

The PALS Post

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GET AHEAD ON YOUR 2005 TAXES

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 her federal income tax return, she receives 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 \$23,000 in Neighborhood Assistance Program (NAP) tax credits, of which 25% must be disbursed each quarter. This means that PALS has \$11,500 in NAP credits available for each of the quarters of March 1st and June 1st.

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.



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.

SIERRA—AN AMAZING RIDER

-*BARB BONCHEK, PALS INSTRUCTOR*



Sierra is almost 14 years old. She lives in a wonderful adopted family with many other adopted brothers and sisters, and she has lived with AIDS her entire life. She was not expected to live much beyond her very early years, but she has defied all odds growing to become a strong, caring, intelligent individual who has not let her misfortune rule her life. She continually fights for her life and values the important things that come her way.

I work at Harmony School and met Sierra when she started school there at the age of three. She is still a member of the Harmony community attending middle school, and is now a member of a new community – PALS. At a school conference last spring, I learned of Sierra's secret desire to ride horses. Since I was already a volunteer NARHA Registered Therapeutic Riding Instructor at PALS, I offered to teach Sierra's riding lessons and then worked with others at PALS to raise the needed funds to cover her lessons. Sharon O'Brien, a volunteer who was working with Sierra at PALS, volunteered to raise the needed funds through her church. This was successfully accomplished through her efforts.

► see SIERRA on page 5

LETTER FROM THE 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).

Happy New Year! Thanks for all your support and dedication to PALS in 2004!

This has been a year of tremendous growth. With your help and support, PALS provided 1,200 therapeutic riding lessons to children and adults with disabilities and to at-risk youth. In 2005, PALS plans to provide about 1,500 therapeutic riding lessons and expanding the at-risk youth program.

I want to say a special thank you to the PALS donors. Your generosity makes it possible for the PALS program to operate and make a difference in the lives of children and adults in our community. If you are a donor or are interested in the PALS

program please come out to the barn and meet the PALS riders and horses so you can see what a difference PALS is making! Thank you to Ellington Stables for providing PALS a great home.

The volunteers are the backbone of the PALS program! With only three employees and over 150 volunteers it is safe to say that PALS really couldn't do what we do with out all the volunteers. It is not possible to thank the volunteers enough. But, thank you ... thank you ... thank you from all the staff, horses and riders!

This year we had the pleasure of working with Laura Jesseph who produced a video "We're PALS." Read more about Laura on page 5. Laura

was such a pleasure to work with and she did a superb job of capturing the spirit and joy of PALS. Thank you Laura!!! Please contact me if you would like a copy of this video.

In 2005 we are excited to be hosting our first PALS Ride-A-Thon which will be on April 23rd, the PALS Horse Show on October 29th, and Fundraising Breakfast date TBA. Please contact me for more information about these events and see the PALS Calendar for Winter/Spring 2005 Special Events & Session Dates.

See you at the barn soon!

*Fern Bonchek,
Executive Director*

SOPHIE—YOUNG, TALENTED RIDER

-AMY R. PURVIS, PALS VOLUNTEER



As I watch Sophie ride I wonder, "What was I doing at the age of two?" I know that most of us were not riding a horse. But, each week, two-year old Sophie and her mom travel to the PALS barn to do just that.

Sophie suffered a stroke, which left the muscles on one side of her body weaker than the others. The muscles required to balance and control a horse are the same muscles that she will need to continue to strengthen through therapy. While Sophie hasn't been riding at PALS for long, she has already made great strides. Cathy Wrigley, her instructor, noted that Sophie will do things at PALS that she will not do for her other therapists—a case study for why PALS works. Because riding Sunny (her favorite PALS horse) is fun and she loves to play games during lessons, she has picked up riding quickly and responds to the therapy involved.

Cathy's goals for Sophie are for her to continue to learn balance and to develop a way for her to control Sunny on her own by use of the reins.

Beyond the fact that a two-year old is riding a horse and becoming more adept at it, what is most notable about Sophie is, well, as her instructor put it, "Sophie is as cute as a button." Everyone waits for her to arrive and when she does, she lights up the barn with her smile.

2005 WINTER/SPRING SCHEDULE

Winter Session (7 weeks): January 10th – February 25th

Winter Session Make Ups: February 28th – March 4th

*****Volunteer Training: March 5th at 1:00 p.m. rsvp to pals@indiana.edu*****

Spring Session New Student Assessments: March 7th – 11th

NARHA Region 4 Conference March 11th -13th

Closed March 14th – March 18th

Spring Session Therapeutic Riding/Able Bodied (10 weeks): March 21st – May 27th

Hoosier Horse Fair April 1st – April 3rd

PALS Trail Ride April 23rd

Closed May 30th – June 10th

*****For a complete 2005 calendar, visit our website at www.palstherapy.org.*****

SADDLE UP YOUR HORSE—MIDWEST TRAIL RIDE COMING SOON

Saddle your horse! Lace up your hiking boots! Midwest Trail Ride has offered to host a Ride/Walk-a-Thon to help raise funds for PALS.

When: April 23, 2005 from 8:00 a.m. to 3:00 p.m.

Where: Midwest Trail Ride – Norman, IN
(see www.midwesttrailride.com)

Who: Equestrians and Pedestrians!

Cost: \$50 per person (or minimum of \$50 in sponsorships)

Event fee includes a continental breakfast, 2-hour trail ride or walk, PALS demonstration, lunch, door prizes, and T-shirt. For additional fees, participants can attend a Purina Horse Owners Workshop or camp overnight at Midwest Trail Ride. **For information or to RSVP call 812-369-8090 or email palsrideathon@yahoo.com**

PALS FUNDRAISING BREAKFAST A SUCCESS!

Thank you to everyone who participated in the PALS Holiday Breakfast in December. Nearly 100 people joined us for breakfast at the Christian Student Fellowship house on campus. Some of our guests were long time friends of PALS, while others came to hear about our organization for the first time.

Barry Lessow, Director of United Way Community Services of Monroe County, served as our Master of Ceremonies for the event. Our guest speakers included Steve Rice (parent), Cathy Wrigley (occupational therapist), Melinda Martin (rider), and Dale Knuteson (volunteer). They each shared a unique perspective on the benefits of therapeutic horseback riding and the joy of being part of PALS. The highlight of the morning was a special video produced by Laura Jesseph at Meadowbluff Productions. Laura beautifully communicated the purpose of PALS, capturing the sounds, sights and emotions of daily life at the barn. Overall, the event was an effective way to raise community awareness of the services PALS provides to adults and children with disabilities.

We are particularly grateful for the active involvement of our Table Captains, who invited their friends and colleagues to the breakfast: Peg Stice, Barb & Rich Godlewski, Jenn & Kyle Marcum, Melinda Doster, Jen Robinson, Steve Bonchek, Yvette Rollins, Sharon O'Brien, and Steve Rice. Special thanks to Andrew Kupersmith and Michelle Deem for serving on the Breakfast Committee and to all of our wonderful volunteers for working tirelessly at the event. It is a joy and a privilege to work alongside people who are willing to give their time and talents to improve the lives of others.

The next time you visit Starbucks or Encore Café, please remember to thank them for their generous support of nonprofit organizations like PALS.

The Fourth Annual PALS Fun Show was a huge success. We had the largest number of participants to date, and the riders put on a superb show for a large audience. Pictures are available on the website—be sure to check them out!

2004 DONORS

TRIPLE CROWN—\$1000 and up

Anonymous	Barb & Richard Godlewski	Dave Southwick & Ann Wendecker	H. Jay & Hazel Stevens
Bay and Paul Foundations	Jesse Goodman & Dona Naeser	Owen A. & Joan Lauer	Rebecca & Clyde Townsend
Earl & Rhonda Craig	Mark & Cathy Hansen	Doug & Rosemary Rice	Lifton Family Charitable Foundation
Melinda & Sterling Doster	April Peters	Mary & Philip Serbin	Synnova Bay Hayes
Judy Fledpauch	Daniel & Sharon Larason	William & Elizabeth Shatner	Indiana Horse Council Foundation

DERBY - \$500 to \$999

Bloomington Bone & Joint Clinic	Nancy Martin
Robert & Shirley Careskey	Patricia Surra
Cook Group Inc.	Harman/Becker Automotive Systems
David & Melissa Goodrum	William & Pat Verhagen

BELMONT - \$250 to \$499

Anonymous	Julie Farris	Jennifer Livesay & Ken Pimple	Rob Stone & Karen Green-Stone
Mike & Beverly Baker	Dianne Flynn & Jennifer Philips	Tuscola Professional Building—	Tasus Corporation
Steve & Barb Bonchek	Jan Grant & David Lawler	David Rice	Kris Walker
Richard & Ellen Combs	Richard & Bess Kaplan	Peg Stice & Brice Adams	United Way Community Services of Monroe County

PREAKNESS - \$100 to \$249

Anonymous	Roy Graham	John Kirtland	Sharon O'Brien
Barb & Alan Backler	Diane & Thomas Gregory	Judy Klein & Malcolm Dalglish	Gloria Parker
Patricia & David Barber	Ann & William Haas	Carol & Roger Kugler	Roger & Linda Parks
Paintings Conservation, Inc. - Tom & Sherry Battista	Jeff Hartenfeld & Jennifer Robinson	Noretta Koertge	Diane Port
Bedford Federal Savings Bank	Gregory & Lourdes Heumann	Angela Lexmond & Robert Gonyea	Jerry & Nancy Ruff
William & Rose Brenner	Thomas Hollingsworth	Guy & Connie Loftman	Lillian Surra
Brewer Dental PC	Jennifer Hottell	James & Edrie Martin	Susan Swaney
Jeffrey Davidson & Pamela Jones Davidson	Jerry & Lynette James	Ann McIntosh	Doris Wittenburg
Elizabeth & Robert Devoe	Greetings - Rosemary Jacobs	Kelly Miller & James Vandermark	Arthur & Debra Woodruff
Susan Egbert & Katy Arnold	Helene Jones	Stuart & Ellen Mufson	Cathy & Kevin Wrigley
Jan Gavin	Farmstead Veterinary Services - Susan & Ken Kimmick	Martha Oakley	

BREEDER'S CUP - \$5 to \$99

Daniel & Donna Baron	Jeff & Britt Grannan	Rhonda Merrell	Christina Swanson
Mary Bishop	Darren & Teresa Hamilton	Frank Miller	Gracia Valliant
Shirley Boardman	Nancy Hardy	Tom & Cynthia Roberts	Michelle & Eric Webster
Lisa Brand	Sarah Hartenfeld	Catherine & Sam Robinson	Nancy Werner
Richard & Betsy Caulfield	Jim Kimbrough	David & Jane Robinson	Amy Wiemers
Suzanne & Tim Dickerson	Dale & Eleanor Kinser	Michael Shermis	Sarah Willis
Judy & David Feiman	Barre Klapper	Gal & Susan Shifron	Robert Zaltsberg
Thomas & Geri Flynn	Lura Kulhavy	Kathy & W. Raymond Smith	Thomas & Bernadette Zoss
Steve Galvin	Reed Maidenberg	George & Barb Sorrells	
Michael & Donna Gentile	Phyllis Martin	James & Helen Suelflow	

IN KIND

The Awards Center	Christi Flynn	Shelly & Mark Jessie	Mike & Ann Miles
William Becker	Healing Touch	Farmstead Veterinary Services—	Janet Rauscher
Bob & Liane Brummett	Kerry Hillard	Susan & Ken Kimmick	Fine Print
Steve Davis	Laura Jesseph	Certified IT	

HONORARIUMS/MEMORIALS

Gale & Brian Bates - In honor of Melinda Doster	Dale & Becky Knuteson - In memory of Betty Sovinsky	Laura Plummer & Mike Nelson - In honor of Scott Neslon & Susan Kindel
Susie Carter - In memory of Betty Sovinsky	Leigh Richey - In honor of Chancey owned/loved by Barbara Coffman	Victoria Schoenfeld - In memory of Betty Sovinsky
Melinda & Sterling Doster - In memory of Bones	William & Teresa Lile - In memory of Betty Sovinsky	Indiana Arabian Horse Club - In memory of Floyd Money of Spotted Rump Ranch
Leslie Ems & Kris Walker - In memory of Betty Sovinsky	The Muzinich Family - In memory of Betty Sovinsky	Jacqueline Whaley - In memory of Betty Sovinsky
Stephen & Evalina Ems - In honor of Leslie Ems & Kris Walker		Chris Ziegler - In memory of Betty Sovinsky

THANK YOU FOR YOUR GENEROUS SUPPORT OF THE PALS PROGRAM!

MEET SOME PALS VOLUNTEERS

Monday Afternoon—Ivy Schneider

Laura Ruchti writes: "Ever since the first day that Ivy showed up at the PALS barn, I knew she was special. Ivy has a way of making you feel like a close friend from the start. She is a wonderful part of PALS."

Monday Evening—Amy Ransford Purvis (nominated by VSC's as feature volunteer)

Fern writes: "Amy is an amazing person and volunteer. She is wonderful with the PALS horses and riders. In Amy's 3 years of volunteering, she has been a lesson volunteer, Stable Manager, VSC and she is also the Editor for the PALS Post Newsletter. She is a tremendous asset to PALS!"

Tuesday Afternoon—Leslie Sohl

Jan Gavin notes: "Leslie has only been at PALS for a few months, yet has managed to quickly incorporate herself into knowing the routine. She rarely has to ask what needs to be done and just pitches in and does anything and everything. A big plus is the fact she also tutors and has helped me pass my Psychology exam!"

Tuesday Evening—Randi Cline

Jan Gavin comments: "Randi comes to volunteer with a smile on her face, laughing, always! She is eager to see "her" rider, is always happy and excited to see what progress the rider has made throughout the riding session."

Wednesday Afternoon—JoAnna Johns

Jan Gavin writes: "As Wednesday is able-bodied lesson day, this shift is very different for the volunteers. Joanna has quickly learned how to supervise a rider, help them groom and tack and help the rider prepare for his/her lesson."

Thursday Afternoon—Kirie Powell

Peg Cantrell notes: "When Kirie first came to PALS a year ago she was a bit shy and had no horse experience. Now, as a mature 15-year old volunteer, she is confident, helpful and very funny. She recently began fulfilling a dream of taking horseback riding lessons. Kirie is a joy to be around for riders and volunteers alike, and is on her way to becoming a wonderful horsewoman."

Friday Afternoon—Edie Bridge

Jan Gavin remarks: "A newcomer to PALS, Edie has already become a stable manager. A true attribute is her love and care for the horses and riders."

SIERRA—*from page 1*

Sierra has progressed with her riding skills faster than any riding student with whom I have ever worked. It is like she is on a mission to learn and experience the most on a fast track and to go as far as she can with whatever she does. Navaar, the PALS horse she regularly rides, has proven to be a great partner for her. He is challenging enough for her and takes care of her as well. Sierra describes her relationship with Navaar as: "Navaar is a very good horse. He loves to trot and walk. We both especially like the posting trot and he likes the feel of how I hold the reins when we trot. I relax my hands and he goes on the bit for me. He almost always goes on the bit for me at least once or twice every session. Sometimes he can be a pain, but not often at all."

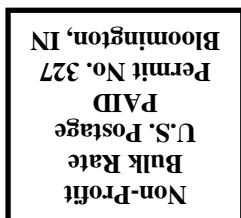
Sierra's independent riding skills have progressed quickly. After only riding for 5 months, she went to the Special Olympics where she rode a dressage test winning a silver medal. She is now cantering on Navaar. We talk about trail riding and going to horse shows next year. To Sierra, the sky is the limit. She wants to get the most out of life as quick as she can. PALS has enabled her secret dream to come true. She truly is an inspiration to everyone who has the great fortune to be in her circle of friends. May we all learn from Sierra how precious life really is and how to get the most out of it. Time is her most precious element in her life.

Deb Launer, Sierra's mom, states: "AIDS and the related medications have resulted in brain dysfunction that makes it difficult for Sierra to learn and keep up with the other kids in her age group. PALS has given her a chance to be successful at something she loves and can be proud of. The benefits of participating in PALS go beyond those she derives physically. It gives her a chance to have control over a part of her life when so many other things seem out of control, a chance to forget medicine, being sick, and being afraid. It even gives me time out from all of those things when I watch her on Navaar and listen to her talking about riding when we head home."

THANK YOU, LAURA!

Anyone who has watched the video "We're PALS" produced by Laura Jesseph knows what an outstanding job she did. Not only is it of professional quality, Laura captured the heart and soul of the PALS program. Thank you, Laura, for your time and dedication to this project.

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 or 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—The cost of one therapeutic riding lesson
- _____ \$175—The cost of one month board for a therapy horse
- _____ \$350—The cost of 10 therapeutic riding lessons
- _____ \$1,050—The cost of one year of therapeutic riding lessons
- _____ \$2,100—Partial sponsorship of one horse for one year
- _____ \$3,600—Full sponsorship of 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 if you would like to make a donation.

New/gently used items needed:

- Rainbow reins
- Brushes, Currycombs, hoof picks, tail combs
- English bridles
- English saddles
- Girth
- Halters
- Lead ropes
- Plastic water and feed-buckets
- Saddle pads (soft and gel)
- Snaffle bits
- Therapeutic riding surcingle
- Arthrosoothe
- Cordless drill
- Laptop computer(s)

Larger Items:

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

Visit our website at: www.palstherapy.org