

# Kane`ohe Community Family Center (KCFC)

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

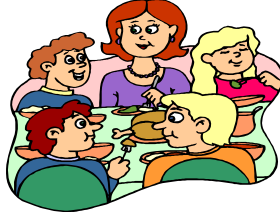
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*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.*

## MAKING THANKSGIVING A FAMILY AFFAIR



Thanksgiving is a time for families to come together and enjoy one another's company. However, due to the amount of work that goes into preparing for this huge family feast, a lot of times Thanksgiving turns into a very stressful time in which many children are left out completely or made to feel like they are not wanted or in the way. Here are a few things that may help to make this holiday enjoyable for all:



Help to teach your child the true meaning of Thanksgiving by having each of them think about what they are thankful for and why. Have them share it with the rest of the family before you all settle down to eat.



Try to involve everyone in preparing the Thanksgiving meal. From mashing the potatoes to baking the pie, all children love to help out in any way they can and will be more likely to eat the food if they have a hand in preparing it!



If you prefer not to have the children in the kitchen, another way to include them is to have them make simple Thanksgiving decorations, such as place mats or name cards for the guests.



Thanksgiving is also a great time to pass on family traditions to your children. Even if it's just singing the same song every Thanksgiving, or telling family stories, these simple things you do every year will give your children something to pass on to their own children in the years to come.

Thanksgiving is a wonderful time to share with all of your loved ones. The impact that it has on your children will be something they will use as an example of what to do with their own children in the future. It is important to make it a happy, positive experience that they will remember for generations to come!

Adapted from: "Seven Ways to Celebrate a Fun, Family Thanksgiving" at <http://www.mochasofa.ca/family/program/articles/02october07a.asp> and "Getting the Kids Involved in Thanksgiving" at <http://20ishparents.com/holiday/thanksgiving/kidsinvolved.shtml>.

**Na Tutu Holiday Celebration!**  
**November 13, 2002. 9:00 a.m. - 2:00 p.m.**  
**QLCC, Kane`ohe (46-316 Haiku Road)**  
 Continental Breakfast, Luncheon,  
 Games, Crafts, Music, Sharing,  
 and lots of Fun!  
 All grandparents are welcome;  
 please bring a \$5.00 grab bag  
 (holiday wrapped) to share.  
 Please RSVP by Wednesday, November 6, 2002.  
 Bernie Baker 426-1300.

**28th Annual Turkey Trot**  
**November 19, 2002**  
 This fun, free family event is open to parents, children, teens, adults, seniors and toddlers (ages 3-5). There will be a challenging obstacle course and LOTS OF PRIZES! Registration begins at 5:00 P.M. and races start at 5:30 P.M. Kane`ohe Community Park (45-529 Kealahala Road).  
 For more information, please call 233-7330 or 233-7312.

**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 groups are held every other Wednesday from 10 A.M. - 12 P.M. Lunch is served at every group meeting.  
 Please contact Carin at 235-7747 for more information.

Visit the new Kane`ohe Community Family Center Website at <http://kcfc.pacthawaii.org>.

## 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.hawaiipirc.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

•Computer Class Assistants

•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*  
Rebecca Seumanu, *Activities Specialist*  
Carin Tatom, *HIPPY Coordinator*  
Jennifer Bui, *Program Facilitator*  
Jill Murayama, *Outreach Worker*  
Serena Trehern, *PIRC Assistant*  
Mary Falatea, *HIPPY Home Visitor*  
Krista Labanon, *HIPPY Home Visitor*



## Ohana Food Produce Distribution

**When:** Every third Monday  
of the Month.

**Where:** Directly across from  
the HCAP Office (47-232  
Waihe`e Road) in Kahalu`u.

**Who:** Low-income individuals  
and families.

(Please contact HCAP for low-  
income eligibility information.)

**Time:** 3:00 - 4:30 P.M.  
(First come, first served basis.)

For more information about the  
program or to find out eligibility  
information, please contact the HCAP-  
Community Service Manager, Robert  
Naniolo at 239-5754.

## Ka`a`awa Elementary School is looking for:

Reading listeners to sit and listen  
to a child read: 7:00 - 7:50 A.M. -  
weekday mornings. On Mondays,  
Tuesdays, Thursdays and Fridays  
from 2:05 - 5:30 P.M. and  
Wednesdays from 12:30 - 5:30 P.M.

Any companies or businesses who  
would like to be a partner in  
education with Ka`a`awa.

A military troop or unit to adopt  
the School and be a partner in  
volunteering to assist them  
with projects.

Ka`a`awa Elementary also offers  
Karate Classes every Monday &  
Wednesday from 4:00 - 5:00 P.M.  
Fee: \$35/Month.

For more information on any of the above,  
please contact Michele Pouvave at 237-7751.



# November

- 3rd** Run and Read 2002 Book Festival.  
8:45 a.m. - Noon. WCC. 955-7600.
- 5th** General Election Day.
- 11th** Veterans' Day.
- 13th** Grandparents Raising Grandchildren.  
Holiday Celebration! 9:00 a.m.-2:00 p.m.  
All grandparents welcome. QLCC,  
Kane`ohe (46-316 Haiku Road). Please  
see ad on previous page. 235-7747.
- 14th** OGYA Grief Support Group for  
Children, Teens and Family. 6 - 8 p.m.  
Queen Lili`uokalani Children's Center.  
Cynthia White 735-2989.
- 19th** 28th Annual Turkey Trot. 5:00 p.m.  
Kane`ohe Community Park - 45-529  
Keahala Road. See ad on previous page.  
233-7330 or 233-7312.
- 19th** Kane`ohe/Kahalu`u Vision Community  
Meeting. 6:30 p.m. Kane`ohe  
Community and Senior Center.  
523-4500.
- 21st** Kane`ohe Neighborhood Board.  
7 p.m. Kane`ohe Community and Senior  
Center. 523-4815.
- 28th** 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@pacthawaii.org](mailto:kcfc@pacthawaii.org)



## National Family Week November 24 - 30, 2002

This week helps people recognize  
that strong families help children  
live better lives and that strong families are the  
center of strong communities; when communities  
are strong, families are connected to more  
opportunities and services. Use this week as a way  
to strengthen and nurture your own family, and  
know that by doing this, you are also helping those  
around you.

<http://www.nationalfamilyweek.org>

## Site of the Month

<http://pbskids.org/>

- A great site to get information
- on your favorite PBS shows!
- It is filled with games, stories,
- music and coloring activities
- for children. It also has links
- for parents and teachers to
- excellent resources and
- articles!

