Spring 2012

Spring is Here!

Letter from the Director

Dear BOK Ranch Families,

I would like to introduce the newest member of the B.O.K. Ranch crew. We welcomed baby, Beau Andrew Dipman, into our family on April 30th at 8:04 am. He weighed in at 10 pounds 2 ounces and 21 inches long. Everything is going great both at home and at the barn. I am glad to know that the instructors, volunteers, and program staff (including the four legged ones) have everything under control while I’m away recuperating for a few weeks. Thanks to everyone who makes B.O.K Ranch such a wonderful place.

Sincerely,
Tish Dipman
Program Director

Highlights:

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Tish, Ben and Beau

27th Annual

Western Day

SAVE THE DAY! Sunday, June 10 – 12:00 noon to 5:00 pm located at 1815 Cordilleras Road, Redwood City.

- Student Riding Demos
- Live Family Style Music
- Children’s Games & Activities
- Raffle Drawing & Silent Auction
- Petting Zoo – provided by Animal Assisted Happiness
- BBQ Lunch—served by Redwood City Fire Department
- Tickets: $45 per person, children under 12 years old *FREE*
- Call 650-366-2265, email bok.office@yahoo.com or visit www.bokranch.org for details.
Meet Our New Horses

If our horses were human, who would they be?
By Miss Megan Dinsmore

Dunrite – Dunrite seems like a country bumpkin, a
hillbilly you would find sitting on a front porch in a rock-
ing chair in Louisiana with a hound dog by his side. He is
someone who likes wearing overalls and wrestling gators
in his free time. By night this handsome devil is a southern
gentleman who cleans up nicely and heads out to his
local honky-tonk to serenade the ladies.

Chase – Chase is from “jolly old England” and lives in a
castle. He prefers to wear a top hat and tails and has
tea and crumpets every day. His favorite sport is polo
and at night he enjoys an evening out at the symphony.

Montana – Montana is a cowboy who works on a cattle
ranch. He lives in a cabin and
drives a pick-up truck, has a
golden retriever, and wears the
same “uniform” every day -
plaid shirt, boots and spurs,
wranglers, chaps, and a rope
on his western saddle. Monte-
tana also starts off each day
with a black cup of coffee.

Candy – Candy lives in a French country manor. She has
two pigmy goats named William and Kate. Candy
spends her days tending to her expansive flower and
vegetable gardens wearing a big floppy hat and little
pink gardening gloves.

Did you know?

- Horses are very social creatures,
  and they even have their own
  rules of society. In any given herd
  of horses, some horses are domi-
nant and others are submissive.
- Humans have benefited greatly
  from the horse’s intrinsic need for
  leadership. After a human earns a
  horse’s respect (just as a leader
  horse must earn his fellow horses’
  respect), the horse views the hu-
  man as an authority figure to be
  respected and followed, just as he
  would view the leader horse.
- Just as horses test the leader in a
  herd, they also periodically test
  their human companions to make
  sure that the humans are still wor-
  thy of leadership. Horses who mis-
  behave often do so to challenge
  the authority of whoever is han-
  dling them, and they are incredi-
  bly astute at determining the
  qualifications of those giving them
  orders.
- Equine followers feel safest when
  they have a strong leader making
  decisions for them and helping
  them determine what is and isn’t
dangerous.
- The role of leader places a great
  responsibility on human shoulders.
  We must convince the horse that
  we are confident and knowl-
edgeable, and worthy of their in-
  valuable equine trust.

Horses for Dummies by Audrey Pavia with
Janice Posnikoff, D.V.M.

New Partnership

B.O.K. is pleased to announce an Equine Assisted Psychotherapy (EAP) partnership with
Change Your Lead. EAP involves carefully designed activities with horses to promote healing,
learning and self-awareness. Therapy is based on encouraging participants to draw parallels
in their lives to what happens in the arena and empowering change. One major difference
between EAP and therapeutic riding is that EAP sessions are 100% un-mounted (no riding).

We will be offering skill building and intervention groups such as Social Skills & Awareness and
Bullying Interventions for school groups. Check the B.O.K. website for updates

Angela Sherman, Ph.D. is a licensed clinical psychologist (PSY23689) and a former instructor
at B.O.K. She specializes in working with children and adolescents with emotional and behav-
ioral difficulties. For more information, please visit www.changeyourlead.com
Where's the Tack?

WORD Search Directions
Circle the 18 words listed below.
Words appear straight across, backwards, straight across, up and down, down and up, and diagonally. The solution is posted in the tack room.

BILLET  GIRTH  MARTINGALE
BIT  HACKAMORE  PAD
BLANKET  HALTER  REINS
BOOTS  HEADSTALL  SADDLE
BRIDLE  LEAD  STIRRUPS
CINCH  LEATHERS  WRAPS
CALENDAR OF EVENTS

PARENTS' TRAIL RIDE
BOK RANCH
MONDAYS — 9:00 AM
Hit the trail with instructor Hannah for fun therapeutic rides for parents of children enrolled in the BOK Ranch program.

WESTERN DAY
1815 CORDILLERAS ROAD, REDWOOD CITY, CA
JUNE 10, 2012

HOLIDAY SCHEDULE
B.O.K. RANCH CLOSED — NO LESSONS
MAY 28 (MEMORIAL DAY) AND JULY 4, 2012

Wish List

Sponsor a Rider or Horse
Consider sponsoring a student rider who would benefit greatly from participating in our riding program. A full year student scholarship is $2640.

By sponsoring one of our horses, you are making a tremendous impact on the quality of the life of that horse. You can help cover the costs of an individual horse for $3500 a year.

To sponsor a student or a horse, please make your check payable to B.O.K. Ranch, Inc. and mail it to: B.O.K. Ranch, 1815 Cordilleras Road, Redwood City, CA 94062. All donations are tax deductible. B.O.K. Ranch is a non-profit organization EIN#94-2947980.

B.O.K. T-Shirts Available

Our popular B.O.K. Ranch logo shirts are now available for purchase! Stop by the office and pick up one for yourself, your family and your friends. It is a great way to show your support of B.O.K Ranch and our wonderful program. The shirts cost $25 each. Supplies are limited.

Save Trees

Receive our next newsletter by email. Please send your email address to bok.office@yahoo.com with "newsletter" in the subject line. Thanks for helping us save $$ and trees.

B.O.K. Ranch
1815 Cordilleras Road
Redwood City, CA 94062

Contact Us
BOK Ranch Office
1815 Cordilleras Road
Redwood City, CA 94062
Phone: 650-366-2265
Website: www.bokranch.org

BOK Ranch
Therapeutic Riding Program
The Horse Park at Woodside
3674 Sand Hill Road
Woodside, CA 94062

ADDRESS CORRECTION REQUESTED

Mailing Address
Street Number and Name
City, State 98765-4321