



**MISSION STATEMENT:**  
To strengthen individuals, families and communities  
through Education, Leadership and Action

## LVFC PRESIDENT..... Judy Broussard



Fall – what a beautiful time of year! I realize that many of you are still struggling with the wrath of Hurricanes Gustav and Ike, and sometimes it does not seem to be so beautiful. I hope you know that you have been in our thoughts and prayers all of this time. I know what strong material our members are made of and I know that each of you are coping the best you can at this time. After my husband died in 1996, my mom told me not to question God, but that was a very hard thing not to do. I know that questions will happen, but I also know that you are given the strength to seek out answers and also to bounce back. You may not feel so bouncy, but you will be ok; remember we are all here for you.

We had to cancel the biennial training that Ethel had planned for October, but it has been re-scheduled in January 2009. A board meeting will be held on Tuesday, January 27 and the training will be on Wednesday, January 28 at Tall Timbers. **Mark your calendars.** You will receive more details later about the events. Remember to send in your officer list for 2009. We need this listing to be able to send out information to each parish. Oh yes! Don't forget - gather information and numbers for your reports which are due January 31, 2009.

Romona Babineaux, Ethel Adcock, Thelma Doughty, and I attended the CWC Meeting in Hot Springs, Arkansas. The ACWW World President Dato Ursula Goh, from Malaysia, ACWW Area President-Caribbean, Central & South America, Rose Rajbansee from Trinidad, and ACWW Secretary, Margaret Cadzow from England, were all speakers at the meetings and we learned about the activities of ACWW. Plans are being made for the USA to host the triennial in 2010. It will be held in Hot Springs and offers us an opportunity to help and attend. The chairmen of the triennial will have more details after the next meeting in London.

The end of 2008 is fast approaching! It seems like only yesterday that you, as members, trusted me with the job as your state president. I want to take this opportunity to thank each and every one of you for the help you have given me as your president. I feel we have accomplished many things during my term. I know that sometimes we did not see eye to eye on things, but being able to work together to overcome adversities is just another mark of the true leaders you are!! I hope that you will continue to support your incoming president, Ethel Adcock. She has many new ideas that will serve to improve our organization and state. As the new year begins, remember that she will need all of you to continue your activities, no matter how small or how large, to reach our goal as volunteers. I am very proud of the leadership shown by our members and remember you are worth much more than you think to the people of our great state. Keep up the good work and please keep in touch!

It is holiday time !!! Whew! Time flies - I extend to one and all . . .

*Happy Thanksgiving ! Merry Christmas ! & a Happy New Year !*

President  
Judy Broussard  
804 S. John M. Hardy Dr.  
Abbeville, LA 70510  
337-893-4857 (h)  
337-652-3657 ©  
jlbbersat@agcenter.lsu.edu

President-Elect  
Ethel Adcock  
3530 Verot School Rd.  
Youngsville, LA 70592  
337-856-7523 (h)  
337-235-6111 (w)

VP for Programs  
Janelle Bonvillain  
4635 Bayou Black Dr.  
Gibson, LA 70356  
985-575-3560

Recording Secretary  
Sue Nelson  
46207 Milton Rd.  
Hammond, LA 70401  
225-567-9769  
gnelson32@charter.net

Treasurer  
Marianne Arata  
9555 River Road  
Waggaman, La 70094  
504-431-9111  
lafctreasurer1@aol.com

Past President  
Ethel Tarleton  
110 Sunrise Ridge Cove  
Justin, Texas 78738  
512-243-6651  
ebtarletto@yahoo.com

Parliamentarian  
Virgie Foreman  
12840 La. Hwy. 92  
Maurice, LA 70555  
337-893-3548  
vbforeman@msn.com

State Advisor Agent  
Dr. Karen Overstreet  
P. O. Box 25100  
Baton Rouge, La 70894-5100  
225-388-1425  
koverstreet@agctr.lsu.edu

Area Directors  
Martha Latimer - Area 1  
Rena Labat- Area 2  
Charlene Johnson - Area 3  
Sylvia Guilotte - Area 4  
Barbara Delony - Area 5

Editor - La Bayou  
Rosie Trahan  
274 Broadacres Dr.  
Crowley, La 70526  
337-783-0924  
rmtrahan@cox.net

# LVFC Advisor .....DR. KAREN OVERSTREET

It was a strange sensation shopping for necessities early in September. Mixed in the front aisles were displays for Labor Day celebrations, back to school supplies, Halloween costumes and batteries, flashlights and assorted hurricane related items. Grilling items for Labor Day became necessities for those of us without power. The neat progression of time from back to school to Labor Day then Halloween and on to the Thanksgiving, Christmas & Hanukkah holidays had suddenly been turned upside down as other priorities surfaced.

There is nothing wonderful about a hurricane. However, in retrospect, it's interesting to see how we coped. Before long our lives again resumed a rhythm although a different one from usual. Those of us lucky enough to still have livable houses developed new routines based on hours of daylight. Conversations centered around projected dates for restoration of power or the opening of another gas station. Neighbors with chain saws cleared driveways and subdivision streets so we could move about. People went back to sitting on their porches or at least until the mosquitoes drove them inside. Maybe the author was right, "...It was the best of times, it was the worst of times."

After four hurricanes in three years, attitudes are changing. Some who were strongly opposed to the new building codes after Katrina/Rita are now strong advocates for even stronger changes. Others who survived a major hit without flooding wonder what all the fuss is about. One thing we have learned. There is no one hurricane story. Everyone's experiences have been very different. A lady on campus told me that Gustav didn't amount to anything, more just an inconvenience. She obviously didn't live in my neighborhood!

As we approach the holiday season it's important to remember that it can be a difficult time for many people. Often seasonal items are not particularly valuable, money wise, but have tremendous emotional value. Discovering that the snowman your child made many years ago has molded from your leaking roof can bring stronger reactions than we anticipate. Losing all the family recipes can be hard to accept.

Every life experience is part of our growth whether we are 25 or 95. It's okay to be sad or angry at our circumstances but it's also important to be thankful. A grateful heart is too full to be bitter and gratefulness is energizing. But, you already know that. You are the most amazing women I know and I am so thankful for the opportunity to work with each of you. You are teaching me more than you will ever know about families and about relationships.

*I WISH EACH OF YOU  
A JOYOUS HOLIDAY SEASON.!*



## Straight From The Secretary

..... SUE NELSON

*As we run head on into October and the days that mingle summer with autumn, green leaves give way to much color.*

*Afternoons are slowly easing into cooler evenings. The summer heat leaves with the anticipation of fall!*

*May blessings come to each of you as we approach the Holiday Season. I encourage each of you to share with those who are less fortunate. Make a difference as a volunteer.*

*VFC is as much a part of my life as my own family. I have learned so much from the officers and chairman during my term of office as secretary.*

*Thanks to all of you for your support the past three years while I have served as your recording secretary for LVFC. I look forward to working with you in a different capacity the next two years.*

## Biennial Training

**BIENNIAL TRAINING TO BE HELD**

**JANUARY 28, 2009  
AT TALL TIMBERS CONFERENCE  
CENTER IN FOREST HILLS**

**TRAINING INCLUDES  
ALL PARISH OFFICERS  
AND EDUCATIONAL CHAIRMEN.**

**ETHEL ADCOCK  
LVFC PRESIDENT ELECT**

**URGES VFC MEMBERS:  
MARK YOUR CALENDAR  
AND ATTEND !!!**

**BRING THE INFORMATION BACK  
TO SHARE WITH MEMBERS.**

## AREA 4 DIRECTOR ..... SYLVIA GUILLOTTE

Fall has arrived and with it, finally a little bit of cooler weather. This has really been a welcome change, as a lot of us are involved in Fall festivals and fairs.

Jeff Davis Parish has just completed their annual fair. Many of our VFC members entered exhibits and quite a bit of prize money has been won. It has also been a time to learn more about how to critique different projects and to improve our own skills in some of these categories. We are most proud to tell you that our own member and retired LEAFCS Agent, Patty Vidrine-Daigle, was named Parade Marshal this year. Congratulations, Patty!!!

It is also with great anticipation that we welcome our new agent, Penny Thibodeaux, replacing Patty. Penny visited at our fair and had so much enthusiasm and readiness to work with us in our programs and get some new programs going. We decided we had better be ready to go to work!!

On another note, we ask for your prayers for two of our members who have been ill. Elaine Chatagnier, Acadia VFC/2009-10 LVFC Secretary, had surgery a couple of months ago and is now under going further treatment; and, Lina Miller had knee replacement in July then the day after her release from that, had to have shoulder surgery. Thanks to Leroy, they are surviving. She tells me he has to do EVERYTHING!!! Both of you get well soon!!

Vermilion Parish is electing their new parish officers in November and they have an International Luncheon scheduled in the month of December.

Lafayette parish is planning a Heritage Workshop to be held in Lafayette. Date has not been set but will be in the spring sometime. Ethel, our incoming president, reminds us of the winter board meeting at Tall Timbers on January 27 and the officers training on the 28<sup>th</sup>. Also mark your calendars for the State Conference to be held in New Iberia on April 20 thru April 23.

*Here's a recipe for the holidays . . . or for that matter, just to make any day a holiday! Rosalie Scalco Landry shares this delicious Italian recipe. She is a member of Night Club VFC in Acadia and is known to whip up some outstanding dishes.*

### CAPONATA

- 1 eggplant, cubed (do not peel)
- 1 medium onion, coarsely chopped
- 1 medium green pepper, chopped
- ½ cup celery, chopped
- 2 cloves garlic, minced
- ¼ cup olive oil
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 1 15-oz. can pitted black olives, sliced
- ½ cup salad olives
- 2 ½ tablespoons sugar
- 2 ½ tablespoons vinegar
- dried oregano to taste
- dried basil to taste
- salt and pepper to taste

Saute first 5 ingredients in olive oil until onions are transparent. Add tomato sauce and then add next 5 ingredients and simmer covered for about 30 minutes. Add oregano and basil according to your taste. Add salt and pepper to taste. May be cooked longer if needed until vegetable seasonings are tender. Chill for 24 hours. Serve with crackers. Or may be used over pasta. Rosalie says she also puts it into jars and freezes it; take it out as you need it. Life can't get easier than that or as tasty!



President Judy Broussard and President-Elect Ethel Adcock met with outgoing and incoming LVFC officers on August 20 in Baton Rouge. Judy had to attend another meeting and is not in this picture. Pictured are the incoming board members:

Seated l-r: Barbara Delony, Area 5 Director; Sue Nelson, VP Programs; Ethel Adcock, President; and Family Life, Eleanor George and Linda Loupe.

Standing: Sylvia Guillot, Area 4 Director; Dr. Karen Overstreet; Jo Bruce, Literacy; Letha Briggs, Parliamentarian; Ruth Ann Klumpp,

Environment; Romona Babineaux, International; Mary Lee LeBlanc, Area 2 Director; Barbara Chiasson, Family Life; Maureen Felder, VP Public Policy; Carol Campo, Treasurer; and Patsy Champagne, Family Life.

**ROSE HOFFMAN CORMIER  
SMVFC GUEST SPEAKER**

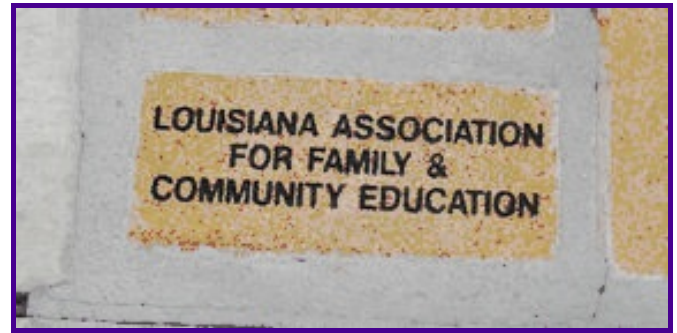


(l-r) Pris Breaux, Secretary; Elsie Castille, President; Betty Frederick, Vice-President; and Alice Guidry, Treasurer

St. Martin VFC Council Officers (pictured left) met to finalize Fall activities. September club meetings' guest speaker was Rose Hoffman Cormier. Cormier, seen on early morning TV, Channel 11, several times a week, is coordinator for the Foundation's Health Informative Center, which is dedicated to promoting health and well-being of women and their families. She told of the many programs and handouts available at the center. Another presentation was by Burton Dupuis, Rena Mouisset and Patrick Gundy (pictured right), who discussed issues up for election regarding Lafayette General Medical Center to lease St. Martin Hospital. (These women stay on top of things!). Special tribute to three deceased long-time members, Emma Bourque, Gladys Laporte and Rose Blanchard. Plans were made for Awards Day (Oct. 8), Holiday Program (Nov. 12), Christmas Luncheon (Dec. 3). Seventy-six members attended. (UNBELIEVABLE!)



**VISITING LOUISIANA HOUSE**



After the Baton Rouge meeting for New and Old Officers, some visited Louisiana House. As you can see they took advantage of the hospitality. If you have an opportunity, don't miss going. It has all state of the art equipment and design. Our LVFC brick is the first one displayed on the sidewalk.



Ruth Ann Klumpp, Acadia VFC, stands in front of the welcome sign.



LVFC members chatting and enjoying the beautiful fireplace in the living room of LA House.



**Male vs. Female Eggplant-Are Eggplants Sexy?**

There is long-standing controversy about male and female eggplants, which is an inaccurate approach considering the fact that fruits are the product of sex and do not have it. However, it is folk wisdom worth some attention. Eggplants have a dimple at the blossom end. The dimple can be very round or oval in shape. The round ones seem to have more seeds and tend to be less meaty, so select the oval dimpled eggplant. Source: Ron Wolford, Extension Educator-Urban Horticulture & Gardening, and Drusilla Banks, Extension Educator-Nutrition and Wellness, University of Illinois Extension.

Male eggplants tend to have fewer seeds, and are therefore less bitter than female eggplants. To sex an eggplant, look at the indentation at bottom. If it's deep and shaped like a dash, it's a female. If it's shallow and round, it's a male. Smaller eggplants also tend to be less bitter. Freshness is important, so don't store them for very long. Source: The Cook's Thesaurus, by Lori Alden.

Go Figure! ☺

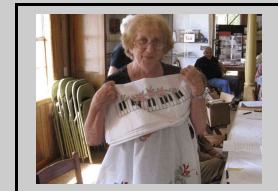
**LVFC OFFICERS ATTEND CWC and ACWW MEETING IN ARKANSAS**



Romona Babineaux, LVFC International Chairman, attended the 70<sup>th</sup> Country Women's Council USA (CSC) and Associated Country Women of the World (ACWW) meeting held at the Arlington Resort & Spa Hotel in Hot Springs, AR. Also attending from LVFC were: Judy Broussard, President; Ethel Adcock, President-elect; and Thelma Dorghty, Lafayette VFC.

Photo ID to the left: **Seated:** ACWW area President for Central and South America Rose Rajbansee, Trinidad; ACWW World President Dato Ursula Goh, Malaysia; ACWW Secretary Margaret Cadzow, England. **Standing:** ACWW USA Area President Louise Nichols, Indiana; LVFC International Chairman Romona Babineaux, Vermilion VFC; LVFC member Thelma

Dorghty, Lafayette VFC; LVFC President-Elect Ethel Adcock, Lafayette VFC; and LVFC President Judy Broussard, Vermilion VFC.

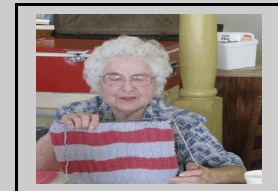


**Thellos Maxwell  
with Stitcheries**

**Grant VFC  
Members  
Handcrafted  
Items**



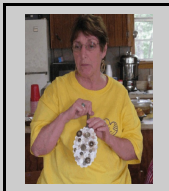
**Jo Parker  
with Potholders**



**Diana Puckett  
with Knitting**



**Fern Land  
with Pecan Tree**



**and Hand Mirror  
decorated with  
shells & buttons**

**A  
Time  
to  
Remember**

Grant VFC members assembled at Dry Prong Historical Society (DPHS) on September 8, 2008 and welcomed three new members: Charlotte Greer, Marilyn Bailey, and Clara Terry. Membership now totals 30.

The theme of the meeting, "A Time to Remember," brought much nostalgia to members as they recalled who had served the "I-o-n-g-e-s-t" in an official capacity. Thellos Maxwell, Florence McKay, and Diana Puckett each served as President for two terms each plus many other offices as well. The winner of the Longevity in Service Award went to Jo Parker who served as Treasurer for twenty-one years!! And who has been a member of Grant VFC Chapter for fifty years? The answer is: Thellos Maxwell with 53 years followed by Evelyn Fletcher.

Members remembered: Julia McLain's freshly-baked yeast rolls; covered dish luncheons and exchange of recipes; pulling taffy; churning at the Pecan Festival; throwing candy from the festival float. Favorite projects include: making "Ouch Dolls" to contribute to the health clinic for children's vaccinations; volunteering at Camp Grant Walker and other 4-H activities; helping with Grant Parish Achievement Day; collecting books and school supplies for children; and gift baskets for shut-in's. Volunteers remembered time served at the Grant Parish Library Book Sale, and Denise Pearson's BBQ Lunch Benefit.

One revered tradition is the Christmas Party at Miss Thellos' home. Others recall the fun times at Tall Timbers Conference Center during Leadership Training and annual LVFC conventions - the most recent one in Monroe in April offered a Jerry Springer show spoof where one contestant spotted Paul McLain, the sole male attendee that year, and shrieked with glee, "A MAN!!!" Meetings always offer a time to learn and to share homemaker tips, health and safety information, crafts, and environmental issues; and share favorite crafts (see picture).

(contributor: Donna McClain, Grant VFC Publicity)

*Family life and environment information good together?  
Why not!?!?*

**PROTECTING OUR ENVIRONMENT STARTS AT HOME**

**5 STEPS YOU CAN TAKE TO REDUCE AIR POLLUTION:**

**Change five lights.** Change a light and you help change the world. If every American home replaced their 5 most frequently used light fixtures or the bulbs in them with ones that have earned the ENERGY STAR, we would save close to \$8 billion each year in energy costs, and together we'd prevent the greenhouse gases equivalent to the emissions from nearly 10 million cars.

**Look for products that have earned the ENERGY STAR.** Ask for us by name. You'll get the features and performance you want AND help reduce air pollution. Look for ENERGY STAR qualified products in more than 50 product categories, including lighting, home electronics, heating and cooling equipment, and appliances. If you are building or buying a newly constructed home, ask about ENERGY STAR –we qualify those too.

**Heat and cool smartly.** Improve the performance of your heating and cooling system. Have it serviced annually by a licensed contractor, and remember to clean or replace air filters regularly. To avoid heating or cooling an empty house, use an ENERGY STAR qualified programmable thermostat. And when it's time to replace old equipment, choose an ENERGY STAR qualified model, and make sure it's sized and installed properly. If just one household in 10 did this, the change would prevent more than 17 billion pounds of greenhouse gases.

**Seal up your home.** Drafty windows and doors, cold walls or ceilings, and high energy bills are all symptoms of air leaks (usually in the attic and basement) and poor insulation. Seal air leaks, add insulation, and choose ENERGY STAR qualified windows when replacing old windows. That way you'll improve the comfort and durability of your home, save energy and help protect our environment.

**Tell family and friends.** Slip it into a conversation with a friend or family member. Talk about it at a neighbor's barbecue. Pass it on at a PTA meeting or at work. We're asking you to help spread the word that energy efficiency is good for your home and good for our environment. Tell five people and together we can help our homes help us all.

**ENERGY STAR**  
It's a good sign.

The ENERGY STAR program is a voluntary partnership between consumers, their families, and many of the most respected brand names. All of us are working together to achieve a common goal: to protect our environment for future generations by changing to more energy-efficient practices today. Since the fossil fuel-based energy used in a typical home can cause twice as many greenhouse gas emissions as the average car, the U.S. Environmental Protection Agency encourages homeowners to make their homes more energy-efficient. The government awards the ENERGY STAR to those products, companies and organizations, homes, and services that meet specification established by EPA and DOE. It's our future. Together, we can make a change for the better.

The average household can be responsible for nearly twice the greenhouse gas emissions as the average car. The leading source of greenhouse gas emissions is energy production; whenever you operate any product in your home that runs on electricity, a power plant is most likely generating that electricity by burning fossil fuels (such as coal and oil), which produces greenhouse gases. Here are 5 ways you can help reduce the risks of global warming!

Source:

[http://www.energystar.gov/ia/products/heat\\_cool/GUIDE\\_2COLOR.pdf](http://www.energystar.gov/ia/products/heat_cool/GUIDE_2COLOR.pdf)

Happy Thanksgiving! 



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

**NON-PROFIT  
ORGANIZATION  
U.S.POSTAGE  
PAID  
BATON ROUGE  
LA  
PERMIT 363**

### **12 WAYS TO BE HAPPY**

Dr. Karen Overstreet sent this in an e-mail - wish I could have included the precious pictures that goes with it, just not enough room. Sounds like a pretty good list for New Year's Resolutions. What do you think?

- 1. Make up your mind to be happy. Learn to find pleasure in simple things.**
- 2. Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with gladness of life. The trick is to make the laughter outweigh the tears.**
- 3. Don't take yourself too seriously. Don't think that somehow you should be protected from misfortune that befalls other people.**
- 4. You can't please everybody. Don't let criticism worry you.**
- 5. Don't let your neighbor set your standards. Be yourself.**
- 6. Do the things you enjoy doing but stay out of debt.**
- 7. Never borrow trouble. Imaginary things are harder to bear than real ones.**
- 8. Since hate poisons the soul, do not cherish jealousy. Avoid people who make you unhappy.**
- 9. Have many interests. If you can't travel, read about new places.**
- 10. Don't hold postmortems. Don't spend your time brooding over sorrows or mistakes. Don't be one who never gets over things.**
- 11. Do what you can for those less fortunate than yourself.**
- 12. Keep busy at something. A busy person never has time to be unhappy.**

**AND I COULD ADD NUMBER 13:  
TO KNOW LASTING HAPPINESS, THANK GOD FOR TODAY!**