

Saddles In Service

February, 2021

Vol. 2, Issue 2



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

Random Horse Facts

Did you know....

Has your horse ever brought their face to yours and then just...breathed? In their world, horses often show affection to one another by sharing breath with each other. They put their noses together then share the air. This tendency extends to their owners as well. Have you noticed your horse doing this? Did you know it was a sign of affection? Of course there are a variety of ways horses show affection. Your horse may have their very own unique way of showing you love.

We would love to hear from you how your horse shows you affection! Drop a comment on our social media pages! We will get the conversation started for you!



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A Message From Tammy

As the first month of 2021 comes to a close, I am thankful for the continuous growth and support of SIS. We experienced the highest growth during 2020 and the trend looks to be continuing. The need for a program such as ours has become extremely evident as the number of Hero applications continues to climb. I am very thankful for our volunteers who have continued to give their all for our heroes and horses. Because of the rise in applications, we have added a new program which focuses on groups of veterans and first responders. This program is a team building activity that partners each person with a horse and a wrangler in a group setting. The feedback from our first program for ICU nurses was truly heartwarming. These nurses were experiencing depression, stress and anxiety. Our program allowed them to reset and enjoy a little respite while laughing and enjoying time with their colleagues and horses. It was such a success that we have three additional hospitals that have asked for our support. We have expanded this to our partners in law enforcement and fire as well. We are extremely excited to do what we can to provide wellness and healing to our veterans, first responders and horses.

With the increased number of heroes we are serving, we are going to be changing our program hours. We will have 2 sessions every Saturday and a few extra sessions during the week. We will be in need of extra wranglers on these days so if you have horse experience and would like to help our veterans and first responders, please fill out our volunteer application on our website. We are also looking for a volunteer who has Grant writing experience. With our growth in heroes, we need to keep up with infrastructure upgrades. A Grant writer is an immediate need. Please contact me if you have experience and would like to join our family.

I am also very excited to announce that we have two great cowgirls, Suzanne and Megan, who will be hosting training clinics for all of our wranglers. They both interned under Bob King, who learned under horsemen such as Ray Hunt and Tom Dorrance. We continue to learn and grow here at SIS so we can best serve our heroes that go through our programs.

Lastly, I want to welcome Cheryl Erpelding to our SIS family! Cheryl is our Chief Operations Officer, COO. She comes to us with a wealth of experience in the corporate world, non-profit sector and she is a true Cowgirl! Her horsemanship knowledge has made a huge difference here at SIS. We are blessed to have such amazing volunteers!

I look forward to updating y'all next month. Thank you for your continued support of all of us at SIS!



Horse Spotlight



RED

Red is a Percheron Cross mare with a sassy attitude. She was born in 2010 and is one of the Hero favorites. Her heart is as big as her body and she loved to be challenged. Red is definitely our ranch flirt!

SIS Team Highlight

Cheryl Erpelding
COO



I am the former publisher and a current sales person for Calif. Riding Magazine and Calif. Horseman's Directory which she sold to Horseman's News. I have loved horses my entire life from the first time I sat on my Grandpa Carl's horse Champ at age 5, whom he used to move the dairy cattle from the pasture to the barn for milking. I cried every time I left the Wisconsin farm and never wanted to leave to return to whichever state my Navy pilot dad was stationed at the time. My passion for horses was set in stone and was the driving force for my life's journey.

I never owned a horse until after the loss of my first husband to a drunk driver at age 26. With a small amount of life insurance, I moved back to San Diego where my parents had retired and went to the La Jolla Academy of Advertising Arts for a one year program and bought myself my first horse. I got hooked on eventing when I was riding at the hunter / jumper barn – North County Riding Center in Del Mar with Carol Peters. I quickly switched from hunters to eventing and was hooked jumping logs and ditches.

Event and dressage riders had to enter in advance to get their times and I began my magazine – originally San Diego County Riding Magazine – dedicated to event and dressage riders so they would know when the next event was so they could pre-enter. I grew the small publishing company into a state-wide publication from 2,500 press run to 20,000 copies per month and also created the Calif. Horseman's Directory. My publishing career can be read here on a story written in 2016 celebrating the magazine's 30th anniversary - [Read More Here](#).

I sold her last horse, Riding Magazine's Latest Edition - aka Eddie in 2012 when my husband Steve got laid off from his job. I took on an assistant trainer position with Ronnette Leja and really got hooked on teaching. Having exposure to so many great trainers and had ridden in several disciplines gave me a broad education working with horses. I retrained a hunter in 2014 for one friend and retrained a rescue thoroughbred for Falcon Ridge in 2015 while helping Ronnette at her Triple S Ranch training business. I took care of my best friend and h/j trainer Nancy Reed while she battled cancer losing the battle in 2017. During that time I was riding her friend Cathy Cook's Friesian mare Vendi once a week under her husband Paul Cook's coaching. Helping Vendi (a horse that was given to the actor Tony Curtis) become a solid dressage horse was a great stress reliever, as I had beaten cancer in 2010 only to get lymphedema in 2011. I was asked in 2017 to help out with the East County Equestrian Foundation and joined their board. I created their logo for the Lakeside Equestrian Park, their website and managed their eNewsletter. I helped them grow their funds from \$7K in 2017 to over \$97K today.

In 2019 I picked up extra work at an HVAC company in Santee as the horse advertising business was losing ground due to Facebook and other social media. It was only part-time but the bosses talked me into full time work and kept her pretty much out of the saddle. I got furloughed in Mar. 2019 and picked up work for a printing company as an independent contractor and soon had time to figure out a way to get her horse fix.

I saw posts about Saddles in Service on FB from her friends Sany Angione and Lisa Core. I got an invite to tour and the next thing you know, you can't keep her away. I love helping the heroes learn riding and horsemanship and she loves helping all the horses. I have a mad crush on Red and makes sure Red gets plenty of play time in the arena. I am thrilled to be offered the position of Chief Operating Officer for Saddles in Service and am ready to help the team continue to grow and offer such a wonderful service to the community.

HOOF BEATS

Hearts! They are everywhere!!! And for good reason. After all, February is the month to celebrate all things “love!”

Sure, we could spend our time together focusing on red roses, chocolates (of course, that wouldn't be an *entire* waste of time....just keepin' it real) and greeting cards full of sentiments to those we cherish in our lives. I have another option for us....

How about celebrating our own individual hearts? Not just the physical, 4-chambered organ that sits nicely behind our rib cage. Yes, we do need to tend to and take care of our physical heart. I was referring to our emotional heart!

I think it's time we all recognize our own, personal warrior's heart and celebrate THAT for a bit. We all have one, you know....a warrior's heart! That's what makes us each so incredibly special and unique.

It's seen some pretty incredible ups and downs and has emerged stronger than ever. It is a fierce fighter, this emotional organ that pounds in our souls, keeping the beat like a metronome determined to keep us on track. I like to add a little extra percussion to mine along with some kicking bass. The decibels of my beat are on the high end too! It's how I roll!!

My emotional heart rhythm has seen some rough times for sure and days where I couldn't hear it or feel it pounding out the tempo familiar to my soul. True to form, however, eventually, the rhythm would return and my life's heart song continued.

A few years ago, my wonderful husband gave me the book
The Trident : The Forging and Reforging of a Navy SEAL Leader, to read.

He told me, just like Jason Redman told his wife, that I am his Spartan Wife. I am a warrior and have a heart that epitomizes patience, perseverance, strength and love. I don't always feel like I do, and I am forever grateful that he chooses to see me this way, beyond all the faults, failures and trip-ups. I strive to live this out daily and to remember what it takes to keep this Spartan heart-rhythm going. I love the reminder that someone sees me in this manner. It motivates me!

So, may I take this opportunity to let you all know that you have a warrior's heart too! Each of your beautiful souls has a heart-rhythm that we want to hear and our horses can't wait to meet! One of the most precious moments at SIS is when we watch a Hero and a horse join up. Their hearts have met, they have bonded and time stands still in the holiness of the moment!

Dare I say it's better than any box of chocolates?

This month, as we celebrate the heart in all its different forms, take the time to celebrate yours! All of us here at SIS happen to think it's the bee's knees! So do our horses!!!



Make every day a GREAT day!

Donna Sinema

CCO - Saddles In Service

CALL TO ACTION!!

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



On The Horizon

Help us spread the word!

We all know folks who are a perfect fit for partnering with SIS as a Donor! If someone just came to mind, let us know who they are!! We would love to connect with them!

We will be doing another food drive in the near future, so keep that eye open for details.

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!!

- **Two 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!

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