



# LOUISIANA BAYOU

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

Volume 41 - Issue 3

Fall 2014

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## LVFC PRESIDENT'S MESSAGE

**MARTHA LATIMER**



LVFC Members,

**FOCUS! FOCUS! FOCUS! "Focus: Choices! Challenges, Changes"!** Many us are getting ready for changes! School is starting! There's "cooler" weather on the horizon, at least one can always hope! And Mini College! Many interesting plans and programs! It's going to be a celebration for 100 years of Cooperative Extension Service! Talk about having "Focus"! We're going to celebrate! Registration forms have already been mailed to the membership so plan to attend our "Birthday Party" for Extension!

There will be an Executive Board Meeting at Mini College on October 15. I would like for the newly elected board members to attend as well as the 2014-2015 officers. Plans for the next two years need to be made and you will receive an agenda in September. **PRESIDENT-ELECT!!!** If anyone would like to serve as a committee chair or member, please LET me know! 2015-2016 will see lots of changes as we will use your comments from the State Convention in Houma to implement these into our organization. Those attending the Mini College will have the chance to let their voices be heard as the pads will be available for comments again!

Please note that I have a new address!! 30732 Thunderbird Circle, Denham Springs, LA 70726. My cell number and email REMAIN the same. Many personal changes and choices have been made and will continue to be on the horizon!

Our Past President, Rena Labat, has had heart surgery and is recovering at her son's home now. I spoke to her on August 11 and she says she is getting stronger. Our prayers are with her and her family at this time. The signs for an impending heart attack ARE different for a woman than they are for a man. Are you aware of these differences! Sounds as though we have a topic for one of our programs at the Convention in New Orleans next year!!!

I'm looking forward to see you at Mini College, October 15-16, 2014. Lots of fun activities are being planned! If you have not registered, do so!!! See you there.

Always,

*Martha*



## LLL UPDATE

**Sue Nelson, LVFC VP for Public Policy**



We distributed the form, LLL #3, at convention in Houma. Use this form to keep account of your own LLL hours. From now on LVFC will no longer keep records. It is very important that you list the name of the program, date, where it was taught, and the classification. You need to keep your certificate along with this record so that when you are ready to send in your information for 30 or 60 hours, you will have it. You will need to send a copy of each certificate for verification.

Please let us know what classes you need and we will try to have those classes you need when planning conventions and mini-colleges.

To the two graduates receiving their 30 hour certificates this year at our LLL Breakfast  
Congratulations!



**LINDA GIOVINGO  
WILDA NAQUIN**



## SCHOLARSHIPS REPORT

**Gail Haynes, LVFC Scholarship**

### AREA SCHOLARSHIPS:

Area 1 = Hunter Picard  
Area 4 = Amiee Guillotte

### TWO FIRST TIMERS: (To 2014 Convention)

Jeff Davis Parish = Norma Young  
Terrebonne Parish = Carol Carter

### Nine MINI GRANTS:

Acadia = IOTA Christmas Food Drive  
Beauregard = Binding Machine and Binding Combs  
Jeff Davis = Caps for Newborns  
Jefferson = Raise A Reader  
Lafayette = ATRO (Acadian Therapeutic Riding Organization)  
Lafourche = Gift for Life  
Livingston = Creating Pillowcase Dreams



*Eleven parishes participated and together they read 5258 books. This does not include magazines or newspapers; however, many members reported having read newspapers 365 days per year. Here is the breakdown by parish.*

## READING REPORT

**Elaine Chatagnier, LVFC Literacy**

QUACHITA (1004)

ST. CHARLES (840)

TANGIPAHOA (836)

JEFF DAVIS (557)

LIVINGSTON (542)

ST. BERNARD (422)

JEFFERSON (361)

BEAUREGARD (262)

ST. MARTIN (177)

IBERIA (136)

LAFOURCHE (121)

# LVFC 2015 MEMBERSHIP PACKETS!

*LVFC will celebrate its past and present as it highlights its Future in 2015. Are you ready for a trip down memory lane and a flight into the future? It's time to share the fun of LVFC as you ...*

*.... inspire friends to become members,  
.... enhance their leadership skills and  
.... enjoy volunteering as they step up  
.... to the challenge of changing  
.... their communities and lives for the better.*

By mid-August each parish treasurer will receive the 2015 LVFC Membership packets. Bring your 2015 State dues (\$10.00) to your September or October club meeting. Your parish treasurer will forward the forms, dues and corrected list to me in November.

2014 was a great year for membership. LVFC had a total of 932 members, and 93 were NEW!!



Keep up the exciting pace, encourage others to join and have fun working .....

Together for Louisiana's families !!!!

Cheryl Bradley  
LVFC Membership chair



**A bit humor never hurt anyone. Just had to share with you these two funnies my good friend and fellow VFC member, Betty Miller, shared with me. Just too good not to pass on. ENJOY!**

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found," the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"



While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin.

Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased.

The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Father, and unto the Son, and into the hole he goes."



# NEWS FROM JEFFERSON VFC!



Jefferson Parish Council President John Young signed a proclamation declaring April Volunteer Month in Jefferson and presented it to JEFFERSON VOLUNTEERS FOR FAMILY & COMMUNITY, INC. on April 17, 2014. He thanked them for the 2,700 volunteer hours they donated in 2013 with an economic value of \$59,751.00. JVFC officers on hand for the occasion are pictured from left to right: Cheryl Bradley, secretary, Melva Williams, Vice President for Public Policy, Cindy Griffith, Vice President for Programs, Margie Camardelle, JVFC President, Mr. Young, Ann Reeves, Past President, Rose Styron, Past President, and Alexis O. Navarro, JVFC adviser/LSU Ag Center, Jefferson Parish Chair.

Instead of the annual luncheon hosted by a club, Jefferson VFC board members hosted their first Member Appreciation/Awards and Memorial Service luncheon in May. Because clubs are getting too small to handle a large function, we decided to try something new. It was wonderful. A fireman's family catered the lunch. It was delicious. We gave out the JVFC Volunteer of the Year award, LVFC Years of Membership awards, LVFC Feature Article award, LVFC Community Champion awards and LVFC Great Louisiana Family award. The memorial service was beautiful, and we had a lovely time with our members and guests. JVFC celebrated 71 years of education, leadership and community service. In the photo, from left to right, are: Cheryl Bradley, Little Farms VFC club president, Esther DuSang, Jefferson Gems VFC club president, Linda Melinie, DEBs VFC club president, Dianne Cook, Lagniappe VFC club president, Judy Harris, Triple H VFC club president, Alexis O. Navarro, JVFC advisor/LSU Ag Center, Jefferson Parish chair, and Bonnie Wall, Magnolia VFC club president. Back row: Margie Camardelle, JVFC president, and Viola Segari, Close Knit VFC club president.



Cheryl Bradley says, "A lot is going on with men's health nowadays. We are spreading the word at churches, fire stations, golden age meetings, doctors offices, subway shop, Area 1 fun day, WDSU Channel 6 New Orleans and more!"

Jefferson Parish celebrated Men's Health Month in June. JVFC recently presented a blue ribbon to Jefferson Parish Council President, John Young, at the Council office. The Men's Health program encourages men to take the challenge to better health with annual check-ups, better nutrition and exercise to cut high health risks and increase their life span. Photo on the left are Margie Camardelle, JVFC president, John Young and Cheryl Bradley, Louisiana VFC Marketing chair.



## NEWS FROM ST. MARTIN VFC



Seated: Mary Robin, Priscilla Breaux; Standing: Mayor Rodney Grogin, Sherry Thomasse, Elaine Belaire, Brenda Hobbs, Betty Frederick, and Laura Melancon.



Three \$500 Wanda Landry Scholarships were given to the grandchildren of Laura Melancon (Devin Melancon); Mabel Freeman (Joseph B. Freeman IV); and Iva Theriot (Haley Vincent)

(Above) On their way to the State Convention in Houma, SMVFC members stopped in Patterson and were welcomed by Major Rodney Grogin. They toured city hall, the court room, and river deck. Grogin noted that the waterway flowing behind city hall was renamed Lower Atchafalaya River during his administration. The Patterson mural is drawn free hand by a local artist. They also toured LA State Museum in Patterson which houses three galleries: the Wedell-Williams Aviation gallery, the Sawmill gallery, and the Woodcarving display.

SMVFC was recognized at convention for outstanding volunteerism. Kim Gravouilla was a nominee for the Spirit of LVFC. Pris Breaux accepted the plaque for St. Martin Parish having the most new members in 2013. First place Certificates were handed out for Education Reports (Literacy, Marketing, Family Life, Environment, and International).

At their May meeting, Shashi Gupta, a native of India, was the guest speaker for SMVFC International Day featuring the country of India. Mrs. Gupta, who is the owner of Masala, an Indian kitchen in Lafayette, discussed the culture, education, foods, and other aspects of life in India. She brought items to illustrate the way of life including articles of clothing typical of the Indian culture.



SMVFC members attended Area 4 Day hosted by Acadia Parish. Seated from Left: Gloria Mason, Jeanette Perrio, Wildie Roberts, Debbie Tuzin, Lou Gravouilla, Kim Gravouilla, Tricia Gravouilla. STANDING FROM LEFT: Viv Brasseaux, Anita Blanchard, Betty Frederick, Janet Lasseigne, Anna Stoutes, Betty Devillier, Elaine Belaire, Alice Guidry, Millie Huval, Sherry Thomasse, Pris Breaux, Laura Melancon, Gwen Miller, Rena Guidry, Brenda Hobbs.



Members gathered at the Sydnie Mae Durand Building to learn how to make Newspaper Hats. These hats will be judged at their annual Idea Day in October.

Seated: Jo Bruce, Mae Bergeron, Lou Gravouilla, Debbie Tuzin. Standing from left: Barbara Bird (Instructor), Pris Breaux, President, Betty Guidry, Jeannette D. Guidry, Barbara Latiolais, Brenda Hobbs, Eula Peltier.



Meals on Wheels was the recipient of a \$100 Mini-Grant.





# BREAST CANCER

*Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths.*

## Risk Factors You Cannot Change

- Family history
- Personal history of breast cancer
- Getting older
- Born with an alteration in the BRAC1 or BRAC2 gene
- Having your first period before age 12
- Starting menopause after age 55
- Atypical hyperplasia of the breast tissue

## Risk Factors You Can Change

- Alcohol use
- Weight gain during adult years
- Not bearing children
- Having had your first child after age 30
- Currently or recently using a form of hormone replacement therapy (HRT) for 5 years or longer
- Exposure to large amounts of radiation
- Physical inactivity

## Symptoms

- A lump hard knot or thickening
- Change in the size or shape of the breast
- Nipple turned inward into the breast
- Nipple may be scaly, red or swollen
- Dimpling or puckering of the skin
- Nipple discharge
- New pain in one spot
- Swelling, warmth, redness or darkening

*If these symptoms persist and are unusual for you, schedule an appointment with your doctor.*

## Early Detection

- Monthly breast self-examination (BSE) starting by age 20
- Clinical breast exams (CBE) by a trained medical professional annually.
- Annual screening mammography for women 40 and older. Women under 40 who have a family history of breast cancer or other concerns should consult with their doctor to assess when to start getting mammograms and how often to have them.

# LVFC CALENDAR

## OCTOBER

### Domestic Violence Awareness Month Breast Cancer Awareness Month

- 10 LA Bayou articles due to newsletter editor
- 15-16 Mini College - Baton Rouge
  
- 30 Parish Officers - start working on annual reports due January 31, 2015
  
- 30 Mail list of parish officers and chairmen to Cheryl Bradley, LVFC Membership Chairman

## NOVEMBER

- 30 Parish Treasurers ....  
The following are due to Cheryl Bradley  
Deadline for State Dues  
Dues Notice (Form 19)  
All original signed membership forms  
Parish Officer/Chairmen form

### **Editor's Notes. . . . . Rosie Trahan**

Get the Word Out  
Sample Announcement for news media release  
Copy this text and send to your local newspapers

This October, [your organization] is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years.

You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

This is a good reminder to us all, to be sure. There's a lot of good info at this website. Check it out:

<http://healthfinder.gov/NHO/OctAnnounce.aspx>



*Louisiana Bayou* is the official newsletter of Louisiana Volunteers for Family and Community, Inc. It is published four times a year:

Spring - February 15                      Summer - May 15  
Fall - August 15                              Winter - November 15

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NEXT ISSUE: WINTER ISSUE

ARTICLES ARE DUE BY OCTOBER 10  
AND PUBLISHED BY NOVEMBER 15

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

## NEWS FROM JEFF DAVIS VFC!

The VFC Homesteaders' club combined a "Fun Day" and salad luncheon recently. Club business was taken care of before the fun began. First off, was a hat parade. Each member made or decorated a hat to participate in the parade and contest. Some interesting, unusual, and pretty hats were on display.

Those taking part were Jeanette Crochet, Nancy Allbritton, Linda Rogers, Charlotte Duplechain, Jeanne Daigle, Barbara S. Litteral, Norma Young, Ernie Freeman, Annie Kormesser, Kat LeJeune, Marilyn Strickland, and Louetta LeBlanc. The judges for the contest were Emma Goodreau, Frances Guidry, and Mary Baronet. Winners were: Most original - Ernie Freeman with her strawberry pot hat; Prettiest - Marilyn Strickland with her gardening hat; Funniest- Norma Young with her bee hive hat; and congeniality - Barbara S. Litteral with her LSU hat.

After the hat contest the group played bingo where each member provided 2 slightly-used or re-gifted item for bingo prizes. Everyone won. The salad and desert lunch was enjoyed by all.

Our two guests were Emma Goodreaux and Frances Byler.



Happy Fall, Y'all!