



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

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

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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

Summer Safety Tips

Summer brings adventure and fun in the sun. School is out, adults are vacationing, and families are outdoors more than ever. However, when proper precautions aren't taken, summer fun can come at the expense of our health and safety. Below are some tips to keep you and your family safe while making the most of summer:



Stay hydrated! Before prolonged physical activity, make sure you and your children are properly hydrated. The American Academy of Pediatrics recommends 5 oz. of water or sports drink every twenty minutes for children weighing up to 88 pounds, and 9 oz. for adolescents weighing 132 pounds and over, even if they do not feel thirsty.



Protect yourself from the sun! Avoid sun exposure during peak hours of 10 a.m. - 4 p.m. Use sunscreen with an SPF of 15 or more. When choosing sunglasses, make sure they provide UV protection.



Be cautious of inflatable swimming aids such as "floaties," as they are not a substitute for approved life vests and can provide a false sense of security. Also, be mindful of the fact that children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.



Make sure your playground is safe. According to the U.S. Consumer Product Safety Commission, falls cause 60% of playground injuries. Also, make sure metal slides are cool to prevent children's legs from getting burned.



Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.



Wear a helmet and other safety gear when biking, skating, skateboarding and riding scooters. Studies on bicycle helmets have shown that they can reduce the risk of head injury by as much as 85%.

Adapted from "Summer Fun Brings More Emergency Visits," <http://www.cpsc.gov/cpscpub/prerel/prhtml02/02182.html> and "Summer Safety Tips - Part I," <http://www.aap.org/advocacy/releases/summertips.htm>



Kaneohe Day on the Bay 2006!

"Drug-free in Diversity"

**Saturday, July 22, 2006 10 a.m. - 3 p.m.
Kokokahi YWCA**

Volunteers Needed!

- Set-up/Clean-up * Parking and traffic control
- * Information Booth * Stage Hands * Hospitality
- * Ride Assistants

Space for Craft Vendors Available!

To volunteer or for more information, please contact the Kaneohe Community Family Center @ 235-7747.



8th Annual Celebrate Fathers Day...

**Saturday, June 17, 2006
11 a.m. - 3 p.m.
Windward Mall**



Father-Child Look-Alike Contest * Community Resource Booths * Easy Kine Ohana * Imua & Kamu Golden Dads Reward Bags * \$1,000 Las Vegas Travel Prize * Door Prizes...and MORE!

Sponsored by the Hawaii Coalition for Dads under the umbrella of PACT



**Don't forget Dad!
Father's Day is Sunday,
June 18, 2006**



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.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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Coordinator

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Program Specialist

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Visitor

Jenny Fremgen, *HIPPIY Home Visitor*

Holland Henderson, *Program Coordinator*

Angela Sanderson, *Project Specialist*

(Youth)

Kaneohe Public Library June Events

Paws, Claws, Scales and Tales

June 12 - July 21, 2006

- For children who will be entering preschool through grade 6. Adults may read aloud to children preschool to grade 2.
- Read at least one book each week to receive that week's free incentive.
- Children who read more than 25 books receive an award certificate for the Friends of Kaneohe Library Book Sale.
- Pre-registration begins June 4, 2006.

Preschool Family Night

by Oogles -n- Goggles

June 7, 2006 6 p.m.

Preschool Storytimes

June 13th, 20th and 27th 10:15 a.m.

Ages 3 - 5 yrs.

Toddler Storytimes

June 15th, 22nd and 29th 10:15 a.m.

Ages 18 mos. - 3 years

Bobby Norfolk

Nationally known storyteller

June 18, 2006 2:30 p.m.



PBS Hawaii

Saturdays at 10:30 a.m.

Begins June 3, 2006

Signing Time is a sign language video series for hearing infants and children that teaches them basic American Sign Language (ASL) in a fun and memorable way. Big kids and grown-ups love it too! For more information, check out <http://www.signingtime.com>



Want a job or business?



Call 842-7093 today!

Economic Development Center

1485 Linapuni St.

Honolulu, HI 96819

Site of the Month

Summer Home Learning

Recipes (Grades K - 12)

<http://www.ed.gov/pubs/>

Recipes/



JUNE

- 3rd Keiki Fishing Derby** 10 a.m. - 2 p.m. Hoomaluhia Botanical Gardens. Ages 4 - 17 years. Various prizes. Bring bread for bait, and be sure to use barbless hooks. Be prepared for rain, mud, and mosquitoes. 20 minute walk to fishing areas.
- 5th Community Works in 96744** 5 p.m. Queen Liliuokalani Children's Center 235-7747
- 9th Registration Deadline for Windward School for Adults Summer Session** Register by mail or in person. Kalaheo High School, Bldg. H. Tel. 254-7955. Brochures are available at Zippy's, 7-Eleven Stores, and Public Libraries.
- 9th Kids Hurt Too, Healing Young Hearts & Support Group** 6 - 8 p.m. Formerly known as OGYA Grief Support Group. Queen Liliuokalani Children's Center. Cynthia White 735-2989.
- 10th Night Walk at Hoomaluhia Botanical Gardens.** 6:30 - 9 p.m. Gates open from 5:30 - 6:30 p.m. for those who want to come early with a picnic dinner. Bring walking shoes, water, rain gear, and a flashlight. Reservations are required. 233-7323. The next Night Walk is scheduled for October 7, 2006.
- 10th Alzheimer's Support Group** 10 - 11:30 a.m. Kaneohe Community Family Center. Learn more about Alzheimer's and the resources that are available to your family. 239-1552
- 12th Kamehameha Day**
- 15th Kaneohe Neighborhood Board** 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815
- 16th Mele No Ka Oi Hawaiian Music and Jazz** 7:30 - 9:30 p.m. Paliku Theatre at Windward Community College. For tickets, call 235-7433 or purchase online at <http://www.eTicketHawaii.com>
- 17th Celebrate Fathers Day Event** 11 a.m. - 3 p.m. Windward Mall. Father-Child Look-Alike Contest, Community Resource Booths, Entertainment, and Prizes! Sponsored by the Hawaii Coalition for Dads.
- 18th Father's Day**
- Congratulations to all 2006 graduates!*
Commencement Exercise Dates
- Kahuku High School - 6/1 @ 6 p.m., Cannon Field, BYU
- Kalaheo High School - 6/2 @ 7 p.m., Blaisdell Arena
- Castle High School - 6/3 @ 5:30 p.m., Athletic Field
- Kailua High School - 6/3 @ 6 p.m., Athletic Field



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