



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 Hawaii State Department of Human Services and Health, Keiki O Ka Aina, Inc.,
the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDC and Hawaii Community Foundation.

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

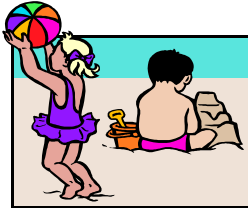


Vol. 9. No. 7

July 2003

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.

Summer Safety Tips



Summer is here! Whatever your plans for the summer are, keep in mind to put safety first. Here are some tips from the National Safety Council to make your summer safer and a lot more fun!



Make it a necessity for children to wear helmets for bicycling, skateboarding, and in-line skating.

According to the Bicycle Helmet Safety Institute, 88 percent of cyclist brain injuries can be prevented by bicycle helmets.



Instruct children not to talk to strangers.



Keep food at picnics or BBQs in the shade or in cool areas to prevent spoiling. Do not keep food out longer than two hours after it has been prepared.



Drink plenty of water to prevent dehydration.



Protect your skin when in the sun by applying sunscreen of at least SPF 15 and wearing appropriate clothes. Additionally, try to limit sun exposure from 10 a.m. to 4 p.m. According to www.redcross.org, "sunlight contains two kinds of UV rays — UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer".



At the beach, never let children swim unsupervised, dive into unfamiliar water, or push or jump on others. Encourage children to have a buddy when swimming.

Have a fun, relaxing, and memorable summer!!!

Adapted from: <http://www.nsc.org/pubs/fsh/archive/summr99/sumsafe.htm>

Kane`ohe Day on the Bay 2003!

Saturday, July 26th
9AM to 3PM

Kokokahi YWCA:
45-035 Kane`ohe Bay Drive

Come and join us for a day of fun-filled family activities!

Family Activities, Prizes, Petting Zoo, Food Booths, Free Kayaking and Sailing, Pony Rides, Entertainment, Craft Fair, Xtreme Fun Rides and More!

Craft vendor space is still available. Volunteer opportunities are also available.

For more information, please call Kane`ohe Community Family Center at 235-7747.



Volunteers Needed! KANE`OHE DAY ON THE BAY

Saturday, July 26th, 2003
9 AM - 3 PM.

Camp Kokokahi YWCA- Kane`ohe

Help needed in the following areas:

- ❖ Event set-up and clean-up.
- ❖ Parking and traffic control.
- ❖ Event information booth.
- ❖ Stage hands and entertainment assistants.
- ❖ Hospitality and volunteer room coordinators.
- ❖ Family activities, water sports, and Xtreme fun ride assistants.

*Volunteers receive a free T-shirt and lunch!

To volunteer or for more information,
please contact Jennifer or Serena @ 235-7747.

**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.hawaiiipirc.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 Family Center,
He`eia Elementary School,
46-202 Haiku Rd., Portable #2,
Kane`ohe, HI 96744
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org

KCFC Staff:

Helenann Lauber, *Family Center Dir.*
Cynthia Okazaki, *Site Coordinator*
Gordon Miyamoto, *PIRC Coordinator*
Jolene Chang, *Administrative Assistant*
Rebecca Seumanu, *Activities Specialist*
Carin Tatom, *HIPPY Coordinator*
Jennifer Bui, *Program Facilitator*
Jill Murayama, *Outreach Worker*
Serena Trehern, *PIRC Assistant*
Krista Labanon, *HIPPY Home Visitor*
Jennifer Chun, *HIPPY Home Visitor*
Sunshine Michael, *HIPPY Home Visitor*

Garage Sale!

Donate gently used items
for HIPPY's (Home



Instruction for Parents of
Preschool Youngsters) fundraiser
for Day on the Bay 2003. Please
drop off items at the Kane`ohe
Community Family Center. Proceeds

will be used for the program's
field trips. Donations are
tax deductible. For more
information, please call
Carin @ 235-7747.



Kaneohe Public Library

Book Time with Ronald McDonald
Wednesday, July 9, 2003 at 6:00pm.



**Summer Reading Finale:
Sunday, July 27, 2003 at 2:30pm.
Action Jackson**

A magic carpet ride to the African
jungle, an under the sea adventure
and much more!

For more information, contact
the Kaneohe Public Library at 233-5676.

**KAMP Volunteers Needed!
Kindergartners Are Most Precious**

A school transition day "camp"
for new kindergartners &
their parents.

**Puohala Elementary: Aug. 4th
Heeia Elementary: Aug. 22nd**

Please contact Gordon Miyamoto at
235-7747 for more information.



Poi for the Soul

A 25-minute program featuring
local youth who share their
experiences of loss and their
wisdom while showing viewers
how to work in a loi.

Olelo, Channel 52

July 3rd at 12:30 p.m.
July 17th at 11:30 p.m.
July 24th at 11:30 p.m.

For more information, contact
OGYA (Outreach for Grieving Youth
Alliance) 735-2989.



July

- 1st** **Preschool Storytime** 10:15 a.m.
Repeats the 8th, 15th and 22nd.
Kaneohe Public Library 233-5676.
- 3rd** **Toddler Storytime** 10:15 a.m.
Repeats the 10th, 17th and 24th.
Kaneohe Public Library 233-5676.
- 7th** **Community Works in 96744**
5:30 p.m. Queen Lili`uokalani
Children's Center 235-7747.
- 10th** **OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.
- 15th** **Kane`ohe/ Kahalu`u Vision
Community Meeting.** 6:30 p.m.
Kane`ohe Community & Senior
Center 523-4500.
- 16th** **Grandparents Raising
Grandchildren** 9 a.m. Queen
Lili`uokalani Children's Center -
Kane`ohe. All grandparents are
welcome. Jennifer 235-7747.
- 16th** **KCFC Family Activity Night**
5:30 - 7:30. Windward Mall Center
Court area 235-7747.
- 17th** **Kane`ohe Neighborhood Board**
7 p.m. Windward Community
College 523-4815.
- 24th** **OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.
- 26th** **Kane`ohe Day on the Bay 2003.**
9AM - 3 PM. Kokokahi YWCA -
45-035 Kane`ohe Bay Drive. For
more information or to volunteer,
contact KCFC at 235-7747.

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.
Fax 235-7748. kcfc@pacthawaii.org



**Site of the Month
www.kinderstart.com**

A fun and educational web site
for parents and children! Full of
activities, arts and crafts and
links to other sites.