



Enjoy the newest edition of the Beefmaster Breeders Cattlewomen Quarterly Newsletter!



April, May & June 2016 - Volume 6, Issue 2

## News From Marie

Springtime is upon us, in South Texas the mesquite trees are beginning to bud out which means winter is over for us. On our drive to Houston last week, the Bluebonnets and Indian Paint Brush wildflowers were beginning to fill the sides of the highway with spring colors.

It was good to see so many of our members at the activities and Beefmaster sales in Houston last week. I always look forward to hearing news from everyone. It is a time for us to connect during the year.

Good news is that we have seen an increase in membership since the convention. Kathy Walther, our newly elected Secretary/Treasurer is following in Kathy Skinner's footsteps to send reminders to past members about their membership renewal and it has resulted in several membership renewals. All of the Scholarship quilt squares have been sold and the quilter has the information to make the 2016 quilt, which will be auctioned at the 2016 BBU Convention in Branson, Mo.

JBBA high school seniors are reminded that it is scholarship application time. The applications are on the BBU website under the [Cattlewomen link](#). The deadline for scholarship application to be considered is June 15, 2016. Please remind any seniors who are JBBA members in good standing to complete their applications and send them to Kathy Skinner, whose mailing information is also on the [Scholarship link](#).

Last year our organization was able to provide three scholarships at \$3,000.00 each. We were able to increase the amount due to the income we received from several fundraisers that were conducted at Beefmaster sales throughout the country. It is amazing to see that buyers are so willing to pay a premium price for a jar of cookies or candy or other items when they know the funds will go to a very worthy cause. **So, ladies help our JBBA kids out by making your favorite cookie, cake or candy recipe and ask the sales managers or auctioneers to put it in the front of the cattle sale auction.**

The 2016 BBU Convention will take place in Branson, Mo., in October this year. The convention committee is planning a great time for attendees. We will have our Cattlewomen's Breakfast again on Friday morning. If you have any suggestions or ideas for the program for our breakfast, please contact me by email at [mbwelkener@gmail.com](mailto:mbwelkener@gmail.com) and I will give the suggestions to the ladies who will be organizing this year's breakfast.

This quarterly newsletter is for our membership and we would welcome any articles, recipes, etc., from our members to add to the newsletters. Karen Gattis our Vice President is the contact for the newsletter, send any information to her at [kgattis@gmail.com](mailto:kgattis@gmail.com).

Have a wonderful spring and Easter season, it is a glorious time indeed.

Blessings,  
Marie Welkener

**BEEFMASTER BREEDERS CATTLEWOMEN OFFICERS:**  
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**Ex-Officio: Bobbie Wall - [wall2319@bayou.com](mailto:wall2319@bayou.com)**

## Cattlewomen Photos!





Top Left: Beefmaster Bull Head Shot taken by Norma Jean Bounds

Top Right: A Picture of Patches taken by Norma Jean Bounds

Middle Left: Heifers in the Heifer pasture. Orange tags are slotted for Swinging B 2017 Production Sale. taken by Norma Jean Bounds

Middle Right: Three grand-kids Autumn, Mason and Lyla on a Zoo trip. taken by Norma Jean Bounds

Bottom: While attending the NCBA convention in San Diego Bonnie Siddons, Kathy Skinner & Mary Ann Skelton took a little side trip to the beach and had a wonderful day. submitted by Mary Ann Skelton

## Happy Birthday Cattlewomen!

### **APRIL**

6 TAMMY THOMAS

17 ANN BAILEY

22 SUE PIERSON

### **JUNE**

13 HAILY SIPTAK

13 TERI THOMPSON

14 LENA SIMMONS

16 SHANNON GLASER

17 DOROTHY SANDERS

21 AMANDA THOMAS

### **MAY**

4 MARSHA SIPTAK

6 DEBBIE CHAPMAN

7 DONNA DITTFURTH

14 PEGGY KAEPER

14 ANNETTE ROBBINS

16 LEITHER DOEBLER

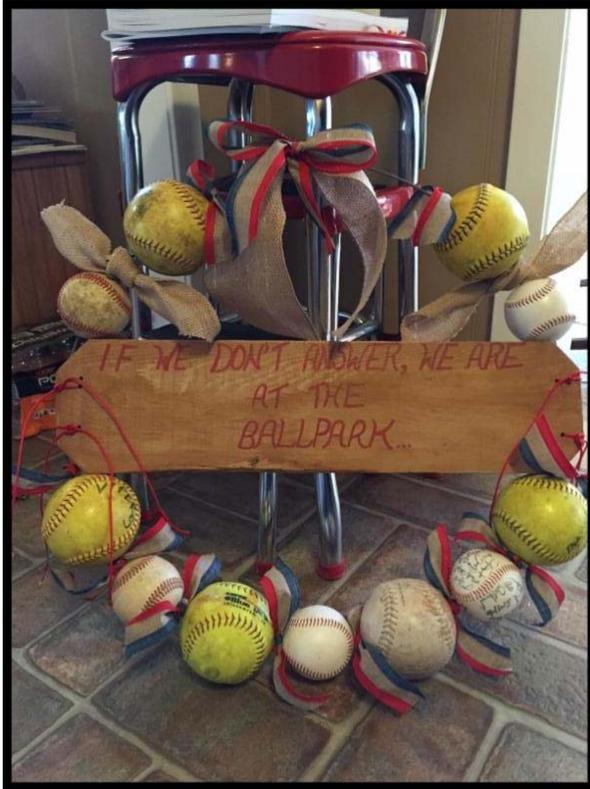
21 ANITA DUNCAN

25 AMBER LEATHERWOOD

- "Try to be a rainbow in someone's cloud." -

## Creative Crafting!

Cattlewoman Jules Bertrand and her sister made wreaths for their baseball and softball playing grandchildren. They had a great time collecting the used baseballs/softballs and making the wreaths. The kids love them!



- "We must let go of the life we have planned, so as to accept the one that is waiting for us." -

## Beef - a Nutritional Powerhouse

A cattlemoman has many roles on the ranch. One of the most important tasks of every day is to feed "the crew" and make sure they have enough energy to get through the day. Whether we are feeding our children, grandchildren, extended family and/or the elderly, ranch workers or potential customers, it is our responsibility to promote beef.

In 2014 my son participated in a UT Austin group of 90 bicyclists called "Texas 4000", who cycled from Austin, Texas to Anchorage, Alaska (hence, the 4,000 mile reference) and raised over \$600,000 for cancer research. Now, chances are we are not extreme athletes by any stretch of the imagination, but the need to feed such a group of athletes and the benefits of protein packed beef generated my interest and might peak your interest as well.

In Texas there is a very unique group of athletes, with more than 1,000 passionate members representing the beef community, called the [Texas BEEF Team](#). They are a group of runners, triathletes and cyclists throughout Texas who promote the nutritional benefits of lean beef and the related benefits of high quality protein. Each member is required to run at least three races and complete one volunteer activity a year in which beef is promoted.

They are sponsored by the [Texas Beef Council](#), who has a very expansive role in marketing, research, and education programs for beef and beef products.

## **BEEF: It's What's For Dinner**

Did you know a 3 ounce serving of lean beef provides the same amount of protein - 25 grams - as the following foods, BUT with less calories?

154 Calories	3 ounce lean beef
236 Calories	1.24 cups raw soy tofu cubes
374 Calories	1.5 cups black beans
670 Calories	7 tablespoons peanut butter

The variety of much needed nutrients in that 3 ounce serving of lean beef include: Selenium, B12, Zinc, Niacin, B6, Phosphorus, Choline, Iron, and Riboflavin. You may have read about the popularity of supplements in today's nutritional health environment. It is a known advantage to ingest these nutrients through food versus powder or pills. Here is a great visual on [Protein Benefits](#).

Keep in mind as you celebrate with a good filet mignon for Mother's Day, and a delicious ribeye for Father's Day, that it is our role to educate our youth and surrounding community on the benefits of beef. The facts are in our flavor!

- "Perfection is not attainable, but if we chase perfection we can catch excellence." -

## **Someone's In The Kitchen: Cattlewomen Recipes**

### **Strawberry Pie (Norma Jean Bounds)**

#### **Ingredients**

##### Crust

- ½ c. (1 stick) butter, softened
- 3 Tbsp. sugar
- 1 c. flour

##### Filling

- 2 c. water
- 2 c. sugar
- 6 Tbsp. cornstarch
- 1 (6 oz.) package strawberry jell-o
- 3 quarts strawberries, cleaned and de-stemmed
- \*If you are using a shallow pie plate, cut filling recipe in half.

#### **Directions**

##### Crust

- Mix butter, sugar, and flour and press into a greased deep pie plate.
- Bake at 375 degrees for 10 minutes.

##### Filling

- Bring water, sugar, and cornstarch to a boil, stirring, until thick and clear.
- Add strawberry jell-o; mix well and cool.

- Fold in strawberries.
  - Pour into pie shell.
  - Store in refrigerator until set; serve with whipped cream.
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## **Crock Pot Italian Beef Sandwiches (Norma Jean Bounds)**

### **Ingredients**

SERVES 6

- 3lb chuck roast, trimmed of visible fat and cut into large hunks
- 1 envelope Good Seasons Zesty Italian salad dressing mix
- 8oz pepperoncini pepper slices + splash of juice (plus extra for serving)
- 8oz Giardiniera (Chicago-Style Italian Sandwich Mix,) drained (plus extra for serving)
- 14.5oz can beef broth
- provolone cheese slices
- hoagie buns

### **Directions**

- Place chuck roast into the bottom of a 5.5 - 6 quart crock pot then sprinkle with salad dressing mix. Add pepperoncini peppers plus a splash of juice, Giardiniera, and beef broth then lift up chuck roast pieces to get broth underneath.
- Place a lid on top then cook on low for 9 hours, or until meat shreds easily with a fork. Shred then place meat back into crock pot and cook on low for 1 more hour.
- Split buns in half then scoop the shredded meat mixture on top and add provolone cheese slices.
- Top with additional pepperoncini peppers and Giardiniera, if desired, then serve.

- "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." -

## **Prayer Requests**

- We request prayers for the presidential candidates and all people in political positions.
- We request prayers for the United States of America and that it may survive these trying times.

Please submit prayer requests to Karen at [kbgattis@gmail.com](mailto:kbgattis@gmail.com)

- "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." -

## Rodeo Time in Katy, Texas

February means it is time for the Katy ISD FFA Rodeo. This year Kathy Skinner's oldest grand-kids, twins Brooke and Blake, were both "First Catch" in the calf scramble earning belt buckles. Blake and youngest grandson, Shayne, both competed on the same night with Shayne riding in the Mutton Bustin event. The Skinner family have ringside seats where they enjoy a closeup view watching cowboys and cowgirls in a small town atmosphere. Grand-kids truly are the best part of growing older!



- "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." -

## Upcoming Events

- April 16, 2016 Jones Beefmasters Field Day, Savannah, TN
- June 04, 2016 Lone Star Beefmaster Breeders Assoc. Field Day, Kauffman, TX
- July 06, 2016 BBU Committee Meetings, July 6-7, San Antonio, TX
- July 08, 2016 BBU Board of Directors Meeting, San Antonio, TX

October 27, 2016 BBU Board of Directors Meeting, Branson, MO

October 27, 2016 BBU Convention Oct. 27-29, Branson, MO

- "The best preparation for tomorrow is doing your best today." -

#### MISSION STATEMENT

Beefmaster Breeders Cattlewomen is "organized exclusively for charitable, and educational purposes, such as to assist the Beefmaster Breeders United in the promotion of the Beefmaster breed of cattle, to educate the public to the merits of the breed, assist in Junior Beefmaster Breeders Association program with scholarship and any other charitable projects deemed appropriate by its members."

STAY CONNECTED:

