



## PFCEEA Quarterly



August 2010 Summer Edition

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

### A Message From Your President

School is back in session and the leaves are starting to change. It is election time again and inside this newsletter you will read about the new leadership for our association, there is still time if anyone is interested in supporting one of the positions or assisting in other areas of interest. We are only as strong as the team that supports the daily operations of Professional Family Child-care & Early Education Association. I am stepping down from the board and concentrating on my very busy family, it has been a wonderful experience and I urge all to step up and take a small job on. Thank you all for your continued support and I wish the next board success.

The Virginia Alliance State Conference will again be held in Virginia Beach on Saturday, October 23, 2010, at the Virginia Beach Convention Center. Take a look at their Spring/Summer newsletter online for registration information. The Alliance is looking for support during the conference from our members, contact Marie for more information. This year they are offering a different training track; you can go early and get 8 hours of training or go for the 6 hours of training. Mark your calendars and don't miss the early bird registration.

Flu season is fast approaching and I urge you to post your policy on illness for your parents to see. Let them know early what your plans are for flu outbreak and encourage  
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Welcome to our new PFCEEA members.  
We are happy you have joined.

Anika Sykes,  
Naomi Augustus,  
Cindy Sisson

## Upcoming Conferences in 2010

VAFCCA - Oct 23 Virginia Beach, VA  
For more information: [www.vafcca.org](http://www.vafcca.org)

VAFCCA will pay \$300 to the association bringing the highest % of members. We would love to be the winner!

## Membership Report

We currently have 70 members. While our membership numbers have dropped, we believe the association remains strong and as a result, we are confident more people will want to become members very soon.

On September 10, PFCEEA will have its 9<sup>th</sup> anniversary. In our 9 years of existence, 317 people have joined.

Submitted by Marie McFadden

## Social Secretary

Hope everyone has had a wonderful summer. If you have any items for door prizes, I am usually at all the trainings or you can give it to Marie or Janis and they can pass it on to me. I also welcome gift bags or baskets for the door prizes. Not only do I send out cards for birthday and anniversaries I also send out cards for illness and grieving for the loss of a loved one. I just need to know. You can either send me an email or let either Janis or Marie know and they will pass it on.

Submitted by Diane McEwen  
Social Secretary

## How to Contact PFCEEA

Email: [pfceea@yahoo.com](mailto:pfceea@yahoo.com)  
Website: [www.pfceea.com](http://www.pfceea.com)  
Email Loop: <http://groups.yahoo.com>  
under "Join a group" type in PFCEEA  
Facebook: Professional Family Child Care & Early Educational Association

## PFCEEA Executive Board

	President	
Janis Ingham		498-3303
	Vice-President	
Amy Stovall		340-2148
	Treasurer	
Wanda DiNardo		486-4582
	Corresponding Secretary	
Nannette Huff		422-1891



## Standing Committees

	Advertising	
Marie McFadden		482-9470
	Historian	
Janice Coffman		499-6474
Beth Kaminski		853-4504
	Marketing	
Fern Rohrer		857-7948
Marie McFadden		482-9470
	Membership	
Marie McFadden		482-9470
	Newsletter	
Marie McFadden		482-9470
	Phone Tree	
Beth Kaminski		853-4504
	Resource & Referral	
Laurie Womack		486-1840
	Social Secretary	
Diane McEwen		490-2371

### PFCEEA Meeting Schedule

To register for all training meetings, please email [pfceea@yahoo.com](mailto:pfceea@yahoo.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free, **non-members pay \$10 cash.**

2010 meeting dates from September to December will be held in the Virginia Beach Central Library Auditorium from 7-9 pm. Please let us know if you have a topic or speaker we haven't presented in a while.

Mark your calendars:

Sept. 27

Oct 11

Nov 22

Dec 6

### Resource & Referral

We are currently running an ad in the Virginian Pilot. With school starting very soon, our phones should be ringing. If you can't accept a child because of age or hours, please refer the parent to our website. [www.pfceea.com](http://www.pfceea.com)

Submitted by Laurie Womack

### Phone Tree Report

Since we didn't have any meetings over the summer, the phone tree was not activated. We will be making calls for the September 27<sup>th</sup> training meeting.

Submitted by Beth Kaminski

### Kandii House

PFCEEA accepts donations of baby food, formula, diapers along with gently used baby clothing to give to Kandii House. The formula and diapers can be from opened containers and all donations can be brought to any of our meetings.

Submitted by Nannette Huff

### Marketing Report

Marie appeared on Fox 43's "The Hampton Roads Show" on August 25. PFCEEA was mentioned in the story and we hope this fills everyone's openings. Please check our website: [www.pfceea.com](http://www.pfceea.com) to make sure your information is listed correctly.

We are also calling centers to let them know they may attend our trainings.

Submitted by Fern Rohrer & Marie McFadden

### License Plate Frames

In our quest for finding another way to market our association, and have parents find our website, PFCEEA purchased 200 license plate frames. We are selling them for: \$3 for 1 or \$5 for 2.

If we all have these on our cars, many people will see them and learn of our association. We will continue to sell them at all of our meetings; get yours before they are gone.

## Interesting Websites

<http://www.epingsoft.com/docx/docxv.asp>

free download allows you to view the new version of Microsoft Word

<http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

CPR video

<http://www.kididdles.com/> children's songs

<http://atozkidstuff.com/> children's activities

<http://preschoolrainbow.org/> preschool ideas

If you want your yard sprayed for mosquitos, call your city offices to see if they will come out. I recently found out Chesapeake providers can call and they will come out for free. 382-3450

### Valley Food Service (RFS Tidewater)

PFCEEA recently secured an account with Valley Food Service (now called RFS Tidewater). Their new address is 1201 Progress Road, Suffolk VA.

The company will deliver to 1 location; however, we need to place an order of at least \$450.00.

All items are sold in bulk and must be paid in cash at the time of pick up. Their available items and prices are listed on our website - [www.pfcea.com](http://www.pfcea.com) under "Benefits of Membership".

Once you have decided which items you want to order, call Jackie at: 461-8000 X104. They will pull the items you ordered and have them waiting for you to pick up.

Their hours of operation are: M - F 8 am to 5 pm and Sunday from 1 pm to 4 pm. You can pick up your order in as little time as an hour after you place your order. All items are restaurant quality.

## Recipe Corner



### Baked Spaghetti

1 lb cooked hamburger

1 jar spaghetti sauce

1 box spaghetti

1 can mushroom (optional)

Combine cooked ground beef, cooked spaghetti noodles, sauce and mushrooms in a large pot. Mix well and transfer to a baking dish. Top with shredded cheese. Bake in a 350 oven for 30 minutes.

### Crescent Hot Dogs

Hot dogs                                  can of crescent rolls  
Wrap a hot dog with a crescent roll, bake until the biscuit is golden brown

Recipes submitted by Donna Rosevear

We are always looking for new recipes or ideas for meals. Please send your ideas to [pfcea@yahoo.com](mailto:pfcea@yahoo.com)

Here are a few websites to help you create some new meals for your family and daycare children.

[www.topsecretrecipes.com/recipes.asp](http://www.topsecretrecipes.com/recipes.asp)

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

<http://copycat.cdkitchen.com/>

<http://www.copykat.com/>

<http://recipes.robbiehaf.com/Copycat.html>

<http://www.copycat-recipes.net/>



June 30, 2010

Marie on right, with Donna Kelly at the Norfolk Foodbank's Annual Volunteer Appreciation night. Marie received flowers and a gift for conducting the Child Care Provider Orientation Classes from 1998 to 2010.



### President's Message continued from page 1

them to vaccinate their children. Don't forget to take care of yourselves also, and good hand washing habits keep illness at bay.

Enjoy the cooler days outside with your children; older children can go on a scavenger hunt while the younger ones run around and play. My children love to gather the acorns on the grass and we make piles for the squirrels to collect. Whatever activities you plan with your children know that you are making a difference in a child's life.

Sincerely,

*Jaxie Ingham*

### Help PFCCEA earn \$300

The Virginia Alliance of Family Child Care Associations (VAFCCA) plans to give \$300 to the local association who has the highest percentage of their membership attend the October 23<sup>rd</sup> conference being held in the Virginia Beach Convention Center. Our association won the contest several years in a row and now since the conference will be held in our area it would be very embarrassing to lose the contest this year. Come for the training and networking with other providers. Remember, all conference costs are a business deduction!

### Tips for New Regulations

Here are some good ideas from Karen: In the event of an emergency in your home, instead of you having to call all the parents, give a list of all your parents' contact numbers to either another provider or trusted neighbor. Now in an emergency, you only have to call 1 person who will contact all of your parents.

Double check the list of suggested items you keep in your first aid box. Check all items for expiration dates.

Make sure you practice your shelter-in-place drills at least 2 times each year and document it.

Check the food/drink items you have set aside in your emergency evacuation bag for expiration dates.

## Upcoming Elections

This September all positions except Membership are up for election. We need each of you to consider stepping up and taking one of the positions so our association can continue to operate smoothly. If no one steps up, **THE ASSOCIATION WILL DISSOLVE.**

None of the positions are difficult; they do however, require some of your time and attendance at business meetings.

The Board shall have between 4 and 12 directors. Directors shall serve as either officers or at-large members.

### Officer qualifications:

All officers must be active members. The President and Vice President must have 18 months experience in family child-care, and be currently working in the early childhood field.

### President

Preside over all meetings

Appoint interim directors to fill vacancies, subject to Board approval

Nominate committee chairs in consultation w/the Board and subject to Board approval

Serve as a member of all committees

Sign checks as needed

Other duties as assigned by the Board

### Vice President

Perform the duties of President in the absence of the President

Sign checks as needed

Other duties as assigned by the Board

### Secretary

Record the minutes of all meetings

Distribute minutes to all appropriately designated individuals

Send out meeting agendas to appropriately designated individuals

Other duties as assigned by the Board

### Treasurer

Maintain financial records of PFCEEA in accordance with standard accounting procedure and submit reports as outlined in the policies and procedures of PFCEEA

Submit the books to accountant for annual audit

Sign checks as needed

Other duties as assigned by the Board

There are many other jobs you can help with. Give one of us a call and we will discuss the possibilities.

## Things to Remember

Think about stepping up and assuming a position on the PFCEEA Board of Directors. If no one steps up, the association will fold. We have worked very hard to make this a professional association and we hope several of our members will want to continue to make it flourish.

If you need training hours:

PFCEEA's next training meeting will be held Sept. 27<sup>th</sup> (2 hours)

VAFCCA one day conference will be held Oct 23 in Virginia Beach Convention Center (6 hours or 8 hours)

Membership rates increase beginning on September 1, 2010

Grocery shopping opportunities with Angelfood Ministries or Valley Foods (RFS Tidewater)

We are working on finding a company who will offer a discount for chimney cleaning. Let us know if you would like your name added to this list.

To see Marie's 3 minute child care interview on Wednesday, August 25th with Fox 43's Cheryl Tan, go to: [http://www.fox43tv.com/dpp/hr\\_show/whats-your-problem-daycare-dilemma-20100825-cta](http://www.fox43tv.com/dpp/hr_show/whats-your-problem-daycare-dilemma-20100825-cta)

If you are cleaning closets, please donate your unwanted items for our door prizes, this includes gift bags or baskets. Contact Diane McEwen at 490-2371

If you have baby food, formula, or baby clothing, PFCEEA makes donations to Kandii House. Contact Nannette Huff 422-1891 or bring your items to our meetings.

Help advertise PFCEEA and all of our businesses by purchasing a license plate frame for your car. They are available at our training meetings.

If you have any comments, suggestions, or concerns, please email us at: [pfceea@yahoo.com](mailto:pfceea@yahoo.com) Or call Janis at 498-3303 or Marie at 482-9470.

PFCEEA has a Facebook account - join us - go to Facebook.com and search for Pfc Eea

Our website is: [www.pfceea.com](http://www.pfceea.com)