

LOUISIANA BAYOU



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Spring 2008

MISSION STATEMENT:

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

LVFC PRESIDENT..... Judy Broussard



Well, that is another holiday season gone!! I hope it was a pleasant one for each of you. As the new year begins, we have had to get together all kinds of reports and numbers. I want all of you to know that I do appreciate all of the hard work put into these reports. It does not hurt to remind each of you that although this is a “bother” sometimes, all of those numbers and reports are important for the organization and also are needed by LSU AgCenter. This is a reflection of our hard work, and the AgCenter uses the numbers in their reports and also to promote our organization’s good work. I can only say Thank You, Thank You, Thank You for all that you continue to do!!

The next big event for our organization is the State Convention. The ladies of Area 3 have been working real hard planning this convention and are looking forward to seeing all of you in Monroe from **April 14 to 17, 2008**. The board meeting will be held on Monday afternoon, with the General Session beginning on Tuesday afternoon. There are many good presentations and programs being planned. You will be getting registrations packets soon. If you have never been to a convention, it is a wonderful experience and if this is not your first time there, come again and enjoy it all!

Romona and I attended the CWC Meeting in Illinois and at that meeting there was much discussion about the upcoming Triennial. The Triennial will be held in **April 2010** in Hot Springs, Arkansas. I know that is a LONG way off, but I wanted you to consider going and being helpers. There will be women from all over the world and it will be an excellent experience! I have just received information that states that you can attend under the umbrella of the state membership without becoming an individual member of ACWW. That should make it easier for some of us to attend. As time gets closer for this event, you will get more information. Next years CWC Meeting will be held in Hot Springs, Arkansas so that is something you may also consider attending. The date for that meeting is September 25-27, 2008.

I attended the St. Bernard Parish Tour of Homes and it was most enjoyable. Th ladies of the parish worked very hard organizing and participating in the Tour. It was so good to see the activities but even more exciting was being with all of the ladies there! Thank you for such a wonderful day.

JUST A REMINDER!! Almost all of the reports were due to the respective chairmen January 31st. **Please check your handbook and calendar for 2008** for the dates when the Area Director Reports and all of the Scholarship Applications are due. We really do need to send in applications for the scholarships. Parish presidents and Extension offices should have a handbook and updated corrections that were made at our board meeting in October, 2007.

I know that our nominating committee members have been working very hard to secure names for the offices during the new administration that begins **January, 2009**. I thank each of you who have applied for a position and appreciate the volunteers for chairman of committees. IT seems to be a big job, but all of you are leaders and are well-qualified! Thank you again.

LET’S ALL BE ACTIVE AND MAKE 2008 AN OUTSTANDING YEAR FOR . . .

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FOR FAMILY AND COMMUNITY, INC.**

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(This is so good - everybody has gotta read this! Karen's Christmas greeting - BUT, it is a New Year's greeting as well.)

Cell phones ring, are you listening?
New opportunities, they are glistening.

A beautiful sight,
friends smiling bright,
Planning for a great LVFC year.

Gone away is the old year;
Here to stay is a new year;
It offers us hope, a chance to regroup,
Planning for a great LVFC year.

At convention we can
make new friends,
Then join them for a workshop or two.
We'll work on issues for our families,
Along with literacy, environment,
And international,
We'll have a good time, too.

Later on we'll contemplate
As we report what was great,
To face unafraid,
the plans that we made,
Planning for a great LVFC year!

*Thank you for your commitment to
improving the lives of Louisiana
families and our communities.
I love working with each
and every one of you.*

Karen

CONGRATULATIONS TIGERS



**WOW
WHAT
A
GAME!**



LSU 38 / OSU 24

AREA 5 NEWS

Barbara Delony

Area 5 Director

WOW! 2008 has really come in with a bang! Our second week is almost over. Since this is also the month for reports, hours, etc., to be turned in, Caddo is busy trying hard to get them in on time and I'm sure all other areas are as well.

CADDO LVFC MEMBERS IN 2007

- ◆ Collected 189 books and 189 pads for LSUS newborn
- ◆ Collected 20 books for LSUS pediatric ward
- ◆ Keithville Club made 45 child-life dolls for LSUS pediatric ward
- ◆ So. Hills Club made 67 aprons for Mexican Mission
- ◆ So. Hills Club made 97 bibs and 7 lap robes for Progressive Care Hospital
- ◆ Blanchard Club prepared 20 food baskets for needy people.
- ◆ Council gave \$100 each to the Methodist Children's Home in New Orleans, Baptist Children's Home in Monroe, Sport-Bossier Rescue Mission, Hillman House and Shreveport Crisis Pregnancy Center
- ◆ Council gave two \$500 college scholarships
- ◆ Council purchased 4-H trophies for cookoff contests for \$110
- ◆ Council sent four delegates to state convention (\$823.98)
- ◆ Council sent four representatives to Leadership Conference (\$240.88)
- ◆ Council held Fall fund raiser, a holiday cooking and craft demonstration entitled, "Homemade Tidings and Good Cheer," which cleared \$867.42.

We, the Caddo Council, are looking forward to our money maker for 2008 which is a beautiful "Thimbleberries Village" Quilt - 80 x 102 - chances will be sold at \$1 each. All convention attendees will be able to purchase

chances and see the real thing.

As of this report, Grant and Sabine Parishes had not yet submitted a report but you can be sure they did many great things also.

AREA 1 NEWS

Martha Latimer

Area 1 Director

Ann Reeves is to be commended for her leadership with Area 1 during the past three years. She did an awesome job and I know that I will have some hard shoes to fill. We are going to continue some of her work and try some new things. Our first meeting will be at the State Convention in Monroe in April. Sometime in May we will have a meeting (at the present time, I am still working on the date).

It was suggested that we try to do the "Personality" program that Judy Broussard, Ethel Tarleton and I did at the Fall Workshop last year. We are looking into the possibility of doing it later this year; with all of the enthusiasm for the program, and the help and support of the area presidents that have offered to help - Why Not? We can do this!

It will be exciting to be a part of the LVFC Board again and I look forward to the challenges and changes that being Area Director will bring.

**EASTER
Blessings**



ENVIRONMENT INFO

WATER: OUR MOST PRECIOUS RESOURCE

(Source: "Everyday Cheapskate" by Mary Hunt)

USA Today recently reported that huge increases in water and sewer bills are on the way in many places as cities and towns try to deal with their aging pipes and "artificially low prices."

Some Atlanta, Ga., communities are about to get scalded by increases of 50 to 100 percent, putting them in line with what residents in Michigan, Arizona and even Florida are about to face as well.

While we can't do much to change the rates, one way to keep a lid on out-of-control costs is to use less water. I'm the first to admit that I waste more water than I can possibly imagine. And that's about to stop.

American Water & Energy Savers, of Florida, have put together a list of 49 ways to save water. Here are my favorites:

1. Never put water down the drain when there may be another use for it, such as watering a plant or garden, or cleaning.
2. Verify that your home is leak-free, because many homes have hidden water leaks. Here's how to test: Read your water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, there is a leak.
3. Repair dripping faucets by replacing washers. If your faucet is dripping at the rate of one drop per second, you can expect to waste 2,700 gallons per year which will add to the cost of water and sewer utilities, or strain your septic system.
4. Check for toilet tank leaks by adding food coloring to the tank. If the toilet is leaking, color will appear in the toilet bowl within 30 minutes. Check the toilet for worn out, corroded or bent parts. Most replacement parts are inexpensive, readily available and easily installed. (Flush as soon as test is done, since food coloring may stain the tank.)
5. Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other such waste in the trash rather than the toilet.
6. Take shorter showers. Replace your showerhead with an ultra-low-flow version. Some units are available that allow you to cut off the flow without adjusting the water temperature knobs.
7. Use the minimum amount of water needed for a bath by filling the tub only one-third full. Stopper the tub before turning on the water. The initial burst of cold water can be warmed by adding hot water later.
8. Don't let water run while shaving or washing your face. Brush your teeth first while waiting for water to get hot, then wash or shave after filling the basin.
9. Operate automatic dishwashers and clothes washers only when they are fully loaded, or properly set the water level for the size of load you are using.
10. Store drinking water in the refrigerator rather than letting the tap run every time you want a cool glass of water.

Go to www.americanwater.com to read the other 39 ways to save water.

NO TIME TO WORK OUT? WALK IT OFF!

By: Liz Neporent

(iVillage TotalHealth

ivillagehealthnews@mail.ivillage.com])

Walking is a smart way to exercise because it's easy to do and kind to your joints and doesn't require a lot of fancy equipment. It's also an incredibly versatile workout. In fact, there are four levels of walking to choose from when building your workout plan:

- ◆ **Lifestyle Walking:** Casual walking when you stroll through the park or mall
- ◆ **Fitness Walking:** Treadmill or a brisk walk through the neighborhood
- ◆ **High-Energy Walk:** Race walking at a lightning-quick pace
- ◆ **Walk/Run:** Alternating running and walking intervals to spike intensity

Which level of walking is right for you?

It depends on your fitness level, your ability and your preferences. Most people will do a combination of Lifestyle and Fitness walking; those who are interested in serious weight loss or have a need for speed will sprinkle High-Energy walking and Walk/Run into their routines. To help layout your walking plan, focus on **F.I.T.:**

Frequency: Number of times per week you decide to walk. Ideally, 3-5 times a week will lead you down the path to your goal.

Intensity: The number of times you walk per week may be dictated by your exercise intensity, or how hard you walk. In general, Lifestyle walkers should walk more frequently because they aren't pushing very hard. Fitness, High-Energy and Walk/Run walkers can get by with fewer workouts because they operate at a higher intensity.

If you plan on mixing and matching intensities, here's a suggestion: Lifestyle Walk 1 time a week; Fitness Walk 1-2 time a week; High-Energy Walk 1 time a week; and Walk/Run 1 time a week. As you become accustomed to Level 3 and 4 walks, you may include more of those walks and fewer of the Level 1 and 2 walks.

Time: For many of us, this is the most challenging component of any workout program. Where do you find 30-60 minutes, 3-5 days a week? Try mixing up your time intervals. On your high-intensity days do 20-35 minutes; on low-intensity days do 45-60 minutes. Or "accumulate" walks throughout the day. Doing three 10-minute walks gives you nearly the same health benefits and calorie burn as doing one 30-minute walk.

Try to vary every aspect of **F.I.T.** On great weeks you may walk five days with high intensity and long duration. On bad weeks you may walk three days, with low intensity and short duration. The best tip we can give you is to find what works for you and stick with it.

LVFC VISITS CAMP GRANT WALKER



Standing in front of Dormitory 4, pictured l-r: Rena Labat, Past State President and Area 2 Director; Joy Munch, Tangipahoa President; Joan Reed, Tangipahoa; Martha Latimer, Past State President, Area 1 Director and Literacy Co-Chairman; and Fay Hancock, Tangipahoa.

On October 27, 2007, these pretty and happy ladies from Louisiana Volunteers for Family and Community, visited Camp Grant Walker 4-H Educational Center for their 85th Birthday Bash. This was a very special day because this was also National Make A Difference Day. LVFC is very active throughout the year with state 4-H programs doing sewing workshops, judging 4-H projects at various state festivals, and judging 4-H cooking contests. Many years ago this organization contributed funds for the building of Dormitory Number 4. The trip was very special for Fay Ruth Hancock from Tangipahoa VFC as she attended 4-H Camp back in 1947, 1948 and 1949. She was happy to point out all the improvements in the buildings since that time. Children who participate in the 4-H program through their schools can attend a week long camp in the summer.

Many dignitaries from the LSU AgCenter, as well as Mayor Jerome Scott, participated in the program. There were many festivities during the day including games, awards, a silent auction and tour of the property.

SPRING is here



For those of us not too familiar with CWC, this should fill in the blanks for us:

**LVFC IS AN AFFILIATE OF BOTH
ACWW and CWC.**

ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACWW)

ACWW is a non-political, non-sectarian international organization of over six million members in women's societies in 65 countries. It works to improve standards of living for all women and their families through its worldwide projects. ACWW also works with the United Nations on a consultive basis as a non-governmental organization (NGO). The work of ACWW is supported through memberships, Pennies for Friendship donations, and contributions to specific projects. The ACWW Triennial, a world conference, is held every three years.

Objectives:

- To work with people throughout the world
- to promote peace, friendship, and international understanding
- To improve the standard of living for women and families

Projects:

- Pennies for Friendship - donations go to: ACWW, Mary Summer House (England)
- Women Feed the World
- Water for All
- Nutrition - Save the Sight
- Elsie Zimmern Fund
- Lady Aberdeen Scholarship

COUNTRY WOMEN'S COUNCIL (CWC)

CWC is a coordinating council composed of national societies who are members of ACWW. They meet annually to coordinate their efforts to promote the work of ACWW. Individual membership in ACWW also entitles a person to participate in CWC.

Projects:

- Letter Friends
- Correspondence Links - friendship exchanges between individuals or groups
- Ruth B. Sayre Memorial Scholarship

LAFAYETTE HERITAGE SKILLS WORKSHOP

Letha Briggs, Lafayette VFC Council President, tells us that Lafayette VFC members presented a Heritage Skills Workshop in November 2007. It is felt that this provides an opportunity for club members to share a skill, hobby, or teaching experience with their members.

This year's presenters were members from Les Femmes du Sud VFC: Genevieve Bourgeois demonstrated various recipes using "A Master Mix"; Shirley Scarce demonstrated how to make "Homemade Yogurt"; and Ann Moore completed the morning with a hands-on workshop, "Boxes Made from Greeting Cards".

The mini-grant from LVFC and St. Edmond St. Vincent de Paul matching funds was presented to Miles Pierret Cancer Center to be used in their library.

St. Michael's Center for Homeless Veterans was voted to receive the 2007 monetary contribution from Lafayette VFC Council.



GRANT PARISH VFC CHAPTER IS GROWING!!!

Members assembled at Oak Grove Baptist Church on November 12, 2007, to finish sewing 578 "Ouch Dolls" to give to the Health Clinic for children receiving vaccinations, and to prepare colorful gift bags for their "shut-in" members.

Our December 10th meeting began at the Woods Haven Nursing Home in Pollock with a gift for a female and male resident, followed by a Christmas Party for members at the outgoing President's home.

Pictured above from left to right: 1st Row: Virginia Foster, JoAnn Murray, Julia McLain, Florence McKay. 2nd Row: Fern Land, Diana Puckett, Thellos Maxwell, Lamourie Eaves, Joy Chandler, Bobbie Hataway, Chester McKay. 3rd Row: Della Barbee, Sharon Beauregard, Jo Parker, Ken Murray, Rhudon Eaves, Paul McLain, Donna McLain.

NEW GRANT PARISH VFC OFFICERS (left to right)

1st Row: Sharon Beauregard, Pres.; Julia McLain, Vice-Pres.; Diana Puckett, Secretary; Virginia Foster, Treasurer.

2nd Row: Donna McLain, Reporter; Florence McKay, Environment; Fern Land, Literacy; Bobbie Hataway, Membership; and Paul McLain, Parliamentarian.



Everyone is **ALL SMILES** as Grant Parish VFC delivers 578 "Ouch Dolls" to the Health Clinic in Colfax. Receiving the dolls is (left)RN Tanya Christy, Parish Nursing Supervisor. To her right are President, Sharon Beauregard, and Virginia Foster, Treasurer, for the Grant Parish VFC Chapter.

The dolls are made of colorful fabric scraps and stuffed with batting. They provide comfort to children when they receive their shots. On one side of the doll is a frown; the other side shows a happy face when the vaccination is done.

ST. MARTIN ANNUAL HOLIDAY PROGRAM

125 members and guests attended.

(Pictured lower left)

Council President, Elsie Castille, introduced newly elected State Representative Fred Mills, Jr.

(Pictured Lower Middle)

Melba Dugas demonstrates "Paper-Cut Snow Flake" assisted by Georgia Courville - one of many demonstrations presented.

(Pictured lower right)

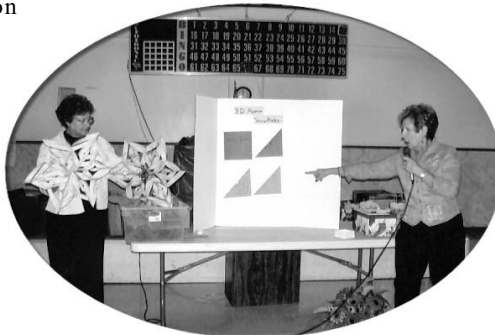
Pris Breaux introduced guest speaker, Sarah Berthelot, United Way representative.



12 of 17 new members present received VFC pins

NEW MEMBERS (l-r)

1st Row: Irene Guidry, Mickey Chitty, Sally Miller, Shirley Thomasee, Margaret Bruce, Pricilla Melancon and Sylvia Porche
2nd Row: Connie Broussard, Dianna Hardy, Mable Freeman (sponsor), Adelle Addison and Renella Cormier



THE PARABLE OF THE SPOONS

A holy man was having a conversation with the Lord one day and said, "Lord, I would like to know what Heaven and Hell are like."

The Lord led the holy man to two doors. He opened one of the doors and the holy man looked in. In the middle of the room was a large round table. In the middle of the table was a large pot of stew which smelled delicious and made the holy man's mouth water. The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths. The holy man shuddered at the sight of their misery and suffering. The Lord said, "You have seen Hell."

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing, and talking.

The holy man said, "I don't understand." "It is simple, said the Lord, it requires but one skill. You see, they have learned to feed each other. While the greedy think only of themselves."

Sort of what VFC is all about, uh? We feed each other.

Moral of the story: **KEEP ON VFC-ING . . . AND STAY PLUMP AND LAUGHING!!** 😊

IMPORTANT CALENDAR DATES

FEBRUARY, 2008

- 3- Area directors
 - 1) Contact parish W/O reports
 - 2) Prepare Form 16 and submit
- 15- 1st Timer to State Conference application due
- 14- Mail LVFC Convention Registration packets

MARCH, 2008

- ?- List of deceased parish members form due
 - 15- Area directors send Form 16
- APPLICATIONS DUE FOR:**
- LLL 60 hours
 - Ellen Lenoir Scholarship
 - Nan Tarwater Davis Scholarship
 - LVFC Area College Scholarship
 - Mini Grants

APRIL, 2008

- 5- Control Media Violence Day
- 6- Signatures due to Gail Haynes NOW to allow time to make certificates for convention
- 14-17- State Convention in Monroe
- 27- May 3 - VOLUNTEER WEEK

SEPTEMBER, 2008

- Present Art and Essay Contest in Schools
- 25-27- CWC Meeting - Hot Springs Arkansas

OCTOBER, 2008

- 19-25- CHARACTER COUNTS! WEEK

Editor's Notes..... Rosie Trahan, Editor

HAPPY NEW YEAR! Good ole January just jumped right in after the holidays, didn't they? It had each of us, I'm sure, scrambling to get all that good stuff together for reports and being totally amazed at all the meaningful things members accomplished in 2007.

By the time this issue gets published you will have received your conference packets already. If you have never attended a state conference you should give it a try this year - you get to see your VFC sisters (and even VFC brothers) from all parts of Louisiana; you get to witness state programs in action; you benefit from the excellent speakers and workshops; AND really appreciate the creative and professional talents of members outside your milieu in putting on such a great event.

Remember the dates: APRIL 14 - 17, 2008 - MONROE, LOUISIANA.

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NEXT ISSUE SUMMER ISSUE

**ARTICLES ARE DUE BY APRIL 10
AND PUBLISHED BY MAY 15**

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AREA 2 DIRECTOR
GREAT LA. FAMILY
STATE HEART OF VFC
STATE SPIRIT OF LLL**

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NON-PROFIT
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Josie Thevis, Acadia VFC Past President, shared the following with members at AVFC Annual Council Luncheon. She said she had received this many years ago from Mary Ann Sagrera, then home economist now retired and member of VFC Night Club.

No doubt about it, you will enjoy it too.

A SPECIAL THANKSGIVING TRIBUTE TO EXTENSION HOMEMAKER CLUB VOLUNTEERS!

Many would be shock to find when the day of judgement nears,

That there is a special place in heaven set aside for volunteers;

Furnished with big recliners, satin couches and foot stools;

Where there is no committee chairman, no group leaders or car pools;

No eager team that needs a coach, no bazaar and no bake sale.

There will be nothing to staple, not a thing to fold or mail;

Telephone lists will be outlawed, but a finger snap will bring

Cool drinks and gourmet dinners and rare treats for a king.

You ask who will serve these privileged few and work for all they're worth?

Why all those who reaped the benefits and not once volunteered on earth!!!