

Pennsylvania Simmental Association

NEWSLETTER

SUMMER 2016

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PSA Field Day

Saturday, July 9, 2016

Curry Wagner Simmentals, Hummelstown, PA

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2016 PA Bull Test Sale

Results on page 3.



Thirteen Simmentals sold for \$48,600, and three SimAngus sold for \$13,800. Overall high-selling bull was lot #74, a Simmental consigned by PSA members Backroad Ranch, Steve and Barbara Lucariello, which sold for \$6,000.

Left: Lot #74

Spring into Excellence Sale Results

See page 2 for more!

Right: SSC Chanel No 5, was the high-selling lot of the Spring into Excellence sale.



Spring into Excellence Simmental Sale Results

Friday, March 25, 2016 • Livestock Evaluation Center, PA Furnace, PA

Sale manager: Classic Sales • Auctioneer: Col. John Spiker



Sale Average: \$2592

High-Selling Lots:

Open Heifer: \$4400 – SSC Chanel No. 5, consigned by Greg Stewart, Halifax, PA, sold to Ste-Wan Farms, Middleburg, PA

Bred Heifer: \$3750 – Hillcrest Bethany, consigned by Hillcrest Farm, Auburn, MA, sold to Jonas Lapp, McVeytown, PA

Bred Heifer: \$3500 – Hillcrest Black Onyx, consigned by Hillcrest Farm, sold to Tim Spivey, Rosiclara, IL

Open Heifer: \$3200 – WESF Pickles, consigned by W & E Farms, Holbrook, PA, sold to William Shick, Clarion, PA



Above: SVF Allegiance Y802, sire of WESF Pickles.

Top left: High-selling lot SSC Chanel No. 5.

Middle left: Hillcrest Bethany.

Bottom left: Hillcrest Black Onyx.



2016 Pennsylvania Performance Bull Test

Friday, March 25, 2016 • Livestock Evaluation Center, PA Furnace, PA

Congratulations to Pennsylvania Simmental Association members Greg and Sam Stewart, Stewart's Simmental Cattle, Halifax, PA, for owning the high-indexing Simmental bull of the 2016 Pennsylvania Performance Bull Test! The bull, SSC First Class 47C, is sired by MR NLC Upgrade U8676 and out of the Dream On cow SSC Runaway Bride 119X. This is the third consecutive year that Stewarts have owned the high-indexing Simmental bull. They received an embroidered chair from the PSA, and a plaque from the Bull Test.



Above: President Laurie Meyers (right) presenting the embroidered chair to Sam Stewart (left) of Stewart's Simmental Cattle, Halifax, PA. Below: (From left) Sam, Grady, and Greg Stewart accept the PCA's Seedstock Producer of the Year award.



High-indexing Simmental bull, SSC First Class 47C.

Thirteen Simmentals sold at the Bull Test Sale, averaging \$3,738, and three SimAngus averaging \$4,600. PSA members Backroad Ranch, Barbara Lucariello, Sherman, NY, had the overall high-selling bull, a Simmental, which was purchased by Richard Shipley of Buffalo Mills, PA, for \$6,000. The high-selling SimAngus bull was consigned by PSA members Messick Farms, Mylin Messick, Middletown, PA, and purchased for \$4,900 by Stanley Matthews of Tioga, PA.

During their March 24th, 2016, annual banquet, the Pennsylvania Cattlemen's Association presented Stewart's Simmental Cattle with their Seed Stock Producer of the Year award.



Telling the Grass-Fed Beef Story

Penn State Extention

This article investigates the claimed benefits of grass-fed versus grain-fed beef with regard to safety, human health, and the environment.

Beef customers are being told many things about their food these days. The advertisements for beef products shout this product is safer, this one is healthier, this one is better for the environment, and many other claims of value. Mary Lou Quinlan, founder of the marketing company Just Ask a Woman, told attendees at the Food System Summit 2010 research conducted from January to June indicates the pressures of a bad economy, media stories about unsafe food, confusing and misleading labels and even friends questioning their food choices on Facebook all figure into their beef purchase decisions. How can a customer sort all of this out and determine the real value they want in their beef? Many of these attributes are placed on grass-fed compared to grain-fed beef.

The reality is there is no evidence whatsoever that grass-fed beef has any advantage for safety, human health, or impact on the environment than grain-fed beef. Both types of beef deliver the important factors of nutrition in the human diet of protein, iron, and zinc in equal proportions.

On the environmental front, studies by Yan et al (2009) in Ireland used growth chambers to evaluate the greenhouse gas emissions from cattle with varying levels of forage and grain in the diet. Coupling these results with a 30% increase of harvest age of grass-fed cattle compared to grain-fed, it becomes clear there is a 500% increase in greenhouse gas emissions for each pound of beef produced from grass-fed compared to grain-fed cattle. Uncontrolled nitrogen and phosphate release to the environment, 35% more water use, and 30% more land use for grass-fed cattle

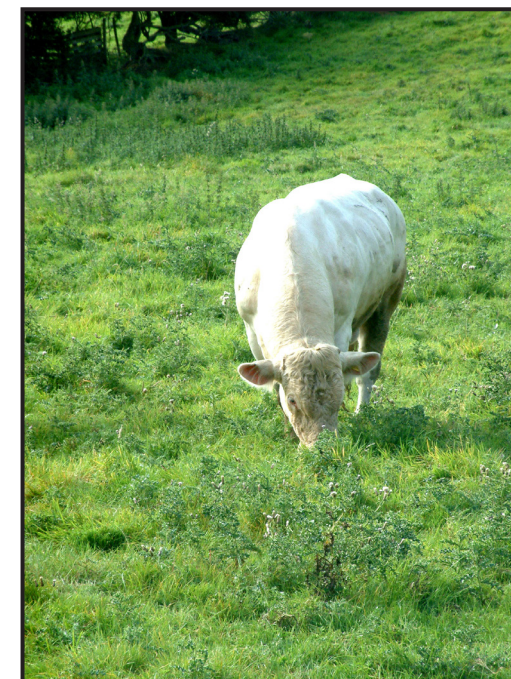
compared to grain-fed increases the environmental impact of strictly grass feeding. A model reported by Canadian workers (Janzen et al, 2008) accounts for carbon loss from fossil fuels for corn production and other factors of production for both grass- and grain-fed cattle and shows the added efficiency of animal production and resource use from intensive grain feeding will reduce the collective environmental impact of grain-fed compared to grass-fed beef.

Two usual claims for grass-fed compared to grain-fed beef is the greater content of conjugated linoleic acid or CLA, which was shown to decrease tumor growth in mice in laboratory studies, and that the grass-fed product is lower in cholesterol. Cholesterol content has never been different in grass- or grain-fed beef. That is just a convenient rumor that got started. Cholesterol does not follow fat content, and foods higher in cholesterol than



beef, like shellfish, eggs, and venison, often have very little fat. There are also some legal issues for false labeling of cholesterol content that can get people in trouble.

The “potent anti-carcinogen” CLA story may be one of the biggest hoaxes played on the consumer because the values used to differentiate grass-fed from grain-fed beef are from raw meat. Samples of raw grass-fed beef consistently have twice the CLA content as a proportion of total fat than samples from raw grain-fed beef. This means the typical grass-fed steak has the same CLA content as a Certified Angus Beef®, heavily grain-fed steak because there would typically be twice as much total fat in the CAB steak. However, this is all irrelevant because studies show when the meat is cooked, there is no difference in CLA content because a large amount of the fat is lost in cooking. Even if people ate the meat raw, you would have to eat 176 pounds of grass-fed beef daily to get the level fed to the mice in the original CLA study (Ha et al, 1987). It should also be noted that in the original CLA study 16 of the 20 mice getting huge doses of CLA still got cancer. The dosage of CLA from this study would have to be increased 182,000 times for an equivalent dose to an average person. The whole CLA story has been based on these 4 mice, making this result irrelevant to human health.



Similarly, the Omega-6 to Omega 3 ratio is an important feature of fat intake in humans. The recommended daily intakes of Omega:3 from the World Health Organization of Page 2 Telling the Grass-Fed Beef Story 1.1 to 1.6 grams/day show it would require a person to eat 41/2 pounds of cooked grass-fed beef daily to meet the minimum daily requirement. Therefore, any speculation that eating grass-fed beef will enhance human health due to Omega:3 fatty acid consumption is clearly incomplete at best, and usually false.

Consumer science studies show food safety is important to consumers, and it is an important feature of food buying decisions. The advertisements for grass-fed beef that claim there are no chances of E. coli infection in humans from grass-fed beef are scary and dangerous, and not because this is a threat to traditional beef products. It is dangerous because it gives consumers a false sense of security. In the case of E. coli, this contamination happens in a processing plant and has nothing to do with how or where the animal was raised. Cattle in all types of environments-feedlots and pasture- have been shown to have

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PSA Field Day

Saturday, July 9, 2016 • 11:00AM

Curry Wagner Simmental Farm, Hummelstown, PA

1423 Sandbeach Road, Hummelstown, PA 17036

All cattlemen are invited to attend!!!

Please see www.pasimmental.com for more event details.

PSA Activities

- **Judging Clinic**
Presented by Cliff Orley.
- **Lunch**
- **Showmanship Clinic**
Presented by Cliff Orley
- **Herd Health**
Veterinarian will speak about herd health.
- **Improvements for your feeding program presented by Agri-Basics**
Adam Zurin, Agri-Basics, will discuss mineral programs for cattle, and how to feed show heifers and steers.
- **Farm Liability Insurance presented by Weaver Insurance Group**
Cliff Sweigart, Weaver Insurance Group, will examine farm liability insurance.



Cliff Orley showing in the Supreme Drive, Keystone International Livestock Expo, Harrisburg, PA.

PJSA Activities

Juniors and adults are encouraged to participate!

- Cattleman's Quiz
- Short Obstacle Course
- Relay Race
- Spaghetti Tower

Mylin Messick

December 5, 1930 - April 21, 2016

We send our condolences to the friends and family of long-time Simmental breeder and Pennsylvania Simmental Association member Mylin Messick.

Mylin M. Messick, 85, of Middletown, passed away Thursday, April 21, 2016 in the Community General Osteopathic Hospital surrounded by his loving family. Born in Elizabethtown on December 5, 1930, he was the son of the late Jacob Stover and Sarah A. Long Messick.

PSA CLASSIFIEDS

Bull and Heifers For Sale The bull, pure bred Simmental Cherokee Red Man (DOB 3-20-12), was purchased at the October 2012 Fall Classic Pennsylvania Simmental Association Sale. This bull, Cherokee Red Man, is the sire of the 17 unregistered pure bred Simmental and Simm-Angus heifers (DOB April 2015) that are also for sale. The heifers' dams are pure bred Simmental or Simm-Angus, either registered or unregistered. The 17 heifers are located for viewing and purchase in Mercersburg, PA, 17236. For further information call 717-328-4177.

For Sale: 3/4 Reg. Bred Simmental Heifer This fall heifer comes from our highly successful Sheez Alright donor by Built Right. Going back to the 439 Polley family, winning classes at the Ohio State fair, Denver then winning the Ohio Beef Expo SimSolution division. Flushing her to Yardley High Regard produced this deep bodied tank. Admire her extra length and long hip. She is bred to a register purebred Angus bull for an easy 1st calf. The resulting calf can be a register 1/2 Simmental. This heifer is easy keeping and was successfully shown at the PA Farm show. If you have any questions you can call or text me at 814-414-6666. You can also email me at jennaritchey93@gmail.com.

Semen For Sale — \$20 per straw — NWF Power Relay ASA #2992245, MF RELAY Z970 x BFD POWER ALERT U14. To purchase NWF Power Relay semen, please contact: Nor-Win Farm, Paul Clepper. Cell: 717-448-0675. House: 717-960-0182.

Mylin was a home builder and real estate broker for over 50 years; having built over 1,100 homes throughout Dauphin and Lancaster counties. However, Mylin was best known as a local lifetime dairy and beef cattle farmer. He continued and thoroughly enjoyed his daily work on the farm until his death. Mylin was a 1949 graduate of the former Hummelstown High School. He was a longtime member of Spring Creek Church of the Brethren, Hershey. He was a member of the Homebuilders Association of Metro. Harrisburg for many years, and served on the board of the PA State Homebuilders Association. Mylin was also one of the original founders of the PA Farm Bureau, Dauphin County Farmers Association, and PA Simmental Association. He was a 50 year member of the Prince Edwin-Spring Creek Lodge No. 486, F&AM, Middletown, and the Zembo Shrine, Harrisburg. Mylin's greatest joys were spending time with his family on his beef cattle farm, and feeding the turkeys and deer surrounding his home on Schoolhouse Road.

Mylin is survived by his loving wife of 57 years, Doris M. Bricker Messick, whom he married on March 15, 1959; two daughters, Patricia L. Kuharic wife of George M. and Sarah M. Runkle wife of Douglas A. both of Middletown; two sons, Joseph M. Messick husband of Dorothy D. of Middletown and Michael D. Messick of Annville; three siblings, Mahlon M. Messick husband of Helen of Elizabethtown, Mildred M. Risser of Hummelstown, and Miriam M. Aldinger of Neffsville; eight grandchildren; and three great grandchildren.

In lieu of flowers, contributions may be given in memory of Mylin to his church, Spring Creek Church of the Brethren, 335 East Areba Avenue, Hershey, PA 17033.

Stars & Stripes Sale Results

Saturday, May 7th, 2016 • Mountain View Farm, Gettysburg, PA
 Sale manager: DP Sales Management, LLC • Auctioneer: Bruce Miller
 Sale Staff: Shane Ryan, Bobby Grove

Though the week started off with a lot of rain in Gettysburg that did not stop the people from attending the Stars & Stripes nor the enthusiasm for Simmental genetics. It was a record setting day for the Stars & Stripes group. Cattle and genetics sold to 12 states.

*PSA Member

51 lots averaged \$5,024

SSC Victorias Secret 49B



Lot #1 — Cow/calf pair • Sold for \$37,000
 Overall high-selling lot.
 Consignor: Stewart's Simmental Cattle*
 Buyer: Andy Mast

STF Opal 157W



Lot #48 — Cow/calf pair • Sold for \$10,000
 Second highest-selling female.
 Consignor: Hudson Pines Farm*
 Buyer: Haley Farms

SSC Shell Shocked 44B



Lot #2 — Bull • Sold for \$17,250
 High-selling bull.
 Consignor: Stewart's Simmental Cattle*
 Buyer: KenCo Cattle Company & Fenton Farms

PVSM Mooving Force



Lot #55 — Bull • Sold for \$7,000
 Second highest-selling bull.
 Consignor: Powell's Valley Simmentals*
 Buyer: Art Reynolds*



DATES TO REMEMBER

June 15-18

AJSA Eastern Regional Classic • Cookeville, TN

July 9

PSA Field Day • Hummelstown, PA

The Pennsylvania Simmental Association's Field Day will be held at Curry Wagner Simmentals. Please see page 4 for details!

July 9-15

AJSA National Classic • Iowa State Fairgrounds, Des Moines, IA

August 16-18

Ag Progress Days • Pennsylvania Furnace, PA

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!!

Sept. 30-Oct. 9

Keystone International Livestock Expo • 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/

October 21-22

Pennsylvania Fall Classic Sale • Waynesburg, PA

For nomination information, please contact sale manager Chris Brown 304-290-8383. Nomination packet will be posted on our website, www.pasimmental.com, as soon as it is available.

Friday, October 21

Preview of Sale Cattle

Saturday, October 22

Simmental Sale

December 15

Early Bird PSA Membership Discount Deadline

Join or renew your 2017 PSA membership by December 15th, 2016, and pay only \$35.00!

Pennsylvania Simmental Association Bylaw Change

During the meeting held on Thursday, March 24th, 2016, at the Livestock Evaluation Center, Pennsylvania Furnace, PA, the Pennsylvania Simmental Association's board of directors voted to add the following amendment to the bylaws:

ARTICLE VIII

RESTRICTIONS AND TERMINATION

1. No part of the net earnings of the Association shall inure to the benefit of, or be distributable to its Directors, officers or other private persons, except that the Association shall be authorized and empowered to pay reasonable compensation for services rendered, and to make payments and distributions in furtherance of the Aims and Objectives set forth in Article II hereof. The Association shall neither participate nor intervene in (including the publication or distribution of statements) any political campaign on behalf of or in opposition to any

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ASA Fall Meeting — continued from page 8

—Black— —Red—

SHOEMAKER'S SIMMENTAL
“Polled Performance Cattle”
 William E. Shoemaker
 Phone: 814-624-0667
 Cell: 412-721-8814
 3839 Milligans Cove Road, Manns Choice, PA 15550
 email: shoesim@yahoo.com

A Family Tradition of Quality since 1910

the virulent form of E. coli in their digestive tract, and it requires the special care that is taken in beef processing plants to prevent meat contamination. It also requires consumers to use safe handling and cooking methods common to all foods for their safety, and these false claims do not diminish that need.

Grass-fed beef will usually be leaner with less fat in the edible portion than grain-fed beef, and this is due to less marbling, or the intramuscular flecks of fat measured in the ribeye steak. The conflict for beef customers

and producers is that consumer studies indicate the desirable factors of tenderness, juiciness, and flavor—generally described as “quality” by consumers—are highly related to marbling content. One has to be careful what is described as “lean” because leanness will be relative to marbling content in the edible portion of the meat. Consumers generally describe a steak as “fat” when it has a large amount of exterior or subcutaneous fat left on it. Since the consumer seldom eats this fat or it is cut off in the processing phase, little attention is given to the real source of fat in beef steaks—marbling. As the marbling content is increased, we increase the amount of saturated and other fats in the edible portion. Studies also show steaks can be too lean because it will not be as desirable to consumers. We walk a fine line between keeping the product lean and making it a desirable eating experience. Premium grain-fed beef such as Certified Angus Beef® must meet a high standard of marbling content, and few grass-fed cattle can meet this standard. We have no idea if the higher levels of marbling—resulting in high Choice and Prime quality grades—in grass-fed meat have a positive relationship to eating satisfaction. One small study showed it may actually be negative because of the influence on meat flavor (Steinberg, 2009).

It is very important that we have grass-fed beef as a choice for beef consumers because these are often consumers that do not buy other types of beef. However, the enterprise cannot be sustainable and engage new customers if it is based on false and misleading information. There are many other important factors for beef-buying decisions we can use to promote the grass-fed product. Locally-produced, animals raised in a pasture environment, source verification, and others are very important features of beef that consumers value. Grass-fed beef can capitalize on many of these attributes without some of the deception going on now.

David Hartman, Extension Educator
 dwh2@psu.edu • 570-316-6514



PSA Bylaw Changes — continued from page 9

candidate for public office, nor shall it take a position on any issue raised in a political campaign for the purpose of aiding or opposing any candidate. Any other provision of these Bylaws to the contrary notwithstanding, the Association shall not carry on any activities not permitted to be carried on by a corporation exempt from Federal Income Tax under Section 501(a) and Section 501(c)(5) of the Internal Revenue Code of 1986, as amended, or the corresponding provisions of any subsequent tax laws of the United States (the “Code”). These Bylaws shall not be altered or amended in derogation of the provisions of this Section of this Article.

2. Upon the dissolution of the Association, its assets shall be distributed to a nonprofit association that promotes the breeding of Simmental Cattle for one or more exempt purposes, within the meaning of Section 501(c)(5) of the Code. Any such assets not so disposed of shall be disposed of by a court of competent jurisdiction of the county in which the principal office of the Association is then located, exclusively for such purposes. Upon the sale of substantially all of the assets or the dissolution of the Association, surplus shall not be utilized for the private interest of any person.



PSA Kitchen
 Source: BeefItsWhatsForDinner.com
SLOW-COOKED WHISKEY-MOLASSES
SHREDDED BEEF



- | | |
|--|---|
| 1 beef Bottom Round Roast or beef Chuck Center Roast (2 1/2 to 3 pounds), cut into 1-inch pieces | 1/4 cup molasses |
| 1/2 cup whiskey | 1-1/2 teaspoons salt |
| 1/4 cup plus 2 tablespoons cider vinegar | 1/2 teaspoon ground red pepper |
| 1 (6 ounce can) tomato paste | 1 tablespoon Dijon-style mustard |
| 4 tablespoons packed brown sugar, divided | 2 cups each shredded carrots and diced granny smith apple |

Instructions for Slow-Cooked Whiskey-Molasses Shredded Beef

1. Place roast in 4-1/2 to 5-1/2 quart slow cooker. Combine whiskey, 1/4 cup vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper; pour over roast. Cover and cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is, fork-tender.
2. Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker.
3. To make the slaw: Combine remaining 2 tablespoons cider vinegar, 2 tablespoons brown sugar and mustard in large bowl. Add carrots and apples; mix well. Season with salt and black pepper as desired. Refrigerate until ready to serve. Serve beef with slaw

Test Kitchen Tips

Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

PENNSYLVANIA SIMMENTAL ASSOCIATION

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