

# GREAT *Life* HAWAII

www.greatlifehawaii.com | August 2017

## OCEAN SAFETY KNOW BEFORE YOU GO



MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS  
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING



CLUB MEMBERSHIP DRIVE

# GRILLED STEAK NIGHT

**FRIDAY, AUGUST 18**

**5:30PM - 8PM**

**HISTORIC HICKAM OFFICERS' CLUB GRAND LANAI**

**\$10 CLUB MEMBER PRICE**

**\$15 NON-MEMBERS**

**KIDS MEAL:**

**\$7.50 Child 7-12 Years**

**\$5.50 Child 4-6 Years**

**FREE for Children 3 and younger**

**CHOOSE 8 OZ. JUICY CUT OF RIB EYE OR NEW YORK**

Includes Garlic Mashed Potato, Tossed Salad,  
Creamed Spinach, Rolls and Butter

**RESERVATIONS REQUIRED, CALL 808-448-4608 BY AUGUST 15.**

**OPEN TO ALL BASE-ELIGIBLE PATRONS,  
NOT JUST AIR FORCE MEMBERS.**

Lanai Bar will be open for beverage purchases.

[www.greatlifehawaii.com](http://www.greatlifehawaii.com)





# AUGUST

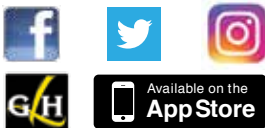
GREATLIFEHAWAII | 2017

## live the great life

- 9 Arts & Crafts
- 13 Outdoor Recreation
- 17 Liberty Centers
- 18 Activities Calendar:
  - Dining
  - Family/Support
  - Athletics
  - ITT
  - Recreation
- 24 Military & Family Support Center
- 28 Phone Directory & Hours
- 29 NAF Jobs

## connect with us

Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.



Sync your personal device's calendar with ours to keep up with all our events. It's free and it travels with you. Sign up today at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Sign up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

### GREAT LIFE HAWAII: AUGUST 2017

Marketing Director ..... Jared Nakayama  
Art Director ..... Theresa Valadez  
Editor/Publicity Lead ..... Reid Tokeshi  
Staff Writer ..... Justin Hirai

Graphic Designers ..... Glenn Coloma  
Reid Kagemoto

Marketing Assistants ..... Gaea Armour  
Teddi Gouveia

*Great Life Hawaii* magazine is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced by FFR's marketing department. No federal government agency officially endorses any sponsor or its products or services mentioned in this issue.

**On the cover:** Jack Bredin, lifeguard at Hickam Harbor Marina

**At right:** Beauty and danger at China Walls

# OCEAN SAFETY KNOW BEFORE YOU GO



## 4 | MWR Spotlight

Experience canoe paddling with the MWR staff at Rainbow Bay Marina. If you want an intense workout or a more leisurely fun outdoor activity, MWR Outdoor Recreation has an adventure for you.

# Sea Cadets Go Canoe Paddling With Scotty

By Reid Tokeshi

## A Fun, Different Kind of Workout

LT. Erik Booher, a staff officer at COMPACFLT, volunteers as XO of the Hawaii division of the U.S. Naval Sea Cadet Corps. This summer, he wanted to give the cadets a different experience as part of their morning physical workout. He found one unique to Hawaii, thanks to his wife. She works at the Catlin School Age Care center and her leadership took the employees outrigger canoeing.

“After she told me how much fun it was – in addition to being a solid workout – I knew I had to try it,” says Booher. He decided to introduce it to the cadets.

Canoeing is a full-body workout, involving legs, back and core muscles in addition to arms and shoulders. The Corps include youth ages 13 to 18 years with most of the nearly 60 teens having no paddling experience. Booher says the MWR crew at Rainbow Bay Marina was very helpful, and canoeing instructor Scotty Hee in particular made the whole exercise a huge success. “He’s a really friendly, outgoing yet humble guy.”

Scotty, an instructor at the marina for five years, met them every morning, giving quick lessons on proper stroke, body positioning and transitions. The teens learned that canoe paddling requires teamwork. Booher says the cadets, and all youth, benefit from learning this at an early age.

“When paddling, you can feel if any one member of the team is out of synch, and you can feel what happens if someone is pulling too strong or not enough and the whole team has to adjust.”



**“It’s our culture, and our customers come here and want to experience it, and their kids too. That’s pretty neat, I think it’s cool.”**

“Some kids, in the beginning you could tell they weren’t into it, not really getting involved,” says Scotty. “But in canoe paddling it takes everybody. You can’t be the guy who’s not going to do anything. So they learned how to work together and began to enjoy it as they got better.”

Booher says the cadets loved Scotty and shared how much they enjoyed doing something different for their exercise. Scotty’s response simply is, “The main thing is to try to make all our customers happy.”

Scotty enjoys introducing military customers to what many regard as Hawaii’s sport. “It’s our culture, and our customers come here

and want to experience it, and their kids too. That’s pretty neat, I think it’s cool.”

Booher adds, “It doesn’t hurt that we’re doing something that most non-DoD civilians will never have the opportunity to do: paddling canoes in Pearl Harbor, watching the sun rise over Ford Island. It is absolutely exhilarating and motivational.”

Canoeing can be an intense exercise, or just a fun outdoor activity. MWR has options that make it accessible to everyone, via regularly scheduled Recreational Canoe Paddling and P.T. training. Private group sessions can also be arranged outside of the listed times. More information can be found on page 15.

“If you want a fun team activity that really ‘pulls’ people together, this is it,” says Booher. “You don’t have to be super in shape, just willing to put forth the effort. The reward is a great workout in an amazing place with a great coach.” 📷







**THINK YOU HAVE WHAT IT TAKES TO RUN 13.1 MILES?**

**START AND FINISH AT HICKAM EARHART TRACK | CHECK IN: 4:00AM | EVENT BEGINS AT 5:00AM**

Challenge yourself at this annual event! Runner, walkers and strollers are allowed to participate.

**PACKET PICK UP AT HICKAM FITNESS CTR.**

August 11: Noon - 5 p.m.

August 12: 8 a.m. - Noon

**PRICING**

\$30 - May 1 - August 5 (includes t-shirt)

\$40 - August 6 - 18

\$45 - Race Day Registration  
(No T-shirt, CASH ONLY)

**AWARDS**

Prizes will be awarded to the top 3 finishers  
in each category:

Youth (17 and younger)  
Men & Women (18-29, 30-39, 40-49,  
50-59, and 60+)  
Overall Men & Women  
Active Duty Men & Women  
Stroller Men & Women

**ADDITIONAL INFORMATION**

Route is flat and fast. Open to all military  
affiliated personnel and their guests  
**(MUST HAVE BASE ACCESS).**

Entry form, waiver and map are available  
at the Hickam Fitness Center or online at  
**[greatlifehawaii.com](http://greatlifehawaii.com).**

**FOR MORE DETAILS, CONTACT RACE DIRECTORS DAWN PIERCE OR TSGT OANH MORAINÉ AT 448-2214**



# OCEAN SAFETY TIPS

BY JUSTIN HIRAI

“ **SHOW RESPECT  
FOR SOMETHING  
THAT’S SO BEAUTIFUL,  
BUT SO POWERFUL** ”

MANY PEOPLE EASILY OVERLOOK OCEAN AND BEACH SAFETY WHILE IN HAWAII. THE BEAUTIFUL WATER, WHITE SAND AND SUNSHINE CAN MAKE ANY BEACH LOOK AND FEEL SAFE, BUT LIKE ALL THINGS LOOKS CAN BE DECEIVING. THERE ARE MANY FACTORS THAT CAN CREATE AN UNSAFE ENVIRONMENT AT ANY BEACH. HIGH SURF, WEATHER CONDITIONS, RIP TIDES AND OCEAN ANIMALS ARE SOME OF THE THINGS TO BE AWARE OF BEFORE YOU PLAN A DAY AT THE BEACH. WITH THAT BEING SAID, I WANTED TO PROVIDE ADVICE ON OCEAN SAFETY FROM A PROFESSIONAL.

I had the opportunity to talk to Frank Supranovich, an experienced waterman who has been a lifeguard at Hickam Harbor Marina since 1992. Prior to working on Hickam he worked for the City & County of Honolulu Lifeguard and Ocean Safety Department for 13 years and the Fire Department for 25 years. He patrolled popular North Shore beaches such as Waimea Bay and spent time on the Fire Rescue Team. With over 45 years of lifeguarding and ocean safety experience he topped my list of candidates to ask for advice about ocean safety.

Frank's first piece of advice was to make sure people understand that the waves and currents here are very different from those on the coasts of the mainland and other parts of the world.

"The waves in Hawaii are bigger and stronger, because we don't have a large continental shelf slowing down the swells that are generated out in the ocean by storms," explained Supranovich. Before coming to Hawaii Frank grew up in California and said the rip currents power there doesn't come close to the ones he's felt in Hawaii. Everything here is different including the way the waves break, the reef or sand structure under the water and shorelines.

The surf report and weather forecast are easy to check before you go to the beach. Always remember the saying "know before you go," because large surf and bad weather can create unsafe conditions even for experienced swimmers. There are many resources you can use to check the surf report and weather forecast online and even apps you can download on your smartphone. It's good to check a few, since some are updated more frequently.

The second tip he gave was those new to Hawaii should always go to a beach with a lifeguard and utilize them. Talk to the guard and ask things such as, is it safe to swim, where is the best place to enter the water and which parts of the beach are safe to lounge on? Look around for any warning signs that have been posted by the guards. They have developed beach signs to warn beachgoers of hazardous conditions in specific areas. Below is a list of the types of warning signs you may see. You can read and learn more about each on the [www.honolulu.gov/esdosls/followthebeachsigns](http://www.honolulu.gov/esdosls/followthebeachsigns) website.



Supranovich says you should also observe the water before entering. One of his reasons for this tip is that waves come in sets and there are times when the water can be flat for 20-30 minutes before another set of waves comes rolling in. He has seen people show up to a beach when the water is calm and immediately jump in to swim. Out of nowhere a set of large waves comes in creating dangerous shore break and the people get pounded onto the shoreline or swept out in a riptide.

Observing the sand and shoreline is another good tip he provided. The breaks in between sets can also mislead you to how high the shore break is going up the beach. If the area you plan to setup on has no footprints, it probably means that the surf is washing away the prints and you would want to set up higher on the beach. Remember the tide is always changing in Hawaii. An area you relax on one day might not be safe the next time.

Those who go to a beach without a lifeguard should always go with someone else. On top of that they should let others know where they are going and when they plan to be back. It's especially important to do that if you're planning to do a water activity like snorkeling, surfing or kayaking. In the unfortunate event that something happens to you, rescuers will have a good idea of where to start their search and better the odds of finding you.

"You have to know your limits! Not even the best swimmers can out power the ocean," said Supranovich. "When in doubt, don't go out" is a saying many people in Hawaii follow while at the beach. Don't put your safety and the safety of others at risk. If you feel a little uncertain about the ocean conditions stay on the beach and enjoy the ocean another day.



**FRANK SUPRANOVICH**  
MWR HICKAM HARBOR MARINA LIFEGUARD

Frank said a big problem he noticed through his years of lifeguarding is people who fall victim to false securities. Beachgoers who aren't strong swimmers think they are safe when riding on or strapped to a floatation device like a body board. Parents also feel comfortable about their children being on a pool float, however there are still things that can go wrong. People can be swept out to sea when the winds or currents pick up and not have the ability to swim back. Many who have this happen to them panic, abandon their flotation device and begin to drown. Frank has even seen this happen at Hickam Beach where people end up all the way out in the Pearl Harbor Chanel.

"Show respect for something that's so beautiful, but so powerful," were Frank's last words of advice to enjoy the ocean safely. While talking to Frank I could sense his concern for the safety of others and how passionate he is about keeping people safe while they spend time at the beach or in the water. We hope these simple tips can help anyone who plans to experience the ocean in Hawaii. Remember if you would like to participate in ocean activities with experienced guides the MWR Outdoor Recreation and Outdoor Adventure Center offer guided trips and classes. See pages 13-15 for their list of activities. 📄

#### **SURF REPORT AND WEATHER FORECAST SITES:**

[www.hawaiibeachsafety.com](http://www.hawaiibeachsafety.com)

[www.surfnewsnetwork.com](http://www.surfnewsnetwork.com)

[www.surflife.com](http://www.surflife.com)

[www.prh.noaa.gov/hnl/](http://www.prh.noaa.gov/hnl/)

[www.hawaiiensnow.com/](http://www.hawaiiensnow.com/)



THE HICKAM  
ARTS & CRAFTS CENTER  
GALLERY SHOWCASE

2017

Get your creative juices flowing  
and prepare now to submit your  
artwork, crafts, photography and  
digital creations!



***There is so much wonderful talent here  
within the Hawaii Military Community!***

***We are looking forward to your participation.***

**Three categories:**

- Artist-Craftsman
- Photography
- Digital Creations

**Three age groups:**

- Adults (age 18 and up)
- Youth (13-17 yrs.)
- Youth (6-12 yrs.)

**A maximum of three entries will be  
allowed per category per entrant.**

**Entries accepted Aug 1 thru Sep 30**

- Aug 1 through Sep 30: Entries accepted at the Arts and Crafts Center Sales Store.
- Oct 4: "Gallery Opening" reception from 5:30-7:00 p.m. An elegant event with appetizers served!
- Oct 4, 2017 - Jan 12, 2018: All submissions will be on display at the Arts and Crafts Center Gallery.

Open to active duty military and their family members, DoD civilians, contractors, reservists and retirees.  
All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery.



Questions? Call  
**448-2393**

For an entry form email [donna.sommer@navy.mil](mailto:donna.sommer@navy.mil)  
or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).





# HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

**AUG | SEP | OCT**

## TEEN/ADULT CLASSES

### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6–8:30 p.m.

**Aug 23–Sep 27 • Oct 25 – Dec 6** (no class Nov 22)

Thursdays, 6–8:30 p.m.

**Aug 24–Sep 28 • Oct 26 – Dec 7** (no class Nov 23)

Fridays, 9–11:30 a.m.

**Aug 25–Sep 29 • Oct 27 – Dec 15** (no class Nov 10 & 24)

Saturdays, 9–11:30 a.m.

**Aug 26–Sep 30 • Oct 28 – Dec 16** (no class Nov 11 & 25)

Ages 16 and older

\$70 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

#### ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Tuesdays, 5:30–8:30 p.m.: **Aug 1–22 • Sep 5–26 • Oct 3–24**

Saturdays, 9 a.m.–Noon: **Aug 5–26 • Sep 2–23 • Oct 7 – 28**

Ages 16 and older

\$55 per person (plus supplies)

This class is perfect for those interested in learning basic ceramic techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

### Drawing & Painting

#### CREATIVE PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:15–5:15 p.m.

**Aug 8–29 • Sep 5–26 • Oct 3 – 24**

Ages 12 and older

\$70 per person (plus supplies)

Create unique textures and patterns by combining acrylic paint with various mixed media techniques to create artworks that are fun and engaging. Discover techniques to create interesting surfaces and intriguing effects.

#### HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks

Tuesdays, 5:30–7:30 p.m.: **Aug 8–29 • Sep 5–26 • Oct 3 – 24**

Ages 12 and older

\$70 per person (plus supplies)

Learn to create landscape and seascape scenes using traditional painting techniques with acrylics on canvas. The course includes application, composition, color mixing and techniques.

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6–8 p.m.

**Aug 15–Sep 19 • Sep 26–Oct 31**

Ages 16 and older

\$70 per person (plus supplies)

Learn how to use basic tools, techniques and procedures of watercolor. Students will apply these practical elements of art to compose and paint pictures.

#### CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6–8 p.m.

**Aug 10–Sep 14 • Sep 21–Oct 26**

Ages 16 and older

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

#### ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 3:30–5 p.m.

**Aug 10–Sep 7 • Sep 28–Oct 26**

Ages 12 and older

\$65 per person (plus supplies)

Students learn how to create and develop their own characters for video games, animation films, comics, illustrations, etc. through fun and exciting lessons in facial expression, action poses, costumes, and storytelling. Brainstorming, along with conceptualization of a story and ideas, will be covered, as well as basic drawing construction, face development, body proportions, inking, shading, coloring, and final design, including imagined environments, vehicles and props. Learn how to communicate your vivid imagination through compelling illustrations!

#### FAN ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 5:30–7 p.m.

**Sep 28–Oct 26**

Ages 14 and older

\$65 per person (plus supplies)

Create fun paintings and illustrations based on your favorite characters from movies, tv shows, games etc. Both traditional and cartoon drawing & painting techniques will be explored as we take

one animated character and make a realistic humanized portrait from it, and one live action person or scene from entertainment and turn it into a cartoon or manga style illustration.

### Framing

#### BASIC PICTURE FRAMING WITH MARIALAINÉ FIGUERRES

This is a one-day class.

Offered on select Mondays or Saturdays, 9 a.m. – 1 p.m.

Ages 16 years and older

\$80 (supplies included)

Students will learn how to measure and cut a double mat for a 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Please call 449-2453 for specific dates.

### Glassworks

Please wear shoes. Long pants recommended

#### BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5–7 p.m.

**Aug 10–17 • Sep 14–21 • Oct 12 – 19**

Ages 16 and older

\$40 per person (plus supplies)

A basic introduction to kiln-formed glass. Students will learn how to cut, fuse and slump sheet glass to create their own functional works of art. In doing so, they learn about the basics of heat and time in relation to glass. By the end of each class, students will have at least one plate/platter to take home.

#### GLASS FRIT DRAWING WITH JESSICA FITZGERALD

One class per week for 3 weeks Thursdays, 2:45–4:45 p.m.

**Aug 10–24 • Sep 14–28 • Oct 12 – 26**

Ages 16 and older

\$65 per person (plus supplies)

Students will learn about frit (coarse sand-like particles of crushed-up glass) and how it can be used to create permanently fused designs on sheet glass. Frit is an entirely unique way of working with glass, and this class allows students to discover new and interesting ways of creating designs in glass. At the end of the class students can use their new glass drawings in small slumping projects that will turn their pieces into functional works of art. Glass experience recommended.

(continued on next page)





## GLASS SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

Thursday, 5–7 p.m.

**Aug 3, 24 • Sep 7, 28 • Oct 5, 26**

Ages 16 and older

\$25 per person (plus supplies)

This quick fun class will cover different fusing methods and fun creative ways to use up scrap glass. Students will get to utilize their extra glass to make bright beautiful sun catchers and ornaments to hang in the window or give as gifts. Glass experience required.

## Miscellaneous

### YOUR ILLUSTRATED JOURNAL WITH SOPHIA KIM

One class per week for 5 weeks:

Wednesdays, 1:30–4 p.m. • Wednesdays, 4:45–7:15 p.m.

**Sep 27–Oct 25**

Ages 6 and older

\$65 per person (plus supplies)

This class is designed to give students the opportunity to express themselves and track their creative development through journaling with illustration. The course includes basic drawing and watercolor skill instruction and does not require any prior illustration experience. Students will be guided through the process of creating a journal which they can use to express their daily impressions with drawing and the use of watercolor.

### RE-IMAGINING YOUR DOLLS WITH SOPHIA KIM

One class per week for 6 weeks

Fridays, 1:30–4 p.m. • Fridays, 4:45–7:15 p.m.

**Sep 29–Nov 3**

Ages 10 and older

\$90 per person (plus supplies)

This class is designed to empower students to re-imagine their dolls. This class will teach students how to make their dolls more realistic. By the end of the class, students will have a better understanding of the materials and techniques used in the class. Doll re-facing is an accessible skill that anyone can learn.

## Photography

### BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6–8 p.m.: **Aug 8–29 • Sep 5–26 • Oct 3–24**

Wednesdays, 10 a.m.–Noon:

**Aug 9–30 • Sep 6–27 • Oct 4–25**

Ages 14 and up

\$70 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guesswork.

### TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

One class per week for 3 weeks: Saturdays, 9 a.m.–Noon

**Aug 5–19 • Sep 9–23 • Oct 7–21**

Ages 16 and up

\$75 per person (plus supplies)

This class will cover the developing of black and white film, printing a contact sheet and making enlargements from the processed negatives. You can use any film camera, 35mm film and larger. You can make B&W prints from old negatives as well. Upon completion, students will be able to use the lab for processing film and printing at nominal fees.

## Quilting & Sewing

### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks: Tuesdays, 9–11 a.m.

**Aug 8–29 • Sep 5–26 • Oct 3–24**

Ages 14 and older

\$35 per person (plus supplies)

Students will learn the “snowflake” method of cutting out a Hawaiian motif and the technique of needle-turn appliqué to apply the design to a background fabric. These hand-quilting concepts will allow students to complete a beautiful Hawaiian-style pillow.

### HAWAIIAN QUILTED BABY OR WALL QUILT WITH SUE ZANE WILLIAMS

One class per week for 5 weeks: Thursdays, 6–9 p.m.

**Sep 28–Nov 16** (No class Oct 19, 26, or Nov 2)

Ages 14 and older

\$45 per person (plus supplies)

Students will learn the techniques of needle turn appliqué and hand quilting to create a heirloom Hawaiian baby or wall quilt from a pattern of their choice (as available from instructor's collection).

### MACHINE QUILTING WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9 a.m.–Noon

**Aug 5–26** | Hawaiian Shirt Quilt

**Sep 9–30** | Twister Quilt

**Oct 7–28** | Holiday Project

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine.

### MACHINE SEWING BAGS & MORE WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1–4 p.m.

**Aug 5–26** | Beach Bag

**Sep 9–30** | Pouch, Different Size

**Oct 7–28** | Holiday Project

Ages 14 and older

\$100 per person (plus supplies)

Put the fun back in functional! Students will learn a variety of sewing techniques while making home décor and accessory-focused projects. Must have your own sewing machine and basic sewing skills. Students may bring their own project to any of the classes, as well.

### BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6–8 p.m.

**Aug 2–30**

Ages 14 and older

\$75 per person (plus supplies)

As a beginner, you will learn basic sewing machine operation, equipment and their uses, sewing techniques, fabrics, and construct one or two simple projects applying this information. You must have your own sewing machine.

### INTERMEDIATE SEWING WITH AMANDA BUSSEY

One class per week for 6 weeks: Wednesdays, 6–8:30 p.m.

**Sep 6–Oct 11**

Ages 14 and older

\$100 per person (plus supplies)

Building on beginner skills, you will learn how to use a commercial pattern and do simple alterations such as hemming. Students will complete one or two projects, time permitting, using a quick sew pattern. Basic sewing skills helpful. You must have your own machine.

### HANDMADE FOR THE HOLIDAYS WITH AMANDA BUSSEY

One class per week for 6 weeks: Wednesdays, 6–8 p.m.

**Oct 18–Nov 29** (no class Nov 22)

Ages 14 and older

\$85 per person (plus supplies)

Are you looking for new gift ideas this holiday season? Do you have that one person on your list that you struggle to buy a gift for? Skip the department stores this year and learn to make your very own hand-crafted gifts for all your friends and family. This class will offer a variety of patterns to choose from for making that perfect gift. No matter what your skill level, there is a project that everyone will be able to complete. You must have your own sewing machine as well as basic sewing skills.

## Woodworking

*Pre-registration is necessary to secure a spot for all woodworking classes. Call 448-9911 to pre-register.*

### WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

4:30–7:30 p.m. (arrive 15 minutes prior to class to sign in)

Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)

\$20

This 3-hour class will emphasize the proper and safe use of the different equipment in our shop. After completion of the class, you will be issued a wood shop safety certification card enabling use of the shop tools and equipment.

### PEN TURNING CLASS

This is a one-day class.

Saturday, 7:30–11:30 a.m.: **Aug 5**

Sunday, 7:30–11:30 a.m.: **Aug 13**

Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)

\$50 (supplies included)

This class will emphasize the basic uses of the lathe. Students will learn the steps to turn their own koa pen. This class is required in order to use the lathe during shop hours. *Must take the safety class prior.*

### BOWL TURNING CLASS

One class per week for 2 weeks:

Sundays, 7:30–11:30 a.m.

**Aug 20–27**

Ages 12 years & older (12–15 must be accompanied by a parent or guardian)

\$85 (supplies included)

The class will explore more uses for the lathe by learning additional tools and techniques for turning larger items. *Must take the safety class & the pen turning class prior.*

### CUTTING BOARD CLASS

One class per week for 3 weeks: Saturdays, 7:30–11:30 a.m.

**Aug 12–26**

Ages 16 years & older

\$135 (supplies included)

Students will learn to build their own end-grain cutting board from strips of wood. The process shows how to prep your wood from rough lumber and goes into proper glue-up techniques to make a seamless cutting board. *Must take the safety class prior.*

### KOA PADDLE CLASS

One class per week for 4 weeks.

Offered at select times on Mon, Fri, Sat or Sun

Ages 16 years & older

\$350 (supplies included)

Students will learn to build two koa paddles. The process shows how to prep your wood from rough lumber. *Must take the safety class prior.*



# CHILDREN'S CLASSES & CAMPS

## YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class. Offered on select days/times. Ages 12–16 years old (ages 12–15 must be accompanied by a parent or guardian) \$60 (supplies included) This class will emphasize safety in the shop, as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary. Call 448-9911 when classes are offered and to reserve your spot.

## YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks Mondays, 4–5:30 p.m.: **Aug 7–28 • Sep 11–Oct 2 Oct 16–Nov 6** Tuesdays, 3–4:30 p.m.: **Aug 1–22 • Sep 5–26 • Oct 3–24** Ages 7–12 years old \$45 per person (plus \$15 fee payable to Ceramics Dept.) This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

## BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks Mondays, 6–7:30 p.m.: **Sep 11–Oct 2** Ages 9–13 years old \$75 per person (plus supplies) This class is designed for kids who are interested in learning the fundamentals of sewing. They will be taught basic sewing machine operation, and sewing techniques as well as learn about different kinds of fabric. We will construct a simple project applying this information. Pattern will be provided by instructor. Students must have their own sewing machine.

## INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 6–8 p.m. **Oct 16–Nov 13** Ages 9–13 \$85 per person (plus supplies) This class is designed for kids who already have basic sewing experience. We will build on the fundamentals taught in beginner classes. Students will complete a more advanced project using a commercial pattern. Students must have their own sewing machine.

## ANIMALS IN ART WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Wednesdays, 3:30–5 p.m. **Aug 23–Sep 13 • Sep 20–Oct 11 • Oct 25–Nov 15** Ages 5–12 \$60 per person (supplies included) Animals are a favorite subject of artists of all ages. Using painting, drawing, and paper cutting techniques, we will create a variety of our own fun animal creations. From painted lions to paper owls, we will create a menagerie of wildlife over the course of the session.

## AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m. **Aug 15–Sep 19 • Sep 26–Oct 31**



Ages 7 and up \$70 per person (plus supplies) Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

## HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30–3 p.m. **Aug 10–Sep 14 • Sep 21–Oct 26** Ages 7 and up \$70 per person (plus supplies) Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

## CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45–5:15 p.m. **Aug 10–Sep 14 • Sep 21–Oct 26** Ages 7 and up \$70 per person (plus supplies) The focus of the continuing course is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

## FUNDAMENTALS OF ART FOR HOMESCHOOL WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Tuesdays, 2–3:30 p.m. **Aug 22–Sep 12 • Sep 19–Oct 10 • Oct 24–Nov 14** Ages 5–12 \$60 per person (supplies included) This class is geared towards homeschool students who are interested in furthering their understanding of art. We will explore a variety of mediums, including pencil, paint, and pastel to create visually stunning masterpieces. Students can also expect to learn about important figures in art history. Instruction will be tailored to each child, so students of a variety of ages are encouraged to apply.

## OCEAN EXPLORERS WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Thursdays, 3:30–5 p.m. **Aug 24–Sep 14 • Sep 21–Oct 12 • Oct 26–Nov 16** Ages 5–12 \$60 per person (supplies included) In this class, we will use watercolor painting and drawing techniques to explore the undersea world. Students will learn how to draw and paint a variety of sea life. In addition, we will explore unique watercolor painting techniques.

# EVENTS & ACTIVITIES

## 2017 ARTS & CRAFTS GALLERY SHOWCASE

Entries accepted: **Aug 1–Sep 30**  
Opening reception: **Oct 4, 5:30–7:30 p.m.**  
Gallery display: **Oct 4, 2017–Jan 2018**  
**FREE**

Get your creative juices flowing and prepare now to submit your artwork. This event is open to active-duty military and their family members, DoD civilians, contractors, reservists and retirees. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery.

There are 3 categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant. For further information and entry forms, please email Donna Sommer: [donna.sommer@navy.mil](mailto:donna.sommer@navy.mil).

## 42ND ANNUAL FALL CRAFT FAIR

**Saturday, Nov 4**  
CALLING ALL CRAFTERS to the Hickam Arts & Crafts Center's 42nd Annual Fall Craft Fair Saturday 4 November from 9 a.m. - 3 p.m. Registration begins Friday, 4 August at 9 a.m. in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Call 448-9907 for further info.

## PAINT 'N' SIP

**Wednesdays, 5:30–8:30 p.m.**  
**Historic Hickam Officers' Club**  
**\$40 per person (\$20 non-refundable deposit online, \$20 at the door)**  
Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Online registration at <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration>.

## PICK & PAINT CERAMICS

**Tuesday–Saturday | 9 a.m.–5 p.m.**  
**Arts & Crafts Center**  
From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, and we fire it. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome.



For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



# OPERATION HELE ON MOCK DEPLOYMENT FOR CHILDREN

FRIDAY, AUGUST 18, 2017 - 7:30 A.M. to 3:00 P.M.

## BLOCH ARENA

### DEPLOYMENT IN A DAY!

This year's experience includes Navy ship tour, obstacle course, dog tag issue, bomb squadron demo, drill competition, military working dogs & more.

### REGISTRATION:

Space is limited so don't delay!  
Priority registration for JBPHH deployed families through **7 July** then opens to all military families through **4 August** or until full.

Submit applications via [MF5CHAWAII@navy.mil](mailto:MF5CHAWAII@navy.mil) or in person to the Military & Family Support Center front desk. More info at [greatlifehawaii.com](http://greatlifehawaii.com)

### MFSC PEARL HARBOR

4827 Bougainville Drive, Honolulu, HI 96818  
808-474-1999





# AUG • SEP OUTDOOR RECREATION

## SURFING

### WOMEN'S SURFING

- Aug 13 Sign up by Aug 10
  - Sep 9 Sign up by Sep 7
- Begins: 9 am | Ends: Noon  
Cost: \$30

Come out and get professional instruction from our Outdoor Recreation staff and learn to surf in the surfing capital of the world! We will make your surfing experience a pleasant, enjoyable and successful one. You will learn the history, wave science, etiquette, and technique of surfing. We will also get you on the right board and provide a short boat ride to "the lineup" where you will receive personal instruction in an un-crowded environment. *Participants must be able to swim without a lifejacket.*

### LEARN TO SURF AT HICKAM HARBOR

- Aug 27 Sign up by Aug 24
  - Sep 17 Sign up by Sep 14
- Begins: 9 am | Ends: Noon  
Cost: \$30

Join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surfing and memories that will last a lifetime. *Participants must be able to swim without a lifejacket.*

## STAND-UP PADDLEBOARDING

### LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Aug 5 Sign up by Aug 3
  - Aug 20 Sign up by Aug 18
  - Sep 10 Sign up by Sep 8
  - Sep 24 Sign up by Sep 22
- Begins: 9:15 am | Ends: 10:15 am  
Begins: 10:30 am | Ends: 11:30 am  
Cost: \$25

This is the perfect class to get your feet wet and discover stand up paddle boarding. This class is an introductory class giving you the ability to learn the basics in a stress free environment. Paddle boarding is a great way to provide a good work out, and enjoy the ocean. Come join the group and experience something new!

### STAND UP PADDLE IN KAHANA VALLEY

- Aug 19 Sign up by Aug 17
- Begins: 8 am | Ends: 1 pm  
Cost: \$25

Join us as we travel to the windward side in an area that once supplied a lush, sustainable lifestyle for the Native Hawaiians. The area is an "ahupua'a", which is the wedge-shaped division of land consisting of a beach, fishing area, a stream that irrigates agricultural terraces, and forests extending inland to the ridgeline. This beautiful location is a peaceful and enjoyable place to kayak.

### STAND UP PADDLE HALEIWA/ NORTH SHORE

- Sept 9 Sign up by Sept 7
- Begins: 8 am | Ends: 2 pm  
Cost: \$30

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Don't let this awesome opportunity drift away!

## KAYAKING

### KAYAKING AT CHINA MAN'S HAT

- Aug 5 Sign up by Aug 3
  - Sep 30 Sign up by Sep 28
- Begins: 8 am | Ends: 1 pm  
Cost: \$25

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

### KAYAK MOKU ISLANDS

- Sep 2 Sign up by Aug 30
- Begins: 7 am | Ends: 1 pm  
Cost: \$35

We provide the transportation and you bring your lunch. Don't forget your bathing suit, sun-screen, and if so inclined your snorkeling gear. (You can rent gear from our Equipment Rental). Don't forget your camera! Some kayaking experience is required to participate. Minimum participation is required and location subject change due to weather conditions.

## SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for August activities is currently open. Registration for Sep activities begins **Aug 1**.

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a first-come, first-served basis and must be paid in advance.

Most trips run by Outdoor Recreation are for ages six and up, but some trips may have other age requirements. Check with our knowledgeable staff to find out age restrictions or other requirements. *For all water activities, participants must know how to swim without a lifejacket.*

All tour activities and locations are subject to change without notice due to weather and other considerations.

- **OUTDOOR RECREATION  
HICKAM HARBOR • 449-5215**
- **OUTDOOR ADVENTURE CENTER  
FLEET STORE • 473-1198**
- **RAINBOW BAY MARINA • 784-0167**

For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

### MOONLIGHT PADDLE AT HICKAM HARBOR

- Aug 7 Sign up by Aug 4
  - Sep 6 Sign up by Sep 3
- Begins: 7:30 pm | Ends: 9:30 pm  
Cost: \$25

What better way to melt the day-to-day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group and the stillness of the water, and let our guides lead the way. Trip includes all required gear. Bring water and dry clothes to change into after the activity. All paddling abilities welcomed.

## FISHING

### BOTTOM FISHING AT HICKAM HARBOR

- Aug 6 (2:30–5:30 pm) Register online by Aug 4
  - Aug 19 (8:30–11:30 am) Register online by Aug 17
  - Sep 3 (8:30–11:30 am) Register online by Sep 1
  - Sep 23 (2:30–5:30 pm) Register online by Sep 21
- Cost: \$30

Registration available online only

Enjoy a outing trying your luck at landing the big one. Our staff will help you cast your line out and provide pointers if you need help. You never know what you might catch; there are a wide variety of reef fish and even a chance for a token shark that will put you to the test. This is a great trip for experts and beginners. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks.

## RENTALS

### OUTDOOR EQUIPMENT

**Bldg. 1786 Willamette St., Pearl Harbor • 473-1198**  
Mon–Fri 9 am–6 pm • Sat 9 am–4 pm • Sun 9 am–1 pm  
Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike?

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for price lists.

Items are rented on a first-come, first-served basis. Payment is due upon reservation of equipment. Call for a full list of rules and regulations.

### RECREATION & PARTY EQUIPMENT

**Bldg. 1760 Kuntz Ave., Hickam • 449-6870**  
Mon–Fri 9 am–5 pm • Sat & Sun 9 am–1 pm

Are you celebrating a birthday or other special occasion soon? MWR has all of the party equipment you'll need to throw a party they won't forget.

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Download equipment brochure from [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Available to all military affiliated personnel 18 years or older with a valid ID. Call for a full list of rules and regulations.

### PATIOS & PAVILIONS

**Hickam Harbor • 449-5215**

**Pearl Harbor & Barbers Point • 473-1198**

Plan your next party at one of MWR's patios and pavilions. A variety of sizes accommodates parties from 10 to 200+. Many party patios can accommodate bounce houses, tents, bands, etc.

Facilities and areas at Hickam Beach:

- Foster Point Gazebo, Honeymoon Beach, Hickam Beach Cabanas, Outdoor Rec Villa, Hickam Harbor Waterfront

Facilities and areas at Pearl Harbor and Barbers Point:

- Rainbow Point Pavilion, Rainbow Bay Pavilion, Rainbow Bay Cabanas, Tea House, Makalapa Rec Complex, Richardson Fields, White Plains Beach Cabanas, Nimitz Cove Beach Cabanas

### LEARN TO SPEARFISH

- Aug 12 (One Day Class) Register online by Aug 10
  - Sep 16 (One Day Class) Register online by Sep 14
- Begins: 8:30 am | Ends: 3 pm  
Cost: \$60  
Registration available online only

Spear fishing is as exciting and challenging as it sounds! We will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver. Day 1, class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. Day 2, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. You'll need your own mask, fins, snorkel and other equipment. The transportation is on us.

### SPEARFISHING EXCURSION

- Aug 26 Sign up by Aug 24
  - Sep 30 Sign up by Sep 28
- Begins: 9 am | Ends: Noon  
Cost: \$20

Come and sharpen your skills with our instructors, and try your luck at capturing what the ocean has to offer. Enjoy three hours of open water, good company and a wide array of fish. *Must have taken our "Learn to Spearfish" course to participate, as the skills needed for this activity can be moderate to difficult.*

### KAYAK FISHING

- Aug 5 Sign up by Aug 3
  - Sep 2 Sign up by Aug 31
- 7 am | Ends: 11 am  
Cost: \$37

Like adventure or love to fish and want a little exercise to go with it? If so, this is the trip is for you. We'll provide the kayak, fishing gear, bait, and transportation. You just need to sign up! Do you think you have what it takes? The Hickam Outdoor Adventure staff takes trips to different locations around the island, so come aboard and we'll give you the basics of kayak fishing, while you enjoy the beautiful coastal sites, and bring home the fish!

### BIKING

#### NORTH SHORE BIKE RIDE

- Sep 16 Sign up by: Sep 14
- Begins: 8 am | Ends: 2 pm  
Cost: \$25 w/ bike, \$20 without

Experience North Shore on a bike! Start at Waimea Bay and travel just beyond Sunset Beach. This trip is about seven miles round trip on level terrain and is an easy ride for beginners. Stop at world class surf spots for great photo opportunities. Ted's Bakery is at the halfway point, so if you don't want to bring your lunch you can pick up some goodies there. A towel and bathing suit will come in handy if you need a refreshing plunge in the ocean. With any luck, you might spot some turtles! Trip includes gear, transportation and happy, courageous guides. Inform us if a bicycle is needed.

#### MALAIEKAHANA BIKE RIDE

- Aug 26 Sign up by Aug 24
- Begins: 8 am | Ends: 1 pm  
Cost: \$25

Let's go for a ride! Grab a helmet and jump on a bike and let's hit the North Shore. We will ride the bike path through La'e to the Point Lookout. We will stop at Hukilau Café, made famous in the movie "50 First Dates." Film makers loved the name so much they paid for it! This ride is 5 miles round trip. Bring water, sunscreen and wear comfortable clothes and sneakers. Transportation, bikes, helmets and happy guides all included.

### HIKING

#### PU'U O HULU HIKE/WESTSIDE SNORKEL

- Aug 12 Sign up by Aug 10
- Begins: 8 am | Ends: 2 pm  
Cost: \$20

A short but steep climb up to a set of pillboxes is rewarded with amazing leeward views. See the whole west side of the Island from one of its highest accessible locations. After trekking back down, get in the water with some marine life at one of the prime snorkeling spots west Oahu has to offer. Snorkel site will be determined day of trip based on water conditions.

#### HIKE TO LA'IE FALLS

- Sep 23 Sign up by: Sep 21
- Begins: 8 am | Ends: 2 pm  
Cost: \$20

Come join us on a hike to beautiful La'ie Falls. This private trail offers amazing views of La'ie's pristine shore line and the Ko'olau mountain range. Pass through groves of Cook Pines and tunnels of strawberry guava. Wild purple Philippine ground orchids dot the trail in splashes of color. This 7 mile, estimated 4 hour hike is rated intermediate/expert. Physical ability and stamina are required to complete this in a timely manner. Bring plenty of water, sunscreen, and snacks also please wear comfortable hiking shoes.

### EXTRAS

#### MOVIE IN THE PARK (ALL AGES)

- Aug 18 In the Park at Hickam Harbor Waterfront
- Begins: 7:30 pm | Ends: 9:30 pm  
FREE

Bring some blankets and sit on the grass and enjoy an evening flick under the stars. Don't forget the drinks and snacks. Movies to be announced will be suitable for all ages. Check movie listings on Facebook at "Joint Base Pearl Harbor-Hickam Outdoor Recreation."

#### PAU HANA CONCERT IN THE PARK HICKAM HARBOR MARINA

- Aug 11 & 25
- Begins: 4:45 pm - 7 pm; Music Starts: 5:30 pm  
FREE

End your work week by relaxing in the park, enjoying the sunset and listening to great live music! Food trucks will be on-site for you to purchase food and beverages. You're welcome to bring your own food and beverages, as well.

#### TRASH BOAT REGATTA

- Sep 23 Sign up by: Sep 16
- Begins: 8 am | Ends: 12:00 pm  
\$15 per team

Do you and or your team have what it takes to compete? Challenge your friends, family, and/or colleagues to build boats out of materials normally found to enter a landfill. Put your skills to the test to build the most artistic, whack, or creative vessel to ever circumnavigate Hickam Harbor! To download an entry form and view the rules & regulations visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Registration forms must be turned into the Hickam Harbor Marina Office (Tue-Sun 9 a.m. - 5 p.m.). A limited amount of spaces are available.



# MARINAS CLASSES & ACTIVITIES

## SAILING

### START SAILING RIGHT HH

- Tuesday | Aug 1 | 6-8pm  
Saturday | Aug 5, 12, 19, 26 | 9am-12pm or 1pm-4pm
- Tuesday | Aug 29 | 6-8pm  
Saturday | Sep 2, 9, 23, 30 | 9am-12pm or 1pm-4pm  
Cost: \$75 per person/per month  
Ages 18 & up  
Maximum of 4 students per session

### START SAILING RIGHT RB

- Saturday/Sunday  
Aug, Sept (Check with us for dates) | 1-5pm  
Cost: \$75 per person/Two consecutive weekends  
Ages 18 & up  
Maximum of 8 students per session

### LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Aug 2,7,9,14,16,21,23,28,30 | 9:30-11:30am
- Mon/Wed | Sep 4,6,11,13,18,20,25,27 | 9:30-11:30am  
Cost: \$75 per person/per month  
Ages 18 & up  
Maximum of 8 students per session

### YOUTH BEGINNERS SAILING RB

- Mon/Wed | Aug 2,7,9,14,16,21,23,28,30  
12-2pm or 3:30-5:30pm
- Mon/Wed | Sep 4,6,11,13,18,20,25,27  
12-2pm or 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 10 – 17 years  
Maximum of 8 students per session

### YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Aug 1,3,8,10,15,17,22,24,29,31  
3:30-5:30pm
- Tues/Thurs | Sep 5,7,12,14,19,21,26,28 | 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 9 years & up  
\*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class can accommodate all levels of ability. Space is limited to 5 students per class.

### YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Aug 1,3,8,10,15,17,22,24,29,30  
12-2pm or 3:30-5:30pm
- Tues/Thurs | Sep 5,7,12,14,19,21,26,28  
12-2pm or 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 10 – 17 years

Maximum of 20 students per session. *Prerequisite: Youth Beginners Sailing.*

### YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Aug 1,3,8,10,15,17,22,24,29,31  
3:30-5:30pm
- Tues/Thurs | Sep 5,7,12,14,19,21,26,28 | 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 9 years & up  
\*REGISTER ONLINE ONLY

*Prerequisite: Students registering must have permission from instructors to register for this class. Ages 9 years & up.* Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

### KEIKI AFTER SCHOOL BEGINNER'S SAILING HH

- Weds/Fri | Aug 2,4,9,11,16,18,23,25,30 | 3:30-5:30pm
- Weds/Fri | Sep 1, 6,8,13,15,20,22,27,29 | 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 8 & 9 years  
\*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of introductory to sailing. This class focuses on new and timid sailors-to-be. Space is limited to 8 students per class.

### ADULT SMALL BOAT SAILING COURSE HH

- Fri | Aug 4,11,18,25 | 9:30am-12pm
- Fri | Sep 1,8,15,22, 29 | 9:30am-12pm  
Cost: \$40 per person/per month  
Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over.

### FAMILY/GROUP SAILING INSTRUCTION

- Sat | 9:30am-12pm  
Cost: \$10 per person  
(4 people max per appt)

The course offers a brief introduction to sailing and is a great activity for groups of friends and families. Includes an overview in-the-classroom demonstration of rigging, and some time on the water. Open to eligible adults and family members 10 years and older.

### PRIVATE SAILING INSTRUCTION

- By Appointment  
Cost: \$20 per hour

### MORNING SAILING SESSIONS

- Tue, Wed | 10 a.m.–Noon  
Cost: \$5 per hour

### SUNSET REGATTAS

- Thu | 4 p.m.–Sunset  
Cost: \$5 per boat

### MARINA CHECKOUT QUALIFICATION

- By Appointment  
Cost: \$20 per hour

### R-19 BOATER'S CERTIFICATE

- By Appointment | 4-hours  
Cost: \$80 per session

## OUTRIGGER CANOEING

### P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri | 6:30-7:30am or 11am-12pm  
Cost: \$3 per session  
Register at Rainbow Bay Marina

### RECREATIONAL OUTRIGGER CANOE PADDLING RB

- Mon/Wed/Fri | 8:30-9:30am  
Cost: \$3 per session  
Ages 10 & up  
Register at Rainbow Bay Marina

### OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- Fri | Aug 11, 25 | Sep 8, 22 | 8:30-9:30am  
Cost: \$3 per session

Come get an early workout before the day starts! Preregistration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!



## BEACHES

### HICKAM BEACH | 3455 Mamala Bay Dr.

**SURF SHACK • 449-5215**

Hours: Friday–Sunday, 10 am–4 pm

#### BEACH EQUIPMENT RENTALS

Kayak (1 person)	\$5/hr • \$20/day
Kayak (2 person)	\$7/hr • \$25/day
Surf Board	\$5/hr • \$25/day
Paddleboard	\$9/hr • \$25/day
Beach Lounger	\$5/hr • \$15/day
Wind Surfing Board	\$10/day

#### PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson  
Wind Surfing: \$40 for a 2-hour lesson  
Standup Paddleboarding Beginner (1 hour): \$25  
Standup Paddleboarding Intermediate (2 hour): \$35

#### SURF TAXI

Friday–Sunday, \$7 per person round-trip  
Let us take you out to the break while you conserve energy and save time! Taxis are available all day on the half-hour.

### WHITE PLAINS BEACH | Kalaeloa

**SURF SHACK • 682-4925**

Hours: Daily, 10 am–5:30 pm (last turn-in)

#### BEACH EQUIPMENT RENTALS

Body Board	\$1/hr • \$5/day
Body Board w/fins	\$3/hr • \$10/day
Surf Board	\$5/hr • \$25/day
Paddle Board	\$9/hr • \$25/day
Fins	\$2/hr • \$5/day
Horseshoes/Volleyball	\$3/day

#### PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson  
Call to schedule an appointment (Mon–Fri only).

#### DIRECTIONS

From the H1 freeway westbound take Makakilo exit. Turn left at the light and continue down Ft Barrette Road. Turn left at the old guard shack onto Roosevelt Avenue and right onto Coral Seas Road. Turn left onto Tripoli and right onto White Plains Road.

# 2nd ANNUAL TRASH BOAT REGATTA

Hickam Harbor Beach Park  
Saturday, September 23, 2017  
9:00 am - 12:00 pm  
\$15 per boat/team

*Do you and or your team have what it takes to compete?*

Challenge your friends, family, and/or colleagues to build boats out of materials normally found to enter a landfill. Put your skills to the test to build the most artistic, whack, or creative vessel to ever circumnavigate Hickam Harbor!

## 3 CATEGORIES TO CHOOSE FROM!

- Single Paddler
- Multiple Paddlers: Small Boat
- Multiple Paddlers: Big Boat

## PRIZE CATEGORIES:

- First boat to finish (per category)
- Most creative use of materials
- Titanic award for the most spectacular and epic failure
- People's choice award

To download an entry form and view the rules & regulations visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).  
Registration forms must be turned into the Hickam Harbor Marina Office (Tue-Sun 9 a.m. - 5 p.m.)  
A limited amount of spaces are available.

**For more info call 449-5215.**







# AUGUST 2017

Free & low-cost activities for single active-duty military E1-E6

For a mobile friendly site please visit [www.facebook.com/LibertyHawaii](http://www.facebook.com/LibertyHawaii) and click on the top, pinned post. Register now online at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com). Go to Recreation, then Liberty and click on the Event Calendar tab.



# Liberty Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p><b>DESIGNATION FOR HIKES:</b>            BEG = Beginner            INTER = Intermediate            ADV = Advanced</p>		<p><b>1</b>  <b>NBA 2K17 Tournament</b>            FREE            Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>2</b>  <b>Honolulu Farmer's Market</b>            FREE            Express 1500            Beeman 1600            Instant 1615            Makai 1630</p>	<p><b>3</b>  <b>Movies with Liberty @ Dole Cannery</b>            \$10            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>4</b>  <b>Poke Bowls For Lunch</b>            FREE            Beeman 1100-1300  <b>Disney's The Little Mermaid Diamond Head Theatre</b>            \$10            Express 1415            Beeman 1445            Instant 1500            Makai 1515</p>	<p><b>5</b>  <b>Atlantis Submarine</b>            \$30            Express 0845            Beeman 0930            Instant 0945            Makai 1000  <b>Jack Johnson, A Benefit for the Kokuia Hawaii Foundation @ Waikiki Shell</b>            \$20            Express 1430            Beeman 1530            Instant 1545            Makai 1600</p>
<p><b>6</b>  <b>North Shore Beach Hopping</b>            FREE            Express 0930            Beeman 0800            Instant 0815            Makai 0830  <b>Full Moon Hike Lanikai Pillboxes</b>            FREE            Express 1630            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>7</b>  <b>Night Fishing</b>            FREE            Express 1600            Beeman 1645            Instant 1700            Makai 1715</p>	<p><b>8</b>  <b>DIY: Dream Catchers</b>            FREE            Beeman 1800-2000</p>	<p><b>9</b>  <b>Tekken 7 Tournament</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>10</b>  <b>Ten &amp; Grind @ Shorebird Waikiki</b>            \$10            Express 1600            Beeman 1715            Instant 1730            Makai 1745</p>	<p><b>11</b>  <b>Huli Huli Chicken For Lunch</b>            FREE            Beeman 1100-1300  <b>Cosmic Bowling &amp; Pizza</b>            FREE            Express 1800            Beeman 1900            Instant 1845            Makai 1830</p>	<p><b>12</b>  <b>Hike Kealia Trail [INTER]</b>            FREE            Express 1000            Beeman 0900            Instant 0915            Makai 0930  <b>Paradise Cove Luau</b>            \$30            Express 1430            Beeman 1530            Instant 1545            Makai 1600</p>
<p><b>13</b>  <b>Snorkeling Three Tables</b>            FREE            Express 0930            Beeman 0800            Instant 0815            Makai 0830  <b>Kualoa ATV Adventure</b>            \$60            Express 0800            Beeman 0830            Instant 0845            Makai 0900</p>	<p><b>14</b>  <b>Acrylic Painting @ Hickam Arts &amp; Crafts</b>            \$5            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>15</b>  <b>Indoor Rock Climbing</b>            \$5            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>16</b>  <b>Learn To Cook With Liberty</b>            FREE            Express 1830            Beeman 1700            Instant 1715            Makai 1800</p>	<p><b>17</b>  <b>9 Ball Pool Tournament</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>18</b>  <b>Chili Dogs For Lunch</b>            FREE            Beeman 1100-1300  <b>Movies with Liberty @ Dole Cannery</b>            \$5            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>19</b>  <b>Made in Hawaii Festival</b>            FREE            Express 0915            Beeman 1000            Instant 1015            Makai 1030  <b>Holokai Catamaran Sunset Sail</b>            \$20            Express 1445            Beeman 1600            Instant 1545            Makai 1530</p>
<p><b>20</b>  <b>Helicopter Tour</b>            \$100            Express 0800            Beeman 0845            Instant 0900            Makai 0915  <b>Surf &amp; BBQ</b>            \$10            Express 0930            Beeman 0830            Instant 0845            Makai 0900</p>	<p><b>21</b>  <b>North Shore Star Gazing</b>            FREE            Express 2000            Beeman 1900            Instant 1915            Makai 1930</p>	<p><b>22</b>  <b>Ping Pong Tournament</b>            FREE            Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>23</b>  <b>Gnash @ The Republik</b>            \$10            Express 1815            Beeman 1900            Instant 1915            Makai 1930</p>	<p><b>24</b>  <b>Barracks Bash @ Gathering Place</b>            FREE            1700-1900</p>	<p><b>25</b>  <b>Manapua For Lunch</b>            FREE            Beeman 1100-1300  <b>Eat The Street</b>            FREE            Express 1500            Beeman 1630            Instant 1615            Makai 1600</p>	<p><b>26</b>  <b>Amazing Hawaii Comic Con</b>            \$15            Express 0815            Beeman 0900            Instant 0915            Makai 0930  <b>Bike Malaekahana</b>            FREE            Express 1045            Beeman 0930            Instant 0945            Makai 1000</p>
<p><b>27</b>  <b>North Shore Shark Cage Adventure</b>            \$40            Express 0800            Beeman 0700            Instant 0715            Makai 0730  <b>Bellows Paintball</b>            \$20            Express 0830            Beeman 0900</p>	<p><b>28</b>  <b>Super Smash Bros N64 Tournament</b>            FREE            Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>29</b>  <b>DIY: Sun Catchers</b>            FREE            Beeman 1800-2000</p>	<p><b>30</b>  <b>Texas Hold Em Tournament</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>31</b>  <b>Ten &amp; Grind @ Moku Kitchen</b>            \$10            Express 1530            Beeman 1630            Instant 1645            Makai 1700</p>	<p><b>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</b></p> <p>Beeman Center .....473-2583            (Pearl Harbor Sub Base)</p> <p>Instant Liberty .....CLOSED during construction            (Club Pearl Complex)</p> <p>Liberty Express .....653-0220</p>	

# dining

Brews & Cues  
 Joint Base Catering  
 Koa Lounge  
 La Familia Mexican Restaurant  
 The Lanai at Mamala Bay  
 Mamala Bay Snack Bar  
 Molly's BBQ & Seafood  
 Planet Smoothie  
 Restaurant 604  
 10th Puka Lounge  
 Wright Brothers Café & Grille

## BREWS & CUES

Bldg. 1557, North Road (temporary) . . . 473-1743

## Wing Night

**Wednesdays, Aug 2, 9, 16, 23, 30**  
**4 p.m.**

**FREE**  
**Ages 18 years & older**

It's pau hana—relax with a beverage, watch the game, and enjoy free chicken wings (while supplies last). Event may be cancelled without notice.

## Chill & Grill

**Friday, Aug 25**  
**5:30–7:30 p.m.**

**FREE**  
**Ages 18 years & older**

End the month with free pupus and a pool challenge. All pool participants get entered into a drawing at the end to win a fun prize. Event may be cancelled without notice.

## JOINT BASE CATERING

Office next to Wright Bros. Café . . . . . 448-4608

## Club Membership Drive – GRILLED STEAK NIGHT

**Friday, Aug 18**  
**5:30–8 p.m. on the Grand Lanai**

**\$10 Club Members**  
**\$15 Adults**  
**\$7.50 Child 7-12 years**  
**\$5.50 Child 4-6 years**

All ranks welcome! It's true, come tonight and enjoy a grilled rib eye or New York cut (8 oz.). While here, find out about the benefits of being a club member. Reservations are required, call 448-4608.

## Sunday Brunch

**Aug 6, 13, 20, 27**  
**10 a.m. – 1 p.m.**

**Dining Room (Historic Hickam Officers' Club)**  
**\$24.95 Club Members**  
**\$26.95 Adults**  
**\$13.50 Child 7-12 years**  
**\$8.25 Child 4-6 years**

Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made-to-order omelets, build your own waffle and a great selection of desserts.

## Mongolian BBQ

**Thursdays, Aug 3, 10, 17, 24, 31**  
**5:30–8 p.m.**

**Lanai (Historic Hickam Officers' Club)**  
**95¢ per ounce**

Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages and fortune cookies are included.

## Paint 'n' Sip

**Wednesdays, Aug 2, 9, 16, 23, 30**  
**5:30–8:30 p.m.**

**Dining Room (Historic Hickam Officers' Club)**  
**\$40/person**

An experienced instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All art supplies are included. No experience necessary. Cocktails and food available for purchase from the Koa Lounge. Advance registration is done at the Arts & Crafts Center. Reserve your spot today by calling 448-9907 ext. 2.

## KOA LOUNGE

At the Historic Hickam Officers' Club. . . . 448-4608

## Warrior Friday

**Friday, Aug 4**  
**4:30–7:30 p.m.**

**FREE for Air Force Club members**  
**\$15 for non-members**

Join us for a great time, and enjoy a yummy pau hana pupu buffet! Open to all ranks and all active-duty members of the U.S. Armed Forces, DoD, contractors and retired military.

## Margarita Madness

**Every Thursday**  
**4–6:30 p.m.**

**Koa Lounge**  
**\$4 Margaritas (regular price \$6.50)**

On the rocks or frozen, and many flavors to choose from, including the traditional and Li Hing Mu.

## THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive . . . . . 422-3002

## South of the Border Tuesdays

**Tuesday, Aug 1, 8, 15, 22, 29**  
**11 a.m.–1 p.m.**

**\$14.95 Adults**  
**\$8.95 Kids 6-12 yrs**  
**FREE Kids 5 and under**

Join us for a Mexican feast every Tuesday. Blackened fish, carnitas, enchiladas and much more. It's the flavors you crave.

## Southern Comfort Food

**Thursday, Aug 3, 10, 17, 24, 31**  
**11 a.m.–1 p.m.**

**\$14.95 Adults**  
**\$8.95 Kids 6-12 yrs**

## FREE Kids 5 and under

Who doesn't love the indulgent flavors of food from the south? Buttermilk fried chicken, biscuits and gravy, and it's all you can eat.

## Aloha Friday Buffet (except on other special occasions)

**Every Friday**  
**11 a.m.–2 p.m.**  
**\$15.95**

It's Aloha Friday, end the workweek right with a delicious lunch buffet. Perfect for a quick meal, lunch meeting or other excuse to spend the midday sitting "this close" to the ocean.

## Express Lunch Menu

**Monday – Friday**  
**11 a.m.–2 p.m.**  
**\$12.95**

Pick two options and make it a combo lunch for one low price. Choose from: Pacific Cobb Salad, Spring Greens Salad, Portuguese Bean Soup, Mamala Bay Chowder, Turkey Wrap or Kalua Pork Sandwich. Price also includes a fountain drink!

## MOLLY'S BBQ & SEAFOOD

At Barbers Point Golf Course . . . . . 600-9656

## Late Night Fun at Molly's

**Fridays & Saturdays until midnight**  
**No cover**

After the golf course has closed, stick around for the fun. Now open until midnight so you can enjoy live music and karaoke.

## Now Available for Catering

Looking for a place to have a party on the west side? We have a great venue that accommodates up to 200 people and ample parking. Perfect for Hall & Farewells, birthdays, retirements and more. BBQ is our specialty, but our talented executive chef also offers up Mexican, Italian, Chinese and more. Call 600-9656 for more info.

## RESTAURANT 604

At Rainbow Bay Marina. . . . . 888-7616

## Weekend Brunch

**Saturdays and Sundays**  
**9:30 a.m. - 3 p.m.**

Come and see how the same creativity we put into our lunch and dinner is used for our special brunch menu on the weekends. Experience our twists on breakfast fare, like guava pancakes, rib eye hash, assorted Benedict's and more.

## Aloha Hour

**Monday–Friday**  
**3–5 p.m.**

Overlooking the quiet waters of Rainbow Bay, watching the sun set. It's the perfect place to wind down after work, with tasty appetizer specials and hand-crafted cocktails.





# **WINTER SOFTBALL LEAGUE**

**BEGINS  
SEPTEMBER 9**

**\$460  
PER TEAM**

**ENTRY DEADLINE: AUGUST 25**

**OPEN TO ACTIVE DUTY,  
FAMILY MEMBERS 18  
YEARS AND OLDER,  
AND DOD EMPLOYEES  
ASSIGNED TO JPBHH.  
CALL 473-2494 OR  
473-2437 TO SIGN UP!**





# GROUPEXERCISECLASSES

INFORMATION SUBJECT TO CHANGE

\* There is a fee for all classes, but the starred classes are free for active-duty personnel.

## core & cardio

Circuit Training	Wed	6 a.m.–7 p.m.	Pearl Harbor*
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Mon Wed Fri	10–11 a.m. 6–7 a.m. 8:30–9:30 a.m.	Hickam Hickam Hickam
Total Body Shock	Thu	4:30–5:30 p.m.	Pearl Harbor*

## cycle & spin

Cycle Fit	Mon, Wed Mon, Wed Mon, Wed, Fri Tue, Thu Tue, Thu, Sat	11:30 a.m.–12:30 p.m. 11:30 a.m. 7–8 a.m. 5:30–6:30 a.m. 6–7 a.m. 9–10 a.m.	Pearl Harbor* Wahiawa Pearl Harbor Hickam* Pearl Harbor* Pearl Harbor
Interval Spin	Wed	11:30 a.m.–12:30 p.m.	Hickam
Spin Challenge	Tue Fri	5:15–6:15 p.m. 11:30 a.m.–12:30 p.m.	Hickam Hickam
Strength Spin	Thu	5:15–6:15 p.m.	Hickam

## dance

Hula Fitness	Mon	8:30–9:30 a.m.	Pearl Harbor
Traditional Hula Movements	Wed	9–9:45 a.m.	Pearl Harbor

## karate

Karate Basics	Tue	6–7 p.m.	Pearl Harbor
Karate	Tue	7–8 p.m.	Pearl Harbor

## kettlebells

Kettlebell Basics	Mon, Wed	4:30–5:30 p.m.	Pearl Harbor
Intermediate Kettlebells	Fri	4:30–5:30 p.m.	Pearl Harbor

## kickboxing

Cardio Kickboxing	Wed Wed	8:30–9:30 a.m. 5:45–6:45 p.m.	Hickam Pearl Harbor
Turbo Kick	Sat	8–9 a.m.	Hickam

## kids' classes

Jammin' Kids	Sat	10:45–11:30 a.m.	Hickam
--------------	-----	------------------	--------

## navy operational fitness & fueling system

NOFFS	Mon	6–7 a.m.	Pearl Harbor*
-------	-----	----------	---------------

## pilates

PIYo™ Strength	Tue Wed	4:30–5:30 p.m. 8:30–9:30 a.m.	Pearl Harbor Pearl Harbor
----------------	------------	----------------------------------	------------------------------

## step

Step	Tue	5:15–6:15 p.m.	Hickam
------	-----	----------------	--------

## total resistance exercise suspension training

TRX	Thu	11:30 a.m.–12:30 p.m.	Pearl Harbor*
TRIPLEP	Tue, Wed, Thu	3:30–4:30 p.m.	Hickam*

## weights

Strong	Mon, Tues, Thu, Fri	6–7 a.m.	Hickam*
Power Pump	Tue, Thu	8:30–9:30 a.m.	Hickam
Body Blast	Thu	5:15–6:15 p.m.	Hickam

## wild card

Wild Card Fitness	Fri	6–7 a.m.	Pearl Harbor*
-------------------	-----	----------	---------------

## yoga

Yoga	Mon Mon, Wed Mon, Thu Tue Tue Tue, Thu Wed Fri Sat	9:45–10:45 a.m. 5:15–6:15 p.m. 4:30–5:30 p.m. 11 a.m. 5:45–6:45 p.m. 11:30 a.m.–12:30 p.m. 11:30 a.m.–12:30 p.m. 8:30–9:30 a.m. 8–9 a.m.	Pearl Harbor Hickam Pearl Harbor Wahiawa Pearl Harbor Hickam Pearl Harbor Pearl Harbor Pearl Harbor
Power Yoga	Sun	8–9 a.m.	Hickam

## zumba

Zumba	Mon Mon, Tue, Thu Mon, Wed Mon, Thu Tue, Wed Wed, Fri Fri Sat	8:30–9:30 a.m. 8:30–9:30 a.m. 6:30–7:30 p.m. 5:45–6:45 p.m. 4:30–5:30 p.m. 9:45–10:45 a.m. 10–11 a.m. 9:15–10:15 a.m.	Hickam Pearl Harbor Hickam Pearl Harbor Pearl Harbor Pearl Harbor Hickam Pearl Harbor
Zumba Step	Fri	5:45–6:45 p.m.	Pearl Harbor



# family/support

Child Development Centers  
Child Development Homes  
Military & Family Support Center  
School-Age Care  
School Liaison Office  
Teen Center

## TEEN CENTER

Teen Center, Hickam Bldg. 1859 . . . . . 448-0418

### #weownfriday JBPHH Pool Party!

Friday, Aug 18

5:30 p.m.

Scott Pool, Club Road Bldg 1511

FREE

Open to ages 13-18 years old

Teen Center will be hosting a pool party at Scott Pool to kick off the school year! Come join us and enjoy some fun water activities, food and good company! For more information, call Teen Center at 448-0418.

# athletics

Aquatics  
Bowling  
Fitness Programs & Centers  
Golf  
Intramurals  
Youth Sports

## AQUATICS

Arizona Pool (Ford Island) . . . . . 472-7582  
Pool 1 (Hickam) . . . . . 449-8274  
Pool 2 (Hickam) . . . . . 260-9736  
Scott Pool (Pearl Harbor) . . . . . 473-0394  
Towers Pool (Makalapa) . . . . . 471-9723

## BOWLING

Hickam Bldg. 1891 . . . . . 448-9959  
Naval Station Bldg. 1736 . . . . . 473-2574  
The Escape (Wahiawa Annex) . . . . . 473-2651

### Loyal Bowler Card

Through Aug 31

Hickam Bowling Center

Naval Station Bowling Center

Purchase and bowl 12 games and receive (1) game FREE! As the front desk for a free Loyal Bowler punch card. Offer good till August 31, 2017.

### Lunch & Bowl

Tuesday, Aug 1, 8, 15, 22, 29

11 a.m. – 2 p.m. Hickam Bowling Center

11 a.m. – 1 p.m. Naval Station Bowling Center

When you purchase a lunch item from our snack bar worth at least \$8, get up to 2 FREE games of bowling! Shoe rental extra.

### \$1.75 Wild

Wednesday, Aug 2, 9, 16, 23, 30

4–9 p.m.

Hickam Bowling Center

\$1.75 bowling Games, shoe rental and hot dogs. Must have a Military CAC card to participate. Patrons will be able to purchase 3 games per person and one (1) hot dog per person.

### Military Bowl Free

Monday, Aug 7, 14, 21, 28

11 a.m.–2 p.m.

Hickam Bowling Center

Receive up to 2 free games of bowling during lunchtime. Shoe rental extra. Military ID card required. Offer not valid on Holidays.

### Military Bowl Free

Thursday, Aug 3, 10, 17, 24, 31

11 a.m.–2 p.m.

Naval Station Bowling Center

Receive up to 2 free games of bowling during lunchtime. Shoe rental extra. Military ID card required. Offer not valid on Holidays.

### Single Sailor and Airmen Bowling Night

Friday, Aug 11

7–9 p.m.

Naval Station Bowling Center

Free Cosmic Bowling, Free Shoe Rental, Free Soda and FREE Pizza! Sign up at the Beeman's Liberty Center. Must be Active Duty Navy or Air Force.

## FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 . . . . . 448-2214  
JBPHH-Pearl Harbor Bldg. 1338 . . . . . 471-2019  
Naval Station Gym Bldg. 667 . . . . . 473-2436  
Wahiawa Annex Bldg. 446 . . . . . 653-5542  
Open 24 hours/day, 7 days/week (unstaffed):  
Ford Island Bldg. 55  
Kunia Bldg. 446  
Makalapa Bldg. 388  
West Loch Bldg. 621

### 11th Annual JBPHH Half Marathon

Saturday, Aug 19

Check-in: 4 a.m., Run starts at 5 a.m.

Hickam Track

\$30: May 1 - August 5 (includes t-shirt)

\$40: August 6 - 18

\$45: Race Day Reg. (No T-shirt, cash only)

Online Registration closes August 18, 2017 at

Midnight ([www.active.com](http://www.active.com))

Runner, walkers and strollers are allowed to participate. For more info: 448-2214

### Massage Incentive Program

Aug 1 - 31

Hickam Fitness Center Massage Therapy & Spa Services

All customers who purchase and receive a massage during the course of this month will be entered into a drawing. The winner will get a 60-minute massage the next month. At the end of each month, a lucky winner will be announced. Must redeem prize within the next month or null and void.

### Yogafit Training Restoring Balance: Training the Parasympathetic Nervous System

Aug 19 - 20

8 a.m. – 6 p.m.

Wahiawa Annex Fitness Center

\$429

Learn basic and advanced restorative poses, using minimal props in this training. In addition, learn how to use essential oils to encourage healing. Register at [www.yogafit.com](http://www.yogafit.com) or 888-786-3111.

## GOLF

Barbers Point . . . . . 682-1911  
Ke'aloahi Par 3 . . . . . 448-2318  
Mamala Bay . . . . . 449-2304  
Navy-Marine . . . . . 471-0142

### Free Ladies Clinics

Wednesday, Aug 2

9:30 a.m.

Barbers Point Golf Course

FREE

Our pros will offer tips for female golfers. Call respective golf courses for more info or to sign up.

### Golf Demo Day

Wednesday, Aug 2

4:00–6:30 p.m.

Navy Marine Golf Course

FREE

Here is a chance to try out some of the latest golf equipment at the driving range.

### Free Golf Clinics

Saturday, Aug 12, 26

2 p.m. Mamala Bay

Saturday, Aug 19, 26

9:30 a.m. Barbers Point

Thursday, Aug 17

12:00 p.m. Navy Marine Golf Course

Enjoy this introduction to the great game of golf. For more information, call respective pro shop.

## INTRAMURALS

Pearl Harbor Bldg. 667 . . . . 473-2494 or 473-2437

### Flag Football Coaches meeting

Aug 23

1 p.m.

JBPHH Fitness Center

League limited to Active Duty commands from Joint Base Pearl Harbor-Hickam. Any additional active duty members not belonging to a command team will come from a players' pool. All individuals who are interested in getting into the players' pool, please call us.

### Labor Day Softball Tournament

Entry deadline: Aug 11

\$200 per team

Participation is open to JBPHH Intramural Level Teams. All other teams will be determined on space availability. Call to sign up!

### Labor Day Basketball Tournament

Entry deadline: Aug 11

\$200 per team

Participation is open to JBPHH Intramural Level Teams. All other teams will be determined on space availability. Call to sign up!

### Winter Softball League

Entry deadline: Aug 25

\$460 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JBPHH. Call to sign up!

## athletics (cont.)

### YOUTH SPORTS

Youth Sports & Fitness (Bloch Arena) . . . . 473-0789  
Gymnastics (Bldg. 1680) . . . . . 422-2223

## itt

Barbers Point . . . . . 682-2019  
Fleet Store . . . . . 473-0792  
Hickam . . . . . 448-2295  
NEX Mall . . . . . 422-2757  
Wahiawa . . . . . 564-4445, 564-4446  
Travel Connections-Fleet Store . . . . . 422-0139  
Travel Connections-Hickam . . . . . 423-0255  
Travel Connections-NEX Mall . . . . . 422-4067

### Ford Island Historical Tour

**Wednesday, Aug 2, 9, 16, 23, 30**  
**9:30 a.m.–Noon (Check in at 9:15 a.m.)**  
**\$25 for adults**

**\$20 for children (ages 3–11 years old)**  
Nestled in Pearl Harbor lies an isolated island called Moku Ume'ume, rich in Hawaiian and U.S. military history. Travel back in time as you see points of interest including the USS *Utah* and USS *Oklahoma* Memorials, the original Navy Club Memorial honoring the USS *Arizona*, historic Nob Hill officer homes, and bombing and bullet strafing reminders.

### Hickam Historical Tour

**Friday, Aug 4, 11, 18, 25**  
**9:30 a.m.–1:30 p.m.**  
**\$45 for adults**

**\$40 for children (ages 3–11 years old)**  
An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses, and officers' and enlisted families lived, and hear their personal stories of "The Day of Infamy." Includes lunch. Not recommended for children under six years old.

### "Local-Style" Wine Tasting

**Wednesday, Aug 30**  
**6:30–8:30 p.m.**  
**Ages 21 years & over only**  
**\$20/person (includes R/T transportation)**

Sample up to eight wines and hearty appetizers in a casual and fun setting. No dress code—come as you are, local-style! Surprise samples may be offered without notice.

### ITT Shuttle to "Eat the Street"

**Friday, Jul 28**  
**6:30–9:30 p.m.**  
**\$7/person round-trip**  
**Free for children under 5 years old (must be on an adult's lap)**

Enjoy Hawaii's largest food truck and street rally with over 40 unique vendors. Folding chairs recommended, but no large strollers or coolers.

### Chinatown Food & Historic Tour

**Saturday, Aug 26**  
**8:30 a.m.–1 p.m.**  
**\$35 for adults**  
**\$30 for children (ages 3–11 years old)**  
Discover the intriguing history of Honolulu's Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

### MWR Shuttle Service

**Monday–Friday**  
**9 a.m.–5 p.m. based on availability**  
**\$5/person one-way (2–10 people)**  
A inexpensive alternative to take you to the airport and AMC terminal. Servicing areas from Ford Island to Radford Terrace only. Two large bags per person allowed (additional bags are subject to a \$1 per bag charge). Reservations required.

## recreation

Arts & Crafts  
Auto Skills  
Liberty Centers  
Library  
Marinas  
Outdoor Recreation  
Sharkey Theater

### ARTS & CRAFTS

Hickam Bldg. 1889 . . . . . 448-9907

### Arts & Crafts Gallery Showcase

The Arts and Crafts Center will be accepting entries beginning 1 August until 30 September for the **2017 Arts & Crafts Gallery Showcase**. Get your creative juices flowing and prepare now to submit your artwork, crafts, photography and digital creations. This event is open to active duty military and their family members, DoD civilians, contractors, reservists and retirees. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery. There are three categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant. For further info and entry form please email Donna Sommer: donna.sommer@navy.mil

### Paint 'n' Sip

**Wednesdays, Aug 2, 9, 16, 23, 30**  
**5:30–8:30 p.m.**  
**Dining Room (Historic Hickam Officers' Club)**  
**\$40/person**

An experienced instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All art supplies are included. No experience necessary. Cocktails and food available for purchase from the Koa Lounge. Advance registration is done at the Arts & Crafts Center. Reserve your spot today by calling 448-9907 ext. 2.

### LIBRARY

Hickam Bldg. 595 . . . . . 449-8299  
Dial-A-Story . . . . . 449-8297

### Wii Wednesday

**Wednesday, Aug 2**  
**2–4 p.m.**  
Come on over after school for some time on our Wii U consoles.

### Library Know-How

**Saturday, Aug 5**  
**11 a.m.–12 p.m.**  
Learn how to get the most out of your library. Call ahead to find out what topics will be covered.

### Preschool Story Time

**Wednesday, Aug 9, 23**  
**9–10 a.m.**  
Story times are great for children of all ages! Our theme is "Sharing is Caring" on Aug 9 and "Feelings" on Aug 23. Come on in and read with us.

### Kids' Book Club

**Wednesday, Aug 9, 16**  
**2 p.m.**  
**Ages 4th & 5th grade**  
If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "book 1" on Aug 9 and "book 2" on Aug 16.

### Read to Bear this Summer!

**Wednesday, Aug 2**  
**9–11 a.m.**  
**Call for an appointment**  
Sign your youth up to read their favorite story aloud to Bear, a therapy dog. Call the library to schedule an appointment.

### Lego Club

**Saturday, Aug 26**  
**10 a.m.–12 p.m.**  
Call for details.

### Adult Book Club

**Tuesday, Aug 1**  
**10–11 a.m.**

### SHARKEY THEATER

Moore St., Bldg. 628 . . . . . 473-0726

### Loyal Patron Card

**Through Aug 27**  
Receive a Loyal Patron punch card for Free. Purchase 10 movie tickets and receive (1) Movie Admission FREE! Offer good till August 27, 2017. The Free Admission is not valid for 3D Features.



#weownfriday:

**FREE**

**JBPHH**  
**Teen Center  
Pool Party!**

**Fri, Aug 18 • 5:30-8pm**

**SCOTT POOL, CLUB ROAD BLDG 1511**

**(Across from Bravo Pier)**

**OPEN TO AGES  
13-18 YEARS OLD**

**TEEN CENTER WILL BE  
HOSTING A POOL PARTY  
AT SCOTT POOL!**

**COME JOIN US AND ENJOY SOME  
FUN WATER ACTIVITIES, FOOD,  
AND GOOD COMPANY!**

**CONTACT THE JBPHH TEEN CENTER  
FOR MORE INFORMATION AT 448-0418.**

greatlifehawaii.com







# Military & Family Support Center

The Military and Family Support Center (MFSC) combines the former Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center into one organized center. We provide unified, customer-focused programs, classes and services to support our JBPHH community, including active-duty, reserve, retired personnel, family members and DoD employees.

INFORMATION SUBJECT TO CHANGE

## deployment support

### COMMAND INDIVIDUAL AUGMENTEE COORDINATOR (CIAC) FORUM

Aug 18 • 1:00–2:30 p.m. | Pearl Harbor

CIACs meet, network, and receive updated information which allows them to effectively assist IA Sailors and their families.

## employment assistance

### ACING THE INTERVIEW

Aug 16 • 1:30–3:30 p.m. | Hickam

Aug 21 • 4:30–6:30 p.m. | Pearl Harbor

The resume gets you the interview; the INTERVIEW gets you the job. Learn how to position yourself as the best candidate, different interview styles and techniques, practice traditional and behavioral interview questions and common pitfalls to avoid.

### CIVILIAN RESUME WRITING

Aug 2 • 1:30–3:30 p.m. | Hickam

Aug 16 • 4:30–6:30 p.m. | Pearl Harbor

Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting and common mistakes to avoid and so much more. Note: this class is geared towards private sector resumes as opposed to federal resumes for civil service.

### EXPLORING CAREER CHOICES

Aug 8 • 1:30–3:30 p.m. | Wahiawa

Discover career choices that fit YOUR personality! Understand your personality type, focus on your strengths and see what paths may lead you to your dream career!

### FEDERAL EMPLOYMENT 101

Aug 2 • 4:30–6:30 p.m. | Pearl Harbor

Aug 8 • 8:00–11:00 p.m. | Wahiawa

Aug 9 • 1:30–3:30 p.m. | Hickam

The application process for federal jobs can feel confusing and overwhelming but the benefits of civil service are worth the effort! We will help you navigate the USAJobs website and understand the application process from start to finish. Federal resumes are different than private sector resumes and we will teach you how to build a competitive application. We will also cover topics such as hiring preferences and programs for veterans and military spouses.

### JOB FAIR SUCCESS

Aug 8 • 2:00–3:00 p.m. | Wahiawa

If you are planning on attending a job fair in the future, this class can help ensure you are one of the most prepared attendees. This workshop will provide you with tips to help you prepare for the fair, maneuver the event with ease and purpose, and set yourself apart as the Number One Candidate!

### PART-TIME MONEY MAKERS

Aug 7 • 4:30–6:30 p.m. | Pearl Harbor

Want to learn about REAL opportunities to earn extra income? Just arrived and need to make quick cash while searching for full-time work? Looking for flexible, part-time, and/or remote work while taking care of a family? Maybe you simply want to know about creative ways to make money on the side. Find out about all this and more at our new class.

## family life skills

### BUILDING SELF-ESTEEM IN CHILDREN

Aug 28 • 9:00–11:00 a.m. | Hickam

Did you know a parent's behavior can influence their child's thinking? Learn the "language of encouragement" and the importance of building self-esteem in children. Discover the power of mutual respect and how to understand the difference between praise and encouragement.

### NEW MOMS AND DADS

Aug 16 • 5–8 p.m. | Hickam

New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year.

### PARENTING GROUP

Aug 1, 8, 15, 22, 29 • 10a.m.–noon | Pearl Harbor

This eight-week interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

### PARENTS: YOUR TEENS AND DATING

Aug 16 • 1:00–3:00 p.m. | Pearl Harbor

One in three teens will experience a violent dating relationship by the time they reach adulthood. Dating is just one of the multitudes of challenges teens face and parents fear. This class will provide you with information to help guide your teen in building positive dating relationships and keeping your teen safe. We will examine how to model positive relationships, build kids self-esteem to prevent poor relationships and what to do if they experience violence.

### POSITIVE PARENTING

Aug 11 • 9:00–11:00 a.m. | Pearl Harbor

Parenting skills are something learned; not something we are born with. This class will enhance your parenting skills and make your parenting goals attainable. Topics include: establishing positive relationships, disciplining assertively, creating realistic expectations and more.



### SOOTHING YOUR BABY AND LOVING TOUCH

Aug 24 • 1:00–2:00 p.m. | Hickam Medical Bldg

A new way to understand your baby's crying with period of purple crying and introduction to infant massage. The period of purple crying is the phrase used to describe the time in a baby's life when they cry more than any other time. This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period.

## financial management assistance program

### COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Aug 23 • 1:00–2:30 p.m. | Pearl Harbor

Quarterly forum in accordance with OPNAVINST 1740.5B. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues and trends. Command Master Chiefs/Career Counselors are encouraged to attend.

### COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER

Aug 24 • 8:00 a.m.–3:30 p.m. | Wahiawa

This one-day training is required every three years for trained Command Financial Specialists to review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial topics. Open to all trained Command Financial Specialists.

### FINANCIAL PLANNING FOR RETIREMENT

Aug 2 • 1:00–3:00 p.m. | Pearl Harbor

This financial class will focus on long-term planning for retirement, including how to calculate what you will need to live a life of financial freedom at retirement age. Retirement is not based on one income; you need to plan your potential streams of income.

### FINANCIALLY SAVVY RETIREES: WILLS & TRUST, ESTATE PLANNING

Aug 16 • 9:00–11:30 p.m. | Pearl Harbor

Live better through planning! This quarterly financial seminar provides expert advice on various subjects of interest to retirees such as the basics of estate planning, Wills and Trusts, protecting yourself against fraud, long term care and more!

### MILLION DOLLAR SAILOR/AIRMAN

Aug 8-9 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

Aug 15-16 • 7:30 a.m.–3:30 p.m. | Wahiawa

This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques.

### SAVING AND INVESTING

Aug 4 • 9:00–11:00 a.m. | Pearl Harbor

If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more. Make your money work for you.

## ombudsman/fleet readiness group

### KEY SPOUSE CONNECT MEETING

Aug 3 • 9:00–11:00 a.m. | Hickam

Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more. Open to all appointed USAF Key Spouses, Commanders, and First Sergeants.

### KEY SPOUSE INITIAL TRAINING

Aug 22 • 8:00 a.m.–2:00 p.m. | Hickam

Open to all appointed USAF Key Spouses, Commanders, and First Sergeants. Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more.

### KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING

Aug 22 • 2:00–3:30 p.m. | Hickam

This Key Spouse training opportunity was created to combine SAPR Training and Suicide Awareness Training into one session.

### OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING

Aug 15 • 6:00–8:00 p.m. | Lockwood Hall

Advanced training for personnel who are currently assigned as Ombudsmen or Key Spouse.

## personal development

### ANGER MANAGEMENT

Aug 24 • 1:00–4:00 p.m. | Pearl Harbor

We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as a full-fledged rage. Feeling anger is not unusual; it is a completely normal and healthy human emotion. It's how we channel that anger and emotion that's important. Join us for this class that is designed to help you better understand, channel, and control your anger.

### CONFLICT MANAGEMENT

Aug 3 • 1:00–3:00 p.m. | Hickam

Aug 24 • 9:00–11:00 a.m. | Hickam

This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Learn how to prevent conflict from escalating and how to work with others to solve problems; this allows people to grow, missions to succeed and families to strengthen.

### DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

Aug 16, 23, 30 • 10:00 a.m.–Noon | Pearl Harbor

Learn how relationships are rooted in how we communicate. Be able to assess yourself, and your significant other in terms of personality types. Help adults understand why they are attracted to the identity traits of their spouse or intimate partner. Finally, develop and sharpen new, more effective communication and conflict resolution skills.

### FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Aug 3 • 8:00–11:00 a.m. | Pearl Harbor

The Family Advocacy Program (FAP) Leadership Seminar fulfills the requirements that all Commanding Officers and Senior Enlisted Advisors are required to receive training on family maltreatment and installation FAP Services and resources within 90 days of assuming command. FAP Leadership Seminar provides essential information on installation domestic violence services, resources, FAP procedures, prevention, and the command's role in Family Advocacy. Command involvement and support in FAP is vital to ensure prompt and appropriate prevention, safety and intervention actions to maintain operational readiness.

### HEALTHY RELATIONSHIPS 101

Aug 17 • 9:00–11:00 a.m. | Pearl Harbor

This class outlines characteristics of a healthy relationship, how self-esteem affects our choices, effective communication, and conflict resolution. We'll give you the tools to build and maintain a solid foundation for a quality relationship. Great for any personal relationship, whether working, family, or romantic.

### MEN'S ALTERNATIVES TO VIOLENCE GROUP

Aug 2, 9, 16, 23, 30 • 1:00–3:00 p.m. | Pearl Harbor

This 20-week group addresses male violence toward their intimate partners. The group offers men alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

(continued on next page)

**SKILLS DEVELOPMENT GROUP**

**Aug 2, 9, 16, 23, 30 • 10:00 a.m.–Noon | Pearl Harbor**

This eight-week group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

**PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT**

**Aug 10 • 1:00–3:00 p.m. | Pearl Harbor**

**Aug 31 • 9:00–11:00 a.m. | Pearl Harbor**

Would you like to master the art of people skills and maximize the impact of your first impressions? Having strong interpersonal skills can open many avenues in work and in life. This class will teach you about communication, conversation, and the value of soft skills in the workplace.

**STRESS MANAGEMENT**

**Aug 7 • 1:00–4:00 p.m. | Pearl Harbor**

**Aug 21 • 9:30 a.m.–Noon. | Hickam**

Stress is a normal psychological and physical reaction to the ever increasing demands of life. Most people experience challenges with stress at some point during the year. Over time, high levels of stress can lead to serious health problems; that is why managing your stress is so important. Learn how stress affects our personal and professional lives, how we can decrease the stress we are experiencing, and how to interrupt the stress cycle and use relaxation techniques.

**TIME MANAGEMENT**

**Aug 29 • 1:00–3:00 p.m. | Pearl Harbor**

Acquire skills to make better choices about time management and achieve your goals. Gain the personal understanding and practical skills to implement a customized framework for successful time management.

**WOMEN EMPOWERED GROUP**

**Aug 7, 14, 21, 28 • 10 a.m.–noon | Pearl Harbor**

This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationship, take actions towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

**WOMEN'S ALTERNATIVE TO VIOLENCE GROUP**

**Aug 3, 10, 17, 24, 31 • 2:00–4:00 p.m. | Pearl Harbor**

This 20-week group addresses women's violence toward their intimate partners. The group offers alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

**WORK AND PERSONAL LIFE BALANCE**

**Aug 8 • 1:00–3:00 p.m. | Pearl Harbor**

Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

## relocation assistance

**COMMAND SPONSOR COORDINATOR (CSC) AND INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION (INTRO) MANAGER TRAINING**

**Aug 22 • 8:00–11:00 a.m. | Pearl Harbor**

This class covers the regulations that govern the programs, how to assign sponsors, implementing rewards/awards to ensure a successful sponsorship program, and more. Open to Navy CSCs, Air Force INTRO Managers, Commanders, CMCs, Command Chiefs, and First Sergeants.

**SMOOTH MOVE**

**Aug 10 • 8:00–11:30 a.m. | Pearl Harbor**

This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning.

**SPONSOR TRAINING**

**Aug 1 • 1:00–3:00 p.m. | Wahiawa**

**Aug 16 • 1:00–3:00 p.m. | Pearl Harbor**

Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

## sexual assault prevention & response (SAPR)

**SAPR COMMAND POC TRAINING**

**Aug 30 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**

This is essential training to provide SAPR Points of Contact (POC) with the knowledge and responsibilities to perform their duties. Contact the Sexual Assault Response Coordinator (SARC) for more information and to register for this course which will require a letter of designation.

**SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)**

**Aug 21-25 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**


The VAIT is a 40 hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a US Navy SAPR Unit Victim Advocate. This is a highly interactive class that provides a comprehensive overview on the SAPR program/procedures, dynamics of sexual assault and victimization, response by the

**SMOOTH MOVE**  
relocation assistance

**Thursday, Aug 10**  
**8:00–11:30 a.m. at Pearl Harbor**

This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning.

To sign up, call 474-1999.



command, medical, legal, investigative, counseling, and advocacy personnel, as well as SAPR intervention and prevention strategies. Interested personnel should contact their respective SAPR POC or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office.

#### **SAPR VICTIM ADVOCATE REFRESHER TRAINING**

**Aug 31 • 12:30–3:30 p.m. | Pearl Harbor**

Refresher training is required to provide continuous education for current D-SAACP Certified US Navy SAPR Victim Advocates. Contact the Sexual Assault Response Coordinator for more information.

## suicide prevention

#### **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

**Aug 7-8 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**

ASIST is a two day (15 hour) workshop that teaches suicide first aid intervention skills. Similar to the medical first aid concept, suicide first aid caregivers learn verbal intervention skills that apply potentially lifesaving techniques to reduce suicide risk. Attendees learn to be a more willing, capable and confident caregiver to those having thoughts of suicide. This is a very interactive workshop, where attendees learn and practice skills of identifying those at risk of suicide, how to better listen to and care for those at risk, and how to link them to appropriate resources. Class is sponsored by MFSC and CREDO.

#### **safeTALK**

**Aug 25 • 8:00–11:00 a.m. | Pearl Harbor**

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. safeTALK trained suicide alert helpers learn to move beyond common tendencies to miss, dismiss or avoid suicide, identify people with thoughts of suicide, and apply the TALK steps (Tell, Ask, Listen, Keepsafe) to connect that person to suicide first aid caregivers.

#### **SUICIDE PREVENTION AWARENESS**

**Aug 10 • 10:00–11:00 a.m. | Hickam**

Learn ways to prevent suicide, including: building resilience, coping positively with life stress and relationships with peers, co-workers and families. Identify risk and protective factors that raise suicide risk, and how to apply ACT (Ask, Care, Treat). \*Counts as Navy Suicide Prevention GMT.

## transition assistance

#### **AFTER GPS**

**Aug 25 • 8:00 a.m.–3:00 p.m. | Hickam**

A follow-on to the 5-day TGPS workshop; informative briefs including Survivor Benefit, Tricare, Veterans Affairs, Workforce Development Office, and CAPSTONE prep. This workshop also includes an employer panel to assist you in understanding the civilian hiring process and how to best present yourself as the best candidate.

#### **CAPSTONE EVENT**

**Aug 3, 10, 17, 24, 31**

**7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor**

The final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success).

#### **TRANSITION GPS: CAREER AND TECHNICAL TRAINING**

**Aug 22–23 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**

Provides transitioning personnel with information and tools to obtain technical training in their chosen field. During the workshop, you'll be able to: (1) Complete an education needs assessment, (2) Identify, compare, and select technical training institutions based on specific criteria, (3) Prepare a Technical Training Application Package, (4) Schedule one-on-one counseling with the academic advisor from the institution, and (5) Connect with the Student Veteran Organization at your chosen institution.

#### **TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES**

**Aug 28-Sep 1 • 7:30 a.m.–4 p.m. | Pearl Harbor**

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

#### **TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES**

**Aug 14–18 • 7:30 a.m.–4 p.m. | Pearl Harbor**

**Aug 21–25 • 7:30 a.m.–4 p.m. | Pearl Harbor**

**Aug 28–Sep 1 • 7:30 a.m.–4 p.m. | Pearl Harbor**

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

#### **USAF CAPSTONE**

**Aug 15 • 1:00–3:00 p.m. | Hickam**

For Air Force personnel; option to attend Capstone at our Hickam classroom (Bldg 1105). Capstone is the final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life.. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success). Air Force personnel may also opt to attend Capstone at MFSC (Thursdays).

#### **USAF PRE-SEPARATION BRIEFING**

**Aug 2, 9, 16, 23, 30 • 8:00 a.m.–11:00 a.m. | Hickam**

DoDI 1332.35 mandates separating and retiring members receive Pre-Separation Counseling NLT 90 days prior to separation. Attending 12 months prior for separatees and 24 months prior for retirees is highly encouraged. This mandatory counseling covers VA benefits and entitlements, employment, education, medical, and community resources, among others.

### **MFSC-Hickam**

655 Vickers Avenue, Bldg. 1105  
474-1999

**Mon–Fri: 7:30 a.m.–4 p.m.**

### **MFSC-Pearl Harbor**

4827 Bougainville Drive  
474-1999

**Mon–Fri: 7 a.m.–4 p.m.**

### **MFSC-Wahiawa Annex**

500 Center Street, Bldg. 392  
Wahiawa, HI 96786  
474-1999

**Tue–Thu: 7 a.m.–3:45 p.m.**

# food&drink

## JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16  
 Mon, Sat ..... Appointment only  
 Tue-Fri ..... 0900-1600  
 Sun ..... Closed

## DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666  
 Mon-Fri ..... 0600-0830, 1100-1300, 1700-1830  
 Sat, Sun, Holidays ..... 0630-0830, 1100-1300, 1700-1830  
 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948  
 Mon-Fri ..... 0615-0730, 1100-1230, 1615-1730  
 Sat, Sun, Holidays ..... 0615-0730, 1030-1230, 1615-1730

## RESTAURANTS & CASUAL DINING

**LA FAMILIA MEXICAN RESTAURANT**  
 At Ke'alahi Par 3 Golf Course • 422-9987  
 Mon-Sat ..... 1000-2100  
 Sun ..... 1000-2000

**THE LANAI AT MAMALA BAY**  
 3465 Mamala Bay Drive, Hickam Harbor • 422-3002  
 Mon-Thu, Sun ..... 1100-1400, 1700-2100  
 Fri, Sat ..... 1100-1400, 1700-2100  
 Hapa Bar  
 Mon-Thu, Sun ..... 1100-2000  
 Fri, Sat ..... 1100-2100

**MOLLY'S BBQ & SEAFOOD**  
 At Barbers Point Golf Course • 600-9656  
 Mon-Thu, Sun ..... 0630-2100  
 Fri, Sat ..... 0630-2400

**RESTAURANT 604**  
 57 Arizona Memorial Drive, Rainbow Bay • 888-7616  
 Mon-Thu ..... 1030-2200  
 Fri ..... 1030-2300  
 Sat ..... 0930-2300  
 Sun ..... 0930-2200  
 Aloha Hour  
 Mon-Fri ..... 1500-1700

**TRADEWINDS ENTERTAINMENT CENTER**  
 150 McClelland Street, Bldg. 1804  
 COMING IN 2017!

**WRIGHT BROTHERS CAFÉ & GRILLE**  
 901 Worthington Avenue • 448-4608 Ext. 39  
 Mon-Fri ..... 0630-1000, 1030-1330  
 Sat ..... 0700-1330  
 Sun ..... 0700-1030

**SNACK BARS**  
**HARBOR GRILL**  
 Inside Naval Station Bowling Center • 473-2574  
 Mon ..... 0700-1330, 1700-2100  
 Tue-Thu ..... 0700-2100  
 Fri ..... 0700-2200  
 Sat ..... 0800-2200  
 Sun ..... 0830-1730

**KAU KAU KORNER**  
 Inside Hickam Bowling Center • 448-9959  
 Mon-Thu ..... 1000-2030  
 Fri ..... 1000-2200  
 Sat ..... 0900-2200  
 Sun ..... 0900-2030

**MAMALA BAY SNACK BAR**  
 At Mamala Bay Golf Course • 449-2307  
 Daily ..... 0630-1800

**PLANET SMOOTHIE**  
 At the Hickam Fitness Center • 422-1145  
 Mon-Fri ..... 0700-1900  
 Sat ..... 0800-1400

**FAST FOOD**  
**FATBURGER**  
 Inside Beeman Center Bldg. 711 • 312-3457  
 Daily ..... 1000-2200

**PIZZA HUT**  
 At the Club Pearl Complex • 423-2222  
 TEMPORARILY CLOSED

**TACO BELL**  
 At the Club Pearl Complex • 422-2274  
 TEMPORARILY CLOSED

**BARS**  
**BREWS & CUES** • 473-1743  
 Temporarily located in Bldg. 1557, North Road  
 Mon-Thu ..... 1300-2200  
 Fri-Sat ..... 1300-2300  
 Sun ..... Closed

**THE COUNTRY BAR**  
 At the Club Pearl Complex • 473-1743  
 TEMPORARILY CLOSED

**KOA LOUNGE**  
 At the Historic Hickam Officers' Club • 448-4608  
 Wed ..... 1600-2100  
 Thu ..... 1600-2200  
 Fri ..... 1600-2300

**10th PUKA LOUNGE**  
 At Ke'alahi Par 3 Golf Course • 448-9890  
 Mon, Tue, Sun ..... 1100-2230  
 Wed-Sat ..... 1100-2300

# programs&services

**AQUATICS**  
 Arizona Pool (Ford Island) • 472-7582  
 Open Swim (summer months):  
 Mon-Fri ..... 1300-1700  
 Sat, Sun, Holidays ..... 1200-1700

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274  
 TEMPORARILY CLOSED

Pool 2, Hickam Bldg. 425 • 260-9736  
 Open Swim:  
 Mon, Tue ..... Closed  
 Wed-Fri ..... 1300-1700  
 Sat, Sun ..... 1200-1700

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394  
 Lap Swim:  
 Mon-Fri ..... 0500-0700, 1100-1300  
 Mon-Thu ..... 1700-1900  
 Sat, Sun ..... 1000-1200

Open Swim:  
 Mon-Wed, Fri ..... 1300-1700  
 Sat, Sun, Holidays ..... 1200-1700

Towers Pool (Makalapa) • 471-9723  
 Lap Swim:  
 Mon-Fri ..... 1100-1300  
 Open Swim:  
 Sat, Sun ..... 1200-1700

**ARTS & CRAFTS CENTER**  
 Hickam Bldg. 1889 • 448-9907  
 Ceramics & Frame Shop  
 Mon, Sun ..... Closed  
 Tue-Sat ..... 0900-1700

Engraving Shop  
 Mon, Sat, Sun ..... Closed  
 Tue-Fri ..... 0900-1700

Gallery/Office  
 Mon-Fri ..... 0900-1700  
 Sat, Sun ..... Closed

Sales Store  
 Mon, Sun ..... Closed

Tue-Thu ..... 1000-1800  
 Fri, Sat ..... 0900-1700  
 Wood Hobby Shop • 448-9911  
 Mon ..... Closed  
 Tue-Thu ..... 1300-1900  
 Fri-Sun ..... 1000-1700

**AUTO SKILLS CENTERS**  
 Flight Crew Motorcycle ..... 422-6202, 548-8813  
 Hickam ASC, Bldg. 4002 • 449-2554  
 Mon, Sun ..... Closed  
 Tue-Fri ..... 0700-1700  
 Sat ..... 0900-1700

Hickam Car Wash • 449-2554  
 Daily ..... 0800-2000  
 Moanalua ASC (off-base) • 471-9072  
 Mon, Thu, Fri ..... 1200-2000  
 Sat, Sun ..... 0900-1700  
 Tue, Wed ..... Closed

Car Wash at Moanalua ASC • 471-9072  
 Daily ..... 0700-2000  
 Towing Service • 449-2554

**BOWLING CENTERS**  
 Hickam Bldg. 1891 • 448-9959  
 Mon, Tue, Thu ..... 1100-2100  
 Wed ..... 1000-2100  
 Fri ..... 1000-2400  
 Sat ..... 0900-2400  
 Sun ..... 0900-2100  
 Holidays ..... 1200-1800

Naval Station Bldg. 1736 • 473-2574  
 Mon ..... 1100-1330, 1700-2100  
 Tue-Thu ..... 1100-1330, 1700-2100  
 Fri ..... 1100-1330, 1700-2230  
 Sat ..... 0900-2230  
 Sun ..... 1100-1800  
 Holidays ..... Closed

The Escape at Wahiawa Annex • 473-2651  
 Fri ..... 1900-2200

**CHILD DEVELOPMENT CENTERS**  
 Center Drive CDC • 471-1978  
 Ford Island CDC • 472-0262  
 Hickam/Harbor CDC • 448-0183  
 Hickam/Main CDC • 449-9880  
 Hickam/West CDC • 449-5230  
 Kids Cove • 421-0989  
 Naval Station CDC • 473-2669  
 Peltier CDC • 471-9336  
 Wahiawa CDC • 653-5305

**CHILD DEVELOPMENT HOMES PROGRAM OFFICE**  
 530 Peltier, Bldg. 1925 • 471-8445  
 Mon-Fri ..... 0800-1700  
 Sat, Sun ..... Closed

**FITNESS & SPORTS CENTERS**  
 Family Fitness Center Bldg. 1681 • 471-2019  
 Mon-Fri (unstaffed) ..... 1000-1700  
 Hickam Bldg. 1120 • 448-2214  
 Mon-Fri ..... 0430-2130  
 Sat, Sun ..... 0700-1700  
 Holidays ..... Closed

JBPHH-Pearl Harbor Bldg. 1338 • 471-2019  
 Mon-Fri ..... 0400-2130  
 Sat, Sun, Holidays ..... 0700-1700  
 Naval Station Gym Bldg. 667 • 473-2436  
 Mon, Wed, Fri ..... 0500-1730  
 Tue, Thu ..... 0500-1500  
 Sat, Sun, Holidays ..... Closed

Wahiawa Annex Bldg. 446 • 653-5542  
 Mon-Fri ..... 0500-2100  
 Sat, Sun ..... 1200-1700  
 Holidays ..... 1000-1500

Open 24 hours a day, 7 days a week (unstaffed):  
 Ford Island Bldg. 55  
 Kunia Bldg. 446  
 Makalapa Bldg. 388  
 West Loch Bldg. 621



**GOLF COURSES**

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911  
 Daily Tee Times & Pro Shop  
 Mon-Sun ..... 0630-1830  
 Driving Range  
 Mon, Wed-Sun ..... 0630-1800  
 Tue. .... 0930-1800  
 Ke'alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318  
 Mon, Wed-Sun ..... 0630-2200  
 Tue. .... 0630-2100  
 Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304  
 Mon-Fri ..... 0630-1800  
 Sat, Sun (Holidays) ..... 0615-1800  
 Pro Shop  
 Mon-Fri ..... 0630-1800  
 Sat, Sun (Holidays) ..... 0615-1800  
 Navy-Marine Golf Course  
 Valkenburgh at Radford Drive • 471-0142  
 Daily Tee Times ..... 0700-1830  
 Pro Shop  
 Mon-Sun ..... 0630-1830  
 Driving Range  
 Mon-Wed, Fri-Sun ..... 0630-2100  
 Thu. .... 1030-2100

**HOUSING**

Ohana Military Communities Family Housing • 474-1820, 839-8690  
 Hickam Communities Family Housing • 448-0856, 423-7788  
 Unaccompanied Housing • 473-5995

**INFORMATION, TICKETS & TRAVEL**

ITT-Barbers Point, White Plains Beach • 682-2019  
 Mon-Sat ..... 0900-1800  
 Sun, Holidays ..... 0900-1500  
 ITT-Fleet Store, Pearl Harbor • 473-0792  
 Travel Connections-Pearl Harbor • 422-0139  
 Mon-Fri ..... 0900-1800  
 Sat ..... 0900-1600  
 Sun, Holidays ..... Closed  
 ITT-Hickam, Bldg. 1760 • 448-2295  
 Travel Connections-Hickam • 423-0255  
 Mon-Fri ..... 0900-1700  
 Sat ..... 0900-1300  
 Sun, Holidays ..... Closed  
 ITT-NEX Mall • 422-2757  
 Travel Connections-NEX Mall • 422-4067  
 Mon-Fri ..... 0900-1800  
 Sat ..... 0900-1700  
 Sun, Holidays ..... 0900-1500  
 ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446  
 Mon, Wed, Fri ..... 1000-1600  
 Tue, Thu, Sat, Sun, Holidays ..... Closed  
 ITT Recreation Ticket Vehicle • 630-3080

**INTRAMURAL SPORTS OFFICE**

Pearl Harbor Bldg. 667 • 473-2494 or 473-2437  
 Mon-Fri ..... 0700-1530  
 Sat, Sun ..... Closed

**LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1-E6 ONLY)**

Beeman Center (Naval Station) • 473-2583  
 Daily ..... 1000-2300  
 Instant Liberty (Club Pearl Complex) • 422-7167  
 TEMPORARILY CLOSED  
 Liberty Express (Wahiawa Annex) • 653-0220  
 Mon-Sat ..... 1500-2200  
 Sun ..... 1400-2100

**LIBRARY**

Hickam Bldg. 595 • 449-8299  
 Mon, Wed, Fri, Sat ..... 1000-1800  
 Tue, Thu ..... 1100-2000  
 Sun, Holidays ..... Closed

**MARINAS**

Hickam Harbor Marina, Bldg. 3455 • 449-5215  
 Mon ..... Closed  
 Tue-Sun ..... 0900-1700  
 Rainbow Bay Marina, Bldg. 103 • 784-0167  
 Mon ..... Closed  
 Tue-Sun ..... 0900-1700

**MILITARY & FAMILY SUPPORT CENTER**

Hickam, 655 Vickers Ave. • 474-1999  
 Mon-Fri ..... 0730-1600

Sat, Sun ..... Closed  
 Pearl Harbor, 4827 Bougainville Dr. • 474-1999  
 Mon-Fri ..... 0700-1600  
 Sat, Sun ..... Closed  
 Wahiawa Annex, Bldg. 392 • 474-1999  
 Mon, Fri-Sun ..... Closed  
 Tue-Thu ..... 0700-1545

**MORALE, WELFARE & RECREATION (MWR) ADMIN**

Bloch Arena • 473-0787  
 Mon-Fri ..... 0800-1630  
 Sat, Sun ..... Closed

**MOVIES**

Sharkey Theater, Pearl Harbor • 473-0726  
 Mon-Wed ..... Closed  
 Thu, Fri ..... 1900 showtime  
 Sat, Sun ..... 1430, 1645 & 1900 showtimes  
 Memorial Theater, Hickam • 448-2297

**NAVY GATEWAY INNS & SUITES**

(Open 24 hours a day, 7 days a week)  
 Pearl Harbor Side of JBPHH • 808-800-2337  
 Arizona Hall (Bldg. 1623)  
 Hale Ali'i (Bldg. 1315)  
 Lockwood Hall (Bldg. 662)  
 Makalapa (Bldg. 372)

Hickam Side of JBPHH • 808-800-2330  
 Royal Alaka'i (Bldg. 1153)

**OUTDOOR RECREATION**

Aikane Sport Fishing • 423-1113  
 Dive Oahu, Pool 1 • 922-3483  
 Hickam Beach (lifeguards on duty)/Surf Shack  
 Fri-Sun ..... 1000-1700  
 Outdoor Adventure Center-Fleet Store • 473-1198  
 Mon-Fri ..... 0900-1800  
 Sat ..... 0900-1600  
 Sun ..... 0900-1300  
 Holidays ..... Closed  
 Outdoor Recreation-Hickam Harbor • 449-5215  
 Mon, Holidays ..... Closed  
 Tue-Sun ..... 0900-1700  
 Skateboard Hangar • 448-4422  
 Wentworth Tennis Center • 473-0610  
 White Plains Beach/Surf Shack • 682-4925  
 Daily ..... 1000-1700

**RENTALS**

Barbers Point Beach Cottages • 682-3085  
 Conference Centers • 472-0342  
 Foster Point Pavilion • 449-5215  
 Hickam Beach Cabanas • 449-5215  
 Makai Recreation Center • 449-3354  
 Pearl Party Patios • 473-1198  
 Outdoor Recreation Equipment Rentals:  
 Hickam Beach • 449-5215  
 Pearl Harbor • 473-1198  
 White Plains Beach • 682-4925  
 Recreation & Party Equipment Rentals:  
 Hickam Bldg. 1760 • 449-6870

**YOUTH PROGRAMS**

School-Age Care  
 Catlin • 421-1556  
 Hickam • 448-4396  
 School Liaison Officer (K-12)  
 4827 Bougainville Drive • 471-3662, 471-3673  
 Mon-Fri ..... 0800-1700  
 Sat, Sun ..... Closed  
 Teen Center (ages 13-18) • 448-0418  
 School year:  
 Mon-Thu ..... 1400-2000  
 Fri ..... 1400-2100  
 School vacations:  
 Mon-Fri ..... 1200-2000  
 Weekends:  
 Sat ..... 1330-2130  
 Sun ..... Closed  
 Youth Sports & Fitness  
 Office, Bloch Arena • 473-0789  
 Mon-Fri ..... 1100-1730  
 Sat, Sun ..... Closed  
 Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

# naf jobs

NAF Human Resources ..... 422-3784  
 600 Main St., Bldg. 3456

## Job Opportunities

Join our team and start working with the military in Hawaii. Search for civilian positions with our Fleet and Family Readiness organization. Our team includes great individuals who work in recreation and sports, child care, hotel and food service, and business positions.

### Continuous Recruitment:

- Child & Youth Program (CYP) Assistant
- CYP Cook
- CYP Food Service Worker
- Cashier/Checker
- Club Operations Assistant
- Cook
- Food Service Worker
- Waiter/Waitress

- Community Recreation Assistant
- Library Aide
- Motor Vehicle Operator (Tour Escort)
- Recreation Aide/Wood Shop
- Recreation Assistant/Auto Skills
- Recreation Assistant/Liberty Program
- Recreation Assistant/Lifeguard
- Recreation Assistant/Sailing

- Automotive Worker
- Custodial Worker
- Custodial Worker (Housekeeping)
- Laundry Worker

### How to Apply:

Obtain posted NAF job application at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Application and any required documents should be submitted to:

**CNRH FFR**  
**Attn: NAF Human Resources**  
**600 Main Street, Bldg. 3456**  
**Honolulu, HI 96818**

or email to: [nafhr@greatlifehawaii.com](mailto:nafhr@greatlifehawaii.com)

or fax to: **808-422-3782**

*Commander Navy Region Hawaii (CNRH)  
 is an Equal Employment Opportunity  
 Employer (EEOE)*

# FORD ISLAND HISTORICAL TOUR

**EVERY WEDNESDAY • 9:30 A.M. – 12 P.M.**

**COST: ADULT \$25 • CHILD \$20 (3-11 UNDER 3 FREE)**

**“Such a great tour. Jessie is the best tour guide and storyteller I’ve ever met. I love her passion.”**

– N. Van Pelt

**“I’m willing to bet that there is no one living today who knows as much about the bombing of Oahu from the people themselves than Jessie.”** – S. Work

**“Jessie is awesome! She is THE historian of Pearl Harbor, Hickam Field and island!”** – J. Dague

**Call your nearest ITT location to make reservations or for more info.**

**Fleet Store: ..... 473-0792**  
**Hickam: ..... 448-2295**  
**NEX Mall: ..... 422-2757**  
**Wahiawa: ..... 564-4445/4446**  
**Barbers Point: ..... 682-2019**



[www.greatlifehawaii.com](http://www.greatlifehawaii.com)





# YOUTH SPORTS COACHES NEEDED

**BECOME A VOLUNTEER COACH AND  
MAKE A DIFFERENCE IN OUR YOUTH!**

YOUTH SPORTS ARE LOOKING FOR VOLUNTEER COACHES FOR OUR SEASONAL SPORTS:  
Flag Football, Soccer, Volleyball, Cheerleading, Tennis, Basketball & Baseball

## JOIN US TODAY!

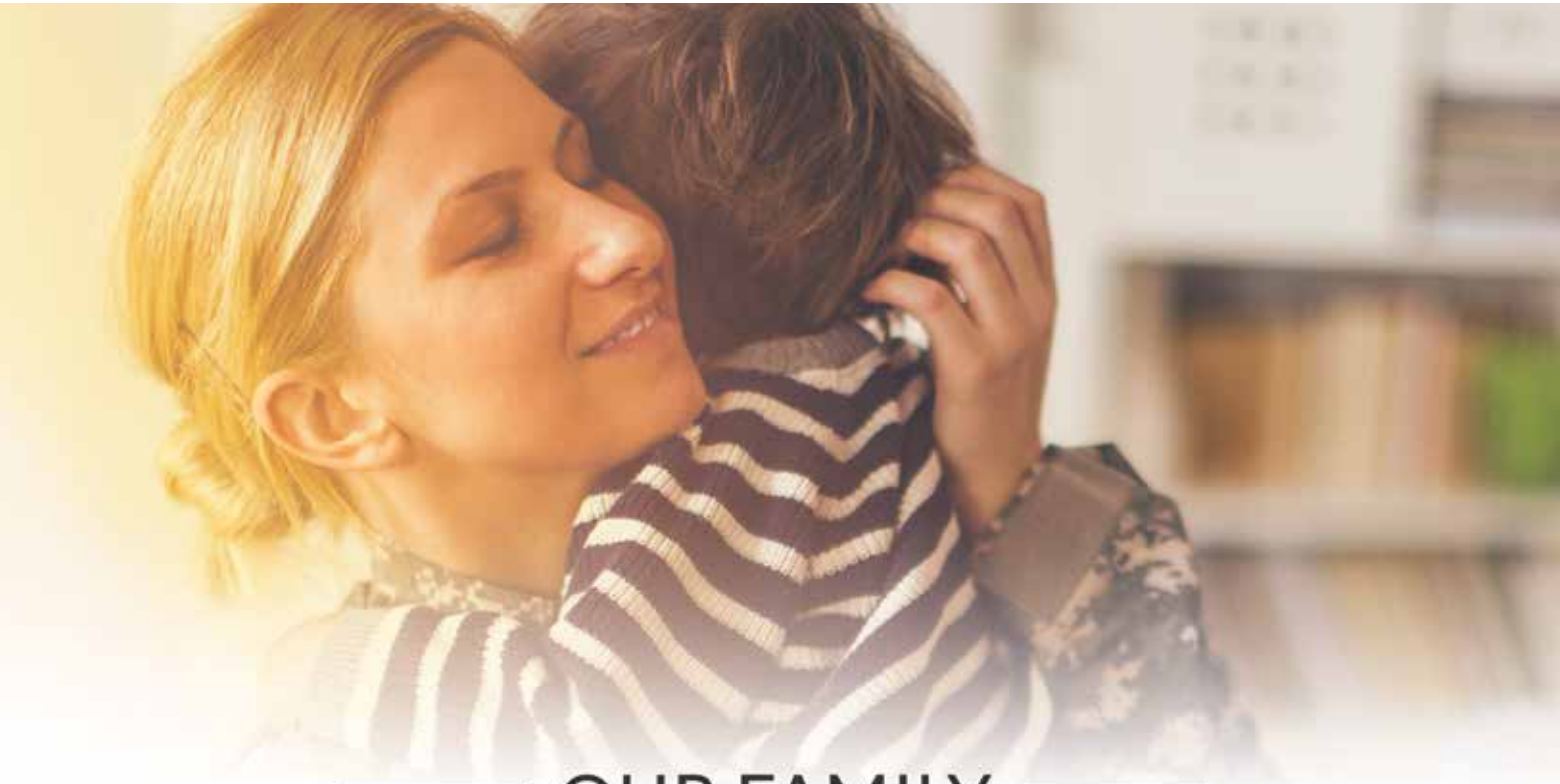
If interested, call Youth Sports office at 473-0789 or visit [greatlifehawaii.com](http://greatlifehawaii.com) for more info.



Child and Youth Programs

Follow us on Facebook @jbphhysf





— OUR FAMILY —  
**TRADITION**  
—  
IS TAKING CARE  
**OF YOURS**  
— SINCE 1936 —

**GEICO** MILITARY

[geico.com](http://geico.com) | 1-800-MILITARY | Local Office