

BEEF IT News

Volume 25 • Issue 1 – September 2009



Past Presidents

Left to Right Back Row: Mary Engebretsen 1986-1987, Wendy Harding 2002-2003, Jeanette Smith 2005-2006, Bobi Lentz 2007-2008, Catherine Kukowski 2004-2005, Judy West 2006-2007, Riki Davidson 2008-2009, Leslie Hendry 2001-2002. Front row left to right: Marilyn Werner 1987-1988, Martha Hellyer 1998-1999 and Darla Griffin 1996-1997.

From your President

Does anyone know what happened to summer?

I am sure you have all been busy. I have already had the opportunity to travel our great state and meet some of you. I was in Wheatland for the Ag in the Classroom Rendezvous and then I spent a day at the ANCW convention in Denver where I had the privilege of hanging out with some of you who know where to go and what is happening on the national level. October 17, Goshen Cattlewomen celebrate 50 years. Congratulations! If winter hasn't totally moved in by then, I have been invited to celebrate with them also.



I have edited a part of an article I wrote for the Cow Country Magazine sent out by the Wyoming Stockgrowers as my "letter" for this Beef It.

To those of you reading this, membership may seem a shallow topic. This is not just about numbers, however. This is about the lifeblood of our industry, lifestyle and livelihood. Now, more than ever, we need to be passionate about our industry. I want to challenge all of you involved in agriculture, not just the beef industry, to **STAND UP, SPEAK OUT, AND REACH OUT!** I have some ideas about how we can do this, and while I may not be able to include all of them in this article you will hear more over this coming year.

At the summer convention, Jon Kirkbride spoke as the outgoing Stockgrowers president. He encouraged us to maintain a balance and reason in what we champion, stand our ground, celebrate small victories and be leaders. We are *all* leaders in Cattlewomen. *We all have a sphere of influence.* We must use that sphere to the very best of our ability. Being a leader means we will take some heat from outside and from within. (I am certain I will hear from some of you after you read this article) My goal is to encourage you to get up and get going in any and every way you can. That means you must **STAND UP.**

So, how does someone **STAND UP?**

Some of our younger women work outside the ranch and have the usual duties of running kids to piano lessons, sports practice, 4H or whatever. You also have to make the usual trips to the grocery store, school functions and meetings. **How many people with whom you have contact know you raise beef?** Since you probably have your own beef in the freezer, it's not likely you will often be found at the meat counter. Have you ever considered making a point of chatting with a woman at the meat counter? Have you ever encouraged someone you know with a crazy schedule to put a cut of beef in the crock pot before she runs off for the day? When was the last time you shared your favorite beef recipe with a friend who is in a rut with meals? These are examples of how you can *lead* within your sphere of influence. To the younger women so involved with your family, your husband and work on the ranch, I appeal to you. **WE NEED YOU!** I know you are busy. I also understand that most of our local groups meet once a month for about two hours for lunch. They meet on consistent days of the month. I ask you, "is there any reason *why* you cannot schedule that into your calendar???" We need your input, your ideas and you need support and encouragement. The more experienced women have "been there, done that, with husband, job, family and ranch." You may be surprised at what you can learn. Most of them are more than willing to share their ideas or experience. We then have a win-win reason for your being involved on simply a local level.

Now, for those women with "more experience" whom I mentioned earlier; by golly, some of you are just as on fire for our industry as you can be. I so enjoy visiting with you and hearing about your successes and challenges. I am challenging you also, **STAND UP!** Some of you have served for many years, taken a break and come back to serve more. Thank you so very much. However, some of you have been heard to say, "I did such and such. I've done my part." May I say to you, we need your experience. We need your wisdom. As I said before, some of you can do this CattleWomen thing in your sleep and those of us less experienced need you to teach us how, what, where and why! Some

Please see **JO** on page 2

Left to Right: President Jo Bowman - Cody, Vice President Ladonna Good - Riverton, Secretary Angela Whitlock - Cody, Treasurer Kim DesEnfants - Torrington, Auditor Kelly Rees - Riverton and Parliamentarian Gwen Geis - Gillette.

Check out our new officer bios on pages 2 & 3.



2009-2010 WCW Officers

Where Are They Now?

Past Presidents of Wyoming Cow-Belles/CattleWomen

Gaynell Park ~ Thirty-Eighth President, 1977-1978

Gaynell Park, one of the youngest WCB Presidents, today remains a vital, dynamic, interested, spiritual and beautiful woman whose life has been tempered by the ups and downs of life at the Dumbell Ranch on the Sweetwater River. Her beloved husband Norman was badly mauled by a bull last fall and has been very ill. He is just now recovering through sheer willpower, toughness and physical therapy. Gaynell approaches her role as caregiver with energy and devotion.



Family. Son Blake lives in Seattle and does marketing for Microsoft. He travels the world, much of the time in Europe, and now expanding to the Pacific Rim. Formerly he worked for University of Southern California, improving their Alumni Magazine to a glossy and professional publication. He is very loyal to agriculture although he is not involved.

Gaynell has volunteered her time and expertise to many causes. She served on the non-partisan Wyoming Retirement System Board for 18 years, longer than anyone else, and was Chairman three different times. She drove to Cheyenne for the meetings, it was hard work but a fantastic experience and a big education for her! Seven years were served on the American National Lung Association

Please see **PARK** on page 3



You don't want to miss this meeting!

CALLING ALL COUNTY CATTLEWOMEN

You are Invited To the Fall Wyoming CattleWomen's Meeting

Saturday, Oct. 3 ~ 10:00 a.m. – 1:00 p.m. (cowboy standard time)

Hosts: Laramie Peak CattleWomen of Platte County, Sancher Ranch in Wheatland

Take I-25 to Exit 87 then go West 6 miles ~ We will meet in the "Big House" for a carry in salad luncheon after our State Business Meeting.

I am asking every group in the state to send at least two members, prepared to share five minutes about what your group does to earn money for your scholarships or projects. Also, what do you do to attract new members? Please bring a salad to share. Rolls and beverages will be provided, and weather permitting, we will also have a horse drawn tour of the ranch after our business meeting and lunch.

ATTENTION EARLY BIRDS ~ LIMITED ACCOMODATIONS ARE AVAILABLE ON FRIDAY EVENING AT THE SANCHER RANCH BIG HOUSE. WE WILL HAVE REFRESHMENTS AT 7pm FOR THOSE OF YOU WHO WOULD LIKE TO ARRIVE FRIDAY NITE. DO NOT LET DISTANCE PREVENT YOU!

PLEASE CALL SANDY CONTOUR AT 307-322-1718 TO MAKE ARRANGEMENTS

HOW LONG DOES IT TAKE???

Casper~1hr 15min
Cody~5 1/2 hours

Gillette~2hrs 30min
Rawlins~2 hours

Cheyenne~1hr
Douglas~45 min

Laramie~1hr 15 min
Riverton~3 hours 30 min

JO *continued from page 1*

on up to the minute. We need you! Some of you are gifted in how to show others what we can do to impact our teachers in the schools. We need you! May I also repeat that some of our younger women need you and your experience. However, we, and I include myself, must be sure we *listen* to what the younger women have to share. Just like us, sometimes they need someone to be a sounding board, not a problem solver. Just like us, they want to be valued for their ideas. And ladies, may I say that we must eliminate the mindset of "we tried that before and it didn't work." Perhaps something wasn't successful 15 years ago but it may work now. There is no faster way to put a wet blanket on the fire of enthusiasm than speaking those words in any way. Work together, and work at valuing the new and the old.

I look forward to hearing from many of you. What are your ideas on how to STAND UP? Perhaps some of you are doing so already. Let me know what you think is working and perhaps what isn't.

It is my perception that the government has an agenda to make agriculture the next General Motors. It's not too late to be heard but we must work together. We must work now. We cannot allow age, experience or past grievances to divide us. Please join us on every level to STAND UP, SPEAK OUT AND REACH OUT and work to preserve what we have worked for so diligently.

Jo Bowman, President, Wyoming's CattleWomen

of you have incredible expertise in the area of legislative issues and know what is going

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Jo Bowman, President, Wyoming's CattleWomen

NATIONAL

& STATE NEWS

Wyoming CattleWomen Officer Installation

On June 4, Wyoming CattleWomen met in Gillette during the Stock Growers Summer Convention. After our morning meeting and the general luncheon, we returned for the installation of new officers. The theme for installation was "The Women Before Me."

What we saw in our grandmothers and mothers has been woven into the fabric of our own lives and we weave much of it into the lives of our children and grandchildren. It is helpful to be able to look back and ask, "How would grandma or mom have handled this?" There are also other women who have been influential in our lives. We often have a teacher, a neighbor or best friend who made an unmistakable deposit into our lives that we draw upon from time to time.

The Wyoming cattle industry has a history rich with women who rose to the task of raising families, beef, and serving their communities. Some women served in the Cow-Belles and CattleWomen and some have not. These women have different strengths and characteristics much in the same way our officers have different duties and tasks.

For the purpose of the installation, each officer had a woman from Wyoming ranch history paired with her office.

Gwen Geis, parliamentarian, was paired with Charlotte Snodgrass who had the vision for our organization and wrote the by-laws for our group.

Kelly Rees, auditor, was paired with Betty Bergner who served as a state and national president, and demonstrated an interest in detail and legislative matters.

Kim DesEnfants, treasurer, was paired with Edith Blackstone. Edith is

a real "ranch kid" and served as a state Cow-Belles treasurer and was known for her impeccable integrity.

Angela Whitlock, secretary, was paired with Flossie Moulton, past state president of Cow-Belles and known for her energy and enthusiasm to get things done.

LaDonna Good, vice president, was paired with ranch woman Lucy Moon Hall. Lucy demonstrated the persistence and commitment to ranching all her life.

Jo Bowman, president, was paired with Cody resident, Kay Siggins, age 105, who became a rancher's wife at the young age of 76. Kay is the most positive person and never complains. At a time when there is much negativity around us, Kay reminds us to focus on what we *can do as women* in our industry.

Each member of our state and local organizations is an important link to the "Women Before Me" since they are living and leading in their families and communities. Be proud of your heritage whether you were born into the beef industry, married into it, or came to it because of a love for the products and heritage. We must reach out to women in the community around us, to consumers in the market place and give them information and an invitation to be a part of something bigger than our past. Reach out to them because of the future. As the song says:

Joy mixed with tears, the days turn to years,

I'm part of a circle that's cast.

And I smile just to know that I'm not alone,

I'm part of the future and past.

Working together, we can make a difference.

Meet Your 2009 Wyoming CattleWomen Officers!

Jo Bowman~WCW President

Jo Bowman may very well be the Wyoming CattleWomen's first "non-traditional" president, as she and her husband Bo are not ranchers. Jo is no stranger to the ranching world, however, and knows her way around a branding corral. An outspoken proponent of the beef industry, and highly opinionated on issues such as predator control, Jo is the outgoing president of the Cody Country Cattlewomen. A competent



horsewoman, wrangler, cowhand, and chuck wagon cook, Jo has also been writing and performing "cowboy" and "cowboy gospel" music for most of her adult life. Her CD "This Cowgirl's Heart" was released in 2005. She and Bo reside near Cody, where they present Chuck Wagon Church during the summer months and live to teach their eleven grandchildren about our western heritage and how to hunt and fish.

Ladonna Good~WCW Vice President

This is my fifth year as an officer of the Wyoming CattleWomen. I hope to live up to the expectations of the nominating committee who asked me to serve as Vice President this year. I think Bobi Lentz caught me during the sleep-deprived calving season, and I didn't know what I was saying! I didn't intend to move up to a higher office this year, but I didn't want to see our organization falter for lack of participation either, so I will do what I can and hope that

Jo Bowman's enthusiasm is contagious.

As a member of the Fremont County CattleWomen and the Shoshoni-Lysite Cow-Belles, I've served beef Ag Expos, organized parade floats and fair booths. I'm also at home running the windrower, sorting cows, doing books, etc. You know, just like most of you.

Ray and I have a cow/calf operation. Our children are grown and married, so we're on our own most of the time,



except for the help of good friends. We have two granddaughters who enjoy spending time at "Grandma's house", and we enjoy their visits, too. Who knows? Maybe they'll grow up to be CattleWomen, too!

Angela Whitlock~WCW Secretary

My husband George and I have been married for 25 years and have six children. When we married I quickly became a farm wife. We were living in Maryland at that time raising Polled Herefords.

While in MD, I was a member and served as President of the Maryland Poll-ettes. The Poll-ettes are the women's organization of the American Polled Hereford Association and have continued after the merger with American Hereford Association. George and I were also Beef Project Leaders for our local 4-H club. During that time, I also volunteered as a coach for recreational soccer and lacrosse.

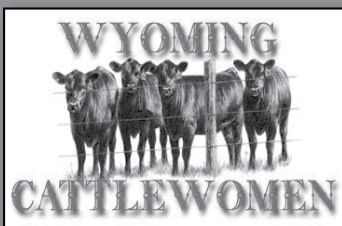
While living in Maryland, our family showed cattle extensively. One of my favorite things to do was announce cattle shows during the Maryland State Fair and the Hereford Junior Farm Fair. We moved to Wyoming in 1998 bringing the youngest two children. We continued raising Polled Herefords and I continued my involvement in the Poll-ettes both on the state and national level. For 10 years I have been a member of the Colorado/Wyoming Poll-ettes serving as President and Secretary. In 1999 I was elected to the National Organization of Poll-ettes and served four years as an Area Director and two of those years as Secretary. Shortly after arriving in Cody I was



invited to a Cody Country CattleWomen's meeting and have been a member ever since. In this group, besides being a member, I have served as Secretary and now as President. I have also participated in many activities of this group of fine ladies.

Recently I was asked to help the state CattleWomen by being secretary. George and I also belong to Christ Episcopal Church in Cody. Both in Cody and in MD I volunteered as a Sunday School teacher. Now, at Christ Church, I serve as Chairman of the Parish Life committee. This is an in-reach ministry at our church (we promote fellowship among all groups and age groups). Our daughter Sarah and I have also served as Bread Bakers (Communion Bread) and I have recently been asked to join the Youth Education Committee. I also belong to the Irma Flat Mother's Club. This group has been around for 100 years. In this group I have served as President and Vice-President.

While our children were in high school I served as Chairman (three years) of the CAT team (Community/Parent Advisory Team) which is the high school parents' group. I also served as Treasurer of the Buffalo Bill FFA Alumni for two years. We love living in Wyoming and I look forward to getting to know more cattle women.



Thank You for your continued support of the Wyoming CattleWomen and your local chapters!

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Visit us on the Web at:

www.wyocattlewomen.org

Kim DesEnfants~WCW Treasurer

I ranch 30 miles north of Torrington with my husband Doug and our son, Cole. We have another son living in Longmont, CO who is married with one son and a baby due in January. We are looking forward to another grandchild!

it is very important to promote our product. I have been a big promoter of education of the beef industry and our way of life. I believe we need to "ring our own bell" loud and clear.

I have been involved with CattleWomen since 1977 and have held many different positions on both the local and state levels. I enjoy being involved and think

I work at Torrington Livestock on sale days and help Madden Brothers with their Consignment Auctions too. I am active at the Church at Jay Em and on the Goshen County Fairboard.

I am looking forward



to a great year as Treasurer of Wyoming Cattlewomen and working with a great bunch of ladies!

Kelly Griffin Rees~Auditor

One sentence that would describe Kelly Griffin Rees is her agriculture roots run very deep in Fremont County. Kelly was raised on the family ranch outside of Riverton making it three generations in ranching.



Learning the value of caring for the land and livestock came at a young age. Kelly joined 4-H as soon as she was old enough and started raising her own cattle. Along with her cattle, she made and modeled her clothing, showed market hogs, and participated

in many non livestock projects. Talking won Kelly her many trips to Wyoming State Fair; both in Food Show Off/Presentations and Livestock Judging. Kelly won the Wyoming State Fair Beef Presentation and Overall Presentation, which she received a trip to the 4-H Roundup in Denver. In 1998 Kelly was the Wyoming Beef Amba-

sador and participated in the National Beef Ambassador Contest in Portland, Oregon, representing The Wyoming CattleWomen.

Joining the Cow-Belles and CattleWomen was a natural thing for Kelly to do. All of Kelly's family has been involved with Cow-Belles, CattleWomen and Stock-Growers.

Kelly met David Rees while in college at Torrington; they came home, married in 2000 and joined the family ranch. They are blessed with two boys, Peyton and Paxton. Kelly and David have kept the boys very involved in agriculture activities and helping with the cattle and farming.

Kelly has a Bachelor degree in Psychology and is employed by Fremont Counseling as the Prevention Specialist for Fremont County.

Gwen Geis~Parliamentarian

I was born and raised in Campbell County. Both my mother and grandmother were members of Cow-Belles/Cattlewomen, so I have been involved for years. I am the mother of three grown children and grandmother of three grandsons. I have been married to my husband Gerry for 28 and a half years and we live on his grandfather's

homestead. I have been a school bus driver, secretary at high school, receptionist for a chiropractor, substitute teacher, and now presently Operations Supervisor for a bank. I have always helped on the ranch with our cattle and farming operation. I have been active in CattleWomen for 29 years and have held all offices of the organization at



the local level as well as being President twice.

REGION V REPORT-Portland, OR • May 14-16

Riki and I flew – we met Bonnie and Jackie from the ANCW office. After we checked into our Portland hotel, we went with them to find a nice sea food restaurant. That evening about 10 of us took the train to downtown Portland and walked around, spoke to a merchant about the very poor economic outlook in Portland. Most of the stores used to stay open until 9:00, now they are closing at 7:00 PM.

Accommodations were great; we were on Hayden Island at Janzen Beach in the middle of the Columbia River. Every evening from 5:30 to 6:00 you got two free drinks and great finger foods. Every morning they had a full breakfast. We had all the rest of the meals at the hotel which were catered buffets and all included with registration.

Friday AM Lana Slaten, ANCW President Elect talked about ANCW projects and food guidelines for 2010. She asked us to become involved by "Educating Ourselves, Educating Our Consumers and becoming Politically Involved." We need to share all our ideas regarding ways to promote beef.

Next, Dean Jennings, Oregon Beef Council Director talked about marketing. Oregon producers pay \$1.50 to checkoff dollars and got it passed by stating that they would spend the extra fifty cents this way:

Ten cents each for animal research, range research, legislative information, positive image of the product and administration. He also told us that Hispanic radio station has just taken over as the number one station in the Portland area. The beef council is using them to advertise because it is a proven fact Hispanics spend the largest part of their food budget on beef.

Western Resource Legal Council two young attorneys presented a great program about the 501 (c 3) Corporation. They both graduated from Lewis & Clark Law School. They are training a new generation of legal advocates that appreciate natural resource industries and problems our industry is having with environmentalists. You can submit

a case to them and if their board decides to accept the case, most of the law students do research for the case.

There was also a great presentation from Cynthia Hylton who is the SHIBA, field officer. SHIBA is Senior Health Insurance Benefit Assistance. I thought oh no, another insurance lady but she was funny, interesting and very informative about options for insurance and how important it is to have disability insurance when you are a rancher.

Saturday after breakfast Linda Davis, Region V Director from Montana, opened the meeting. We elected Peggy Biaggi from Merrill, OR, Region V Director. Members were appointed to different committees. We completed the state reports, had lunch and then:

Mary Schlick, who was the person responsible for starting the Head Start Program on an Indian reservation and in schools, from the Salish Indian tribe, had a great collection of her authentic Indian Baskets. She had a number of very interesting baskets. Baskets that held water and roots or fish as you worked and a basket that you put water and fish in and cooked under the ground. She had a purse, wall hangings, hats and some very beautiful things. She told us how they were made mostly out of bark from the cedar tree and bear grass, and about different tribe's markings on their hand made products. Mary was a very knowledgeable and interesting lady.

We dismissed early so we could all go down to the Farmers market-I understand there was everything there from glass blowers to dope smokers so I guess I did not miss much by taking a nap instead.

That evening we had dinner and were entertained by Anita's Ma Tater - funny stuff! You know sweet tater was the daughter, pa tater the dad, mash tater the son and etc.

I did learn at the meeting that your brain cannot function properly or absorb information if your butt is tired, so the end!

Bobi Lentz, WCW Director

PARK *continued from page 1*

Board, and she was briefly on the State Parole Board.

Very rewarding for Gaynell has been guiding historic tours at Independence Rock for school children. She especially enjoys students from the School for the Blind in Kansas City, Kansas. They know their history, and are so appreciative of the pictures she paints with words, love to touch things and were even thrilled to touch a horse.

The year of my WCB presidency is recalled as a year of challenges, as well as one of warm and pleasant memories. That year was one in which the diet-health issue of beef in the diet was really starting to gain dangerous momentum...nine years (1986) later no one in our industry doubts the damage the diet-health controversy has caused the beef cattle business! In 1977-78, most of Wyoming's Cow-Belles were concerned about the potential dan-

ger...and wanted to do something to combat it. We were ahead of many organizations in recognizing the fact that this problem was not going to go away, magically, by ignoring it.

These words were written by Gaynell Park in 1977-78, and are just as relevant today, 2009!! Her President's Special Project was to obtain funding from the Old West Regional Commission and pursue some method of combating the unfavorable publicity. She spent the next two years heavily involved in setting up the "International Symposium on Meat in Nutrition and Health". The task was that of forming an unbiased, impressive scientific base to attempt to reverse some of the damage of the past few years. The Symposium was held in Colorado Springs in September 1980 with seventeen speakers from seven countries, a blue ribbon panel for sure. These

were scientists presenting scientifically proven information on beef, diet and human nutrition. Examples include "meat makes a unique contribution to the diet in being almost the sole source of B-12, the most available form of iron, a major source of zinc, other B vitamins and of course, of protein." (Dr AE Bender); "digestibility is among the best of human foods with the protein of (red) meat 97 percent digestible. (Dr George David) Publicity and a final report show the success of the Symposium.

(*Italics indicate quotes from Dixie Mathison's *Wyoming's Cow-Belles, 1940-1986.*)

Editor Marcia Campbell met with Gaynell on her birthday, Aug. 27, and, between the many well-wishers, interviewed her for this report! We had a most enjoyable time, although Norman definitely thought we talked too much. We had fun! Thank you Gaynell, for your time!

ANCW Summer Convention

Riki Davidson received an award from ANCW president, Kristy Lage for her outstanding job as Wyoming's state CattleWomen president.



Pictured left are participants in Fun Run that was held during the ANCW Summer Convention in Denver. It was a fund raiser for the National Beef Cook Off. The ladies pictured are from the RegionV area. Patti Buck-CO, Susie Magnuson-Co, Teddy Charlton-WA state president, Leslie Hendry-WY, Jean Berney-WA National CattleWoman of the Year, Wendy Harding, WY. (Two ladies in the back in sunglasses are unknown)

COUNTY Happenings

Albany County Cow-Belles

The Albany County Cow-Belles served BBQ beef sandwiches, chips and cookies to approximately 300 people on July 11, after the Laramie Jubilee Days Parade downtown...it was very successful!

The first summer cookout was at the Flying Heart Ranch (Gil & Ialene Engen) on July 16th and we had approximately 70 people attend. We served hamburgers hot off the grill with baked beans, chips and brownies. The weather was perfect (the breeze kept the mosquitoes away!) and Gil, Ialene and their granddaughter, gave us a nice talk about the history of the ranch and possible plans for the future with the next generation.

The cookout at the Plumbago Ranch was great fun! We served 100 medallion steaks, baked potatoes, salad (by Caterings) & brownies/cookies...and since we ran out of steak, had to serve our helpers plain old burgers! The Castles' were great hosts... they had a band play (The Ranchers), gave a brief history of the ranch, and the Wyoming Beef Ambassador, Becky Vraspir, was on hand to talk to us about the nutrition of beef. The Castles' offered tours of the old buildings that they have set up as mini museums. It was a busy night, but everyone had nothing but Kudos for the meal and the night as a whole.



Ron Blake and Pat Parker helped the Cow-Belles do some cooking.



Tyler and Brandon Gifford served by Cow-Belle Janet Talbot

On Tuesday, July 28, the Cow-Belles had an interactive booth at Family Night at the Albany County Fair. The booth was titled "Stick-a-Steak on a Steer". The concept was puzzle pieces shaped like the parts of a "steer" and labeled with the name of the part and the cuts of meat that come from the part; then kids and adults alike stuck the puzzle pieces in the right place on a stand-up wooden "steer" - thus teaching them where their cut of meat comes from on a "steer". It was great to see all the 4-H youth but also to reach out to some "city folk" and educate them about beef.

Thursday, Aug. 27 was our last cookout at the Thorbardin Ranch owned by Mo and Jo Vaillancourt and managed by Cody and Katie Talbot. We served steaks, potatoes, brownies/cookies. This is a fun summer event and we not only get to promote beef and agriculture within the community, we also get to learn about the history of the ranches we visit. The event was a great success and turnout was exactly what we hoped for, and we even had Suzanne Lewis and her husband there with some guests from Shanghai University. Our current President Maia Anderson did a lot of work and should be applauded for such success.

This fall we look forward to our annual scholarship auction in November and Dinner/Dance with the Albany County Stockgrowers in December.

Thyra Lynn Page, publicity

Goshen County CattleWomen

It has been a pretty quiet summer for Goshen County CattleWomen! Everyone is enjoying the bounty of great moisture in the area. Our group did serve about 400 beef burgers and the trimmings for the Goshen County 4-H Sale on August 2nd. As usual, the homemade cookies were a big hit, too. Goshen County CattleWomen are now planning our 50th Anniversary celebration. *Donna Cay Heinz, Publicity*

COME CELEBRATE 50 YEARS WITH THE GOSHEN CATTLEWOMEN

WHAT: Brunch + Vintage Style Show + lots of Reminiscing

DATE & TIME: Saturday, Oct. 17, 2009 - 11:30 a.m.

PLACE: Bucking Horse Restaurant, Torrington - 307-532-8500

(1/4 mi S of The Mercantile store on South Highway 85)

PRICE: \$12.50 (tax and tip included)

RSVP by Oct 1: Kim DesEnfants: dougdw@bbcwb.net 307-532-3297

or Marilyn Simmons: 2209 Crestview, Torrington, WY 82240 (307-532-5766)

Pat Frolander, a past president and long time CattleWomen member was featured in a recent issue of AGtivities, a publication of the Wyoming Business Council. Her new poetry book was mentioned.

We'd like to congratulate her on her accomplishment!

Long Term Education

spring blizzards
hot-as-hell summers, sweat bees in my shirt
machinery determined to break down
backward calves, prolapsed cows
six-hundred-pound weaning weights
three good stock dogs when we half hoped
for just one dandy

children's heartaches
patched Levis
champion steer at the livestock fair
salty tears of anguish when he sold
smoke-filled lungs from branding fires
wind-tangled hair
chokecherry picking
and a blanket

biting wind and heavy snow
sleds of hay for livestock
fencing
always the fencing
years of age sag the wires
and my belly
forty years, no ranching diploma
just passed my freshman year



The chapbooks cost \$14 plus S&H and are available from Backpack Books, 364 Farrall Rd, Sundance, WY 82729 or Finishing Line Press P.O. Box 1626 • Georgetown, KY 40324

Laramie Peak CattleWomen

Platte County has been blessed with the rancher's dream of rain and abundant green grass. With all the political issues bombarding us, it's been wonderful that Mother Nature is on our side.

Following the annual potluck supper in conjunction with the Stockgrowers (we cook, they eat) the end of May, the Laramie Peak CattleWomen installed officers for the upcoming two-year term. Sandy Kontour will serve as President, Callae McManus as Vice-President, Anna Thornton as Secretary and Holly Crowley will manage our finances as Treasurer. Past President Mimi Kontour was presented with an original Doris Cundall oil painting as appreciation from the group for her efforts the last two years.

The end of June found us providing a BEEF meal at Powers' Laramie River Guest Ranch for the State participants in the Ag Rendezvous organized by the NRCS and Wyoming Ag in the Classroom. Even in a rural State such as Wyoming, educators need exposure to increased and accurate information on the very basics of the importance of agriculture. This contact provided an additional forum for us as CattleWomen. Judy West & Clara Powers organized this meal. Mary Irvine again hosted the Push America bicyclists pedaling across the country. The LPCW have the reputation with this group for providing the best meal on all their stops. The learning experience for these young men is an opportunity for all of us with one-on-one conversations.

Our summer picnic had special guests in Jim



Mary Irvine & Judy West with the Push America bicyclists

Cody Country CattleWomen

The Cody Country CattleWomen in May awarded a \$500 scholarship to Taylor Bednarz. Taylor will be attending Northwest Community College. In July we, along with the Buffalo Bill FFA Alumni, and Southfork Community Clicks 4-Hers served lunch for the Park County Junior Livestock Sale. We served sliced

beef sandwiches and chips. A committee is working to finish our upcoming cookbook "Cody Country CattleWomen Recipe Roundup". It should be available in early fall. We look forward to working with Cody High School Pro-Start class this year.

Angela Whitlock, President

Weston County Cow-Belles

New president Stacey Button was installed at the May meeting of Weston Co CowBelles. Nancy Darnell was installed as vice president. Kathleen Tavegie returns as Secretary and Ann Simmons continues as treasurer. The June Meeting was held in Upton. Stacey and John Button hosted members and families in July for a picnic at their Elk Mountain ranch. The Cow-Belles assisted the Jr Livestock committee with the pre-sale barbecue during the Weston County Fair. *Nancy Darnell*



2009-11 LPCW Officers: Anna Thornton, Secretary; Sandy Kontour, President; Callae McManus, Vice-President & Holly Crowley, Treasurer.

Swartz, Director of the Wyoming Livestock Board and Ron & Patty Micheli from Ft. Bridger. Ron served all eight years of the Gering Administration as Director of Agriculture and had been in the State Legislature for 16 years. Ron is establishing grassroots committees to back his run for governor in 2010.



Director of the Wyoming Livestock Board, Jim Swartz addressing the CattleWomen & Stockgrowers at our summer picnic.

This late afternoon event at the Clara & Kerry Powers' ranch was thoroughly enjoyable with the combination of productive information, good food and the company of good friends.

The end of July brings the local Fair to Platte County. This was the tenth year for the Photo Contest organized by Mary Irvine & Donita Graves. A contest that started with 26 entries has ballooned to 119 exceptional photos this year. Cooperating with the Platte Co. Record-Times who provide free advertising in the local newspaper, the LPCW can concentrate their funds on prizes. With the demise of the Beef Gift Card, we partnered with a locally owned grocery store and printed our own Beef Certificates

Choice.

Other category winners were Clara Powers in Let the Good Times Roll, Valerie Martin for All in a Day's Work and Kim Weitzman for All Creatures Great & Small. Other Fair events sponsored by the local CattleWomen were the PeeWee Showmanship chaired by Sandy Kontour and Cynthia Pedersen and the PeeWee Rodeo with Sharon Utter ram-rodging with the assistance of Marika Anderson and Judy West. We're firm believers that establishing relationships with our young people builds a long-term positive attitude toward agriculture.

Busy days loom ahead with the advent of fall cattle work with marketing and shipping. Preparations for the Ag Expo held in September are being formulated. The Laramie Peak CattleWomen do have the calling of serving our industry and getting the job done.

Donita Graves