



JAN/FEB/MAR 2017

Vol. 3 No. 1

Millie's Notes

I am just returning from our spring meeting for CCW. We had 8 members representing Mid Valley Cowbelles, at our spring meeting for CCW in March. What a great showing! The spring meeting is always about beef promotion. This year had workshops on Ag in the Classroom ideas. Our own Candy Cook Peterson developed a takeoff on a game called "Beef Pong", lots of fun! Others had great suggestions for teaching life on the ranch, beef by-products, beef facts and posters were available from Beef Council. We also did dissection of a beef heart. In the evening we were entertained by the committee to make it fun! And they did...wow!! You may now hear me say "You might be a ranch wife if....." and smile. The next day was Cheryl Foster's first meeting as CCW President. All in all I believe the next two years will be great.

I had some time to talk to Tory Brussow who has been writing our newsletter. She suggested putting the newsletter out every three months. I think that a great idea so for now that's what we will be doing. Tory needs help with articles from us so please if you have ranch stories, event photos or committee news coming up please email or text her the information. All committee chairwomen will be reporting to State, at meetings, and to Tory so we will have some articles to help out.

I would like to recognize our members so we get to really know each other so be thinking what you can share about yourselves! I am thinking of 2 projects :

- 🔔 May - Beef Up Your Health Womens Health Month
- 🔔 June - Happy Healthy Dads with beef projects.

The sky is the limit for us if we work together, support each other, communicate and respect our differences. I want to be active and bring attention to our organization and have fun while we do it. If you have ideas you want to discuss just let me know!

Millie



In This Issue

- Millie's Notes
- Board Members & Committee Chairwomen
- Calendar of Events
- May - Beef Up Your Life Women's Health Promotion Raffle
- Cowbelle Up & Get Fit

2017 BOARD MEMBERS & COMMITTEE CHAIRWOMEN

President - Millie Krause

Vice President - Doreen Dumalo

Secretary - Johanna Kiernan

Treasurer - Judy Elam

Director - Pat Shephard

Director - Karla Schwoerer

Director - Tory Brussow

Jr. Past President - Candy Cook-Peterson

Ag in the Classroom - Candy Cook-Peterson

Beef Promotion - Andrea Reynolds

Budget & Audit - Barbara Silva

Cheers / Hospitality - Jessica Gobbell

Beef Ambassador - Tory Brussow and Jeri Roen

Legislative & Bylaws - Tami Flood

Ways & Means - Pat Shepherd, Lana Casey
and Colette Wright

Scholarships - Jeri Roen

Publicity - Jennifer Morgan

Scrapbook - Carol DeMeyers

Website - Tory Brussow and Jennifer Morgan

Facebook / Social Media - Colette Wright

Newsletter - Tory Brussow

Classroom Readers - Jeri Roen



CCW/ANCW MEETINGS & AWARDS

We ended 2016 in style by attending the 65th CCW conference in Reno, Nevada in December with Millie, Doreen, Pat, Judy, Jeri, Tory, Candy, Andrea and Johnna attending. The ladies cheered on Tory as she received her bracelet at the special Cowbelle of the Year luncheon honoring all of this years unit cowbelles. Candy was honored by being awarded the state's Educator of the Year for all the work she does teaching children and our community about the cattle industry.

Candy was further honored to be one of three ladies representing California's CCW at the American National Cattlewomen's conference in Tennessee. While there she was further blessed to be awarded the ANCW Outstanding Educator of the Year! We are so proud of Candy and all that she has accomplished and are grateful for experience and excitement she brings to our unit.



Mark Your Calendar

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

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

APRIL

- 1st - Scholarship Applications due
- 4/2 - La Grange Rodeo booth duties
- 4/11 - Waterford Ag Day
- 4/13 - Hughson Ag Day
- 4/15 - Cater wedding for Jennifer
- 4/16 - Easter Day
- 4/19 - Food Prep for Raines Lunch - Patti 209-852-2181
- 4/20 - Frank Raines Luncheon - Patti 209-853-2181
- 4/24 - **MVC General Meeting at 6:00pm Cindy Worthington's Home, 12613 Bonnie Brae, Waterford RSVP Judy- 209-613-5659**
- 4/28 - Catholic School Manteca 8-1 Candy 209-777-2183
- 4/28-29 - CCW Beef Ambassador Competition, Bakersfield
- 4/29-30 - ANCW Region VI Meeting, Elko, Nevada

MAY

- 5/5 - Magnolia Ag Day Oakdale Candy 209-777-2183
- 5/13 - MVC Parade Riding Group Sonora Candy 209-777-2183
- 5/14 - Mother's Day
- 5/29 - Memorial Day

JUNE

- 6/21-23 - CCA/CCW Midyear Meeting

JULY

- 7/12-15 - NCBA / ANCW Summer Meeting, Denver, Colorado

**MVC General Meeting,
Monday, April 24th
6:00pm
Cindy Worthington's Home**

**GRAB THE BULL BY THE HORNS AND
VOLUNTEER TODAY TO HELP AT ONE OF THE
UPCOMING AG IN THE CLASSROOM OR
CATERING EVENTS!**



CONTACT US

Millie Krause - President

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Judy Elam-Treasurer

JudyE@midvalleycowbelles.com
or call/text 209-613-5659

Tory Brussow—Newsletter /Website

ToryB@midvalleycowbelles.com
or call/text 209-652-9259



BEEF UP Your HEALTH!

May is Women's Health Month



**Eat Healthy with 32 Lean Cuts of Beef.
Get Outside and Exercise Every Day.**



Mid Valley Cowbelle's

BEEF UP Your HEALTH!

Womens Gift Basket Give Away!



Sign up for a chance to Win a Beautiful Gift Basket

Valued over \$100.00 and filled with fun, healthy and educational items for your mother, daughter, aunt, sister, friend or yourself - Perfect for Mother's Day!

www.MidValleyCowbelles.com



Weight Loss Contract with Myself

I, (print name) _____, agree to perform everything as to complete the following weight loss goal:

KEPT CONFIDENTIAL :-)

Current Weight: _____ Date: MAY 2017 Target Weight: _____ Date: OCTOBER 2017

My Weight Loss Goal for this Agreement: _____

I, (print name) _____, 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 commitment 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 how the trophy! **Cowbelle Up & Get Fit!**

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

_____ Date: _____

Signature of Commitment

_____ 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 May 2017 General Meeting.

Mail to: Mid Valley Cowbelles, Attn: Tory Brussow, PO Box 327. La Grange, CA. 95329

Questions Call or Text: 209-652-9259