



Jeff Cabral

Rancher
Class of 1992

By Kehau Gabuat

Jeff Cabral and his family operate TJ's Ranch, which consists of 200 acres in Waiakea Uka, through a 30-year lease from the State of Hawaii. Jeff breeds and raises a dozen black Brangus cows.

Being a rancher means taking care of the cattle including maintenance, e.g. branding, castrating, checking water, and rotating cattle between paddocks. Besides that, the fences also need to be checked and repaired. Jeff keeps each calf for about six to eight months until they are weaned. He then sells them, where they are shipped to the mainland and kept in feedlots until they are ready to be slaughtered.

Jeff grew up on a ranch and was a rodeo clown/bull fighter from 1993-2008. Rodeo Clowns try to prevent riders from getting hurt from the bulls that they are riding. He participated in local rodeos since he was 6 years old and has entered many rodeo events. Some of them include: team roping, bull riding, double mugging, wild cow races, wild cow milking, etc.



Jeff's full-time job is with the Mauna Kea Support Services, which is part of the University of Hawaii's Research Corporation. He is

part of the maintenance crew that works out of Hale Pohaku at the 9200 ft. level. Some of his duties include: snow removal from roadways, operating heavy equipment, building maintenance, welding, and the maintenance of vehicles. He is also Assistant Coach for WHS Girl's Basketball. He has been on the WHS Athletic staff for the past four years.

He graduated from Waiakea High School in 1992, where he played basketball and football. After graduation from high school, he moved to Phoenix, Arizona and attended the Universal Technical Institute. Jeff completed his studies and received a degree in Diesel Technology. Upon completion at UTI, he moved back to Hilo and has been here ever since.

Jeff is married to Lacey Cabral, a counselor at Keau High School. They have a 4 year old son.

His advice to students who want to be ranchers is, "You have to be willing to physically work hard and never give up. You also have to be open to learning from your elders as well as your peers, because traditions are just as important as new ideas and innovations coming up today".

