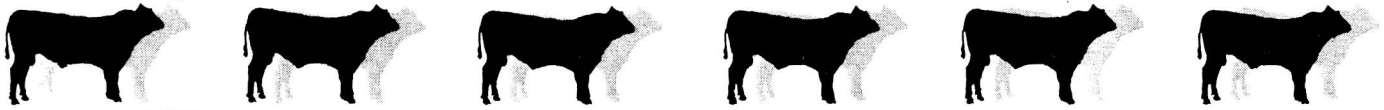


ANGUS FARM & FIRE-SIDE



It's your Auxiliary...

It has been indeed a pleasure for me to be president of the American Angus Auxiliary. Since this is my last letter to you, I want to give special thanks to all of you who supported me so well. I want to thank you also for all the cards and calls I received after my injury.

Now, for an update of the year's events. The year began in Denver in January when the Colorado Angus Assn. sponsored a breakfast for everyone in attendance during the National Western Livestock Show. The Auxiliary helped the Angus association along with the National Junior Angus Assn. staff the association booth and hand out pamphlets promoting our product to the many who passed by.

In March, Carleton and I attended the junior board meeting and the board of directors meeting. I presented a list of the American Angus Auxiliary activities for the year.

In April I attended the Iowa Auxiliary Annual Luncheon at the Amanas Colonies.

In May the Auxiliary Yearbook was mailed to each member.

July is always a busy month for the Auxiliary and 1985 was no exception. The first American Angus Auxiliary cookbook ever published came off the press. Ardie Skolas, Canby, Wis., president of the Auxiliary in 1972, designed the cover. The first cookbooks were sold at the National Junior Angus Show in Tulsa and they are selling well.

The Auxiliary again sponsored the Big Beef Round-Up Cookoff in Tulsa, a huge success under the direction of Ardyce O'Neill, beef education chairman. The Auxiliary thanks the American Angus Assn. for its support of this project. Thanks to the judges Jim O'Neill, June Hagenbuch, Connie Long and Anne and Jamie Gorham for all their help and to the team members and the spectators. This was televised over a local television station in Tulsa.

The Auxiliary also presented silver bowls to the five showmanship finalists and a silver pitcher to the girl with the highest placing animal at the National Junior Angus Show.



In August at the Futurity we announced our scholarship winners for 1985. This year, the Auxiliary was very fortunate that it could give ten scholarships to five girls and five boys, totaling \$8,000. We will also award many young people across the nation the Certificate of Achievement Award for the accomplishments they've produced with their Angus projects in 1985.

The Premier Angus division of Granada represented by Bill Wilson, Cloverdale, Ind., donated a Pine Drive Big Sky heifer to the Auxiliary for the scholarship fund. She was auctioned at the Futurity and purchased by Northcote Angus Farms, Forest, Va., and New Horizons Farm, Stuyvesant, N.Y., for \$3,200. The Dave McMahn Family, Fort Smith, Ark., contributed \$3,000 for a lovely crewel cow-calf picture donated by Rachel Breck to the Auxiliary during the Futurity auction.

The American Angus Auxiliary Miss American Angus Contest is sponsored during the North American International Livestock Show in Louisville in November. The top five scholarship winners in the girls' division are invited to come to Louisville for interviews and give a brief summary of their life before three judges. Connie Long and Cary Smith York chair this committee. The new queen is then crowned during the heifer show. Kathy Starr has done a tremendous job raising money through the Miss American Angus Expense Committee this year to help defray the cost of the queen's expenses. Tickets have been sold on two show boxes donated by Chuck Walla Acres, Tullahoma, Tenn., and the drawing for these show boxes will be during the annual luncheon in Louisville. The American Angus Auxiliary also wants to thank the American Angus Assn. for its contribution of \$750 each year to the Miss American Angus Expense Fund.

Our historian, Jean Meyer, has kept a scrapbook all year of Auxiliary events and the book will be on display in November.

This year the Auxiliary moved the open meeting during the Futurity from the motel to the Exposition Center, and we had excellent attendance.

Our Ways and Means Chairperson, Jeannette Thompson has been chairperson for many years and needs to be commended for her many hours of promoting our items for sale and traveling here and there.

On behalf of the American Angus Auxiliary, I want to thank the American Angus Assn. for giving the Auxiliary this page each month in the Journal so all our members know what the Auxiliary and state auxiliaries are doing.

Again as I close my year of being your president, I want to say thank you and I urge you to work hard in

1986 to make the American Angus Auxiliary a better Auxiliary. I urge you to pay your dues. Annual dues are \$5 and life memberships are \$100.

Until we meet again, God bless each of you. Thank you.

—Nellie Meinders

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The Colorado Angus Assn. is sponsoring a breakfast during the National Western in Denver, Saturday, Jan. 11, 1986 at the National Western Club, 7:30 a.m. This is not only for the ladies for everyone in attendance at

the show is invited. If you want more information, contact Mrs. Robert (Muriel) Montgomery, 117 40th Ave., Greeley, Colo. 80631. Phone (303) 352-7902.

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From the Illinois Angus Auxiliary: Please remind those high school seniors you know to request applications for next year's scholarships.

And, our congratulations to our state first place winners, Paul Kiese-wetter and Heidi Johnson.

Our next board meeting will be Dec. 9 at the Heritage House in Springfield at 11 a.m. Bring ideas and call Deb Hobbs if you need a reservation.

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Remember to order American Angus Auxiliary Cookbooks for Christmas. They'll make excellent gifts. Only \$9 (\$7.50 plus postage of \$1.50). Make check payable to the American Angus Auxiliary and order from Nellie Meinders, Rt. 3, New Sharon, Iowa 50207. Phone (515) 672-2074.

Home style fare and festive...

Cheesy Beef 'n Spinach Cassata

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|--|--|
| 2 pounds ground beef | 1 package (10 ounces) frozen chopped spinach, thawed, well-drained |
| 1/2 cup each chopped green pepper and chopped onion | 2 eggs, beaten |
| 2 cloves garlic, minced, divided | 1 cup each ricotta cheese and shredded mozzarella cheese |
| 2 tablespoons olive oil | 8 frozen phyllo pastry leaves, thawed |
| 3/4 teaspoon salt | Parsley |
| 1 can (8 ounces) tomato sauce | Ripe olives |
| 1 can (6 ounces) tomato paste | Cherry tomatoes |
| 1/3 cup white wine | |
| 2 teaspoons dried oregano, crushed | |
| 1/4 teaspoon ground pepper | |
| 1/4 cup seasoned dry bread crumbs | |
| 1/2 cup plus 2 tablespoons grated Parmesan cheese, divided | |
| 2/3 cup butter or margarine, melted, divided | |

Brown ground beef with onion, green pepper and one clove garlic in oil over medium heat; pour off drippings. Sprinkle salt over beef mixture. Add tomato sauce, tomato paste, wine, or-

egano and pepper, stirring to combine; simmer five minutes. Stir in bread crumbs and 1/4 cup of the Parmesan cheese; reserve. Lightly brown remaining clove garlic in three table-
spoons of the butter. Add spinach; cover and simmer three minutes. Remove from heat. Stir in eggs, ricotta cheese, mozzarella cheese and 1/4 cup of the Parmesan cheese; mix well. Line a 9-inch springform pan with six phyllo leaves, overlapping edges. Brush top with butter. Spoon beef mixture into pan, pressing lightly. Top with spinach mixture. Fold phyllo edges over top. Cut four 9-inch circles from the remaining phyllo leaves. Brush each layer with butter; place over filling. Cut through leaves to form eight wedges. Brush remaining butter over top. Place pan in shallow baking pan (to catch drippings). Bake in moderate oven (350° F.) 35 minutes. Sprinkle remaining two table-
spoons Parmesan cheese over top; continue baking ten minutes or until golden brown. Let stand ten minutes. Remove side of pan; cut into wedges. Garnish with parsley, olives and tomatoes. Eight servings.

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"Although it is readily available in stores, an enterprising outdoorsman can make jerky for a fraction of the cost of buying it and also enjoy the satisfaction of mastering a skill of the early inhabitants of North America," says James E. Knight, Extension wildlife specialist at New Mexico State University.

Lean meat from elk, deer, antelope

or even bear can be used as long as all the fat and gristle is removed. The fat doesn't dry well and may turn the meat rancid.

Flanks, shanks or any of the tougher cuts can be used for jerky. It takes about five pounds of meat for one pound of jerky.

Preparation of jerky ranges from simple to downright sophisticated, Knight said. In its simplest form the meat is cut with the grain, into strips one-quarter-inch thick and one-inch wide. After soaking in salt water for an hour the strips are sprinkled with pepper to deter flies and hung in the sun or over campfire smoke.

If you want to get a little fancy, instead of salt water, soak one-half pound of strips in the following marinade overnight:

- 1 tsp. seasoned salt or barbecue salt
- 1/2 tsp. garlic powder
- 1/2 tsp. pepper
- 1 tsp. monosodium glutamate
- 1 tsp. onion powder
- 1 Tbsp. Worcestershire sauce

Lay the strips of marinated meat in a single layer on oven racks. With the oven door slightly open roast for eight to 12 hours at the lowest temperature possible (125-140 degrees Fahrenheit). As it dries the meat will shrivel and blacken.

Keep checking the meat until it is chewy and still flexible enough to bend without breaking. Remember that as the jerky cools it will become more brittle. Beginners have a tendency to over-dry the meat.

Store the meat in a coffee can with the cover taped to exclude moisture. But before you store it, bite off a

chunk. Chew it a little until the juices flow.

"If you wish you had made more, consider yourself a jerky chef. If your friends try it and feel the same way, you can be sure you have mastered a skill that would have made you an asset to those who first marked the wilderness trails," Knight says.

What's been said...

Jo Ann Smith, President, National Cattlemen's Association, addressing the National Heart, Lung and Blood Institute: "Fat, saturated fat and cholesterol are issues; red meat should not be. Beef can fit into lower-fat diets, and that already has been reflected in our promotion and education programs. (I)f we are willing to work with you, you should be willing to see the facts about diet, fat and health are correctly interpreted."

* * *

Hilmar Moore, chairman of the National Live Stock and Meat Board: Our greatest challenge today is to make our products fit today's lifestyle and time demands. They must be easier

to use. We must offer portion-size cuts and quick preparation. (P)eople are not buying chicken because it's cheaper.

There's a whole generation of people out there who wouldn't know what to do with a whole fryer if you gave it to them. What they're buying is frozen chicken breasts at \$4.92 a lb.

* * *

Dr. Bernard Schweigert, Chairman of the National Dietary Guidelines Committee: "There is a growing demand for food products that maximize nutrient density. (T)he livestock industries should develop new and modified food products."

That's the spirit...

The deadline is January 1, 1986, to submit your nomination to grace a new memorial dedicated to the American farmer to be established in Kansas.

The monument, a massive bronze by renown sculptor Lewis Watkins, is said to be the largest pouring of bronze in the United States during the past several years, perhaps in this decade. Groundbreaking's been accomplished at the site, the Agricultural Hall of Fame and National Center near Bonner Springs, Kan., and near Interstate 70 just west of Kansas City, Kan.

Private financing is funding the project. The \$500,000 estimate is being raised under the auspices of The American Ideals Foundation of Brooksville, Fla. Dedication is slated for June 14, 1986.

Several faces will be depicted on the 10- by 30-foot bronze mural. Nominations must be confined to 100 words or less and should describe the reasons for such recognition. Photographs should *not* be sent with the

nomination. For more information concerning the National Farmers Memorial, contact the Agricultural Hall of Fame, 630 North 126th St., Bonner Springs, Kan. 66012 (913) 721-1075. **AJ**