

Volume 36
Issue 2

LOUISIANA BAYOU



Summer 2009

MISSION STATEMENT:

To strengthen individuals, families and communities
through Education, Leadership and Action

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Dear LVFC Friends:

*Spring is in the air (along with
allergy season - - -) but the
beautiful spring flowers tend to
make one forget the miseries
of allergy season. You just
want to be out in the yard
working with your plants!*

LVFC PRESIDENT
Ethel Adcock



Not only did we have the arrival of spring, but LVFC 2009 Convention has come and gone. Many thanks to Area 2 for taking on the task of hosting a great convention. Thanks to the “behind the scene” workers. There are many to thank. One person in particular who deserves a special thanks is “Celeste”. She had her hands full taking on registration - the chairman, co-chair and the whole committee did a great job! Thanks to all for all your help!

*Congratulations to all the winners of special awards
You are very, very deserving!*

GOOD NEWS! This year we will have a mini-college on October 1 and 2 at LSU. Please remember to mark your calendar - you won't want to miss this!!!! It will be a lot of fun. You will receive more information on this as it gets closer to the date. If you have suggestions for classes - especially something you would like for us to include - please feel free to let one of our officers know about it - we will definitely take it under consideration.

Ideals to live by . . . STAY POSITIVE!

We live in a very negative society, and if we allow it, negativity can feed our fears; therefore, it's important to keep a positive frame of mind. This means that you may have to talk to yourself sometimes to build yourself up.

GO AHEAD! . . . Boost yourself; Encourage yourself.

**When faced with adversity, tell yourself: “I CAN DO THIS.” -
“I CAN ACCOMPLISH THIS.” - “I CAN DO ANYTHING I WANT TO.”**

- Bernice A. King

GREAT LOUISIANA FAMILY 2009

Aldon and Belva LeBlanc are from Vermilion Parish where Belva has been a member of the Erath Town & Country VFC Club for 20 years. She has been a dedicated and active member. As a homemaker, she fulfilled her responsibilities in her home managing the household, cooking, cleaning and sewing; she also worked outside the home as a counselor's assistant at Erath High School in the late 40s and early 50s, unique for a woman at that time. She and Alton have four children and she was very active with her children's schooling and often volunteered her time as a bus driver and other duties. Her involvement with local organizations, like the Barres Center in Erath, has kept her spirit active and youthful. She and her husband received a recognition award for their dedication and service helping the handicapped children of the center. She served in a number of positions within her club but she said her greatest accomplishment is being able to work with the Barres Center and participate in fund raising events for the American Heart Association, March of Dimes and other charities. The most important skill she has learned is how to live within your means. She said you not only have to purchase according to your income but you have to cook within your means too. "You learn the value of a dollar, of a quarter," she said about being the one in charge of managing the household's finances. "You learn financial responsibility and how to make do. The best advice I can give to the new generation is to think about it, but don't buy it until you can afford it."

Belva, a firm believer of finishing things you start, said, "I don't like to see people start something, then quit." Belva is a role model of a "real" home...maker!



HEART OF LVFC



"Arvella Dupre is one of the most selfless people I know," was the opening statement made by Debbie Melvin, Extension Agent and personal friend, in nominating Arvella for this award. Arvella's door is open any time and for any reason. There have been many VFC gatherings in her home be it a fancy Christmas party or a "spread-your-junk-out-everywhere" report preparation time; cooking for fund raising; and making decorations or outfits for many VFC programs. Her club published three cookbooks and she served as chairman for each one.



To her family, she is the go-to-person for costumes or alterations for everything from cheerleader uniforms to outfits for her granddaughter's fellow teachers. She cooks; she has sleep overs for the little ones; she sews; she paints and refinishes furniture; she learns to do anything that will help them save a buck. She shares what she learns in her personal projects to teach others in VFC.

If her church needs a new banner, or even better, needs the fireplace to be resurfaced, she's the one to raise her hand to volunteer. In her community, her most rewarding service is to hospice. After taking care of her mother and father for many years, she now graciously help others in the final chapter of life offering them true, heart-felt compassion. She welcomed a family into her parents' vacant home for an entire year following Hurricane Katrina giving an elderly mother time to adjust to the idea of not being able to return to the New Orleans area. They still keep in touch.

While Arvella was serving as state VFC treasurer, after she was diagnosed with a brain tumor, she experienced the healing hand of God and believes it is nothing short of a miracle that she is still with us. She is still here simply for the people she has touched with her love since.

Arvella is not only deserving of the Heart of LVFC award, she is the epitome of what it represents.



SPIRIT OF LLL AWARD



JANE SIMON is the recipient of this award. Jane hails from Vermilion VFC and has received 30 hour LLL Certification (2004) and completed 60 hour LLL Master Leadership Training (2006). Here is what Romona Babineaux, Vermilion VFC President, has to say about Jane: *“Jane, truly dedicated and a leader in her work, is always ready and willing to share her leadership skills and abilities and accepts any responsibility given to her. . . . The parish, community and state have benefitted from Jane’s contributions and assistance in leadership positions.”*

In the Success in Action letter, her parish writes: *“If you ask Jane Simon what inspired her to tackle her volunteer work, she will answer, ‘The leadership program on local and state level have encouraged me to participate and disseminate information to empower others. The leaders have instilled in me the importance of organizations’.”*

LVFC Past-President and Vermilion VFC Treasurer, Judy Broussard, comments, *“Jane Simon has been an excellent example of what a member should be. She is a very hard-working and dedicated member and sets no limits for herself. She is very active in her local club and is the CVU Chairman for the parish council. She is on the State Development Committee. Jane is always ready to lead, present, or act upon any given responsibility. Jane is a true believer in being a volunteer and is most worthy of this award.”*

Every year, Jane collects many signatures for TV violence campaign and placed first for collecting the most signatures (parish and state) for 1997, 1999, 2001 and 2004; placed second nationally for 1997 and 1999; and place first nationally in 2001 and 2004. She serves on the state Development Fund Committee for the last 8 years and who can forget that very pleasant smile behind the many tickets she sold at state conventions and workshops. AND THAT SMILE stays from early morning to late at night.

LLL MASTER LEADERSHIP TRAINER



LLL Master Trainer Lina Miller, Beauregard; Maureen Felder, VP for Public Policy; and Ethel Adcock, LVFC President



THUMBS UP TO ALL

LLL GRADUATES



(l-r) Maxine Wilson, St. Bernard; Patricia Champagne, Lafourche; Hilda Alfonso, St. Bernard; Faye Shirley, St. Bernard ; and Ethel Adcock, LVFC President (Maureen Felder is in background, VP for Public Policy - the little lady in charge)

Louisiana Learning and Leading (LLL) is an adult leadership program which develops individual skills and builds the confidence needed to assume leadership positions; provides an understanding of public policy issues relating to family and communities; and teaches the skills necessary to address community, parish or state concerns.. LLL provides knowledge of government policy making and thereby effective strategies to influence policy decisions.

To be eligible to graduate, it is required to have 30 credit hours of LLL classes in six categories (three credit hours in all six and the remaining 12 credit hours in any of the six of choice); and attendance at one LLL Legislative Day. Once certified, one may immediately begin working on LLL Master Leadership Trainer which requires 60 additional hours of applied leadership in teaching, community action and public policy action.

**2009 FEATURE ARTICLE CONTEST
LVFC AWARDED CO-WINNERS**

MOM - "MY ANGEL" AND ME

by
Betty Daigle
Jefferson VFC

My mom was the middle child of eleven children. She was a devoted, caring, and loving person who helped her mother take care of her younger brothers and sisters at the age of eleven. Although they were a large family, they were close. My mother was also a "crafty" person, who loved to sew and was very good at it too. She even made clothes for her sisters.

After my mom married, she still continued to care for her two younger sisters. Soon after, she brought me into the world. She gave me the most precious gift of all ... "life!": Mom watched over me and guided me to do the right things. She inspired me and gave me comfort when I was sick or crying. My mom was an important part of my life. She made my sister and I matching clothes and costumes for Mardi Gras and Halloween. She also took care of her mother after her dad passed away. My mom also had a small house built for her mother in the back of her home, so that she could watch over and care for her.

I am somewhat like my mom. I also helped take care of my grandmother. I would take a bus across the river to Canal Street to take my grandmother to the doctor. Similar to my mom, I sewed for others and also love to do crafts. After my mom's second youngest sister's husband died, I took care of my aunt whom had no children. Forty-three years have passed and I am still caring for my aunt. She is eighty-one years old.

I also took care of my mother-in-law and my brother-in-law in their old age and when they were sick and dying. I took them to their doctor visits, picked up their groceries and cleaned their apartments. Additionally, I still help care for my grandchildren.

Mom....I would like to tell you how much you are loved and appreciated. You were always understanding and patient with me. You pushed me to try hard and to perform to the best of my abilities. I could always depend on your love and support no matter what. I miss and love you mom. You still inspire me and watch over me. You're my angel.



**TANGIPAHOA MASTER GARDENER TIP OF THE
MONTH
HUMMINGBIRDS IN THE GARDEN**

by
Sandra Madera
Tangipahoa VFC

With the opening of the azaleas, come the return visit of nature's little jewels, the hummingbirds. As early as 1670, the marvels of the "humbird" were described by the governor of Connecticut to naturalists in London. In Central America, the Aztecs believed hummers were resurrected warriors returning to earth to fight battles in the sky. And the Maya Indians believed the great god made them from scraps left over from other birds and the sun gave them their brilliant color.

To date, over 340 species of hummingbirds have been identified in North and South America, the majority in Central and South America. Twenty-six species have been reported in the United States and Canada, and eight species have been identified in south Louisiana and south Mississippi. The hummers are distinguished by their small size, iridescent feathers, and hovering flight. Their long bill made them uniquely adapted for drinking nectar from flowers. During the day, a hummingbird may visit 1,500 flowers, sampling nectar and acting as a pollinator, as good as any bee.

While planning your spring garden, consider planting some nectar-providing plants that serve as a good source for hummers. When selecting a plant, consider bright, bold red flowers that provide a bright display, a sure way to attract hummers. When the hummingbirds fly overhead, they spy a large display of the color red from as far away as a half mile. Flower scent is not as important; hummers have no sense of smell. Once in the garden, they will investigate the nectar supply and search out bushes and trees that provide shelter and a perching spot for observation. Consider adding tall plants to the back of existing beds and shorter ones to the front so the birds can more easily maneuver to reach the blooms. Staggering blooming times will help keep your garden alive with birds all year around. While vivid floral displays will draw hummers, they will stay for the summer if there is a good food source.

To supplement your garden plantings, feeders can be placed around your yard. Be sure to clean often, in summer, at least every three days. Fill with a mixture of four parts water to one part granulated sugar, well dissolved. This balance closely mimics the nectar found in nature. Adding red food coloring is not necessary, nor is it recommended. There has not been a study of the effect of red dye on the hummers.

Hummers are also insect feeders so avoid using any insecticides in your garden. Control pests by using biological controls or co-mingling insect repellent plants among your host plants. Use aggressive physical control by removing large insects by hand. Be sure to practice good mulching guidelines to help prevent weeds that attract pests. Non-chemical homemade insect repellents can also be used. Consult a good organic gardening book for one recommended for your need.

Hummers are also attracted to birdbath misters or dripper attachments. Misters and drippers can be attached to a timer set to go off mid morning or late afternoon, when hummers are most active. They will put on quite a show darting in and out of the water. You can provide bathing facilities for your hummers by keeping a very shallow pan filled with water near a food source. The pan should have a narrow rim so the birds can perch before entering the water. The water level should not be any deeper than one-quarter inch.

When September arrives and the summer hummers leave, don't take down your feeders or give up on planting flowers to attract hummers. In south Louisiana and Mississippi, migrating birds are attracted to our gardens. Local bird banders have reported at least eight different species have visited gardens in the area. Be sure to keep your feeders clean and your syrup fresh and you will be rewarded with winter visitors, too.

For more information, visit www.lsuagcenter.com and select your topic or use the key word "hummingbirds" to research more information. An excellent reference book is "Hummingbird Gardens" by local bird-bander Nancy L. Newfield, available in most libraries.

ESSAY AND ART CONTEST

by

Christina Ernst

St. Joseph's Catholic School

Ponchatoula, LA

Caring

To me caring means helping people that are old and helpless. In my picture I am helping an elderly woman who is sick and can not get out of bed. I brought her some lemonade. It made her feel better because it cooled her down. I stayed with her most of the time. Sometimes I went to the store, but I left her with soup and lemonade for her.



Send a letter of support (from your heart) for the LSU AgCenter and enclose a copy of the resolution.

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Louisiana Volunteers for Family & Community, Inc.

Louisiana Volunteers for Family and Community, Inc.
Resolution to fund the LSU AgCenter at the July 1, 2008 Level

To urge and request that the Governor, Legislators, Louisiana Board of Regents, and Commissioner of Higher Education fully fund the LSU AgCenter (LSUAC) at the 2008-09 level of state appropriations due to the critical economic development and educational services they provide in all 64 Louisiana parishes.

WHEREAS, the Louisiana Volunteers for Family and Community, Inc. serves as the volunteer arm of LSU AgCenter to deliver programs and information to the communities in Louisiana, and

WHEREAS, the 1196 members of the Louisiana Volunteers for Family and Community, Inc. volunteered one-half million (500,000) hours in 2008 representing a value of \$100 million presenting research-based programs on topics including bullying, domestic violence, child abuse, environmental issues, and literacy, and

WHEREAS, leadership development programs created through partnership with LSU AgCenter and graduated over 200 volunteer members resulting in their service on grass roots advisory councils to identify local needs, and

WHEREAS, the LSU AgCenter's Family and Consumer Science programs provide critical information to families on nutrition, healthy lifestyles, financial management, and family & child development, and

WHEREAS, the LSU AgCenter implements a very effective 4-H youth development program impacting over one-quarter million (250,000) children in all 64 parishes. This program is vital to the education and life skill development of Louisiana youth,

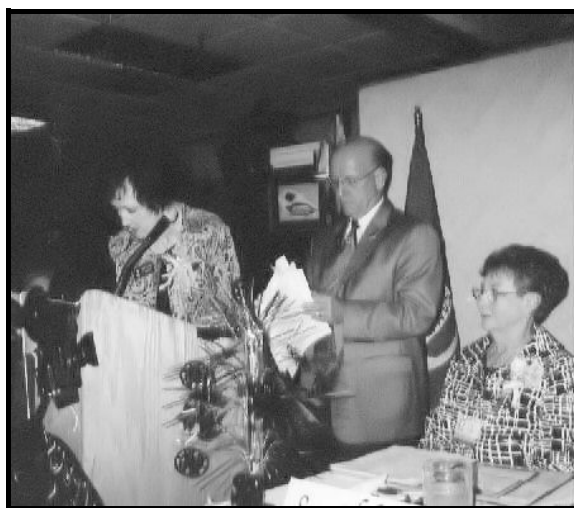
NOW, THEREFORE BE IT RESOLVED, the Louisiana Volunteers for Family and Community, Inc. recommends full funding for the LSU AgCenter (LSUAC) at the July 1, 2008 funding level of state appropriations and encourages the Governor, Legislators, Louisiana Board of Regents, and Commissioner of Higher Education to support and take action to meet the request outlined in this resolution.

Ethel Adcock

Ethel Adcock, LVFC President



SIGNING MEMORANDUM OF UNDERSTANDING



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Ethel Adcock, LVFC President, and Dr. Paul Coreil, Vice Chancellor and Director, LCES, sign MOU during convention in New Iberia. Sue Nelson, LVFC VP for Programs, looks on.

LOUISIANA BAYOU
Volunteers for Family and Community, Inc.
221 Human Ecology Building
Baton Rouge, LA 70803

NON-PROFIT
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LA
PERMIT 363

WE CELEBRATE THE YEARS



<p><u>OVER 50 YEARS</u> Mabel Fontenot (EBRouge) 60 yrs Carmen Martin (Acadia) 68 yrs Verna Cormier (Vermilion) 64 yrs Sadie Lasseigne (St. Martin) 60 yrs Velma Richard (Vermilion) 57 yrs Lelia Babin (St. Martin) 55 yrs Goldie Eisworth (EBRouge) 54 yrs Joan Reed (Tangipahoa) 53 yrs Thellos Maxwell (Grant) 54 yrs</p>	<p><u>50 YEARS</u> Elaine Umphrey (EBRouge) Joyce Terrell (Iberia) Bessie Prejean (Lafayette) Ruby Barrios (Lafayette) Margaret Seibold (Lafayette) Anna Taylor (Lafourche) Beverly Doucet (St. Martin) Iva Theriot (St. Martin) Loula Thomasee (St. Martin) Bobbie Hataway (Grant)</p>	<p><u>45 YEARS</u> Emily Bullock (EBRouge) Gloria Cart (Acadia)</p>
<p><u>40 YEARS</u> Delores Fontenot (EBRouge) Henrietta Fisher (Tangipahoa) Carolyn Daigle (Terrebonne) Cynthia Daigle (Terrebonne) Lydia Daigle (Terrebonne) Marilyn Campbell (Beauregard) Rena Faul (Lafayette) Shirley Scarce (Lafayette) Lillian Blanchard (St. Martin)</p>	<p><u>35 YEARS</u> Phyne M. Arnone (EBRouge) Ella Creoli (EBRouge) Adele Meier (Lafayette) Sharon Naquin (Lafayette) Julie Rozas (Lafayette) Georgia Courville (St. Martin) Betty Doucet (St. Martin) Melba Laviolette (St. Martin)</p>	<p><u>30 YEARS</u> Cathy Camus (EBRouge) Oceania Scardina (EBRough) Beth Simmons (Jefferson) Maureen Felder (Tangipahoa) Mary McSweeny (Terrebonne) Barbara Hindsman (Beauregard) Irene Trahan (Lafayette) Rachael Weldon (Lafayette) Lois Duhon (Vermilion)</p>