

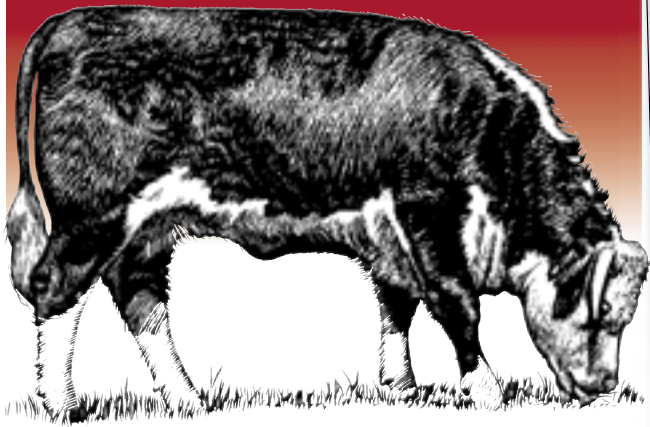
BEEF IT News

Volume 20 • Issue 3
March 2005



The Newsletter of the
**Wyoming
CattleWomen**

Editor: Marcia Campbell



WYOMING CATTLEWOMEN

President's Message



Seven CattleWomen from around the state took part in the WSGA/SWCW Legislative Day on January 25th in Cheyenne. The morning session consisted of a Leadership Enhancement workshop with Dr. Jim Heird of CSU and an overview of current legislation by Governor Freudenthal and several legislators. In the afternoon we had the opportunity to watch the House and Senate in action and attend a Senate Ag Committee meeting. In the evening a wonderful reception was held at the Hitching Post. I don't know the exact number of people attending, but there was a large crowd including State officials, Legislators, Lobbyists and WSGA and WCW members. Thank you to the CattleWomen who participated in this important event.

Thank you to all the CattleWomen and CowBelles groups who have responded to my request about BEEFMAN. At this point more groups have said they will not use BEEFMAN. I will be passing all of your responses on to Ann Wittmann to share with the Beef Council members. They will decide at their next meeting if they want to make such a big investment if the costume will not be used extensively.

The next WCW meeting will be March 19th in the Champagne Room at the Parkway Plaza in Casper at 10:00 a. m. If you are planning to attend, please let me know by March 15th so I can let the Parkway know how many there will be for lunch. I don't have the menu yet, but I will keep the price to \$10 or less. I am hoping that some of you who have been unable to attend our meetings during the week will take advantage of a Saturday meeting and come share your opinions and suggestions.

Sincerely,
Catherine Kukowski, President
Wyoming CattleWomen

Wyoming's signs of the times

As we travel around our wonderful state, some of the most unique and striking highway signs are the County CattleWomen and Cow-Belle Beef Promotion signs. They are artistic and quite spectacular as silhouettes against a colorful Wyoming sunset, dawn or clear blue sky. Several groups have agreed to share their experiences in designing, building and placing their signs. Maybe some of you would be interested in trying this project, and with this information may be motivated take that bold step!!! Good Luck. And, thanks to all you ladies who sent information and pictures. Editor Marcia Campbell

Cody CattleWomen

Here is a photo of our newly erected 'Wyoming is BEEF COUNTRY' signage. It is an 8' x 12' two sided sign that is highly visible by the generous tourist traffic traveling the Cody/Yellowstone Park Highway. The sign's location was once occupied by



Meeteetse Cattlewomen signage, who recently choose not to bring theirs up to date. Thanks, Meeteetse Cattlewomen, for contributing this wonderful site for our new sign! We then paid a professional

sign company \$1,425 to do the whole works, take down old sign, build new sign, and put new sign up. It is marine grade and we have been assured that it would last 25 years. Let's hope so.

Goshen CattleWomen

Goshen CattleWomen have four metal Eat Beef signs, located near the county lines, in all four directions as you enter Goshen County. We put up the first metal Eat Beef sign in 1998. This sign replaced a sign made of wood that was in need of repair. The sign

was designed and made by Chris Jensen of Cowboy Ironworks at Lance Creek, Wyoming and it cost \$742. It was placed just inside the east county line of Goshen County along Highway 26, which also happens to be the WY/NE state line. It was placed just inside the fence on land owned by Middleswarth Hereford Ranch.

The second and third signs were also made by Chris Jensen. The second sign cost \$550 and was placed inside the Goshen/Platte county line in western Goshen County, also along Highway 26 on land owned by Jim and Marion Hageman in 1999.

The third sign also cost \$550 and was placed inside the Goshen/Niobrara county line in northern Goshen County in 2000 on land owned by Bob and Shirley Hladky.

In 2001, the fourth sign was designed and made by Schlagel Manufacturing of Torrington, Wyoming. Schlagels provided a proto type and we made several changes, such as eliminating horns on the cows, and changing the rider into a woman. This

See **SIGNS** on page 4

American National CattleWomen

ANCW Annual Convention report

submitted by Bobi Lentz

Our state President, Catherine Kukowski, our Region V Director, Leslie Hendry and I recently returned from a very interesting convention held in San Antonio, Texas February 1-4, 2005.



The Alamo, San Antonio, Texas

It seemed there were a lot more things to do than time to do them. We had to make time to see the Alamo since neither of us had been there before. It was also a great place for shopping along the river walk with a beautiful mall full of goodies.

Catherine and I left Sheridan at 11:00 Monday morning and did not get to our room until about 11:30 that evening. We were up bright and early Tuesday for our orientation and leadership meeting. Catherine then attended a Public Relations meeting and I went to Membership meeting where they gave details to complete proper forms for new members



Bobi Lentz, Leslie Hendry and Catherine Kukowski at the 2005 ANCW Convention in San Antonio.

to be eligible for the prize money for the ANCW membership contest. There was just enough time to grab a sandwich and Catherine was off to the National Beef Ambassador meeting. The next competition will be held in New Orleans November 3-5, 2005. She then attended an executive meeting. I attended the National Beef Cookoff meeting. The National cookoff will be held September 19-21.

See **ANCW** on page 2



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Visit us on the Web at:

www.wyocattlewomen.org

ANCW Continued from page 1

2005 in Rapid City, South Dakota. This meeting lasted until 4:00 and then I went to the Bylaws and Resolutions Committee meeting. This committee has been very active this year working with the Focus Committee to bring about positive changes for ANCW. That evening I attended a discussion group from 6:30 to 8:30 with each person giving suggestions and ideas of what they want ANCW to be. There were 5 different groups that met throughout the week, a group for ladies 55 and over, one for 55 and under, one for collegiate women, one for ladies not involved in ANCW or NCBA and

one for ladies that only belong to NCBA. Results of these groups will be published at a later date as the leader was the same person for each group.

Wednesday was a very informative day of education. Sara Fogleman, Agricultural Economist of Southeast Area Research and Extension office of Kansas State University was the facilitator for Family Planning For Your Ranch and Your Life. In the afternoon we did make time to see the Alamo and shop some (you all know how Catherine does not like to shop, so I was on my own). That afternoon was another meeting on Beef

Cookoff and Catherine attended her discussion group. That evening we went to bed early expecting to get some much needed rest. At 11:30 we were sound asleep, but awoke to a terrible noise, and while Catherine was attempting to shut off the alarm an announcement was made to please vacate the building as there was a fire alert, do not use the elevators and move quickly. We grabbed our coats and left. We got outside, there were fire engines everywhere and firemen running around with hoses on their shoulders, and people continuing to dress. It was only a bad pump that had started smoking so we got back to bed and almost asleep

again and the alarm again went off. Catherine proceeded to get dressed this time but I called the front desk and they were just trying to reset the alarm. Needless to say, it was a very short night when we had to be at the opening general session at 7:30 a.m. Susan Coomes, of the Texas Department of Ag. welcomed everyone to the 107th annual convention and informed us that Texas was the number one cattle producer in the U.S. The President of NCBA, the President of ANCW, and other executives gave welcome talks. The guest speaker was Stewart Varney from Fox Network. He was one of the founders of CNN, an immigrant from England

and very knowledgeable about our US economy. He was an excellent speaker. We spent the rest of the morning at the Trade Show, had lunch and headed to ANCW general membership meeting.

This was a very lively and active meeting and I feel we accomplished a lot toward moving in the right direction to make ANCW a group you would want to become involved in. We elected officers for the new term and voted to continue with the focus group to strengthen the organization.

Much emphasis was given to our Mission Statement and Core Values of the group. The Current Mission Statement says:

"ANCW is a voice for women in the United States beef cattle industry. Its mission is to involve and support its members in promoting beef and the beef cattle industry."

The newly proposed Mission Statement says: "ANCW is a voice for women who share a passion for the U.S. beef industry; our mission is to promote and support the beef industry as well as encourage women in beef and related agribusiness."

Core Values is a philosophy or values, the motivation and commitment of an organization.

The following core values have been proposed:

- We value: Respect, integrity and credibility;
- Professional business practices within our organization;
- Our Volunteers and their contributions;
- A progressive mindset; and
- Life long learning opportunities.

These changes have been proposed. They have asked each group to discuss this and submit any changes or comments you may have and send them to our state president or Region V director, Leslie Hendry. Other proposed changes for ANCW are to have a 9 member Board of Directors with rotating 3 year terms and a 7 member Executive Committee with each member in charge of different committee chairman. There are many options to be discussed and again, please let your ideas and wishes be known. Anything we can do to help our industry is wonderful and ANCW is one part of that industry.

The day ended with a Florida & Friends Reception, Awards Banquet and Installation of all 2005 officers. Marlene Strickland, from Florida, was installed as 2005 National ANCW President. I felt it was a good experience and hope more of our members are able to attend in February 1-4, 2006 when it will be in Denver, Colorado.

Where Are They Now?

Betty Bergner

Wyoming CattleWomen, formerly Wyoming Cow-Belles, have been fortunate to have dedicated, gracious and smart ladies serve as State Presidents. We owe all of them our respect, admiration and gratitude. This is the first feature article on a past president.

Betty Bergner served as Wyoming Cow-Belle President in 1979-1980. She was the third Wyoming President to move up to become American National Cow-Belle President. She was the first woman to serve on the National Beef Board. Catherine Kukowski was at the ANCW convention in early February, and saw Betty's name listed as ANCW Outstanding Cattle Woman of the Year in 1990!!! We thank Mrs. Bergner for jotting down some facts about her life.

"Where I Came From and Where I Am Now"

I came to Buffalo in 1948 with my husband Karl, two small children and a modest herd of Hereford cattle. We leased a ranch west of Buffalo and found Buffalo and Johnson County very friendly. Both of us got involved in the local Cattle and Cow-Belle organizations. Our family increased to five children so I was quite busy and kept my activities in the county. I was president of the Johnson County Cow-Belles in '61-'62, but my first job was chairman of the "Beef For Father's Day." Johnson County had the first brand napkin project and we kept quite busy on 4-H projects. Karl and I started to attend the state meetings and met so many friendly cattle women and men across the state. I gradually worked up thru the committees and offices to President in 1979-80. I loved traveling over the state to the county meetings and learning about the different projects. We had a large membership in those days. Today so many of our ranch women work outside of their ranches.

Then we started to attend the national meetings. The first one we attended was in Las Vegas and I thought that was pretty glamorous. I was appointed to several committees and gradually became acquainted with cattle producers all over the country. I was especially active in the legislative committee, where we contacted states and asked them to contact their elected officials in Washington D.C. to either support or defeat ag legislation, and we were highly successful. In 1983 I was elected Second Vice-President and gradually worked my way to President in 1986. By then, I had traveled all over the ag states besides going frequently to Washington D.C., Chicago and Denver. The big project in those days was passing the Check Off program. It was defeated the first time in 1980 but passed in 1986. The CattleWomen from all across the country



were responsible for the big victory. Wyoming was entitled to one member on the Beef Board, and the WSGA asked me to be that member. I had been lobbying for female representation for some time. So, after I finished my year as National President, I continued on in the Beef Board until 1991. I enjoyed it all and I was so proud of all the women who worked so hard to use the check off money to promote beef effectively.

Since leaving the Beef Board I have retired to my hometown. We sold the cattle and ranches and built a new home in town. Our children have moved elsewhere in the Rocky Mountain area. My husband passed away in 1997. Just lately I sold my home in Arizona. I continue to live in Buffalo, traveling some to see family and enjoying my retirement years with local friends.

The Beef Board is having trouble staying alive. Unfortunately, the large corporate feeders and packers took over and the producers, who are the backbone of the Board and pay the one dollar check off fee, are no longer in control. I believe the courts will decide something soon.

But, there are still a lot of very capable people and they are working for the industry and the small producers. I am sure there will always be a Cow-Belle meeting going on somewhere!!!

RANCH POETRY

"Ranch Hand"

Many a rancher will scour the land
In search of a satisfactory hand,
One that's not living in a fairyland,
One that he won't have to reprimand.

There must be some of these guys around.
There must be someone that can be found;
Whose face by the sun and wind is browned;
Who has a genuine ranch background.

Somebody out there must know the cow,
Know how to work a tractor and plow,
Can get important work done somehow,
Shows interest in other than sleep and chow.

There's somebody out there, I'll opine,
Who can do all the work that I assign,
A hand that doesn't whimper or whine.
Well, I'm here to tell you, I've found mine.

My hand, you know, just never does gripe
About hauling bales or packing pipe.
None of this weekend and payday hype.
No talk of this "job description" tripe.

After a hard day there's still a smile,
This hand is really quite versatile,
Always willing to go that extra mile,
Obliging and pleasant all the while.

I'll admit, sometimes I'm at a loss,
When my hand comes and asks, "What next, Boss".
This "rolling stone" just gathers no moss,
I'm really glad that our paths did cross.

Sometimes my hand sort of gently brings
To mind a better way of doing things;
Not presented in a way that stings,
Or grouping me with the ding-a-lings.

So, around my place there's not much strife.
I'll keep this hand the rest of my life;
Handier than my favorite pocket knife,
My hand is - bet you guessed it - my wife.

Written by Duane A. Portwood
January, 1996

Wyoming CattleWomen Recipe Contest by Bobi Lentz

Recipe contest a success

I would like to thank all of you ladies who helped in this endeavor. The following Counties were most helpful in preparing and scoring the different recipes in each category. Washakie, Johnson, Goshen, Converse, Weston, Platte County-Laramie Peak, Fremont-Lander Valley and Crowheart CattleWomen. They generously gave of their time and talents to make this possible.

As you all know we had 4 different categories, "Beef Market Basket," "Grilled Beef," "Family Favorites" and "Inspired By" beef recipes. The Beef Market Basket and Family Favorites were the most popular categories and the most difficult to judge as all the recipes were interesting and fun to try.

I made copies of the recipes that were sent to me, split them up and sent them out, along with score sheets, to groups that said they would be interested in helping. I am sorry it was under such short notice but we did want to get it done in time to announce the winners and encourage them to enter the National Beef Contest where the deadline is March 31, 2005.

The recipes were scored on Appearance, for a possible 20 points, Ease of Preparation for a possible 30 points and Taste for a possible 50 points. Of course we all have our own personal

preference for taste as well as appearance and for this reason each recipe was scored by 3 to 4 different cooks.

First Place winner in "Beef Market Basket" was Winter Beef "Grill" submitted by Kerry Most of Fort Lupton, Colorado. Second place was, The Liven It Up Hamburger submitted by Marie Marquette of Wheatland, WY. The next recipe in the Grilled Beef category, was prepared in the broiler, mostly because of the time of year, but most trying it felt that it would be great grilled. The winner was Teriyaki Steak submitted by Sheena Rendon from Evanston, Wyoming. In the Family Favorites Category, Taco Balls submitted by K. Whiteman of Riverton, Wyoming was an overwhelming favorite. Beth Mikesell of Evanston, Wyoming sent in her recipe for Saucy Hamburgers and was awarded second place in the category. The Inspired by Beef Category had only one entry but it received the highest score of all the recipes submitted. It is Beer-Butter Sandwich also submitted by Kerry Most of Fort Lupton, Colorado. I would like to congratulate all the winners and thank everyone who submitted a recipe. We will print as many recipes in this publication as we have room for and complete them in the next edition.

WINTER BEEF "GRILL"

- 1-2 lbs. round steak
- 2 Tbs Soy Sauce
- 1 Tbs. Worcestershire Sauce
- 1/4 cup Italian Dressing
- 4 Lg garlic cloves-press or chop fine
- 1 medium onion
- 1 Lg. Green Bell Pepper
- 1 Lg. Red Bell Pepper
- 2 cups minute rice (cooked per box directions)

Slice round steak into 1" X 3-4" pieces. Mix soy sauce, Worcestershire sauce, Italian dressing and garlic in a medium size bowl. Add beef strips, stir and marinate meat for 20 minutes. Chop the onion, red & green peppers into 1/2 inch pieces. Pre-heat broiler to high, 500 degrees. Spray a shallow baking pan (cookie sheet with sides) with non-stick spray. Mix the meat and vegetables together in the pan spreading the meat so it is in a single layer. Pour on any excess marinade. Spray the top of the mixture lightly with non-stick spray.

Broil on high on 2nd to top rack for 10 minutes. Do not over cook. Serve over cooked rice. Serves 4

TERIYAKI STEAK

- 3 lbs. Beef (boneless round, chuck or sirloin)
- 1 Clove Garlic
- 1/2 cup Soy Sauce
- 2 Tsp. Sugar
- 1 small piece Ginger Root - crushed

Slice meat thinly, across the grain if possible. Combine the remaining ingredients and soak the meat in sauce 30 minutes. Drain. Place meat on skewers and broil or grill 5 minutes or until brown. Turn and brown on the other side. Serve immediately with rice, vegetables or fruit. Serves 6

TACO BALLS

- 3 loaves of risen bread dough
- 1/2 - 1/4 chopped onion

- 1 lb. ground beef
- 2 tsp. olive oil
- 2 cups cheddar cheese
- Grated garlic powder
- 1 pkg. taco seasoning
- salsa (optional)

Preheat oven to 350. Brown meat, add onion and taco seasoning. Break each loaf of dough into 3 equal pieces. Roll dough into ball; flatten dough into pieces that are slightly bigger than your hand. Add couple spoonfuls of cheese and meat into middle of the dough. Wrap the meat and cheese up in the dough into a ball. Make sure none of mixture is sticking out. Repeat making 8 balls. Place on a cookie sheet and baste each dough ball with olive oil and sprinkle garlic powder over the top. Bake 22 - 27 minutes. Cool - use salsa as a dip.

BEER-BUTTER SANDWICH

- 1 lg. onion
- 1 lg. green bell pepper
- 3 Tbs, margarine
- 1/2 cup brown sugar
- 1/2 cup beer
- 1 lb. deli sliced cook beef
- horseradish
- cheddar cheese (sliced)
- Texas toast

Slice onion and pepper into thin strips. In a large non-stick skillet, melt 2 tablespoons margarine. Separate onion slices and sauté over medium heat 5-6 minutes until soft. Stir in peppers, cook another 3 minutes. Add the last tablespoon margarine, sugar and beer, mix well. Continue cooking, stirring occasionally until vegetables are soft and sauce is bubbling. Add sliced beef, separating until it is warm and coated in the sauce, turn heat to low. Toast 4 sliced of bread and slice the cheese.

For each serving, top one piece of toast with meat and vegetables mix, add 2-3 slices of cheese and several spoonfuls of beer-butter sauce from the pan. Heat 30 seconds in the microwave to melt cheese and serve as an open faced sandwich. Makes 4 servings.

WYOMING News & WCW Committee Reports

Beef Gift Certificates Committee by Leslie Hendry

The beef gift certificate program had another phenomenal Christmas season. A total of \$82,825.00 worth of certificates were sold at that time! Following is a list of the counties and their Christmas sales for 2004 compared to 2003 Christmas sales.

County	2003	2004
Albany	4,860.00	2,180.00
Big Horn	350.00	240.00
Campbell	3,530.00	3,240.00
Carbon	2,330.00	2,960.00
Converse	3,635.00	3,800.00
Crook	13,585.00	18,880.00
Fremont	6,125.00	6,720.00
Goshen	16,635.00	12,495.00
Hot Springs	180.00	135.00
Johnson	1,215.00	1,250.00
Laramie	455.00	1,355.00
Lincoln	100.00	0.00
Natrona	3,815.00	1,545.00
Niobrara	5,470.00	2,960.00
Park	2,050.00	2,630.00
Platte	1,625.00	2,425.00
Sheridan	3,845.00	4,445.00
Sublette	1,030.00	95.00
Sweetwater	0.00	50.00
Teton	270.00	680.00
Uinta	6,325.00	11,065.00
Washakie	1,730.00	2,055.00
Weston	2,390.00	1,620.00
TOTALS	81,550.00	82,825.00

A great big THANK YOU goes to Janet Jensen from Crook County. She worked hard to encourage businesses in Crook County to purchase beef gift certificates for Christmas. All her effort paid off as Crook County was the number one selling county for Christmas 2004.

The Wyoming CattleWomen sincerely thank Farm Credit Services of America Country Home Loans for their generous support of our *Beef It* newsletter.



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SIGNS *Continued from page 1*

sign cost \$375 and was put on land owned by Bill and Chris Johnson on Highway

plete the project. The sign was designed by the Moorcroft FFA under the leader-



85 inside the Goshen/Laramie county line in southern Goshen County.

We were fortunate that all the landowners were affiliated with the Goshen CattleWomen or Goshen

ship of Theresa Brown in 2004. We will soon be getting permission from the landowners before erecting our signs in the spring.

Weston County CowBelles

We are proud to have two signs, one East of Newcastle on Highway 16 toward Custer, SD. The other is on Highway 85 Northeast of Newcastle as you travel to Lead, SD.

They were built by longtime member Norma Livingston's husband Buddy.

Both are lifetime residents and ranchers in this area. Buddy is a good all-around handyman, whether it be ranch work or carpentry. He was willing and gracious to

build them for us, maybe with some sweet persuasion from wife Norma!

They are built out of oilfield pipe and chain link fencing. The lettering is made out of sheet metal, all painted with black paint. The signs are 5'X10', and 4' off the ground. Buddy was granted permission from the landowners; and last, but not least, the signs were put up in 1979, have been maintenance free and are as good now as when they were put up!

Buddy said he had help from the Walter Chris-

tensen family to set them up. Walter's wife, Laura, is a member also. So, thanks to all their good work, we have two signs!

Fremont County CattleWomen

This is one of several signs in Fremont County. It is located on HWY 789 around the 102 mile marker. This sign was my dream as a memorial for our parents and Uncle and Aunt. It was donated by the Griffin Family and is on part of the ranch. My idea was to promote the industry and also to be a memorial. Cathy (Griffin) Meyer, a cousin, came up with the slogan. My husband and my brother and the hired man put it up. The sign was made by Carla Snook from Hulett and cost about \$700, which I thought was very reasonable because of its size. My guesstimation is about 8' X 6' wide, and the poles on the sides are about 12 feet.

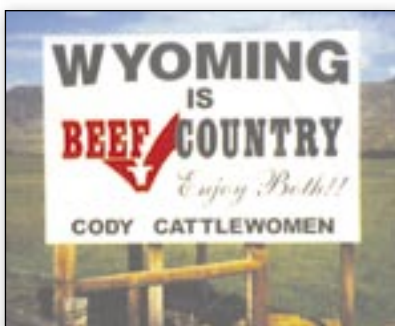
Sheridan County CattleWomen

The Sheridan County CattleWomen's sign is along Interstate 90 right at the Montana border. It says ENJOY WYOMING BEEF.

There is another sign about halfway between Buffalo and Sheridan. We put these signs up in 1999. There are metal cut-outs which show a windmill, cows and calves, and a rider in silhouette. They were made by the Clearmont FFA chapter and we paid for materials and gave them a donation for their time. I think the total cost was under \$500.

Converse County Cow Belles

We paid for our third and final contract year for the billboard with the Douglas Chamber recently.



The sign is located on I-25. This billboard cost the Cow Belles \$3,630 for the lease and artwork. \$750 was provided by the Converse County Stock Growers, \$800 came from the Grass Roots funding provided by the Wyoming Beef Council, with the remaining \$2,080 provided by the Converse County Cow Belles.

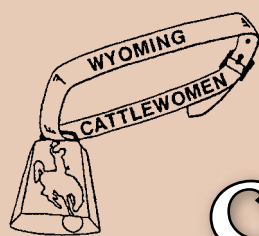
We also put up a metal sign on Highway 59, on the private property of Jim, Lorrie and J.J. Werner. The sign was designed like our county napkins, built by Bruce Murray and installed by J.J. Werner.



County Stockgrowers so they were willing to allow us to place the signs on their land. Since we put the signs on private land, we did not have to deal with road right of ways, etc.

Crook County CattleWomen

Our "Welcome to Beef Country" signs are about to be completed. This has been a joint project among the FFA in the three county schools. The Hulett FFA group bent the metal which is 10 gauge, into a circle for all 12 signs. The Sundance group cut the letters out as they have a computerized program which can do that. The Moorcroft FFA, being good welders, will com-



Calling All Wyoming CattleWomen

WHEN: Saturday, March 19, 2005
10:00 a.m. *We are scheduling a Saturday meeting so more of you can attend.*

WHERE: Champagne Room, Parkway Plaza Hotel & Convention Center, Casper

WHAT: Our Spring Meeting. Please RSVP by Mar. 15 to Catherine Kukowski, (307) 737-2452.

WHY: Wyoming CattleWomen is a group of dedicated individuals who believe the livestock industry is of basic importance to world existence. Our objective is to develop educational awareness about BEEF and to promote a better understanding of the various roles the beef industry plays in the environment and the national economy. We need you to come and tell us what you want the Wyoming CattleWomen as an organization to do to help you and your local organizations. Please come—we might even have some fun!

DETAILS: Of great interest to you rural ladies will be an afternoon workshop on emergencies that can happen on the ranch, including what can or should we do while waiting for medical help for snakebites, head injuries, broken bones or burns. We will learn to do an injury assessment and keep things together until help arrives. This is similar to the Women in Ag workshop held on a Friday in February.

CattleWomen Calendar

- March 19 WCW Spring Meeting, Parkway Plaza Hotel, Casper, 10:00 a.m.
- March 20 Ag Day/Ag Week. You ladies always have good projects for this week!
- March 27 Easter Sunday.
- April 3 Daylight Savings Time.
- June 8 Wyoming Beef Ambassador Contest, Cheyenne.
- June 8-9 WCW meeting and installation of Jeanette Smith, Cheyenne.

RANCH POETRY

"Hands"

All week I've been a workin'
on putting up a shed.
My hands are cracked and dry.
My fingers all have bled.

Last night I changed a tire
on the wagon that we use.
The jack fell down and crushed my thumb.
My nail sports colored hues.

Today I changed the oil
in my pickup. It was black.
It dripped and soaked into my hands
in every crease and crack.

My nails are short and stubby,
not like a fashion model.

No manicure or lotions help
if I use the whole darn bottle!

I've gone fencing and been haying,
milked the cow and used bag balm.
But still there's toughened calluses
Stretched clear across my palm.

This evening there's a meeting
and a lady I will be.
Though dressed in skirt and high heels,
these hands the world will see.

They're black in every wrinkle,
rough, reddened, harsh and dried.
But an honest living earned them
so I wear these hands with pride.

© 1992 Terry Henderson

Marvelous Cure

I gathered some cows in the heat of the day,
battled brush with a cuss and a shout.
That's the quickest way I ever found
to get yourself plumb tuckered out.

Then I combined oats into the back of a truck.
To unload them, I scooped and scooped.
With the last bushel in the granary,
I had to admit I was pooped.

The hay bales are waiting to be picked up.
'Gotta mend that worn out bale wagon.

- Been welding supports on all day long,
now my tail end is a draggin'.

Went to work on the calvin' barn,
took all day to get it rewired.
By supper time I was glad to quit.
I had to admit I was tired.

A country dance did I hear you say?
This evening? I pricked up my ears.
Why sure I can go. I can dance all night.
Why, I've never felt better in years!

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Beef Promotion & Education Committee by Judy West

As I write this article the wind is blowing, the air is cold, and there is not much outdoor activity other than necessary chores. But by the time you read this I hope you all are making plans for spring and summer activities. I just finished an inventory of "Just Be Cows" booklets and Ag Bags. I currently have about 1400 booklets and about 1500 Ag Bags. As you plan your Ag Expos and other Ag Education activities give me a call or send me an e-mail and I will ship books and bags to you. Please give me at least a week's notice. So far, shipments have gone out to Laramie, Natrona, Weston, Goshen, Crook, and Fremont counties as well as the Cody country. Albany and Platte counties are planning expos for later in the spring. If you are not planning an expo maybe you can plan an educational event in the classrooms and distribute the booklets at that time. Ag in the Classroom also has lots of good educational material for classroom use.

We do not have the placemats for distribution this year, but I hope you have plans for recognition of AG WEEK and



Marcia Campbell and Susan Wyatt let students at the Ag Expo use the tools of fencing.

AG DAY in March. This is a good time to take advantage of the Grass Roots Funding to promote beef. You might plan to serve a meal to senior citizens, donate beef certificates to a day care facility or lunch program, or hand out beef certificates at your local grocery store.

If I can be of help please call me at 307-422-3479 or e-mail me at judywest@coffey.com. Good luck in all your beef promotion and education activities.

Lifetime members of the Wyoming CattleWomen

We honor the dedicated folks who have shown a commitment to the Wyoming CattleWomen by becoming "Lifetime Members." A few of these members are:

Violette Dinwiddie, now living in Arizona, is the last living Charter Member. Kristen Barkhurst from Saratoga is a past State President. Wendy Harding is also a past State President, but is now the State Treasurer and is still very active. David Stoddard of LaGrange was in the L.E.A.D. program with Leslie Hendry, and has been a supporter of our efforts!

If you are interested in becoming

a Lifetime Member of the Wyoming CattleWomen, the cost is only \$300.

We encourage current members to renew their memberships by paying their county's CattleWomen or Cow-Belles treasurer. You may also pay your dues directly to Wendy Harding, 4408 Road 232, Meridan, WY 82081. We would love to have you as a new member—the annual dues are only \$15. Other individuals and local businesses willing to lend a hand are also appreciated. The cost for Associate Membership is only \$25, and includes free advertising.

A membership form can be located on the back page of this newsletter.

Condolence Committee by Betty Bogacz

Condolence Report • October 14, 2004 – January 31, 2005

October	14	Herbert E. Graves	Wheatland
	20	Vern Wagler	Cody
	23	Norma Ellen (Buckles) Gamble	Green River
	28	Martin Frank Michelena	Shell
	29	Eugene (Gene) Day Atkinson	Casper
November	8	Phyllis Atchison	Cheyenne
	12	Marian Rompf	Sheridan
	12	Dorothy E. Mooney	Sheridan
	25	Velma Zimmerman Jordan	Lusk
December		Harley Fredric (Fred) Coates	Casper
	7	Charles O. Fritz Jr.	Worland
	18	Wilbur Everett (JR) Stoddard	Douglas
	18	Kerry B. Kilty	LaGrange
	20	Howard Zimmerschied	Oshoto
	28	Laura E. Kinne Salisbury	Savery
	28	Margaret Brock Hanson	Kaycee
	29	E. Tom Thone	Laramie
	29	Elizabeth (Beth) Storm Williams	Laramie
January	1	Marion Renner	Meeteetse
	3	M. Virginia Rissler	Casper
	3	Evelyn Blanch Wood	Sheridan
	6	Howard L. Kaufman	Torrington
	9	Russell Forgey	Casper
	15	Leo Marion Hollcroft	Buffalo
	15	Lena Audrey Welch Koltiska	Sheridan
	18	Shirley Anne Polson	Buffalo
	18	Max Franklin Boroff Sr.	Pinedale

Wyoming CattleWomen lost two Past State Presidents this quarter. We extend their families our sympathy for their loss, and our gratitude for sharing these outstanding and gracious women with us.

Betty Percival

Betty Percival was the 33rd President of Wyoming Cow-Belles in 1972-73. She held many offices in Niobrara County Cow-Belles (a charter member), Wyoming Cow-Belles and American National Cow-Belles. She was installed the year Stock Growers were 100 years

Condolence Committee continued

old! Beef Boycotts and bad weather were challenges. Betty had many successful projects with Beef Education, the Beef Council, and traveled to Washington and New York for a Beef Promotion trip. Beginning during her term, television carried some Toby and T-Bone ads.

Betty was born and grew up on a ranch in Crook County, became a teacher, married Paul Percival and they ranched east of Hat Creek in Niobrara County. They have two children. She passed away in Rancho Mirage, California Feb. 14, 2005.

Laura Eleanor Kinne Salisbury

Little Snake River Valley resident Laura Salisbury died Tuesday, December 28, 2004 at her ranch home east of Savery. Laura was a well-known and beloved figure in her community and throughout the state.

She was born Laura Eleanor Kinne on May 28, 1921 in Three Oaks, Michigan. Her parents were Zachariah and Charlotte Kinne. The Kinnes had been in North America since the 1600s and Laura had many ministers, teachers and farmers in her family tree.

Laura was orphaned at eight years old, and at the age of twelve she moved to Riverton, Wyoming to live with her aunt and uncle, Azel and Laura Conant. She graduated from Riverton High School in 1939. She studied home economics and teaching for two years at Colorado State University in Fort Collins.

It was at college that Laura met her husband, George R. Salisbury Jr. She and George married August 19, 1941. In 1942, their son George III was born. Soon after, George shipped out to the European theatre in World War II. Laura and their son moved to the Salisbury family ranch on Battle Creek.

Laura taught school at the one-room Battle Creek schoolhouse for several years. She caused a stir as a married schoolteacher—something nearly unheard of in those days. When George returned home, they settled into ranch-

ing and raising their family, which grew to include two daughters, Charlotte and Sharon.

Laura was very active as a 4-H leader for 34 years. She drove two generations of boys and girls to countless 4-H judgings, fairs and other activities. She taught scores of young women (and a few young men) to sew, and served as the Savery Savers Community 4-H leader for many years. She was selected to attend the National 4-H Club Congress and in 1995 was selected to the Carbon County 4-H Hall of Fame.

Laura was very active in local and state CowBelles (now CattleWomen). She was elected state CowBelles president and served 1988 to 1989. She especially enjoyed attending the state Stock Grower and Wool Grower conventions and visiting with her many friends.

George was active in politics, and he always said he never could have gotten elected without Laura's tireless campaigning and good memory for names. She accompanied him to Cheyenne for the state legislative sessions, where she participated in chorale and artisan's groups.

Laura was a talented singer, lending her voice to many weddings, funerals, and the River Queens, a local barbershop singing group. She was also an artist, and her paintings adorn the ranch houses, and the homes of her family members and friends. She was a member of Valley Artisans.

Laura was active in her community. She belonged to the Rebekahs, the Little Snake River CowBelles, Friends of the Library, and St. Paul's Guild.

Laura was an active member of St. Paul's Episcopal Church in Dixon. She was always there to lend a hand to anyone who was ill or in need. She participated in Bible study.

Laura and George traveled extensively. She visited Europe, South America, Australia, New Zealand, South Africa, Japan, Canada and Mexico. She and George made several trips to Brazil to visit family members.

Associate Membership

I am sending out renewal notices to our associate members. Now would be a good time for people to personally thank

our associate members in their towns and encourage them to join again.

Thanks, Kim DesEnfants

WSGA/WCW Legislative workshop

Wyoming Stock Grower's and CattleWomen were treated to a day of education and enjoyment on January 25th during the 2005 Legislative Day!! Philip Ellis and Catherine Kukowski welcomed us to the beautiful conference room of the WSGA building.

Dr. Jim Heird from CSU gave a workshop on "Leadership Enhancement." His presentation was straight forward and to the point. Organizations have to communicate a PURPOSE to get people involved; be ORGANIZED so meetings flow; be INVOLVED, ag people are not powerless but we do need to articulate well; finally, have FUN at the meetings.

The four individual traits for leaders he identified were: COMMU-

NICATION-articulate, learn to write a letter, be an active listener to what is being said and what is not being said, remember what group of people you are speaking to; DECISION MAKING-makes decisions by listening to what people say; PASSION FOR GOALS-set "Big Hairy Audacious Goals" (he was quoting from the Harvard Business Review) that nobody thinks are possible; and INTEGRITY-even if you accomplish great things, you will not be remembered for them if you don't have integrity.

Next, we were honored with the presence of Governor Dave Freudenthal. He casually sat at the table with us and informally discussed many of the issues before the Legislature that will affect us in agricul-

ture, and us as citizens of this state. This ranch lady was impressed. Where but Wyoming would we have an opportunity for questions, answers and yes, active listening, from our Governor!!

We had lunch, Jim Magagna presented a review of the legislative actions WSGA felt were crucial to us, and then a visit to the House and Senate. At six that evening we hosted the Legislators and State Officials, plus Governor and Mrs. Freudenthal for a friendly and fun Legislative Reception sponsored by the WSGA/WCW. There were many invited guests also included.

If you see Jim Magagna around, or want to drop him a note, please thank him for his tireless efforts to monitor bills.

COUNTY Updates

Niobrara County CattleWomen

As the Niobrara County Cattlewomen complete another year we would like to wish everyone the best in 2005, and recap our year for you.

Throughout the year we continue to sell our book "Traildust and Branding Irons." This book is a collection of Niobrara County area brands, histories of the participating ranches and stories from the owners of the brands. This book has been well received and the proceeds go toward our scholarship fund. We have created a brand display area at the fairgrounds of the brands represented in the book.

We purchased plastic license plate frames with "Wyoming Beef It's What's for Dinner" printed on them. These have been a great seller for us. There are vehicles now advertising WY Beef currently in the states of California, Colorado, Missouri, Nebraska, New York, South Dakota, and Texas.

Everyone looks forward to our annual Spring Gathering. At this meeting we install our new officers, present scholarships to our recipients and have enter-

tainment. The officers installed were Sena Pearson, President; Lorrie Reed, Vice President; Velvet Dowart, Secretary; Denise Baars, Treasure (resigned 9-04) Linda Cummings (installed 9-04); Associate Membership and Brand Book Chairman, Barbara DeGering; Beef Education and Brand Napkin Chairman, Donna Hanson; Beef Promotion Chairman, Denise Baars; Scholarship Chairman, Linda Cummings. We presented two scholarships to Crystal Krein and Vanessa Greer. Ann Hester was honored this year as an Honorary member. Entertainment for the evening were four members from the High School Speech Team and "Magical Hands" a local group that sings and uses sign language. An enjoyable evening.

In May, we held our annual Ag Expo. This is an educational day with several hands-on stations for the 3rd and 4th grade students. Stations include a demonstration of working sheep dogs, a rain simulating device that demonstrated the effects of rain on land that is well vegetated as opposed to land with little cover and no cover, a demonstration on the proper way to wash hands and passing the hands under black light to see if any particles remained, a race car that ran on Ethanol, a demonstration by Carla Stroh on English riding, Beef-o Bingo, a station that required remembering items turned face down involving agriculture, and of course, the all time



At the Niobrara County CattleWomen's 2004 Christmas Bazaar, beef taste samples offered to the public. Janette Stark and Lorrie Reed are pictured.

favorites- a relay race that had the students doing everyday tasks of the ranch family. Also, role playing in which the students are given a ranch scenario and the rancher has to deal with the environmentalist, neighboring rancher, camper, hiker, 4-wheeler enthusiast, realtor, bird watcher, etc. We also serve the students a lunch that includes beef. Two of our local teachers, Wava Tully teaching 3rd grade and Teresa Tucker teaching 4th grade, were selected as National Winners of the award "Excellence in Teaching About Agriculture". We are very proud of them!

In August, we were involved with the County Fair. We had a fair booth and were awarded 1st place honors. Our theme "Beef more than 90 years strong-from Chuckwagon to Grill-Beef It's What's for Dinner." We purchased water bottles that have "Beef, it's what's for dinner," printed on them. We filled the bottles with ice and water and passed them out to the public as they came to observe the Beef Show. It was quite a warm day and the bottles were well received and appreciated. We donate 4-H Beef awards at the fair for Reserve Champion Market Steer, Reserve Champion Market Heifer, Reserve Champion 4-H Club-Pen of 3 Beef, and Reserve Champion pen of 3 Feeder Calves. We also donate Beef Certificates for the two best open class photos of Cattle. At the Wyoming State Fair we donate a rosette and \$10.00 cash award to the winner of the Best photo of Cattle.

In October, we provided Brand Napkins for the hospitality room at the National Beef Ambassador Contest, plus gave "Beef It's What's for Dinner" water bottles for each of the contestants.

In November, we gave Certificates of Appreciation a \$2.00 bill to each member that completed their 4-H Beef record books. We are a member of Niobrara Chamber of Commerce and for business after hours event we prepared a beef dip and chips and handed out recipes. We have donated a copy of the book "Rancher Dick and The Little Gray Calf" by Jack Shabel to our school library and to the county library. Four of our members made a quilted wall hanging and two quilted table runners to be raffled off with the proceeds going toward the Scholarship fund.

In December, we take an active role in the annual Christmas Bazaar. At this event we have our annual "Taste of Beef" booth where we offer beef appe-

Niobrara County CattleWomen *continued*

tizers and the recipes to the public. We took advantage at this time to sell tickets for the Scholarship raffle, hold a drawing for a FREE \$40.00 Beef Certificate, and to sell our brand book, brand napkins and license plate frames.

We gave Beef-Certificates this year in a drawing on Valentine's day and at Christmas to our Help-Mate Crisis Center and certificates were given to elderly couples in need. Beef recipes were given to local families through the Santa's Helpers program prior to Christmas.

We are fortunate enough to have a community that is very supportive of our organization. We have 23 Associate Members. They include: Allbright True Value, Bank of the West, Best Western, Shelly Christianson, CPA, Covered Wagon Motel, DC Drilling, Dave's Drug, Decker's Food Center,

Hiway Super Service, Hubbard Feeds, Lenz Realty, Lusk Liquor, Lusk State Bank, Niobrara County Feed and Supply, Rich and Virginia Pullen, Rawhide Refrigeration, Rivers Three Trucking, Security Insurance Agency, Silver Cliff Vet Clinic, Sperry Drug, Town House Motel, Valley Motor, and Waldock A Partnership.

Throughout the year we have been involved with a number of other projects. They include: children's coloring placemats at restaurants, catering dinners that feature beef on the menu, placing monthly beef recipes in the local newspaper, and a new project that will display brands that are not included in the brand book.

We look forward to the year 2005 and our many projects.

Lorrie Reed, Vice President
Linda Cummings, Treasurer.

Goshen County CattleWomen

Goshen CattleWomen have been busy since our last update. Sales of our new brand napkins have been good. We have received many letters from fourth graders thanking us for hosting the Ag Expo this fall. We pass the letters around at our CattleWomen meetings and the ladies enjoy reading the comments.

We have also received evaluation sheets from teachers, which are helpful. Wendy Harding attended our November meeting and talked to us about Grassroots Funding. The information she presented was very beneficial. In November we started our annual beef certificate promotion on the local radio station. Each weekday from November 21 through December 20, a beef trivia question was asked, on the air, by the host of the morning radio program on KGOS/KERM. The daily winner was given a \$2 beef certificate and their name was put into a drawing that was held at the end of the contest. Two winners each received \$50 in beef certificates. Ads for beef certificates were run daily also. This is a very well received promotion and the radio station is glad to help us. We think it is one of our more successful promotions.

In December the annual Cattleman's Ball was held jointly with the Goshen County Stockgrowers. It was well attended and was held at the Rendezvous Center at the fairgrounds. Kevin and Jackie Nickel of "The Ranch" catered the dutch oven meal. They served food from the back of their chuckwagon, which they had set up in the Rendezvous Center. It

really added to the atmosphere for the evening. They prepared a delicious roast beef meal complete with baked potatoes, salad, green beans, rolls, and pineapple upside down cake. The tables were decorated with poinsettia and reindeer centerpieces, which were given away for door prizes, as were other items throughout the evening.

A silent auction was held using items donated from local banks and businesses. Wyoming Cowboy tickets and tee shirt, western art, and other very nice donations created lively bidding to the end. A local DJ provided music for the dance to end the fun filled evening. We met in January and started making plans to set up a booth at the Business Expo to be held in February. We will hand out samples of a delicious beef wrap, brochures and recipes, as well as drawing for beef certificates.

Pat Ellis recently moved to Goshen County from the Medicine Bow area and we are excited to have her as the newest member of our group. Hanna VanMark gave an interesting program about her trip to Russia. We are preparing and judging recipes for the Wyoming CattleWomen recipe contest.

In the next few months, members will be busy with bull sales, calving, and the many other activities we are all involved in. We are very appreciative that these ladies take time from their busy schedules to help promote beef.

Kayle Berry

Johnson County CattleWomen

The Johnson County ladies are busy preparing meals for local bull sales. We are very thankful to have these great money making projects and it is so great to see so many people we know.

Our Cattleman's Bawl was held in November. We were honored to have Wyoming CattleWomen President Catherine Kukowski and her husband Paul from Wyrno as our guests. They were so much fun to visit with.

Our Ag Day is coming up in April and as always promises to be a great opportunity to teach our 3rd graders more about the beef industry and what it has to offer. Although we don't have our speakers set for this year yet, in the past the learning stations have included the Forest Service which

gives each child a seedling to take home, bee keepers with real bees and honey to taste, water erosion demonstration, a video of a calf being born and discussion, discussion of all the things we have that come from beef by-products, tagging and vaccinating, horse shoeing, and demonstration of life in a sheep wagon. We also have our local FFA group bring their FFA animal projects, horses, beef, sheep, pigs, dogs, etc. for the kids to have hands on experiences and ask the FFA students questions. The kids have also had the opportunity to walk through a cattle semi-truck and trailer, watch sheep dogs in action, and many more activities. What a joy to be able to spread the word to our youngsters.

Sincerely, Rhoni Stafford

Crook County CattleWomen

The Christmas party for the Crook County CattleWomen was held December 10, 2004 in Sundance. There were 42 attending. Each person brought a nonperishable beef item for a food basket which was divided between the 3 towns in the county, Hulett, Moorcroft and Sundance. 107 beef packages were collected. Each paid up member attending received one of our brand afghans as a gift.



Justin Tystad and Minnie Williams delivering beef items in Moorcroft.

A committee has been named to make plans for the installation of Jeanette Smith, a Crook County CattleWoman, as WCW State President next summer. This will take place in Cheyenne, June 9th, 2005.

The "Beef — It's What's for Dinner" signs have proven to be very popular. We have ordered several times

for different people. The Crook County CattleWomen helped put brands on old boards which were then used to finish up a project started in the Crook County Museum several years ago.

We are busy making plans for our Associate's Luncheon which will be held March 22 in Sundance. We invite all of the Associate Members

to a free lunch featuring beef and homemade pies. Door prizes are drawn which include an afghan and our own napkins. We usually serve around 60 at this event.

We are going to do a beef promotion-education type thing in the 3 schools in March close to Ag Day, which is March 20th, a Sunday. We will have some type of activity featuring agriculture or beef for all of the 4th graders. They will be given a beef stick and a "Just BeCows" booklet. This was done last year for the first time. The beef sticks were a great hit with the students. Our grocery store now features a display of beef sticks next to the candy bars. They have proven to be very popular, especially with the athletes.

Barbara Clark, President



Crook County CattleWomen President Minnie Williams selling our brand afghan at the November Arts & Crafts Fair in Hulett.

Natrona County CowBelles

Natrona County CowBelles participated in the 50-50 Christmas Beef Gift Certificate promotion with ads on KTWO radio. We gave 10 Beef Gift Certificates worth \$5 each to Joshua's Warehouse. We gave \$80 worth to Central Wyoming Rescue Mission for meals prepared on site. We are giving 14 \$5 certificates to Seton House residents, and \$300 for the Natrona County Senior Centers for a beef meal during Ag Week, March 22nd. We will be preparing trays and serving the Seniors, a very appreciative and polite group!!

February 12th we hosted the Sec-

ond Annual Valentine's Gala with the Natrona County Wool Growers. Brandi Forgey, Linda Haines and Lory Wing planned the event with the Wool Growers.

Our guest at the January meeting was WCW State President Catherine Kukowski, presented a corsage and western stationary. She talked to us about the Beef Man Costume, the Legislative Workshop and Reception, Beef Ambassador contest June 8th, and WCW meeting June 8-9 in Cheyenne.

Marcia Campbell, Treasurer

Laramie Peak CattleWomen

Laramie Peak Cattle Women and Stock Growers held their annual banquet on November 13. The dinner and dance were held at the Dusty Boots Steak House in Wheatland. Linda Dunlap was honored as 2004 Ranch Woman of the Year and was presented with flowers and a beautiful landscape painting. Great music was provided by Mickey Plemons and his daughter and son from Cheyenne.

At our January meeting plans were made for

several spring projects. We will be serving a beef dinner for the Reyes bull sale on March 7. We voted to contribute \$200 in beef certificates to the Memorial Baptist Church in Wheatland to be used for serving free lunches to local high school students. We are making plans for our second annual Ag Expo for 3rd and 4th grade students in Platte County. It will be held on April 27 at the Platte County fairgrounds in Wheatland.

Nine members of our group gathered at

the home of Sue Baker to prepare and judge 3 recipes for the state beef cook-off. Sue has a wonderful kitchen with 2 stoves and a large island in the center. We divided into 3 groups of 3 and each group prepared one of the recipes. We were all able to sit down and taste the results. We had a great time tasting, critiquing and judging the good recipes made with BEEF. Thank you Sue for providing your kitchen and gathering all the ingredients.

Judy West, President

Converse County Cow Belles

The Converse County Cow Belles had a very busy fall. Activities included a float for Glenrock's Deer Creek Days, and a float for the Wyoming State Fair—"Winnin' and Grinnin' with Beef" was our theme. Our float won first place for our category and we received \$150.00.

We also raised money by doing a lunch for the Annual Quarter Horse Sale during State Fair, as well as the appreci-



ation dinner for the Douglas Chamber of Commerce.

A booth was set up during the Fair for the Ag in Action tent. Cake was provided, as we celebrated the 100th anniversary of the hamburger. Handouts included pot holders, fans, and gummy burgers. The byproducts display attracted many to the table.

We held our annual Christmas dinner in December.

Our meetings are regularly held on the fourth Monday of every month. Our next regular meeting will be Feb. 28th at noon at the newly-remodeled Village Inn in Douglas. The Sept. 2004 meeting was



held in Glenrock so members from that part of the county could attend.

Future projects will include handing out pencils during a beef lunch during Ag Appreciation Week in March; conducting our annual First Grade Ranch Tour, to be hosted by Vic and Jane Barber; and providing Douglas third graders with a Hat Skit that shows the connection between ranchers and the community, as well as a look at jobs related to ranching.

Nita Warner, Secretary

Washakie County Cowbelles

The Washakie County Cowbelles would like to share some of our activities with you.

September found us busy with the annual Harvest Feast dinner which we prepare and serve for the Ag Ambassadors.

October we prepared and served a meal for a group of clients for our local veterinarian.

November found us doing another dinner. This time for the Stockgrowers, Farm Bureau and Extension. Now it was time for our Thanksgiving promotion. That consisted of guessing the weight of a prime rib roast at each grocery store. Due to some ties, we ended up giving away four prime ribs.

Christmas brought about several projects. We gave some money to our local "Support the Troops" to help them with

the postage to send all the Christmas boxes to our troops. We also gave some money to the Red Cross to help with disaster relief. Bought Angel Tree gifts for 4 Seniors and 4 children. Gave canned food and 2 lbs of hamburger for each needy Christmas basket. We also had drawings at both grocery stores in Worland and the one in Ten Sleep for a basket of Beef.

For Valentine's we promoted Beef Gift Certificates at a high school basketball game, both in Ten Sleep and in Worland. We reached a lot of people at these games. We held a drawing for \$30 in Beef Gift Certificates at each school.

We also gave away some BGC for door prizes at West-Ag-Days in Worland, Feb. 1st and 2nd.

Kathy A Bush

Albany County CattleWomen

The seasons come and the seasons go. The one constant that we all have is that nothing stays the same. Change is feared, it is revered, it is ignored, and it is looked forward to. No matter how we face change it still happens. The things that keep us able to accept change are the things that make us feel grounded and are set in our traditions and customs. These are events that we keep, that work, that don't need fixing or very little tweaking. These are some of them that we keep:

November is a month of tradition and we don't stray far from it at our scholarship auction. All members bring items they make, or want to donate. Dixie Mathison works tirelessly as she auctioneers for us. Her ladies that help pull it all together do such a wonderful job and it pays off as we raised over \$1000.

December is a tradition filled month with all of things we don't want to let go of. Like tables laden with food that we aren't sup-

posed to eat anymore. Our collaboration with Stockgrowers is a fine tradition that we continue on with having prime rib and all the fixins, a silent auction that raised over \$500, a raffle for a custom made gun and digital camera. We announced Donna Newkirk as our Ranch Woman of the year, and what a surprise for her. Also in December Deanna Johnson coordinated a gift-wrapping schedule at Corral West. All of the volunteers worked together to raise over \$200 for the scholarship fund.

January life slows a bit enough to catch your breath before calving starts. Planning begins for our Ag Expo, which will happen in April. Plan ahead that is the name of the game, I am sure my mom taught me that.

We will put together another writers workshop for the membership who are interested in keeping a history in whatever form they choose. We will have it in March or April.

Ag Expo will kick off on

the 19 of April and run for 2 days with a family night on Tuesday. It is one of our big traditions that has made a few adjustments in the last year. We moved from the fair grounds to the Hanson Arena. The booths this year will be a mosquito demonstration, ruminants, weed & pest, stock dogs, bees, animals, stock trailer, draft horses, by-products, pre-vet, and stream trailer. Our poster contest is pulled together by the Laramie Rivers Conservation District, district clerk Trish Penney. This is one tradition we don't want to see change too much. Even so the agriculture world is constantly changing and we have to be ready and willing to go with the flow.

We are brainstorming ideas for beef promotion and will have more next newsletter.

Have a great New Year and we will see what changes are in store for the future.

Kris Johnson, Albany County Cow-Belle President

Fremont County Cattlewomen

The FCCW hosted a Speech Workshop on November 20, 2004 at the Fremont County Fair Lunchroom. Seven girls from the Riverton area

ing how the good lord works in distributing the ornaments to special people in mysterious ways. As everyone opened their ornament, they shared



Martha Hellyer and Kaye Stoll talk to the Fremont County CattleWomen about legislative issues at the annual Winter Meeting/Workshop.

attended the workshop. Darla Griffin, Linda Griffin, Cathy Meyer, and Kaye Stoll spoke to the girls on various issues to give them ideas for speech topics. Pam Schweigert, MS English teacher from Wind River spoke to the students about writing speeches. Nicole Thomas of the Wind River FFA and last years winner of the FCCW Speech Contest along with Kelly Rees, Beef Ambassador Chairman and past winner talked to the girls about presenting their speeches. The girls really seemed to enjoy and learn a lot from the workshop. Cathy Meyer treated us all to a delicious Chili Dinner and the Riverton Cattlewomen provided us with all kinds of yummy goodies and refreshments.

them with the group, and the person who gave the ornament "fessed up!!" The officers hosted the meeting and provided door prizes and goodies. There were at least 35 gals in attendance. 72 past members were invited and several were in attendance. Wahoo! Some have even re-joined the herd again!! We were delighted to have Arlene Brown as our guest speaker. Arlene is on the Wyoming Agriculture Board and she spoke to us about what this board does. It sounds like Arlene is out there working very hard for all of us. With her strong background in agriculture she is able to bring a lot of food to that table. We all appreciate ALL that she is doing for Agriculture.

In December, we held our annual Christmas Meeting and Ornament Exchange. It was a great success. The Wind River Junction treated us to an All-You-Can-Eat Mexican Buffet. We all brought an ornament and had an ornament exchange. It's amaz-

Also in December we found a couple of small shops that were delighted to sell our afghans. We ran an ad in the newspaper and sold several afghans. The Irish Rose in Riverton and The Water Wheel in Dubois will be handling afghans for us. We are always looking for anyone

else who owns a store and would like to carry them.

The Crowheart CattleWomen hosted the January meeting at The Bull Steakhouse in Riverton on January 22. This meeting is also the time for our annual workshops. The FCCW are looking forward to being part of a Best Burger Contest to be held at the Fremont County Fair in conjunction with the Cowboy Joe Club and "Steer Of the Year." We are also considering adding brands to our afghan or doing a volume II. Guest Speakers for the day were Sali Allard, who talked to us about Lasagna Gardening, Carrie Griebel who talked to us about Hospice, Martha Hellyer and Kaye Stoll who talked to us about Legislative Issues, and Kara Stoll who shared with the group the Outdoor Classroom they are doing in partnership with the Wind River School on their land. Sali had us laughing so hard we were crying with her garden stories, and Carrie touched our hearts with the gift of Hospice. She mentioned four things that matter most when it comes to that point; they are: Please Forgive Me, I Forgive You, Thank You, I Love You. Her heart and soul are in what she does and I think we all took a lot away from her talk. Kaye talked to us about services available to the public during legislative sessions. Martha shared the "NO BULL" sheet with us containing the Bill Review and Status.

It is now time to renew memberships to the FCCW. If dues are paid by Feb. 1, names will automatically be entered in a drawing for a fine piece of Montana Silversmith jewelry.

Kara Stoll

Sheridan County CattleWomen

We have a large membership in Sheridan, around 80. However, our business meetings are getting smaller and smaller. Winter weather is part of it, however, some members work outside the home and our noon meetings are inconvenient for them to attend. We have been without a Secretary this year, because we cannot fill the position. Our Vice President, Riki Davidson has been "acting Secretary" as well. It is looking bleak for next years officers and we would like to hear from some of the other groups as to how they handle this problem. The members that have chaired committees for years are now tired of the job and ready to give it up. It is easy to understand why the older members want to rest, as they have been active since the very beginning and think it is time for the newer members to take the reins. Very understandable, but I am at a loss on how to encourage new volunteers, please help!!

We have been following the newest case of BSE found in Canada. The USDA's decision to go ahead with opening the border for trade has inspired me to write a letter to our Senator Enzi. I have sent a form letter to each of Sheridan member to make it easy for them to sign and mail. Hopefully, by doing this, we will make our voice heard. For your information I have reproduced this letter for anyone to copy if they so wish.

Office of Senator Michael B. Enzi

379A Senate Russell Office Building
Washington, DC 20510

Dear Senator:

I would like to address an important issue that I am concerned about regarding the importation of Canadian cattle into the United States. The discovery of a third Canadian born cow with BSE has not influenced the decision of the USDA to move forward with plans to reopen the border on March 7, 2005. Our industry has taken a blow with the exporting of only 444 million pounds of beef in 2004, well below the 2.5 billion pounds exported in 2003. I would like to see more time for our market to return to normal before opening the door to Canada with her BSE problems.

If the border is opened, the USDA will find itself needing to prove to Japan that both US and Canadian beef is safe, thus doubling the burden of proof. This added burden no doubt will take much more time and money than proving that our own beef is safe. Please support our industry by doing all in your power to protect our beef industry.

Date _____
Name _____
Address _____
City, State, Zip _____
Phone _____

Connie Portwood, President

Cody CattleWomen

Hello from Cody! To bring you all up to date, let us introduce you to our great collection of officers:

- Darlene McCarty- President
- Angela Whitlock - VP
- Shirley Bales - Treasurer
- Marilyn Walker - Secretary
- Pat Bales - Condo-lence
- Deanna Siggins - Historian
- Kathleen Jachowski - Legislative

Throughout the holiday season, together with you all, we promoted

Beef Gift Certificates, and will continue to do so throughout the year.

Cody Meats hosted a marvelous 'cooking contest' ad, which we hoped sparked wide interest in area cooks. Cody Meats have been instrumental in a lot of our projects. As my daughter-in-law would say, "They Rock!"

Many of us were able to attend a lovely CattleWomen Christmas party at Jo and Bo Boman's home on the South Fork. The Prime Rib was superb and enjoyed by all as were the special Christmas sing-a-longs.

The whispers of Scholarships are upon us. Bobbie Olson was the beneficiary of last year's scholarship. The criteria of our scholarship are as follows (I found it interesting that it differs in each organization.):

1. Cody High School graduating senior;
2. Written Goal statement;
3. Resume 'type' information;

4. Two letters of recommendation from non-family 4-H or FFA leaders, plus 3 non-family references.;

5. A short essay about "What FFA or 4-H Has Done For Me." (which makes involvement in one or both of these organization an obvious prerequisite); and

6. High school attendance record.

Applicants are subsequently interviewed by our 3-member scholarship committee.

The winner is acknowledged at the Cody High School Awards Ceremony and also required to attend one of our monthly meetings for our personal recognition. Our scholarship is for \$500 and does not require the applicant declare a major in Agriculture. We've taken into consideration that a student's major can and often will change several times throughout their path of education.

Suzi Hoiness

Sweetwater County Cow-Belles

This small Cow-Belle group arranges for meetings in Rock Springs when asked by various groups. We sponsored three Legislators at the WSGA-WCW Legislative Reception in Cheyenne. At the Sweetwater County Fair we helped the Homemakers serve BBQ for the buyer's dinner before the sale; beef, salad and beans, etc. We also are active with the Legislative Calling Tree for Jim Magagna.

Mickey Thoman, President.

Wyoming CattleWomen have a legacy of outstanding contributions to the beef industry. We have passed the flame of dedication from one generation to the next, sheltering it from turbulent winds of politics, markets and fashionable trends. CattleWomen have a long and splendid heritage of personal strengths, abilities and leadership, both within the family and the community. We encourage you to explore the issues facing our industry and threatening our lifestyle—and our very existence. We need to focus and work together to maintain our strength as we face these issues. As a CattleWoman/Cow-Belle, you can make a difference.

— Kaye Stoll, Crowheart

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 (\$20) ANCW (\$50) WCW Associate (\$25)
- WCW Lifetime (\$300)

Name _____

Address _____

City/State/Zip _____

Phone _____ Fax _____

E-Mail _____

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