

# THE PALS POST

## INDIANA HORSE COUNCIL (IHC) VOLUNTEER OF THE YEAR

-Chelsea T., PALS Volunteer

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Barb with Butterball, 2006  
IHC Therapy Horse of the

Barb Bonchek has been a long time advocate for equine assisted activities and programs in Indiana and across the nation.

Barb has been a volunteer at PALS since its inception and she currently volunteers as a therapeutic riding instructor, horse trainer, and PALS Advisory Board member. In addition, she gives lessons to the PALS instructors and rehabilitates and hauls PALS horses when necessary.

It is because of her dedication, hard work and extraordinary contributions to an equine assisted program that the IHC—Equine Assisted Programs Committee awarded Barb with its Volunteer of the Year Award for 2006. This award is given to only one volunteer and the committee has the difficult task of deciding which of the over twenty-five nominees is most deserving.

Barb enhances the PALS program because of her years of experience with horses, people with disabilities and equine assisted programs. It is not uncommon for Barb to spend a weekend hauling horses, riders, instructors and volunteers to special events like the Hoosier Horse Fair, Special Olympics or Indiana Youth Challenge Shows. In late fall 2005, she drove two horses, two riders and volunteers to Kansas City where she coached PALS riders in the United Professional Horseman's Association (UPHA) Exceptional Challenge Cup, a national level competition.

Without volunteers like Barb, PALS would not be the success it is today. Congratulations, Barb!!

## OUR DYNAMIC DUO—THE WIETECHKA TWINS

-Megan L., PALS Volunteer



Meet the eleven year old Wietchka twins, Allison (right) and Kristin (left), who have been riding at PALS since last summer. Since their riding sessions began last June they have made amazing strides forward. Their accomplishments include placing first and second in the Indiana Youth Challenge, doing their lessons with only one side walker and moving their reins from the halter to the bit, which allows them more control of their horses. During an ordinary session the two girls work on a wide range of exercises such as balance, coordination and muscle strength. They also work on an assortment of riding skills such as keeping themselves at ease, their hands calm, their heels down and being sure that their movements are even to that of the horse's when doing sitting and posting trots in the arena.

This spring, Allison and Kristin will work toward doing posting trots with the correct diagonal for this year's Indiana Youth Challenge. The twins love challenging themselves by working on the things that are slightly more difficult for them in order to become stronger riders. What is the goal they hope to achieve through riding at PALS? Their goal is to become independent riders and they are well on their way to achieving that goal, too!



### 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.

## SUMMER IS ON ITS WAY!

Spring is here and we are excited!!! The spring session has been full of activity. We have fifty-two weekly therapeutic and hippotherapy riders and thirteen recreational lesson riders. We also have two new therapy horses, Dandy and Chico. Please read about our new horse sponsorship program on page 3.

Our Second Annual Wine Tasting & Silent Auction was held on March 30th, and it was a great success! Please read the article about the event below. We also invite you to attend our Second Annual PALS Trail Ride/Walk-A-Thon on June 24, 2006 from 8:30am – 2pm at Midwest Trail Ride (see article on page 5).

We are excited about many new and upcoming adventures on the PALS horizon. Please mark your calendar with the following dates:

- Spring Session ends May 26th
- Spring Session Make Ups/  
Summer Session New Student Assessments: June 5th – 9th
- Summer Session: June 12th – August 18th

- 2nd Annual PALS Trail Ride/Walk-A-Thon June 24th 8:30am – 2pm at Midwest Trail Ride (see article on page 5)
- Indiana Youth Challenge Horse Show: June 25th
- Art Museum Special Exhibition Event: July 9th (see article on page 3)

Also, a special PALS volunteer, Barb Bonchek, received the IHC– Equine Assisted Program Volunteer award at the Hoosier Horse Fair on April 1, 2006. We are excited that she received this award because she and so many other volunteers put in countless hours to make the PALS program a success. Thank you to all the PALS volunteers.

Hope to see you at the barn soon!

*Fern Bonchek*

Executive Director  
fbonchek@indiana.edu  
812-336-2798



Fern Bonchek is the Founder and Executive Director of People & 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 served as the chair of the Higher Education Committee of NARHA from 2004 – 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).

## WINE TASTING FUNDRAISER A SUCCESS!

-Allison G., PALS Service Corps

On Thursday, March 30, PALS held its 2nd Annual Wine Tasting and Silent Auction at Terry's Banquets and Catering. More than 100 individuals attended this event and supported PALS while sampling wine from Oliver Winery, Chateau Thomas Winery, and Monarch Beverage. Wines sampled that night were available for purchase, with all proceeds benefiting PALS. In total, this successful event raised over \$5,000 for PALS!!

In addition to tasting, the event also included a silent

auction with over 50 items to bid on. Silent auction packages were donated by many community members and local businesses. Many people went home winners with some spectacular packages.

While sipping on wine, snacking on cheese, fruits, and desserts, and bidding on auction items, attendees enjoyed music provided by Neil Heidler and Chris Ozer. Ronda Metzger, mother of a PALS rider, shared a wonderful testimonial of how PALS has

helped her son. She reminded everyone of why PALS exists and of the many ways the organization touches lives. PALS would like to thank everyone who attended the event, volunteers, silent auction donors, and the following sponsors for this event: Baxter BioPharma Solutions, Tasus, Fine Print, Terry's Banquets and Catering, Monarch Beverage, Oliver Winery, Chateau Thomas Winery, and Tutto Bene. The 2nd Annual Wine Tasting and Silent Auction was a success because of everyone involved.



Frank Walsh of Chateau Thomas pours wine for one of our many attendees.

***For up-to-date information on our many events and activities, visit our website: [www.palstherapy.org](http://www.palstherapy.org)!***

## IU ART MUSEUM SPECIAL EXHIBITION

Indiana University Art Museum (IUAM) is currently housing a Special Exhibition titled *Horses in Classical Art*. In celebration of this amazing collection, PALS and the IUAM will host a special event at the Art Museum on Sunday July 9, 2006 from 5 to 7pm.

This event will offer a chance for the community to gather and celebrate the magnificence of the horse, in art and in life, while benefiting PALS. Guests will be able to enjoy special tours of the exhibit given by the Curator of the Ancient Collection, Adriana Calinsecu, enjoy music by local musicians, and taste the wonderful food from one of Bloomington's most popular restaurants, the Trojan Horse. All proceeds will benefit the PALS program.

For tickets and more information, please contact Jan Gavin 812-325-7863 or jbgavin@indiana.edu. Information about the exhibition can be found at [www.iub.edu/~iuam](http://www.iub.edu/~iuam).

## HORSE SPONSORSHIP PROGRAM

*-Leah C., PALS Volunteer*

In 2006, PALS introduced a new program called the PALS HORSE CLUB. The Club is a horse sponsorship program created to provide board and care for the PALS therapeutic riding horses.

Donations make it possible for PALS to own and retain therapy horses that make a difference in the lives of our riders. Riders form special relationships with the horses and through lessons are able to enhance their physical abilities, cognitive abilities and over all well-being. In 2005, PALS horses provided over 1,500 therapeutic riding lessons and hippotherapy sessions and that number is expected to grow to 1,600 in 2006. Sponsorship of a PALS horse will help ensure the success of a program benefiting children and adults with disabilities and at-risk youth.

A full board and care sponsorship is a \$3,600 per year (\$300 per month) donation and it provides quality care and stable boarding for one horse.. A board only sponsorship is a \$2,400 per year (\$200 per month) donation and it covers the cost of boarding and feed for one horse. Horse Club sponsorships may be made on a monthly or annual basis and sponsorship begins with the date the donation was received and extends for twelve months with the option to renew.

Donors are offered many benefits including a certificate of sponsorship with picture of the horse, recognition in the PALS quarterly newsletter and website, updates on the sponsored horse, and even a seasonal holiday card. They are also encouraged to visit and bring treats to their horse at the PALS barn. If you are interested in sponsoring a horse, please contact Jan at 812-336-2798.

## MEET OUR AMAZING HORSES

*-Leah C., PALS Volunteer*

PALS is fortunate to own or loan eleven amazing horses. They remain calm, gracious and adaptable—qualities that make them invaluable. Thank you to our horses who work hard and demonstrate beauty and kindness to our volunteers, riders and friends every day. More information about the horses is available on our website.



### **NAVAAR—stall 1**

Date of Birth: February, 14 1980

Sponsor: Thoroughbred Charities of America, Owner: PALS, Donor: Barb and Steve Bonchek

Navaar is a very loving horse to all riders, volunteers, and instructors. This gray colored Arabian gelding gives all of his attention to the riders on his back when he is at work, including the sometimes pesky flies.



### **CODY TOO—stall 2**

Date of Birth: December 25, 1990

Sponsor: **Available for Sponsorship**, Donor: Stephanie & Anthony Williamson

Cody Too traveled here from Fisherville, Kentucky. He is a big, easy-going liver chestnut Quarter horse, and is one of our steadiest horses. Cody Too enjoys taking his riders on trail rides, and attempts to take little "lunch breaks" along the way. We are all pleased to have Cody Too in our barn and pastures.



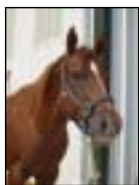
### **DEW—stall 3**

Date of Birth: March 11, 1996

Sponsor: **Available for sponsorship**, Lender/Owner: Anne Burd

This vocal quarter horse is a liver chestnut registered Quarter Horse. Dew is an ideal horse for our adult riders with his strong stocky build. This foundation bred quarter horse loves to have his nose scratched and always appreciates a nice treat from his volunteers and riders.

## MORE AMAZING HORSES



### **PATTI—stall 4**

Date of Birth: March 20, 1989

Sponsor: **Available for Sponsorship**, Owner/Lender: PALS, Donor: Kim Smith

This mare is a chestnut quarter horse and is also American Quarter Horse Association registered. She enjoys her workouts with all her riders, as well as eating all the clover in the pasture in the springtime.



### **POKEY—stall 5**

Date of Birth: December 21, 1984

Sponsor: Melinda Doster, Lender/Owner: Melinda Doster

Pokey loves his owner for letting him work with everyone at PALS. His name says it all, he is very pokey. But when it is time to come in to work he likes to walk eagerly through the pasture to be taken in to ride, even if there is snow on the ground. He is also a gelding quarter horse, and bay in color.



### **CHICO—stall 6**

Date of Birth: April 1, 1990

Sponsor: Lifton Family Foundation, Owner: PALS, Donor: Joy Hughes

Chico is a bay Quarter Horse. He was formerly a show horse that competed in everything from western pleasure to dressage, 4H and jumping! Chico stands out from the other bay horses with his big white blaze and two different colored eyes. He loves to have his ears scratched and anxiously awaits getting peppermint treats from the riders and volunteers.



### **CODY—stall 7**

Date of Birth: October 31, 1990

Sponsor: April Peters, Lender/Owner: April Peters

Cody is an energetic paint who is a favorite of many riders at the PALS barn. He displays an excellent disposition and temperament and is always ready to go! This sorrel and white paint is a flashy member of the PALS crew.



### **SUNNY—stall 8**

Date of Birth: April 1, 1984

Sponsor: Janet Rauscher, Lender/Owner: Janet Rauscher

Sunny is a palomino quarter horse who enjoys running around the sunny pasture at the stables. When he is at work he is quiet and very patient, but don't let him fool you – he is a fun guy!



### **MACHO—stall 9**

Date of Birth: July 4, 1979

Sponsor: **Available for sponsorship**, Owner: PALS, Donor: Kerry Hillard

Macho is surely a big, but kind hearted horse. He enjoys taking kids of all sizes for rides in the arena and on trails. Nothing can seem to make this Dun quarter horse flinch when he is at work for PALS, not even fireworks.



### **HOLLY—stall 10**

Date of Birth: May 12, 1988

Sponsor: **Available for sponsorship**, Owner: PALS, Donor: Christi Flynn

The dark bay mare that can be seen trotting around the arena at PALS is Holly. She belongs to the American Quarter Horse Association. Our riders cannot get enough of this beautiful quarter horse who holds her head high and proud because she gets to work at PALS!



### **DANDY—stall 11**

Date of Birth: April 22, 1985

Sponsor: **Available for sponsorship**, Donor: Cheryl Feaster

Dandy's name fits him well. He has a very quiet and pleasant personality, and loves his neck scratched. Before coming to PALS, Dandy was a 4-H horse and a jumper. He has a nice, slow trot, perfect for younger PALS riders. When you visit Dandy, notice his perfectly formed "star" in the middle of his forehead. Dandy is chestnut colored Quarter Horse and stands 14.1 hands tall.

## VOLUNTEER HIGHLIGHTS

**Monday afternoon: Sarah Jane Pepper** – Sarah Jane has been a PALS volunteer for less than a year, yet she has integrated herself completely in the program. She easily establishes a rapport with “her” riders and has an infectious smile that makes everyone around her smile also!

**Monday evening: Katie Graham** – In addition to being an integral volunteer in lessons, Katie is also in charge of selling PALS clothes attire. For anyone interested in purchasing any clothes items with the PALS logo please let Katie know when you are at the barn!

**Tuesday afternoon: Diana McGovern** – After watching her son, Steve ride at PALS, Diana knew she had to become involved in the PALS program. When Diana brings Steve for his lesson she will frequently jump in and do barn chores while Steve rides even though it is not her scheduled shift.

**Tuesday evening: Susie Carter** – Formerly a stable manager, Susie decided her and PALS best interests were as a horse leader in lessons. This has been a win-win situation for both Susie and PALS. Susie continues to do her specialty – mucking stalls – when not in lessons.

**Wednesday afternoon: Cheryl Czapla** – Cheryl has been a PALS volunteer for over two years and is always willing to fit her shift schedule where we need experienced volunteers. Cheryl has graduated from a sidewalker to a horse leader in lessons, and PALS is fortunate that she can be a fill-in volunteer as needed.

**Thursday afternoon: Marsha Barreiro** – First words for Marsha – “the best”! Marsha is always happy, smiling, hugging and cleaning! If PALS needs any cleaning projects done, Marsha is absolutely the best volunteer to organize and tackle those projects. She is also quick to put aside her cleaning tools when it is lesson time!

**Thursday evening: Cori Godeke** – Although Cori is fairly new to the PALS program, she manages to volunteer at PALS in two shifts per week. Cori has proven herself to be a wonderful horse leader for her riders by quickly learning all of the horses’ quirks and adjusting her leading style to suit each PALS therapy horse.

## JOIN THE TRAIL RIDE / WALK-A-THON

*-Jan Gavin, Director of Development*

PALS will hold its Second Annual Trail Ride & Walk-A-Thon on Saturday, June 24, from 8:30a.m. to 2:00 p.m. at Midwest Trail Ride in Norman, Indiana. The cost is \$50.00 per person or a minimum of \$50.00 in sponsorships. The event fee includes a continental breakfast, a PALS demonstration, a two hour trail ride or walk, lunch, door prizes, and a t-shirt. Camping at Midwest Trail Ride is available for an additional fee. For more information, please contact Midwest Trail Ride at 812-834-6686 or [www.midwesttrailride.com](http://www.midwesttrailride.com).



Sponsors for the event are White River Co-Op and United Commerce Bank, William K. Hanna Trucking, Inc. and Midwest Trail Ride. Additional sponsors are needed at either the Diamond Spur level for \$1,000 or the Gold Spur level for \$500. For sponsorship information or for a registration packet please contact Jan Gavin 812-325-7863 or [jbgavin@indiana.edu](mailto:jbgavin@indiana.edu). All proceeds benefit the PALS program.

“To see the enjoyment all the riders and walkers experienced was truly heartwarming. Most of PALS riders would never have the rare opportunity to get out in the open spaces without the Trail Ride/Walk-A-Thon.” – Yvette Rollins, Indiana Horse Council & PALS Board Member.

## Staff Directory

### Executive Director

Fern Bonchek  
[fbonchek@indiana.edu](mailto:fbonchek@indiana.edu)  
812-325-5102 cell

### Development Director

Jan Gavin  
[jbgavin@indiana.edu](mailto:jbgavin@indiana.edu)  
812-325-7863 cell

### Head Instructor

Jennifer Lung  
[jlung@indiana.edu](mailto:jlung@indiana.edu)  
812-327-7457 cell

### Part-Time Staff

Barb Bonchek—Volunteer  
Lindsey O’Haver  
Annette Settle  
Deidre Stanton  
Cathy Wrigley

### Barn Location:

680 W. That Rd.  
Bloomington, IN 47403  
812-824-3000 barn

### Mailing Address:

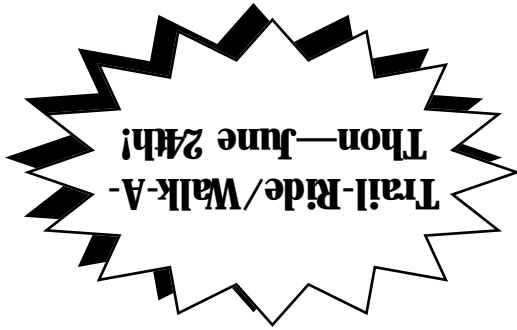
PO Box 1033  
Bloomington, IN 47402  
812-336-2798 office/fax  
[www.palstherapy.org](http://www.palstherapy.org)

**Volunteers & Riders: Don’t forget to sign up for summer session.**

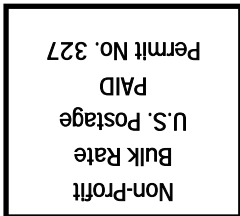
**Riders - contact Jennifer Lung**

**Volunteers - contact Jan Gavin**

**Our current Annual Report is now available! The Fiscal Year 2005 Annual Report can be viewed on our website at [www.palstherapy.org](http://www.palstherapy.org) under the publications link. If you would like to receive a copy by mail, contact us at 812-336-2798.**



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](mailto: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
- \_\_\_\_\_ \$2,400—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: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### 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](mailto: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

#### 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 want to remain anonymous.*