



Louisiana Association for Family and Consumer Sciences

THE AGGREGATE

Editor: Sandra Raines

President's Message—Carolyn Robinson



Hello to all.

I am writing this article with great pride for our state. Members of LEAFCS were in Big Sky Montana from September 11-16, 2016 to attend our National Extension Association of Family and Consumer Sciences (NEAFCS) Conference. The conference Theme was: Discover Connect and Engage. By attending, I am sure that each of us discovered something that we did not know; we connected to something that we can use in our programming and we will engage in using what we did learn. There were 13 in attendance including 4-H agents.

I am proud to congratulate all winners of a National Award. They are Mandy Armentor as Distinguished Service Award, Layne Langley as Communication Award 1st Place-Photography and Cathy Agan and her team members for Communications Educational Publications 1st Place. Her team consisted of Terri Crawford; Betsy Crigler; Alethia Lawrence; Ashley Powell; Brittney Seay; Monica Stewart; Sandra May; Elma Sue McCallum; Karol Osborne and Diane Sasser.

We would like to also congratulate Britany Seay for winning the New Professional award.

This conference was my first National conference as your president. I am proud of the attendance and the spirit of all.

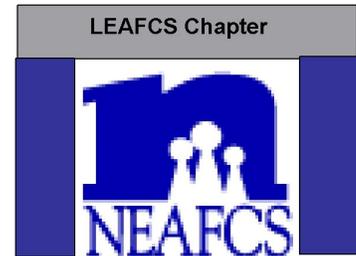
The group also participated in a wagon parade and we received 2nd placed for our southern Mardi Gras theme. The wagon consisted of two bears wearing t-shirts that represented both LSU and Southern University and was filled with Mardi Gras beads which were thrown to all during the parade. Once the parade ended, the wagons were donated to a local Day Care Center. Thanks to those who worked on the decorating of the wagon. Well yes, we all marched in the parade.

I would like to encourage non-members of LEAFCS to please join so that we can increase our membership for better representation at the National Conventions. There are benefits of becoming a member. You will be among your peers of Extension professionals actively involved in Family & Consumer Sciences programming in their communities ; one could receive recognition for outstanding achievements through an extensive awards and recognition program; access to professional development opportunities on the state, regional and national levels; afford oneself the opportunity to develop lasting friendships and much more.

The award application online system is open. I encourage all to apply. Applying for an award will showcase the good work that you do. The Due date is March 15, 2017. The state Affiliate Dues to the National Office are due December 31, 2016.

Inside This Issue:

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2017 LEAFCS Membership Information

Submitted by: Mandy Armentor

Believe it or not, it's that time of year to renew your membership in LEAFCS. Or if you have never joined LEAFCS, the time is now to join! Following the instructions below to either process your renewal or new membership in LEAFCS; since we will have Annual Conference this year we will have the opportunity to pay dues in person.

To be eligible for awards from NEAFCS your dues must be paid to Elisabeth Altazan, Treasurer, by the end of Annual Conference (12/14/16) or prior to December 21, 2016.

Dues are \$110 (\$100 goes to NEAFCS and \$10 to LEAFCS). Please make your checks payable to LEAFCS. Also, in addition to your check for dues a renewal membership or new membership form & Awards data form must accompany your payment.

LEAFCS Renewal Information (you must be a current LEAFCS member)

Log into the NEAFCS website by clicking [NEAFCS](#) with your member name and password.

Click on the Member Resources tab; then dues renewal.

Complete and submit your membership dues renewal form.

Print 2 copies of the confirmation page that comes up after submitting.

Bring your check and papers with you to the LEAFCS Association meeting at Annual Conference to pay dues OR

Send one printed page; along with a check made payable to LEAFCS for \$110 to:

Elisabeth Altazan, LEAFCS Treasurer
249 Knapp Hall
110 LSU Union Square
Baton Rouge, LA 708203

Give the other copy of the membership form at Annual Conference or Send the other copy either by snail mail or by email to your LEAFCS Regional Director.

Region 1- Cathy Agan
704 Cypress Street
West Monroe, LA 71291

Region 2- Valerie Vincent
1301 North Florida St.
Covington, LA 70433

LEAFCS New Member Information:

Print a membership form attached to this newsletter email.

Fill out the form and make 2 copies.

Bring your copies and money with you to Annual Conference to the LEAFCS Association Meeting or mail your request in to Elisabeth Altazan.

Send the other to your LEAFCS Regional Director for either Region 1 or 2 (see contact information above).

2016 LEAFCS Conference

“Preserving Our Past, Celebrating Our Future”
Submitted By Sandra Raines

This year, our annual LEAFCS Convention was held May 4—6 in beautiful, historic Natchitoches, LA.

The conference began with registration at the beautiful Church Street Inn, in the heart of Downtown Natchitoches. After members of the board held their morning meeting, everyone convened for the opening session at the Louisiana Sports Hall of Fame Museum. Northwest Regional Director Dr. Patrick Colyer welcomed everyone to the conference and City of Natchitoches Mayor Less Posey said a few opening words. Louisiana Sports Hall of Fame Foundation President and CEO, Lisa Babin spoke to the group about the uniqueness of the museum, which was followed by a museum tour. After business sessions and regional meetings, we took a short walk to the famous Lasyone’s Meat Pie Restaurant for dinner. The evening ended with a President’s Parle & Fun Night, which included the outdoor screening of “Steel Magnolias”.



Early the next morning, we boarded LSU vans and headed to Northwestern State University, where we were greeted by University President Dr. James Henderson. FCS professor Connie Jones spoke about “Seasonal Cost Effective Use of Produce” and shared her personal experiences of the impact FCS programming has in her student’s lives. Guest speaker Stacy Carson then spoke about “Prioritizing Healthy Lifestyles in a Modern Busy World” and shared with us her inspirational personal healthy journey. Afterwards, we loaded the LSU vans and headed to a lovely lunch, prepared by esteemed Chef Ben Fidelak on the patio of the famous Steel Magnolia House.

After lunch Dr. Charlie Graham, professor from the LSU AgCenter Pecan Research Station spoke about “The Nutritional Value of Pecans”, and Dr. Sarah Becker from Pennington Biomedical shared results of her research on “Body Image and Eating Disorders.”

The LEAFCS Awards Banquet took place later that evening at Merci Beaucoup. It was a lovely event with the induction of newly elected officers, as well as a number of agents receiving awards.

On the final day of the convention, after the executive board meeting and the closing business session, Retired Extension Agent Mimi Stoker lead the group on a historical walking tour of Natchitoches, ending downtown with a food tasting of smoked foods at Cane River Kitchenware.



During our free time, we were able to enjoy visiting the many unique shops in downtown Natchitoches, as well as participate in wellness walks, and tour the beautiful Steel Magnolia house.

We would like to thank agents from Region 1 for putting together such an informative and engaging annual convention. We all had a wonderful time learning and laughing with colleagues and friends.

2016-2017 LEAFCS Officers

Executive Board Members Include:

President—Carolyn Robinson

President—Elect—Robin Landry

Past President/Historian—Mandy Armentor

Vice President for Professional Development—Layne Langley

Vice President for Member Resources—Saundra Raines

Vice President for Public Affairs—Tiffany Williams

Vice President for Awards & Recognition—Terri Crawford

Secretary—Becky Gautreaux

Treasurer—Elizabeth Altazan

Parliamentarian—Shatonia McCarty

Regional Director, Region 1 — Cathy Agan

Regional Director, Region 2 — Valerie Vincent

Alternate Regional Director, Region 1—Brittney Seay

Alternate Regional Director, Region 2 — Kylee Brown



2016 LEAFCS Awards Banquet—May 5, 2016

Congratulations to all of the recipients of LEAFCS Awards during the 2013 LEAFCS Awards Banquet

New Agent Award—Brittney Seay

Communications Award—Photography: Layne Langley

Communications Award— Educational Publication: Cathy Agan, Terri Crawford, Brittney Seay, Alethia Lawrence, Monica Stewart, Ashley Powell, Betsy Crigler, Karol Osborne, Diane Sasser, Sandra May, Elma Sue McCallum

Educational Curriculum Package— Terri Crawford, Cathy Agan, Elma Sue McCallum, Ana Iverson, Diane Sasser, Melissa Cater

School Wellness— Layne Langley

Community Partnership— Shatonia McCarty

Marketing Package— SNAP-Ed Team

Human Development/Family Relationships— Valerie Vincent

Family Health & Wellness— Layne Langley

Florence Hall - Layne Langley

LEAFCS Scholarship Recipient – Becky Gautreaux

Maxine Reeves Memorial – Layne Langley

Past President’s New Professional – Brittney Seay

Distinguished Service – Mandy Armentor

2016 NEAFCS Awards Recipients

Honored at the NEAFCS Annual Session in Big Sky, MT:

Distinguished Service Award for Louisiana: Mandy Armentor

Communications—Photography, 1st Place National Winner: Layne Langley

Communications—Educational Publications, 1st Place National Winner: Cathy Agan, Terri Crawford,

Betsy Crigler, Alethia Lawrence, Ashley Powell, Brittney Seay, Monica Stewart, Sandra May, Elma Sue

McCallum, Karol Osborne and Dianne Sasser



Discovering, Connecting, Engaging in Big Sky Montana

Submitted by: Terri Crawford

Thirteen from Louisiana attended the 2016 NEAFCS Annual Session recently held in Big Sky Montana. The Montana group provided a great annual session in a breathtaking setting. The annual session kicked off with Keynote Speaker, Dr. Waded Cruzado. Since January of 2010, Dr. Waded Cruzado has served as the 12th President of Montana State University, and during that time she has significantly reshaped the face and future of the state's first land-grant institution.

An articulate and inspirational speaker on the role of the public university, President Cruzado led us on a discovery of the understanding of the Morrill Act, which created the land-grant university system 150 years ago. She is a passionate champion of the land-grant's tripartite mission of education, research and public outreach, as well as the important role higher education plays in the development of individuals and the prosperity of the nation.



Monday night provided the opportunity to show off school colors and decorate a children's wagon for a state parade as a part of the tailgate party. Wagons were judged and then were delivered to child care centers in the area. Louisiana won second place with Mardi Gras theme wagon sporting teddy bears dressed in LSU and SU attire. We were entertained by the awesome and energetic Montana State University Band. They are worth looking up on YouTube to see a performance. Food was great and there was SNOW!!!! A little bit anyway...

The group took a tour on Tuesday of Yellowstone National Park. The sites we saw throughout the park were just two awesome for words. Our total wildlife see during our park tour totaled nine and included many sightings of elk, bison and others. It SNOWED the night before our tour in the park and it just added to the experience of the park.

Wednesday and Thursday were filled with concurrent sessions, showcase of excellence presentations, committee meetings, etc. Lots of great sessions and information was picked up by all. Exhibits were also set up on these days.

The second keynote speaker was Karen McNenny. The foundation for her presentation was based upon her belief that deep within us all exists a yearning to be a valued member of a thriving community. We are not meant to work alone, succeed alone or suffer alone. To connect with one another in meaningful ways is precisely how we improve productivity, engagement and personal fulfillment.

Disengagement and isolation will drain the energy from our personal and professional lives. Karen introduced the four key pillars of creating a healthy workplace community (Curiosity, Unity, Responsibility, and Engagement). These pillars are relevant, as each person contributes to the mission of Family and Consumer Sciences.

The soul of America is sitting in the workplace; it is where we spend most of our waking hours. As we transform our organization into a healthy and unified community, we create a more productive and satisfied workforce. We also transform the world in which we live and learn. Community is the C.U.R.E.

The last evening was a celebration of award winners. Louisiana had one DSA winner and two national communications winners: Educational Publication and Photography. Mandy Armentor was the DSA winner and the other winners in attendance included the team of Cathy Agan, Terri Crawford, Brittney Seay, Alethia Lawrence, Ashley Powell, Betsy Crigler and Karol Osborne for the educational publication and Layne Langley for her photograph.

NEAFCS Annual Conference 2016 Big Sky, Montana



Sharing accomplishments with friends and colleagues

Powerful Programs and Events

Sample Meals Workshop

Submitted by: Cathy Agan



Ouachita Parish youth participated in a Simple Meals Workshop conducted by 4-H and Nutrition Agents in the parish during the summer. Sessions on knife safety, how to measure properly and the importance of a healthful breakfast were included along with hands-on cooking experiences. The youth made foods for breakfast, lunch and dessert as well as a fruit smoothie.

Canning Workshop

Submitted by: Sandra Raines

Franklin Parish residents have shown a lot of interest in learning more about home preservation.. Area Nutrition Agent Sandra Raines held two canning workshops. reviewing the basics of boiling water canning. Participants successfully canned tasty tomato salsa and delicious pears.



Powerful Programs and Events

PARDS Campers Learn to be Healthy from the Inside Out

Submitted by: Layne Langley



What do you get when you deliver seven nutrition programs to the campers at the Parks & Recreation of Denham Springs (PARDS)? You get children who are excited to learn about nutrition and health and who are eager to try new recipes. During the summer, youth who attended PARDS Summer Camp participated in a series of nutrition programs conducted by Layne Langley, LSU AgCenter Area Nutrition Agent for Livingston & West Feliciana Parishes. To make the programs exciting, Langley included hands-on activities and games. She also included a recipe with each program where the campers worked in teams to prepare the recipe.

The start of the nutrition series began with a program on MyPlate. Youth received an overview of the MyPlate and participated in a MyPlate Relay. The MyPlate Salad Recipe was a big hit! Next, Langley taught the campers how to Fight BAC(teria)! and prevent the spread of germs. The campers thought it was cool to see their “germs” with the backlight. Campers found the Low Fat Yogurt Smoothie in a Bag but only tasty but fun to make.

Langley then took the five food groups and delivered programs to the campers at PARDS. In the Go for the Grains Program, campers learned about grains and how to identify if a grain was a whole grain. Teams fed test tubes “junk” foods and healthy foods to show the importance of fiber in the diet. The pasta salad was enjoyed by all! After learning about the Dairy Food Group and the importance of including dairy products and foods with calcium, the campers were able to “rock the bike” by pedaling the blender bike to create fruit smoothies. The campers were amazed at how they could [power a blender by pedaling a bike.



From the responses of the campers, most find it easy to consume fruits and vegetables. During the Make Half Your Plate Fruits & Vegetables Program, the campers were taught the health of benefits of including five fruits and vegetables in their day. The Lemon Velvet Supreme Recipe introduced many to mandarin oranges. Although

hesitant at first, most campers requested seconds of this recipe. Campers then learned which foods comprise the Proteins Food Group in Power Up with Protein. The Confetti Bean Salsa Recipe used black beans as the protein source. The recipe was a favorite of most campers. During the last program, the campers learned how to select healthy snacks. They were provided tips on how to read the nutrition facts label to check the fats, sugar, and sodium of foods. The campers also used the nutrition facts to complete one of the snacking activities. To the surprise of most, the Strawberry Pizzas they made during this program were delicious.



Hopefully, by the campers learning about the MyPlate and the five food groups as well as food safety and snacking, the children will make healthy choices this school year.

Powerful Programs and Events

Changing Kids Lives One at a Time

Submitted by: Shannan Chevallier



The children at Kids World spent their summer learning how to live healthier lives.

I held a series of 9 classes throughout the summer months instructing the kids on anything from handwashing, to snacking, cooking in the kitchen and growing their own gardens, as well as the importance of being physically active. Not only did the children receive instruction, they were also able to put the teaching to practice, by preparing snacks that tied into the lesson.

We began the summer talking about germs and handwashing. The kids explored the world of germs by looking at them on their hands under a black light. They were pretty grossed out to say the least! They were also introduced to “My Plate”, where we talked about living healthier lives through our daily eating. We learned that most of our daily food intake should come from fruits and veggies, followed up by grains, protein, and dairy. Kids prepared foods/drinks such as fruit smoothies on the blender bike, pudding pops, and homemade ice cream in a bag. We wrapped the healthy eating portion of our lessons up with “Snacking like a Superhero”. I dressed up like a superhero and taught the kids to “Hulk-Smash” junk food or “WHOA” foods, such as candy, snack cakes, and snow cones to name a few. We talked about replacing junk food with snacks that will help them obtain their “super powers” like Superman, such as fruits and veggies, yogurt, and 100 percent fruit juices. We refer to these as our “GO” foods. The kids were educated on how to eat each part of the plant, (root, stem, leaves, fruit, and seeds). To demonstrate this concept, vegetable cups were prepared to show each part of the plant, and kids discovered there were vegetables that they had never eaten, but found they liked. Kids are more likely to eat the foods that they have grown or helped prepare, so we built 3 square foot garden beds, where the kids planted vegetables such as mustard, radish, turnips, kale, and spinach. The kids continued to contribute in the gardening process by weeding, watering, and harvesting vegetables.



We also enjoyed a week in the kitchen being chefs. We learned kitchen safety from keeping it clean and germ free, to properly handling foods, as well as knife safety. We had the local fire department come in and talk to us about fire safety in the kitchen. The firemen suited up in the gear they would enter our homes in so that the kids would know that if there ever was a fire and they had to be rescued during the night that these guys may look scary, but they are there to assist with their safety and not to harm them. We discussed chopping and dicing while practicing with carrots, celery, onions, and garlic. The children learned to grate veggies as well to add to their Not So Sloppy Joes. We baked homemade Mozzarella Cheese Sticks, Ham and Cheese Quiche, made homemade Ranch dressing to dip our fresh veggies in, and made frozen fruit pops for a cold summer treat. Each chef went home with a cook-book full of helpful kitchen info and recipes, as well as tools they could use in the kitchen. We wrapped up our summer by creating “Policeman Survival Kit” bags. Kids prepared a bag of candy for all the police officers in our town as a thank you for all they do for us to keep us safe.

Powerful Programs and Events

Kids World

Submitted by: Shannan Chevallier



Powerful Programs and Events

Bridge Institute Learns from Happy Healthy Me...Moving & Munching and Reading Around MyPlate

Submitted by: Layne Langley



Youth this summer participating in Bridge Institute, a Summer Learning Gain Program developed in partnership between Capital Area United Way and West Feliciana Parish Schools, provides opportunities for learning. One goal of the program is to help Head Start students transition to Pre-K. With the aid of the Capital Area United Way, the students were able to participate in the month-long enrichment program.

LSU AgCenter Area Nutrition Agent, Layne Langley, conducted a nutrition series for the three classes at The Family Service Center. Langley delivered the nutrition series utilizing the Happy Healthy Me...Moving & Munching and reading Around MyPlate developed by the University of California Cooperative Extension Service to help the children develop positive and healthy attitudes about food, physical activity, and overall health.

Program topics were MyPlate, Snacks, Kids on the Move, and Fruits. Each program included a nutritional story, activity, and food demo where the children helped prepare a recipe related to the lesson. The children had a great time during the nutrition series and enjoyed tasting the recipes.

For more information about nutrition programs in West Feliciana, contact Layne Langley at 225-635-3614 or llangley@agcenter.lsu.edu



Powerful Programs and Events

Caldwell Parish C.H.E.F. Camp

Submitted by: Sandra Raines

Middle school and high school youth from Caldwell Parish participated in a week-long cooking camp called C.H.E.F. (Creating Healthy and Enjoyable Foods) Camp. Assistant Area Nutrition Agent Sandra Raines and Caldwell Parish Nutrition Educator Tammy Tarver worked together to lead the camp, teaching the students cooking and kitchen fundamentals. Students learned the following skills: knife skills (chopping, slicing, dicing) and knife safety; recipe reading; how to measure dry and liquid ingredients; how to double and triple recipes; the basics of cooking eggs. They also prepared entire meals using both familiar and unfamiliar foods as well as participating in Let's Eat for the Health of It lessons and CATCH physical activity games.



Powerful Programs and Events

Louisiana Agriculture Being Taught in Jefferson Parish

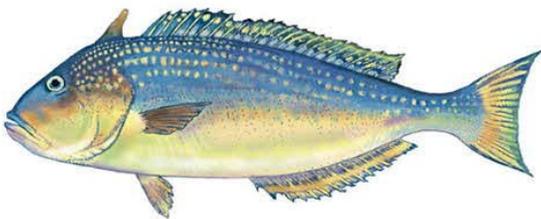
Submitted by: Karen Marie Jones

"I'm Karen Marie and I work for the LSU AgCenter," she begins. "Ag stands for Agriculture, agriculture mean Farming and Farming means Food." And she finishes her introduction with "Everything you eat every day comes from a Farm."

Area Nutrition Agent Karen Walker, now Karen Jones spends 80% of her days planning, preparing and teaching youth and adults in Jefferson Parish about how important it is to make healthy food choices and incorporate physical activity into each day. Her goal is to prevent and battle obesity and chronic diseases.

Her nutrition lessons follow the Dietary Guideline and the My Plate (choosemyplate.org). She uses a variety of curriculum, including Let's Eat for the Health of It, Show Me Nutrition, Happy Healthy Me, and the Catch curriculum, depending on the age group.

Whenever possible she takes the opportunity to include about Louisiana Commodities. For example, in the Grains lesson, she talks about wheat and the Research center in North Louisiana that is studying wheat. She includes a poster showing the youth what wheat looks like. Toddlers make friendship bracelets with whole grain penne pasta strung on a piece of orange ribbon (the color of the Grains Group on the My Plate) See picture. The lesson includes information on whole grains such as oatmeal. She has made an impact on a group of Seniors in Gretna, Louisiana.



In the Protein Lesson she includes information about eating Louisiana Seafood, which is an important Commodity in our state. "Fish, Crabs, shrimp, oysters, and soon clams come from our lakes and the Gulf of Mexico," Karen Marie says. "Where do crawfish live when they are in the water?" she asks. Most of the youth answer wrong. "They are found in fresh water, in ponds. That is why they are called mudbugs. They are called seafood, but they do not live and grow in salty water." She continues to explain that crawfish and rice grow in the same

flooded land using crop rotation. "In volley ball, when someone replaces you it is called rotating-in. It is the same thing. Crop rotation is when 2 crops are grown in the same place." She also uses the Protein Lesson to introduce soy beans as a Louisiana commodity. "On a Japanese menu it is called Edamame," she begins. "Soybeans are a plant, so this is an example of a Plant Protein." She continues to explain that we grow a lot of soybeans and that this crop is a Louisiana commodity. The 4-5 year olds that she teaches receive a slightly different Protein Lesson. The toddlers are making Farm Animal sounds. "Hamburger comes from what animal?" she asks. And they make the moo sound. "What animal gives us pork chops and ham?" she continues. "Oink like a pig everyone." She even has a plastic egg that she drops as one of the students struts across the room, clucking like a chicken. "I think you have laid an egg!" Karen Marie adds. The children's eye get big and everyone laughs. Then you know that they learned that an egg come from a chicken and yes, it is an animal protein.

Karen Marie is referred to as the Salubrious RD at times, when teaching older youth. RD is short for Registered Dietitian. What does Salubrious mean? Research it and find out.

Teaching nutrition to youth and adult audiences on the east and west bank of Jefferson Parish is what Karen Marie Jones, MPH, LDN, RD does for the LSU AgCenter Extension Service. She has been doing her job for six years and is housed at the Yenni Building in Jefferson, Louisiana.

Powerful Programs and Events

Farm to Table

Submitted by: Cathy Agan

Four new exhibits were developed to promote Farm to Table in the Northeast Region. The exhibits were created through collaboration of Nutrition Agents and LSU AgCenter Communications staff. The Farm to Table exhibits are used to help youth understand the origins of food and how food goes from the farm to the table. The new exhibits include: Farmer Pete's Protein Place, Sam's Silo, Louella's Dairy Farm and Delta Farm. Lesson plans were developed to accompany the exhibits and include hands-on activities such as milling rice, milking Louella the cow, making carrot seed tape and matching protein foods to their sources. The exhibits were first used at Ag Alley in January 2016 and will be traveling to schools in the Northeast Region this year.



Other LEAFCS Information to Remember!

State Livestock Show T-shirt Sales

Remember to volunteer to sell shirts at your district livestock show and volunteer to sell shirts at the state Livestock show to be held February 11-18, 2017 at Lamar Dixon Expo Center in Gonzales. Becky Gautreaux, Ways and Means chair will be sending more information out as we get closer to Livestock show time.

LEAFCS Annual Conference: Meeting:

LEAFCS Annual Conference meeting will be held December 13, 2016. Time and location TBA. Don't forget your dues money and forms!!

2017 NEAFCS Annual Conference:

The 2017 NEAFCS Annual Session will be held in Omaha, Nebraska on October 16th-19th. The conference will focus on "Planting the Seeds for Innovative Program Development", "Growing Professional Networks with Trusted Extension Colleagues, and "Harvesting Knowledge to Improve Lives of Individuals, Families and Communities. Please be thinking about if you'd like to attend. We love strong representation from Louisiana at the National Conferences!