



Call for more info: Navy-Marine, 808-471-0142, Mamala Bay Golf Course, 808-449-2300, Barbers Point Golf Course, 808-682-1911 Spouses receive a free round of golf between 10am to 2pm @ Ke'alohi Golf Course. Call 808-448-2318

Historic Hickam Officers' Club: Bottles and Bites from 4:30pm - 6:30pm. Open to ALL HANDS

Spouses - \$25/ Other DoD ID cardholders - \$30 10 wine samples and accompanying small bites

Prepaid reservations required. Register by phone beginning April 15, space is limited!

No children allowed, all guests must be 21 and over. Call 808-448-4608 for reservations.

**NEX: Navy Exchange Gift Card Giveaway!** 

Recreational Equipment Rental: Buy One, Get One Free Snorkel Rental. Ph#: 808-449-6870

Sharkey Theater: Free Movie and Small Popcorn. Movie to be announced, showtime 7pm. Ph#: 808-473-0726

Plus, on Saturday, May 11: High Tea & Painting with MFSC. 2:30-4:30pm at MFSC Hickam. Ph#: 808-474-1999

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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.



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: MAY 2019**

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On the cover: Contributed photo from Angela Moore.

At right: The Mallicotes celebrate their special day.

See both of their stories about Marriage in the Military on page 6.













- By Justin Hirai

hat does it take to be the "toughest team" on Joint Base Pearl Harbor-Hickam? You can ask the team from Naval Special Warfare Logistics and Support Unit Three, as they recently claimed the Chief Ray Emory Toughest Warrior Cup. They competed against nine other six-person teams from various commands, between March 4–8.

The Toughest Warrior Competition was a way to celebrate the Chief of Naval Operations (CNO) initiative on toughness. The idea came to life from a conversation between Rear Admiral Brian P. Fort. commander, Navy Region Hawaii and Naval Surface Group Middle Pacific; and Naval Surface Group Middle Pacific Command Master Chief Gregory Carlson. The event was named after former Boatswain's Mate Ray Emory, a Pearl Harbor survivor who recently passed away. His combat action during the attack on Pearl Harbor and life mission after his service of matching burial records with dental records to identify former 'unknowns,' is a display of what makes warriors tough.

The weeklong event consisted of a variety of physical and mental challenges created by the JBPHH Morale, Welfare and Recreation's Athletic, Fitness and Outdoor Recreation departments. A mixture of swimming, canoe paddling, calisthenics,

problem-solving, even bowling and more were used to test the challengers' toughness. To raise the stakes all of the challenges were kept a secret from competitors until the start of each activity.

Scoring was based on time, which created added pressure. Physical ability was a big factor in being able to complete the task quickly, but small mental mistakes are what seemed to cost teams the most setback. Challenges each had set rules, but competitors were allowed to think outside the box and come up with workarounds if it wasn't stated to be illegal in the rules. For example, at one-point teams had to run from Honeymoon Beach to Hickam Harbor, but it didn't state which route to take. Some teams took the obvious route on the road, while others took a short cut along Hickam Beach.

Great comradery was displayed throughout the entire competition. Not only between teammates, but also between opponents. The competition ended with a barbeque at Hickam Harbor Waterfront provided by MWR and an award ceremony. The Chief Ray Emory Toughest Warrior Cup was presented by Rear Admiral Fort and Master



Chief Carlson to Naval Special Warfare Logistics and Support Unit Three, who now hold the cup within their command. Do you think your command has what it takes to claim the cup next year?

You can take a look at more photos of this year's event online at photos.greatlifehawaii.com/toughestwarrior2019 to see how some of the events were run. However next year's Toughest Warrior Competition won't have the same challenges. MWR programs are already brainstorming new ideas to push competitors to their physical and metal limits. The winner of the Cup will definitely be the "toughest team" on JBPHH.





May is a month with many observances in honor of our service members. Military Appreciation Month, Military Spouse Appreciation Day (May 10) and Armed Forces Day (May 18) all happen at this time. We started out wanting to give you, our military customers the chance to tell from your perspective what you appreciate about being a member of our armed forces and of your spouse. But an interesting twist makes the story even better.

Military spouses spoke up, telling their experiences about being married to a service member and in essence becoming a part of the military themselves. They share the appreciation they have for what their spouse does on the home front while still serving. In doing so, it highlights how special those who choose to marry into the military lifestyle truly are. Here are some of their stories.

#### **Angela Moore**

It's been 11 years since I married the man who would change my life forever. Looking back, I can't believe the extraordinary life the military has given us. When my soldier proposed he asked me "Are you sure? You won't have a normal life" and I replied "I don't want a normal life." I have since learned to speak French, surf and scuba dive (not very good at any of those but still), shoot five different guns including an AK47, and drive like a stunt man in the movies. We've been on safari, rode an elephant, held a crocodile and seen wild lions within feet of us. We've helped build a house in the middle of nowhere and a fishing village bring in their catch at dawn on the beach in Africa. We've tasted German and Belgian beer, real Italian pizza, Habu Sake and escargot. Together we've lived in four countries, and travelled to about 35, across 20 states of the USA, up the Statue of Liberty and the Empire State Building, climbed the stairs to the top of the Duomo in Florence, up the Eiffel Tower, to the Berlin Wall and up the mountains in Germany and Switzerland. From the Hagia Sophia in Istanbul to the canals of Amsterdam it's been such an adventure. We've been in the White House, gone extreme night sledding in Austria, seen the real Mona Lisa in the Louvre, partied at a ball in a palace in Vienna, been evacuated from civil war, seen the choir singing in Notre Dame and castles, monuments and beaches all around the world. I've forgotten to mention many things but these are my favorite memories and I wouldn't change a thing about this military life and the extraordinary experiences it has given us and our two children. The memories and adventures we have had are priceless.

#### **Daniella Horne**

What I appreciate about being a military spouse and being part of the armed forces community is the overwhelming support our community shows daily. I went from being a service member to being a military spouse and even though the transition is never easy, being surrounded by amazing families who are always therethrough thick and thin makes it so much better. I love being my spouse's support through his military career, even those deployments we dislike, there is no feeling like a homecoming. I am a submariner's spouse and our calling is one of the toughest due to the amount of hours sea with little to no communication and holding the front and raising our children on our own. However, we are resilient, strong and courageous and we do it all for our love of our service member and country!



#### Sabrina Mallicote

My husband Ken and I got married in August 2008, I was 18 and he was 21. We moved to SC and survived five deployments and had an amazing son named Aidan. We found out that Aidan was autistic in 2012 and neither one of us was prepared for how our lives were going to change. In 2013, my husband got orders to Ramstein Air Base in Germany and due to Aidan's EFMP status, we were denied clearance and were sent home where we spent the next three years surviving on short visits and lots of facetime.

Two months before we were to PCS to Hickam in 2016, Aidan had a bug bite and became infected with Group A Strep, aka Necrotizing Fasciitis. He came extremely close to losing his life. Alone, I was forced to make life changing decisions for our son who was fighting to keep his heart beating. Thankfully within 18 hours my husband's command had him on a plane home to us. Aidan spent the next six weeks in and out of the ICU, surgeries and recovery. He was released from the hospital on Halloween 2016. We were due to PCS to Hawaii five days later.

Living in Hawaii hasn't been easy for us all the time. My husband is definitely my rock in everything we've been through. He spends so much time trying to make up for lost time with us while still being a stellar NCO and Airman. Last year Ken and I celebrated 10 years of marriage and had the wedding we never got as kids, right here at the Historic Hickam Officers' Club. We have been through so, so much as a family and just keep looking at how bright and beautiful our future is going to be.

I appreciate that we never have to question if Aidan's therapy or medications will be covered. We never received a bill from Aidan's hospital stay. The military has its ups and downs but I would never give up what the military has afforded to our family. Being able to visit Ken in Germany utilizing space A and all the wonderful places we've been and now we have friends all over the world.

#### Orlin Perez Parra

Let me tell you about my husband. My spouse is the best present that God has given me, he is my rock and my everything! I am from Venezuela and being away from my family is really hard, but he always makes sure to be there for me. I know what it means being a military spouse because they won't always be there with you. But even if he is away training he always makes sure that I am okay. He does his best to let me know that even if he is away I can count on him. We are an amazing team and I am sure we have some amazing adventures ahead together!



#### Celia Valenzuela

I am grateful for my husband, Julius Valenzuela, because he is my greatest supporter in all aspects of my life. From helping me focus when we were in college pursuing our nursing degrees, to taking over the role of doing household chores when I had a C- section for our daughter, Julia Destiny, he reinforced that we work together as a team and wanted to display his continued support. In addition to physical support, my husband's emotional support is even greater. He was my shoulder to cry on when I experienced losses in the family. With my anticipation for another major surgery and the current declining health of my maternal grandfather, Julius continues to be my strength, confidant and one of my reasons for my smiles and laughter. Not only is he able to balance his civilian and military work responsibilities, he is still able to keep active with his personal interests, while still making the effort to spend quality with both Julia and I and going to church together as a family.



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

## MAY | JUN | JUL

## TEEN/ADULT CLASSES

#### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks:

• Wednesdays, 6 – 8:30pm

May 29-Jul 10 (No class-July 3) • Jul 17-Aug 21

• Thursdays, 6 – 8:30pm

May 30-Jul 11 (No class-July 4) • Jul 18-Aug 22

• Fridays, 9 - 11:30am

May 31-Jul 12 (No class-July 5) • Jul 19-Aug 23

Saturdays, 9 – 11:30am

June 1-Jul 13 (No class-July 6) • Jul 20-Aug 24

Ages 16 and older

\$85 per person (plus supplies)

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

#### **ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM**

One class per week for 4 weeks:

Saturdays, 9 – 11:30am

May 11-Jun 1 (June 8-Finish Glaze Only)

Jun 8-Jun 29 (Jul 6-Finish Glaze Only)

Jul 6-Jul 27 (Aug 3-Finish Glaze Only)

Tuesdays, 6 – 8:30pm

Jun 4-Jun 25 (Jul 2-Finish Glaze Only)

Jul 2-Jul 23 (Jul 30-Finish Glaze Only)

Ages 14 and older

\$60 per person (plus supplies)

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

#### Drawing & Painting

#### **ACRYLIC PAINTING WITH DENNIS MCGEARY**

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

May 7-28 • Jun 4-25 • Jul 9-30

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

May 7-28 • Jun 4-25 • Jul 9-30

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

May 14-Jun 18 • Jun 25-Jul 30

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

May 9-June 13 • Jun 20-Aug 1 (No class-July 4)

Ages 16 and older

\$70 per person (plus supplies)

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

#### WATERCOLOR DESIGN AND COMPOSITION WITH **DAVILLA HARDING**

One class per week for 4 weeks: Mondays, 6 - 8pm

Jul 1–22 / Still Life

Ages 16 and older

\$100 per person (plus supplies)

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

#### **ARTY FUN WITH TEXTILES**

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

May 13-Jun 17 (no class on May 27) • Jul 1-29

Ages 12 and older

\$75 per person (plus supplies)

Students will create art on and with fabric. Projects will include glue batik painting, fabric dyeing, printing and stenciling on



## **CLASSES, VISIT**

jbphh.greatlifehawaii.com/ recreation/arts-crafts-

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

#### **BATIK PAINTING**

One 4 hour workshop: Sundays, 12 – 4pm

May 19 • Jun 9 • Jul 14

Ages 16 and older

\$60 per person (supplies included)

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

#### Framing

#### BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

One-day class, on select Mondays or Saturdays, 9am - 1pm Ages 16 years and older

\$80 per person (supplies included)

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

#### Glassworks

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

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

May 2-9 • Jun 6-13 • Jul 11-18

Ages 16 and older

\$40 per person (plus supplies)

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

#### ADVANCED GLASS WITH JESSICA FITZGERALD

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

Jun 5-26 • Jul 3-24 Ages 16 and older

\$80 per person (plus supplies)



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

#### Crochet/Knitting/Quilting/Sewing

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

One class per week for 5 weeks: Wednesdays, 6 – 8pm Jul 3-31

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.

#### **INTERMEDIATE SEWING WITH AMANDA BUSSEY**

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

#### May 15-June 19

Ages 14 and older

\$100 per person (plus supplies)

Building on beginner skills, you will learn how to use a commercial pattern and do simple alterations such as hemming. Students will complete one or two projects, time permitting, using a guick sew pattern. Basic sewing skills are required. You must have your own machine and supplies.

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

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

May 1-15 • Jun 5-19 • Jul 3-17

Ages 12 and older

\$35 per person (plus supplies)

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

#### ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

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

May 6-20 • Jun 3-17 • Jul 1-15

Ages 12 and older

\$35 per person (plus supplies)

This class will build on what was learned in Crochet basics. Students will learn how to work in the round, increase and decrease stiches, make a granny square, and how to join pieces together to form a larger piece. With these new techniques,

students will be able to complete projects such as amigurumi (crochet dolls and animals), hats, and complex piece blankets. Note: students must complete crochet basics class before enrolling in the advanced course.

#### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

May 7-28 • Jun 4-25 • Jul 9-30

Ages 14 and older

\$35 per person (plus supplies)

Students will learn the "snowflake" method of cutting out a Hawaiian motif and the technique of needle turn applique 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

Jun 1-Jun 22 / Baby Quilt Jun 29-Jul 20 / T-Shirts Quilt

Jul 27-Aug 17 / Hexagon 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

Jun 1-Jun 22 / Baby Quilt

Jun 29-Jul 20 / T-Shirts Quilt

Jul 27-Aug 17 / Hexagon Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

#### Photography

#### BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

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

Jun 4-25 • Jul 9-30

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

Jun 5-26 • Jul 10-31

Ages 14 and up

\$75 per person (plus supplies)

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

#### Woodworking

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

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

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

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

\$20 per person

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

#### **PEN TURNING CLASS**

One-day class, offered on select Saturdays & Sundays,

7:30 - 11:30am

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

\$50 per person (supplies included)

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

#### SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays, 7:30 – 11:30am (arrive 15 minutes prior to class to sign in) Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or quardian)

\$60 per person (supplies included)

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

#### **CUTTING BOARD CLASS**

One class per week for 3 consecutive weeks. Offered on select Fridays, 5 - 9pm and Sundays, 7:30 - 11:30am Ages 16 years & older

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

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

#### **KEEPSAKE BOX CLASS**

One class per week for 4 consecutive weeks.

Offered on select Fridays, 5 – 9pm

Ages 16 years & older

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

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

## CHILDREN'S CLASSES & CAMPS

## YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

Ages 12 - 16 (ages 12 - 15 must be accompanied by a parent or quardian)

\$60 per person (supplies included)

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

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

One class per week for 4 weeks: Thursdays, 1 – 2:30pm Jun 6–27 • Jul 11 – Aug 1

Ages 7–13

\$45 per person (plus \$15 fee payable to the Ceramics Dept.) This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

#### **BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY**

One class per week for 4 weeks: Mondays, 11am-12:30pm

Jun 3-24

Ages 9 – 13

\$75 per person (plus supplies)

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

#### **INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY**

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

May 6-June 10 (No class-May 27)

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

**Jul 1 – 29** 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

beginner classes. Students will complete a more advanced project using a commercial pattern. Students MUST have their own sewing machine and basic sewing experience.

### BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

May 3-17

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 washcloth or a scarf.

### PARENT AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

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

May 1-15 • Jun 5-19

Ages 7 – 12 (with an accompanying, paying adult/guardian) \$35 per person (plus supplies)

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

#### ART EXPLORATIONS WITH JESSICA FRANKLIN

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

Jun 4–27 • Jul 9 – Aug 1

Ages 3-6

\$80 per person (supplies included)

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

## AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jun 25-Jul 30

Ages 7 – 18

\$70 per person (plus supplies)

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

## HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

May 9-Jun 13 • Jun 20-Aug 1 (No class-July 4)

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

May 9-Jun 13 • Jun 20-Aug 1 (No class-July 4)

Ages 7 – 18

\$70 per person (plus supplies)

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

## EVENTS & ACTIVITIES

#### **SUMMER CRAFT CAMP**

Four classes per session: Tuesdays—Fridays, 10 a.m.—12 p.m.

Jun 4-7 • Jun 11-14 • Jun 18-21 • Jun 25-28 Jul 9-12 • Jul 16-19 • Jul 23-26 • Jul 30-Aug 2

Ages 7 and up.

\$70 per person (supplies included)

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

inspiration, a pinch of creativity and a sparkling of imagination, your child will craft a summer of enjoyment. New creative projects each session. Supplies are included in the cost. Sign up Now, class fills up FAST!

#### **ANNUAL SPRING CRAFT FAIR & DOG SHOW**

#### Saturday, May 4

9am-3pm

Don't miss the Hickam 44th Annual Spring Craft Fair and Dog Show. This event features over 120 booths of original handmade arts and crafts (just in time for Mother's Day gift shopping), live entertainment, pony rides, great food, make-n-takes, and a Dog Show! Dog Show Schedule: 10am: Best Costume, 10:20am: Most Obedient, 10:40am: Owner Dog Look-alike, 11am Best Trick. Call 448-9907 for further info.

#### **COOKIES & CANVAS WITH DENNIS MCGEARY**

4th Wednesday of the month, 3:30 - 5:30pm

May 22 • Jun 26 • Jul 24

Ages 7 – 14

\$30 per person (supplies included)

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

#### **OHANA PAINT NIGHT WITH APRIL DUOUE**

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

May 24 • Jun 28 • Jul 26

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Varied refreshments will be provided at no additional cost.

#### **PICK & PAINT CERAMICS**

Tuesday – Saturday, 9am – 5pm

#### **Arts & Crafts Center**

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

#### **PAINT & SIP**

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

#### May 1 & 15, Jun 5 & 19

#### Tradewinds

\$40 per person (\$20 non-refundable deposit online, \$20 at the door) A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

Aloha & farewell to one of our longtime instructors, Charis Derry. April was her last month teaching with us. We would like to thank her for her years of service at the A&C Center!



#### SYNC ARTS/CRAFTS CALENDAR

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

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



## **GROUP LESSONS**

\$80 for eight 30 minute sessions | max. 8 students | min. age - 4 yrs. old

## **PARENT & TOT**

\$60 for eight 30 min. sessions | max. 16 parents/tots | min. age - 6 mos. old

<b>CLASS DATES</b>	REGISTRATION
June 3 - 13	May 20
June 17 - 27	June 3
July 8 -18	June 24
July 22 - August 1	July 8

## PRIVATE LESSONS

\$120 for 4 sessions | 1 student | min. age - 3 yrs. old

CLASS DATES	REGISTRATION
June 3, 5, 10, 12	May 20
June 17, 19, 24, 26	June 3
July 8, 10, 15, 17	June 24
July 22, 24, 29, 31	July 8

FOR MORE INFORMATION, CALL 808-448-2384.

GREATLIFEHAWAII.COM



#### 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 April activities is currently open. **Registration for June activities begins May 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 subjec to change without notice due to weather and other considerations.

- OUTDOOR RECREATION
  HICKAM HARBOR 449-5215
- RAINBOW BAY MARINA 784-0167

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



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

#### **SURFING**

#### **LEARN TO SURF AT HICKAM HARBOR**

May 4 Sign up by May 2
 June 2 Sign up by May 31
 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**

May 19 Sign up by May 17
 June 15 Sign up by June 13
 Begins: 9 am | Ends: 12 pm

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 PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

May 12 Sign up by May 10
 May 25 Sign up by May 23
 June 1 Sign up by June 30
 June 16 Sign up by June 14
 Begins: 9:15 am | Ends: 10:15 am

 Begins: 10:30 am | Ends: 11:30 am

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

## STAND-UP PADDLE BOARD AT HALEIWA/NORTH SHORE

O May 25 Sign up by May 23 Begins: 8 am | Ends: 2 pm Cost: \$30

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

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

#### **KAYAKING**

#### **KAYAKING AT CHINA MAN'S HAT**

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

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a

short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

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

#### **KAYAKING THE MOKULUA ISLANDS**

June 9 Sign up by June 11
 Begins: 7 am | Ends: 2 pm
 Cost: \$40

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

#### **NORTH SHORE OPEN OCEAN KAYAK**

June 2 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.

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

#### **IROQUOIS POINT OPEN OCEAN KAYAK**

 June 22 Sign up by June 20 Begins: 8 am | Ends: 2 pm Cost: \$35

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

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

#### FISHING

#### **BOTTOM FISHING AT HICKAM HARBOR**

O May 5 Register online by May 2\* Begins: 2:30 am | Ends: 5:30 pm

May 18 Register online by May 15\*
 Begins: 2:30 am | Ends: 5:30 pm

June 9 Register online byJune 6\*
 Begins: 8:30 am | Ends: 11:30 pm

O June 29 Register online by June 26\*
Begins: 2:30 am | Ends: 5:30 pm
Cost: \$30

\*Registration available online only.

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

#### **SPEARFISHING EXCURSION**

May 11 Sign up by May 9
 June 8 Sign up by May 23
 Begins: 9 am | Ends: 12 pm

Cost: \$20

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

#### **LEARN TO SPEARFISH**

May 25/26 Register online by May 22\*
 June 22/23 Register online by June 19\*

2 Day Course (Sat/Sun); Begins: 9 am | Ends: 12 pm Cost: \$60

\*Registration available online only.

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

#### BIKING

#### **NORTH SHORE BIKE RIDE**

May 19 Sign up by May 17 Begins: 8 am | Ends: 1 pm Cost: \$25 w/bike, \$20 without

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

**Level:** Easy (must have bike riding experience).

#### HALE'IWA BIKE/SNORKEL

June 15 Sign up by June 13
 Begins: 8 am | Ends: 2 pm
 Cost: \$30

Come take a casual bike ride with us through Hale'iwa and Wailua. It offers alluring views of the infamous North Shore. This relaxing journey that we take offers a protected bike path, smooth terrain and the beauty of the Wailua mountain. The ride will continue on towards the glamorous 'Aweoweo Beach Park. After enjoying the beautiful scenery of 'Aweoweo Beach Park, we will return to Hale'iwa to cool down in the refreshing ocean with a snorkel session.

**Level:** Easy (must have bike riding and snorkel experience).

#### **YOUTH OCEAN ADVENTURE: SUMMER**

#### **YOUTH OCEAN SUMMER ADVENTURE**

 June 3 – 14; June 17 – 28; July 8 – 19; July 22 – Aug 2 Keiki Ocean Adventure (ages 7 – 9 years old ) Begins: 9 am | Ends: 12 pm

 June 3 – 14; June 17 – 28; July 8 – 19; July 22 – Aug 2 Youth Ocean Adventure (ages 10-15 years old)

Begins: 1 pm | Ends: 4 pm Cost: \$175 per person

\*Registration available online only.

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

(continued on next page)

## RECREATIONAL EQUIPMENT RENTALS

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

Mon-Fri: 9am-5pm Sat: 9am-1pm

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

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

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

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

Check www.greatlifehawaii.com for price lists.

#### MARINAS CLASSES & ACTIVITIES

#### **SAILING CLASSES**

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

#### START SAILING RIGHT AT HICKAM HARBOR

O Tues | May 28 Sat | June 1, 8, 15, 22 Cost: \$85 per person 9 am - 1 pm or 1 - 4 pm Ages 18 & up

Maximum of 8 students per session.

#### START SAILING RIGHT AT RAINBOW BAY

- Sat/Sun | May 4/5
- Sat/Sun | May 11/12 Cost: \$85 per person

 $1 - 5 \, pm$ 

Ages 18 & up

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 6 students per session. \*Online registration available.

#### **INTERMEDIATE SAILING, RAINBOW BAY MARINA**

- Sat/Sun | May 18 & 19; May 25 & 26
- Sat/Sun | June 8 & 9; June 15 & 16 Cost: \$85 per person

 $1 - 5 \, pm$ 

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. \*Online registration available.

#### **ADULT LEARN TO SAIL CLASS AT RAINBOW BAY**

- Mon/Wed | May 1, 6, 8, 13, 15, 20, 22, 27, 29
- Mon/Wed | June 3, 5, 10, 12, 17, 19, 24, 26 Cost: \$65 per person 9:30 - 11:30 am

Ages 18 & up

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

#### YOUTH BEGINNERS SAILING AT RAINBOW BAY

- Mon/Wed | May 1, 6, 8, 13, 15, 20, 22, 27, 29
- Mon/Wed | June 3, 5, 10, 12, 17, 19, 24, 26 Cost: \$65 per person 12 - 2 pm or 3:30 - 5:30 pm

Ages 10 – 17 years

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

#### **YOUTH LEVEL 2 SAILING AT RAINBOW BAY**

- Tues/Thurs | May 2, 7, 9, 1, 16, 21, 23, 28, 30
- Tues/Thurs | June 4, 6, 11, 13, 18, 20, 25, 27 Cost: \$65 per person 12 - 2 pm or 3:30 - 5:30 pm

Ages 10 – 17 years

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

#### ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- O Wed/Fri | May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 | 3:30 5:30 pm
- O Sun/Tues | June 5, 7, 12, 14, 19, 21, 26, 28 | 9:30 am 12 pm Cost: \$65 per person 9:30 am - 12 pm

Ages 18 & up

\*Registration is done by the month and available online only. Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2 students per session, maximum of 8.

#### YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
- O Wed/Fri | June 5, 7, 12, 14, 19, 21, 26, 28 Cost: \$65 per person 3:30 - 5:30 pm

Ages 10 years & up

\*Registration is done by the month and available online only. This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class focuses on new and timid sailors-to-be. Space is limited to 4 students per class.

#### YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- O Tues/Thurs | May 2, 7, 9, 14, 16, 21, 23, 28, 30
- O Tues/Thurs | June 4, 6, 11, 13, 18, 20, 25, 27 Cost: \$65 per person 3:30 - 5:30 pm Ages 10 & up

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

#### **FAMILY SAILING**

By Appointment

#### **SUNSET REGATTAS**

● Thu | 4 pm – Sunset Cost: \$5 per boat

#### **R-19 BOATER'S CERTIFICATE**

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

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

#### **BOAT CHECKOUT CLASS HICKAM HARBOR**

- 0 Tues/Wed/Thurs/Fri | 1 – 3 pm
- Wed | 10 am 12 pm Cost: \$25 per person

\*For experienced Sailors ONLY.

#### **BOAT CHECKOUT CLASS RAINBOW BAY**

- Tues/Thurs | 9:30 11:30am
- Fri | 1 3 pm Cost: \$25 per person

\*For experienced Sailors ONLY.

Cost: \$3 per session

#### **OUTRIGGER CANOE PADDLING**

#### P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

Mon – Fri 6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am

#### RECREATIONAL OUTRIGGER CANOE PADDLING AT RAINBOW BAY

● Mon/Wed/Fri | 8:30 – 9:30 am Cost: \$5 per person Ages 10 & up Space is limited to the first 12 people.

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

- O Fri | May 3, 17, 31
- O Fri June 14, 28 8:30 – 9:30 am

Cost: \$5 per person

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

Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. All ability levels welcome!

#### **OUTRIGGER CANOE PADDLING AT RAINBOW BAY MARINA**

● Mon/Wed/Fri | 8:30 – 9:30 am Cost: \$5 per person/per hour Ages 10 & up

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

#### **BEACHES**

#### **HICKAM BEACH**

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

Hours: Friday – Sunday, 10 am – 4 pm

#### **BEACH EQUIPMENT RENTAL**

\*Subject to cancellation due to weather

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

#### **PRIVATE LESSONS**

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

#### WHITE PLAINS BEACH

#### Kalaeloa

**SURF SHACK • 682-4925** 

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

#### **BEACH EQUIPMENT RENTALS**

Body Board \$1 hr • \$5 day Body Board w/Fins \$3 hr • \$10 day Surf Board \$3 hr • \$25 day

Paddle Board \$9 hr • \$25 day Fins \$2 hr • \$5 day Horseshoes/Volleyball \$3 day

#### **PRIVATE LESSONS**

Surfing: \$35 for a 2 hour lesson

Call to schedule an appointment (Mon – Fri only).

## IDEPTY CATENDAR Sponsored by USAA USAA





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

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#### **Activities** calendar

## dining

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

#### **10TH PUKA LOUNGE**

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

#### **BREWS & CUES**

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

#### **#TGIF 9-Ball Tourney**

Friday, May 3 6 – 8pm

Ages 18 years & older

#### Wing Wednesdays

4:30pm

FREE wings on Wednesdays for customers while supplies last.

#### **Game Night**

Friday, May 3 4:30pm

FREE Cornhole Tournaments & Texas Hold 'Em, every first Friday of the month.

#### **CLUB PEARL**

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

#### **#TGIF Live Music**

Friday, May 31 8 – 11pm

#### Ages 18 years & older

FREE pupus, giveaways & drink specials! Come rock out to The Smyths, The Smiths cover band!



#### Salsa Saturdavs

Every Saturday 8:30 – 9:30pm

Ages 18 years & older

Specials and dancing all night long

#### THE COUNTRY BAR

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

#### Line Dancing

Every Friday 8:30 – 9:30pm

Ages 18 years & older

#### **HISTORIC HICKAM OFFICERS' CLUB**

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

#### **Bottles and Bites**

Friday, May 10 4:30 – 6:30pm Main Dining Room

Price: \$30 / Spouse \$25 (Gratuity Included)

Ages 21 years & older

A wine and food pairing/tasting & samples. Sample up to 10 wine varietals. Prepaid reservation required, tickets not available at the door. Tickets on sale now, reservations close May 8th at noon. No children allowed due to nature of event. Stand up cocktail event, limited seating.

#### Mother's Day Brunch

Sunday, May 12 10am – 2:30pm Dining Room \$40 Club Members, \$43 Adults \$21 Child 7 – 12 years \$12 Child 4 – 6 years \$5 Child 2 – 3 years Children under 2, Free

Enjoy a wide array of Mother's Day Specials on top of our Sunday Brunch staples! Open to all ranks and all patrons with base access! Seating Times Available from 10am – 2:30pm. Reservations Required/ Pre-paid.

#### Mongolian BBQ

Mondays, May 6, 13, 20, Memorial Day-Closed Thursdays, May 2, 9, 16, 23, 30

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

#### **Margarita Madness**

Every Thursday 4 – 6:30pm \$4 Margaritas

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

#### THE LANALAT MAMALA BAY

#### Aloha Friday Buffet

Fridays, May 3, 10, 17, 24, 31 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.

#### **PHILLIES**

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

Serving cheese steak, subs, salads, soups, burgers and more.

#### RESTAURANT 604

#### **TRADEWINDS**



#### Paint & Sip

Wednesdays, May 1 & 15 5:30 – 8:30pm \$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. Register online at jbphh.greatlifehawaii. com, Search: Arts and Crafts Registration.

#### **#TGIF Concert Series**

Friday, May 17

5:30 – 7pm, FREE

FREE pupus, giveaways & drink specials! Join us for Pau Hana with Hula Boys.

## family/support

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



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





#### \$35 PER PERSON 18 YRS AND UP

(Includes Transportation from Pearl Harbor Fleet Store)

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

#### **TOUR DATES:**

Jun. 1 Aug. 10 Oct. 26

\*Dates are subject to change\*

Check in NLT 9:15am / Bus departs promptly at 9:30am Depart ship - 2:30 p.m.

#### Space is limited, book your tour today!

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

The Norwegian Cruise Line 7 Day Hawaii Cruise "The best way to see Hawaii!"

Visits: Oahu, Maui, Kauai & the Big Island

"Freestyle Cruising" - Lets you go on your own way.



## athletics

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

#### AQUATICS

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

#### **Lifeguard Hiring Day**

Sunday, May 5 9am – 2pm

#### **Hickam Family Pool**

JBPHH Aquatics is HIRING for Lifeguards! On-site hiring for those already certified, or get certified with us. There is a required swim pre-requisite: 300-yard swim, 25-yard brick-tow and a 2-minute water treading test. \*Must bring valid I.D., swimsuit and towel. For more information, call 808-216-1712.

#### BOWLING

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

#### Memorial Day Holiday (Monday, May 27)

Hickam Bowling Center: Open 12 – 6pm Naval Station Bowling Center: Closed

#### Mother's Day Sunday

Sunday, May 12 10am – 1pm

Hickam Bowling Center

Mom's bowl FREE when with a family member paying for their own bowling games. Shoe rental charge included for your Mom.

#### \$1.75 Wednesdays

Wednesdays, May 1, 8, 15, 22, 29

4 – 9pm

#### **Hickam Bowling Center**

Come join the fun every Wednesday! \$1.75 bowling games, shoe rentals and hot dogs.

#### **Cosmic Bowling**

Fridays, May 3, 10, 17, 24, 31 Saturdays, May 4, 11, 18, 25

9:30pm - 12am

#### **Hickam Bowling Center**

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

#### **Active Duty Bowl FREE**

Mondays, May 6, 13, 20, 27

11am - 1pm

**Hickam Bowling Center** 

Up to 2 free games of bowling, shoe rental not included.

#### **Spouses Day**

Friday, May 10

3 - 5pm

Naval Station Bowling Center

Military spouses bowl FREE!

#### Single Sailor Bowling Night

Monday, May 6

#### **Naval Station Bowling Center**

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

#### Mother's Day Sunday

Sunday, May 12

11am - 1pm

#### **Naval Station Bowling Center**

Mom's bowl FREE when with a family member paying for their own bowling games. Shoe rental charge included for your Mom.

#### **Mondays Color Pin Bowling**

Mondays, May 6, 13, 20, 27

5 - 9pm

#### **Naval Station Bowling Center**

Roll a strike when the Color pin is in the Head position and receive a FREE game coupon, good on the next time you come in to bowl. Games and shoe rental \$1.75 each. Excludes Holidays.

#### **Cosmic Bowling**

Saturdays, May 4, 11, 18, 25

8:30pm - 10:30pm

Sundays, May 5, 12, 19, 26

3 - 6pm

#### **Naval Station Bowling Center**

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

#### **Active Duty Bowl FREE**

Thursdays, May 2, 9, 16, 23, 30

11am - 1pm

#### **Naval Station Bowling Center**

Up to 2 FREE games of bowling, shoe rental not included.

#### King of the Hill

Thursdays, May 2, 9, 16, 23, 30

11am - 1pm

#### **Naval Station Bowling Center**

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

#### **Active Duty Bowl FREE**

Fridays, May 3, 10, 17, 24, 31

5 - 8pm

#### The Escape Bowling Center

For Party reservations call 473-2651. Party Rentals on Saturday 2:30 pm - 5:30 pm or 6:30 pm - 9:30 pm & on Sundays from 12 - 6pm. \*\*\$350.00 for three hours of fun and entertainment for your family and friends.

#### FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120
JBPHH-Pearl Harbor Bldg. 1338 471-2019
Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55, Kunia Bldg. 446
Makalapa Bldg. 388, West Loch Bldg. 621

#### May the Fourth 5K

Saturday, May 4

6:30am

**Hickam Memorial Fitness Center** 

"May the fourth be with you..." This event is FREE to all eligible patrons. Registration begins at 5:30am. Categories: adult male, adult female, stroller male, stroller female, youth boy and youth girl. Please call 808-448-2214 for more information.

#### Mother's Day Massage Special

**Entire month of May** 

Hickam Memorial Fitness Center

\$55

Celebrate Mother's Day by gifting her a relaxing massage from the Hickam Spa. The special lasts all month and allows mom to receive an hour special for only \$55. Call 808-448-2214 for more information or to schedule an appointment.

#### Fitness & Wellness Fair 2019

Friday, May 10

10am - 2pm

**JBPHH Fitness Center** 

Come check out the annual FREE Fitness & Wellness Fair! There will be commercial vendors, fitness organizations/clubs, healthy snacks, giveaways, prizes, a fitness class demo., and a personal training Q&A session. The fitness class demonstration will include Hot Hula, Strong by Zumba and Zumba Toning. For more information, call 808-471-2020/2019.

#### Firetruck Pull 2019

Friday, May 10

11am - 12:30pm

JBPHH Fitness Center

This FREE fun event is a part of the Fitness and Wellness Fair 2019! Open to military, DoD civilians and contractors. Make your 6-person team and submit your roster at the JBPHH fitness center front desk. Call 808-471-2020/2019 for more information.

#### 3-point Shoot Out

Tuesday, May 14

11am – 3pm Wahiawa Annex Fitness Center

FREE

Test your basketball skills and see how many points you can rack up in 30 seconds. Awards will be provided to the top 3 contenders. Complimentary event to all eligible patrons. For more information, please call 808-653-5542.

#### YogaFit Level 2 Certification Class

June 22 & 23

8am - 6pm

Wahiawa Annex Fitness Center

Early bird: \$450, Regular pricing: \$480

This course will teach participants to use physical cues, mental imagery and positive affirmations. Learn poses, allowing a more varied practice. Advanced breathing techniques (pranayama) and how to incorporate them into your classes will be included. PREREQUISITE: It is a requirement that you completed the Level One course. You can begin registering now for the early bird rate (until May 22), then the regular pricing will be in place. Call 888-786-3111 to register.

#### GOLF

Barbers Point	82-1911
Keʻalohi Par 3	48-2318
Mamala Bay4	49-2304
Navy-Marine4	71-0142



# MAY THE SIZE

AMWR EVENT

6:30am | Saturday, May 4 Hickam Memorial Fitness Center

Registration begins at 5:30am | Call 808-448-2214 for more information

Categories: male/female, stroller male/female, youth boy/girl



## **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						
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	ZUMBA	ZUMBA	HIIT*	ZUMBA	YOGA	
0.50 – 9.50am	STRONG BY ZUMBA®*	ZUMDA	IIIII	ZUMDA	TOUA	
8:45 – 9:30am		CYCLE EXPRESS		CYCLE EXPRESS		
9 – 10am						CYCLE FIT
9:15 –10:15am						ZUMBA
9:45 – 10:45am	YOGA	POWER SCULPT	TOTAL BODY CONDITIONING	POWER SCULPT	ZUMBA	
10:30 – 11:30am						Р90Х™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY	CYCLE FIT*	TOTAL BODY	WARRIOR ZONE CIRCUIT*	
11.50am – 12.50pm	CICLETII	CONDITIONING*	YOGA	CONDITIONING*/TRX*	CIRCUIT TRAINING*	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	TURBO KICK™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®*	
6pm		KARATE SC				
7pm		HOT HULA FITNESS®		HOT HULA FITNESS®		

#### HICKAM MEMORIAL FITNESS CENTER

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

#### WAHIAMA ANNEX FITNESS CENTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	11am – noon		YOGA		TOTAL BODY CONDITIONING		
	5 – 6pm		ZUMBA		ZUMBA		

<sup>\*</sup> 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

| 20 | MAY 2019 • GREATLIFEHAWAII www.greatlifehawaii.com

#### athletics (cont.)

#### \$2 Tuesdays

Tuesday, May 7, 14, 21, 28

4-6pm

#### Mamala Bay Golf Course Driving Range

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

#### **FREE Golf Demo Day**

Anytime during normal business hours 10am – 2pm

#### Mamala Bay Golf Course

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

#### **FREE Golf Clinics**

Thursday, May 16 | Noon – 1pm Navy Marine Golf Course AND

Wednesday, May 8 | 9:30 - 10:30am

**Barbers Point Golf Course** 

For more information, call the respective golf shop.

#### **Hickam Invitational Golf Tournament**

May 17 - 19

#### Mamala Bay Golf Course

Tournament is open to all interested amateur golfers! Visit greatlifehawaii.com for information and the downloadable application. Any additional questions, call 449-2304.

#### **Operation Ignite**

Friday, May 31 7:30 – 11pm

## \$10/person for glow golf; movie is FREE Mamala Bay Golf Course

Come out for a night of fun with family and friends! There will be glow golf and a FREE movie on the lawn. Glow golf starts at 7:30pm and is \$10/person for an LED golf ball (purchase to keep) and glow necklace! Bumblebee will show on the lawn at 8pm, make sure to bring blankets or chairs to sit on. There will be FREE popcorn while supplies last, so get there early! Golf is for ages 7 years+, children must be supervised and please don't forget your flashlights. Additional food and drinks will be available for purchase at the snack bar.

#### **Spouse Appreciation Special**

Friday, May 10 10am – 2pm

#### Ke'alohi Golf Course

Show your spouse some appreciation and take them to enjoy a FREE round of golf at the Ke'alohi course. One (1) free round of golf for a military spouse with a valid ID card.

#### 9 Before 9

Monday - Friday (except holidays)

Before 9am

**Mamala Bay Golf Course** 

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

#### \$30 Coupon Special

Mondays & Tuesdays (except holidays) Barbers Point Golf Course

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

#### **Weekend Special**

Saturdays & Sundays (except holidays)

Starts at 3:30pm

#### **Barbers Point Golf Course**

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

#### **BOGO Special**

#### Monday – Friday (except holidays) Ke'alohi Golf Course

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

#### Twilight/Play Until Dusk Golf Specials

Monday – Friday (after 2:30pm) Saturday & Sunday (after 3:30pm)

(except during holidays or tournaments)

Come and enjoy our special twilight golf prices and play until dusk! For more information or to check for availability, please call 449-2304.

#### INTRAMURALS

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

#### **Softball Tournament**

May 4 & 5

\$200 per team (16 team max.)

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

#### 7 on 7 Flag Football Tournament

May 4 & 5

\$175 per team (12 team max.)

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

#### 2 Man Sand Volleyball Tournament

May 18

12 team max.

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

#### Intramural Volleyball: Coaches Meeting

May 15

1pm (JBPHH Classroom)

FREE

League limited to commands from Joint Base Pearl Harbor Hickam. Any additional active duty members not belonging to command team will come from a players' pool. All individual who are interested in getting into the players' pool, please call. Official Roster available at the Sports And Fitness Office, Pearl Harbor Bldg. 667

#### **YOUTH SPORTS**

## Youth Sports Summer Camp Registration (May 1 – 31)

- Golf Camp | June 10 14 (9 11am); \$75
- Soccer Camp | June 10 14 (4 6pm); \$40
- Softball Camp | June 17 21 (9 11am); \$40
- Archery Camp | June 24 28 (5 7pm); \$80
- Tennis Camp | June 24 28 (9am 12pm); \$70



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

#### **Hickam Historical Tour**

Fridays, May 3, 10, 17, 24, 31 9:30am – 1:30pm

\$45 for adults

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

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

#### **Ford Island Historical Tour**

Wednesdays, May 1, 8, 15, 22, 29

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

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

## recreation

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

#### **ARTS & CRAFTS**

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

#### LIBRARY

#### **STEM Wednesday - Cubelets Robotics**

Wednesday, May 1

2 - 3:30pm

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

#### **Tween Book Club**

Wednesday, May 1

4 – 5pm

We will discuss "Wish Tree."

#### **Sewing Savvy Workshop**

Friday, May 3

9 – 11am

FREE (space is limited)! Learn to make simple alterations!

#### recreation (cont.)

#### **Library Know-How**

Saturday, May 4 10am – 12pm

Learn to get the most out of your library.

#### **Adult Book Club**

**Tuesday, May 7 | 10am • Thursday, May 9 | 6pm** Both days we will discuss "Smoke Gets in Your Eyes."

#### Young Adult Book Club

Wednesday, May 8

4 - 5pm

We will discuss "The Lie Tree."

#### **Preschool Story Time**

Wednesday, May 8 & 22

9 - 10am

On May 8 the theme will be "Mother's Day Celebration." On May 22 the theme will be "Staying Healthy."

#### 4th and 5th Grade Book Club

Wednesday, May 8 & 15

2pm

We will discuss "No Talking" on May 8 and "Electric Ben" on May 15.

#### **LEGO Time**

Saturday, May 25

10am

#### **Writing Workshop**

Saturday, May 11 & 25

4pm

Kyle Belote, from the Organization of Military Community Writer54 (OMCW) will lead writing workshops at the JBPHH Library. Ages 18 & older.

#### MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 . . . . . . 449-3354

#### **YOUTH DANCE CLASSES:**

#### **Ballet 1-A (Ballet Beginner)**

Tuesdays, Apr 30 - May 21

5:30 - 6:25pm

\$45 per session (plus cost of required uniform)

Ages 7 - 12.

#### **Ballet 1-B (Ballet Beginner)**

Thursdays, May 2 - 23

5:30 - 6:25pm

\$45 per session (plus cost of required uniform)

Ages 7 – 12.

#### **Tap Dancing**

Fridays, May 3 - 24

6 - 6:25pm

\$25 per session (plus cost of required items)

Ages 7 – 17.

#### Blue (Ballet & Tap)

Thursdays, May 2 - 23

3 - 3:55pm

**\$45** per session (plus cost of required uniform) Ages 6.5 – 9.

#### Pink 1-A (Pre-Ballet & Tap)

Tuesdays, Apr 30 - May 21

10 - 10:55am

**\$45** per session (plus cost of required uniform) Ages 3.5 - 4.5.

#### Pink 1-B (Pre-Ballet & Tap)

Thursdays, May 2 - 23

4:30 - 5:25pm

**\$45** per session (plus cost of required uniform) Ages 3.5 – 4.5.

#### Pink 1-C (Pre-Ballet & Tap)

Thursdays, May 2 - 23

4 - 4:55pm

**\$45** per session (plus cost of required uniform) Ages 4 – 5.5.

#### Pink (Pre-Ballet, no Tap)

Thursdays, May 2 - 23

4 - 4:25pm

**\$25** per session (plus cost of required uniform) Ages 3.5 – 5.

#### Pink 2 (Ballet & Tap)

Tuesdays, Apr 30 - May 21

4:30 - 5:25pm

**\$45** per session (plus cost of required uniform) Ages 4.5 – 6.

#### Mommy & Me Dance Class

Tuesdays, Apr 30 - May 21

11 - 11:25am

**\$45** per session (plus cost of required uniform) Ages 2.5 - 5.

#### Hip Hop

Fridays, May 3 - 24

5 - 5:55pm

**\$45** per session (plus cost of required uniform) Ages 7 – 17.

#### Acro-Jazz (Jazz, Lyrical, and Acro)

Tuesdays, Apr 30 - May 21

3:30 - 4:25pm

**\$45** per session (plus cost of required uniform) Ages 7 – 17.

#### Ballet 2

Tuesdays & Thursdays, Apr 30 - May 23

5:30 - 6:55pm

**\$110** per session (plus cost of required uniform) Ages 7 – 17.

#### **ADULT DANCE CLASSES:**

#### **Adult Tap Dancing**

Tuesdays, Apr 30 - May 21

7:30 - 8pm

**\$25** per session (plus cost of required items) Ages 18 and up.

#### Adult Jazz/Hip Hop

Tuesdays, Apr 30 - May 21

7 - 7:30pm

**\$25** per session (plus cost of required items) Ages 18 and up.

#### **Adult Ballet**

Thursdays, May 2 – 23

7 – 7:30pm

**\$25** per session (plus cost of required items) Ages 18 and up.

#### MARTIAL ARTS:

#### Karate

Mondays & Wednesdays, Apr 30 - May 21

- May 1 29 (May 1, 6, 8, 13, 15, 20, 22, and 29)
- Jun 3 26 (Jun 3, 5, 10, 12, 17, 19, 24, and 26)
- Jul 1 31 (Jul 1,3, 8, 10, 15, 17, 22, 24, 29, and 31)

5:30 - 6:30pm; 6:30 - 7pm (designated time for students 15 yrs. to adult and more advanced students) \$45 per person/per month

Ages 5 and up.

#### **Victory Martial Arts**

#### (Mixed Martial Arts & Traditional Taekwondo)

Tuesdays & Thursdays

May  $2-30 \cdot \text{Jun } 4-27 \cdot \text{Jul } 2-30 \cdot \text{Aug } 1-29 \cdot \text{Sept } 3-26$  \$45 per person/per month (\$80 for two students in the same family per month; \$95 for 3 students in the same family per month)

YOUTH CLASSES (Ages 5 – 10): 4:30 – 5:30pm JUNIOR CLASSES (Ages 11 – 17): 4 – 8pm ADULT CLASSES (Ages 18 and up): 4 – 8pm

#### Community Outreach Women's Self-Defense Seminar

Fridays, May 31 and Jun 28

5:30 - 7pm

\$15 per person

Ages 12 and up.

#### **MUSIC CLASSES:**

#### **Music-Instrumental and Vocals**

One class per week. Mondays – Fridays, numerous time slots offered.

\$152 per mo. (4 half hour private sessions)

Ages 4 and up. Schedule based on instructor and room availability (subject to change). Private lessons in piano, voice, drums, ukulele, guitar and other instruments with various instructors. For more class information and availability, please call (808)-449-3354.

#### **SHARKEY THEATER**

Hickam Bldg. 628, Movie Hotline. . . . . . 473-0726

#### **Ticket Prices**

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

Movies shown Thursday - Sunday.

#### **Spouses Day**

Friday, May 10

7pm

Military spouses receive a FREE movie pass to the 7pm movie, plus a FREE small bag of popcorn.

#### **Single Sailor Movie Night**

Friday, May 10

Sign up at the Beeman's Liberty Center for a FREE Movie Pass, and refreshments from the Snack Bar.

#### Mother's Day

Sunday, May 12

1:30pm

Mom's get in FREE with a paying family member during the 1:30pm movie.





May 18, 2019 6-7:30 pm



Check in between 5-5:30pm 5-6 year old 1/2 mile, 7-8 year old 1 mile, 9-13 year old 2 miles and 14 and up 5k.



Parents are encouraged to run with their youth. Registration is mandatory. T-shirts are first come first serve to the first 500 registrants to check-in .



Register Online at Americaskidsrum.org from April 15th-May 15th 2019 (Select Registration, select Joint Base Pearl Harbor-Hickam and



select Joint Base Pearl Harbor-Hickam and complete registration)



Must Bring water bottles and wear althletic clothing. No strollers or pets on track.



greatlifehawaii.com

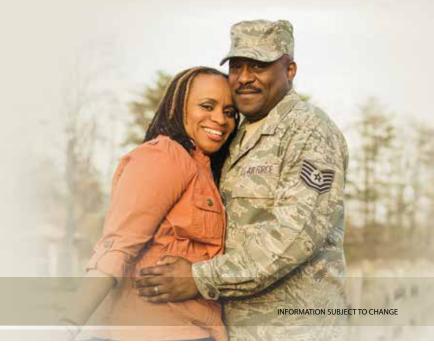


## MILITARY & FAMILY SUPPORT CENTER



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.

## **MAY CLASSES**



## employment assistance

#### **ACING THE INTERVIEW**

#### May 20 • 12:00 - 2:00pm | Pearl Harbor

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

#### **CIVILIAN RESUME WRITING**

#### May 20 • 8:00 - 10:00am | Pearl Harbor

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

#### **FEDERAL EMPLOYMENT 101**

## May 7 • 10:00am – 12:00pm | Wahiawa Conference Center May 28 • 1:00 – 3:00pm | Pearl Harbor

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

#### **HIRING EVENT**

#### May 23 • 10:00am - 2:00pm | Pearl Harbor

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

#### LINKEDIN: WHAT WILL THEY SEE

#### May 20 • 4:00 – 6:00pm | Pearl Harbor

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

#### PART-TIME MONEY MAKERS

#### May 7 • 8:00 - 10:00am | Wahiawa Conference Center

This course will help you discover creative ways to earn supplemental income. It

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, quick-start income opportunities, and money saving apps. This course will also help you identify red flags for scams & determine your entrepreneurial risk tolerance and potential.

#### **SALARY NEGOTIATION**

#### May 29 • 12:30 - 2:00pm | Hickam

A key part of landing that job is knowing how to negotiate your worth! Learn the ins and outs of salary negotiation to get the best offer for you!

## family life skills

#### **BOOT CAMP FOR NEW DADS**

#### May 18 • 9:00am - 12:00pm | Pearl Harbor

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

#### **DEVELOPING SELF-ESTEEM IN CHILDREN**

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

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

#### HELPING YOUR CHILDREN COPE WITH DIVORCE

#### May 8 • 1:00 – 3:00pm | Pearl Harbor

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

#### **HIGH-TECH PARENTING**

#### May 7 • 1:00 - 3:00pm | Pearl Harbor

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

#### **NEW MOMS AND DADS**

#### May 15 • 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

#### May 21 • 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**

#### May 7, 14, 21, 28 • 10:00am - 12:00pm | Pearl Harbor

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

#### **STOP BULLYING**

#### May 21 • 10:00am - 12:00pm | Pearl Harbor

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

#### **STORY TIME**

#### May 23 • 10:00 - 11:00am | Hickam

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

## information and referral

#### **EFMP COFFEE TALK**

#### May 9 • 9:00 - 10:00am | Pearl Harbor

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

#### FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

#### May 2 • 8:00 - 11:00am | Pearl Harbor

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

#### **GREEN CARD / IMMIGRATION AND NATURALIZATION**

#### May 21 • 9:30 - 11:30am | Pearl Harbor

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

## key spouse/ombudsman/ family readiness group

#### **KEY SPOUSE INITIAL TRAINING**

#### May 14 • 8:00am - 2:00pm | Hickam

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

#### **KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING**

#### May 14 • 2:00 - 3:00pm | Hickam

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

## military spouse appreciation month

#### **ACCESSING HIGH EDUCATION FOR SPOUSES**

#### May 21 - 22 • 8:30 - 11:30am | Pearl Harbor

Invest just 2 mornings with MFSC to focus on higher education from every aspect – ensuring the college has the correct accreditation, the degree program details that fit your needs, financial aspects, and creating the strongest application!

#### **MILITARY SPOUSE APPRECIATION HIGH TEA**

#### May 11 • 2:30 - 4:30pm | Hickam

Attention Military Spouses, you are cordially invited to attend this special event! In partnership with Navy League, MFSC presents this High Tea to celebrate your service. There will be light hors d'oeuvres and pastries, and a creative painting activity for self-care. Registration required.

#### **MILLION DOLLAR SPOUSE**

#### May 16 • 8:00am - 3:00pm | Pearl Harbor

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

#### **MOTHER NURTURE**

#### May 18 • 9:00am - 12:00pm | Pearl Harbor

Let your intentions yield actions that benefit you. Raising children, supporting a partner, maintaining a happy home, and managing work schedules and responsibilities may place self-care at the bottom of your to-do-list, but it is time to prioritize you-your time, your space, your needs. Actively nurturing yourself through self-care is essential and beneficial to your family as a whole. Daily self-care activities can reduce or prevent stress, exhaustion, burnout, and even illness. Join us for a morning workshop of self-care discussion & techniques that will help you put your first.

## personal development

#### ANGER MANAGEMENT

#### May 23 • 9:00am - 12:00pm | Hickam

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**

#### May 15 • 1:00 – 3:00pm | Pearl Harbor

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

#### **DATING WITH A PURPOSE**

#### May 23 • 1:00 - 3:00pm | Hickam

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

#### **DEALING WITH DIFFICULT BEHAVIORS**

#### May 16 • 10:00am - 12:00pm | Pearl Harbor

Do you ever encounter difficult behavior at work? How well do you work with people that

(continued on next page)

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

#### FOUR LENSES FOR RELATIONSHIPS

#### May 24 • 10:00am - 12:00pm | Pearl Harbor

Explore the basic personality types in a fun & informational workshop, and how to use the information to strengthen your relationships with spouses, partners, kids, and co-workers.

#### **HEALTHY RELATIONSHIPS 101**

#### May 30 • 10:00am - 12:00pm | Pearl Harbor

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

#### **HEALTHY RELATIONSHIPS FOR TEENS**

#### May 29 • 3:00 - 5:00pm | 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. Teens attending the class, will learn the core elements of building Healthy Relationships: high self-esteem, qualities to look for in people, social media and keeping safe!

#### **INTERPERSONAL SKILLS**

#### May 9 • 5:30 - 7:30pm | Pearl Harbor

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

#### **SKILLS DEVELOPMENT GROUP**

#### May 1, 8, 15, 22, 29 • 10:00am - 12:00pm | Pearl Harbor

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

#### STRATEGIZING WITH STRESS

#### May 8 • 9:00am - 12:00pm | Hickam

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

#### **TIME MANAGEMENT**

#### May 1 • 10:00am - 12:00pm | Pearl Harbor

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

#### TRANQUIL SEAS: MINDFULNESS AND SELF CARE

#### May 14 • 10:00am - 12:00pm | Pearl Harbor

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

#### **UNPLUG YOUR RELATIONSHIP**

#### May 30 • 5:30 - 7:30pm | Pearl Harbor

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

#### **WOMEN EMPOWERED GROUP**

#### May 6, 13, 20 • 10:00am - 12:00pm | Pearl Harbor

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

#### **WORK AND PERSONAL LIFE BALANCE**

#### May 2 • 1:00 - 3:00pm | Pearl Harbor

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

## personal financial management

#### **CAR BUYING STRATEGIES**

#### May 21 • 5:00 - 6:30pm | Pearl Harbor

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

#### COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

#### May 1 • 8:00am – 3:00pm | Pearl Harbor

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

#### FROM BASE TO PLACE

May 2 • 8:00 - 9:30am | Pearl Harbor

May 16 • 2:00 – 3:30pm | Pearl Harbor

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

#### **MILLION DOLLAR SPOUSE**

#### May 16 • 8:00am - 3:00pm | Pearl Harbor

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

#### **SAVING AND INVESTING BASICS**

#### May 10 • 1:00 - 2:30pm | Pearl Harbor

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

#### **VA HOME LOAN WORKSHOP**

#### May 21 • 4:00 – 5:00pm | Pearl Harbor

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

### relocation assistance

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

#### May 22 • 8:00 - 11:00am | Pearl Harbor

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

#### **SMOOTH MOVE**

#### May 9 • 8:00 - 11:30am | Pearl Harbor

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

#### **SPONSOR TRAINING**

May 7 • 1:00 - 3:00pm | Wahiawa Conference Center

May 15 • 9:00 - 11:00am | Pearl Harbor

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

## sexual assault prevention & response (SAPR)

#### SAPR POC TRAINING

#### May 29 • 8:00am - 4:00pm | Pearl Harbor

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

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

#### May 13 - 17 • 8:00am - 4:00pm | Pearl Harbor

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

#### SAPR VICTIM ADVOCATE REFRESHER TRAINING

#### May 21 • 1:30 – 3:30pm | Pearl Harbor

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

#### **SEX ASSAULT SURVIVORS GROUP**

#### May 1, 8, 15, 22, 29 • 4:00 - 5:30pm | Pearl Harbor

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

### transition assistance

#### **CAPSTONE EVENT**

May 8, 9, 30

#### 8:00 - 10:00am | 10:00am - 12:00pm | Pearl Harbor

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

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

#### May 6 - 10 • 7:30am - 4:00pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's

benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within 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

May 6 - 10 • 7:30am - 4:00pm | Pearl Harbor May 13 - 17 • 7:30am - 4:00pm | Pearl Harbor

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

#### TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

#### May 28 • 7:30am - 4:00pm | Pearl Harbor

Transitioning from military to civilian involves learning a lot of new information. This workshop incorporates some of the most commonly asked about topics during transition, including LinkedIn, salary negotiation, VA Benefits, Tricare, Survivor Benefit Plan, SkillBridge training/certification opportunities, and employer networking.

#### **USAF PRE-SEPARATION BRIEFING**

#### May 1, 5, 29 • 8:00 - 11:00am | Hickam

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



#### Military & Family Support Center Locations

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

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

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

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

www.greatlifehawaii.com GREATLIFEHAWAII • MAY 2019 | 27 |

## phone directory & hours

## 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
Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948 Mon–Fri
RESTAURANTS & CASUAL DINING
LA FAMILIA MEXICAN RESTAURANT         At Ke'alohi Par 3 Golf Course • 422-9987         Mon       Closed         Tue–Sat       1000–2100         Sun       1000–2000
THE LANAI AT MAMALA BAY
3465 Mamala Bay Drive, Hickam Harbor • 422-3002
Mon–Thu, Sun
Fri, Sat
Моn–Thu, Sun
Fri, Sat
RESTAURANT 604 57 Arizona Memorial Drive, Rainbow Bay • 888-7616
Mon–Thu
Fri
Sat
Oun

Aloha Hour Mon–Fri	1500–1700
WRIGHT BROTHERS CAFÉ & GRILLE 901 Worthington Avenue • 448-4608 Ext. 39 Mon-Thu	
Fri	1700-2000
SNACK BARS	
HARBOR GRILL Inside Naval Station Bowling Center • 473-2574	
Mon	0700-2100 0700-2200
Sat	
KAU KAU KORNER Inside Hickam Bowling Center • 448-9959	
Mon-Thu	1000–2200 0900–2200
MAMALA BAY SNACK BAR At Mamala Bay Golf Course	2000
Tue-Sun	0500-1400
PHILLIES 711 Pierce St. Beeman Liberty Center • 387-8080	
Mon–Fri	
PLANET SMOOTHIE At the Hickam Fitness Center • 422-1145	
Mon–Fri	

<b>STEAKOUT</b> Barbers Point Golf Course • 462-9370 Mon–Sun
FAST FOOD PIZZA HUT At the Club Pearl Complex • 423-2222
TACO BELL At the Club Pearl Complex • 422-2274
BARS         10th PUKA LOUNGE         At Ke'alohi Par 3 Golf Course • 448-9890         Mon, Tue, Sun       1100-2230         Wed-Sat       1100-2300
BREWS & CUES           Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743           Mon-Thu         1300-2300           Fri.         1300-0100           Sat         1100-0100           Sun.         1100-2300
THE COUNTRY BAR           Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743           Mon-Thu         Closed           Fri-Sat         2030-0200           Sun         Closed
KOA LOUNGE         At the Historic Hickam Officers' Club • 448-4608         Wed       1600–2100         Thu       1600–2200         Fri       1600–2300
TRADEWINDS - NOW OPEN!         150 McClelland Street, Hickam Bldg. 1804 • 449-6112         Sun, Mon, Wed,Thu,       1530-2200         Fri & Sat.       1530-2400         Tue.       Closed

## programs&services

AQUATICS  Arizona Pool (Ford Island) • 472-7582  Open Swim (summer months):  Mon-Fri
Sat, Sun, Holidays
Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384         Open Swim:       Closed         Mon, Tue       1430-1800         Sat, Sun       1200-1700
Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394 Lap Swim:
Mon-Fri     .0500-0700, 1100-1300       Mon-Thu     1700-1900       Sat, Sun     1000-1200
Open Swim:         1430–1700           Mon–Fri         1430–1700           Sat, Sun, Holidays         1200–1700           Towers Pool (Makalapa) • 471-9723
Lap Swim: Mon–Fri
Sat, Sun
Lap Swim: Tue, Thu
Open Swim:         1300–1700           Tue, Thu.         1300–1700           Sat, Sun, Holidays.         1200–1700
ARTS & CRAFTS CENTER Hickam Bldg. 1889 • 448-9907
Ceramics & Frame Shop         Closed           Mon, Sun         Closed           Tue-Sat         0900-1700
Engraving Shop         Closed           Mon, Sat, Sun         0900–1700           Tue-Fri         0900–1700

Tue-Fri
Mon, Sun         Closed           Tue-Thu.         1000-1800           Fri, Sat.         0900-1700
Wood Hobby Shop • 448-9911         Closed           Mon, Fri         1200-2030           Tue-Thu         1200-2030           Sat, Sun         1000-1700
AUTO SKILLS CENTERS Flight Crew Motorcycle
Hickam ASC, Bldg. 4002 • 449-2554
Mon, Sun         Closed           Tue-Fri         0700-1700           Sat         0900-1700
Hickam Car Wash • 449-2554
Daily
(Last vehicle entry: 19:15)
Moanalua ASC (off-base) • 471-9072         1200–2000           Mon, Thu, Fri         1200–2100           Sat, Sun         0900–1700           Tue, Wed         Closed
Car Wash at Moanalua ASC • 471-9072
Daily
Towing Service • 449-2554
BOWLING CENTERS Hickam Bldg. 1891 • 448-9959
Mon, Tue, Thu
Wed
Fri
Sat
Sun
Naval Station Bldg. 1736 • 473-2574
Mon

Gallery/Office

Sat       0900–2230         Sun       1100–1800         Holidays       Closed         The Escape at Wahiawa Annex • 473-2651       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
FITNESS & SPORTS CENTERS Family Fitness Center Bldg. 1681 • 471-2019 Mon–Fri (unstaffed)
Hickam Bldg. 1120 • 448-2214  Mon-Fri
JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
Mon-Fri
Naval Station Gym Bldg. 667 • 473-2436         Mon, Wed, Fri
Wahiawa Annex Bldg. 446 • 653-5542       0500–2100         Mon–Fri       1200–1700         Sat, Sun       1200–1700         Holidays       1000–1500
Open 24 hours a day, 7 days a week (unstaffed): Ford Island Bldg. 55
www.greatlifehawaii.

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
Mon, Wed-Sun
GOLF COURSES CONTINUED  Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
Mon, Wed-Sun
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
Mon–Fri
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         0700–1830
Mon-Sun
Driving Range Mon–Wed, Fri–Sun
Thu
HOUSING Ohana Military Communities Family Housing • 474-1820, 839-8690 Hickam Communities Family Housing • 448-0856, 423-7788 Unaccompanied Housing • 473-5995
INFORMATION, TICKETS & TRAVEL
ITT-Barbers Point, White Plains Beach • 682-2019
Mon-Sat.       0900-1800         Sun, Holidays.       0900-1500
ITT-Fleet Store, Pearl Harbor • 473-0792  Mon–Fri
Sat
Sun, Holidays
Mon–Fri
Sun, Holidays
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446 Mon, Wed, Fri
Tue, Thu, Sat, Sun, Holidays
ITT Recreation Ticket Vehicle • 630–3080
<b>TRAVEL CONNECTIONS OFFICES</b> Travel Connections Fleet Store, Pearl Harbor • 422-0139
Mon-Fri         0900-1800           Sat, Sun, Holidays         Closed
Travel Connections NEX Mall • 422-4067
Mon-Fri         0900-1700           Sat, Sun, Holidays         Closed
INTRAMURAL SPORTS OFFICE
Pearl Harbor Bldg. 667 • 473-2494 or 473-2437 Mon–Fri
Sat, Sun Closed
LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY) Beeman Center (Naval Station) • 473-2583
Daily
Daily
Mon-Sat
LIBRARY
Hickam Bldg. 595 • 449-8299 Mon, Wed, Fri, Sat
Tue, Thu.       .1100–2000         Sun, Holidays.
MARINAS
Hickam Harbor Marina, Bldg. 3455 • 449-5215  Mon
Tue-Sun
Rainbow Bay Marina, Bldg. 103 • 784-0167 Mon
Tue-Sun

MILITARY & FAMILY SUPPORT CENTER Hickarn, 655 Vickers Ave. • 474-1999
Tue-Thu 0800-1530 / Closed daily from 1100-1200 Mon, Fri-Sun
Pearl Harbor, 4827 Bougainville Dr. • 474-1999       0700–1630         Fri.       0700–1600         Sat, Sun.       Closed
Wahiawa Annex, Bldg. 392 • 474-1999         Closed           Mon, Fri–Sun         Closed           Tue–Thu         0730–1600
MORALE, WELFARE & RECREATION (MWR) ADMIN           Bloch Arena • 473-0787           Mon-Fri
MOVIES Sharkey Theater, Pearl Harbor • 473-0726
Mon-Wed.         Closed           Thu, Fri.         1900 showtime           Sat.         1430 first showtimes           Sun.         1330 first showtimes           Memorial Theater. Hickam • 448-2297
NAVY GATEWAY INNS & SUITES
(Open 24 hours a day, 7 days a week)  Pearl Harbor Side of JBPHH • 808-800-2337  Arizona Hall (Bldg. 1623)
Hale Ali'i (Bldg. 1315) Lockwood Hall (Bldg. 662) Makalapa (Bldg. 372)
Hickam Side of JBPHH • 808-800-2330 Royal Alaka'i (Bldg. 1153)
OUTDOOR RECREATION Aikane Sport Fishing • 423-1113
Dive Oahu, Pool 1 • 922-3483 Hickam Beach (lifeguards on duty)/Surf Shack Fri–Sun
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
Skateboard Hangar • 448-4422 Wentworth Tennis Center • 473-0610 White Plains Beach/Surf Shack • 682-4925 Daily
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
Sat, Sun
Mon-Thu       1400-2000         Fri       1400-2100         School vacations:       1400-2100
Mon–Fri
Sat         1330–2130           Sun         Closed           Youth Sports & Fitness         Fitness
Office, Bloch Arena • 473-0789

WOUNDED WARRIOR Navy Wounded Warrior-Saf 480 Central Avenue, Bldg. 1	e Harbor Program 514 • 808-473-2444 Opt. 9, Ext. 4515

## naf jobs

#### **Job Opportunities**

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

#### **Continuous Recruitment:**

Child & Youth Program (CYP) Assistant CYP Cook

CYP Food Service Worker

Cashier/Checker Club Operations Assistant

Cook Food Service Worker

Waiter/Waitress

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

Automotive Worker Hotel Housekeeping Laundry Worker

#### How to Apply:

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

**CNRH FFR** 

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

or email to: CNI\_PRLH\_N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

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







**MWR Presents** 

HAWAIIAN ISLAND CREATIONS-QUIKSILVER

## L:MILITARY SURF CLASSIE

## **SATURDAY, JUNE 15 7AM - 5PM**

**KALAELOA (BARBERS POINT)** WHITE PLAINS BEACH

OPEN TO ACTIVE-DUTY, RESERVISTS, RETIRED, DOD CIVILIANS AND DEPENDENTS ONLY ("Sponsoring" someone into the event is not allowed).

\*PARTICIPANTS CAN ENTER ONE DIVISION ONLY

DROP OFF COMPLETED ENTRY AT WHITE PLAINS BEACH SURF SHACK OR HICKAM MARINA BY FRIDAY, JUNE 7. MAILED ENTRIES MUST BE POSTMARKED BY TUESDAY, JUNE 4.

FOR MORE INFORMATION, CALL 682-4925 OR GO TO WWW.GREATLIFEHAWAII.COM

# HYPIOTIST Saturday June 1 8PM HUCK MILLIGAN

You Can Play WITH CHUCKS Toys...
...You Just Have To Play By Chucks Rules!

Paradise Lounge at Club Pearl

18 years and older





