



Susquehanna Trail Dog Training Club

November 2007

Old Friends

by Connie Cuff



Dogs sleep a lot at night while you're asleep and during the day while you're at work. Most dogs dream, too. But once they enter deep sleep, they dream differently.

Size and age of the dog measures into the length of dreamland your pooch enters into. A snoozing toy poodle ventures into dreamland every 15 minutes, while a St. Bernard dreams the least - once every 45 minutes. Puppies and senior dogs are more prone to dream than dogs in their prime.

Scientific studies document the duration and frequency of dreams, but what your dog dreams about is just a guess.

During the first phase, called slow-wave sleep, a dog is generally quiet and still. During this phase a dog's breathing is slow and the blood pressure drops. A dog during this phase is more apt to awaken at the snap of a chip or the smell of steak being cooked on the grill.

About 10-20 minutes after the slow-wave cycle he moves into the REM cycle which is the deepest sleep and when it is more difficult to arouse a slumbering dog. His breathing becomes more irregular, your dog's eyes move under the eyelids and the ears and whiskers may vibrate. After the REM cycle the animal can wake up or go back into the slow-wave sleep pattern.

Scientists know that pug-nosed dogs are at a greater risk for sleep apnea. Dobermans, beagles, Labradors, dachshunds and poodles are most apt to suffer narcolepsy.

People who fill their lives with excessive worries should take an example from dogs, because I don't know many dogs that are worrywarts.

Dogs sleep for the same way we do - to repair our bodies. That's why a sick dog wants to sleep more - to rev up its immune system.

Dogs tend to conform to their owners social lives, so they sleep mostly at night and nap during the day. This November when we turn our clocks back, you and your dog will have to adjust to the time change, especially when you arise and it's time for bed.

What dogs dream about may remain a mystery since there is no way to test it. We size up the world by vision and the spoken language. Dogs rely on their sense of smell and hearing. When it comes to communication, we really are different.

Any dog when roused from a deep sleep is apt to bite instinctively. The bite-first response may be due to many reasons. Like people, a dog may be in a bad mood (arthritis, joint ache).

Old Friends (Continued)

To keep your dog a happy snoozer, follow these few tips:

- Whisper the dog's name. This way a dog is apt to respond by waking up gently and easily.
- Allow your dog to wake up; eyes open before touching its body.
- Look for signs of anxiety or aggression. Some dogs may be feeling afraid or dominant.
- Let your dog stand up, stretch and jump down from the bed on its own.

Teach your children and visitors to never pet a sleeping dog.

“Remember, one kind word can warm three winter months”

Till next time,

Connie

Minutes (October 2, 2007)

Submitted by Ginny Pentz

The meeting of the STDTC was called to order with 22 members present by president Connie Cuff.

Report of Pres. -- I wish to recognize new members, Deb Weikel, lab mix from Middleburg, Elizabeth Getz, lab mix, Sunbury, Doug Keim Rottweiller, Northumberland, Don Geise, lab mix, Northumberland, Debby Martin, Dachound, Natalie.

I wish to welcome everyone to the Center, and we should have a good class now that we are inside and can do more off lead work.

Report of Secretary -- Minutes of previous meeting approves as written in newsletter.

Report of Treasurer -- Treasurers report approved as printed in newsletter.

Treasurer's Report:

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

Minutes (Continued)

New Business -- We would like to purchase whistles for our club. Jim Hepner found someone who can put our club name on them. Cost is \$100 per 100, plus a one time set up fee of \$35. Motion to accept and order by Kelly Pastuszek and 2nd by Mary Jane Purnell, motion carried by those present.

We now have business cards for club.

Sign up for Reading to the Dogs at Chief Shikellamy (every 3rd Monday) and White Deer Elementary (every other Wednesday)

We have Therapy dog magnets from PA PETS at a cost of \$4.00/ea.

Sunday Oct 14th Susquehanna Valley Mall main entrance at Bon Ton we will put on demo and square dance for the Pet Idol. Everyone should be there no later than 12:15 PM. Try to wear club shirts and put a scarf on the dog. Participating is Jill Garrett, Channel 16 news, Clyde Pelling, Dawn Marie, Big Country and Eric White, Variety 99.7. If you are interested in entering the contest, applications no later than Oct. 8th. It is a fund raiser for Newspapers in Education, so newspapers can be placed in classrooms.

Thursday Oct 18 is the Sunbury Halloween Parade. We will form at the Shikellamy high School at 6:30 PM. Our theme is the Red Hot Dogs. I have red baseball caps for us and you can dress in red or whatever you like. The dogs should have red outfits or scarf. You must enter Walnut Street from the Front St side as 10th will be closed and you will not be able to reach the high school. Kelly was able to have her brother-in-law use a trailer for those who do not choose to walk. The parade will end on North 4th St. by Weis. If you could bring pumpkin, mums or anything to decorate the float at parade.

On Oct 29th we will visit Bucknell University. This is for TDI dogs only. Anyone who intends to come should sign up at class.

TDI visits:

Oct 4th Maria Joseph Manor, Danville 6:45PM

Oct 11th Outlook Pointe, Lewisburg 6:45PM

Nov 1 Penn Lutheran, Selinsgrove 6:45PM

Since we are able to use the Selinsgrove Center, one of the requirements is that we visit the residents. I have a sign up sheet at class. We will visit on class night, every other Tuesday starting Oct 9th, 6:30 to 7 PM in the game room. You go in the main building and the office is to the right. Someone can direct you to the room which is only a short distance away. You then then come to our class at the gym, which makes it convenient.

We have started to visit Northwestern Academy in Shamokin on the 2nd Thursday of the month. If anyone has the time during the day at 1PM, it is a very worthwhile visit.

Cards with dog's picture and names with logo. Contact Nelanie Fisher, e-mail melanielloyd@hotmail.com

Meeting adjourned.

Breed of the Month

Cavalier King Charles Spaniel

submitted by Connie Cuff

The average Cavalier lives for attention and has never met a person it didn't like. Those big expressive melt-your-heart eyes and ears just beg to be stroked.

Their temperament didn't develop by accident. For hundreds of years they were bred for no other reason than to serve as companions, royal bed-warmers and even hot-water bottles. Many appear in paintings and tapestries as early as the 15th Century. The Cavalier had close ties with King Charles II and he took his dogs everywhere with him.

It wasn't until 1926 when an American, Roswell Eldridge went to Great Britain looking for an example of the Cavalier that interest in the dog surfaced. After years in the miscellaneous class, in 1996 the breed was recognized by the American Kennel Club.

Their energy often surprises owners. With its Spaniel background it remains an active breed and a lookout around birds and squirrels.

They do well in obedience, agility and tracking, and their sweet hardy nature makes them ideal therapy and assistance dogs. A lot of owners describe them as Golden Retrievers in a little body. They are easy to train and all they want is your praise.

This is not a one man dog. They usually love everyone in the family and are happiest in the middle of any activity.

You need to watch their weight closely. They are very food-driven and with those big eyes the next thing you know you are giving them treats they shouldn't have.

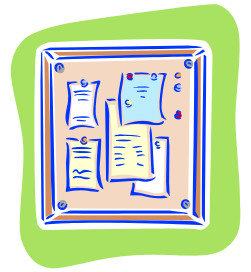
Probably 99 percent of the Cavaliers will have a heart murmur. It is in every line; and in every color. While research continues and reputable breeders struggle to purge the disease, progress is slow. Occasional incidences of hip dysplasia and retinal dysplasia occur in the breed.

With the shroud of heart disease in the background, Cavalier owners live in the moment with their "love dogs". They are addictive and the love they give their owners is fantastic and contagious.





Notes and Notices



We are now back at the Selinsgrove Center for the winter months and it will give us a chance to do more off leash work and keep our dogs socialized. With Marjean's help with training and testing of CGC/TDI each month, everyone should benefit from coming to class, even if you can't make it each week.

I wish to thank everyone for participating in our October events. The Halloween parade was a success, thanks to Kelly and Joe Pastuszek who got our float together. We did receive a cash prize of \$50. We had a very nice demo at Pet Idol at the Mall. If anyone is interested in checking photos of the event, they can go on line at ELAWTON PHOTOGRAPHY and view some photos of our club and the participants.

With the coming of winter and being uncertain about weather, I do not schedule evening visits during January and February. All daytime programs will continue as scheduled.

It is time once again to think about our annual Christmas Party. It will be held Sunday, December 9th at 5:00 p.m. at the Susquehanna Valley Country Club. We hope to have a good turn out and people should sign up as soon as possible. We will be doing a silent auction again and would appreciate donations of items or a service. Everyone brings a gift exchange which can be for a dog or dog related (mug, writing paper, etc.). Also, we contribute to Cheryl Hills No Kill Shelter which can be monetary or dog food or bones.

Anyone who has 50, 150 or more TDI visits this year (or close to fulfilling the quota) should leave Connie know as soon as possible so she can order plaques. Please write your name, dogs name and number of visits on a paper.



Laura Girard's dog Cody is recovering nicely from knee surgery. Dagney Leininger's dog, Gracie, is also doing well after her disc operation.

Congratulations to TDI members *Takoda*, handled by *Sonja Ware*, and *Toby*, handled by *Cathy Beeler*. CGC member *Lucy*, owned by *Deb and Gary Weikel*.

Welcome to new members: *Danelle Reinsburrow* from Mifflinville with *Reese*, mix breed and *Deacon*, Sheltie; *Don Geise* from Northumberland with *Lady*, lab mix; *Elaine Peebles* from Selinsgrove with *Rocky*, Cavalier King Charles Spaniel; *Arris Moser* from Montandon with *Ryley*, mix breed.

UPCOMING TDI VISITS AND CLUB ACTIVITIES

Nov 1 (Thurs)	Penn Lutheran Village Selinsgrove	6:45pm
Nov 6 (Tues)	Rescheduled TDI/CGC Selinsgrove Center	6:30pm
Nov 8 (Thurs)	Vintage Knolls Danville	6:45pm
Nov 12 (Mon)	Reading Chief Shikellamy Sunbury	9:00am
Nov 13 (Tues)	Allenwood Medium Prison (badged members only)	Noon
Nov 14 (Wed)	Reading White Deer Elementary	9:00am
Nov 22 (Thurs)	Happy Thanksgiving	
Nov 28 (Wed)	Reading White Deer Elementary	9:00am
Dec 3 (Mon)	Bucknell University (TDI only) Lewisburg	6:00pm—7:00pm
Dec 6 (Thurs)	Buffalo Valley Lewisburg	6:45pm
Dec 9 (Sun)	Christmas Party Susquehanna Valley Country Club	5:00pm
Dec 12 (Wed)	Reading White Deer Elementary	9:00am
Dec 13 (Thurs)	Nottingham Village Northumberland	6:45pm
Dec 18 (Tues)	CLASS CANCELED	

**UPCOMING TDI VISITS AND CLUB ACTIVITIES
(CONTINUED)**

<u>Every Wednesday</u>	Riverwoods Lewisburg, PA	10:00am
<u>2nd Thursday</u>	Northwestern Academy Shamokin Hospital	1:00pm 2:00pm
<u>3rd Thursday</u>	Sunbury Community Hospital Mansion Nursing Home, Market St., Sunbury Sunshine Corners, Market St., Sunbury	1:00-1:30pm 1:45pm 2:15pm
<u>Last Thursday</u>	Geisinger Rehab—Health South	2:00-3:00pm

Newsletter Coordinator: Brandon Pastuszek E-mail: brandon@stdtc.org
Website: <http://www.stdtc.org>

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Penn Lutheran Selinsgrove 6:45pm	2	3
4	5 Rescheduled TGI/CGC Selinsgrove Center 6:30pm	6 Riverwoods Lewisburg 10am	7 Riverwoods Lewisburg 10am	8 Northwestern 1pm Shamokin Hospital 2pm Vintage Knolls Danville 6:45pm	9	10
11	12 Reading Chief Shikellamy 9am	13 Allenwood Prison Noon	14 Reading White Deer Elem. 9am Riverwoods Lewisburg 10am	15 Sunbury Hospital 1pm Mansion Nursing Home (Sunbury) 1:45pm Sunshine Corners (Sunbury) 2:15pm	16	17
18	19	20	21 Riverwoods Lewisburg 10am	22 Thanksgiving	23	24
25	26	27	28 Reading White Deer Elem. 9am	29 Health South Danville 2pm	30	