



# B.O.K. RANCH

## Art Ramble & Trail Ride @ Runnymede Sculpture Farm

In Woodside

Saturday August 19, 2006

10am - 4pm



### *Bring Family and Friends and enjoy:*

- Self-guided walking tours of 150 sculptures scattered over this beautiful 120-acre private estate
- Live Music provided by country rock band T & Company
- Equestrian trail ride on trails rarely open to the public
- BBQ provided by Canyon Inn available for purchase
- Pony Rides and horse-drawn Wagon Rides (additional cost)
- Raffle drawing for 2 tickets on Southwest Airlines

### **Equestrians**

- Cost: \$100 per rider
- Trail Ride starts at Noon
- T-shirts and prizes for riders
- Veterinary services provided by Gary Hanes, D.V.M. Briarwood Equine Clinic

### **General Admission**

- Cost: \$30 per person; children under 10 free
- Tickets available at the door



For more information, to register for the trail ride or to purchase tickets, visit [www.bokranch.com](http://www.bokranch.com) or call (650)366-2265

### **Directions to Runnymede Sculpture Farm:**

Take Edgewood Rd. exit from I-280. Go west on Edgewood Rd. (towards mountains), continue for 1/2 mile to Canada Rd. Turn left on Canada and continue for 2.5 miles to Runnymede Rd. Turn right on Runnymede. Gate will be on the left.

Proceeds benefit B.O.K. Ranch, a nonprofit organization (EIN# 94-2947980) that provides therapeutic horseback riding to children and adults with special needs.

*Special thanks to the Rosekrans Family without whom this event would not be possible!*



## Welcome Ali!

B.O.K. Ranch welcomes Ali Harris as our new Equine Manager! Ali is a Canada College student with many years of horse riding and horse management experience. Ali started riding at a very early age, and has excelled in many areas of competition including western reining, pleasure and trail, hunter/jumper, equitation, dressage, and 3 day eventing. Ali owns a 10-year old thoroughbred mare named Dezi.

Ali joined B.O.K. Ranch in April of this year to help care for our horses during our wet winter. Her job with B.O.K. has since expanded to evaluating new horses, training, and exercising our working lesson horses, and providing additional care to our older horses. Ali also helps out during lessons by being a horse handler, side walker or instructional assistant to our NARHA instructors.

Ali is extremely hard working, dedicated, and knowledgeable. She also has a very upbeat personality. We look forward to having Ali be part of the B.O.K. Ranch family for a long, long time!

## THANK YOU TO OUR DONORS!

B.O.K. Ranch greatly appreciates the continued support of our numerous friends including: Fred Weggel, Barbara Johnson, Diana & Peter Lacount, Barb Zuehlke, David & Michelle Tubman, Gerald & Donna Fisher, Mr. & Mrs. J.D. Warren, Carolyn Deming, Carolyn & Edmund Hayes, Robert Nurisso, NFL Alumni, Northern California Chapter, Rotary Club of San Carlos, Malcolm Macnaughton, Jr., Paula Meier, Ginger Young, Malinda Antonik, Lois Crotty, Susan Kjome, Jeannette Horkyk, Vern & Carolyn Wittman, Judith Archibald, Robert & Roberta Hughes, Mary Cage, Ted Luce, Harry & Terry Hanson, Elizabeth Fowler, Alice Weiss, Inge Rudman, Tapin Hu & Chia-Lu Ho, Patricia Campbell, James Hembree & Jana Oettinger, Ray Lewis, David Becker, Sheri & Phil Shemanski, Ralph Eschenbach, Marilyn Hollosy & Bekki Wikel, Sandy & Joan Silva, Susan Lang, Bernard Slomovitz, Gregory Gillis,

Dees-Hennessey, Inc., Edward Kern, Richard Gardella, Bernard & Heidi Manussen, Paul & Kristina Crisci, Debra Wozniak, Carolyn Shultz, R. A. Easterly, Daniel Alexander, C.W. & E. A. Kistner, Kathleen Federighi, Edward and Mary Solomon, Roberta Johnson & Thomas Matola, Leland & Nell Kolb, Robert & Rebecca Taylor, Thomas Giles & Angela Souders, Mary & Charles Crowther, Linda Lohse, James & Tammy Johnson, Larry & Carol Supan, Bernadette Eaton, Michael & Tiffany Mullooly, Betty & Milton Waldron, Kathleen Kalab, Harold & Stephanie Minkin, Neelane Keith, Janice Apol, Shinichi Aoki & Midori Shigeki, Fred & Beverly Jacobson, Silvia & Michael Martinelli, Anna & William Rous, David & Mindy Olson, Stephen & Laura Trimberger, April & John Shea, James & Joan Litwin, Nancy Davidson & Charles Olsen, Sharon & Steve Ondry, Maurey Nash, Mary Radley, Nancy Davidson, Robert & Donna Skovgaard, Doreen & Manu Shrivastava (partial list)

## Student Spotlight – Molly Hale

### *A DREAM COME TRUE*

An automobile rollover in 1995 left me dealing with quadriplegia. I had the great fortune of returning to Switzerland in 1996 and resuming teaching "movement" classes I had begun in 1991. My movement, of course, was significantly different. While there, I checked out how the Swiss relate to rehabilitation for spinal injured people. I discovered they have two standard modalities, warm water work and horse therapy. Imagine my delight to find stables at their state-of-the-art rehabilitation centers.

Returning to California, I immediately began searching for a local therapeutic riding program and found three in the area. After a grueling dance with health providers and insurance companies, I began therapeutic riding. My spasticity was a significant issue, my feet preferring to be close to my bottom, and initially the program I needed required a hoist to lift me into the air while the horse was brought in underneath me. After several years of weekly riding, the effectiveness of the horse therapy threw me out of the program and I became a candidate for BOK, learning to ride independently. Yes!

It was with BOK, at a show in Los Altos Hills, when I first stood up and with support, walked to the mounting block, stepped up and was assisted onto Sugar's back. Wow! To go from the prognosis of "zero movement passed my shoulders for life" to riding independently was a dream come true. It was a lot of work and diligence and focus and trust, of course, with the loveliest of outcomes.

I am continuing to recover my mobility and I am deepening my learning about horses. When my husband and I travel, we have been able to find stables that allow me to ride. This has expanded my ability to get in to "the back country" where my wheelchair just won't go. I am totally passionate about the use of horses for all kinds of therapy, physical, emotional and, yes, spiritual. There is just something unique in the relationship of horse and rider that allows me to feel good all over. I am grateful for the people who practice and provide this valuable healing work. My living, my life is transforming through your care.