

THE OHIO CATTLEWOMEN'S NEWSLETTER

SINCE 1964

OCTOBER 2023

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UPCOMING EVENTS

*Annual Meeting
Nationwide Hotel &
Conference Center,
Lewis Center, Ohio
January 13, 2024

*Ohio CattleWomen
Scholarships Due
December 15.



A BIG Thank You to Johnny Regula for Purchasing our Quilt at the Cattlemen's Gala!!!

The Ohio CattleWomen had a wonderful evening at the Ohio Cattlemen's Gala which was held on August 26, 2023. The Ohio CattleWomen's Quilt was auctioned off. Johnny Regula purchased the quilt for a generous price! Thank you, Johnny. The proceeds of the quilt auction will go toward scholarships and canned beef for Ronald McDonald House, our Community Service Project.

The CattleWomen also sponsored a table at the Gala and donated farm toys for the silent auction. Those who attended the Gala reported that they had a great time!

Ohio CattleWomen Scholarships

It's time to apply for OCW Scholarships! Scholarship information can be found on the Ohio CattleWomen's Website. The Guidelines are listed on the form on the website under Youth and Scholarships.

Applications are due by December 15 to:

Connie O'Connell
4180 Millerburg Rd
Gambier, OH 43022.

Her phone number is 614-264-0914.

Dona Tullis Honored at the Summer Meeting of the Ohio CattleWomen

Dona Tullis was honored at the Summer Meeting for her dedication and service to the Ohio CattleWomen. She was presented with a plaque and a slide show of some of her contributions to this organization. It was long overdue.

Following the meeting, a delicious meal was enjoyed at the Der Dutchman Restaurant and a sign painting activity was enjoyed in nearby Pastime Park in Plain City.



60th Anniversary of the Ohio CattleWomen in 2024!

We are planning for the 60th Anniversary of the Ohio CattleWomen! The date is October 5, 2024, at Vintage Venue in Urbana, OH! Mark it on your calendar.

Elizabeth Porteus is a 3rd year veterinary medicine student at The Ohio State University. She graduated from The Ohio State University, majored in Animal Science and Meat Science. Elizabeth grew up in a farming family in Coshocton, Ohio where her love for livestock grew.

Within the veterinary college, Elizabeth serves as the treasurer for the Food Animal Medicine Club, student liaison for Ohio Dairy Veterinarians, and involved in Equine Club and Theriogenology Club. Elizabeth hopes to return to Eastern Ohio and provide veterinary services to Coshocton and surrounding areas.



Kylie Holman, 15, of Licking County received the Beef Achievement Award sponsored by Dona Tullis and the Ohio CattleWomen. Kylie has raised and shown rabbits, pigs and beef throughout her 4-H career. She has excelled at beef skillathons and showmanship and has served as the county Beef Princess. She is a member of the Dream Achievers 4-H Club and has held the offices of secretary and vice president. She is a freshman at Watkins Memorial High School. She is the daughter of Scott and Kristina Holman. Congratulations, Kylie.

American National CattleWomen's WIRED event is coming to Wooster April 5-6, 2024

If you are eager to learn about chute-side behavior or new herd management techniques this might be the program for you! There will be hands on sessions in Vaccine Handling, Chute Operation Training, Branding/ Identification, BOA Certification, and Grazing Management. April 5th sessions are in conjunction with the Eastern Ohio Women in Ag Conference. There will be evening networking and inner during the ANCW Region 1 Spring Meeting. Check it out.



Riley Berger is the Ohio FFA Beef Production-Placement Proficiency Award Winner for 2023. He is the son of Amanda Gallagher and Greg and Sue Randles and is a graduate of Ridgewood High School. His future plans are to continue working in the cattle industry. His advisors are Sue Davis and Logan Pyers. Riley will represent Ohio as an American Star in Agriculture Placement finalist this fall at the National FFA Convention and Expo. This is one of four of the top awards the National FFA Organization offers.

Again in 2023, the Ohio CattleWomen presented the trophy to the Grand and Reserve Champion Market Animals at the Ohio State Fair. OCW Secretary Brooke Gibbons had the honor of presenting the trophy this year to Grand Champion Market Beef Winner Holden LeVan of Champaign County.

Beckett Winegardner of Allen County received the trophy for the Reserve Champion Market Beef animal.



The Ohio CattleWomen are raffling a Blackstone Grill as their Fundraiser this year. The tickets are a \$10.00 donation. All proceeds benefit scholarships and outreach of the OCW. Contact one of the officers listed on the first page for your tickets! Then watch social media for the drawing of the winner!

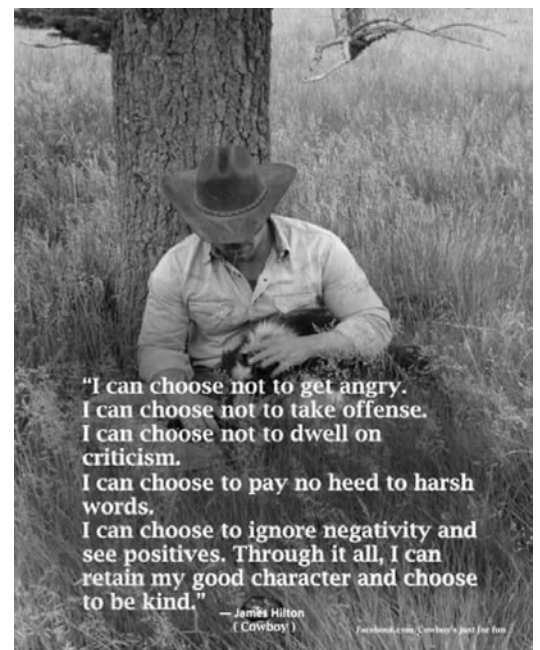


Instagram



Ohio CattleWomen have launched their first Instagram page to stay connected with a larger community for the beef cattle industry and the women in it! Our goal is to be a voice for women who support beef production and encourage others to join us in promoting, education and providing outreach on behalf of the beef industry.

Ohio CattleWomen are also on Facebook and have their website.



Don't forget to renew your OCW Membership by January 1 and share this information with your cattle women friends!

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.

CUBAN CRISPY SHREDDED BEEF

INGREDIENTS

- 12 ounces shredded cooked beef Chuck Pot Roast
- 1 cup sliced green bell pepper
- 1 cup sliced onion
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground black pepper
- Hot cooked rice, black beans and lime wedges (optional)

From the Ohio Beef Council
and the Beef Check off

COOKING

1. Combine the beef Chuck Pot Roast, bell pepper, onion, lime juice, oil, garlic, 1/4 teaspoon salt and black pepper in large bowl. Marinate in refrigerator for 15 minutes or up to 1-1/2 hours.
2. Heat a large, nonstick skillet over medium-high heat until hot. Spread 1/3 of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2 to 3 minutes. Remove from skillet. Repeat twice with remaining beef mixture.
3. Season beef with remaining 1/4 teaspoon of salt. Serve with rice, black beans and lime wedges as desired.

ALTERNATIVE COOKING METHOD

Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 375°F. Spread 1/3 of beef mixture in thin layer in basket. Cook until crispy in spots, turning several times, 6 to 8 minutes. Remove from basket. Repeat twice with remaining beef mixture. Season beef with remaining 1/4 teaspoon of salt.