



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

Contact us:
King Intermediate
46-155 Kamehameha Hwy,
Portable 1
Ph. 235-7747 Fax 235-7748
kfcf@pacthawaii.org

A partnership of Parents And Children Together (PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds, SAMHSA Drug Free Communities

Vol. 20. No. 11

November 2014

Start Your Own Family Traditions

We live in a time where sports, schedules and digital devices are taking precedence over family time. So, finding new ways to bond with your family is particularly important. Creating rituals and making family time a priority helps families bond during crucial stages in children's lives. Holiday traditions are unique with each family. They can incorporate family history, religion, and interests. Traditions help foster a sense of belonging, can teach principles or be just for fun.

To get ideas for your own tradition: think of your childhood traditions; what memories stand out for you? Rituals can be as simple as preparing a certain food on a certain day or playing a particular game. Right now, many people are getting ready for Christmas. Making or choosing cards to send out can be a family affair with all members giving their thoughts on style or things to say or what kind of picture to show.

A large extended family may have so many different households, they might not be able to always come together at Thanksgiving. One family gives relatives a second chance to get together by hosting a morning-after brunch. After they enjoy a meal together, they go outside and work off some of the calories by playing football. What is most important is that your tradition is fun and brings you together. Those are the memories you want to last a lifetime.

WIN A \$100 GIFT CARD & OTHER PRIZES

Go to this link and enter for your chance to win (one entry per person, must be at least 13 years old).

<http://tinyurl.com/kfcfsurvey>

Surveys must be submitted by Dec. 1st for prize eligibility. Please ask about our other surveys for more chances to win.

For more information, call 235-7747.

Windward Community Safety Zone

Saturday, November 22, 2014, 10am, Windward Mall

- ◆ Safety Awareness Information
- ◆ Keiki ID
- ◆ Music Entertainment



Contact: Officer Spencer 723-8874 for more information

Kaneohe Parks & Recreation 40th ANNUAL TURKEY TROT

Obstacle course for parents w/ tot 3-5 yrs children; teens; adults; seniors (55 yrs+)

*Stunts will challenge you
Skill and speed helps but luck counts too!*

It's FREE, FUN, and all get PRIZES!

**Tuesday, November 18, 2014
Kaneohe Community Park
(aka Kaneohe Playground)**

5:00pm REGISTRATION

5:30pm RACES START



Baskets of Blessings



Saturday, November 22, 2014

8:30am-12 noon

King Intermediate Cafeteria

Join us in this community service project! Families participate in decorating boxes and packing food boxes to be delivered during Thanksgiving. If you would like to make a donation of grocery store gift cards (\$10 denomination), or nonperishable items or participate on that day, please call Kaneohe Community Family Center at 235-7747 to register or email at kfcf@pacthawaii.org.



FREE Positive Coaching Alliance Workshop



Double Goal Coach: Culture, Practices, and Games

**November 5, 2014 6:30-8pm
Kaneohe Community and Senior Center
45-613 Puohala Street**

Coaches—Bring out the best in your players
Parents—help your child compete while having a positive life experience

**Guest Presenter: Keoki Fraser, former Miami Dolphin
Refreshments will be served.**

For questions, call Kelsey at 233-7306 or to register, call KCFC at 235-7747 or email kfcf@pacthawaii.org

Sponsored by Community Works in 96744 Coalition





Parents Guide to the 5Rs

Resourcefulness

Know it! Taking ownership of one's actions, obligations and commitments.

Live It! Stay informed by reading the paper, newsletters and magazines so you know what resources are available and what is going on in the community and the world.

Teach It! Show your children how you face and solve problems so they will learn problem solving skills.

Here are some books that teach responsibility and are available at Oahu public libraries: *The Biggest Bear* by Lynd Ward (Houghton Mifflin, 1952). Johnny is responsible for the baby bear he brought back to his family's farm. *Caring for Our Air* by Carol Greene (Enslow, 1991). Understanding air pollution and what we can do about it. Also available is *Caring for Our Forests* (Enslow, 1991). If the book is not at your library, you can request that it be sent there. This can be done online or in person.

Websites of the Month:

<http://www.plimoth.org/media/olc/intro.html> Investigate the first Thanksgiving like a historian. What do you think it was like back then being English settlers or Wampanoag Native Americans?
<http://www.getsmartaboutdrugs.com/> This website is a resource to learn about: marijuana use and drugged driving; how to identify drug paraphernalia; why Spice/K2 is a serious drug trend; how to talk to your kids about drugs, and more.



School Community Council (SCC) Meetings

Make a difference in your child's school by meeting with school administrators, teachers, school staff, other parents, students and community members. Help advance student achievement.

will be airing the 96744 Town Hall:

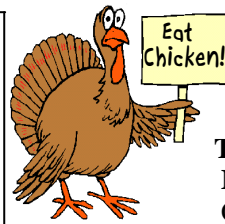
November 11, 2014
6:30pm, Channel 54

November 15, 2014
9:00am, Channel 54

November 16, 2014
10:30pm, Channel 54

November 17, 2014
2:30pm, Channel 54

Ahuimanu	11/18	2:30pm	Library
Ben Parker	No Meeting Scheduled		
Castle High	Contact the school		
Heeia	11/4	5:00pm	Library
Kahaluu	11/17	3:00pm	Library
Kaneohe	Contact the school		
Kapunahala	11/20	3:30pm	Conf Rm
King Inter.	Contact the school		
Puohala	Contact the school		
Waiahole	11/25	8:30am	Library



NOVEMBER

Tuesdays: Kaneohe Rotary Club Luncheon Meeting Noon at Pohai Nani, Club Room
Call Carolyn at 236-7807.

Wednesdays: Storytime 11am, Little People, Windward Mall.

1st Tuesdays: Free ukulele lessons for all ages and abilities. Windward Mall Center Court. 5-7:30pm. Bring your own or borrow an ukulele from a limited supply. Call 235-1143 for more information. Tuning starts at 5pm, lessons at 6pm.

2 Aesop-Alive and Well—Told by internationally renowned storyteller Diane Ferlatte. 3:00pm. 45 minute program suitable for ages 5 and older. Kaneohe Public Library, 233-5676 for more information.

4 General Election Day

5 Community Works in 96744 Coalition: 5pm at King Intermediate. Call Melany at 235-7747.



8 Alzheimer's Support Group: 10-11:30am at KCFC. Call Melany at 235-7747 for information.

11 VETERANS' DAY

12 Kahaluu Neighborhood Board Meeting: 7pm at KEY Project. Call 768-3710 for information.

14 Stars, the Powerhouses of the Universe: 7pm at WCC's Hokulani Imaginarium. Call 235-7433 for more information.

15 He'eia Stream Restoration: 9am-12pm
For questions, email: waipao143@gmail.com

16 Feng Shui at Kaneohe Public Library. 11am.

17 Ohana Produce Program: Register with HCAP before the 17th. Sign in at 2pm at KEY Project. (No patrons will be allowed on site before 2pm.) Registration line closes at 2:45pm. Anyone later than 2:45pm will wait in the unregistered line on a first come, first serve basis.

18 Preschool Nature Hour: at Ho'omaluhia Botanical Garden, 10:30 to 11:30am. The theme this month is "Critters". Free. Ages 3-5. Bring lunch, shoes, & insect repellent. Call 233-7323 for reservations.

40th Annual Turkey Trot: Kaneohe Community Park. Registration at 5pm. Races begin at 5:30pm.

19 Ohana Caretakers Support Group: 9am at Queen Lili'uokalani Children's Center (QLCC). Call 234-2207 for more information.

Kaneohe Neighborhood Board Meeting: 7pm at Benjamin Parker Elementary Cafeteria.

22 Baskets of Blessings: 8:30am-12 noon, King Intermediate Cafeteria. Call 235-7747 to volunteer.

Waipao`Ohana Days at Papahana Kuaola: 8-11am
For questions, email: waipao143@gmail.com

Windward Community Safety Zone at Windward Mall 10am. Keiki ID., music, safety awareness.

26 Movie Night: 6pm at Kaneohe Library. Call 233-5674 for movie title and details.

27 Happy Thanksgiving

28 Magic Tree House Space Mission: 7PM at WCC's Hokulani Imaginarium. Call 235-7433 for more information.



KEIKI SWAP MEET

November 15, 2014
9:00am to 12 noon
Kapunahala Cafeteria
45-828 Anoi Road
For more information:
Call 233-5655 or email
Mia_takazono@notes.k12.hi.us



The 52th Annual Kaneohe Christmas Parade

December 6, 2014
9:00am in Kaneohe Town

"Celebrate Christmas in Kaneohe's Country"

Join the 5Rs Marching group!

Please call 235-7747 or email
kcfc@pacthawaii.org
if you are interested.



KCFC can help you find:

A wide variety of volunteer opportunities

Referrals and community and educational resources

For more information, call 235-7747 or e-mail: kcfc@pacthawaii.org