



Mid-Georgia Cattleman's Association

USPS 080-170

BULL SHEET

Vol. LXI

MAY - JUNE, 2026

No. 3

MAY MEMBERSHIP MEETING

May 14, 2026

6:00 pm

Walters Farms @ 176 Walters Rd, Barnesville, GA 30204
View Krone Hay Equipment and mingle with other members.

7:00 pm – Dinner and Program

Program Speaker: Hailey Partain, Upson County ANR Extension Agent
TOPIC: *"Sampling and Utilizing Forage Reports"*

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Meal: Beef Taco Bar by D's Burritos
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THE BULL SHEET

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alternating with membership meetings.

Editor: Cynthia Douglas
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mgcattleinfo@gmail.com - 770-550-1070

Annual membership dues for subscription to Bull Sheet.

2026

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- Steven GreenVice President
- Carmen WesterfieldSecretary
- Elena StanfieldTreasurer

- | | | |
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Full Swing into Spring

By now, spring is well underway across Middle Georgia, but it hasn't quite looked the way we'd all hoped. Many of us are feeling the effects of dry conditions, watching pastures struggle and keeping a close eye on forage... maybe even rolling out hay already. It's the kind of season that keeps you thinking ahead to balance what we have now with what we may need in the weeks to come. Even on the long days, it's a reminder of how much we depend on the Lord, the weather, and the resilience it takes to keep going.

Hopefully, the early season spraying paid off and you're seeing the benefits of getting ahead of weeds like buttercup. It's always a good feeling to look across a clean pasture or hay field this time of year, knowing a little extra effort earlier made a difference. Now the focus shifts to making the most of what forage we do have, managing grazing pressure, and keeping a close watch on herd health.

There's been a lot of good work happening within MGCA behind the scenes. Our committees have been busy, and we're starting to see those efforts take shape.

In particular, the Education Committee continues to make progress toward a multi-day program that we believe will bring real, practical value to our members. It's encouraging to see that kind of investment being made in the future of our producers and our industry.

This time of year also brings plenty of opportunities to stay connected. Whether it's attending meetings, visiting with neighbors, or showing up to support local events, those interactions are what keep this association strong. If you've been meaning to get more involved, now is a great time to do it.

As always, I'm grateful to be part of a group of cattlemen and cattlemen who are willing to share knowledge, lend a hand, and continue pushing this industry forward. Here's hoping for steady rain when we need it, sunshine when we don't, and a safe, productive season for everyone.

See you at Walters Farms,

Will Godowns

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MID-GEORGIA CATTLEMEN'S MEMBERSHIP MEETING

March 12, 2026

Zebulon, Georgia - Pike County

President Will Godowns called the meeting to order.

Invocation and Welcome- given by Will Godowns

Minutes - Printed in March Bull Sheet - motion to approve
by Deborah Ruffin second by Chris Pair

Treasurer's Report - prepared by Elena Stanfield - given by
Will Godowns

Checking \$15,031.35 and Money Market -\$10,019.86

Motion to Accept Treasurers' Report - Ray Brumbeloe and
second - John Walters

Will Godowns recognized the Mid-Georgia Show
participants and presented them each with \$200 from the Mid-
Georgia Cattlemen and West Central Georgia Show. Will
introduced Vicky Thompson Westmoreland. Vicky
represented the Thompson family and presented the
Thompson Scholarship the Eric McEver.

County Extension Agents Reports

Pike - Brooklyne Wassel - Ag Week March 23rd - Pike
County Recipe contest with Farm Bureau; discussed grazing
demo in Pike County with a producer; Homestead Hub - May
5th with a goods exchange and has planned a credit day with
coffee.

Upson - Hailey Partain - Copies of toxic weed book are
available; She discussed field day March 26 at the Stanfield's
Farm.

Spalding - not present

Monroe - Luke Quick - Rolled out farmer education
meetings - Forsythia Festival this weekend

Lamar - not present

CattleWomen's Report - Pam Walkers

Pam invited the ladies to a Cattlewomen's Luncheon on

March 28th at Walters Farm from 10-2:00. She asked for
assistance on May 2 as they will be selling hamburgers at
Honeywood Sale in Jackson and have exhibits and
hamburgers at the Beef and Berries event at Sweet South
Strawberry Farm. Workers will be needed at both events.

Old business

Scholarship applications are due April 1 to Upson
Extension Office - Janet Greuel is Chair.

New business

Program -Brooklyn Wessel introduced the speaker Dr
Allison Johnson, Dade County UGA Extension. She
presented a very informative program on "Fire Ants in the
Pastures and Hayfields".

Pike County Chair, Ray Brumbeloe thanked Russel Owens
with RAM Lumber of Zebulon for sponsoring the meeting.
Ray encouraged members to visit the store and support them.
Ray mentioned that Steve Douglas' mother had passed away.

Next meetings

May 2nd - Honeywood Sale Jackson Sale Barn

May Membership Meeting - Lamar County

See bull sheet for other events

Motion to adjourn Steve Brown, Second Allie Andrews

Meeting Adjourned by Steven Green, MGCA Vice
President.

Submitted by Carmen Westerfield, Secretary

Approved 4/9/2026

MID-GEORGIA CATTLEMEN'S ASSOCIATION DIRECTORS' MEETING

April 9, 2026

Thompson Veterinarian Office - Barnesville

Invocation and Welcome was given by President, Will
Godowns.

Treasurer's Report - Elena Stanfield

Regular checking - \$14,756.35



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Money market -\$10,017.55
Motion to approve by Wes Smith and second by Cynthia Douglas

Secretary Report - Carmen Westerfield

Minutes were read for the March membership meeting.

Corrections made and Motion to Approve by Dr. Jill Lancaster and second by Steven Green.

Carmen Westerfield asked that anyone please send a paragraph so assist with documenting the minutes.

Extension Agents Reports

Lamar County - Isiah Moore absent

Monroe County - Luke Quick - Monroe County Farmers Assn. is the new education program being run for Monroe. Just covered a 1 CEU for pesticide safety, and will be covering cool season pasture and legumes in June. Working towards rebooting MCCA in Monroe County; Law Enforcement Livestock Training 4-22-2026; Education committee putting a field day together for 10-30(Monroe) and 11-6(Upson)

Spalding County- Victoria Hull - She is working with FFA in Spalding in helping them identify livestock to visit in their area.

Pike County - Brooklyne Wassel absent - She has a tree give away coming up.

Upson County- Hailey Partain

We are in a drought, make sure to report into drought monitor and take pictures for your records.

May is Beef Month, keep an eye out on the MGCA and Upson/Lamar Facebook pages for posts and educational content.

May 8th there will be a Repro Field Day at Upson County Livestock with Main Speaker: Dr. Pedro Fontes from UGA Extension \$20

Upson Cattlemen will meet on April 30th.

GCA Update - Dr. Jill Lancaster- Our annual Steak Biscuit Day at the Capitol on March 12 was again a success (despite

very rainy, windy weather). This is always a great opportunity for discussions on important topics in our industry with those who make the statewide decisions. Multiple comments of "this is always our favorite day / breakfast" were heard from many legislators all morning.

Convention is coming up this month on April 24 & 25 at the GNFA in Perry - please see agenda in the magazine & plan to attend.

We have hired a new Events & Outreach Coordinator to replace Caroline Waldrep as she has moved to Farm Bureau. Our new hire is Sarah Williams, who has been an agriculture education teacher in Milan, GA. She will be starting on June 1 in order to finish out her current contract with the school system.

The search for a new EVP has started & we already have several good candidates to look into.

Dr. Lancaster has several training sessions (Forsyth, Sumter County, & Screven County) scheduled for April with the Livestock Emergency Response Planning team to help educated first responders in dealing with cattle truck rollover accidents. As of this spring, the GA Public Safety Training Center in Forsyth has now established this as an official class in their curriculum.

Old Business -Committee updates

Education Committee Meeting Report -Hailey Partain & Luke Quick - Field Days will be held farms in Monroe County (10/30/26) and Upson County (11/6/26)- they will continue to work on the agenda and details.

WCG Show- Committee met on April 7 - Date for 2027 show is January 16th. Crystal Wheeler is chair.

Bull Sheet Report - Cynthia Douglas - After talking to USPS Bulk representative about our mailing, we discovered that I had been misinformed about filing bulk reports out. They recommended that I redo the forms and they have recalculated

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and reimbursed the account for the past year.

Scholarship Committee - reviewing applications.

Bulls and Barrels Report - Will hasn't heard back from the Whites and will let members know if we have a booth.

New Business

Discussed need for a brochure or pamphlet for possible new members.

CattleWomen's Report - Cynthia Douglas

Mid-Georgia Cattlewomen held a luncheon at Walters Farm Bunkhouse on March 28. Sixteen ladies and junior members attended. Kylee Campbell and Cynthia Douglas exhibited at Heritage Elementary in Bibb County on March 27. Kylee exhibited at Farm Day at Hope Academy in Thomaston. April 25 - GCWA will hold their annual meeting at the GCA convention at 10:00. May 2- Honeywood Sale in Jackson and Beef and Berries at South Sweet Strawberry Farm. We will be cooking hamburgers and have exhibits at Beef and Berries. May 11 - MGCW will exhibit at a Farm Day in Jackson.

Cynthia mentioned that Paulette Bunn, Cary Bunn's wife, had passed away.

County Reports

Lamar - May meeting will be at Walters Farm May 14th

Monroe - We had a successful Forsythia Festival steak sandwich booth on March 14 & 15 thanks to nice weather & good community support. We had approximately 25 members helping to set-up, cook, & sell. We sold around 1000 sandwiches between both days. A portion of the profits from this will be divided into several scholarships to the Monroe County Middle School FFA & Mary Persons High School FFA to assist with the cost of travel to competitions.

No report - Pike, Upson, Spalding

Motion to adjourn - Glen Beckham

Submitted by: Carmen Westerfield, Secretary

CattleWomen's Report

By Cynthia Douglas, MGCW President

Spring is always a busy time for farmers and their families with end of school activities, sports, farm chores, farm days, and so many more spring activities. Our ladies and some junior members found time to come together to have a wonderful time at the Walters' bunkhouse. It was a very enjoyable day learning more about each other, educating ourselves, making a charcuterie box, and having lunch together. A special "thank you" to the Walters for hosting! If you missed this outing, we will be having more.

Kylee Campbell and I represented the cattle industry at Heritage Elementary in Bibb County on March 27. This was a great way to tell the beef story to K-5th graders. "How do you care for cattle?", "What's in a hamburger?", and "How do you want your steak cooked?" were a few topics discussed. Kylee talked to students at Hope Virtual Academy's Farm Day in Thomaston. Then on April 17th, Kylee exhibited her show calves at Upson-Lee Farm Day where 850 students and staff attended.

So, what is coming up next? May 2nd will be a very busy day for Mid-Georgia association.

Ladies we have the opportunity to sell hamburgers at Honeywood Sale in Jackson. Some of our ladies and men will be there serving up Honeywood burgers. Then we will be partnering with Sweet South Strawberry Farm to promote Beef and Berries. This is a great time to promote Beef Month with exhibits and selling South's homegrown beef burgers. This is always an awesome time to enjoy strawberries, sweet treats, and activities at SSS farm. Yes, we will need help, so let me know if you want to come and join the fun. 770-550-1070.

We hope to see you at the May meeting in Lamar County.

Cynthia



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What's Been Happening on the Farms?

Several members have been involved with educating and sharing their cattle operations and farms with the community and other producers. Thanks for sharing your farm and knowledge with others.

Twisted Spur Ranch owned by Mark and Elena Stanfield had the Upson 4-Her's visited their place. The Stanfield's co-hosted the Beef Cattle Series Field Day and several of our members were on the program.



SSS Farm has had several Field Trips to their strawberry patch and discussed farm life with the students. They also had the Upson Youth Leadership class to visit and learn more about agriculture. Hailey Partain discussed agriculture with the youth group and they visited the Upson County Livestock Sales Barn.



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Beef at Forsythia Festival

The Monroe County Cattlemen served up over 1000 steaks at the Forsythia Festival in March. A portion of the profits from this will be divided into several scholarships to the Monroe County Middle School FFA & Mary Persons High School FFA to assist with the cost of travel to competitions.



Mid-Georgia Showmen Recognized

Mid-Georgia Show exhibitors were recognized at the March meeting in Zebulon. Each exhibitor received \$200 for the MGCA and West Central Georgia Show. This is one way your association gives to our youth that work so hard during the year training and showing their cattle. We wish our seniors, Logan Ellington and Evie McEvers, the best in their next journey in life.



L-R - Kori Brown, Logan Ellington, Kylee Campbell, Trinity Howard, McKenna Campbell, Mabeey Wheeler, Evie McEvers and Laydon Mayo (not pictured)

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Thompson Scholarship



The Charles Thompson Scholarship was presented to Evie McEvers of Barnesville. She is a senior at Lamar County High School where she is an active member of the marching band, FFA, and Upson County 4-H. The scholarship was presented by Vickie Thompson Westmoreland on behalf of the Thompson family.

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If you missed the March meeting in Pike, the speaker, Dr. Allison Johnson, has provided the following article as a follow-up.

Fire Ant Management in Pastures and Hayfields

Dr. Allison Johnson

There are fewer things less nostalgic than a summer gathering in Georgia with food, friends, fun, and fire ants. Since their accidental introduction to the South in the 1930's, the Red Imported Fire Ant has taken over in sunny pastures, neighborhoods, and pretty much wherever the sun shines. As you may have mistakenly learned, they pack a very powerful punch by using their jaws to take hold and then stinging you; often multiple times in one go! Their venom can cause serious reactions in both people and livestock, which is why managing fire ants on your property is a priority.

You may have felt like you are chasing the same fire ants from one mound to another nearby if you are spot treating every time you see a fire ant hill. Completely understandable, but that is not always the case. Before there is a visible mound, fire ant queens have been working to lay eggs, sometimes up to 1,000 a day, that then hatch into workers that go out to forage, build the nest, take care of the queen, and defend their home with those lovely stingers. It takes several months for the colony size to build up to where you can see a visible mound created by workers excavating tunnels below and bringing that dirt up to the surface. A queen can live for 7 years, and a mature colony can reach up to 400,000 workers. During her lifespan, she will lay eggs that will develop into future potential queens that fly out in the

hundreds at a time and seek out a spot to restart this cycle. So, when you notice mounds that look like they've popped out of nowhere, that is months of work that appears before your eyes!

In pastures, fire ants can attack young animals, mounds can interfere with haying equipment, and they can be a hazard to you in high traffic areas. If you only spot treat your pastures when you see a mound, you'll be chasing fire ants your entire career. I would save spot treatments for areas that humans or animals would come into contact with the mound often, like entries of barns, sheds, or small paddocks. You want to make sure you have at least 1-2 gallons of liquid to reach the tunnels of the fire ant mound, because the queen is deep below the surface, typically multiple feet below ground. Make sure to use a container that will gently deliver that liquid and try to prevent as much splash-back as possible. As with every chemical tool in our production toolbox, be sure to read the pesticide label and confirm that your drench is approved for pasture and rangeland and wear the appropriate PPE. Pesticides are powerful tools that we must respect to protect ourselves and the environment.

If you've got a lot of area to cover, baiting is a sound management option. Bait at the right time, when soil temps are above 60°F, so the workers are actively foraging. They will take these granular baits down to the deep recesses of the colony and will eventually eliminate the colony from the inside out. A couple things to note about broadcast baits: fire ants are very sensitive to scents and tastes. These baits are meant to be attractive by using fatty oils and other alluring compounds. If you are using a spreader that has previously been used to apply fertilizer, please make sure you clean out the hopper beforehand, or you may end up wasting your time and money by changing the taste and attractiveness of



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the bait through cross contamination. Likewise, don't stock up on several years' worth of baits; the oils can become rancid in storage and that will also affect your efficacy. There are currently two active ingredients on the market in a broadcast bait formulation that are approved for pastures and rangelands. If you are unsure what you are buying is right for your site, ask!

Call your extension agent to make a baiting plan on a schedule that works for you and fire ant stings will be a distant memory!



Beyond energy: Using fat supplementation to improve pregnancy success

By Pedro Fontes April 6, 2026

Thoughtful supplementation of fat sources, particularly omega-6 fatty acids, can drastically improve pregnancy rates and overall reproductive efficiency.

Reproductive technologies such as estrus synchronization, artificial insemination (A.I.) and embryo transfer (ET) have significantly improved genetic progress in beef cattle. Yet, one major biological limitation continues to constrain reproductive efficiency across operations: early embryonic mortality. After a single round of A.I., fertilization occurs in over 80% of beef cows, whereas pregnancy rates at 30 days after A.I. typically range from 45% to 65%. This gap reflects

substantial embryonic mortality occurring during the first few weeks of pregnancy. From a management standpoint, this represents a major opportunity. Improving embryo survival, not just conception, is an effective way to increase reproductive success and overall herd productivity.

Rethinking fat supplementation

Fat supplementation has traditionally been used to increase energy density in cattle diets. However, research indicates that certain fat sources can influence reproduction through specific biological pathways, independent of their caloric value. Polyunsaturated fatty acids (PUFA), particularly omega-6 fatty acids, have been shown to play an important role in the uterine environment and early embryo development.

Sources of rumen-protected omega-6 fatty acids, such as calcium salts of soybean oil (CSSO), have been used in research settings to evaluate these effects. Studies have demonstrated that CSSO supplementation increases the concentration of these fatty acids in circulation and within uterine tissues. These fatty acids are subsequently incorporated into the developing embryo, with research showing that conceptuses recovered from supplemented cows have greater concentrations of omega-6 fatty acids. Moreover, conceptuses recovered from CSSO-supplemented cows are larger and more developed during early pregnancy. Collectively, these findings indicate that targeted fatty acid supplementation can support embryo development during a critical window of pregnancy establishment.

Does it improve pregnancy rates?

These biological changes translate into meaningful improvements in reproductive outcomes. In a large-scale study using postpartum beef cows, animals were supplemented with either 100 grams per day of CSSO or an

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isolipidic and isocaloric control treatment. Supplementation was provided for a total of 21 days, starting on the same day cows were artificially inseminated in the beginning of the breeding season. Although total fat intake was similar between treatments, the CSSO supplement had a greater concentration of omega-6 fatty acids. Pregnancy rates to A.I. were greater in cows receiving CSSO, reaching 60.2%, compared with 51.7% in control cows.

Because diets were formulated to provide similar energy, these results indicate that the improvement in fertility observed in CSSO-supplemented cows was driven by fatty acid profile rather than caloric intake. This distinction shifts fat supplementation from a strategy focused solely on increasing dietary energy to a targeted nutraceutical approach to improve fertility.

Making it work in commercial settings

Although the controlled studies described above demonstrate clear reproductive benefits, daily supplementation can be difficult to implement in some operations. As a result, delivery method becomes a critical factor when considering adoption of fat supplementation strategies.

Follow-up work has evaluated the use of low-moisture molasses tubs as a means of delivering omega-6 fatty acids during the breeding season. These delivery systems are designed to provide a consistent intake of supplement without the need for daily feeding. Research indicates that cows consuming omega-6 fatty acids through self-fed tubs achieve similar increases in omega-6 concentrations compared with cows receiving hand-fed supplements daily. More importantly, cows supplemented with low-moisture molasses tubs rich in omega-6 fatty acids during the breeding season experienced similar increases in pregnancy rates to A.I. and reduced pregnancy loss. These responses translated

into a greater proportion of cows calving earlier in the season, along with an increase of 42 pounds of calf weaned per cow exposed to the breeding season.

From a management standpoint, these results highlight that the benefits of targeted fatty acid supplementation can be achieved using practical delivery systems that fit within the logistical constraints of beef operations.

Take-home message

Improving reproductive performance in beef cattle requires more than achieving fertilization. Supporting embryo survival during the early stages of pregnancy is also critical. Supplementation with omega-6 fatty acids represents a practical, research-supported strategy to optimize conceptus development and pregnancy success. By influencing key biological pathways involved in pregnancy establishment, these supplements can improve pregnancy rates to A.I. and enhance overall herd productivity. When implemented within a sound nutritional and reproductive management program, targeted fatty acid supplementation can help producers capture more value from their breeding programs.

Copied: Beef Tips n' Advice - April Newsletter

Honeywood Heifer Sale

May 2, 2026 @12:30 pm
 Jackson Regional Livestock Market
 About 85 Bred Heifers
 30 AI Bred to Iron Horse Bull
 53 Heifers – Pasture Exposed to 3 sons of Yon Discipline Bull
 17 Heifer exposed to Callaway GAR Freedom Son
 10 Open heifers ready to breed this fall
 MGCA Cattlewomen will have lunch available.

JUSTIN'S PLACE RESTAURANT
 1441 Hwy 19 North • Thomaston, Georgia 30286
 706-646-5171

*"To worry about what you can't do,
 is to waste what you can do."*



JUSTIN'S PLACE
RESTAURANT & BUNKHOUSE
 35 E. Main Street • Butler, Georgia • 478-862-5811

DECK 'EM
Pest Service, Inc.

GREGG MARTIN
 Owner



626 Piedmont Road • Barnesville, Georgia
 770-358-9944



Thompson Veterinary Services

510 Rose Avenue, Barnesville

www.thompsonvetservice.com

470-223-VETS

Dr. Chanda Thompson, DVM



CALLAWAY

CATTLE COMPANY

Angus & SimAngus

www.callawaycattlecompany.com

callawaycattle@gmail.com

John & Marcia Callaway
2280 Coweta-Heard Road
Hogansville, GA 30230

John's Cell:
770-355-2165

May is Beef Month

May is National and Georgia Beef Month. It is a month-long celebration to recognize the importance of the beef industry and honor the hard-working farmers and ranchers who raise cattle. This is a time to appreciate beef as part of our diet and an opportunity to highlight the nutritional benefits and versatility of beef, as well as its role in American meals and cultural celebrations. Beef month aims to encourage consumers to purchase and enjoy beef, and support those who produce it.

So, here are some ways you can assist in promoting Beef Month.

- Wrangle up some kids and parents and invite them to your farm.
- Go read a book about cattle or farming to day care or classroom.
- Visit your local library and do a Beef Day. Set up an exhibit.
- Serve a beef meal or snacks to a club or church group or just share beef recipes.
- Visit with a youth group and tell them about farming, agriculture and raising cattle.
- Write an article about beef or highlight a producer or family in the newspaper or other media.
- Do a video promoting beef or talk about your farm life and put on Facebook or TikTok.
- Invite your non-farmer friends over to enjoy beef on the grill.
- Give a graduate a certificate to go eat Beef.



April 23, 2026

Disaster Assistance for 2026 Livestock Forage Losses

Producers in Butts, Fayette, Henry, Lamar, Monroe, and Upson Counties are eligible to apply for 2026 Livestock Forage Disaster Program (LFP) benefits on Mixed and Improved pasture.

LFP provides compensation if you suffer grazing losses for covered livestock due to drought on privately owned or cash leased land or fire on federally managed land.

County committees can only accept LFP applications after notification is received by the National Office of qualifying drought or if a federal agency prohibits producers from grazing normal permitted livestock on federally managed lands due to qualifying fire.

You must complete a CCC-853 and the required supporting documentation no later than March 1, 2027 for 2026 losses.

For additional information about LFP, including eligible livestock and fire criteria, contact the Lamar-Henry County USDA Service Center at 770-358-0787 ext. 2 or visit sa.usda.gov.

Ben Duncan

County Executive Director - Farm Service Agency

Barnesville USDA Service Center

231 Hwy 41 N, Ste C Barnesville, GA 30204

Phone: 770-358-0787 Extension 2 Fax: 1-855-501-2459

B&B FARM SERVICES

THOMASTON, GA

Custom Hay Cutting & Fencing

Hay For Sale

Round and Square Bales

Heavy Use Pads and Waterlines Installed

TRACY BOYT

706-656-8481

Cattle

Hay

HONEYWOOD

Home-Grown, Grain-Fed Beef

Ed Mitchell, Owner

Clay Allen, Manager

Office: 770-358-2701

Cell: 770-468-9777

Daniel Divide Cattle Company



Black Angus Bulls for Sale
Purebred, virgin, low birth weight,
ready to breed

*We do AI techniques and plan to
start embryo transferring in 2026-2027.*

Daniel Divide, Roland Road, Thomaston, GA
AI and Gracie Daniel, Owners...478-297-8627

Southern Rivers Energy

A Southern Energy Company

770-358-1383

877-358-1383

1367 Hwy 341 S

Barnesville, GA 30204

www.southernriversenergy.com

ANGUS AND HEREFORD



Contact Wes Smith
706-648-4210

County Extension News and Events

Monroe County Extension - Luke Quick

In Monroe I am tracking rain fall data @13 locations and I have suggested that some of the hay/forage producers start collecting forage production data. Long term I'd like to track soil health improvement and production increase. More importantly, I'd like to develop a tool to clearly show losses due to drought and pest pressure. Lastly, I want to remind everyone that the first Tuesday of every even month Monroe County is hosting a meeting.

478-994-7014 | Richard.Quick@uga.edu |

<https://extension.uga.edu/county-offices/monroe.html>



MCFA June Meeting

Date 6-2-2026

Time 5:30-7:00pm

Dinner Provided

\$7-cash or check

Scan QR to RSVP

Visit Monroe County ANR BLDG

Monroe County Extension

May 83 S. PerrySt, Ga 478.994.7014

<https://extension.uga.edu/county-offices/monroe.html>



Pike County Extension - Brooklyn Wessel

May 5 - Homestead Hub

May 6 - Homestead Skills Lunch and Learn: Herbs

May 8 - Farm Passport Tour

May 19 - Native Bee Hotels

June 5 - Credits and Coffee

June 10 - Homestead Skills Lunch and Learn: Irrigation

June 12 - Farm Passport Tour

June 25 - Ag Experience Trailer

Spalding Extension -Victoria Hull

Come out to the Griffin Farmer's Market! Our vendors will be out there every Friday starting in April through October from 9-1. Located at the Kiwanis Fairgrounds. It's a great stop for fresh vegetables, boiled peanuts, and more!

Upson County Extension - Hailey Partain

May 8 - Repro Field Day - Postponed

May 11 - Lunch N Learn at Upson Extension Office over strawberries with Speaker: Mallory South from SSS Farms \$15

July 17 - Kid's Cattle Camp at Upson Livestock Sale Barn: It's all things cattle with hands-on, active activities and dirty fun! Cost \$15 - RSVP to Upson Extension Office (706-647-8989) by June 25th to get a T-Shirt.

- "Doubt kills more dreams than failure ever will."
- "Keep your face always toward the sunshine, and shadows will fall behind you."
- "Whether you think you can or think you can't, you're right."

"Your talent determines what you can do.

-copied



Roger, Janet, Richard & Ann
438 Price Rd. • Brooks, GA 30205

Certified Herd No. 282

Phone: 770-719-8118

E-mail: gfbrangus@bellsouth.net



Char-No Farm

Registered Brangus Cattle
Black Simmental / Angus Composites

CHUCK & NORMA SWORD

545 Scott Road • Williamson, GA 30292
(770) 227-9241 (770) 468-3486 (Cell)

Hollonville - Highway 362 • 12 Miles West of Griffin
cuffarm@aol.com WWW.CHARNOFARM.COM

Beef for Father's Day

Come help us celebrate Father's Day by serving BEEF to the community.

June 20th at Country Oaks Farm and Home in Barnesville

Serving Hamburgers and Hotdogs

from 11:00 -1:00 or till we run out.

Beef for Father's Day has been celebrated in Lamar County since the 1980's.



Advertise Here



Are you interested in advertising in the Bull Sheet?

Contact Cynthia Douglas
at 770-550-1070

douglasfarm@windstream.net

MEMBERSHIP APPLICATION

Georgia Cattlemen's Association

P. O. Box 27990 • Macon, GA 31221 (478) 224-5900

101 General Courtney Hodges Blvd. Perry, GA 31069

gca@gabeef.org

NEW MEMBER

RENEWAL

Name _____

Operation _____

Address _____

City _____ State _____ Zip _____

Phone _____

Cell Phone _____

E-mail _____

County/Chapter: Mid-GA Cattlemen

Recruited by _____

MEMBERSHIP DUES - State and Local

Regular Membership - 1 yr. (21 and older).....\$75.00

Regular Membership - 3 yrs. (21 and older).....\$215.00

Young Cattlemen's Council (YCC) (Ages 18-40).....\$75.00

GA CattleWomen - Women 21 & over (No magazine).....\$50.00

GA CattleWomen - (With magazine).....\$75.00

GA Junior Cattlemen - (21 and Under).....25.00

Associate Membership.....

Tenderloin - \$1,000.00 T-Bone - \$750.00

Rib-Eye - \$500.00 Sirloin - \$250.00

TOTAL ENCLOSED _____

PAYMENT

VISA MASTER CARD AMEX DISCOVER

CHECK (PAYABLE TO GCA) CASH

CARD# _____ Expires: _____

Name on Card _____ CVV _____

RECIPE CORNER



Blackened Cubed Steaks with Zoodles



Ingredients:

- 4 beef Cubed Steaks (about 4 ounces each)
- 1/4 teaspoon cooking spray
- 1 tablespoon no-salt blackening seasoning
- 1/4 teaspoon salt
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1 cup grape tomatoes, halved
- 1 pound zucchini, spiralized
- 1 pound yellow squash, spiralized
- 1 teaspoon freshly ground black pepper
- 1/4 cup thinly sliced fresh basil
- 1/4 cup lemon juice
- 1 teaspoon freshly grated lemon peel
- 2 tablespoons grated low-fat Parmesan cheese

Prep Time: 20 min
Cook Time: 20 min
Total Time: 40 min

Cooking:

1. Coat Cubed Steaks with cooking spray; season with blackening seasoning and salt.
2. Heat oil in large nonstick skillet over medium-high heat until hot. Place steaks in skillet; cook 6 to 8 minutes to medium (160°F) doneness, turning once. Remove steaks; keep warm.
3. Add garlic and tomatoes to skillet; cook 1 to 2 minutes or until garlic is fragrant. Add zucchini, squash and pepper; cook and stir 2 to 3 minutes or until just tender. Stir in basil, lemon juice and peel. Return steaks to skillet; cook another 1 to 2 minutes or until steaks are warmed through. Sprinkle with cheese before serving.



<https://www.beefitswhatfordinner.com/recipes/recipe/36017/blackened-cubed-steaks-with-zoodles>

Upcoming Events

- May Beef Month**
- May 2 Beef and Berries**
Sweet South Strawberry Farm
11:00 am - 3:00 pm
- May 2 Honeywood Heifer Sale**
Jackson Regional Livestock
12:30 pm
- May 8-9 Bulls and Barrels -**
Chestnut Oak Arena
- May 10 Mother's Day**
- May 12 MGCA Membership Meeting**
Walters Farm – Barnesville
6-7 pm - Visit and Preview Equipment
7pm – Meal and Meeting
- June 11 MGCA Directors Meeting**
Thompson Vet Office
6:30 pm – Dinner
7 pm Meeting
- June 12 Kid's Cattle Camp**
Upson County Livestock
Sign up with Upson Extension Office
- June 20 Beef for Father's Day Promotion**
Country Oaks Farm Supply in
Barnesville
11:00 am – 1:00 pm
Burgers and Hotdogs while they last.
- June 21 Happy Father's Day**
See Extension News for dates and events



BEEF AND BERRIES

Come join us at Sweet South Strawberry Farm on May 2nd from 11-3 for burgers and strawberries. The Mid-Georgia CattleWomen and Cattlemen are teaming up with the Souths to promote Beef and Strawberry Month.

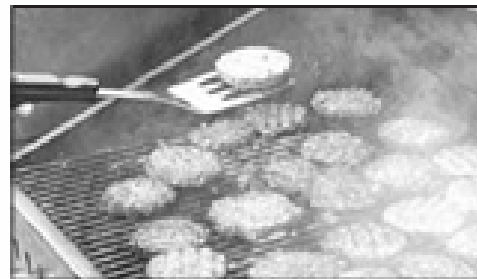
Bring the family and friends and pick strawberries, eat yummy homegrown beef burgers and have some delicious strawberry ice cream and treats. You can visit the petting zoo and the and other exhibits. This is a great day for fellowship and fun on the farm! We hope to see you there.

Saturday, May 2, 2026 from 11:00am to 3:00 pm

Fields and Store are open from 10am-6:00 pm.

LOCATION: Sweet South Strawberry Farm

701 W Moores Crossing RD, Thomaston, GA 30286



Periodicals

Postage

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Thomaston, GA

USPS 080-170