



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

A partnership of Parents And Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, the U.S. Department of Education Office of Innovation and Improvement, HPHA and Hawaii Community Foundation.

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Vol. 13. No. 12

December 2007

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.



- Respect**
- Responsibility**
- Resourcefulness**
- Relationships**
- Resiliency**

Real people, Real stories, Real examples...

This month we highlight people who live the 5Rs everyday.

What does *Responsibility* mean to you?

Kapihe Ohana

Windward Missionary Church Pastors Ellie and Becca Kapihe, first heard about the 5Rs from their daughter, Teila a 3rd grader at Puohala. "She would come home and recite the 5Rs since kindergarten," Becca proudly shared. Ellie added, "Do what you suppose to do, that's what I tell Teila."



The Kapihes believe in having integrity in everything they do. They believe that practicing the 5Rs is consistent with their Christian faith and that it is their responsibility to live their lives in a manner that reflects that. "It is our responsibility to make sure we are living out our faith as examples for our children," Becca stated.

What does *Responsibility* mean to you?

Sauer Family Chiropractic



Dr. Chris Sauer of Sauer Family Chiropractic believes it is his responsibility to share truth about health and healing through his chiropractic practice. Dr. Chris encourages his patients to attend stress reduction,

cancer prevention, and anti-aging workshops to ensure a healthier lifestyle.

Dr. Sauer's assistant, Ashley Madeiros, believes being responsible is taking care of what you need to at work and at home. Ashley takes initiative to care for her younger brother. She shared, "I wake up my brother and make sure he gets to school on time."

According to patient Katy Ching, "Dr. Chris shows both a professional and personal concern for my wellbeing, and Ashley always welcomes me with a smile."



What does *Responsibility* mean to you?

Brandon Kishimoto

Koolau Baptist Academy senior, Brandon Kishimoto has found great value in the 5Rs since attending Kapunahala years ago. "It helped me to define what each word actually means. They're not just words," he acknowledged. He also believes being true to your word and following through with commitments are important in order to get things done. "I try to complete school projects and assignments early, and not wait until the last day," he shared.



Brandon was chosen to teach biblical principles once a month in a fellowship group at school. "It feels good to have younger kids respect me and look up to me," he shared. It helps him to prepare for his future he added. In addition to school responsibilities, Brandon's parents entrust his five younger siblings to his care. "My parents trust me and usually put me in charge of my brothers and sisters when they are working," he stated.

Congratulations to everyone for being such a fantastic example in our community!

For more information about the 5Rs contact:

Jadine Yonemitsu,
5Rs Program Coordinator
PACT Kaneohe Community Family Center at 235-7747.



Kaneohe Community 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>

Home Instruction for Parents of Preschool Youngsters (HIPPIY)

<http://www.hippyusa.org>

<http://www.pacthawaii.org>

Family Center Services

•Family Support

Volunteer & Community Service Learning Opportunities

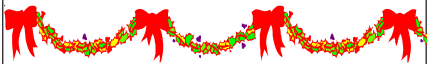
•Clerical and Program Support

•Special Event Child Care

In the Spirit of the Season



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



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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WINDWARD HOLIDAY CRAFT FAIR

Crafts, food, door prizes!

Sunday, December 2nd

10:00 - 2:00pm

Castle High School's cafeteria.

- ◆ Lots of unique gift items.
- ◆ 100 booths
- ◆ Scholastic book fair, & more!

Sample over 50 desserts, salads and pupus while you shop! "Taste of Castle" will feature delectable local delights from this year's cookbook, "Mai E 'Ai" (Come and Eat).

Proceeds will benefit this year's Project Grad '08.



Kaneohe's 45th
Christmas Parade
"Peace on Earth"

Saturday, December 1st

Santa and his reindeer are scheduled to arrive in Kaneohe at 9:00 a.m. Starting at Windward Mall, Haiku Rd. and Kamehameha Hwy, through Kaneohe town to Kaneohe Bay Dr., ending at Castle H.S.

Our very own Gordon Miyamoto is this year's



Saturday, December 15 at 7:30p.m.

Featuring: The Hawaii String Orchestra, Hawaii Ecumenical Chorale, and "Touch of Brass" ensemble, with pianist and harp.

Admission is free, call for more information at 247-0610.

Wreath-Making and more...

Make a wreath or centerpiece at Castle High School

Friday, December 7th

8:30 - 4:00pm

Saturday, December 8th

9:00 - 12:00pm

Rm. 35 (bldg. wing by auditorium parking lot.) Cost: \$2.00

Bring dryable greens, berries, seedpods, ribbons, material, decorations, etc. to recycle and share.

December



- 1st Kaneohe Christmas Parade!**
- 1st- 3:00pm on 12/1 and 2nd 3:00pm on 12/2.** A contemporary dance concert by Castle DanceForce at the Ron Bright Theatre at Castle H.S. Tickets are \$5, call 233-5626.
- 2nd Christmas Storytime with Santa,** 2:30pm at Kaneohe Public Library. (Photo opportunity) For toddlers & preschoolers.
- 5th Koolauloa Special Information Mtg.,** 7pm, Hauula Elementary, 527-5749.
- **Community Works in 96744 Mtg.,** 3pm, Kaneohe Community Family Center. Call 235-7747 for more info.
 - **Oogles 'n Googles Preschool Family Night,** 6pm, Kaneohe Public Library.
- 8th Ohana Concert - John Cruz,** Grammy-award winning artist, is well-known in the islands and around the world for his warm melodies and soulful vocals. Windward Mall 1:00-2:00pm.
- **Ohana Concert - Sean Na'auao,** a popular local singer, musician and composer, will perform a variety of songs from his most recent CD at Windward Mall, 5:00-6:00pm.
 - **Alzheimer's Support Group** 10 - 11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.
- 8th - 9th Sounds of Aloha Barbershop,** 7:30pm on 12/8 and 4pm on 12/9 at Paliku Theatre, call 261-SONG for tickets.
- 9th Windward Year End Craft Fair,** 8:30-3:00pm at Heeia Elementary (across Windward Mall)
- 13th Kids Hurt Too, Healing Young Hearts Support Group,** 6 - 8pm at Queen Liliuokalani Children's Center, 735-2989.
- 14th Star of Bethlehem: The Magi's Story,** Imaginarium at Windward Community College at 7:00pm. Call 235-7433 for tickets and reservations.
- 15th & 21st & 22nd Ohana Concert - Oooklah the Moc,** Jamaican-inspired sounds, featuring popular songs like "Dance Ram" and "Creator," at Windward Mall from 6:30-7:30pm.
- 15th Ohana Concert - Kapena,** renowned local band. This group is well known around the islands and the world for their timeless Hawaiian music. At Windward Mall from 5:00-6:00pm.
- 17th Ohana Food Distribution,** 3 - 4:30 pm at KEY Project, Kahaluu.
- 22nd Ohana Concert - Na Kama,** a blend of classic Hawaiian soul with a contemporary flair. At Windward Mall from 12-1pm.
- **Temple Valley Artfest,** 9am - 4pm, Koolau Center. Local artistic vendors. Visit Santa.
- 25th Christmas Day!**
Grandparents Raising Grandchildren
Happy Holidays! Call Bernie at 235-7613 for info. about next month's activities and meeting time in January!