

# B.O.K. Briefing

Spring 2004

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## WESTERN DAY: JUNE 6, 2004



Everyone get ready, Western Day is fast approaching! From 11:00 am to 5:00 pm on Sunday June 6<sup>th</sup> we will be celebrating B.O.K. Ranch's 19<sup>th</sup> year at the Kulchin's home in Redwood City.

Planned for this year is music by the five-piece band Sidesaddle & Co, a children's carnival, Petoonya the

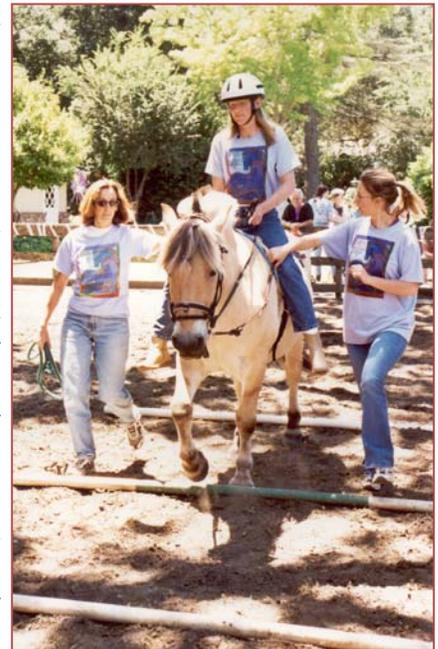
Clown, a silent auction and drawing, a sheep herding demonstration, a student riding demonstration, and

there will be a delicious barbecue by Canyon Inn.

Western Day is always a fun event but it also serves a very important purpose. It is our largest fundraiser, hopefully bringing in enough money to cover one third of our budget.

Tickets to this year's Western Day are \$35.00. Children 12 and under, with supervision, are free.

Please call the office at (650) 366-2265 for more information. ☐



## Advisory Board

Mary Daly

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## CALENDAR

- May 8**  
Human Race
- May 22**  
Horseshow
- June 6**  
Western Day
- July 12 - August 28**  
Summer Riding Session
- September 18**  
Charity Ride at the Horse Park

Jessica is a Menlo Park native who started riding when she was 8 years old with a friend who owned a horse at Springdown Farm. As a child she was one of many horsecrazy girls who spent her time "hanging out at the barn" willing to do anything that had to do with horses. Jessica graduated from Castilleja High School in 1998 and then attended Princeton University. She earned her B.A. in Psychology and graduated magna cum laude in 2002. During her time in college, she rode intercollegiately for 3 years and never outgrew her love of horses.

Last summer, (2003), she became reacquainted with B.O.K. Ranch in its new home at the Horse Park on Sandhill Rd. Throughout the summer Jessica volunteered for the program every day. Not only did Jessica learn and master the duties of being a volunteer sidewalker and horse handler, she also contributed leadership skills and quickly became a volunteer captain. Jessica also brought new fundraising ideas to the program such as baking and selling Horse Cookies. In the fall when it looked like we might lose Jessica to the corporate working world, we realized that she is the perfect person to be our new Program Director. Luckily for B.O.K. Ranch, she accepted the position.

Currently as the Program Director, Jessica is our Volunteer Coordinator, and Office Administrative Assistant with Ann. She has successfully raised money through the cookie and calendar sales as well as organized events such as the Chevy's fundraiser and the Equine Informational night. She is in training to be a NARHA certified riding instructor and helps with the riding lessons regularly. She will take the Registered Level Instructor Certification course in June.

Her visions for B.O.K. Ranch's future include; increasing community awareness about the program and raising funds with a large second (to Western Day) fundraiser.

It is a pleasure and refreshing to work with Jessica each day. She has an abundance of positive energy and



enthusiasm as well as being highly competent.

We love having Jessica as part of the B.O.K. Ranch

## MID-PENINSULA SPECIAL RIDERS HORSE SHOW AND PLAY DAY

On Saturday, May 22<sup>nd</sup>, B.O.K. Ranch, NCEFT, and Westwind 4-H Riding for the Handicapped will participate in the Mid-Peninsula Special Riders Play Day and Horse Show at Westwind Barn in Los Altos Hills, CA. This event gives our students an opportunity to demonstrate their riding abilities in equitation, games, and trail classes. In addition, the day is special in that it brings together the different programs servicing riders with special needs in mid-peninsula area. The Horse Show and Play Day will begin and 11:00 AM and run until approximately 3:00 PM. Lunch will be served throughout the day for \$4.

There are many ways you can help support B.O.K. Ranch and our riders at this event. First, we are looking for individuals to sponsor classes. For \$20 a class, you can help ensure the success of the show and have your family's name or business name appear in the program. Second, B.O.K. Ranch is responsible for providing drinks to sell at the event, and we are asking our families and friends to donate these. Finally, there will be a prize drawing at the conclusion of the show, and we are looking for items to be donated for prizes. Examples of past prizes include toys, books, or any horse-related items. Any help you are able to provide will be greatly appreciated by B.O.K. Ranch and everyone participating in the Horse Show and Play Day.

For more information about the Horse Show and Play Day, about sponsoring a class, or about donating drinks or drawing prizes, please call the B.O.K. Ranch office at (650) 366-2265. ¶

## TWO FARRIERS DONATE THEIR SERVICES TO B.O.K.

B.O.K. Ranch is lucky to have the support and services from both Sande Myers and Steve Wiberg who donate shoeing services to B.O.K. Ranch. They are excellent shoers who understand B.O.K. Ranch's need for financial support. With the generosity of these shoers we are able to provide our therapeutic riding program at a lower cost to our students. If you are looking to hire a farrier for your horse, B.O.K. Ranch highly recommends that you contact either one of our amazing shoers. ¶



### Horseshoeing

**Steven L. Wiberg**  
408-460-4229

Soundness Specialist 15910 West Road  
Hot & Cold Shoeing Los Gatos, CA 95030  
email: exerciserider@yahoo.com

### Brawn Farrier Service



1025 "Blue Bonnet" Drive Home: 209.862.1264  
Newman, CA 95360 Cell: 408.799.6996

## ALL ABOUT LAUREN SWEET

Lauren Sweet is my eight-year-old daughter. She loves horses. She really loves horses. And thanks to BOK ranch, she now loves (or at least likes) many other things that used to be difficult for her.

Lauren's currently a second grader at Laurelwood Elementary School in Santa Clara. She has been in "mainstream" classrooms (with an aide) since preschool, but it was looking like the second grade would be her last year in mainstream education. Towards the end of first grade, both the academic and social challenges were starting to overwhelm her. She had a very negative attitude about academics, which was reflected in poor behavior. The poor behavior, in turn, negatively affected her ability to fit in socially. We started her in second grade this year without much certainty that she'd be able to finish the year at her school; we anticipated that she might need to transfer to a special day class before year's end. And we reluctantly had to agree with her educational team that, short of a miracle, second grade would be her last year at Laurelwood.

## THANK YOU DONORS

David and Christine Aronson \* Gregory and Cynthia Bailey  
Robert and Anne Bass \* Blind Sports, Inc.  
Francine Bonora \* Armando Castellano  
Betty Lou Chandik \* Chevy's Restaurant  
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Jamie Morris \* Keith and Keiko Omori  
Patrick and Susan O'Sullivan \* Don and Barbara O'Sullivan  
PG&E Corporation \* Charles and Patricia Poore  
Tamara Raetz \* Redwood City Women's Club  
Nicky and Bob Reihl \* The Woodland School  
Theta Delta Xi \* Vern Whittman  
Mr. and Mrs. Michael Zachary \* Candi Zizek

## JOIN THE HUMAN RACE

This 5K/10K walk/run is sponsored by the Volunteer Center of San Mateo County. Participants collect pledges to walk or run in the event. Each participant specifies which nonprofit agency they would like to receive 75% of the pledge money they raise (the volunteer center receives 25%).

We hope that you can help B.O.K. Ranch to meet our goal of \$3,000 by being a racer or sponsoring a racer for B.O.K. Ranch.

The event takes place at Coyote Point Park (1701 Coyote Point Drive in San Mateo). We will have an informational table at the event and will need people to help promote the program and pass out flyers and represent B.O.K. Ranch.

Registration opens from 7:30-8:30 am. There is an aerobics warm-up at 8:00 am. At 8:30 Walk or Run! Most walkers finish the course in less than two hours. There will be festivities after the race including entertainment, snacks, children's races and activities. Coyote Pt. Park features a playground, bay front beach, picnic areas and a wildlife museum. For more information you can call the B.O.K. Ranch office at (650) 366-2265 or contact the Volunteer Center directly at (650) 235-2550. Γ

The beginning of the year was a little bit rocky; despite having the same teacher and classmates as last year (Lauren attends a "looping" class where the teacher keeps the kids for two years, through first and second grade), she started exhibiting some of the poor behavior that seemed tied to her difficulty with following the class routine. Then she started lessons at BOK ranch. We started seeing changes immediately. After a lesson, Lauren would be a changed girl. She would make better eye contact, speak more fluently, and be more cooperative. She no longer argued and threw tantrums about doing her homework. Of course, horses started to permeate all of her classwork and homework: pictures of horses, stories about horses, sentences about horses, even math about horses! Her riding also gave her a wonderful opportunity to bond better socially with a classmate who's also taking riding lessons. Our girl, who has substantial difficulty with reading comprehension, actually started to read books about horses... voluntarily! And she learned from what she read. This means that she can name all the breeds and can tell you the difference between a snip and a star -- and will do so at every opportunity.

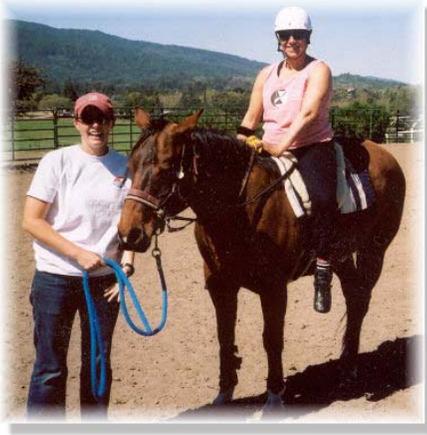
We worried that Lauren would regress when the program shut down for winter, but that didn't happen. Her love of horses simply found other outlets, including playing horses with her friends and playing with a variety of horse-related toys. Of course, she asked Santa for a pony; we were greatly relieved when Santa told her that live animal requests needed to be approved by Mom and Dad.

Now that the program has started again, we're seeing even more growth in her. Everyone who works with her is astonished at the changes they've seen since a year ago. She goes to school with a smile on her face; she's doing well academically, and has friends. We think what has really changed is Lauren's attitude -- she's switched from "I can't do that and you can't make me" to "I'm a big girl and I can do things if I try my best!" We believe that the sense of competency she gains from her instruction at BOK ranch has been a key component in this attitude change.

It looks like Lauren's attending third grade at Laurelwood after all. Γ



Part of a lovely picture drawn by Lauren.



## 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

**Truck**  
Able to pull a 2-horse trailer.

**Equine Senior**

**Label Maker**

**Biotin**

**Rainbow Reins**

**Glucosamine-Chondroitin**  
Select NuFlex Brand

**Sponsorship for a Student**  
\$250 Per Session  
\$1,250 Per Year