

# GREAT *Life* HAWAII

www.greatlifehawaii.com | February 2018



## TO SURF OR NOT TO SURF?

PG 6



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





**NAVY  
ENTERTAINMENT**  
PRESENTS

EDWIN  
MCCAIN  
Since 1970

**TRIO**

**SAT, FEB 3 | 6 PM | FREE**  
**HISTORIC HICKAM OFFICERS' CLUB LANAI**

Lanai opens at 5pm. Performing hits "I'll Be" and "I Could Not Ask for More." Beverages available for purchase. Food available for purchase at Wright Bros Café and Grille and is allowed at the concert.

No outside food or beverages permitted. Seating is limited, first come, first served.

No reservations. **OPEN TO ALL HANDS**

[GREATLIFEHAWAII.COM](http://GREATLIFEHAWAII.COM)



# FEBRUARY

GREATLIFEHAWAII | 2018

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## 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: FEBRUARY 2018

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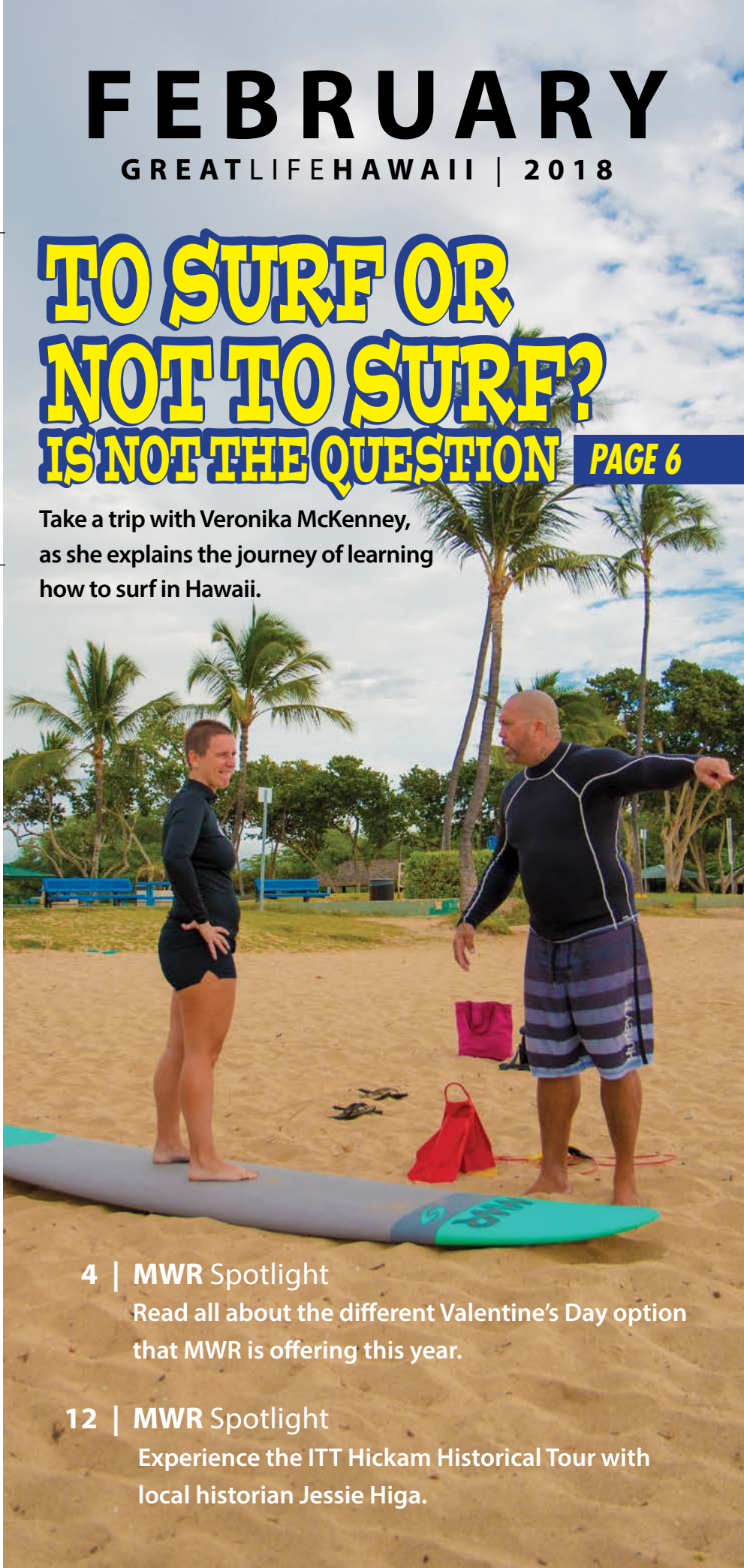
**On the cover:** Veronika and Miki on White Plains Beach.

**At right:** MWR Instructor Milton explains the basics of surfing to Veronika.

# TO SURF OR NOT TO SURF? IS NOT THE QUESTION

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Take a trip with Veronika McKenney, as she explains the journey of learning how to surf in Hawaii.



## 4 | MWR Spotlight

Read all about the different Valentine's Day option that MWR is offering this year.

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Experience the ITT Hickam Historical Tour with local historian Jessie Higa.





*Give Your  
Sweetheart  
a Treat on Valentine's Day*

By Reid Tokeshi

Valentine's Day is right around the corner. It's a holiday of indulgent meals and creative surprises for that special someone in your life. What you may not know is that there are fabulous choices right here on base that would make for the perfect celebration or experience.

For many, a fantastic meal is a must for Valentine's Day and there are three locations offering sumptuous menus. Joint Base Catering is again offering its annual Valentine's Day Dinner on February 14 at the Historic Hickam Officers' Club (open to all ranks, all base-eligible patrons). The evening begins at 6 p.m., just in time for the beautiful sunset views from the Grand Lanai. A five-course set menu awaits, with salad, appetizer, soup and a choice of entrée - panko crusted chicken Cordon Bleu, ono (wahoo fish) with lemon caper sauce, or beef tenderloin. Topping off the evening is a Valentine's favorite for two - chocolate covered strawberries and whole strawberries with crème fraiche. All of this is only \$59.95 per person or \$71.95 to include a wine pairing. Reservations are strongly recommended as seating fills up quickly. Call 808-448-4608 to make yours.

If scenic ocean views will help set the mood, then The Lanai at Mamala Bay is an excellent choice with the Valentine's Special available from 5 to 8 p.m. on February 14. The four-course dinner

for \$48.95 includes soup, salad, choice of entrée - fire grilled monchong, surf & turf (flank steak and Kauai shrimp), or roasted Hawaiian chicken, and a chocolate cake for dessert. Plus, enjoy a complimentary bottle of wine with the purchase of two dinner specials. The Lanai's popular regular menu items are available if the set meal isn't quite your thing. Again, reservations are highly recommended and can be made by calling 808-422-3002.

For a more relaxed atmosphere while enjoying an delicious meal, check out the hidden not-so-secret spot, Restaurant 604. Already a popular lunch and after work spot, this waterfront location overlooking Rainbow Bay Marina will feature several special menu items for Valentine's Day. These will be offered in addition to the regular dinner menu from 5 to 10 p.m. You'll want one of the tables overlooking the waters for the best views of the sunset, so call 808-888-7616 for reservations before it fills up.

Who says you can't pamper yourself and your sweetheart before or after Valentine's? The Hickam Memorial Fitness Center is offering a Couple's Massage Special from February 1-17. The two of you get a one-hour session together for only \$130. As both of you feel the tensions melt away, the shared experience will be something you'll want to have again and again. Appointments can be scheduled by calling 808-448-2214. 



# Valentine's Day

## DINNER

WEDNESDAY, FEBRUARY 14  
HISTORIC HICKAM OFFICERS' CLUB | THE GRAND LANAI  
6-8PM

OPEN TO ALL RANKS, ALL BASE-ELIGIBLE PATRONS  
\*\$59.95 PER PERSON / \*\$71.95 WITH PAIRED WINE  
\*inclusive of service charges



### APPETIZERS

- Caesar Salad
- Crab Cakes with Cajun Remoulade Sauce or Bruschetta with Balsamic Glaze
- French Onion Soup

### ENTREES (A CHOICE OF:)

- Panko Crusted Chicken Cordon Bleu
- Ono with Lemon Caper Sauce
- Beef Tenderloin

(all served with roasted red potatoes and asparagus)

### DESSERTS

- Chocolate Covered Strawberries and Whole Strawberries with Crème fraîche for two
- Coffee / Tea / Water

RESERVATIONS REQUIRED  
CALL 808-448-4608





# TO SURF OR NOT TO SURF?



## IS NOT THE QUESTION

**BY VERONIKA MCKENNEY**

To many people, Hawaii is all about the outdoors, and the beautiful Pacific Ocean in particular. After all, Hawaii is associated with surfing worldwide – images of longboards and Duke Kahanamoku are postcard staples. Let's be honest, the best thing about being stuck in the North Shore traffic (especially in the winter) is watching the colossal waves roll in and the brave souls riding them. If you are like me, you regularly check the weather notifications and the surf reports so, if at all possible, you can rush to marvel at the big surf. There is undeniably something magical about surfing – the sheer force of the ocean combined with the fragile agility of a human being.

To surf or not to surf was never a question for me. A water baby at heart, I have taken every chance to snorkel, swim and boogie board since arriving in Hawaii. To be in Hawaii and never try to surf equals a blasphemy in my books. I am no seasoned athlete. An outdoors person and a runner, I never skateboarded or snowboarded, neither would I list balance as my strength.

Although very young at heart, I am no longer a spring chicken either. And as some of you know well, recovery takes so much longer when you reach your “shshsh-ties” so I rely on caffeine to jump start me every morning. Despite the aforementioned facts which some may perceive as obstacles, I was determined to prove you could always, always pursue your dreams. Also, if you cannot laugh at yourself, then the world is a rather sad place.

Before I describe my surfing experience, I have to warn you ... I had fun. In fact, I had so much fun that given a chance, I would be sitting on the board right now, waiting for the perfect wave (then again, I have my work obligations).

As a surfing novice, I was advised to book a private lesson which, with a hindsight, was the right choice. After I arrived at White Plains Beach, my instructor Milton chose the right size surfboard for me. Despite being twice my size, the board was light enough to carry to the sand where we spent the first part of the lesson.

Milton gave me a thorough overview of ocean safety, beach rules and surfing etiquette; as well as explained the basic surfing terminology so I could tell rails from tails. What followed were several “dry runs” which involved fake paddling and jumping up on the board to learn the right position (not too close to the nose of the surfboard) as well as posture for good balance. Be ready for a great workout and if you can, you may want to familiarize yourself with burpees prior to your lesson because that's what, in simple terms, you will be doing a lot of. Planks are equally important – for going through the white water.

After what already seemed like a great workout on the sand, we made our way into the ocean to put theory to practice. Let me tell you, paddling may seem extremely easy from ashore ... well, no matter how good a swimmer you are, paddling is art in itself. You are pushing your own weight combined with the weight of the board (which suddenly felt more like lead than foam) against the power of the ocean. Do not despair - it is hard but





essential and eventually very rewarding work. All that paddling gets you where you need to be to catch a wave.

Once positioned on the line, Milton would wait for the right moment to push me and then shout two sets of key instructions ... “paddle, paddle” and “stand up”! Once I stood up, it was all down to my balance. Sounds so very easy, does it not? Well, for the first two waves I did not manage to get up at all. I simply boogie boarded which really was not the objective, leaving me feeling like a failure. On my third attempt, I managed to get up and stay up for possibly a whole two seconds before having an epic wipe out. I saw that as progress, determined even more to paddle back and keep on trying. Trust me, you want that hard work of paddling to pay off. And it did! My Christmas came early ...

I stood up and stayed up until I, not the gravity, decided when to jump off. The euphoric feeling after riding a full wave for the first time is difficult to describe in words. Esthetically, it was probably a disaster but I could not care less. Many wipe outs followed; however, I managed to actually ride three waves all the way (yes, I counted each of them). And if I was not sore – both from laughter and the actual exercise, I would have stayed all day.

Don't be fooled. One lesson is not enough. It teaches you bare essentials. It gives you a taste. There is so much more to master (like catching your own wave without a very helpful Milton pushing you) and so many more wipe outs are awaiting. Like anything else, to get better you must practice, practice, and practice.

But trust me - one lesson is enough to make you fall in love with surfing. I may be a kook\* forever but as long as I have fun, it is all that matters.

So, go ahead and book your own surfing experience, be it a private or a group lesson. You live in the surfing paradise so why not live by the famous saying “When in Rome ....” 🍷

To book your lesson, please call the Surf Shack at White Plains Beach (682-4925) or Outdoor Recreation at Hickam Harbor (449-5215).

\*kook = a rookie surfer or someone who isn't very good at surfing (source: wavetribe.com)

# HICKAM ARTS AND CRAFTS

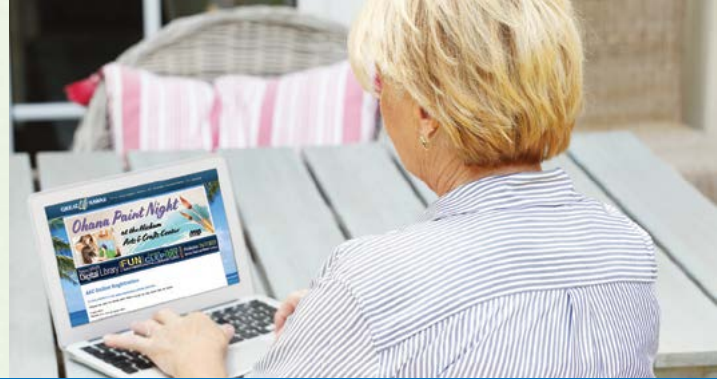
C E N T E R



## FEB | MAR | APR

335 Kuntz Ave., Bldg. 1889  
448-9907

For class information and supply lists visit  
[www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information](http://www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information)



## TEEN/ADULT CLASSES

### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

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

**Feb 28 – Apr 4 • Apr 11 – May 16**

Thursdays, 6–8:30 p.m.

**Mar 1 – Apr 5 • Apr 12 – May 17**

Fridays, 9–11:30 a.m.

**Mar 2 – Apr 6 • Apr 13 – May 18**

Saturdays, 9–11:30 a.m.

**Mar 3 – Apr 7 • Apr 14 – May 19**

Ages 16 and older

\$75 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:

Thursdays, 6–8:30 p.m.

**Mar 8–29**

Saturdays, 9 a.m.–12:00 p.m.

**Feb 3–24 • Mar 3–31 (No class-Mar 10) • Apr 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.

**Feb 6–27 • Mar 6–27**

Ages 12 and older

\$80 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, 5:45–7:45 p.m.

**Feb 6–27 • Mar 6–27**

Ages 12 and older

\$75 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.

#### COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30–2:30 p.m.

**Apr 3–24**

Ages 12 and older

\$80 per person (plus supplies)

Explore the expressive artist in you. This exciting class is designed to demonstrate innovative methods of creating and applying acrylics on canvas. The course includes application, composition, basic color theory and techniques. Knowing how to draw or paint is not required.

#### ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:00–5:00 p.m.

**Apr 3–24**

Ages 12 and older

\$80 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.

#### OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45–7:45 p.m.

**Apr 3–24**

Ages 14 and older

\$90 per person (plus supplies)

This class is designed to demonstrate basic methods of creating oil paintings on canvas. The course includes color mixing, application, and techniques. Knowing how to draw or paint is not required.

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

**Feb 20–Mar 27 • Apr 3 – May 8**

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.

**Feb 22–Mar 29 • Apr 5 – May 10**

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.

**Mar 1–29 • Apr 19 – May 17**

Ages 12 and older

\$65 per person (plus supplies)

For tweens and teens that enjoy manga/comic/cartoon art and love to draw characters. 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 along with 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!

#### ILLUSTRATION WITH CHARIS DERRY

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

**Apr 19–May 17**

Ages 12 and older

\$65 per person (plus supplies)

Learn to apply your drawing and painting skills to produce art that gets used in the real world. Pick from projects like



CD covers, stationary designs, greeting card design, t-shirt design, poster art, children's book illustration, and illustrations for ads and magazine articles. Learn the basics of color theory and using pen and ink and/or paint. Some previous basic drawing and painting experience is recommended.

### PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

**Mar 1–29**

Ages 12 and older

\$65 per person (plus supplies)

Capture the essence and beauty of living things in paint. Realistic painting skills and techniques are emphasized as students create dramatic compositions of people, or animals, or both. Advanced topics in proportion, gesture, facial features, full body poses, anatomy, skin tones, texture, fur, color theory, lighting, form, etc. are covered. You will learn a practical working process to create your own truly original image in paint.

## 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, 5:30–7:30 p.m.: **Feb 8–15 • Mar 8–15**

Thursdays, 5:15–7:15 p.m.: **Apr 5–12 • Apr 19–26**

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.

### ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks: Wednesdays, 5:15–7:15 p.m.

**Apr 4–25**

Ages 16 and older

\$75 per person (plus supplies)

This class is for more advanced students who have previously taken Beginning Glass Fusing and would like to learn more about working with glass. Please wear shoes. Long pants are recommended. Previous glass experience is required.

### PAINTING WITH GLASS WITH JESSICA FITZGERALD

One class per week for 3 weeks: Wednesdays, 5:30–7:30 p.m.

**Feb 7–21 • Mar 7–21**

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.

### ORNAMENTS AND SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

Thursday, 5:30–7:30 p.m.: **Feb 1, 22 • Mar 1, 22**

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.

## Photography

### BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6–8 p.m.: **Feb 6–27 • Mar 6–27 • Apr 3–24**

Wednesdays, 10 a.m.–Noon:

**Feb 7–28 • Mar 7–28 • Apr 4–25**

Ages 14 and up

\$75 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

**Feb 10–24 • Mar 10–24 • Apr 14–28**

Ages 16 and up

\$70 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

### BEGINNING SEWING WITH AMANDA BUSSEY

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

**Apr 4–May 2**

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 and supplies.

### INTERMEDIATE SEWING WITH AMANDA BUSSEY

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

**Feb 14–Mar 21**

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 are required. You must have your own machine and supplies.

### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

**Feb 6–27 • Mar 6–27 • Apr 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.

### MACHINE QUILTING WITH KYONG ANGUAY

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

**Feb 17–Mar 17** (no class Mar 10) | **Crazy Quilt**

**Mar 24–Apr 14** | **Log Quilt**

**Apr 21–May 19** (no class May 5) | **Bargello Quilt**

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.

**Feb 17–Mar 17** (no class Mar 10) | **Project Bag**

**Mar 24–Apr 14** | **Bring Your Own Project**

**Apr 21–May 19** (no class May 5) | **Zipper Bag**

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.

## 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.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

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 for use of the lathe during shop hours. Pre-registration is necessary to secure a spot for the class. *Must take the safety class prior.*

### SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

Ages 12 years & older (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 to secure a spot for the class.

### BOWL TURNING CLASS

One class per week for 2 weeks.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

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

\$85 (supplies included)



(continued from previous page)

The class will explore more the uses for the lathe by learning additional tools and techniques for turning larger items. Pre-registration is necessary to secure a spot for the class. *Must take the safety class & the pen turning class prior.*

#### CUTTING BOARD CLASS

One class per week for 3 weeks.  
Offered select Fridays, 5–9 pm.  
Offered select Saturdays & Sundays, 7:30–11:30 a.m.  
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. Pre-registration is necessary to secure a spot for the class. *Must take the safety class prior.*

#### KEEPSAKE BOX CLASS

One class per week for 4 weeks.  
Offered select Fridays, 5–9 pm.  
Offered select Saturdays & Sundays, 7:30–11:30 a.m.  
Ages 16 years & older  
\$135 (supplies included)

The class shows how to prep your wood from rough lumber and to use a miter joint to fit your box together. Pre-registration is necessary to secure a spot. *Must take the safety class prior.*

#### KOA PADDLE CLASS

One class per week for 4 weeks.  
Offered select times on Monday, Friday, Saturday or Sunday.  
Ages 16 years & older (ages 12–15 must be accompanied by a parent or guardian)  
\$350 (supplies included)  
Students will start from rough lumber to build two koa paddles. Pre-registration is necessary to secure a spot. *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 to find out 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: Thursdays, 3–4:30 p.m.  
**Feb 8–Mar 1 • Mar 8–29 • Apr 5–26**  
Ages 7–12  
\$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.  
**Feb 26–Mar 19**  
Ages 9–13  
\$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 and supplies.

#### INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 6–7:30 p.m.  
**Apr 2–30**  
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 and basic sewing experience.

#### AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m.  
**Feb 20–Mar 27 • Apr 3–May 8**  
Ages 7–17  
\$70 per person (plus supplies)  
In this class, 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.  
**Feb 22–Mar 29 • Apr 5–May 10**  
Ages 7–17  
\$70 per person (plus supplies)  
In this class, 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.  
**Feb 22–Mar 29 • Apr 5–May 10**  
Ages 7–17  
\$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.

#### DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

One class per week for 5 weeks: Mondays, 3:30–5:00 p.m.  
**Apr 23–May 21**  
Ages 7–18  
\$65 per person (plus supplies)  
Kids learn basic drawing skills by way of creating both realistic animal sketches and cool cartoon characters. Through curated resources and hands on exercises, the fundamentals of drawing like shape, line, proportion, gesture, shading, etc, are introduced in a way that encourages students to enjoy the process and make pictures with personality! Students also learn to find good reference images, how to compose a scene and set a visual mood, and how to draw dramatic finishing touches like fur, texture, and lighting. No previous drawing experience required.

#### ART APPRECIATION WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 1:15–2:45 p.m.  
**Feb 5–Mar 5 (no class Feb 19) • Mar 12–Apr 2**  
Ages 7 and older  
\$75 per person (supplies included)  
In this class, students will learn to gain an appreciation of art and its varied techniques. This course will introduce students to the fundamental basics of drawing (types of pencils, shading, etc), painting, sculpture, and printmaking.

#### MODERN MASTERS WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 5:30–7:15 p.m.  
**Feb 5–Mar 5 (no class Feb 19) • Mar 12–Apr 2**  
Ages 7–14  
\$75 per person (supplies included)  
Are you a fan of the works of Van Gogh, Monet, Picasso or Warhol? In this class, we will create our own rendition of their most famous works with acrylic paint on canvas. We will also learn to mix and layer colors while studying the movements of some of history's greatest master artists.

## EVENTS & ACTIVITIES

#### CALLING ALL CRAFTERS: JBPH-HICKAM 43RD ANNUAL SPRING CRAFT FAIR & DOG SHOW

**Saturday May 5**  
9 a.m.-3 p.m.  
Registration starts February 2 at 9 a.m. in the Ceramics Shop.  
\$75 for 15x15 space  
\$105 for two to share a space

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. Location of the Craft Fair: Arts and Crafts Center (outside grass area, under trees) 335 Kuntz Ave, Hickam (across from the theater) For additional information, call 448-9907 or e-mail tori.smith@navy.mil or donna.sommer@navy.mil

#### COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30 p.m.:  
**Feb 7 & 21 • Mar 7 & 21 • Apr 4 & 18**  
Ages 7–14  
\$30 per person  
Create painted masterpieces on canvas while enjoying a sweet treat. Single sessions make this fun and affordable. Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. All supplies included (paint, canvas, and treats) Be sure to wear clothes to paint in!

#### OHANA PAINT NIGHT WITH CHARIS DERRY

One class per month: Fridays, 5:30–7:30 p.m.:  
**Feb 23 • Mar 30 • Apr 27 • May 25 • Jun 29 • Jul 27**  
Ages 8 and older  
\$35 per person  
Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Snacks will be provided at no additional cost. Online registration can be done at: [greatlifehawaii.com/recreation/arts-crafts/ac-online-registration](http://greatlifehawaii.com/recreation/arts-crafts/ac-online-registration).

#### 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>.



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).





# Spring Craft Camp

at the HICKAM ARTS & CRAFTS CENTER

TUESDAY, MARCH 20 -

FRIDAY, MARCH 23

10AM - 12PM

\$60 PER PERSON

OPEN TO AGES 7 & UP



There's no limit to the beauty a child can create when given some instruction and artistic freedom.

**SIGN UP NOW, CLASSES FILL UP FAST!!!**

**TO REGISTER VISIT [WWW.GREATLIFEHAWAII.COM](http://WWW.GREATLIFEHAWAII.COM) AND SEARCH:**

**ARTS AND CRAFTS REGISTRATION**

335 Kuntz Ave, Bldg 1889, Phone: 808-448-9907





# ITT's Unique Hickam Historical Tour

By Justin Hirai

MANY PEOPLE KNOW ABOUT THE SURPRISE ATTACK THAT TOOK PLACE ON DECEMBER 7, 1941 AS THE "ATTACK ON PEARL HARBOR." EVEN DOING A SEARCH ON THE INTERNET FOR THE DATE WILL PULL UP ARTICLES AND ALMOST ALL REFERENCE ONLY PEARL HARBOR. I ADMIT THAT UNTIL I BEGAN WORKING ON JOINT BASE PEARL HARBOR-HICKAM AND WENT ON THE HICKAM HISTORICAL TOUR I WAS UNAWARE OF THE ROLE HICKAM FIELD HAD ON THAT "DAY OF INFAMY"



REID KAGEMOTO

The MWR Information, Tickets and Travel department offers their unique Hickam Historical Tour every Friday. What sets this tour apart isn't just the fact that you're touring an active military base, but that you hear personal stories of the Army Air Forces' airmen, nurses, families and civilians who were here on that day.

I was lucky enough to take the tour with a local historian of U.S. Military & Hawaiian History, Jessie Higa (pictured at right). She's been giving tours for MWR ITT since 2009. The stories Higa shares aren't ones from books, but stories she's actually heard directly from survivors of the attack and their family members.



"I treat these stories as these were my grandparent's stories," explained Higa. I could hear how passionate she was, as she would get emotional while sharing their tales. She has built relationships with survivors and really wants to share their stories so those who lost their lives are remembered.

"That's what it's all about, honoring the dead. Remembering those who passed, not only the survivors," Higa explained as one of the main reasons she's passionate about sharing the history.

Besides the personal stories you will learn things such as, what Hickam Field was before it became an air field; who Hickam Field was named after and their tie to Hawaii; who designed Freedom Tower; where natural artesian springs are on base; who took down the American flag after the attack; where it is now and much more.



I don't have a special interest in history, but this tour definitely kept my attention as the stories and facts were very intriguing. On the tour we were reminded that where we are working and/or living is a historic battle field. We shouldn't forget that and always have a sense of respect for those who were here during the attack.

The Hickam Historical tour is available every Friday from 9:30am-1:30pm and departs from the Hickam ITT Office. Adults are \$45 per person and children 3-11 years old are \$40. Lunch is included in the cost. If you're interested in the tour or have any questions you can call 448-2295. [MWR](#)







# FEB • MAR OUTDOOR RECREATION



## SURFING

### LEARN TO SURF AT HH

- Feb 25 Sign up by Feb 22  
Begins: 9 am | Ends: 12 pm  
Cost: \$30

Join the experienced Hickam Beach staff for an all-inclusive group surf lesson! The instructors here 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 surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. *Participants must be proficient at swimming and can do so without a lifejacket.*

### WOMEN'S SURFING

- Mar 25 Sign up by Mar 22  
Begins: 9 am | Ends: 12 pm  
Cost: \$30

In a class all their own, we are getting you out to enjoy the breaks! Come out and get professional instructions from our own Outdoor Recreation staff and learn to surf in the surfing capital of the world. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Don't miss out on this righteous opportunity! *Participants must be able to swim without a lifejacket.*

## STAND-UP PADDLEBOARDING

### LEARN TO STAND-UP PADDLEBOARD AT HH

- Feb 4 Sign up by Feb 2
- Feb 17 Sign up by Feb 15
- Mar 3 Sign up by Mar 1
- Mar 18 Sign up by Mar 16  
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

- Feb 3 Sign up by Feb 1
- Mar 3 Sign up by Mar 1  
Begins: 8 am | Ends: 1 pm  
Cost: \$30

Join us as we travel to the windward side in an area that once supplied a lush, sustainable lifestyle for the ancestors of Hawaii. 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 stand up paddle.

### STAND UP PADDLE HALEIWA/ NORTH SHORE

- Mar 31 Sign up by Mar 28  
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

### MOONLIGHT PADDLE AT HH

- Feb 1 Sign up by Jan 30  
Begins: 6:30 pm | Ends: 8:30 pm
- Mar 1 Sign up by Feb 27  
Begins: 7:00 pm | Ends: 9:00 pm  
Cost: \$25 (Kayak included)

What better way to melt the day to day stress away than by joining us for an evening paddle? Enjoy the company of the group as our guides lead the way across the calm, moon lit water. All the required gear is provided and all paddling abilities are welcome. Water and dry change of clothes are recommended.

*(continued on next page)*

## 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 February activities is currently open. Registration for March activities begins **February 1**.

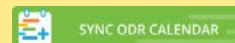
Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a first-come, first-served basis and must be paid in advance.

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 activities that require  
online registration visit  
[www.greatlifehawaii.com](http://www.greatlifehawaii.com)  
and search: ODR Registration**



**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).**



### KAYAKING AT CHINA MAN'S HAT

- Feb 17 Sign up by Feb 15
  - Mar 10 Sign up by Mar 8
- Begins: 8 am | Ends: 1 pm  
Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then explore the island, enjoy swimming or tide pool viewing and possibly catch a wave or two. If the weather is nice we can take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty. You're encouraged to bring lunch or snacks and plenty of water.

## RENTALS

### OUTDOOR EQUIPMENT

**Bldg. 1786 Willamette St., Pearl Harbor • 473-1198**  
Mon–Fri 9 am–6 pm • Sat 9 am–4 pm • Sun Closed

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 9 am–1 pm • Sun Closed

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

## FISHING

### BOTTOM FISHING AT HH

- Feb 3 Register online by Feb 1
  - Feb 18 Register online by Feb 15
  - Mar 4 Register online by Mar 1
  - Mar 17 Register online by Mar 14
- Begins: 2:30 pm | Ends: 5:30 pm  
Cost: \$30

Registration available online only

Enjoy a relaxing morning or afternoon fishing and test your luck at landing the big one! Our staff will help you cast your line out and provide pointers if you need help trying to bring in the oceans bounty. You never know what you might catch. A wide variety of reef fish and a token shark or two will put you to the test. This trip is great for experts or beginners and includes all the necessary gear. Bring a snack and some drinks to enjoy while out on the boat.

### LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 a.m.-12 p.m.

- Feb 10, 11 Register online by Feb 8
  - Mar 10, 11 Register online by Mar 8
- Cost: \$60

Registration available online only

Spearfishing is as exciting and challenging as it sounds! Come learn the basics from us so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state such as, where you can go, off limit areas and regulated fish species. Physiology, techniques, training, equipment, and safety are topics also covered. You'll hit the water for some target practice as well. The second part depends on everyone's skill level but, we usually do the first dive in shallow water 6 to 12 feet deep. After a short discussion, the second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you're unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel and other equipment. Transportation is on us.

### SPEARFISHING EXCURSION

- Feb 24 Sign up by Feb 22
  - Mar 24 Sign up by Mar 22
- Begins: 9 am | Ends: 12 pm  
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.*



White Plains Beach Cabana

## BIKING

### NORTH SHORE BIKE RIDE

- Feb 10 Sign up by: Feb 8
  - Mar 17 Sign up by: Mar 15
- Begins: 8 am | Ends: 1 pm  
Cost: \$25 w/ bike, \$20 without

Experience the North Shore on a bike! Start at Pupukea and travel just beyond Sunset Beach. This trip is about eight 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 on the way back, 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.

## HIKING

### HIKE KEALIA/SWIM MOKULEIA

- Mar 24 Sign up by: Mar 22
- Begins: 8 am | Ends: 1 pm  
Cost: \$20

Join us on a hike on the mauka (Mountain) side of the Dillingham air field. Once we reach the top to a picnic area, we will stop and hangout and enjoy the view of the North Shore coastline. Once we head back down to the trailhead, we will take a short ride over to Mokuleia Beach Park and enjoy the beach and the clean, pristine waters.

### HIKE EHUKAI PILLBOX

- Feb 24 Sign up by: Feb 22
- Begins: 8 am | Ends: 1 pm  
Cost: \$20

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of Oahu's famous North Shore. Views will include sunset Beach and the Bonzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

## SNORKEL

### SNORKEL AT HICKAM HARBOR

- Mar 31 Sign up by Mar 28
- Begins: 9:30 am | Ends: 11:30 am  
Cost: \$15

Join our staff as we explore the outside reef at Hickam Harbor. This will be a new and different way to do some sightseeing at our location. *Participants need to know how to swim.*

## YOUTH SPRING BREAK

### YOUTH OCEAN ADVENTURE

- Mar 19-23 Register online by Mar 3
- Keiki Ocean Adventure (ages 7-9 years old)  
Begins: 9 am | Ends: 12 pm  
Youth Ocean Adventure (ages 10-15 years old)  
Begins: 1 pm | Ends: 4 pm  
Cost: \$85

Registration available online only

Join the Hickam Beach staff as we share the aloha and Hawaiian fun! This adventure is split into two sessions, with morning sessions for 7-9 years old and afternoon sessions for 10-15 years old. Enjoy a week's worth of fun ocean activities including swimming, fishing, kayaking and more! Each session will vary depending on weather, ocean conditions and the abilities of the group. Space is limited so sign up soon. Call 449-5215 for more information.



# MARINAS CLASSES & ACTIVITIES

## SAILING

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session.

### START SAILING RIGHT HH

- Sat | Feb 3, 10, 17, 24 | 9am-12pm or 1pm-4pm
- Tue | Feb 27 | 6-8pm
- Sat | Mar 3, 10, 17, 24 | 9am-12pm or 1pm-4pm
- Cost: \$75 per person/per month
- Ages 18 & up

### START SAILING RIGHT RB

- Sat/Sun | Feb 3/4 & Feb 10, 11  
Feb 17/18 & Feb 24/25 | Mar 17/18 & Mar 24/25  
1pm-5pm
- Cost: \$75 per person
- Ages 18 & up

### LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Feb 5, 7, 12, 14, 19, 21, 26, 28 | 9:30-11:30am
- Mon/Wed | Mar 5, 7, 12, 14, 19, 21, 26, 28 | 9:30-11:30am
- 9:30-11:30am
- Cost: \$75 per person/per month
- Ages 18 & up

### INTERMEDIATE SAILING RB

- Sat/Sun | Mar 3/4 & 10/11 | 1-5 pm
- Cost: \$75 per person/per month
- Ages 18 & up

This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

### YOUTH BEGINNERS SAILING RB

- Mon/Wed | Feb 5, 7, 12, 14, 19, 21, 26, 28
- Mon/Wed | Mar 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

### YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Feb 1, 6, 8, 13, 15, 20, 22, 27
- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- 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 | Feb 1, 6, 8, 13, 15, 20, 22, 27
- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- 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 | Feb 1, 6, 8, 13, 15, 20, 22, 27
- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- 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 | Feb 2, 7, 9, 14, 16, 21, 23, 28
- Weds/Fri | Mar 2, 7, 9, 14, 16, 21, 23, 28, 30
- 3:30-5:00pm
- 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 | Feb 2, 9, 16, 23
- Fri | Mar 2, 9, 16, 23, 30
- 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. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 8

### FAMILY/GROUP SAILING INSTRUCTION

- Sun | 9:30am –12pm
- Cost: \$25 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

\*Must pre-register at the Outdoor Adventure Center prior to paddling.

### RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

Must purchase ticket at the Outdoor Adventure Center prior to paddling. Space is limited to the first 12 people.

### OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- \*Fri | Feb 9, 23 • Mar 9, 23 | 8:30-9:30am
- Cost: \$3 per session

\*Must pre-register at HH Marina by Wed before Come get an early workout before the day starts! Preregistration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

## PADDLEBOARD YOGA

### STAND UP PADDLEBOARD YOGA HH

- \*Fri | Feb 16 • Mar 2, 16 | 8:30-9:30am
- \*Sat | Feb 17 • Mar 3, 17 | 8:30-9:30am
- Cost: \$10 per session
- Ages 16 & up

\*Must pre-register at HH Marina by Wed before Paddleboard is included for each class. No experience in stand up paddle boarding or yoga is necessary; however, you should feel comfortable in the water and have the ability to swim. You will not be able to stand in the water if you fall off your board. The boards are attached to an anchoring system, so you will not drift away while performing yoga. Customers are asked to arrive 10 - 15 minutes early to get boards on the water so it won't delay their class time.

## BEACHES

### HICKAM BEACH | 3455 Mamala Bay Dr.

**SURF SHACK • 449-5215** Friday–Sunday, 10 am–4 pm

#### BEACH EQUIPMENT RENTALS

**Kayak** (1 per) \$5 hr • \$20 day      **Kayak** (2 per) \$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

### WHITE PLAINS BEACH | Kalaeloa

**SURF SHACK • 682-4925** Daily, 10 am–5:30 pm

#### BEACH EQUIPMENT RENTALS

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

#### PRIVATE LESSONS

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

#### DIRECTIONS

From 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.



BARBERS POINT GOLF COURSE  
**TWILIGHT GOLF SPECIAL**

**SATURDAY & SUNDAY AFTER 1530**

**\$10 PER PERSON (SHARED CART)  
9-HOLES ONLY!**

**LIMITED OFFER** SUBJECT TO CHANGE WITHOUT NOTICE!

CALL (808) 682-1911 FOR MORE INFO

Barbers Point Golf Course  
91-2219 Roosevelt Avenue  
Kapolei, HI







# Liberty Calendar

## February 2018

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DESIGNATION FOR HIKES:</b>  <b>BEG:</b> Beginner  <b>INTER:</b> Intermediate  <b>ADV:</b> Advanced</p> <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>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS</b>            Beeman Center (Pearl Harbor Sub Base) <b>473-2583</b>   Instant Liberty (Club Pearl Complex) <b>CLOSED during construction</b>            Liberty Express (Wahiawa Annex) <b>653-0220</b></p>				<p><b>1</b>  <b>TEXAS HOLD 'EM TOURNAMENT</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>2</b>  <b>SHOYU CHICKEN FOR LUNCH</b>            FREE            Beeman 1100-1300</p> <p><b>MOVIES WITH LIBERTY @ DOLE CANNERY</b>            \$5            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>3</b>  <b>WHALE WATCHING HIKE KAENA POINT [BEG]</b>            FREE            Express 1030            Beeman 0915            Instant 0930            Makai 0945</p> <p><b>JET SKIING</b>            \$30            Express 0945            Beeman 1030            Instant 1045            Makai 1100</p>
<p><b>4</b>  <b>SUPER BOWL TAILGATE</b>            FREE            Beeman 1300  <b>WIN PRIZES!!!</b></p> <p><b>ATLANTIS SUBMARINE</b>            \$30            Express 0945            Beeman 1030            Instant 1045            Makai 1100</p>	<p><b>5</b>  <b>PAU HANA SURF SESSION</b>            FREE            Express 1400            Beeman 1445            Instant 1500            Makai</p>	<p><b>6</b>  <b>9 BALL POOL TOURNAMENT</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>7</b>  <b>MAKE YOUR OWN OPEN TERRARIUM @ AQUASCAPES</b>            \$10            Express 1645            Beeman 1745            Instant 1800            Makai 1815</p>	<p><b>8</b>  <b>TEN &amp; GRIND @ PIGGY SMALLS</b>            \$10            Express 1600            Beeman 1700            Instant 1715            Makai 1730</p>	<p><b>9</b>  <b>CORN DOGS FOR LUNCH</b>            FREE            Beeman 1100-1300</p> <p><b>COSMIC BOWLING &amp; PIZZA</b>            FREE            Express 1800            Beeman 1900            Instant 1845            Makai 1830</p>	<p><b>10</b>  <b>WHALE WATCHING HIKE KOKO CRATER [INTER]</b>            FREE            Express 0830            Beeman 0915            Instant 0930            Makai 0945</p> <p><b>SOUTH SIDE SNORKELING</b>            FREE            Express 0830            Beeman 0915            Instant 0930            Makai 0945</p>
<p><b>11</b>  <b>NORTH SHORE BEACH HOPPING</b>            FREE            Express 1000            Beeman 0900            Instant 0915            Makai 0930</p> <p><b>GERMAINE'S LU'AU</b>            \$25            Express 1515            Beeman 1600            Instant 1615            Makai 1630</p>	<p><b>12</b>  <b>PING PONG 101</b>            FREE            Beeman 1700-2000</p>	<p><b>13</b>  <b>NORTH SHORE STAR GAZING</b>            FREE            Express 2000            Beeman 1900            Instant 1915            Makai 1930</p>	<p><b>14</b>  <b>INJUSTICE 2 TOURNAMENT</b>            FREE            Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>15</b>  <b>BARRACKS BASH @ 1300 SERIES</b>            FREE            1700 - 1900</p>	<p><b>16</b>  <b>TACOS FOR LUNCH</b>            FREE            Beeman 1100-1300</p> <p><b>MOVIES WITH LIBERTY @ DOLE CANNERY</b>            \$5            Express 1645            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>17</b>  <b>BIKE/HIKE MOANALUA VALLEY [ADV]</b>            FREE            Express 0830            Beeman 0915            Instant 0930            Makai 0945</p> <p><b>WILD DOLPHIN WATCH, BBQ &amp; SNORKEL</b>            \$45            Express 0945            Beeman 1030            Instant 1045            Makai 1100</p>
<p><b>18</b>  <b>SURF &amp; BBQ</b>            \$10            Express 0930            Beeman 0830            Instant 0845            Makai 0900</p> <p><b>HAWAII SYMPHONY ORCHESTRA: LANG LANG!</b>            \$20            Express 1400            Beeman 1500            Instant 1515            Makai 1530</p>	<p><b>19</b>  <b>K1 SPEED GO-KARTS</b>            \$15            Express 1700            Beeman 1730            Instant 1745            Makai 1800</p>	<p><b>20</b>  <b>SUPER SMASH BROS. N64 TOURNAMENT</b>            FREE            Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>21</b>  <b>LEARN TO COOK WITH LIBERTY</b>            FREE            Express 1830            Beeman 1700            Instant 1715            Makai 1730</p>	<p><b>22</b>  <b>TEN &amp; GRIND @ TANAKA OF TOKYO</b>            \$10            Express 1600            Beeman 1700            Instant 1715            Makai 1730</p>	<p><b>23</b>  <b>FRIED CHICKEN FOR LUNCH</b>            FREE            Beeman 1100-1300</p> <p><b>PARAMORE @ BLAISDELL CONCERT HALL</b>            \$30            Express 1815            Beeman 1900            Instant 1915            Makai 1930</p>	<p><b>24</b>  <b>ORIGINAL GLIDER RIDES</b>            \$35            Express 1015            Beeman 0900            Instant 0915            Makai 0930</p> <p><b>28TH ANNUAL HAWAII COLLECTORS EXPO</b>            FREE            Express 0900            Beeman 0945            Instant 1000            Makai 1015</p>
<p><b>25</b>  <b>BELLOWS PAINTBALL</b>            \$20            Express 0830            Beeman 0915            Instant 0930            Makai 0945</p> <p><b>CORAL CRATER: ISLAND NINJA ADVENTURE COMBO</b>            \$40            Express 1030            Beeman 1115            Instant 1130            Makai 1145</p>	<p><b>26</b>  <b>PING PONG TOURNAMENT</b>            FREE            Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>27</b>  <b>PAU HANA SURF SESSION</b>            FREE            Express 1400            Beeman 1445            Instant 1500            Makai 1515</p>	<p><b>28</b>  <b>HONOLULU FARMER'S MARKET</b>            FREE            Express 1500            Beeman 1600            Instant 1615            Makai 1630</p>			



## dining

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

### BREWS & CUES

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

### The Big Game

Sunday, Feb 4

Doors open at 11 a.m.

FREE

Ages 18 years & older

Enjoy free pupus and prize giveaways during the game!

### Chill & Grill

Friday, Feb 23

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 draw at the end to win a fun prize.

### Live DJ and Trivia Contest

Every Friday & Saturday Night

FREE

Ages 18 years & older

Dance the night away with DJ Services or test your knowledge with a trivia contest with give-a-ways.

### JOINT BASE CATERING

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

### Valentine's Day Dinner

Feb 14

6–8 p.m.

Historic Hickam Officers' Club

\$59.95 per person

\$71.95 wine pairing

ALL RANKS WELCOME!

Dine with your sweetheart as you watch the sunset. Enjoy our sumptuous dinner in a romantic setting on our Grand Lanai. Reservations are strongly recommended - please call 448-4608.

### Sunday Brunch

Feb 5, 12, 19, 26

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

### ALL RANKS WELCOME!

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

### Paint 'n' Sip

Wednesdays, Feb 7, 14, 21, 28

5:30–8:30 p.m.

Dining Room (Historic Hickam Officers' Club)

\$40/person

An 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. 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.

### Mongolian BBQ

NEWLY ADDED Mondays, Feb 5, 12, 19, 26

Thursdays, Feb 1, 8, 15, 22

5:00–8 p.m.

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

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

### KOA LOUNGE

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

### Warrior Friday

Friday, Feb 3

4:30–7:30 p.m.

FREE for 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

### Valentine's Day Special

Wednesday, Feb 14

5–8 p.m.

\$48.95

Come to enjoy our specially crafted 4 course Valentine's dinner. Enjoy a complimentary bottle of red, white or sparkling white with a purchase of two dinner specials. Call 422-3002 for reservations.

### RESTAURANT 604

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

### Valentine's Day Dinner

Wednesday, Feb 14

Executive chef Harold Beltran and his team created special menu for this Valentine's Day. Reservations are required.

## family/support

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

### TEEN CENTER

Teen Center, 234 Melick Ave. Bldg. 1330 . . . 448-1068

### #weownfriday: Valentines Dance

Saturday, Feb 10

6–8:30 p.m.

Register Period: Jan 10 - Feb 7

\$5 for individuals, \$8 for couples

100 McChord St. Bldg. 1859 -

Makai Recreation Center

Come and dance the night away as the Teen Center hosts a Valentines Dance! Sign up for this event at the Teen Center 234 Melick Ave. Bldg. 1330. Must be a registered teen center member to sign up! Not a member yet? Swing by, check out our facility and fill out a packet! Limited Spots available

### Family Night: Parents vs. Teens Dodgeball

Tuesday, Feb 20

5:30–7 p.m.

FREE

Come by the Teen Center and enjoy some light snacks, learn about upcoming events, and play some games!

### Home schooled Cookn'

Thursday, Feb 22

Noon–2 p.m.

Register Period: Feb 1 - 21

FREE

Come by the Teen Center and learn how to cook up and prepare some delicious food! Learn important techniques to keep you safe in the kitchen, while mastering skills that you can take home and impress your whole family! Must be a registered teen center member to sign up! Not a member yet? Swing by, check out our facility and fill out a packet! Limited Spots available

### Hail and Farewell

Friday, Feb 23

5–7 p.m.

FREE

Come help us welcome new teens to our family and say "see yah later!" to those moving on to new adventures!



# What is YOUR fight in your fitness goals?



**FIT to FIGHT**

Nutrition & Fitness Program  
Hickam Memorial Fitness Center

FREE 6-week program.

Each class runs  
60 minutes.

Limited space available.

Open to authorized users  
18 & over.

Registration starts Friday,  
January 19.

Classes start Monday, February 12.

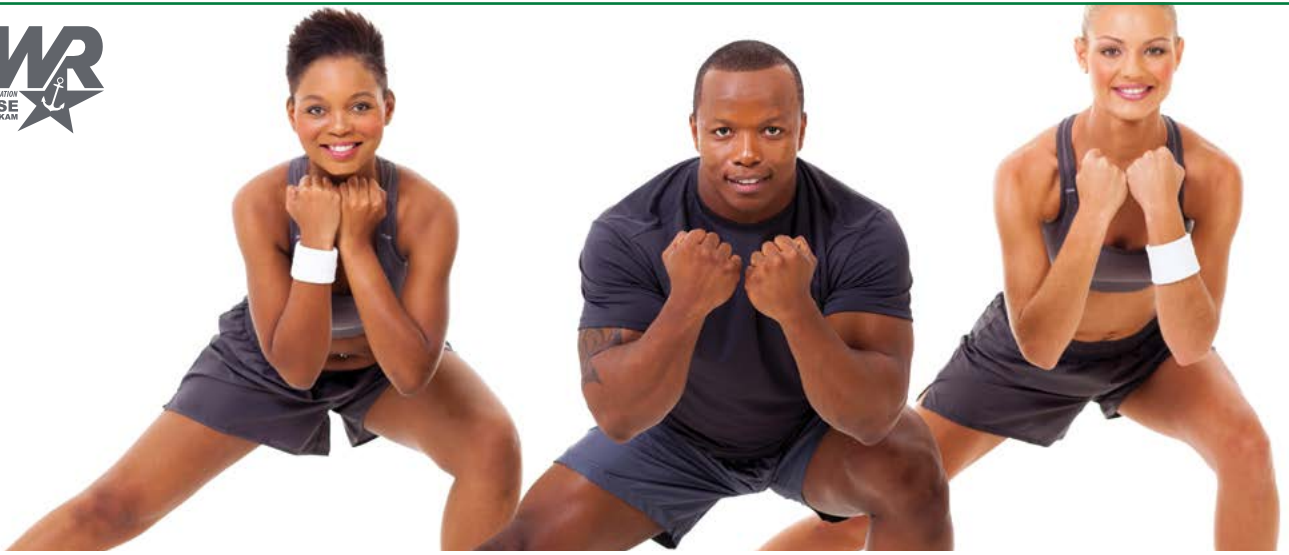
## **Available groups:**

- Active Duty Warriors
- Weight Loss Warriors
- Strength Warriors
- Silver Warriors (60 years & over)

For more info, please call (808) 448-2214  
or visit [greatlifehawaii.com](http://greatlifehawaii.com)







# GROUPEXERCISECLASSES

INFORMATION SUBJECT TO CHANGE

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

## core & cardio

Strong Training	Wed	6 a.m.–7 a.m.	Pearl Harbor*
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Wed	6–7 a.m.	Hickam
Cardio Kickbox	Fri	8:30–9:30 a.m.	Hickam
Dance Fitness	Thu	4:30–5:30 p.m.	Pearl Harbor*

## cycle & spin

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

## dance

Hula Fitness	Mon	8:30–9:30 a.m.	Pearl Harbor
Tahula Fitness	Wed	10–11 a.m.	Hickam
Traditional Hula Movements	Sat	8–8:45 a.m.	Pearl Harbor

## karate

Karate Basics	Tue	6–7 p.m.	Pearl Harbor
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## kettlebells

Kettlebell Basics	Mon, Wed	4:30–5:30 p.m.	Pearl Harbor
	Tue, Thu	6–7 a.m.	Pearl Harbor
Intermediate Kettlebells	Fri	4:30–5:30 p.m.	Pearl Harbor

## kickboxing

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

## navy operational fitness & fueling system

NOFFS	Mon	6–7 a.m.	Pearl Harbor*
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## pilates

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

## 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
Mad Reps	Tue, Thu	9:45–10:45 a.m.	Pearl Harbor
	Sat	10:30–11:30 a.m.	Pearl Harbor
Body Blast	Thu	5:15–6:15 p.m.	Hickam
HIIT	Tue	5:15–6:15 p.m.	Hickam

## weight and functional training

Warrior Zone Circuit Class	Fri	11:30 a.m.–12:30 p.m.	Pearl Harbor
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## wild card

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

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

## zumba

Zumba	Mon	8:30–9:30 a.m.	Hickam	
	Mon, Tue, Thu	8:30–9:30 a.m.	Pearl Harbor	
	Mon, Wed	6:30–7:30 p.m.	Hickam	
	Mon, Thu	5:45–6:45 p.m.	Pearl Harbor	
	Tue, Wed	4:30–5:30 p.m.	Pearl Harbor	
	Wed, Fri	9:45–10:45 a.m.	Pearl Harbor	
	Fri	6:00–7:00 p.m.	Hickam	
	Sat	9:15–10:15 a.m.	Pearl Harbor	
	Strong by Zumba	Tue, Thu, Sat	10–11 a.m.	Hickam
		Fri	5:45–6:45 p.m.	Pearl Harbor

For fitness training, mobile functional training, fitness special requests (not seen on group ex schedule), CFL, IA, NOFFS, TRX, Mission nutrition, and so much more, please contact: Mark McFarland, 808-471-2021 or email: [mark.mcfarland@navy.mil](mailto:mark.mcfarland@navy.mil)

# 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

## Sweetheart Swim

**Wednesday, Feb 14**

**11 a.m.–3:00 p.m.**

### Scott Pool

Wondering what to do for Valentine's Day? Bring your sweetheart for a swim! Prizes will be given to the first 10 couples to finish a 1,000 yard swim under 14 minutes. Complimentary sweets and treats will be available (while supplies last).

## BOWLING

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

## Valentine's Day is for Lovers

**Feb 1–10**

### Hickam Bowling Center

### Naval Station Bowling Center

Sign up to win a large pizza from Harbor Grill and 2 movie passes to Sharkey Theater. Second prize winners will receive 2 movies passes to Sharkey Theater. Sign up at either the Hickam or Naval Station Bowling Center and Sharkey Theater. The winner will be notified on Feb.12th.

## Valentine's is for Bowling Lovers

**Wednesday, Feb 14**

**5–9 p.m.**

### Naval Station Bowling Center

Purchase one game of bowling and your 2nd game is FREE!

## Navy All Military Bowling Try Outs

**Wednesday, Feb 14 & Thursday, Feb 15**

**10 a.m.**

### Naval Station Bowling Center

**\$9 per day for lineage**

**Sign up by Feb. 13**

Format: Bowl 4 games each day, 8 games total. Top 6 males and top 4 females will advance into the Hawaii All Military Bowling Tournament in April. Open to all Active Duty Navy personnel. Sign up with the Bowling Center Manager by Tuesday, Feb. 13th. Call 473-2651 for more information.

## Air Force All Military Bowling Try Outs

**Tuesday, Feb 13 & Wednesday, Feb 14**

**10 a.m.**

### Hickam Bowling Center

**\$9 per day for lineage**

## Sign up by Feb. 12

Format: Bowl 4 games each day, 8 games total. Top 6 males and top 4 females will advance into the Hawaii All Military Bowling Tournament in April. Open to all Active Duty Air Force personnel. Sign up with the Bowling Center Manager by Monday, Feb. 12th. Call 473-2651 for more information.

## Military Bowl Free

**Monday, Feb 5, 12, 26**

### 11 a.m. v Hickam Bowling Center

**Thursday, Feb 1, 8, 15, 22**

### 11 a.m.–2:00 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.

## 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

## Warrior Zone Circuit Class

**Friday, Feb 2, 9, 16, 23**

**11:30 a.m.–12:30 p.m.**

### JBPHH Fitness Center

**FREE to all Active Duty**

### 1 GE class coupon for all eligible patrons

This class takes functional training to the next level and is geared toward daily activities. The workout uses a variety of equipment, including battle ropes, TRX, kettle bells, and ply boxes. Minimum age requirement: 16 years. For more info call (808) 471-2019.

## Fit to Fight

**Classes start Feb 12**

### Hickam Memorial Fitness Center

**Registration required**

A new nutrition and fitness program. A 6-week program – each class takes 60 minutes. Open to 18 & over. For more information, please call 808-448-221.

## Love Run 5K

**Saturday, Feb 17**

**7 a.m.**

### Hickam Memorial Fitness Center

**FREE**

Prizes will be given to all winners in the following categories: youth girl, youth boy, female stroller, male stroller, female, male. Registration is on the day of the run.

## February Massage Special

**Feb 1–17**

### Hickam Memorial Fitness Center

### Couple's Massage - \$130 for 1 hour

Pamper yourself and your sweetheart!

Call 808-448-2214 to schedule your appointment. Open to 18 years and older.

## GOLF

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

## \$2 Tuesdays

**Tuesday, Feb 6, 13, 20, 27**

**3:30–5:30 p.m.**

### Mamala Bay Golf Course Driving Range

Grip it and rip it! \$2 gets you two buckets of balls, plus \$2 hot dogs, \$2 select beers and \$1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Prize drawings too! Open to ages 6 and up, call ahead to sign up.

## 18 Hole Scramble Tournament

**Friday, Feb 9**

**3:30–6:30 p.m.**

### Barbers Point Golf Course

**\$60**

Come in join us for an exciting and fun tournament. Two-person teams: price includes golf, food and prizes. For more information, call the pro shop at 808-682-1911.

## Golf Demo Day

**Wednesday, Feb 7**

**3:30–6:30 p.m.**

### Navy Marine Golf Course

**FREE**

Want to buy a new driver but not sure if you want to invest the money, here is a chance to try out some of the latest golf equipment at the driving range. For more information, call the pro shop at 808-471-0142.

## Free Ladies' Golf Clinics

**Thursday, Feb 22**

**9:30 a.m. Barbers Point Golf Course**

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

## Free Golf Clinics

**Thursday, Feb 8**

**9:30 a.m. Barbers Point Golf Course**

**Saturday, Feb 10, 24**

**1 p.m. Mamala Bay Golf Course**

**Thursday, Feb 15**

**Noon Navy Marine Golf Course**

**Saturday, Feb 17**

**9:30 a.m. Barbers Point Golf Course**

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

## Weekend Twilight Golf Special

**Saturdays and Sundays**

**After 3:30 p.m.**

### Barbers Point Golf Course

**\$10 per person (9-holes only)**

Come and enjoy our special twilight golf prices on the weekend. Call 682-1911 for more info and to schedule your tee time.



## INTRAMURALS

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

### Intramural Racquetball Tournament

Feb 6 – 9

JPBHH Fitness Center

FREE

Tournament limited to players from Joint Base Pearl Harbor Hickam active duty, DoD civilians and family members over 18. Registration is free. Entry forms available at all JPBHH Fitness Centers and Gyms.

### Intramural Soccer

Feb 17 – May

JPBHH Fitness Center

FREE

League limited to 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 individual players who are interested in getting into the players' pool, please call. Coaches' meeting will be at 1 p.m. on Thursday, February 1 at JPBHH Fitness Center.

## 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

Wednesdays, Feb 7, 14, 21, 28

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, Feb 2, 9, 16, 23

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.

### Chinese New Year Celebration ~ Year of the Dog Two tours to choose from!

Friday, Feb 9

Opening Night with Lion Dances & Dinner

5:30–9:00 p.m. (Check in at 5:15 p.m.)

\$40 for adults

\$30 for children (ages 3–11 years old)

Saturday, Feb 10

Dragon Parade & Dinner

2:00–7:30 p.m. (Check in at 1:45 p.m.)

\$40 for adults

\$30 for children (ages 3–11 years old)

Chinese New Year celebration in Hawaii is like no other! The multi-cultural flavor of downtown Honolulu along with the traditional Lion & Dragon dances make for an exciting and memorable time. Food booths, crafts and souvenirs line the streets enhancing the atmosphere for Hawaii's largest cultural event of the year! Don't miss this! Kids under 3 must ride on an adult's lap.

### ITT Shuttle to "Eat the Street"

Friday, Feb 23

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.

### Whale Watching Sail

Feb 4, 11, 18, 25 (every Sunday until March)

\$45 for adults

\$35 for children (ages 0–7 years old)

All aboard the *Hololea* at KoOlina Marina for a sail on the serene west coast of Oahu. Join us as we search for the gentle giants of the Pacific—the great humpbacks! Every winter, these whales migrate thousands of miles from Alaska to give birth and nurse their young in the warm Hawaiian waters. Bring sunscreen protection. Snacks and soft drinks allowed, barefoot boarding.

### "Local-Style" Wine Tasting

Wednesday, Feb 23

6:30–8:30 p.m.

Ages 21 years & over only

\$20/person (includes R/T transportation)

Sample up to 8 wines and hearty appetizers in a casual setting. No dress code, come as you are! Surprise samples may be offered without notice. Limit 20 people

## recreation

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

### ARTS & CRAFTS

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

### Spring Open House

Saturday, Mar 10

11 a.m.–2 p.m.

In observance of National Craft Month. Fun for the whole family! Featuring FREE Make-n-Takes, Demos, Door Prizes, and Specials, FREE hot dogs and soda!

### Spring Craft Camp

Tuesday Mar 20–Friday Mar 23

10 a.m.–12 p.m.

Ages 7 and up

There's no limit to the beauty a child can create when given some instruction and artistic freedom. Sign up Now, class fills up FAST!

### LIBRARY

Hickam Bldg. 595 . . . . . 449-8299

Dial-A-Story . . . . . 449-8297

### Wii Wednesday

Wednesday, Feb 7

2–4 p.m.

Come on over after school for some time on our Wii U consoles.

### Young Adult Book Club

Wednesday, Feb 7

4 p.m.

Our Young Adult Club is geared towards Junior High and High School youth. This week we will discuss TBD. The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

### Library Know-How

Saturday, Feb 3

10 a.m.–12 p.m.

Learn how to get the most out of your library.

### Adult Book Club

Tuesday, Feb 6

10 a.m.

Thursday, Feb 8

6 p.m.

Broaden your literary horizon with us, as we select books from a wide variety of genres. Both days we will discuss "A Man Called Ove."

### Preschool Story Time

Wednesday, Feb 14, 28

9–10 a.m.

Story times are great for children of all ages! Our theme is "Valentine's Day Friendship" on Feb 14 and on "Count With Me" on Feb 28. Come on in and read with us.

### Kids' Book Club

Wednesday, Feb 14, 21

2–3 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 "Five Epic Disasters" on Feb 14 and "Through My Eyes" on Feb 21.

### Lego Club

Saturday, Feb 24

10 a.m.–12 p.m.

Come in and get creative with our Legos!

# TRANSITIONING MILITARY & MILITARY SPOUSES HIRING EVENT

February 23 | 10:00 am - 2:00 pm

**Military & Family Support Center**  
4827 Bougainville Drive



**FREE**

## REGISTRATION REQUIRED

TO REGISTER AND FOR THE FULL LIST OF EMPLOYERS GO TO  
<https://tinyurl.com/MFSCHiringFair>

Military & Family Support Center  
Joint Base Pearl Harbor-Hickam

Phone: (808) 474-1999

Email: [MFSCHawaii@navy.mil](mailto:MFSCHawaii@navy.mil)

Web: [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com)

Facebook: [www.facebook.com/JPBPHH.MFSC](http://www.facebook.com/JPBPHH.MFSC)







# 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

Feb 20 • 12:30–3:00 p.m. | Pearl Harbor

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

### NAVY INDIVIDUAL AUGMENTEE (IA) PRE-DEPLOYMENT BRIEF

Feb 15 • 1:00–2:00 p.m. | Pearl Harbor

Monthly Navy IA Pre-Deployment Brief at MFSC. Conducted on the third Thursday of each month as a manner in which Sailors have a readily accessible event to attend for upcoming deployments.

## employment assistance

### ACING THE INTERVIEW / DRESS 4 SUCCESS

Feb 21 • 2:00–4:30 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. Looking for employment? Come to this valuable workshop to learn the importance and tips for dressing appropriately to make the best impression!

### CIVILIAN RESUME WRITING

Feb 20 • 4:30–6:30 p.m. | Pearl Harbor

Feb 28 • 12:30–2:30 p.m. | Hickam

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.

### FEDERAL EMPLOYMENT 101

Feb 6 • 4:30–6:30 p.m. | Hickam

Feb 13 • 12:30–2:30 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.

### HIRING EVENT

Feb 23 • 10:00 a.m.–2:00 p.m. | Pearl Harbor

Join us for a free hiring event for service members, veterans, and military spouses. This event will feature a wide variety of employers from the public and private sector as well as workshops that will focus on improving competitive employment.

### LINKEDIN: WHAT WILL THEY SEE

Feb 21 • 12:00–1:30 p.m. | Pearl Harbor

Through LinkedIn, we will show you how to connect with like-minded professionals in your desired industry, build those connections into a strong network, and market yourself to a target audience. The class will go over the proper way to build your professional profile and summary, how to use the job search functions, market yourself to LinkedIn recruiters, strengthen your network, and leverage the LinkedIn resources to your advantage.

### PART-TIME MONEY MAKERS

Feb 13 • 8:00–10:00 a.m. | Wahiawa

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.

### RECRUITING EVENT

Feb 1 • 12:00–2:00 p.m. | Pearl Harbor

Feb 15 • 1:30–3:30 p.m. | Pearl Harbor

Spouses and transitioning service members! Come meet with great employers looking to recruit YOU!!!

### TEK-IT CANDIDATE WORKSHOP

Feb 23 • 7:30–9:30 a.m. | Pearl Harbor

Join TEKsystems before the hiring event for an Information Technology (IT) specific resume workshop followed by a discussion around interview best practices. TEKsystems will take some time with you after discussing resumes to prepare you for what to expect during an interview. Knowing what to research, how to dress, and what questions to prepare for can make a big difference!

### USO TRANSITION SERVICES EMPLOYMENT READINESS WORKSHOP

Feb 21 • 8:00–11:00 a.m. | Pearl Harbor

PRESENTATION TOPICS: Resume Review, Employment Digital Resources, Interview Tips/Mock Interview, Professional Etiquette, Networking. BREAKOUT SESSIONS: Resume Review, LinkedIn Assistance, Professional Etiquette & Networking, Mock Interview/Interview Tips. RESOURCES PROVIDED: Logistics Guide, Breakout Session Structure, Powerpoint Curriculum, Evaluations

## family life skills

### DEVELOPING SELF-ESTEEM IN CHILDREN

Feb 6 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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.

## HELPING YOUR KIDS COPE WITH DIVORCED PARENTS

Feb 28 • 1:00–3:00 p.m. | Pearl Harbor

Divorce affects the entire family! This workshop focuses on how to prepare your child for this transition, establish comfort in a new routine and understand the new dynamics of their parental relationship.

## HIGH-TECH PARENTING

Feb 15 • 1:00–3:00 p.m. | Hickam

Social media - not an anonymous world! It is very easy to get caught up in the "feeling" of anonymity behind the click of a mouse. Unfortunately, the lessons learned can lead to threatened safety, humiliation or the cost of a friendship. Help your children understand the value of safety, modesty and care while posting on the internet!

## NEW MOMS AND DADS

Feb 21 • 5:00–8:00 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

Feb 6, 13, 20, 27 • 10:00 a.m.–12:00 p.m. | 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

Feb 7 • 5:00–7:00 p.m. | Hickam

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.

# information and referral

## EFMP COFFEE TALK

Feb 8 • 9:00–10:00 a.m. | Pearl Harbor

Learn, share and connect with other Exceptional Family Member Program (EFMP) families!

# key spouse/ombudsman group

## CERTIFIED OMBUDSMAN TRAINER (COT) COURSE

Feb 12–15 • 5:00–9:00 p.m. | Pearl Harbor

This course trains and certifies participants to teach the Ombudsman Basic Training Course. The training ensures the standardized course is taught effectively and that participants learn the essential skills to teach in a way that is educational, interesting and interactive.

## KEY SPOUSE CONNECT MEETING

Feb 1 • 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

Feb 6 • 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

Feb 6 • 2:00–3:00 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

Feb 20 • 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

Feb 26 • 9:00 a.m.–12:00 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 RESOLUTION

Feb 12 • 1:00–3:00 p.m. | Pearl Harbor

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.

## DATING WITH A PURPOSE

Feb 27 • 1:00–3:00 p.m. | Pearl Harbor

Finding quality relationships can be challenging. When we look at the challenges presented with internet options, baggage from broken relationships, work demands, emotional and physical safety; an instruction manual would be helpful! Participants will take a moment to evaluate the qualities they want to bring to, and receive from a relationship; using improved communication skills and remain mindful to ensure you're not settling!

## DEALING WITH DIFFICULT PEOPLE

Feb 27 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

Do you work with a Sniper or a Tank? How about a Cry Baby? Attend our workshop and learn all about those types of people who seem to create a toxic work environment for the rest of us. We can teach you some tips on how to identify who they are, why they get under our skin, and the best way to deal with each specific one.

## FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Feb 1 • 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

Feb 1 • 1:00–3:00 p.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.

## HEALTHY RELATIONSHIPS FOR TEENS

Feb 14 • 3:00–5:00 p.m. | Hickam

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. Teens attending the class, will learn the core elements of building Healthy Relationships: high self-esteem, qualities to look for in people, social media and keeping safe!



(continued from previous page)

### **MEN'S ALTERNATIVES TO VIOLENCE GROUP**

**Feb 7, 14, 21, 28 • 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.

### **PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT**

**Feb 8 • 1:00–3:00 p.m. | Hickam**

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.

### **SKILLS DEVELOPMENT GROUP**

**Feb 7, 14, 21, 28 • 10:00 a.m.–12:00 p.m. | 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.

### **STRESS MANAGEMENT**

**Feb 12 • 9:00 a.m.–12:00 p.m. | Pearl Harbor**

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**

**Feb 5 • 10:00 a.m.–12:00 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.

### **TRANQUIL SEAS: STRESS AND SELF CARE**

**Feb 13 • 10:00 a.m.–12:00 p.m. | Pearl Harbor**

Self-care is a critical element in managing stress, preventing burnout and achieving a sense of fulfillment. Evaluate ways you can build self-care into your daily routine, be mindful through your activities and reach your fullest potential.

### **WOMEN EMPOWERED GROUP**

**Feb 5, 12, 26 • 10 a.m.–12:00 p.m. | 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**

**Feb 6, 13, 20, 27 • 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.

# personal financial management

### **BUDGETING STRATEGIES**

**Feb 26 • 2:00–3:00 p.m. | Pearl Harbor**

(USAA Education Foundation) This course provides the background and tools to help develop financial goals and a written plan to achieve those goals.

### **COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING**

**Feb 6 • 8:00 a.m.–3:30 p.m. | Pearl Harbor**

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**

**Feb 8 • 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 & TRUSTS**

**Feb 21 • 9:30–11:00 a.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!

### **INTRO TO SAVING & INVESTING**

**Feb 28 • 8:00–9:30 a.m. • 3:00–4:30 p.m. | Pearl Harbor**

The Securities Exchange Commission will be on-site to cover ways to manage debt and increase your credit score. They will also provide strategies for smart saving & investing, tips to help avoid fraud and creating an investment plan.

### **MONEY SKILLS FOR KIDS**

**Feb 27 • 4:30–5:30 p.m. | Pearl Harbor**

(Navy Federal Credit Union) There's more to teaching kids about money than just giving them dollar bills on occasion. Instilling good money habits in your children is one of life's most important lessons and it's never too early to start teaching young people the financial skills they will need later in life. This class will offer ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate kids to be top financial performers.

### **THRIFT SAVINGS PLAN**

**Feb 20 • 9:00–11:00 a.m. | Wahiawa**

The TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services. Please join us for this class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much more. Bring your lunch and learn what great benefits TSP has to offer.

### **THRIFT SAVINGS PLAN IN THE BLENDED RETIREMENT SYSTEM**

**Feb 26 • 9:00–10:00 a.m. • 1:00–2:00 p.m. | Pearl Harbor**

**Feb 28 • 9:00–10:00 a.m. • 1:00–2:00 p.m. | Pearl Harbor**

The training will provide an overview of the TSP's role in the Blended Retirement System, TSP contribution rules under the BRS, BRS opt-in eligibility, traditional vs Roth contributions, DoD contributions, auto-enrollment and auto-reenrollment, TSP lifecycle funds, and using the TSP financial calculators to project potential growth of TSP savings.

### **VA HOME LOAN BRIEFING**

**Feb 26 • 11:00 a.m.–12:00 p.m. | Pearl Harbor**

The VA home loan program helps veterans finance the purchase of homes with favorable loan terms at competitive interest rates. A VA Loan Specialist will help you understand the basic steps involved in obtaining a VA guaranteed home loan.

**To Register for a MFSC Class Visit:**

**<https://www.greatlifehawaii.com/family-support/military-family-support-center/mfsc-class-schedule>**

# relocation assistance

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

**Feb 28 • 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

**Feb 8 • 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

**Feb 6 • 1:00–3:00 p.m. | Wahiawa**

**Feb 21 • 9:00–11:00 a.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 VICTIM ADVOCATE REFRESHER TRAINING

**Feb 13 • 1:30–3:30 p.m. | Pearl Harbor**

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

# transition assistance

## AFTER GPS

**Feb 16 • 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

**Feb 1 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor**

**Feb 8 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Hickam**

**Feb 15 • 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: BOOTS TO BUSINESS

**Feb 20–21 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

## TRANSITION GPS: CAREER AND TECHNICAL TRAINING

**Feb 27–28 • 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

**Feb 26–Mar 2 • 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

**Feb 5–9 & Feb 12–16 • 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

**Feb 14 • 12:30–2:30 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

**Feb 7, 14, 21, 28 • 8:00–11:00 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: 8 a.m. – 3 p.m.**

**Closed daily from 11 a.m. – 12 p.m.**

## MFSC-Pearl Harbor

4827 Bougainville Drive  
474-1999

**Mon–Thu: 7 a.m. – 4:30 p.m.**

**Fri: 7 a.m. – 4 p.m.**

## MFSC-Wahiawa Annex

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

**Tue–Thu: 7:30 a.m. – 4 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

## 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

## 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  
 CLOSED UNTIL FURTHER NOTICE

## PLANET SMOOTHIE

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

## FAST FOOD

### 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  
 Mon-Fri . . . . . 0500-0700; 1100-1300  
 Sat, Sun, Holidays . . . . . Closed

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384  
 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  
 . . . . . After-hours access available  
 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

**GOLF COURSES CONTINUED**

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  
 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 ..... 0800–1500 / Closed daily from 1100-1200  
 Sat, Sun ..... Closed

Pearl Harbor, 4827 Bougainville Dr. • 474-1999  
 Mon–Thu ..... 0700–1630  
 Fri ..... 0700–1600  
 Sat, Sun ..... Closed

Wahiawa Annex, Bldg. 392 • 474-1999  
 Mon, Fri–Sun ..... Closed  
 Tue–Thu ..... 0730–1600

**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 ..... Closed  
 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

**WOUNDED WARRIOR**

Navy Wounded Warrior-Safe Harbor Program  
 480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515

Air Force Wounded Warrior Program  
 800 Scott Circle Bldg 1113 • 808-448-0126  
 Mon–Fri ..... 0830–1230 / 1300–1700  
 Sat, Sun ..... Closed

# 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.greatlifelifehawaii.com](http://www.greatlifelifehawaii.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: [NI\\_PRLH\\_N9HR.FCT@NAVY.MIL](mailto:NI_PRLH_N9HR.FCT@NAVY.MIL)

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

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



#weownfriday



# Valentine's DANCE

February 10th from 6-8:30pm

Makai Recreation Center (100 McChord St. Bldg. 1859)

Come and dance the night away as the Teen Center hosts a Valentines Dance!

\$5 for individuals \$8 for couples

You can sign up for this event at the Teen Center 234 Melick Ave. Bldg. 1330. From January 10 to February 7. Limited Spots available. Must be a registered teen center member to sign up!

Not a member yet? Swing by, check out our facility and fill out a packet!

Call 448-1068 for more information.

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





# Valentine's Special

WEDNESDAY, 14 FEB 2018 | 5-8PM

**4 Course Dinner Special**

**\$48.95** (per person)



## SOUP

*Minestrone*

## SALAD

*Caesar*

## MAIN COURSE

*(Choose one Entree)*

### Fire Grilled Monchong

*fire grilled, maui onion sauce, papaya relish, baby bok choy, ginger-scallion rice*

### Surf & Turf

*fire grilled flank steak, lemongrass-butter poached jumbo kawai shrimp, coconut-red curry sauce, sautéed asparagus, risotto cake*

### Roasted Hawaiian Chicken

*half chicken, vegetable medley, and yellow yukon mashed potatoes*



## DESSERT

*Chocolate Cake*

Enjoy a complimentary bottle of red, white or sparkling wine with the purchase of two(2) dinner specials.

\*Regular Menu also available.



**Make a Reservation today!**

**(808) 422-3002**

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

Building 3465, Mamala Bay Drive,  
JBPHH Honolulu, Hawaii | Guests Must Have Base Access.



# CHINATOWN 2018

## Food & Historic Walking Tour

*Last Saturday of the month*

**\$35**

Adults

**\$30**

Children 3-11

Under 3 are lap children: Free (no meal). Infants not recommended due to the length of time walking.

*Price includes round-trip shuttle from Hickam ITT, guided tour and Chinese-style lunch.*

Discover the intriguing history of Honolulu's Chinatown as you sample Chinese treats along the way.

This unique walking tour explores historical buildings, open markets, Chinese-style bakeries and more!

**Wear comfortable shoes & bring sun protection.**

**Not recommended for young children in strollers.**

### TOUR DATES

- March 31
- June 30
- September 29
- April 28
- July 28
- October 27
- May 26
- August 25
- November 24

Check in: 8:30 a.m. at the Hickam ITT

Office Return approximately 1 p.m.

*Please report any food allergies or dietary restrictions at time of booking.*

#### FOR MORE INFORMATION OR TO MAKE YOUR RESERVATIONS CALL ANY ITT LOCATION:

HICKAM	448-2295
NEX	422-2757
Pearl Harbor Fleet Store	473-0792
Barbers Point	682-2019
Wahiawa Annex	564-4445/4446

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

Tour dates and contents subject to change without notice.

