

# Saddles In Service

January, 2021

Vol. 2, Issue 1



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

### *Did you know...*

Horses have a more heightened sense of smell compared to humans, but it's no better than a dog's scent. Horses have two separate systems to smell with through their nose. The first is through the nasal cavity into the olfactory nerves. The second is under the nasal cavity, past a set of glands, dedicated to smelling and understanding pheromones.



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## A Message From Tammy

I want to start off by wishing everyone a very Happy New Year! I am extremely happy to put 2020 behind me, for so many reasons. 2020 brought many mixed feelings and emotions and I know I'm not the only one who feels this way. I experienced heartbreak and deep loss but I also experienced love, joy and laughter. As I think about this past year, I am choosing to discover the lesson in each experience instead of letting those experiences define me. There is so much beauty in the world and I choose to find the beauty in every experience every day, whether good or bad. The smiles I see on the faces of our volunteers and Heroes when they are here interacting with our horses shows me that our Mission is making an impact and changing lives for the better! That is why Saddles In Service was founded; to make a positive impact on the lives of those who serve us every day! I want to give them a place to reset, a place to learn who they are, a place to help them become the best version of themselves and a place to feel loved without judgement. The word has definitely spread about our program during 2020. We have tripled the number of veterans and first responders that have applied to start our program. I am so thankful that our volunteers have stepped up and answered the call to help serve the growing number of Heroes here at SIS. We are truly blessed to have the caliber of volunteers that we have. Thank you from the bottom of my heart!

I also want to thank all of you for your continued support of Saddles In Service! We could not do the work we do without your support! Soon I will be sharing our end of year report and goals for 2021. I look forward to seeing what the future holds for all of us!

Finally, I want to thank everyone for your kind words and thoughts when we had to say goodbye to Tequila. He was a beautiful horse, inside and out. I know he lived out the rest of his life feeling loved and safe. He is truly missed by all of us here at the ranch. Rest In Peace our sweet Tequila.



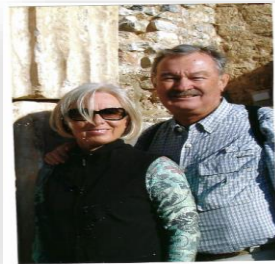
# Horse Spotlight

# DYLAN



Dylan is a Percheron Thoroughbred Cross, born in 2005. He is one of our “gentle giants.” Dylan is a very playful and loveable horse. He is wonderful with all types of riders, even our youngest heroes.

## SIS Team Highlight



Glenda O’Grady  
Board of Directors

An ambitious, eager young gal decided to begin modeling at age 14½. She enjoyed this fun job, which introduced her to an opportunity with the JC Penney Co. While modeling one day she was approached by the Store Mgr. and offered a job. She thought, I can juggle two jobs, school, and my grades. This young High School student was (Glenda O’Grady). What I did not know at the time was my career path of success was facing me. The opportunities I had, were to break the glass ceiling, buying merchandise for 52 stores in Los Angeles, which included, Fine Jewelry, Cosmetics, Women’s Accessories, Fashions, Advertising which also included Visual Promotions. I also traveled and reported to the Corporate Office in New York City and Plano, Texas. My job responsibilities included Northern California to San Diego and Hawaii. As you can see, I was not bored. When I retired in 1999, my goal was to give back to the community for all the blessings I have received in my life. So, I first started with my church and began by pulling weeds. That did not last long and then again opportunities arose. In the past 13 years we have had a Christmas Store for families in need. I oversee approx. 750 volunteers. We interview to find the 225 most in need families, set up a store with all categories of NEW MERCHANDISE. The parents arrive, select what they want, we wrap the gifts, feed the parents as they wait for gifts to be wrapped, load their vehicles with the gifts and if necessary, drive them home. (We ask the parents not to tell the children of us. Give the presents from THEM the parents). I coordinate many other events, as that is what I am trained to do. Now, 5 years ago I met Mike & Tammy and we became good friends. About 3 years ago, Tammy had the VISION of “Saddles in Service” and she and Mike asked if I would be on the Board of Directors. I was not sure if I was qualified to help with such a wonderful foundation. What could I bring to the table as you would say? I decided to take an afternoon and see what SIS was all about. Well, the foundation is beyond words. WOW I said, Tammy I would be honored to help. What do you think I could do to compliment the team? Tammy said treasurer. My response, YES! I am Blessed to be part of such a Wonderful Foundation for our HEROES and First Responders.

# HOOF BEATS

Oh, the excitement of a new year! We are peppered with resolutions, fresh starts, new mindsets and the thrill of pursuing a new goal.

All of these are very good things, but, and I say this delicately, they can also set us up for disappointment. I have long believed that the best goal to pursue is to be 1% better today than I was yesterday. That 1% can be applied to any number of areas in my life and I am not always going to be focused on all of them simultaneously.

I learned years ago, after a long battle with agoraphobia after the death of my mom, that I need to pay attention to what I am thinking and what I tell myself; some things that I may not even be aware of. The best way to replace those fearful, negative, self-loathing thoughts was to be purposeful in filling my mind with truth. I made a list of all the truths about myself and read them aloud daily. I still do it, although I am not as consistent with it as I would like. I can tell you though, that it completely changed my life.

If you don't have a list like that, may I offer the following list to read aloud to yourself? Do it in front of the mirror! Print it out and keep several copies handy for quick reference!

## ~ Empowerment Statements ~

- ✓ I cultivate and identify things to be grateful for on a daily basis.
  - ✓ I never compromise who I am or what I stand for.
- ✓ I do small things with great love, striving for progress, not perfection.
  - ✓ I am present, grounded and unwavering.
  - ✓ I am living as my truest, best self.
  - ✓ I project strength & confidence.
- ✓ I believe problems are meant to be solved. I chip away at tasks to get things done with ease.
- ✓ I have unbreakable trust in myself & my faith. Any fear that creeps in I quickly push aside.
  - ✓ I take care of myself in order to take care of others.
- ✓ I have courage to hold my ground no matter what obstacles come at me.
  - ✓ I am loving, patient, but firm & clear in my boundaries.
- ✓ I know there is no such thing as losing. Either I win, or I learn.
  - ✓ I am the type of leader that others want to follow.
    - ✓ I empower others to be their best also.
    - ✓ I have a clear vision and a plan.
- ✓ I take action to take control of my life with consistent, unshakable commitment to my purpose.
  - ✓ When naysayers or the voice of doubt tell me I can't, I TRY HARDER.
    - ✓ I shine & spread that glow everywhere I go.

This is just a start! Make it yours. Add to it, edit it! My challenge to you is to read this out loud at least three times a day for the next 30 days. I would love to hear how different things are thirty days from now!



Make every day a GREAT day!

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

Thank you for your support during the 2020 tax year! Tax receipts will be sent out in the next two weeks.

**If you or anyone you know has a desire to, or is experienced with Grant Writing, please contact us!**

If you would like to contribute to our Heroes and Horses, or know someone who would like to help, 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. EIN: 82-2410075

## 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!



We would love to hear from you!

Email: [contact@saddlesinservice.org](mailto:contact@saddlesinservice.org)

Phone: 619-566-6208

Website: <https://saddlesinservice.org/>

