

ALMANAC

1999 - 2024 25 YEARS!



COWGIRL CATTLE COMPANY GRACE

As we hold our hands in an eternal circle of friendship...

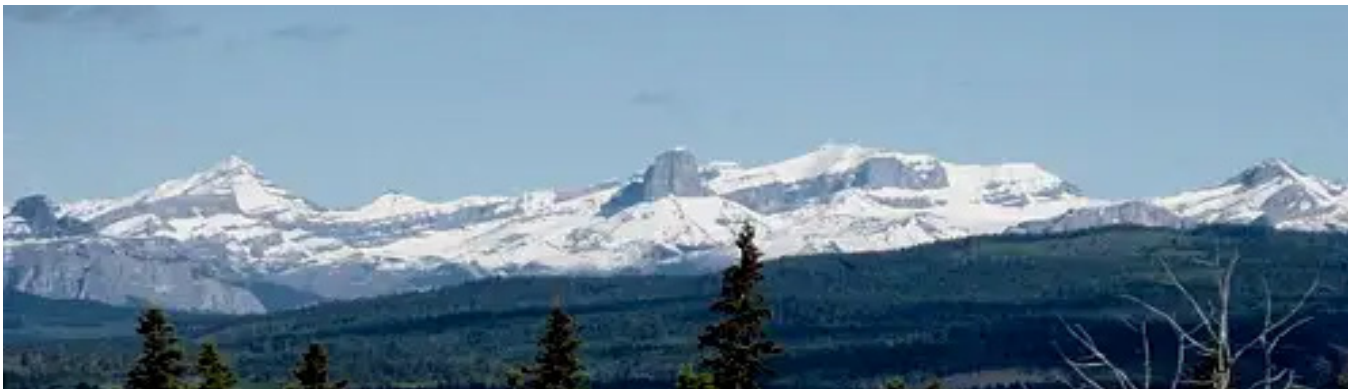
We each give thanks to our own saviour for the many blessings bestowed upon us.

As cowgirls, we reap our joy from the miracle of birth, the smell of the new mown hay, and the gentle rains that nourish the countryside.

Help us lord to preserve our lands, share in its rewards and encourage the good in our fellow man.

We give thanks for the freedom to enjoy this day and the bounty before us.

Written by Shirley Edge



APR 2024

Special thanks to

Erol's Automotive for their generous sponsorship
and

Mikki Declercq Shatosky for design and layout



TABLE OF CONTENTS

Cowgirl Cattle Company 25 Years!.....	4	Danita Phelan.....	19
Irene Copithorne.....	5	Jill Richards.....	20
Irene Copithorne's Shortbread.....	5	Wheat Salad.....	20
Shannon Copithorne.....	6	Prairie Oysters.....	21
Nanner Pudding.....	6	Sarah Richards.....	22
Dixie Edge.....	8	Rhubarb Slush.....	22
Prune Cake.....	8	Margery Richmond.....	23
Judy Edge.....	9	Butter Tarts.....	23
Sweet and Sour Beef.....	9	Jan Robinson Hawes.....	24
Cheese Apple Squares.....	9	Southwestern Shepherd's Pie.....	24
Lori-Anne Eklund-Forbes.....	10	Dawn Turner.....	25
Baking Powder Cloud Biscuits.....	10	Cabbage Rolls.....	25
Wendy Hawes.....	11	Sunni Turner.....	26
Chicken What's.....	11	Tara Turner.....	27
Nielle Hawkwood.....	12	Blizzard Cookies.....	27
Ye Olde Shepherd's Pie.....	12	Edith Wearmouth.....	28
JoAnn Jones.....	14	Don't Stir the Pot.....	28
Watermelon Salad.....	14	Sue-Anne Wearmouth.....	29
French Apple Cake.....	15	Joy West-Eklund.....	30
Judy MacKenzie.....	16	Lemon Meringue Pie.....	30
Ginni's Marshmallow Salad.....	16	Diana Woolliams.....	31
Joyce Pallister-Bronsch.....	18	Baked Spaghetti.....	31
Son-of-a-Gun-in-a-Sack.....	18		



COWGIRL CATTLE COMPANY 25 YEARS!

The Cowgirl Cattle Company (est. 1999) is a collective of like-minded women who share a profound love for the land and possess backgrounds in the agriculture industry, primarily in ranching and rodeo. Our mission is to unite in promoting our western values and heritage.

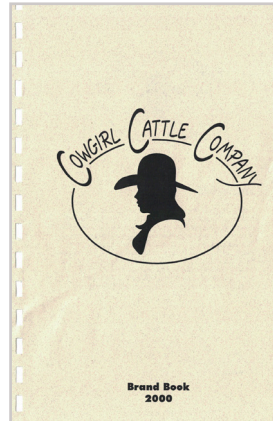
The Cowgirl Cattle Company registered the WHC brand in June 2001. Shortly after, we were bestowed with the generous gift of the CC brand from Dr. Don Carlyle.

WHC

CC

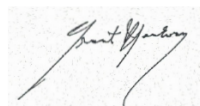
The Cowgirl Cattle Company Brand Book

In 2000, the Cowgirl Cattle Company developed the "Brand Book," which showcased all the brands of the original cowgirls along with a short story about each brand. Following is the foreword written by Dr. Grant MacEwan.



"I salute the organization of more than 150 rural ladies, who have constituted themselves as "Cowgirl Cattle Company". Intensely interesting, this project has obvious value for its historical worth and it has afforded the lady members a rare opportunity to document West Canadian history. Anyone familiar with the pioneer years, knows how highly the brand, as an identifying mark, was employed and in fact, still is. This group of ladies has gathered together many respected names in the cattle and ranching industries. The assignment of the funds realized, to the WH.C.

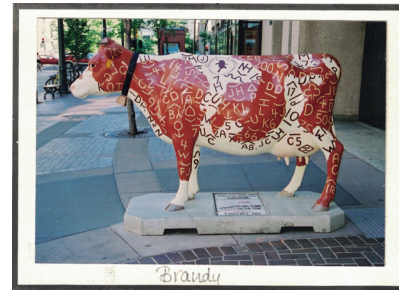
Society, will be looked upon, throughout the coming years, with justifiable pride and joy."



DR. GRANT MACEWAN
April 25, 2000

The Branded Cows

Mac MacKenzie was very supportive of the CCC and graciously branded (hand-painted) the original 167 brands onto "Brandi", our herd cow, from her nose to her tail. A second cow was later branded by Shirley and Dixie Edge.



Honourees

At the Cowgirl Cattle Company Rendezvous, we honor an individual for their outstanding contributions to the industry. Following is a list of the honorees over the years.

2024 – Cherie Copithorne-Barnes

2019 – Edith Wearmouth

2013 – Joy West-Eklund

2012 – Beryl Sibbald

2011 – Joyce Pallister-Bronsch

2010 – Aileen Copithorne

2009 – Jean McKenzie

2008 – Jo Ann Jones-Hole

2007 – Sunni Turner

2006 – Gina McDougal-Cohoe

2005 – Lois Gilcrest

2004 – Shirley Edge

2003 – All are honourees

2002 – June Lore and Irene Copithorne

2001 – Claudia Edge and Margaret McKinnon

IRENE COPITHORNE

Irene Copithorne was well known for her western hospitality. Her home was always open to all. Born in Calgary in 1924 to William Alexander McDonald Robertson (Don Robertson) and Yvonne Robertson. She moved to Jumping Pound in May of 1946 when she married Clarence Copithorne. She resided there until her death in December of 2018.

At first it was not easy for a city girl. Her first home was small with only two rooms, one of which was a kitchen where she made meals for a building crew and a haying crew with no power or running water and an outhouse in the yard. Her one luxury was a gas cooking range since they had a natural gas well and were given a regulator for it as a wedding present.

The barn was the first building to be built and the house followed. She moved into her new home in 1947 the same year that rural electrification came to Springbank and Jumping Pound. Here she and Clarence raised six children. Her table was always open to all who came. She is well known for her cooking and baking skills. Her shortbread cookies were always part of our lunch bags on the "Christmas in November" trips to Jasper Park Lodge the recipe follows.



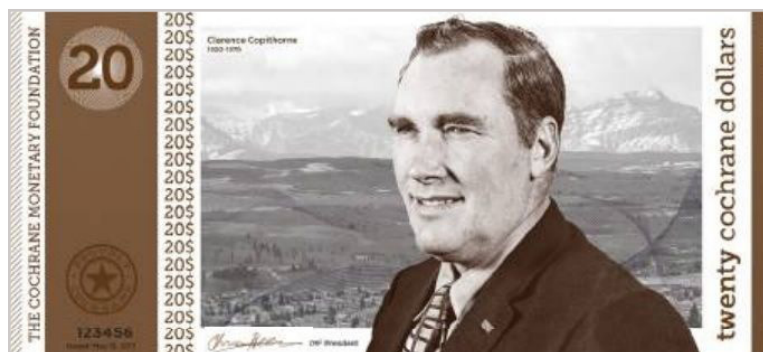
IRENE COPITHORNE'S SHORTBREAD

Ingredients

- 1 cup berry sugar (ultra-fine sugar)
- 1 pound (2 cups) butter; no substitutes
- 4 cups all-purpose flour
- 4 tbs corn starch

Directions

In a large bowl combine berry sugar and butter until light. Gradually add flour and cornstarch, sifted together, work in the last of the flour mixture with a wooden spoon. Knead on a board dusted with icing sugar until like putty. Divide dough in half and each piece into a one inch cylinder. Wrap in waxed paper and refrigerate or freeze until firm. Cut into ½-inch slices and place on an ungreased cookie sheet. Stamp with a cookie cutter if using. Bake in a preheated 350°F oven for 14 minutes or until edges are just starting to turn golden. Cool on wire racks. Yields: 4 dozen cookies.



Clarence Copithorne featured on the Cochrane dollars (May 2017)



SHANNON COPITHORNE

NANNER PUDDING

Ingredients

- 1 cup milk
- 1 – 14 ounce can sweetened condensed milk
- 1 – 5 oz pkg instant vanilla pudding mix
- 1 ½ cups whipping cream
- ½ cup sugar
- 1 – 11 oz box vanilla wafers
- 6 ripe bananas

Directions

1. In a chilled medium bowl add the cream and sugar and beat with mixer. Cover and set in fridge
2. In a large bowl beat the milk, pudding mix and condensed milk until thickened (approx. 5 mins)
3. In a small bowl mash 1 ripe with fork until smooth. Beat the mashed banana into pudding mixture. Cover and refrigerate for 20 mins. Meanwhile slice the remaining bananas
4. Place half of the wafers on bottom of a 9 x 13 pan
5. Fold half of the whip cream into pudding mixture. Spoon the pudding mixture evenly over the wafers. Then layer with the sliced bananas, then top with whip cream. Sprinkle the remaining wafers on top
6. Cover and refrigerate for 20 mins or until you serve



Shae, Natasha and Shannon Copithorne

Shannon and John were married in 1987. They have two children, Ty (born 1990) and Shae (born 1991).

The whole family is involved in the operations of 3 J Farms Inc, a cow/calf operation that has been in the Cochrane area since 1883.

Shannon is a recently retired cosmetology teacher in the Calgary high school system. She's an active volunteer and competitor with the Canadian Cowboy Mounted Shooting Assoc. In 2023, Shannon competed in the world mounted shooting championship in Texas, she came home with the reserve champion honours in her SL2 division.

She also produces and manages the highest paying shooting competition in Canada, held every Labour Day weekend in Cochrane.

Her daughter Shae is an accomplished horse trainer and roper. She spends a lot of time helping young aspiring ropers and riders learn the finer points of both.

Natasha, married Ty in 2021 and had their first child in 2024, Cruz Copithorne.

Natasha is involved with her family that owns a successful roofing and siding company in Calgary. Natasha loves the country life and helps on the ranch whenever possible.

3 J
1920, RH

Attitude is a little thing that can make
a big difference

WISDOM/FOLKLORE



THE RENDEZVOUS

The Rendezvous brings Cowgirls together to reconnect with like-minded women, celebrate agriculture, and support a cherished non-profit organization. The event features a keynote speaker, diverse merchandise from various vendors, a delightful dinner, drinks, a silent auction, and plenty of fun. Visit cowgirlcattlecompany.com to learn more about the Rendezvous and stay updated on other Cowgirl events and news.

Special thanks to the Calgary Firefighters Burn Treatment Society for all their support.

DIXIE EDGE

Marty and Dixie Edge have resided on the Beaupre Creek Ranch (Norman and Shirley Edge) west of Cochrane since 1988. Our daughter Carlee Jo was born in 1993 and son Sam in 1994.

Our cattle brand is quarter circle MR right rib. Marty and I purchased the original homestead section of the Edge Ranch from Auntie Dorothy Edge in 2017. Our children reside in the accommodations there.

In 2021 Auntie Dorothy gifted Marty the original ranch brand of his grandparent's bar 50 right hip for his fiftieth birthday. Since then, we have bought his dad's horse brand the bar 50 horse brand as well.

Marty had a trucking company as well since 1984 and recently has sold most of the logging, gravel, and hay hauling equipment, however, equipment still seems to show up in the yard, diversifying the cattle operation (black commercial herd).

Dixie retired from 42 years' work in Radiology at the Foothills Hospital, 30 years being in the Cardiovascular Lab. Now she spends her time riding her young horses, showing, and painting western art in her studio.

Sam started Wildcat Hills Trucking Company working mostly close to home for Spray Lakes and private contractors.

Carlee keeps busy riding, barrel racing and hair dressing at Mane on First in Cochrane, as well as learning to run a hoe for her brother in the summer. They both work helping Marty on the ranch as much as possible.

PRUNE CAKE

Ingredients

- 1 cup vegetable oil
- 1 ½ cup sugar
- 3 eggs
- 2 cup flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp of each allspice, cinnamon, nutmeg
- 1 cup buttermilk
- 2 tsp vanilla extract
- 1 cup prunes, chopped pitted
- 1 ½ cups chopped pecans
- ¾ cup butter
- ¾ cup buttermilk
- 1 tsp dark corn syrup
- 1 ½ cups sugar

Directions

Preheat oven to 350F or 175C. Grease and flour Bundt pan. Mix flour, soda, salt, spices in bowl. In large bowl combine oil, eggs and sugar, beat 2 min on medium speed. Add flour mixture, alternating with buttermilk, start and end with dry. Beat well stir in prunes, pecans, and vanilla. Pour in pan, bake for 1 hour or until toothpick comes out clean.





CHEESE APPLE SQUARES

Ingredients

- 1 ½ cups flour
- 2 tbs sugar
- 1 tsp baking powder
- 1 cup shredded processed cheese
- ½ cup soft butter or margarine
- 1 cup apple jelly

Directions

Mix flour sugar baking powder together. Cream cheese and butter together. Add dry ingredients gradually to creamed mixture. Mix well. Divide in half. Press half the mixture into ungreased 8" pan spread with apple jelly. Sprinkle remaining mixture over top and pat lightly. Bake at 350 for about 30 min Cool cut in squares.

Try to always ask your spouse how their day was, and listen!!
Suggestions are not disagreements

WISDOM/FOLKLORE

JUDY EDGE

EDGE PERFORMANCE HORSES

3
E

SWEET AND SOUR BEEF

Ingredients

- | | |
|------------------------------------|--------------------------|
| 1 tbsp margarine | ½ cup brown sugar |
| 2 cups cooked beef | ½ cup hot water |
| 1 tbsp flour | 1 tsp dry mustard |
| 1 cup pineapple tidbits, undrained | 1 pkg dry onion soup mix |

Directions

In skillet, melt butter. Add beef cubes and heat for 2 minutes. Stir in flour. Add remaining ingredients to beef and stir thoroughly. Simmer 20 minutes uncovered. Serve over rice – serves 4.

LORI-ANNE EKLUND-FORBES

Lori-Anne, the fifth generation raised on the WineGlass Ranch, continues the legacy of women dedicated to agriculture. Her honors degree in Cultural Anthropology enriches her work in the sector. Alongside her husband, Lori-Anne has two daughters who assist and learn on the ranch where she works.

Lori-Anne has personally witnessed how organizations like the Cowgirl Cattle Company celebrate women from diverse backgrounds in agriculture. "I can't stress enough the impact of joining the CCC board and connecting with these amazing women I wouldn't have met otherwise. They've supported me in agriculture, love, friendship, and shared plenty of laughs and stories!" She believes it's crucial for us to collaborate, uplift, and support each other to ensure the ongoing success and relevance of women in agriculture.



2023, LH



1889, RH

Sweeping your doorsteps and walks connects you to your home and clears a 'good way' for you and your guests.

WISDOM/FOLKLORE

BAKING POWDER CLOUD BISCUITS

Ingredients

2 cups flour
4 tsp baking powder
1 tbsp sugar
½ tsp salt
½ cup butter
1 egg
2/3 cup milk or alternative

Directions

Preheat oven to 400°F. Mix dry ingredients in medium bowl. Cut in butter using two table knives or pastry cutter until it is consistent small flakes, mix in egg and milk. Knead with hands until combined. Roll out on floured surface to ½ to ¼ inch thick. Use a glass to cut out rounds of any size. Bake 12-15 mins. My mom gave me this recipe after my biscuits failed! This one has never let me down.

WENDY HAWES

In 2002 my family moved back to Jumping Pound from Salmon Arm, British Columbia. This is part of my father's original ranch. I have just retired from University of Calgary Veterinarian College. Horses, riding, and ranch life and grandchildren are how I enjoy life my retirement. This chicken recipe received its name from my children the first time I served it. It soon became a favorite.



1954, LS



Wendy saved Bucky Stockwell's horses during the Salmon Arm fire of 1998

It was chaotic the day the fire jumped the valley. People were fleeing with their possessions with the fire only minutes away, Wendy Hawes knew her neighbour needed help getting her horses to safety. Wendy opened the gate. She was lucky enough to catch one of the horses and started leading it away from the fire, hoping the others would follow. Running out of air she decided to try and ride instead of lead. Testing the horse to see if it would let her ride, Wendy hopped aboard, and the rest is history. . .

CHICKEN WHAT'S

(Originally named Baked Chicken with Mushroom Sauce)

A favorite recipe from Dora Richmond my sister Margery's mother-in-law.

Ingredients

- 3 pounds frying chicken
- 1- 10 ½ oz can cream of mushroom soup
- 1 cup grated cheddar cheese
- 1 teaspoon crushed sage
- 1 bunch green onions, sliced

Directions

Preheat oven to 400°F. Line a 9 x 13 inch baking pan with foil. Arrange chicken in foil lined pan, skin side up. Sprinkle lightly with pepper. Combine soup, cheese, sage, and green onions. Spoon over chicken to coat all pieces. Bake in preheated oven for 55 minutes or until tender and thoroughly cooked; basting several times. To serve, garnish with additional onions tops. Dora likes to serve this over rice.

Yields: 4 servings

Do what is right, not what is easy nor what is popular. Success is not how high you have climbed, but how you make a positive difference to the world. When a new day begins, dare to smile gratefully. When there is darkness, dare to be the first to shine a light.

WISDOM/FOLKLORE

NIELLE HAWKWOOD

YE OLDE SHEPHERD'S PIE

Ingredients

- 1 lb ground beef
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- Salt and pepper
- Pinch of thyme and savoury
- 3 tbsp flour
- ½ soup can water
- Dash of Worcestershire sauce
- 2 medium carrots, diced
- 3 medium potatoes (about 2 cups mashed)
- 1 egg, lightly beaten
- ½ cup milk
- ½ cup grated cheese, Swiss or cheddar
- 1 to 2 tbsp grated Parmesan cheese
- 1 to 2 tbsp buttered breadcrumbs or wheat germ

Directions

Heat oven to 400°F.

Cook ground beef and drain fat. Add onion and garlic, cooking until softened. Stir in seasoning and flour. Add broth, water, Worcestershire sauce and carrots. Simmer, partially covered, about 20 minutes. Add salt and pepper to taste. Spread in 1 quart baking dish. Meanwhile, boil potatoes and mash. Beat milk, cheese and egg into the potatoes. Spread over the meat. Sprinkle with Parmesan and wheat germ. Bake at 400°F for 45 minutes or until golden. Enjoy!



Howard Hawkwood

IRONWOOD RANCHES

Howard and Nielle Hawkwood

In the 1890s, buffalo skulls and bones were sought after items which could be sold to the CPR, to be sent to Britain for use as fertilizer and in munitions. During dry periods, some early settlers were able to find enough of these bones in dried out slough beds to be able to purchase land with the proceeds. These skulls and bones still surface from time to time.

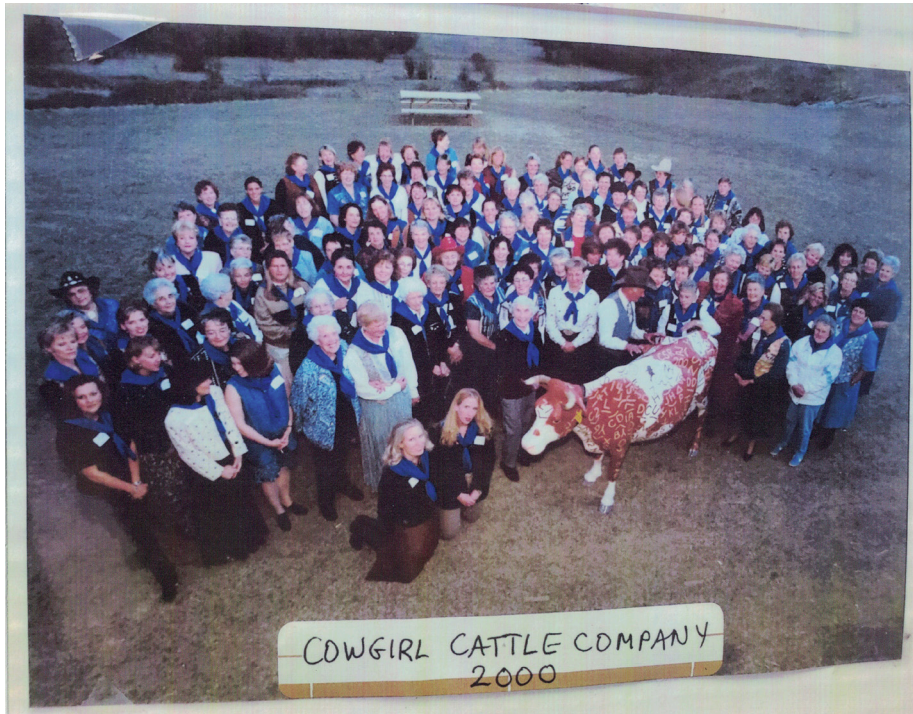
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1975, RR

RANCH REMEDY

Old time ranchers would treat pinkeye in cattle by injecting them with canned evaporated milk under the skin on their necks – 5cc's for a calf, 10cc's for a cow.



May 2002 AGM Stampede Grounds



The CCC-branded cow, "Brandi."



2018 CCC Rendezvous

JOANN JONES

WATERMELON SALAD

Ingredients

- 3 cups watermelon, cubed or balled
- 1 ½ cups sliced English cucumber, seeds removed
- 2 tbsp fresh basil leaves, chopped (may substitute cilantro or mint)
- ½ cup Greek olives
- 1/3 cup feta cheese, crumbled

Dressing

- 3 tbsp light olive oil (may use canola)
 - 1 tbsp fresh lime juice
 - Salt and pepper to taste
- Just before serving, drizzle dressing over melon, cucumber, basil, and olives. Toss, then sprinkle with feta.



Granddaughters Sophie and Claire Jones presenting an award to Allen Fenton at the Calgary Bull Sale

JONES CIRCLE V RANCH (EST 1978)

Circle V on the right rib, was used first by the James Jones family of Balzac. James Jones and his sons began raising purebred Herefords in 1905. In 1978, Douglas Jones and his family split from the original ranch and became Jones Circle V Ranch, moving to the west portion of the ranch, just north of Bearspaw.

The Circle V brand continued to be used on purebred Herefords in conjunction with Hole Hereford Farms. The herd was sold in the late 1980s and the brand is now used by Bradley Jones (great-grandson of James Jones) for his land and for Circle V Software Development Company. The ranch land has been divided among Bradley and his sisters, Catherine Chalack of Carstairs and Cheryl Morison of Airdrie.



1930, RR, RS

FRENCH APPLE CAKE

Ingredients

Cooking spray

1 1/4 cups all purpose flour

1 tsp baking powder (add 1 tsp cinnamon if desired)

1/4 tsp kosher salt

2 large eggs

1/2 cup butter, melted and cooled

3/4 cup plus 1tbsp granulated sugar, divided

3 tbsp dark rum

1 tsp pure vanilla extract

3 medium sweet-tart apples (Honeycrisp), peeled, cored and chopped

Directions

Preheat oven to 350°F with rack in middle. Lightly coat 8 inch round pan with cooking spray. In medium bowl, whisk together flour, baking powder and salt, (add cinnamon if desired).

In large bowl whisk eggs until foamy. Add melted butter, 3/4 cup sugar, rum, and vanilla and whisk to combine. Add dry ingredients and stir with



Great granddaughter Rozlyn Boon

a wooden spoon or rubber spatula until evenly incorporated. Fold in apples. Transfer batter to prepared pan. Sprinkle top with remaining tbsp of sugar.

Bake until golden and toothpick inserted in the middle comes out clean, about 55 min. Let cool 15 min. Then invert onto a cooling rack to cool completely.

RANCH REMEDY FOR SCRATCHES

Some of us have horses plagued with scratches. Some owners are able to keep scratches at bay by applying Bag Balm, particularly during the spring months.

But if scratches have shown on your horse, this remedy will save the dreaded scrubbing to remove them and give your horse some calming and soothing relief.

Ingredients:

Equal parts of

Desitin

Hydro cortizole

Polysporin

Mix ingredients together. Apply to the affected area, put on stable wrap on, which is all the better. Reapply after 3 days. Scratches will be miraculously gone by the end of the week.

JUDY MACKENZIE

Judy, and her late husband, Malcolm (Mac) ran cows and a small bronze foundry at their ranch just west of Weedon Hall for many years. Mac was a well-known western artist and sculptor of the “Man of Vision” statue at the Cochrane Ranche. Judy lives just west of the original home, while their daughter, Annie (Ronnie), still reside on the home place. Their son, Casey (Michelle), live in Australia.



GINNI'S MARSHMALLOW SALAD

Boil together until thick, then chill: 3 egg yolks, 2 tsp dry mustard, 1 ½ tsp sugar 1 ½ tsp water.

Whip together 3 cups of whipping cream. Add cooked egg mixture and stir well.

Stir in a 19 oz can of drained crushed pineapple and 250 gm of mini marshmallows (coloured ones preferred). Chill a few hours or overnight.

Double for a big family gathering!

RANCH REMEDIES

Moms Cough Syrup

Slice a couple onions into a bowl, sprinkle with two or three tbsp of sugar on the top. Cover with a plate, and a brick on top. Leave overnight and in the morning you will have a few teaspoons of really effective cough syrup.

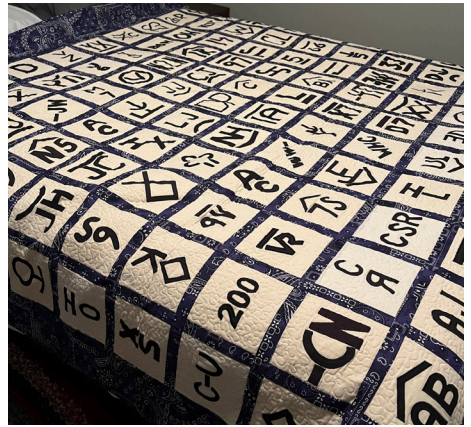
Kerosene Cure....

Old Saskatchewan remedy for a cold, mix a tsp of sugar with a few drops of kerosene.... This is just an old remedy, not a recommendation!

GENERAL SUGGESTIONS FOR HOUSEKEEPING

On Monday, wash; Tuesday, iron, Wednesday, bake and scrub kitchen and pantry; Thursday, clean the silverware, examine the pots and kettles, and look after storeroom and cellar; Friday, devote to general sweeping and dusting; Saturday, bake and scrub kitchen and pantry floors and prepare for Sunday. When the clothes are folded off the frame after ironing, examine each piece to see that none are laid away that need a button or stitch. Clean all the silver on the last Friday of each month and go through each room and closet to see if things are kept in order and nothing going to waste. Have the sitting room tidied up every night before retiring. Make the most of you brain and your eyes and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done quietly about the house seems easier. A slamming of oven doors and the rattle and clatter of dishes tire and bewilder everybody about the house.

Those who accomplish much in housekeeping – and the same is true of every walk-in life – are the quiet workers. (Woman's Exchange Cookbook, Copyright 2003)



The quilt of brands



2005 Rendezvous at Canada Olympic Park

JOYCE PALLISTER-BRONSCH

SON-OF-A-GUN-IN-A-SACK

This receipt was made by Mrs. Pallister for thirteen children every Christmas, it was special due to the cost of ingredients, which was the reason it was reserved for family only at Christmas!

Ingredients

- 1 ¼ cups flour
- ½ to 2/3 cup milk
- 2 cups raisins
- 2 cups currants
- 1 ½ cups chopped fruit peel
- 3-4 cup almonds (cut and blanched)
- 1 cup halved glace cherries
- ½ cup honey
- ½ cup fruit juice, wine or brandy
- ½ tsp baking soda dissolved in warm water
- 4 eggs, well beaten
- ½ tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground mace
- ¼ tsp cloves
- ¼ tsp salt
- 1 ½ cups stale breadcrumbs
- 1 ½ cups shredded suet
- 1 ½ cups brown sugar

Directions

Mix ingredients together, the amount of milk will depend on the staleness of the crumbs. Fill well buttered molds or bowls 2/3 full. Cover with strong paper and steam for five hours. Steam for a half hour before using. Service with brown sugar sauce.

Brown Sugar Spice

Ingredients

- 1 tbsp corn starch
- 1 cup brown sugar
- 1 cup water
- Vanilla or rum extract

Directions

Cook over medium heat, stirring constantly. Add butter and vanilla after cooking. ENJOY!!

RECIPE STORY

It is not difficult for me to remember Christmas of the 1930s and 40s, reminded of the fact that the Second World War happened during this era, which was Christmas time much different from most families, including ours, since brother Joe was killed in action. By time the 50's and 60's arrived the economy of our country had changed and every business large or small was trying to impress their employees with large parties at Christmas time, that contradicted the true meaning of Christmas.

I belonged to a large family, we were raised on a cow ranch where Christmas had a definite purpose and was recognized as a special time of the year. Plans for Christmas day always started months ahead of when it would arrive. My mother would never relax until she had a large Christmas pudding prepared which was to be eaten as dessert for Christmas dinner. I remember it being a large project with the preparations of all the different kinds of dried fruit, sifted flour, and the proper amount of suet from a beef animal. After all the proper ingredients were mixed together, the dough was wrapped and tied in a hundred-pound flour sack. It would then be placed in boiling water to be cooked for several hours on top of the cook stove in a double size wash boiler. After cooking, the large sack of pud-ding was hung from kitchen ceiling and not touched until Christmas morning. Several hours before the Christmas

feast, the pudding was taken down and placed back in boiling water to reheat and then be eaten with a sauce made of cornstarch.

After everyone had eaten their share of turkey, dressing, sweet potatoes, other vegetables, and mincemeat pie, not many were anxious to eat much of the rich Christmas pudding. The largest portion of the pudding was allowed to become cold and eaten later at another meal. I always enjoyed mother's Christmas pudding better the following day, when it was cut in half inch slices; heated in a frying pan and eaten with some fresh cream. This delicious Christmas pudding was a super model of a similar pudding that we were often treated to at other times of the year. The other pudding had some-what the same ingredients without all the special dried fruits, which was always made, cooked and eaten the same day. The recipe for the pudding would have come from my father, who had eaten it often while working with

the old-time round-up outfits. Every cook on the round-up wagons had the recipe and would treat the cowhands on special occasions if an outfit remained camped at one location for several days or more. I remember a number of different names for the special pudding, which I have not seen or tasted for more than fifty years. Some used it call it plum duff, others referred to is as a suet pudding and the old round-up cooks called it "son-of-a-gun-in-a-sack."

RANCH HISTORY

S connected C Brand was one of the 44 Brands owned by Pat Burns. Used on the Mackie Ranch at Milk River where Mr. Guy Pallister managed this ranch when he married Evelyn May Matchette, who came to Canada from Ireland. They retired to Turner Valley on a pension from Pat Burns which was \$46.00 per month and \$1,000 life insurance policy. After raising 10 boys and 3 girls. Life was not easy in those days!!

DANITA PHELAN

RANCH REMEDY NO SCRUB, NO PICK

Some of us have horses plagued with scratches. Some owners are able to keep scratches at bay by applying Bag Balm, particularly during the spring months.

But if scratches have shown on your horse, this remedy will save the dreaded scrubbing to remove them, and give your horse some calming and soothing relief.

Ingredients

Equal parts of:

- Desitin
- Hydro cortizole
- Polysporin

Directions

Mix them together. Apply to the affected area. If you're able, put a stable wrap on, which is all the better. Reapply after 3 days. Scratches will be miraculously gone by the end of the week. You're welcome.



JILL RICHARDS

DEVIL'S HEAD RANCH (EST 1934)

James and Agnes Richards settled on the Stoney Nakoda Reserve (Mini Thni) in 1902. They built a house, raised seven children, and were part of the Morley community. A sawmill was built on the north side of the Bow River on the Reserve and supplied lumber for many years. One son, James Carl Richards, born and raised there, eventually homesteaded the site of Devil's Head Ranch, (NE19-26-R7-W5) bordering the Reserve. He and his bride, Tillie (Zuccolo), settled there in 1934, just 5 miles from where Jim was born. Their son, Douglas James, and sister, Wendy, were raised on the Devil's Head. Doug and Jill continue ranching there and raised their two boys, James (Jim) and William (Billy) on the ranch. Jill continues to teach on the Reserve...over 40 years. The boys are now married with families, and ranches of their own.

The Richards' families have been raising cattle and horses since the 1930's. James, Doug, and his sons all rode saddle broncs at many rodeos, including the Calgary Stampede circa 1934 - 2010. Richards Rodeo Co. carries on the tradition through Doug (Jill), Jim (Brett), Billy (Sarah) and their families - ranching, breeding and raising top quality bucking horses, and producing rodeos all over Western Canada. Billy and Sarah ranch north of Cochrane while Jim and Brett ranch at Pollockville with their son, Ransom. The great-great grandsons of James Richards Sr. (Colt, Chet, and Ransom) are continuing their ranching and rodeo lifestyle and heritage. It's a proud family tradition.

RANCH REMEDIES

Bad cough – 3 drops of kerosene on a spoonful of sugar 2x a day (kids and adults)

Very young calf scours – 1 whole egg... down the hatch! OR ¼ cup vinegar + ½ cup sugar + 2-3 tbsp flour into a gallon of water... at least 1 qt. a day

Broken leg on a horse – lead poisoning OR hit with the 22 Express! Sorry... but true

WHEAT SALAD

1 ½ cups clean wheat

8 oz. cream cheese

1 small tin crushed pineapple...drained

2 tbs. lemon juice

1 large box vanilla instant pudding mix

1 tub cool whip

Put the wheat in slow cooker (5-6 hrs), just covered with water. Do not boil.

Drain, rinse, and cool .

Add rest of ingredients...cool whip last.

Easily doubled...Other pudding flavours work just fine, too!





Cowgirl's Toast to the Cow

"Hang on to the old cow's tail,"
 A saying old and true.
 She keeps the banker happy
 And she'll always pull us through!
 Hats off to all our bovines -
 They're in a special class
 They carry all our family brands
 From their noses to their ass!
 Their tits are full!
 Their calves look mighty fine
 So - let's raise our glasses to toast them
 With a lovely sip of wine!!
 To the cow!!

"A fartin' horse will never tire – a fartin' man is the one to hire!"

"Hang on to the old cow's tail and she'll always pull ya through." (Tough times)

"One boy is half a man – two boys are bugger all!"

WISDOM/FOLKLORE

PRAIRIE OYSTERS

Calves testicles

Cracker crumbs

Salt water

Butter or suet

Egg

Salt/pepper/seasoning

Milk

Sharp jackknife

Gather "nuts" in pail of water (salt added if possible). Remove outside tissue with jackknife and rinse everything well.

Combine milk and egg... adjust depending on how many "oysters" to be cooked.

Dip "oysters" in egg mixture and roll in crushed cracker crumbs.

Fry in hot oil until crispy...yum!! Season to taste.

"If really hungry, and can't wait, lay a couple on top of the branding pot, cook, and wash down with a cold beer!"

SARAH RICHARDS

Billy and Sarah (Bigelow) Richards ranch just 20 minutes north of Cochrane on our -7 Ranch. We are building up our small herd of beef cattle and also raise bucking horses. We also produce rodeos, western events, do movie work, and are involved with young people wanting to learn about horsemanship, rodeo, and 4-H.

Sarah is also busy in the environmental field with her company - Wapta Environmental Consulting and Billy stays busy with his saddlery and rodeo equipment in their shop on the ranch.



RHUBARB SLUSH

10 or so cups rhubarb - cut up

1 can frozen raspberry or strawberry concentrate

2 cups sliced strawberries

1 or 2 pkgs cherry jello ... or any red kind

5 or so cups water

2 cups sugar

Cover the rhubarb with water and simmer until quite "sloppy".... add sugar and rest of ingredients and simmer for another 20 min. or so. Cool. Add a bottle of vodka, mix and put in the freezer. (Ice cream pail works well).

A scoop of the slush with added Sprite makes a refreshing summer drink!! Enjoy!

- 7 H X

MARGERY RICHMOND

BUTTER TARTS

- 1 tbsp cream
- ½ cup brown sugar
- ¼ cup butter
- ½ cup currants or raisins
- 1 large egg
- 1 tsp vanilla

Directions

Mix all ingredients and bake in small tart shells until light brown. (I have found that this is 20 minutes at 350°F).



This is a recipe that our family have been using since 1946 when mom Irene Copithorne moved to Jumping Pound. It was from “Community Cook Book” compiled by the Ladies of the Jumping Pound District in aid of the Red Cross, October 1944. The recipe was submitted by Edith Sibbald

The cookbook was first given to me by my Aunt Edna Copithorne when I was a teenager. It is an all time family favorite. We only use currants in the tarts.

When going to school at Brushy Ridge our school supported The Canadian Red Cross. We learned about the importance of the Red Cross and what our donations were used for. We held weekly meetings with each student giving 5 cents. This was where we learned parliamentary procedure, and how to run a meeting. We had an elected president, secretary and treasurer. Our teacher Mrs. Eddie Edge would often use this money in math class to teach us how to count by 5s, 10, and 25; and how to give change or receive change when purchasing items. The money we gave usually came from the money that we collected for gofer tails, magpie and crows feet. At the time the government paid 5 cents for each.

JR

1954, RS

JAN ROBINSON HAWES

SOUTHWESTERN SHEPHERD'S PIE

Ingredients

1 lb ground chuck beef
8 ounces mushrooms, chopped
½ cup chopped onion
2 large cloves garlic, pressed and finely minced
1 tsp kosher salt
Freshly ground pepper to taste
1 tbsp Worcestershire sauce
1 tbsp flour
½ cup beef broth
½ cup heavy cream
½ cup frozen peas
2 cups shredded hash brown potatoes (frozen or deli-packed)
1/8 cup chopped chives (or finely sliced green onions with tops)
2 cups finely shredded cheddar cheese or cheese blend, divided
1 tsp kosher salt
¼ cup mayonnaise
Sweet Hungarian paprika

Directions

Heat oven to 375°F.

Place ground beef, mushrooms, onion, garlic, salt and pepper in a large heavy skillet. Sauté, breaking up ground beef until the juices are almost evaporated. Drain.

Stir in Worcestershire, then flour. Cook 1 minute, stirring often. Add beef broth, stirring to combine, then heavy cream. Simmer until gravy thickens. Pour into glass baking dish. Let cool slightly, and then sprinkle green peas evenly on top of beef.

In a mixing bowl, combine hash brown potatoes, chives, 1 cup of the cheddar cheese, salt, and mayonnaise. Spread remaining cup of cheddar cheese on top and sprinkle lightly with paprika.

Bake about 45 minutes until cheese has melted and is slightly browned. Let rest 15 minutes before serving.

RANCH REMEDY

If you treat a cold it goes away in 7 days, but if you leave it alone it will last a week.

ROBINSON RANCH (EST 1888)

Richard George Robinson (originally from England), his wife Mary and their family arrived in Calgary from San Francisco in 1888. Richard's brother Isaac had been successful mining diamonds in South Africa so helped his brother finance the purchase of the Chipman Ranch/Elbow Park Ranch (1600 acres) on the banks of the Elbow River which today is Glenmore Park and the Glenmore Dam. Later 3 ¾ sections were purchased in the Pirmez Creek area west of Calgary and leases secured in the Symons Valley and Priddis areas. 2,000 head of light and heavy horses and 3,000 head of cattle ranged on the leased and deeded land during the late 1880s and early 1900s.



1942, LR

DAWN TURNER

CABBAGE ROLLS

Ingredients

3-4 cabbages
8 cups cooked long grain white rice
2-3 cans sliced/chopped canned mushrooms
1-2 lbs of hamburger
1lb bacon - cooked and chopped
2 jars sauerkraut

Directions

Cabbages – core and freeze ahead of time. Take cabbages out the day before to thaw. Boil cabbages until leaves are soft enough to roll.
Stuffing - Cook rice. Cook hamburger. Cook bacon – save the grease. Combine all cooked ingredients in a large roaster/bowl - including the bacon grease. Add 1 jar sauerkraut and mushrooms. Mix well.
Assembly – Generously grease roaster with butter. Put a layer of “crappy” cabbage on bottom of roaster. Scoop a spoonful of stuffing into a cabbage leaf and roll up. Make a layer of rolls. Add a layer of “crappy” cabbage, sprinkle some sauerkraut and dot with butter. Repeat for a second layer.
Cook at 350 for about an hour.
These freeze really well.



A Turner Christmas tradition, three generations making Cabbage Rolls

CHOOSE YOUR BATTLE WISELY

I once asked a very successful woman to share her secret with me.

She smiled and said to me.

“I started succeeding when I started leaving small fights for small fighters.

I stopped fighting with those who gossiped about me...

I stopped fighting with my in-laws...

I stopped fighting for attention...

I stopped fighting to meet public expectation of me...

I stopped fighting for my rights with stupid people.

I left such fights for those who have nothing else to fight...

And I started fighting for

my vision,

my dreams,

my ideas and

my destiny.

The day I gave up on small fights is the day I started becoming successful!”

SUNNI TURNER

LIFE OF ONE 'COWGIRL CATTLE COMPANY' GIRL

- 1931 Born on a farm near Buffalo, AB, the sixth of ten children
- 1936 - 1946 Attended one room schoolhouses until grade 9, riding horseback as far as 7 ½ miles each way
- 1947 - 1950 Attended high school in Gem, Oyen and Red Deer, AB
- 1951 Attended Teachers College at University of Alberta, Calgary branch. Dreamed of going to Paris, France and teaching English or maybe even becoming an artist or writer
- 1952 Met my future husband at a community dance, while teaching at the Lochend Road one room schoolhouse
- 1953 Got married and moved to the farm/ranch where I still live today
- Helped on the farm where we grew oats and barley and milked cows by hand, raised chickens, turkeys and geese
- Raised five boys, learned to cook for a crowd and grow a big garden
- 1968 My husband started AB Bighorns, a big game outfitting business, of which I was a big part. It took us from the Burnt Timber Mountains to the Northwest Territories. We rode through mountains and creeks, in all sorts of weather. I learned to cook big meals over a wood stove and how to spot wildlife

- 1970 Harvested my own trophy Dahl sheep 1980s
Went on my first dinosaur dig at Dinosaur Provincial Park and continued for many summers, at places like Devil's Coulee. Also went on archaeological digs at Big Hill Creek and Old Man Dam
- 1990 Traveled with my youngest son's class to Europe – climbed the Eiffel Tower, saw Vimy Ridge, the Leaning Tower of Pisa and the Mona Lisa, visited castles
- 1995 Our farm transitioned from a dairy to a commercial beef operation
- 2000s Volunteer on many community groups, including Cochrane and Area Heritage Association, Nose Creek Valley Museum, Panther Advisory Group, Sheep Foundation, Alberta Outfitters Society, Cochrane Art Club and the Safari Club
- 2007 Cowgirl Cattle Company Honouree

I am the mother of five sons, grandmother of eighteen, great-grandmother of eleven. A Mother, Wife, Teacher, Cook, Milkmaid, Farmer, Rancher, Gardener, Huntress, Dinosaur Digger, Historian, Adventurer, World Traveler, Volunteer.....Cowgirl

As our farm approaches it's 100-year anniversary and I approach my 93rd birthday, I look back and know that being a country girl is not always easy, but it is a good, honest life that I wouldn't trade. The Cowgirl Cattle Company is a chance for women who understand each other, to get together and reminisce about the good and the hard times, to let loose and enjoy each other's company. The CCC helps to preserve the history of this tough bunch of women and to inspire the next generation. I hope it continues for many years to come!



Sunni and Bobby Turner at the Calgary Stampede July 1999

TARA TURNER

BLIZZARD COOKIES

Whenever someone says cookies, I automatically think homemade and chocolate chip! This recipe is a combination of a few different recipes I have tried over the years and it is my favorite. I call them Blizzard Cookies because you can swirl in any combination of chips that you like – milk, semi-sweet, dark, white or even mint. They are super easy to whip up and are so delicious! Enjoy!

Ingredients

¾ cup butter, room temperature
1 cup brown sugar
¼ cup white sugar
1 egg
2 tsp vanilla extract
2 cups flour
2 tsp cornstarch
1 tsp baking soda
1 cup chocolate chips, in any combination you like. I like to use ½ cup milk chocolate, ¼ cup semi-sweet chocolate and ¼ cup white chocolate chips. If I don't have any white on hand, I use ½ cup semi-sweet.

Directions

In a medium size bowl, beat the butter, with a hand held mixer on medium, until light. Add the sugars and beat another minute. Add the egg and vanilla and beat until nicely combined.

In a small bowl combine the dry ingredients and add to the butter mixture, stirring until combined. Stir in your personal combination of chips and drop one tablespoon scoops of dough onto your cookie sheet. Bake at 350° for 10-12 minutes. Let cool slightly on the pan then move to a cooling rack. Makes about 2 ½ dozen.



The cowgirls in Consul, SK had a Rendezvous and built a "bunkhouse" in the new Maple Creek Hospitalfor those who needed to stay when family in hospital.



The quilt was designed to showcase the brands originally painted on the Cowgirl Cattle Company "Brandi"

EDITH WEARMOUTH

DON'T STIR THE POT

A recipe they said! I cringed in dread.
I tried to think. It hurt my head.
You see I really don't like to bake or cook.
I hardly ever use a recipe book.
Stirring a batch for 60 seconds.
Is 59 seconds more than my patience can beckon
Oh, I used to cook, way back when.
For kids and hubby and hired men.
Three squares a day, plus snacks in between.

Meat, potatoes, veggies, dessert I was a cooking machine.
For 40 years I kept this up day after day.
Now it's just me and hubby and my hair is grey.
So you won't find any teaspoons or cups in this recipe.
Outside in the open is where I'd sooner be.
So hats off to those great cooks.
But please don't ask for my recipe book.



WINE GLASS RANCH (EST 1885)

The ranch was homesteaded in 1885 by Edith's great grandfather, Frank Towers. He registered the Wine Glass brand in 1889 although the brand book of that year describes it as a tumbler. The 6th generation now lives on the ranch. Two of the generations to own the ranch have been women.



1889, RH

SUE-ANNE WEARMOUTH

Sue-Anne Wearmouth (1955-2021) was a member of the Cowgirl Cattle Company Ranch Rodeo team for many years. She was the strategist of the team, who saw them often placed and at times win buckles on the Ranch Rodeo circuit. Her final ride, only a couple of months before her passing, saw her awarded the Cowgirl Up Award at the Cochrane Lions' Rodeo.

She was a wise woman, a good friend, and a whole lot of fun. Those who knew her, miss her tremendously.

Sue-Anne left behind her journal, and her family has graciously allowed us to use the following so we're all able to remember her, and perhaps continue to learn from her:



Some things I think I have learned in this life:

Time goes very quickly; don't waste a minute of it.

Step outside of your comfort zone to achieve things you have never achieved before.

Be kind, to yourself and others. Be polite and kind.

Get up early, make your bed.

Put your own house in order long before you tell someone else how to.

Take responsibility for all of your behaviour. Do not blame others.

LISTEN! Listen before you speak. Speak less and listen more.

When you make a promise to yourself or others, always keep it.

Boredom is a choice. Success comes from preparation, not procrastination.

Be open to learning and keep learning every day.

Stewardship.

Don't mistake arrogance for confidence.

Always do your best.

Develop a sense of place.

Break a sweat every day.

Be present.

Unplug - listen to the quiet. Be close to nature and animals - for you are nature.

Make a plan.

Set goals - write them down.

Do the right thing.

Do not blame others for your own shortcomings.

Be smart with your money. Invest wisely.

Stay in the game.

Take advice from really good advisers. Get help when you need it.

Don't go to bed angry.

Every day, write down 3 things you are grateful for.

Be grateful. Gratitude. Gratitude. Gratitude.

Be a great friend and you will have great friends.

Be of service to others.

Always be gracious.

"Very little is needed to make a happy life. It is all within yourself, in your way of thinking" Marcus Aurelius

Take advantage of all the adventures you can take in life. They are the things that make life worth living.

As Jordon Peterson says, "Always tell the truth; or at least, don't lie."

Be curious.

Always be humble.

Smile a lot, and find humour in things - especially our mistakes.

JOY WEST-EKLUND

LEMON MERINGUE PIE

Mom's (Terry Harries) Favourite

Ingredients

1 1/2 cups sugar	1 Tbsp butter
pinch salt	Juice of 2 lemons
1 Tbsp flour	Zest of 2 lemons
5 Tbsp corn starch	Meringue:
2 cups boiling water	3 egg whites
3 egg yolks	5 Tbsp sugar

Method:

In top of a double boiler, place sugar, salt, flour, corn starch. Slowly add the boiling water. Stir and cook until thickened.

Beat the 3 egg yolks and mix with 1 cup of the mixture, then add to the remaining mixture, and cook for 1 minute more.

Remove from heat, add butter, juice and zest.

Beat egg whites and sugar until stiff but not dry.

Pour cooled filling into a pre-baked pie crust shell and spread the meringue right to the edges of the crust.

Bake at 350 degrees F for 10-12 minutes until lightly browned.

Yum! Enjoy!



MUSTARD PLASTER, AN OLD TIME REMEDY

When we were children, at the first sign of a "chesty" cough, uh oh, the dreaded mustard plaster was made by our mother and placed on our chest until it was red hot! I can smell it to this day. It was an inexpensive and effective treatment, and we all survived and thrived.

Making a mustard plaster to place on the chest will draw heat to the area and break up mucus and phlegm in the lungs. Once this is loosened, it's easier to cough and expel from the body, speeding up the healing process. It will bring blood to the surface of the skin and produce a distinct warming sensation, (to put it mildly)!

The recipe as I recall was to mix equal parts of mustard powder, flour, and warm water until the consistency of thick pancake batter. The amounts depend on the size of the patient.

Massage some vegetable or olive oil on to the chest prior:

Use a clean cotton tea towel or cloth, put on the counter, and pour the mix onto it, then fold in on all sides. Wrap this in another clean towel, place on the chest and cover with a warm (preferably wool) blanket. I remember Mom putting a warm hot water bottle on top.

Leave about 20 minutes and check frequently that skin is red but not blistering!

Don't be impressed by someone's position, title, possessions, or money.

Be impressed by how they treat others.

People vote with their feet, not their mouth.

WISDOM/FOLKLORE

DIANA WOOLLIAMS

BAKED SPAGHETTI

Ingredients

- ½ lb spaghetti
- 3 tbsp butter
- 5 tbsp flour
- 2 cups milk
- 1 ½ cups tomato juice
- ¼ lb old grated cheese

Directions

Cook spaghetti in big pot. Drain. Make white sauce (melt butter, add flour and mix together, add milk mixing until smooth and thick). Add spaghetti. Add tomato juice and cheese. Put in greased casserole dish. Cover with fine breadcrumbs. Bake at 350°F for ¾ hour.



Original homestead



N2N RANCH (EST 1898)

Woolliams came from England in 1880 and homesteaded in Symons Valley area. The ranch was originally called Never Fear Ranch. They changed the name to N2N Ranch in 1920.

N 2 N

1898, WA

The ranch started out as Calgary's first dairy, then the heavy horses came. When I came along, in 1972, the ranch was a herd of purebred Herefords and a commercial herd of beef cattle. I helped my husband and father-in-law with branding, rounding up yearlings, sorting cattle, calving, baling, combining and whatever else needed to be done.

When our son took over the operation, he sold the cows and calves and concentrated on grain farming.

I now cook for the harvest crew, feeding 16-20 persons for six weeks. It's a big job getting meals out to the field hot, occasionally I have two people help me prepare and deliver meals. I am getting very efficient at it. I can put on 50+ miles (not kilometers) delivering each night as the equipment is spread to varying places. I enjoy doing it and come up with a different meal plan every night. No meal is repeated unless we get a big break due to weather. Then I figure I can repeat. I enjoy my new career on the farm. I do miss the cows but not the work. Neighbors have cows so I can enjoy them from afar.

HAPPY TRAILS

"Happy trails to you, until we meet again.
Happy trails to you, keep smilin' until then.
Who cares about the clouds when we're together?
Just sing a song and bring the sunny weather.

Happy trails to you, 'till we meet again.
Some trails are happy ones,
Others are blue.
It's the way you ride the trail that counts,
Here's a happy one for you.

Happy trails to you, until we meet again.
Happy trails to you, keep smilin' until then."

- Roy Rogers

