

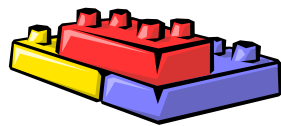


F 4 F Connection

Welcome to Families 4 Fauquier

Welcome to the first edition of our newsletter. I am pleased to be able to bring you all the good news that has taken place since Families 4 Fauquier has been formed and all the upcoming fun and exciting events we have planned for our group. It is going to be a very fun and active year. I look forward to getting to know each of you and your families in the future.

~Rachel Pierce, Director



Lego Mania

Lego Mania was a free public event held on February 27, 2010 from 3-5pm to unite and connect families and to bring awareness to the community about Families 4 Fauquier. It was a huge success. A hundred and twenty families attended this event. It was wonderful to see so many children (parents too) playing and working together to build things. It was also great seeing so many old and new friends!



Public Volume 1, Issue 1

May 2010 Edition

Flower of Month:
 Lily of the valley



Did you know May is:

- Better Sleep Month
- National Salad Month
- Mental Health Month
- Stroke Awareness Month
- National Hamburger Month
- National BBQ Month
- Skin Cancer Awareness Month

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Wishing you all the most happiest

Mother's Day

Postpartum Support Group

Postpartum Support Group meets at Toddlin' Time the last Tuesday of every month at 7:00pm. There is a licensed Social Worker, Michelle Kelley, L.C.S.W. who facilitates the peer led group. Contact Langdon at langdonharris@strollerstrides.net or 540-207-3607 for additional information.



Ledo's Pizza Meet and Greet

June 5th

5:30-7:30pm

25% off your dinner purchase with an F4F voucher. Come and meet other local area families.

May is
Water
Safety
Month

Water Safety Tips

Participate in Swim Lessons and Water Safety Classes:

Never leave children unattended:

Keep doors locked and pools safely covered and fenced:

Keep the pool area tidy and clean:

Remove all floating objects from the pool:

Maintain a clean and chemically balanced pool:

Keep your home or cell phone with you:

Always keep basic lifesaving equipment by the pool:

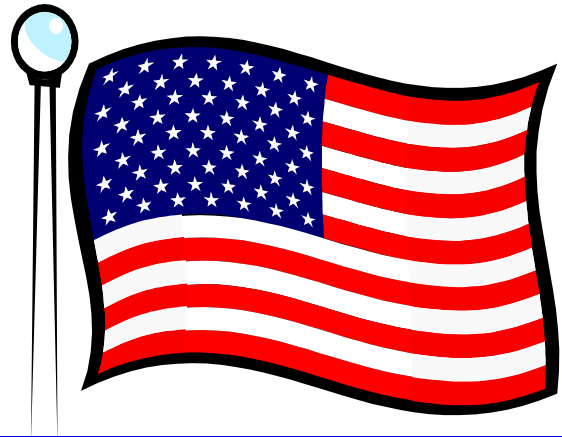


www.poolsafety.gov

When to fly your flag

It is quite appropriate to fly the flag any and every day of the year. The Flag Code ([§174d](#)) does outline certain days on which it is especially important and desirable to fly the flag:

- New Year's Day (January 1st)
- Inauguration Day (January 20th)
- Lincoln's Birthday (February 12th)
- Washington's Birthday (3rd Monday in February)
- Easter Sunday (Varies in early Spring)
- Mother's Day (2nd Sunday in May)
- Armed Forces Day (3rd Saturday in May)
- **Memorial Day (Last Monday in May)**
- Flag Day (June 14th)
- Independence Day (July 4th)
- Labor Day (First Monday in September)
- Columbus Day (2nd Monday in October)
- Navy Day (October 27th)
- Veterans Day (November 11th)
- Thanksgiving Day (4th Thursday in November)
- Christmas Day (December 25th)
- Other Days as proclaimed by the President of the United States
- Birthdays of States (Based upon the date of admission to the Union)
- Various State holidays



You're a grand ol' flag, your high flying flag

www.homeofheroes.com

Skin Cancer prevention tips:

- Seek the shade, especially between 10 A.M. and 4 P.M.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Use a sunscreen with an SPF of 15 or higher every day.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.

The hot summer months are fast approaching and we thought it was a good time to remind everyone to take the following safety precautions while on vacation or while being exposed to the sun:

www.skincancer.org

Would you like to get involved and join us?

We are an informal non-profit organization working to better our community in which we live.

- Memberships are currently free at this time.
- Connecting community minded families through an email network that have an interest in helping make Fauquier County an even better place to live.
- An open community network to share thoughts, ideas and comments in a positive and supportive manner.
- Group discount tickets to the Circus, Disney On Ice and a variety of shows and entertainment venues.
- To be informed of local activities, events and community projects.
- Announcements of community child and family related needs, services, activities or events.
- Occasional social gatherings, family events, and parties.
- A few predetermined fun community service projects each year.



PO Box 373, Warrenton, VA 20188

Name: _____

Email: _____

Phone: _____

Address: _____

Month and Day of Birth _____

Please note that this form must be complete and on file in order to be added to the group email list.

I fully understand that there are certain risks associated with the participation, facilities, instructions, equipment and/or events and activities that can not be eliminated regardless of the care taken to avoid injuries. I fully assume the risks involved and I agree to use my best judgment in undertaking these activities and events, and I agree to follow all safety instructions. I waive, release, and agree to indemnify and hold harmless the Families 4 Fauquier organization from any damages or liabilities, personal injury, property damage, accidents, illnesses, or any incidental damages that may arise from myself or families participation with any activities or events related to Families 4 Fauquier.

I agree that I do voluntarily sign this waiver and assumption of risk in favor of the following Families 4 Fauquier, in consideration for all of the following:

1. The opportunity to use facilities owned, leased, or operated by Families 4 Fauquier, and/or
2. The opportunity to receive instruction in an activity or event from the organization's volunteers.
3. The opportunity to use Families 4 Fauquier equipment, and/or
4. The opportunity to participate in sponsored activities, events and field trips

I assume these risks of my own free will and I understand that all activities are voluntary. I have read this Waiver and Assumption of Risk and the Families 4 Fauquier Rules and Guidelines and I understand the terms. I acknowledge that I intend by my signature this form to be a complete and an unconditional release of all liability to the greatest extent allowed by law in the state of Virginia.

Dated _____

Member Signature

Print Name



March For Babies

On April 17, 2010 Team Families 4 Fauquier walked the March for Babies 5 miles through the beautiful grounds of Airlie Conference Center to benefit saving the lives of babies that are born prematurely every year. In a very short time frame our team was able to raise \$830. We look forward to growing our team in 2011! Team sign ups will start again in January 2011.

When you walk in March for Babies, you give hope to the more than half a million babies born too soon each year. The money you raise supports programs in your community that help moms have healthy, full-term pregnancies. And it funds research to find answers to the problems that threaten our babies. We've been walking since 1970 and have raised an incredible \$1.8 billion to benefit all babies.

Marchforbabies.org



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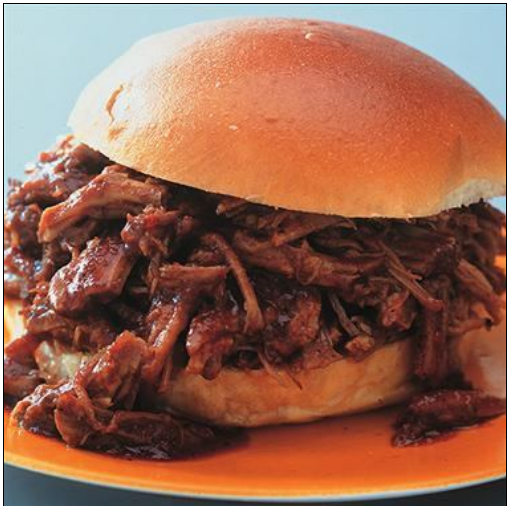
Please visit us on the web at:



Slow Cookers BBQ Pulled Pork

May is National BBQ Month.

- 3 pounds boneless pork shoulder roast, well trimmed
 - 1 package McCormick Slow Cookers BBQ Pulled Pork Seasoning
 - 1/2 Cup Ketchup
 - 1/2 Cup firmly packed brown sugar
 - 1/3 Cup cider vinegar
- Cook for 8 hours on low or 4 hours higher.



www.mccormick.com/Recipes/Slow-Cooker/Slow-Cookers-BBQ-Pulled-Pork.aspx
A special thanks to an F4F Member for recommending this recipe!

Information for this newsletter was taking from the following web-site:

- www.poolsafety.gov
- www.skincaner.org
- www.homeofheros.com
- www.marchforbabies.org
- www.mccormick.com