

OCTOBER



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**KAW VALLEY
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PAGE 2

**NOMINATE TODAY!
GRAPEVINE
UPCOMING EVENTS**

PAGE 3

**THRIVING WORK
CULTURES
PINS FOR PACI
AMBASSADORS**



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Carrie Nottingham
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Anna Henderson
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Olivia Terry
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BOARD OF DIRECTORS MEETING

- OCTOBER 12TH @ 11:30AM - AAGW OFFICE

PINS FOR PAC

- OCTOBER 13TH @ 13PM - DERBY BOWL

SUPPLIERS COUNCIL MEETING

- OCTOBER 18TH @ 12PM - AAGW OFFICE

OCTOBER MEMBERSHIP MEETING

- OCTOBER 26TH @ 11:30 AM - WICHITA BOATHOUSE

CHECK IT OUT



FRIDAY
OCTOBER 13TH

DERBY BOWL
444 S. BALTIMORE AVE.
DERBY, KS 67037

3 PM - 5 PM



THRIVING WORK CULTURES



October 26, 2023



11:30 AM to 1:00 PM



Wichita Boathouse



Presented by:
Greg Baker
empac



Register at:
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COMMUNITY AMBASSADORS

All things Fall Y'all!!!

CIDER BRAISED POT ROAST

- 3LB Black Angus Choice Chuck Roast
- Kosher Salt & Pepper
- 2 Tablespoons all-purpose flour
- 2 Tablespoons Extra Virgin Olive Oil
- 3 Sweet Onions, thinly sliced
- 3 Garlic Cloves, minced
- 1/2 cup Nature's Nectar Apple Cider
- 1 Butternut Squash, peeled and cubed (about 2 cups)

COOKING INSTRUCTIONS

- Pre-heat oven to 325 degrees F
- Heat 1 tablespoon of olive oil in a large oven-safe dutch oven or pot over medium high heat
- Season beef all over with salt/pepper. Sprinkle flour over the beef and rub on both sides
- Place beef in the skillet and sear it on both sides (about 2 mins per side). Remove beef and place it on a plate
- Reduce temperature under the pot to low and add in the remaining olive oil, onions, garlic, salt and pepper for taste
- Cook for 5 minutes. Stir in apple cider and cook, stirring often for another 15-20 minutes until onions are caramelized
- Place roast back in the pot on top of the onions. Add squash cubes. Cover and cook for 2-3 hours.
- After 3 hours remove the pot from the oven and shred the beef with a fork. Serve with rice, or potatoes.



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