

B.O.K. Briefing

B.O.K. Ranch - The Peninsula's PREMIER PATH
Accredited Therapeutic Horseback Riding Center



"Towanda" What's In A Name?



For those of you who watched the movie, *Fried Green Tomatoes*, you will remember the primary character named, Idgie Threadgoode. She referred to her assertive, warrior-like alter ego as "Towanda". That unique character, Idgie, is the namesake for our little chestnut, Quarter Horse mare with one blue eye. Our Idgie has quite an impressive history as a therapy horse; her life calling, you might say. Idgie's first role, in the world of therapeutic riding, was as a carriage horse for the Fremont School for the Blind. Idgie wore a small receiver clipped to her brow band which allowed the instructor to give her verbal commands such as "walk", "trot", "halt". This extraordinary, high-tech support was needed because all the carriage drivers had

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some level of visual impairment. Idgie knew and understood her job and always did her best to make it safe and comfortable for her student drivers. It is not every day that you come across a horse who can speak English!

Scene 2 — Idgie moves to All Seasons, a therapeutic riding program located in Sunol. While there she served children and adults with special needs until the program closed.

Scene 3 — B.O.K. Ranch becomes Idgie's new home. This dependable little mare is our "go to" horse for initial intake assessments, for riders who need a horse with a particular movement, and most importantly, Idgie is our #1 horse for any rider who needs help with building their self-confidence and self-esteem. Her calm, "baby sitter" personality makes her the perfect therapy horse.

In true Towanda fashion—this "Bee Charmer" once had a run-in with a wasp nest. During the trail ride portion of a therapeutic riding lesson, the four riders accidentally rode over a wasp nest hidden in the ground. Idgie stopped and stood perfectly still, not moving a muscle, even though she was being severely stung by the wasps. It wasn't until all four riders had been safely dismounted and moved away from the nest that Idgie tried saving herself. Our Idgie Threadgoode is a true friend, protector, family member and invaluable therapist.

Idgie is available for a 2013 Sponsorship! Please call 650-366-2265 for more information

The costs for printing and mailing this newsletter were paid for by generous donations from supporters of B.O.K. Ranch.



Tish, Ben (age 3 years) and Beau (age 8 months) with Little Buck

**Check out our new
and improved
website at
www.bokranch.org
and join us on
Facebook!**



Letter from the Director

Dear B.O.K. Ranch Friends,

Since our last newsletter something remarkable has happened. Two mothers of children enrolled in our program have approached me on two different occasions. These two mothers have never met each other but they had the same message. Yes, I'm referring to the "B.O.K. Effect".

Besides being mothers of children with additional needs, these two women have something else in common. Both are highly educated, well respected working women with very high power positions in their companies. Interestingly enough, they have both been affected exactly the same way by the B.O.K. Ranch program. They both mentioned how relaxed they feel when they are at the barn and how refreshing it is to be "MOM". One of the mothers said, "Maybe if I had become a famous horse trainer, these guys (the horses) would take note of me too." I replied, "Hmmm, not likely...This is the Horse Park at Woodside. There are hundreds of famous riders and trainers who stroll through this place every year. My little friend Atti (one of our miniature horses) really doesn't care if you are the Pope, President or Princess, he still isn't going to let you catch him."

So what is the therapeutic value, i.e., the "BOK Effect", of the program on parents, siblings and caregivers? We often talk about the benefits of the program for the students who are enrolled, but what about the rest of their family? I suspect there are many parents and caregivers who feel a sense of peace and tranquility while visiting the barn each week.

To truly experience the "BOK Effect" we offer weekly trail rides to parents and caregivers - no experience required. Please call the office at **650-366-2265** for more information and to sign-up. Always remember, the horses at B.O.K. Ranch are here to enrich lives and touch your heart. Join us to experience the "BOK Effect" for yourself!

Happy Trails,

Tish

Equine Adoption Opportunities for 2013

You have just had a little glimpse into Idgie's life story (see page 1), but there are 11 other horses at B.O.K. Ranch who have unique and interesting stories of their own. Please consider sponsoring one of our hard-working, therapy horses this year.

With your generous sponsorship, you will receive a color photo of your horse and your name, or your company's name, will appear on our website. An annual donation of \$3500 may be paid all at once or you may sign up for automatic monthly payments of \$291.

As you can imagine, maintaining a barn full of horses in the San Francisco Bay Area is not cheap. Daily operational costs for feed,

stall shavings, vets and farriers continue to rise. The B.O.K. Ranch works tirelessly to keep the costs per lesson down. We want to assure our families can continue to enjoy the benefits of our program, and not become overwhelmed with the expenses associated with having a child with additional needs.

Your generosity and support is vital for the continued success of this therapeutic riding program. Please help us keep the lesson costs down.

Call the office at 650-366-2265 for more information on how you or your company can sponsor a therapy horse.

Healing Hands

Sometimes our therapy horses need therapy. Our friend, Richard Newton, recently used his integrative bodywork skills combined with sports equine massage on our mare, Candy. In the photo at the right, Candy wears a body wrap to help her be less reactive to touch, and enables her to accept Richard's touch in a more trusting manner. The wrap fosters a sense of security and safety. Think of it as

swaddling clothes for horses. Wrapping helps to create boundaries and improves trust between the horse and her handler.

This is one of many skills Richard brings to his practice. He is a certified horse masseur, Tellington TTouch™ Practitioner and Reiki Master. He has, on average, volunteered twice a month at B.O.K. for the past five years. By observing

and sensing, he tailors his practice to what the horse wants in that moment, and then applies his skills accordingly. These methods improve trust, a sense of connectedness, and a release of muscle tension.

For more information about Richard and his healing hands, visit his website at www.giftedhealinghands.com text/call 650 773 5028; or email chard1@hotmail.com



Richard uses a body wrap on Candy as part of an integrative body work session

Snack Time — Whinny Snips

The horses at B.O.K. Ranch appreciate carrots and apple as treats, but have you ever thought about baking them a batch of cookies? They love munching on healthy carrots and apples, but they all have a sweet tooth that loves cookies too!

Here is an easy horse cookie recipe you may want to try ...

1 cup uncooked oatmeal

1 cup flour

1 cup shredded carrots

1 teaspoon salt

1 tablespoon sugar

2 tablespoons corn oil

1/4 cup water

1/4 cup molasses

Mix the ingredients in a bowl in the order listed.

Make small balls with the batter and place them on a cookie sheet sprayed with

vegetable oil spray . Bake at 350 degrees for 15 minutes or until golden brown.

Bring your homemade treats to the barn and place 1 or 2 in a bucket and offer them to your favorite horse or pony as a special thank-you!

The B.O.K. horses will whinny for Whinny Snips!



Yummy homemade horse cookies

Valued Volunteers

B.O.K. Ranch relies heavily on the support and commitment of our volunteers. It takes approximately 80 hard-working, dedicated volunteers a week to keep our barn and therapeutic riding program running smoothly. We have many opportunities for volunteers ages 14 and older. Your support is ALWAYS welcomed and appreciated!

Volunteers are needed 7 days a week for a variety of responsibilities at B.O.K.

Ranch. These responsibilities may include: helping to groom and tack up the horses for lessons; side-walking and leading the horses in the arena and on trail rides; cleaning the barn and tack room; cleaning and maintaining tack; assisting the instructors with lesson planning and set up, and of course, providing TLC for our four-legged equine friends. If you or someone you know would like to become a B.O.K. Ranch volunteer, please call **650-366-2265** or email bok.office@yahoo.com.

Please consider signing up to become a volunteer and to attend an upcoming Volunteer Orientation. Orientations are held once a month on Sundays, 1:30—3:30 pm. Dates for upcoming orientations are listed on the [B.O.K. Ranch Volunteer](#) webpage along with an on-line sign-up form.



Montana enjoys TLC offered by our cheerful volunteers



B.O.K. Ranch

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THANK YOU **MICHAEL HANSON**

The B.O.K. Ranch Teeter Totter you designed and built as part of your Eagle Scout Project is AWSOME!

WE LOVE IT!



2013 Wish List



- *Horse Sponsorships
 - *Rider Scholarships
 - Tack and supplies for small ponies
 - Leather halters
 - Arena games and props
 - Poles, cavellettis, standards for arena jumping
 - Small portable CD/MP3/iPod player
 - Soil and sod
 - Rubber stall mats
 - Pasture feeders/mangers
 - Picks, shovels and extra large wheelbarrows
 - Brooms
 - Utility sink
 - Air compressor
 - Small power generator
 - Office supply stores' Gift Cards
 - Laptop computers
 - Printer paper
- All donations are welcomed, appreciated and may be tax deductible.
- If you would like to donate something from our Wish List, or if you have a question about donations, please call the office at **650-366-2265**.
- *Urgently needed**