



B.O.K. BRIEFING

MARCH, 1989

ISSUE 1

ISSUE NUMBER 1 - B.O.K BRIEFING

Welcome to the first issue of the B.O.K. Ranch newsletter. It is time to spread the word about our program to our present and future supporters!

In order to catch you up with the activities of the past year, this first issue is full of interesting items. In the future, we plan to include in this quarterly publications features on students, educational stories about the type therapy that is done by B.O.K and updates on all the activities.

VOLUNTEERS COMMITTEE FORMED

As the B.O.K. Ranch program grows, so does the need for more volunteers and fundraising activities. Based out of B.O.K. Redwood City, this group is looking for members who are interested in helping to organize Western Day and other fundraising activities.

A volunteers orientation meeting will be held on April 22 at 1 p.m. at 1815 Cordilleras Rd., Redwood City for all who are interested in volunteering at B.O.K. Ranch. For further information, contact Ann Kulchin at 364-3365.

1989 BOARD OF DIRECTORS

President - Beverly Aiello - Grass Valley
Secretary - Susan Bragato - San Carlos
Richard Gardella - San Carlos
Ann and Larry Kulchin - Redwood City
Michael Stern, DYM - Redwood City
Dede and Jan Olsen - San Luis Obispo
Jack Sain - Los Angeles
Larry Bragato - San Carlos
Betsy DeJarnette - San Luis Obispo

1989 "WESTERN DAY" SET

MARK YOUR CALENDAR - The fourth annual B.O.K. Western Day date has been set for Sunday, June 25. The 1988 fundraiser was the most successful to date. B.O.K. cleared \$13,000 with only \$2,000 in expenses. We would like to thank the following people for their help and donations:

Steve Group - Burger King
The Community Store - 2 years
Sheana Rambauer - wine auction
Coette Schmidt and local artists
Pat Hillbun - games and silent auction
Pat Lannoy - Silent auction
"Rain Tree Country" - music
Shirley Ames
R.J. Bragato, Inc.
Pepper Karanski - "Wild Onions" catering - 3 years
Stevens Printing
Glenda Fuge - face painting
Crystal Geyser - Alice Abel (three years)
Hope Lutheran Church - tables and chairs

NEWS NOTES FROM B.O.K. REDWOOD CITY

Stanbridge Academy, a school that provides academic programs for children with learning disabilities, has joined the program. So far, 14 students from Stanbridge have participated in a horsemanship skills class offered by B.O.K. * * * The riding ring is now in the process of being redesigned and enlarged. * * * For the first time, Saturday classes are now being offered with an enrollment of five students.

RESEARCH STUDY TO BE CONDUCTED

Deborah VanBuren, a graduate student in the Occupational Therapy Department at San Jose State University, will begin a research program on the B.O.K. Ranch program this summer. Neesa Johnson is currently working with VanBuren on the research design. Both parents and children will be participating on the project. The project will be focusing on the sensory benefits of therapeutic riding.

MICHAEL MARTINELLI OVER THREE YEARS AT B.O.K.



Michael Loves horseback riding. He has been riding at the B.O.K. Ranch in Redwood City for 3 and a half years. Since Michael is confined to an electric wheelchair, horseback riding gives him the sense of motion that he does not feel normally. This gives him a great feeling of freedom and joy.

Michael enjoys going to B.O.K. Ranch because he has fun when he rides. He likes the staff and the volunteers there, they make horseback riding a great experience. Thanks B.O.K. for all you've done!

- Silvia Martinelli
Michael's mother

WISH LIST - REDWOOD CITY

As the program expands, so do do the needs for equipment. Through the efforts of the fundraising committee, service club donations and individuals, we hope to obtain the donations for the following:

- 1 English saddle, stirrups and leathers
- 1 Western saddle, stirrups and leathers
- 1 backriding saddle

NEESA PARTICIPATES IN INTERNATIONAL ACTIVITIES

B.O.K. Ranch continues to participate in the pursuit to legitimize therapeutic riding with the U.S. medical profession. This is being done by participating in several U.S. organizations. In addition to the hippo therapy training that B.O.K. Ranch instructor, Neesa Johnson received in October, 1987 in Wilbad, West Germany, Neesa participated in the second meeting for the curriculum development for training therapists in the U.S. Neesa also attended the International Congress of Therapeutic riding in Toronto, Canada last August. B.O.K. Ranch will be sponsoring the committees third meeting for training and development in March.

B.O.K. - S.L.O. STARTS PROGRAM IN 1988

B.O.K. Ranch - San Luis Obispo, now has approximately 15 students. The lessons involve basic stable management, riding, and cart driving. Twice each month, Casa de Vida and Friendship School, two programs for individuals with developmental disabilities, visit the Ranch. The students are able to experience the outdoors and a "hands-on" approach to the farm animals, including the cow, rabbit, ducks, chickens, lamb, goat, and dogs.

A beautiful nature hike around B.O.K. Ranch's 14 acres provides recreation and fun for all ages.

Local groups enjoy outings to B.O.K. Ranch too, such as:

- * Senior day care of Santa Maria
- * Mesa House, independent living for D.D.'s
- * 4-H groups
- * Campfire
- * Girl Scouts
- * Church groups
- * Program for Reaching Optimum Potential

S.L.O. PROGRAM IN THE COMMUNITY

Since December, B.O.K. has become increasingly involved in the community. B.O.K. has done presentations to:

- * Tri-Counties Regional Center
- * Soroptimist
- * Cal Poly Recreation classes
- * Down Syndrome support groups of San Luis Obispo, Atascadero and Pismo Beach
- * Lady Lions
- * Haverim Group of Cal Poly
- * Women's Junior League

And participated in:

- * La Fiesta, two-day Mexican celebration
- * Corbett Canyon Holiday Fair - local winery two-day Christmas fair
- * Junior Women's League "Day in The Park For Children"
- * Grover City's Recreation Department Easter Celebration 1988, invited for 1989
- * Farmers Market, Thursday nights downtown San Luis Obispo
- * Mission Preparation School/McLintock's Barbecue fundraiser - local high school restaurant
- * Farriers Clinic Barbecue

PETTING ZOO AT HOSPITALS

In June, B.O.K. Ranch was asked to provide a "Petting Zoo" and pony cart rides for the patients at Atascadero State Hospital. The facility is the largest forensic hospital in the nation and this was the FIRST time an event of this nature had ever occurred in the hospital. The activity was called a "tremendous success" by the Coordinator of Special Services at the hospital. The experience for many of the patients was "totally new and unique." Since the event was such a success, B.O.K. Ranch has been invited back.

Each month the ranch brings the animals to several convalescent hospitals. Animals are brought into the courtyards (including the Fjord ponies) and at least one animal is brought room to room for bedside visits. The response is overwhelming as evidenced by the interaction and smiles the animals create. Also, an alzheimer's clinic is visited each month. The Fjord ponies are the patient's favorite.

B.O.K. MEMBER OF NATIONAL ORGANIZATION

Delta Society is a non-profit public service organization dedicated to furthering the beneficial contacts between people and animals. It's work covers every aspect of this field, from promoting scientific research examining the nature of human-animal interactions and publishing the scientific journal, *Anthrazoos*, to assisting people to create local animal-assisted therapy and education programs, sponsoring conferences and distributing information on the subject.

The fourth international conference on human-animal relationships, held in Boston in 1986, was organized by the Delta Society. Dede and Jan Olsen have attended the Delta conference since 1986, which was held in Boston. This international symposium focuses on the human-animal companion bond. They set up an information display including brochures, photo albums and educational poster boards, for the duration of the conference. In 1987 the conference was held in Canada; in 1988 the conference was held in Orlando, Florida.

CALIFORNIA HORSEMANSHIP FOR THE HANDICAPPED ASSOCIATION

B.O.K. Ranch is active in the formation of the California Horsemanship for the Handicapped Association (CHHA). The Association was formed in January 1987, holding the first and second meeting (July 1987) at B.O.K. Ranch. CHHA is a network of all California NARHA operated centers, dedicated to promoting therapeutic horseback riding in California, and exchanging information.

Feb. 3 and 4 1989 the meeting was held in Chula Vista -- Dede and Jan attended. Judy Nagy is the new president and Dede Olsen is the secretary.

WISH LIST - S.L.O.

- Resurface driveway to the horses.
- Computer
- backriding saddle
- English saddle
- Stirrups and leathers.

B.O.K. - S.L.O JOINS CHAMBER

The Ranch received its permit from the County of San Luis Obispo in December of 1987. Immediately upon receiving the permit, B.O.K. Ranch applied for, and received, membership in the San Luis Obispo Chamber of Commerce, which holds mixers once a month for all Chamber members. Good way to meet the community.

THANKS TO VOLUNTEERS

"Volunteers have style. They are fiercely independent. If you have to ask how much they cost, you can't afford them. They are part of an aristocratic era that is disappearing from the American scene, . . . a luxury in a world that has become very practical. They are the only human beings on the face of the earth who reflect this nation's compassion, unselfishness, caring, patience, need and love for one another . . . their very presence transcends politics, religion and ethnic backgrounds. They are a luxury too often taken for granted. It frightens me, somehow, to imagine what the world would be without them."

--Erma Bombeck

Thanks to:

Delta Sigma Pi - Business Fraternity, Cal Poly
Tau Beta Pi - Engineering Fraternity, Cal Poly
Mission Preparatory High School Students
Cal Poly recreation classes
Outreach of Cal Poly
Bakersfield Mormom Group (160 people)

. . . and the many individuals of the community who have responded positively to B.O.K. - San Luis Obispo.

CENTRAL COAST HORSE ASSOCIATION

B.O.K. is an active member of the Central Coast Horseman Association (CCHA). CCHA is an organization whose objective is to bring all types of "horse" people together. They try to have one representative from the horse clubs in the county attend the monthly meeting. CCHA is a strong supporter of B.O.K. B.O.K.'s Fjord stallion "Gustav" was the star attraction at the CCHA's annual stallion showcase.

CAL POLY LENDS SUPPORT

Working with Cal Poly, B.O.K. Ranch was able to hold its first annual ride-a-thon in 1988. Thanks to the hard work and determined efforts of ranch supporters, the Ride-a-thon was a tremendous success. The tentative date for the second annual event is Saturday, April 15, 1989.

DEDE RECEIVES MASTERS DEGREE

Dede Olsen, B.O.K. Ranch -S.L.O., program coordinator, has recently received her masters degree in special education from Cal Poly. Congratulations for this wonderful achievement. We know you worked hard for it.

IF YOU WOULD LIKE TO ADD A FRIEND TO THE B.O.K MAILING LIST, LET US KNOW.

COME JOIN OUR 8 MILE RIDE-A-THON

- DATE:** Sunday, April 15, 1989
- TIME:** 9:00 a.m. to 12:00 p.m.
- COURSE:** An 8-mile loop trail through scenic Cal Poly Canyon. Starting and finishing at the parking lot below the Cal Poly Horse Unit.
- ENTRY FEE:** Send entry form to:
B.O.K. Ranch
4885 Coyote Canyon Rd.
San Luis Obispo, CA 93401
Or bring entry form on day of ride; but only pre-registered riders will receive a tee-shirt.
- PRIZES:** All pre-registered riders will receive a B.O.K. tee-shirt on the day of the ride. Prizes will be awarded to the two riders who bring in the highest amount of pledges, the rider who signs up the most sponsors, and to oldest and youngest rider. Please allow 3-4 weeks for notice of awards.
- PLEDGES:** In order to support B.O.K. Ranch to the fullest, we are asking all participants to get pledges for the ride. For more information, call B.O.K. Ranch at 543-5303.

Instructions:

1. Be sure all names, addresses, etc., are clearly written, complete and accurate. DO IT YOURSELF.
2. It is your responsibility to collect your pledges within 2-3 weeks of ride, PLEASE. All pledges are Tax Deductible!
3. B.O.K. Ranch will supply you with a thank you card and proof of your ride for sponsors on the day of the Ride-A-Thon.
4. To receive a tee-shirt, we ask that you please register by April 10, 1989.

ENTRY FORM

Name _____

Address _____

Phone _____

Birthdate _____ Male _____ Female _____ Adult tee-shirt size: S M L XL

In consideration of your accepting my entry, I _____ hereby for myself, my heirs, executors and administrators, waive and release all rights and claims that I may have against the persons and organizations affiliated with this ride, B.O.K., Cal Poly ASI and University, or other sponsors, while participating in or traveling to or from this race. I am physically fit and in condition to participate in this event.

Signed: _____ Date: _____
(Rider signature, if over 18) OR (Parent or Guardian, if under 18)

You can help by collecting pledges, even if you are not riding or have a horse, and we will match your pledges to a rider! For more information, call Jan or Dede at 543-5303.

<i>Amount Pledged</i> <i>(flat rate or per mile)</i>	<i>Sponsor's: Name</i>	<i>Address</i>	<i>Telephone #</i>
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15.			

The students and volunteers of B.O.K Ranch wish to thank the following individuals and companies for their financial contribution.

Frank and Beverly Aiello
Daniel Angus
Beverly Barnes
Bayhill Chiropractic
Jack Berman
Mr. and Mrs. William Bird
Mr. and Mrs. Harold Bloodsworth
Larry and Susan Bragato
Bunnell Construction
Kathleen Conry
Concrete Form Constructors
Mr. and Mrs. Michael Condon
Curtis Day and Co. - Phil Buchanan
Mr. and Mrs. Bill Dejarnette
Mr. and Mrs. Del Dees
Desco Equipment and Supply
Dolezal Tree Surgery
Mr. and Mrs. Tom Federighi
Joseph Fochetti
Mr. and Mrs. Henry Friedman
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Mr. and Mrs. Sydney Kulchin
Kulchin and Associates
Sam Kulchin
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Mr. and Mrs. Weston Lombard
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Holtemann, Ord and Smith, Inc.
Mr. and Mrs. Larry Sudderth
Trident Supply - Michael Scuderi
Jim Vick

ADDRESS CORRECTION REQUESTED

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