

Celebration 64 years of Promoting BEEF!



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For more Information,
go to
www.sd cattlewomen.org

JUNE QUARTERLY MEETING

South Dakota CattleWomen
will hold the next
quarterly meeting
**Tuesday, June 6,
at 10:00 a.m.**

at the South Dakota Hall of
Fame in Chamberlain.

Prime CattleWomen
will be the hosts.

Those attending will visit
"Lady Dignity"

(shown at the right)

at the Chamberlain Rest Stop.
Lady Dignity is a new 50-foot
statue that was added to the
rest stop late last year. Hope
everyone can join us! For more
information, contact Brenda at
605-290-8223 or
bdreyer@midco.net



Food Drive!

The South Dakota CattleWomen
are requesting a Food Pantry Drive
at the June 6 meeting at the
Hall of Fame in Chamberlain.
Please bring non-perishable
items to be donated to a
local food pantry.
Thank you for your help!



Membership Update

SDCW has
141 members

2 Sustaining Members

42 Associate Members



*Don't forget your sacrifice today, & every day,
on this memorial day.....*

THANK YOU!

Memorial Day is May 29!
Enjoy your time with family!

Member Spotlight!

Mary Jessen, editor of this newsletter, would like to "spotlight" a member of a SDCW club or unaffiliated member of the SDCW in each issue. Please forward information for the member and a photo, if possible, by mail to the editor: Mary Jessen, 20675 327th Ave, Holabird, SD 57540 or email to hiherald@venturecomm.net and put SDCW Spotlight in the subject line.



Message from your President

Happy Spring! I hope this finds all of you enjoying the green grass and signs that summer is around the corner. Another school year is finishing up and outdoor activities are beginning which makes everyone happy at my house. Moisture continues to be appreciated, preferably in rain vs. snow and we know it isn't going to last long when the calendar says May!

As South Dakota Cattlewomen prepare for a summer full of activities at various locations around the state, I recently heard a comment that CattleWomen may be an organization of the past.

As our society changes, so too must we grow, adapt and adjust to meet our changing customer as well as our changing volunteer. Long gone are the days of a one-vehicle family where everyone was basically on the same schedule.

I don't know the last time you have looked at the meat case at a grocery store, it can be a little overwhelming. Beef farmers and ranchers are proud to offer a variety of choices to meet changing lifestyles and nutritional needs. There has never been a better time for CattleWomen to help provide education and opportunities to share the difference of grain-fed, grass finished, certified organic or natural beef just to name a few.

Today beef plays a bigger part of a nutritional active lifestyle! Thanks for allowing me to be part of this adventure with you as we work together to share the Beef story!

Prime CattleWomen celebrate 90th birthday

Prime CattleWomen celebrated this special lady's 90th Birthday at the March meeting. Florine Glaus who is a charter member of the Prime CattleWomen and State organization is a faithful, friendly promoter of beef wherever she goes. She reports that when doctoring, they comment how good her blood is . . . she replies, "that's because I eat beef." Florine has not only been active locally, but held all the State CattleWomen officer positions in the mid-1980's. We thank you for being a tireless and inspirational CattleWoman. Co-Chairman Wendy Swanson brought the bouquet and celebratory cupcakes to the recent meeting and best wishes were extended to her.



Need an idea for a gift? Moms and Dads love beef certificates!

South Dakota CattleWomen Beef Certificates make great gifts any time of the year and they would be especially great for Mother's Day or Father's Day! Beef certificates are so versatile. They come in increments of \$5.00, \$10.00, \$20.00 and \$25.00 and they are easy to use. They are accepted at grocery stores, meat markets and restaurants across the nation. They are available at various banks or direct from the source: by mail at South Dakota CattleWomen, Box 451, Winner, SD 57580; by phone at 605-842-9966 or by email at beefcertificates@yahoo.com. South Dakota CattleWomen would like to have more outlets in the eastern part of South Dakota. If you have any suggestions for a bank that would like to promote the cattle industry in South Dakota by carrying the Beef Certificates, please contact Lindy Harkin at the above number.

Remember, when you use or give beef Certificates, you are supporting our beef industry!





Evangelyn (Evie) Fortune lives with her husband, Charles, and their 14-year-old daughter, Abby. Almost 20 years of marriage has seen her as a newlywed in Oklahoma, learning about art and windmills in the Sandhills of Nebraska for nearly two years till she followed her husband back to his childhood home in Belvidere, SD.

Evangelyn spends her time homeschooling their daughter as part of a Classical Conversations community where she also tutors other students once a week during the school year. She also works as the Support Representative for Classical Conversation West of the River. This role enables her to be in contact with rural people who share her love of home education and agricultural living.

When not filling in the little labor gaps, such as making the run for parts or cooking a branding dinner with her mother-in-law, Evangelyn enjoys working on computers. She actually built her own machine two years ago and is looking into hardware upgrades already. She enjoys using the internet and computers to help her husband and father-in-law as they strive to stay competitive and yet faithful to long-standing traditions.

As Vice President of the SDCW, she hopes to not only give the women of western South Dakota a faithful voice in the organization, but continue to use her knowledge and skill to help keep the SDCW accessible to a new generation of ranchers and livestock producers.

To have an event added to the website or calendar and to see about needed promotional items for the event, please feel free to email her at fortuneranch@gmail.com.



Rosebud Rancherettes CattleWomen
Karen Martin, Sue Chytka, Sara Grim and Deanna Nelson helped serve a delicious roast beef sandwich lunch at the Bartling Hereford Bull Sale on April 21, 2017. "Doing our best to promote Beef!"



ROSEBUD RANCHERETTES member Sue Chytka presented Beef Certificates to Betty Lamp and Kathy Abraham. The drawing was held in February after a very informative presentation by cardiologist Dr. Richard Clark, titled "Be Smart with your Heart." This was in connection with February is Heart Month and we all know "Beef is Heart Healthy!"

50th Wedding Anniversary!

Jim, Julie, Jon and Steve Jessen and their families are hosting a 50th anniversary open house for Marvin and Mary Jessen (Harrold Steakettes member and state secretary of SDCW) on Saturday, June 24, from 2:00 until 5:00 p.m. at the Harrold Gym. Cards will reach them at 20675 327th Avenue, Holabird, SD 57540. "Your presence is our present!"



SDCW meets by conference call

The South Dakota CattleWomen's quarterly meeting was held Wednesday, March 15, 2017, via conference call. Brenda Dreyer, President, called the meeting to order at 9:00 a.m., with 10 members participating.

Ruth Farnsworth spoke of a State 4-H Leaders meeting in Winner on April 1 and that possibly the CattleWomen could incorporate some projects in with it and possibly discuss the Beef Ambassador project in the future. One hundred people are expected and Kodi and Katrin volunteered to help and possibly involve the FFA and give away promotional items.

A vote was taken on a resolution stating "that funds in the Morgan-Stanley account can no longer be used for any beef certificate business." Karla moved and Erin seconded to adopt. Motion carried.

Karla has not checked with Tonya Totten of Prime yet as to the rest area bag supply.

Brenda discussed increasing membership and forms available. Becky has some on hand and will get them to anyone wanting or needing them.

Kodi and Evie will handle the website. Get any information on projects, etc, to Kodi or Evie to be put on the website.

Kodi moved and Becky second to approve the BIC budget discussed at the last executive meeting. Motion carried.

Evi and Kodi discussed teaming up with Susie Geppert of the BIC in regards to a "road run" in early May for the groundbreaking of the new Cancer Center in Pierre on May 20.

Kodi suggested having a SDCW logo "SDCW endorses eating BEEF fights cancer" or something similar. Anyone wanting to help can contact Kodi.

Brenda plans to drive to the regional meeting in Omaha, Nebraska, on May 18 and anyone wishing to go may ride along.

The next quarterly meeting will be Tuesday, June 6, at the Hall of Fame in Chamberlain and hosted by the Prime CattleWomen. There will also be a visit to the "Lady Dignity" statue while there.

ANCW has changed their logo and SDCW can decide to change, if necessary.

The River City Band Festival will be October 6 in Chamberlain.

Brenda adjourned the meeting at 9:30 a.m.

Respectfully submitted

Mary Jessen, Secretary



TASTE OF WINNER . . . Southern Belle CattleWomen won the prize for best sandwich at the Winner Area Chamber of Commerce Taste of Winner. Pictured from left to right are: Lindy Harkin, Ruth Farnsworth and Sharon Eddie. The event was held at the Winner Country Club.

Southern Belle CattleWomen

Our Southern Belle CattleWomen have been finding new ways to promote Beef in our area, as well as continuing with Taste of Winner and Ag Day and Environment Day at the local schools. Two of our new projects are a CattleWomen's Corner in the Winner Advocate once a month where we highlight a recipe and some Beef Facts or Trivia. This is an easy project for all ages of members to get involved with. Another new idea was our make-and-take meals. Sarah Myers was all set to buy the ingredients and guys or gals could come together for a fee of \$55.00 prepare meals for four to six for five days. Our practice day went well, but the actual event ended up being cancelled. She is planning on trying again in the fall. We will be teaching methods for preparing meals and beef knowledge.

Philly Cheesesteak Sliders (Winner of Best Sandwich at Taste of Winner)

2 lbs. Ground Beef	2 Tbsp. Finely Chopped Onion	1/2 c Finely Chopped Celery
2 Tbsp. Finely Chopped Peppers	1 tsp. Minced Garlic	1 can Cream of Mushroom Soup
2 Tbsp. Milk	2 tsp. Worcestershire Sauce	Salt/Pepper to taste
1 1/2 c Shredded Cheddar Cheese	1 Tbsp. Chopped Parsley (optional)	

Brown hamburger, saute veggies in same pan, add garlic and rest of ingredients. Put on slider bun. Top with cheese. Makes about 24 small buns.

Sauce for Sliders

1/2 c Butter	2 Tbsp. Finely Chopped Onion	2 Tbsp. Brown Sugar
1 1/2 tsp. Worcestershire Sauce	1/4 tsp. Garlic Powder	



ACKNOWLEDGE BANKS AND EMPLOYEES . . . There are three banks in Fall River County who handle the beef certificate sales for the CattleWomen. Southern Hills CattleWomen members expressed our thanks and appreciation to these bank employees by presenting them with a box of chocolates. Shown in the top picture are: Southern Hills Members, Ellen Paulton, Barb Kane, Barbara Bogner, Flora Stearns, Bernice Landers and Shirley McKnight, along with Tina Hill, bank employee and Dick Dryden, bank manager, from the Black Hills Federal Credit Union in Hot Springs. Shown in the bottom picture are: Southern Hills members, Barb Kane, Ellen Paulton, Bernice Landers, Flora Stearns, Shirley McKnight and Barbara Bogner, along with Laura Tarrell and Anna Speaect, employees from First Interstate Bank in Hot Springs.

Dear Mary:

I am enclosing a couple of pictures of our club's activities. There are two pictures so just use the one that you choose. They are taken from a cell phone and printed off the computer so aren't the best quality. Things are looking like spring is on the way. We had a nice rain (one inch) earlier this week and now supposed to warm up. Should have grass and maybe hay this year. Calving went well this spring after quite a lot of snow in December, January and part of February. It finally warmed up and melted off. You are doing a great job with the CattleWomen newsletter. We are looking forward to the news articles about everyone's activities.

Take care,
Flora Stearns



SDCW Scholarship Winners



***Jayden Woodward
and Brooklyn Halverson
are the 2017 winners
of the
South Dakota CattleWomen
Scholarships***

The essay they each submitted with their scholarship application is shown below

***Congratulations
to both girls!***



The promotion of the beef industry is important and essential to our area. This is something I take very seriously. It is crucial to get the positive message of beef out to as many people as possible. You cannot just assume someone knows about the benefits of beef and the ranching industry because of where they live. Many people in our state are not aware of the benefits of beef. While it is important to use signage, websites, beef certificates and print materials to promote beef, I would capitalize on the best possible way to promote something and that is word of mouth. I would talk to as many people as I could about beef and encourage others to do so as well. When a person can see the positive impact of beef on their health, as well as to their state and region, they will be willing to share the story with everyone. It is the story of generations of families who work hard to raise high quality beef for not only the nation, but the world. It is a story of dedication, commitment and pride. I feel it is important to promote beef by telling these stories and to promote them to all ages. From children in a classroom to healthcare providers, senior citizens and business owners, the possibilities are endless. Beef is a universal resource. I feel it is important for me to promote it all to everyone I meet on my journey,.

Jadyn Marlene Woodward

"Thank you, South Dakota CattleWomen for providing students with the opportunity to be awarded this scholarship. I am hopeful in becoming one of your scholarship recipients. Your generosity will truly make a difference. Thank you of considering me for your award."

I would promote beef by sharing the nutritional value of beef with acquaintances, friends and family through social media. Many consumers are reading labels to find the nutritional values of foods today in order to put nutritious meals on the table for their families. Beef is very high in protein and its nutrients are important for healthy bones, muscle development and help to balance one's blood sugar. Beef is also an important source of vitamins that are essential to your daily diet, such as vitamin B12, zinc, selenium and phosphorous. Beef is also a good source of iron and other B vitamins.

Personally, I am familiar with the importance of protein in one's daily diet. Recently, I was told I needed to increase the protein in my diet, because of having a borderline low iron count. I did include some protein, such as beef, in my meals, but it apparently was not enough. This may have been due to rigorous workouts involved with sports and not always eating a healthy meal. I increased the beef in my diet and everything is back to normal. This a story I will share with friends. "Beef, It's What's for Dinner!"

Brooklyn Halverson





Kodi Blotsky visiting with students about the care of our animals at the Ag day held at the Winner elementary school

Beef Council works with Retailers to celebrate May Beef Month

Retailers are prime partners for South Dakota's beef producers, and during this May Beef Month, the South Dakota Beef Industry Council (SDBIC) has partnered with retailers throughout the state on beef promotions. The SDBIC provided participating retailers with a beef bundle promotion kit including beef, beef promotional items, consumer beef education and recipes, as well as access to a new online retail toolkit.

"We greatly appreciate the expertise and education our retailers provide consumers each day," said Suzy Geppert, executive director, SDBIC. "Consumers look to butchers and meat market managers to answer all kinds of questions about beef. We hope this promotion adds some fun to the process for everyone, and that our new online toolkits provide a one-stop-shop for retailers to train staff and build shoppers' knowledge about beef."

The SDBIC also understands the significant role of retail dietitians in our supermarkets, and has also rolled out an online toolkit designed to specifically meet their needs as well.

"We know shoppers love beef, but aren't always quite sure what to choose when they're in front of the meat case," said Holly Swee, director of nutrition and consumer information. "Retail dietitians have daily interactions with customers in that exact scenario. Our online registered dietitian toolkit arms them with meal planning solutions including the high-quality protein beef provides."

You can find both tool kits at sdbeef.org.resource-room/retail. For a full list of May Beef Month programs, promotions and events visit the newsroom and events sections at sdbeef.org.

South Dakota Cattle Women
 c/o Katrin Van Zandbergen
 31843 DeJong Rd
 Kennebec, SD 57544
 www.sdcattlwomen.org



Beef in Wine Sauce

4 lbs. boneless beef chuck roast, cut into
 1 1/2 or 2-inch cubes
 2 cans condensed golden mushroom soup
 (undiluted)
 1 can sliced mushrooms, drained (8 ounces)
 3/4 cup dry sherry
 2 Tablespoons garlic powder
 1 package dry onion soup mix
 1 bag frozen sliced carrots, thawed (20 ounces)
 Preheat oven to 325 degrees. Spray 4-quart
 casserole with nonstick cooking spray. Combine
 beef, soup, mushrooms, sherry, garlic powder and
 dry soup mix in prepared casserole; mix well.
 Cover and bake three hours or until beef is tender.
 Add carrots during last 15 minutes of cooking.
 Makes six to eight servings.

Beef Bourguignonne

1 can Campbell's condensed golden mushroom soup
 1 cup Burgundy or other dry red wine
 2 cloves garlic, minced
 1 teaspoon dried thyme leaves, crushed
 2 cups small button mushrooms (about six ounces)
 2 cups fresh or thawed frozen baby carrots
 1 cup frozen small whole onions, thawed
 1 1/2 pounds beef top round steak, 1 1/2 inches thick
 cut into one-inch pieces
 Stir the soup, wine, garlic, thyme, mushrooms,
 carrots, onions and beef in a 3 1/2 quart slow cooker.
 Cover and cook on low for eight to nine hours (four to
 five hours on high) or until the beef is fork-tender.
 Makes six servings.

- | | | | |
|------------------------------------|-----------------------------------|-------------------------------|-------------------------------|
| ★ Associate Members | Eklund Tax, Gregory | Midwest Cooperatives, | The Insurance Center, |
| ★ Animal Clinic, Ltd., Winner | First Dakota National Bank, | Highmore | Burke, Winner |
| ★ Anson Insurance Services, Inc., | Chamberlain, Kimball | Midwest Liquid Feeds, LLC | Victor Schmitz CPA, PC, Burke |
| ★ DBA Southern Dakota | First Fidelity Bank of Bonesteel, | Wood | Willis Veterinary and Supply, |
| ★ Insurance, Burke | Burke, Colome and Winner | Midwest Seamless Gutters, | Chamberlain |
| ★ BankWest, Gregory | Frontier Motors, Inc., Winner | Burke | Winner Livestock Auction |
| ★ BG's Electronic Service/Serenity | G.A.B., Burke | Midwest Supply, Chamberlain | Winner Seed/Gene Brondsema |
| ★ Hair Salon, Burke | Green's Grocery, Burke | Noteboom Implement, Inc., | Winner |
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| ★ Bonesteel | Jungle of Flowers, Burke | Rosebud Farmers Union Coop, | Kodi Blotsky |
| ★ Charly's Restaurant & Lounge, | Kohlman, Bierschbach and | Cenex, Gregory | Kim Vanneman |
| ★ Chamberlain | Anderson, Miller | Scott's Welding & Repair, | |
| ★ CHS Farmer's Alliance | Lewis Family Drug, | Colome | |
| ★ Elevator, Chamberlain | Chamberlain | Sioux Nation, Kimball | |
| ★ CHS, Inc., Corsica | Littau Angus, Carter | Statewide Ag Insurance, Inc., | |
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| ★ Burke | M & M Jessen Ranch, Holabird | Statewide Ag Insurance, Inc. | |
| ★ DBA Naper Café & Lounge | Mathis Implement, Winner | Winner | |
| ★ Naper, NE | McKay Insurance Agency, | Stella's, Burke | |
| ★ DeJong Ranch, Kennebec | Huron | Teena's Kitchen, Colome | |
| ★ Dobesh Ranch, Belle Fourche | Mid Dakota Meats, LLC., | Tim Pazour Trucking, Pukwana | |
| ★ Joe Duling, Gregory | Winner | The Feed Mill, Colome | |

Mission: South Dakota Cattlwomen strive to Promote, Educate and Inform about our BEEF INDUSTRY.