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HORSE SENSE

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December 2018

*Happy Holidays
from*

*Chris and Barb
Indie, Stetson*

Dakota, Freckles and Liber-T

Session 3 Classes will begin the week of January 6th

Thank You for Your Support

Amazon Smile, AMC Ahwatukee, R Balentine, Bell Family, Boeing ECP, Cactus Tees, Changing Hands Bookstore, P Cocklin, Q Compton, S Condon, T, Costco, L & L Danielson, C Day, Einstein Bagles, Families with Love, H Fieldstone, D&E Franklin, J Gilbertson, Hardin Family, L Helton, Hickey Family, MaryAnn Hirschberg, Honeywell ECP, Hudson Family, Human Service Professionals, K Hust, Kroger Foods, J Lau, Lish Family, T&T Longhorn, Malena Family, J McGivern, E Migala, Montalvo Family, Morris Family, R Ott, Outlander Private Foundation, Parmenter Family, Entertainment-Books, A&L Parmenter, Schreiber Foods, K Seifert, Smith Family, S Sopko, Southern Sassenachs, Sprouts, M Stevenson, D Stiglich, Target, Trader Joe's, Tyler Farms, Vazquez Family, Wilke 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.

Support Us On Giving Tuesday

Mark your calendars for Tuesday, November 27th! ALL donations made through Facebook to Stable Influence Charity Programs on the 27th will be matched by Facebook! That's right! Your donation will be doubled when made at Facebook during #GivingTuesday!

<https://fb.com/fund/Stable-Influence-Charity-Programs-Therapeutic-Horseback-Riding-EAAT-299984728486/>

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

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

Black Friday is here -

Do you shop on line? www.smile.amazon.com/ch/86-0927834, iGive.com or GoodSearch e-Malls make a donation to Stable Influence. We all WIN. Just searching the iGive.com e-Mail 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.

Here's are great thoughts from one of our past volunteers

THE WAY OF THE HORSE . . . a volunteer's journey

by Susan Ramsey

Volunteering can have many outcomes. In every program there are usually a multitude of ways to help out. Even though I know I need an edge of challenge, with the opportunity for personal gratification along the way, choosing a volunteer assignment is still a leap into the arena of the unknown. In my case, this would be an arena of horses. Two horses, gentle and curious, patiently waiting for their assignments, just as I was.

In the beginning we were strangers, eyeing each other tentatively, hopeful that whatever happened would be good for all of us! And so the relationship connecting the horse, volunteer and rider began. This relationship became magical, even miraculous, full of internal energies that I didn't even know existed. The big surprise was for the volunteer, this volunteer in particular.

Assisting with Therapeutic Riding is horse related multitasking: grooming, exercising, leading, sidewalking. At Stable Influence, horse games are integrated into the exercise routine. Chris, our Director, patiently teaches me to play these special games with each horse. Playing games with a horse sounds so innocent, devoid of seriousness. It is, in fact, an exquisite demonstration of the evolving, deep connection with the horses that I am beginning to cherish. The horses and I are working on this bonding, this WAY OF THE HORSE, as a prelude to working with the riders. What I've noticed (and now sense acutely) is the "spill-over effect" on the riders.

I almost can't put this sensitivity phenomenon into words. The way of the horse infuses me with a new awareness about communication. Simply put, much human communication is fuzzy, with even fuzzier intentions (hard to recognize). The riders, often very young children, are completely dependent on the intentions of the ground crew and the horse. Something about practicing focus, vigilance and honest exchange with the horse partner heightens my senses for the whole therapeutic riding process. When the horse and I are in a state of mutual respect and trust, the therapeutic ride is really good for all of us. That's the way it feels to me. When the little rider dismounts and we go for a horse hug (in gratitude) it is downright magical!

HELP ADD RIDERS AND VOLUNTEERS

Please share our program with anyone you know who may benefit from our services. We are way low of riders right now and have space. Filling our roster with riders will allow us to continue our services. Referrals are wonderful. Each year we get several new riders and volunteers because of a referral. We are behind the game right now and have spaces to add riders. Riders are why we are here, so we need to add more to continue offering our services. Keep sharing your experience with others so they can find us. We have riders and volunteers from FOREVER and some just starting. Our volunteers want to keep busy and request more riders to help. We need more volunteers for our sites. Tell your story to your friends, care givers, doctors and therapists. They may someone who wants to receive the benefits of therapeutic riding or would like to help out. Your Equine Assisted Activities experiences and volunteer opportunities bring participants to us. We need your help to fill the extra rider 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.

BOARD OF DIRECTORS

President - Chris Hudson
Vice President - Bob Stapleton
Secretary/Treasurer - Craig Hudson

REMEMBER -

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

YOUR SUPPORT KEEPS STABLE INFLUENCE RIDING

Do You - - - Shop On Line ??? Do you Browse the Internet ???

Everyone does it. Choose to shop at one of these malls, Smile.Amazon.com, iGive.com or Good Shop.com and you will send donations to Stable Influence Riders. How easy is that? Convenient "shopping windows" you can down load to automatically see if your on-line store is in their mall I do all my on line shopping through these malls and saved bunches of money, all the while supporting SICP. A WIN WIN for everyone.

Amazon shoppers - Smile.Amazon.com - choose Stable Influence - only \$126 so far. So if you shop through Amazon, add a Smile and help increase the donations.

iGive.com - SICP Member ID 236967& Cause ID 17372 - \$383 so far.

BONUS - Shop/search the web with GoodShop , they donate every time you search. Go to Smile.Amazon through GoodShop to double the donation.

POOP BUCKET CAMPAIGN - No - you don't have to dump a bucket of horse poop - but we want to fill a poop bucket with \$10 donations to help care for our amazing horses. In addition to paying for board for our horses, we must trim their feet every 7 weeks, we supplement their diet with grain to keep them healthy and need yearly vet work - like floating their teeth.

Support for our horses is \$300 per month for each of them. Dakota, Freckles, Indie, Liber-T and Stetson will sure appreciate the sponsorship

100 for \$100 Plus - Still Trying

We still need 85 more people to finish our - 100 for \$100 Campaign -Let's get this campaign in the books

We have received donations from only 15 folks - Thank you to those who donated. I know there are 85 more folks who can donate \$100 to meet our goal They are out there and just need to be asked. Help complete our campaign this year.

Supporters - Please Support ! !

Got GROCERIES ???

Fry's shoppers help us every time they shop.

When you enroll your Fry's VIP card on line for Stable Influence Fry's sends us a portion of \$2M for all the Phoenix area non-profit organizations enrolled each year. Our portion depends on how many shoppers shop for us. Let's have a lot of shoppers enrolled for SICP. Go to: www.FrysCommunityRewards.com - now while you're thinking of it - Select 'Create an Account' and follow the directions. SICP Fry's Number is BH909.

Ask your friends and family through Facebook and Twitter to enroll. Every time you shop you help our riders.. We have received \$2,801 from Fry's since May 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 in the country.

APS, Honeywell, Motorola, Boeing and ??? companies provide grants to organizations their employees support. But you have to ask. In the past, APS, Boeing, Motorola all have supported their employees in their support of us. Check with your company and ask for their

The Stable Influence Olympic Games

a Story by Patricia Harrington and Chris Hudson

Indie and Freckles stood together on one side of the corral. They watched the bay Arabian, Stetson, run from the corner near the water tank up to the top of the corral, spin and run back to the tank. He did it over and over again.

Indie called to him, "What are you doing, boy?"

Stetson pawed the sawdust with a front hoof. "I'm training to be in the Olympic games. I used to be in competitions long ago and I want to compete again."

Freckles asked, "What are Olympic games?"

Stetson said, "When Elaine was cleaning my stall, she had a radio on. I heard them say there are going to be Olympic games. We play games with everyone all the time. If it's near here, I want to be in the games."

Freckles snorted. "Those aren't like our games."

Stetson looked sad. Indie looked at Freckles. "Let me think about this. You keep practicing, kiddo."

That day, while the other horses spread out to eat from piles of hay, Indie walked from one horse to the next. She stopped and talked low while the horses kept chewing.

She got nods "yes" from Downy and Diamond, ears that stood up from Liber-T, and ears pinned and tails that swished from Dakota.

"What?" Freckles asked.

"We can have Stable Influence Olympic games for the boy."

Diamond thought anything that sounded like moving fast was for her. "I'm in," she said.

Indie went to work.

The sun rose the next day on a strange sight.

Horses and one pony trotted back and forth or in circles and stretched their necks and legs. They kicked up a big cloud of dust.

The Great Danes, Midas, Bellana, Venus, Jupiter and Minerva sat in a row outside the corral fence.

"Why are we here?" Minerva asked Bellana.

"We're the spectators," Bellana said.

"What are spectators?"

"That means you sit and watch," said Midas. "You can bark for your favorites."

Indie and Diamond herded the horses to one end of the corral before Dakota and Downy took their places halfway along one side.

"First is the sprint!" Indie called.

Diamond, Freckles and Stetson stepped onto line down at the

end of the corral.

"Start when you hear the dog bark," Indie said.

Midas' deep "woof" sounded like a cannon shot. While Freckles tossed her head once and Dakota pinned her ears at Freckles, Stetson jumped into a run that carried him up the hill to cross the finish line by a nose ahead of Diamond and two lengths ahead of Freckles.

The dogs barked for the winner.

Diamond called, "Marathon next!"

Downy, Dakota and Stetson came to a line at the end of the corral.

"Five times around the rail, cut across, change direction and five times around the other way. Dog?" Indie said.

Midas' "woof" sent them off.

Dakota and Stetson took off and led for three rounds, then Downy settled into a steady racing pace that won the race ahead of Dakota's second and Stetson's third.

The dogs barked until Diamond called the last event. "Pairs dancing!"

Judges Indie and Dakota watched Liber-T and Downy move together in circles, spins and bows to each other while the herd hummed "White Christmas".

The dogs' wolf whistled when they finished.

Then Indie and Stetson danced lively steps that looked like a game of tag while the horses hummed "We Wish You a Merry Christmas."

Dakota and Diamond put their heads together and awarded first to Liber-T/Downy and second to Indie and Stetson. The dogs barked agreement before they went off to sniff for rabbits.

Stetson trotted to Indie while the horses took turns getting a drink at the water tank.

"That was great!"

"You did good, boy," Indie said.

"Next time will be better," Stetson answered.

"What do you mean?" Indie asked.

"Wait 'til you see me next year!"

Indie laughed.

Kids Cooking

Stetson's Punkin Pudding

8	Slices Bread	2 ½ C	Milk	½ tsp	Ground Nutmeg
3	Eggs, slightly beaten	¾ C	Suger	½ tsp	Vanilla Extract
1	16 oz. Can Pumpkin	1 tsp	Ground Cinnamon	¾ C	Raisins

Stirred Cream - soften 2 cups vanilla ice cream - stir until smooth.

Preheat oven to 375 degrees.

In 2 quart casserole, crumble bread. Combine remaining ingredients in separate bowl. Stir into bread.

Set casserole in larger casserole or baking dish. Fill larger dish with hot water. Bake 70 minutes, or until knife inserted near center comes out clean.

Serve warm or chilled with stirred cream. Makes approximately 8 servings

Your Mission - Just find ONE New Donor

Is the economy beginning to show improvement? Then it's time to add to our Donor list. I can only talk to so many folks. So every time, I ask all of our supporters, volunteers and riders to share stories and ask people and businesses you know to support Stable Influence. **Please - everyone - Please Find us ONE** - Many companies and people are now in a position to help and are looking to make a true difference in the lives of another. Our riders, volunteers and parents benefit by participating in our program. By sharing a story about Stable Influence and asking for a small donation - it just may happen. Although our riders pay a fee for services, it only covers 55% of the cost to run our program. All non-profit programs rely and depend on donations to continue their mission - our mission is to offer the best in therapeutic riding. Fund raising and donations 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 keep our costs down by not owning property and having wonderful volunteer help. Now is a great time you can help increase our donor base. And by donating through Facebook - they will match it making it even better. All donations go directly to helping our riders. Use social media - Facebook, Twitter and LinkedIn to share our stories and our requests for support. There are people out there just waiting to be asked to support an organization like ours. Find those folks and let them know we are here.

MAKE A DIFFERENCE IN SOMEONE'S LIFE

Donate on Giving Tuesday through Facebook to double your donation

<https://fb.com/fund/Stable-Influence-Charity-Programs-Therapeutic-Horseback-Riding-EAAT-299984728486/>

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

Support a Rider or Adopt a Horse - Add to our Poop Bucket Challenge \$10

STATE OF THE STABLE

We had a wonderful start to our 21st year - temperature wise. So, as the 2018 Holiday Season approaches it's time to say thank you to everyone who has supported us this past year. I wish all of you a wonderful holiday season and a prosperous 2019.

Summer 2018 didn't seem as hot as 2017. Two riders continued riding in August in New River. One rode in Mesa. We had class the day before my knee surgery. Our Twenty-First ride year began in September. We didn't, however, have a lot of riders. Since I had double knee replacement surgery August 29, I was "forbidden to do anything" for Session 1. Thanks to Barb, we did have riders in Mesa - but only 4. Our Peoria riders waited for me, and we started on Halloween with 6 riders. One joined us in Mesa making our total right now 11. Many riders last spring just not sign up this year. We heard "see you in the fall", but when fall came, they didn't come back. We are below last year's numbers and way below what we would like to have.

It's always fun seeing our riders come back after the summer. Our riders play with their horses on the ground before mounting up - called "On-Line", which helps our riders learn to observe where their horse needs to go to do an obstacle. They learn when to be quiet, when to ask for more and it improves their balance. Feedback from parents say they like it. It's been very helpful. Brittany, Irish, Julia, Lauryan and Veronica are improving their on-line skills - which is helping their mounted skills and posture each week. A few riders only ride, and their horse helps them improve their balance and focus - Daniel, Katelyn, LoriAnne, Natalie and Phillip.

Officers - Our officers, Chris, Craig and Bob keep everything running smoothly.

Staff - Instructors, Chris and Barb, continue working with our riders. Barb is our Thursday instructor for riders in Mesa and has been filling in for me until I can resume Monday classes. The long drive to Mesa from New River, plus class time, plus the long drive home - Barb won't let me do it yet with only 3 months post surgery. Thank you Barb and all our volunteers. Barb, Elaine and Laura organize horse care/training in Mesa. Elaine's son Wade is coming out to help too - thanks. Chris does the classes on Wednesdays in Peoria. Chris works horses 3 days a week as well as handles cleaning pens and feeding the herd in New River. Elaine, Laura and Wade, take care of Indie and Stetson in Mesa.

Horses - Adopt a Horse and get "Carrot Privileges". In Mesa - both Indie and Stetson, continue to learn their jobs with our riders. Indie is a go-to for new riders. She is smaller and less active than Stetson. However, Stetson is great for riders needing to have more motion and who are ready to move forward with their riding skills. Dakota, Freckles and Liber-T are working in New River and Peoria. Freckles is so helpful when riders are beginning to trot - or canter. She takes care of them and really doesn't want to go too fast. Liber-T, on the other hand, works with her riders and tasks them to "do it right". This can be frustrating at times. The payoff when the "right" thing is learned by her rider is amazing. Dakota is in between. Nice and broad for those needing support and very smooth in her gaits. Dakota continues to develop her confidence and trust. She is currently on break as Freckles and Liber-T are taking care of the Peoria riders. Horse upkeep costs have increased a little this year. Horse board in Mesa went up \$30/month and because Indie can only have Bermuda hay, add another \$20 for her each month. Trimming their feet every 7 weeks also went up. We have monthly costs for our horses no matter how many riders we have. Its time for the Equine Dentist's visit. That will be about \$700 this year. We have 2 horses in Mesa and 3 in New River. Thank you Morris family, The Outlander Private Foundation, Romo Family and Hudsons for supporting our horses this past year.

Program - Fewer riders caused the costs for each rider to go up to \$485 for a 6-week session. I have not raised rates. But we are not meeting our costs. We were fortunate to have a couple of big donations, but that doesn't happen each year. Yearly, new riders join us, and some, SIGH, move along because they achieved their goals - but that's a good thing. Most of our costs remain pretty stable. Horses cost - what horses cost and that went up this past year. Less riders to share the costs require more donations to fill the gap or we must increase rider fees. All our riders have always paid a discounted fee to mirror what anyone would pay for a riding lesson - and as a non-profit we can receive donations to bridge our expenses. We have 1 rider on a partial scholarship, but have received calls about others wanting support. We cannot serve them without donations for scholarships. Fundraising and donations keep fees down for riders and provide for the difference. Donations last year were \$36,000, which is better than the \$14,000 from 2017. Thanks to Southern Sassenachs, The Ourlander Foundation and D & E Franklin. These donations were one-time and will probably not be repeated. Our classes at Stable Influence, Soft Wind Riding Club and Tyler Farms are going well. New River classes were summer only and went very well. Thank you Wanda, Scott, Donna, MaryAnn, and of course Craig for your support.

Everyone is updated on our Facebook page with fun pictures and news. Please feel free to share your stories and information with everyone you know. Spread the word of our riders' challenges and how they succeed through the work our volunteers

do. Join the fun, jot a message or share your story for everyone to enjoy. Ask friends to gift - just \$10 - through Facebook - for our Poop Bucket Challenge or the 100 for \$100 campaign to support a rider or horse, with a monthly gift. Share the miracles you have seen riders achieve. Get a conversation going to bring donors in.

Fundraisers: Fry's (Kroger) shoppers continue to shop for us. Please join the 31 families who have enrolled their Fry's VIP Card and increase our donation portion. Enroll your VIP card at www.FrysCommunityRewards.com and select Stable Influence (#BH909). Everytime you shop at Fry's, SICP shares \$2M they have for Community Rewards. Facebook is partnered with PayPal and is matching donations made through Facebook up to \$7 Million. Go to the following link to donate:

<https://fb.com/fund/Stable-Influence-Charity-Programs-Therapeutic-Horseback-Riding-EAAT-299984728486/>

We are always looking for more fundraisers to bridge the gap between riders fees and costs to do our program. Got a fund raising idea - share it with us? You know - if each one our Supporters gifted us \$10 for our Poop Bucket Challenge and found 5 friends to join in, we could easily support our horses.

Horse Board Fund. Our horses are essential in making our program a success. The cost to keep them healthy, fed, feet trimmed, teeth floated is ongoing whether riders are riding or not. The fees our riders give do not cover all our horse care costs. Without our horses, there is no program. Hay costs for our horses in New River went up this summer, \$5,000 worth of hay was purchased and stacked this fall. Stable Influence has not been able to cover the board cost for New River horses and funding has been covered by the Hudsons. The Horse Board Fund and the "Poop Bucket Challenge" has a goal to fill a poop bucket with \$10 bills. You can Adopt a Horse to support one of our wonderful horses. Send a gift for our Horse Board Fund, add to our Poop Bucket Campaign or Adopt one of our amazing horses so we can continue our mission of helping riders with special needs in all locations.

Donations - Thank you for your continued support - Outlander Private Foundation, Don and Edna Franklin. The Hudson's who support Liber-T and have been supporting Dakota and Freckles this past year. The Romo family who partially support Indie until August when she became ours, and the Morris family who help with Stetson. Thank you to all our Horse Show supporters. Thank you to all the Fry's and Smile.Amazon shoppers. Those little donations help and I know we can do better by spreading the word. Thank you to all who have donated this past year. See Page 1.

Horse Show - The horse show last year was our 20th. Wow. Cristina, our Show Committee leader for the past many years, has resigned. If we are to do a 21st Annual Show, someone needs to step up and take the reins. Sub-committees for snacks, goodie bags, decorations and ?? are always part of the process. Get involved. Donations for the show and Silent Auction are always part of the process. Thanks to everyone who donated this year. Thanks Charlene and Laura for putting together the silent auction, Jen for doing all the great snacks, Barb for the challenging obstacle course, Elaine and Farleigh for the fun decorations and the goodie bags, Darla for being such a great judge and all the volunteers who made this a wonderful show. And, of course, thanks to Soft Wind Riding Club for the great site. Anyone want to be our Show Chair? Let me know.



Mark Your Calendar - 2018-2019

December 23	Break - Merry Christmas - No Class until week of January 6
January	Horse Show and Committee to be determined - Organizer and Chairs NEEDED
January 6	Session 3 Classes Begin
February 17	Session 4 Classes Begin - no break due to horse show March 30
February-March	?? Twenty-First Annual Horse Show - Sponsorships and Assistance Requested
March 30	?? Twenty-First Annual Horse Show - Stay Tuned
March 31	Horse Show Break
April 7	Session 5 Classes Begin - 7 Weeks
May 26	Memorial Day Break
June 2	Session 6 Classes Begin - 8 Week Summer Session

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 Autumn, Bella, Brittany, Daniel, Irish, Jenny, Julia, Katelyn, Lauryan, LoriAnne, Megha, Natalie, Phillip, Tristyn and Veronica. Donations in any amount helps guarantee our riders will continue to benefit from the proven benefits of 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 - Horse Show Class Sponsor
- _____ \$50 - Horse Show Award Sponsor
- _____ \$100 - Horse Show Division Sponsor

Please mail your contribution to: Stable Influence Charity Programs, P. O. Box 54006, Phoenix, AZ 85078-4006

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