

# Saddles In Service

December, 2020

Vol. 1, Issue 4



We are so excited to share our December Saddles in Service Newsletter. We are certain you will enjoy reading all of the happenings on the Ranch!

## Random Horse Facts

### Sleep & Your Horse!

#### *Did you know....*

Horses can sleep both lying down and standing up!

Also, horses will not lie down simultaneously because at least one will act as a look-out to alert its companions of potential dangers!



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## A Message From Tammy

November was a month of growth and education for SIS! We welcomed eight new volunteers and seven new Heroes! I always love seeing our volunteers and Heroes grow in their horsemanship skills.

This month we were blessed with two amazing Heroes giving back to our volunteers and heroes by sharing their horsemanship skills through a clinic. Robert, a retired Mounted Border Patrol Officer, offered a great clinic on the history of the horse's involvement with Border Patrol and the history of the different styles of riding and saddles. He went into depth on program and safety specifics within the Border Patrol and even shared a story on how two West Coast Seal Teams had him and his mounted officers train the Seals for a secret mission in the Middle East in which they would have to ride horseback. We will definitely put his recommendations on our program into effect.

Our second clinic was on Natural Horsemanship. One of our wranglers, an Army Veteran and lifelong cowboy, put on an amazing clinic for heroes and volunteers. Tom came to us about 3 months ago and instantly caught our attention. His horsemanship skills are just beautiful to watch! The education and training at SIS is so very important. We strive to be the best we can be. We look forward to hosting many more clinics.

As we close out 2020, we are looking for everyone's support. Due to Covid we are falling short of our fundraising goals. We know this is a difficult time for everyone and we appreciate everything our donors have done to support SIS and our heroes and horses. On December 1st, we will hold a virtual fundraising event, Operation Giving Tuesday. We are asking all of our social media followers to donate \$1 and to make it a recurring monthly donation through 2021. If we all pull together we can continue and expand the great work we are doing at SIS! Every dollar makes a difference in the lives of our heroes and horses. Thank you for your continued support!

Lastly, I want to wish everyone a wonderful and Merry Christmas! We hope you are able to spend time with those you love and cherish most.



## Horse Spotlight

# BREEN



Breen, AKA Breenie Girl, is one of our most social horses! She is a beautiful 15 year old Sorrel Arabian. She is the first horse that will greet you when you arrive at Saddles In Service. She is so eager to please and build relationships with each Hero that works with her. We refer to her as the SIS Cheerleader! She also loves her pasture mates and all the horses at SIS. When she came to us almost 3 years ago, we didn't think we would ever be able to ride her. Her hooves were a mess and she was on daily pain medication. Working with our Veterinarian, we fixed her hooves, took her off all medication and rehabilitated her. She is now one of our favorite horses for Heroes and Volunteers alike.

## SIS Team Highlight



John Burningham  
Ranch Foreman

John Burningham is our Ranch Foreman and Tammy's right hand man. John has had a long career in the Fire Service. He served 30 years with the La Mesa/Heartland Fire Department and 8 years with Viejas Fire. During his career he has been an Engineer, Fire Company Captain, and Fire Investigator. He is currently a Captain at Viejas Fire. He also has many other roles within the Fire Department. He leads the Fire Explorers, high school aged kids who are looking at a career in the Fire service, and he is also an instructor at Heartland Fire Academy. He is a great role model for those looking at a career in fire.

John has always been one to jump in and help in any way he can. He epitomizes someone with a heart for service! John is also very patriotic! He feels it is important to give back to his brothers and sisters who have served our great country as well as those who serve our communities everyday as First Responders. By accepting the role as Ranch Foreman, John saw it as an opportunity for giving back in a different capacity plus it allowed him to spend more time with his new passion, Horses. John was first introduced to SIS to do some community service with the Fire Explorers. He coordinated and executed wildland fire training for the Explorers from Viejas, San Miguel Fire, and Heartland Fire. The Forest Service was instrumental in helping with the training. There were 50 plus explorers, instructors and volunteers that took part in this training at SIS. John passes down a quote someone once told him; "The reward for doing a job well done is doing it."

John has built a definite connection with all of us at SIS and our horses. The peace & serenity at SIS is key for his ability to disconnect from the busyness in the world. He hopes others get to realize what he has found by working with horses: unconditional love, building relationships, trust, connection, living in the moment, and the horses are so intune to what we feel. He also loves to ride. John is truly becoming a Cowboy!

# HOOF BEATS

Can you hear them?? They are echoing in every store, in the background of every commercial and probably throughout your home if you have a family member as excited about Christmas as I am!

## Christmas Carols!!!

Some flood us with holiday memories from our childhood; some make us want to change the station as fast as we can!

For me, the classic Christmas songs carry me back to a time rich in tradition. Some of those songs are tradition themselves!

When I was a youngin', the tryptophan coma from Thanksgiving Day quickly gave way to hours of cookie baking with my dad while my mom decorated the house. We hung those huge lights along the eaves and each night, they would carry me off to sleep as I watched them cycle through their rhythmic display of color. The grand finale of the weekend was putting up the tree on the custom-made platform my daddy built specifically for his train set and Christmas village. I can still smell the puff of smoke that would come from locomotive. All of this occurred while eating daddy's cookies of course!

Traditions tie us to the memories of days gone by and provide excitement to those daily moments as we usher them in to our present. They create the perfect blend of nostalgia and renewal.

Personally, with all that 2020 has given us, I think we have all earned the right to immerse ourselves in those traditions that weave throughout our heritage. If this season finds you without one to dunk yourself into, may I encourage you to start a new one! All family traditions had to start somewhere, so why not with you!!

Part of me tends to feel restless and unsettled until I participate in at least one of my family's many traditions. There's a warm calm that wraps around me when I taste one of mom's nutmeg shortbread cookies with my morning coffee or when I hang that final ornament on the tree! I whisper to myself, "Mom and Dad would approve!"

Whatever your tradition, enjoy it to the fullest degree! Together we have persevered through a very challenging year and are well deserving of some infectious joy that overflows and spills on to those around us!



*Have a very merry holiday season! We are anticipating a great new year with all of you here at SSS!*

*Donna Sinema  
CCO – Saddles In Service*

# CALL TO ACTION!!

You have helped to make a difference at Saddles in Service.  
Thank you!



## On The Horizon OPERATION GIVING TUESDAY

Tune in to our social media accounts and catch the excitement of SIS's Operation Giving TODAY, Tuesday, December 1, 2020! If you, or someone you know, would like to match donations, please let us know. Join the fun and invite your friends and family to participate in this exciting event! You can also share SIS Operation Giving Tuesday on all your social media platforms!

**#OperationGivingTuesday**  
**#HelpingHeroes&Horses**  
**#SaddlesInService**

If you aren't able to participate in Operation Giving Tuesday, you can still help our Heroes and Horses! Click here to contribute: [DONATE](#)

Saddles In Service is a registered 501 (c)(3). All donations are tax deductible in accordance with federal tax laws.

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## SIS Wish List

### Want to do more?

The items below can be purchased/donated and allow us to continue to help our Heroes!!

- 2 4-Horse Stock Trailers
- Leather Tools and Supplies
- Ranch Roping Equipment
- Knives
- Camping Equipment
- Sleeping Bags
- Tents
- Garmin In-Reach GPS
- Riding Gloves (all sizes)
- Sunscreen
- Food, Drinks & Water
- Saddle Bags
- Custom Saddles
- Training Sticks
- Training Lunge Lines
- Training Halters (incl. Draft Sizes)
- Fly Masks
- Feed Bags
- Split Reins
- EquiVibe Plate
- Heel-O-Matic "The Trainer"
- 5 Apple Computers
- Business Quality Printer
- Two 8-Horse Mare Motels
- Bobcat
- Covered Area/Building
- 2 Diesel Duallies
- Tractor
- Quad
- Magna Wave PEMF Machine
- 4+ Seat ATV Transporter

See our [website](#) for other ways to help SIS or to sponsor a horse!

## Saddle Talk

Check out our new [video](#) on the Saddles In Service YouTube channel. You can find us here: [Saddles In Service](#) Tammy and members of the SIS team get together and discuss any and all topics related to our program. Tips will also be provided on how to make your own private world [#RanchyAF](#)

## Social Media

Help us spread the word about Saddles In Service!!

Know a Hero? Send them our way! Have horse experience and want to give back to our Heroes? We would love to meet you!

Help us reach our goal of **6,000 Instagram followers and 40,000 Facebook followers by the end of November!**



We would love to hear from you!

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