



# BOK RANCH

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

Spring 2014

## Back to Basics

Over the past several years, the BOK Ranch has branched out into many different areas of Equine Assisted Activities and Therapies. These program expansions have enabled BOK Ranch to serve a significant number of community members in many different capacities. With programs such as: Hippotherapy, Equine Assisted Psychotherapy, Vaulting, Striding For

Success (recovery program for individuals with eating disorders), Healing with Horses (bereavement program), Mommy and Me, Summer Camp, Equine Discovery for Lifetime Learners (an assisted living program) and Horses for Heroes. What better time than the new year to look back and reflect on the momentous year we had, and to look forward to future opportunities.

With many successful programs in place, it seems like a great time to get **BACK TO BASICS**. What does this mean? What was important to the BOK founders? What is

adaptive riding? How do we teach riding lessons as a core foundation? Most importantly, how do we use equine assisted activities to bridge to other activities and challenges in our riders' lives? The Year of the Horse is going to be about gaining independence, improving riding and horsemanship skills, building self-esteem, and self-confidence. BOK Ranch staff's new year will be filled with an extensive year of continuing education, attending conferences, and enhancing personal growth. The goal being that the organization will get back to our roots and bring our participants to the next level in their riding and horsemanship skills. Happy New Year!

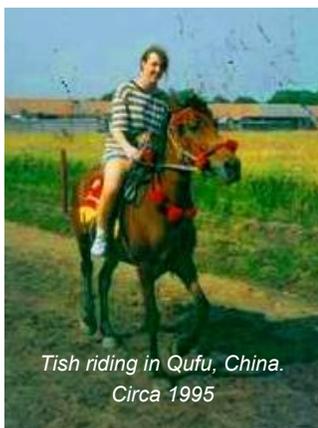
\*Professional Association of Therapeutic Horsemanship International

*The printing of this newsletter was funded by a generous grant made possible by Conquest Graphics.*

### In this issue:

Letter from the Director	2
2014 Sponsorships	2
Staff Development	3
Year of the Horse	3
Full Inclusion Camp	3
Volunteer Corner	4





# Letter From The Director

Dear BOK Ranch Friends and Family,

January started out a dry month for us here at the BOK Ranch. As Californians we know we really need rain, but the lack of it enabled us to have more riding lessons. I am happy to say that our program is now full and we have started a waiting list for new riders. I am working to expand programs and enroll as many riders that request BOK Ranch's services. We are busy shopping for new horses, recruiting more volunteers, and sharpening our skills as we get **Back To Basics**.

I am always enamored with our BOK Ranch riders. In the last couple of months, several parents have shared with me huge success stories about their children. Successes that they link directly to their child's horseback riding lessons. Ironically, none of these successes happened at the barn. One rider is completely in remission from cancer, one has recovered from depression, one started riding a bike, and yet another is now completely medication free. The parents of all these participants attribute their child's love of the horses, their improved self confidence and self esteem to the "beginning" of their child's newly discovered love of life. Having something that you truly enjoy and look forward to every week is a great reason to get up in the morning and keep going. Today I told someone how much I love my job! The saying is true, if you find something you love to do, you'll never work a day in your life.

*Happy Trails, Tish*

## Sponsor a Horse for 2014!

Each year BOK Ranch seeks 10-13 equine sponsors. These generous individuals, families, small businesses, and large corporations are an important part of our support system. Their kind-heartedness makes BOK accessible to many people with additional needs in our community. Please open your hearts and consider sponsoring a BOK Ranch equine therapist this year. Annual costs are \$3500 for the basic care of each horse. BOK now has the ability to automatically charge credit or debit cards on a monthly basis, so you have the option of setting up 12 monthly payments of \$290. Every horse at BOK has its own unique story. Just like the riders at BOK, each horse found its way to our therapeutic family for a reason. It is all of our jobs to make sure they receive the best possible care so they can take excellent care of our very special riders. Please consider sponsoring a BOK Ranch horse today. All donations are tax deductible.

Contact the BOK Ranch office at **650-366-2265** for more information about our horse sponsorships.



### 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

# Staff Development

Every BOK Ranch therapeutic riding instructor has achieved a Registered Level Therapeutic Riding Instructor Certification through the Professional Association of Therapeutic Horsemanship International (PATH Intl.). To maintain and keep BOK's highest level of accreditation, each instructor must log a minimum of 20 hours of continuing education each year. Along with our 2014 "Back to Basics" model, BOK is fortunate enough to be in a position to offer a variety of high level staff development courses, classes, and clinics to our instructors. Some of the classes scheduled so far are: Yoga for Children with Special Needs, Pilates for Equestrians, Dressage riding lessons, Centered Riding lessons, Equine Nutrition, Equine Ulcer Scoping Clinic, and ABA Therapy

Techniques. These classes are just another way BOK is striving to continue lead in the field of Equine Assisted Activities. BOK instructors are going to learn even more tricks of the trade that they will pass on to our riders. As the Peninsula's only PATH Intl. Premier Accredited Center, BOK's level of instructor skill and professional development already goes beyond many other programs.

2014

## Year of the Horse!

The Chinese Zodiac Calendar tells us that babies born under the year of the horse are strong, hard-working, pleasant, easy going, have a quick wit, and have many friends.

Yep, we'd say being a horse sounds pretty good!

Gung Hay Fat Choi

## Full Inclusion Has Arrived

Combining children with additional needs with neuro-typical children in an educational setting is nothing new, but in a horseback riding class? BOK Ranch, says sure...why not? This summer, the BOK Ranch is teaming up with a local trainer to create a one of a kind fully integrated summer camp. Last summer, the BOK Ranch ran a couple of weeks of summer camp specifically for equestrians with special needs.

This year, those same camps will be offered in addition to several weeks of camps for riders of all abilities. Seeing our riders "graduate" from the therapeutic program and move into a conventional barn/lesson environment is always exciting. Now, this form of "reverse mainstreaming" makes it possible for riders who are close to graduating from their therapeutic lessons to experience what a typical riding lesson is like. Please check the BOK website for upcoming camp dates and details. Ride on!



## B.O.K. Ranch

1815 Cordilleras Road

Redwood City, CA 94062

**\*Save the Date\* 29th Annual Western Day**  
**Sunday, June 8, 2014**  
*We look forward to seeing you there!*

## Volunteer Corner

Join us in welcoming **Crystal Trujillo**, BOK's new Volunteer Coordinator. As the BOK program grows, the need for more volunteers also grows. Crystal's main focus is to recruit, train, and retain volunteers. We are in the process of revising and expanding our volunteer program. We hope to add more talented people to our



already spectacular crew of hard-working volunteers! Volunteers are needed to support our instructors and riders every day of the week. If you or someone you know would like more information on volunteering at BOK Ranch, please visit

[www.bokranch.org](http://www.bokranch.org) to download an application and sign up for orientation training. We look forward to meeting you!

## 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](http://www.bokranch.org)