



## American Belgian Blue Breeders, Inc.

### The Beef Solution™ Newsletter

ABBB in the USA

[www.belgianblue.org](http://www.belgianblue.org)

December 2005

## 2005 HOLIDAY WISHES



2005 just flew by ! So many good things happened for the Blues this year, including the re-unification of our two Belgian Blue Beef associations under the ABBB banner. On behalf of the Board of Directors and staff, we wish everyone a "Very Happy, Safe, and Healthy Holiday Season". We look forward to helping you in the coming year. Rest well, 2006 is already promising to be very busy!

## BBI 10<sup>TH</sup> MEETING

The Belgian Blue International's 10<sup>th</sup> meeting was held during the 2005 Libramont International Agricultural Fair, in Libramont, Belgium from July 27-August 3, 2005. Many breeders from around the globe joined the BBI in celebrating its 30<sup>th</sup> Anniversary and the 20<sup>th</sup> Anniversary of the Order of the BBB.

Sponsored by AWEX - The Walloon Export Agency.  
Photos at [www.belgianblueinternational.com](http://www.belgianblueinternational.com)

## 2006 SALE NOMINATION FORM

Take part in the first BBB Sale for the ABBB on April 1, 2006! The nomination form is at the back of the Newsletter. Country Inns and Suites have a block of rooms reserved for the ABBB, call (417) 667-9292. Super8 Motels (417) 667-8888. More hotel info at [www.nevadamo.org/pages/hotel.htm](http://www.nevadamo.org/pages/hotel.htm). Join us for a Blue group dinner at ghe Greenfield's Harvest House on March 31, 2006.

## BELGIAN BLUE JUNIORS

Changes are being made to the Junior Program Points System. Please watch the website for new details after January 1, 2006. A heartfelt THANKS to all the prize sponsors.

## KEEPING UP

Please help us keep our database up to date. Let us know of any changes in email address, street address, and phone numbers. Thanks.

## DATES TO REMEMBER

**Houston Livestock Show and Rodeo™ - Houston, Texas** - *Entries due Jan. 6, 2006*

**Begin Arrival:** Monday Feb. 27, 7 a.m.

**In Place:** Monday Feb. 27, 5 p.m.

**Checked in by:** Monday Feb. 27, 7 p.m.

**Show:** Thursday March 2, 9 a.m.

**Begin Release:** Thursday March 2, upon completion of show

**Must be out by** Thursday March 2, 10 p.m.

Judge is John Stirk of Canada

Visit - [www.hlsr.com](http://www.hlsr.com)

**National Show - Iowa State Fair, Des Moines, Iowa**

August 10-20, 2006.

Visit - [www.iowastatefair.com](http://www.iowastatefair.com)

**Tulsa State Fair, Tulsa, Ok**

The 2006 Tulsa State Fair is September 28 - October 8. The Open Cattle Shows will be September 28 - October 1. Dates to be announced.

Visit - [www.tulsastatefair.com](http://www.tulsastatefair.com)

## JOURNAL SCHEDULE & INFO

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Please keep the new advertising schedule and prices. Help us maintain the schedule and prompt delivery of the publications.

**Spring Issue** – Advertising Deadline is Jan. 6, 2006. Please send us your ads as soon as possible, a new group of folks is preparing the Journal. August 28, 2006 is the Fall deadline.

The pricing for breeder ads is as follows:

Inside Front Cover - \$125

Inside Back Cover - \$125

Color Back Cover - \$150

One Full Page - \$100

½ Page - \$65

Photographs and logos will be an additional \$10 for each. You will need to provide your information. If you have farm/ranch logos, they will need to be camera ready. Any questions about the Journal can be directed to Glenda Sieren at the office.

We have a new group of folks doing the journal. Please adhere to these deadlines. Thank you for your help.



## BB RETAINS CROWN

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A BBB cross won the Heifer Carcass Grand Championship at the Canadian Western Agribition in Regina, Saskatchewan. Visit the ABBB website for the full Press Release.

## MEMBERSHIP DUES

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Membership will be due Jan. 1, 2006. They are \$50 for active members, \$25 for associate members, and \$25 for Junior Members.

## CLASSIFIEDS – *FREE ADS*

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### **For Sale - Fullblood and halfblood bulls.**

Call Lynn Kaufman, Underhill Farms, 187-21st Ave., Moundridge, Kansas 67107, (620) 345-8415 or visit [www.underhillfarms.com](http://www.underhillfarms.com)

### **Full Bloods for Sale - 3 young females, two are 9-12 months of age and one is 15-18 months of age.**

Call Harold Brubaker, Asheboro, NC at (336) 629-4202

### **For Sale - Yearling Fullblood Elite papered bull. Black and White, natural calving genetics**

Call Scott or Julie Buss: (319) 984-5125 or for more info

### **Bulls available. Please check out [www.mnpfarm.com](http://www.mnpfarm.com) and click on Sale Cattlelog!**

Contact: MNP Farm at (417) 759-7916 or [info@mnpfarm.com](mailto:info@mnpfarm.com)

### **Wanted: halfblood and up Belgian Blue feedlot cattle. Prefer 600-900 pounds, but will take larger or smaller ones too.**

Contact: Armin Hesterberg (217) 369-5976

### **Fullblood Bulls Needed**

Contact: Stanley Jones (936) 564-5581 or [windhill@netdot.com](mailto:windhill@netdot.com)

### **For Sale - Fullblood and 7/8 bulls.**

Contact: Glenda Sieren, Sieren Cattle Co. Hedrick IA at (641) 777-2963

## TWENTY-NINE WAYS TO LOVE LEAN BEEF

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(Source-napsnet.com)-Americans love beef! In fact, according to a recent survey, 100 percent prefer to grill beef compared to chicken and other proteins.

Now it's easy to love beef while following a healthful diet. The United States Department of Agriculture (USDA) recently released its updated Nutrient Database, which indicates there are 29 cuts of beef that meet government guidelines for lean.

"Today's beef simply isn't your father's steak. The beef Americans love is leaner than ever before and good for you, too," said Mary K. Young, M.S., R.D., executive director, nutrition, National Cattlemen's Beef Association. "We know people want leaner beef, so the industry has devoted significant resources to offer a wider variety of leaner beef cuts that meet Americans' demands for great taste and smart nutrition. Now there are 29 ways to love your lean beef."

The 29 beef cuts meet government guidelines for lean with less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving (and 100 grams). The 29 cuts include many of Americans' traditional favorites (flank steak, tenderloin, 95% lean ground beef and T-bone steak), as well as newer cuts of beef, such as the Western Griller steak and Ranch steak.

### **Lean Beef: More Taste and Nutrition**

When it comes to choosing healthy proteins, you don't have to give up the great taste of beef. In fact, all 29 lean beef cuts have, on average, only one more gram of saturated fat than a skinless chicken breast, per 3-ounce serving. In addition, each lean beef cut is a nutrient powerhouse with eight times more vitamin B12, six times more zinc and three times more iron than the same size serving of a skinless chicken breast.

### **Going Lean with Protein**

Earlier this year, the USDA urged Americans to "go lean with protein" as part of the 2005 Dietary Guidelines for Americans and MyPyramid. With 29 lean beef cuts to choose from, Americans can easily enjoy the beef they love, while going lean with protein. In

addition, the Guidelines recommend people get "more nutrition from their calories," to help them meet everyday nutrient needs. One 3-ounce serving of naturally nutrient-rich beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it's an excellent source of protein, zinc, vitamin B12, selenium and phosphorus; and a good source of niacin, vitamin B6, iron and riboflavin.

"We know people don't want to sacrifice great taste when they're following a healthy lifestyle, but many are surprised to know lean beef can easily fit a nutritious menu," said Connie Guttersen, Ph.D., R.D., nutrition instructor, Culinary Institute of America. "The 29 cuts of lean beef are a complete recipe for better health: lean protein, essential nutrients and great taste."

To identify the 29 lean cuts of beef, download a pocket-sized Lean Cuts Wallet Card, as well as a variety of lean beef recipes, at [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com).

The Grilling Survey was conducted on behalf of the Cattlemen's Beef Board and the National Cattlemen's Beef Association by Kelton Research between July 25 and August 5, 2005.

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## **GIFTS**

Offer those you love an ABBB T-Shirt or a Sweatshirt this holiday season. Contact Glenda for more information.

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## **NATIONAL HEADQUARTERS**

### **American Belgian Blue Breeders, Inc.**

P.O. Box 154, Hedrick, IA 52563

Phone (641) 661-2332

Fax (641) 661-2332

Website [www.belgianblue.org](http://www.belgianblue.org)

Email : [info@belgianblue.org](mailto:info@belgianblue.org)



**ABBB SALE NOMINATION FORM  
10<sup>th</sup> ANNUAL BELGIAN BLUE  
SALE**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ FAX NUMBER \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

ANIMAL'S NAME \_\_\_\_\_ PERCENTAGE \_\_\_\_\_

ANIMAL'S REGISTRATION NO. \_\_\_\_\_ SEX \_\_\_\_\_

PLEASE GIVE A STATEMENT OF DESCRIPTION OF YOUR ANIMAL TO GO INTO THE CATALOG

IF YOU HAVE A PICTURE WE WILL INCLUDE IT INTO THE CATALOG.

1. SELLER AGREES TO ABIDE BY THE GENERAL RULES FOR CONSIGNMENT, TERMS AND CONDITIONS OF THIS SALE.
2. SPACE IN THIS SALE IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS AND ANY NOMINATIONS INCLUDED IN CATALOG MUST BE RECEIVED BY March 5, 2006. NOMINATIONS WILL BE ACCEPTED UP TO SALE DAY BUT THE FEE WILL BE SUBTRACTED FROM ANY PROCEEDS OR PAPERS WILL NOT BE RELEASED UNTIL FEE IS PAID.
3. NOMINATED ANIMALS MUST HAVE A LEGIBLE TATTO THAT MATCHES ITS REGISTRATION. REGISTRATION PAPERS MUST BE IN TO OFFICE BEFORE SALE BEGINS OR ANIMAL WILL NOT BE SOLD. PLEASE SEND PICTURE.
4. A \$30.00 NOMINATION FEE & REGISTRATION PAPERS ARE DUE WITH THIS FORM FOR EACH ANIMAL. THERE WILL BE NO BUY BACK FEE IF NOMINATION FEE HAS BEEN PAID.
5. ALL CONSIGNORS ARE ENCOURAGED TO BE A MEMBER OF THE ABBB. ALL MEMBERSHIPS AND ACCOUNTS ARE TO BE PAID IN FULL BEFORE PAPERS WILL BE FORWARDED OR TRANSFERRED.
6. CONSIGNORS ARE RESPONSIBLE TO GET THEIR CATTLE TO THE SALE AND IF UNABLE TO DO SO SHOULD CONTACT ONE OF THOSE LISTED BELOW.
7. ALL CATTLE MUST BE ACCOMPANIED BY PROPER HEALTH PAPERS IN ORDER TO TRAVEL THROUGHOUT THE U.S.
8. ALL CATTLE NEED TO BE CLEAN AND IN GOOD CONDITION. NEED NOT BE HALTER BROKE AND SHAVED (Head clipped would be nice).
9. ALL BULLS OVER 1 YEAR SHOULD BE SEMEN TESTED.
10. ANY CATTLE ENTERED AFTER MARCH 5, 2006 WILL NOT BE IN THE CATALOG. ENTRIES WILL BE ACCEPTED UP UNTIL SALE DATE. PLEASE CALL AHEAD FOR ANIMAL HEAD COUNT.

YOUR SIGNATURE ON THIS FORM WILL SERVE AS A TRANSFER FORM AND APPLICATION OF NOMINATION.

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SIGNATURE OF OWNER/SELLER

IF YOU HAVE QUESTIONS OR COMMENTS PLEASE CALL ABBB OFFICE AT 641-661-2332.

KEN MCMANIGLE DAYS 319-634-3788 EVENINGS 319-634-3768

KEN SCHLICHT 712-548-2728 STEVE DOLLARHIDE 580-245-2370

MAIL FORM TO:ABBB P.O. BOX 154 HEDRICK, IA. 52563

SALE HELD AT THE HEELY LIVESTOCK MARKET, INC.

Hwy. 32 and U in El Dorado Springs, Mo.

APRIL 1, 2006 AT 1:00 P.M.