Hello LVFC Members:

Fall is in the air and the holidays are approaching. That means we’re looking at a new year. My! How time flies!

This past year we had a great convention and, from what I’m hearing, a wonderful mini college. These two main projects have been very successful. Give yourselves a pat on the back for a job well done. It takes a lot of work to put on these projects and a lot of members involved. So thanks to all of you who give that extra time needed to make these projects a success.

At this time, I would like to remind you that all of the reports are due on January 31 instead of March 15 for this year only. You may want to start working on those now and not have to worry about reports around the holidays. Just a suggestion . . . 😊!!

The convention plans are moving along fine. The ladies are working hard to make this one of the best convention ever. Keep the dates in mind - March 23-25, 2010 - with board meeting being on Monday, March 22, in Baton Rouge.

The motel is really nice, recently remodeled, with an indoor restaurant, elevators, and rooms inside. Once you enter the building, you do not have to leave the building if you choose not to. I think you will be very comfortable.

Since I will not see you again before the holidays, I would like to wish each and everyone of you and your families a “Blessed Holiday Season.”

Merry Christmas and Happy New Year!

Ethel B. Adcock

And

LVFC Officers

O’little town of Bethlehem how still we see thee lie above thy deep and dreamless sleep the silent stars go by O’little town of Bethlehem how still we see thee lie above thy deep and dreamless sleep the silent stars go by O’little town of Bethlehem how still we see thee lie above thy deep and dreamless sleep the silent stars go by O’little town of Bethlehem
105 of you participated in the 2009 mini college at LSU in October. The theme was Live Fit – Taking Steps to a Healthier You and we packed the classrooms to overflowing to learn small changes that can make a big difference to our health. If you weren’t one of the lucky ones attending then be sure to ask fellow club members to share what they learned. However, you haven’t completely missed out. Live Fit is a new program that we will be kicking off at convention and doing all year long. There are club lessons, project ideas and other activities to help all of us take steps to a healthier lifestyle. Everyone has different health and wellness concerns so the program is tailored to help you improve yourself starting from where you are. For some of us it might mean setting a goal of walking two thousand steps a day. For others it might be to walk 2 miles several times a week. Maybe you need to improve your consumption of fruits and vegetables or try to eat more whole grains or eat one less candy bar. Whatever your current situation there is a way for everyone to participate. For those of you who attended mini college or want to get a head start there is a tracking form you can download from the AgCenter web site at http://www.lsuagcenter.com/en/administration/about_us/professional_organizations/LVFC/. This one only includes fruits & vegetable consumption and steps measured on a pedometer but other recourses will be posted in the near future. Because we’ve had so many requests to repeat mini college or add to it we will consider doing something similar again, possibly at the area level. If you have ideas please share them with the state board or your area director. See you at convention.

Attending the 71st meeting of Country Women’s Council USA (CWC) and ACWW in West Des Moines, Iowa on September 20-23, were LVFC President Ethel Adcock (far right), LVFC International Chairman Romona Babineaux (2nd from left), Past LVFC President Judy Broussard (far left) and Thelma Doughty, (2nd from right) Lafayette VF. The theme was “Women Worldwide - the Voice of Today” and hosted by the Iowa Master Farm Homemakers.

John Hays was the guest speaker. He gave a great talk. He was raised in Iowa and travels all over the world to bring safe drinking water to the needy of the world. He patented a simple to use water purification unit that cost only $500. To date hundreds of countries and thousands of people around the world have benefitted from his efforts toward safe drinking water. He really cares and believes in what he is doing.

ACWW letter friend coordinator, Debbie Czarnopys-White from Illinois, was also a very interesting speaker. She goes to Zambia at least once a year to do hospice work with patients, day-care orphans and AIDS patients. She showed a slide presentation of her work. Everything has to be washed and ironed (even the sheets) every day. She shared her wonderful experiences in hopes of encouraging everyone “to find your passion.” She sends many boxes of clothes and shoes spending $1500 out of her pocket every year besides bringing many things with her on her visits. Some of the USA CWC and ACWW members make sleeveless dresses for the girls. Debbie has a contact person in Zambia to insure the boxes get there.

We toured Madison County. Howell Farm has 50 acres of 450 varieties of flowers and vegetables. They sell 6000 mums a year. Upstairs in the large barn around 200 flowers were being dried from the ceiling to the floor. It was a sight to see! We walked under a covered bridge and then we visited the town of Wintersit, the birth place of Marion Morrison ... better known as John Wayne.

USA dress code for 2010 ACWW Triennial will be navy skirts or pants, red shirt and white jacket accentuated with a special scarf. It will be held April 21-26, 2010 with around 70 countries being represented.
Thanks to all who helped plan Mini College 2009 – “Live Fit”. It was such a great success! Truly, it is the team effort that made it so. Dr. Overstreet’s many good suggestions made our two days educational as well as fun! And the agents gave wonderful programs! Plans are to carry over this program to convention in March. I hope all of you are wearing your pedometers so you will know how much to increase your steps to “Live Fit”. Most of you earned a total of 7 hours toward your LLL hours. I hope you are sharing the information with your clubs and councils.

Our donations of coffee, creamer, and Creole seasonings to the Leo Butler Community Center Head Start program was very generous. Most of us can’t imagine living without coffee and Cajun seasonings. Thank you for your support of this project.

Hope to see all of you at Convention - “LAGNIAPPE – On the River” - in Baton Rouge.

Sue Nelson, LVFC VP for Programs

An excellent program, that’s what you missed!

**Pictured top left** are the organizers, Dr. Karen and Sue Nelson, standing in front of bags of coffee, creamers and/or seasonings members brought to donate to a senior center in Baton Rouge.

**Top right** are Sue, Mandy Armentor and Debbie Melvin. Mandy and Debbie opened with “Stepping Up to a Healthier You” - valuable information about nutrition, etc. to prevent osteoporosis. Then Debbie followed with “No Bones About It - We Want to be Strong Women” - which included as you can see above right - EXERCISES! And - yes we did - we got to drill them.

Then to the **bottom left up**, Kathy Mauthe, who gave us “The Truth About Food Labels”. Terri Crawford and Cathy Agan manned the Food Lab for the “Fruit & Vegetable Extravaganza” (sorry, didn’t get a pic of them).

And, if that wasn’t enough for our money, we got to “Step Out” at the Faculty Club Thursday evening for a “full, sit-down” dinner. And if you have ever been there, you know, chere, that is tres chique - mais oui!

So I guess by now you’re wondering who/what is that up there in the middle? Well, that is Debbie showing us the exercise that every woman wants to know - yep! The exercise of all exercises . . . TO GET RID OF THE CHICKEN ARM! You know . . . the part that waves along with your hand?

Not done yet - way up there with Dr. Karen and Sue? Well, that is Jane Simon, Vermilion VFC, doing what she always does at all events - selling those tickets for the 50/50 drawing each day. What a gal!

**AND THANK YOU, SUE, FOR SUCH AN EXCELLENT MINI-COLLEGE**
There’s an old Danish Legend
with a lesson for us all
Of an ambitious spider
and his rise and his fall,
Who wove his sheer web
with intricate care
As it hung suspended
somewhere in midair,
Then in soft, idle luxury
he feasted each day
On the small, foolish insects
he enticed as his prey,
Growing ever more arrogant
and smug all the while
He lived like a “king”
in self-satisfied style --
And gazing one day
at the sheer strand suspended,
He said, “I don’t need this,”
so he recklessly rended
The strand that had held
his web in its place
And with sudden swiftness
the web crumpled in space --
And that was the end
of the spider who grew
So arrogantly proud
that he no longer knew
That it was the strand
that reached down from above
Like the chord of God’s grace
and His infinite love
That links our lives
to the great unknown,
For man cannot live
or exist on his own --
And this old legend
with simplicity told
Is a moral as true
as the legend is old --
Don’t sever the “lifeline”
that links you to
THE FATHER IN HEAVEN
WHO CARES FOR YOU.
2010 CONVENTION EVENTS & ACTIVITIES

SURPRISE KEYNOTE SPEAKER
We are trying to get a national television personality for our Keynote speaker. You will recognize the name, but we will have to keep it a secret until we have a definite answer….Make plans to smile a lot at that time.

L L L BREAKFAST
Rosa Dunn is the speaker for this event. She is currently Louisiana Public Broadcasting’s Chairman of the Board. Rosa is very familiar with the Cooperative Extension Service as that is where she started her career. She’s a dynamic motivational speaker ~ what a treat for LVFC!

LVFC AND FCS TOGETHER FOR THE FIRST TIME!
LVFC AND FCS will have a joint meeting for the Keynote speaker. FCS is having their training the same week that LVFC is meeting. They will have some special programs for us on Tuesday after the speaker finishes. Learn what “grab and go” mean!

THIS IS JUST A SAMPLE OF WHAT’S HAPPENING WHEN YOU ATTEND THE BATON ROUGE CONVENTION.

COME ON DOWN FOR A LITTLE

LVFC ~ LAGNIAPPE ON THE RIVER

FUN NIGHT ~~ TUESDAY NIGHT
“LET’S TAILGATE”
Wear your favorite team’s colors and plan to “tailgate” with friends!
Your menu consists of Barbeque Brisket and Chicken served with vegetables, cornbread and dessert……YUMMY!!

LLL BREAKFAST
(Wednesday morning)
“AHOY! JUMP ABOARD THE LLL RIVERBOAT”
See the latest Louisiana Leading and Learning graduates
Breakfast will be a buffet with ALL of the trimmings!

Awards and Memorial Luncheon
(Wednesday)
“Louisiana Treasures…..”
Honoring both the past and present members with a meal that consists of a Trio Salad, roll, ice tea and dessert.

Banquet Honoring Our Louisiana Family
And Officer Installation
(Wednesday)

“Star Lights and Southern Nights”
Choice of fish or pork roast, green beans, sweet potatoes, salad and chocolate cake.

Thursday Breakfast
“LVFC Always Gives Extra”
Honors our volunteers
Express Breakfast ~ all the trimmings
Form 25

Louisiana Volunteers for Family and Community, Inc.

Personal Medical Record

Please return with ___________________________ registration. PLEASE PRINT.
I understand this information will be kept private and used only in case of a medical emergency.
NAME: ____________________________________________

ADDRESS: ____________________________________________

PHONE( ) DATE OF BIRTH: ___________ FEMALE ____ MALE _____________
In case of emergency please contact:
Physician's Name: ___________________________ Phone #( ) _____________
24hr. Phone # ___________________________ HOSPITAL _____________
INSURANCE: ___________________________ MEMBER #: ___________________________
GROUP/POLICY #: ___________________________ MEDICARE #: ___________________________
MEDICAL HISTORY:

________________________________________________________________________

________________________________________________________________________

LIST ALL MEDICATIONS: PLEASE PRINT (Prescription and over the counter),
VITAMINS, HERBS TAKEN REGULARLY OR AS NEEDED.
NAME OF MEDICATION ___________________________ DOSAGE ___________________________ TIMES A DAY ___________________________
(as written on bottle) (in milligrams(mg.) or oz.) (1 tablet x 3)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

DRUG ALLERGIES: ____________________________________________

FOOD ALLERGIES: ____________________________________________

All of the above information is correct and up to date.

SIGNED: ___________________________ DATE: ___________________________
LOUISIANA VOLUNTEERS FOR FAMILY AND COMMUNITY
LVFC Convention – March 22 – 25, 2010

**LVFC –“Lagniappe on the River”**

**Registration Form**
**Registration Deadline: February 22, 2010**

- Make your check payable to **LVFC 2010 Convention**.
- Fill out Registration Form below – Include Health Form for each person attending
- Mail to:
  Jinx Berthelot
  LVFC 2010 Convention
  P O Box 491
  Denham Springs, LA 70727

<table>
<thead>
<tr>
<th>NAME (First, Middle, Last):</th>
<th>ADDRESS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-MAIL ADDRESS:</td>
<td>STATE:</td>
</tr>
<tr>
<td>CITY:</td>
<td>ZIP:</td>
</tr>
<tr>
<td>PARISH:</td>
<td>AREA#:</td>
</tr>
<tr>
<td>PHONE: ( )</td>
<td>FAX: ( )</td>
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<tr>
<td>Check all that apply:</td>
<td>CELL: ( )</td>
</tr>
<tr>
<td>If you are a Voting Delegate, it must be indicated below.</td>
<td></td>
</tr>
<tr>
<td>Council President</td>
<td>50-Year Member (NO Registration Fee)</td>
</tr>
<tr>
<td>Past State President</td>
<td>First Timer</td>
</tr>
<tr>
<td>Voting Delegate</td>
<td>LVFC Member</td>
</tr>
<tr>
<td>State Officer</td>
<td>Not a LVFC Member</td>
</tr>
<tr>
<td>State Educational Chairman</td>
<td>AgCenter Faculty</td>
</tr>
</tbody>
</table>

Indicate any food allergies or other health concerns which should be known:

<table>
<thead>
<tr>
<th>Make Menu Selection for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Board Dinner:</td>
</tr>
<tr>
<td>□ Order from the menu and pay by individual check.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Banquet Dinner: (Check One)</th>
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</thead>
<tbody>
<tr>
<td>□ Pork Roast with Italian Herbs &amp; Basil Dressing</td>
</tr>
<tr>
<td>□ Catfish New Orleans &amp; Shrimp Remoulade Sauce Topping</td>
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</tbody>
</table>
Convention Selections and Prices

Registration – Select One:

<table>
<thead>
<tr>
<th>Member Early Bird Registration (all persons attending any event must pay)</th>
<th></th>
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<tbody>
<tr>
<td>50-Year members do not pay – Registration is free.</td>
<td>$12.00</td>
<td>$</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$20.00</td>
<td>$</td>
</tr>
<tr>
<td>Late Registration (if registering later than February 20)</td>
<td>$22.00</td>
<td>$</td>
</tr>
</tbody>
</table>

Convention Price Plans – (You may choose One-Price Meal Plan 1 or Selective Meal Plan 2)

<table>
<thead>
<tr>
<th>Plan 1</th>
<th>One-Price Meal Plan (includes all meals except Board Dinner)</th>
<th>$125.00</th>
<th>$</th>
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</thead>
<tbody>
<tr>
<td>Plan 2</td>
<td>Selective Meal Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check Which Ones</td>
<td>Fun Night Only</td>
<td>$21.00</td>
<td>$</td>
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<tr>
<td></td>
<td>LLL Breakfast</td>
<td>$21.00</td>
<td>$</td>
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<tr>
<td></td>
<td>Awards &amp; Memorial Luncheon (Wednesday Noon)</td>
<td>$22.00</td>
<td>$</td>
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<tr>
<td></td>
<td>Banquet (Wednesday Evening)</td>
<td>$29.00</td>
<td>$</td>
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<tr>
<td></td>
<td>Awards Breakfast (Thursday)</td>
<td>$21.00</td>
<td>$</td>
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</tbody>
</table>

Optional Selection

BOARD DINNER at DRUSILLA’S
March 22, 7:00 p.m.-9:00 p.m.,
Order individually and pay on your own that evening.

Breakout Sessions

Tuesday, March 23, 2010
There will be “GRAB ‘N’ GO” programs presented by LSU Specialists

Mini college participants: What changes have you made? If you made any, please tell us what they were and what you have accomplished toward your goal. Remember that the progress sheet is on the LSU website. Please include the information with your registration. We would like to recognize the participants that worked toward their goal. This will probably be done at the LLL Breakfast.

Make checks payable to: LVFC 2010 Convention
Parish or individual checks will be accepted

Total Convention Fee Submitted | $
MINI COLLEGE . . . Am I glad I went . . . yes indeed! What a worthwhile time spent for me. Ain’t nowhere you could have gotten any better! . . . and I mean NOWHERE! LVFC is so fortunate to be a “spoiled child” of LSU AgCenter. Thanks Karen and Sue. And thanks too to Mandy, Debbie, Kathy, Terri and Cathy. Well for that matter, thanks needs to go as well to the “behind the scene” people who were so kind to us - can you imagine having to put up with 100+ women? WOW!

The Louisiana Bayou is the official newsletter of Louisiana Volunteers for Family and Community, Inc. It is published four times a year:
Spring - February 15  Summer - May 15
Fall - August 15       Winter - November 15

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337-783-4924

Check out LA Bayou on LSU AgCenter Web:
http://www.lsuagcenter.com/en/administration/about_us/professional_organizations/

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Louisiana Volunteers for Family and Community, Inc.
2010 Annual Convention
Holiday Inn North
Baton Rouge, Louisiana
March 23-25, 2010
An Experience You Don’t Want To Miss!