



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

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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.



10 Ways to Be a Better Dad



1. **Respect Your Children's Mother**

One of the best things a father can do for his children is to show respect for their mother. Parents who respect each other provide a secure environment.

2. **Spend Time with Your Children**

How a father spends his time tells his children what's important to him. If you always seem too busy for your children, they will feel neglected no matter what you say. Treasuring children often means sacrificing, but it is essential to spend time with your children.

3. **Earn the Right to Be Heard**

Begin talking with your kids when they are very young so that difficult subjects will be easier to handle as they get older. Take time and listen to their ideas and problems.

4. **Discipline with Love**

Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

5. **Be a Role Model**

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and what to look for in a husband. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.

6. **Be a Teacher**

A father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. Involved fathers use everyday examples to help their children learn the basic lessons of life.

7. **Eat Together as a Family**

Sharing a meal together can be an important part of healthy family life. In addition to providing structure in a busy day, it gives kids the chance to talk about what they are doing and want to do.

8. **Read to Your Children**

In a world where television often dominates the lives of children, it is important that fathers make the effort to read to their children. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

9. **Show Affection**

Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection everyday is a great way to let your children know that you love them.

10. **Realize that a Fathers Job is Never Done**

Even after children are grown and ready to leave home, they will still look to their father for wisdom and advice. Whether it's continued schooling, a new job or a wedding, fathers continue to play an essential role in the lives of their children as they grow and, perhaps, marry and build their own families.

Adapted from: <https://www.fatherhood.org/10ways.asp>

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years." Mark Twain



**Congratulations
Mitchell Otani
Hawaii Distinguished Principal
of the Year!**

Mitchell Otani of Kaneohe Elementary School has been selected the Hawaii 2007 National Distinguished Principal.

Mr. Otani, a graduate of the University of Hawaii-Manoa, has been principal of Kaneohe Elementary since 1991. He will travel to Washington, D.C., in October to be recognized for this outstanding award.



**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.hawaiiirc.org>

**Home Instruction for Parents of
Preschool Youngsters
(HIPPY)**

<http://www.hippyusa.org>

<http://www.hawaiiirc.org>

Family Center Services

•Family Support

**Neighbor-2-Neighbor Youth Tobacco
Prevention**

•Kulana Nani

**Volunteer & Community Service
Learning Opportunities**

•Clerical and Program Support

•Special Event Child Care



**Commencement
Exercise Dates**

*Congratulations to the class of
2007!*

Kahuku High School - 5/31 @ 6 pm,
Cannon Field, BYU

Kalaheo High School - 6/1 @ 7 pm,
Blaisdell Arena

Castle High School - 6/2 @ 5:30 pm,
Athletic Field

Kailua High School - 6/2 @ 6 pm,
Athletic Field

Celebrate Kane'ohē

*No Kane'ohē mai au...I am rooted in
Kane'ohē*

What is the "Celebrate Kane'ohē" project?
Celebrate Kane'ohē is a year long series of events celebrating the history, the heritage and the people of Kane'ohē Bay, bounded by communities from Mokapu to Kualoa. It is the brainchild of the Ko'olaupoko Hawaiian Civic Club, which celebrates its 70th anniversary this year.

Events are included with the June calendar. Look for key code "ck" after the event name.



**Kaneohe Day on the Bay
2007!**

"Drug-free in Diversity"

Volunteers Needed!

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

**Space for Craft
and Food Vendors Available!**

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



JUNE



- 2nd American Cancer Society Relay for Life** (ck), 12pm -7am, Windward Community College. Entertainment, silent auction, and overnight rely. Call 262-5124 for more information.
- 3rd Kaneohe: A History of Change** (ck), 1 - 3 pm, Kaneohe Public Library. Lecture on the history of Kaneohe from ancient to modern times. Call 226-4195 for more information.
- 4th Community Works in 96744 Mtg.,** 5 - 7pm at Queen Liliuokalani Children's Center. 235-7747.
- 6th Oogle n Google Preschool Family Night,** "Let's Go Camping," 6pm, Kaneohe Public Library, 233-5676.
- 9th Alzheimer's Support Group** 10 - 11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.
- 9th Identity Theft Awareness Workshop** 10 am - 12pm, Heeia Elementary cafeteria. To reserve your seat call, Kehaulani Ogawa, 779-5729.
- 11th King Kamehameha I Day** - Library closed.
- 12th Windward Community Children's Council Monthly Meeting,** 6 - 7:30pm, Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.
- 13th Kahaluu Neighborhood Board Mtg.,** 7pm, KEY Project, 527-5749.
- 14th Kids Hurt Too, Healing Young Hearts Support Group,** 6 - 8pm, Queen Liliuokalani Children's Center, 735-2989.
- 14th Koolauloa Neighborhood Board Mtg.,** 7pm, Hauula Community Center, 527-5749.
- 16th 9th Annual Celebrate Father's Day** (ck), 9am- 1 pm Windward Mall Center Court. Fun activities/entertainment and father-child look alike contest.
- 17th Happy Father's Day!**
- 18th Ohana Food Distribution,** 3 - 4:30 pm at KEY Project, Kahaluu.
- 20th Grandparents Raising Grandchildren** 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities!
- 21st Kaneohe Neighborhood Board Mtg.,** 7 pm at WCC, Akoakoa, Rm. 103 - 105.
- 28th Kids Hurt Too, Healing Young Hearts Support Group,** 6 - 8pm, Queen Liliuokalani Children's Center, Cynthia White, 735-2989.
- 30th Waikalualoko Fishpond Community Work Day** (ck), 8am - 12pm, Waikalualoko Fishpond. Call 843-1213 for more information.

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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"A father carries pictures where his money used to be."

Anonymous

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