

N.C.H.C.A.

Vol 64 3rd Edition

OCT 23

The Highland HOOFBEAT

MISSION STATEMENT: North Central Highland Cattle Association shall protect the integrity and sustainability of the Highland breed by promoting education and social interactions of its members.

The Recipe Corner

Ground highland beef with international flair, check it out!

[Page: 08](#)

2023 Annual Show

As they say, the show must go on, and it did! Read all about it.

[Page: 04](#)

Let's get together

More Annual Meeting details. Mark your calendars!

[Page: 10](#)



Melinda Cowell

President

Melinda and her husband Shawn own Beyond Hope Farm in Ellendale, MN. Where Melinda is a farm, home, kid and dog manager, and educator.

PRESIDENT'S MESSAGE

Fall is upon us and we are enjoying the cooler temperatures! So much changes with the onset of a new season, our farm workload changes and many summer jobs are put to rest and new tasks are picked up to prepare for the coming winter season. September is always an exciting month for the North Central Highland Cattle Association. Our annual show, held in Austin Minnesota on Saturday, September 16, 2023 has come and gone. As the Show Manager, in addition to serving as your association president, this is a super busy time! We, as an association, were honored to host 31 farms and 76 animals at the show. While I know not everyone who owns Highlands shows or is interested in it, it has been a great blessing to our farm to network and get to know other breeders. The exchange of ideas, constructively critical eye and camaraderie that we have experienced from fellow breeders has allowed our fold to grow and improve over the years. For this we are thankful! The show, judged by Vicky Wilmes and Colby Lind ran smoothly, exhibiting some of the finest Highland Cattle in the country.

(Continued on page 12)



Photo Credit: Ben Kozer



Photo Credit: Sarah Caskey



Photo Credit: Katie Baker



The Juniors

The North Central juniors had a ton of fun at this year's North Central regional show. On Friday we had a Tie-Dye activity, the junior chili feed which raises money for the junior program and ended the night with showmanship practice in the show ring.

The Junior Show on Saturday went extremely well and all participants had a wonderful time. After the show, we had our annual junior meeting where we voted on our new committee members. The new junior committee is as follows.

President - Lauren Cowell,
 Vice President - Olivia Moore,
 Treasurer/Secretary - Clarisa Palmer,
 Reporter - Autumn Schaar.

Congratulations to all new committee members. We are hoping for a fun and productive year ahead. At the award banquet the 2023 Junior of the Year Award was given out. This award is given to one deserving junior annually. The juniors can be nominated by any adult and must provide letters of recommendation. Their nomination letter must be about their accomplishments in the highland breed, school, church, and other extracurricular activities.

This year's junior of the year is Olivia Moore. She was an amazing candidate for this award, and we all congratulate her for her many academic accomplishments as well as her hard work in the highland breed. Thank you to everyone who donated not just their time but also their money to support the Junior program. We could not do it without your support and generosity.

Article Author Bio

Lauren Cowell is Junior Committee President and a senior in High-school and owns and runs a small plant nursery business. She has shown highland cattle for 9 years.



Photo Credit: Ben Kozler



Photo Credit: Ben Kozler



Photo Credit: Ben Kozler



Photo Credit: Ben Kozler



Photo Credit: Ben Kozler

2023 N.C.H.C.A. Annual Show Results



Open Show Results: 31 Exhibitors and 76 animals shown

GRAND CHAMPION FEMALE - Finola Katie 32nd U Rock

RESERVE GRAND CHAMPION FEMALE - HS Lovestruck

GRAND CHAMPION COW/CALF - Ledyards Clara

RESERVE GRAND CHAMPION COW/CALF - Symbiosis Lady O'Tula

GRAND CHAMPION BULL - Holy Cross Iron Mike

RESERVE GRAND CHAMPION BULL - HAN Onix

GRAND CHAMPION MARKET ANIMAL - Lazy Vista's Declan

RESERVE GRAND CHAMPION MARKET ANIMAL - Karau's Finley

BOB DUELL HERDSMANSHIP AWARD - Flatland Farm, LLC

PREMIER BREEDER - Mid-Lakes Highlands

PREMIER EXHIBITOR - Mid-Lakes Highlands

Junior Show Results:

JUNIOR OF THE YEAR - Olivia Moore

JUNIOR GRAND CHAMPION FEMALE - Beyond Hope Sayge

JUNIOR RESERVE GRAND CHAMPION FEMALE - HS Lovestruck

CHAMPION PUREBRED MARKET STEER - Lazy Vista's Declan

RESERVE CHAMPION PUREBRED MARKET STEER - Karau's Finley

GRAND CHAMPION OVERALL SHOWMAN - Adrian Caskey

RESERVE GRAND CHAMPION OVERALL SHOWMAN - Leighton Demuth



Photo Credit: Ben Kozer

The N.C.H.C.A. Regional Show was held Saturday September 16, 2023. 31 farms and 76 animals gathered at the Mower County Fair Grounds in Minnesota. Exhibitors came from as far as Wyoming, as well as Colorado, Wisconsin, Nebraska, Michigan and, of course, Minnesota! Our Judges, Vicky Wilmes for the Junior show & Colby Lind for the Open show, spent the day evaluating an excellent selection of Highland cattle's best. Following the morning show, our many volunteers served Highland hamburgers, and Cowboy beans over the lunch hour. We were pleased to welcome back Bag Piper Ewan Ferguson for the opening of the Open Show. His informative and beautiful performance is always anticipated by exhibitor and spectator alike.

The open show displayed the beauty and variety of the highland breed, many positive compliments were heard regarding the quality of the cattle brought through the ring! We ended the weekend with the annual banquet and auction! The many show Grand and Reserve Champions were announced as well as the Herdsmanship trophy received by Flatland Farm, Junior of the Year, earned by Olivia Moore and Premiere Breeder and Premiere Exhibitor both received by Mid Lakes Highlands. The auction proved the generosity and creativity of our attendees and was a great blessing to our show!

We want to thank each and every volunteer, exhibitor and spectator who attended! This show cannot be what it is without each and every one of you!!!!



Photo Credit: Ben Kozer



Photo Credit: Ben Kozer

Order your 2024 NCHCA Calendar

Show off this high quality glossy stock and spiral bound calendar made up of member farm photos and support our Association. The pages are 9" high by 12" wide, and the calendar measures 12" wide by 11" high.

You can order online using the link, <https://www.nchca.org/calendar.html> or scan the QR code

Thank you to everyone who participated by submitting and voting on photos and to our calendar committee.

Congratulations to the following farms for their entires!

Blue Rayne Highlands, Kobe & McKinley Fisk, Searsboro, IA
Bluestone Ranch, Leif & Jenny Anderson, Sawyer, ND
Boulder Meadows Highlands, Larry & Cindy Sassen, Little Falls, MN
Climbing Stump Farm, Mark, Randi & Joe Johnson, Harris, MN
Cottonwood Acres, Jeff & Emily Moyer, Stoughton, WI
Flatland Farm LLC, Mark & Jamie Schulz, Elkton, MN
Glacier's Edge Farm, Heather & Joel Olson, Bloomer, WI
Glory Oaks Farm, Kyle & Katie Baker, Northwood, IA
Hidden Ridge Highland Cattle, Dennis Breneman & Maureen Mott, Loganville, WI
Highlands in the Hollow, Diane Clark, Waverly, TN
Limestone Lane Cattle Company, Jennifer & JeNeal Horning, Marion, IA
Little House and Farm, Anthony & Michelle Letourneau, Hinckley, MN
Quarter Section Run Highlands, Stacia Danielson, Janesville, IA
Prestige Farms, Sarah & Kyle Caskey, Pipestone, MN
Scotland Yard, Tom Morrissey, Gatzke, MN
Stepping Stone Acres, Paula Walker, Rolla, MO
Windemere Farm, John & Anne Proctor, Junction City, WI



\$20
Plus \$8.50 shipping



Fun at Farm Tech days



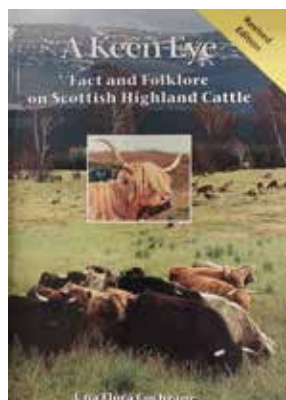
The 2023 Farm Technology Days took place July 18-20th in Sauk County at the Badger Steam and Gas Engine Club Grounds.

There were many differences this year at Farm Technology days, Six off site tours took place, the beef tent had a demonstration twice a day, and rather than food-tents, there were food trucks.

Eight breeds were represented in the beef tent; Angus, Hereford, White Park, Belted Galloway, Short horn, Simmental, Normande, and Scottish Highland.

Dennis and I have agreed to be the new beef tent coordinators. We look forward to next year when we will be in Chippewa county **August 13-15, 2024**

Maureen Matt and Dennis Breneman of Hidden Ridge Highland Cattle



A Keen Eye

A revised edition by Una Flora Cochrane is now available for purchase at:

<https://dpsales.shop/products/a-keen-eye-fact-and-folklore-on-scottish-highland-cattle-revised-edition-2023>

344 pages of a magnificent comprehensive collection of information on Highland cattle in a beautiful hard back second edition. Illustrated with both historic and modern color photographs, it captures the true essence of the Grande Olde Breed.

Stephen Janz, a renowned 30 plus year breeder of Highland cattle in Germany and author of Highland Cattle, Icon of the Scottish Highlands called A Keen Eye a "Legendary classic" that ".... accompanied me for most of my breeders life. It was a book that I love and have come back to time and time again."

The Recipe Corner

KOREAN BEEF HIGHLAND STYLE

INGREDIENTS

¼ cup brown sugar, packed
¼ cup reduced sodium soy sauce
2 teaspoons sesame oil
½ teaspoon crushed red-pepper flakes, or more to taste
¼ teaspoon ground ginger
1 tablespoon vegetable oil
3 cloves garlic, minced
1 pound ground beef
2 green onions, thinly sliced
¼ teaspoon sesame seeds

INSTRUCTIONS

In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.

Heat vegetable oil in a large cast iron skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.

Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes. Serve immediately,



Photo Credit: Anthony LeTourneau

OPTIONS: garnish with green onion, sesame seeds, shredded carrots, minced mushrooms, sprouts, kale, anything if desired.

Recipe submitted by
Julianne Motis of Midway Meadows Farm



Forest Bluffs &

Prairie Kettles, LLC.

39841 176th Street
Canton, MN 55922

43942 132nd Street
Grenville, SD 57239

Phone: 507-743-0201
Cell: 507-269-9376
E-mail: fbpkllc@gmail.com

FB&PK

Custom Grown Groceries Program
- vegetables, small fruits, forest products,
eggs, dairy products and meats.
Contact us for additional information.

<SF

Mark, Randi & Joe Johnson
651-674-7395
mail@climbingstumpfarm.com

CLIMBING STUMP FARM

46065 Evergreen Ave Harris, MN 55032
www.climbingstumpfarm.com

Registered Scottish
Highland Cattle



Registered/Sovereign
Highland Cattle
& Club Calves

The McConnell Family
2425 U.S. Hwy. 14
Balaton, MN 56115

P: 507-829-2558
E: pellcreek1875@gmail.com
Find us on Facebook

Board Member Spotlight- Michelle LeTourneau

Michelle and her husband Tony have been running a small homestead in Hinckley Mn for 30 years, but late in 2019, they became interested in adding cattle to their Little House & Farm.

As Michelle tells it, "Standing in the pasture, brushing and feeding treats to their friend's fold was surreal!" They left there with some highland beef, an armful of old Bagpipes and two new cow/calf pairs.

They joined North Central that fall and after attending the 2020 annual show, They could visualize the direction they wanted to go with their fold. "We could see our path forward was more than just raising beef. We wanted to learn about genetics, breeding, nutrition & raise cattle we were proud of." said Michelle.

"We are excited about the direction the fold on our Little House and Farm is headed and thankful to the NCHCA for the encouragement and genuine friendships we have found here."





Join us for the Annual Meeting

It's time to register for the North Central Highland Cattle Association's Annual Meeting **February 3, 2024**, at Diamond Jo Casino in Northwood, IA. Please register online at nchca.org before January 13.

Join us to hear from our NCHCA President, committee chairs, vote for board representation, honor outstanding breeders during the awards ceremony, raise money for our NCHCA Juniors via a silent auction and get the opportunity to join one of our committees. New and experienced members alike will enjoy insights from our keynote speaker and be involved in breakout conversations on a variety of important industry topics. This is an event you do not want to miss, and a great opportunity to meet and share ideas with other Highland breeders.

Agenda:

9 AM - Registration

10 AM - NCHCA Annual Meeting

Board of Directors Meeting To Follow

12 PM - Lunch

1-4 PM - Breakouts & Networking

4:00-5:30 PM - Keynote with Jared Luhman

6 PM - Dinner

7 PM - Awards

7:30 PM - Silent & Live Auctions



Introducing Jared Luhman, as our 2024 keynote speaker! Jared farms on his family's farm in Goodhue, MN along with his wife Valerie and dad Jon. They raise registered Red Angus cattle and breed livestock that are bred to thrive in their environment without the use of expensive inputs. Jared and Valerie own and operate Grass Fed Cattle Company, a direct to consumer brand marketing grass fed beef, pastured pork and pastured poultry from their farm as well as other local farmers to customers in and around the Twin Cities. Their goals are to manage their farm in a way that improves the land under their stewardship, the profitability of their business, and the lifestyle that they enjoy. You can learn more about what they do on Jared's Herd Quitter Podcast where he talks to farmers and ranchers across the US who aren't afraid to do things differently and have found success in their businesses through this.



A room block is available at the Country Inn & Suites, which is attached to Diamond Jo Casino. King and Double Queen rooms are available for \$125+tax. Call to reserve and mention North Central Highland Cattle Association. **Rooms must be reserved by January 13.** There is also a Holiday Inn Express just across the street. All hotel rooms and the banquet areas are non-smoking. Smoking is limited to certain sections of the casino, and avoidable via exterior entrances for those who prefer not to pass through the casino area.



SPECIAL ADDITION:

As a special addition to our annual meeting activities, a fitting clinic will be held on Sunday, February 4 at 9 AM. Join experienced fitters Spencer Reetz and Lauren Cowell as they demonstrate their unique styles, tips, & tricks for those interested in showing, or just curious about what goes into getting an animal from pasture to show ring ready.

With a goal of member education, we'll be showcasing three animals with three unique fitting styles: natural, moderate-fit, and full-fit. This will be a great opportunity to learn what you like, don't like, and ask questions! This demonstration will be held just a quarter mile from Diamond Jo Casino (807 HWY 105, Northwood, IA 50459). While we will be in a heated shop, it is also February in Iowa so layers are encouraged. Snacks, sodas, water and coffee will be provided!



Photo Credit: Ben Kozer



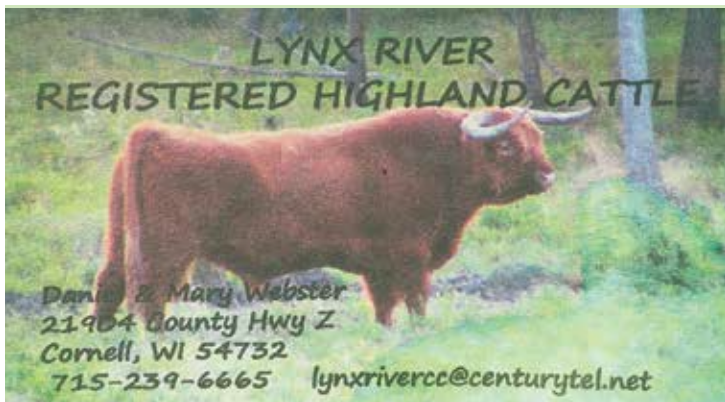
Photo Credit: Ben Kozer





The Wilkinson's
19046 Irish Drive
Richland Center, WI 53581
608-647-3594
buckcreekfarm@outlook.com

Scottish Highland Cattle



Windemere Farm *Registered Highland Cattle*

John & Anne Proctor
3960 County Road HO
Junction City, WI 54443

715-457-6748
www.WindemereHighlands.com
WindemereFarm@TheProctors.com

FOUR T ACRES **Scottish Highland Cattle**

The Gruenerts
Jean, Rich and Randy
8670 Fishman Road, Burlington, WI 53105
262-539-2725
greeneearth.jean@gmail.com



President's message continued

Following the show, we enjoyed an evening of food, catered by Ody's meats, Shelly Stanke Pies & Let's Toast mobile bar. It was my pleasure to award banners and trophies to many farms & families who have poured their time and energy into the preservation and growth of the Highland breed. I would like to recognize the thousands of volunteer hours put into the show by an innumerable number of association volunteers, the sponsorship of dozens of farms and the support of the NCHCA board. There is no way this show could be well run without the efforts of each of you. I cannot thank you enough for your help and guidance. You are highly valued and appreciated.

Finally, show committee announced the retirement of the Bob Duell Herdsmanship Trophy which was gifted to our association in 1997. It is completely filled with many wonderful farms who have enjoyed it over the years. Our plan is to gift it back to Mr. Duell's family. If you know Mr. Duell's family and could help us locate them to return the trophy with our thanks, it would be much appreciated. Our plan going forward will be to purchase a new herdsman trophy to Posthumously honor Roger Weideman and David Larson in recognition of their dedication and contribution to the improvement of the Highland Breed. The trophy is anticipated to be unveiled at the Annual Meeting in February.

We look forward to seeing everyone at our annual meeting at the Diamond Jo Casino in Northwood Iowa in February. The committee is hard at work making arrangements. I know it will be a beneficial time of learning and connection. Wishing you all a wonderful harvest season & looking forward to serving you in the coming year.



Mark & Jamie Schulz

18709 690th Ave.

Elkton, MN 55933

(507) 481-7367

info@flatlandfarm.com

www.flatlandfarm.com

The Hoofbeat Sponsors



Greg & Joanne Peterson
Cromwell, MN 763.370.4047



John & Tina Keep
Bennett, CO
www.highlanderheaven.com
303.644.5089



Robyn & Allyson Spears
(925)963-3870 (925)303-5817
Brentwood, CA
junkndisorderlyinfo@gmail.com
www.junk-n-disorderly.com



WINDLAND
F L A T S TM

Partnering with Highland Farms in Minn. and Wisc. to market and sell grassfed Highland Beef.

Contact us to discuss how to become a partner farm.

www.WindlandFlats.com
info@windlandflats.com
(262) 617-4232

Josh Krenz
Princeton, MN

Janet Larson
262-539-3257
232 Bridge St.
Burlington, WI 53105



LARSON'S
HEADACREZ
Headacrez82@gmail.com

Nathan & Emily Larson
262-210-3256
17166 Polk Rd.
Stanwood, MI 49346

**BLACK
HILLS
HIGHLANDS**

SPEARFISH, SOUTH DAKOTA

605-584-9032



LMR Farms
26485 Highland Ln
Owen, WI 52822
robert@lmgfarms.com
610-420-0183

Hoofman
Quality Hoof Care for the Health of Your Herd

Member of
Hoof Trimmers Assoc., Inc.

Michael Hintz
715-643-7034

Boulder Meadows Highlands

Larry & Cindy Sassen
Breeders

Quality Highland Beef
Registered Highland Cattle
Rotational Grazed Grass Fed

20374-223rd Street
Little Falls, MN 56345

Phone: 320-745-2444
lsffarm@brainerd.net



Back to the Roots Farm

- ◆ Breeding Stock
- ◆ Semen
- ◆ Beef

Bruce and Samantha Schmitz
Watkins, MN
www.backtotherootsfarm.com

ALMOSTA FARM

REGISTERED HIGHLAND CATTLE

STEVE AND SUE DYKE

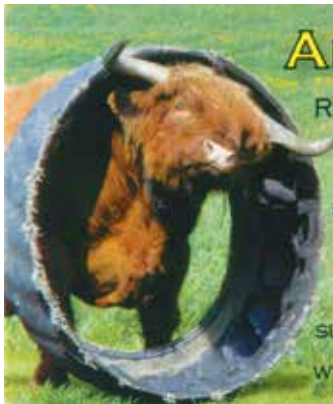
P.O. BOX 27, 101 WEST STREET

MAGNET, NE 68749

402.586.2631

SUE@ALMOSTAFARMHIGHLANDS.COM

WWW.ALMOSTAFARMHIGHLANDS.COM



Terry & Kay Clemans Hideaway Farm

AHCA Registered Highlands
Breedingstock Available



630-924-8540 OR 630-460-3374 T cell -3375 K cell
www.HideawayFarm.net
terry@hideawayfarm.net OR kay@hideawayfarm.net

LAST CHANCE RANCH

Registered Scottish Highland Cattle & Beef



Jon & Britt

Hallock, Minn.
218-843-5172

Creachann Gleann



Registered Highland Cattle

Ben and Mary Schmidtke
7200 Platte Rd
Platteville, WI 53818

Phone: (608) 348-4047

Email: info@creachangleann.com

Web: <http://creachangleann.com>

Hidden Ridge Highland Cattle



Dennis Breneman 608-963-7259 or Maureen Matt 608-415-7641
Email: hiddenridgehc@gmail.com & Facebook @HiddenRidgeHighlands

THE COWELL FAMILY

SHAWN AND MELINDA
MARYN, ETHAN, LAUREN & SHAELEEN



507.213.0235

beyondhopefarmmnllc@gmail.com

Beyond Hope Farm MN LLC

Beyond Hope Farm MN LLC

beyondhopefarmmn.com

A day in the life of a Highland cow

The following is note left for a farm sitter as a schedule of events in the life of a highland cow in Summer pasture mode:

5:30 to 6:00 a.m. - Cows wake up. Senior cow gets up first and stands in front of the other cattle so they can admire her. All then get up and do a little ritual poop. Cows may make sarcastic greetings to each other like "good morning hairbag" or "who made those horns?"

6:00 to 8:00 a.m. - general grazing time, followed by a period of staring at the master's home. All drink water during this period.

8:00 to 9:00 a.m. - All cattle receive the master, reporting any overnight problems and complaints. Common complaints are: quality of hay, grass has lost it's crunch, why are we not being raked more regularly etc. Master gives hay and they show appreciation by staring at him and threatening to break wire and escape or rub and kill more trees.

9:00 to 11:00 a.m. - Cattle find shade and socialize. The senior cow leads discussions.. (I have learned their lingo, so have a fair understanding of what goes on)...basically they gossip! They are very interested in visitors and the shoes, belts or gloves they wear, wondering who they once may have been. Highland cows have no teeth on top so can't say their "L"s. They talk of escape from the master during these socials. This escape talk never goes any place, probably due to their speech impediments. One recent exchange went like this. *"Rets rush master when by fence raking reaves, knock him off his regs and break for woods, cross that rittle rake through the woods to rarger, greener pasture."*

11:00 to 4:00 p.m. - general grazing, pooping and peeing, rubbing on trees, trying to break fence, resting in shade, staring at master's house or watching him work around yard or barn. A highlight of this period is when master's wife yells at him or he does something stupid that appeals to their sense of humor. Highland cows don't laugh openly, but smile and grin with a slight upper lift of their mouths.

4:00 to 7:00 p.m. - eat hay master has given them, poop and pee followed by a time of meditation. Highland cattle have no religion but know they are sacred and play on this. Crop circles, sacred cows, their role at the nativity and in Scotland's history is very important to them. They face west as the sun sets and place their noses on the ground, standing perfectly still for up to a minute. It is a most moving ceremony.

7:00 to Dusk - Senior cow decides where they will bed down for night. She usually sleeps looking towards master's home, with other cattle behind. They are very quiet during this period; however, there is some lowing or "rowing" as they say.

At Dusk - To get to sleep, cows tell stories for night. These are epic tales which highland cattle have passed down for centuries...I have overheard them. Some of their favourites are:

Old Mary and the Wolf" - about an old cow who fights off a wolf to save her calf -
"How the snake got it's name",
and on full moon nights, the horror tale "Jock be nimble, Jock be quick.

Then they fall to sleep secure in the knowledge that the master loves and cares for them and has been placed on this earth to serve their every need and be their devoted servant.

The End



The North Central Highland Cattle Association (NCHCA) was formed in 1982 to promote Scottish Highland Cattle, form a marketing unit for breeders, and to provide a local organization closer to home. The organization has done this and provides opportunities for youth and families to have fun with their Highland cattle. Our association provides networking and educational opportunities for its members, has an active junior program for youth, and provides a local voice to the national organization, the American Highland Cattle Association.

Board of Directors

President - Melinda Cowell Tel 507-213-0235
President@nchca.org

Vice President - Katie Baker Tel 214-772-2050
Vicepresident@nchca.org

Treasurer - Kevin Opperman Tel 414-659-2676
Treasurer@nchca.org

Secretary - Randi Johnson Tel 651-491-5061
Secretary@nchca.org

Director - Michelle LeTourneau Tel 320-279-1790
housenfarm@gmail.com

Director - Jessica Lipke Tel 605-277-5798
nordicpineswi@gmail.com

Director - Maureen Matt Tel 608-415-7641
hiddenridgehc@gmail.com

A.C.H.C.A. Rep - Jan Larson Tel 262-539-3257
headacrez@yahoo.com