



LOUISIANA BAYOU

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

Volume 40 - Issue 4

Winter 2013

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FAMILY LIFE:
Julia McLain

INTERNATIONAL:
Betty Guilbeau

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Elaine Chatagnier

LVFC PRESIDENT'S MESSAGE

MARTHA LATIMER



The Mimi-College and Leadership Expo that was held in September was successful beyond the planning committee expectations! The comments on the evaluation sheets were so positive, not only from the LVFC members but the AgCenter staffers as well. Dr. Karen Overstreet, Maureen Felder, Sue Nelson and numerous FCS agents worked together to make our first joint Expo super successful. My thanks to everyone!

As we **FOCUS** on the future of our organization, the growth needed to keep this outstanding volunteer group active, we all realize that we face many **CHALLENGES**. If we are to grow, we need to make the best decision for the **CHOICES** that we have in order for the **CHANGES** to make our organization the best it can be!

The LVFC Winter Executive Board meeting will be held on January 29 at 214 Efferson Hall on the LSU Campus. We will discuss Bylaw changes as well as organizational changes that need to be made. All executive board members and parish presidents are invited to attend this meeting. If anyone has a particular subject they would like to discuss, please notify me and I will put it on the agenda.

The holidays are almost here and many of us tend to reflect on the past year or years!

As I **FOCUS** on our organization and the wonderful volunteers in it, I personally feel blessed. We made the

CHOICES to accept the
CHALLENGES of our state and communities to make or start making
CHANGES needed for our corner of the world to be a better place for our families and friends.

*May the new year be a blessed one for each and every one of you.
Happy Thanksgiving and Merry Christmas to one and all!*

Martha





A special "THANK YOU" ladies, to those that remember to make (3) copies of your reports which you turn in during our Executive Board Meetings! I assume each of you who turn reports in for the minutes are aware the areas I distribute them too. If not, just to reiterate; one is passed to our president; one is sent to the review committee with the typed minutes so both attachments and minutes can be reviewed and catch any corrections, if need be. The last copy stays in the permanent file. In addition, for those of you with a super busy calendar that those copies never made it to the board meeting and needed to email them to me prior to mailing out the minutes with attachments to the review committee, "THANK YOU TOO!" Those extra steps have made a difference in my job! Each of you has become dear friends and ladies you are wonderful; again, I thank you for your support!

I also would love to thank the review committee: Maureen Felder: she is also our Legislative Chairman and the Auditing Committee. "Thank you" Maureen, for all the guidance and help, you have given me! Terry Voight, Area 1 Secretary: "Thank you" yTerry, for all your inspirations too! Mavis Landry, Area 4 Secretary: "Thank You," Mavis, so much for the extra help, also! Without these ladies my job as your state secretary would become harder! Why do you ask? Ladies, this is my first year as your state secretary, I have not learned all the "correct" spellings of each of your names, and I apologize dearly if I have offended anyone by misspelling any names! If I have not, it is largely due to Maureen, Terry and Mavis that brought it to my attention! I "Thank you again." I have enjoyed being the reporting secretary, Yes, I did say **ENJOYED!**

I do have a reminder to each of you too! Do not forget to get your parish year-end reports turned in by your due dates! This effort helps the area directors and chairman reports to compile completed reports to our Executive Board.

Just so you do not need to look up dates, let me remind you!

The Executive Board Meeting will be January 29, 2014 at 10 A.M. at Efferson Hall in room 214. Dr. Karen Overstreet, we thank you again for getting a meeting room for us!

At this meeting the area directors and committee chairmen should submit a brief report of the names or number of parishes that turned in reports by the due date, those that did not and those parishes that you are still waiting on!

During the 2014 LVFC State Conference your full report will be due, more on this at the next Executive Board Meeting.

I wish members and their families very blessed and Happy Holidays!

God Bless,
Terri Latimer
Reporting Secretary

It's that time of year again. First we have Thanksgiving, Christmas, New Year's and then just around the corner after all that, we have state and area scholarships.

STATE SCHOLARSHIPS:

ELLEN LENOIR
NAN TARWATER DAVIS

AREA SCHOLARSHIP: ONE PER AREA

COLLEGE
AREA FIRST TIMER

Area college scholarships are available to all members - themselves, their children and grandchildren. These applications are sent to your area directors. Don't forget the First Timers scholarship for the state convention these are also sent to the area director.

MINI GRANTS - ONE PER PARISH

Last but not least we have the LVFC Mini Grants awarded annually to LVFC parishes. There are 20 mini grants in the amount of \$100 with matching funds that is \$200. We always have some really worthy projects and I know you can come up with some new projects. In the past we have had: Burp pads, birthday books, hats for Cancer, hand bell ringers ... just to name a few.

Mail the RUTH B. SAYRE SCHOLARSHIP to our State President, Martha Latimer.

One last reminder, check each scholarship for the due dates, don't forget early is always better.

All applications are in the state handbook. Copies can be obtained from your parish president or online at lsuagcenter.com. If you need any copies just let me know.

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FAMILY LIFE NEWS

Julia McLain
LVFC Family Life Chairman

I was responsible for presenting the Family Life Report at the 2013 Convention. Judy Broussard and I worked together to compile the information from across the state.

Thirteen parishes conducted programs and activities that reached 9,805 adults and children during the past year. Monies spent to educate citizens of Louisiana or donated to help others totaled \$22,587 and media coverage reached 103,000 persons.

Programs were varied in all the parishes and dealt with family life, nutrition and health stronger families, activities with the elderly and volunteer work.

We should all strive to teach our children and grandchildren how blessed we can be if we spend a little time VOLUNTEERING and help make our communities, state and world a better place. Just as the 4-H members pledge, "I pledge my head to clearer thinking, my heart to greater loyalty and my HANDS TO LARGER SERVICE and my health for better living for my club, my community my country and my world."

The main focus for this year is Women's Health Issues because women tend to take care of everyone else and put their own health concerns at the bottom of the list. We must be cognizant of the signs/symptoms/issues which are specific to women's health.

One of the guest speakers at the convention this year focused on Women's Health. The information she shared with us can be very beneficial if we will only take it to heart and share it with others.

If you need suggestions for programs or speakers, please contact Julia McLain at 318-646-3639 or your local extension agent. You can also get very good information from other state extension services. Just go on line and check out what they have.

Also, please remember that the LSU Agricultural Center is always in need of volunteers. There are always programs available that you can share with the public. They have had to reduce their number of agents and they welcome help with programs, especially with 4-H activities.



Holiday Tips and suggestions

For a Joyous **BUT** safe time with family and friends!!!

Celebrate on a Budget

The holidays can be expensive, but you don't have to break the bank to celebrate. Take a few minutes to decide how much you can afford to spend on gifts, travel, parties, decorations, and other holiday expenses. Once you've created a spending plan, keep track of your purchases.

Shopping online can help you stick to a budget as you'll avoid the temptation of store displays and may be able to use coupons and promotion codes. Before you buy, look for free shipping offers; check ordering deadlines to ensure that your gifts will arrive on time; and read the return policy.

Get Through the Holiday Blues

The holidays aren't joyous for everyone. This time of year can bring stress and feelings of loneliness. Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression. Keep in mind that winter depression could be a sign of seasonal affective disorder (SAD), which may be caused by the lack of sunlight. Treatment for SAD is much like other forms of depression, but also involves light therapy.

Attention to Food Portions and Exercise

The holidays are a wonderful time to celebrate with family and friends, but celebrations sometimes involve over-indulging in sweet treats and heavy foods. Even if you only gain one or two pounds during the holidays, these gains can add up over the years. The holidays are probably not the ideal time to try to lose weight, but you can take steps to maintain your weight. Enjoy your food, but eat less of it and learn how to make exercise and physical activity a regular part of your day.

Give the Gift of Service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

Be Safe and Save Money with LED Lights

Electricity bills can grow during the holidays if you decorate with strings of lights. Consider switching to LED (light-emitting diode) holiday lights to save energy and money. In addition to the energy and cost savings, LED lights are much cooler than incandescent bulbs, reducing the risk of fires. Every holiday season, fires claim lives and cost millions in damage. To prevent holiday fires in your home, use nonflammable decorations; do not overload electrical sockets; regularly water Christmas trees; and avoid the use of lit candles. As you should do year-round, ensure that your smoke alarms are working.

INTERNATIONAL NEWS

Betty Guilbeau
LVFC International Chairman

Every November, one day is commemorated by Americans to give thanks for the special things for which we are grateful. We, as Americans, have been fortunate that we have the many basic necessities in life. I am thankful, more than just this one day of Thanksgiving, for all the many activities done by LVFC members on international projects completed during the previous year and ongoing this year. Our members have made known their commitment of changing our world to a place where people, who have so little, are helped. It has been shown, that as members of LVFC, we are thankful that we can make a difference in the lives of others, who are struggling for survival.

As the Christmas holidays approach, I am ever mindful of those who are in need of blessings that only LVFC members can offer. Although I tend to stress international projects, it is equally important to remember our local community. Items given to the food bank for the hungry, clothing and gifts to children and families in need, and monetary donation made to specific charities are ways that we, as Americans, can gift those less fortunate.

I am thankful all year long for all the blessings given to me by my involvement in LVFC: the friends met through this organization, international projects done by our members, and the many activities partaken throughout the year with our LVFC organization's members.

Have a blessed holiday season!



Mike Manning, President and CEO of GBR Food Bank accepts 6 barrels of non-perishable food and cash from Martha, LVFC President

LVFC MEMBERS COLLECT FOOD DONATIONS

An e-note from Dr. Karen

I just received a second thank you note from the GBR food bank. We collected 588 pounds of food at the Sept. conference which is the equivalent of 490 meals. Previously they sent a letter thanking us for the spontaneous cash donation. Passing the hat at lunch resulted in a \$551.55 donation. Every dollar in cash provides 5 meals. Just wanted you to know that your donations were very much appreciated. Thanks for your participation

Karen B. Overstreet, PhD
School of Nutrition & Food Sciences

(GBR - Greater Baton Rouge)

MINI COLLEGE HIGHLIGHTS

One of the general sessions looked at how people in the seafood industry were able to turn an issue they had after Hurricane Rita into research and now into action, through the Delcambre Direct online seafood marketing project. This was presented by Thomas Hymel, LSU AgCenter and Louisiana Sea Grant area marine agent.

(An amazing story. Check out their website: laseafooddirect.com or delcambreseafooddirect.com)

Other sessions ranged from using social media for a healthy community to deciphering food labels.

Dr. Overstreet said that the conference was a way to bring together the faculty and staff members from the Department of Food Science and the former Division of Human Foods and Nutrition to celebrate the creation of the new School of Nutrition and Food Science.

(Article and photos courtesy of John Morgan, LSU AgCenter)



Southern University AgCenter food scientist Fatemeh Malekian and Gina Fairbanks, vice-chancellor for extension at Southern University and program leader for food and nutrition at the LSU AgCenter, share a light moment with Pastor Michael Minor, the opening session speaker for LSU/SU Food Science Conference at the LSU Lod Cook Conference Center.



From left: VFC Chairwoman Letha Vincent, Michelle Pussequer, Jacob LeLeux, Kallie Pitre and USA Rice Federation's Mary Jemison.

CHEF DE RIZ NAMED AT INTERNATIONAL RICE FESTIVAL

CROWLEY, LA -- One hundred and thirty-eight dishes were entered in the 77th International Rice Festival's Rice and Creole Cookery Contest sponsored by the USA Rice Federation on Oct. 20. The contest is an opportunity for youth and adults to showcase the many ways rice can be incorporated into the family diet.

Michelle Pussequer of Crowley claimed the title of Chef de Riz (Cooker of Rice) and was the Adult Division winner. Other tri-color winners from the eight rice-dish categories included Kallie Pitre of Dry Creek, Children's Division and Junior Chef de Riz winner; Kevin Artor of New Iberia, Teen Division; and Jacob LeLeux of Lafayette, Intermediate Division.

This article was published in USA Rice Federation newsletter. Letha is a member of Night Club VFC in Acadia. VFC members

from Acadia and Jeff Davis were on hand to assist Letha with the contest. *Congratulations Letha on a job very well done!*

THINGS YOU JUST DON'T HEAR ANYMORE

Be sure to refill the ice trays, we're going to have company.
 Watch for the postman, I want to get this letter to Willie in the mail today.
 Quit slamming the screen door when you go out!
 Be sure and pull the windows down when you leave, it looks like a shower is coming up.
 Don't forget to wind the clock before you go to bed.
 Wash your feet before you go to bed, you've been playing outside all day barefooted.
 Why can't you remember to roll up your britches legs? Getting them caught in the bicycle chain so many times is tearing them up.
 You have torn the knees out of that pair of pants so many times there is nothing left to put a patch on..
 Don't you go outside with your school clothes on!
 Go comb your hair; it looks like the rats have nested in it all night.
 Be sure and pour the cream off the top of the milk when you open the new bottle.
 Take that empty bottle to the store with you so you won't have to pay a deposit on another one.
 Put a dish towel over the cake so the flies won't get on it.

Quit jumping on the floor! I have a cake in the oven and you are going to make it fall if you don't quit!
 Let me know when the Fuller Brush man comes by, I need to get a few things from him.
 You boys stay close by, the car may not start and I will need you to help push it off.
 There's a dollar in my purse, get 5 gallons of gas when you go to town.
 Open the back door and see if we can get a breeze through here, it is getting hot.
 You can walk to the store; it won't hurt you to get some exercise.
 Don't sit too close to the TV. It is hard on your eyes.
 If you pull that stunt again, I am going to wear you out!
 Don't lose that button; I'll sew it back on after awhile.
 Wash your neck before you come to the table, you have beads of dirt and sweat all under there.
 Get out from under the sewing machine; pumping it messes up the thread!
 Be sure and fill the lamps this morning so we don't have to do that tonight in the dark.
 Go out to the well and draw a bucket of water so I can wash dishes.
 Don't turn the radio on now, I want the battery to be up when the Grand Ole Opry comes on.

No! I don't have 10 cents for you to go to the show. Do you think money grows on trees?
 Eat those turnips, they'll make you big and strong like your daddy.
 That dog is NOT coming in this house! I don't care how cold it is out there, dogs don't stay in the house.
 Sit still! I'm trying to get your hair cut straight and you keep moving and it is all messed up.
 Hush your mouth! I don't want to hear words like that! I'll wash your mouth out with soap!
 It is time for your system to be cleaned out. I am going to give you a dose of castor oil tonight.
 If you get a spanking in school and I find out about it, you'll get another one when you get home.
 Quit crossing your eyes! They will get stuck that way!
 Soak your foot in this pan of kerosene so that bad cut won't get infected.
 When you take your driving test, don't forget to signal each turn. Left arm straight out the window for a left turn; left arm bent up at the elbow for a right turn; and straight down to the side of the door when you are going to stop.
 It's: 'Yes Ma'am!' and 'No Ma'am!' to me, young man, and don't you forget it!
 Y'all come back now, ya hear! Bring back any memories?

ST. MARTIN VFC NEWS



At SMVFC September meeting, Lynwood Broussard was the guest speaker. Since 1966 he has been involved with fire protection. He was introduced by Debbie Tauzin; Gerdie Angelle received her 40 year award; Jo Bruce received her 10 year award: and Jan Coussan, Home Economist of St. Martin Parish, gave an update on Mini-College and Legislative Workshop to be held at Lod Cook in Baton Rouge. She stressed the Food Bank project and LLL credits to be earned at 3 of the concurrent sessions.(Pictured on left)

Elsie Castille, Iva Theriot, Eula Landry, Mavis Landry, Barbara Bird, Debbie Tauzin, Lou Gravouilla, Kim Gravouilla, Eula Peltier, Jeanette Guidry, Lydia Melancon, Janet Lasseigne, Judy Horn, Mary Robin, Laura Melancon, Betty Devillier, Jo Bruce, Anna Stoute, Norma Olivier, Betty Guidry and Betty Frederick participated in the Heritage Skills Workshop held in the Lafayette Parish South Regional Library. Classes were held on "Keeping Physically Fit", "Cooking with Herbs", "Granola", and "Making Pizelle". Genevieve Bourgeois chaired this event.

Awards Day 2013: Members held their annual Awards Day Activities at St. Francis of Assisi Church Hall. Harvey LeBlanc, guest speaker and was introduced by Mavis Frugé. Mr. LeBlanc, retired Executive Design Engineer Director on the Space Shuttle, gave a Power Point presentation on his experiences with the Space Shuttle program. Elsie Castille, VFC President, presided over the activities. She was also elected "Queen" for 2014. Lovell Benoit led the group in the recitation of the Pledge and Club Collect; Iva Theriot led the group in the recitation of the Pledge in French. Various competitive craft and food categories produced many winners, too many to print but overall winner in CRAFTS was Debbie Tauzin (Wreath) and in FOODS was Gloria Degeyter (Meatballs & Spaghetti). Those participating in the Vest Parade were Elsie Castille, Eula Landry, Debbie Tauzin, Margaret Carron, Iva Theriot.



Mavis Fruge with guest speaker Harvey LeBlanc and his wife



Debbie Tauzin (wreath, which also won Best Overall), Betty Guidry (decorated toilet seat cover and decorated flower pot), Barbara Bird (decorated fly swatter), Dot Boutte (decorated broom) and Eula Landry (paint-by-number)



Elsie Castille was chosen Queen for 2014.



1st place food winners: Gloria Degeyter (meatballs and spaghetti, which also won Best Overall), Barbara Bird (white beans), Iva Theriot (jambalaya), Sherry Thomassee (marinated salad), Jessie Simmons (pasta salad) and Debbie Tauzin (pecans used in a dessert)

JEFF DAVIS VFC HOSTS A FUN TRIP

Patty Vidrine, JDVFC, arranged a trip to New Orleans to attend a cooking school and meander around NO French Quarter. VFC club members from other parishes were invited to come along as well as non-members. The bus was full of good cheer as you can expect. Chef Scott is in the center right under the sign. Creole style Shrimp/crawfish etouffee, red beans and rice and Banana's Foster was on the menu - um um good! And fun, fun, fun! Thanks Patty!



LVFC CALENDAR

JANUARY 31, 2013 - FORMS ARE DUE

Form 8 - Key Leader

Forms 9 & 9A - 25 - 50 and 75-year members

Form 10 - 5-10-15-20-year mbrs.

Form 10A - 30-35-40-45-over 50-yr members

Form 11 - Great Louisiana Family

Form 15 - Parish President's Report to Area Directors

Form 17 - Parish Educational Chair Reports to State Committee Chairmen

Form 18 - CVU Hours

Community Champions Information

Parish Marketing Report to State Marketing Chairman

Thursday, December 12, 2013

St. Bernard VFC 2013 Tour of Homes presents:

DOCVILLE - "A WINDER WONDERLAND"

Sounds fantastic and mesmerizing -

you need to call for details and tickets:

Kathy - 504-913-5255 or Judy - 504-460-4382

Editor's Notes..... Rosie Trahan

A bit of history of LOUISIANA BAYOU taken from The First Fifty Years, 1931-1981:

"Louisiana Bayou, the state council newsletter, was first published, in mimeographed form, in May, 1960. It was started so parishes and their members could share ideas and get to know one another better. The first printed edition came out in 1963 and the subscription rate was 50 cents per year. It was published intermittently for several years and in 1974 began to be published on a regular basis, three times a year. In 1979 Louisiana, because of increasing printing and postage costs, took advantage of the offer to insert the newsletter, at no cost, into the national council's publication, "The Homemaker Magazine." When this latter publication changed management, this arrangement ended.

At that time the decision was made to make Louisiana Bayou a communications tool from the state council officers and educational chairmen to their parish counterparts. It would be sent to all parish council officers, educational chairmen and their advisor home economists. This is currently being done and no subscription fee is charged. The state council was able to obtain a non-profit organization bulk mailing permit after it became incorporated. This permit greatly reduced mailing cost. This, coupled with the fact that the newsletter is being multilithed instead of printed, has made it economically possible.

Parishes are now encouraged to prepare newsletters for their members and to include appropriate material from the state newsletter. Members who have edited Louisiana Bayou are Mrs. Jeanette Hears of Vernon Parish, Mrs. Eunice Smithey of Webster, Mrs. Evelyn Hue of Assumption and Mrs. Harriette Black of Quachita"

Now isn't that interesting and a bit nostalgic? We've come a long baby! Happy Thanksgiving, Merry Christmas and Happy New Year to ALL YOU LOUISIANA BAYOU FANS! See you next year!!!!!!

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NEXT ISSUE

**ARTICLES ARE DUE BY JANUARY 10
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PRE STATE CONFERENCE

INFO AND REGISTRATION

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A Prayer of Thanksgiving and Dedication

You have come close to each of us.
You have extended to us Your own special love,
and have given to us such special gifts.
Thank You God for these.

Thank You for all the other gifts
that are present in these people around us.
Together we are a gifted people - Your people.

You gave us these gifts for a purpose.
They are to be used by us,
to serve the needs of others.
Give us courage, Lord, and the confidence too,
to take these gifts with us now as we go.

Open our eyes and hearts to those we meet.
Help us to see their need, and to show your love,
and to use Your gifts that are invested in us,
to bring them hope, and life.



We go now with unwrapped gifts, ready to be used.
We go as Your servants,
Ready to touch others with Your love.
And we don't go alone.

Amen.