

Kaneohe Community Family Center (KCFC) Family Center News

E-mail us at:
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A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the Harold K.L. Castle Foundation, the Hawaii Community Foundation, the Hawaii State Department of Human Services, and the US Department of Education Goals 2000.

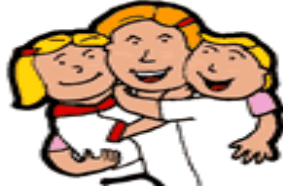
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The Kaneohe Community Family Center will facilitate the strengthening of families and communities from Kaneohe to Kualoa, by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

Making Fitness A Family Affair



In spite of the known benefits of exercise, physical inactivity has become a serious matter for many families. In today's world of increasing technology, many adults and children spend the majority of their day engaged in activities that work their mind, but do little to keep their body fit. Below are some simple suggestions for combining family fun with physical activities that promote a healthy and active life-style.

□ **Plan a Family Hike:** Pick a part of the island that you have always wanted to explore and start walking. Allow your children to participate in planning the day by helping to pack a healthy picnic lunch.

□ **Challenge Your Children to a Friendly Ball Game:** Most children like the idea of competing against adults. They are likely to put their best effort into playing the game, making it a good exercise activity for everyone.

□ **Be Selective When Picking Indoor Activities:** Bowling, skating, or touring a museum are better physical activity choices than seeing a movie.

□ **Participate with a Community Organization That Offers Fitness Activities:** Contact KCFC (235-7747), or Kaneohe's District Park (233-7308), or YWCA (247-1424) for information on sport programs, swimming pool hours, and fitness activities that the entire family can enjoy.

□ **Strive to meet the current recommendation of 30 minutes of moderate exercise every day:** As a family, make a list of physical activities that you will enjoy choosing from on a daily basis. Such as walking to work or school, taking a bike ride each night after dinner, working in the garden, or doing stretching exercises while watching television. Update the list on a regular basis and make a commitment to each other to remain active. Make living healthy a family priority.

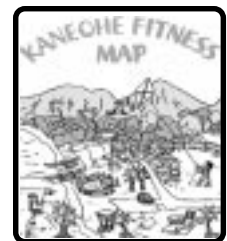
Adapted from: Ways to Increase Your Family's Physical Activity. www.healthatoz.com



KCFC would like to extend a big mahalo to the community organizations, volunteers, donors, entertainers and hosts, who made "A Day on the Bay" a day to remember for families and friends. Over 2000 community members attended the celebration which included free entertainment, family activities, and kayaking and sail boating on Kaneohe Bay. Community members and organizations are invited to join in the planning of the Kaneohe Celebration 2002 which will begin later this year. Please contact KCFC at 235-7747 for more information.

Kaneohe Fitness Sundays

Kaneohe Fitness Map Exploration #1



September 2, 2001 □ 3 PM
Ho'omaluhia Botanical Garden
Meeting Place: Visitors Center

Kaneohe Fitness Walks are held on the first Sunday of each month and begin at 3 PM. No prior registration is required and everyone is welcome. Walkers should wear comfortable shoes, and bring mosquito repellent and water for drinking. Walks range from 30 to 60 minutes in length depending on location. For more information, please contact Sharon at KCFC. 235-7747.

Back to School

Kahaluu Elementary	August 1
Ahuimanu Elementary	August 2
Waiahole Elementary	August 2
Kaneohe Elementary	August 2
King - 7th Grade	August 3
King - 8th Grade	August 6
Kapunahala Elementary	August 23
Heeia Elementary	August 24
Ben Parker Elementary	August 27
Puohala Elementary	August 27
Castle High-Freshman	August 27
Castle High	August 28

**COMMUNITY RESOURCE
AND REFERRAL**

•Phone 235-7747

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

<http://www.hawaiiipirc.org>

- Parenting Classes
- Family Fun Activities
- Home Instruction Program For Preschool Youngsters (HIPPY)

EXTENSION ON-LINE

Cooperative Extension, University of Hawai'i at Manoa

- Workshops and tutorials on computer and Internet connectivity for families

**FAMILY LITERACY
PROGRAMS**

- Benji Breakfast Club
- Ben Parker Elementary School
- Ko'olau Village

**SUPPORT AND
SELF-HELP GROUPS**

- Na Tutu - Grandparents Raising Grandchildren Coalition and Support Group

**NEIGHBOR-2-NEIGHBOR
PROGRAMS**

- Windward Estates
- Ko'olau Village

**VOLUNTEER & COMMUNITY
SERVICE LEARNING
OPPORTUNITIES**

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

**COMMUNITY CAPACITY
BUILDING PROGRAMS AND
SPECIAL EVENTS**

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, He'eia Elementary School, 46-202 Haiku Rd., Portable #2, Kaneohe, HI 96744
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org



KCFC
Neighbor-2-Neighbor

community
Garage Sale

Saturday, August 4th 8 AM - 2 PM
Windward Estates Recreation Center
Emepela Place, Kaneohe

Announcing...

James B. Castle High School's
50th Anniversary Celebration

Kick-off Activities Include:

Friday, Aug. 31 - Home Football Game
Friday, Sept. 7 - Away Football Game
Saturday, Sept. 8 - Dinner & Concert
Saturday, Sept. 8 - Dance
50th Anniversary T-Shirts also available

All alumni and present classes, parents, students, teachers, administrators, and community members are welcome to participate.

Please contact Hank Iida at 247-4241 to obtain an Advance Order Form for discount prices.

Sponsored by Castle Alumni & Community Association

**Looking For Employment or
the Training Needed to Qualify
for a Higher-Paying Job?**

Visit the Kaneohe office of
O'ahu WorkLinks

- Design an effective job search plan
- Learn interviewing for success
- Utilize typing and resume tutorials
- Take a computer or Internet class
- Discover your career strengths
- Gather employment and training resources
- Utilize office support services such as telephones, message center, E-mail, fax and copy machines

**45-1141 Kam. Hwy., Kaneohe
233-3700**



August

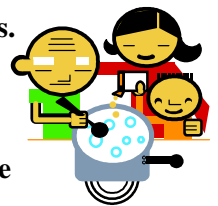
- 4th Kahuku Hospital's Healthy Community Farmers Market Comes to Windward Mall.** 9 AM - 3 PM. Healthy produce, island crafts and health screenings. 293-9231.
- 15th Grandparents Raising Grandchildren.** 9:00 AM. Queen Lili'uokalani Children's Center - Kaneohe. All grandparents raising grandchildren are welcome to talk story and gather resources. **Kailua and Waimanalo groups are also available.** Please contact Sharon for more information. 235-7747.
- 16th Kaneohe Neighborhood Board** 7 PM. Kaneohe Community and Senior Center. 523-4815.
- 18th Windward Lions Club Wellness Fair.** 10 AM - 2 PM. Windward Mall. Health screenings, nutritional information, keep fit demonstrations and more. 247-3136. **FREE.**
- 23rd Families for R.E.A.L.** 10 PM - 1 PM. Windward Mall. Activities for pre-schoolers and their parents. 233-5656. **FREE.**
- Sept. Kaneohe Fitness Sunday:**
- 2nd Exploration #1.** 3 PM. Ho'omaluhia Botanical Garden. Meeting Place: Visitors Center. Please see announcement opposite page. 235-7747. **FREE.**

Sponsoring a free or low cost event that may be of interest to Kaneohe families? Submit information to the KCFC calendar by the 15th of each month. Fax 235-7748. kcfc@pacthawaii.org

Korean Language and Cooking Classes

Open to Children and Adults.
Every Saturday

Immanuel Christian Church
45-416 Kam. Hwy., Kaneohe



To register or for more information,
please contact Pastor Nan Suk Rogers
239-9963.