



**K9 Obedience Club of Jacksonville Inc.**



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**K9 Website** Alison Nelson  
**K9 Calendar** Megan Hoepfner

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**welcome**  
**New Full Members:**  
**New Provisional Members:**

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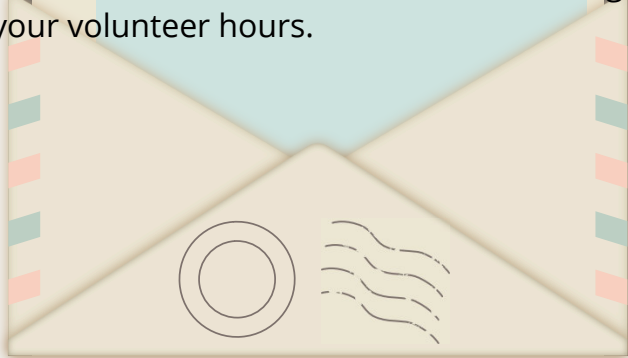
## President's Letter

The club has gone from really hot to really COLD, and my dogs and I are enjoying training in this cool weather. I am thankful I live in Florida, distanced from the freeze in the rest of the country.

Our general membership meeting is February 19th. The next series of classes has begun and there are several new options you can see on the website. Our K9 trial in Daytona is May 2nd and 3rd. Put these dates in your calendar and plan to come volunteer as a steward and get your volunteer hours.

K9 is holding a FastCat Trial February 21st and 22nd at Dog Sports Unlimited in New Smyrna Beach. Contact Stacy Payne for more information.

And last but not least, the board is preparing for a big celebration for K9's 75th anniversary. There will be more to come as plans evolve.

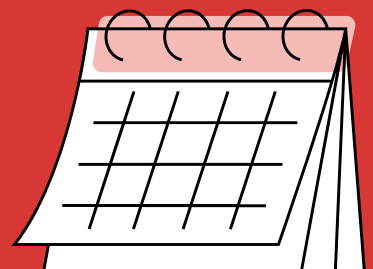


**DON'T FORGET**

2/15 Show n Go 10am-1pm

2/25 Newsletter deadline

2/19 General meeting



# Training Director's Report

January classes have started and they are all FULL! Not a single open spot! This is a first since I've been Training Director, so thank you to our members for enrolling and telling all your friends about classes at K-9.

Nosework classes with Erika will start the first weekend of February. Then her classes will be on the same schedule as all the others.

Next round of classes will start mid March and be open for enrollment by February 15th. This is the new standard, classes will open on the 15th of the month before they start so that there is no confusion about which classes are offered or when enrollment opens. And all classes will start the same week, again so there is no confusion about which classes are offered.

If you need volunteer hours, I need class assistants for March and I also need FastCAT volunteers. Email me!  
[whoanellietraining@gmail.com](mailto:whoanellietraining@gmail.com)

As always a huge thank you to the instructors, assistants, and students at K-9!

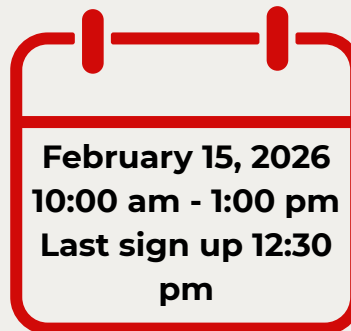


## Trial Report

It's time to consider booking judges for the K-9 obedience and rally trial to be held October 3 & 4, 2026. I would really appreciate any input from those of you with suggestions. We will host 2 rally and 2 obedience trials each day that weekend. Send me any preferences by email [anelsonphs@yahoo.com](mailto:anelsonphs@yahoo.com)

# Show-n-Go

Obedience	Canine Good Citizen
\$10 per run	Testing
Rally	\$20
\$10 for two runs	Trick Testing
Order: Novice, Advanced,	\$10 per level
Excellent, Master	Novice - Advanced



Cash Only - please bring exact change

All members mark your calendars. Come out and help and support your club. These are the dates for our next 2 show and go's.

We need volunteers to help run this. Contact Robin: [wallen.robin@yahoo.com](mailto:wallen.robin@yahoo.com) or Sheila: [Sbgarb1@yahoo.com](mailto:Sbgarb1@yahoo.com) . You will earn volunteer hours and have fun with your dog.

Thank you to those who have already sent messages, so we know who is going to help. Please let us know, if you can help out.

## WHAT IS A SHOW-N-GO?

Show-n-Go is a practice trial. There are experienced trainers calling exercises, ring stewards, competitors and classes, but there are no ribbons or placements. You can use treats, toys, praise and corrections (NOT abuse) in the ring.

The idea of a Show-n-Go is to create as much of a real trial atmosphere as possible so you and your dog can get used to being in a competition without the full stress (or entry fees) of an actual trial. It's a great way to:

Rehearse the full set of exercises for a trial, especially if you or your dog are new to the ring or new to the level at which you're trialing

Find out what the dog will and won't do when you can't carry a treat or reward her after every exercise

K-9 offers a very unique opportunity to proof your dog(s) in a trial atmosphere. Our goal is to provide an affordable and worthwhile training situation that will advance your personal training program. Three obedience rings and the agility field are running simultaneously. Noises and excitement abound amid the people and dogs for a full afternoon under cover in the pavilion. Crating space and parking are convenient and ample. Whether you are new to training, have a green dog that you need exposure for or are working on OTCH or RACH points, K-9 provides experienced club volunteers that will call your runs, coach you if requested, and encourage your handling skills. You make the ring as formal or informal as you wish.

Entry is open to everyone, K-9 members as well as the public.

You may enter a dog a second time in a class if time permits

All dogs in a class will run through once before any second runs are allowed

# K9 General Meeting

The educational committee is proud to present Dr. Steven Neihaus, DVM, Dipolomate American College of Veterinary Surgeons, as our esteemed speaker for the February 19th meeting. Dr. Neihaus is an award-winning veterinarian who specializes in veterinary orthopedic and oncologic surgery, as well as soft tissue reconstruction. He has dedicated his career to animal health and welfare, donating his surgical skills to the Jacksonville Zoo and local rescue organizations. Dr. Neihaus attended the University of Florida and graduated from the University of Illinois College of Veterinary Medicine in 2005. Dr. Neihaus has published multiple research papers, presented at national veterinary conferences, and was the recipient of the prestigious Clinical Research Award at the American College of Veterinary Surgeons Residents Forum. Dr. Neihaus is a member of the American College of Veterinary Surgeons, the American Veterinary Medical Association, the Veterinary Society of Surgical Oncology, and the Veterinary Orthopedic Society. Dr. Neihaus and his wife, also a veterinarian, have three children and three four-legged family members – two Cavalier King Charles Spaniels and a Standard Poodle. Dr. Neihaus will be focusing his presentation on sports injuries and dysplasias. We look forward to your attendance for this education event and bring your questions!



## Full members:

Kate Godfrey approved Dec 2025  
Megan Hopper approved Dec 2025  
Charlene & Morgan Francis approved Dec 2025  
Ely Henning approved Dec 2025  
Rhonda James approved Dec 2025  
Pip Randall approved Dec 2025

## Provisional members:

Amity Alcock approved Nov 2025  
Brianna Donnal approved Nov 2025  
Shannon Murphy approved Nov 2025  
Madelaine Goldstein approved Dec 2025  
Lindsay Thigpen approved Dec 2025  
Susan Johnson approved Jan 2026  
Sandra Kummer approved Jan 2026  
Margaret & Bruce Strickland approved Jan 2026

# Welcome Full and Provisional Members!

# Barks & Brags



Trinity. GCHB CH H2O Aegean Robel Alpha & Omega of Whoosh CGC TKN ATT was Best in Show at the Clemson Kennel Club show on Sunday, January 4. Trinity is owned by Beth Mercier and Do Farag and is presented by Elizabeth Volz. Trinity is 19 months old. We are so excited to watch her grow!

We also have a brag for Cinge, CH RACH Aegean Robel Firestorm CD PCD BN RM3 RAE2 RC DCAT THDA CGCA CGCU STR TKA ATT FITG FTI. Cinge continues his work as a member of HOPE Animal Assisted Crisis Response and deployed in January to Percy Julian High School in Montgomery, Alabama to provide comfort and support to the students and faculty following the shooting death of a senior at the school.



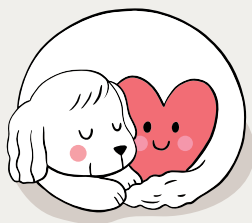
Here's Josie. Her 1st NACSW (nosework) trial. She found 3 out of 4 hides. She also took 2nd place in interiors hide and exterior hide. Next time we'll get them all.

# Barks & Brags



Congratulations to our newest CGCA and CGCU teams! On January 24<sup>th</sup>, Stacy and Kirra (above) earned their CGCA and CGCU while Jamie and Koba (below) earned their CGCU. Both dogs did a great job on their test and made it look easy! Their handlers have consistently put in the work and have progressed beautifully as they advanced through K9's classes. It's been a joy to watch their relationship with their dogs strengthen and grow all the while having fun in the process. Their instructor is very proud of their accomplishment and looks forward to seeing what else they'll achieve in the future!





## Dogs: A Prescription for Heart Health

In 2013 the American Heart Association concluded that “dog ownership is probably associated with decreased cardiovascular risk.” 6 years later, Kramer et al released a popular analysis stating that “dog ownership was associated with a 24% reduction in all cause mortality” and that those who had previously had a heart attack or stroke “had a 31% reduced risk of dying from cardiovascular disease.” These claims blew up and continue to be cited across news and social media.

Various studies show dog ownership associated with decreased cardiovascular risk, lower blood pressure, reduced stress responses, and faster recovery to stress. Dogs provide a structured lifestyle that promotes healthy habits and maintained exercise. Increased time outdoors and activity lowers blood pressure and resting heart rates, especially for those with more active breeds needing greater physical activity. Petting dogs can increase oxytocin which is associated with lower heart rates. There’s also a possibility that the germs they carry may favourably alter owners’ gut microbiome thereby affecting cardiovascular outcomes. An INTERHEART study, determined that more than 30% of risk for heart attacks can be attributed to psychological stress. Dogs may mitigate this by providing and increasing social connection that can improve mental well-being resulting in behavioural changes beneficial to human health.

So, should dogs be prescribed as a lifestyle intervention for cardiovascular disease? The answer is, maybe, it depends. Current evidence is inconclusive as studies often rely on self reporting observational data instead of objective measures, don’t address biases, lack randomized trials, don’t always adjust for demographic and socioeconomic factors, and are biased towards high income countries. Although we can’t conclusively make a causal association between owning a dog and your heart health, we can make some reasonable speculations based on why you got your dog, the level of bonding you have, and your perception of how your dog has affected your quality of life. Studies have found that self reported quality of life measures are a strong predictor in all causes of mortality including cardiovascular disease. So if having a dog has improved your quality of life, then yes, your dog has positively affected your heart health and was exactly what the doctor ordered.

Resources: Kazi, Dhruv S. “Who Is Rescuing Whom?: Dog Ownership and Cardiovascular Health.” *Circulation: Cardiovascular Quality and Outcomes*, vol. 12, no. 10, Oct. 2019, p. e005887. DOI.org (Crossref), <https://doi.org/10.1161/CIRCOUTCOMES.119.005887>.

Kramer, Caroline K., et al. “Dog Ownership and Survival: A Systematic Review and Meta-Analysis.” *Circulation: Cardiovascular Quality and Outcomes*, vol. 12, no. 10, Oct. 2019, p. e005554. DOI.org (Crossref), <https://doi.org/10.1161/CIRCOUTCOMES.119.005554>.

———. “Response by Kramer et al to Letters Regarding Article, ‘Dog Ownership and Survival: A Systematic Review and Meta-Analysis.’” *Circulation: Cardiovascular Quality and Outcomes*, vol. 13, no. 10, Oct. 2020. DOI.org (Crossref), <https://doi.org/10.1161/CIRCOUTCOMES.119.006388>.

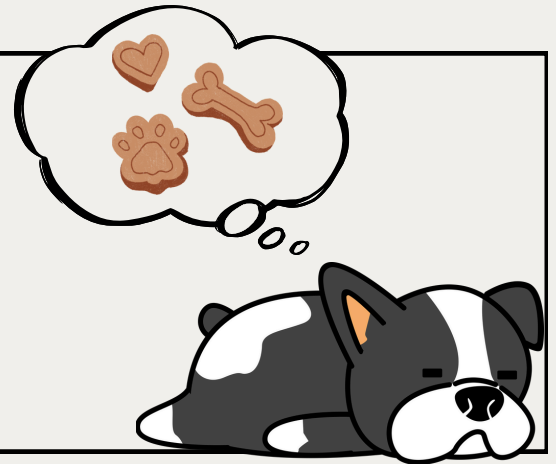
Schreiner, Pamela J. “Emerging Cardiovascular Risk Research: Impact of Pets on Cardiovascular Risk Prevention.” *Current Cardiovascular Risk Reports*, vol. 10, no. 2, Feb. 2016, p. 8. PubMed Central, <https://doi.org/10.1007/s12170-016-0489-2>.

# K9 Class Calendar

## Monday

5:00-6:00pm Sport Puppy Foundations  
6:00-7:00pm STAR Puppy  
6:15-7:15pm Advanced/Master Rally  
7:15-8:15pm Family Dog

## Friday



## Tuesday

6:00-7:00pm Advanced 1  
7:15-8:15pm Advanced 2

## Saturday

9:00-10:00am STAR Puppy  
10:30-11:30am STAR Puppy  
12:00-1:00pm Tricks


## Wednesday

10:00-11:00am Advanced Rally  
7:15-8:15pm Conformation Drop-in

## Sunday

## Thursday

6:00-7:00pm Continuing Nosework (off site)



**Click to check the  
K9 web calendar  
for last minute  
updates**

# Upcoming Florida Trials

February 2026

Date	Event	Club	City	Closing	Judges
2/1	SCWK	Dog Obedience Club of Lee County Florida	Cape Coral	1/16	J Leitzsch, D Conroy
2/7-2/8	SCWK	NorAust K9 Agility Club of Mid Florida	Lady Lake	1/28	E Jernigan
2/10-2/11	SCWK	Sonlight Agility Club of Brooksville	Brooksville	2/3	T Johnson, W Hudson
2/12-2/15	SCWK	Lakeland Winter Haven Kennel Club	Lakeland	1/28	T Johnson, W Hudson, B McDonald
2/13-2/15	RLY, O	Lakeland Winter Haven Kennel Club	Lakeland	1/28	C Boyles, N Watson, D Neufeld
2/14 -2/16	O, RLY	Tallahassee Dog Obedience Club, Ochlockonee River Kennel Club, Okaloosa Kennel Club	Tallahassee	2/4	N Hayes, K Wrey
2/20-2/22	SCWK	Dog-On-It Agility Club of Greater Orlando	Lady Lake	2/6	L Rieves, C Dostal
2/21-2/22	RLY	Dog Training Club of St. Petersburg	St Petersburg	2/13	S Jones, J Lowry
2/21-2/22	SCWK	Greater Panama City Dog Fanciers Assoc.	Tallahassee	2/11	L Bara-Weaver, W Hudson
2/21-2/22	O	Indian River Dog Training Club	Palm Bay	2/4	B Hornfisher, R Hornfisher
2/27-2/28	RLY, O	Pensacola Dog Fanciers Assoc.	Pensacola	2/11	N Grimm, R Garvin
2/28	SCWK	Indian River Dog Training Club	Palm Bay	2/13	L Bara-Weaver, W Hudson

# Upcoming Florida Trials

March 2026

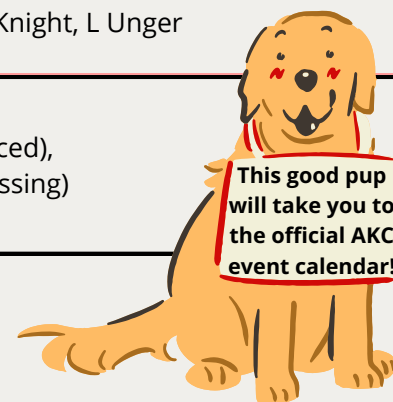
Date	Event	Club	City	Closing	Judges
3/1	RLY, O	Pensacola Dog Fanciers Association	Pensacola	2/11	N Grimm, R Garvin
3/1	SCWK	Indian River Dog Training Club	Palm Bay	2/13	W Hudson, L Bara-Weaver
3/6-3/8	SCWK	Ochlockonee River Kennel Club of Florida	Monticello	2/25	D Dowler-Parmer, C Rolfe
3/6-3/7	RLY	Sarasota Obedience Training Club	Myakka City	2/18	A Kincaid
3/6-3/8	SCWK	Scent Work Club of Brevard County	Cocoa	2/20	N Duberow, C Happel
3/13-3/14	SCWK	Lake Eustis Kennel Club, Inc.	Lady Lake	3/4	J Leitzsch
3/14-3/15	RLY	Mid-Florida Dalmatian Club	Ocala	2/25	D Neufeld
3/14-3/15	O	Jupiter-Tequesta Dog Club, Inc.	Jupiter	2/25	ENA
3/21-3/22	O	Central Florida Obedience Dog Club	Orlando	3/4	N Noonan, L Seeley, R Seeley
3/24-3/25	SCWK	Tampa Bay German Shepherd Dog Club	Brooksville	3/17	TBA
3/28-3/29	O	Orlando Dog Training Club	Orlando	3/11	ENA
3/28-3/29	O	Miami Obedience Club	Miami	3/11	ENA

# Upcoming Florida Trials

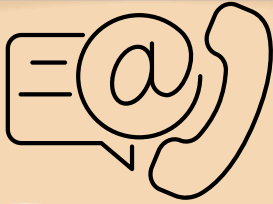
April 2026

Date	Event	Club	City	Closing	Judges
4/2-4/4	RLY, O	Greater Orange Park Dog Club	Elkton	3/18	B Roland, TBA, L Pinnell
4/3-4/5	SCWK	Greater Port Charlotte Agility Club	Punta Gorda	3/23	L Bara-Weaver, W Hudson
4/4-4/05	SCWK	Jupiter-Tequesta Dog Club, Inc.	Jupiter	3/25	C Happel, J Leitzsch
4/05	RLY, O	Greater Orange Park Dog Club	Elkton	3/18	L Pinnell, B Roland
4/11-4/12	SCWK	Orlando Dog Training Club	Orlando	3/27	J Leitzsch, L Bara-Weaver
4/11-4/12	O	Dog Obedience Club of Lee County Florida	N Fort Myers	3/25	A Kincaid, K Kincaid
4/16	O, RLY	Golden Retriever Club of America	Ocala	4/1	K Schroeder
4/17-4/19	O	Marion Alachua Dog Training Association	Ocala	4/1	N Grimm, R Seeley
4/17-4/19	SCWK	Obedience Club of Daytona	Daytona Beach	4/3	W Hudson, L Bara-Weaver
4/17-4/19	SCWK	Sarasota Obedience Training Club	Myakka City	4/3	N Duberow, D Conroy
4/21-4/22	SCWK	Sonlight Agility Club of Brooksville	Brooksville	4/14	T Johnson, W Hudson
4/25-4/26	RLY	Obedience Training Club of Palm Beach County	Lake Park	4/8	L Currey, D Neufeld
4/25-4/26	O	Imperial Polk Obedience Club of Lakeland, Florida	Lakeland	4/8	C Knight, R Knight, L Unger

RLY (rally), O (obedience), PO (preferred obedience), NA (not yet approved), TBA (to be announced), ENA (event not approved), P (pending), PJA (pending judge approval), PPP (pending panel processing)



## Contact Us



## K9 Webpage

For questions or comments related to the K9 web pages, please contact **Alison Nelson** at **anelsonphs@yahoo.com**

## Membership

Any membership questions can be sent to **Stacy Payne** **k9spayne@gmail.com**

## Sunshine

**Jacquelyn Newlands** oversees the "Sunshine Committee." If you know of a member in need of cheering up or well wishes from the club, email **jacquelyn.newlands@gmail.com**

## Building & Grounds

If you see something that needs cleaning or repairing, please email **Ben Bond** **benbbond@yahoo.com**

## Facebook

**Juli Wilkison** administrates the Facebook page. For issues or additions related to Facebook, email **Juli** at **dakoiah@gmail.com**

## K9 Web Calendar

**Megan Hoepfner** updates the calendar on the K9 website. For issues or additions related to the calendar, please email **hoeppner.megan@gmail.com**

## Wishlist



## Program Committee

If you have suggestions for speakers, contact **Deb Hardman** at **debhardman1@comcast.net**  
**Jacquelyn Newlands** at **jacquelyn.newlands@gmail.com**

## Newsletter

Email material to include in the newsletter to **amee763@hotmail.com** with the subject "**Newsletter**" by the 25th of this month. If not received by the 25th, it'll be included in the next issue.