

**Inside this issue:**

Mint Julep	1
Poetry	5-7
Creole Heritage Center	3
FESTIVALS	4
Creole Restaurants and Creole Food	8 - 10
Creole poems	7
Sadie Mae	2

**Special points of interest:**

- ◆ Cane River Creoles
- ◆ Creole Restaurants
- ◆ Creole Food
- ◆ Creole Heritage
- ◆ Obituary
- ◆ Upcoming in the Bayou



## San Domingo Julep and Louisiana!



A recipe for the San Domingo Julep, made with rum, loaf sugar, and mint, and suggests that it is **“the original mint julep that came to Louisiana away back in 1793,”** brought to port by plantation owners according to Stanley Clisby Arthur, early New Orleanians were drinking their juleps with rum, too.

Mint julep is an alcoholic cocktail, consisting primarily of bourbon, sugar, water, crushed or shaved ice, and fresh mint. As a bourbon-based cocktail, it is associated with the American South and the cuisine of the Southern United States in general, and the Kentucky Derby in particular. Ingredients: 1 teaspoon Powdered sugar, 2 oz. Bourbon whiskey, 2 teaspoons Water, 4 Mint leaves.



## Follow Us On Facebook...



Summer  
2024

Due to internet issues, I sincerely apologize for the delay of this edition.

## Ask Sadie Mae

*Sadie Mae:*



## *SUMMER VACATION 2024*

*If you have a question for Sadie Mae send it to: [bayoutalknewspaper@gmail.com](mailto:bayoutalknewspaper@gmail.com)*



## **Chelette Family Reunion 2024, Cane River Louisiana**

### ***Bayou Talk Mission Statement***

*The Bayou Talk Newspaper strives to provide news and content of interest to Creole communities around the world and to the friends of those communities. While our cultural heritage is rooted in the Louisiana French Creole community, our goal is to appeal to all individuals who self-identify as Creole, as well as to those who have a sincere and general interest in Creole history, culture, traditions, and cuisine. So, whether you're from Cane River or the Caribbean, the West Indies or West L.A., wherever you descend from, and whatever your ancestry, it is our sincere hope that you'll feel at home here at the Bayou Talk. We welcome you to our grassroots publication and thank you for your interest in who we are and what we do.*

*Creole Heritage Day*

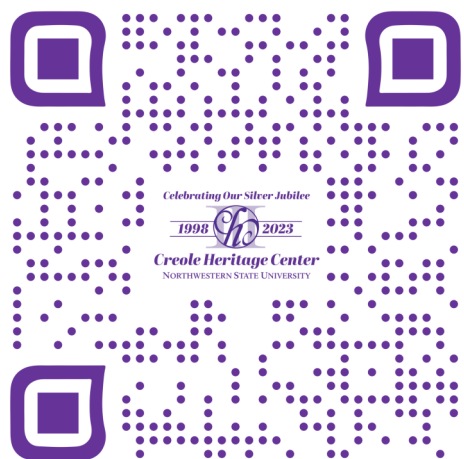
*January 22*

*Creole Heritage Month*

*October*



## Creole Heritage Center



### Creole Heritage Center Update – July 2024

PS – Now is a great time to become a member of the Center for 2024! Memberships/ Donations can be paid via credit/debit card online at <https://northwesternstatealumni.com/creole/> or visit the “Donations” tab on our website (<https://www.nsula.edu/creole/>) for a paper membership form to mail with your cash, check, or money order.





Meet Our **Bankers**

**Lyn Christophe**  
SR.VP & BRANCH ADMINISTRATOR



**BOM**

MEMBER FDIC



11:33

festivalnet.  LOGIN  JOIN  

**SAINT AUGUSTINE CREOLE FESTIVAL**

**OCTOBER 11 - 13, 2024**

 Saint Augustine Catholic Church  
Natchez, LA 71456

Status: Updated 2/13/2024



The St. Augustine Creole Festival will feature tours of St. Aug... [Join to read more](#)

**Admission:**  
none

**Days/Hours Open:**  
Fri 6pm-11pm, Sat 10am-10pm, Sun 10:30am-3pm

**Address:**  
2262 Highway 484, Natchez, LA 71456

**Entertainment:**  
1 stage - R,L Entertainment: Variety ?

**Attendance:**  
2,000

AA  festivalnet.com 



**Natchitoches-NSU Folk Festival**  
**July 20, 2024**  
**Prather Coliseum**  
**NSU Campus**

**NATCHITOCHES**  
WHERE HISTORY LIVES

**NATCHITOCHES**  
Convention and Visitors Bureau  
Louisiana



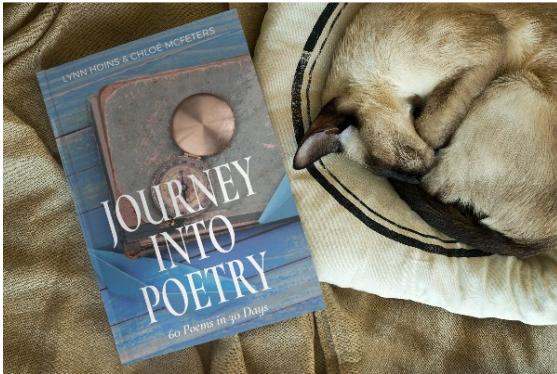









## Journey Into Poetry



### Lynn Hoins and Chloe McFeters 60 Poems in 30 days On Amazon

It is my joy and honor to share that my dear friend, story-spinner, and poet, Lynn Hoins, and I have just released a book called *Journey into Poetry*. We participated in a 30-poems-in-30-days challenge using daily prompts for National Poetry Month and spent an entire month drenched in the poetic process together. This humble collection is the result of our efforts. In addition to our poetry, we've also included more than 100 writing prompts to spark inspiration, as well as the poems of several wonderful poets, including Richard H. Fox, Jon Sebba, Eileen Van Hook, Louis H. Metoyer, Rochelle S. Cohen, and the late Dorcas Watters. You can find *Journey into Poetry* on [Amazon.com](https://www.amazon.com) and in select independent bookstores across the U.S.

## Sweet Louise Tees

Looking for the perfect gift for those special people on your list? [Sweet Louise Tees](https://SweetLouiseTees.com) offers an extensive variety of fun options, including apparel, tote bags, mugs, greeting cards, and more. Their collection of Louisiana- and Creole-inspired designs are sure to leave your loved ones with a warm feeling of down-home cheer. **Browse the shop for some inspiring ideas from the comfort of your home at [SweetLouiseTees.redbubble.com](https://SweetLouiseTees.redbubble.com).**



## Creole Heritage Center

### Administrative Office

Kyser Hall, Room 116  
(318) 357-6685

### Office Hours

Monday – Thursday:  
8:00 am – 4:00 pm  
Closed for Lunch

Friday: 8:00 am – 11:00 am  
(occasionally closed on Friday for office maintenance)

### Genealogy Office

Kyser Hall, Room 110  
(318) 357-4120

Please call in advance for appointment.

### Office Hours

Monday, Tuesday & Thursday ONLY  
7:30 – 2:30 pm  
Closed for Lunch



**Follow the Creole  
Heritage Center on  
Facebook ...**

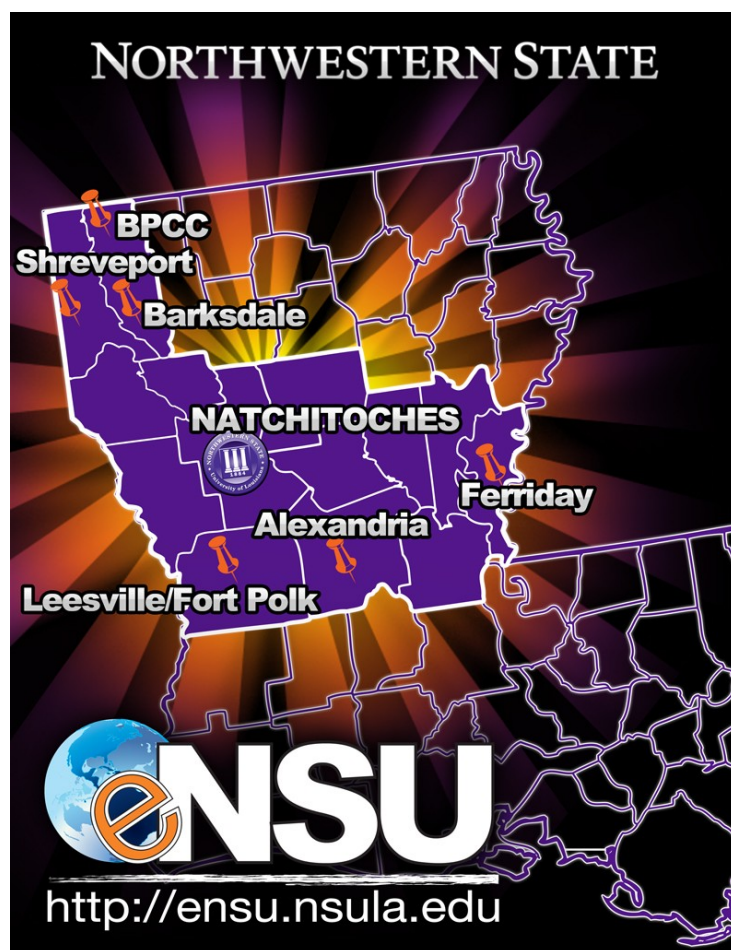
[https://www.facebook.com/  
CreoleHeritageCenterNSU](https://www.facebook.com/CreoleHeritageCenterNSU)

<http://creole.nsula.edu>

## eNSU on line learning

Northwestern State University is the home of eNSU, Louisiana's first and largest electronic campus. Founded in 1884, Northwestern State University of Louisiana has met educational needs with quality academic programming for over 130 years. Today, eNSU offers accommodating class schedules, personalized instruction, military benefits, and financial aid to those who qualify.

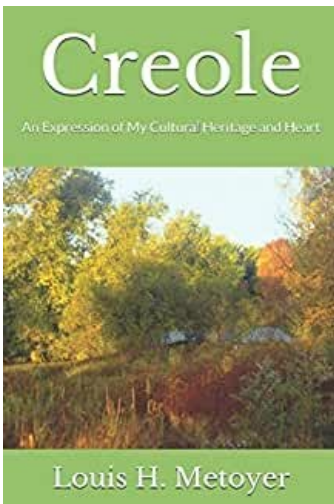
<http://ensu.nsula.edu>





## Louis H. Metoyer at Amazon.com

“Creole” is a thoughtful celebration of the rich Cane River Creole culture heritage, as seen through the eyes of Creole poet, writer, and educator, Louis H. Metoyer. In this inviting collection of poetry, songs, and personal essays, we are afforded an intimate glimpse of Metoyer’s dreams and loves growing up in the parish of Natchitoches, Louisiana, as well as the foundation upon which his steadfast values and traditions are built. A deeply personal exploration of

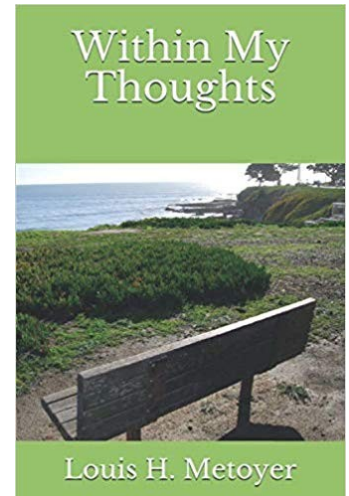


one man’s desire to understand his cultural roots and heritage, and to share that experience with others.

In “Within My Thoughts” you are invited into the heart and soul of poet and educator Louis, who shares his reflections on love, family, tradition, and what it means to him to be a French Creole man from Natchitoches, Louisiana.

These two books are now available at Amazon.com. “Creole” ISBN#9798600789456  
“Within My Thoughts” ISBN#979860024621

**Order on Amazon.com**



# *Creole Food at its best...*



**French Quarter Creole Bar & Grill**  
[16728 Bellflower Blvd.](#)  
[Bellflower, CA 90706](#)  
[\(562\) 804-0200](#)



[www.melroseorganiccoffee.com](http://www.melroseorganiccoffee.com)



**Full Service Dining, Bar and Lounge**

2920 W. Jefferson Blvd.  
 Los Angeles, CA 90018

**OPEN 7 DAYS**

**SUNDAY-THURSDAY 11:30AM - 10:00PM**  
**FRIDAY-SATURDAY 11:30AM - 11:00PM**

Full Service Catering and Delivery Available  
**\*Minimum Order Required\***  
 (323) 735 -9023

[www.haroldandbellesrestaurant.com](http://www.haroldandbellesrestaurant.com)



@haroldandbelles



/haroldbelles



**Woody's**  
**Bar-B-Que**

**BY FAR WE ARE THE BEST IN THE WEST**  
 RIBS • BEEF • LINKS • CHICKEN  
**SPECIAL RATES**  
**FOR PARTIES & GROUPS**

**Woody's Bar-B-Que #1**  
 3446 W. Slauson Ave.  
 Los Angeles, CA 90043  
 (323) 294-9443

**Woody's Bar-B-Que #2**  
 475 S. Market St.  
 Inglewood, CA 90301  
 (310) 672-4200

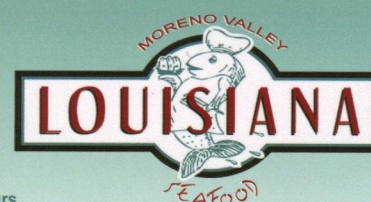


**Brennan's**  
 RESTAURANT

JOSH LEE  
 MAITRE D'  
 (504) 525-9711

[BRENNANSNEWORLEANS.COM](http://BRENNANSNEWORLEANS.COM)

417 ROYAL STREET  
 NEW ORLEANS, LA 70130  
 FAX: (504) 525-2302



**Hours**  
 Mon-Thurs 11A.M. - 9P.M.  
 Fri & Sat 11A.M. - 10P.M.  
 Sundays 12P.M. - 7P.M.

**(951) 653-4783**

12625 Frederick St. • Suite 1-10 • Towngate Center • Moreno Valley, CA  
[LOUISIANASEAFOOD.BIZ](http://LOUISIANASEAFOOD.BIZ) [TWITTER.COM/LASEAFOODNTHIEF](https://twitter.com/LASEAFOODNTHIEF)





Sharon & Zolton Cunningham  
24530 Village Walk Place Suite A  
Murrieta, CA 92562  
951-600-0114  
sharon@sharonscreolekitchen.com  
www.sharonscreolekitchen.com

**Creole Food at its best...**



**RESTAURANT**

**Authentic  
Creole Cuisine**

**Lunch Tuesday-Friday**

11am-3pm

**Dinner Fridays**

5:30-9:30pm

**Private Event Accommodations**

*Available after 5pm for 50 or more  
guests Tuesday-Saturday*

2301 Orleans Ave. | New Orleans, LA 70119 | ph (504) 821-0600 | fax (504) 821-1934



4454 W. Slauson Ave. LA, CA 90043 T.(323) 291-8800  
400 E. Florence Ave. Inglewood, CA 90301 T.(310) 671-6200

**Orleans PO-BOY'S**

Michael Smith  
Owner



"Authentic New Orleans Taste"  
www.bayougrille.net

1400 N. La Brea Ave.  
Inglewood, CA 90302  
Bus: 310/ 673-0824  
Fax: 310/ 673-8717  
Cell: 213/ 703-0423  
michael\_bg@msn.com



530 Front Street  
Natchitoches, Louisiana 71457  
www.thelandingrestaurantandbar.com  
kentgresham1@msn.com

**Kent Gresham**  
(318) 352-1579  
Fax (318) 352-1550



**Johnny W. Cox, Jr. and Johnny W. Cox, Sr.**  
Owners & Operators

127 Church Street  
Natchitoches, Louisiana 71457

(318) 352-6634  
Fax (318) 352-6639





**Fontenot's**  
**CAJUN CAFE & CATERING**

936 UNIVERSITY PARKWAY  
 NATCHITOCHES, LOUISIANA 71457  
 318-238-4227  
[www.fontenotscajuncafe.com](http://www.fontenotscajuncafe.com)  
 online ordering available

20% GRATUITY ADDED TO PARTIES OF 6 OR MORE  
 YOU PAY FOR WHAT YOU ORDER

EATING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS



**Cajun Mouth 3441 W. Sahara Ave B-2**

**Las Vegas, Nv. 89102**

**Zydeco Breakfast This Saturday**  
**Cane River Commissary**

COME PASS A GOOD TIME!  
 IT'S BETTER BY THE RIVER





★ WHAT'S SAID ON THE PORCH STAYS ON THE PORCH ★

**TUNK'S CYPRESS INN**  
 Restaurant - Lounge - Oyster Bar

**WHERE THE FOOD speaks for itself.**

[TUNKSCYPRESSINN.COM](http://TUNKSCYPRESSINN.COM)  
 318-487-4014








## Attorney Spotlight

# Mark Delphin II

Contact Us  
 (337) 439-3939

Our Office  
 626 Broad Street,  
Lake Charles, LA 70601



### What's New In The Bayou...

Starting in January 2024 the Bayou Talk Newspaper will be posting its edition in a two month format. This will allow us to make some changes that will go into effect immediately.

January edition will appear as: January-February 2024

March edition will appear as: March-April 2024

May edition will appear as: July-August 2024

July edition will appear as: September-October 2024

Bayou Talk Newspaper is Published monthly by Jo-Val, Inc.

Bayou Talk reserves the right to edit all material(s) submitted for length and clarity and to conform to its editorial style. Unsolicited manuscripts will be considered, but will not be returned. PLEASE do not send us your only copy of your work.

The opinions expressed in each submission are solely the opinions of the individual contributor. Bayou Talk accepts no liability, nor bears any responsibility, for any claim that may arise from the publishing of any submission. Sole liability rests with the individual contributor.

Bayou Talk reserves the right to exercise its discretion in the acceptance, rejection, or editing of any information, listings or advertising. It is Bayou Talk's sole decision as to whether or not submissions are published and for how long. By submitting materials to Bayou Talk, contributors (including, but not limited to, writers, photographers, artists, cooks, advertisers, etc.) declare that they are the sole owners and authors of their submitted material(s) and own 100% of all copyrights pertaining to it/them.

Use of recipes found on the website

You may, for personal use only, copy single recipes from our Newsletter and website. You may not sell any recipes copied from our Newsletter or website either singly or in collections. You may copy recipes on to your own computer for personal use. You may share reasonable numbers of recipes in email or on websites as long as credit is given to author and, if published on our website, a link (either clickable or text) to the recipe on our site, or a link to our homepage.

“Ask Sadie Mae” Submissions

By submitting a query, question, or letter to our “Ask Sadie Mae” column, you grant the Bayou Talk Newspaper permission to publish it in our newsletter, on our website, or elsewhere including print publications. Your name, email address, and other contact and identifying information will never be included or distributed. Due to the large number of submissions received, there is no guarantee that a question will be responded to.

The writer(s) for our “Ask Sadie Mae” column offer opinions on a variety of subjects. They are expressing personal and professional opinions and views. These opinions or views are not intended to treat or diagnose and the Bayou Talk Newspaper and its staff, writers, etc. are not responsible for the outcome or results of following their advice in any given situation. You are completely responsible for your actions and neither the Bayou Talk Newspaper nor its staff or writers accept any liability for any situation in your life past, present or future.

You may not copy or reprint content from our Newsletter or website without express written permission from Bayou Talk (in the case of Bayou Talk-created content) or the individual contributor. Contributors retain full copyright of their submissions, unless otherwise determined in writing between Bayou Talk and the contributor.

Bayou Talk proofreads all materials submitted for publication; however, mistakes can be made in printing which we cannot be held responsible for. It is our sincere wish to publish an error-free newspaper.

**Bayou Talk 2024 Publication Schedule and Themes**

- January—Creole Heritage Day
- February—Mardi Gras; Love; Home
- March— Easter; Springtime Memories; Cycle of Life
- April—Travel; Adventure; World Cultures
- May—Mothers
- June—Fathers, Graduation
- July—Independence, Patriotism
- August—Friendship
- September—Faith, Aging
- October—Memorial Edition, Grief; Bereavement; Healing, Creole Heritage Month
- November—Food, Honoring our Military
- December—Christmas; Creole Holiday traditions
- January 2025—Creole Heritage

For more information on how you can submit and article, essay, or photograph to be considered for publication in one of our upcoming issues, please read our Submission Guidelines.

**Saint Hood**

*Prayer*

Almighty God, may the  
witness of  
Nicolas Augustin Metoyer  
and his  
loyalty to Christ inspire countless men  
and women to live the Christian faith.

If it be your holy will may a miracle be  
granted through his intercession, so he  
may be numbered among your Saints