

GREAT *Life* HAWAII

www.greatlifehawaii.com | February 2019

*Keep Up,
Outdoors
this Year*

Page 6

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





JOINT BASE PEARL HARBOR HICKAM **TOUGHEST WARRIOR**

March 4-8, 2019 | 0800-1200 | FREE



We're looking for the toughest team on base.

Compete in events on land and sea.

Events will be physically and mentally challenging.

Does your command have what it takes?

OPEN TO ALL JBPHH COMMANDS, ACTIVE DUTY ONLY

ONE 6-PERSON TEAM ONLY PER COMMAND

(COMPRISED OF ONE OFFICER, ONE E-9 TO E-7, ONE E-6 TO E-5, AND THREE E-4 TO E-1)



**REGISTRATION DEADLINE IS 4 FEBRUARY | ENTER AT THE HICKAM MEMORIAL FITNESS CENTER
POC : MS. DAWN PIERCE AT 808-448-4640 OR DAWN.PIERCE@NAVY.MIL | WWW.GREATLIFEHAWAII.COM**

FEBRUARY

GREATLIFEHAWAII | 2019

live the great life

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connect with us

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



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



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

GREAT LIFE HAWAII: FEBRUARY 2019

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On the cover:

Mai Krampert works out on the Alpha Warrior Battle Rig, located on Earhart Field.



*Keep Up,
Outdoors
this Year*

pg 6 | Read all about how you can get more exercise outdoors.

pg 4 | MWR spotlight Valentine's Day

Check out all the fun Valentine's Day options from MWR.

VALENTINE'S DAY 2019

By Miki Lau

Uh oh! Valentine's Day is right around the corner! Wait, didn't Thanksgiving, Christmas and New Year's JUST happen?! Don't worry, if February caught you off guard here are some on-base, budget-friendly date night ideas to keep you out of the dog house!

- **Paint and Sip at the Historic Hickam Officers' Club**

February 13, 5:30-8 pm

Paint a pair of adorable seahorses forming a heart. Hang the finished artwork in your house as a fond memory for years to come! \$40 per person, reservations required. 448-9907 ex. 2

- **Pick-n-Paint**

Drop in any time, Tuesday- Saturday 9 am-5pm

The Arts and Crafts Center will have special Valentine's ceramics for pick and paint. Pick out something special to create together! Call 448-9907 for details.

- **Valentine's Mongolian BBQ**

February 14, 5-8pm

Eat your heart out at the popular Mongolian BBQ at the Historic Hickam Officers' Club. Each couple will receive a complimentary Valentine's dessert. Reservations are highly recommended. Call 448-4608.

- **Sweetheart Swim**

February 14, 11am- 1pm and 2:30-7pm

Bring your sweetheart for a swim! Work as a team to complete a 1000-yard swim for a chance to win prizes and enjoy some complementary sweets. Sign up at Scott Pool! Call 473-0394. Full details on page 18. FREE

- **Valentine's is for Bowling Lovers!**

February 14, 5-9pm at Naval Station Bowling Center.

I'll get one, you'll get one and we'll get one for free! Bring your lover to the bowling alley and get your 3rd game free!

- **Sharks Cove Snorkel**

February 16, 8am – 1pm (sign up by February 14

Looking for something a little different to celebrate over the weekend? Take your date snorkeling at Sharks Cove with Outdoor Adventure Center. Equipment and transportation will all be provided! \$20/person. Details on page 13.

- **Valentine's Massage Special**

February 1-17

Treat your special someone to a couples massage! The Spa at the Hickam Fitness Center will be offering a 60 minute couples massage for \$130. For reservations call 448-2214. See ad on page 5.

Show us how you made Valentine's Day 2019 special by tagging us on Facebook and Instagram @GreatLifeHawaii or using #GreatLifeHawaii.



Single? Active Duty?
Check out the Liberty's
Valentine's Day Barracks Bash
for Single Active
Duty E1-E6!
Details on
pg 15.

The background of the entire flyer is a romantic-themed collage. It features a lit candle in the center, several red heart-shaped confetti pieces scattered throughout, and a white towel rolled up in the lower right corner. The overall color palette is warm, with reds, oranges, and soft whites.

Valentine's Day

Couples Massage Special

\$130 for 60 minutes
Valid February 1 - 17

To make a reservation, call 448-2214
greatlifehawaii.com



Keep Up, Outdoors this Year

by JUSTIN HIRAI



“Get more exercise!”

One of, if not the top New Year's Resolutions set by people each year. I've honestly made this my resolution a handful of times and didn't really keep up with it as the year went on. I'm sure I'm not alone as statistics tend to show people don't keep up with their resolutions.

Heading to the gym or some kind of fitness class is probably the first-place people think to go for exercise. I enjoy going to the gym, but like to look for options to have fun exercising outdoors. I've also met people who don't enjoy working out in a fitness center. Below are some options you have on base and through MWR programs to enjoy exercise outdoors. Whether you're one of those who wants to exercise more this year or just looking for fun ways to get active I hope these options can help.

ALPHA WARRIOR BATTLE RIG

You may have heard about the Alpha Warrior Competition that took place in October 2018. The rig from the competition is set up on the side of Earhart Field on the Hickam side of the base. The rig consists of a variety of grips and gymnastic type obstacles. It's a different and fun way to get in a good upper body workout. You can bring friends to challenge or use the rig yourself. Earhart Field is a nice turf field and has a recently renovated track that could be used for a good workout with the Battle Rig or on its own. To see photos of the Alpha Warrior Battle Rig Competition you can visit: photos.greatlifehawaii.com/alphawarrior2018

ELIGIBILITY AND PRIORITY USAGE:

- Certified CFLs/PTLs by Alpha Warrior (AW)
- Active Duty members
- All other authorized users (18 years and up)
- NO ONE UNDER THE AGE OF 18 ALLOWED TO USE BATTLE RIG

RESERVATION POLICY:

- Call 448-2214 for unit PT (only Alpha Warrior Certified CFLs/PTLs)
- Reservation can be made 24 hours in advance
- All others: First-come, First-serve



OUTRIGGER CANOE PADDLING

Get out and on the water for an exhilarating workout. Recreational Outrigger Canoe paddling is a unique way to get a good full body workout before the rest of your day starts. It's available at Rainbow Bay Marina Monday, Wednesday and Friday from 8:30-9:30am. You can also book a private group session Monday-Friday any time before 1pm. Hickam Beach (Honeymoon Beach) offers paddling on select Fridays from 8:30-9:30am.

You can read more about Recreational Outrigger Canoe Paddling in the articles section (bottom of the homepage) of our website jbphh.greatlifehawaii.com. For a list of available dates and pricing view the Outdoor Recreation on page 12.

SUP YOGA

Whether you have zero experience or are a yogi, striking yoga poses while trying to keep your balance on a stand-up paddleboard will definitely be a gratifying challenge. SUP Yoga is available on select Fridays and Saturdays from 8:30-9:30am at Hickam Harbor.

No experience in paddle boarding or yoga are necessary, but participants should be able to swim and comfortable in the water. Paddleboards are provided and tied to an anchoring system so they won't drift away. You must be 16 years or older. Each session is \$10 per person and pre-registration is required. For more details see the Outdoor Recreation Schedule on page 12. We plan to have a story on this class in an upcoming magazine, so keep an eye out for it.

AQUA ZUMBA

Work out to the beat of energetic music while performing Zumba movements in the water! The resistance added by the water will make this already invigorating workout more of a challenge. Classes are located at the Hickam Family Pool and take place on Tuesday evenings from 5-6pm. Coupon books or single tickets can be purchased at the Hickam or JBPHH Fitness Center. For more info on the class call 448-2384.



BIKING

Stroll along the channel of Pearl Harbor or sign up for an off-base bike trip with the Outdoor Adventure Center. Don't own a bike? Don't worry you can rent one from the Outdoor Adventure Center, which is located on Pearl Harbor on the side of the NEX Fleet Store. Enjoy a nice view of the Pearl Harbor Channel on a paved path located on the Hickam side of base. You can also continue on the road out towards Hickam Harbor and beyond for a nice ocean view.

Various trips are available throughout the year with OAC. They currently have a North Shore Bike Ride available. You can find the details in the Outdoor Recreation Schedule on page 12. Custom trips are available if you have a group of family or friends that want to go on a guided ride. For details call OAC at 473-1198.

Hopefully you can take advantage of these opportunities to stay active this year and make it easy for you to “get more exercise!” Be sure to look through the activity listings and schedules as the MWR programs offer many other fun outdoor activities. 🚴

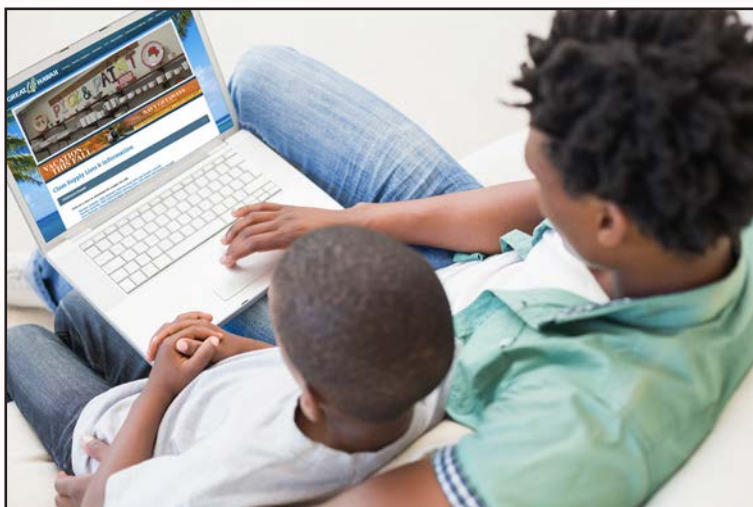


HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889

448-9907

FEB | MAR | APR



TO REGISTER FOR CLASSES VISIT

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

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm:

Feb 20–Mar 27 • Apr 10–May 15

Thursdays, 6 – 8:30pm:

Feb 21–Mar 28 • Apr 11–May 16

Fridays, 9 – 11:30am:

Feb 22–Mar 29 • Apr 12–May 17

Saturdays, 9 – 11:30am:

Feb 23–Mar 30 • Apr 13–May 18

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)

Apr 6–27 (May 11-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

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

Feb 5–26 • Mar 5–26 • Apr 2–23

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Feb 5–26 • Mar 5–26 • Apr 2–23

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Apr 2–May 7

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

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 WITH DAVILLA HARDING

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

Tropical Fruit: Feb 25–Mar 25

\$125 per person (plus supplies)

Whales: Apr 1–22

Pond Life: Apr 29–May 30

Ages 16 and older

\$100 per person (plus supplies)

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

Feb 14–Mar 14 • Mar 28–Apr 25

Ages 12 and older

\$75 per person (plus supplies)

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

FAN ART WITH CHARIS DERRY

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

MARIALAINE FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Feb 7–14 • Feb 21–28 • Mar 7–14 • Mar 21–28 • Apr 4–11

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)

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

Apr 3–24

\$80 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

Apr 3–May 1

Ages 14 and older

\$75 per person (plus supplies)

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

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:

Feb 11–Mar 4 (No class-Feb 18) • **Mar 11–25 • Apr 8–22**

Apr 29–May 13

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

Feb 15–Mar 8 • Mar 15–Apr 5 • Apr 12–May 3

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

Apr 8–29

Ages 14 and older

\$50 per person (plus supplies)

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

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

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

Feb 6–20 • Mar 6–20 • Apr 3–17

Ages 12 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different crochet stitches needed for any project and will have a completed scarf displaying these 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.

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Mondays, 5:00–7pm

Feb 4–25 • Mar 4–18 • Apr 1–15

Ages 12 and older

\$35 per person (plus supplies)

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

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Feb 5–26 • Mar 5–26 • Apr 9–30

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

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

Mar 30–Apr 20 | Unfinished Project

Apr 27–May 25 | Quilow Quilt (No class-May 4)

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

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

Mar 30–Apr 20 | Unfinished Project

Apr 27–May 25 | Quilow Quilt (No class-May 4)

Ages 16 and older

\$100 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

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

Wednesdays, 10am–12pm: **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.

PEN TURNING CLASS

This is a one-day class.

Offered on select Saturdays & Sundays,

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

Ages 12 years & older

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

\$50

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

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 • Apr 4–25
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
Apr 8–29
Ages 9–13
\$75 per person (plus supplies)
This class is designed for kids who are interested in learning the fundamentals of sewing. They will be taught basic sewing machine operation, and sewing techniques as well as learn about different kinds of fabric. We will construct a simple project applying this information. Pattern will be provided by instructor. Students MUST have their own sewing machine and supplies.

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 6 – 7:30pm
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
Feb 15–Mar 1 • Mar 8–22 • Apr 12–26
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, 3:30–5:30pm
Feb 6–20 • Mar 6–20 • Apr 3–17
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
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
Apr 2–May 7
Ages 7–18
\$70 per person (plus supplies)
In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

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
Feb 5–28 • Mar 5–28 • Apr 2–25 • Apr 30–May 23
Ages 3–6
\$80 per person (supplies included)
Preschool aged children will have the opportunity to use a variety of art supplies to create imaginative, process-oriented projects. They will be guided in the safe and appropriate use of materials, but final products are very open-ended. Wear clothes that can be get messy! Also, a parent or guardian attendance is mandatory during the first class and as needed.

EVENTS & ACTIVITIES

COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30pm
Feb 13, 27 • Mar 13, 27 • Apr 10, 24
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
Feb 22 • Mar 29 • Apr 26
Ages 7 and older
\$35 per person (supplies included)
Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.
Arts & Crafts Center
From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.
Historic Hickam Officers' Club
\$40 per person (\$20 non-refundable deposit online, \$20 at the door)
Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Online registration at <http://www.greatlifehawaii.com>, search; arts and crafts 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.

Spring CRAFT CAMP

at the *HICKAM ARTS & CRAFTS CENTER*

TUESDAY, MARCH 19

- FRIDAY, MARCH 22

10AM - 12PM

\$70 PER CHILD

OPEN TO AGES 7 & UP



There's no limit to the beauty a child can create when given some instruction and artistic freedom.

SIGN UP NOW, CLASSES FILL UP FAST!!!

TO REGISTER VISIT WWW.GREATLIFEHAWAII.COM

AND SEARCH:

ARTS AND CRAFTS REGISTRATION

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





FEB • MAR 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 February activities is currently open. Registration for March activities begins **February 1**.

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

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

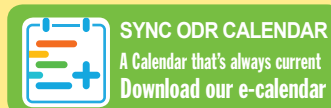
All tour activities and locations are subject to change without notice due to weather and other considerations.

● **OUTDOOR RECREATION**
HICKAM HARBOR • 449-5215

● **OUTDOOR ADVENTURE CENTER**
FLEET STORE • 473-1198

● **RAINBOW BAY MARINA • 784-0167**

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



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

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Feb 17 Sign up by Feb 14
 - Mar 30 Sign up by Mar 28
- Begins: 9 am | Ends: 12 pm
Cost: \$30

Located right on site, join the Hickam Beach staff for an 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 capital 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
 - Mar 3 Sign up by Mar 1
- 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 uncrowded 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

- Feb 3 Sign up by Jan 31
- Feb 24 Sign up by Feb 21
- Mar 9 Sign up by Mar 6
- Mar 24 Sign up by Mar 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!

STAND-UP PADDLEBOARD HALEIWA/ NORTH SHORE

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

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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Feb 19 Sign up by Feb 15
 - Mar 20 Sign up by Mar 17
- Begins: 6:30 pm | Ends: 8:30 pm
Begins: 7:00 pm | Ends: 9:00 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

- Feb 2 Sign up by Jan 31
 - Mar 3 Sign up by Mar 1
 - Mar 9 Sign up by Mar 7
- 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

- 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
- Mar 10 Register online by Mar 7
Begins: 2:30 pm | Ends: 5:30 pm
- Mar 23 Register online by Mar 20
Begins: 8:30 am | Ends: 11:30 am
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

- Feb 9/10 Register online by Feb 7
- Mar 16/17 Register online by Mar 14
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

- Feb 16 Sign up by Feb 14
- Mar 2 Sign up by Feb 28
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

- Feb 10 Sign up by: Feb 8
- Mar 17 Sign up by: Mar 15
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.

HIKE

Hike Ehukai Pillbox

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

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

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. Participants need to know how to swim.

YOUTH SPRING BREAK

YOUTH OCEAN ADVENTURE

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

Youth Ocean Adventure (ages 10-15 years old)

Begins: 1 pm | Ends: 4 pm

Cost: \$85

Registration available online only

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

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.greatlifeohawaii.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.greatlifeohawaii.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

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 29 | 6-8 pm
Sat | Feb 2, 9, 16, 23 | 9 am-1 pm or 1 pm-4 pm
- Tue | Feb 26 | 6-8 pm
Sat | Mar 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 | Feb 2/3 & 9/10
- Sat/Sun | Mar 2/3 & 9/10
Cost: \$85 per person
1-5 pm
Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Feb 4, 6, 11, 13, 20, 25, 27 (No class Feb 18)
- Mon/Wed | Mar 4, 6, 11, 13, 18, 20, 25, 27
Cost: \$85 per person/per month
9:30-11:30 am
Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Feb 16/17 & 23/24
- Sat/Sun | Mar 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 | Feb 4, 6, 11, 13, 20, 25, 27 (No class Feb 18)
- Mon/Wed | Mar 4, 6, 11, 13, 18, 20, 25, 27
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 | Feb 1, 6, 8, 13, 15, 20, 22, 27
- Weds/Fri | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
Cost: \$60 per person/per month
3:30-5:30 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 4 students per class.

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Feb 5, 7, 12, 14, 19, 21, 26, 28
- Tues/Thurs | Mar 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 | Feb 5, 7, 12, 14, 19, 21, 26, 28
- Tues/Thurs | Mar 5, 7, 12, 14, 19, 21, 26, 28
Cost: \$60 per person/per month
3:30-5:30 pm
Ages 10 years & up
*REGISTER ONLINE ONLY

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

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Feb 1, 8, 15, 22
- Fri | Mar 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 8

FAMILY/GROUP SAILING INSTRUCTION

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

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 CANOE/PADDLEBOARD YOGA

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

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

- *Fri | Feb 8 Sign up by Feb 7
- *Fri | Feb 22 Sign up by Feb 21
- *Fri | Mar 8 Sign up by Mar 7
- *Fri | Mar 22 Sign up by Mar 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).

Directions

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



Liberty Calendar

FEBRUARY 2019



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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS: Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220</p> <p>DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced</p>					1 Shoyu Chicken For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300	2 Whale Watching Hike Makapuu Point [INTER] FREE Express 0800 Beeman 0900 Instant 0915 Makai 0930
					Super Smash Bros. Ultimate Tournament FREE Makai 1800 WIN PRIZES!!!	UH Men's Basketball vs UC Santa Barbara \$15 Express 1545 Beeman 1630 Instant 1645 Makai 1700
3 Paddleboarding Haleiwa River \$10 Express 1000 Beeman 0845 Instant 0900 Makai 0915	4 Bowling & Pizza FREE Beeman 1800	5 North Shore Star Gazing FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	6 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	7 Ping Pong Tournament FREE Beeman 1800 WIN PRIZES!!!	8 Poke Bowls For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300	9 Hike Jackass Ginger Pools & Hidden Palace [BEG] FREE Express 0800 Beeman 0900 Instant 0915 Makai 0930
Super Bowl Tailgate Party FREE Beeman 1300					Atlantis Majestic Island Style Buffet Dinner Cruise \$50 Express 1500 Beeman 1545 Instant 1600 Makai 1615	North Shore Beach Hopping FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930
10 Snorkeling Hanauma Bay \$5 Express 0915 Beeman 1000 Instant 1015 Makai 1030	11 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	12 Pick & Paint Pottery @ Hickam Arts & Crafts \$15 Express 1645 Beeman 1730 Instant 1745 Makai 1800	13 Indoor Rock Climbing @ Volcanic Rock Gym \$10 Express 1645 Beeman 1730 Instant 1745 Makai 1800	14 Barracks Bash @ 1300 Series (Rec Center) <i>Sponsored by USAA</i> FREE 1700-1900	15 Saimin For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300	16 Whale Watching Hike Kaena Point [INTER] FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900
Wild Dolphin Watch, BBQ & Snorkel Tour \$50 Express 0930 Beeman 1015 Instant 1030 Makai 1045					UB40 @ Blaisdell Arena \$50 Express 1800 Beeman 1845 Instant 1900 Makai 1915	SCUBA @ Hawaii Kai (2-Tank/Intro Dive) \$60 Express 0700 Beeman 0730 Instant 0745 Makai 0800
17 Kayaking Mokulua \$10 Express 0815 Beeman 0900 Instant 0915 Makai 0930	18 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	19 Supermoon Hike Koko Head [INTER] FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715	20 Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	21 9 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	22 Kalua Pig & Cabbage For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300	23 Volunteer Opportunity @ White Plains Beach FREE Express 0800 Beeman 0830 Instant 0845 Makai 0900
Original Glider Rides \$40 Express 0930 Beeman 0830 Instant 0845 Makai 0900					Firewall VR Tournament FREE Makai 1800 WIN PRIZES!!!	Amazing Comic Con Aloha \$20 Express 0900 Beeman 0930 Instant 0945 Makai 1000
24 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900	25 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!	26 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	27 Windward Mall Farmer's Market FREE Express 1500 Beeman 1545 Instant 1600 Makai 1615	28 Movies With Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800		
Coral Crater Adventure Park: Island Ninja \$50 Express 1100 Beeman 1130						

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 the Super Bowl

Sunday, Feb 3

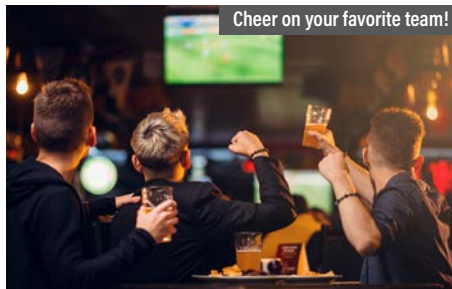
Doors open at 11am

FREE

Watch the Super Bowl at the 10th Puka Lounge. La Familia will be open for food.

BREWS & CUES

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



Cheer on your favorite team!

Watch the Super Bowl

Sunday, Feb 3

Doors open at 11am

FREE

Ages 18 years & older

Watch the Super Bowl at Brews & Cues! Drinks, complementary snacks & giveaways!

#TGIF Concert Series

Friday, Feb 22

8 – 10pm

FREE

Ages 18 years & older

Come hang out and listen to live music by Brad's Pitt in the Paradise Lounge.

Chill & Grill

Friday, Feb 22

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 Music Talent Search

Coming soon.

Stay tuned for more details

JOINT BASE CATERING

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

Feb 3, 10, 17, 24

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, Feb 6, 13, 20, 27

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



Check out Mongolina BBQ Valentine's Dinner

Mongolian BBQ - Special Valentine's Edition

Thursdays, Feb 14

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

Featuring a special complementary dessert!

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!

Mongolian BBQ

Mondays, Feb 4, 11, 25

Thursdays, Feb 7, 21, 28

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Feb 1

4:30 – 7:30pm

Historic Hickam Officers' Club

FREE for Club members

\$15 for non-members

Join us for a great time, and enjoy a yummy pau hana pupu buffet! Open to all ranks and all 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, Feb 1, 8, 15, 22

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, Feb 6, 13, 20, 27

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,

www.greatlifehawaii.com



Eat Your Heart Out

at **白白向**
MONGOLIAN

February 14
5-8 pm

**Historic Hickam Officers Club
Grand Lanai**

(All Base Eligible Patrons Welcome!)

Complementary Valentine's Dessert

**Please be sure to make reservations in advance
For reservations call 448-4608**



burgers and more. Stop by today and enjoy a great new lunch spot on Pearl Harbor.

RESTAURANT 604

At Rainbow Bay Marina888-7616

Weekend Brunch

Valentine's Day Special

Thursday, Feb 14

Treat your special someone to our special Valentine's Day menu featuring lobster tails, Chateaubriand Steak, and Scallops! Make your reservations at 888-7616.

TRADEWINDS

Hickam Bldg. 1804

Watch the Super Bowl

Sunday, Feb 3

Doors open at 11am

FREE

Watch the Super Bowl at Tradewinds! Drinks, complementary snacks & giveaways!

#TGIF Concert Series

Friday, Feb 15

5:30 – 7pm

FREE

Come hang out and listen to live music by Kameron.

family/support

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

TEEN CENTER

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

Family Night: Board Game Night

Tuesday, Feb 19

5 – 7pm

FREE



Ages: All teen family members welcome!

Come hangout at the teen center with your teen, meet the staff, hear about upcoming events, enjoy a night of games and some fun!



Hail and Farewell - Glow Night

Saturday, Feb 23

5 – 7pm

13 – 18 year olds

FREE

Help us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then dance the night away with your peers while enjoying some music and games!

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island)472-7582
Hickam Training Pool449-8274
Hickam Family Pool448-2384
Scott Pool (Pearl Harbor)473-0394
Towers Pool (Makalapa)471-9723

Sweetheart Swim

Thursday, Feb 14

11am – 1pm and 2:30 – 7pm

Scott Pool

FREE

Bring your sweetheart for a swim! Work as a team to complete a 1000-yard swim for a chance to win prizes. The first 10 couples to finish the distance under 14 minutes will receive a prize. Complimentary sweets and treats will be available (while supplies last). Please sign up at Scott Pool! Call 808-473-0394 for more information.

Aqua Zumba

Tuesdays, Feb 5, 12, 19, 26

5–6pm

Hickam Family Pool

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

Lifeguard Certification Class

March 18 – 22

4 – 8pm

Hickam Family Pool

\$175

Registration for the March Lifeguard Certification Class begins now! Call 808-216-1712 for more information. A prerequisite assessment will need to be completed by March 11th to be able to continue with the course.

BOWLING

Hickam Bldg. 1891448-9959

Naval Station Bldg. 1736473-2574

The Escape (Wahiawa Annex)473-2651

Valentine's Day Giveaway

Feb 1–9

Winner will be notified on Feb 11

Sign up to win at either the Naval Station

Bowling Center or Hickam Bowling Center

Sign up to win a Large Pizza from Harbor Grill and 2 movie passes to Sharkey Theater. Second prize winners will receive 2 movie passes to Sharkey Theater.

Valentine's is for Bowling Lovers

Thursday, Feb 14

5–9 p.m.

Naval Station Bowling Center

Purchase two game of bowling and your 3rd game is FREE!

Air Force All Military Bowling Try Outs

Wednesday, Feb 13 & Thursday, Feb 14

10 a.m.

Hickam Bowling Center

\$9 per day for lineage

Sign up by Feb. 11

Format: Bowl 4 games each day, 8 games total. Top 6 males and top 4 females will advance into the Hawaii All Military Bowling Tournament in April. Open to all Active Duty Air Force personnel. Sign up with the Bowling Center Manager by Monday, Feb. 11th. Call 473-2651 for more information.

Navy All Military Bowling Try Outs

Tuesday, Feb 19 & Wednesday, Feb 20

10 a.m.

Naval Station Bowling Center

\$9 per day for lineage

Sign up by Feb. 15

Format: Bowl 4 games each day, 8 games total. Top 6 males and top 4 females will advance into the Hawaii All Military Bowling Tournament in April. Open to all Active Duty Navy personnel. Sign up with the Bowling Center Manager by Tuesday, Feb. 15th. Call 473-2651 for more information.

Active Duty Military Bowl Free

Monday, Feb 4, 11, 25

11am – 1:30pm Hickam Bowling Center

Thursday, Feb 7, 14, 21, 28

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.



Watch the
NCAA games at
**TRADEWINDS &
BREWS & CUES!**

GAMES START MARCH 19 | GAME DAY SPECIALS & PROMOTIONS!

TRADEWINDS
150 MCCLELLAND STREET
449-6112

BREWS & CUES
915 NORTH ROAD
473-1743





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 SC*
8:30–9:30am	ZUMBA STRONG BY ZUMBA®	ZUMBA	HIIT	ZUMBA	YOGA	
9–10am		CYCLE FIT		CYCLE FIT		CYCLE FIT
9:15–10:15am						ZUMBA
9:45–10:45am	YOGA	MAD REPS	TOTAL BODY CONDITIONING *	MAD REPS	ZUMBA	
10:30–11:30am						MAD REPS
11:30am–12:30pm	CYCLE FIT *	TOTAL BODY CONDITIONING *	CYCLE FIT * YOGA	TOTAL BODY CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30–5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30–6:30pm	CYCLE FIT		CYCLE FIT S			
5:45–6:45pm	ZUMBA	YOGA	ZUMBA® TONING *	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE SC *				
7pm		HOT HULA fitness® *		HOT HULA fitness® *		

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

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

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

INFORMATION SUBJECT TO CHANGE

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

Color Pin Bowling Mondays

Monday, Feb 4, 11, 25

5 – 9pm

Naval Station Bowling Center

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

King of the Hill

Thursday, Feb 7, 14, 21, 28

11am – 1pm

Naval Station Bowling Center

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

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

Football 5K Run

Saturday, Feb 2

7am

Hickam Memorial Fitness Center

FREE

Sign up begins at 6:30am at the fitness center front desk. There are several categories: adult male, adult female, youth boy, youth girl, stroller male, stroller female. Call (808) 448-2214 for more information.

YogaFit Level 1: Certification

Saturday & Sunday, Feb 2–3

8am–6pm

\$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 prerequisite is required. For more information, call: (888) 786-3111.



February Massage Special

February Massage Special

Feb 1–17

Hickam Memorial Fitness Center

Couple's Massage - \$130 for 1 hour

Pamper yourself and your sweetheart!

Call 808-448-2214 to schedule your appointment.

Open to 18 years and older.

www.greatlifehawaii.com



Warrior Zone Circuit Class

Friday, Feb 1, 8, 15, 22

11:30 a.m.– 12:30 p.m.

JBPHH Fitness Center

FREE to all Active Duty

1 GE class coupon for all eligible patrons

This class takes functional training to the next level and is geared toward daily activities. The workout uses a variety of equipment, including battle ropes, TRX, kettle bells, and ply boxes. Minimum age requirement: 16 years. For more info call (808) 471-2019.

GOLF

Barbers Point 682-1911

Ke'alahi Par 3 448-2318

Mamala Bay 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

Tuesday, Feb 5, 12, 19, 26

4 – 6pm

Mamala Bay Golf Course Driving Range

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

Golf Demo Day

Wednesday, Feb 6

3:30 – 6:30pm

Navy Marine Golf Course

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

Sweet Deal

Thursday, Feb 14

3:30pm

Mamala Bay Golf Course

Enjoy a Sweet Deal at Mamala Bay on Valentine's Day. Come in and play 18 holes for the price of 9 holes (the 9 hole green and cart fees). Must make a reservation and ask for the "SWEET DEAL" at the time of booking to receive the special rate.

Free Golf Clinics

Thursday, Feb 21

Noon – 1pm Navy Marine Golf Course

Saturday, Feb 16

10 – 11am Barbers Point Golf Course

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

9 Before 9

Monday – Friday (except holidays)

Before 9am

Mamala Bay Golf Course

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

BOGO Special

Monday – Friday

Ke'alahi Golf Course

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

\$30 Coupon Special

Monday & Tuesday (except holidays)

Barbers Point Golf Course

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

Twilight /Play Until Dusk Golf Specials

Monday – Friday (except holidays)

After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)

After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

For more information, call respective pro shop.

INTRAMURALS

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

Intramural Racquetball Tournament

Feb 5 – 7

11am – 7pm

JPBHH Fitness Center

FREE

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

Intramural Soccer

Feb 17 – May

JPBHH Fitness Center

FREE

League limited to commands from Joint Base Pearl Harbor Hickam. Any additional active duty members



not belonging to a command team will come from a players' pool. All individual players who are interested in getting into the players' pool, please call.

itt

Barbers Point 682-2019
Fleet Store..... 473-0792
Hickam..... Temporarily Closed
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, Feb 1, 8, 15, 22

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, Feb 6, 13, 20, 27

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: 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 or donna.sommer@navy.mil

Spring Open House

Saturday, Mar 9

11am – 2pm

FREE

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



Spring Craft Camp

Tuesday Mar 19–Friday Mar 22

10 am – 12 pm

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



Library Know-How

Saturday, Feb 2

10am – 12pm

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Feb 5

10 a.m.

Thursday, Feb 7

6 p.m.

Broaden your literary horizon with us, as we select books from a wide variety of genres. Both days we will discuss "The Betrayal of Liliuokalani."

Young Adult Book Club

Wednesday, Feb 13

4pm

Our Young Adult Club is geared towards Junior High and High School youth. This week our book being discussed is "Nick and Nora's Infinite Playlist."

The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

Tween Book Club

Wednesday, Feb 6

4 – 5pm

We will discuss "Heaven."

STEM Wednesday - Cubelets

Wednesday, Feb 6

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.

Preschool Story Time

Wednesday, Feb 13, 27

9 – 10am

Story times are great for children of all ages! Our theme on Feb 13 will be "Valentines/Friendship" and "Hats" on Feb 27.

Kids' Book Club

Wednesday, Feb 13, 20

2–3 p.m.

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "The Lemonade War" on Feb 13 and "I survived Five Epic Disasters" on Feb 20.

LEGO Time

Saturday, Feb 23

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 29 at 1:44 PM · 🌐

Share your MWR event photos and trend with us!
Follow us on Instagram, Twitter & Snap Chat @greatlifehawaii



ANNUAL CREATIVE *writing* CONTEST 2019

Sponsored by the Hickam Library Friends

POETRY DIVISION

(No more than two (2) typed pages)

Children, Ages 6 – 10

Young Adults, Ages 11 – 18

Adults, Ages 19+

SHORT STORY DIVISION

(No more than twelve (12) double-spaced typed pages)

Children, Ages 6 – 10

Young Adults, Ages 11 – 18

Adults, Ages 19+

RULES

- Registered library patrons only – our staff will be happy to set up an account for you.
- Only unpublished, original work will be accepted.
- Short Story manuscripts must be typed and double-spaced on 8 ½ x 11" standard paper.
- Poetry may be submitted in free form on 8 ½ x 11" standard paper.
- Participants' names must not appear anywhere on their manuscript.
- Write the title and page number on the upper right-hand corner of each page.
- Each participant may submit a short story AND a poem: Only one submission will be accepted for each Division (i.e. only one short story + one poem)
- For triple-blind judging and library retention purposes, four copies of each manuscript must be submitted.

PRIZES

Gift cards will be awarded in all divisions and age categories:

First Place: \$50.00

Second Place \$30.00

Third Place \$20.00

Honorable Mention \$10.00

SCHEDULE

February 19 - March 23: Submissions accepted at the library

March 27 - April 9: Triple-blind judging of submissions

April 10 - 12: Winners determined

April 13, 1 PM: Awards and refreshments at the library

Manuscripts will not be published, but will be made available in a notebook at the circulation desk following the awards ceremony. The manuscript book will not be available for checkout or reproduction.

JUDGING: Entries are judged based on content, originality, language usage and quality of expression. Judges' decisions are final. **Time-permitting**, winners and honorable mention recipients in each category will be notified by phone prior to the awards ceremony. All participants are encouraged to attend the awards ceremony.

ENTRY FORM (Please detach and submit with four (4) copies of your writing entry.)

Name: Please Print Clearly _____ Age _____

(First, MI, Last Name)

Division: ☐ Poetry

☐ Short Story

Age Category: ☐ Children (Ages 6 - 10)

☐ Young Adults (Ages 11 - 18)

☐ Adults (Ages 19+)

Phone Number _____ E-mail Address _____

PERMISSIONS: I do ☐ Do not ☐ grant permission for my and/or my child/children's photo image(s) and/or name(s) to be used in library publicity, community interest articles, MWR's facebook page, Library Friends publicity, or other community information tools.

I certify that the attached work is my own and has not been previously published.

Entrant's signature/parent or guardian's signature if under 18 _____



MILITARY & FAMILY SUPPORT CENTER

FEBRUARY 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

Feb 19 • 12:00 – 2:00pm | Hickam

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

Feb 12 • 10:00am – 12:00pm | Hickam

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

EXPLORING CAREER CHOICES

Feb 20 • 2:30 – 3:30pm | Hickam

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

FEDERAL EMPLOYMENT 101

Feb 7 • 4:30 – 6:30pm | Pearl Harbor

Feb 20 • 12:00 – 2:00pm | Hickam

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

HIRING EVENT

Feb 22 • 10:00am – 2:00pm | Pearl Harbor

Join us for a free hiring event for service members, veterans, and military spouses. This event will feature a wide variety of employers from the public and private sector as well as workshops that will focus on improving competitive employment.

LINKEDIN: WHAT WILL THEY SEE

Feb 19 • 9:00 – 11:00am | Hickam

Through LinkedIn, we will show you how to connect with like-minded professionals in your desired industry, build those connections into a strong network, and market yourself to a target audience. The class will go over the

proper way to build your professional profile and summary, how to use the job search functions, market yourself to LinkedIn recruiters, strengthen your network, and leverage the LinkedIn resources to your advantage.

PART-TIME MONEY MAKERS

Feb 12 • 1:30 – 3:30pm | Hickam

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

DEVELOPING SELF-ESTEEM IN CHILDREN

Feb 27 • 10:00am – 12:00pm | Hickam

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

HELPING YOUR CHILDREN COPE WITH DIVORCE

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

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

HIGH-TECH PARENTING

Feb 6 • 10:00am – 12:00pm | 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

Feb 20 • 5:00 – 8:00pm | Hickam

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

PARENT CHILD COMMUNICATION

Feb 27 • 1:00 – 3:00pm | Pearl Harbor

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

PARENTING GROUP

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

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

STOP BULLYING

Feb 20 • 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

Feb 28 • 10:00 – 11:00am | 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

EFMP COFFEE TALK

Feb 14 • 9:00 – 10:00am | Pearl Harbor

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

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Feb 7 • 8:00 – 11:00am | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Feb 19 • 9:30 – 11:30am | Pearl Harbor

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

key spouse/ombudsman/ fleet readiness group

CERTIFIED OMBUDSMAN TRAINER (COT) COURSE

Feb 26 – 28 • 8:30am – 3:00pm | Pearl Harbor

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

KEY SPOUSE CONNECT MEETING

Feb 7 • 9:00 – 11:00am | Hickam

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

KEY SPOUSE INITIAL TRAINING

Feb 5 • 8:00am – 2:00pm | Hickam

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

KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING

Feb 5 • 2:00 – 3:00pm | Pearl Harbor

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

OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING

Feb 19 • 6:00 – 8:00pm | Lockwood Hall

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

personal development

ANGER MANAGEMENT

Feb 19 • 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

Feb 14 • 10:00am – 12:00pm | Hickam

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

DATING WITH A PURPOSE

Feb 28 • 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

Feb 20 • 10:00am – 12:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

Feb 26 • 10:00am – 12:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS FOR TEENS

Feb 20 • 5:30 – 7:30pm | Pearl Harbor

One in three teens will experience a violent dating relationship by the time they reach adulthood. Dating is just one of the multitudes of challenges teens face. Teens attending the class, will learn the core elements of building Healthy Relationships: high self-esteem, qualities to look for in people, social media and keeping safe!

(continued on next page)

INTERPERSONAL SKILLS

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

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

SKILLS DEVELOPMENT GROUP

Feb 6, 13, 20, 27 • 10:00am – 12:00pm | Pearl Harbor

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

STRATEGIZING WITH STRESS

Feb 12 • 9:00am – 12:00pm | Pearl Harbor

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

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Feb 13 • 1:00 – 3:00 p.m | Pearl Harbor

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

TRANSITIONING MILITARY & MILITARY SPOUSES HIRING EVENT

Feb 22 | 10:00 am - 2:00 pm

Military & Family Support Center
4827 Bougainville Drive

PRE-REGISTRATION HIGHLY ENCOURAGED!
jbphh.greatlifehawaii.com/support/



Military & Family Support Center,
Joint Base Pearl Harbor-Hickam, Phone: (808) 474-1999
Email: MFSCHawaii@navy.mil Web: www.greatlifehawaii.com
Facebook: www.facebook.com/JBPHH.MFSC



UNPLUG YOUR RELATIONSHIP

Feb 26 • 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

Feb 4, 11, 25 • 10:00am – 12:00pm | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Feb 5 • 5:00 – 7:00pm | Hickam

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

personal financial management

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Feb 5 • 8:00am – 3:00pm | 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.

FROM BASE TO PLACE

Feb 7 • 2:00 – 3:30pm | Pearl Harbor

Feb 21 • 2:00 – 3:30pm | Hickam

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

MILLION DOLLAR SPOUSE

Feb 19 • 7:30am – 3:30pm | Pearl Harbor

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

MONEY SKILLS FOR KIDS

Feb 27 • 4:00 – 6:00pm | Pearl Harbor

Age group 5-9 at 4:00-4:45 pm then ages 10-and up at 5:00-6:00 pm. There's more to teaching kids about money than just giving them dollar bills on occasion. Instilling good money habits in your children is one of life's most important lessons and it's never too early to start teaching young people the financial skills they will need later in life. This class will offer ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate kids to be top financial performers.

THRIFT SAVINGS PLAN

Feb 26 • 8:00 – 9:30am | Hickam

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.

VA HOME LOAN WORKSHOP

Feb 25 • 11:00am – 12:00pm | Pearl Harbor

The VA home loan program helps veterans finance the purchase of homes with favorable loan terms at competitive interest rates. This workshop will help you understand the basic steps involved in obtaining a VA guaranteed home loan.



To Register for a MFSC Class Visit:

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

relocation assistance

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

Feb 27 • 8:00 – 11:00am | Pearl Harbor

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

OHANA ALOHA NEWCOMERS ORIENTATION

Feb 12, 26 • 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

Feb 14 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Feb 5 • 1:00 – 3:00pm | Wahiawa

Feb 20 • 9:00 – 11:00am | Pearl Harbor

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Feb 12 • 1:30 – 3:30pm | Pearl Harbor

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

SEX ASSAULT SURVIVORS GROUP

Feb 6, 13, 20, 27 • 4:00 – 5:30pm | Pearl Harbor

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

transition assistance

CAPSTONE EVENT

Feb 13, 14, 27, 28 • 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).

TRANSITION GPS: BOOTS TO BUSINESS

Feb 19 – 20 • 9:00am – 4:00pm | Pearl Harbor

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Feb 11 – 15 • 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

Feb 4 – 8 • 7:30am – 4pm | Pearl Harbor

Feb 11 – 15 • 7:30am – 4pm | Pearl Harbor

Feb 25 – Mar 1 • 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

Feb 5 • 7:30am – 4:00pm | 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

Feb 6, 20 • 8:00 – 11:00am | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Tue–Thu: 8 a.m. – 3:30 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

500 Center Street, Bldg. 392
Wahiawa, HI 96786

474-1999

Tue–Thu: 7:30 a.m. – 4 p.m.

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!

150 McClelland Street, Hickam Bldg. 1804 • 449-6112
 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
 Tue–Fri. 0900–1700
 Sa–Mon. 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
 Temporarily Closed Starting Feb 1st
 ITT-NEX Mall • 422-2757
 Mon–Fri 0900–1800
 Sat 0900–1700
 Sun, Holidays 0900–1500
 ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446
 Mon, Wed, Fri 1000–1600
 Tue, Thu, Sat, Sun, Holidays Closed
 ITT Recreation Ticket Vehicle • 630–3080

TRAVEL CONNECTIONS OFFICES

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

INTRAMURAL SPORTS OFFICE

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

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

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

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

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

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

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

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

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

OUTDOOR RECREATION

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

RENTALS

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

Outdoor Recreation Equipment Rentals:

Hickam Beach • 449-5215
 Pearl Harbor • 473-1198
 White Plains Beach • 682-4925

Recreation & Party Equipment Rentals:

Hickam Bldg. 1760 • 449-6870

YOUTH PROGRAMS

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

Youth Sports & Fitness
 Office, Bloch Arena • 473-0789

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

WOUNDED WARRIOR

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

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

Automotive Worker
 Hotel Housekeeping
 Laundry Worker

How to Apply:

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


CNRH FFR

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

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

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



HICKAM ARTS & CRAFTS CENTER

2019 Spring Open House

ADMISSION IS
FREE!



*Saturday, March 9
11am - 2pm*


FUN FOR THE WHOLE FAMILY:

- MAKE-N-TAKES • DEMOS
- FREE HOT DOGS & SODA
- DOOR PRIZES



Questions? Call 448-9907

Hickam Arts & Crafts Center: 335 Kuntz Ave, Bldg. 1889



TGiF

CLUB PEARL & TRADEWINDS ENTERTAINMENT SERIES

LIVE ENTERTAINMENT • KARAOKE • GAMES & ACTIVITIES

15
FEBRUARY

KAMERON

5:30 – 7:00PM @ TRADEWINDS

22
FEBRUARY

BRAD'S PITT

8:00 – 10:00PM @ CLUB PEARL

15
MARCH

NEXT LEVEL

5:30 – 7:00PM @ TRADEWINDS

29
MARCH

KARAOKE

8:00 – 10:00PM @ CLUB PEARL

Club Pearl events occur on
the last Friday of the month
in the Paradise Lounge.
Tradewinds events occur on
the third Friday of the month.

CLUB PEARL 15 North Road, Bldg. 1314 | **471-2431**

TRADEWINDS 150 McClelland Street | **473-2431**

greatlifehawaii.com



HIRING FAIR

Work Directly with Children

February 23 | 10am to 2pm



- Skip the USAJobs Process
- Interviews & Tentative Job Offers on the spot!
- Hiring for Entry Level Positions

PELTIER CDC

530 PELTIER AVE, HONOLULU

NO BASE ACCESS REQUIRED

PHOTO ID REQUIRED

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- Career Path Training for Advancement & Raises • Tuition Assistance
- Transportation Assistance • Flexible Schedules • World-Class Facilities
- Base Facility Access: Fitness Centers, Discounted Tickets, Concerts & more



For full details visit
www.GreatLifeHawaii.com/cyp

