



# LOUISIANA BAYOU

Mission Statement:  
To strengthen individuals,  
families and communities  
by Education, Leadership  
And Action.

Volume 38 - Issue 4

Winter, 2011

## LVFC President's Message ..... Rena LaBat

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Dear LVFC Members,

This autumn has been the most glorious that I've seen in a number of years and I hope all of you have enjoyed it as much as I have.

Let's talk about volunteer leadership! I recently returned from a conference of another organization to which I belong and one of the focuses of that group is, like VFC, leadership.

Volunteer leadership is something we as VFC members aspire to as part of our organization. Many times we take it for granted that we all know and understand this concept. However, I want to be sure that we are all on the same page.

To paraphrase one of our guest speakers from this past year's state convention, there is no "I" in team but there is "u (you)" in us. With that in mind, all of us working together as a volunteer team can expand the horizon of VFC Leadership. Strengthening our leadership skills should be one of our primary goals in programming. I hope you are aiming in that direction.

Another concept we need to focus on is membership. Membership is very important to all of us in VFC – local clubs, parish councils, area liaisons and state participation. Because of a variety of reasons, we may begin to see a drop in membership. This is no time for us to panic. Instead this is a time for stability and sustainability. We must look to growth by identifying new members in new venues. Keeping a positive attitude about our organization, our programs, our members and ourselves -- this is the key for us to be energized for our future.

I'm sure most of you are aware of the many changes that are taking place in the LSU AgCenter at the present time. All details are not complete and once they are Dr. Paul Cor-eil, LSU AgCenter Director, Dr. Karen Overstreet, Interim Director of LSU Human Ecology and I will be meeting to work out the details of the new Memorandum of Understanding. We as an organization are very lucky to have this special relationship and support of the LSU AgCenter, and it is my hope that we shall continue in that manner.

Please remember that year-end reports are due by January 31, 2012. Guidelines were revised and submitted to Parish Presidents . Be sure to follow the new reporting guidelines.

The State Board meeting is scheduled for Tuesday, January 31, 2012 at Efferson Hall on the LSU Campus. You'll be notified with more details at a later date.

I extend my warmest wishes to each of you for the upcoming holiday season and hope you enjoy these special times with your families. Keeping Christ in your daily activities is my humble plea.

*I take pride in  
serving you as your  
LVFC State President !*

*Rena*



## Ten Tips to Cut Back on Salt

Salt. . . . . sometimes it seems that a meal doesn't go by that we don't reach for the shaker. The 2010 dietary Guidelines provide revised guidance on reducing daily sodium (salt) intake. Americans should consume less than 2,300 mg of sodium (salt) each day. That amount is lowered to 1,500 mg for people who:

- Are age 51 and older
- Are African American
- Have high blood pressure
- Have diabetes
- Have chronic kidney disease

About half of the U. S. population, including children and the majority of adults, fall into one of the groups that should limit their daily sodium (salt) intake to 1,500 mg.

Ten tips to help you cut back:

1. **Think fresh.** Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions – especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.
2. **Enjoy home-prepared foods.** Cook more often at home – where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.
3. **Fill up on veggies and fruits – they are naturally low in sodium.** Eat plenty of vegetables and fruits – fresh or frozen. Eat a vegetable or fruit at every meal.
4. **Choose dairy and protein foods that are lower in sodium.** Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are



higher in sodium. Choose unsalted nuts and seeds.

5. **Adjust your taste buds.** Cut back on salt little by little – and pay attention to the natural tastes of various foods. Your tastes for salt will lessen over time.
6. **Skip the salt.** Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.
7. **Read the label.** Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”
8. **Ask for low-sodium foods when you eat out.** Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.
9. **Pay attention to condiments.** Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.
10. **Boost your potassium intake.** Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, bean (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

## AREA 4 NEWS

**Letha Briggs**  
Director

## FAMILY LIFE

**Judy Broussard**  
Chairman

"RED, WHITE, and BLUE - SALUTE OUR TROOPS!" Area 4 VFC members met in September with some of the State Board members to work on the State Convention which will be held in Lafayette at the Crown Plaza Motel April 17-19, 2012. We will meet again in late November to hopefully complete the plans for a fun-filled educational program. The hotel personnel are working closely with us to keep the cost of the convention as low as possible without skimping. We hope many of you will plan to attend and that many of you will wear your red, white and blue to help us carry out the theme of the convention.

Thanks to Patty Daigle and the Jeff Davis VFC members, thirty-eight of us enjoyed a great trip to two River Road homes - St. Emma's Plantation and Homus House and enjoyed a delicious lunch at the restaurant at the latter home. Following lunch we did some shopping and sight-seeing at the Mall of Louisiana.

Nominations are being accepted for some positions on the State Council. Please check with your parish president and submit your name. Put those leadership skills we have been developing to good use. New members and new ideas make for a great organization. Don't be afraid to step-forward. There are plenty of us "old-timers" who are more than willing to help.

Lafayette VFC will again sponsor a Heritage Skills Workshop on Thursday, February 9, 2012, at the Cooperative Extension Service Office at 1010 Lafayette St. In Lafayette. Three presentations are being planned:

- "Everything Old is New Again" Barbara Bird, Ula Landry, and Gen Bourgeois will present the program on recycling old vintage linens.
- Acadiana Ambulance Personnel will present a demonstration on the new CPR technique and the use of the AED.
- Jan Coussan and Letha Briggs will present "Preserving Louisiana's Bounty", a program on Louisiana Citrus.

A small \$2.00 fee will cover the cost of a fun-filled educational morning. To sign-up call Gen Bourgeois, 984-2319 by January 20, 2012. For groups please include names of all registrants as well as one check and mail to Gen at 122 Claymore Drive, Lafayette, LA 70503.

The school year has begun for our children and grandchildren. Now is a good time to spend some time talking with them about their school work, homework, and all of the activities they are involved in. We can also take a little extra time to listen to them and discuss any problems they may be having. Bullying is such a huge problem for our young people. Many are being bullied, but few are talking about it and a lot of time a listening ear can pick up on this and perhaps offer some helpful advice to them. Remember the bullying program that was presented at 2011 Convention and present it to some of the youth groups in your communities. I say youth, but a lot of time adults are caught in this same bullying cycle and an outreach to them can be helpful also.

I know that each of our parishes have been involved in many activities involving families and I look forward to seeing your end-of-the year reports about these activities. Remember to send me the family report form with all of the activities listed and numbers of participants. It may seem like only a small activity, but remember that any person you reach or educate is of the utmost importance. Thank you all for all of the hard work you do to help the families of Louisiana.

## SCHOLARSHIPS

**Gail Hagnes**  
Chairman

It's that time of year first we have Turkey Day then we have Christmas and New Years, And just around the corner after all that we have State and Area scholarships due.

STATE : Ellen Lenoir and Nan Tarwater Davis;

AREA : (one per area) Area Collage and Area First Timer.

Area Collage scholarships are available to all members ... themselves, their children and grandchildren. Send these applications to your area director. AND don't forget the First Timer scholarships for the state convention ... also sent to your area director.

Last but not least - LVFC Mini Grants - awarded annually to LVFC parishes. There are 20 Mini Grants at \$100 each .... with matching funds that is \$200! We have had some really worthy projects (chair, book bags, birthday books, hospice needs, just to name a few) and I know y'all can come up with some new projects. The Ruth B. Sayre Scholarship is mailed to our State President, Rena Labat.

All scholarship applications are in your state handbook. Parish presidents should have a copy. If you need any copies just let me know.

One last reminder, check each scholarship for the due dates, don't forget ... EARLY IS ALWAYS BETTER!



*Happy together no matter what weather!!!*

# INTERNATIONAL

**Betty Guilbeau**  
Chairman

One thing that I have learned during the short period of time that I have been involved with LVFC is how "giving" the volunteers of our group are. During the upcoming season of Thanksgiving, we give thanks for our blessings. One of these blessings might be the fact that we are able to volunteer and give back. Let us keep in mind the people in the world who do not have what we have and continue to need our help.

There are many projects that can be done on the international level. Shoes for Orphan Souls (SOS) provides new shoes and socks to orphans in the United States and the world. You may want to start a shoe drive or collect contributions during the holidays to benefit these orphans. Contact information is [www.shoesfororphansouls.org](http://www.shoesfororphansouls.org) or call toll free 1-866-774-7463.

Another organization, Heifer International, works with ending hunger and poverty. Your members could decide to earmark money to help in the purchasing of an animal. Contact information for this group is [www.heifer.org](http://www.heifer.org) or call 501-907-2697.

There are local groups in your area who work with projects on the international level. Contact them to find out how your club can help with their project.

Many things can be done that will benefit people in the world who need help. Let's try to start a project for these people.

# MINUTES GAL!

**Sue Nelson**  
LVFC Secretary

Thanks to all of you who make three (3) copies of your reports for the board meetings. It really makes my job much easier. If you forget them at home or just plain forget to do them, please send to me at my email address, which is on the front of our newsletter immediately after meeting.

Just to let you know where these copies go: One goes to our president; one stays in the permanent files; and the other one goes to the review committee so that things can be checked out for errors, etc.

You all are great - thanks for your cooperation.

As we approach the holidays I hope that each of you will spend time with your families and enjoy the reason for the season! I have a couple of recipes I hope that you will enjoy. I certainly have enjoyed them.

## WINTER TREAT HOT CHOCOLATE MIX

- 3 Cups powdered milk
- 3/4 cup sugar
- 1/2 cup powdered cocoa
- Dash of salt



Sift ingredients together. Store in airtight container. (Decorate top if you like) To serve: Add 4 teaspoons to one cup boiling water. To it add mint candy, marshmallows or whipped cream and a dash of cinnamon.

## PERCOLATOR PUNCH



This is an old recipe that's great for cold mornings and holidays when you are expecting guests.

- 9 cups apple cider
- 1/2 cup cinnamon red hots candies

Pour apple cider in your percolator; then place red hots candies in percolator basket. Cover and let it perk. When cider has finished perking, remove the basket and leave punch in the pot to keep it warm. (This makes the house smell festive too!) Makes about 2 1/4 Quarts.

*DID YOU KNOW?*

*In November we celebrate...*



*And...*



*And...*



**LVFC MEMORIAL DOGWOOD TREE** has been planted at Camp Grant Walker in central Louisiana.

The tree is located just inside the entrance to the camp on the right near the bench.

District 5 presented a dogwood tree as a memorial to our pasted members at the 2011 LVFC State Convention. We waited until fall to plant the tree to give it the best chance to survive.

The plaque was purchased from convention money and other donations. The state 4-H Foundation ordered the plaque to keep uniform with other signs at the camp. It is being placed in front of the tree.

Our hope is that everyone get a chance to visit camp grant walker and see the beautiful tree and plaque. Pictured from left to right is Virginia Foster, Kim Landry (Camp Director), and Sharon Beaugard.



## ST. MARTIN ACTIVITIES



### AUGUST COUNCIL MEETING

Thirty-three members heard guest speaker Tanya Cormier, a Registered Nurse specializing in dialysis and kidney treatments at Fresenius, who spoke on the importance of kidneys and gave a step-by-step discussion of dialysis treatment. Ms. Cormier is flanked by VFC members (l) Margaret Carron and Mavis Fruge.

### SEPTEMBER COUNCIL MEETING

Audrey Thibodeaux, (right) Community Service Director, Iberia Sheriff's Office, was the guest speaker at the September meeting. She spoke of the Elderly Protective Services and discussed in detail the various types of abuse...physical, sexual, emotional, abandonment, isolation, caregiver and self neglect, financial exploitation and extortion. The group discussed the signs to look for from family, friends, neighbors.

Other speakers were Katie Hebert, (center) CEO of St. Martin Hospital, who gave an update on the various programs instituted at the hospital; and Elaine Melancon (left) who discussed the Breaux Bridge Citywide Garage Sale on October 1<sup>st</sup> and 2<sup>nd</sup>. Mini-demonstrations were given on T-shirt and jewel box quilts, baby pillow cases and key holders. A display of vintage hats was made by Melanie Begnaud and Nichole Berard. Sixty-one members were in attendance who received educational information on "Elderly Victims of Crime", Elderly Protective Services, 22 Ways to Use Plastic Bags, Preparing Your Evacuation "Grab and Go" Box, and better nutrition as we age.



### AWARDS DAY

The St. Martin Volunteers for Family and Community held their annual Awards Day recently. This was held in the St. Francis of Assisi Church Hall and was dedicated to Nonie Huval, recently deceased, who was a member for over 50 years.

Elsie Castille, President of the St. Martin VFC, presided over the meeting. Lovel Benoit, Vice-President, led the group in the Club Collect and Pledge. Mavis Frugé led the group in reciting the Pledge in French. Ninety-five members and guests were present. Speakers were Glenda Poulan, Operation Life Saver presenter, who spoke on "Highway and Railroad Safety" and Deacon Jim Davis, of St. Catherine's and Hospice, spoke on "How to Empathize with Cancer Patients". He also gave the blessing of the meal.

Iberia VFC members served as judges of items entered for competition. Overall winner in Crafts was Glenda Poulan in the category of "Anything made with Old Jewelry". Overall winner in Foods was Laura Melancon with her carrot dish. A skit, The Cajun Cinderella, concluded the day's activities. Participants were: Linda Lajaunie, Laura Melancon, Iva Theriot, Betty Devillier, Mavis Frugé, Mary Robin, Lovel Benoit, Kim Gravouilla. Linda Lajaunie was crowned 2011-2012 Queen.





*"I owe my achievements and successes to God, my family and friends. Given the opportunity, we must perform our duties for all people."* This is her quote . . . the Virgie Foreman we all know and tells you exactly who this lovely lady is. She was recently honored by Louisiana Cattle Festival as their honoree and lead the parade, as you can see up there in that red convertible - as is only fitting! However, she has been for decades the leader of our VFC parade of outstanding women. Could go on and on listing her many self-giving activities but there is no need - most all of us have been touched by her!

**CONGRATULATIONS VIRGIE -  
YOU SURE DO MAKE US PROUD!**

## Red, White and Blue



**2012 LVFC CONVENTION  
APRIL 16-19, 2012  
LAFAYETTE, LOUISIANA**

**WATCH NEXT ISSUE OF LA BAYOU  
FOR CONVENTION REGISTRATION**

**START MAKING PLANS NOW TO ATTEND  
AND  
START STASHING YOUR CASH!**

You lovers of the English language might enjoy this. There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP.'

It's easy to understand UP, meaning toward the sky or at the top of the list, but ...

When we awaken in the morning,  
why do we wake UP?  
At a meeting, why does a topic come UP?  
Why do we speak UP and  
why are the officers UP for election and  
why is it UP to the secretary to write UP a report?  
We call UP our friends.  
And we use it to brighten UP a room,  
polish UP the silver;  
we warm UP the leftovers and  
clean UP the kitchen.  
We lock UP the house and  
some guys fix UP the old car.

At other times the little word has  
real special meaning ...  
People stir UP trouble,  
line UP for tickets,  
work UP an appetite,  
and think UP excuses.  
To be dressed is one thing,  
but to be dressed UP is special.  
A drain must be opened UP  
because it is stopped UP.  
We open UP a store in the morning  
but we close it UP at night.  
We seem to be pretty mixed UP about UP!  
To be knowledgeable about the proper uses of UP,  
look the word UP in the dictionary.  
In a desk-sized dictionary,  
it takes UP almost 1/4th of the page and  
can add UP to about thirty definitions.  
If you are UP to it,  
you might try building UP a list  
of the many ways UP is used.  
It will take UP a lot of your time,  
but if you don't give UP,  
you may wind UP with a hundred or more.  
When it threatens to rain, we say it is clouding UP.  
When the sun comes out we say it is clearing UP.  
When it rains, it wets the earth and  
often messes things UP.  
When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP,  
for now my time is UP,  
so.....it is time to shut UP!  
Now it's UP to you what you do with this!

# LVFC CALENDAR

NOVEMBER, 2011

30 2012 Membership DUES  
New President/officers Form

St. Bernard VFC presents their  
2011 Christmas Tour of Homes  
Thursday, December 8, 2011  
Old Arabi Historic District - Part Deux -  
Arabi, Louisiana - Six Tour Homes  
Tickets \$15.00 - contact:

Sandra Edel	Judy Nicosia
504-738-1663	504-301-3630
504-481-6172	504-460-4382

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

WOW, another good issue for all you good readers out there. What a blessing to belong to a great organization such as Volunteers for Family and Community. Don't you sometimes wish more people would realize what opportunities VFC affords members - to fulfill the 'lil secret yearnings in our heart . . . and that is to LEARN and to GIVE!!!! And with that . . . HAPPY THANKSGIVING!

I have this decal on my car - Keep Christ In Christmas - and I use to put it just around Christmas - but this year I decided to leave it on my car all the time . With all that bad attitude out there I decided we needed to be reminded to keep Christ not only in Christmas but in our lives ALL THE TIME! May each of you have a blessed Christmas; may we cherish each and every precious memory we make during these holidays and let them nourish us all through 2012

MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL!

JANUARY, 2012

31 ALL REPORTS DUE - check LA Bayou  
Fall Issue for information

2nd Annual Acadiana Gourd Festival  
Jeff Davis Fairgrounds  
Jennings, Louisiana  
May 18 and 19, 2012  
Shop gourd vendor booths  
craft your own gourd  
Gourd door prizes and art raffle

337-824-8952 - [www.acadianagourds.com](http://www.acadianagourds.com)

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## NEXT ISSUE - SPRING ISSUE

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**LOUISIANA BAYOU  
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### **THANKSGIVING PROCLAMATION**

WHEREAS, It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor;

WHEREAS, Both the houses of Congress have, by their joint committee, requested me "to recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness:"

Now, therefore, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation; for the signal and manifold mercies and the favorable interpositions of His providence in the course and conclusion of the late war; for the great degree of

tranquility, union, and plenty which we have since enjoyed; for the peaceable and rational manner in which we have been able to establish constitutions of government for our safety and happiness, and particularly the national one now lately instituted' for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge; and, in general, for all the great and various favors which He has been pleased to confer upon us.

And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech Him to pardon our national and other transgressions; to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed; to protect and guide all sovereigns and nations (especially such as have show kindness to us), and to bless them with good governments, peace, and concord; to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us; and, generally to grant unto all mankind such a degree of temporal prosperity as He alone knows to be best.

--George Washington - October 3, 1789