



CHEFF CENTER VOLUNTEER NEWSLETTER

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May 2022 Issue 20

MAY VOLUNTEER PROFILE: REBECCA LEFEVRE



Rebecca and Archie

Rebecca has the notable experience of being involved with the Cheff Center in three different ways: as a volunteer, a rider, and a staff member. She's known of Cheff for about as long as she can remember.

As a young child, Rebecca was diagnosed with epilepsy. Her neurologist suggested therapeutic riding, so her family connected with Cheff. She started riding in kindergarten and continued through first grade.

Growing up, Rebecca moved on to other things, then circled back to Cheff seven years ago while in high school at Portage Central. The school's community service program got her thinking about Cheff and potential volunteer opportunities. She began volunteering as a student, then stayed on after graduation. A nice bonus is that Rebecca's mom, Janet, became a Cheff volunteer at the same time.

A few months into volunteering, Rebecca was inspired to get back into riding as a Cheff client. She hadn't been on horseback since her childhood classes. Fast forward to today, with several years of riding and volunteering under her belt, Rebecca says she's "come a long way" in her equestrian skills. Currently she's focused on cantering proficiency and is preparing to try out some small jumps. She got interested in jumping after reading a book about [Snowman](#), the famed rescue horse who became a show jumping champion in the late 1950s.

After high school, Rebecca added a third notch to her Cheff experience when she joined the staff as an equine/barn assistant. In this position, she assisted with the herd and guided volunteers doing barn tasks, especially getting horses ready for classes, and cleaning up the barn at the end of the day. An important part of this job is keeping everything moving in a timely way while also helping volunteers as needed. Those of us who

volunteered at that time admired Rebecca's calm and reassuring way of working with people and horses!

Rebecca transitioned from her Cheff job to become a CNA (Certified Nursing Assistant) with a position at Bronson Commons, a rehab and long-term care center. She started there two years ago, just as COVID-19 was hitting, so she's been a frontline worker throughout the pandemic.

Her job involves helping residents with daily living needs. Rebecca said it's important to allow and encourage each person to do as much as they can themselves before you give assistance. It's interesting how this approach is very similar to the way volunteers work with clients at Cheff.

Rebecca is also a KVCC student. She took pre-requisite classes and then was accepted into the Medical Assistant program, which she'll complete in 2023.

Between volunteering, riding, work, and school, it's a pretty busy schedule. In her free time, Rebecca enjoys reading, especially mysteries. Agatha Christie is one of her favorites. She's a regular exerciser, which includes walks with her dog Ally, a Labrador/golden retriever mix. They've been buddies since Rebecca was a high school freshman.

What does Rebecca like most about volunteering at Cheff? "All of it!" she said. Riding and volunteering are big stress relievers, she finds. In addition to regular weekly volunteering, Rebecca has also helped with instructor certification classes at Cheff. These are periodic sessions where therapeutic riding instructors from all over train and test for [PATH Intl.](#) certification.

In class, Rebecca currently rides Awesome. She's had a chance to ride several former and present Cheff horses. She noted that Sky and Awesome have really smooth canters, and when you ride Tess, you feel tiny!

Rebecca has an affinity for the horses that tend to be grumpier or are harder to get to know. She was especially close to former Cheff horse BJ, a handsome and unique Paint gelding. Archie is also one of her favorites.

Thank you, Rebecca, for your great work and long-time dedication to Cheff. We wish you the best in your studies and hope to see you at Cheff for many years to come!



Awesome & Rebecca: Ready to Ride!



Rebecca and a young client

HORSE BREED OF THE MONTH: AMERICAN PAINT HORSE



The American Paint Horse is a breed of horse that combines both the conformational characteristics of a western stock horse with a pinto spotting pattern of white and dark coat colors and is one of the most rapidly growing North American horse breeds. Developed from a base of spotted horses with Quarter Horse and Thoroughbred bloodlines, they are marked by their signature color patterns.

Until 1940, paints shared a gene pool with quarter horses, at which time the American Quarter Horse Association formed and excluded horses with too much white—meaning all paints—from its registry. But the multicolored horses remained popular, and eventually the American Paint Quarter Horse Association and the American Stock Horse Association

formed. The two joined in 1965 to form today's [American Paint Horse Association](#), which keeps the breed's registry.

The registry for American Paint Horses allows some non-spotted animals to be registered as "Solid Paint-Bred" and considers the American Paint Horse to be a horse breed with distinct characteristics, not merely a color breed.

The colored coat patterns are rightfully the paint horse's most distinctive trait. But the breed is about far more than color. Its colors, patterns, and markings combine with its muscular, well-balanced stature to create a truly striking physical appearance.

The paint horse stands between 14 hands (56 inches) and 16 hands (64 inches) on average; those with thoroughbred heritage are typically on the taller side. The average weight ranges from 950 to 1,200 pounds, a bit heavier than many full-size horse breeds.

Besides their unique coat patterns, paint horses were bred for their friendliness, calm demeanor, intelligence, athleticism, and trainability. Due to their strength, speed, agility, and stamina, they were traditionally used for transportation and work.

Nowadays, paint horses are a very versatile breed with representatives in almost every equine sport. You'll find them barrel racing, jumping in the stadium and in cross-country events, working cattle, trail riding, combined driving, and much more. In addition, many individual paint horses find success in multiple equine sports or activities.

The paint's distinctive coat patterns can occur in any combination of white plus another color, such as bay, black, palomino, or chestnut. The patterns and colors vary greatly, and no two horses are precisely the same. Some paint horses are a solid or almost-solid color.

Paint horses display several named color patterns. The two main patterns of these horses, *overo* and the *tobiano*, are distinguished by the position of the white coloring on their coats:

- Tobiano: These horses usually have a color over one or both flanks with rounded white patches around their withers and tail. The head is colored and can have markings, such as stars, blazes, or strips. The tail and mane hair can be of two colors. Our Monte is a good example of a Tobiano paint.
- Overo: Horses with this pattern have irregular white patches across their bodies, though their backs are usually a solid color. The legs are colored but can have white stockings. The face is mainly white. Gunny, who is a Haflinger/Paint mix demonstrates Overo markings.



You can refer to the October 2021 newsletter article where we discussed horse [color patterns](#) for more information.

The American Paint Horse is very similar to the Pinto horses in color. However, the main difference between them is related to their bloodlines. American Paint horses are limited to registered bloodlines of Paint, American Quarter Horse and Thoroughbred horses, whereas the Pinto can be from an array of bloodlines including the Arabian, American Saddlebred, American Miniature Horse, Tennessee Walking Horse and American Shetland Pony to name a few.

Paint horses are prone to a few genetic health issues, including some that also run in quarter horse and thoroughbred bloodlines. One genetic disease associated with paints is lethal white syndrome. Some horses can just be carriers of the gene and have normal lives. But foals with two copies of the gene are typically born with a white coat and blue eyes. Internally their intestines haven't fully developed, so they quickly show signs of colic. Unfortunately, there is no treatment for the fatal disorder.

Furthermore, some paints also might be prone to hyperkalemic periodic paralysis, a genetic disorder that causes muscle twitching and weakness. And some are at risk of hereditary equine regional dermal asthenia, a disorder that weakens tissue. These issues commonly affect quarter horses, as well.

Other Cheff horses that are all or part American Paint Horses: Awesome, Sky and Winston.

For more information on the American Paint Horse:

- [American Paint Horse - Wikipedia](#)
- <http://palmerpaints.com/the-tobiano-pattern/>
- [Paint Horse Breed Profile \(thesprucepets.com\)](#)



CHEFF UPDATES

THERE'S STILL TIME to sign up for the Spring Trail Ride on May 21st! More details and the registration link can be found at [Cheff Spring Ride](#).

SHINDIG IS AUGUST 26th! This event is responsible for a large portion of our operating budget and, in turn, makes programs for those with special needs in our community possible. Volunteer help with preparation and during the actual event is needed to make it successful.

If you can help by donating any items or services such as gift certificates to restaurants, activities, etc., we can put them together in themed gift baskets with a value between \$150-\$200. Contact [Sara Putney-Smith](#) for any questions.

VOLUNTEER ORIENTATION REMINDER: The next orientations are scheduled for May 14th and June 25th from 10am-1pm.

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!!

GLCS READ & RIDE CAMP is June 20-24! Volunteers are needed to make this successful! Let Sara Putney-Smith know if you'd like to be part of this rewarding week of learning and fun!

2022 Schedule for Sessions is available! [2022 Riding Session Schedule](#)

Herd Updates: Gunny's eye is flaring up again but is being treated and is under control at this point.



You may have noticed the open wound on Tess's flank. She has a recurring abscess that flared up; it was drained by the veterinarian and is kept open to allow drainage. It looks worse than it is, and we assure you that it is cleaned thoroughly daily and should heal up soon.



Have noticed the beautiful little horse in the pasture with the black stripe down her mane? That is Luna, who is here on trial. We are hoping that she will "make the grade", so keep your fingers crossed. Chip, the mini horse that was on trial also, has gone to a good home. 😊

May Fun Fact

More foals are born between April 15 and May 15 than at any other time!

Horses are prey animals and have developed some truly ingenious biological ways to protect themselves from predators. Most foals are born in the dark; mares may give birth in as little as 15 minutes, but usually no longer than an hour.

A newborn foal's legs are already 80 to 90% of the length they will be when full grown. There's an important biological reason why foals are born with long, gangly legs, it gives them an advantage during the first few months of life when they need to keep up with their herd or risk being left behind. They can usually walk, trot, and run just two hours after birth, to run away from predators and travel for food and water.

Foals also need to be able to stand to nurse and receive the first milk the mare makes, called colostrum, which builds the foal's immune system; most foals start to nurse less than two hours after birth. Their long legs help them survive, even if they also make them somewhat clumsy. As they grow, the rest of their body catches up to their long legs, and their legs stay generally the same length.

It's not unusual for newborn foals to have bowed legs—this is called "windswept." Bowed legs are especially likely when a smaller mare gives birth to a larger foal. When it happens, it's usually nothing to worry about. Some foals even walk with their fetlocks almost touching the ground due to their still-developing tendons. In most cases, bow-legged foals straighten out in a few days as they quickly gain muscle. If they don't, a vet can determine whether the issue will be a permanent problem.

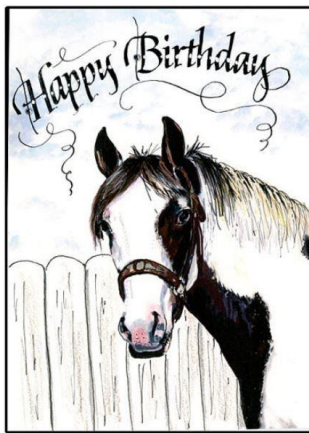


MAY BIRTHDAYS

Marissa A
Sophie C
Barb E
Mac K
Patricia S

Reagan B
Betsie C
Dave E
Courtney P
Kelly V

Emily B
Jadyn E
Brooklyn J
Lanie S



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!

Amazon Smile

Anytime you order online from **Amazon.com**, the Cheff Center can receive benefits. 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 with no cost to you! To find out more, visit: <https://smile.amazon.com/gp/chpf/about>

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/>

Rite Aid

For the last few years, Rite Aid has partnered with Cheff, and now has generously extended their shopper rewards program to Cheff! Please consider signing up as a Cheff Supporter, it's just one quick form: [RXfundraising.com - Support Your Cause!](https://www.rxfundraising.com)

Do you have any Questions/Comments/Suggestions?

If so, you can contact Sara Putney-Smith, Volunteer Administrator, at sara@cheffcenter.org
Contributions by: Emily Kalin, Ann Lindsay, Ashton Maguire, Morgan Meulman, Sara Putney-Smith, Marianne Stier

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