



# Kane`ohe Community Family Center (KCFC) Family Center News

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<http://kfcf.pachawaii.org>

*A partnership of Parents and Children Together and the Castle Complex Department of Education,  
partially funded by Aloha United Way, the Hawaii State Department of Human Services and Health, Keiki O Ka Aina, Inc.,  
the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDCH and Hawaii Community Foundation.*

**Vol. 9. No. 8**

**August 2003**

*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.*

## Internet Safety Rules for Kids



Many children today spend a lot of their time on computers. Children today know more about how to operate a computer than their parents think they do. That is why it is so important for parents to always be aware of what their children are doing on the computers.



Make sure that your child never gives out personal information on the internet, such as their name, address, telephone number, etc.



Talk to your child and make sure that they always inform you when they come across anything online that makes them uncomfortable.



Make sure that your child never, under any circumstances, agree to meet face-to-face with someone that they have corresponded online with.



Set reasonable rules and guidelines for computer use by your children.



Check out blocking, filtering and ratings.



Never send any personal materials to an online friend, such as an address, picture or telephone number.



Always remind your child that the people they meet online may not be who they say they are.

The internet is a wonderful tool if it is used properly. Just keep in mind that you need to stay involved, develop safety rules and keep the lines of communication open with your children.

Adapted from: "10 Rules of Internet Safety for Kids" at [http://www.parentsoup.com/safety/articles/0..199213\\_431457.00.html](http://www.parentsoup.com/safety/articles/0..199213_431457.00.html) and "Child Safety and the Internet" at [http://www.safekids.com/child\\_safety.htm#Guidelines](http://www.safekids.com/child_safety.htm#Guidelines).

## Mahaalo!

to all the community organizations, volunteers, donors, entertainers and hosts who made Kaneohe Day on the Bay 2003 a wonderful event for families and friends. Community members and organizations are invited to join in the planning for next year's Day on the Bay. Please contact KCFC at 235-7747 for more information.



## Volunteer Appreciation Dinner 2003

KCFC staff and their families gathered for our annual Volunteer Appreciation Dinner at Queen Lili`uokalani Children's Center in May 2003. We would like to thank all of our volunteers for their dedication to the Family Center and for all their hard work!



## Kane`ohe Community Family Center

### COMMUNITY RESOURCE AND REFERRAL

- Phone 235-7747
- Website <http://kcfc.pacthawaii.org>

### HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

- <http://www.hawaiiipirc.org>
- Parenting Classes
- Family Fun Activities
- Home Instruction For Parents of  
Preschool Youngsters (HIPPY)

### FAMILY LITERACY PROGRAMS

- Kulana Nani

### SUPPORT AND SELF-HELP GROUPS

- Na Tutu - Grandparents Raising  
Grandchildren  
Coalition and Support Group

### NEIGHBOR-2-NEIGHBOR

- Ko`olau Village
- Kulana Nani

### VOLUNTEER & COMMU- NITY SERVICE LEARNING OPPORTUNITIES

- Family Activity  
Night Assistants
- Neighbor-2-Neighbor Mentors
- Reading/Homework Tutors
- Clerical and Program Support
- Special Event Child Care

The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents and Children Together (PACT).

Please direct questions, comments and suggestions to:

The Kane`ohe Community Family Center,  
He`eia Elementary School,  
46-202 Haiku Rd., Portable #2,  
Kane`ohe, HI 96744  
Ph. 235-7747 Fax 235-7748  
E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

KCFC Staff:

Helenann Lauber, *Family Center Dir.*  
Cynthia Okazaki, *Site Coordinator*  
Gordon Miyamoto, *PIRC Coordinator*  
Jolene Chang, *Administrative Assistant*  
Rebecca Seumanu, *Activities Specialist*  
Carin Tatom, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Serena Trehern, *PIRC Assistant*

## FREE, Home-Based Preschool Program!

Join the Kaneohe HIPPY Program. Applications are being taken for the 2003-2004 year. HIPPY is a FREE, home based preschool program for 3-5 year olds and their parents that live in the 96744 area.



For more information, please contact Carin at 235-7747.



Ahuimanu Elementary	July 31st
Kahaluu Elementary	July 31st
Kaneohe Elementary	July 31st
Puohala Elementary	July 31st
King Intermediate (7th)	August 1st
King Intermediate (8th)	August 4th
Waiahole Elementary	August 4th
Kapunahala Elementary	August 21st
Heeia Elementary	August 22nd
Castle High (9th)	August 22nd
Castle High (10th-12th)	August 25th
Ben Parker Elementary	August 25th

## Hawaiian Values & Lomilomi

July 31st

Demonstration on the healing techniques of Hawaiian Massage.  
Presented by: Karen Carroll.

## Physical Health

August 7th

The importance of physical health for overall well-being. Presented by: Alva Andrews.

Lectures held at Heeia State Park  
(46-465 Kamehameha Hwy)

7:00- 9:00 p.m.

Brought to you by The Friends of Heeia, Hui Ku Opio Ke Koolau and Alu Like, Inc.

Please call 247-3156 for more information.



# August

- July 31st** **Hawaiian Values & Lomilomi Lecture and Demonstration**  
7 - 9 p.m. Heeia State Park 247-3156.
- 2nd** **Windward Cultural Festival**  
The Festival reflects the multi-cultural communities in Hawaii.  
Windward Mall 235-1143.
- 4th** **Community Works in 96744**  
5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 7th** **Physical Health Lecture**  
7 - 9 p.m. Heeia State Park 247-3156.
- 14th** **OGYA Grief Support Group for Children, Teens & Family**  
6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 15th** **Statehood Day**
- 20th** **Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center, Kane`ohe. All grandparents are welcome. Jennifer 235-7747.
- 20th** **KCFC Family Activity Night**  
5:30 - 7:30 p.m. Windward Mall Center Court area 235-7747.
- 21st** **Kane`ohe Neighborhood Board**  
7 p.m. Windward Community College 523-4815.
- 28th** **OGYA Grief Support Group for Children, Teens & Family**  
6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.

Sponsoring a free or low cost event that may be of interest to Kane`ohe families? Submit information for the KCFC calendar by the 15th of each month.  
Fax 235-7748. [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

## Site of the Month

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

A very informative website for the whole family! It is filled with wonderful articles, tips, activities, recipes and products for every family.

