

Volume 36, Issue 2

2015-2016

Executive Committee

President

Julie Holmquist
4870 Cliff Drive
Rapid City, SD 57702
(605) 730-1455
goatsheep2020@gmail.com

Vice-President

Lindy Harkin
PO Box 451
Winner, SD 57580
(605) 842-9066
beefcertificates@yahoo.com

Treasurer

Becky Littau
27969 301st Avenue
Winner, SD 57580
(605) 879-2504
relittau@gwtc.net

Secretary

Mary Jessen
20675 327th Avenue
Holabird, SD 57540
(605) 852-2637

Membership Director

Send dues to
Katrin Van Zandbergen
31843 DeJong Rd
Kennebec, SD 57544
(605) 869-2362
katrinzv@
kennebectelephone.com

Parliamentarian

Kodi Blotsky
28862 289th Street
Valentine, NE 69201
(605) 378-3845
Kodi_abbot@hotmail.com

Newsletter Editor

Mary Jessen
20675 327th Ave.
Holabird, SD 57540
(605) 852-2637
hiherald@venturecomm.net

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

SDCW Quarterly Meeting

Friday, March 11 - 10:00 a.m.

Tripp County Library

442 South Monroe - Winner, SD

Call Julie Holmquist, 605-730-1455, if you have something
you want discussed at the meeting or email
goatsheep2020@gmail.com



THANK YOU . . . Thank you to those who helped decorate and take down the SDCW Christmas tree at the capitol in Pierre. A special thank you to Tonja, Velvet, Letha and Ervin Jessen and Ruth Hohrman for helping decorate; to Linda DuBois and Carol Simon for the decorations and to Tonja and Letha Jessen for helping take it down. It all helps to make for a great tree. I couldn't do it without all your help.

Mary Jessen, Christmas Tree Chairman

Notice ...

Due to a merger with First Dakota National Bank, Dakota State Bank in Blunt will no longer carry beef certificates. Harrold Steakettes member, Mary Jessen of Holabird, will handle them from now on. Mary can be contacted at 605-852-2637.

**Scholarship applications
available online**

High school and college students are reminded that May 1, 2016, is the deadline for applications for the South Dakota CattleWomen's scholarship. The application and information about the scholarships can be obtained online at sd cattlewomen@hotmail.com. Last year, two scholarships were awarded.



Financed by the Beef Checkoff.

Message from your President

Fellow CattleWomen: It is important to get topics to me if you want them brought up at the next meeting, which will be Friday, March 11, at 10:00 a.m. at the Tripp County Library, 442 South Monroe in Winner, SD. Lindy Harkin, our vice president, is doing an awesome job and I would like you to get to know her as she will be our next president. Following is a note from her about the ANCW convention she attended.

I am Lindy Harkin, vice president of South Dakota CattleWomen, and I belong to Southern Belles CattleWomen. I also administer the Beef Certificate program for the state organization. I am married to Larry, who, along with his brother, run a cow/calf operation in southern Tripp County.

We were privileged to attend the National Cattle Industry Convention in San Diego in January. This was the first time we had attended the convention and were very impressed with the size and scope of the conference.

I was able to attend all the of meetings intended for the general attendees. Some of the highlights of the convention included:

* An excellent **sponsorship workshop** given by Randy Bernhardt of Randy Bernhardt Consulting. He gave strategies for success in obtaining new sponsors and retaining sponsors. He advised that all state and local organizations as well as the national association do as much as they can to increase sponsorship. This should be done to increase familiarity with the cattle industry as well as fiscal benefit.

* Update on the **new collegiate program** to merge with the former Beef Ambassador program. This program should provide a higher return on investment, more professional development for participants, and more involvement with the upcoming generation.

* ANCW National President, Melanie Fowle and

Consumer Youth Education Committee Chair, Gabriella DeSimone presented a workshop on **Consumer Youth K-12 Education**. All attendees were given a packet to be shared with their state coordinators, which is very informative and useful. All of the committee meetings will have information and links on www.ANCW.org. All members are encouraged make use of these resources.

* President Melanie Fowle reported on the proposed **name change and logo update**. At the final general session both proposals were rejected as going too far astray from tradition and brand identity. However, a committee was established to use the current logo as a basis for an update.

We were also impressed with the entertainment provided at the convention. Rob O'Neill, best known for the Navy Seal who shot Osama Bin Ladin was an excellent speaker. The reception and dance on the WWII ship Midway and Martina McBride were other high points.

In the future, the SD Cattlewomen should consider encouraging members to belong to the American National Cattlewomen. They have great resources for state and local organizations and do a good job of promoting beef on a national level. There should also be a concerted effort to increase sponsorship locally and on the state level, which would greatly increase our ability to support the beef industry.

Schedule of Events 2015-2016

June 5-11, 2016: RASDAK

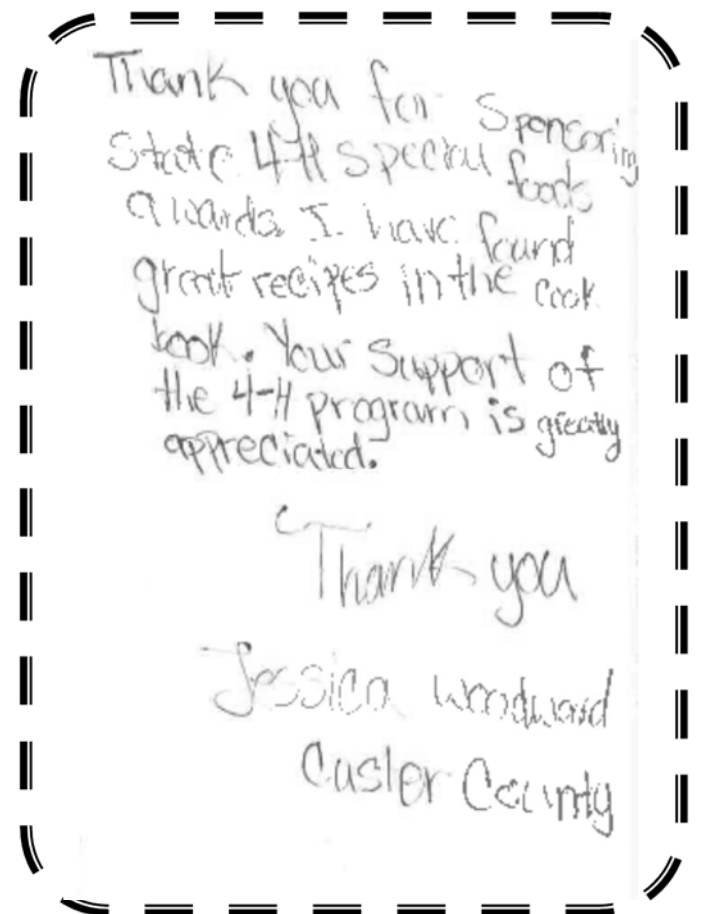
June 2-4, 2016: ANCW Region Meeting at The Elms, Excelsior Springs, MO

August 8-14, 2016: Sturgis Rally

September 1-5, 2016: SD State Fair

September 21-24, 2016: SDSGA and SDCW Annual Convention

TBA: Air Base Picnic



Southern Hills Cattle Women

Annual Project Report

October, 2014 through October, 2015

Officers:

President: Bernice Landers
Vice President: Barbara Kane
Treasurer: Barbara Bogner
Secretary: Flora Stearns

Number of Members: 12 Active Members: 10

Monthly meetings:

We meet throughout the year, usually on the second Thursday or Friday of the month. We meet at various restaurants throughout Fall River County. Depending on the season, members wear either our pink t-shirts or sweatshirts with our club logo, so we are easily recognized as beef promoters.

Our club representative, Carol Sides, faithfully attended most of the South Dakota CattleWomen's quarterly meetings that are held throughout the state and kept us informed on state CattleWomen issues. All of our members are members of the State CattleWomen's organization.

A column, "CattleWomen Moos" is submitted to our two local newspapers, noting winners of the beef certificates and also our club activities.

Throughout the year, we sold packages of our brand napkins that people used for various events. Local ranchers' brands are printed on these napkins so they are quite popular.

We distributed beef recipe cards to a local tourist location in Edgemont.

November: Participated in the Ag Expo event held in Hot Springs. This event is geared toward children and features the production of ag products, everything from honey production to raising poultry. Our club displayed our beef by-product box and explained all of the different by-products obtained from cattle.

"Ag Appreciation Banquet", sponsored by Chamber of Commerce: Our club provided the centerpieces, napkins and helped to set-up the tables. We held a drawing for six \$10.00 beef certificates and for five insulated beef bags containing our napkins and other beef-related items.

Donated two \$10.00 beef certificates and a package of our napkins to be included in a United Way basket for fundraising.

December: A box of chocolates was presented to each of the three banks in Fall River County in appreciation for handling the sale of beef certificates.

February: Our club nominated and filled out an application to honor a local business as Prime Beef Promoter, but later withdrew the application because the business was sold.

March: Provided area schools with information on applying for the South Dakota CattleWomen

scholarship.

April: Donated \$100.00 to a young family to help defray medical cost of the father, who has a brain tumor.

May: Instead of holding a countywide drawing for Mother's Day beef certificates, we decided to select the names of five needy families in the area and give them a \$20.00 package of ground beef. The local grocery store supplied the beef packages and the recipients picked them up at the store.

We donated \$100.00 and a small gift to a benefit for a young girl, who was having medical problems.

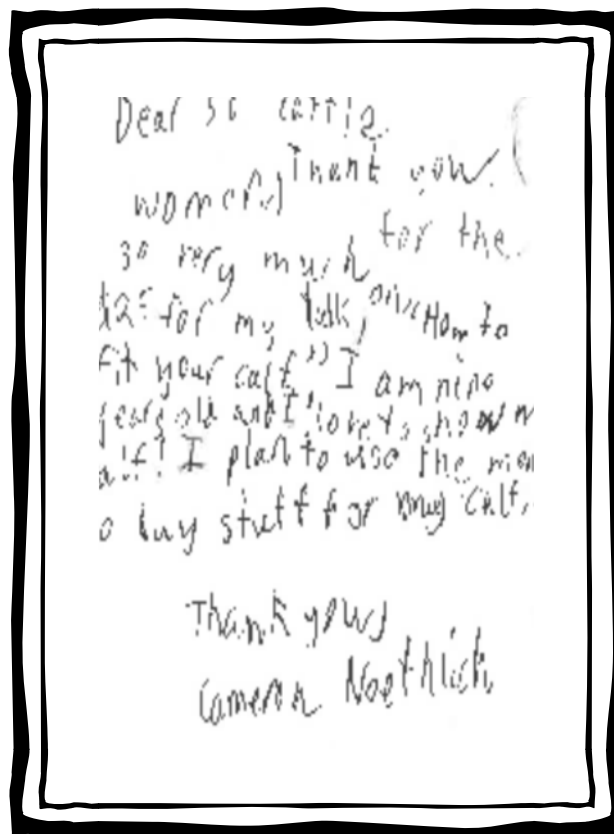
June: For Father's Day, we again selected the names of five needy families in the area and provided them with \$20.00 package of ground beef. The local grocery store handled the distribution of the beef packages.

August: Two of club members were provided a booth at the Ellsworth Air Force Base annual picnic. They distributed cookbooks, recipes, balloons, various books for children and other items.

Our club sponsored the Beef Showmanship trophy for the county fair.

September: Our club donated \$50.00 to each of the volunteer fire departments in Fall River County.

One of our club members attended the South Dakota CattleWomen's annual convention in Rapid City.



A Cattle Woman's Kind of Love

Submitted by: Anna Marrs, who is a city-born rancher's wife from Whitewood, SD and a member of the South Dakota Cattlewomen.

Let's face it. The reality of Valentine's Day is more than Cupid's arrow, romance and a box of chocolates. I have come to realize that Valentine's Day allows me to celebrate those in my life that give it meaning. To a 13-year-old school boy, a special person in his life isn't a girlfriend --he's not ready for that--but, it could be his teacher. And so it is.

Miss Moir is my son's sixth grade teacher of Bible, Language Arts and History at the Black Hills Christian Academy. Having retired from the California school system, she enjoys teaching children because this is what she does best. She's old school and I'm glad my son is under her tutelage.

This Valentine's day our family showed her how special she means to us and we invited her to our home for dinner. Traditionally, we serve an Italian fare to honor the martyr Valentine on his day. Is there anything better than a hot dish of Lasagna on a cold February day in the northern tier states? There are many Lasagna recipes, and each one has its own spin. Here's mine and as always, it's served with love.

The recipe:

Lasagna

Serves 6-8

No-boil Lasagna pasta

1 lb. ground beef

1 cup onion, chopped

1 tsp. salt

Black pepper to taste

1 tsp. garlic powder

26.5 oz. can tomato pasta sauce

6 oz. can tomato paste

22 oz. container cottage cheese

1 cup parsley, chopped

1 egg

Shredded mozzarella cheese

Dried oregano leaves, to taste

In a large skillet, cook beef and drain off fat. Add onion, salt, pepper, garlic powder, pasta sauce and tomato paste, bring to a boil. Reduce heat and simmer 15 minutes. Meanwhile, mix cottage cheese, parsley and egg together. In a lightly greased 9-in. x 13-in. pan, spread one cup of sauce at the bottom. Layer three strips of lasagna pasta over top. Spread 1/3 sauce and 1/2 cottage cheese. Repeat. Top the third and final layer of lasagna pasta with the Last third of sauce and shredded mozzarella. Sprinkle With oregano. Cover pan with foil and bake 425 degrees for 1 hour until bubbly. Let it rest 5 minutes before serving.



*Lasagna served with love.
Matthew with his teacher, Miss Moir*

i ♥ Lean BeefSM
One Powerful Protein 

Join us on facebook!

[http://www.facebook.com/](http://www.facebook.com/BeefItsWhatsForDinner)

BeefItsWhatsForDinner

Services held for Mary Lambley

Mary Louise (Hagerman) Lambley was born February 8, 1938, to Lawrence and D. Lillian Hagerman in Glenrock Wyoming. Mary's angel wings came to her on November 9, 2015 at the Sanford Heart Hospital in Sioux Falls, SD after a very brief illness, at the age of 77 with her family at her side.

Mary was the third child of her family. She received her education in Ainsworth, Nebraska, graduating with the class of 1956. She was a true Bulldog fan all of her life. Mary married Herreris Lambley, who was a classmate since third grade, on May 26, 1957, at the United Methodist Church in Ainsworth, NE. This union brought forth three children, Jolene, Donovan and Karen.

After graduation, Mary taught country school in Brown County, Nebraska. She lived with a family and she told us that the lady made her a sack lunch with cold heart sandwiches.

They made their home in Ainsworth for several years where she worked as a clerk in the Treasurer's office. Then moved to Keya Paha County to an uncle's ranch, where Mary worked side-by-side with Herreris to raise their children, milked cows, raised chickens and a huge garden that kept their family fed. In 1967 the family moved to Burke where they purchased the Burke Livestock Auction. Mary took care of hundreds of customers handing over their checks to them. One of her quotes "do you want to talk to the man in charge or the woman who knows what's going on"! She made countless pies and wonderful meals. Many friends came just to have a piece of Mary's pie. Mary retired after 47 years but not really, she just couldn't leave her spot in the office. She still helped LaNeal manage the office each Saturday. She worked diligently to keep up with the times of technology and mastered the computer and loved her iPad.

Throughout her life Mary was a Girl Scout leader, Bethel guardian of Jobs daughters, a member of the United Methodist Church where she taught Sunday school and Bible school, Treasurer of UMW, member of the OES having served as Worthy Matron and several other offices, one of which was Grand Electa and she was a charter member of Rosebud Rancherettes (Cowbelles). Mary loved playing cards, reading and crocheting afghans for grandkids. Times she enjoyed the most were watching her kids and grandkids in all their activities. Baseball and softball was her summer pastime. If you didn't see her you could usually hear her. She was always fair but liked her team to win. What a blessing her grandkids were to her and the great grandkids stole her heart. She was looking forward to the arrival of a great-granddaughter (Baby Martin) due close to her next birthday. She had so much love for them; each one had their own special place in her life. She was a mom to so many young people, she just loved kids. She was so happy that her family all lived so close to her. She was so profoundly happy this past summer when her family of Hagerman's got together for a family reunion at the Missouri River. Her sisters Carol and Linda, her nieces, nephews and families reunited after so many years.

Mary leaves to mourn, her husband Herreris of 58 years, daughter Jolene VanMetre and husband David, son Donovan and wife Brenda and daughter Karen Martin and husband Tim all of Burke South Dakota; 10 grandchildren; eight great-grandchildren; two sisters and two sisters-in-law; one brother-in-law; many loved nieces and nephews, and countless friends.



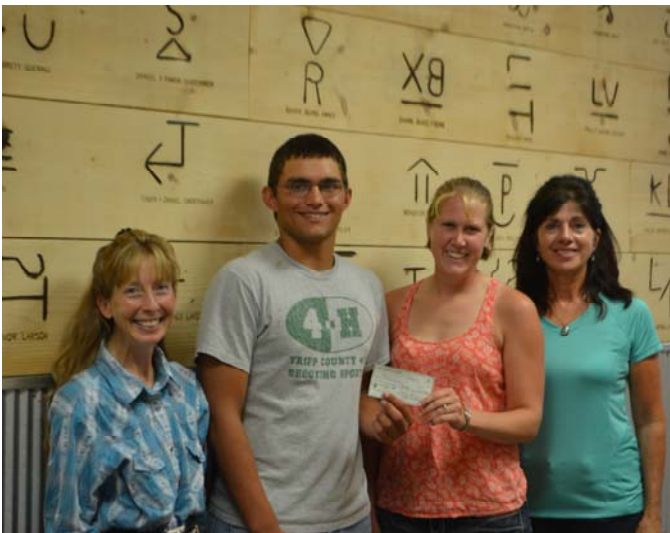
Rosebud Rancherettes issue challenge

The Rosebud Rancherettes CattleWomen served a roast beef dinner November 22. The generosity of the community was outstanding. The proceeds of \$2,700 have been given to the "building fund" at the Community Memorial Hospital. Members helping that day were, back row (l. to r.): Renee Sutton, Sue Chytka, Jolene Van Metre, Karen Martin, Bonnie Nozika, Deanna Nelson and Esther Lindwurm and front: Bev Kehn, Gail Engelmeyer, Myrna Beauchamp, Ruth Sutton and Sara Grim. Not pictured was Besty Senter.

We challenge other organizations to do better!



Southern Belle CattleWomen held a beef fest in November



Southern Belle CattleWomen shown with scholarship winner, Chase Hrabanek

Governor acknowledges CattleWomen

Dear Mary Jessen:

This year Christmas Around the World came to South Dakota's State Capitol. The building was transformed into an international showcase as we celebrated the holiday traditions, customs and decorations of countries across the globe.

As always, the Christmas at the Capitol display is possible because of all the community groups, volunteers, contributors and organizations who give of their time, talent and resources. Whether you sponsored or decorated a tree, provided musical entertainment, shared your unique collections or decorative items, volunteered as a greeter or assisted with the trees and displays in some way, I would like to express my sincere appreciation.

Over 20,000 visitors came through the Capitol this holiday season. I hope you, your family, friends and neighbors had an opportunity to see the display in person. If not, there is still time to visit <http://christmasatthecapitol.sd.gov/> to see photos of each tree and some of the specially decorated areas of the Capitol.

On behalf of everyone who came to see Christmas at the Capitol, thank you for a job well done!

Sincerely,

Dennis Daugaard

Governor of the State of South Dakota

Dear South Dakota CattleWomen Inc.,
 My family eats a lot of beef. We are excited to try some new recipes out of the 'Beef All Day Long' cookbook. Thank you for sponsoring this cookbook for all State Fair Special Foods participants. My favorite part about Special Foods is being able to eat the food I have made.
 Sincerely, Olivia Dorsett, Day Co.

Membership Update!

141 members that have paid
 and 61 Associate members that have paid
 Sustaining members are:

Kathy Fuoss
 Lois Bieber
 Anna Marrs

Mary Buchholz
 Nancy Stirling Neuhauser
 Tammy Basal

Cattle woman serves Sunday Dinner blessing

Submitted by: Anna Marrs, who is a city-born rancher's wife from Whitewood, SD and a member of the South Dakota Cattlemen.

I have known the Zuniga family for 11 years now. I first met them at Community Bible Study in Spearfish and to this day our families and lives have interacted. Eddie and Becky Zuniga have big serving hearts in church, school and community. They serve and give so much of themselves and pour themselves into so many others who are in need. I felt led to have them over to our home for Sunday Dinner for I wanted to serve them and bless them.

They came over to our home after church and, of course, I served a beef entree. I chose a beef dish that was easy to prepare the night before, could cook in the oven while at church and ready when we came home. I chose to serve oven-baked round steak.

The round steak accompanied with noodles, salad, baked bread and dessert fit well for a cold January Sunday in South Dakota. During dinner conversation, Becky remarked to her husband that she had purchased some round steak and put it in their freezer and didn't really know what to do with it or how to cook it. She asked me for my recipe of which was not written down, because it was just in my brain. So, I typed it out for Becky and now I'll share it with you too.

Ah yes, Sunday Dinner. What comes to your mind? Sometimes a CattleWoman can do simple things to be a beef advocate. Sometimes, it's just serving Sunday Dinner to our friends.

The recipe:

Oven-Baked Round Steak

Serves 8

3 pounds Round Steak

½ cup flour

½ teaspoon salt, pepper, garlic powder

3 tablespoons oil

1 can cream of mushroom soup

1 onion, sliced

Preheat oven to 285 degrees. If needed, trim steak to serving size pieces. Combine flour, salt, pepper and garlic powder on a plate and dip meat both sides. In a skillet, brown meat in oil then place the meat in a 9-inch x 13-inch baking dish. Top the meat with onion and pour the soup over it. (You may want to dilute the soup with a half can of water or milk. Also, at this point the dish can be refrigerated overnight). Cover with foil. Place dish in oven and cook for four hours. Meat is done when it is fork tender. Serve with noodles or mashed potatoes.



Artisan Whole Wheat Mexican Pizza

1 ¼ lbs. Extra Lean Ground Beef

2 tubes (13.8 oz) artisan whole wheat pizza crust

1 pkg (8oz) light cream cheese, softened

1 c. light sour cream

1 envelope low sodium taco seasoning mix

1 can (2-1/4 oz) sliced ripe olives, drained

¾ c. tomato, chopped

1 c. part-skim cheddar cheese

1 c. part-skim mozzarella cheese

2 c. shredded lettuce

Preheat oven to 375 degrees. Unroll dough and place in an ungreased 15-in. x 10-in. x 1-in. baking pan. Flatten dough to fit the pan, sealing the seam between them. The dough will be thick. Bake at 375 degrees for 8-10 minutes or until light golden brown. Cool on a wire rack. In a small bowl, combine the cream cheese and sour cream until well blended; spread over the crust and chill. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Stir in low sodium taco seasoning. Add water according to package directions and simmer for a few minutes, stirring occasionally. Spread taco beef over cream cheese layer. Top with olives, tomato, cheese, and lettuce. Cut into serving-size pieces. Serve immediately or refrigerate.

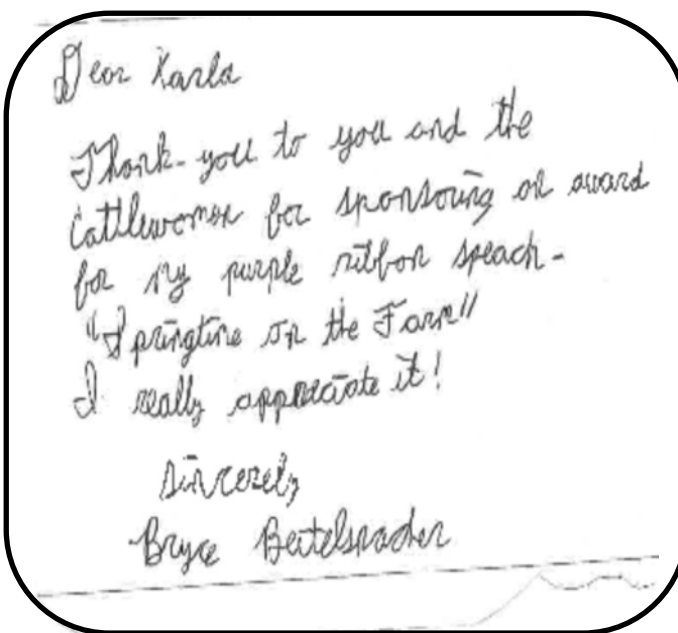
Serves 6, with each person having two slices for a meal or serve in smaller pieces for a tasty appetizer.

Fun on YouTube ~

National Beef Cook-off



Have you checked out the [National Beef Cook-Off](#) (funded in part by your beef check-off) on YouTube lately?



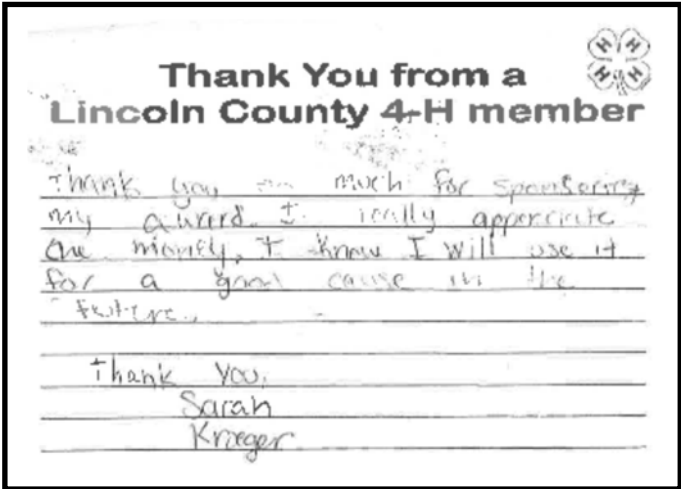
South Dakota Cattle Women
c/o Katrin Van Zandbergen
31843 DeJong Rd
Kennebec, SD 57544
www.sdcattlewomen.org



Tasty Beef Nuggets

- 9 oz. tenderized lean round steak, in bite sized pieces
- 3 Tbsp. Parmesan Cheese, divided
- ½ tsp. salt, divided
- 1 ½ tsp. steak seasoning divided
- 1/3 c flour
- ¼ c. milk
- ½ c. crushed cornflakes

Preheat oven to 400 degrees. Spray grilling pan with vegetable spray. Arrange flour, milk, and cornflakes in three separate bowls. Place 1 ½ T. parmesan, ¼ tsp. salt, and ¾ tsp. steak seasoning in the flour and cornflake bowls. Stir well. Dip/roll the steak pieces in the flour, then milk, then cornflakes. Place on grill pan, bake for 20-25 minutes
 Serves 4.



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|------------------------------------|-----------------------------------|-------------------------------|-------------------------------|
| ★ Associate Members | Eklund Tax, Gregory | Midwest Cooperative, | 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 |
| ★ Boyd Financial Service | Gregory and Burke Animal | Chamberlain and Corsica | |
| ★ Mitchell | Clinics, Burke and Gregory | Purvis Electric, Burke | Sustaining Members |
| ★ Brule County Coop, Pukwana | Gregory Building Center | Raven Angus, Colome | Mary Buchholz |
| ★ Buche's, Gregory | Grossenburg Implement, Inc. | Ray's Western Wear and | Kathy Fuoss |
| ★ Burke Building Center, Burke | Winner | Saddlery, Oacoma | Nancy Stirling Neuhauser |
| ★ Burke Livestock Auction, Burke | Highmore Herald, Highmore | Redi Mix Inc., Chamberlain | Lois Bieber |
| ★ Burke Oil Co., Inc. Chamberlain | Interstate Commodities, Inc. | Rosebud Aviation, Gregory | Anna Marrs |
| ★ Burke True Value, Burke | Gregory | Rosebud Electric Coop, Inc., | Tammy Basal |
| ★ Cahoy's General Store, | Johnson Implement Inc., Burke | Gregory | |
| ★ Bonesteel | Jungle of Flowers, Burke | Rosebud Farmers Union Coop, | |
| ★ Charly's Restaurant & Lounge, | Kohlman, Bierschbach and | Cenex, Gregory | |
| ★ 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., | |
| ★ Country Pride Cooperative, | Main Street Auto, Burke | Chamberlain | |
| ★ 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 Cattlewomen strive to Promote, Educate and Inform about our BEEF INDUSTRY.