

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

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

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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.*

## How to Get Into the Christmas Spirit

**Christmas is supposed to be a time of peace, love and goodwill to all. But with all the stress and commotion of the season, many of us end up feeling more like Mr. Scrooge than Santa Claus.**

-  ♦ Shop early. Nothing takes away the Christmas spirit like fighting for parking and struggling through crowds.
-  ♦ Wish people that you meet in stores and other casual environments a happy holiday. Say it with a smile.
-  ♦ Drop spare coins in the Salvation Army collection buckets.
-  ♦ Do something nice for someone. Offer to baby-sit so a friend can do their Christmas shopping, take cookies to your neighbors, or do yardwork for an elderly neighbor.
-  ♦ Volunteer your time to a worthy holiday cause. Even if you are busy, you can spare an hour or two to help people less fortunate than yourself.
-  ♦ Play Christmas music.
-  ♦ Watch Christmas movies. "It's a Wonderful Life" is a good one for reviving a flagging Christmas spirit, as is "How the Grinch Stole Christmas."
-  ♦ Read "A Christmas Carol" and "A Child's Christmas in Wales."
-  ♦ Decorate your house for the holidays.
-  ♦ Don't spend more money than you have. Anxiety over after-Christmas bills can ruin your holiday.

Adapted from website [http://www.ehow.com/how\\_3565\\_christmas\\_spirit.html](http://www.ehow.com/how_3565_christmas_spirit.html)

## Top New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make, and resolve to follow through on those changes.

\* **Spend More Time with Family & Friends** Life is short. Time spent with family and friends will count in the end.

\* **Fit in Fitness** Regular exercise has been associated with more health benefits than anything else known to man.

\* **Enjoy Life More** Given the hectic, stressful lifestyles of Americans, it is no wonder that "enjoying life more" has become a popular resolution.

\* **Get Out of Debt** Getting a handle on finances is a promise that will repay itself many times over in the year ahead.

\* **Learn Something New** Learn a new language or learn to fix your computer. There are many resources on-line, in books or at free help sessions to expand your horizons in the New Year.

\* **Help Others** Volunteerism can take many forms. Non-profit volunteer organizations could really use your help. The Aloha United Way website can help you learn about volunteering, [www.auw.org](http://www.auw.org).

\* **Get Organized** There is actually a self-help group called Messies Anonymous ([www.messies.com](http://www.messies.com)) This website carries books and other useful organizing products.



## Kaneohe Christmas Parade

Saturday, December 2, 2006

at 9:00 a.m.

### "Twelve Days of Christmas"

Starts at Windward Mall/Haiku Rd. and

Kam. Hwy. and ends at Castle High School.



Castle High School

## Winter Holiday

## Craft Fair

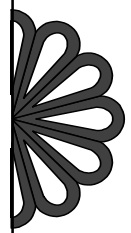
*Lots of unique gift items! Holiday crafts, plants, Scholastic book fair, Handcrafted jewelry, Marine band, & King Intermediate band & more...*

**Sunday, December 3, 2006  
10:00 a.m. - 2:00 p.m.**

## Winter Holiday Craft Fair

A Taste of Castle is a benefit for Project Grad. This is a drug, alcohol and tobacco free event! A \$5.00 ticket entitles you to 5 samples from over 50 desserts, salads and pupus!

Featuring recipes from the 2007 cookbook, "Bamboo Shoots 'n Ginger Roots", on sale for \$10.00. \$6.00 bentos for sale too!



## Kaneohe Community Family Center

### Community Resource and Referral

•Phone 235-7747

•Website <http://kcfc.pachthawaii.org>

### Hawaii Parental Information and Resource Center (HPIRC)

<http://www.hawaiiipirc.org>

### Home Instruction for Parents of Preschool Youngsters (HIPPIY)

<http://www.hippyusa.org>

<http://www.hawaiiipirc.org>

### Youth Leadership Program

•King Intermediate School

### Family Center Services

•Family Support

### Neighbor-2-Neighbor Youth Tobacco Prevention

•Koolau Village

•Kulana Nani

### 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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Sunshine Michael, *Assistant HIPPIY Coordinator*

Jennifer Fremgen, *HIPPIY Home Visitor*

Leilani Roth, *PIRC Assistant/HIPPIY Home Visitor*



PCNC

## Community Building Wreath Making

Make your wreaths, baskets, centerpieces and whatever's.

**Nov. 27th -Dec.1st**

from 9am.- 6pm.

at Kaneohe Community Park.

For more information and things you need to bring contact, Meryl at 235-9101 or Jean at 233-7330.



### Star of Bethlehem:

### The Magi's Story

Narrated by Billy V of KCCN, this show explores some of the astronomical possibilities for the Star which guided Wise Men to Bethlehem.

Scheduled for Friday, Dec. 8 @ 7 p.m.,

Friday, Dec. 15 @ 7 p.m.

Saturday, Dec. 16 @ 11 a.m. & 7 p.m.

Friday, Dec. 22 @ 7 p.m. &

Friday, Dec. 29 @ 7 p.m. Adults \$5.00

Children 12 and under \$3.00. At Windward Community College, Imaginarium  
Call 235-7321 for reservations.



Special Olympics

Hawaii Needs

Volunteers!

— 2006 Holiday Classic

Basketball, Bocce & Bowling Tournament.

December 1st - December 3rd

Hickam AFB & MCBH Kanohe

Please contact Cindy at 943-8808, ext. 27 or

visit [www.specialolympichawaii.org](http://www.specialolympichawaii.org) for

more information.

### Site of the Month

#### Toy Tips works for the consumer!

On this site, you'll find researched product reviews, articles and tips to stimulate the intellectual, social, physical and individual personality development of the child. Infant, toddler, pre-school, K-5, 5 - 7th grades and family tips.

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



*In the Spirit of the Season*

From all of us at Kaneohe Community Family Center, we wish you a peaceful and prosperous Holiday season!



## December

**1st Dance Experience 23**, A Contemporary Dance Concert starring Castle DanceForce, featuring 24/7 DanceForce. Ron Bright Theatre at Castle H.S. \$15 for all seats, call 233-5626.

**1st Haleiwa Joes**, 8:30 p.m., Kaneohe, featuring the music of Na Hoku Hano.

**2nd Writers' Retreat**, Saturday, 9:30 a.m. - 2 p.m. at Windward Community College, Hale Na'auao Lounge, Fee: \$5.00. Call 235-7433 for more info.

**3rd Christmas Storytime w/Santa**, 2:30 p.m., Kaneohe Public Library for toddlers, preschoolers, and for the young at heart. Photo opportunity after story.

**3rd The Lion In Winter**, at HPU, Hawaii Loa campus, across from Pali Golf Course. 375-1282.

**6th Oogles 'N Goggles Preschool Family Night**, Winter Wonderland, 6 p.m.-7 p.m., Kaneohe Public Library, 233-5676.

**6th City Council District III Monthly Mtg.**, 7p.m., Kaneohe Community and Senior Center. 547-7003.

**9th Community Workday**, Ulupo Heiau in Kawai Nui Marsh, 8:30 a.m. - 12:30 p.m. Call Chuck at 595-3922 for more info.

**9th Alzheimer's Support Group** 10 - 11:30 a.m., Kaneohe Community Family Center. Learn more about Alzheimer's and resources. 239-1552.

**10th McDermott In Motion**, "Living picture books," melding modern dance, music, masks, costumes and storytelling. 2:30 p.m., Kaneohe Public Library, 233-5676.

**10th Windward Year-End Craft Fair**, 8:30 a.m. - 3:00 p.m. at Heeia Elementary

**12th Windward Community Children's Council Monthly Meeting**, 6 - 8 p.m., Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.

**14th Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8 p.m., Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

**14th Kiwanis Club of Kaneohe**, Dinner Meeting at 6:15 p.m. - 8 p.m. at Flamingo Restaurant. For more info. go to Kiwanis Club of Kaneohe website.

**15th Ohana Concert**, featuring Amy Hanaiali'i Gilliom, 6:30 p.m. - 7:30 p.m., Center Court at Windward Mall.

**17th Ko'olau Christmas Festival**, Temple Valley Shopping Ctr., 10:00 - 1:00 p.m. Keiki swap meet, free train and pony rides, and petting zoo.

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

**25th Christmas Day!**



KCFC thanks the Castle High School Key Club for their help folding newsletters!