GREAT GREAT March 2019

# <u>Entropping</u>



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

# NAVY ENTERTAINMENT PRESENTS MIDNIGHT AT THE MASQUERADE

A MASQUERADE MURDER MYSTERY EVENT

# Wednesday, April 3 Historic Hickam Officer's Club

**Doors open at 6pm, show at 7pm.** Includes a buffet dinner and Murder Mystery event.

Advance reservation and payment required. Call 808-448-4608. Limited seating.

OPEN TO ALL HANDS - All DoD ID Cardholders and their sponsored guests, ages 13 or older Attire recommendations - Black and White attire with masks (colored/decorated masks okay).



Dress the part! Best costumes win a prize!



greatlifehawaii.com

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#### connect with us

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



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



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

#### **GREAT LIFE HAWAII: FEBRUARY 2019**

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> On the cover: Cruising down the Anahulu River past the historic Rainbow Bridge in Haleiwa on Oahu's North Shore.

# GREATLIFEHAWAII | 2019



Read about how you can enjoy your time here in Hawaii!

#### pg 4 | MWR spotlight Join a Book Club

pg 6

Reading is even better when you get to share it with someone.

# **MWR** spotlight



- By Reid Tokeshi

# Joining a book club expands your horizons in so many ways.

When was the last time you read a book? I mean real literature – a novel, short story, biography, historical account. Thanks to technology, we are reading more than ever, but often it's posts on social media or a quick website article. Getting engrossed in a tale unfolding over several pages requires commitment, but it's worth it. It's not just the richness of the story, reading also is good for you. Studies show that reading makes your brain think critically, can increase your emotional intelligence and empathy and expand your vocabulary.

MWR's Library is a haven for reading, hosting monthly book clubs for kids and adults. The clubs suggest literature and encourage discussion. Library aide Lauren Erdmann-Rued coordinates the adult book club. "Who doesn't love to discuss a book they enjoyed?" says Lauren. "I try to choose books that cover a wide range of topics and mix in popular books with lesser known books."

"I've always been a little trepidatious about joining a book club," says Thipthida Dunn. She decided to give it a try when she was interested in an upcoming book. "The club exposes you to books and perspectives, allowing you the time honored 'sit down and chat' moments with each other to cherish, have a few laughs, and just relax in the company of others who share a love for books and life."

Dr. H. Stanley Jones is a member of several book clubs and says "A good author creates pictures that make you visualize the story." He agrees it's valuable getting different viewpoints from members with other backgrounds. Dr. Jones thinks the smaller club at the



library can be a positive, "Larger clubs tend to have people who dominate the conversation." He also appreciates the chance to get to know others apart from just the book.

Library Technician Stacie Zamora coordinates the Young Adult and Tween sessions and feels the clubs offer a safe environment to discuss the stories with their peers. "Our book clubs help to expand our participants' vocabulary, speaking skills, reading selection they would not normally choose for themselves, and a way to meet and make friends with similar interests."

Katrina Denny signed up her son Cooper for the Tween Club for that very reason. "He always looks forward to the next meeting. He reads the assigned book as soon as he receives it!" says Katrina. Her family visits the library about once a week, getting books for Cooper and his younger sister Reese. Katrina feels the program here is well-operated. "We enjoy their variety of genres provided for the tweens."

Stacie says they try to offer more diverse books to suit the tweens. "The content is deeper and tends to hold more in-depth conversation points." She adds that the Young Adult book club contains content that many teens experience either themselves or by peers.

Lisa Leatherman signed up her daughter Abby for the Kid's Book Club because her son – and Abby's big brother – Stephen previously joined and had a good experience. "She was looking forward to joining," says Lisa. "She also loves to read so it wasn't an extra chore or item on her to-do list. It was purely because she enjoys it." Abby even invites her friends to join.

Library Technician Kathleen Pigott says the kids impress her with their enthusiasm and real in-depth analysis of the story. For the Kid's Book Club the staff includes craft activities. "The craft part of book club is always a big hit, as it gives an opportunity for more discussion," says Kathleen. "Having your child participate in a book club will allow your child's imagination to grow and new friendships to be gained!"

Even the little ones can get in on it. The library hosts Preschool Storytime twice a month, where the staff reads stories to toddlers and their parents. So consider joining a book club; the pleasure of reading is richer when you get to share it with someone.

For more information on the library and book clubs, call 808-449-8299.

Celebrate Earth Day by joining Outdoor Recreation for any of these fun events!

- Creh

# Apr 13 Earth Day Celebration

10am-3pm • FREE

ENJOY: • Informational Booths • Live music • Snacks for purchase • Keiki Trash Scavenger Hunt • Corn Hole Tournament • Relay-ables • Dunk'em • Arts & Crafts and more!

## Apr 12 & 13 Camping in the Park

EBRATION

12613

AT HICKAM HARBOR

\$30-\$35 per site Sign ups begin Apr 1

## Apr 13 Keiki & Parent Hand Pole Fishing and Reef Walking

9am-12pm • \$8 Sign ups begin Apr 1



For details visit jbphh.greatlifehawaii.com or call 449-5215.

# By Victoria D'Andrea-Roy

For the majority of us on Joint Base Pearl Harbor-Hickam, our time here in Hawaii is limited. Soon you may be on to the next duty station, wherever that may be. So, shouldn't we make the best of the opportunity that we have to live on this beautiful island? Yes! One day when you're living in a new place and people ask you about living here, you'll want to tell them that you had a chance to experience all of the cliché tourist activities Hawaii has to offer.

Maybe not all activities are for you, but hopefully you can say that you've experienced a handful of them. Here is short list of some popular activities that I think most people leaving Hawaii should be able to say they've done:

- Attend a traditional Luau
  - al Luau •
- Visit Kualoa Ranch
   (filming sites for popular movies)
- Surfing (at least one attempt!)
- Stand-up paddle boarding
- Sailing lessons

- Parasailing
- Hiking
- Kayaking
- Spearfishing
- Dolphin excursion

The awesome thing about being a part of JBPHH is that there are so many resources to help you receive discounted tickets, tours and lessons for the above activities and more. So be adventurous and read about the below programs that can help you experience Hawaii. Hopefully you will have epic stories to tell once you've moved on to your next destination!

# Outloor Adventure Program

By land or sea, the MWR Outdoor Adventure Program will help you get out and stay active! A variety of activities are offered and you can even create your own custom tour for your friends and/or family to enjoy. Some of the activities that patrons can choose from are: hiking (assisted tours), biking, kayaking, surfing, stand up paddle boarding and snorkeling.

The great benefit of going through the Outdoor Adventure Program for these activities is that gear, transportation and instruction (for some activities) will be provided on outdoor tours. This is especially great if you're new to the island or don't know many people; experienced guides can make sure you remain safe and that your activity level won't exceed what you can handle (you specify if you want a moderate or strenuous level).



We want to see how you are enjoying Hawaii and crossing things off your tourist list. Share with us on social media (FaceBook or Instagram) By tagging @creatLifeHawaii and adding #HawaiiGoals to your Posts/Pictures. Get out there and Be adventurous.

So, are you interested in creating a custom tour with Outdoor Adventure? Well gather some friends and family, then get ready to enjoy a fun and safe group activity that you will remember for a lifetime! Tours are available Monday-Friday (excluding holidays), a minimum of 4 people (maximum 8 people), and again transportation is provided! Custom tours start at \$15 person, you must register and pay at least one week prior to the trip date. For more information, call 808-473-1198.

4 3 1

# Hitkam Habor & Rahbow Bay Maina

Don't miss out on the once-in-a-lifetime opportunities that the Hickam Harbor has to offer! The knowledgeable staff provides lessons for popular outdoor activities here in Hawaii: sailing, surfing, snorkeling, paddle boarding and kayaking.

How cool would it be to say that you learned to sail while living in Hawaii?! Well reach for that goal and enroll in a lesson at the Hickam Harbor or Rainbow Bay Marina. Don't worry if you've never sailed before, the beginner classes don't require prior experience. The Outdoor Recreation program offers adult and youth sailing courses; beginner, intermediate, advanced, family and/or private lessons. These courses are taught by certified sailing instructors who provide in class and on the water instructions and demonstrations. So, hop aboard and set sail today!

If you're interested in sailing lessons or any of the above activities that Outdoor Recreation has to offer, visit greatlifehawaii.com or check out the Outdoor Recreation section (starting page 12). Monthly, we list the dates, prices and detailed descriptions for all offered activities. For more information, call 808-449-5215 or 808-784-0167.

# Information, Tickets and Travel (ITT)

If you're familiar with Morale, Welfare and Recreation (MWR), then you might know about ITT and the awesome benefits of this program. Not familiar? Well, ITT is the program that allows you to buy discounted tickets and packages for a wide variety of local attractions. For example, the ITT here in Hawaii sells discounted tickets for dolphin excursions, helicopter tours, luaus and packages for Kualoa Ranch tours.

In my opinion, it is a MUST to go to a traditional luau before leaving Hawaii. Attending a luau is probably one of the most basic tourist activities, but you totally can't leave Hawaii without saying you've gone to one. ITT offers discounted tickets to a variety of luaus offered around the island, so buy your tickets today!

If you are interested in buying tickets or packages through ITT, visit the Great Life Hawaii website to see the list of prices and activities offered. You can also visit or call any of the ITT locations: Fleet Store (808-473-0792), NEX Mall (808-422-2757), Barber's Point (808-682-2019) or Wahiawa Annex (808-564-4445).







335 Kuntz Ave., Bldg. 1889 448-9907

# MAR | APR | MAY

# TEEN/ADULT CLASSES

#### **Ceramics & Pottery**

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks: • Wednesdays, 6 – 8:30pm **Apr 10–May 15 • May 29–July 10** (No class-July 3) • Thursdays, 6 – 8:30pm **Apr 11–May 16 • May 30–July 11** (No class-July 4) • Fridays, 6 – 8:30pm **Apr 12–May 17 • May 31–July 12** (No class-July 5) • Saturdays, 6 – 8:30pm **Apr 13–May 18 • June 1–July 13** (No class-July 6) Ages 16 and older \$85 per person (plus supplies) Creating ceramic forms on the potter's wheel will be the main focus of this class.

focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

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

One class per week for 5 weeks: Saturdays, 9 – 11:30am **Mar 2–30** (Apr 13–Finish Glaze Only) **Apr 6–27** (May 11–Finish Glaze Only) **May 11–June 1** (June 8–Finish Glaze Only) 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

#### COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30 – 2:30pm Mar 5–26

Ages 12 and older

\$80 per person (plus supplies)

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

#### ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: • Tuesdays, 3 – 5pm **Mar 5–26** • Tuesdays, 3:15 – 5:15pm **Apr 2–23 • May 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 **Mar 5–26 · Apr 2–23 · May 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.

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm Apr 2–May 7 • May 14–June 18

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.



# **TO REGISTER FOR CLASSES, VISIT** jbphh.greatlifehawaii.com/

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

#### CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6 – 8pm **Mar 28–May 2 • May 9–June 13** 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 4 weeks: • Mondays, 6 – 8pm **Apr 1–22 / Whales Apr 29–May 20 / Pond Life** Ages 16 and older \$100 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 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

#### **ANIME & ENTERTAINMENT ART WITH CHARIS DERRY**

One class per week for 5 weeks: Thursdays, 3:30 – 5pm **Mar 28–Apr 25 • May 30–June 27** Ages 12 and older

beginner or a more experienced painter...you can do it!

\$75 per person (plus supplies)

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

#### **ILLUSTRATION WITH CHARIS DERRY**

One class per week for 5 weeks: Thursdays, 5:30 - 7pm Mar 28–Apr 25

Ages 12 and older \$75 per person (plus supplies)

Learn to apply your drawing and painting skills to produce art that gets used in the real world. Pick from projects like CD covers, stationary designs, greeting card design, t-shirt design, poster art, children's book illustration, and illustrations for ads and magazine articles. Learn the basics of color theory and using pen and ink and/or paint. Brainstorming, research, thumbnails, imagination and conceptualization, composition, finding a design process and receiving feedback throughout are emphasized. A quick survey of the history of illustration and discussion of ways to get your art out there rounds out the class. With imagination and a little hard work, anybody can create cool designs and lasting imagery that does more than just hang on a wall! Some previous basic drawing and painting experience is recommended.

#### PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

#### May 30–June 27

Ages 12 and older

\$75 per person (plus supplies)

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

#### Framing

#### **BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES**

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

\$80 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

**BEGINNING GLASS FUSING WITH JESSICA FITZGERALD** One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm Mar 7-14 • Mar 21-28 • Apr 4-11 • Apr 18-25

Mav 2–9

Ages 16 and older

\$40 per person (plus supplies)

A CONTRACTOR

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 shoes. Long pants are recommended.

#### ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 3 weeks: Wednesdays, 5:15 - 7:15pm Mar 6-20 Ages 16 and older \$60 per person (plus supplies) One class per week for 4 weeks: Wednesdays, 5:15 – 7:15pm Apr 3-24 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 shoes. Long pants are recommended. Previous glass experience is required.

#### Crochet/Knitting/Quilting/Sewing

#### **BEGINNING SEWING WITH AMANDA BUSSEY**

One class per week for 5 weeks: Wednesdays, 6 - 8pm Apr 3–May 1

#### Ages 14 and older

\$75 per person (plus supplies)

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

#### INTERMEDIATE SEWING WITH AMANDA BUSSEY

One class per week for 6 weeks: Wednesdays, 6 - 8pm May 15–June 19

#### Ages 14 and older

\$100 per person (plus supplies)

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

#### **BEGINNING KNITTING WITH CHRISTINE BLYDEN**

One class per week for 3 weeks: Mondays, 11am - 12:30pm Mar 11-25 • Apr 8-22 • Apr 29-May 13 Ages 14 and older

\$45 per person (plus supplies)

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

#### INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

One class per week for 4 weeks: Mondays, 12:30 - 2:30pm Apr 8-29

One class per week for 4 weeks: Fridays, 5:30 - 7:30pm Mar 15-Apr 5 • Apr 12-May 3 • May 10-31

Ages 14 and older

\$50 per person (plus supplies)

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

#### **CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH**

One class per week for 3 weeks: Wednesdays, 6:30 - 8:30pm Mar 6-20 • Apr 3-17 • May 1-15

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, 5 - 7pm Mar 4-18 • Apr 1-15 • May 6-20 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.

#### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS One class per week for 4 weeks: Tuesdays, 9 – 11am

#### Mar 5-26 • Apr 9-30 • May 7-28

Ages 14 and older

\$35 per person (plus supplies)

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

#### MACHINE QUILTING (AM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9am – 12pm Mar 30–Apr 20 / Unfinished Project

Apr 27-May 25 / Quilow Quilt (No class-May 4) Ages 16 and older

\$100 per person (plus supplies)

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

#### MACHINE QUILTING (PM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1 – 4pm Mar 30–Apr 20 / Unfinished Project Apr 27–May 25 / Quilow Quilt (No class-May 4) Ages 16 and older

\$100 per person (plus supplies)

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

#### Photography

#### **BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER**

One class per week for 4 weeks: Tuesdays, 6 - 8 pmMar 5-26 • Apr 2-23

One class per week for 4 weeks: Wednesdays, 10am - 12pm Mar 6-27 • Apr 3-24

Ages 14 and up

\$75 per person (plus supplies)

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

#### Woodworking

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 guardian)

#### \$20 per person

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 in 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 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 to secure a spot for the class.

#### **CUTTING BOARD CLASS**

One class per week for 3 consecutive weeks. Offered on select Fridays, 5 - 9pm and Sundays, 7:30 - 11:30am Ages 16 years & older

\$135 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. Offered on select Fridays, 5 - 9pm Ages 16 years & older

\$135 per person (\$90 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.

# CHILDREN'S CLASSES & CAMPS

#### **YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING**

One-day class, offered on select days. Ages 12 - 16 (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. Pre-registration is necessary.

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

One class per week for 4 weeks: Thursdays, 3 - 4:30pm Mar 7–28 • Apr 4–25 • May 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.

#### **BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY**

One class per week for 4 weeks: Mondays, 6 - 7:30pm Apr 8–29

#### Ages 9 – 13

\$75 per person (plus supplies)

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

#### **INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY**

One class per week for 5 weeks: Mondays, 6 - 7:30pm May 6-June 10 (No class-May 27)

Ages 9 – 13

\$85 per person (plus supplies)

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

Milling & La

#### **BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN**

One class per week for 3 weeks: Fridays, 4 – 5:30pm Mar 8-22 • Apr 12-26 • May 3-17 Ages 7 – 13 \$45 per person (plus supplies)

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

#### PARENT AND ME BASIC CROCHET WITH **TIFFANY DEVINE-GRIFFITH**

One class per week for 3 weeks: Wednesdays, 3:30 - 5:30pm Mar 6-20 • Apr 3-17 • May 1-15

Ages 7 – 12 (with an accompanying, paying adult/guardian) \$35 per person (plus supplies)

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

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

One class per week for 6 weeks: Tuesdays, 3:45 - 5:15pm Apr 2–May 7 • May 14–June 18

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 Mar 28-May 2 • May 9-June 13

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 Mar 28-May 2 • May 9-June 13 Ages 7 – 18

\$70 per person (plus supplies)

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

#### **ART EXPLORATIONS WITH JESSICA FRANKLIN**

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am Mar 5-28 • Apr 2-25 • Apr 30-May 23 Ages 3 – 6

\$80 per person (supplies included)

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

# **EVENTS** & ACTIVITIES

**COOKIES & CANVAS WITH DENNIS MCGEARY** One class per month: Wednesdays, 3:30 – 5:30pm Mar 27 • Apr 24 • May 22 Ages 7 – 14

#### \$30 per person (supplies included)

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

#### **OHANA PAINT NIGHT WITH CHARIS DERRY**

One class per month: Fridays, 5:30 - 7:30pm Mar 29 • Apr 26 • May 24

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Varied refreshments will be provided at no additional cost.

#### **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.

#### **PAINT & SIP**

First and third Wednesday of the month, 5:30 – 8:30pm Mar 6 & 20

#### Tradewinds

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

Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included.





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

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

# LIFEGUARD CERTIFICATION CLASS

MARCH 18-22 | 4PM-8PM | HICKAM FAMILY POOL | \$175.00



**PREREQUISITES** (MUST BE COMPLETED BY 3/11/19)

- SWIM 300 YDS. WITHOUT STOPPING (FREE/BREASTSTROKE)
- 2 MINS. TREAD ONLY USING LEGS
- TIMED EVENT: 10 LBS. BRICK RETRIEVAL FROM 10 FT. OF WATER, CARRY BRICK WITH TWO HANDS FOR 20 YDS.

\*ASSESSMENTS ARE WEDNESDAY-SUNDAY, 1PM-5PM AT SCOTT & POOL 2.

CALL 808-216-1712 FOR MORE INFO. | WWW.GREATLIFEHAWAII.COM





# MARCH • APRIL OUTDOOR RECREATION

#### **SIGN UP INFORMATION**

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

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a firstcome, 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 subjec 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



SYNC ODR CALENDAR A Calendar that's always current. Download our e-calend<u>ar!</u>

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

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

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

#### WOMEN'S SURFING

- Mar 3 Sign up by Mar 1
- Apr 20 Sign up by Apr 18
  - Begins: 9 am | Ends: 12 pm
  - Cost: \$30

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

#### **STAND-UP PADDLE BOARDING**

# LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- O Mar 9 Sign up by Mar 6
- Mar 24 Sign up by Mar 21
- Apr 27 Sign up by Apr 25 Begins: 9:15 am | Ends: 10:15 am Begins: 10:30 am | Ends: 11:30 am Cost: \$25

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

#### STAND-UP PADDLE BOARD HALEIWA/ NORTH SHORE

 Mar 23 Sign up by Mar 21 Begins: 8 am | Ends: 2 pm Cost: \$30

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

Level: Easy (must have open ocean swimming experience)

#### KAYAKING

#### **MOONLIGHT PADDLE AT HICKAM HARBOR**

- Mar 20 Sign up by Mar 17 Begins: 7:00 pm | Ends: 9 pm
- Apr 18 Sign up by Apr 16 Begins: 7:30 pm | Ends: 9:30 pm Cost: \$25 (Kayak included)

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

#### KAYAKING AT CHINA MAN'S HAT

- O Mar 3 Sign up by Mar 1
- O Mar 9 Sign up by Mar 7
- Mar 279 Sign up by Apr 25 Begins: 8 am | Ends: 1 pm
  - Cost: \$25

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

Level: Easy (must have open ocean swimming experience)

#### **IROQUOIS POINT OPEN OCEAN KAYAK**

O Apr 20 Sign up by Apr 18 Begins: 8 am | Ends: 2 pm Cost: \$35

Start our voyage from historical Hickam Harbor out into the open ocean to Iroquois Point. While kayaking into the open ocean, we will enjoy the most beautiful views that most sailors can only enjoy on their return home from being out to sea. As you are kayaking, you will appreciate a breath taking view of the Pu'uloa (long hill) and Wai Momi (Pearl Harbor). Lastly, this journey will come to an end at Iroquois Point where you are overwhelmed by the glorious view of Leahi (Diamond Head). Bring \$ for lunch on the beach at D'lish @ Kapilina!

Level: Hard (We do require an ocean test the Wednesday before the trip or upon the day you sign up. This will include a selfrescue, 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**

- Mar 10 Register online by Mar 7\* Begins: 2:30 pm | Ends: 5:30 pm
- Register online by Mar 20\* 0 Mar 23 Begins: 2:30 am | Ends: 5:30 pm
- Register online by Apr 18\* O Apr 21 Begins: 9 am | Ends: 12 pm Cost: \$30

\*Registration available online only.

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

#### **LEARN TO SPEARFISH**

- O Mar 16/17 Register online by Mar 14\*
- Apr 27/28 Register online by Apr 25\* 2 Day Course (Sat/Sun); Begins: 9 am | Ends: 12 pm

Cost: \$60

\*Registration available online only.

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

Transportation is on us. Participants must know how to swim and prior snorkel experience is required

#### SPEARFISHING EXCURSION

- O Mar 2 Sign up by Feb 28
- O Apr 14 Sign up by Apr 11
  - 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.

#### BIKING

#### **NORTH SHORE BIKE RIDE**

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

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)

#### HALE'IWA BIKE/SNORKEL

O Apr 14 Sign up by Apr 12 Begins: 8 am | Ends: 1 pm Cost: \$20

Come take a casual bike ride with us through Hale'iwa and Wailua. It offers alluring views of the infamous North Shore. This relaxing journey that we take offers a protected bike path, smooth terrain and the beauty of the Wailua mountain. The ride will continue on towards the glamorous 'Aweoweo Beach Park. After enjoying the beautiful scenery of 'Aweoweo Beach Park, we will return to Hale'iwa to cool down in the refreshing ocean with a snorkel session.

Level: Easy (must have bike riding and snorkel experience)

#### HIKE

#### **HIKE EHUKAI PILLBOX**

• Mar 30 Sign up by Mar 28 Begins: 8 am | Ends: 1 pm Cost: \$20

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

#### **YOUTH SPRING BREAK**

#### **YOUTH OCEAN ADVENTURE**

O Mar 18 – 22 Online registration begins Mar 2\* Keiki Ocean Adventure (ages 7 – 9 years old) Begins: 9 am | Ends: 12 pm

Youth Ocean Adventure (ages 10 – 15 years old) Begins: 1 pm | Ends: 4 pm Cost: \$85

\*Registration available online only.

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

#### **CAMPING IN THE PARK & EARTH DAY CELEBRATION**

#### **CAMPING IN THE PARK AT HICKAM HARBOR**

○ Apr 12 – 13 Sign up by Apr 1

Check-in: 4 pm

Pre-register at Hickam Harbor Marina (starting Apr 1)

Cost: \$35 per spot at Foster's Point (9 spots available) Cost: \$30 per general spot (31 spots available)

Come sign the family up and spend the night out underneath the stars. Once the sun sets enjoy a movie on the beach! Hurry, spots are limited! Registration only reserves camp space. Gear and equipment are not provided; if camping gear is needed, visit the Outdoor Adventure Center for rentals!

Also sign up for these events on April 13:

Family Breakfast (8 - 10 am)

Keiki & Parent Hand Pole Fishing/Reef Walking (9 am - 12 pm)

#### EARTH DAY CELEBRATION AT HICKAM HARBOR

#### • Apr 13

Begins: 10 am | Ends: 3 pm

Come down to Hickam Harbor and celebrate Earth Day. There will be fun events, snacks for purchase, live music, and environmental information booths. Enjoy Keiki Trash Scavenger Hunt, Corn Hole Tournament, Relay-Ables, Dunk'em, Arts and Crafts and more!

(continued on next page)

## RENTALS

#### **PATIOS & PAVILIONS**

Hickam Harbor • 449-5215 Pearl Harbor & Barbers Point • 473-1198

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

#### Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

# **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.

#### **START SAILING RIGHT AT HICKAM HARBOR**

O Tues | Feb 26 Sat | Mar 2, 9, 16, 23

0 Sat | Mar 6, 13, 20, 27 Tues | Apr 2 Cost: \$85 per person 9 am - 1 pm or 1 - 4 pm Ages 18 & up Maximum of 8 students per session.

#### START SAILING RIGHT AT RAINBOW BAY

- Sat/Sun | Mar 2, 3
- Sat/Sun | Mar 9, 10 Cost: \$85 per person 1 – 5 pm Ages 18 & up Maximum of 8 students per session.

LEARN TO SAIL ADULT CLASS AT RAINBOW BAY

- Mon/Wed | Mar 4, 6, 11, 13, 18, 20, 25, 27
- Mon/Wed | Apr 1, 3, 8, 10, 15, 17, 22, 24, 29 Cost: \$85 per person/per month 9:30 - 11:30 am Ages 18 & up

Minimum 4 students per session, maximum of 8.

#### **INTERMEDIATE SAILING AT RAINBOW BAY**

- Sat/Sun | Mar 16/17 & 23/24 Cost: \$85 per person 1 – 5 pm
  - Ages 18 & up

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

#### YOUTH BEGINNERS SAILING AT RAINBOW BAY

- Mon/Wed | Mar 4, 6, 11, 13, 18, 20, 25, 27 Cost: \$60 per person/per month
- Mon/Wed | Apr 1, 3, 8, 10, 15, 17, 22, 24, 29 Cost: \$65 per person/per month 12 - 2 pm or 3:30 - 5:30 pm Ages 10 – 17 years

Minimum 5 students per session, maximum of 8.

#### YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | Mar 1, 6, 8, 13, 15, 20, 22, 27, 28  $\bigcirc$ Cost: \$60 per person/per month
- Wed/Fri | Apr 3, 5, 10, 12, 17, 19, 24, 26 0 Cost: \$65 per person/per month 3-5 pm Ages 10 years & up \*Reaistration available online only.

This class can accommodate all levels of ability. Space is limited to 5 students per class.

#### **YOUTH LEVEL 2 SAILING AT RAINBOW BAY**

- Tues/Thurs | Mar 5, 7, 12, 14, 19, 21, 26, 28 Cost: \$60 per person/per month
- Tues/Thurs | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30 Cost: \$65 per person/per month 12 - 2 pm or 3:30 - 5:30 pm Ages 10 – 17 years

Minimum 5 students per session, maximum of 20. Prerequisite: Youth Beginners Sailing.

#### YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | Mar 5, 7, 12, 14, 19, 21, 26, 28 Cost: \$60 per person
- 0 Tues/Thurs | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30 Cost: \$65 per person

#### 3 – 5 pm Ages 10 & up

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 5 students per class.

#### ADULT SMALL BOAT SAILING COURSE **AT HICKAM HARBOR**

- Fri | Mar 1, 8, 15, 22
- Fri Apr 5, 12, 19, 26
- Cost: \$50 per person/per month 9:30 am - 12 pm Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2 students per session, maximum of 8.

#### **FAMILY/GROUP SAILING INSTRUCTION**

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

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

#### **FAMILY SAILING**

By Appointment

#### **PRIVATE SAILING INSTRUCTION**

• O By Appointment Cost: \$20 per hour

#### SUNSET REGATTAS

Thu | 4 pm – Sunset Cost: \$5 per boat

#### MARINA CHECKOUT QUALIFICATION

• • By Appointment Cost: \$20 per hour

#### **R-19 BOATER'S CERTIFICATE**

0 By Appointment | 4 hours Cost: \$80 per session \*Must have 10 rental hours @HH to schedule appointment.

#### **OUTRIGGER CANOE/PADDLE BOARD YOGA**

#### P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

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

#### **RECREATIONAL OUTRIGGER CANOE PADDLING** AT RAINBOW BAY

Mon/Wed/Fri | 8:30 – 9:30 am Cost: \$5 per person Ages 10 & up Space is limited to the first 12 people.

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

- Fri | Mar 8 Sign up by Mar 7\*
- Fri | Mar 22 Sign up by Mar 21\*
  - 8:30 9:30 am
  - Cost: \$3 per person

\*Must pre-register at Hickam Harbor Marina. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. All ability levels welcome!

#### **STAND UP PADDLE BOARD YOGA AT HICKAM HARBOR**

• Fri/Sat

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

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

## BEACHES

#### **HICKAM BEACH**

3455 Mamala Bay Dr. SURF SHACK • 449-5215 Hours: Friday – Sunday, 10 am – 4 pm

#### **BEACH EQUIPMENT RENTAL**

\*Subject to cancellation due to weather Kayak (1 per) \$5 hr • \$20 day Kayak (2 per) \$7 hr • \$25 day Surf Board \$5 hr • \$25 day Beach Lounger \$5 hr • \$15 day Wind Surfing Board \$10 day

Paddle Board \$9 hr • \$25 day

#### **PRIVATE LESSONS**

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

#### WHITE PLAINS BEACH

#### Kalaeloa

**SURF SHACK • 682-4925** Hours: Daily, 10 am – 5:30 pm (last turn-in)

#### **BEACH EQUIPMENT RENTALS**

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

#### **PRIVATE LESSONS**

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

#### Directions

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

#### Sponsored by Free & low-cost activities forsingle active-duty military E1-E6 FRIDAY SATIIRDAY 9 Sub For Lunch oxes [BEG] ored by USA FREE Beeman 1100-1300 FREE Express Beeman 0930 0830 0845 0900 Ford Island Bridge Run Instant Makai Registration \$15 **Snorkeling Hanauma Bay** For a mobile friendly site please visit www.facebook.com/LibertyHawaii and click on the top, pinned post. \$5 Register now online at www.greatlifehawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab. Express Beeman 0915 1000 1015 Instant Makai SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY 1030 3 6 8 Л 5 7 9 Whale Watching Hike Volunteer Opportunity: Volunteer Opportunity: Volunteer Opportunity: Volunteer Opportunity: **Volunteer Opportunity:** Tacos For Lunch Maili Pillboxes [INTER] Kayaking Chinaman's Hat Clean-Up **Toughest Warrior Challenge Toughest Warrior Challenge Toughest Warrior Challenge Toughest Warrior Challenge** Sponsored by USAA FRFF FRFF FRFF FRFF FRFF FREE FREE Express 0930 0900 0700 0700 0700 Express 0700 Express Express Express Express Beeman 1100-1300 0830 Beeman 0930 0945 Beeman 0730 0745 Beeman Instant 0730 0745 Beeman 0730 0745 0730 0745 Beeman Beeman Instant Instant Instant 0845 Makai 0900 Makai 1000 Makai 0800 Makai 0800 Makai 0800 Makai 0800 Bernice Pauahi Bishop Museum Bowling & Pizza Pau Hana Surf Session North Shore Star Gazing Fortnite Tournament Volunteer Opportunity: \$10 Express FREE Canoe Fest 2019 FREE FREE FRFF

1900

1800

1815

1830

1630

1715 1730

1745

1000

0900

0915 0930

1830

1700 1715

1730

1500

1545 1600

1615

Makai

14

FRFF

FREE

21

FRFF

Express

Beeman

Instant

Makai

28

FREE

Express

Beeman

Instant

Makai

Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center

at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center

in order to receive a refund.

FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:

Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418

Liberty Express (Wahiawa Annex) 808-653-0220

DESIGNATION FOR HIKES BEG: Beginner | INTER: Intermediate | ADV: Advanced

Pau Hana Surf Session

Makai

(Hickam Series)

1700-1900

March Madness:

**Free Throw Shootout** 

WIN PRIZES!!!

Full Moon Hike Koko Head [INTER]

WIN PRIZES!!!

Barracks Bash @ Gathering Place

1700-1900

1615

1700

1715

1730

1400

1445 1500

1515

Sponsored by USAA

1800

15

FREE

Solo Jetski

Express

Beemar

Instant Makai

22

FREE

FREE

29

FREE

FREE

Makai

Beeman

**Chili Rice For Lunch** 

Sponsored by USAA

Texas Hold 'em Tournament

WIN PRIZES!!!

**Sloppy Joes For Lunch** 

red by USAA

Beeman 1100-1300

**Rocket League Tournament** 

WIN PRIZES!!!

Beeman 1100-1300

\$40

Chicken Adobo For Lunch

Sponsored by USAA

Beeman 1100-1300

0730

0800

0815

0830

1800

1800

FREE

Express Beeman

Great Guns Show @

**Blaisdell Exhibition Hall** 

**Xtreme 7D Dark Rides Interactive** 

Whale Watching HikeMakapuu

Instant Makai

16

\$5

Express

Beeman

**Gaming Theater** 

Express Beeman

Tidepools [ADV]

Express

Beeman

Thomas Rhett -

Express Beeman

Kahuku Bike Cruise

2019 First Hawaii International

Instant

Makai

30

\$5

Express

Beeman

Instant

Auto Show

Express

Beeman

Instant

Makai

\$5

Makai

Very Hot Summer Tour

Instant Makai

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23

FREE

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Atlantis Majestic Whale Watching

Beeman

Night Fishing

Express

Beeman

Lunch Cruise

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Beeman

Instant Makai

Surf & BBQ

Express

Beeman

**Dinner Cruise** 

Express

Beeman

Makai

24

\$10

Express Beeman

Wakeboarding

Beeman

Honolulu Zoo

Express

Beeman

North Shore Beach Hopping

Instant Makai

FREE Express

Beeman Instant Makai

Instant

Makai

31

\$5

Instant

Makai

\$40 Express

\$70

Star of Honolulu 3 Star Sunset

Paddleboarding Kahana River

Instant

Makai

17

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\$30

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Makai

Instant

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FRFF

Beeman

Pau Hana Surf Session

11

FRFF

Express

Beeman

Instant

Makai

18

FRFF

Express

Beeman

Instant

Makai

25

FREE

Beeman

8 Ball Pool Tournament

WIN PRIZES!!!

Pau Hana Surf Session

1800

1400 1445

1500 1515

1400

1445

1500

1515

1900

Express

Beeman

Ping Pong Tournament

WIN PRIZES!!!

Instant Makai

12

FRFF

19

FREE

26

\$10

Express Beeman

Instant Makai

March Madness:

Free Throw Shootout

Beeman 1200-1500

WIN PRIZES!!!

Indoor Rock Climbing @

Volcanic Rock Gym

Beeman

1400

1445

1500

1515

1800

Express

Beeman

Driving Range @ Navy Marine

Instant

Makai

Golf Course

Express

Beeman

Instant

Makai

20

FREE

Express

Beeman

Instant Makai

FREE Express

Beeman

Makai

27

FREE

1645

1730 1745

1800

Express Beeman Instant

Makai

Volunteer Opportunity:

Wahiawa Block Party

Learn to Cook with Liberty

Ka Makana Ali'i Farmers Market

FREE

13

# Activities calendar

# dining

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

#### <u>10TH PUKA LOUNGE</u>

#### BREWS & CUES

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



THE MOOSE IS LOOSE at Brews & Cues for the month of March Moosehead is the beer of the month!

#### Go Green!

Saturday, March 16 6:30 – 8:30pm Ages 18 years & older Celebrate St. Patrick's Day at Brews & Cues. The Brew is Green! Wear green for Free Giveaways.

#### Watch the NCAA Games!

Tuesday, March 19 8 – 10pm Ages 18 years & older Catch all the NCAA Action here at Brews & Cues. Enjoy game day specials and free random giveaways!

#### #TGIF 9-Ball Tourney

Friday, March 29 6 – 8pm Ages 18 years & older

#### Live DJ and Trivia Contest

Every Friday & Saturday Night Ages 18 years & older Dance the night away with DJ Services or test your knowledge with a trivia contest with give-a-ways.

#### THE COUNTRY BAR

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

Line Dancing Every Friday 8:30 – 9:30pm, Ages 18 years & older

#### Salsa Saturdays

Every Saturday 8:30 – 9:30pm Ages 18 years & older Specials and dancing all night long.

Country Music Talent Search Coming soon. Stay tuned for more details.

#### JOINT BASE CATERING

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

#### Sunday Brunch

March 3, 10, 17, 24, 31 10am – 1pm Dining Room (Historic Hickam Officers' Club) \$24.95 Club Members \$26.95 Adults \$13.50 Child 7-12 years \$8.25 Child 4-6 years ALL RANKS WELCOME!

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

#### Paint & Sip

Wednesdays, March 6 & 20 5:30 – 8:30pm Tradewinds \$40/person An instructor will load you ato

An instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting. All art supplies are included. No experience necessary. Cocktails and food available for purchase from the Koa Lounge. Register online at jbphh.greatlifehawaii. com, Search: Arts and Crafts Registration.

#### Mongolian BBQ

Mondays, March 4, 11, 18, 25 Thursdays, March 7, 14, 21, 28 5 – 8pm The Grand Lanai \$0.95 per ounce \$2 Club Member discount Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages and fortune cookies are also included. All ranks welcome!

#### KOA LOUNGE

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

Warrior Friday Friday, March 1 4:30 – 7:30pm Historic Hickam Officers' Club FREE for Club members \$15 for non-members

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





#### Margarita Madness

Every Thursday 4 – 6:30pm Koa Lounge \$4 Margaritas On the rocks or frozen, and many flavors to choose from, including the traditional and Li Hing Mu.

#### THE LANAI AT MAMALA BAY

#### Aloha Friday Buffet

Fridays, March 1, 8, 15, 22, 29 11am – 2pm \$15.95 Adults \$9.95 Child 6-12 years FREE Child 5 years & under

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

#### THE PARADISE LOUNGE

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

#### **#TGIF Karaoke Night!**

Friday, March 29 8 – 11pm Ages 18 years & older

#### PHILLIES

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

#### Now Open!

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

#### RESTAURANT 604

At Rainbow Bay Marina		888-7616
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# TRADEWINDS Hickam Bldg. 1804 .449-6112

#### **#TGIF Concert Series**

Friday, March 15 5:30 – 7pm, FREE Come hang out and listen to live music by Next Level.

# Go Green!

Saturday, March 16 6:30-8:30pm

Patrick's "

reus

The Brew is Green! Wear green for free giveaways! 473-1743

at

5



NGN

# 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



#### Learning About Therapy Dogs Saturday, March 16 4:30 – 7pm FREE

Keystone's goal is to raise awareness to emotional wellness throughout their community. Join us as we all learn about the benefits of animals to one's emotional wellness! Two great trainers from the Tripler Human Animal Bond Program and their furry friends will stop by and talk with our teens about all things therapy dogs!

#### Hail and Farewell: Open Mic Night

Saturday, March 30 5 – 7pm

#### FREE

Come and help the teen center welcome the newest members of our family and say "See yah soon" to those moving on to new adventures! Then, enjoy a night full live performances by your peers in poetry, comedy, and much more!

# 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

#### North Channel Swim Challenge

Entire month of March All JBPHH Pools FREE Swim the distance of the North Channel (22mi/35km)! A map will be placed at Scott Pool while participants will be responsible for marking their daily distance with a progress card. The first 10 participants to complete the challenge will receive a prize! Sign-up sheets are available at Scott Pool.

#### **Evening Private Swim Lessons**

Session 1 (Mon/Tues): March 4, 5, 11, 12 Session 2 (Mon/Tues): March 18, 19, 25, 26 Hickam Family Pool \$120 Four seats per time slot (3:00 - 3:30pm, 3:45 -

4:15pm and 4:30 – 5:00pm).

#### Aqua Zumba

Tuesdays, March 5, 12, 19, 26 5 – 6pm Hickam Family Pool Purchase a coupon book or single ticket at the Hickam or JBPHH Fitness Centers.

#### **Lifeguard Certification Class**

March 18 – 22 4 – 8pm Hickam Family Pool \$175

Call 808-216-1712 for more information. A prerequisite assessment will need to be completed by March 11th to be able to continue with the course.

#### BOWLING

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

#### Active Duty Military Bowl Free

Mondays, March 4, 11, 18, 25 11am – 1pm Hickam Bowling Center AND Thursdays, March 7, 14, 21, 28 11am – 1pm Naval Station Bowling Center

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

#### **Cosmic Bowling**

Fridays, March 1, 8, 15, 22, 29 Saturdays, March 2, 9, 16, 23, 30 9:30pm – 12am Hickam Bowling Center Active duty Military ID Card Holder \$2.50 per game, DOD care holder \$3.25 per game.

#### Mondays Color Pin Bowling

Mondays, March 4, 11, 18, 25 5 – 9pm

Naval Station Bowling Center Roll a strike when the Color pin is in the Head position and receive a FREE game coupon, good on the next time you come in to bowl.

#### King of the Hill

Thursdays, March 7, 14, 21, 28 11am – 1pm

#### Naval Station Bowling Center

Active Duty Bowling Tournament. Highest Scratch Score for (2) Games for the Month will be crowned the "King of the Hill". Winner to win 10 Free Games of Bowling. Call the Bowling Director for more info at 473-2651.

#### Youth/Adult No Tap Bowling League

Sundays, March 10, 17, 24, 31 1pm

#### \$15 per team

#### Naval Station Bowling Center

Format 2- person team from the same family (youth 5 – 17 years old and 1 adult family member). Bowl 3 games each, 9 count on the first ball counts as an automatic strike. Join the fun!! 8 weeks of Bowling. Please call 473-2651 to register your team.

#### **Open Bowling Fridays**

Fridays, March 1, 8, 15, 22, 29 6 – 8pm

#### The Escape Bowling Center

The best kept secret at the Wahiawa Annex, \$350.00 for three hours of fun and entertainment for your family and friends. For party reservations call 473-2651. Party rentals on Saturdays 2:30 – 5:30pm or 6:30 – 9:30pm & on Sundays from 12 – 6pm. Cosmic Bowling and Karaoke system add a sparkle to your party.

#### FITNESS PROGRAMS & CENTERS



Bench Press Competition Tuesday, March 12 7am – 12pm Wahiawa Annex Fitness Center FREE

Awards to the top 3 male/female finishers. Winner will be determined by maximum presses in relation to their body weight. For more information, call (808)-653-5542.

# MARCH 22 × 1:30PM × HICKAM MEMORIAL FITNESS CENTER

# **REGISTRATION OPEN: MARCH 4 - 21**

# REQUIREMENTS

TEAM EVENT, MAKE YOUR OWN TEAM OF 4 🔸 12 TEAMS MAX MEN AND WOMEN 18 YEARS AND OLDER 🔸

TO REGISTER CALL 808-448-2214 | WWW.GREATLIFEHAWAII.COM



8 AND UR



Fitness Center Locations Hickam Memorial Fitness Center

1120 Vickers Ave (Bldg 1120) • 448-2214

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

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

## JBPHH FITNESS CENTER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 –7am	NOFFS *	CYCLE FIT *	STRONG TRAINING *	CYCLE FIT *	WILD CARD FITNESS *	
7am			CIRCUIT TRAINING *			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC*
8:30 – 9:30am	ZUMBA	ZUMBA	НИТ	ZUMBA	YOGA	
0.30 – 9.30am	STRONG BY ZUMBA®	ZUMDA	11111	LOMDA	TUGA	
9 – 10am		CYCLE FIT		CYCLE FIT		CYCLE FIT
9:15 –10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	TOTAL BODY CONDITIONING *	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY Conditioning *	CYCLE FIT * Yoga	TOTAL BODY Conditioning */trx *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT \$			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA <sup>®</sup> TONING *	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE SC *				
7pm		HOT HULA fitness®*		HOT HULA fitness®*		

#### HICKAM MEMORIAL FITNESS CENTER

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

## WAHIAWA ANNEX FITNESS CENTER

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

> 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.)

#### 3 on 3 Basketball

#### Friday, March 22 1:30pm Hickam Memorial Fitness Center FREE

Registration is open from March 4 - 21. To register, please call 808-448-2214. This is a team event and you will need to make your own team of 4 people. There is a limit of 12 teams for this event. \**Men and women 18 years and up*.

#### GOLF

Barbers Point
Ke'alohi Par 3
Mamala Bay
Navy-Marine

#### \$2 Tuesdays

Tuesdays, March 5, 12, 19, 26 3:30– 5:30pm

#### Mamala Bay Golf Course Driving Range

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

#### **Glow Golf and Movie Event**

Saturday, March 23 Time: TBA Movie is FREE and glow golf price is TBA. Mamala Bay Golf Course

Come enjoy a fun night of glow golf at the beautiful Mamala Bay course. The course will also display a movie on an inflatable screen for FREE! The snack bar will be open and selling yummy snack and refreshments for purchase. Look out for advertisements on the Great Life Hawaii website and Facebook page for more information, coming soon.

#### Golf Demo Day

Wednesday, March 6 3:30 – 6:30pm Navy Marine Golf Course FREE

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

#### Free Golf Clinics

Thursday, March 14 Noon – 1pm Navy Marine Golf Course AND Saturday, March 16 9:30 – 10:30am Barbers Point Golf Course

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

#### 9 Before 9

Monday – Friday (except holidays) Before 9am Mamala Bay Golf Course

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

#### \$30 Coupon Special

Mondays & Tuesdays (except holidays) Barbers Point Golf Course

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

#### Weekend Special

Saturdays & Sundays (except holidays) Starts at 3:30pm Barbers Point Golf Course Play 9 holes for \$10, including the golf cart! 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.



#### **Twilight/Play Until Dusk Golf Specials**

Monday – Friday (except holidays), after 3pm Saturdays & Sundays, after 3:30pm \$10 per person (9 holes only, includes green fee and cart) Barbers Point Golf Course AND Monday – Friday (except holidays), after 2:30pm Saturdays & Sundays, after 3:30pm \$10 per person (9 holes only, includes green fee and cart)

Mamala Bay Golf Course

Come and enjoy our special twilight golf prices. For more information, call the respective golf shop.

#### INTRAMURALS

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

#### Intramural Golf Tournament

March 7 11:30am (first tee time)

Green Fees

Tournament limited to players from Joint Base Pearl Harbor-Hickam active duty, DoD civilians and family members 18 years and older.

#### Intramural Softball: Coaches meeting

March 20 1pm JPBHH Classroom FREE

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

# itt

Barbers Point
Fleet Store
NEX Mall422-2757
Wahiawa 564-4445, 564-4446
Travel Connections-Fleet Store422-0139
Travel Connections-NEX Mall422-4067

#### **Hickam Historical Tour**

Fridays, March 1, 8, 15, 22, 29 9:30am – 1:30pm \$45 for adults

#### \$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, March 6, 13, 20, 27 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 Marinas Outdoor Recreation Sharkey Theater

ARTS & CRAFTS

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

#### Spring Open House

Saturday, Mar 9 11am – 2pm FREE

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

#### Spring Craft Camp

Tuesday Mar 19–Friday Mar 22 10am – 12pm Ages 7 and up \$70 There's no limit to the beauty a

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



Calling All Crafters: JBPH-Hickam 44th Annual Spring Craft Fair & Dog Show Saturday, May 4 9am – 3pm \$75 (for 15'x15' space) \$105 (for two to share a space) All items sold at our craft fairs must be handmade

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

#### LIBRARY

Hickam Bldg. 59	5		 							. 4	49	9-8	29	9	
Dial-A-Story	• •	•	 							4	49	9-8	29	7	

#### Library Know-How

Saturday, March 2 10am – 12pm Learn how to get the most out of your library.

#### **Basic Sewing Workshops**

Friday, March 1 9 – 11am FREE (space is limited)

How to use and maintain a sewing machine. We will also learn and practice the basic sewing stitches. Please bring one yard of any cotton fabric and a spool of thread. Call 449-8296 to reserve your spot.

#### Adult Book Club

Tuesday, March 5 10am Thursday, March 7 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Both days we will discuss "Smoke Gets in Youe Eyes."

#### Young Adult Book Club

Wednesday, March 13 4 – 5pm

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

#### Tween Book Club

Wednesday, March 6 4 – 5pm We will discuss "Gold Fish."

#### STEM Wednesday - Cubelets

Wednesday, March 6 2 – 3:30pm

#### Ages 7 and up (parental supervision required)

After a review of our February session on Sense and Act Cubelets, we will experiment with Think Cubelets one at a time, and record how each different Think Cubelet instructs Sense and Act Cubelets to respond. Then we will put what we learned into practice by building lighthouses that turn on in daylight! Please call 449-8299 to reserve a spot.



Preschool Story Time Wednesday, March 13 & 27 9 – 10am

Story times are great for children of all ages! Our theme on March 13 will be "Picnic" and "Pets" on March 27.

#### 4th and 5th Grade Book Club

Wednesday, March 13 & 20

**2pm** We will discuss "Holes" on March 13 and "Hoot" on March 20.



LEGO Time Saturday, March 30 10am Come in and get creative with our Legos!

#### 2019 Creative Writing Contest

Submissions accepted: now – March 23 Submissions accepted at the Library. Poetry and Short Story Divisions. Gift cards will be awarded in all divisions and age categories. Visit jbphh. greatlifehawaii.com for details and to download a registration form.

#### SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. ..... 473-0726

#### **Ticket Prices**

Active Duty, Adults, and 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. Now in Digital Cinema and 3-D.



# FRIDAY NIGHTS LINE DANCING 8:30PM - 9:30PM

SATURDAY NIGHTS SALSA SATURDAYS 8:30 PM SPECIALS AND DANCING ALL NIGHT LONG

# COUNTRY BAR

473-1743 | WWW.GREATLIFEHAWAII.COM



# MILITARY & FAMILY SUPPORT CENTER



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

# **MARCH CLASSES**

INFORMATION SUBJECT TO CHANGE

# employment assistance

#### ACING THE INTERVIEW

#### Mar 20 • 12:00 – 2:00pm | Pearl Harbor

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

#### **CIVILIAN RESUME WRITING**

#### Mar 21 • 1:00 - 3:00pm | 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 101**

Mar 12 • 1:00 – 3:00pm | Wahiawa Mar 28 • 1:00 – 3:00pm | Pearl Harbor

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

#### PART-TIME MONEY MAKERS

#### Mar 21 • 4:30 – 6:30pm | Pearl Harbor

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

# family life skills

#### BOOT CAMP FOR NEW DADS

#### Mar 16 • 9:00am - 12:00pm | Pearl Harbor

Join veteran dads (and their babies), to learn how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important and get tips on those that are. In this men-only environment, no question is stupid and no topic off limits. Dads and dads-to-be will discuss issues including: Changes in new mom, handling a newborn, finding work/home balance, introducing pets to baby, safety issues, working and being a dad, your relationship with mom, feeding and changing, how to calm a crying baby, handling parents and in-laws, breastfeeding, and anything else on your mind!

#### **DEVELOPING SELF-ESTEEM IN CHILDREN**

#### Mar 27 • 1:00 – 3:00pm | Pearl Harbor

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

#### HELPING YOUR CHILDREN COPE WITH DIVORCE

#### Mar 7 • 10:00am - 12:00pm | Pearl Harbor

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

#### HIGH-TECH PARENTING

#### Mar 6 • 1:00 – 3:00pm | Pearl Harbor

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

#### NEW MOMS AND DADS

#### Mar 20 • 5:00 – 8:00pm | Hickam

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

#### PARENT CHILD COMMUNICATION

#### Mar 26 • 1:00 – 3:00pm | Pearl Harbor

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

#### PARENTING GROUP

#### Mar 5, 12, 19, 26 • 10:00am – 12:00pm | Pearl Harbor

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

#### **POSITIVE PARENTING**

#### Mar 20 • 10:00am - 12:00pm | Pearl Harbor

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

#### **STOP BULLYING**

#### Mar 19 • 1:00 – 3:00pm | Pearl Harbor

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

#### **STORY TIME**

#### Mar 28 • 10:00 - 11:00am | Hickam

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.

# information and referral

#### AIR FORCE SPOUSE 101: HEART LINK

#### Mar 5 • 8:00am – 2:00pm | Hickam

Are you a new Air Force Spouse, about to become one, or have been one for a while but still have questions about the Air Force way of life? Are you interested in getting to know your community and all it has to offer; networking with others? If so, Heart Link is just for you! Join us for this fun program that will introduce you to all aspects of Air Force life, provide you with an opportunity to establish a peer network with other spouses who have been in your shoes, and help you learn valuable tools to adapt to the military way of life. Bring your appetite for a complimentary lunch!

#### **EFMP COFFEE TALK**

#### Mar 14 • 9:00 - 10:00am | Pearl Harbor

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

#### **GREEN CARD / IMMIGRATION AND NATURALIZATION**

#### Mar 19 • 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 stepby-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

# key spouse/ombudsman

#### OMBUDSMAN BASIC TRAINING

#### Mar 11 – 14 • 5:00 – 9:00pm | Pearl Harbor

Ombudsmen are required to attend training soon after their appointment by their Commanding Officer. Ombudsman Basic Training's nine modules provide the foundation to properly execute the ombudsman's duties. All Command Support Team (CST) and their spouses are encouraged to attend. To register, call 474-1999.

## personal development

#### ANGER MANAGEMENT

#### Mar 14 • 9:00am – 12:00pm | Pearl Harbor

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

#### **CONFLICT RESOLUTION**

#### Mar 13 • 1:00 - 3:00pm | Pearl Harbor

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

#### DATING WITH A PURPOSE

#### Mar 28 • 10:00am – 12:00pm | 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

#### Mar 19 • 10:00am – 12:00pm | Pearl Harbor

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

#### DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

#### Mar 11, 18, 25 • 10:00am – 12:00pm | Pearl Harbor

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

#### **HEALTHY RELATIONSHIPS 101**

#### Mar 21 • 10:00am - 12:00pm | Pearl Harbor

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

#### **INTERPERSONAL SKILLS**

#### Mar 12 • 10:00am - 12:00pm | Pearl Harbor

Would you like to master the art of people skills and maximize the impact of your first impressions? Having strong interpersonal skills can open many

(continued on next page)

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

#### Mar 6, 13, 20, 27 • 10:00am - 12:00pm | Pearl Harbor

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

#### STRATEGIZING WITH STRESS

#### Mar 7 • 1:00 – 4:00pm | Pearl Harbor

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

#### TRANQUIL SEAS: MINDFULNESS AND SELF CARE

#### Mar 13 • 10:00am - 12:00pm | 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.

#### UNPLUG YOUR RELATIONSHIP

#### Mar 19 • 5:30 – 7:30pm | Pearl Harbor

Learn about yourself and your partner by spending a few hours together, technology-free. "Unplug Your Relationship" by having fun and creating art without interruptions.

#### WOMEN EMPOWERED GROUP

#### Mar 4, 11, 18, 25 • 10:00am - 12:00pm | Pearl Harbor

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

#### WORK AND PERSONAL LIFE BALANCE

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

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

# personal financial management

#### COMMAND FINANCIAL SPECIALIST (CFS) FORUM

#### Mar 6 • 8:00 – 9:30am | 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.

#### FROM BASE TO PLACE

#### Mar 7 • 8:00 – 9:30am | Pearl Harbor

#### Mar 21 • 2:00 – 3:30pm | Hickam

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

# TO REGISTER FOR A MFSC CLASS VISIT:



#### https://jbphh.greatlifehawaii.com/support/ military-family-support-center



#### **KNOW YOUR SCORE**

#### Mar 15 • 1:00 – 2:30pm | Pearl Harbor

This course will provide resources to establish and maintain good credit, avoid excessive debt and determine a safe debt load.

#### MILLION DOLLAR SERVICE MEMBER

#### Mar 26 & 27 • 7:30am - 3:30pm | Pearl Harbor

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

# relocation assistance

#### SMOOTH MOVE

#### Mar 14 • 8:00 – 11:30am | Hickam

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

#### SPONSOR TRAINING

#### Mar 5 • 1:00 – 3:00pm | Wahiawa

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

# sexual assault prevention & response (SAPR)

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

#### Mar 18 – 22 • 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

#### Mar 12 • 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

#### Mar 6, 13, 20, 27 • 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

#### Mar 13, 14, 27, 28

#### 8:00 - 10:00am | 10:00am - 12:00pm | Pearl Harbor

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

#### TRANSITION GPS: ACCESSING HIGHER EDUCATION TRACK

#### Mar 12 - 13 • 8:00am - 3:00pm | Hickam

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

#### TRANSITION GPS: CAREER EXPLORATION & PLANNING

#### Mar 14 – 15 • 8:00am – 4:00pm | Pearl Harbor

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

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

#### Mar 11 – 15 • 7:30am – 4:00pm | Pearl Harbor

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

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

#### Mar 4 – 8 • 7:30am – 4:00pm | Pearl Harbor Mar 18 – 22 • 7:30am – 4:00pm | Pearl Harbor

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

#### TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

#### Mar 19 • 7:30am – 4:00pm | Hickam

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

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

#### Mar 6, 20 • 8:00 - 11:00am | Hickam

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

# Military & Family Support Center Locations

#### **MFSC-Hickam**

655 Vickers Avenue, Bldg. 1105 474-1999

Tue-Thu: 8 a.m. - 3:30 p.m. Closed daily from 11 a.m. - 12 p.m.

#### **MFSC-Pearl Harbor**

4827 Bougainville Drive 474-1999

Mon-Thu: 7 a.m. - 4:30 p.m. Fri: 7 a.m. - 4 p.m.

#### **MFSC-Wahiawa Annex**

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

Tue-Thu: 7:30 a.m. - 4 p.m.

# phone directory & hours

# food&drink

#### JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16
Mon, Sat
Tue-Fri
Sun

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

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

#### Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948

Sat, Sun, Holidays . . . . 0615–0730, 1030–1230, 1615–1730

#### **RESTAURANTS & CASUAL DINING**

#### LA FAMILIA MEXICAN RESTAURANT At Ke'alohi Par 3 Colf Co

AL RE AIONI PAI 3 GOIL COUISE • 422-9907
Mon
Tue-Sat
Sun

#### THE LANAI AT MAMALA BAY

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

#### RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616	
Mon–Thu	030-2200
Fri	
Sat	
Sun	930–2200

# programs&services

#### AQUATICS

Arizona Pool (Ford Island) • 472-7582
Open Swim (summer months):
Mon–Fri
Sat, Sun, Holidays
Hickam Training Pool, Hickam Bldg. 1122 • 449-8274 Mon-Fri0500–0700; 1100–1300 Sat, Sun, HolidaysClosed
Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
Open Swim:
Mon, Tue Closed Wed-Fri
Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394
Lap Swim: Mon–Fri
Mon-Thu
Mon–Fri
Sat, Sun, Holidays
Towers Pool (Makalapa) • 471-9723
Lap Swim:
Mon-Fri 1100-1300
Open Swim: Sat. Sun
Wahiawa Annex Pool, 500 Center St • 653-5306 Lap Swim:
Tue. Thu
Open Swim:
Tue, Thu
Sat, Sun, Holidays
ARTS & CRAFTS CENTER Hickam Bidg. 1889 • 448-9907 Ceramics & Frame Shop
Mon, Sun
Tue-Sat
Engraving Shop
Mon, Sat, SunClosed
Tue–Fri

#### Aloha Hour

Mon–Fri ...... 1500–1700

#### WRIGHT BROTHERS CAFÉ & GRILLE 901 Worthington Avenue • 448-4608 Evt 30

JT WORININGION AVENUE • 440-4000 EX	1. 39
Mon-Thu	0630-1000, 1030-1330
Fri	, 1030–1330, 1700–2000
Sat	0700-1330, 1700-2000
Sun	

#### SNACK BARS

#### HARBOR GRILL della Marcal Otation Ir

nside Naval	Station Bowling Center • 473-2574
Mon	
Tue-Thu	0700-2100

	ue-mu.	 0-2100
F	ri	 0-2200
S	at	 0-2200
S	un	 0-1730

#### KAU KAU KORNER

nside Hickam Bowling Center • 448-9959	
Mon-Thu	000–2030
Fri	
Sat	
Sun	900–2030

#### MAMALA BAY SNACK BAR At Mamala Bay Golf Course

Tue-Sun	 0500–1400

#### PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080	
Mon_Fri	1000

Mon–Fri	1000–1930
Sat	1000–1500

#### PLANET SMOOTHIE At the Hickorn Eiter Contor + 122 11/15

AL LITE FILCKALLE FILLTESS CELLEL * 422-1145	
Mon–Fri	0700-1900
Sat	0800-1400

#### Area code for JBPHH phone numbers is 808.

#### STEAKOUT

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

#### FAST FOOD

PIZZA HUT At the Club Pearl Complex • 423-2222

#### TACO BELL

At the Club Pearl Complex • 422-2274

#### BARS

A

#### 10th PUKA LOUNGE

Mon, Tue, Sun	
Wed-Sat1100-2300	,

#### **BREWS & CUES**

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
Mon–Thu
Fri
Sat
Sun
THE COUNTRY BAR

#### Bldg 1314 915 North Road (Club Pearl Complex) • 473-1743

Blug. 1314, 915 North Road (Club Fear Complex) • 473-17	43
Mon–Thu	osed
Fri–Sat	0200
SunC	osed

#### **KOA LOUNGE**

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

#### TRADEWINDS - NOW OPEN!

The Escape at Wahiawa Annex • 473-2651

150 McClelland Street, Hickam Bldg. 1804 • 449-6112
Sun, Mon, Wed, Thu, 1530–2200
Fri & Sat 1530–2400
TueClosed

Sat ..... 0900–2230 

Gallery/Office Tue-Fri	
Sales Store         Close           Mon, Sun        Close           Tue-Thu         1000-180           Fri, Sat         0900-170	0
Wood Hobby Shop • 448-9911           Mon, Fri         Close           Tue-Thu.         1200-203           Sat, Sun         1000-170	0
AUTO SKILLS CENTERS Flight Crew Motorcycle 422-6202, 548-881	3
Hickam ASC, Bldg. 4002 • 449-2554 Mon, Sun	0
Hickam Car Wash • 449-2554 Daily	
Moanalua ASC (off-base) • 471-9072           Mon, Thu, Fri         1200-200           Sat, Sun         0900-170           Tue, Wed         Close	0
Car Wash at Moanalua ASC • 471-9072 Daily0700-200 (Last vehicle entry: 19:15 Towing Service • 449-2554	
BOWLING CENTERS           Hickam Bldg. 1891 • 448-9959           Mon, Tue, Thu           1000-210           Fri.           1000-240           Sat.           0900-240           Sun.           0900-210	0 0 0

Holidays..... 1200–1800

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

Fri......1100–1300, 1700–2230

Naval Station Bldg. 1736 • 473-2574

Fri		1800–2200
CHILD DEVELOPMENT CENTER Center Drive CDC • 471-1978 Ford Island CDC • 472-0262 Hickam/Harbor CDC • 449-0183 Hickam/Wain 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	RS	
CHILD DEVELOPMENT HOMES 530 Peltier, Bldg. 1925 • 471-8445		CE
Mon–Fri		
FITNESS & SPORTS CENTERS		
Family Fitness Center Bldg. 1681 Mon–Fri (unstaffed)		1000–1700
Hickam Bldg. 1120 • 448-2214		
Mon–Fri		
Sal, Sull		
Holidays		Closed
JBPHH-Pearl Harbor Bldg. 1338 •		0400 0400
Mon–Fri		
Naval Station Gym Bldg. 667 • 47		
Mon, Wed, Fri		0500-1730
Tue, Thu		
Sat, Sun, Holidays		Closed
Wahiawa Annex Bldg. 446 • 653-5 Mon–Fri		0500_2100
Sat. Sun		

#### Email us at cni\_prlh\_greatli.fct@navy.mil if any numb

Kunia Bldg. 446 Makalapa Bldg. 388 West Loch Bldg. 621
GOLF COURSES Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911 Daily Tee Times & Pro Shop
Mon-Sun
Mon, Wed–Sun
GOLF COURSES CONTINUED           Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318           Mon, Wed–Sun         0630–2200           Tue.         0630–2100
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304           Mon–Fri         0630–1800           Sat, Sun (Holidays)         0615–1800           Pro Shop         0615–1800
Mon–Fri
Navy-Marine Golf Course Valkenburgh at Radford Drive • 471-0142
Daily Tee Times
Mon-Sun
Mon–Wed, Fri–Sun

#### HOUSING

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

#### **INFORMATION, TICKETS & TRAVEL**

ITT-Barbers Point, White Plains Beach • 682-2019	
Mon-Sat	
Sun, Holidays 0900–1500	
ITT-Fleet Store, Pearl Harbor • 473-0792	
Mon–Fri	
Sat	
Sun, HolidaysClosed	
ITT-NEX Mall • 422-2757	
Mon–Fri	
Sat	
Sun, Holidays	
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446	
Mon, Wed, Fri 1000–1600	
Tue, Thu, Sat, Sun, Holidays Closed	
ITT Recreation Ticket Vehicle • 630–3080	

#### TRAVEL CONNECTIONS OFFICES

#### INTRAMURAL SPORTS OFFICE

Pearl Harbor Bldg. 667 • 473-2494 or 473-2437	
Mon–Fri	0
Sat, SunClose	d

#### LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1-E6 ONLY) Beeman Center (Naval Station) • 473-2583

Daily	300
Makai Center (Hickam) • 448-0418 Daily	200
Mon–Sat	
LIBRARY Hickam Bldg. 595 • 449-8299 Mon, Wed, Fri, Sat	000
MARINAS           Hickam Harbor Marina, Bldg. 3455 • 449-5215           Mon         Clc           Tue-Sun         0900-1           Rainbow Bay Marina, Bldg. 103 • 784-0167	
Mon Clo	sed

Rainbuw day wanna, duy. 103 • 704-0107	
Mon	Closed
Tue-Sun	0900–1700

#### ALL INFORMATION SUBJECT TO CHANGE

bers are incorrect/out-of-service.
MILITARY & FAMILY SUPPORT CENTER Hickam, 655 Vickers Ave. • 474-1999
Tue–Thu
Pearl Harbor, 4827 Bougainville Dr. • 474-1999 Mon–Thu
Wahiawa Annex, Bldg. 392 • 474-1999 Mon, Fri–Sun
MORALE, WELFARE & RECREATION (MWR) ADMIN Bloch Arena • 473-0787 Mon-Fri
Sat, Sun         Closed           MOVIES         Closed
Sharkey Theater, Pearl Harbor • 473-0726           Mon-Wed.         Closed           Thu, Fri.         1900 showtime           Sat.         1430 first showtimes           Sun.         1330 first showtimes           Memorial Theater, Hickam • 448-2297         1300 first showtimes
NAVY GATEWAY INNS & SUITES
(Open 24 hours a day, 7 days a week) Pearl Harbor Side of JBPHH • 808-800-2337
Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315)
Lockwood Hall (Bldg. 662) Makalapa (Bldg. 372)
Hickam Side of JBPHH • 808-800-2330 Royal Alaka'i (Bldg. 1153)
OUTDOOR RECREATION Aikane Sport Fishing • 423-1113
Dive Oahu, Pool 1 • 922-3483 Hickam Beach (lifeguards on duty)/Surf Shack Fri–Sun
Outdoor Adventure Center-Fleet Store • 473-1198           Mon-Fri         0900-1800           Sat         0900-1600           Sun         Closed           Holidays         Closed
Outdoor Recreation-Hickam Harbor • 449-5215 Mon, HolidaysClosed Tue–Sun0900–1700
Skateboard Hangar • 448-4422 Wentworth Tennis Center • 473-0610 White Plains Beach/Surf Shack • 682-4925 Daily
RENTALS
Barbers Point Beach Cottages • 682-3085 Conference Centers • 472-0342 Foster Point Pavilion • 449-5215
Hickam Beach Cabanas • 449-5215 Makai Recreation Center • 449-3354 Pearl Party Patios • 473-1198
Outdoor Recreation Equipment Rentals: Hickam Beach • 449-5215 Pearl Harbor • 473-1198 White Plains Beach • 682-4925
Recreation & Party Equipment Rentals: Hickam Bldg. 1760 • 449-6870
YOUTH PROGRAMS School-Age Care Catlin • 421-1556 Hickam • 448-4396
School Liaison Officer (K–12) 4827 Bougainville Drive • 471-3662, 471-3673 Mon–Fri
Sat, SunClosed Teen Center (ages 13–18) • 448-1068
School year: Mon-Thu
School vacations: Mon-Fri
Weekends: Sat 1330–2130

Youth Sports & Fitness

Sat ...... 1330–2130

Mon–Fri
Sat, SunClosed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

#### WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program 480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515 Air Force Wounded Warrior Program 800 Scott Circle Bldg 1113 • 808-448-0126

Sat, Sun.....Closed

# naf jobs

600 Main St., Bldg. 3456

#### **Job Opportunities**

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

#### **Continuous Recruitment:**

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

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

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

Automotive Worker Hotel Housekeeping Laundry Worker

#### How to Apply:

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

#### **CNRH FFR**

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

or email to: CNI\_PRLH\_N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

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

# PEARL HARBOR, HAWAII APRIL 6, 2019 - 7AM

For the past 21 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). 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 \$25 for military or their family members. \$30 for non-military. Entry deadline March 21. Late entries accepted until April 5. Late Fee \$40. Mail-in entries will not be accepted if postmarked after April 1, 2019. Race day entry will be \$45 (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: March 30 from 8 a.m. to 4 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 3000 finishers will receive medals.

https://www.active.com/pearl-harbor-hi/running/distance-

running-races/22nd-annual-ford-island-bridge-run-10k-2019

**ONLINE REGISTRATION CLOSES ON** 

MARCH 27, 2019 AT MIDNIGHT

Date:

Date: \_\_\_\_

OFFICIAL ENTRY FORM (Please use ink and print clearly) • Ford Island Bridge 10K - Mail by March 21, 2019 • www.greatlifehawaii.com

Sex: □M □F Last Name:	Date of Birth:	_ Age (on race day):	(Make check payable to: MWR Fund)
First Name:			S30 Regular entry     S55 Military family members, retirees & DoD     S25 Active duty military
Street Address:			\$40 Late entry (after March 21, 2019)
City:		State: Zip:	S45 Race day entry
Phone (day/eve):			MAIL ENTRY & FEE TO: 回热器意言
Shirt size (Select one):		5) Please check this box if Active Duty military only (Do not check this box if you are a dependent, DoD or Re	
E-mail Address:			915 North Road Pearl Harbor, HI 96860-4456
Branch of Service:			- OR REGISTER ONLINE AT:

#### ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER:

I acknowledge that this event is an extreme test of a person's physical and mental limits and carries with it the potential for death and property loss. I hereby assume the risks of participating in this event andcertify that I am physically fit, have sufficiently trained for participation in this event and have not beenadvised otherwise by a qualified medical person. I acknowledge that this form will be used by the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Department and the sponsors and organizersof JBPHH MWR events. I hereby take action for myself, my executors, administrators, heirs, next of kin and successors, and assign as follows: a) WAIVE, RELEASE, AND AGREE NOT TO SUE, from any and alliability for my death, disability, personal injury, property damage, property theft, or action

of any kind which may hereafter accrue to me as a result of any participation in or my traveling to and from this event, THE FOLLOWING PERSONS OR ENTITIES: JBPHH MWR, event sponsors, race directors, representatives, agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individual or entities as a result of any of my actions during this event.

I HEREBY CERTIFY THAT I AM 18 (EIGHTEEN) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

All participants must sign here:

Signature of parent or guardian if participant is under age of 18:



### FOR INFORMATION CALL, 473-0784, 473-2494 OR 473-2437

No official endorsement intended

# Watch the **NGAA GAMES START MARCH 19** GAME DAY SPECIALS & PROMOTIONS!

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