



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

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



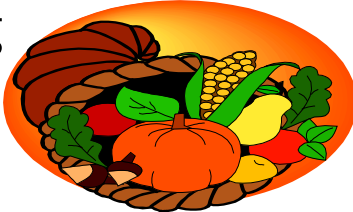
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*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.*

## De-cluttering Tips For the Holidays



The holidays are fast approaching, and if your house is too cluttered to fit those holiday gifts, decorations, and guests, then it's time to de-clutter! Here are some tips to help prepare you for the upcoming holiday season:



Clean out your clothes closet. Get rid of all your old, too big, or too small clothes. If you haven't worn them in a year, chances are you won't even miss them! Put them in garbage bags, and take them down to a second hand store.



Buy a file cabinet for all of those loose, important pieces of paper that are lying around your house - start and maintain a filing system.



Go through your freezer and throw out all of those leftovers and plastic containers that are taking up so much valuable space!



Gather those loose pieces of paper and start storing all of those important phone numbers, addresses, and appointments electronically. It will save you space and time!



Sort through your children's toys and get rid of the one's that they are no longer using, or ones that will be replaced by newer ones over the holidays. If they are still in good condition, toss them in a garbage bag and take them down to the second hand store along with your old clothes!

Once you get organized and de-cluttered, you will not only be ready for the holidays, but you will also feel relieved and ready to take on anything!

[Adapted from: "How to Get Decluttered Before the Holidays",  
http://www.organized-mom.com/articles/101403a.shtml](http://www.organized-mom.com/articles/101403a.shtml)

## Kaneohe Parks & Recreation 30th Annual Turkey Trot

Obstacle course for: parents/tots (3-5 years),  
children, teens, adults, seniors (55 years +).



Kaneohe District Park  
Thursday, November 11, 2004  
9:30 a.m. (Registration)  
10:00 a.m. (Races start)



**It's FUN, it's FREE, lots of PRIZES!**

For more information, please call  
233-7330 or 233-7312

## Mentors Wanted!

Do you care about the youth of Kaneohe and want to get involved? We are looking for adults to work with students in four areas:



The Century Program is is program of Castle High School, King Intermediate, and Puohala Elementary Schools, and is funded by a grant from the Foundation for Excellent Schools.



If you are interested in becoming a mentor, please contact Gordon Miyamoto at 235-7747

## Kane`ohe Community Family Center

### COMMUNITY RESOURCE AND REFERRAL

- Phone 235-7747
- Website <http://kcfc.pachawaii.org>

### HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

- <http://www.hawaiiirc.org>
- Parenting Classes
  - Family Fun Activities
  - Home Instruction For Parents of Preschool Youngsters (HIPPY)

### FAMILY LITERACY PROGRAMS

- Kulana Nani

### NEIGHBOR-2-NEIGHBOR

- Kulana Nani
- Koolau Village

### VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

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

### LEADERSHIP & RESILIENCY PROGRAM

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@pachawaii.org](mailto:kcfc@pachawaii.org)

KCFC Staff:

Helenann Lauber, *Family Center Dir.*  
Gordon Miyamoto, *Site Coordinator*  
Mariko Oshiro, *PIRC Coordinator*  
Jolene Chang, *Administrative Assistant*  
Sunshine Michael, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Leilani Roth, *HIPPY Home Visitor/VISTA*  
Shani Naleieha, *HIPPY Home Visitor*  
Holland Henderson, *Program Coordinator*

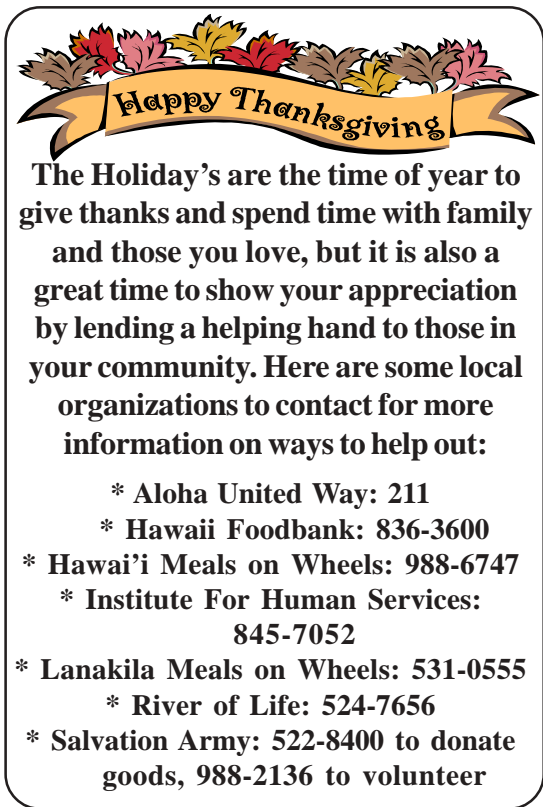


**Help Wanted**

**Kama`aina Kids**

Now hiring Group Leaders for A+ Program  
Part-time, Afternoons,  
Monday - Friday.

For more information, please call  
262-4538 or go online at  
[kamaainakids.com](http://kamaainakids.com)



**Happy Thanksgiving**

The Holiday's are the time of year to give thanks and spend time with family and those you love, but it is also a great time to show your appreciation by lending a helping hand to those in 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
- \* Hawai'i Meals on Wheels: 988-6747
- \* Institute For Human Services: 845-7052
- \* Lanakila Meals on Wheels: 531-0555
- \* River of Life: 524-7656
- \* Salvation Army: 522-8400 to donate goods, 988-2136 to volunteer



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!



# November

- 1st Community Works in 96744**  
5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 2nd Election Day**
- 7th Run & Read for Literacy**  
8:30 - 11:00 a.m. WCC.
- 11th Veterans' Day**
- 11th 30th Annual Turkey Trot**  
9:30 a.m. Kaneohe District Park 233-7330 or 233-7312. Please see ad on front page.
- 11th OGYA Grief Support Group for Children, Teens & Family**  
6:00 - 8:00 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 15th Ohana Food Produce Distribution**  
3:00 - 4:30 p.m. KEY Project, 47-200 Waihe`e Road. This free food service distribution is on a first-come, first-served basis for low-income individuals and families. For further information contact Robert Naniole at HCAP at 239-5754.
- 17th KCFC Family Activity**  
5:30 - 7:00 p.m. Windward Mall, Center Court area 235-7747.
- 17th Grandparents Raising Grandchildren** 9:00 a.m. Queen Lili`uokalani Children's Center, Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 18th Kane`ohe Neighborhood Board**  
7:00 p.m. WCC, Hale Akoakoa 103 523-4815.
- 25th Happy Thanksgiving!**

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@pachawaii.org](mailto:kcfc@pachawaii.org)



**Site of the Month**  
[www.kidsdomain.com](http://www.kidsdomain.com)



This website is full of crafts, information, links to other sites, games, clip art, resources, reviews, and so much more!  
**A great website for the whole family!**