



Wyoming has a National Beef Ambassador

On Sunday, Oct. 10th Becky Vraspir of Laramie, WY was named one of the 5 finalists in the 2010 National Beef Ambassador competition. It was the culmination of 2 days of unpredictable travel and competition activities.

Becky and I left Denver at 9:30 AM Friday on a flight that was supposed to leave at 6:30 AM. We

were concerned about catching our connecting flight in Dallas at 10:30 AM but got lucky as that flight was also delayed by heavy rains. We flew into Fort Smith, Arkansas at 2:30 pm and Becky made her 3 o'clock orientation meeting. We were some of the lucky ones. as several other participants arrived late and were without their luggage for up to 24 hours.

Becky's orientation meeting included instruction for Saturday's competition, media training and getting acquainted with the 15 other contestants from all across the country. All contestants were required to wear red shirts provided by the program with black slacks and shoes for the contest and awards presentation. Friday

Please see BEEF on page 2



The National Beef Ambassador team.(L to R) Malorie Bankhead, CA; Becky Vraspir, WY; Ellen Hoffschneider, NE; Jackson Alexander, OK; Mandy-Jo Laurent, TX

Success from Wyo Beef Ambassador's Perspective

Your editor requested an article from Becky sharing with WCW her perspective and feelings during the big contest weekend. She is a busy student at UW and graciously shared this account with us. Thank you, and congratulations!

Greetings, My name is Becky Vraspir. I am the 2009 Wyoming Beef Ambassador and recently won a position on the 2010 National Beef Ambassador Team. On October 9th, Judy West and I hopped on a plane to Ft. Smith, Arkansas. We left snow in Denver, survived our layover in Dallas and were greeted by the muddy rivers of Ft. Smith. It was the start of an exciting weekend! The first event of the weekend was a contestant training to prepare for the contest the next day! It was astounding to meet all the brilliant minded contestants.

Everyone was well-prepared and driven to win a position on the national team.

The day of the contest was both thrilling and intense. All the contestants were gathered in the "ready room", where contestants awaited their shot at each event in the contest. The events were consumer promotion, issue response, classroom presentation portfolio and media interviews. At the end of the competition, the competitors only knew how well they did as individuals. I was satisfied with my performance, but I didn't know if it would be enough to win a National position. So this made awaiting the results very suspenseful. The next morning was the awards banquet. We had a great breakfast, while a local citizen sang some Sunday morning hymns. Finally the announcement of the 2010 team, two names passed and my chances were getting slim.



Finally I heard my name and I was hit with shock and excitement. What a great accomplishment to make the top five at the National competition! It was an amazing experience and nice to meet others who are just as passionate as I am about promoting beef. I had a great time at national competition and I look forward to an exhilarating year of informing the public about the importance of the beef industry.

If there is any interest in competing for the Wyoming Beef Ambassador contest or just general questions, feel free to contact me. rvaspir@uwyo.edu

From your President

What a privilege I have had this Fall to be with Wyoming CattleWomen around the state! Once again I am blessed to meet and visit with those of you who are the colorful threads that create the tapestry of this state organization.

Happy birthday to the Goshen CattleWomen! They celebrated 50 years on October 17th. What a celebration it was. They recognized a number of charter members who were present for the day, and still involved locally. There was a most wonderful style show of vintage clothing belonging to moms, grandmas, great grandmas and aunts who came to Wyoming a long time ago and poetry by past WCW president Terry Henderson. They have endeavored to maintain three key elements

over time; good officers, good programs and good members. Well, hats off to you, Goshen CattleWomen! Those elements are still working after 50 years and we applaud you!

Okay, trumpet fanfare!!!! Wyoming Beef Ambassador, Becky Vraspir, went to Ft. Smith, Ark. where she earned a place on the National Beef Ambassador's Team!! Yee-Haaaw!! We are so proud of you, Becky. We know you have worked hard and it has paid off. We know you will learn tons and continue to promote beef to those you meet. We are grateful for your commitment and hard work. I would also like to say a special "thank you" to Judy West who spent much time encouraging and mentoring Becky in preparation



for this competition. We are proud and grateful to you both for all your work!

On October 27th I was on the road and went to the northeast corner of this state and found some of the most beautiful country I have seen in Wyoming! I am talking about Crook and Weston counties. Not only is the geography wonderful, but I received such gracious hospitality from the Crook and Weston County women. All I can say is thank you so

Please see JO on page 2



Members of the Wyoming CattleWomen gathered early October near Wheatland to conduct their annual fall meeting. The meeting was held at the historic Fancher ranch and was hosted by the Laramie Peak CattleWomen of Platte County.

Goshen County Celebrating 50 years

On October 17th, seventy-five CattleWomen gathered in celebration of 50 years in Goshen County! The day was complete with lunch and a vintage style

crowd with her cowboy poetry and our CattleWomen "husbands" played during the celebration.

Donna Cay Heinz, Publicity

show featuring clothing from 1911 through 2009. Models wore a 1911 leather riding skirt, several 1930's wedding dresses, a graduation dress of 1925, a replica of a 1776 Centennial dress, a 1920's wedding dress w/mink cape and also the typical garb of a CowBelle helping feed cattle (a snowsuit w/stocking cap). Our program featured 50 years of history and each guest had a favor of a feed-bag of pretzels. We were pleased to have State President, Jo Bowman and her husband attend. Also, Terry Henderson delighted the



Goshen charter members: Front row L to R : Ramona Coffee, Darlene Splitgerber, Marilyn Simmons, Back row L to R: Shirley Hladkey, Lois Waggoner



TO ATTEND
THE WYOMING CATTLEWOMEN
WINTER MEETING
AT THE PARKWAY PLAZA
DECEMBER 7, 2009 • 10:00 AM

After business, we will have lunch with the general assembly for "Make It With Wool" then have a "surprise" program afterward. I know you all like to slip out and shop while in town. That's okay. But please allow time to get back together for an hour after lunch. You won't want to miss this portion of our state meeting. We may all need some "shopping therapy" afterward. I look forward to seeing you all. Jo Bowman, WCW President

BEEF *continued from page 1*

evening we all gathered for the welcome dinner. The featured speaker was 2006 Beef Ambassador, Amanda Nolz, who you might recognize as the editor of e-mail BeefDaily. Contestants were introduced by Trent Loos and Darren Williams and given a hint of what might be expected in the media interview portion of the next day's contest.

On Saturday morning we enjoyed a huge Arkansas breakfast after which all contestants were seques-

tered in the ready room for a day of competition. Contests were scheduled in 15 minute intervals, in 4 different rooms, and contestants were escorted to each room by ANCW volunteers. I was a timer for the media interview component and was able to watch all the interviews. Darren played the good guy conducting TV interviews at the Boston Marathon, and Trent Loos played the bad guy doing radio interviews concerning the perceived con-

flict between the cattle industry and global warming. It was very interesting and I recognized that that competition was very close. Wes Ishmael and our own Laura Nelson were judges for this event.

The consumer promotion event was staged so each contestant would be approached by a "consumer" with questions about a beef product being demonstrated. Participants were judged on knowledge of product and supporting literature and interaction with the consumer.

In the issues response event contestants were given a news article and were required to write a "letter to the editor", identifying misinformation and providing accurate information with good grammar and format. Laptop computers were provided and responses were e-mailed to judges off site.

The final component of the contest was the classroom presentation. Contestants prepared lesson plans for grades 3 through 5 and implemented them in classrooms prior to the contest in Fort Smith. Then they put together portfolios containing lesson plans, teacher evaluations, photos, example materials and any other items pertinent to the education project. These portfolios were then judged by 2 elementary teachers. Since this was the first time this component was judged in this manner there were no guidelines for the portfolios. Consequently there were 16 very different presentations. In my opinion, this was Becky's best area. She and an artist friend developed bovine super heroes to represent zinc, iron, protein, and vitamins B6 and B12. She used these to talk about how beef is an excellent source of these nutrients for growth and development in young people.

The contest was completed by 3:30 Saturday afternoon and we had the rest of the day to relax. We enjoyed a very good dinner served

at a community center within walking distance of our hotel. After dinner the entertainment was provided by a group of singers and musicians who presented a look at Fort Smith in the late 1800s. We would have to wait for contest results until Sunday morning!

We enjoyed another Sunday morning prior to presentation of awards. Judges were recognized and finally it was time. First, awards were presented to the top score in each component of the contest. Finally the 5 National Beef Ambassadors were announced in no special order. The first three had also been winners of the individual contests so I was resigned to the fact that chances were slim for Becky. And then the fourth name was called; Becky Vraspir!. I was in shock and I think she was too. The ambassadors are from California, Nebraska, Texas, Oklahoma, and WYOMING.

We flew out of Fort Smith about 4:30 PM on our way home to the first snow storm of the season. We stayed in Denver Sunday night thanks to Wendy Harding. She had checked on the weather and had reserved a room as she

had been advised not to try the drive to Wyoming at night. The weather was okay in Denver Monday morning but steadily deteriorated as we headed north. By the time we reached the border we were in heavy fog and snow.

Becky represents Wyoming in true cowboy fashion. She is very self motivated and great to work with. Our thanks go out to Brook Gerke for help with age appropriate lesson plans, to Dr.Hixon who is Becky's advisor and gave us lots of support and help in getting into Laramie classrooms, to Ann Wittman for information on the Beef Checkoff program, to Linda Hazaleus and Cindy Amundson for allowing us to present in Platte Co. classrooms, to Albany Co. Cow-belles who took her into their fold and gave her numerous opportunities, to Converse Co. Cow-belles for allowing her to make consumer contacts at their state fair booth and to everyone who helped us on the way. It has been quite a ride and for Becky it is going to be a fantastic year.

*Becky Vraspir, Wyoming Beef Ambassador
Chairman*

WCW Committee Reports

Beef Education Committee by Judy West

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, pamphlets 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 December 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.

Judy West

Condolence Report Committee by Betty Bogacz

Condolence Report

August 15, 2009--October 31, 2009

August	18	John E. Wardell	Pinedale
September	3	Joel E. Teeters	Lingle
	14	Mary Eleanor Hadley	Sundance
October	8	Skye Lacey Hiser	Douglas
	10	William Michael Henry III	Douglas
	20	Clifford P. Hansen	Jackson

Wyoming CattleWomen extend our sincere sympathies to the families and friends of these folks.

*Elizabeth (Betty) Bogacz
Condolence Chairman*

Congressional Delegation Press Releases Available

by Leslie Hendry

I receive press releases via e-mail from the offices of Senators Barrasso & Enzi and Representative Lummis. I forward them on to 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 me at bighorn@wildblue.net and I will add you to the list.

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ANNOUNCEMENT

Does anyone have use for a Xerox 5307 copier? It belongs to Wyoming CattleWomen, but has been sitting in a box in the corner of my office for a couple of years now. If another officer, committee chairperson, or affiliate group has use for it, I would be glad to let them have it. Otherwise, I am suggesting that it be donated to a needy school. Please contact me prior to the December meeting if you want it. Ladonna Good, 307-856-8267, or good@wyoming.com. Thanks.

JO *continued from page 1*

very much! These ladies have been working together for a long time as well, and I so appreciate hearing about the different activities you do to promote beef. Please keep it up!

I have to say, most sincerely, that I am humbled each time I visit with you across this state. You ladies, young and younger, are my heroes. You are the kind of women I want to be when I grow up! You are independent (in a good way), resourceful, determined, capable, gracious, caring, courageous and the back bone of this industry. My hat's off to all of you.

I look forward to seeing some of you at the Winter Convention in Casper, December 6-9. We will meet on Monday and attend the "Make It With Wool" luncheon but don't go away; we will have something fun for an hour after lunch back in the meeting room. Curious? Good! You are supposed to be!

*Until then, God bless you all.
Jo Bowman, President*

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2009 National Beef Cook Off held in Sonoma, California

The 2009 National Beef Cook Off was held last month in Sonoma, California. It was a pleasure to work with so many wonderful ladies who are dedicated to the promotion of beef. Thanks to our Wyoming Beef Council for their financial support. Without their support it would have been a stretch for me to participate. When you see Beef Council members, please remember to thank them for all the support they offer.

Once again, thanks to my traveling companion, Riki Davidson. Riki and I left Sheridan on a beautiful day and landed in San Francisco to more hot & sunny weather. Sally Smith, one of our past presidents, lives a short distance from San Francisco and drove up to give us a tour of the city. We were a little worried with Sally driving and talking at the same time (since we had not seen her for a long time & and we all know how she loves to talk), so we decided to have a meal first and get caught up on all important details. (Gossip?) We went to Fisherman's Wharf for fish. We had clam chowder, mussels in garlic butter, clams, and wonderful breads. We then proceeded to be typical tourists. The next day we toured wineries. Sally and Riki had a great time. I guess my palette is only made for

sweet stuff as I did not find a wine that I cared to bring home. We visited with all of Sally's family, had great food and decided it was time to work.

Sunday morning Sally drove us to Sonoma, California. Riki and I checked into the lodge, Sonoma Renaissance Resort & Spa. It was a very nice place and convenient for the cook-off workers and contestants. Heather Hayes, a younger gal from Colorado, was on my pantry committee. She volunteered to do the shopping. It was a big job as Sonoma is a small town and although Raleys, a grocery chain in Calif., was a big sponsor and provided wonderful cuts of beef, they did not have all the fresh ingredients the contestants needed.

Monday was the Chef/Media Challenge for invited guests only. Monday and Tuesday were busy days. The First-Aid room, Judge's room, Press room, Inventory, Pantry, and Indoor and Outdoor cooking stations were set up. My responsibility was the Pantry, and we had to have contestant trays ready with all the ingredients they had requested for their recipes. The contestant must view their ingredients and the dish they will use to present the final product for the judges. They then sign

off stating everything is okay. The pantry volunteers then make sure the tray is stored and given to the contestant the next day, with all the proper ingredients, at their assigned cooking time.

The Welcome Reception was held on the outdoor patio around the pool. The contestants were introduced and interviewed by Richard Chamberlain, owner of Chamberlain's Steak and Chop House and who is also author of the NCBA sponsored *Healthy Beef Cookbook* that we sold several years ago. It was a beautiful evening with wine and beef finger foods and dark and white chocolate dipped fruit. Also on Tuesday there was a Journalist Symposium which consisted of a wine tour and luncheon, sponsored by Kenwood Vineyards, Kunde Family Estate and American Hereford Association.

We were up bright and early, 5:30 AM on Wednesday, cooking day. We had to open the kitchen for several people to begin their marinating process. We were busy from then until 1:00 when the last contestant picked up the tray to begin cooking. That evening was the Gala event. There was a cocktail reception from 6-7 and then the banquet which was, without a doubt, a great meal. We were served a

salad of local baby lettuce with goat cheese, toasted almonds, dried figs and roasted baby beets with white balsamic vinaigrette and a Sauvignon Blanc wine. The main dish was grilled beef Tenderloin you could cut with a fork, wild mushroom ravioli, asparagus, yellow and orange baby carrots with sautéed mushrooms and a Cabernet Sauvignon wine. All this topped off with an assortment of Sonoma breads and dessert of a mini milk shake, strawberry shortcake with pop rocks in cream and chocolate truffles with a Sonoma county Gewürztraminer wine. All the wines were provided by Kenwood.

At last the winners were announced. There were three categories with first place receiving \$10,000 and runner-up receiving \$5,000 in each category. **Live Well with Fast and Convenient Grilled Beef:** Kristina Vanni from California, Orange-Chipotle Skirt Steaks. **Lean Beef in One Dish Meal:** Elizabeth Bennett from Washington, Sonoma Ranch Steak Salad. **Teens Cooking with Beef** was a fun category. Morgan Hanrahan from Washing-



Riki Davidson at the gala banquet holding a mini, mini chocolate shake.

ton was in the cook off in Chicago with her dad but did not place. This year with her Southeast Asian Steak Salad she took first place. The **grand prize winner of \$25,000** was Mary Hawkes from Arizona with Sonoma Steaks with Vegetables Bocconcini. If you are like me and have never heard of bocconcini, it is small fresh mozzarella balls marinated in an herb, oil base sauce. The recipes for these winning dishes will be published in a brochure by the NCBA. I have ordered 1000, there may be a small fee and I will let you know when they are available.

The Cook-Off has been a very rewarding experience for me. When Sally was President of CattleWomen she appointed me as Wyoming State Team

Member and I thank her. I have volunteered at three Cook-Offs: South Dakota, Chicago and Sonoma. **Now it is time for someone else to take over the job.** It is a lot of work and yet a very rewarding experience. You meet great friends who believe in our industry and are hard workers. When the cook off is over you feel you have been a part of something wonderful that will help our industry by providing exciting new recipes for every cook to try. **Won't you consider being our State Team Member?** Contact our President Jo Bowman to volunteer your time and energy towards the National Beef Cook-Off. It has been a pleasure to serve Wyoming CattleWomen in this capacity.

Bobi Lentz, National Beef Cook Off

I was leading the horse with my granddaughter down the road one day early this fall. We noticed the neighbor's cows were bunched

Cute Story!



up in one corner of their pasture. She said, "It looks like they're having a meeting!" Maybe she'd been hearing me talk about CattleWomen meetings. Here's hoping to see a lot of you at our meeting in December.

Ladonna Good, Vice President

Sonoma Steaks with Vegetables Bocconcini

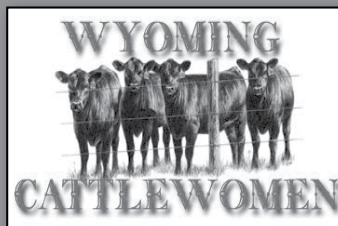
Total Recipe Time: 30 minutes
Marinade Time: 15 minutes to 2 hours



- 2 boneless beef top loin (strip) steaks, cut 3/4 inch thick (about 8 ounces each)
- 1 container (9 to 16 ounces) herb-marinated small fresh mozzarella balls (bocconcini)
- 3 tablespoons balsamic vinegar
- 1 medium zucchini, cut diagonally into 1/4-inch thick slices
- 1 large yellow bell pepper, cut into 3/4-inch wide strips
- 1 cup small red grape tomatoes

1. Drain bocconcini, reserving and combining 1/3 cup marinade and vinegar in small bowl; toss zucchini and bell pepper with 2 tablespoons marinade mixture, refrigerating until ready to use. Place beef steaks and remaining marinade mixture in food-safe plastic bag, closing bag securely; marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks and vegetables from marinade, discarding marinade. Place steaks on one half of grid over medium, ash-covered coals; place vegetables in grill basket on other half of grid. Grill steaks, uncovered, 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill vegetables 10 to 13 minutes or until crisp-tender, stirring occasionally, adding tomatoes during last 2 minutes of grilling.
3. Combine grilled vegetables and bocconcini in large bowl, tossing gently to combine, and carve steaks into slices, seasoning with salt, as desired. Serve beef with vegetable mixture.

Makes 4 servings



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

Wyoming CattleWomen Membership Application

Join Wyoming CattleWomen—a voice for women in the Wyoming beef industry whose mission is to involve and support its members in promoting beef and the beef industry

- New Renew Recruiter
- Wyoming CattleWomen (\$15) ANCW (\$50) WCW Associate (\$25)
- WCW Lifetime (\$300)

Name _____

Address _____

City/State/Zip _____

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Send to: Wendy L. Harding, 4408 Road 232, Meriden, WY 82081

COUNTY Happenings

Albany County Cow-Belles

The Albany County Cow-Belles recently honored their lifetime members. Lifetime membership is granted to those members 75 years old and having a minimum of 20 years membership as a Cow-Belle.

Fall is a busy time for the Albany County Cow-Belles, as it is the time of our largest fund raising event - the annual scholarship auction. Each member brings an item, or items for the auction and an auctioneer (Dixie Mathisen) calls out the bids. Funds raised from the auction are placed in the scholarship fund to assist students entering college in an agricultural field.

The Cow-Belles have created a couple projects to let our troops



Albany County Cow-Belle Scholarship recipients in 2009 included (L to R) Kristy Bowers, Jori Lorenzi, and Abbey Robbins-Lilley, not pictured is Taylor Haley.

paigned. There is a poster display with photos of Albany County troops and cards available to write to either the soldiers who are pictured or others that are serving our country. Cards are turned into the Cow-Belles and sent with beef jerky to the troop noted on the card.

The poster displaying photos of local servicemen is shown in the properties booth, run by Rita Parker. Rita Parker is continually busy with Cow-Belle properties and this has been a great source of income for the Cow-Belles in continuing their mission. Thanks to Rita for all her hard work with the properties all these years!



Pictured are honorees Margaret Page, Toots May, Ruth Blake, Patty Swanson, Ialene Engen, and Charlotte Laycock.

know just how much we appreciate their service to the country. This year the Cow-Belles sent 300 packages of beef jerky to troops, serving an entire battery. The troops look forward to receiving this special care package from home. Another 150 packages will be sent soon to a different battery of troops from the State of Wyoming. Funds are raised through silent auctions and donations for the project from Coal Creek Meat Processing (Cheyenne) who donates a portion of the beef and the processing, the Albany County Cow-Belles, and the Albany County Stockgrowers.

In addition, the Cow-Belles have created a "Thank a Soldier" cam-

December brings the Cow-Belle/Stockgrower combined dinner dance. This year the dance will be held at the UW Conference Center/Hilton Garden Inn. This is an exciting time since the Cow-Belles will announce awards for both Friend of Ag and Ranch Woman of the Year. Members of the community nominate individuals for these two awards based on their agricultural background and dedication to ranching. The dinner dance is also the time of our silent auction which raises money for our general fund to support various beef education and promotion projects. Donations are received from members and non-members and placed next to a bid sheet at the dinner/dance.

From there, it is all fun as the attendee's battle for the ending bid. Bids are cut off at a specific time so those individuals with the highest bid will have the honor of taking home the prize.

The Albany County Cow-Belles wish everyone in this great State of Wyoming a very happy and safe holiday season.

Thyra Page
Publicity Chair



Additional honorees shown are Joanne Dietz, Myra Hanna, Gloria Clay, Wilma Weibel, Marguerite Graham, Maxine LeBeau, and Shirley Lilley.

Johnson County CattleWomen

Johnson County Cattlewomen kicked off the fall run by brainstorming new ideas to promote beef and reviewing what we have done in the past.

Providing and helping with bull sale meals has always been a great fundraiser for us and Redland Angus' is scheduled for November 21st.

Discussion is underway regarding the Cattlemen's Bawl.

New beef promotion events this year will include a float in the local Christmas parade with Preuit Ag Services as well as the possibility of placing our brand napkins for sale in the local grocery stores. It has also been suggested we work with the local

radio station to promote beef through their daily radio trivia contest. We are looking to recruit and involve more members so our next meeting will be an evening meeting in hopes of attracting those who are unable to meet during the noon hour.

Ashlea Redding,
President

Cody Country CattleWomen

CattleWomen Support the troops

Ladies from the Cody Country Cattlewomen joined with another local women's group, the Irma Flat Mothers' Club, to send 21 boxes of home baked cookies, fudge and other candy & gum, cheese & crackers, dried fruit, nuts, jerky, beef sticks, popcorn, socks, tooth brush, paste, floss, chap stick, and other personal hygiene items to the troops in Iraq and Afghanistan from our area. Donations were also received to cover all the shipping expense. Supporting our troops that are making the bravest of sacrifice for freedom and lib-



Sitting: Pat Bales Standing (L-R): Shirley Bales, Bonnie Capron-Decker, Grace Buntyn, Virginia Bien, Judy Spittler, Helen Wichern, Kathleen Jachowski, Hazel James, Marilyn Walker, Angela Whitlock, Linda Martin, Marilee Sorenson, Doris Gwynn. Shirley mentioned Cattle Women and Irma Flats, most of us belong to both. Virginia Bien is the representative for Families on the Frontline - the Cody support group for families with loved ones serving in the Middle East as well as any foreign soil.

erty was our goal. After the boxes were filled refreshments were served and all

enjoyed a good visit with friends and neighbors.

Shirley Bales

Crook County CattleWomen

Crook County Cattlewomen and Weston County CowBelles enjoyed a Beef

Roast potluck lunch and an enjoyable program with WCW President, Jo Bowman and her husband Bo entertaining us. Jo played the guitar and sang and Bo recited cowboy poetry on October, 27,2009 at the Sundance Library. Weston County CowBelle's Ann Simmons gave a Weston County Cookbook and Crook County President Minnie Williams gave a money corsage made by Margret Ellsbury to honored guest Jo Bowman. Crook and Weston County representatives gave a rundown on activities in their county to promote beef.

WCW Jo Bowman is a very high energy, inspirational speaker asking us as cattlemen to make personal contacts with people in the market place promoting beef. Cattlemen need to explain the virtues of beef, our way of life, and why, we as cattlemen should be promoting our product. Jo and Bo are delightful and friendly and entertaining people. Bowman's came the night before, staying at longtime CCCW Evelyn and Chester Hejde's bed and breakfast called the



Jo Bowman played the guitar while entertaining the Goshen County Cow-Belles group at the Sundance Library



Pat Frolander, gave a book review of "Grassland Genealogy" a collection of poems based on her rural roots.

"Bunkhouse" in Aladdin. Pat Frolander, past president of WCW and member of CCCW gave a book review of "Grassland Genealogy" a collection of poems based on her rural roots. Very delightful reading.

Jeanette Smith, Betts Seeley, Vernie Nussbaum, and Marjorie Goodson gave a commentary on the invitation and visit to Campbell County Cattlewomen meeting Oct. 7 in Gillette. Was fun to visit with our Cattlewomen neighbors and CCCW

was delighted with the number of young cattlemen in their group. The Campbell County Afghan was displayed. The design is unique, and the lucky visitors from CCCW were each given an afghan! Janet Jensen says, "Wished I had known of the Visit" The members held a brief discussion of the CCCW Christmas party to be held December 4, 2009 at the ARO Cafe in Sundance Wyoming. CCCW will collect non-perishable Beef Products and distribute them to the food pantries in the three towns in Crook County; Sundance, Hulett, and Moorcroft.

Janet Jensen, Publicity

Natrona County Cow-Belles

Natrona County Cow-Belles completed the brand silk scarf project. The colors are beautiful and the design includes brands, the names of the owners and the WY Bucking Horse. Sue Wyatt has earned her certificate to work in a silk scarf factory in China unpackaging, pressing, folding and repackaging after printing. She is also our chief bean counter and has the huge job of keeping track of our inventory! Thanks Sue! Tracy Alger donated her time and skill to the tedious computer work to bring this scarf to reality! We truly appreciate

her! She also designs this Beef-It newspaper. We do have to pay 7% of wholesale cost for the licensing fee with the state. The funds we raise will go toward the beef gift certificates we will give before Christmas to shoppers in the meat department of local grocery stores. We also contribute beef to the needy through shelters for women and children and homeless shelters. One of our members works at a food bank and suggested one pound packages of hamburger wrapped in freezer paper. They have the freezers to store them.

Our three day Expo is early November. Becky

Vraspir is kindly sharing her classroom presentation from the NBAP competition. She has posters with superheroes representing the important nutrients in beef and the third graders can relate to this message through these characters. Thank you Becky. We also have a "Tools of Ranching" booth with fencing, vaccinating and ear tagging, all hands-on activities with a message on why we use these tools.

Our new officers will be installed at our Christmas meeting, the first Saturday in December.

Marcia Campbell,
Treasurer

Goshen CattleWomen

The Goshen Cattlewomen held their annual 4th grade Ag Expo on September 24th starting at the local sale barn with greetings to the 175 students from our state past presidents, Wilma Baldwin and Eleanore Jones followed by Q & A with Shawn Madden. The students then went to the fairgrounds and participated in 20 educational booths such as: Sheep shearing, working dogs, spinning, meat identification, predator control, and ag by products. Our group is very grateful to all the county FFA clubs for their help in setting up, taking down

and directing the kids to the various stations. Everyone was served a beef lunch followed by a training session for all the teachers. Many thanks to event chairman, Kim DesEnfants and her committee.

*Submitted by Donna Cay Heinz
Publicity.*



Above: Pictures from the Goshen County Ag Expo, 2009



Right: Dorothy Oberg leather riding skirt purchased by her mother in 1911 when she was married and moved to the ranch.



Left: Seventy-five CattleWomen gathered in celebration of 50 years in Goshen County.

Lander Valley CattleWomen

Lander Valley CattleWomen recently held their 2nd fall Ag Expo. The opening line from one student, "What's Agriculture?" Boy, were we glad that we had his undivided attention for a whole afternoon. The stations that we had for him and his fellow classmates this year were diverse and educational. Probably the most "awesome" was the 6 horses that were brought in by Ingrid and Roger Buchmeier for the kids to ride. The comments were delightful and each little rider's face glowed when they told about riding a horse for the first time.

We managed to get our Expo in on October 16 and fit right in between the snow storms. We had High Plains Power, Wyoming Game & Fish, Lathrop Equipment, Popo Agie Conservation District, sheep, cows/calves, rabbits, chickens, horses and fire safety demonstrations. Our biggest

headache was the fact that one of the outlying schools had closed due to sickness in their district. That took a toll on our numbers but not on our enthusiasm in sharing "What's Agriculture."

Lander FFA students and their advisor, Mike McConnell are an integral part of our day. Each year they help with the setup, act as host/hostess for the kids' groups and help with the clean up at the end of the Expo. We have found that these kids are the cream of the crop and they always add just the right touch in being the big kids showing the little kids about agriculture. We were short a 10th station this year due to illness and at the very last second, 3 of these FFA students came to the rescue. They made a flying trip to one of the rural fire stations, gathered up all of their "fire stuff" and came back to put on a fire safety awareness booth for our guests. They did an outstanding job

and were in their element sharing with the 3rd graders what they had learned being junior rural firefighters in our community. Thanks to these young men for stepping up to the plate.

The day went off without a hitch. All of the students enjoyed the educational opportunities that we provided in our stations, the teachers commented on how much they enjoyed bringing their classes and Lander Valley Cattlewomen enjoyed providing new experiences for the 3rd graders.

Our LVCW regular meetings have started again after the summer break. We have decided to review our by-laws, have a Christmas gathering and are thinking about the beef sandwiches that we sell during the Wyoming State Winter Fair. So, I guess, it's business as usual for our group.

*Janet Givens,
President*

Laramie Peak CattleWomen

Getting the necessary fall ranch work done has been a challenge in Platte County with early storms that continue intermittently.

As ranchers, we recognize that winter snows promise green grass in the Spring, and since we're incapable of changing the weather, we adjust our lives to cope with the current situation.

In mid-September, the Laramie Peak CattleWomen held another successful Ag Expo under the guidance of Judy West. With the exception of Guernsey students that participate in Goshen Co., all third and fourth graders in Platte Co. had the opportunity to have "hands-on" educational experiences to reinforce agriculture's influences on their daily lives. This annual event is only possible with the cooperation of Platte Co. School District #1 and other County organizations and services. Brook Gerke, head of Wyoming's Ag in the Classroom, provided a workshop for the teachers and a generous sup-



LPCW member Clara Powers manned the station on BEEF Nutrition at the recent Ag Expo.

ply of materials available for use in continuing education. The local weekly newspaper gave us full coverage by printing a colored photo and story of the event on the front page. The LPCW assisting Judy in the Expo were Sandy Kontour, Clara Powers, Jan Hyche, Myra Hanna, Anna Thornton, Cindy Schanaman, Jeri Curier, Val Heatherly and Donita Graves.

Our scheduled local meeting the end of September was devoted to planning the WCW meeting that we were hosting on Oct. 3rd at the historic Fancher ranch. Our president, Sandy Kontour opened up her family's ancestral home to CattleWomen from across the State. We were allowed to step back in

time exploring the big old house and its contents that have been kept intact by the family. We were very pleased with the number of WCW members that participated in the salad luncheon and the productive exchange of ideas for improving our organization.

Invitations are out for the annual banquet on Nov. 20th at the Stampede Steakhouse in Chugwater. Our Ranchwoman of the Year will be honored at that time. We intend to make an exerted effort to increase our local membership at our next meeting the end of January. Until that time, we're hunkering down for what we anticipate to be a long winter.

Donita Graves



Judy West confers with Ag in the Classroom director, Brook Gerke and teachers from the Platte Co. school system.



In the absence of WCW President Jo Bowman, Judy West conducts the meeting in the historic Fancher ranch home.

Sheridan County CattleWomen

The Sheridan County CattleWomen had another very successful AG EXPO Sept. 29th. Not only was the weather wonderful, but the 349 fourth graders in Sheridan County were very receptive and excited about what we had to show them. As usual, we're still trying to tweak the program to perfection.

Our problem was that the Community Garden was almost too far to walk to the rest of our booths. We were also trying for the first time a sheep dog demonstration with only 1 young dog and a few sheep. Without trying to be too confusing, (never) I thought we ought to be able to use these 2 as main attractions. For the first and last 20 minutes of the two sessions, one half of all the children would be dropped off at these locations and then they would rotate for the last 20 minutes. The FFA kids would take them from there into groups of 8 to 10 around to the 14 booths and the 10 livestock stations. All went well, even though the garden had a hard frost 4 days earlier and big groups tended to intimidate the pup. You can probably imagine how sour the sheep got before the end of the day. Being an

avid gardener, I never would have thought that you could play "plant bingo" or find your favorite plant show and tell.



Lee Schrader of Valley Meats donates to the buyer's dinner.

All in all, it went very well and we had fun! The children learn how to milk a "fake" cow and then make butter. Not all the by-products are as easy to make. I also feel that if we split up the classes well, even if they aren't able to attend all the booths, they can go back to class and have show and tell.

Brooke Gerke was also very helpful with teaching and handing out information, answering questions and giving the teachers time away from their kids. We finally had a separate room for the teachers in the Watt Building with fresh coffee. I think having Brooke Gerke makes the Ag Expo very educational for the teachers and helps to promote lots of Ag in their teaching.

We had a great turn out and lots of great remarks! In fact, Tymer, a fourth grader, summed it all up by saying "I think growing crops would be fun, raising livestock would be hard and taking care of the environment would be good for everyone in the world".

Riki Davidson

NATIONAL & STATE NEWS

WYOMING CATTLEWOMEN, INC. Report on General Membership Meeting October 3, 2009

Wyoming CattleWomen gathered at the historic Fancher Ranch home in Wheatland on Saturday, October 3rd. Sandy Kontour and family were the hosts. Thank you.

Judy West conducted the fall meeting as the president and vice president were unable to attend. The lively and involved group consisted of twenty members and one guest. Everyone carried in a salad or bread, and we shared a delicious lunch with lots of local garden produce as ingredients.

Committee reports were requested. **Auditor** Kelly Rees sent word that the books were in good order. **Associate Member Chair** Kim DesEnfants pointed out the well-designed poster we display at our meetings and the conventions listing the Associate Members.

She asked that we patronize and thank them. Dues are \$25 and the local county group enrolling them receives \$5 for their activities. **Beef Gift Cards** are no longer available. The Card-Ex Company filed for bankruptcy. **Beef-It News** editor Marcia Campbell introduced Tracy Alger, *Wyoming Livestock Roundup*, who designs the beautiful state newsletter and she received applause from the members. Farm Credit Services of America will sponsor two issues this year. Thanks. Janet Jensen, **Legislative Chair**, will email you news on the issues if you give her your email. **Beef Promotion and Education Chairs** have *Just BeCows* booklets and Ag Bags available. Plus Judy West has a nutri-

tion kit sponsored by the Beef Council for us to use at our expos or in the classroom. **Grass-roots Funding** applications are available from Deanna Crofts, she can email you the forms. \$300 per group will be available with a total of \$4,000. Contact information for these chairmen is available on the back page of the Beef-It newsletter.

Beef Ambassador Chair Judy West introduced Becky Vraspir who will represent WY at the national competition. Read about her success on page 1. She loves ag, majors in animal science, business and production at UW and looks forward to a career in agriculture. She is willing to travel to your meetings or ag expos as her time allows. rvaspir@uwyo.edu.

New Business was discussed. The next meeting will be Dec. 7th in Casper at the Parkway Plaza. The State Fair and the beef promotion booth handled by the Converse County CattleWomen was superb. They had tons of information, posters and even a beef taste testing one day with about fifteen different dishes. They titled the booth *Wyoming CattleWomen*. Funding is a problem. Beef Council couldn't help, WSGA gave \$50. The booth space was \$325. We voted for WCW to pay the booth cost this year and budget for it next year since they are representing all CattleWomen. They would like any volunteer help with the booth in 2010!

Now the fun part started. There was lots of input from every-



Becky Vraspir gave an update on events she had attended and what was upcoming on her schedule during her term as the Wyoming Beef Ambassador.

one. Everyone was asked to share how they raise funds and encourage membership. Eight counties were represented, and all joined the discussion. Converse County has good participation, and they hold their meetings in the evening, kids and husbands are welcome. Some groups reported an aging membership, and some with young fireballs wish they could try more projects and not be restricted by what has been tried and did or did not work years ago. We all need to welcome these young gals and their ideas! Albany County reported on their successful ranch cook-outs they offer in the summers. All had good money making brand items. We were treated to a variety of ideas. Tracy Alger offered to put any press releases WCW or County Groups submit in the WyLR.

There was a definite concern expressed over the lack of communication between Wyoming CattleWomen Officers and Committee Chairs with the local County Groups. There is a mistaken assumption that everyone receives or reads the Beef-It News, which is a great vehicle of communication. The officers and committee chairs need to have direct communication by email, snail mail or telephone. This point was well taken, because we all realize the true beef promotion and education takes place at the local level. We thank all you ladies who work so hard for this beef industry!

Come to the winter meeting Dec 7th in Casper. We are a great bunch of ladies!

Weston County Cow-Belles

Weston County Cow-Belles co-sponsored the Weston County Ag Expo with Weston Co. Farm Bureau, Newcastle Saddle and Sirloin FFA chapter and the Weston County Fairgrounds. The Ag Expo was held on September 15th in the morning for 98 students from Upton and Newcastle 4th grades, Elk Mountain country school with kindergarten thru 8th grades, and a few home schoolers.

Twelve 10 minute sessions were held with the FFA students providing seven of them and adults from the ag industry providing the remaining five. FFA students conducted sessions on horse, beef, sheep & goat, beef by-products, poultry, and swine plus a fun roping session. The Natural Resource Conservation Service educator did insects including grasshoppers! Other sessions conducted by the adults included horse shoeing, a milk cow (every child had the opportunity to milk) and a relay race to finish ranch chores. The other fun activity was a wagon ride pulled by a team with a horseback outrider and cattle dog.

Students were divided into 11 groups which rotated through the sessions. CowBelle members and FFA students

served as group leaders.

Brook Gerke from Wyoming Ag in the Classroom conducted an hour long training for the teachers and aides on using agriculture to teach many different skills.

CowBelle members provided lunch to all of the FFA students and the adult session leaders and helpers.

CowBelles also stuffed Ag bags to give each student and teacher. Ag Bags contained various educational materials provided by Ag in the Classroom, the Wyoming CattleWomen and the Beef Council. Each child also received a rubber bracelet with "Celebrate Wyoming Agriculture" on it, a gelatin candy treat, and a stick of beef jerky.

We continue to think that this is one of our most important projects. The 4th graders have a wonderful time learning about agriculture and the FFA students learn about their subject and how to share their knowledge. CowBelles and the FFA started this event in 1994 with a "petting zoo" of baby farm animals and it has grown and evolved into a real educational tool.

CowBelles held the regular September meeting following the Ag Expo.

Nancy Darnell, Publicity

The Women Before Me

The hands are all fed, the dishes are done,
The children are tucked into bed.
I stand in the door, feel the evening breeze stir,
And I watch that old prairie moon rise.
How many women before me, my grandma and her momma too,
Felt the same breezes stir, watched that same old moon rise,
At the end of a long weary day?

I slip out of bed, set the coffee to boil,
And I ponder the long day ahead.
How many times, for how many years,
Had they started their days just the same?
Seems like we're workin' together,
Weavin' our dreams with the past,
Married to good men of leather,
Buildin' a life meant to last.

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.

These are the lyrics to a song I wrote in 1996. I didn't have a guitar with me so I shared this as a poem at our meeting in Sheridan.

Note: I recorded this song along with others on a CD entitled "This Cowgirl's Heart"

Jo Bowman, WCW President

City cousin's Impressions of her ranch visit during shipping

Editor's note: My City cousin Peggy and City sister Mary joined us for shipping this year. My cousin wrote up an account of their visit, and this was the concluding paragraph with random impressions.

So what did I learn? This just scratches the surface: Mealtimes are for eating, not visiting. Dinner is at noon and supper is a 6 pm unless uninformed (or shall we say "other-organized") outsiders are preparing the food. Horses and dogs are as highly valued for their work as for their companionship (and both species are GREAT companions). Cats are not companions - they have something to do with pest control. If you want to fit in, never complain and never brag. Stallions can be excitable around other horses. The coffee pot should be always going. One shouldn't get too concerned about clean floors when it rains. Don't touch Steve's television remote controls unless you have a degree in electrical engineering or have Dish Network on speed dial. Calves bawl when

they are separated from their mothers. Having a broken foot doesn't get you out of any work. It's best to take turns answering the telephone. It is almost always Marcia's turn. Never get in the way of a 500+ pound calf that wants to be with its mother. Bingo loves his grain and Teton's too. Don't feed the cats when the dogs are home. Face the barrel of the rifle out the window when Mary is driving. Tire chains are just as effective in mud as in snow. Just because you've worked hard doesn't mean the work is done. Busy hands are happy hands. There is so much work to be done that even four-year-olds and middle-aged urban women can be helpful at a shipping event. Love can be expressed just as effectively through cooperative work as through hugs and verbal affirmations. It is an unnecessary extravagance to waste words in a sentence when "yep" or "nope" will do. There is a skill to tying your neckscarf correctly. It is a joy to be welcomed as part of this marvelous extended family.



Judy West, in place of president Jo Bowman conducted the recent WCW meeting at the Fancher ranch outside of Wheatland.



Family Favorite Beef Meals



Wyoming CattleWomen Officers were asked to contribute recipes for their family favorite beef meals. They graciously agreed and we have some interesting recipes. Most unusual was two ladies submitted Beef and Noodles, and the noodles are home-made! The beef is cooked with different methods, one a roast and one a stew. All these recipes are tasty. And you will enjoy the charming manner in which the instructions are written. Enjoy! Thanks Ladies!

Jo Bowman-WCW President

Beef and noodles is a Sunday staple for us here in the Bowman household. Chicken every Sunday makes a man begin to "squawk." The best thing about this is that it can go in the oven before you go to church or it can go in after church for a great Sunday evening meal. Please note: I can read a recipe but rarely follow it. I was taught to cook by "feel" so I will do my best to make this easy for you to do.



1 - beef roast (I like 4-5 lbs but you can go smaller) chuck or arm, bone in or bone out

Crisco - I learned to brown with shortening but you can use oil too

One fairly large pot, Dutch oven, or even chicken(squawk) fryer - I now have a stove top cast iron that cooks on top or in the oven...choose your weapon.

Melt the shortening until hot. While shortening is warming, season beef with granulated garlic and a little salt.

Brown the meat on all sides until nice and brown without scorching. Remove from heat.

I then add water to about 1/2 - 1 inch in the bottom of the pan. You may be creative at this point. For Bo's sake, this is where I add a large onion in chunks. I will also sometimes put in a packet of onion soup mix but it is not necessary. I then cover it and put it into the oven at 300 - 325 degrees. If I am at church all morning, I keep the temp lower, if I am home then I put it up to 325 or even 350. You want the roast to cook until it is almost falling apart, but not quite.

Now the roast is in the oven, it is time to think about noodles. I have used regular store bought and I have used the frozen. I was taught to make noodles and that is what I will share. You see, the finished product will make a gravy with noodles in it and self thickened, which then is put on...mashed potatoes. I know, I know, why mashed potatoes if you already have noodles? That was just a German thing and how it was done. Trust me, you can get over the double starch thing and it does taste great! This is the noodle recipe I was taught. You can use your own. The nice thing about homemade, they thicken your nice, flavorful beef juice and gravy without shaking flour and water in a jar.

1-2 cups all purpose flour in a narrow deep bowl (you'll see)

1 egg +/- for each cup flour

Add 1 teaspoon of salt and mix

Make a well in the flour and add 1

egg...then reach in (with clean hands of course) and start to squish the egg into the flour. Keep working the egg and flour together until it is sticking together. If you have 2 cups flour, now is the time to add the second egg and keep on working it in. I always end up with more flour but that's okay. Once you have it mixed really well, I add water a dribble at a time to help the rest stick together but not get sticky. This dough

should be dry and quite stiff. The water makes it just pliable enough to pull out and put on a very lightly floured surface. So, roll out this stuff until it is very thin...about an eighth of an inch. Then allow it to dry for about 30 minutes. It will become a bit stiff which is what you want it to do.

Now we will cut the noodles. I was taught to cut this flat thing across into long, about 2 inch wide pieces. Then, stack these pieces on top of each other. Now find your best, sharpest, favorite knife. Begin at one end of this stack and slice down through at about 1/4 inch intervals. This will become a pile as you move along the stack. When you are finished, just let them sit until it's time to use them.

Put together your favorite mashed potatoes. Plain and simple is usually best for this use.

When your roast is finished, good and tender, you may pull it out and place it on a platter. Cover to keep warm.

Now we get to work with the fun part. If you do not have enough juice, or it seems a little wimpy to you, then you may augment it with your choice of beef broth or an au jus packet and some more water. Keep in mind that you want a nice amount of liquid to cook your noodles in. I have discovered Pioneer Brand Brown Gravy mix. It tastes like BEEF and I use that with twice the water if I need a little help with flavor. Anyhow, bring your juice to a slow boil and then sprinkle in the noodles. Stir to keep from sticking and allow them to cook until they are PHAT, or Fat and the juice has thickened. This is your gravy for the mashed potatoes. YUM! You will get over your double starch phobia once you taste this all together.

Our typical meal is the pot roast, noodles and gravy, green beans, homemade rolls and hot coffee. Bo would say we also have to have pie!

Hope you experiment and make this your own family favorite. **Jo Bowman**

Ladonna Good-Vice President

One of the tried and true recipes I make for family and friends is what we call "Beefy Bunwiches." I like to use a bread machine to make the dough while I cook up the filling. These go well with a pot of baked beans and some macaroni or potato salad.

Beefy Bunwiches
Dough: 1 C. milk
1 t. salt
1/4 C. shortening
2 T. sugar
1 pkg. yeast
1/2 C. warm water
4 C. flour

Scald milk. Add salt, shortening, and sugar. Cool to lukewarm. Dissolve yeast in warm water, then add to milk mixture along with enough flour to make a nice dough. Let rise until doubled.

In the meantime, brown 1 1/2 # ground beef with some chopped onion, salt, & pepper. Stir in 1 1/2 C. chopped green cabbage and let simmer for a few minutes until cabbage is tender. Let that cool down a bit while the dough is still rising. Roll the bread dough into two 10"x15" rectangles and cut into 12 squares. Put about 1/2 C. of the beef/cabbage mixture on each square, fold up the corners, and seal. Place on lightly greased baking sheet and let raise 30 minutes or so. Bake for 20 min. @ 350 degrees.

Angela Whitlock, Secretary

Ingredients:
Roast of choice (London broil, chuck, eye work well)

Potatoes

Carrots

Onions (optional)

1 12 ounce can beer (your choice)

McCormick Montreal Steak Seasoning
Size of roast and quantity of potatoes and carrots depends on your family size. Put roast into slow cooker. Surround with potatoes, carrots and onions.

Pour can of beer over everything.

Sprinkle Montreal Steak Seasoning over meat

Cook on low 6-8 hours (longer for eye roast). Meat will be very tender. Can use juices for gravy. If any is left the next day, cut everything into bite sizes, add a gravy, call it stew!

Alternate ingredients:

Pack of Onion Soup Mix in place of, or in addition to, Montreal Steak Seasoning. Water in place of beer -- guess this would work.

Try adding some celery.

Kim DesEnfants-Treasurer

My family's favorite meal is plain ole Beef & Noodles, yeast rolls, mashed potatoes, green beans and tossed salad. We usually have pie or pumpkin cake to finish it off. The noodles and rolls have to be homemade of course!

Nothing special about the recipes. Noodles are a dash of salt (or two), 3 eggs and enough flour to make them not sticky. The more flour you can incorporate, the better.

Roll out really thin, I usually divide the dough into 3 pieces to roll out, cut into thin

strips and let dry a day. I put them in a gallon zip lock bag or two and store carefully in the freezer til the day of the dinner.

I cook stew meat on low in lots of water for 3 to 4 hours then turn up the heat to medium about a half hour before serving. Add beef stock and some bullion, stir that in till dissolved and add the uncooked noodles a few at a time stirring well but gently. Let the noodles cook completely, sometimes I need to add more water.

I heat the rolls while the noodles are cooking and make the mashed potatoes just before I add

the noodles. The green beans are the ones with bacon & onion sauteed, then add the beans to the mixture.

Add a tossed salad and you are good to get stuffed! Actually this meal has been in the DesEnfants family for quite a number of years. It was Doug's family meal long before I arrived on the scene, and the most requested of all the kids, grandkids and now great grandkids!!

Doug's Mom is a fantastic pie maker, so any type of pie she does is a treat! I usually do pumpkin cake.

Gwen Geis-Parliamentarian

I came up with this Bacon Cube Steak recipe years ago and my family begs me to make it.

I season my flour and then roll the cube steak in the flour mixture to coat it. Then I take bacon strips and wrap a couple strips around each steak and place in glass baking dish. Bake in oven for about 30 minutes. Great combination of flavors.

We wish you all a very
happy and healthy
Holiday Season!



DON'T FORGET!
Wyoming CattleWomen Winter Meeting, Dec 7th, 10 a.m., at the Parkway Plaza in Casper.

Christmas Corral

County Cow-Belle and CattleWomen groups have items that would make unique gifts!

Cookbooks with delicious ranch recipes, brand mugs, scarves, afghans, aprons, napkins and notecards are a few of the items. Use the County President's Directory and call the local groups to see what they offer.



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Park – Cody Country CattleWomen

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Park – Meeteetse Cow-Belles

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Sweetwater County Cow-Belles

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Teton – Jackson Hole Cow-Belles

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Uinta County CattleWomen

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Washakie County Cow-Belles

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