



MEMBER
GEORGIA CATTLEMEN'S ASSOCIATION

Mid-Georgia

Cattlemen's

Association

USPS 080-170

BULL SHEET

VOL. LXI

SEPTEMBER - OCTOBER, 2026

No. 5

September MGCA Membership Meeting

Thursday, September 10, 2026 @7:00 pm
Monroe County Conference Center
(475 Holiday Cir, Forsyth, GA 31029)



Topics: "Grazing Rotations, Temporary Fencing,
and Pasture Management"

Dr. Jennifer Tucker will be presenting on key rotational
grazing techniques, temporary fencing setups, and
strategies to get the most out of your pastures.

1 hour of pesticide CEU has been approved.

Sponsors: Country Oak Farm Supply and Triangle Chemical

Meal: Hamburger Steak with Gravy, Mashed Potatoes, Salad, Rolls and
Banana Pudding - The meal is being catered by Felica Henderson.

Cost: \$10.00 (14 and up), \$5.00 (7-13 years old), and 6 and under free

RSVP DEADLINE: Monday, September 7 by Noon @ mgcaonline.com



*Note: a question has been added to the RSVP form
asking if you have any food allergies.*

If you RSVP on time, you may be a lucky winner of a gift
certificate from Country Oaks Farm and Home.

SCAN and SIGN UP

*The Cattlewomen will have a separate meeting to plan the upcoming events
and elect officers. The MGCW Officers invited you to come and learn more about
your activities and association. You are all welcomed to join us for this meeting.
Don't forget to bring your family, neighbors, and potential members!*



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2010 Dr. James King
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2012 Chuck & Norma Sword
2014 Cynthia Douglas
2017 Ed Trice, Jr.
2018 Dr. Jerry Walker
2020 Edwin Foshee, Jr.
2021 Roger and Janet Greuel
2022 Clay and Susan Allen
2023 Rodney and Gail Hilley
2025 RM and Ruth Hice

THE BULL SHEET

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Membership meetings are held the 2nd Thursdays in
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Directors' meetings are held the 2nd Thursdays in months
alternating with membership meetings.

Editor: Cynthia Douglas

1727 Delray Rd., Thomaston, GA 30286

mgcattleinfo@gmail.com - 770-550-1070

Annual membership dues for subscription to Bull Sheet.

2026

Officers and Directors of the

Mid-Georgia Cattlemen's Association

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Steven GreenVice President
Carmen WesterfieldSecretary
Elena StanfieldTreasurer

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Charles Floyd	Romy Strickland	Marcus South

Past PresidentWes Smith
EditorCynthia Douglas
Mailing ListGCA Office & Cynthia Douglas
QueenEmily Savage
Websitemgcaonline.com

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Lamar: Isaiah Moore - 770-358-5163 E-mail: lamar.extension@uga.edu
790 Veterans Drive, Barnesville, GA 30204

Monroe: Luke Quick - 478-994-7014 E-mail: richard.quick@uga.edu
P. O. Box 70, Forsyth, GA 31029

Pike: Brooklyne Wassel - 770-567-2010 or 678-588-3153
E-mail: brooklyne.wassel@uga.edu

P. O. Box 397, Meansville, GA 30256

Spalding: Victoria Hull - 770-467-4225 E-mail: victoria.hull@uga.edu
403 East Solomon St., Griffin, GA 30223

Talbot: - 706-665-3230

P. O. Box 127, Talbotton, GA 31827

Upson: Hailey Partain - 706-647-8989 E-mail: hpartain@uga.edu
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MGCA PRESIDENT



Fall Is Just Around the Corner

It's hard to believe we're already looking toward fall. Around the farm, that means the end of hay season is in sight and it's time to start thinking about getting cool-season forages in the ground. After the dry start we had this year, I hope everyone was able to get enough hay put up to feel good about what's ahead. We've certainly had to work for it. I

am looking forward to turning the page on hay season to start looking toward winter grazing.

There is a lot to be encouraged about as we look toward the future of our industry. I'm excited and hopeful about the new leadership at the Georgia Cattlemen's Association and look forward to seeing the direction they take us in the coming year. Strong leadership at the state level, combined with strong local associations, is important to all of us as cattle producers.

Here at MGCA, we're also getting ready for one of our busiest times of the year. Buggy Days is right around the corner, and as many of you know, this is one of our biggest fundraising events of the year. The funds raised through Buggy Days help us continue providing educational opportunities for producers and supporting youth programs and scholarships. It takes a lot of volunteers to make this

event successful, and we'll need your help. If you can give us some of your time, please reach out to any MGCA officer and let us know. A few hours of your time can make a big difference for our association.

Fall is also the time of year when we begin looking toward the future leadership of MGCA. I want to encourage anyone who has thought about getting more involved to consider putting your name forward to serve on the Board of Directors. Each of our six counties elects its own Director to serve a three-year term. Directors must be active MGCA members and are expected to attend membership meetings and Board meetings, as well as support and participate in MGCA activities throughout the year.

You don't have to have all the answers or know exactly what you're getting yourself into. What matters is being willing to show up, contribute, and help make MGCA better. Some of the best things happening in our association right now have come from members who were simply willing to step up and get involved. If you've ever thought, "I'd like to do more," or "I wish they'd do it like this," this may very well be your opportunity. Talk with one of your current county Directors or myself and let us know you're interested.

As we head into another busy fall, I'm thankful for the producers who continue to give their time, ideas, and energy to MGCA. There's plenty of work ahead, but there's also plenty to be excited about. For now, we'll pray for some rain at the right time, get the winter grazing planted, get the hay put away, make it through Buggy Days, and quickly wrap up another year with MGCA. Thank you all for the opportunity to serve Mid Georgia Cattlemen's Association.

Will Godowns

Will Godowns
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MID-GEORGIA CATTLEMEN'S ASSOCIATION MEMBERSHIP PICNIC

July 9 2026
South Cabin - Thomaston

President Will Godowns welcomed everyone and gave the invocation. He thanked the South family for hosting the picnic. Everyone enjoyed the food and the cooler weather while sitting and fellowship with other families. Some enjoyed fishing and even caught some fish.



MID-GEORGIA CATTLEMEN'S ASSOCIATION DIRECTORS' MEETING

August 13, 2026
Thompson Veterinarian Office - Barnesville

President, Will Godowns welcomed everyone.

Invocation - Tracy Boyt

Secretary Report - Carmen Westerfield

June Minutes were presented as published in Bull Sheet.

(Note - July was our picnic.)

Motion to Approve - Dr. Jill Lancaster, Second - Cynthia Douglas

Treasurer's Report - Will presented the report for Elena Stanfield.

Regular checking - \$12269.32. Money market - \$10032.55

Motion to Accept - Wes Smith, Second - Tracy Boyt

Extension Agents Reports

Lamar County - Isaiah Moore has left to attend graduate school and Hailey Partain will be covering forage and livestock for Lamar County.

Monroe County - Luke Quick has been working on podcasts. Gave report for Brooklyn and Victoria. They will be starting a journeyman farmer starting in September on Fridays.

Spalding County - Victoria Hull not present

Pike County - Brooklyn Wassel not present

Upson County - Hailey Partain - office under renovation. She handed out weed books. Forage conference will be in September in Tifton.

GCA UPDATE - Dr. Jill Lancaster gave a report on the recent Executive Board Meeting. She provided a GCA Tour update and it looks like it will be heading to New York. Jill also invited members to come and assist with the Beef Booth at the GA National Fair. Contact Wyatt Doolittle with the GA Beef Board if you want to help.



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Old Business –

Education Committee Report- Luke and Hailey reminded everyone that it will be on October 30 and November 6.

Awards Committee-A summary of awards was handed out by Cynthia Douglas for the board to review. Will encouraged members to nominate for these awards to be given out at Ladies Night.

Buggy Days- Will discussed needing help at Buggy Days on Sept 18th at 6:30 to set up and then on September 19th and 20th. Committee will meet after meeting.

CattleWomen's Report – Cynthia Douglas

Cattlewomen promoted GCWA Beef Feeds the Hungry Grants.

In July, the Cattlewomen donated and cooked lunch for Upson Summer AgVacation volunteers and contributed beef activity book and pencils to their goodie bags. They provided 70 Beef By-Products goodie bags for Kids Cattle Camp. Georgia Cattlewomen's Officers' Retreat would be on Saturday, August 18th and on 26th - Assisting with Spalding and Monroe 4-H Food Challenge practices. Purchasing ground beef from Green Gates Farm and Walters Farm to donate to the 4-H'ers. The Spalding Fair is Sept 15-20th and the ladies will be providing a Beef exhibit. (Theme – "Celebrating America's 250th Birthday with BEEF")

Queen's Contest – Deadline October 5th – Send to Cynthia Douglas form will be on the website.

New Business

Nominating Committee- (article V-sect4 of bylaws) Nominations to the board at the October board meeting of the slate of officers. Wes discussed the nominations and Carmen Westerfield asked to be replaced. County directors need to be presented at the October Board Meeting.

Clarification of Date of the annual meeting – November meeting also referred to as Ladies' Night on November 12th at Thomaston First Methodist Church.

Discussed cake auction, meal, and inviting GCA Executive VP and President. Jill will invite them. Hailey has lined up an auctioneer.

County reports

Upson – The meeting was moved from August to September and topic will be forage and nutrition on September 3.

UPCOMING EVENTS

MGCA September Meeting in Monroe County on Thursday, September 10, 2026 @7:00 pm

Location: Monroe County Conference Center (475 Holiday Cir, Forsyth, GA 31029)

Topics: Dr. Jennifer Tucker will be presenting the program on "Grazing Rotations, Temporary Fencing, and Pasture Management" 1 hour of pesticide CEU has been approved.

Luke Quick is working on sponsors

Motion to adjourn – Ray Brumbloc

Submitted by Carmen Westerfield, Secretary

Membership

Know that you can renew online at georgiabeesf.org or mail in your membership. If you haven't updated or provided your email, we encourage you to do so. This is one way the association provides you with events, issues facing agriculture, messages from GCA Staff, surveys and other important information within our cattle industry.

Note: You can provide address, email, and name changes to sherri@gabeesf.org, mgcattleinfo@gmail.com, contact our MGCA secretary or treasurer, or Cynthia Douglas. This helps your mailings also not be returned. Thanks for your help in keeping our record accurate!



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CattleWomen's Report

By Cynthia Douglas, MGCW President

I hope you were able to stay cool during August. I know many of you are looking forward to the fall and cooler weather since there are many events coming up this fall. Several things we all look forward to in the fall are Fair, Farm Days, Fall Festivals, and Buggy Days.

What were some summer events?

The Beef for Father's Day event was a fun time to promote beef and provide hamburgers and hotdogs to the community as an outreach project. In July, the ladies provided lunch for the volunteers at Upson's AgVacation. The Cattlewomen prepared and donated beef by-product "Wow that Cow" bags for Kids Cattle Camp. Then in August, the cattlemen donated 15 pounds of Green Gate Farm's ground beef for Spalding County 4-H'ers to practice cooking for the Food Challenge competition. Then, the next week we donated 10 pounds of Walters Farm's ground beef to Monroe 4-H for the practice. Each 4-H'er was given ground beef to take home. Pam Walters, Emily Savage, Kylee Campbell and I attended these events and judged.

So, what do we have lined up for the fall season?

Fairs: We have several of our youth that will be showing at the Georgia National Fair and other shows around the state. We wish them "good luck" and safe travels. The Georgia Beef Board and the GCA staff invite you to come down to Perry on October 8-18 and assist with the Beef booth. Contact Wyatt Doolittle to sign up to volunteer (wyatt@gabeef.org or GCA Office - 478-224-5900). There will also be an opportunity to assist at the Sunbelt Ag Expo on October 20-22. The Mid-GA cattlemen will be putting the Mid-Georgia Association's fair booth up at the Spalding County Fair on the morning of September 10th. Let me know

if you want to help.

Buggy Days: This is always a great time as we come together to promote beef and fundraise for our association. You are invited to come and help sell, wrap, cook, set-up or clean up, visit with consumers, and fellowship with our members. This is our main fundraiser for the association and it takes a crew to make it happen. We hope you can come and help.

Fall Festivals: There are several members that have fall events coming up on their farms. The MGCA will be at the Harvest Fest on November 14 from 3-9:00pm selling ribeye steak sandwiches at Rainbow Farm in Barnesville. SSS Farm will host Fall Festival October 24 from 4-8:00 pm. They will be celebrating America's 250th and the farms 25 year. Green Gate Farm will have a corn maze this fall. Follow them on Facebook for more details and the Bull Sheet.

Cattle Shows: The cattlemen will provide the concession stand at the T-Town Fall Classic on November 7th at the Upson-Lee Ag Center. More information in the next issue.

Ladies' Night: The cattlemen will be in charge of the queen's contest and have our cake/dessert auction that night. Mark your calendar for the MGCA meeting on November 12th.

Your officers invite you to come join us at the Monroe meeting and help plan some activities for 2027 year. We hope to see you there.

Cynthia



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Food Challenge Event with Spalding 4-H'ers

The Cattlewomen provided Green Gate Farm beef to the participants at the Spalding 4-H'ers Food Challenge practice. Our queen, Emily Savage, did an excellent speech about raising cattle and provided information about the beef. Pam Walters and Cynthia Douglas provided nutrition information and assisted with the practice.



2027 Miss Mid-Georgia Cattlemen's Queen



*Do you want to promote
BEEF and the cattle industry?*

Who is eligible? Young ladies between the ages of 16-21 as of January 1, 2027 are eligible.

Parent or guardian must be a member of the MGCA or the contestant must be a Junior Member and reside in the Mid-GA Cattlemen's counties (Lamar, Spalding, Pike, Monroe, Talbot and Upson).

The queen's duties will include representing our Mid-Georgia Cattlemen's Association at shows, meetings, local activities, and promotional and educational events.

If there is more than one contestant entered, interviews will be held between October 19-30, 2026. Contestants will be notified by October 12th with interview date.

Interviews will be judged on the following criteria:

- Knowledge of the cattle industry, beef nutrition, and agriculture
- Involvement in the cattle organizations, school, and community
- Poise, Personality, and Communication Skills

The 2027 Queen will be crowned at the November Ladies' Night on November 12th at the First Methodist Church in Thomaston at 7:00 pm.

Deadline is Oct. 5, 2026 -Return the application postmarked or emailed by the deadline date.

Form is on website at mgcaonline.com or contact Cynthia Douglas 770-550-1070 or douglasfarm@windstream.net



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2026 MGCA Awards

It's time to recognize members or associates for the 2026 Mid-Georgia Cattleman's Awards. The MGCA Board needs your help with nominations. These awards will be presented at the Annual November Ladies' Night.

WHO IS ELIGIBLE:

A current or past Mid-Georgia cattleman, cattlemaster, producer family, or business that has been active and supportive of the cattle industry or a member that has done an outstanding job as a producer.

HOW TO NOMINATE:

- Producer of the Year - Notify your local Extension Agent, County MGCA Directors, or MGCA Officers with your nomination, then they can help provide the producer with the form. The producer will need to fill out the application.
- Dr. Sell and Hall of Fame Awards - Provide a letter nominating and providing information about the nominee and why the nominee deserves to be recognized.
- Deadline - Monday, October 5, 2026. Send to Upson County Extension Office, Hailey Partain, P O Box 86, Thomaston, GA 30286 or hand deliver to 305 S. Hightower St. Room 170, Thomaston, GA 30286 or give to Will Godowns.

AWARDS:

Mid-Georgia Producer of the Year - Let's recognize a MGCA producer or farm that has done an outstanding job

with their cattle management, farm production and supports the association and cattle industry that deserves being recognized.

The recipient cannot have won the MGCA Producer Award in the past 3 years or won the State GCA Producer of the Year Award.

Past Winners of the GCA Awards are Vaughn Farms, SSS Farm, Honeywood, Walters Farm, Caldwell Farm and Land, LLC, and Rockin' Chair Ranch. MGCA winners for the past 3 years are 2023 Cedar Hill Cattle - Will and Charly Godowns and no Producer Awards given in 2024-25.

MGCA Hall of Fame - This award is presented to a past or present MGCA member, family, or couple that has supported and influenced our association and beef industry. A list of Hall of Fame recipients is in the front of the Bull Sheet.

Dr. O. E. Sell Distinguished Service - This honor is presented to a member, family, or business that has been very supportive and active in the Mid-Georgia Association. The nominee does not have to be a member or producer to receive this award. You can even nominate a business that has contributed to our industry or association.

Past recipients: Pam Walters, Ray Brumeloe, R.M and Ruth Hice, Roger and Janet Greuel, Steve Douglas, Tracy Boyt, Glen Studle, Danny Bentley, Dr. Jeff Davis, DVM, Tom and Marion Freeman, Bill Waldrep, Harris Brantley, Rodney Hilley, Susan and Clay Allen, Akins Family, Fred and Betty Joe Greene, Lamar, Pike, and Upson FSA Office, United Bank, D&N Livestock Services, Carmen Westerfield, AgSouth Farm Credit of Thomaston, Mid-Georgia Extension Agents, Cynthia Douglas, Edwin Foshee, Jr, Dr. Wilbur Neisler, and Joe Smith.



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Beef Day in June

Beef for Father's Day Promotion was another successful outreach project. The Mid-Georgia Cattlemen and Women provided 125 burgers and 50 hotdogs to customers at Country Oaks Farm and Home Supply in Barnesville the weekend of Father's Day. What a great way to honor dads and give to the community. Thanks everyone that assisted!



The Georgia National Fair

October 8-18, 2026 in Perry

The Georgia Cattlemen's Association and the Georgia Beef Board will be promoting the cattle industry at a booth in the Georgia Grown Building. They are asking for volunteers to help at the booth. If you are interested, contact Wyatt Doolittle at the GCA Office. (478-224-5900 or wyatt@gabceef.org) If you just happen to be at the fair, stop by and volunteer.

"Best of Beef Recipe" Contest - The GA Cattlemen and GA Beef Board co-sponsor a beef cooking contest for youth (12-18) and adults on October 10 at 5:30-6:00pm. You bring your ground beef dish and presentation setting. Rules and entry information is on the GNF Website under the Culinary Division. Website: georgianationalfair.com/p/georgialiving/finearts
Don't forget to check out the Baby Barn and the livestock shows.

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Fall Fun For the Family

2nd Annual Fall Harvest at SSS Farm!

Join us on October 24th from 4:00 PM-8:00 PM for an unforgettable evening of family fun on the farm!

This year is extra special as we celebrate America's 250th Birthday and 25 amazing years of our farm! We couldn't think of a better way to celebrate these milestones than with our wonderful community.

Here's what you can look forward to:

Live band • Pumpkins & pumpkin painting
Face painting • Homegrown burgers • Fresh kettle corn
Coffee bar and Dirty soda bar • Games for all ages
A spectacular fireworks show to end the night!

For just \$5 admission, you and your family can enjoy an evening filled with fun, great food, and memories that will last a lifetime. Bring your family, invite your friends, and come make this our biggest Fall Harvest yet!

We can't wait to see you on the farm!

Corn Maze Coming This Fall

Green Gate Farm - The Flower Shack in Griffin will have a corn maze this fall. It will be opening September 18th with extended hours on the weekends after the first week.

Also check out their flowers and a fall chucuterie event on September 17th.

So, follow their Facebook page to keep up with this fall event. The Green Gate Farm-the Flower Shack @51 Camp Rd, Griffin, GA 30224

Harvest Fest

November 14th 3-9PM

Rainbow Ranch, 219 Andrews RD Barnesville, GA 30286

Local Vendors, Food Trucks, Live Music and Kids Park,

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\$20 a car to get in - \$10 for Kid Park Wrist Band

The MGCA Ribeye Steak Sandwiches will be there.



August 10, 2026

Disaster Assistance for 2026 Livestock Forage Losses

Producers in Butts, Fayette, Henry, Spalding, Lamar, Monroe, Pike 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 fsa.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



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Cattle Field Day Opportunities

Upcoming Event: 2-Part Cattle Management Field Day

The MGCA Education Committee is hosting a comprehensive, two-part field day series designed for both new producers and expanding operations.

Part 1: Starting Strong

Date: October 30, 2026

Location: 5655 GA Hwy 42 (Next to Paran Road Baptist Church)

Topics Covered: Setting up a new cattle operation, managing pastures and hayfields, designing working pens, and critical details to consider when leasing land.

Part 2: Managing & Scaling Up

Date: Friday, November 6, 2026 (The following Friday)

Location: South's Farm (Upson County)

Topics Covered: Advanced management strategies and complex issues faced by larger cattle operations.

For more details on field day registration, please contact Luke Quick at Monroe County Extension office (478-994-7014) or Hailey Partain at Upson County Extension Office (706-647-8989).

Sponsors Needed for Field Day:

If you are interested in sponsoring a meal or having a demo table setup at both or either day of the Cattlemen's Field Day, please contact Luke Quick (Monroe) or Hailey Partain (Upson) 706-647-8989 for more information.

MGCA Election Time

Are you a member of MGCA that would like to get more involved in the Mid-Georgia Cattlemen's Association? Now is your chance to serve in a leadership role!

Directors are elected in each MGCA county to serve a 3-year term. The county chair is determined by default, and is the most senior Director of each county.

Directors are asked and expected to attend membership meetings and the 6 board meetings on the 2nd Thursday of February, April, June, August, October and December. The officers and directors are to participate in MGCA activities throughout the year. If you are interested in serving as a director, contact your county directors. The nominations are to be finalized by the October Directors' Meeting.

If you are interested in serving as an officer this year or in the future, you can talk to Wes Smith, Nominating Committee Chair, or Will Godowns. Officers have to have served on the board prior to serving as an officer.

Wes Smith (706-601-9527) or Will Godowns (770-624-4223).

Monroe County Extension Update

Georgia Cow Size Research Opportunity

Are larger cows actually producing heavier calves at weaning, or is there a tipping point? Jason Duggin is currently conducting research on cow size and its direct impact on calf weaning weights.

If you are interested in contributing your herd's data to this important study, let me know! I can provide you with data sheets and all the necessary information to get started.

On September 10th, Monroe County will be hosting the MGCA Membership Meeting at the Monroe County Conference Center. We hope you will attend.

Check out the Monroe County ANR Blog

ANR Blog | Monroe County <https://extension.uga.edu/county-offices/monroe/agriculture-and-natural-resources/newsletters.html>

For more details on research participation or programs, please contact the Monroe County Extension office (478-994-7014)

Luke Quick, Monroe County ANR

Monroe Extension Office 478-994-7014

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Agency Manager

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Upson Extension News:

Upcoming Dates:

- Sept 3 Upson County Cattle Producers Meeting, 6pm, \$15, Pesticide Credit and BQA Credit
- Sept 14 Lunch N Learn: Home Gardening, 10:30am, \$15
- Sept 17 Georgia Forage Conference, Tifton
- Sept 18 UCL Special Sale, Upson 4-H Show Team is selling concessions, 5pm
- Oct 8-18 Georgia National Fair, Upson 4-H has cattle, Sheep, and Pigs
- Oct 17 Mule Days, Upson 4-H will be in the Kid's Zone
- Oct 20-22 Sunbelt Expo, Moultrie
- Nov 5 Upson County Cattle Producers Meeting, 6pm, \$15, Pesticide Credit and BQA Credit

Kids Cattle Camp:

This year has been one for the books! We had over 65 students registered for our annual KCC. This year we made it extra hands-on, extra community involved, extra collaborative, extra messy!

The kids participated in all of the following activities:

Cow Dog Working Demo, Show Cow Cuddles, Pot Trailer Walk-Through, Equipment Walk-Through, Tagging/Branding/Tattooing (with real cow ears), Craft: Cow Cookies/Ear Tags, BEEFO (beef by-product bingo), Intestines Course (with cow model and real organs), Local Beef Scrambled Burgers, Soggy Oats Pass, Herd Tag, Soggy Oats Fencing Course, Cow Tongue Football, Ice-Cream in a Bag.

This day would have not been possible without our incredible community of volunteers, helpers, and staff. Thank you to all our Mid-Georgia Cattlemen's Association producers who spent their morning showing our kids the equipment that makes their operations run. (Sweet South Strawberry & SSS Farm's Mallory and Marcus South, Stories from the Ranch's Mark and Elena Stanfield, B and B Farm Services' Tracy Boyt

and Toby, and Bentley Farms' Danny Bentley) Thank you to MidSouth Packers, LLC's Joseph Egloff for providing the cow ears and repro tracts that gave the kids real hands-on "live" education. Thank you to the Mid-Georgia Cattlemen for the by-product goodies that the kids got to enjoy as a snack for the morning. Thank you to the Georgia Beef Board's, Wyatt Doolittle, for coming out and helping lead a rotation, while getting a little taste of how we showcase the industry in Upson County. Thank you to Georgia Cattlemen's Association's President, David Huddleston, for coming to show your support of our industry education. Thank you to our Upson County Commissioner and local farmer, Brian "Bud" Johnston for helping with the equipment station and ear tagging station. Thank you to our Upson County Manager, Lonnie Joyce, for coming out and showing your support for the youth in our community. Thank you to UGA Extension Butts County's ANR Agent and Georgia Cattlemen's Association Vice President, Heidi Cashwell, and Butts County 4-H Volunteer, Kristi Cowart for helping lead some of our rotations and for Ms. Heidi always being willing to get hands-on and dirty in the afternoon games with the kids. Thank you to Spalding County ANR Agent, Victoria Hull, for taking majority of the photos we are sharing today, without you these memories would not be able to be shared. Thank you to UGA Extension Northwest District Director, Clinton McRea for deciding to spending your fellowship day in Upson County at our annual KCC. It was great to see you having fun and getting in the muck of it all with our kids! Thank you to Upson County Livestock's whole crew (Anna, Aaron, Landon, Colby, Charlie, Timmy, and Lindsey) for helping in numerous aspects of the day and giving us a safe space to be able to execute such a great camp.

A special shoutout to all of our UGA Extension/4-H - Upson County staff for making this day happen before, during, and after! There is a lot of planning that goes into making this day a success and it would not be possible without these individuals! They go above and beyond and rarely get recognized for their hard work. (Ms. Ashlee, Ms. Kecee, Ms.

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



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Dr. Chanda Thompson, DVM



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Angus & SimAngus

www.callawaycattlecompany.com

callawaycattle@gmail.com

John & Marcia Callaway

2280 Coweta-Heard Road

Hogansville, GA 30230

John's Cell:

770-355-2165

Donna, Ms. Rita, Ms. Evie, Ms. Kylee, Ms. Kylie, Ms. Presleigh
Kate, Ms. Asia, Ms. Brook, and Mr. Stetson

It was hot, it was messy, it was epic! We like to say that if you
do not go home sweaty & messy, you didn't do Kids Cattle Camp
right!



Upcoming Sales

Fall Herd Replacement Sale

Upson County Livestock

Friday, September 18th at 6:30 PM

All cattle will be six years old or younger and ultrasound
confirm bred. Bulls will be semen tested.

The 4-H show team will be serving dinner
to raise money for their upcoming show season.

For more information contact:

Aaron White - 894-704-2487

2626 Yatesville Hwy, Thomaston, GA 30286

Affordabull and Commercial Female Sale

Saturday, November 21, 2026 @ 12:30 pm

Callaway Cattle Company

2280 Coweta Heard Rd

Hogansville, GA 30230

Cattle will be shown on video and not go through
the sale ring. All cattle will be located close to
sale ring area for viewing.

- Bulls - Callaway Cattle Co. and Consigners
- Commercial Bred Heifers - Honeywood Farms

For more info contact:

John Callaway 770-355-2165 or Clay Allen 770-468-9777

Hay Contest

Deadline for MGCA Contest is September 1.

If you haven't had your hay tested,
contact your Extension Agent

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Beefing Up Awareness: Understanding Alpha-Gal Syndrome

By Cynthia Douglas

Many of us in agriculture have spent years promoting beef and other livestock products. Along the way, we've all met friends or consumers who say they can't eat beef — but until recently, most of us didn't know much about alpha-gal syndrome. This allergy is caused by bites from the Lone Star tick, and anyone who spends time on farms, in yards, or in the woods has probably dealt with ticks. Alpha-gal became personal for my family when our 38 year old son was diagnosed with it.

To support him, I've been learning everything I can — reading about alpha-gal syndrome, figuring out how to cook safely when he visits, helping him understand food substitutes, and reminding him about by products that contain mammal products.

People of all ages can have this condition. When someone says they can't eat beef, it's important to help them understand how many foods and products contain ingredients from mammals. As cattle producers and agriculture educators, we should learn the symptoms and take tick bites seriously.

Key Facts About Alpha-Gal Syndrome

Source: Cleveland Clinic

What is Alpha-Gal Syndrome? Alpha-gal syndrome is a food allergy that develops after a tick bite. It causes allergic reactions to red meat and products made from mammals. The Lone Star tick is the most common cause, but other ticks can also trigger it. Not everyone who gets bitten will develop the allergy, though repeated bites can increase the

risk.

Alpha-gal is a sugar molecule found in most mammals (but not humans). People with the syndrome may react to some foods or products containing alpha-gal, but not necessarily all of them.

Symptoms

Symptoms can range from mild to severe and may start immediately or several hours after eating something containing alpha-gal. Common symptoms include:

- Itching, hives, or flushed skin
- Swelling of the lips, eyelids, throat, tongue, or face
- Coughing, shortness of breath, or wheezing
- Belly pain, diarrhea, heartburn, nausea, or vomiting
- Dizziness or fainting
- Joint pain

What You Might Be Allergic To

People with alpha-gal syndrome may react to:

- Meat and milk from mammals (beef, pork, lamb)
- Foods or products made with animal fat
- Certain medications, vitamins, or vaccines made with gelatin, glycerin, magnesium stearate, or bovine extracts
- Household items containing lanolin, tallow, or suet
- Foods containing carrageenan (often used to thicken)

Diagnosis

Healthcare providers diagnose alpha-gal syndrome using allergy blood tests and skin tests. Symptoms vary widely, so it can be difficult to pinpoint.

Management

Alpha-gal is managed by avoiding foods, medications, and personal care items that contain mammal-derived ingredients. Healthcare providers can help identify triggers and create a plan. If you or someone you know has symptoms, talk to a healthcare professional.



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Let us help advertise your farm or business in the MGCA Bull Sheet!

It is published 6 times a year and is located on the MGCA website.
The ads will be renewed or started for the 2026 November-December
through 2027 September-October issues.

Renewals will be sent out in September.

If you want to start advertising, the information and contact is listed below.



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Contact Cynthia Douglas
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douglasfarm@windstream.net

MEMBERSHIP APPLICATION

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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

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☐ CHECK (PAYABLE TO GCA) ☐ CASH

CARD# _____ Expires: _____

Name on Card _____ CVV _____

RECIPE CORNER



BBQ Beef Waffle Fry Nachos



*Use waffle fries instead of tortilla chips, the beans are baked rather than
refried, and salsa is swapped out for barbecue sauce on shredded beef.
Yum!*

Ingredients:

- 1 lb cooked beef Pot Roast or Brisket
- 1 package (20 to 24 ounces) frozen waffle fries
- 1 can (16 ounces) baked beans, drained
- 1/2 cup barbecue sauce
- 1 cup reduced-fat shredded mozzarella cheese
- 1/2 cup reduced-fat sour cream (optional)
- 1 green onion, choppe



Cooking:

1. Prepare waffle fries according to package directions. Shred beef pot roast with two forks.

Cook's Tip: Two packages (17 ounces each) fully-cooked pot roast or brisket may be substituted for cooked pot roast or brisket. Remove beef from package, discarding au jus or gravy. Continue as directed in step 2.

2. Meanwhile, combine beef and barbecue sauce in a medium saucepan. Heat beef mixture over medium heat 8 to 10 minutes or until beef is heated through, stirring occasionally.

3. Reduce oven temperature to 350°F. Top waffle fries with beef mixture, beans and cheese. Bake in 350°F oven 5 to 7 minutes or until mixture is heated through and cheese is melted.

Cook's Tip: Waffle fries may be transferred to an oven-safe baking dish. Continue as directed in step 3.

4. Top mixture with sour cream, if desired. Sprinkle with green onions.

copied: <https://www.becfitswhatsfordinner.com/recipes/recipe/4526/bbq-beef-waffle-fry-nachos>

Upcoming Events

- | | |
|------------|---|
| Sept 3 | Upton County Cattle Producers
6:00 pm Senior Center |
| Sept 7 | RSVP for MGCA Meeting |
| Sept 10 | MGCA Membership Meeting
Forsyth 7:00pm
Monroe County Conference Center |
| Sept 15-20 | Kiwanis Spalding County Fair |
| Sept 18 | Upton County Livestock
Fall Herd Replacement Sale – 6:30 |
| Sept 19-20 | Buggy Days – Barnesville
MGCA Booth- Ribeye Sandwiches
Saturday – 9-6:00 Sunday – 10-6:00 |
| Oct 8 | MGCA Directors' Meeting
Dinner @ 6:30 and Meeting @ 7:00
Thompson Vet Office |
| Oct 8-18 | GA National Fair - Perry |
| Oct 20-22 | Sunbelt Ag Expo - Moultrie |
| Nov 8 | T-Town Fall Classic Cattle Show
Upton-Lee AG Center 10:00 am
Come support our showmen and have
lunch with the cattlemen. |
| Nov 12 | MGCA Ladies' Night 7:00 pm
Thomaston Methodist Church |

Come join us at
Buggy Days!

BUGGY DAYS Means Ribeye Sandwich Time Red, White and BEEF!

Mid-Georgia Cattlemen and Cattlemen will be selling ribeye steak sandwiches at Buggy Days. This is our biggest fundraiser and you are needed to help cook, serve, and promote BEEF.

Buggy Days in Barnesville September 19th from 9-6:00 and 20th from 10-6:00.

Look for our patriotic booth in the food court.

How can you volunteer?



Scan this QR Code or go to the MGCA website (mgcaonline.com) and sign up to volunteer to help on Saturday or Sunday. There will also be a sign-up sheet at the next meeting. The more we have volunteer, the more we have fun and fellowship. This is your organization and Mid-Georgia Cattlemen need your support. Hours are Saturday 9 – 6:00 and Sunday 10 – 6:00 pm.



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