



**2023 Board Members**  
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**K9 Website** - Alison Nelson  
**K9 Web Calendar** – C. Whalen



**Full Members**

Faith & Mike Frost, Cheryl  
Loze

**New Provisional Members**

**President's Letter March 2024**

February has been a busy month at the club. The weather improved making it possible for the current classes to come to completion. We have lots of wonderful classes starting in March, so check out the website and register soon before they fill up!

Prior to our February general meeting, we held our "flea market" and made over \$200.00 that will go towards cash awards at our trial May 4th and 5th. Many thanks to all who donated their used equipment. Please consider making a cash donation of any amount by mailing a check to K9 to help cover the remaining \$200.00 for our trial cash prizes.

We continue to encourage our members to volunteer at the trial as ring stewards. It is a wonderful way to learn all about the sport of obedience and rally and to get to know your fellow club members. You need no experience, just your time.

Deb Hardman, President

## March Training Director's Report

### NEW CLASSES!!

New classes will be posted in the next week or so! The offerings in Nosework, Obedience and Rally continue to expand and I hope everyone takes a good look at the Class Schedule (<https://www.k9obedienceclub.org/class-schedule.html>) page on the website to see the variety available in March. Be sure to enroll early because the classes often fill quickly, and let the enrollment secretary know if you want to be on the wait list for a particular class.

### ASSISTANTS NEEDED!!!

Because of the number of offerings, I need more assistants to help our hard-working instructors! This is a win-win: if you volunteer to assist with a class, you earn volunteer credit to keep your membership active. Provisional Members can get signatures for their membership requirement. Also, assistants build their own skills by helping others and being part of the instructional team. Importantly, assistants fill a much-needed role during classes—getting supplies for the instructor, answering questions, working with individuals, arranging the gates and chairs for the class, helping set up equipment and encouraging students. What would you like to help with—puppies? Agility? Obedience? Rally? Nosework? Assisting in K-9 classes makes offering classes possible and allows the club to reach out to more dog owners. I hope you will consider helping out again or for the first time.

Please email me if you can assist with a class this March-April [anelsonphs@yahoo.com](mailto:anelsonphs@yahoo.com)

### TRAINING OPPORTUNITIES!!!!

Show n Go events are scheduled for March 10 and April 14. Obedience, Rally, and CGC testing are held for members and the public. There will be an informal presentation and demo on how to steward in preparation for K-9 Spring Trials May 4&5. Steward presentations are at the start of the Show N Go.

Member volunteer credit and provisional signatures are earned for attending. And, volunteers can sign up with Cheryl Loze to steward at the trials.

Competition Puppy workshops are held at 2:00 PM Sunday for puppies and dogs 2 years old and under. These workshops explore training that prepares young dogs for future sports covering a wide scope of topics and exercises.



## **To Volunteer to be a Ring Steward at K9's Trial on May 4 and 5<sup>th</sup> in Daytona Beach!**

Have a great day meeting other club members with similar interests. It's also a great way to observe what happens at a trial is run and what to expect when you start to compete in Obedience and Rally Trials.

Lunch is provided and you can earn all eight of your volunteer hours in one day or earn a provisional requirement per day.

No prior experience is required. On the day of the show your assigned judge will provide clear instructions of what they expect and how to do it. There are desk jobs and ring jobs available.

There will be 2 Steward trainings at the upcoming Show-n-Go's (Sundays March 10 and April 14). where you can meet with experienced Stewards who will share their experiences and answer your questions

Remember without our members volunteering as stewards we can't have the show. Because the club needs you, without stewards there is no show!

Contact: Cheryl Loze [cloze64@gmail.com](mailto:cloze64@gmail.com) for more information or to be placed on the volunteer list.

To get a brief overview of what a steward does watch this video on YouTube created by Ken Kincaid who was a judge at our October trial.

<https://www.youtube.com/watch?v=OJdlOVNGaM8>

## Did Your Dog Receive a Title in 2023?



Did your dog earn one or more titles in 2023? If yes, you will be recognized by K-9 with a gift for your achievement(s) at the June 2024 General Meeting.

### TO RECEIVE YOUR AWARD, FOLLOW THESE INSTRUCTIONS:

1. Email the following information to **Erika Wilson** (erika@hamilton.net).
2. In the subject line of the email please put the Dog Title(s) received 2023
3. In the body of the email state:
  - a. your name,
  - b. dog's name,
  - c. title (i.e. CD, RN, etc.),
  - d. year awarded,
  - e. club/place where titled.
4. Send to Erika by **April 15, 2023**.

Awards will be ordered in April 2023 so send your title information in on time if you want to receive your 2023 title award!"



## Trial Awards Donations

If you would like to support the K-9 Obedience and Rally Trials for May 4 & 5, 2024, consider contributing to the awards fund. K-9 gives many ribbons, trophies, and rosettes, for 1<sup>st</sup>, 2<sup>nd</sup> ... placements, special rosettes for outstanding achievement categories and even cash prizes for the high scoring dogs in 4 categories.

Donations are greatly appreciated for the awards! You can donate and remain anonymous or select a specific award as a sponsor or in remembrance of a loved one. If you would like to sponsor an award, please email Alison Nelson to arrange the sponsorship.

Email [anelsonphs@yahoo.com](mailto:anelsonphs@yahoo.com)

Donations are accepted in any amount by PayPal, zelle or a check that can be mailed to K-9 treasurer **Robin Wallen**, 4031 Clearwater Lane, Jacksonville, 32223





# Signs Your Dog is Stressed and How to Relieve It

By Malcolm Weir, DVM, MSc, MPH; Lynn Buzhardt, DVM

**Stress** is a commonly used word that describes feelings of strain or pressure. The causes of stress are exceedingly varied. Perhaps you are stressed out by your job, you become nervous when meeting new people, or you get anxious when your daily routine is disrupted.

To reduce stress levels, you may seek comfort in several ways. Maybe you find solace in the company of a trusted friend. Perhaps you relieve stress when occupied by routine chores like cleaning the house. Or maybe you blow off some steam with physical exercise.



## "Our dogs can become stressed too."

Our dogs can become stressed too. Since we know how stress makes us feel, we certainly want to help alleviate our pet's stress as well. However, our dogs do not voice their feelings, slam down the phone, or have a tantrum, so how can we tell they are stressed? The signs of anxiety in dogs are often subtle. In fact, some stress-related behaviors mimic normal behaviors.

### What are some of the indicators of stress in dogs?

**Pacing or shaking.** You have seen your dog shake after a bath or a roll in the grass. That whole body shake can be amusing and is quite normal...unless it is occurring as the result of a stressful situation. For example, dogs are commonly stressed when visiting the veterinarian. Many dogs "shake it off" when they descend from the exam table and touch down on the ground. Dogs, like people, also pace when agitated. Some dogs walk a repeated path around the exam room while waiting for the veterinarian to come in.

**Whining or barking.** Vocalization is normal self-expression in dogs but may be intensified when they are under stress. Dogs that are afraid or tense may whine or bark to get your attention, or to self soothe.

**Yawning, drooling, and licking.** Dogs yawn when they are tired or bored, they also yawn when stressed. A stressful yawn is more prolonged and intense than a sleepy yawn. Dogs may also drool and lick excessively when nervous.

**Changes in eyes and ears.** Stressed dogs, like stressed people, may have dilated pupils and blink rapidly. They may open their eyes really wide and show more sclera (white) than usual, giving them a startled appearance. Ears that are usually relaxed or alert are pinned back against the head.

**Changes in body posture.** Dogs normally bear even weight on all four legs. If a healthy dog with no orthopedic problems shifts his weight to his rear legs or cowers, he may be exhibiting stress. When scared, dogs may also tuck their tails or become quite rigid.

**Shedding.** Show dogs that become nervous in the show ring often “blow their coat”. Dogs also shed a lot when in the veterinary clinic. Although less noticeable in outside settings, such as visiting a new dog park, shedding increases when a dog is anxious.

**Panting.** Dogs pant when hot, excited, or stressed. If your dog is panting even though he has not exercised, he may be experiencing stress.

**Changes in bodily functions.** Like people, nervous dogs can feel a sudden urge to go to the bathroom. When your dog urinates shortly after meeting a new canine friend, he may be marking territory and reacting to the strain simultaneously. Refusal of food and loss of bowel function are also stress indicators.

**Avoidance or displacement behavior.** When faced with an unwelcome situation, dogs may “escape” by focusing on something else. They may sniff the ground, lick their genitals, or simply turn away. Ignoring someone may not be polite, but it is surely better than being aggressive. If your dog avoids interaction with other dogs or people, **do not force the issue.** Respect his choice.

**Hiding or escape behavior.** An extension of avoidance, some tense dogs literally move behind their owners to hide. They may even nudge their owners to prompt them to move along. As a means of escape, they may engage in diversion activities such as digging or circling or may slink behind a tree or parked car.

### **How can I help my dog handle stressful situations?**

In order to differentiate stress signs from normal behavior, you must be familiar with your dog’s regular demeanor. Then you can tell if he is licking his lips because he is anxious or because he wants a treat.

When relaxed, he will have semi-erect or forward-facing ears, a soft mouth, and round eyes. He will distribute his weight evenly on all four paws. Distinguishing normal behavior from stress signs will help you quickly and effectively diffuse an uncomfortable situation.

### **"If your dog is stressed, first remove him from the stressor."**

If your dog is stressed, first remove him from the stressor. Find a quiet place for him to regroup. Resist the urge to overly comfort him. If you want to pamper him with petting or treats, make him earn them first by performing an activity (e.g., sitting). Responding to routine commands distracts the dog and provides a sense of normalcy. It is amazing how comforting sit, down, and heel can be to a worried dog.

If your dog becomes consistently stressed, see your veterinarian. After ensuring that your dog’s behavior does not have a medical basis, your veterinarian may refer you to a trainer or veterinary behaviorist to evaluate stress-related issues. They may also prescribe anxiety-reducing medications if appropriate.

As with humans, exercise can be a great stress reducer. Physical activities like walking or playing fetch help both you and your dog release tension. It is also good to provide your dog with a safe place in the home where he can escape anxious situations. Everybody enjoys a calm place to retreat. We should learn how best to deal with it.

## Make our Upcoming May Trial a Success!

Mark your calendars for May 4 & 5, 2024--K-9 Obedience Club spring trials. 2 Obedience and 2 Rally trials each day judged by Dr. Robert and Cathryn Knight (Obed) and Marlene Becker and Jeanette Rogers (Rally). Trials will be held in Daytona Beach at the Obedience Club of Daytona training center. This facility has hosted the last several K-9 trials in air conditioning and provides rings with equipment. There is ample free parking and plenty of crating space. The premium for the trial opened February 24 and closes April 17.

### How can you support your club's trials?

1. **VOLUNTEER TO STEWARD**--Email Cheryl Loze ([cloze64@gmail.com](mailto:cloze64@gmail.com)) to sign up. Also, sign up March 10 and April 14 at the Show N Go; it will have training for Stewards! Stewards do more than support the club--you learn, you see what it takes, you have fun with dog people, you decide what sport is right for you and your dog(s)! And you get your required volunteer hours to maintain an active membership.
2. **AWARDS DONATIONS ARE GRATEFULLY ACCEPTED**-- you can contribute to the cash awards (given for high scores each trial) or contribute to the ribbon fund. You will be acknowledged for any contribution! You are also invited to donate a special award to a breed or as a memorial to your beloved pet. There are many ways to contribute to the trophy and awards --email [anelsonphs@yahoo.com](mailto:anelsonphs@yahoo.com) with any questions or to contribute by March 15.
3. **HOSPITALITY** --Sign up for the committee. If you would like to bring a beverage or food item or snack for the hospitality room or contribute to the lunch fund, email [angela.maddux@gmail.com](mailto:angela.maddux@gmail.com) Hospitality also appreciates paper supply donations such as plates, napkins, paper towels, toilet paper. These items can be brought to the March General Membership meeting or dropped off at the clubhouse.
4. **STAY TO HELP CLEAN SUNDAY** --you can get your volunteer hours by helping to clean up for an hour after the trial concludes on Sunday afternoon. Email Lisa Wilford ([lisazw@comcast.net](mailto:lisazw@comcast.net))
5. **BASKET DRAWING** --Email Ginny Ruskuski ([ruskuski5030@att.net](mailto:ruskuski5030@att.net)) if you would like to contribute to the baskets.

Thank you, Members, for supporting the trials!, Alison Nelson, Trial Chair



## The Power of the Mind: Controlling Show-Ring Stress

By [Arliss Paddock](#) Updated: Apr 20, 2021

Mental attitude plays an essential role in your physical response to stress and how you control your emotions. A positive attitude makes a great difference in you, and it can also mean a significant difference in your dog's reaction to you and the show ring.

While it is not possible to completely hide your nerves from your dog, there are many things you can do to control your stress. One is to become familiar with the routine of the show ring, and training classes and stewarding are very valuable in this regard. Also, you can minimize the dog's sensing of the extra adrenaline in your body by sucking on a breath mint. That will help mask the adrenaline odor, and if you control your body motions, the dog may not ever notice how scared you are.

Another good idea is to arrive early at ringside, get your armband, and sit watching the judge do his work. Almost all judges use the same pattern and routine in the ring for all of the breeds they judge. If you know what is expected, you should be more confident.

Bring your dog well-groomed enough so that the grooming that is done at the show will be pleasant and relaxing for both of you. They say that stroking a dog lowers a person's blood pressure, and this is the time to try it.

When at ringside, concentrate on your dog rather than visiting and chatting with other exhibitors. It takes concentration to notice subtle differences in your dog's attitude when in his view he is surrounded by legs and other dogs. How you compensate for changes in his mood and attitude can make a difference between winning or losing in tough competition.

While you are concentrating on your dog, you must also be aware of everything going on around you and how that could affect you and your dog. You might see a dog who is coming too close to yours, and hopefully you will react before your dog does.

The mental preparation is especially important when you have made the cut and you realize that you may be in line for a good win. The adrenaline will be pumping, and your actions will speed up. Adrenaline makes your motions less

smooth, and your strength increases, so that little jerk you gave on the lead became a hard yank. Take a deep breath, relax, and slow down a bit.

When nerves start up, you may find yourself looking at your dog's fault every few seconds, to check that it is still hidden. All that does is call the judge's attention to what you do not want noticed. Instead of emphasizing a fault by fussing at it, use subtle presentation to look at and admire the best features of your dog. Human curiosity being what it is, you can draw the judge's attention to what you want him to see.

The power of your mind is as important in showing dogs as in any endeavor. Everything you do before and during the time you are in the ring has a mental component to it. You must believe in your dog, and you must transfer that belief to the dog so that he feels as if he is the greatest dog in the world. Our Wires tend to believe that anyway, so we are a bit ahead of the game.

The better you can control your thoughts, fears, and emotions and learn to concentrate, the more likely it is that your dog will show better and have a better chance of winning.

—May 2013 AKC Gazette

My kidnapers returning  
me after listening to me talk  
about dogs for two hours



## New Card to Track Volunteer Hours

**Michael and Carol Fitzsimmons** made a new card to better track the hours electronically. It will not only track the activities but also add up the hours for you. The new electronic file has been sent to all members but if you prefer a paper copy, we still have some available in the club house. This is for full members; provision members will still need to use the paper copy to obtain signatures.



K-9 Obedience Club of Jacksonville, Inc.  
Volunteer Hours Card

NAME: Test from iphone  
Calendar Year       

Membership requires 8 Volunteer Hours per calendar year. These hours are also required for class discount and gate key purchase.

It is your responsibility to keep track of hours. After completing the card e-mail to k9obediencclubjax@gmail.com or print and place in the volunteer box at K-9.

Thank you for volunteering at your club.

DATE	TASK	HOURS
TOTAL HOURS		0



### Gate key was changed

Your dues need to be current to get a key. We want the old key returned for recycling.

Please fill out the forms and follow the instructions. There is a box on the table near Ring B for key returns.

Any questions contact **Debbie Gilman**

## UPCOMING MARCH SHOW N GO

Sunday Feb 25 we had a Show n Go with a Trial Steward Seminar for Members who want to steward at our upcoming trial.

There is another Show n Go planned for March 10. Check the website for updates and times. It's a great place to practice for the upcoming trial in May. There will also be another Trial Steward Training. We hope to see you there to participate and volunteer!



CONGRATULATIONS

# BARK AND BRAGS

**Sheila Garbecki** and Danna had a wonderful time in Tallahassee for a Rally Trial. We had absolutely Beautiful Weather. It was a bit chilly in the mornings, but warmed up very nicely in the afternoon.

Dannie did so well and we got 14 Master Points...YAY.. Still need some, but we are moving forward. She had a blast and a couple of naughty cocker spaniel shenanigan's LOL . We showed under 2 very nice judges, Bonnie Hornfisher and Marlene Burford. Dannie took home three, 1st First placements, one, 3rd placement, one 4th placement and one additional qualifying score.



Danna in her chair plus ribbons



Coco Nelson

Daytona Beach Feb 11, 2024

Coco & **Alison Nelson** won back-to-back "High in Trial" in Companion Dog Sport Program obedience trials in Daytona Beach



## New Provisional Members

Hi everyone, we're Maggie Nipper and Kiwi. We're new to the club, dog sports, and AKC in general. We are so excited to join the club. We are currently enrolled in Intro to Odor 1 and are having the best time. Kiwi and I are already involved in a few other sports and can't wait to meet fellow club members. Hope to see you all soon



**Maggie Nipper & Kiwi**



**Jovi, Jaquelyn Newlands and Athena**

My name is Jacquelyn Newlands and I'm very excited to be here. I've loved and shared my life with dogs as long as I can remember but only recently began to learn there can be so much more to those relationships. Athena (21ish month-old rescue mix) came into our lives with a lot of fear and my journey with her through that has sparked my interest in dog sports. Jovi (13-month-old rough collie) has been the perfect partner to jump both feet in with and get started. I can't wait to see where I can go with them both!



## UPCOMING FLORIDA TRIALS

March 2024					
Date	Event	Club	City	Closing	Judges
01-03	RLY,O	Pensacola Dog Fanciers Assoc	Pensacola	Feb 14	R Hornfisher, B Hornfisher
08-10	RLY	Sarasota Obed Training	Myakka City	Mar 01	J Rogers, J Valentovich (p)
16-17	O	Jupiter-Tequesta Dog Club	Jupiter	Feb 29	CA Klein
23-24	O	Cent FL Obed Dog Club	Orlando	Mar 06	CA Boyle, CA Klein, CA Mett-Trumbly
30-31	O	Orlando Dog Training Club	Orlando	Mar 13	S Sherman, C Tisdale, Ms N Hayes

April 2024					
Date	Event	Club	City	Closing	Judges
06-07	RLY,O	Greater Orange Park Dog Club	Elkton	Mar 20	E McCarthy, MJ Mello, C Mett-Trumbly
09	O, RLY	Flat-Coated Retriever Soc	Ocala	Mar 13	DP Neufeld, AP Kincaid, K Kincaid
13-14	O	Dog Obed Club of Lee Cty	N Fort Myers	Mar 30	R Cox
19-21	O	Marion Alachua Dog Train	Ocala	Apr-03	C Mett-Trumbly, L Seeley
27-28	RLY	Obed Train Club of Palm Bch	Lake Park	Apr-10	J Rogers, RE Miller
27-28	O	Imperial Polk Obed Club of Lakeland	Lakeland	Apr 10	LM Unger, L Currey, DP Neufeld

May 2024					
Date	Event	Club	City	Closing	Judges
04-05	RLY,O	Dog Training Club of St Pete	St Petersburg	Apr 26	DP Neufeld, C Caballero
04-05	O,RLY	K-9 Obedience Club of Jax	Daytona Bch	Apr 17	CA Knight, RH Knight, J Rogers, M Becker
11-12	RLY	Indian River Dog Train Club	Palm Bay	Apr 24	M Becker, K Hazelet
13-14	O,RLY	Boston Terrier Club of Amer	Tampa Fl	Apr 17	DP Neufeld, L Pinnell
18-19	RLY	Imperial Polk Obed Club	Lakeland	May-01	K Kincaid, AP Kincaid
24-26	O	Miami Obedience Club	Miami	May 08	L Seeley
31	O	Orlando Dog Training Club	Orlando	May 15	L Currey, RH Knight, CA Knight

RLY (Rally), O (Obedience), PO (preferred Obedience), NA (Not yet Approved), TBA (To Be Announced) ENA (event not approved), P (pended), PJA (pending judge approval), PPP (Pending Panel Processing)

## K9 Club Events Calendar for March

<b>Monday</b> 6:00pm 6:30pm	Canine Good Citizen Prep Beginner Rally	<b>Friday</b>	
<b>Tuesday</b> 6:00pm 6:00pm 7:15 pm	Canine Good Citizen Prep Agility Foundations Advanced Puppy I	<b>Saturday:</b> 10:00am 11:30am 12:00pm 1:00pm 2:00p	Family Dog Family Dog Intro to Nosework STAR Puppy Novice Obed Foundations
<b>Wednesday</b> 8-10am 9:30am 6:00pm 7:15pm	Obedience folks train together Advanced Rally STAR Puppy Advanced Rally Conformation Drop In's	<b>Sunday</b> 8-10am 10:am 11:30 am	Obedience folks meet to train Intro to Odor I off site Intro to Odor II off site
<b>Thursday</b> 10:00am 11:15am 6:00pm 2 <sup>nd</sup> Thurs	Obedience and Rally Skills Obedience and Rally Skills Continuing Nosework off site K9 Board of Governors Meeting		

Please check the K-9 web calendar for any last-minute updates



### Dates to Remember at the K9 Club

Mar 10 Daylight Savings Time begins	Mar 17 St Patrick's Day
Mar 10 Show N Go	Mar 19 Beginning of Spring
Mar 14 Board of Governor's Meeting	Mar 31 Easter Sunday



## K9 Webpage

For questions or comments related to the K9 Web pages please contact **Alison Nelson** at [anelsonphs@yahoo.com](mailto:anelsonphs@yahoo.com). Thanks to Alison for updating the website.

## Membership Committee

Any membership questions can be sent to **Coleen Whalen** ([K9Whalen@comcast.net](mailto:K9Whalen@comcast.net))

## Sunshine Committee

**Sheila Garbecki** oversees the “Sunshine Committee”. If you know of a member in need of “cheering up” or “well wishes” from the club, please contact Sheila at [sbgarb1@yahoo.com](mailto:sbgarb1@yahoo.com).

## Building and Grounds

If you see something that needs cleaning or repairing, please let **Debbie Gilman** know about it by text [610-597-5454](tel:610-597-5454) or email [debgilman10@gmail.com](mailto:debgilman10@gmail.com)

## Facebook Page

**Janice Butler, Deb Hardman and Juli Wilkison** administrate the Facebook Page. For issues or additions related to the Facebook please email Janice, Deb or Juli

## K9 Website Calendar

**Colleen Whalen** updates the Calendar on the K9 Website. For issues or additions related to the calendar please contact Colleen at [K9Whalen@comcast.net](mailto:K9Whalen@comcast.net).



## Nature's Miracle

## Program Committee

**Colleen Whalen** and Deb Hardman are our program committee. If you have suggestions for speakers contact with Colleen contact **Colleen Whalen** ([K9Whalen@comcast.net](mailto:K9Whalen@comcast.net)) or **Deb Hardman** ([debhardman1@comcast.net](mailto:debhardman1@comcast.net)).

## NEWSLETTER DEADLINE

Please email any material you would like included in the Newsletter to [peteronchris7@hotmail.com](mailto:peteronchris7@hotmail.com). If not received by the 25th of this month it will be included in the next issue.

# UPCOMING SNEAK PEAK

