



PFCEEA Quarterly



November 2009 Fall Edition

www.pfcee.com



A Message From Your President

We have many reasons to be thankful in this edition of our newsletter, first and foremost we have secured the next six months training dates at the Central Library. A big thank you goes out to Randee Holmes, Marie McFadden for faxing the library request at midnight and then again at 7:00 in the morning. Come January we will see everyone back at the Central Library in the auditorium.

The state conference we helped support with the Virginia Alliance and the USDA Sponsors Association held on October 17th was very successful and enjoyed by all. Many of our members worked very hard to assist in this conference and I really appreciate all your effort to help make the conference run smoothly.

Lastly, but not any less important is our Annual Holiday Party, put the date on your calendar and join us at the Golden Coral on Monday, December 14th for an evening of food, fun and fellowship. We will continue with the tradition of the five-dollar ornament exchange and guests are welcome to attend.

The Department of Social Services licensing renewal fee is changing from \$14 to
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Welcome to our new PFCEEA members.
We are happy you have joined.
Shelly Graves-Lynn Cristel Kearney

Membership Report

We currently have 91 members in good standing. It is quite obvious the recession is indeed in our area. Because of this, we all need to work together in helping our members fill their openings. If you are full or can't accept a child, please refer the parent to our website so one of our other members might have an opportunity to interview with the parent.

Submitted by Marie McFadden

Social Secretary

Fall is finally here and so is the cold weather plus cold and flu season. If you know of someone in our Assoc. that is sick please email me so I can send them a card. I am still sending out birthday and anniversary cards monthly.

A door prize is given at each monthly meeting. My door prizes are running low so if you have any items you would like to donate please bring them to any of the training meetings. Also, if you have any gift bags or baskets you are no longer going to use I could use them.

We will be having our Christmas dinner this year at the Golden Corral on 400 S. Independence Blvd. VA Beach. We have the large party room from 7pm to 10pm on Monday December 14th. Since we are paying for our own dinner, you may bring a guest if you'd like. We are doing the ornament exchange again, \$5 max. If you are planning to attend please email me at Diane_Terry.1@verizon.net

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

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

Membership

Marie McFadden 482-9470



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

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 or call Marie at 482-9470. PFCEEA members receive the training certificate for free, non-members pay \$5. If you have unused grocery coupons, bring them to our meetings to share with others.

November 16 7-9 pm at the Bow Creek Rec Center. We will be "Making & Taking Holiday Crafts".

2010 meeting dates from January to June 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.

Jan. 4	Feb. 1	Mar. 1
April 19	May 3	June 7

Resource & Referral

Beginning on November 4th, another month-long ad will be in the Virginian Pilot. We are hoping this ad helps our members fill their spaces. If you are full and receive a call, please refer the parent to our website: www.pfceea.com

Submitted by Laurie Womack

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

It's Election Time

It is time for PFCEEA members to vote for a Membership chair. You will receive a ballot in the mail soon. Right now Marie McFadden's name is the only one on the ballot, but you can write in a name if that person has your permission. The ballot is on a post card. All you have to do is cast your vote and place the post card in the mail. Postage is already on the card. We need your ballot to be postmarked by Saturday, Nov. 21.

Marketing Report

In addition to our usual places for handing out the PFCEEA business card, Fern has passed some out at the Portsmouth DSS office, a dentist's office in Wards Corner, the Norfolk Health Department, Work Force on Little Creek, Respit seminars and Pediatric Specialists near DePaul Hospital.

If you know where we can place our cards, please let us know.

Submitted by

Fern Rohrer & Marie McFadden

License Plate Frames

In our quest for finding another way to market our association, PFCEEA purchased 200 license plate frames. We are selling them for:

\$3 for 1 or \$5 for 2

We will have them for sale at our meetings, get yours before they are all sold.

Interesting Websites

'50s-80's songs - www.tropicalglen.com/

Upload pictures or documents to this site and it creates a web page - <http://file2.ws/>

Grocery shopping - <http://alice.com/>

Thanksgiving -

<http://www.enchantedlearning.com/crafts/thanksgiving/>

<http://www.makingfriends.com/Thanksgiving.htm>

<http://crafts.kaboose.com/holidays/thanksgiving/>

Christmas -

<http://www.allfreecrafts.com/christmas/>

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

<http://familyfun.go.com/christmas/>



DREAMSCAPE
PHOTOGRAPHY
Nancy E. Hannell
Owner-Operator
Weddings, Family, Boudoir,
Sports, Restoration, Schools

125 INDIAN CREEK ROAD
CHESAPEAKE, VA
23322

amazingdreamscapes.com
email: dscapel@verizon.net
757-421-3152 cell 757-575-0183

New PFCEEA website

Geocities stopped hosting websites even if we had our own domain name, so we had to find a new host. We were successful in our search and now our new site has 500 mb. of space instead of 15 mb.

This new site has a different look. We still have a lot of work to finish it, but in the meantime, we would like all of our members to take a look especially at the "Membership listing" pages. Please double check your information to make sure everything is correct. If your information is not showing, this could be an oversight on our part, or your membership has expired. Please send an email to pfceea@yahoo.com to let us know if anything is wrong.

Recipe Corner

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

www.topsecretrecipes.com/recipes.asp

www.recipegoldmine.com

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

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

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

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

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

Easy Drop Danish

$\frac{1}{4}$ cup margarine or butter, softened

2 Tablespoons sugar

2 cups Bisquick

$\frac{2}{3}$ cup milk

$\frac{1}{4}$ cup any flavor preserves

Mix margarine, sugar and Bisquick until crumbly. Stir in milk until dough forms; beat 15 strokes. Drop by rounded tablespoonfuls 2" apart onto a lightly greased cookie sheet. Make a shallow well in the center of each with the back of a spoon. Fill the well with 1 teaspoon preserves.

Bake at 450 for 10 to 15 minutes or until golden. (I prefer to bake at 350 to prevent the bottom from burning before the top is browned.)

While warm drizzle with glaze.

Glaze:

$\frac{2}{3}$ cup powdered sugar

1 Tablespoon warm water

$\frac{1}{4}$ teaspoon vanilla

Recipe found on side of Bisquick box, submitted by Marie McFadden

Phone Tree Report

The Phone Tree was activated three times since our last newsletter. September for the training on Gearing up for Learning, October for the training on Environments for Early Learning and we also made calls to the non-members to pass on the great local conference opportunity offered by the VAFCEEA held October 17th, 2009. I need to give a special thanks to Marie McFadden for helping me with updating our members and non-members list. She really goes above and beyond her PFCEEA responsibilities. I wanted to make sure we all let her know how much she is appreciated! We have a new phone tree volunteer...Welcome Brittany Cronon. Thank you to all the volunteers!!! (Laurie Womack, Jan Coffman and Randee Holmes) keep up the good work ladies. If you would like to volunteer on the phone tree contact Beth Kaminski @853-4505 email access is required.

Submitted by Beth Kaminski

2010 Child Care Extravaganza

Mark your calendar and save Saturday, March 27th so you can attend our 9th annual Child Care Extravaganza in Virginia Beach. Please let us know if you would like to help with any area of planning and implementing this event. An event of this magnitude not only takes a lot of planning, but it also needs a lot of people helping with each aspect of our extravaganza. There are a lot of "behind the scenes" jobs needing to be done prior to March 27th, please consider helping us this year. This is our big fundraiser and the money we raise keeps the association running smoothly the entire year.

News from DSS

As of November 1, 2009:

1. DSS has a new address - 801 East Main Street, Richmond, VA 23219-2901. All phone numbers will remain the same.
2. The fee for searches of the Child Protective Services Central Registry will increase from \$5 to \$7.
3. Revised Central Registry Form - The new form can be found at:
http://www.dss.virginia.gov/files/division/obi/childrens_facility_index/founded_cps_complaints/032-02-0151-08-eng.pdf

Upcoming Conferences in 2010

PFCEEA - March 27 Virginia Beach, VA

NAFCC - July 15 - 17 Nashville, Tenn.

For more information: www.nafcc.org

VAFCCA - Oct Virginia Beach, VA

Foodbank News

Saturday shopping days:

November

7 & 21

December

5 & 19

If you missed the annual meeting, you will only be able to make the class up on Saturday, Nov. 21 at 9 am.

Our last shopping day will be the end of June; therefore, the last time you will be able to send money to your USDA sponsor will be April.

In the mean time, you may want to check out Angel Food Ministries online at:

www.angelfoodministries.com

Currently there are at least 11 host sites in our area.

Submitted by Marie McFadden

Keeping Our Children Safe and Avoiding Violations

Did you know????

- Diaper rash medicine **MUST** have FULL NAME of child on ointment
- Cribs must be labeled with child's full name
- Batteries must be available and within expiration date for flash light - some require batteries are in flash light. Recommend keeping unopened spare pack in case those in flash light go dead.
- Keep battery operated radio with spare batteries
- Fiber filled blankets increase the risk of potential suffocation
- Did you know, markers / "white out" left where accessible to children (on a counter where they can roll off) can be considered "endangerment" due to the fumes
- Crib mattress must fit snugly (cannot fit 2 fingers between crib and mattress)
- Not accessible means not accessible to your tallest child if stands on a chair or oldest child. Recommend using locks with key or combination if have school age children.

First Aid Kit:

****Syrup of Ipecac - keep in first aid box EVEN after expiration date expires:**

document at least 2 places where you attempted to obtain new bottle

Important that you have ample gauze

Check expiration date on

bite/sting prep medication expired
syrup of ipecac

Do you have a thermometer, scissor, tweezers, insect bite medication, eye wash, eye patch, in your first aid kit?

It's fall cleaning time! Check your playground for:

- Replace rusty toys
- Fix or replace broken toys or toys with cracks in them
- Sharp edges
- "S" hooks must be closed & not rusty
- Gum balls (must be kept raked)
- Standing water (drowning & attracts mosquito breeding) - this includes old water in bird baths, buckets, toys (toy buckets, etc)
- Do your toys need to be cleaned to look inviting to children and parents
- Cut back shrubs with thorns - they are considered a potential injury item
- Does your absorbent material on playground under climbing toys meet licensing standards?

Records are the most likely to get violations - Go through your children's records and check it line by line - biggies are:

- Emergency contacts
- Immunizations
- Phone number listed for the physician
- Documentation of persons authorized and/or not authorized to pick up the children
- Documentation of the child's start date
- Documentation of proof of identity in the record
- Provider must contact the local authorities as required by the regulations if lack of proof of identify is more than seven business day
- Put "N/A" any place there is a question that they do not apply to. You cannot leave it blank!
- Liability form signed for each child in your care?

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President's Message continued from page 1

\$35 to keep up with the current cost of living. The agency is seeking comments on the intended regulatory action, including but not limited to: 1) ideas to assist in the development of a proposal; 2) the costs and benefits of the alternatives stated in this background document or other alternatives; and 3) potential impacts of the regulation. The agency is also seeking information on impacts on small businesses as defined in § 2.2-4007. 1. Information may include: 1) projected reporting, record keeping and other administrative costs; 2) probable effect of the regulation on affected small businesses; and 3) description of less intrusive or costly alternative methods of achieving the purpose of the regulation. Anyone wishing to submit comments may do so by December 9th, at the public hearing or via the Regulatory Townhall website, www.townhall.virginia.gov, or by mail, email or fax to Karen H. Cullen, Virginia Department of Social Services, Division of Licensing Programs, 7 N. Eighth Street, Richmond, Virginia 23219, Telephone: (804) 726-7152, Fax: (804) 726-7132, Email: karen.cullen@dss.virginia.gov Written comments must include the name and address of the commenter. In order to be considered comments must be received by the last day of the public comment period.

Looking ahead, we have our 9th Annual Extravaganza on March 27th 2010 to start planning for. We need assistance planning this event in areas like advertising, marketing, and securing speakers and vendors. This is our only fundraiser for our association and we need your support. We are also sending out election information that needs to be filled out and sent back. Please take the time to read this and complete the postcard so we can move forward with our next business meeting. We really appreciate our members and hope everyone will share in this child care association to make it as successful as possible.

Sincerely,

Janis Ingham

Keeping Our Child Safe.....

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Reminders:

- Is today's menu posted where parents can see it?
- Never start a child without ALL paperwork completed - that includes ALL forms without exception
- Providers and assistants
 - Check dates on Background check
Criminal History & Central Registry & Sworn Statement - every 3 years
 - TB - every 2 years
- CPR & First Aid - Check the expiration date on your card - Recommend listing it on your calendar!
- Recommendation: Keep spare roll of toilet tissue in rest room where accessible to children
- Cannot have aerosol cans of spray accessible to children (wasp or bug spray)
- Cannot have "plug-in" deodorizers accessible to children
- Cannot have lit candles
- Electrical outlet strip must have a protective cover (even those under your computer table)
- Cannot have soap that has warning label "keep out of reach of young children". Soft soap does not have this warning. If refilling an old container, be sure you can show container you are refilling it from.
- If your age group has changed, have you checked for choking items?

Virginia State Child Care Conference October 17 in Virginia Beach

PFCEEA was happy to host this year's state conference. Despite the fact there was another event taking place the same day, we had approximately 200 in attendance. We are hoping the number doubles next year!



**Marie Mosby,
President VAFCCA**



**John Taylor, aka,
Kinderman**



Boca Beth



Look at all the door prizes!

September Training Meeting



USDA training
Margie



Celia Farr "Gearing
Up For Learning"



Door Prize winner - Rhonda

October Training Meeting



Speaker Christy John
"Environments for Early Learning"



Door Prize winner, Maria

June Business Meeting



Left to Right
Diane,
Amy,
Brittany,
Phyllis



Jan
Wanda
Ranee
Beth
Janis

September Business Meeting



Janis

Karen

Ranee

The Amazing Cucumber

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by

European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Source: The New York Times