



PFCEEA Quarterly



February 2011 Winter Edition

www.pfceeaa.com

A Message From Your President

Hello,

As I write this the temperature is about 70 degrees - outside, in the middle of February! I guess this means it is time for us to stop our winter hibernation and get outside, breathe in the warm air, and get a big dose of Spring Fever!

For the first time in the Association's existence, we are not presenting an Extravaganza this spring. We know the state has increased the number of training hours needed and we are trying to help you reach the required number of hours by holding our monthly meetings. We now know the Virginia Alliance will be holding their October conference in Richmond this year. This is an excellent way to receive at least 6 hours in one day. If you are state licensed, you are required to have 8 hours before June 30, 2011. You will need 12 hours from July 1, 2011 to June 30, 2012.

If you are having problems understanding any of the new state regulations, we would like to help you. Call me at 482-9470 or email the association at pfceeaa@yahoo.com Happy Spring!

Marie McFadden

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Welcome to our new PFCEEA members
We are happy you have joined.

| | |
|--------------------|------------------|
| Sandra Luedeke | Thomas Rosevear |
| Jennifer Johnson | Cherita Jenkins |
| Antionette Dixon | Deborah Williams |
| Mary Lynn Williams | Noel Dixon |
| Melissa Britt | |

Upcoming Conferences in 2011

July 21-23 NAFCC Las Vegas, NV
<http://nafcc.org/>

Membership Report

As of the end of February we had 100 members in good standing. Since the association started in 2001, we have had 352 people join our association.

Currently, we have:

42 members in Virginia Beach,
26 in Norfolk,
23 in Chesapeake,
4 in Portsmouth,
3 in Suffolk,
2 Hampton, and
2 in Newport News.

Our association will mark its 10th anniversary on September 10, 2011. Let us know how you think we should celebrate this occasion.

Submitted by Randee Holmes

Social Secretary

Cards for birthdays, anniversaries, illness, hospitalization, and sympathy are being sent to our members. Please let us know when one of our members needs a card.

Our Social Secretary is also in charge of putting door prizes together for our training meetings.

If you have any items we could use in our door prizes, please bring them to any meeting. This includes gift bags of any kind or baskets, as well as craft items you have made, along with directions.

Submitted by Diane McEwen

How to Contact PFCEEA

Email: pfceea@yahoo.com
Website: 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

Marie McFadden 482-9470

Vice-President

Randee Holmes 479-9579

Treasurer

Wanda DiNardo 486-4582

Corresponding Secretary

Azure (Kesha) Howell 623-7514



Standing Committees

Advertising

Jan Coffman 499-6474

Historian

Jan Coffman 499-6474

Marketing

Fern Rohrer 857-7948

Jan Coffman 499-6474

Membership

Randee Holmes 479-9579

Newsletter

Marie McFadden, Editor 482-9470

Phyllis Hamm, proof reader 486-5979

Phone Tree

Cindy Sisson 421-7901

Resource & Referral

Laurie Womack 486-1840

Social Secretary

Diane McEwen 490-2371

Candii House

PFCEEA accepts donations of baby food, formula, diapers, and wipes along with gently used clothing of all sizes and genders to give to Candii House. The formula and diapers can no longer be from opened containers. All donations can be brought to any of our meetings.

Submitted by Beth Kaminski

Resource & Referral

The phone calls have slowed down dramatically. Our web site lists our members. Please check your information to make sure it is correct. www.pfceea.com

Submitted by Laurie Womack

Phone Tree Report

The Phone Tree was activated 4 times this past quarter. PFCEEA members without email and non-members without email were called to remind them of our September, October, November, and December trainings plus the State conference which was in Virginia Beach in October. Thank you to Ethel Bond, Michelle Freeman, Charlene Henderson, Orris Holt, Azure Howell, Jill Leach, Annie Nurse, and Barbara Pendleton for joining the Phone tree committee. Now we have a total of 13 members on the phone tree committee. Many hands make light work. Thank you to Beth Kaminski, Laurie Womack, Jan Coffman, and Randee Holmes for making this transition for me taking over heading up the Phone Tree go smoothly. If you would like to help make a few calls, please contact Cindy Sisson at 421-7901. Internet access is required. Cindy Sisson, Phone Tree Chairwoman

PFCEEA Meeting Schedule

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

Our meetings 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.

Mark your calendars:

2011 training dates:

July 25 August 29 September 26

Marketing Report

We place an ad in the Virginian Pilot every other month; the cost is \$199.00 for 30 days. In the last year we have not received many calls for child care because of the economy. Our business cards and flyers are placed in doctor offices and other training classes to promote new members and childcare. If you have any ideas for marketing, please call Fern 857-7948 or Jan Coffman 499-6474.

Submitted by Fern Rohrer & Jan Coffman

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.daycareanswers.com/>
<http://www.betterbudgeting.com/ezone/mar2011-889476-lqpt.htm>

Save money at Farm Fresh

Farm Fresh is trying to help us save money on our grocery bills. If you are 55 & up, you can receive 5% off your total bill on Tuesdays & Thursdays. All coupons up to \$1.00 are doubled on Wednesday and coupons up to 99 cents are doubled every day. Now, if you have a military ID card, you can receive 10% off their store brands any day of the week. Be sure to ask for the discount when checking out.

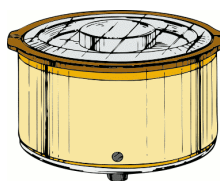
Restaurant Depot

We are all looking for ways to save money. Randee checked out Restaurant Depot for us and we think you might want to visit this store to see for yourself if you can save over where you currently shop for food.

If you have a city business license or a state license to provide child care, you qualify to shop in Restaurant Depot located at the intersection of Virginia Beach Blvd. and Witchduck Rd. Bring your license, fill out the membership paperwork, and you can shop the same day. This store is set up much like Sam's or BJ's, except there is no membership fee and while everything is sold in bulk, most items can also be purchased individually.

Most of the meat is sold in 40 lb boxes; divided into 4 bags each containing 10 lb. This makes sharing with a friend or family easy. They have a very large refrigerated area, so bring a coat. Look at their website: www.restaurantdepot.com

Recipe Corner



Afternoon snack ideas:

Ham biscuits
Cinnamon rolls
Pizza bagels (pizza sauce/mozzarella)
Blueberry/banana/pumpkin muffins
Individual fruit or fresh fruit salad
Yogurt/frozen gogurt
Home made cookies
Pancakes/French toast/waffles
Crackers & cheese/peanut butter
Grilled cheese sandwich
Raw vegetables & dips

Auntie Anne's Pretzel clones

1 $\frac{1}{2}$ tsp yeast
Dash salt
4 c bread flour
2 c warm water
2 T honey
Brown sugar

$\frac{1}{2}$ tsp brown sugar
1 $\frac{1}{2}$ c water
2 tsp baking soda
 $\frac{1}{2}$ lb butter
white sugar

Mix yeast, brown sugar, dash of salt and 1 $\frac{1}{2}$ cups of water. Let sit for 5 minutes. Stir. Add bread flour. Knead well. Let rise for about 1 hour. Take a piece of dough and roll and shape into a pretzel or rod. Mix baking soda and warm water. Dip/spray/brush pretzels in baking soda and water mixture. Lay on baking sheet, let rise for about 15 mins. Bake at 400 for about 9 mins. or golden brown. Dip or brush with melted butter and honey. Sprinkle with sea salt or cinnamon sugar.

Yields 8 pretzels - 378 calories each 4

Meet the new PFCEEA Board of Directors 1/2011 to 12/2012

President



Marie McFadden

Vice President



Randee Holmes

Secretary



Azure (Kesha) Howell

Treasurer



Wanda DiNardo

Membership



Randee Holmes

Marketing & Advertising



Fern Rohrer



Jan Coffman

Phone Tree



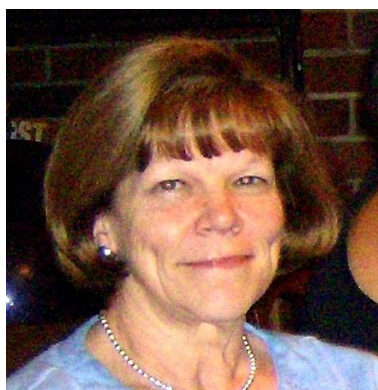
Cindy Sisson

Resource & Referral



Laurie Womack

Historian



Jan Coffman

Candii House



Beth Kaminski

Social Secretary



Diane McEwen

Tips for New Regulations

First Aid Kit - make sure your kit only contains the items listed in the new regulations. If your inspector finds any additional items, they assume you are using them and it may result in a violation. Check expiration dates on all items.

Hot Water temperature - make sure your hot water is at least 105 and no more than 120 degrees. Anything below 105 and above 120 may result in a violation.

Sign in/out sheets -

http://www.dss.virginia.gov/files/division/licensing/fdh/intro_page/current_providers/forms/032-05-0612-00-eng.pdf

(record of daily attendance) make sure you sign in each child each day, and draw a line through their name when they leave.

Paperwork - Make sure the parent fills in every line on every piece of the child's record. Also make sure to receive a copy of immunization records and physicals.

Emergency Evacuation bag - I am using an old suitcase on rollers and a few child size backpacks to hold our emergency supplies. The backpacks can either be carried by the children or piggybacked to the suitcase making it easy to grab and go if needed. Make sure to make a list of food items and their expiration dates and put on the outside of the suitcase so you can make sure to rotate your items before they expire.



February Attendees



March Attendees



March door prize winner, Darlene

Things to Remember



**Jo-Ann
Teacher
Rewards**
2010-2011

Ask for your 15% Teacher Rewards discount now at Jo-Ann Fabrics available to regulated child care providers. When obtaining the discount, you will have to show your current license and a photo ID.

If you need training hours:

PFCEEA's next training meeting will be held on Monday, July 25. Check our website for additional training dates. www.pfcee.com

Grocery shopping opportunities with:

Angelfood Ministries, Valley Foods (RFS Tidewater), and Restaurant Depot

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.

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 (no open containers), or gently used baby, child, or adult clothing, PFCEEA makes donations to Candii House. Contact Beth Kaminski 853-4505 or bring your items to our meetings.

Help advertise PFCEEA and all of our individual businesses by purchasing a license plate frame for your car. They are available at our training meetings - \$3 for 1, or \$5 for 2.

If you have any comments, suggestions, or concerns, please email us at: pfcee@yahoo.com Or call Marie at 482-9470.

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

Our website is: www.pfcee.com