



SISKIYOU COUNTY CATTLEWOMEN

Website:
siskiyountycattlewomen.com
Facebook: Siskiyou County
Cattlewomen
Twitter: Siskiyou
CattleWomen@SiskiyouCCW

Message From Your President

Hello CattleWomen!

Springtime is finally here and it is always such a joy to see the baby calves, foals and other newborn animals arrive even though it is a crazy busy time of year! Your Siskiyou CattleWomen's unit has been quite busy since our last meeting in January, as you can see in this lengthy newsletter, but I wanted to share some of the other activity highlights with you all as well. CattleWomen Pies were once again a big hit at the well-attended annual Siskiyou Animal Health meeting in February - thank you all members who sent pies!

SCCW's Beef Ambassador Contest was held early March with eight contestants competing this year, and the local winners were Jack Thackeray, Mae Thackeray & Jayne Harris. Great job Melanie Fowle in coaching them as Jayne also went on to compete at the State level in April and won the North State Jr Award - Congratulations! Youth Beef Ambassadors are a very important voice for our industry today and we are thankful for their efforts and dedication to help communicate with consumers and tell the true story about beef.

Another busy group of our members have been really covering the miles in doing Ag In the Classroom presentations throughout all of Siskiyou County the past few months. In addition, four ladies (pictured below) organized the fun & educational Beef Pong game for over 350 kids to participate in at the 1st Annual Sacramento Farm Day in March, plus two other SCCW members also presented at that event - it was a wonderful day for ag education to reach over 1000 urban students total. I sincerely appreciate all the many miles and hard work our members do in helping educate today's students with the facts during their Ag In The Classroom presentations.

We will have more reports on all of the activities and events SCCW has been involved with at our May 19th general meeting, so do hope many of you can take a few hours to join us that day and also enjoy some fun and camaraderie.

I would also like to congratulate Melanie Fowle on being recently recognized by California Senator Ted Gains as the 1st Senate District 2018 Woman of the Year for her decades of dedication and service to her community and the many organizations she is a part of!

Happy Spring Everyone!
Sincerely,

Tara Porterfield

Sharon Erickson, Rebecca Broomell,
Lynda Beverlin & Melanie Fowle
had a busy time presenting at the
2018 Sacramento Farm Day event.



Please Join Us!!

Spring SCCW General Membership Meeting & Potluck Luncheon

Saturday 5/19/18

11:00am - 2:00pm

Etna Methodist Church ~
133 Diggles Street, Etna, CA

All Members Are Invited &
Guests Welcome

Bring your favorite recipe dish
to share, based on last names
as follows:

A-C Desserts

D-L Salads

M-Z Main Dishes

(beverages, plates, utensils will be
provided by SCCW)

Program to include 2018 Jr State
Beef Ambassador Jayne Harris
& several FUN beef promotion
activities - plus a nice visit with
fellow CattleWomen! We hope
to see you there!!



SCCW HAPPENINGS:

***May 17th** - come see SCCW at our Annual Ag Awareness Day from 9-12pm at the Yreka Fairgrounds. This event normally hosts several hundred 4th grade students and includes 20+ ag-related information booths to help teach the kids about different aspects of agriculture. SCCW also helps with the luncheon for all of the presenters that come to put this event on.

***May 18th** SCCW will be catering the luncheon for the annual KARE woods tour in conjunction with the Siskiyou County Cattlemen.

***May 19th** SCCW Member Meeting in Etna - ALL members are welcome!!

***June 17th** Annual SCCW 'Beef For Father's Day' promotion drawing at two local restaurants. Winners will receive beef gift certificates.

***August 8-12th** is the Fair! If you are not yet signed up to help with a shift in the Sandwich Booth and would like to help, please call Lori March 530-598-6187. This is our biggest fundraiser & beef promotion event of the year and we can use help from all members to make it successful! We also plan to do a feature booth to showcase Siskiyou Agriculture - if anyone is interested in helping with that fun & creative project email or call President Tara.

***August 25th** Annual SCCA/ SCCW Fall Tour in the Shasta Valley area, held again on a Saturday with BBQ potluck. More details to come soon.

***October 6th** SCCW Fall Member Meeting & Elections at the Butte Valley Community Center in Dorris - ALL members are welcome!!

***October 27th** Annual SCCA/ SCCW Fall Dinner, Silent Auction & CattleWoman of the Year presentation at the Yreka Community Center.

**CCW HAPPENINGS:****CORRECTION - for June 20-21st Mid Year Meeting at Win River Casino, Redding, CA**

(This is a joint meeting with California Cattlemen (CCA) and there were some schedule changes that did not make the deadline for the CCW newsletter printing.)

The CORRECT meeting dates are Wed 6/20 and Thurs 6/21 ONLY - concluding by 6:30pm on 6/21/18. This meeting is open to all CCA & CCW members.

The schedule published in the May CCW newsletter is correct for 6/20. **For 6/21 please note that the CCW Board Meeting will be held from 3:30 to 6:30 pm**

To register for this meeting go to the California Cattlemen's website at http://calcattlemen.org/ccw_events/event.aspx?eventid=38, or call their office at 916-444-0845.

LAST DAY TO REGISTER IS 6-18-18!

This meeting is very close to home for Siskiyou County members, and CCW President Cheryl Foster has an interesting CattleWomen workshop planned for Thursday morning, to be followed by the CCW Board meeting that all CCW members are welcome to attend - this is your chance to go to a State meeting and see what all is going on in both the Cattlemen and CattleWomen organizations. We hope you will consider going and take advantage of the opportunity with only a 2 day event and only a couple hours from home! If you do register to attend, please let President Tara know so we can make sure to include you in any CattleWomen activities we have happening at the meeting, plus carpools and room shares are possible options. THANK YOU!

**HELP
WANTED****SCCW SANDWICH BOOTH SHIFT CHAIRMAN NEEDED FOR SISKIYOU FAIR:**

The sandwich booth is SCCW's largest fundraiser project each year and we need several new chairwomen to fill the following Shifts at the 2018 Fair -

Thurs 8/9: 5-9:00pm **Fri 8/10:** 5-11:00pm **Sat 8/11:** 5-11:00pm **Sun 8/12:** 3-8pm

Please contact Booth Chair Lori March if you can volunteer to be in charge of any of these shifts - she will help you learn the ropes! Phone: 530-598-6187 or email lorivallo@yahoo.com

NOMINATIONS FOR 2019-20 SCCW OFFICERS & BOARD:

Elections will be held at the October 2018 SCCW general meeting for the full slate of officers for the 2019-20 regular two-year term. If any members are interested in running for a position on the board, please complete the Invitation to Leadership form included with this newsletter and return to Nomination Committee chair Melanie Fowle by the **Aug. 15, 2018** deadline. The nominations committee will then followup to present a slate of recommendations to vote on in October.

In addition to the board positions, we also invite members to apply for Standing Committee Chair positions for our primary annual activities. Please see the form for the full list of positions available.

SCCW FACEBOOK PAGE & TWITTER

Just a reminder to join our Facebook page & Twitter following, and feel free to post relevant items to share about everyday ranch life, favorite recipes, etc.



TIME TO VOTE SOON!!

It will soon be time to vote for the 2018 award recipients for Siskiyou CattleWomen for:

CattleWoman of the Year

Top Hand Award

Pioneer Beef Woman

The nomination forms and description of each award will be mailed with summer newsletter and will soon be available to download on the SCCW website (*see website address on page 1*). Members can also vote at the Sandwich booth during fair. Deadline to submit nomination forms is **Aug. 15, 2018!**

OTHER INFORMATIVE INDUSTRY WEBSITES

California CattleWomen:
cattlewomen.org

American National CattleWomen:
ancw.org

California Beef Council:
calbeef.org

*California Ag In the
Classroom:*
learnaboutag.org

California Cattlemen:
calcattlemen.org

Mark Your Calendar

May 17th: Ag Awareness Day, Siskiyou Fairgrounds, Yreka

May 18th: KARE Tour

May 19th: SCCW Spring Member Meeting, Etna

June 20-21st: CCW Mid-year Meeting, Win River Casino, Redding

July 24th: SCCW Board Meeting, 6:00pm, Yreka

Aug 8-12th: Siskiyou Fair SCCW Sandwich Booth, Yreka

Aug 25th: Annual Cattle Tour - Shasta Valley area

Sept 5-9th: Tulelake-Butte Valley Fair, Tulelake

Sept 11th: SCCW Board Meeting, 6:00pm, Yreka

Oct 6th: SCCW Fall Membership Meeting, Dorris

Oct 27th: SCCA/SCCW Annual Fall Dinner, Yreka

Nov 28-30th: CCA/CCW Annual Convention in Sparks, NV



2018 SCCW Board Members & Contact Information

Officers:

President:	Tara Porterfield	cowgirljake1986@gmail.com	530-398-4083
1st Vice President:	Lynda Beverlin	ixlady@sisqtel.net	530-468-2516
2nd Vice President:	Lori March	lorivallo@yahoo.com	530-598-6187
Secretary:	Stacey Jackson	SMjac521@aol.com	530-598-0196
Treasurer:	Cheryl Foster	cherylafosterLB@gmail.com	530-459-3270
Past President:	Sharon Erickson	valhallaranch5@gmail.com	530-598-6741
Membership/Webmaster:	Heidy Carver	heideranch@hotmail.com	530-468-4126
Directors:	Carolyn Houghton		530-459-3636
	Elaine Kuck	hereford_57@yahoo.com	530-459-5431

Delegates: Michele Murphy, Rita March, Heidy Carver & Lori March

2018 SPRING CCW MEETING HIGHLIGHTS: *STORY BY HEIDY CARVER*

The ten Siskiyou County Cattlewomen who attended the CCW Spring Meeting enjoyed the “shorter” drive to Woodland, CA. Thank you to our new attendees Rebecca Broomell, Diane Cowley, and Stacey Jackson for all of your help throughout the weekend! It definitely felt like Spring time. Some of us got caught in a hail storm on the way down I-5. And we did wake up to ice on our windshields on Sunday morning! Since the CCW President's hotel room wasn't a suite... the hotel allowed us to move the President's Reception on Friday evening to the hotel dining area free of charge. It turned out great! Approximately 40 women attended. They enjoyed wine, snacks, and visiting with each other.

Saturday's Education Day was held at the Heidrick/California Ag Museum. Approximately 75 women attended. It was a very informative day with lots of great ideas and topics shared. Kirk Wilbur from CCA shared a legislative update on water regulations and vehicle regulations. Go to the CCA website link of http://www.calcattlemen.org/political_action/political_action.aspx for more info. Jill Scofield from CA Beef Council shared beef nutrition and purchasing trends based on recent consumer surveys. Approximately 91% of Americans eat beef once per month and 35% each beef three times per week. On average, Americans consume 1.7 ounces of beef per day. Millennials consume 40% of the beef eaten. The CA Beef Council and Beef It's What's For Dinner websites are great tools for beef education. Also the Masters of Beef Advocacy program needs to be shared. Then Jill put on a Beef Cooking demo. Three groups of ladies were provided with a New York steak, veggies, and seasonings to be cooked on a George Foreman electric grill. Rebecca Broomell, Diane Cowley, and Stacey Jackson (pictured below) represented Siskiyou - great job ladies creating a delicious meal in about 15 minutes! They each received a nice Beef It's What's For Dinner cooler bag. Next several Cattlewomen units shared their fundraising



events with the group. The most important items were to have community support/sponsors and to have organized committees to help with the events. Tehama Cattlewomen shared about their Beef n Brew event the third Saturday in September. It began in 2008 with about 750 people and now has over 2,000 people attended. The \$10,000 raised is used for scholarships. Tickets cost \$25. Lassen Cattlewomen host an evening of Wine Tasting and Beef samples. It has been going on for 30 yrs. The attendance is maxed out at 400 people due to venue location. The \$10,000 raised is used for scholarships. Tickets cost \$30-40. San Luis Obispo Cattlewomen just began hosting

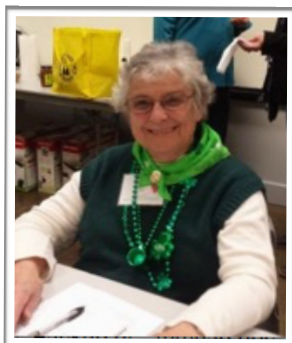
an evening of wine and beef at a local vineyard. Attendance was limited to 75 people. The \$10,000 raised is used for scholarships. Tickets cost \$75. Next was Judy Culbertson with California Ag in the Classroom. She promoted the 1st Annual Ag Day in Sacramento sponsored by California Farm Bureau for approximately 1,000 kids from under privileged schools. Raleys donated the lunches for all students and volunteers. It is very similar to our local Ag Day at Siskiyou Golden Fairgrounds. Then she presented CCW President Cheryl Foster and CCW Ag in Classroom Chair Debbie Torres with the 2018 CALA award for promoting Ag in the Classroom. A really good educational website for Ag in the Classroom is www.learnaboutag.org. The 2018 Imagine This writing contest had a lot of great stories. We took a break to enjoy a delicious buffet tri tip lunch with all the fixings that was catered by Buckhorn restaurant.

The afternoon speakers covered the topics of physical/mental health and how beef helps a person to maintain a health lifestyle. Lauren Bahr (Nutrition Coach) spoke on gut health and it being essential for proper nutrition, which contributes to our overall physical/ mental health. Gut health isn't commonly recognized by the traditional medical field, which seems to treat symptoms as they appear rather than finding/treating the main cause of the health issue. Therefore, she recommended using a Functional Medicine Doctor. The 4 R's to healing a gut are to remove foods that adversely affect our bodies (different for each person), replace digestive enzymes, reintroduce "good" bugs back into our bodies, and repair the gut lining with proper supplements and nutrition. Next Melissa Chesini (a physical health instructor) spoke about which joints in our body are stabilizers and what ones are design to move. She provided tips and exercises to help each type of joints perform optimally. The key areas are the glutes, hips, core, and T-spine. Proper hydration also helps keep a body healthy. Above all, listen to your body. The final speaker for the day was Pat Shepherd from Mid Valley Cattlewomen who shared her experiences of teaching "cattle ranch life" at local schools. She had a very nice display board. The life cycle of a beef animal is shared and explained at an age appropriate level with the kids. Then we went on a self-guided tour of the California Ag Museum which had many neat types of tractors, dozers, and other various ag related equipment.



Siskiyou's Carol Silicz was one of the few who dressed up for Saint Patrick's Day on Saturday and Melanie Fowle took a great picture (*below*)! The Saturday night Paint & Sip held at the Farm Bureau office had 50 in attendance! Siskiyou had eight members attend and it was a fun evening - pictured above L-R: Rebecca Broomell, Diane Cowley, Stacey Jackson, Michele & Holli Murphy, Cheryl Foster; seated: Barbara Cowley & Melanie Fowle.

Sunday was the Board of Director's Meeting at the Farm Bureau office. Approximately 60 people attended. It was nice to have six new members who were there for the first time. The meeting was informative and shared CCW happenings since the 2017 Convention. CCW didn't meet the membership increase to compete in the ANCW MOOVE contest. Almost all of the CCW survey forms are now on Google Forms, which is a free service and very user friendly. The surveys need to be completed by June 15th so totals of activities each unit has done can be provided at the Mid Year Meeting. The 2018 Powder River Panel raffle tickets were handed out to the units to sell by November 2018. Once again, each unit will receive 50% of the ticket money they sell. ANCW Region 6 Meeting in April 2018 is coming together well. The 51st Tulare World Ag Expo in February was attended by over 100,000 and represented 49 states! New CCW Shirt order forms were



available and the shirts should be ready at Mid Year Meeting. Heritage Foundation is selling 'I Heart Beef' pins. CCW Officer nominations must be completed by April 1st so it can be published in the newsletter before the Mid Year Meeting elections. There will be an officer transition workshop at the Mid Year Meeting and the new officers will be installed at 2018 Convention. The CCW Executive Committee proposed a By Laws Change to allow the CCW Secretary to serve more than one two year term if they choose to. This proposal was approved and the final vote will be held during the Mid Year Meeting. The Standing Committees need to have their info for the Mid Year Meeting packets turned in by May 28th. CCW's Facebook page has 2,000 followers. The website also receives a lot of visitors. There has been issues with hackers attempting to access the site and the appropriate security measures have been implemented. Also the units can share their activities to the CCW Calendar of Events page. See Mark Your Calendar section in this newsletter for important

2018 CCW dates to remember. - Mid Year meeting will be close to home in Redding!! The 2019 CCW Spring Meeting will be jointly held with California Women for Ag in Visalia, CA with the dates to be determined.

2018 ANCW REGION VI MEETING HIGHLIGHTS: *STORY BY MELANIE FOWLE, PHOTOS BY KADY PORTERFIELD*


Sunday, April 22-Tuesday, April 24, five Siskiyou gals, CCW President Cheryl Foster, Siskiyou President Tara Porterfield, Siskiyou 1st Vice President Lynda Beverlin, Melanie Fowle, and Washington CattleWomen President Kady Porterfield attended the Region VI meeting in Monterey, a memorable event chaired by incoming CCW President Callie Borror.

Monday was tour day with the first stop at the Salinas Bengard vegetable processing plant. Since the grandmother loved sheep, a Rambouillet head is featured on each vegetable box. While at Bengards, NCBA president Kester addressed the group, reminding the group that it is 1/5 of the beef carcass (tongue, tripe, liver, heart, etc) that is the major US beef export to countries like South Korea, China and Japan.

The next stop was the Soledad Hahn Winery which produces both Chardonnay and Pinot Noir wines, with the Chardonnay maturing in French oak



*NCBA Kevin Kester
from Parkfield, CA*

barrels ranging in price from \$1000 to \$3000. Next was on to the Salinas Garlinger Ranch where foot tall feed covered thousands of acres. The day concluded with a wine and cheese reception hosted by Monterey CattleWomen at the Monterey Fairgrounds.

Tuesday was a morning to be remembered that was kicked off with Jeremy Bates, **Odyssey.com**, addressing change with total audience participation.

Bottom Line: approach change slowly and carefully, but don't be afraid of it. Once again, Dr. Frank Mitloehner implored the attendees to focus on the 99% of the population that is open to dialoging about the science-based facts that prove the livestock industry is not the 'evil one' as portrayed by those who tout abolishing all animal agriculture. We need to be compassionate and give effective responses based on science. If we don't share when asked, someone will do it for us. For example, Robert Kenner, film and TV director who directed the Emmy award winning film **FOOD, INC.**, contacted 100 ranchers and farmers 3 times for interviews. Ninety seven failed to respond and the film ended up being based on the input from 3 individuals, and included footage of factory farms provided by PETA and HSUS. *This film is the #1 watched documentary of ALL TIME, and is now being shown in most middle schools to mis-educate students about animal agriculture!!!* We as livestock producers all need to watch this film so we understand the misconceptions our industry is



*Jeremy Bates, awesome
speaker from Odyssey.com*

facing, and be prepared to respectfully engage with our consumers to tell our true story, using science-based facts to relate that our product is Safe, Nutritious and Ethically Grown. Dr. Mitloehner is doing a great deal to help provide those 'science-based facts' that we need to share, and he now has a Twitter account and a blog to share his information - **check it out at #GHGGural**

ANCW elections were held with Region VI Director Pamela Griffin re-elected Region VI Director, and Kern Co. Cattlewoman Debbie Hay elected Region VI rep on the By-Laws Committee.

Afternoon speakers included Jenny Lester Moffitt, Deputy Secretary of Ag and Robert Roach Monterey Co. Assistant Ag Commissioner, the latter who shared 33% of the California farmers and ranchers are women. The day ended with Monterey Cattlewoman member Celeste Settrini encouraging us to share our story.



*Above: Dr. Frank Mitloehner,
world-renowned spokesperson for
science-based facts concerning
animal agriculture!*



More photos from the Tour Day at ANCW Region VI meeting in Monterey, CA. Right: Hahn Winery in Soledad - each barrel holds 30 cases of wine and ages for different amounts of time based on the variety.



The beautiful Garlinger Ranch just outside of Monterey - wonderful grass following a nice rain in the area. The Siskiyou Gals attending were (l-r) Melanie Fowle, Tara Porterfield, Lynda Beverlin, Cheryl Foster & Kady Porterfield.



2018 SCCW PROJECTS:

◆ **Celebrating Siskiyou County Women In Agriculture** - This project serves to provide acknowledgement and recognition of the hard working women in our county through an online extended cookbook, that will include information submitted by the women featured, as well as some of their favorite recipes and a photo (optional). The forms to collect the information needed are currently being finalized and should be available with more details at the May SCCW meeting, plus we will be sending it out to all members with the summer newsletter. Thank you to the committee of Leanne Brown, Jenna Oakley, Jana Lovitt, Kylie Brown & Gail Jenner that have put a lot of effort into developing this creative idea in place of a standard type cookbook. Note that recipes previously submitted for the original 2017 cookbook project can be included in this new format.

◆ **Cargo Storage Trailer** - SCCW will begin selling sponsorship spots for members to have their ranch brands painted on the side of the new cargo trailer that was approved at the Oct 2017 meeting, (similar to the one pictured here from Santa Barbara CattleWomen). We plan to take the trailer to the Fair and other events each year that SCCW is working at. It will be like a mobile billboard to promote the organization and also serve as useful storage to replace current rented space that is not easily accessible. More details to come at the May general meeting!!!



◆ **Extra Refrigerator Needed for Fair Sandwich Booth** - we need additional refrigeration space in the sandwich booth to hold our new locally-prepared sliced beef that we served starting in 2017. The extra refrigerator we used last year was borrowed from a member, but has since quit working so is no longer available. It is only needed for the week of fair and then has to be taken out of the concession stand since the space is used by other vendors throughout the year. So if anyone has an extra refrigerator that is in good working order, and you would be willing to let SCCW borrow it for a week during the fair, PLEASE contact President Tara at email cowgirljake1986.com. Thank You!!

Siskiyou County CattleWomen Invitation to Leadership

Please type or print clearly.

Submit form to Nominating Committee Chairperson.

Date _____

Name: _____

County: _____

Address: _____

Phone: _____ Cell Phone: _____ email: _____

Your Occupation: _____ Member SCCW _____ CCW _____ ANCW _____

Husband's Occupation: _____ Member SCCA _____ CCA _____ NCBA _____

Are you able to attend Annual Convention, Spring and Midyear meetings? _____

What ranching and /or cattle industry experience have you had? _____

Offices held and activities performed for CattleWomen:

State: _____

County _____

Leadership in other organizations: _____.

Positions of Interest – *Please circle all of your choices:*

Elected Officers: President 1st Vice President 2nd Vice President Secretary Treasurer
Director Delegate

Appointed: Parliamentarian & Nominating Committee

Standing Committees:

Ag in the Classroom

Ag Awareness Day

Animal Health

Beef Ambassador

Beef Promotion

Budget & Audit

Bylaws

Carcass Contests

CattleWoman of the Year

Legislation

Membership

Publicity/ Newsletter

Sandwich Booth

Scholarship

Scrapbook

Silent Auction

Sunshine

Website/Social Media

Please submit to:

Melanie Fowle, 2300 E. Callahan Rd., Etna, CA 96027 E-mail: mfowle96027@gmail.com

Cell: 530-598-1165

Cattlegirls' Creed

*B*elieving that the livestock industry is
Of basic importance to world existence,
We, The California Cattlegirls,
Dedicate ourselves to support it
With our labor and finances;
To promote it thorough information
And publicity; to encourage its producers
With our understanding and love;
To do all in our power to instill in the
Coming generation
The 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 cattlegirls.

Mrs. Willard Sobak, Fairdale, North Dakota
Mrs. Jerry Hemsted, Cottonwood, California



Siskiyou County Cattlegirls

9600 Red Rock Road
Macdoel, CA 96058

TO: