



# LOUISIANA BAYOU

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

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Summer 2014

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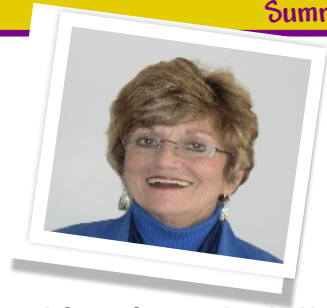
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## LVFC PRESIDENT'S MESSAGE

**MARTHA LATIMER**



Dear Louisiana Bayou Readers,

The LVFC members and guests that attended the 83<sup>rd</sup> Annual State Convention in Houma, April 29-May 1, 2014, were entertained by interesting speakers and programs. Successful! Oh my yes!!! We "Soared with LVFC"!!



The JROTC from Thibodaux High School presented the colors for Opening Session. Their leader, Master Sergeant Dean Matherne, volunteered to sing the National Anthem after the soloist was unable to make the meeting at the last minute. What a blessing it was for our members and guests!

Dr Gina Eubanks, Associate Vice Chancellor and Program Leader, Nutrition and Food Sciences, LSU AgCenter and Vice Chancellor for Extension, Southern University AgCenter was our Keynote Speaker. Her sense of humor and her support for our volunteer organization motivated the members from the start. She stayed for part of the business meeting to learn more about LVFC, and commented that she was looking forward to working with our organization as we are looking forward to working with her.



Fun Night - "LVFC goes to the Mardi Gras"!! Boy, did we! Mary Ann Boudreaux, Terrebonne Parish President, was the Mistress of Ceremony! She and her husband are members of two Mardi Gras Krewes and they brought Mardi Gras to LVFC! The costumes were awesome! In fact, the entire program was a mini tableau! The "Nonsense" commentary had us laughing so loud that we missed some of the jokes, then we had the "Second Line" with Krewe members. Fun! Fun! Fun!



LLL Breakfast had two 30 hour graduates! Congratulations to Linda Ginningo, Area 3 Director from Ouachita Parish and Wilda Naquin from Iberia Parish. The "Spirit of LLL" nominees were Kim Gravouilla, St. Martin and Terry Voight, Tangipahoa with Terry receiving the plaque (See article on page 4). Both ladies are winners as they work very hard for LVFC. We appreciate your volunteering for us and your community.



The Awards/Memorial Luncheon was special. Bishop Shelton Fabre's talk was most inspirational and motivational. There were three nominees for the "Heart of LVFC"; Jeff Davis Parish's Jeanette R. Crochet, Tangipahoa Parish's Sandra Madere, and Terrebonne Parish's Nell Page. Nell Page also received her 50 year certificate, "Heart of LVFC" certificate and a crystal bowl for her award at the luncheon. Hats off to the nominees, you are all tops in my book for your service to LVFC. The Memorial Service was memorable! Seven deceased members were remembered with a balloon ceremony. The balloons were released into the air after the lunch and many found it most touching.

The Banquet carried us "Up Up and Away" as we celebrated the Great Louisiana Family. Jens and Diane Nielsen of Gretna were the honorees (see write-up page 3). Part of their family was able to celebrate with them on this special night and their grandson was a delight to sit near. Congratulations to Jefferson Parish and the Nielsen Family.



Past President, Rena Labat installed 2015-2016 State Officers in a beautiful ceremony titled "Chains". Vice President for Programs is Mary Ann Boudreaux, Terrebonne Parish; Vice President for Public Policy, Terri Latimer of Livingston Parish; Recording Secretary, Paula Morgan, Lafourche Parish; and Treasurer, Pat Chauvin, Terrebonne Parish. Area Directors: Area 2, Linda Loupe, Lafourche Parish, and Area 3 is Gail Haynes, Ouachita Parish. The secretaries for Area 2 is Barbara Chaisson and for Area 3 is Pat Hollenshead.

NO PRESIDENT ELECT!! According to Robert's Rules of Order, the officer in that position shall remain there until

someone is elected. So I will continue. There are numerous qualified members so I hope someone will step up.

The community service project was the local "Good Samaritan Food Bank" A beautiful, hand made quilt (see behind Dr. Eubanks in picture on page 1) was raffled, a stained glass window hand made by a member and numerous other outstanding items were donated to be raffled for the food bank. I will not name names because there is no way to remember all the wonderful items donated for this worthwhile cause. However the total raised that I have is \$1700 and this has a retail value of \$400,000 worth of products to be purchased and will feed 5100 individuals. WOW!!!

The Invitation to the 2015 State Convention was the closing event of the day. The convention is to be held at the Doubletree in Kenner in Jefferson Parish, April 13-16. 2015. The theme is "LVFC – Historic Past and Promising Future". A parade of the decades of LVFC was the invitation. Make plans now to attend.

Tina Collais, an author and journalist, was the speaker for the Recognition Breakfast. We laughed and chuckled and even felt sorry for her with her story a time or two. The Feature Article winner is Pat Thevenot, Jefferson Parish, and Sandra Madere of Tangipahoa Parish received the Article of Interest award. (See their articles on page 5)



The state president has a number of options in many different areas. I started an award that may or may not continue - the President's Award - to be given to members who go WAY beyond their call of duty in their volunteered positions and for their leadership, their support, their motivation and perhaps most of all, their love of the LVFC organization. Since this is the first time, I awarded three very special people: Virgie Forman, Vermilion Parish, and Elsie Castile, St. Martin Parish, but they were unable to attend conference. Cheryl Bradley, Jefferson Parish, received the award for her tireless work at her computer on behalf of the entire state. I do not have the words to thank her properly as she has kept me looking as though I am sane on many occasions. Some of us have had one of her offices, but never, as far as I know, only one person has had Membership, Marketing, and Handbook committees at the same time. AWESOME JOB, Cheryl!



**WE ARE GOING TO HAVE A CELEBRATION!! -- OCTOBER 15-16, 2014 -- SAVE THE DATE !  
100 YEARS OF COOPERATIVE EXTENSION SERVICE.**

**LVFC will have Mini College on this date.  
Make plans now to attend.  
You will receive your invitation soon!!!**

*Looking forward to seeing you soon,  
Martha*



## **2014 GREAT LOUISIANA FAMILY OF LVFC**



Diane has been a very active member of the Triple H Club for more than 7 years. She is presently serving as Vice- President. Some of the many ongoing VFC programs which Diane attends and support include Annual Christmas Bus Trip, Day at the Race, Teddy Bear House, Christmas for a Family, Raise a Reader Program, International Day, Scholarships, Military, 4-h, Lions Club. She likes to share book reviews at local club meetings.

Diane graduated from ULL in 1961; her husband of 52 years, Jens, graduated from Tulane the same year. He recently retired after 54 years as a civil engineer. They have 4 daughters and 1 son: Jennifer - a doctor - married to Stuart Hart - 3 sons; Shelley - nurse - married to Jeff Bergeron - 1 daughter and 2 sons; Stacy - nurse - married to Rick Chalen - 2 daughters and 2 sons; Nancy - civil engineer - married to Mitch Hosman - 2 daughters and 2 sons; Jens - civil engineer - married to Christy White - 1 daughter and 3 sons

Diane volunteered for many years at George Cox Elementary School and Jens was the PTC president. She taught public school for 29 years and has been retired for 10 years. As her family increased, so did Diane's volunteer work. She served as President of John Ehret High School Flag Team Parents Club and West Jefferson High School Dance Team Parents Club and remained active for years. In addition, she was helping lead the Girl Scouts.

Diane also cared for her mother in her home for 20 years.

When Diane's granddaughter was diagnosed with juvenile diabetes, she willingly helped with her diet and injections and even became a member of Juvenile Diabetes research. Diane will readily admit that the Juvenile Diabetes Research Foundation is her favorite volunteer work. She has served on the Walk Committee for 10 years which includes many months in advance securing donations. On walk day, three generations of the Nielsen family donate and serve popcorn, snowballs and nachos. As an ambassador for the foundation, she traveled to Washington, DC to meet with members of Congress. Their work in the various capacities are too numerous to list! They have greatly inspired both their children and their grandchildren.

Diane and Jens host many family get-togethers in their home where all three generations can be found. Don't you know that's got to be lots of fun.

Diane never misses an opportunity to vote as she is a very patriotic American. Diane and Jens also make time to volunteer at Greater New Orleans Second Harvesters Food Bank.

They are members of St. Cletus Catholic Church in Gretna and volunteered many years at school fairs. They both attend daily morning mass at St. Cletus and their entire family are practicing Catholics.

Diane and Jens are always present at their grandchildren's school functions including numerous sports events. Diane can be seen many days dropping off or picking up her "GRANDS" at school. Just one more reason the Nielsen grandchildren ADORE THEIR GRANDPARENTS.

All of the Nielsen's children and their spouses are active volunteers - too many to count and while holding down full time jobs. Their eighteen grandchildren continue their tradition of volunteerism. One granddaughter received the Tiger Twelve honor for her many volunteer efforts and academic achievements. Two grandsons traveled out of state during their summer breaks to help elderly with home repairs. Another granddaughter volunteers as counselor at Spina Bifida camp; and another has been counselor at Lions Club for Handicapped Children Camp; yet another volunteers with the Louisiana Marsh Restoration Projects.

This all attests to Diane's tireless volunteer efforts and support for her family, community and friends. She is a wonderful example, with Jens at her side, in everything she does. Diane enjoys playing bridge and tennis. She is forever cooking (her passion) for family and friends. She still has time to slip away and enjoy her getaway at Pass Christian.



## 2014 SPIRIT OF LLL



Terry has been Literacy Chair for both Busy Bee's Chapter and Tangipahoa Parish VFC. To raise the literacy level in her parish she encouraged reading in the home from birth to death through many innovative programs. She distributed *Raise a Reader* packets to new born's twice a year; these packets included literature on how to encourage her child to read and a charming book, *Read to Your Bunny*, which she obtained through their Partners in Education program from the Scholastic Book Service.

Through her efforts, her club assisted her with the *Family Book Bag* which is now in it's fifth year in three schools in the area. The bag contains a book sack, hard back books highlighting physical fitness, better nutrition, and reading in the home with clear, short stories children love and parents with even a lower reading level can read. There is also a "keep at home book" with easy recipes, tip sheets on eating better, playing with your children and how to influence your children to read more.

To fund these programs, she has applied for grants from Entergy, Dollar General, LVFRC and LSU FNP program. She sincerely believes the only way out of poverty is through education.

In 2011, Terry assumed chairman of the International Committee for TVFC. Her parish has had international day, made pillowcase dresses for Africa's project sponsored by the Sew With Nancy program on public television. Fifty Shoeboxes for Children were sent containing toys and health aids, books and clothes. Monetary donations were made to Haiti after their devastation from the earth quake.

At present, she is heading up donations for the Heifer Program in Tangipahoa and collecting money for a "Water Buffalo" for the Phillipines. She has participated in Character Critters, Character Counts, Book Nook, donated books to Laly Kemp Hospital for Pediatric department and (800) books were donated to the Loranger Elementary and Middle school and Project Dictionary, giving personal dictionaries to each third grader in two schools. She volunteers one day a week at "God's Store House" - a resale shop in Amite. AND, she is also active in her church.

(Editor's note: And I understand she was unable to attend convention to accept this honor because ..... Yes ..... you guessed it - she was helping someone.)



### BEAUREGARD PARISH VFC COUNCIL

Mable Lorenz writes THIS about LINA .....

"The Beauregard Parish VFC honored our member of the year at the March 19, 2014 Council meeting. Since this is Lina Miller's fifty years of being a member of LVFC, we chose to honor her. She has not missed a meeting since she joined the Ragley Club, state council, Area 4, Beauregard VFC Council and also worked with the 4-H club in every way or where she was needed. She was honored with a plaque

for each group she was a member of. Those to honor her was her husband, Leroy Miller, granddaughter, Monica Guidry, daughter, Raynell Sevell (all three are members of LVFC), Mike LaVergne, the Beauaregard 4-H agent who was a member under her leadership. (Right) Alice Lorenz Hudson, who was a 4-H'er under Lina also, read her a letter from Beauregard District Attorney David Burton. After we enjoyed cake to honor all VFC members and food for all present at the meeting. We are all proud of all Lina does for VFC. Even when she is sick she keeps on going and giving of her time and talent."





# LITERARY WINNERS



## Feature Article

**Pat Thevenot**  
Jefferson VFC

### BROADWATER BEACH HOTEL MEMORIES

My fiancée and I married during the Christmas holidays in 1962. Being a teacher, I felt we could have a few extra days before returning to my teaching position at Sacred Heart on Canal Street.

We had heard such glowing reports about Broadwater that we had no second choice for the big event.

Since we had an afternoon wedding at St. Anthony of Padua, we arrived at the hotel in the early evening. After checking in, we went down stairs for dinner and a wonderful pre-New Year's celebration. Everyone around us was happy, cheerful and friendly. It seemed that we laughed all evening.

On returning to our room, I took my nightclothes and entered the bathroom. It was quite deluxe with a dressing room joined with a lovely bathroom. I proceeded to undress, bathe and put on my first honeymoon attire. After dressing, I went to open the dressing room door. It was stuck! I called to my groom and he tried the door a few times. It still wouldn't open! He called downstairs for assistance. An assistant quickly came up and within seconds opened the door. His smile seemed to sheepishly say, "You were locked in the room, right? Then why was it so easy for me to open it? To tell the truth, my father never believed it either!

Sunday morning we attended Mass. As we left the church the priest greeted us. As I put out my hand, one of my high heeled shoes got caught in a crack in the cement. I ended up flat on my face in front of him. Just another embarrassment!

Because I had bought several outfits to wear and there wasn't much time to wear them, I convinced my husband, Frank, to take some photographs. So I would pose for a picture, go change upstairs, and come down for another picture. Needless to say, Frank soon grew tired of this plan.

Forty-six years later my husband, children and friends helped us celebrate our anniversary. The two of us could look back on that winter weekend in '62 and enjoy the memories, both laughable and tender, that we spend at the Broadwater Beach Hotel.

## Article of Interest

**Sandra Madere**  
Tangipahoa VFC

### DID YOU KNOW

Dancing in general, but especially square dancing, is probably one of the healthiest forms of exercise for those over 50 and let's face it, the majority of square dancers are just that. It's a high-energy aerobic exercise and is a way to stay fit for people of all ages, shapes and sizes. Dancing improves the condition of your heart and lungs, increases muscular strength and endurance, and can be a great way for weight management. Any woman who has begun a dance regiment and then visited her doctor for her bone density test will realize an increase in bone density, which can be attributed to the aerobic workout feature of dancing. Those twirls and spins, as well as promenades, are considered weight-bearing exercises and will increase your bone density. This can also have a direct effect on the reduction of chances of osteoporosis, a bone-damaging disease, in both men and women. Many dancers experience improved balance and awareness of their location, which increases confidence in their physical being. When you can twirl and left allemande, you can walk with confidence. Another benefit of square dancing is an improvement of mental functioning, due to the repetition of steps. Your mind will tell your feet what to do. You move with confidence. Laughter while dancing will effect your general psychological well being. Square dancing is known as the exercise that is "laughter set to music". It is hard to leave a dance floor without a smile on your face and laughter in your heart. The endorphins "kick" in and help make the world seem to be a better place at that place and time. When you have completed lessons or workshops, you will find you have greater self-confidence and self esteem away from dancing and an improvement in your social skills. Your mental state and feeling of well being is improved by completing an activity that is both enjoyable and fulfilling.

To increase our numbers, encourage friends and family members to learn square dancing so they can experience all the health benefits dancers experience. But be sure to encourage anyone with health problems to check with their doctor, as they would before starting any exercise program. Important, even for established dancers, be sure to rest between dance sessions or tips, and wear well fitting shoes to protect your feet. Be sure to drink plenty of water before, during and after dancing. Your body needs that liquid to stay in top performing condition. You might even consider doing a few leg-stretching exercises before you leave home to be sure your legs are warmed up before getting into a square. Cooling down after a dance session or tip is important and could include a few leg stretching exercises. Square dancing is good for heart, lungs, mind and body, and over-all well being. With all the health benefits, square dancing is a win-win situation for anyone, but especially those empty nesters who have passed the health club and tennis games time of their lives and are looking for something that will give all the benefits of a good workout in a gym or on the court without those smelly gym clothes! And square dancers look so much better when they exercise in their frilly skirts and western shirts.



Pictured are: Wesley Ridgedell, Stacy Hoover, Terry Brown, Kathy Dale Forrest, Amy Kinchen, Sue Nelson, block creator for Tangipahoa Parish, and Chairman Buddy Pugh.

This beautiful quilt will travel to each parish and will eventually be displayed at the State Archives in Baton Rouge. The quilt is 98 X 118 inches, named "Stitch by Stitch, Binding Together 200 years of Louisiana History." It was created to commemorate the 200th anniversary of Louisiana statehood in 2012..

Louisiana's 64 parishes participated in the design and construction, each area is represented by a 9 X 9 inch quilt block. The blocks reflect each parish's iconic features.

Sue Nelson was chosen to craft Tangipahoa's block which included important commodities and Tangipahoa's heritage: Strawberries, spaghetti, oysters, a train and the outline of this uniquely shaped parish.



The honorable John Young, Jefferson Parish Council president, presented a proclamation to the Jefferson Volunteers for Family & Community, Inc. on April 17, 2014, declaring April Volunteer Month in Jefferson and thanking them for 2,700 volunteer hours donated in 2013 with an economic value of \$59,751.00. Accepting the proclamation is Margie Camardelle, JVFC president. JVFC officers pictured from left to right are: Cheryl Bradley, secretary, Melva Williams, Vice President for Public Policy, Cindy Griffith, Vice President for Programs, Margie Camardelle, JVFC President, John Young, Ann Reeves, Past President, Rose Styron, Past President, and Alexis O. Navarro, JVFC adviser/ LSU Ag Center, Jefferson Parish Chair.



Marilyn Bankston (left) is Jefferson Volunteers for Family and Community, Inc. volunteer of the year awarded for her many hours of community service and commitment to the organization. Marilyn accepts the award from Cindy Griffith, JVFC Vice President for Programs, at the JVFC Appreciation/Awards Day luncheon held May 5th, 2014. Marilyn is a member of the Triple H VFC club.

## TANGIPAHOA VOLUNTEERS for FAMILY and COMMUNITY

Presents

33<sup>rd</sup> Annual Holiday Ideas Workshop  
Thursday, September 25, 2014  
9 AM Registration – Fun Starts at 9:30  
Ponchatoula Community Center  
300 N. Fifth Street  
Ponchatoula, LA

Guest Speaker

KATHY MAUTHE'

Kathy will speak on the Quilt Trail and the Orphan Train Museum

CRAFT DEMOS, GIFT BASKETS, CRAFTS  
LIGHT REFRESHMENTS  
IDEAS TO BRIGHTEN and LIGHTEN YOUR HOLIDAY

For more information, call  
985-662-0187 or 985-748-9381  
There is an admission fee

## LVFC CALENDAR

### **SEPTEMBER**

Parish Treasurers - Membership drive: collect dues and completed membership forms from parish VFC members during September and October. These are due to State Membership Chairman by Nov. 30.

### **OCTOBER**

Domestic Violence Awareness Month

National Safety Month

Breast Cancer Awareness Month

TBA LVFC Audit Committee – meets to begin state audit Page 168

TBA LVFC Officers & Chairmen's Training – Baton Rouge

2015 Task Calendar to Executive Board Members, State Advisor and Parish Presidents

Parish Officers - Begin putting together information for Annual Reports due January 31, 2015.

Parish Presidents - Mail a complete Parish Officer and Chairmen's list; include changes that will be in effect for January 2014 to State Membership Chairman.

OCTOBER 15-16, 2014

100 YEAR CELEBRATION OF EXTENSION  
AND  
MINI COLLEGE

WATCH FOR MORE INFORMATION

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

Boo hoo hoo - so sorry to have missed this year's convention. I know those of you who were able to attend had a fantastic time. Congratulations to all who received awards and recognition. Our president really gave us a wonderful insight of what went on, uh?. Thanks to Terri Latimer and Margie Camardelle for taking those excellent pictures for LA Bayou. Good job, girls! Wish all could have been included, but had to limit; you know how that goes.

Received this email from Dr. Karen Overstreet and would like to share it with you. If you have access to internet then go to website below and you can download the magazine. Very interesting.

#### **email**

I haven't seen a hard copy yet but the spring issue of La Agriculture is now online. It features a look at the past 100 years of extension including an article on extension homemakers. There seems to be different versions about the origins in La but I used the National History of NEHC and the one done to celebrate La first 50 years of LEHC as the references. Lots of fun looking at all that happened – way too much for one article!

<http://www.lsuagcenter.com/en/communications/publications/agmag/Archive/2014/Spring/>

Karen B. Overstreet, Associate Director  
School of Nutrition & Food Sciences.

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ARTICLES ARE DUE BY JULY 10  
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## Hey, Did You See This????

### A Laser Message from Space

(Source: NASA Science; Science News; Author: Dr. Tony Phillips)



A laser on the International Space Station (ISS) could change all that. On June 5th, 2014, the ISS passed over the Table Mountain Observatory in Wrightwood, California, and beamed an HD video to researchers waiting below. Unlike normal data transmissions, which are encoded in radio waves, this one came to Earth on a beam of light.

It was incredible to see this magnificent beam of light arriving from our tiny payload on the space station," says Matt Abrahamson, who manages the Optical Payload for Lasercomm Science at NASA's Jet Propulsion Laboratory.

Better known as "OPALS," the experimental laser device was launched to the space station onboard a Space-X Dragon spacecraft in the spring of 2014. Its goal is to explore the possibility of high-bandwidth space communications using light instead of radio waves. If successful, researchers say OPALS would be like an upgrade from dial-up to DSL, achieving data rates 10 to 1,000 times higher than current space communications.

The entire transmission on June 5th lasted 148 seconds and achieved a maximum data rate of 50 megabits per second. It took OPALS 3.5 seconds to transmit a single copy of the video message, which would have taken more than 10 minutes using traditional downlink methods.

"NASA missions collect an enormous amount of data out in space," says Abrahamson. "Laser communications is a faster alternative for getting those data to the ground."

"With this demonstration, we're paving the way for the future of communications to and from space."

(Editor note: Isn't that amazing?)