

THE PALS POST

INSIDE THIS ISSUE:

| | |
|------------------------------|------------------|
| <i>New Year at PALS</i> | 2 |
| <i>Wine Tasting Event</i> | 2 |
| <i>PALS Calendar</i> | 3 |
| <i>2005 Donor List</i> | 3 & 4 |
| <i>Volunteer Highlights</i> | 5 |
| <i>Volunteer Call Out</i> | 5 |
| <i>Spring Session Riders</i> | 5 |



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.

RIDERS RECEIVE NATIONAL AWARDS

-Amy P., PALS Volunteer

Two amazing PALS riders competed in the United Professional Horseman's Association (UPHA) Exceptional Challenge Cup Championship on November 17, 2005 in Kansas City, Missouri. Sierra Launer & Melinda Martin represented PALS in this national competition as two of only 22 riders nationwide who were invited to participate. Both qualified for the event by successfully competing in the Indiana Youth Challenge Equestrian Championships held in Terre Haute on September 11, 2005.



Sierra (r) & Melinda (l) with their UPHA Awards

Barb Bonchek & Fern Bonchek, NARHA certified

therapeutic horseback riding instructors at PALS are the rider's coaches; PALS volunteers Kirie Powell, Van Young, and Tracy Young; Sierra and Melinda and family members and friends; and the two wonderful PALS horses, Dew & Patti, all traveled to the horse show in Kansas City. Sierra and Melinda rode in an equitation class where they were judged on their abilities to control their horse by riding at the walk and trot. Both Melinda and Sierra were given impressive marks in their respective categories.

This event raises awareness of equine assisted activities in Indiana, helps showcase the accomplishments of the two PALS riders who represented Indiana at the national level and generates more interest in competitive opportunities for people with disabilities. The UPHA Exceptional Challenge Cup competition is unique because it provides opportunities for individuals with all different types of disabilities to compete against each other at a national level. PALS hopes to return to the competition next year.

Many sponsors made it possible for Sierra to participate the UPHA show; including the Indiana University School of Health, Physical Education, and Recreation (HPER); Community AIDS Action Group of Southern Indiana; Bloomington Hospital Youth Programs; Bloomington Bagel Company; and other individual sponsors. PALS would like to thank all of the individuals and sponsors who made this event possible.



Sierra (r) & Melinda (l) practice at the PALS arena prior to competing at the UPHA Exceptional Challenge Cup.

For more information on UPHA, visit: www.uphaonline.com.

Next year's event will be November 16, 2006.

You can now order PALS logo gear—fleece jackets, t-shirts, sweatshirts, baseball caps—on an individual basis for great prices! Contact Jan for more information. Show the community you support PALS!

LAUNCHING INTO A NEW YEAR

Happy New Year! Thanks for all your support and dedication to PALS in 2005!

This has been a year of tremendous growth. With your help and support, PALS provided 1,500 therapeutic riding lessons & hippotherapy sessions to children and adults with disabilities and at-risk youth. I want to say a special thank you to the PALS Donors & PALS Volunteers. The donors & volunteers make it possible for the PALS program to operate so that we are able to make a difference in the lives of children and adults in our community. In 2006, PALS plans on providing 1,600 therapeutic riding lessons & hippotherapy sessions and expanding the at-risk youth program.

This year I am very happy to report that we have hired two very wonderful full time staff members. We hired Jennifer Lung as the Head Instructor and Jan Gavin as the Director of Development. The addition of these new full time staff members means that PALS can serve more individuals and provide the best programs to our riders.

Volunteers and riders, please prepare for the PALS Spring Session which

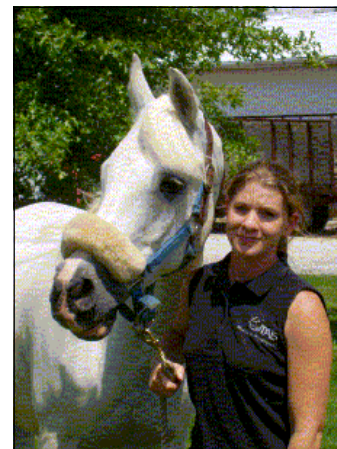
begins on March 6th – 10th for new riders and volunteers and on March 20th for returning riders (see information about signing up for the spring session for riding & volunteering on page 5). Please note we are closed the week of IU Spring Break (March 13th – 17th).

In 2005 PALS had three major events, all of which were very successful. We had our 5th Annual PALS Fun Show with over 40 riders participating. At our 1st Annual Wine Tasting & Silent Auction and our 1st Annual Ride/Walk-A-Thon PALS, we raised \$4,000 at each of these two new events and hope to raise \$7,000 at each of these events in 2006. Please mark your calendars for these special events in 2006 (see page 3 for calendar and page 2 for more information on the PALS Wine Tasting & Silent Auction on March 30th 2006).

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).

WINE TASTING FUNDRAISER

PALS will be hosting their 2nd Annual Wine Tasting & Silent Auction event on March 30th from 7 to 9 pm at Terry's Banquets and Catering. This fundraiser is made possible by the support of local businesses that are contributing money and manpower to make the event a success. Tickets are \$20.00 per person and available for purchase from PALS, at Bloomingfoods (all locations) and One Earth Mortgage. At last year's event we had over 120 participants and raised over \$4,000.00.

This year we anticipate over 150 participants and hope to raise over \$7,000.00.

Support PALS while sipping on wine from several local area wineries. Each winery will provide a selection of donated wines for attendees to sample. Wine connoisseurs will be entertained by local musicians and can feast on cheese and desserts while silently bidding on their favorite item(s) that will be on display.

All proceeds from ticket sales, silent auction bids, and orders taken for wine at the event will benefit PALS.

If you are interested in selling tickets, soliciting silent auction donations, or if you have a silent auction item to donate, please contact Jan Gavin at the contact information below.

jbgavin@indiana.edu
(812) 325-7863



Melissa Caraballo pours wine for Monarch Beverage at the 2005 Wine Tasting/Silent Auction

2005 DONORS

Triple Crown - \$1000 and up

Anonymous (2)
 Dr. Lisa Baker, DDS
 The Bay & Paul Foundations
 Thomas & Dana Bollinger
 Bloomington Bone & Joint Clinic
 Amanda & Andrea Ciccarelli
 Cinergy Foundation
 Earl & Rhonda Craig
 Melinda & Sterling Doster
 Judy Feldpausch
 Barb & Richard Godlewski
 Mark & Cathy Hansen
 James Hasler
 Indiana Quarter Horse Association
 Dr. Mike Kane
 Adrian & Joan Lauer
 Lifton Family Charitable Foundation
 Nancy Graves Martin
 Mittal Steel USA - Indiana Harbor
 Matt & Lindsey O'Haver
 Orthopedics of Southern Indiana
 April & Justin Peters
 Doug & Rosemary Rice
 H. Jay & Hazel Stevens
 Thoroughbred Charities of America
 United Professional Horseman's Association
 United Way Community Services of Monroe County

Derby - \$500 to \$999

Mike & Beverly Baker
 Fred Bay
 Synnova Bay Hayes
 Baxter
 Steve & Barb Bonchek
 Heather & Dan Bonham
 CAAG of Southern Indiana
 Richard & Ellen Combs
 Cook Group Inc.
 Jan Gavin
 Melissa & David Goodrum
 Greetings
 Harman/Becker Automotive Systems
 Susan & Gary Hieftje
 Indiana Horse Council Foundation
 Indiana University School of HPER
 Daniel & Sharon Larason
 Jan Grant & David Lawler
 Kathleen McTigue & Ed Hirt
 Daniel & Saundra Olvey
 Roger & Carol Parks
 David Rice
 Leigh Richey
 Alan & Kathryn Somers
 Tasus Corporation
 William Verhagen
 Susanne & Kurt Wheeler
 White River Co-Op

Belmont - \$250 to \$499

Anonymous
 Diana Baker
 Bloomington Hospital Youth Programs
 Curry Buick-Cadillac-Pontiac GMC Truck, Inc.
 J.R. Ellington Tree Experts
 Julie Farris
 Fifth Third Bank
 Grazie Italian Eatery
 Drs. Harmon & Petty
 Hoosier Energy
 Hurlow & Smith Capital Management, Inc.
 Laura & Jerry Jesseph
 Monarch Beverage Charitable Foundation
 Jennifer Robinson & Jeff Hartenfeld
 Steve Ruiz
 Peg Stice & Brice Adams
 United Commerce Bank
 Rob Stone & Karen Green-Stone
 Patricia Surra

Preakness \$100 to \$249

Anonymous
 Author House
 Bedford Federal Savings Bank
 Ann Belth
 Bloomington Bagel Co., Inc.
 Shirley Boardman
 Fern Bonchek
 Brewer Dental PC
 Daniel & Patricia Callison
 Robert & Shirley Careskey
 Jeffrey Davidson & Pam Jones Davidson
 Jannette & James Elliott
 Stephen & Evalina Ems
 Jesse & Dona Goodman
 Irvin Grossack
 Melinda Hamilton
 Lenore Sherman Hatfield
 Anne & Chris Haynes
 Irish Lion, Inc.
 Wess Jackson

2006 CALENDAR

U Winter Session Therapeutic Riding/Recreational Lessons: January 9th - February 24th

U Winter Session Make Ups: February 27th - March 3rd

U Spring Session New Student Assessments: March 6th - 10th

U *NARHA Region 4 Conference March 2nd - 4th - Lexington, KY*

U Closed March 13th - 17th - Spring Break

U Spring Session Therapeutic Riding/Recreational Lessons: March 20th - May 26th

U *Wine Tasting & Silent Auction - Thursday March 30th 7 - 9 PM, Terry's Banquet & Catering*

U *Hoosier Horse Fair March 31st - April 2nd, Indianapolis, IN.*

U Closed May 29th - June 2nd

U Spring Session Make Up Lessons/Summer New Student Assessments June 5th - 9th

U Summer Session Therapeutic Riding/Recreational Lessons: June 12th - August 18th

U *PALS Trail Ride/Walk-A-Thon - Saturday June 24th - Midwest Trail Ride, Norman, IN.*

U Summer Session Make Up Lessons/Fall New Student Assessments August 21st - 25th

U Closed August 28th - September 8th

U *Indiana Equestrian Special Olympics Saturday September 9th*

U Fall Session Therapeutic Riding/Recreational Lessons: September 11th - December 1st

U *PALS Fun Show October 21st*

U Closed November 6th - 10th - NARHA Conference, Indianapolis, IN.

U Closed November 20th - 24th - Thanksgiving Break

U Fall Session Make Up Lessons December 4th - 8th

THANK YOU FOR YOUR GENEROUS SUPPORT OF THE PALS PROGRAM!

| | |
|------------------------------------|------------------------------------|
| Randall Scott Johns | Corinna Repetto |
| Deborah & Douglas Jones | Deborah Rush & Noretta Koertge |
| Helene Jones | Jerry & Nancy Ruff |
| Susan & Ken Kimmick | Jennifer & John Schutte |
| John King | Michael Shermis |
| John Kirtland | Bruce & Donna Smith |
| Judy Klein & Malcolm Dalglish | Virginia Sojchei |
| Gene & Gayl Laughman | George & Barb Sorrells |
| Lin & Vicki Loring | Stars International, Inc. |
| Joanne Marshall | Jonathan & Wendy Surdam |
| Sue & Michael Meissner | Lillian Surra |
| Alexandra Mophet & Johnathan Elmer | Susan Swaney |
| Stuart & Ellen Mufson | Carol & James Touloukian |
| North Coast | Becca & Clyde Townsend |
| Harold & Denise Ogren | Tri Kappa Sorority - Alpha Chapter |
| Oliver Winery | Gracia Valliant |
| Lloyd Orr | Kris Walker |
| Walter & Tommie Owens | James & Diane Williams |
| Patricia R. Pauly | Wayne & Vivian Winston |
| Amy & Jonathan Purvis | Stephen Wolter & Lynn Jamieson |
| Wendy Reed | Arthur & Debra Woodruff |

2005 DONORS

Breeder's Cup \$5 to \$99

| | |
|---------------------------------|---|
| Anonymous | Joseph Kelley |
| Richard & Rayna Amerine | Iris Kiesling |
| Bannockburn Farm | Barre Klapper & Jeremy Shere |
| Martin Belcher | Roger & Carol Kugler |
| Jack & Helena Benham | Lura Kulhavy |
| Tom & Sandra Bishop | Shannon Lipps |
| Tricia Bock | Cami Lokken |
| Raymond Bridge & Mary Ann Beall | C. L. Loring |
| Denise Brown | James & Edrie Martin |
| Matt & Deanne Brown | Kim Martin |
| Claudio Buchwald | Carol Maxwell |
| Melissa Caraballo | Brian & Stephanie McClung |
| Susie Carter | Peg McCrary |
| Marian Cash | Diana & Ronald McGovern |
| Joan Caulton | Cheryl & Jerry Miller |
| Charter One Bank | Mary Miller |
| David Christman | Edna Morrison |
| Ruth Cochran | Nancy's Needlework |
| Jennifer Cook | Robin Nordstorm |
| Judith Crandall | Kathy & Douglas Patton |
| Kathryn Davidson | Steve & Laurel Pierrard |
| Laurent & Lori Dekydtspotter | Lori Porter |
| Scott & Justine Evans | Nick & Kristen Rebman |
| Judy & David Feiman | James & Mary Reilly |
| Tom & Geri Flynn | Jeff Riggins |
| Dolores Freiburger | Judi & Donald Roberts |
| Dennis Fudurich | Tom & Cynthia Roberts |
| Florence Fuss | Yvette Rollins |
| Gwen Garcelon | Mari & Bruce Shawcroft |
| Carmen Garcia-Harris | Gal & Susan Shifron |
| Judie Goldstein & Tom Flynn | Jennifer & Max Siefker |
| Dorothy Granger | George & Barbara Sorrells |
| Elizabeth Gwynn | Sullivan County Horsemen's Association |
| Darren & Teresa Hamilton | Kathy Swango |
| Alex Hegyi | Tri Kappa Sorority - Bloomington Beta Associate |
| Doris & Wayne Herring | Danielle Urschel & Alexander Jarvis |
| Rona Hokanson | Robert & Amy Vanpelt |
| Natalie Hughes | W & D, Inc. - DBA H & R Block |
| | Michelle & Eri Webster |
| | Jason Wilber & Michele Mattoon |
| | Beth & Melvin Wilson |

Honorariums/Memorials

Dave & Teri Brault in Memory of Barbara Ann Massey
 Jane & Charlie Lewis in Memory of Barbara Ann Massey
 Susan Uchimura in Memory of Barbara Ann Massey
 Brian & Gail Bates in Honor of Melinda Doster
 Laura Plummer & Mike Nelson in Honor of Scott Nelson & Susan Kindel
 James, Patricia, Jenn Wangerin in Honor of Henry Orahood

In Kind

| | |
|---------------------------------------|-----------------------------------|
| Anonymous (3) | Indiana University Basketball |
| American Girl | Indianapolis Indians |
| The Awards Center | Indianapolis Zoo |
| Aver's Pizza, Inc. | Irish Lion, Inc. |
| Sonia Barr | Jelly Belly Candy Co. |
| Julia Bebeau | Daniel & Sharon Larason |
| Barb & Steve Bonchek | Cookie Lee |
| Jocelyn Bowie | Lenscrafters |
| Brandt Blanket Company | Malibu Grill |
| Brown County Inn | Melissa Lea Jewelry |
| Butler Winery & Vineyard | The Melting Pot |
| Carmen Delgado's Oasis Spa | Sue & Michael Meissner |
| Brad Carter | Menards, Inc. |
| Holly Cedar | Midwest Trail Ride |
| Certified IT | Mira Salon & Day Spa |
| Susan Clark | Monarch Beverage Corporation |
| Chapman's Restaurant & Banquet Center | Teresita Mullen |
| Chateau Thomas | Eiteljorg Museum |
| Chocolate Emporium | Oliver Winery |
| Classic Bowling Lane | One World Enterprises |
| Classic Touch Limousine Service | Sadie Orem |
| Coca-Cola Bottling | Panera Bread |
| Cookies By Design | Pepsi Cola General Bottlers |
| Franklin Covey | Pete's Barber Shop |
| Sharon Dickson | April & Justin Peters |
| Melinda & Sterling Doster | Darlene Pendill |
| Michael Douglas | Pliant Corporation |
| Lowell Drake | Lynn Pomeroy |
| DSW Massage Therapy | Stephanie Powers |
| Hope & Jeff Ellington | Janet Rauscher |
| Georgia Emmert | Rhino's All-Ages Music Club |
| Stephen & Evalina Ems | Ken & Malissa Sparks |
| Encore Café | Root Professional Service Firm |
| Everywhere Signs | Salt Creek Golf Retreat |
| Gail Fairfield | Scholars Inn |
| Fine Print | Seasons Lodge & Conference Center |
| Fossil Rain | Sherwood Oaks Church |
| Fourwinds Resort & Marina | Solution Hair Design & Tanning |
| Framemakers | Peg Stice & Brice Adams |
| Robert Gammon | Story Inn |
| Geddes Studio | Betty & Terry Sturgeon |
| Joanne Gelarden | Kathy Swango |
| Hart Farm | Terry's Banquets & Catering |
| Heart of Sailing Foundation | Tonya's Touch |
| Natalie Hebert | Walt Disney World |
| Highpoint Hair Design | Weight Watchers |
| Rona Hokanson | Randy Wever |
| Holiday World & Splashin' Safari | White River Co-Op |
| Home Sweet Home | William K. Hanna Trucking, Inc. |
| Horse & Hound Veterinary Service | Stephanie & Anthony Williamson |
| David Hudson | Amanda Wrigley |
| Indiana Football Memorial Stadium | Cathy & Kevin Wrigley |
| Indiana Pacers Sports Entertainment | |

VOLUNTEER HIGHLIGHTS

Monday—Julia Bebeau: Julia has been a loyal and dedicated PALS volunteer for over three years. Due to the fact that Julia is familiar with all the special tack & equipment used in lessons, she takes the new volunteers under her wing and teaches them all about grooming and tacking. In addition, Julia is always willing to help out with special events, volunteer training days, and any extra chores that need to be done at the barn. Julia is truly an invaluable volunteer.

Wednesday—Abbie Knear: Although Abbie has been a volunteer for almost a year, this is her first shift as a stable manager. Abbie brings lots of horse experience with her and therefore has been able to jump right in and make sure everything runs smoothly on Wednesdays. Abbie also volunteers on Monday afternoons and is never surprised when she arrives for her shift to find she will be the horse leader in back-to-back lessons. Abbie is a great volunteer who never tires, no matter how long her shift might be.

Thursday—Peggy Cantrell: Peggy has been a PALS volunteer for over three years. She has served as a stable manager for over two years, and she also serves on the Horse Buddy Committee, and the Volunteer Action Committee. Peggy helps train new volunteers, and assists in the training of new therapy horses. Peggy certainly deserves a huge round of applause as a top ranking PALS volunteer.

VOLUNTEER CALL OUT

-Jan G., Director of Development

As PALS winds down our winter wonderland session, we are preparing for the spring session!

If you are a past PALS volunteer and want to return to a PALS shift in the spring, please contact Jan Gavin at (812) 325-7863 or email jbgavin@indiana.edu as to your desired shift day and time. New volunteers will have a volunteer training session on **Saturday, February 25th from 1pm to 4pm**. Anyone over the age of 14 is welcome to attend and sign up for a volunteer shift at PALS. Please contact Jan Gavin at (812) 325-7863 or email jbgavin@indiana.edu to receive a volunteer training packet and to add your name to our training day. Please RSVP no later than **February 17th**. Our spring session will run from **March 6th through May 26th** and lessons are held on Monday, Tuesday, Wednesday, and Thursday.

Shift times are -

Mondays: 11:00 - 3:30, 12:00 - 5:00, 3:30 - 5:30, 5:30 - Close

Tuesdays: 12:30 - 5:00, 12:30 - 3:30, 3:30 - 5:30, 5:30 - Close

Wednesdays: 12:30 - 5:00, 12:30 - 3:30, 3:30 - 5:30, 5:30 - Close

Thursdays: 12:30 - 5:00, 12:30 - 3:30, 3:30 - 5:30, 5:30 - Close

Feel free to encourage your friends or relatives to join you in becoming a PALS volunteer!

SPRING SESSION RIDER SIGN-UP

-Jen L., Head Instructor

Greetings all PALS riders!

PALS welcomed back its winter riders on January 9th. We have been having a great time despite the fact that it has not been much of a winter wonderland yet. Everyone, including the horses, is looking forward to spring!

Our Spring Session will begin on **March 6th - 10th for new riders** and **March 20th for returning riders**. Spring Session will end **May 26th**. PALS has sent out returning rider packets. If you are interested in riding in the Spring Session, please fill out the packet and send it back to PALS as soon as possible. You may also call or email Jennifer Lung (see contact info below) to discuss Spring riding options. Spring is our busiest session to coordinate, so we need to hear from you by **February 17th** to ensure you are scheduled for a lesson time.

You can also sign up at the barn, or contact Jennifer Lung by e-mail at jllung@indiana.edu, or call the barn at 824-3000 or cell phone at 327-7457.

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
 Annette Settle
 Deidre Stanton

Barn Location:

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

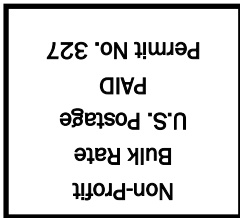
Mailing Address:

PO Box 1033
 Bloomington, IN 47402
 812-336-2798 office/fax

www.palstherapy.org



Return Service Requested



HOW YOU CAN HELP SUPPORT PALS

Financial Donations

In order for PALS to serve the community, 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 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 surcingles
- 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.