



Mid Valley Cowbelles

March 2026

EVENT CALENDAR

- March 19 Chatom Ag Day
- March 13-15 CCW Spring Meeting
Winters, CA
- March 28 MVC Meeting
- March 29 La Grange Rodeo Booth
- April 1 Last Day for MVC members to
buy reduced price tickets
- April 2 Hughson Ag Day
- April 11 Oakdale Rodeo Parade
- April 25 MVC Meeting

Cowbelle Meeting

March 28th

at The Fruityard Restaurant

7948 Yosemite Blvd, Modesto

**Meeting starts Promptly
at 9:30 am**

Join us for optional breakfast
at 9am (no host)

2026 Beef Producers Appreciation Dinner



May 23rd, 2026
Clubhouse

Oakdale Saddle Club Rodeo Grounds



Beef Producers Appreciation Dinner

**MVC Members reduced
ticket Price good through**

April 1st

Order information in newsletter

Page 3 Event Information

Page 4 Ticket Order Form

Page 5 Donation Receipt for
any event donations

Rodeo season is just around the corner, and the Cowbelles plan to participate in upcoming events. We hope you can join us!



The Cowbelles will host an information booth at the **La Grange Rodeo (3/29)** and will also participate in the **Oakdale Rodeo Parade (4/11)**.



Watch for **Details in the April Newsletter**



LODI

AG-VENTURES



During March the MidValley Cowbelles participated in the Lodi Ag-Ventures. They had the opportunity to work with approximately 2,800 students from various backgrounds.



Presentations included information about:

- Herd care and management
- Breeds
- Beef by-products
- and more



MVC Team

President

Carol Kenyon

Vice-President

Colette Wright

Secretary

MaryAnn Freitas

Treasurer

Helga Zuber

Directors

Monica Patterson

Jennifer Bourque

Cassie Shepherd

Past President

Candy Peterson

Sponsorship Levels:

Platinum = \$400

Gold = \$300

Silver = \$200

Bronze = \$100

Partner = \$50

For Event

Questions

Contact:

Carol Kenyon

209-484-1097

Or

Monica Patterson

209-277-9094

Beef Producer's Appreciation Dinner

The **Mid Valley Cowbelles**, Central California chapter of the California Cattlewomen, is proud to announce our annual **Beef Producer's Appreciation Dinner** on **Saturday, May 23, 2026**. The event will be held at the **Oakdale Saddle Club Rodeo Grounds, 1624 East F Street, Oakdale, CA**. Join us in the club house -doors open at 4:00 pm.

The entertaining event will include:

- Delicious **Ribeye Steak Dinner** and sides
- No-Host Bar served by H-B
- Silent Auction
- Firearm Raffle
- Yeti Cooler Raffle Stocked with a Variety of Adult Beverages.

As a 501(c)(5) nonprofit organization, the Mid Valley Cowbelles (MVC) are committed to promoting the best interests of the U.S. beef cattle industry and increasing consumer confidence in American beef products. Our mission is to educate today's consumers and foster a better understanding of modern beef production practices, while encouraging safe and responsible beef handling.

MVC partners with the community to

- Provide Ag Proficiency Contest financial awards to graduating high school seniors and college students pursuing careers in agriculture
- Sponsor Beef Hand-Out programs for local organizations
- Participate in multiple "Ag in the Classroom" events to educate youth.

This dinner is our opportunity to honor and celebrate the individuals who work tirelessly to strengthen the beef industry in Central California.

As a thank-you to our industry partners, we are offering discounted pre-registration tickets for \$50. Tickets are first-come, first-served. Beginning April 2, 2026, tickets will open to the public at \$65.

If you would like to support this event as an industry partner, we gratefully welcome monetary contributions or donations for our Silent Auction. Your generosity directly supports our educational and community outreach efforts.

Thank you for your support & for the work you do to keep our industry strong.



Mid Valley Cowbelle
www.MidValleyCowbelle.com

Tax ID# 36-4840528

Invitation Response and Ticket Request

Please RSVP by April 1, 2026

I would like _____ (number of tickets) at \$50.00 each

Enclosed is my payment of \$_____ by cash ____ or check _____ or use QR Code Below

Name of member/invited guest(s): _____

Telephone number: _____ Email address: _____

All tickets will be held at the door for pickup.

(Tickets will not be mailed this year.)

A confirmation email with your ticket numbers will be sent.

I would like to help sponsor a 'big ticket' item with a cash donation of \$_____

I am providing a donation and would like someone to contact me regarding pickup _____

For any questions regarding tickets please contact Judy Elam.

Mid Valley Cowbelle

C/o Judy Elam

11130 Hwy 108

Jamestown, CA 95327

(209) 613-5659

ranchtravel4u@aol.com

**Mid Valley Cowbelle
Members and Guests
Pre-Registration**

Valid through April 1st



\$2.00 surcharge for
online ticket purchase



Mid Valley Cowbells
www.MidValleyCowbells.com

Donation Receipt

Tax ID# 36-4840528

Date: _____

Donation items: _____

Cash value \$ _____

Sponsorship Levels:

Platinum = \$400 ___ Gold = \$300 ___ Silver = \$200 ___ Bronze = \$100 ___ Partner = \$50 ___

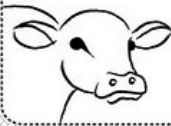
Cash donation \$ _____ Check # _____

AN EXPLORATION OF CORNED BEEF & CABBAGE

THE HISTORY, ANATOMY AND MARKET OF A ST. PATRICK'S DAY FAVORITE

1700s

Cattle are brought to Ireland by British Landowners.



Ireland becomes known for its export of corned (salted) Beef to England, France & the colonies.

Most of the Irish can't afford beef, so they eat corned pork instead.



1800s

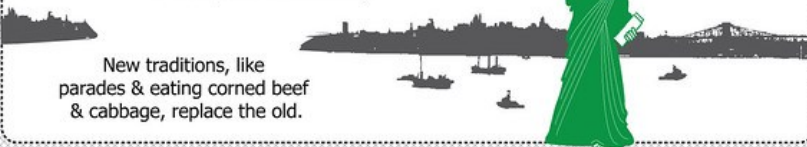


Over 1 million Irish emigrate to the U.S.

In New York, they find salted beef brisket being sold very cheaply. Considering beef a luxury, they use it in place of pork with cabbage & potatoes.

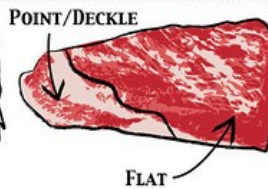


Growing Irish populations in cities across the U.S. turn St. Patrick's Day into a celebration of Irish pride & nationality.



New traditions, like parades & eating corned beef & cabbage, replace the old.

CORNED BEEF

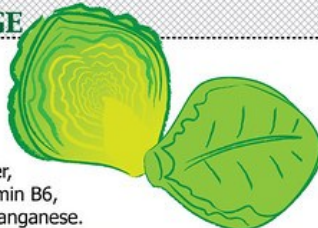


Per 3 oz serving:
213 calories
15 grams of protein
16 grams of fat

A good source of zinc, vitamin b12 & selenium.

GREEN CABBAGE

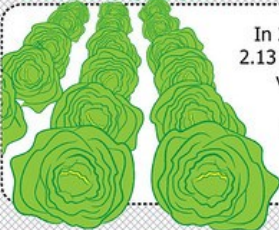
Per 1/2 cup serving:
17 calories
4 grams carbohydrate
0 grams of fat



Cabbage is related to broccoli, cauliflower, brussels sprouts & other crops belonging to the mustard family.

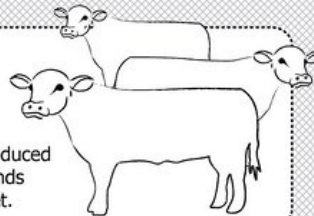
A very good source of Fiber, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium and Manganese.

PRODUCTION



In 2012, the U.S. produced 2.13 billion pounds of cabbage valued at \$390 million.

That same year the U.S. produced just under 24 billion pounds of beef, including brisket.



PROMOTION



St. Patrick's Day is the biggest holiday for brisket & green cabbage. In 2012, 90% of store holiday promotions for corned beef featured flat & point cuts.

Holiday prices were also 21% lower for cuts of brisket & 47% lower for green cabbage than the rest of the year.

47% OFF



Data sources:

USDA Market News
National Agricultural Statistics Service
Economic Research Service
U.S. Census Bureau
National Nutrient Database

Data compiled by AMS Agricultural Analytics Division in 2013
Illustrations by Shayla Mae Bailey



United States Department of Agriculture

2025 -2026 General Calendar

<p>January</p>	<p>24 MVC Meeting</p>
<p>February</p>	<p>9—11 World Ag Expo 28 MVC Meeting 9:30 am at Fruityard, Modesto</p>
<p>March</p>	<p>1 Scholarships Applications Due 4 Lodi AgVenture 19 Chatom Ag Day 28 MVC Meeting 9:30 am at Fruityard, Modesto 29 La Grange Rodeo—Booth</p>
<p>April</p>	<p>2 Ag Day, Hughson 8 Tracy AgVenture 8 Cowgirl Luncheon 11 Oakdale Rodeo Parade</p>
<p>May</p>	<p>23 MVC Beef Producers Appreciation Dinner—Oakdale Saddle Club TBD Zoom Meeting if needed</p>
<p>June</p>	<p>27 MVC Meeting 9:30 am at Fruityard, Modesto</p>
<p>July</p>	<p>10—19 Stanislaus Co. Fair 17 Stanislaus County Fair Beef Sale TBD MVC Meeting</p>
<p>August</p>	<p>22 Beef Supporters Dinner—Diamond Bar, Ceres CA</p>
<p>September</p>	<p>26th MVC Luncheon & Fundraiser (Bunco/Bingo) TBD MVC Meeting</p>
<p>October</p>	<p>31 Membership forms and Fees are Due TBD Cowbelle of the year Dinner</p>
<p>November</p>	<p>TBD Meeting</p>
<p>December</p>	<p>TBD Christmas Party TBD California Cattlewomen Conference</p>



2026 MVC Leadership Team

President:	Carol Kenyon	209-484-1097 ck.cattle23@gmail.com
Vice-President:	Colette Wright	916-837-6611 colylsac@yahoo.com
Secretary:	MaryAnn Freitas	209-404-7677 gafmab23@gmail.com
Treasurer:	Helga Zuber	209-581-1798 helga2853@gmail.com
Board of Directors:		
	Jennifer Bourque	925-337-5313 Bourque.jennifer10@gmail.com
	Cassie Shepherd	209 277-6447 5sheps4him@sbcglobal.net
	Monica Patterson	209-277-9094 mgpat@sbcglobal.net

Updating Member Contact Information

We would like to keep you informed of MVC activities. If you change your email please inform MaryAnn Freitas .

MaryAnn will update the roster to keep you included in MVC happenings.

MaryAnn: gafmab232@gmail.com