



BOK RANCH

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

Spring 2015

Then and now...what a difference 30 years makes! In the Spring of 1985 the Kulchin family officially opened a therapeutic riding program in the front yard of their Redwood City home. The program started with two Fjord ponies, six riders and daughter Leslie as the instructor. Needless to say, many things have changed since those early days.



Fast forward 30 years. The BOK Ranch is now located at The Horse Park at Woodside; a beautiful 272 acre facility in a natural setting ideal for equestrian activities. BOK's program has expanded to include 10 therapeutic riding horses, 10 staff members, 100 volunteers, and 130 participants. From one family's vision 30 years ago to today's reality, the BOK Ranch has changed the lives of

thousands of children, adults and families in our community.

After 30 years BOK Ranch's core beliefs are still relevant.

- Every person can learn something from horses
- Every person has the right to participate in a recreational activity
- Relationships with horses can develop confidence and self-esteem in children and adults with special needs.

In the early days, 6-week sessions were held at BOK only during the spring and summer, weather permitting. Now BOK offers lessons seven days a week in all types of weather. Instruction now includes both riding and ground work exercises. Participants also learn to take responsibility for caring for the horses. BOK Ranch's recreationally based program has expanded over the years by reaching out and listening to the needs of the greater community.

Although BOK is bigger and better than ever, it still relies more than ever on community support. Please consider a financial donation, an in-kind donation (see our wish list), or volunteer your time to support our lesson program. Every little bit makes a difference in BOK Ranch's goal of "Changing Lives—One Stride at a Time".

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Save the Date!

Sunday, June 7, 2015

30th Anniversary

Western Day

Letter From The Director



Tish & Beau ~photo by Bob Vernon

Dear BOK Ranch Friends and Family,

Providing a therapeutic riding program for 30 years is such an amazing accomplishment! I have been so blessed to be a part of BOK for the past 10 years. As I look around, I am thankful for all BOK's accomplishments starting with the ponies and riders in the Kulchin's front yard. As we embark on this spectacular 30th anniversary year there is still a lot of work to be done. There is a huge pile of files in the office of children and adults who are on the waiting list. They are patiently waiting for the call telling them that they have a spot at BOK. There is a need for additional horses, a second arena and upgrades for the current arena. These additions are essential so we can accommodate the 130 participants we provide lessons for each week. BOK needs to raise \$10,000 to build a second arena and to upgrade the existing arena. Your financial contribution is vital to achieve this goal. **Please use the enclosed remittance envelope to make your tax deductible donation today!**

Just 3 years ago we held a summer camp for 8 children with special needs. Last year we introduced our first Full Inclusion Summer Camp for children of all abilities. That camp welcomed 64 campers. This year's Full Inclusion Summer Camp begins in June with 100 campers signed up to attend during the 6 week period. With the increasing number of inquiries, there is clearly a growing need for our unique services. **Thank you for your continued support of the BOK Ranch.**

Happy Trails, Tish

Classes Held Rain or Shine

BOK Ranch focused on teaching participants horsemanship, not just riding. Over the last 10 years, the focus shifted to more riding activities—when the weather cooperated.

On January 1, 2015, BOK Ranch now offers lessons rain or shine. This is possible because of our new classroom. The new structure is multi-purpose and provides a venue to conduct horsemanship classes, volunteer orientations and continuing education classes. The space will also be used for our Monday through Friday Summer Camp starting in June. We utilize this room daily. Now the instructors decide whether participants will be riding or doing other horse-related activities. When the weather may affect rider safety, the instructor may choose an activity that doesn't require riding but still involves horsemanship. These changes in the weather are excellent opportunities for the instructors to optimize participants' time. Instructors are now able to spend more time teaching grooming, tacking, first aid, non-verbal communication and stable management. These activities encourage participants to assume responsibility for taking care of their horse.

The new classroom is open to parents who are welcome to sit in a comfortable room to watch their child's lesson. This gift to BOK Ranch was made possible by several generous donations from individuals in our community.



Classroom under construction



Our beautiful new classroom is move-in ready!

Gearing Up for Year 2 of Full Inclusion Summer Camp

**Spaces Available
Camp Session 2
July 6-July 10
SIGN UP TODAY**

Still riding on the wave of success from last year's first Full Inclusion Summer Camp, we are gearing up to do it all over again. For the 2015 summer program we are adding two more weeks, spaces for additional campers, and we are partnering with the Foster City PJCC. These changes are helping to promote a truly interdependent summer program.

This year, campers will be riding horses more than once a day. A variety of riding styles such as bareback, vaulting (gymnastics on horseback) and trail riding will be offered. Activities such as grooming, tacking, feeding, giving horses baths and cleaning up around the barn will also be part of the camp experience. Campers will also spend some time each day in our new classroom. During class, campers will learn what is involved in owning and caring for their dream horse.

On the last day of camp, each camper spends the morning getting his or her horse ready for the big show. Parents, caregivers, relatives, and friends are invited to the barn an hour before the scheduled pick-up time to watch the campers demonstrate what they have learned during their week of camp. The final show provides wonderful memories and great photo opportunities.

Although there is no doubt, the focus of horse camp is HORSES, the underlying value and sense of community that the campers gain from helping each other and working together as a team is priceless and FUN!

Arena funding needed!

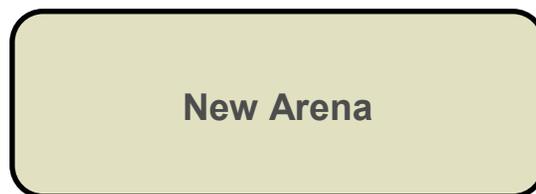
Years of wear and tear has caused the footing in the BOK arena to break down. We need to re-grade and add sand to improve the footing for our hard-working therapeutic horses.

As BOK continues to expand there is an urgent need for an additional arena. Currently, the plan is to combine the two pipe paddocks located in the center of the barn yard to create a long rectangular arena. This new arena will be an ideal spot for private and semi-private lessons. The cost of upgrading the existing arena and adding a new one is \$10,000. We depend on donations from our community to make this goal become a reality. **Please use the enclosed remittance envelope to make your tax deductible donation today! Thank you for your support.**

WISH LIST

(In-Kind Donations are Gratefully Accepted and Tax-Deductible)

- English Saddles (All Purpose & Dressage)
- Western Saddles
- Rainbow Reins
- Headstalls
- Leather Bridles
- Arts & Crafts Supplies
- Breyer Horses
- Baskets (to make gift baskets)
- Large Umbrellas
- Horse Magazines & Catalogs





B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

Join Us at Western Day Sunday, June 7, 2015



Rider Spotlight

Shalom, my name is David, and I am just an average guy at BOK Ranch. I have a wide array of interests, geared mainly towards building huge projects. Coincidentally, one of my interests includes horseback riding at BOK Ranch. I used to have to ride BOK's oldest horse, Idgie, when I started more that a year ago. Now my main horse is Tom, who, whenever I bring up his name, I put on a

David and his new friend Jacob
British accent and call him "King Thomas the First."

He is a British horse, but I did the accent thing way before I found out he was British. He must eat crumpets and drink tea when no one's looking.

The other day, I rode a new horse called Jacob, and he had the smoothest trot. I knew he was the one for me the instant I sat down on his saddle. Basically, I love horses, and have a great relationship with them. Every Wednesday is when I go riding.

In my free time, I love to work on my model battlefield of a fictional war in the Napoleonic times I created. I will be putting some of the soldiers in the battle on horses as a tribute to BOK.

Thank you BOK, for 2 great years.

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