

The B.O.K. Briefing

Winter 2009

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WESTERN DAY 2009 RECAP

By Diane Leeds



This past June, parents, friends and supporters enjoyed another fantastic Western Day. The weather was great, the food delicious and the music was excellent! This year attendees enjoyed duck and goat herding demonstrations by Andy Anderson, Nicky Riehl and their Border Collies. B.O.K. Ranch students showed off superb riding and vaulting skills. Musical entertainment was provided throughout the day by Dream Posse. There were plenty of kid's activities to enjoy, including face painting by Pat Black. And our very own Redwood City Fire Department once again served up an excellent BBQ lunch. Many thanks to Trattoria Contadina, Smart & Final and Trader Joe's for their donations of food items for the BBQ.

Joyce Duboff was honored as B.O.K. Ranch Volunteer of the Year for her many hours of service. Space doesn't allow us to thank by name all of our other volunteers. We are so very appreciative of the time that volunteers spend with the horses and students. B.O.K. would not be able to operate without the help of our volunteers.

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CALENDAR

December 20 - January 2
Mid-Session Break

January 30
Session End

January 31 - February 6
Session Break

February 7
Session Start

Western Day Recap, Continued from Page 1...

In addition, our thanks go out to the following companies and individuals who donated products and services to our silent auction and raffle:

Alana's Café, Aquarium of the Bay, Asian Art Museum, Beach House Hotel, Best Western - Half Moon Bay, Bimbo's 365 Club, Blue and Gold Fleet, Broadway by the Bay, Buck's, Build A Bear Workshop, Byington Winery, California Academy of Sciences, Costanoa Lodge & Camp, Courtside Club, Coyote Point Museum, Dave & Buster's, Decathlon Club, Delight Lighting of Palo Alto, Elizabeth Gamble Garden, Frankie, Johnnie & Luigi Too!, Garden Court Vincci Hoteles, Gilroy Gardens Family Theme Park, Golden Gate Fields, Gymboree, Hiller Aviation Museum, Hobee's, Hyatt Regency San Francisco Airport, In-N-Out Burger, Kelly-Moore Paints, Le Colonial Restaurant, Malibu Grand Prix, Marin Symphony Association, Mistral Restaurant & Bar, Parelli Natural Horsemanship, Peninsula Skin Rejuvenation Clinic, Presidio Golf Club, Redwood City Elks Lodge #1991, Reflections Hair Design, Ripley's Museum, Roberts, San Francisco Airport Marriott, San Mateo County Historical Association, Seaworld San Diego, Signature Hospitality Group, Simco Restaurants, The Berkeley City Club, The Kid's Company, The Sherman Restaurant, The Tack Room, The Tuscan Inn, TheatreWorks, Trattoria Contadina, Triton Museum of Art, UC Botanical Garden, Victoria's Toffee, Walgreen Co., Wax Museum at Fisherman's Wharf, Winchester Mystery House, Berkeley Repertory Theatre, Cadence Therapy, Cartoon Art Museum, Copenhagen Bakery & Café, Elephant Bar Restaurant, Fine Arts Museums of San Francisco, Red and White Fleet, San Francisco Ballet, San Francisco Museum of Modern Art, Jungle Fun & Adventure, San Mateo County Fair, Pier 39, Elle-Meme, Santos Carpet cleaning, Little Fox Theatre, Delgado Photography.

NEW PROGRAMS ARE POPPING UP AT BOK

By Tish Callos-Dipman



The B.O.K. Ranch is brimming with activity these days. In an attempt to expand programming to reach a larger, more diverse section of the population the B.O.K. Ranch has come up with a variety of programming ideas to help achieve this goal. Some of these programs have already started and we are continuously working to get the remainder up and running.

Here are a list of some of the programs that are already up and running, in addition to the main therapeutic riding program; which runs seven days a week. The first is **Cadence Therapy**, which provides traditional hippotherapy. Cadence Therapy is owned and operated by Chase Doverspike, who is incidentally the B.O.K. Ranch Sunday therapeutic riding instructor. Chase is an Occupational Therapist. The B.O.K. Ranch, **Interactive Vaulting** class operates every Tuesday afternoon. In this recreationally based class, the vaulters practice their gymnastics on horseback. This team sport stresses: cooperation, self-confidence,

and respect. Special Education class rooms have really been enjoying the **Equine Discovery Program**. This interactive field trip is a wonderful introduction to the world of horses in an adaptive way. Finally, the **Parent's Trail Ride Club** has been a big hit. Parents who have children enrolled in either the B.O.K. Ranch program and/or the Cadence Therapy program are able to enjoy this mental health respite break on the back on the B.O.K. Ranch horses. The B.O.K. Ranch is also home to a very successful **Working Student Program** and a **Volunteer Lesson Program**.

The programs that are geared to start in early 2010 are: Horses for Heroes, a program for injured service men and women and their families; Horse Sensing, a mental health program, geared towards the healing arts; EquiSolutions, a corporate training program; Equine Longevity, a wellness program for active seniors; Therapeutic Driving, for equestrians who are unable to sit astride a horse; Western Riding Class, specifically geared therapeutic riding for the Western disciplines; Equine Social Skills Group, a socialization program geared for school aged children who have difficulties socializing in a mainstream environment; and finally Deb Alvarado who is a Physical Therapist and Personal Trainer is going to be seeing some of her clients atop of a horse at B.O.K. The B.O.K. Ranch staff is excited about the upcoming year. With the intention that the horses, staff, and volunteers of this remarkable facility are able to continue to bring the joy of the equine into many more lives in the future. r

STUDENT SPOTLIGHT

By Carolyn Ybarra

What a joy to discover the one activity to which my son never says “no!” Despite anxieties at most transitions, Jessie never hesitates to don boots and chaps to head to the horsepark. He asked me to add that this year, he loves riding Neleck and Snuffy, and seeing animals like deer on the trail rides. Jessie told me to add “I love my B.O.K. Ranch, it’s fun! I like the instructors, too.”

My son Jessie Avrahami has been riding with B.O.K. Ranch since he was eleven years old. He is now 23, and his enthusiasm has not decreased at all. Jessie has fragile x syndrome, a disability marked by both cognitive and physical issues (www.fragilex.org). For Jessie, the major benefits of riding have been improvements in focus and concentration, and strengthening of muscles related to posture. Riding also gives him a chance to be in charge; guiding the horse has increased his confidence in judging a situation and making decisions.

Jessie is in an adult day program, Community Gatepath, where he volunteers and learns work skills. He also works one day per week at Bistro Vita, a restaurant in Menlo Park, prepping food and cooking.

Jessie enjoys many Special Olympics sports, but especially unified bowling, which he does with his dad, Shimon. He enjoys using his computer, and is a big fan of Pokemon, Scooby-doo, and Winnie the Pooh.

Jessie started out riding on P.J., Sugar, Shale and Zeke.



His favorite riding companions were Ezra and Cassie on Saturday mornings. He loves to chat with the volunteers as he rides, and asked me to mention that he has enjoyed being taught by Tish, Ashley, and Brooke. Jessie particularly likes to stay after the last class of the day and help feed or groom the horses. We’ve followed all the moves and changes in the herd, and are very happy with the current staff,

location, and horses. It was particularly fun to have Snuffy, a Clydesdale, show up not too long after we had visited a Clydesdale barn in St. Louis and seen some young ones with their clumsy big hooves!

Jessie responds to and is motivated by any contact with animals, particularly dogs and horses. Jessie, his dad and I can’t say enough good things about the wonderful benefits of therapeutic horseback riding, Jessie’s favorite activity! r

A LETTER FROM THE DIRECTOR

By Tish Callos-Dipman

Dear B.O.K. Ranch Friends and Families,



Another year has come and gone. So much has changed for us this year, new barn, new horses, new volunteers, new riders, new instructors, and I’m a parent! What a difference a few months makes. 2009 has been a year of innovations, creativity, and growth. B.O.K. Ranch has never served as many riders as we did in 2009 and we are sure that 2010 will bring even more future equestrians to our door. Over the past five years that I have been with B.O.K. I have been asked, “What makes B.O.K. Ranch so special?” There is no question that our team of riders, horses, and instructors make a wonderful program, however, I would just like to take this opportunity to personally thank the 80+ volunteers that help out with B.O.K. Ranch each week. Without their support B.O.K. wouldn’t be able to function in the safe and fun way that it does. Volunteers are truly the back bone of the B.O.K. operation. As always, I would like to remind everyone to please feel free to contact me either by phone, email, or in person, to share stories, new program ideas, suggestions, etc. B.O.K. continues to be a family oriented ‘work in

progress’ your thoughts and comments are always considered an important part of what B.O.K. is all about. With your continued support, and along with the B.O.K. team, we will continue into the New Year to be passionate about providing an extremely high quality of therapeutic horseback riding lessons to a dedicated and proud group of very special riders.

All the best,

Tish

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

2010 Horse Sponsorships Needed!

What you get:

- Certificate of Sponsorship with a picture of your horse.
- A tax-deductible donation receipt.
- Your name engraved in brass in our barn.
- Recognition in our publications, including newsletters and on our website.
- Free tickets to our special events, including Western Day.
- "Horse Hints", an informative sheet on your horse's breed.

For more info and our full wish list please visit: www.BOKRanch.org



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Address Correction Requested