



CHEFF CENTER VOLUNTEER NEWSLETTER

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March 2022 Issue 18

MARCH VOLUNTEER PROFILE: ANN LINDSAY



Former Cheff Horse Peppermint & Ann

Ann Lindsay, our March Volunteer of the Month, grew up in Richland and knew of the Cheff Center from the time it was established. Ann's family was excited to hear about Cheff; her younger brother, who was a preschooler at that time, had a disability and they were curious if therapeutic riding might be appropriate for him. It was a great match, he rode for several years, and eventually became an independent rider.

Ann came to Cheff with her brother quite often when she was young but didn't officially become a volunteer until a chance meeting at a 2015 WMU football game when she sat next to a man wearing a Cheff jacket; turns out he was a very enthusiastic, long-time Cheff volunteer who inspired Ann to sign up for an orientation and start volunteering in 2016. Ann now emulates that volunteer by wearing her Cheff gear in public whenever possible!

Ann attended Gull Lake Schools and Kalamazoo College, after which she worked in local tourism in Savannah, GA for a few years. She then decided to change fields and became a librarian, going back to school in Chicago and working at the University of Chicago Libraries. Ann returned to the Kalamazoo area in 2000 and worked as a librarian and in library IT, at KVCC and WM. She is now retired.

Ann loves trail walking, especially at the Bird Sanctuary, the Kalamazoo Nature Center and any other place with off-road paths. She's always loved horses, but never had one of her own. Ann took riding lessons a few different times -- during high school and as an adult. While in Chicago, Ann had lessons at a historic stable that was hidden away in the Old Town neighborhood, the last stable and riding hall within the city limits. It has since been torn down to make way for new development.

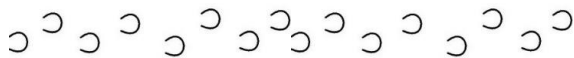
In past years, Ann attended several local and regional Special Olympics events as a fan and

supporter of her brother and his teammates; she attended the Special Olympics World Games in Baton Rouge when her brother was part of the USA delegation. Volunteering at Cheff is the first time Ann has formally worked with people with disabilities.

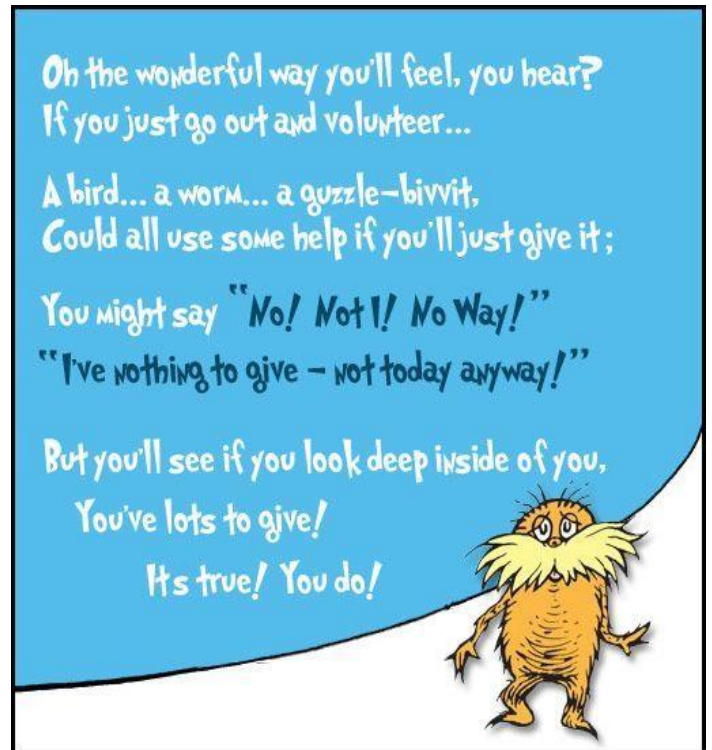
Ann likes so many things about volunteering at Cheff: getting to know a client over time and learning how best to be supportive, learning more about the horses, how eager instructors and other staff are to explain things, and working with volunteers of all ages and experience levels who are so willing to help each other out. Ann was also surprised to learn how extensive and varied the equine-assisted services field is and how working with horses helps in so many situations.

Ann often worked with her favorite horse, Awesome; she appreciates what a good listener he is and how he works so thoughtfully for his riders. Tess is another favorite, with her great face and sweet attitude.

You may see Ann at Cheff in the new volunteer orientations, and she is a major contributor and informal editor of the Cheff volunteer newsletter – THANKS, Ann, for all you do!



Spring is coming March 20th!!!



Happy Birthday, Dr. Seuss!



**Daylight Savings Time
starts March 13...
Turn your clocks 1
hour ahead!**



HORSE BREED OF THE MONTH: CLYDESDALE

We have now featured each of the Cheff horses, so we move on to the breeds represented in the Cheff herd.



Cheff's Own Clydesdales, Tess & Willy

Thanks to their large size, high-stepping gait, and the feathering on their legs (along with being a beer company mascot), the Clydesdale horse is one of the most easily recognizable heavy draft horse breeds in the world.

The Clydesdale breed was developed during the late 18th and early 19th centuries in the Lanarkshire County of Scotland, taking its name from the River Clyde flowing through the district. Clydesdales first reached North America when Scottish immigrants brought their horses to Canada. The horses were later brought to the US, where they served as power machinery, pulled wagons, plowed fields, and performed several other tasks that needed their considerable strength and endurance.

As machinery started to replace horses in agriculture and industry, Clydesdales came very close to extinction. The conscription of these horses in World War One also led to a decline in their population. In 1877, the Clydesdale Horse Society was established as a registry, and enthusiasts and

breeders consistently work towards the survival of this horse breed.

The Clydesdale horse is one of the tallest breeds, ranging between 64 inches (16 hands) and 72 inches (18 hands) tall; their weight (from 1,600 – 2,000 pounds) matches their imposing height. Clydesdale stallions often weigh more and stand taller than the mares.

The Clydesdale's coat color is mostly bay, though they can also be chestnut, black, or gray. Their coats may either be solid or have roan spots or markings. While these horses often have white stockings on their legs, solid colors also occur. They may have bald facial markings or wide white blazes, leading to flashy, attractive combinations.

The most apparent feature of Clydesdale horses is their large hooves, each about the size of a frying pan, and weighing about five pounds. In contrast, the hoof of an average thoroughbred horse is just a quarter of that size.

Clydesdale horses are generally a healthy breed with a gentle and calm temperament. Their strength, agility, and calm nature make them excellent trail horses and valuable therapy horses.

The Clydesdale requires extra grooming care. Due to their large size, grooming usually takes longer. Their leg feathering needs regular shampooing to remove debris and dirt, and complete drying to avoid skin irritation; they can develop skin infections if their leg hair isn't properly maintained.

The fame of the Clydesdale in the United States has been greatly influenced by the Busch family. After the Prohibition of alcohol sales (1920–1933) ended, and beer could again be legally sold, the Busch family

celebrated; August Busch Jr. surprised his father with a magnificent eight-horse hitch of matched bay Clydesdales pulling a Budweiser beer wagon to carry the first beer produced after the end of Prohibition. Since that time, the Budweiser Clydesdales have become the world-famous symbol of and ambassadors for both the brewery and the breed.

Cheff is fortunate to have two beautiful Clydesdales in the herd. Tess has been a member of the herd since March of 2017, and is a calm, mostly unflappable, dependable ride. Our second Clydesdale, Willy, arrived in October of 2020, fresh from his job as a police horse in the Metropolitan Mounted Unit in Washington, D.C. Willy is by far the largest Cheff equine at 18 hands high (6 feet) and 1893 pounds!



Willy the Wondrous!

We're so glad to have these two big-hearted horses here at Cheff!



Terrific Tess!



**CHEFF ANNUAL
TACK SALE!**
Held Saturday
March 26, 1-4PM
Onsite at Cheff



The World of Saddle Pads

Part One: Saddle Pad Basics

If you were to list the tack needed for riding a horse, a saddle pad might not be the first thing you think of. It is, however, an important piece of equipment that helps keep horse and rider comfortable and safe in several ways.



Western saddle pad



English saddle pad

In this article, we'll look at the basics of saddle pads and some general guidelines for using them.

Purpose

Saddle pads serve two primary roles: **cushioning** and **cooling**. Here's a breakdown of those roles, along with some other things saddle pads can do:

- Cushion and absorb impact from the rider's bouncing and movement; this protects both the horse's back and the rider's.
- Smooth out *minor* saddle fit issues so saddle pressure is distributed evenly. The idea is to eliminate pressure points that can cause the horse pain. Over time, pressure points may result in injury and, possibly, a change in a horse's stride or posture.
- Keep the horse's back relatively cool and comfortable by wicking sweat away and allowing heat to dissipate through breathable pad material.
- Help hold the saddle in place. Pads with grippy bottom layers are designed to do this.
- Prevent the saddle from directly rubbing on, and potentially irritating, the horse's coat and skin.
- Protect the saddle from the horse's sweat, dirt and hair. The pad will pick these up instead. It's usually easier to clean the pad than the saddle.
- Provide a bit of color for competitions or just for fun. Some show riders coordinate the color of the saddle pad with their outfit (see photo →).



Color coordination

A given saddle pad may do one or more of these tasks, depending on how it is made. Sometimes two pads are used together – a bottom layer for cooling and/or grip and a top layer for cushioning.

Saddle + Saddle Pad

While a saddle pad can do a lot, note that it **cannot remedy a saddle that overall does not fit**. Many how-to articles about saddle pads make the point that a properly fitting saddle should always be the first consideration. From that starting point, a complementary pad will enhance comfort for both horse and rider.

As mentioned in the list above, however, a saddle pad can help with *minor* saddle fit problems. A minor issue could arise if, for example, a horse has been less active for a period of time and has lost a small amount of muscle mass. A saddle pad can fill in for the slightly diminished muscle, thus keeping a good saddle fit. Some saddle pads are designed for this situation – they have pockets where shims of extra padding can be inserted to build up cushioning in the particular spot where a fit issue exists.

Cushioning is generally a good thing, so is a thicker saddle pad always better? The answer is: no! Again, proper fit is the issue. A pad that is thicker than the saddle has room for will make everything too tight. This can increase pressure on the horse's back and withers rather than lessening it. Experts compare this to the feeling of wearing thick socks that are too bulky for your shoes. Ouch!

Saddle Pad Placement

Here are a few guidelines for positioning the saddle pad – English or Western:

- Place the pad further forward than it should be, then slide it back into position. This moves the pad in the same direction as the horse's hair, keeping the hair smoothly in place.
- Pull the front of the pad up into the gullet of the saddle to lessen pressure on the horse's withers (see photo →).
- Ensure that the entire pad is free of wrinkles. A wrinkled pad under a saddle can feel like a twisted sock in your shoe – it's irritating!



So, that's a look at some saddle pad basics. Next time, we'll focus on specific features of English and Western pads.

Sources

- *Horse Tack Bible* by Carolyn Henderson 2008
- [Saddle Pads 101](#) -- Equus England (no date)
- [Saddle Pads: A Cushion of Comfort](#) – Horse & Rider Oct 2018

Photos

- English saddle pad / Western saddle pad -- [SmartPak Equine](#)
- [Color Coordination](#) -- Wikimedia
- [Saddle pad position in gullet](#) – Horse & Hound June 2021



CHEFF UPDATES



HERD HEALTH NEWS – Both Tina and Art are finished with treatments for EPM. All of the Cheff herd is in good health!



CLASS UPDATES – Education month was a great success and we will be offering the same classes (and hopefully more) again for those who were not able to attend the first sessions. As soon as dates are finalized, Sara Putney-Smith will send updates via email.

Shindig News – Shindig, Cheff's biggest fundraiser, is ON for August! As you may know, Volunteer help is crucial for preparation and during the actual event.

If you have any items you'd like to raffle off—gift baskets with value between \$150-\$200, other donated items/services, etc., we'd be most grateful!

Donations are tax-deductible and receipts will be issues for tax purposes. In the past our volunteers have done a stellar job of getting donations, baskets, etc. and we appreciate any help to make this event successful.

Sara will be reaching out to recruit volunteers in the upcoming months.

VOLUNTEER ORIENTATION REMINDER: The next orientation is March 26, from 10AM – 1 PM. **As always, if you know anyone that would be a great volunteer, please encourage them to fill out the [VOLUNTEER APPLICATION](#) on our website and come to the orientation!!**

FIND BACK ISSUES of the Newsletter at: [Volunteer Newsletters](#)

WE ARE ON THE LOOKOUT! Cheff is always looking for great horses to add to our herd. Because of their important role, we are very selective in determining which horses are accepted. If you know of any possible candidates with the qualities listed on our website: [WHAT WE LOOK FOR IN A HORSE](#), please contact Emily at: Emily@cheffcenter.org

March Fun Fact

Velma Bronn Johnston (March 5, 1912 — June 27, 1977)

More famously known as "Wild Horse Annie," Velma Johnston was an animal welfare activist who spent decades of her life fighting to protect wild horses, leading a campaign to stop the eradication of mustangs and free-roaming burros from public lands. She was instrumental in passing legislation to stop using aircraft and land vehicles from inhumanely capturing wild horses and burros.

Velma Bronn was born in Reno, Nevada, on the family's "Lazy Heart Ranch". After enduring a childhood battle with polio that left her disfigured and permanently in pain, she experienced a moment on her way to her secretary job one morning in 1950 that changed her course. Johnston was following a truck overcrowded with horses and saw their pitiful condition. She followed it to a slaughterhouse, and upon learning they were free-roaming horses gathered from private and state lands in Nevada, she took action to ensure more humane treatment of free-roaming horses when captured and transported.

Johnston approached the issue with facts and realism, containing her passionate outrage so her message would be more effective: "I have given a great deal of thought to the matter in order to not appear hysterically over-sympathetic and just another 'do-gooder.'"

She encouraged children to write to Congress, and this campaign flooded the government with more mail than any issue besides the Vietnam War.

The Wild Free-Roaming Horse and Burro Act passed in 1971, largely due to her dedication and as an example of what one person can achieve in the political process.

Her friend Marguerite Henry fictionalized the crusade in Mustang: Wild Spirit of the West. Johnston's devotion made her a national hero and pioneered the movement to save American Mustangs that wages on today.

For more information, see: https://en.wikipedia.org/wiki/Velma_Bronn_Johnston



Remember, March is...

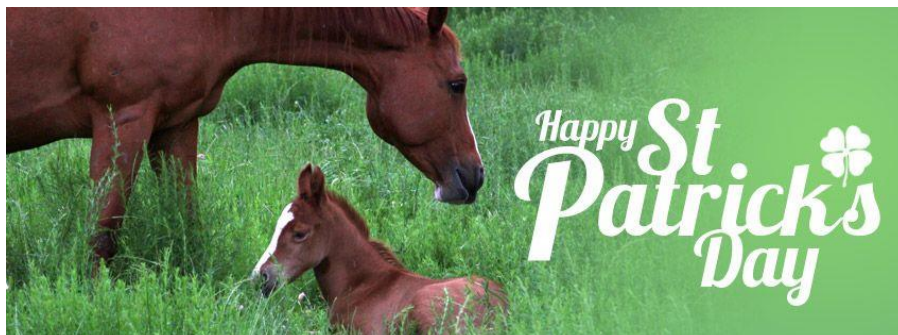


MARCH BIRTHDAYS

Doreen B
Kelly E
Rachel E
Mitch J
Beth L
Sara P
Dennis V

Carrie C
Jessica E
Sue H
Cathy J
Sofia M
Kylee R
Sam W

Maya D
Layne E
Saadya H
Carrie K
Alyssa N
Tyler S



Did you know that Cheff gets a large discount on horse-related products?

Cheff appreciates the generous spirit of our volunteers. If it is in your heart, please make a [DONATION](#) and we can use it where most needed!

Amazon Smile

Please remember that when you order online from **Amazon.com**, the Cheff Center can receive a percentage of your purchase. Go to smile.amazon.com and register—we are one of the 1000s of charities that you can choose from, and we will get 0.5% of your qualified purchases! To find out more, visit: <https://smile.amazon.com/gp/chpf/about>

And if you really want to help, ask your friends and family to do the same. We thank you in advance, as every penny counts for us, especially at this time.

Harding's

For those of you who shop at Harding's, if you join their Community Rewards program and select the Cheff Center as your organization of choice, we will receive a rebate based on your purchase amounts. Please let your friends and family know—every little bit helps!!!

For more information, click on the link below.

<https://www.hardings.com/savings-and-rewards/community-rewards/>

Have any horse-related equipment hanging around?

Cheff relies HEAVILY on donations - if you have any gently used horse equipment- saddles, pads, blankets, sheets, (even half bottles of fly spray), they will be gratefully accepted!

Do you have any Questions/Comments/Suggestions?

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

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