



LOUISIANA BAYOU

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

Volume 40 - Issue 1

Spring 2013

PRESIDENT

Martha Latimer
9510 Arnold Rd.
Denham Springs, LA 70726
225-776-8494 (h)
225-938-6856 ©
marthalatimer@cox.net

VP FOR PROGRAM

Letha Briggs
112 Grand Ave.
Lafayette, LA 70503
337-984-1868
lethab@lusfiber.net

VP FOR PUBLIC POLICY

Sue Nelson
46207 Milton Rd.
Hammond, LA 70401
225-567-9769
gradynelson@att.net

RECORDING SECRETARY

Terri Latimer
30732 Thunderbird Circle
Denham Springs, LA 70726

Theresa.d.latimer@gmail.com

TREASURER

Pat Chauvin
610 Holiday Dr.
Houma, LA 70364
985-857-8604

PAST PRESIDENT

Rena Labat
200 Kenney St.
Houma, LA 70364
985-876-3521 (h)
985-852-2704 (w)
renalabat@att.net

PARLIAMENTARIAN

Judy Broussard
804 S. John M. Hardy Dr.
Abbeville, LA 70510
337-893-4857
jglb@cox.net

STATE ADVISOR AGENT

Dr. Karen Overstreet
297D Knapp Hall
Louisiana State University
Baton Rouge, La 70803
225-578-4494
koverstreet@agcenter.lsu.edu

AREA DIRECTORS

Mitzi Verberne- Area 1
Janelle Bonvillian- Area 2
Linda Biovingo- Area 3
Elsie Castille - Area 4
Patricia Durr- Area 5

COMMITTEE CHAIRMEN

ENVIRONMENT:
Maxine Wilson

FAMILY LIFE:
Julia McLain

INTERNATIONAL:
Betty Guilbeau

LITERACY:
Elaine Chatagnier

FOCUS:

CHOICES - CHALLENGES - CHANGES



LVFC Friends,

I hope that your holidays were blessed with love of family, health and happiness and the year 2013 will be one of the best years of your life.

2012 has ended and it is a time for focusing on new activities. We will be doing that, not only in our personal lives, but in our LVFC endeavors as well. The theme that I have chosen for my term of office is "Focus: Choices, Challenges and Changes". As we focus on the challenges that are facing each one of us as a member of the Louisiana Volunteers for Family and Community, we have to decide what choices we will make. Will we volunteer in the local schools, in a nursing home, present a club program, find a new member, work on an ongoing club project or will we find a totally new idea and then present it? The choice that we make will determine the success of our project or activity. Will the challenges of that choice mean a change to an activity or even to you personally? It might, one way or another, because change is constant. Why not make a constant effort to bring a new friend, a long-time friend, (I refuse to say "old"), a neighbor, a member of your church or other organization to your next club meeting? Who knows what choices, challenges or changes could be made to this organization that we love and support as we fill it with ideas that are both "old" and NEW?

The Mini College and Officer Training this past November at LSU was a success according to the compliments that the planning committee received. Your elected officers and educational chairmen did a super job of presenting their plans and projects in the training session. If your parish officers did not attend, the information will be available to you either from the presenters or your Area Director. The programs presented are still being talked about as some of us walk with our pedometers.

The LVFC State Convention will be in West Monroe, April 23-25, with the Executive Board meeting on Monday, April 22, 2013. Area 5 parishes, Ouachita and Morehouse, are working hard for our 82nd annual convention to be one of the best ever. Make your plans now to head toward West Monroe in the spring and "Bloom with LVFC" at the Hilton Garden Inn.

Our outgoing president, Rena Labat, did a wonderful job with her team of officers. A number of her programs are continuing and that's deliberate as there needs to be continuity in programming. We are all busier than ever, probably more so than we ever imagined we would be at this age, and hopefully the accomplishments will make LVFC even more successful.

Hugs and Blessings to all of you, Martha





A note from Dr. Karen Overstreet.

Oh, my! Dr. Karen, you always have YOUR space in *Louisiana Bayou*.



Hi Rosie,

..... If there's any place, you can add a reminder for those who received a pedometer at mini college to be sure to keep track of their steps at the beginning and end and send the forms to Sandra, I'd appreciate it. She hasn't heard from anyone so I'm hoping that people are waiting to send everything in at once. They can start anytime so if they haven't been keeping track they can start now.

..... Thanks, Karen

PROGRAM UPDATE LETHA BRIGGS VP for Programs

As Vice-President for Programs for LVFC, I would like to initiate an avenue of sharing ideas of programs that you have used in your parishes. As an educational organization we have the opportunity to help our organization grow by helping one another with new ideas.

As you plan your program of work for the year and have speakers presenting programs to your membership and/or communities, I would appreciate it if you would send me some information about the presentations. Maybe you have a unique way of presenting your particular topic or a catchy title that promotes curiosity of the nature of the program - whatever will encourage participation and a learning opportunity - that is what we want to be able to share. In the very near future I will develop a form which you can use to provide the information needed to share with other parishes.

Let each of us support our President Martha Latimer this year and help to carry out her theme *"Focus: Choices, Challenges and Changes"*

AREA 1 NEWS MITZI VERBERNE Area 1 Director

LVFC Members of Area 1 gathered at Jellystone Park in Robert on July 16, 2012 to share ideas, programs, and fellowship. Parishes present were St. Charles, Livingston, St. Bernard, Jefferson, St. James, and host parish, Tangipahoa. Each parish president reported on activities and projects within their parishes.

Each parish brought canned food items and any used paperback and hard covered books for a book sale to benefit the local food bank. Area 1 had fun shopping for reading materials and craft magazines knowing the proceeds would help the food bank.

At the 2012 LVFC Convention, Area 1 members asked for an LLL program at Area 1 Fun Day, so Sue Nelson and Maureen Felder joined Nathalie Savoy and Kate Farbe to present a program on food and nutrition entitled, "The Balancing Act" for one hour of LLL Credit.

Ideas for the Area 1 display board for the LVFC Convention were discussed. Each parish was asked to supply pictures and newspaper articles along with a short story telling of the interesting projects and activities from 2012.

After lunch Area 1 members played games, enjoyed demonstrations on hand-made gift items and said goodbye to LVFC friends. Some of the parish demos and games are listed below.

Jefferson: Sharon White - Disposable Party Tray;
Button Bracelet

Livingston: Terri Latimer - Sticky Notes

St. Bernard: Sylvia Lambert - Mix and Mingle

St. Charles: Pat Anderson - Recycled Greeting Card
Boxes

St. James: Auga Roy - Riddle Game

Tangipahoa: Sandra Madere - Finger Pincushion
Quilting Rebus

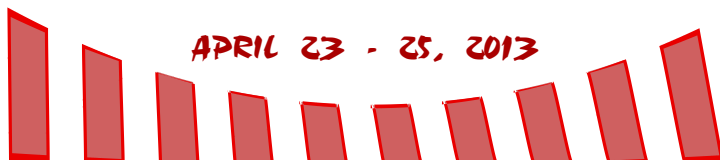
Area 1 Fun Day 2013 will be on Monday, July 15, 2013
at Rosaryville in Ponchatoula.

Fun starts at 9:00 a.m. with refreshments.
See all of you at the LVFC Meeting in April!



ANNUAL CONVENTION IN
WEST MONROE, LOUISIANA

APRIL 23 - 25, 2013



ENVIRONMENT MAXINE WILSON CHAIRMAN

From Caddo Parish to St. Bernard Parish, West Nile Virus (WNV) touches us all. As the third highest state in the United States in the number of reported cases in 2012, Louisiana had 335 reported cases. Over 300 miles separate these two parishes, but the effects of this virus are the same: from severe headaches, fever, tiredness, body aches, swollen lymph glands, to disorientation, coma, paralysis and death. According to the Centers for Disease Control there were 243 deaths in the continental United States last year out of the 5,387 reported cases.

A person who is bitten by a mosquito bearing WNV may start experiencing symptoms from 2 to 15 days after exposure. There is no cure yet for WNV, but a person who expects they have WNV should seek medical help if the symptoms become severe. People over 50 are more likely to get severe illness and should take special care to avoid mosquito bites.

Cases of WNV in Louisiana were reported from June through November in 2012 with the number of cases peaked in August. During these times more people are enjoying outdoor activities and should take extra care when going outside, especially at dawn and dusk. Long sleeved shirts and pants will add the best protection when outside during these times of the day. Also apply insect repellent that contains an EPA approved active ingredient. These would include, but are not limited to DEET, Picaridin and the natural Oil of Lemon Eucalyptus. The insect repellent should be applied on exposed skin and on clothing. Application of the repellent should be repeated if you will be outside for extended periods of time.

This information was gathered from the Centers for Disease Control and the United States Department of

JUST HAD TO SHARE THIS WITH YOU!

There's an article series, *Send A Mint On A Journey*, running in *The Rayne Independent* newspaper written by Sidney Stutes, a former student of Willietta Servat, a member of Roberts Cove VFC Club in Acadia.

With Willietta as his role model, he became a teacher himself, evidenced by his words of admiration of her. In his article, after learning that he would be teaching at Youngsville Middle School, he wrote, "I immediately called Miss Willie Etta Servat, my all-time favorite teacher who had taught me in the sixth grade at North Rayne Central School – the old three-story, red brick building that once stood in the middle of the block on Polk Street where Rayne Kindergarten is today.



Good friends and great RHS teachers meet at the "morning recess" in the House Economics Cottage for coffee and to sample the baked "goodies." From left are Mrs. Mary Hamblen, Miss Joyce Corrier, Miss Willie Etta Servat, Mrs. Brunella Owens and Miss Patricia Zumbroch.

"Miss Servat had the perfect personality to be a teacher. Nothing ever seemed to fluster her. She was the same day-in, day-out – full of enthusiasm, a combination of insistence and patience. Where others had failed, she got everyone to learn their multiplication tables all the way through the 12s." He goes on to tell of her other two "virtues" ... a beautiful voice singing like a "pro" and, if you can believe, "big-ring marble shooting". He wrote, "There was this one 'big-ring' – just to the left of the concrete steps on the south side of the building – that one was visited in awe of the marble play performed there by Miss Willie Etta Servat.

"At morning recess, she'd come down from her third-floor classroom to "rule" that ring – on her knees, knuckles in the dust.

"And she did it daily – one 'virtuoso' performance after another – her shooting 'taw' slightly larger than a regular marble, but legal ... the taw always knocking marbles out of the ring 'with first shot' and then spinning in 'dead center ring,' in perfect position to 'clean out' the rest of the marbles."

Wish I could include the entire piece because you would definitely enjoy reading it.

BUT of special interest to VFC ... Willietta and her sister, Henrietta, taught Character Critters for many years up until not very long ago. I don't know what year they stopped, but I would venture to say they were the last of the great Character Critters teachers in the state Well maybe not "the last" but close to it.

Now, isn't this special? And don't that just put a smile in your heart? Two charming ladies, indeed!





Iota VFC members hosted the 2013 Acadia VFC Council meeting with a tour of Italy. Foods prepared Italian style by Iota members and Darlene Courville, who recently visited Italy, shared her experiences and pictures. Both foods and tour were very authentic and enjoyed. Iota VFC members from left to right: Wilma LeJeune, Elaine Chatagnier, Betty Pousson, Ruth Ann Klumpp and Darlene Courville.

St. Martin VFC participated in the LVFC Mini-College. This year's theme was Live Fit...More Steps to a Healthier You.

Members attending were: Kim Gravouilla, Betty Devillier, Lou Gravouilla, Brenda Hobbs, Jo Bruce, Norma Olivier, Cindy Garcia, Elsie Castille, Vivian Brasseaux, Mavis Landry, Iva Theriot, Anna Stoute, and Laura Melancon.



Greg Guirard with Sue Hulin, St. Martin VFC

Greg Guirard, a former instructor at UL Lafayette and now a photographer and author, was the main speaker at the November St. Martin VFC meeting. He said, "There is a healing power in the basin. The Atchafalaya (from the Choctaw Indian term for 'long river') feeds fresh water to an area of about 900,000 acres in South-central Louisiana called the Atchafalaya Spillway or Basin. Established primarily to relieve the pressure of spring high waters on the Mississippi from flooding Baton Rouge and New Orleans, this spillway is about one hundred miles long and has an average width of sixteen miles. The Atchafalaya carries water from the Red and Mississippi Rivers to the marshes and the Gulf of Mexico south of Morgan City. About 30% of the Mississippi's water flows through the Atchafalaya Spillway; and in so doing, it provides the conditions necessary for the production and growth of many species of seafood." He discussed the trees, wildlife and the fish found under the surface of the water. He entertained the group with his humor and tales that only the basin can provide.

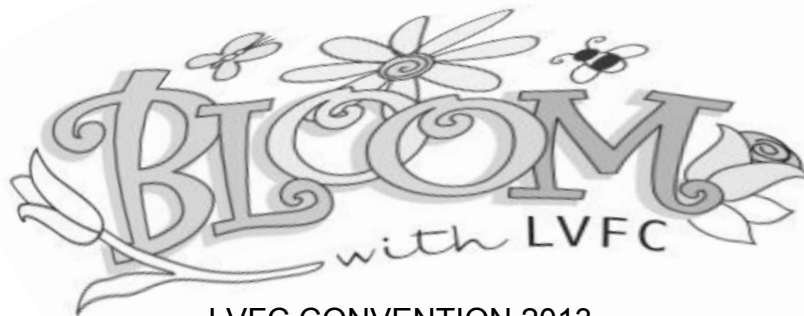


Maison de Williams staff Paula Jordan, Cheryl Williams and Terri Irwin.

Cheryl Williams, Director of Maison de Williams and members of the staff explained the facility and what it has to offer. Members of her staff included Terri Irwin and Paula Jordan (marketing). Barbara Bird, was Assistant Activities' Coordinator.



At SMVFC Christmas social, awards were presented as follows: Gussie Delahoussaye, active member for over 75 years; Nicole Patin, for contributions in publicizing SMVFC activities; Bill Lagrange, for his assistance to SMVFC; Sally Angelle, for publicizing SMVFC activities; and Father Michael Delcambre, pastor of St. Joseph Church in Cecilia.



LVFC CONVENTION 2013

April 23 – 25, 2013
West Monroe, LA

AREA 3 INVITES YOU TO THE 2013 LVFC CONVENTION

Come join us for the 2013 LVFC Convention to be held at the Hilton Garden Inn, 400 Mane Street, West Monroe, Louisiana.

The LVFC Board meeting will be held in the Magnolia Room on April 22, 2013 at 1:30 p.m.

This issue of the "LA BAYOU" has your registration information.

DEADLINE FOR CONVENTION REGISTRATION IS MARCH 25, 2013

Each person attending will need to fill out a **Registration form and Medical Form** to be returned by the deadline date of March 25, 2013, along **with their payment**, either one check from the parish or individual check from the member – whichever works best for you.

Make hotel reservations directly to the Hilton Garden Inn, mentioning that you are attending the LVFC Convention. There is a block of rooms reserved for our convention, but the . . .

DEADLINE FOR RESERVING YOUR ROOM IS MARCH 31, 2013

WANT MORE INFORMATION? Contact your VFC President.

The full Convention packet has the following:

Invitation Letter from the LVFC President
Registration Form (2 pages)
Personal Medical Record form
Events – Activities (2 pages)
Memorial Registration Form
Development Fundraiser Flyer
Community Project
Tours

LLL WORKSHOPS FOR LLL HOURS

Don't miss these on Wednesday, April 24:

Title: Principals of Adult & Youth Education

Time: 10:15 a.m.

Presenter: Melissa Cater, PhD, LSU AgCenter

Time: 2:30 p.m.

Title: Women's Heart Health

Presenter: Janice Sigur, RN-BSN,
President of Delta Diagnostics

Convention Chairman: Linda Giovingo

Convention Co-chairman: Jerre Hopfinger

LOUISIANA VOLUNTEERS FOR FAMILY & COMMUNITY, INC.

ANNUAL CONVENTION – APRIL 23 – 25, 2013



TUESDAY, APRIL 23

First Timers 11:00 a.m.
By Special Invitation

OPENING SESSION – 1:30 P.M.

Area Meetings

Fun Night – 6:30 p.m.
Theme: Taste of the South



WEDNESDAY, APRIL 24

LLL BREAKFAST – 7:00 A.M.
Theme: "Bee" A Leader

LLL Workshop

Memorial Luncheon – 12:00 Noon
Theme: Touched by Flowers In Flight

LLL Workshop

Reception Honoring Great Louisiana Family – 6:00 p.m.

BANQUET – 6:30 P.M.
Theme: Everything is Coming Up Roses



THURSDAY, APRIL 24

Awards Breakfast – 7:30 a.m.
Theme: Bloom Where You're Planted

Hilton Garden Inn
West Monroe, LA



REGISTRATION FORM

REGISTRATION DEADLINE: MARCH 25, 2013

- ❖ Make your check out to: **LVFC 2013 CONVENTION**
- ❖ Fill out the Registration Form below – include the Medical Record Form for each person attending.
- ❖ Mail to:

Gail Haynes
LVFC 2013 Convention Registrar
138 Tidwell Road
West Monroe, LA 71292-1997

NAME: (First, Middle, Last)		
ADDRESS:		
CITY:	STATE:	ZIP CODE:
PARISH:	EMAIL:	
PHONE:	CELL:	

Check all that apply.

If you are a **Voting Delegate**, it must be INDICATED BELOW:

Council President	<input type="checkbox"/>	First Timer	<input type="checkbox"/>
Voting Delegate	<input type="checkbox"/>	LVFC Member	<input type="checkbox"/>
State Officer	<input type="checkbox"/>	Not an LVFC Member	<input type="checkbox"/>
State Educational Chairman	<input type="checkbox"/>	Ag Center Faculty	<input type="checkbox"/>

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

BOARD DINNER **\$25.00 each**

Monday, April 22, 2013, 6:30 - 9:00 p.m.

Catfish Cabin, 1400 Louisville Avenue, Monroe

Make check payable to: **LVFC 2013 Convention.**

Parish or individual checks will be accepted.

NOTE: THERE WILL BE **NO REFUNDS** AFTER THE DEADLINE OF MARCH 25, 2013, EXCEPT REGISTRATION FEE ONLY.

CONVENTION SELECTIONS AND PRICES	COST	AMOUNT DUE
REGISTRATION – SELECT ONE		
Member Early Bird Registration (all persons attending any event must pay)		
Fifty year members DO NOT pay Registration Fee		
LVC member	\$12.00	
Non-member	\$20.00	
Late registration (if registering later than March 25, 2013 deadline)	\$22.00	

CONVENTION PRICE PLANS: Plan 1: One-Price Meal Plan			
Plan 2: Selective Meal Plan			
Plan 1 / One-Price Meal Plan (includes all meals except Board Dinner)		\$129.00	
Plan 2/ Selective Meal Plan			
Check	Fun Night (Tuesday evening)	\$25.00	
which	LLL Breakfast (Wednesday morning)	\$23.00	
Ones:	Awards/Memorial Luncheon (Wednesday Noon)	\$23.00	
	Banquet (Wednesday Evening)	\$35.00	
	Awards Breakfast (Thursday Morning)	\$23.00	

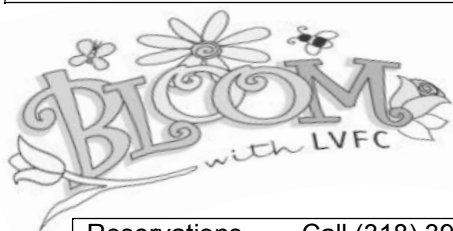
For Banquet choose one:

1. Blackened Chicken Fettuccine Alfredo ____ or 2. Pork Loin with Oven Roasted Potatoes ____

Parish or individual check will be accepted. Make checks payable to: **LVFC 2013 Convention.**

TOTAL CONVENTION FEE SUBMITTED: \$ _____

NOTE: There will be NO Refunds after the March 25, 2013 deadline, except Registration Fee.



Hilton Garden Inn
400 Mane Street
West Monroe, Louisiana

Reservations ----- Call (318) 398-0653 ----- Ask for Group Code **LVFC**

1 person/1 King Bed = \$109.00

3 People/ 2 Queen Beds = \$109.00

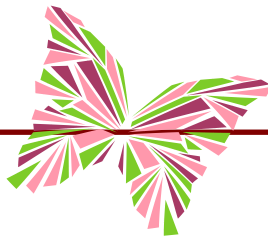
2 People/ 2 Queen Beds = \$109.00

4 People/ 2 Queen Beds = \$109.00

Driving Directions

From Monroe & HWY 165: When traveling west on I-20, take Exit 113/Downing Pines. At the red light, you will merge right onto Downing Pines. Cross overpass, then turn right onto Mane Street. The hotel is located on the right, across from the Ike Hamilton Expo Center.

From Shreveport and Ruston: When traveling east on I-20, take exit 113/Downing Pines. Turn left onto Mane Street. The hotel is located on the left, across from the Ike Hamilton Expo Center.



LVFC CALENDAR

MARCH 15, 2013

LLL Master Leadership Trainer applications for 60 hrs due

Parish Presidents submit:

Heart of LVFC
Spirit of LLL
Ellen LeNoir Scholarship
Nan Tarwater Davis Scholarship
LVFC Area College Scholarship
Mini Grants Application

Area Directors send in Area Reports

MARCH 25, 2013

DEADLINE FOR CONVENTION REGISTRATION

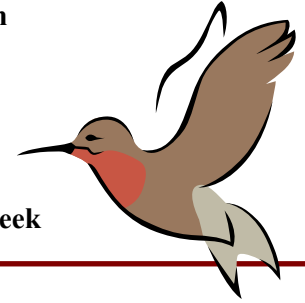
APRIL 23-27, 2013

LVFC Convention - Bloom With LVFC in West Monroe at Hilton Garden Inn

APRIL 21-27

LVFC Volunteer Week

Great Louisiana Families' Week



Editor's Notes. Rosie Trahan

A reminder: Don't forget to get your health form from your president to submit with your registration. Your president received the entire registration packet which includes all of the information on convention.

Convention is April 23-25 and will be held in Monroe. Area 5 members have been working hard ... and I mean really hard ... to get all plans in place for 2013 convention and all that information is included in this issue Registration and hotel information Events and activities Convention Chairman letters ... just about everything you need to know to start making plans to Bloom With LVFC. Those Louisiana Yankees sure can put on a good convention and how they do all that they do is unbelievable. Don't just take my word for it, come and see for yourself.

I couldn't attend the LVFC Board meeting in January but I hear President Martha and "her new team" are yes, you guessed it Focused on Choices, Challenges and Changes. They will tell us all about it in April.

I'll leave with a good "Bible" thought:

A father was approached by his small son who told him proudly, "I know what the Bible means!" His father smiled and replied, "What do you mean, you 'know' what the Bible means?" The son replied, "I do know!" "Okay," said his father. "What does the Bible mean?" "That's easy, Daddy..." the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth..'"

See you next issue.



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Editor: Rosie Trahanrmtrahan@cox.net
274 Broadacres Dr., Crowley, LA 70526
337-783-0924

http://www.lsuagcenter.com/en/administration/about_us/professional_organizations/

CREDITS:

Advisors:Dr. Karen Overstreet
State VFC Advisor

Proofed Paula Stewart
Acadia Administratiave Asistant

NEXT ISSUE - SUMMER ISSUE

ARTICLES ARE DUE BY APRIL 10
AND PUBLISHED BY MAY 15

CONTRIBUTORS FOR NEXT ISSUE

PRESIDENT
ADVISOR
EDITORIAL
VP FOR PUBLIC POLICY
LITERACY CHAIRMAN
AREA 2 DIRECTOR

STATE CONFERENCE
AWARDS/HIGHLIGHTS
HEART OF VFC
SPIRIT OF LLL
GREAT LA FAMILY

Louisiana Volunteers for Family & Community, Inc.
221 Human Ecology Building
Louisiana State University
Baton Rouge, LA 70803

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Here is the text of the commercial which ran during the Super Bowl of an article written by Paul Harvey. Being the time of year when plowing, drilling and planting fields are in full swing, here are the inspiring words of Paul Harvey in tribute to all our farmers.

‘GOD MADE A FARMER’ – The Incredible Super Bowl Ad Featuring Paul Harvey

And on the eighth day, God looked down on his planned paradise and said, “I need a caretaker.” So God made a farmer.

God said, “I need somebody willing to get up before dawn, milk cows, work all day in the field, milk cows again, eat supper, then go to town and stay past midnight at a meeting of the school board.” So God made a farmer.

God said, “I need somebody willing to sit up all night with a newborn colt and watch it die, then dry his eyes and say, ‘Maybe next year,’ I need somebody who can shape an ax handle from an ash tree, shoe a horse with hunk of car tire, who can make a harness out hay wire, feed sacks and shoe scraps. Who, during planting time and harvest season will finish his 40-hour week by Tuesday noon and then, paining from tractor

back, put in another 72 hours.” So God made the farmer.

God said, “I need somebody strong enough to clear trees and heave bales, yet gentle enough to wean lambs and wean pigs and tend the pink-comb pullets, who will stop his mower for an hour to splint the leg of a meadowlark.”

It had to be somebody who’d plow deep and straight and not cut corners. Somebody to seed, weed, feed, breed, and brake, and disk, and plow, and plant, and tie the fleece and strain the milk.

Somebody who’d bale a family together with the soft, strong bonds of sharing, who would laugh, and then sigh and then reply with smiling eyes when his son says that he wants to spend his life doing what Dad does. “So God made a farmer.”