



# LOUISIANA BAYOU

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

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Winter 2012

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

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According to the familiar phrase, "All good things must come to an end," so too, is my administration of serving you as LVFC President. I look at this time with mixed emotions. Joy in seeing a job completed and regret in knowing that I will no longer have this close daily position with you.

My time as your State President leads me to reflect on accomplishments of LVFC for the past two years. Working together we have reached numerous goals.

Our officer training workshop prepared us for the meetings ahead. We gained energized management skills to guide us through all situations and helped us grow.

We saw mini-college training sessions take on a new face as we addressed a national initiative of nutrition and healthy food choices. These changes received some of the highest accolades from attendees as they were eager to return home and share with their local communities.

Leadership workshops at state convention energized us with motivational speakers. They gave us the tools to not only become better leaders, but to learn ways to associate ourselves with others in order to grow as volunteers and on a personal basis.

In this world of vast communications, we also spent time reminding ourselves through programming about patriotism and showing concern and respect to our active military men and veterans of all ages.

Among all of these learning activities, we always reserved time for fun and fellowship. Our time as Hollywood celebrities will forever be in my fondest memories.

It is my hope that you will continue to bring this LVFC energy into all corners of our state. Let it be a beacon as you grow in Leadership, Volunteerism, and Membership.

Thank you for giving me the opportunity to serve as your President.

Fondly in LVFC,  
Rena V. Labat



## LVFC FAMILY LIFE

Judy Broussard  
Chairman

### LET'S THINK ABOUT FAMILY!

The year is quickly coming to an end and with the holidays fast approaching, let's take time out of our busy schedules to focus on what is most important of all - our families! Let's remember that "family" can mean the people under our roof or the people who are scattered near and far.

It seems that everywhere we look we can find someone who could use our "helping hand". A helping hand can vary from a quick hello to cheer someone up or lending a hand with a job that has not been done or finished. We can always share a kind word or lend a shoulder to someone who needs it far more than we ourselves do. Words of encouragement can make all the difference to someone who thinks they are at their wit's end.

With so many things seemingly crazy in our world today, we need to remember how important teaching character to others is, but it is just as important that you yourself is an example of good character. Do your best to take a look around and see the child or person who is being bullied, the person who has such a negative outlook, the person who struggles to read, the person who could use some training or help with their family, or maybe it's a good time to help others learn about keeping healthy.

Think of all of your neighbors and friends who just need the gift only you can give them - yourself! What an easy gift for you to give to someone—no money involved, just a little of your time! Sometimes we forget others in our rush to "get stuff done". Let's take a minute to remember what is really important, and "stuff" just keeps us from doing for others.

Have a happy holiday season and let's all start the new year renewed with ideas and plans for making our families better.



### Giving thanks...

For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
For love and friends,  
For everything Thy goodness sends.

- Ralph Waldo Emerson (1803-1882)



Over 1,200 stuffed animals were collected. Pictured left to right are Nita Brumley, Ann Crain, Lina Miller, Raymond Cecil, Ethel Mosses, Doris Maum, Sylvia Jenkins and Barbara Hindsman.



## AREA 4 NEWS

Elsie Castille  
Director

### GREETINGS FROM AREA 4!

We survived the convention and area meeting; both activities received excellent reviews. Now we move on! Our volunteers have been extremely busy since August. All parishes have had their council meetings to plan their fall activities. Projects being worked on are as follows: Heartstrings and Angel Wings, Awards Day, judging at fairs and festivals, mini-college, ouch dudes and dolls, preparing meals for health units, bibs, lap robes, bed jackets, neck pillows, wheel chair bags for nursing homes, recipes for Council on Aging units, postage stamp collection for missions, International Day activities, hand exercises, scholarships, assist with women's shelters, assist with Lions Club Children's Camp, toy collection, food baskets for the poor, VFC Queen's Contest, Christmas functions. Educational information is given at every VFC meeting. This information includes valuable subject matter pertaining to our International, Family Life, Environment and Literacy programs.



Ragley VFC: The Ragley and Broadlands VFC Clubs collected, cut and counted used postage stamps for a mission in Sunset. This year, 65,606 stamps were turned in. Pictured left to right, are Yvonne Sharp, Lindi VanWinkle, Barbara Hindsman and Lina Miller.





## LVFC INTERNATIONAL

Betty Gilbeau  
Chairman

The holiday of Thanksgiving is fast approaching. It is a time of year when I think how fortunate, as an American, I am to live where I have all of the basic necessities for survival: a roof over my head, clothing to wear, food to fill my stomach, and clean water to drink. Unfortunately, this is not true for many parts of our world, especially those nations who are part of third world countries.

I am proud to say that as members of LVFC, our group has shown from the previous year's international reports that helping other nations with an international project has become part of LVFC's world community service. You have shown that you are a very "giving" group. I am encouraging each parish group to continue to work on a project that will help other nations who do not have what we have. As a caring organization, we are called to nurture those who are struggling for survival.

It is important that our organization continue its growth by working on some type of international activity. The world is large, and we know so little about other countries. The reporting on various countries by your members or a guest speaker is a great way to learn about our world and also another form of doing an international project.

I am so proud of the international work you have done. We have so many reasons to be thankful. "You" are one of my reasons. Have a great holiday season!

Q: What kind of music did the Pilgrims like?

A: Plymouth Rock

Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims

Q: What did the turkey say to the man who tried to shoot it?

A: Liberty, Equality and Bad aim for all.

Q: If the Pilgrims were alive today, what would they be most famous for?

A: Their AGE!

Q: Why do pilgrims pants keep falling down?

A: Because their belt buckles are on their hats!

Q: Why did they let the turkey join the band?

A: Because he had the drumsticks

Q: Why can't you take a turkey to church?

A: They use FOWL language

Q: What would you get if you crossed a turkey with an evil spirit?

A: A poultrygeist!

It was just before Thanksgiving in Walmart and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one. In desperation she called over a shop assistant and said, "Excuse me. Do these turkeys get any bigger?" "No, madam," he replied, "they're all dead."



## VERMILION VFC

After a summer of enjoying vacations, ball games, and get-togethers with families, the Vermilion Volunteers for Family and Community, Inc. Council recently met to set their agenda for another fulfilling year.



Debbie Daughettee (pictured on the left with Judy Broussard) was present at the council meeting and spoke to the group about a cause she is very close to. Debbie told the group about Heartstrings & Angel Wings. It is a 501(c)3 non-profit organization which provides clothing and other handmade items for babies in Neonatal Intensive Care Units in the area. Sometimes these babies are so small, regular size clothing is too big to fit them. This group is comprised of ladies from all walks of life who get together monthly to cut out and sew the special patterns to fit the tiny infants. Some ladies also choose to do the sewing on their own and then turn in finished clothing to Heartstrings & Angel Wings. The clothing then helps in making the babies comfortable and it also lifts the spirits of the babies' families. Debbie hosts a workshop at her home once a month. She says everyone is welcome to attend. If you are not a seamstress, there is always need for those who can use scissors to cut out patterns. If you can crochet or knit there is a need for hats to help keep the tiny babies warm. If someone wants more information contact the LSU AgCenter in Abbeville at 898-4335. The office can put you in touch with Debbie. Because this is such a needed cause, the VVFC Council voted to contribute \$250 to the Heartstrings & Angel Wings organization to help with the purchase of needed supplies.

The council then discussed the different issues which the clubs strive for. Nona Griffin, Family, Lee Simon, Environment, Romona Babineaux, International, and Judy Broussard, Marketing/Membership, each gave their reports to the council members. Everyone is looking forward to a fun and productive year!





**ST. MARTIN VFC**

(First Picture) SMVFC August council meeting, Kim Gravouilla demonstrated new kitchen gadgets (top right with Elsie Castille). Decided to award in 2013 four \$500 Wanda Landry

Scholarships to be given to a child, grandchild, or great-grandchild of an active VFC member.

(Second Picture) September picture shows Elsie Castille, LaFerne Banks, and Kelley Jolivette-Thomas. Guest speaker Jolivette-Thomas, with MMO Behavioral Health Systems, stated "Nobody can go back and start a new beginning, but anyone can start today and make a new ending. Before we can begin this process of transformation we have to stop doing the things that have been holding us back."

(Next pictures) Awards Day program: Elsie Castille with Representative Mike "Pete" Huval, who spoke to the group about the Constitutional Amendments that will be on the ballot in November; next picture below on left, shows Hazel Dardar as she performs "The Lords' Prayer" in a garment she designed and made; and the picture on her right is of the 2012 queen: Lovel Benoit. Mrs. Dardar was guest speaker. She said, "Today our Native women have a quiet strength, we are the provider, nurturer, mother, counselor and the spiritual and medical healer to our people." She continued, "Unlike many traditions, the spiritual wisdom of Native Americans is not written. There are many discrepancies about our spirituality and belief in God. Our religion has been historically misinterpreted. We believe in one Supreme Being – He is the Great Spirit, our Creator – He is the same God you worship. We begin all of our meetings and gatherings with prayer. Our daily lives, our accomplishments and our blessings are by his grace. We are thankful every day for all He has given us."

There were 125 members in attendance. Foods and Crafts focus was on the Indian theme. The days' activities culminated with a parade of hats decorated with the Indian theme. Participants were: Elsie Castille, Eula Landry, Barbara Bird, Iva Theriot, Linda LaJaunie, Del Trosclair, Jeanette Perrio, Barbara Latiolais, Gloria Degeyter, Lou Castex, Barbara Angelle, Mary Robin, Annlouise Dufort, Odile Degeyter, Lovel Benoit, and Betty Guidry.



**ST. BERNARD VOLUNTEERS FOR FAMILY AND COMMUNITY, INC.**  
*Presents*

**2012 CHRISTMAS TOUR OF HOMES**  
**THURSDAY, DECEMBER 13, 2012**  
**11:00 A.M. TO 2:00 P.M.**  
**6:00 P.M. TO 9:00 P.M.**

**CORINNE ESTATES IN CHALMETTE, LOUISIANA**

**Complimentary Refreshments / Christmas Boutique / Parade of Prizes**

**MUSIC PERFORMED BY THE SCHOOL CHILDREN OF ST. BERNARD**

**BENEFITING ST. BERNARD PARISH CHARITIES**

**Call: Sandra Edel at 504-738-1663 or 504-301-3630**  
**Or: Judy Nicosia at 504-481-6172 or 504-460-4382**

**There is an admission fee - call for that information**



**Chef de Riz Named at International Rice Festival**

Pictured from left are Vincent, Chatagnier, Stelly, Cormier, Miller, Mary Jemison, USA Rice; Callahan, and Randy Jemison, USA Rice.

**CROWLEY, LA --** One hundred and fifty-eight dishes were entered in the 76th annual International Rice Festival's Rice and Creole Cookery Contest sponsored by USA Rice Federation on Oct. 19. Jace Stelly of Kaplan claimed the title of Chef de Riz (cooker of rice). Other tri-color winners (overall winners from the eight rice-dish categories) included Amanda Cormier of Crowley, children's division; Abby Gail Miller of Basile, teen division; Lauren Callahan of Kaplan, intermediate division and junior chef winner; and Elaine Chatagnier of Iota, adult division.

The contest is an opportunity for youth and adults to showcase the many ways that rice can be incorporated into the family diet.

"The Volunteers for Family and Community Club (VFC) appreciate the annual support of this contest by the USA Rice Federation," said Letha Vincent, contest organizer and VFC chairwoman. Contact: Randy Jemison, (337) 738-7009

Editor's note: The above article was published in the USA Rice Federation newsletter. Letha is from Acadia and is a member of Night Club VFC. Good job, Letha! AND of course, Elaine Chatagnier is our own LVFC VP for Programs; she too hails from Acadia and is a member of Iota VFC. Acadia VFC members help with registration, judging and any other necessary duty. Letha has also entered prize-winning dishes in this contest in the past plus once being Chef de Riz herself.

Elaine's recipe is on outside cover. Try out both of them; they are yummy, yummy, yummy!

## Letha's prize-winning recipe

### RICEY RED VELVET CHEESECAKE

#### CRUST:

1 ½- cup chocolate	¼- cup melted butter
graham crackers crumbs	1 -tablespoon sugar

#### Filling:

3 -(8-ounce) packages softened cream cheese	1- cup sour cream
1 ½- cups granulated sugar	½- cup buttermilk
4- large eggs, lightly beaten	2- teaspoons vanilla extract
2 -cups cooked medium grain chocolate rice (recipe below)	1- teaspoon vinegar
3 -tablespoons unsweetened cocoa	2 -(1-ounce) bottle red food coloring

#### Icing:

1- (3-ounce) package cream cheese	1- teaspoon vanilla extract
¼- cup softened butter	Optional: garnish with mint leaves
2 -cups powdered sugar	

**Crust:** Stir together graham cracker crumbs, melted butter, and sugar; press mixture into bottom of a 9-inch spring form pan.

**Filling:** Beat 3 packages cream cheese and 1 -1/2 cups granulated sugar with an electric mixer. Add eggs one at a time mixing well after each. Add rice, and next 6 ingredients, mixing on low speed until fully. Pour batter into prepared crust.

Bake at 325° for 10 minutes; reduce heat to 300°, and bake for 1 hour and 15 minutes or until center is firm. Run knife along outer edge of cheesecake. Turn oven off. Let cheesecake stand in oven 30 minutes. Remove cheesecake from oven; cool in pan on a wire rack 30 minutes. Cover and chill 8 hours.

**Icing:** Beat 1 (3-ounce) package cream cheese and 1/4 cup butter at medium speed with an electric mixer until smooth; gradually add powdered sugar and vanilla, beating until smooth. Spread evenly over top of cheesecake. Remove sides of spring form pan. Garnish, if desired.

### CHOCOLATE RICE RECIPE

1 - cup raw medium grain rice	2 - cups water
1 - pack hot chocolate mix	

In 2 quart saucepan, add rice, chocolate mix, & water; bring to boil. Reduce heat, cover and cook for 15 - 20 minutes on simmer.

# Conserving Water Indoors

## Fix that leak.

- Read your water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, you probably have a leak.
- Faucets can drip at a rate of one drop per second, wasting more than 3,000 gallons of water a year.
- Toilets can leak at a rate of 200 gallons a day, which can add up to 73,050 gallons of water a year. To find out if you have a leak, place a drop of food coloring in the tank. If the color shows in the bowl without flushing, you have a leak.



## Being squeaky clean.

- Taking a five-minute shower uses 10 to 25 gallons of water. Install a water-saving showerhead to reduce the flow.
- A full bath tub requires about 70 gallons of water. Place a stopper in the drain immediately and adjust the temperature as you fill the tub to limit waste.



## Turn off that faucet.

- The average bathroom faucet flows at a rate of two gallons per minute. Turning off the tap while brushing your teeth saves up to eight gallons of water per day, 240 gallons a month, 2,880 gallons a year.

## Make it a full load.

- The average washing machine uses about 41 gallons of water per load. High-efficiency washing machines use less than 28 gallons of water per load.
- Wash only full loads of laundry or use the appropriate load-size selection on the washing machine to save water.

## Don't flush your money down the drain.

- If your toilet was made before 1993, you probably have an inefficient model that uses at least 3.5 gallons per flush. New high-efficiency models use less than 1.3 gallons per flush. Installing a new toilet could save a family of four more than \$90 on their water bill annually; \$2,000 over the lifetime of the toilet.

# LVFC CALENDAR

## NOVEMBER

HAPPY THANKSGIVING!

## DECEMBER



MERRY CHRISTMAS!



AND A HAPPY NEW YEAR!



## 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

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

First. Don't know how many of you know, but Dr. Karen Overstreet's father (Harold Jacob Behm) died in August. Sincere condolence and prayers to you, Karen, from all Louisiana Bayou readers.

I just love this time of year. It is a time to slow down and think. November starts off with All Saints Day and then November 2 is All Souls Day. And then November brings Veterans Day; then people get into the family holiday spirit with Thanksgiving coming and followed by Christmas. Doesn't this just get to the your heart? Our cemeteries are so beautiful as we remember and pray for our loved ones who have taken the biggest challenge in life - that of being transfigured permanently for all Eternity. We remember our Veterans who have given up so much to secure our American freedoms. Then we give thanks to God for all of them plus thanks for all our present blessings. Then celebrating Christmas - the birth of our Savior - brings us around to childlike happiness. The new year forces us to make resolutions to be a better person than we were the year before. Really! Doesn't that just grab your heart?

Oh! enough of this ... well, I'm the "editor" so you just have to put up with me. :) Just kidding!

Looking forward to the upcoming Mini College and hope to see some of you there in Baton Rouge.

Louisiana Bayou appreciates the contributions and loyalty all of you have given this past year. Here's wishing all of you Happy Thanksgiving, a very merry and holy Christmas and a prosperous New Year. Whew! 2013 already upon us.

See you next issue.

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### **NEXT ISSUE - SPRING ISSUE**

ARTICLES ARE DUE BY JANUARY 10  
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Elaine's Tri-Color Winner Recipe.

### WHITE CHOCOLATE BREAD PUDDING

1 loaf French Bread  
1 cup medium grain rice cooked in milk instead of water  
1 quart heavy whipping cream  
2 bags white chocolate chips  
2 eggs  
3/4 cups sugar

Break bread in bite size pieces and place in 13 x 9 inch baking pan. Spread cooled rice over bread. In large bowl, mix cream and chips and microwave on high for 2 minutes; stir; then continue cooking until chips are melted (stir well - it doesn't take long, don't overcook). Pour half the mixture over bread and rice; place remaining half in refrigerator to cool; when cool add sugar and eggs, beat well. Pour over bread mixture. Bake in 350 degree oven for approximately 40 minutes or until bread peaks turn golden brown and pudding is set. Sift cocoa powder over top when cooled or sprinkle semi-sweet chocolate chips over top just before removing from oven. Very easy and very delicious!!!

*For family and friends,*

*for health and  
happiness,*

*for good food*

*and fun,*

*for staying young*

*while growing old,*

*We give Thee thanks.*

*Happy Holidays!*