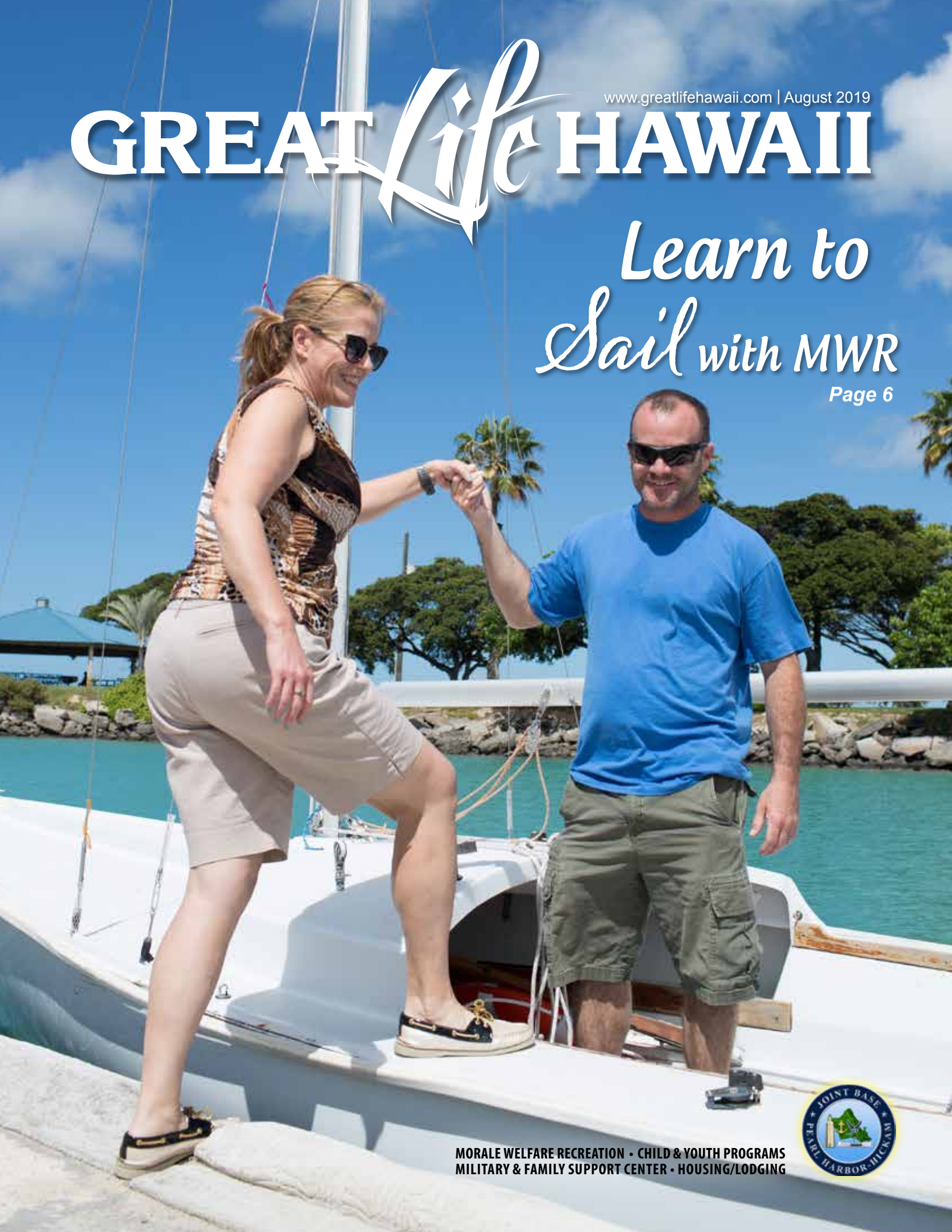


www.greatlifehawaii.com | August 2019

GREAT *Life* HAWAII

Learn to Sail with MWR

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MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS
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AUGUST

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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: AUGUST 2019

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On the cover:

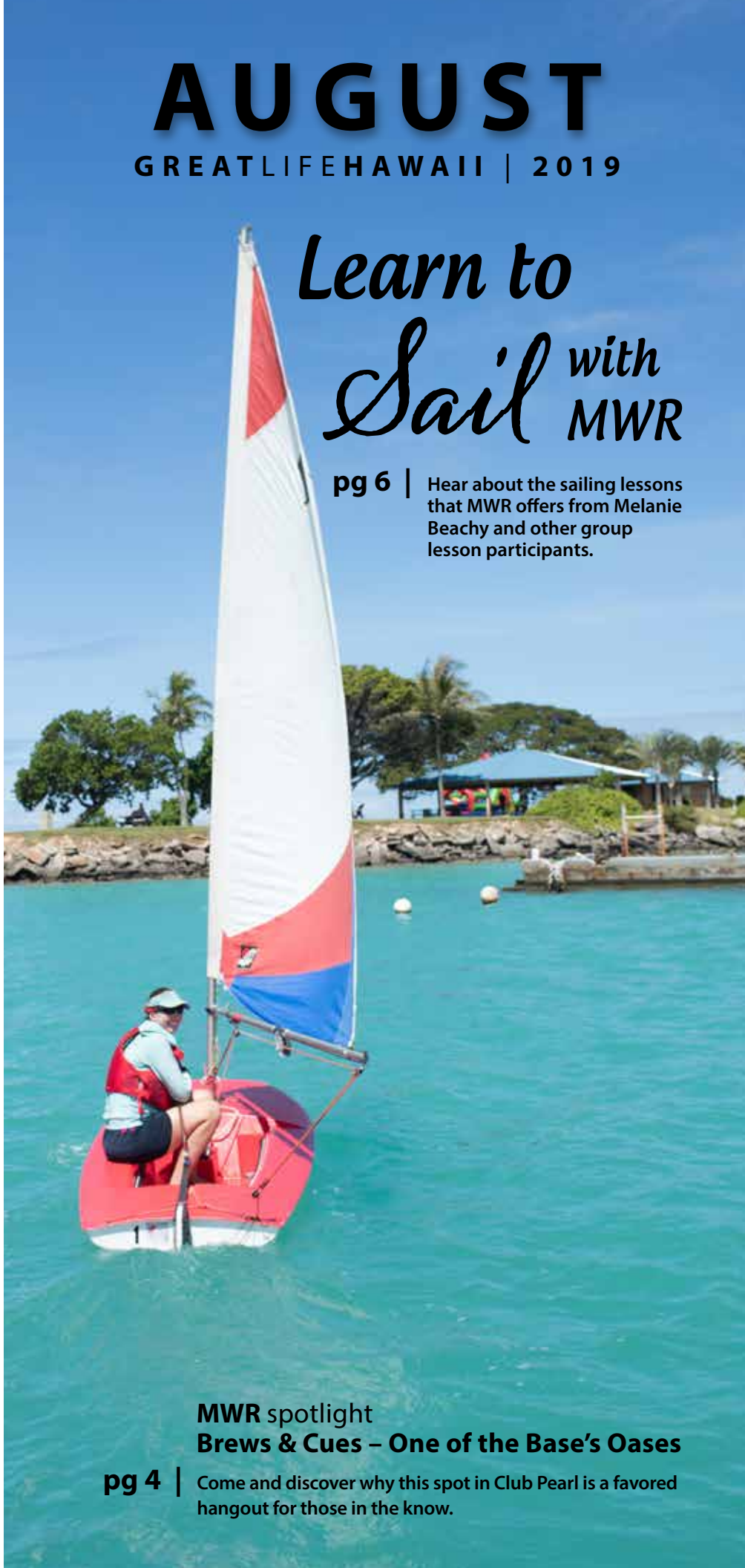
Melanie and Brian Beachy boarding a sailboat in Hickam Harbor.

At right:

Time to sail into a new hobby!

Learn to Sail *with* MWR

pg 6 | Hear about the sailing lessons that MWR offers from Melanie Beachy and other group lesson participants.



MWR spotlight Brews & Cues – One of the Base's Oases

pg 4 | Come and discover why this spot in Club Pearl is a favored hangout for those in the know.

Brews & Cues

One of the Base's Oases

— By Reid Tokeshi



Yes, Brews & Cues is a sports bar, but it's much more than that. It's a pau hana (after work) hangout, a spot you can chill with friends or by yourself, a place to play (more on that a little later) and a meet up place to start the evening or weekend.

Sports fans will like the 10 big screens to watch the games in air-conditioned comfort. It's the dog days of summer now so that a/c feels nice. Football season is right around the corner and the Monday and Thursday matchups will be shown live. They'll even open early on Sundays to show all the games via satellite.

If sports isn't your thing, Brews & Cues also has pool, corn hole and darts all for free, plus free Wi-Fi. You can even enter the monthly corn hole tournament on the first Friday of each month and win some

swag if your bean bag tossing skills are up to it. The bags are in the air starting at 5:30pm and signups are taken the same day. Pool sharks can opt for the free pool challenge happening at 8pm on the last Friday of every month.

Pizza Hut and Taco Bell are just steps away and you can bring their food in since they don't serve food in the bar. That means savings for you, paying regular takeout prices. Pizza and nachos while watching the game or beating your friend at 9-ball is a winning combination.

We hear they have even more fun things planned on the horizon to make this your go-to choice for meeting up and winding down. Be sure to check greatlifehawaii.com regularly and follow @greatlifehawaii on Facebook and Instagram for updates. 🍷

Brews & Cues is located in the Club Pearl Complex, 915 North Road, Bldg. 1314 near the JBPHH Fitness Center. It is for 18 and older and is open seven days a week. Call 808.473.1743 for more info.



OPERATION IGNTE

GLOW GOLF &
MOVIE NIGHT

Sat, Aug. 10 — 7:30 - 11pm

Mamala Bay Golf Course

\$10/person for glow golf

FREE Showing of Spiderman: into the Spideverse

Come out for a night of fun with family and friends!

\$10 price includes three holes golf, club rental, plus LED ball and glow stick to keep.

Watch "Spiderman: into the Spideverse" on the lawn, beginning at 8pm. Bring blankets, chairs and flashlights. FREE popcorn while supplies last. Snack bar will be open late too!

Call 449-2304 for more info.



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Learn to Sail with MWR

By: Victoria D'Andrea-Roy



Do you feel that you are making the most of your stay here in Hawaii?

Well, maybe you are, but have you ever thought of learning how to sail? One day, when you inevitably leave this beautiful island destination, you'll want to tell everyone about all the awesome things you got to do in Hawaii; why not add sailing to the list! Fortunately, MWR offers sailing lessons and boat rentals out of two locations here on Joint Base Pearl Harbor-Hickam: Rainbow Bay Marina and Hickam Harbor. Don't sail away... keep reading to find out more about lessons offered and to hear about the experience our customers had with the JBPHH sailing program!

There are a variety of lessons offered but we got to hear from Melanie Beachy about her experience with the private sailing lessons at Rainbow Bay Marina. Melanie first discovered her desire to learn sailing after going on a sailing date with her husband, Brian Beachy. She later enrolled in two private sailing lessons at Rainbow Bay Marina. Melanie went from zero sailing experience to becoming quite comfortable controlling a sailboat; she commented that her instructor described things in a very practical way so that it was easy for her to learn quickly. "I opted for one-on-one instruction to gain experience with a particular sailboat, the Capri 18. Since my husband and I recently bought a boat, and he'd need assistance sailing, it was important for me to learn on that particular size boat," said Melanie. That's amazing that you can become comfortable after just two lessons! When I asked if she was nervous at all during her experience,





she replied, "Yes, but the calm demeanor of my instructor and his willingness to clarify everything I had questions about put my fears at ease." She elaborated that once her fears were set aside, the sailing experience allowed her to see the island from a different perspective; and that she found watersports to be an amazing way to engage with nature here in Hawaii.

Another option is to take one of the group classes offered at MWR's Outdoor Recreation. The photos featured on this spread shows one of the Instructors, Allen teaching an Adult Small Boat Class (with students Kelly, Rebecca, and Brenda) to sail on the Hopper sailboats on Hickam Harbor. These small sailboats really help students learn the basics on sailing. They rely strictly on both your movement and body weight to keep the boats moving and from capsizing. But don't worry! Capsizing is all part of the fun of learning and Allen is always close by on a motor boat to help. Before heading out on a boat by yourself the instructors will teach you everything you need to know and how to set up the sailboat and sail by yourself. One of the students, Kelly shared that on your first day they will have you on a boat tethered to the motorboat, so you won't sail far into the open water before you're ready.


So, after hearing from our customers and learning about the classes, it seems sailing can be a fulfilling hobby while living here in Hawaii. Are you interested in booking your own lessons or renting a sailboat for the day? Both the Hickam Harbor and Rainbow Bay Marina are open Tuesday-Sunday from 9am-5pm (excluding holidays). To make reservations or receive more information on pricing, lessons and age requirements, please visit greatlifehawaii.com, call 449-5215 for the Hickam Harbor or 784-0167 for Rainbow Bay Marina.

Whether you are interested in sailing by yourself, want to take one lesson for fun, become certified or sail as a family - Hickam Harbor and Rainbow Bay Marina offer a variety of lesson types for all age ranges. Here is a list of what the sailing program has to offer:

HICKAM HARBOR

- After School Sailing Class (ages 9-15)
- Start Sailing Right Class (16 years+)
- Private Sailing Instruction (by appointment, call for more information)
- R-19 Open Ocean Sailing Certification
- Marina Boat Check-outs for Experienced Sailors

RAINBOW BAY MARINA

- Beginners Sailing Class (ages 10-17)
- Level 2 Sailing Class (ages 10-17)
- Start Sailing Right Class (18 years+)
- Family/Group Sailing Instruction (maximum of 4 people per appt.)
- Private Sailing Instruction (by appointment, call for more information)
- Sunset Regattas
- Marina Check-outs for Experienced Sailors 

HICKAM ARTS AND CRAFTS CENTER

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

AUG | SEPT | OCT

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING

One class per week for 6 weeks:

Wednesdays, 6 – 8:30pm

Sept 4–Oct 9 • Oct 16–Nov 20

Thursdays, 6 – 8:30pm

Sept 5–Oct 10 • Oct 17–Nov 21

Saturdays, 9 – 11:30am

Sept 7–Oct 12 • Oct 19–Nov 23

Ages 16 and older

\$110 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 5 weeks:

Tuesdays, 6 – 8:30pm

Aug 6–27 (Sept 10–Finish Glaze Only)

Sept 3–24 (Oct 8–Finish Glaze Only)

Oct 1–22 (Nov 5–Finish Glaze Only)

Nov 5–26 (Dec 10–Finish Glaze Only)

Saturdays, 9 – 11:30am

Aug 3–24 (Sept 7–Finish Glaze Only)

Sept 7–28 (Oct 12–Finish Glaze Only)

Oct 5–26 (Nov 9–Finish Glaze Only)

Nov 9–30 (Dec 14–Finish Glaze Only)

Ages 16 and older

\$60 per person (plus supplies)

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

Drawing & Painting

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:30 – 5:15pm

Aug 6–27 • Sept 3–24 • Oct 1–22 • Nov 5–26

Ages 12 and older

\$90 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.

BASIC OIL PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:30pm

Aug 6–27 • Sept 3–24 • Oct 1–22 • Nov 5–6

Ages 14 and older

\$100 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. Please wear paint clothes or apron. Generally, an oil painting takes 4–6 days to dry to touch.

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 1:15 – 3pm

Aug 6–27 • Sept 3–24 • Oct 1–22 • Nov 5–26

Ages 12 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Aug 6–Sept 10 • Sept 17–Oct 22 • Oct 29–Dec 3

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

Aug 8–Sept 12 • Sept 19–Oct 24 • Oct 31–Dec 12

Ages 16 and older

\$70 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION WITH DAVILLA HARDING

One class per week for 4 weeks:

Ages 16 and older

Thursdays, 2 – 4:30pm and 6 – 8:30pm



**TO REGISTER FOR
CLASSES, VISIT**

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

\$125 per person (plus supplies)

Aug 1–29 / Floral

Sept 12–Oct 10 / Honu

Oct 24–Nov 21 / Hawaiian Sunset

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

ARTY FUN WITH TEXTILES WITH APRIL DUQUE

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

Aug 12–Sept 16 (no class Sept 2)

Ages 12 and older

\$75 per person (plus supplies)

Students will create art on and with fabric. Projects will include glue batik painting, fabric dyeing, printing and stenciling on usable objects like: clothing, aprons, bags, pillow covers as well as making a mixed media collage with acrylic paint on canvas. Imagery will be chosen and either hand drawn or traced by students to express their personalities, favorite objects and activities. No previous art experience is required.

BATIK PAINTING WITH APRIL DUQUE

Aug 11 • Sept 8 • Oct 13 • Nov 10 • Dec 8

Ages 16 and older

\$60 per person (supplies included)

Learn the ancient art of batik fabric painting and take home a beautiful and unique work of art. Students can choose to bring their own 11 x 14" design, or trace a teacher provided one featuring native Hawaiian plants or animals. The instructor will guide students through the batik process step by step. No previous art experience necessary.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

One-day class, on select Mondays or Saturdays, 9am – 1pm

Ages 16 years and older

\$80 per person (supplies included)

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

Glassworks

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Aug 1–8 • Aug 22–29 • Sept 5–12 • Sept 19–26

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 shoes. Long pants are recommended.

ADVANCED GLASS WITH JESSICA FITZGERALD

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

Sept 4–25

Ages 16 and older

\$80 per person (plus supplies)

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

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

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

Sept 4–Oct 9

Ages 14 and older

\$75 per person (plus supplies)

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

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

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

Aug 7–21 • Sept 11–25 • Oct 9–23 • Nov 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 stitches. Students will also learn how to hold the hook properly, read patterns, do a foundation chain, work with two colors at once. Also, students will have the skills to complete beginner and intermediate level projects.

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Mondays, 5 – 7:30pm

Aug 5–19 • Sept 9–23 • Oct 21–Nov 4* • Nov 18–Dec 2*

Ages 12 and older

\$35 per person (plus supplies)

*\$40 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Aug 24–Sept 14 / Bags, Bags, Bags

Sept 21–Oct 12 / Aloha (Girls & Boys) Quilt

Oct 19–Nov 16 / (No Class–Nov 2) Kimono Quilt

Nov 23–Dec 21 / (No Class–Dec 7) Holiday Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Aug 24–Sept 14 / Bags, Bags, Bags

Sept 21–Oct 12 / Aloha (Girls & Boys) Quilt

Oct 19–Nov 16 / (No Class–Nov 2) Kimono Quilt

Nov 23–Dec 21 / (No Class–Dec 7) Holiday Quilt

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.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

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

Sept 3–24 • Oct 8–29 • Nov 5–26

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

Sept 4–27 • Oct 9–30 • Nov 6–17

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)

\$20 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.

Offered on select Fridays, 5 – 9pm and

Sundays, 7:30 – 11:30am

Ages 16 years & older

\$135 per person (deposit of \$85.00 is due at registration)

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

KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks.

Offered on select Fridays, 5 – 9pm

Ages 16 years & older

\$135 per person (\$90 sign-up fee + \$45 supply fee)

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

CHILDREN'S CLASSES & CAMPS

YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

Ages 12 – 16 (ages 12 – 15 must be accompanied by a parent or guardian)

\$60 per person (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

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

Aug 1–22 • Sept 5–26 • Oct 3–24

Nov 7–Dec 5 (no class on Nov 28)

Ages 7–13

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

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

Sept 9–30

Ages 9 – 13

\$75 per person (plus supplies)

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

ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am

Sept 3–26 (Sept 3, 5, 10, 12, 17, 19, 24, 26)

Oct 1–24 (Oct 1, 3, 8, 10, 15, 17, 22, 24)

Oct 29–Nov 21 (Oct 29, 31; Nov 5, 7, 12, 14, 19, 21)

Ages 3 – 6

\$80 per person (supplies included)

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

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

(continued on next page)

Aug 6–Sept 10 • Sept 17–Oct 22 • Oct 29–Dec 3

Ages 7 – 18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Aug 8–Sept 12 • Sept 19–Oct 24 • Oct 31–Dec 12

Ages 7 – 18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

Aug 8–Sept 12 • Sept 19–Oct 24 • Oct 31–Dec 12

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 AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks:

Wednesdays, 3:30 – 5:30pm

Aug 7–21 • Sept 11–25 • Oct 9–23 • Nov 6–20

Saturdays, 1 – 3pm

Aug 10–24 • Sept 14–28

Ages 7 – 11 (with an accompanying, paying adult/guardian)

\$35 per person (plus supplies)

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

EVENTS & ACTIVITIES

OHANA PAINT NIGHT WITH APRIL DUQUE

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

Aug 30 • Sept 27 • Oct 25* • Nov 22* • Dec 27*

Ages 7 and older

\$35 per person (supplies included)

*\$25 per person (supplies included)

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

PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm

Arts & Crafts Center

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

PAINT & SIP

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

Aug 7 & 21 • Sept 4 & 18 • Oct 2 & 16

Tradewinds

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

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

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](http://jbphh.greatlifehawaii.com/Recreation/Arts%20%26%20Crafts/Email%20List%20Subscription)



SYNC ARTS/CRAFTS CALENDAR

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

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



44TH ANNUAL FALL CRAFT FAIR

VENDOR REGISTRATION OPENS FRIDAY, AUGUST 2. CALL 448-9907 FOR MORE INFO.

TEEN CENTER

August Events

For Teens 13-18

#weownfriday: NAMI Presents: Emotional Intelligence

Aug 9 | 6-7:30pm

Come and join the Teen Center for Keystone's #weownfriday with NAMI, the National Alliance on Mental Illness. They will be presenting on emotional intelligence to help raise awareness for emotional wellness amongst teens! The winner of Keystone's Penny Wars competition will be announced with the losing group getting pied in the face!

Family Night: Are You Smarter Than Your Teen?

Aug 20 | 5:30-7pm

Are you smarter than your Teen? Parents, come test your wits against your teen in a night full of trivia based in various school topics, pop culture, current events and more!

Hail & Farewell: Ice Cream Party

Aug 30 | 5-7pm

Help us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then enjoy some cold ice cream treats!



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

STAY CONNECTED AND FOLLOW US ONLINE!



@JBPHHTeenCenter@
GreatLifeHawaii

GreatLifeHawaii.com





AUGUST • SEPTEMBER OUTDOOR RECREATION

SIGN UP INFORMATION

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



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

- August 3 Sign up by August 1
- September 1 Sign up by August 30
Begins: 9 am | Ends: 12 pm
Cost: \$40

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

WOMEN'S SURFING

- August 11 Sign up by August 9
- September 21 Sign up by September 19
Begins: 9 am | Ends: 12 pm
Cost: \$40

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

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- August 4 Sign up by August 2
- August 24 Sign up by August 22
- September 8 Sign up by September 6
- September 29 Sign up by September 27
Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$30

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

STAND-UP PADDLE IN KAHANA VALLEY

- September 7 Sign up by September 5
Begins: 8 am | Ends: 1 pm
Cost: \$30

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

KAYAKING

KAYAKING AT CHINA MAN'S HAT

- September 22 Sign up by September 20
Begins: 8 am | Ends: 1 pm
Cost: \$25

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us

and explore around the small island and possibly catch a wave or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

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

KAYAKING THE MOKULUA ISLANDS

- August 4 Sign up by August 2
Begins: 7 am | Ends: 2 pm
Cost: \$40

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!).

IROQUOIS POINT OPEN OCEAN KAYAK

- August 11 Sign up by August 9
Begins: 8 am | Ends: 2 pm
Cost: \$35

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

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

MOONLIGHT PADDLE AT HICKAM HARBOR

- August 15 Sign up by August 13
Begins: 7:30 pm | Ends: 9:30 pm
- September 13 Sign up by September 11
Begins: 7 pm | Ends: 9 pm
Cost: \$25

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

KAYAK FISHING

- August 24 Sign up by August 22
Begins: 7 am | Ends: 11 am
Cost: \$45

If you like adventure, come try this exciting sport. If you love to fish and want a little exercise to go with it, this is the trip for you. We'll provide the kayak, fishing gear, bait, and transportation. You just need to sign up! Do you think you have what it takes? The Hickam Outdoor Adventure staff takes trips to different locations around the island, so come aboard and we'll give you the basics of kayak fishing, while you enjoy the beautiful coastal sites, and bring home the fish! Kayaking experience is required. Trip includes transportation, gear, and knowledgeable guides.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- August 10 Sign up by August 8*
- August 25 Sign up by August 23*
- September 7 Sign up by September 5*
- September 22 Sign up by September 20*
Begins: 8:30 am | Ends: 11:30 am
Cost: \$30

*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.

SPEARFISHING EXCURSION

- August 31 Sign up by August 29
- September 28 Sign up by September 26
Begins: 9 am | Ends: 12 pm
Cost: \$20

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

LEARN TO SPEARFISH

- August 17 & 18 Sign up by August 15*
- September 14 & 15 Sign up by September 12*
Begins: 9 am | Ends: 12 pm
Cost: \$60

*Registration available online only.

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

HIKING

PU'U O' HULU HIKE/WESTSIDE SNORKEL

- August 25 Sign up by August 23
Begins: 8 am | Ends: 1 pm
Cost: \$20 per person

A short but steep climb up to a series of pillboxes is rewarded with amazing views of leeward Oahu. See the whole west side of the island from one of its' highest accessible locations. After trekking back down, get in the water and enjoy marine life at one of the prime snorkeling spots west Oahu has to offer. Snorkel site will be determined day of trip based on water conditions.

Level: Moderate (must be in physical condition and have snorkel experience).

(continued on next page)



BEACHES

HICKAM BEACH • 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday – Sunday, 10 am – 4 pm

BEACH EQUIPMENT RENTAL

*Subject to cancellation due to weather

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

PRIVATE LESSONS

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

WHITE PLAINS BEACH

Kalaeloa

SURF SHACK • 682-4925

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

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.

START SAILING RIGHT AT HICKAM HARBOR MARINA

- Tues/Sat | July 30, August 3, 10, 17, 24

Cost: \$85 per person

9 am – 1 pm or 1 pm – 4 pm

Ages 18 & up

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

START SAILING RIGHT AT RAINBOW BAY MARINA

- Sat/Sun | September 7/8 & 14/15

Cost: \$85 per person

1 – 5 pm

Ages 18 & up

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

ADULT LEARN TO SAIL CLASS AT RAINBOW BAY MARINA

- Mon/Wed | August 5, 7, 12, 14, 19, 21, 26, 28

- Mon/Wed | September 2, 4, 9, 11, 16, 18, 23, 25, 30

Cost: \$85 per person

9:30 – 11:30 am (excludes holidays)

Ages 18 & up

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

YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | August 5, 7, 12, 14, 19, 21, 26, 28

- Mon/Wed | September 2, 4, 9, 11, 16, 18, 23, 25, 30

Cost: \$85 per person

12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)

Ages 10 – 17 years

*Registration is done by the month and available online only. Beginners sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session, minimum of 5.

YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | August 1, 6, 8, 13, 15, 20, 22, 27, 29

- Tues/Thurs | September 3, 5, 10, 12, 17, 19, 24, 26

Cost: \$85 per person

12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)

Ages 10 – 17 years

*Registration is done by the month and available online only. Level 2 sailing class taught by one of our certified instructors. Class consists of theory and on-the-water group instruction. Maximum of 20 students per session, minimum of 5.

ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Fri | August 2, 9, 16, 23, 30 | 9:30 am – 12 pm

- Fri | September 6, 13, 20, 27 | 9:30 am – 12 pm

Cost: \$70 per person (in Aug), \$75 per person (in Sept)

9:30 am – 12 pm

Ages 18 & up

*Registration is done by the month and available online only. Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Maximum of 8 students per session, minimum of 2.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | August 2, 7, 9, 14, 16, 21, 23, 28, 30

- Wed/Fri | September 4, 6, 11, 13, 18, 20, 25, 27

Cost: \$85 per person

3 – 5 pm

Ages 10 years & up

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

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | August 1, 6, 8, 13, 15, 20, 22, 27, 29

- Tues/Thurs | September 3, 5, 10, 12, 17, 19, 24, 26

Cost: \$85 per person

3:30 – 5:30 pm

Ages 10 years & up

*Registration is done by the month and available online only. Prerequisite: Students registering must have permission from instructors to register for this class. Ages 10 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

INTERMEDIATE SAILING AT RAINBOW BAY MARINA

- Sat/Sun | August 3/4 & 10/11

Cost: \$75 per person

3 – 5 pm

Ages 18 years & up

*Registration is done by the month and available online only. This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

BOAT CHECKOUT CLASS AT HICKAM HARBOR

- Tues/Thurs | 9 am – 12 pm (only one class day is required)

Cost: \$30 per person

Already an experienced Sailor but want to rent our boats? Sailing card expired? This course is a three-hour refresher showing the operation of our Rhodes 19 sailboat. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and can navigate our harbor, you will be granted a sailing card to rent our boats. Sign up at Hickam Harbor Marina.

OUTRIGGER CANOE PADDLING

P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

- Mon – Fri

6:30 am, 7:30 am, 9:30 am, 12:30 pm

Cost: \$5 per person/per session

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

- Fri | August 9, 23

- Fri | September 6, 20

8:30 – 9:30 am

Cost: \$5 per person/per hour

*Must pre-register at Hickam Harbor Marina. Registration can be taken up to the day before the activity.

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!

OUTRIGGER CANOE PADDLING AT RAINBOW BAY MARINA

- Mon/Wed/Fri | 8:30 – 9:30 am

Cost: \$5 per person/per hour

Ages 10 & up

Recreational paddling. Signups held at the Rainbow Bay Marina. Space is limited to the first 12 people.

RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam

449-6870

Mon–Fri: 9am–5pm

Sat: 9am–1pm

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

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

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

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. 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

AUGUST 2019

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

Liberty Calendar



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</p> <p>Beeman Center (Pearl Harbor Sub Base) 473-2583 Makai Liberty (Hickam) 448-0418 Liberty Express (Wahiawa Annex) 653-0220</p> <p>DESIGNATION FOR HIKES: BEG = Beginner INTER = Intermediate ADV = Advanced</p>				<p>1 Super Smash Bros. Ultimate Tournament FREE Makai 1800 WIN PRIZES!!! Volunteer Opportunity: Comic Con Honolulu FREE Express 1015 Express Beeman 1100 Instant Makai 1115 Makai 1130</p>	<p>2 Shoyu Chicken For Lunch Sponsored by USAA FREE Beeman 1100-1300 Volunteer Opportunity: Comic Con Honolulu FREE Express 0615 Express Beeman 0700 Instant Makai 0715 Makai 0730</p>	<p>3 Volunteer Opportunity: Kayaking Chinaman's Hat Clean-Up FREE Express 0900 Express Beeman 0930 Instant Makai 0945 Makai 1000 Volunteer Opportunity: Comic Con Honolulu FREE Express 0715 Express Beeman 0800 Instant Makai 0815 Makai 0830</p>
<p>4 Hike Waimano Pools [INTER] FREE Express 0815 Express Beeman 0900 Instant Makai 0915 Makai 0930 Volunteer Opportunity: Comic Con Honolulu FREE Express 0715 Express Beeman 0800 Instant Makai 0815 Makai 0830</p>	<p>5 Bowling & Pizza FREE Beeman 1800</p>	<p>6 Pau Hana Surf Session FREE Express 1400 Express Beeman 1445 Instant Makai 1500 Makai 1515</p>	<p>7 PC Gamers: Smash Tournament FREE Express 1600 Express Beeman 1645 Instant Makai 1700 Makai 1715</p>	<p>8 Ping Pong Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>9 Soup & Sandwiches For Lunch Sponsored by USAA FREE Beeman 1100-1300 FREE Movie @ Sharky Theater FREE Beeman 1700</p>	<p>10 Bodysurf Bellows FREE Express 0815 Express Beeman 0900 Instant Makai 0915 Makai 0930 Kualoa 2-Hour ATV Tour \$85 Express 0915 Express Beeman 1000 Instant Makai 1015 Makai 1030</p>
<p>11 Snorkeling Sharks Cove FREE Express 0930 Express Beeman 0830 Instant Makai 0845 Makai 0900 Hike Ehukai Pillboxes [BEG] FREE Express 0930 Express Beeman 0830 Instant Makai 0845 Makai 0900</p>	<p>12 Trivia Night @ Brick Oven FREE Express 1600 Express Beeman 1700 Instant Makai 1715 Makai 1730</p>	<p>13 Meet & Greet LA Rams Cheerleaders FREE NEX 1200</p>	<p>14 Texas Hold'em Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>15 Barracks Bash @ Makai Liberty Center Sponsored by USAA FREE 1700-1900 LA Rams Cheerleaders Social @ Tradewinds FREE 1730</p>	<p>16 Hike Dogs For Lunch Sponsored by USAA FREE Beeman 1100-1300 9-Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>17 Hike Makapuu Point & Swim [INTER] FREE Express 0815 Express Beeman 0900 Instant Makai 0915 Makai 0930 Polynesian Cultural Center Luau \$75 Express 1515 Express Beeman 1415 Instant Makai 1430 Makai 1445</p>
<p>18 Made in Hawaii Festival \$5 Express 0845 Express Beeman 0900 Instant Makai 0945 Makai 1000 Kayaking Mokolua \$10 Express 0815 Express Beeman 0900 Instant Makai 0915 Makai 0930</p>	<p>19 Pau Hana Surf Session FREE Express 1400 Express Beeman 1445 Instant Makai 1500 Makai 1515</p>	<p>20 Chess Tournament FREE Makai 1800 WIN PRIZES!!!</p>	<p>21 Learn to Cook With Liberty FREE Express 1830 Express Beeman 1700 Instant Makai 1715 Makai 1730</p>	<p>22 Movies with Liberty @ Dole Cannery \$5 Express 1645 Express Beeman 1730 Instant Makai 1745 Makai 1800</p>	<p>23 BBQ Pulled Pork Sandwiches For Lunch Sponsored by USAA FREE Beeman 1100-1300</p>	<p>24 Hike Maunawili Falls [INTER] FREE Express 0815 Express Beeman 0900 Instant Makai 0915 Makai 0930 North Shore Beach Hopping FREE Express 1000 Express Beeman 0900 Instant Makai 0915 Makai 0930</p>
<p>25 Surf & BBQ \$10 Express 0930 Express Beeman 0830 Instant Makai 0845 Makai 0900 The Phantom of the Opera \$45 Express 1615 Express Beeman 1700 Instant Makai 1715 Makai 1730</p>	<p>26 Night Fishing FREE Express 1500 Express Beeman 1600 Instant Makai 1615 Makai 1630</p>	<p>27 8-Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>28 Driving Range @ Navy Marine Golf Course FREE Express 1630 Express Beeman 1715 Instant Makai 1730 Makai 1745</p>	<p>29 Pau Hana Surf Session FREE Express 1400 Express Beeman 1445 Instant Makai 1500 Makai 1515</p>	<p>30 Meatball Sandwiches For Lunch Sponsored by USAA FREE Beeman 1100-1300 Sunset Mele & Night Market FREE Express 1600 Express Beeman 1700 Instant Makai 1715 Makai 1730</p>	<p>31 Bike/Hike Moanalua Valley [ADV] \$10 Express 0800 Express Beeman 0900 Instant Makai 0915 Makai 0930 Original Glider Rides \$50 Express 0930 Express Beeman 0830 Instant Makai 0845 Makai 0900</p>

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 • Phillies
Planet Smoothie • Restaurant 604
Steakout • Tradewinds
Wright Brothers Café & Grille

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

BREWS & CUES

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

Game Night

Friday, August 2
4:30pm
FREE

Ages 18 years and older

Corn Hole Tournaments & Texas Hold 'Em, every first Friday of the month

#TGIF 9-Ball Tourney

Friday, August 30
6 – 8pm
Ages 18 years and older

CLUB PEARL

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

Salsa Saturdays

Every Saturday
8:30 – 9:30pm

FREE Salsa Lessons

Free lessons with our experience instructor from 8:30 – 9:30pm. Dancing and drink specials all night long.

THE COUNTRY BAR

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

Country Line Dancing

Every Friday
8:30 – 9:30pm

FREE Line Dance Lessons

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.

Country Up! Every Friday!



HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Every Sunday

10am – 1pm

All Ranks & Base Eligible Patrons Welcome!

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

Mongolian BBQ

Every Monday & Thursday

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!

KOA LOUNGE

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Aloha Friday Buffet

Every Friday

11am – 2pm

FREE

It's Aloha Friday, 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.

PHILLIES

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

RESTAURANT 604

At Rainbow Bay Marina 888-7616

TRADEWINDS

Hickam Bldg. 1804 448-4608

Paint & Sip

Wednesdays, August 7 & 21

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."

family/support

Child Development Centers

Child Development Homes

Military & Family Support Center

School-Age Care • School Liaison Office

Teen Center

TEEN CENTER

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

#weownfriday

NAMI presents: Emotional Intelligence

Friday, August 9

6 – 7:30pm

Teens 13 – 18 years old

Come and join the Teen Center for Keystone's #weownfriday with NAMI, the National Alliance on Mental Illness. They will be presenting on emotional intelligence to help raise awareness for emotional wellness amongst teens! The winner of Keystone's Penny Wars competition will be announced with the losing group getting pied in the face!

Family Night: Are You Smarter Than Your Teen?

Tuesday, August 20

5:30 – 7pm

Teens 13 – 18 and their families

Are you smarter than your Teen? Parents, come test your wits against your teen in a night full of trivia based in various school topics, pop culture, current events and more!



Hail & Farewell: Ice Cream Party

Friday, August 30

5 – 7pm

Teens 13 – 18 years old

Help us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then enjoy some cold ice cream treats!

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

Float Night

Friday, August 30

6 – 8pm

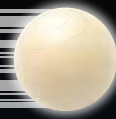
Hickam Family Pool

FREE

Bring your favorite float (individual size only) and relax in the pool. Free ice cream floats while supplies last!

BILLIARDS TOURNAMENT

FRI., AUG. 16 • 11AM-1PM • FREE!



Participation is open to Active Duty commands from JBPHH, military dependents 18 years+ and DoD Civilian employees. To register, please call **473-2437** or **473-1921**.

ENTRY DEADLINE: **AUG. 9**



STAY CONNECTED AND FOLLOW US ONLINE!



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athletics (cont.)

BOWLING

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

Hickam and Naval Station 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

Lunch and Bowl Tuesdays

August 6, 13, 20, 27

11am – 1pm

Hickam Bowling Center

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

Color Pin Bowling Wednesday

August 7, 14, 21, 28

5 – 9pm

Hickam Bowling Center

The pin color of the month is blue! When the blue pin is in the head pin position, on your first throw roll a STRIKE you will receive a FREE game coupon, to be used on your next visit.



Cosmic Bowling

Fridays, August 2, 9, 16, 23, 30

9:30pm – 12am

Saturdays, August 3, 10, 17, 24, 31

6pm – 11pm

Hickam Bowling Center

Active Duty Military ID card holder \$2.50 per game,
DOD card holder \$3.25 per game.

Active Duty Bowl FREE

Mondays, August 5, 12, 19, 26

11am – 1pm

Hickam Bowling Center

1 free game of bowling, shoe rental not included.

Single Sailor Bowling Night

Monday, August 5

Naval Station Bowling Center

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

Color Pin Bowling Monday

August 5, 12, 19, 26

5 – 9pm

Naval Station Bowling Center

The pin color of the month is blue! When the blue pin is

in the head pin position, on your first throw roll a STRIKE you will receive a FREE game coupon, to be used on your next visit.

Lunch and Bowl Tuesdays

August 6, 13, 20, 27

11am – 1pm

Naval Station Bowling Center

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

Cosmic Bowling

Saturdays, August 3, 10, 17, 24, 31

8:30 – 10:30pm

Sundays, August 4, 11, 18, 25

3 – 6pm

Naval Station Bowling Center

Active Duty Military ID card holder \$2.50 per game,
DOD card holder \$3.25 per game.

Active Duty Bowl FREE

Thursdays, August 1, 8, 15, 22, 29

11am – 1pm

Naval Station Bowling Center

1 free game of bowling, shoe rental not included.

Power Game Day Saturday

August 3, 10, 17, 24, 31

12 – 3pm

\$10/per hour/per lane

The Escape Bowling Center

Play the newest games in Bowling. Check it out, you don't have to be a good bowler to score high. Choose from Mad Games, Skill Games, Classic Games, and Chance Games.

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

JBPHH Half Marathon

Saturday, August 17

5:30am

Hickam Earhart Track

\$45 Registration, August 1 – 16 (includes t-shirt)

\$50 Race day registration (4:30am - CASH only, t-shirt not included)

This 13.1-mile run takes runners through the historic Hickam side of JBPHH. The race is open to all military affiliated personnel and their guests (must have base access). Runners can register in person at the Hickam Memorial Fitness Center or online at active.com. Online registration closes at midnight on Wednesday, August 14. Prizes will be awarded to the top 3 finishers in each category. For more information on runner categories, parking, the official course or registration packet pickups, please visit greatlifehawaii.com.

Aqua Zumba

Tuesdays (5:30pm), August 6, 13, 20, 27

Fridays (9am), August 2, 9, 16, 23, 30

Hickam Family Pool (2)

1 group exercise (GE) coupon

A class for those looking to make a splash by adding a

low impact, high energy aquatic exercise to their fitness routine. Call 808-448-2384 for more information.

GOLF

Barbers Point 682-1911

Ke'alahi Par 3 448-2318

Mamala Bay 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

August 6, 13, 20, 27

4 – 6pm

Mamala Bay Golf Course Driving Range

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

FREE Golf Demo Days

Anytime during normal business hours.

10am – 2pm

Mamala Bay Golf Course

AND

Wednesday, August 7

3:30 – 6:30pm

Navy-Marine Golf Course

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

Want to test out the new golf gear?



FREE Golf Clinic

Thursday, August 15

12 – 1pm

Navy-Marine Golf Course

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

Operation Ignite

Saturday, August 10

7:30 – 11pm

\$10/person for glow golf; movie is FREE

Mamala Bay Golf Course

Come out for a night of fun with family and friends! There will be glow golf and a FREE showing of Spiderman: Into the Spider-verse on the lawn. Glow golf starts at 7:30pm and is \$10/person for an LED golf ball (purchase to keep) and glow necklace! Make sure to bring blankets or chairs to sit on during the movie. There will be FREE popcorn while supplies last, so get there early! Golf is for ages 7 years+, children must be supervised and please don't forget your flashlights. Additional food and drinks will be available for purchase at the snack bar.

Glow into the weekend!



ACTIVE DUTY BOWL FREE

Starting July 11 | 11am - 1pm

Mondays at the Hickam Bowling Center
Thursdays at the Naval Station Bowling Center

**Show your Military ID card
and receive (1) free game
of bowling!**

*Shoe rental \$1.75. Offer not valid
for Military family members of
Active Duty card holders or
groups of 10+.*

No reservations.

For more information, call 473-2651



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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*	
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	P90X™ STRONG BY ZUMBA®*	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	ZUMBA® STEP	PIYO®		PIYO®	ZUMBA	
10:30 – 11:30am						P90X™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY CONDITIONING*	CYCLE FIT* YOGA	TOTAL BODY CONDITIONING*/ TRX*	WARRIOR ZONE CIRCUIT* CIRCUIT TRAINING*	
4:30 – 5:30pm	ZUMBA® STEP	ZUMBA	ZUMBA	TURBO KICK™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®*	
6 – 7pm		KARATE SC				
7 – 8pm		HOT HULA FITNESS®		HOT HULA FITNESS®		

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

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

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

INFORMATION SUBJECT TO CHANGE

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

athletics (cont.)

9 Before 9

Monday – Friday (except holidays)

Before 9am

Mamala Bay Golf Course

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

\$30 Coupon Special

Mondays & Tuesdays (except holidays)

Barbers Point Golf Course &

Mamala Bay Golf Course

Invite a civilian guest and take advantage of this special.

Call 808-682-1911 for additional information.

BOGO Special

Monday – Friday (except holidays)

Ke'alahi Golf Course

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

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.

Check out the current golf specials!



INTRAMURALS

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

Billiards Tournament

Friday, August 16

FREE

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

Are you a good shot? Sign up today.



Intramural Flag Football Coaches Meeting

Wednesday, August 21

1pm

JPBHH Fitness Center

League limited to Commands from Joint Base Pearl Harbor Hickam. Any Additional JPBHH Active Duty members belonging to a JPBHH Command Team will come from a Players Pool. Any JPBHH individual players who are interested in getting into the Player's Pool, please call the Sports Office.

Softball Tournament

Entry Deadline: August 23

Saturday & Sunday, September 7 & 8

\$200 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

Basketball Tournament

Entry Deadline: August 23

Saturday & Sunday, September 7 & 8

\$200 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

Fall Softball League

Entry Deadline: July 26

Begins August 10

\$475 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

YOUTH SPORTS

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

Gymnastics (Bldg. 1680) 422-2223

itt

Barbers Point • Fleet Store • NEX Mall

Wahiawa • Travel Connections-Fleet Store

Travel Connections-NEX Mall

Hickam Historical Tour

Fridays, August 2, 9, 16, 23, 30

9:30am – 1:30pm

\$45 for adult

\$40 for children (ages 3 – 11) / Lap child free

An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more! *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base).*

Ford Island Historical Tour

Wednesdays, August 7, 14, 21, 28

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of "The Day of Infamy". Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of*

base). Additional pick up at Royal Alakai & Rainbow Marina, call for times.

recreation

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

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Paint & Sip

Wednesdays, August 7 & 21

5:30 – 8:30pm

\$40 per person

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

Relax and enjoy a two-hour painting party!



Hickam 44th Annual Fall Craft Fair

Saturday, November 2

9am – 3pm

Calling all crafters, registration begins Friday, August 2 at 9am in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or photos of items you will be selling for screening at time of registration. Call 448-9907 for further info.



recreation (cont.)

Arts & Crafts Gallery Showcase

The Arts and Crafts Center will be accepting entries beginning August 1 until September 28 for the 2019 Arts & Crafts Gallery Showcase. Get your creative juices flowing and prepare now to submit your artwork, crafts, photography and digital creations. This event is open to active duty military and their family members, DoD civilians, contractors, reservists and retirees. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery. There are three categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant.

Timeline:

August 1 through September 28

Enter submissions to Arts and Crafts Center Sales Store.

October 4

"Gallery Opening" reception from 5:30 – 7pm. An elegant event with appetizers served.

October 4, 2019 – January 12, 2020

All submissions will be on display at the Arts and Crafts Center Gallery.

There is so much wonderful talent here within the Hawaii Military Community!!! We are looking forward to your participation! For further info and entry form please email Donna Sommer: donna.sommer@navy.mil

Pick-N-Paint Ceramics

Tuesday – Saturday

9am – 5pm

You pick it, you paint it, we fire it. It's easy! No experience or appointment needed. All ages and all experience levels welcome—great kids' activity but fun for adults too! Stop by for a delightful and 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.

Have fun painting your own ceramic piece.



LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

STEM Wednesday – Cubelets Robotics

Wednesday, August 7

2 – 3:30pm

Ages 7 and up. Call 449-8296 to register.

Tween Book Club

Wednesday, August 7

4 – 5pm

We will discuss "Three Times Lucky."

Library Know-How

Saturday, August 3

10am – 12pm

Learn to get the most out of your library.



Learn about the Library's great offerings.

Adult Book Club

Tuesday, August 6 | 10am

Thursday, August 8 | 6pm

We will discuss "Of Mice and Men."

Young Adult Book Club

Wednesday, August 14

4 – 5pm

We will discuss "Ready Player One."

Preschool Story Time

Wednesdays, August 14 & 28

9 – 10am

Story times are great for children of all ages! Our theme on August 14 will be "Zoo Animals." On August 28 the theme will be "Grandparents' Day."



Listen to stories and make fun crafts.

4th and 5th Grade Book Club

Wednesdays, August 14 & 21

2pm

We will discuss "Walk Two Moons" on August 14 and "Frindle" on August 21.

LEGO Time

Saturday, August 31

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.

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 \$5 (3-D)**

• **Children (5 years and under), Free or \$2 (3-D)**

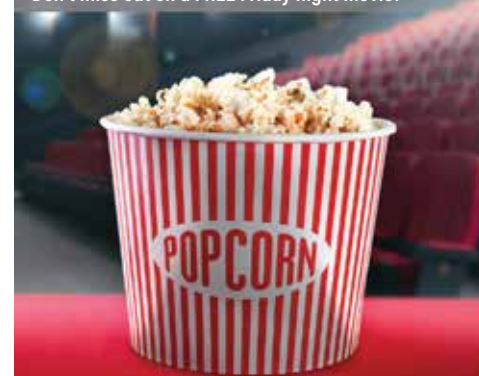
Movies shown Thursday – Sunday. Watch for our FREE Advanced Screening!

Single Sailor/Airmen Movie Night

Friday, August 9

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

Don't miss out on a FREE Friday night movie!



Like us? Follow

GREAT Life HAWAII

on  **@greatlifehawaii**



Great Life Hawaii updated their cover photo.

October 29 at 1:44 PM · 13

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



Need your annual Vehicle Safety Inspection?

**Schedule an appointment
at one of our MWR
Auto Skills Centers!**



**BY APPOINTMENT ONLY.
NO MORE WAITING IN LINES!**

Walk-ins will not be accepted.

VEHICLES (NO MOTORCYCLES): \$21

TRAILER: \$13

REPLACEMENT STICKER: \$6

MOANALUA AUTO SKILLS: (808) 471-9072 • Hennley St, Bldg. 2641

HICKAM AUTO SKILLS: (808) 449-2554 • Moffet St, Bldg. 4002



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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.



AUGUST CLASSES

INFORMATION SUBJECT TO CHANGE

employment assistance

CIVILIAN RESUME WRITING

Aug 20 • 9:00 – 11:00am | Wahiawa Conference Center

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

Aug 6 • 9:00 – 11:00am | Wahiawa Conference Center

The application process for federal jobs can feel confusing and overwhelming. This course will help you navigate the USAJobs website, understand the application process, and teach the fundamentals of a federal resume to give you a competitive edge. An overview of hiring preferences and programs for veterans and military spouses in the federal sector will also be covered.

LINKEDIN: WHAT WILL THEY SEE

Aug 7 • 4:00 – 6:00pm | 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

Aug 1 • 2:00 – 4:00pm | 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.

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Aug 7 • 10:00am – 12:00pm | 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

Aug 14 • 1:00 – 3:00pm | Pearl Harbor

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

NEW MOMS AND DADS

Aug 21 • 5:00 – 8:00pm | Hickam

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

PARENT CHILD COMMUNICATION

Aug 7 • 1:00 – 3:00pm | Pearl Harbor

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

PARENTING GROUP

Aug 6, 13, 20, 27 • 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!

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

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

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

personal financial management

AFFINITY FRAUD

Aug 13 • 9:30 – 11:00am | Pearl Harbor

Affinity Fraud can happen to anyone, at any time. Affinity fraud occurs when con artists tap into community groups, family ties, clubs or other “affinities” to create a false sense of trust to lure victims into investing. This presentation will cover what Affinity Fraud is, the approach and possible targets of this type of fraud, ways to avoid the fraud, and how the DCCA Office of the Securities Commissioner can help.

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Aug 13 • 8:00am – 3:00pm | Pearl Harbor

This one-day training is required every three years for trained Command Financial Specialists to review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial topics. Open to all trained Command Financial Specialists.

FROM BASE TO PLACE

Aug 8 • 8:00 – 9:30am | Pearl Harbor

Aug 22 • 2:00 – 3:30pm | Hickam

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

MILLION DOLLAR SPOUSE

Aug 6 • 8:00am – 3:30pm | Hickam

Carol Lally, Supervisory Attorney at the Los Angeles Regional Office of the SEC, will discuss investment planning for service members and their families, planning for retirement, tips on avoiding fraud, and investing resources.

relocation assistance

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

Aug 28 • 8:00 – 11:00am | Pearl Harbor

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

SMOOTH MOVE

Aug 8 • 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

Aug 6 • 1:00 – 3:00pm | Wahiawa Conference Center

Aug 21 • 9:00 – 11:00am | Pearl Harbor

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

sexual assault prevention & response (SAPR)

SAPR POC TRAINING

Aug 28 • 8:00am – 4:00pm | Pearl Harbor

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

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Aug 19 – 23 • 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

Aug 13 • 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

Aug 7, 14, 21, 28 • 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

Aug 28 & 29 • 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 GPS IS A PRE-REQUISITE.

ONWARD TO OPPORTUNITY (O2O)

Aug 12 – 16 • 8:00am – 4:30pm | Pearl Harbor

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

TRANSITION GPS: ACCESSING HIGHER EDUCATION

Aug 26 – 27 • 8:00am – 3:00pm | Pearl Harbor

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

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

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

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

personal financial management

AFFINITY FRAUD

Aug 13 • 9:30 – 11:00am | Pearl Harbor

Affinity Fraud can happen to anyone, at any time. Affinity fraud occurs when con artists tap into community groups, family ties, clubs or other “affinities” to create a false sense of trust to lure victims into investing. This presentation will cover what Affinity Fraud is, the approach and possible targets of this type of fraud, ways to avoid the fraud, and how the DCCA Office of the Securities Commissioner can help.

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Aug 13 • 8:00am – 3:00pm | Pearl Harbor

This one-day training is required every three years for trained Command Financial Specialists to review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial topics. Open to all trained Command Financial Specialists.

FROM BASE TO PLACE

Aug 8 • 8:00 – 9:30am | Pearl Harbor

Aug 22 • 2:00 – 3:30pm | Hickam

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

MILLION DOLLAR SPOUSE

Aug 6 • 8:00am – 3:30pm | Hickam

Carol Lally, Supervisory Attorney at the Los Angeles Regional Office of the SEC, will discuss investment planning for service members and their families, planning for retirement, tips on avoiding fraud, and investing resources.

relocation assistance

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

Aug 28 • 8:00 – 11:00am | Pearl Harbor

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

SMOOTH MOVE

Aug 8 • 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

Aug 6 • 1:00 – 3:00pm | Wahiawa Conference Center

Aug 21 • 9:00 – 11:00am | Pearl Harbor

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

sexual assault prevention & response (SAPR)

SAPR POC TRAINING

Aug 28 • 8:00am – 4:00pm | Pearl Harbor

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

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transition assistance

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Celebrating the Fleet & Family Support Center's

40th

BIRTHDAY

40 Years of Meeting Your Needs... At Home and at Sea.



Military & Family Support Center
4827 Bougainville Drive • Honolulu, HI 96818 • 808.474.1999

@JBPHH.MFSC | @JBPHH.MFSC

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Aug 19 – 23 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Aug 5 – 9 • 7:30am – 4:00pm | Pearl Harbor

Aug 19 – 23 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

Aug 27 • 7:30am – 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 LinkedIn, salary negotiation, VA Benefits, Tricare, Survivor Benefit Plan, SkillBridge training/certification opportunities, and employer networking.

USAF PRE-SEPARATION BRIEFING

Aug 7 & 21 • 8:00 – 11:00am | Hickam

Pre-Separation is the first mandatory step in the transition process. This counseling serves as a reference for Air Force personnel planning transition, introduces benefits and entitlements, and describes the assistance in place including community resources. DoDI 1332.35 mandates separating and retiring members receive Pre-Separation Counseling NLT 90 days prior to separation. Attending 12 months prior for separatees and 24 months prior for retirees is highly encouraged to take full advantage of the resources covered and ease the stress caused by the transition process.

Military & Family Support Center Locations

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

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

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

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

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon–Fri 0600–0830, 1100–1300, 1700–1830
 Sat, Sun, Holidays 0630–0830, 1100–1300, 1700–1830
 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 Mon–Fri 0615–0730, 1100–1230, 1615–1730
 Sat, Sun, Holidays 0615–0730, 1030–1230, 1615–1730

RESTAURANTS & CASUAL DINING

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

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

RESTAURANT 604
 57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon–Thu 1030–2200
 Fri 1030–2300
 Sat 0930–2300
 Sun 0930–2200

Aloha Hour
 Mon–Fri 1500–1700

WRIGHT BROTHERS CAFÉ & GRILLE
 901 Worthington Avenue • 448-4608 Ext. 39
 Mon–Thu 0630–1000, 1030–1330
 Fri 0630–1000, 1030–1330, 1700–2000
 Sat 0700–1330, 1700–2000
 Sun 0700–1030

SNACK BARS

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

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

MAMALA BAY SNACK BAR
 At Mamala Bay Golf Course
 Tue–Sun 0500–1400

PHILLIES
 711 Pierce St. Beeman Liberty Center • 387-8080
 Mon–Fri 1000–1400
 (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

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

FAST FOOD

PIZZA HUT
 At the Club Pearl Complex • 423-2222

TACO BELL
 At the Club Pearl Complex • 422-2274

BARs

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

BREWS & CUES
 Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon–Thu 1500–2200
 Fri 1400–0100
 Sat 1100–0100
 Sun 1100–2300

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

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

TRADEWINDS
 150 McClelland Street, Hickam Bldg. 1804 • 448-4608
 Sun–Thur 1530–2200
 Fri & Sat 1530–2400

programs&services

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

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

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

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394
 Lap Swim:
 Mon–Fri 0500–0700, 1100–1300
 Mon–Thu 1700–1900
 Sat, Sun 1000–1200

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

Towers Pool (Makalapa) • 471-9723
 Lap Swim:
 Mon–Fri 1100–1300
 Open Swim:
 Sat, Sun 1200–1700

Wahiawa Annex Pool, 500 Center St • 653-5306
 Lap Swim:
 Tue, Thu 1100–1300
 Open Swim:
 Tue, Thu 1300–1700
 Sat, Sun, Holidays 1200–1700

ARTS & CRAFTS CENTER
 Hickam Bldg. 1889 • 448-9907
 Ceramics & Frame Shop
 Mon, Sun Closed
 Tue–Sat 0900–1700

Engraving Shop
 Mon, Sat, Sun Closed
 Tue–Fri 0900–1700

Gallery/Office
 Tue–Fri 0900–1700
 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

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

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

Naval Station Bldg. 1736 • 473-2574
 Mon 1100–1330, 1700–2100
 Tue–Thu 1100–1300, 1700–2100

Fri 1100–1300, 1700–2230
 Sat 0900–2230
 Sun 1100–1800
 Holidays Closed

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

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

CHILD DEVELOPMENT HOMES PROGRAM OFFICE
 530 Peltier, Bldg. 1925 • 471-8445
 Mon–Fri 0800–1700
 Sat, Sun Closed

FITNESS & SPORTS CENTERS
 Family Fitness Center Bldg. 1681 • 471-2019
 Mon–Fri (unstaffed) 1000–1700

Hickam Bldg. 1120 • 448-2214
 Mon–Fri 0430–2130
 Sat, Sun 0700–1700
 After-hours access available
 Holidays Closed

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

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

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

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

Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

GOLF COURSES

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911
Daily Tee Times & Pro Shop
Mon–Sun 0630–1830
Driving Range
Mon, Wed–Sun 0630–1800
Tue 0930–1800
Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
Mon, Wed–Sun 0630–2200
Tue 0630–2100
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
Mon–Fri 0630–1800
Sat, Sun (Holidays) 0615–1800
Pro Shop
Mon–Fri 0630–1800
Sat, Sun (Holidays) 0615–1800
Navy-Marine Golf Course
Valkenburgh at Radford Drive • 471-0142
Daily Tee Times 0700–1830
Pro Shop
Mon–Sun 0630–1830
Driving Range
Mon–Wed, Fri–Sun 0630–2100
Thu 1030–2100

HOUSING

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

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019
Mon–Sat 0900–1800
Sun, Holidays 0900–1500
ITT-Fleet Store, Pearl Harbor • 473-0792
Mon–Fri 0900–1700
Sat, Sun, Holidays Closed
ITT-NEX Mall • 422-2757
Mon–Sat 0900–1700
Sun, Holidays Closed
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 0900–1800
Sat, Sun, Holidays Closed
Travel Connections NEX Mall • 422-4067
Mon–Fri 0900–1700
Sat, Sun, Holidays Closed

INTRAMURAL SPORTS OFFICE

Pearl Harbor Bldg. 161 • 473-2494 or 473-2437
Mon–Fri 0700–1530
Sat, Sun Closed

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

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

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

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

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

NAVY GATEWAY INNS & SUITES

(Open 24 hours a day, 7 days a week)
Pearl Harbor Side of JBPHH • 808-800-2337
Arizona Hall (Bldg. 1623)
Hale Ali'i (Bldg. 1315)
Lockwood Hall (Bldg. 662)
Makalapa (Bldg. 372)
Hickam Side of JBPHH • 808-800-2330
Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

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

RENTALS

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

Outdoor Recreation Equipment Rentals:

Hickam Beach • 449-5215
White Plains Beach • 682-4925
Recreational Equipment Rental:
Kuntz Ave, Bldg. 1760 • 449-6870
Mon–Fri 0900–1700
Sat 0900–1300
Sun Closed

YOUTH PROGRAMS

School-Age Care
Catlin • 421-1556
Hickam • 448-4396
School Liaison Officer (K–12)
4827 Bougainville Drive • 471-3662, 471-3673
Mon–Fri 0800–1700
Sat, Sun Closed
Teen Center (ages 13–18) • 448-1068
School year:
Mon–Thu 1400–2000
Fri 1400–2100
School vacations:
Mon–Fri 1200–2000
Weekends:
Sat 1330–2130
Sun Closed
Youth Sports & Fitness
Office, Bloch Arena • 473-0789
Mon–Fri 1100–1730
Sat, Sun Closed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

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

Automotive Worker
Hotel Housekeeping
Laundry Worker

How to Apply:

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

CNRH FFR

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

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

or fax to: **808-422-3782**

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

Liberty BARRACKS BASH

Sponsored by USAA

1700
to
1900

FREE

(Open to single,
active-duty
military E1-E6 only)

Enjoy Food, Drinks, Music, Games and Fun!

Aug 15 - Behind Gathering Place/Makai Liberty

Sep 19 - Smallwood Hall (BBQ Area)

Oct 17 - Bldg. 925 Nevada Hall (BBQ Area)

Nov 14 - Bldg. 654 Paquet Hall (BBQ Area)

Dec 19 - Seawolf Tower

Jan 16, 2020 - Gabrunas Hall



Questions? Call **473-2583**.
www.greatlifehawaii.com

BYOB

Blankets ★ Bottles ★ Bites

Concert in the Park at Hickam Harbor

FREE | 5PM-7PM

Bring your own Blankets, Bottles* & Bites!

August 9

Elephant

Modern/Classic/Alternative

August 23

Hawaiian Soul

Soul and R&B

www.greatlifehawaii.com

**No glass bottles or pets allowed.*





13TH ANNUAL JOINT BASE PEARL HARBOR HICKAM HALF MARATHON

Saturday, August 17, 2019

START AND FINISH AT HICKAM TRACK | CHECK IN: 4:30AM | EVENT BEGINS AT 5:30AM

Challenge yourself at this annual event! Runners, walkers and strollers are allowed to participate.

MUST HAVE BASE ACCESS!

REGISTRATION:

Entry fee is \$35 (includes t-shirt). Register in person at Hickam Memorial Fitness Center or register online. Mail-in entries postmarked deadline is August 2, 2019. Race Day Registration starts at 4:30am (bring completed entry form). No t-shirts for Race Day registration and NO REFUNDS. Run limited to the first 800 participants.

AWARDS:

Prizes will be awarded to the top 3 finishers in each category: Overall Male & Female, Active Duty Male & Female, Male & Female Stroller and Male and Female age categories - Youth (17 and younger), 18-29, 30-39, 40-49, 50-59 and 60+.

PACKET PICK UP AT HICKAM MEMORIAL FITNESS CENTER:

Pick up at Hickam Memorial Fitness Center on August 9 from Noon-5pm & August 10 from 8am-Noon

COURSE:

Route is flat and fast. Run will start and finish at the Earhart Track. Race across Hickam Field and see the original buildings, scarred with bullet holes that remind us of a time never to be forgotten. Known as the Garden City, you will also appreciate the unique botanical and architectural landscape of this Pacific treasure.

FREE PARKING:

Parking is available in the open lot near Memorial Movie Theatre. Limited parking is available across from the Earhart Track (look for parking directional signs).

ADDITIONAL INFORMATION:

Entry form, waiver, and map are available at the Hickam Memorial Fitness Center or online at www.greatlifehawaii.com. Or simply register using Active.com.

For more information, call 448-2214

OFFICIAL ENTRY FORM PLEASE USE INK, PRINT CLEARLY AND FILL OUT ENTIRE FORM. MAIL BY AUGUST 2. WWW.GREATLIFEHAWAII.COM

GENERAL INFORMATION

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

Full Name (Last, First): _____

Mailing Address/City/State/ZIP: _____

Phone (day/evening): _____

Shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (additional \$5.00)

☐ Stroller ☐ Active Duty

E-mail Address: _____

Branch of Service and Rank: _____

EMERGENCY CONTACT

Full Name (Last, First): _____

Relationship: _____ Phone (day/evening): _____

Home address/City/State/ZIP: _____

ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER: In consideration of my participation, I, the undersigned hereby waive any and all claim for myself, my heirs, executors and administrators against the U.S. Air Force and NAF officials of the Joint Base Pearl Harbor-Hickam Half Marathon for any illness or injury, which may directly or indirectly result from participation to include ordinary negligence, actions or omissions of any agent, official participant or spectator of this event. I grant full permission for the free use of my name and any pictures or any record of this event for any purpose whatsoever. I further state that I am in proper physical condition to participate in this event. I affirm that I am of legal age and am freely signing this agreement. By signing below, I state that I read this form and fully understand this release for all claims, and agree to be bound by the provisions of this contract.

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: _____

REGISTRATION FEE

To register, visit the Hickam Memorial Fitness Center or submit the non-refundable registration fee with this registration form to the address below.

\$35: April 15 - July 31 (includes t-shirt)

\$45: August 1 - August 16

\$50: Race Day Registration (No T-shirt, CASH ONLY)

PAYMENT METHOD

1. In Person at Hickam Memorial Fitness Center
2. Mail Entry & Fee (postmarked by Aug. 2)
3. Online at <https://www.active.com/honolulu-hi/running/distance-running-races/13th-annual-jbphh-half-marathon-2019>



ONLINE REGISTRATION CLOSES ON
AUGUST 7, 2019 AT MIDNIGHT.

MAIL ENTRY AND FEE TO:

MWR Department
Attn: Hickam Memorial Fitness Center
1120 Vickers Ave
Hickam AFB, HI 96853

MAIL-IN ENTRIES POSTMARKED DEADLINE IS August 2, 2019.