



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together(PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

E-mail us at:
kfcf@pacthawaii.org
Website:
<http://kfcf.pacthawaii.org>



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April is Alcohol Awareness Month

Alcohol is the most commonly used and abused drug among youth in the United States, more than tobacco and illicit drugs. Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks (drinking with the intention of becoming intoxicated by heavy consumption of alcohol over a short period of time). On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.

Excluding pain and suffering the direct costs of underage drinking incurred through medical care and loss of work in Hawaii is \$89 million each year.

Underage drinking in Hawaii leads to substantial harm due to traffic crashes, violent crime, property crime, unintentional injury, risky sex, and pain and suffering.

Consequences of Underage Drinking

Youth who drink alcohol are more likely to experience: school, social, and legal problems; unwanted, unplanned, and unprotected sexual activity. Underage drinking causes the disruption of normal growth, sexual development and increasing the risk for suicide and homicide, car crashes and other unintentional injuries and abuse of other drugs. Drinking causes changes in brain development that may have life-long effects and finally death from alcohol poisoning.

What You Can Do

The hardest part about getting help is taking the first step and asking for it; once you take that courageous step, you will find that there is a wealth of information, and people willing to help you. Consider confiding in someone you trust and let them know you need help. Start with a friend, and then ask him/her to help you talk to an adult.

Hawaii's Underage Drinking Laws

- It is illegal to provide alcohol to minors under the age of 21, or host teen drinking parties in your home.
- Parents and other adults can be held liable or prosecuted for giving alcohol to minors.

Prevention of Underage Drinking

Reducing underage drinking requires community-based efforts to monitor the activities of youth and decrease youth access to alcohol. For more information about what you can do, call 235-7747 or visit the following websites:

<http://www.stopalcoholabuse.gov>. or <http://toosmarttostart.samhsa.gov>

PREVENT CHILD ABUSE

April is also Child Abuse Prevention Month and has been observed each April since its first presidential proclamation in 1983.

Ten Ways to Help Prevent Child Abuse

♥ Be a nurturing parent.

Children need to know that they are special, loved and capable of following their dreams.

♥ Help a friend, neighbor or relative.

Being a parent isn't easy. Offer a helping hand to take care of the children, so the parent(s) can rest or spend time together.

♥ Help yourself.

When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your child.

♥ If your baby cries.

It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.

♥ Get involved.

Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

♥ Help to develop parenting resources at your local library.

♥ Promote programs in school.

Teaching children, parents and teachers prevention strategies will help to keep children safe.

♥ Volunteer at a local child abuse prevention program.

For information about volunteer opportunities, call 1.800.CHILDREN.

♥ Report suspected abuse or neglect.

If you have reason to believe a child has been or may be harmed, call the Hawaii Child Abuse and Neglect Reporting line at 832-5300 or your local police department.

For more information contact:

- ♥ Prevent Child Abuse Hawaii 951-0200
- ♥ The Parent Line 526-1222
- ♥ Kaneohe CommunityFamily Center 235-7747

Taken from: www.preventchildabuse.org (Publications)

A big *Mahalo* to the Castle HS Key Club for folding our March newsletters!

Parent's Guide To The 5Rs



Respect

Honoring oneself, others, the environment, and authority.

Live It! Pick up trash when you come across it.

Teach It! Teach your children to turn their cell phones, iPods and other electronics off during meals, in church, or at other public gatherings and make sure you do the same.

Hawaii Drug Take-Back Program



The drug take-back program allows residents to turn in unused, unneeded or expired prescription drugs at various collection sites statewide, for free. No questions asked. The drugs are incinerated, following state and federal guidelines. Collection date is **April 30**, collection site is at **Windward Mall, 10am-2pm**. Call 235-7747 for more details.

Lā Hana Loko I'a

April 16th, 8am - 12pm

It is a community work day at **Waikalua Loko fishpond**. Come join us in helping to restore and to preserve the Waikalua Loko Fishpond. **+**Wear clothing you don't mind getting dirty **+**Old athletic shoes **+**Sunscreen **+**Reuseable water bottles. Contact Andrea Jepson at jepsona001@hawaii.rr.com or call 263-8202 to register.

KCFC can help you with:

- Community resources and referrals
 - Education resources for parents and professionals
www.hawaiiipirc.org
 - Family support
 - Volunteer & community service
 - Community Works in 96744
Coalition to Strengthen Families and Prevention of Underage Drinking
- For more information call 235-7747 or visit www.kcfc.pacthawaii.org

KCFC Staff:

Christina Simmons, *Program Director*
Cynthia Okazaki, *Site Manager*
Jennifer Bui, *Program Coordinator*
Jolene Chang, *Administrative Assistant*
Melany Melakea, *Program Coordinator*
Leilani Roth, *Program Assistant*
Wanda Valencia, *Program Specialist*
Jadine Yonemitsu, *Program Coordinator*

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:

The Kaneohe Community Family Center
46-028 Kawa St. Suite A10
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org

The 1st Annual FREE

Paliku Arts Festival

Saturday, April 2nd 10am - 6pm

An art adventure for children, teens and adults! A full day of hands-on-art experiences. Activities include drawing, painting, ceramics, print-making, sculpture, theatre, music and dance in and around the Paliku Theatre and Hale Palanakila building.



2011 Fall Season Registration

Saturday, April 2nd

Windward Mall Center Stage, 1 - 4pm

Wednesday, April 13th

District Park (Arts & Crafts Rm)

5:30 - 7:30 pm

Sunday, May 1st

Ben Parker Cafeteria, 3 - 7pm

www.KaneoheAysso.org

*Birth Certificates are required for new players & returning players who did not play last Fall. Call 235-1473 for more info.

Kapunahala Elementary School



Friday, April 15th

Games 1:00 - 8:00 pm Rides

White

Ono Food Elephant

Silent Auction

EASTER EGGSTRAVAGANZA

Department of Parks & Recreation & 5Rs

Thursday, April 21st

4:00 - 7:00pm

Windward Mall, Center Court

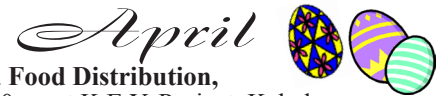
Join us for Easter Egg decorating, games, arts & craft projects and more!

WE HOPE YOU CAN HOP ON BY!

WEBSITE OF THE MONTH:

www.factmonster.com

Kids will learn something with every click of the mouse on this mega resource site. Homework center, dictionary, encyclopedia, fun facts, games & quizzes, and much more.



- Ohana Food Distribution**, 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Turn the Switch & Tap Into Savings**, 6 - 7pm, FREE at WCC. Learn how to take control of your electric and water bill and increase your awareness of how to save water and energy in easy ways. **
- Oogles 'n' Goggles, Preschool Activity**, at 10:15am at Kaneohe Public Library.
- Community Works in 96744**, 5pm at Kaneohe Community Family Center. Find out more about resources in the community and prevention of underage drinking. Call 235-7747.
- Astronaut**, 7pm showing at WCC Imaginarium. Celebrate the 50th anniversary of manned space-flight and find out what it takes to become an astronaut. Call 235-7433 to reserve tickets.
- Alzheimer's Support Group**, 10 - 11:30am at KCFC. Call 225-9377.
- How to Apply for Retirement Online**, 9 - 11am FREE at WCC, Hale Kuhina. **
- The Art of Taiko, Kenny Endo**, 2:30pm at Kaneohe Library. Lecture/demonstration on the art of Taiko in honor of National Library Week 10 - 16.
- Green Purchasing: Products & Practices**, 6 - 7:30pm FREE at WCC. Get tools and resources to improve the resource-efficiency of your home. **
- Windward Community Children's Council Mtg.**, 6 - 7:30pm at Windward Comprehensive Health Center, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Windward Homeless Coalition**, 4 - 5:30pm at KCFC. For more information call 343-4052.
- Huikakoo (Grief Support Group)**, 5:30 - 8pm at QLCC. Call Kristi at 235-7613.
- Song Tales for Preschoolers: A Musical Storytime**, 10:15am at Kaneohe Library.
- Outreach & Ohana Food Distribution**, 11am-3pm at K.E.Y. Project, Kahaluu. Outreach service providers will be available and resources, clothes, hygiene supplies, hot food available 11am - 3pm. Food Distribution at 3 - 4:30pm.
- Kaneohe Neighborhood Board Mtg.**, 7pm at Kaneohe Community Senior Center. Call 523-4815.
- Beyond the Basics: Addressing Real Life Estate Planning Issues**, 3 - 4:30pm FREE at WCC. Real property issues, dueling heirs, taxes and long-term care planning. **
- Special Needs in a Special Place: Planning for Long-Term Care and Disability in Hawaii**, 5 - 6:30pm FREE at WCC, Hale Kuhina. **

** To register for WCC courses, call 235-7433.

School Community Councils (SCC) are forums for open discussion and problem-solving to improve student achievement.

Ahuimanu	4/12 @ 2:30	Library
Ben Parker	4/5 @ 2:30	Principal Off.
Castle H.S.	4/5 @ 5:30	Admin Conf Rm.
He'eia	4/7 @ 6:30	Library
Kahaluu	4/4 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	4/11 @ 4:00	Library
King Int.	4/20 @ 4:00	Admin Conf. Rm.
Puohala	4/7 @ 5:00	Library
Waiahole	4/21 @ 2:15	Library