

B.O.K. Briefing

B.O.K. Ranch - the Peninsula's PREMIER PATH
Accredited Therapeutic Horseback Riding Center



Western Day-28 Years and Counting!

There is an old saying, "Time flies when you're having fun" and this is certainly true when it comes to B.O.K. Ranch's 28 year long history. When the B.O.K. Ranch was founded in 1985, there were six therapeutic riding students, a couple of volunteers, and one dedicated family. Now, 28 years later, the Kulchin family, founders of B.O.K. Ranch, are still dedicated to making the B.O.K. Ranch a great place to ride, learn and have fun.

Since the very beginning, the B.O.K. Ranch has worked hard to keep the lesson costs for each rider as low as possible, and it has made it a priority to never turn away a potential rider for the inability to pay for therapeutic horseback riding services. The B.O.K. Ranch is able to continue providing this valuable

service to the community by holding our annual Western Day fundraising event. This event has been hosted every year at the Kulchin family home in Redwood City; the original location of the B.O.K. Ranch. For the past 28 years, the Kulchin family has welcomed approximately 500 guests to their home in support of the B.O.K. Ranch



therapeutic riding program.

SAVE THE DATE: The 28th Annual Western Day is on **Sunday, June 9th**. Tickets are available at the door for \$45 or you may

order tickets in advance by contacting the B.O.K. Ranch at office@bokranch.org. Western Day is also a community outreach event, so if you are interested in coming to the event and cannot afford to purchase a ticket, please contact the office at **650-366-2265**; complimentary tickets will be mailed to you.

This family fun day is host to Animal Assisted Happiness, live music, the Redwood City Fire Department serving a BBQ lunch, children's carnival games and activities, a raffle and silent auction. The highlight of the day is the B.O.K. Ranch student riding demonstration. All the B.O.K. Ranch therapeutic horses will be on hand to receive all your hugs and kisses. We look forward to seeing you there.

Summer 2013

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Silent Auction Treasures Needed

As part of our annual Western Day fundraising effort, we are looking for items and services that can be sold at the Silent Auction. If you have any items, services, or gift

certificates you would like to donate, we REALLY appreciate it! Donations are tax deductible. To make a donation, please call **650-366-2265**.

Thank you!



SAVE THE DATE
Western Day
June 9th

Letter from the Director



Tish with Ben and Beau and Harvey and Atti.

Dear B.O.K. Ranch Friends,

Overjoyed... That is the general feeling at the B.O.K. Ranch these days. Over the past several months, the number of programs at the barn has increased five-fold! Our amazing programs include *Mommy and Me*, *Equine Discovery for Lifetime Learners*, *Healing with Horses*, *Whooga*, and our newest program, *Striding for Success*. More than ever the horses of B.O.K. Ranch are bringing fun, joy, and pure happiness to many people in our community. B.O.K. Ranch is also teaming up with the Redwood City Parks and Recreation Department to bring the world of equines to Redwood City residents with additional needs. B.O.K. Ranch's dedicated staff, volunteers, and horse owners continue to make excellent programming a priority. Flyers and brochures describing our new programs are available in the office or visit our website

at bokranch.org for more details.

The Professional Association for Therapeutic Horsemanship International (PATH) was recently awarded a grant to fund Premier Accredited Centers (such as B.O.K.) to provide services for the Wounded Warriors Project. B.O.K. Ranch has been providing services for military veterans and their families for many years. Now, thanks to this grant from PATH, we are being recognized for the work we have accomplished. We had our first Wounded Warriors lesson last month. We are grateful to our veterans and honored to provide an opportunity for them to enjoy the B.O.K. Ranch's unique form of recreational therapy.

Being a working Mom can be challenging at times, but because the B.O.K. Ranch therapeutic riding program is made up of such an exceptional

TEAM, every person involved plays an intricate role in the program's success. The saying, "It takes a village" is certainly true when it comes to the community based philosophy of the B.O.K. Ranch. To think, 28 years ago the B.O.K. Ranch opened its doors with six riders as a 4-H project, and now our "herd" of indispensable therapy horses serve over 120 people a week in many different ways.

Although I take great pride in working with the B.O.K. team, I must say, my favorite time is in the evening after everyone has gone home and it's just me and our 12 four-legged therapists at the barn. I cherish this quiet time with them, listening to them contently chomping away at their dinners. It's these warm, quiet evenings that I receive my therapy too.

Happy Trails,

Tish

..and they're off!

For several years, the B.O.K. Ranch has been providing volunteers for Golden Gate Field's "Dollar Days". At Dollar Day, parking fees, entrance fees, hot dogs, soda, and beer cost only \$1. Golden Gate Fields invites local non-profit groups to staff the Dollar Day Booths. In exchange for the volunteers hard work, Golden Gate Fields donates \$1,000 to the



non-profit. This partnership is a win/win for both the race track and the non-profits. B.O.K. Ranch's Dollar Day Volunteers have earned us almost \$10,000 in donations over the past few years.

To participate in this fundraiser on **Sunday, May 5**, B.O.K. must provide a minimum of 10 volunteers (over the age of 21) to help out for the day. If you are

interested in participating please contact the B.O.K. office at **650-366-2265**. Invite your friends; we can always use more hands in the booth. While volunteering you may also place bets, walk around the grounds, enjoy the excitement of thoroughbred racing, and- maybe the best part-enjoy people watching! Join us for a fun day at races!

Equestrian Stretching Exercises

Benefits of Stretching

- Increases your range of motion, making getting on your horse easier.
- Improves your riding position by deepening the seat and elongating the trunk.
- Decreases your muscle strain and pain, especially in the lower back and inner thighs.
- Helps you become more relaxed. Your relaxation and ease of movement improves your horse's way of going.

Try this before you ride!

Calf Stretch-Stand at arm's length from a wall with your palms flat against the wall. Slowly bend your elbows and lean toward the wall. Keep the involved leg back with the knee straight and the heel flat on the floor. Hold for 30 seconds.



What about the horse?

Carrot Stretches - There is no limit to the head and neck stretches possible with treats! Lure the horse into position, hold, then give the treat and release. Some possible carrot stretches are: stretching towards the hip, the girth, the stifle, the elbow, and the chest (arching the neck), straight up and out (as if the horse were eating from a tree), and between the front legs. These stretches improve strength, flexibility, and range of motion in the horse's neck and poll.



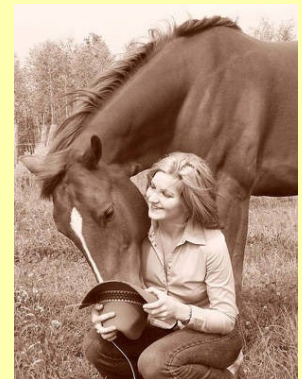
Carrot stretches improve flexibility

Striding for Success

Striding for Success is a therapeutic-recreationally based program designed for women overcoming eating disorders. This new program is being offered by the B.O.K. Ranch. It is modeled after our Equine Discovery program. During the Striding for Success class,

participants learn about equine nutrition and about the amount of care and commitment that goes into caring for the horses at B.O.K. Ranch. Although most of the class is designed around equine feeding habits, participants also learn the basics of grooming,

equine first aid, haltering and leading, and lunging (exercising) horses. This program has been extremely successful when used as an adjunct to other traditional eating disorder treatments and therapies. For more information, please call **650-366-2265**.



Volunteer Voice by Gabriela (Gabbi) Rose

Volunteering at B.O.K. is one of the most rewarding experiences of my life. I have met some truly amazing people (instructors, volunteers, riders and their families) I enjoy creating strong evolving bonds with the students and horses. Each rider is unique and faces their own distinct challenges as well as having their own individual strengths. Watching the students overcome obstacles has been incredibly gratifying. They work hard each lesson to gain confidence and skill in riding. Riders bond with their horse and progress towards their goals each time they ride. The skills learned by students in the arena and on the trail help them to not only become better riders but also enriches their lives off the horse. The B.O.K. horses are amazing themselves. They are giving these children and adults invaluable experiences. Each horse has its own personality and over my time at B.O.K. I have formed my own bonds with each horse in the barn. Watching the riders get excited to see all the horses and ride their horse each week is wonderful. The progress made with the aid of a connection with a specific horse is astonishing. The horses and people I have met are truly special. I am thrilled that I found B.O.K. and I hope to continue to learn and grow along with the riders as a volunteer at B.O.K. in the future.



Gabbi with Twilight



B.O.K. Ranch

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Did you know...

..that you can make a donation to B.O.K. Ranch on-line? Go to bokranch.org/donate and make a contribution of any amount using your credit card through our secure PayPal application. All donors to B.O.K. Ranch receive an official acknowledgement letter (for tax purposes) and our quarterly newsletter. As a 501(c)(3) non-profit, charitable organization, the B.O.K. Ranch relies on generous donations from individuals, companies, service and faith based organizations, and other members of our community. Please include B.O.K. Ranch among the charities you will be supporting with a tax-deductible gift this year. We rely heavily upon contributions to fund our year-round programs. Your support will enable us to serve more children and adults with our innovative therapeutic horseback riding programs. **Thank you for making a difference!**

2013 Wish List



- *Horse Sponsorships
- *Rider Scholarships
- Tack and supplies for small ponies
- Leather halters
- Arena games and props
- Poles, cavelettis, standards for arena jumping
- Small portable CD player
- Soil and sod
- Rubber stall mats
- Pasture feeders/mangers
- Picks, shovels and extra large wheelbarrows
- Brooms
- Utility sink
- Air compressor
- Small power generator
- Office supplies, Office supply gift cards
- Laptop computers
- Printer Paper
- First Class (forever) stamps
- Picnic tables/benches

All donations are welcomed, appreciated and may be tax deductible.

If you would like to donate something form our Wish List, or if you have a question about donations, please call (650)366-2265

***Urgently needed**