



LOUISIANA BAYOU

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

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LVFC President's Message Rena LaBat



Dear LVFC Members

Once again it is my pleasure to give you some highlights of our fabulous, exciting and entertaining 81st LVFC State Convention which was held in Lafayette with Acadia, Beaugard, Iberia, Lafayette, Jeff Davis, St. Martin, and Vermilion VFC members serving as our hostesses. My thanks go to the fabulous convention chairmen and their committees for planning an event that was filled with informative workshops, and guest speakers who suggested skills that would enable us to become more effective volunteers in our communities. "Legends in Concert" was Fun Night's entertainment as members sang with the "Legends" during their musical renditions. If you were unable to attend, we certainly missed you.

I would like to take this opportunity to extend my congratulations to the outstanding recipients of Spirit of LLL and Heart of LVFC. It was wonderful to recognize those members who have reached the 50+ years milestone as members of our organization and also those who have earned their various membership years.

Many clubs will not be meeting during the summer. At this time you will be enjoying your time with family celebrations and other vacation activities. Although you will be relaxing, try to take a few minutes and think about how you will be using the materials that were made available to you while attending convention. Louisiana Volunteers for Family and Community has many valuable projects and programs that can be worked into the needs of the community.

You will be pleased to know that a mini-college is scheduled for November 13 and 14, 2012 to be held at the Lod Cook hotel located on the LSU campus. You will be receiving more details and information concerning the mini college soon

Continue to be "Energized" as you promote the good works of Louisiana Volunteers for Family and Community in your local areas and throughout the state.

As always, I take pride in serving as your LVFC President.

Rena V. Labat

**GOOD NEWS FROM OUR STATE ADVISOR
....DR. KAREN OVERSTREET**

**Associate Department Head, FCCS Division
Head**

It was so much fun seeing everyone at state convention this year. I'm excited to be back full time with extension and look forward to participating in many more activities. There is also lots of good news for you and for our programs.

As you may have heard, the FCS program was combined with 4-H to create a new department of 4-H, Youth & Family Development. All FCS has become a nutrition and wellness program with a special emphasis on childhood obesity. However, we know that it takes a whole community to improve the health of Louisiana citizens so there is a lot of exciting opportunities for LVFC members.

1. We are planning a follow up to the highly successful mini college on nutrition & health. Dates are November 13-14 at Lod Cook hotel in Baton Rouge. Mark your calendars – you won't want to miss it. Registration information will be in the summer Bayou.
2. We are working toward making numerous foods & nutrition materials available to you for club lessons.
3. We are reorganizing our agent staffing so everyone will have access to an agent. Although everyone already had an agent assigned to their parish it did not always work. We will not have a lot of additional agents but changes in responsibilities will result in better relationships.
4. The master nutrition program is ready to roll. Three parishes have completed programs including several LVFC members in Grant. We plan to hold at least one class in each region every spring and every fall so look for a class near you in the future. Plans are to do some combination activities with Master Gardeners to promote gardens and healthy eating.

With health care costs rising and Louisiana near the bottom in all the health indicators it's important that we all get on board. I am really excited about the opportunities we have to make a difference in our lives and the lives of our children and grandchildren. Not only that, we will have lots of fun in the process. I look forward to seeing everyone in November.



VP FOR PUBLIC POLICY JANELLE BONVILLAIN

Our 2012 LVFC Convention was a huge success. 150+ members received two hours of LLL training: one hour for Smart Foods/Smart Moves and one hour for Avoiding the Ostrich Syndrome. Members can now go into their parishes and give these workshops.

Congratulations to Terri Voight and Elsie Castille for being nominated for Spirit of LLL' Our winner is Elsie Castille

I am looking forward to seeing you in Baton Rouge in November for Mini-College and hope you have a "cool" summer!

SCHOLARSHIPS AND MINI GRANTS!!

Gail Haynes, Scholarship Chairman, made the following LVFC presentations at convention:

ABIGAIL MARIE HENNIGAN - Nan Tarwater Davis Memorial Scholarship. She will attend Louisiana Tech and major in Nutrition/Dietetic

JUDY MOON - First Timer winner - Lafayette first-timer

AND eight Mini Grants went to the following with description of projects:

Tangipahoa - The Family Book Bags (teaches family importance of health, eating, reading and exercise)

Jeff Davis - The Power of Books (books for kindergarten)

Lafayette - Heartstring and Angel Wings (Preemie clothes)

Vermilion - Paper Project (Copy paper for Vermilion Extension Office)

Beauregard - Chairs for the War Memorial Civic Center

Acadia - Hats for Cancer

Ouachita - Snack Baskets for Hospital Surgery and ICU Waiting Rooms

St. Martin - New Start Center

**SUCH GREAT EXAMPLES OF
LVFC MOVERS AND SHAKERS
CONGRATULATIONS TO ALL**





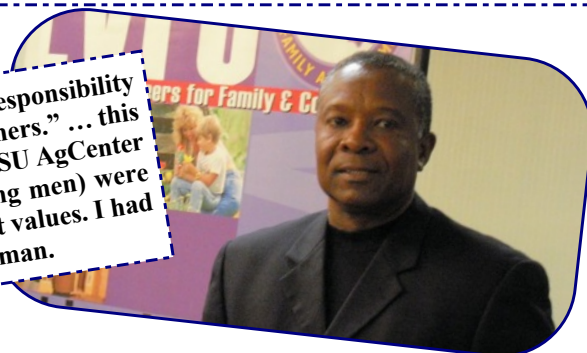
Joseph B. Zanco, CPA, CIA, Executive Vice President and Chief Financial Officer for Home Bank of Lafayette, gave a fantastic talk at LLL Leadership Awards Breakfast. If you could see the charts behind this picture you would get a gist of his message. Pictured with him are President Rena, Dr. Karen Overstreet and Janelle Bonvillain, VP for Public Policy. Show Your Colors was the theme for this event.



Awards and Memorial Luncheon Speakers

Left to right: Lisa Rickard, Retired Military, Fort Polk; Linda Furr, President, Baton Rouge Chapter of Blue Star Mothers; President Rena and Elaine Chatagnier, VP for Programs. Check out the background of a "truck load" of items we collected for our military. Blue Star Moms will package and ship to our soldiers. LVFC Saluting the Red White and Blue done with gusto! No! We Dare Not Forget!

"The only way to lead is to serve; and unless you have a strong sense of responsibility to yourself, you will never understand the responsibility of service to others." ... this is the motto of Thursday morning guest speaker, Mr. Gerald Roberts, LSU AgCenter Horticulture Agent. Don't know if he saw this but our waiters (young men) were coming into the room just to hear his moving experience and heartfelt values. I had to run to catch him as he was leaving to get a snap shot. He's a busy man.



To the left: Mandy Armentor and Debbie Melvin presented LLL session, *Super Foods - Super Moves*. Guess what was on the menu for the evening meal? Right on ... super foods!



To the left are LLL session, *Avoiding the Ostrich Syndrome*, presenters Mary Ann Boudreaux, Terrebonne VFC member, and Major Darryl Stewart, Commander of the Drug Unit, Terrebonne Parish. Much needed info on how to dispose of drugs that are in our medicine cabinets.

INSTALLATION OF 2013-2014 OFFICERS



Vermilion VFC Advisor Mandy Armentor did a beautiful ceremony as she installed the 2013-2014 officers ... and they are: second from left, Secretary, Terri Hymel, Livingston VFC; President, Martha Latimer, Livingston VFC; Vice President for Public Policy, Sue Nelson, Tangipahoa VFC; second from right, Treasurer, Pat Chauvin, Terrebonne; and Vice President for Programs, Letha Briggs, Lafayette VFC. Vermilion and Beauregard were co-hosts for this event so on far left is Ramona Babineaux, Vermilion VFC; and third from right, Lina Miller, Beauregard VFC and LVFC-CVU Chairman.

CONGRATULATIONS AND CHEERS

**LVFC 2012
GREAT
LOUISIANA
FAMILY**

**BARBARA
AND
CHARLES
LITTERAL**

**JEFF DAVIS
VFC**



Family Life Chairman Judy Broussard had this to say in presenting their award:

What is VFC?

V - Volunteer - to offer one's services or oneself for some special purpose.

F - Family - a father, mother and their children.

C - Community - a number of people having common ties or interest.

All of these words describe our Great Louisiana Family. Charles and Barbara were married in 1956 and were determined to have a family like the ones they grew up in: Dedicated to God and service to others.

Charles and Barbara have three daughters: Karen Ann and husband, Mark Landry, who have two daughters, Megan and Sarah; Glenda Kay and husband, Randall Granger, have two children, Taylor and Paige; Cynthia Jean is married to Luke Doise and they have three daughters, Brittany, Allie and Caroline.

Over the years, Charles and Barbara have been very involved in scouting, cattlemen and cattlegirls, LSU counter-terrorist education, teaching home economics, working with 4-H, church activities, VFC achievement days, area meetings, quilts for Project Linus, VFC programs that promote rice and beef month, healthy lifestyles and other programs with JLVFC and LSU AgCenter to name a few.

Charles and Barbara have encouraged and helped their children and grandchildren to become involved Volunteers too. When thinking of the Litterals, I was reminded of the words of the famous writer, Erma Bombeck: "Volunteers are the only human beings on the face of the earth who reflect this Nation's compassion, unselfish caring, patience, and just plain loving one another."



SPIRIT OF LLL AND THE WINNER IS

ELSIE CASTILLE! Elsie received this award because of her tremendous efforts and dedication to St. Martin VFC organization. When she retired in 1983 from her career as Extension Home Economist for St. Martin and Lafayette Parishes, she joined VFC serving as president of her local and parish since 2000. At that time STMVFC had 30 members and has grown to 140. This year 14 new members have enrolled and for two years STMVFC has been recognized by state for most new members. (They were hoping to get that award again this year - guess what? They did!) Elsie is instrumental in getting excellent speakers for individual clubs (4) and

Council meetings. She meets with each club in January, February, March, April and September. Awards Day is held in October; Crafts and Foods in November; and Christmas luncheon in December; International Day is held in May. She chairs all activities but the members are very supportive - she is the "glue" that holds them together and they say they love their great "glue". Elsie was honored by her local Chamber of Commerce with their prestigious Extraordinaire Award 2010.

2012 HEART OF LVFC - JOAN REED, TANGIPAHOA VFC

These are the wonderful words of President Rena

Presenting this year's recipient of the Heart of LVFC, I want you to think of what these three things have in common – February 14th, the Heart of LVFC Award and the tremendous love this year's recipient possesses. It's love and the universal symbol of love is the heart.

Now I want all of you to help me as we show our love with our "hearts" – take your left hand and form a C and drop your thumb down; now take your right and form a backward C and drop your thumb down; now join your two hands together and look at the heart you formed! Now look around you at all the hearts and love in this room today!! It makes me so excited to use this as the background to present the Heart of LVFC Award recipient!!!

This year's Heart of LVFC is a power-packed dynamo! She may be tiny but she is mighty. Her efforts benefit people of all ages from the very young to the elderly and from near to far stretching from her own back yard to miles across the ocean.

She has seen the organization and herself through good times and bad and has worked her way in a positive manner to remain active. She is active in her chapter projects to benefits the community and opens her home for members to come and work on big projects that take lots of time. She has helped with numerous sewing projects for others, baby items for the hospital, dictionaries for the school children, sleeping mats for Haiti, the parish fair, the holiday workshop, 4-H sewing workshops, and the annual scholarship quilt project.

This 50-year member recently underwent hip replacement surgery but that didn't slow her down. She calls one of her members or a member of her family to drive her to whatever or wherever she finds a need to volunteer. Lack of driving ability is no excuse for not helping someone in need.

This 91 pound, 91-year old is, to quote her president, "– pure dynamite!!!"



FIRST TIMERS EVENT

First Timers to convention were honored with a reception. There were twenty-one applicants. Pictured on the left are those in attendance:

Seated l-r: Esther DuSange, Jefferson; Gloria Mason and Millie Huval, St. Martin.

Standing l-r: Jolita Bishop and Judy Moon, Lafayette; Charlotte Duplechain, Jeff Davis; Janice Eshliman, Terrebonne; Mary Robin, St. Martin;

Gene Ducote, Livingston; Dolores Mills, Sherry Thomassee, Jeanette Stelly, Eula Landry and Del Trosclair, St. Martin. Welcome, you first timers; SO GLAD YOU COULD COME! (Don't forget what those pencils are for.)

During the reception, each president (past/present) gave a mini summary of their term of office. Well what a privileged opportunity to get a shot of that, uh? So I lined them up for you and made Karen get in there with them.

Ethel Adcock (2009-2010)
Dr. Karen (advisor since when?)
Letha Briggs (1983-1984)
Judy Broussard (2006-2008)
Rena Labat (2000-2002 & 2011-2012)
Virgie Foreman (1987-1988)
Martha Latimer (1994-1996)

Ethel Tarleton in circle (2003-2005)

*Wow!
A Round
of
Applause!!!*





POETRY AND FEATURE ARTICLE WINNERS

Ann Reeves, Literacy Chairman, on the right in both Pictures, is making awards presentations to these gifted VFC members:

(left) Sue Nelson (Tangipahoa VFC)
winner of Poetry Contest

(right) Mary Hennegan (Jefferson VFC)
winner of Feature Article Contest.



JUST ASK by Mary Hennegan

After the loss of my husband of 35 years in December of 1999, I was content with living my life alone, and this was the way I lived, for nine years. Then, in March 2008, while setting-up for a St. Joseph Altar, I do not know what came over me, but I prayed: "God, I am tired of living with the deceased. I am ready to start living again; please send me my very special person. I want him to tell me, in some way that you sent him to me." The second request was - "let this person like to travel." and the 3rd request was "that he would wine and dine me." What more could I pray for?

About two weeks after I said my special prayer, my phone rang. When I answered, the person said, "Is this Mary Gulizo Hennegan?" I said yes, and then he repeated, "Is this really Mary Gulizo Hennegan?" Again I said yes, but by this time, I was getting a little aggravated. He then said, "I do not know if you remember me, or what you called me, John or J.D. Spano?" I said, "Oh, yes, and how are you?" He thought to himself, "she doesn't remember me" (he later told me).

I guess I should explain that J.D. Was my first high school sweetheart. He also was my neighbor. We lived in the country. My house was the last home on one side of the street. His was on the opposite side, about 600 feet down the road. We spent time on the phone talking after school. My father would not allow me to take calls after 9:00 PM, but on some evenings, my mom would say he could call late. So I would go in my bedroom and blink the light, (one stood for goodnight and two blinks said you can call). He could see my bedroom light from his living room.

J.D. And I did the usual things dating teens did. We considered our relationship s "Going Steady". I especially remember how we both enjoyed sitting together in the same seat on the school bus, and talking in the hall before class in the morning. After school and after finishing his work at the dairy, he would come over to my house where we would sit outside on the lawn and talk.

My Dad eventually decided that were both too young for going steady, and insisted that we each see other people. However, we could still see each other. When I told J.D. of my Dad/s wishes, he was very upset. Later that evening, his family called me looking for him. It turned out that he had run away from home (and did not return until the next day). We continue to talk for the next two weeks. But, both of us were hard headed Italians; and we eventually stopped seeing each other. That was the end of our teenage romance. This was in 1958. We did not speak to each other again until 2008 (almost 50 years later).

Getting back to my prayer, after 46 years J.D. moved back to Louisiana. When we first talked on the phone, he told me that he had found my name by accident while doing some research for St. Joseph Altars on the Internet. He wanted to know more about the altars, since he had lived in the Southwest where St. Joseph Altars were not a part of the culture. By chance, on the very first search, he was surprised to see my full name popped-up at the top of the page associated with a St. Joseph Altar in Marrero. He later told me that, aside from the altar search, he had been trying to find me on the Internet over the past few years but had no luck. With the St. Joseph Altar notice, he realized that he had been spelling my married name incorrectly. With the right spelling he was then able to find my phone number. Before calling me the first time, he said that he "prayed on it" for a week. I said to myself that this sounds like the first thing I prayed for. Later on he told me that he had been traveling all over the world for business and that he still wanted to travel. So I said again to myself, "could this be the answer to my second prayer request?" Next was wine and dine. Well, it looks like this part is going to be OK Too.

The first time he came to visit, I was very excited. It was just like being a teenager again. We sat and talked for over a hour, but I did not make eye contact. Finally, he said, "Are you going to look at me?" I did a quick take. Since I was not sure how things would go, I did not fix any refreshments. I also put my cell phone in my bedroom. Just in case things weren't going well, I could use it to call my house phone and say an emergency came up. As it turned out, I did not have to make that call. Later he asked me to go out to dinner and offered that I could bring a friend because he knew that he was, in a way, a stranger. I had not been dating anyone for so long, I was a little bit afraid.

Later on, a special surprise happened: When we broke up, I gave him back a gold anklet (with my name inscribed) which he had given me on our first Christmas. Then on Christmas, 50 years later, he gave back to me the very same anklet.

Now our story continued. J.D. And I have traveled together to many beautiful places in the West and on the East coast and he does like to wine and dine. We have had three great years together and I am looking forward to many more.

I just asked and God answered.

DEAR ONES
by Sue Nelson

There is comfort in old friendship
That I find hard to beat;
A lovely, warm companionship
Exists when old friends meet;
No awkward introduction,
No need to break the ice,
An no disguising feelings
In an effort to be nice.

With a bond of shared memories,
Of laughter, and sometimes tears,
There is a depth of understanding
Developed over the years.
A sort of "old shoe" comfort comes
From feelings that you share;
Each friends just glad in knowing
That the other one is near,
A pause of pleasure to
Remember when apart.
Old friends may leave your presence,
But they never leave your heart.

MEMORIAL SERVICE

Presiding over an impressive memorial service,
Josette Habetz, Roberts VFC (Acadia), recited the following poem:

If tomorrow starts without me, and I'm not there to see
If the sun should rise and find your eyes all filled with tears for me.
I wish so much you wouldn't cry the way you did today
While thinking of the many things we didn't get to say.
I know how much you love me, as much as I love you;
And each time that you think of me, I know you'll miss me too;
But when tomorrow starts without me, please try to understand,
That an angel came and called my name, and took me by the hand.
And said my place was ready, in heaven far above,
And that I'd have to leave behind all those I dearly love.
But as I turned to walk away, a tear fell from my eye,
For all my life I'd always thought I didn't want to die.
I had so much to live for, so much left yet to do,
It seemed almost impossible that I was leaving you.
I thought of all the yesterdays, the good ones and the bad,
I thought of all that we had shared, and all the fun we had.
If I could relive yesterday, just even for a while,
I'd say goodbye and kiss you and maybe see you smile.
But then I fully realized, that this could never be,
For emptiness and memories would take the place of me.
And when I thought of worldly things, I might miss come tomorrow,
I thought of you and when I did, my heart was filled with sorrow.
But when I walked through heaven's gates, I felt so much at home,
When God looked down and smiled at me from His great golden throne
He said, "This is eternity and all I've promised you."
Today your life on earth is past, but here life starts anew.
I promise no tomorrow but today will always last,
And since each day is the same way, there's no longing for the past.
So when tomorrow starts without me, don't think we're far apart,
For every time you think of me, I'm right here in your heart.

IN MEMORY OF

Area 1

Shirley Davis, Jefferson
Joy Hughes, Livingston
Lorina Montegu, St. Bernard
Felice Price, St. Bernard
Eric Vosbein, Sr., St. Bernard
Patricia Sisco, Tangipahoa

Area 2

Kathrlyn Baptist, Iberville
Audrey Callais, Lafourche

Area 3

Louise Cain, Morehouse
Dorris Eubanks, Morehouse

Area 4

Marguerite Constantin, Acadia
Martha Broussard, Iberia
Darlene Landry, Jeff Davis
Margaret Seibold, Lafayette
Gloria Fuselier, St. Martin
Mazel Guidry, Sr. Martin
Nonnie Huval, St. Martin
Claire Malhorn, St. Martin
Margaret Bares, Vermilion



*Thanks, Josette, for such a moving
ceremony. Each area director lit a candle
in honor of each deceased member in their area.*

Legends In Concert!



Dolly Parton



Mon bon vieux mari



Patsy Cline



Shania Twins



Freddie Fender



Pappy and George Jones



Elvis Presley



Dottie West

Kenny Rogers



Carmen Miranda

Oh! What a "Fun Night"
All the "Legends" were there!

COUNTRY MUSIC CELEBS CAME TO CONVENTION AND ENTERTAIN THEY DID!!!!
You just had to see this: Starting at the top left and across are: Dolly Parton (Charlotte Miller, Acadia); Mon bon vieux mari (Betty DeVillier and Laura Melancon, St. Martin); Patsy Cline (Barbara Bird, St. Martin); Shania Twins (Elsie Castille and Eula Mae Landry, St. Martin); Freddie Fender (Joyce LeJeune, Acadia); Second row from left are: George Jones and Pappy (Joyce Lejeune and Gloria Gaspard (left), Acadia); Elvis Presley (Pris Breau, St. Martin); Kenny Rogers and Dottie West (Elaine Chatagnier and Darlene Courville, Acadia); and Carmen Miranda (Jeanette Perrio, St. Martin)



Eric Eskew's reason for getting up in the mornings. Eric talked to us about \$4-H, of course. Had this up on his screen presentation about 4-H Camp for future 4-Hers, like this one.



Isn't she a jewel?

Saying goodbye. Don't cry, Rena.

LVFC CALENDAR

LVFC PANAMA CANAL CRUISE - SEPTEMBER 27 - OCTOBER 13, 2013

Thrilling history, pristine beaches and breathtaking scenery - traversing the 40-mile Panama Canal with Norwegian Cruise Line. Ocean view Staterooms starting from \$1850. Sailing from Los Angeles through the Panama Canal and ending in New Orleans (this is a first-time ever) .

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MAKE RESERVATIONS NOW!!!!

Editor's Notes..... Rosie Trahan

Being part of any convention planning is quite an experience ... looking back on the initial planning meeting and then seeing it all come together and then actually taking place ... each individual plays such an important role in the process ... it's just amazing! Congratulations Area 4 members, you did an excellent job of pulling it off. Now we get to go "up north" all the way to Monroe for 2013 convention and get to "Bloom with LVFC" - mark your calendars and save your pennies - April 23-25, 2013.

One of the "perks" of my job is the flashbacks of good times. Hope you enjoy these flashbacks too and for those of you who couldn't come, I hope you get the feeling that you were there. I recorded (digital) the talks, so if any of you would like to receive a copy, let me know and I'll be glad to email it to you.

Next issue will have the registration for mini-college which will be held November 13-14 in Baton Rouge and will be catch-up time on all those articles/pictures.

Enjoy your summertime ... heck! Don't have enough \$\$\$ to go abroad? Remember

PRAY FOR AMERICA



The moon belongs to everyone
The best things in life are free
The stars belong to everyone
They gleam there for you and me

The flowers in spring
The robins that sing
The sunbeams that shine
They're yours, they're mine

And love can come to everyone
The best things in life are free

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A SALUTE TO 75 AND 50 YEAR MEMBERS - OH! WHAT A TREASURE YOU ALL ARE

Toudell Bourgeois - Lafourche (75 years) - lived on a farm and raised a large family of 13. She drove to Lafourche for her monthly homemaker meetings. She can't travel any more but a short note/call keeps her in touch

Forina Cheramie - Lafourche (75 years) - enjoyed going to meetings and being involved in all activities.

Theresa Groves - Lafayette (50 years) - has been active in her club and community

Rose Doucet - Lafourche (50 years) - served for years as treasurer of her club; volunteered at libraries, nursing homes, hospitals and helped the homebound; has taught 4-H members how to sew and cook. She loves to grow flowers and vegetables and does crafts.



Francis Cambre - Livingston (50 years) - very active in her community and church; loves to cook and sew ... belongs to a sewing club who makes clothes for premature babies at local hospital. She enjoys sewing for her grand and great grand children even knitted a sweater for her grandson this year.

Suzanne Blanchard - St. Martin (50 years) - is now an invalid, but was very active in her club; served as president and then council president; served on every committee and active participated in awards day entering each food and craft category. She enjoyed judging 4-H contests for years.

Maria Bonin - St. Martin (50 years) - Marie attends every meeting and all parish activities and enters most categories at awards day; is very active in VFC, CDA, Ladies' Altar

Society and also cooks for the priest and cleans the church.

Rose Brown - St. Martin (50 years) - has been council president and is an excellent leader in all aspects; she chairs the Extra Mile Committee and has served on every committee; she is an excellent speaker and very talented; presents many demonstrations at meetings and active in many other organizations as rosary groups, CDA, and altar society.

Audrey Lanier - Tangipahoa (50 years) - has held numerous offices in the council; is very community minded. She loves quilting, gardening and sewing (stuffies and ouch duds); enjoys her seven children and numerous grand children

