



Susquehanna Trail Dog Training Club

January 2013

Old Friends

by Connie Cuff



Starting the New Year with our dog should begin with some suggestions to keep our dog healthier in 2013.

To begin lets start with the daily ritual in setting the table to feed your dog - how you feed him can make a difference.

First have your dog stay in place as you prepare his food, even allow the dish to sit on the counter after it has been prepared. If the dog moves, let him know it's time to sit back and wait. With practice, he will catch on and mealtime will become calmer.

A dog bowl should be made of ceramic, glass, or stainless steel, which is preferred over plastic, which can leach toxins. A bowl licked clean is not a clean bowl and should be washed after every meal.

Always have a fresh bowl of water beside the food dish. Water bowls should be changed throughout the day as accumulation of bacteria and dust can aggravate allergies.

Many people use a scoop as measurement which can add pounds to your dog. Measure the appropriate amount using a cup or other measuring device. Many people read directions from their dog food bag and feeding these amounts will cause an overweight dog. Companies are in the business of selling their product so they want consumers to buy more of their food.

This is a good time to take note of your dog's weight which is a positive step in keeping him healthy. I'm sure this Christmas he received many treats as presents but they should be used sparingly. We can always supplement our dog with healthy snacks such as raw carrots, green beans or an apple.

Feeding twice a day will keep your dog from becoming either excessively hungry or overfull. Smaller meals put less pressure on your dog's digestive system.

Old Friends (Continued)

Be sure to check any new toys with squeakers as they can be ingested as the dog pulls them apart. Rope toys can be a problem so you should always monitor playtime.

Walking our dogs daily should be a priority. Many people say, "I have a big yard and my dog gets a lot of exercise". The walk is as important to him as it is to you. For dogs a walk is like catching up on all the latest news of the day with her muzzle buried deep in the grass or snow. By being but a leash's length away from the Master of the world of scent, we can expand our horizons that only a dog could make possible.

"Surround yourself with 'yay-sayers' not naysayers."

Till next time,

Connie

Minutes (December 4, 2012)

submitted by Kelly Pastuszek

Report of the President: I wish to thank all the Club members for donating to my birthday and Christmas gifts. It is not just your gifts but your time spent with me in training and therapy visits. It is all so much appreciated.

Anyone who ordered club shirts, I have been in touch with Judy Spence and she has placed orders for the shirts and everyone is out of them at present. As soon as she receives them she will embroider the logo and let me know.

As I have been letting you know for weeks, this will be our last class until Jan. 8. If you need any information you can call me or E-mail me. All our activities will be posted on our web site.

The Christmas party that was held on Sunday was wonderful with 40 attending. We all enjoyed good food, good music and fellowship. The silent auction brought in \$222. We received food and monetary gifts for Mostly Mutts, and I'm sure Cheryl will appreciate it. Many thanks to Bonnie and Frank Wicker for their music entertainment. Hope more of you can join next year.

So glad Buffy, Gail and Rick's dog is doing better. She wants me to mention that our dogs should not be fed table scraps over the holidays, as I have mentioned in my newsletter.

Report of the Secretary: In the newsletter.

Treasurer's Report: In the hard copy version of the newsletter.

New Business: With the help of Gail and Rick Lorady they were able to find a sound system for me to use at class. Hopefully this will help with training in the gym.

I would like to welcome Darlene Volchansky and her husband from Winfield with Keisha.

Dues for 2013 will be due in January. Those joining after October 2012 are paid for 2013.

Sally introduced Facebook.

We have a visit at 6:30pm at Elm Croft on Thursday night at 6:30pm. Your dog does not have to be TDI to visit just that it is under control.

Additions to meeting: Kelly has Christmas cards for us to sign to send to VA hospitals and those military serving overseas.

I wish everyone a Merry Christmas and a Happy New Year.



Notes and Notices



Please check the Newsletter calendar when it is posted for upcoming events or visits. It is difficult for me to E-mail everyone and much easier if people would make note and keep track of upcoming events.

Dues for 2013 are due and any updated shot records.

Our Christmas party was a huge success with 40 attending. Our donation to Cheryl for Mostly Mutts were \$123 cash, 7lb. Biscuits, 96.5 lb. Purina, blankets, toys, and grooming supplies. Our silent auction brought in \$216.

With the purchase of a sound system I'm hoping our training will go better in the gym.

STDTC is now on Facebook. We have a private group so it is by invitation only which means you need to be a club member. Our group is for sharing interesting articles, help with training problems, talk about upcoming club events, and show off our pooch's pictures and club pics or funny videos. Our respect for each other is the same as you find at class or other events.

How to Join:

1) You have to have a Facebook account. Signing up for Facebook is easy and you can make your home page as private as you want by using the privacy settings Facebook provides. Once you have set up your page if you need help with Facebook settings, go to the top right of your page where you will see an icon that looks like a crank (to the right of your name), click on it, a drop down list pops up and you will see the help bar. Press 'Help' and a new pop up will appear asking what you need help with. Just type your question into the little search bar.

2) Though it is not necessary it is recommended that you set up a separate E-mail account that you will use just for Facebook so your normal E-mail does not get piled high alerting you of every post on your page or your friend's page. Most people set up a free gmail account.



3) You have to send a Friend Request to Sally Grottini, Marjean Krech, or Sara Fry as they are the administrator of the page. Once one of them accepts your friend request they can add you to the group. Once that is done you can start posting. That's it!

If anyone needs any help they can contact Sally Grottini. In your E-mail's subject line put "Club Facebook", this way Sally will know you belong to the club and won't delete your E-mail.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

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|------------------------|--|---|
| Jan. 1 (Tues) | HAPPY NEW YEAR | |
| Jan. 2 (Wed) | Riverwoods | 10:00am |
| Jan. 3 (Thurs) | Emmanuel Home, Northumberland | 6:30pm |
| Jan. 8 (Tues) | CLASSES BEGIN AT THE SELINGROVE CENTER Advanced - 6:15pm Beginners - 7:15pm | |
| Jan. 9 (Wed) | Riverwoods | 10:00am |
| Jan. 10 (Thurs) | Northwestern Academy Life Geisinger Shamokin Hospital | 1:00pm 2:00pm 3:00pm |
| Jan. 14 (Mon) | Nottingham Village, Northumberland | 6:30pm |
| Jan. 15 (Tues) | Medium Prison, Allenwood (NCIC only) | 12:00pm |
| Jan. 16 (Wed) | Riverwoods | 10:00am |
| Jan. 17 (Thurs) | Sunbury Community Hospital Mansion Nursing Home Sunshine Corners | 1:00pm 2:00pm 2:45pm |
| Jan. 21 (Mon) | MARTIN LUTHER KING, JR. DAY | |
| Jan. 23 (Wed) | Riverwoods | 10:00am |
| Jan. 30 (Wed) | Riverwoods | 10:00am |
| Jan. 31 (Thurs) | Geisinger Rehab, Health South | 2:00pm |
| Feb. 6 (Wed) | Riverwoods | 10:00am |
| Feb. 7 (Thurs) | Grayson View, Selingsgrove | 6:30pm |
| Feb. 12 (Tues) | Low Security, Allenwood (NCIC only) | 12:00pm |

January 2013

 Susquehanna Trail Dog Training Club
 US Holidays

December 2012

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January 2013

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February 2013

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 30 | 31 | 1 CLASSES CANCELED New Year's Day | 2 10:00 AM Riverwoods | 3 6:30 PM Emmanuel Home | 4 | 5 |
| 6 | 7 | 8 CLASSES RESUME 6:15 PM Training 7:15 PM CCC/TDI Training 7:15 PM Beginner Training | 9 10:00 AM Riverwoods | 10 1:00 PM Northwestern Academy 2:00 PM Life Geisinger 3:00 PM Shamokin Hospital | 11 | 12 |
| 13 | 14 6:30 PM Nottingham Village | 15 12:00 PM Medium Prison, Allenwood (NCIC only) 6:15 PM Training 7:15 PM CCG/TDI Training 7:15 PM Beginner Training | 16 10:00 AM Riverwoods | 17 1:00 PM Sunbury Community Hospital 2:00 PM Mansion Nursing Home 2:45 PM Sunshine Corners | 18 | 19 |
| 20 | 21 Martin Luther King, Jr. Day | 22 6:15 PM Training 7:15 PM CCG/TDI Training 7:15 PM Beginner Training | 23 10:00 AM Riverwoods | 24 | 25 | 26 |
| 27 | 28 | 29 6:15 PM Training 7:15 PM Beginner Training 7:15 PM CCG/TDI Training | 30 10:00 AM Riverwoods | 31 2:00 PM Geisinger Rehab-Health South | 1 Groundhog Day | 2 |