



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

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

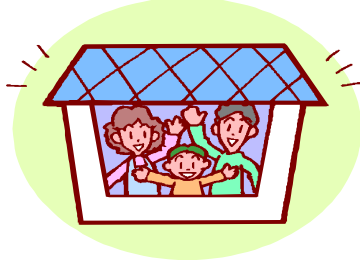
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The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

Helpful Household Tips



Everyone can use a few tips to help their household run more efficiently. Even the smallest tip could make a huge difference in helping to make someone's daily routine a little easier.



For perfect hard-cooked eggs, cover the eggs with cold water and bring to a boil. Then turn off the heat and let the eggs sit on the burner for 10 - 15 minutes.



Freezers run more efficiently when they're three quarters or more full. When provisions drop, fill milk cartons or jugs with water and put them in the freezer to take up empty space.



Waxed paper is endlessly useful: use it to catch grated cheese, place it under seasoned flour for breading, tear it into strips to slip under a cake you are icing, or use it to cover a dish you are microwaving.



Place a piece of white chalk in your silver chest or jewelry box to absorb moisture and help prevent tarnishing of silverware and jewelry.



For longer lasting pantyhose, try freezing them before you wear them. Just wet, wring out and toss in a plastic bag to freeze. Thaw and hang to dry.

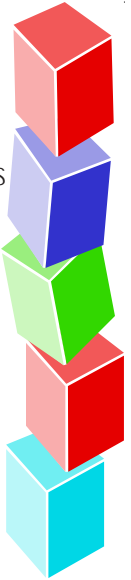


New white canvas shoes will stay that way if you spray them heavily with starch.

Volunteers Needed!



HIPPY (Home Instruction for Parents of Preschool Youngsters) in Kane`ohe is looking for volunteers to assist at their group activity meetings held at St. John's by the Sea, Ho`okano Hall. Volunteers will help implement parent/child activities and assist the **HIPPY** staff in providing supervision for preschool aged children. The volunteers will be needed in mid-September. Lunch is served at every group meeting. Please contact Sunshine at 235-7747 for more information.



Grandparents

Grandparents, they always understand the things you say and do. They overlook each of your faults, they find the best in you.

Grandparents, their love is a special love, it inspires you each day. They spread their joy and happiness, in their warm and caring way...

Grandparents, they are all these things and more, there's no greater treasure known. The most precious Grandparents in all the world, are the ones I call my own.

<http://www.giftideasforseniors.com/gftidseniors/poemabgranpe.html>

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 (HIPYPY)

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@pacthawaii.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*
Serena Trehern, *Activities Specialist*
Leilani Roth, *HIPPY Home Visitor/VISTA*
Jeffrie Wagner, *Program Coordinator*
Holland Henderson, *Group Facilitator*

JOB POSITIONS!



- Join the Parks Team!!!
- * Community service opportunities...
 - * Develop leadership skills...
 - * Meet new friends...
 - * Volunteer & paid positions available!

C & C Parks and Recreation Kane`ohe Complex

Year-round Children, Teen, and Adult Programs

Coaches: Volleyball, Basketball, and Flag Football.

Officials: Basketball, Flag Football, and Volleyball.

Instructors: Teen Program; Computer skills with internet knowledge; Cardio Kickboxing; Soccer.

Others: Lifeguard (lifeguard certificate needed); Gym/Facility Attendant; Summer Recreation Aide; Summer Swim Aide.

Contact: **Jeanie Young** (He`eia Neighborhood Park, Kapunahala Neighborhood Park, Kane`ohe Community Park) 233-7330; **Hilton Lau or Kelsey Takahashi** (Kane`ohe District Park) 233-7309, 233-7312; **Diane Liu** (Ahuimanu Community Park, Pu`ohala Neighborhood Park) 239-6594; **Barbara Ahia** (Kane`ohe District Park Pool) 233-7311; **Linda Liu** (Kane`ohe Complex Supervisor) 233-7306.



September

4th **Windward Ho`olaule`a** 10 a.m. - 10 p.m. Great Lawn of Windward Community College. Libby Young 235-7396.

6th **Labor Day**
9th **OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.

12th **National Grandparents' Day**
13th **Community Works in 96744** 5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.

15th **KCFC Family Activity** 5:30 - 7:00 p.m. Windward Mall, Center Court area 235-7747.

15th **Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center, Kane`ohe. All grandparents are welcome. Bernie 235-7613.

16th **Kane`ohe Neighborhood Board** 7 p.m. WCC 523-4815.

23th **OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.

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



Windward Ho`olaule`a 2004!

Saturday, September 4th , 10 a.m. - 10 p.m.
Great Lawn of Windward Community College

- * Entertainment * Food * Crafts * Games
- * Community Exhibits * Imaginarium Shows



Please contact Libby Young at 235-7396 for more information.



KCFC would like to thank The Ko`olau Village Teen Program for folding the newsletters this month. We really appreciate all of your time and effort!



Site of the Month



- <http://www.dupagechildrensmuseum.org/kdn/>
- This is a great website for creative elementary aged children who have great ideas and love to design things! You get to dream up a design and contact a real engineer to help you!