www.greatlifehawaii.com | March 2020

GREAT Life HAWAII

Do You Know Your MWR?

Page 6

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Come early for the best seats and friendly competition in our indoor playground, with cornhole, jenga and more.
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Available on 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.

SYNC ODR CALENDAR
A Calendar that's always current
Download our e-calendar

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: MARCH 2020

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On the cover:
Do you know what this beautifully crafted piece is, and where it sits?

At right:
Colorful clues make this an easy guess, but the question is where is this?

MARCH

GREATLIFEHAWAII | 2020

Do You Know Your MWR?

pg 6 | See if you can identify the objects and where they are located on base.

MWR spotlight March Madness

pg 4 | Spectator or basketball player?

MARCH MADNESS

– By Victoria MacLellan

DO YOU LIKE TO PLAY BASKETBALL?

Have you entered to be in the upcoming **March 3-on-3 Madness Competition** yet?

Friday, March 27
Hickam Memorial Fitness Center
1:30pm

The Hickam Memorial Fitness Center is getting festive and giving you a chance to show off your basketball skills! Registration is from March 1–24. You can visit the fitness center front desk or call 808-448-2214 to register.

The best part... IT'S FREE (to all eligible patrons)! There is a maximum of 4 people per team allowed. There will be 1st, 2nd and 3rd place winner awards.

LET'S SEE WHAT YOU'VE GOT!

YOU LIKE BASKETBALL, BUT STRICTLY A SPECTATOR?

GO TEAM!

Check out the NCAA Championship games at our JBPHH venues; **Tradewinds and Brews & Cues** during normal business hours!

Brews & Cues

PHONE: 473-1743

HOURS: Mon – Thurs: 3 – 10pm
Fri: 2pm – 1am
Sat: 1pm – 1am
Sun: 7am – 11pm

JBPHH TRADEWINDS HAWAII

PHONE: 448-4608

HOURS: Tues – Thurs: 3:30 – 10pm
Fri & Sat: 3:30 – Midnight

Alpha Warrior

CHALLENGE

EARHART TRACK | APRIL 25, 2020 | 8AM

PUSH YOUR FITNESS LIMITS ON THE ALPHA WARRIOR BATTLE RIG!
THERE WILL BE PRIZES FOR 1ST, 2ND AND 3RD PLACE CHALLENGE FINISHERS.

REGISTRATION IS OPEN FROM MARCH 16 - APRIL 15.

FREE TO ALL ELIGIBLE PATRONS, 18 YEARS+ | FOR MORE INFORMATION, CALL 808-448-2214.

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MWR
MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

Do You Know Your MWR?

By Reid Tokeshi

Every month you can find cool information about the fun and helpful things that MWR provides right here in this magazine. But how well do you pay attention when you visit one of our programs? Let's find out.

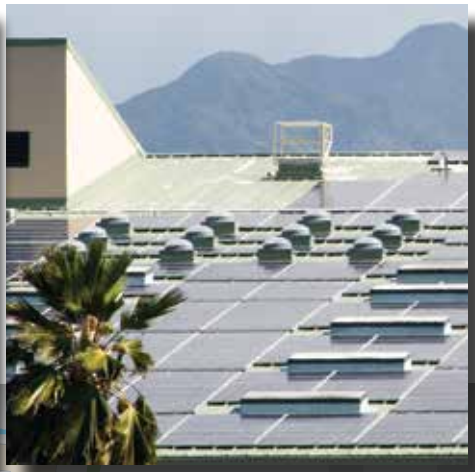
Here are some photos of interesting objects or trivia and they all have one thing in common: each is at one of the MWR facilities here on base. Can you deduce what it is and where you can find it? Some are easy to figure out, while others might make you stop and look around the next time you visit.

Okay, it's easy to see what this is, but do you know where this sits on base? It's one of the few places on the island we know of where you can enjoy fresh air while playing this. Who's got next?

What do you get when you combine a gas stove, cotton candy, mountain bike, popcorn, bocce balls and a kayak? A small sample list of what you can find at this recently renovated location. When you want to make your own fun, check this place out.

1400 of these have teamed up to save MWR almost $2 million ever since it appeared back in 2012. Hint: it's on one of our biggest buildings, over 62,000 square feet. It's one of MWR's biggest steps towards being more environmentally conscious.

If you recognize what this unique piece of art represents then you'll know where it resides. The name of the location and the sculpture honor a groundbreaking duo. We bet a lot of people have walked right by without appreciating the craftsmanship.



Take a look at this beautiful marker which complements the scenic backdrop. This place offers something for everyone: from the hardcore enthusiast, to the casual/curious sampler. The views alone are worth the drive.

This cool sculpture has been sitting at this entrance for years. You may not have not noticed it, but it was gifted by some talented craftsmen who also happen to be service members stationed here a long time ago. We actually can't make out some of the names and words, can you? Maybe you even know some of them.

It's easy to figure out what these are, but guess where we took the picture. It's someplace you need to stop by - especially if you haven't been there in a while - at least to see the recent renovations.

Photos: Nick Dubovsky and Reid Tokeshi

HICKAM ARTS AND CRAFTS CENTER

335 KUNTZ AVE., BLDG. 1889 • 808-448-9907

MAR | APR | MAY

TO REGISTER FOR CLASSES, VISIT
jbphh.greatlifehawaii.com/recreation/arts-crafts-

TEEN/ADULT CLASSES

CERAMICS & POTTERY

BEGINNING WHEEL THROWING W/ROBERT MCWILLIAMS
One class per week for 8 weeks: Wednesdays, 6 – 8:30pm
Mar 4–Apr 22 • Apr 29–Jun 17
Ages 16 and older | $125 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered. The class will progress at each individual's speed. No experience required.

ADVANCED WHEEL THROWING W/ROBERT MCWILLIAMS
One class per week for 8 weeks: Saturdays, 9 – 11:30am
Apr 25–Jun 13
Ages 16 and older | $125 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed. This class is perfect for more advanced students and students that want to continue learning!

ADULT HAND-BUILDING WITH CLAY W/ROCHELLE LUM
One class per week for 5 weeks: Tuesdays, 6 – 8:30pm
Mar 3–24 • Apr 7–28 (May 13 - finish glaze only)
May 5–26 (Jun 9 - finish glaze only)
Ages 14 and older | $60 per person (plus supplies)

This class is perfect for those interested in learning basic ceramic techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay transformed. The last class is held two weeks after the 4th class, so pieces can come back from bisque.

DRAWING & PAINTING

ACRYLIC PAINTING W/DENNIS MCGEARY
One class per week for 4 weeks: Tuesdays, 3 – 5pm
Mar 3–24 • Apr 7–28 • May 5–26
Ages 12 and older | $80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES W/DENNIS MCGEARY
One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm
Mar 3–24 • Apr 7–28 • May 5–26
Ages 14 and older | $90 per person (plus supplies)

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

COLORFUL EXPRESSIONS PAINTING W/DENNIS MCGEARY
One class per week for 4 weeks: Tuesdays, 12:30 – 2:30pm
Mar 3–24 • Apr 7–28 • May 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.

BEGINNING ADULT WATERCOLOR W/JEFF SANDERS
One class per week for 6 weeks: Tuesdays, 6 – 8pm
Apr 7–May 12 • May 19–Jun 23
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 W/JEFF SANDERS
One class per week for 6 weeks: Thursdays, 6 – 8pm
Apr 2–May 7 • May 14–Jun 18
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.

DRAWING TECHNIQUES W/APRIL DUQUE
One class per week for 4 weeks: Mondays, 5:30 – 7:30pm
Apr 6–27
Ages 12 and older | $80 per person (plus supplies)

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

FRAMING

BASIC PICTURE FRAMING W/MARIALAINE FIGUERRES
One-day class, on select Mondays or Saturdays, 9am – 1pm
Ages 16 years and older | $85 per person (supplies included)

In this one-day class you will learn how to measure and cut a double mat for your 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon class completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Sign up early, space is limited! Please contact the Frame Shop at 448-9907 ext. 108 for more information and to confirm date.

GLASSWORKS & JEWELRY

BEGINNING GLASS FUSING W/JESSICA FITZGERALD
One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm
Mar 5–12 • Mar 19–26 • Apr 2–9 • Apr 16–23
May 7–14 • May 21–28
Ages 16 and older | $40 per person (plus supplies)

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

ADVANCED GLASS W/JESSICA FITZGERALD
One class per week for 4 weeks:
Fridays, 5:15 – 7:15pm
Mar 6–27
Wednesdays, 5:15 – 7:15pm
Apr 1–22 • May 6–27
Ages 16 and older | $80 per person (plus supplies)

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

GLASS FUSION W/JOCELYN SASAKI
One class per week for 4 weeks: Tuesdays, 6:30 – 8:30pm
Mar 3–24 • Apr 7–28 • May 5–26
Ages 16 and older | $80 per person (plus supplies)

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

BEGINNING JEWELRY MAKING W/PAULETTE WILLIAMS
One class per week for 3 weeks:
Thursdays, 5 –7pm
Mar 5–19
Wednesdays, 6 –8pm
Apr 1–15 • May 6–20
Ages 16 and older | $50 per person (plus supplies)

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

ADVANCED JEWELRY MAKING W/PAULETTE WILLIAMS
A one-day class session.
Friday, 5 –8pm
Mar 20/ Etched Copper Cuff Bracelet
Ages 16 and older | $70 per person (supplies included)
Wednesdays, 5 –8pm
Mar 25/ Wire-Wrapped Cuff Bracelet
Apr 22/Stained Glass Bracelet
Ages 16 and older | $60 per person (supplies included)
Monday, 5 –8pm
May 18/ Etched Copper Cuff Bracelet
Ages 16 and older | $60 per person (supplies included)

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

CROCHET, KNITTING, QUILTING & SEWING

BEGINNING SEWING W/KYONG ANGUAY
One class per week for 4 weeks: Wednesdays, 6 – 8pm
Mar 4–25 • Apr 1–22 • May 6–27
Ages 14 and older | $70 per person (plus supplies)

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

ADVANCED SEWING W/ KYONG ANGUAY
One class per week for 4 weeks: Fridays, 6 – 8pm
Mar 6–27 • Apr 3–24 • May 8–29
Ages 16 and older | $70 per person (plus supplies)

Take your sewing to the next level. Learn advanced techniques and projects. You must have your own sewing machine and supplies.

CROCHET BASICS W/TIFFANY DEVINE-GRIFFITH
One class per week for 3 weeks: Wednesdays, 6:30 – 8:30pm
Mar 4–18 • Apr 8–22 • May 6–20
Ages 12 and older | $35 per person (plus supplies)

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

ADVANCED CROCHET W/TIFFANY DEVINE-GRIFFITH
One class per week for 3 weeks: Mondays 6 – 8pm
Mar 2–16 • Apr 8–22 • May 6–20
Ages 12 and older | $35 per person (plus supplies)

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

MACHINE QUILTING (AM) W/KYONG ANGUAY
One class per week for 4 weeks: Saturdays, 9am – 12pm
Mar 21–Apr 11/Bring Your Own Project Quilt
Apr 18–May 16/Pineapple Quilt (no class May 2)
May 23–Jun 13/Quilt Bags
Ages 16 and older | $100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

MACHINE QUILTING (PM) W/KYONG ANGUAY
One class per week for 4 weeks: Saturdays, 1 – 4pm
Mar 21–Apr 11/Bring Your Own Project Quilt
Apr 18–May 16/Pineapple Quilt (no class May 2)
May 23–Jun 13/Quilt Bags
Ages 16 and older | $100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

BEGINNING KNITTING WITH CARLOTA COX
One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 5:30 – 7pm
Mar 30–Apr 27 (no class Apr 13)
Ages 16 and older | $50 per person (plus supplies)

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

INTERMEDIATE KNITTING WITH CARLOTA COX
One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 1 – 2:30pm
Mar 30–Apr 27 (no class Apr 13)
Ages 16 and older | $50 per person (plus supplies)

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

PHOTOGRAPHY

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER
One class per week for 4 weeks: Tuesdays, 6 – 8pm
Mar 3–24 • Apr 7–28 • May 5 – 26
One class per week for 4 weeks: Wednesdays, 10am – 12pm
Mar 4–25 • Apr 8–29 • May 6 – 27
Ages 14 and older | $75 per person (plus supplies)

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

WOODWORKING

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

WOOD SHOP SAFETY CLASS
One-day class, offered on select Saturdays, 4:30 – 7:30pm (arrive 15 minutes prior to class to sign in)
Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)
$25 per person (arrive 15 minutes prior to class to sign in)

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

PEN TURNING CLASS
One-day class, offered on select Saturdays & Sundays, 7:30 – 11:30am
Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)
$50 per person (supplies included)

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

SAFETY CLASS WITH PEN TURNING
One-day class, offered on select Saturdays & Sundays, 7:30 – 11:30am (arrive 15 minutes prior to class to sign in)
Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)
$60 per person (supplies included)

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

CUTTING BOARD CLASS
One class per week for 3 consecutive weeks:
Fridays (5 – 9pm) & Sundays (7:30–11:30am)
Ages 16 years & older
$145 per person (deposit of $85.00 is due at registration)

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

KEEPSAKE BOX CLASS
One class per week for 4 consecutive weeks: Fridays, 5 – 9pm

(continued on next page)

Ages 16 years & older
$145 per person ($100 sign-up fee + $45 supply fee)

This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). *Current safety qualification card needed to take the class*.

MISCELLANEOUS/WORKSHOPS

CUSTOMIZE YOUR CANVAS SHOES W/SORIANA SANCHEZ MOSTAJO
One class per week for 2 weeks: Sundays, 1 – 3pm
Mar 15–22
Ages 12 and older | $45 per person (plus supplies)

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

WREATH DECORATING W/SORIANA SANCHEZ MOSTAJO
One-day class, offered on Wednesday, 6 – 8pm
Apr 29
Ages 15 and older | $35 per person (plus supplies)

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

CHILDREN'S CLASSES & CAMPS

YOUTH WOOD WORKING SAFETY WITH PEN TURNING
One-day class, offered on select days.
Ages 12 – 16 (12 – 15 must be accompanied by parent or guardian)
$60 per person (supplies included)

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

YOUNG ARTIST HAND-BUILDING W/CLAY W/ROCHELLE LUM
One class per week for 4 weeks: Thursdays, 3 – 4:30pm
Mar 5–26 • Apr 2–23 • May 7–28
Ages 7 – 13 | $45 per person ($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.

ADVENTURES IN ART W/APRIL DUQUE
One class per week for 4 weeks: Mondays, 5:30 – 7:30pm
Mar 2–23 • May 4–Jun 1
Ages 12 and older | $70 per person (plus supplies)

Students will create dynamic, open-ended, and fun projects using a variety of art materials and processes, while learning to effectively use the elements and principles of art and design, such as: line, color, form, space, shape, texture, balance… Each session will feature new activities like painting, collage, sculpture, and printmaking. Guidance will be given for following a creative process- from initial idea to showing and discussing the finished artwork to an audience. Class is suitable for all skill levels.

AFTER SCHOOL WATERCOLOR W/JEFF SANDERS
One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm
Apr 7–May 12 • May 19–Jun 23
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 W/JEFF SANDERS
One class per week for 6 weeks: Thursdays, 1:30 – 3pm
Apr 2–May 7 • May 14–Jun 18
Ages 7 – 18 | $70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR W/JEFF SANDERS
One class per week for 6 weeks: Thursdays, 3:45 – 5:15pm
Apr 2–May 7 • May 14–Jun 18
Ages 7 – 18 | $70 per person (plus supplies)

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

PARENT & ME BASIC CROCHET W/TIFFANY DEVINE-GRIFFITH
One class per week for 3 weeks:
Wednesdays, 3:30 – 5:30pm
Mar 4–18 • Apr 8–22 • May 6–20
Saturdays, 1 – 30pm
Sept 14–28
Ages 7 – 12 (with an accompanying, paying adult/guardian)
$35 per participant ($70 total; plus supplies)

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

BEGINNING SEWING W/SORIANA SANCHEZ MOSTAJO
One class per week for 5 weeks: Wednesdays, 5:30–7:30pm
May 20–Jun 17
Ages 8 – 15 | $65 per person (plus supplies)

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

BEGINNING KNITTING W/CARLOTA COX
One class per week for 4 weeks (5 week duration with 1 week skipped): Mondays, 3:30 – 5pm
Mar 30–Apr 27 (no class Apr 13)
May 4–Jun 8 (no class May 18 & 25)
Ages 10 – 15 | $50 per person (plus supplies)

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

DYNAMIC DRAWING TO MIXED MEDIA W/SORIANA SANCHEZ MOSTAJO
One class per week for 5 weeks: Wednesdays, 5:30–7:30pm
Mar 25–Apr 22
Ages 9 – 17 | $65 per person (plus supplies)

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

EVENTS & ACTIVITIES

OHANA PAINT NIGHT W/APRIL DUQUE
One class per month: Fridays, 5:30 – 7:30pm (Arts & Crafts Center)
Mar 27 • Apr 24 • May 22
Ages 7 and older | $30 per person (supplies included)

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

PAINT & SIP
1st & 3rd Wednesday of the month, 5:30 – 8:30pm (Tradewinds)
Mar 4 & 18 • Apr 1 & 15
$40 per person ($20 non-refundable deposit online, $20 at door)

A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

SPRING CRAFT CAMP
Mar 17–20
Ages 7 and older | $70 per person

Sign up now, classes fill up FAST!

HICKAM ARTS & CRAFTS CENTER

JOIN OUR EMAIL LIST

Our monthly email will include:

- UPDATED DOWNLOADABLE CLASS SCHEDULE
- UPCOMING SPECIAL EVENTS
- DEPARTMENT SPECIALS

To join, just visit:
jbphh.greatlifehawaii.com/Recreation/Arts & Crafts/Email List Subscription

NEW SESSIONS START EVERY MONTH!

Learn to Dance SALSA at the Makai Recreation Center

Ages 18 and up
4 week series:
$35 single & $60 couples
Weds, 7:00-8:15pm
Saturdays, 3:00-4:15pm

This course is designed for students with little to no salsa dancing experience. Students will learn basic fundamentals of dancing salsa including footwork, timing, and connection with your partner as well as the basic principles of leading and following. We will learn the basic turn patterns that will become the foundation of your dance repertoire. Both singles and couples are welcome.

Visit greatlifehawaii.com to register.

STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii | GreatLifeHawaii.com

MWR
MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

MARCH • APRIL OUTDOOR RECREATION

SIGN UP INFORMATION

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

RAINBOW BAY MARINA • 784-0167

For activities that require online registration, visit www.greatlifehawaii.com and search: ODR Registration.
Online registration will require an ID check, in person at Hickam Harbor within 5 days of receipt of payment.

SYNC ODR CALENDAR
A Calendar that's always current.
Download our e-calendar!

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

SURFING

LEARN TO SURF AT HICKAM HARBOR

- March 7 — Sign up by March 5
- April 5 — Sign up by April 3

9 am – 12 pm | Cost: $40

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

WOMEN'S SURFING

- March 22 — Sign up by March 20
- April 19 — Sign up by April 17

9 am – 12 pm | Cost: $40

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

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- March 1 — Sign up by February 28
- March 29 — Sign up by March 27
- April 18 — Sign up by April 16

9:30 – 10:30 am | Cost: $30

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

STAND-UP PADDLE BOARD HALEIWA/NORTH SHORE

- March 21 — Sign up by March 19

8 am – 2 pm | Cost: $35

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

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

STAND-UP PADDLE BOARD KAHANA VALLEY

- April 18 — Sign up by April 16

8 am – 1 pm | Cost: $30

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

Level: Easy (swimming experience required).

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- March 9 Sign up by March 7
  7 – 9 pm | Cost: $25
- April 7 Sign up by April 5
  7:30 – 9:30 pm | Cost $25

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

KAYAKING THE MOKULUA ISLANDS

- March 28 Sign up by March 26
  7 am – 1 pm | Cost: $45

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

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

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- March 8 Sign up by March 6*
- March 21 Sign up by March 19*
  2:30 – 5:30 pm | Cost: $35
- April 4 Sign up by April 2*
  8:30 – 11:30 am | Cost: $35
- April 26 Sign up by April 24*
  2:30 – 5:30 pm | Cost: $35

  **Registration available online only.*

Enjoy a relaxing morning or afternoon taking part at your luck to land that big one. Join our staff as we help you cast your line out and provide pointers if you need to help bring in the oceans bounty. You never know what you might catch. A wide variety of reef fish and a token shark or two will put you to the test. This is a great trip for experts and beginners alike. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks to help complete your relaxing afternoon on the water.

KEIKI & PARENT HAND POLE FISHING/ REEF WALKING

- March 7 Sign up by March 5
- March 28 Sign up by March 26
- April 4 Sign up by April 2
- April 25 Sign up by April 23
  9:30 am – 12:30 pm | Cost: $12

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

SPEARFISHING EXCURSION

- March 28 Sign up by March 26
- April 25 Sign up by April 23
  9 am – 12 pm | Cost: $20

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

LEARN TO SPEARFISH

- March 14 & 15 Sign up by March 12*
- April 11 & 12 Sign up by April 9*
  9 am – 12 pm | Cost: $60

  **Registration available online only.*

Spear fishing is as exciting and challenging as it sounds! The Outdoor Recreation staff will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. The second part, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you are unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel, and transportation is on us. You're welcome to bring you own gear if you want. *Participants must know how to swim and prior snorkel experience is required*.

BIKING

NORTH SHORE BIKE RIDE

- March 14 Sign up by March 12
  8 am – 1 pm | Cost: $25

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

Level: Easy (must have bike riding experience).

WINDSURFING

ADULT LEARN TO WINDSURF AT HICKAM HARBOR

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

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

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

(continued on next page)

RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam • 449-6870

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

Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike? Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear.

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

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged itemts. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

Check www.greatlifehawaii.com for price lists.

PATIOS & PAVILIONS

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

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

Facilities and areas at Hickam Beach:
Foster Point Gazebo, Honeymoon Beach, Hickam Beach Cabanas, Outdoor Rec Villa, Hickam Harbor Waterfront

Facilities and areas at Pearl Harbor and Barbers Point:
Rainbow Point Pavilion, Rainbow Bay Pavilion, Rainbow Bay Cabanas, Tea House, Makalapa Rec Complex, Richardson Fields, White Plains Beach Cabanas, Nimitz Cove Beach Cabanas

MARINAS CLASSES & ACTIVITIES

ALL INFORMATION SUBJECT TO CHANGE

SAILING CLASSES

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

INTRODUCTION TO SAILING AT HICKAM HARBOR

- March 1 Sign up by March 2
- March 27 Sign up by March 25
- April 1 Sign up by March 30
- April 2 Sign up by April 22

9:30 – 11 am | Cost: $60 total (1-4 participants)

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

START SAILING RIGHT AT HICKAM HARBOR

- Tues | March 3 (6 – 8 pm)
- Sat | March 7, 14, 21, 28 (9 am – 12 pm or 1 – 4 pm)
  Cost: $115 per person
- Tues | March 31 (6 – 8 pm)
  Cost: $120 per person

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Limit of 4 – 8 students per session.

ADULT LEARN TO SAIL AT RAINBOW BAY MARINA

- Mon/Wed | March 2, 4, 9, 11, 16, 18, 23, 25, 30
- Mon/Wed | April 1, 6, 8, 13, 15, 20, 22, 27, 29
  9:30 – 11:30 am (excludes holidays)
  Cost: $100 per person | Ages 18 & up

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

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Limit of 4 – 8 students per session.

YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | March 2, 4, 9, 11, 16, 18, 23, 25, 30
- Mon/Wed | April 1, 6, 8, 13, 15, 20, 22, 27, 29
  12 – 2 pm (excludes holidays)
  Cost: $100 per person | Ages 10 – 17

**Registration is done by the month and available online only.* Beginners sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Limit of 4 – 8 students per session.

YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | March 3, 5, 10, 12, 17, 19, 24, 26, 31
- Tues/Thurs | April 2, 7, 9, 14, 16, 21, 23, 28, 30
  12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)
  Cost: $85 per person | Ages 10 – 17

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

Level 2 sailing class taught by one of our certified instructors. Class consists of theory and on-the-water group instruction. Limit of 4 – 25 students per session.

ADULT SMALL BOAT SAILING AT HICKAM HARBOR

- Wed/Fri | March 4, 6, 11, 13, 18, 20, 25, 27
- Wed/Fri | April 1, 3, 8, 10, 15, 17, 22, 24, 29
  9:30 am – 12 pm (excludes holidays)
  Cost: $100 per person | Ages 18 & up

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

Learn to rig and sail small sailboats. No experience required! Limit of 2 – 8 students per session.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | March 4, 6, 11, 13, 18, 20, 25, 27
- Wed/Fri | April 1, 3, 8, 10, 15, 17, 22, 24, 29
  2:30 – 5:30 pm (excludes holidays)
  Cost: $100 per person | Ages 10 & up

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

This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class can accommodate all levels of ability. Space is limited to 4 students per class.

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | March 3, 5, 10, 12, 17, 19, 24, 26, 31
- Tues/Thurs | April 2, 7, 9, 14, 16, 21, 23, 28, 30
  3:30 – 5:30 pm (excludes holidays)
  Cost: $85 per person | Ages 10 & up

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

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

ADULT INTERMEDIATE RACING

- Sat | March 7, 14, 21, 28
- Sat | April 4, 11, 18, 25
  1 – 5 pm (excludes holidays)
  Cost: $150 per person | Ages 18 & up

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

Learn how to take your sailing skills up to the next notch. This structured class will teach how to race, navigate a race course, advanced sail controls, advanced sail trim as well as how to use a spinnaker on our Rhodes 19 boats. Limit of 4 – 8 students per session.

ADULT ADVANCED SAILING

- Sun | March 8, 15, 22, 29
- Sun | April 5, 12, 19, 26
  1 – 5 pm (excludes holidays)
  Cost: $125 per person | Ages 18 & up

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

Hone in on your advanced sailing skills by practicing your boat handling skills as well as your boat speed as you race around the course alongside others. This class will consist of a series of races with on-the-water coaching and after-sailing debriefs. Limit of 4 – 30 students per session.

BOAT CHECKOUT AT HICKAM HARBOR

- By appointment only
  Cost: $20 per hour

(Must sign up at Hickam Harbor 7 days prior to class.)

Sailing card expired? Looking for a sailboat rental? This is a refresher course showing the operation of our sailboat fleet. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and navigate our harbor, you will be granted a sailing card to rent our boats. Boats can be rented during regular business hours.

OUTRIGGER CANOE PADDLING

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

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

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

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

- Mon/Wed/Fri
- Mon/Wed/Fir
  8:30 – 9:30 am
  Cost: $5 per person/1 hour

**Signups held at Hickam Harbor, must sign up 1 week prior to date requested.* Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. All ability levels welcome!

BEACHES

HICKAM BEACH

3455 Mamala Bay Drive

BEACH SHACK • 449-5215

Hours: Friday – Sunday, 10am – 4pm

BEACH EQUIPMENT RENTAL • PRIVATE LESSONS

(Weather permitting)

WHITE PLAINS BEACH

Kalaeloa

SURF SHACK • 682-4925

Hours: Daily, 9am – 4:30pm (last turn-in)

BEACH EQUIPMENT RENTAL • PRIVATE LESSONS

(Weather permitting)

Liberty Calendar
March 2020

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
1 **WET 'N' WILD** $25 Express 0915 Beeman 1000 Instant 1015 Makai 1030 **CATCH & COOK** FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930	**2** **BOWLING & PIZZA** FREE Beeman 1800 **VOLUNTEER OPPORTUNITY: TRADEWINDS** FREE Express 1530 Beeman 1615 Instant 1630 Makai 1645	**3** **PAU HANA SURF SESSION** FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	**4** **ULTIMATE SUPER SMASH BROS. TOURNAMENT** FREE Makai 1800 **WIN PRIZES!!!**	**5** **SHELL HUNTING** FREE Express 1515 Beeman 1600 Instant 1615 Makai 1630	**6** **PORK ADOBO FRIED RICE FOR LUNCH** FREE Beeman 1100-1300 **VOLUNTEER OPPORTUNITY: TRADEWINDS** FREE Express 1530 Beeman 1615 Instant 1630 Makai 1645	**7** **VOLUNTEER OPPORTUNITY: JAMES CAMPBELL NATURE REFUGE** FREE Express 0730 Beeman 0630 Instant 0645 Makai 0700 **HIKE HAMAMA FALLS [BEG]** FREE Express 0800 Beeman 0830 Instant 0845 Makai 0900
8 **PARASAILING** $62 Express 0830 Beeman 0915 Instant 0930 Makai 0945 **HONOLULU FESTIVAL PARADE & FIREWORKS** FREE Express 1315 Beeman 1430 Instant 1445 Makai 1500	**9** **LANIKAI PILLBOXES FULL MOON HIKE [BEG]** FREE Express 1615 Beeman 1700 Instant 1715 Makai 1730	**10** **KCC FARMERS MARKET** FREE Express 1545 Beeman 1630 Instant 1645 Makai 1700	**11** **DRIVING RANGE @ NAVY MARINE GOLF COURSE** FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745	**12** **SAVINGS & INVESTMENT CLASS** FREE Makai 1800	**13** **GRILLED CHEESE & TOMATO SOUP FOR LUNCH** FREE Beeman 1100-1300 **FREE MOVIE @ SHARKEY THEATER** FREE Beeman 1700	**14** **VOLUNTEER OPPORTUNITY: CANOE FEST 2020** FREE Express 0630 Beeman 0700 Instant 0715 Makai 0730
15 **SURF & BBQ** $10 Express 0930 Beeman 0830 Instant 0845 Makai 0900	**16** **SURFBOARD DING REPAIR 101** FREE Express 1645 Beeman 1730 Instant 1745 Makai 1800	**17** **PAU HANA SURF SESSION** FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	**18** **LEARN TO COOK WITH LIBERTY** FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	**19** **BARRACKS BASH @ GATHERING PLACE (HICKAM SERIES)** FREE 1700-1900	**20** **SPAM MUSUBI FOR LUNCH** FREE Beeman 1100-1300	**21** **VOLUNTEER OPPORTUNITY: CLEAN UP PUPUKEA BOY SCOUT CAMP** FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 **KUALOA ZIPLINE TOUR** $126 Express 0830 Beeman 0900 Instant 0915 Makai 0930
22 **KAYAK PEARL HARBOR** $10 Express 0800 Beeman 0830 Instant 0845 Makai 0900 **HIKE LULUMAHU FALLS [BEG]** FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945	**23** **NORTH SHORE STARGAZING** FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	**24** **SHELL HUNTING** FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	**25** **NIGHT FISHING** FREE Express 1530 Beeman 1600 Instant 1615 Makai 1630	**26** **K1 SPEED GO-KARTS** $35 Express 1515 Beeman 1600 Instant 1615 Makai 1630	**27** **PULLED PORK BBQ SANDWHICH FOR LUNCH** FREE Beeman 1100-1300 **VOLUNTEER OPPORTUNITY: TRADEWINDS** FREE Express 1530 Beeman 1615 Instant 1630 Makai 1645	**28** **SNORKELING HANAUMA BAY** $5 Express 0915 Beeman 1000 Instant 1015 Makai 1030 **3RD ANNUAL NOODLE FEST HAWAII** FREE Express 1345 Beeman 1430 Instant 1445 Makai 1500
29 **SURF & BBQ** $10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 **WHALE WATCHING PUU MAELIELI HIKE [INTER]** FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930	**30** **TRIVIA NIGHT @ BRICK OVEN** BRING $$ Express 1645 Beeman 1730 Instant 1745 Makai 1800	**31** **TEXAS HOLD 'EM TOURNAMENT** FREE Beeman 1900 **WIN PRIZES!!!**				

DESIGNATION FOR HIKES:

BEG: Beginner

INTER: Intermediate

ADV: Advanced

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**

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.

dining

10th Puka Lounge • Brews & Cues • Club Pearl
The Country Bar • Historic Hickam Officers' Club
Koa Lounge • La Familia Mexican Restaurant
The Lanai at Mamala Bay • Mangiamo • Phillies
Planet Smoothie • Restaurant 604 • Tradewinds
Wright Brothers Café & Grille

BREWS & CUES

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

Cornhole Tournament

Friday, March 6
Enter by 5:30pm | FREE

Game Night – Minute to Win It w/ Red Solo Cups

Friday, March 13 | FREE

Go Green, St. Patrick's Day Party

Tuesday, March 17
4:30 – 6:30pm | FREE

Pool Challenge

Friday, March 27
5:30pm | FREE

THE COUNTRY BAR

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

Line Dancing & FREE Lessons

Every Friday
8:30 – 9:30pm
Let us show you how to line dance, then enjoy some liquid courage and practice your two-step. Dancing and drink specials available all night long. $2.00 Bud and Bud Light Draft.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

Sundays, March 1, 8, 15, 22, 29
10am – 1pm
Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made to order omelets, build your own waffle and a great selection of desserts.

Mongolian BBQ

Thursdays, March 5, 12, 19. 26
5 – 8pm (excluding Federal Holidays)
The Grand Lanai
$2 Club Member Discount
Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages, and fortune cookies also included. All ranks welcome!

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Every Friday
11am – 2pm
End the work week right with a delicious lunch buffet. Perfect for a quick meal, lunch meeting or other excuse to spend the midday sitting "this close" to the ocean.

MANGIAMO

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

Aloha Hour

Daily
3 – 5pm
20% off appetizers, $5 off pizza, plus tall beer & house wine specials.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays,
March 1, 7, 8, 14, 15, 21, 22, 28, 29
9:30am – 3pm
Come and see how the same creativity we put into our lunch and dinner is used for our special brunch menu. Experience our twists on breakfast fare, like guava pancakes, rib eye hash, assorted Benedict's and more.

TRADEWINDS

Hickam Bldg. 1804 448-4608
Every Wednesday, Homemade Pork Rinds $3.

Trivia Night

Tuesdays, March 3, 10, 17, 24, 31
7pm | FREE
Get a team together and test your trivia knowlege in variety of subjects! Win great prizes weekly!

Paint & Sip

Wednesdays, March 4 & 18
5:30 – 8:30pm | $40
An instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting. All art supplies are included. No experience necessary. Cocktails and food available for purchase. Register online at jbphh.greatlifehawaii.com, search: "Arts and Crafts Registration."

Live DJ Saturdays

Every Saturday
Dance the night away with a live DJ every Saturday!

Burger of the Month

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

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: Roaring 20's

Tuesday, March 17
5:30 – 7pm | FREE
Ages 12 – 18 years.
Take a trip back in time at the Teen Center! Come dressed in your best 1920's get ups and enjoy a night of games, dancing, food, and fun!

Hail and Farewell: March Madness – Ping Pong Edition

Friday, March 27
6 – 8pm | FREE
Ages 12 – 18 years.
Please join the Teen Center and hep us welcome those new to our family and say "See yah later" to those moving on to new adventures! The day will be filled with ping pong madness and loads of snacks!

athletics

Aquatics • Bowling • Fitness Programs & Centers
Golf • Intramurals • Youth Sports

AQUATICS

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

Lifeguard Class

March 16 – 20
4 – 8pm
$175/registrant
Become a lifeguard with JBPHH Aquatics! Pre-requisite must be completed by March 9, it includes; a timed event, 2-minute tread test and a 300-yard swim without stopping. Pre-requisites can be taken at Scott Pool, daily from 2:30-5pm.

Ocean's Seven Swim Challenge

March – September (different challenge monthly)
All JBPHH Pools
FREE to all eligible patrons
The challenge will begin in March and run through September, with a different swim from the "Ocean's 7", each month! March will be the Moloka'i Channel, a 26-mile swim between the islands of O'ahu and Moloka'i. The t-shirt prize for the Ocean's Seven Swim Challenge will be handed out at the completion of ALL seven swims, at the end of September.

BOWLING

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

Hickam and Pier Side Bowling Centers:
Lunch Specials every weekday at our snack bars!

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

GO GREEN!

ST. PATRICK'S DAY
PAU HANA AT BREWS & CUES

TUE, MAR 17

4:30pm to 6:30pm

The brew is green and prizes will be given away!
Pupu and drink specials if you're wearing green.

CALL 473-1743

@JBPHHClubPearl
@GreatLifeHawaii

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GreatLifeHawaii.com

MWR
MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

athletics (cont.)

Lunch and Bowl Tuesdays
March 3, 10, 17, 24, 31
11am – 1pm
Hickam Bowling Center
Purchase a lunch at our Snack Bar for $9.00 or more and receive a free game. Shoe rental not included.

Color Pin Wednesday
March 4, 11, 18, 25
5 – 9pm
Hickam Bowling Center
Color pin in the head pin position, bowl a strike and receive a FREE game coupon, which is good for your next visit.

Active Duty Bowl FREE
Thursdays, March 5, 12, 19, 26
11am – 1pm
Hickam Bowling Center
Receive a FREE game of bowling. Shoe rental not included. Must show valid military ID.

Color Pin Monday
March 2, 9, 16, 23, 30
5 – 9pm
Pier Side Bowling Center
Roll a strike when the Color pin is in the Head position and receive a FREE game coupon, good on the next time you come in to bowl.

Lunch and Bowl Tuesdays
March 3, 10, 17, 24, 31
11am – 1pm
Pier Side Bowling Center
Purchase a lunch at our Snack Bar for $9.00 or more and receive a free game. Shoe rental not included.

Active Duty Bowl FREE
Thursdays, March 5, 12, 19, 26
11am – 2pm
Pier Side Bowling Center
Up to 2 FREE games of bowling, shoe rental not included. Must show valid military ID.

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

Toughest Warrior 2020
Monday, March 9 & Tuesday, March 10
7am – 4:30pm
FREE for each team (Active Duty Only)
Does your command have what it takes?! Compete in events on land and sea to show that you have the toughest team on base. Events will be physically and mentally challenging. For more information call 808-448-4640.

March 3-on-3 Madness
Friday, March 27
(Registration: March 1 – 24)
1:30pm
Hickam Memorial Fitness Center
FREE to all eligible patrons
Show off your basketball skills! Maximum of 4 people per team. There will be 1st, 2nd and 3rd place awards for winners! For more information or to register, visit the fitness center front desk or call 808-448-2214.

GOLF

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

$2 Tuesdays
March 3, 10, 17, 24, 31
4 – 6pm
Mamala Bay Golf Course Driving Range
$2 gets you two buckets of balls, plus $2 hot dogs, $2 select beers and $1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Open to ages 6 and up.

FREE Golf Demo Days
Mamala Bay Golf Course
(anytime during normal business hours) &
Navy-Marine Golf Course
Wednesday, March 4
3:30 – 6:30pm
Try out some of the latest equipment at the driving range. For more info, call the respective golf course.

FREE Golf Clinic
Thursday, March 19
12 – 1pm
Navy-Marine Golf Course
Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

Glow Golf
Saturday, March 21
7 – 11pm
Mamala Bay Golf Course
$10/person
Take your friends or family out for a fun night of glow golf! LED golf balls are $5 to keep, otherwise you may borrow from the course. Golf is for children ages 6 years+, children must be supervised and don't forget your flashlights. The MBGC snack bar will be OPEN, a limited menu items will be available for purchase. If you'd like to reserve a starting tee time, call 808-449-2304.

9 Before 9
Monday – Friday (except holidays)
Before 9am
Mamala Bay Golf Course
Tee off before 9am and play nine holes for a discounted price.

$30 Coupon Special
Mondays & Tuesdays (except holidays)
Barbers Point Golf Course &
Mamala Bay Golf Course
Invite a civilian guest and take advantage of this special. Call 808-449-2304 or 808-682-1911 for additional information.

BOGO Special
Monday – Friday (except holidays)
Ke'alohi Golf Course
Pay and play for nine holes on our Par 3 course and get a second nine holes at half-price. Must play the second nine on the same day. Call 808-448-2318 for info.

Twilight/Play Until Dusk Golf Specials
Monday – Friday (after 2:30pm)
Saturday & Sunday (after 3:30pm)
(except during holidays or tournaments)
Mamala Bay Golf Course
Come and enjoy our special twilight golf prices and play until dusk! For more information or to check for availability, please call 449-2304.

INTRAMURALS

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

Intramural Golf Tournament
Thursday, March 5
Green Fees
Tournament limited to players from Joint Base Pearl Harbor Hickam active duty, DoD civilians and family members 18 years and older. Please call the Sports Office for more information: 473-2437 or 473-1921.

Intramural Softball Coaches Meeting
Wednesday, March 18
1pm | JBPHH Classroom | FREE

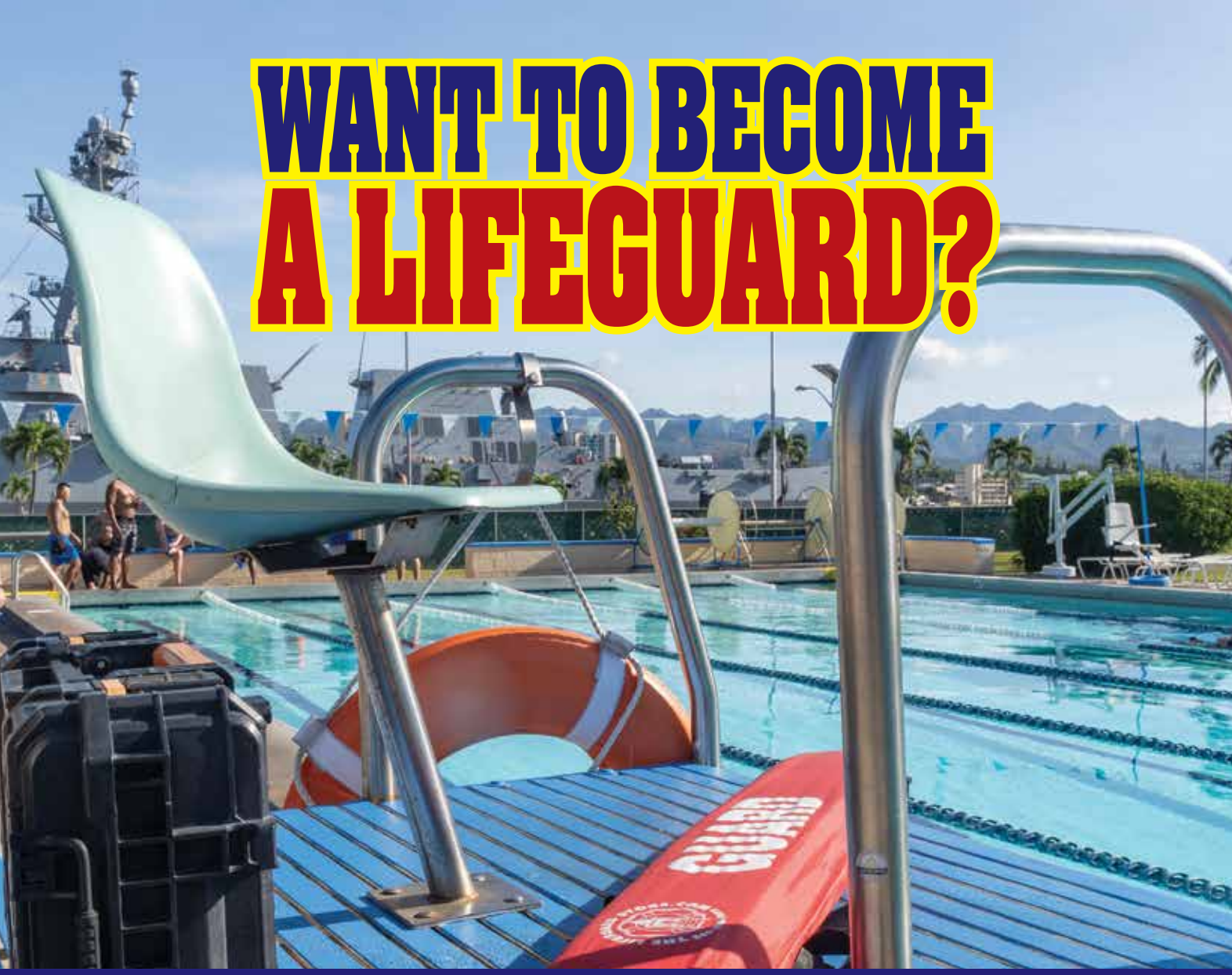
Intramural Softball League
Tuesday, April 14 – June 2020
Limited to commands from JBPHH. Any additional active duty members not belonging to a command team will come from a players' pool. Individual players who are interested in getting into the players' pool, please call Intramurals.

itt

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

Hickam Historical Tour
Fridays, March 6, 13, 20, 27
9:30am – 1:30pm
$45/adult, $40/child (ages 3 – 11) / Lap child free
An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point

WANT TO BECOME A LIFEGUARD?



$175 • MARCH 16-20 • 4:00-8:00PM
HICKAM FAMILY POOL

*JBPHH Aquatics will be offering a lifeguard course this spring 2020! Make sure to complete a pre-requisite assessment to qualify for the class by **March 9!***

ASSESSMENTS WILL BE OFFERED DAILY EVERY WEEK (STARTING FEBRUARY 24) FROM 2:30-5PM AT SCOTT POOL.

STAY CONNECTED AND FOLLOW US ONLINE!

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MWR
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JOINT BASE
PEARL HARBOR-HICKAM

GROUP EXERCISE SCHEDULE

FITNESS CENTER LOCATIONS

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

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

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

JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 –7am	NOFFS*	CYCLE FIT*	STRONG TRAINING*	CYCLE FIT*	WILD CARD FITNESS*	
7:15 – 8:15am			R.I.P.P.E.D.*		STRONG BY ZUMBA®*	
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8 – 9am						YOGA
8:30 – 9:30am	P90X™	ZUMBA	POWER SCULPT*	ZUMBA	YOGA	
8:45 – 9:30am		CYCLE EXPRESS*		CYCLE EXPRESS*		
9 – 10am						CYCLE FIT
9:15 –10:15am						ZUMBA
9:45 – 10:45am	YOGA	PIYO®	PRENATAL YOGA	PIYO®	ZUMBA	
10:30 – 11:30am						P90X™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY CONDITIONING*	CYCLE FIT*	TOTAL BODY CONDITIONING*/ TRX*	WARRIOR ZONE CIRCUIT*	
			YOGA		STRETCH & MOBILITY*	
4:30 – 5:30pm	ZUMBA® STEP	ZUMBA	ZUMBA	P90X™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA		
6 – 7pm		KARATE SC				

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

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

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

INFORMATION SUBJECT TO CHANGE

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

and more! Lunch included. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base).*

Ford Island Historical Tour
Wednesdays, March 4, 11, 18, 25
9:30am – Noon (Check in 9:15am)
$25 for adults
$20 for children (ages 3 – 11)
Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of "The Day of Infamy". Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base). Additional pick-up at the Navy Lodge, request at the time of booking.*

recreation

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

ARTS & CRAFTS
Hickam Bldg. 1889 448-9907

CALLING ALL CRAFTERS: JBPH-Hickam 45th Annual Spring Craft Fair and Dog Show
Saturday, May 2
9am – 3pm
$85 for 15'x15' space
$125 for two to share a space
All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Location of the Craft Fair: Arts and Crafts Center (outside grass area, under trees) 335 Kuntz Ave, Hickam (across from the theater) Call 448-9907. For additional information, e-mail tori.smith@navy.mil or donna.sommer@navy.mil.

Paint & Sip
Wednesday, March 4 & 18
5:30 – 8:30pm
$40 per person
New location at Tradewinds (150 McClelland St, Hickam. Bldg. 1804)! http://www.jbphh.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration ($20 non-refundable deposit on line, $20 at the door). Our experienced irnstuctor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

Spring Craft Camp
March 17 – 20
10am – 12pm
$70
There's no limit to the beauty a child can create when given some instruction and artistic freedom. Ages 7 and up. Sign up now, classes fill up FAST!

Youth National Fine Arts & Image Makers Contest Reception
Wednesday, March 25
5:30 – 7pm
A chance for our youth to showcase their talent by displaying their art for the community. Contest winner presentation at 6:00pm. Exhibit will be on display until 10 May in the Arts and Crafts Center Gallery.

Pick-N-Paint Ceramics
Tuesdays – Saturdays
9am – 5pm
Stop in for a delightful relaxing creative experience. Choose wonderful ceramics pieces and create your design using our glazes, stencils, sponges, and brushes. We fire your piece and have it ready for you in 14-21 days. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

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

CREATIVE WRITING CONTEST ENTRIES
Accepted February 15 – March 28.

Library Know-How
Saturday, March 7
10am
Learn to get the most out of your library.

STEM Wednesday
Wednesday, March 4
2 – 3:30pm
Please call 449-8296 to register.

Tween Book Club
Wednesday, March 4
4pm
We will discuss "*Hana's Suitcase*."

Adult Book Club
Tuesday, March 3 | 10am
Thursday, March 5 | 6pm
We will discuss "*The Hitchhiker's Guide to the Galaxy*."

Preschool Story Time
Wednesdays, March 11 & 25
9 – 10am
Story times are great for children of all ages! Our theme on March 11 will be "Spring Seasons." On March 25 the theme will be "Dinosaurs."

MFSC Story Time
Thursday, March 26
10am

4th and 5th Grade Book Club
Wednesdays, March 11 & 18
2pm (Group 1)
We will discuss "*Hoot*."
2pm (Group2)
We will discuss "*Holes*."

Young Adult Book Club
Wednesday, March 11
4pm
We will discuss "*Molokai*."

LEGO/STEM Saturday
March 28
10am

MAKAI RECREATION CENTER
100 McChord Street, Bldg 1859 449-3354

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

YOUTH DANCE CLASSES:
All dance rehearsals and shows will have TBD special dates and times.

Ballet 1 (Ballet Beginner)
Tuesdays, 5:15 – 6:10pm
March 3 – 31 (no class 3/17), Apr 7 – 28, May 5 – 26
Saturdays, 11am – 11:55pm
March 7 – 28, April 4 – 25, May 2 – 23
$45 per month (plus cost of required uniform)
Ages 7 – 17.

Tap Dancing
Tuesdays, 3 – 3:25pm
Class dates TBD (one class per week/4 weeks)
$25 per month (plus cost of required uniform)
Ages 7 – 17.

Blue (Ballet & Tap)
Thursdays, 5:15 – 6:10pm
March 5 – 26, April 2 – 23, May 7 – 28
$45 per month (plus cost of required uniform)
Ages 6.5 – 9.

Blue (Ballet & Jazz)
Saturdays, 10 – 10:55am
March 7 – 28, April 4 – 25, May 2 – 23
$45 per month (plus cost of required uniform)
Ages 6 – 10.

Pink 1-A (Pre-Ballet & Tap)
Tuesdays, 10 – 10:40am
March 3 – 31 (no class 3/17), April 7 – 28, May 5 – 26
$35 per month (plus cost of required uniform)
Ages 3.5 – 4.5.

Pink 1-B (Pre-Ballet & Tap)
Thursdays, 4:30 – 5:10pm
March 5 – 26, April 2 – 23, May 7 – 28
$35 per month (plus cost of required uniform)
Ages 3.5 – 4.5.

Pink 1-C (Pre-Ballet & Tap)
Saturdays, 9 – 9:40am
March 7 – 28, April 4 – 25, May 2 – 23
$35 per month (plus cost of required uniform)
Ages 3.5 – 5.

Pink (Pre-Ballet, no Tap)
Thursdays, 4 – 4:25pm
March 5 – 26, April 2 – 23, May 7 – 28
$25 per month (plus cost of required uniform)
Ages 3.5 – 5.

Pink 2 (Pre-Ballet & Tap)
Tuesdays, 4:30 – 5:10pm
March 3 – 31 (no class 3/17), April 7 – 28, May 5 – 26
$35 per month (plus cost of required uniform)
Ages 4.5 – 6.

Mommy & Me Dance Class
Tuesdays, 10:45 – 11:10am
March 3 – 31 (no class 3/17), April 7 – 28, May 5 – 26
$50 per month (plus cost of required uniform)
Ages 2.5 – 3.5.

"The Mix": Acro-Jazz Hip Hop
Tuesdays, 3:30 – 4:25pm
March 3 – 31 (no class 3/17), April 7 – 28, May 5 – 26
$45 per month (plus cost of required uniform)
Ages 7 – 17.

Ballet 2
Tuesdays & Thursdays, 6:15 – 7:10pm
March 3 – 26, April 2 – 28, May 5 – 28
$90 per month (plus cost of required uniform)
Ages 7 – 17.

ADULT DANCE CLASSES:

Adult Dance
Tuesdays, 7:15 – 7:45pm
March 3 – 31 (no class 3/17), April 7 – 28, May 5 – 26
$25 per month (plus cost of required items)
Ages 18 and up.

Adult Tap Dancing
Thursdays, 7:45 – 8:15pm
March 5 – 26, April 2 – 23, May 7 – 28
$25 per month (plus cost of required items)
Ages 18 and up.

Adult Beginner Salsa
Wednesdays, 7 – 8:15pm
March 4 – 25, April 1 – 22, May 6 – 27
Saturdays 3 – 4:15pm
March 7 – 28, April 4 – 25, May 2 – 23
$30 per person
Ages 18 and up.

Adult Jazz & Hip Hop
Tuesdays, 8 – 8:30pm
Class dates TBD (one class per week/4 weeks)
$25 per month (plus cost of required items)
Ages 18 and up.

Adult Ballet & Contemporary
Tuesdays, 7:15 - 7:45pm
Class dates TBD (one class per week/4 weeks)
$25 per month (plus cost of required items)
Ages 18 and up.

MARTIAL ARTS:

Youth Victory Martial Arts (Mixed Martial Arts & Traditional Taekwondo)
Tuesdays & Thursdays, 4:30 – 5:30pm
March 3 – 26, April 7 – 30, May 5 – 30
$45 per person/per mo.
Ages 5 – 9.

Victory Martial Arts (Mixed Martial Arts & Traditional Taekwondo)
Tuesdays & Thursdays, 6 – 7pm
Class dates TBD
$45 per person/per mo.
Ages 10 and up & families.

Adult Victory Martial Arts (Mixed Martial Arts & Traditional Taekwondo)
Tuesdays & Thursdays, 7 – 8pm
Class dates TBD
$45 per person/per mo.
Ages 18 and up.

Victory Martial Arts Youth Development Taekwondo
Tuesdays & Thursdays, 4:30 – 5:30pm
March 3 – 31, April 7 – 30, May 5 – 30
$45 per person/per month
Ages 5 – 9.

Victory Martial Arts Individual & Family Taekwondo
Tuesdays & Thursdays, 6 – 7pm
March 3 – 31, April 7 – 30, May 5 – 30
$45 per person/per month
Ages 10 and up.

Victory Martial Arts Fit 4 Victory Boot Camp
Mondays, Wednesdays, Fridays, 10 – 11am
March 2 – 30, April 1 – 24, May 5 – 29 (no class 5/25)
$40 per person/per month
Ages 18 and up.

Victory Martial Arts Home School Taekwondo
Wednesdays & Fridays, 1:30 – 3pm
March 2 – 30, April 1 – 24, May 5 – 29
$45 per person/per month
Ages 5 – 18.

Victory Martial Arts Okinawan Kempo Karate
Mondays & Wednesdays, 5:30 – 6:30pm
March 2 – 30, April 6 – 29, May 4 – 27
$45 per person/per month
Ages 5 and up.

Victory Martial Arts Fit & Flex-ology
Mondays & Wednesdays, 4:30 – 5:30pm
March 2 – 30
$35 per person/per month
Ages 18 and up.

Victory Martial Arts Krav Maga Self-Defense
Mondays, Wednesdays, Fridays, Saturdays
6 – 7pm
March 2 – 30
$55 per person/per month
Ages 18 and up.

Victory Martial Arts Fencing Weapons and Tactics
Mondays, Wednesdays, Fridays, 7:30 – 8:30pm
March 2 – 30, April 1 – 24, May 5 – 29
$55 per person/per month
Ages 13 and up.

Victory Martial Arts Mommy, Daddy, & Me Taekwondo
Tuesdays & Thursdays, 10 – 11am
March 3 – 31, April 7 – 30, May 5 – 30
$35 per person/per month
Ages 3 – 14 (Parent must be with child under 10).

Victory Martial Arts Stretch and Flex
Tuesdays & Thursdays, 10 – 11am
March 3 – 31
$35 per person/per month
Ages 18 and up.

Victory Martial Arts Olympic Style Sparring
Saturdays, 4:30 – 5:30pm
March 7 – 28
$45 per person/per month
Ages 9 and up.

Victory Martial Arts Sparring Class
Fridays, 6 – 7pm
April 3 – 24, May 1 – 29
$45 per person/per month
Ages 10 and up.

Victory Martial Arts
Self-Defense & Self-Protection Workshop
Fridays, 4:30 – 5:30pm
March 6 – 27
$45 per person/per month
Ages 13 and up.

Victory Martial Arts
Urban Martial Arts & Self-Protection
Tuesdays & Thursdays, 7:30 – 8:30pm
March 3 – 31
$55 per person/per month
Ages 18 and up.

MUSIC CLASSES:

Music – Piano, Voice, Drums, Ukulele, and Guitar
Mondays – Thursdays (1 class per week for 4 weeks)
$152 per mo. (4 half hour private sessions)
***No class sessions on holidays.**
Ages 4 and up. For class information and availability, please call (808) 449-3354 or (808) 250-1683.

SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. 473-0726

Ticket Prices
- **Active Duty, Adults, Children (12 years and up), $5 or $7 (3-D)**
- **Children (6 – 11 years of age), $3 or $4 (3-D)**
- **Children (5 years and under), Free or $2 (3-D)**

Movies shown Thurs–Sun.

Single Sailor/Airmen Movie Night
Friday, March 13
Every 2nd Friday of the month. Sign up for a Free Movie Pass, and refreshments from the Snack Bar. Sign ups are at the Beeman Liberty Center. Must be an Active Duty Single Sailor or Airmen to participate.

ANNUAL

CREATIVE *writing* CONTEST

2020

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 1/2" x 11" paper, using font size 12.
- 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 15 - March 28: Submissions accepted at the library
April 1 - April 13: Triple-blind judging of submissions
April 14 - 17: Winners determined
April 18, 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_____

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MWR
MORALE, WELFARE AND RECREATION
PACIFIC MISSILE RANGE FACILITY

MILITARY & FAMILY SUPPORT CENTER

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

MARCH CLASSES

INFORMATION SUBJECT TO CHANGE

EMPLOYMENT ASSISTANCE

CIVILIAN RESUME WRITING

Mar 17 • 5:00 – 7:00pm | Pearl Harbor

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

FEDERAL EMPLOYMENT 101 – UNDERSTANDING USA JOBS

Mar 19 • 1:00 – 3:00pm | Pearl Harbor

The application process for federal jobs can feel confusing and overwhelming. This course will help you navigate the USA Jobs website and understand hiring preferences/appointment authorities and how to leverage them. You will leave this course with a better understanding of the federal hiring process and ready to start your federal resume.

FEDERAL EMPLOYMENT 102 – FEDERAL RESUME WORKSHOP

Mar 19 • 3:00 – 4:00pm | Pearl Harbor

Civilian and Federal resumes are very different. This course will provide a workshop environment to offer best-practice guidance and personalized assistance to help you target your own federal resume. We recommend bringing a laptop, your draft resume, a job announcement, and employment documents saved. Before leaving, we will review your resume and suggest additional assistance you may require for further progress. NOTE: Attending Federal Employment 101: Navigating USAJobs class is required prior to attending Federal Employment 102: Federal Resumes.

HIRING EVENT

Mar 27 • 10:00am – 2:00pm | Pearl Harbor

Join us at the Military and Family Support Center for a free hiring event for Service Members, Veterans, and Dependents. This event will feature a wide variety of employers from the public and private sector located on island and across the nation. Bring copies of your resume, dress for the job, and practice your 30 second elevator speech to score that on-the-spot interview!

LINKEDIN: WHAT WILL THEY SEE

Mar 24 • 5:00 – 7:00pm | Pearl Harbor

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

PART-TIME MONEY MAKERS

Mar 13 • 2:00 – 3:00pm | Pearl Harbor

Our class will help you discover creative ways to earn supplemental income! This course will cover legitimate, remote employment opportunities; guidance on self-employment, leveraging your hobby into a money maker, 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

VOLUNTEER OPPORTUNITIES

Mar 19 • 1:30 – 2:30pm | Pearl Harbor

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

FAMILY LIFE SKILLS

BOOT CAMP FOR NEW DADS

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

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

DEVELOPING SELF-ESTEEM IN CHILDREN

Mar 3 • 1:00 – 3:00pm | Pearl Harbor

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

HIGH-TECH PARENTING

Mar 24 • 5:30 – 7:30pm | Pearl Harbor

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

NEW MOMS AND DADS

Mar 18 • 5:00 – 8:00pm | Hickam

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

PARENTING GROUP

Mar 3, 10, 17, 24, 31 • 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

Mar 18 • 1:00 – 3:00pm | Pearl Harbor

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

STORY TIME

Mar 26 • 10:00 – 11:30am | JBPHH Library

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

FAMILY READINESS

KEY SPOUSE MENTOR TRAINING

Mar 5 • 5:00 – 7:00pm | Hickam

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

OMBUDSMAN ASSEMBLY MEETINGS

Mar 17 (COMSUBPAC) • 6:00 – 8:00pm | Lockwood Hall
Mar 19 (COMNAVREG HAWAII) • 6:00 – 8:00pm | Club Pearl

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

OMBUDSMAN BASIC TRAINING

Mar 9 – 12 • 4:30 – 9:30pm | Pearl Harbor

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

INFORMATION & REFERRAL

EFMP COFFEE TALK

Mar 12 • 9:00 – 10:00am | Pearl Harbor

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

FOSTER CARE INFORMATION SESSION

Mar 13 • 11:00am – 1:00pm | Pearl Harbor

Interested in foster care? Please attend a foster care information session to learn more about: Foster Home Licensing Requirements & Process, Sharing by Resource Caregivers & Alumni Foster Youth, Wendy's Wonderful Kids - Adoption Program, and Family Programs Hawaii -Volunteer Opportunities.

GREEN CARD / IMMIGRATION AND NATURALIZATION

Mar 17 • 9:30 – 11:30am | Pearl Harbor

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

PERSONAL DEVELOPMENT

ANGER MANAGEMENT

Mar 18 • 9:00am – 12:00pm | Pearl Harbor

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

CONFLICT RESOLUTION

Mar 17 • 9:00 – 11:00am | Pearl Harbor

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

DATING WITH A PURPOSE

Mar 24 • 1:00 – 3:00pm | Pearl Harbor

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

DEALING WITH DIFFICULT BEHAVIORS

Mar 24 • 10:00am – 12:00pm | Pearl Harbor

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

DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

Mar 9, 16, 23 • 10:00am – 12:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

Mar 11 • 1:00 – 3:00pm | Pearl Harbor

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

IN-DEPENDENTS

Mar 20 • 8:00am – 2:00pm | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

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

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

SLEEP ROCKS!

Mar 17 • 1:00 – 3:00pm | Pearl Harbor

(continued on next page)

We often take sleep for granted. We hear people brag about how much they work on little sleep. We often feel our schedules do not permit enough sleep! Learn about the importance of good sleep hygiene and how to incorporate these practices into your daily routine. Managing time for sleep, practicing good sleep habits will lead to improved health and energy levels; this can change your life.

STRATEGIZING WITH STRESS

Mar 10 • 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.

TIME MANAGEMENT

Mar 3 • 10:00am – 12:00pm | Hickam

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

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Mar 11 • 10:00am – 12:00pm | Hickam

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

UNPLUG YOUR RELATIONSHIP

Mar 10 • 5:30 – 7:30pm | Hickam

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

WOMEN EMPOWERED GROUP

Mar 2, 9, 16, 23, 30 • 10:00am – 12:00pm | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Mar 4 • 1:00 – 3:00pm | Pearl Harbor

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

PERSONAL FINANCIAL MANAGEMENT

CAR BUYING STRATEGIES

Mar 3 • 11:00am – 12:00pm | Pearl Harbor

Thinking of buying a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot. Learn how to negotiate and determine what you can afford; plan for various expenditures of a car; trade-ins, discounts and financing; high-pressure sales tactics and tricks to watch out for; and education on financing a new or used car.

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Mar 10 • 7:30am – 3:30pm | Hickam

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

FINANCIAL: CONTINUATION PAY

Mar 11 • 11:30am – 12:30pm | Pearl Harbor

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

FINANCIAL: FIRST CHILD

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

FINANCIAL: LEADERSHIP

Mar 26 • 11:30am – 12:30pm | Hickam

Congratulations on achieving a leadership position! Get up-to-date information on financial trends and potential issues to watch out for as you're working with your airmen/sailors, as well as helpful tools and tips. This training fulfills the Financial Literacy TouchPoint requirement.

FINANCIAL: MARRIAGE

Mar 13 • 8:00 – 10:00am | Hickam

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

FINANCIAL: PCS

Mar 12 • 8:00 – 11:30am | Pearl Harbor

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

FINANCIAL: POST-DEPLOYMENT

Mar 11 • 10:00 – 11:00am | Pearl Harbor
Mar 25 • 10:00 – 11:00am | Hickam

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

FINANCIAL: PRE-DEPLOYMENT

Mar 11 • 8:00 – 9:30am | Pearl Harbor
Mar 25 • 8:00 – 9:30am | Hickam

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

FINANCIAL: PROMOTION

Mar 25 • 11:30am – 12:30pm | Hickam

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

FINANCIAL: TSP VESTING

Mar 13 • 10:30am – 12:00pm | Hickam

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

FROM BASE TO PLACE

Mar 6 • 8:00 – 9:30am | Pearl Harbor
Mar 19 • 2:00 – 3:30pm | Hickam

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

HOME BUYING

Mar 6 • 11:30am – 1:00pm | Pearl Harbor

Plan on buying a home? This is a great opportunity to gain a strong foundation for home purchase decisions and how to avoid unexpected expenses and stumbling

blocks. Workshop focuses on the purchase decision process, steps to take before investing in a home, details of the purchase, and mortgage options.

KNOW YOUR SCORE

Mar 13 • 1:00 – 2:30pm | Pearl Harbor

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

MILLION DOLLAR SERVICE MEMBER

Mar 17 & 18 • 7:30am – 3:30pm | Hickam

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

SAVING AND INVESTING

Mar 24 • 10:30am – 12:00pm | Hickam

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

RELOCATION ASSISTANCE

SMOOTH MOVE

Mar 12 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Mar 3 • 1:00 – 3:00pm | Wahiawa Conference Center

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

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Mar 16 – 20 • 8:00am – 4:00pm | Pearl Harbor

The VAIT is a 40 hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a US Navy SAPR Unit Victim Advocate. This is a highly interactive class that provides a comprehensive overview on the SAPR program/procedures, dynamics of sexual assault and victimization, response by the command, medical, legal, investigative, counseling, and advocacy personnel, as well as SAPR intervention and prevention strategies. Interested personnel should contact their respective SAPR POC or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office.

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Mar 10 • 1:30 – 3:30pm | Pearl Harbor

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

SEX ASSAULT SURVIVORS GROUP

Mar 4, 11, 18, 25 • 4:00 – 5:30pm | Pearl Harbor

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

TRANSITION ASSISTANCE

CAPSTONE EVENT

Mar 4, 5, 18, 19 • 8:00 – 10:00am & 10:00am – 12:00pm | Pearl Harbor

Capstone is the final mandatory step in the transition process. This class incorporates an individualized appointment with a transition counselor to answer questions and validate transition readiness from military to civilian life. Referrals to additional resources/agencies that offer targeted assistance is available. Capstone must be completed NLT 90 days prior to separating/retiring. TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP IS A PRE-REQUISITE.

ONWARD TO OPPORTUNITY (O2O)

Mar 30 – Apr 3 • 8:00am – 4:30pm | Pearl Harbor

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

TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP

Mar 5 & 6 or Mar 12 & 13 • 7:30am – 3:30pm | Pearl Harbor

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

TAP: VOCATIONAL TRAINING TRACK

Mar 3 & 4 • 7:30am – 3:30pm | Pearl Harbor

Offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with their interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES

Mar 9 – 11 or Mar 30 – Apr 1 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION ASSISTANCE PROGRAM (TAP) FOR SEPARATEES

Mar 2 – 4 or Mar 9 – 11 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION HOT TOPICS

Mar 20 • 7:45am – 4:00pm | Pearl Harbor

Transitioning from military to civilian involves learning a lot of new information. This workshop incorporates some of the most commonly asked about topics during transition, including Survivor Benefit Plan, VA Benefits, VA Claim Filing, Tricare, LinkedIn and Salary Negotiation.

Military & Family Support Center LOCATIONS

MFSC - HICKAM 655 Vickers Avenue, Bldg. 1105 • 474-1999
Tue – Thu: 8:00am – 3:30pm | Closed daily from 11:00am – 12:00pm

MFSC - PEARL HARBOR 4827 Bougainville Dr. • 474-1999
Mon – Thu: 7:00am – 4:30pm | Fri: 7:00am – 4:00pm

Area code for JBPHH phone numbers is 808.

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
** Closed for renovations.*

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT
At Ke'alohi Par 3 Golf Course • 422-9987
Mon . . . . . Closed
Tue–Sat 1000–2100
Sun. 1000–2000

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

MANGIAMO
At Navy Marine Golf Course • 213-0321

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

604 EXPRESS
At Navy Marine Golf Course • 423-2299

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 0630–1400

PHILLIES
711 Pierce St. Beeman Liberty Center • 387-8080
Mon–Fri 1000–1400
(Hours subject to change when ships are in port.)
Sat 1000–1500

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

FAST FOOD

PIZZA HUT
At the Club Pearl Complex • 423-2222

TACO BELL
At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE
At Ke'alohi Par 3 Golf Course • 448-9890
Mon, Tue, Sun 1100–2230
Wed–Sat 1100–2300

BREWS & CUES
Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
Mon–Thu 1500–2200
Fri. 1300–0100
Sat 1400–0100
Sun. 1400–2200*
**Football season* 0700-2200

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

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

TRADEWINDS
150 McClelland Street, Hickam Bldg. 1804 • 448-4608
Tue–Thu. 1530–2200
Fri–Sat 1530–2400

programs&services

AQUATICS
Arizona Pool (Ford Island)* • 472-7582
** Re-opening late May 2020.*

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

Island Divers • 922-3483

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 1200–170

Wahiawa Annex Pool, 500 Center St • 653-5306
Lap Swim:
Tue, Thu. 1100–1300
Open Swim:
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
Sat–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. 1300–2000
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
. . . . . (Last vehicle entry: 1 hour prior to closing)

Hickam Car Wash • 449-2554
Daily. 0800–2000
. . . . . (Last vehicle entry: 19:15)

Moanalua ASC (off-base) • 471-9072
Mon, Thu, Fri 1200–2000
Sat, Sun 0900–1700
Tue, Wed . . . . . Closed
. . . . . (Last vehicle entry: 1 hour prior to closing)

Car Wash at Moanalua ASC • 471-9072
Daily. 0700–2000
. . . . . (Last vehicle entry: 19:15)

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

Pier Side 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

Pier Side Fitness Center 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 0630–1500
Tue 0930–1800
Thu–Sun 0630–1800

Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
Mon, Wed–Sun 0630–2200
Tue 0630–2100

Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
Mon–Fri 0630–1800
Sat, Sun (Holidays) 0615–1800
Pro Shop
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–Sun 0900–1700
Holidays 0900–1500

ITT-Fleet Store, Pearl Harbor • 473-0792
Mon–Fri 0900–1700
Sat, Sun, Holidays . . . . . Closed

ITT-NEX Mall • 422-2757
Mon–Sat 0900–1700
Sun, Holidays 0900–1300

ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446
Wed 1000–1600
Thu–Tue, Holidays . . . . . Closed

ITT Recreation Ticket Vehicle • 630–3080

TRAVEL CONNECTIONS OFFICES
Travel Connections Fleet Store, Pearl Harbor • 422-0139
Mon–Fri 0900–1700
Sat, Sun, Holidays . . . . . Closed

Travel Connections NEX Mall • 422-4067
Mon–Fri 0900–1700
Sat, Sun, Holidays . . . . . Closed

SPORTS
Intramural Sports Office
Pearl Harbor Bldg. 161 • 473-1921 or 473-2437
Mon–Fri 0700–1530
Sat, Sun . . . . . Closed

Skateboard Hangar • 448-4422
Wentworth Tennis Center • 473-0610

LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)
Beeman Center (Naval Station) • 473-2583
Sun–Thu 1030–2100
Fri–Sat 1030–2300
Makai Center (Hickam) • 448-0418
Mon–Sat 1530–2100
Sun 1530–2000
Liberty Express (Wahiawa Annex) • 653-0220
Mon–Sat 1530–2100
Sun 1530–2000

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
Hickam Beach (lifeguards on duty)/Surf Shack
Fri–Sun 1000–1700

Outdoor Recreation-Hickam Harbor • 449-5215
Mon, Holidays . . . . . Closed
Tue–Sun 0900–1700

White Plains Beach/Surf Shack • 682-4925
Daily 1000–1700

RENTALS
Barbers Point Beach Cottages • 682-3085
Mon–Sun 0900–1800
Holidays 0900–1500

Conference Centers • 472-0342
Foster Point Pavilion • 449-5215
Hickam Beach Cabanas • 449-5215

Outdoor Recreation Equipment Rentals:
Hickam Beach • 449-5215
White Plains Beach • 682-4925

Recreational Equipment Rental:
Kuntz Ave, Bldg. 1760 • 449-6870
Mon, Tue, Thu, Fri 1000–1800*
Sat 0800–1600*
Wed & Sun . . . . . Closed
**New hours effective March 16.*

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.

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)

INTERESTED IN ENJOYING A 7 DAY HAWAII CRUISE?

Lets Do Lunch!

Join us for an escorted ship tour of the Norwegian Cruise Line's Pride of America with a delicious lunch. See the different types of stateroom, ship amenities, and features of this beautiful ship before you plan to set sail.

$35 PER PERSON 18 YRS AND UP

(Includes Transportation from Pearl Harbor Fleet Store)

*This is a WALKING TOUR. Each guest must be able to walk long distances and go through stairs with ease.

TOUR DATES:

Mar 21 Jun 06 Jul 18 Sep 12 Oct 17 Nov 14 Dec 12

Dates are subject to change

Check in NLT 9:15am / Bus departs promptly at 9:30am
Depart ship & return approximately 2:30pm

Space is limited, book your tour today!

To book your tour or for more info call (808) 422-0139

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MWR
MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

Glow Golf

MAMALA BAY GOLF COURSE
SATURDAY, MARCH 21 • 7–11PM

- $10/person for 3 hole loop, $15/person for two loops, $5/purchase LED golf ball to keep.
- Golf is for ages 6 years+, children must be supervised and don't forget your flashlights!
- MBGC snack bar will be OPEN, offering limited menu items for purchase.
- Call 449-2304 for more information.

Take your friends and family out for a fun-filled night!

STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii | GreatLifeHawaii.com

MWR
MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

23rd ANNUAL

ford island 10k bridge run

PEARL HARBOR, HAWAII

MORALE, WELFARE AND RECREATION JOINT BASE PEARL HARBOR-HICKAM

Sponsored by USAA®

APRIL 18, 2020 - 7AM

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

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

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

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

ELIGIBILITY: Runners, walkers and strollers. NO PETS.

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

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

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

First 1500 finishers will receive medals.

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

Sex: ☐ M ☐ F Date of Birth: _____ Age (on race day): _____

Last Name: _____

First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone (day/eve): _____

DRIFIT Shirt Size (Select one): ☐ S ☐ M ☐ L ☐ XL ☐ XXL (add $10) ☐ Please check this box if Active Duty military only (Do not check this box if you are a dependent, DoD or Retiree)

E-mail Address: _____

Branch of Service: _____

FEE ENCLOSED:
(Make check payable to: MWR Fund)

- ☐ $35 Regular entry
- ☐ $30 Military family members, retirees & DoD
- ☐ $30 Active duty military
- ☐ $40 Late entry (after April 1, 2020)
- ☐ $50 Race day entry

MAIL ENTRY & FEE TO:
MWR Department
Attn: Athletics (Ford Island Bridge 10K)
915 North Road
Pearl Harbor, HI 96860-4456

OR REGISTER ONLINE AT:
https://flpregister.com/476

ONLINE REGISTRATION CLOSES ON APRIL 16, 2020 AT MIDNIGHT

ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER:
I acknowledge that this event is an extreme test of a person's physical and mental limits and carries with it the potential for death and property loss. I hereby assume the risks of participating in this event andcertify that I am physically fit, have sufficiently trained for participation in this event and have not beenadvised otherwise by a qualified medical person. I acknowledge that this form will be used by the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Department and the sponsors and organizersof JBPHH MWR events. I hereby take action for myself, my executors, administrators, heirs, next of kin and successors, and assign as follows: a) WAIVE, RELEASE, AND AGREE NOT TO SUE, from any and allliability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of any participation in or my traveling to and from this event, THE FOLLOWING PERSONS OR ENTITIES: JBPHH MWR, event sponsors, race directors, representatives, agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individual or entities as a result of any of my actions during this event.

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

All participants must sign here: _____ Date: _____

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

FOR INFORMATION CALL, 473-2494, 473-2437, 473-0784 OR 473-1921

No official endorsement intended