

THE PALS POST

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MEMBER AGENCY



HOW TO GET INVOLVED

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

*All donations are tax-deductible.

PALS RIDERS COMPETE NATIONALLY

- Barb B., PALS Instructor

Two PALS riders, Melinda and Sierra, qualified to compete in the United Professional Horsemen's Association (UPHA) Exceptional Challenge Cup Championship on November 17th in Kansas City, Missouri. Both riders received this honor by competing in the Indiana Youth Challenge Equestrian Championships held in Terre Haute on September 11, 2005. Sierra and Melinda finished in first and second place respectively, and they are two

of only twenty-two riders invited to compete in this event. They will ride in an equitation class where they are judged on their abilities to control their horse by riding at both the walk and trot.

Sierra and Melinda will be accompanied by PALS instructors, volunteers, family members and their horses, Dew and Patti.

We are so proud of these two riders! A full report on their travels will appear in the next newsletter in February.



Sierra and PALS horse, Dew, practice for the event at the PALS Fun Show on October 21st

HORSE SHOW SUCCESS!

- Amy P., PALS Volunteer



Kaetlin on Sunny

The Fifth Annual PALS Fun Show, held October 29th at Ellington Stables, was an overwhelming success. Each year riders, volunteers, staff, families and friends come together for a day of fun. This perfect fall day proved to be the best show to date.

Forty riders participated in dressage, equitation, and trail/obstacle classes throughout the day. Each rider demonstrated his/her riding

skills for a crowd of over 250 spectators. Judges observed each participant, offered comments to the crowd on their strengths and awarded trophies and certificates to all.

During a special awards ceremony, each rider who participated in the Special Olympics in September received a plaque noting their accomplishments. The adult and teen Volunteer of the Year Award recipients were also honored during the show. Complete bios of these volunteers may be found on page 5.

A special thanks goes to Encore Café for donating chili to feed our volunteers and to all of our many other generous sponsors for making the event

possible. See page 5 for a complete list of our sponsors. In addition, we owe a thank you to the Ellingtons for giving PALS a home and supporting the show each year.

Thank you to every volunteer, parent, rider and friend who participated!

Check out our website for more Fun Show pictures!



Emma shows off her trophy

FALL FUN AT PALS

Welcome to the fall 2005 PALS Post.

What a hot & busy summer it has been ... we are sure glad that the cool fall weather is here. PALS currently has 50 weekly therapeutic riding, hippotherapy and weekly recreational lesson riders (formerly called able bodied lessons).

In September we took 12 riders to the Special Olympic Indiana Equestrian Competition, scheduled for Saturday, September 10, 2005 and the Youth Challenge on Sunday September 11th at Saint Mary of the Woods College near Terre Haute, IN. In the Special Olympics the PALS team brought back 4 gold medals, 3 silver medals, 1 fourth place and in the Indiana Youth Challenge our riders brought back 3 first places, 2 second places and 1 third place (read more about them on page 3). Two riders (Melinda and Sierra) also qualified to compete in the Exceptional Challenge Cup Championship at the American Royal Horse Show in Kansas City on November 17, 2005 (read more about them on page 1). So, Melinda, Sierra, Dew, Patti and PALS Volunteers/Staff traveled to Kansas City for a very exciting event.

The Fifth Annual PALS Fun Show was a wonderful success. Forty riders

demonstrated their mastered riding abilities to over 250 people. All the riders received awards and trophies. This year we added a new aspect to the PALS Fun Show, an awards ceremony for the riders who represented PALS in the Special Olympics and Indiana Youth Challenge events. In addition we had two PALS Volunteers Of The Year Awards (read more about them on page 5).

Thank you to all the volunteers who work so hard to make PALS such a wonderful success!!!

The fall session is winding down, so please stop by the barn on Mondays from 1-7, Tuesdays 2-7 or Thursdays 2-7 to see the PALS riders in action.

PALS is trying to determine the level of interest in having a winter riding session starting in early to mid January. If you are interested in taking therapeutic or recreational riding lessons this winter, please contact Jennifer Lung at jlung@indiana.edu or at the PALS barn at 812-824-3000.

Lessons for the Fall Session end the week of December 9, and makeup lessons will take place December 12 through December 19. A full 2006 calendar will appear in the next newsletter. Please check our website for lesson information and updates.

Hope to see you at the barn soon!

Fern Bonchek

Executive Director



Fern Bonchek is the Founder and Executive Director of People and Animal Learning Services, Inc. (PALS). Fern has a B.A. degree in Psychology with a specialization in Human & Animal Interactions from the Union Institute and is a NARHA Advanced Certified Therapeutic Riding Instructor. Fern serves as the chair of the Higher Education Committee of NARHA and is an adjunct instructor at Indiana University in the School of Health, Physical Education, and Recreation (HPER).

TAX SEASON IS COMING—GET NAP CREDITS NOW!

NAP credits are awarded by the state to non-profit organizations to distribute to donors who, in turn, receive a tax incentive for their donation. Donors participating in this program receive a state tax credit that reduces their Indiana tax bill by one-half of the amount donated. In addition, if a donor itemizes on their federal income tax return, they can receive up to an additional 34% tax deduction on the

federal income tax return. For example: if you pay Indiana state taxes and you itemize, for every \$1,000 you contribute to PALS through NAP, the out of pocket cost could be as little as \$150 for individuals and corporations.

PALS has Neighborhood Assistance Program (NAP) tax credits, of which a certain amount must be disbursed each quarter. This

means that PALS has about \$50,000 in NAP credits available for each of the quarters ending on December 31, 2005 and May 31, 2006.

Get a jump on your 2005 taxes and donate to PALS today!

If you would like additional information about donating to PALS using the NAP incentive, please contact Fern Bonchek, Executive Director, at 812-336-2798 or by email at pals@indiana.edu.

More information is also available on our website: www.palstherapy.org.

To learn more about the NAP program, please visit www.indianahousing.org and click on "helping communities."



SPECIAL OLYMPICS/INDIANA YOUTH CHALLENGE

-Jenn W., PALS Volunteer

On September 10th and 11th, PALS riders competed in the Special Olympics and Youth Challenge Horse Shows at Saint Mary of the Woods College in Terre Haute, Indiana. The weather was hot and sunny, but the riders' performances were even brighter.

These events were an opportunity for riders to showcase the skills and abilities learned in their riding lessons. Although the events were not too different than drills practiced and learned during riders' lessons, they may tell you that it seemed much more challenging! Some of the challenges were the presence of an audience, judges, and other contestants; riding in a different arena and even riding a different horse.

Riders competed in events, such as dressage, English equitation, or trail. In dressage, riders complete a predetermined pattern in the arena. In an equitation event, all of the contestants are riding in the arena at the same time, and they perform maneuvers as the judge asks them, such as walking, changing directions, and turning left or right. The trail event is like an obstacle course; it mimics conditions that riders may find while trail riding. Riders walk through gates set up in the arena, walk around cones or poles, and perhaps move a plastic ring from a T-pole into a mailbox. In each event, there are different categories based upon skill level. Separate classes are held for contestants who walk, walk/trot, or walk/trot/canter. Within each of these categories, the riders may have all different levels of volunteer support such as a horse leader and two side-walkers or they may be riding independently with out any volunteer assistance. All the divisions allow riders to compete against other riders who are at a similar skill level. Friday morning staff and volun-

teers met early at the barn to load the equipment and the five horses that would be competing: Holly, Patti, Macho, Flash, and Dew. The morning was not without incident, as Dew found the ramp into the trailer very scary and did not want anything to do with it and Flash managed to get a front hoof stuck in his hay bag. After the horses were settled, PALS drove out of Ellington Stables in a convoy of five vehicles, three of which were pulling trailers. The one and a half hour drive to Terre Haute was uneventful, although sometimes Barb forgot that she was pulling horses to a show and thought that she was in a NASCAR race!!

After arriving at the excellent facilities of the Saint Mary of the Woods Equestrian center, staff and volunteers settled the horses in the stalls that they would call home for the next two days. The instructors exercised the horses in the arena, letting them get a good look at where they would be competing. The instructors also took the horses through the mounting ramp so that the hoses would be familiar with the ramp come show time.

The Special Olympics event was on Saturday, which proved to be a very busy day due to the many riders competing. PALS, however, received compliments on its organizational skills; thank you, Dee and Jan! The show began with an opening ceremony. In addition to playing the national anthem, all of the riders were called out into the arena by name of each horseback riding program. The PALS riders looked very professional wearing white shirts, khaki pants, and black boots or shoes. Many of the PALS riders competed in the English Equitation event.

Before competing, some of the riders were very nervous, others were confident and ready to win, and some ready to have fun. But smiles adorned all of the rider's faces afterwards. After

each event, while the riders were still mounted, a judge complimented each rider, for example noting how the rider had kept their heels down, sat up straight, or had a determined attitude. Altogether the PALS riders collected four gold medals, three silver medals, and one fourth place ribbon. The PALS staff and volunteers were so proud to see the riders collect their awards on the podium.

Sunday's Indiana Youth Challenge competition proved to be another successful day for PALS. The atmosphere was less chaotic than the prior day as there were fewer riders competing. As one of the riders stated, the event was "easy work" in the Pleasure trot/jog category and the Obstacle trail/walk category.

Two of PALS riders, Melinda and Sierra, competed against each other in the UPHA cup event. Their winnings qualified both riders for the UPHA Exceptional Challenge Cup at the American Royal Horse Show on November 17th (see page 1 for more details).

PALS is proud to take its riders to horse shows so that they can display their abilities and the skills that they have learned. Thank you to the volunteers, staff, riders, parents, family members and horses for making the weekend so successful!

For a complete list of our participating riders and their accomplishments, see page 4.

"Thank you to the volunteers, staff, riders, parents, family members and horses for making the weekend so successful!"



A successful day at the Special Olympics!

CONGRATULATIONS PALS RIDERS!

Twelve riders participated in the Special Olympics/Indiana Youth Challenge on September 10 and 11, 2005. We are so proud of their accomplishments! Thank you to all of the riders, parents, volunteers and staff members who made this possible. Below are each rider's results:

SPECIAL OLYMPICS RESULTS

Alex—gold medal, Western Trail Class
 Justin—gold medal, English Equitation
 Nick—gold medal, English Equitation
 Steve—gold medal, English Equitation
 Cheryl—silver medal, English Equitation
 Jim—silver medal, English Equitation
 Melinda—silver medal, Dressage Class
 Bobby—fourth place ribbon, English Equitation

INDIANA YOUTH CHALLENGE RESULTS

Allison—1st place, Obstacle, trail/walk
 Steve—1st place, Pleasure trot/jog
 Sierra—1st place, UPHA Cup*
 Kristen—2nd place, Obstacle trail/walk
 Melinda—2nd place, UPHA Cup*
 David—3rd place, Obstacle trail/walk

** Denotes riders who qualified for the UPHA Exceptional Challenge Cup at the American Royal Horse Show.*

PALS NAMES ASSISTANT DIRECTOR

-Amy P., PALS Volunteer

PALS recently named Jan Gavin as its Assistant Director/Director of Development. In this newly formed position, Jan will assist with fundraising activities, coordinate events, handle public relations campaigns and organize volunteer activities and shifts.

Volunteers, riders and parents will recognize Jan from her years of service to PALS as a volunteer. She attended the first training session that PALS offered and has been a loyal volunteer since. She has served as a Stable Manger, Volunteer Shift Coordinator and organizes the Horse Buddy program. In addition, Jan is the adult PALS Volunteer of the Year for 2005 (see page 5 for more details).

Jan comes to PALS from the Travel Authority where she was an office manager for 27 years. Her professional background combined with her passion for PALS makes her a perfect fit for this new position.

Please join us in congratulating and welcoming Jan as she begins her time as a PALS staff member! For questions, you may contact Jan at jbgavin@indiana.edu or the PALS office 812-336-2798.



**Looking for a holiday gift for someone special? Why not make a donation to PALS in their honor?
 Or, buy them a PALS t-shirt, mug or DVD. Stop by the barn or contact us for more information.**

VOLUNTEER HIGHLIGHTS

Monday afternoon – Dale Knuteson: Dale has been a volunteer at PALS for over three years and is one of the most reliable and dependable volunteers at PALS. Dale is 6'4" tall – therefore he is in much demand as a sidewalker to assist the rider's who need extra trunk support. Dale has established a special rapport with many of "his" rider's and always gets a huge kiss and hug when the rider arrives for his/her lesson.

Monday evening – Natalia Allee: Natalia is an outstanding volunteer whose horse experience and comfort level is an asset to PALS. Not only is she completely dedicated to her riders and horses, but also Natalia never strays away from the most dirty of tasks like dusting the cobwebs off the stalls. Put all of that together with her friendly smile, and Natalia is a top notch volunteer.

Tuesday afternoon – Debbie Munnoch: Due to the departure of a few Tuesday afternoon volunteers, Debbie has taken it upon herself to step in and help as assistant stable manger. She will initiate preparing horses for the day, and helps train new volunteers in tacking and lesson instructions. Debbie also frequently brings items to PALS for enhancement, such as the wonderful brass nozzle she placed on the water hose!

Tuesday evening – Apurva Subbaswamy: Apurva has been a regular Tuesday evening volunteer for over a year now. Apurva always arrives early for her shift and without asking, takes upon herself to start chores, such as mucking (yuck!). She has developed into a strong leader in lessons, and always makes sure "her" horse greets his/her rider at the fence before lessons begin.

Wednesday – Leighla Taylor: Leighla is a returning PALS volunteer from last spring. We are so glad she is back, and has taken the responsibility to be a Wednesday afternoon stable manager. In addition Leighla is also a volunteer on Tuesday afternoons. She is also a student in Fern's class, R250 - Introduction to Equine Assisted Activities, so for PALS, Leighla wears many hats.

Thursday afternoon - Ethan Burris: Ethan volunteers two days a week, in full day shifts. As the owner of 23 horses, Ethan has a tremendous amount of horse experience and is able to handle all of the PALS horses as a leader with ease and confidence. If Ethan is not in back-to-back lessons, he is always sweeping or mucking. When asked to take a break, Ethan's reply is "I came here to work!"

Thursday evening – Denise Brown: Because Denise's son Justin has been involved in PALS for two years, and he loves PALS, Denise decided as a parent to also become a PALS volunteer. She comes with a big heart, big smile, and never sits down! When Denise brings Justin for his lesson on Monday afternoons, she purposely wears sandals, so she won't be asked to work when it is not her shift time!

Thank you to these generous sponsors of the PALS Fun Show:



The Awards Center

Cookies By Design

Coca Cola, Inc.

Panera Bread

Encore Café

VOLUNTEERS OF THE YEAR AWARDS

-Allison G., PALS Volunteer/SPEA Intern

Jan Gavin and Kirie Powell were recently recognized as the PALS Volunteer of the Year award recipients. Their names have been added to a plaque that you will be able to view in the waiting area for years to come. Both volunteers' dedication to the program is unmatched; here are a few words about each of these outstanding volunteers.



Jan was at the first PALS training session over 5 years ago. Putting in more hours at the barn than any other volunteer, Jan trains new volunteers, serves as a Stable Manager, is the Volunteer Shift Coordinator and organizes the Horse Buddy program. In addition, she plays an important role in coordinating special events. Jan is involved with every aspect of the PALS program and she will do anything that needs to be done in order to further the success of the organization. She loves the riders, volunteers, and horses. Jan embodies the spirit of volunteerism and PALS is so lucky to have her.

Kirie as been volunteering at PALS for approximately 2 years. While still in high school, Kirie manages to volunteer for three hours a week during the school year. Though Kirie did not have prior horse experience when starting at PALS, she immediately became involved in caring for the horses and keeping the stable clean. Recently, she volunteered at the Special Olympics/Indiana Youth Challenge, traveling with PALS to the event. In addition, Kirie is applying her experience at PALS to her academics by tying it to her senior project at Harmony School. Kirie is the perfect example of a volunteer who not only steps in and does anything that is asked of her, but also independently finds chores that need to be done around the barn. She is enthusiastic, loyal, dedicated, and committed to the PALS program and greets everyone at the barn with a warm smile. Kirie also traveled to the UPHA show with PALS riders, staff, volunteers, and horses.

Congratulations, Jan and Kirie—you are amazing volunteers!

Thank you to our judges, announcer and awards presenters!

Sarah DeLone

Susan Kimmick

Rosie Landis

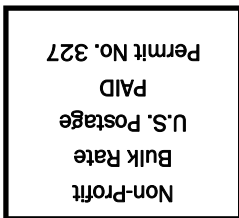
Blair McKissock

Melinda Doster

Julie Ragsdale



Return Service Requested



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 to PALS, call Fern Bonchek at 812-336-2798 or email pals@indiana.edu. Donations are tax deductible.

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

- _____ \$35 – Cost of one therapeutic riding lesson
- _____ \$175 – Cost of one month board for a therapy horse
- _____ \$350 – Cost of 10 therapeutic riding lessons
- _____ \$1,050 – Cost of one year of therapeutic riding lessons
- _____ \$2,100 – Cost of board for one horse for one year
- _____ \$3,600 – Cost of full board/ care for one horse for one year
- _____ Other – Your gift will be used where it is needed most

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

In-kind Donations

PALS is in need of the following new or gently used items. Please call Fern at 812-336-2798, or email pals@indiana.edu 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
- Girth
- Halters
- Lead ropes
- Plastic water and feed buckets
- Saddle pads (soft and gel)

- Snaffle bits
- Therapeutic riding surcingle
- ArthriSoothe
- Cordless drill
- Laminator

Larger Items:

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

Visit our website at: www.palstherapy.org