



American Belgian Blue Breeders, Inc.

The Beef Solution™ Newsletter

ABBB in the USA

www.belgianblue.org

January 2012

2012 BELGIAN BLUE SALE SPRINGDALE, ARKANSAS APRIL 21, 2012

April 21th is the date to put on your calendar. The Third Annual Belgian Blue Sale in Arkansas will be 1 p.m. in Springdale at the Farmers Livestock Auction. We all look forward to a great sale and a great time with Belgian Blue friends. All information on nominations, guidelines and health requirements are available on the ABBB website. For more information contact Steve Dollarhide www.stevedollarhide@yahoo.com or 870-648-6546 or contact Connie Brooks at president@belgianblue.org or 417.840.5464. A block of rooms will be reserved for the night of April 20 at the Fairfield Inn, 1043 Rieff Street, Springdale, AR. Room rate is \$69 (includes continental breakfast). Watch the website for the final information. Join us as we get together for dinner and fellowship on April 20 at the Western Sizzlin at 8 p.m. We will have a room reserved with everyone taking care of their own meal. Come visit and have a great evening.

Pam Lee

New Executive Director

The board welcomes our new Executive Director Pam Lee of Nacogdoches, TX. Pam has experience in breeding, promotion and meat production of the breed. We are looking forward to working with Pam. The new address for the office is:

P.O. Box 633404
Nacogdoches, TX 75963
Phone: 936.652.2550
info@belgianblue.org

The ABBB would like to express our appreciation to Steven McManigle for working with us for the year. His position with Verizon expanded and was unable to continue with the office. Thanks Steven for all your help!

2011 Premier Belgian Blue Awards

Congratulations to the following breeders for the top awards for the 2011 season!

Premier Breeder – Sieren's Cattle Company, Glenda Seiren, Hedrick, IA

Premier Bull – Sieren's Xavier ET, Sieren's Cattle Company, Hedrick, IA



Premier Cow – JSH Long Tall Sally, Jim and Sharon Hunt, Walnut Grove, MO



2011 Junior Belgian Blue Awards Champion

A great 2011 showing season had many Junior's showing Belgian Blue cattle. All Junior's did a great job with their cattle for the season. The ABBB gives a big "Congrats" to all our Junior exhibitors.

We are pleased to award the High Point Exhibitor to Jenel Wenndt of Lowden, IA. Jenel cornered the Steer Shows for 2011.

The Junior High Point Reserve Champion is Slade Dollarhide of Haworth, OK. Slade exhibited the Grand Champion Bull at the National Show in Tulsa!! Great job Juniors!!

National Belgian Blue Show **2011 Tulsa State Fair**



**2011 National Grand Champion Bull
"Captain De Somme"**



**2011 National Grand Champion Female "JSH
Long Tall Sally"**

Showmanship:

- 1st Logan Beckham Elkland, MO
- 2nd Jenel Wendt Lowden, IA
- 3rd Rachel Dollarhide Haworth, OK
- 4th Stephen Names Sheridan, AR
- 5th Tyler Garica Edmond, OK
- 6th Slade Dollarhide Haworth, OK
- 7th Lane Hull Ardmore, OK

Prospect Low & Steer Halfblood or under 400-900 lbs

1st SIE Clifford Glenda Sieren Hedrick IA

Grand Champion Prospect Low% Steer

SIE Clifford Glenda Sieren Hedrick IA

Market High% Steers – Over ½, Less than 7/8 Over 900 lbs

1st SKSL Super Baldy Steve Kinser, Hugoton
KS

Grand Champion Market High % Steer

SKSL Super Baldy Steve Kinser, Hugoton KS

Halfblood Female – Feb 1st 2011 & After

1st CWW Blue Ice Princess Charles Weddle,
Edmond OK

2nd GRLE Yazoo Glenda Sieren, Hedrick IA

Halfblood Females – October 1, 2010 – January 31, 2011

1st BGB Penny Larry & Sandie Hull, Ardmore
OK

Champion Halfblood Calf

BGB Penny Larry & Sandie Hull, Ardmore OK

Reserve Champion Halfblood Calf

CWW Blue Ice Princess Charles Weddle,
Edmond OK

Halfblood Female - October 1, 2009 – January 31, 2010

1st JSH Dolly James & Sharon Hunt, Walnut
Grove MO

Champion Halfblood Yearling Female

JSH Dolly James & Sharon Hunt, Walnut Grove
MO

Grand Champion Halfblood Female

JSH Dolly James & Sharon Hunt, Walnut Grove
MO

Reserve Grand Champion Halfblood Female

BGB Penny Larry & Sandie Hull, Ardmore OK

High % Female February 1, 2011 & After

1st Sieren's Yabba Dabba Doo Glenda Sieren,
Hedrick IA

2nd Sieren's Yasmine Glenda Sieren, Hedrick IA

3rd Sieren's Yvonne Glenda Sieren, Hedrick IA

Champion High % Calf

Sieren's Yabba Dabba Doo Glenda Sieren,
Hedrick IA

Reserve Champion High % Calf

Sieren's Yasmine Glenda Sieren, Hedrick IA

High % Female – June 1, 2010 – September 30, 2010

1st Blu Tru Logan Beckham

High % Female s- October 1, 2009 – January 31, 2010

1st SRD Black Santana Larry & Sandie Hull,
Ardmore OK
2nd SRD Black Nina Larry & Sandie Hull,
Ardmore OK

Champion High % Yearling Female

SRD Black Santana Larry & Sandie Hull,
Ardmore OK

Reserve Champion High % Female

SRD Black Nina Larry & Sandie Hull, Ardmore
OK

Grand Champion High % Female

SRD Black Santana Larry & Sandie Hull,
Ardmore OK

Reserve Grand Champion High % Female

Sieren's Yabba Dabba Doo Glenda Sieren,
Hedrick IA

Purebred/Fullblood Female – February 1, 2011 & After

1st Sieren's Yvette Glenda Sieren, Hedrick IA

Purebred/Fullblood Female – October 1, 2010 – January 31, 2011

1st Jones' Xenii ET C. Stanley Jones,
Nacogdoches TX
2nd Jones' Xandy ET C. Stanley Jones,
Nacogdoches TX
3rd Jones' Xola ET C. Stanley Jones,
Nacogdoches TX

Champion Purebred/Fullblood Calf

Sieren's Yvette Glenda Sieren, Hedrick IA

Reserve Champion Purebred/Fullblood Calf

Jones' Xenii ET C. Stanley Jones, Nacogdoches
TX

Purebred/Fullblood Female – June 1, 2010 – September 30, 2010

1st JSH Long Tall Sally James & Sharon Hunt,
Walnut Grove MO
2nd SRD Premium Steve Dollarhide, Haworth
OK
3rd JSH Bee Gee James & Sharon Hunt, Walnut
Grove MO
4th JSH Summer James & Sharon Hunt, Walnut
Grove MO
5th JSH Dabby James & Sharon Hunt, Walnut
Grove MO
6th Yvette Steve Dollarhide, Haworth OK

Purebred/Fullblood Females – February 1, 2010 – May 31, 2010

1st SRD Black Cherry Larry & Sandie Hull,
Ardmore OK
2nd SRD Blue Ribbon Steve Dollarhide,
Haworth OK
3rd MNP Blue Harry's MA Masqueradex Charles
Weddle, Edmond OK
4th JSH Daffney James & Sharon Hunt, Walnut
Grove MO
5th MNP Blue Ms Frosty's Xpression Charles
Weddle, Edmond OK
6th Jones' X's & O's C. Stanley Jones,
Nacogdoches TX

Champion Purebred/Fullblood Yearling Female

JSH Long Tall Sally James & Sharon Hunt,
Walnut Grove MO

Reserve Champion Purebred/Fullblood Yearling Female

SRD Black Cherry Larry & Sandie Hull, Ardmore
OK

Purebred/Fullblood Females - October 1, 2008 – September 30, 2009

1st MNP Blue High Brow Gal Connie Brooks,
Fair Grove MO
2nd Jones' Ursila Larry & Sandie Hull, Ardmore
OK
3rd MNP Blue Classy Choice Connie Brooks,
Fair Grove MO

Champion Purebred Senior Female

MNP Blue High Brow Gal Connie Brooks, Fair Grove MO

Reserve Purebred Senior Female

Jones' Ursila Larry & Sandie Hull, Ardmore OK

Grand Champion Purebred/Fullblood Female

JSH Long Tall Sally James & Sharon Hunt, Walnut Grove MO

Reserve Grand Champion Purebred/Fullblood Female

SRD Black Cherry Larry & Sandie Hull, Ardmore OK

Halfblood Bulls February 1, 2011 & After

1st GRLE Yukon Glenda Sieren, Hedrick IA

Champion Halfblood Bull

GRLE Yukon Glenda Sieren, Hedrick IA

Percentage Bulls – February 1, 2011 & After

1st SIE Yosemite Sam Glenda Sieren, Hedrick IA

Champion Percentage Bull Calf

SIE Yosemite Sam Glenda Sieren, Hedrick IA

Percentage Bulls – October 1, 2008 – September 30, 2009

1st SKSL Jessie's Branch Steve Kinser, Hugoton KS
2nd Thunder Stephen Names, Sheridan AR

Champion Percentage Senior Bull

SKSL Jessie's Branch Steve Kinser, Hugoton KS

Reserve Champion Percentage Senior Bull

Thunder Stephen Names, Sheridan AR

Grand Champion Percentage Bull

SKSL Jessie's Branch Steve Kinser, Hugoton KS

Reserve Grand Champion Percentage Bull

SIE Yosemite Sam Glenda Sieren, Hedrick IA

Purebred/Fullblood Bulls – February 1, 2011 & After

1st SRD Black Diamond Steve Dollarhide, Haworth OK

Purebred/Fullblood Bulls – October 1, 2010 – January 31, 2011

1st Jones' X Man ET C. Stanley Jones, Nacogdoches TX

Champion Purebred/Fullblood Bull Calf

Jones' X Man ET C. Stanley Jones, Nacogdoches TX

Reserve Champion Purebred/Fullblood Bull Calf

SRD Black Diamond Steve Dollarhide, Haworth, OK

Purebred/Fullblood Bulls – February 1, 2010 – May 31, 2010

1st Sieren's Xavier ET Glenda Sieren, Hedrick IA
2nd MNP Blue Main Event Connie Brooks, Fair Grove MO

Champion Purebred/Fullblood Yearling Bull

Sieren's Xavier ET Glenda Sieren, Hedrick IA

Reserve Champion Purebred/Fullblood Yearling Bull

MNP Blue Main Event Connie Brooks, Fair Grove MO

Purebred/Fullblood Bulls – October 1, 2008 – September 30, 2009

1st Captain De Somme Steve Dollarhide, Haworth OK
2nd Jones' Waylon ET C. Stanley Jones, Nacogdoches TX

Purebred/Fullblood Bulls – September 30, 2008 or Before

1st DeShazo's Tonka Shirley DeShazo, Bokshe OK

Champion Purebred/Fullblood Senior Bull

Captain De Somme Steve Dollarhide, Haworth OK

Reserve Champion Purebred/Fullblood Senior Bull

Jones' Waylon ET C. Stanley Jones, Nacogdoches TX

Grand Champion Purebred/Fullblood Bull

Captain De Somme Steve Dollarhide, Haworth OK

Reserve Grand Champion Purebred/Fullblood Bull

Sieren's Xavier ET Glenda Sieren, Hedrick IA

Best Pair of Females

1st Steve Dollarhide Haworth, OK
2nd Larry & Sandie Hull Ardmore, OK 3rd James & Sharon Hunt Walnut Grove, MO
4th James & Sharon Hunt Walnut Grove, MO
5th Connie Brooks Fair Grove, MO
6th Glenda Sieren Hedrick, IA
7th C. Stanley Jones Nacogdoches, TX
8th Charles Weddle Edmond, OK
9th Larry & Sandie Hull Ardmore, OK
10th C. Stanley Jones Nacogdoches, TX
11th Glenda Sieren Hedrick, IA

Best Pair of Bulls

1st Glenda Sieren Hedrick, IA
2nd C. Stanley Jones Nacogdoches, TX

Get - Of - Sire

1st C. Stanley Jones Nacogdoches, TX
2nd Glenda Sieren Hedrick, IA

Produce of Dam

1st C. Stanley Jones Nacogdoches, TX
2nd C. Stanley Jones Nacogdoches, TX

Best of 5 Head

1st Steve Dollarhide Haworth, OK
2nd James & Sharon Hunt Walnut Grove, MO
3rd Larry & Sandie Hull Ardmore, OK
4th C. Stanley Jones Nacogdoches, TX
5th Glenda Sieren Hedrick, IA

Membership Dues for 2012

A kind reminder that the membership dues for 2012 are currently due as of Jan. 1, 2012. Memberships may be paid online or sent to the office. Please make sure all your phone and cell numbers, address, website and email address is lists so we may update our records. Active Membership \$60 and Junior Membership \$35.

A Belgian Blue Engagement

Congrats to Kylie Schlichte and Tyler Petty of Merrill, IA on their engagement. Wedding is September 22, 2012. Best Wishes!

Show and Display Information

All show results are available on the ABBB website: www.belgianblue.org. Many folks are out there promoting for everyone. Thanks to everyone! If you know of a display or event please let us know.

2012 Tattoo letter is Z

2011 letter was Y

2010 letter was X

Please help us keep our records up to date. Let us know of any changes on the cattle. It is very important in order to refer potential breeders. Also, it is very important to keep the office informed of animals listed on the classified ads that have been sold. Thanks!

Registrations and Transfers

Please send in your registrations and transfers to the office as needed. To keep our herd book up to date, please make sure transfers are complete on animals sold. Transfers are especially helpful to new breeders. Anyone having any pending transfers or registrations please contact the office. Thanks for your cooperation.

2012 ABBB OFFICERS

The board elected the following officers:

President - Connie Brooks, Fair Grove, Missouri

Vice President –Harold Brubaker, Asheboro, NC

Secretary-Treasurer – Steve Dollarhide, Haworth, OK

Board:

C. Stanley Jones, Nacogdoches, TX

Adam Horman, Clarence, IA

Ken McManigle, Stanley, IA

Kyle Kerhli, Manchester, IA

Cindy Berner-Schlichte, Merrill, IA

Marie Goubau, Lefavre, Canada

ABBB 2012 Calendar

Sale

Sale Nominations Due March 16, 2012

Sale Dinner April 20, 2012

Location to be announced

Sale April 21, 2012

Juniors

Scholarship apps due by Feb. 1, 2012

2012 Champion points due by

Dec. 15, 2012

Newsletters

January

May

September

Journal

Journal ads in by May 1, 2012

Journal Mailed June 15, 2012

Houston Display

Feb. 27 – March 4, 2012

Iowa State Fair Show

To Be Announced – Watch the website

National Show Tulsa State

Fair

Sept. 27-30

Annual Membership Meeting – TSF

Show –Friday Sept. 28

Awards Dinner and Benefit Auction

Sat. Sept. 29. Watch website for times and locations.

Online ABBB Store **Coming Soon**

Look for an online ABBB store button on the ABBB website: www.belgianblue.org

All payment and shipping are available on the site. Everyone will be able to order all your ABBB clothing and accessories anytime. All sizes are available. Watch for the E-store button on the website. If you do not see what you would like please contact the office or Connie Brooks. Browse and shop!!

Beef is Healthy

A Look at Today's Health Headlines

Beef: It Can Be What's For Dinner

You don't have to lose your taste for red meat to lower your cholesterol. According to a new study, eating beef in moderation can actually help lower "bad" LDL cholesterol levels.

By [Jaimie Dalessio, Senior Editor](#)

TUESDAY, Jan. 3, 2012 — Good news for meat-lovers who are striving to lower their cholesterol levels: You don't have to completely crush your inner carnivore.

Heart-healthy diets that include lean cuts of red meat can help reduce cholesterol with effectiveness similar to that of the fruit-and-vegetable-based [DASH diet](#), according to a small study published in the *American Journal of Clinical Nutrition*.

Typically people who are watching their cholesterol are warned to shun red meat because the tastiest cuts are usually high in saturated fat, which can raise blood cholesterol levels.

The highly controlled study assigned 36 participants, all with elevated LDL, or "bad," cholesterol levels, to follow four different diets with similar calorie counts for five weeks. The diets included a "healthy American diet" of more oils,

saturated fat, and refined grains than the other diets, the DASH diet of veggies, fruits, and more emphasis on poultry and fish than beef, and two others (BOLD and BOLD+) similar to DASH but with greater proportions of lean beef.

To make sure everyone stuck to their assigned diets, the participants ate one meal every weekday at Penn State's Metabolic Diet Study Center and took home the rest of the meals, packed by the Center, according to [Reuters](#).

The study found that the "healthy American diet" raised cholesterol levels, while the DASH diet and lean beef-based diets improved levels by about the same amount (10 percent), according to [Men's Health](#).

The study authors concluded that when following a low saturated fat diet similar to DASH, including lean beef or swapping carbohydrates for a protein (including lean beef) can lower total cholesterol and bad cholesterol levels.

The lesson: As long as the meat you eat is lean and low in saturated fat, it can be a surprisingly healthy part of a heart-healthy diet.

SO WHICH CUTS OF MEAT SHOULD YOU BUY?

The study authors noted that in real-world situations, people might not know the leanest cuts of meat or the healthiest ways to cook them.

According to the American Heart Association (AHA), the leanest beef cuts include the round, chuck, sirloin, or loin. When it comes to pork, go for the tenderloin or loin chop. For lamb, choose cuts from the leg, arm, and loin. According to USDA guidelines, a 3.5 ounce serving counts as "lean" if it has 4.5 or fewer grams of saturated fat. The

leanest cut, an eye round roast or steak, has only 1.4 grams of saturated fat per serving.

Buy "choice" or "select" grades rather than "prime," which is also higher in fat, and make your meat extra-lean by cutting off any excess fat before you prepare it. Broil, braise, and grill instead of pan-frying.

Moderation is key. The AHA recommends no more than six ounces a day (for a visual, three ounces is about the size of a deck of cards) of cooked lean meat, poultry, fish, or seafood a day for people who consume 2,000 calories daily.

For the latest news and information on living a heart-healthy lifestyle, follow [@HeartDiseases](#) on Twitter from the editors of [@EverydayHealth](#).

Last Updated: 01/03/2012

ABBB BRED BELT BUCKLES WILL BE COMING! WATCH THE WEBSITE!

CLASSIFIED ADS ON THE ABBB WEBSITE ARE FREE TO MEMBERS!

ABBB BREED BELT BUCKLES WILL BE COMING! WATCH THE WEBSITE!

Check out the photo gallery on the ABBB site for great photos of the National Show

NATIONAL HEADQUARTERS

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