



VFC PRESIDENT JANICE BEADLE  
 "DISCOVERING ST. CHARLES PARISH"



**Our first** parish field trip was to the Destrehan Library, on February 10th Joyce LoCoco was eager to set us up with a tour guide. Those of you who have not been to the library should go, it is really nice, they have a monthly news letter, "Book page" which gives you a month worth of activities. After the tour we went to the St. Rose travel Center, a delicious buffet lunch was enjoyed by all. **Our second** parish field trip will be to the Edible Enterprises on 917 3rd street in Norco. Sylvia Lambert will let us know when a customer is there so we can see how the business works. You can go to <http://www.edibleenterprises.org/> to see what it is like or <http://www.youtube.com/watch?v=PaOEq6zfVGQ> to see the video on Edible Enterprises in the St. Charles Parish Today segment. After the tour we will go to the Norco spillway Wet Land Watchers Park to have a brown bag lunch. (somewhere else if raining) You will get a letter letting you know the day and time to meet. Suggestions are welcome for April.

**VFC Club meetings for March 2011**

**Happy Homemakers:** March 15th, 10:00, Fay's House, 529 Vial Street, Norco

**New Sarpy Homemakers:** March 16th, 10:00, Carolyn's House 269 Schexnaydre Ln, Destrehan

**Hahnville Homemakers:** March 17, 1:00 County Agents meeting room, Luling

**Association Meeting,** March 23rd , 9:30 to noon County Agents meeting room, Luling (our Overall Office Advisory Meeting is the 23rd from 9:30 to 11, I am combining the two meetings because all of you would be invited to both, after the office meeting we can have the VFC meeting)

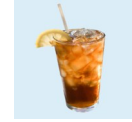
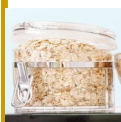
**80th LVFC Convention will be April 12th –14th, in Alexandria, each LVFC member received the invitation in the La Bayou, deadline to register is March 11th.**

At the LVFC conference; Carol Babin, Flo Mc Kinney and Maggie St. Pierre will receive their 25 year certificated and Jo Ann Walker and Deniese Zeringue will get their 30th year certificate.

The 11 best foods to eat to lose weight fast.....

- |                             |          |                |
|-----------------------------|----------|----------------|
| • Raw fruits and vegetables | Oatmeal  | Dairy products |
| • any kind of raw nuts      | apples   | brazil nuts    |
| • fish                      | spices   | organic beef   |
| resistant starch            | avocados |                |

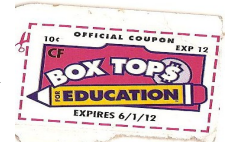
To find out how these foods help you loose weight, attend your club meeting for the fact sheet. ( I will be at each club meeting this month)





## WE ARE COLLECTING:

We are collecting box tops for education coupons. If you are giving them to a school already, continue to do so, if you do not have a school to give them to, you can turn them in at your club meeting.



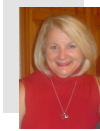
Delores Carmouche is collecting the following items: stamps, cards of any kind, for St. Jude's Ranch for Children, pull tabs from can drinks, for cancer victims. I will collect items at your club meeting .

Deniese Hatty Zeringue M.S.  
Extension Agent FCS/FRM/FNP  
St. Charles Parish  
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**EXTENDING**

Celebrating Life cancer survivors were invited to attend group shared evening of food, fun and entertainment, pictured are Pat Anderson and Janice Beadle.



**THE UNIVERSITY TO THE CITIZENS OF LOUISIANA**



## HALE BOGGS BRIDGE COMPLETE CLOSURE

A full, continuous closure of the Hale Boggs Bridge in both directions has been scheduled beginning at 10 p.m. March 18 and ending at 4 a.m. March 21 due to continuing work on the cable replacement project. A second closure is scheduled contingent on planned work being completed during the first closure. The second closure is slated for 10 p.m. March 25 until 4 a.m. March 28. Detours include the Huey P. Long Bridge (Bridge City - Harahan), Crescent City Connection (New Orleans) and Veterans Memorial Bridge (Gramercy -

Relay for Life, Saturday, April 16th, 3:00 pm to 6:00 am, west bank bridge park, we are going to volunteer to help with this event, more information to come.

Northshore Garden Show March 19th & 20th, 9-4 St. Tammany fairgrounds, Covington \$3.00 admission  
Saturday March 19th is St. Joseph Day, you may want to get with club members to attend St. Joseph Alters.

### Educational Chairman Activities /Club News

\*Be on the lookout for a new place to hold our May luncheon and Christmas Luncheon, we want to try a new place that would hold 25-30 members. \*Do we want to submit a Great American Family this year? \*We are looking for a person from another country or culture to be a guest speaker to share information about her/his country, or culture. \*Chemo. patients can go to cleaning for a reason.org to have "Dial a Maids" clean their house for free, once a month for 4 months. \*we would like to have someone read a book to the students at Head Start, I will see if that would be possible and when.

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This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578).

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