



B.O.K. BRIEFING

Volume III, Issue 4

December 1993

Carol Crowther Joins The B.O.K.

Carol Crowther started in June of this year as our assistant instructor. She is also helping out with horse shows. Carol has had many years experience as a rider and owner. She has been a certified CHA Camp Horsemanship Association member since 1990; taught at several youth camps including Therapon Association group homes in Marin county where she was assistant manger of adolescent homes for the developmentally disabled. She holds a BA in psychology from Colby-Sawyer in New Hampshire.

Over the past six months Carol began the process of taking duties over from Heidi Eckert. She's excited about B.O.K.: "The kids really rise to the challenge. I'm looking forward to setting goals for each student and watching them progress." Already Carol has spearheaded "Playday" and has attended the NARHA Therapeutic Riding Workshop in Kentucky. The B.O.K. students are not missing a step under Carol's direction!

When Carol is not working at the B.O.K., she fills in her time at Golden Gate Park Stables. She has a personal goal to be certified through NARHA.



Carol Crowther

Student/Volunteer Playdays '93

By Carol Crowther

It is amazing what ideas a box of horse show ribbons will generate. Thanks to Fly'n'n J.D. Ranch who donated lots of left-over ribbons, Heidi and I decided to create an end of the session Playday. On August 28th, students, volunteers, family and friends all came out to Hidden Villa to partake in the Playday games and activities. Despite the heat, which was close to 100° F, there was a terrific turnout of students and volunteers. Approximately 50 people participated. Each participant was assigned a number and at least two events. Some events included egg and spoon races, an obstacle course

with a jump, and the most popular - flag relay. Heidi will probably never forget having to hop across the arena in a burlap sac holding a flag.

August 28th was also a day for good-byes and thank-yous to Heidi. Heidi was surprised with a "Farewell and Good Luck cake, and a gift certificate to Olson Nolte tack shop. Hugs and best wishes to Heidi in her new endeavors.

Special thanks to; Heidi's parents, Mr. and Mrs. Eckert, who handled the food details, James Alacon and Valerie Chalonis, the volunteer judges; Justine Felahi our volunteer coordinator who became announcer for the day; and hidden Villa's property maintenance crew, especially Michael Quinn, for tilling the arena for the event.

Because Summer Playday was such a success, on November 20th, we marked the end of the Fall session with another Playday. Most of the Fall session volunteers and about 15 students participated. This was an opportunity for parents, siblings, friends and perspective volunteers and students to come together and see what makes B.O.K. ranch such a special place. Events of the day were based on the holiday theme. Games included, 'Go Fishing', 'Turkey Feather Hunt', 'Pumpkin Obstacle Course', and 'Bobbing for Apples'. I think our hairy friends, Zeke, PJ and shale enjoyed the last class the best

which was performed in hand with a halter and lead rope. The students

demonstrated how to

properly lead the horses in the keyhole pattern

and upon completion the horses were allowed to Bob for an apple treat. Needless to say it was quite entertaining for all.



for all.

Good Bye and Best Wishes Heidi

We are sorry to say that Heidi Eckert has resigned her position at the B.O.K. in order to pursue married life and new opportunities in Southern California. She will be continuing her work by starting up a new therapeutic riding organization bringing her talents and energy to the area. She has bid farewell to many a thankful and loving children that have enjoyed her bright enthusiasm and energy. Heidi was instrumental in making the B.O.K. program what it is today. She was not only a strong in technical riding skills but she had a rare ability in being able to relate to children. The rigors of the English style she taught has become a B.O.K. tradition that Carol Crowther now continues. Heidi brought out the best of each pupil and then some. She also made it her business to help raise funds and create new learning challenges. Many of you will remember Heidi running all day long between arena and predatory area at riding demonstrations and competitions. Under her tutelage, the students of the B.O.K. received more riding awards and accommodations that can be remembered in the history of the Ranch. But most of all, her greatest legacy must be that of the children who she helped gain courage, strength and a feeling of self worth through their riding abilities. Our love and best wishes follow Heidi on to her new challenges.



A Note From The Editor

John Mori

We at the B.O.K. would all like to thank all of you for your wonderful support that you have given us in 1993 which has enabled us to extend this program to more children and adults than ever before. From all of us to all of you, a happy, safe and peaceful holidays and bright and pleasant New Year.

VOLUNTEER CONNECTION

We would like to extend welcome and appreciation to to our new volunteers. Helping us this Spring and Summer session are Darlene, Julie, Marni, Janette, Melinda F., Melinda W., Barbra, Sandra, Sabina, Brooke and Kristina.

And once again to our veteran volunteers: many heartfelt thanks. Here's to you Fred, Jim, Fidela, Judy, Shannon, Lauren, Vivan, Carole and Carolyn. These dedicated people have contributed more than 500 hours to the past winter session alone.

We are always looking for volunteers. It is only through the volunteer efforts that this program is possible. So, if you can or know someone else who might be interested in a rewarding opportunity to help, please call Justine Felahi, the Volunteer Coordinator, at (415) 325-6113.

CALENDAR OF EVENTS

**William P. Kyne HKP
at Bay Meadows
Jan. 8, 1994**

**Night at the Races
at Bay Meadows
Jan. 14, 1994**

**El Camino Real Derby Club
Tickets available thru the Derby Club
Jan. 22, 1994**

**Equipment Work Day
(Tentative)
Feb. 12, 1994**



I saw a child riding in the arena last year, her pudgy face was filled with determination and her gangly, pencil-necked horse was uncoordinated but willing.

Under her instructors' watchful eye she practiced relentlessly day after day.

Now, a year later, a taller, thinner but still very determined young lady rides a nicely muscled well schooled equine.

So to all of you parents who patiently wait, spending hours in the dust and rain, swatting flies, please keep this in mind: Your children are blossoming into responsible young ladies and gentlemen.

Thank You,

Heidi Ann Eckert

B.O.K. BRIEFING

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Address letters, suggestions, articles, and inquiries to B.O.K. Ranch at the address above.

Kids Corner

By Celeste Molina
I had a grate Day
up at wood side I was
riding PJ and seek I like
how every one worked to -
gether.



By Shannon Meir for BOK
Meir

We went to the barn
where Bob and Olive live.
I rode Zeak and PJ. There
were five riders and two
horses. Lots of people looked
at the horses, and watched
us ride. It was a great
day.



Commentary on Barn Tour Day by Shannon Meir and Celeste Molina.

Donations



Thank yous to the following for
their generous donations:

Mr. and Mrs. David Piccardo,
Kathleen Kalab,
Mr. and Mrs. Leland Kolb,
Linda Harvey,
Nada's for Paws,
Jane Pharr,
Lisa Montalvo

Barn Tour Luncheon

The B.O.K. was pleased to be invited to the 1993 Barn Tours Luncheon. Our many thanks to the Los Altos Hounds who played a major role in our invitation and to our own Justine Felahi who was the chairperson and chief organizer for the B.O.K. This tour is an annual event that allows patrons to tour some of the most exclusive private stables in the Woodside area while supporting charitable organizations in the process. The B.O.K. was very fortunate to be invited to participate in the event. During the day riding demonstrations were performed and information about the B.O.K. was distributed to the many interested observers. Over 250 lunches were made and served by the B.O.K. volunteers in a peaceful pool side and country setting. In the processes over \$1300 was raised for the organization. To the many volunteers and guests who made this event an outstanding success the B.O.K. Ranch extends its many thanks. This is a wonderful way to complete a splendid year.

A heartfelt thank you to the volunteers that make B.O.K. Ranch a successful program.

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We would like to add our special thanks to the above volunteers who have provided many behind the scenes efforts to make the B.O.K. program successful.



Did you know that behind the scenes:

- Beverly Aiello provides for the R&R for the ponies when they're not at Hidden Villa?
- Allison Aiello does all the accounting for the B.O.K.
- Libby Machado is farrier (shoes the ponies)
- Valrie Massey provides the photography
- Justine Felahi seeks and coordinates the many volunteers for the riding program.
- Sharon Ondry provides the office work.
- Steve Ondry maintains all special equipment.



Vince Lepera and Don Maier at Pacific Printing design and print our newsletters.



Carol Crowther, our GREAT Therapeutic Riding instructor puts in many, many hours of volunteer time beyond her part-time salary for program planning, individual student evaluation, maintenance of equipment, and on and on.



And finally, Ann Kulchin the life blood behind the B.O.K. who attends everything, fills in whenever needed, represents the B.O.K. for support, works to develop programs and oversees all aspects of the operation. Ann is also the inventor of the 25 hour day.



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

YES! I can help the B.O.K. Ranch!



Please contact me regarding:

- Volunteer some time with students. Volunteer time in the evenings to help out.
- Equestrian and/or office equipment you can contribute. Horse sponsorship program.

Donations of any amount are always welcome at the B.O.K. Ranch. You may make checks payable to: B.O.K. Ranch. They may be earmarked for any of the following areas:

Riding Sessions
Volunteer Training
General Expenses

Special Events (e.g. Playday)
Equipment
Educational Clinics

Please find enclosed my check for _____ to be used for _____

The B.O.K. Ranch is a non-profit corporation. EIN# 94-2947980.