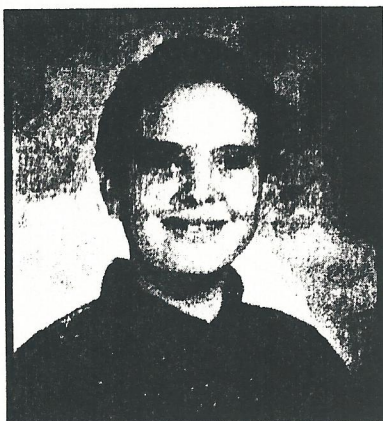




B.O.K. BRIEFING

F E B R U A R Y 1 9 9 5



A Very Special Place

Eleven years ago, I gave birth to my second son, Tony. He was born with spina bifida (open spine) and hydrocephalus (water on the brain). My husband and I had never heard of this birth defect and were very surprised to learn of its seriousness. After the initial shock and devastation of not having a healthy baby, we prepared ourselves for surgeries he would need in the next couple weeks. Spina bifida has no cure, it basically leaves its victims paralyzed from the waist down, and surgery is performed to close the opening. Before the surgeons could close his back, he needed to be shunted to prevent an advanced state of hydrocephalus. After three weeks, and four trips to the operating room, we took our baby home. Only to return two days later for a shunt malfunction. We've had no shunt revisions since then, so I'm convinced it was worth the second trip!

AS Tony grew, we remained very optimistic about his future. We allowed him to mature and develop as if he were just like any other child. I've been accused of living in denial, but it worked. I never stopped him from participating in anything he showed an interest in. I told the doctors he would walk, talk, and have bowel and bladder control. They had their doubts, my husband and I never did. Granted he was slower to develop than my firstborn, but he made great gains in a very short time. He has had physical therapy, speech therapy and any other program I could find that would spark his interest and keep him motivated. Then one day, a good friend of mine told me about a "very special place" called B.O.K. She had a son who had cerebral palsy and she claimed that this place was unlike any other. She told me about horseback riding therapy and how much it had helped her son. I was eager to contact B.O.K. and learn what this program had to offer. What I found was a place that was staffed by trained therapists, had the most beautiful horses I'd ever seen, and there was an accepting attitude about different ability levels in the air. I found it all very refreshing!

Well, it's been five years since then, and B.O.K. has lived up to my expectations—it's done wonders for Tony. There hasn't been a time when Tony didn't want to go and ride P.J. or Zeke. In the beginning, he was excited about riding them and doesn't miss a lesson. As a mother of a child with special needs, I know what that means! It means that I don't have to wrestle him to go and then promise to reward him for going. Oftentimes, with conventional therapy, getting your child there is the real struggle. But at B.O.K. they love going. They love the ponies, they love being able to do something that they can brag about to their peers.

Today, Tony is a walking, talking, totally continent (without medica-

tion), miracle. He is in sixth grade, has never spent a day in special education, he is an honor roll student and Student Body President of John Muir Elementary School in San Bruno. In the past, Tony has participated in gymnastic programs, soccer programs, pee-wee baseball and basketball. But if you ask him what his favorite activity is, he'll tell you horseback riding. Tony success is a combination of factors; a loving family, community, positive thinking, many prayers and having an opportunity to excel at a *very special place*.

**SAVE SUNDAY, JUNE 25th 1995 for our
10th ANNIVERSARY
WESTERN DAY!**

Calendar of Events

Advisory Board Meeting	Tues, Mar. 7, 1995
Spring Sessions Begin	Mar. 8, 1995
Advisory Board Meeting	Tues, April 4, 1995
Advisory Board Meeting	Tues, May 2, 1995
Advisory Board Meeting	Tues, June 6, 1995
Tenth Anniversary Western Days	Jun 25, 1995
Derby Club	August, 1995

B.O.K. BRIEFING

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

The Volunteer Report

by Carol Crowther

Barbara Stambaugh is an energetic, dedicated volunteer who helps B.O.K. Ranch every Saturday from 8:30 to 12:30. Like many of the B.O.K. volunteers, she is committed to the program. Her enthusiasm and compassion are contagious.

I asked Barbara how she found out about

B.O.K. Ranch and was delighted to find out that she was a NARHA member. Barbara has written the following article, "What is NARHA?" which we hope will inspire more volunteers to join NARHA.

Our deep appreciation to the following volunteers:

Returning Volunteers

Paula Guidi, Jane Pharr, Matt Mederos, Fred Caedeke, Fidela Schneider, Vivian Rodriguez, Jim Alercon, Chris Voskamp, James Lauren, Athena Wong, Amy Jenks, Rebecca Day, Jamie Moris, Lynsay Smith, Barbara Stambaugh, Loretta Wood, Brooke Fox, Sabina Fox, Marissa Fox, Vivian Marsh, Charles Stephenson, Suzanne Violante, Susan Gladwin

New Volunteers

Maria Jack, Katie Wallace, Jessica Disney, Johanna Walsh, Ryan Linch, Marisa Ybarre, Tanya Saracino, Ellen Wilton, Jason Guardino, Lauri Eglington, Tim Worman, Kristine Black, Marcy Foxgreen, Belen Jimenez, Judy Lund, Mary Lynne Garcia, David Zonoun, Tj Strandberg

What is NARHA?

- an open letter by Barbara Stambaugh

I became a volunteer at B.O.K. through "North American Riding for the Handicapped Association - or NARHA. I discovered NARHA through a book I had purchased "Volunteer USA", which contains a listing of national organizations offering volunteer opportunities. As I read the book, I saw that NARHA offered just what I was looking for - my love for horses and a program offering therapeutic assistance to the disabled in a fun atmosphere. I then contacted B.O.K. from their NARHA listing.

NARHA is a non-profit association dedicated to promoting equine activities for individuals with disabilities. My membership included a NARHA pin, a NARHA news letter and a complete NARHA guide.

The "NARHA News is a bimonthly, 15 page letter containing information on national conferences, upcoming events and workshops. There are letters from members and informative articles for instructors, volunteers, therapists and riders.

The NARHA guide is an impressive national and world-wide listing of all of NARHA's operating centers. Included are sections on programs and events, and managing and operating a center. There is also a complete membership directory, a brief medical glossary and further associations to join.

For further information call:
800-369-RIDE [7433]

or write to:

NARHA
PO Box 33150
Denver, CO 80233

Los Altos Hounds Stable Tour- Again with Feeling

by John Mori

Imagine a day clear and crisp, a gentle breeze in the air with a quiet excitement that would mark every hurried footstep, every anticipatory smile and every last minute check to make sure that all was ready for the start of the annual Los Altos Hounds Stable Tour. That's the way it was as the volunteers of B.O.K. made their last hurried preparations for the lunch and snacks that would feed those making and supporting the event. It was Sunday, September 25, and once again, we were selected to provide refreshments and lunch for the tour - an event that raised over 1200 dollars for the B.O.K. but that's not all. We also raised additional interest in the volunteer program of the B.O.K. with many new volunteers signing up that day.

Each year, the Los Altos Hounds sponsors the stable tour of some of the most prestigious stables in the Woodside area. Patrons are allowed to visit and observe, within the beauty of this country setting, premier examples of equine breeding and discipline within their home stables. Demonstrations that exhibited the capabilities of the riders, horse and the noble hound provided a centerpiece of entertainment for those attending. For those concerned about the fox, fear not.... actual hunting of a real fox is not performed at the event or by the club. The dogs actually follow a scent trail set by a member of the club. Also found in the central arena were vaulting demonstrations and a rodeo for those favoring a flavor of the West. And if you had to urge to shop, crafts stands were open that offered items from rocking chairs to stable gear.

The B.O.K. Ranch would like to thank the members of the Los Altos Hounds and the 30 B.O.K. volunteers. They donated their time to make the B.O.K.'s participation possible. A special thank you also goes to Coors West, Canyon Inn and Lucky Store of Redwood City.



Fall Session Briefing

by Carol Crowther

During the eight week fall session we had great lessons in days of sunshine, and a few rain out days in November. The session held lessons for thirty-five students once a week and three classrooms from Morgan Center students rode every other week for their physical education class requirements. The total student count this session was 54 students!

I am very happy to report on our volunteer situation for this fall. B.O.K. Ranch always needs dedicated volunteers and this session we started out with 20 returning volunteers and a few new volunteers. By the end of the session we had a total of twenty-three returning volunteers and eighteen new volunteers. Of the new volunteers this fall, many have expressed an interest in continuing to help B.O.K. Ranch. Yippee!

The volunteers made it possible for our students to have successful progress in their lessons. Thanks to the volunteers, Morgan Center came to B.O.K. three days a week versus a year ago when they could only attend one day a week. I feel that our program is growing in a positive direction because we are able to provide quality lessons to so many students.

Lastly, but most importantly, I must mention our equine friends PJ, Zeke and Shale. We can't thank them enough for the patience they give and the lessons they teach us all. We are fortunate that Zeke has recovered from his impacted intestine occurring this August. PJ is also finally healed up from a gum and tooth infection caused by fox tail weeds ingested from a bad batch of hay. Shale has been a trooper maintaining her health and working extra hard while her pony friends were on the mend. I know that feeding them a few apples and carrots would mean a lot more to them than this mention in the newsletter. However, this year all three will be rewarded with a winter break in Grass Valley here they can run around and play in acres of pasture.

Volunteer Coordinators

Welcome to Susan Morris who will be working with Carol Crowthers to help coordinate volunteer activities. If you are interested in working with the B.O.K. or know someone who does give Susan or Carol a call at our office number (see back of newsletter for details). Think of affiliations you may have that could spread the word ... schools, churches and community organizations are often rich sources of volunteer help. Give it some thought!

Personal Experiences Wanted!!

Do you have a personal story you would like to share with our readers? Do you have a child that would like to do a Kid's Corner? You or your child could be in print! Contact us at B.O.K. newletter - we'd love to hear from you.

B.O.K.'s Ongoing Wish List

If interested in helping please call the B.O.K. Ranch at (415) 366-2265 or fill out the form on the back of this newsletter.

Hores supplies:

If you can help with Rainbow Reins (apx. \$27.00); New Stirrup leathers (apx. 25.00); The Blok jump standards (apx. \$43.00/pair).

Also needed is new pipe coral fencing or a helping hand for installation.

We can always use Repelex fly spray, Source vitamins, Rain Maker hoof oil, Paste wormer.

Funds:

Contributions for the Beverly Aiello Scholarship Fund
Printing costs for brochures, newsletter, and stationery
Hores boarding sponsorship for 1995

Human resources:

Grant writer

Miscellaneous items:

Office supplies (fax and photocopy paper, etc.)
Stop and Go road sign

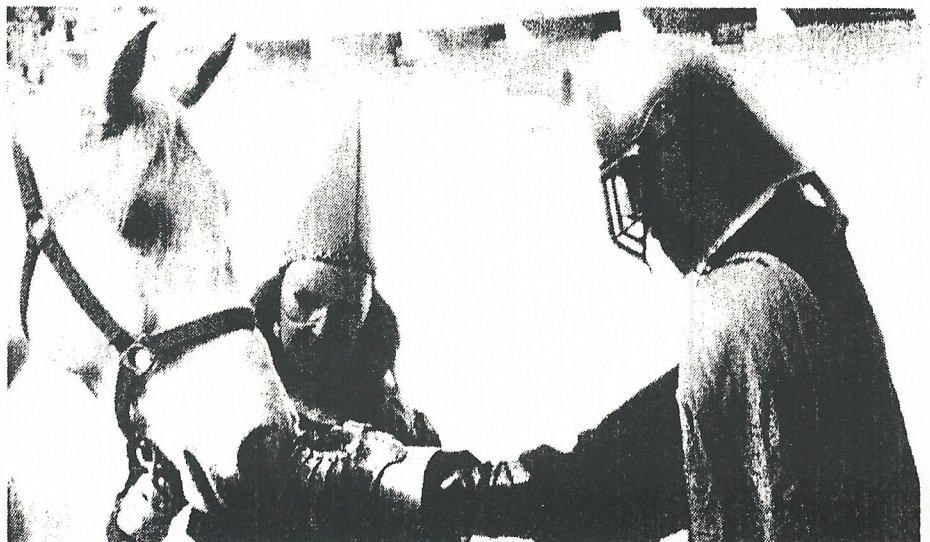
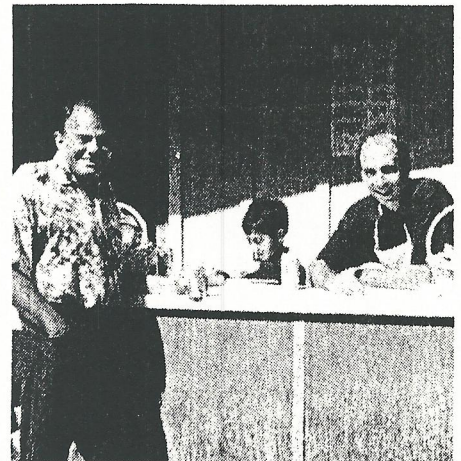
Donations

Many thank to the following for their generous donations:

Mr. and Mrs. Subramaniam
Roberta Johnson for the Beverly Aiello Scholarship Fund
Mr. and Mrs. Dennis Braz
Mr. and Mrs. Koon Lau
Vera Lindeberg
Mr. and Mrs. William Rous
Mary Lou Weisheimer - Tack
Marilyn Pratt Lebherz
Kathleen Kalab Harold Bloodsworth
Daniel Alexander
Lynn Adams
Mr. and Mrs. William Aldinger
Mr. and Mrs. Dan Schoon
Jesse Gillis
Mr. and Mrs. Greg Gillis
Mr. and Mrs. Fred Forrest
Optimist Club of Redwood City

A special thank you to:

Hitachi America Ltd. for their generous donation of \$490.



Carol is Engaged!!

Who is the Knight in Shining Armor?

Sam Studer, He Stole Carol's Heart. Congratulations!