

# The Heroes' Cavalry Equine Therapy Program

## 4 Freedom Equestrian Team

### Therapy Horse Sponsorship

## SIERRA

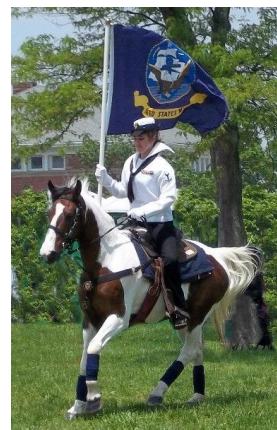
Name: Sierra / Smoky Mountain Serenade

Breed: Pinto (there's a bit of TN Walker in me)

Color: Tri-colored

Born: 1985 / Tennessee

Height: 15.1 hands



Leah bought me from a horse dealer in 1994, the year she moved to Tennessee...that day I went to live with her palomino Arabian, Moose, and a goat named Banjo. I was a bit crazy at first, hyper and often rearing but Leah spent lots of time working with me. For a short time, Moose, Banjo and I all lived in the same stall, we were best of friends. We moved to Ohio in 2000 and went to live at a riding center where I helped with trail rides, childrens camp and lessons. Leah and I joined a drill team in 2003 where we did parades, performances and competitions, even traveling to Reno, NV for the Reno Rodeo and Drill Team Competition...that was a LONG ride out there and back! I have also been to the KY Horse Park and in the KY Derby Parade 4 times, in the Indy 500 Parade as well as traveling to Washington DC with 4 Freedom for the National Independence Day Parade. I am pretty easy going and have carried almost all the team members at some point or another doing Honor Guards, parades, performances and visiting with veterans at the Dayton VA. I have been a therapy horse for 3 years now and it's been wonderful getting to spend time with the veterans and taking them on rides around the historic grounds. I live at 4 Freedom Farm with 5 other horses and a mini donkey named Memphis Belle. I enjoy sleeping and eating but my favorite thing to do is roll in the mud!



Sponsorships can be a one time gift, or may continue until the horse you support is adopted. We offer several levels of Sponsorships:

- Full Sponsor: \$200/month covers ALL care- feed, shelter, vet and farrier
- 3/4 Sponsor: \$150/month covers feed, shelter, and basic vet care
- 1/2 Sponsor: \$100/month covers grain and hay
- 1/4 Sponsor: \$50/month covers grain only

Call Leah at (937)776-0999 if you would like to set up a time to visit “your” horse.

### **How Do I Sponsor a Particular Horse?**

There are several options available. If a horse is listed as needing a Sponsor, you can simply donate the Sponsorship amount you desire via PayPal, noting that the donation is for that specific horse. We will contact you via email quickly to confirm we received the Sponsorship. We will verify if you wish your gift to be recognized on the web site before posting your name.

#### **Sponsorship Includes:**

- Photo and Bio of horse
- Certificate
- 4FET Team window cling
- Honorable mention on our website, Facebook and Twitter (unless you chose to remain anonymous)
- Special paracord/horsehair gift
- A warm, fuzzy feeling that you are helping care for a special horse with a very special mission to help our Nation’s Veterans cope with daily struggles



## Why horses?

Horses give us instant and immediate feedback on our behaviors, actions, and life patterns. And because horses are all individuals, each horse (just like the people in our lives) will have different responses, some horses will enable us, some will hold boundaries, some are young and inexperienced, and some are wise and won't fall for anything. Each individual horse will mirror your mood, patterns and actions, based on their own foundation of experiences, mood, and life patterns. Hence, the "relationship" comes to life. This "relationship" that starts in the pasture becomes a living working metaphor for how we are living our lives outside the pasture. The big intimidating horse that stomps around and herds the rest, may become your overbearing boss at work. The timid mare that isolates in the back of the pasture, may remind you of your teenage son that in the last year has become distant and hard to reach. The horse that paces the fence all day long, may remind you of the angst you have as your children make life choices like college, or marriage, or children. No matter what you live outside the pasture, you will bring it to life inside the pasture, and this is where the magic of awareness begins. And in that awareness, the work begins. First, we have awareness, then we recognize how that relationship is impacting our current life, and then we have the "here and now" opportunity if we want to do anything about it. At that point, the arena/pasture becomes an experimental playground of sorts where we can safely work at learning new life patterns.

In one word the work is reflective. It is the ultimate reflection of what we are doing and being in our lives. The opportunity to see that reflection is the greatest gift we can give ourselves.

Carissa McNamara