



# Mid Valley Cowbelle



May 2016

Vol. 2 No. 5

## MOTHER LODE PARADE By Millie Krause

The riding unit for Calaveras Tuolumne CattleWomen started early Saturday May 7th. We needed to be in Sonora early enough to be ready for judging at 8:30am. The sky looked like rain but we really wanted to show up for one local parade this year. So far we missed Ripon due to the steer show, rained out in Oakdale, but we all agreed that Sonora would allow us to ride. It takes a lot to be ready the morning before parades the Mid Valley members of the riding group start early especially Judy who travels the farthest. Judy told us she had to bath her horse that AM because he rolled.

We had all 9 riders at Sonora, 8 Mid Valley members including Colette who walked the parade route with beef bumper stickers. Many thanks to both Colette Wright and Ken Krause for giving out the beef place promotion stuff for us, always a big hit!

The group took 1st place and the rain held off until we got back to the horse trailers. We are looking for a few more parades before year end. Good job ladies!



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# MVC PARTNERED WITH FOOTHILL 4H AT THE NOR CAL JR RODEO

By Kathy Machado,

Waterford 4H Coordinator/Mid Valley Cowbelle Member

Mid Valley Cowbelles teamed up with Foothill 4H to cook for the Nor Cal Junior Rodeo the weekend of April 23 & 24, 2016.

Candy, Patti, Millie, Johnna, Vickie, Colette Jeri, Lana, Carol, Judy and Kathy came out and helped cook. Cowbelles YOU ROCK and thank you so very much for making the weekend a success. These Cowbelles can cook beef and make a long week-end go without a hitch.

Thank you also to Foothill 4H moms and members who came and supported the last 3 weekends of fundraising for our club.

*Thank you from  
Foothill 4H!*



# Teacher Appreciation



On Wed., May 6th,  
Pat, Candy, Jessica and Tory  
cooked and served  
Tri-Tip, Chicken, Potato Salad & Green Salad  
to the Teachers at Moon Elementary School



On Wed., May 6th,  
Jeri shared Beef By Product information  
and other fun facts  
at the Merced Teacher Appreciation  
at the Fruit Barn from 4-7pm in Merced.



# Mark Your Calendar

Don't sit on the sidelines...Get involved!

Support the amazing programs MVC offers the youth of our communities!

## MAY

4th - Teacher Appreciation Luncheon at Moon School in Waterford

6th— Teacher Appreciation Fruit Barn 4-7PM Merced

7th – Mother Lode Parade - Ride with the Tuolumne/Calaveras Unit

23rd—California 4-H Animal Science and Agriculture Career and Networking Fair from 5:00-7:00 pm at UC Davis.

## JUNE

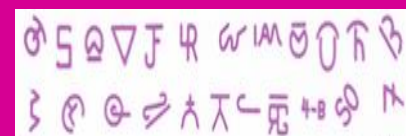
8th-12th—Merced County Fair

14th - General Meeting 6:00pm at Vickie Thompson's House  
1137 S. Stearns Rd., Oakdale

22nd –24th - CCW & CCA Midyear Meeting at McClellan Park, Sacramento. Visit [www.calcattlemen.org](http://www.calcattlemen.org) to register online.

## JULY

8th- 17th— Stanislaus County Fair



## WHAT'S YOUR BRAND

**Cowbelles we need your Ranch Brand for a few MVC projects.**

Please Email a drawing or photo of it to Tory at: [vbrussow@gmail.com](mailto:vbrussow@gmail.com)



## CONTACT US

Candy Peterson-President

[CandaceCP@midvalleycowbelles.com](mailto:CandaceCP@midvalleycowbelles.com)  
or call 209-777-2183



Judy Elam-Treasurer

[JudyE@midvalleycowbelles.com](mailto:JudyE@midvalleycowbelles.com)  
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GRAB THE BULL BY THE HORNS AND VOLUNTEER TODAY TO HELP AT ONE OF THE UPCOMING AG VENTURE OR AG IN THE CLASSROOM EVENTS!



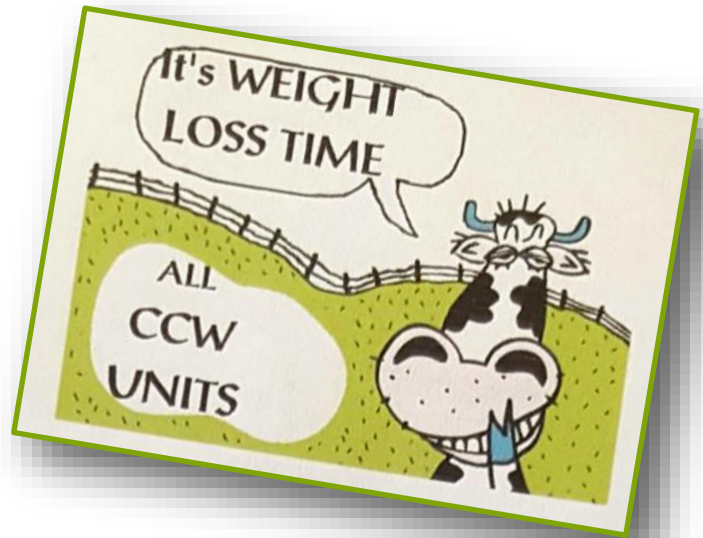
# CCW WEIGHT LOSS CHALLENGE!

IT'S TASTY!  
IT'S BEEF PROMOTION!  
IT'S HEALTHY FOR US!  
IT'S FUN TRYING TO BE THE BIGGEST LOSERS!

It's that time of year again and the CCW is looking for units to team up and take on the weight loss challenge from May through October. Our team would:

- ☑ Turn in our collective total weigh in weight,
- ☑ Turn in the number of ladies that it takes to make that weight,
- ☑ All participants pitch in a dollar (weight loss chair send one check made out to the Heritage Foundation, \$ goes to the Beef Ambassador fund.)
- ☑ Take a picture of our team.
- ☑ Tell the public about our weight loss fitness challenge accomplished by eating many of the 32 lean cuts of beef!
- ☑ Turn in our October weigh out with the same group of, now slim & trim Cowbelles!

The winning Unit is determined by the percentage of weight loss, based on the number of participating from each group. You can win the perpetual 3 1/2 foot tall giant trophy to show off at Beef Promotion Events!



**Start Today! Join us by filling out and mailing in your personal weight loss contract that's included with this newsletter.**

## **Cowbelles Up & Get Fit!**



## **MAKE A DIFFERENCE GET INVOLVED**

It is that time of year that we start looking at nominations for next years board and committee leaders.

The Nomination committee is being chaired by Millie Krause. For your convenience we are including in this newsletter our Mid Valley Cowbelles Nomination form. We ask that each member take a moment and see where they could get involved. There are so many ways you can help the Mid Valley Cowbelles promote the Beef Industry in our tri county area. Each of our members is valuable and has unique gifts that help strengthen us as a unit. Please fill out the attached Nomination Form and return it to Millie. We could not have achieved the awards and high praise this year without our dedicated board and committee leaders. Your hard work is valued and greatly appreciated. We look forward to the involvement and commitment of our members in planning for this next year.



## Weight Loss Contract with Myself

I, \_\_\_\_\_, agree to perform everything as to complete the following weight loss goal:

**KEPT CONFIDENTIAL :-)**

Current Weight: \_\_\_\_\_ Date: MAY 2016

Weight Loss Goal for this Agreement: \_\_\_\_\_

Target Weight: \_\_\_\_\_ Date: OCTOBER 2016

I, \_\_\_\_\_, hereby commit to starting today to achieve the weight loss that I know I want and need to feel good about myself. I hereby take sole responsibility for my weight and am willing to make permanent changes in my diet and exercise habits in order to live a healthier lifestyle.

Starting today and moving forward, I will no longer be denied the success I deserve. Together with my fellow Cowbelles, I will team up to commit to do what needs to be done, to consistently focus on our goals, eat a healthy lean beef diet, and encourage each other to exercise daily.

I understand that my weight loss goal is going to be reached by developing new healthy habits overtime. I have the power to change my relationship with food to one that supports my desire for a new healthy lifestyle. I realize that together the Cowbelles are going to win this Weight Loss Challenge and bring home the trophy! *Cowbelle Up & Get Fit!*

\_\_\_\_\_  
Signature of Commitment Date: \_\_\_\_\_

*As I sign this contract, I understand that my future is my responsibility and I recognize I am capable of achieving my goal.*

\_\_\_\_\_ I am enclosing my entry fee of \$1.00 (All moneys collected go toward the CCW Beef Ambassador Fund.)

**Please fill out this contract and return it with the \$1.00 entry fee by our June 14, 2016 General Meeting.**

Mail to: Tory Brussow, PO Box 327. La Grange, CA. 95329

Questions Email: [vbrussow@gmail.com](mailto:vbrussow@gmail.com)



# Mid Valley Cowbelle

www.MidValleyCowbelle.com

## INVITATION TO LEADERSHIP

*Please type or print clearly.*

Submit form to Nominating Committee Chairperson.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

County: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Your Occupation: \_\_\_\_\_ Member CCW \_\_\_\_\_ ANCW \_\_\_\_\_

Husband's Occupation: \_\_\_\_\_ Member CCA \_\_\_\_\_ NBCA \_\_\_\_\_

Are you able to attend Nov. Convention, Spring and Midyear meetings? \_\_\_\_\_

President and Delegates must be able to attend all CCW Meetings. Treasurer should attend convention.

What ranching and /or cattle industry experience have you had? \_\_\_\_\_

Offices held and activities performed for CattleWomen:

State: \_\_\_\_\_

County \_\_\_\_\_

Leadership in other organizations: \_\_\_\_\_

**POSITIONS OF INTEREST:** *Please circle all of your choices:*

Elected Officers: President 1<sup>st</sup> Vice President 2<sup>nd</sup> Vice President Secretary Treasurer

Appointed Positions: Parliamentarian Directors

Standing Committees:

☐ Ag in the Classroom

☐ Membership

☐ Bylaws

☐ Bayer Beef promotion & Publicity

☐ Education Book (scrapbook)

☐ Facebook

☐ Budget & Audit

☐ Nominations

☐ Scholarship

☐ Web Site

☐ Beef Promotion

☐ Newsletter

☐ Cowbelle of the Year

☐ Cheers

☐ Legislation

Please submit to: Millie Krause  
MVC Nominating Committee Chair  
8806 Wamble Rd., Oakdale CA, 95361  
or Email: mkrause1@live.com