

Spring 2008

Louisiana Association For Family and Consumer Sciences

Louisiana Chapter



THE AGGREGATE

President's Message

Cynthia C. Richard

I recently read a quote that said, "Professionalism is not the job you do, it's **HOW** you do the job you do." Without a doubt, FCS professionals do the job they do

with caring and compassion. It shows in everything you do! Please know that your work has a positive impact on families and consumers in Louisiana. I

am very proud and blessed to be a part of such a great team of professionals!

Editor's Note Cathy S. Judd

2007 is gone! As we move into April, I want to commend FCS Agents for their team work. As our group of Family and Consumer Sciences Agents get smaller in number, I am amazed at all the work that is taking place around the state. We would not be able to accomplish the impact in our communities, parishes,

and state if it were not for team work efforts. FCS Agents continue to make changes in the lives of their clients, we are truly making a difference! As I talk about change, I would like to challenge all of you to make a difference in your lives too. Chancellor Richardson has shared with us information about his new

healthy life style. We deserve to be the best we can be. Take advantage of all the good information on Live Fit for Life Challenge. Team effort can help encourage each of us to improve our nutritional intake and physical activity. FCS Agents are all about team work and encouragement! Good luck!

Awards and Recognition

- Human Ecology Field Faculty Award Winners were recognized and honored at the LSU Human Ecology Awards Ceremony held at the French House. The three FCS Agent winners were also recognized during the LSU AgCenter Annual Conference. LEAFCS Members/FCS Agents honored:

Dr. Sally Soileau,
Nutrition, Food Safety,
Health

Cathy Holmes,
Family Development

Cindy Richard,
Resource Management

- Internal Leadership Seminar**
LEAFCS members that served on the first Internal Leadership Seminar; **Cathryn Robinson, Sharman Charles, Heli Roy, Deborah Cross and Bertina McGhee.** The final seminar will be held in Washington D.C. The Internal Leadership was established:

- To develop faculty leadership skills and awareness so agents become confident and effective communicators for the LSU AgCenter, and more effective in their own positions for the AgCenter.
- To develop leaders who understand the organizational structure of the LSU AgCenter

ter and how it is influenced and the potential influences at the local, state and national levels.

- To develop faculty understanding and involvement in the social, economic and political systems in which they work.

AgCenter Faculty Council

- Representing us on the 2008 Faculty Council this year is **Adrienne Vidrine, Diane Sasser, Mandy Armentor,** and **Deniese Zeringue.**



Awards and Recognition

- FCS Staff members **Danna Gillett, Cheri Gioe, Diane Glasgow, Berteal Rogers, and Terry Toombs** have been named as CDA Advisors by The Council for Professional Recognition, the national credentialing program for child development professionals. Advisors mentor Child Development Associate candidates and may conduct formal observations that are part of the credentialing process.
- Dr. Soileau** represented Alpha Alpha Chapter of Epsilon Sigma Phi along with **Margaret Frey** in Charleston at the 2007 Annual Conference.
- LEAFCS Agents that attended the NEAFCS professional development programs in St. Paul, MN:
 - Cathryn Robinson – voting delegate**
 - Cynthia Richard – voting delegate**
 - Carolyn Robinson**
 - Berteal Rogers**
 - Terri Crawford**
 - Nikki LeMaire**
 - Pay Myers**
 - Dr. Sally Soileau**
 - Beverly Bailey**
 - Margaret Burlew**
 - Alexis Navarro**
 - Rena Labot (guest)**
- Dr. Jeanette Tucker**, was awarded the Luella Dugas Chambers Distinguished Professorship in Human Ecology.

A team comprised of faculty at the LSU AgCenter and the Southern University Ag Center was instrumental in training individuals in the food service and food recovery industry to reduce the spread of food borne illness. For this effort they were awarded the 2007 **Denver T. and Ferne Loupe Extension Team Award**. LEAFCS team members recognized; **Terri Crawford** program coordinator, Northeast Region, Winnsboro; **Berteal Rogers**, Madison Parish; **Beth Reames**, professor in the School of Human Ecology; **Shelia Haynes**, parish chair, West Carroll Parish; **Alexis Navarro**, Jefferson Parish; **Sally Soileau**, East Baton Rouge Parish.

Marriage Garden

In November 2007 several FCS Agents had the opportunity to attend the Family and Child Development Retreat at the Solomon Episcopal Conference Center. **Dr. Wally Goddard and Dr. James Marshall** shared with us how to cultivate a strong and healthy marriage in the beauty and relaxed atmosphere of the conference center. Here are six tips from the **Marriage Garden** curriculum which marriage gardeners do to make their marriages grow:

- Commit: Make and honor promises.** We start our gardens with great visions and bold enthusiasm. But weeds, bad weather, pests, and distractions threaten our hopes and dreams. It takes more than initial enthusiasm to get from a vision of possibilities to a healthy reality. It takes steady commitment and effort. If we are unwilling to deal with problems and differences, we will never enjoy a bountiful harvest. Each of us can commit regular time and energy to caring for our garden.
- Grow: Expand your strengths.** The health of the garden is rooted in the health of the individual gardeners. If we do not nurture our personal strengths and abilities-or if we fail to manage our personal weaknesses-we will not be well prepared to take on our gardening tasks. The most successful gardeners know that they must invest time in reflection, learning, and improvement. They then have more strengths to bring to the garden and to their gardening partnerships.
- Nurture: Do the work of loving.** Marriage can grow from a handful of seeds to a garden filled with colorful, radiant life. But this won't happen by accident. It will require careful attention to the well-being of the plants. We may need to increase the light of encouragement, the fertilizer of time spent together, and the water of kindness. We need to weed out destructive thoughts and actions while encouraging healthy growth. Steady investments in the relationship will assure a bountiful harvest.
- Understand: Cultivate compassion for your partner.** Gardening can be both rewarding and challenging. At times each of us will get sunburned, poked by thorns, and bitten by bugs. During these difficult and painful times, we can be gardening partners who compassionately respond to each other's pains rather than scold our partner for not using sunscreen or being more careful. We can be gardeners in whose gentle hands our partners heal and grow strong.
- Solve: Turn differences into blessings.** We may have very different visions for our shared gardens. One gardener may favor colorful flowers, while the other insists on tomatoes and peas. These differences may not simply disappear with a calm discussion. Each partnership will have irresolvable differences. If we choose to stay calm, listen attentively, understand our partner's view, and use creativity, it is possible to turn differences into strengths.
- Serve: Give back to your community.** When our gardens are productive, it's good to share the fruits of our labor with others. Just as you might share your tomatoes and zucchini with neighbors or gather a bouquet to cheer up a friend, so too should you work as a couple to contribute to your community. Our marriages are strengthened by serving one another and those around us. Sharing our time and resources can make our world blossom.

For more information go to arfamilies.org

UPDATES

Deniese Zeringue received a Master's degree August 10th. She has a Master's plus 24 hours.



Pictured from left to right, front row; Tony LeBouef, fiancé of April Zeringue, Deniese Zeringue, Lacey Z. Doucet, back row; son Brandon with Yorkie dog Joey, husband Marion, son-in-law Patrick Doucet, and 3 year old grandson Kyle Doucet

- **Patty Vidrine**, Jeff Davis Parish; "tied the knot" on June 29th marrying Glenn Daigle of Evangeline.
 - **Beverly Bailey**, is working in East Baton Rouge in 4-H. She previously worked 27 years in East Feliciana and conducted some FRM programs in West Feliciana. She started her career in Extension in Bienville Parish where she worked one and a half years.
 - **Ben and Mandy Armentor** are the proud parents of a beautiful baby girl, Emily Claire Armentor. She weighed 7 pounds 2 ounces and was 21 inches long. Emily Claire was born December 21st, at 7:14 p.m. Congratulations!
 - **Debbie Melvin** is a grandmother! She is busy with her grandson Jackson and training for marathons. She ran her first marathon (26.2 miles in Memphis) in 2007. Debbie ran in the Mississippi Blues Half Marathon (13.1 miles) in Jackson, MS on January 5, 2008, she placed second in her age group! She ran with a high school classmate from West Monroe. Debbie is truly walking her talk, improving her activity level. She is now training for a full marathon (26.2 miles) in Nashville which will be in April. What a grandmother!
- ### Retiree's
- **Carolyn Leperi** retired after 34 years of working in Education, almost 14 of those years with the LSU AgCenter. Carolyn says she is looking forward to spending quality time with her family, especially her 5 grandchildren.
 - **Pattie Vidrine- Daigle** retired in January 1, 2008 after 32 years of service with the LSU AgCenter. She and her husband will be busy with their cattle operation. They hope to be able to spend more time with their aging parents and rest of their family, plus do some traveling. Pattie said, "I've enjoyed my career with the AgCenter, but am now looking forward to life after extension!"
 - **Cathy Holmes**, retired January 1, 2008 after 30 years of service with the LSU AgCenter.
 - **Lou Altazan Brown**, retired February 1, 2008, after 35 years of service with the LSU AgCenter. Lois Brister reports that Lou is enjoying her retirement by spending time with her daughter and family.
- **Mandy Armentor** finished her Master's Degree March 2007 in Nutrition and Dietetics from Louisiana Tech University.
 - **Louise McDonald's** daughter, Louraisal is employed by Texas A& M Extension Service. She recently received her Master's in Health & Kinesiology Education from University of Texas on December 14, 2007.
 - **Danna Gillett**, FCS Agent in Richland Parish, has enjoyed having her daughter, Emily G. Becnel, 4-H Agent in Washington Parish, as a co-worker. Danna and Emily attended the 21st Century Families Conference in Little Rock together, and Danna has judged at Emily's 4-H Achievement Day and Parish Fair. Although they live 250 miles apart, working for the same organization gives them lots of opportunities to stay in touch. Danna's younger daughter, Carly, is a horticulture major at LSU. Who knows, maybe one day she'll be a member of the LSU AgCenter family too.

PROGRAMS MAKING A DIFFERENCE



Debbie Melvin's Thibodaux StrongWomen Group

Debbie is using her training from NEAFCS in Nashville by conducting 3 groups of StrongWomen classes. The classes consist of men and women all over the age of 45. Almost 80 people are strength training twice a week using the program by Dr. Miriam Nelson of Tuft's University. Debbie says, "It is really fun to see them using the dumbbells and ankle weights and gaining in strength evidenced by their gradual increasing the weight they are lifting." She is also incorporating some nutrition information using the StrongWoman nutrition fact sheets. Debbie has promoted healthy lifestyles by teaching the "Smart Portions" series for the City of Thibodaux employees, the employees of the Houma-Thibodaux Diocese, Bollinger Shipyard employees, teachers in a Terrebonne Parish School and Central Boating employees.

Dr. Sally Soileau has provided food safety outreach education at several professional conferences and events this past year.

November 2007 -State Sanitarians Annual Conference, Baton Rouge (200 sanitarians)

November 2007 -The Liver Meeting, Boston (7,000 physicians & nurses)

Touro Hospital In-Service (12 nurses & diabetes educators)

October 2007 -American Dietetic Association Philadelphia (14,000 Dietitians)

August 2007 -Pennington Men's Wellness Day (190 participants)

2007 -Interstate Shellfish Sanitation Conference *Vibrio* Committee, Albuquerque

August 2007 -Louisiana Restaurant Association Expo New Orleans

August 2007 American Association of Diabetes Educators, St. Louis (4100 health professionals)

July 2007 -Louisiana Pharmacy Association (125 pharmacists)

June 2007- 4-H University Consumer Foods Education Program

May 2007- Digestive Disorder Week, Washington DC (16,000 physicians)

May 2007- Grandparents Raising Grandchildren (325 participants).

Cathy Judd conducted two "Smart Portions" seminars this year, one for Even Start students in Union Parish and one in Lincoln Parish. Even Start class was a challenge teaching Spanish speaking students. Wendy Comfort a Spanish Interrupter assisted with the class. Even Start Students are working on adopting healthy habits. Lincoln Parish participates have lost 78 pounds in 7 weeks, an average of 7 pounds per person with 2 weeks to go!