



CHEFF CENTER VOLUNTEER NEWSLETTER

Inside this issue:

- Volunteer Profile: Dale Wilson
- Horse of the Month: Ryan
- Education Corner: Acupuncture
- Shindig Update
- Introducing Kassie and Effie!
- Cheff Updates
- Fun Fact
- Birthdays

October 2023 Issue 34

VOLUNTEER PROFILE: DALE WILSON



Blue and Dale

Meet our volunteer of the month, Dale Wilson.

Dale grew up in the area and attended Springfield High School in Battle Creek. While going to college, he worked at McDonald's for a couple of years where he met his wife, Lori. She had a horse at the time, and that was his introduction to the horse world. Dale and Lori have been married for 45 years now, and have eight miniature horses, two full-sized horses and one pony. He ended up working with Michigan Bell, now AT&T, for the rest of his working career.

Dale and Lori moved into the area (a hop, skip and a jump away from Cheff), and met Cheff volunteers Mike and Linda Moore through their local neighborhood watch group. The friends

ended up sharing an interest in at least two activities: ballooning and the Cheff Center.

Dale became interested in hot air balloons after going to the world championships in 1982 in Battle Creek. He crewed for another ballooning team and was able to buy his first balloon in 1987. Mike and Linda crewed for him until Mike bought his own balloon.

Mike and Linda have volunteered with Cheff since 1983. They told Dale and Lori about Cheff, who then started volunteering in 1996. Dale continues to volunteer, and Lori is heavily involved with the Calhoun County 4-H and the "Mini Whinnies," where young people show and drive miniature horses. Dale spends a lot of his time helping Lori with the minis.

Besides ballooning, Dale dallies with old cars. He has a 1929 Model A Ford and a 1966 MGB. He also has a 1957 Chevy as a new project, though he hasn't been able to spend much time on it due to "horse-ing around" so much at home and at Cheff.

Dale likes helping people in general, but he really enjoys being at Cheff, especially meeting and working with people and working with the horses. Fun fact: Dale was the first person to ever get Tess to trot at Cheff! Now she loves it, and if you've ever led Tess, you know what we mean!

We are so happy to have Dale, and we appreciate his dedication to the Cheff Center so very much! Thank you, Dale!

HORSE OF THE MONTH: RYAN



Ryan

Welcome to one of Cheff's newest herd members, Ryan!

Ryan is a 12-year-old Clydesdale Cross that stands about 16 hands high and weighs around 1,300 lbs. He's a big boy with a very handsome face!

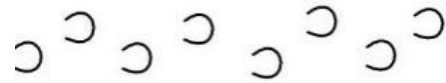
Ryan arrived at Cheff in June of 2023, as a loan from Chuck French. Chuck and Ryan are part of the Battle Creek Hunt Club next door, so you may see them out and about at the hunt on Thursdays.

How were we so lucky to get Ryan on loan? We just happened to need a bigger horse, and noticed this big, good-looking horse in the field, so we asked his owner if Ryan could work here in the offseason of the hunt...we are so grateful he said yes!

Ryan has fit in very well to our program, he really seems to enjoy classes and loves taking his riders on trail rides.

As some of you may have noticed, Ryan has a bump on his nose; this was a suspected abscess due to an unknown foreign body, which is currently being treated.

Unlike most of his herdmates, Ryan is pretty picky with his treats - he prefers carrots and apples to any other horse treat! When you see Ryan in the barn, show him some love...and if you happen to see Chuck, tell him thanks!



CONGRATULATIONS, JOE AND ASHTON!

**On September 8th, our lovely
Ashton and Joe Malewietz
were married...best wishes to
the happy couple!**



EDUCATION CORNER: EQUINE ACUPUNCTURE

Keeping the herd healthy and feeling good is a big job and a top priority at the Cheff Center. Regular farrier and veterinarian visits are an important part of the healthcare routine. And for some of our horses, veterinary care also includes periodic chiropractic and acupuncture sessions.

In this article, we'll look at equine acupuncture and see how a combination of acupuncture and chiropractic treatment has been helpful for Winston and Monte.

Background

Acupuncture is a component of traditional Chinese medicine. It has been around for at least 2,000 years.

The ancient Chinese theory of acupuncture involves a concept called "Qi" (sometimes written as "Chi"): the life force or energy flow thought to exist in all living beings. Qi, it was believed, streams through the body in pathways called "meridians." Inserting needles in specific locations, or "acupoints," on these meridians can generate a therapeutic response to treat pain, illness, and other medical conditions.

Over the last few decades, there has been growing awareness and availability of acupuncture in the Western Hemisphere as a treatment method for both humans and animals. This has spurred greater interest in studying acupuncture *scientifically* to evaluate its safety and effectiveness.

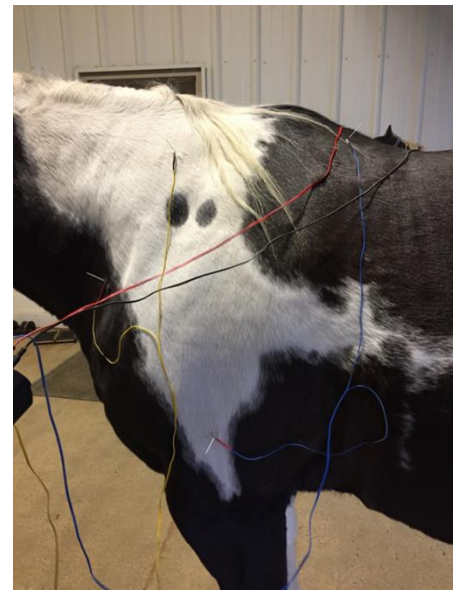
The UC Davis Center for Equine Health [summarizes](#) acupuncture's mechanism from a scientific perspective as follows: "Modern research shows that acupoints are located in areas with a high density of free nerve endings, mast cells, small arterioles and lymphatic vessels. Stimulation at acupoints induces the release of beta-endorphins, serotonin and other neurotransmitters and can produce local, remote, and/or systemic effects."

Using acupuncture with equines

Acupuncture is most commonly used in equines to treat musculoskeletal problems like muscle soreness, back pain, and neck pain.

A typical treatment may involve just a few needles or 20+, depending on the goal. The needles are very thin and flexible; most horses are not bothered by them. Sometimes the needles are used alone; in other cases, "electro-acupuncture" is used, where a mild electrical current is connected to increase stimulation at each acupoint.

A session typically lasts around 30 minutes. Over the course of a treatment, horses often become quite relaxed and even sleepy. For chronic conditions like back pain, acupuncture is usually an ongoing therapy, repeated as needed.



Monte and Jake (above) during Monte's electro-acupuncture treatment

Other equine conditions that acupuncture may help with include neurological disorders such as facial paralysis, gastrointestinal disorders, and respiratory conditions. Research to support the value of acupuncture in some of these areas is not yet conclusive. Many studies show promise but have had only a small number of participants or have not used scientific control groups, so research reports often note that additional, robust investigation is needed.

Getting back to the Cheff herd...

Two of our horses – Winston and Monte – receive both acupuncture and chiropractic work. Cheff’s veterinarian, a DVM who is also trained in acupuncture and chiro, provides this treatment. A normal chiropractic visit is about \$100. Acupuncture on top can be an additional \$50-100.

Here’s how the therapies have helped this hard-working pair:

- **Winston** carries a lot of heavy, unbalanced riders, which causes his body to compensate, and, in turn, he stresses his muscles. This can result in a “pull” on his vertebrae. His spine will be slightly twisted in his mid to low back. If this goes without being treated, he’ll have issues with his pelvis and neck, as his body is, again, compensating for the changes.

Our staff monitor Winston’s back and can tell if he is straight or starting to twist. Periodic chiropractic adjustment helps and, additionally, Winston has received acupuncture as a kind of “bonus” treatment. The small acupuncture needles go into the muscles and help relax them. Adding low-level electricity sends small pulses to the muscles to give them more release.

- **Monte** is always very tight in his neck and shoulders. Looking at his conformation, you can see he is built downhill, meaning that his haunches are higher than his withers. This puts constant weight and pressure on his forehead, causing the tightness in his neck/shoulders. In turn, this leads to soreness in his back/pelvis, as his body is trying to compensate for his particular conformation.

Like Winston, Monte benefits from acupuncture in combination with chiropractic to give those tight muscles the greatest release.



Winston



Monte

Sources and More Info

[Acupuncture in Horses](#) Univ of California Davis Veterinary Medicine, Center for Equine Health, Jul 2019.

[What is Veterinary Acupuncture?](#) International Veterinary Acupuncture Society.

[Help Your Horse with Acupuncture](#) Horse Journals (Canadian publication), Feb 2023.

[Evidence-based Application of Acupuncture in Equine Practice](#) American Journal of Traditional Chinese Veterinary Medicine, Aug 2021.

[Integrative Medicine – Acupuncture / Acupuncture – What to Expect](#) MSU Veterinary Medical Center.

Video: [Equine Acupuncture Demonstration](#) (2 min.) Hagyard Equine Medical Center, Lexington, KY/VetSetGo, 2016.

***If you would like to contribute toward the costs of the herd’s medical program, you can do so [here](#).
Donations of any size are always appreciated and make a difference. Thank you.***

SHINDIG UPDATE

Our annual Shindig fundraiser was held on August 25. First and foremost, we would like to thank those of you who helped us in the week running up to Shindig, and all those who worked the event.



The arena all gussied up!

We were able to clean the barn and arena from top to bottom and clean the office building as well, all before Friday. We had approximately 21 of our regular volunteers (and a few spouses, parents, children, etc.) during the week, four groups from Zoetis, and a group from The Barton Group. On Friday evening, we had over 45 volunteers including the bartenders (who donate their time and services).

For those of you who have not seen or experienced Shindig, it's quite an undertaking and quite an event! Attendees arrive and register, then head to the arena where they get a special welcome cocktail. They have about 45 minutes to look around at the silent auction items, bid, have appetizers and drinks, and play a game or two if they like. Around 7:00 PM, everyone heads to the dining tent and is seated for dinner.



Fun at the photo booth

The live auction takes place immediately following dinner, and if you enjoy people-watching, it's top notch! Most items auctioned are amazing experiences or high-end items, and it gets quite interesting watching them bid and outbid each other. There is a lot of laughter and fun being had during the auction!



Live auction time!



The band has everyone on the floor!

After the live auction, the band takes the stage and plays until 11. The dance floor is usually full, and people are clearly enjoying themselves. At 11:00pm the band stops playing (not without people offering to pay them to stay and play another song or two!) and people head out.



Dancing in the sawdust

Shindig is the largest, and therefore the most important, fundraiser of every year. We could not get everything ready, nor have the event run as efficiently without our volunteers. Everyone was a tremendous help, and we hope that everyone who helped enjoyed it!

Thank you, volunteers! We couldn't do it without you!



INTRODUCING KASSIE AND EFFIE!



Kassidy and Effie

We are happy to announce that the Cheff Center has two new employees you'll be seeing in the barn on Tuesdays and Thursdays. They will be in charge of the barn during classes, and will help clean, groom, tack, and answer questions as well as lead in classes if needed.

Kassidy Simon will be the barn leader on Tuesdays. Along with having horses throughout her life, Kassidy has grown up around the Cheff Center, being the stepdaughter of our executive director, Tara. She has volunteered here and loaned us the use of her horse, Scoobie, to help with classes currently. She also trained Chip, our new mini, and is loaning him to Cheff to keep Archie company; you may notice that Scoobie and Chip are very attached to each other as well. Kassidy is a junior at Gull Lake High School and would like to attend Findlay

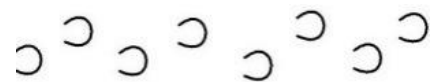
University in Ohio for barn management and equine studies.

Effie Jibson will be barn leader on Thursdays. Effie met Kassidy in 4-H at Eastfork Farms when they were around 8 years old, and they have been close friends ever since. Effie is a junior at Gull Lake High School and is also leaning toward attending Findlay University in Ohio to study equine sciences.

We know that you will give them a warm welcome, and hopefully this will make classes go more smoothly and the barn run more efficiently moving forward. They are very knowledgeable and will be great barn leaders!



Kassidy and Effie on Scoobie



“Alone we can do so little; together we can do so much.” Helen Keller

CHEFF UPDATES

READ & RIDE PROGRAM IS SCHEDULED FOR THURSDAYS, FROM OCTOBER 12 TO NOVEMBER 16, FROM 9:00AM-11:30AM.

This is a completely different program from our therapeutic riding classes, with first graders from Gull Lake that are struggling with reading. They play reading games on horseback, read to dogs, and have classroom time. The energy is incredible and it's so much fun! If you are willing and able to help, please contact [Sara Putney-Smith](#).

THE NEXT VOLUNTEER ORIENTATION IS SATURDAY, OCTOBER 14, FROM 10:00AM-1:00PM.

Cheff is always in need of more volunteers, especially now with our expanding classes...so invite your friends, family, and co-workers to attend! Make it a family affair! You can contact [Sara Putney-Smith](#), or complete the [Volunteer Application Form](#).

LEADING CLASS IS SCHEDULED FOR MONDAY, OCTOBER 16, FROM 6-8PM.

All are welcome to attend – whether you already serve as a horse leader now or would like to build your skills and lead in the future. If interested, please contact [Sara Putney-Smith](#).

TRAINING ON HORSE BEHAVIORS & READING BODY LANGUAGE IS SCHEDULED FOR NOVEMBER 20, FROM 6-8PM.

More information on this class in the November newsletter!



WE SAY A FOND FAREWELL TO OUR FAVORITE INSEPARABLE DUO, HARVEY AND TINA 💔💔

It is with heavy hearts we report that over the summer break, Harvey (31), and Tina (20) crossed the rainbow bridge together. These horses served Cheff faithfully for a combined 25 years and will be deeply missed. Harvey spent the last 18 years with us and took special care of our tiniest clients and most timid volunteers. Tina will be remembered for her program work and will live on in countless photographs with her silly sideways tongue. These two leave a large hole - particularly because they were both members of our therapeutic riding and hippotherapy teams. If you know any equines who are sound, sane, and potentially interested in joining our crew, please contact us at 269-731-4471! For a video showing how bonded these two were: [Tina and Harvey at exercise class!](#)

FUN FACT

The iconic Budweiser Clydesdales will no longer have their tails shortened using a common, yet controversial, procedure, parent company Anheuser-Busch InBev announced in September 2023.

The brewer said in a statement that the change was made earlier this year, stressing that the safety of the horses was a “top priority.” The statement coincided with an announcement that it had obtained an animal welfare certification for the horses, as well as the dalmatians that serve as their companions.

Large draft horses like Clydesdales, Shires, and Percherons frequently had the boney part of their tails amputated to a length of about 6 inches (15.24 centimeters), in a process called docking; it is often performed on foals using a special constricting band, the American Veterinary Medical Association explained on its website.

The purpose was said to prevent the tail from interfering with the harness and carriage, but many argued it was unnecessary, and the practice is now banned in several countries.



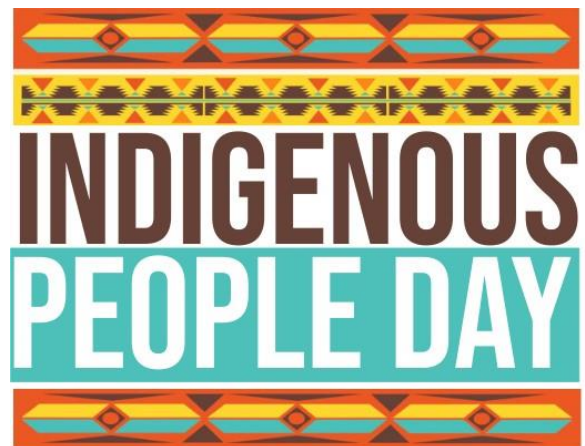
For more information: [Iconic Budweiser Clydesdales will no longer have their tails shortened](#)

OCTOBER BIRTHDAYS

Dianne B
Julie D
Alanna K
Mary M
Melissa S

Danielle B
Kelsey DM
Madison K
Linda M
Tasia S

Savanna B
Chris H
Vickie K
Nina P
Patti W



October 9th, 2023

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

CHEFF THERAPEUTIC RIDING CENTER, 8450 N. 43rd ST., AUGUSTA, MI 49012

PHONE: 269.731.4471

EMAIL: INFO@CHEFFCENTER.ORG

