



HORSE SENSE

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December 2023

Happy Holidays

from

Chris

Dakota, Gracie, Freckles and Liber-T

Session 3 Classes will begin the week of December 31st

Thank You for Your Support

Ahlman Family, Amazon Smile, American Family Insurance, L Arnold, J Brown, P Cocklin, D Grade, S Espinoza, M Flory, Fry's/Kroger Shoppers, Memory of Demi Gardenshire, MaryAnn Hirschberg, Honeywell ECF, Hudson Family, A Lacy, A Masterson, Malena Family, E Migala, C Miles, B Nelson, Parmenter Family, A Pruitt, Shadd Family, Smith Family, Memory of Kathy Teagarden, J Voegemann, Wilke Family, Wolfe Family

Tax Deductions and Donations -

This year, we ask that you make your year-end charitable donation to Stable Influence. Your gift directly helps people in **Our Community**. You can donate to our 100 for \$100 Campaign, help fill our Poop Bucket with \$10 bills, Adopt a Horse, Sponsor a Rider. Every donation goes to helping our riders be successful.

Volunteers - REMEMBER - Your mileage can give you a cents-per-mile deduction at tax time.

Support Us On Giving Tuesday

OOPS - we missed Giving Tuesday, November 28th due to lack of internet here. So we missed out on donations made EARLY through Facebook to Stable Influence Charity Programs on the 28th could be matched by Facebook! HOWEVER - - - you can still donate at - - -

<https://www.facebook.com/donate/3639676222969628/>

In addition to your contributions, you can also give back by sharing our social media posts and emails. Mark your calendars!

BONUS - AZ Charitable Tax Credit - use QCO Code 22306 on Form 321 to receive a tax credit on AZ State taxes for up to \$421 for an individual and \$841 for couples.

Black Friday is here -

Do you shop on line? Use GoodShop.com or iGive.com. These E-Malls make a donation to Stable Influence when you shop. We all WIN. Just searching the iGive.com e-Mall will rack up donations for Stable Influence

Do you shop at Fry's Food Stores? Enroll your **Fry's VIP Card - #BH909** at www.FrysCommunityRewards.com - so the purchases you make anyway can also help our riders.

Magic Christmas Trail

Winter cold took longer to come this year than in the past so the horses were not getting their long winter coats. The days were getting shorter each day as Christmas approached.

Liber-T, being Liber-T and always thinking of things to do, was trying to figure out what special thing to do for Christmas this year. She missed her sister Diamond who passed away recently. Usually they were the ones planning Christmas fun. In the past they did a scavenger hunt, made cookies for Santa, had a talent show and even a skills contest. Perhaps a nice long relaxing trail ride would be nice.

Summer seemed to never end it was so hot and the heat lasted very long. It was still in the 80's in late November. so getting out on the trail during the summer was out of the question. All any of the horses wanted to do was hide under the shade and hope for some breeze to make them cooler. Chris and Craig did their best improving the shade and keeping the water tanks topped off. Chris would only play with the horses early in the morning, but even that was tough because it only got hotter as the day went on.

The plan was - - On Christmas Eve, Liber-T would take Dakota, Freckles and Gracie out for a long trail ride to watch the sunset. Neighbors Rocker and Wasabi joined the adventure. This would be Wasabi's and Gracie's first trail ride in the desert, so it should be a lot of fun.

To make it extra special, Liber-T consorted with Chris and asked for a special dinner treat when they returned. Sounds like a plan.

As Christmas Eve approached Gracie and Wasabi got more and more excited to explore the desert with their friends. Mid-afternoon on Christmas Eve they all met at the gate and off they went into the desert. Liber-T was all business in the lead. She asked Freckles to be at the end of the line because she, also, had lots of experience out in the desert. Freckles was delighted to have the job of keeping everyone together.

Out the gate, Liber-T in the lead, with Dakota, Rocker, Gracie, Wasabi and Freckles in line as they walked on the trail Liber-T, Freckles and Dakota knew so well. Everyone was enjoying the scenery and being careful to walk around the cactus and many rocks. To the south they went winding around, up and through small washes. Once they got to the jeep trail, they headed west past the power line road and up to where the Daisy Mine had been. half way up the mountain.

At the top, they all stopped to catch their breath as they looked at the beautiful scenery across the valley. Freckles said this was the "magic trail". Dakota pointed out where home was and they all were amazed at how high up and far they had come. The sun went behind Daisy Mountain and gave an amazing sunset painting to enjoy. The horses just stood in awe at the beautiful sight.

Before they headed down back to home, a glow came around the mountain. They all pricked their ears and looked intently as the glow got bigger and brighter. There was a fluttering sound coming from the glow and as it got closer you could see the happy ears of horses - with golden wings.

It was magic and could only happen on Christmas Eve. Diamond was in the lead with Downey, Idol, Shasta, Pleasure, Marmalade, Rio, Jewel, Lulu, Brandon, Brighty, Sy, Calico, Yeah Gray, Kid and Poco all following along. Diamond said she had gathered the herd of Stable Influence horses who were waiting at the Rainbow Bridge to join in a very special Christmas celebration with the horses who are still helping people.

All the horses visited and shared stories of the riders they had helped. Some riders were helped by many of the horses and that brought lots of soft nickering in remembrance of how fun it was.

As the stars twinkled brighter, it was time to head back home. All the horses touched noses and gave each other a neck hug. The spirit horses headed back to the Rainbow Bridge and the others to head down the trail back home to the barn.

There was a definite lightness in the clip clop of hooves as the horses made their way down the mountain trail. Back at the barn, Chris and Craig were waiting with a big spread of apples, cantaloupe, grain and even some peppermint candies to welcome the girls home. Dakota, Freckles, Gracie and Liber-T finished up their treats and settled down for to dream of the wonderful amazing things they had experienced. They thanked Liber-T and Freckles for sharing the Christmas Magic Trail and drifted off to sleep.

*Merry Christmas to all -
- and to all a good Night*

CALLING ALL RIDERS AND VOLUNTEERS

All the time we get calls from potential riders and volunteers who say they've been looking for a program such as ours for years. Please, everyone share information about our program with folks you know who may benefit from our services so we can help and serve more people. Your referrals are very valuable in helping potential riders and volunteers to find us. Riders are why we are here. Sharing your experience with our program is very powerful when you talk to others. Some riders and volunteers are here from FOREVER and some are just starting to work with us. Our volunteers want to keep busy with riders to help and are always needed at each site. Tell your story to friends, care givers, doctors and therapists. They may know someone who is looking for a therapeutic riding or would like to help out. Your experience with Equine Assisted Activities and the volunteer opportunities bring participants to us. Help to fill the extra rider and volunteer spaces. Thank you to those who have referred friends to us. We are here to help. Spread the word - There are people out there we can help, they just don't know how to find us.

MAKE A DIFFERENCE IN SOMEONE'S LIFE

Donate on Giving Tuesday through Facebook and maybe double your donation -
you have to act fast and early.

<https://www.facebook.com/donate/3639676222969628/>

Enroll your Fry's VIP Card - Contribute to our 100 for \$100 Campaign

Donate and claim on AZ State Taxes for a dollar for dollar credit

Shop at GoodShop.com or iGive.com - stores will donate to Stable Influence

Support a Rider - Adopt a Horse - Add to our Poop Bucket Challenge \$10 or buy a bale of hay \$25

Where are my critical thinkers?

You enter a room. 2 dogs, 4 horses 1 giraffe and a duck are lying on the bed. 3 chickens are flying over a chair. How many feet are on the floor?

Answer on Page 8

Seven Rules of Life

- #1 Make peace with your past so it won't disturb your present.
- #2 What other people think of you - is NONE of your business.
- #3 Time heals almost everything. Give it time.
- #4 No one is in charge of your happiness except you.
- #5 Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
- #6 Stop thinking too much. It's alright to not know all the answers.
- #7 SMILE - You don't own all the problems in the world.

BOARD OF DIRECTORS

President - Chris Hudson
Vice President - Kathy Wilke
Secretary/Treasurer - Craig Hudson

REMEMBER -

**IF YOU SHOP ON LINE -
NO MATTER WHAT STORE
Please . . . SHOP THROUGH
iGive.com or Goodsearch.com**

KIDS COOKING

LIBER-T'S MICROWAVE MUG MUFFINS

1 T Coconut Flour	1 Large Egg (Sub for 1 large Egg White or 1 Flax Egg)
1 T Almond Flour	1 T Mashed Banana
1 T Oat Flour	1 T + Milk or Dairy Free milk of Choice
(omit for Paleo version - add 1T other flour)	2-3 T Frozen or fresh Fruit of Choice - Blueberries/Raspberries
2 T Granulated Sweetener of Choice	Whipped Cream
½ t Baking Powder	
Pinch Cinnamon	

In a small mixing bowl, combine the flours, sweetener, cinnamon and baking powder - mix well.
Add egg, mashed banana, dairy and mix until fully incorporated.
Fold in fruit - save a few for the top. Pour into your favorite microwave mug.
Microwave for 50 seconds (or up to 2 minutes, depending on your microwave).
ENJOY with some whipped cream on top.

Makes 1 Mug Muffin

Your Mission - - - Riders, Volunteers and Supporters - Find ONE New Donor for SICP

We are asking everyone's help to find us one new donor in 2024. Supporters, volunteers and riders -- by sharing stories and asking people and businesses you know to support Stable Influence you can help find new donors. Companies and people you know are looking to make a true difference in the lives of another. Our riders, volunteers and even parents benefit by participating in our program. Share a story about Stable Influence with people and companies you know and ask for a small donation. Even though our riders pay a fee for services, it covers only 55% of the cost to run our program, so your help finding donors helps us continue to offer our services..

As you know, all non-profit programs rely and depend on donations to continue their mission - our mission is to offer the best in equine assisted services and therapeutic riding. Donations and fund raising bridge the 45% difference between rider fees and our program costs. But, 45% is a big bridge to cross. We never waste a penny and don't buy it if we don't have the money. We minimize costs by not owning property and having wonderful volunteer help. This giving season is a great time you can help increase our donor base. Sign up to support Stable Influence through on line shopping at GoodShop.com and iGive.com as well as through Fry's Rewards. Another way to help is you can simply make a donation and get dollar for dollar credit on your AZ State Taxes.

All donations go directly to helping our riders. Social media platforms - Facebook, Twitter and LinkedIn are great ways to share stories and requests for support. There are people out there just waiting to be asked to support an organization like ours. Help find those folks and let them know we are here.

FUNDRAISING OPPORTUNITIES

Feed Our Horses - 1 Bale at a Time

With \$25 you can feed our wonderful horses for a day. In 2021 Hay cost was \$13/bale. This year it will be \$25/bale - almost double. We need to purchase hay the end of summer and are asking everyone to help purchase 1 bale - for the cost of a pizza. \$3,350 collected so far.

*** New Car Fundraiser ***

We continue to fund raise for the new car we had to purchase. Our wonderful 2001 Elantra with 310,000 miles on it has retired after 22 years. We have received some donations but need \$19,000 more to finish our goal.

GROCERIES - We all need them

Are you a Fry's VIP Shopper? If you are - Thank you - you can sign up on line to have a your purchases become a donation to Stable Influence. Fry's shares \$2M with area non-profit organizations enrolled each year. There are 35 families signed up. Enroll if you shop at Fry's! Our portion of Fry's donation depends on how many shoppers shop for us. The more shoppers - the more we receive. So, go to www.FrysCommunityRewards.com - Sign in or Select 'Create an Account' and follow the directions. SICP Fry's Number is 80063. Please join our Fry's Shopper Family.

Share this with your friends and family through Facebook and Twitter and ask them join in to support a cause you believe in so every time you shop you help our riders. \$5,081 from Fry's since May of 2012. **This works all over the country and in ACME, Jewel-Osco, SavOn, Supersaver Foods, Shaws and of course Albertsons stores.** Fry's VIP card works at all Kroger owned stores around the country.

Honeywell, Motorola, Boeing and ??? companies will provide grants to organizations their employees support and Employee Giving Programs will send your donation directly to us. But you have to ask. APS, Boeing, Honeywell, Motorola, Target, United Health Care, Schreiber Foods, all have supported their employees' support for us. Check with your company and ask if they will support our riders too.

AZ Qualifying Charitable Organization

As end of year donation time is here, Stable Influence is qualified as an Arizona Qualifying Charitable Organization. Anyone donating can use QCO Code 22306 to receive a dollar for dollar tax credit on your AZ State taxes for up to \$421 for a single person and \$841 for couple valid for donations made in 2023. Donations can be received any time of the year.

Everyone is shopping on Line Now - Your Purchase can do Double Duty !

Shopping on line at GoodShop.com or iGive.com will have your purchase do a double duty. Amazon ended their Smile donation program, so these 2 on-line malls have taken up the task of donating to non-profits when you do on-line shopping. It's easy for your purchases and browsing time to do double duty to support our riders.

So - - - Help by signing up to support Stable Influence. You are shopping anyway - have it do double duty.

100 for \$100 Plus

Let's finish this up. We are still working to complete our 100 for \$100 campaign. We've had 57 - 100 for \$100 donors since 2012. I'm sure every one of our supporters knows of JUST ONE person who can donate \$100 to help reach our goal..

Companies and folks you know will help. If you ask, they just might give. Your stories about Stable Influence experiences help folks understand our mission and successes - share on your Facebook or Twitter account and ask your friends to support our mission.

Unlike with most charities, over 90% of all donations to Stable Influence go directly to help our riders. Donations are tax deductible to the fullest extent of the law.

Mark Your Calendar - 2023-2024

December 16	Break - Merry Christmas - No Class until week of December 31
December 31	Session 3 Classes Begin
February 11	Session 4 Classes Begin - 7 Weeks
March 30	Session 4 Break - 1 Week
April 7	Session 5 Classes Begin - 7-Weeks
May 26	Memorial Day Break - 1 Week
June 2	Session 6 Classes Begin - 9 Weeks
August 1	Summer Session

STATE OF THE STABLE

In the 26 years we've been helping people, this has been one of the most weather challenged with rain and wind in the spring and the very high heat we experienced this summer. We always sincerely send a big THANK YOU to everyone who has supported us this past year. Here's hoping all of you have a wonderful holiday season and are looking forward to a safe and prosperous 2024.

We thought summer 2022 was hot, but it did not hold a candle (because the candle melted) to what we experienced this past July 2023. Four riders signed up to ride through August in New River. Rain wasn't the issue, but HOT sure was. But, since we are a bit cooler here in New River we were able to make it work with riding later in the day.

In September, our 26th ride year began. It is always fun seeing riders back after the summer off. We had 6 riders in Peoria 3 in New River. We have received many calls of new potential riders, but with high temperatures even into November, I think they are waiting for true cooling. Can't blame them. It's been hot. We've received calls from folks living in the southeast valley, but with no site there, we are not able to help. We must be doing something right since we have riders and volunteers who come to New River from the east valley. We have classes in Peoria on Wednesday afternoons and in New River Saturday mornings.

We work hard to keep our lessons engaging and interesting. Riders come for many reasons. Some to improve balance and coordination, some to improve focus, some to work on fine and gross motor functions, some to help with speech and others just because they enjoy the movement the horse gives them. I sure get that because as I've gotten older, I've used the movement of my horses to keep me in alignment and more flexible. It works for almost everyone. Our lessons consist of riders starting their lesson by playing - and yes it should be fun - with their horse "on-line". Riders are on the ground and use their energy, their bodies and a lead line for connection and communication with their horse. They achieve real connection with their horse and it's obvious that the horses look forward to their rider's interaction. "On-Line" play helps our riders with coordination, balance and focus. Cool things are getting accomplished like - sidepassing along a fence or over a ground pole, circling, having their horse put a particular foot in a hula hoop, touching a target with their nose and weaving cones. Riders learn when to be quiet and when to ask with a bit more authority. Elizabeth, Julia, Irish, Noah, Oliver and even Ruth are improving or learning on-line skills. The look on Ruth's face the first time she asked Liber-T to back up by doing yo-yo and wiggling the lead line, was priceless. Liber-T loves the kiddos and she stepped back with enthusiasm. Liber-T doesn't step back that easily for anyone but our kiddos - she so loves playing with Ruth. SO COOL! Some riders, Natalie and Phillip, only ride, which helps them maintain their balance, coordination and focus - and they both enjoy it so much.

Officers - Chris, Craig, and Kathy continue to keep everything running smoothly. Thank you for your service.

Staff - Instructors, Chris is our only instructor at this time and is the only one who works horses 3 or 4 days a week as well as handling daily chores of cleaning pens and feeding the herd.

Horses - The horses are all in New River. Freckles, 29 now, continues to be my choice for riders starting to ride independently. Her medium movement and narrow barrel is still the best for those riders. She helps build confidence because she really doesn't want to go too fast. However, she can if the rider is truly ready. The quiet response she has gives riders time to process. But, if they are ready - so is she. Liber-T, 30 now, still wants riders to "do it right" - but only when she decides they are ready. In the beginning, she is very patient, but as the rider becomes more skilled, she wants more precision. This challenges our riders to be consistent and the payoff is amazing when the "right" thing is learned by her rider. Liber-T has a more active and big movement is very helpful for riders who need to be "busy". So - Liber-T gives it to them and they are better able to concentrate. It's quite wonderful to see how quickly the riders calm when riding her. She continues to show her love for the littlest riders with is so fun to watch as she is so careful and asks for a cuddle from each. Dakota's, 22 now, has a very quite movement and nice wide back gives those needing support, the movement and broad support they require. Dakota will instantly respond to a rider who is attentive and focused. Gracie, 11, is learning. She came to us basically untrained, but is very gentle. I have done extensive ground work with her. Several of our volunteers have ridden her, but that's only been 21 times and it's been very spotty. I have been careful because sometimes with an new horse in training, you have to jump off and my surgeon said with my double knee replacements that would not be a good idea. So, I haven't been on her - - - yet. Horse upkeep costs have remained stabled with 4 horses to feed. I was able to get hay in for the year and prices were almost double from 2021. Monthly costs for our horses, no matter how many riders we have, never ends - the Equine Dentist's is due (about \$500), they get grain and supplements and every 7 weeks get their feet trimmed. We care for 3 horses and the Hudsons support Liber-T.

Program - Our spring 2023 was challenging with rain and wind causing adjustments in riding schedules. Additionally, our volunteer staffing has fallen short and we've had to cancel classes at times because we did not have enough volunteers to be safe. Seven people said they'd come to help on Wednesdays in September, but on the day only 2 came. A few had other commitments for the day, but others just never called and didn't respond to our calls. This made scheduling very difficult and I am grateful Craig has been available to help and our riders have been so flexible. We did have to raise our fees to riders in August to help with the increased cost of hay. We are behind for horse board and instructor salary. We are just meeting our basic costs and have very little reserve for emergencies. New riders join us each year, as others achieve their goals and move on to new activities. Our basic costs usually remain pretty stable. Horses cost - - what horses cost. Costs for horse care have remained level except for the increase in cost of hay. Since our cost for hay has doubled, I am already putting funds aside (hay fundraiser \$25 for a bale) for what I expect costs will be next year. If there are not enough rider fees to cover the costs, more donations are needed to fill the gap. I always say - the horses don't care - they want to eat every day. All our riders pay a discounted fee to mirror what anyone would pay for a riding lesson. As a non-profit, we can receive donations to bridge our expenses. We currently have no riders receiving scholarship money - as none have asked. There are no riders being sponsored. When we talk to potential new riders, they are excited to start until they find out there are fees. I am very careful to see that riders are serious when offering scholarships. We cannot serve them without donations for scholarships or sponsorships. Fundraising and donations keep fees down for riders and hopefully, cover the difference. Our classes at Soft Wind Riding Club and Stable Influence are going well. Thank you MaryAnn and the Hudsons. And, of course, Craig for your support this past year

Every Saturday - mostly, I post on Facebook to keep everyone updated. I put up fun pictures and news additionally - just for grins and giggles. Share your stories and information with everyone you know and ask for support, especially since #Giving Tuesday and our status as an AZ Qualified Charitable Organization can benefit both us and the donor. Word of mouth is the best way to spread the word of how our riders are minimizing their challenges by riding in our program. Jot a message and share your story for everyone to enjoy. People don't know of the miracles you have seen our riders achieve unless you share stories.

Fundraisers: We have been awarded Arizona Qualified Charitable Organization Status. When doing your AZ State Taxes, use QCO Code 22306 to receive a dollar for dollar tax credit on AZ State taxes for up to \$421 for a single person and \$841 for couple valid for donations made in 2023. Our 2001 Elantra had to retire with 310,000 miles on it. We have a New Car Fundraiser to pay for the replacement. Without even breathing hard, you can shop through GoodShop.com and iGive.com. They will donate a percentage of your purchase price. Fry's (Kroger) shoppers - you can join the 35 families who have enrolled their Fry's VIP Card to help increase donations. Enroll

your VIP card at www.FrysCommunityRewards.com and select Stable Influence (#BH909). Every time you shop at Fry's, SICP shares the \$2M they have for Community Rewards in our area. Facebook is partnered with PayPal and is matching donations made through Facebook up to \$7 Million on #Giving Tuesday - but you have to be fast and early to get the matching funds. We missed it, but you can still go to the following link to donate:

<https://www.facebook.com/donate/3639676222969628>

We are always and continually looking to have fundraisers to bridge the gap between riders fees and costs to do our program. It's what a non-profit must do. If you have a fund raising idea - share it with us? You know - if each one our Supporters gifted us just \$10 for our Poop Bucket Challenge and found 5 friends to join in, we would be well on our way to easily support our amazing horses. Or contribute to our Buy a Bale of Hay to feed our horses for a day Fundraiser. Adopt a Horse is available to support one of our horses, or you can send a gift for our Horse Board Fund or add to our 100 for \$100 Campaign so we can continue our mission to help riders with special needs.

Donations - Thank you for your continued support - the Smith Family, the Hudson's who support Liber-T and have been supporting Dakota, Freckles and now Gracie these past years,. Thank you to all the Fry's shoppers, Boeing employees and Honeywell employees, all those who have contributed to our Hay Fundraiser. Even little donations help, so keep spreading the word. Thank you to all who have donated this past year. See Page 1. Donations this calendar year were almost \$13,000, which was a nice improvement from last year.

That's my story and I'm sticking to it. As I said at the beginning - let's all pray for a better and more stress-free 2024. Stay safe and stay healthy.



Merry Christmas and Happy New Year.

Answer - 10 feet

I WANT TO Help Stable Influence

YOU play a major role in the continued success of SICP through your tax deductible contribution. **THANK YOU** - your support makes a **CRITICAL DIFFERENCE** in the lives of Elizabeth, Irish, Julia, Natalie, Noah, Oliver, Phillip, Ruth. Donations in any amount helps guarantee our riders will continue to benefit from the proven benefits of equine assisted services and therapeutic riding.

Sponsorship:

- _____ \$10 - Newsletter Sponsor
- _____ \$10 - Poop Bucket Challenge
- _____ \$25-\$199 - Friend of Stable Influence
- _____ \$200 - \$499 - Supporter of Stable Influence
- _____ 100 for \$100 Campaign
- _____ \$ _____ Horse Board Sponsor
- _____ \$1,500 - Insurance Sponsor
- _____ \$ _____ A monthly pledge contribution
- _____ \$ _____ Other Donation

Sponsorships for a Person with a Disability:

- _____ \$420 - Six-Week Riding Session
- _____ \$2,940 - 42 Week Riding Session

Other:

- _____ \$300 - Adopt-A-Horse for a Month
- _____ \$3,600 - Adopt a Horse for a Year
- _____ \$25 or ?? Buy a Bale of Hay

Please mail your contribution to: Stable Influence Charity Programs, P. O. Box 54006, Phoenix, AZ 85078-4006 or you can use Zelle to stableinfl@aol.com.