



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together(PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

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



Vol. 17. No.6

June 2011

Just Moved

PACT Kaneohe Community Family Center has moved to King Intermediate School at 46-155 Kamehameha Hwy., Kaneohe. Come and visit us at Portable 1!

Places To Go, Things To Do

As many of our kids will tell you, they can't wait for summer. The words "I'm bored" inevitably cross their lips sometimes sooner than you think! While children do enjoy the freedom that comes with the summer months, they still like to have a little structure in their fun. The following list of activities will help your family take full advantage of summer and help spark your creativity.

- ☆**The Bishop Museum** - Museum, planetarium, classes, Hawaiian crafts, special exhibits. 847-3511, www.bishopmuseum.org.
- ☆**Hawaii Children's Discovery Center** - Hands-on, interactive exhibits. 524-5437, www.discoverycenterhawaii.org.
- ☆**Hawaii State Art Museum** - The "I Love Art" Gallery features art through hands-on activities. 586-0300, http://hawaii.gov/sfca, click on HiSAM Exhibits.
- ☆**Honolulu Zoo** - Take advantage of the many fun and educational programs the Zoo provides for kids and families. 971-7171, www.honolulu zoo.org
- ☆**Byodo-In Japanese Temple**, Valley of the Temples, 9am - 5pm, M - Sat. and 10am - 4pm, Sun. Gardens, koi ponds (buy special food to feed the fish).
- ☆**Ho'omaluhia Botanical Garden** - nature walks, hiking, camping, crafts, cloud-watching and guided nature hikes. 233-7323, http://www1.honolulu.gov/parks/hbg/hmbg.htm
- ☆**Kaneohe District Park** - Free public swim, M - F, 1:30 - 5pm and Saturdays, 1 - 5pm. Sundays closed.
- ☆**Kaneohe Public Library** - Preschool storytelling on Thursdays at 10:15am, 6/2, 6/9, 6/16, 6/23. Children's Summer Reading Program, more info. on back of newsletter. Visit other libraries too, www.publiclibraries.com/hawaii.
- ☆**Borders** - Storytime on Tuesdays at 10:30am and Saturdays at 11:00am. "Double Dog Dare You" challenge summer reading program from 6/1 - 9/5 for kids under 12.
- ☆**Beaches** - www.hawaiiweb.com/oahu/beaches
- ☆**Hikes** - Maunawili, Friendship Garden, Nuuanu Judd Trail, Manoa Falls Trail, Old Pali Road, Makapuu Lighthouse Trail. More hiking information at http://hawaiitrails.ehawaii.gov or www.oahuhiking.com.
- ☆**Camping** - City & County camping permits are required and can be issued from the Fasi Municipal Building - Parks Permit Office and the Kapolei & Wahiawa satellites. 768-3440, http://www1.honolulu.gov/parks/camping.htm. To reserve and purchase state camping and cabin permits visit www.hawaiistateparks.org.

10 ways DADS can Spend More Time with their KIDS

1. Commit to a family mealtime every day. Make eating together fun and full of conversation.
2. Write your children's activities into your schedule book—in ink!
3. Identify one thing on your weekly schedule you can do without, and replace it with kid time.
4. Take one of your children along when you run errands.
5. Volunteer to participate in a regularly scheduled child activity, such as coaching or helping with a school activity.
6. Identify one children's TV show that you secretly like to watch and make a point of watching it with your child.
7. Develop an interest in a hobby you and your child can enjoy together.
8. If your work requires that you travel, take one of your children along with you when your business trip can be extended into a long weekend.
9. If your work schedule is flexible, start your work day earlier so you can get home earlier to be with your family.
10. Leave your work, cellular phones, and pagers at home when you go on family outings and vacations.

When your kids are older, you won't be wishing you'd spent more time at your job. Spend time with your kids...today, and everyday!

Adapted from All Pro Dads (www.allprodad.com) and National Fatherhood Initiative (www.fatherhood.org).

Ho'omaluhia Saturday, June 18th **Family Day 10:00am - 1:00pm**

Grab a pole and hone in on your fishing skills at Ho'omaluhia's catch & release program.

What to Bring:

- * Your own bamboo poles with barbless hooks or borrow one
 - * Your own non-live bait (white bread recommended).
 - * Insect repellent
 - * Good walking shoes
 - * Sitting mat or chairs
 - * Drinking water, snacks or lunch
- 20 min. walk to fishing area.



To register call Kaneohe Community Family Center at 235-7747.

Sponsored by PACT Kaneohe Community Family Center

Parent's Guide To The 5Rs



Resourcefulness

Being skilled and imaginative in finding ways to succeed.

Live It! Stay informed by reading the paper, newsletter and magazines so you know what resources are available and what is going on in the community and the world.

Teach It! When your children ask for help, show them how to find the answer instead of giving it to them. This teaches them to solve problems for themselves.

Kaneohe Public Library

Join the Children's Summer Reading Program.

May 31 - July 8

Ages birth to grade six (entering 6th grade in the fall). By visiting the library weekly and reading at least one book per week, participants are eligible to reading incentives. There is a young adult and adult summer reading program too!

Windward Mall Classic Car Show

Saturday, June 25th

5:00 - 9:00 pm



K.E.Y. Project - CBASE Program

Earn a diploma two evenings a week. Starting 6/13 for 5 weeks. Call 239-5777 to register and for more info.

KCFC can help you with:

- **Community resources and referrals**
- **Education resources for parents and professionals**
- **Family support**
- **Volunteer & community service**
- **Community Works in 96744**

Coalition to Strengthen Families and Prevention of Underage Drinking

For more information call 235-7747 or visit www.kcfc.pacthawaii.org

KCFC Staff:

Christina Simmons, *Program Director*
Cynthia Okazaki, *Site Manager*
Jennifer Bui, *Program Coordinator*
Jolene Chang, *Administrative Assistant*
Melany Melakea, *Program Coordinator*
Leilani Roth, *Program Assistant*
Wanda Valencia, *Program Specialist*

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:

The Kaneohe Community Family Center
46-155 Kamehameha Hwy. Portable 1
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org

Call HCAP for help to pay your home energy bill through LIHEAP

(Low income home energy assistance program)

Applications accepted from

June 1 - 30, 2011 at HCAP

47-232 Waihee Rd., Kaneohe 239-5754

Tuesdays: 9am - 12pm, 4:30 - 6pm

Monday, Wednesday, Thursday: 9am - 12pm

Friday: 9am - 12pm, 2 - 3:30pm

Bring current electric/gas bill, photo ID, social security number, proof of income, assets, residence, ages for all household members.

CELEBRATE FATHERS DAY!

Windward Mall

Saturday, June 18th

11am - 3pm

Join in the Hawai'i Coalition for Dads' and Parents And Children Together's 13th Annual **CELEBRATE FATHERS DAY** at Windward Mall. The Celebration includes a Father/Child Look Alike Contest, family entertainment, fun activities and information tables. To enter, pick up a registration form at the mall and turn in by 12:30 that day. At 1:00pm will be the Father-Child Look Alike Contest. Win some great prizes!

HAWAII NEWS NOW

Giving you a voice in your community. www.hawaiiinternow.com covers neighborhood news stories that may not make it on-air, but are very important to the community. After entering the website, the "In Your Community" box to the right of the "Breaking News" section is where events are posted for each community. Click "change" to select your community area. Check on stories about fundraising and business events, arts & culture, classes and anything else that's happening in your community. In addition you can post community bulletins, events and announcements directly to this community's website.

WEBSITES OF THE MONTH:

www.beajerk.org

We really need you to be a jerk and make it harder for kids to get alcohol. Help change how Hawai'i views underage drinking.

www.pbs.org/parents

This year make sharing books part of your family's summer fun. PBS Parents gathered tips, tools and tricks to make reading fun and easy with quick literacy tips and daily summer reading tips. Food and fitness for healthy kids, parenting tools, PBS Kids fun and games and much more.

JUNE

HAPPY 19th
FATHER'S
DAY

- Ohana Food Distribution**, 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Oogles 'n Goggles, Preschool Activity**, at 10:15am at Kaneohe Public Library.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Huikakoo (Grief Support Group)**, 5:30 - 8pm at QLCC. Call Kristi at 235-7613.
- Song Tales for Preschoolers**: A Musical Storytime, 10:15am at Kaneohe Library.
- King Kamehameha Day - Holiday Astronaut**, 7pm showing at WCC Imaginarium. Celebrate the 50th anniversary of manned space-flight. Call 235-7433 to reserve tickets.
- Alzheimer's Support Group**, 10 - 11:30am at KCFC. Call 225-9377.
- Windward Community Children's Council Mtg.**, 6 - 7:30pm at Windward Comprehensive Health Center, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- Kaneohe Neighborhood Board Mtg.**, 7pm at Ben Parker, Library. Call 523-4815.
- Cyber Safety Education & Awareness Workshop**, 9 - 11am FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- Ohana Food Distribution**, 1:00pm is registration and distribution starts at 2:30pm. "First come, first served" at K.E.Y. Project, Kahaluu.
- Termite Information Seminar**, 6:30 - 8:30pm FREE at WCC, Hale Akoakoa, Rm. 105. Call 235-7433 to register.
- Windward Homeless Coalition**, 2 - 3pm at KCFC. For more information call 343-4052.
- How to Apply for Retirement Online**, 2 - 4pm FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- Kanikapila Paina Party**, 6 - 11pm FREE at Paradise Bay Resort, 47-039 Lihikai Drive on Kaneohe Bay. An evening of music and entertainment featuring live jams and a talent contest for Hawaii's best musicians. For more information call 239 5711.
- Earth, Moon & Sun**, 7pm showing at WCC Imaginarium. Call 235-7433 for ticket info.
- Christmas Parade Meeting**, Volunteers needed! Church of the Nazarene. If you have questions, call Ku'ulei at 348-2749.



2011 Senior Farmers' Market Nutrition Program Attention Seniors

The Hawaii Foodbank will be distributing Senior Farmers' Market Nutrition Program voucher booklets worth \$50.00 to provide fresh and locally-grown fruits and vegetables. Vouchers are redeemable at various farmers' markets from 6/1 - 10/31. Seniors who have already received vouchers are not eligible for another. The Kaneohe certification site is at Salvation Army, 47-175 Waikalua Rd. on 7/1, 8:30 - 11:30am. Visit www.hawaiifoodbank.org to download an application or call 954-7889 for more information about required documents and other sites.