



Susquehanna Trail Dog Training Club

April 2009

Old Friends

by Connie Cuff

Even Dogs get the Blues



When nights are longer and days colder and darker we sometimes feel like cutting ourselves off from the world for a mere five months and even dogs can get the winter blues. There is a name for this impulse, S.A.D. or Season Affective Disorder.

They can have the same low energy and cravings for starchy foods that we get. This is a time when we overload our pets with lots of dog treats. You can replace them with good nibbles such as all natural fruits or vegetables such as carrots.

During the darker winter months, the lack of light entering the eyes increases the amount of melatonin being produced. This causes drowsiness, lethargy and a general lack of get-up and go. On the flip side, an increase of sunlight creates the opposite effect. This explains why when spring finally arrives we almost feel a splurge of energy and gladly bid adieu to the lonely days of winter.

If you and Poochie both are looking to beat the winter blues, get outside! (if you can) When you are nervous, tense, overtired, or blue our dog will soak up those bad feelings as if he were a sponge.

You can help yourself and your dog de-stress at home in quiet ways. One way is to brush him, sitting on the floor. Brush your dog head to tail and alternate the brush with your hand. You can get fancier adding massage to your relaxation session. In between long strokes, knead the muscles of his neck, working your fingers in small circles behind each ear, down the back of the neck, then along each side of the spine. The massage will increase blood flow, calm him, and make you feel kind and useful.

Work can help your dog de-stress. By working some healing and sit stays in to his day, along with lots of praise, can bring him back to his mellow self.

Some inside games can be to hide small treats throughout a room and tell him to go find. You also can hide his favorite toy or a treat in a towel and let him enjoy unwrapping it. If you care to venture outside and your dog loves to retrieve, hide a tennis ball in the snow for a release of energy.

Most important, if you're going to be inside, remember to spend it cozying up to your best bud, because so long as you can hibernate together, things aren't so bad or S.A.D., for that matter.

No winter lasts forever, no spring skips its turn.

Till next time,

Connie

Minutes (March 3, 2009)

submitted by Ginny Pentz

The meeting of STDTC was called to order by Connie Cuff, President, with 36 members present.

Report of the President: Welcome new members Kristen Tweed from Northumberland with Max, Choc Lab Rtr., Gill Krieger from Selinsgrove with Kane, Pit Bull, and Kathy Hummel from Lewisburg with Freckles, Cocker Spaniel. We need signups for Center visits with dogs. Visits are every other Tues. evening at 6:30 PM, before class.

Report of Secretary: Minutes as reported in newsletter were approved as written.

Report of Treasurer:

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

New Business: We will have Dr Ned Moser speak to us on Mar 31st at 6:45 PM for 1 hr. Everyone should bring the label from your dog food. He will speak for about 15 minutes on what ingredients every dog food should have and then open up the discussion to members with questions. Dr. Moser worked as a veterinarian for a few years then went back to school to study nutrition and now works with pet food companies to develop formulas for their pet food.

Everyone should bring a chair and you can bring a friend for this presentation. I will have a shortened training session from 6 PM to 6:45 PM.

Ginny Pentz, who recently returned from volunteering at Best Friends Animal Sanctuary in Kanab, UT, shared her experience with us and told us some about what they do, the dogs they have there along with other varieties they care for and their training techniques.

Old Business: Yearly dues are due by April 1, as we will be updating our roster at that time and all unpaid members will be dropped. Also please remember to update your shot records.

AKC Star Puppy Program: Last class of Star Puppy is next week. Marjean will start a new class Tuesday, April 7th.

Pawsabilities is March 13 & 14 at Farm Show Building.

TDI Visits and nursing home visits are listed in newsletter..

Breed of the Month

Boston Terrier

submitted by Connie Cuff

The typical Boston is active, playful, bright, outgoing, curious, sometimes sly, but always entertaining.

These small dogs, ranging up to 25 lbs. have more going for them than great attitude; they are sometimes known as the American Gentleman, one of the few American breeds.

It originated around 1870 when Robert C. Hooper of Boston purchased a dog known as Hooper's Judge, a cross between an English Bulldog and a White English Terrier. In 1893 the AKC admitted the breed and gave the club membership status.

Today's Bostons should be brindle, seal or black in color with even white markings. Their tails might appear docked, but they are either short or corkscrewed.

Boston Terriers rose in popularity after the turn of the century when the breed became a high society status symbol. They were the society dog in the 1920's through the mid to late 40's.

Nostalgia is part of the breed's popularity with many older Boston Terrier owners choosing the breed because they had them as children (such is the case with Mary Lou Semicek who had a Boston as a child and now has Milo).

Bostons are intelligent and quick to please. While not a fighter he is well able to take care of himself. He has a characteristically gentle disposition and he is eminently suitable as a companion and house pet.

Don't think this is a low-maintenance breed as they need plenty of love and attention from their owners. Aside from their affinity for beds – and their habit of sleeping under the covers and snoring – Bostons enjoy getting up on anything high.

Their health issues include epilepsy, cleft palate and kneecap injury. People who wish to purchase a Boston may find them in short supply since they have a difficult time birthing and small litters.

As one owner commented, "You can have a wonderful companion in this feisty breed, they're great little dogs to just pamper and have a ball with".





Notes and Notices



We welcome new members:

**Linda Merrill from Watontown with Auzzy/Dalmation mix
Leslie Palmer from Northumberland with Shephard/Husky, Tiki
Emma Houseknecht from Sunbury with Jack Russell, Katie
Mary Nilsen from Trevorton with Great Dane
Michelle Wert from Selinsgrove with mix Bodhi
Heather Delong from Middleburg with Golden Retriever
The Carusos from Mifflinburg with Pitt Bull
Isaac Blaisdell from Sunbury with Chocolate Lab Coco**

There will not be class as the Selinsgrove Center, Tuesday, April 14th, as the gym is being used by the residents.

Marjean Krech will begin the AKC Star Program training the first Tuesday of April. Dogs can be up to one year old. Congratulations to the following who graduated from the program on March 10th:

**Marianne Halco with Sydney
Philip Hallden with Sage
Dagney Leininger with Ruby
Sally Dorman with Ted
Susan Heckman with Macy
Megan Mertz with Bailey
Ryan Wolfe with Daisy
Kristen Tweed with Max**

For those who have a dog that may become car sick, there is a product called CERENIA available from your veterinarian to help your dog. It is a 1 day motion sickness drug that will not make your dog tired.

Our move to the Marina will be sometime in May, weather permitting. Once we move to outside training, we must deal with weather conditions. Be sure your email address is up-to-date as cancellations announcements will be made through email. It will also be posted on our website in the cancellations and announcements section on the homepage. You may also call Connie if you wish.

UPCOMING TDI VISITS AND CLUB ACTIVITIES

April 1 (Wed)	Riverwoods	10:00 am
April 2 (Thurs)	Bucknell University (TDI only)	6:00 pm
April 6 (Mon)	Reading, Chief Shikellamy	9:00 am
April 8 (Wed)	Riverwoods	10:00 am
April 9 (Thurs)	Northwest Academy Life Geisinger Shamokin Hospital	1:00 pm 2:00 pm 3:00 pm
April 12 (Sun)	HAPPY EASTER	
April 14 (Tues)	NO CLASS SELINGSGROVE CENTER	
April 15 (Wed)	Riverwoods	10:00 am
	(Did you file your income tax?)	
April 16 (Thurs)	Sunbury Hospital Mansion Nursing Home Sunshine Corners	1:00 pm 1:45 pm 2:15 pm
April 21 (Tues)	USP Allenwood (memo members only)	12:30 pm
April 22 (Wed)	Reading (Boughner Elementary) Riverwoods	9:00 am 10:00 am
April 23 (Thurs)	Vintage Knolls Danville	6:45 pm
April 27 (Mon)	Reading (Chief Shikellamy) Bucknell University (TDI only)	9:00 am 6:00 pm
April 29 (Wed)	Riverwoods	10:00 am
April 30 (Thurs)	Geisinger Health South	2:00 pm

April 2009

March 2009

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April 2009

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- US Holidays
- Susquehanna Trail Dog Training Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	<ul style="list-style-type: none"> ■ 6:00 PM Shortened Training Classes ■ 6:45 PM Dr. Ned Moser, DVM 	<ul style="list-style-type: none"> ■ April Fool's Day ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ April Fool's Day ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ 6:00 PM Bucknell University (TDI ONLY) 		
5	6	7	8	9	10	11
	<ul style="list-style-type: none"> ■ 9:00 AM Reading (Chief Shikellamy) 	<ul style="list-style-type: none"> ■ 6:15 PM Beginner Training Classes ■ 7:00 PM Advanced Training Classes 	<ul style="list-style-type: none"> ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ 1:00 PM Northwestern Academy ■ 2:00 PM Life Geisinger ■ 3:00 PM Shamokin Hospital 		
12	13	14	15	16	17	18
■ Easter		<ul style="list-style-type: none"> ■ CLASSES CANCELED 	<ul style="list-style-type: none"> ■ Tax Day ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ 1:00 PM Sunbury Community Hospital ■ 1:45 PM Mansion Nursing Home ■ 2:15 PM Sunshine Corners 		
19	20	21	22	23	24	25
	<ul style="list-style-type: none"> ■ 12:30 PM USP Allenwood (MEMOED ONLY) ■ 6:15 PM Beginner Training Classes ■ 7:00 PM Advanced Training Classes 	<ul style="list-style-type: none"> ■ Earth Day ■ 9:00 AM Reading (Boughner Elementary) ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ 6:45 PM Vintage Knolls 			
26	27	28	29	30	31	
	<ul style="list-style-type: none"> ■ 9:00 AM Reading (Chief Shikellamy) ■ 6:00 PM Bucknell University (TDI ONLY) 	<ul style="list-style-type: none"> ■ 6:15 PM Beginner Training Classes ■ 7:00 PM Advanced Training Classes 	<ul style="list-style-type: none"> ■ 10:00 AM Riverwoods 	<ul style="list-style-type: none"> ■ 2:00 PM Geisinger Rehab-Health South 		