

# Pennsylvania Simmental Association

## NEWSLETTER

SUMMER 2014

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## Spring Sale Roundup

PSA breeders consigning quality lots and a strong market helped Simmental sales return strong numbers this spring.

*See pages 4 and 5 for sale highlights.*



Lot #1 of the Stars & Stripes Sale  
CLO American Honey 77A  
Consigned by PSA member CLO  
Simmentals, sold for \$10,000.



Lot #46 of the Stars & Stripes Sale  
HTP/SVF Taste Of Honey  
Consigned by PSA member Kevin  
Bishop, sold for \$7,500.

## Important Changes to the ASA's Genetic Reporting System, TraitTrac

In order to quickly adapt to newly identified genetic disorders and create a more easily understood system, the American Simmental Association has replaced its color system with a more flexible approach.

*The New ASA TraitTrac Guide begins on page 2.*

### Infertility Factor Found

Exciting new research into chromosomes has found a reason some females are difficult or impossible to breed.

*Report begins on page 6.*

### Hormones in Beef

Often used to scare consumers away from eating beef, hormones in beef produced with modern methods are not as pervasive as the media lead one to believe.

*Cabbage has more hormones than beef? See page 10 for story.*

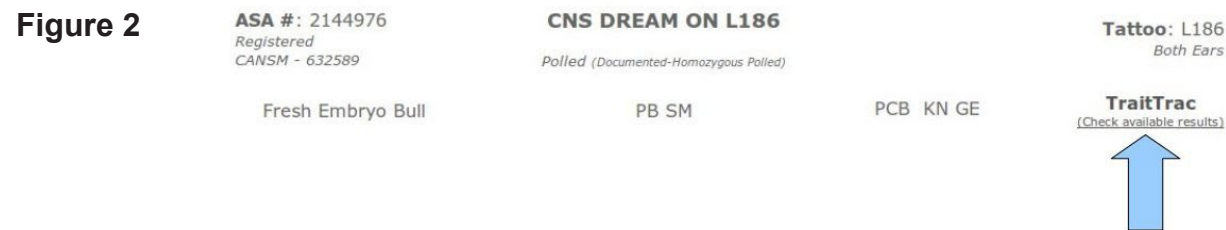
## ASA TraitTrac Guide

The American Simmental Association has recently made changes to the system used for tracking and reporting genetic defects in cattle.

At the April board meeting, the ASA Board of Trustees voted unanimously to remove the color system from TraitTrac and add all genetic conditions with available tests into our TraitTrac system (including the most recent condition, developmental duplication). While the existing TraitTrac has worked well for years, it gives a false impression that “green” animals are clear of genetic defects – they are only clear of the ones we know about. Furthermore, this gives us flexibility to add new conditions to TraitTrac relatively simply as they are discovered. In the new TraitTrac system, the main animal page says “TraitTrac” if an animal has no results on any genetic conditions (figure 1).



If the statement “Check for available results” appears under “TraitTrac” then there is additional information on this animal (figure 2).



If the word **Check** is bold, the animal has a carrier in the lineage, a population risk or is a tested carrier for at least one genetic defect based upon the information currently in the database. Click on the TraitTrac to view all genetic defect information on any particular animal (figure 3).



ASA TraitTrac Guide continued page 3

ASA TraitTrac Guide continued from page 2

Legend	
TF	Tested Free
PF	Parentage Free
DF	Documented Free
AF	Assumed Free
HC	Homozygous Carrier
TC	Tested Carrier
DC	Documented Carrier
CL	Carrier in Lineage
DL	Documented Carrier in Lineage
PR	Population Risk

Each genetic condition has an abbreviation (see legend graphic) TraitTrac Legend and an abbreviation for the animal status for each condition (same as before; **TF** = Tested Free, **PF** = Parentage Free, **DF** = Documented Free, **AF** = Assumed Free, **HC** = Homozygous Carrier, **TC** = Tested Carrier, **DC** = Documented Carrier, **CL** = Carrier in Lineage, **DL** = Documented Carrier in Lineage, or **PR** = Population Risk).

As before, when ASA receives test results on a particular animal, TraitTrac will update the status for that particular animal and also populate the results for their progeny. In other words, if an animal is tested free for DD, the animal will be updated as tested free (TF) and all the animal's progeny will be updated to recognize parentage free (if both parents are free). On the other hand, progeny of a tested carrier animal will all have carrier in lineage unless the progeny has test results themselves.

In summary, the new TraitTrac system will work much like the old system except there is no color associated with the status of the animal. All known genetic conditions with available tests will be included in TraitTrac including developmental duplication. This means that genetic holds may appear on some animals that were clear previously if there is a risk of the condition in the lineage. In the TraitTrac page, test

results on an individual animal will be stated in text for each condition with an expandable pedigree. This system will provide information to the membership and public to make sound breeding decisions with test results on known genetic conditions.

Source: Leoma Wells, “Have You Herd?” blog

## GeneSeek Has a New Address

The American Simmental Association's licensed lab, GeneSeek, Inc. has been busy moving to their new, larger location over the course of past few weeks. It's only a few miles down the road from their old facility but will give them plenty of space to grow. If you have a DNA kit to mail to the lab and it will arrive on/after Monday, April 28, 2014, please use the new lab address to avoid any delays in processing.

**GENESEEEK, INC.**  
**4131 N. 48th ST.**  
**LINCOLN, NE 68504**

The US Postal Service will forward mail for up to a year from the old to new address, however, Fed Ex and UPS will only forward packages for a period of two weeks (up until Friday, May 9, 2014). **It is very important if you are shipping via Fed Ex or UPS to use the new address provided above.** Starting May 10, 2014, all DNA kits mailed out of the office will have the new address listed on the self-addressed envelopes.

If you have any questions or concerns please email dna@simmgene.com or call our office at 406.587.4531.

Source: ASA eNews

## Spring Sale Roundup

Quality cattle and a strong beef market helped bring good prices throughout the region.

### PA Beef Expo Simmental Female Sale Results

Held March 28<sup>th</sup>, 2014, at the Livestock Evaluation Center, Pennsylvania Furnace, PA

24 Lots Averaged \$2,380

Sale Manager: Classic Sales • Auctioneer: Col. John L. Spiker



SVF Star Power S802 - Calf Sire

Lot #30 & 30A: High Selling Lot & Cow/Calf Pair

Consignor: Sara Downs\*  
Buyer: W&E Farm\*,  
Holbrook, PA  
Price: \$4,600



Greg Stewart's Open Heifer

Lot #15: High Selling Open Heifer

Consignor: Greg Stewart\*  
Buyer: Deanna Arbucci,  
Marlborough, CT  
Price: \$4,200



MVS Maximus - Calf Sire

Lot #29 & 29A: Cow/Calf Pair

Consignor: Double RD Farm\*  
Buyer: Kenny Poole,  
Union Bridge, MD  
Price: \$4,200



SASA Farms' Cow/Calf Pair

Lot #27 & 27A: Cow/Calf Pair

Consignor: SASA Farms\*  
Buyer: Kenny Poole,  
Union Bridge, MD  
Price: \$3,900

### VA Beef Expo Simmental Sale Results

Held April 19<sup>th</sup>, 2014, at the Rockingham County Fairgrounds, Harrisonburg, VA

Cattle and genetics sold to 9 states including: IL, IN, KS, MD, MS, NC, PA, SD & VA.

50 Lots Averaged \$2,571

Sale Manager: DP Sales • Auctioneer: Thomas Carper, IN



JF Lady 865U - reference dam

Lot #53: High Selling Lot & High Selling Bull

Consignor: Heishman Cattle Co  
Buyer: Tommy Carper Jr., VA  
Price: \$4,300



RF Black Jade 950N - reference granddam

Lot #2B: High Selling Genetic Lot

Consignor: Richard Jenkins & Stonewall Cattle  
Buyer: Nella Ranch, KS  
Price: \$4,200



BF Vidalia - reference dam

Lot #1: Embryos

Consignor: Rocky Hollow & Sloup Simmentals  
Buyer: James Eastep, VA & Bourg Farms, LA  
Price: \$3,900



SAV Final Answer - reference sire

Lot #31: High Selling Cow/Calf Pair

Consignor: Smith Reasor  
Buyer: Neal Brothers Simm., IN  
Price: \$3,500

\*PSA Member

continued on page 5

Spring Sale Results continued from page 4

### Stars & Stripes Sale Results

Held May 3<sup>rd</sup>, 2014, at Mountain View Farm, Gettysburg, PA

Cattle and Genetics sold to: PA, GA, IA, IL, IN, KY, MD, MO, NC, NY, OH, OR, SD, TN, VA, WV and Ontario.

49 Lots Averaged \$4,713

Sale Manager: DP Sales • Auctioneer: Bruce Miller, TX



Lot #8: High Selling Lot & Fall Open Heifer

Consignor: Hudson Pines Farm\*  
Buyer: David Carter, NC  
Price: \$15,000



Lot #27: High Selling Bred Heifer

Consignor: Hudson Pines Farm\*  
Buyer: Pickerel Farms, GA  
Price: \$5,500



Lot #35: High Selling Cow/Calf Pair

Consignor: Powell's Valley Simmentals\*  
Buyer: James Eastep, VA  
Price: \$8,250



Lot #26: High Selling Spring Open Heifer

Consignor: Stewart's Simmental Cattle\*  
Buyer: SteWan Farms\*, PA  
Price: \$9,300

\*PSA Member

## Pennsylvania Adds 28 Farms, Nearly 2,800 Acres to Preservation Program

Pennsylvania's Agricultural Land Preservation Board today safeguarded 2,778 additional acres on 28 farms in 13 counties through the state's nationally renowned farmland preservation program.

The board preserved farms in Bedford, Bucks, Center, Chester, Cumberland, Erie, Lancaster, Mercer, Montgomery, Northampton, Schuylkill, Susquehanna and Wayne counties.

Since the program began in 1988, federal, state, county and local governments have invested more than \$1.2 billion to preserve 489,409 acres on 4,586 farms in 57 counties for future agricultural production.

"The best agriculture land is often the best land for development, but our farmland preservation program ensures prime soils stay in farming," said Agriculture Secretary George Greig. "I thank the producers who want to preserve their land and the people behind the scenes who make it happen. Together, we're preserving agriculture, the cornerstone of Pennsylvania's economy."

The Pennsylvania Agricultural Conservation Easement Purchase Program identifies properties and slows the loss of prime farmland to non-agricultural uses. It enables state, county and local governments to purchase conservation easements, also called development rights, from owners of quality farmland.

In some cases, the federal Farm and Ranchlands Protection Program provides additional assistance. Last fiscal year, Pennsylvania received \$4.2 million in federal reimbursements.

For more information, visit [www.agriculture.state.pa.us](http://www.agriculture.state.pa.us) and search "farmland preservation."

Source: Pennsylvania Department of Agriculture

## Embryo Calves – When is Parent Verification Required?

**I**n the ASA rules and bylaws on page 11, Rule II, section D, it states the following:

All embryo transfer calves produced from a flush collected after December 31, 1999, and being registered by someone other than the breeder (owner or lessee of the donor at the time of the flush) must be parentage verified through an ASA-approved laboratory at owner's expense.

### What exactly does this mean?

- If you do not own the donor dam and are not an authorized representative on the account that owns the donor dam, you are required to parent verify any embryo calves prior to being able to register them in the ASA database. If you absolutely need an issue date for a show or entry deadline, you can place the embryo calf on file (non-registered) prior to the issue date/entry deadline and receive an on file number in ( ) that will become the registration number on the animal once DNA testing has completed and registration submitted.
- If you own the donor dam or are associated with the owner of the donor dam, you are not required to parent verify embryos produced during time of ownership. *\*Note – All donor dams must have DNA on file to qualify as a donor dam in the ASA database, regardless of ownership or breed.*
- If you purchase a flush on a donor dam and a lease is filed with ASA indicating this, you do not have to parent verify the resulting embryo calves from that particular flush.

Remember, it takes anywhere from 14-21 days for parent verification testing to be completed at the lab so please plan accordingly.

If you have any questions on the above information please contact dna@simmgene.com or call our office at 406.587.4531.

Source: Leoma Wells, "Have You Herd?" blog

–Black–	–Red–
<b>SHOEMAKER'S SIMMENTAL</b>	
<i>"Polled Performance Cattle"</i>	
William E. Shoemaker	
Phone: 814-624-0667	
Cell: 412-721-8814	
3839 Milligans Cove Road, Manns Choice, PA 15550	
email: <a href="mailto:shoesim@yahoo.com">shoesim@yahoo.com</a>	
<b>A Family Tradition of Quality since 1910</b>	

## Some Cows' Infertility Linked to Y Chromosome

**O**ne reason why some cows cannot get pregnant may be because they have male (Y) chromosome fragments in their DNA, according to a U.S. Department of Agriculture (USDA) study.

Reproductive efficiency is the most economically important trait in cow-calf production. When a cow does not produce a calf, the producer does not make a profit, but still has to pay for feed, labor and other expenses.

With the help of beef producers, Agricultural Research Service (ARS) geneticist Tara McDanel and her colleagues at the agency's Roman L. Hruska U.S. Meat Animal Research Center (USMARC) in Clay Center, Neb., examined reproduction data on about 6,400 females from cattle herds in Colorado, Florida, Nebraska and at USMARC. The team, which included molecular biologist John Keele and geneticist Larry Kuehn, then genotyped the animals, using a cost-saving genetic screening method called DNA pooling, which combines DNA from individual animals into a single pool.

Females usually inherit an X chromosome from each parent (XX), while males inherit an X and a Y (XY). In the study, only females were tested. Researchers found fragments of the male Y chromosome only in the pool of DNA from non-pregnant animals. All the results should have been XX among the females, according to McDanel.

*continued on page 8*



## Pennsylvania Feeder Cattle & Carcass Improvement Program

*Enhancing the reputation of Pennsylvania cattle*

### Level One:

- Vaccinations with required record keeping
- Identify breed of sire
- Individual animal identification

### Level Two:

(Level I + Level II requirements)

- Weaned
- Minimum 45 days on feed

### Level Three:

(Level I + Level II + Level III requirements)

- RFID cattle identification-Center for Beef Excellence certified
- BQA certified

### Level Four:

(Level I + Level II + Level III + Level IV requirements)

- Herd sire identified with EPDs and/or:
- Genomic testing

CE	BW	WW	YW	MCE	MM	MWW
10.0	1.6	60.4	85.1	5.1	18.6	48.8

### Program Goals:

1. Improve the health and genetics of Pennsylvania cattle.
2. Identify and market feeder cattle that meet superior health and/or genetic history to improve their marketability and reward producers for their efforts.
3. Improve the communication between buyers and sellers.
4. Enhance the economic opportunities for Pennsylvania cattle and Pennsylvania auction barns.

Access to additional markets including local retail and farm markets.



Center for Beef Excellence  
2301 N. Cameron Street, Room 303  
Harrisburg PA 17110  
717-705-1689

**Learn more about this and other programs at:**

[ANoganCBE@gmail.com](mailto:ANoganCBE@gmail.com)  
[www.BeefExcellence.com](http://www.BeefExcellence.com)

[www.facebook.com/PennsylvaniaCenterforBeefExcellence](http://www.facebook.com/PennsylvaniaCenterforBeefExcellence)



## PA Junior Simmental Association News

WELCOME to our new PJSA members!

Tanner Berringer  
Cherry Tree, PA

Ashley Dobbin  
Halifax, PA

Ben Hipsky

We would like to thank the following people for supporting the PJSA:

✓ **Kevin Bishop**

donated over forty units of semen which were sold at the Spring Simmental Female Sale to benefit the juniors!

✓ **Les and Cindy Whitmoyer**  
purchased semen!

✓ **Pennsylvania Simmental Association and the Feight Family**  
sponsored the premiums for the 2014 PJSA Field Day, held in conjunction with the Southeast PA Beef Classic Jackpot Show!

**Next PJSA Meeting**

Please plan to join us at our next meeting, which will be held at the Farm Show Complex, Harrisburg, PA, during the Keystone International Livestock Expo.

**Infertility Linked to Y Chromosome** continued from page 6

To verify their findings, scientists used an additional test called polymerase chain reaction (PCR), which is an inexpensive and effective means to identify fragments of the Y chromosome. Among animals with low reproductive efficiency, the PCR study showed that 25 percent of those females in the Florida population and 20 percent in the USMARC group had at least one significant chromosome-Y genetic marker. None of the highly reproductive animals had these markers, indicating that females were not getting pregnant because they carried Y chromosome segments.

USMARC scientists are the first to identify the occurrence of chromosome-Y genetic markers in beef cows with reduced reproductive capacity.

For full article, go to <http://www.ars.usda.gov/is/AR/archive/apr14/cattle0414.htm> – or read more about this research in the April 2014 issue of *Agricultural Research* magazine.

ARS is USDA's principal intramural scientific research agency, and this research supports the USDA priority of promoting international food security.

Source: Sandra Avant, USDA



## DATES TO REMEMBER

**June 15**

**2014 THE Fall Cow Herd Inventory Updates Deadline**

Fall Total Herd Enrollment cow herd inventory updates must be submitted to the American Simmental Association by June 15, 2014.

**June 18-21**

**AJSA Eastern Regional Classic • Winston Salem, NC**

**July 13-20**

**AJSA National Classic • Louisville, KY**

**August 12-14**

**Ag Progress Days**

Features fifty-five acres of exhibits, eighty-plus acres for crops and machinery demonstrations, and over four hundred exhibitors from thirty-four states and four provinces of Canada. Of the forty-five thousand expected attendees, over sixty percent are actively engaged in agriculture or related professions. **Please visit the PSA booth!!**

Tuesday, August 12

9:00 a.m. to 5:00 p.m.

Wednesday, August 13

9:00 a.m. to 8:00 p.m.

Thursday, August 14

9:00 a.m. to 4:00 p.m.

**August 31**

**KILE Show Entry Deadline • Harrisburg, PA**

Entries must be received by this date. Late entries may be accepted, but extra fee applies.

**Sept. 27-Oct. 5**

**KILE • Harrisburg, PA**

Keystone International Livestock Expo will be held at the Farm Show Complex, Harrisburg, PA. For more information, see their website [www.keystoneinternational.state.pa.us/](http://www.keystoneinternational.state.pa.us/)

**October 24-25**

**Pennsylvania Fall Classic Sale • Waynesburg, PA**

For nomination form or information, please contact sale manager Chris Brown 304-290-8383.

Friday, October 24

Preview of Sale Cattle

Saturday, October 25

Simmental Sale – lunch sponsored by the PSA

**December 15**

**Early Bird PSA Membership Discount Deadline**

Join or renew your PSA membership by December 15th, 2014, and pay only \$35.00!

### **2014 PA Fall Classic Sale**

**Have nice cattle and not sure where to market them??**

**Please consider consigning to the PA FALL CLASSIC SALE. With an average of \$2705 at the 2013 Fall Classic, THIS is the time to sell!!!!**

**For more information, please contact:  
Sale Manager Chris Brown 304-290-8383**

## Worried About Hormones?

There are a lot of concerns and mixed messages about hormones in beef. There are a few things to keep in mind the next time you hear that beef contains too many hormones.

All multi-cellular organisms contain hormones. That's true for animals and vegetables, but some meat production systems use hormone implants which cause the meat to have slightly more hormones than the non-implanted. True in beef, but not in pork or chicken as federal law does not permit the use of hormones in raising hogs or chickens. Implants are used to increase efficiency (i.e. feed conversion to muscle more quickly) or more muscle from less feed more quickly, which keeps prices down and reduces the environmental impact of production.

In beef, the implanted animals will produce meat that contains slightly more of the hormone estrogen (1.9 versus 1.3 nanograms per 3 ounce serving - which is about the size of a deck of cards). Is that extra estrogen going to cause problems? Consider the facts. When hormones are eaten, they are digested, broken down and largely neutralized, so they don't act as hormones anymore. Even if they did, the 1.9 nanograms of estrogen in implanted beef seems miniscule when we consider that a child's body produces around 50,000 nanograms of estrogen per day. An adult female (non-pregnant) will produce 480,000 nanograms of estrogen per day on its own.

The 1.9 nanograms of estrogen in implanted beef is also miniscule compared to 225 nanograms of estrogen in potatoes, 340 nanograms of estrogen in peas, 520 nanograms of estrogen in ice cream, 2,000 nanograms of estrogen in cabbage, 11,250 nanograms of estrogen in soy milk, and 170,000 nanograms of estrogen in soybean oil... all based on a 3 ounce serving size. One birth control pill contains 35,000 nanograms of estrogen. It may be surprising to learn that there are more hormones in commonly eaten food products than there are in beef (<http://go.unl.edu/u/hg4> or <http://msucares.com/pubs/publications/p2767.pdf>)!

So why do kids seem to be growing faster and reaching puberty earlier? Genetics play a role, but hormones make far less sense than calories consumed and increased levels of body fat (i.e., childhood obesity). According to Dr. Frank Biro of the Cincinnati Children's Hospital, "BMI (body mass index) is, we found, the biggest single factor for the onset of puberty." It is easy to blame hormones and sometimes just meat for that matter, or food in general for health problems because the general public is removed from actual food production and processing. It is human nature to be fearful of things we aren't familiar with or that we don't fully understand. It is always advisable to do some research and make inquiries yourself before believing everything you hear or read. If misinformation and half-truths are repeated often enough, and in sinister enough media campaign voices, they can take on a life of their own devoid of science or truth.

Source: UNL Beef Extension

## PSA CLASSIFIEDS

**Outstanding 1/2 blood SimAngus bull** – 18 month old, long yearling, halter broken, with a nice disposition. He's one of the best ever to come from our farm – his dam was a Grand Champion Female at the PA State Farm Show. Sired by Payday, and his dam is by Dream On x Powerstroke. BW: 84 lbs. WW: 858 lbs. Asking price: \$5,000. He's been forage raised and is ready to go. If you need more information or have any interest in him, please contact Joe Messick at [messick85@comcast.net](mailto:messick85@comcast.net) or by phone at (717) 985-1021.

**Registered Simmental and Simmental/Angus bulls**, born Fall 2013. Black, polled, A.I. sired by Duff New Edition, Hoover Dam, Hooks Shear Force, and others. Great dispositions, calving-ease. \$1500-\$3500. Powell's Valley Simmentals. 717-350-2516 Web: [www.pvsimm.com](http://www.pvsimm.com)

**For Sale: MTV Walnut is an easy keeping, good dispositioned and halter broke bull.** He has been easy to work with, has excellent genetics out of Sand Ranch Hand and Wild Fire Dream. MTV Walnut's dam was a class winner and Junior Heifer Calf Champion at the 2012 Pa. Farm Show open show. He has great epd's: CE 12.5, BW -0.1, WW 53.0, YW 77.0, MCE 13.9, MM 25.2, MWW 51.7, API 118.4, TI 63.4. Contact Les Whitmoyer at 717-673-4837 or 717-865-2245

See page 11 to place your free classified advertisement!

## Advertising

The PSA/PJSA is happy to now offer **FREE** text classifieds for its members in every newsletter! Classified advertisement may be for any item, animal, or a general farm ad, but please do not exceed two hundred fifty characters (not including spaces). Please email ads to [annie@annieduncan.com](mailto:annie@annieduncan.com), or mail to Annie Duncan, 470 Million Dollar Road, Halifax, PA, 17032. Full payments for ads must be received before the deadline to be printed.

### PSA Newsletter Ad Rates

Fall 2014 Issue Ad Deadline: September 10, 2014

#### PSA/PJSA Member Advertising Rates

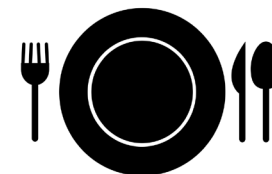
Text Classifieds, up to 250 characters .....	FREE
Text Classifieds, up to 250 characters and one photo.....	\$5.00
Business Card ad, 3.5"x2".....	\$7.00
Quarter Page ad, 4.25"x3.75".....	\$14.00
Half Page ad, 4.25"x 7.5".....	\$25.00
Full Page ad 8.5"x7.5".....	\$45.00

#### PSA/PJSA Non-Member Advertising Rates

Text Classifieds, up to 250 characters .....	\$5.00
Text Classifieds, up to 250 characters and one photo.....	\$7.00
Business Card ad, 3.5"x2".....	\$7.00
Quarter Page ad, 4.25"x3.75".....	\$14.00
Half Page ad, 4.25"x 7.5".....	\$25.00
Full Page ad 8.5"x7.5".....	\$45.00

## News

We want your news! Please send us any PSA/PJSA member show results, photos, and all other news related topics. Please email news items to [annie@annieduncan.com](mailto:annie@annieduncan.com), or mail to Annie Duncan, 470 Million Dollar Road, Halifax, PA, 17032.



### PSA Kitchen

Source: [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)

#### CARIBBEAN RIBEYE STEAKS WITH GRILLED PINEAPPLE SALAD



- 2 beef Ribeye Steaks Boneless, (1" thick, about 12 oz. each)
- 3 tablespoons chopped fresh cilantro, divided
- 2 teaspoons ground cumin
- 1/4 to 1/2 teaspoon ground red pepper

- 4 fresh pineapple slices, cut 1/2 inch thick
- 1 medium red bell peppers, cut in half lengthwise
- 1 medium lime
- Salt

#### Instructions

1. Combine 2 tablespoons cilantro, cumin and ground red pepper, as desired; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals; arrange pineapple slices and bell pepper halves around steaks. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill pineapple 8 minutes or until heated through, turning once. Grill bell pepper 6 to 8 minutes or until tender, turning occasionally.
3. Meanwhile, grate 2 teaspoons peel and squeeze juice from lime. Set aside.
4. Chop pineapple and bell pepper into 1-inch pieces. Combine remaining 1 tablespoon cilantro, 2 teaspoons lime peel and lime juice in medium bowl; stir in pineapple and bell pepper. Season with salt, as desired. Carve steaks into slices; season with salt, as desired. Serve with salad.

If you have a favorite recipe you would like to share, please email to [annie@annieduncan.com](mailto:annie@annieduncan.com), or mail to Annie Duncan, 470 Million Dollar Road, Halifax, PA 17032.

## PENNSYLVANIA SIMMENTAL ASSOCIATION

Annie Duncan, Director  
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