



***Alleys of fun at Bowl-A-Thon Feb. 10:  
Register, play, pledge, donate, win!***

You don't have to be a bowler to have fun at our 15<sup>th</sup> annual benefit Bowl-A-Thon Feb. 10 (see Calendar). With teams rolling for high (and low) scores, raffle goodies like a Smart TV and lots more, it's your chance to have a ball and help HwH.

**Bowlers:** \$30 gets you two games on a four-person team, shoe rental and an event t-shirt. Don't have a team? We'll help you form one. Morning session: 9 a.m. check-in, 10 a.m. bowling. If the first session fills, afternoon check-in is noon, bowling 12:30 p.m.-2:30 p.m.



Bowlers collect donation pledges for their teams, and all funds raised go to Horses with Heart. Registration and pledge/donation forms are available at the HwH office and **online at [hwhonline.org](http://hwhonline.org)**.

Please mail or turn in registration forms and payments by Jan. 26. Registrations received after Jan. 26 or the day of the event are welcome, but cannot be guaranteed to receive an event t-shirt.

**For everyone:** Pledge or donate any amount you like to the HwH Scholarship Fund, Special Olympic Team or General Operating Fund. Plus, enter the Raffle drawings for a chance to win prizes like restaurant gift cards, jewelry and horsey items.

Don't miss the competitive fun, laughs and prizes Saturday, Feb. 10 at Antelope Lanes in Prescott Valley. For more information, contact Janice Shanks: [jmshanks@me.com](mailto:jmshanks@me.com), or 602-809-1848.

*Horses with Heart, P. O. Box 2427  
Chino Valley, AZ 86323  
(928) 533-9178  
[www.hwhonline.org](http://www.hwhonline.org)*

***Calendar of Events***

**Volunteer & Donor Appreciation Lunch/Awards Potluck** ~ Saturday, Jan. 20, 11:30 am, First Southern Baptist Church, 1523 N. Hwy. 89, Chino Valley.

**15<sup>th</sup> Annual Bowl-A-Thon** ~ Saturday, Feb. 10: 9 am Check-In/10 am Bowling, Antelope Lanes, Prescott Valley.

**Returning Volunteer Orientation and SST Refresher** ~ Sat., Feb. 17, 9 am-12:30 pm, HwH.

**New Volunteer Orientation and SST Training 101** ~ Sat., Feb. 24, 8:45 am-1:30 pm, HwH.

**March 5-April 13** ~ Session 1, Therapeutic Riding Lessons.

**March 3-May 26** ~ Special Olympics Spring Season.

***We applaud you Jan. 20: a "key" event to salute our volunteers and donors***

Volunteers are the key to the future for Horses with Heart, of course – and now we can unlock even more potential. At our annual Volunteer & Donor Appreciation Lunch/ Awards Potluck, we'll observe the theme "Key to the Future," celebrating our accreditation by PATH International (Professional Association of Therapeutic Horsemanship).



HwH is now recognized as the only PATH Premier Accredited therapeutic riding center in Northern Arizona, and we'll celebrate Saturday, Jan. 20, at 11:30 a.m. at the First Southern Baptist Church in Chino Valley (2.5 miles north of HwH on Hwy. 89; brick church on the left).

The Appreciation Potluck is our way to thank and recognize the many volunteers and donors who make our valuable programs possible. Please bring a potluck side dish or dessert to share that will serve at least eight people. Horses with Heart will provide the main meat entrée, rolls, drinks and a sheet cake.

**Reminder:** if you have a great photo from the ranch or an HwH event this year, share it at the Appreciation Lunch. Send your noteworthy photos to Karen Richert: [kricherthwh00@yahoo.com](mailto:kricherthwh00@yahoo.com)



## **Good Job! James: A Rider's Story**

*This month, we launch a regular feature on the powerful impact that horses can have on the lives of our riders.*

James had never ridden a horse before he joined us almost one year ago, but he caught on quickly. His biggest challenge? Bonding with others. Although James could speak, he would sometimes withdraw from his team, his horse or his instructor.

He was invited to join our Special Olympics Friday work team, where he was able to interact with more riders and volunteers. For his Eagle Scout Award, James helped to design and build an extension to our trail course, and coordinated a crew to provide the manual labor.

James really progressed when he was switched to a class suitable for his abilities, matched with an energetic horse (Zee), and with a consistent volunteer team. His interactions with others—and his riding skills—improved significantly.

Toward the end of the riding season, James demonstrated how far he had come: after a class in which he had ridden especially well, he reached around Zee's muscular neck to give him a great big hug!

*Help change the lives of youth like James. Give today to HwH, serving the Quad Cities' special needs community for over 25 years.*

## **Taking a well-deserved winter break**

Our wonderful HwH horses, mini and ponies deserve some time off, and they're enjoying their winter vacations now.

Thanks to some of our equally wonderful volunteers, our four-legged friends are in very good hands. Let's recognize the following for taking such good care of our beloved herd:

Sunshine ~ Sherry Hoover  
Zee ~ Kris Dockum, Gloria Reid, Susanne Stock  
Scoop ~ Ethel Peterson  
Bubbles ~ Jen Maurer  
Amando and Buttercup ~ Charles Driver, Helen Collins  
Rocky ~ Trudy Chapman-Radley  
Jazz & Remedy ~ Bonnie Moreau  
Rennie ~ Natalie Rockwell

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[www.hwonline.org](http://www.hwonline.org)

## **New Year's resolution: cut your tax bill**

Start your New Year off on a happy financial note—donate to Horses with Heart. Under the Arizona Charitable Tax Credit Program, you could enjoy a dollar-for-dollar tax credit—up to \$800 for a married couple—for helping us continue our important programs.



Every dollar you donate could come right off the top of your tax bill; consult your tax advisor about how you might benefit. To give, email or call Pam Berry: [execdir@hwonline.org](mailto:execdir@hwonline.org); 928-899-4759. Or, mail your check, payable to Horses with Heart, to P.O. Box 2427, Chino Valley, AZ 86323.

## **Did you know? Why riding helps**

For the special needs community, the physical and mental benefits of riding horses in a structured and supervised setting are numerous—and well-documented.

Not everyone knows, however, that we can thank the simple motion of a horse's gait for much of the progress that occurs.

"Because horseback riding rhythmically moves the rider's body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength."

This basic explanation comes from PATH International (Professional Association of Therapeutic Horsemanship), the global authority in therapeutic riding. Horses with Heart is proud to be a PATH Premier Accredited Center.

## **New Year, new name, new coverage**



Did you notice our new name? "HwH Connection" replaces "Volunteer Connection" to bring everyone under the tent—riders, donors, and always, our wonderful volunteers. We'll continue adding content about riders' success stories, donors' perspectives, and of course, the HwH volunteers who make it all happen. There are changes ahead—good ones—so stay with us for the ride.