

HIGHLANDS OF THE HEARTLAND

Spring Issue 2017
Issue 26



Heartland Highland Cattle Association, 976 State Highway 65, Tunas, MO 65764

<http://www.heartlandhighlandcattleassociation.org/> 417.345.0575

Letter from the HHCA President

By Blake Coble

Spring is finally here! In Oklahoma, at the Coble Highland Ranch and Zoo, we are having babies everywhere. We just had a cute Scottish Highland and miniature white park heifer born last week, along with piggies, goat kids and lemur babies. We are just kicking off our spring season here at the zoo and have already had many people come to see the critters.

I had a great time at the HHCA annual meeting seeing everyone and getting to meet lots of new folks. My favorite part of all of us getting together is just being able to talk, laugh and have fun! And to whoever made the Scottish Highland beef meatballs, you are welcome to come to Oklahoma and cook for us anytime!

The HHCA Highland Cattle Auction is right around the corner. If you have never attended the auction you are missing out! We have an incredible lineup of cattle to sell this year, so make sure to mark it on your calendar.

Here in Oklahoma, spring is upon us and we are getting greener everyday. We are a little dry still, but we have lots of rain in the forecast. Our thoughts and prayers are with all of the ranchers and farmers who lost so much in the devastating wildfires in Oklahoma, Texas, Kansas and Colorado recently.

I challenge everyone this week to go out and talk to someone about how great the Scottish Highland breed is and how much you love your cattle. The more we talk about these awesome animals, the more people will research, purchase and raise them. I truly feel that

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we raise the best cattle in the world and I have trouble not telling everyone about them!

Thank you again for allowing me to be your president. I feel honored and it is a privilege to serve this association that has done so much for me. I will work hard for you and do everything in my power to promote and educate as many people as possible about Highland cattle and the HHCA.

I look forward to seeing everyone at the HHCA Auction in April. Thank you all for making our association such a fun, happy and informative place for people who own Highlands to gather and share ideas and stories.

Have a Great Spring,
Blake Coble

Mark Your Calendars: 2017 HHCA Highland Auction

Saturday, April 22nd, is the sixth annual HHCA Highland auction. Whether you are planning to purchase Highlands or not, come and help support the auction and meet many new breeders. A perfect place to network and get you farm business cards handed out. What a better way to meet other Highland

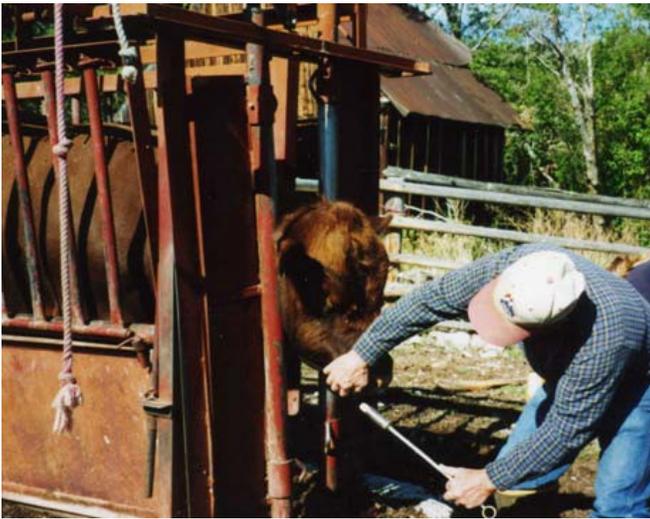
breeders and also see all the 100+ Highlands that are consigned to the auction.

We have registered, unregistered, crossbreds, cows, bulls, heifers and steers. Check all the consignments out at www.highlandauction.com

Diagnosing and Treating Hardware Disease

By Heather Thomas Smith, Countryside Network, November 4, 2016 (originally published 2009/regularly vetted for accuracy)

Cattle occasionally swallow foreign material such as pieces of wire chopped up by a baler. Hardware disease in cattle occurs when a sharp object penetrates the gut lining and damages some other organ or creates peritonitis (infection within the abdomen).



The administration (via balling gun) of a magnet, to be swallowed.

Todd Tibbitts, DVM, a veterinarian in Salmon, Idaho, says the problem is more common than we realize in cow farming, since cattle often eat foreign material with their feed and only occasionally have sharp objects penetrate the stomach.

“Up to 70 percent of slaughtered cull dairy cows have some form of hardware, without having shown clinical signs. This either means they have a magnet

(which kept the object safely inside the stomach) or the object was not sharp enough to penetrate the stomach.” Sometimes the stomach takes care of the object. “At postmortem, I’ve retrieved rusty nails that were nearly dissolved by the stomach fluid. I’ve also found many types of rocks and heavy objects. Roofing nails are the most common things in dairy cows, since people quit using baling wire,” he says. In beef cattle the biggest problem is wire and junk that ends up in baled hay.

Signs of Trouble

When the animal eats a sharp foreign object, the action of the stomach may push it through the stomach wall. The reticulum (second stomach, about the size of a volleyball, with honeycomb shaped compartments) is where the heavy material ends up. Once a nail or piece of wire (or sharp rock) goes through the stomach wall, it may puncture another organ or the heart cavity. The most common signs of hardware disease in cattle are abdominal pain and discomfort. “The animal stands humped up with elbows out away from the body. Head and neck may be extended. The animal may be breathing hard, and grunt when it breathes. One way to check for hardware is to pinch the withers,” says Tibbitts. When you pinch the withers of a healthy animal, it will reflexively lower its body to get away from the pinch. But an animal with hardware won’t do this because it hurts too much to move away from your touch.

Please see *Hardware* on page 4



2017 Annual Meeting

Welcome New Members

Illinois:

Mark J. Korte, Herrin, IL
Ron McCarty, Decatur, IL *sponsored by Ted Bone, Stockton, IL*

Iowa:

Preston Holbert, Conrad, IA *sponsored by Ted Bone, Stockton, IL*

Kentucky:

Jeremy & Jessica Hall, Science Hill, KY *sponsored by Dan Blandford, Sweetwater, TN*

Michigan:

Jon Dewys, Marne, MI
Carolyn Doornhaag, PawPaw, MI *sponsored by Eddie MacKay, Three Rivers, MI*

Minnesota:

Shawn, Melinda, Maryn, Ethan, Lauren & Shaelyn Cowell, Owatonna, MN
Elizabeth Perry & Stan Pelto, Grand Marais, MN

Missouri:

Bernie & Brenda Paul, Norwood, MO *sponsored by Jim Theidman & Randy Rossieter, Ava, MO*
Harry Rothermich & Zora Moravek, Gerald, MO
CJ Weadick, Russellville, MO *sponsored by Phillip & Donna Scritchfield, Eldon, MO*

Montana:

William G. Blacketer, Heron, MT

North Carolina:

Andrew & Amber Gloege, Oakboro, NC, *sponsored by Dan Blandford, Sweetwater, TN*
James Kudas, Elm City, NC

Ohio:

Audie & Terri Bednarczyk, Powhatan Point, OH

Tennessee:

Karl & Charlotte Smith, Crossville, TN

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. This sponsorship gives the new members info and networking with the Association and many other benefits. Please think about sponsorship when you sell your Highlands; it can bring repeat customers and broadens the Association audience.

Calendar of Events

<i>Date(s)</i>	<i>Time(s)</i>	<i>Event</i>	<i>Location</i>	<i>Point of Contact</i>
8 April		Tartan Festival	Scotland Farms of LA, Mindon, LA	318-377-3121
22 April		6 th Annual HHCA Highland Auction	Mid-MO Stockyards, Lebanon, MO	417-345-0575
29-30 April		Iron Thistle Scottish Games	Yukon, OK	Alon Morrison at 405-387-4867
4-5 May		Living History Days	Cedar Creek Farm LLC, Warsaw, MO	417-722-1222
13 May		10 th Annual Highland Seminar	Red Willow, Buffalo, MO	417-345-0575
19 May		Highland Field Day	Taylor Hawk Farm, Deer, AR	Jacque Hawkins, 870-446-5830
4-5 and 11-12 June		Central MO Ren Fest.	Z Rock Farm	Phil and Donna, 573-286-3535
24 June		North Central Highland Cattle Assn. Production Auction	Burlington, WI	262-539-2725
8 July		Annual HHCA Picnic	Cedar Creek Farm LLC, Preston, MO	417-722-1222
23 Sept.		Highland Field Day	The Lazy R, Lawrence, KS	Pam Ferguson 913.638.3141

Hardware from page 2

An advanced case of hardware disease in cattle is demonstrated by this cow — with her head and neck extended, breathing with difficulty.

“If a wire is just starting to migrate and the animal has peritonitis, fever will be 104 to 105°F. With a chronic case, it will be around 103°F. Respiratory rate is usually elevated and the animal is dull, reluctant to move, and off feed, sometimes grinding the teeth. Rumen contractions may be decreased.” At this stage, the problem might be mistaken for pneumonia.

“Hardware can also be confused with an abomasal ulcer. These can show almost identical signs. With an abomasal ulcer, though, you usually see some blood in the stool, some dark, tarry stools. They don’t always have a fever with an ulcer, however,” says Tibbitts.

Early signs of hardware disease in cattle (the first day after penetration of the stomach wall), may be mistaken for indigestion or acute carbohydrate overload in a grain-fed animal; he goes off feed suddenly and is very dull.

“If peritonitis is severe, the animal may die within a couple of days. But chronic peritonitis may go on for months. It may also cause liver damage. The animal may just be doing poorly, and you might mistake it for some other problem,” he says.

Some animals will actually recover. The body walls off the foreign object. But this can lead to other problems. If the foreign body is walled off and creates an adhesion, the reticulum may adhere to the

abdominal wall and then the rumen cannot function properly. “Sometimes the animal becomes a chronic bloater, due to vagus indigestion, being unable to belch to chew the cud properly. The stomach is adhered to the body wall and therefore cannot slide and move or contract as it should,” he says. A chronic bloater may actually be a chronic hardware, in some cases.

The best prevention for hardware disease in cattle is a magnet. Many dairymen routinely put a magnet in each animal when cows are young. The best prevention in feedlot animals is to have all processed feed pass over magnets. “If you use a feed wagon (putting chopped or processed feed into a feed bunk), you can install a magnet on the feed truck to pick up metallic material before it gets to the feed bunk,” he says. Today we see a decrease in hardware disease in cattle caused by metal baling wire as most farmers use natural twine or plastic.

Treatment of Hardware Disease in Cattle

Once the animal is showing signs, the only way to treat it, if the foreign object has migrated out of the stomach, is exploratory surgery. This can be frustrating, however, because sometimes you are too late, he says. If the damage and infection is too severe, the animal may die anyway.

“I go in on the left side to do the laparotomy (surgical incision through the flank), and sweep my hand down around in there to see if I can find something in the abdominal cavity, and remove it. The abdomen is then flushed out with sterile fluids, and treated with antibiotics to clear up the infection,” says Tibbitts.

“If the animal is just starting to show signs, however, I may give it a magnet and some time, to see if the magnet will pull the nail or wire back into the stomach,” he says. The perforation in the stomach wall will usually heal, and the wire will stay safely in the stomach, adhering to the magnet.

If you are just learning how to start a cattle farm, and you find yourself reading up on cattle farming for beginners, I hope you found the information here helpful.

The calendars and other merchandise can be purchased through the website using PayPal (you do NOT need a PayPal account to use PayPal for purchasing...) AND we can now take credit card orders via phone.

Call 417-345-0575 and talk to Gloria if you want to use your credit card by phone to purchase anything from the merchandise page.

Feeding Newly Weaned Calves

By Connor Orrock, K-State

As spring beef calves are beginning to be weaned, it is the producer's responsibility to help make that transition as smooth as possible. Improper weaning can result in poor growth, which may stay with the animal through its life, according to Kansas State University animal scientist Justin Waggoner.

"I break down the weaning process into three stresses the calf is dealing with," said Waggoner, who is a beef systems specialist with K-State Research and Extension. The first and most obvious is maternal separation; the second is moving to a new environment and social structure; the third is the need for a calf to become accustomed to new and unfamiliar feedstuffs as its transitioned from a diet of grass and milk to a total mix ration or starter pellet in a different environment.

Help ease the transition.

Many calves are raised in a grassland environment. Getting them adjusted to a feed bunk is one of the most important things a producer can do in the weaning process. If they do not eat properly there's an increased risk of disease.

Feeding both cows and calves a small amount of a supplement or the weaning ration out of a bunk prior to weaning when the calves are with the cows can be a good way to acclimate them to those feeds. The cows may consume most of the feed, but the calves are up there getting exposed to the bunk.

A study at the K-State Agricultural Research Center at Hays showed that where calves had exposure to a feed bunk, either through a dry lot or pasture method, a higher percentage of them approached and ate from the bunk in the critical first week of weaning than calves that had never been exposed to a feed bunk before, Waggoner said.

"The results tell us previous exposure to the feed bunk really matters," he added. "This is especially important as newly-weaned calves are brought into a typical feedlot environment or even a set of pens. Just that adjustment can help in making that successful transition from being at their mother's side to being in a different environment."

The ration

Waggoner referenced a series of studies called the K-State Hays weaning feed management protocol, a step-by-step process used by standardized across different treatment groups. It transitioned the calves from a grass and milk diet to some sort of a total mix ration.

Weanlings are often used to feedstuffs such as grass and hay, which are not rich in nutrients, so producers must find a way to balance the familiar feedstuff with new, nutrient-rich feeds.

The dry matter intake on calves is often about 1 percent of body weight, Waggoner said. The Hays protocol suggests that producers offer the calf 0.5 percent of its body weight of concentrate-based 75 to 85 percent total digestible nutrients or TDN ration. Try to limit silage and other familiar feeds. So, the calf is offered half of 1.0 or 0.5 percent of body weight of a weaning ration or pellet and half of 1 percent of body weight of good quality grass hay.

Positioning the feed is as important as the feed itself. Put the hay the calves are most familiar with on top of the feed ration on the first day.

The second day the ration should be increased to around 0.7 percent of the body weight and keep the hay the same. Put the hay on top of the ration.

On the third or fourth day, increase the amount of feed, but not the hay. At this time put the ration on top of the hay.

Days seven through 10 of weaning, the goal is to have a calf eating 2 percent to 2.2 percent of its body weight—maybe even 2.5 percent.

"We are trying to build a transition into the calves as they move into new feeding rations in a stabilized way," said Waggoner, noting that this regimen balances the need to transition the calves and ensure they have enough nutrition. Often weanling calves are fed as much as they will eat which can lead to problems later.

"It is important to keep the calves eating because there are many times where we create more problems for ourselves in a weaning program by getting ahead of the calves and offering them too much feed," Waggoner said. "The calves eat really strong one day and then the next day they back off and the intakes go up and down."

Make sure calves are effectively prepared for the weaning transition, he said. Adequately preparing them to make that transition should pay back in terms of health and the ultimate lifetime performance of that calf as it moves to the next phase of the production cycle.

Kick Start Your Cows: 6 Tips

When your newborn calves arrive this spring, remember this word: anestrus. Anestrus is that period of time right after a cow gives birth, when her reproductive abilities are put on hold until her body can build up enough energy reserves to allow her to become receptive to rebreeding.

If she's in poor condition, and her newborn calf is suckling, chances are it could take months for her to rebreed. And that's bad news if you're a cattle producer in these tough times, because more pregnant cows means more calves to market.

That's the message of Dr. Robert Short, a leading reproductive scientist for the Department of Agriculture's Ft. Keogh Livestock and Range Research Laboratory in Miles City, Mont. Short says that suckling and poor nutrition are the major causes of anestrus. "Producers who solve nutritional problems and use body condition scores (BCS) to monitor nutritional status can partially overcome anestrus, but other management decisions can also reduce the negative effects of suckling and nutritionally induced anestrus," he explains.

Short offers six suggestions to producers who want to improve the reproductive performance of their cow herd. These include:

Monitor nutrition: Cows that don't have their nutritional needs met experience more problems with reproduction than cows in good condition. Cows in good condition can rebreed in 30 to 40 days after calving, while the effects of anestrus can inhibit a poor-condition cow from rebreeding for up to 100 days.

"Suckling greatly exaggerates the effects of poor nutrition and can slow the return of estrus, so nutritional and body reserve deficiencies are usually the first place to look when problems with postpartum anestrus are encountered," says Short.

Short suggests that producers consider BCS to monitor the condition of their cattle - particularly in the fall shortly after weaning and a few months before calving. Most commonly scores from 1 to 9 are assigned to cows with the thinnest possible score being 1 and the fattest possible being 9. A BCS of 5 is considered optimum breeding condition. "If you do not have these body reserves at a minimal level your cows cannot reproduce; they will be able to do a lot of other things but they will not be able to reproduce," Short says.

Evaluate time of weaning: An array of weaning systems exist for producers who wish to achieve higher conception rates in their cow herds, but generally, there are two approaches.

The first approach can result in immediate effects on your cow herd, bringing them back out of anestrus and into their reproductive cycle. This involves weaning your calves for a partial, temporary or complete basis during the breeding season.

Partial weaning, explains Short, involves separating calves from their dams for most of the day and then allowing one or two short periods during the day to suckle. Temporary weaning is a system in which calves are separated from their dams for 2 to 4 days. Complete weaning is when calves are removed from their dams at a earlier-than-normal period but still during the breed period. "These systems can increase the number of cows that return to estrus during the breeding season," he says. "However, the response to these treatments is variable and management of these options is somewhat difficult."

The second approach is nothing more than weaning when calves are 5 to 10 months of age. The trick is balancing available feed resources with desirable cow condition and weaning weights and then determining at what point in those five months your operation is best served to wean your calves.

"If you're going to wean later in the year, when your calves are eight to 10 months old, you may get heavier weaning weights but you have to recognize that there may be negative impacts on next spring's conception rates because your cows may be in lower condition," explains Short. "Cows that calve in late winter or early spring are normally wintered in situations where quality of feed is low, and are often subjected to colder temperatures and environmental stresses. This limited quality feed and cold stress make it hard to recover from body condition scores that are too low going into winter."

Short advises producers to evaluate the quality and quantity of their forage. If quality is low but grass is available and cow condition is good, he suggests the use of protein supplementation-which can increase BCS, weaning weights and future conception rates. He also believes producers should consider weaning calves at later than five to six months of age and weigh the risks and/or benefits of doing so.

Kickstart from page 6

At the same time, "if cows are going into the fall are in poor condition and forage is limited in amount and quality, it would be not be wise to wean late even with protein supplementation," Short says. "If cows are thin enough to require an increase in BCS, then supplemental protein along with weaning at 5 to 6 months of age can help cows recover."

Shorten the length of breeding season: While no system works for everyone, Short suggests that producers shorten their breeding system to 45 days or less. That way, you identify the best reproductive performers in the cow herd and you also force many of your cows out of anestrus sooner.

"The longer you leave that bull out there the more difficult it will be to manage your cow herd for maximum fertility," he says. "Breeding seasons that are 45 days or less have several advantage that include weaning a larger, more uniform calf crop, but there is also an advantage in alleviating many of the problems due to anestrus.

"On a 365-day calving interval with a 283-day gestation length you have about 82 days to get that cow rebred," Short continues. "So if you go from the first cow that calves to the last cow that calves with a 45-day breeding season all cows are going to be at a point where they have some reasonable amount of fertility.

When you start lengthening that breeding season to 60 days or especially 82 days there are going to be many cows that have no potential fertility at the beginning of the breeding season."

Use estrous synchronization: "Synchronization of estrus is a useful tool for shortening the breeding season, concentrating labor and making use of AI more feasible for beef cattle," says Short. Some synchronization treatments that include the use of progesterone or progestin often induce some anestrus cows to start cycling again.

Try a teaser bull: Research shows that the presence of a bull in a cow herd during postpartum period will decrease the interval to first estrus, says Short. "It may be advantageous to use a sterile teaser bull to run with postpartum cows before the breeding season starts to stimulate earlier resumption of estrous cycles," he explains. "Care should be used in selecting these teaser bulls to ensure that they are sound and free of disease.

Minimize calving difficulty: Cows that experience difficulty during calving have more difficulty overcoming effects of anestrus and take longer to rebreed. "Management systems that not only minimize calving difficulty will not only save more calves but will also have higher rebreeding rates the next breeding season," concludes Short.

Just a Cow

From time to time people tell me, "Lighten up, it's "just a cow." or, "That's a lot of money for "just a cow." They don't know the distance travelled, the time spent or the costs involved for "just a cow". Some of my proudest moments have come with "just a cow."

Many hours have passed and my only company was "just a cow", but I did not once feel slighted. Some of my saddest moments have been brought about by "just a cow," and, in those days of darkness, the gentle touch of "just a cow" gave me comfort and reason to overcome the day.

If you too, think it's "just a cow", then you will probably understand phrases like "just a friend", "just a sunrise", or "just a promise". "Just a cow" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a cow" brings out the compassion and patience that makes me a better person. Because of "just a cow", I will rise early, stay in the barn for hours and look longingly into the future. So for me, and folks like me, it's not "just a cow" but an embodiment of all the hopes and dreams of the future, the fond memories of the past and the pure enjoyment of the moment. "Just a cow" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not "just a cow", but the thing that gives me humanity and keeps me from being "just a human".

So the next time you hear the phrase "just a cow", just smile ... because they "just don't understand".

-Anonymous-

2018 Calendar Contest Winners!

48 members sent in pictures—there were more than 250 pictures to choose from. With so many participants this year, our graphic printer decided to make **two** 2018 calendars! Thank you all for your participation!

January-Coble Highland Ranch & Zoo/Blake & Kali Coble

February-Buck Whacker/Brent Snead

March-Hwy. H. Happy Hairy Horned Highland Ranch/Billy & Kathleen Bolch

April-Pampered Chicks Farm/Patricia Mills

May-Cheek Farm/Gary & Cindy Cheek

June-AAA Quality Highlanders/Beauford & Emily Wilson

July-Cedar Creek Farms LLC/Roger & Tracee Riley

August-Hairy Cow Farm/Janet Melton & Jerry Delcour

September-Stepping Stone Acres/Rick & Paula Walker

October-Deardorff Highland Farm/Clint & Heather Deardorff

November-Big Ridge Highlands/Bill & Kae Arrington

December-C & B Farms/Fred Eggert & Ian Reuter

WINNER-September/Stepping Stones Acres/ Rick & Paula Walker

January- Rockin Ridgway Ranch/Sean & Katrina Ridgway

February-IQ Raceworks/Ian & Mandy Quinn

March-Schwartz Farm LLC-Emanuel Schwartz

April-Schon Boden Farms-Roger & Cindy Weideman

May-MO-ME Farm/Jerry & Sally Thompson

June-Highland Acres/Steve & Kimberly Crook

July-Honey Creek Farm/Linn & Dee Reece

August-Maple Hill Highlands/Chris & Dawn Manthei

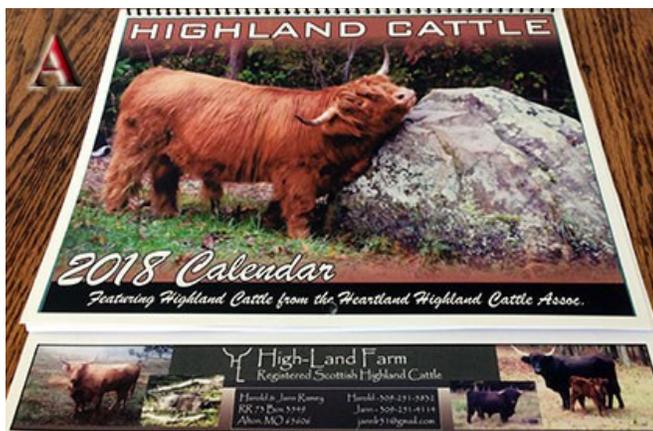
September-North 90/Kent & Linda Bramel

October-TEXOWA Ranch/Dick & Gail Reinap

November-Ruble Ranch/ Zac & Heather Ruble

December-Thornberry Farm/Keith & Schana Thorn

WINNER-May/MO-NE Farm/Jerry & Sally Thompson



2017 HHCA Scholarship Winners

Congratulations to our two HHCA Scholarship winners this year. Jeremy Hepp (pictured with Gloria at right), from Illinois and to Delaney DeHart, from Missouri. Jeremy is a third year college student and Delaney will be a first year college student beginning fall semester of 2017. The HHCA is very proud of your accomplishments and wishes both well.



Great Annual Meeting/Gathering 2017

What a great HHCA Annual Meeting/Gathering. Great speaker presentations from the Fodder Works and Dr. Craig Payne.

The luncheon reception was fantastic, all kinds of Highland beef entrees, summer sausage, hot dishes, salads and desserts. Thank you to all the members who brought a dish to pass.

The Silent Auction was a HUGE success and another THANK YOU to all the people that donated items for the auction. The auction brought in over \$1000 for the Scholarship awards.

The annual meeting brought a new slate of officers and Board of Directors. Say hello to our new President Blake Coble, Vice-President Christine Batz, and two new Board members, Jacque Hawkins and Gary Trevorrow.

This year there were eight new members attending from KS, MO, WI, OK, and IL.

The Lee Wolfgang Promotional & Educational Award went to Wildflower Farm owned by Don and Peggy McCallie.



Hope to see everyone back next year.



Board of Directors and Officers' Contact Information

Board of Directors

Year	Name	Location
2020	Steve Stewart	Spokane, MO
2020	Clint Deardorff	Yale, IA
2019	Jacque Hawkins	Deer, AR
2018	Harold Ramey	Alton, MO
2018	Gary Trevorrow	Crane, MO

Officers

President Blake Coble
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 Treasurer** Gloria Asmussen
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 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.

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 \$25.00 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

Deep Dish Highland Taco Pizza, From Moschell Farms

3 cups all purpose flour	1 Tbsp. Honey
1/2 cup cornmeal	1 pound Scottish Highland ground beef
1 tsp. Salt	1 envelope taco seasoning
1 pkg. (1/4 oz.) quick rise yeast	1 cup refried beans
2 cups warm water (120 to 130 degrees) divided	1/3 cup taco sauce
2 cups shredded Colby Monterey Jack cheese	

Optional toppings: shredded lettuce, chopped tomatoes, crushed tortilla chips, sliced ripe olives, diced avocado, sour cream, salsa

Preheat oven to 400 degrees. Combine 2 1/2 cups flour, cornmeal, salt and yeast. In another bowl, combine 1 1/4 cups warm water and honey. Gradually add dry ingredients; beat until just moistened. Stir in enough remaining flour to form a soft dough. Do not knead. Cover; let rest 20 minutes.

Meanwhile, in a small skillet over medium heat, cook and stir beef, crumbling meat until no longer pink; drain if necessary. Add taco seasoning and remaining 3/4 cup water. Cook and stir until thickened about 2 minutes.

Press dough to fit a greased 9 x 13-in. baking pan. Combine beans and taco sauce; spread over dough. Top with beef mixture (here I went ahead and added fresh vegetables like onion, green pepper, green olives, etc.) and cheese. Bake on lower oven rack until crust is golden and cheese is melted, 15 to 18 minutes. Let stand 5 minutes. Top as desired.



FOR IMMEDIATE RELEASE

American Royal Announces Winners of the 5th Annual American Royal Steak Contest

Kansas City, Missouri – The American Royal is pleased to announce the results of the 5th Annual American Royal Steak Contest. *Congratulations to the Highway H Happy Hairy Horned Highland Cattle Ranch, winner of 4th place in the Grass Fed Beef category.*

On November 14, a panel of invited judges in the fields of production, journalism, and culinary arts assembled in the test kitchen on the campus of Kansas State Olathe to participate in a blind judging of steak entries. The assembled judges evaluated 40 steak entries submitted from 16 states. This year's contest was the largest in its history with nearly double the number of entries than in 2015.

“The American Royal Steak Contest provides beef producers with the opportunity to put their best steaks up against steaks from other top producers for the chance to be named the best tasting steak in the country,” said Lynn Parman, President and CEO of the American Royal. “The contest continues to grow and

this year we saw an increase in the number of entries and the number of states represented.”

Steaks were judged in a blind taste test based 60% on Flavor (Overall 30%, Sustained 15%, and Finish 15%) and 40% on Texture (Juiciness 20% - 10% Initial, 10% Sustained, and Tenderness 20%). Entries were submitted from two categories, Grain Fed Beef and Grass Fed Beef. Full results from the contest can be found at Americanroyal.com/our-royal-events/steak-contest/.

About the American Royal Association Woven through the history of Kansas City since 1899, the American Royal provides opportunities for youth and adults from around the country to compete in our Livestock Show, ProRodeo, Horse Shows, and the World Series of Barbecue®. These events allow the American Royal, a 501 (c) (3) not-for-profit organization, to give over \$1 million annually for youth scholarships and support agriculture education programs. Over 270,000 attendees annually attend American Royal events that generate over \$60 million of economic impact. To learn more about the American Royal visit AmericanRoyal.com.

HHCA Classifieds

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.

Please note: only ads with specific livestock and/or beef for sale are listed on this page. To see general farm site ads, please go to the website as noted above.

Arkansas:

Taylor Hawk Rhett #52960 Deer, AR,
Taylor Hawk Farm 870.446.5830
jacqueh@trivistadesigns.com

Colorado:

Can be registered Highland bull, dob 4-12-16 \$1400 Denver, CO Susanne Larson
970.531.1550 jlaron@rkymtnki.com

Illinois:

Downsizing Highland fold-cows, calves, bull, unreg. cows all bred; John, Hennepin, IL 815.925.7180

Proven 2 yr. old bull, all vaccinated, Ted, Stockton, IL 815.990.5625

4.5 yr. old unreg. Highland bull, Red Bud, IL Dennis Hepp 618.560.8315
heppj@htc.net

Kansas:

Pending reg. Highland yearling bull, black, Albert, KS 785.650.3182
troyas@gbta.net

Red yearling Highland bull, reg. pending; 4 Highland steers approx. 800#; Baldwin, KS 913.710.4362

Tennessee:

2016 calves; 2 reg. heifers, 1 bull can be reg. Dan Blandford Knoxville area 865.692.4215

3 yearling registered bulls, red, white, and black, ready for new homes, great bloodlines, Harrison, TN 423.344.4415
sbbl@comcast.net

Texas:

May 2016 reg. heifer weaned Dec. 1st, Dan/Earlene, Quinlan, TX 214.708.4199

5 yr. old Highland cow bred to Angus bull, Brownwood, TX 325.752.0006

Minnesota:

Downsizing Highland fold: heifers, cows, and herd bull Schon Boden's Yuma Reg.#46308 Larry/Cindy, Little Falls, MN 320.745.2444

2 weanling Highland bulls black & red; Arvida Farm, Grand Marais, MN 218.387.9479

Mississippi:

Three unregistered red heifers Riverview Farms, Oxford, MS 615.319.2710

Missouri:

Crossbred Highland heifers, Hereford & Angus yearlings. Red Willow, Buffalo, MO 417.345.0575

Reg 2015 heifers and bulls, Cheek's Farm, Fair Grove area 417.818.2255

Registered 2015 crop of Highland heifers and bulls, one unregistered heifer. Hwy. H Highlands, Stoutland, MO 417.286.3540 bkbk@missouricom.com

Yrly. unregistered heifer & bull, Ava, MO Bryant View Highlands, 417.683.2122email
bryantview@centurylink.net

Broadstone of Mohun dob 4/2/16, registration pending, Cameron, MO 816.632.1130 cell 913.634.6523

Highland heifers, bulls, steers and bred cows Schwartz Cattle LLC Eldorado Springs, MO 417.521.8909

Highland steer and yearling bull, Black Bell Acres, Alton, MO 417.778.6009

3 Highland/Balancer yearling heifers, 4 C Highlands, Spokane, MO 417.239.7052

Yrly crossbred Highland/Jersey heifer, will produce milk; Jr. or Pearl, Willow Springs, MO 417.469.1643

10 unreg. bulls, one and two years old, breeding or beef, Chris, Richland, MO 573.528.5219

Oklahoma:

2-4yr. old bred cows, yrly bull, & 3 unregistered heifers; Double J Highlands, Choctaw, OK 405.613.4538

2015 reg. and unreg. bulls and heifers, will be reg. at sale; Red Rock Highlands, Red Rock, OK 580.761.1405
vivianandrews@gmail.com

Unreg. dun 4 yr. old cow with bull calf dob5-7-16 OKC, OK Lawhon Family Farm 405.590.5883 dla1044@yahoo.com

Red bull calf, ready when weaned, Kevin; Prague, OK 405.567.9309

Yearling Registered red Highland heifer, located Newkirk, OK contact Charlotte Shiever 405.742.7221

Wisconsin:

STA Stonewall Jackson, #50369 dob 3/12/11, magnificient breeding bull. Four T Acres, Burlington, WI 262.539.2725

**Heartland Highland Cattle
Association**

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