



South Dakota CattleWomen

**2018-2019**

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For more information,  
go to  
[www.sd cattlewomen.org](http://www.sd cattlewomen.org)

Celebrating 65 years of promoting BEEF!

Volume 39, Issue 3

**South Dakota CattleWomen  
Quarterly Meeting  
Friday, June 7, 2019  
10:00 a.m. until 1:00 p.m.  
Hall of Fame in Chamberlain, SD**

**1480 South Main**

**All CattleWomen members are invited to attend!**

**“Come join us for our mid-year meeting as we ramp up for summer and fall events and plan for our next year.”**

**For more information, call Evie Fortune**

**605-891-8198 or email: fortuneranch@gmail.com**

**Membership Update:**

*145 State Members*

*5 sustaining Members:*

*Diane Booth, Theresa Fox, Rose Paulson*

*Shirley Thompson and Kodi Blotsky*

*39 Associate Businesses*

\* \* \* \* \*

**SD Cattlewomen**

**Scholarship deadline June 1**

The South Dakota Cattlewomen extended their scholarship due date to June 1.

Due to the mailing address being inadvertently omitted on the website, SDCW is giving applicants extra time. Applicants should mail the application (see <http://www.sd cattlewomen.com>) and an essay to: SDCW Attn: Carol Simon, 15688 324th Ave., Tolstoy, SD.



The essay should explain how the student would promote beef. This will count as 50 percent of the scoring.

The SDCW encourages high school seniors and current college students to apply for one of our Next Generation Scholarships on our website at <http://www.sd cattlewomen.com>.





## Message from your President

Dear South Dakota Cattlewomen,

How fine to see spring in motion at long last! It was a pleasure to meet in Chamberlain in April with hope in our Cattlewomen hearts that spring was finally around the corner. We enjoyed hearing the stories of our members and guests with our many hats. Each one reminded us in some way why we love our families and our lifestyle.

As the next few months get underway, Cattlewomen across the state will be offering their support both locally and at state events. These amazing women will feed branding crews, care for kids and grandkids. They will plant gardens and tend to the hearts of their loved ones.

I could go into so much more detail, but time is short for me and deadlines are looming. I know I am not alone in this. If there is a project you would like to help with, please reach out to one of our amazing Cattlewomen. We are here for each other!

Please plan to attend our next quarterly meeting on Friday, June 7, from 10:00 a.m. until 1:00 p.m. at the South Dakota Hall of Fame in Chamberlain.

Sincerely,

Evangelyn Fortune

### Beef Certificate audit held in Chamberlain

An audit was performed on April 5, 2019, at 10:00 a.m. at the South Dakota Hall of Fame in Chamberlain, SD. Becky Littau, Mary Hendricks and Lindy Harkin were present.

The cut-off date for the review was September 20, 2018, which is the end of the fiscal year.

Statements of the accounts were reviewed. It was noted that cents appear on accounts that would normally end in a zero balance. This is due to the way some of the businesses run the items through when they have accepted the items and interest paid on the accounts. It was recommended that these odd cents be transferred to a miscellaneous income account.

Lindy informed the committee that it is impossible to reconcile the beef certificate account by check number as the numbers do not always appear on the statement. The statement is reviewed as to verify that amounts being paid are legitimate.

The inventory of certificates on hand was reviewed. There are 1,848 \$2.00 certificates left in the inventory. We recommend these be destroyed as the cost of bookkeeping, mailing and processing are greater than the benefit.

During the 10 years Lindy has been handling the certificates two bad debts have occurred, one in the amount of \$150.00 and the other \$50.00. Due to the small number, we recommend the procedures being used be continued unless more bad debts occur.

Certain items are paid from a petty cash account. Lindy keeps all receipts from these purchases. We recommend a petty cash ledger be set up to enter these items into.

A discussion was held in regard to offering a gift card in place of the check. More research needs to be done to determine if there is a business that will issue the cards for us. We would also have to charge a fee for the card to cover our cost. If we should choose to try the issuance of

a card we would begin with only the \$20.00 card. We would maintain a separate inventory and account for those items.

Lindy informed us that many people are asking to pay by credit card. It appears that the cost would be prohibitive at this time.

A letter will be sent to all agencies selling beef certificates for verification of inventory on hand as of May 1, 2019. There is a discrepancy of \$400.00 at this time, which should be resolved with the audit.

We would like to thank Lindy for the professionalism she has shown over the 10 years she has been handling these accounts.

Sincerely,

Becky Littau and Mary Hendricks

Audit committee

***NOTICE!***  
**Anyone having the  
\$2.00 Beef Certificates  
are asked to return  
them to Lindy Harkin  
to be destroyed.  
They are  
no longer valid!**

## Services held for Betty Littau

Betty Littau, 90, of Winner, SD, passed away on February 18, 2019, at the Winner Regional Long-Term Care Facility in Winner, SD. Funeral services were held February 22, 2019, at the Trinity Lutheran Church in Winner. Burial followed in the Winner City Cemetery.

Betty Lenore Littau was born December 21, 1928, south of Carter, South Dakota, to Edwin and Vera (Beckner) Sachtjen. Betty attended rural grade schools and graduated from Winner High School in 1948. She married Reuben Littau on December 26, 1949. To this union four children were born: LeRoy, Robert, Marsha and Joyce. She was baptized, confirmed and joined the Jerusalem Lutheran Church south of Carter in the spring of 1951. They lived in Todd County until they purchased their farm later that year where she resided until moving into Elder Inn in 2016 and then Winner Nursing Home in January 2018. Betty was a faithful member of St. John's Lutheran Church in Witten, which the family joined in 1953 after the Jerusalem Lutheran Church was closed.

Betty was active in her community and in the local and state Cattlewomen's organizations, Tripp Co. Historical Society, St. John's Ladies Bible Study Group and her friendship club, Idle a While. But like most women in agriculture, she spent her life partnering with Reuben in their Registered Angus business, keeping books, helping organize the annual bull sale and making a loving home.

Betty was a historian. She collected a wonderful history of Carter and was very interested in her and Reuben's family's ancestry. She was so happy when the research was finalized enabling her to become a member of DAR and General Society of the Mayflower Descendants. She will be remembered for her very gentle and loving nature, with a caring spirit known for sending cards and notes of encouragement.

She leaves to mourn two sons, LeRoy (children Ty (Cody), Kip); Robert (Becky, children Luke (Jena), Will (Naomi), Logan (Kristi)); two daughters, Marsha (Gregg Hubner, children Jesse (Jaimie), Jodi (Jason Van Ruler), Jordan, and Jamin (Jessica)); Joyce (Rick Kartak, children Kirby (Amy), Kelli, Clay, and Cody (Ashley)); 19 great-grandchildren; sisters and brother-in-law, Edna Haase, Leona Mathis, Arlene Post and Ted Littau, many nieces, nephews and friends.

She was preceded in death by her parents; brother, Alfred; sister, Florence Bromwich; husband, Reuben and great-grandson, Wesson.



## Secretary's Report

The South Dakota CattleWomen quarterly meeting was held April 17, 2019, at 10:00 a.m. at Al's Oasis in Oacoma. Evie Fortune called the meeting to order with 13 members present. Each member introduced themselves and gave a story about the hat they brought. Evie asked for additions to the agenda and the SDCW scholarship, the next newsletter deadline and the audit were added.

Mary J. presented the minutes from the December meeting printed in the newsletter and read the minutes from the conference call held in March. Karla moved to approve both and Mary H. second. Passed.

Becky gave a report on the status of the audit. Mary H. read the recommendations the committee came up with at a meeting held a short time before. As treasurer, Becky mentioned an ANCW silent auction fishing trip worth \$1,500 was not taken. Mary H. motioned that Becky contact North Dakota CW and Nebraska CW, who partnered with SDCW to purchase the trip and check the status to see where the refund should go. Lindy second. Passed.

Mary J. says the next newsletter deadline is May 1 and will get reminders out. Karla suggested spotlighting Leslie Reuer and will get article to Mary J. and Highmore Herald.

Becky gave the treasurer's report for the SDCW general account and no BIC treasurer account information was available.

Old Business: Carol Simon talked about the SDCW scholarship and that only the SDCW website is listed on the website and wonders where the applications will go? The deadline has been moved to June 1 and Carol's address, phone number and email address will be added to the website and Facebook. Becky moved and Mary H. second to move deadline to June 1. Passed.

Mary H. spoke on the beef certificate audit. Leslie moved and Carol second to stop using the \$2.00 beef certificates. They should be returned to Lindy and destroyed. Passed. A notice will be put in the next newsletter.

We will continue to handle the bad debts as in the past on the "good will" policy. Karla moved and Janet second to do so.

Lindy keeps a "petty cash ledger" with the beef certificate account and checking account for expenses, such as Lindy's pay, new certificates printed, etc.

The beef certificate gift card has been tabled for now. The

cost to setup and use is too much. Also, customers have asked to pay by credit card and the cost for that is also expensive.

Mary H. advised that she no longer plans to do the investment account after this year. Funding sources for the SDCW are the Beef Check-off, dues and beef certificates.

Evie has a wall calendar she has setup for projects. The SD Stockgrowers convention is scheduled for October 31-November 2. Projects listed on the calendar include: Air Base, June; Beef-up Black Hills, all summer; Sturgis Rally, August; State Fair, September; Rasdak, June; educational materials, May; order promotional items, May; American Island project, Prime, August; Hall of Fame reception, prime, September; band festival, Prime, September; fall luncheon, Rosebud Rancherettes, October 2; serve firemen's banquet, Rosebud Rancherettes, January, 2020.

Sara Grim, Sue Chytka and Jolene VanMetre spoke on a project they started this year called "Local Beef in Schools". They gave some suggestions to start with the smaller schools, need the school cooks on board and need ranchers to donate cows. The result is to serve homegrown beef (roast beef and burgers) to the school students in place of the "shipped in stuff." Karla suggested this could be a "pilot program" through BIC and possibly check-off money could be used. Rosebud Rancherettes have been asked to write a story for the newsletter.

When asked about promotional items, Evie suggested to contact Carol Hanson. Lindy as vice president is in charge of this.

Karla says there is no money in the budget this year to cover the cost of the bags. Evie says there are very few promotion items at the SDSGA office. Karla will take anyone needing promotion items to the storage shed today.

It was also mentioned that anything needed to be paid with BIC funds must be approved first and an AR form filled out.

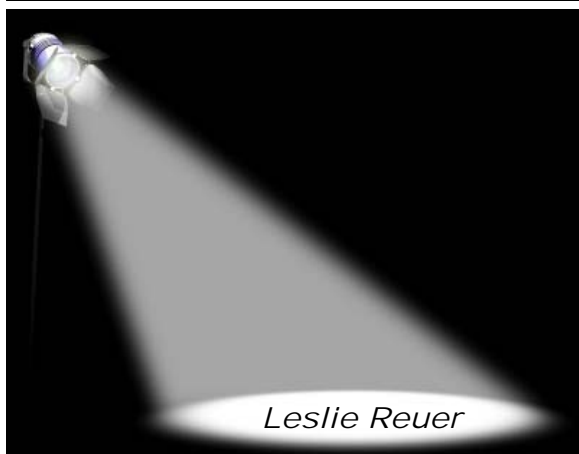
Karla suggested finding someone or possibly hiring someone to design the brochures and designs on bags, etc.

Next meeting is planned for Saturday, June 8, at a park in Chamberlain or possibly the Hall of Fame, if available.

A thank you card was signed for Shirley Thompson, Zoetis representative, for sponsoring the lunch. Also, to extend a thank you to Brenda for doing the meeting postcard reminders and the nice spotlight for her mother in the last issue of the newsletter.

Mary H. moved and Carol second to adjourn at 1:00 p.m. and we ate lunch.

Respectfully submitted—Mary Jessen, Secretary



Leslie Reuer, SDCW member and president of the Prime chapter is shown with her family, from the left: Paige, Rachel, Eric, husband Keith, Bryce and Corbin Hemmer, Corrina (Reuer) Hemmer and Brandon Hemmer. "Competent, capable and pleasant to work with" are the sentiments of the Prime CattleWomen about their President, Leslie Reuer. "She shows up at CattleWomen events with a smile and pitches in wholeheartedly. She's just a lot of fun to be around."

Leslie is a transplant to the Missouri River area; daughter of Warren and Sharon (deceased) Richie from Clear Lake. She has five sisters and two brothers. While attending South Dakota State University, she met her husband, Keith Reuer. They will be celebrating their 30<sup>th</sup> wedding anniversary later this year. She graduated from SDSU in 1988 with a Commercial Economics Business degree. When first moving to the Chamberlain area, she worked at the local clinic for two years; supplemented the family income with 20 years of bartending and has worked side by side with her husband on the family ranch. The Reuer ranch located 11 miles West of Oacoma on the South side of Interstate 90 consists of both cow/calf and backgrounding operations. While cattle may be their mainstay, they also grow winter wheat, milo, corn, oats, barley, millet and cane silage. They incorporate cover crops into their diversified ranch. When they were first married, they farrowed sows and had sheep. The hogs are gone, but the sheep are coming back into the operation with the next generation's added labor.

Leslie and Keith have five children. Corrina, 24, is married to Brandon Hemmer and lives in Dell Rapids. They have a one-year-old son, Corbin. Corrina is a recent graduate in Pharmacy from SDSU. Rachel, 22, is an SDSU graduate with an Animal Science degree. She will be marrying Ben Blasher in November. Rachel balances her workload between Pharmco in Chamberlain and the family ranch. Paige, 19, is a freshman at SDSU majoring in Nursing. Their two sons, Bryce, 13 and Eric, 11 are students at Chamberlain School. Leslie is proud of her family and commented about how they rely on their kids' help in keeping up with the ranch work. Leslie and Keith bought the ranch from Keith's parents, Richard (deceased) and Viola (SDCW member) Reuer, making their kids the third generation on the family ranch.

Leslie is well-known for her cooking abilities and for the last 25 years has sold baked goods at local craft fairs. Her specialty is Kuchen, the German heritage of the Reuer side and Lefse, the Norwegian treat from the Ritchie side. She also bakes caramel rolls, Swedish cinnamon twists and banana bread for the bake sales. She chuckled that "all hands are needed, Keith and the kids, especially when it comes to making Lefse." When asked what her favorite beef meal is, she responded with "one of my favorites is **homegrown steaks on the grill**, creamy cucumbers and sliced tomatoes from the garden and sweet corn from our own patch." **She shared her Prime Rib recipe which is seasoned with Montreal seasoning, garlic salt, salt and pepper. Place Prime Rib in a 500 F oven for 20 minutes. Turn oven down to 200 degrees and continue roasting for 20 minutes per pound. She relies on an electronic digital thermometer for accurate internal temps. She recommends every serious cook to try one. "It's easy to have the read-out on the counter, so you don't have to open the oven door to check doneness and alter the oven temp."** One of her easiest meals is simply putting a **FROZEN roast into a crockpot and cooking it on high for 11 to 12 hours. Sprinkle roast with salt and pepper, minced onion, garlic salt and beef bouillon. A powdered onion soup mix can be substituted for even more ease.**

Leslie and Keith received the 2019 Farmer and Rancher award at the local Appreciation Banquet this past January. Shane Reis, emcee for the event, shared the following: "Our ranchers of the year have served their family, friends, agriculture, and community in many ways over the years. The couple has served on numerous boards, committees, and elected roles. From jobs in the spotlight to jobs no one sees. They farm and ranch in Lyman County raising Angus and Charolais cross calves, sheep, corn, wheat, kids, and Kuchen. They have improved their operation both economically and conservation minded for the next generation. They are always willing to help with any community project and have been the spear head of several."

Keith has been on the Chamberlain School board for the past five years and is currently the president. Leslie is in her first term as a Lyman County Commissioner and has been a member of the Prime CattleWomen for most of her married life, serving as president for the past three years. She also has been involved in the Reliance Area Community Development annual dinner theatre. They are members of the Zion Lutheran Church.

Reis continued with "these are just boards and roles. I believe stories show character- and are worth more than titles. And a story of character that comes to mind was the 2010 flood of the Missouri River when I was a 30-year-old rancher helping others fill sandbags to protect houses from the rising water. I vividly remember grown men of all ages running out of breath, tiring, and weakening from the work. But I also remember the talk amongst these men of our community, that a certain group of individuals out stuffed sandbags, out threw sandbags, and just out worked them. The Reuer girls put them to shame, yet at the same time made them proud to be a part of a community with kids like them." Closing with "In SD agriculture we believe in work ethic, helping where it is needed, serving when we are called upon, and in family." Obviously, Leslie and Keith are very deserving of their recent recognition. Lastly, when asked about what she likes about being a CattleWoman, Leslie stated, "It amazes me how many activities our Prime CW are involved in with our local community. I enjoy getting to visit with other producers and certainly like promoting beef."



## Local beef coming to the Burke School Lunch Program

Everybody loves a good burger, hot and juicy, seasoned just right, and most of all that real beef flavor. People in west river ranch country know best that the quality of the critter is the essential ingredient. In food service lingo it's called starting with good product. Thanks to our local cattle women's group, the Rosebud Rancherettes, that good product is coming to the school lunch table in Burke.

The Rancherettes have been working to bring high quality, locally raised and donated beef into the school lunch program, but it has not been easy. The concept is simple, replace a product already being used in the school lunch program (government commodity beef) with another, higher quality product (locally raised beef). As many people already know, the local school lunch program is heavily regulated with federal guidelines that dictate overall calorie count per meal, fat content, and sodium levels to name a few. The guidelines apply per meal, as well as per week, so there is a lot to track. As with any government regulations, the requirements are a bit of a burden, but the even larger burden comes in the red tape associated with compliance. Detailed, complex production records track meals and recipes every day with weekly totals, and they must be submitted to the state along with food labels to ensure compliance. Nutrition labels must meet certain government standards, and even recipes must be approved. Paradoxically one result to all of this regulation is more processed foods in the school lunch program, like breaded beef patties, chicken nuggets, etc. The corporations who supply food product to schools and to government commodity programs have learned to play the game by getting their products labeled correctly and tailoring their products to fit approved recipes. This all sounds complicated, but opting out of the federal lunch program to circumvent the guidelines is not a viable option, as the Burke School District has over 40% of its students on either free or reduced priced meals. Without the federal subsidies that come with all of the regulations, the school district could not afford to serve school lunches at all.

One of the challenges with utilizing locally raised beef is that the beef can only be processed at a state approved facility, and that facility has to meet certain labeling requirements. Also, the selection of the processor that the school chooses to use must go through a procurement process, in which at least three different vendors have to have a chance to bid on the processing. The Burke School made the appointment in Hudson, SD for three head of beef.

The good news in all of this is that the Rancherettes have stuck with it, and better beef is coming to our kids' lunch tables. The program is going to roll out in stages. The first stage is replacing commodity ground beef that could come from anywhere in the country, with our locally raised beef. In recipes that already call for ground beef – think tacos, hamburgers, and tater tot casserole – the new product will be substituted. The next stage is to increase the number of times that ground beef appears in the menu. The final stage is to develop new recipes and menu items to replace some of the processed foods we see now. The Rosebud Rancherettes are delivering the live critters to the locker, and the locally raised beef will arrive in the school freezer early second semester.

Some people who have been instrumental in making this happen are the local beef producers who donated the first three head of beef. Anyone who cares about the quality of food our kids eat should give a hearty thanks to Myron and Carol Johnson, Rich and Sara Grim, and Betsy Senter and Bonnie Noziska for their generous donations. With current consumption levels, three head should last almost a school year, so there will be a need next fall for more donations.



### Order promotional items now

It is time to order promotional products for your events. There are many items available, such as pens, pencils, meat thermometers, hot pads, toothpick holders and more.

We have some on hand; others have to be ordered ahead and take time to be personalized so planning ahead is important.

Call Lindy Harkin, Inventory chairman, at 605-842-9066 or email: [beefcertificates@yahoo.com](mailto:beefcertificates@yahoo.com).

### Thank You!

Thank you,  
Shirley Thompson  
Zoetis  
representative for  
sponsoring the  
nice luncheon at  
Al's Oasis for the  
quarterly meeting  
in April!



Rosebud Rancherettes Sara Grim, Mary Horn and Sue Chytka helped at Matt Bartling's bull sale by serving delicious roast beef sandwiches with sides. It's always a pleasure to serve delicious and nutritious beef!

## Secretary's Report

A South Dakota CattleWomen meeting was held March 13, 2019, at 12:10 p.m. via conference call with the following participating: Evie Fortune, Becky Littau, Brenda Dreyer, Shirley Thompson, Karla Pazour, Katrin VanZandbergen, Mary Jessen, Mary Hendricks, Lindy Harkin, Taylor Gruessing and Debbie Steinke.

Evie called the meeting to order at 12:10 p.m. She is interested in knowing what is going on with the summer club projects. She thanked the organization for helping cover her cost to the ANCW National meeting and Brenda for her help with Ruth Farnsworth's spotlight write-up for the newsletter.

Evie talked about ANCW activities and they seem to be more organized now. She was impressed with their "wired" program—"Women in Ranching" that showcases all aspects of ranching women partaking with cattle working, bookkeeping, etc. She would like to incorporate it into our South Dakota agenda. She wants to make a calendar of club projects, etc.

AUDIT: Becky says it is on hold now since the last BIC meeting was postponed because of the weather. The meeting will be held in April. Becky will send Mary J. financial information on the account.

Mary Hendricks says Prime Club hosts a Hall of Fame inductee dinner at the Hall of Fame in Chamberlain in September. Karla stated that March 19 Prime helps with the Ag Week program in Pukwana with fourth graders from five schools in the area.

Evie plans to attend the next Rosebud Rancherettes meeting April 3. She is willing to attend other club meetings in the future as her schedule allows.

It was suggested to mail newsletters to all BIC directors so they are aware of what the SDCW does.

There should be a statement in the newsletter to the effect that "projects funded by BIC money is available through the beef check-off" in each issue. Evie will talk to Susie Geppert about how to word it.

Mary H. says it needs clubs to let Katrin know how members want their newsletters sent - mail or email.

Lindy asked about requests for beef certificate information and inventory skipped in last newsletter. No idea why it was missed.

Becky wishes to thank Melissa Rinehart at Wells Fargo Bank for refunding \$550.00 in hacked funds to our account. Another attempt for \$25.00 was made but did not go through. Mary H., Becky and Lindy plan to go to the bank to setup a new account that is in no way connected to the old account.

Brenda has three goals in mind: brochures, state fair and bill for temporary website.

Sara Grim of Rosebud Rancherettes plans to come to the next meeting to talk about their projects, etc.

The next meeting was discussed. It is planned for Wednesday, April 17, from 10:00 a.m. to 1:00 p.m. CDT with lunch provided by Zoetis at the Hall of Fame in Chamberlain, if available. RSVP is suggested to Karla. We will do the "hat thing" for a fun project. We need to encourage our other club members to attend. Brenda agreed to mail postcards out as a meeting reminder. Francie Davis works on the website and wants information and photos to post on it, so people will look at it. Mary H. suggests a calendar be made to list club activities. Will do at next meeting.

Evie adjourned the call at 1:00 p.m. and thanked those who joined in.

Respectfully submitted - Mary Jessen, Secretary

### ATTENTION!

*SDCW projects funded by BIC money! BIC money is available through the Beef Check-off and should be added to BIC-funded projects.*

## Rosebud Rancherettes present certificates



Molly Andrews of Rosebud Rancherettes presented Myrna Beauchamp with a Lifetime Membership certificate. Myrna has been a very active member. She was especially known for her deviled eggs. Thanks, Myrna!



Rosebud Rancherettes were pleased to have South Dakota Cattlewomen President Evie Fortune as our guest at the April 3 meeting. We also celebrated Mildred Engelmeyer's 96th birthday!



Rosebud Rancherettes presented Ruth Sutton with a Lifetime Membership Certificate. Ruth was always willing to help with anything, which most likely comes from being a ranch wife. Thank you, Ruth!



**Prime CattleWomen support Ag Day event . . .** Four Prime CattleWomen, Heidi Reis, Becky Rose, Laura Leheska and Bradee Pazour assisted in the March 19 Ag Day event organized by the local Wannalain 4-H club. Fourth graders from Platte/Geddes, Kimball, Chamberlain, St Joseph Indian School, and Kennebec/Lyman County Schools were bussed in for the multiple booths and presentations. Thanks to our Beef Checkoff, SDCW were able to provide the Beef educational/promotional items, such as an activity sheet and hamburger erasers for 165 students in attendance. Ten appreciation bags with beef info and promotion items for the accompanying teachers were also provided.

### Ag Day held March 19

An Ag Day event was held March 19 in Pukwana. Prime CW Bradee Pazour, center, assisted Troy Vanderwerff and Dan Hyland at the crop table. She 'borrowed' her son's toy silage cutter and combines to show how crops are harvested and then had samples of cattle feed using corn such as corn silage, DDG, and whole kernel corn.








### Mellette County CattleWomen

It was a tough winter, so three of our meetings had to be cancelled.

One of our members attended SD Ag Unity Training in Pierre during Legislature. It was very interesting and informative, but was wondering why CattleWomen weren't involved.

A topic of discussion for quite some time is what we could and should do with funds we have on hand. The important emphasis we feel is to reach outside our ag community and not be preaching to the choir. Ideas were brought forth. Beef promotion is our goal. The big project we are working on is the RASDAK "bike" ride ACROSS SD coming through Highway 18 this year, this will be June 5. They are figuring about 175 bikers and support vehicles from 30 states. The location we will be greeting them at is near Parmelee intersection Highways 18 and 63. Bikers will be traveling about 91 miles this day the longest day of the week. Mellette County Cattlewomen will be serving a light brunch/lunch refueling with BEEF along with fruit and drinks.

	AMOUNT	CALORIES	PROTEIN
Quinoa	 3 cups	666	25g
Peanut Butter	 6.5 tbsp	613	25g
Black Beans	 1 2/3 cups	379	25g
Edamame	 1 1/3 cups	249	25g
Beef	 3 ounces	173	25g



**Southern Belle Cattlewomen**

President Katrin VanZandbergen called the meeting to order at 12:00 p.m. February 22 at the Winner Library Meeting Room. Members present were Katrin Van Zandbergen, MJ Waters & Debbie Steinke.

**Secretary's Report:** We quickly went down the report from steak night in January.

**Treasurer's Report:** The treasurer's report was given and approved.

**Old business:** Bullnanza report was that the trade show was very well attended. Our beef certificate was won by Theresa Harris.

**New Business:** It was unanimous that we wanted to serve the Littau Bull Sale on March 26, 2019. Katrin will call and get servers.

We discussed doing Ag Day in the Schools, March 19, 2019. Kody offered to help do this. Debbie will call and get someone to help her. Debbie will also find out about how many grade school kids will be there.

We discussed doing a cooking class of some sort again. We talked about getting Fran Hill to lead a beef cooking class. We tabled this till the March meeting.

May is Beef Month, and we wondered if we could do the Beef in Grocery Stores Promotions again. Debbie will check with Cheryl Littau on this and get all the details. We would like to do it during the rush hour, 4:00 – 6:00 p.m. or maybe even 5:00 – 6:00. We will check with the grocery stores to make sure we can do this. We will also talk about this at the March Meeting.

We all liked the idea of doing the Summer Discovery

**NOTICE . . .**

Members are asked to contact Katrin VanZandbergen, membership chairman, to let her know how you want to receive your newsletter—mail or email.

**Beef certificates make great gifts**

SDCW Beef Certificates make great gifts any time of the year and they are especially great for Mothers' Day and Father's Day. They are available at various banks or direct from the source: by mail to SDCW, Box 451, Winner, SD 57580; by phone 605-842-9066 or by email to beefcertificates@yahoo.com.

Sessions with the 4-H in June. We will discuss this more at the March meeting also.

We got a sympathy card and sent with Katrin to the Betty Littau funeral.

Our next meeting will be March 15, 2019, at the Library Meeting Room.

**Thank You!**

Thank you, Brenda Dreyer, for the nice spotlight article on your mother, Ruth Farnsworth, and for getting the reminder postcards out for the April meeting.

- |                                   |                                |                               |                    |
|-----------------------------------|--------------------------------|-------------------------------|--------------------|
| ★ Associate Members               | First Fidelity Bank of Burke,  | Rosebud Electric Coop, Inc.,  | Sustaining Members |
| ★ Animal Clinic, Ltd., Winner     | Colome and Winner              | Gregory                       | Theresa Fox        |
| ★ Anson Insurance Services, Inc., | Frontier Motors, Inc., Winner  | Sioux Nation, Kimball         | Rose Paulson       |
| ★ DBA Southern Dakota             | Gregory Animal Clinic, Gregory | Statewide Ag Insurance, Inc., | Shirley Thompson   |
| ★ Insurance, Burke                | Grossenburg Implement, Inc.    | Chamberlain                   | Kodi Blotsky       |
| ★ BankWest, Gregory               | Winner                         | Statewide Ag Insurance, Inc.  |                    |
| ★ Buche's, Gregory                | Highmore Herald, Highmore      | Winner                        |                    |
| ★ Burke Livestock Auction, Burke  | Johnson Implement Inc., Burke  | Stella's, Burke               |                    |
| ★ Burke Oil Co., Inc. Chamberlain | Kohlman, Bierschbach and       | Teena's Kitchen, Colome       |                    |
| ★ C&B Operations, Chamberlain     | Anderson, Miller               | Tim Pazour Trucking, Pukwana  |                    |
| ★ Cahoy's General Store,          | Lewis Family Drug,             | The Insurance Center, Winner  |                    |
| ★ Bonesteel                       | Chamberlain                    | Winner Livestock Auction      |                    |
| ★ Chamberlain Veterinary          | Littau Angus, Carter           | Winner Seed/Gene Brondsema    |                    |
| ★ Supply LLC, Chamberlain         | M & M Jessen Ranch, Holabird   | Winner                        |                    |
| ★ Charly's Restaurant & Lounge,   | Mathis Implement, Winner       |                               |                    |
| ★ Chamberlain                     | Mid Dakota Meats, LLC.,        |                               |                    |
| ★ CHS, Inc., Corsica              | Winner                         |                               |                    |
| ★ Country Pride Coop, Winner      | Midwest Liquid Feeds, LLC      |                               |                    |
| ★ DeJong Ranch, Kennebec          | Wood                           |                               |                    |
| ★ Dobesh Ranch, Belle Fourche     | Purvis Electric, Burke         |                               |                    |
| ★ Joe Duling, Gregory             | Raven Angus, Colome            |                               |                    |
| ★ First Dakota Bank, Yankton      |                                |                               |                    |

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