



# 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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Vol. 13. No. 10

October 2007

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 Respect mean to you and your family?

### Marantz `Ohana

Lila Marantz is on the School Community Council at Kahalu`u Elementary where her daughter, 3<sup>rd</sup> grader Martine attends. Respect in the Marantz household means obedience and honoring family. Lila added, "children should also obey their teachers and answer when a question is being asked."

Lila emphasized the importance of parents respecting their children as well. She explained, "In our family, we encourage Martine to talk with us, no matter what it is." Lila believes that listening to your child and respecting their views will help to promote their education and self-confidence. Magnificent work Marantz `ohana!

## What does Resiliency mean to you and your family?

### Fernandez-Camara `Ohana

Kristen Fernandez-Camara, mother of Hope (8), Bailee (5) and Gracie (3), learned the 5Rs from Kahalu`u Elementary where Hope and Bailee attend.

The Fernandez-Camara `ohana has gone through some tough challenges. Kristen shared that although they experience difficult situations, they have made choices to overcome life's obstacles by putting their relationship with God, family and others as first priorities in their lives.

Kristen explained, "choosing to love, forgive, provide and receive help, rest, take action, listen, obey, and pray are important to persevering through life's challenges." She added, "Resiliency is a choice." Kristen believes that the 5Rs are great solid values to live by and are in alignment with their faith.

The Fernandez-Camara's belief in their faith, family, and friends enables them to bounce back from hard times. Fantastic example Fernandez-Camara `ohana!

Thank you for sharing your stories and extraordinary examples of how we can know, live and teach the 5Rs.

Here are some great resources that you could check out!

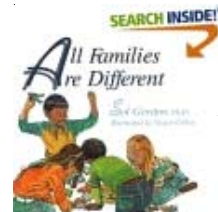
## BOOKS



*Respect and Take Care of Things*  
(Learning to Get Along) by  
Cheri J. Meiners and Meredith Johnson



*Respect: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed*  
by Courtney Macavinta and Andrea Vander Pluym



*All Families Are Different* by Sol Gordon and Vivien Cohen

## WEBSITES

- [www.neahin.org/resources/docs/Resilience-Activity%20Book.pdf](http://www.neahin.org/resources/docs/Resilience-Activity%20Book.pdf)
- <http://www.teach-nology.com/tutorials/teaching/respect/>
- <http://learningdisabilities.about.com/od/socialskills/qt/makingfriends.htm>
- <http://www.naturalfamilyonline.com/5-ap/46-teach-respect.htm>
- <http://parenting.families.com/blog/teaching-your-kids-resourcefulness>
- <http://www.apahelpcenter.org/featuredtopics/feature.php?id=39&ch=2>

### For more information about the 5Rs contact:

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



## NATIONAL BREAST CANCER AWARENESS MONTH

October is *National Breast Cancer Awareness Month* which educates women about the importance of early detection. More women are getting mammograms to detect breast cancer in its earliest stages. As a result, breast cancer deaths are on the decline.

Encourage the women in your life to get mammograms on a regular basis. For more information, call the American Cancer Society Windward office at 262-5124.



## 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 (HIPPY)

<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.kipchawaii.org](http://www.kipchawaii.org)

This site is the Keiki Injury Prevention Coalition (KIPC)/SAFE KIDS of Hawaii. On this site you can check product recalls, child safety seat checkups and inspection stations, booster seat law info., safety facts to reduce injury and links to other web sites to prevent and reduce injuries to children.

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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### KCFC Staff:

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*Program Specialist*

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*Coordinator*

Vacant, *HIPPY Home Visitor*

Leilani Roth, *PIRC Assistant/HIPPY Home Visitor*

Kata Lee, *PIRC Assistant/HIPPY Home*

*Visitor, Molokai*

## Resilient D a d s

## Resilient Kids

### when:

Tuesday, October 16<sup>th</sup>

### time:

6:30pm - 8:00pm

### where:

Hope Chapel Kaneohe  
45-815 Po'okela St.

### register:

Contact Kaneohe  
Community Family  
Center at 235-7747

### Keynote Speaker:

Walter Santiago

A workshop promoting  
relationships for  
healthy, resilient, safe,  
nurturing fathers.

Attend this free event.

Your kids need you to be the  
best dad you can be!

Bring  
another  
dad  
along  
too!



Celebrate Hawaii's  
**2007**  
Children and  
Youth Month

### Imagine the Possibilities

A special month of discovery and adventure to inspire our keiki. Over 100 free interactive activities for children and teens, live entertainment, food booths and visit our PACT activity booth.

**Sunday, October 7<sup>th</sup>, 10am-3pm**

at the State Capitol, Honolulu Hale, Kalanimoku Bldg. grounds, HI State Art Museum, Iolani Place and Washington Place. For more information, call 586-6130.



HIPPY USA

Home Instruction for Parents  
of Preschool Youngsters

Have some time for little kids? Are you available on Wednesday mornings?

HIPPY (Home Instruction for Parents of Preschool Youngsters) is looking for volunteers to interact with children ages 3-5 yrs. old by doing crafts and other activities.

Every other Wednesday from 10am-12pm.

For more information, call Sunshine at PACT Kaneohe Community Family Center at 235-9779.



# October

Community Works in 96744 Mtg., 5 - 7pm at Queen Liliuokalani Children's Center. For more info. about this meeting, call 235-7747.

**3rd Oogles 'n Goggles Preschool Family Night**, 6pm, Kaneohe Public Library, 233-5676.

**6th Craft Days** - Make an Ipu key chain for Breast Cancer Awareness at Ben Franklin, Kailua from 10 - 3pm and at Macys, Kailua from 10 - 1pm.

**6th Malama 96744 Community Paint Out & Clean Up**, Volunteers wanted, call 235-7747! Meet at Heeia Community Park from 7:30am - 12pm. Lunch to follow. Bring a paint brush and/or roller and be ready to have fun!

**9th 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.

**10th Kahaluu Neighborhood Board Mtg.**, 7pm, KEY Project, 527-5749.

**11th Koolauloa Neighborhood Board Mtg.**, 7pm, Hauula Community Center, 527-5749.

**11th Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8pm at Queen Liliuokalani Children's Center, 735-2989.

**12th - 13th Boomers and Beyond Expo.**, Friday, 8:30 - 2:30pm and Sat., 8:30 - 12pm. at Windward Community College. Free workshops and exhibitions. Experts from the fields of healthcare, legal services, financial and consumer fraud, and travel/leisure will focus on topics directed to seniors. Call 235-7433 for more info.

**13th Alzheimer's Support Group** 10 - 11:30am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.

**15th Ohana Food Distribution**, 3 - 4:30 pm at KEY Project, Kahaluu.

**17th Grandparents Raising Grandchildren** 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities!

**18th Kaneohe Neighborhood Board Mtg.**, 7pm at WCC, Akaokoa, Rm. 103 - 105

**25th Kids Hurt Too, Healing Young Hearts Support Group**, 6 - 8pm at Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

**26th Haunted Village**, 6 - 8:30pm at the Imaginarium, Windward Community College. Halloween family activities includes Imaginarium show: "Nightwalk" \$3 per mortal, \$2 in costume. For more info. call Krissie Kellogg at 235-7321.

**27th Fun Fair**, 2 - 5pm at Pali View Baptist, 45-540 Halekou Rd. Free for ages 3 - 12yrs. Call for more info. 247-4271

**31st Safety Trick or Treat**, 5 - 7pm, at Windward Mall. Free. Safe trick-or-treating for the whole family and other fun activities.

