



South Dakota CattleWomen

Auxiliary to the  
South Dakota Stockgrowers

**2022-2023**

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

**Celebrating 71 years of promoting BEEF!**

Volume 43, Issue 2

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

**South Dakota CattleWomen  
Quarterly Meeting  
Wednesday, June 14, 2023  
10:00 a.m. CST  
Pizza Ranch, Ft. Pierre, SD**

Please send agenda items to:  
[katrinvz@kennebectelephone.com](mailto:katrinvz@kennebectelephone.com)  
Tentative Agenda:

Opening - Flag Salute

**Cattlewomen Creed** - Believing that the livestock industry is of basic importance to world existence, We, the South Dakota Cattlewomen, dedicate ourselves to support it with our labor and finances: To promote it through information and publicity; To encourage it's producers with our understanding and love; to do all in our power to instill in the coming generation of love of the land and of life, the humility and awe before nature and the hope and faith in the future that is inherent in Cattlemen and Cattlewomen.

Additions to agenda

Reports:

Secretary  
Treasurer's  
Membership  
State Fair  
Scholarship  
Social Media  
Photo Contest  
Beef Certificates  
SD Beef Industry Council  
State American Legion Foundation  
Special Olympics  
Build your Base

Old Business:

WIRED meeting in March at Grand Island

New Business:

Order promotional items?

Regional meeting

June 23 and 24

Watford City ND

Newsletter Deadline-

Next meeting

Adjournment



## Message from your President

The weather is finally warming up, school is almost done, there are calves to work, crops to plant, rodeos to attend and thousands of other things to do with the changing of the season! Just remember, Breathe and drink LOTS of water! It is an exciting time to be in the cattle industry as prices are high and feed costs are going down, as well as the number of cattle are low. I know it was a hard winter but hang in there.

May is Beef month and our Governor has signed an official proclamation on the 2nd of this month! I encourage every club to keep doing what they are doing and promote BEEF this month. Can't wait to hear what you all have been doing! See you in June!



## GIVE THE GIFT OF BEEF!

### **Beef Certificates make great gifts for Mother's Day and Father's Day**

Beef Certificates sold exceptionally well during the past holiday season we would like to boost the off-season sales to match that. Consider telling your friends and family about Beef Certificates. They are perfect for gifts, business promotions and bonuses. They are accepted at grocery stores, meat markets and restaurants that accept checks.

#### **GIFT CARD UPDATE**

Work continues in accessing Beef Certificate Gift Cards. This seems to be a complicated process, so we continue to wait patiently to have the cards available.

#### **MOTHER'S DAY! FATHER'S DAY!**

Mother's Day and Father's Day are the perfect opportunity to give Beef Certificates. They are easy to purchase and easy to send. And Mom and Dad always appreciate the gift of beef. To purchase, contact any of the outlets listed below or **Lindy Harkin, SD Cattlewomen Beef Certificates, Box 451, Winner SD 57580 - Phone: 605-842-9066 or email: beefcertificates@yahoo.com**

#### **BEEF CERTIFICATE OUTLETS:**

American Bank and Trust: Miller, Wolsey, Pierre  
BankWest: Kadoka, Onida, Pierre, Gregory, Winner  
Black Hills Federal Credit Union: Hot Springs, Custer  
Dacotah Bank: Aberdeen, Bison, Lemmon  
Dakota Prairie Bank: Ft. Pierre, Presho, White River  
First Fidelity Bank: Gregory, Burke, Colome, Platte, Winner, Bonesteel  
First Interstate Bank: Belle Fourche, Edgemont, Hot Springs, Sturgis, Wall  
First National Bank: Faith, Midland, Philip  
Harrold Steakettes  
Heartland State Bank: Highmore, Tulare, Wessington  
CHS: White River  
Donna Adrian, White River  
Quoin Financial Bank: Miller, Highmore  
Pioneer Bank and Trust: Buffalo  
Roberts County National Bank, Sisseton  
SD Beef Industry Council: Pierre  
Sentinel Federal Credit Union: Winner

## Secretary's Report

The South Dakota CattleWomen's quarterly meeting was held Wednesday, February 8, 2023, at Al's Oasis in Oacoma, SD, with 16 members and one guest present. President Katrin called the meeting to order at 10:00 a.m. and led the flag salute. Mary H. led the CattleWomen's Creed. A moment of silence was held for deceased members.

Secretary Mary J. moved to accept the minutes of the last meeting as printed in the newsletter. Becky second. Passed.

Treasurer Erin gave the CattleWomen's report. No SDBIC report was available.

Introduction of members present was held.

### REPORTS:

STATE FAIR: Brenda reported on coming ideas.

SCHOLARSHIP: Brenda gave the names of two winners and the deadline for next year's applications is June 1.

SOCIAL MEDIA; Brenda reported. It is on Facebook, but listed for members only to view at [sdcattlewomen.org](http://sdcattlewomen.org).

PHOTO CONTEST: Brenda reported on Facebook and website. Brenda says she is giving up jobs. Need someone to take over.

BEEF CERTIFICATE REPORT: Linda gave. She is working on a new credit card. Erin moved to go ahead with the card from BankWest. Ruth F. second. Passed.

SDBIC: Becky reported on Black Hills Stock Show and that questions were answered about beef certificates and about using the check-off dollars from people attending.

CHAMBERLAIN REST STOP: Karla reported it is on hold now, due to shortage of funds.

SPECIAL OLYMPICS: Tonya Ness is in charge. Need to check to see if she is interested in chairing again.

### OLD BUSINESS:

Katrin ordered 500 cups with extra promotion money.

WELLS FARGO BANK: Erin, treasurer and Katrin, president, were added to the account. Erin, Katrin, Becky and Lindy are on the account for signatures, etc.

ANCW: Katrin and Shirley gave a report on their trip to the annual convention in New Orleans. Katrin showed notecards that ANCW are doing for a fundraiser and other items they have. Katrin thought it was a very good convention. She was appointed to a nominating committee. ANCW membership is available online only.

BEEFMAN PANPHLETS: Brenda moved to have Karla make an AR to order 5,000 booklets through SDBIC for funding. Mary H. second. Passed. AR's are due July 1 in SDBIC office.

### OLD BUSINESS:

Shirley advised that the WIRED meeting is scheduled for March 10-11 in Grand Island, Nebraska and the Region VII and Region III meeting is June 23-24 in Watford City, North Dakota. Katrin plans to go and will take anyone who wants to go with her. Brenda moved that the SDCW should offer up to \$500.00 to be divided among members interested in attending the WIRED Conference in Grand Island. The money will go toward registration fees. If interested, please contact Katrin by February 20. Karla second. Passed.

Shirley moved and Ruth second to have \$500.00 in the budget for members interested in attending the Region meeting in Watford City for expenses. Money to be divided between those attending. Passed.

Thank you to Shirley and Zoetis for sponsoring the lunch.

Katrin wonders if the SDCW would be interested in partnering with Berry and Basil in Chamberlain on projects, etc. in the future. Will discuss at the next meeting.

NEXT MEETING: Scheduled for June 14 (Wednesday) at 10:00 a.m. at Perkins in Ft. Pierre, if available.

NEWSLETTER DEADLINE: May 1

PROPOSED BUDGET: Ruth moved to accept the proposed budget as shown on the website. Lindy second. Passed.

AR PROPOSALS: It was suggested to bring any AR proposals to the next meeting to be presented to SDBIC for approval.

Erin and Carol suggested that the Points of Policy and By-Laws be put on the website for members only to view. Karla moved and Lindy second to do so for members only. Passed.

Mary H. moved and Connie Stebbins second to adjourn at 12:15 p.m. Passed.

Respectfully submitted,

Mary Jessen

Secretary







Congratulations to our 2023 Prime CattleWomen Scholarship recipients. **Swade Reis** (left) is our \$500.00 recipient. Swade is attending Black Hills State University this fall and studying Bio Chemistry. **Swayze Ness** (right) is our \$250.00 recipient. Swayze is attending South Dakota State University and studying Ag Business.

### **Harrold Steakettes**

Harrold Steakettes met Thursday, May 4, 2023, at Millie Salathe's home with four members present.

The president called the meeting to order at 4:15 p.m. with the Creed.

The secretary and treasurer's reports were given.

Old business included that the Angel Tree gift was done and door prizes were given to the Farm and Home Show in Highmore.

Mary gave a review of the quarterly meeting she attended at Oacoma.

New business included that the club donated beef certificates to the "Steps for Hope" event.

Mother's Day was discussed and Evelyn Miller was selected as this year's winner. She will receive a beef certificate and card from the club.

The next meeting is undecided. The meeting adjourned.

Mary Jessen  
Secretary



**FFA Donation . . .** Bev Martin, Ann Bailey and Carol Johnson of Rosebud Rancherettes present a check to Gregory County FFA for promoting agriculture and representing the many Ag opportunities available in our area. They look very spiffy in their FFA jackets. Thank you to a nice group of young people.

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## Services held for Roger Simon

Roger Simon, 78, of Tolstoy, passed away January 11, 2023, at his home surrounded by his loving family after a lengthy illness. Mass of Christian Burial was held January 20, 2023, at Sacred Heart Catholic Church, Gettysburg, with Father Brian Simon presiding. Burial was in St. Mary's Catholic Cemetery, Lebanon.

Roger Myron Simon, the second child of Sylvester and June (Norris) Simon, was born in rural Lebanon, SD, on July 26, 1944. He has been a lifelong resident of Potter County, growing up in the Lebanon and Tolstoy areas. Roger graduated with the Class of 1962 from Gettysburg High School. While attending school, he was active in 4-H, FFA, and excelled in showing Hereford cattle and swine. His true passion was horses, and he was always happy to share that passion with family and friends. In 1962, Roger received the State FFA Star Farmer award.

Roger attended SDSU briefly before returning home to farm with his father and brother. He married a beautiful neighbor gal, Carol Griese, and they began farming and ranching while raising a family.

Roger's life will be cherished by his wife of 56 years, Carol; his children: Jeffrey (Terri) of St. Charles, IL, Michelle (Mike) Steen of Hettinger, ND, Stuart (Tammy) of Tolstoy, Brian (Colleen) of Seneca, Jason (Denise) of Brookings, Kent (Lynn) of Clear Lake and Karin (Roy) Schiley of Meadow; 21 grandchildren; five great-grandchildren; two brothers: Gale (Shirley) Simon of Mitchell and Craig (Sue) Simon of Albion, IN; two sisters: Vesta (Warren) Erdahl of London, OH, and LeAnn (Stuart) Harner of Mandan, ND; one sister-in-law, Janice Simon Riekens of Weslaco, TX; and numerous nieces, nephews, and cousins.

He was preceded in death by his parents, one brother, Dencel, and daughter-in-law, Trish Simon.



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## Services held for Roy Schiley

Roy "RJ" Schiley, 45, of Meadow, passed away at his home near Meadow on April 12, 2023, after a short, but hard fought battle with cancer.. Mass of Christian Burial for RJ was held April 19, 2023, at St. Mary's Catholic Church in Lemmon. Fr. Adam Hofer officiated and burial was in the Greenhill Cemetery at Lemmon.

Roy was born August 12, 1977, at Hettinger, ND, to Bob and Connie Schiley and was raised on a ranch near Meadow, SD. He attended the Progress country school south of Meadow before later attending elementary school in Lemmon. He finished his school years in Mobridge, graduating with the MHS Class of 1996.

Following graduation, he joined the South Dakota National Guard and became a member of the 200th Engineering Company. He served with the 200th until 2002. Following his National Guard training, he attended college at South Dakota State University for one year before transferring to Mitchell Technical Institute and receiving a degree in Powerline Construction and Maintenance. Following graduation, he worked for High Power, Inc., travelling and burying underground electrical line until 2001.

In 2001, he married Karin (Simon) and they started to farm and ranch with her family near Tolstoy, SD, purchasing their first cows. To this union, five children were born: Macy, Cash, Kate, Hope and Anne. They ranched near Tolstoy until 2007, when an opportunity to purchase their current ranch became available and they moved to Meadow. He was proud to be a fourth generation farmer and rancher and it was important to him to pass that love of the land and livestock down to his children.

Growing up hunting and fishing, he was an avid outdoorsman who loved to share his enthusiasm for the outdoors with others, especially his children. He eventually started a hunting business and some of his clients became like family to him.

He was his children's number one fan and enjoyed travelling to their sporting events, most especially rodeos. Many a Father's Day was spent with his children at a rodeo and he enjoyed every minute of it.

RJ was a member of the Meadow Fire Department and the Boss Cowman Rodeo Committee and the advisor for the Lemmon High School Rodeo Team.

He is survived by his wife, Karin; his five children, Macy, Cash, Kate, Hope and Anne; his sisters: Tina (Charles) Bradley, Yvonne (Joe) Malley and Lea (Dennis) Kling of Keldron; one brother, Buck (Abby) Schiley of Rapid City and numerous nieces and nephews.

He was preceded in death by his father, Bob Schiley; his mother, Connie Schiley; his brother, Don Landis; his father-in-law, Roger Simon; his grandparents, Roy and Angela Schiley and Paul and Mae Schliessman.



*Sympathy is extended to the families of Carol Simon (past SDCW president) and Karin Simon Schiley (Miss Stockgrower in 1998-1999)*





**BEEF FOR SCHOOL . . .** The Burke FFA members help unload the beef that Wall meats delivered to Burke Schools for the Beef in Schools program. Rosebud Rancherettes really appreciate them offering to help. The beeves were donated by Myron/Jesse Johnson and DJ Steffen. Eat Beef!

## Tell your “Beef in School” story!

Rosebud Rancherettes CattleWomen are asking for success stories of the “Beef in School” Program to be printed in the South Dakota CattleWomen’s Newsletter. Seems it is very successful in some schools and some schools are struggling with it. What makes the difference? Send information to Sue Chytka at [schytka@gwtc.net](mailto:schytka@gwtc.net)



Rosebud Rancherettes finally got to have their pot luck Christmas party on Feb. 2. Karen Martin used a recipe for Beef Stew out of the 1980 Beef Cookbook. Her Mom (Mary Lambley) had marked it as a 'good one'. She even used her Mom's kettle. And the stew was delicious!



### Salisbury Steak

- 1/3 cup French Onion Soup
- 1 1/2 lbs Hamburger
- 1/2 cup Bread Crumbs
- 1 Egg
- Salt and Pepper

Form into patties and brown on both sides.

Sauce:

- 1 Tbs. Flour with the rest of French Onion soup
- 1/4 cup Ketchup
- 2 teaspoons Worcestershire
- 1/2 teaspoon mustard powder
- 1/4 cup Water

Pour over patties and cook 20 minutes longer covered.

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## Choose Beef this May Beef Month

South Dakota is home to nearly 14,000 beef farms and ranches caring for 3.5 million head of cattle, outnumbering state residents 4.2 to 1. May is Beef Month and the South Dakota Beef Industry Council (SDBIC) believes this is the perfect time to highlight our hardworking beef farmers and ranchers and all they do to bring high-quality protein to the table.

The SDBIC encourages you to get out and CHOOSE BEEF during grilling season. The "I Choose Beef" campaign will highlight beef throughout the month on SDBIC social media and in local grocery stores throughout South Dakota. Additionally, South Dakota Junior Beef Ambassadors will work within their local communities and schools to promote their favorite protein! SDBIC President, Veabea Thomas, believes May is the perfect time to choose BEEF and thank our beef farmers and ranchers. "South Dakota beef farmers and ranchers work 365 days a year to bring high-quality protein to our tables. We want to thank them for their hard work and encourage everyone to choose BEEF."

We encourage you to grab your grill kit, put on your apron, and get grilling! Beef has you covered whether it is that juicy burger or flavorful steak! Get out and choose BEEF this grilling season!

To learn more about May Beef Month and SDBIC promotions and giveaways throughout the month follow us on Facebook (@SDBeef). The South Dakota Beef Industry Council works on behalf of South Dakota beef producers through the \$1 Beef Checkoff program. For more information about the Beef Checkoff and statewide efforts visit [www.sdbeef.org](http://www.sdbeef.org) and [www.MyBeefCheckoff.com](http://www.MyBeefCheckoff.com) or contact Jodie Anderson at [janderson@sdbeef.org](mailto:janderson@sdbeef.org).

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## NFL Sports Nutrition Expert joins Build Your Base

Beef Logic, Inc. is proud to announce that Dr. Kim Schwabenbauer, MS, RDN, CSSD will be joining the Build Your Base program team as an official consultant and national advisory council member. Schwabenbauer, currently serves as the Sport's Dietitian for the Pittsburgh Steelers and is an Associate Professor of Exercise Science at Penn West University- Clarion Campus. Whether she is working with professional athletes, everyday athletes, or college students, Kim believes that optimal performance can be achieved through a personalized approach to health and wellness. As a nationally recognized nutrition expert, Kim contributes to various media publications including Triathlete, Women's Running, USA Football, Inside Triathlon, Ironman.com and more. She's also appeared on national television as a registered dietitian and coach for the hit TV show, MTV "Made," was a featured Dietitian on Zonya's Healthbites on PBS and has been highlighted on many local news affiliates as a dietitian expert. Kim speaks nationally to executives, conference attendees, and professional sports teams on nutrition, motivation, and best practices to fuel busy lifestyles with an evidence-based approach that translates science into real-world experience. Kim's personal research focuses on the male and female athlete triad and its impact on performance.

Schwabenbauer, a former Professional Triathlete, Board Certified Specialist in Sports Dietetics, Professional Speaker, 15x Ironman finisher, 4x Ironman World Championship Qualifier, ACSM Personal Trainer, USA Triathlon Level 1 Coach and Author believes that nutrition isn't just about eating. It's about learning to thrive by choosing foods to nourish your body, life, and soul and that is why Suzy Geppert, Beef Logic Executive Director and Build Your Base program director believes she is the perfect fit for this program. "Kim's passion and determination for not only athletes and their performance but also her commitment to improving the lives of individuals and families make Kim the ideal professional for this program. The program has always been about bringing the best to the table and she is one of the best."

South Dakota Beef Industry Council (SDBIC) developed the Build Your Base program alongside Sanford Health in 2018 and launched it onto the national scene at the U.S. Olympic Team Trials-Tack and Field in 2021. The program, managed by Beef Logic Inc. on behalf of program partners, and is currently being implemented by youth sport organizations, high school athletic programs, Division I and II collegiate athletic programs, professional athletes, and adult sport organizations.

Build Your Base and the Indoor Football League expanded partnership efforts in 2023 to deliver Game Time. This community-based initiative will extend the nutrition message to thousands of youth throughout the United States and Schwabenbauer is excited about the community outreach component of the program. "Joining the Build Your Base program was a no-brainer. This endeavor is an exceptional way to help athletes, families and communities capitalize on all the synergies lean beef has to offer. Whether we are talking about a whole-foods perspective to building a performance plate, or the micronutrients all athletes need to optimize performance and recovery, lean beef is an excellent choice. I'm excited to continue to share this message and help promote good nutrition for life with the Build Your Base program."

The 2023-24 application window for the program is now open and can be found at [www.buildyourbase.org](http://www.buildyourbase.org).

For more information about Beef Logic and the Build Your Base program contact Suzy Geppert at [sgeppert@beeflogicinc.org](mailto:sgeppert@beeflogicinc.org).



**South Dakota Cattle Women**  
**Norma Olson**  
**26642 309th Avenue**  
**Witten, SD 57584**  
**www.sdcattlewomen.org**

**Mellette County CattleWomen**

The Mellette County Cattlewomen have a new slate of officers. The new President is Suzie England, 25468 255th Street, Midland, SD 57552.

**Membership Update**

Paid Members: 95  
 Junior Members: 2  
 Sustaining Members: 2

Note to all club presidents and treasurers: Membership dues need to be collected and sent to Norma Olson, 26642 309th Avenue, Witten, SD 57584.

**Directory Changes**

Hall of Fame Committee:  
 Mary Hendricks  
 Janet Schindler

SDSGA  
 Doris Lauing  
 Executive Director  
 doris@southdakotastockgrowers.org



**Editor's Notes**

This newsletter serves a purpose. It is a means of keeping you informed of upcoming events and events gone by - along with project and club reports. This is where you can help to get better communication.

1. If you are a project leader, use the newsletter to publish what you want done. Then when the project is finished, send a report to me to let everyone know the results.

2. Club presidents: Be sure your reporter sends me a report each month on your club activities. Besides being interested in what you are doing, you can share ideas through your reports with other clubs.

3. When you know of a "Beef" promotion activity in your area, get it listed in the newsletter, which goes all over the state. Maybe someone would like to attend in your area.

4. Pictures of your club in action or a picture of your club.

5. State officers: If you attend a meeting or workshop, please send a report to me.

Thank you  
 Mary Jessen, Newsletter Editor  
 Email: hiherald@venturecomm.net

★ Associate Members	DeJong Ranch, Kennebec	Kohlman, Bierschbach and	Purvis Electric, Burke
★ Animal Clinic, Ltd., Winner	Drifters Bar & Grill, Ft. Pierre	Anderson LLP, Miller	Raven Angus, Colome
★ Bank West, Gregory	First Dakota National Bank	Lewis Family Drug,	Riverview Chevrolet, Oacoma
★ Buche's, Gregory	Yankton	Chamberlain	Rosebud Electric Coop, Inc.,
★ Burke Livestock Auction, Burke	First Fidelity Bank of Burke,	Littau Angus Ranch, Winner	Gregory
★ Burke Oil Co., Inc. Chamberlain	Colome and Winner	Mathis Implement, Winner	Statewide Ag Insurance, Inc.,
★ C&B Operations LLC	Frontier Motors, Inc., Winner	Mid Dakota Meats LLC.,	Chamberlain
★ Gettysburg	Gregory Animal Clinic, Gregory	Winner	Statewide Ag Insurance, Inc.
★ Cahoy's General Store,	Grossenburg Implement, Inc.	Midwest Liquid Feeds LLC	Winner
★ Bonesteel	Winner	Wood	Westwood Ranch, White River
★ Charly's Restaurant & Lounge,	Highmore Herald, Highmore	Olson Family Trust	Winner Livestock Auction LLC
★ Chamberlain	Jessen Ranch, Holabird	Witten/Ideal	Winner
★ CHS River Plains, Winner			

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