



March 2023 Issue 28

CHEFF CENTER VOLUNTEER NEWSLETTER

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VOLUNTEER PROFILE: MEET OUR NEW INTERNS!

We would like to introduce you to the five interns we have at Cheff this session (and some for longer!)

Emily and Ashton and the Cheff team have been working with the WMU medical and nursing schools for several years, and we are now starting to work with exercise science students and occupational therapy students as well. You will see these students around Cheff a lot, and we want to let you get to know them.



Amanda E. is a nursing student at WMU who will be graduating this spring. She is here to do whatever is needed and will be here for approximately two weeks. She currently works at Bronson Hospital and at Octapharma Plasma in Kalamazoo. If and when she has spare time, she enjoys crocheting and painting/crafting.

She loves the environment at Cheff—it makes her very happy! She doesn't have a favorite horse yet as she just started with us this session.



Ashley C. comes to us via WMU's exercise science program. She is also here to help wherever needed in the barn and arena. She enjoys being outdoors, especially going to the beach and waterskiing. Ashley also joined us in late February and will be done at the end of April. Her favorite thing about Cheff so far has been how welcoming the staff and volunteers have been. She also really likes building relationships with the clients. Her favorite horse is Monte.



Devin F. also joined us in February but has completed her hours as of March 2. She comes to us from the WMU nursing program and is here to help wherever needed, be it the barn or the arena. She enjoys hanging out with her family, her dog and cat, and enjoys crafting.

wherever needed in the barn and arena. She enjoys riding horses, running, working out, and working in the OR at Bronson Hospital. She started at Cheff at the end of February and will be here until the end of April.



Molly I. is in the occupational therapy program working on her capstone project. Molly will be creating and implementing a new program at Cheff that we will continue to use after she completes her project. Molly has 560 hours to complete, so you will be seeing her here every day and for every class! She is focusing on social skills and trauma-informed care and will be making a presentation at the end of her time with us. Molly says she loves working with the clients and getting to know them. Her favorite horse is Art, and she is having a great time working at Cheff!



Miranda M. comes to us via WMU's nursing program. She is working on Tuesdays, helping

Thank you all for welcoming our interns into the classes and making them feel at home. We hope to grow our intern programs in the future, and we will keep you up to date on who they are and what they are doing.

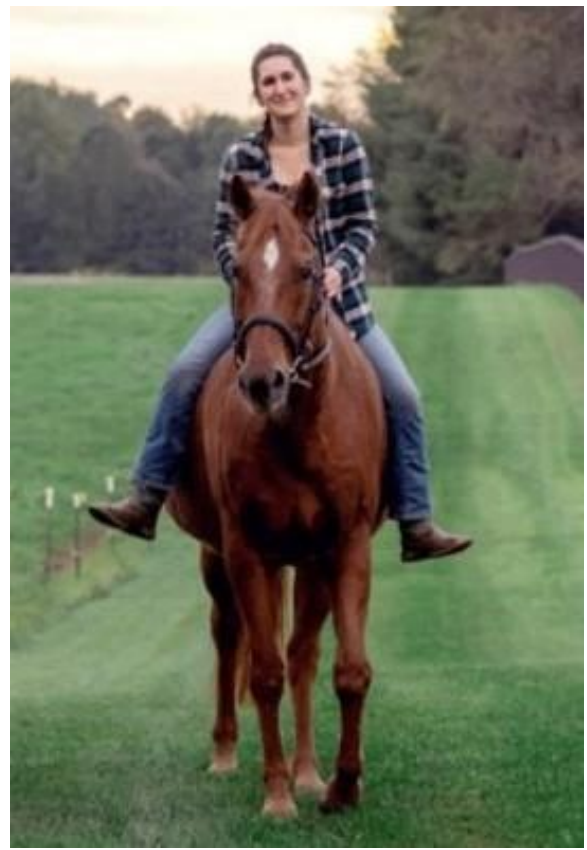


Celebrate
Women's
History
Month

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**WELCOME,
SPRING!**



**Congratulations to Cheff
Volunteer, Lauren J!**

Lauren will soon be heading to a position as head wrangler at a Montana summer camp. She is currently a student at Michigan State University working toward a degree in animal science, works with the MSU Horse Teaching and Research Center, is a Certified Veterinary Assistant, and holds an FFA State Degree.

HORSE BREED OF THE MONTH: APPALOOSA

Our breed of the month for March is the Appaloosa, one of the original American breeds, well known for its beautiful spotted coat patterns.



Art, our Appaloosa-Percheron cross

In the newsletter, we like to feature breeds that are found in the Cheff Center herd. So, at this point, you may be wondering: Is there currently an Appaloosa at Cheff?

The answer is, in part, yes. It's Art, the adorable white draft cross. Art, specifically, is an Appaloosa/Percheron cross. Although he doesn't have the most typical Appy look, he does have some subtle speckles that may link to the Appaloosa side of his heritage.



A leopard pattern Appaloosa foal

Appaloosa Characteristics

The Appaloosa is often thought of as a stock horse of the American West, doing ranch work and competing in rodeos. While this reputation does apply in many cases, the breed is actually very versatile. Appaloosas are found around the world and in a variety of activities, including western pleasure, trail riding, show jumping, dressage, and hanging out as a family horse.

Appaloosas range from 14 to 16 hands high, with a compact, sturdy frame, defined withers and strong legs. Their manes and tails are sometimes shorter and wispier than other breeds. Appaloosas are typically athletic, with good speed and endurance.

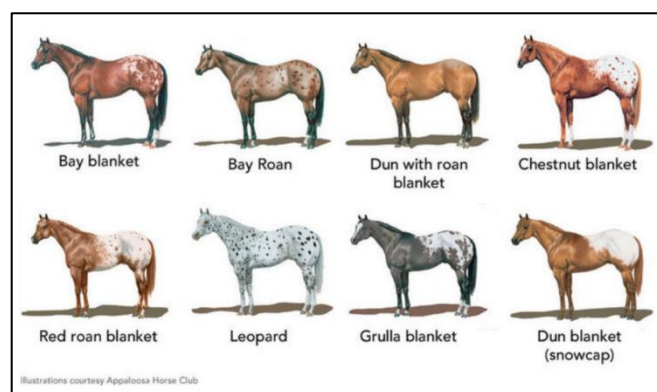
Additionally, there are **four core physical traits** typically found in Appaloosas:

Spotted coat pattern – This is the most recognizable Appaloosa characteristic. The illustration below, from the Appaloosa Museum, shows some of the possible spotting patterns. The Appaloosa Horse Club's fact sheet on [Identifying the Appaloosa](#) has additional illustrations.

A spotting pattern does not change the horse's base coat color – bay, black, chestnut, etc. The pattern, essentially, overlays white hair on that base coat to form the various designs.

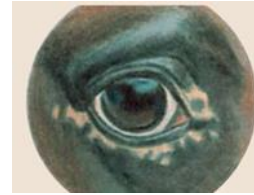
Spotting pattern genetics can also result in an Appaloosa with a solid coat (ie, no spotting pattern).

Mottled skin – Appaloosa's usually have mottled skin in several places, including the muzzle, around the eyes, and other areas where there is little hair. Mottling is a speckled or blotchy area of pink and dark skin.



Example base coat colors with spotting patterns, from the [Appaloosa Museum](#)

White sclera – The sclera is the white part of the eye that surrounds the iris. In Appaloosas, a portion of the sclera is typically visible, whereas in most breeds, the white sclera is not visible unless the horse’s eye has rolled back or the eyelid is lifted.



The image at right → shows both mottled skin around the eye and visible white sclera.

← **Striped hooves** – Appaloosa hooves often have vertical stripes, as shown at left.

These four traits are associated with the **Leopard Complex** gene, usually denoted as **LP** for short. Research in horse color genetics has shown that the LP gene must be present for Appaloosa-type spotting patterns to occur. Other patterning genes, denoted as **PATN**, are believed to determine the specific design and extent of the white patterning in a given horse.

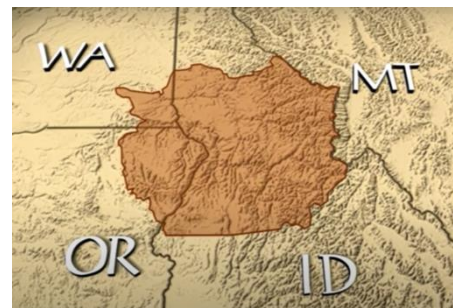
The Leopard Complex is not exclusive to Appaloosas; it is found in other breeds that display spotting patterns, including the American Mini Horse, Pony of the Americas, and the Knabstrupper (a Danish breed).

Appaloosa History

The earliest ancestors of the modern horse first appeared in North America about 55 million years ago. They evolved here and also migrated via land bridge to Asia, Europe and Africa. Then, about 10,000 years ago, the horse (and many other large mammals) disappeared from the Americas, while continuing to exist and thrive elsewhere in the world.

Spanish conquistadors re-introduced horses to the Caribbean and the Americas starting in 1493. Over time, horses spread throughout North and South America and were integrated into many Native American tribes.

By the 1700s, horses reached the Nez Perce homeland in the present-day states of Idaho, southeast Washington and northeast Oregon. Many of the Nimiipuu, as the tribe calls itself, became known for outstanding horsemanship. They were highly regarded for the overall quality of their horses and for the distinctive spotted horses in their herds. The tribe is believed to have been the only Native Americans at the time using selective breeding practices.

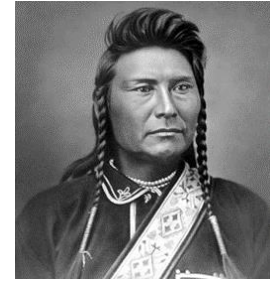


Nez Perce territory before treaties reduced it by 90% in 1863.

The name Appaloosa stems from the Nez Perce’s location in the Palouse River basin. At some point, settlers in the region began to refer to the tribe’s spotted horses as Palouse horses. The phrase “a Palouse horse” evolved into “Appaloosa horse.”

The Nez Perce’s way of life and their horse breeding efforts were greatly diminished by conflict in the second half of the 19th century. In 1863, revised and broken treaties left the tribe with only a tenth of its original land. When the US government attempted to force all Nez Perce onto this small allotment, some refused, resulting in the Nez Perce War of 1877.

About 750 tribe members, including families with children, along with many of their horses, fled to Montana. Over four grueling months, the group kept moving, with the US Cavalry in pursuit. At times, the Nez Perce group evaded the army; other times they were able to beat the army in skirmishes.



Chief Joseph, Nov 1877
(a month after the war ended)

In October 1877, after traveling 1,170 miles in mountainous terrain, most of the group was finally forced to surrender to the military, only 40 miles from their goal of safety in Canada. A few from the group did make it across the border.

Those captured, including Chief Joseph, were exiled to Oklahoma and not allowed to return to their native land for over seven years. Many of the Nez Perce died during the journey toward Canada; some died while in exile. Their horses were confiscated by the military, with some given away and many killed. Some reports credit the quality of the Nez Perce horses as a factor that helped the group travel as far and long as it did.



Tribe members with Appaloosa, c1895

Renewed interest in Appaloosas was spurred by a [1937 article in Western Horseman](#) magazine, which encouraged efforts to preserve and restore the breed. In 1938, the Appaloosa Horse Club was founded.

Fast forward to today ... the ApHC has registered over 700,000 horses and has 118 regional clubs, including two in Michigan. ApHC allows registration of horses that have two Appaloosa parents or one Appaloosa parent and the other a registered Arabian, Thoroughbred or Quarter Horse.

Another breed registry, the International Colored Appaloosa Association, was founded in 1991. It aims to produce and document eight-generation+ purebred Appaloosa horses. Registration requires that both sire and dam be registered Appaloosas themselves.

Sources and More Info

- [Nez Perce Tribe website](#)
- [Appaloosa Horse Club](#) (ApHC) Breed registry founded 1938.
- [International Colored Appaloosa Association](#) (ICAA) Breed registry founded 1991.
- [Appaloosa Museum & Heritage Center](#)
- [Appaloosa](#) Wikipedia
- [Beyond 50 Shades: The Genetics of Horse Colors](#) Chapter in the book: *Trends and Advances in Veterinary Genetics*, 2017.
- [The Appaloosa Project](#) This group researches the LP gene and provides info to owners and breeders.
- [The Appaloosa, or Palouse Horse](#) 1937 article in *Western Horseman* encouraging breed preservation.
- [Appaloosa Horses](#) OK State Univ breed description.

Videos

- [Equine 411: Appaloosa](#) 4 min, from ihearthorses.com. Overview of Appaloosa characteristics.
 - [Appaloosa History](#) 7 min
 - [How Appaloosa Horses Keep Nez Perce Traditions Alive](#) 2 min
- Above two videos are Appaloosa sections of the PBS Nature episode [American Horses](#). The full show (53 min) may require PBS Passport membership.
- [Landscape of History: The Nez Perce National Historic Trail](#) 20 min, from US Forest Service. History and geography of the Nez Perce War of 1877.

Images

Photos: [Wikimedia Commons](#) | Territory map from [Landscape of History](#) video

EDUCATION CORNER: ATTACHMENT DISORDERS

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 attachment disorders.

Have you ever noticed a child who seems quiet and perhaps not very reactive to their caregiver? A child that shows little emotion or joy when others are playing? Or a child at a social gathering who just sits on a complete stranger's lap without hesitation? These can all be signs of attachment disorders.

Attachments of children to caregivers are usually one of two types: secure or insecure. **Secure attachments** are formed when the parent/caregiver responds to a baby's cry with feeding, changing or comfort. The baby learns that they can trust the caregiver to keep them safe and take care of their needs, and in turn, forms an emotional bond with that caregiver. An **insecure attachment** is when the infant encounters a negative, unpredictable or non-response to their cries or needs. These babies see the caregiver as unreliable and may not trust them easily. As a result, they do not form the emotional bond they otherwise would, leaving them at risk of developing an attachment disorder.

There are two different types of attachment disorder:

- **Reactive Attachment Disorder (RAD)**
- **Disinhibited Social Engagement Disorder (DSED)**

Both disorders are rare but serious conditions where infants or young children have difficulty forming a bond with parents or caregivers due to early neglect or mistreatment.

Circumstances that may contribute to a child developing attachment disorders include (but are not limited to):

- Being taken away from their primary caretaker in a traumatic way after bonding with them
- Moving from home to home in a foster care situation
- Having parents who do not nurture or try to bond with their child
- Living in an institution such as an orphanage, where they did not have a loving parental figure
- Experiencing several traumatic losses early in life
- Being socially neglected
- Having parent(s) who have severe mental health issues, criminal behavior or drug abuse that impairs their parenting skills

In order to bond, one needs to *trust*. In each of those circumstances above, a level of trust has been broken. Not all children who experience those situations will develop an attachment disorder and many professionals are uncertain as to why some children develop these disorders while others do not. Even children in the same household may differ in their attachments.

Although attachment disorders are mainly thought to be strictly environmentally rooted, the fact that two children growing up in the same environment may not both develop an attachment disorder has caused scientists to question whether there may indeed be some biological roots as well as environmental ones.

Symptoms of **RAD** may include:

- Lack of positive emotions (love, joy, comfort) when interacting with others
- Avoiding eye contact and physical touch

- Expressing anger or fear by throwing tantrums, or often showing unhappiness or sadness
- Withdrawing from social situations
- Exhibiting oppositional behavior
- Possessing poor impulse control
- Bullying or hurting others
- Participating in self-destructive behaviors
- Trying to find things in their environment to control, making them likely to break rules

Symptoms of **DSED** may include:

- Overfriendliness with strangers/seeking comfort from strangers (sitting on their lap, holding their hand, etc.)
- Exhibiting no distress when a caregiver isn't present
- Showing little interest or desire to check in with trusted adults before leaving a safe place and entering a situation that is strange or even threatening
- Showing little preference for trusted adults over strangers
- Seeking out affection from people they do not know
- Acting younger than their actual age

As you can see, the two disorders are almost polar opposites, but both stem from the failure to bond emotionally in infancy.

There are some conditions that may co-occur with attachment disorders:

- Anxiety disorders
- Depressive disorders
- Autism spectrum disorders
- Pica disorder (craving and eating non-food items)
- Rumination disorder (intentionally or unintentionally regurgitating undigested food to re-chew and re-swallow it)

If those with RAD or DSED are not treated, they may have long-term effects such as:

- Inability to relate interpersonally to adults or peers
- Extreme anger problems
- An underdeveloped conscience and lack of ability to have genuine feelings of compassion toward others
- Developing a strong aversion to any kind of physical touch
- Control issues
- Developing alcohol or drug abuse problems
- Having trouble in school, behaviorally and/or developmental difficulties
- Participating in risky behavior such as early or frequent sexual activity

How is an attachment disorder treated?

Treatments for attachment disorders mainly focus on creating and/or repairing emotionally healthy bonds between the child and caregiver(s). Both children and caregivers can benefit from treatment. Treatments may include:

- Psychotherapy/counseling—a mental health professional works with the child and caregivers to build healthy emotional skills and reduce problematic patterns of behavior that may prevent bonding.
- Family therapy—this involves working together with the primary caregivers and child to develop healthy ways to interact.
- Social skills intervention—teaching the child how to interact with other children in their age group appropriately in social settings; parents then help the child put into practice the skills they learn outside of therapy.
- Special education—school-based programs can help children learn skills to succeed both academically and socially.
- Parenting skills classes—parents learn more effective ways of managing their child’s difficult behaviors.

There is no magic time frame as to when children will start forming healthy relationships, but treatment with the support of their caregivers will lead to the best outcomes.

What is the best way to help prevent children from developing an attachment disorder?

- Always meet the basic needs of the child. Infants do not cry to be manipulative, they have a reason to fuss—hunger, pain, discomfort or even needing affection.
- Show consistent love and affection—spend time with your child. Play with them, rock them or snuggle them. Give them praise and support them throughout the different levels of development. Be consistent with love and affection so they can trust that you will be there for them.
- Set boundaries - children benefit when there is consistency and stability in their lives. By setting reasonable limits and appropriate non-physical discipline, children know what is expected from them and what happens when they break the rules. This decreases kids’ fear and helps them to behave appropriately.
- Follow a schedule—establish consistency by having a daily routine the child can follow. Children feel their world is more consistent and trustworthy when they know what to expect day to day, hour to hour. Morning routines, bedtime routines, etc.
- Talk about emotions—help children talk about their emotions in order to help them understand and learn how to deal with them. Do not label emotions, or the expression of emotions, as “bad,” but rather discuss and label the feelings they are experiencing with the emotion and talk about what they can do to manage and express those feelings.

Although attachment disorders are a lifelong condition, with love, support and treatment, children can learn to develop healthy relationships throughout their lives and improve their emotional and social wellbeing.

For more information, check out:

www.clevelandclinic.org

www.verywellmind.com

www.mayoclinic.org

CHEFF UPDATES



HERD UPDATES: You may already have seen him recently in classes, but Sky is back at Cheff! Make sure you stop in and show him how happy we are to have him back at Cheff.

MENTAL HEALTH WEEK PROGRAM runs from June 26-30; more information will be provided as soon as the program is finalized.

READ & RIDE VOLUNTEERS ARE STILL NEEDED for Thursdays, through March 23, from 9am-11:30am. Let [Sara](#) know if you like to join in this fun program!

GIRLZ IN THE BARN – 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!

LOUIE'S 17th ANNUAL CHARITY GUMBO COOK-OFF & CRAWFISH BOIL was **HUGE!** Many thanks to the 12 people (volunteers and their spouses or parents) who came to help; it certainly looked like a great party!



THANKS TO ALL THE VOLUNTEERS THAT WORKED THE WMU CONCESSION STANDS - Through your efforts and generosity, you brought in **\$640** for Cheff, and probably had a lot of fun too!



CHEFF TACK SALE ON MARCH 18, FROM 1-4PM - a little bit of everything will be available, for horses both big and small...and all at a great price. See you there!

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 APRIL 1ST, FROM 10AM-1PM – Please make sure to invite your friends, family, and co-workers to attend!

MARCH FUN FACT

Each of the fifty US states has designated a set of state symbols, such as a state flower, tree and stone. If you grew up in Michigan, you probably learned in school that our state flower is the Apple Blossom, state tree is the White Pine and state stone is the Petoskey.

Several states have named, in one way or another, a state equine. Here's the list, as we know it. You could probably have guessed a few of these:

STATE	STATE HORSE
Alabama	Racking Horse
Florida	State Heritage Horse: Florida Cracker Horse
Idaho	Appaloosa
Kentucky	Thoroughbred
Maryland	Thoroughbred
Massachusetts	Morgan
Missouri	State Horse: Missouri Fox Trotter State Animal: Missouri Mule
New Jersey	State Animal: Horse
North Carolina	Colonial Spanish Mustang
North Dakota	Honorary State Equine: Nokota
South Carolina	State Heritage Horse: Carolina Marsh Tacky State Heritage Work Animal: Mule
Tennessee	Tennessee Walking Horse
Texas	American Quarter Horse
Vermont	State Animal: Morgan

So far, Michigan has not designated a state horse, donkey, mule or equine. State symbols are usually made official by an act of the state legislature.



Nokota



Missouri Fox Trotter

MARCH BIRTHDAYS

Chloe B

Sue B

Carrie B

Doreen B

Marlise DS

Maya D

Mary E

Susan H

Saadya H

Mitchell J

Cathy J

Jesse K

Beth L

Mary M

Sofia M

Alyssa N

Sara PS

Kylee R

Abby S

Tyler S

Dennis V

Lori VS

Samantha W



**MAY YOUR TROUBLES BE LESS
AND YOUR BLESSINGS BE MORE,
AND NOTHING BUT HAPPINESS COME
THROUGH YOUR DOOR.**



HAPPY ST. PATRICK'S DAY!!!

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. ***Last year, Cheff received a check for \$1,281.30 from Harding's Community Rewards!***

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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