



Fun rolls on at Bowl-A-Thon Feb. 16

Don't miss the laughs, prizes and just plain fun at our 16th annual benefit Bowl-A-Thon Feb. 16. With teams rolling for high (and low) scores, raffle goodies 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 may collect donation pledges, and all funds raised go to Horses with Heart. Registration and pledge/donation forms will be available at the HwH office and [online at horseswithheartaz.org](http://online.at.horseswithheartaz.org). Please mail or turn in registration forms and payments by Jan. 25. Registrations received after Jan. 25 or the day of the event are welcome, but cannot be guaranteed to receive an event t-shirt.

For all: Donate and designate any amount you like to the HwH Scholarship, Special Olympics Team or General Operating Fund. Plus, enter the raffle drawings for a chance to win prizes. For more, contact Janice Shanks: jmshanks@me.com, or 602-809-1848.

*Horses with Heart, P. O. Box 2427
Chino Valley, AZ 86323
(928) 533-9178
www.horseswithheartaz.org*

Calendar of Events

Volunteer & Donor Appreciation Lunch/Awards Potluck ~ Saturday, Jan. 19, 11:30 am, First Southern Baptist Church, 1523 N. Hwy. 89, Chino Valley.

16th Annual Bowl-A-Thon ~ Saturday, Feb. 16: 9 am Check-In/10 am Bowling, Antelope Lanes, Prescott Valley.

Returning Volunteer Orientation and SST Refresher ~ Sat., Feb. 23, 9 am-12:30 pm, HwH.

New Volunteer Orientation and SST Training 101 ~ Sat., March 2, 8:45 am-1:30 pm, HwH.

March 11-April 19 ~ Session 1, Therapeutic Riding Lessons.

March 9 ~ Special Olympics Spring Season begins.

"Step up" to be honored on Jan. 19

You're the guest of honor at the annual Volunteer & Donor Appreciation Potluck. Join us Saturday, Jan. 19, at 11:30 a.m. at the First Southern Baptist Church in Chino Valley (north of HwH on Hwy. 89; brick church on the left). The theme, "Stepping up to the Challenge," reflects looking ahead to the future at Horses with Heart.



This big event is your time to relax and share in awards presentations for the volunteers and donors who keep us going. Do you have a great photo from the ranch or an HwH event this year to share at the lunch? Send your noteworthy photos to Karen Richert: kricherthwh00@yahoo.com.

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 meat entrée, rolls, drinks and a sheet cake.



Benefits of Therapeutic Riding

You see the smiles and the excited faces – but do you know the therapeutic benefits that HwH riders enjoy?



PATH International (Professional Association of Therapeutic Horsemanship) notes a range of conditions that bring people to therapeutic riding, from A (arthritis, autism) to V (visual impairment).

As a Premier Accredited Center for PATH, HwH works to help turn all these disabilities into possibilities. According to PATH, therapeutic riding helps:

- Promote joint mobility
- Relieve pain
- Increase strength
- Increase communication skills
- Promote socialization
- Improve coordination & motor skills
- Enhance balance
- Boost confidence
- Build self-esteem
- Improve posture
- Calm anxieties
- Provide opportunities for accomplishment

All that, from riding a horse in a safe environment helped by dedicated volunteers! If your own self-image ever needs a boost, just think of how you're helping others, and give yourself a thumbs-up.

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HwH has a new website:

www.horseswithheartaz.org

Horses with Heart is launching a sharp new website where you can find all the news and events you want to know about.

The old site will be taken down soon, so be sure to bookmark the new site, and visit us often:

www.horseswithheartaz.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 – \$400 for a single and 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:

hwhexecdir@gmail.com; 928-899-4759. Or, mail your check, payable to Horses with Heart, to P.O. Box 2427, Chino Valley, AZ 86323.

Teaching the teachers: April clinics

Check out these two spring programs for coaching riders with disabilities:

CHA IRD Skills Workshop: Saturday, April 27, 8 a.m.-4 p.m. Sanctioned by the Certified Horsemanship Association/Instructor of Riders with Disabilities. Designed for Instructors and Instructors-to-be.

CHA IRD Certification Clinic: Sunday, April 28 - Saturday May 4. Already teaching riders with disabilities and want to be a Certified Instructor? Already Certified and want to increase your skills? This is your clinic. Registration well in advance is urged.

For more details on either program, contact Jan Grise: ***hwhprograms@gmail.com***.