



# HORSE SENSE

Federal 501(c)(3) # 86-0927834

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by providing your current e-mail address - Thanks  
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December 2024

*Happy Holidays  
from  
Chris*

*Dakota, Gracie, Liber-T and Spirit*

Session 3 Classes will begin the week of December 31<sup>st</sup>

## *Thank You for Your Support*

*C Aquirre, A Bax, P Cocklin, H Fieldstone, Fry's/Kroger Shoppers, J Gilbertson, D Grade, S Hamilton, P Harrington, MaryAnn Hirschberg, Honeywell ECF, Hubbard Family Swim School, Hudson Family, K Hust, J Keeley, L Lorenz, Malena Family, C Manzando, Medina Family, R Montalvo, Smith Family, 3 Bars Feed & Tack, R Townsend, A Vinyard, J Voglemann, Wilke Family, D Zucco*

## **Get your Tax Deductions and Make 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 During this Holiday Season**

Giving Tuesday is December 3 and just around the corner.  
Go to -

<https://www.facebook.com/donate/524575970580965/>

to help raise funds to feed our horses.

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? Who doesn't these days. 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](http://www.FrysCommunityRewards.com) - so the purchases you make anyway can also help our riders.

# A Mother's Story of Volunteering

By Smitha Saridharan

On a bright and crisp morning, Saanvi and I drove to a serene farm nestled at the edge of New River. We had heard about Stable Influence program and extraordinary horses who had a magical way of connecting with people and helping them realize their real potential. Curious and excited, Saanvi had insisted we visit, her eyes lighting up at the idea of spending a day with the horses.

As we arrived, all the horses were walking around in the pen. Chris greeted us warmly and introduced us to them. "This is Liber-T," she said, gesturing to a tall, majestic bay horse with a mane that shimmered in the sunlight. "And this is Dakota," she added, pointing to a gentle brown paint mare with the softest eyes. Both horses have been with Chris for a long time.

Saanvi stepped forward, her usual shyness melting away. As she approached Liber-T her eyes filled with curiosity. She smiled as she nudged her hand with her velvety nose. Meanwhile, Dakota calmly stood by, as if waiting for her turn. "They're so friendly, Mom," Saanvi said, her voice filled with wonder.

Chris invited Saanvi to help groom the horses. Armed with a brush, she carefully ran it over Dakota's smooth coat. Liber-T, not one to be left out, playfully nudged her shoulder, making her laugh. "Okay, okay, you're next!" she said, brushing Liber-T's mane with equal attention.

Later, we walked with the horses along a winding trail. Chris told us stories about the people they had helped with, a 7-year old with Cerebral Palsy, a 75-year old with Stroke and many more of such nature. Saanvi listened intently, her small hand resting on Liber-T's strong neck. "It's like they understand people and know how to help them" she said thoughtfully.

As the day went on, something shifted in both of us. Watching Saanvi interact with the horses—her gentle pats, the way she spoke to them softly—it was clear that these animals had an almost magical ability to bring out empathy and calmness. Saanvi noticed every little thing about them—the way Dakota's ears twitched when she was curious, or how Liber-T takes care of riders—she thinks she knows how to take care of them better than anyone else. "They're like friends who don't need words," she said.

By the end of the visit, we both felt lighter, more connected not just to the horses but to each other and the world around us. Saanvi hugged Liber-T tightly and whispered, "Thank you for being so kind." She seemed to understand, nuzzling her gently in return.

Driving home, Saanvi said, "I think spending time with them makes you see how everyone, even animals, have feelings and stories." I smiled, realizing how true her words were. The day with Liber-T and Dakota had taught us not just to care for others but to truly listen and empathize. In their quiet way, the horses had given us a gift—an open heart and a deeper understanding of kindness.

It was a day we would never forget, one that brought us closer to nature, to each other, and to the essence of what it means to be human.

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## RIDERS AND VOLUNTEERS - SHARE YOUR STORIES

We are always getting calls from folks to say they've been looking for a program such as ours for years. Everyone can 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

Facebook Giving Tuesday - <https://www.facebook.com/donate/524575970580965/>

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

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### Find Your Name!

Lisa, Maggie, Margie, Natalie, Noah, Oliver, Phillip, Rhett, Saanvi, Sara, Smitha, Tina, Woodrow

F	L	R	L	Q	M	C	F	A	C	L	W	E
R	P	H	I	L	L	I	P	S	P	E	F	I
N	I	T	S	S	P	Q	W	Z	B	L	M	L
R	M	P	A	S	S	C	D	F	Q	Z	M	A
A	H	S	P	Q	M	A	G	G	I	E	W	T
L	S	P	D	G	F	I	J	L	N	P	O	A
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P	Q	M	L	D	A	F	L	H	Z	A	D	W
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### 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**

### **SPIRIT'S FRUIT PIZZA**

1 roll (16.5 oz) refrigerated Pillsbury™ Sugar Cookie Dough  
1 package (8 oz) cream cheese, softened -  
or Flavored Cream Cheese  
1/3 cup sugar  
1/2 teaspoon vanilla - or 1/4 t Almond or Rum Extract

2 Kiwifruit, peeled, halved lengthwise and sliced  
1 cup halved or quartered fresh strawberries  
1 cup fresh or frozen blueberries  
1/2 cup apple jelly

Heat oven to 350°F. Spray 12-inch pizza pan with cooking spray. Break up cookie dough in pan; press dough evenly in bottom of pan to within 1/2 inch of edge. Bake 16 to 20 minutes or until golden brown. Cool completely on cooling rack, about 30 minutes.

In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust.

Arrange fruit over cream cheese. Stir jelly until smooth; spoon or brush over fruit. Refrigerate until chilled, at least 1 hour. To serve, cut into wedges or squares. Cover and refrigerate any remaining pizza.

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### **Find ONE New Donor for SICP**

#### **Your Mission - - Riders, Volunteers and Supporters**

I hate to ask - but - - it's my job. We are asking everyone's help to find us one new donor in 2025. 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

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## 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 \$21/bale. YEAH, less than last year. We just purchased hay for this year, but the need is ongoing as the horses keep eating. So, we are asking everyone to help purchase 1 bale of hay - for the cost of a pizza so we can keep our wonderful horses fed.

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### \*\*\* New Car Fundraiser \*\*\*

Fund raising for the new car we had to purchase because our wonderful 2001 Elantra has 311,000 miles on it has retired after 23 years. We have received some donations but need \$8,100 more to finish our goal.

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### 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](http://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. \$5,438 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.

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**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 2024. Of course, you can donate at any time of the year.

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### 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.

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### 100 for \$100 Plus

It's still open and slowly we are getting there. Help to finish this up. We want to complete our 100 for \$100 campaign. We've had 59 - 100 for \$100 donors since starting. I know every one of you 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 - 2024-2025

December 22	Christmas Break - No Classes 2 Weeks
January 5	Session 3 Begins - 6 Weeks
February 16	Session 4 Begins - No Break - 7 Weeks
April 6	Session 5 Begins - No Break - 6 Weeks
April 13-19	Easter Break
April 20	Session 5 Resumes
May 25	Session 5 Break - Memorial Day
June 1	Session 6 Begins - 9 Weeks

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## STATE OF THE STABLE

We 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 were once again challenged with rain and wind in the spring and very - did I say VERY - high heat this summer and even into the early fall. We thought summer 2023 was hot, but once again the candle melted with the heat during Summer and early fall 2024. We did have 4 riders participate and ride through August in New River. We had a few hot days, but were sad and surprised when it continued into September and even into October.

Our 27<sup>th</sup> ride year began in September and with the heat it was a slow start. We had many calls for riders to start, throughout the year, but although they made appointments to come, they didn't. The few riders who didn't ride this summer were eager to get back to riding and the riders who braved the summer heat, continued. It was a small start with only 5 riders in Peoria and 4 more in New River. Four of our long time riders moved out of town and another "graduated" to do other things like, join choir and study martial arts. She was unable to do these things when she started with us. Although we'll miss her smiling face, we are very happy she is thriving. I also believe the very high heat we experienced into October put some folks off to starting an outside activity. We continue to have a few riders and volunteers who come to New River from the east valley, so do think we are doing something right. We held classes in Peoria on Wednesday afternoons until the first of December and in New River Saturday mornings. Effective December 1, all classes will be held in New River and we will no longer be riding at Peoria.

Riders come to us for many reasons and we try to make each lesson challenging so they can be successful in achieving their goals - to improve balance and coordination, to improve focus, to work on fine and gross motor functions, to help with speech and others ride just because they enjoy the movement the horse gives them. That's one I certainly get as I often just hop on to get a quiet ride and enjoy the movement which helps keep me in alignment and more flexible. At my age, I take all the help I can. Everyone can have benefit whether you are "challenged" (and who doesn't have something to work on) or not. Riders start their lesson by playing - and yes it should be fun - with their horse "on-line", meaning they are on the ground and use their energy, their bodies and a lead line for connection and communication with their horse. This helps truly 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, focus, fine and gross motor skills, planning and even how better to work with their energy. Cool things are getting accomplished like - side passing 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, weaving cones or stepping up on a tire pedestal. Riders learn when to be quiet and when to ask with a bit more authority. Riders attending from first of the year, Caydon, Elizabeth, Julia, Jurgen, Irish, Noah, Oliver, Rhett and even Ruth improved or are learning on-line skills. Ruth simply loved asking Liber-T to back up by doing yo-yo and wiggling the lead line. 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 the little ones. Some riders, Natalie, Phillip and Woodrow only ride, which helps them improve or maintain their balance, coordination and focus - they all enjoy their time with the horses so much.

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

Staff - Instructors, Chris is still our only instructor and also is the responsible to work horses 3 or 4 days a week along with daily chores of cleaning pens and feeding. Craig has been helping with the chores - thank you !

Horses - With temperatures at record highs this summer, once again, all the horses had forced time off. I couldn't get them hot with exercise - and rising temps would not let them cool down afterwards. Finally, temps are at a point I can work to get them back into shape. 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 40 times and it's been very spotty. I have been on her about 7 times and now that we are finally having lower temperatures, should be able to ride more regularly. Spirit, who joined our herd in early August, is 22 and my farrier is doing a great job getting her feet better balanced and proper angles. She is learning the ground work and we should be able to start riding her soon. I think she'll be a good fit as she's narrower than Gracie or Dakota and looks like she gives a nice smooth walk. Dakota is, 23 now, her very quite movement and nice wide back gives those needing support, the movement and broad support they require. Dakota will respond nicely to a rider who is attentive and focused. Liber-T, 31 now, is still helping riders "do it right". She is the best for deciding when riders are ready and responds to exactly what they are asking - even though that may not be what the rider is wanting. She is very patient as a rider starts to learn, but as the rider becomes more skilled, she asks for more precision. So we are teaching her what we can on line as she improves each day. She has all the right requirements to be a great therapy horse - soon. Horse upkeep costs have remained stabled with 4 horses to feed. I was able to get hay in for the year and prices have dropped a bit from last year. Economy increasing plays a big role, of course, and hay is about 60% more than just 3 years ago. Monthly costs for our horses, no matter how many riders we have, never ends - the Equine Dentist's is due (about \$400), 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 2024 was challenging with rain and wind causing adjustments in riding schedules. Additionally, our volunteer staffing has fallen short the last 2 years and we've had to cancel classes at times because we did not have enough volunteers to be safe. In September, when we started up in Peoria on Wednesdays 4 people said they'd come to help, but on the day, only 1 came. I'm not sure what the trend is, but it makes scheduling very difficult. I am grateful Craig has been available to help and our riders have been so flexible. We are slowly catching up for horse board and instructor salary. Meeting our basic costs is happening and but have very little reserve. New riders join us each year, as others achieve their goals and move on to new activities. Our basic costs usually remain pretty stable. HA HA HA. Horses cost - - what horses cost. Horse care costs have remained fairly level. I put funds aside for hay (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. The horses need to eat - every day - whether there are riders or not. We give a discounted fee for all riders who pay in advance for the lesson block which mirrors what anyone would pay for a riding lesson. We strive to receive donations to bridge our expenses. We currently have no riders receiving scholarship money. No riders are being sponsored. Potential new riders 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, will cover the difference. Our classes at Soft Wind Riding Club went well through the end of November. All classes will continue at Stable Influence and are going well. Effective December 1, all classes will be held at Stable Influence in New River. Thank you MaryAnn and the Hudsons. And, of course, Craig, for your help and support this past year

To keep everyone informed of our activities, I post on Facebook every Saturday. Riders enjoy highlights of their fun. I add fun pictures and news - just for grins and giggles. Share your stories and information with everyone you know and ask for support. #Giving Tuesday and our status as an AZ Qualified Charitable Organization can benefit both us and donors. The best way to spread the word is by word of mouth or sharing on social media 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 2024. Our 2001 Elantra had to retire with 312,000 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 38 families who have enrolled their Fry's VIP Card to help increase donations. Enroll your VIP card at [www.FrysCommunityRewards.com](http://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. Giving Tuesday is on December 3 through Facebook.

<https://www.facebook.com/donate/524575970580965/>

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 past 12 months were \$26,660 which was a HUGE improvement from last year. Thank you to new donors Diane Zucco for \$20K and to Hubbard Family Swim School for \$500. THANKS !!!

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 2025. Stay safe and stay healthy.

*Chris*

Merry Christmas and Happy New Year.

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## 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 ?? Fee Our Horses for a Day

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](mailto:stableinfl@aol.com).