

HIGHLANDS OF THE HEARTLAND

Spring 2011
Issue 7



Heartland Highland Cattle Association, 976 State Highway 65, Tunas, MO 65764
<http://www.heartlandhighlandcattleassociation.org/> 417.345.0575

HHCA President's Letter

By Tom Thompson

I would like to thank everyone for electing me President of HHCA. I will do my best to live up to the honor.

Even though spring is here you can't tell it by the weather. We are in the middle of a snow storm here in Illinois as I write this letter to you.

Spring calving is going on and I hope everyone has strong, healthy calves. It is also time to think about worming our folds before they are turned out on the new grass. With the warm weather the flies will be buzzing around as well. We will be putting out mineral blocks with rabon fly control in them. Many club members use the treated socks. Please get them out and check them over. Some may need to be replaced due to normal wear and tear. It would be great if all the club members let us know what type of fly treatment they prefer.

With springtime comes storms and power outages. I hope everyone has a generator to keep power running during power outages. At present we use an older Generac 5kw generator. With it we are able to run the well pump to keep troughs filled. If things go okay we hope to buy a 20kw Guardian generator next year. It will allow us to run everything in the house as well as the well pump with no trouble.

Last year I showed a yearling heifer at the Tartan Festival in St. Charles, MO. This year I am taking a

Minutes from the HHCA Annual Meeting

The HHCA annual membership meeting was called to order by Pres. Dave Embury at 3:45 PM on Sat., March 5, 2011. Members present were from, AR, IA, IL, KS, MO, LA and OK.

Secretary's report was read and approved. Treasury's report was read and approved. Slate of candidates for election was read. New officers and Board members

INSIDE THIS ISSUE

HHCA President's Letter	1
Minutes from the HHCA Annual Meeting	1
All About Fencing	2
OOPS! The Mistake Was Made	2
HHCA 2012 Calendar Photo Winners	3
Thriving On No Vaccinations	3
Welcome New Members	5
Supplement Requirements	5
Highland Forum	6
Regional Director's Note	6
Calendar of Events	7
Board of Directors and Officers' Contact Information	8
Renewal Application	8
HHCA Recipe	9
Notes from HHCA Guest Speaker Chris Wake	9
HHCA Treasurer's Report	10
Classified Ads	11

cow/calf pair. I will be there April 8-10. Come on out and see me if you can. I have also gotten in touch with the Celtic festival organizers from Springfield, IL. I am hoping to show a heifer there this year.

I would like to encourage everyone to promote their folds and the club when ever possible. Two years ago I did my first display by going to our local heritage museum when they were having a three day event. Start at small venues and work your way up. It really is fun to talk to people and see their expressions when they see the cattle for the first time. Teaching and promoting really are fun.

Tom Thompson, HHCA President
618.669.2236
email tomteesa55@yahoo.com

announced: Pres. Tom Thompson; V-Pres. Greg Roberts; Treas. Gloria Asmussen; Board of Directors: Blake Coble, Nat Hamilton, and Troy Schroeder
Motion by Alan Cameron to authorize the Board of Directors to research and approve an auction.
Meeting adjourned at 4:30 PM.

Important! Important! Important!
Please note the change of the HHCA e-mail address to:
heartlandhighlandcattle@gmail.com

All About Fencing: Tips From The Expert

By Connie Krider of PowerFlex Fencing

Grazing professionals agree that fencing and watering products are tools necessary for best utilizing your land, maximizing animal performance and increasing your bottom line. When it comes to livestock fencing, personal preference prevails. However, there are some products that are more effective, have less maintenance and are more cost efficient.

There is enough research and data to show that a controlled grazing system will make better use of your land, will promote animal health and will increase profitability. Quality fencing materials are tools that make these goals possible and will also make your life easier and give you more time for other things.

End and corner posts: When constructing any fence, you're starting point and most important is your corner and end posts. Two designs that work extremely well are the H-brace and floating brace designs. Your fence is only as strong as the corners and ends you install.

Wire: Barbed wire can be an effective fence with the only downside being cost, maintenance and lack of versatility. One hi-tensile offset wire will add versatility and protect against some maintenance

issues. That offset wire should be at least 10-12 inches from the barbed wire.

Hi-tensile wire that is 12.5 gauges, a minimum of 180,000 psi (pounds per square inch) and with a Class III galvanized coating or better has greater breaking strength than even the best barbed wire, will last much longer and because of expansion and memory qualities, does not require maintenance to keep it tensioned. Best of all, the cost of hi-tensile wire is far less and it's easier to work with.

Line Posts: When using electrified wire, it is always best to use self-insulating line posts to avoid the possibility of shorts. Steel posts are basically a ground rod. If steel posts are the option you choose, dark insulators hold up best. Black or dark green insulators have carbon in them which is a UV stabilizer.

Energizers: Energizers probably vary more than any other component involved in a fencing system. Some brands rate their energizers in stored joules and others in output joules. What actually matters is the power delivered to the fence, which is measure in output joules. Don't make the mistake of judging an energizer

Please see *Fencing* on page 4

OOPS! The Mistake Was Made (or How NOT to Cook Highland Beef)

By Gloria Asmussen

Well, it happened at our annual HHCA banquet. We were all so pleased to have Highland beef served at the banquet so people who hadn't eaten Highland beef before would get a taste of it, and *OH MY GOODNESS, the inevitable happened: the Highland beef roasts were cooked incorrectly and it was tougher than shoe leather.* Well, I really don't want to take the blame for this, but I guess the old adage is true, "if you want something done right, do it yourself," and this definitely was the case with the Highland beef roasts.

When I delivered the beef to the chef of the View Restaurant who has catered our banquet for the past three years, I specifically told him to cook the roasts until they fell apart, low and slow, but being a cook myself over the years, and back in the 80s owning my own supper club back in Wisconsin for ten years, I know what he did. He cooked the beef roasts at 350 degrees until the meat thermometer read 160 degrees and then cut it into chunks and served it.

Well, that is NOT the way you cook Highland beef roasts.

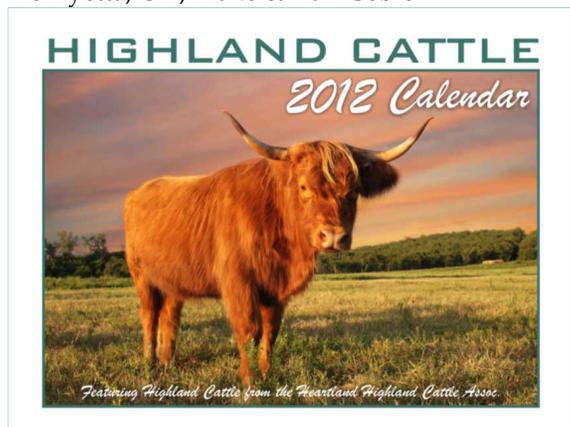
The meatballs and lasagna were very tasty, but again, the spices took over the taste/flavor of the beef. So unfortunately, the first banquet serving Highland roasts is NOT the way it should have turned out. To those of you who were disappointed with the beef roast, I apologize and hope you will try them again, cooking them the correct way.

After much discussion with some of the Board members, Highland beef will not be served at any future banquets, BUT will be served at the reception allowing members to bring in their own Highland beef recipes cooked by themselves to share at the reception for all to taste. That way each will be able to prepare the beef correctly and everyone will be able eat like royalty.

A SPECIAL THANKS TO THOSE WHO PROVIDED THE BEEF FOR OUR DINNER: Keith Bakeman, Jerry Delcour, Greg Roberts, Gary Trevorrow, and Gloria Asmussen.

Congratulations to the 2012 Calendar Photo Winners

Cover winner went to Coble Highland Farm of Henryetta, OK; Blake & Kali Coble



Jan.: Narrow Way Farm & Orchard, LaPlata, MO, Brent Coursey

Feb.: Rinker Creek Highlands, Salem, IN, Jess Helsel

Mar.: Prairie Grass Hill, Orangeville, IL, Virgil & Susan Gordon

Apr.: Heritage Hills, Ava, MO, Dan & Kathleen Collins

May: Bryantview Highlands, Ava, MO Jim Thideman & Randy Rossiterre

Jun.: Schroeder Family Farm, Albert, KS, Troy Schroeder

Jul.: Laughing Sun Ranch, Dadeville, MO, Keith & Sherri Bakeman

Aug.: Coble Highland Farm, Henryetta, OK, Blake & Kali Coble

Sept.: Hairy Cow Farm, Crane, MO Janet Melton & Jerry Delcour

Oct.: Thistle Knoll Farm, Dillsburg, PA, Jim Slugg

Nov.: Honey Creek Farm, New Providence, IA, Linn & Dee Reece

Dec.: Cheek Farm, Fair Grove, MO, Gary & Cindy Cheek

The 2012 calendar contest certainly had a great response. There were over 30 Highland farms represented with over 200 pictures sent in for the contest. It really made it difficult for the judges to choose 12 photos for the calendar. The 2012 calendar is available to order for \$18.00 (includes S&H). A great gift and definitely something to brag about for those winners of the 12 months. You winners definitely need to order a calendar to show off your Highlands to your friends. To order, phone 417.345.0575 or email heartlandhighlandcattle@gmail.com with your order and address. There were 120 calendars ordered and over half are already sold.

Thriving on No Vaccinations: How to Make an All Natural Herd Work – Start at the Root of the Problem

by Jeffery Goss, Jr.

Nowadays, most cattle keepers vaccinate their animals. Most, but not all. Some farmers and ranchers, particularly those who follow organic or holistic protocols, manage to keep their livestock healthy without any vaccinations at all.

The methods of doing this vary, but disease prevention can usually be accomplished by better husbandry and management of the herd. Each infectious disease is spread through a particular route or cycle, and preventing this route or cycle can keep that disease out of the herd.

Leptospirosis, for instance, is spread by contact with the urine of animals that carry it. Rodents, which sometimes urinate in or near feed or fodder, are the most common source of infection in cattle. "Just try to keep the rats and mice out of the feed," said Dr. Sally Bard, DVM in Manes, MO. Because they're really bad about spreading it. Anything that urinates in the water

(can). "She also says that deer can spread it, because they can be a carrier of leptospirosis, and that deer should be kept out of the pasture.

Blackleg is often caused by puncture wounds in the legs and hooves, since such wounds can introduce or allow the clostridium germs beneath the skin. Cases of blackleg can be reduced, and in some herds even eliminated, by removing the sources of puncture injury, including sharp materials and even blackberry, raspberry and Hawthorne bushes. Other cases of blackleg are caused by calves digging in the pasture when the grass is short and the ground dry, in late summer. This can be prevented by ensuring that calves are not kept on pastures that are too short, and by not releasing calves in pastures where dirt is exposed.

"You see it in rapidly growing animals," said Dr. Bard in reference to blackleg, warning that this class is most vulnerable to it.

Please see *Thriving* on page 4

Thriving from page 3

Respiratory infections must be prevented largely by isolation, according to veterinary experts. newly obtained animals should never be turned into the herd right away. Vaccine-free farmers and ranchers typically isolate newcomers in a different pasture, where they have no contact with the herd (more than a fence, thus, is needed to separate them). To be safe, many stock keepers who do not vaccinate use testing instead, and do not introduce new animals to the herd until they have been tested and found free of the common respiratory infections. Even those animals that appear healthy may be asymptomatic carriers of bacterial and viral diseases. Viruses are not killed by antibiotics, even if you use them, and most bovine respiratory diseases are viral. (*Hemophilus*, is an exception, as it caused by a bacterial element.)

A similar policy is effective against bovine STDs, such as vibriosis and trichomoniasis. According to Dr. Bard, these are commonly spread by the introduction of a new bull to the farm for breeding. A stud bull from another farm or ranch should always be tested for both of these infections, as should a new cow that has calved before or whose breeding history is not known. Virgin heifers and bullocks, of course, need no such testing. In addition to allowing veterinary testing, isolating

Fencing from page 2

by its packaging. A practical rule of thumb is 1 output joule for every 3 miles of relatively clean fence. If there will be a fairly heavy grass load on the fence at any given time, then 1 joule per mile is even better. You will not be disappointed with more power, but not enough power is like not having power at all. Within adequate power, multiple strands of wire decreases resistance and can actually increase the carrying capacity of electricity through the fence.

Bi-polar technology delivers even greater shocking



newly-obtained animals before introducing them to the herd allows their immune systems to recover from the stress of transportation. Many viral and bacterial infections, ranging from P13 (bovine influenza) to pasteurella) also known as manheimia, are most likely to occur immediately after an animal has been transported by motor vehicle from one location to another.

Deworming, often done through ivermectin shots, can also be accomplished in an injection-free manner. Several effective methods exist, but the one which has been demonstrated most effective in North America is diatomaceous earth, often abbreviated DE.

Diatomaceous earth is a type of soil deposit containing the fossilized shells of diatoms, a microscopic plant which is usually classified as an alga. These microscopic shells have sharp edges, which puncture worms, flukes and their eggs, causing all of them to die. Commercial DE is sold under trade names such as Perma-Guard, and holistic veterinarians recommend its regular use as a preventative of flukes and worms, as well as a treatment of existing parasitic infections. Although DE is deadly to these soft-bodied parasites, it is harmless to livestock and humans.

power. It allows you to put equal amounts of positive energy into some wires and negative energy into others. When alternating positive and negative wires, anything touching the fence will receive the full impact from both. This system is especially helpful in very dry conditions. Grounding conditions will vary according to soil types and moisture. The number of ground rods will also depend on your energizer size. Ground rods should be placed 10 feet apart. To check if your grounding system is adequate, put a load (metal, steel, etc.) on your fence about 100 feet from your energizer until the voltage reading on your fence is close to 1,000 volts or less. Then, check the voltage reading on your furthest ground rod from your energizer. If it reads over 400 you will need more grounding for maximum performance for your energizer.

Once you have a good perimeter fence installed, subdividing with portable products is quick and easy. Within a very short time, moving livestock becomes as easy as opening a spot for them to pass through.

Welcome New Members!

Arkansas

Ed & Jacque Hawkins, Deer *sponsored by David & Ruth Embury*

Indiana

Rebecca Cook, Spencer *sponsored by Keith & Sherri Bakeman*

Kansas

Alan & Carolyn VanDerVeen, Douglass
John R. Chittenden, Hays

Kentucky

Jesse & Barbara Mason, Livingston

Louisiana

Chip Spurlock, *sponsored by Alan Cameron*

Missouri

Don & Nicole Pearson, Alton

David & Fredia Perkins, Holden

Janet Vogel & Kevin Timberlake, Lawson

Todd & Loni Sheckley, Nixa *sponsored by Jerry Delcour & Janet Melton*

Griff & Dr. Lisa Roark, Monett *sponsored by Steve Stewart*

Mike & Dagny Ogle, Walnut Grove *sponsored by Greg & Sybil Roberts*

Pamela Pharris, Seymour *sponsored by Steve Stewart*

Christy Wilden & Chris Laye, Richland *sponsored by Blake & Kali Coble*

Oklahoma

Gary Madison, Newalla *sponsored by David & Mickey Blitz*

Preston Noel, Geronimo *sponsored by David & Mickey Blitz*

David & Betty Rea, Nowata *sponsored by Blake & Kali Coble*

Jimmy Shreve, Kansas *sponsored by Blake & Kali Coble*

Johnnie & Sarah Brown, Hominy *sponsored by Blake & Kali Coble*

Texas

Frank Keith, Center Point

Manford Feshnerston, Cleburne *sponsored by Blake & Kali Coble*

Alex & Charlie Lewis, Ravenna *sponsored by Blake & Kalie Coble*

Thomas Shelton, Austin

A sincere Thank You to all the HHCA members who sponsored some of these new members. When they sold their Highland cattle, they sponsored the buyer a HHCA membership. It is only \$15 to sponsor a new member. Sponsorship gives the new members information and networking within the Association as well as many other benefits. Think about sponsorship when you sell your Highlands.

Supplement Requirements: The Importance of Nutrients in the Forage-based Diet of your Livestock

Reprinted from OFN

When the pocketbook gets thin sometimes the first thing to get scrimped is the livestock's diet. We glean a little bit more from the hay, a little bit more from the field, and supplementing becomes less of a priority. whether it's time or money that's running low, how long can the cattle really go, lacking some of those essential nutrients, and still produce?

What are the micronutrient needs of cattle? Many cattle producers know that there are several minerals that their cattle need like calcium, phosphorus and sodium. There are also several other minerals that cattle need in smaller doses, trace minerals or micro minerals, that are also essential to the health and performance of an animal. They include iron, zinc, manganese, copper, iodine, cobalt and selenium.

How can you supplement in a cost-efficient way?

Many of these minerals are supplemented through a free-choice mineral, but that may not be the most cost-effective way. In order to ensure that each animal is receiving the proper amount, a trace mineral supplement can be added to a complete mixed ration or a supplement. This allows each animal to consume the needed amount without over consumption, as long as there is adequate bunk space to allow each animal to consume the feed.

Trace mineral supplementation can also be done using a self-feeding miner free-choice but some animals will over consume the supplement while others will eat less than they need. Salt or highly palatable concentrates are usually added to these

Please see *Supplements* on page 8

Highland Cattle Forum

By Kevin Carpenter

Our online Highland Cattle discussion forum has been up and running for almost a year now. We currently have 40 members, and have recently reached out to the AHCA to broaden our membership base.

Originally we set the forum up at <http://highland.mysticplains.org> but have recently registered the more appropriate address of <http://www.HighlandCattleForum.org> (case insensitive). Both addresses will get you there, but we have completed the internal conversion to the new address. The "www" part is optional and is supported to conform to web standards, but <http://highlandcattleforum.org> will work as well. We are quite pleased with the forum structure, but would like to see more traffic there. We are looking for both new members and more experienced members

willing to share their experience. Over the last year we have learned to deal with spammers and are able to keep the forum free of junk postings. We run the forum ad-free, non-profit, with very minimal cost and with volunteer administrators.

Our goal is to have a world class forum for the Highland Breeder to ask questions, debate issues and list notices important to our mutual Highland Cattle endeavors.

The forum should work with all web browsers and has been tested with multiple version of Internet Explorer and Firefox. It's pretty easy to navigate, as you can below with the screen capture.

Please sign on and catch up if you are an existing member, and register if you are new! You can't "hurt" the forum in any way - so please feel free to play!

The screenshot displays the Highland Cattle Discussion Forum interface. At the top, it says "Hello KevinC" and shows the user's login status. Below this is a navigation menu with options like HOME, HELP, SEARCH, ADMIN, PROFILE, MY MESSAGES, CALENDAR, MEMBERS, and LOGOUT. The main content area is titled "Highland Cattle Discussion Forum" and lists various discussion forums. Each forum entry includes a title, a brief description, the number of posts, the number of topics, and the last post information (author and date).

Forum Name	Description	Posts	Topics	Last Post
General Discussion	Feel free to talk about anything and everything in this board.	40 Posts	14 Topics	Last post by KevinC in Bull management on November 23, 2010, 10:55:55 PM
FAQ (Frequently Asked Questions)	New to Highland Cattle? Check out this area for answers to the most frequently asked questions.	62 Posts	17 Topics	Last post by YoungSproutFarms in Re: Scottish Names on December 28, 2010, 06:37:31 PM
Small Herd Management	Look here for discussions associated with small/hobby size herds	7 Posts	3 Topics	Last post by YoungSproutFarms in Re: Building up a cattle... on August 24, 2010, 11:25:54 PM
Large Herd Management	Making your living raising Highlands? This is your area!	0 Posts	0 Topics	
Specialty	Specialty cattle topics - Miniatures, Oxen, etc.	2 Posts	1 Topics	Last post by KevinC in Re: new to me cattle on September 21, 2010, 01:36:29 PM
Equipment for Sale	Non-livestock related sales. Please use http://www.heartlandhighlandcattleassociation.org/classifieds for livestock sales	0 Posts	0 Topics	
Wanted to Buy	Post your request here and let others contact you!	41 Posts	5 Topics	Last post by YoungSproutFarms in Re: Cattle Trailer on December 05, 2010, 12:34:47 PM
Sustainability Practices	Building your practice for your great grandchildren? Post here and let us know how!	2 Posts	1 Topics	Last post by KevinC in Re: Sustainable in this ... on November 23, 2010, 12:21:42 PM
Clubs and Associations	Please feel free to post a link to your club or association in this area for others to see. Title should be: " as in "Missouri: Heartland Highland Cattle Association"	10 Posts	3 Topics	Last post by windemere farm in Wisconsin-Minnesota & ... on January 08, 2011, 10:20:05 AM
Calendar of Events	Upcoming and regularly scheduled events.	5 Posts	3 Topics	Last post by windemere farm in North Central Highland C... on January 08, 2011, 10:24:12 AM
Producer's Websites	Please provide a post and link to your website!	22 Posts	6 Topics	Last post by Dan Collins in Heritage Hills Farm on November 23, 2010, 10:53:56 AM
Other Links	Short posts containing links to other Internet sites	6 Posts	5 Topics	Last post by KevinC in Grass feed marketing strips... on September 29, 2010, 12:50:08 PM
Suggestions!	Please post your suggestions for improving this site!	7 Posts	3 Topics	Last post by KevinC in Re: Books on highland / ... on July 10, 2010, 01:11:11 PM

Regional Director's Note

By Keith Bakeman

As your Regional Director to the AHCA, I can assist you with your association questions, voice your concerns or problems to the association and report back to you on the actions of the Association Board of Directors. Our next meeting will be at the summer Convention starting June 16. Please contact me by

phone or e-mail if I can help you with questions, problems or comments to the board: [\(417\) 995-2002](tel:4179952002) or laughingsun@keinet.net. I will report in the next newsletter on the association actions at the summer Convention that pertain to regional associations and general interest of members.

Calendar of Events

<i>When</i>	<i>What</i>	<i>Where</i>	<i>Contact</i>	<i>Website/Email</i>
10-12 June	KC Scottish Highland Games and Celtic Festival Highland Cattle will be on display!	E.H. Young Park, Riverside, MO		www.kcscottishgames.org
4 July 1-4 PM	4th Annual Highland Field Day and Picnic	Lightening Ridge Farm, Willow Springs, MO	David and Ruth Embry 417.469.2411	heartlandhighlandcattle@gmail.com
10 – 11 Sept.	9 th Annual SW MO Celtic Heritage Festival and Highland Games; Highland cattle on display and Highland beef concession stand	Old City Park and Fairgrounds	417-345-2852	www.swmocelticfestival.com or heartlandhighlandcattle@gmail.com
<p>The SW MO Celtic Heritage Festival & Highland Games in Buffalo, MO, located on East Ramsey St. at the Old City Park and Fairgrounds.</p> <p>The Festival begins with the Calling of the Clans on Friday evening at 6:00 PM; Saturday festivities begin at 9:00 AM and go till 5:00 PM.</p> <p>The Kilties from Springfield, MO, will be returning this year to perform at our Official Ceremonies at noon and our featured band is the Tullamore. New this year is the Scottish Sword Fighting demonstrations, new vendors, and more Kiddie Games with a make it and take it booth for the children.</p> <p>Returning is the Archery Group, demonstrations, spinners, Birds of Prey, Highland Cattle and numerous other activities to keep you entertained all day. There are twelve entertainers and dancers on three stages throughout the day. Don't forget to come and enjoy the Athletic Highland Games and be amazed at these athletes' strength.</p> <p>Come join us for a day of Celtic Cultural experience. Check out the website at www.swmocelticfestival.com</p> <p>At this Festival, the HHCA has a concession stand featuring Highland beef. The beef is sold as a fundraiser for the HHCA; it has been a great fundraiser for the past three years. Anyone interested in attending the Festival and giving a helping hand at the concession stand, please contact the HHCA.</p>				
1 Oct.	Forest Park St. Louis Scottish Games Don McCallie will have Highlands on display	St. Louis, MO	Don McCallie 636.452.3407	donmccallie@msn.com
7-9 Oct.	Ozark Fall FarmFest	Ozark Empire Fairgrounds, Springfield, MO	HHCA Secretary 417-345-0575	heartlandhighlandcattle@gmail.com
15-16 Oct.	Heritage Days	Harry S. Truman's Visitor's Center, Warsaw, MO	Steve Hanson 660-438-6968 or 660-723-9527	heartlandhighlandcattle@gmail.com
29 Oct	Highland Field Day Showcasing Highland fold, information and networking	Coble Highland Ranch, Henryetta, OK	Blake Coble	coblehighlandranch@yahoo.com or heartlandhighlandcattle@gmail.com
3-5 Nov.	Small Farm Today Conference	Columbia, MO		heartlandhighlandcattle@gmail.com

Board of Directors and Officers' Contact Information

Board of Directors

Year	Name	Location
2012	Troy Schroeder	Albert, KS
2012	Alan Cameron	Minden, LA
2013	Jerry Delcour	Crane, MO
2014	Blake Coble	Henryetta, OK
2014	Nathaniel Hamilton	Glasco, KS

Officers

President	Tom Thompson 615 Thompson Lane Pocahontas, IL 62275 618.669.2236 Tomteesa55@yahoo.com
Vice President	Greg Roberts 13177 Highway T Marionville, MO 65705 417.744.1928 sybilcampbell-roberts@netzero.net
Secretary/ Treasurer	Gloria Asmussen 976 State Hwy 64 Tunas, MO 65764 417.345.0575 heartlandhighlandcattle@gmail.com

Check out the HHCA website!

www.heartlandhighlandcattleassociation.org

On the site you will find updated classified ads, membership page of new members, and the Events page with the Calendar of Events and pictures from the events.

Remember, the website receives over **145,000** hits per month. This is a great place to get and give information about your farm and Highland cattle.

Use your FREE ad and get exposure and results.

Cut along line

Renewal or New Membership Application Heartland Highland Cattle Association

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Cell _____

E-mail Address _____

Please remit **\$20.00** yearly (12 month) membership dues to:

Heartland Highland Cattle Association
976 State Hwy. 64
Tunas, MO 65764

If you have any questions, comments or concerns, please contact the Secretary, Gloria Asmussen at 417.345.0575
heartlandhighlandcattle@gmail.com

HHCA Recipes

Pulled Highland Beef Sandwiches – from the kitchen of Theresa Thompson

Start with a three or four pound chuck roast, put into the slow cooker with a bottle of beer and sliced onion. Let beef cook on high for at least six hours. Test doneness of the meat by pulling it apart with two forks. If it falls apart, drain off the liquid and shred the meat back into the slow cooker, if it doesn't fall apart yet, let it cook an hour longer before testing it again. Add a bottle of your favorite barbeque sauce and let heat through on low. Serve on hoagie rolls with plenty of pickles and hot peppers.

Of course while the meat is first beginning to cook make up a batch of your favorite potato salad. If you are fortunate to have a garden at home, I hope you plant plenty of sweet corn. That will make this a truly country style meal.

Pulled beef sandwiches, potato salad, and home grown corn. Enjoy!

I would like all the members of the club to send in their favorite potato salad recipe to the news letter. We will try them and put the top three in the next newsletter. Email your recipes to Theresa Thompson at tomteesa55@yahoo.com

HHCA Annual Meeting Guest Speaker, Chris Wake from Wake Feeds

By Kathleen Collins

Below are some of the talking points from Chris Wake. These are taken from my hastily written notes, so if you see a discrepancy, please let me know.

Rotational grazing can bring significant cuts in cost for feeding your cattle. The Department of Natural Resources will help with the costs of building cross fencing for rotational grazing. You must attend Grazing School first, so check with your local and surrounding counties for grazing schools. The cost is around \$80 for three days.

Visit <http://www.nrcs.usda.gov/> and type in the search box at the top left "eqip (your state)". This will pull up a list of articles specific to your state.

For energy and protein, whole cotton seed is less

expensive than corn. The white fuzzy cotton seed helps stimulate the rumen, stirring up the microbial. Fescue hay takes more energy to break down in the stomach.

High sulfur content will kill microbial in the rumen; add Vitamin B complex if your feed/hay has too much sulfur.

Staggers or grass tetany is caused by low levels of magnesium; high nitrogen and potassium content (i.e., using chicken or turkey litter to fertilize a pasture) reduces magnesium.

To contact Chris, you can e-mail him at Wakefeed@gmail.com

Supplements from page 5

systems to encourage supplement intakes, which increases cost.

What are the results of not having the correct micronutrients in a diet? For example, copper deficiencies are fairly common among Missouri cattle that consume forages as a major portion of their diet. A copper deficiency can cause weight loss, beaching of the hair coat and anemia. In regions of the state where vegetation supplies less than 5 ppm of copper, adult beef animals occasionally suffer from falling disease, sudden death due to heart failure and anemia. Another trace mineral, cobalt is required for syntheses of vitamin B12 by ruminal bacteria. A cobalt deficiency

can cause a decrease in appetite, followed by muscle wasting and anemia. Cobalt supplementation is important for beef cows wintered on low-quality roughages of all types.

What does salt do for a cow? Salt is the common form of sodium and chlorine supplementation. Both of these minerals maintain the volume and pH of the body fluids. Sodium is involved in muscle and nerve functions, and chlorine is essential for removing carbon dioxide from the body tissues. Salt can easily be fed free-choice to cattle, but they will usually consume more salt than needed if it is not fed in block form.

HHCA Treasurer's Report

By Gloria Asmussen, HHCA Treasurer

<i>Item</i>	<i>Sub-item</i>	<i>Amount (\$)</i>	<i>Total (\$)</i>
Beginning Balance (March 1, 2010)			3903.64
Income			
	Memberships	2770.00	
	09/10 Banquet	738.00	
	Advertising	920.00	
	Fund raiser	1000.00	
	Merchandise	694.42	
	Donation/Funds.	525.00	
	Co-share	200.00	
	2011 Calendar	1904.00	
Income total			8751.42
Expenses			
	Banquet speaker	893.39	
	Office supplies	809.56	
	Postage	772.02	
	Membership/association	175.00	
	Website/phone line	366.00	
	Advertising	1265.64	
	Merchandise/fund raiser	361.01	
	Miscellaneous	250.00	
	Brochure/calendars	1745.00	
	Convention/director	165.00	
Expenses total			6802.62
Ending Balance, February 28, 2011			5852.44



Dean Adams, President of AHCA presenting at the HHCA Annual Meeting



Greg and Sybil Roberts received the Lee Wolfgang Education and Promotion Award

HHCA Classified Ads

CHECK OUT ALL THE ADS ON THE HHCA WEBSITE AT www.heartlandhighlandcattleassociation.org

Use your FREE membership ad on the website classified section and in the newsletter, your ad will pay off.

There are always SOLD signs being placed on ads.

Alabama

Half Full Blooded red Highland bull and half blood black Angus. 4 yr. old, 1900# magnificent beef body structure 256.656.1596

Arkansas

Unreg. 2 yr. old & yearling Highland bulls Harrison, AR 870.364.2627
mfmurphy51@windstream.net

Highland Fold Dispersal due to health issues; Texarkana, AR Bob Mattson 870.779.1711 rmattson88@yahoo.com

Reg. Highland cows and bull Yellville, AR 870.449.4906 Texarkana, AR 870.779.1711
mpchilduk@hotmail.com

Illinois

Exceptional Reg. Highland heifers & bulls, assortment of colors, Orangeville, IL 815.266.1827 vgord48@aol.com

Kansas

Reg. Highland Cattle--bulls, cows, heifers, calves, Winchester, KS
scattercreekfarm@grasshoppernet.com 913.774.7231

Reg. & unregistered Highland cattle, all colors and ages, Auburn, KS
ozhighlener@sbcglobal.net 785.213.1040

Reg. yearling Highland heifers, halter trained, Almena, KS
quinson@ruraltel.net 785.871.0213

Reg. Highland heifer and cow/calf pair Glasco, KS 785.392.4243
nhamilton@usd333.com

Yearling Reg. bull dob 5.8.10 halter trained, Riley, KS 785.250.0101
camisaboiler@yahoo.com

Mississippi

2 Unreg. Highland bulls, red & brindle 31/2 yr. old proven brindle and yearling bull Oxford, MS 662.832.2738
mike.mills@gmail.com

Missouri

Crossbred Highland & Limonsin full blood steer. exceptional growth.
ShannonShepherds@ymail.com 417.880.7518

4 yr. old unregistered open Highland cow and 2010 Highland steer.
www.blackbellacres.com
2perchons@gmail.com

Registered & unregistered Highlands available Cape Girardeau, MO 314.570.4649 kahhadler@charter.net

Registered Highlands, strong genetic Scottish bloodlines Vintage Hill Highlands www.vintagehill.com 660.537.3906

Reg. red Highland bull, Shepherd's Cove Grovanni, sound bloodlines ld4962@socket.net 573.953.0474

4 yearling Highland calves for sale, registered & unregistered.
hairy cows@centurytel.net 417.369.0505

Registerable Highland bulls, bloodlines from LEA and Flatheads Farm stltowerpam@yahoo.com 636.456.6366

Unregistered Highland cows, bulls, and heifers, ssmsgshome@yahoo.com 417.880.3172

Wanted to buy, two year old Highland steers 636.452.3407

donmccallie@msn.com

Registered Highland Cattle Red Willow Ranch 417.345.0575

gwolfgang2005@yahoo.com

Highland cows, Montgomery City, MO 573.953.0474 ld4962@socket.net

2 yearling registered Highland heifers & 2 yr. old bred registered Highland heifer, Marionville, MO 417.744.1928
sybilcampbell-roberts@netzero.com

Oklahoma

Assortment of unregistered Highlands for sale, Henryetta, OK
www.coblehighlandranch.com

Texas

Reg. white 2 yr. old Highland bull, proven sire, halter trained
www.youngsproutsfarm.com Tyler, TX
glennyoung@hughes.net

2 Reg. red Highland bulls 31/2 yr. old proven sire and yearling bull, Austin, TX 512.791.8042 toshelton@gmail.com

Bannockburn Highland Ranch All ages of Registered or unregistered Highlands for sale
Doucette, TX 409.837.9707
blanxlex@earthlink.net

Get Your HHCA 2012 Calendars!

Our HHCA 2012 Calendar is available for \$18.00 (includes S&H). To order, e-mail the HHCA Secretary at heartlandhighlandcattle@gmail.com

**Heartland Highland Cattle
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Customer Name

Street Address

City, ST ZIP Code