

# March Newsletter

PROMOTING AGRICULTURE IN OUR COUNTY AND AROUND THE NATION

Dinner at the Buckhorn Steakhouse with Friends!



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## CCW SPRING MEETING

The California CattleWomen's Spring Meeting was held in beautiful Winters, California, on March 11<sup>th</sup> and 12<sup>th</sup>. Attendance was very good, and many county units were represented including SCCW, who had six ladies who attended in person and three (continued on page 3)

## UPCOMING EVENTS

- \* **SPRING MEMBERSHIP MEETING**
- \* **ART CONTEST**
- \* **BEEF AMBASSADOR CONTEST**
- \* **Mothers' Day Market**
- \* **Ag Awareness Day**



## STERLING SILVER NECKLACE WINNER!

Carolyn Pimentel won the beautiful hand-crafted traditional squash flower sterling silver necklace donated by Diana Wirth, Oregon CattleWomen President, to the Siskiyou County CattleWomen in October. This was a generous donation that allowed the unit to raise over \$1400 for our scholarship fund. The smile on Carolyn's face says it all!! Thank you so much Diana and congratulations to Carolyn!!



### Cattle Health Meeting

The Annual Cattle Health Meeting was held on February 24, 2022 at the Montague Elementary School. Grace Woodmansee, Livestock and Natural Resources Advisor, (pictured to the left) organized a wonderful set of speakers for the event.

Dr. Allison Van Eenennaam, UCCE Animal Biotechnology and Genomics Specialist, presented updates on how genomics is being incorporated into breed association genetic evaluations. Dr. Gaby Maier, UCCE Beef Cattle Herd Health and Production Specialist, explained how to take advantage of the CAHFS diagnostics lab. Josh Davy, Livestock and Natural Resources Advisor in Glenn-Colusa-Tehama Counties, discussed research updates on dewormer in cow/calf pairs and use of rice straw for feed. Nicole Stevens reported on the composting study.

The pies provided by the SCCW were off the charts!! Thank you to the SCCW ladies for making such wonderful desserts!



### Siskiyou County Beef Ambassadors

Congratulations to Nora Harris and Peyton Wood for being the Siskiyou County Beef Ambassadors! Nora and Peyton will be representing Siskiyou County in the California CattleWomen's Beef Ambassador Contest on April 9<sup>th</sup>.

The State contest has four components: media interview, consumer interaction, social media post and a written response to a beef topic. The State Beef Ambassador Contest will be held virtually. The winners will be able to participate in other local and state Cattlewomen events.

Good Luck to both Nora and Peyton!







## CALIFORNIA CATTLEWOMEN'S SPRING EDUCATIONAL DAY AND BOARD MEETING

(Continued from page 1) who attended the meeting virtually.

Friday's Educational Program included Kory Dover, a registered dietician from the California Beef Council, and Mckensie Neves, Manager, Producer Education and Engagement, who provided information about the latest Beef Promotion materials from the Beef Council and updates to the Beef! It's What's for Dinner. Mckensie and Kory provided flyers and packets regarding the "Every Bite Counts" promotion regarding beef nutrition for babies and explained how babies can benefit from the nutrients in beef. They also shared the upcoming beef promotion centered around Cinco De Mayo. A U-Haul truck had lots of promotional items that were delivered to the attending units.

A wonderful lunch was provided and many of the ladies sat outside in the sun to soak up some vitamin D and catch up with friends.

After lunch, representatives from Merck Animal Health presented information regarding deworming cattle and how different processes can improve a herd health. The team also had kits for members to use to determine infection loads by taking samples and sending them in for testing. The lifecycle of the worm, which includes eggs on grass consumed by the cattle, was very interesting.

Following the presentation from Merck, a brainstorming session provided lots of ideas and considerations for each of the units to share. Everyone is looking forward to getting out in person to promote beef and support the industry.

The CCW Board meeting was held on Saturday starting at 9:30 am. Some key points from the meeting include:

- June Kester, Heritage Foundation Chairwomen/President reported a good turnout for the Heritage meeting prior to the board meeting. She shared that at convention, each unit was invited to attend with a \$50 reward. Each unit who attended earlier in the day will receive a \$50 check.
- The Beef Ambassador Contest will take place virtually on April 9<sup>th</sup>.
- There was much discussion on the newsletter as the Executive Board would like it to be completely digital as there can be more information with less cost.
- Units having raffles need to be aware of the Department of Justice inquiries regarding following the proper rules and registration of any raffles. CCW is working on this matter.
- Region 6 ANCW Meeting for 2023 will be hosted with Nevada CattleWomen. Calli Martinez reported talks have begun with NCW and a venue should be secured in the near future.
- A By-Laws Chair is needed. Please contact Julie Barnett if you are interested.
- Presentation of Slate of Officers for 2023-2024 by Sheila Bowen, Chair Nominations Committee:
  - Jeri Roen Mono-Inyo President
  - Debbie Hay, Kern 1st Vice President
  - Judy Church, Tulare 2nd Vice President
  - Tisch Coffman, Fresno/Kings 2nd Vice President
  - Maddison Easley, Placer/Nevada 2nd Vice President
  - Erin Rogers, Kern Secretary
  - Heidy Carver, Siskiyou Treasurer

Biographies on each of the above nominated members will be presented in the newsletter prior to Mid-Year Meeting.

## PRESIDENT'S MESSAGE

Hello ladies,

I will start by saying thank you to our members who faithfully pay to support our Siskiyou County CattleWomen's unit and our mission to promote beef. We appreciate you sticking with us! Many of you volunteer your time to help at events and for that we are so grateful. Please look for opportunities to help and be present with us at events. Raise your hand, call us, reach out on Facebook, however you can, to volunteer. We need you and you are always welcome!

The Annual Animal Health meeting aka "Pie Meeting" in Montague on February 24th turned out to be a very nice night. Grace Woodmansee always does an outstanding job and we thank her for her professionalism and her awesome talent in hosting events. The information presented was interesting and helpful. She's a blessing. Thank you to the fabulous bakers who made pies: Stacey Jackson, Heidi Martin, Cheryl Foster, Melanie Fowle-Nelson, Kallie Gill-Oliver, Kendra Oliver, Linda Oliver, Carolyn Pimentel, Regina Hanna, Leanne Brown and Francyne Jenner. Pie just makes life better. We can always count on Cattlewomen to deliver food made with lots of love. The pies were beautiful and got rave reviews.

Stacey Jackson, Leanne Brown and others who contribute to this gorgeous Newsletter have put in lots of time and effort to bring you what's happening with our group of 151 members. Get in there and be an active part of our group and you will be glad you did. It's a great way to give back to our awesome community and put BEEF in everyone's faces, literally.

The California CattleWomen, Beef Council, and Beef! It's What's for Dinner websites have great materials and recipes you can use to print or share electronically. Heidy Carver is our social media expert who updates our Facebook page with lots of great news and information. Be sure to like, comment, and share to spread the word. Enjoy!

Till next time, Faith, Family, Friends and Fun!

Lori Vallo March  
SCCW President



Please keep our SCCW President Lori in your thoughts and prayers as she and her family adjust to the loss of her father, David Vallo, who passed away on March 9, 2022.

# Art Contest!

The Siskiyou County CattleWomen announce the Annual Student Art Contest!

This year the categories are:

Kindergarten – 5th grade individual or group

6th - 8th grades individual or group

9th – 12th grade individual or group



Art and the completed entry form must be submitted by the deadline:  
April 29, 2022 Winners will receive cash awards!!

Entry forms can be obtained at your local school or from Art Contest Chair Keely Dietrick at 530-845-0153

Art received in the contest may be used in SCCW events and media. The art may be displayed at the Siskiyou Golden Fair, Tulelake Butte Valley Fair, or other venues.

## SPRING MEMBERSHIP MEETING

April 9, 2022

2 PM - 4 PM

Fort Jones Community Center

11960 East Street

Fort Jones, CA 96032

All members are welcome and encouraged to attend the 2022 Spring Membership Meeting in Fort Jones. Kay Hayden Isbell will speak talk about "farm to fork" selling of their products and we will hear about their ranch history, beef production, & marketing styles.

**Bring your favorite Beef Salad or Ground Beef Casserole to share and be judged. A winner in each category will be determined with some really cool prizes!**

Drinks, bread, plates, napkins, and utensils will be provided by SCCW.

Come join us for a great time of fellowship, planning, beef promotion, food, and guest speakers! We are making plans for Ag Awareness Day, Mother's Day Market Booth, Beef Promotion for Father's Day, Events at the Siskiyou and Tulelake/Butte Valley Fairs, and much more.

*Your help and participation are needed and welcome!*





Photos by Regina Hanna

## SCCW Winter Meeting

The SCCW Winter Membership Meeting was held on January 22, 2022 at the Red Barn in Yreka. What a wonderful turnout and great food! There was a Beef Soup, Beef Chili, and Beef Stew contest which doubled as our lunch. The favorite chili was made by Francyne Jenner. The favorite soup was made by Stacey Jackson. The favorite stew was made by Rebecca Broomell.

Guest Speakers Ken Oliver and Kendra Oliver shared their family's history as saddle makers, how to properly care for a saddle, materials, and much more. Christy Jenner Bartneck from Jenner Family Beef share their story of developing products, marketing, and overcoming difficulty with ranching business obstacles.

Business meeting was led by President Lori Vallo March with plans made for the coming year.



Saddle makers Kendra Oliver, Ken Oliver



Christina Jenner Bartneck, Jenner Family Beef



Beef Promotional Flyer from Beef Council and Beef! It's What's for Dinner.

**BEEF** IT'S WHAT'S FOR DINNER® **Make Every Bite Count with Beef**

The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years – yet less than 10% of infants eat beef in the first twelve months of life.<sup>1,2</sup> The 2020-2025 Dietary Guidelines for Americans encourage parents to choose nutrient-dense foods, like beef, to make the most of every bite for their infants and toddlers.<sup>4</sup>

## Essential Nutrients in Every Beef Bite

- PROTEIN**  
Essential for physical growth and development
- ZINC**  
Essential for growth, cognitive development, appetite regulation, and immune function
- VITAMIN B6**  
Vital for development of brain and nervous system
- VITAMIN B12**  
Supports brain development and producing healthy red blood cells
- CHOLINE**  
Essential for physical growth and development
- HEME IRON**  
Essential for various metabolic processes for growth, neurologic development and immune function

Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support a growing infant's:<sup>1,4</sup>

- Oral and motor development
- Discovery learning
- Acceptance of new and healthy foods

**Experts Recommend 1-2 Ounce/Day of Animal-Based Foods Such as Beef.**<sup>1,2,3</sup>  
Preparation depends on the child's age and development stage.<sup>1,3</sup>

- 6-8 months: Pureed Cooked Beef
- 8-10 months: Tender, Moist Shredded Cooked Beef
- 10-12 months: Tender, Moist Chopped Cooked Beef

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods.

**DID YOU KNOW?**

Iron intake continues to drop - despite the critical role iron plays in brain development.<sup>1,8</sup> By 6 months of age, a baby's iron stores are depleting while their iron requirements are increasing substantially. Adding beef, a good source of iron, as a first food can help fill the gap.<sup>12,13</sup>

**Iron Requirements\***

Age	Requirement (mg/day)
0-6 months	0.27
7-12 months	0.7
1-3 years	0.6

**Percentage of 6-12 month olds meeting recommended iron intake\*\***

Year	Percentage (%)
2000	~85
2005	~75
2010	~65
2015	~55
2020	~45

\* American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 9th ed. Elk Grove, IL: American Academy of Pediatrics; 2015. p. 100.   
 \*\* Beef Council. Beef! It's What's for Dinner. 2020. p. 10.

To print flyers such as this one, go to the Beef Council Website at <https://www.calbeef.org/>. This website has information on nutrition, recipes, beef production, and the new California Local Beef Directory for producers to market their beef to connect with consumers directly. Currently there are four Siskiyou County ranches who are listed on the California Local Beef Directory.

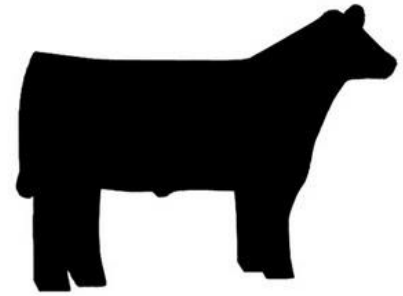
For fun and delicious recipes, go to <https://www.beefitswhatsfordinner.com/recipes>. This is a great resource for finding recipes for certain cuts of beef or for a particular occasion!

***Upcoming events:***

Spring General Membership Meeting – April 9, 2022, 2:00 pm  
at the Fort Jones Community Center.

Mothers' Day Market – May 7<sup>th</sup> and 8<sup>th</sup> at the Siskiyou Golden  
Fairgrounds. To help with this event, please contact Lori Vallo  
March at (530)598-6187 or Cheryl Foster at (541)601-6954

Ag Awareness Day at the Siskiyou Golden Fairgrounds in  
Yreka, on May 19, 2022. Please contact Lynda Beverlin (530)  
598-5564 or Rebecca Broomell (530)313-8927 to help.



Siskiyou County Cattlewomen  
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