



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

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

*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, Keiki O Ka Aina, Inc.,  
the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDC 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.*

## Tips for Organizing Your Child's Room



Every parent and child dreads the thought of having to clean and organize their rooms. But with the holidays quickly approaching, now may be the perfect time to get things in order before the stress of the holidays makes it impossible to find the time that you need to complete the task. For those of you who are wondering, "Where do I start?!", here are a few tips to help you out:



**Schedule:** Schedule a specific date and time to clean out your child's room.

**Dump or Donate:** Have a large box on hand for items you will be donating to your local charity or selling at a rummage sale. Have rubbish bags ready for things you will be throwing away. Have your child help with this and let them know that what they are no longer using will be used to help someone else out.



**Clothes Closet:** Pull everything out until the closet is completely empty. Eliminate clothes that don't fit, are worn out, or will never be used again.



**Stuffed Animals, Toys and Games:** Put up shelves in your child's room. Make sure the shelves are at a reasonable height so that your child can reach the items that they want.

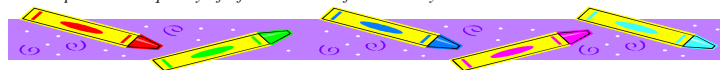


**Paper:** Create a filing system for your child to keep artwork, photos, blank paper, notes from family and friends, etc. Use a portable filing container that is capable of hanging files, one that can be transported to somewhere else if necessary.



One way to help ensure that the children keeps their rooms clean is to teach them to clean and organize as soon as they're old enough to do so. This will help to start good habits for when they're old enough to move out on their own.

Adapted from: "8 Ideas for Organizing Your Child's Room" by Maria Garcia, <http://www.jupiterparents.com/articles/article18.shtml>.



## Family Activity Night!

November 19, 2003

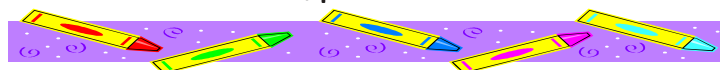
5:30 - 7:00 PM

(every third Wednesday)

Windward Mall Center Court area

Join the Kaneohe Community Family Center and Windward Mall for a fun-filled night of activities for children and families and Lots of fun!

For more information, please call KCFC at 235-7747.



## 28th Annual Turkey Trot November 18, 2003



5:00 PM (Registration),

5:30 PM (Races start)

Kaneohe Community Park

45-529 Kealahala Road



\* Parents/tots 3-5 years; children, teens, adults, seniors (55 years and older).

\*Obstacle course with stunts and skills to challenge participants.

\*Fun, Free and Lots of Prizes!

Sponsored by: The Kaneohe Complex and The Department of Parks and Recreation.

For more information, call 233-7330, 233-7312.

KCFC would like to thank Regina Yoshimori and the Castle High School students for folding the newsletters this month. We really appreciate all of your time and effort!

## Kane`ohe 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>
- Parenting Classes
- Family Fun Activities
- Home Instruction For Parents of  
Preschool Youngsters (HIPPY)

### FAMILY LITERACY PROGRAMS

- Kulana Nani

### SUPPORT AND SELF-HELP GROUPS

- Na Tutu - Grandparents Raising  
Grandchildren  
Coalition and Support Group

### NEIGHBOR-2-NEIGHBOR

- Ko`olau Village
- Kulana Nani

### VOLUNTEER & COMMU- NITY SERVICE LEARNING OPPORTUNITIES

- Family Activity  
Night Assistants
- Neighbor-2-Neighbor Mentors
- Reading/Homework Tutors
- Clerical and Program Support
- Special Event Child Care

The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents and Children Together (PACT).

Please direct questions, comments and suggestions to:

The Kane`ohe Community  
Family Center,  
He`eia Elementary School,  
46-202 Haiku Rd., Portable #2,  
Kane`ohe, HI 96744  
Ph. 235-7747 Fax 235-7748  
E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

#### KCFC Staff:

Helenann Lauber, *Family Center Dir.*  
Cynthia Okazaki, *Site Coordinator*  
Gordon Miyamoto, *PIRC Coordinator*  
Jolene Chang, *Administrative Assistant*  
Carin Tatom, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Serena Trehern, *PIRC Assistant*  
Jennifer Chun, *HIPPY Home Visitor*  
Sunshine Michael, *HIPPY Home Visitor*  
Leilani Roth, *HIPPY Home Visitor/VISTA*



Kaneohe Elementary

Family Fun Fair!

November 7, 2003

1:00 - 5:00 PM

Kaneohe Elementary  
School (45-495  
Kamehameha Hwy)

- \* Extreme Fun Rides
- \* Pony Rides
- \* Carnival Games
- \* Country Store
- \* Food

The Kaneohe Community Family Center would like to welcome Leilani Roth, an AmeriCorps/VISTA Volunteer who has joined us as a HIPPY Home Visitor and is also facilitating our afterschool programs at Kulana Nani Apartments. Welcome Leilani!



We hope you all have a happy and safe Thanksgiving! Take the time to enjoy and cherish the time spent with your families and friends!

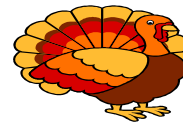
### Site of the Month

<http://www.parentsoup.com/>



A great website for parents - full of parenting tips and articles and lots of fun activities to do with your children!

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# November

- 2nd** **2003 Run & Read for Literacy**  
8 - 11 a.m. Windward Community College 235-7747.
- 3rd** **Community Works in 96744**  
5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 7th** **Kaneohe Elementary School's Family Fun Fair** 1 - 5 p.m.  
Kaneohe Elementary School.
- 13th** **OGYA Grief Support Group for Children, Teens & Family**  
6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 17th** **Whitlin Tutoring Service - Free Celebration.**  
7:30 - 8:30 p.m. Windward Missionary Church 247-4888.
- 18th** **28th Annual Turkey Trot**  
5 p.m. - Registration, 5:30 p.m. - Races start. Kaneohe Community Park (45-529 Kealahala Road) 233-7330, 233-7312.
- 19th** **Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center - Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 19th** **KCFC Family Activity Night**  
5:30 - 7:30 p.m. Windward Mall Center Court area 235-7747.
- 20th** **Kane`ohe/ Kahalu`u Vision Community Meeting**  
5:30 p.m. WCC, Hale Akoakoa #105 523-4500.
- 20th** **Kane`ohe Neighborhood Board**  
7 p.m. WCC 523-4815.
- 22nd** **Whitlin Tutoring Service - Free Celebration.**  
7:30 - 8:30 a.m. Windward Missionary Church 247-4888.
- 28th - 29th** **Windward Mall "Holiday Island Style".** Santa's Arrival, Magical holiday show and Festive Family Day.

Sponsoring a free or low cost event that may be of interest to Kane`ohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)