

THE PALS POST

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HOW TO GET INVOLVED

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

*All donations are tax-deductible

RIDERS PLACE IN NATIONAL COMPETITION

-Kirie P., PALS Volunteer



Sierra (l) and Steve (r) show off their awards

This fall, two horses, eight PALS volunteers and staff, and PALS riders Sierra and Steve headed west to Kansas City, Missouri, for the United Professional Horsemen's Association (UPHA) Exceptional Challenge Cup Championship. The UPHA Exceptional Challenge Cup Championship is a national competition that brings together the best riders across the U.S.

Only ten riders were selected to compete in this full day of elite competition. Each rider had the opportunity to ride twice for the judges. On Thursday morning, the riders took their horses through a walk - trot pattern and then rode a serpentine of three loops, one at a time. In the evening, they rode at a walk and a trot in each direction. Riding Chico, Sierra placed first in the non-physically challenged category and third overall. On Patti, Steve placed fifth overall. The bar was set high in this competition – Sierra placed third to two riders who were actually NARHA-certified riding instructors!

We are so proud of Sierra and Steve! And thank you to all of the families, volunteers, staff, and horses who made this trip a success.

FUN SHOW HUGE SUCCESS

-Jan Gavin, Development Director

On Saturday, October 21, PALS held its sixth annual Fun Show. With over 50 riders participating in the show and over 300 family members, friends, community members, staff, and volunteers attending, we had a great time!

Special thanks to our corporate sponsors: Bloomington Bone and Joint, Orthopedics of Southern Indiana, The Awards Center, Scholars Inn Bakehouse, Chocolate Moose, Starbucks on South Walnut, Tina's Carry-Out Cuisine & Catering, David Metzger & Family, South Central Forms, Kensill Rentals, and Rogers Group (see page 3).

In addition, The Trojan Horse sponsored lunch items to be purchased – and the hot dogs, brats, and chicken salad sandwiches quickly sold out! With most sincere thanks to Denny and Peg at The Trojan Horse for providing such wonderful food.

We would also like to thank the amazing panel of judges: Mayor Mark Kruzan, The Honorable Jeff Chalfant, veterinarian Susan Kimmick, and United Way of Monroe County Executive Director Barry Lessow.

This event offered the chance for all PALS riders (and their horses) to participate in a fun-filled day of activities while the community witnessed the wide-ranging benefits of equine assisted activities. Guests had the opportunity to cheer on the riders while learning valuable information

Visit our website slideshow www.palstherapy.org/06show/ to see great photos from the Show!

2006 PALS WRAP-UP

Welcome to the PALS Post!

2006 was a year of tremendous growth.

In 2006 PALS:

- Provided over 1,600 therapeutic riding lessons/hippotherapy sessions to 115 children and adults with disabilities and at-risk youth.
- Averaged over 65 weekly therapeutic, hippotherapy, and recreational riders.
- Provided therapeutic riding to at-risk girls for the second summer in a row in partnership with Girls Inc. of Monroe County.
- Hosted our sixth annual Fun Show, where 50 riders demonstrated their riding and horsemanship abilities. Over 300 people came to applaud their achievements and share the PALS spirit (see article on page 1).
- Had 15 riders participate in the Indiana Youth Challenge horse show and at the Indiana Equestrian Special Olympics.
- Participated in a "Competition Demonstration" at the National NARHA Conference in Indianapolis in November, where more than 400 therapeutic riding professionals from

all over the United States watched two PALS riders (Sierra and Steve) demonstrate their UPHA Exceptional Equestrian Class.

- Sierra and Steve (PALS riders), eight volunteers, and two horses traveled to Kansas City, Missouri, to compete in the United Professional Horsemen's Association (UPHA) Exceptional Challenge Cup competition at the American Royal Horse Show on November 16, 2006 (see article on page 1).
- Won the Professional & Community Service Award from the Council for Community Accessibility.

In 2007, PALS plans on providing 1,700 therapeutic riding lessons or hippotherapy sessions.

Thanks to all the volunteers and supporters who have made 2006 such a wonderful success for our riders.

Sincerely,



Executive Director
812-325-5102
fbonchek@indiana.edu



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

- Thank you to all the volunteers who made 2006 such a wonderful year. We are having winter lessons—sign up today!
- We will be rolling out new PALS attire for the winter. Look for the PALS clothes order in the arena waiting area or on our website. Anyone can order PALS clothes, and they make great gifts for your family members and friends. For more information, contact Jan at jbgavin@indiana.edu or 812-325-7863.
- PALS is proud to introduce its 2007 calendar. The calendar showcases PALS riders, special events, and PALS horses. The calendars are \$15.00 each or three for \$40.00. A copy of the PALS

2007 calendar will be at the barn, or you can contact Jan by email at jbgavin@indiana.edu or 812-325-7863.



- We are excited to announce that Lindsey and Matt O'Haver have sponsored our newest horse, Brynja, for 2007. If you have not seen our gorgeous Norwegian Fjord, please make sure to visit her next time you are at the barn. We still have PALS horses that are anxious to be

sponsored: Dandy, Chico, Dew, Cody Too, and Cody. All of these horses are waiting for some special love and attention from their very own sponsor. Contact Jan at 812-325-7863 for more information about sponsoring a PALS horse.



Brynja, our new 5-year-old Norwegian Fjord

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

TRAIL TALK ... WITH EMMA

-Lisa W., PALS Rider



Lisa (l) and Emma (r) are riding partners at PALS

Emma, at 15 years old, is a budding Egyptologist and a freshman at Harmony School, but is a veteran rider. Emma took some time after her most recent lesson to talk with Lisa, of the *PALS Post*. Lisa is also Emma's riding partner at PALS.

Lisa: So, you started here on Patti?

Emma: I started on Patti, and then I went to Nacho . . . well, his name is Macho, but we called him Nacho [laughs]. Then he went away, and I went to C.C. . . . and she colicked. She is the first horse I actually lost and will never see again. Then I was with Cookie, and that was it. I've been in two horse shows. One on Macho, and then I was going to be on C.C., but I got Cookie.

Lisa: How about instructors? How many instructors have you had here?

Emma: Here? Two. Jen and Barb. And I had a Jen at another place too. So I've had two Jens, one Barb, and a ton of sidewalkers!

Lisa [laughing]: God bless all the sidewalkers!

Emma: Exactly, exactly.

Lisa: What is your favorite thing to do in riding?

Emma: Trotting! Always has been, always will be.

Lisa: What do you think is the main thing—or things, if you prefer—you've gotten from therapeutic riding?

Emma: Fun. Fun, fun! Really fun! It's stretched out my legs a lot too. But fun, mainly fun. People to talk to. People to ride with. Like you.

Lisa: I enjoy riding with you. I know we both look forward to our drill riding.

Emma: We are *so* going to do a pattern! For the next Fun Show.

Lisa: Is there anything else you'd like to say?

Emma: Someday I might like to start working here . . . that's another dream! Way too many dreams. Maybe I could come here in the summer and go to Egypt in the winter because it might be a little cooler. . . . And if I make any extra money from my senior project, I'd really like to donate it to this place.

THANK YOU, FUN SHOW SPONSORS



The Awards Center

Tina's Carry Out Cuisine & Catering
Scholars Inn Bakehouse
Chocolate Moose
Starbucks (South Walnut St.)
David Metzger & Family
Rogers Group
Kensill Rentals



Trojan Horse owners Denny & Peg serve amazing food to Fun Show volunteers and participants.

PALS CELEBRATES VOLUNTEERS OF THE YEAR

-Jan Gavin, Development Director



Amy (l) and Susie (r) with their volunteer awards

With a core of 150 volunteers, it was very difficult to choose two volunteers so deserving of the 2006 Volunteer of the Year award, but the honors went to Susie Carter and Amy Purvis. Congratulations!

Susie Carter

Susie is a PALS Board of Director member. She is a Registered Nurse and a Manager of HEARTEAM Cardiopulmonary Rehab, Congestive Heart Failure Clinic and Pacemaker Clinic at Bloomington Hospital. Susie has been a PALS volunteer for four years, and she is a tireless volunteer who always shows up for her shift early. Her specialty is mucking stalls! Susie also enjoys volunteering at PALS as it combines her love of horses with being able to help individuals.

Amy Purvis

Amy Purvis has been a PALS volunteer since the summer of 2001. She is currently a Stable Manager on Monday evenings, edits and puts together the *PALS Post* newsletter and Annual Report, and assists with publications. Amy is employed at the Indiana University School of Law, where she serves as the Director of Annual Giving & Stewardship. Amy is always in awe of the amazing things that PALS riders and horses do on a daily basis.

NAP CREDITS = TAX BREAK FOR DONORS

-Amy P., PALS Volunteer

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 and your tax situation, a gift of \$1,000 to PALS may cost you as little \$150! For more information, contact Jan Gavin at jbgavin@indiana.edu or 812-325-7863. 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/index.php for more information on donating to PALS.

FROM THE RIDER'S DESK

-Lisa W., PALS Rider

Summer has turned to winter, and the grassy trail at the stable will soon be a snowbank. But a horse is a horse, of course, of course, and I'm glad to say I'm still riding one. You may remember me from the last *PALS Post*—Lisa W., who was then the newest rider. In just a few short months, I seem to have become hooked on horses.

The fall session at PALS brought some changes in my equestrian life. The first happened because of scheduling conflicts that meant I would no longer be riding my beloved Chico, the wide-bodied horse with the mismatched eyes. I was close to digging in my heels about that, but I know now that would have been a mistake. My new horse, Dew, is also a very large horse—a tall, beautiful, chestnut quarter horse—and he has an excellent, smooth trot. This happens to work out great for one of my other changes, which has been to graduate from a walk.

Dew is also a real sweetie, and I have to say I have come to love him. Chico and I remain friends, of course (a friendship helped greatly by my gifting him with apple slices whenever I remember!).

My bond with Dew has been strengthened by a couple of events beyond getting to trot. One is that I have gotten to ride Dew without the lead rope, so I feel I'm getting better at communicating with him. Another is that Dew and I performed our first dressage test at the PALS Fun Show, which I was quite psyched up about. (I think I will still remember that pattern when I'm 103!) I even display my ribbon in my living room.

My instructor, Barb Bonchek, has introduced some unexpected and fun challenges in recent lessons. For several weeks Dew and I have been partnering with Emma R. and her horse, Cookie, in learning drill riding together. Emma and I have some plans for the next Fun Show, but I don't want to give that all away right now. Suffice it to say that we aim to entertain!

PALS works for me in so many ways. From the physical benefits (like falling less often), to the social benefits of working with others, to the mental benefits of setting and meeting physical goals, to the emotional bond I feel with these wonderful animals, joining PALS has been one of my best therapy choices. I can hardly wait for the Winter Wonderland session!

2007 PALS SCHEDULE

Winter Session: 1/15/07 - 3/2/07

Make-Ups/New Students Assessments: 3/5/07 - 3/9/07
PALS Closed for Spring Break: 3/12/07 - 3/16/07

Spring Session: 3/19/07 - 5/25/07

PALS Closed: 5/28/07 - 6/8/07
 Make-Ups/New Students Assessments: 6/11/07 - 6/15/07

Summer Session: 6/18/07 - 8/24/07

PALS Closed: 8/27/07 - 9/7/07
 Make-Ups/New Students Assessments: 9/10/07 - 9/14/07

Fall Session: 9/17/07 - 12/7/07

PALS Closed 11/12/07 - 11/23/07
 Make-Ups/New Students Assessments 12/10/07 - 12/14/07
Closed 12/17/07 for winter until winter session 2008 starts

2007 New Volunteer Training Dates

Sat. 1/13/07 1-4 PM
 Sat. 3/3/07 1-4 PM
 Sat. 6/16/07 1-4 PM
 Sat. 9/15/07 1-4 PM

** Contact Jan Gavin at jbgavin@indiana.edu to register for new volunteer trainings*

2007 Special Event Dates

Hoosier Horse Fair - 3/30/07 - 4/1/07
 Trail Ride: (TBA)
 Wine Tasting/Silent Auction: (TBA)
 Indiana Youth Challenge: 6/24/07
 Equestrian Special Olympics: 9/8/07
 PALS Fun Show: 10/27/07
 UPHA: 11/15/07
 NARHA Conference: 11/12/07 - 11/18/07

2007 PALS Lesson Schedule

Mondays 1 - 8:30 PM
 Tuesdays 1:30 - 8:30 PM
 Wednesdays 1:30 - 6:15 PM
 Thursdays 1:30 - 6:15 PM

2007 PALS Volunteer Shifts * starting 3/5/07

Mondays 11:00 - 3:30, 12:00 - 5:00, 3:30 - 5:30 and 5:00 - 8:30
 Tuesdays 12:00 - 3:30, 12:00 - 5:00, 3:30 - 5:30 and 5:00 - 8:30
 Wednesdays 12:00 - 3:30, 12:00 - 5:00, 3:30 - 5:30 and 5:00 - 7:30
 Thursdays 12:00 - 3:30, 12:00 - 5:00, 3:30 - 5:30 and 5:00 - 7:30

** Contact Jen Lung at jllung@indiana.edu or call 812-327-7457 about signing up to ride or volunteer for the Spring Session by 2/2/07*

Please check out our website at www.palstherapy.org/calendar/index.php for calendar & event date changes/updates

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 available. Contact Jan for more details. Visit www.palstherapy.org/about/images/attire.pdf for more information.

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

Angie Bailey—PT
 Barb Bonchek—Volunteer
 Lindsey O'Haver
 Deidre Stanton—Sub
 Cathy Wrigley—OT

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:

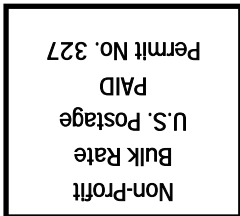
Don't forget to sign up for the winter session, which starts on Jan. 15, or the Spring Session!

Please contact Jen Lung to sign up today!

jllung@indiana.edu
 812-327-7457 cell



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
- Cosequin
- Cordless drill
- Helmets

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.