



Summer 2024



# Car Heat Dangers

Now that hotter weather is here again, please do not leave children or animals in a car.

Elapsed Time (minutes)	Outside Air Temperature (°F)					
	70	75	80	85	90	95
0	70	75	80	85	90	95
10	89	94	99	104	109	114
20	99	104	109	114	119	124
30	104	109	114	119	124	129
40	108	113	118	123	128	133
50	111	116	121	126	131	136
60	113	118	123	128	133	138
More than 1 hour	115	120	125	130	135	140



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## Membership Report

We currently have 21 members in good standing. Chesapeake has 6 Norfolk 4, Portsmouth 1, Suffolk 0, Virginia Beach 9 and New Orleans 1. As you can see, our membership has dropped drastically since 2020. We all need to encourage providers to join our association. Since the Association started, we have had 420 people become members. Remember to check our website to make sure your information is correct.

If you change your email address, phone number, or move either to another local address or out of the area, please let us know as soon as possible.

Submitted by Marie McFadden



## How to Contact PFCEEA

Email: [pfceetraining@gmail.com](mailto:pfceetraining@gmail.com)  
Website: [www.pfcee.com](http://www.pfcee.com)  
Facebook: Professional Family Child Care & Early Educational Association  
By mail: contact our Treasurer for address

### PFCEEA Executive Board

President Randee Holmes 479-9579  
Vice-President Beth Kaminski 853-4505  
Treasurer Cindy Huntington 468-0681  
Corresponding Secretary  
Diane McEwen 490-2371



### Standing Committees

Door Prizes	Dona Cox	486-1565
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Social Secretary	Diane McEwen	490-2371
Speakers at trainings	Beth Kaminski	853-4505

## Social Secretary

If you know of a member who should be sent a get well or sympathy card, contact me and I will send out the card right away.



Call Diane at 490-2371

## Are you Prepared?

Take a look at the links below and see what you can do to prepare for a disaster. Thankfully, tornadoes and earthquakes don't happen here very often, but that is all the more reason to prepare for these events. <https://www.ready.gov/plan>

Hurricane season is June 1 to November 30 <https://www.ready.gov/hurricanes>

Tornadoes <https://www.ready.gov/tornadoes>

Earthquakes <https://www.ready.gov/earthquakes>

## Family Child Care Provider?



Serve nutritious meals to children and earn cash!

For more information about the free USDA Child and Adult Care Food Program call 757-397-2984

[www.childrensharbor.cc](http://www.childrensharbor.cc)

## 2024 VAFCCA Conference



Promoting Quality Child Care since 1989  
[www.vafcca.net](http://www.vafcca.net)

A survey was emailed to members to decide which month they would prefer to attend a conference. The exact location has not been released yet. It is always great to talk with other providers and, best of all, business trips are tax deductible. This year's conference will be held on September 28th.

## PFCEEA Meeting Schedule

To register for all training meetings, email [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free. Our trainings will be held from 7-9 pm.

While we hold online trainings, **cameras must be turned on**, unmute your microphone from time to time so you can join in on the conversations, or type in the text box.

### 2023 virtual training dates:

Training starts at 7pm - 9 pm

April 22	May 28	June 24
July 22	Aug 26	Sept 23

## **VAFCCA's Care & Connect Sessions**

Have you attended a Care & Connect meeting yet? This is a great opportunity to let others know of a problem you have and for others to help you. You will also hear of new things happening from the DOE. If you would like to listen in, let Marie know

[pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com)

They will be holding the zoom sessions every 3<sup>rd</sup> Saturday of each month beginning at 9:30 am.

## Recalls

To stay up to date with food recalls, check out the following websites:

<https://www.nbc12.com/2023/08/23/frozen-corn-mixed-vegetables-recalled-over-possible-listeria-contamination/?fbclid=IwAR2-veBFobN7Cs2-TNN4tTe96OZT3Sy0qXMy9Qm9CepwF8Zw-XCTet-H6ts>

<http://www.foodsafety.gov/>

<http://www.foodsafety.gov/recalls/>

<http://www.foodsafetynews.com/sections/food-recalls/#.VYsGUObZFyE>

For all other recalls, check this website: <http://www.cpsc.gov/en/>

★ Mother Goose Time ★  
Early Learning Curriculum

experience  
EARLY LEARNING

<https://www.mothergoosetime.com>

 FunShine  
Express  
Early Learning Curricula

<https://www.funshineexpress.com/index.html>

## Recipe Corner



<https://www.hiddenvally.com/recipe/>

<https://www.tasteofhome.com/collection/quick-summer-dinners/>

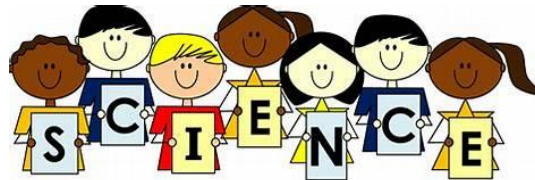
<https://www.tasteofhome.com/recipes/cheesburger-quesadillas/>

<https://www.tasteofhome.com/recipes/beef-broccoli-stir-fry/>

<https://www.thepioneerwoman.com/food-cooking/meals-menus/g31981626/30-minute-meal-ideas/>



## Science Magic



<https://www.generationgenius.com/activities/introduction-to-science-activity-for-kids/>

<https://www.weareteachers.com/easy-science-experiments/>

<https://www.sciencebuddies.org/stem-activities>

<https://www.sciencefun.org/kidszone/experiments/>

<https://funlearningforkids.com/science-activities-kids/>

<https://littlebinsforlittlehands.com/science-experiments-and-activities/>

## Helping Our Community

As an association we try to help out where we can. Below you will find various items we are collecting. If you have any of the items we are collecting, bring them to any of our trainings and drop off at the registration table. Thank you for helping!

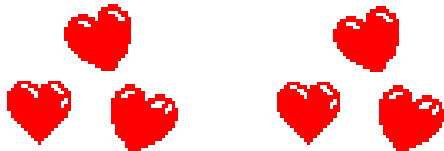
### Plastic Grocery Bags

If you aren't planning to reuse your plastic grocery bags, please bring them to PFCEEA trainings. A woman in Chesapeake is transforming them into mats for homeless people. They cannot accept the thin newspaper bags, produce bags, dry cleaning or thick shiny garment bags from department stores.

As you will see in the video there are a few steps needed to transform the bags into sleeping mats: cutting into strips, connecting the strips, and finally crocheting. If you would like to help with this project, but don't know how to crochet, you can still help by working on one of the other steps.

Click on the link below and scroll down to see video of how to cut the plastic bags and make plarn (plastic yarn) to make many useful items.

[http://diyeverwhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp\\_56125&t=syn](http://diyeverwhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp_56125&t=syn)



### **Cleaning for a Reason**

<http://www.cleaningforareason.org/>

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment.

**The  
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Council**

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## Special Days

July	<a href="https://www.holidayscalendar.com/months/july/">https://www.holidayscalendar.com/months/july/</a>
August	<a href="https://www.holidayscalendar.com/months/august/">https://www.holidayscalendar.com/months/august/</a>
September	<a href="https://www.holidayscalendar.com/months/september/">https://www.holidayscalendar.com/months/september/</a>
October	<a href="https://www.holidayscalendar.com/months/october/">https://www.holidayscalendar.com/months/october/</a>
November	<a href="https://www.holidayscalendar.com/months/november/">https://www.holidayscalendar.com/months/november/</a>

## Crafts & Activities

July	<a href="https://www.growingajeweledrose.com/search/label/4th%20of%20July%20Activities?max-results=10">https://www.growingajeweledrose.com/search/label/4th%20of%20July%20Activities?max-results=10</a>
	<a href="https://www.first-school.ws/theme/occasions7.htm">https://www.first-school.ws/theme/occasions7.htm</a>
	<a href="https://www.easypeasyandfun.com/printable-bug-puppets-2/">https://www.easypeasyandfun.com/printable-bug-puppets-2/</a>
Sept	<a href="https://www.easypeasyandfun.com/fall-crafts-for-kids/">https://www.easypeasyandfun.com/fall-crafts-for-kids/</a>
Fall	<a href="https://www.easypeasyandfun.com/halloween-crafts-for-toddlers/">https://www.easypeasyandfun.com/halloween-crafts-for-toddlers/</a>
	<a href="https://www.easypeasyandfun.com/printable-halloween-puppets/">https://www.easypeasyandfun.com/printable-halloween-puppets/</a>

## Free Printables & Crafts

<https://www.easypeasyandfun.com/summer-crafts/>

## Next of Kin Box

Do you have everything together in one place in case something happens to you and you are not able to arrange for hospital, rehab, or funeral? Your next of kin will have to make arrangements if you are not able to do so. This will be a very stressful time so having your documents in one place will make it much easier on your kin.



Happy Birthday!



PFCEEA hopes your special day is all you wish for.

June	24 Diane McEwen	26 Dona Cox	28 Marie McFadden
July			
August	16 Beth Kaminski		
Sept	12 Edwina Griffin		
Oct	25 JoAnn Dixon		

### Birthday Freebies

<https://www.dealnews.com/features/discounts/birthday-freebies/>

<https://www.favoritecandle.com/free-birthday-meals/Virginia-Beach/VA>

757-773-FIRE (3473)

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



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