



PFCEEA Quarterly



December 2010 Fall Edition

www.pfceeaa.com

A Message From Your President

Hello,
 I'd like to start off by thanking everyone who voted for me as your new president. Little did I know back in the summer of 2001 when Marsha & I were forming this new association that I would be the third president of this very strong association. I hope I make everyone proud they are a member of PFCEEA.

Looking forward to 2011, we have our Jan.- June meeting dates scheduled; now we need to get our speakers in place and we will be all set. Let me know what topics and speakers you would be interested in this coming year.

Before I agreed to have my name placed on the ballot, I told the board I couldn't do all the work by myself. I was very happy when everyone spoke up saying they would take on a job. There are still many jobs waiting for someone to take them, so feel free to jump in and help. If we all work together, I know we will have the best child care association in the state!

Marsha and Janis have set the bar very high and I hope I can carry the torch just as successfully. I thank both of them for their years of service to the association.

Marie McFadden

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Welcome to our new PFCEEA members.

We are happy you have joined.

- | | |
|-----------------------|-----------------|
| Cindy Huntington | Barbara White |
| DeVette Wright | Carmencita Hill |
| Monique Willoughby | Tamika Owen |
| Nichole Hansen-Taylor | Angela Gregory |
| Davia Montanez | Teresa Stewart |
| Catherine Blackman | Sonnja Brown |
| Ethel Bond | Bobbie Ivory |
| Beth Lutz | Joyce Killius |

Upcoming Conferences in 2011

July 21-23 NAFCC Las Vegas, NV

Membership Report

As of the end of November, our membership increased over last quarter to 83 members. We have had a total of 331 people join PFCEEA since our inception. We have 18 members in Chesapeake, 2 each from Hampton, Newport News, Portsmouth, and Suffolk, 20 from Norfolk and 37 from Virginia Beach.

September 2011 will be our 10th anniversary, I wonder how many members we will have then.

Submitted by Marie McFadden



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.

Submitted by Diane McEwen
Social Secretary

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

Marie McFadden 482-9470

Historian

Janice Coffman 499-6474

Marketing

Fern Rohrer 857-7948

Jan Coffman 499-6474

Membership

Randee Holmes 479-9579

Newsletter

Marie McFadden 482-9470

Phone Tree

Cindy Sisson 421-7901

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 or call Marie at 482-9470. PFCEEA members receive the training certificate for free, **non-members pay \$10 cash.**

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:

Feb 28

March 28

Apr 25

May 9

June 27

Marketing Report

In addition to passing out our business cards and pens at meetings, we are also faxing, calling, and emailing providers and centers letting them know about our trainings. The PFCEEA license plate frames are appearing on more cars.

Submitted by Fern Rohrer & Marie

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.

Candii House

PFCEEA accepts donations of baby food, formula, diapers, and wipes along with gently used baby clothing 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 Nannette Huff

Resource & Referral

The phone calls have slowed down dramatically. Another ad was placed in the Virginian Pilot Dec. 15 to Jan. 15. Our Website is: 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 K., Laurie W., Jan C., and Randee H. 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 chair

Interesting Websites

<http://www.freeprintable.net/>
<http://www.shop4freebies.com/>
<http://www.dltk-holidays.com/xmas/printables.htm>
<http://www.allcrafts.net/xmas.htm>
<http://www.christmascarnivals.com/crafts/>
www.spottedcanary.com free "how to" scrapbook

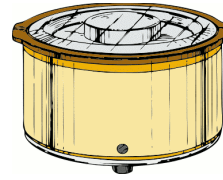
Save money at Farm Fresh

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



Winter is upon us and it is time to bring the crock pot out if you haven't done so already. There are many meals we can cook in a crock pot and doubling the recipe will not only help us fix extra meals ahead of time, but will cut down on wear and tear on the appliance and the electric bill. I also use crock pot liners - it sure helps cut down on clean up time! When cooking meats such as beef or chicken in the crock pot, I start off adding a little water. When the meat is cooked, I leave the "broth" in the liner, tie it up and place in a bowl in the refrigerator. The next morning whatever fat in the broth is hard, making it easy to pour out fat-free broth you can now use for making soups. Here are a few websites to help you create some new meals for your family and daycare children.

<http://www.crockpot-recipes.com/>
<http://www.freequickrecipes.com/recipes-crock-pot.php>
<http://southernfood.about.com/library/crock/blcpidx.htm>
<http://allrecipes.com//Recipes/main-dish/slow-cooker/Main.aspx>
http://www.cookingcache.com/cat/crockpot_recipes/default.aspx
<http://www.a-crock-cook.com/>
<http://www.homestyle-recipes.com/>
<http://www.easycrockpotrecipies.com/>
<http://www.aliciasrecipes.com/crockpot.htm>



July 17, 2010 Nashville, TN

Michelle, Stephanie, Marie, & Marie Mosby (VAFCCA Pres) at the National Association for Family Child Care's annual conference.

[Jo-Ann Fabric and Craft](#) announced it is expanding its Teacher Rewards discount program to include family child care providers. This is a big victory for the family child care field!

Effective January 16, 2010 their [program](#) will include "all certified, credentialed and licensed educators: daycare, preschool, home school, K-12 and post-secondary." Previously, only K-12 and home school teachers were eligible for their 15% discount program. To obtain the discount child care providers must show their current license or certification issued by their state along with a state-issued photo ID. This [new policy](#) also includes teachers at child care centers, Head Start, and other early education programs. This controversy began two weeks ago when Jacqueline Crocker, an NAFCC accredited family child care provider posted on Jo-Ann's Facebook page: "Would you please consider extending the teacher appreciation discounts to preschool teachers as well?"



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.

Virginia Alliance Conference October 2010 Virginia Beach



PFCEEA members at the end of a very long conference day:
Michelle, Phyllis, Jan, Marie, Diane, Azure, & Randee

VAFCCA Presidents through the years
L to R:
Marie, Moira, CarolAnn, Alyce, CeCe, & Vicki



2010 Virginia Alliance Board
L to R: Pres. Marie, Mary, Sonnia, Fran, Nora, Denise, and in back: Rebecca

Things to Remember



See page 5

If you need training hours:

PFCEEA's next training meeting will be held on Monday, February 28. 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 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: 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