



Susquehanna Trail Dog Training Club

December 2018

Old Friends by Connie Cuff



As we come to the end of 2018 it is a good time to reflect our human-canine relationship we had with our dog this past year: "the happier and healthier your dog is, the happier and healthier you're likely to be".

There is a finding based on a study done at Upsala University in Sweden done on a group of 40-80 year olds who had no history of cardiovascular disease over a 12 year period. Since dog registration is mandatory in Sweden, they were able to determine which subjects owned a dog and which didn't. They followed health records and found at the end of the study, that dog owners had a lower risk of cardiovascular disease than people who did not own a dog.

It is possible that people who own dogs may simply be more active and live a healthier lifestyle. Another explanation is the effect of growing up with dogs that may provide immunity benefits as we become adults.

As we look at what dogs do for us, there is a theory as to what we do for our dogs. "If you give domesticated dogs the choice to be with other dogs - they'll almost always choose the human". It is likely that dogs receive a similar boost in health from hanging around us - "The main thing dogs want in life is just to be with their people".

We as a Club have done a wonderful job in preparing and testing our dogs for "Pet Therapy". The lives that they have touched in nursing homes, colleges, prisons, hospitals are innumerable to count. We all have shared stories with one another of how our dogs have affected the lives of the people they have met. At present we have 47 dogs certified to do "Pet Therapy". Some of the dogs have received their "Canine Good Citizen" and are working to become "Therapy Dogs".

I wish to thank everyone for our friendship and support this past year. I am looking forward to a year of training and club activities in 2019. May you all enjoy a very Merry Christmas and a Happy New Year.

Till next time,

Connie



Notes and Notices



I certainly had a big surprise for my birthday with the shower of cards. Not only from you but your dogs as well. I enjoy coming to class each week and you make it special training your dogs.

A thank you to Nicole Hallman for donating cleaning supplies for our use in the gym.

With winter months and our classes at the gym, please check your emails or our web site for weather cancellations before coming to class.

We do schedule visitations over the winter but with the possibility of cancellations, I would encourage you to do some visits on your own, if possible, since residents in nursing homes do not get many visitations during this time.

Our last day of class is Tues. Dec. 18 and we will resume training Tues. Jan. 8.

Beginning in January we will be collecting membership dues of \$15.00 for the year. Anyone who has joined after Nov. 1 will be paid for 2019. Dues are due by March 31 or you will be removed from the membership and Facebook. In order to be covered by our insurance at our training sites, you must have a paid membership with our club for the year.

I also would remind everyone that once you receive your new Rabies vaccination, to please make me a copy for my records.



We welcome new members:

**Zachary Sauers with Border Collie "Dutch"; Delores Kerstetter with German Shepherd "Bear";
Hannah & Colten Kerstetter with German Shepherd "Rem"**

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

Dec. 2 (Sun)	Christmas Party	5:00pm
Dec. 3 (Mon)	5 Star Bucknell University (ATD only)	1:00pm 6:00pm - 8:00pm
Dec. 5 (Wed)	Riverwoods	10:00am
Dec. 6 (Thurs)	Bloomsburg University Vintage Knolls Geisinger Rehab, Health South	9:00am - 11:00am 1:00pm 2:00pm
Dec. 10 (Mon)	Nottingham Village Memory Center	6:30pm
Dec. 11 (Tues)	Lewisburg Maximum Prison	12:00pm
Dec. 12 (Wed)	Riverwoods Buffalo Valley	10:00am 10:00am
Dec. 13 (Thurs)	Shamokin Hospital VNA Mountain View Manor	12:15pm 1:15pm 1:15pm
Dec. 19 (Wed)	Riverwoods Buffalo Valley (dress up)	10:00am 10:00am
Dec. 20 (Thurs)	Sunbury Hospital Mansion Manor Care	1:00pm 1:45pm 2:15pm
Dec. 25 (Tues)	MERRY CHRISTMAS	
Dec. 26 (Wed)	Riverwoods	10:00am
Dec. 27 (Thurs)	Emmanuel Geisinger Rehab, Health South	1:00pm 2:00pm
Jan. 1 (Tues)	HAPPY NEW YEARS	
Jan. 2 (Wed)	Riverwoods Buffalo Valley	10:00am 10:00am
Jan. 3 (Thurs)	Maria Joseph Geisinger Rehab, Health South	1:00pm 2:00pm
Jan. 8 (Tues)	CLASSES RESUME AT THE SELINGROVE CENTER	

December 2018

 Susquehanna Trail Dog Training Club
 US Holidays

November 2018
 S M T W T F S
 1 2 3
 4 5 6 7 8 9 10
 11 12 13 14 15 16 17
 18 19 20 21 22 23 24
 25 26 27 28 29 30

December 2018
 S M T W T F S
 1
 2 3 4 5 6 7 8
 9 10 11 12 13 14 15
 16 17 18 19 20 21 22
 23 24 25 26 27 28 29
 30 31

January 2019
 S M T W T F S
 1 2 3 4 5
 6 7 8 9 10 11 12
 13 14 15 16 17 18 19
 20 21 22 23 24 25 26
 27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
<ul style="list-style-type: none"> 2:00 PM CHRISTMAS PARTY 	<ul style="list-style-type: none"> 10:00 AM 5 Star 3:00 PM Bucknell Univ. Library (ATD only) 	<ul style="list-style-type: none"> 3:15 PM Training 4:15 PM Beginner Training 	<ul style="list-style-type: none"> 7:00 AM Riverwoods 2:00 PM Stress Relief, Bucknell Univ. Library (ATD only) 	<ul style="list-style-type: none"> 7:00 AM Bloomsburg University 10:00 AM Grandview 11:00 AM Geisinger Rehab, Health South 		
2	3	4	5	6	7	8
	<ul style="list-style-type: none"> 10:00 AM 5 Star 3:00 PM Bucknell Univ. Library (ATD only) 	<ul style="list-style-type: none"> 3:15 PM Training 4:15 PM Beginner Training 	<ul style="list-style-type: none"> 7:00 AM Riverwoods 	<ul style="list-style-type: none"> 6:00 AM Bloomsburg University 10:00 AM Vintage Knolls 11:00 AM Geisinger Rehab, Health South 		
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> 3:30 PM Nottingham Village Memory Center 	<ul style="list-style-type: none"> 9:00 AM Lewisburg Maximum Prison 3:15 PM Training 4:15 PM Beginner Training 	<ul style="list-style-type: none"> 7:00 AM Riverwoods 7:00 AM Buffalo Valley 	<ul style="list-style-type: none"> 9:15 AM Shamokin Hospital Manor 10:15 AM Mountain View 10:15 AM VNA 		
16	17	18	19	20	21	22
		<ul style="list-style-type: none"> 3:15 PM Training 4:15 PM Beginner Training 	<ul style="list-style-type: none"> 7:00 AM Buffalo Valley (dress up) 7:00 AM Riverwoods 	<ul style="list-style-type: none"> 10:00 AM Sunbury Community Hospital Home 10:45 AM Mansion Nursing Home 11:15 AM Manor Care 		
23	24	25	26	27	28	29
		<p>Christmas Day</p>	<ul style="list-style-type: none"> 7:00 AM Riverwoods 	<ul style="list-style-type: none"> 10:00 AM Emmanuel 11:00 AM Geisinger Rehab, Health South 		
30	31	1	2	3	4	5
		<p>New Year's Day</p>	<ul style="list-style-type: none"> 7:00 AM Riverwoods 7:00 AM Buffalo Valley 	<ul style="list-style-type: none"> 10:00 AM Maria Joseph 11:00 AM Geisinger Rehab, Health South 		