

Saddles In Service

March, 2021

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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....

Horseshoes have long been considered lucky. They were originally made of iron, a material that was believed to ward off evil spirits, and traditionally were held in place with seven nails, seven being the luckiest number.

To many, the horseshoe is a symbol of good luck and protection. There is a strong Irish belief that the shoes should be hung upright like the letter "U" to collect and store the luck inside!



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A Message From Tammy

I want to start by sharing a very personal story with you. I had a Sailor contact me one Saturday at the end of last year. After speaking with him I knew he really needed to be here working with our horses. He was in a very dark place when he first started our program. One of his navy buddies had just committed suicide and he was completely blind-sided by it and couldn't process the situation. Just a few days ago he wrote a post on social media and was very open about his feelings. He wrote: "my one day at Saddles In Service a week up on that ridge is where I make peace with everything, the Horses truly do listen. I was in a VERY tough spot mentally until I found Saddles In Service. If it wasn't for that place I wouldn't be typing this now." Your support of SIS is making a huge impact in the lives of our Heroes and their families. Our mission is to help lower the number of suicides each day and I am so thankful that SIS saved that Sailor's life! THANK YOU for your continued support!

February was just a whirlwind of a month here at the ranch. We welcomed 13 New Heroes to start our program and 10 New Volunteers. The number of Veterans and First Responders applying to our program has steadily increased this past year and looks to continue growing. It is so exciting to watch our SIS Family grow. We are starting to recruit more wranglers as the number of Heroes grows. So if you have been thinking of volunteering and you have riding experience, consider joining our family of Wranglers! I promise you won't be disappointed! We are excited to announce that 3 of our Ranch Hands are now Wranglers in Training!

We hosted our 3rd group of ICU and ER nurses this month. They enjoyed a day of respite, laughter and love while working with our horses. We are planning more of these groups each month. We are also going to start including more obstacles to the cowboy challenge. If you want to help build the obstacles, please contact us today!

The much anticipated documentary, "Wounded Heroes" comes out March 5th. You will be available to view it on: Amazon, iTunes, Google Play & VUDU. Saddles In Service is honored to have been chosen to represent Equine Assisted Activities as a resource for Veterans and First Responders suffering from PTSD, anxiety, depression, and job related stress. This documentary will save lives! Please share this with family and friends. You never know who may need this today!



Horse Spotlight



BELLEAU

Belleau, more commonly known as Boo, is a purebred Clydesdale gelding. He was originally bred for the sole purpose to pull Anheuser Busch beer trucks. Boo is our other “gentle giant” and Dylan’s pasture buddy!

SIS Team Highlight



Michelle Mullen
Lead Wrangler

Hi, my name is Michelle and I am Lead Wrangler here at Saddles in Service. I was born and raised in Lakeside, CA and have lived here in San Diego my whole life. My connection to the Military and first responder is that My dad is a Vietnam vet and also Retired as Chief of Lakeside Fire Department. I’ve been married for 27 years to my husband James who is retired from the Navy. We have three kids and a little mini farm that brings us tons of joy.

I am a huge lover of animals and my passion for horses started when I was very young. I think I was three the first time I had a pony ride, I believe it was at Marshall Scotty’s. I met my best friend in Kindergarten, who had horses and from that moment on I was obsessed. Everything I got had to have a horse on it. I would draw horses for hours, I would set up a chair in the yard and use a bike lock chain as reins and acted like I was riding a horse. After much convincing, many lessons, and borrowing friends’ horses I got my own at the age of 9, from then on I was on the back of my horse, being adventurous. There is nothing like the feeling of being on the back of a horse (such a beautiful, strong, majestic animal), wind in your face, the beat of their hooves, the bond you create, and it just makes all your trouble seem to disappear.

I also am very passionate about giving back to our Military and first responders. When I heard about Saddles In Service, I knew I had to be a part of this really amazing nonprofit. I consider myself very lucky and blessed to be here at Saddles in Service. I can’t wait for you to come out so we can share our passion of horses with you and give you that very same experience of feeling free and connected with these amazing animals.

HOOF BEATS

I've never been one to rest on luck. Daddy taught me better than that. Any amount of success I would have in life would be the result of hard work, a tenacious commitment to my goal, and a creed of never yielding to the desire to quit.

There have been times throughout my tenure here on this globe, where I have wondered what the point was to keep on going. There were days where everything I touched seemed to fall apart and were less than positive experiences. I worked until I couldn't go any more, I cried until I was dehydrated and gave of myself until I was depleted. For what? The result I was pursuing wasn't even visible anymore and discouragement had set in big time.

These moments can be life altering if we let them. In the age of participation trophies, we have lost the ability to learn how to lose well. We have failed to grasp the glory in being graciously 2nd place. To even choose to take it a step further and congratulate those who get to display the trophy or blue ribbon. They earned it, after all.

That doesn't mean we didn't put our hard work into it too. It just means, that in that particular instance, someone had an edge whether it was due to a higher level of talent, or a sheer determination that despite being the underdog, 2nd place was not an option. The USA Olympic Hockey Team comes to mind.

As a coach of girls youth basketball teams, I had very few non-negotiables on my court. The first was that you play how you practice. Those hours of practice between games weren't the time to slack off, become casual or lazy regarding effort, or to allow the mindset to creep in of "I gave everything yesterday at practice, so I don't need to give as much today." WRONG! If my girls looked forward to game day so they could get a break from my practices, then I knew I was getting somewhere.

The second was to always be a team player. There could be no individuality on the court. Everyone had to work together and do their part in order for success to be gained.

Finally, the score at the end of the game was secondary to one question I asked: "Did you give it all on the court?" If the answer was yes, then the final score became a motivator to improve where we could. It was never an indication of failure. If the play we had been working on all week finally came together and was executed flawlessly, then we had succeeded indeed, regardless of the score. My prayer was that they would carry those life skills into their adult life and would serve them well.

One percent. If each day, we strive to be one percent better than we were the day before, growth and success is inevitable. Sure, there will be days and moments where we stumble backwards. That's life. It's what we do with those moments that counts. And....because we have had the experience of such moments, we can then reach out and help those around us who need that reminder "You've got this! I'm here with you!"

I'm a firm believer that we should walk through this life, more like a funnel than a sponge. For reasons beyond my finite thinking, life has trusted me with some pretty hard things to navigate through. I didn't want to be a consumer of the wisdom and lessons learned those experiences afforded me. I found far more joy and deeper healing in allowing that wisdom and those lessons to flow through me to those in need around me. There is no greater joy than to help a brother or sister!

That's not luck....that's providence! Sowing the seeds of hope into the fertile soil of those in need yields a harvest that can touch millions. If luck has anything to do with it, it would simply be that I am the lucky one who gets to make a difference in others. Doesn't get much better than that!



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!



1st Annual Saddles In Service Golf Tournament

Friday, July 30th at the Cottonwood Golf Course - El Cajon.

Sponsorship Opportunities to help Veterans, Active Duty Military, and First Responders receive mental health wellness and healing through the Equine Assisted Activities at Saddles In Service in Alpine. Please consider sponsoring a hole or book your foursome with us today.

Hole sponsorship - \$250/hole - \$500/Foursome or \$125/golfer.

You can sign up at

<https://saddlesinservice.org/golf/> or call

Tammy or Cheryl for more information.

Tammy - 619-464-9368 Cheryl - 858-967-5765

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!

Double S Feed Drive

Double S Tack and Feed will be hosting a FEED drive on March 20th from 8a to 5p to support our horses here at Saddles In Service. And we get to support our local businesses. You can help by either stopping by the store or by calling in a donation that will be put on our feed account! For every \$1,000 donated, Double S will donate \$100 to our to the SIS account. Please join us on the 20th and help support our Horses that give so much to our Heroes' mental health wellness and healing.

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

Phone: 619-566-6208

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