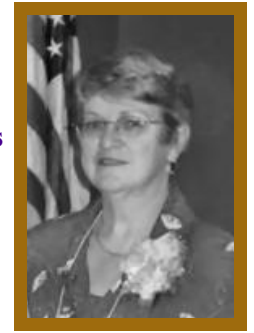




MISSION STATEMENT:
To strengthen individuals, families and communities
through Education, Leadership and Action

LVFC PRESIDENT..... Judy Broussard



I hope all of you enjoyed your summer. The summer is gone and it is time for us to really start with programs and activities; although some of you, I know, continued your programs during the summer.

As we begin to think of activities for the upcoming year, the officers from my term and the officers for Ethel Adcock's administration will meet in Baton Rouge on August 20 to discuss and plan for our group. We will be looking at old and new ideas and will have program ideas for you at the Biennial Training that will be held at Tall Timbers on October 15, 2008 from 10:00 am-2:00 pm. This training will be presented by your new state officers for parish officers. If you are changing parish officers in 2009, please make arrangements for these new officers to be present at the training and if your officers are staying the same during 2009, they need to attend also. We can all use refresher courses and always welcome new ideas for our organization. I look forward to seeing you there!

Since our convention in Monroe, the Area 2 members have been busy meeting and planning for the 2009 Convention. The convention will be held in New Iberia in 2009 from April 20-23. I know it seems like a long ways off, but please put the dates on your calendar so you can make plans to attend.

The CWC Meeting is scheduled for September 26-28, 2008 in Hot Springs, Arkansas. At that meeting, we will get more information about the ACWW Triennial that will be hosted by the ladies from USA in April, 2010 in Hot Springs. That is so exciting and we need to consider going to the meetings in 2010. There will be a lot of opportunity to volunteer and assist in some way. Ramona Babineaux, State International Chairman, will have more details after attending the CWC Meeting in September.

Around this time of year, we all tend to feel "burnt out". I would like to suggest that you take a few minutes to think about all of the good you are doing for others and for your communities. Now, that should lift your thoughts up and give you a little more energy to go out and complete those activities and programs that still need to be done! You are all such super ladies and remember, even if you contribute just a little, when it is added up, you are helping a lot. Each of you have something to offer to our organization and I thank you for all that you do.

To quote Henry Adams, . . .

"A teacher affects all eternity We are all teachers."

**Thank you for being teachers and leaders;
so many people benefit from your work.**

President

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**DR. KAREN OVERSTREET
FCCS DIVISION HEAD AND PROFESSOR**

Oooh, can you believe that kids are back in school and it's too late to be early for the holidays! We must have been having fun because the time sure did fly!

Speaking of holidays, why not do something different this year and include celebrations from around the world for your club meetings? Within our own organization we have members of different ethnic and religious backgrounds that may be willing to share their customs. Even holidays such as Christmas and Hanukkah are celebrated differently depending on where you live or your ethnic background. International is one of our educational areas and holidays are a fun way to learn more about our global neighbors.

I also want to give a big thank you to all of you who served as parish council or club officers this past year. You are a key link in making the organization work. I'm looking forward to seeing the new parish officers at triennial training in October. I've meet with the new executive committee from the state board who will assume their duties in January. They are enthusiastic and working hard to make the next two years a time for the organization to grow and strengthen its role in our communities.

Right now the halls around my office are quiet without students and I'm trying to get painting, cleaning and the zillion details done that it takes to open a preschool and welcome back college students. By the time you read this, LSU and all the schools will be a beehive of activity. As advisor to the undergraduates I get to hear their stories about why they choose their major or why they came to LSU. Most of the time they mention an experience with 4-H or a grandmother who took care of them after school and encouraged their interests. You are a very important part of our future and your influence is extremely important. Keep up the good work. And, GO TIGERS!!

**CHARLENE JOHNSON
AREA 3 DIRECTOR**

Hello to ALL from AREA 3!!!! We would all like to thank you for joining us in Northeast LA for the 2008 Convention. It is always such a joy to see you all and just to get together with each of you during the year. Thanks to each parish that participated in bringing the beautiful baskets for raffle and for all the hard work the developmental fund committee does to help us with leadership and training. Thank you to each and everyone that worked so diligently to make it a success. It was a pleasure working with each of you.

Several of the ladies from Area 3 were able to go to Baton Rouge to the Capital for Legislative Day. Some of them even took their husbands and now the men understand why we have so much fun in LVFC.

We have spent some time resting up and are ready for the fairs and festivals in our area that will be coming up very soon and for the leadership conference.

Keep up the great work each of you as members do in your communities and remember: "You do make a difference!"

Biennial Training

BIENNIAL TRAINING WILL BE HELD

**OCTOBER 15, 2008
AT TALL TIMBERS CONFERENCE CENTER
IN FOREST HILLS
10:00 A.M. TO 2:00 P.M.**

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

**ETHEL ADCOCK, LVFC PRESIDENT ELECT AND
VP FOR PUBLIC POLICY,
URGES VFC MEMBERS:
MARK YOUR CALENDAR
AND ATTEND !!!
BRING THE INFORMATION BACK
TO SHARE WITH MEMBERS.**

CELEBRATING 100 YEARS OF LOUISIANA 4-H



During LVFC Convention in April, Virgie Foreman, Vermilion VFC, was busy being inducted into the 4-H Hall of Fame along with 99 others throughout the state. She also received the plaque she is shown holding. The event took place at the Acadia Extension Office in

Crowley and pictured with Virgie making the presentation are: Dr. Paul D. Coreil, Vice Chancellor and Director of Louisiana Cooperative Extension Service; Nick Nash, State 4-H Vice President; Virgie; and Dr. Steve Linscombe, Southwest Regional Director.

CONGRATULATIONS, VIRGIE!

LETHA BRIGGS RECEIVES AWARD

This past Spring, Letha Briggs received the Our Lady of Lourdes Medical Center 2008 Franciscan Spirit Award for emulating the life and spirit of St. Francis of Assisi through



humble service to the community. Bob Clements, spokesman for OLL, said that Letha is “noted for her reverence for life. Mrs. Briggs respects and elevates the dignity of the human spirit. She remains strongly involved in community outreach throughout the parish and Dioceses of Lafayette since 1984.” Her pastor at St. Edmond Catholic Church, Fr. Timothy Richard, stated, “Mrs. Letha has worked with the poor in our parish for many years with humble and loving service. Her dedication to her work is exemplary.”

YES, Letha is a member of Lafayette VFC.

CONGRATULATIONS LETHA!

DIOCESAN DEVOTED SERVICE MEDAL RECIPIENT



Bishop Michael Jarrell presented the Diocesan Devoted Service Medal to Lovel Benoit. Fr. Nguyen Van Chanh wrote this about Lovel: “Since the beginning of Our Lady of Mercy in Henderson over 40 years ago, Mrs. Benoit has always been faithful in service and dedication to its establishment and progress Such an awesome and precious person! She should be

recognized and appreciated. In short, over half of her life in service and of dedication to the Church and the people of this community, Mrs. Benoit is truly the Henderson Gold.”

She’s also a member of St. Martin VFC. Elsie had this to say: “She is not only the Henderson Gold, she is the SMVFC Gold.” Whew! Those VFC members - they’re everywhere!

CONGRATULATIONS LOVEL

HAPPY 70TH ANNIVERSARY LAFAYETTE VFC

Lafayette Volunteers for Family and Community held a reception on June 26 to celebrate their 70th Anniversary. Displays created by each club included precious memorabilia. Members, present or past, from Home Demonstration Club days until today, were invited to join in the fun and view all the wonderful scrapbooks.



Lafayette VFC Council President Letha Briggs; Mary Fugua, Magnolia VFC President; Ruby Barrios, Ridgewood VFC President; Judy Broussard, LVFC President; Codrey Navarre, Camellia VFC President; and Ethel Adcock, LVFC President-Elect and Lafayette VFC member

JEFF DAVIS PARISH FAIR PARADE MARSHAL

Last October, Dot Melancon-Daigle was selected as the 2007 Parade Marshal for the Jeff Davis Parish Fair. She served on the Jeff Davis Parish Fair Board for approximately 27 years and presently serves as Parish Fair's head superintendent of the floral department. Dot has two daughters, Sheila Abshire of Baton Rouge and Marsha Conner of Roanoke and is grandmother to five: Barry and Carla Abshire and Bryce, Britt and Joel Conner. She also has five step-children, 13 step-grandchildren and 14 step-great-grandchildren. Sheila says ever since she can remember, her mother was always involved in community service. Dot listed among her many community service organizations . . . yes, you guessed it . . . Volunteers for Family and Community. She also said her past hobbies included making crafts, sewing and decorating cakes which all go along with her involvement in VFC. Maybe a little late but nonetheless,



CONGRATULATIONS DOT!

LEGISLATIVE DAY



TANGIPAHOA VFC MEMBERS WITH LOUISIANA'S FIRST LADY, MRS. JINDAL AND TANGIPAHOA REPRESENTATIVE STEVE PUGH.

LEFT OF MRS. JINDAL IS MAUREEN FELDER WHO ORGANIZED LEGISLATIVE DAY FOR LVFC MEMBERS. THANKS MAUREEN.

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IBERIA VFC MEMBERS VERNA ELDRIDGE, MARILYN ELDRIDGE, ELDA BOUTTE, JOYCE TERRELL, WILDA NAQUIN, MARY LEE LEBLANC, JUNE GRANGER, BEA MAMEROW, DEBBIE MAMEROW, AND NELL TURNER WITH LOUISIANA'S FIRST LADY MRS. JINDAL

GRANT VFC TACKLES ENVIRONMENT ISSUES

A volunteer looks at an unfinished burn pile on an abandoned lot in Dry Prong. The same lot was cleaned up by the volunteer. Florence McKay, Environmental Issues Chair, educated her Grant Parish Chapter of the Louisiana Volunteers of the challenges to achieve a vision of a litter-free Louisiana. A bottle bill is lacking which would mandate individual beverage recycling. The Louisiana Litter Laws are not currently enforced on a consistent basis. Miss Florence advised that regular cleanups by volunteer groups are not enough. We need a real behavior change for residents and visitors.



A 2007 litter study in West Monroe determined that beverage containers comprise one-fourth of the litter. Other states which have enacted a Beverage Producer Responsibility Act have seen a significant reduction in their beverage container litter and their overall litter. (See results at <http://www.serconline.org/bottlebill/fact.html>).



Miss Florence (pictured) quotes from The State Environmental Resource Center (SERC) website and a 2002 BEAR (Businesses and Environmentalists Allied for Recycling) report, "Understanding Beverage Container Recycling," on the benefits that result when beverage container recovery programs are implemented: Energy use is reduced and greenhouse gas emissions (which contribute to global warming) are avoided. Other harmful emissions to air and water are also avoided. Use of land for disposal of waste and for the extraction of virgin materials is reduced. Litter is reduced, as shown in deposit states, leading to reduced human injuries and avoided harm to farm machinery and animals.

Miss Florence inspired her fellow volunteers to leave each place cleaner than they found it. They will pick up their trash, and avoid littering our beautiful Louisiana landscape. They will appeal to their legislators for a bottle recycling law, and to establish a Civil Litter Court. Will you do the same? Will you support the vision of a litter-free Louisiana?

Submitted by Donna McLain, Grant Parish LVFC Reporter

STRESS, THE SILENT KILLER

Pictured are (l-r) Emma Fontenot, Elsie Castille and Elaine Melancon. Emma and Elaine are Wellness and Health Educators. St. Martin VFC were privileged to hear them speak. Elsie shares this excellent information with us. Of course, the title of their presentation was "Stress, the Silent Killer. They said . . . we can't stop the aging process, BUT we CAN slow it down!



A. STEMS FOR PROBLEMS:

- 1) Finances
- 2) Relationships
- 3) Hard Times

B. PROBLEM:

- 1) We can't see it
- 2) We can't grab it
- 3) But we CAN measure its effects

C. DAMAGE:

- 1) Increased blood pressure
- 2) Wear out your heart
- 3) Heart attack/stroke

D. WEAKENS IMMUNE SYSTEM

- 1) Leads to lack of nutrient absorption
- 2) Makes us SICK
- 3) Wears us out

E. UNNECESSARY UGLINESS AFFECTS OUTWARD APPEARANCE

- 1) Stress lines
- 2) Wrinkles
- 3) Bags and circles

F. STRESS CAUSES US TO:

- 1) Over eat
- 2) Over indulge
- 3) Stop eating

G. DAMAGES INTERNAL ORGANS:

- 1) Stomach hurts
- 2) Constipation
- 3) Heart burn

IDEAS TO HELP SAVE \$ AT THE GROCERY STORE

Adrienne Vidrine
LSU AgCenter Extension Agent,
Family Resource Management

Noticed that prices at the grocery store have increased over the last several months? Here are a few tips that I hope will help you save a few dollars when shopping.

First, **always shop with a list**. Doing so can help in two ways—you won't forget to purchase something you need, that you may otherwise have to make a return trip to the store to buy and you won't buy something that you don't actually need—wouldn't you hate to get home with a fresh gallon of milk to find out that you already had a full gallon in the fridge!

Next, **don't shop when you are hungry**. This is a common tip, but it's very true. If you shop when you are hungry you will probably find yourself buying additional food, especially junk food. Food seems to be calling out your name when you shop hungry!

Another idea is to **cut back on meat**. Meat is expensive and there are lots of good alternatives including dry beans, legumes, fish, and let's not forget tofu! You may also want to just reduce the amount of meat you serve, when combined with pasta or rice, a little bit can go a long way.

Always remember to **look for specials**. Just about every store has them. You can find the specials in the newspaper or right there at the store. But remember, don't buy them unless they are something you will eat and enjoy!

Try the store brands. Brand names are often no better than store brands, usually we are just paying for the extra marketing spent on them. If you don't already give the store brand a try and see if you like it—then you can watch the savings add up!

Lastly, **cut back on your one-or-two-item trips**. This can waste both gas and time and usually when we run in for one or two items we walk out with ten or twelve! If you plan ahead and shop with a list (and stick to it), you will probably find yourself making fewer trips to the store.

Most of us are probably finding that it is necessary to tighten up our spending belts as prices continue to rise. Hopefully these tips will allow you to pull in the belt a notch or two!

WORDS ARE SO MUCH FUN..... REALLY!!!

Your articles are drab and not much fun? And your words are so reused, tired and boring? Wake them up . . . for instance, instead of plain Jane "He said/She said" try these out !

Accused	acknowledged	appealed	provoked	disputed	cheered
answered	choked	butted in	reassured	grieved	directed
babbled	coached	chuckled	recounted	guessed	encouraged
challenged	concluded	comforted	reinforced	mentioned	explained
clarified	denounced	congratulate	repeated	pestered	informed
confirmed	entreated	cried	retaliated	presented	interrogated
corrected	fibbed	declared	snapped	pronounced	mused
denied	grumbled	described	sobbed	quarreled	noted
dared	insisted	disclosed	submitted	raved	orated
gaspd	hinted	exaggerated	thought	replied	praised
ordered	lectured	fretted	verified	retold	proceeded
pointed out	outlined	greeted	withdrew	saluted	proposed
proclaimed	objected	implied	addressed	suggested	questioned
refused	professed	instructed	agreed	threatened	reacted
requested	recited	named	argued	vocalized	retorted
retracted	sighed	observed	called	admitted	spoke
snickered	added	prescribed	considered	announced	stated
urged	affirmed	promoted	declined	cautioned	volunteered

LOUISIANA BAYOU
Volunteers for Family and Community, Inc.
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Baton Rouge, LA 70803

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

MEANING

Author Unknown

Standing for what you believe in,
Regardless of the odds against you,
and the pressure that tears at your resistance,
... means courage.

Keeping a smile on your face,
When inside you feel like dying,
For the sake of supporting others,
... means strength.

Stopping at nothing,
And doing what's in your heart,
You know is right,
... means determination.

Doing more than is expected,
To make another's life a little more bearable,
Without uttering a single complaint,
... means compassion.

Helping a friend in need,
No matter the time or effort,
To the best of your ability,
... means loyalty.

Giving more than you have,
And expecting nothing,
But nothing in return,
... means selflessness.

Holding your head high,
And being the best you know you can be
When life seems to fall apart at your feet,
Facing each difficulty with the confidence
That time will bring you better tomorrows,
And never giving up,
... means confidence.