

MARK YOUR CALENDAR FOR THE BIG EVENT in 2010!

Delaware Equine Council's **5th Annual Dinner Dance Scholarship Fundraiser**

Date: Saturday, March 20, 2010 • Time: 6:00 p.m. - 10:00 p.m.

New Location: Delaware Agricultural Museum, 866 N. Dupont Highway, Dover, DE

Come tour the museum for free!

Cost: \$30 per person (checks payable to DEC)

Dinner, Dancing, Hors d'oeuvres, Cash Bar, Live/Silent Auctions, Door Prizes

Please let us know if you would like to donate live or silent auction items.

Contact Stan 302-684-3966 or Pam 240-994-2220

~ ~ ~ Equine Calendar of Events ~ ~ ~

December

6th 10am Game Show, Wicked R, Wyoming, Randy
302-359-7114

12th English/Western Schooling Series, Kershaw
Acres, Milton, DE, Karen 302-684-1818

January

9th English/Western Schooling Series, Kershaw
Acres, Milton, DE, Karen 302-684-1818

Health Reform is in Your Barn

I'm sure that you can't figure out what health reform has to do with horses, donkeys, ponies or mules, just keep reading. The papers and news media are full of information pro's and con on health care reform. The Democrats and Republicans are arguing that their ideas are best; the issue is so complicated that the average working person doesn't have time to figure it out. Mary Everhart and I just spent a day in Dover listening to the real facts. So here goes:

FACT: 95% of our health care dollars are spent on treatment

FACT: 5% of our health care dollars are spent on prevention

FACT: 64% of Delawareans are overweight

FACT: 31% of the people overweight are obese

I contend that health reform for equestrians is in our barn. If we spend more time grooming, cleaning feet, saddling or harnessing our beloved animals we will become healthier. Some people think the perfect exercise is walking, hiking, biking, or maybe playing golf. To the equestrians it is riding or driving. We need to be more active with our equine friend everyday!!! If you are too tired to take a ride or drive then just slip the halter on and take a walk with your equine.

More time in the barn will help control our weight, build and maintain healthy bones, muscles, and joints. Reduce our stress, risk of injury, and improve our moods.

Everyday spend one less hour on the sofa in front of the TV and spend it outside. Go to the barn, get active, and get healthy. See you in the barn or on the trails! **Peggy Koster, Trails Committee Chair**

~ ~ Welcome New Members ~ ~



Debbie South • Allen Bell • West Wind Farm and Kennel, Inc.



DELAWARE EQUINE NEWS



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First Rate from the First State!

Equestrian Land Conservation Resource

**What is it? Are you a member?
Find out more at www.elcr.org**