

GREAT *Life* HAWAII

www.greatlifehawaii.com | September 2017

Family Fun on JBP HH

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

2017 SUPER GARAGE SALE



SALE

OPEN TO THE PUBLIC & FREE ADMISSION

8 AM - NOON
RICHARDSON
FIELD

(Located across from Aloha Stadium.
See directional signs on Kamehameha Hwy.)

REGISTRATION IS

OPEN

AT THE FLEET STORE ITT

SELLERS & CRAFTERS

All military affiliates are eligible
to reserve a **10' x 10' space**

- Unfurnished
- No electricity
- Space is limited!
- Garage Sale: \$20 - \$25
- Craft/Business: \$25 - \$35



Parking at Rainbow Bay Marina and overflow parking at Aloha Stadium for minimal cost.

No pets authorized at event or on the field.

Applications are available at www.greatlifehawaii.com or the Fleet Store ITT

(Bldg. 1786, across Bravo Pier and next to McDonald's on Pearl Harbor)



FOR MORE INFO CALL 473-0792

SEPTEMBER

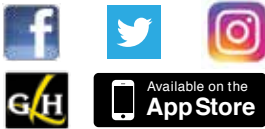
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connect with us

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.



Sign up at www.greatlifehawaii.com for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

GREAT LIFE HAWAII: SEPTEMBER 2017

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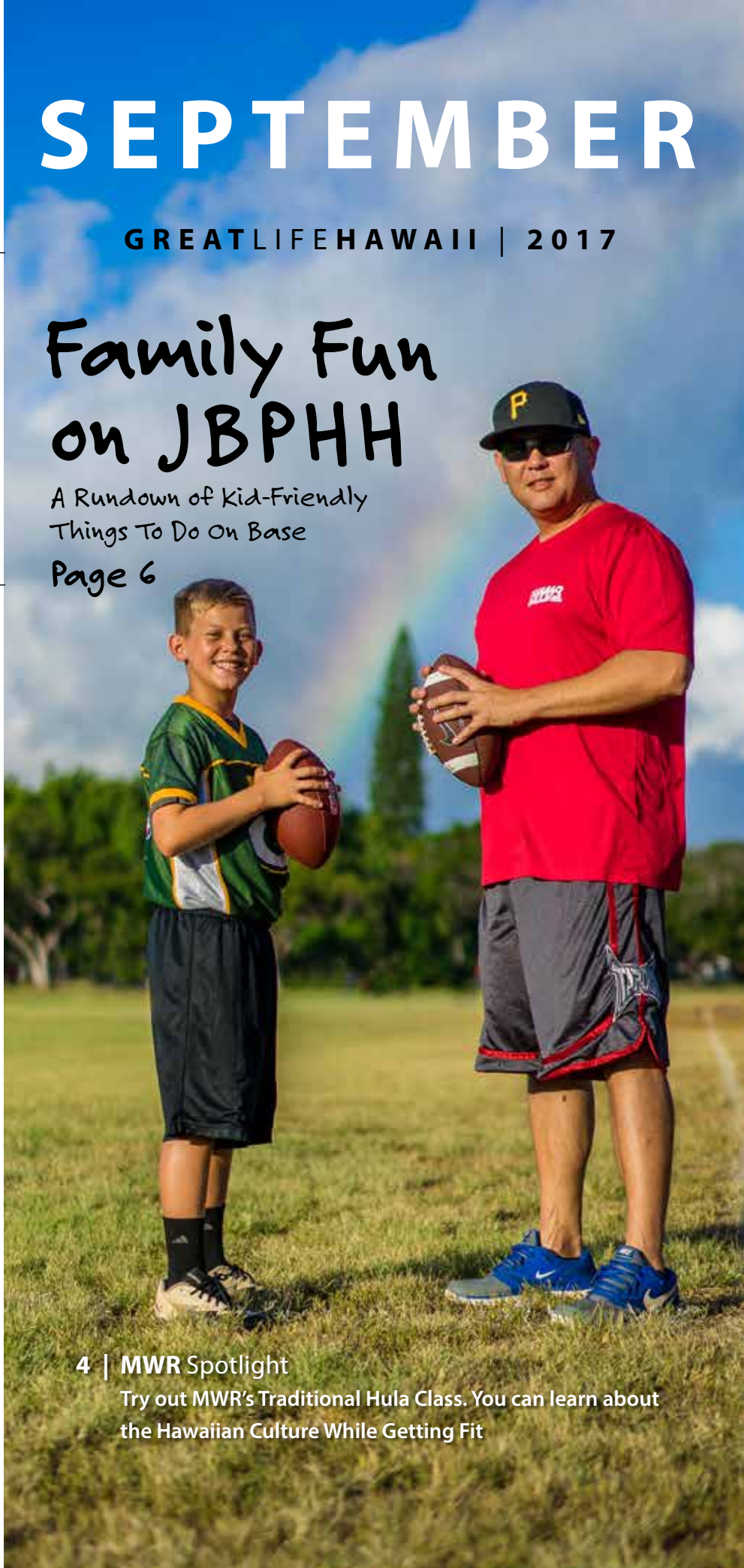
On the cover: Linnea K. sailing upwind, hiking hard on a Laser boat during the Youth Level 2 Sailing Class.

At right: Coach Scott & his son Owen, preparing for the flag football season.

Family Fun on JBP HH

A Rundown of Kid-Friendly Things To Do On Base

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4 | MWR Spotlight

Try out MWR's Traditional Hula Class. You can learn about the Hawaiian Culture While Getting Fit

Learn Hawaiian Culture While Getting Fit

By Reid Tokeshi

“Traditional Hula Class” is a low intensity exercise that engages, mind, body and spirit.

Being stationed in Hawaii means living in a location that millions yearn to visit. From the abundance of recreational activities to the unique history and culture, Hawaii offers the chance to expand your horizons. Now there is a class at the fitness center that allows you to learn a little about Hawaii’s culture while also getting a good workout.

Instructor Nalani Cabanting says Traditional Hula Class promotes awareness of the Hawaiian language and culture. Students learn to understand and speak Hawaiian words through dance and interpretation of the songs.

“Participants learn basic hula steps, hand motions and dance posture to produce the beauty of the hula,” says Cabanting. “They become familiar with our Hawaiian language, culture and songs.”

Before you think the class is all about island culture, Cabanting says, “Studies have shown hula to be a low impact, cardiovascular workout with mental, physical and spiritual benefits.”

Mentally, Cabanting says hula improves memory retention as the participants learn, practice and repeat the steps, hand motions and words to the hula. Physically, in addition to the cardio benefits, hula tones the hips, stomach, thighs, calves and arms, while




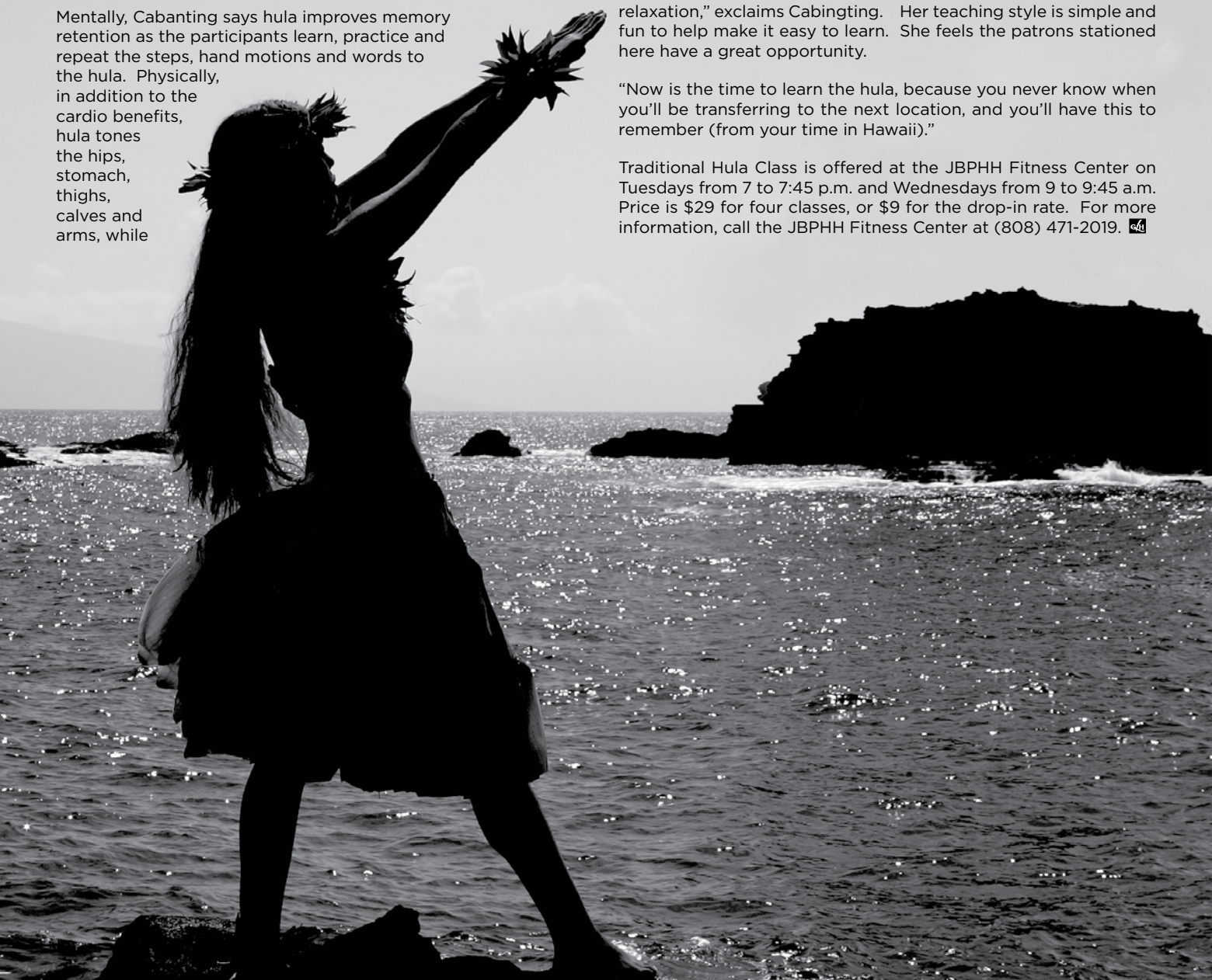
strengthening the back muscles and posture. It also improves flexibility and releases stress and tension. Spiritually, Cabanting says hula connects with God, nature and people while it promotes friendship and bonds with what she calls “hula sisters”.

Traditional Hula Class is recommended for everyone, from beginners to advanced dancers. Children ages 12 and up are welcome and Cabanting says mothers and daughters have taken the class together, as well as friends. Learning about the Hawaiian culture and hula adds to the enjoyment. In 3-4 classes, you’ll be able to learn a song.

“Try it out, it’s a soulful experience! Hula is Hawaii! You’ll learn about our history through song. It’s also for enjoyment and relaxation,” exclaims Cabanting. Her teaching style is simple and fun to help make it easy to learn. She feels the patrons stationed here have a great opportunity.

“Now is the time to learn the hula, because you never know when you’ll be transferring to the next location, and you’ll have this to remember (from your time in Hawaii).”

Traditional Hula Class is offered at the JBPHH Fitness Center on Tuesdays from 7 to 7:45 p.m. and Wednesdays from 9 to 9:45 a.m. Price is \$29 for four classes, or \$9 for the drop-in rate. For more information, call the JBPHH Fitness Center at (808) 471-2019. 





Boys and Girls Clubs Day for Kids

WONDERLAND

Hosted by JBPHH Child & Youth Programs

Saturday, September 16 | 10am - 2pm

Kids sports fields located behind Hickam School Age Center
(70 Aiua Way, Building 1335, JBPHH 96818)

Free and open to all Military and DOD civilian families ages 0-18.

Dress up as your favorite character from Alice in Wonderland
and join us for fun games, costume contest, arts & crafts,
rose garden maze and a real tea party!

For more information, call Youth Sports at 473-0789.

greatlifehawaii.com





Family Fun on JBPHH

A Rundown of Kid-Friendly Things To Do On Base

By Gaea Armour

The beautiful island of Oahu has so much to offer to both adults and children from hiking, surfing, snorkeling, parasailing, camping, parks & museum visits and let's not forget the occasional luaus. But did you know, you and your family can have just as much fun right here on Joint Base Pearl Harbor-Hickam through our Morale, Welfare & Recreation Programs?

Beaches and Water Activities

Clearly, Hawaii is known for serene, turquoise beaches that attract tourists from around the world. Oahu's tropical oasis give us a variety of beaches to choose from, but if you're searching for that golden white sand, teal ocean, you don't have to drive anywhere else! Hickam Beach is not only a great spot to cool off, but also a cool place to host birthday parties or family events, enjoy water activities such as stand up paddleboarding, kayaking, outrigger canoe paddling, sailing, or learn to surf. For those who live on the Leeward side of the island, White Plains Beach offers the same amenities including rental pavilions for parties and private surf lessons for ages 10 and up. Need gear? Both beaches also offer equipment rentals for all your recreation needs such as body boards, surf boards, paddle boards, wind surfing board, fins, and kayaks (Hickam only).

Our Outdoor Recreation & Marinas offer sailing classes to aspiring junior sailors from 8 to 17 years old at both Hickam Harbor & Rainbow Bay Marina. For upcoming classes and prerequisites, visit the Marinas Classes & Activities on page 15.

Sports & Fitness

Being in Hawaii and the great tropical weather that it has to offer, there's endless opportunities to get fit. You and your family can take advantage of our sports and fitness activities through our Youth Sports & Fitness Program. If you have a child between 3 to 5 years old, you can participate in the Start Smart Programs. "Our Start Smart Programs help families reconnect through sports. It gives

families a time and day to have one-on-one time with their child. This day in age; with all the hustle of the workday; we don't always have an hour to give our individual attention to our youth. Start Smart also helps with our youth's motor skill development, which is the foundation of every sport," says Brittany Bigham, Youth Sports Coordinator. Free sessions are offered bi-annually in flag football, soccer, basketball and t-ball.

Seasonal sports are also offered all year long from flag football, basketball, soccer, tennis, volleyball, baseball, softball and cheerleading. Volunteering as Coach for your child's team is not only a way to bond with your child, our Youth Sports coaches are the main foundation of our sports program.

All youth sports programs are open to any DoD cardholders. More details available on greatlifehawaii.com.

Bowling is always a favorite family pastime while taking part in physical activity. Our base has two bowling centers for recreation or event purposes for families to enjoy: Hickam Bowling (located on Hickam side) and Naval Station Bowling (on Pearl side). Hickam Bowling offers Junior Bowling League where your child can get "learn-to-bowl" instructions while organizing a league of their own. This league is open to bowlers and non-bowlers ages 5 to 21 and meets every Saturday from 9 a.m. to Noon.

Arts & Crafts

Looking for some bonding activities for the kids? Arts & Crafts offers classes from woodworking, sewing, watercolor, drawing, painting, photography and basic pottery for ages 7 years old through teens. Pick & Paint, where you pick the pot, paint it and the staff fires it is one of the popular activities. Registration for Arts & Crafts classes are available online. For a copy of the calendar, visit the Arts & Crafts section, on page 10 or online at greatlifehawaii.com.

Story Time

Got a preschooler? Our JBPHH Library offers free story time for 3 to 5 years old twice a month. "Story time is a good connection for families that have moved here, it helps with the social & attention skills for this age group," says Sandy Nii, Library Aid. Story Time is held on Wednesdays from 9 to 10 a.m. and ends with an arts & crafts session where kids create an artwork related to the story for them to take home. The Library also holds a Kids Book Club for 4th and 5th graders twice a month, Lego Club, and Wii Wednesdays as an after school activity for avid gamers. More details can be found on the Library page online.



Movies

Movie buffs do not need to go off base to see the latest flicks. Enjoy the latest movies at a very low cost at the Sharkey Theater, located on Pearl Harbor side, and Memorial Theater, located on Hickam side. Listings and future free advanced screenings are available on greatlifehawaii.com.

Dining

Weekday meal plans are sometimes a struggle. If you like the beautiful view at the Hickam Harbor Beach, gather the family and enjoy some island inspired cuisine at The Lanai at Mamala Bay on Mondays when kids can eat for free! The Lanai's Kids Eat Free Mondays are held from 11 a.m. to 8 p.m. for 12 years and younger. A bounce house is set up for the little ones to enjoy from 5 to 7 p.m. Mongolian BBQ on the other hand is another great dining experience for the whole family to enjoy, held every Thursdays, from 5 to 8:30 pm at the Historic Hickam Officers' Club Lanai at only 95 cents per ounce.

Like weekend brunches? Enjoy the Sunday brunch at the Historic Hickam Officers' Club Lanai, every Sunday from 10 a.m. to 1 p.m. or at Restaurant 604, located off-base, next to the Arizona Memorial every Saturday and Sunday from 9:30 a.m. to 3 p.m.

More options are also available to everyone in your family to sink their teeth into. Visit the Dining page on greatlifehawaii.com for more details.

Three years can go by pretty fast for most of us, so whether you're here temporary or have set your heart here forever, why not take advantage of all amenities and resources our beautiful base has to offer?

For more information on upcoming family events, visit the Family Activities page on greatlifehawaii.com or subscribe to our Family Emails list. 

Resources

Here's a list of other resources, found on greatlifehawaii.com:

School Liaison Officer (school information & resources)

Child Development Centers (child care, hourly care, 24/7 care & home day care)

Youth Programs (Teen Center, school age care)

Aquatics (base pools, swim lessons, & lifeguard certification)

Information, Tickets and Travel (ITT) (tickets for local tours, parks, concerts, & events)

Rentals (party rentals, bouncy houses, beach equipment, & outdoor equipment rentals)



Fall craft camp

at the
**Hickam
Arts & Craft Center**



\$60
per person

Tue, Oct. 10
thru
Fri, Oct. 13

10 a.m. - 12 p.m.
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 and Search: Arts and Crafts Registration

Questions? Call 448-9907



HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

SEP | OCT | NOV

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6–8:30 p.m.

Oct 25 – Dec 6 (no class Nov 22)

Thursdays, 6–8:30 p.m.

Oct 26 – Dec 7 (no class Nov 23)

Fridays, 9–11:30 a.m.

Oct 27 – Dec 15 (no class Nov 10 & 24)

Saturdays, 9–11:30 a.m.

Oct 28 – Dec 16 (no class Nov 11 & 25)

Ages 16 and older

\$70 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Tuesdays, 5:30–8:30 p.m.: **Sep 5–26 • Oct 3–24 • Nov 7–28**

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

Nov 4–Dec 2 (no class Nov 11)

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.

Sep 5–26 • Oct 3–24 • Nov 7–28

Ages 12 and older

\$70 per person (plus supplies)

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

HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks

Tuesdays, 5:30–7:30 p.m.: **Sep 5–26 • Oct 3–24 • Nov 7–28**

Ages 12 and older

\$70 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Sep 26–Oct 31 • Nov 7–Dec 12

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.

Sep 21–Oct 26 • Nov 2–Dec 14 (no class Nov 23)

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.

Sep 28–Oct 26

Ages 12 and older

\$65 per person (plus supplies)

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

FAN ART WITH CHARIS DERRY

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

Sep 28–Oct 26

Ages 14 and older

\$65 per person (plus supplies)

Create fun paintings and illustrations based on your favorite characters from movies, tv shows, games etc. Both traditional and cartoon drawing & painting techniques will be explored as we take one animated character and make a realistic humanized portrait from it, and one live action person or scene from entertainment and turn it into a cartoon or manga style illustration.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Sep 14–21 • Oct 12–19 • Nov 16–30 (no class Nov 23)

Ages 16 and older

\$40 per person (plus supplies)

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

GLASS FRIT DRAWING WITH JESSICA FITZGERALD

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

Sep 13–27 • Oct 11–25 • Nov 15–29

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



(continued on next page)

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.

GLASS SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

Thursday, 5–7 p.m.

Sep 7, 28 • Oct 5, 26 • Nov 9

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.: **Sep 5–26 • Oct 3–24 • Nov 7–28**

Wednesdays, 10 a.m.–Noon: **Sep 6–27 • Oct 4–25 •**

Nov 8–29

Ages 14 and up

\$70 per person (plus supplies)

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

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

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

Sep 9–23 • Oct 7–21 • Nov 4–18

Ages 16 and up

\$75 per person (plus supplies)

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

Quilting & Sewing

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Sep 5–26 • Oct 3–24 • Nov 7–28

Ages 14 and older

\$35 per person (plus supplies)

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

HAWAIIAN QUILTED BABY OR WALL QUILT WITH SUE ZANE WILLIAMS

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

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

Ages 14 and older

\$45 per person (plus supplies)

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

MACHINE QUILTING WITH KYONG ANGUAY

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

Sep 9–30 | Twister Quilt

Oct 7–28 | Holiday Project

Nov 18–Dec 16 (no class Nov 25) | **Holiday Project**

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE SEWING BAGS & MORE WITH KYONG ANGUAY

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

Sep 9–30 | Pouch, Different Size

Oct 7–28 | Holiday Project

Nov 18–Dec 16 (no class Nov 25) | **Holiday Project**

Ages 14 and older

\$100 per person (plus supplies)

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



INTERMEDIATE SEWING WITH AMANDA BUSSEY

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

Sep 6–Oct 11

Ages 14 and older

\$100 per person (plus supplies)

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

HANDMADE FOR THE HOLIDAYS WITH AMANDA BUSSEY

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

Oct 18–Nov 29 (no class Nov 22)

Ages 14 and older

\$85 per person (plus supplies)

Are you looking for new gift ideas this holiday season? Do you have that one person on your list that you struggle to buy a gift for? This class will offer a variety of patterns to choose from for making that perfect gift. No matter what your skill level, there is a project that everyone will be able to complete. You must have your own sewing machine as well as basic sewing skills.

Woodworking

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

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

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

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

\$20

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

KOA PADDLE CLASS

One class per week for 4 weeks.

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

Ages 16 years & older

\$350 (supplies included)

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



CHILDREN'S CLASSES & CAMPS

YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered on select days/times.

Ages 12–16 years old (ages 12–15 must be accompanied by a parent or guardian)

\$60 (supplies included)

This class will emphasize safety in the shop, as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary. Call 448-9911 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

Mondays, 4–5:30 p.m.: **Sep 11–Oct 2 • Oct 16–Nov 6
Nov 13–Dec 4**

Tuesdays, 3–4:30 p.m.: **Sep 5–26 • Oct 3–24 • Nov 7–28**

Ages 7–12 years old

\$45 per person (plus \$15 fee payable to Ceramics Dept.)

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks

Mondays, 6–7:30 p.m.: **Sep 11–Oct 2**

Ages 9–13 years old

\$75 per person (plus supplies)

This class is designed for kids who are interested in learning the fundamentals of sewing. They will be taught basic sewing machine operation, and sewing techniques as well as learn about different kinds of fabric. We will construct a simple project applying this information. Pattern will be provided by instructor. Students must have their own sewing machine.



INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

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

Oct 16–Nov 13

Ages 9–13

\$85 per person (plus supplies)

This class is designed for kids who already have basic sewing experience. We will build on the fundamentals taught in beginner classes. Students will complete a more advanced project using a commercial pattern. Students must have their own sewing machine.

ANIMALS IN ART WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Wednesdays, 3:30–5 p.m.

Sep 20–Oct 11 • Oct 25–Nov 15

Ages 5–12

\$60 per person (supplies included)

Animals are a favorite subject of artists of all ages. Using painting, drawing, and paper cutting techniques, we will create a variety of our own fun animal creations. From painted lions to paper owls, we will create a menagerie of wildlife over the course of the session.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m.

Sep 26–Oct 31 • Nov 7–Dec 12

Ages 7 and up

\$70 per person (plus supplies)

Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30–3 p.m.

Sep 21–Oct 26 • Nov 2–Dec 14 (no class Nov 23)

Ages 7 and up

\$70 per person (plus supplies)

Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45–5:15 p.m.

Sep 21–Oct 26 • Nov 2–Dec 14 (no class Nov 23)

Ages 7 and up

\$70 per person (plus supplies)

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

FUNDAMENTALS OF ART FOR HOME-SCHOOL WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Tuesdays, 2–3:30 p.m.

Sep 19–Oct 10 • Oct 24–Nov 14

Ages 5–12

\$60 per person (supplies included)

This class is geared towards homeschool students who are interested in furthering their understanding of art. We will explore a variety of mediums, including pencil, paint, and pastel to create visually stunning masterpieces. Students can also expect to learn about important figures in art history. Instruction will be tailored to each child, so students of a variety of ages are encouraged to apply.

OCEAN EXPLORERS WITH CAROLINE RIDEOUT

One class per week for 4 weeks: Thursdays, 3:30–5 p.m.

Sep 21–Oct 12 • Oct 26–Nov 16

Ages 5–12

\$60 per person (supplies included)

In this class, we will use watercolor painting and drawing techniques to explore the undersea world. Students will learn how to draw and paint a variety of sea life. In addition, we will explore unique watercolor painting techniques.

EVENTS & ACTIVITIES

2017 ARTS & CRAFTS GALLERY SHOWCASE

Submission deadline: Saturday, Sep 30

Opening reception: Oct 4 | 5:30–7:30 p.m.

Gallery display: Oct 4, 2017–Jan 2018

Get your creative juices flowing and prepare now to submit your artwork, crafts, photography and digital creations. There are three categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery.

This event is open to active-duty military and their family members, DoD civilians, contractors, reservists and retirees. There is so much wonderful talent here within the Hawaii military community! We are looking forward to your participation. For further information and entry forms, please email Donna Sommer: donna.sommer@navy.mil.

CALLING ALL CRAFTERS! 42nd ANNUAL HICKAM FALL CRAFT FAIR

Saturday, Nov 4 | 9 a.m.–3 p.m.

\$75 for a single booth, \$105 for two to share a booth

Registration begins Friday, 4 August at 9 a.m. in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Call 448-9907 for further info.

PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.

Historic Hickam Officers' Club

\$40 per person (\$20 non-refundable deposit online, \$20 at the door)

Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Online registration at <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration>.

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.

Arts & Crafts Center

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, and we fire it. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome.



ARTS/CRAFTS CALENDAR

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.

GREAT GOLF FOR LESS

Clip the coupon below
for a great deal at three
of our fabulous courses.

*This coupon is only good
for a limited time so don't
let it go to waste.*

Use it soon!

Restrictions apply.

See coupon for details.



\$25 GREEN FEE CART INCLUDED

COUPON MUST BE PRESENTED TO RECEIVE SPECIAL RATE. NOT VALID ON HOLIDAYS. COUPON VALID FOR AUTHORIZED PATRONS WITH UP TO 3 GUESTS. MUST CALL FOR RESERVATIONS. **VALID ONLY ON MON/TUES AT MAMALA BAY (449-2300) AND BARBERS PT. (682-1911) GOLF COURSES. COUPON EXPIRES: 12/31/2017**

**MAMALA BAY GOLF COURSE
808.449.2300**

**BARBERS PT. GOLF COURSE
808.682.1911**

BRING A BUDDY BUY ONE GET ONE FREE

COUPON MUST BE PRESENTED TO RECEIVE SPECIAL RATE. NOT VALID ON HOLIDAYS. HIGHEST AUTHORIZED PATRON WILL BE CHARGED AND BUDDY PLAYS FOR FREE. **VALID ONLY ON MON/TUES AT KEALOHI GOLF COURSE. COUPON EXPIRES: 9/30/2017**

**KEALOHI PAR-3 COURSE
808.448.2318**

www.greatlifehawaii.com





SEP • OCT OUTDOOR RECREATION

SURFING

WOMEN'S SURFING

- Sep 9 Sign up by Sep 7
- Oct 1 Sign up by Sep 29
Begins: 9 am | Ends: Noon
Cost: \$30

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

LEARN TO SURF AT HICKAM HARBOR

- Sep 17 Sign up by Sep 14
- Oct 15 Sign up by Oct 12
Begins: 9 am | Ends: Noon
Cost: \$30

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

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Sep 10 Sign up by Sep 8
- Sep 24 Sign up by Sep 22

- Oct 14 Sign up by Oct 11
- Oct 22 Sign up by Oct 20
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

- Oct 7 Sign up by Oct 5
Begins: 8 am | Ends: 1 pm
Cost: \$25

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

STAND UP PADDLE HALEIWA/ NORTH SHORE

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

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

(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 September activities is currently open. Registration for October activities begins **September 1**.

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

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

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

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



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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Sep 6 Sign up by Sep 3
 - Oct 5 Sign up by Oct 3
- Begins: 7:30 pm | Ends: 9:30 pm
Cost: \$25 (Kayak included)

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

RENTALS

OUTDOOR EQUIPMENT

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

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifeohawaii.com for price lists.

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

RECREATION & PARTY EQUIPMENT

Bldg. 1760 Kuntz Ave., Hickam • 449-6870
Mon–Fri 9 am–5 pm • Sat & Sun 9 am–1 pm
Are you celebrating a birthday or other special occasion soon? MWR has all of the party equipment you'll need to throw a party they won't forget.

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Download equipment brochure from www.greatlifeohawaii.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

KAYAKING AT CHINA MAN'S HAT

- Sep 30 Sign up by Sep 28
 - Oct 28 Sign up by Oct 26
- Begins: 8 am | Ends: 1 pm
Cost: \$25

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

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Sep 3 (8:30–11:30 am) Register online by Sep 1
 - Sep 23 (2:30–5:30 pm) Register online by Sep 21
 - Oct 8 (2:30–5:30 pm) Register online by Oct 6
 - Oct 28 (8:30–11:30 am) Register online by Oct 27
- Cost: \$30

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

LEARN TO SPEARFISH

- Sep 16 (One Day Class) Register online by Sep 14
 - Oct 7 (One Day Class) Register online by Oct 4
- Begins: 8:30 am | Ends: 3 pm
Cost: \$60

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

SPEARFISHING EXCURSION

- Sep 30 Sign up by Sep 28
 - Oct 21 Sign up by Oct 19
- Begins: 9 am | Ends: Noon
Cost: \$20

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

BIKING

NORTH SHORE BIKE RIDE

- Sep 16 Sign up by: Sep 14
 - Oct 14 Sign up by: Oct 12
- Begins: 8 am | Ends: 2 pm
Cost: \$25 w/ bike, \$20 without

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

HIKING

HIKE TO LA'IE FALLS

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

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

HIKE AT MAUNAWILI

- Oct 21 Sign up by: Oct 19
- Begins: 8:30 am | Ends: 2 pm
Cost: \$15

Lace up the mud shoes and head into the jungle valley on a mini-adventure to a waterfall with a swimming pool. So close it feels like it's in our back yard! This trip is sure to satisfy the adventurous! Bring a camera and snap a shot of views from the ridge as well as views inside the jungle canopy. This is one hike that highly recommended not to be missed on Oahu! Bring water, sun protection and a camera! This hike is for moderate hikers as there are some steep areas to climb up and down.

EXTRAS

TRASH BOAT REGATTA

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

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

MARINAS CLASSES & ACTIVITIES

SAILING

START SAILING RIGHT HH

- Tuesday | Aug 29 | 6-8pm
Saturday | Sep 2, 9, 23, 30 | 9am-12pm or 1pm-4pm
- Tuesday | Oct 3 | 6-8pm
Saturday | Oct 7, 14, 21, 28 | 9am-12pm or 1pm-4pm
Cost: \$75 per person/per month
Ages 18 & up
Maximum of 8 students per session

START SAILING RIGHT RB

- Wednesday | Nov 1 | 6-8pm
Saturday | Nov 4, 11, 18, 25 | 9am-12pm or 1pm-4pm
Registration for Nov SSR will be available on Oct 1st at RB.
Cost: \$75 per person
Ages 18 & up
Maximum of 8 students per session

LEARN TO SAIL ADULT CLASS RB

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

YOUTH BEGINNERS SAILING RB

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

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Sep 5,7,12,14,19,21,26,28 | 3:30-5:30pm
- Tues/Thurs | Oct 3, 5, 10, 12, 17, 19, 24, 26, 31 | 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 | Sep 5,7,12,14,19,21,26,28
12-2pm or 3:30-5:30pm
- Tues/Thurs | Oct 3, 5, 10, 12, 17, 19, 24, 26, 31
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 | Sep 5,7,12,14,19,21,26,28 | 3:30-5:30pm
- Tues/Thurs | Oct 3, 5, 10, 12, 17, 19, 24, 26, 31 | 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 | Sep 1, 6,8,13,15,20,22,27,29 | 3:30-5:30pm
- Weds/Fri | Oct 4,6,11,13,18,20,25,27 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 8 & 9 years
*REGISTER ONLINE ONLY

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

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Sep 1,8,15,22, 29 | 9:30am-12pm
- Fri | Oct 6, 13, 20, 27 | 9:30am-12pm
Cost: \$40 per person/per month
Ages 18 & up

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

FAMILY/GROUP SAILING INSTRUCTION

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

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

PRIVATE SAILING INSTRUCTION

- By Appointment
Cost: \$20 per hour

MORNING SAILING SESSIONS

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

SUNSET REGATTAS

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

MARINA CHECKOUT QUALIFICATION

- By Appointment
Cost: \$20 per hour

R-19 BOATER'S CERTIFICATE

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

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

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

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- Fri | Sep 8, 22 | Oct 6, 20 | 8:30-9:30am
Cost: \$3 per session

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

PADDLEBOARD YOGA

STAND UP PADDLEBOARD YOGA HH

- *Fri | Oct 13, 27 | 8:30-9:30am
- *Sat | Oct 21, 28 | 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 settled.

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr. SURF SHACK • 449-5215

Hours: Friday–Sunday, 10 am–4 pm

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

SURF TAXI

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

WHITE PLAINS BEACH | Kalaeloa SURF SHACK • 682-4925

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

DIRECTIONS

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

GRIDIRON GAMEDAY

10th Puka at Ke'alohe Golf Course and Club Pearl Brews & Cues



GET YOUR FOOTBALL FIX!

SUNDAYS

BREWS & CUES - Doors open 7am
Free Continental Breakfast (while they last)
Halftime Giveaways during the game!

10th PUKA - Doors open 6:45am
La Familia open for breakfast

MONDAYS AND THURSDAYS

Watch the game live via satellite.
Free pupus at Brews & Cues (while they last)



Brews & Cues is at Bldg. 1557, North Road. Call 808-473-1743 for info
10th Puka is at Ke'alohe Golf Course. Call 808-448-2318 for info

Liberty Calendar

September 2017



FREE & LOW-COST ACTIVITIES FOR SINGLE ACTIVE-DUTY MILITARY E1-E6

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DESIGNATION FOR HIKES:</p> <p>BEG: Beginner INTER: Intermediate ADV: 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>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</p> <p>Beeman Center (Pearl Harbor Sub Base) 473-2583 Instant Liberty (Club Pearl Complex) CLOSED during construction Liberty Express (Wahiawa Annex) 653-0220</p>						
<p>3 NORTH SHORE BEACH HOPPING FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900</p> <p>INDOOR ROCK CLIMBING \$5 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>4 TEKKEN 7 TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!</p>	<p>5 DIY (PART 1): SUNSET SEA SHELL SEARCH FREE Express 1730 Beeman 1600 Instant 1615 Makai 1630</p>	<p>6 SUNSET HIKE KOKO HEAD [BEG] FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>7 TEN & GRIND @ SHAY'S FILIPINO CAFE \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>1 FRIED CHICKEN FOR LUNCH FREE Beeman 1100-1300</p> <p>MOVIES W/ LIBERTY @ DOLE CANNERY \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>2 HIKE JACKASS GINGER POOLS & HIDDEN PALACE [BEG] FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945</p> <p>SNORKELING WAIMEA BAY FREE Express 0930 Beeman 0800 Instant 0815 Makai 0830</p>
<p>10 RETURN FROM CAMP 1500</p> <p>CHIEF'S LUAU @ SEA LIFE PARK \$30 Express 1400 Beeman 1500 Instant 1515 Makai 1530</p>	<p>11 PICK & PAINT POTTERY @ HICKAM ARTS & CRAFTS \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>12 8 BALL POOL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!</p>	<p>13 WWE LIVE @ THE BLAISDELL ARENA \$20 Express 1730 Beeman 1815 Instant 1830 Makai 1845</p>	<p>14 MOVIES WITH LIBERTY @ DOLE CANNERY \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>8 HAMBURGER CURRY FOR LUNCH FREE Beeman 1100-1300</p> <p>COSMIC BOWLING & PIZZA FREE Express 1800 Beeman 1900 Instant 1845 Makai 1830</p>	<p>9 SUP HALEIWA RIVER FREE Express 1100 Beeman 0945 Instant 1000 Makai 1015</p> <p>HIKE/CAMP MANANA TRAIL \$5 Express 1400 Beeman 1500 Instant 1515 Makai 1530</p>
<p>17 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900</p> <p>NIGHT FISHING FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715</p>	<p>18 TEXAS HOLD 'EM TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!</p>	<p>19 DIY (PART 2): SHELL YEAH FREE Beeman 1800-2000</p>	<p>20 LEARN TO COOK W/ LIBERTY FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730</p>	<p>21 BARRACKS BASH @ SMALLWOOD HALL FREE 1700-1900</p>	<p>15 BEEF STEW FOR LUNCH FREE Beeman 1100-1300</p> <p>ATLANTIS MAJESTIC FIREWORKS DINNER CRUISE \$40 Express 1500 Beeman 1545 Instant 1600 Makai 1615</p>	<p>16 HIKE MAKAPUU POINT & SWIM [INTER] FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945</p> <p>CORAL CRATER: ISLAND NINJA ADVENTURE COMBO \$40 Express 1000 Beeman 1100 Instant 1115 Makai 1130</p>
<p>24 GLIDER RIDES \$30 Express 1015 Beeman 0900 Instant 0915 Makai 0930</p> <p>BELLOWS PAINTBALL \$20 Express 0830 Beeman 0900 Instant 0915 Makai 0930</p>	<p>25 PING PONG TOURNAMENT FREE Beeman 1900 WIN PRIZES!!!</p>	<p>26 NORTH SHORE STAR GAZING FREE Express 2000 Beeman 1900 Instant 1915 Makai 1930</p>	<p>27 SUPER SMASH BROS N64 TOURNAMENT FREE Beeman 1900 WIN PRIZES!!!</p>	<p>28 TEN & GRIND @ LITTLE VILLAGE NOODLE HOUSE \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>22 PIZZA FOR LUNCH FREE Beeman 1100-1300</p> <p>HOKULANI IMAGINARIUM: TWO SHOWS & LED ZEPPELIN \$5 Express 1700 Beeman 1745 Instant 1800 Makai 1815</p>	<p>23 HAWAII POLO CLUB SUNSET HORSEBACK RIDING \$40 Express 1600 Beeman 1445 Instant 1500 Makai 1515</p> <p>HIKE KALAUAO FALLS [INTER] FREE Express 0900 Beeman 1000 Instant 1015 Makai 1030</p>
<p>29 BISCUITS & GRAVY FOR LUNCH FREE Beeman 1100-1300</p> <p>EAT THE STREET FREE Express 1500 Beeman 1630 Instant 1615 Makai 1600</p>	<p>30 KUALOA ZIPLINE \$60 Express 0930 Beeman 1030 Instant 1045 Makai 1100</p> <p>UH FOOTBALL VS. COLORADO STATE FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>					

dining

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

BREWS & CUES

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

Time For Football!

Beginning Sep 10
Mondays, Thursdays beginning at 2:30 p.m.
Sundays, Doors open at 7 a.m.
FREE

Ages 18 years & older

Football season is finally here. Catch the games live via Direct TV's Sunday Ticket. Root for your favorite team and enjoy free pupus on Mondays and Thursdays (while they last). On Sundays, we open early with a continental breakfast.

National Drink ____ Day

Thursday, Sep 28
5:30 p.m.

Ages 18 years & older

It's on this day we recognize the most popular beverage in our club. Our vendor partners have some surprises in store for you, but you must come in to find out.

Chill & Grill

Friday, Sep 29
5:30–7:30 p.m.

FREE

Ages 18 years & older

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

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Sep 3, 10, 17, 24
10 a.m. – 1 p.m.

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

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

Mongolian BBQ

Thursdays, Sep 7, 14, 21, 28

5:00–8 p.m.

Lanai (Historic Hickam Officers' Club)

95¢ per ounce

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

Paint 'n' Sip

Wednesdays, Sep 6, 13, 20, 27

5:30–8:30 p.m.

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

KOA LOUNGE

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

Warrior Friday

Friday, Sep 1

4:30–7:30 p.m.

FREE for Air Force Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4–6:30 p.m.

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

LA FAMILIA MEXICAN RESTAURANT

At Ke'alo'hi Par 3 Golf Course. 422-9987

NFL Breakfast

Beginning Sep 10

Open early for breakfast every Sunday

We will be opening early for breakfast to satisfy those morning cravings during the NFL season.

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Southern Comfort Food

Thursday, Sep 7, 14, 21, 28

11 a.m.–1 p.m.

\$14.95 Adults

\$8.95 Kids 6-12 yrs

FREE Kids 5 and under

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

Aloha Friday Buffet

(except on other special occasions)

Friday, Sep 1, 8, 15, 22, 29

11 a.m.–2 p.m.

\$15.95

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

Express Lunch Menu

Monday – Friday

11 a.m.–2 p.m.

\$12.95

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

MOLLY'S BBQ & SEAFOOD

At Barbers Point Golf Course 600-9656

Late Night Fun at Molly's

Fridays & Saturdays until midnight

No cover

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

Now Available for Catering

Looking for a place to have a party on the west side? BBQ is our specialty, but our talented executive chef also offers up Mexican, Italian, Chinese and more. Call 600-9656 for more info.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30 a.m. - 3 p.m.

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

Aloha Hour

Monday–Friday

3–5 p.m.

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

10TH PUKA LOUNGE

At Ke'alo'hi Par 3 Golf Course 448-9890

Watch all the NFL action at the Puka!

Beginning Sep 10

6:45 a.m. every Sunday

We'll be opening at 6:45 am every Sunday so you can catch the first games of the day. Plus, La Familia will open early for breakfast to satisfy those morning cravings.



Joint Base
CATERING
JOINT BASE PEARL HARBOR-HICKAM

At Joint-Base Catering we are excited to help you create a stellar event!

Experienced staff to help navigate the party planning process.

Diverse, unique and budget-friendly menus

Able to cater at various venues

*We can accommodate anything from a simple conference to customized galas
Weddings, 1st Birthdays, Graduations, Wetting Down Parties and so much more*

Located at the Historic Hickam Officers' Club with a variety of venues onsite.
Call 808-448-4608 and let us make your next event truly memorable.



GROUPEXERCISECLASSES

INFORMATION SUBJECT TO CHANGE

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

core & cardio

Circuit Training	Wed	6 a.m.–7 p.m.	Pearl Harbor*
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Mon	10–11 a.m.	Hickam
	Wed	6–7 a.m.	Hickam
	Fri	8:30–9:30 a.m.	Hickam
Total Body Shock	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
	Mon, 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*
	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
	Fri	11:30 a.m.–12:30 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
Traditional Hula Movements	Tue	7–7:45 a.m.	Pearl Harbor
	Wed	9–9:45 a.m.	Pearl Harbor

karate

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

kettlebells

Kettlebell Basics	Mon, Wed	4:30–5:30 p.m.	Pearl Harbor
	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
Turbo Kick	Sat	8–9 a.m.	Hickam

kids' classes

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

step

Step	Tue	5:15–6:15 p.m.	Hickam
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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

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	10–11 a.m.	Hickam	
	Sat	9:15–10:15 a.m.	Pearl Harbor	
	Zumba Step	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

family/support

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

SCHOOL AGE CARE

70 Alula Way, Bldg. 1335. 449-4396

Boys & Girls Club Day for Kids: WONDERLAND
Hosted by JBPHH Child and Youth Programs
Saturday, Sep 16

10 a.m.–2 p.m.

Kids Sports Field, located behind Hickam SAC
FREE

Dress up as your favorite character from Alice in Wonderland and join us for fun games, costume contest, arts & crafts, rose garden maze and a real tea party! Open to all Military and DoD Civilian families ages 0-18. For more information, call Youth Sports at 473-0789.

TEEN CENTER

Teen Center, Hickam Bldg. 1859. 448-0418

JBPHH Teen Center Family Night: Dodgeball!

Tuesday, Sep 19

5–7:30 p.m.

FREE to all teen families

Come hangout at the Teen Center and meet the staff, hear about upcoming events, enjoy some snacks and some fun! Questions? Call 448-0418. Follow us on Facebook @JBPHHTeenCenter and on Instagram @jbphh_teencenter.

JBPHH Teen Center Home Schooled Cookin'

Thursday, Sep 28

12 p.m.

FREE

Registration Period: August 21-September 20

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, master skills that you can bring home and impress your whole family! Must be registered before signing up. Not a member yet? Swing by, check out our facility and fill out a packet! It's super easy! Questions? Call 448-0418 or visit our page at greatlifehawaii.com.

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

Private Swim Lessons

Saturday, Sep 16,

10 a.m.–12 p.m.

Hickam Family Pool

Registration begins Sep 1

\$30

We will be offering one on one, private swim lessons beginning the month of September. They are intended for personal swim goals, with more emphasis on specific individual learning needs. Swim lessons are conducted in accordance with the American Red Cross swim lesson program. Participants can choose from 4 times slots: 10 a.m., 10:30 a.m., 11a.m., and 11:30 a.m. Registration for a time must be confirmed two weeks prior to the desired date. To register, please come to Hickam Family Pool between the hours of 2:00 PM and 4:00 PM. For more information, please call 260-9736.

Float Night

Friday, Sep 8

5–7 p.m.

Scott Pool

FREE

Night time free swim open to all DOD personnel. Free ice cream floats while supplies last. Regular pool rules apply, with exception to Individual sized swim floats allowed.

Movie Night

Friday, Sep 29

6–9 p.m.

Pool 2

FREE

This month we will be showing Pixar's TOY STORY on our big screen.

Aqua Zumba Class

Mondays: 9–10 a.m.

Tuesdays: 5:30–6:30 p.m.

Hickam Family Pool

\$2 with coupon book/ \$3 for single ticket

Cool off and get in shape with Aqua Zumba! For more info, call 260-9736

BOWLING

Hickam Bldg. 1891 448-9959

Naval Station Bldg. 1736. 473-2574

The Escape (Wahiawa Annex) 473-2651

Loyal Bowler Card

Through Aug 31

Hickam Bowling Center

Naval Station Bowling Center

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

Patriot Day

Monday, Sep 11

11 a.m. – 1 p.m.

Hickam & Naval Station Bowling Center

Buy one game of bowling and get 1 game FREE.

Lunch & Bowl

Tuesday, Sep 5, 12, 19, 26

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

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

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

Military Bowl Free

Monday, Sep 18, 25

11 a.m.–2 p.m. Hickam Bowling Center

Thursday, Sep 7, 14, 21, 28

11 a.m.–2 p.m. Naval Station Bowling Center

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

Single Sailor and Airmen Bowling Night

Friday, Sep 8

7–9 p.m.

Naval Station Bowling Center

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

GOLF

Barbers Point. 682-1911

Ke'alohe Par 3 448-2318

Mamala Bay. 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

Tuesday, Oct 3, 17

4–6 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 8 and up, call ahead to sign up.

Golf Demo Day

Wednesday, Sep 6

4:00–6:30 p.m.

Navy Marine Golf Course

FREE

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

Free Golf Clinics

Saturday, Sep 9, 23

9:30 a.m. Mamala Bay

Saturday, Sep 16, 20

9:30 a.m. Barbers Point

Thursday, Sep 14

12:00 p.m. Navy Marine Golf Course

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

Half-Price Green Fees - Aeration Special

Sep 13–17

Ke'Alohi

Sep 26–30

Mamala Bay

Pay half the price on green fees during our aeration Special.

athletics (cont.)

YOUTH SPORTS

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

NAYS Start Smart T-Ball

Fridays, Oct 17–Dec 1
5–6 p.m.

Vandenberg Baseball Field

Registration opens Sep 12-30

Open to 3 to 5 years old (Must be 3 by Oct 27)

FREE

Registration will be available online via CYP Online Services through the deadline or until all spots are filled, whichever comes first. For more information, please contact the Youth Sports office at 473-0789.

itt

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

Ford Island Historical Tour

Wednesday, Sep 6, 13, 20, 27

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, Sep 8, 15, 22, 29

9:30 a.m.–1:30 p.m.

\$45 for adults

\$40 for children (ages 3–11 years old)

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

"Local-Style" Wine Tasting

Wednesday, Sep 27

6:30–8:30 p.m.

Ages 21 years & over only

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

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

ITT Shuttle to "Eat the Street"

Friday, Sep 29

6:30–9:30 p.m.

\$7/person round-trip

Free for children under 5 years old (must be on an adult's lap)

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

Chinatown Food & Historic Tour

Saturday, Sep 30

8:30 a.m.–1 p.m.

\$35 for adults

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

Discover the intriguing history of Honolulu's Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

MWR Shuttle Service

Mondays–Fridays

9 a.m.–5 p.m. based on availability

\$5/person one-way (2–10 people)

A inexpensive alternative to take you to the airport and AMC terminal. Servicing areas from Ford Island to Radford Terrace only. Two large bags per person allowed (additional bags are subject to a \$1 per bag charge). Reservations required.

recreation

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

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Fall Craft Camp

Tuesday – Friday, Oct 10–13

10 a.m.–12:00 p.m.

Ages 7 and up

\$60/person

Sign up Now, class fills up FAST! There's no limit to the beauty a child can create when given some instruction and artistic freedom. Please register online for all classes at <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration>

Arts & Crafts Gallery Showcase

The Arts and Crafts Center will be accepting entries beginning 1 August until 30 September for the **2017 Arts & Crafts Gallery Showcase**. Get your creative juices flowing and prepare now to submit your artwork, crafts, photography and digital creations. This event is open to active duty military and their family members, DoD civilians, contractors, reservists and retirees. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery. There are three

categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant. For further info and entry form please email Donna Sommer: donna.sommer@navy.mil

Hickam 42 Annual Fall Craft Fair

Saturday, Nov 4

9 a.m.–3 p.m.

Calling all Crafters - Register NOW for a booth at the fair. Bring samples of your items into the Ceramics Shop Tue–Sat 9 a.m.–5 p.m.

All items sold at our craft fairs must be handmade by you. Please bring items or photos of items you will be selling for screening at time of registration. Call 448-2392/93 for further info.

LIBRARY

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

Library Know-How

Saturday, Sep 2

1–2 p.m.

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Sep 5

10–11 a.m.

We will discuss "A Court of Thorns and Roses" by Sarah J. Maas

Wii Wednesday

Wednesday, Sep 6

2–4 p.m.

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

Preschool Story Time

Wednesday, Sep 13, 27

9–10 a.m.

Story times are great for children of all ages! Our theme is "My Special Self" on Sep 13 and "Music" on Sep 27. Come on in and read with us.

Kids' Book Club

Wednesday, Sep 13, 20

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 "James and the Giant Peach" on Sep 13 and "Electric Ben" on Sep 20.

Read to Bear this Summer!

Friday, Sep 1 & Wednesday, Sep 6

9–11 a.m.

Call for an appointment

Sign your youth up to read their favorite story aloud to Bear, a therapy dog. Call the library to schedule an appointment.

Lego Club

Saturday, Sep 30

10 a.m.–12 p.m.

Call for details.



START SMART T-BALL

Oct. 27 - Dec. 1
Fridays, 5 - 6 p.m.
Vandenberg Baseball Field

FREE

Open to kids 3 to 5 years (must be 3 by Oct. 27)

REGISTRATION BEGINS SEP.12

This is a Parent and Youth participation program. Youth Sports staff will teach the parents the skills and drills. Then the parents will teach their youth. A great bonding opportunity!



Complete registration packet to include sports physical and medical questionnaire is required. Register online at www.greatlife-hawaii.com





Military & Family Support Center

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

INFORMATION SUBJECT TO CHANGE

deployment support

INDIVIDUAL AUGMENTEE RESOURCE FAIR

Sep 14 • 10:00 a.m.–12 p.m. | Pearl Harbor

Open to all IA sailors, IA families, IA Command Coordinators, Ombudsmen, and Command Support Teams to learn about the IA process and the organizations that support it, discover community resources, and meet other IA families.

employment assistance

CIVILIAN RESUME WRITING

Sep 6 • 1:30–3:30 p.m. | Hickam

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

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

FEDERAL EMPLOYMENT 101

Sep 12 • 1:30–3:30 p.m. | Wahiawa

Sep 9 • 1:30–3:30 p.m. | Hickam

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

PART-TIME MONEY MAKERS

Sep 8 • 1–3 p.m. | Hickam

Sep 25 • 4:30–6:30 p.m. | Pearl Harbor

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

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Sep 12 • 9:00–11:00 a.m. | Hickam

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

NEW MOMS AND DADS

Sep 20 • 5–8 p.m. | Hickam

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

PARENT CHILD COMMUNICATION

Sep 26 • 9–11 a.m. | Pearl Harbor

Having positive parent child communication is key to maintaining healthy family relationships. Improve your communication skills with your children of all ages; we will discuss techniques suitable for each age group.

PARENTING GROUP

Sep 5, 12, 19, 26 • 10 a.m.–12 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

Sep 21 • 5:30–7:30 p.m. | Pearl Harbor

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

POSITIVE PARENTING

Sep 19 • 9:00–11:00 a.m. | Pearl Harbor

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

SOOTHING YOUR BABY AND LOVING TOUCH

Sep 21 • 1:00–2:00 p.m. | Hickam Medical Bldg

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

financial management assistance program

CAR BUYING STRATEGIES

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

Thinking of buying a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot. Learn how to negotiate and determine what you can afford; plan for various expenditures of a car; trade-ins, discounts and financing; high-pressure sales tactics and tricks to watch out for; and education on financing a new or used car.

COMMAND FINANCIAL SPECIALIST TRAINING

Sep 25-29 • 7:30 a.m.–4 p.m. | Pearl Harbor

A five-day workshop offered to Navy command-sponsored service members who will be assigned this collateral duty. In accordance with OPNAVINST 1740.5B members attending class must be E6 and above with a minimum of one year left on their PRD. To register, call 474-1999.

FINANCIAL READINESS FOR AIR FORCE SUPERVISORS

Sep 5 • 7:30 a.m.–3:30 p.m. | Hickam

This is a one day financial training for Air Force Supervisors. It provides a basic understanding of typical military financial problems, how to deal with a financial crisis with one of your members (car buying, investing, TSP, credit, security clearances, creditors, etc.), and creates an awareness of available resources.

MANAGING MONEY AND CREDIT

Sep 19 • 2–3:30 p.m. | Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

MILLION DOLLAR SERVICE MEMBER

Sep 12-13 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

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

MILLION DOLLAR SPOUSE

Sep 19 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

This class is designed for military spouses. Students will learn about proper budgeting techniques, credit management and repair, savings and investments to include Thrift Savings Plan (TSP), and other financial issues unique to the "military spouse."

SURVIVING THE HOLIDAYS FINANCIALLY

Sep 14 • 1–2:30 a.m. | Pearl Harbor

It's important to plan and prepare for the Holiday's with much forethought because the last thing that you want to do is spend the next year or two paying for the holidays that you celebrate this year. This informative class will help you learn how to develop a holiday spending and overall "survival" plan that will assist you in enjoying a less stressful holiday season.

SURVIVOR BENEFIT PLAN (SBP)

Sep 5 • 1–3:30 a.m. | Pearl Harbor

When a military retiree dies their retirement pay stops. This means the surviving spouse will be left without a substantial income source. If you are a retiree, you need to give serious thought to how you can protect your spouse from the hardships caused by the loss of your retirement pay. Join us to learn more about the SBP, an insurance plan that will pay your surviving spouse a monthly payment (annuity) to help make up for the loss of your retirement income.

THRIFT SAVINGS PLAN (TSP)

Sep 19 • 10 a.m.–12 p.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 one-hour class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much, much more.

personal development

ANGER MANAGEMENT

Sep 25 • 9:30 a.m.–12:30 p.m. | Hickam

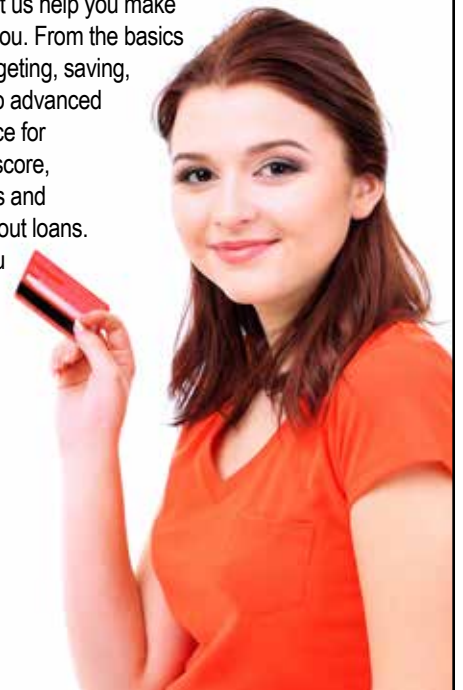
We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as a full-fledged rage. Feeling anger is not unusual; it is a completely normal and healthy human emotion. It's how we channel that anger and emotion that's important. Join us for this class that is designed to help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

(continued on next page)

MANAGING MONEY AND CREDIT

Tuesday, September 19th from 2–3:30 p.m.
MFSC - Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.



CONFLICT RESOLUTION

Sep 15 • 9:00–11:00 a.m. | Hickam

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

DEALING WITH DIFFICULT PEOPLE

Sep 20 • 9–11 a.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.

HEALTHY RELATIONSHIPS 101

Sep 14 • 1–3 p.m. | Hickam

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

Sep 27 • 3–5 p.m. | Pearl Harbor

One in three teens will experience a violent dating relationship by the time they reach adulthood. Dating is just one of the multitudes of challenges teens face. 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!

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Sep 6, 13, 20, 27 • 1–3 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.

SKILLS DEVELOPMENT GROUP

Sep 6, 13, 20, 27 • 10 a.m.–12 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

Sep 11 • 1–4 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

Sep 5 • 1–3p.m. | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Sep 11, 18, 25 • 10 a.m.–12 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

Sep 7, 14, 21, 28 • 2–4 p.m. | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Sep 7 • 1–3 p.m. | Pearl Harbor

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

September
is Suicide
**PREVENTION
MONTH**

safeTALK
Friday, September 29
8-11 a.m.
MFSC- Pearl Harbor

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

relocation assistance

SMOOTH MOVE

Sep 14 • 8–11:30 a.m. | Hickam

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

Sep 5 • 1–3 p.m. | Wahiawa

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.

suicide prevention

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Sep 13-14 • 8:00 a.m.–4:00 p.m. | Wahiawa

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

safeTALK

Sep 29 • 8–11 a.m. | Pearl Harbor

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

SUICIDE PREVENTION AWARENESS

Sep 14 • 8–9 a.m. | Pearl Harbor

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

transition assistance

AFTER GPS

Sep 25 • 8 a.m.–3 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

Sep 7, 14, 21, 28

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

Sep 5–6 • 8 a.m.–4 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 (GOALS, PLAN, SUCCESS) FOR RETIREES

Sep 25–29 • 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

Sep 11–15 • 7:30 a.m.–4 p.m. | Pearl Harbor

Sep 18–22 • 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

Sep 19 • 1–3 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

Sep 6, 13, 20, 27 • 8 a.m.–11 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.

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Mon–Fri: 7:30 a.m.–4 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Fri: 7 a.m.–4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7 a.m.–3:45 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

RESTAURANTS & CASUAL DINING

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive, Hickam Harbor • 422-3002
 Mon-Thu, Sun 1100-1400, 1700-2100
 Fri, Sat 1100-1400, 1700-2100
 Hapa Bar
 Mon-Thu, Sun 1100-2000
 Fri, Sat 1100-2100

MOLLY'S BBQ & SEAFOOD

At Barbers Point Golf Course • 600-9656
 Mon-Thu, Sun 0630-2100
 Fri, Sat 0630-2400

RESTAURANT 604

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

WRIGHT BROTHERS CAFÉ & GRILLE

901 Worthington Avenue • 448-4608 Ext. 39
 Mon-Fri 0630-1000, 1030-1330
 Sat 0700-1330
 Sun 0700-1030

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course • 449-2307
 Daily 0630-1800

PLANET SMOOTHIE

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

FAST FOOD

FATBURGER

Inside Beeman Center Bldg. 711 • 312-3457
 Daily 1000-2200

PIZZA HUT

At the Club Pearl Complex • 423-2222
 TEMPORARILY CLOSED

TACO BELL

At the Club Pearl Complex • 422-2274
 TEMPORARILY CLOSED

BARS

BREWS & CUES • 473-1743

Temporarily located in Bldg. 1557, North Road
 Mon-Thu 1300-2200
 Fri-Sat 1300-2300
 Sun Closed

THE COUNTRY BAR

At the Club Pearl Complex • 473-1743
 TEMPORARILY CLOSED

KOA LOUNGE

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

10th PUKA LOUNGE

At Ke'alahi Par 3 Golf Course • 448-9890
 Mon, Tue, Sun 1100-2230
 Wed-Sat 1100-2300

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582
 Open Swim (summer months):
 Mon-Fri 1300-1700
 Sat, Sun, Holidays 1200-1700
 Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 TEMPORARILY CLOSED

Pool 2, Hickam Bldg. 425 • 260-9736

Open Swim:
 Mon, Tue Closed
 Wed-Fri 1300-1700
 Sat, Sun 1200-1700

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394

Lap Swim:
 Mon-Fri 0500-0700, 1100-1300
 Mon-Thu 1700-1900
 Sat, Sun 1000-1200

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

Towers Pool (Makalapa) • 471-9723

Lap Swim:
 Mon-Fri 1100-1300
 Open Swim:
 Sat, Sun 1200-1700

ARTS & CRAFTS CENTER

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

Engraving Shop

Mon, Sat, Sun Closed
 Tue-Fri 0900-1700

Gallery/Office

Mon-Fri 0900-1700
 Sat, Sun Closed

Sales Store

Mon, Sun Closed

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

AUTO SKILLS CENTERS

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

Hickam Car Wash • 449-2554
 Daily 0800-2000

Moanalua ASC (off-base) • 471-9072

Mon, Thu, Fri 1200-2000
 Sat, Sun 0900-1700
 Tue, Wed Closed

Car Wash at Moanalua ASC • 471-9072

Daily 0700-2000
 Towing Service • 449-2554

BOWLING CENTERS

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

Naval Station Bldg. 1736 • 473-2574

Mon, Sun 1100-1330, 1700-2100
 Tue-Thu 1100-1330, 1700-2100
 Fri 1100-1330, 1700-2230
 Sat 0900-2230
 Sun 1100-1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651

Fri 1900-2200

CHILD DEVELOPMENT CENTERS

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

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

530 Peltier, Bldg. 1925 • 471-8445
 Mon-Fri 0800-1700
 Sat, Sun Closed

FITNESS & SPORTS CENTERS

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

JBPHH-Pearl Harbor Bldg. 1338 • 471-2019

Mon-Fri 0400-2130
 Sat, Sun, Holidays 0700-1700

Naval Station Gym Bldg. 667 • 473-2436

Mon, Wed, Fri 0500-1730
 Tue, Thu 0500-1500
 Sat, Sun, Holidays Closed

Wahiawa Annex Bldg. 446 • 653-5542

Mon-Fri 0500-2100
 Sat, Sun 1200-1700
 Holidays 1000-1500

Open 24 hours a day, 7 days a week (unstaffed):

Ford Island Bldg. 55
 Kunia Bldg. 446
 Makalapa Bldg. 388
 West Loch Bldg. 621

GOLF COURSES

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

HOUSING

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

INFORMATION, TICKETS & TRAVEL

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

INTRAMURAL SPORTS OFFICE

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

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

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

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

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

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

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

NAVY GATEWAY INNS & SUITES

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

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

OUTDOOR RECREATION

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

RENTALS

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

YOUTH PROGRAMS

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

- Child & Youth Program (CYP) Assistant
- CYP Cook
- CYP Food Service Worker
- Cashier/Checker
- Club Operations Assistant
- Cook
- Food Service Worker
- Waiter/Waitress
- Community Recreation Assistant
- Library Aide
- Motor Vehicle Operator (Tour Escort)
- Recreation Aide/Wood Shop
- Recreation Assistant/Auto Skills
- Recreation Assistant/Liberty Program
- Recreation Assistant/Lifeguard
- Recreation Assistant/Sailing
- Automotive Worker
- Custodial Worker
- Custodial Worker (Housekeeping)
- Laundry Worker

How to Apply:

Obtain posted NAF job application at www.greatlifehawaii.com. Application and any required documents should be submitted to:

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

or email to: nafhr@greatlifehawaii.com

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

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

Paint & Sip



Every Wednesday At the Historic Hickam Officers' Club

5:30 - 6:30 p.m. - Pre-painting fun with cocktails.

6:30 - 8:30 p.m. - Painting

\$40 Per Person (\$20 deposit & \$20 at the door)



Dennis McGearry



Charis Derry

An experienced instructor leads you step by step through the featured painting of the night. At the end you will have your own personal masterpiece to take home. All art supplies are included. Beverages and food will be available for purchase from the Koa Lounge.

Register online at www.greatlife-hawaii.com. **Search:** Arts and Crafts Registration

For more info call 448-9907.

COMING IN OCTOBER!

HARLEM GLOBETROTTERS SHOW

OCTOBER 16

COMING TO BLOCH ARENA

The world-renowned basketball team entertaining families for **90 YEARS**, in over **120 COUNTRIES**.

COUNTRY SUPERSTAR HUNTER HAYES

In concert at Ward Field

OCTOBER 17

MORE DETAILS COMING SOON!

Check www.greatlifehawaii.com for updates or follow us on Facebook.





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