

Kaneohe Community Family Center (KCFC) Family Center News

E-mail us at:
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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.

Simplify for a Happy Holiday



If asked to describe the ideal holiday celebration, chances are your response would include being together with family and friends, and having plenty of time for reflection and relaxation. It sounds as if that wish should be so simple to make come true, but too often during the holidays we get caught up in the shopping, the spending, and the preparing for a celebration that leaves us more exhausted than uplifted. Below are some helpful hints on how to simplify the holidays and create more time for sharing, laughter and personal renewal.

Choose Quality Over Quantity: Begin by making a list of all your holiday traditions and activities. As a family, discuss which ones are the most important and which ones can be skipped without being missed.

Redefine Gift Giving: Exchange homemade gifts with friends and relatives that are simple, yet personal, and can be made during family time spent together. When searching for gifts for the children, consider a membership to a science center, aquarium, or the city zoo. Not only will this cut down on the time and energy spent shopping, it will create more opportunities for family fun in the future.

Deck the Halls: Resist the temptation to try and create a picture perfect holiday, in favor of togetherness. Make baking, gift wrapping, and holiday card making a family affair. Harness the talents and imagination of family members both young and old to create decorations and a warm holiday atmosphere without spending a lot of money.

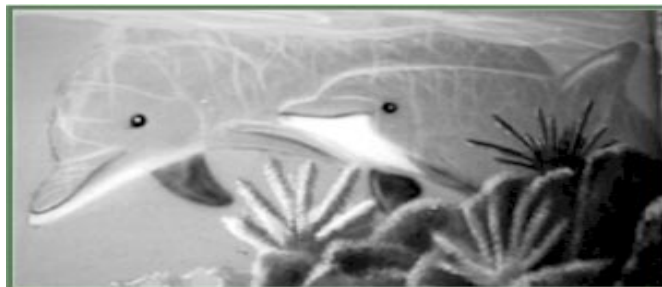
Take Time Out: Make the holidays a time for laughing, loving, and caring. Schedule daily "quiet time" for yourself and your family to reflect on life's good fortune and the true meaning of the season.

Adapted from "Simplify the Holidays". www.newdream.org/holidays.

Season's Greetings FROM OUR FAMILY TO YOURS.



A "Make a Difference Day" Project the Whole Community Can Enjoy



On Saturday, October 27th, fifty (50) community volunteers in support of KCFC's Neighbor -2-Neighbor Program, began the painting of a sea life mural on the wall at the corner of Keaahala Road and Kahekili Highway, as part of a "Make a Difference Day" project for the Ko'olau Village community. Lead by artist Lance Sakai of Grace Redemption Ministries, the youth and adult volunteers spent the day painting the blue and green background for the mural. The remainder of the mural, which contains colorful fish, dolphins, and other sea life creatures, will be completed by Mr. Sakai and ready for the whole Kane'ohe community to enjoy by the beginning of next year.

It's Christmas Break, Now What Do I Do?

Positive Discipline During Stressful Times



Wednesday, December 12th. 6:30 PM - 8:00 PM

Ben Parker Elementary Cafeteria

Presenter: Alana Wade-Coffee

Please call Sandra @ 233-5755 to register.
Free childcare for children over 3, with registration.

Kaneohe Community Family Center

COMMUNITY RESOURCE
AND REFERRAL
•Phone 235-7747

HAWAII PARENTAL
INFORMATION AND
RESOURCE CENTER (HIIRC)
<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
•Ko'olau Village
•Kulana Nani

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

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

Looking to Give Back to Your Community?

The Kane'ohe Salvation Army is looking for community volunteers to "Ring the Bell"



and help with the Salvation Army donation kettle at public places in Kane'ohe. Hours and days are flexible.

Community organizations and youth groups are encouraged to help. Singing, the playing of musical instruments and other forms of entertainment that will put a smile on the faces of shoppers passing by, are more than welcome! Please contact Capt. Dwayne Patterson for more information. 235-1408.

Sibshops

A fun place for children ages 7 - 12 who have a brother or sister with special needs to come for support and recreational activities.

For more information contact Nicole Deligans at Easter Seals Hawaii. 536-1015. nicole@eastersealshawaii.org

Internet in the Park

Neighborhood Online Program



FREE public access to computers and the Internet is now available at the Kane'ohe District Park!!

Monday - Friday
5:00 PM - 7:00 PM

For more information please contact the District Park at 233-7309

December



- 1st Kane'ohe Christmas Parade. 9 AM. Begins near St. Ann's Church and travels along Kamehameha Hwy. to Kaneohe Bay Drive, ending at Castle High School. 239-9003.
- 1st 17th Annual Honolulu City Lights. Honolulu Hale. Children's entertainment begins at 4 PM. Electric Light Parade begins at 6:25 PM. Lighting of the city Christmas tree begins at 6:30 PM. Entertainment, Santa and more family fun to follow. City light display through January 1, 2002. 527-6060. FREE.
- 2nd Kane'ohe Fitness Sunday - Fitness Map Exploration #4. 3 PM. Kane'ohe District Park. Meeting Place: Near the tennis courts. No registration is required. Please see announcement below. Phone Sharon. 235-7747. FREE.
- 9th Happy Hanukkah.
- 12th Parent Workshop: It's Christmas Break, Now What Do I Do? Positive Discipline During Stressful Times. 6:30 PM - 8:00 PM. Ben Parker Elementary School. Please see announcement opposite page. FREE!
- 25th Merry Christmas.
- Jan. Kane'ohe Fitness Sunday - Fitness Map Exploration # 5. 3 PM. Windward Community College. Meeting Place: Community Education Building. No registration is required. Please see announcement below. Phone Sharon 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

Join KCFC and the Kane'ohe Fitness Coalition for

Kaneohe Fitness Sundays

Exploration #4

December 2, 2001 □ 3PM
Kaneohe District Park
Meeting Place: Tennis Courts

Exploration #5

January 6, 2002 □ 3PM
Windward Community College
Community Education Building



Walkers should wear comfortable shoes, bring mosquito repellent, sun block and plenty of water for drinking. Walks range from 30 to 60 minutes depending on location and everyone is welcome. No registration is required. For more information please contact Sharon at KCFC. 235-7747