



Louisiana Bayou

MISSION STATEMENT:

*To strengthen individuals,
families and communities
through Education,
Leadership and Action*

Volume 38 - Issue 1

Spring 2011

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MESSAGE FROM..... *Rena Labat*
LVFC President 2011-2012



Dear LVFC Members,

As we embark on a new administration, I look forward to working with each of you. I'm feeling the energy from all corners of the state as I have been making contacts with many of you over the past few months getting ready for this term.

I would like to share the theme for my administration for the next two years



Energize through LVFC: Lighting the Way for Empowered Volunteers.

I envision all of us as true volunteers already and would expect us to grow stronger and more empowered with our actions, education, membership, and leadership by this theme.

To market the organization, we must use creative techniques to recruit new members throughout the state. Area marketing of committee members can accomplish this task by using tools that have already proven themselves worthy.

Our leadership program has the ideals to develop greater skills, not only in presentations by our members but also in content developed by us as well such as self improvement, personal growth, and self esteem. Through these training events we CAN become the empowered volunteers that I envision.

Be proud members of Louisiana Volunteers for Family and Community as you are part of a dynamic and paramount organization!

I take pride in serving as your LVFC State President.

PLANS IN THE MAKING

Rena met with LVFC Officers and LVFC Advisor Dr. Karen Overstreet. Seated are Karen and Rena; standing are VP for Programs Elaine Chatagnier; Parliamentarian Martha Latimer; and Past VP for Public Policy and Legislative Issues Chairman Maureen Felder. Your Editor (Moi) was there too - I had the privilege of driving Elaine to the meeting but I am behind the camera. Don't they look like they're having fun!? Well, we did!



MARKETING LVFC IN 2011

Cheryl Bradley
Marketing Chairman

ENERGIZE IN 2011 WITH LVFC!

What a great year to share your LVFC Energy throughout your parish! You are all really good at caring, giving, smiling and teaching every day. Why not make an "Energize your Life with LVFC!" Smile card with a list of your parish's most interesting and exciting events, workshops, programs and charities as an invitation to come see what VFC is energized about? Add your parish, your name & phone number so the person or organization you give it to can find out where to get energized. Pass out your cards with a smile to those you meet and invite them to an activity. Your "VFC Energy" and smile will brighten their day. Add a "thought for the day" or a favorite quote. Have fun and "Energize" your parish!

GO VOLUNTEERS!

I am Cheryl Bradley,
2011 LVFC Marketing chair
Reach me at 504-733-0739
or email at Jafcel@aol.com

If you didn't get the Marketing/Membership packet from Tall Timbers, some of it will be in the 2011 handbook.

Please let me know what energizes your parish so we can share the ideas with others.

LVFC VICE-PRESIDENT FOR PROGRAMS

Elaine Chatagnier

Isn't it wonderful to be starting a brand-new year for LVFC members with new ideas and new programs? The new slate of officers is challenged to continue the work done by our out-going officers who have performed their jobs in a most professional way. I want to thank Ethel Adcock and all the officers and board for all their hard work and it was a pleasure working with them. Now, as Vice-President for Programs, I hope to accomplish the goals of this office with confidence and efficiency. I am happy to report that two workshops at state convention will be offered for the entire attendees. Tentatively we will have a workshop on "Bullying" and one on the Timber industry given by a specialist from the LSU Ag Center. We might also have a "special guest" if he is available that day. Both workshops will earn LLL credits.

I invite all state and parish chairmen to call upon me if you need help planning programs throughout the year. In fact, local clubs are also welcome to contact me if help is needed.

A few tips for programs are: Keep the program geared to your audience type; keep the program as brief as possible – don't try to give out too much information at once. If you have a hand-out, wait until the program is finished, then hand out the material. Otherwise you will have people reading ahead and not listening to you. Always allow time for questions and answers.

Also I ask that you keep good records of the work that your club and parish council do. Annual reports are very important as a way of knowing what is going on throughout the state. Know who your parish chairmen are and who your state chairmen are in each project area and don't neglect to call on them for help. I'll be looking for parish reports next year at this time and I hope to hear from each parish council. Let's have a great LVFC year!



☺☺☺☺☺ WHO DOES WHAT ☺☺☺☺☺

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, 'You should do it because you get up first, and then we don't have to wait as long to get our coffee.'

The husband said, 'You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.' Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.' So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says 'HEBREWS'

Happy New Year!

It's a new year, a time of starting over, a time of great expectations. Hopefully everyone is "keyed up" and looking forward to their 2011 goals. As we move forward I believe we can accomplish the work outlined by the educational chairmen at the training meeting in Tall Timbers. If we go "all-out" our hard work will generate exceptional results.

By now, all club members should have copies of the programs for this year. New ones include Personal Health-All about Me, Grab and Go Boxes, Service Dogs, Medicine Disposal Safety, SOS (Shoes for Orphan Souls), and Study a Country. Studying other countries stirred my interest. If you can't travel to another country the next best thing is to study about it. This project should be motivating, challenging and educational.

St. Bernard Parish clubs hosted their 18th Annual Christmas Tour of Homes. This year's tour was of six homes in Arabi's Historic District. Everyone who attended enjoyed the beautifully decorated homes each sporting their individual personality.

The St. Charles Parish clubs volunteered their services at the Annual Children's Heritage

Festivals by demonstrating crafts such as quilting, making moss mattresses, and dyeing fiber with indigo. Monetary donations were given to a local Food Bank, the 4-H Club's Annual Senior Citizen Dinner, and the Patrick F. Taylor Hope Lodge. Other projects included donations of homemade lap blankets to the Ormond Nursing Home, story books to the Children's Hospital Clinic and monthly birthday cakes for the Norco Adult Day Care Center. Several members volunteered at the Hope Lodge helping with laundry and decking out the facility for Christmas. Members also donated items from the Hope Lodge "Wish List" for housekeeping and their food pantry.

St. Charles volunteers also held an Annual May Luncheon, an October Pot Luck and a Christmas Dinner. Teddy bears were collected at the October Pot Luck and donated to the St. Charles Parish Sheriff's Special Services Unit. The bears will be distributed to children involved in crisis situations.

The Jefferson Parish clubs donated over 800 toiletries to Nellie's Pouches for Louisiana female military personnel who are being deployed overseas. In addition,

Christmas cards were signed and delivered to servicemen. The Jefferson "city gals" hosted an outing to Jackson and Canton, MS. They visited "small town" squares, museums, and shopped for Christmas. Their trip included a stop at the Carmelite Convent where they helped the nuns reach their financial goals with purchases of delicious breads & cakes from their gift shop. Thanks to the planning of Ann & Mary the trip netted substantial revenues for the JVFC organization.

Tangipahoa Parish held their 29th Annual Holiday Ideas Workshop. The attendance included members from five parishes. Everyone enjoyed it immensely, especially the wide-range of demonstrations and the variety of door prizes. Every year the clubs make a handmade crazy quilt and the winner was announced at the event. Keep up the good work!

On July 7, 2010, Area 1 held their annual Fun Day at Yogi Bear Park. Members from all parishes in Area 1 attended; as well as our new President Rena Labat. The day's events included demonstrations, games, a music quiz and lunch. Approximately 60 people joined in the fun.



VERY IMPRESSIVE EVENT!

The annual Council Luncheon of Acadia Volunteers for Family and Community was held on November 11, 2010. This event was hosted by Iota VFC Club and held at the St. Joseph Church Hall in Iota. The Prayer Garden served as a perfect spot for this impressive Veteran's Day Parade as members walked in solemn remembrance of our American veterans living and deceased. American Legion Commander Patrick Miller lead the parade while his grandson, Phillip Hebert, played Taps. Members marched around the garden holding flags listing the names of their family members who serve(d) to protect our freedoms. Then the group gathered and sang patriotic songs. Following the parade, members convened inside the hall to begin the day's program as each read off the names of their loved ones they had listed on their flags. Several Veterans shared personal and very inspiring recounts of their experiences.

There are three very active parishes in Area 5.

CADDO PARISH:

Caddo members presented programs of great insight and interest such as Bullying, and Alzheimer's disease. They have been busy: 1) With "Cooking Show & Cookbook" sales; 2) Provided LSU Medical Center with packets of burp pads, books for newborn plus book for the pediatric ward and made/donated 62 "ouch dolls; 3) Made aprons and lap robes for foreign countries through their local church missions; 4) Provided a "Hands on Sewing Class" for girls for a week; 5) Provided paper goods for McDade House and new clothing for Shriner's Hospital for Children; 6) Made dozens of Cookies and presented to the Rescue Mission in Shreveport/Bossier City, the Gifted Baptist and Methodist Children's Homes, Providence House, the Food Bank; 7) Provided a Scholarship for a needy youth; 8) Worked the State Fair helping 4-H Clubs exhibit their items for show, purchase trophies for 4-H, and members served as judges for all their contests.

SABINE PARISH:

Sabine has been involved in many projects to promote LVFC. These include Bake Sales, Quilt Shows, Art Gallery, judging at Parish and State Fairs. Five members attended the State conference and five participated in the LLL training during the year. A \$100 scholarship was presented to a 4-H senior to encourage higher education through Trade School or College. Christmas Cards were sent to VA Hospital; made Caps for the premature babies; worked with the Humane Society and the Taylor House for abused women and children.

GRANT PARISH:

Grant has been busy this year: 1) Made valentines for Veterans Hospital and residents of Colfax Nursing Home and signed these cards to show our appreciation to each one; 2) Helped the AgCenter cook and serve a meal to the Grant Parish Police Jury; 3) Judge the Grant 4-H Cooking Contest; 4) Helped 4-H students make Christmas ornaments; 5) Donated school supplies to a local school; 6) Donated children's books to Huey P. Long Hospital, the Grant Parish Health Unit, and local clinic in Grant Parish; 7) Six members attended the 2010 LVFC Annual Convention in Baton Rouge; one of our new members, Sandra Cline, was awarded the First Timer's Award from District 5; 8) Presented the State Trophy and check to a student from Georgetown for his entry in the State LVFC Essay and Art Contest; 9) Some members worked at the Senior Olympic Quilt Show in Rapides Parish to judge quilts; 10) Provided a scholarship for one 4-H member for summer camp held at Camp Grant Walker; 11) Attended Lunch and Learn Program at the Grant Parish Extension Service; 12) Members enjoyed a day trip to a Herb Farm in north Louisiana, 4-H Museum in Mansura and a Goat Farm in Moreauville; 13) Made Ouch Dolls for the Health Unit and Doctor's office for children receiving injections; there were 4440 dolls made and delivered; 14) Eight members attended the LVFC Training Session at Tall Timbers; 15) Members had a great time promoting LVFC at the Pecan Festival; 16) Ruffled a Harvest Basket and a Quilt; 17) Prepared and delivered Thanksgiving Baskets to members and former members who are now home bound; 18) Provided a Christmas Program for the residents of the Colfax Nursing Home and delivered fruit and wrapped presents for the residents.



ST. MARTIN VFC NEWS



Janice Broussard (Jardin de Verre), Linda Lajaunie (Jellies and Bird Houses) and Nadine Cain (Rotary Cutter) were guest demonstrators at SMVFC Craft and Foods demonstrations. Betty Frederick, Vice-President, conducted the meeting. Kim Gravouilla led the group in the recitation of the pledge

and Club Collect. Seventy-five members were in attendance.



(Above) Members attending Hats Off to the Sea! with Coatimundi were (l-r) Elsie Castille, Eula Landry, Lou Gravouilla, Eula Peltier, Kim Gravouilla, Barbara Bird and David Bird. This colorful and innovative French puppet theater company combines delightful plays with mask, mime and manipulation of objects. Each performance is an exploration where story and puppets evolve.



(Above) Elsie Castille recently hosted the Annual SMVFC Queen's Luncheon at her home. (seated l-r) Betty Devillier, Elsie Castille, Norma Olivier, (standing l-r) Kim Gravouilla, Laura Melancon, Dot Boutte, Betty Guidry, and Georgia Courville. Barbara Bird was also present.

(Right) Sharon Wright, volunteer with Hospice of Acadiana, was the guest speaker at the SMVFC January meeting. She is shown here with SMVFC members and hospice volunteers Sylvia Porche, on the left, and Beverly Angelle, on the right.



THANKFUL

by

Jo Ann Walker
(Written and Printed
for Family reunion)

We have so much to be thankful for
A husband's love that is true as steel,
A friend need when we open the door
A life with children that is so real.

The sun above that shines so bright
A smile from someone you don't know,
The feeling of warmth on a winters night
Taking life so easy, even a little slow.

Our family being there when things go wrong
Working, laughing, and of course showing love,
Living life thankfully and staying so strong
Life gives you more than you can solve.

The birds singing on everyone's lawn
Our Lord is good to give us so much,
Waking up at the break of dawn,
All He ask of us is to keep in touch.

NOTICE *** NOTICE

*** NOTICE ***

DURING CONVENTION

**FUND RAISER ITEMS WILL BE
AVAILABLE FOR SALE DURING
HOSPITALITY HOURS LOCATED
AT THE REGISTRATION AREA IN
THE LOBBY OF THE CONVENTION
CENTER.**



PARISH COUNCIL BENEFIT

***** ONLY *****



Louisiana Volunteers for Family & Community, Inc.

January 18, 2011
200 Kenney St.
Houma, LA 70364-1833

Dear LVFC Parish Presidents, LVFC Executive Board Members and LVFC Members,

It is with extreme pleasure that I extend an invitation to each of you to join us in Alexandria for 80th celebration of the LVFC Convention 2011. The planning committee has been working very hard to put together a convention that will be informative, inspirational, educational, and fun!

The dates for convention are April 12th through 14th with the Board Meeting taking place on Monday, April 11th. So mark your calendar and make your plans to attend.

The theme for the convention is LVFC – Louisiana Pride and will be held at the Sai Convention Center in Alexandria on MacArthur Drive – easy to get to and easy to find.

Fun Night will find us taking a step back in time as we visit The Ed Sullivan Show. As we think about this type of variety show from the past, let's all dress-up like celebrities. I'm looking forward to seeing who's going to be our show stoppers that night!!

Workshops have been planned for you to participate in that will earn you LLL hours while you are at convention. One workshop will be on "Bullying: What You Can Do To Help." The second workshop will be hosted by a representative from the U.S. Forestry Service who will present timely information on inherited property with women in mind.

Other special features of the convention include prominent speakers from the area to keep us on the edges of our seats, and there are a few surprises in store for you as well!!

Tours will be available for your enjoyment for those who would like to see interesting sites in town and around the area. You will receive information on them and can sign up for them when you arrive.

See you in Alexandria!

Fondly in VFC,

Rena

LVFC — "LOUISIANA PRIDE"

LVFC CONVENTION 2011

ALEXANDRIA, LOUISIANA

APRIL 11-14, 2011

TO: LVFC Executive Board, Members, LVFC Parish Presidents, and Advisor Agents

Please plan to join us for the 2011 LVFC Convention to be held at the Sal Convention Center in Alexandria, 2225 North MacArthur Drive.

The LVFC Board Meeting will be held at the Convention Center on April 11, 2011 at 1:30 pm.

The registration packet is enclosed with this letter. The **deadline for registration is March 11, 2011.** Each person attending will need to fill out a Registration Form and Medical Form to be returned by the deadline date, March 11, 2011, along with their payment, either one check from the parish or individual check from the member-whichever works best for you.

Hotel reservations are to be made directly with Baymont Inn and Suites, mentioning you are attending the LVFC Convention. There is a block of rooms reserved for our Convention, but the **deadline for reserving your room is March 28, 2011.**

The Convention Packet includes the following: Invitation

letter from the State LVFC President
Convention Registration Form (2 pages) Hotel
Registration and Direction Information Personal
Medical Record Form
Events — Activities (2 Pages) Memorial
Registration Form Development
Fundraiser Flyer
Community Project Tours

Area 5 is looking forward to hosting you at the 2011 LVFC Convention
With Louisiana Pride

Thellos Maxwell
Convention Chairman

Sharon Beauregard
Convention Co-Chairman

SAI CONVENTION CENTER BAYMONT INN & SUITES INFORMATION

SAI CONVENTION CENTER is located in Alexandria off 1-49.

The Telephone number is: 318-619-3300

The e-mail address is: laconvention2301@aol.com

Sleeping Rooms:

1 person/1 king bed = \$89.00

2 people, 2 Queen Beds = \$89.00

3 people, 2 Queen Beds = \$99.00

4 people, 2 Queen Beds = \$109.00

Suite: 1 bedroom = \$179.00

Plus Tax

REMEMBER: Verify that you are attending the LVFC 2011 Convention in order for you to receive the convention rates.

**Traveling North, South, East, or West? All roads lead to Alexandria, Louisiana
Connecting to major interstates 1-10, 1-20, 1-12, and 1-49 and major highways 167,165, and 28.**

From Baton Rouge:

Head North on 1-10.

Take exit 5B to merge onto US-190 W/US-61 N/Airline Hwy

Merge onto 1-49 N/US-167 via the ramp to Alexandria

Take exit 80 to merge onto US-71 N/Jefferson Hwy toward MacArthur Dr

Take exit 70 toward LA1/Boyce/Marksville

Merge onto N MacArthur Dr.

Sai Convention Center is on the right

From Shreveport:

Take 1-49 S toward Alexandria

Take exit 86 to merge onto US-165 S/US-71 S toward MacArthur Dr

Turn left at England DR

Turn left at N MacArthur Dr

Sai Convention Center is on right

From Houma:

Merge onto US-90 W

Continue onto US-167 N/NE Evangeline Throughway

Continue onto 1-49 N

Take exit 80 to merge onto US-71 N/Jefferson Hwy toward MacArthur Dr

Take exit 70 toward LA-1/Boyce/Marksville

Merge onto N MacArthur Dr

Sai Convention Center is on the right

LVFC Convention – April 11-14, 2011

“LVFC – LOUISIANA PRIDE”

Registration Form

Registration Deadline: March 11, 2011

→ → →

Make your check Payable to: LVFC 2011 CONVENTION

→ → →

Fill out Registration Form Below – Include Medical Form for each person attending

→ → →

**Mail to: Virginia Foster
LVFC 2011 Convention
600 Second St
Colfax, La 71417-1704**

NAME: (First, Middle, Last)		
ADDRESS:		
CITY:	STATE:	ZIP:
PARISH:		
E-MAIL:		
PHONE#: ()		CELL# ()

Check all that apply: If you are a Voting Delegate, <u>it MUST BE INDICATED BELOW</u>			
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:

BOARD DINNER AT TUNKS CYPRESS RESTAURANT	\$27.00 each
April 11,2011 : 6:30 pm – 9:00 pm	
Make check payable to: LVFC 2011 Convention	
Parish or individual checks will be accepted.	
NOTE: THERE WILL BE NO REFUNDS AFTER THE DEADLINE OF MARCH 11, 2011 EXCEPT REGISTRATION FEE ONLY	

CONVENTION SELECTIONS AND PRICES			COST	AMOUNT DUE
REGISTRATION – SELECT ONE				
Member Early Bird Registration (all persons attending any event must pay)				
→ 50 Year Members do not pay Registration Fee				
LVFC Member			\$12.00	
Non-Member			\$20.00	
Late Registration (if registering later than March 11, 2011)			\$22.00	
CONVENTION PRICE PLANS (Choose One-Price Meal Plan or Selective Meal Plan 2)				
Plan 1	One-Price Meal Plan (includes all meals except Board Dinner		\$120.00	
Plan 2	Selective Meal Plan			
		Fun Night (Tuesday Evening)	\$23.00	
Check		LLL Breakfast (Wednesday Morning)	\$23.00	
Which		Awards /Memorial Luncheon (Wednesday Noon)	\$24.00	
Ones		Banque (Wednesday Evening)	\$31.00	
		Awards Breakfast (Thursday Morning)	\$23.00	

Parish or Individual Check will be accepted.

Make checks payable to: LVFC 2011 Convention

TOTAL CONVENTION FEE SUBMITTED..... \$ _____

Note: There will be no refunds after the deadline of March 11, 2011 Except Registration Fee.

LVFC – “LOUISIANA PRIDE”

SAI CONVENTION CENTER/BAYMONT INN & SUITES

225 NORTH MacARTHUR DR

ALEXANDRIA, LOUISIANA

LVFC TASK CALENDAR

JANUARY, 2011

- 1 Parish Presidents distribute forms:
8 - Key Leader
9 & 9A - 25/50/75 yr. Members
10 - 5/10/15/20 yr. Members
10A - 30/35/40/50+ members
11 - Great LA family
18 - CVU Hours
Comm. Champions Info (pg 126)
- 31 All forms above due back
Parish reports due
Form 17 due (Ed. Chairmen)
Marketing Report due
Ruth B. Sayre Scholarship due

FEBRUARY, 2011

- 1 Parish Presidents - submit list of deceased members
- 3 Area Directors Report (Form 16) due
- 15 LVFC 1st Timer application due

MARCH, 2011

- 15 Form LLL #2 - LLL Master Leadership Trainer application due
Parish Presidents submit:
Form 13 - Heart of LVFC
Form 14 - Spirit of LLL
Area Director send Area Report-Form 16
Scholarship Applications due:
Form 1 - Ellen Lenoir
Form 2 - Nan Tarwater Davis
Form 3 - LVFC Area College
Forms 5 & 6 - Mini Grants App

APRIL, 2011

- 11-14 LVFC Convention - Alexandria, LA
- 11 LVFC Executive Bd Mtg.
- 17-23 LVFC Volunteer Week/Great La. Families' Week



Editor's Notes..... Rosie Trahan, Editor

LVFC life is just chugging along isn't it? A new set of officers . . . a new set of ideas and programs . . . And what great educational stuff did they put together for us, uh? The variety and amount are so many, it's hard to choose which to use first.

AND IN THIS ISSUE - YOUR CONVENTION INFORMATION AND REGISTRATION. Area 5 VFC members have put together an excellent program - they are so clever and avant-garde - you won't want to miss this one for sure! Don't be late sending in your registration because it may cost you :-)! And it can't be more centrally located for all of us Louisianians to show our "LOUISIANA PRIDE".

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

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Fall - August 15 Winter - November 15

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NEXT ISSUE SUMMER ISSUE

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

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LITERACY CHAIRMAN
AREA 2 DIRECTOR

CONVENTION HIGHLIGHTS
STATE HEART OF LVFC
STATE SPIRIT OF LLL
GREAT LOUISIANA FAMILY
PARISH/CLUB NEWS

LOUISIANA BAYOU
Volunteers for Family and Community, Inc.
221 Human Ecology Building
Baton Rouge, LA 70803

NON-PROFIT
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PERMIT 363



Ethel Adcock, left, is shown receiving a Memory/Signature quilt, from Letha Briggs, president of the Lafayette Volunteers for Family and Community. The quilt was made by the members of LVFC and given to Ethel in recognition for her service during the past two years as president of the State Volunteers for Family and Community. The organization promotes educational and leadership opportunities and is open to anyone wishing to join. Call the LA Cooperative Extension Service at 291-7090 for more information.



Submitted By: Letha Briggs
984-1868