



BOK RANCH

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

Animal Assisted Healing through the Ages



It's easy to forget how long animals have been working to help humans physically, socially, and emotionally. Throughout history, humans have depended on animals' bravery and loyalty to survive. Stories of the human-animal bond goes as far back as 280 BC to King Pyrrhus and his defeat of the Romans due to his superior cavalry, and his elephants. Fast forward a few thousand years to modern times and we hear touching and heroic stories about animals

offering their services to help humans.

The lines are often blurred between "working" animals and "service" animals. Some people may argue that it is the same thing. In any case, we are accustomed to seeing animals working to benefit and support humans everyday. We count on animals for K-9 patrol, search and rescue, crowd control, and for helping humans see and navigate around their homes, workplaces and community.

Recently, animals have been recognized for their therapeutic abilities as emotional support systems. The first emotional support dog on record is little Smoky (see above) who served with his owner during WWII. Weighing only 4 lbs., Smoky stayed by his owner's side in the South Pacific offering constant emotional support when life was filled with danger and uncertainty. Support animals can be any breed or any species, but we most often think of dogs, cats, and horses. Below is a picture taken in 1956 of ducklings making a visit to uplift the spirits of children in the hospital.

According to research, there are at least six health benefits credited to owning a pet: **1. Healthier Heart** — *pets may help reduce the occurrence of heart disease, lower blood pressure and encourage regular exercise.* **2. Stress Relief** — *rubbing your pet helps your body release a relaxation hormone.* **3. Social Magnets** — *pets help you connect with other people.* **4. Good for Mind and Soul** — *pet owners are generally happier, more trusting, and less lonely.* **5. Benefits Baby's Immune System** — *babies raised in families with pets may be less likely to get allergies and asthma.* **6. Social Support for Autistic Children** — *kids tend to relate better to their classmates with Autism when there is a pet in the classroom.*



BOK Ranch is thankful to share the positive effects our extraordinary horses have on so many lives. They bring peace and unconditional love to everyone they meet!

Spring 2017

In this issue:

Letter from The Director	2
Box Office	2
PMU Foals	3
Enroll Now for School-to-Work Program	3
Camp Volunteers	4





Horsewoman of the Year 2016 Award

Letter From The Director

Dear BOK Ranch Friends and Family,

Sitting down to write this newsletter, I began thinking, “how did we get here in the first place?”. This led me to consider the history of therapeutic riding and the vast number of diverse types of animals around the world supporting and benefiting humans’ well-being.

Recalling BOK’s humble beginnings of two ponies offering therapeutic riding lessons in the front yard of a home in Redwood City, I then fast-forwarded to 2017. BOK now has more than 130 riders participating each week and innovative programs such as our **School-To-Work**

Transition Program. We are proud of the tremendous progress and success we have made in expanding our program to meet the needs of our community. We couldn't have done it without your support and generous donations!

I want to take a minute to thank the **San Mateo County Horsemen’s Association (SMCHA)** for honoring my friend, **Amy Hublou**, founder of **Gallop Adventures**, and myself with the **2016 Horsewomen of the Year Award**. Amy and I accepted our awards at the Annual Gala held at the Woodside Mounted Patrol Grounds in January 2017. I was excited to receive my very first belt buckle! Growing up I rode in local English horse shows where, if I was lucky, I would win a ribbon. I originally joined the SMCHA to meet other equestrians and to learn about equine related events in San Mateo County. I never imagined I would join the Board of Directors and receive an award! It was a great honor to be recognized for my personal achievements in equine related activities.

For the past several years, I have been delighted to be part of another organization, **Animal Assisted Happiness**. This wonderful non-profit organization brings small animals to special education classrooms, hospitals, and senior centers to enrich the lives of people living with additional needs. I have seen first hand how a chicken named Vanilla Bean and a bunny named Fluffy have lifted the spirits and soothed the souls of those who love their visits. Please consider joining us at the Animal Assisted Happiness annual fundraiser, **A Night of Smiles**, May 20th, at the Country Inn & Suites, 1300 Chesapeake Terrace, Sunnyvale, CA 94089 from 6:00-9:00pm. You can reserve online at www.animalassistedhappiness.org. I look forward to seeing you there!

Happy Trails, Tish

BOK’s Best at the Box Office

Horses have been the stars of some of our favorite flicks.

Here is a list of terrific movies we enjoyed and hope you will too:

- ◆ Danny
- ◆ Flicka
- ◆ International Velvet
- ◆ Misty
- ◆ National Velvet
- ◆ PBS Nature: Legendary White Stallions
- ◆ Secretariat
- ◆ Spirit: Stallion of the Cimarron
- ◆ The Black Stallion
- ◆ Seabiscuit
- ◆ Buck
- ◆ Harry & Snowman
- ◆ Running Free
- ◆ Storm Rider
- ◆ Temple Grandin
- ◆ The Man from Snowy River
- ◆ War Horse
- ◆ Wild Horse Redemption
- ◆ Wild Horse, Wild Ride

Appropriate for younger viewers

Appropriate for teens and adults



Tish visiting Seabiscuit’s home at Ridgewood Ranch in Willits, CA



Want to sponsor Bentley?
Call 650-366-2265, email
director@bokranch.org or fill out
and return the enclosed
remittance envelope.

“Animals are such
agreeable friends
— they ask no
questions, they
pass no criticisms.”
- George Eliot

Introducing Bentley

*A byproduct of the *PMU industry*

We are all used to seeing drug commercials on TV. They are so common, Chris Rock has an entire comedy routine about them. Recently, you may have seen a beautiful, well directed, and heavily marketed commercial for women promoting the drug **Premarin**. Premarin is the most commonly prescribed form of hormone replacement therapy in the United States. A mixture of estrogens isolated from pregnant mare's urine (PMU) is the main ingredient in Premarin. Premarin mares are typically Draft Horse crosses. For most of their 11-month pregnancies, these horses are confined to stalls so small that they cannot turn around or take more than one step in any direction. Once the foals are born, the horses are immediately re-impregnated; this cycle of suffering continues for about 12 years.

Since only the mare's urine is needed for the manufacture of the drug, the foals become a byproduct. The fate of many of these foals is disturbing. Some are offered for adoption, but the remaining foals—along with worn-out mares—are sold at auction. The movement to save the PMU foals isn't a new one. It is sort of the “save the whales” of the horse world. For more information visit www.horsefund.org.

Bentley, BOK Ranch's newest addition, is one of these precious foals that was headed to an uncertain fate when he was rescued and brought to the United States from Canada. Eventually, he was purchased by Horse Park trainer, **Kristin Olsen**. Bentley is thought to be half Percheron and half Quarter Horse. He has been ridden as a trail/pleasure horse, a lesson horse, and as a three day eventer. Bentley is a clown and loves to make people laugh. When first arriving at BOK, his owner Kristin informed us that his favorite treat is Fruit Loops! Please give Bentley a warm welcome the next time you are at the barn.

PS: Women can put an end to PMU farms by asking doctors not to prescribe them drugs made with "conjugated equine estrogen." Other medications and treatments are available.

*Pregnant Mare Urine



Now Enrolling for School-to-Work

BOK Ranch's School-to-Work vocational program has openings for the 2017-2018 school year. This program starts in September and provides wonderful opportunities for teenagers and young adults to acquire effective skills that lead to making realistic and informed decisions about work. This weekday program is adapted and modified to meet the needs and goals of each individual participant.

In the past year we have seen tremendous progress made by the individuals enrolled in this program. We are excited to see them graduate and move onto college and/or into the work force. If you know a young person who may benefit from our School-to-Work Transition Program, please contact BOK at **650-366-2265** or email director@bokranch.org.



BOK Ranch
PO Box 620702
Woodside, CA 94062

Support BOK Ranch by Sponsoring Your Favorite Horse Today!

For more information, call 650-366-2265, email director@bokranch.org or fill out and return the enclosed remittance envelope. Thank you!



Attention Volunteers! Sign Up Now for Summer Camp

Our very popular Full-Inclusion Summer Camp starts soon! We need your help to make it a fun, joyful experience for all our campers. Volunteer coverage is required during core camp hours Monday-Friday 8:00 am — 1:30 pm.

Some shift flexibility may be available. Please contact **Volunteer Coordinator, Liz Beeson** at volunteercoordinator@bokranch.org. We need volunteers for all the following dates:

Session 1—**June 19-23**

Session 2—**June 26-30**

Session 3—**July 10-14**

Session 4—**July 17-21**

Session 5—**August 7-11**

Session 6—**August 14-18**

Contact Us

BOK Ranch

Mailing Address:

PO Box 620702

Woodside, CA 94062

Operating Address:

3674 Sand Hill Rd.

Woodside, CA 94062

650-366-2265

www.bokranch.org