



# BOK RANCH

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



## ANNOUNCING: BOK Ranch Year-Round Full Inclusion Horseback Riding Program

BOK Ranch's new Full Inclusion Horseback Riding Program is open to **ALL** riders with and without special needs.

### *Full Inclusion Summer Camps Produce Positive Results*

Due to the overwhelming success of our Full Inclusion summer camp model, BOK Ranch is now offering the program all year-round! Ask anyone who has owned, ridden, or loved horses, and they will tell you that being around horses is a healing therapeutic experience. Horseback riding improves strength, balance and develops many other physical and

mental benefits. Japanese researchers have discovered that regular horseback riding can improve children's learning and behavioral performance. Horseback riding also improves memory and problem solving skills. Everyone can gain life skills and confidence just by being around horses. ALL participants, in a full inclusion program, broaden their network of friends and learn that by being part of a community, everyone can contribute their unique gifts and talents. This program provides a great opportunity for siblings, friends, and parents to participate together in a recreational activity. BOK's certified instructors and specially trained volunteers, provide individual attention so all participants can meet their horsemanship goals and have fun doing it!

### **Enroll Now!**

For more information on how you and your family can join BOK Ranch's Full Inclusion Horseback Riding Program, visit [www.bokranch.org](http://www.bokranch.org) or call the office at **650-366-2265**. We look forward to seeing you at the barn!

### Summer 2017

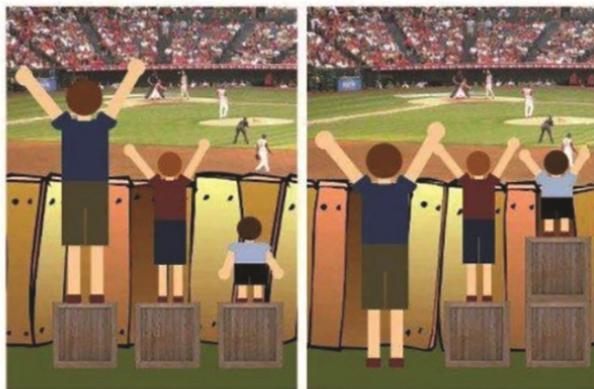
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# Letter From The Director

## Equality is not always Justice



This is **EQUALITY**

This is **JUSTICE**

unique interdependent summer camp program. If the mainstreaming/full inclusion of students with additional needs works in schools, why not in recreational activities?

Thirty-three years ago BOK Ranch was created to offer riders with additional needs the same equine based opportunities as their neurotypical (normally developing) peers. Back then, there was a definite need in the community for the unique services BOK Ranch offered. Fortunately, this is no longer the case. At last count there are approximately 20 equine assisted activity and equine therapy providers within a five mile radius of BOK. Now it is time for BOK to again be on the cutting edge of adapting and modifying programs for riders with special needs. This means the opposite of segregation and instead, promoting a full inclusion environment available to everyone who wants to participate.

We believe that horses are therapeutic for everyone who loves them (and even for those who may have a little less love for them). It is true that our very special adaptive riders can benefit from their neurotypical peers. We whole heartedly believe that neurotypical riders can also learn from riders who require additional support. An interdependent community is one where everyone is equal and is reliant on and responsible to each other. One person isn't doing all the work and another person isn't a burden on all the others.

At BOK, if you are 8 years old, you will be perceived as an 8 year old, PERIOD. You won't be categorized as an 8 year old with Autism, ADHD, etc. in our program. This fundamental change is a long time coming and I am proud that the day is finally here. BOK Ranch is changing our mission statement to: ***BOK Ranch is dedicated in providing the highest quality equine assisted activities in the San Francisco Bay Area.*** We hope you join us on this new journey.

***Happy Trails, Tish***

## Dear BOK Ranch Friends and Family,

You may recall that our last newsletter was dedicated to how humans' mental and physical well-being can be improved by being in contact with animals. The evidence from this research led to further thought and discussion. It is easy for us to look back in history and feel that what was considered normal 200, 50, or even 10 years ago was unfair, inhumane or just plain wrong. Then we wonder, how was it even possible for our society to be that way? In 100 years from now what will people say about us? A segregated world isn't a world we at BOK Ranch want to live in. With this in mind, we are extending our full inclusion summer camp model to a year-round program. This decision was based on the positive feedback we received, over the past five years, for our



*Tish and her son Beau in a schooling show at Webb Ranch for typical riders.*



*Miss Stephanie*

## **BOK Ranch Supports Equestrians Globally**

Over the years we have introduced you to many BOK Ranch riders. This is the first BOK rider we have written about with an address in Germany. Meet **Miss Stephanie**. Stephanie lives and attends school in Germany. Every summer she returns to her home country where her family has a residence in San Francisco.

Although Stephanie has been taking lessons for a while at a local barn near her home in Germany, her mother, Joanne, sought out BOK Ranch last summer. Stephanie wanted to continue horseback riding while she was in California.

After the first week of lessons at BOK, Joanne noticed a remarkable change in Stephanie. At her other barns, the programs and lessons did not allow Stephanie to work up to her true potential as an equestrian. At BOK, Stephanie became more independent and no longer needed side walkers and leaders while riding. Working with BOK Ranch's head instructor, Ashley McIntyre, Stephanie enjoyed riding with the wind blowing in her face, taking control of a 1200lb. horse and experiencing complete and total freedom of movement.



*Miss Stephanie and Idgie*

We look forward to seeing Stephanie again next summer when she can show us what an accomplished equestrian she has become.

## **GRAND NATIONAL RODEO**

Eleven years ago, BOK Ranch welcomed a young girl as a new volunteer. She completed her volunteer service and years went by while she grew into an accomplished equestrian with her dream horse, Commanchie. **Leandra Steenkamp** recently returned to BOK Ranch with her Miss Grand National title in hand! In her new role, she is working with the Grand National Rodeo's planning committee to bring riders with special needs to the Cow



Palace. BOK Ranch is working with Leandra, our very own Rodeo Queen, to include riders of all abilities at the Grand National Rodeo. Join us on **October 14** to support the Bay Area's adaptive equestrians. Leandra is also coordinating riding, roping, BBQ, and behind the scenes tours. *We look forward to seeing you there!*



**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](mailto:director@bokranch.org) or fill out and return the enclosed remittance envelope. Thank you!

### NEW Volunteers Needed — Sign Up NOW!

**Volunteers are essential** to making a difference in the lives of our riders by supporting our program with enthusiasm and can-do attitudes. Contact our Volunteer Coordinator, Taylor Singmaster, at [volunteercoordinator@bokranch.org](mailto:volunteercoordinator@bokranch.org). You will attend a Volunteer Orientation which will bring you up to speed on the duties and responsibilities of volunteering at BOK Ranch. We are always looking for dedicated volunteers so if you or someone you know is interested in volunteering, please call the office at **650-366-2265** or email Taylor today. Thank you!

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