



Inside This Edition

Membership Report page 2
Social Secretary Report
Contacting PFCEEA
Hyperthermia

PFCEEA Meeting Schedule page 3
VAFCCA Conference
USDA info
Recalls
Fire Safety Guys

Recipes page 4
Mother Goose Time
FunShine Express
Science Magic

Helping Our Community page 5

Special Days page 6
Crafts & Activities
Free Printables
Creating a Budget

Happy birthday Page 7
Birthday Freebies



<https://order.preparedhero.com/efb-checkout>

Rapidly Extinguish Small Fires, No Mess - Introducing Our Easy-to-Use Fire Blanket!

- ✔ **Lightweight & Versatile:** Effectively suppresses liquid or grease fires and works on different types of fires. Also functions as a thermal or heat shield.
- ✔ **Essential Kitchen & Outdoor Gear:** A must-have for your kitchen, backyard, and vehicle survival kit, providing reliable protection.
- ✔ **No Mess Solution:** Made from 100% quality flame retardant material. Composed of two layers of woven fiberglass fabric and an inner layer of fire retardant film.
- ✔ **High-Temperature Resistant:** Isolates high temperatures up to 1076°F (580°C), ensuring safety in critical situations.

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



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



How to Contact PFCEEA

Email: pfceetraining@gmail.com

Website: 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

Hyperthermia

From Wikipedia

Hyperthermia, also known simply as **overheating**, is a condition in which an individual's body temperature is elevated beyond normal due to failed [thermoregulation](#). The person's body produces or absorbs more [heat](#) than it dissipates. When extreme temperature elevation occurs, it becomes a [medical emergency](#) requiring immediate treatment to prevent disability or death.^{[[citation needed](#)]} Almost half a million deaths are recorded every year from hyperthermia.^{[[citation needed](#)]} The most common causes include [heat stroke](#) and adverse reactions to drugs. Heat stroke is an [acute temperature elevation](#) caused by exposure to excessive heat, or combination of heat and humidity, that overwhelms the heat-regulating mechanisms of the body.

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

2024 VAFCCA Conference



Promoting Quality Child Care since 1989
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 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

757-773-FIRE (3473)

www.firesafetyguysva.com



The Fire Safety Guys, LLC
Serving your fire safety needs

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.mothersgoosetime.com>

Recipe Corner



<https://www.hellmanns.com/us/en/flexipes.html>

<https://www.bonappetit.com/recipes/slideshow/spring-recipes>

<https://www.southernliving.com/food/dish/spring-recipes>

<https://www.foodnetwork.com/recipes/photos/spring-weeknight-dinners>



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

Science Magic



https://www.teacherspayteachers.com/browse/free?msclkid=c685942ea7881a076aa7f1c0f4404bed&search=science&utm_campaign=Search%20-%20NB%20-%20Resources%20-%20Edu%20Terms%20-%20Phrase&utm_content=Science%20Resources&utm_medium=cpc&utm_source=bing&utm_term=science%20resources

https://www.education.com/resources/preschool/science/?msclkid=bf892eaf281a1bda24524b417bd20485&utm_source=bing&utm_medium=cpc&utm_campaign=Search%20-%20Science%20-%20Grade%20Levels%20-%20Phrase&utm_term=preschoolers%20science&utm_content=Preschool%20Science

<https://rediscoveredfamilies.com/11-magical-science-experiments/>

<https://www.science-sparks.com/science-magic/>

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!

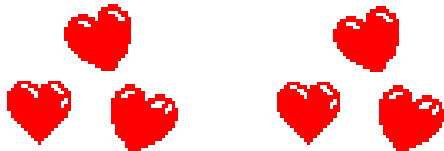
Plastic Grocery Bags

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



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
Planning
Council**

Headquarters Office

2551 Eltham Avenue, Suite I Norfolk,

VA 23513

757-622-9268

info@theplanningcouncil.org

Special Days

April	https://www.holidayscalendar.com/months/april/
May	https://www.holidayscalendar.com/months/may/
June	https://www.holidayscalendar.com/months/june/
July	https://www.holidayscalendar.com/months/july/
August	https://www.holidayscalendar.com/months/august/

Crafts & Activities

Mar	https://www.growingajeweledrose.com/search/label/Easter%20activities?max-results=10
Apr	https://www.growingajeweledrose.com/search/label/Spring
	https://www.first-school.ws/theme/occasions4.htm
May	https://www.first-school.ws/theme/occasions5.htm
	https://www.education.com/worksheets/?gclid=EAIaIQobChMIkdOE4fbqhAMVA77RBB398wVuEAEYASAAEgKilFD_BwE
June	https://www.first-school.ws/theme/occasions6.htm
	https://www.education.com/games/
July	https://www.growingajeweledrose.com/search/label/4th%20of%20July%20Activities?max-results=10
	https://www.first-school.ws/theme/occasions7.htm

Free printables & crafts

<https://www.easypeasyandfun.com/spring-crafts-for-kids/>

<https://www.easypeasyandfun.com/easter-crafts-for-kids/>

<https://www.easypeasyandfun.com/mothers-day-crafts-for-kids/>

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

Creating a Budget

<https://www.ramseysolutions.com/>



Happy
Birthday!



PFCEEA hopes your special day is all you wish for.

May	3 Cindy Huntington	30 Sherrie Bristow	
June	24 Diane McEwen	26 Dona Cox	28 Marie McFadden
July			
August	16 Beth Kaminski		
Sept	12 Edwina Griffin		

Birthday Freebies

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

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