

AES CATTLEWOMEN NEWSLETTER.....APRIL 2022

2021-2022 AESCW EXECUTIVE BOARD

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Noele Richmond, V.P.

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Jill Curran, Past President

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aescw49@gmail.com

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lalapam@att.net

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209-369-6045
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CALENDAR OF EVENTS

APRIL 29: **AES Cattlemen Spring Gather @**
Rancho Murieta. Includes Dinner/Auction. **Need auction
items from Cattlewomen-Profits benefit AESCW!**
Reservations: aescattlemenassn@gmail.com

MAY 14: **Incahoots Rodeo-Ione Picnic Grounds**
AESCW Booth Exhibit....Need Volunteers-Call Rielle or
Pam for more info. AESCW is sponsoring "Top CowGirl"
buckle worth \$150!!....see flyer below

JUNE 22-23: **[CCA/CCW Annual Mid Year Meeting](#)**

SEPTEMBER 17: **AESCW Fall General Mtg.-Ione**

SEPTEMBER 24: **Farm to Fork** in Sacramento

SEPTEMBER 28: **Amador County FARM DAY @**
Amador Co. Fairgrounds from 8-2pm

NOVEMBER 18: **3rd Annual Drive-Thru Dinner @**
Amador County Fairgrounds.

NOV. 30 to DEC. 2: **California State Convention**
[106th Annual CCA/CCW Convention](#)

THINGS I DO IN MY SPARE TIME



Feed Cows



Photograph Cows



Sell Cows



Talk about
Cows



Think about
the industry



Have Dreams
about Cows

#CATTLETALES

AES Cattlemen's Association

Spring Gather

Friday, April 29th, 2022

5:00 Social Hour

6:00 Dinner



Murieta Inn & Spa

7337 Murieta Drive

Rancho Murieta, Ca 95683

Adults \$40 | Ages 13-18 \$15 | 12&Under Free

RSVP by April 22nd

EMAIL

aescattlemensassn@gmail.com

or TEXT (209) 207-2133

COWBOY INCAHOOTS ~ MAY 14, 2022

WOULD YOU LIKE TO ATTEND/VOLUNTEER AND REPRESENT AESCW IN A BOOTH AND SELLING OUR BRAND (SWAG)? SEND EMAIL TO AESCW49@GMAIL.COM.



Saturday, May 14th:

- Working Cow Horse: \$100 per entry
 - - Limited to first 25 entries
- Open Ranch Rodeo: \$600 per 4-man team
 - Branding · Doctoring · Reverse Roping · Rope and Load
 - WSRRA Sanctioned
 - - Limited to first 15 teams.
- Women's Ranch Rodeo: \$600 per 4-man team
 - Branding · Doctoring · Reverse Roping · Rope and Load
 - WSRRA Sanctioned
 - - Limited to first 10 teams.

Registration: March 1- April 15

Contact: Mikaela Liest

cowboyincahoots@gmail.com
209.304.8211



Friday, May 13

Kid's Corral- 6:00PM

- Mutton Bustin'
- Dummy Roping
- Boot Race
- Gunny Sack Race



Nancy & John Hawkins' (Fiddletown) Son, JJ HAWKINS, won the \$3500 POWDER RIVER RAFFLE. His prizes were 2 cattle feeders and an 8' Bow Gate.

That's surely is an incentive to buy our tickets next time!!

“DID YOU KNOW?”

BEEF

IT'S WHAT'S FOR DINNER™

A FRESH LOOK AT BURGERS

BEEFING UP FLAVOR AND NUTRITION

We love real beef burgers – nearly 20 million Americans enjoy a burger on any given day! From high- to low-percent lean, Chuck to Round, ground beef is the most versatile foundation for building delicious burgers that can also be part of a healthy lifestyle. Follow these tips for a fresh look at how you can beef up your burger and pack even more nutrition into every mouthwatering bite.

Three ounces of cooked beef delivers 10 essential nutrients including high-quality protein, iron and zinc.

PROTEIN 51% DV	IRON 14% DV	CHOLEINE 13% DV	SELENIUM 48% DV
ZINC 53% DV	NIACIN 21% DV	COBALT 10% DV	BIOTIN 10% DV
DIETARY FIBER 10% DV	PHOSPHORUS 10% DV	BIOTIN 10% DV	BIOTIN 10% DV

DID YOU KNOW?

In addition to being a top source of taste and enjoyment, burgers and sandwiches are a top source of important nutrients:

- #1 Source of protein, calcium, potassium, fiber;
- #2 Source of whole grains, dairy, vitamin D;
- #3 Source of vegetables.

GET CREATIVE

Beef up your burger with even more nutrition and great flavor. Creative toppings and sauces can add fiber, vitamin C, potassium and calcium.

CRUNCHY, SPICY, CREAMY, SWEET, TANGY

Share these tips and tag @BeefItsWhatsForDinner #BeefUpYourBurger

Beef has 13 nutrients for which it is a top source. Beef is a source of 13 essential nutrients including iron, zinc, choline, and poly-unsaturated fatty acids (PUFAs). These are not only important at this age, but also tend to be nutrients kids aren't consuming enough of.⁵ Meat, like beef, is emerging as a preferred first food for baby, for its heme iron and good source of key nutrients like zinc, vitamin B12, and choline for overall growth and brain development.⁶

STARTING SOLIDS: THE IMPORTANCE OF FOOD CHOICES

Around 6 months of age, the fun begins: the journey of starting solids, including discovering new foods, tastes and textures, and learning to eat. While this stage is an adventure, it can also be stressful! There's so much going on with overall growth and development, a nutrient-rich diet is a priority for all babies, but especially for those who are breastfed.

Babies can start solid foods at 6 months, using the spoon, a baby-led weaning approach, or a combination of both. Spoon-feeding has been the traditional way of feeding babies, starting with pureed, smooth foods, and gradually advancing over time to finger foods and eventually table foods by one year of age.

Baby-led weaning skips the spoon and goes right to graspable, meltable foods that baby can hold and deliver to their mouth. Self-feeding and self-regulation are the cornerstones of this baby feeding method, but nutrient adequacy, especially for iron, and exposure to a variety of foods, is still important.¹²

Spoon-fed babies often start with iron-fortified cereals, but times are changing. Beef and other animal-sourced foods offer nutrients like iron, zinc, choline, and poly-unsaturated fatty acids (PUFAs). These are not only important at this age, but also tend to be nutrients kids aren't consuming enough of.⁵ Meat, like beef, is emerging as a preferred first food for baby, for its heme iron and good source of key nutrients like zinc, vitamin B12, and choline for overall growth and brain development.⁶

Beef is versatile and can be prepared and cooked to match a baby's developmental milestones for eating, making it a safe, nutrient-dense food for baby. From Ground Beef to strips of tender shredded Chuck Roast, beef can be prepared in a variety of ways for baby.





CCW State Spring Meeting in Winters. Rielle, your president, is second in from right in back row ☺



AES County Bred

1 AES - Class 1 (13 entries)

0155 - Kory White (Jackson, CA)	11	705 lbs
0155 - Kory White (Jackson, CA)	7	890 lbs
0090 - Jason Abernathy (Sonora, CA)	3	1020 lbs
0155 - Kory White (Jackson, CA)	5	1045 lbs
0094 - Kris Mittelstadt (Volcano, CA)	90905	540 lbs
0095 - Jessica Mittelstadt (Volcano, CA)	90904	600 lbs
0189 - Teagan Wunschel (Plymouth, CA)	GGD DURABUILT 2080	765 lbs
0041 - Hank Macdonald (Plymouth, CA)	MAC0221	830 lbs
0072 - Nicole Dentone (Plymouth, CA)	91230	895 lbs
0214 - Milena Martin (Placerville, CA)	MILO	935 lbs
0216 - Jr Martin (Placerville, CA)	JOHN	945 lbs
0020 - Amelia Salinas (Elk Grove, CA)	STEELE 151	985 lbs
0014 - Mackenzie Myers (Herald, CA)	N/A	1105 lbs



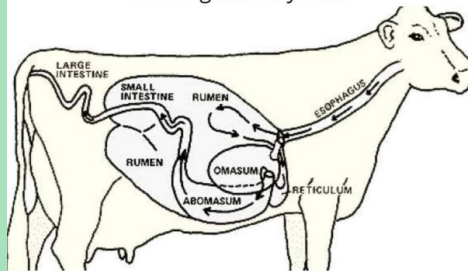
Ruminants reduce food waste:

<https://www.facebook.com/100063785853980/posts/360601759409350/>

What do cows eat?

<https://www.facebook.com/100063785853980/posts/355775096558683/>

Cow Digestive System



Source:

<https://beef2live.com/story-cows-101-ruminant-anatomy-0-104358>



