



# Kaneohe Community Family Center (KCFC) Family Center News

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

**Vol. 11. No. 10**

**October 2005**

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

## Don't Let Time Rule You; Rule Your Time!



Do you ever feel out of control, with way too much to do and not enough time to do it all? Here are some tips to simplify your schedule and restore your time and sense of well-being and accomplishment:



**Practice Saying No.** Use your priorities and goals to balance requests for your time and effort. If the commitment doesn't match your priorities, then free yourself from it.



**Assign jobs to each family member.** Kids can help with many of the things you do yourself around the house. Make sure each family member knows what is expected of them. Let them know that if everyone helps out, there will be more time to spend together.



**Change the rhythm of your days.** Notice when you are most energetic and when you are lowest in energy, and plan your day around your natural rhythm. Stop to rest your mind and body regularly, even when you think you can keep going.



**Don't be afraid to schedule everything!** Your schedule need not be limiting or restrictive, but it will provide you with a basic plan for the day. If not, everything becomes an unplanned event! Write it down and check regularly for progress. Don't forget to schedule time for yourself to relax!

October is Children and Youth Month in Hawaii, so use the tips above to create more time for fun with family and loved ones!

Adapted from "Time Management for Parents," [http://childparenting.about.com/cs/parentsupport/a/timemanagement\\_p.htm](http://childparenting.about.com/cs/parentsupport/a/timemanagement_p.htm) and "Top 3 Tips for Getting Organized," <http://singleparents.about.com>

## Keiki Passenger Safety

Children under 4 years old must ride in federally approved child safety seats.

Infants must ride rear-facing until at least one year old.

Booster seats are highly recommended for children over 40 pounds who have outgrown car seats but aren't big enough to fit in the vehicle safety belt safely (until approximately 8 yrs. and 80 pounds).



### Upcoming Child Safety Seat Checkups

**October 2nd:** 10:00 a.m. - 1:00 p.m. Department of Health, Mauka Parking Lot 537-7117

**October 8th:** 10:00 a.m. - 1:00 p.m. Toys R US, Pearlridge 983-6800

**October 22nd:** BYU-Hawaii (Parking lot opposite the Aloha Center) 293-6200 x 372

Allow 30 minutes for each seat. Bring your child, child seat, and car!

<http://www.kipchawaii.org>



## Loving Solutions Class

**Oct. 18 - Nov. 29, 2005**

Loving Solutions is a guide for parents with children ages five to ten. It provides parenting guidelines on what issues are negotiable, how to use time-outs properly, how to get children to cooperate with household chores, etc.

**Time:** Tuesdays, 5:00 - 8:00 p.m.  
(7 Sessions) Dinner at 5:00 p.m.

**Location:** King Intermediate School

**Cost:** \$24

**To register, please call Meryl Suetsugu at 235-9101**

*Presented by the Department of Education and PACT Kaneohe Community Family Center*



## South Pacific

*Playing at the Paliku Theatre*

**October 7 - 30, 2005**

Fridays & Saturdays 7:30 p.m., Sundays 2:00 p.m.

Adults - \$26 Senior/Military - \$22 Children/Students - \$18

For tickets, call 235-7433 or purchase online at

<http://www.eTicketHawaii.com>



**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.hawaiiiprc.org>

**HOME INSTRUCTION FOR  
PARENTS OF PRESCHOOL  
YOUNGSTERS**

**(HIPPIY)**

<http://www.hippyusa.org>

**LEADERSHIP & RESILIENCY  
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:  
The Kaneohe Community Family Center  
46-028 Kawa St. Suite A10  
Ph. 235-7747 Fax 235-7748  
E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

KCFC Staff:  
Christina Simmons, *Family Center Program Director*  
Gordon Miyamoto, *Site Coordinator*  
Jolene Chang, *Administrative Assistant*  
Mariko Oshiro, *PIRC Coordinator*  
Sunshine Michael, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Wanda Valencia, *Family Center Services Specialist*  
Leilani Roth, *PIRC Assistant*  
Serena Trehern, *Program Specialist*  
Holland Henderson, *Program Coordinator*  
Leah Gamboa, *Group Facilitator*  
Brooke Oleneack, *Group Facilitator*  
Stacey Schiller, *Group Facilitator*

Young Okinawans of Hawaii Presents...

**Windward  
Bon Dance  
Finale**



Saturday, October 1st, 2005

5 p.m. - 9 p.m.

Heeia Elementary School

*Food booths, games, Japanese and*

*Okinawan music and dancing!*

*Fun for the entire family!*

Call 235-5620 for more information.

**Children  
and Youth Day**



Sunday, October 2nd

10:00 a.m. - 3 p.m.

State Capitol, Iolani Palace,

Washington Place,

Hawaii State Art Museum

\* Live Entertainment!

\* Over 100 free interactive activities for children and teens!

\* Come visit the PACT booth!

\* Food for purchase or bring your own and have a picnic!

\*Free parking at all city and state public parking lots around the Capitol.

For more info., call 586-6130

*Children and Youth Month is sponsored by private organizations in Hawaii*

**Windward Community College**

**Did you know...?**

Seniors-only Computer Classes are available!  
For more info., call 235-7433

There are shows at the Imaginarium every first Friday of the month! 7 p.m. and 8 p.m. \$5 for Adults; Student rates also available.

**Website of the Month**

**Busy Parents...**

**Online**



<http://www.busyparentsonline.com>

\*Chore chart \* Tips for winning seatbelt wars

\* Gardening for kids \* Contests

*KCFC thanks the Castle High School Key Club for their help folding newsletters this month. We appreciate it!*

**October**



- 1st Windward Bon Dance Finale** 5 - 9 p.m. Heeia Elementary School.
- 1st Family Fishing at Hoomaluhia Botanical Garden** 10 a.m. - 2 p.m. p.m. Bring your bamboo pole, barbless fish hooks, and bait for a fun day of catch-and-release. Repeats every Saturday and Sunday. Call 233-7323 for more info
- 2nd Zippy's Children and Youth Day** 10 a.m. - 3 p.m. State Capitol, Iolani Palace, Washington Place, Hawaii State Art Museum 586-6130. Please see ad on this page.
- 3rd Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center 235-7747.
- 4th Windward Community Children's Council** 6 - 7:30 p.m. Health Office 586-5363.
- 6th "Helping Your Child Succeed in School" Parenting Workshop** 6 - 7 p.m. Kaneohe Community Family Center. Child care and light dinner provided. Call 235-9779 to RSVP.
- 10th DISCOVER'S DAY (Holiday)**
- 13th OGYA Grief Support Group for & Children, Teens & Family** 6 - 8 p.m. Queen Liliuokalani Children's Center. Cynthia White 735-2989.
- 27th Hauula-Papali Early Morning Hike** Bring water, snacks, sunscreen, and bug repellent in backpack. Wear closed shoes with good grip. \$3 donation. Call Sherine at 739-3936 to pre-register and confirm meeting place.
- 18th Loving Solutions Parenting Class &** 5 - 8 p.m. King Intermediate School.
- 25th** Continues every Tuesday through Nov. 29th. Call Meryl at 235-9101 to register. Please see ad on previous page.
- 19th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. All grandparents welcome. Bernie 235-7613.
- 20th Kaneohe Neighborhood Board** 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815.
- 29th Waikalua Loko Fishpond Community Stewardship Day** 7:45 a.m. - 12:45 p.m. Includes breakfast and lunch. For pre-registration and more information, call 247-6366 x 1 or send an email to [info@waa-hawaii.org](mailto:info@waa-hawaii.org).
- 31st Windward Mall's Safe Trick or Treating** 5 - 7 p.m. 235-1143.