

GREAT *Life* HAWAII

www.greatlifehawaii.com | July 2018

PLAN YOUR NEXT
GET-TOGETHER,
OUTDOORS!



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

Stallion

CELEBRATION

sponsored by  **USAA**

JOINT BASE PEARL HARBOR - HICKAM

FAMILY FESTIVITIES

located near the NEX Fleet Store

3-9:30PM

FREE Activities (lines close at 6:30pm)

- Xpress Train sponsored by **BANK OF HAWAII**
- Colton Farms Petting Zoo sponsored by **ASYMCA**
- Balloon Twisting, Airbrush Tattoos, contests, games, prizes and entertainment

AVAILABLE FOR PURCHASE

- XTREME FUN Rides and Inflatables
- Snack Foods and ice-cold beverages

WARD FIELD ACTIVITIES

4 - 9:30PM

FREE Activities (closing at 7pm)

- Car Show & Shine
- Knockerball, Volleyball, Badminton, Corn Hole, and many more lawn games
- Pacific Roller Derby Matches and Demo
- Sponsors, contests and giveaways

AVAILABLE FOR PURCHASE

- Delicious food from around the island and ice cold beverages

IMPORTANT EVENT INFORMATION

Open to DoD ID Cardholders and their sponsored guests. Authorized items include water bottles and hydroflasks with water, small clutches, blankets and folding chairs. All items are subject to search. For safety reasons, outside food and beverages (with the exception of water), backpacks and purses (other than small clutches), BBQs, tents, animals, glass or coolers are NOT AUTHORIZED. Gate will have 100% ID check. All cardholders and their guests must carry a government issued ID. Allow time for security checks at event entrances. Schedule of events is subject to change without notice.



WARD FIELD 4PM GATES OPEN
7:30PM STONE TEMPLE PILOTS IN CONCERT
9PM FIREWORKS SPECTACULAR

GOOD TIMES. FRONT AND CENTER



Register to WIN

A BRAND NEW MOTORCYCLE FROM

JN GROUP

7PM JN GROUP MOTORCYCLE GIVEAWAY



For more info, go to www.greatlifehawaii.com

Follow us! greatlifehawaii



No official endorsement intended.



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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: JULY 2018

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On the cover: Glenn grillin' at Honeymoon Beach.

Cover & TOC Photo: Reid Kagemoto

At right: Teddi enjoying the summertime fun.

JULY

GREATLIFEHAWAII | 2018

PLAN YOUR NEXT
GET-TOGETHER,
OUTDOORS!



pg 6

| MWR spotlight

Check out the NEWLY Opened STEAK OUT located at Barbers Point Golf Course.

pg 12

| MWR spotlight

Check out \$2 Tuesdays at Mamala Bay Golf Course.

LOOK OUT FOR THE NEW STEAK OUT!

While you may be familiar with “Pearl Harbor’s Best Kept Secret” tucked inside the Fleet Store or their white truck along Vickers Ave on Hickam, Steak Out has a brand-new location - Barbers Point Golf Course! It may be a little out of the way, it’s worth the drive.

In true hole-in the wall, family business fashion, owner Jay Cabais welcomed us with jokes and local hospitality, while sitting down and chatting with another customer. “I hope you’re hungry” he tells us, directing us to the cashier.

Ordering at Steak Out is no small feat, especially if you're hungry like we were. How do you choose between all day breakfast (I could eat breakfast 3 times a day), steak, burgers and fries or their daily specials? After finally making a decision, we ordered - combination breakfast (sub kim-chee fried rice), fried chicken, steak plate, and beef stew special.

The portions are generous and you can taste the care that goes into every dish. There's no faking real, home style, local cooking. It's obvious from the food, the attentive service and the friendly rapport with other customers that Jay truly cares about his customers. The staff at Steak Out make a special effort to meet the unique needs of the golf course community - breakfast for early tee times, and quick snacks for a mid-game drop in.

It's no wonder the Fleet Store sells out and the truck on Vickers always has a line. If you're out on the west side - at the beach or on the golf course or just looking to escape the hustle and bustle of the mall, be sure to stop into Steak Out for some ono-licious food and great service. Just be sure you're ready for the ensuing kanak-attack. 🍤

Steak Out @ Barbers Point Golf Course

Open 7 days a week from 6am- 5pm

Take-out orders welcome.

Call 462-9370





Brews & CUES

*Catch the games
...hang out
...chill*

**NEWLY
REFURBISHED**

**Club Pearl Bldg. 1314
915 North Road
473-1743**

**Mon - Thurs: 1-11pm
Fri: 1pm-1am
Sat: 11am-1am
Sun: 11am-11pm**



PLAN YOUR NEXT GET-TOGETHER, OUTDOORS!

by JUSTIN HIRAI

WHEN PLANNING A GET-TOGETHER ONE OF THE FIRST STEPS IN THE PROCESS IS DECIDING WHERE TO HAVE IT. HAWAII IS THE PERFECT PLACE TO PLAN AN OUTDOOR GET-TOGETHER AND MWR HAS A WIDE RANGE OF OUTDOOR VENUES AVAILABLE FOR RENT. THEY'RE PERFECT FOR BIRTHDAY & GRADUATION PARTIES, MEETINGS, HAIL AND FAREWELLS, CELEBRATIONS AND MORE. THEY VARY IN SIZE FROM SMALL PAVILIONS THAT CAN ACCOMMODATE 10-15 PEOPLE ALL THE WAY UP TO A LARGE SPECIAL EVENT FIELD THAT CAN HOST OVER 200 GUESTS. THE VENUES ARE SPREAD THROUGHOUT JOINT BASE PEARL HARBOR-HICKAM.

HICKAM

The rentals on Hickam are located in the vicinity of Hickam Harbor and Beach. They have pavilions, a large gazebo, waterfront lawn and a private beach. Here's some basic info on the available areas.

Foster Point Gazebo is located on its own little peninsula next to Hickam Harbor and can host up to 200 people. The large open-air gazebo has a concrete floor, grill, kitchen area with refrigerator & freezer, sinks, counter space, restrooms and electricity. The ocean view creates a beautiful atmosphere for all types of special occasions.

There are 11 pavilions with open-air cabanas at Hickam Beach. The largest is 17'x31' and is located on the lawn area. You can have up to 50 people there. A grill, tables and water are included. The 10 smaller pavilions are 10x10' and can have 10-15 people. Four are located on the lawn area and six are located on the sand. A table and grill are provided at each.

Hickam Harbor Waterfront is a large lawn area in front of the Lanai at Mamala Bay Restaurant with a capacity of 100 people. This area is perfect for setting up volleyball nets, tents/canopies, grills and more. Most of these items can be rented through MWR if you don't have your own.

Honeymoon Beach is a private lagoon off to the side of Hickam Beach. It's the perfect way to have a beach all to yourselves! This secluded area has a picnic area with a grill, tables, water and porta potty. A lifeguard is included and required for this rental. You can have up to 150 people there, but an additional lifeguard is required for parties over 50 people.



NIMITZ BEACH

WHITE PLAINS BEACH & NIMITZ BEACH

White Plains and Nimitz Beach are located at Barbers Point in Ewa Beach. There are a variety of cabanas and pavilions available for rent. The smaller ones can host up to 16 people, while the largest can accommodate up to 100 people. All of these are great for anything from birthday parties to just spending a day with friends or family at the beach.

All of the cabanas and pavilions have a grill and tables. Some of them come with electricity and water. One of the larger cabanas even includes a volleyball area next to it. You can rent any of these from 7am- sunset.

RAINBOW BAY/RICHARDSON FIELD

Rainbow Bay is located a little beyond the Arizona Memorial parking lot. There are two large pavilions here and three smaller ones. A plus to this area is there is no security check point to get to these.




HONEYMOON BEACH

REID KAGEMOTO

After deciding on your get-together location, don't forget you'll need your party equipment. MWR's Recreation & Party Equipment Rentals has party items, sports and water sports equipment available for rent. They are located on the Hickam side of the base on Kuntz Avenue.

They have pop-up canopies or EZ corner tents, cotton candy machines, popcorn makers, shave ice machines, chafing dishes, banquet tables, folding chairs, water jugs, ice chest and more. Those looking for adding some fun to their party can rent a dunk tank, bounce houses, inflatables, sumo suits or jousting suits. You can also rent fun games to play such as corn hole, horse shoe set, flag football team set or tug-o-war rope. If you're going to be near the beach they have bodyboards, snorkel sets, fins, beach chairs and beach umbrellas.

More information on the rental areas and equipment can be found on the Great Life Hawaii website. You can download a pdf of the Patio & Pavilion Rentals brochure, which includes prices, fees, amenities, available times and reservation contact information. The Outdoor Recreation Equipment Rental price list can also be downloaded and includes all available items. 



RAINBOW BAY PAVILION

Rainbow Bay Pavilion and Rainbow Point Pavilion are the two large areas. Both can accommodate up to 220 people. They each have tables, a grill and electricity. Volleyball nets can be set up at both and horseshoe pits can be set up at the Rainbow Bay Pavilion. The three smaller pavilions are located between Restaurant 604 and Rainbow Bay. They can each host up to 40 people. All include a grill, electricity, and horseshoe pit.

Richardson Field is located above Rainbow Bay on Kamehameha Highway, across from Aloha Stadium. There are six pavilions that can each host up to 40 people. Three of them have electricity and all include a grill. The largest rental area on JBPHH is Richardson Field itself. You can rent the entire special event field for large events.

HICKAM ARTS AND CRAFTS CENTER



JUL | AUG | SEP

335 Kuntz Ave., Bldg. 1889
448-9907

For class information and supply lists visit
www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information

ALL INFORMATION SUBJECT TO CHANGE



TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks
Wednesdays, 6 – 8:30pm: **SEP 12–OCT 17**
Thursdays, 6 – 8:30pm: **SEP 13–OCT 18**
Fridays, 9 – 11:30am: **SEP 14–OCT 19**
Saturdays, 9 – 11:30am: **SEP 15–OCT 20**
Ages 16 and older

\$75 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 4 weeks:
Saturdays, 9am – 12:00pm
JUL 7–28 • AUG 4–25 • SEP 1–29 (No class-Sep 22)
Ages 16 and older

\$55 per person (plus supplies)

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



Drawing & Painting

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30 – 2:30pm
JUL 10–31 • AUG 7–28 • SEP 4–25

Ages 12 and older

\$80 per person (plus supplies)

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

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:00 – 5:00pm
JUL 10–31 • AUG 7–28 • SEP 4–25

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm
JUL 10–31 • AUG 7–28 • SEP 4–25

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm
AUG 7–SEP 11 • SEP 18–OCT 23

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6 – 8pm
AUG 9–SEP 13 • SEP 20–OCT 25



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-TROPICAL FRUIT WITH DAVILLA HARDING

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

JUL 9–AUG 6

Ages 16 and older

\$125 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-UNDER THE SEA WITH DAVILLA HARDING

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

AUG 13–SEP 17 (No class-Sep 3)

Ages 16 and older

\$125 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-SHADOWS

WITH DAVILLA HARDING

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

Sep 24–Oct 29 (No class-Oct 8)

Ages 16 and older

\$125 per person (plus supplies)

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using vibrant, translucent 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!

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

Jul 19–Aug 16

Ages 12 and older

\$65 per person (plus supplies)

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

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

Jul 19–Aug 16 • Aug 30–Sep 27

Ages 12 and older

\$65 per person (plus supplies)

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



FAN ART WITH CHARIS DERRY

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

Aug 30–Sep 27

Ages 12 and older

\$65 per person (plus supplies)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Jul 5–12 • Jul 19–26 • Aug 2–9 • Aug 23–30 • Sep 13–20

Ages 16 and older

\$40 per person (plus supplies)

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

ADVANCED GLASS WITH JESSICA FITZGERALD

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

Sep 5–26

Ages 16 and older

\$75 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.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **July 10–31 • Aug 7–28 • Sep 4–25**

Wednesdays, 10am–12pm:

July 11–Aug 1 • Aug 8–29 • Sep 5–26

Ages 14 and up

\$75 per person (plus supplies)

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

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

One class per week for 3 weeks: Saturdays, 9am – 12pm

July 7–21 • Aug 11–25 • Sep 8–22

Ages 16 and up

\$75 per person (plus supplies)

This class will cover the developing of black and white film, printing a contact sheet and making enlargements from the processed negatives. You can use any film camera, 35mm film and larger. You can make B&W prints from old negatives as well. Upon completion, students will be able to use the lab for processing film and printing at nominal fees.

Knitting, Quilting & Sewing

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

Jul 2–16 • Jul 23–Aug 6 • Aug 13–27 • Sep 10–24

Ages 14 and older

\$45 per person (plus supplies)

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

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

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

Jul 9–30 • Aug 6–27 • Sep 10–Oct 1

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

Jul 6–27 • Aug 10–31 • Sep 7–28

Ages 14 and older

\$50 per person (plus supplies)

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



BEGINNING SEWING WITH AMANDA BUSSEY

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

Sep 5–Oct 3

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.

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Aug 7–28 • Sep 4–25

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Aug 18–Sep 8 | Jelly Roll Quilt

Sep 15–Oct 6 | Applique 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.

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Aug 18–Sep 8 | Jelly Roll Quilt

Sep 15–Oct 6 | Applique 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.

Woodworking

Pre-registration is necessary to secure a spot for all woodworking classes. Call 448-9911 to pre-register.

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays, 4:30 – 7:30pm (arrive 15 minutes prior to class to sign in)

Ages 12 years & older

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

\$20

(continued on next page)

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

PEN TURNING CLASS

This is a one-day class.

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

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

\$50 (supplies included)

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.

Must take the safety class prior.

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

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

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

\$60 (supplies included)

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

CHILDREN'S CLASSES & CAMPS



YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered on select days/times.

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

\$60 (supplies included)

This class will emphasize safety in the shop, as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary. Call 448-9911 to find out when classes are offered and to reserve your spot.

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 1 – 2:30pm: **Jul 5–26**

Thursdays, 3 – 4:30pm: **Aug 2–23 • Sep 6–27**

Ages 7–12

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

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

BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

Jul 6–20 • Jul 27–Aug 10 • Aug 17–31 • Sep 7–21

• Sep 28–Oct 12

Ages 7–13

\$45 per person (plus supplies)

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

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

Sep 10–Oct 1

Ages 9–13

\$75 per person (plus supplies)

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

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 11am – 12:30pm

Jul 2–30

Ages 9–13

\$85 per person (plus supplies)

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

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

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

Jul 16–Aug 13 • Aug 20–Sep 24

Ages 7–18

\$65 per person (plus supplies)

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

MODERN MASTERS WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 5:30 – 7:00pm

Aug 6–27 • Sep 10–Oct 1

Ages 7–14

\$75 per person (supplies included)

Are you a fan of the works of Van Gogh, Monet, Picasso or Warhol? In this class, we will create our own rendition of their most famous works with acrylic paint on canvas. We will also learn to mix and layer colors while studying the movements of some of history's greatest master artists. All supplies included.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Aug 7–Sep 11 • Sep 18–Oct 23

Ages 7–17

\$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 9–Sep 13 • Sep 20–Oct 25

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 9–Sep 13 • Sep 20–Oct 25

Ages 7–18

\$70 per person (plus supplies)

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

ART EXPLORATIONS 1 WITH JESSICA FRANKLIN

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

Jul 3–26 • Jul 31–Aug 23

Ages 3–5

\$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 get messy! Attendance by a parent/guardian during the first class is mandatory and as needed on a class to class basis determined by the instructor.

ART EXPLORATIONS 2 WITH JESSICA FRANKLIN

One class per week for 4 weeks: Saturdays, 9 – 10:30am

Jul 7–28 • Aug 4–25

Ages 5–7

\$80 per person (supplies included)

Early school-aged children will have the opportunity to use a variety of art supplies to create projects inspired by famous artwork. They will be taught lessons about the basic elements of art as they pertain to the projects. Please wear painting attire!

EVENTS & ACTIVITIES

COOKIES & CANVAS WITH DENNIS MCGEARY

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

Jul 18 • Aug 1, 15, 29 • Sep 2, 26

Ages 7–14

\$30 per person (supplies included)

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

OHANA PAINT NIGHT WITH CHARIS DERRY

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

Jul 27 • Aug 31 • Sep 28

Ages 8 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Snacks will be provided. Online registration can be done at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

SUMMER CRAFT CAMP

Four classes per session: Tuesdays–Fridays, 10am–12pm

Jul 10–13 • Jul 17–20 • Jul 24–27 • Jul 31–Aug 3

Ages 7–14

\$60 per person (supplies included)

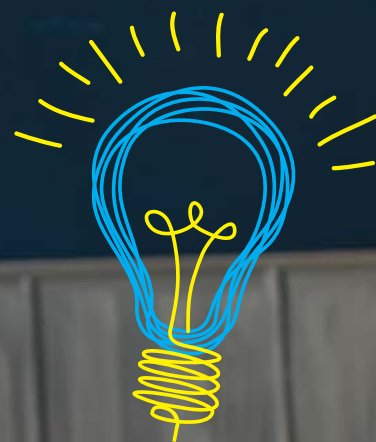
There's no limit to the beauty a child can create when given some instruction and artistic freedom! Supplies are included in the cost. Students will complete a variety of arts and crafts projects. Sign up Now, class fills up FAST!



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.

2018

THE HICKAM ARTS & CRAFTS CENTER GALLERY SHOWCASE



Get your creative juices flowing
and prepare now to submit your
artwork, crafts, photography and
digital creations!

Three categories:

- Artist-Craftsman
- Photography
- Digital Creations

Three age groups:

- Adults (age 18 and up)
- Youth (13-17 yrs.)
- Youth (6-12 yrs.)

A maximum of three entries will be
allowed per category per entrant.

Entries accepted Aug 1 thru Sep 29

There is so much wonderful talent here within
The Hawaii Military Community!

We are looking forward to your participation.

- Aug 1 through Sep 29: Entries accepted at the Arts and Crafts Center Sales Store.
- Oct 3: "Gallery Opening" reception from 5:30-7:00 p.m. An elegant event with appetizers served!
- Oct 3, 2018 - Jan 11, 2019: All submissions will be on display at the Arts and Crafts Center Gallery.

Questions? Call
448-2393

Hickam Arts & Crafts Center
335 Kuntz Ave, Bldg 1889



For Outdoor Fun, Take a *Swing* at \$2 Tuesdays

By Reid Tokeshi

With Hawaii's beautiful weather year-round, it's a waste not to have fun being active in the fresh air and sunshine, even if you're not the outdoorsy type. One example is right here on base, with \$2 Tuesdays on the driving range at the Mamala Bay Golf Course. Now, before you say "I don't golf", stop, read on and you'll see why this is something worth trying.

Offered every Tuesday, customers get discount rates on several things from 4 to 6 p.m. Normally \$2 for a bucket of balls, on Tuesdays the same \$2 gets you two buckets (that's about 60 balls). There's also \$2 hot dogs, \$2 for select beer and \$1 for water and soft drinks.

"It's a good way to get people introduced to the game," says Mamala Bay Golf Course Manager Carl Kelly. He says golf can feel like a difficult, expensive game, especially for a beginner. For a low price, patrons can come to the driving range and try what is arguably the most fun part, hitting the ball as far as you can.

Of course, experienced golfers are welcome to take advantage of the discount, but Carl is enjoying how it appeals to customers of all ages beyond the enthusiast.

"I think most of our customers that come out are new to the game. They don't have their own clubs," says Carl. But not to worry, because one of the other great things about \$2 Tuesdays is that customers can borrow clubs for free and kid sizes are available. "I like seeing the kids get involved. It can be a family activity that gets them outside, away from the video games," says Carl, adding "We're loaning out an awful lot of clubs, which is great."


But what if you have no idea what you're doing? They have that covered too. Carl and his club pros are on hand offering free tips. "The instructors really are involved, getting the customers swinging right, holding the club properly, giving sound advice." Carl says the pros have even been picking up some private lessons from people who want to continue with the game.

The most gratifying sight for Carl and his crew is to see families show up to give it a try, like Bruce and Kit Pier, who brought their kids along on one Tuesday. Bruce is in the Army and the family lives on Hickam. An avid golfer, he's a regular at the course, but now the whole group can come out and spend time together.

"We wanted to do something as a family and we like to do outdoor stuff," says Kit. "We wanted to try something a little different, something sporty where we didn't have to take a lot of gear with us. It's easy, inexpensive and we can be home in time for dinner."

Kit likes that the kids can participate with no expectations or pressure, while spending time with their mom and dad. "My husband gets to teach the boys something they don't know. They're bonding all while enjoying the beautiful blue sky." And, she adds, it's fun watching their reaction when they make contact. "You can tell they're excited when they hit it. You can see their excitement." This was their first outing to \$2 Tuesdays and Kit says they'll definitely come back.

That's music to Carl's ears and he wants everyone to come out and give it a try. "We've had people that have never touched a golf club before and we get them swinging and hitting balls," says Carl. "It doesn't matter what your skill level is, we can make sure you enjoy your time out here."

For more information on \$2 Tuesdays, visit the pro shop at Mamala Bay Golf Course, call 808-449-2304 or visit greatlifehawaii.com. 



JUL • AUG OUTDOOR RECREATION

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Jul 28 Sign up by Jul 26
- Aug 26 Sign up by Aug 23
- Begins: 9 am | Ends: 12 pm
- Cost: \$30

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

WOMEN'S SURFING

- Aug 11 Sign up by Aug 8
- Begins: 9 am | Ends: 12 pm
- Cost: \$30

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

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Jul 22 Sign up by Jul 19
- Aug 5 Sign up by Aug 3
- Aug 18 Sign up by Aug 16

Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$25

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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Jul 26 Sign up by Jul 24
- Aug 27 Sign up by Aug 24
- Begins: 8 pm | Ends: 10 pm
- Cost: \$25 (Kayak included)

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

KAYAKING THE MOKULUA ISLANDS

- Jul 21 Sign up by Jul 19
- Aug 18 Sign up by Aug 15
- Begins: 7 am | Ends: 2 pm
- Cost: \$40

(continued on next page)

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 July activities is currently open. Registration for August activities begins **July 1**.

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

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

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

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

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



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

(continued from previous page)

Located on the windward side of the Island, off Kailua and Lanikai are the Mokulua 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.

KAYAKING AT CHINA MAN'S HAT

- Aug 11 Sign up by Aug 9
Begins: 8 am | Ends: 1 pm
Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then

RENTALS

OUTDOOR EQUIPMENT

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

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

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifeflowaii.com for price lists. Call for a full list of rules and regulations.

RECREATION & PARTY EQUIPMENT

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

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

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Download equipment brochure from www.greatlifeflowaii.com.

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

PATIOS & PAVILIONS

Hickam Harbor • 449-5215

Pearl Harbor & Barbers Point • 473-1198

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

Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

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

NORTH SHORE OPEN OCEAN KAYAK

- Aug 25 Sign up by May 31
Begins: 8 am | Ends: 1 pm
Cost: \$35

Come see the North Shore from a whole new perspective. Jump in the van with us and ride up to Hale'iwa for an amazing kayak trip. Enjoy views of Pua'ena point and Lost Survivors Beach Camp, where portions of the movie Lost was filmed. You may even get an opportunity to paddle up the Hale'iwa River passing under the famous Rainbow Bridge. This trip is for intermediate to advanced. Kayaking experience is required. Transportation, gear and guides all included. Bring water, snacks and a smile.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Jul 21 Register online by Jul 19
Begins: 8:30 am | Ends: 11:30 am
- Jul 29 Register online by Jul 26
Begins: 2:30 pm | Ends: 5:30 pm
- Aug 12 Register online by Aug 9
Begins: 2:30 pm | Ends: 5:30 pm
- Aug 25 Register online by Aug 23
Begins: 2:30 pm | Ends: 5:30 pm
Cost: \$30
Registration available online only

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

LEARN TO SPEARFISH

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

- Jul 14/15 Register online by Jul 12
- Aug 18/19 Register online by Aug 16
Cost: \$60
Registration available online only

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

ALL INFORMATION SUBJECT TO CHANGE

SPEARFISHING EXCURSION

- Aug 4 Sign up by Aug 2
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.*

HIKING

HIKE LULUMAHU

- Jul 28 Sign up by: Jul 25
Begins: 8 am | Ends: 1 pm
Cost: \$20

Enjoy a spectacular secluded waterfall just off the Pali. This 2 mile roundtrip hike through a lush bamboo trail opens up to the beautiful Ko'olau mountain range. The trail follows the Lulumahu stream with multiple crossings ending at the beautiful falls.

BIKE & HIKING

KAIKA BIKE & HIKE

- Jul 14 Sign up by: Jul 12
Begins: 8 am | Ends: 1 pm
Cost: \$35

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

EXTRAS

CAMPING IN THE PARK AT HH

- Jul 3 - 4
Begins: 4 pm | Ends: Following day at 8 am
Registration opens: Jun 2

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

PAU HANA CONCERT IN THE PARK AT HH

- Jul 13 - Navy Pacific Fleet Band
- Jul 27 - Air Force Band of the Pacific
Begins: 5 pm | Ends: 7 pm

End your workweek relaxing at the Hickam Harbor Marina Waterfront, while enjoying live music. For a list of musicians, Facebook at "Joint Base Pearl Harbor-Hickam Outdoor Recreation" and www.greatlifeflowaii.com

MOVIE IN THE PARK AT HH

- Jul 3 - Movie TBD (on the beach)
- Jul 20 - Movie TBD
Begins: 7:30 pm | Ends: 9:30 pm
Free

Bring some blankets and sit on the grass and enjoy an evening flick under the stars. Don't forget the drinks and snacks. Movies to be announced will be suitable for all ages. All Ages Welcome.

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

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

START SAILING RIGHT HH

- Tue | Jul 31 | 6-8 pm
- Sat | Aug 4, 11, 18, 25 | 9 am-1 pm or 1 pm-4 pm
- Cost: \$80 per person/per month
- Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Jul 7/8 & 14/15
- Sat/Sun | Aug 4/5 & 11/12
- Cost: \$80 per person
- 1-5 pm
- Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Jul 2, 9, 11, 16, 18, 23, 25, 30
- Mon/Wed | Aug 1, 6, 8, 13, 15, 20, 22, 27, 29
- Cost: \$80 per person/per month
- 9:30-11:30 am
- Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Jul 21/22 & 28/29
- Sat/Sun | Aug 18/19 & 25/26
- Cost: \$80 per person/per month
- 1-5 pm
- Ages 18 & up

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

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Jul 2, 9, 11, 16, 18, 23, 25, 30
- Mon/Wed | Aug 1, 6, 8, 13, 15, 20, 22, 27, 29
- Cost: \$55 per person/per month
- 12-2 pm or 3:30-5:30 pm
- Ages 10 - 17 years

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Tues/Thurs | Aug 2, 7, 9, 14, 16, 21, 23, 28, 30
- Cost: \$55 per person/per month
- 3:30-5:30 pm
- Ages 9 years & up

*REGISTER ONLINE ONLY

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

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Tues/Thurs | Aug 2, 7, 9, 14, 16, 21, 23, 28, 30
- Cost: \$55 per person/per month
- 12-2 pm or 3:30-5:30 pm
- Ages 10 - 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Tues/Thurs | Aug 2, 7, 9, 14, 16, 21, 23, 28, 30
- Cost: \$55 per person/per month
- 3:30-5:30 pm
- Ages 9 years & up

*REGISTER ONLINE ONLY

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

KEIKI AFTER SCHOOL BEGINNER'S SAILING HH

- Wed/Fri | Jul 6, 11, 13, 18, 20, 25, 27
- Wed/Fri | Aug 2, 7, 9, 14, 16, 21, 23, 28, 30
- Cost: \$55 per person/per month
- 3:30-5:00 pm
- Ages 8 & 9 years

*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of introductory to sailing. This class focuses on new and timid sailors-to-be. Space is limited to 5 students per class.

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Jul 6, 13, 20, 27
- Fri | Aug 3, 10, 17, 24, 31
- Cost: \$45 per person/per month
- 9:30 am -12 pm
- Ages 18 & up

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

FAMILY/GROUP SAILING INSTRUCTION

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

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

FAMILY SAIL

- By Appointment

PRIVATE SAILING INSTRUCTION

- By Appointment
- Cost: \$20 per hour

MORNING SAILING SESSIONS

- Tue, Wed | 10 a.m.-Noon
- Cost: \$5 per hour

SUNSET REGATTAS

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

MARINA CHECKOUT QUALIFICATION

- By Appointment
- Cost: \$20 per hour

R-19 BOATER'S CERTIFICATE

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

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

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri | 6:30-7:30 am or 11 am-12 pm
- Cost: \$3 per session

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

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

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

OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- *Fri | Jul 13, 27 | Aug 10, 24
- 8:30-9:30 am
- Cost: \$3 per session

*Must pre-register at HH Marina by Wed before. Come get an early workout before the day starts! Preregistration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

PADDLEBOARD YOGA

STAND UP PADDLEBOARD YOGA HH

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

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

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday-Sunday, 10 am-4 pm

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

WHITE PLAINS BEACH | Kalaeloa

SURF SHACK • 682-4925

Hours: Daily, 10 am-5:30 pm (last turn-in)

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

DIRECTIONS

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



PAU HANA Concert in the **Park** **AT HICKAM HARBOR**

4:30pm – 7:00pm | MUSIC BEGINS AT 5:30pm

**END YOUR WORK WEEK BY RELAXING IN THE PARK, ENJOYING THE SUNSET
AND LISTENING TO GREAT LIVE MUSIC! SNACKS AVAILABLE FOR PURCHASE.**

JULY 13	PACIFIC FLEET ROCK BAND
JULY 27	AIR FORCE BAND OF THE PACIFIC ROCK BAND
AUG 10	ELEPHANT



FOR MORE INFORMATION, CALL 449-5215.
WWW.GREATLIFEHAWAII.COM

Liberty Calendar

JULY 2018



FREE & LOW-COST ACTIVITIES FOR SINGLE ACTIVE-DUTY MILITARY E1-E6

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SURF & BBQ \$10 RIMPAC Central/Hotel Pier 0900-1400 WET 'N' WILD WATERPARK \$30 RIMPAC Central/ Hotel Pier 1000-1530	2 BISHOP MUSEUM \$10 RIMPAC Central/Hotel Pier 0900-1430 8 BALL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	3 KAYAKING KAHANA RIVER \$5 RIMPAC Central/Hotel Pier 0900-1400 PING PONG TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	4 4TH OF JULY CELEBRATION FREE Ward Field 1530-2130	5 BOWLING & PIZZA \$5 RIMPAC Central/Hotel Pier 1900-2100	6 HOT DOGS FOR LUNCH presented by USAA FREE Beeman 1100-1300 PARADISE COVE LUAU \$40 RIMPAC Central/Hotel Pier 1600-2130	7 HIKE JACKASS GINGER POOLS \$5 RIMPAC Central/ Hotel Pier 0900-1500 NORTH SHORE SHARK CAGE ADVENTURE \$40 RIMPAC Central/ Hotel Pier 1100-1500
8 KUALOA EXPERIENCE PACKAGE \$40 0900-1400 BELLOWS PAINTBALL \$20 RIMPAC Central/ Hotel Pier 0900-1600	9 WOOD SHOP: KOA PEN TURNING \$10 Express 1430 Beeman 1515 Instant 1530 Makai 1545	10 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	11 INDOOR ROCK CLIMBING \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	12 TEXAS HOLD EM TOURNAMENT FREE Beeman 1900 WIN PRIZES!!!	13 TACOS FOR LUNCH presented by USAA FREE Beeman 1100-1300 SUNSET HIKE MAKAPUU POINT [BEG] FREE Express 1615 Beeman 1700 Instant 1715 Makai 1730	14 NORTH SHORE BEACH HOPPING FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 DODGEBALL @ ITRAMPOLINE \$10 Express 1630 Beeman 1715 Instant 1730 Makai 1745
15 HIKE MAUNAWILI FALLS [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 CIRCLE ISLAND TOUR FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930	16 NORTH SHORE STAR GAZING FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	17 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	18 SUPER SMASH BROS N64 TOURNAMENT FREE Express 1800 WIN PRIZES!!!	19 BARRACKS BASH @ OKLAHOMA HALL FREE 1700-1900	20 SPICY CRISPY CHICKEN FOR LUNCH presented by USAA FREE Beeman 1100-1300 MOVIES @ DOLE CANNERY \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	21 KAYAKING MOKULUA \$5 Express 0830 Beeman 0900 Instant 0915 Makai 0930 WAKEBOARD & BUMPER TUBE \$35 Express 1115 Beeman 1200 Instant 1215 Makai 1230
22 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 DOLPHIN EXCURSION & SNORKEL TOUR \$50 Express 0815 Beeman 0900 Instant 0915 Makai 0930	23 WOOD SHOP: KOA PEN TURNING \$10 Express 1500 Beeman 1545 Instant 1600 Makai 1615	24 HAWAII ESCAPE CHALLENGE \$5 Express 1100 Beeman 1145 Instant 1200 Makai 1215	25 LEARN TO COOK WITH LIBERTY FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	26 TEN & GRIND @ SURA HAWAII \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	27 KALUA PIG & CABBAGE presented by USAA FREE Beeman 1100-1300 EAT THE STREET FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630	28 HIKE MAKAPUU TIDEPOOLS [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 SCUBA @ HAWAII KAI (2-TANK DIVE) \$45 Express 1000 Beeman 1045 Instant 1100 Makai 1115
29 PADDLEBOARDING HALEIWA RIVER FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 SNORKELING SHARKS COVE FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930	30 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	31 KUALOA SECRET ISLAND \$15 RIMPAC Central/ Hotel Pier 0900-1400 KI SPEED GO-KARTS \$15 RIMPAC Central/ Hotel Pier 1700-2000	DESIGNATION FOR HIKE: BEG: Beginner INTER: Intermediate ADV: Advanced			Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund. FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220

dining

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

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Jul 1, 8, 15, 22, 29

10am – 1pm

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

ALL RANKS WELCOME!

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

Paint 'n' Sip

Wednesdays, Jul 11, 18, 25

5:30 – 8:30pm

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

Mondays, Jul 2, 9, 16, 23, 30

Thursdays, Jul 5, 12, 19, 26

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Jul 6

4:30 – 7:30pm

FREE for Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4 – 6:30pm

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Aloha Friday Buffet

Friday, Jul 6, 13, 20, 27

11am – 2pm

\$15.95 Adults

\$9.95 Child 6-12 years

FREE Child 5 years & under

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

Express Lunch Menu

Monday – Friday

11am – 2pm

\$12.95

Pick two options and make it a combo lunch for one low price. Choose from: Pacific Cobb Salad, Spring Greens Salad, Portuguese Bean Soup, Mamala Bay Chowder, Turkey Wrap or Kalua Pork Sandwich. Price also includes a fountain drink!

Live Music at the Hapa Deck & Bar

Every Thursday & Friday, 5 – 7pm

No cover

Come for Pau Hana Time daily from 2–5 p.m. with special pricing on beverages. Enjoy live music on Thursday and Friday evenings from 5–7 p.m.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30am – 3pm

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

Aloha Hour

Monday–Friday

3 – 5pm

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

STEAKOUT

Barbers Point Golf Course 682-1911

NEWLY OPEN!

Monday – Sunday

6am – 5pm

Come out to Barbers Point Golf Course and enjoy a delicious lunch at newly opened Steakout.

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays

5 – 8pm

Same friendly service, updated menu, and a chance to watch the sunset as you enjoy your meal.

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

Employment Workshop

Friday, Jul 13

4 – 5pm

FREE

Ages: 13 – 18

Ready to get your first job? Not sure what to expect in an interview? Come by the teen center for their first workforce workshop and learn about how to write a resume, dress for success, and integrity in the workplace! Join us as we listen to professionals give us the tips and tricks that will prepare you for your first job as well as provide you skills that can be applied to your college career!

Family Night - Minute to Win It!

Tuesday, Jul 17

5:30 – 7pm

FREE

Ages: All teen family members welcome!

Teens! Bring by your families for a night of Minute to Win it Games at the Teen Center! Learn about upcoming events, hang out with your teen, and see the program your teens attend everyday!!



*Join us for
Dinner!*

*Delicious menu items,
beautiful sunsets
Beer and Wine available*



Fridays & Saturdays 5-8pm

Call 448-4608 for more info!

Located next to the Historic Hickam Officers' Club





GROUP EXERCISE SCHEDULE

Fitness Center Locations

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

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

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



JBPHH FITNESS CENTER

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

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA				
11:30am – 12:30pm	CYCLE FIT		CYCLE FIT			
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

family/support (cont.)

Hail and Farewell: Quidditch Match

Friday, Jul 27

5 – 7pm

FREE

Ages: 13 – 18

Come help us welcome new teens to our family and say “see yah later!” to those moving on to new adventures! Then enjoy a friendly game of Quidditch! What house are you playing for?!

athletics

Aquatics

Bowling

Fitness Programs & Centers

Golf

Intramurals

Youth Sports

AQUATICS

Arizona Pool (Ford Island)472-7582

Pool 1 (Hickam)449-8274

Pool 2 (Hickam)448-2384

Scott Pool (Pearl Harbor)473-0394

Towers Pool (Makalapa)471-9723

FREE Swim Clinic

Jul 2, 3, 6

11am

Scott Pool

Improve your stroke and technique to swim faster and easier. For more information, please call 808-448-2384.

Summer Group Swim Lessons

Mon-Thurs, Jul 23 - Aug 2

\$80/person per session

Online Registration: Jul 9 at noon

Preschool & Learn to Swim; Levels 1-3

9-9:30am, 9:45-10:15am, 10:30-11am,

11:15-11:45am, Noon-12:30pm

Parent & Tot, Learn to Swim; Levels 4-5

Noon-12:30pm

Adult: Noon-12:30pm

For class descriptions and more info, please visit www.greatlifehawaii.com or call 448-2384.

Float Night

Friday, Jul 27

5 – 7pm

FREE

Scott Pool

FREE event. Bring your favorite float (individual size only) & relax in the pool. We'll also be giving out free ice cream floats while supplies last.

Aqua Zumba

Tuesdays, Jul 3, 10, 17, 24, 31

5:30–6:30pm

Hickam Family Pool

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

BOWLING

Hickam Bldg. 1891448-9959

Naval Station Bldg. 1736473-2574

The Escape (Wahiawa Annex)473-2651

Christmas in July

Wednesday, Jul 25

11am – 2pm Hickam Bowling Center

4 – 8:30pm Naval Station Bowling Center

All Bowling Games are \$1.50 & listen to your Favorite Christmas Music. Everyone loves Christmas in July! Limited to 3 games per person. Shoe rental extra

\$1.75 Wild Wednesdays

Wednesday, Jul 11, 18, 25

4 – 9pm Hickam Bowling Center

\$1.75 Per Bowling Game, per \$1.75 Shoe Rental and \$1.75 per Hot Dog. Must have a Military CAC card to participate. Patrons will be able to purchase 3 games per person. 1 hot dog per person.

Lunch & Bowl

Tuesday, Jul 3, 10, 17, 24, 31

11am – 1pm Hickam Bowling Center

11am – 1pm Naval Station Bowling Center

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

Active Duty Military Bowl Free

Monday, Jul 2, 9, 16, 23, 30

11am – 2pm Hickam Bowling Center

Thursday, May 3, 10, 17, 24, 31

11am – 1pm Naval Station Bowling Center

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

Cosmic Bowling

Fri, 9:30pm – Midnight Hickam Bowling Center

Sat, 6pm – Midnight Hickam Bowling Center

Sat, 8:30 – 10:30pm Naval Station Bowling Center

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120448-2214

JBPHH-Pearl Harbor Bldg. 1338471-2019

Naval Station Gym Bldg. 667473-2436

Wahiawa Annex Bldg. 446653-5542

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

Ford Island Bldg. 55

Kunua Bldg. 446

Makalapa Bldg. 388

West Loch Bldg. 621

Stars & Stripes 5K

Thursday, Jul 5

7am

Wahiawa Annex Fitness Center

For more information call 808-653-5542.

Freedom Fun Run 10K

Saturday, Jul 21

6:30am

Registration starts at 6am

Hickam Memorial Fitness Center

FREE event. Categories: Adult Male; Adult Female; Youth Boy; Youth Girl; Stroller Male; Stroller Female. For more information call 808-448-2214 or visit greatlifehawaii.com.

Warrior Zone Circuit Class

Friday, Jul 6, 13, 20, 27

11:30 a.m.– 12:30 p.m.

JBPHH Fitness Center

FREE to all Active Duty

1 GE class coupon for all eligible patrons

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

GOLF

Barbers Point682-1911

Ke'alohe Par 3448-2318

Mamala Bay449-2304

Navy-Marine471-0142

\$2 Tuesdays

Tuesday, Jul 3, 10, 17, 24 31

4 – 6pm

Mamala Bay Golf Course Driving Range

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

Golf Demo Day

Wednesday, Jul 4

3:30 – 6:30 pm

Navy Marine Golf Course

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

Free Golf Clinics

Thursday, Jul 19

Noon – 1pm Navy Marine Golf Course

Saturday, Jul 7

9 – 9:30am Barbers Point Golf Course

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

Twilight /Play Until Dusk Golf Specials

Monday – Friday (except holidays)

After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)

After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

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

YOUTH SPORTS

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

Gymnastics (Bldg. 1680)422-2223

Softball Camp (Females Only)

Jul 9 – 13

4:30 – 6pm

\$40

Ages: 7 – 18

Vandenberg Field

Registration: Jun 1 - Jul 6

Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

Stand Up Paddle Boarding Camp (SUP)

Jul 17 – 19

9am – 10:30pm or 11am – 12:30pm

\$50

Ages: 7 – 9 (6 Slots Only) & 10 – 15 (6 Slots Only)

Hickam Harbor

Registration: Jun 1 - Jul 13

Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

Home School PE

Thursdays, Aug 9 – Dec 20

11am – 12pm

Bloch Arena

FREE

Ages: 5 – 18

Registration: July 1-August 5

Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

itt

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

Hickam Historical Tour

Friday, Jul 6, 13, 20, 27

9:30am – 1:30pm

\$45 for adults

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

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

Ford Island Historical Tour

Wednesdays, Jul 11, 18, 25

9:30am – Noon (Check in at 9:15am)

\$25 for adults

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

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

Chinatown Food & Historic Tour

Saturday, Jul 28

8:30am – 1pm

\$35 for adults

\$30 for children (ages 3–11 years old)

Discover the intriguing history of Honolulu's Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

ITT Shuttle to "Eat the Street"

Friday, Jul 27

6:30 – 9:30pm

\$7/person round-trip

Free for children under 5 years old (must be on an adult's lap)

Enjoy Hawaii's largest food truck and street rally with over 40 unique vendors. Folding chairs recommended, but no large strollers or coolers.

"Local-Style" Wine Tasting

Wednesday, Jul 25

6:30 – 8:30pm

Ages 21 years & over only

\$20/person (includes R/T transportation)

Sample up to 8 wines and hearty appetizers in a casual setting. No dress code, come as you are! Surprise samples may be offered without notice. Limit 20 people.

MWR Shuttle Service

Mondays–Fridays

9 a.m.–5 p.m. based on availability

\$5/person one-way (2–10 people)

A inexpensive alternative to take you to the airport and AMC terminal. Reservations required. Extra baggage fees may apply

Chartered Transportation

14-passenger van, \$60/hour

30-passenger trolley, \$90/hour

37-passenger bus, \$90/hour

Book now for your next special occasion or command function.

recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Cookies & Canvas with Dennis Mcgeary

Wednesday, Jul 18

3:30–5:30pm

Ages 7-14

\$30 per person (supplies included)

Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. Be sure to wear clothes to paint in!

Ohana Paint Night with Charis Derry

Friday, Jul 27

5:30–7:30pm

Ages 8 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Snacks will be provided.

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

Summer Reading Program: "Reading Takes You Everywhere"

Jul 3, 2 – 4pm: Make cosmic goop!

Jul 10, 2pm & 4pm: Zoo Outreach –

Animal Adaptations. Reservation required.

Jul 12, 5-6:30pm: Animal Origami

Jul 14, 6pm HST Cutoff for logging minutes

Jul 17, 6:30pm: Evening Storytime (all ages)

Jul 16 -20: Paint a rock to hide, plus another for the library's rock garden!

Summer Reading Program Finale Party

Saturday, July 21 – 10am – 12pm

Enjoy Silent Disco, refreshments and random drawing (must be present to win). For more info: <https://pearlharborhickam.beanstack.org/> or greatlifehawaii.com/recreation/library.

Young Adult Book Club

Wednesday, Jul 11

2pm

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

Adult Book Club

Tuesday, Jul 3 – 10am

Thursday, Jun 5 – 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is "Wolf Road" by Beth Lewis.

Kids' Book Club

Wednesday, Jul 11, 18

2 – 3pm

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "Shiloh" on July 11 and "Because of Mr. Terupt" on July 18.

Preschool Story Time

Wednesday, Jul 11, 25

9 – 10am

Story times are great for children of all ages! Our theme on July 11 will be "Creepy Crawlies and Bigs!" and July 25 will be "Birds".

JOINT BASE PEARL HARBOR-HICKAM SHUTTLE SERVICE

AVAILABLE MONDAY-FRIDAY • 9 AM - 5 PM



**\$5 PER PERSON*
ONE WAY**

***Two pieces of luggage per person.
Additional bags subject to
a \$1 per bag charge.**

- 2-person minimum
- Children under 4 free

Serving the following locations:

- HNL Airport
- AMC Terminal
- NEX
- Select Lodging & Housing Areas

Based on Availability

For more info call 448-2295 or visit www.greatlifehawaii.com





MILITARY & FAMILY SUPPORT CENTER

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

INFORMATION SUBJECT TO CHANGE

deployment support

NAVY INDIVIDUAL AUGMENTEE (IA) PRE-DEPLOYMENT BRIEF

Jul 19 • 1:00 – 2:00pm | Pearl Harbor

Monthly Navy IA Pre-Deployment Brief at MFSC. Conducted on the third Thursday of each month as a manner in which Sailors have a readily accessible event to attend for upcoming deployments.

employment assistance

ACING THE INTERVIEW

Jul 10 • 10:00am – 12:00pm | Wahiawa

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

CIVILIAN RESUME WRITING

Jul 10 • 1:30 – 3:30pm | Wahiawa

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

Jul 13 • 12:00 – 2:00pm | Pearl Harbor

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

ONWARD 2 OPPORTUNITY

Jul 31 – Aug 3 • 8:00am – 4:30pm | Pearl Harbor

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

PART-TIME MONEY MAKERS

Jul 11 • 12:30 – 2:30pm | Hickam

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

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Jul 10 • 1:00 – 3:00pm | Hickam

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

HELPING YOUR KIDS COPE WITH DIVORCED PARENTS

Jul 30 • 10:00am – 12:00pm | Pearl Harbor

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

NEW MOMS AND DADS

Jul 18 • 5:00 – 8:00pm | Hickam

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

PARENT CHILD COMMUNICATION

Jul 25 • 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

Jul 3, 10, 17, 24, 31 • 10:00am – 12:00pm | Pearl Harbor

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

PARENTS: YOUR TEENS AND DATING

Jul 16 • 10:00am – 12:00pm | Pearl Harbor

One in three teens will experience a violent dating relationship by the time they reach adulthood. Dating is just one of the multitudes of challenges teens face and parents fear. This class will provide you with information to help guide your teen in building positive dating relationships and keeping your teen safe. We will examine how to model positive relationships, build kids self-esteem to prevent poor relationships and what to do if they experience violence.

POSITIVE PARENTING

Jul 18 • 10:00am – 12:00pm | Pearl Harbor

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

SOOTHING YOUR BABY AND LOVING TOUCH

Jul 26 • 1:00 – 2:00pm | Hickam Medical Bldg

A New Way to Understand Your Baby's Crying with Period of Purple Crying and Introduction to Infant Massage. The Period of PURPLE Crying is the phrase used to describe the time in a baby's life when they cry more than any other time. This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period.

information and referral

EFMP COFFEE TALK

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

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

EFMP COMMAND POC TRAINING

Jul 19 • 1:00 – 3:30pm | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Jul 2 • 9:30am – 12:30pm | Pearl Harbor

Green Card/Immigration 0930-1100 / Naturalization 1130-1230. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

key spouse/ombudsman group fleet readiness

AIR FORCE SPOUSE 101: HEART LINK

Jul 19 • 7:45am – 2:00pm | Hickam

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

CERTIFIED OMBUDSMAN TRAINER (COT) COURSE

Jul 24 – 26 • 8:30am – 3:00pm | Wahiawa

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

OMBUDSMAN ASSEMBLY MEETINGS

COMNAVREG HAWAII Jul 19 • 6:30 – 8:30pm | Lockwood Hall

COMSUBPAC Jul 17 • 6:00 – 8:00pm | Lockwood Hall

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

OMBUDSMAN BASIC TRAINING

Jul 9 –12 • 5:00 – 9:30pm | Pearl Harbor

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

personal development

ANGER MANAGEMENT

Jul 23 • 9:00am – 12:00pm | Pearl Harbor

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

CONFLICT RESOLUTION

Jul 26 • 1:00 – 3:00pm | Hickam

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

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Jul 11, 18, 25 • 1:00 – 3:00pm | Pearl Harbor

This 20-week group addresses male violence toward their intimate partners. The group offers men alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Jul 17 • 10:00am – 12:00pm | Pearl Harbor

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

(continued from previous page)

SKILLS DEVELOPMENT GROUP

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

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

STRESS MANAGEMENT

Jul 9 • 1:00 – 4:00pm | Pearl Harbor

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

TIME MANAGEMENT

Jul 9 • 10:00am – 12:00pm | Pearl Harbor

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

TRANQUIL SEAS: STRESS AND SELF CARE

Jul 24 • 10:00am – 12:00 p.m | Pearl Harbor

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

WOMEN EMPOWERED GROUP

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

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

WOMEN'S ALTERNATIVE TO VIOLENCE GROUP

Jul 3, 10, 17, 24, 31 • 2:00 – 4:00pm | Pearl Harbor

This 20-week group addresses women's violence toward their intimate partners. The group offers alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

WORK AND PERSONAL LIFE BALANCE

Jul 10 • 10:00am – 12:00pm | Hickam

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

personal financial management

COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Jul 13 • 9:00 – 10:30am | Pearl Harbor

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

COMMAND FINANCIAL SPECIALIST (CFS) TRAINING

Jul 30 – Aug 3 • 7:30am – 4:00pm | Pearl Harbor

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

FINANCIAL PLANNING FOR RETIREMENT

Jul 19 • 2:00 – 4:00pm | Pearl Harbor

This financial class will focus on long-term planning for retirement, including how to calculate what you will need to live a life of financial freedom at retirement age. Retirement is not based on one income; you need to plan your potential streams of income.

relocation assistance

SMOOTH MOVE

Jul 12 • 8:00 – 11:30am | Hickam

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

SPONSOR TRAINING

Jul 3 • 1:00 – 3:00pm | Wahiawa

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Jul 23 – 27 • 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.

To Register for a MFSC Class Visit:
<https://jbphh.greatlifehawaii.com/support/military-family-support-center>

Great Life Hawaii Calendar of Events June 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
		Civilian Resume Writing	USAF Pre-Separation Briefing SAPR POC Training	Capstone 7:30 Capstone 9:00	Federal Employment 101 Civilian Resume Writing	
3	4	5	6	7	8	9
	Work and Personal Life Balance Time Management	USAF Pre-Separation Briefing Sponsor Training	Capstone 7:30 Capstone 9:00			
10	11	12	13	14	15	16
	Onward to Opportunity (OCO) Orientation Stress Management	Onsite Aloha Newcomers Orientation Transition GPS Stress and Self-Care	USAF Pre-Separation Briefing Tranquil Seas Smooth Move	Capstone 7:30 Capstone 9:00		
17	18	19	20	21	22	23
	Stop Bullying	Conflict Resolution Onward to Opportunity (OCO) Orientation	USAF Pre-Separation Briefing Dealing with Difficult People	Capstone 7:30 Capstone 9:00	After GPS	
24	25	26	27	28	29	30
	Anger Management	Onsite Aloha Newcomers Orientation High-Tech Parenting	USAF Pre-Separation Briefing LinkedIn: What Will They See	Hiring Event: Employer Registration Page Hiring Event: Job Seeker Registration		

SEX ASSAULT SURVIVORS GROUP

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

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

transition assistance

AFTER GPS

Jul 27 • 8:00am – 3:00pm | Hickam

A follow-on to the 5-day TGPS workshop; informative briefs including Survivor Benefit, Tricare, Veterans Affairs, Workforce Development Office, and CAPSTONE prep. This workshop also includes an employer panel to assist you in understanding the civilian hiring process and how to best present yourself as the best candidate.

CAPSTONE EVENT

Jul 5 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Jul 12 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Jul 19 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Jul 26 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

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

SPOUSES TRANSITION SEMINAR

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

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

TRANSITION GPS: ACCESSING HIGHER EDUCATION

Jul 17 – 18 • 8:00am – 3:00pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Jul 23 – 27 • 7:30am – 4pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Jul 9 – 13 • 7:30am – 4pm | Pearl Harbor

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

USAF PRE-SEPARATION BRIEFING

Jul 11, 18, 25 • 8:00 – 11:00am | Hickam

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



OPERATION HELE ON
KIDS MOCK DEPLOYMENT

REPORT FOR DUTY:
0800-1500, 17 AUG
MAKAI RECREATION CENTER

YOUR MISSION:

- * RECEIVE ORDERS AND DOG TAGS
- * DEMONSTRATE TEAM PRIDE
- * OPERATE MOBILIZATION GEAR
- * BOARD A C-17 AIRCRAFT
- * COMPLETE OBSTACLE COURSE
- * RETURN TO LOVED ONES AND MORE!

AGES 8-14

OPEN TO ALL SERVICES. LIMITED SLOTS AVAILABLE!
PRIORITY REGISTRATION FOR DEPLOYED FAMILIES
OPENS 11 JULY. GENERAL REGISTRATION OPENS
23 JULY. APPLICATIONS DUE 5 AUGUST.

***DEPLOYED FAMILIES INCLUDES**
90-DAYS PRE & POST DEPLOYMENT

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Tue–Thu: 8 a.m. – 3:30 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

RESTAURANTS & CASUAL DINING

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

THE LANAI AT MAMALA BAY

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

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616

Mon-Thu 1030-2200
 Fri 1030-2300
 Sat 0930-2300
 Sun 0930-2200
 Aloha Hour
 Mon-Fri 1500-1700

WRIGHT BROTHERS CAFÉ & GRILLE

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

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE

At the Hickam Fitness Center • 422-1145
 Mon-Fri 0700-1900

Area code for JBPHH phone numbers is 808.

Sat 0800-1400

STEAKOUT

Barbers Point Golf Course • 682-1911
 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

BREWS & CUES (NEWLY RENOVATED)

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

THE COUNTRY BAR (NEWLY RENOVATED)

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

10th PUKA LOUNGE

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

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 1300-1700
 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-Wed, Fri 1300-1700
 Sat, Sun, Holidays 1200-1700

Towers Pool (Makalapa) • 471-9723

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

ARTS & CRAFTS CENTER

Hickam Bldg. 1889 • 448-9907
 Ceramics & Frame Shop
 Mon, Sun Closed
 Tue-Sat 0900-1700
 Engraving Shop
 Mon, Sat, Sun Closed
 Tue-Fri 0900-1700
 Gallery/Office
 Mon-Fri 0900-1700
 Sat, Sun Closed
 Sales Store
 Mon, Sun Closed
 Tue-Thu 1000-1800
 Fri, Sat 0900-1700

Wood Hobby Shop • 448-9911

Mon Closed
 Tue-Thu 1300-1900
 Fri-Sun 1000-1700

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813
 Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue-Fri 0700-1700
 Sat 0900-1700
 Hickam Car Wash • 449-2554
 Daily 0800-2000
 Moanalua ASC (off-base) • 471-9072
 Mon, Thu, Fri 1200-2000
 Sat, Sun 0900-1700
 Tue, Wed Closed
 Car Wash at Moanalua ASC • 471-9072
 Daily 0700-2000
 Towing Service • 449-2554

BOWLING CENTERS

Hickam Bldg. 1891 • 448-9959
 Mon, Tue, Thu 1100-2100
 Wed 1000-2100
 Fri 1000-2400
 Sat 0900-2400
 Sun 0900-2100
 Holidays 1200-1800
 Naval Station Bldg. 1736 • 473-2574
 Mon 1100-1330, 1700-2100
 Tue-Thu 1100-1300, 1700-2100
 Fri 1100-1300, 1700-2230
 Sat 0900-2230
 Sun 1100-1800
 Holidays Closed
 The Escape at Wahiawa Annex • 473-2651
 Fri 1800-2200

CHILD DEVELOPMENT CENTERS

Center Drive CDC • 471-1978
 Ford Island CDC • 472-0262
 Hickam/Harbor CDC • 448-0183
 Hickam/Main CDC • 449-9880

Hickam/West CDC • 449-5230

Kids Cove • 421-0989
 Naval Station CDC • 473-2669
 Peltier CDC • 471-9336
 Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

FITNESS & SPORTS CENTERS

Family Fitness Center Bldg. 1681 • 471-2019
 Mon-Fri (unstaffed) 1000-1700
 Hickam Bldg. 1120 • 448-2214
 Mon-Fri 0430-2130
 Sat, Sun 0700-1700
 After-hours access available
 Holidays Closed
 JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
 Mon-Fri 0400-2130
 Sat, Sun, Holidays 0700-1700
 Naval Station Gym Bldg. 667 • 473-2436
 Mon, Wed, Fri 0500-1730
 Tue, Thu 0500-1500
 Sat, Sun, Holidays Closed
 Wahiawa Annex Bldg. 446 • 653-5542
 Mon-Fri 0500-2100
 Sat, Sun 1200-1700
 Holidays 1000-1500
 Open 24 hours a day, 7 days a week (unstaffed):
 Ford Island Bldg. 55
 Kunia Bldg. 446
 Makalapa Bldg. 388
 West Loch Bldg. 621

GOLF COURSES

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

GOLF COURSES CONTINUED

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

Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304

Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800

Pro Shop

Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800

Navy-Marine Golf Course

Valkenburgh at Radford Drive • 471-0142

Daily Tee Times 0700–1830

Pro Shop

Mon–Sun 0630–1830

Driving Range

Mon–Wed, Fri–Sun 0630–2100
 Thu 1030–2100

HOUSING

Ohana Military Communities Family Housing • 474-1820, 839-8690

Hickam Communities Family Housing • 448-0856, 423-7788

Unaccompanied Housing • 473-5995

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019

Mon–Sat 0900–1800
 Sun, Holidays 0900–1500

ITT-Fleet Store, Pearl Harbor • 473-0792

Travel Connections-Pearl Harbor • 422-0139

Mon–Fri 0900–1800
 Sat 0900–1600
 Sun, Holidays Closed

ITT-Hickam, Bldg. 1760 • 448-2295

Mon–Fri 0900–1700
 Sat 0900–1300
 Sun, Holidays Closed

ITT-NEX Mall • 422-2757

Travel Connections-NEX Mall • 422-4067

Mon–Fri 0900–1800
 Sat 0900–1700
 Sun, Holidays 0900–1500

ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446

Mon, Wed, Fri 1000–1600
 Tue, Thu, Sat, Sun, Holidays Closed

ITT Recreation Ticket Vehicle • 630–3080

INTRAMURAL SPORTS OFFICE

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

Mon–Fri 0700–1530
 Sat, Sun Closed

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

Beeman Center (Naval Station) • 473-2583

Daily 1000–2300

Makai Center (Hickam) • 448-0418

Daily 1500–2200

Liberty Express (Wahiawa Annex) • 653-0220

Mon–Sat 1500–2200
 Sun 1400–2100

LIBRARY

Hickam Bldg. 595 • 449-8299

Mon, Wed, Fri, Sat 1000–1800
 Tue, Thu 1100–2000
 Sun, Holidays Closed

MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215

Mon Closed
 Tue–Sun 0900–1700

Rainbow Bay Marina, Bldg. 103 • 784-0167

Mon Closed
 Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999

Tue–Thu 0800–1530 / Closed daily from 1100–1200
 Mon, Fri–Sun Closed

Pearl Harbor, 4827 Bougainville Dr. • 474-1999

Mon–Thu 0700–1630
 Fri 0700–1600
 Sat, Sun Closed

Wahiawa Annex, Bldg. 392 • 474-1999

Mon, Fri–Sun Closed
 Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

Bloch Arena • 473-0787

Mon–Fri 0800–1630
 Sat, Sun Closed

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726

Mon–Wed Closed

Thu, Fri 1900 showtime

Sat 1430, 1645 & 1900 showtimes

Sun 1330, 1540 & 1800 showtimes

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

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

Pearl Harbor Side of JBPHH • 808-800-2337

Arizona Hall (Bldg. 1623)

Hale Ali'i (Bldg. 1315)

Lockwood Hall (Bldg. 662)

Makalapa (Bldg. 372)

Hickam Side of JBPHH • 808-800-2330

Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113

Dive Oahu, Pool 1 • 922-3483

Hickam Beach (lifeguards on duty)/Surf Shack

Fri–Sun 1000–1700

Outdoor Adventure Center-Fleet Store • 473-1198

Mon–Fri 0900–1800

Sat 0900–1600

Sun Closed

Holidays Closed

Outdoor Recreation-Hickam Harbor • 449-5215

Mon, Holidays Closed

Tue–Sun 0900–1700

Skateboard Hangar • 448-4422

Wentworth Tennis Center • 473-0610

White Plains Beach/Surf Shack • 682-4925

Daily 1000–1700

RENTALS

Barbers Point Beach Cottages • 682-3085

Conference Centers • 472-0342

Foster Point Pavilion • 449-5215

Hickam Beach Cabanas • 449-5215

Makai Recreation Center • 449-3354

Pearl Party Patios • 473-1198

Outdoor Recreation Equipment Rentals:

Hickam Beach • 449-5215

Pearl Harbor • 473-1198

White Plains Beach • 682-4925

Recreation & Party Equipment Rentals:

Hickam Bldg. 1760 • 449-6870

YOUTH PROGRAMS

School-Age Care

Catlin • 421-1556

Hickam • 448-4396

School Liaison Officer (K–12)

4827 Bougainville Drive • 471-3662, 471-3673

Mon–Fri 0800–1700

Sat, Sun Closed

Teen Center (ages 13–18) • 448-1068

School year:

Mon–Thu 1400–2000

Fri 1400–2100

School vacations:

Mon–Fri 1200–2000

Weekends:

Sat 1330–2130

Sun Closed

Youth Sports & Fitness

Office, Bloch Arena • 473-0789

Mon–Fri 1100–1730

Sat, Sun Closed

Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program

480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515

Air Force Wounded Warrior Program

800 Scott Circle Bldg 1113 • 808-448-0126

Mon–Fri 0830–1230 / 1300–1700

Sat, Sun Closed

naf jobs

NAF Human Resources 422-3784

600 Main St., Bldg. 3456

Job Opportunities

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

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
 CYP Cook

CYP Food Service Worker

Cashier/Checker

Club Operations Assistant

Cook

Food Service Worker

Waiter/Waitress

Community Recreation Assistant

Library Aide

Motor Vehicle Operator (Tour Escort)

Recreation Aide/Wood Shop

Recreation Assistant/Auto Skills

Recreation Assistant/Liberty Program

Recreation Assistant/Lifeguard

Recreation Assistant/Sailing

Automotive Worker

Hotel Housekeeping

Laundry Worker

How to Apply:

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

CNRH FFR

Attn: NAF Human Resources

600 Main Street, Bldg. 3456

Honolulu, HI 96818

or email to: NI_PRLH_N9HR.FCT@NAVY.MIL

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

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

Family Night



**MINUTE TO
WIN IT!**

JULY 17 | 5:30-7 PM

**Come hangout at the teen center and
meet the staff, hear about upcoming
events, and have some fun!**

Teen Center



234 Melick Ave. Bldg. 1330 | 448-1068

Hail and Farewell:

Teen Center plays Quidditch!

July 27 | 5-7 pm

Whose house do you play for?!

**Help us welcome our new teen center family
members and say "See yah Later" to the ones
moving on to new adventures!**

**HAIL
& Farewell
OPEN MIC
Night**

August 31 | 8-10 PM

MISSOULA CHILDREN'S THEATRE IS COMING TO JBPHH!

BEAUTY LOU and the Country BEAST

A Sagebrush Fairy Tale

MISSOULA
CHILDREN'S
THEATRE

A PRODUCTION OF MCT, INC.



Conceived and Written by
Jim Caron

Music and Lyrics by
Michael McGill

Audition will be held on Monday

July 23rd from 10am-12pm at the Hickam Memorial Theatre.

This is a group audition, please note that not everyone will be selected.

Practice will start the 23rd from 12:15pm to 2:15pm. Practice the rest of the week will be from 10:00am - 2:15pm (will receive a schedule from the MCT Directors). Please bring a lunch (no peanut products allowed). Parents must stay with all children under the age of 10 (reference JBPHHINST 1700.1 Self Care Policy)

Performance will be Saturday, July 28th 2018 from

10-11am at the Hickam Memorial Theatre. Performance is Free.

For more info call 473-0789 or visit us online at www.greatlifehawaii.com





THINK YOU HAVE WHAT IT TAKES TO RUN 13.1 MILES?

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

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

PACKET PICK UP AT HICKAM MEMORIAL FITNESS CENTER

August 10 Noon - 5pm

August 11 8am - Noon

PRICING

\$35 - May 1 - July 30 (includes t-shirt)

\$45 - July 31 - August 17

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

AWARDS

Prizes will be awarded to the top 3 finishers
in each category:

Youth (17 and younger)

Men & Women (18-29, 30-39, 40-49,
50-59, and 60+)

Overall Men & Women

Active Duty Men & Women

Stroller Men & Women

ADDITIONAL INFORMATION

Route is flat and fast. Open to all military
affiliated personnel and their guests

(MUST HAVE BASE ACCESS).

Entry form, waiver and map are available at
the Hickam Memorial Fitness Center or online at

greatlifehawaii.com.