

GREAT *Life* HAWAII

www.greatlifehawaii.com | November 2018



*Just Take a
Swing
at It!* **Page 6**

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



Thanksgiving

BUFFET

**Thursday
Nov. 22**

**Historic Hickam
Officers' Club**

*Open to All Ranks,
All Base-eligible Patrons*

Lanai Seating: 11am & 2pm
Dining Room Seating: Noon

\$34.95 Adults
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\$12.50 Child 4-6 yrs
Free Child 3 and under

Reservations required
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NOVEMBER

GREATLIFEHAWAII | 2018

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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: NOVEMBER 2018

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On the cover:

Victoria takes aim on the 2nd tee box on one of the most beautiful golf courses on Oahu, Mamala Bay.

Just Take a Swing at It!

pg 6 | Every wish you played golf like a pro?
Read all about taking classes with a PGA certified instructor



pg 4 | MWR spotlight **Strong by Zumba**
Read about all this great High Intensity Interval Training (HITT) class.



**KANSAS CITY CHIEFS CHEERLEADERS
CHEERLEADING CLINIC
November 17, 2018
www.greatlifehawaii.com**



STRONG BY ZUMBA

Certainly Not A Dance Class

BY VICTORIA N. D'ANDREA-ROY

“Stop counting the reps. Start training to the beat.” The Strong by Zumba phrase perfectly describes the new innovative class that is designed to torch your calories. Strong by Zumba surprisingly doesn't have any dance moves, period. This came as a surprise to me, since the first thing you think of when you hear “Zumba” is dancing. The new class instead encompasses a popular workout strategy known as High Intensity Interval Training (aka “HIIT”).

What is HIIT? This tactic focuses on the intensity and time of a workout move; versus traditionally counting reps with one type of exercise movement. I found that in the Strong by Zumba class we focused on varying move intensities for a specific amount of time and this was more mentally engaging for me than counting reps.

Why is HIIT effective? This workout strategy stimulates a higher caloric burn for the entire workout, ensuring post-workout burn will be at a higher rate. Let me tell you, you will NOT be bored in this class. I work out regularly and this class was challenging for me. The next day I was sore all over! This is a great thing though, since that means your time won't be wasted.

The Strong by Zumba class strategizes by “combining body weight, muscle conditioning, cardio and plyometric training moves that are synched to original music, specifically designed to match each move”. Participating in the class I definitely felt that I worked every muscle; we put together various plyometric and isometric moves like, jumping jacks, planks, squats and burpees. It can be intimidating the first class or two that you attend, but don't let that deter you. After attending a few classes, the routines become familiar, but still challenging.

Strong by Zumba is certainly not for the faint of heart! This is a very intense workout that I would recommend in your normal workout routine to avoid the gym plateau. Set those calories on fire. Get ready to sweat, immensely. Be prepared to have fun! As Zumba says, “Bring it. Forget what you can't do, because you can”. 🙌

For \$3 or one (1) GE coupon, check out one of the Strong by Zumba classes offered weekly:

Joint Base Fitness Center - Monday (8:30-9:30am) and Friday (5:45-6:45pm)
Hickam Memorial Fitness Center - Tuesday and Thursday (10:00-11:00am)

For more information visit <https://jbphh.greatlifehawaii.com/> or contact one of the above fitness centers.

HONOLULU CITY LIGHTS

HOLIDAY TOUR

OPENING NIGHT SHUTTLE • SATURDAY, DECEMBER 1 • 4:30-9PM • \$20 PER PERSON

This annual holiday favorite returns with a festive ride, stopping to see the holiday displays at Honolulu Hale!

Witness the lighting of Oahu's tallest Christmas tree and watch the "electrifying" light parade.
Enjoy kiddie carnival rides; live performances & food booths.

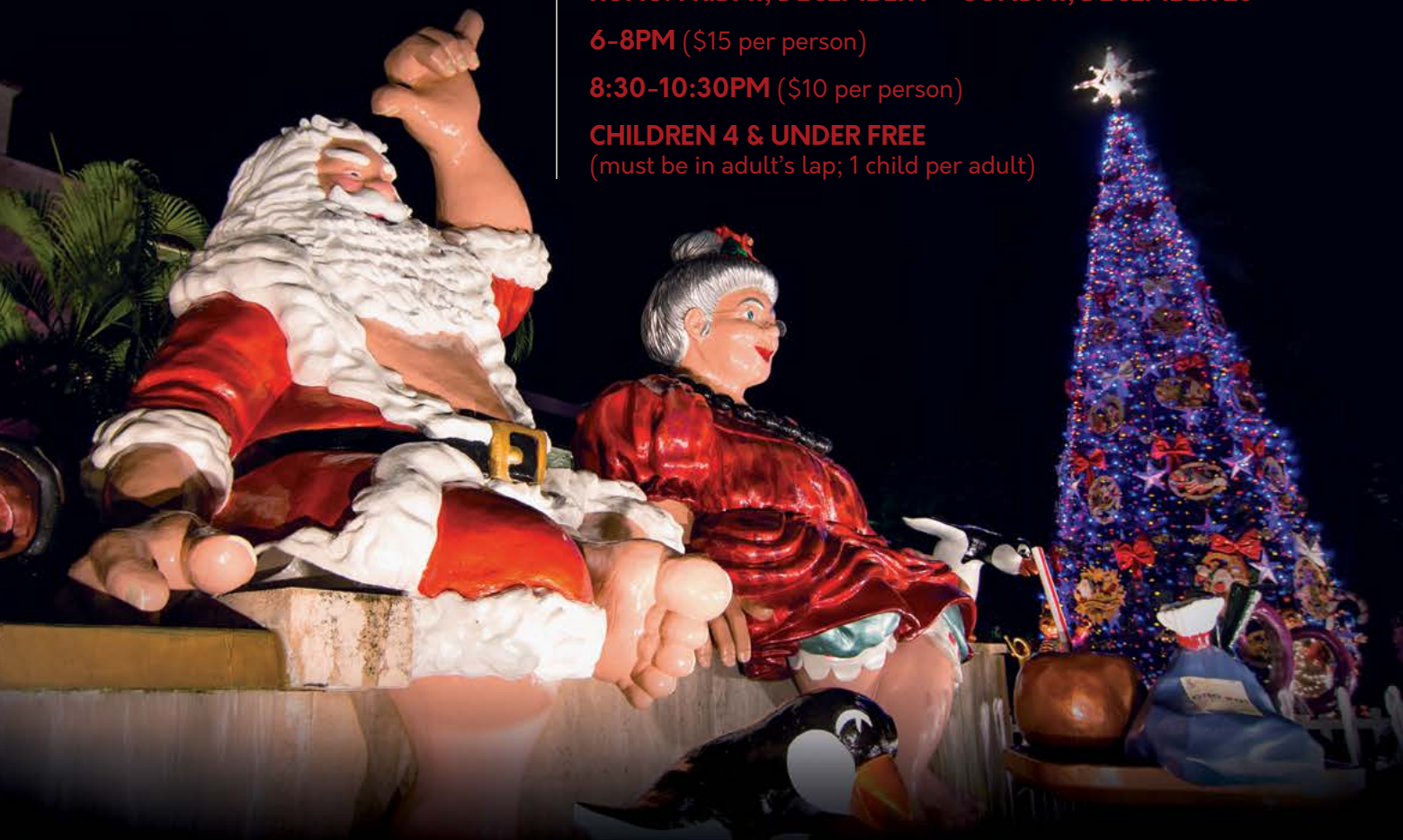
HOLIDAY DISPLAY TOURS DAILY TROLLEY*

RUNS: FRIDAY, DECEMBER 7 - SUNDAY, DECEMBER 23

6-8PM (\$15 per person)

8:30-10:30PM (\$10 per person)

CHILDREN 4 & UNDER FREE
(must be in adult's lap; 1 child per adult)



Make your reservations at any ITT location.

*Tours depart from Pearl Harbor Bloch Arena parking lot and are subject to availability.

Fleet Store: 473-0792 | Hickam: 448-2295 | NEX: 422-2757 | Barbers Pt: 682-2019
Wahiawa Annex: 564-4445/4446 | www.greatlifehawaii.com



Just Take a Swing at It!

by MIKI LAU



Have you been wanting to try golf but never got around to it? Are all the complicated rules, dress codes and equipment intimidating? If your answer is yes to either of those questions, I was just like you. I've been eyeing the game of golf for years. It all started with an off-handed comment from a stranger- "Do you golf? You look like a golfer." Thirteen-year-old me had no idea what that meant, but I thought "hey, if I look like I golf, I might be good at it right?" I always let some excuse or another keep me from trying it out.

Fast forward to 15+ years later- "I'm just going to take a swing at it." The great thing about working for an organization that promotes four amazing golf courses is that it's easy to find resources. As someone who has zero experience with golf, I was advised to book a private lesson. Before I tell you how the lesson went let me give you a bit of background- I am in no way athletically inclined. Throw something at me and I'll step out of the way instead of attempting (and probably failing) to catch it.

My instructor for the day, Gally, just got certified as a PGA (Professional Golfers Association) Professional. He will be the only PGA Professional on island who is also an athletic trainer with a master's degree in sports medicine. The PGA Professional certification is no small task, it involves three levels, playing tests, and three trips to Florida to get tested. Galley completed his certification in a year and a half (the average person takes 4-6 years). We currently have a total of 7 PGA Professionals working at our golf courses, so you're in good hands no matter which one you go to.

After grabbing some clubs, balls and golf tees we headed out to the course. As we were driving out there, Galley shared that he didn't start golfing until he was 23. Prior to even considering golf, he was a professional football player and racquetball player. I started feeling a little better about being so late in the game. Most people I know who golf got into the game as kids and have family members that play golf.

As a beginner, Galley recommended I take a full hour lesson. They book lesson times as half an hour or a full hour. The main points they cover for beginners is holding the golf club, the golf swing, and making contact with the ball. After my hands were correctly positioned- thumbs up, parallel to the club- it was time to swing! After some trial and error, Galley showed me how to leverage my motion and the weight of the club to create a controlled even swing. Shift your weight from your back foot to your front foot, pivoting on your back foot to complete your swing.

It was finally time to hit the ball (or try to)! 'Feet shoulder width apart, chest and arms down, loose grip, swing back, swing forward, shift your weight and pivot simultaneously' and "CLINK"- the most satisfying sound ever. Internally, I'm screaming "OMG I ACTUALLY HIT THE BALL!!!" I'm so excited to try again, I swing and miss the ball, as it rolls off the tee. Galley informs me that I'm lifting up my chest too early. "Focus on keeping your chest down and don't grip the golf club too tightly," he coaches me. The specific targeted pointers made it a lot easier for me to regroup, refocus and correct my swing. After a few more successful swings, I can confidently say I'm addicted to the resounding clink of making good contact with the golf ball.

One lesson is definitely not enough to get you on the course (I still have no idea how to putt or which one of the many clubs you use), but I will happily go out to a \$2 Tuesdays at Mamala Bay. I'd also enjoy practicing my golf swing at some of our other driving ranges. Once I get comfortable with that, I'll have to schedule my next lesson to learn about chipping and putting.

Golf may seem like an intimidating sport, but just like any other activity, you just have to jump in and try it. You may discover something you put off for 15 plus years is actually something you really enjoy. While it might seem tempting to just go out to any driving range and just start swinging at a bunch of balls, it was really valuable to learn the correct form. If you're going to continue golfing, it's harder to unlearn bad habits than to establish good habits from the get go. From our lesson, I now know what a good swing feels like and specific areas I need to pay special attention to.

To book a lesson, call any one of our golf courses below and take advantage of their various specials on page 21 of the magazine. Thirty minute lessons are \$40 for Active Duty

and \$50 for Civilians and \$80/\$100, respectively, for a 60 minute lesson. If you're not sure about paying for a lesson just yet, the golf courses offer free clinics. This month Navy-Marine will be offering a free clinic on November 15 from 12 noon to 1 p.m. and Barbers Point will have one on November 24 from 11 a.m.- 12 noon. These clinics are offered monthly, just in case it takes you a little while to work up the courage to jump in. Just don't wait 15 years like me. 🏌️

Golf Courses -

Barbers Point:	862-1911
Kealahi Par 3:	448-2318
Mamala Bay:	449-2304
Navy Marine:	471-0142





HICKAM AND ARTS CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

NOV | DEC | JAN

Visit www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information
for class information and supply lists

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm:

Jan 9–Feb 13

Thursdays, 6 – 8:30pm:

Nov 1–Dec 13 (No Class Nov 22) • **Jan 10–Feb 14**

Fridays, 9 – 11:30am:

Nov 2–Dec 14 (No Class Nov 23) • **Jan 11–Feb 15**

Saturdays, 9 – 11:30am:

Nov 3–Dec 15 (No Class Nov 24) • **Jan 12–Feb 16**

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Saturdays, 9 – 11:30am

Nov 10–Dec 1

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

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30 – 2:30pm

Nov 6–27 • Jan 8–29

Ages 12 and older

\$80 per person (plus supplies)

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

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:00 – 5:00pm

Nov 6–27 • Jan 8–29

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm

Nov 6–27 • Jan 8–29

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm

Jan 8–Feb 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 – 8pm

Nov 1–Dec 13 (No Class Nov 22) • **Jan 3–Feb 7**

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.

WATERCOLOR DESIGN AND COMPOSITION-FLORAL WITH DAVILLA HARDING

One class per week for 5 weeks: Mondays, 6 – 8pm

Jan 7–Feb 11 (No class-Jan 21)

Ages 16 and older

\$125 per person (plus supplies)

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using vibrant, translucent watercolors. Students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, whether you are a beginner or a more experienced painter...you can do it!

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 3:30 – 5pm

Jan 10–Feb 7

Ages 12 and older

\$75 per person (plus supplies)

For tweens and teens that enjoy manga/comic/cartoon art and love to draw characters. Students learn how to create and develop their own characters for video games, animation films, comics, illustrations etc. through fun and exciting lessons in facial expression, action poses, costumes, and storytelling. Brainstorming, along with conceptualization of a story and ideas will be covered along with basic drawing construction, face development, body proportions, inking, shading, coloring, and final



COME CHECK OUT THE HICKAM 43RD ANNUAL FALL CRAFT FAIR

SATURDAY NOVEMBER 3 FROM 9 AM – 3 PM

Register NOW in the Ceramics Shop (Tue–Sat 9am-5pm).

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.

design including imagined environments, vehicles and props. Learn how to communicate your vivid imagination through compelling illustrations!

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 5:30 – 7pm

Jan 10–Feb 7

Ages 12 and older

\$75 per person (plus supplies)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

Offered on select Mondays or Saturdays, 9am – 1pm

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, 5:15 – 7:15pm

Nov 1–8 • Nov 15–29 (No Class Nov 22) • **Dec 6–13**

• **Dec 20–27 • Jan 3–10**

Ages 16 and older

\$40 per person (plus supplies)

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

ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks: Wednesdays, 5:15 – 7:15pm

Nov 7–28 –\$75 per person (plus supplies)

One class per week for 3 weeks: Wednesdays, 5:15 – 7:15pm

Dec 5–19 –\$60 per person (plus supplies)

Ages 16 and older

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

CHRISTMAS ORNAMENTS WITH JESSICA FITZGERALD

This is a one-day class. Friday, 5:15 – 7:15pm

Dec 7 • Dec 14 • Dec 21

Ages 16 and older

\$20 per person (plus supplies)

Students should bring glass with them to class. Please wear shoes. Long pants are recommended.

Crochet, Knitting, Quilting & Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6 – 8pm

Jan 9–Feb 6

Ages 14 and older

\$75 per person (plus supplies)

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

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

Nov 12–26 • Jan 7–28 (No class-Jan 21)

Ages 14 and older

\$45 per person (plus supplies)

As a beginner, students will learn how to do basic knitting techniques such as casting on and off along with garter/purl stitches. Students will be able to make either a shawl or a scarf.

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

One class per week for 4 weeks: Mondays, 12:30 – 2:30pm

Nov 19–Dec 10

One class per week for 4 weeks: Fridays, 5:30 – 7:30pm

Nov 2–30 (No Class Nov 9) • **Jan 4–25**

Ages 14 and older

\$50 per person (plus supplies)

As a beginner, students will build upon the basic knitting techniques and learn simple lace stitches to complete a classic top down lace shawl. See the example in the sales store.

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 6:30–8pm

Nov 7–21 • Dec 5–19 • Jan 9–23

Ages 13 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly, read patterns, do a foundation chain, work with two colors at once. Also, students will have the skills to complete beginner and intermediate level projects.

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks: Tuesdays, 9 – 11am

Nov 6–27 • Jan 8–29

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9am – 12pm

Nov 24–Dec 22 | **Hawaiian Quilt** (No class-Dec 8)

Dec 29–Jan 19 | **Disappear 9 Patch Quilt**

Jan 26–Feb 16 | **Scrap Quilt**

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1 – 4pm

Nov 24–Dec 22 | **Hawaiian Quilt** (No class-Dec 8)

Dec 29–Jan 19 | **Disappear 9 Patch Quilt**

Jan 26–Feb 16 | **Scrap Quilt**

Ages 16 and older

\$100 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **Nov 13–Dec 4 • Jan 8–29**

Wednesdays, 10am–12pm: **Nov 14–Dec 5 • Jan 9–30**

Ages 14 and up

\$75 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guess work and you will capture pictures like you’ve always wanted to.

Woodworking

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

4:30 – 7:30pm (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.

CUTTING BOARD CLASS

One class per week for 3 weeks: Offered select Fridays 5:00 –

9:00pm and Sundays, 7:30 – 11:30am

Ages 16 years & older

\$135

This is a great beginner class for people who just want to start woodworking but are unsure of where to start! The students will make end-grain cutting board, great for gifts! A deposit of \$85.00 is due at registration. *Current safety qualification card needed to take the class.*

(continued on next page)

Keep up with
GREAT Life HAWAII
On Social Media



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use tag #greatlifehawaii



www.greatlifehawaii.com



ARTS/CRAFTS CALENDAR
A Calendar that's always current
Download our e-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.

KEEPSAKE BOX CLASS

Offered select Fridays 5:00 – 9:00pm

Ages 16 years & older

\$135

This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). The class is \$135.00 (\$90 sign-up fee + \$45 supply fee) for 4 sessions on consecutive Fridays. *Current safety qualification card needed to take the class.*

CHILDREN'S CLASSES & CAMPS

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered select Saturdays & Sundays, 7:30 – 11:30am

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

\$60 (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 3 – 4:30pm:

Nov 1–29 (No Class Nov 22)

Ages 7–12

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 6 – 7:30pm

Jan 7–Feb 4

Ages 9–13

\$75 per person (plus supplies)

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

CHRISTMAS STOCKING WORKSHOP WITH AMANDA BUSSEY

This is a 1-day class: Mondays, 5:30 – 8:30pm

Dec 3

Ages 10 and older

\$35 per person (plus supplies)

Customize stockings to hang by the 'chimney' with care, and fill up with wonderful surprises! You **MUST** have your own sewing machine.

BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

One class per week for 3 weeks: Fridays, 4 – 5:30pm

Nov 16–30 • Jan 11–25

Ages 7–13

\$45 per person (plus supplies)

As a beginner, students will learn how to do basic knitting techniques such as casting on and off along with garter/purl stitches. Students will be able to make either a shawl or a scarf.

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

One class per week for 5 weeks: Mondays, 3:30 – 5:00pm

Jan 7–Feb 11 (No Class Jan 21)

Ages 7–18

\$75 per person (plus supplies)

Kids learn basic drawing skills by way of creating both realistic animal sketches and cool cartoon characters. Through curated resources and hands on exercises, the fundamentals of drawing like shape, line, proportion, gesture, shading, etc, are introduced in a way that encourages students to enjoy the process and make pictures with personality! Students also learn to find good reference images, how to compose a scene and set a visual mood, and how to draw dramatic finishing touches like fur, texture, and lighting. No previous drawing experience required.

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm

Jan 8–Feb 12

Ages 7–18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm

Nov 1–Dec 13 (No Class Nov 22) • **Jan 3–Feb 7**

Ages 7–18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45 – 5:15pm

Nov 1–Dec 13 (No Class Nov 22) • **Jan 3–Feb 7**

Ages 7–18

\$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.

ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am

Nov 20–Dec 18 • Jan 8–31

Ages 3–6

\$80 per person (supplies included)

Preschool aged children will have the opportunity to use a variety of art supplies to create imaginative, process-oriented projects. They will be guided in the safe and appropriate use of materials, but final products are very open-ended. Wear clothes that can get messy! Also, a parent or guardian attendance is mandatory during the first class and as needed.

PARENT AND ME WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 3:30–5pm

Nov 7–21 • Dec 5–19 • Jan 9–23

Ages 7–12

\$35 per person (plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly read patterns, do a foundation change, change colors. Students will have the skill to complete beginner and intermediate level projects.

EVENTS & ACTIVITIES

COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30pm

Nov 7, 21 • Dec 5, 19 • Jan 2, 16, 30

Ages 7–14

\$30 per person (supplies included)

Create painted masterpieces on canvas while enjoying a sweet treat. Single sessions make this fun and affordable. Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. All supplies included (paint, canvas, and treats) Be sure to wear clothes to paint in!

OHANA PAINT NIGHT WITH CHARIS DERRY

One class per month: Fridays, 5:30–7:30pm

Nov 30 • Dec 7, 14, 21, 28 • Jan 25

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: 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, we fire it, and have it ready for you in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

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>.



ARTS/CRAFTS CALENDAR

A Calendar that's always current
Download our e-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.

HICKAM ARTS & CRAFTS CENTER

HOLIDAY OPEN HOUSE

SATURDAY,
DECEMBER 8, 2018
11AM - 2PM

FREE!

FEATURING:

- Make-n-Takes
- Demos
- Door Prizes, and Specials
- **FREE** hot dogs and sodas!



QUESTIONS? CALL 448-9907
335 KUNTZ AVENUE BLDG. 1889



NOV • DEC OUTDOOR RECREATION

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 November activities is currently open. Registration for December activities begins **November 1**.

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

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

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

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

**For activities that require online registration
visit www.greatlifehawaii.com and search:**

ODR Registration



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

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Dec 8 Sign up by Dec 6
Begins: 9 am | Ends: 12 pm
Cost: \$30

Located right on site, join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors here will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. *Participants must be proficient at swimming and can do so without a lifejacket.*

WOMEN'S SURFING

- Nov 11 Sign up by Nov 9
- Dec 23 Sign up by Dec 21
Begins: 9 am | Ends: 12 pm
Cost: \$30

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

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Nov 4 Sign up by Nov 2
- Nov 24 Sign up by Nov 21
- Dec 16 Sign up by Dec 14
- Dec 22 Sign up by Dec 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 PADDLEBOARD HALEIWA/ NORTH SHORE

- Dec 29 Sign up by: Dec 27
Begins: 8 am | Ends: 2 pm
Cost: \$30

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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Nov 23 Sign up by Nov 20
Begins: 6:30 pm | Ends: 8:30 pm
- Dec 21 Sign up by Dec 19

Begins: 6 pm | Ends: 9 pm

Cost: \$25 (Kayak included)

What better way to melt the day to day stress than to join us for an evening paddle? Enjoy the company of the group, as our guides lead the way across the moon lit water. All the required gear is provided. Prior kayaking experience, water, and dry clothes is recommended.

KAYAKING AT CHINAMAN'S HAT

- Nov 3 Sign up by Nov 1
 - Dec 1 Sign up by Nov 28
 - Dec 22 Sign up by Dec 20
- Begins: 8 am | Ends: 1 pm
Cost: \$25

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

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Nov 3 Register online by Nov 1
Begins: 8:30 am | Ends: 11:30 am
- Nov 25 Register online by Nov 23
Begins: 2:30 pm | Ends: 5:30 pm Cost: \$30
- Dec 9 Register online by Dec 7
Begins: 2:30 pm | Ends: 5:30 pm
- Dec 29 Register online by Dec 27
Begins: 8:30 am | Ends: 11:30 am
Registration available online only

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

LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 am-12 pm

- Nov 17/18 Register online by Nov 15
 - Dec 1/2 Register online by Nov 29
- Cost: \$60

Registration available online only

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

to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel equipment. Transportation is on us. *Participants must know how to swim and prior snorkel experience is required*

SPEARFISHING EXCURSION

- Nov 10 Sign up by Nov 8
 - Dec 15 Sign up by Dec 13
- Begins: 9 am | Ends: 12 pm
Cost: \$20

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

HIKING

HIKE EHUKAI PILLBOX

- Nov 17 Sign up by: Nov 15
 - Dec 15 Sign up by: Dec 13
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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

BIKING

NORTH SHORE BIKE RIDE

- Nov 24 Sign up by: Nov 22
 - Dec 8 Sign up by: Dec 6
- Begins: 8 am | Ends: 1 pm
Cost: \$25 w/ bike, \$20 without

Experience the North Shore on a bike! Start at Pupukea and travel to Velzyland. This trip is about 3.2 miles round trip on level terrain and is an easy ride for beginners. Stop at world class surf spots for great photo opportunities. Ted's Bakery is on the way back, so if you don't want to bring your lunch you can pick up some goodies there. A towel and bathing suit will come in handy if you need a refreshing plunge in the ocean. With any luck, you might spot some turtles! Trip includes gear, transportation and happy, courageous guides. Inform us if a bicycle is needed.

BIKE & HIKING

KAIKA BIKE & HIKE

- Nov 10 Sign up by: Nov 8
- Begins: 8 am | Ends: 1 pm
Cost: \$35

Kaika Beach Park will be our start point for this grand North Shore adventure, with beautiful ocean views and riding through historic plantation neighborhoods. Enjoy the majestic views of the Waiialua Mountains, while riding alongside Polo fields and the Mokule'ia coastline. This event continues on without bikes, to hike through the Kealia Trail which presents an opportunity to have a birds-eye view the northern coastline. The bike ride is 3.5 miles and the hike is 1.5 miles one way.

RENTALS



OUTDOOR EQUIPMENT

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

Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike?

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifehawaii.com for price lists. Call for a full list of rules and regulations.



RECREATION & PARTY EQUIPMENT

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

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

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

Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

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

(continued on next page)

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

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

START SAILING RIGHT HH

- Tue | Oct 30 | 6-8 pm
Sat | Nov 3, 10, 17, 24 | 9 am-1 pm or 1 pm-4 pm
- Tue | Nov 28 | 6-8 pm
Sat | Dec 1, 8, 15, 22 | 9 am-1 pm or 1 pm-4 pm
Cost: \$80 per person/per month
Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Nov 3/4 & 10/11
Cost: \$85 per person
1-5 pm
Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Nov 5, 7, 14, 19, 21, 26, 28 (No class Nov 12)
- Mon/Wed | Dec 3, 5, 10, 12, 17, 19, 26, 31 (No class Dec 24)
Cost: \$85 per person/per month
9:30-11:30 am
Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Nov 17/18 & 24/25
Cost: \$85 per person/per month
1-5 pm
Ages 18 & up

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

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Nov 5, 7, 14, 19, 21, 26, 28 (No class Nov 12)
- Mon/Wed | Dec 3, 5, 10, 12, 17, 19, 26, 31 (No class Dec 24)
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 - 17 years

YOUTH BEGINNERS SAILING HH

- Weds/Fri | Nov 2, 7, 9, 14, 16, 21, 23, 28, 30 (No class Nov 22)
- Weds/Fri | Dec 5, 7, 12, 14, 19, 21, 26, 28
Cost: \$60 per person/per month
3-5 pm
Ages 10 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 | Nov 1, 6, 8, 13, 15, 20, 27, 29 (No class Nov 22)
- Tues/Thurs | Dec 4, 6, 11, 13, 18, 20, 27 (No class Dec 25)
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 - 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Nov 1, 6, 8, 13, 15, 20, 27, 29 (No class Nov 22)
- Tues/Thurs | Dec 4, 6, 11, 13, 18, 20, 27 (No class Dec 25)
Cost: \$60 per person/per month
3-5 pm
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.

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Nov 2, 9, 16, 23, 20
- Fri | Dec 7, 14, 21, 28
Cost: \$50 per person/per month
9:30 am -12 pm
Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 6

FAMILY/GROUP SAILING INSTRUCTION

- Sun | 9:30 am -12 pm
Cost: \$25 per person
(4 people max per appt)

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

FAMILY SAIL

- By Appointment

PRIVATE SAILING INSTRUCTION

- ● By Appointment
Cost: \$20 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
*Must have 10 rental hours @HH to schedule appointment.

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri
6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am
Cost: \$3 per session

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

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

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

PADDLEBOARD CANOEING / YOGA

OUTRIGGER CANOE PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION)

- *Fri | Nov 2 Sign up by Nov 1
- *Fri | Nov 16 Sign up by Nov 15
- *Fri | Nov 30 Sign up by Nov 29

- *Fri | Dec 14 Sign up by Dec 13
- *Fri | Dec 28 Sign up by Dec 27
8:30-9:30am
Cost: \$3 per person

*Must pre-register at HH Marina. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. Pre-registration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

STAND UP PADDLEBOARD YOGA HH

- *Fri/Sat
8:30-9:30am
Cost: \$10 per session
Ages 16 & up

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

BEACHES

HICKAM BEACH 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday-Sunday, 10 am-4 pm

BEACH EQUIPMENT RENTAL

*Subject to cancellation due to weather

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

PRIVATE LESSONS

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

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.
*Surf taxi subject to cancellations

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

PRIVATE LESSONS

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

Directions

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



Liberty Calendar



NOVEMBER 2018

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>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: Beeman Center (Pearl Harbor Sub Base) 473-2583 Makai Liberty (Hickam) 449-3354 Liberty Express (Wahiawa Annex) 653-0220</p> <p>DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced</p>				<p>1 Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>2 Spam Musubi For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 Waikiki Sunset Helicopter Ride \$80 Express 1630 Beeman 1715 Instant 1730 Makai 1745</p>	<p>3 Hawaii Symphony Orchestra: Harry Potter and the Prisoner of Azkaban \$20 Express 1800 Beeman 1830 Instant 1845 Makai 1900 Hike Maili Pillboxes [BEG] FREE Express 0800 Beeman 0900 Instant 0915 Makai 0930</p>
<p>4 Kayaking Chinamans Hat FREE Express 0900 Beeman 0945 Instant 1000 Makai 1015 Bayview Mini Putt and Zipline \$15 Express 0845 Beeman 0930 Instant 0945 Makai 1000</p>	<p>5 Bowling & Pizza FREE Beeman 1800</p>	<p>6 North Shore Star Gazing FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830</p>	<p>7 Kailua Night Market FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745</p>	<p>8 Ten & Grind @ Pizza Hut Buffet \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>9 Tacos For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 UH Basketball vs Portland \$15 Express 1715 Beeman 1800 Instant 1815 Makai 1830</p>	<p>10 Overnight Camp/Hike [INTER] \$5 Express 1200 Beeman 1300 Instant 1315 Makai 1330 Holokai Catamaran Sunset Sail \$30 Express 1515 Beeman 1600 Instant 1615 Makai 1630</p>
<p>11 Dodgeball @ iTrampoline \$10 Express 1400 Beeman 1445 Instant 1500 Makai 1515 Return from Camp 1500</p>	<p>12 Dolphins And You Boat Tour \$65 Express 1000 Beeman 0900 Instant 0915 Makai 0930</p>	<p>13 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>14 Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>15 Barracks Bash @ Paquet Hall <i>Sponsored by USAA</i> FREE 1700-1900</p>	<p>16 Kalua Pig & Cabbage For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 UH Women's Volleyball vs. UC Davis \$15 Express 1715 Beeman 1800 Instant 1815 Makai 1830</p>	<p>17 Kualoa Zipline \$60 Express 0915 Beeman 1000 Instant 1015 Makai 1030 UH Football vs. UNLV \$20 Express 1615 Beeman 1700 Instant 1715 Makai 1730</p>
<p>18 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 Hike Koko Crater & Swim [INTER] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930</p>	<p>19 Ping Pong Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>20 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>21 Learn to Bowl with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730</p>	<p>22 Thanksgiving Day Feast FREE All Centers 1130</p>	<p>23 Jook For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 Paradise Cove Luau \$30 Express 1445 Beeman 1545 Instant 1600 Makai 1615</p>	<p>24 Hike Wiliwilinui [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Atlantis Submarine Undersea Adventure \$30 Express 0900 Beeman 0945 Instant 1000 Makai 1015</p>
<p>25 Paddleboarding Kahana River FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Sunset Hike Makapuu Point [BEG] FREE Express 1515 Beeman 1600 Instant 1615 Makai 1630</p>	<p>26 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>27 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>28 Ka Makana Alii Farmers Market FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>29 K1 Speed Go-Karts \$20 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>30 Shoyu Chicken For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 Kevin Hart: The Irresponsible Tour \$40 Express 1730 Beeman 1800 Instant 1815 Makai 1830</p>	

dining

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

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

Watch all the NFL action at the Puka! Sundays, Doors open at 6:45 a.m.

We'll be opening at 6:45 a.m. every Sunday so you can catch the first games of the day. La Familia will open early for breakfast.

BREWS & CUES

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

Gridiron Gameday

Sundays, Doors open at 7 a.m.

Mondays, Thursdays beginning at 2:30 p.m.

FREE

Ages 18 years & older

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 (\$3.00) from 7:30-11am. Giveaways during Halftime on Sundays game at 10:30am!

Chill & Grill

Friday, Nov 30

5:30 – 7:30pm

FREE

Ages 18 years & older

End the month with free pupus and a pool challenge. All pool participants get entered into a draw at the end to win a fun prize.

Live DJ and Trivia Contest

Every Friday & Saturday Night

FREE

Ages 18 years & older

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

THE COUNTRY BAR

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

Special Sunday Hours & Music

Sunday, Nov 11

Ages 18 years & older

Keep the party going! No work on Monday means special Sunday hours at the Country Bar. DJ Wicked and DJ Special K will be mixing top 40s, Hip Hop and R&B.

JOINT BASE CATERING

Office next to Wright Bros. Café. 448-4608

Thanksgiving Buffet

Thursday, Nov 22

(Mongolian BBQ will not be available)

Lanai Seating: 11 a.m. and 2 p.m.

Dining Room Seating: 12 p.m.

\$34.95 Adults

\$30.95 Club Members Price

\$18.95 Child 7-12 years

\$12.50 Child 4-6 years

FREE Child age 3 and younger

Reservations are required. Please call 808-448-4608



Sunday Brunch at the O Club

Sunday Brunch

Nov 4, 11, 18, 25

10am – 1pm

Dining Room

(Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

ALL RANKS WELCOME!

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



Try a fun Paint 'n' Sip Class!

Paint 'n' Sip

Wednesdays, Nov 7, 14, 21, 28

5:30 – 8:30pm

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

Mondays, Nov 5, 12, 19, 26

Thursdays, Nov 1, 8, 15, 29

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Nov 2

4:30 – 7:30pm

Historic Hickam Officers' Club

FREE for Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4 – 6:30pm

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Football Specials

Mondays and Thursdays Night

Stop in to root for your favorite team and enjoy nightly specials. Call 422-3002 for details.

Aloha Friday Buffet

Friday, Nov 2, 9, 16, 23, 30

11am – 2pm

\$15.95 Adults

\$9.95 Child 6-12 years

FREE Child 5 years & under

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.

Pau Hana Taco Tuesday

Tuesday, Nov 6, 13, 20, 27

Choose from: fish, Kalua pork, chicken and beef tacos. Call 422-3002 for details.

PHILLIES

711 Pierce St. Beeman Liberty Center . . 387-8080

Now Open!

Serving cheese steak, subs, salads, soups, burgers and more. Stop by today in enjoy a great new lunch spot on Pearl Harbor.

Ka'iwi Channel

Swim

CHALLENGE



**Nov.
1-30**

**All Available
JBPHH Pools**

808-473-0394

greatlifehawaii.com

This is the final stretch of the Swim Series, the Kaiwi channel. Starting on the west coast of Moloka'i swimmers will have to travel 28 miles or 45 km, to Sandy Beach on the eastern side of Oahu. Ka'iwi is the official name of the coastline on eastern Oahu, from Mapaku'u lighthouse all the way around Hanauma Bay Nature Preserve. Named Ka'iwi for the conditions of the waters, which are rough, with long stretches of surf. This channel is part of the "Ocean 7"; a series of swim crossings around the world, one in each ocean.

You will have the whole month of November to complete the challenge. The first 10 to complete will receive prizes. Sign ups and progress cards to track your distance are located at Scott Pool.



dining (cont.)

RESTAURANT 604

At Rainbow Bay Marina888-7616

Weekend Brunch

Saturdays and Sundays

9:30am – 3pm

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

Aloha Hour

Monday–Friday

3 – 5pm

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.

TRADEWINDS

Hickam Bldg. 1804

Coming Soon!

Stayed tuned to Great Life Hawaii for updates.

family/support

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

TEEN CENTER

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

Family Night - Community Service Project

Tuesday, Nov 20

FREE

Ages: All teen family members welcome!

Teens! Bring by your families to help with a community service project at the Teen Center! Learn about upcoming events, hang out with your teen, and see the program your teens attend everyday!!



The Teen Center is a great place to come hang out!

Hail and Farewell - Pie Eating Contest

Friday, Nov 30

FREE

Ages: All teen family members welcome!

Help us welcome our new Teen Center Family Members and say "See Yah Later" to those moving on to new adventures! Plus enjoy great entertainment by your peers.

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)448-2384
Scott Pool (Pearl Harbor).....473-0394
Towers Pool (Makalapa).....471-9723



Grap your float and join us at the Hickam Family Pool

Float Night

Friday, Nov 9

5 – 7pm

FREE

Scott Pool

Bring your favorite float (individual size only) & relax in the pool. We'll also be giving out FREE ice cream floats while supplies last. For more information, call 808-473-0394

Aqua Zumba

Tuesdays, Nov 6, 13, 20, 27

5:30–6:30pm

Hickam Family Pool

Purchase a coupon book or single ticket at the Hickam or JBPHH Fitness Centers.

Ka'iwi Channel Swim Challenge

Nov 1–30

All JBPHH Pools

FREE

This is the final stretch of the Swim Series, the Ka'iwi channel from west Moloka'i to eastern O'ahu. Sign-ups and progress cards to track your distance are located at Scott Pool. The first 10 to complete the challenge will receive prizes.

BOWLING

Hickam Bldg. 1891.448-9959
Naval Station Bldg. 1736473-2574
The Escape (Wahiawa Annex).....473-2651

Color Pin Bowling Mondays

Monday, Nov 5, 12, 19, 26

5 – 9pm

Naval Station Bowling Center

Roll a strike when the color pin is in the head position and receive a FREE game coupon, good on the next time you come in to bowl.

\$1.75 Wild Wednesdays

Wednesday, Nov 7, 14, 21, 28

4 – 9pm

Hickam Bowling Center

\$1.75 Per Bowling Game, per \$1.75 Shoe Rental and \$1.75 per Hot Dog. Must have a Military CAC card to participate. Patrons will be able to purchase 3 games per person. 1 hot dog per person.

Lunch & Bowl

Tuesday, Nov 6, 13, 20, 27

11am – 2pm Hickam Bowling Center

11am – 1pm Naval Station Bowling Center

Get up to 2 FREE games of bowling when you purchase a lunch item worth at least \$8 from our snack bar. Shoe rental is extra.

Active Duty Military Bowl Free

Monday, Nov 5, 12, 19, 26

11am – 1pm Hickam Bowling Center

Thursday, Nov 1, 8, 15, 29

11am – 1pm 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.



Looking for a fun evening, check out Cosmic Bowling

Cosmic Bowling

Fri, 9:30pm – Midnight Hickam Bowling Center

Sat, 6pm – Midnight Hickam Bowling Center

Sat, 8:30 – 10:30pm Naval Station Bowling Center

Sun, 3 – 6pm Naval Station Bowling Center

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120.448-2214
JBPHH-Pearl Harbor Bldg. 1338471-2019
Naval Station Gym Bldg. 667473-2436



Keep up with
GREATLife HAWAII
On Social Media

@greatlifehawaii

@greatlifehawaii
use tag #greatlifehawaii

www.greatlifehawaii.com

Turkey SHOOT



BASKETBALL TOURNAMENT

****Open to Joint Base Pearl Harbor Hickam Teams****

\$200 per team

Minimum 6 teams needed.

For more info or to sign up, call: 473-2437 or 473-2494

Sign up deadline is Tuesday, November 10





GROUP EXERCISE SCHEDULE

Fitness Center Locations

Hickam Memorial Fitness Center
1120 Vickers Ave (Bldg 1120) • 448-2214

Pearl Harbor Fitness Center
1071 North Rd (Bldg 1338) • 471-2019

Wahiawa Annex Fitness Center
500 Center St (Bldg 446) • 653-5542



JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7am	NOFFS *	CYCLE FIT *	STRONG TRAINING *	CYCLE FIT *	WILD CARD FITNESS *	
7am			CIRCUIT TRAINING *			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS
8:30 – 9:30am	ZUMBA STRONG BY ZUMBA®	ZUMBA	HOT HULA fitness®	ZUMBA	YOGA	
9 – 10am						CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	ZUMBA	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY CONDITIONING *	CYCLE FIT *	TOTAL BODY CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT S			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE BASICS				

HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–6:30am	CYCLE FIT *		CYCLE FIT *		CYCLE FIT *	
6 – 7am	HIIT *	CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *	HIIT *	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®	CARDIO KICKBOXING	ZUMBA
11:30am – 12:30pm		YOGA	SPINNING	YOGA		
3:30 – 4:30pm		CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *		
5:15 – 6:15pm	YOGA	HIIT * SPINNING	YOGA	BODY BLAST SPINNING		
5:30– 6:30pm					ZUMBA	
6:30– 7:30pm	ZUMBA		ZUMBA			

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY COND		
11:30am – 12:30pm						
5– 6pm		ZUMBA		ZUMBA		

* There is a fee for all classes, but the starred classes are free for active-duty personnel. Classes at Wahiawa Annex Fitness Center are free for all. For more information on classes, please visit greatlifehawaii.com.

INFORMATION SUBJECT TO CHANGE

For fitness training, mobile fitness training, CFL, NOFFS, TRX and so much more, contact:
mark.mcfarland@navy.mil or phone: 808-471-2021

athletics (cont.)

Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621



Wounded Warrior 5k

Saturday, Nov 3

8am

FREE

Hickam Memorial Fitness Center

Several categories: Adult male, adult female, youth boy, youth girl, stroller male and stroller female.

Turkey Trot 5k

Tuesday, Nov 20

7am

FREE

Wahiawa Annex Fitness Center

Giveaways to the top 3 male and female finishers.

Call 808-653-5542 for more information.

Ugly Sweater 5k

Thursday, Dec 6

7am

FREE

Wahiawa Annex Fitness Center

Giveaways to the top 3 male and female finishers.

Call 808-653-5542 for more information.

GOLF

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



www.greatlifehawaii.com

\$2 Tuesdays

Tuesday, Nov 6, 13, 20, 27

4 – 6pm

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. Open to ages 6 and up, call ahead to sign up.



Golf Demo Day

Wednesday, Nov 7

3:30 – 6:30pm

Navy Marine Golf Course

Try out some of the latest equipment at the driving range. For more info, call 808-471-0142.

Free Golf Clinics

Thursday, Nov 15

Noon – 1pm Navy Marine Golf Course

Thursday, Nov 24

11am – Noon Barbers Point Golf Course

FREE

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

9 Before 9

Monday – Friday (except holidays)

Before 9am

Mamala Bay Golf Course

Tee off before 9 am and play nine holes for a discounted price. For more info, call 808-471-0142.

BOGO Special

Monday – Friday

Ke'alahi Golf Course

Pay and play for nine holes on our Par 3 course and get a second nine holes at half-price. Must play the second nine on the same day. Call 808-448-2318 for info.

\$30 Coupon Special

Monday & Tuesday (except holidays)

Barbers Point Golf Course

Invite a civilian guest and take advantage of this special. Call 808-682-1911 for additional information.

Twilight /Play Until Dusk Golf Specials

Monday – Friday (except holidays)

After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)

After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

For more information, call respective pro shop.

INTRAMURALS

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

Intramural Golf Tournament

Nov 13

Green Fees

Tournament limited to players from Joint Base Pearl-Harbor Hickam active duty, DOD and family members 18+. Call 808-473-2494 or 808-473-2437 for more information.

Turkey Shoot Basketball Tournament

Nov 17 – 18

Entry deadline is Tuesday, Nov 10

\$200 Per Team

Open to Joint Base Pearl-Harbor Hickam teams. Call to sign up. Call 808-473-2494 or 808-473-2437 for more information.

Ultimate Frisbee Tournament

Nov 17 – 18

Entry deadline is Tuesday, Nov 10

FREE

Open to Joint Base Pearl-Harbor Hickam teams. Call to sign up. Call 808-473-2494 or 808-473-2437 for more information.

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-NEX Mall 422-4067

Missing Man Formation located on the Hickam Channel



Hickam Historical Tour

Friday, Nov 2, 9, 16, 23, 30

9:30am – 1:30pm

\$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 & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!"

Ford Island Historical Tour

Wednesdays, Nov 7, 14, 21, 28

9:30am – Noon (Check in at 9:15am)

\$25 for adults

\$20 for children (ages 3–11 years old)

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of “The Day of Infamy”. Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders.

Chinatown Food & Historic Tour

Saturday, Nov 24

8:30am – 1pm

\$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.

Do you love wine? Sign up for the Local Style Wine Tasting



“Local-Style” Wine Tasting

Wednesday, Nov 28

6:30 – 8:30pm

Ages 21 years & over only

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

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

recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Don't miss the Hickam 43rd Annual

Fall Craft Fair

Saturday, Nov 3

9am–3pm

This event features over 120 booths of original handmade arts and crafts (just in time for your Holiday shopping), live entertainment, pony rides, games, great food, make-n-takes and more!

Holiday Open House

Saturday, Dec 8

11am–2pm

Fun for the whole family! Featuring fun Make-n-Takes, Demos, Door Prizes, Specials, FREE hot dogs and soda!

Christmas Stocking Workshop with

Amanda Bussey

Monday, Dec 3

5:30 – 8:30pm

Ages 10 and up

\$35 per person (supplies included)

Customize stockings to hang by the ‘chimney’ with care, and fill up with wonderful surprises! You MUST have your own sewing machine. Ages 10 and up. \$35 per person (plus cost of supplies)

Christmas Ornaments with Jessica FitzGerald

Friday, Dec 7, 14, 21

5:15 – 7:15pm

Ages 7-14

\$30 per person (supplies included)

Each session will be a new image such as sunsets, waves, and more. This fun experience includes art, music, and sweets. Be sure to wear clothes to paint in!

Cookies & Canvas with Dennis Mcgeary

Wednesday, Nov 7, 21

3:30 – 5:30pm

Ages 7-14

\$30 per person (supplies included)

Each session will be a new image such as sunsets, waves, and more. This fun experience includes art, music, and sweets. Be sure to wear clothes to paint in!

Ohana Paint Night with Charis Derry

Friday, Nov 30

5:30 – 7:30pm

Ages 7 and older

\$35 per person (supplies included)

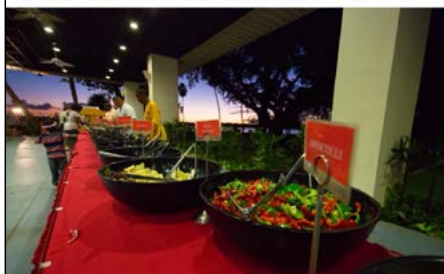
Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Snacks will be provided.

Like us? Follow

GREAT *Life* HAWAII



@greatlifehawaii



Pick & Paint Ceramics

Tuesday–Saturday

9am–5pm

Arts & Crafts Center

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.

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297



Library Know-How

Saturday, Nov 3

10am – 12pm

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Nov 6 – 10am

Thursday, Nov 8 – 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is “Victoria and Abdul.”

Young Adult Book Club

Wednesday, Nov 7

4pm

Our Young Adult Club is geared towards Junior High and High School youth. This week our book being discussed is “Salt to the Sea.” The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

STEM Wednesday - Squishy Circuits Hana Hou!

Wednesday, Nov 7

2 – 3:30 pm

Shape conductive playdough into objects that buzz, light up, or turn on and off! Recommended for ages 8 & up. Parental supervision required. Space is limited to 20 spots, call 449-8299 to reserve a spot.

Kids' Book Club

Wednesday, Nov 14, 21

2 – 3pm

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 “Gathering Blue” on November 14 and “The Wizard of Oz” on November 21.

Preschool Story Time

Wednesday, Nov 14, 28

9 – 10am

Story times are great for children of all ages! Our theme on November 14 will be “Thanksgiving” and “Farm Animals” on November 28.

COLOR PIN BOWLING



**5:00-9:00PM | STARTING MONDAY, NOVEMBER 5
NAVAL STATION BOWLING CENTER**



**COLOR PIN BOWLING ON MONDAY NIGHTS AT
THE NAVAL STATION BOWLING CENTER**

**ROLL A STRIKE WHEN THE COLOR IS IN THE HEAD PIN POSITION
AND RECEIVE A FREE GAME COUPON GOOD ON THE NEXT TIME YOU
COME IN TO BOWL.**

VISIT WWW.GREATLIFEHAWAII.COM





MILITARY & FAMILY SUPPORT CENTER

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

INFORMATION SUBJECT TO CHANGE

employment assistance

ACING THE INTERVIEW

Nov 13 • 12:30 – 2:30pm | Wahiawa

Preparation and determination is the key to a successful interview. This class will provide you with the tools to be able to answer different types of interview questions and prepare you for the many interview styles that are popular today. In this interactive class participants will have an opportunity to observe and take part in mock interviews.

CIVILIAN RESUME WRITING

Nov 20 • 4:30 – 6:30pm | Pearl Harbor

This class will cover the different resume formats and the advantages and disadvantages of each. Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting, common mistakes to avoid, and so much more. Note: this class targets private sector resumes only.

EXPLORING CAREER CHOICES

Nov 13 • 8:30 – 10:30am | Wahiawa

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

FEDERAL EMPLOYMENT 101

Nov 19 • 4:30 – 6:30pm | Pearl Harbor

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.

ONWARD 2 OPPORTUNITY

Nov 13-16 • 8:00am – 4:30pm | Pearl Harbor

Transitioning service member or military spouse interested in obtaining a professional certification for FREE? Check out onward2opportunity-vctp.org to register for a cohort hosted by your JBPHH MFSC!

PART-TIME MONEY MAKERS

Nov 6 • 4:30 – 6:30pm | Pearl Harbor

Our class will help you discover creative ways to earn supplemental income! This course will cover legitimate, remote employment opportunities; local part-time, temporary, and seasonal jobs; self-employment and government contracting; leveraging your hobby into a money maker and quick-start income opportunities and money saving apps. We will also help you identify red flags for scams and determine your entrepreneurial risk tolerance and potential.

SPOUSE EMPLOYMENT BOOT CAMP

Nov 27 • 9:00am – 12:00pm | Pearl Harbor

Spouses! Working toward a job/career? Let's talk resumes, networking and interviewing!

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Nov 7 • 10:00am – 12:00pm | Pearl Harbor

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

NEW MOMS AND DADS

Nov 21 • 5:00 – 8:00pm | 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

Nov 19 • 10:00am – 12:00pm | 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

Nov 6, 13, 20, 27 • 10:00am – 12:00pm | 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.

POSITIVE PARENTING

Nov 15 • 10:00am – 12:00pm | 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.

STOP BULLYING

Nov 29 • 10:00am – 12:00pm | Hickam

Has your child been a victim of bullying? Has your child been the bully? This workshop looks at the dynamics of bullying and ways to defend against it. Building our children up today will help end bullying for tomorrow!

information and referral

EFMP COFFEE TALK

Nov 8 • 9:00 – 10:00am | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Nov 16 • 9:30 – 11:30am | Pearl Harbor

Green Card/Immigration 0930-1030 / Naturalization 1030-1130. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

key spouse/ombudsman/ fleet readiness group

KEY SPOUSE INITIAL TRAINING

Nov 6 • 8:00am – 2:00pm | Hickam

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

KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING

Nov 6 • 2:00 – 3:00pm | Hickam

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

OMBUDSMAN ASSEMBLY MEETINGS

COMNAVREG HAWAII Nov 15 • 6:30 – 8:30pm | Lockwood Hall

COMSUBPAC Nov 20 • 6:00 – 8:00pm | Lockwood Hall

All officially appointed ombudsmen are required to represent the command at the local Ombudsman Assembly meetings. Local ombudsman assemblies frequently serve as venues for ongoing training of ombudsmen. Assemblies serve as liaison for policy discussion and clarification by appropriate local agencies regarding issues of interest to ombudsmen and command family members.

personal development

ANGER MANAGEMENT

Nov 26 • 9:00am – 12:00pm | Pearl Harbor

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

CONFLICT RESOLUTION

Nov 21 • 10:00am – 12:00pm | Pearl Harbor

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

DATING WITH A PURPOSE

Nov 28 • 1:00 – 3:00pm | Pearl Harbor

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

DEALING WITH DIFFICULT BEHAVIORS

Nov 27 • 1:00 – 3:00pm | Pearl Harbor

Do you ever encounter difficult behavior at work? How well do you work with people that handle situations differently than you do? Attend our workshop and learn about different behavior types that we encounter in the workplace. We can teach you some tips on how to identify difficult behavior patterns, and the best way to deal with each specific one.

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Nov 1 • 8:00 – 11:00am | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

Nov 8 • 10:00am – 12:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS FOR TEENS

Nov 20 • 10:00am – 12:00pm | 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!

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Nov 14 • 1:00 – 3:00pm | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

Nov 7, 14, 21, 28 • 10:00am – 12:00pm | 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.

STRATEGIZING WITH STRESS

Nov 5 • 9:00am – 12:00pm | 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.



To Register for a MFSC Class Visit:

[https://jbphh.greatlifehawaii.com/
support/military-family-support-center](https://jbphh.greatlifehawaii.com/support/military-family-support-center)

Great Life Hawaii Calendar of Events November 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
	Anger Management	Onward to Opportunity (OOO) Orientation	USAF Pre-Separation Briefing SAPR POC Training more	Capstone 7:30 Capstone 9:00 more		
4	5	6	7	8	9	10
	Strategizing With Stress	Million Dollar Service Member Key Spouse Initial Training	USAF Pre-Separation Briefing Developing Self...	Capstone 7:30 Smooth Move		

TIME MANAGEMENT

Nov 1 • 1:00 – 3:00pm | Pearl Harbor

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

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Nov 15 • 1:00 – 3:00 p.m | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Nov 5, 19, 26 • 10:00am – 12:00pm | 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.

WORK AND PERSONAL LIFE BALANCE

Nov 6 • 10:00am – 12:00pm | Pearl Harbor

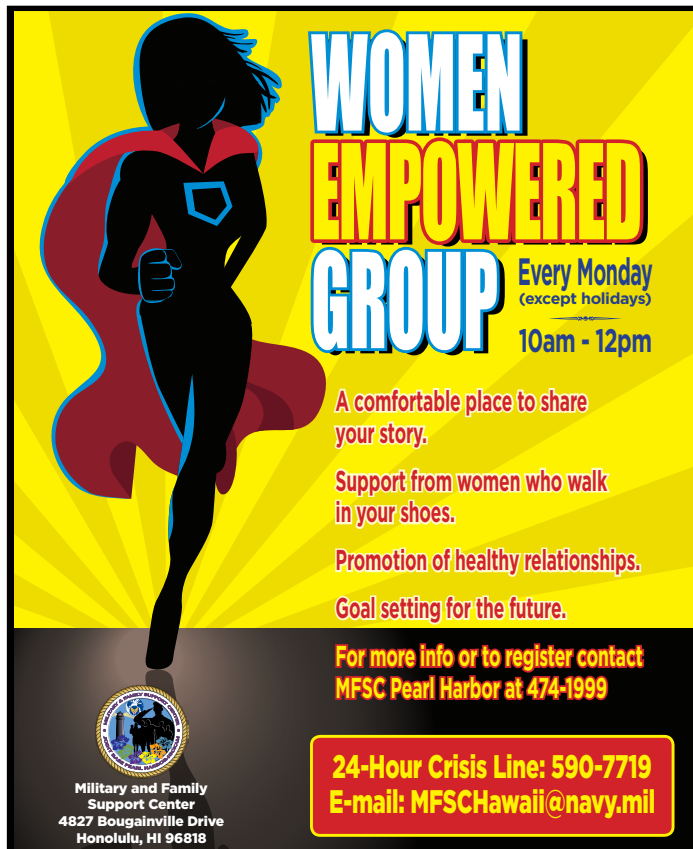
Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

personal financial management

CAR BUYING STRATEGIES

Nov 15 • 2:00 – 4:00pm | 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.



WOMEN EMPOWERED GROUP Every Monday (except holidays) 10am - 12pm

A comfortable place to share your story.

Support from women who walk in your shoes.

Promotion of healthy relationships.

Goal setting for the future.

For more info or to register contact MFSC Pearl Harbor at 474-1999

24-Hour Crisis Line: 590-7719
E-mail: MFSCHawaii@navy.mil

Military and Family Support Center
4827 Bougainville Drive
Honolulu, HI 96818

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Nov 20 • 8:00am – 3:30pm | Pearl Harbor

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

MILLION DOLLAR SERVICE MEMBER

Nov 6 - 7 • 7:30am – 3:30pm | 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.

SAVING AND INVESTING BASICS

Nov 29 • 1:00 – 3:00pm | Pearl Harbor

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

THRIFT SAVINGS PLAN

Nov 1 • 1:00 – 3:00pm | Pearl Harbor

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

relocation assistance

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

Nov 28 • 8:00 – 11:00am | Pearl Harbor

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

SMOOTH MOVE

Nov 8 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Nov 6 • 1:00 – 3:00pm | Wahiawa

Nov 14 • 9:00 – 11:00am | Pearl Harbor

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Nov 26 - 30 • 8:00am – 4:00pm | Pearl Harbor

The VAIT is a 40 hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a US Navy SAPR Unit Victim Advocate. This is a highly interactive class that provides a comprehensive

overview on the SAPR program/procedures, dynamics of sexual assault and victimization, response by the command, medical, legal, investigative, counseling, and advocacy personnel, as well as SAPR intervention and prevention strategies. Interested personnel should contact their respective SAPR POC or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office.

SEX ASSAULT SURVIVORS GROUP

Nov 7, 14, 21, 28 • 4:00 – 5:30pm | Pearl Harbor

If you were sexually abused or assaulted, this on-going weekly support group for women survivors of any type of sexual harassment or assault can help. The group offers a safe place to learn, deal with the feelings, talk with other survivors, get validation, and heal in your adult life. For information and to register, call MFSC and ask to speak with the group facilitator.

transition assistance

CAPSTONE EVENT

Nov 1 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
Nov 8 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
Nov 15 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
Nov 29 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | 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: ACCESSING HIGHER EDUCATION

Nov 13 – 14 • 8:00am – 3:00pm | Pearl Harbor

The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academic acculturation and connection to veteran student organizations is also a key part of service members' academic success and is integrated into this learning course.

TRANSITION GPS: CAREER EXPLORATION AND PLANNING

Nov 15 – 16 • 8:00am – 4:00pm | Pearl Harbor

Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify and frame your existing skills, increase awareness of relevant training and credentialing programs, and develop a targeted action plan to achieve your career goals.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Nov 5 – 9 • 7:30am – 4pm | Pearl Harbor

Nov 26 – 30 • 7:30am – 4pm | 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

Nov 5 – 9 • 7:30am – 4pm | Pearl Harbor

Nov 26 – 30 • 7:30am – 4pm | 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.

TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

Nov 30 • 8:00am – 3:00am | Pearl Harbor

Invest a day in YOU! Learn about VA Benefits, Tricare, Survivor Benefit Plan, AMAZING SkillBridge Program opportunities, and meet with employers actively recruiting! Bring your resume & 60-second intro!

USAF PRE-SEPARATION BRIEFING

Nov 7, 14, 21, 28 • 8:00 – 11:00am | 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.

PROFESSIONAL COUNSELING

Joint Base Pearl Harbor-Hickam
Military and Family Support
Center offers confidential
counseling by
licensed clinicians

FREE OF CHARGE TO ACTIVE DUTY PERSONNEL & FAMILY MEMBERS

NEED TO TALK?

NO NEED FOR A REFERRAL, JUST STOP BY OR CALL MFSC TO SETUP AN APPOINTMENT

SERVICES OFFERED BY MFSC INCLUDE

- Short-term clinical counseling for individuals, couples, and families
- Crisis intervention and/or response to disasters and other catastrophes
- Group Counseling and/or education groups
- Referral to other military and community resources

808-474-1999

MILITARY AND FAMILY SUPPORT CENTER
4827 Bougainville Drive Honolulu, HI 96818
MFSCHawaii@navy.mil or www.greatlifehawaii.com

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Tue–Thu: 8 a.m. – 3:30 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon–Fri. 0600–0830, 1100–1300, 1700–1830
 Sat, Sun, Holidays 0630–0830, 1100–1300, 1700–1830

Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 Mon–Fri. 0615–0730, 1100–1230, 1615–1730
 Sat, Sun, Holidays 0615–0730, 1030–1230, 1615–1730

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Ke'alahi Par 3 Golf Course • 422-9987
 Mon. Closed
 Tue–Sat. 1000–2100
 Sun. 1000–2000

THE LANAI AT MAMALA BAY

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

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon–Thu. 1030–2200
 Fri. 1030–2300
 Sat. 0930–2300

Sun. 0930–2200
 Aloha Hour
 Mon–Fri. 1500–1700

WRIGHT BROTHERS CAFÉ & GRILLE

901 Worthington Avenue • 448-4608 Ext. 39
 Mon–Thu. 0630–1000, 1030–1330
 Fri. 0630–1000, 1030–1330, 1700–2000
 Sat. 0700–1330, 1700–2000
 Sun. 0700–1030

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080
 Mon–Fri. 1000–1930
 Sat. 1000–1500

PLANET SMOOTHIE

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

Area code for JBPHH phone numbers is 808.

STEAKOUT

Barbers Point Golf Course • 462-9370
 Mon–Sun. 0600–1700

FAST FOOD

PIZZA HUT

At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE

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

BREWS & CUES (NEWLY RENOVATED)

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon–Thu. 1300–2300
 Fri. 1300–0100
 Sat. 1100–0100
 Sun. 1100–2300

THE COUNTRY BAR (NEWLY RENOVATED)

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon–Thu. Closed
 Fri–Sat. 2030–0200
 Sun. Closed

KOA LOUNGE

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

TRADEWINDS

Hickam Bldg. 1804
 Coming Soon!

programs&services

AQUATICS

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

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 Mon–Fri. 0500–0700; 1100–1300
 Sat, Sun, Holidays Closed

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
 Open Swim:
 Mon, Tue. Closed
 Wed–Fri. 1300–1700
 Sat, Sun. 1200–1700

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

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

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

ARTS & CRAFTS CENTER

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

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

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

Sales Store
 Mon, Sun. Closed

Tue–Thu. 1000–1800
 Fri, Sat. 0900–1700

Wood Hobby Shop • 448-9911
 Mon. Closed
 Tue–Thu. 1300–1900
 Fri–Sun. 1000–1700

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813

Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun. Closed
 Tue–Fri. 0700–1700
 Sat. 0900–1700

Hickam Car Wash • 449-2554
 Daily. 0800–2000

Moanalua ASC (off-base) • 471-9072
 Mon, Thu, Fri. 1200–2000
 Sat, Sun. 0900–1700
 Tue, Wed. Closed

Car Wash at Moanalua ASC • 471-9072
 Daily. 0700–2000

Towing Service • 449-2554

BOWLING CENTERS

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

Naval Station Bldg. 1736 • 473-2574
 Mon. 1100–1330, 1700–2100
 Tue–Thu. 1100–1300, 1700–2100
 Fri. 1100–1300, 1700–2230
 Sat. 0900–2230
 Sun. 1100–1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651
 Fri. 1800–2200

CHILD DEVELOPMENT CENTERS

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

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

FITNESS & SPORTS CENTERS

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

JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
 Mon–Fri. 0400–2130
 Sat, Sun, Holidays 0700–1700

Naval Station Gym Bldg. 667 • 473-2436
 Mon, Wed, Fri. 0500–1730
 Tue, Thu. 0500–1500
 Sat, Sun, Holidays Closed

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

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

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

GOLF COURSES

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911
 Daily Tee Times & Pro Shop
 Mon–Sun 0630–1830
 Driving Range
 Mon, Wed–Sun 0630–1800
 Tue 0930–1800

GOLF COURSES CONTINUED

Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
 Mon, Wed–Sun 0630–2200
 Tue 0630–2100
 Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800
 Pro Shop
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800

Navy-Marine Golf Course
 Valkenburgh at Radford Drive • 471-0142
 Daily Tee Times 0700–1830
 Pro Shop
 Mon–Sun 0630–1830
 Driving Range
 Mon–Wed, Fri–Sun 0630–2100
 Thu 1030–2100

HOUSING

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

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019
 Mon–Sat 0900–1800
 Sun, Holidays 0900–1500
 ITT-Fleet Store, Pearl Harbor • 473-0792
 Mon–Fri 0900–1800
 Sat 0900–1600
 Sun, Holidays Closed
 ITT-Hickam, Bldg. 1760 • 448-2295
 Mon–Fri 0900–1700
 Sat 0900–1300
 Sun, Holidays Closed
 ITT-NEX Mall • 422-2757
 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

TRAVEL CONNECTIONS OFFICES

Travel Connections Fleet Store, Pearl Harbor • 422-0139
 Mon–Fri 0900–1800
 Sat, Sun, Holidays Closed
 Travel Connections NEX Mall • 422-4067
 Mon–Fri 0900–1700
 Sat, Sun, Holidays Closed

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
 Makai Center (Hickam) • 448-0418
 Daily 1500–2200
 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
 Tue–Thu 0800–1530 / Closed daily from 1100–1200
 Mon, Fri–Sun Closed
 Pearl Harbor, 4827 Bougainville Dr. • 474-1999
 Mon–Thu 0700–1630
 Fri 0700–1600
 Sat, Sun Closed
 Wahiawa Annex, Bldg. 392 • 474-1999
 Mon, Fri–Sun Closed
 Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726
 Mon–Wed Closed
 Thu, Fri 1900 showtime
 Sat 1430 first showtimes
 Sun 1330 first showtimes
 Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

(Open 24 hours a day, 7 days a week)
 Pearl Harbor Side of JBPHH • 808-800-2337
 Arizona Hall (Bldg. 1623)
 Hale Ali'i (Bldg. 1315)
 Lockwood Hall (Bldg. 662)
 Makalapa (Bldg. 372)
 Hickam Side of JBPHH • 808-800-2330
 Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

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

RENTALS

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

YOUTH PROGRAMS

School-Age Care
 Catlin • 421-1556
 Hickam • 448-4396
 School Liaison Officer (K–12)
 4827 Bougainville Drive • 471-3662, 471-3673
 Mon–Fri 0800–1700
 Sat, Sun Closed
 Teen Center (ages 13–18) • 448-1068
 School year:
 Mon–Thu 1400–2000
 Fri 1400–2100
 School vacations:
 Mon–Fri 1200–2000
 Weekends:
 Sat 1330–2130
 Sun Closed
 Youth Sports & Fitness
 Office, Bloch Arena • 473-0789

Mon–Fri 1100–1730
 Sat, Sun Closed
 Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program
 480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515
 Air Force Wounded Warrior Program
 800 Scott Circle Bldg 1113 • 808-448-0126
 Mon–Fri 0830–1230 / 1300–1700
 Sat, Sun Closed

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
 CYP Cook
 CYP Food Service Worker

Cashier/Checker
 Club Operations Assistant
 Cook
 Food Service Worker
 Waiter/Waitress

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

Automotive Worker
 Hotel 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: CNI_PRLH_N9HR.FCT@NAVY.MIL

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

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



PATIO & PAVILION *Rentals*

JBPHH MWR offers a variety of patio and pavilion rentals that are perfect for casual get-togethers, birthday parties, celebrations, hail and farewells and more!



Visit greatlifehawaii.com to download the
Patio & Pavilion Rentals brochure.

THE SUNDAY CLUB

KEEP THE PARTY GOING AT THE SUNDAY CLUB! EVERY SUNDAY BEFORE A FEDERAL HOLIDAY, DANCE TO A MIX OF HIP HOP, RNB AND TOP 40s. 18 AND OVER EVENT.

***Next Event Happening
November 11***

Call 473-1743 for info

Club Pearl

915 North Road Bldg. 1314

8:30pm- 2am





**SERVING THOSE
WHO SERVE**



THIS NOVEMBER, ACTIVE DUTY MILITARY, VETERANS,
LAW ENFORCEMENT, AND FIRST RESPONDERS, TAKE

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DELIVERY FEES VARY DEPENDING ON SIZE, WEIGHT AND MOTORCYCLE BRAND. IMAGE IS FOR ILLUSTRATIVE PURPOSES ONLY.