

# GREAT *Life* HAWAII

www.greatlifehawaii.com | January 2019

## Whale Watching in Hawaii

Seeing the  
Ocean Giants  
is an Experience

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



# **JBPHH TOUGHEST WARRIOR\***

We're looking for the physically and mentally toughest team on base.  
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\*Open to active duty commands of JBPHH only.

# JANUARY

GREATLIFEHAWAII | 2019

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## connect with us

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



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



Sign up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

### GREAT LIFE HAWAII: JANUARY 2019

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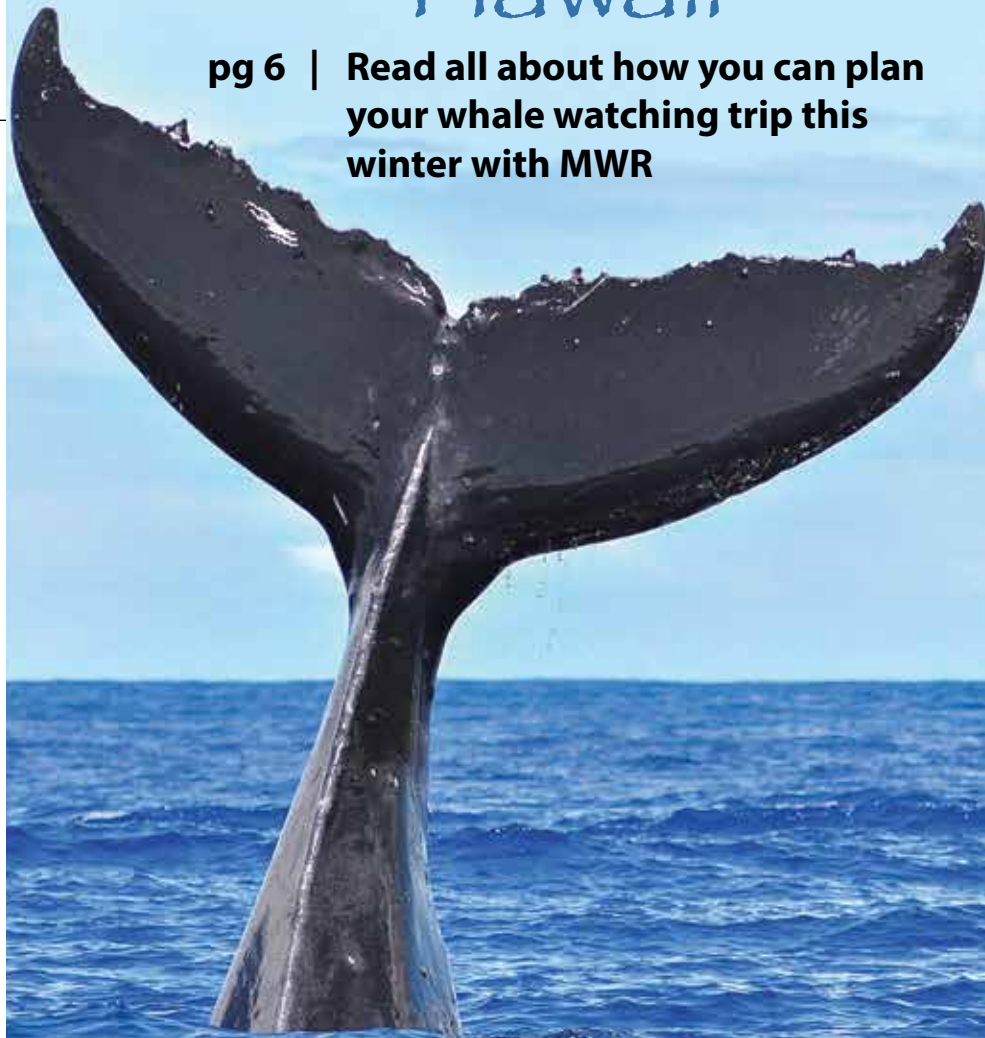
*Great Life Hawaii* magazine is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced by FFR's marketing department. No federal government agency officially endorses any sponsor or its products or services mentioned in this issue.

### On the cover:

ITT Whale Tours now available. Check out the natural beauty of the Humpback Whales

## Whale Watching in Hawaii

pg 6 | Read all about how you can plan your whale watching trip this winter with MWR



pg 4 | MWR spotlight **Pick-n-Paint**  
Check out the Hickam Arts & Crafts Center's Ceramics Department and come pick out something fun to paint today. Great for all ages and skill levels.



# Pick-n-Paint!

By Justin Hirai

What is Pick-n-Paint? It's a fun, relaxing, and creative experience you can have at the Hickam Arts & Crafts Center's Ceramics Department! Stop by the center Tuesday through Saturday between 9am and 5pm to see for yourself. You pick a ceramic piece, paint it and the ceramics staff will fire it in their kiln. Finished pieces will be ready for you in about 14-21 days.

There are a wide variety of pieces to choose from such as coffee mugs, dishes, dog bowls, coin banks, candle holders, picture frames, light switch covers and napkin holders. You can even customize a sign for your house and much more. They also have a large selection of figures, which might make it hard to pick just one piece.

You can choose from popular characters from Disney, Marvel, Hello Kitty or elephants, geckos, dogs, cats, aliens, monkeys, frogs, owls, dragons, cars, turtles, dolphins, starfish and many more. Prices vary per piece and range from a few dollars to over \$40 for the large ones.

You won't need to bring any of your own supplies. Everything you need will be provided including brushes, glazes, stencils, and sponges. You'll be able to choose from over 100 different colors of paint. They recently added a few new glitter colors. All paints are food safe after they are fired.

Pick-n-Paint can be fun to do alone if you want some time to unwind or as a group. You can book a private room for birthday parties, baby & bridal showers or any occasion you might have. The room cost \$35 for 2 hours and includes tables, chairs, sink and fridge. There is also the charge for each piece chosen by guest to paint. The private room also allows customers to bring their own food and drinks. Reservations can be made in the Ceramics Department.

When you have a chance head over to the ceramics department to pick and paint your piece! Remember this is a fun, creative activity for kids to do as well. If you have any questions you can call the Hickam Arts & Crafts Center at 448-9907.





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800-581-9437



# **EXPERIENCE RESILIENCY**

## **ADAPTIVE SPORTS SCRIMMAGES**

**HICKAM FITNESS CENTER  
JANUARY 11<sup>TH</sup>**

**1145 - 1300**

**WHEELCHAIR RUGBY**

**1310 - 1430**

**WHEELCHAIR BASKETBALL**

**1440 - 1615**

**SITTING VOLLEYBALL**





# WHALE

in

# Hawaii

## Seeing the ocean giants is an experience

By Reid Tokeshi

One of Hawaii's most popular tourist activities in the winter months is to watch fellow visitors to the state. Every year, beginning in November and continuing through March or April, thousands of humpback whales – no kohola in Hawaiian – make the waters off our islands their winter home. Like giant snowbirds, the humpbacks come to escape the cold, in their case the waters near Alaska where they spent the spring and summer. In a twist, these “tourists” become an attraction on their own, with many sailing companies offering whale watching tours. More on that a little later, but why do these aquatic leviathans make the 3000-mile trip?

According to NOAA (National Oceanic & Atmospheric Administration), the humpback spends the warmer months of the year up north feeding. As the weather cools, the giants head to more tropical waters to breed, give birth and nurse the calves. The warmer temperature and shallower waters offshore are better for the newborn calves who are still growing their blubber and learning to swim. This means if you're out on the “hunt” you could spot a mother whale and her calf swimming side by side, but that's not all. These giants – some grow larger than a school bus – might put on a show.

When I went on a whale watch cruise a few years ago, catching sight of a whale always caused a commotion onboard. The rolling sight of their fins in the water or a spout from their blowhole had people turning heads or scrambling to one side of the ship, cameras ready. What everyone hopes to witness are these 20+ ton animals lifting their heads out of the water or slapping the surface with their fins or tail. If you're really lucky you may even get to see a breach, where the whale launches itself out of the water before landing with a huge splash.

Where do you go for chance to see these acrobatic displays? Book one of the whale watching tours available through ITT. Your MWR ITT office offers up a wide range of tours and one is sure to






# WATCHING



match what you're looking for. Looking for a cruise ship experience, complete with a meal? They've got at least a couple of those. How about a relaxing sail on a catamaran with Waikiki as a backdrop? Check. A favorite for many is to opt out of the city setting and hop on a boat on the west side or north shore of the island. Out there, whales aren't the only creatures you may see. Dolphins and turtles are frequent sights since they are naturally curious when a boat enters their home turf.

If you're not a fan of rolling with the ocean swells, there are places you can see the whales from land on each island. Halona Blowhole and Makapuu Point are two spots often mentioned on Oahu, along with Kaena Point and Laie Point. Kauai and Hawaii Island

also have locations. If you really want a good chance to see them, head over to Maui where a whale sanctuary is situated nearby. Binoculars or cameras with zoom lenses will come in handy.

Seeing such massive but serene creatures in their natural habitat is truly an experience I'm still waiting for my opportunity to see the whale breach; maybe you'll capture it before me. 

*For more information on whalewatching tours, visit one of our ITT offices. See page 29 for locations and phone numbers.*



# HICKAM AND ARTS CENTR CRAFTS

335 Kuntz Ave., Bldg. 1889

448-9907

JAN | FEB | MAR

## TEEN/ADULT CLASSES

### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm:

**Jan 9–Feb 13 • Feb 20–Mar 27**

Thursdays, 6 – 8:30pm:

**Jan 10–Feb 14 • Feb 21–Mar 28**

Fridays, 9 – 11:30am:

**Jan 11–Feb 15 • Feb 22–Mar 29**

Saturdays, 9 – 11:30am:

**Jan 12–Feb 16 • Feb 23–Mar 30**

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. 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

**Feb 2–23 (March 16-Finish Glaze Only)**

**Mar 2–30 (April 13-Finish Glaze Only)**

Tuesday, 6 – 8:30pm

**Feb 5–26 (March 5-Finish Glaze Only)**

Ages 16 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 is 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

**Jan 8–29 • Feb 5–26 • 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, 3:00 – 5:00pm

**Jan 8–29 • Feb 5–26 • Mar 5–26**

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

**Jan 8–29 • Feb 5–26 • Mar 5–26**

Ages 14 and older

\$90 per person (plus supplies)

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

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

**Jan 8–Feb 12**

Ages 16 and older

\$70 per person (plus supplies)

Learn how to use basic tools, techniques and procedures of watercolor. Students will apply these practical elements of art to compose and paint pictures.

#### CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

**Jan 3–Feb 7 • Mar 28–May 2**

Ages 16 and older

\$70 per person (plus supplies)

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

#### WATERCOLOR DESIGN AND COMPOSITION-FLORAL WITH DAVILLA HARDING

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

**Jan 7–Feb 11 (No class-Jan 21)**

Ages 16 and older

\$125 per person (plus supplies)

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

#### WATERCOLOR DESIGN AND COMPOSITION-TROPICAL FRUIT WITH DAVILLA HARDING

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

**Feb 25–Mar 25**

Ages 16 and older

\$125 per person (plus supplies)

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

#### ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

**Jan 10–Feb 7 • Feb 14–Mar 14 • Mar 28–Apr 25**

Ages 12 and older



## TO REGISTER FOR CLASSES VISIT

[www.greatlifehawaii.com/  
recreation/arts-crafts](http://www.greatlifehawaii.com/recreation/arts-crafts)



\$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!

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

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

**Jan 10–Feb 7**

Ages 12 and older

\$75 per person (plus supplies)

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

#### **FAN ART WITH CHARIS DERRY**

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

**Feb 14–Mar 14**

Ages 12 and older

\$75 per person (plus supplies)

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

#### **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.

## **Framing**

#### **BASIC PICTURE FRAMING WITH MARIALAIN FIGUERRES**

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

Students will learn how to measure and cut a double mat for a 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon completion, you will be given a certificate allowing

you to use our facility as a “self-help” customer. Please call 449-2453 for specific dates.

## **Glassworks**

Please wear shoes. Long pants recommended

#### **BEGINNING GLASS FUSING WITH JESSICA FITZGERALD**

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm

**Jan 3–10 • Feb 7–14 • Feb 21–28 • Mar 7–14 • Mar 21–28**

Ages 16 and older

\$40 per person (plus supplies)

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

#### **ADVANCED GLASS WITH JESSICA FITZGERALD**

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

**Feb 6–20 • Mar 6–20**

\$60 per person (plus supplies)

Ages 16 and older

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

## **Crochet, Knitting, Quilting & Sewing**

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

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

**Jan 9–Feb 6**

Ages 14 and older

\$75 per person (plus supplies)

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

#### **MESSENGER BAG SEW-A-LONG WITH AMANDA BUSSEY**

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

**Feb 13–Mar 20**

Ages 14 and older

\$75 per person (plus supplies)

Come and sew along as we make a cross body style messenger bag. This is a versatile bag, suitable for everyday use. Beginner sewing skills are needed to complete the project. You must have your own sewing machine.

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

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

**Jan 7–28 (No class-Jan 21) • Feb 11–Mar 4 (No class-Feb 18)**

**• Mar 11–25**

Ages 15 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: Fridays, 5:30 – 7:30pm

**Jan 4–25 • Feb 15–Mar 8 • Mar 15–Apr 5**

Ages 14 and older

\$50 per person (plus supplies)

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

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

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

**Jan 9–23 • Feb 6–20 • Mar 6–20**

Ages 13 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different

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

#### **HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS**

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

**Jan 8–29 • Feb 5–26 • Mar 5–26**

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

**Jan 26–Feb 16 | Scrap Quilt**

**Feb 23–Mar 23 | Diamond Quilt (No class-Mar 9)**

**Mar 30–Apr 20 | Unfinished Project**

Ages 16 and older

\$100 per person (plus supplies)

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

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

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

**Jan 26–Feb 16 | Scrap Quilt**

**Feb 23–Mar 23 | Diamond Quilt (No class-Mar 9)**

**Mar 30–Apr 20 | Unfinished Project**

Ages 16 and older

\$100 per person (plus supplies)

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

## **Photography**

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

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **Jan 8–29 • Feb 5–26 • Mar 5–26**

Wednesdays, 10am–12pm: **Jan 9–30 • Feb 6–27 • Mar 6–27**

Ages 14 and up

\$75 per person (plus supplies)

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

## **Woodworking**

#### **WOOD SHOP SAFETY CLASS**

This is a one-day class.

Offered on select Saturdays,

4:30 – 7:30pm (arrive 15 minutes prior to class to sign in)

Ages 12 years & older

(ages 12–15 must be accompanied by a parent or guardian)

\$20

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

#### **CUTTING BOARD CLASS**

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

9:00pm and Sundays, 7:30 – 11:30am

Ages 16 years & older

\$135

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

#### KEEPSAKE BOX CLASS

Offered select Fridays 5:00 – 9:00pm

Ages 16 years & older

\$135

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

## CHILDREN'S CLASSES & CAMPS

#### SAFETY CLASS WITH PEN TURNING

This is a one-day class.

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

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

\$60 (supplies included)

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

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

One class per week for 4 weeks:

Thursdays, 3 – 4:30pm:

**Feb 7–28 • Mar 7–28**

Ages 7–12

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

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

#### BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

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

**Jan 7–Feb 4**

Ages 9–13

\$75 per person (plus supplies)

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

#### INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 6 – 7:30pm

**Feb 25–Mar 25**

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.

#### BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

**Jan 11–25 • Feb 15–Mar 1 • Mar 8–22**

Ages 9–14

\$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, 3:30–5pm

**Jan 9–23 • Feb 6–20 • Mar 6–20**

Ages 7–12

\$35 per person (plus supplies)

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

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

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

**Jan 7–Feb 11** (No Class Jan 21) • **Feb 25–Mar 25**

Ages 7–18

\$75 per person (plus supplies)

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

#### AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

**Jan 8–Feb 12**

Ages 7–18

\$70 per person (plus supplies)

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

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

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

**Jan 3–Feb 7 • Mar 28–May 2**

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

**Jan 3–Feb 7 • Mar 28–May 2**

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

**Jan 8–31 • Feb 5–28 • Mar 5–28**

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

**Jan 2, 16, 30 • Feb 13, 27 • Mar 13, 27**

Ages 7–14

\$30 per person (supplies included)

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

#### OHANA PAINT NIGHT WITH CHARIS DERRY

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

**Jan 25 • Feb 22 • Mar 29**

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: [greatlifehawaii.com/recreation/arts-crafts/ac-online-registration](http://greatlifehawaii.com/recreation/arts-crafts/ac-online-registration).

#### PICK & PAINT CERAMICS

**Tuesday–Saturday | 9 a.m.–5 p.m.**

**Arts & Crafts Center**

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

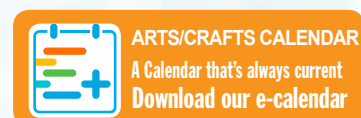
#### PAINT 'N' SIP

**Wednesdays, 5:30–8:30 p.m.**

**Historic Hickam Officers' Club**

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

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



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



# YOUTH SPORTS REGISTRATIONS



January 2-31

## Volleyball

\$50.00

Age: 7-16 \*

Must be 7 when practices start\*



## Flag Football

\$50.00

Age: 5-16 \*

Must be 5 when practices start\*



## Track & Field

\$50.00

Age: 7-18 \*

Must be 7 when practices start\*



## Spring Cheerleading

\$50.00

Age: 5-16 \*

Must be 5 when practices start\*

**NO IN OFFICE PAYMENTS** We no longer accept in house payments. Must have a current registration, sports physical and Parent Association of Youth Sports (PAYS) Membership turned into the office BEFORE being able to enroll and pay online.

Practices are 2 days a week and games are held on Saturdays. Practice dates and times depend on our volunteer coaches. Interested in Coaching? Stop by or give our office a call.

Visit Youth Sports on [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for registration link.  
Call 473-0789 for more information or stop by the office.





# JAN • FEB 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 January activities is currently open. Registration for February activities begins **January 1**.

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

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

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

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

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

**ODR Registration**



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

## SURFING

### LEARN TO SURF AT HICKAM HARBOR

- Jan 6 Sign up by Jan 3
  - Feb 17 Sign up by Feb 14
- Begins: 9 am | Ends: 12 pm  
Cost: \$30

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

### WOMEN'S SURFING

- Feb 2 Sign up by Jan 30
- Begins: 9 am | Ends: 12 pm  
Cost: \$30

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

## STAND-UP PADDLEBOARDING

### LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Jan 5 Sign up by Jan 3
  - Jan 20 Sign up by Jan 18
  - Feb 3 Sign up by Jan 31
  - Feb 24 Sign up by Feb 21
- 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!

## KAYAKING

### MOONLIGHT PADDLE AT HICKAM HARBOR

- Jan 21 Sign up by Jan 18
  - Begins: 6:00 pm | Ends: 8:00 pm
  - Feb 219 Sign up by Feb 16
  - Begins: 6:30 pm | Ends: 8:30 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 CHINAMAN'S HAT

- Jan 12 Sign up by Jan 11
  - Jan 26 Sign up by Jan 24
  - Feb 2 Sign up by Jan 31
- Begins: 8 am | Ends: 1 pm  
Cost: \$25



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

## FISHING

### BOTTOM FISHING AT HICKAM HARBOR

- Jan 19 Register online by Jan 17  
Begins: 2:30 pm | Ends: 5:30 pm
- Jan 27 Register online by Jan 25  
Begins: 8:30 am | Ends: 11:30 am
- Feb 10 Register online by Feb 7  
Begins: 2:30 pm | Ends: 5:30 pm
- Feb 23 Register online by Feb 20  
Begins: 2:30 pm | Ends: 5:30 pm  
Cost: \$30  
Registration available online only

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

### LEARN TO SPEARFISH

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

- Jan 12/13 Register online by Jan 9
- Feb 9/10 Register online by Feb 6  
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

- Jan 26 Sign up by Jan 24
- Feb 16 Sign up by Feb 14  
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

- Jan 5 Sign up by Jan 4
- Feb 10 Sign up by: Feb 8  
Begins: 8 am | Ends: 1 pm  
Cost: \$25 w/ bike, \$20 without

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

## BIKE & HIKING

### KAIKA BIKE & HIKE

- Jan 19 Sign up by: Jan 17  
Begins: 8 am | Ends: 1 pm  
Cost: \$35

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

## SNORKEL

### SHARKS COVE SNORKEL

- Feb 16 Sign up by: Feb 14  
Begins: 8 am | Ends: 1 pm  
Cost: \$20

The reefs at Sharks Cove are thriving with sea life. Come hang out with the Outdoor Recreation staff as we explore the tide pools, swim with the turtles, and possibly wrestle an octopus or two. While en route we will point out some of the sites and let you browse through our own sea life binder so you'll know what you're looking at when you get there. You need to know how to swim and snorkel experience is a plus. You might want to bring a disposable camera to "catch" those incredible moments. Participants need to know how to swim.

### KAHE POINT SNORKEL

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

Kahe Point is one of the most spectacular snorkeling spots on-island because of the clarity of the water and abundance of fish. This spot is also known as Electric Beach because of the power plant that pumps warm water out of a large pipe that opens up about 100 yards from the beach. The warm water attracts schools of reef fish, as well as Hawaiian green sea turtles. Early in the morning, you can catch the spinner dolphins passing by. Don't forget the water, sunblock, snacks and camera.

## RENTALS



### OUTDOOR EQUIPMENT

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

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

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



### RECREATION & PARTY EQUIPMENT

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

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

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

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

### PATIOS & PAVILIONS

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

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

Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

(continued on next page)

# MARINAS CLASSES & ACTIVITIES

## SAILING CLASSES

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

### START SAILING RIGHT HH

- Tue | Jan 2 | 6-8 pm  
Sat | Jan 5, 12, 19, 26 | 9 am-1 pm or 1 pm-4 pm
  - Tue | Jan 29 | 6-8 pm  
Sat | Feb 2, 9, 16, 23 | 9 am-1 pm or 1 pm-4 pm
- Cost: \$85 per person/per month  
Ages 18 & up

### START SAILING RIGHT RB

- Sat/Sun | Jan 5/6 & 12/13
  - Sat/Sun | Feb 2/3 & 9/10
- Cost: \$85 per person  
1-5 pm  
Ages 18 & up

### LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Jan 2, 7, 9, 14, 16, 23, 28, 30 (No class Jan 21)
  - Mon/Wed | Feb 4, 6, 11, 13, 20, 25, 27 (No class Feb 18)
- Cost: \$85 per person/per month  
9:30-11:30 am  
Ages 18 & up

### INTERMEDIATE SAILING RB

- Sat/Sun | Jan 19/20 & 26/27
  - Sat/Sun | Feb 16/17 & 23/24
- Cost: \$85 per person/per month  
1-5 pm  
Ages 18 & up

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

### YOUTH BEGINNERS SAILING RB

- Mon/Wed | Jan 2, 7, 9, 14, 16, 23, 28, 30 (No class Jan 21)
  - Mon/Wed | Feb 4, 6, 11, 13, 20, 25, 27 (No class Feb 18)
- Cost: \$60 per person/per month  
12-2 pm or 3:30-5:30 pm  
Ages 10 – 17 years

### YOUTH BEGINNERS SAILING HH

- Weds/Fri | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30
  - Weds/Fri | Feb 1, 6, 8, 13, 15, 20, 22, 27, 28
- Cost: \$60 per person/per month  
3-5 pm  
Ages 10 years & up  
\*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class can accommodate all levels of ability. Space is limited to 5 students per class.

### YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31
  - Tues/Thurs | Feb 5, 7, 12, 14, 19, 21, 26, 28
- Cost: \$60 per person/per month  
12-2 pm or 3:30-5:30 pm  
Ages 10 – 17 years

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

### YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31
  - Tues/Thurs | Feb 5, 7, 12, 14, 19, 21, 26, 28
- Cost: \$60 per person/per month  
3-5 pm  
Ages 9 years & up  
\*REGISTER ONLINE ONLY

*Prerequisite:* Students registering must have permission from instructors to register for this class. Ages 9 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

### ADULT SMALL BOAT SAILING COURSE HH

- Fri | Jan 4, 11, 18, 25
  - Fri | Feb 1, 8, 15, 22
- Cost: \$50 per person/per month  
9:30 am-12 pm  
Ages 18 & up

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

### FAMILY/GROUP SAILING INSTRUCTION

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

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

### FAMILY SAIL

- By Appointment

### PRIVATE SAILING INSTRUCTION

- ● By Appointment
- Cost: \$20 per hour

### SUNSET REGATTAS

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

### MARINA CHECKOUT QUALIFICATION

- ● By Appointment
- Cost: \$20 per hour

### R-19 BOATER'S CERTIFICATE

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

\*Must have 10 rental hours @HH to schedule appointment.

## OUTRIGGER CANOEING

### P.T. OUTRIGGER CANOE PADDLING RB

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

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

### RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

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

## PADDLEBOARD CANOEING / YOGA

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

- \*Fri | Jan 11 Sign up by Jan 10
  - \*Fri | Jan 25 Sign up by Jan 24
  - \*Fri | Feb 8 Sign up by Feb 7
  - \*Fri | Feb 22 Sign up by Feb 21
- 8:30-9:30am  
Cost: \$3 per person

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

### STAND UP PADDLEBOARD YOGA HH

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

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

## BEACHES

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

Hours: Friday–Sunday, 10 am–4 pm

### BEACH EQUIPMENT RENTAL

\*Subject to cancellation due to weather

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

### PRIVATE LESSONS

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

### WHITE PLAINS BEACH

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

### BEACH EQUIPMENT RENTALS

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

### PRIVATE LESSONS

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



# Liberty Calendar

## JANUARY 2019

Free & low-cost activities for single active-duty military E1-E6



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p><b>FOR MORE INFORMATION PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</b>  <b>Beeman Center (Pearl Harbor Sub Base) 473-2583</b>  <b>Makai Liberty (Hickam) 448-0418</b>  <b>Liberty Express (Wahiawa Annex) 653-0220</b></p>		<p><b>1</b>  <b>Xtreme 7D Dark Rides Interactive Gaming Theater</b>  <b>\$15</b>  Express 1730  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>2</b>  <b>Pau Hana Surf Session</b>  <b>FREE</b>  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>3</b>  <b>Ping Pong Tournament</b>  <b>FREE</b>  Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>4</b>  <b>Homemade Fried Rice For Lunch</b>  <i>Sponsored by USAA</i>  <b>FREE</b>  Beeman 1100 -1300  <b>Super Smash Bros. Ultimate Tournament</b>  <b>FREE</b>  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>5</b>  <b>Hike Puu Maelieli [BEG]</b>  <b>FREE</b>  Express 0930  Beeman 0830  Instant 0845  Makai 0900  <b>Volunteer Opportunity @White Plains Beach</b>  <b>FREE</b>  Express 0800  Beeman 0830  Instant 0845  Makai 0900</p>
<p><b>6</b>  <b>Paddleboarding Chinaman's Hat</b>  <b>FREE</b>  Express 0815  Beeman 0900  Instant 0915  Makai 0930  <b>North Shore Star Gazing</b>  <b>FREE</b>  Express 1900  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>7</b>  <b>Bowling &amp; Pizza</b>  <b>FREE</b>  Beeman 1800</p>	<p><b>8</b>  <b>Pau Hana Surf Session</b>  <b>FREE</b>  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>9</b>  <b>Ka Makana Alii Farmer's Market</b>  <b>FREE</b>  Express 1500  Beeman 1600  Instant 1615  Makai 1630</p>	<p><b>10</b>  <b>Sony PS4 Tournament</b>  <b>FREE</b>  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>11</b>  <b>Huli Huli Chicken For Lunch</b>  <i>Sponsored by USAA</i>  <b>FREE</b>  Beeman 1100 -1300  <b>Air Hockey Tournament</b>  <b>FREE</b>  Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>12</b>  <b>Hike Maunawili Falls [INTER]</b>  <b>FREE</b>  Express 1830  Beeman 0900  Instant 0915  Makai 0930  <b>Public Skate @ Kapolei Inline Hockey Arena</b>  <b>\$5</b>  Express 1300  Beeman 1330  Instant 1345  Makai 1400</p>
<p><b>13</b>  <b>North Shore Beach Hopping</b>  <b>FREE</b>  Express 1000  Beeman 0900  Instant 0915  Makai 0930  <b>Kualoa 2-Hour ATV Tour</b>  <b>\$60</b>  Express 0915  Beeman 1000  Instant 1015  Makai 1030</p>	<p><b>14</b>  <b>Laser Tag</b>  <b>\$10</b>  Express 0715  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>15</b>  <b>8 Ball Pool Tournament</b>  <b>FREE</b>  Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>16</b>  <b>Learn To Cook With Liberty</b>  <b>FREE</b>  Express 1830  Beeman 1700  Instant 1715  Makai 1800</p>	<p><b>17</b>  <b>Barracks Bash @ Gabrunas Hall</b>  <i>Sponsored by USAA</i>  <b>FREE</b>  1700 -1900</p>	<p><b>18</b>  <b>Soup and Sandwiches For Lunch</b>  <i>Sponsored by USAA</i>  <b>FREE</b>  Beeman 1100 -1300  <b>Super Smash Bros N64 Tournament</b>  <b>FREE</b>  Beeman 1900  <b>WIN PRIZES!!!</b></p>	<p><b>19</b>  <b>Whale Watching Hike Makapuu Point &amp; Snorkel (INTER)</b>  <b>FREE</b>  Express 1815  Beeman 0900  Instant 0915  Makai 0930  <b>Polynesian Cultural Center Luan &amp; Show</b>  <b>\$50</b>  Express 1400  Beeman 1300  Instant 1315  Makai 1330</p>
<p><b>20</b>  <b>Surf &amp; BBQ</b>  <b>\$10</b>  Express 0930  Beeman 0830  Instant 0845  Makai 0900  <b>Kualoa Zipline</b>  <b>\$60</b>  Express 0915  Beeman 1000  Instant 1015  Makai 1030</p>	<p><b>21</b>  <b>Full Moon Hike Lanikai Pillboxes</b>  <b>FREE</b>  Express  Beeman  Instant  Makai</p>	<p><b>22</b>  <b>Pau Hana Surf Session</b>  <b>FREE</b>  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>23</b>  <b>Night Golf @ Hickam Par 3</b>  <b>\$5</b>  Express 1730  Beeman 1830  Instant 1845  Makai 1900</p>	<p><b>24</b>  <b>Movies with Liberty @ Dole Cannery</b>  <b>\$5</b>  Express 1645  Beeman 1730  Instant 1745  Makai 1800</p>	<p><b>25</b>  <b>Spam Musubi For Lunch</b>  <i>Sponsored by USAA</i>  <b>FREE</b>  Beeman 1100 -1300  <b>Eat the Street</b>  <b>FREE</b>  Express 1500  Beeman 1600  Instant 1615  Makai 1630</p>	<p><b>26</b>  <b>Hike Mt. Kaala [ADV]</b>  <b>FREE</b>  Express 0715  Beeman 0800  Instant 0815  Makai 0830  <b>Pokai Bay Beach BBQ</b>  <b>\$10</b>  Express 0715  Beeman 0800  Instant 0815  Makai 0830</p>
<p><b>27</b>  <b>Kayaking Kahana River</b>  <b>FREE</b>  Express 0830  Beeman 0900  Instant 0915  Makai 0930  <b>Circle Island Tour</b>  <b>FREE</b>  Express 1000  Beeman 0900  Instant 0915  Makai 0930</p>	<p><b>28</b>  <b>Pau Hana Surf Session</b>  <b>FREE</b>  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>29</b>  <b>Texas Hold 'em Tournament</b>  <b>FREE</b>  Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>30</b>  <b>Windward Mall Farmer's Market</b>  <b>FREE</b>  Express 1500  Beeman 1600  Instant 1615  Makai 1630</p>	<p><b>31</b>  <b>UH Basketball vs. Long Beach State</b>  <b>\$15</b>  Express 1715  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>DESIGNATION FOR HIKES</b>   BEG: Beginner  INTER: Intermediate  ADV: Advanced</p>	

## dining

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

### 10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course . . . . . 448-9890

### Watch all the NFL action at the Puka!

#### Playoff Games

We'll be showing the playoff games on Sunday and Saturday so be sure to stop by and check out the excitement. La Familia will be open for food.

### BREWS & CUES

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

### Gridiron Gameday

#### Playoff Games

#### FREE

#### Ages 18 years & older

Root for your favorite team and enjoy free pupus. We open early with a continental breakfast (\$3.00) from 8:30-11am. Giveaways during Halftime on Sundays game at 11:30am!

### Chill & Grill

#### Friday, Jan 25

5:30 – 7:30pm

#### FREE

#### Ages 18 years & older

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

### Live DJ and Trivia Contest

#### Every Friday & Saturday Night

#### FREE

#### Ages 18 years & older

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

### THE COUNTRY BAR

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

### Country Bar Concert Series

#### Coming soon.

#### Ages 18 years & older

Come jam out at the Country Bar to our first Concert Series. Keep checking greatlifehawaii.com for more information.

### JOINT BASE CATERING

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

### Sunday Brunch

Jan 6, 13, 20, 27

10am – 1pm

#### Dining Room

(Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

**ALL RANKS WELCOME!**

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

### Paint 'n' Sip

Wednesdays, Jan 2, 9, 16, 23, 30

5:30 – 8:30pm

Dining Room (Historic Hickam Officers' Club)

\$40/person

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



Mongolian BBQ sample plate

### Mongolian BBQ

Mondays, Jan 7, 14, 21, 28

Thursdays, Jan 3, 10, 17, 24, 31

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, Jan 4

4:30 – 7:30pm

Historic Hickam Officers' Club

FREE for Club members

\$15 for non-members

Join us for a great time, and enjoy a yummy pau hana pupu buffet! Open to all ranks and all active-

duty members of the U.S. Armed Forces, DoD, contractors and retired military.

### Margarita Madness

Every Thursday

4 – 6:30pm

Koa Lounge

\$4 Margaritas

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

### THE LANAI AT MAMALA BAY

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

### Aloha Friday Buffet

Fridays, Jan 4, 11, 18, 25

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.

### Kids Eat Free on Wednesdays

Wednesdays, Jan 2, 9, 16, 23, 30

11 a.m.–9 p.m.

Ages 12 years & younger

Get a FREE kid's meal with the purchase of an adult entrée all day every Monday. Bring the whole family for a nice lunch or dinner.

### 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

### Weekend Brunch

Saturdays and Sundays

9:30am – 3pm

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

### Aloha Hour

Monday–Friday

3 – 5pm

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

### TRADEWINDS

Hickam Bldg. 1804

### BAR NOW OPEN!

Your new Pau Hana destination! Come check out the newly remodeled Tradewinds.





# \$2 TUESDAYS

## Mamala Bay Golf Course Driving Range

**Every Tuesday**  
3.30 p.m. - 5.30 p.m.

*Open to ages 6 years and up.*

*Come out and let our PGA certified golf instructors help you with your golf swing.*

*Advance sign ups encouraged, call*

**808-449-2304**

**\$2 / Two Buckets of Balls**

**\$2 / Hot Dogs**

**\$2 / Select Beers**

**\$1 / Bottled Water & Can Soda**

**FREE golf clubs to borrow.**





# family/support

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

## TEEN CENTER

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

### #weownfriday: Emotional Wellness

Friday, Jan 11

6 – 8pm

FREE

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Come hang out at the Teen Center as Keystone hosts an event that will help you balance life, school, home, family, and life at the teen center! We cannot always stop things from going wrong, but we can build strengths so that we are better able to successfully face challenges and setbacks.

### Family Night: Minute to Win it!

Tuesday, Jan 15

5:30 – 7pm

FREE

**Ages: All teen family members welcome!**

Come hangout at the teen center with your teen, meet the staff and their peers, hear about upcoming events, and come ready for some competition!

### Teen Center goes to the Arts and Crafts Center!

Friday, Jan 18

4:30 – 9pm

\$10

**Register Online by Jan 15**

Come with the Teen Center as we go to the Arts and Crafts center! We will be splitting into two groups, one to the woodshop for a class in pen turning and the other will go to cookies and canvas at the Arts and Crafts center! Limited Spots.

Keep up with  
**GREATLIFE HAWAII**  
On Social Media



 @greatlifehawaii  
 @greatlifehawaii  
use tag #greatlifehawaii  
 [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

### Hail and Farewell - Dodgeball!!

Friday, Jan 22

5 – 7pm

FREE

Help us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then join us for some friendly dodgeball competition!!

## athletics

Aquatics  
Bowling  
Fitness Programs & Centers  
Golf  
Intramurals  
Youth Sports

### AQUATICS

Arizona Pool (Ford Island) . . . . .472-7582  
Pool 1 (Hickam) . . . . .449-8274  
Pool 2 (Hickam) . . . . .448-2384  
Scott Pool (Pearl Harbor) . . . . .473-0394  
Towers Pool (Makalapa) . . . . .471-9723

### New Year's Swim Challenge

Jan 1-14

All JBPHH Pools

FREE

Start 2019 right by completing our annual New Year's Swim! Participants are challenged to swim 2000 yards in the first two weeks of January. The first 40 participants to complete the challenge receive a commemorative towel. For more information, call 808-448-2384.



Get fit and stay cool with Aqua Zumba

### Aqua Zumba

Tuesdays, Jan 8, 15, 22, 29

5:30–6:30pm

Hickam Family Pool

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

### BOWLING

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

### Lunch & Bowl

Tuesday, Jan 8, 15, 22, 29

11am – 1:30pm Hickam Bowling Center

11am – 1:30pm Naval Station Bowling Center

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

### Active Duty Military Bowl Free

Monday, Jan 7, 14, 28

11am – 1:30pm Hickam Bowling Center

Thursday, Jan 3, 10, 17, 24, 31

11am – 1:30pm 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.

### Color Pin Bowling Mondays

Monday, Jan 7, 14, 28

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.

### FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 . . . . .448-2214  
JBPHH-Pearl Harbor Bldg. 1338 . . . . .471-2019  
Naval Station Gym Bldg. 667 . . . . .473-2436  
Wahiawa Annex Bldg. 446 . . . . .653-5542  
Open 24 hours/day, 7 days/week (unstaffed):

Ford Island Bldg. 55

Kunia Bldg. 446

Makalapa Bldg. 388

West Loch Bldg. 621

### New Year's Resolution 5K Run



Saturday, Jan 5

7am

FREE

Hickam Memorial Fitness Center

Start the New Year with a 5K! This event is free to all eligible patrons. Registration begins at 6:30am on January 5. Call (808)-448-2214 for more information.

### Fitness Challenge 2019

Saturday, Jan 26

9–11am

FREE

Joint Base Fitness Center

Ring in the New Year with a fun-filled workout! Sample an array of offered group exercise classes from Zumba to Yoga in this 2-hour event. Call 808-471-2019 for more information.

### YogaFit Level 1: Certification

Saturday & Sunday, Feb 2–3

8am–6pm

\$450 - Early-bird; \$480 Regular Registration

Wahiawa Annex Fitness Center

In this foundational course, participants will learn to create inspiring yoga classes grounded in proper alignment and the safety of exercise science. No

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





# YOGAFIT

## Level 1

### CERTIFICATION C O U R S E

**Feb 2-3**  
**8am-6pm**

Wahiawa Annex Fitness Center

**To register, call: 888-786-3111**  
**greatlifehawaii.com**

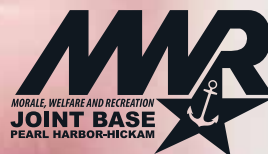
**Early bird: \$450**

(Cut-off date is one month  
prior to the training.)

**Regular price: \$480**

*In this foundational course, you will  
obtain tools to create inspiring yoga  
classes grounded in proper alignment  
and the safety of exercise science.*

*No prerequisite is required.*





# GROUP EXERCISE SCHEDULE

## Fitness Center Locations

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

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

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



## JBPHH FITNESS CENTER

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

## HICKAM MEMORIAL FITNESS CENTER

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

## WAHIAWA ANNEX FITNESS CENTER

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

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

INFORMATION SUBJECT TO CHANGE

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



prerequisite is required. The early bird pricing cut-off is one month prior to training. For more information, call: (888)-786-3111.

## GOLF

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

## \$2 Tuesdays

**Tuesday, Jan 8, 15, 22, 29**

**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.

### Golf Demo Day



**Wednesday, Jan 9**

**3:30 – 6pm**

### Navy Marine Golf Course

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

## Free Golf Clinics

**Thursday, Jan 17**

**Noon – 1pm Navy Marine Golf Course**

**Saturday, Jan 19**

**10 – 11am Barbers Point Golf Course**

**FREE**

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

## 9 Before 9

**Monday – Friday (except holidays)**

**Before 9am**

### Mamala Bay Golf Course

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

## BOGO Special

**Monday – Friday**

### Ke'alahi Golf Course

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

## \$30 Coupon Special

**Monday & Tuesday (except holidays)**

### Barbers Point Golf Course

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

information.

## Weekend Special

**Saturday & Sunday (except holidays)**

**3:30pm**

### Barbers Point Golf Course

Play 9 holes for \$10, including the golf cart! Call 808-682-1911 for additional information.

## Twilight /Play Until Dusk Golf Specials

**Monday – Friday (except holidays)**

**After 3:00pm Barbers Point Golf Course**

**Monday – Friday (except holidays)**

**After 2:30pm Mamala Bay Golf Course**

**Saturdays and Sundays**

**After 3:30pm Barbers Point Golf Course**

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

**Select Weekends**

**After 3:30pm Mamala Bay Golf Course**

For more information, call respective pro shop.

## INTRAMURALS

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

## Intramural Basketball & 30 and Over League

**Coaches Meeting, Wednesday, Jan 9**

**1:00pm**

**JBPHH Fitness Center**

**Season: Jan 29 – Mar 2019**

**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.

## Intramural Soccer League



**Coaches Meeting, Wednesday, Jan 9**

**1:00pm**

**JBPHH Classroom**

**Season: Feb 16 – May 2019**

**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.

## YOUTH SPORTS

Youth Sports & Fitness (Bloch Arena) . . . . . 473-0789

Gymnastics (Bldg. 1680) . . . . . 422-2223

## Spring Volleyball 2019

**Registration Period: Jan 2 – 31**

**Season Runs March - May, Practice starts February Bloch Arena**

**Ages: 7 - 16 yrs. old**

**\$50 per child**

NO IN OFFICE PAYMENTS register online at [greatlifehawaii.com](http://greatlifehawaii.com). CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0789.

## USA Track & Field 2019

**Registration Period: Jan 2 – 31**

**Season Runs May - June, Practice starts April**

**Earhart Field**

**Ages: 7 - 18 yrs. old**

**\$50 per child**

NO IN OFFICE PAYMENTS register online at [greatlifehawaii.com](http://greatlifehawaii.com). CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0789.

## Spring Flag Football 2019

**Registration Period: Jan 2 – 31**

**Season Runs February - May**

**Practice starts February**

**Quick Field**

**Ages: 5 - 16 yrs. old**

**\$50 per child**

NO IN OFFICE PAYMENTS register online at [greatlifehawaii.com](http://greatlifehawaii.com). CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0789.

## Spring Cheerleading

**Registration Period: Jan 2 – 31**

**Season Runs April - June, Practice starts April**

**Quick Field**

**Ages: 5 - 16 yrs. old**

**\$50 per child**

NO IN OFFICE PAYMENTS register online at [greatlifehawaii.com](http://greatlifehawaii.com). CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0789.



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

### Hickam Historical Tour

Friday, Jan 4, 11, 18, 25

9:30am – 1:30pm

\$45 for adults

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

"An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!"

### Ford Island Historical Tour

Wednesdays, Jan 2, 9, 16, 23, 30

9:30am – Noon (Check in at 9:15am)

\$25 for adults

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

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

## recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

### ARTS & CRAFTS

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



Calling all Crafters! Sign up for a table.

### Calling All Crafters: JBPH-Hickam 44th Annual Spring Craft Fair & Dog Show

Saturday, May 4

9am–3pm

Registration starts February 1 at 9 a.m.

in the Ceramics Shop.

\$75 for 15'x15' space

\$105 for two to share a space

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

### Spring Open House

Saturday, Mar 9

11am – 2pm

Ages 10 and up

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 Camps - sign up now

### Spring Craft Camp

Tuesday Mar 19–Friday Mar 22

10 a.m.–12 p.m.

Ages 7 and up

\$70

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

### LIBRARY

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

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

### STEM Wednesday - Cubelets

Wednesday, Jan 2

2 – 3:30pm

Ages 7 and up

Recommended for ages 7 & up. Parental supervision required. Cubelets are small magnetized color-coded cubes that can be put together to form simple robots, using: sensing, thinking and acting cubes. Please call 449-8299 for more information. Space is limited to 20 spots, call 449-8299 to reserve a spot.

### Tween Book Club

Wednesday, Jan 2

4 – 5pm

We will discuss "See You in The Cosmos."

### Library Know-How

Saturday, Jan 5

10am – 12pm

Learn how to get the most out of your library.

### Young Adult Book Club

Wednesday, Jan 9

4pm

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

### Preschool Story Time

Wednesday, Jan 9, 23

9 – 10am

Story times are great for children of all ages! Our theme on Jan 9 will be "Nursery Rhymes" and "Yoga" on Jan 23.

### Kids' Book Club

Wednesday, Jan 9, 16

2–3 p.m.

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "The Westing Game" on Jan 9 and "Absolutely Almost" on Jan 16.



Check out the Library's Lego time

### LEGO Time

Saturday, Jan 26

10am

Come in and get creative with our Legos!

Like us? Follow

**GREAT Life HAWAII**

on  @greatlifehawaii

 Great Life Hawaii updated their cover photo. October 26 at 1:44 PM ·   
Share your MWR event photos and trend with us! Follow us on Instagram, Twitter & Snap Chat @greatlifehawaii





# TRX Suspension Training

*TRX integrates strength and balance into a dynamic movement using body weight exercises.*

*Learn proper form and technique, balance, core strength and functional training.*

**Monday Jan 14th**

**11:30am-12:30pm**

**Hickam Memorial Fitness Center**



# Foam Rolling/ Stretching Class

**Monday Jan 28th 11:30am-12:30pm**  
**Hickam Memorial Fitness Center**

*In this class you'll learn self myofascial release therapy incorporating static and dynamic stretching, and CARS (controlled articular rotations). Simultaneously build flexibility by using full range of motion while inhibiting overactive muscles.*

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





# MILITARY & FAMILY SUPPORT CENTER

## JANUARY CLASSES

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

INFORMATION SUBJECT TO CHANGE

## employment assistance

### ACING THE INTERVIEW

**Jan 23 • 10:30am – 12:00pm | 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

**Jan 8 • 9:00 – 11:00am | Pearl Harbor**

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

### FEDERAL EMPLOYMENT 101

**Jan 24 • 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.

### ONWARD TO OPPORTUNITY (O2O)

**Jan 28 – Feb 1 • 8:00am – 4:30pm | Pearl Harbor**

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

### PART-TIME MONEY MAKERS

**Jan 8 • 4:00 – 6:00pm | 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

**Jan 19 • 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

**Jan 23 • 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

**Jan 9 • 1:00 – 3:00pm | 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

**Jan 3 • 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

**Jan 16 • 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

Jan 23 • 10:00am – 12:00pm | Pearl Harbor

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

## PARENTING GROUP

Jan 8, 15, 22, 29 • 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

Jan 22 • 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

Jan 30 • 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

Jan 31 • 1:00 – 3:00pm | Pearl Harbor

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

Jan 31 • 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

Jan 10 • 9:00 – 10:00am | Pearl Harbor

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

## EFMP COMMAND POC TRAINING

Jan 17 • 1:00 – 3:30pm | Pearl Harbor

This training is designed for newly-designated Exceptional Family Member Program (EFMP) Points of Contact (POC) and will include: enrollment process and responsibilities; EFMP benefits for commands, service members and their families; TRICARE for special needs families; and local military/civilian resource information. Contact the EFMP Liaison for more information.

## GREEN CARD / IMMIGRATION AND NATURALIZATION

Jan 15 • 9:30 – 11:30am | Pearl Harbor

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

# key spouse/ombudsman/ fleet readiness group

## FAMILY READINESS GROUP (FRG) LEADERSHIP TRAINING

Jan 28 – 29 • 8:30am – 4:00pm | Pearl Harbor

Designed to provide information that will help FRG leaders (President/Vice-President and Command Support Team (CST) Spouses) start a family support group, understand the role of leadership, run effective meetings and plan for homecoming. This skill-building training will generate ideas that will assist in making family support groups inviting and productive. To register, call 474-1999.

## KEY SPOUSE MENTOR TRAINING

Jan 24 • 9:00 – 11:00am | Hickam

Key Spouse Mentor Training is a peer to peer instructive and interactive training; providing opportunities for mentors to learn from each other and share ideas and information. This class focuses in on how mentors can best serve in their role and begin establishing goals which will correspond with the goals already established by the unit CC for the unit KS Team. This training is for new KSMs who have already attended Initial KS Training.

## OMBUDSMAN BASIC TRAINING

Jan 7 – 9 • 8:30am – 4:00pm | 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

Jan 29 • 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

Jan 15 • 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

Jan 30 • 10:00am – 12:00pm | Hickam

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

Jan 16 • 1:00 – 3:00pm | Pearl Harbor

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

(continued on next page)

## FOUR LENSES

Jan 29 • 6:00 – 8:00pm | Pearl Harbor

Fun and interactive workshop to promote better self-understanding. Work individually, and with others to increase self-awareness and understanding of your personality. Greater understanding will help you maneuver communication more efficiently, and improved group cohesion.

## HEALTHY RELATIONSHIPS 101

Jan 16 • 3:00 – 5:00pm | 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.

## IN-DEPENDENTS

Jan 7 • 9:00am – 5:00pm | Pearl Harbor

Family member/teen graduating high school and going off to college or work? This day is for YOU! Fantastic info on healthcare, money, employment, education, and more!

## INTERPERSONAL SKILLS

Jan 8 • 1:00 – 3:00pm | Hickam

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

## SKILLS DEVELOPMENT GROUP

Jan 9, 16, 23, 30 • 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

Jan 8 • 9:00am – 12:00pm | Hickam

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

## TIME MANAGEMENT

Jan 2 • 10:00am – 12:00pm | Pearl Harbor

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

## TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Jan 10 • 10:00am – 12:00 p.m | Pearl Harbor

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

## UNPLUG YOUR RELATIONSHIP

Jan 22 • 1:00 – 3:00pm | 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

Jan 7, 14, 28 • 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

Jan 3 • 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 TRAINING

Jan 28 – Feb 1 • 7:30am – 4:00pm | Pearl Harbor

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

## CONSUMER AWARENESS

Jan 11 • 1:00 – 2:30pm | Pearl Harbor

This financial class will expose the learner to a wide array of consumer issues and discuss scams, consumer rip-offs and how to defend yourself against fraud.

## THRIFT SAVINGS PLAN

Jan 22 • 1:00 – 2:30pm | Pearl Harbor

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

# relocation assistance

## OHANA ALOHA NEWCOMERS ORIENTATION

Jan 8, 22 • 7:30am – 12:30pm | Earhart Community Center

Per AFI36-2102, all inbound active duty Air Force members are mandated to attend Ohana Aloha Newcomers Orientation for in-processing.

## SMOOTH MOVE

Jan 10 • 8:00 – 11:30am | Pearl Harbor

This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out



## To Register for a MFSC Class Visit:

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

Great Life Hawaii  
Calendar of Events  
December 2018

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
Self-Defense Training (M)	Chorus Navy Songwriting (M)	USAF Pro Separation Briefing (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)
2	3	4	5	6	7	8
Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)
9	10	11	12	13	14	15
Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)
16	17	18	19	20	21	22
Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)
23	24	25	26	27	28	29
Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)	Chorus Navy Songwriting (M)



necessary paperwork, clearing quarters, researching new base and location, and financial planning.

#### SPONSOR TRAINING

**Jan 8 • 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 POC TRAINING

**Jan 30 • 8:00am – 4:00pm | Pearl Harbor**

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

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

**Jan 14 – 18 • 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

**Jan 8 • 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

**Jan 2, 9, 16, 23, 30 • 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

**Jan 2, 3, 16, 17, 30, 31 • 8:00 – 10:00am • 10:00am – 12:00am | 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).

#### SPOUSES TRANSITION SEMINAR

**Jan 14 • 9:00am – 4:00pm | Pearl Harbor**

Is your spouse separating or retiring? Prepare for your future after the military and reduce the unknowns at this free workshop. Information on the transition process will include VA benefits, relocation, career and education services, budgeting, and TRICARE/insurance.

#### TRANSITION GPS: ACCESSING HIGHER EDUCATION

**Jan 22 – 23 • 8:00am – 3:00pm | Pearl Harbor**

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

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

**Jan 7 – 11 • 7:30am – 4pm | Pearl Harbor**

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

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

**Jan 7 – 11 • 7:30am – 4pm | Pearl Harbor**

**Jan 14 – 18 • 7:30am – 4pm | Pearl Harbor**

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

#### TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

**Jan 22 • 8:00am – 3:00pm | Pearl Harbor**

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

#### USAF PRE-SEPARATION BRIEFING

**Jan 9, 23 • 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.**

## food&drink

### JOINT BASE CATERING

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

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

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

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

### RESTAURANTS & CASUAL DINING

#### LA FAMILIA MEXICAN RESTAURANT

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

#### THE LANAI AT MAMALA BAY

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

#### RESTAURANT 604

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

Aloha Hour  
 Mon-Fri ..... 1500-1700

#### WRIGHT BROTHERS CAFÉ & GRILLE

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

### SNACK BARS

#### HARBOR GRILL

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

#### KAU KAU KORNER

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

#### MAMALA BAY SNACK BAR

At Mamala Bay Golf Course  
 Tue-Sun ..... 0500-1400

#### PHILLIES

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

#### PLANET SMOOTHIE

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

Area code for JBPHH phone numbers is 808.

#### STEAKOUT

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

### FAST FOOD

#### PIZZA HUT

At the Club Pearl Complex • 423-2222

#### TACO BELL

At the Club Pearl Complex • 422-2274

### BARS

#### 10th PUKA LOUNGE

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

#### BREWS & CUES

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

#### THE COUNTRY BAR

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

#### KOA LOUNGE

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

#### TRADEWINDS - NOW OPEN!

Hickam Bldg. 1804  
 Sun, Mon, Wed, Thu ..... 1530-2200  
 Fri & Sat ..... 1530-2400  
 Tue ..... Closed

## programs&services

### AQUATICS

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

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

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384  
 Open Swim:  
 Mon, Tue ..... Closed  
 Wed-Fri ..... 1430-1800  
 Sat, Sun ..... 1200-1700

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

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

Open Swim:  
 Mon-Fri ..... 1430-1700  
 Sat, Sun, Holidays ..... 1200-1700

Towers Pool (Makalapa) • 471-9723

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

Wahiawa Annex Pool, 500 Center St • 653-5306

Lap Swim:  
 Tue, Thu ..... 1100-1300  
 Open Swim:  
 Tue, Thu ..... 1300-1700  
 Sat, Sun, Holidays ..... 1200-1700

### ARTS & CRAFTS CENTER

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

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

Sales Store  
 Mon, Sun ..... Closed  
 Tue-Thu ..... 1000-1800  
 Fri, Sat ..... 0900-1700

Wood Hobby Shop • 448-9911  
 Mon, Fri ..... Closed  
 Tue-Thu ..... 1200-2030  
 Sat, Sun ..... 1000-1700

### AUTO SKILLS CENTERS

Flight Crew Motorcycle ..... 422-6202, 548-8813  
 Hickam ASC, Bldg. 4002 • 449-2554

Mon, Sun ..... Closed  
 Tue-Fri ..... 0700-1700  
 Sat ..... 0900-1700

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

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

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

Towing Service • 449-2554

### BOWLING CENTERS

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

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

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

### CHILD DEVELOPMENT CENTERS

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

### CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

### FITNESS & SPORTS CENTERS

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

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

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

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

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



**GOLF COURSES**

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

**GOLF COURSES CONTINUED**

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

**HOUSING**

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

**INFORMATION, TICKETS & TRAVEL**

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

**TRAVEL CONNECTIONS OFFICES**

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

**INTRAMURAL SPORTS OFFICE**

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

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

Beeman Center (Naval Station) • 473-2583  
 Daily ..... 1000–2300  
 Makai Center (Hickam) • 448-0418  
 Daily ..... 1500–2200  
 Liberty Express (Wahiawa Annex) • 653-0220  
 Mon–Sat ..... 1500–2200  
 Sun ..... 1400–2100

**LIBRARY**

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

**MARINAS**

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

**MILITARY & FAMILY SUPPORT CENTER**

Hickam, 655 Vickers Ave. • 474-1999  
 Tue–Thu ..... 0800–1530 / Closed daily from 1100–1200  
 Mon, Fri–Sun ..... Closed  
 Pearl Harbor, 4827 Bougainville Dr. • 474-1999  
 Mon–Thu ..... 0700–1630  
 Fri ..... 0700–1600  
 Sat, Sun ..... Closed  
 Wahiawa Annex, Bldg. 392 • 474-1999  
 Mon, Fri–Sun ..... Closed  
 Tue–Thu ..... 0730–1600

**MORALE, WELFARE & RECREATION (MWR) ADMIN**

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

**MOVIES**

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

**NAVY GATEWAY INNS & SUITES**

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

Pearl Harbor Side of JBPHH • 808-800-2337  
 Arizona Hall (Bldg. 1623)  
 Hale Ali'i (Bldg. 1315)  
 Lockwood Hall (Bldg. 662)  
 Makalapa (Bldg. 372)

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

**OUTDOOR RECREATION**

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

**RENTALS**

Barbers Point Beach Cottages • 682-3085  
 Conference Centers • 472-0342  
 Foster Point Pavilion • 449-5215  
 Hickam Beach Cabanas • 449-5215  
 Makai Recreation Center • 449-3354  
 Pearl Party Patios • 473-1198

Outdoor Recreation Equipment Rentals:  
 Hickam Beach • 449-5215  
 Pearl Harbor • 473-1198  
 White Plains Beach • 682-4925

Recreation & Party Equipment Rentals:  
 Hickam Bldg. 1760 • 449-6870

**YOUTH PROGRAMS**

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

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

**WOUNDED WARRIOR**

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

# naf jobs

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

## Job Opportunities

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

## Continuous Recruitment:

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

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

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

Automotive Worker  
 Hotel Housekeeping  
 Laundry Worker

## How to Apply:

Obtain posted NAF job application at [www.greatlifehawaii.com](http://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](mailto:CNI_PRLH_N9HR.FCT@NAVY.MIL)

or fax to: 808-422-3782

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



# WATCH THE BIG GAME

**Sunday, February 3**

**AT CLUB PEARL, BREWS & CUES**

Doors open at 11am, Kick-Off approximately at 1:30pm

- **FREE PUPUS AND GIVEAWAYS!**
- **OPEN TO 18 YEARS AND OLDER**



Call 473-1743 for more info. | [www.greatlifehawaii.com](http://www.greatlifehawaii.com)





# NEW YEAR'S RESOLUTION **5K RUN**

**SATURDAY, JAN. 5TH • 7AM**

**FREE  
TO ALL ELIGIBLE PATRONS**

**REGISTRATION:  
JAN. 5TH • 6:30AM  
AT HICKAM MEMORIAL FITNESS CENTER**



Your new Pau Hana destination!

**BAR NOW OPEN!\***

**150 MCCLELLAND ST.** (across from Ke'alohe Golf Course)

\*Bar only, food coming soon. | [www.greatlifehawaii.com](http://www.greatlifehawaii.com)