

THE OHIO CATTLEWOMEN'S NEWSLETTER

SINCE 1964

MAY 2023

2023 Officers

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UPCOMING EVENTS

*Ohio State Fair
July 26 - August 6, 2023

*Cattlemen's Gala
According to OhioCattle
website August 26, 2023

The Ohio CattleWomen's Summer Fun Day Is Planned for June 24!! Save the Date!

The Ohio CattleWomen's Summer Fun Day is planned for June 24 beginning with the OCW meeting at the Ohio Cattlemen's Office located at 10600 US Highway 42, Marysville, OH beginning at 10 am. Following the meeting we will be enjoying a catered meal from the City Barbecue also at the OCA Office. The meal will be \$20. After the meal, we will travel to the Pastime Park at 370 N. Chillicothe St., Plain City, OH. There we will enjoy Crafting with the CattleWomen, a fun sign painting session. Signs need to be ordered by May 12 and are \$55 each! So, make plans soon to participate in this fun event. The sign choices are shown below.

After the fun painting project, you can travel to nearby Der Dutchman Restaurant to browse through their great gift shop and take home some delicious bakery and food items.

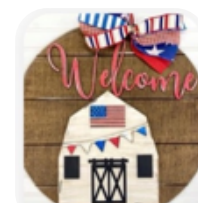
Please plan to attend this fun day with other Ohio CattleWomen! We look forward to seeing you.



Choice 1



Choice 2



Choice 3

RSVP FOR SUMMER MEETING AND CRAFTING WITH CATTLEWOMEN

RSVP TO: Connie O'Connell, 4180 Millersburg Road, Gambier, OH 43022
614-264-0914 coconnell2016@gmail.com

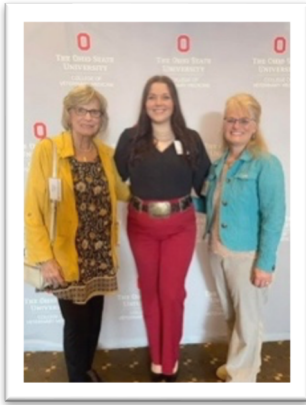
_____ \$20 for OCW meeting and catered lunch from City Barbecue

_____ \$55 for Crafting with the CattleWomen sign painting activity

_____ \$75 for Entire Day

Sign Choice _____

Please RSVP as soon as possible so the signs can be ordered. If you RSVP before May 12, you can pick your sign. Otherwise, there will be a limited number of choices available that day.



An Evening of GRATITUDE at The Ohio State University. College of Veterinary Medicine. Dona Tullis and Brenda Kocher represented the Ohio Cattlewomen for giving a yearly scholarship to a veterinary student. This year's winner was Hunter Frobose. Hunter is from Pemberville, OH. She grew up on a diversified livestock and crop operation with her parents and siblings. After graduation she plans to move back to Pemberville and work alongside her mother to serve as a large animal veterinarian. Congratulations and good luck, Hunter.

60th Anniversary of the Ohio CattleWomen in 2024!

We are planning for the 60th Anniversary of the Ohio CattleWomen! No date has been set yet but be watching for more information.

Brenda Kocher, New Region 1 ANCW Director

Bio submitted by Brenda Kocher. Brenda Kocher of Galion, Ohio is the ANCW Regional 1 Director.

Brenda grew up on her family's dairy farm and was active in 4-H and FFA, raising and showing dairy cattle. Following high school, she graduated from nursing school and has worked as a geriatrics and private duty nurse for the past 40 years.

Continuing her farming roots, Brenda volunteered as a 4-H advisor for 28 years, serving as head advisor of her club for many years. She has served on the county 4-H Advisory Board and Ohio State University Extension County Advisory Board. As an active Farm Bureau member Brenda has served in various positions including County President, Treasurer, and Safety Coordinator, has been a delegate for State Policy Committee and served on State Policy and cattle committees. She also planned leadership-training programs while serving on the Farm Bureau State Young Farmer Committee. She has been an active church member her entire life.

Brenda and husband Mike own MKB Farms LTD, a farming operation which raises 2500 acres of corn, soybeans, wheat and hay and feeds 800 head of fat cattle. Their son, Nick, works full-time on the farm. They have two married children and five grandchildren who live nearby and help on the farm. Brenda is an active Cattlewoman member at the county and state level, having planned and worked events teaching consumers about beef. She has worked at the Cattlemen's lunch trailer at the Crawford County Fair, Ohio Farm Science Review lunch tent and Ohio State Fair Cattlewomen booth. She is a Master of Beef Advocate for five years and is Beef QA certified. She is currently starting her second year as Ohio Cattlewomen Vice President. In June 2022 she was the Chairperson for the Cattlewomen and Region 1 summer meeting held at Certified Angus Beef in Wooster, Ohio. She is an active ANCW member serving on the ANCW membership committee for the past two years. Spending time with family and friends, camping, traveling, making wine, and playing cards are enjoyable to Brenda in free time.

Workers Needed for Ohio State Fair Store July 26 – August 6, 2023

All CattleWomen who have been looking for an opportunity to be active and support their organization this is a good one. Contact Dona Tullis or Connie O'Connell if you can help. (Remember, it is in an air-conditioned room!) This is one of our fund raisers to sponsor many youth activities in the beef industry!



This was a special year for the Ohio Beef Expo! Number 35. The Expo began in 1988. David Tullis was President of the Ohio Cattlemen's Association that first year. During the ceremonies this year Dona Tullis had the honor of standing in for her husband. The Tullis family was well represented with children and grandchildren attending the honors.

Also the CattleWomen's Booth at the Expo was popular this year, especially the toys! The ladies pictured here made this booth a possibility! Thank you, Dona Tullis, Brenda Kocher, Brooke Gibbons, and Dee Jepsen, for all your hard work.



Thank you

*The Ohio CattleWomen received a thank you note from Sadie Holman for being a sponsor of the National 4-H Congress. She was able to meet new people from around the country and hear their stories. She said she learned the true meaning of service, as well as how to conduct herself so that her peers see her as a leader.

* We received a thank you note from Aubrey Schwartz, the 2022-2023 Ohio FFA President, for sponsoring the Ohio FFA on Give FFA Day. She says FFA has changed her life through leadership skills she has gained, and memories she has made.

*We also received a thank you note from Megan Becker for being chosen one of the 2023 OCW Scholarship Recipients. She is hoping to attend The Ohio State University as a vet student.

Quilt Report

The Ohio CattleWomen had their quilt drawing during the Ohio Beef Expo. The money raised from this drawing will help purchase canned beef to be donated to Ronald McDonald House for our Community Service Project, Cattle Drive for Hunger. It helps feed the families who want to stay near their sick children in Children's Hospital. Brenda Kocher was the winner of the quilt and has graciously decided to donate it to be auctioned off at the Cattlemen's Gala this summer to raise more money for our Community Service Project.



Apology

I must apologize for the errors in the program I sent out in February. Due to some technical glitches, things moved when they were not supposed to move. Being in hurry to send it out, I did not double check after picking it up from the printer. I know some things were covered up, and not sure what happened at other places. Again, I apologize. I will try to do better. Or you can fire me.

DON'T FORGET TO RENEW YOUR MEMBERSHIP IF YOU HAVE NOT DONE SO YET FOR 2023!

OHIO CATTLEWOMEN'S ASSOCIATION MEMBERSHIP FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTY _____ E-MAIL _____

PHONE NUMBER _____

_____OHIO CATTLEWOMEN'S ASSOCIATION- \$15.00

_____NATIONAL CATTLEWOMEN'S ASSOCIATION - \$60.00 (+ *\$10 FOR PRINTED NEWSLETTER)

_____TOTAL

PLEASE MAKE CHECKS PAYABLE TO AND MAIL MEMBERSHIP TO: OHIO CATTLEWOMEN'S ASSOCIATION
MAIL MEMBERSHIP FORM WITH PAYMENT TO:

DONA TULLIS, OCW TREASURER
4926 S.R. 187
LONDON, OH 43140

*THE AMERICAN CATTLEWOMAN WILL BE SENT VIA EMAIL AT NO COST. TO RECEIVE A MAILED COPY, ADD A \$10/YR. SUBSCRIPTION FEE. GOLDEN COWGIRLS (65 YRS & OLDER) WILL RECEIVE A COMPLIMENTARY MAILED COPY IF REQUESTED BY EMAILING ANCW@ANCW.ORG.

INGREDIENTS

- 1 pound Ground Beef
- 1 cup chopped yellow, green or red bell pepper
- 3/4 cup finely chopped onion
- 1 can or bottle (12 ounces) 100% vegetable juice
- 2 tablespoon lightly-packed brown sugar
- 1 tablespoon Worcestershire sauce
- 4 whole wheat hamburger buns, split



Beefy Sweet and Sloppy Joes

Cook Time: 30 minutes

Total Servings: 4

340 Calories

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.