



April 2023 Issue 29

CHEFF CENTER VOLUNTEER NEWSLETTER

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Jackie and Garth

We would like to introduce you to our newest Volunteer of the Month, Jackie Koney. Jackie originally hails from Troy, MI, but currently lives in Vicksburg with her husband, John. John taught Humanities in American schools abroad, which brought them to the country of Georgia (on the Black Sea between Turkey and Russia), as well as the city of Kyiv in Ukraine. They have also lived in the US cities of Minneapolis, Washington, DC, and Seattle, WA.

Throughout her life, Jackie worked in business and marketing for Eddie Bauer, YMCA of Seattle and a few other ad agencies, as well as fundraising for various non-profits. She has even written a book about baseball with a friend, "It Takes More than Balls: The Savvy Girls' Guide to Understanding and Enjoying

Baseball." How many people can say they are a published author?

Jackie is currently the chief operating officer at Paper City Development. They are currently renovating the old Lee Paper Mill in Vicksburg that is 405,000 square feet on 120 acres. This abandoned mill will be turned into an entertainment facility complete with museum and brewery, outdoor festivals, artist residency programs, boutique lodging, and conference/cultural event spaces. The project has been in process for seven years and will not be completed for approximately five more years. To see more about this amazing project, go to <https://vicksburgmill.com>.

In addition, the company bought Mackenzie's Bakery (the well-known and much-loved Kalamazoo bakery) brand and recipes, rehabbed a historic building in downtown Vicksburg, and reopened Mackenzie's as Mackenzie's Vicksburg, which Jackie helps to run.

In her "spare" time, Jackie enjoys travelling, taking road trips, hiking, and spending time with family.

What brought Jackie to Cheff? Having always loved horses, Jackie mentioned that whenever she had dreams (in her sleep) about herself in the future, she always saw herself with horses. She decided to google volunteer opportunities that involve horses, found the Cheff Center, and now she is a valued member of our volunteer

team! She loves working in the barn not only being around the horses, but because of the physicality of the work—she is always very tired at the end of her “shift” and she loves that feeling! She also very much enjoys the staff and the other volunteers and is happy to be a part of Cheff.

Thank you, Jackie, for coming to Cheff and being an excellent volunteer! We hope you will be with us for many years to come!



Percheron

In our continuing series on breeds in the Cheff Center herd, this month is the Percheron, represented by the beloved Art, who is an Appaloosa/Percheron cross.



Art

We looked at Art's Appaloosa side last month, so now we'll see what makes up the other part of his background.

French Origins

The Percheron is one of several draft horse breeds that originated in France. They include the Ardennais, the Auxois, the Boulonnais, and the Norman Cob, among others.

Percherons come from, and are named for, the former province of Le Perche, which was located along the southern border of France's Normandy region. After the French Revolution, the province was dissolved into other jurisdictions, but the name Le Perche is still used in the area, and it is still associated with the Percheron breed.



Location of former province of Le Perche in France

Characteristics

Percherons are known for being black or gray in color. They are born black and, depending on genetics, will either remain black or begin graying over time. Eventually, the gray horses lighten enough to appear white or close to it.



Dapple-gray Percheron

Some registries accept only black and gray horses, while in the US, the Percheron Horse Association of America (PHAOA) also allows less common colors, such as sorrel, bay and roan. A limited amount of white markings on face and legs is considered acceptable.

According to the PHAOA, Percherons range from 15 to 19 hands high. Most are between 16.2 and 17.3 hh. They can weigh up to 2,600 pounds, with the average around 1,900.



Percheron mare and foal

Other notable characteristics include: powerful legs and hindquarters; a deep chest; "clean" lower limbs (i.e., very little feathering on the legs), and a long, gracefully arched neck.

Though it might seem surprising given their size, Percherons are also known for a rugged elegance. This quality really comes through when you see them in motion.

Their temperament has endeared Percherons to many humans. They are described as willing and versatile workers, alert, intelligent and calm.

History

The early history of horses from Le Perche is not well known. Some accounts say that Arabian or Barb bloodlines may have been part of the breed's foundation.

One event that supports this theory is the Battle of Tours in the year 732. North African cavalries had moved into what is now central France. They were defeated by Frankish forces near the city of Tours and retreated south to Iberia. Some of their desert-type horses would likely have been left behind, but the role these horses played in the origin of the Percheron remains uncertain.

In 1714, King Louis XIV initiated the first French national stud farm. Now known as Le Haras National du Pin (or simply "Le Pin"), it is located near Le Perche and was important in the development of the Percheron breed.

Le Pin was created primarily to provide horses for the military, but was also a response to France's growing need for draft horses for transport, agriculture, and use at the Court of Versailles. The Percheron was advanced here, in part by mixing in more Arabian lines.



Le Haras National du Pin

Le Pin today is still involved in Percheron breeding. The facility is open to visitors and is sometimes called "Le Versailles du Cheval" (or "Equestrian Versailles") because of its beautiful architecture and grounds.

Like other draft breeds, Percherons were adapted to different types of work across centuries of technological change. In the 1700-

1800s in France, they were bred to be larger and stronger, yet still quick, for pulling heavy loads of mail across country and transporting people in French stagecoaches called diligences, until railroads took over long-distance transportation.



Percheron team with a French "diligence" stagecoach (2011 World Percheron Congress)

In the 1800s and early 1900s, French Percherons worked in urban areas pulling transit and freight vehicles and, of course, were essential to farming.

North America had a similar need for equine power, but no native draft breeds, so began importing heavy horses from Europe in the 1800s. Edward Harris of Moorestown, NJ, brought the first Percheron from France to the US in 1839. Just last year, the citizens of Moorestown memorialized Harris's pioneering efforts, and the contributions of Percherons to agriculture, with the creation of their local [Percheron Park](#).

In America, Percherons were well-liked and soon became a dominant breed among drafts. As in France, the US depended on the heavy horses for transportation and agriculture, especially as the country expanded westward and farms became much larger.



Plowing with a Percheron team

The Norman-Percheron Association, founded in Chicago in 1876, set up the first Percheron stud book in the US. The group became the Percheron Horse Association of America in 1934. It reports that by 1930, three times as many Percherons were registered in the US as the next four draft breeds combined.

Horses, particularly drafts, contributed greatly to World War I (1914-1918). Some light horses were used by the cavalry, while many more draft horses, including Percherons, and mules were at or near the front lines, hauling supplies, pulling artillery and transporting wounded soldiers in ambulance wagons. Extensive veterinary corps units treated and saved many wounded and sick equines, but many more, in fact millions, died in the war.

Few Percherons were imported to the US during WWI because they were needed in Europe. This spurred breeding in the US, both for workhorse needs here and to be able to send horses from America to the war effort.

Percherons were still active in agriculture during the Great Depression of the 1930s. After that, however, farm mechanization caught up and draft breed populations declined dramatically. Percheron registrations in the US, which peaked at 10,000 per year in the early 1900s, declined to a low of 85 in 1954.

More recently, there is renewed interest in draft horses. In the US, there are now around 1,000 new Percheron registrations each year.

Percherons continue to work on smaller farms. They are excellent at log skidding, since they can maneuver into small areas without damaging the surrounding vegetation. They also serve as police mounts, pull carriages and are family horses.



Riding the versatile Percheron

Percheron competitions take place around the US and in other countries, including hitch events, plowing and individual riding disciplines.

Getting back to our part-Percheron Art ... He is on the small side for a Percheron, but you can see the draft influence in his slightly bigger body and larger hooves. And his personality shows it, too. He's calm, great with kiddos, and can handle chaos like a champ. Not much phases our Art!

Sources and More Information

- [Percheron Horse Assn of America](#)
- [Soci t  Hippique Percheronne de France](#)
- [Le Haras National du Pin](#) French National Stud Farm du Pin (website in English)
- [Percheron Overview](#) OK State University
- [Draft Horse in America](#) Int'l Museum of the Horse

Videos

- [Percheron horse-trek](#) 5 min -- A tr s fran ais look at Percherons in the Perche Regional Natural Park (English subtitles)
- [Percheron plowing contest](#) 2 min -- APHoA's 2013 plowing contest for Percheron teams
- [Legacy of the Percheron Horse in America](#) 21 min -- Perspective of owners/breeders around the US, from the Rural Heritage show on RFD TV

Images: Black Percheron mare and foal from [APHoA](#) / Others from [Wikimedia Commons](#)

Oppositional Defiant Disorder

We are occasionally writing about some of the challenges and conditions that Cheff Center clients deal with. In this issue of the newsletter, we'll look at Oppositional Defiant Disorder.



Oppositional Defiant Disorder (ODD) is a type of disruptive behavior disorder that can occur in children and adolescents. It is characterized by a pattern of anger, arguing, disobeying and defiance toward authority figures, such as parents, teachers, coaches and supervisors.

Most kids display oppositional behavior at various stages in their development, particularly during the toddler years and early adolescence; it can be part of learning to be independent. But in the case of ODD, the oppositional behavior shows a continuing pattern that goes beyond what is typical for children in the same age range. Day-to-day life and relationships are significantly disrupted for the child involved, their family, and others in their orbit.

Symptoms

Experts group the symptoms of ODD into three areas:

- Anger and irritability -- easily annoyed by others; easily loses temper; has frequent outbursts of anger or resentment.
- Argumentative and defiant behavior -- excessively argues with adults; blames others for own mistakes; will not comply with requests and rules.
- Hurtful behavior -- says mean things when angry; seeks revenge.

Symptoms can begin as early as the preschool years and usually will have appeared by age 8. The oppositional behaviors may be most prevalent in one particular setting, such as home, school or social situations, or they may appear in several or all environments.

Diagnosis

Diagnosis of ODD involves several components, including an evaluation of the child's overall health to rule out medical conditions that could be contributing to oppositional behaviors.

Mental health professionals work with the child and the family to assess a number of factors, including:

- Severity and frequency of oppositional behaviors.
- Emotions and behavior in different settings and relationships.
- Strategies that have been helpful — or not helpful — in managing problem behaviors.
- Issues experienced by the child and the family due to the problem behaviors.

ODD is typically diagnosed when oppositional behaviors have occurred for six months or longer. The Cleveland Clinic estimates that ODD affects somewhere between 2% and 11% of children.

Another critical part of diagnosing and understanding ODD is determining if the child is experiencing other mental health or learning issues in addition to ODD. It is particularly common for ODD to co-occur in kids who have attention-deficit/hyperactivity disorder (ADHD). Anxiety disorders and depression are other conditions that co-occur with ODD fairly often.

Causes and Risk Factors

ODD is thought to be caused by a combination of genetic, psychological, and social factors. It tends to occur in families with a history of mental health conditions, though this isn't always the case.

Other risk factors include poverty, a chaotic family life, childhood mistreatment, and living in a violent environment. Given these tendencies, it is still difficult or impossible to know the cause of a particular instance of ODD. Research continues to better understand this disorder.

Treatment

Treatment for ODD primarily involves family-centered interventions. Parent management training is often the most important activity. Here, mental health professionals teach parents ways to respond to and manage their child's behavior so that positive, healthy behaviors are emphasized and unwanted, oppositional behaviors decrease.

Some of the strategies recommended for parents include:

- Maximizing positive reinforcement whenever the child shows cooperation and other desired actions.
- Setting reasonable limits that can be enforced consistently.
- Modeling anger and conflict management skills.
- Being selective about when to intervene – i.e., pick battles carefully.
- Allowing respite time for parents/caregivers.

Other treatment methods may also be helpful, depending on the situation and on the child's age and ability to effectively participate. An example is family therapy, where the child and family members work together with a mental health professional to develop problem-solving skills, improve communication and find ways to address particular situations and behaviors.

In some cases, particularly with older kids, a psychotherapist will work with the individual on handling negative thoughts and emotions and to learn ways to manage anger. Cognitive behavioral therapy may be used here.

School-based intervention is another aspect of ODD treatment when oppositional behavior is happening at school and is affecting school performance and peer relationships. This may involve coordinating w/ teachers or counselors so everyone is using techniques that encourage desired behavior.

Medication isn't typically used to treat ODD directly. However, medication may be used for some co-occurring conditions like ADHD, which, in turn, is helpful for dealing with ODD.

Experts emphasize that early diagnosis and treatment of ODD is important. ODD may diminish as a child gets older. However, without treatment, it can also develop into a more serious condition, such as conduct disorder, where behaviors are more aggressive and dangerous than ODD behaviors. Research indicates that approximately two-thirds of the kids receiving treatment for ODD will be free of symptoms three years later.

Sources and More Info

[ODD Info](#) -- Cleveland Clinic [ODD Info](#) -- Mayo Clinic

[Oppositional Defiant Disorder Resource Center](#) -- American Academy of Child and Adolescent Psychiatry



CHEFF UPDATES

HERD UPDATES – The herd is happy and well!

THE SPRING TRAIL RIDE IS ON SATURDAY, MAY 20, 2023, FROM 8:00AM-1:00PM.

Bring your horse and get out on the trails to join us for a no-frills fun trail ride!

SUMMER CAMP READ & RIDE IS JUNE 19-23.

We still need volunteers, so if you would like to help out, contact [Sara Putney-Smith](#).

GIRLZ IN THE BARN

This fun program runs on Mondays from 4-6PM, on April 17th, April 24th, May 1st & May 8th. Contact [Sara Putney-Smith](#) if you're interested in volunteering!

MENTAL HEALTH WEEK IS JUNE 26-30.

Our program is still being developed, more information to come soon.

DO YOU KNOW A GOOD HORSE THAT WOULD FIT IN WITH THE CHEFF HERD?

Cheff is always looking for great horses to join the herd, especially now that there have been a few retirements. If you know any potential candidates that might qualify, please take a look at [What we look for in a horse](#) to see if they have what it takes.

OUR NEXT VOLUNTEER ORIENTATION IS MAY 20, 2023, FROM 10:00AM-1:00PM.

Please make sure to invite your friends, family, and co-workers to attend!

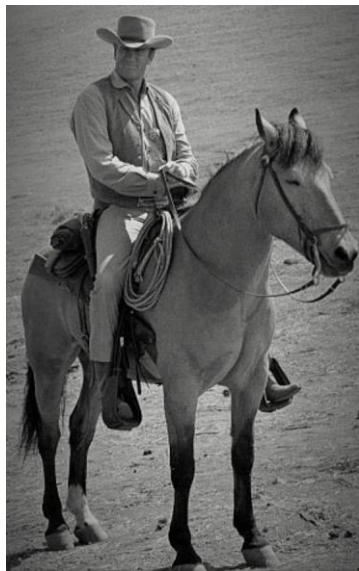
APRIL FUN FACT

Although *Gunsmoke* was on CBS for 20 years and *Bonanza* was on NBC for 14 years, the stars of both shows, James Arness and Lorne Greene, rode the same buckskin horse. Both studios had leased the horse from Fat Jones Stables in North Hollywood. "Buck," as he was most commonly known, was a quick learner, agile, athletic, and he looked great on camera.

Arness liked to ride him because of his smooth gait, which helped his right hip he had injured in WWII. Lorne Greene was not a natural horseman and never felt truly comfortable on a horse, but Buck was calm and gentle, and Greene felt that he could trust him. It didn't take long for Buck to go from animal to co-star.

When the *Gunsmoke* show ended, Greene worried about what would happen to Buck - after all, the average life expectancy for a horse is between 25 and 30 years, and Buck was getting up there in age.

In 1975 Lorne Greene bought the buckskin from the studio and kept him until 1979, when he donated Buck to a therapeutic horseback riding facility. There, Buck lived out the remainder of his life helping children who had physical and mental disabilities learn trust, coordination, and movement. When Buck died in 1992, it was reported that he was 45 years old, a particularly long life for a horse.



For more details:

[Lorne Greene and Buck](#)
[Gunsmoke - Arness and Buck](#)

SHINDIG!

It's that time of year again—we have started to work on Shindig 2023 with our first committee meeting last week. Thus, it begins...

For those of you who are not familiar with Shindig, it is the biggest fundraiser of every year, raising **1/3 of our annual operating budget in one evening**. It's quite amazing to be a part of—everyone had a great time last year, staff and volunteers alike, but especially the attendees!

Attendees buy tickets (\$200 each) for the evening, which includes dinner and drinks, live music, live and silent auctions, dancing, and an incredible amount of fun! All the info you need to know about Shindig is now on our website www.cheffcenter.org/shindig. This will let you know what levels of sponsorship are available, donation forms, etc.

How can you help? Well, LOTS of ways! Of course, volunteering during the week up to and the evening of Shindig is a huge help! We have to get the entire facility Shindig ready, which requires a lot of cleaning, some painting, power-washing, etc. Lunches are provided during that week, and dinner is provided on Shindig night. It's a ton of fun! I will be going into more detail and asking for help when the time is nearer...stay tuned! 😊

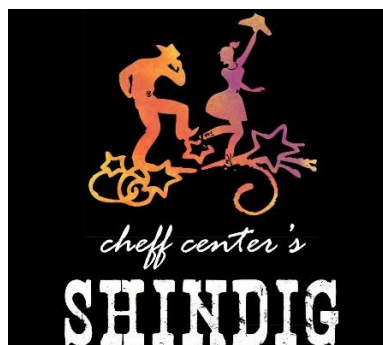
We also need donations of all types—goods and services to auction off, monetary donations, etc. Have a gift closet that has white elephants (new or like-new)? Bring them in! Know someone with a restaurant or store that would like to help us out? Ask them for a tax-deductible donation! We use donated items to make themed gift baskets for our silent auction, and we get very creative putting all sorts of interesting items together. If you would like to put together and donate a gift basket, we would love it! They just need to be a minimum of \$150 value.

Our last Shindig was our most successful ever, so we have a high bar this year! With your help we can make 2023 our newest best year!!!

You may contact Sara with any questions or donations, and as always, we appreciate everything you do for and with the Cheff Center—we absolutely cannot do what we do without you all!!!

Thank you!!!

Sara



APRIL BIRTHDAYS

Jacob A

Deb B

Sophie G

Hadley H

Zachary H

Joni H

Becky K

Rebecca LF

Rachel M

Kassidy S



*“The light of the Moon reminds us that
when we share the light of others, we
shine in our own unique way.”*

— Suzy Davies

Cheff gets a large discount on horse-related products!

If you would like to get more bang for your buck, you could make a [DONATION](#) to Cheff and we will gratefully use it where most needed!

Harding's

Harding's customers - if you join their Community Rewards program and select the Cheff Center as your organization of choice, we receive a rebate based on your purchase amounts.

Please let your friends and family know—every penny helps! For more information, click on the link: <https://www.hardings.com/savings-and-rewards/community-rewards/>

Rite Aid

Rite Aid is one of Cheff's partners and extended their shopper rewards program to us. Please consider signing up as a Cheff Supporter. Simply register at: support.rxfundraising.com/CheffCenter

Any Questions/Comments/Suggestions?

If so, you can contact Sara Putney-Smith, Volunteer Administrator, at sara@cheffcenter.org

Newsletter Contributions by: Emily Fields, Ann Lindsay, Ashton Maguire, Morgan Meulman, Sara Putney-Smith, Marianne Stier

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