



LOUISIANA BAYOU

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

Volume 41 - Issue 1

Spring 2014

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Maxine Wilson

FAMILY LIFE:
Julia McLain

INTERNATIONAL:
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LVFC PRESIDENT'S MESSAGE

MARTHA LATIMER



Dear VFC Members,

With the holidays past and plans for warmer day activities gearing up after the ice and snow days that we have had, I hope that all of you have been warm and safe in your homes and enjoyed quality time with your loved ones. My grandsons called that time "our snow party" and some memories were made.

The LVFC State Convention is being planned by the Area 2 members. Lots of exciting events are being planned for the days of April 29, 30 - May 1, 2014. The executive board meeting will be on Monday, April 28. Lots of information is in this Louisiana Bayou and all parish presidents will receive the full registration packet to share with their members.

The postponed WINTER EXECUTIVE BOARD MEETING WILL BE HELD MARCH 6 AT EFFERSON HALL ON THE LSU CAMPUS. Dr. Overstreet has reserved room 214 for us again and we will begin promptly at 10 a.m. and will be finished no later than 3 p.m.

All parish presidents are being invited to attend this board meeting as we plan to have a brainstorming session about the future direction of our organization. Please talk with your members and bring their comments and ideas to the meeting. If you have not sent your \$15 to State Treasurer Pat Chauvin for lunch yet, please do so if you plan to eat.

I am looking forward to jumping back into the swing of activities! This is the year that new officers are elected and WE STILL NEED A PRESIDENT-ELECT!!!! This organization belongs to ALL of us and ALL of us are responsible for it's success. **THINK ABOUT WHAT YOU CAN DO FOR LVFC.**

"FOCUS: CHOICES! CHALLENGES! CHANGES!". We can do it!

Sincerely,

Martha Latimer

FOR PROGRAMS

Letha S. Briggs

Have you had to make choices this year? Have you been faced with challenges? What changes have you had to make? As the new year 2014 begins, all of us will be faced with one or more of these issues. Hopefully, we will be able to make wise decisions with whatever we are faced with.

Did your local club, parish or area have a speaker or program you thought others might like to hear or take part in? Please share any ideas with me so that I can make these available to other homemaker clubs. New ideas stimulate more interest and enthusiasm - some parish would really welcome new ideas. Let us "share the wealth".

Consult with your parish president concerning deadlines for information that you need to submit to the State Officers and Educational Chairmen - reports, applications for scholarships and awards and any other information that might be needed for the State Convention.

I do hope to see many of you at the State Convention in Houma in late April. Have a wonderful, blessed New Year.



ENVIRONMENT

Maxine Wilson, LVFC Environment Chairman, wisely advises ...

Ah, the Coppertone tan. The glowing golden brown of the tan was a sign of "health and vitality". These beliefs came to an end when the damaging effects of UV rays were realized. The wrinkles can be handled with firming creams and face lifts. Skin cancer, however, can be much more of an issue. Types of skin cancer include melanoma and basal cell carcinoma. Melanoma is the more serious of the two. This can spread to other organs and cause lasting damage. Basal cell carcinoma, when treated early, can be more of a bother than a serious health risk. Now, many people have switched to another form of "beauty treatment" that may not be as harmless as they think.

Gel fingernails have become very popular over the past few years. Being able to have beautiful hands and nails by spending a short time in a nail salon sounds like a great idea. Gel nails have replaced acrylic nails for many people because of how natural they appear. However, the process for curing the nails involves holding the hand under an ultra-violet lamp for at least 10 minutes. This exposure has the potential for causing the same types of skin cancer caused by the sun. There are some who think using sunscreen on the hands before holding them under the lamp may be a good preventive measure when curing the gel nails. Ask your nail professional or dermatologist for more information about this issue.



MARKETING LVFC & LEADERSHIP SKILLS

Cheryl Bradley, LVFC Marketing Chair

2014 is in full swing with "Soar with LVFC." Come fly with us as leader-volunteers. The view from the Heavens is spectacular! But we know there is much to be done here in our state to improve our families and communities. Look around your area, list the needs you see and make a plan to address them. Only you can meet the challenges of 2014, and make the changes needed with the help of your members. Our "wings" of volunteerism will help us "soar" to greater heights in 2014.

Try some of these marketing ideas: hot air balloons, paper or real balloons planes, rockets or even spaceships with messages on them, can spread the "Soaring with LVFC" theme with awareness of volunteers and VFC projects in your community. Break the ice at events with balloon games. Write a saying or leadership quality on a paper balloon shape and attach it to back of each member. Then have them guess what it says by giving clues & answering their questions. Have "flying" themed prizes for winners. Have each club tell about a "famous flyer," a person or volunteer who "soared" in their profession or volunteer service. Then use your inspiration to recruit new members and help others "soar" as a part of LVFC.

Thanks to all who continue to market VFC. 2014 has already brought in 900 paid members, 64 of them are new and it's only January! Great job ladies!

You can reach me at 504-733-0739 or jafce1@aol.com

AREA 1



NEWS FROM

Mary Hennegan, Area 1 Director

Thank you Mitzi Verberne and Terry Voight for an excellent job in 2012 / 2013. It will be hard to follow in your footsteps, but we will try.

I am Area 1 Director and JoAnn Bonck serves as Area 1 secretary. We are both from Jefferson Parish.

Some of Area 1 members will be gathering for the first time in 2014 at the state convention in April and we look forward to seeing old friends and to making new ones. All Area 1 presidents, - please bring your reports detailing your parish activities in 2013.

This is early, but a date has already been scheduled for Area 1 Fun Day. We will be gathering at Rosaryville Spirit Life Center (in Ponchatoula) on June 2nd.

JoAnn and I are looking forward to working with all of you in 2014 & 2015.

NEWS FROM ST. MARTIN VFC

Morgan Lally, Synergy Home Care, was the guest speaker at the January VFC meeting; Janet Lasseigne, St. Martin VFC President, introduced and presented her with a SMVFC cookbook. (Seen in right photo) She highlighted programs offered by Synergy. Mavis Landry presided over the meeting. Kim Gravouilla led the recitation of Club Collect and Pledge; Mavis Landry led in reciting the Pledge in French. Jeanette Stelly handled the 50/50 Wanda Landry Scholarship raffle.



Forms were handed out for recording of library books read, CVU hours and signatures obtained for Years of Service.

(Left photo) Recently retired FCS Agent, Jan Coussan, was thanked for her service to VFC. The Breaux Bridge VFC slate of officers were introduced: (Right photo) Treasurer: Barbara Bird, President: Pris Breaux, Vice-President: Laura Melancon, Secretary: Betty Guidry.



The St. Martin Volunteers for Family and Community Council Meeting was held at the Fire Training Center in Ruth. President Janet Lasseigne presided; Kim Gravouilla led members in reciting of the Pledge of Allegiance and Club Collect; Mavis Landry and Lovel Benoit led reciting the Pledge in French.



(Left photo) Officers of the Council were introduced: Secretary, Mavis Landry; President, Janet Lasseigne; Vice-President, Kim Gravouilla; and (not in photo) Treasurer, Gloria Degeyter.

Elsie Castille gave a report on the Wanda Landry Scholarship and announced that scholarship applications are available now.

JEFFERSON VFC SNAPSHOTS



(right) Melanie Hoeman, Second Harvest receives money and food boxes from Ann Reeves, Catherine Hartman, Mary Hennegan, and Linda Melinie, president of DEB VFC club, hosts of the May 15th JVFC Annual Awards Luncheon.



(left) Jefferson VFC and their guests, St. Charles VFC, toured the Rooftop Aqua-culture Garden at Rouse's store with a presentation on growing herbs with water

and nutrients; then learned about Louisiana foods available in the store and were treated to a food preparation demo and tasting by Chef Allison on Aug. 22 in New Orleans.

Program in a Nutshell



2014 LVFC Convention - SOAR WITH LVFC

Tuesday, April 29

- 11:30 am First Timers Reception
- 1:30 pm OPENING SESSION
- 6:00 pm Fun Night (LVFC Goes to the Mardi Gras)***

Wednesday, April 30

- 7:00 am LLL Breakfast (Reach for the Stars Through LLL) Followed by LLL Workshop
- 12:00 pm Awards and Memorial Luncheon (You Raise Me Up) Followed by LLL Workshop
- 6:15 pm Reception honoring Great Louisiana Family
- 7:00 pm Banquet (Up Up and Away) (dressy attire)

Thursday, May 1

- 7:30 am Recognition Breakfast (Take Flight with LVFC)

***COME HAVE A BALL FOR LVFC'S FUN NIGHT

No trip to south Louisiana is complete without the exclusive fun of Mardi Gras. So, be entertained with the typical hoopla and the reenactment of a Tableau, a Ball, family fun, and food as a unique treat. Experience the history and ritual of Carnival. Stomp your feet and join in the "Second Line" to the traditional dance - The Mambo Beat!!!

So pack your mask and costume for this Gala Tableau event; or your formal gown and bling-bling if a ball guest you will represent.

Get ready for laughter because our extra-special treat Is especially fitting for a night of LVFC entertainment Convention 2014 style!

*And prizes too!
Most Creative Mask
Belle of the Ball
Funniest Costume*



JEFFERSON VFC CELEBRATES "RIVERS OF LOUISIANA DAY"

at luncheon on October 24, 2013 at Clearview Picadilly



(1) Glenda Bonneval, International chairperson and planner of the "Rivers of Louisiana" Day and Luncheon, led the presentation of the Mighty Mississippi River for the DEB VFC club. From the left is Glenda, Jo Ann Bonck, Catherine Hartman, Ann Reeves and Lillie Latham.

(2) Rose Styron, and her mother, Lucille Tamporello, presented the history of the Cane River near Natchitoches, La. Esther DuSang, Jefferson Gems club president, waits for her turn.



(3) Second from the left in the middle row is Ruth Autin who presented the history of the Red River. Front row seated from left Joyce Adams, Charlotte Vatter, Sherry Calcagno, and Bonnie Wall, Magnolia club president. Middle row: Doris Jung, guest, Ruth, Betty Daigle, Delores Danos, Diane Nielsen, Marilyn Bankston, Nell Perkins, Margie Camardelle. 3rd row: Judy Harris, Triple H club president, and Sigrun Gibson.

(4) Lagniappe VFC Club members dressed the part as they presented the history of the Tickfaw River. Seated are Pat Thevenot, presentation chairperson, Diana Friedel, Rose Marie Beard; second row: Charlotte Upadhyay, Jerry Roberts, Beverly Harper, club president, in sunglasses, Barbara Owens, JoAnn Moran in Native American dress, Gail Boling in tubing outfit, Diane Cook with fishing gear and Eleanore Lutz.



(5) Viola Segari, Close Knit VFC club president, looks on as Norma Sharp takes us down memory lane telling part of the history of the Tchefonctue River that she experienced as a child with gusto! She also shared the early history of the industries, etc. of the area enjoyed as a resort area and sometimes as an escape from New Orleans during yellow fever and other disasters. Today it is again a beautiful sanctuary for many families who want to enjoy nature.



(6) Little Farms VFC club member Thomas Bradley tells about the locks along the bayou as Cheryl Bradley, club president, presented Bayou Teche, a part of the Scenic Waterways system. Known as the "snake" bayou by the Native Americans, it passes through four parishes and was the main channel of the Mississippi over 3,000 years ago.



(7) Bonnie Wall, Magnolia club president, presented the history of the Sabine River which separates Louisiana from Texas.,



Louisiana Volunteers for Family & Community, Inc

LVFC FOCUS ~ CHOICES ~ CHALLENGES ~ CHANGES

LVFC President
Martha Latimer
9510 Arnold Rd.
Denham Springs, LA 70726

January 15, 2014

VP for Programs
Letha Briggs
112 Grand Avenue
Lafayette, LA 70543

Dear LVFC Members,

VP for Public Policy
Sue Nelson
46207 Milton Rd.
Hammond, LA 70401

Lafourche and Terrebonne parishes are rolling out the red carpet for us as this unique area of our state is planning a very interesting and exciting meeting. Food, fun, festivities and Focusing on our Choices, Challenges and Changes will give all of us a chance to broaden our horizons as we "SOAR WITH LVFC".

Recording Secretary
Terri Latimer
30732 Thunderbird Circle
Denham Springs, LA 70726

Area 2 is planning quite a "feast of activities" for us at our 83rd Annual State Convention April 29 - May 1. The Executive Board will meet on Monday, April 28, 2014 at 1:30 p.m.

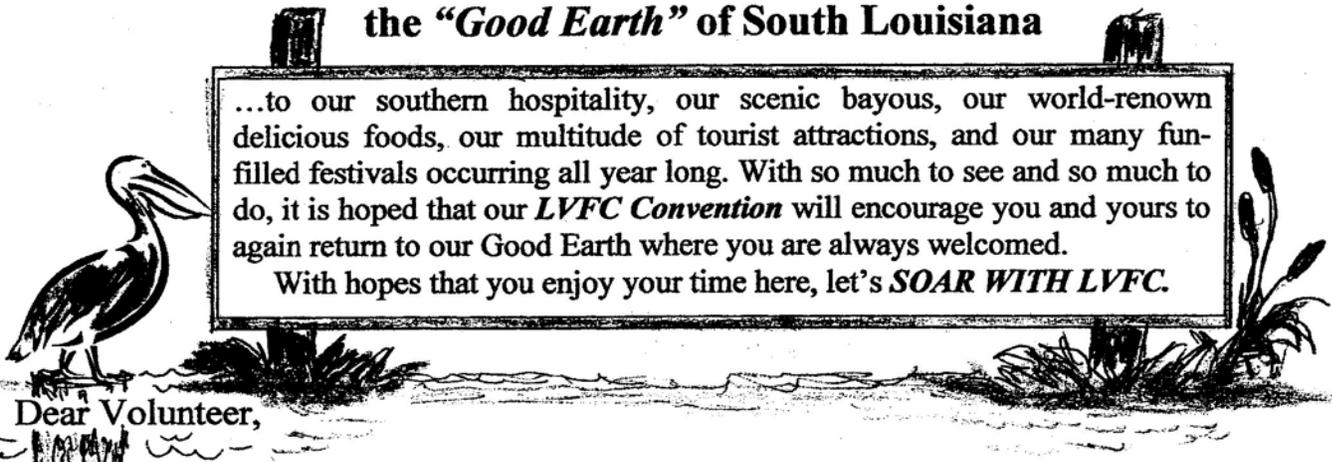
Treasurer
Pat Chauvin
610 Holiday Drive
Houma, LA 70364

LLL Classes will give us a chance to increase our leadership hours. The interesting speakers will provide educational information as well as a few laughs! The food always a treat, will continue that tradition!!! So, make your plans now to attend and "Laissez les bon temps rouler"!!!

Past President
Rena Labat
200 Kenney Street
Houma, LA 70364

LVFC State President
Martha P. Latimer

**Welcome to Terrebonne Parish –
the “Good Earth” of South Louisiana**



...to our southern hospitality, our scenic bayous, our world-renown delicious foods, our multitude of tourist attractions, and our many fun-filled festivals occurring all year long. With so much to see and so much to do, it is hoped that our *LVFC Convention* will encourage you and yours to again return to our Good Earth where you are always welcomed.

With hopes that you enjoy your time here, let's *SOAR WITH LVFC.*

Dear Volunteer,

Welcome to our *2014 LVFC State Convention*. As we roll out the red carpet and sound the trumpets for those who attend, we thank you for continuing to support LVFC's annual event.

Being involved in an LVFC convention takes you to many different locations in our state. This year finds you in Houma, Louisiana, a town that boasts of its tranquil bayous and swamplands. Houma's lakes and five major waterways leads one to the beckoning lure of our famous sportsmen's paradise...with its fishing, hunting, camping, swamp tours, and many Cajun heritage sites. You will also discover major shopping centers, plantation homes, state-of-the-art libraries and museums, and an array of eateries for every palate. Take pleasure in our Cajun, Swamp Pop, Zydeco and many other forms of music, a defining element in our unique way of life in South Louisiana. And we would be remiss if we did not encourage you to "*Laissez les bon temps rouler*" – Let the good times roll.

Both Terrebonne parish and our neighboring parish of Lafourche have long been a tourists' magnet. With that in mind, our *Area II Planning Committee* has worked into your convention schedule a unique blend of our region's offerings for tours, fun time, and friendships.

Come Soar With LVFC and "*Pass a good time*" in Houma, Louisiana.

Janelle Bonvillian – Area II Director

Paula Morgan – Lafourche VFC President

Mary Ann Boudreaux – Terrebonne VFC President

LVFC CONVENTION - APRIL 29 - MAY 1, 2014

"SOAR WITH LVFC"

REGISTRATION FORM

REGISTRATION DEADLINE: MARCH 28, 2014

- ❖ **Make your check out to: LVFC 2014 Convention**
- ❖ **Fill out the Registration Form below - include the Medical Record Form for each person attending**
- ❖ **Mail to:**
 Betty Guilbeau
 LVFC 2014 Convention Registrar
 333 Ravensaide Dr.
 Houma, LA 70360-8369

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

Check all that apply.
 If you are a VOTING DELEGATE, it must be INDICATED BELOW

	Council President		First Timer
	Voting Delegate		LVFC Member
	State Officer		Not a LVFC Member
	State Educational Chairman		AgCenter Faculty

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

<p>BOARD DINNER \$25.00 each Monday, April 28, 2014 from 6:30 p.m. to 9:00 p.m. Twelve Oaks Plantation 3650 Southdown Mandalay Houma Menu: Pork Loin Guests are welcomed to attend</p> <p>Make Check payable to: LVFC 2014 Convention Parish or individual checks will be accepted</p>
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CONVENTION SELECTIONS AND PRICES		COST	AMOUNT DUE
REGISTRATION - SELECT ONE			
Member Early Bird Registration (all persons attending any event must pay)			
Fifty year members DO NOT pay Registration Fee			
LVFC Member		\$20.00	
Non-Member		\$30.00	
Late registration (if registering later than March 28, 2014 deadline)		\$30.00	
Registration will not be accepted if received after April 18, 2014			
CONVENTION PRICE PLANS Plan 1: One-Price Meal Plan Plan 2: Selective Meal Plan			
Plan 1 / One-Price Meal Plan (includes all meals except Board Dinner)		\$124.00	
Executive Board Dinner (Monday night) Guests are welcomed to attend		\$25.00	
Plan 2 / Selective Meal Plan			
Check which ones	Fun Night	(Tuesday evening)	\$28.00
	LLL Breakfast	(Wednesday morning)	\$19.00
	Awards/Memorial Luncheon	(Wednesday Noon)	\$23.00
	Banquet	(Wednesday evening)	\$35.00
	Recognition Breakfast	(Thursday Morning)	\$19.00
For Banquet choose one: 1. Blackened chicken breast _____ 2. Shrimp etouffee _____ 3. Apple cider pork chop _____			
Parish or individual check will be accepted. Make checks payable to: LVFC 2014 Convention.			
TOTAL CONVENTION FEE SUBMITTED:		\$ _____	
NOTE: There will be NO Refunds after the March 28, 2014 deadline, except Registration Fee			

"SOAR WITH LVFC"

Courtyard Marriott
142 Library Drive
Houma, Louisiana 70360

Reservations - - - Call (983)223-8996 - - - Ask for Group Code LVFC Room Rates	
1 Person/1 King Bed = \$129	3 People/2 Queen Beds = \$129
2 People/2 Queen Beds = \$129	4 People/2 Queen Beds = \$129

From Lafayette: When traveling east on Hwy. 90, take Exit 200. Turn right on Hwy. 311. Travel approximately 10 miles. Turn right on Civic Center Drive, then left on Library Drive. The hotel is located on the right.

From New Orleans: When traveling west on Hwy. 90, take exit 200. Turn right on Hwy. 311. Travel approximately 10 miles. Turn right on Civic Center Drive, then left on Library Drive. The hotel is located on the right.

LVFC CALENDAR

MARCH

- 6 LVFC Board Meeting - Baton Rouge
- 15 LLL (Louisiana Learning and Leading Form LLL #2)

- 15 Parish Presidents – Submit:
Heart of LVFC Award Nominee (Form 13)
Spirit of LLL Award Nominee (Form 14) to State Vice President for Public Policy.
Area Directors send Area Reports (Form 16)

- Scholarship Applications are due
Ellen Lenoir Scholarship – Form 1
Nan Tarwater Davis Scholarship – Form 2
LVFC Area College Scholarship – Form 3
Mini Grants Applications – Forms 5 & 6

- 28 LVFC Convention registration due

APRIL

- 28 LVFC Board Meeting - Houma

**APRIL 29-MAY 1
LVFC State Convention - Houma**



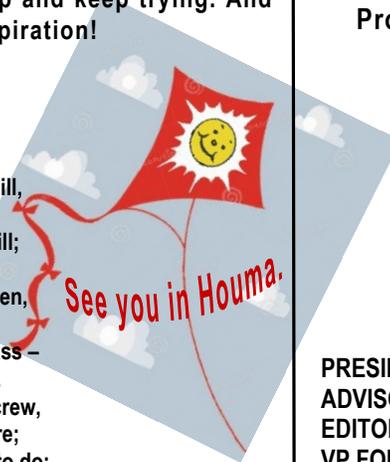
Editor's Notes. Rosie Trahan

Ummm ... just think about it ... don't you just connect with that Super Woman up there? You have to because being a LVFC member ... Hey! You are one!!! And they plan on boosting our soaring power in Houma. Can't you just feel it? You surely don't want to miss out on that so get your reservations in early. Your parish president has all the rest of the information you need in the packet sent to them. If you have any questions, contact them. And don't forget to send in your medical form along with your registration - your president has that form too.

It's hard to believe, but 2014 is well on its way. Have you broken any of your resolutions yet? It's hard to stick to them and I have to admit I slipped up a couple of times too. But gotta just pick yourself up and keep trying. And on that thought - here's a little inspiration!

Be the Best of Whatever You Are

If you can't be a pine on the top of the hill,
Be a scrub in the valley - but be
The best little scrub at the side of the hill;
Be a bush if you can't be a tree.
If you can't be a bush, be a bit of the green,
Some highway to happier make,
If you can't be a muskie, then just be a bass -
But the liveliest bass in the lake.
We can't all be captains, we've got to be crew,
There's something for all of us here;
There's big work to do, and there's lesser to do;
And the task we must do is near.
If you can't be a highway, then just be a trail,
If you can't be the sun, be a star;
It isn't by size that you win or you fall -
Be the best of whatever you are.
- Douglas Malloch



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**ARTICLES ARE DUE BY APRIL 10
AND PUBLISHED BY MAY 15**

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LVFC SPIRIT OF LLL
LVFC GREAT LOUISIANA
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