



HORSE SENSE

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

PLEASE - Help us save time and money
by providing your current e-mail address - Thanks
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December 2021

Happy Holidays

from

Chris

Afire, Stetson

Dakota, Freckles and Liber-T

Session 3 Classes will begin the week of January 2nd

Thank You for Your Support

E Ahlman, Amazon Smile, E Bradford, P Cocklin, B Elanmar Birthday Fundraiser, Facebook Donors, T Galen, MaryAnn Hirschberg, Honeywell ECF, Hudson Family, K Hust, H Isaacs, Julie Keahey Charitable Fund, Kroger Foods, E Migala, C Miles, Morris Family, The Outlander Private Foundation, Peru Family, A Pruitt, Ricklin Family, Royal Arabians, J Saunders, Smith Family, M Stevenson, J Vogelmann, A Wadlington, A Williams, Lisa Wintermantel Memorial Rider Scholarship, M Wright, D Wylie, Paul Youngmark Memorial

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

Mark your calendars for Tuesday, November 30th! Donations made EARLY through Facebook to Stable Influence Charity Programs on the 1st could be matched by Facebook! That's right! Your donation could be doubled when made at Facebook during #GivingTuesday!

<https://www.facebook.com/donate/454872942649481/>

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 to receive a tax credit on AZ State taxes for up to \$400 for a single person and \$800 for couple.

Black Friday is here -

Do you shop on line? www.smile.amazon.com/ch/86-0927834 or iGive.com 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.

A Surprise Delivery

It was approaching Christmas and classes were coming to an end for the holidays, so, Chris and Craig decided they were going to take a trip with the horses - - all the way up to the North Pole! So, they got an extra big trailer and loaded in all the horses. First was Stetson, then Liber-T. Next came Diamond, then Afire. After them came Dakota and Freckles.

They drove and they drove for 10 days and 10 nights and arrived at Santa's Workshop on Christmas Eve night, right as the reindeer were supposed to leave. But something was wrong! It was stormy outside and all the reindeer were sick! Dasher had the measles, Dancer had the mumps; Prancer had the Flu, Vixen was blue; Comet broke his leg; Cupid bumped his head; Donner had a fever, and Blitzen was acting like a beaver. But worst of all, Rudolf's nose wouldn't glow!

Santa came out and when he saw all the horses, he begged Chris and Craig to let him use the horses to save Christmas. Of course, they said, "Yes". They took the horses out of the trailer and lined them up for Santa to see.

As he looked the horses over he said, "Liber-T and Diamond will go in the back, they are strong. Stetson and Dakota will go in front of them, they will keep the pace. Then will be Freckles and Afire to lead the group. Afire got to sport a red bulb on his nose to light the way."

With a whistle, Santa called his elves to rub magic flying dust on the horses so they could fly like the reindeer. A mighty laugh and Santa shouted, "On Stetson, On Diamond, On Liber-T, On Dakota, On Freckles, On Afire." Off they flew into the stormy night to save Christmas.

They delivered presents to Natalie, Phillip, Irish, Julia, Ruth, Elizabeth, El, Lauryan, Oliver and Janielle and all the other good people in the entire world.

AND - - - listen close - - - you can still hear the jingle bells from Santa's sleigh flying over rooftops.

*Merry Christmas to All - -
and to All a Good Night*

HELP ADD RIDERS AND VOLUNTEERS

I can't say how many times I have talked to potential rider families who say they've been looking for a program such as ours for years. So - - - Please share our program with anyone you know who may benefit from our services. Referrals are wonderful. Each year several new riders and volunteers are added because of a referral. Riders are why we are here. Share 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 with more riders to help. Volunteers are always needed at each site. Tell your story to your friends, care givers, doctors and therapists. They may know someone who could benefit from therapeutic riding or would like to help out. Your Equine Assisted Activities experiences and volunteer opportunities bring participants to us. You can 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

MAKE A DIFFERENCE IN SOMEONE'S LIFE

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

<https://www.facebook.com/donate/454872942649481/>

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

WORD FIND

Find - items we use or do in class. Backing, barrel, beanbag, bucket, circle, cone, figure eight, joust, hoop, ring, tarp, trot, walk, weaving, whoa

G	F	P	B	L	R	M	S	Q	Z	X	Y	A
I	B	G	E	C	D	B	A	C	K	I	N	G
N	E	F	A	G	T	W	H	I	M	N	P	O
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W	P	Q	G	J	A	O	H	W	S	Q	U	V
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Z	N	X	Y	W	V	B	Q	M	L	N	E	D
P	O	L	E	F	J	S	U	T	X	W	E	J
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Horses and Healing

Recent studies conducted by the Institute of Heart-Math provide a clue to explain the two-way "healing" that occurs when we're close to horses. According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body. While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.

Horses are also likely to have what science has identified as a "coherent" heart rate (heart rate pattern) that explains why we can "feel better" when we're close to them. Studies have found a coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy-that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adapt to stressful situations very efficiently. Many times, we just need to be in the presence of horses to feel a sense of well-being and peace. In fact, research shows that people experience many physiological benefits by interacting with horses, including lower blood pressure and heart rate, higher beta-endorphins (neurotransmitters acting as pain suppressors), decreased stress levels, decreased feelings of anger, hostility, tension and anxiety, better social working; and greater feelings of empowerment, confidence, patience and self-efficacy".

Pintura author: Svatava Hueberová

Kids Cooking Dakota's No Bake Oatmeal Chocolate Peanut Butter Cookies

1 3/4 cups white sugar	4 tablespoons unsweetened cocoa powder	1 teaspoon vanilla extract
1/2 cup milk	4 tablespoons unsweetened cocoa powder	
1/2 cup butter	3 cups quick-cooking oats	

- Step 1 Line a baking sheet with wax paper.
- Step 2 In a medium saucepan, combine the milk, sugar, cocoa, and butter.
- Step 3 Bring to a boil and cook for 90 seconds. Begin timing from the moment the mixture starts to boil and keep a close eye on it. If it's boiling for too long, it can ruin the texture of the cookies. Alternatively, cooking for too short a period of time can prevent the cookies from forming properly.
- Step 4 Remove from heat.
- Step 5 Stir in the oats, peanut butter, and vanilla.
- Step 6 Using a teaspoon, measure out and drop the dough onto the wax paper. Make sure you give them enough space to accommodate easier serving down the line.
- Step 7 Allow them to cool until firm, about 35 minutes. Serve.

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

Can everyone find us one new donor in 2022? Supporters, volunteers and riders, please share stories and ask people and businesses you know to support Stable Influence. Many companies and people 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 - they may decide to help out. 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 stories and 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.

OPPORTUNITIES FOR FUNDRAISING

*** New Car Fundraiser ***

It is official - our wonderful 2001 Elantra with 307,000 miles on it must retire. We are fundraising for a new vehicle. The goal is \$26,000. We'd like something small and economic just like our wonderful Elantra has been for the past 20 years.

Do you buy GROCERIES ? ? ?

If you are already one of our Fry's shopper families - Thank you - you are automatically re-enrolled, but if not, it's time to enroll your Fry's VIP card on line for Stable Influence. Fry's shares \$2M with area non-profit organizations enrolled each year. There are 35 families signed up. Remember to 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 enroll and join our Fry's Shopper Family.

Share our needs 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.. \$4,301 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.

Arizona Charitable Tax Credit

Stable Influence is qualified as an Arizona Qualifying Charitable Organization. Anyone donating can use QCO Code 22306 to receive a tax credit on AZ State taxes for up to \$400 for a single person and \$800 for couple valid for donations made in 2021.

Everyone is shopping on Line Now - Have that Purchase do Double Duty !

Shopping on line at Amazon then adding a "Smile" to it is easy for everyone to do and by signing up to support SICP, it's easy for your purchases and browsing time to do double duty and support our riders. By choosing to shop through Smile.Amazon.com those stores will support Stable Influence Riders.

Most stores are in these malls. - \$648 from Amazon Smile since 2014. Help get those numbers up by signing up to support Stable Influence. You are shopping anyway - make it do double duty.

100 for \$100 Plus

Our 100 for \$100 campaign is still going on. We are still looking for folks to help finish our campaign. I'm sure every one of our supporters knows of JUST ONE person who can donate \$100 for this campaign.

If you ask, they just might give. Companies and folks you know will help. 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 most charities, over 90% of all donations go directly to help our riders. Donations are tax deductible to the fullest extent of the law.

Mark Your Calendar - 2021-2022

December 19	Break - Merry Christmas - No Class until week of January 3
January 2	Session 3 Classes Begin
February 13	Session 4 Classes Begin - 7-Weeks
April 3	Session 4 Break - 1 Week
April 10	Session 5 Classes Begin - 7-Weeks
May 29	Memorial Day Break
June 5	Session 6 Classes Begin - 8 Week Summer Session

STATE OF THE STABLE

2021 was again, another very crazy and different year for everyone. Our 24th year is almost half way gone. Many changes happened over the past 12 months. As 2021 ends we are looking forward to a better and calmer 2022. Thank you to everyone who has supported us this past year. I wish all of you a wonderful holiday season. Stay safe and have a prosperous 2022 as we look forward to and pray for things to move toward a more normal status.

Covid-19 was still on the forefront of everything around our world. Stable Influence was able to continue offering our program to our clients. At the beginning of the year we had many new clients as most clinics were still closed. Because we operate outside, our families and volunteers felt safe to be able to participate. We were able to help many people at our sites during this challenging time.

Summer 2021 was not too bad and we had 5 riders continue to ride during the summer in New River. Our challenge this past summer was not heat - but rain. So far here in New River we've had 18 inches since January 1.

Our 24th ride year began in September and we welcomed 2 new riders - 1 in Peoria and 1 in New River. Another 1 joined us in Peoria for a total of 11 by the end of November. Our numbers are low due to the loss of our Mesa site. However, folks feel we are offering a valuable service and 3 of our riders are coming from Mesa area to ride with us. Must be doing something right. We have classes in Peoria on Wednesdays and in New River Saturday mornings.

Most of our riders start their lesson by playing with their horse "on line", meaning they are on the ground, before mounting up. "On-Line" play is really helping our riders with coordination, balance and focus. Some are getting some pretty cool things accomplished like sidepassing along a fence, circling and weaving cones. Riders learn when to be quiet. Ava, Brittany, El, Elizabeth, Janielle, Julia, Irish, Lauryan, and Oliver are improving or learning on-line skills. Ruth is just starting some on-line play. Natalie and Phillip only ride which helps them improve their balance and focus.

Officers - Chris, Craig and Bob continue to keep everything running smoothly.

Staff - Instructors, Chris is our only instructor at this time and is the only on to work horses 3 or 4 days a week as well as handling daily cleaning pens and feeding the herd in New River.

Horses - Would you like to Adopt a Horse and get "Carrot Privileges". All the horses are in New River now. Afire has been on a break. Afire is short and I am tall, so it makes it difficult to ride him. He's doing very well on line and I'm hoping to get him working soon. Jay was doing an amazing job, but we lost him suddenly and very sadly the end of September. He is settling into his new life here. His shorter size and more active movement could benefit our riders who need that more active input. Stetson is doing very well this past year and is working well with his riders. He has more movement for riders who need more than what Freckles gives, but are not quite ready for Liber-T. Freckles', with her medium movement, is still the best horse for riders starting to ride independently. She helps with confidence as she really doesn't want to go too fast. However, she can if the rider is truly ready. The slower response she has can give riders time to process. But if they are ready - so is she. Liber-T, still wants riders to "do it right". This challenges our riders to be consistent and the payoff is amazing when the "right" thing is learned by her rider. Liber-T's more active and big movement is very helpful for riders who are very "busy". Since they are seeking movement - Liber-T gives it to them and they are better able to concentrate. It's quite wonderful to see the riders calm when riding her. Her love for the littlest riders is so fun to watch. She is so careful and asks for a cuddle from each. Dakota's very quite movement and nice wide back gives those needing support, the movement and broad support they require. Dakota continues to gain confidence and trust each year as our volunteers play with her - the right way. Horse upkeep costs have increased this year when Afire and Stetson moved from Mesa in mid-February. Monthly costs for our horses, no matter how many riders we have, never drops or ends - the Equine Dentist's is due (about \$700), they get grain and supplements and every 7 weeks get their feet trimmed. Our farrier of 20 years retired and our costs have increased with our new farrier. We care for 5 horses in New River. Thank you Morris family, Hudsons and Heilie Isaacs for supporting Stetson and Liber-T this past year.

Program - Our spring 2021 was beautiful. Moving out of Mesa was sudden and a lot of work. We had 14 riders riding. In the beginning of March, 4 riders and 3 volunteers elected to make the trip to New River to continue riding and helping. As Covid-19 was better understood and vaccines available, our riders from group homes were able to again participate. Rider costs for last year were up, but we have not raised riding fees. Our instructor took a 50% cut in pay and we are still behind for horse board. Currently, we are just meeting our basic costs, with 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 and by increasing the herd from 3 to 5, costs for horse care have increased. I was able to negotiate a good price for hay this summer. By not driving to Mesa 2 times a week, gas costs have dropped. When there are not enough riders to cover the costs, more donations are needed 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. As a non-profit, we can receive donations to bridge our expenses. We currently have one rider on a half-scholarship from the Lisa Wintermantel Memorial Ridership Award. There are no riders being sponsored. We often get calls to ask about our program. Folks are excited to start until they find out there are fees. We cannot serve them without donations for scholarships or sponsorships. Fundraising and donations keep fees down for riders and provide 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

I do Facebook posts each week to keep everyone updated, and just for grins and giggles, I put up fun pictures and news. 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. Word of mouth is the best way to spread the word of how our riders are minimizing their challenges by riding in our program through the work our volunteers do. 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 tax credit on AZ State taxes for up to \$400 for a single person and \$800 for couple valid for donations made in 2021. We have to retire our 2001 Elantra that has 307,000 miles on it and have a New Car Fundraiser to pay for a replacement. Fry's (Kroger) shoppers continue to shop for us. You can join the 35 families who have enrolled their Fry's VIP Card and help to 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. Go to the following link to donate:

<https://www.facebook.com/donate/454872942649481/>

As with all non-profits, we must always and continually look to have 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 would be well on our way to easily support our amazing horses.

If you like - you can Adopt a Horse to support one of our horses, or you can send a gift for our Horse Board Fund, add to our Poop Bucket Campaign 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 Afire these past years, and to the Morris family who help support Stetson. Thank you to all the Fry's and Smile.Amazon shoppers, Boeing employees and Honeywell employees. 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 \$13,589, which was about \$4,000 less than the same as last year.

Horse Show - We were, once again, unable to hold our annual horse show fundraiser due to too few riders able to participate. This was a big fundraiser for our program each year and we are very sad we have been unable to make it happen.

Well, 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 2022. Stay safe and stay healthy.

Merry Christmas and Happy New Year.

Chris

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 Andrra, Atlas, Audrey, Daniel, Elijah, Irish, Jenny, Julia, Lauryan, Liam, LoriAnne, Maya, Natalie, Oliver, Phillip, Ruth, and Sue. 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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