



AES CattleWomen Newsletter

FALL 2020

Calendar of Upcoming Events and Points of Contact

- **August:** RIELLE WATERS SANTINELLI voted AESCW CowBelle of the Year!!!
- **September:** Nominations for AESCW Officers & Chair/Committee positions:
SEE LAST PAGE FOR INFORMATION
- **September 26:** AESCW Fall Gather at the Curran Ranch (Jill will utilize the big tent after the Bull Sale on 24th. There will be social distancing & space abundant.)
More details to follow!
- **October:** AESCW Membership Dues & Installment of newly elected 2020-2021 AESCW Officers, Chairs & Committees.

Fall Roundup Dinner/Scholarship Fundraiser
- CANCELLED;looking at February, 2021

- **December 3:** CCW Board of Directors Meeting: Will take place on Thursday, December 3, 2020 from 8am-9:30am, through their Google Platform (as they did for the Mid-Year meeting on August 1.)
- **March 2021:** Next CCW Meeting to be held March @ Harris Ranch.
*CowBelles of the Year 2020 will be awarded! *Ag in the Classroom, etc.

Recent Doings!

May: BEEF AMBASSADOR CONTEST

AESCW Central Region Winners:

Senior Contest 2nd Place - Lea Thomas

Junior Contest 1st Place - Rachel Lyman

A big "Thank You" to Nancy Hawkins as our Chairperson. And may our ambassadors find unique experiences during these unprecedented times. **See Nancy's message below!**

July: 2020-2021 AES CATTLEWOMEN & CATTLEMEN'S SCHOLARSHIP RECIPIENTS:

- \$3,000 Elizabeth Vietheer of Wilton
- \$3,000 Regina Schneider of Sloughouse
- \$2,000 Haley Richardson of Shingle Springs
- \$2,000 Jacob Warren of Galt.

SUMMER FAIRS:

- SUPER STEER Contest Winners:
- **WAITING FOR CONTEST RESULTS**

AESCW Membership Renewal

Please see the attached
2020-2021 AESCW Membership and Dues Form.

PLEASE REMIT YOUR DUES

BY OCTOBER 15th 😊

Artwork by Junior Member Riley Ristrom



BEEF AMBASSADOR.....cont'd.

The Pandemic has presented an unfortunate situation for our state and local Beef Ambassador program. As our outstanding Beef Ambassadors were selected, the state began closing down activities including fairs, Ag day at the Capital, Farm to Fork and many other Beef promotion opportunities. Rachel Lyman, from Amador County, and Leah Thomas, from El Dorado county, were able to take part in the State Beef Ambassador contest last spring and represented the AES Cattlewomen well. Leah was our Senior contest representative and was second place overall in the Central Region contest and Rachel Lyman was first place in the Central Region in the Junior division. We are extremely proud of both of these girls but feel that they have been cheated by this horrible virus, out of a very rewarding season of Beef promotion. As chairman of our local unit's program, I have reached out to our state president, Callie Borrer about the possibility of letting the girls stay on as our Beef Ambassadors for another year. She is discussing the upcoming year with her board and the state Beef Ambassador chairman and will get back to me. I will keep our members posted as to how they will handle the coming year.

*Sincerely,
Nancy Hawkins
AES Beef Ambassador Chair.*

Ranch Reading Corner

YOUTH READING: "Sarah the Showman" is always up for a new adventure or a new challenge; "Right This Very Minute": by Lisl H. Detlefsen; "Cattle Kids" by Cat Urbigit; "Til The Cows Come Home" by Jodi Icenoggle; "Levi's Lost Calf" by Amanda Radke

"The Last Buckaroo" & "Shadow of the Wind". Both by Mackey Hedges. They are stories of two buckaroos drifting from ranch to ranch. Some old timers may recognize some names of old friends or ranches.

"My Ranch, Too" by Mary Budd Flitner. Mary is co-owner of the Diamond Tail Ranch in Greybull, Wyoming.

*AES Cattlewomen now has a
new club e-mail:
aescw49@gmail.com*

*AESCW WEBSITE
Created by Sondra West-Moore
Under Construction,..... but coming soon ☺*

2021-2022 SCHOLARSHIP

Amador-El Dorado-Sacramento Cattlewomen & Cattlemen's Associations

**AES Cattlewomen will offer up to \$6,000 and the AES Cattlemen
will donate \$4,000 in Scholarship Funds!**

Application Attached under separate cover.

<https://www.beefitswhatsfordinner.com/masters-of-beef-advocacy>

MASTERS OF BEEF ADVOCACY

Masters of Beef Advocacy is your go-to program for training and resources to be a strong advocate for the beef community. This free, self-guided online course provides farmers, ranchers, service providers, consumers, and all members of the beef community the tools and resources to become a beef advocate and answer tough questions about beef and raising cattle.

<https://www.myjobdependsonag.com/>

George Washington once said, "Agriculture is the most healthful, most useful and most noble employment of man."

Their vision, through this grassroots effort, is to show how many people's lives are related, connected and, most importantly, *dependent* on agriculture. Their goal is to illustrate just how massive the fraternity of Ag really is, as well as educate and inform the public with articles, stories, images and more, directly from the farmers, ranchers and other agricultural support businesses, whose daily lives – and livelihoods – are affected every day by agriculture in this country.

Fourteen Things We Can Learn From Cattle

<https://ranchhousedesigns.com/things-can-learn-cattle/>

Hello AES CattleWomen!

Once again, it's time to renew our membership(s) in the AESCW organization. As a non-profit, we are a powerful group of women from Amador, El Dorado, and Sacramento counties committed to supporting the Beef & Ag Industry. Our main focuses are beef education, community involvement, youth scholarships and legislation.

So...Please see the attached 2020-2021 AESCW Membership and Dues Form.

REMIT YOUR DUES BY OCTOBER 15th 😊

Our membership has grown 23% from August of 2019!!!

We always welcome new members; young & younger \$25 (see dues form).

....So invite your mothers, aunts, daughters, nieces, cousins and girlfriends to join us.

Remember, you don't have to own or raise cattle; just have an interest in promoting our agricultural environment within Amador, El Dorado & Sacramento counties.

The more members we enroll in our unit, the more delegates we take with us to conventions to represent our special goals & interests.

Please feel free to contact us. Our current officers & chairpersons are as follows:

PRES: Jill Curran 209-765-0450 jillrc@gmail.com

VP: Rielle Waters Santinelli 209-419-1666 rielle1972@gmail.com

Secretary: Cindee Slater 916-458-1625 slaters324@yahoo.com

Treasurer: Taylor Ristrom 209-304-4769 tristrom@yahoo.com

Scholarship Chair: Ginger Appleton 209-369-6045 anchoracharolais@gmail.com

Membership Chair: Pam Howard 209-217-6125 lalapam@att.net

Communications Chair: Shamarie Tong 916-806-0807 shamariet@hotmail.com

SuperSteer Committee: Brooke Wunschel 530-306-2577 brookewunschel@gmail.com

Beef Ambassador Committee: Nancy Hawkins 209-283-3233 hawkinsnancy77@gmail.com

Ag in the Classroom Chair: Pam Benson 916-705-5550 pamela.benson@comcast.net

Scrapbook Chair: Gloria Tong 530-676-8650

AES CATTLEWOMEN

2020-2021 MEMBERSHIP AND DUES FORM

Make checks payable to: AES Cattlewomen

Please mail to:

AES Cattlewomen
c/o Taylor Ristrom
5501 Taylor Road
Plymouth, CA 95669

If you have questions, contact Pam Howard at 209-217-6125 or lalapam@att.net

Membership Dues:

- Local/State: **\$40.00** (includes subscription to California Cattleman Magazine)
 Affiliate (a member from another chapter) **\$5.00**
 Full-Time Student (25 and under) / 18 and Under Youth Membership: **\$25**

National Dues: must be paid directly to ANCW (American National CattleWomen).

To join online: <https://ancw.org/join-today/membership-dues/>

ANCW Website: www.ancw@ancw.org

Please fill in the following information:

Name: _____

Address: _____

County: _____

Home Phone: _____ Cell: * _____

E-mail: _____

Are you on Facebook? Yes _____ No _____

Are you: New member _____ Renewal of membership _____

Best way to contact you: ___ e-mail ___ phone ___ regular mail ___ *text message

Your brand:



AESCW Swag Merchandise is still available.

Contact: Rielle Waters-Santinelli @ rielle1972@gmail.com



Green Pepper Steak

Beef

10



© MCMLXXXIV MY GREAT RECIPES. ALL RIGHTS RESERVED. PRINTED IN HOLLAND

Green Pepper Steak



Preparation time: 20 min.

Cooking time: 30 to 40 min.

A good family dish, you cut economy beef, either chuck or round into thin strips and cook it until tender; then add vegetables.

For 4 servings you will need:

- 1 lb. beef chuck or round, fat trimmed
- $\frac{1}{4}$ cup soy sauce
- 1 clove garlic
- $1\frac{1}{2}$ tsp. grated fresh ginger or
- $\frac{1}{2}$ tsp. ground
- $\frac{1}{4}$ cup salad oil
- 1 cup green onion, thinly sliced
- 1 cup red or green peppers cut into 1-inch squares
- 2 stalks celery, thinly sliced
- 1 Tbsp. cornstarch
- 1 cup water
- 2 tomatoes, cut into wedges

QUICK & TASTY

Tips: You can prepare the beef ahead and refrigerate just before adding the vegetables. Finish cooking later.

For 2 servings:

Half of the ingredients. You might need to add some water.

Preparation:

- 1** With a very sharp knife cut beef across grain into thin strips, $\frac{1}{8}$ -inch thick.
- 2** Combine soy sauce, garlic, ginger. Add beef. Toss and set aside while preparing vegetables.
- 3** Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 min. over low heat.
- 4** Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 min.
- 5** Mix cornstarch with water. Add to pan; stir and cook until thickened.
- 6** Add tomatoes and heat through.

For 8 servings:

Double the ingredients but reduce the water to $1\frac{1}{4}$ cups. Add another $\frac{1}{2}$ Tbsp. cornstarch.

BOARD AND COMMITTEE POSITIONS ARE BEING FILLED NOW!

ALL positions are open, and we'd love to have new faces join us!

There is a place for everyone who would like to help. Some positions can be done from home or only require a few hours of time. Others require a longer commitment. Several positions can be held by multiple people to help lighten the load. We hope to **include ALL** who want to participate as volunteers.

We have several open board positions up for elections & committee chairs that need to be filled. If you are interested in any of the positions below please let us know by **10/1/20**.

Any position with more than one person interested will be voted on by the general membership via email next month.

Monthly board meetings for board members and committee chairs will be held on TBD. Attendance is not required, but encouraged when possible.

Please let us know if you are interested in any of the following positions or in being a member of any committee by 10/1/20:

President

Vice President

Secretary

Treasurer

Ag in the Classroom/Committee

Beef Ambassador Chair/Committee

Beef Promotion Chair/Committee

By-Laws Chair

County Representative (Amador, El Dorado, Sacramento)

Fundraising Chair/Committee

Historian Chair

Legislative Chair

Membership Chair

Newsletter Chair

Scholarship Chair/Committee

Scrapbook Chair

Social Events Chair/Committee

Super Steer Chair/Committee

Remember . . . "Volunteers don't necessarily have the time, they just have the heart!"

We hope you will please consider joining us!

AESCW PRESIDENT'S MESSAGE TO OUR MEMBERSHIP

"....Our thoughts & prayers are with everyone affected by the challenges of life right now. Stay positive – things will get better. All, take care of yourselves and each other."

Jill Curran