

The B.O.K. Briefing

Spring 2001

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Ribbon the Belgian mare and our own Zeke, bonding at William's Ranch this winter.

Our New Instructor!

The B.O.K. Ranch welcomes Regina Anne Hagan, who is a certified advanced NARHA instructor with extensive teaching in both Colorado and California, including Praying Hands in Parker, CO, and Petaluma's own Giant Steps and Renaissance Therapy Associates.

She is an accomplished equestrienne having won Jr. Grand National Equitation Champion two year consecutively. She has also trained and shown with the top West Coast trainers.

Not only is Miss Hagan looking forward to working with the students, parents, and the B.O.K. family, she is also thrilled to be back home as a native San Franciscan.

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PJ's Special Day

Yes, it finally happened, PJ turned 21 on February 8th! To celebrate, PJ enjoyed a special bran mash that included a splash of Guinness. He thoroughly enjoyed it.

He also dined on a barrage of carrots, apples, and Mrs. Pastures horse treats. And yes, he *did* share his birthday treats with his pasturemates.

Also, for those of you that are worried about giving a bit of Guinness to a horse, have no fear. Beer bran mashes have been fed to horses for many, many years.

We're Back Online!

The B.O.K. Ranch has a new website, please check it out:

www.bokranch.com

Come Join the Human Race for a Day of Fun, Friends, and Food!

By Erin Ebbel

On Saturday May 12, 2001, the Volunteer Center of San Mateo County will be hosting the 23rd annual Human Race. The Human Race was started in 1979 as an opportunity for nonprofit organizations to fundraise for their own specific goals while taking a larger step into the community and interacting with hundreds of other people in either a 5k or 10k walk or run. This year B.O.K. Ranch will be inviting all friends, family, and participants of B.O.K. to participate in the Human Race and take pledges so that we can raise \$5,000 to be put into a scholarship fund for the 2001-2002 riding year.

The entire project will be headed by myself, Erin Ebbel, with the help of the coordinators at B.O.K. Ranch. I am currently a Junior at Crystal Springs Upland High School. I am excited about taking on the task of organizing a dedicated group of people from B.O.K. Ranch, my school, and neighboring schools to run or walk in the Human Race for the benefit of B.O.K. Ranch. I have been a Girl Scout for over eleven years. As I near the end of my time as a senior Girl Scout and a student in High School, I want to do a project that I can be proud of and that will benefit a community program helping the disabled. I was genuinely attracted to B.O.K. Ranch because of the therapy and the friendship the instructors and volunteers bring to the riders. I am hoping that through my project I will be able to inspire others to learn more about the goals of B.O.K. Ranch and also successfully organize students and families from all over the Bay Area to walk for B.O.K. Ranch and reach our goal of \$5,000 for the scholarship fund. Below is a summary of the Human Race and our participation in the race:

What: The 23rd Annual Human Race

When: May 12, 2001

Where: Coyote Point Park in San Mateo. Registration begins at 7:30 am, and the run starts at 8:30 am and the walk starts at 8:45 am.

Who: Everyone interested in having fun and raising A LOT of money!

Why: To raise \$5,000 for the scholarship fund for the 2001-2002 riding year.

Interested in Organizing a Group from Your Work or School to Represent B.O.K. Ranch in the 2001 Human Race?

Please contact me, Erin Ebbel, at my home phone (650) 593-4615 or e-mail me at ErinEbbel@AOL.com by March 23rd, 2001. If you can't reach my home phone for any reason, I check my e-mail daily and will respond to your e-mail message. Thank you very much for your interest. I look forward to meeting and working with many different people from the B.O.K. Ranch in the coming months. Please feel free to contact me with any questions you may have about the race or pledge forms. I am very excited about this wonderful project.

Thank You Donors!

Linda Harvey
Susan Kjome
Andrea Church-Kreisa
Elaine Dummmler
Edith Kuhn
Steven and Sharon Ondry
Michael Peskin and Valerie Rynne
Harold Bloodsworth
Paula Meier
Fred and Beverly Jacobson
Betty Chandik
L.F. Cavin
Alfrieda Cordes
Ann Giacomelli
Vern Wittman
Danielle Conrad
Hellen Miller
Candi L. Zizek
Tiedown Saddlery

Volunteers:

Come to the Clean-Up Day/Pizza Party

Come to Hidden Villa on Sunday, March 11, to help clean up the barn, clean tack, and get the program ready for the first spring session. Pizza and drinks will be provided, RSVP to the office: (650) 366-2265.



Saturday Morning Volunteers At Play

L-R: Jamie, Erin, Rachel, Joia, Shanthi, and Jessica

March

				1	2	3
4	5	6	7	8	9	Volunteer Training 10:00~2:00 10
Clean-Up at Hidden Villa 1:00~5:00 11	First Spring Session Starts 12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	Session Ends 21
22	Make-Up Day 23	Make-Up Day 24	Make-Up Day 25	Make-Up Day 26	27	Make-Up Day 28
Westwind Horseshow 29	30					

May

		1	2	3	4	2 nd Spring Session Starts 5
6	7	8	9	10	11	Human Race Fundraiser 12
13	14	15	16	17	18	19
Rain Date for Westwind 20	21	22	23	24	25	26
27	28	29	30	Session Ends 31		

June

					1	2
WESTERN DAY! 3	Three 4	Weeks 5	Of 6	New 7	Student 8	Evaluations 9
10	11	12	13	14	15	16
17	18	19	20	21	22	Evaluations End 23

Yes! I am interested in the B.O.K. Ranch!

Please contact me regarding:

Volunteer Opportunities

Program Participation

Contributions

Name: _____

Address: _____

Phone: _____

(Please make checks payable to B.O.K. Ranch, Inc.)
Contributions are tax deductible for federal tax purposes.

B.O.K. Ranch is a Non-Profit Corporation EIN# 94-2947980

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Address Correction Requested