



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

E-mail us at:  
kcfc@pacthawaii.org  
Website:  
<http://kcfc.pacthawaii.org>

*A partnership of Parents and Children Together and the Castle Complex Department of Education,  
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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.*

## Surviving Holiday Stress



The holidays tend to be a very stressful time for many people. In all the hustle and bustle, most of us forget to take time out for ourselves and relax and truly enjoy the season with the people who matter the most - your family. Here are some tips to help you to enjoy the holiday season:



**Hit the Books:** The library is a great quiet and peaceful place to take the family to hang out and relax to get yourselves away from all the holiday stress. It is also a great way to spend time with your kids.



**Name a Date:** Decide on a date prior to Christmas when you will stop all the shopping, wrapping, decorating, etc. After this date, start to do things to help others out - volunteer at school, babysit, etc. This will help you to remember the true meaning of Christmas - giving to others.



**Take a Time Out:** If you are really feeling the holiday stress, take a well deserved time out.

Take a bubble bath, get a massage, or just take a deep breath and relax.



**Draw the Line:** Do not outdo yourself. If all of the Christmas decorations don't get put up, or all the baking doesn't get done, don't worry about it - nobody will miss it!

Take the time to really look at how blessed your family is by what they have, rather than what they don't have. Children do not have to have the most expensive toys to make their Christmas memorable. Create simple memories that will last your children a lifetime - make Christmas cookies with your children while singing Christmas carols, go out and see a nativity scene, drive around and look at other people's Christmas decorations, etc. These memories, not the gifts they receive, will be what your children will remember when they look back on their holidays growing up.

Adapted from: "Surviving Holiday Stress", [http://www.parentsoup.com/offline/happen/articles/0,,534825\\_188001,00.html?arrivalSA](http://www.parentsoup.com/offline/happen/articles/0,,534825_188001,00.html?arrivalSA).

## Holiday Safety Tips

- \* Artificial trees should be fire resistant.
- \* Live trees should be fresh and green - needles should be hard to pull from the branches.
- \* Use only lights that have been tested for safety.
- \* Check for broken sockets, frayed wires or loose connections.
- \* Use no more than three standard-size sets of lights per extension cord.
- \* Turn off lights when you go to bed or leave the house.
- \* Check labels to be sure lights have been certified for outdoor use.
- \* Never use lighted candles on a tree or near evergreens. Place candles where they cannot be knocked down.
- \* In homes with small children, avoid sharp or breakable decorations.

Have a Safe and Happy Holiday Season!

## Families for R.E.A.L.

(Resources & Early Access to Learning)  
Parent & Child Classes for families with  
Infants, Toddlers & Preschoolers.



Session II: December 1, 2003 -  
February 20, 2004

Kapunahala Elementary School  
45-828 Anoi Road, Rm. A-1  
Kane`ohe, HI 96744



Classes are Free!

For more information or to register, please call 233-5656.

State of Hawaii Department of Education:  
Family Support Services

**Kane`ohe Community  
Family Center**

**COMMUNITY RESOURCE  
AND REFERRAL**

•Phone 235-7747

•Website <http://kcfc.pacthawaii.org>

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

<http://www.hawaiiirc.org>

•Parenting Classes

•Family Fun Activities

•Home Instruction For Parents of  
Preschool Youngsters (HIPPY)

**FAMILY LITERACY  
PROGRAMS**

•Kulana Nani

**SUPPORT AND  
SELF-HELP GROUPS**

•Na Tutu - Grandparents Raising  
Grandchildren

Coalition and Support Group

**NEIGHBOR-2-NEIGHBOR**

•Ko`olau Village

•Kulana Nani

**VOLUNTEER & COMMU-  
NITY SERVICE LEARNING  
OPPORTUNITIES**

•Family Activity

Night Assistants

•Neighbor-2-Neighbor Mentors

•Reading/Homework Tutors

•Clerical and Program Support

•Special Event Child Care

The *Family Center News* is printed  
monthly by the Kane`ohe Community  
Family Center (KCFC), a program of  
Parents and Children Together (PACT).

Please direct questions, comments and  
suggestions to:

The Kane`ohe Community  
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He`eia Elementary School,  
46-202 Haiku Rd., Portable #2,  
Kane`ohe, HI 96744

Ph. 235-7747 Fax 235-7748

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KCFC Staff:

Helenann Lauber, *Family Center Dir.*

Cynthia Okazaki, *Site Coordinator*

Gordon Miyamoto, *PIRC Coordinator*

Jolene Chang, *Administrative Assistant*

Carin Tatom, *HIPPY Coordinator*

Jennifer Bui, *Program Facilitator*

Serena Trehern, *PIRC Assistant*

Jennifer Chun, *HIPPY Home Visitor*

Sunshine Michael, *HIPPY Home Visitor*

Leilani Roth, *HIPPY Home Visitor/VISTA*



**Windward Holiday  
Craft Fair**

**Castle High School Cafeteria**

**45-386 Kaneohe Bay Drive**

**December 14, 2003**

**10:00 a.m. - 3:00 p.m.**

**\* Crafts \* Clothing  
\* Plants \* Food  
\* Jewelry**

Bring your family and help  
support Castle High School's  
Project Graduation!

For more information, please call  
Karen at 247-2305.

**Host Families  
Needed!**

Volunteer host families are needed  
in support of a Korean exchange  
student program. The students  
are elementary school-aged  
(2nd - 7th grade) and will be  
visiting Hawaii from  
December 28th - January 17th.

Please call Les Meyers at  
234-7046 or 728-9953.

E-mail: [joshnles@hawaii.rr.com](mailto:joshnles@hawaii.rr.com)  
if you are  
interested in participating.

**Site of the Month**

<http://www.kidsdomain.com/holiday/>



A great website for every  
holiday! Wonderful gift  
ideas, crafts, games and  
links to other sites. Perfect  
for the whole family!



KCFC would like to thank Regina Yoshinori and  
the Castle High School students for folding the  
newsletters this month. We really appreciate  
all of your time and effort!



**December**

- 1st** **Community Works in 96744**  
5:30 p.m. Queen Lili`uokalani  
Children's Center 235-7747.
- 4th** **DOE Career Tech & Education  
Kids Day Festival** 8 a.m. - 1 p.m.  
Student exhibitions, entertainment,  
prizes and more! Intermediate to  
High-School level. Windward Mall  
235-9101.
- 6th** **Kaneohe Christmas Parade**  
9 a.m. Begins in front of Windward  
Mall through Kaneohe town to  
Castle High School.
- 6th** **Honolulu City Lights** Honolulu  
Hale. Tree-lighting ceremony  
begins at 6 p.m., Electric Light  
Parade begins at 6:30 p.m. The  
Parade begins at Aala Park and  
travels along King Street to City  
Hall. Santa arrives at 7:30 p.m.
- 11th** **OGYA Grief Support Group  
for Children, Teens & Family**  
6 - 8 p.m. Queen Lili`uokalani  
Children's Center. Cynthia White  
735-2989.
- 14th** **Windward Holiday Craft Fair**  
10 a.m. - 3 p.m. Castle High School  
Cafeteria. Karen 247-2305.
- 17th** **KCFC Family Activity Night**  
5:30 - 7:30 p.m. Windward Mall  
Center Court area 235-7747.
- 18th** **Kane`ohe Neighborhood Board**  
7 p.m. WCC 523-4815.
- 20th** **Free Choir Concert**  
7 - 8 p.m. First Baptist Church,  
Windward (1076 Kailua Road)  
843-4112.
- 20th - 27th** **Happy Hanukkah!**
- 25th** **Merry Christmas!**

*\*Grandparents Raising Grandchildren's  
Support Group will not be meeting this  
month. They will resume their monthly  
meetings in January.*

Sponsoring a free or low cost event that may be of  
interest to Kane`ohe families? Submit information  
for the KCFC calendar by the 15th of each month.

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