am
Sept 17 (Thurs)	Mansion	10:30 am
Sept 18 (Fri)	Bucknell Paws for a Shake (ATD only)	11:30 am - 1:00 pm
Sept 20 (Sun)	NO CLASSES	
Sept 21 (Mon)	Columbia County Prison (Certified only)	1:15 pm

Sept 23 (Wed)	Heritage Springs	10:00 am
	Buffalo Valley	10:45 am
Sept 24 (Thurs)	Lewisburg Federal Prison Suicide Awareness	10:00 am - 12:00 pm
	Grayson View	6:00 pm
Sept 25 (Fri)	Bucknell Paws for a Shake (ATD only)	11:30 am - 1:00 pm
Sept 27 (Sun)	DOG CLUB PICNIC	1:00 pm
Sept 28 (Mon)	Lewisburg High School (ATD only)	10:15 am - 11:15 am
Sept 29 (Tues).	Penn Lutheran	10:00 am
Sept 30 (Wed)	Riverwoods	10:00 am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
		6pm - NO CLASS - 7pm - NO CLASS -	10am - Riverwoods @		11:30am - Bucknell Paws	
6	7	8	9	10	11	12
1pm - Advanced Training 2pm - Beginner Training			10am - Heritage Springs 10:45am - Buffalo Valley	10am - Allenwood Suicide 11:30am - Mount Carmel 1:30pm - Mountain View	8am - Shikellamy HS (ATC) 11:30am - Bucknell Paws 7pm - Bucknell Stress	
13	14	15	16	17	18	19
1pm - Advanced Training 2pm - Beginner Training	8:15am - Danville Middle 12:20pm - 5 Star (Certified)	8am - Allenwood Max	10am - Riverwoods @	10:30am - Mansion	11:30am - Bucknell Paws	
20	21	22	23	24	25	26
1pm - NO CLASS - 2pm - NO CLASS -	1:15pm - Columbia County		10am - Heritage Springs 10:45am - Buffalo Valley	10am - Lewisburg prison 6pm - Grayson View	11:30am - Bucknell Paws	
27	28	29	30	1	2	3
1pm - Dog Club Picnic 1pm - No Classes - 2pm - NO CLASSES -	10:15am - Lewisburg HS	10am - Penn Lutheran	10am - Riverwoods @		11:30am - Bucknell Paws	