

# THE PALS POST

## INSIDE THIS ISSUE:

HEAD INSTRUCTOR'S Q & A	2
PALS CALENDAR	2
VOLUNTEER & RIDER AWARDS	3
PALS GOES DIGITAL	3
A NEW FACE AT PALS	4
2010 FUN SHOW	5



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### HOW TO GET INVOLVED

- Refer people to PALS
- Volunteer in lessons
- Volunteer in marketing and fundraising efforts
- Make a financial donation \*
- Donate a horse, tack, or equipment \*
- Sponsor a horse and/or rider \*

\*All donations are tax-deductible

## A DECADE LATER AND STILL HAVING FUN!

by Kristen Lovell, PALS Volunteer

Three hundred spectators crowded into Ellington Stables on October 9, 2010, to witness the Tenth Annual PALS Fun Show. It was a beautiful autumn day full of joy and horsemanship.

Forty-two PALS riders participated in trail, equitation, and dressage classes. The crowd was full of smiles and a few happy tears as they watched the achievements of the riders. Whether it was overcoming a fear, demonstrating increased core strength, or trotting a new dressage pattern, every accomplishment was noticed and rewarded.

Eight well-known Bloomington residents volunteered their time as judges. Karen Hanson, Mark Moore, Jerry and Marilyn Yeagley, Jim and Catherine Laughlin, Cathey Logue, and Lynn Svensson presented riders with ribbons, trophies, and words of encouragement throughout the day. The show

-Continued on page 4



With a smile on her face, **Joannie B.** participates in a trail/obstacle course.

*Photo courtesy of BloomingtonOnline.NET*

JUNE 9, 2011 6PM AT IU ALUMNI HALL



## PALSMane Event

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## Q & A WITH PALS HEAD INSTRUCTOR JENNIFER LUNG

### Q: Is there anything new and noteworthy going on at the barn?

A: I guess the most exciting new news at the barn is that we have a new horse named Splash. She is a 9-year-old gray quarter horse that is super sweet. She was a pleasure and trail horse before she came to PALS. Incredibly, she passed all of her "boot camp" tests the first day! She is a total champ.

### Q: What is your favorite PALS event?

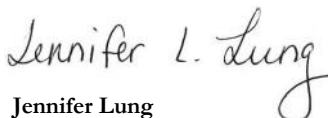
A: I equally enjoy both of the PALS events for different reasons. I love the Mane Event for the opportunity to see lots of old friends again, eat great food, and sample lots of wine! However, nothing can top the Fun Show and the opportunity to see the smiles on all the riders' faces. That is definitely a special day, seeing them all shine.

### Q: Where would you like to see PALS in the next few years?

A: I think a lot of us have a future vision for PALS to expand our programs and open our doors to serve more individuals and different groups. For instance, I would like to see us expand to senior riders, veterans, larger at-risk programs. I would also love to have a driving program. I really miss doing it. I know a lot of us also want some miniatures. They are so cute! How could you not?

### Q: If you could have any breed for a PALS horse, what would it be and why?

A: If we could have any breed of horse at PALS, we would love to have some sort of large quarter horse or draft cross. I am thinking an even larger Cody Too. We have a lot of adult riders at PALS that need a very sweet and sturdy horse. It would be great to have a nice large horse that could easily carry someone a little heavier and not sweat it. If we could just have a fantasy horse . . . we'd want a Friesian.



**Jennifer Lung**

jenn@palstherapy.org/812-327-7457 cell

*\*If you have a question for Fern or Jennifer or future ideas for newsletter articles, please e-mail them to Laura Anderson at laura\_elizabeth\_bodges@yahoo.com and they may end up in the next newsletter!*

## 2011 PALS CALENDAR

### Winter Session: 1/10/11 – 3/3/11

Winter Session Make-Ups/Spring Session  
New Rider Assessments: 3/7/11 - 3/10/11  
*PALS Closed for Spring Break: 3/14/11 - 3/18/11*

### Spring Session: 3/21/11 – 5/26/11

*PALS Closed: 5/30/11– 6/3/11*  
Spring Session Make-Ups/Summer Session  
New Rider Assessments: 6/6/11 - 6/9/11

### Summer Session: : 6/13/11 – 8/18/11

Summer Session Make-Ups/ Fall Session  
New Rider Assessments: 8/22/11 – 8/25/11  
*PALS Closed: 8/29/11 - 9/9/11*

### Fall Session: 9/12/11 – 11/17/11

*PALS Closed for Thanksgiving: 11/21/11- 11/25/11*  
Fall Session Make-Ups: 11/28/11– 12/1/11  
*Closed 12/5/11 for winter until winter session 2012 starts*

### 2011 Special Event Dates

The Mane Event: 6/9/11  
Indiana Equestrian Special Olympics: 9/10/11  
PALS Fun Show: 10/15/11

### 2011 PALS Lesson Schedule

Mondays 1 - 8:15 PM  
Tuesdays 1:30 - 8:15 PM  
Wednesdays 1:30 - 6:15 PM  
Thursdays 1:30 - 6:15 PM

### 2011 Volunteer Training Dates

3/5/11 at 1:00 – 4:00 PM  
4/30/11 at 1:00 – 4:00 PM  
6/11/11 at 1:00 – 4:00 PM  
9/6/11 at 5:30 – 8:30 PM  
9/17/11 at 1:00 – 4:00 PM

~ Dates are subject to change ~

Please check out our website  
[www.palstherapy.org/calendar/](http://www.palstherapy.org/calendar/)  
for calendar & event date changes or updates

**Fern Bonchek** is the founder and executive director of PALS. Fern has a B.A. in Psychology with a specialization in Human & Animal Interactions from the Union Institute and is a NARHA Advanced Certified Therapeutic Riding Instructor. Fern served as the chair of the Higher Education Committee of NARHA from 2004 to 2006 and now serves as a committee advisor. Fern is a NARHA Registered On-Site Workshop/Certification Associate Evaluator and an adjunct instructor at Indiana University in the School of Health, Physical Education, and Recreation (HPER).



**Jennifer Lung** is the head instructor at PALS. Jennifer has a B.S. in Outdoor Recreation with a minor in Environmental Interpretation from Indiana University and is a NARHA Registered Therapeutic Riding Instructor. In addition to her work at PALS, Jennifer has worked with people with disabilities at Options and Bradford Woods. She has been a PALS instructor since 2001 and head instructor since 2005.

## 2010 VOLUNTEERS & RIDER OF THE YEAR

**JAY NAKAMURA** received the PALS Volunteer of the Year Award for his work as a horse leader and tremendous dedication to PALS. Jay has been volunteering with PALS since May 2006, when he started out as a side walker. He worked with riders who needed a lot of physical assistance. He later became a horse leader and is usually called upon to walk the more "frisky" of the horses. His sweet and calm demeanor is demonstrated during his volunteer time at PALS. Not only is Jay an extraordinary program volunteer, he also moonlights as the PALS "computer guy." He is always willing to stay late and fix any problems we have with our computers. Jay can also be found at every hay-stacking party PALS has, even if it's over 100 degrees or if there are freezing-cold winds. Jay's extreme dedication and helpfulness has made him a cherished volunteer to everyone at PALS!



**KATIE MANN** received the PALS Volunteer of the Year Award for her expertise in Horse handling and work as a stable manager. Katie has been volunteering with PALS for the past 3 years. She is an amazing young woman who is soft-spoken yet strong and able to handle any horse. Our clients seem to sense Katie's ability, which allows them to feel comfortable and confident when riding the horses. Not only is Katie humble and full of horse knowledge, she is also an extremely hard worker. She volunteers several times a week. She is always the first to arrive for her shift and the last to leave. Plus, she drives almost an hour just to be at PALS for the riders! It is an honor to be around Katie, and everyone who knows her loves her. We know she will take care of our clients, and they will always enjoy their rides with her.



**TOM MOLL**, a Special Olympics Gold Medalist, is the PALS 2010 Rider of the Year. He has been riding at PALS for one year, but this has not been his first time on a horse. His family rode horses, and it intrigued him to learn horsemanship at a ranch and then to continue learning at PALS. Riding makes him feel like he is on top of the world. It rewards him with both exercise and pride. He was motivated to raise money to help out the program, and reached out to his family and friends for donations. His hard work and dedication have made him an accomplished rider, which is shown through his well-deserved 2010 PALS Rider of the Year Award and Special Olympics Gold Medal.



### GOES DIGITAL

by Katherine Coplen, PALS Volunteer

There are a lot of changes happening this spring at PALS, and they all can be summed up in one word: digital. We are launching a three-pronged online campaign geared towards reducing the gap between PALS and our supporters. With our social media revolution, upcoming new website, and digital newsletter, we are racing into the 21<sup>st</sup> century in style.

We are thrilled to have a newly created PALS video thanks to CATS Bloomington, check it out [www.youtube.com/watch?v=eoH4Hn-maU4](http://www.youtube.com/watch?v=eoH4Hn-maU4). This is especially helpful for those that do not have a chance to head over to the barn on a regular basis.

We have launched a social media blitz with our new Facebook, Twitter, and Cause pages. Visit these pages and peruse pictures from PALS' latest events, get updates from the barn, and exciting news and offers from PALS. See the links below to explore all of our new online entities. We're also partnering with an Indiana University Informatics Capstone Team to complete a total redesign of our website. This website, to be launched in April, will revolutionize our online presence. Visit [www.palstherapy.org](http://www.palstherapy.org) this spring to view our completely revamped website.

Perhaps the biggest change for you is our newsletter, PALS Post. This edition of PALS Post could be the last paper copy you ever receive from PALS, because we are going digital. Digitizing the PALS Post offers many benefits. First, and perhaps most importantly, it reduces costs both environmentally and financially. By sending our newsletter out electronically we save \$2,500 a year and reduce our environmental impact. As a conscientious organization always looking to improve our community, this change is huge for PALS. Second, it allows us to disseminate information much more quickly and effectively. You will receive up-to-date PALS info faster and with greater frequency.

To receive PALS Post and other PALS news in your inbox, visit [www.palstherapy.org/updateinfo](http://www.palstherapy.org/updateinfo) and sign up for electronic communications. With your e-subscription, you will be entered into a drawing for a chance win tickets to the PALS Mane Event or a PALS prize pack.

Thank you for helping us reduce our environmental and financial impact by choosing to receive your PALS updates electronically. And keep your eye on the website as we gear up to change even more things here at PALS! Thanks for helping PALS go green!

**Friend us:** [www.facebook.com/palstherapy](http://www.facebook.com/palstherapy), **follow us:** [www.twitter.com/palstherapy](http://www.twitter.com/palstherapy), **join our cause:** [www.causes.com/causes/521357](http://www.causes.com/causes/521357)



“Veloz is an old man,” sighs Jennifer Lung, the Head Riding Instructor at PALS. “He hangs out in the old man pasture.” The 24-year-old quarter horse is a new face at PALS, and he has brought his own unique gifts to the organization. He has also added a bit of romance to the barn!

## LOVE IS IN THE AIR

### MEET THE NEWEST HORSE, VELOZ

by Torrey Byrd, PALS Volunteer

Veloz has been in love with Lola since the first day they met, says Lung. “They were the first real couple at PALS.” And since that first day, they have been inseparable. With stalls right across from each other, they have enjoyed months of staring longingly into each other’s eyes. And who can blame



Lola? Veloz is a gorgeous gray gelding with a so-called flea-bitten coat—gray freckles cover his body from head to hoof. This trait emerged in Veloz only after he came to PALS. He was born a charcoal color, with white socks and a star on his forehead, but he soon shed to a pure gray color, which he kept until this year. Luckily, Veloz is adaptable and doesn’t mind changes too much.

Veloz was already well suited to a wide variety of riders when he arrived at PALS. He had developed his serene personality through years of being the family trail horse for his previous owners. “He taught all the kids how to ride,” commented Lung, “...they jumped out of the hayloft onto him!” Nothing can surprise Veloz now! This is part of the reason that he is so calm and patient. With his spunky gait and pleasant demeanor, it is easy to see why Veloz has become a favorite at PALS—especially with Lola!

Considering that he has both beauty and brains, it’s not surprising that Veloz has finally brought romance to the stable. He has brought other contributions to PALS, however. His patience and good nature are valued by riders and instructors alike. And, on top of everything else, he is a healthy eater! Veloz is the only horse in the stable who does not much like peppermints. His favorite treats are apples and carrots. Veloz is the most wonderful horse PALS could have asked for!

## 10TH ANNUAL FUN SHOW SPONSORS

OCTOBER 9, 2010

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## FUN SHOW, CONTINUED FROM PAGE 1

announcer was Blair McKissock, and Cary Curry presented awards during intermission.

Tom Moll, a PALS rider and Special Olympics Gold Medalist, was presented with the "Rider of the Year" trophy. And two especially dedicated PALS volunteers were awarded trophies as the "Volunteers of the Year." Katie Mann received the award for her work as a stable manager and her exceptional horse-handling skills. Jay Nakamura was recognized for his work as a horse leader and all of his computer assistance to the organization (see page 3).



With perfect posture, rider Anna W. demonstrates her equitation skills.



Steve M. guides Brit into a right turn during his Dressage class.

This year, PALS had not only a large crowd, but a large group of volunteers. Over 50 PALS volunteers spent the day doing barn chores and assisting in classes as horse leaders or rider sidewalkers. In addition, 50 community members volunteered their time to benefit the organization by helping at the Trojan Horse concession stand, parking, and much more.

A heartfelt thank-you goes to everyone involved in the planning and execution of the show. From the event sponsors and donors, to the photographers, to parking and concession volunteers, to the judges, your help made this special showcase of talent possible.

## STAFF DIRECTORY

Executive Director:

**Fern Bonchek**

fern@palstherapy.org  
812-325-5102 cell

Head Instructor:

**Jennifer Lung**

jenn@palstherapy.org  
812-327-7457 cell

Part-Time Instructors/Staff:

**Barb Bonchek**, Vol. Instructor

**Elisa Duncan**, Vol. Instructor

**Sandy Gaier**, Instructor/

Horse trainer

**Taryn Lyman**, Instructor

Newsletter Team:

**Laura Anderson**, Editor

**Emily Hatfield**, Layout/Design

Barn Location:

680 W. That Rd.

Bloomington, IN 47403

Mailing Address:

PO Box 1033

Bloomington, IN 47402

812-336-2798 office

812-824-3000 barn

866-800-2965 fax

www.palstherapy.org

info@palstherapy.org



With pride, rider Melissa A. shows the crowd her prize.



Judges Jerry and Marilyn Yeagley are all smiles as they present trophies to PALS riders!

*Photos courtesy of BloomingtonOnline.NET*



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## HOW YOU CAN HELP SUPPORT PALS

### FINANCIAL DONATIONS

In order for PALS to continue this good work, your financial support is needed. If you are interested in improving the lives of PALS participants through a financial donation, please fill out the form below and mail it to PALS, call Fern Bonchek at 812-336-2798, email [info@palstherapy.org](mailto:info@palstherapy.org), or donate online at [www.palstherapy.org](http://www.palstherapy.org). Donations are tax-deductible.

Yes, I want to support PALS with a tax-deductible donation of:

- \$3,900 ~ Full board and care for one therapy horse for one year
- \$2,700 ~ Full board for one therapy horse for one year
- \$1,000 ~ Full cost of 10 therapeutic riding lessons
- \$500 ~ Two month's board and feed for one therapy horse
- \$300 ~ Full cost of three therapeutic riding lessons
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### IN-KIND DONATIONS

PALS is in need of the following new or gently used items. Please call Fern, 812-336-2798 or email [info@palstherapy.org](mailto:info@palstherapy.org) If you would like to make a donation.

#### New/gently used items needed:

- Brushes, currycombs, hoof picks, tail combs
- Rainbow Reins
- English bridles
- English saddles
- Girths
- Halters
- Lead ropes
- Plastic water and feed buckets
- Saddle pads (soft and gel)

- Snaffle bits
- Therapeutic riding surcingle
- Cosequin/Arthogen
- Cordless drill
- Helmets

#### Larger items:

- Truck
- Horse trailer
- Sponsorship of horses
- Sponsorship of riders
- Reliable horses

Visit our website at: [www.palstherapy.org](http://www.palstherapy.org)

*PALS would like to disclose that we will not share your contact information with any outside organization. We will publish your name in the annual list of donors & annual report unless we are told that you would like to remain anonymous.*