

The B.O.K. Briefing

Spring 2003

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WESTERN DAY: JUNE 8, 2003

Celebrating BOK's 18th Year

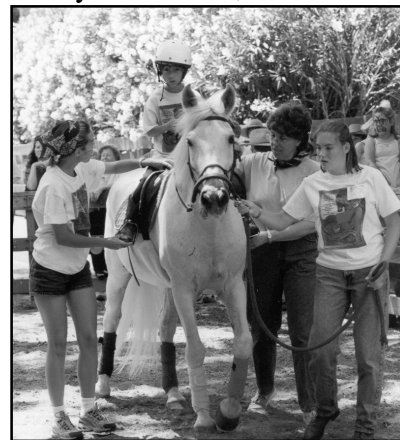


On June 8th from 11:00 AM - 5:00 PM Ann and Larry Kulchin's home will be again transformed for Western Day, filled with all the wonderful people who support and appreciate B.O.K. Ranch.

Planned events include music by Sidesaddle Trio, Petoonya the Clown, a silent auction, sheep herding by Andy Anderson, a student

riding demo, dog agility by Bay Team and Dog Agility For Fun, a Redwood City Fire Department fire truck, and a delicious barbecue by Canyon Inn. Also, the internationally known artist and designer Laurel Burch will once again be attending!

While Western Day is a fun event it is also our largest fundraiser, hopefully bringing in enough money to cover one third of our budget. Tickets are \$35.00; children 12 and under, with supervision, are free. Please call the office at **(650) 366-2265** for more information. ¶



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CALENDAR

May 10, 2003

The Human Race (see article: Page 2)

May 17, 2003

Westwind Horseshow

B.O.K. riders will not be participating in the show this year, however we will be serving lunch and helping with fundraising. Please call Carol at (650) 366-2265 if you can help!

June 8, 2003

Western Day (see article: This Page)

REMEMBERING B.O.K. FRED



Fred Gaedeke passed away on January 23, 2003 at the young age of 89. We lost a wonderful friend. Almost thirteen years ago Fred began volunteering at B.O.K Ranch with the horses and students. Fred was very involved with the program and claimed that it made him a better person. After a few years of volunteering Fred was awarded the 1993 volunteer of the year award, and he nicknamed himself "B.O.K. Fred". Many students and volunteers knew him as B.O.K. Fred, and felt like better people for knowing him.

Despite his numerous human friends at B.O.K. Ranch, his most special bond was with Shale, who Heidi taught him to ride 12 years ago. Shale was "his girl", and he never forgot to bring her lots of carrots. Fred started riding her on the off days to keep her exercised, and we have great memories of him leading us on the trail, with us on the ponies trying to keep up.

After many active years of volunteering Fred had to take it easy. He stopped volunteering regularly but always attended our fundraisers, horseshows and end of the year parties.

B.O.K. Fred was not only a model volunteer but exceptional in his giving kind ways. He always greeted everyone who knew him with a big hug, and accepted people for who they are. B.O.K. Fred was a kind-hearted man and we will all miss his smiling face, and his hugs. ¶

If you would like to send a card to Josephine Gaedeke, her address is:
307 Lomita Avenue
Millbrae, CA 94030



JOIN THE HUMAN RACE MAY 10, 2003

The Volunteer Center sponsors this 5/10K walk and run. Proceeds benefit the organization of your choice (i.e. BOK Ranch). To participate in the walk or run please download an entry form from our website www.bokranch.com. Also, you can show up at Coyote Pt. Park in San Mateo on May 10th and register after 7:00 AM that morning. The race starts at 8:30 AM. Look for the B.O.K. Ranch table with information and Laurel Burch items for sale. If you are unable to attend this festive time but still want to support our racers, you can download the pledge form also on the website. Some of our famous racers will be Ann Kulchin, our Executive Director, who will walk the race. Kelly Forman, one of our Saturday instructors, will walk the 10K race as well. Doug Brown, father of one of our students, Max, will run the 10K. Last year he won the 1st place trophy for his age group. Go Doug! These racers are collecting sponsors. You may mail your pledge form and sponsor check to the B.O.K. Ranch address. 1815 Cordilleras Rd. Redwood City, CA 94062. Our goal this year is to raise \$2,000 through the Human Race. This money will go directly toward our scholarship program so we may provide riding lessons to all of our students regardless of their ability to pay. ¶

STUDENT FILES

By Susan O'Sullivan

My son, Ian O'Sullivan, started taking therapeutic horseback riding lessons from BOK Ranch during the summer session of 2001. We were so thrilled when Carol called to say that he had finally made his way to the top of the waiting list and could start in the program! Ian was eight years old at the time and I knew he would enjoy the horses and would benefit physically from learning to ride. My one concern was the fact that Ian is deaf and communicates through American Sign Language. Carol immediately put my mind at ease when she told me she had taken some sign language courses herself and had used sign language to communicate with a few other students.

On our first day I was happy to see Ian had no

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fear of the horses and Carol put her sign language skills immediately to good use. We worked together to find the right language for Ian to use during his lessons, signing "ready, set, walk on" and "ho!" I could see that after a few minutes on Shale, Ian was fatiguing and this reinforced for me that horseback riding would be a challenge for him. But one thing I've learned about my son is his great desire to rise to any challenge placed before him.

He has been so motivated to learn to ride. It is his favorite thing in the world and what he looks forward to the most every week during the riding sessions. He loves Miss Shale so much, always first walking over to her when we arrive to stroke her and put his face in her mane. I am so glad that Carol has delayed Shale's retirement for a few years so Ian can ride her. She is a perfect match for Ian, gentle and easy and always responding to his signals. His endurance in the saddle has improved greatly and he has been able to add more and more skills to his repertoire.

Last year he participated in the Westwind Horse Show in the Stop-Go competition. This was especially challenging for Ian because he could not hear the announcer call out "stop" and "go," but had to rely on Carol's signs and the changing signal lights (which he sometimes couldn't see). He was thrilled to win a yellow ribbon for second place in his first-ever riding competition!

The volunteers and staff at BOK have been so kind and helpful to Ian. They are always willing to learn some signs to communicate with him and will try anything to motivate Ian or make his lesson more comfortable. We have been lucky enough to encounter more than one person who knew a good amount of sign language or was familiar with deaf culture. I am always touched by the enthusiasm and care the volunteers at BOK possess.

It has been a great gift for me to see Ian enjoying and learning so much at BOK Ranch. Like many of the kids in our program, Ian has had too much therapy that wasn't fun but just plain hard work. With Shale and all the wonderful teachers and volunteers at BOK, Ian gets to do something that many kids can only dream about, learn to ride a horse. And the pleasure and enthusiasm he exudes while riding are absolutely priceless to me. Thank you to everyone at BOK for working so hard to make this possible for Ian! r

FINAL NOTICE

If you have not already sent Jamie@BOKRanch.com your e-mail address this will be your final newsletter. Due to the cost of printing and postage we are moving the mailing to e-mail. To continue receiving the newsletter send your e-mail address to Jamie.

VOLUNTEER FILES

By Marie Sobieski

I never intended to volunteer at B.O.K. Ranch, though I had known about the program for several years and was aware that it had a positive reputation for the services it provides to the disabled. While in the beginning of my junior year of high school, Ann Kulchin called and asked if I would be available to watch her dogs while she was away skiing in Tahoe; one thing led to another, and the job evolved into an office position. I spent that summer working at a map table acting as a desk, writing thank-you notes and depositing checks. My association with the program never entailed connecting with students, or even with their parents, so although I saw the names, I never knew the faces they went with. It was this reality that prompted me to begin volunteering at the ranch. Without faces, names are meaningless, and I wanted to know that what I was doing would help to make a difference in someone's life, even if that life were simply my own.

When I first signed up for the program, which was scheduled to start soon after I began my senior year, I was extremely nervous. My experience with children was limited to the over-ten age group because of 4-H, and I had never assisted with the disabled. My fears were centered in this lack of experience, and I worried that I would be entirely unhelpful, or even a hindrance. By the end of my first day, I had realized that my fears were baseless. Although I was not perfect and often asked for help, the task came with its own rewards. The students went away eager to return the following week, and their parents were grateful for the efforts of the B.O.K. staff and volunteers. Every Wednesday I am able to match a few more faces to the names I was already so familiar with, and through this I finally feel as if I have a worthy volunteering experience.

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THANK-YOUs

For those who helped us move out of Hidden Villa: Christina Carro, Vern Wittman, Carolyn Ybarra, Sotos Barkas, Joe Beckner, and especially Steve Ondry who made many trips.

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I AM INTERESTED IN BOK RANCH!!

I would like to:

- Volunteer
- Participate in the Program
- Contribute

Name: _____

Address: _____

Phone: (____) _____

E-mail Address: _____

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

WISH LIST

Truck

Able to pull a 2-horse trailer.

Equine Senior

Label Maker

Biotin

Rainbow Reins

Sponsors for the Human Race

Items for the Western Day Silent Auction

Glucosamine-Chondroitin Select NuFlex Brand

Sponsorship for Jerry \$2,500 Per Year

Sponsorship for a Student \$250 Per Session \$1,250 Per Year



B.O.K. Ranch (650) 366-2265
1815 Cordilleras Road
Redwood City, CA 94062
www.bokranch.com

Address Correction Requested