

Valentine's Day Dinner at the Historic Hickam Officer's Club

Dinner at 6:30pm

Cost:

^{\$}65 each ^{\$}77 with wine pairing Club Members: \$5 discount

1st Course
• Caesar Salad

2nd Course (choice of)

- Mushroom Crostini
- Crab Cake with Rémoulade

3rd Course (choice of)

- Beef Tenderloin
- Island Fish with a Lemon Caper Sauce
- Chicken Cordon Bleu

4th Course

 Strawberries with crème fraise and chocolate covered strawberries



Prepaid Reservations required, call 448-4608

No Walk-ins. Taking Reservations from January 27- February 12











live the great life

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 Family/Support
 Athletics
 ITT
 Recreation
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Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.













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



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

GREAT LIFE HAWAII: FEBRUARY 2020

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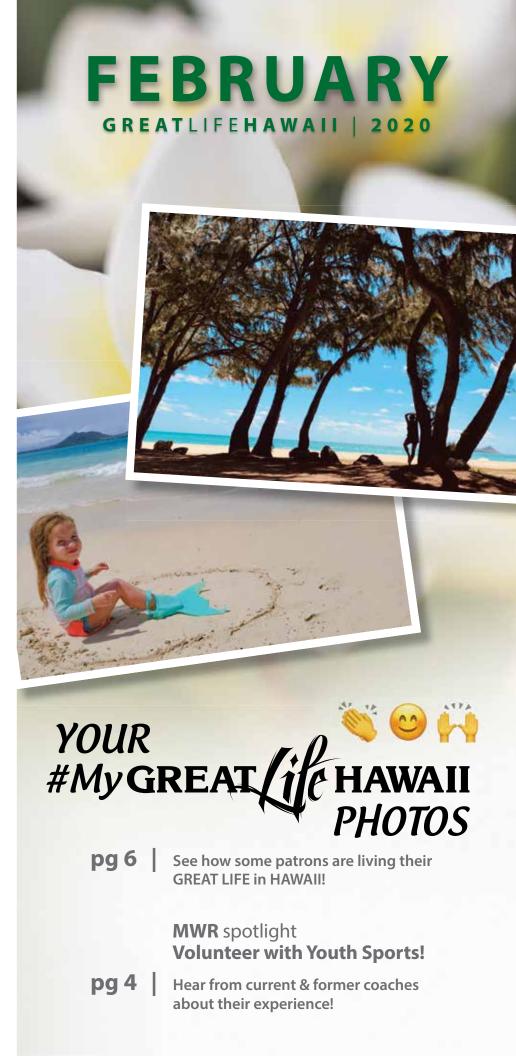
On the cover:

Kayak to the Mokes. (©) charityndonovan

At right:

Bellows Beach. (a) constance_livingthedream

Mermaid More. (b) Mommaandsprouts





ooking for a rewarding way to contribute to your community? Become a Volunteer Coach with youth sports! The process to become a coach is super simple:

 $\sqrt{}$

COMPLETE A BACKGROUND CHECK PACKET (& RETURN TO YOUTH SPORTS). This is good for 5 years.



COMPLETE 2 ONLINE TRAININGS (1 HOUR EACH).
This is good for 1 year (so you can easily coach multiple seasons!).



ATTEND AN IN-PERSON COACHES' ORIENTATION.

Once you've done that, all that's left is the coaches meeting (where you'll pick up your team equipment & player information) and the parent meeting (here you'll meet your team and their parents).

t's one thing to listen to me tell you how cool it is to volunteer but here are some quotes from former and current coaches:



"There is seriously nothing more special then to witness an athlete that has struggled with getting a serve over the net finally achieve it, or get a perfect pass, hit or block for the first time in a game. Feeling the electricity in the air as the team cheers and supports one another in good plays and not so good plays, and watching their faces light up with excitement because they've achieved something they didn't know they could do just weeks before. I love that I have an opportunity to share and grow the sport I love to a younger generation and hope that they will be inspired to continue to play for years to come either competitively or recreationally."

Coach Tamara Rosa, Volleyball



"As this is my third season coaching for MWR Youth Sports, the previous two I coached basketball and just seeing the kids progress in skill from week 1 to week 10 is awesome. To lead a youth team in learning the important fundamentals and for them to take that in hopefully to the next season is a satisfying feeling as a coach.

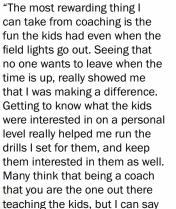
Coach Jose Toro, Basketball

That in itself is a huge win."

"Coaching allows me to spend quality time with my kids passing on my love of sports and competition. It is an opportunity to reconnect with a sport that had lasting impacts on my life and pass on the life lessons sports and being part of a team provide. I love when kids get a skill for the first time or improve beyond what they thought possible, you can see their confidence growing as they smile from ear to ear. Sports challenge you to be better...that is why we practice, and when they see results it is easy for them to break through barriers in other aspects of life. The rewards of coaching significantly outweigh the time commitment involved. I have kids come up all the time just to say hi and tell me about how excited they are for the next season and tell me about their goals. I honestly think I get more out of coaching then I give!"

Lt Col Matt Puckett, Track & Field/Baseball "Hands down, the pure enjoyment and excitement of the child and their family when they have succeeded or done something special (make a shot in a basketball game, catch a pass in football, even stop someone from scoring in soccer, etc.). A second would be the opportunity to pass something that I love (sports) to the next generation and see them enjoy the sport as much as I did and still do."

Coach Bradley Clinger, Basketball/Soccer Flag Football



Coach Amber Youngman, Soccer

coach for 2 years."

for sure that they were the ones

who were teaching me, and I

was most honored to be their



For more quotes from our coaches visit jbphh.greatlifehawaii.com/ and scroll down to articles. For more information on being a Volunteer Coach, call Youth Sports at 473-0789.

t's Sime So Celebrate Love!



Valentine's Day Party

Country Bar | February 14, 8:30pm - 2:00am

FREE



JOIN US FOR A NIGHT OF BEVERAGE SPECIALS, GREAT MUSIC AND DANCING. THE FIRST 50 LADIES TO ARRIVE RECEIVE ONE LONG STEM ROSE. OPEN TO ELIGIBLE PATRONS 18 AND OLDER.

FOR MORE INFORMATION, CALL 473-1743

















by JUSTIN HIRAI

















WOW! We received over 100 photo submissions for our #MyGreatLifeHawaii photo contest. The wow, is more so for the quality, creativity and to sum it all up, pure greatness of all the submissions! Our judges had a hard time choosing which photos to feature in this article. They took their time and narrowed it down to what you see here.

Thank you to everyone who submitted photos for us to choose from. If we could have fit them all, we definitely would have. Those interested in seeing all the entries can search for the hashtag #MyGLHEntry on Instagram.

It's awesome to see so many of you are taking advantage of your time living here in Hawaii! With so many sights and activities to do it may be hard to choose sometimes, but don't worry, we're here to help. Especially with the fun things you can do right here on Joint Base Pearl Harbor-Hickam. The MWR programs offer dining, recreation, fitness, special events, family activities and so much more.

Our goal for our Great Life Hawaii Instagram page is to showcase the things around base for you to enjoy. We also want to continue to see how you're enjoying your time, so please continue to **Post**, @ (mention us), **Tag** us and **Hashtag** (#GreatLifeHawaii & #MyGreatLifeHawaii). It's our reminder for you to stay on your **P@TH** to living a great life here in Hawaii! **For those who aren't already, follow us @greatlifehawaii.** @



ARTS CRAFTS

335 Kuntz Ave., Bldg. 1889 • 808-448-9907

FEB | MAR | APR

TEEN/ADULT CLASSES

Ceramics & Pottery

BEGINNING WHEEL THROWING WITH ROBERT MCWILLIAMS

One class per week for 8 weeks: Wednesdays, 6 – 8:30pm Mar 4–Apr 22 • Apr 29–Jun 17

Ages 16 and older

\$125 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. The class will progress at each individual's speed. No experience required.

ADVANCED WHEEL THROWING WITH ROBERT MCWILLIAMS

One class per week for 8 weeks: Saturdays, 9 – 11:30am

Feb 29-Apr 18 • Apr 25-Jun 13

Ages 16 and older

\$125 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. This class is perfect for more advanced students and students that want to continue learning!

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 5 weeks:

Saturdays, 9 – 11:30am

Feb 1-22

Tuesdays, 6 - 8:30pm

Mar 3-24 • Apr 7-28

Ages 14 and older

\$60 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 transformed. The last class is held two weeks after the 4th class, so pieces can come back from bisque.

Drawing & Painting

ACRYLIC PAINTING WITH DENNIS MCGEARY

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

Feb 4-25 • Mar 3-24 • Apr 7-28

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 **Feb 4–25 · Mar 3–24 · Apr 7–28**

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.

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

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

Feb 4-25 • Mar 3-24 • Apr 7-28

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.

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Feb 18-Mar 24 • Apr 7-May 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

Feb 20-Mar 26 • Apr 2-May 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 WITH DAVILLA HARDING

One class per week for 5 weeks: Thursdays, 2 – 4:30pm & 5:30 – 8pm

Feb 27-Apr 2 (no class Mar 19) / Koi Fish Apr 16-May 14 / Bird of Paradise

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



TO REGISTER FOR CLASSES, VISIT

jbphh.greatlifehawaii.com/ recreation/arts-crafts-

Nature's beauty using 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!

DRAWING TECHNIQUES WITH APRIL DUQUE

One class per week for 4 weeks: Mondays, 5:30-7:30pm

Feb 3-24 • Apr 6-27

Ages 12 and older

\$80 per person (plus supplies)

Fundamental drawing skills are the basis for all artistic endeavors. This course teaches the essential techniques to capture your world and ideas realistically in pencil, charcoal, and chalk pastel. Topics covered include contour line, gestural line, working with light and shadow, composition, depth, proportion, facial anatomy, color theory, and using drawing tools to achieve a variety of effects. Class is suitable for all skill levels.

BATIK PAINTING WITH APRIL DUQUE

One-day class, second Sunday of the month, 12 - 3:30pm

Feb 9 • Mar 8

Ages 16 and older

\$50 per person (supplies included)

Learn the ancient art of batik fabric painting and take home a beautiful and unique work of art. Students can choose to bring their own design, or trace a teacher provided one. The instructor will guide students through the batiking process step by step. No previous art experience necessary.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

One-day class, on select Mondays or Saturdays, 9am — 1pm Ages 16 years and older

\$85 per person (supplies included)

In this one-day class you will learn how to measure and cut a double mat for your 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 class completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Sign up early, space is limited! Please contact the Frame Shop at 448-9907 ext. 108 for more information and to confirm date.

Glassworks & Jewelry

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 — 7:15pm Feb 6—13 • Feb 20—27 • Mar 5—12 • Mar 19—26

Apr 2–9 • Apr 16–23

Ages 16 and older

\$40 per person (plus supplies)

Students will learn how to cut, fuse, and slump sheet glass to create their own functional works of art. In doing so they will learn about the basics of heat and time in relation to glass. By the end of class each student will have at least one plate/platter to take home. Please wear closed-toed shoes. Long pants are recommended.

ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks:

Fridays, 5:15 - 7:15pm

Feb 7-28 · Mar 6-27

Wednesdays, 5:15 – 7:15pm

Apr 1-22

Ages 16 and older

\$80 per person (plus supplies)

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

GLASS FUSION WITH JOCELYN SASAKI

One class per week for 4 weeks: Tuesdays, 6:30 – 8:30pm

Feb 4-25 • Mar 3-24 • Apr 7-28

Ages 16 and older

\$80 per person (plus supplies)

This class is perfect for anyone interested in learning the art of glass fusion. Students will learn techniques in glass-cutting, kiln-forming, and basic principles for design. Students will learn to make plates, glass jewelry, and/or Christmas ornaments. Students of all skill levels are welcomed.

BEGINNING JEWELRY MAKING WITH PAULETTE WILLIAMS

One class per week for 3 weeks:

Mondays, 5 –7pm

Feb 3-24 (no class Feb 17)

Thursdays, 5 –7pm

Mar 5-19

We dnesdays, 6-8pm

Apr 1-15

Ages 16 and older

\$50 per person (plus supplies)

In this class, students will learn how to use the basic tools, techniques, and procedures for jewelry making. The focus of the classes will be on stringing and beading to create bracelets, earrings, and necklaces. This class is the perfect place to begin your jewelry making journey!

ADVANCED JEWELRY MAKING WITH PAULETTE WILLIAMS

A one-day class session.

Fridays, 5 –8pm

Feb 21 • Mar 20/ Etched Copper Cuff Bracelet

\$70 per person (supplies included)

Wednesdays, 5 –8pm

Feb 26 • Mar 25/ Wire-Wrapped Cuff Bracelet Apr 22/Stained Glass Bracelet

\$60 per person (supplies included)

Ages 16 and older

This class is perfect for advanced students who have learned basic jewelry making techniques. Students will learn more about advanced jewelry techniques. Previous experience is recommended.

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH KYONG ANGUAY

One class per week for 4 weeks: Wednesdays, 6 – 8pm

Feb 5-26 • Mar 4-25 • Apr 1-22

Ages 14 and older

\$70 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.

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

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

Feb 5-19 · Mar 4-18

Ages 12 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 stiches. 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.

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Mondays 6 – 8pm

Mar 2-16 • Apr 8-22

Ages 12 and older

\$35 per person (plus supplies)

This class will build on what was learned in Crochet basics. Students will learn how to work in the round, increase and decrease stiches, make a granny square, and how to join pieces together to form a larger piece. With these new techniques, students will be able to complete projects such as amigurumi (crochet dolls and animals), hats, and complex piece blankets. Note: students must complete crochet basics class before enrolling in the advanced course. Students must also bring their own supplies.

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Feb 22—Mar 14/ Easy Quilt • Mar 21—Apr 11/Bring Your Own Project Quilt • Apr 18—May 16/Pineapple Quilt (no class May 2)

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 and basic sewing skills. See sample in the Sales Store.

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Feb 22—Mar 14/ Easy Quilt • Mar 21—Apr 11/Bring Your Own Project Quilt • Apr 18—May 16/Pineapple Quilt (no class May 2)

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 and basic sewing skills. See sample in the Sales Store.

SEWING, MENDING, AND ALTERATIONS WITH KYONG ANGUAY

One class per week for 4 weeks: Fridays, 6 – 8pm

Feb 7-28 • Mar 6-27 • Apr 3-24

Ages 16 and older

\$70 per person (plus supplies)

This class is for minor repairs. Students will bring their own broken, worn, torn, or damaged projects and learn how to properly repair them back to their original state.

BEGINNING KNITTING WITH CARLOTA COX

One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 5:30-7pm

Feb 24-Mar 23 (no class Mar 9) Mar 30-Apr 27 (no class Apr 13)

Ages 16 and older

\$50 per person (plus supplies)

Each student will learn how to make the knit stich and the purl stich. Both stiches are the only two stiches needed to make any project. In addition to the two stiches, students will learn how to begin a project and end a project. Instruction will be given on how to read your stiches and recognize the difference between stiches by sign to develop skills needed to complete more complex patterns.

INTERMEDIATE KNITTING WITH CARLOTA COX

One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 1 – 2:30pm

Feb 24-Mar 23 (no class Mar 9)

Mar 30-Apr 27 (no class Apr 13)

Ages 16 and older

\$50 per person (plus supplies)

Students must have already completed Beginning Knitting or its equivalent. In this class, students will expand their skills and use them to create more difficult projects. This class will introduce students to knitting in the round, decreasing stiches, reading charts, and following written pattern instructions.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks: Tuesdays, 6 – 8pm

Feb 4-25 • Mar 3-24 • Apr 7-28

One class per week for 4 weeks: Wednesdays, 10am – 12pm

Feb 5-26 • Mar 4-25 • Apr 8-29

Ages 14 and older

\$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

For more information on dates/times, please call (808)-448-9911.

WOOD SHOP SAFETY CLASS

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 quardian)

\$25 per person (arrive 15 minutes prior to class to sign in)

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 woodshop safety certification card enabling use of the shop tools and equipment.

PEN TURNING CLASS

One-day class, offered on select Saturdays & Sundays,

7:30 - 11:30am

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

\$50 per person (supplies included)

Must take the safety class prior to class. This class will emphasize the basic uses of the lathe. Students will learn the steps to turn their own koa pen. This class is required for use of the lathe during shop hours. Pre-registration is necessary to secure a spot for the class.

SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays,

7:30 – 11:30am (arrive 15 minutes prior to class to sign in)

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

\$60 per person (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. Preregistration is necessary to secure a spot for the class.

CUTTING BOARD CLASS

One class per week for 3 consecutive weeks.

Fridays (5 – 9pm) & Sundays (7:30–11:30am)

Ages 16 years & older

\$145 per person (deposit of \$85.00 is due at registration)

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! Current safety qualification card needed to take the class.

KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks.

Fridays, 5 - 9pm

Ages 16 years & older

\$145 per person (\$100 sign-up fee + \$45 supply fee)

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). *Current safety qualification card needed to take the class*.

Miscellaneous/Workshops

CUSTOMIZE YOUR CANVAS SHOES WITH SORIANA SANCHEZ MOSTAJO

One class per week for 2 weeks: Sundays, 1 – 3pm

Mar 15-22

Ages 12 and older

\$45 per person (plus supplies)

Personalized shoes are a great way to show personal expression by painting them to your perfect style! Bring your canvas shoes and inspirations to learn how to use paint, markers, and other embellishments to make your own creative pair of kicks! No previous experience required.

WREATH DECORATING WORKSHOP WITH SORIANA SANCHEZ MOSTAJO

One-day class, offered on Wednesday, 6 – 8pm

Apr 29

Ages 15 and older

\$35 per person (plus supplies)

In this class, students will learn how to professionally decorate an artificial wreath. Students will work with ribbons and their own ornaments/decor to make a wreath that will be the envy of the entire neighborhood! Students will learn how to make a fabulous bow along with some other useful decorative tips just in time for the holiday season.

CHILDREN'S CLASSES & CAMPS

YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

Ages 12 – 16 (12 – 15 must be accompanied by parent or guardian) \$60 per person (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

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

Feb 6-27 • Mar 5-26 • Apr 2-23

Ages 7 - 13

\$45 per person (plus \$15 fee payable to the 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.

ADVENTURES IN ART WITH APRIL DUQUE

One class per week for 4 weeks: Mondays, 5:30 - 7:30pm

Mar 2-23

Ages 7 - 14

\$70 per person (plus supplies)

Students will create dynamic, open-ended, and fun projects using a variety of art materials and processes, while learning to effectively use the elements and principles of art and design, such as: line, color, form, space, shape, texture, balance... Each session will feature new activities like painting, collage,

sculpture, and printmaking. Guidance will be given for following a creative process- from initial idea to showing and discussing the finished artwork to an audience. Class is suitable for all skill levels.

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Feb 18-Mar 24 • Apr 7-May 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

Feb 20-Mar 26 • Apr 2-May 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 Feb 20–Mar 26 • Apr 2–May 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.

PARENT & ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

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

Feb 5-19 • Mar 4-18 • Apr 8-22

Ages 7 – 12 (with an accompanying, paying adult/guardian) \$35 per participant (\$70 total; 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. Both parent and child need to register and pay for class. Ages 7-12 (with an accompanying, paying adult).

WATERCOLOR DESIGN AND COMPOSITION-REALM OF FANTASY WITH DAVILLA HARDING

One class per week for 5 weeks: Saturdays, 12 - 2pm

Feb 22-Apr 4 (no class Mar 21) / Mermaid Apr 18-May 23 / Dragon

Ages 13 - 17

\$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. With an emphasis on Hawaiian and tropical themes, students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, so...whether you are a beginner or a more experienced painter...you can do it!

BEGINNING SEWING FOR KIDS WITH SORIANA SANCHEZ MOSTAJO

One class per week for 4 weeks: Wednesdays, 5:30-7:30pm

Feb 19-Mar 18

Ages 8 – 15

\$65 per person (plus supplies)

This class will include the basic sewing machine operations, equipment, and uses. Also, students will learn simple sewing techniques and the differences in fabrics. These skills will be applied while completing one to two simple sewing projects. Each student must have their own sewing machine and required supplies.

BEGINNING KNITTING FOR KIDS WITH CARLOTA COX

One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 3:30 – 5pm

Feb 24-Mar 23 (no class Mar 9)

Mar 30-Apr 27 (no class Apr 13)

Ages 10 – 15

\$50 per person (plus supplies)

Each student will learn how to make the knit stich and the purl stich. Both stiches are the only two stiches needed to make any project. In addition to the two stiches, students will learn how to begin a project and end a project. Instruction will be given on how to read your stiches and recognize the difference between stiches by sign to develop skills needed to complete more complex patterns.

DYNAMIC DRAWING TO MIXED MEDIA WITH SORIANA SANCHEZ MOSTAJO

One class per week for 5 weeks: Wednesdays, 5:30-7:30pm

Mar 25-Apr 22

Ages 9 – 17

\$65 per person (plus supplies)

For advanced students to grow their mechanics in drawing. Topics will include perspective, anatomy, texture, construction, composition, and lighting. Learn to challenge previous visual and drawing skills. This should lead to the intro of adding other medias such as pen and ink, gauche, and or acrylic. Basic sketching preferred.

EVENTS & ACTIVITIES

PICK & PAINT CERAMICS

Tuesday — Saturday, 9am — 5pm (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.

OHANA PAINT NIGHT WITH APRIL DUQUE

One class per month: Fridays, 5:30 – 7:30pm (Arts & Crafts Center)

Feb 28 • Mar 27 • Apr 24

Ages 7 and older

\$30 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.

PAINT & SIP

First and third Wednesday of the month, 5:30 – 8:30pm (Tradewinds)

Feb 5 & 19 • Mar 4 & 18 • Apr 1 & 15

\$40 per person (\$20 non-refundable deposit online, \$20 at the door) A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

SPRING CRAFT CAMP

Mar 17-20

Ages 7 and older

\$70 per person

Sign up now, classes fill up FAST!

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.



at the Hickam Arts & Crafts Center Tue, Mar 17 - Fri, Mar 20 | 10 am - 12 pm



Stenup North Class fills up FAST!



To register, visit jbphh.greatlifehawaii.com and search: Arts and Crafts Registration

Questions? Call 448-9907 | 335 Kuntz Ave, Bldg. 1889









@GreatLifeHawaii



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), unless otherwise specified. Registration for January activities is currently open. Registration for March activities begins February 1.

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a caseby-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
- RAINBOW BAY MARINA 784-0167

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

Online registration will require an ID check, in person at Hickam Harbor within 5 days of receipt of payment.



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

February 8 Sign up by February 6 March 7 Sign up by March 5

Begins: 9 am | Ends: 12 pm

Located right on site, joint the Hickam Beach staff for an allinclusive 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

O February 23 Sign up by February 21 Sign up by March 20 March 22

Begins: 9 am | Ends: 12 pm Cost: \$40

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

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT **HICKAM HARBOR**

February 1 Sign up by January 30 February 9 Sign up by February 7 March 1 Sign up by February 28 Sign up by March 27 March 29 Begins: 9:30 am | Ends: 10:30 am

Cost: \$30

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 HALEIWA/NORTH SHORE

O March 21 Sign up by March 19 Begins: 8 am | Ends: 2 pm Cost: \$35

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. Do not let this awesome opportunity drift away!

Level: Easy (must have open ocean swimming experience).

STAND-UP KAHANA VALLEY

February 15 Sign up by February 13 Begins: 8 am | Ends: 1 pm Cost: \$30

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

Level: Easy (swimming experience required).

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

• February 7 Sign up by February 5 Begins: 6:30 pm | Ends: 8:30 pm

March 9 Sign up by March 7 Begins: 7 pm | Ends: 9 pm Cost: \$25

What better way to melt the day to day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group, and let our guides lead the way. Trip includes all required gear. Prior kayaking experience is recommended. Bring water and dry clothes to change into after the activity.

KAYAKING THE MOKULUA ISLANDS

O February 22 Sign up by February 20

March 28 Sign up by March 26

Begins: 7 am | Ends: 1 pm

Cost: \$45

Located on the windward side of the Island, off Kailua and Lanikai are the Moku Islands; a protected bird sanctuary. Join us for the day as we have some fun kayaking in the area and enjoy the great weather that the island has to offer. This activity requires paddlers to have kayaking experience. Intermediate to advance skill set required due to the level of difficulty depending on winds and ocean conditions. Bring your swimsuit, sun block, lunch, water and snorkeling gear if so inclined. Trip includes transportation, paddling gear and quides.

Level: Advanced (We do require an ocean test the Wednesday before the trip or upon the day you sign up. This will include a self-rescue, simple kayak route and to show us your overall capability to handle a kayak on your own. Please note you will get wet!).

FISHING

BOTTOM FISHING AT HICKAM HARBOR

February 2 Sign up by January 31*
 Begins: 8:30 am | Ends: 11:30 am

February 22 Sign up by February 20*
 Begins: 2:30 pm | Ends: 5:30 pm

March 8
 Sign up by March 6*
 Sign up by March 19*

Begins: 2:30 pm | Ends: 5:30 pm

Cost: \$35

*Registration available online only.

Enjoy a relaxing morning or afternoon taking part at your luck to land that big one. Join our staff as we help you cast your line out and provide pointers if you need to help 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 is a great trip for experts and beginners alike. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks to help complete your relaxing afternoon on the water.

KEIKI & PARENT HAND POLE FISHING/ REEF WALKING

February 1
 February 22
 March 7
 Sign up by January 30
 Sign up by February 20
 Sign up by March 5

O March 28 Sign up by March 26 Begins: 9:30 am | Ends: 12:30 pm Cost: \$12

Join us as we discover what lives below the Hickam Harbor. Kids and parents can learn the art of hand pole fishing, shore line dunking, reef walking, and sea life discovery. Poles, bait, nets, etc...will be provided. Bring your camera, sun screen, reef shoes, snacks, and drinks. This is great fun not to be missed! Ages 4-9, parents welcome to tag along. Space is limited to 10 keiki. Sign up at Hickam Harbor Marina office.

SPEARFISHING EXCURSION

O February 29 Sign up by February 27

O March 28 Sign up by March 26

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.

LEARN TO SPEARFISH

February 15 & 16Sign up by February 13*

O March 14 & 15 Sign up by March 12* Begins: 9 am | Ends: 12 pm

Cost: \$60

*Registration available online only.

Spear fishing is as exciting and challenging as it sounds! The Outdoor Recreation staff will show the basics 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, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. The second part, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you are unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel, and transportation is on us. You're welcome to bring you own gear if you want. Participants must

know how to swim and prior snorkel experience is required.

BIKING

NORTH SHORE BIKE RIDE

February 1 Sign up by January 30March 14 Sign up by March 12

Begins: 8 am | Ends: 1 pm

Cost: \$25

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

Level: Easy (must have bike riding experience).

WINDSURFING

ADULT LEARN TO WINDSURF AT HICKAM HARBOR

Begins: 8 am | Ends: 1 pm

Cost: \$60 per person (max 2 per class) includes equipment and instruction with Uncle Leo.

Must register 1 week prior to desired date. Sign up at Hickam Harbor Marina office.

Learn the basics of windsurfing at beautiful Hickam Harbor. The 3-hour course will include land and water instruction, gear setup and breakdown, rescue techniques, reading weather and water conditions, and plenty of practical experience. Minimum 18 years of age.

(continued on next page)

RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam 449-6870

Mon-Fri: 9am-5pm | Sat: 9am-1pm

MWR Recreational Equipment Rental is your one stop shop for all your party and outdoor recreation equipment!

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.

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! 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 itemts. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

Check www.greatlifehawaii.com for price lists.



PATIOS & PAVILIONS Hickam Harbor • 449-5215 Pearl Harbor & Barbers Point • 784-0167

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

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

Adult and Youth sailing classes are taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction.

INTRODUCTION TO OPEN OCEAN SAILING AT HONOLULU HARBOR

- February 5Sign up by February 3
- March 4 Sign up by March 2
 Begins: 9 am | Ends: 12 pm
 Cost: \$150 total (1-4 participants)

Not sure if sailing is for you? Have some experience but have never been open ocean sailing? Join us for an introductory excursion to Honolulu Harbor and learn some sailing basics from one of our certified instructors. Grab some friends and hop on our Rhodes 19 sailboat and experience sailing first hand while enjoying the sights to Honolulu Harbor. Maximum of 4 students.

Level: Easy (must have open ocean swimming experience).

INTRODUCTION TO SAILING AT HICKAM HARBOR

February 28Sign up by February 26March 27Sign up by March 25

Begins: 9:30 am | Ends: 11 am

Cost: \$60 total (1-4 participants)

Not sure if sailing is for you? Join us for an introductory excursion around Hickam Harbor and learn some sailing basics from one of our certified instructors. Grab some friends and hop on our Rhodes 19 sailboat and experience sailing first hand while enjoying the sights of Hickam harbor. Maximum of 4 students.



START SAILING RIGHT AT HICKAM HARBOR

- Tues | February 4 (6 8 pm)
 Sat | February 8, 15, 22, 29 (9 am 12 pm or 1 4 pm)
 Cost: \$110 per person
- Tues | March 3 (6 8 pm)
 Sat | March 7, 14, 21, 28 (9 am 12 pm or 1 4 pm)
 Cost: \$115 per person
- Tues | March 31 (6 8 pm)
 Cost: \$120 per person
 Ages 18 & up

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, minimum of 4.

ADULT LEARN TO SAIL CLASS AT RAINBOW BAY MARINA

- Mon/Wed | February 3, 5, 10, 12, 19, 24, 26
- Mon/Wed | March 2, 4, 9, 11, 16, 18, 23, 25, 30
 Cost: \$95 per person
 9:30 11:30 am (excludes holidays)
 Ages 18 & up
- *Registration is done by the month and available online only.

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, minimum of 4.

YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | February 3, 5, 10, 12, 19, 24, 26
- Mon/Wed | March 2, 4, 9, 11, 16, 18, 23, 25, 30
 Cost: \$100 per person
 12 2 pm or 3:30 5:30 pm (excludes holidays)
 Ages 10 17 years

*Registration is done by the month and available online only.

Beginners 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, minimum of 4.

YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | February 4, 6, 11, 13, 18, 20, 25, 27
- Tues/Thurs | March 3, 5, 10, 12, 17, 19, 24, 26, 31
 Cost: \$85 per person
 12 2 pm or 3:30 5:30 pm (excludes holidays)

Ages 10 – 17 years

*Registration is done by the month and available online only.

Level 2 sailing class taught by one of our certified instructors.

Class consists of theory and on-the-water group instruction.

Maximum of 25 students per session, minimum of 4.

ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Wed/Fri | February 5, 7, 12, 14, 19, 21, 26, 28
 Cost: \$95 per person
- Wed/Fri | March 4, 6, 11, 13, 18, 20, 25, 27
 Cost: \$100 per person
 9:30 am 12 pm
 Ages 18 & up

*Registration is done by the month and available online only.

Come sail at Hickam Harbor! Learn to rig and sail small sailboats.

No experience required! Maximum of 8 students per session, minimum of 2.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- O Wed/Fri | February 5, 7, 12, 14, 19, 21, 26, 28
- Wed/Fri | March 4, 6, 11, 13, 18, 20, 25, 27
 Cost: \$100 per person
 3:30 5:30 pm

Ages 10 years & up

*Registration is done by the month and available 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 4 students per class.

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | February 4, 6, 11, 13, 18, 20, 25, 27
- Tues/Thurs | March 3, 5, 10, 12, 17, 19, 24, 26, 31
 Cost: \$85 per person
 3:30 5:30 pm (excludes holidays)

Ages 10 years & up

*Registration is done by the month and available online only.

Prerequisite: Students registering must have permission from instructors to register for this class. Ages 10 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 15 students per class.

INTRODUCTION TO RACING

- Sat/Sun | February 1/2 & 8/9
- Sat/Sun | March 7/8 & 14/15Cost: \$150 per person

1-5 pm (excludes holidays)

Ages 18 years & up

*Registration is done by the month and available online only. This course is designed to enhance boat-handling skills. Focused on teaching skills of sailboat racing, including sail trim, crew dynamics, rules, course navigation, and start sequence. Enter into further understanding of theory and begin the basics of competitive sailing. Minimum 4-Maximum 8 students per session.

ADVANCED RACING

- Sat/Sun | February 15/16 & 22/23
- Sat/Sun | March 21/22 & 28/29
 Cost: \$125 per person
 1 5 pm (excludes holidays)

Ages 18 years & up

*Registration is done by the month and available online only. This course is designed to continue developing skills from Introduction to Racing. Focused on race tactics, advanced course efficiency, spinnaker sailing, and other race specific skills. Enter into further understanding of theory and development of competitive sailing. Minimum 4-Maximum 30 students per session.

BOAT CHECKOUT AT HICKAM HARBOR

Tues/Thurs/Sun | 9 am - 12 pm (only one class day required)
 Cost: \$20 per hour

(Must sign up at Hickam Harbor 10 days prior to class. Maximum 4 participants. First come, first served.) A I ready an experienced Sailor and want to rent our boats? Sailing card expired? This course is a three-hour refresher showing the operation of our Rhodes 19 sailboat. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and can navigate our harbor, you will be granted a sailing card to rent our boats. Boats can be rented during regular business hours.

OUTRIGGER CANOE PADDLING

P.T. PADDLING PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION) AND RAINBOW BAY MARINA

- O Mon Fri | 6:30 am, 7:30 am, 9:30 am, 10:30 am, 11:30 am
- Mon Fri | 6:30 am, 7:30 am, 9:30 am, 10:30 am, 11:30 am
 Cost: \$5 per person/1 hour

Have a private group or command looking for an alternative PT workout? Come over to the Rainbow Bay Marina for more info on how we are set up private groups for Outrigger Canoeing.

RECREATIONAL PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION) AND RAINBOW BAY MARINA

- Mon/Wed/Fri
- Mon/Wed/Fri
 8:30 9:30 am

Cost: \$5 per person/1 hour

*Signups held at Hickam Harbor, must sign up 1 week prior to date requested. 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. All ability levels welcome!



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		
THE FOLLOWING I Beeman Center (Pearl Harbor Sub B Makai Liberty (Hick Liberty Express	EASE CALL ONE OF LIBERTY CENTERS Base)808-473-2583 am)808-448-0418	HIKE DESIGNIONS: BEG: Beginner INTER: Intermediate ADV: Advanced	Liberty programs are for is provided for all off-site Recreation Center at the t registering online. Cancella by calling the Beeman Cen	HIKE AIEA LOOP [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 HONOLULU ZOO TWILIGHT TOUR \$15 Express 1430 Beeman 1515 Instant 1530 Makai 1545				
VOLUNTEER OPPORTUNITY: JBPHH CLEAN-UP FREE Express 0830 Beeman 0930 Instant 0915 Makai 0900 SUPERBOWL TAILGATE PARTY FREE Beeman 1300 WIN PRIZES!!!	BOWLING & PIZZA FREE Beeman 1800	LEARN TO ORIGAMI FREE Beeman 1800	PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	HALLEWA FARMERS MARKET FREE Express 1700 Beeman 1530 Instant 1545 Makai 1600	J JAMBALAYA FOR LUNCH FREE Beeman 1100-1300	RUALOA HORSEBACK RIDE \$63		
ALOHA STADIUM SWAP MEET PAY @ DOOR Express 0800 Beeman 0845 Instant 0900 Makai 0915 MAKAPUU SUPERMOON HIKE FREE Express 1630 Beeman 1700 Instant 1715 Makai 1730	NORTH SHORE STARGAZING FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	MAKE A TIME CAPSULE FREE Beeman 1800	HONOLULU FARMERS MARKET FREE EXPRESS 1500 Beeman 1545 Instant 1600 Makai 1615	LEARN TO BAKE WITH LIBERTY FREE EXpress 1830 Beeman 1700 Instant 1715 Makai 1730	PANCAKES FOR LUNCH FREE Beeman 1100-1300 FREE MOVIE @ SHARKEY THEATER FREE Beeman 1700	### WHALE WATCHING: HIKE KAENA POINT FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900 #### WAIKIKI ARTFEST FREE Express 1000 Beeman 1045 Instant 1100 Makai 1115		
IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	RUMMY TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	PAU HANA SURF SESSION FREE EXpress 1400 Beeman 1445 Instant 1500 Makai 1515	LEARN TO COOK WITH LIBERTY FREE EXPRESS 1830 Beeman 1700 Instant 1715 Makai 1730	20 BARRACKS BASH @ 1300 SERIES FREE 1700-1900	PIZZA FOR LUNCH FREE Beeman 1100-1300	PADDLEBOARDING KANEOHE BAY \$10		
23 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 GERMAINE'S LUAU \$58 Express 1530 Beeman 1615 Instant 1630 Makai 1645	SLAM POETRY NIGHT FREE Beeman 1800	POKEMON GO HUNT IN WAIKIKI FREE Express 1615 Beeman 1700 Instant 1715 Makai 1730	26 GAME NIGHT FREE Makai 1800	9 BALL POOL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	28 HAMBURGER CURRY FOR LUNCH FREE Beeman 1100-1300 CIRCLE ISLAND TOUR FREE EXpress 1530 Beeman 1600 Instant 1615 Makai 1630	28 WATERSKIING \$58 Express 0815 Beeman 0900 Instant 0915 Makai 0930 HIKE MT. OLYMPUS [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930		

Activities calendar

dining

10th Puka Lounge • Brews & Cues Club Pearl • The Country Bar Historic Hickam Officers' Club • Koa Lounge La Familia Mexican Restaurant

Planet Smoothie • Restaurant 604

The Lanai at Mamala Bay • Mangiamo • Phillies

Tradewinds • Wright Brothers Café & Grille

BREWS & CUES

Bldg. 1314, North Rd (Club Pearl Complex) . .473-1743 *Activities for patrons 18 years and older.

Watch the Super Bowl Here!

Sunday, February 2
Doors open 11am (Kick off approx. 1:30pm)
Drink specials and game day giveaways!

Cornhole Tournament

Friday, February 7 5:30pm

Game Night – Red Solo Cup Challenge

Friday, February 14

Pool Tournament

Friday, February 28 5:30pm

THE COUNTRY BAR

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

Line Dancing & FREE Lessons

Every Friday

8:30 - 9:30pm

Let us show you how to line dance, then enjoy some liquid courage and practice your two-step. Dancing and drink specials available all night long. \$2.00 Bud and Bud Light Draft.

Valentine's Day Party

Friday, February 14 8:30 – 11:00pm

FREE

Ages 18 years and older.

Join us for a night of great music, beverage specials and dancing. The first 50 ladies to arrive receive one long stem rose.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café.448-4608

Sunday Brunch

Sundays, February 2, 9, 16, 23

10am-1pm

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

Mongolian BBQ

Thursdays, February 6, 13, 20, 27 5 – 8pm (excluding Federal Holidays)

The Grand Lanai

\$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 also included. All ranks welcome!

THE LANALAT MAMALA BAY

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

Aloha Friday Buffet

Every Friday

11am - 2pm

End the work week 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.

MANGIAMO

943 Valkenburgh St. (located upstairs in the Navy Marine Golf Course).................213-0321

Aloha Hour

Daily

3 – 5pm

20% off appetizers, and \$5 off pizza, plus tall beer & house wine specials.

RESTAURANT 604

Weekend Brunch

Saturdays and Sundays,

February 1, 2, 8, 9, 15, 16, 22, 23, 29

9:30am - 3pm

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

TRADEWINDS

Trivia Night

Tuesdays, February 4, 11, 18, 25

7pm

FREE

Get a team together and test your trivia knowlege in variety of subjects! Win great prizes weekly!

Paint & Sir

Wednesdays, February 5 & 19

5:30 - 8:30pm

\$40

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. Register online at jbphh.greatlifehawaii.com, search: "Arts and Crafts Registration."

Live DJ Saturdays

Every Saturday

Dance the night away with a live DJ every Saturday at Tradewinds!

Burger of the Month

Try our monthly burger special! Just \$10 with potato twists!

Super Sunday Game Day

February 2

Doors open at 11am

Tradewinds will have special Sunday hours to show the Big Game. Bring your friends!

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: Escape Room

Monday, February 17

5:30 – 7pm

FREE

Ages 12 – 18 years.

Come with your family and see if you can solve the challenging puzzle!

Teen Center goes to iTrampoline!

Saturday, February 22

10am – 2pm

\$15

Ages 12 - 18 years.

Come with the Teen Center as we explore the world of iTrampoline!

Hail and Farewell: Minute to Win it!

Friday, February 28

5:30 - 7pm

FREE

Ages 12 – 18 years.

Come help the teen center welcome those new to the teen center family and say farewell to those moving on to new adventures!

athletics

Aquatics • Bowling

Fitness Programs & Centers • Golf Intramurals • Youth Sports

AQUATICS

Arizona Pool (Ford Island)	472-7582
Hickam Training Pool	.449-8274
Hickam Family Pool	.448-2384
Scott Pool (Pearl Harbor)	.473-0394
Towers Pool (Makalapa)	.471-9723

Swim Clinics

February 10 & 24 5 – 6pm Scott Pool

FREE to all eligible patrons

JOINT BASE PEARL HARBOR HICKAM TOUGHEST WARRIOR

March 9&10, 2020 | 0700-1630 | FREE March 13: Competition finale with awards and bbg to follow



OPEN TO ALL JBPHH COMMANDS, ACTIVE DUTY ONLY ONE 6-PERSON TEAM ONLY PER COMMAND

(COMPRISED OF AT LEAST 1 OFFICER AND 1 ENLISTED, THE REST OF THE TEAM CAN BE ANY VARIETY)

REGISTRATION: JAN 6 - FEB 14 | ENTER AT THE HICKAM MEMORIAL FITNESS CENTER POC: MS. DAWN PIERCE AT 808-448-4640 OR DAWN.PIERCE@NAVY.MIL | WWW.GREATLIFEHAWAII.COM









athletics (cont.)

February 10 session:

Swim clinic focused on freestyle and improving technique! Registration is required and limited to 10 participants. Please register in person at Scott Pool before February 5th. Must be 18 years or older.

February 24 session:

Swim clinic focused on breast stroke and side stroke! Registration is required and limited to 10 participants. Please register in person at Scott Pool before February 19th. Must be 18 years or older. * These are not one-onone lessons.

BOWLING

Hickam Bldg. 1891	.448-9959
Pier Side Bldg. 1736	.473-2574
The Escape (Wahiawa Annex) Bldg. 410.	.473-2651

Hickam and Pier Side Bowling Centers:

Lunch Specials every weekday at our snack bars!

The Escape (Wahiawa Annex):

Party Rentals on Saturday (2:30pm - 5:30pm or 6:30pm - 9:30pm) & on Sundays any 3 hours from 12 – 6pm

PRESIDENT'S DAY HOURS

Monday, February 17

Hickam Bowling Center: 12 – 6pm Pier Side Bowling Center: CLOSED

Buy Ten Games Get ONE FREE Card

February 1 – February 28

Hickam Bowling Center & Pier Side Bowling Center Ask for your punch card, purchase 10 games and receive 1 free game.

Active Duty Bowl FREE

Thursdays, February 6, 13, 20, 27

11am - 2pm

Hickam Bowling Center

Up to 2 free games of bowling, shoe rental not included.

Lunch and Bowl Tuesdays

February 4, 11, 18, 25

11am - 1pm

Hickam Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive up to 2 FREE games of bowling. Shoe rental not included.

Color Pin Wednesday

February 5, 12, 19, 26

5 - 9pm

Hickam Bowling Center

Color pin in the head pin position, bowl a strike and receive a free game coupon, which is good for your next visit.

Cosmic Bowling

Fridays, February 7, 14, 21, 28 9:30pm - 12am

Saturdays, February 1, 8, 15, 22, 29

6 - 11:30pm

Hickam Bowling Center

Active Duty Military ID card Holder \$2.50 DoD card holder \$3.25.

Air Force Bowling Try Outs

Tuesday & Wednesday, February 18 & 19

Hickam Bowling Center

\$9 per day (\$18 for 2 days of try-outs)

Active Duty Air Force bowling try-outs. Format: Bowl 4 games each day, 8 games total. Top 6 males and top 2 females will advance into the Hawaii All Military Bowling Tournament in April 2020. Open to all Active Duty Air Force personnel only. Sign up with the Bowling Center Manager no later than Monday, Feb. 10th. Call 473-2651 for more information.

Navy Bowling Try Outs

Tuesday & Wednesday, February 11 & 12 10am

Pier Side Bowling Center

\$9 per day (\$18 for 2 days of try-outs)

Active Duty Navy bowling try-outs. Format: Bowl 4 games each day, 8 games total. Top 6 males and top 2 females will advance into the Hawaii All Military Bowling Tournament in April 2020. Open to all Active Duty Navy personnel only. Sign up with the Bowling Program Director no later than Monday, Feb. 10th. Call 473-2651 for more information.

Lunch and Bowl Tuesdays

February 4, 11, 18, 25

11am - 1pm

Pier Side Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive a FREE game of bowling. Shoe rental not included.

Single Sailor Bowling Night

Monday, February 3

Pier Side Bowling Center

Every First Monday Single Sailors bowl FREE along with FREE pizza and a fountain drink. Sign up at the Beeman Liberty Center.

Active Duty Bowl FREE

Thursdays, February 6, 13, 20, 27

11am - 2pm

Pier Side Bowling Center

Up to 2 free games of bowling, shoe rental not included.

Color Pin Monday

Mondays, February 3, 10, 24

5 - 9pm

Pier Side 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.

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120	
JBPHH-Pearl Harbor Bldg. 1338 471-2019	
Naval Station Gym Bldg. 667 473-2436	
Wahiawa Annex Bldg 446 653-5542	

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

Roses are Red 5k Run

Saturday, February 8 8am (registration 7:30am) **Hickam Memorial Fitness Center** FREE to all eligible patrons

Categories: adult male/female, youth boy/girl, stroller male/female. Call 808-448-2214 for more information.

Cupid 5k Run

Tuesday, February 11

Wahiawa Annex Fitness Center

FREE to all eligible patrons

Get outdoors and enjoy a 5K fun run among the roaming peacocks and lovely landscape. For more information, call 653-5542.

JBPHH Sprint Triathlon

Saturday, February 29

6:30am

Hickam Harbor (starting point)

\$65 (Feb. 1-5), \$75 (Feb. 6-26), \$85 (Feb. 27 & 28), \$90 (Feb. 29)

Challenge yourself by competing in the very first sprint triathlon offered on JBPHH! Compete in 3 challenges: 500m swim, 20k bike route and a 5k run. Must be 18 years+. Visit greatlifehawaii.com for more details and how to register.

GOLF

Barbers Point	
Keʻalohi Par 3	
Mamala Bay	
Navy-Marine	

Glow Golf

Saturday, February 22

6:30 - 11pm

Mamala Bay Golf Course

\$10/person

Take your friends or family out for a fun night of glow golf! LED golf balls are \$5 to keep, otherwise you may borrow from the course. Golf is for children ages 6 years+, children must be supervised and don't forget your flashlights. The MBGC snack bar will be OPEN, a limited menu items will be available for purchase. If you'd like to reserve a starting tee time, call 808-449-2304.

\$2 Tuesdays

February 4, 11, 18, 25

3:30 - 5:30pm

Mamala Bay Golf Course Driving Range

\$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.

FREE Golf Demo Days

Mamala Bay Golf Course

(anytime during normal business hours) &

Navy-Marine Golf Course

Wednesday, February 5

3:30 - 6:30pm

Try out some of the latest equipment at the driving range. For more info, call the respective golf course.

FREE Golf Clinic

Thursday, February 20

12 - 1pm

Navy-Marine Golf Course

Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

9 Before 9

Monday - Friday (except holidays)



Hickam Memorial Fitness Center

Categories: adult male/female, youth boy/girl, stroller male/female. For additional information, call 808-448-2214.













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*	
7:15 – 8:15am			R.I.P.P.E.D.*		STRONG BY ZUMBA®*	
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8 – 9am						YOGA
8:30 – 9:30am	Р90Х™	ZUMBA	POWER SCULPT*	ZUMBA	YOGA	
8:45 – 9:30am		CYCLE EXPRESS*		CYCLE EXPRESS*		
9 – 10am						CYCLE FIT
9:15 –10:15am						ZUMBA
9:45 – 10:45am	YOGA	PIYO®	PRENATAL YOGA	PIYO®	ZUMBA	
10:30 – 11:30am						P90X ™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY	CYCLE FIT*	TOTAL BODY	WARRIOR ZONE CIRCUIT*	
11.30am – 12.30pm	CICLLIII	CONDITIONING*	YOGA	CONDITIONING*/ TRX*	STRETCH & MOBILITY*	
4:30 – 5:30pm	ZUMBA® STEP	ZUMBA	ZUMBA	P90X ™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA		
6 – 7pm		KARATE SC				

HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:30am	CYCLE FIT*		CYCLE FIT*		CYCLE FIT*	
5:30 – 7:30am	CICLLIII	CARDIO MASH-UP	CICLLIII	CARDIO MASH-UP	CICLLIII	
6 – 7am						
8:30 – 9:30am	711AAD A	DOWED DIMD	NICKDONING	DOWED DILLAD	TADATA	
	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®		ZUMBA
11:30am – 12:30pm		YOGA	FOAM ROLLING*	YOGA	WILD CARD*	
3:30 – 4:30pm		CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*		
5:15 – 6:15pm	YOGA	HIIT*	PIY0®	BODY BLAST		
5:30 – 6:30pm					ZUMBA	
6:30 – 7:30pm	MIXXEDFIT		ZUMBA			

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY CONDITIONING		
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.)

Before 9am

Mamala Bay Golf Course

Tee off before 9am & play nine holes for a discounted price.

\$30 Coupon Special

Mondays & Tuesdays (except holidays)
Barbers Point Golf Course &

Mamala Bay Golf Course

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

BOGO Special

Monday – Friday (except holidays) Ke'alohi 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.

Twilight/Play Until Dusk Golf Specials

Monday – Friday (after 2:30pm) Saturday & Sunday (after 3:30pm) (except during holidays or tournaments) Mamala Bay Golf Course

Come and enjoy our special twilight golf prices and play until dusk! For more information or to check for availability, please call 449-2304.

INTRAMURALS

Pearl Harbor Bldg. 667 473-1921 or 473-2437

Intramural Racquetball Tournament

February 4 – 6 11am – 1pm JBPHH Fitness Center FREE

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

itt

Barbers Point • Fleet Store • NEX Mall Wahiawa • Travel Connections-Fleet Store Travel Connections-NEX Mall

Hickam Historical Tour

Fridays, February 7, 14, 21, 28 9:30am – 1:30pm

\$45 for adult, \$40 for children (ages 3 – 11) / Lap child free 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! Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base).

Ford Island Historical Tour

Wednesdays, February 5, 12, 19, 26 9:30am – Noon (Check in 9:15am) \$25 for adults \$20 for children (ages 3 – 11) 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. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base). Additional pick up at Royal Alakai & Rainbow Marina, call for times.*

recreation

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

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

CALLING ALL CRAFTERS:

JBPH-Hickam 45th Annual Spring Craft Fair and Dog Show

Saturday, May 2 9am – 3pm

Registration starts Friday, February 7 (9am in the Ceramics Shop)

\$85 for 15'x15' space, \$125 for two to share a space

All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Location of the Craft Fair: Arts and Crafts Center (outside grass area, under trees) 335 Kuntz Ave, Hickam (across from the theater) Call 448-9907. For additional information, e-mail tori.smith@navy.mil or donna.sommer@navy.mil.

Paint & Sip

Wednesday, February 5 & 19 5:30 – 8:30pm

\$40 per person

New location at Tradewinds (150 McClelland St, Hickam. Bldg. 1804)! http://www.jbphh.greatlifehawaii. com/recreation/arts-crafts/ac-online-registration (\$20 non-refundable deposit on line, \$20 at the door). Our experienced irnstuctor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

Spring Craft Camp

March 17 – 20 10am – 12pm

There's no limit to the beauty a child can create when given some instruction and artistic freedom. Ages 7 and up. Sign up now, classes fill up FAST!

Youth National Fine Arts & Image Makers Contest Reception

Wednesday, March 25

5:30 - 7pm

A chance for our youth to showcase their talent by displaying their art for the community. Contest winner presentation at 6:00pm. Exhibit will be on display until 10 May in the Arts and Crafts Center Gallery.

Pick-N-Paint Ceramics

Tuesdays - Saturdays

9am - 5pm

Stop in for a delightful relaxing creative experience. Choose wonderful ceramics pieces and create your design using our glazes, stencils, sponges, and brushes. We fire your piece and have it ready for you in 14-21 days. 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.

LIBRARY

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

CREATIVE WRITING ENTRIES

Accepted Friday, February 15 - March 28.

Library Know-How

Saturday, February 1 | 10am

Learn to get the most out of your library.

STEM Wednesday

Wednesday, February 5 2 – 3:30pm

Please call 449-8296 to register.

Tween Book Club

Wednesday, February 5 | 4pm

We will discuss "See You in the Cosmos."

Adult Book Club

Tuesday, February 4 | 10am

We will discuss "Dark Matter."

Preschool Story Time

Wednesday, February 12 & 26

9 - 10am

Story times are great for children of all ages! Our theme on February 12 will be "Celebrating Leo Lionni." On February 26 the theme will be "Things That Go."

4th and 5th Grade Book Club

Wednesday, February 12

2pm (Group 1)

We will discuss "I Survived: Five Epic Disasters."

2pm (Group2)

We will discuss "The Lemonade Wars."

Young Adult Book Club

Wednesday, February 12 | 4pm We will discuss "A Man Called Ove."

LEGO/STEM Saturday

February 22 | 10am

MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 449-3354

Dance, Martial Arts, Karate, and Music classes. For more information visit greatlifehawaii.com or call 808-449-3354.

YOUTH DANCE CLASSES:

All dance rehearsals and shows will have TBD special dates and times.

Ballet 1 (Ballet Beginner)

Tuesdays, 5:15 - 6:10pm

February 4 – 25, March 3 – 31 (no class 3/17), Apr 7 – 28

Saturdays, 11am - 11:55pm

February 1 – 22, March 7 – 28, April 4 – 25 \$45 per month (plus cost of required uniform)

Ages 7 – 17.

recreation (cont.)

Blue (Ballet & Tap)

Thursdays, 5:15 – 6:10pm February 6 – 27, March 5 – 26, April 2 – 23 \$45 per month (plus cost of required uniform) Ages 6.5 – 9.

Blue (Ballet & Jazz)

Saturdays, 10 – 10:55am February 1 – 22, March 7 – 28, April 4 – 25 \$45 per month (plus cost of required uniform) Ages 6 – 10.

Pink 1-A (Pre-Ballet & Tap)

Tuesdays, 10 – 10:40am
February 4 – 25, March 3 – 31 (no class 3/17), April 7 – 28
\$35 per month (plus cost of required uniform)
Ages 3.5 – 4.5.

Pink 1-B (Pre-Ballet & Tap)

Thursdays, 4:30 - 5:10pmFebruary 6 - 27, March 5 - 26, April 2 - 23\$35 per month (plus cost of required uniform) Ages 3.5 - 4.5.

Pink 1-C (Pre-Ballet & Tap)

Saturdays, 9 – 9:40am February 1 – 22, March 7 – 28, April 4 – 25 \$35 per month (plus cost of required uniform) Ages 3.5 – 5.

Pink (Pre-Ballet, no Tap)

Thursdays, 4 – 4:25pm February 6 – 27, March 5 – 26, April 2 – 23 \$25 per month (plus cost of required uniform) Ages 3.5 – 4.5.

Pink 2 (Pre-Ballet & Tap)

Tuesdays, 4:30-5:10pmFebruary 4-25, March 3-31 (no class 3/17), April 7-28\$35 per month (plus cost of required uniform) Ages 5-6.5.

Mommy & Me Dance Class

Tuesdays, 10:45 – 11:10am
February 4 – 25, March 3 – 31 (no class 3/17), April 7 – 28
\$50 per month (plus cost of required uniform)
Ages 2.5 – 3.5.

"The Mix": Acro-Jazz Hip Hop

Tuesdays, 3:30 – 4:25pm February 4 – 25, March 3 – 31 (no class 3/17), April 7 – 28 \$45 per month (plus cost of required uniform) Ages 7 – 17.

Ballet 2

Tuesdays & Thursdays, 5:15 – 6:10pm
February 4 – 27, March 3 – 26, April 2 – 28
\$90 per month (plus cost of required uniform)
Ages 10 – 17.

ADULT DANCE CLASSES:

Adult Dance

Tuesdays, 7:15 – 7:45pm
February 4 – 25, March 3 – 31 (no class 3/17), April 7 – 28
\$25 per month (plus cost of required items)
Ages 18 and up.

Adult Tap Dancing

Thursdays, 7:15 – 7:45pm February 6 – 27, March 5 – 26, April 2 – 23 \$25 per month (plus cost of required items) Ages 18 and up.

Adult Beginner Salsa

Wednesdays, 7 – 8:15pm
February 5 – 26, March 4 – 25, April 1 – 22
Saturdays 3 – 4:15pm
February 1 – 22, March 7 – 28, April 4 – 25
\$30 per person
Ages 18 and up.

MARTIAL ARTS:

Youth Victory Martial Arts (Mixed Martial Arts & Traditional Taekwondo)

Tuesdays & Thursdays, 4:30 - 5:30pm

April 7 – 30 \$45 per person/per mo. (\$80 for 2 students in the same family/per mo.; \$95 for 3 students in the same family/per mo.) Ages 5-9.

Victory Martial Arts Youth Development Taekwondo

Tuesdays & Thursdays, 4:30 – 5:30pm February 4 – 27, March 3 – 31, April 7 – 30 \$45 per person/per month Ages 5 – 9.

Victory Martial Arts Individual & Family Taekwondo

Tuesdays & Thursdays, 6 – 7pm
February 4 – 27, March 3 – 31, April 7 – 30
\$45 per person/per month
Ages 10 and up.

Victory Martial Arts Fit 4 Victory Boot Camp

Mondays, Wednesdays, Fridays, 10 – 11am February 3 – 28, March 2 – 30, April 1 – 24 \$40 per person/per month Ages 18 and up.

Victory Martial Arts Home School Taekwondo

Mondays, Wednesdays, Fridays, 1:30 – 3pm February 3 – 28, March 2 – 30, April 1 – 24 \$45 per person/per month Ages 15 – 18.

Victory Martial Arts Okinawan Kempo Karate

Mondays & Wednesdays, 5:30 – 6:30pm February 3 – 26 (no class 2/17), March 2 – 30, April 6 – 29 \$45 per person/per month Ages 5 and up.

Victory Martial Arts Fit & Flex-ology

Mondays & Wednesdays, 4:30 – 5:30pm February 3 – 28, March 2 – 30 \$35 per person/per month Ages 18 and up.

Victory Martial Arts Krav Maga Self-Defense

Mondays, Wednesdays, Fridays, Saturdays, 6 – 7pm February 1 – 29, March 2 – 30 \$55 per person/per month Ages 18 and up.

Victory Martial Arts Fencing Weapons and Tactics

Mondays, Wednesdays, Fridays, 7:30 – 8:30pm February 1 – 29, March 2 – 30, April 1 – 24

\$55 per person/per month Ages 13 and up.

Victory Martial Arts Mommy, Daddy, & Me Taekwondo

Tuesdays & Thursdays, 10 – 11am
February 4 – 27, March 3 – 31, April 7 – 30
\$35 per person/per month
Ages 3 – 14 (Parent must be with child under 10).

Victory Martial Arts Stretch and Flex

Tuesdays & Thursdays, 10 – 11am February 4 – 27, March 3 – 31 \$35 per person/per month Ages 18 and up.

Victory Martial Arts Olympic Style Sparring

Saturdays, 4:30 – 5:30pm February 1 – 29, March 7 – 28 \$45 per person/per month Ages 9 and up.

Victory Martial Arts Sparring Class

Fridays, 6 – 7pm April 3 – 24 \$45 per person/per month Ages 10 and up.

Victory Martial Arts Self-Defense & Self-Protection Workshop

Fridays, 4:30 – 5:30pm February 7 – 28, March 6 – 27 \$45 per person/per month Ages 13 and up.

Victory Martial Arts Urban Martial Arts & Self-Protection

Tuesdays & Thursdays, 7:30 – 8:30pm February 4 – 27, March 3 – 31 \$55 per person/per month Ages 18 and up.

MUSIC CLASSES:

Music - Piano, Voice, Drums, Ukulele, and Guitar

Mondays – Thursdays (1 class per week for 4 weeks) \$152 per mo. (4 half hour private sessions) *No class sessions on holidays.

Ages 4 and up. For class information and availability, please call (808) 449-3354 or (808) 250-1683.

SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. 473-0726

Ticket Prices

- Active Duty, Adults, Children (12 years and up), \$5 or \$7 (3-D)
- Children (6 11 years of age), \$3 or \$4 (3-D)
- Children (5 years and under), Free or \$2 (3-D)
 Movies shown Thursday Sunday. Watch for our FREE Advanced Screening!

Single Sailor/Airmen Movie Night

Friday, February 14

Every 2nd Friday of the month is Single Sailor/Airmen Movie Night. Sign up for a Free Movie Pass, and refreshments from the Snack Bar. Sign ups are at the Beeman Liberty Center. Must be an Active Duty Single Sailor or Airmen to participate.











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

CIVILIAN RESUME WRITING

Feb 14 • 8:00 - 10:00am | 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.

FEDERAL EMPLOYMENT 102 - FEDERAL RESUME WORKSHOP

Feb 11 • 5:00 - 6:00pm | Pearl Harbor

Civilian and Federal resumes are very different. This course will provide a workshop environment to offer best-practice guidance and personalized assistance to help you target your own federal resume. We recommend bringing a laptop, your draft resume, a job announcement, and employment documents saved. Before leaving, we will review your resume and suggest additional assistance you may require for further progress.

INTERVIEWING AND SALARY NEGOTIATION

Feb 4 • 5:00 - 7:30pm | Pearl Harbor

Research and preparation are the keys to both a successful interview and negotiating for the ideal salary. In this combination interviewing and salary negotiation class, you will receive the tools to prepare for the interview and for the negotiation process after you've been offered the job.

LINKEDIN: WHAT WILL THEY SEE

Feb 14 • 10:30 – 12:30pm | Pearl Harbor

In this interactive workshop, participants will learn how private sector employers are taking advantage of the business and employment oriented social network LinkedIn to assist in networking, recruiting, and hiring. This class will demonstrate building your professional profile and summary, utilizing the job search functions, marketing yourself to LinkedIn recruiters, strengthening your network, and leveraging the LinkedIn resources to your advantage.

VOLUNTEER OPPORTUNITIES

Feb 20 • 1:30 - 2:30pm | Pearl Harbor

Interested in volunteering in the JBPHH community? Attend our monthly Volunteer Opportunities class where everything about volunteering will be discussed. Referral information to JBPHH programs in search of quality volunteers will be made available. Interested in volunteering at the Military & Family Support Center? A short tour of the facility will provided after your volunteer application is filled out in the class. Join us to learn about the many ways you can take part in your community, gain new experiences and work skills. Volunteering helps in many ways and is a great way to network when looking for employment. This class will also help you determine if volunteering is a good choice for you at this time. All DOD card-holders are welcome.

family life skills

NEW MOMS AND DADS

Feb 19 • 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.

PARENTING GROUP

Feb 4, 11, 18, 25 • 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!

PARENTS: YOUR TEENS AND DATING

Feb 4 • 1:00 - 3:00pm | 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 and parents fear. This class will provide you with information to help guide your teen in building positive dating relationships and keeping your teen safe. We will examine how to model positive relationships, build kids self-esteem to prevent poor relationships and what to do if they experience violence.

POSITIVE PARENTING

Feb 5 • 1:00 - 3:00pm | Hickam

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.

STORY TIME

Feb 27 • 10:00 - 11:30am | JBPHH Library

Bring your kids to MFSC for story time! Books focus on the AMAZING people kids are, and relate life skills in age-appropriate ways. Following the end of the reading, kids will participate in an empowering activity.

family readiness

CERTIFIED OMBUDSMAN TRAINER (COT) COURSE

Feb 10-12 • 8:30am - 3:00pm | Pearl Harbor

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

KEY SPOUSE CONNECT MEETING

Feb 20 • 5:00 - 7:00pm | Hickam

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

KEY SPOUSE INITIAL TRAINING

Feb 4 & 5 • 5:00 - 8:30pm | Hickam

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

KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING

Feb 5 • 5:00 - 6:00pm | Hickam

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

OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING

Feb 18 • 6:00 - 8:00pm | Lockwood Hall

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

information and referral

EFMP COFFEE TALK

Feb 13 • 9:00 - 10:00am | Pearl Harbor

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

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Feb 6 • 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.

GREEN CARD / IMMIGRATION AND NATURALIZATION

Feb 18 • 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.

personal development

ANGER MANAGEMENT

Feb 25 • 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. grow, missions to succeed and families to strengthen.

DATING WITH A PURPOSE

Feb 26 • 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

Feb 20 • 1:30 - 3:30pm | 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.

HEALTHY RELATIONSHIPS 101

Feb 20 • 1:00 - 3:00pm | 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

Feb 5 • 5:30 - 7:30pm | 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!

INTERPERSONAL SKILLS

Feb 26 • 10:00am - 12:00pm | Hickam

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

SKILLS DEVELOPMENT GROUP

Feb 5, 12, 19, 26 • 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 and to register, contact MFSC and ask to speak to the group facilitator.

STRATEGIZING WITH STRESS

Feb 11 • 9:00am - 12:00pm | Hickam

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

TIME MANAGEMENT

Feb 4 • 10:00am – 12:00pm | Pearl Harbor

(continued on next page)

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

Feb 12 • 1:00 - 3:00pm | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Feb 3, 10, 24 • 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 and to register, contact MFSC and ask to speak to the group facilitator.

WORK AND PERSONAL LIFE BALANCE

Feb 5 • 1:00 - 3:00pm | 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

COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Feb 6 • 1:00 - 2:30pm | Pearl Harbor

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

FINANCIAL: CONTINUATION PAY

Feb 12 • 11:30am - 12:30pm | Pearl Harbor

Approaching 12 years in service and continuation pay eligibility? Understand all the options, financial and tax implications, and make the best decision for you! This training fulfills the Financial Literacy TouchPoint requirement for sailors; airmen must also complete actions in myPers.

FINANCIAL: FIRST CHILD

Congratulations! Along with the joy there are some financial, insurance, legal and other things to take care of. If you're Navy, please join us at the NMCRS Budgeting for Babies monthly workshop (473-0282 to register). If you're Air Force, please join us at the quarterly Bundles for Babies workshop (https://booknow.appointment-plus.com/y3hkh8pv/ to register). Your MFSC financial counselor will be there to provide a checklist and discuss those extra things to consider! This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: LEADERSHIP

Feb 27 • 9:30 – 10:30am | Pearl Harbor

Congratulations on achieving a leadership position! Get up-to-date information on financial trends and potential issues to watch out for as you're working with your

airmen/sailors, as well as helpful tools and tips. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: MARRIAGE

Feb 13 • 8:00 - 10:00am | Pearl Harbor

Congratulations! Along with marriage comes a conversation about finances and other legal/healthcare/DEERS/FSGLI/etc. actions required. This comprehensive workshop will touch on things you need to consider and take action on. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: PCS

Feb 13 • 8:00 - 11:30am | Pearl Harbor

It can be exciting to move to a new location, but also a financial strain. Planning ahead to estimate expenses versus entitlements and cash flow changes can take some of the stress out of PCS! Sign up for our MFSC Smooth Move Workshop to learn these tips and other great resources and information! This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: POST-DEPLOYMENT

Feb 12 & 26 • 10:00 - 11:00am | Pearl Harbor

Before you spend that hard-earned extra deployment money, take a minute to think about how it can best impact your short or long-term financial goals! We'll give you some great tools and info to help. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: PRE-DEPLOYMENT

Feb 12 & 26 • 8:00 – 9:30am | Pearl Harbor

Your financial picture changes during deployment – plan ahead to maximize extra money and go after some financial goals! We'll give you some great tools and info to help. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: PROMOTION

Feb 26 • 11:30am - 12:30pm | Pearl Harbor

Congratulations on your promotion! This is a great time to think about how the extra income may help you achieve financial goals. We'll help you consider all options based on your individual/family goals. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: TSP VESTING

Feb 13 • 10:30am – 12:00pm | Pearl Harbor

Join our TSP workshop to understand all the investment options, tax implications, and withdrawal options. If you're in the Blended Retirement System, learn how to maximize matching contributions and how to use TSP to help set up your best retirement financial picture. This training fulfills the Financial Literacy TouchPoint requirement.

FROM BASE TO PLACE

Feb 21 • 11:30am - 1:00pm | Pearl Harbor

Are you moving out of government barracks or dorms soon? Moving out requires adequate planning. This course will prepare service members for moving off base while establishing effective financial goals and saving strategies.

MILLION DOLLAR SPOUSE

Feb 18 • 7:30am - 3:30pm | Pearl Harbor

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

WHAT IS

THE MILITARY
& FAMILY
SUPPORT
CENTER?



The Fleet & Family

Support Center









Airman & Family Readiness Center

Military & Family Support Center

DEPLOYMENT AND READINESS / CAREER SUPPORT & RETENTION / CRISIS RESPONSE & COUNSELING SERVICES

relocation assistance

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

Feb 26 • 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

Feb 13 • 8:00 - 11:30am | Pearl Harbor

This workshop features speakers from other agencies to provide you with a better understanding of the Permanent Change of Station (PCS) process. Topics include: Financial Planning, TRICARE, Basic Entitlements and Allowances, Shipment of Household Goods, Shipping Your Vehicle, and Researching New Base and Location.

SPONSOR TRAINING

Feb 19 • 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 POC TRAINING

Feb 5 • 8:00am - 4:00pm | Pearl Harbor

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

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Feb 24 - 28 • 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.

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Feb 11 • 1:30 – 3:30pm | Pearl Harbor

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

SEX ASSAULT SURVIVORS GROUP

Feb 5, 12, 19, 26 • 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

Feb 5, 6, 19, 20 • 8:00 - 10:00am & 10:00am - 12:00pm | Pearl Harbor

Capstone is the final mandatory step in the transition process. This class incorporates an individualized appointment with a transition counselor to answer

questions and validate transition readiness from military to civilian life. Referrals to additional resources/agencies that offer targeted assistance is available. Capstone must be completed NLT 90 days prior to separating/retiring. TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP IS A PRE-REQUISITE.

SPOUSE TRANSITION SEMINAR

Feb 7 • 8:30am - 3:30pm | Pearl Harbor

This one-day, Military Lifecycle class for 1st and 2nd term Airmen and Sailors is intended to give Servicemembers at key milestones in their career the information to make an informed decision on their future career. Participants will focus on personal and professional assessment, civilian and military career options, financial planning, developing a professional network, and VA benefits.

TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP

Feb 6 & 7 • 7:30am – 3:30pm | Pearl Harbor Feb 13 & 14 • 7:30am – 3:30pm | Pearl Harbor

Covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

TAP: MY EDUCATION

Feb 18 & 19 • 8:00am - 3:00pm | Pearl Harbor

Assists service members in identifying the higher education requirements that support their personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs. Throughout the workshop, participants conduct research as each topic is presented and complete a comparison of at least two institutions of higher education.

TRANSITION ASSISTANCE PROGRAM) (TAP) FOR RETIREES

Feb 10 - 12 • 7:30am - 4:00pm | Pearl Harbor

This mandatory 3-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 personal financial planning for transition. 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 ASSISTANCE PROGRAM) (TAP) FOR SEPARATEES

Feb 3 – 5 • 7:30am – 4:00pm | Pearl Harbor Feb 10 – 12 • 7:30am – 4:00pm | Pearl Harbor

This mandatory 3-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 personal financial planning for transition. 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

Feb 21 • 7:45am - 4:00pm | Pearl Harbor

Transitioning from military to civilian involves learning a lot of new information. This workshop incorporates some of the most commonly asked about topics during transition, including Survivor Benefit Plan, VA Benefits, VA Claim Filing, Tricare, LinkedIn and Salary Negotiation. Also, don't miss the SkillBridge Social from 2:30-4:00pm to learn about internship opportunities and connect with current SkillBridge partners.

Military & Family Support Center Locations

MFSC-Hickam 655 Vickers Avenue, Bldg. 1105 • 474-1999

Tue-Thu: 8am - 3:30pm | Closed daily from 11am - 12pm

MFSC-Pearl Harbor 4827 Bougainville Dr. • 474-1999

Mon-Thu: 7am - 4:30pm | Fri: 7am - 4pm

phone directory & hours

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
Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948 * Closed for renovations.
RESTAURANTS & CASUAL DINING
LA FAMILIA MEXICAN RESTAURANT At Ke alohi 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
Mon–Thu, Sun
MANGIAMO At Navy Marine Golf Course • 471-0142
RESTAURANT 604 57 Arizona Memorial Drive, Rainbow Bay • 888-7616 Mon−Thu 1030−2200 Fri. 1030−2300

Sat	
Mon–Fri	1500-1700
WRIGHT BROTHERS CAFÉ & GRILLE 901 Worthington Avenue • 448-4608 Ext. 39 Mon−Thu	1700–2000 1700–2000
SNACK BARS	
HARBOR GRILL Inside Naval Station Bowling Center • 473-2574 Mon	0700–2100 0700–2200 0800–2200
KAU KAU KORNER Inside Hickam Bowling Center • 448-9959 Mon-Thu Fri. Sat Sun.	1000–2200 0900–2200
MAMALA BAY SNACK BAR At Mamala Bay Golf Course Tue-Sun	0630–1400
PHILLIES 711 Pierce St. Beeman Liberty Center • 387-8080 Mon-Fri (Hours subject to change when ships are in port.) Sat	
PLANET SMOOTHIE At the Hickam Fitness Center • 422-1145 Mon–Fri Sat	

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'alohi Par 3 Golf Course • 448-9890 Mon, Tue, Sun 1100-2230 Wed-Sat 1100-2300
BREWS & CUES Bidg. 1314, 915 North Road (Club Pearl Complex) • 473-1743 Mon-Thu 1500-2200 Fri 1300-0100 Sat 1400-0100 Sun 1400-2200* *Football season 0700-2200
THE COUNTRY BAR Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743 Mon-Thu Closed Fri 2030-0200 Sat-Sun Closed
KOA LOUNGE At the Historic Hickam Officers' Club • 448-4608 Wed 1600–2100 Thu 1600–2200 Fri 1600–2300
TRADEWINDS 150 McClelland Street, Hickam Bldg. 1804 • 448-4608 Tue-Thu

programs&services

	AQUATICS Arizona Pool (Ford Island)* • 472-7582 * Closed for the Fall 2019 season.
	Closed for the Fail 2019 Season. Hickam Training Pool, Hickam Bldg. 1122 • 449-8274 Mon-Fri
	Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384 Open Swim:
	Mon, Tue Closed Wed-Fri 1430–1800 Sat, Sun 1200–1700
	Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394 Lap Swim:
	Mon-Fri
	Mon-Fri 1430–1700 Sat, Sun, Holidays 1200–1700
	Towers Pool (Makalapa) • 471-9723 Lap Swim: Mon–Fri
,	Sat, Sun
	Lap Swim: Tue, Thu
	Sat, Sun, Holidays
	ARTS & CRAFTS CENTER Hickam Bldg. 1889 • 448-9907 Ceramics & Frame Shop
	Mon, Sun
	Engraving Shop Mon, Sat, Sun Closed Tue–Fri. 0900–1700
	Gallery/Office Tue-Fri0900–1700

Sat-Mon					
Mon, Sun Closed Tue-Thu 1000-1800 Fri, Sat 0900-1700					
Wood Hobby Shop • 448-9911 Closed Mon, Fri					
AUTO SKILLS CENTERS Flight Crew Motorcycle					
Hickam ASC, Bldg. 4002 • 449-2554 Mon, Sun					
Tue-Fri. 0700-1700 Sat 0900-1700					
Hickam Car Wash • 449-2554 Daily					
(Last vehicle entry: 19:15)					
Moanalua ASC (off-base) • 471-9072 1200–2000 Mon, Thu, Fri 1200–2000 Sat, Sun 0900–1700 Tue, Wed Closed (Last vehicle entry: 1 hour prior to closing)					
Car Wash at Moanalua ASC • 471-9072 Daily					
BOWLING CENTERS Hickam Bldg. 1891 • 448-9959 Mon, Tue, Thu					

Fri. 1100-1300, 1700-2230 Sat 0900-2230 Sun. 1100-1800 Holidays Closed
The Escape at Wahiawa Annex • 473-2651 Fri
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 0800–1700 Mon–Fri 0800–1700 Sat, Sun Closed
FITNESS & SPORTS CENTERS Family Fitness Center Bldg. 1681 • 471-2019 Mon–Fri (unstaffed)
Wahiawa Annex Bldg. 446 • 653-5542 Mon–Fri

Tue-Thu......1100-1300, 1700-2100

Sat, Sun 1200–1700 Holidays 1000–1500	Mon Closed Tue-Sun 0900-1700
Open 24 hours a day, 7 days a week (unstaffed): Ford Island Bldg. 55 Kunia Bldg. 446 Makalapa Bldg. 388	MILITARY & FAMILY SUPPORT CENTER Hickam, 655 Vickers Ave. • 474-1999 Tue-Thu0800-1530 / Closed daily from 1100-1200 Mon, Fri-Sun
West Loch Bldg. 621 GOLF COURSES Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911	Pearl Harbor, 4827 Bougainville Dr. • 474-1999 Mon-Thu
Daily Tee Times & Pro Shop 0630–1830 Driving Range 0630–1830	Sat, Sun
Mon 0630–1500 Tue 0930–1800 Thu–Sun 0630–1800	Tue-Thu
Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318 Mon, Wed–Sun 0630–2200 Tue 0630–2100	Bloch Arena • 473-0787 0800–1630 Mon–Fri 0800–1630 Sat, Sun Closed
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304 Mon–Fri	MOVIES Sharkey Theater, Pearl Harbor • 473-0726 Mon-Wed.
Sat, Sun (Holidays)	Sun
Daily Tee Times 0700–1830 Pro Shop Mon–Sun 0630–1830	NAVY GATEWAY INNS & SUITES (Open 24 hours a day, 7 days a week) Pearl Harbor Side of JBPHH • 808-800-2337
Driving Range Mon–Wed, Fri–Sun Thu. 0030–1030 0630–2100 1030–2100	Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315) Lockwood Hall (Bldg. 662) Makalapa (Bldg. 372)
HOUSING Ohana Military Communities Family Housing • 474-1820, 839-8690 Hickam Communities Family Housing • 448-0856, 423-7788 Unaccompanied Housing • 473-5995	Hickam Side of JBPHH • 808-800-2330 Royal Alaka'i (Bldg. 1153) OUTDOOR RECREATION
INFORMATION, TICKETS & TRAVEL ITT-Barbers Point, White Plains Beach • 682-2019	Aikane Sport Fishing • 423-1113 Dive Oahu, Pool 1 • 922-3483 Hickam Beach (lifeguards on duty)/Surf Shack
Mon–Sat	Fri–Sun
Mon-Fri 0900-1700 Sat, Sun, Holidays Closed	Mon, Holidays
ITT-NEX Mall • 422-2757 0900–1700 Sun, Holidays. Closed	Wentworth Tennis Center • 473-0610 White Plains Beach/Surf Shack • 682-4925 Daily
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446 Wed	RENTALS Barbers Point Beach Cottages • 682-3085 Conference Centers • 472-0342
TRAVEL CONNECTIONS OFFICES Travel Connections Fleet Store, Pearl Harbor • 422-0139	Foster Point Pavilion • 449-5215 Hickam Beach Cabanas • 449-5215 Outdoor Recreation Equipment Rentals:
Mon-Fri 0900-1800 Sat, Sun, Holidays Closed Travel Connections NEX Mall • 422-4067	Hickam Beach • 449-5215 White Plains Beach • 682-4925 Recreational Equipment Rental:
Mon-Fri 0900-1700 Sat, Sun, Holidays Closed INTRAMURAL SPORTS OFFICE	Kuntz Ave, Bldg. 1760 • 449-6870 Mon-Fri
Non-Fri	Sun. Closed YOUTH PROGRAMS School-Age Care
LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY) Beeman Center (Naval Station) • 473-2583 Sun-Thu	Catlin • 421-1556 Hickam • 448-4396 School Liaison Officer (K–12)
Fri–Sat	4827 Bougainville Drive • 471-3662, 471-3673 Mon–Fri
Sun. 1530–2000 Liberty Express (Wahiawa Annex) • 653-0220 1530–2100 Mon–Sat. 1530–2100 Sun. 1530–2000	Teen Center (ages 13–18) • 448-1068 School year: 1400–2000 Fri. 1400–2100
LIBRARY Hickam Bldg. 595 • 449-8299	School vacations: Mon-Fri
Mon, Wed, Fri, Sat. 1000–1800 Tue, Thu. 1100–2000 Sun, Holidays. Closed	Sat 1330–2130 Sun Closed Youth Sports & Fitness **
MARINAS Hickam Harbor Marina, Bldg. 3455 • 449-5215 Mon	Office, Bloch Arena • 473-0789 1100–1730 Mon–Fri 1100–1730 Sat, Sun Closed
Tue–Sun	Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOLINDED 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

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:

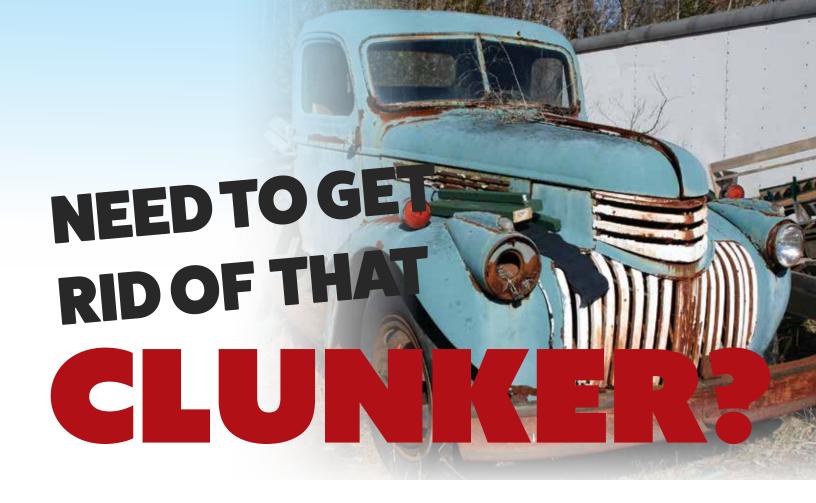
CNRH FFR

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)



Moving and not taking it with you?

Got a car you no longer need or just plain don't want?



MWR WILL TAKE IT OFF YOUR HANDS!

Contact our staff at Moanalua Auto Skills Center and they can help you turn the vehicle over to MWR -- even if its not running! Vehicle pickups will be in the Pearl Harbor and Hickam area only. All proceeds benefit the MWR programs of Navy Region Hawaii.

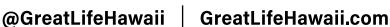
AUTO SKILLS CENTERS (808) 471-9072















ENJOY FOOD, DRINKS, MUSIC, GAMES AND FUN!

16 JAN GABRUNAS HALL

13 FEB......1300 SERIES (REC CENTER)

19 MAR....BEHIND GATHERING PLACE (HICKAM SERIES)

16 APR..... WAHIAWA ANNEX BARRACK (V-BALL/BBQ AREA)

14 MAY.....1400 SERIES (ARIZONA B-BALL/LOUNGE AREA)

18 JUN......HILLSIDE COMPLEX

16 JUL......BLDG 900 OKLAHOMA HALL (BBQ AREA)

13 AUG.....BEHIND GATHERING PLACE/MAKAI LIBERTY

17 SEP SMALLWOOD HALL (BBQ AREA)

15 OCT..... BLDG 925 NEVADA HALL (BBQ AREA)

19 NOVBLDG 654 PAQUET HALL (BBQ AREA)

17 DEC SEAWOLF TOWER

14 JAN 2021......GABRUNAS HALL

Questions? Call **473-2583**.















Sponsored by



PEARL HARBOR, HAWAII

APRIL 18, 2020 - 7AM

For the past 22 years, the Ford Island Bridge Run has been one of the largest 10k runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have all enjoyed the scenic and historical sights along the run. KEEP THE TRADITION, JOIN THE FUN!

COURSE: 10K (6.2 miles) run. Run will start at entrance to Admiral Bernard "Chick" Clarey Bridge (fronting Kam Highway). Race across the bridge onto historic Ford Island. Circle the island clockwise on a scenic flat perimeter course. Run back across the bridge to finish on Richardson Center Field (across from the Aloha Stadium).

ERFE PARKING: Limited free parking at Raiphow Ray Maring (site of parket pick-up). Additional parking available.

FREE PARKING: Limited free parking at Rainbow Bay Marina (site of packet pick-up). Additional parking available at the Aloha Stadium overflow parking lot (across from start/finish line).

REGISTRATION: Entry fee \$30 for military or their family members. \$35 for non-military. Entry deadline April 1. Late walk-in entries accepted until April 17. Late Fee \$40. Mail-in entries will not be accepted if postmarked after April 7, 2020. Race day entry will be \$50 (accepted until 6:45 a.m.). T-shirts for late entries based on availability. (Late entrants may not get a shirt.)

ELIGIBILITY: Runners, walkers and strollers. NO PETS.

PACKET PICK-UP: April 11 from 8 a.m. to 2 p.m. at Richardson Pool Bldg. 1, located across from Rainbow Bay Marina. All pre-registered entrants will receive a pre-race postcard. No packets will be issued without ID or email confirmation. Your race packet will include a race number and t-shirt.

PRIZES AND AWARDS: Prizes will be awarded to 1st, 2nd, and 3rd overall male and female military and non-military finishers.

1st, 2nd and 3rd place prizes will be awarded in each age category: Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & over.

First 1500 finishers will receive medals.

OFFICIAL ENTRY FORM (Please use ink and print clearly) - Ford Island Bridge 10K - Mail by April 7, 2020 - www.greatlifehawaii.com

	Age (on race day):	(Make check payable to: MWR Fund)
First Name:		\$30 Military family members, retirees & DoD
Street Address:		\$40 Late entry (after April 1, 2020)
City:		S50 Race day entry
Phone (day/eve):		MAIL ENTRY & FEE TO:
DRIFIT Shirt Size (Select one): \square S \square M \square L	L XL XXL (add \$10) Please check this box if Active Duty military only	ary only MWR Department 65
E-mail Address:	(Do not check this box if you are a dependent, D	OOD or Retiree) Attn: Athletics (Ford Island Bridge 10K) 915 North Road
Branch of Service:		Pearl Harbor, HI 96860-4456
ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER: I acknowledge that this event is an extreme test of a perso property loss. I hereby assume the risks of participating i	OR REGISTER ONLINE AT: https://floregister.com/476	
participation in this event and have not beenadvised otherw the Joint Base Pearl Harbor-Hickam Morale, Welfare and Re hereby take action for myself, my executors, administrator	be used by VR events. I APRIL 16, 2020 AT MIDNIGHT	
AND AGREE NOT TO SUE, from any and allliability for my of any kind which may hereafter accrue to me as a result	death, disability, personal injury, property damage, property thef of any participation in or my traveling to and from this event, THI	t, or action E FOLLOWING PERSONS OR ENTITIES: JBPHH MWR, event sponsors, race director caph from any and all liabilities or claims made by other individual or entities as
I HEREBY CERTIFY THAT I AM 18 (EIGHTEEN) YEARS OF AGE O	R OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONT	ENTS.
All participants must sign here:		Date:
Signature of parent or guardian if participant is unde	r age of 18:	Date: