



# Susquehanna Trail Dog Training Club

May 2023



## Old Friends

by Connie Cuff

As our Therapy Dogs visit nursing homes for the elderly, college students that are stressed, and hospitals and rehabs for those going through therapy, What about "Family Dogs"?

Research has found that "Family Dogs" have an innate ability to calm kids down and reduce anxiety. A dog offers a child unconditional acceptance, companionship and emotional attachment that he may not get from siblings or friends.

Studies have also found that kids who have a close relationship with their dog are more likely to have a strong bond with their parents and friends too. All that eager tail wagging may inspire kids to share their feelings and affection more freely with other

important people in their life.

Just hanging out with a dog increases levels of oxytocin, the feel good hormone produced in the brain.

Having a dog gives kids an opportunity to show their nurturing side as they walk and feed their dog, and are rewarded with a tail wag and a loving gaze that they interpret as a "thank you".

It has been found that dogs impact the body as well as the mind. They grow up with less anxiety, have higher levels of self-esteem and are likely to be healthier and more physically active.

If you are looking for a dog to join your family, be it from a shelter or breeder, be sure to meet this dog or puppy and observe a few things. It should have its head up and tail wagging. The pup should be interested in the child. Watch for those that may be nipping and chasing them around, as it may prove to be too chaotic for your family.

I perform a Puppy Aptitude test on puppies on the 49th day which gives you a fair observation of what behavior the pup may grow into as an adult.

A "Star Puppy" class should be on every agenda when you get a puppy. It provides socialization and manners which will benefit both you and the dog.

Till next time,

*Connie*



## Notes and Notices



**It is nice seeing a nice group of dogs at class each Sunday, you could not ask for a better way to socialize your dog.**

**Congratulations to Bev Sees with Jasper and Kathi Flock with Katie for passing the ATD test for Therapy Dog.**

**A new Star Puppy Class has started and we are taking pre-registration for June. If anyone is interested, please email [STDTC.org](mailto:STDTC.org) to be added to the list.**

**April weather has been very changeable so we will let you know by email and the web site when we will move to the Marina.**

**There will be no class at the Marina on Tuesday, June 13 since we are making bus trip to a Veteran's Home in Scranton. We have the bus filled with 15 dogs and handlers.**

**We received a lovely note from Terry Specht thanking us for the card and call to Jim. She is doing well.**

**Be sure to check the visit we have at Grayson View in Selinsgrove which is "Give back to Vets" on Saturday, May 6 from 10:30 to 2:30pm. Southern Columbia, Elysburg on Friday, May 12 from 10:00am to 2:30pm, Shikellamy Stadium (for Special Needs) Friday May 12, 12:30 - 2:15pm (Therapy Dogs only) and Emergency Prep at Allenwood from 9:00am to 12:00pm**

**We welcome Beth Gamble with German Shepherd Bruno; Dylan Holmes with Golden/Husky Kai; Cheryl Brandt with Doodle Oakley.**

## UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

<b>May 1 (Mon)</b>	<b>Bucknell University</b>	<b>4:30pm - 6pm</b>
<b>May 3 (Wed)</b>	<b>Riverwoods</b>	<b>10am</b>
<b>May 4 (Thurs)</b>	<b>Geisinger Rehab, Health South</b>	<b>1pm</b>
<b>May 6 (Sat)</b>	<b>Grayson View, Give Back to Vets</b>	<b>10:30am - 2:30pm</b>
<b>May 8 (Mon)</b>	<b>5 Star</b>	<b>1pm</b>
<b>May 9 (Tues)</b>	<b>Federal Prison Max, Allenwood</b>	<b>12pm</b>
<b>May 10 (Wed)</b>	<b>Heritage Springs</b>	<b>10am</b>
<b>May 11 (Thurs)</b>	<b>Mt.View</b>	<b>1:30pm</b>
<b>May 12 (Fri)</b>	<b>Southern Columbia Shikellamy High School Stadium</b>	<b>10am - 2:45pm 12:30pm - 2:15pm</b>
<b>May 15 (Mon)</b>	<b>Columbia County Prison</b>	<b>1pm</b>
<b>May 16 (Tues)</b>	<b>Chief Shikellamy After School Program</b>	<b>4pm</b>
<b>May 17 (Wed)</b>	<b>Riverwoods</b>	<b>10am</b>
<b>May 18 (Thurs)</b>	<b>Emergency Prep, Allenwood Mansion Nursing Home</b>	<b>9am - 12pm 10:30am</b>
<b>May 20 (Sat)</b>	<b>Penn Lutheran</b>	<b>1pm</b>
<b>May 22 (Mon)</b>	<b>Bucknell University (site to be announced)</b>	<b>11:30 am - 12:30pm</b>
<b>May 24 (Wed)</b>	<b>Heritage Springs</b>	<b>10am</b>
<b>May 25 (Thurs)</b>	<b>Geisinger Rehab, Health South</b>	<b>1pm</b>
<b>May 31 (Wed)</b>	<b>Riverwoods</b>	<b>10am</b>

# May 2023

April 2023

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May 2023

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June 2023

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US Holidays

Susquehanna Trail Dog Training Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <ul style="list-style-type: none"> <li>1:00 PM Advanced Training @ Selinsgrove Center GYM</li> <li>2:00 PM Beginner Training (sign up required) at Selinsgrove Center GYM</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>1:00 PM 5 Star only</li> <li>4:30 PM Bucknell - ATD only</li> </ul>	<p>2</p>	<p>3</p> <ul style="list-style-type: none"> <li>10:00 AM Riverwoods</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>1:00 PM Health South Geisinger</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Cinco de Mayo</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>10:30 AM Grayson View Veterans Event</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>1:00 PM Advanced Training @ Selinsgrove Center GYM</li> <li>2:00 PM Beginner Training (sign up required) at Selinsgrove Center GYM</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>1:00 PM 5 Star</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>12:00 PM Allenwood Max - badged only</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>10:00 AM Heritage Springs</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>1:30 PM Mountain View Manor</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>8:00 AM Southern Columbia S.A.V.E. Walk</li> <li>12:30 PM Shikellamy High School Stadium</li> </ul>	<p>13</p>
<p>14</p> <ul style="list-style-type: none"> <li><b>Mother's Day</b></li> <li>1:00 PM Advanced Training @ Selinsgrove Center GYM</li> <li>2:00 PM Beginner Training (sign up required) at Selinsgrove Center GYM</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>1:00 PM Columbia County Prison - Certified only</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>4:00 PM Chief Shikellamy (Certified only)</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>10:00 AM Riverwoods</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>9:00 AM FCC Allenwood Emergency Preparedness event</li> <li>10:30 AM Mansion Nursing Home</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>1:00 PM Penn Lutheran</li> </ul>	<p>20</p>
<p>21</p> <ul style="list-style-type: none"> <li>1:00 PM Advanced Training @ Selinsgrove Center GYM</li> <li>2:00 PM Beginner Training (sign up required) at Selinsgrove Center GYM</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>11:30 AM Bucknell (ATD only) - Wellness Week</li> </ul>	<p>23</p>	<p>24</p> <ul style="list-style-type: none"> <li>10:00 AM Heritage Springs</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>1:00 PM Health South Geisinger</li> </ul>	<p>26</p>	<p>27</p>
<p>28</p> <ul style="list-style-type: none"> <li>1:00 PM Advanced Training @ Selinsgrove Center GYM</li> <li>2:00 PM Beginner Training (sign up required) at Selinsgrove Center GYM</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li><b>Memorial Day</b></li> </ul>	<p>30</p>	<p>31</p> <ul style="list-style-type: none"> <li>10:00 AM Riverwoods</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>1:00 PM Health South Geisinger</li> </ul>	<p>2</p>	<p>3</p>