



PACT's 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 State of Hawaii Health and Human Services Departments, the U.S. Department of Education Office of Innovation and Improvement, HPHA and Hawaii Community Foundation.

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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.



- Respect
- Responsibility
- Resourcefulness
- Relationships
- Resiliency

Real people, Real stories, Real examples...

This month we highlight families who live the 5Rs everyday.

What does *Relationships* mean to you?



Young, ambitious and dedicated, Boston's North End Pizza Bakery Kaneohe business man Alastair Hannmann, believes good communication is important for maintaining healthy, positive relationships with his family, employees and business contacts.

According to Alastair's mom, Carol Mendoza Hannmann, her relationship with her son is very important. Carol shared, "I give advice to him, and it's up to him whether or not he takes it. He always calls me to let me know what's going on. I just listen and I am always there for him."



Alastair expressed, "Being available, caring for someone and having social awareness are significant characteristics of a healthy relationship." He teaches his employees about life and respecting others and getting the job done. "It's not a job, it's family," he said.

Although new to the community, Alastair has shown tremendous support for the 5Rs. Alastair's heart for the community was clearly demonstrated as he generously fed over 60 volunteers at October's Malama 96744 Community Graffiti Paint-Out and Community Clean-Up.

Alastair explained, "I realized the impact of what the 5Rs can do for children. There were kids at the clean up, early on a Saturday morning, when they could have been home watching cartoons. That's incredible!"

What does *Relationships* mean to you?

Hawaii Pacific University student Brandon Gross first learned about the 5Rs while a student at Castle High School. The class of 2007 graduate values relationships with people that he loves. He stated, "Without it, life isn't as easy or as enjoyable."



Brandon shared that he appreciates his relationship with his parents. "My parents are authoritative, encouraging and I feel like they are always there for me. I feel like I can tell them what's going on in my life." He said he feels safe and secure knowing he has the love and support of his parents.

In addition to his family, Brandon also values and appreciates strong friendships. He explained, "A good friend is someone who puts an effort to keep the relationship going." He believes a true friend is trustworthy, loyal and is willing to help in times of need. "When a close friend of mine passed away, my close friends made sure that I was okay. They were truly concerned," he said.

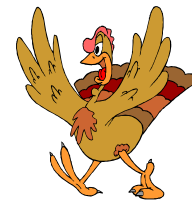
We are honored to have these two wonderful gentlemen in our community.

For more information about the 5Rs contact:

Jadine Yonemitsu, 5Rs Program Coordinator
PACT Kaneohe Community Family Center 235-7747

33rd Annual Turkey Trot

A challenging obstacle course with stunts and skills!



Open to 3 - 5 year olds accompanied by parents; children; teens, adults and seniors!

Tuesday, November 13, 2007
Registration 5:00 pm - Races start at 5:30 pm
Kaneohe Community Park
It's free, it's fun, and lots of prizes!

Sponsored by the Kaneohe Complex Department of Parks and Recreation. For more information, call Garrett Iwai 233-7317.

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.pacthawaii.org>

Home Instruction for Parents of Preschool Youngsters (HIPPIY)

<http://www.hippyusa.org>

<http://www.pacthawaii.org>

Family Center Services

•Family Support

Volunteer & Community Service Learning Opportunities

- Clerical and Program Support
- Special Event Child Care

Website of the Month:

www.RDLiving.com

Great advice from the editors of Reader's Digest on health, food, home, laughs, games and more.

www.rd.com/content/tempting-thanksgiving-recipes/
Mix and match 121 recipes to create a traditional feast or to pursue that unique culinary experience for Thanksgiving.

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 Taste of Science

Friday, November 16, 2007
6:00 - 8:00 p.m.

Windward Community College

Come & Enjoy A Fun-filled, Tantalizing Buffet of Science

A family activity night for children and their families too!

- * Shows at the Imaginarium: Flights of Fancy and many hands on activities
- * Meet Dr. Jake Hudson, Castle HS graduate, from the NASA Aerospace Lab
To register please call 235-7747.

Sponsored by PACT Kaneohe Community Family Center and Windward Community College

Kaneohe Elementary

family fun at the fair

November 9, 2007

1:15 - 5:00 p.m.

45-495 Kamehameha Hwy.

- ▶ Extreme Rides ◀
- ▶ Pony Rides ◀
- ▶ Carnival Games ◀
- ▶ Country Store ◀

The holidays are a great time to lend a hand to your community. Here are some local organizations to contact for more information on ways to help out:

- *Aloha United Way: 211
- *Hawaii Foodbank: 836-3600
- *Hawaii Meals on Wheels: 988-6747
- *Institute for Human Services: 845-7052
- *River of Life: 524-7656
- *Salvation Army: 522-8400 to donate goods, 988-2136 to volunteer.
- *Adopt A Family this Christmas, call the Lokahi Giving Project at 591-4295.

For families who need extra help during the holidays, there are resources in the community to help, contact: Kaneohe Community Family Center at 235-7747.

*KEY Project: Food Bank every Wednesday, 9 - 10am, except the week of Ohana Distribution (11/19).

*KEY Project: Legal Aid, Wed., 9-11am



November



21st Annual Kalua Turkey Fundraiser, KEY Project. Tickets on sale Oct. 29; drop off Nov. 21st

Grandparents Raising Grandchildren
9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities and meeting time!



King Intermediate Christmas Tree Fundraiser, \$66 for a 6-7' Douglas Fir. Order by 11/5, call 233-5727, ext. 234.

2nd - **A Comedy of Errors** by William Shakespeare, directed by Karen Meyer. Ronald Bright Theatre. Call CPAC box office for tickets at 233-5626.

3rd **Funeral Buying by Sarah Robinson**, 10am - noon, Hale Akoakoa, Rm. 101. at Windward Community College. Free, call 235-7433 to register or to obtain more information.

4th **Santa's Christmas Craft Fair**, 8:30am - 3pm, Heeia Elementary School (across from Windward Mall)

7th **Community Works in 96744 Mtg.**, 3pm, Kaneohe Community Family Center. For more info. about this mtg, call 235-7747.

Oogles 'n Googles Preschool Family Night, 6pm, Kaneohe Public Library, 233-5676.

8th **Koolauloa Neighborhood Board Mtg.**, 7pm, Hauula Community Center, 527-5749.

Kids Hurt Too, Healing Young Hearts Support Group, 6 - 8pm at Queen Liliuokalani Children's Center, 735-2989.

10 - 12 **Library Closed - Veterans' Day Weekend**

10th **Alzheimer's Support Group**
10 - 11:30am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.

13th **Turkey Trot**, 5pm registration and 5:30 race at Kaneohe Community Park. For more info. call Garrett Iwai 233-7317.

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.

14th **Malama 96744 Community Meeting**, 5pm, Kaneohe Community Family Ctr. Help care for our community, call 235-7747.

Kahaluu Neighborhood Board Mtg., 7pm, KEY Project, 527-5749.

15th **3rd Annual Thanksgiving Essay Contest**, Judging at 10am at Kaneohe Bay Shopping Center

Kaneohe Neighborhood Board Mtg., 7 pm at WCC, Akoakoa, Rm. 103 - 105

19th **Ohana Food Distribution**, 3 - 4:30 pm at KEY Project, Kahaluu.

29th **Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8pm at Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

