

# Inspirations

June 2013



## Director's Corner- Mary Lynn Bisland



HOORAY! HOORAY!

TARC'S *Cedar Chest East* opened May 15, 2013.

This new upscale thrift store has been in the making since August 2012. Renovations were completed, donations gathered, and fixtures were set up. Thanks to TARC's maintenance division for all of the hard work and outstanding skills that enabled this division of TARC Enterprises 2 to provide community employment to clients served. Director Tiffany Brunet, Supervisor Monica Chauvin, Project Coordinator Sandy Matthews, DSW Candy

Robinson, QDDP's, India Menard, Tasha Miles, Kidd Theriot, Bridget Vavasaur, Sheena Bouie, Trainer/QA Allison Ordoyne, staff administrative assistants April Giles and Casey Smith provided the much needed help to ready the store for business. THANK YOU ALL!!!!

The 3rd Annual TARC Garden and Market Festival was a huge success! This event helps to display Houma Grown's gardening expertise. More and more people are attending each year and the collaborative element between TARC and the La-Terre Master Gardeners grows stronger with each event. Much thanks to LSU AgCenter for the experts who bring so much knowledge, experience, and advise to the people who attend.

With much sadness, August 9, 2013 will be the last day of business for TARC's Sunshine Express Early Care and Education Center. Due to the Affordable Care Act (Obamacare), TARC is closing this center. It has become cost prohibitive to continue this service to young children and to keep the center with annual deficits. It is closing with much trepidation and sorrow. We wish the families who have been loyal to this program the BEST in finding a new home.

Mary Lynn

## TARC Annual Report Now Online!

This year, TARC's 2012 Annual Report will not be distributed to our membership to save on costs of paper and production. However, please review it online, as well as our donor listing, at [www.terrebonnearc.org/annualreports](http://www.terrebonnearc.org/annualreports). In this year's report, you will find our financial statement and business information. It reviews the highlights of 2012 and all of the ways TARC "creates opportunities" for all of our individuals.

TARC is now hiring the following:

- Food Tech
- CDL Bus Driver
- CLS
- PCA- Personal Care Attendant

[www.terrebonnearc.org/careers](http://www.terrebonnearc.org/careers)

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# Let's Get Together Club



Let's Get Together (LGT) has been "getting together" and having lots of fun! In March, LGT hosted the first bowling night the club has ever had at Creole Lanes in Houma. Over 60 people attended, bowled, and ate pizza! It was a night to remember! In April, the group watched the New Orleans Zephyrs play Round Rock at the Zephyrs field in New Orleans. Over 80 people came to the game. In June, the group held their annual summer barbeque and bingo night. Everyone danced, ate, and many members went home with bingo prizes. In July, the club will be accepting fall dues of \$10 and will host the following events: bowling night in August, a Harvest/Halloween dance in October, and our Annual Christmas Gift Exchange in December. Let's Learn, Laugh, and Live!

## TARC Garden and Market Festival

On May 4, TARC held the 3rd Annual TARC Garden and Market Festival. TARC collaborated with the La-Terre Master Gardeners and LSU AgCenter to provide a variety of educational opportunities, guest speakers, and garden related vendors. TARC embraced this new opportunity once again and enjoyed having the community visit TARC. Entertainment was provided by Billy Stark, Frank Ball, and TARC Express.



TARC showcased their food, gourmet candy products, bakery products, worm tea fertilizer, salsa and pepper jelly. New TARC products were also revealed at the event that include Maison d'Art's creative bird feeders. In addition, Houma Grown exhibited their new greenhouse and aquaponics system. The TARC grounds were also renovated with an exceptional spring garden and raised beds, and the Houma Grown Farmer's Market was open with fresh produce and an array of beautiful plants. TARC appreciates all of the community support, and is now looking forward to next year's garden market.



## Options Plus adds "Step Up" Unit



Early this year, TARC opened its first Options Plus day habilitation training unit. The unit was created to help Options Plus individuals have a transition area where they can learn the skills necessary to place them in one of TARC's enterprises. Two TARC staff train 10 individuals who have never worked or have some work experience. Staff train on a variety of skills that are offered through jobs at TARC such as janitorial work, bead sorting, packaging utensils, and shredding. The program has already started to see much improvement among the participants. Two individuals have excelled in their training and now have a regular position in one of TARC's businesses and are now earning a paycheck in their work locations. We look forward to sharing more success stories in the future with this great new program.

# TARC Tidbits



TARC staff and volunteers participated at the TFAE 5K Run for Excellence by serving TARC's famous chicken and sausage gumbo.



2012-2013 TARC Client Representative and TARC Restaurant worker, Lindsay Ocker received a Certificate of Appreciation for an outstanding job from the TARC Executive Director, Mary Lynn Bisland. for his term. Congratulations Lindsay!

## Houma Grown's New Aquaponics System



TARC's Houma Grown division continues to grow and develop its gardening production by utilizing a new greenhouse and aquaponics system. Aquaponics is a sustainable food production system that combines hydroponics (growing plants in chemically nutrient rich water) and aquaculture (raising aquatic animals such as fish, shellfish, or snails in tanks), which when using the right aquatic animal, you get two cash crops: the vegetables being grown and the fish being raised. At this time, through this new production system, the division is able to grow a large quantity of tomatoes.



There are many different ways to set up an aquaponic system, but TARC has the flood and drain (or ebb and flow) design. Each individual bucket is its own grow bed, holds one individual plant, and has its own bell siphon. There is a pump in the fish tank (which has been sunken into the ground) that pumps the water up to the buckets. The buckets fill with water allowing the plants to take up the nutrients. Once the buckets have filled to a certain level the bell siphon kicks in and drains the buckets quickly. This quick removal of water draws oxygen from the air down to the roots, allowing them to breathe. Using gravity, the cleaned water drains back to the fish pond.



Cash crop fish such as tilapia and perch can be used in an aquaponic system to either eat the fish as they reproduce, or to sell the fish for profit. TARC has no need for the fish, so we chose goldfish as our ammonia in putters. We have 10 goldfish in the 100 gallon tank, which waters and feeds 27 plants. Our plants are grown in river pebbles, which is the biofilter. This system recirculates and reuses water very efficiently, and will use about 2% of the water that a conventional farm would use for the same amount of vegetable yield. Water is only added to replace loss from absorption and transpiration by plants and evaporation into the air.



TARC is very excited to utilize this technology at our business complex. Don't forget to visit the Houma Grown division at the Houma Grown Market Tuesdays and Thursdays from 9-1 for fresh produce and plants.

**Now Available at**  
**Houma Grown Market**  
**Tomatoes**  
**Green Beans**  
**Peppers**  
**Open Tuesdays and Thursdays 9-1**

## Upcoming Events

- ♦ **June 22 and July 27**– TARC at Downtown Farmer's Market
- ♦ **July 4-5**—TARC Closed. Holiday
- ♦ **September 2nd**– **Labor Day**  
TARC Closed
- ♦ **October 25th**– Harvest Dance  
Woodmen of the World
- ♦ **November 25-29** Thanksgiving  
TARC Closed

## Department Spotlight—Cedar Chest Boutique

THE  
CEDAR CHEST  
Boutique



On May 13, TARC opened the second location of its popular thrift store, Cedar Chest Boutique. The Cedar Chest Boutique is located at 865 Grand Calliou and has continued to grow in popularity even more. The business is doing very well since it opened its doors. The Cedar Chest Boutique sells clothes, housewares, kitchen items, accessories, sporting equipment, and much more. They are open from 9am-5pm Monday through Friday.



This TARC enterprise currently has 6 TARC workers and 3 staff. The workers sort, fold, and hang, donated items to insure merchandise at the boutique is in tip-top shape. Items not suitable for resale are either discarded or packaged to sell as salvage.



The success of TARC's Cedar Chest Boutique could not be possible without the incredible support we receive from the community. Through massive donations and returning customers, this business helps keep TARC providing valuable services to our individuals. Thank you for helping make this possible.