



# BOK RANCH

The Peninsula's ONLY \*PATH Premier Accredited Therapeutic Riding Program

Fall/Winter 2014

## Volunteering — Come Join Us!

**Volunteering makes people happy!** We are looking for both after-school and weekend volunteers who want to use their talents and expertise for good, learn new skills, meet like-minded people, build relationships, and HAVE FUN. Our volunteers are just as important as our horses and our riders. They are essential in providing the positive benefits of our therapeutic riding program to our special riders. BOK requires between 60-80 volunteers a week to ensure our riders' safety and quality care for our horses.

### We are looking for volunteers who:

- Are more than 16 years old
- Able to follow multi-step directions
- Are committed to volunteer on a weekly basis
- Act quickly and effectively in an emergency
- Are physically fit and able to walk 2 miles
- Love horses and enjoy helping people

When you join the BOK volunteer program, you will go through an orientation/training process. During orientation, you will learn the "do's" and "don'ts" of the program, how to recognize and react to natural equine behavior, and how to respond appropriately in emergency situations.

Once the orientation process is complete, you begin your "on the job training" with an experienced volunteer mentor. The BOK Ranch is a true advocate of continuing education, so we have established an on-going advanced level training and education system for long-term volunteers. Some of our instructors began their journey at BOK Ranch as volunteers!

**Volunteers are needed Monday through Friday 2:30 pm-5:00 pm and on Weekends 8:30 am -1:00 pm**

For the past 30 years, BOK Ranch has had countless volunteer hours donated by members of our wonderful community. People volunteer for a variety of reasons. When we ask our volunteers to share their reasons for joining BOK, we get a wide variety of responses such as: "*I love being around horses*"; "*Seeing the riders' horsemanship and people skills improve each week is very rewarding*"; "*I feel I am making an essential contribution to my community*"; "*I've made many new friends*"; "*I enjoy the calm, nurturing environment of the ranch and the people who support the program.*"

We encourage you to reach out to our volunteer coordinator, **Julie Bradford** today! Julie is eager to speak to you about your interests, experience and when you are available to volunteer. Be sure to sign up for the next orientation. **Julie can be reached at [bokranchvolunteer@gmail.com](mailto:bokranchvolunteer@gmail.com).**

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\*Professional Association of Therapeutic Horsemanship

# Letter From The Director



Only known photo of Tish as a BOK volunteer

path might lead you.

When I joined the BOK team in 2005, the program had grown to 28 riders and was running 5 days a week. We are now serving 130 riders a week and we are expecting to grow to 170 participants a week by the end of 2015. BOK is staying true to our original mission: ***To provide quality therapeutic recreational experiences for people with additional needs.*** Not wavering from this mission has allowed the staff and volunteers at BOK to fully commit and grow as an organization. Now almost 30 years later, we have the ability to look back, reflect and be proud of what has been accomplished. If you know someone who is interested in volunteering, please contact the office at (650) 366-2265 or send me an email at director@bokranch.org.

Happy Trails,  
Tish

## Volunteering comes in different shapes and sizes

### Make BOK part of your year end donations!

There are many ways to contribute to BOK Ranch. Your generous donations of volunteering-time, money, services, and in-kind items are equally important. Currently, BOK Ranch has a need for your financial assistance. We can always use your support with the sponsorships of our horses and scholarships of our riders. Please consider a monetary contribution to the BOK Ranch. Every dollar donated goes directly to support the therapeutic riding program and is tax-deductible.

BOK Ranch works diligently to keep the cost of lessons low, despite rising costs of hay, veterinary care, maintenance, and upkeep. We are also embarking on several new projects to help BOK grow and meet the ever changing needs of the community. BOK is creating an indoor learning space, a second riding arena, adding new horses, obtaining adaptive equipment, and increasing staff.

All of these exciting new ventures require the community's support. We appreciate every dollar that comes our way. BOK Ranch now has many ways to give, accepting checks, PayPal, one time credit card gifts, and on-going monthly credit or debit card donations in any amount. **Thank You For Your Support!**

Dear BOK Ranch Friends and Family,

This newsletter is dedicated to BOK Ranch volunteers. Without these dedicated individuals the BOK program would not succeed. Many of you may not realize that I started out as a BOK volunteer too. Almost 10 years ago, I just like everyone else at BOK, found out about the volunteer program on-line, signed up for an orientation, and started side-walking on Saturdays. One thing led to another and now here I am writing this newsletter. I encourage everyone, with a love for horses and humans, to sign up to volunteer at BOK. You never know where that



#### Horse Sponsors Receive:

- Their name or business name on a brass plaque on the horse's stall door
- Acknowledgment on our website
- Recognition at Western Day
- Acknowledgment in our newsletter
- Tax deduction

# Full Inclusion Summer Camp

Well we can now check “full inclusion” off our To Do list. This year, the BOK Ranch welcomed 70 children to our first “open to the public” summer camp. Campers aged 5-16 joined us in a summer full of fun, learning, exercise, and HORSES! Each camper who attended brought with them their own share of individuality.

Campers worked together cohesively without issues. “It was really great to just stand back and let the kids be kids,” noted one BOK volunteer. Expectations were held to a high standard for everyone who attended, and the curriculum was adapted when necessary.

Our campers took away with them the knowledge of how to groom and tack up a horse; basic riding skills; vaulting skills; trail riding and bareback skills; along with an extensive understanding on breeds/colors/markings/and equine confirmation.

Each week campers were visited by two special guests. Our first guest was Richard Newton, an equine massage therapist who taught the campers about how horses bodies work. Our second guests were the father and son team of Steve and Tyler Wiberg. They are BOK’s farriers and did horse-shoeing demonstrations for the campers. We are already looking forward to next summer’s camp, which will be bigger and better than our first time out the gate. Watch for upcoming announcements!

## Equine Spotlight — Chase

We first met Chase and Montana in December 2011. They were both perfect examples of “don’t judge a book by its cover”. These two horses (although not blood relatives) are known as “*the brothers*” because they have the same owner. At first Montana seemed older, calmer, and a much better candidate for a therapeutic horse. Chase was known as the wild card. Chase and Montana’s owner made it clear that they were a package deal and that she wanted both horses to live under the same roof. The deal was done, “*the brothers*” moved in. Then Chase spent his first week cantering in place and sweating in his stall.

Weeks turned into months, months turned into years and now here is our Spotlight Horse: **CHASE!** As it turns out, Chase just needed time to adjust to his new environment. Once he settled in, he became our #1 go-to lesson horse.

Chase is one of the biggest horses in the barn. He is half Clydesdale and half Thoroughbred. He is almost 17 hands high and is pushing 1800 lbs. Chase is also the sweetest, kindest, most even tempered horse at BOK. He carries our riders from age 4 to age 84 with ease. He is the horse everyone chooses when they are ready to try their first canter. He is a pro, and takes care of his riders with grace and dignity.





## B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

**2015 BOK Ranch Calendars Are Here!**

## Volunteer Spotlight

One volunteer, above all others, delivered tremendous energy and enthusiasm 6 days a week for up to 9 hours a day this summer. **Alyvia (Aly) McIntyre**, daughter of BOK instructor **Ashley McIntyre**, came to the barn everyday of her summer vacation.

Aly spent her days interacting one-on-one with the campers, grooming and tacking up horses, running errands, and getting dirty... really dirty. All the while she kept a positive attitude, and displayed a very strong work ethic that would rival some people three times her age.

Everyday Aly would rush her Mom to get to the barn (a two hour drive from their home in Hollister). Aly refers to the BOK barn as her "second home". Aly is also the owner of BOK therapy horse, **Sweet Megan**. Aly feels strongly that although she loves her horse Sweet Megan has a very important job at BOK. Aly enjoys watching her horse bring joy to others.

Now back at school, Aly is working on a service project that will benefit the BOK riding program. **Thank you Aly!**



## Contact Us

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