

THE PALS POST

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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 FUN AT TROT TO TRUST PROGRAM

-Lindsey O'Haver & Ellen Combs, PALS Instructors



Girls Inc. rider leads Chico in for a ride

The sounds of laughter filled the air on Friday mornings this summer at the PALS barn when the girls from Girls Inc. joined up with the PALS staff, volunteers, and horses as the second summer youth camp got underway. Entitled "Trot To Trust," it's modeled after last year's camp and is based on a life skills orientation that not only teaches the girls to ride, but also encourages them to open their awareness to a variety of behavior patterns that are present in their lives. Funding for the "Trot To Trust" camp has been provided by the Bay & Paul Foundations of New York.

PALS' At-Risk Youth Program Coordinator, Lindsey O'Haver, developed the curriculum for the camp with the help of volunteer and intern instructor Ellen Combs, and Head Riding Instructor Jennifer Lung, who contributed to the layout of the riding portion. Lindsey is a certified instructor with NARHA and holds her Master's and Education Specialist degrees in Mental Health Counseling. She is currently working on her Ph.D. in School Psychology. Ellen has her BSN, and as a nurse she has worked in the Adolescent Psychiatric Unit at Bloomington Hospital as well as at a variety of youth camps. And of course, this program could not take place without the continued support of the PALS volunteers!

The camp was held every Friday morning for eight weeks. To integrate the life skills orientation, the camp's focus was on a "word of the day" that was integrated into each daily activity. Each of the words signified an issue that the girls confront in their lives. What they discovered about each word can be incorporated into their lives outside of the camp. This year's camp explored trust, responsibility/accountability, honesty, compassion, choices, teamwork, and celebration.

PALS and the girls from the "Trot To Trust" summer youth program celebrated the progress they made with their riding skills over the summer at the "TROT TO TRUST" FUN SHOW on the last day of camp, Friday, August 4th. This was a wonderful opportunity for the girls to demonstrate their riding skills learned over the summer.

PALS FUN SHOW—OCTOBER 21, 2006!

-Amy P., PALS

Mark your calendar for the sixth annual PALS Fun Show on October 21, 2006! PALS riders will show off their riding skills in a number of show categories, including trail class and equitation. In addition, there will be amazing food, door prizes, volunteer recognition, and much more. It is a full day of exciting activity, so don't miss it!!

Volunteers are needed for planning this event, working with event sponsors, and serving as day-of volunteers. If you are interested in assisting with this amazing event, contact Jan Gavin at jbgavin@indiana.edu or 812-325-7863.

SUMMER SUCCESS AND FALL FRENZY

It has been an amazing and busy summer so far. We have hit an all-time high for the number of PALS riders. This summer we have 75 weekly riders at PALS! Can you believe that? We have four different programs going on this summer, which are: therapeutic riding, hippotherapy, recreation riding, and our Girls Inc. summer camp.

We have experienced two successful fundraising events. The first one was our 2nd Annual PALS Trail Ride/Walk-A-Thon, and the second one was our "Celebration of the Horse" event at the Indiana University Art Museum (more on page 4). We also took seven PALS riders to the Indiana Youth Challenge horse show in Danville, IN, on June 25th, where two of our PALS riders (Sierra and Steve) qualified to participate in the UPHA Exceptional Challenge Cup horse show on November 16th. We are also gearing up for the Indiana Special Olympics Equestrian competition on September 9th at the Hendricks County Fairgrounds in Danville, IN. Preparations are in place for the

NARHA National Conference, which will be held in Indianapolis from November 9th – 11th. PALS will have a demonstration at the conference on Saturday, November 11th.

Mark your calendars ... for our Sixth Annual PALS Fun Show on Saturday October 21st. Please attend, as this is a wonderful opportunity to see the PALS riders demonstrate their talents.

Please contact Jan Gavin at 812-325-7863 or jbgavin@indiana.edu about volunteering for the fall session and about attending the next PALS volunteer training on Thursday, September 7th at 5:30 and on Saturday, September 16th at 1:00, and Jennifer Lung at 812-327-7457 or jllung@indiana.edu about riding in the fall session, which starts on September 11th.

Hope to see you at the barn soon!



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).

AROUND THE ARENA

-Amy P., PALS Volunteer

Welcome to the first edition of "Around the Arena," a column dedicated to bringing you the latest bits of wit and wisdom from PALS. We hope you enjoy!

- This summer we have four interns at PALS: Anna, Alicia, Amanda, and Ellen! Welcome them when you see them around the barn, and we wish them the best of luck in the future.
- Riders & Volunteers: don't forget to sign up for the fall session, which starts on September 11th and goes till December 1st!
- Join us for the Special Olympic Equestrian competition on September 9th; if you haven't signed up to volunteer, do so at the barn now!
- NAP tax credits are available again this year. Take advantage of this great incentive and support PALS—a win-win situation ... more information on page 4.
- We will have two volunteer trainings on Thursday, September 7th at 5:30pm and on Saturday September 16th at 1:00pm.
- A huge THANK YOU to all the volunteers who are putting in extra time and covering additional shifts during the summer session. You are the best!
- Get your PALS attire! Sleeveless polos, t-shirts, caps, sweatshirts and more in a variety of colors are available—order at the barn or by contacting Jan Gavin.
- Horse Retirements: Macho and Sugar, two of our most beloved horses, retired this semester. While we were all sad to see them go, they have earned a retirement of rest, love, and happiness.

- Horse Additions: we can't say goodbye without soon saying hello, so we welcome Cookie, the newest horse on the block.

Cookie - stall: 8

Date of Birth: May 21, 1995

Sponsor: **Available for sponsorship**
Owner: PALS

Donor: Mitsi Bennett
Cookie is a striking bay

Quarter Horse mare with a perfect star on her forehead. Her cheerful disposition and medium height (15.1 hands) make Cookie perfect for our adult riders. She is as sweet as her nickname implies! Cookie also shares a birthday with two PALS instructors.



For up-to-date information on our many events and activities, visit our website: www.palstherapy.org!

FROM THE RIDER'S DESK

-Lisa W., PALS Rider



Lisa riding Chico

One day while searching vainly for a parking space, I began tailing a van doing likewise. Why? Because it was sporting a PALS bumper sticker, and I wanted to ask the driver all about that. Two months later, I was sitting on a horse, something I'd thought I could never do again.

I had only recently learned of therapeutic riding for people with multiple sclerosis (MS), a disease that has considerably damaged my right leg and arm. Riding can sometimes help spastic muscles and improve balance. Those were my initial goals, but I soon suspected that PALS could also help my emotional health. Walking is painful and difficult for me; running, out of the question. This sadly limits my enjoyment of outdoor activities. But atop a horse, I don't need to be able to walk! On the fine spring day that I first met Fern at the stable, as I inhaled the horsey combination of scents and dodged the barn swallows, I knew that I wanted to try.

At my assessment, I was excited but a little anxious. I had not sat a horse in 25 years, and back then I didn't have MS. I nervously mounted Patti with the lift and a hand from my instructor, Barb Bonchek, and one of the side walkers. Patti is so sweet, and Barb and the walkers so reassuring, that I soon began to relax.

Barb's assessment was that I would benefit most from a wider horse, Chico. The next week, I saw just how much wider. I think of him as the jumbo jet of PALS! I also think he's just about perfect for me.

We've taken things slowly but steadily. It's hard to remember to tuck my seat under me, tighten my stomach muscles, sit up straight, keep my shoulders level, use my legs, hold the reins correctly, and communicate with Chico in various ways (whew!), but I manage to stay put and enjoy myself. Barb always tells me at the end of a ride, "Nice job!" As for Chico, he's a great guy, patient with my frequent goofs. (He has an eye for the ladies, though; I have quite a task keeping his attention when a pretty mare is nearby!) Last week, I rode Chico outside for a trail ride for the first time, and that was super.

I think riding has reduced my spasticity somewhat, and I certainly don't fall as often as I did. Best of all, horseback riding is a physical achievement that doesn't hurt, involves good people and good animals, and is much fun. PALS is great!

LOVE, MARRIAGE.....AND PALS

-Jan Gavin, PALS Director of Development

Tracy volunteers at PALS. Tracy meets Van. Tracy falls in love. Van and Tracy get married. Now, they both volunteer at PALS. Fortunately for PALS, in Tracy and Van Young's relationship, love, marriage, and PALS work together in harmony.

Tracy and Van Young are an amazing couple and are tireless PALS volunteers. Tracy's horse experience makes her invaluable with prepping horses and assisting volunteers during lessons. Van is instrumental in helping instructors mount and dismount a number of riders who need special assistance. Together, they are an outstanding team, never tiring of assisting in lessons, doing barn chores, serving on committees, working at special events and any other task asked of them. The Youngs are a vital asset to the PALS program, and we cannot thank them enough for their dedication to our riders, volunteers and staff members.

Now, back to the beginning...love, marriage, and PALS—the perfect combination!



Tracy & Van Young with Patti

PALS Merchandise Available!

A complete selection of sleeveless polo shirts, t-shirts, baseball caps, sweatshirts and more in a variety of colors is now available. You may order at the barn or by contacting Jan Gavin at jbgavin@indiana.edu or 812-325-7863. In addition to these great items, we have a variety of merchandise items available. Contact Jan for more details or visit www.palstherapy.org/about/images/attire.pdf.

CELEBRATION OF THE HORSE HUGE SUCCESS!

-Jan Gavin, PALS Director of Development

THANK YOU TO OUR SPONSORS:



Oliver Winery staff member serves wine

PALS' "A Celebration of the Horse" fundraising event held on Sunday, July 9th, at the Indiana University Art Museum was a wonderful success. Over 90 people attended. They enjoyed personal tours of the museum's exhibition "Horses in Classical Art," given by the curator Adriana Calinescu and graduate assistant Jen Graves. Guests enjoyed appetizers offered by The Trojan Horse and wine from Oliver Winery. In addition, delightful keyboard music was played in the background by Neal Heidler.

PALS raised over \$1,200 from the art event. We were excited and proud to have such a lovely turnout. The Mayor of Bloomington, Mark Kruzan, attended and was coaxed into handing out the awards for the PALS art contest. Twenty-five PALS riders entered an art contest in which they drew a picture of their favorite PALS horse. The drawings were judged by Kim Cooley, Adriana Calinescu, and Tricia Wentz. Grand prize went to Jessi, 1st place to Kristin, 2nd place to Tasia, and 3rd place to Claire. Congratulations to the winners and all the riders who entered the art contest! The pictures are on display at the PALS barn and they can be viewed at www.palstherapy.org/calendar/artslide.php.

We would like to thank our sponsors who helped make this event such a success: Midwest Trail Ride, the Indiana University Art Museum, Oliver Winery, and The Trojan Horse. In addition, PALS would like to thank the many volunteers who assisted with the event. Without our core of great volunteers, PALS would not be able to have such successful fundraisers!



Midwest Trail Ride



PALS RIDERS COMPETE AT INDIANA YOUTH CHALLENGE

-Fern Bonchek, PALS Executive Director

On June 25th seven PALS riders, four PALS horses, three instructors and many volunteers traveled to compete in the Indiana Youth Challenge show at the Hendricks County Fairgrounds in Danville, IN. PALS riders received three 1st place awards, two 2nd place awards, one 4th place and one 7th place. We are very proud of all the PALS riders for their demonstrations of great horsemanship skills at this event. Of these riders, Sierra and Steve qualified to compete in the UPHA Exceptional Challenge Cup on November 16th in Kansas City, MO. PALS instructors and volunteers will travel with Sierra and Steve to Kansas City for this national-caliber event.

Many PALS riders are preparing to compete at the Indiana Equestrian Special Olympics on September 9th at the Hendricks County Fairgrounds in Danville, IN.



SUPPORT PALS & RECEIVE ADDITIONAL TAX BREAK

-Amy P., PALS Volunteer

Again this year, PALS has Neighborhood Assistance Program (NAP) credits available to in-state donors to the PALS program. 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 donors itemize on their federal income tax returns, they receive up to an additional 34% tax deduction on the federal income tax return.

Depending on the amount donated (the minimum NAP donation is \$100.00) and your tax situation, a gift of \$1,000 to PALS may cost you as little \$150! For more information, contact Fern Bonchek at fbonchek@indiana.edu or 812-325-5102. These credits are disbursed on a quarterly basis, so make your donation early to ensure that you will receive a tax credit. Visit www.palstherapy.org/donate/images/NAPinfo.pdf for more information.

TRAIL RIDE/WALK-A-THON GREAT FUN

-Jan Gavin, PALS Director of Development



Riders hit the trail

PALS held its second annual Trail Ride & Walk-A-Thon on Saturday, June 24th at Midwest Trail Ride in Norman, Indiana.

The event was quite successful. PALS raised \$1,590.00 for this special event and fundraiser.

We had an absolutely perfect summer day. The weather was sunny, hot, but not too humid. There were many riders, most of whom all knew each other from last year's event. The walkers enjoyed hiking to "Ghost Town," where they were able to have snacks and refreshments. Two beautiful lab dogs were able to accompany the walkers on their hike, one of which belonged to a PALS rider Steve McGovern. In addition, Steve's mom was able to participate in the ride. When Diana returned and was asked how her trail ride went, she enthusiastically announced, "Let's eat lunch, and then I am ready to go out again!"

This year, PALS held their first "horse-a-bunga" contest. It was delightful to watch which square in the round pen that Dandy would pick for his "spot." The winner kindly donated all the proceeds back to PALS.

The staff at Midwest Trail Ride was extremely friendly and helpful, and assisted the program with any request PALS made. Thank you to all the Midwest employees who helped support PALS.

Thank you to all the event sponsors: Cook, Inc., William K. Hanna Trucking, Inc., J.R. Ellington Tree Service, United Commerce Bank, Indiana Horse Council, Midwest Trail Ride, and White River Co-Op.

A huge thank-you to all the PALS volunteers who offered their time and support. Without our fantastic core of volunteers, PALS would not be able participate in such successful special events.

COOK®

William K. Hanna Trucking, Inc.

J.R. Ellington Tree Experts

United Commerce Bank

Indiana Horse Council

Midwest Trail Ride

White River Co-Op

PALS SCHEDULE

Summer Session Make-up Lessons/Fall Session New Student Assessments: August 21st – 25th
 Fall Session Therapeutic Riding/Recreational Lessons (10 weeks): September 11th – December 1st
 Closed: November 13th – 17th
 Closed: November 20th – 24th, Thanksgiving Break
 Fall Session Make-up Lessons: December 4th – 8th

Special Events

Special Olympics: September 9th, 9am - 5pm
 PALS Fun Show: October 21st

Staff Directory

Executive Director

Fern Bonchek
 fbonchek@indiana.edu
 812-325-5102 cell

Development Director

Jan Gavin
 jbgavin@indiana.edu
 812-325-7863 cell

Head Instructor

Jennifer Lung
 jllung@indiana.edu
 812-327-7457 cell

Part-Time Staff

Barb Bonchek—Volunteer
 Lindsey O'Haver
 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

**Volunteers & Riders:
 Don't forget to sign up for
 the fall session.**

**Riders - contact
 Jennifer Lung**

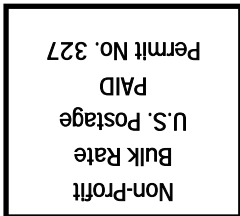
**Volunteers - contact
 Jan Gavin**

SHOP FOR A CAUSE

Join Macy's in a special day of celebration and support for PALS. Donate \$5.00 for a shopping ticket and you will receive \$10.00 off any one purchase and an additional 10% to 20% off all items purchased. Shopping day is Saturday September 16th and the pass is good throughout the day. All proceeds from ticket sales benefit PALS. To purchase your ticket contact Jan Gavin at 812-325-7863 or jbgavin@indiana.edu.



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:

- _____ \$3,600—Cost of full board/care for one horse for one year
- _____ \$2,400—Cost of board for one horse for one year
- _____ \$1,050—Cost of one year of therapeutic riding lessons
- _____ \$350—Cost of 10 therapeutic riding lessons
- _____ \$175—Cost of one month's board for a therapy horse
- _____ \$35—Cost of one therapeutic riding lesson
- _____ 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 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

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.