



PACT's Kane`ohe Community Family Center (KCFC) Family Center News

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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.



Start Living Healthy

Everyone experiences stress at times - adults, teens, and even kids. But there are things you can do today to minimize and manage the unavoidable stress.

Be Resilient!

Do you notice that certain people seem to adapt quickly and take things in stride? They're cool under pressure and able to handle problems as they come up.

Researchers have identified the qualities that make some people seem naturally resilient even when faced with high levels of stress. If you want to build your resilience, work on developing these attitudes and behaviors:

- * Think of change as a challenging and normal part of life.
- * See setbacks and problems as temporary and solvable.
- * Believe that you will succeed if you keep working toward your goals.
- * Take action to solve problems that crop up, don't procrastinate.
- * Build strong relationships and keep commitments to family and friends.
- * Have a support system and ask for help.
- * Participate regularly in physical activities.

Remember, stress is unavoidable, but resiliency, the ability to deal with a situation and move on, can help you through challenging situations.

Let's Get Physical!

Walking is a great way to get physical and you only need a good pair of shoes to get started. Your fitness level doesn't matter, simply get off the couch. Start with 10 minutes a day for five days and work your way up to 30 minutes per day five times a week.



Don't let the weather stop you from walking. Explore and find walking routes suitable for rainy weather. Indoor shopping malls are a great example.

Make walking a part of your routine. Walk to work, walk during breaks, take the stairs, walk the kids to school, etc. There are so many opportunities to include a small 10+ minute walk into your daily routine.



Register to Vote in Hawaii

Voting is an essential part of our democratic process. By voting you choose the representatives who will make decisions which affect you, your family and your community. If you care about the future of Hawaii, register and VOTE!

Primary Election

August 1: Primary Election voter registration deadline
September 20: Primary Election

General Election

October 6: General Election voter registration deadline
November 4: General Election

Where to get a voter registration form and information?

- Satellite City Hall
- Public libraries
- U.S. Post Offices
- Phone Directory
- State services agencies
- University of Hawaii System
- Office of Elections' website
(<http://hawaii.gov/elections>)

Family Center

Community Resource and Referral

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

Hawaii Parental Information and Resource Center (HPIRC)

- <http://www.pacthawaii.org>

Family Center Services

- Family Support

Volunteer & Community Service Learning Opportunities

- Clerical and Program Support
- Special Event Child Care

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:
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KCFC Celebrates the International Year of the Potato with: Potato Facts!

A potato is about 80% water and 20% solid.

Henry Spalding first planted potatoes in Idaho in 1837.

“French Fries” were introduced to America when Thomas Jefferson served them at a Whitehouse dinner.

The average American eats 137.9 pounds of potatoes each year.

- 50.7 pounds of fresh potatoes
- 55.3 pounds of frozen potatoes (french fries, hash browns, etc)
- 16.9 pounds of potato chips
- 13 pounds of dehydrated potato (mashed potato flakes, etc)
- 2 pounds of canned potato.



The Hokulani Imaginarium

Windward Community College's Hokulani Imaginarium is a high-tech planetarium and multi-media facility.

Visit an upcoming show:

Wednesday, August 13th, 7 pm—[Stargazing](#)

Friday, August 22nd, 7 pm—[Larry Cat in Space](#)

Public Show Prices

Regular (Friday) Shows:

- \$3 for children (12 and under)
- \$4 for UH students, military or Senior (65+)
- \$5 for adults

Stargazing (Wednesday) Shows:

- \$3 per person
- Call 235-7433 for further information and to reserve tickets in advance.



Statehood Day

August 15th

On August 21, 1959, President Dwight D. Eisenhower signed a proclamation declaring Hawaii as the 50th State. Church bells rang, Dixieland bands paraded through Waikiki and there was literally dancing in the streets as Hawaii celebrated her new status. The event is commemorated on the third Friday of August.

City and County of Honolulu, Department of Parks and Recreation, Fall Program Registration:



*August 27, 6 - 8pm, Kaneohe District Park: Registration for Kaneohe District Park and Pool.

*August 28 & 29, 3 - 6:30pm, Kaneohe District Park: Registration for Kaneohe District Park and Pool and Kapunahala Neighborhood Park.

* August 28 & 29, 2 - 5:00pm, Ahuimanu Community Park: Registration for Ahuimanu Community Park.

* August 28 & 29, 2 - 5:00pm, Kaneohe Community & Senior Center: Registration for Puohala Neighborhood Park & Kaneohe Community & Senior Center.

* August 28 & 29, 2 - 5:00pm, Kaneohe Community Park: Registration for Heeia Neighborhood Park & Kaneohe Community Park.

August

6th **Community Works in 96744 Mtg.**, 3pm at QLCC. Call 235-7747 for more info.

-- **Oogles 'n Goggles Preschool Family Night**, 6pm, Kaneohe Public Library.

9th **How to Apply for Retirement Online**, 9 - 11am, FREE at WCC, Hale Kuhina, Rm. 114 Call 235-7433 to register.

-- **Alzheimer's Support Group**, 10 - 11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.

12th **Windward Community Children's Council Monthly Meeting**, 6 - 7:30pm, Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.

13th **Kahaluu Neighborhood Board Mtg.**, 7pm, KEY Project, 527-5749.

14th **Koolauloa Neighborhood Board Mtg.**, 7pm, Hauula Community Center, 527-5749.

-- **Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8pm at Queen Liliuokalani Children's Center, 735-2989.

15th **Statehood Day**
Public schools closed.

18th **Ohana Food Distribution**, 3 - 4:30pm at KEY Project, Kahaluu.

19th **Caregivers Support Group**, provide support for families, grandparents, and relatives raising children. Queen Liliuokalani Children's Center, 5:30 - 7:30pm. Dinner will be served, bring your keiki. Call to RSVP at 235-7613.

20th **Grandparents Raising Grandchildren**, 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities.

21st **Kaneohe Neighborhood Board Mtg.**, 7 pm at WCC, Hale Akoakoa, Rm. 103 - 105, call 523-4815.

28th **Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8pm at Queen Liliuokalani Children's Center, 735-2989.

29th **Castle Complex Schools Professional Collaboration Day**, no school for students.

30th **Internet Safety & Security for Boomers & Seniors**, 9 - 11am, FREE at WCC, Hale Kuhina, Rm. 114. Call 235-7433 to register.



Mondays: Windward Chess & Go Club, 6 - 9pm. at Borders, Windward Mall. Lessons from 7-7:30pm. Call 235-1567 or www.windwardchess.org

Thursdays: Computer Lab, 5 - 8pm at KEY Project. Free to public 10yrs. and older. Vocational, college, and goal planning. Michelle Heaviside 239-5777.

The Kaneohe Community Family Center is looking for volunteers. For further information please contact Cynthia Okazaki @235-7747