

# AUXILIARY NOTES

by Cindy Ahearn, American Angus Auxiliary

## New Outlook

*Starting a new calendar year always brings a sense of optimism with new resolutions and commitments only to find them sometimes fade in the following months.*

Our new year kicked off in November while at Angus Convention in Columbus, Ohio. The excitement of new officers is reflected in their commitments for 2019, and we aim to keep our enthusiasm high without fade. After all, new blood keeps us alive and healthy in more ways than one.

### Leadership elected

We have four new regional directors: Region 1 (west) Carol DeMeyer (California), Region 3 (central) Marya Haverkamp (Kansas), Region 4 (southeast) Julie Conover (Missouri) and Region 6 (northeast) Valerie Trowbridge (Pennsylvania). Vivian Wolf (Texas) was re-elected to Region 2 (south) and Deanna Hofing (Indiana) continues as Region 5 (midwest). Past president Leslie Mindemann (Wisconsin) serves as advisor, Pam Velisek joins the executive officers as secretary-treasurer and Gina Hope (Virginia) moves up to president-elect.

Our current team is a group of progressive, business-minded enthusiasts with a passionate heart for Angus cattle and Angus youth.

We recognize our weaknesses as well as our strengths. This year we are converting much of our paper

communication and reports to electronic format. This aids in better and faster communication with members as well as reduces expenses while enhancing revenue.

**"Encourage one another and build each other up."  
1 Thessalonians 5:11**


The scholarship application will also be electronic. With changes, come challenges. We rise to the challenge of making changes to our presence in the *Angus Journal*, assessing potential changes to the Angus Gift Barn and going digital.

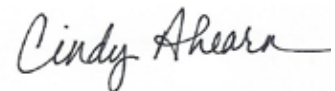
We are not hesitant to make those value-based decisions if they can improve what is offered to the members and our youth. We will continue to promote our fund-raising programs in an effort to carry on the traditions of scholarships, beef Cook-off, Miss American Angus and showmanship contests, just to mention a few.

The theme this month is health and wellbeing, both for us as well as our cattle. Seems fitting as a nurse practitioner my first article would be about taking care of ourselves. As you read this article, do you find

yourself confident and content with your current state of health? How many years have you made the same resolution to become healthier? What is keeping you from grabbing the challenge for your own good? I know, there's always 'tomorrow.' Maybe. Like most of us, we can always find room for improvement. If we don't take care of ourselves, who will take care of the cattle?

I implore you, please, please take steps to improve your health so you and your herd can lead long, healthy, happy and productive lives.

So, lets end on an optimistic note. It takes 45 muscles to frown and only 10 muscles to smile. 



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*Editors Note: Thank You to the American Angus Association, Angus Foundation and Certified Angus Beef® (CAB®) for your continued support of the Auxiliary's mission of breed promotion, beef education and youth development.*