



BOK RANCH

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

Winter 2015

Season of Giving

All year long, BOK Ranch relies on the kindness and generosity of others. In return, BOK Ranch strives year round to take care of our community members. We could not ask for a better community to support our unique equine assisted programs. BOK's philosophy or Golden Rule is that by taking good care of our horses, the horses will take good care of our riders.

Recently, BOK Ranch received a new Chevy Silverado truck. This very special gift was given to BOK by



Boardwalk Chevrolet of Redwood City. We are very grateful that Boardwalk Chevrolet thought of BOK when nominating an organization to receive such a significant gift.

A few years ago, BOK Ranch was awarded a grant from a private family foundation for the purpose of purchasing a new horse trailer. BOK Ranch is now the owner of a complete equine towing rig which provides a safe and reliable way to transport horses. This truck and trailer combo is also BOK's ambulance service. We keep the truck and trailer on-site and hitched up in case of an emergency. We are lucky to have a state of the art equine hospital only one freeway exit away. This gives BOK Ranch horse owners confidence in our dedication to the care, safety and well-being of their beloved horses.

We also want to give a special thank you to everyone who contributes to our therapeutic riding program! As 2015 comes to an end, BOK Ranch requests that you consider making a donation during this season of giving. Because of our generous donors we are able to keep lesson prices low, continue our scholarship fund, and keep our horses healthy and ready to perform at their best.

In this issue:

Letter from The Director	2
Volunteering	2
PATH Intl.	3
Rider Spotlight	3
2016 Calendars	4



*How wonderful it is that nobody need wait a single moment before starting to improve the world.
~ Anne Frank*

Letter From The Director

Dear BOK Ranch Friends and Family,



Tish's youngest son, Beau riding Honey Bunny

A quick program update. We are currently rearranging some of the therapeutic riding schedules to accommodate more riders. Every goal we have set for the program is being met with room to spare. More and more families are finding us, mostly through word-of-mouth. Our latest goal is to reach 170 participants per week by the end of 2016. I feel confident that this is an obtainable goal. This increase in the number of riders is quite a difference from the BOK of 30 years ago.

Then there were only six riders, and when I first started as a volunteer, 10 years ago, there were 30 riders a week.

Recently, Head Instructor, **Ashley McIntyre** and I attended the PATH International Conference in Cleveland, Ohio. We participated in the *Instructor Mentor Certification* class and networked with other dedicated PATH instructors. Based on the information from the conference, the entire BOK Ranch team is working together to build an extensive Mentorship Program. The Mentorship Program will provide a structured process for people interested in becoming certified therapeutic riding instructors and for people interested in starting their own therapeutic riding program.

I'm proud to report that the staff at BOK are stepping up their game. All of the instructors and administrative staff are really going for it when it comes to exploring personal/continuing education opportunities. This year all of us had the opportunity to take classes, trips, adventures, and lessons. A lot of new information and experiences have been brought to the table at our team meetings. The feedback from our participants has been truly reflective of this effort. **Well Done Team!**

Happy Trails, Tish

Volunteering Another Way to Give

We realize not everyone is in a position to contribute to the BOK Ranch financially. Volunteering is another excellent and truly appreciated way to give your support to BOK. The therapeutic riding program depends heavily on the support of volunteers. Approximately 98% of our riders would not be able to participate without the care and dedication of their side-walkers and horse leaders. BOK requires a minimum of 10 volunteers a day, or 70+ volunteers every week. Safety is the number one priority with all the lesson volunteers. All volunteers entering the program must go through an orientation and training process to learn about the program, techniques implemented in emergency situations and how to read horse body language.

In addition to side-walking and leading horses during lessons, the volunteers also:

- Groom and tack up the horses
- Exercise the horses
- Clean and organize the tack and the barn area

If you are interested in giving your time and becoming a volunteer, please contact **Liz Beeson**, Volunteer Coordinator at bokranchvolunteer@gmail.com. We look forward to meeting you!



*We make a living by what we do,
but we make a life by what we give.
~ Winston Churchill*

PATH Intl. Premier Accreditation

There are nearly 20 therapeutic riding programs in the San Francisco Bay Area. There are 8 therapeutic riding programs, or equine assisted activity programs within a 5 mile radius of BOK Ranch. Out of the 8 programs, **BOK Ranch is the ONLY PATH Intl. Premier Accredited Program.**

What does this mean? When explaining the purpose of PATH it is best to think of PATH as the OSHA for the therapeutic riding world. The letters stand for Professional Association of Therapeutic Horsemanship (formally known as NARHA, North American Riding for the Handicapped Association). To obtain PATH accreditation, BOK Ranch must meet or exceed the highest level of standards that govern the industry. Once every 5 years, two PATH appointed site visitors are sent to conduct an on-site inspection of accredited centers. BOK Ranch just completed our most recent visit and ***passed it with flying colors!***

A typical accreditation site visit is an audit of the overall program. The evaluators make sure all the riders and volunteers have the appropriate, up-to-date forms completed, signed and filed in a secure area. They conduct a thorough inspection to verify that the horses are well cared for and that the facility is in good working order. They also make sure emergency and safety procedures are rehearsed and familiar to all staff members and volunteers.

Our site visit was considered quick and efficient, taking a mere 5 hours to complete. Thank you to everyone who continues to make BOK Ranch a PATH Intl. Premier Accredited Program!

Rider Spotlight - Meet Davi Kate

You always know when you meet a child whose inner light shines a little bit brighter. Well, meet **Davi Kate**, a big name to match a big personality. Miss Davi Kate enrolled in the BOK Ranch riding program in 2014 and hasn't looked back since. In addition to her weekly riding lessons, Davi Kate has spent the last two summers at BOK Ranch's Summer Camp. Her quick wit and gentle nature are just two of the winning qualities of this young lady. A true love of horses and a "can-do" attitude are helping Davi Kate move closer to her goal of independent riding. When Davi Kate first started in the program, she was riding with a leader and two side-walkers. Now she is able to ride her horse at a walk and trot completely on her own!

ONE ON ONE WITH DAVI KATE:

BOK: How old are you?

DK: *I am 6 years old.*

BOK: Where did you get your awesome name?

DK: *From my Grandpa Dave.*

BOK: What do you like most about horseback riding?

DK: *I get to ride on a horse, but mostly it is everything. I like trotting and I like that the horse is big enough for me to ride on.*

BOK: Who are your favorite horses?

DK: *Idgie and Honey Bunny.*

BOK: What are your horseback riding goals?

DK: *Jumping, cantering, oh, and barrel racing, and to be a professional jumper.*

BOK: What do you want to be when you grow up?

DK: *A scientist and a veterinarian.*



Professional Association of Therapeutic Horsemanship International





B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

*With Sincere Gratitude...
Happy Holidays from Everyone at the BOK Ranch!*

Check out BOK Ranch's New Promotional Video & 2016 Calendars

A special thank you to **Liz Beeson**, BOK Ranch's Volunteer Coordinator and her fiancé, **Cory Evans**, for designing and creating two exceptional community outreach pieces to help promote the unique, life changing work done at the BOK Ranch.



They are responsible for putting together both our 2016 Commemorative Calendar and our new promotional video.

The video can be seen by going to our website: www.bokranch.org.

Calendars are available at the barn and will be on sale through the end of the year. The supply is limited, so don't miss out. They make great gifts!

Contact Us

BOK Ranch

Mailing Address:

1815 Cordilleras Rd.
Redwood City, CA 94062

Operating Address:

3674 Sand Hill Rd.
Woodside, CA 94062

650-366-2265

www.bokranch.org