



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

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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, HCDC and Hawaii Community Foundation.

Vol. 13. No. 10

November 2006

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.



Eight Tips for Earthquake Safety

Although we rarely experience earthquakes, last month's quake reminds us that we should be prepared.

Here are some tips to help when the shaking starts:

- ◆ **DROP** to the ground; take **COVER** under a sturdy table or other furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk nearby, cover your face and head with your arms and crouch in an inside corner of the building.
- ◆ Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- ◆ If you are in bed, stay in bed. Hold on and protect your head with a pillow, unless you are under a heavy light fixture. In that case, move to the nearest safe place.
- ◆ Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.
- ◆ If inside, stay inside until the shaking stops and it is safe to go outside. Most injuries occur when people inside attempt to move to a different location inside the building or try to leave.
- ◆ Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on. **DO NOT** use stairs or elevators. If outdoors, stay outdoors and move away from buildings, street lights, and utility wires.
- ◆ Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls, where casualties can result from collapsing walls, flying glass, and falling objects.
- ◆ If in a vehicle, stop quickly and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Adapted from website of the [Federal Emergency Management Agency](http://www.fema.gov/hazard/earthquake/eq_during.shtm) http://www.fema.gov/hazard/earthquake/eq_during.shtm



Thanksgiving!



Tucked between the two monster sized holidays of Halloween and Christmas, Thanksgiving receives far less attention. But Thanksgiving

is a very important holiday, especially in the busy lives of Americans. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a feast with family and friends. It's also time for us to give thanks for the people in our lives and the blessings upon us.

Happy Thanksgiving from the Kaneohe Community Family Center to you and your family!



"Ohana Hou"

Collaboration between HCAP and Windward Homeless Coalition.

Looking for volunteers to help repair low-income units on the Windward side to make them available for occupancy. No experience necessary: training will be provided. Looking for a one Saturday a month commitment, any time between 9:00 a.m. - 2:30 p.m. Any help will be appreciated. For more information, contact Doug Goodman at HCAP 239-5754.

WHO: Parents w/
toddlers 3 - 5 yrs.,
children, teens, adults,
and seniors (55+)



32nd Annual Turkey Trot

Kaneohe Community Park (Kaneohe Playground)

Tuesday, November 14, 2006

Registration 5:00 p.m. & Race 5:30 - 7:00 p.m.

Obstacle course with stunts and skills that challenge your body, your mind and your luck. It's a riot of fun!

It's Fun...It's Free...Everyone Wins!!!

For more info., call Jeanie 233-7330.



Election Day

November 7, 2006

Don't forget to vote!

To find your polling place go to: <http://www4.honolulu.gov/vote>. Walk in voting is still an option through November 4, 2006 at Satellite City Halls located throughout the island.

Kaneohe Community Family Center

Community Resource and Referral

- Phone 235-7747
- Website <http://kcfc.pachthawaii.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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(Youth)*

The Great American Smokeout



Come join us to be
Smoke-Free!

Celebrate the 30th anniversary of the
American Cancer Society's Great
American Smokeout.

November 16th from 10am. - 2pm.
at Kailua Beach Center,
130 Kailua Rd. Smoke-free
resources, games, prizes, and special
incentives for smokers ready to quit.
For more information contact
262-5124.

**Why not give up cigarettes
for the day? Maybe forever?**

Kapa'a Quarry Road Quick 'N Dirty Clean-up Sunday, November 12th

12:30 - 2:00 p.m. Work party

2:15 - 3:30 p.m. Pau Hana party

If you have some time to spend with us on
Nov. 12th, help clean up the major dumping
along Kapa'a Quarry Rd. Please meet at the
pull off area at the Kalaniana'ole Hwy.
entrance opposite Le Jardin school between
12:15 and 12:30 p.m. Wear old clothes,
gloves, boots or closed-toe shoes with
gripping soles, a hat or cap. Bottled water
and safety vests will be provided.

Relay For Life in Kaneohe



American Cancer Society
Windward office is looking for
volunteers for a planning
committee for 2007, Relay for
Life in Kaneohe.

It's about being a community that
takes up the fight... There is no
finish line until we find the cure!

**Call Lani Almanza at
262-5124 for more info.**

Veteran's Day

November 11, 2006

Veterans Day is observed on November 11th.
The holiday was originally called Armistice
Day, and it commemorated the end of World
War I on November 11, 1918. Fighting
stopped at 11 a.m., the 11th hour of the 11th
day of the 11th month.

November



- 1st Oogles 'N Googles Preschool Family
Night**, 6 p.m., Kaneohe Public Library.
233-5676.
- 3rd Haleiwa Joes**, 8:30 p.m. Kaneohe,
featuring the music of Na Hoku Hano
- 3rd Oklahoma!** Fri., Sat., at 7:30 p.m. & Sun.
-5th at 2:00 p.m. at Paliku Theatre
- 5th Piano Mix - Four Piano Concert**
2:00 p.m. - 3:30 p.m. at Windward Mall
- 6th Community Works in 96744**, 5 p.m.
Queen Liliuokalani Children's Center.
235-7747
- 7th Election Day**
- 8th Kahaluu Neighborhood Board Monthly
Meeting**, 7 p.m., KEY Project. 527-5749
- 9th Ko'olauloa Neighborhood Board
Monthly Meeting**, 7 p.m., Hau'ula
Community Center
- 9th Kids Hurt Too, Healing Young Hearts
Support Group**, 6 - 8 p.m., Queen
Liliuokalani Children's Center, Cynthia
White, 735-2989.
- 10th The Lion In Winter**, at HPU, Hawaii Loa
-12 campus, across from Pali Golf Course.
375-1282. Repeats 10/16-19, 10/22,
10/24-25, 10/30.
- 11th Veteran's Day**
- 11th Alzheimer's Support Group** 
10 - 11:30 a.m. Kaneohe Community
Family Center. Learn more about
Alzheimer's and resources. 239-1552
- 12th Kapa'a Quarry Rd., - Quick 'N Dirty
Clean-Up** (see info. on this page)
- 14th 32nd Annual Turkey Trot** (see front)
- 14th Windward Community Children's
Council Monthly Meeting**, 6 - 8 p.m.,
Windward Dept. of Health Conf. Rm.
Open to all parents and guardians of
special needs children. 586-5363.
- 15th Grandparents Raising Grandchildren**
9 a.m., Queen Liliuokalani Children's
Center. Call Bernie at 235-7613 for
info. about this month's activities!
- 16th Kaneohe Neighborhood Board** 
7 p.m., at WCC Hale Akoakoa,
Rm. 103-105. 523-4815
- 18th Royal Hawaiian Band**, 2:00 p.m. -
3:00 p.m. Center Court, Windward Mall
- 18th La Hana Loko i'a**, 8 a.m. - 12 p.m., Work
day at the *Waikalua Loko Fishpond*
on Kane'ohe Bay's southern shoreline.
Wear clothing you don't mind getting
dirty or wet, work shoes, sunscreen, bug
spray, and a hat. For more info. 843-1217.
- 20th Ohana Food Produce Distribution**
3:00 - 4:30 p.m. at KEY Project, Kahalu'u
- 23rd Thanksgiving Day!**
- 24th Ohana Concert, featuring Raiatea
Helm**, 6:30 p.m. - 7:30 p.m. Center Stage,
Windward Mall

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