



BOK RANCH

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

Fall 2015

Mommy & Me *Not just for Mommies Anymore*

"Mommy & Me" welcomes Moms, Dads, Grandparents, and Caregivers to Enjoy "Intro to Equines" with 'Lil Ones

Riding on the success of the Full Inclusion Summer Camp program, we are launching a new session of *Mommy & Me*. This class is designed for **ALL** toddlers, ages 2-4, and their siblings. Parents accompany their child for this unique "Intro to Equines" class.

Children are introduced to our gentle, well-trained horses and to a wonderful opportunity to combine hands on activities, such as grooming and feeding, with vaulting (gymnastics on horseback). Over the past three years, BOK Ranch has offered our therapeutic riding program to neuro-typically developing peers. These inter-dependent programs are a wonderful way to introduce children to the community in which they live.



Children, with and without special needs, work and play cooperatively and beautifully together. We have had such overwhelming positive feedback about our full inclusion programs that we are extending this concept to our youngest budding equestrians. Our new *Mommy & Me* parent participation classes are based on this full inclusion model and encompasses other popular toddler modalities such as music, art, and sand play.

***Mommy & Me* is held every Friday morning 9:30—10:30 am.** Classes are similar to the weekly BOK Ranch riding lesson program. You only have to enroll once to attend weekly classes on an ongoing basis.

Enrollment is starting now. Space is limited, so call **650-366-226** or email **director@bokranch.org** for more details and to enroll your budding equestrian.

We look forward to meeting you soon!

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Letter from the Director

Dear Friends,

I recently came across an old note (see below) which was written by me most likely in the mid-to-late 80's. I had to laugh when I read this after it fell out of an old binder. It seems my career of asking people for donations to help support horses started at an early age. Admittedly, things haven't changed much, but I've had to scale things up a bit. It's still fun to have a glimpse of when it all started. Please take a moment to send your donation to BOK using the enclosed remittance envelope. Thank you!

Happy Trails, Tish



Tish on Sprig—1987

Dear Mom and Dad,
if I promise and show tremendous effort in school work, I will try for straight A's. I will look for small jobs places. see what I need is a small loan of 46 \$/s and me, Cindy and Marthe can have one of our favorite horses for our selves for about 1 1/2 or 2 months. see Lisa needs a sponsor for sprig for a little while because she doesn't have the money. TO me this sounds like a great idea

because I will be getting 1/3 of the responsibility of having my own horse. I think that small amount of money is worth it. because it's like I will get to ride all the time and I won't have to go all the way out to black Point. only to Swansons. Did I mention that price include hoofs board and feed. pretty good deal huh. Please your loving daughter Tish

30th Anniversary Western Day

On June 7, 2015 the BOK Ranch hosted the 30th Anniversary Western Day fundraiser. BOK founder, **Ann Kulchin** welcomed 760 guests to enjoy family fun at the place where BOK Ranch originated in 1985.

This year the biggest crowd ever to attend Western Day was confirmed by the Redwood City Fire Department. They served over 720 meals to our hungry guests. Although, Western Day still had it's classic elements: Silent Auction, Student Riding Demonstration, Raffle, BBQ, and Live Music (provided by BOK's talented therapeutic riding instructor, **Hannah McDonald**). We added some new elements to make the 30th anniversary celebration truly memorable. Visitors had an awesome time in the photo booth creating truly unique "selfies"; we welcomed professional Emcee, **Stephen Chun**, as our Master of Ceremonies; commemorative beer and wine glasses, with the BOK Ranch 30th Anniversary logo, were sold; students from the **San Jose College of Adaptive Arts** shared their talents and performed throughout the day. Guests were entertained by their Latizmo Dance troop, the Adaptive Guitar, and the Concert Choir. **Animal Assisted Happiness** brought a collection of small animals to share with the guests.

For the first time in the 30 year history of Western Day, the event was opened up to other agencies who provide services to children and adults with additional needs. This resource fair was combined with the carnival games. The feedback we received was really positive, and a good time was had by all! Thanks to all who attended and supported this celebration of 30 years of changing lives...one stride at a time!



Changing of the Guard

We are feeling mixed emotions about some changes occurring at BOK Ranch. Although we are very sad to see our beloved volunteer coordinator, **Julie Bradford**, move on to her next adventure, we are very proud of her accomplishments and her dedication to BOK. We are also very pleased to welcome **Liz Beeson** as our new volunteer coordinator.

Julie came to BOK Ranch a little over a year ago. She and her husband, Adam, started as Saturday volunteers (they continued to volunteer every Saturday even after Julie became a paid staff member). Julie singlehandedly revitalized our volunteer-community service program. The new, improved volunteer program currently has over 100 regularly scheduled volunteers each week. Julie's fierce determination and devotion to her work made a tremendous impact on recruiting and training volunteers.

Julie and Adam are moving back to their home state of Ohio to be near family and to open their own Therapeutic Riding Program. We wish them the best of luck and encourage them to stay in touch.

The next chapter for the BOK Ranch Volunteer Program will have Liz Beeson at the helm. Liz comes to BOK with years of program coordination experience, riding experience, and a love of working in the non-profit sector. We are looking forward to working with Liz and we are certain that Liz will do a great job picking up where Julie left off. The focus will continue to be on recruitment, training, and retention of high quality, dedicated volunteers.

Thank you to both Julie and Liz for your on-going support of the BOK Ranch Volunteer Program.



Horse Spotlight-Honey Bunny

Miss Honey Bunny is a 23 year old Quarter Horse mare. She has a beautiful buckskin coat that completely molts, like a seal's, into three completely different colors throughout the year. Honey Bunny spent her younger years as a working ranch/cutting horse. She also worked at the local Driscoll Ranch Rodeo. Honey Bunny is a very sweet and thoughtful mare who works wonders with riders who need a boost in their self-confidence. Honey Bunny has a quiet gentle soul and moves carefully and thoughtfully throughout her day. Some of Honey Bunny's favorite things are going on trail walks, eating carrots, and getting massages. Her compact body is small enough for our youngest riders, and her robust, strong statue can handle BOK's adult riders too. Honey Bunny is an excellent therapeutic riding horse because she has diverse talents and experience. She is a willing partner and can be used in many different types of therapeutic riding lessons. Honey Bunny is currently in need of a sponsor. Sponsorships are \$3,500 a year OR \$290 a month. Sponsorships help support the basic feed, bedding, and general day to day care of the horse. If you are interested in supporting this sweet horse as she helps others, **please call 650-366-2265.**



**Sponsoring
Honey Bunny is easy!
Call 650-366-2265 or
email
director@bokranch.org.**

Sponsoring Honey Bunny is 100% Tax Deductible



B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

BOK Ranch 2016 Calendars Coming Soon!

Wish List Update:

The BOK Ranch is still looking for individuals or businesses to step forward with donations to help retrofit our arena. BOK Ranch's main therapeutic riding arena is worn out and weathered. The foundation is in dire need of leveling and the footing must be replaced soon. It is our wish that a **construction company or heavy equipment operator** would be willing to donate their time, expertise, materials and equipment to help complete this job.

Seven years of walking and trotting horses have caused a breakdown and compaction of the arena material. This causes uneven, hard surfaces, and extreme dust. The estimated cost of retrofitting our current arena and building a smaller second arena is more than \$10,000. If you or someone you know is interested in assisting the BOK Ranch with these grading and leveling projects **please contact the office at 650-366-2265 or email director@bokranch.org**. All donations are tax deductible as allowed by law.



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