

The B.O.K. Briefing

January 2005

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INTRODUCING OUR NEW NORWEGIAN FJORD PONY: ROXY

This summer B.O.K. Ranch was lucky to find a new Norwegian Fjord pony to add to our herd. Roxy is an eight-year-old 13.2 hand Fjord mare who came to us from San Luis Obispo. She has been able to jump right in and help out with lessons for our fall session and is quickly becoming many of our student's favorite mount! Roxy has many great characteristics typical to Fjords that make her wonderful for therapeutic riding; she has very nice movement and a cute pony trot! Jessica has been working with her on training and conditioning, including riding her in desensitization a clinic where she walked over rocking bridges, tarps, and jumps. We are very happy to welcome Roxy to B.O.K. Ranch! ♪



The New Girl: Roxy

CONTENTS

- I Welcome Roxy
Calendar
- II 1st Annual Charity Trail Ride
Student Spotlight
Donor Thanks
- III BOK Renews Premier Accreditation
Remembering Sue Steelman-Bragato
- IV Equine Facilitated Mental Health
Spotlight on Autism
- V Additional Thanks
- VI How To Help
BOK Ranch's Wishlist

CALENDAR

20th Annual Western Day!
June 5th, 2005

Groundwork Session
February 7 ~ March 1

Spring Session
March 7 ~ May 7

BOD Meetings
March 5, July 2, November 5
All at 10:00 AM

Advisory Board Meetings
1st Tuesday of the Month at 7:00 PM

FIRST ANNUAL BOK RANCH CHARITY TRAIL RIDE

On September 18, 2004, B.O.K. Ranch hosted the first annual Charity Trail Ride at the Horse Park at Woodside. We were joined by close to 30 other riders who came out to support our program. To raise money to support B.O.K., participants gathered sponsorships from friends and family. The day began with a wonderful demonstration put on by six B.O.K. Ranch students and numerous volunteers. Our riders then lead the crowd out on the trail! The main event was a 90-minute trail ride meandering throughout the expansive Horse Park, and the day wrapped up with a prize drawing.

We would like to say a huge thank you to our event organizers, Doug and Jennifer Hutten. They did a wonderful job of taking the Charity Trail Ride from concept to implementation. In addition, we would like to thank all of our riders, volunteers, parents, and sponsors – your support made this event a success and will continue to help B.O.K. Ranch provide therapeutic riding to our community.

Please stay tuned for information about the second annual Charity Trail Ride coming next year! ☞



Thank you to our Charity Trail Ride Sponsors

American Medical Response * Ariat
 Briarwood Equine Clinic * Buck's
 Cowboy Magic * King Catering * KGO-TV7
 Lexol/Corona * Luv-it
 Mounted Patrol of San Mateo County * Nutrena
 Paw Prints Printing
 Peninsula Equine Veterinary Clinic
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 Portola Valley Feed * Professional's Choice
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For an expanded version of the newsletter go to:

www.BOKRanch.com

STUDENT SPOTLIGHT

By Rachel Leeds-Minkin

Last time I went to BOK Ranch I learned to trot. It was difficult, but I managed it. I've always liked horses. I know all the names of the horses at BOK. Their names are PJ, Jerry, Roxy, Zeke, Shale, and Sugar. I ride Zeke. I can describe him and I know what he is called. He has a brown dorsal stripe, a tan body, and a Mohawk. He's a Dunn, and a Fiord. I am glad to go to BOK because I have always wanted to ride horses. When I am riding Zeke I feel excitement. After the lessons are done, I feed the horses. Then I cool them down with a hose, and put them back in the pasture.

I hate to think how people mistreat horses. If I met somebody that did that I would tell them how would you feel if you were a horse and you were Being mistreated! I am sure that will knock some sense into them.

I end my story.



THANK YOU DONORS

Felicia & Allegra Aron, David & Christine Aronson
 Francine Bonora, Deborah Britt, Laurel Burch
 Patricia Campbell, Chevron Texaco
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 Crowded Fire Theater Company, Nancy Davidson
 Dr. Henry Boyd Memorial Carriage Driving Event
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 Philip & Carol Gianos, Girl Scout Troop 1942
 Roberta Gonzalas-Gregg, Patrice Hansen
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 Jamie Morris, Peninsula Equine, PG&E Corporation
 Jerry Rascano, Rotary Club of San Carlos
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 Michelle Sund in honor of Jerry Meeker, I.J. Tatala, The
 Volunteer Center of San Francisco and San Mateo Counties
 Theater Works, Charles & Alice Weidner
 Keri Yen, Ginger Young

BOK RANCH RENEWS PREMIER ACCREDITATION STATUS WITH NARHA

By Carol Studer

To understand what it means to be a Premier Accredited Center NARHA (the North American Riding for the Handicapped Association) describes the process in depth on their website: www.NARHA.org

Just as other professions use accreditation and licensing systems to improve the well-being of their industries, professionals in the field of equine assisted activities have a distinction through the Premier Accredited Center Program. The Premier Accredited Center Program, gives centers the chance to demonstrate excellence in providing quality equine assisted activities.

This voluntary process recognizes NARHA centers that have met established industry standards. The accreditation process is a peer review system in which trained volunteers visit and review centers in accordance with NARHA standards. A center that meets the accreditation requirements based on the administrative, facility, program and applicable special interest standards becomes a Premier Accredited Center for a period of five years.

NARHA outlines the accreditation process and benefits of accreditation on the website. The list of benefits include; quality assurance, recognition, promotion, and education. These are all valuable benefits and good reasons to be accredited. However, an added benefit that I would like to emphasize is how the process fostered teamwork in our center. As the designated center representative I had been through the accreditation process five years ago and knew what to expect. However, this time around given the growth of the program and our new location at the Horse Park, a lot of help was needed in order to be prepared for the on site visit.

After taking the Center Accreditation Training (CAT) course, applying for accreditation, and months of preparation, November 3rd our scheduled visit day finally arrived. It was a gray drizzly day but we decided proceed rather than postpone because of iffy weather. Chris McParland and Maxine Fritas our on site visitors made the evaluation painless and pleasant. Ann, Jessica and I met them at the Horse Park and set up a little office in the tack room out of the cold. We finished all the administrative standards before lunch. Two afternoon riding lessons were scheduled for the program standards. The first lesson went smoothly although a large ominous black cloud loomed overhead. The students for the second class arrived and that's when it started to hail. Marble sized hailstones pelted down. Zeke our quiet old school pony became nervous and jumpy when the hail hit him on the hindquarters. Jessica and I thought that we might have to put some of those written emergency procedures into practice. Everyone sought shelter and we decided to cancel the lesson especially when it started to thunder and lightning. Fortunately, Maxine and Chris were able to count the program standards from the first lesson and we didn't have to reschedule. As it grew dark the visit was completed using flashlights and huddled in the tack room with the door

closed. We received a score of 100% in each category!

Maintaining our Premier Accreditation Status took a group effort and many people need to be recognized for their contributions. One particular person, Jessica Aronson deserves special credit. She was the driving force striving for B.O.K. Ranch to receive the highest possible score. I thoroughly enjoyed working so closely with Jessica on this project. Becoming reaccredited was a perfect opportunity to train Jessica and encourage her to take over as the new Program Director. After all the hard work and long hours Jessica committed, I am convinced that she is dedicated to the success of B.O.K. Ranch. Thank-You Jessica.

The following people also deserve a special thank-you: Ann Kulchin for administrative and staff support; Angela Sherman for cleaning and organizing the tack room; Al Behr and Gerald Fisher from the Horse Park office for meeting with us numerous times; Andreas and Elario the Horse Park Staff; Steve Ondry who completed many needed projects; Nancy Whelan for computer help; Trudy Ferguson and Debbie Hinman for printing the standards manual; All the volunteers who helped with cleaning and labeling projects; Megan Byrne, Kelsey Clausing, and Cortney Redholz for cleaning the large water trough; Diane Leeds for writing, reviewing and editing written material; Volunteers Angie Moore, and Pat Campbell for the practice day, Volunteers Anna Lee, Nicole Miller and Angie Moore for the day of accreditation. Angie Moore for her P.T. documentation; Students Molly Hale, Ben Hillgrove and Cheng-Hua Hu for weathering accreditation day; All the staff, volunteers, students and parents who support and encourage B.O.K. Ranch to be a Premier Accredited Center. r

REMEMBERING SUE STEELMAN-BRAGATO

Sue Steelman-Bragato, 47 years old, died on January 5, 2005 after a two year bout with breast cancer. Sue was a pioneer in charter school education and the driving force behind a movement that has resulted in 512 charter schools, serving 180,000 children. Sue co-founded the first charter school in California-the San Carlos Charter Learning Academy-in 1993.

The Kulchin family met Sue when she was a teenager and a part of the Eaton Hills 4-H program. Sue attended San Carlos High School with Ann and Larry Kulchin's daughters, Leslie and DeDe, and they have remained friends over the years. 19 years ago, Sue joined the B.O.K. Ranch Board of Directors and has worked with us ever since. She will be missed.

EQUINE FACILITATED MENTAL HEALTH: 101

by *Angela Sherman, M.S.*

I was asked to present an overview on the basics of Equine Facilitated Mental Health at the NARHA Region 11 Conference in July 2004 in Elk Grove, CA. The following is a synopsis of that presentation.

While being involved at BOK Ranch, most of us have either experienced or have heard about the many skills that one can learn while interacting with horses that can later be generalized and used in one's day-to-day life. Skills such as empathy, problems solving, impulse control, appropriate boundaries, dealing with frustration, trust and nonverbal communication, to name a few.

The Equine Facilitated Mental Health Association is a section of NARHA that was co-founded in 1995 by Boo McDaniel and Barbara Rector. EFMHA is dedicated to promoting the field of mental health professionals working with clients with emotional, behavioral, social and mental health needs.

EFMHA has outlined two types of activities that involve working with clients and horses. The first is Equine Facilitated Experiential Learning (EFEL) which involves "learning by doing" and can include many types of interactions with the environment and horses such as workshops, riding lessons and groundwork programs. Equine Facilitated Psychotherapy (EFP) is considered psychotherapy that is facilitated by a licensed mental health professional and involves horses.

EFMHA is currently working to establish two different types of certification. One will be for horse professionals that have an interest in working with mental health populations and the other certification will be for state licensed mental health professionals who are incorporating horses into their practice.

There are many programs that offer services to individuals with diagnoses such as anxiety disorders, mood disorders, behavioral difficulties, learning disorders, ADHD and Post Traumatic Stress Disorder. Programs around the country serve clients from group homes, residential treatment facilities, school-based programs and those that come to treatment individually.

There have been many valiant attempts at capturing the benefits and gains associated with therapeutic riding for individuals with mental health diagnoses through research. For instance, researchers have conducted pre-post studies of children in therapeutic riding programs on a variety of different variables but many of the studies did not yield statistically significant results. This does not

SPOTLIGHT ON A DIAGNOSIS - AUTISM

This recurring section in the B.O.K. Ranch newsletter is to inform our community about some of the diagnoses of B.O.K. Ranch participants. This issue will focus on autism. Close to 60% of participants in our therapeutic riding program are children and adults on the spectrum of autism.

Autism is a pervasive development disorder characterized by delays in the development of many basic skills, most notably social interaction, imagination, and verbal and non-verbal communication. It is a spectrum disorder, meaning some individuals are affected more severely than others. The exact cause of autism is not known, but research has pointed to several possible factors, including genetics, certain types of infections, and problems occurring at birth. Autism affects an estimated 10 to 20 of every 10,000 people and is about **4 times more common in boys as in girls.** ¶



The BOK Horses: Roxy, Zeke, PJ, Sugar, Jerry, & Shale

mean that there are not benefits of therapeutic riding but perhaps we need to consider the research designs and the type of information that people are collecting. Overall, the field is currently abundant with clinical and personal anecdotes or case studies of success, it is still lacking sound research.

In this rapidly developing field, the availability of certifications for those interested in working in the field is very exciting and a step in the right direction. Another area that will hopefully receive much effort is to conduct more research about the efficacy of therapeutic riding programs for clients with emotional, behavioral or mental health needs.

If you would like more information on the research studies that have been conducted in the field or a copy of the entire power point presentation presented at the NARHA region 11 conference, please e-mail me at asherman@pgsp.edu

For more information on EFMHA – mission, efficacy, precautions and contraindications, visit www.narha.org and then click on the EFMHA section. ¶

ADDITIONAL THANKS

WESTERN DAY DONORS

Lynn Adams · Mary Aldinger · Daniel Alexander · AOK Medical Billing Service · Arch Street Medical Associates
David & Christine Aronson · Mrs. Robert Bass · Joe & Ruth Beckner · Naomi Brown · Laurel Burch · Sheri Byrne
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Dr. John Red Eagle Valenzuela



Carol Studer and Ann Kulchin



The Band at a Past Western Day

DON'T FORGET

Horse cookies and BOK calendars are still available!

Horse Cookies

\$5.00 bag

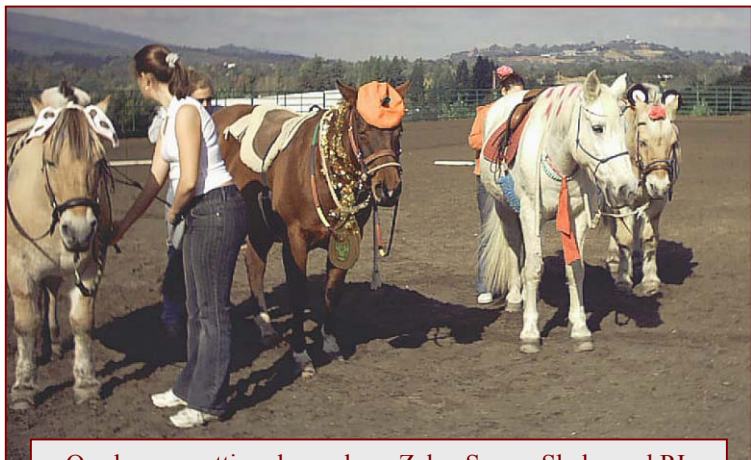
Calendars

\$20.00 each or 3 for \$50.00

To Order Online Click Here!



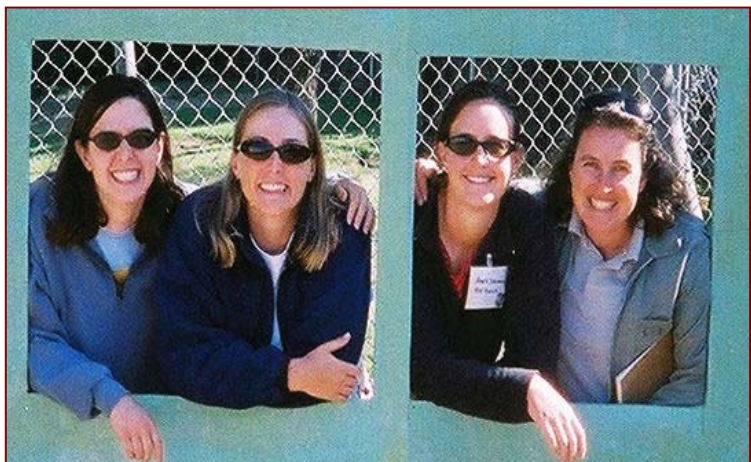
Carol with Zeke



Our horses getting dressed up: Zeke, Sugar, Shale, and PJ.



Zeke relaxing.



Kelly Forman, Jessica Aronson, Angela Sherman, & Carol Studer



Jerry investigates a bucket during a lesson.

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

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 \$1,200 Per Year

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 \$40.00

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 \$15.00

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