

# Promoting Herefords, Supporting Youth

by **Bonnie Coley-Malir**, AHW president

During spring cleanup at our home, I came across a box filled with letters, certificates and old photos from my years as a junior member of the American Hereford Association (AHA). Those memories served as a selfish reminder of how the junior organization enriched my life.

This enthusiasm to give something back to this grand organization carried into the American Hereford Women (AHW) spring board meeting in Columbus, Ohio. A diverse group of women make up our board. However, this diversity in talents, came together to focus on what is so important — the Hereford breed of

cattle and the development of youth in our industry.

In this dynamic industry, sometimes we are left with more questions than answers. Is the AHW board relevant to today's needs in our breed and our industry? The answer is "yes" — if we continue to focus on the basics of our mission.

Competition is fierce in the beef industry today as always. The members of the AHW are proud to serve as a promotional arm for the Hereford breed. Examples in the past year have included our support and sponsorship of:

- "Learning with Herefords" interactive CD for educating youth (contact me for more information)

- Beef Improvement Federation (BIF) scholarship
- Certified Hereford Beef Ambassador program
- Numerous youth scholarships
- Great American Hereford Grill-off

The future is key and we must organically grow our future leaders. It is my belief that supporting our youth programs is the AHW's most important function. This is not because of my personal sentimentality but in the stark reality that our organization simply needs leaders for our industry's future. They can and will get their start in the National Junior Hereford Association. It is

## Enjoy the Good Life

by **Ruth Epenscheid**, NOP secretary-reporter

The good life — it's a cookout in the backyard, a hearty meal around a campfire, a picnic on the beach, or a pit barbecue for the whole neighborhood! Here are some "celebrity recipes" to enjoy this summer.

**"Poor Man's Steak"** — *B.O. Gammon, co-founder of the polled Hereford breed*

Mix 3 lb. Hereford ground beef, 1 cup crushed cracker crumbs, 2 eggs, ¼ cup milk, 1½ tsp. garlic salt, salt and pepper to taste and ¼ cup Worcestershire sauce.

Mix ingredients well and divide into eight equal parts. Form each

portion into the shape of a T-bone steak. Place on greased grill over hot coals and cook each side for about 15 minutes.

**"Marinated Steak Ala Duke"** — *John Wayne, Hereford breeder*

Thick cut Certified Hereford Beef® (CHB) steaks, your choice

Combine 1 Tbsp. lemon juice, ½ cup soy sauce, ½ tsp. Worcestershire sauce, 1 tsp. sugar, ½ crushed garlic clove, 2 Tbsp. of your best brandy or bourbon, dash of liquid red pepper seasoning and dash of ground ginger. Let steaks marinate for an hour. Grill and enjoy.

**"Lipton Stuffed Cheeseburgers"** — *Betsy Beck, NOP chairman*

Combine 1 envelope of Lipton beefy onion soup mix, 2 lb. CHB hamburger, and ½ cup water. Shape into 12 patties. Place 2 Tbsp. of cheese in center of six patties. Top with remaining patties and seal edges tightly. Grill until done.

**"Grilled Sirloin and Potatoes"** — *NOP board*

Boneless CHB sirloin steak, cut 1 inch thick; 2 large baking potatoes, each cut lengthwise into eight wedges; and 4 thick slices of red onion.

Combine ⅔ cup steak sauce and 1 Tbsp. of crushed garlic. Brush 3 Tbsp. on both sides of steak. Reserve remaining sauce. Brush oil on potatoes and onions. Place steak and vegetables on grill. Grill uncovered 16-20 minutes, turning steak and vegetables occasionally. Brush vegetables with some of the reserved sauce during the last five minutes of grilling. Carve steak crosswise into slices. Serve with vegetables.

### National Organization of Poll-ettes

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Ruth Epenscheid  
12044 Hwy 78, Argyle, WI 53504  
(608) 543-3778

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vital that we support this organization through various scholarships and development programs.

As the sun is starting to set on my tenure with the board, I know there is still much to do. We can't do it alone, and that is why strong state programs are so important to our ongoing efforts. Grassroots efforts are the lifeblood of our success, and I am encouraging the continued efforts on all levels. I encourage you to visit our booth at the Junior National Hereford Expo to learn more about how you can become more involved.

Yes, the boxes of memorabilia from my youth went back on the shelf in my basement, but the memories of that time will stay with me forever. My goal and hope as I continue to serve is that we help create opportunities for others to grow memories for themselves. **HW**

### American Hereford Women

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Debby Mrnak

14503 91st St. SW, *Bowman, ND 58623*

(701) 574-3193

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**Hereford Works at [www.herefords.net](http://www.herefords.net)**

### “How to Preserve a Husband” — *Schnell Polled Herefords, Montana*

Be careful in your selection. Do not choose too young. Once selected, give your entire thought to preparation for domestic use. Some insist on keeping them in a pickle; others are constantly getting them in hot water. This makes them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well-sweetened with love and seasoned with kisses. Wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion. Thus prepared, they will keep for years!

### Note these NOP deadlines

State Poll-ette organizations: please select candidates for Poll-ette of the Year. Applications are due this fall. This is a wonderful recognition program for our women.

Membership dues of \$10 are due to the NOP treasurer by Sept. 1.

NOP director elections this fall will be for Area 4: Wisconsin, Nebraska, North Dakota, South Dakota, Minnesota and Iowa; Area 9: Indiana, Kentucky, Michigan and Ohio; and Area 10: Alabama, Georgia and Florida. The NOP needs directors who will carry on junior program work and Hereford promotional programs. **HW**