

The B.O.K. Briefing

Spring 2012



Spring is Here!



Special Interest:

- Did you know? 2
- New Horses 2
- Calendar 4



Highlights:

- Word Search 3
- New Partnership 2
- Wish List 3
- Contact Us 4

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



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 – By day Dunrite seems like a country bumpkin, a hillbilly you would find sitting on a front porch in a rocking 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.



Megan and Montana

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. Montana 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 dominant 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 human 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 worthy of leadership. Horses who misbehave often do so to challenge the authority of whoever is handling them, and they are incredibly 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 knowledgeable, and worthy of their invaluable 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 behavioral difficulties. For more information, please visit www.changeyourlead.com



Where's the Tack?

D M T L E R T D U R C T E H W
A V X E L Z E E A Y M L N L R
P V K A A C L T U E D W L W A
S E N T G A L W L I L A I B P
X T X H N H I A R A T N P P S
C R I E I E B B Y S H C T B H
C H R R T Y W B D H Z Q N S D
W I Y S R J H A C K A M O R E
A D N R A U E R B E L D D A S
T J C C M H P L N E F D T L B
U Q X M H N A S G I R T H O J
F C F X S N I E R Y I E O O H
T C S C K S M F W B Z T C B O
M C D E N A J Y M H S K J V W
F U T H I J R S A R A E N T H

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

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

B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

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.

PRSR STD
U.S. POSTAGE
PAID
REDWOOD CITY,
CA 94063
PERMIT NO. 356

ADDRESS CORRECTION REQUESTED

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