

### Converse County Cow-Belles

Well it has once again been a very busy spring/summer for the Converse County Cow-Belles. We started off this spring going into every third grade classroom in Douglas. We did our hat skit presentation showing the kids what it takes to get a hamburger from the cow that they see in the pasture to the piece of meat that their dad cooks on the grill. After each class presentation we give each child a rice krispie treat and a Dum Dum sucker (they both contain by-products of beef). We also give them a short quiz to make sure that they have learned something new.

In May we went on to help with the Gray Ranch Tour for all of the first graders in Converse County. During the ranch tour the children are taught about cattle, horses, sheep, goats, chickens, turkeys, dogs and cats. We break the kids up into classes and rotate them from station to station so that they can get more of a one on one learning lesson from the instructors. We answer as many of the questions as possible and try to inform them of as much information on each topic as possible. There were approximately 130 first graders on the tour this year.

In May we held a cook-off for our members. We broke up into two teams consisting of five teammates per team. The rules were that you had to cook five different meals all containing beef. We were to prepare an appetizer, vegetable, bread, main dish, and a dessert. Two judges were in charge of judging each dish and awards were given. It was a great opportunity for all of us to get together and have a great time doing what we all enjoy, promoting beef. We held our cook off at an open meeting; all members were encouraged to bring a guest who was not currently a Cow-Belle member, as well as to bring their husbands so they didn't have to fix supper when they got home.

In July we had our annual summer party. We served a cream can style supper, danced to the band Copasetic and enjoyed some good old fashion chicken roping and cow pie bingo. The event was held in the town of Lost Springs, Wyoming. Members are encouraged to bring their family and friends. It is a fun time for all ages of the family. Due to uncooperative calves we were only able to have two



Debbie Murray and Tessa Mae Manning

Cow Pie Bingo games (the calves refused to do their business on our tarp). We held two chicken ropings consisting of two rounds progressive on one. The chickens were provided by Gayle Dickau of Shawnee, the calves were provided by Anne Smathers of Lost Springs.

State Fair proved once again to be an extremely busy time for all of our members. We had an information booth set up in the Ag Pavilion at the Wyoming State Fairgrounds. We decorated our booth in accordance to the State Fair theme, Magic in the Fair. Daily we set out information



Donna Rae Grant, Jane Irwin and Mae Ann Manning

on the beef industry, recipes with in-expensive ways to purchase and prepare beef, as well as a multitude of information on the nutrients found in beef. On Wednesday of fair we held a "Sam's Club" style taste testing. All members were asked to bring in some sort of beef dish to be served in sample sizes to the public. We then talked to everyone and gave them the recipe as well as answered any questions that they had. We had approximately 15 dishes for people to try throughout the day. We would like to thank the Wyoming Beef Council for supplying us with a lot of the information that we had on hand to give to any interested individual. We would also like to thank Judy West, and the 2009 Beef Ambassador Rebecca Vraspir. Rebecca was great, she helped to make sure that all questions were answered as well as to make sure that everyone in attendance received all of the literature that we had available to them. On Saturday of the parade we also had a float again going with the fair theme. We had a pickup pulling a trailer, and our drivers wore cow hats, we had a magician, a hoolla-hooping cow, and magic cow wranglers that threw candy. Our float won our division in the parade.

**ManDee Manning, President**



Mary Engebretson, Lanky the Clown, ManDee Manning and Mara Moore

### Natrona County Cow-Belles

We lost a good and loyal friend with the passing of pioneer rancher Trula Cooper. Her daughter Sue Wyatt is one of our hardest workers!

We are starting the process of a silk

brand scarf, with probably unreasonable expectations of giving them as Christmas Gifts!

We gave two scholarships to members or member's children. Mike Owens and Shea Bicknese were our winners

attending Casper College this fall semester.

We will help at the Game and Fish Expo in Casper at the Ag in the Classroom activity area.

**Marcia Campbell, Treasurer**

### Johnson County CattleWomen

The Johnson County CattleWomen had a slow summer this year. We did give a \$50 beef gift certificate to the baby born the closest to Father's Day. We did not have our hamburger stand at the county fair this year, but we did give our "Keep on Plugging Award" to a child who had a lot of tough luck getting a critter ready for the fair. This is a \$50 gift certificate from a local feed store. Four

new scarf colors were added to our collection. I think that there is a color to please everyone! We sent a beef jerky care package to the Johnson County troops that were recently deployed to Iraq. They were really excited to receive it! Our next meeting will be this fall for election of officers.

**Linda Matthews J.C. CattleWomen**

### Fremont County CattleWomen

#### Best Beef Burger Bonanza

The contest was held on July 25, 2009 at the Fremont County Fair Grounds. We had nine contestants enter the contest with seven actually participating.

We had a two hour live feed with KTAK one of our local radio stations. There were around 500-800 people from the community that were around during the contest. The listenership for the radio is around 20,000 a day.

The winner was Ginny Warren, the owner of the Roost restaurant, and second place went to Harry O'Conner. The judges were four offensive linemen of the Wyoming Cowboys; Zack Kennedy, Jack Tennant, Sam Sterner, and Russ Arnold.

The winner won a grill donated by Porter's Mountain View and Supply and second place received grilling supplies from ACE Hardware Lander. The contestants received a gift bag containing a \$25.00 Gift Card from Clark's Meat House, Beef Aprons and Hats, and other Beef information. The judges received an eat



Four Wyoming Cowboy football players served as judges during the Fremont County CattleWomen's Best Burger Bonanza.

Beef T-shirt, and a \$25.00 Walmart gift card. The MC Darla also received a shirt. We use two pounds of beef per contestant and they each make four burgers. One burger they put on a presentation plate to show the judges and we take a picture of that one for reference. We then have one burger cut into four pieces for the judges. We take the other two burgers and the presentation one and cut them into small pieces for the crowd to sample.

The football players have been judging since the start of the contest. It originated with the Fair running the contest and then around five years ago the CattleWomen took over the contest for them. Two of the football players

will be coming back next year and the other two would but they are graduating.

Next year will be Jack's fourth year of attending the contest. They are a great bunch of boys and we really enjoy having them come up. The ground beef was donated by Clark's Meat House. The contest went over very well. We also provided the community with recipe books from the contest.

We also did a lot of Beef Promotion on the radio and had Ann Wittmann with the Wyoming Beef Council present. This contest is also partially funded by the Wyoming Beef Council.

Check out the winning recipe on page 7.

### Snowy Range CattleWomen

On May 19, 2009 we had our Annual Spring Luncheon and awarded the Cattlewoman of the Year to Vickie Herring. She is pictured with her two daughters Heather Bartlett and Heidi Sutee who are also members. Our guest speaker was Jennifer Reyes Burr who spoke about the LEAD program.

The Snowy Range Cattlewomen have been busy during the winter selling our brand scarves, The Healthy Beef Cookbook, and serving lunches at Bull Sales. We used our template of brands that we had on our napkins and had our silk scarves printed locally. It

wasn't cheap and we sold our scarves for \$20.00. They were large silk scarves bought at our feed store. Our printer is now out of business so we might be looking for a cheaper way to do it next time. We also have about 20 Associate Members. During the year we give grants and scholarships to various educational organizations and students. We usually have a potluck lunch for our meetings and that is fun. We suspend our meetings during the summer and will meet again in September.

**Dorothy Jamison, President**

### Snowy Range CattleWomen Honoree

Vickie Herring was born and raised in north-west Nebraska on a ranch near Gordon, NE. She grew up as the second of 5 siblings. The family was active in 4-H. They raised cattle and farmed. Vickie learned to drive at an early age by spending many hours in the hayfield. She also spent a lot of time riding her horses, both to help on the ranch and for fun.

Vickie attended the University of Wyoming where she met and married Kal Herring. The young couple moved back to Nebraska for two years where they ran a ranch for Vickie's brother. After that they moved back to Wyoming and began ranching in the Platte Valley.

After moving to the Platte Valley Vickie and Kal started to specialize their operation to raise Registered Angus cattle and show cattle. Over the years the Herrings' cattle have won many awards on a local and national level. Over the past 6 years they have shifted their focus to raising Registered Angus bulls which they market privately and through their bull sale with the Silver Spur Ranch. Raising the Registered Angus bulls and heifers would not be possible without Vickie's knowledge, dedication, and expertise on the field of record keeping and registrations. She also helps a great deal outside on the ranch. Kal always says that if Vickie decided to quit he would have to hire two good men to replace her.

Vickie has always loved ranching and being able to raise her family on the ranch. She has also enjoyed getting to know so many people in the state of Wyoming and beyond because of her and Kal's ranching endeavors.



Cattlewoman of the Year, Vickie Herring. She is pictured with her two daughters Heather Bartlett and Heidi Sutee

## Washakie County Cow-Belles

The Washakie County CowBelles have had a busy summer, starting with serving lunch to approximately 30 WYLE (Wyoming Youth Leadership Education) 4-Hers from the Northwest Area (Park, Big Horn, Washakie, Hot Springs and Fremont Counties, plus the Wind River Reservation). This year, instead of the youth staying in one location, they traveled from county-to-county to learn about various businesses and opportunities in different sections of our area.

July found us serving 318 registered people who attended the dinner and 100-year-celebration at the Greet Ranch in Ten Sleep. A short program related a quick history of what happened on the ranch, with introductions of relatives coming from everywhere. In reality, the family has been around much longer than 100 years, having moved from Spring Creek where they ranched from 1891 – 1909.

Joe Basin, from Crowheart, supplied music and entertainment and a Greet great granddaughter (who is maybe five or six-years-old) sang America, the Beautiful. The audience was awed by her musical talent as this young whippersnapper sat on her stool and belted out the words in perfect pitch. It was truly a storybook event with kids playing in the creek, older ones playing croquette, adults reminiscing, and a late arrival who said he was “just over the hill checking his cows and thought he would drop by for a bite to eat”.

George and Elizabeth Greet started the ranch when their youngest children (a set of twins) had just finished first grade. Unfortunately they died that year and others then raised the Greet children. When the twins were in their 20's, it was decided that they would stay on the ranch and build it up from there. As they were moving the last load to the present location, it happened to be the night of the Spring Creek Raid, which they witnessed. As the saying goes, the rest is history.

The young men got married but only Frank wanted kids. He married a lady and had a ready-built family of six children, four boys and two girls. In the 1960's, the “boys” broke



The Greet Ranch was purchased with this barn on it which is now well over one hundred years old.

their holdings into two different sections. George, who is 96, has his place and John, the youngest, has the Greet Ranch. After selling his share, Neil now lives in Worland. The other son passed away.

John has two living children – Cindy lives in California; Vernon and wife Carol have three children. That means the fourth generation is now working on the ranch.

Comments were made that a person needs to actually see the place to truly appreciate the beauty and history of the Greet Brothers Ranch. There are cottonwoods that 96-year-old George remembers his mother planting all those many years ago!

That event was not the only thing the Washakie County CowBelles did this summer. During the Washakie County Fair, the group took first place in the parade and took first place traveling trophy. Kathy Bush's granddaughter, Madelyn Glanz, was featured on the front page of the paper riding her “horse” on the float. The members sang Old MacDonald Had a Farm and the parade watchers joined in . . . all along the parade route!

The CowBelles also gave the top bred heifer and top bred ewe awards, which totaled \$800. Oh, and don't let me forget to mention that we also had a very successful food booth during the fair, selling out our barbecued beef sandwiches on multiple days. In addition, we also served the buyers' lunch prior to the livestock sale.

Whew! What a summer. Stay tuned for what we will be doing this fall.

*Yours truly,  
Marlene Loudan*

## Crook County CattleWomen

The Crook County Beef Ladies are small in active numbers, but busy promoting Beef. Health Fair Beef Promotion with two \$10.00 Beef Certificates at Sundance Health Fair, FFA Banquet giving support to our young people, Sundance Elementary Grade School fifth and sixth, two \$10.00 Gift Certificates to Decker food store to buy Beef for Ranch A Retreat. We gave appreciation Cookie Gift Trays and Baskets to the three banks in Crook County: Sundance State Bank, Pinnacle Bank Moorcroft and Hulett Bank that support our organization by selling Beef Certificates. We served a Beef lunch to Crook County Senior

students attending “Law Day” at the Sundance Courthouse sponsored by Crook County Court office. We had a fun Father's and Mother's Day Beef promotion with a gift to the parents of the baby born in Crook County closest to the holidays and the gift was a beef roast the same weight as the baby's weight. Due to cancellation of our Associate members' Beef appreciation luncheon in March because of inclement weather, the luncheon was held July 23, 2009. Gift drawings of Crook County Brand napkins, Crook County Brand note cards, and \$15 associate membership for 2009-1010 year was enjoyed by those attending. Crook County CattleWomen served a Beef

Hot Dog lunch to 200 bicycle riders and volunteers taking part in the National Multiple Sclerosis Society Close Encounters two day tour, 150 mile ride to create a world free of MS. The bike riders rode the circle to Devils Tower, Hulett, and Aladdin, Wyoming, Belle Fourche-Spearfish, SD. Once a week, *Sundance Times* of Sundance Wyoming for Decker Food Pride display our Crook County CattleWomen beef recipes.

The Crook County officers for 2009-2010 year are: President- Minnie Williams, Vice President- Evelyn Hejde, Secretary- Opal Oudin, Treasurer- Margaret Ellsbury

*News submitted by  
Janet Jensen*

# WCW Committee Reports

## Beef Education Committee by Judy West

### EDUCATION KITS

The nutrition education kits to use for presentations at your Ag-Expos are ready! Mary Neese, executive assistant for the Wyoming Beef Council, has done a fantastic job putting together a lesson plan including pictures of foods, lesson plans, the food guide pyramid, pam-

phlets and necessary information to do the presentation. We'll be testing it at the Platte Co. Ag-Expo on Sept. 16th and I will bring them to the October meeting. If you would like to have one before that time give me a call at (307) 422-3479 or e-mail me at 5wranch@wildblue.net.

## WYOMING BEEF AMBASSADOR HAPPENINGS

Our Wyoming Beef Ambassador, Becky Vraspir, has been busy since she won the state title in March. She has 4 components of the national contest to complete before she attends the national contest in Fort Smith, Arkansas on Oct. 9-11. She has been steadily working on the classroom education requirement since the contest. She has developed a lesson plan on the topic of beef nutrition for presentation to 3rd-5th grade students which she has presented in several classrooms. She has the regular teacher evaluate her work and has photos taken. She must then compile all of this material in a portfolio which will be judged at the national contest.

Beef promotion is the second component of the contest. Becky has worked with Albany County Cow-belles on their Ag-Expo and their summer ranch barbecues. She gave a presentation at the Natural Resources-Ag in the Classroom Rendezvous held in Platte County

the first week in July. Converse County Cow-belles had a booth at the Wyoming State Fair at which they handed out beef samples and visited with fair goers. Becky had the opportunity to hone her promotion skills as she handed out recipe pamphlets and talked about the nutrient value of beef. At the national contest she will do a consumer presentation, handing out pamphlets and answering consumers' questions. She received a large stack of material from the national office which she must study in preparation.

The third component is a media interview and this was one of the components of our state contest. She has done an interview with Russell Nimitz of Northern Ag Network. She also completed the MBA program offered through NCBA and participated in the commencement ceremony held during the NCBA summer conference in Denver. MBA stands for Masters of Beef Advocacy and is offered to anyone desiring to become a spokesperson in support of beef.

The final component of the contest is an issues response activity. Contestants will be given a current, nationally published article to which they must respond in letter-to-the-editor form. They must be very knowledgeable of all aspects of the beef industry in order to write a good response. They will not have seen this article prior to the competition and will be able to use computers.

As you can see, this has been a busy summer. I want to thank all of those who have helped Becky prepare for the national contest. Brooke Gerke, Ag in the Classroom Director, was a great help in developing the lesson plan. Thank you go to Albany and Converse County Cow-belles for having Becky participate in their activities. Ann Wittmann provided information on the Beef Checkoff. Dr. Doug Hixon of the UW department of Ag has been very supportive. Thank you all for your support of an outstanding program.

## Membership Committee by Wendy Harding

It's hard to believe that fall is fast upon us and with the fall and winter seasons comes early renewal of dues. Many of our local CowBelle/CattleWomen organizations begin to meet in September and start collecting dues for the next year. State and national dues may be sent in at any time but are not delinquent until April 1<sup>st</sup> of each year. Wyoming CattleWomen dues continue to be \$15 per year per member, a lifetime membership is a one-time fee of \$300, Associate Membership for busi-

nesses is \$25 and dues for the American National CattleWomen (ANCW) is \$50. Please continue to send your dues payments to: Wendy Harding, 4408 Road 232, Meriden, WY 82081. For any questions or information concerning state or national dues please call Wendy at 307-246-3462 or email [wjharding@rtconnect.net](mailto:wjharding@rtconnect.net).

Kim DesEnfants, new WCW Treasurer, reports that Wendy Harding will be the Associate Membership chair as of Jan, 2010.

## Condolence Report Committee by Betty Bogacz

### April 1, 2009–August 15, 2009

April	21	Beatrice Gallatin-Beuf	Big Horn
May	17	Dan Carlat	Buffalo
	20	Earl A. “Jay” Jamerman Jr	Jeffrey City-Riverton
	21	Trula Cooper	Casper
	31	Ann Boner	Douglas
June	12	Bonnie Jeanne (Claytor) Meer	Casper
July	1	Mary Mehr Scarlett	Lander
	11	Homer R. Lathrop Jr.	Casper
	12	June D. Akers	Wheatland
	19	Jacquelyn Faye Hale Carter	Casper
	19	Christopher Roy Mathis	Wheatland
August	1	Twila J. Maxson	Riverton
	3	Mary Kay Von Forell	Wheatland
	3	Maude Elizabeth “Betty” Loman Rhodes	Thermopolis

I receive press releases via e-mail from the offices of Senators Barrasso & Enzi and Representative Lummis. I forward them onto people who are interested in what our congressional delegation is doing in Washington D.C. If you are interested in receiving these notices, please send your e-mail address to [big-horn@wildblue.net](mailto:big-horn@wildblue.net) and I will add you to the list.

*Leslie Hendry*



## ECONOMICAL CUTS OF BEEF DON'T NEED TO BE TOUGH IN THESE "TOUGH ECONOMIC TIMES."

The consumer can usually find some cut of beef at the grocery store for \$1.99. A delicious meal can be quite inexpensive, especially if the proper cooking method is used. There is a good brand new pamphlet Converse County Cow-Belles had at the State Fair:

*Simple Steps to Creating Your Favorite Steaks and Roasts, Slice 'n Save.*

Here is a chuck roast method that I always use and guests love it.

Take a frozen chuck roast (about four pound size) straight out of the freezer. Place it in a covered roaster, or cover a glass baking dish snugly with foil. It is best to use a pan close to the size of the meat, not oversized. Before covering, add your favorite spices. I sprinkle on lemon pepper (generously) and garlic salt (lightly) over the frozen meat top. Place in a 250 degree oven and cook for six or seven hours. It will come out fork tender and still have juices for gravy. The meat will not be pink.

Any leftover meat can be added to freshly cooked noodles and the leftover gravy. Heat and serve over mashed potatoes for hot beef and noodles for a second meal.

**Terry Henderson**



Tammy Delyea prepared this recipe for our taste testing.

Trim the fat off the steak-cut into serving sized pieces, layer in crock pot with a can of coke and a can of cream of mushroom soup, serve the extra gravy over rice. I put it in my

crock pot on low in the morning and it's ready for supper.

It is of course really good with sirloin but also for flank steak, round steak, brisket, etc

**ManDee Manning,**  
*Converse County President*

**Editor's note:** I am putting these in the Feature because they are quick to prepare, although they use some pre-prepared ingredients.

### National Beef Ambassador's Workshop

Those of us who were lucky enough to be able to attend the ANCW Summer Conference in Denver, in August were treated to a delightful demonstration of some quick and easy recipes that were prepared by three of our National Beef Ambassadors. These recipes have been served to many people through the United States by the ambassadors. They served and prepared over 8000 of the Roast Beef Veggie Wraps at the Boston Marathon.



Sharon Byrne

Sharon Byrne from Pennsylvania prepared the "East Meets West Steak Salad" in about 15 minutes. She had previously marinated 16 oz of sirloin in ¾ cup of Asian-style dressing about 2 hours. She pre-heated a George Forman Grill, removed the steak from the marinate and grilled it for about 14 minutes. She then tossed 1 lb. coleslaw mix with one cup snow peas, added ¼ cup honey roasted peanuts and ½ cup of the Asian dressing. The salad was then divided onto 4 salad plates. She removed the steak and carved it

very thin, placed meat strips on salad, added salt and pepper and it was ready to be served. Wallaa, looked good enough to serve to your family, your boss or your best friend. It was also suggested you could substitute 12 oz. of deli roast beef or any leftover roast or steak.

Brad Copenhaver from Virginia prepared "Hot Beef Sundaes" in about 15 minutes. He used one 17 oz. pkg. of beef tips with gravy, one 24 oz. pkg. of refrigerated mashed potatoes, heating each in the microwave according to package directions. Using 4 cups he placed an ice cream scoop of the potatoes in the cup, divided the beef tips evenly among the potatoes and topped each cup with shredded cheese, sour cream and a cherry tomatoes.



Brad Copenhaver

Jessica Sampson from California, with some assistance from the other two ambassadors, prepared "Roast Beef Veggie Wraps" which we were all able to sample. She used large tortillas which were spread with a mixture of 8 oz of cream cheese and 2 tbs. ranch dressing. About 4 oz. of thinly sliced deli roast beef was put on the cream cheese mixture and on top was 1/3 cup of broccoli slaw. The broccoli slaw mixture was 2 cups of the broccoli slaw mixed with ¼ cup ranch dressing. Roll tortilla up tight to enclose the filling and cut into bit size pieces. You can use spinach, whole wheat or sun-dried tomato tortillas.

It was a great demonstration of things you can toss together in a hurry for a quick lunch. These are very healthy and nutritious and it did demonstrate how great our ambassadors are when they are out to meet the public at fairs and other venues they may attend. I will have copies of these recipes at the next state meeting.

**Bobi Lentz, WCW Director**



Roast Beef Veggie Wraps



East Meets West Steak Salad



Hot Beef Sundaes

### Sweet & Sour Beef

- 3 # Beef chuck roast, round steak, or short ribs
- 2 T. cooking oil
- 1 C. chopped carrot
- 1 C. sliced onion
- 1 8-oz. can tomato sauce
- 1/4 C. brown sugar
- 1/4 C. vinegar
- 1 T. Worcestershire sauce
- 4 t. cornstarch

Brown meat in hot oil. Add next six ingredients, 1/2 C. water, salt & pepper. Cover and cook over low heat until meat is tender, about 2 hrs. (Can use crock pot) Remove meat from the pot. Combine cornstarch and 1/4 C. cold water; add to pot drippings. Cook and stir until thickened. Replace meat into sauce. Can be served alone or on a bun, rice, or noodles.

**Ladonna Good, Vice President, WCW**



### Economical Cuts of Beef- Pot Roast Meat Loaf- Serves 4-6 Bake 375 degrees for 1 hour- Janet Jensen CCCW

- 1- 1 lb. hamburger
- 2- 2/3 cup evaporated milk
- 3- 1/3 cup fine bread crumbs
- 4- ¼ cup catsup or chile sauce
- 5- 1 tsp salt
- 6- 1/2 tsp pepper

Mix all ingredients well together. Wet hands and shape into center of pan. Peel and slice into ¼ inch pieces three potatoes, three onions, and three carrots. Mix two teaspoon dried parsley flakes, one teaspoon salt, and pepper.

Sprinkle each layer of vegetables with this. Cover in 9x13 pan lightly with foil, bake at 375 degrees or until vegetables are tender. Uncover and cook 10 more minutes to brown or cover with grated cheese until melted.

### Slow cooker inexpensive beef- Heloise- Rapid City Journal- very good-Janet Jensen CCCW

Three to five pound roast beef chuck or cheaper cut or beef roast and cut slits in the meat using a sharp knife. Insert slivers of onion and garlic in the slits(optional) Put meat into a bowl and slowly pour ½ to one cup of white, apple cider, or wine vinegar over the meat so that it runs down into the slits. Cover tightly and refrigerate overnight. **IMPORTANT: Before cooking pour off the vinegar and pat meat with paper towels.** Cook in a heavy pot(cast iron Dutch oven is great) and brown on all sides in a few tablespoon cooking oil.

Next pour two cups of strong, black, brewed coffee over the meat, and add two cups of water, then cover and cook slowly on low heat on top of the stove for about six hours. You might need to add more water at some point, so check often. **DO NOT ADD SALT OR PEPPER UNTIL LAST 20 MINUTES.** Roast will be absolutely tender and delicious.

### Winning Recipe from Fremont County's Burger Contest Miss Ginny Warren-The Roost

#### Miss Ginny's Cajun Triple Cheese & Bacon Belly Buster

Patties:

- 2 lbs Ground Beef (85/15)
- 4 T Heavy Cream
- 4 T Cajun Seasoning
- Salt & freshly ground pepper (to taste)

Filling:

- 4 oz Softened Cream Cheese
- 2 oz Shredded Parmesan Cheese
- 4 oz Grated Sharp Cheddar Cheese
- 2 oz Finely Chopped Jalapeno Peppers
- 6 oz Bacon, Crisp & Crumbled
- (fresh or processed)

- 4 ½" Thick Sweet Onion Slices
- 4 Wooden Skewers
- Melted Butter for Basting
- 4 Slices Cheddar Cheese
- 4 Sourdough Burger Buns
- Additional Cajun Seasoning for grilling

1. Combine ground beef, cream and seasoning, mixing just until combined. Divide into four equal balls. Set aside. 2. Combine cheeses, bacon and jalapenos, divide into four equal portions. 3. Put a skewer through each onion slice, brush with melted butter and place on grill. Turn and baste several times. Season with Cajun if desired. 4. Divide each beef ball in half and flatten into patties. 5. Place cheese mixture on one patty, flatten and cover with other patty, crimping the edges well. 6. Place on hot grill, grill until 120 degrees, then flip and continue grilling until 145 degrees. 7. Remove onion slices from skewer, place on burger and cover with cheese slices. Cook until cheese begins to droop. 8. Remove from grill, cover with foil and rest while buns heat. Brush buns with melted butter and place on grill to toast lightly. 9. Plop burger in bun bottom, brush bun top with Creole mustard and serve. **\*\*Burgers will continue to cook and reach safe temp while resting.**

For more winning recipes go to  
[www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)



## Hendry's join Wyoming Agriculture Hall of Fame

**Lost Cabin** — Robert, "Rob," and Leslie Hendry live about as far from Casper as is possible while still living within Natrona County. Distance, however, hasn't deterred this ranching couple from volunteering their time to improve their community and the agricultural industry.



U.S. Senator John Barrasso congratulates Rob and Leslie Hendry on their selection for the Wyoming Agriculture Hall of Fame during an Aug. 12 picnic in Douglas. Jennifer Womack photo

"It's 76.2 miles from our house to the courthouse steps," says Rob. He and Leslie know the trip well after nearly 30 years traveling the route, often to attend meetings or volunteer their time.

The Hendrys' efforts on behalf of their community resulted in their nomination and subsequent selection for the Wyoming Agriculture Hall of Fame. Each year readers of the *Wyoming Livestock Roundup* nominate deserving individuals to the Hall of Fame with a panel of judges selecting the year's recipients. U.S. Senator John Barrasso presented the Hendrys with their award on Aug. 12 at the Wyoming Agriculture Hall of Fame picnic in Douglas. Also recognized was south central Wyoming rancher George Salisbury.

"Robert and Leslie have devoted time and leadership to every aspect of agriculture through each organization they have been involved with," says the form nominating them for the recognition. "Whether it has been with the Stock Growers, National Cattlemen's Beef Association, or the Greater Yellowstone Brucellosis Task Force, Robert has provided knowledge and insight. Leslie has been instrumental in creating the ag expos for third graders and also in developing the Beef Gift Certificate Program."

The Hendrys, along with their sons Jarrod and J.W. and J.W.'s wife Hannah, ranch in the Lost Cabin area of Central Wyoming. The ranch straddles the Natrona and Fremont county line. They also cater to pheasant hunters, an enterprise that allows them to capitalize on the recreational market while teaching their visitors about agriculture.

Rob is a long-time member of the Wyoming Stock Growers Association and served as the organization's president in 1999. WSGA and FFA, according to Rob, inspired his early volunteer work. He was attending WSGA conventions in high school, a time when he also served as Secretary of the Wyoming FFA Association.

The couple supports the beef checkoff and Rob spent six years on the Wyoming Beef Council working in support of the program.

Raised on a historic Powder River area sheep ranch, Leslie's earliest volunteer efforts were through the Wyoming Wool Growers Auxiliary and the Natrona County Cow-Belles, a group she's belonged to since the early 1980s.

In 1994, becoming involved in the Wyoming CattleWomen through her local organization, Leslie stepped forward to chair the group's beef gift certificate program. In 1995 southeast Wyoming ranch woman Wendy Harding joined her and the duo accomplished a steady increase in sales. When the program was nominated for the National Cattlemen's Beef Association (NCBA) Vision Award two years ago, beef gift certificates had resulted in the sale of a little over a million dollars in beef under the women's direction.

It was also the early 1990s when Leslie partnered with another ranch woman, Mary Owens of Midwest, to launch the Natrona County Ag Expo. Leslie's desire to launch the ag expo arrived in unison with her service on the board of Wyoming Ag in the Classroom, a group she served as treasurer and president.

As Rob continues to serve as county commissioner, and Leslie volunteers her time to numerous groups that benefit the ag industry, it doesn't appear they'll stop making the 76.2 mile trip anytime soon.

*Jennifer Womack is managing editor of the Wyoming Livestock Roundup. Send comments on this article to roundup@wylr.net.*

## WYOMING BEEF IT News

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