

GREAT *Life* HAWAII

www.greatlifehawaii.com | November 2017

Live it up! WEST OAHU



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

Thanksgiving

BUFFET

**Thursday
Nov. 23**

**Historic Hickam
Officers' Club**

*Open to All Ranks,
All Base-eligible Patrons*

Lanai Seating: 11am & 2pm
Dining Room Seating: Noon

\$32.95 Adults
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\$12.50 Child 4-6 yrs
Free Child 3 and under

Reservations required
Call 808-448-4608
Deadline: Nov. 17

www.greatlifehawaii.com



NOVEMBER

GREATLIFEHAWAII | 2017

live the great life

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connect with us

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



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



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

GREAT LIFE HAWAII: NOVEMBER 2017

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On the cover: Shopping on the West side of Oahu.
At right: Perfect beach day at White Plains Beach.

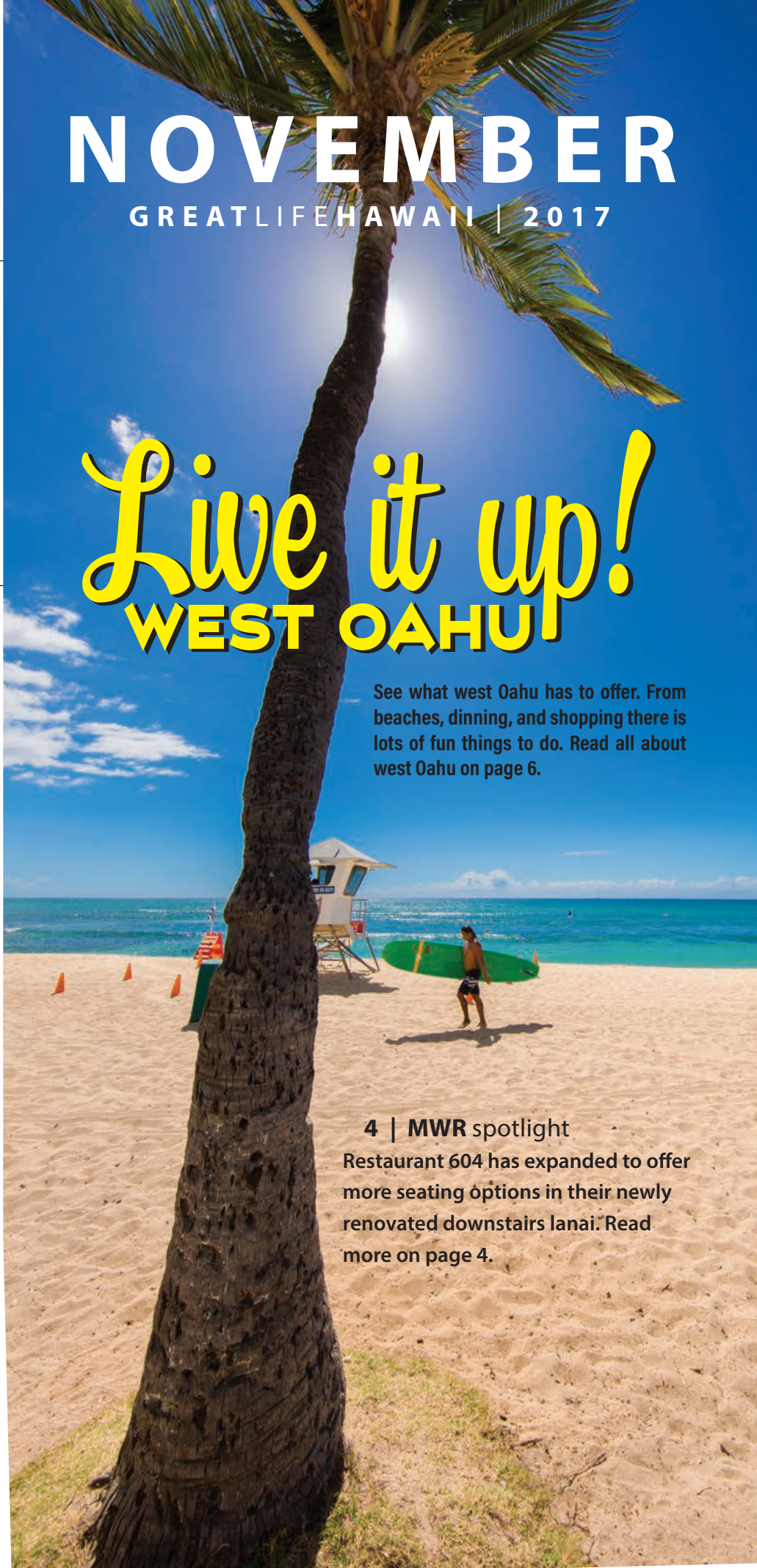
Live it up!

WEST OAHU

See what west Oahu has to offer. From beaches, dinning, and shopping there is lots of fun things to do. Read all about west Oahu on page 6.

4 | MWR spotlight

Restaurant 604 has expanded to offer more seating options in their newly renovated downstairs lanai. Read more on page 4.



More Space, More Options at Restaurant 604

By Reid Tokeshi

Expanded space opens the waterfront restaurant to more customers and more possibilities.

Since opening last year, Restaurant 604 has become a popular choice for lunch, a “pau hana” (after work) hang out spot, or place to celebrate a special event. Overlooking the still waters of Rainbow Bay Marina, more and more customers are discovering this hidden gem of a location. Wanting to better serve their growing list of patrons, operators of the restaurant recently revealed an expansion that will enable them to do even more.

Owner/general manager Donovan Maples describes the renovated downstairs part of the restaurant as a handicap-accessible extension of the dining room and banquet area. It was already being used in this manner, but the memory of a past event motivated Maples to improve the space.

“We decided to build this area because during the 75th anniversary (of the attack on Pearl Harbor) I wasn’t able to provide a decent dining area for our disabled veterans that were in a wheelchair. I felt bad that we had to make them sit in that incomplete area, where it looked like it just wasn’t a nice place to enjoy a meal.”

The improved downstairs now features a permanent roof structure (previously a retractable awning), new lighting and fans to help circulate the air. Feedback has been overwhelmingly positive. “Everyone loves it!” says Maples, noting that diners like being just a few feet from the water and enjoying the cool breezes.

The improved space is very popular for banquet events. Maples says they have hosted promotion parties, hail and farewells, even a couple baby showers. Given the time of the year, he wants to remind everyone that it’s a great place for a family or company holiday party.

If you haven’t visited Restaurant 604 yet, or if it’s been awhile, you’re missing out. Delicious food, laid back Hawaiian-style atmosphere and beautiful views combine to create an oasis just a short drive from the base.

Restaurant 604 is located at 57 Arizona Memorial Drive. They are open daily for lunch and dinner, and open early for brunch on Saturdays and Sundays. For more information, go to www.greatlifehawaii.com or call 808-888-7616. 

RESTAURANT 604 PEARL HARBOR, HI



The newly renovated downstairs lanai is the perfect spot for parties and other family or command events.

CUSTOM ADVENTURES

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STARTING AT \$15 PER PERSON

Enjoy coordinated group activities with experienced trip leaders. You choose the activity and we can help you select the best location to have a fun, memorable and safe adventure!

TRANSPORTATION FROM THE OAC IS INCLUDED.

Available Mondays – Fridays

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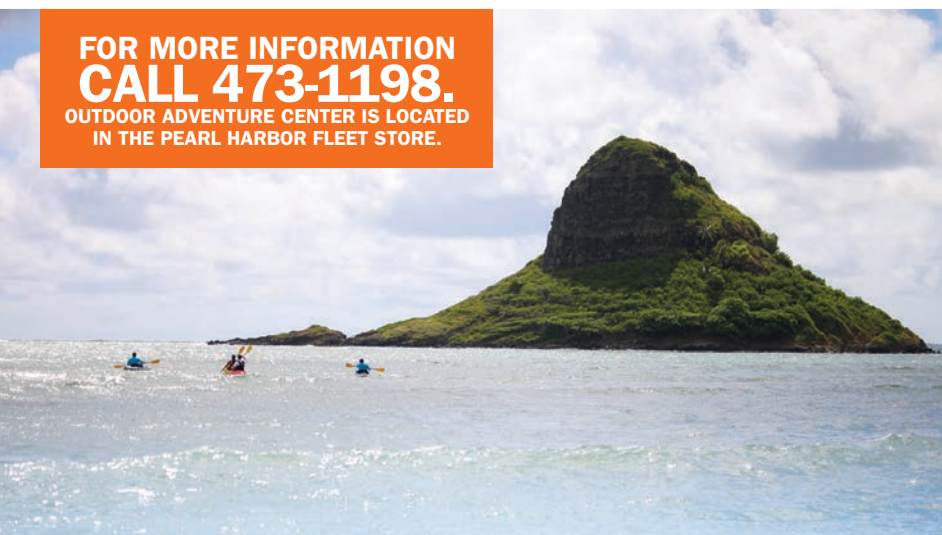
Must register and pay at least 1 week prior to trip date.

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OUTDOOR ADVENTURE CENTER IS LOCATED
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MWR
MODALE, WEIßBACH AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

Get out & About

by Justin Hirai

ON WEST OAHU

When people are planning a day or vacation on Oahu it seems they usually think of Waikiki, the North Shore or Kailua as their destination. However those looking for an alternate should consider West Oahu. The city of Kapolei is continuously growing with new businesses and attractions. Joint Base Pearl Harbor-Hickam also has programs in the vicinity including the Barbers Point Beach Cottages, White Plains Beach, and more. Here are some attractions and ideas you can use to live it up, out on West Oahu!

White Plains Beach is a great place to learn how to surf, have a party/get together or just relax under the sun. Surf lessons can be taken from the experienced staff at The MWR Surf Shack. Rentals of bodyboards, fins, surfboards and stand up paddleboards are also available. Party patio rentals at White Plains can accommodate gatherings up to 200 people. You can find the rental price list and party patio pavilion brochure on the Great Life Hawaii website.

Stay a few nights on the west side at the Navy Getaways Barbers Point Beach Cottages. You can avoid the crowds and cityscapes of Waikiki

while staying at the Barbers Point Beach Cottages. Relax in one of the two or three bedroom cottages available, each offering many amenities including fully furnished kitchens, cable television, linens, ceiling fans, a washer & dryer and private baths. All cottages are in walking distance of the beach or a short drive to White Plains Beach, where the MWR Surf Shack is located. You can find more information on the Great Life Hawaii website or to make reservations you can call (808) 682-3085.

One of the newest attractions on the west side is the Ka Makana Ali'i Shopping Center. This open-air shopping center is filled with a variety of merchants and eateries. It's just a few minutes from White Plains Beach and the Barbers Point Beach Cottages. You can stop by and pick up lunch or a snack to take to the beach like a refreshing acai bowl, delicious plate lunch or sweet dessert. Many of the merchants and eateries offer military discounts. You can get 10-15% off clothing items at select stores and 10-25% off food items from select restaurants. Check out their website to find a list of the participating retailers and their offers.



There's no shortage of activities and attractions. You can attend a luau, plan an adventurous day zip lining, enjoy a dolphin cruise and more. Before you plan these types of activities be sure to stop by any of the MWR Information, Tickets and Travel Offices to purchase your military discounted tickets. There's even an ITT Office located at Barbers Point/White Plains Beach. Here are some of the ITT vendors who are located on West Oahu:

- **KI SPEED** INDOOR GO KART RACING.
- **CORAL CRATER ADVENTURES** CLIMBING WALLS, ZIP LINES AND AN AERIAL ADVENTURE TOWER.
- **OCEAN JOY CRUISES** SNORKELING WITH HAWAIIAN SEA LIFE AND SUNSET CRUISES.
- **KO'OLINA OCEAN ADVENTURES** SNORKELING TOURS AND CATAMARAN SAILING.
- **WET N' WILD HAWAII** WATERPARK FEATURING OVER 25 ATTRACTIONS.
- **GERMAINE'S LUAU** BACKYARD-STYLE HAWAIIAN LUAU AND POLYNESIAN SHOW
- **PARADISE COVE LUAU** HAWAIIAN LUAU WITH ACTIVITIES.

These are just some of the things you can do on West Oahu. You should definitely mix them up to create a full day of activities or use them to plan an action packed staycation. So the next time you're making plans remember West Oahu is a great option to get out and about. 🏖️





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HICKAM AND ARTS CENTER CRAFTS

335 Kuntz Ave., Bldg. 1889 • 448-9907

NOV | DEC | JAN

Visit www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information for class information and supply lists

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6–8:30 p.m.

Jan 3 – Feb 7

Thursdays, 6–8:30 p.m.

Jan 4 – Feb 8

Fridays, 9–11:30 a.m.

Jan 5 – Feb 9

Saturdays, 9–11:30 a.m.

Jan 6 – Feb 10

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 6–8:30 p.m.: **Nov 9–Dec 7** (no class Nov 23)

Saturdays, 9–11:30 a.m.: **Nov 4–Dec 2** (no class Nov 11)

Ages 16 and older

\$55 per person (plus supplies)

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

Drawing & Painting

CREATIVE PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:15–5:15 p.m.

Nov 7–28 • Dec 5–26 • Jan 2–23

Ages 12 and older

\$80 per person (plus supplies)

Create unique textures and patterns by combining acrylic paint with various mixed media techniques to create artworks that are fun and engaging. Discover techniques to create interesting surfaces and intriguing effects.

HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks

Tuesdays, 5:45–7:45 p.m.: **Nov 7–28 • Dec 5–26 • Jan 2–23**

Ages 12 and older

\$75 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.

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6–8 p.m.

Nov 7–Dec 12 • Jan 9–Feb 13

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, 6–8 p.m.



The Hickam Arts & Crafts Center Presents 42nd Annual Fall Craft Fair

Saturday, November 4 | 9 am - 3 pm

Featuring over 120 booths selling original handmade arts and crafts! Just in time for Holiday gift shopping. Enjoy: Live Entertainment, Pony Rides, Great Food, Prize Drawings, Make-n-Takes, and Live Wood & Pottery Demos

For more info call 448-9907

Nov 2–Dec 14 (no class Nov 23) • **Jan 11–Feb 15**

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.

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 3:30–5 p.m.

Jan 18–Feb 15

Ages 12 and older

\$65 per person (plus supplies)

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

FAN ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 5:30–7 p.m.

Jan 18–Feb 15

Ages 14 and older

\$65 per person (plus supplies)

(continued on next page)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

Offered on select Mondays or Saturdays, 9 a.m. – 1 p.m.

Ages 16 years and older

\$80 (supplies included)

Students will learn how to measure and cut a double mat for a 5x7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Please call 449-2453 for specific dates.

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:30–7:30 p.m.

Nov 16–30 (no class Nov 23) • **Dec 7–14** • **Jan 11–18**

Ages 16 and older

\$40 per person (plus supplies)

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

PAINTING WITH GLASS WITH JESSICA FITZGERALD

One class per week for 3 weeks: Wednesdays, 5:30–7:30 p.m.

Nov 15–29 • **Dec 13–27** • **Jan 10–24**

Ages 16 and older

\$65 per person (plus supplies)

Students will learn about frit (coarse sand-like particles of crushed-up glass) and how it can be used to create permanently fused designs on sheet glass. Frit is an entirely unique way of working with glass, and this class allows students to discover new and interesting ways of creating designs in glass. At the end of the class students can use their new glass drawings in small slumping projects that will turn their pieces into functional works of art. Glass experience recommended.

ORNAMENTS AND SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

Mondays, 5:30–7:30 p.m.: **Dec 4, 11**

Wednesday, 5:30–7:30 p.m.: **Dec 6**

Thursday, 5:30–7:30 p.m.: **Nov 9** • **Jan 4, 25**

Ages 16 and older

\$25 per person (plus supplies)

This quick fun class will cover different fusing methods and fun creative ways to use up scrap glass. Students will get to utilize their extra glass to make bright beautiful sun catchers and ornaments to hang in the window or give as gifts. Glass experience required.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6–8 p.m.: **Nov 7–28** • **Jan 9–30**

Wednesdays, 10 a.m.–Noon: **Nov 8–29** • **Jan 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 guesswork.

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

One class per week for 3 weeks: Saturdays, 9 a.m.–Noon

Nov 4–18 • **Jan 13–27**

Ages 16 and up

\$70 per person (plus supplies)

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

Quilting & Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6–8 p.m.

Jan 10–Feb 7

Ages 14 and older

\$75 per person (plus supplies)

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

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks: Tuesdays, 9–11 a.m.

Nov 7–28 • **Jan 9–30**

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9 a.m.–Noon

Nov 18–Dec 16 (no class Dec 9) | **Holiday Project**

Dec 23–Jan 13 | **Disappear Nine Patch Quilt**

Jan 20–Feb 10 | Kaleidoscope 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 SEWING BAGS & MORE WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1–4 p.m.

Nov 18–Dec 16 (no class Dec 9) | **Holiday Project**

Dec 23–Jan 13 | **Beach Bag**

Jan 20–Feb 10 | **Shoes Bag**

Ages 14 and older

\$100 per person (plus supplies)

Put the fun back in functional! Students will learn a variety of sewing techniques while making home décor and accessory-focused projects. Must have your own sewing machine and basic sewing skills. Students may bring their own project to any of the classes, as well.

Woodworking

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

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

4:30–7:30 p.m. (arrive 15 minutes prior to class to sign in)

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

\$20

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

PEN TURNING CLASS

This is a one-day class.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

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

\$50 (supplies included)

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





SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

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

\$50 (supplies included)

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

BOWL TURNING CLASS

One class per week for 2 weeks.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

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

\$85 (supplies included)

The class will explore more the uses for the lathe by learning additional tools and techniques for turning larger items. Pre-registration is necessary to secure a spot for the class. *Must take the safety class & the pen turning class prior.*

CUTTING BOARD CLASS

One class per week for 3 weeks.

Offered select Fridays, 5–9 pm.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

Ages 16 years & older

\$135 (supplies included)

Students will learn to build their own end-grain cutting board from strips of wood. The process shows how to prep your wood from rough lumber and goes into proper glue-up techniques to make a seamless cutting board. Pre-registration is necessary to secure a spot for the class. *Must take the safety class prior.*

KEEPSAKE BOX CLASS

One class per week for 4 weeks.

Offered select Fridays, 5–9 pm.

Offered select Saturdays & Sundays, 7:30–11:30 a.m.

Ages 16 years & older

\$135 (supplies included)

Students will learn to build their own keepsake box. The process shows how to prep your wood from rough lumber and to use a miter joint to fit your box together. Pre-registration is necessary to secure a spot for the class. *Must take the safety class prior.*

CHILDREN'S CLASSES & CAMPS

YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered on select days/times.

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

\$60 (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 3–4:30 p.m.: **Nov 9–Dec 7** (no class Nov 23)

Ages 7–12 years old

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 6–7:30 p.m.

Jan 22 – Feb 12

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.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m.

Nov 7–Dec 12 • Jan 9–Feb 14

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, 1:30–3 p.m.

Nov 2–Dec 14 (no class Nov 23) • **Jan 11–Feb 15**

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, 3:45–5:15 p.m.

Nov 2–Dec 14 (no class Nov 23) • **Jan 11–Feb 18**

Ages 7–18

\$70 per person (plus supplies)

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

EVENTS & ACTIVITIES

HOLIDAY OPEN HOUSE

Saturday, Dec 9 | 11 a.m.–2 p.m.

Arts & Crafts Center

Fun for the whole family! Featuring fun Make-n-Takes, Demos, Door Prizes, Specials, FREE hot dogs and soda!

PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.

Historic Hickam Officers' Club

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

Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Online registration at <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration>.

HICKAM QUILTING CHARITY COOPERATIVE

Sundays | 10 a.m.–4 p.m.

Arts & Crafts Center

Looking for inspiration to do quilting for charity? Share ideas and inspiration with others! Bring your own machine, tools, and fabric. We can likely share, but be prepared with your own basics. If you desire to create quilts to give to bona-fide charities, please join us!

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.

Arts & Crafts Center

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, and we fire it. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome.



ARTS/RAFTS 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.

TEEN CENTER LEARNS ANIMATION!

FRIDAY, NOV 17

FREE

**Leaving: 4:15 p.m. (Transportation
from the Teen Center provided)**

Please arrive by 4 p.m.

Return: 7:30 p.m.

Open to Teens 13-18 yrs old.

Register between Nov. 1 - 15

**Come along with the Teen Center
as they take a trip to the University
of Hawaii at Manoa to learn some
Animation tips and tricks for the
Adobe program, Flash!**

**For more info call 448-0418.
facebook.com/jbphhteencenter**





NOV • DEC OUTDOOR RECREATION

SURFING

WOMEN'S SURFING

- Nov 5 Sign up by Nov 2
- Dec 10 Sign up by Dec 7
- Begins: 9 am | Ends: Noon
- Cost: \$30

Come out and get professional instruction from our Outdoor Recreation staff and learn to surf in the surfing capital of the world! We will make your surfing experience a pleasant, enjoyable and successful one. You will learn the history, wave science, etiquette, and technique of surfing. We will also get you on the right board and provide a short boat ride to "the lineup" where you will receive personal instruction in an un-crowded environment. *Participants must be able to swim without a lifejacket.*

LEARN TO SURF AT HICKAM HARBOR

- Nov 26 Sign up by Nov 23
- Dec 17 Sign up by Dec 14
- Begins: 9 am | Ends: Noon
- Cost: \$30

Join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors 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 surfing and memories that will last a lifetime. *Participants must be able to swim without a lifejacket.*

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Nov 12 Sign up by Nov 10
- Nov 25 Sign up by Nov 23
- Dec 3 Sign up by Dec 1
- Dec 30 Sign up by Dec 28
- Begins: 9:15 am | Ends: 10:15 am
- Begins: 10:30 am | Ends: 11:30 am
- Cost: \$25

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

STAND UP PADDLE KA'AWA

- Nov 4 Sign up by Nov 1
- Begins: 8 am | Ends: 2 pm
- Cost: \$30

Intermediate Level : A beautiful island view of the North East side seeing Kahana Bay from the outside looking in. Enjoying a nice relaxing stand up paddle flowing with the current all the way to the beautiful Puanalu'u Beach Park. Depending on the oceans current and wave conditions you may be able learn how to navigate these SUP boards through whitecaps of 1 to 2 foot waves.

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Nov 2 Sign up by Oct 31
- Dec 4 Sign up by Dec 1
- Begins: 7:30 pm | Ends: 9:30 pm
- Cost: \$25 (Kayak included)

What better way to melt the day-to-day stress than to join us for an evening paddle. As the moon lights our

(continued on next page)

SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for November activities is currently open. Registration for December activities begins **November 1**.

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

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

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

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



SYNC ODR 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.

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

way across the water, enjoy the company of the group and the stillness of the water, and let our guides lead the way. Trip includes all required gear. Bring water and dry clothes to change into after the activity. All paddling abilities welcomed.

KAYAKING AT CHINA MAN'S HAT

- Nov 8 Sign up by Nov 6
- Nov 29 Sign up by Nov 27
- Dec 30 Sign up by Dec 28

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

KAYAK KA'AWA-MOKOLI'I KAYAK

- Nov 18 Sign up by Nov 16
- Begins: 8 am | Ends: 1 pm
- Cost: \$30

Advanced Level: A long and challenging paddle against the current and waves. Lining you up with a beautiful view of Chinaman's Hat and Kualoa Ranch. Enabling you to enjoy a different perspective of Oahu from Chinaman's Hat with a little bit of Hawai'i legend and mythology of Mokoli'i Island.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Nov 11 (8:30–11:30 am) Register online by Nov 9
- Nov 19 (2:30–5:30 pm) Register online by Nov 17
- Dec 9 (8:30–11:30 am) Register online by Dec 7
- Dec 23 (2:30–5:30 pm) Register online by Dec 21
- Cost: \$30

Registration available online only

Enjoy a outing trying your luck at landing the big one. Our staff will help you cast your line out and provide pointers if you need help. You never know what you might catch; there are a wide variety of reef fish and even a chance for a token shark that will put you to the test. This is a great trip for experts and beginners. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks.

LEARN TO SPEARFISH

2 Day Course: Wed 4 p.m.–6:30 p.m. & Sat 9 a.m.–12 p.m.

- Nov 1 & Nov 4 Register online by Oct 30
- Nov 29 & Dec 2 Register online by Nov 27
- Cost: \$60

Registration available online only

Spear fishing is as exciting and challenging as it sounds! We will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver. Day 1, class is held at Hickam Pool. 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. Day 2, 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. You'll need your own mask, fins, snorkel and other equipment. The transportation is on us.

SPEARFISHING EXCURSION

- Nov 18 Sign up by Nov 16
- Dec 16 Sign up by Dec 14
- Begins: 9 am | Ends: Noon
- Cost: \$20

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

BIKING

NORTH SHORE BIKE RIDE

- Nov 11 Sign up by: Nov 8
- Dec 16 Sign up by: Dec 14
- Begins: 8 am | Ends: 2 pm
- Cost: \$25 w/ bike, \$20 without

Experience North Shore on a bike! Start at Waimea Bay and travel just beyond Sunset Beach. This trip is about seven 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 at the halfway point, 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.

MOUNTAIN BIKING MOKULEIA

- Dec 2 Sign up by: Nov 30
- Begins: 8 am | Ends: 1 pm
- Cost: \$25

This trip is like no other mountain biking trip on Hawaii. Located at Ka'ena Point, once you are on the trail you will witness a part of Hawaii that many do not see. You will see many native birds and plants and if you are lucky, can also see the island of Kauai from this area (on a crystal clear day). It may be a good idea to pack a camera to take pictures as well. You will also want to pack some food like energy bars, fruits like bananas and ice water. This trip is not for everyone. Skill level must be at least an intermediate as this trail does pose some difficult terrain.

HIKING

WAIMANO POOLS

- Nov 25 Sign up by: Nov 22
- Begins: 9 am | Ends: 3 pm
- Cost: \$15

Experience paradise in the lush jungle canopy. Traverse and descend through the beautiful leafy landscape of a strawberry guava forest dappled with ti plants. If the weather is right, you can hear the 40 foot waterfall in the background. Once you reach our desired destination reward yourself with a cool and refreshing dip in one of the many pools. This is a moderate to strenuous hike.

HIKE KEALIA/SWIM MOKULEIA

- Dec 13 Sign up by: Dec 11
- Begins: 8 am | Ends: 1 pm
- Cost: \$20

Join us on a hike on the mauka (Mountain) side of the Dillingham air field. Once we reach the top to a picnic area, we will stop and hangout and enjoy the view of the North Shore coastline. Once we head back down to the trailhead, we will take a short ride over to Mokuleia Beach Park and enjoy the beach and the clean, pristine waters.

HIKE EHUKAI PILLBOX

- Dec 27 Sign up by: Dec 23
- Begins: 8 am | Ends: 1 pm
- Cost: \$20

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

RENTALS

OUTDOOR EQUIPMENT

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

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

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifehawaii.com for price lists.

Items are rented on a first-come, first-served basis. Payment is due upon reservation of equipment. Call for a full list of rules and regulations.

RECREATION & PARTY EQUIPMENT

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

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

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

Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Available to all military affiliated personnel 18 years or older with a valid ID. Call for a full list of rules and regulations.

PATIOS & PAVILIONS

Hickam Harbor • 449-5215
Pearl Harbor & Barbers Point • 473-1198

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

Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

MARINAS CLASSES & ACTIVITIES

SAILING

START SAILING RIGHT HH

- Tuesday | Nov 28 | 6-8pm
Saturday | Dec 2, 9, 16, 23 | 9am-12pm or 1pm-4pm
Cost: \$75 per person/per month
Ages 18 & up
Maximum of 8 students per session

START SAILING RIGHT RB

- Wednesday | Nov 1 | 6-8pm
Saturday | Nov 4, 11, 18, 25 | 9am-12pm or 1pm-4pm
Registration for Nov SSR will be available on Oct 1st at RB.
- Tuesday | Jan 2 | 6-8pm
Saturday | Jan 6, 13, 20, 27 | 9am-12pm or 1pm-4pm
Cost: \$75 per person
Ages 18 & up
Maximum of 8 students per session

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Nov 1, 6, 8, 13, 15, 20, 22, 27, 29 | 9:30-11:30am
- Mon/Wed | Dec 4, 6, 11, 13, 18, 20, 25, 27 | 9:30-11:30am
Cost: \$75 per person/per month
Ages 18 & up
Maximum of 8 students per session

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Nov 1, 6, 8, 13, 15, 20, 22, 27, 29
12-2pm or 3:30-5:30am
- Mon/Wed | Dec 4, 6, 11, 13, 18, 20, 27
12-2pm or 3:30-5:30pm
Cost: \$50 per person/per month
Ages 10 – 17 years
Maximum of 8 students per session

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Nov 2, 7, 9, 14, 16, 21, 28, 30 | 3:30-5:30pm
- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Nov 2, 7, 9, 14, 16, 21, 28, 30
12-2pm or 3:30-5:30pm
- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28
12-2pm or 3:30-5:30pm
Cost: \$50 per person/per month
Ages 10 – 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Nov 2, 7, 9, 14, 16, 21, 28, 30 | 3:30-5:30pm
- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

KEIKI AFTER SCHOOL BEGINNER'S SAILING HH

- Weds/Fri | Nov 1, 3, 8, 10, 15, 17, 22, 24, 29 | 3:30-5:30pm
- Weds/Fri | Dec 1, 6, 8, 13, 15, 20, 22, 27, 29 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 8 & 9 years
*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of introductory to sailing. This class focuses on new and timid sailors-to-be. Space is limited to 8 students per class.

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Nov 3, 10, 17, 24 | 9:30am-12pm
- Fri | Dec 1, 8, 15, 22, 29 | 9:30am-12pm
Cost: \$40 per person/per month
Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over.

FAMILY/GROUP SAILING INSTRUCTION

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

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

PRIVATE SAILING INSTRUCTION

- ● By Appointment
Cost: \$20 per hour

MORNING SAILING SESSIONS

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

SUNSET REGATTAS

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

MARINA CHECKOUT QUALIFICATION

- ● By Appointment
Cost: \$20 per hour

R-19 BOATER'S CERTIFICATE

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

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri | 6:30-7:30am or 11am-12pm
Cost: \$3 per session
Register at Rainbow Bay Marina

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- *Fri | Nov 3, 17 • Dec 1, 15, 29 | 8:30-9:30am
Cost: \$3 per session

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

PADDLEBOARD YOGA

STAND UP PADDLEBOARD YOGA HH

- *Fri | Nov 10, 24 • Dec 22 | 8:30-9:30am
- *Sat | Nov 11 • Dec 9, 23 | 8:30-9:30am
Cost: \$10 per session
Ages 16 & up

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

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr. SURF SHACK • 449-5215

Hours: Friday–Sunday, 10 am–4 pm

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

SURF TAXI

Friday–Sunday, \$7 per person round-trip
Let us take you out to the break while you conserve energy and save time! Taxis are available all day on the half-hour.

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	\$5/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).

DIRECTIONS

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



Thanksgiving

SOFTBALL & BASKETBALL

November
24 - 26
2017

\$200 per team
Sign up by Nov. 9, 2017

TOURNAMENT

Minimum 6 teams for each tournament.
Open to Joint Base Pearl Harbor-Hickam teams.



To sign up, call
808-473-2437/2494

Liberty Calendar

NOVEMBER 2017

Free & low-cost activities for single active-duty military E1-E6
 For a mobile friendly site please visit www.facebook.com/LibertyHawaii and click on the top, pinned post.
 Register now online at www.greatlifehawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p>DESIGNATION FOR HIKES: BEG = Beginner INTER = Intermediate ADV = Advanced</p>			<p>1 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>2 Full Moon Hike Makapuu Lighthouse FREE Express 1545 Beeman 1630 Instant 1645 Makai 1700</p>	<p>3 Kalua Pig & Cabbage For Lunch FREE Beeman 1100-1300 Movies N' Munchies @ Dole Cannery \$10 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>4 Hike Waimano Pools [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 Laie Bike Ride FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930</p>
<p>5 Secret Island & Picnic \$10 Express 0900 Beeman 0930 Instant 0945 Makai 1000 North Shore Beach Hopping FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900</p>	<p>6 BBQ @ Express FREE Express 1700-1900 Ping Pong 101 FREE Beeman 1700-2000</p>	<p>7 Laser Tag \$10 Express 1700 Beeman 1800 Instant 1815 Makai 1830</p>	<p>8 8 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>9 Ten & Grind @ Bucca Di Beppo \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>10 Cereal Bar For Lunch FREE Beeman 1100-1300 Cosmic Bowling & Pizza FREE Express 1800 Beeman 1900 Instant 1845 Makai 1830</p>	<p>11 Overnight Beach Camp \$5 Express 1100 Beeman 1000 Instant 1015 Makai 1030 UH Football vs. Fresno State FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>
<p>12 Hawaii Symphony Orchestra: Handel, Beethoven & Sibelius \$20 Express 1400 Beeman 1445 Instant 1500 Makai 1515 Return From Camp 1500</p>	<p>13 Pick & Paint Pottery @ Hickam Arts & Crafts \$10 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>14 Ping Pong 101 FREE Beeman 1700-2000</p>	<p>15 Tekken 7 Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>16 Barracks Bash @ Paquet Hall FREE 1700-1900</p>	<p>17 Chicken & Waffles For Lunch FREE Beeman 1100-1300 Star of Honolulu Fireworks Dinner Cruise \$40 Express 1500 Beeman 1530 Instant 1545 Makai 1600</p>	<p>18 Slackline & Hammock Kealia Trail [INTER] FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 Ja Rule & Ashanti @ The Blaisdell Concert Hall \$20 Express 1700 Beeman 1745 Instant 1800 Makai 1815</p>
<p>19 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 Hawaii Escape Challenge \$10 Express 1715 Beeman 1800 Instant 1815 Makai 1830</p>	<p>20 Ping Pong 101 FREE Beeman 1700-2000</p>	<p>21 DIY: Canvas Cut-Out FREE Beeman 1800-2000</p>	<p>22 Learn to Cook With Liberty @ Express FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730</p>	<p>23 Thanksgiving Feast FREE Beeman 1130 Express 1500</p>	<p>24 Jook For Lunch FREE Beeman 1100-1300 Movies N' Munchies @ Dole Cannery \$10 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>25 Hike Kuliouou Ridge [ADV] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 SUP Kahana River FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945</p>
<p>26 Thompson Square Acoustic @ The Republik \$20 Express 1800 Beeman 1845 Instant 1900 Makai 1915 Kualoa 2-Hour ATV Tour \$45 Express 0930 Beeman 0830 Instant 0845 Makai 0900</p>	<p>27 Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>28 Ping Pong Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>29 K1 Speed Go-Karts \$10 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>30 Indoor Rock Climbing \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</p> <p>Beeman Center.....473-2583 (Pearl Harbor Sub Base)</p> <p>Instant Liberty.....CLOSED during construction (Club Pearl Complex)</p> <p>Liberty Express653-0220 (Wahiawa Annex)</p>	

dining

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

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

Watch all the NFL action at the Puka!

Sundays, Doors open at 6:45 a.m.

We'll be opening at 6:45 a.m. every Sunday so you can catch the first games of the day. La Familia will open early for breakfast.

BREWS & CUES

Bldg. 1557, North Road (temporary) 473-1743

Gridiron Gameday

Sundays, Doors open at 8 a.m.

Mondays, Thursdays beginning at 3:30 p.m.

FREE

Ages 18 years & older

Enjoy free pupus beginning at 4:30 p.m. on Mondays and Thursdays (while they last). On Sundays, we open early with a free continental breakfast (while it lasts).

Chill & Grill

Friday, Nov 24

5:30–7:30 p.m.

FREE

Ages 18 years & older

End the month with free pupus and a pool challenge. All pool participants get entered into a draw at the end to win a fun prize.

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Nov 5, 12, 19, 26

10 a.m.–1 p.m.

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

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

Paint 'n' Sip

Wednesdays, Nov 1, 8, 15, 22, 29

5:30–8:30 p.m.

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

Thursdays, Nov 2, 9, 16, 30

5:30–8 p.m.

\$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!

Thanksgiving Buffet

Thursdays, Nov 23

(Mongolian BBQ will not be available)

Lanai Seating: 11 a.m. and 2 p.m.

Dining Room Seating: 12 p.m.

\$32.95 Adults

\$30.95 Club Members Price

\$18.95 Child 7-12 years

\$12.50 Child 4-6 years

FREE Child age 3 and younger

Reservations are required. Please call 808-448-4608

KOA LOUNGE

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

Warrior Friday

Friday, Nov 3

4:30–7:30 p.m.

FREE for Air Force Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4–6:30 p.m.

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Express Lunch Menu

Monday – Friday

11 a.m.–2 p.m.

\$12.95

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

Aloha Friday Buffet

(except on other special occasions)

Friday, Nov 3, 10, 17, 24

11 a.m.–2 p.m.

\$15.95

It's Aloha Friday, end the workweek right with a delicious lunch buffet. Perfect for a quick meal, or lunch meeting.

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays

5 - 8 p.m.

Due to popular demand, we are bringing dinner back to WB. Same friendly service, and now you can watch the sunset as you enjoy your meal.

family/support

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

TEEN CENTER

Teen Center, Hickam Bldg. 1859 448-0418

Teen Center Learns Animation!

Friday, Nov 17

4–7:30 p.m.

Register Period: Nov 1 - 15

FREE

Come along with the Teen Center as they take a trip to the University of Hawaii at Manoa to learn some Animation tips and tricks for the Adobe program, Flash! Transportation from the Teen Center provided. Please arrive by 4 p.m. Open to all teens ages 13 to 18. Call 448-0418 for more details.

Family Night: Military Family Appreciation

Tuesday, Nov 21

5–7 p.m.

FREE

Come enjoy a night at the Teen Center as we celebrate Military Family Appreciation! Come see where your teens like to hang out and meet the staff. There will be light snacks and fun games. Open to teen families. Call 448-0418 for more details.

Home Schooled Cook'n

Thursday, Nov 30

12–2 p.m.

FREE

Come by the Teen Center and learn how to cook up and prepare some delicious food! Learn important techniques to keep you safe in the kitchen, while mastering skills that you can take home and impress your whole family! Limited Spots! Open to all teens ages 13 to 18. For more information, call 448-0418.



ENGLISH CHANNEL SWIM

All JBPHH Aquatics Facilities
November 1-30

Do you have what it takes to complete
the English Channel Swim Challenge?

The English Channel swim follows the path of the Strait of Dover from Dover, England to Calais, France and stretches for 33 km or 21 miles. Participants have the entire month of November to reach this goal!

The first 50 swimmers who complete the swim will receive a commemorative towel. Swimmers will be given a card by the pool staff and will update their swims as they go.

For more info, visit greatlifehawaii.com or call 473-0394.





GROUP EXERCISE CLASSES

INFORMATION SUBJECT TO CHANGE

* There is a fee for all classes, but the starred classes are free for active-duty personnel.

core & cardio

Circuit Training	Wed	6 a.m.–7 p.m.	Pearl Harbor*
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Mon	10–11 a.m.	Hickam
	Wed	6–7 a.m.	Hickam
	Fri	8:30–9:30 a.m.	Hickam
Total Body Shock	Thu	4:30–5:30 p.m.	Pearl Harbor*

cycle & spin

Cycle Fit	Mon, Wed	11:30 a.m.–12:30 p.m.	Pearl Harbor*
	Mon, Wed	11:30 a.m.	Wahiawa
	Mon, Wed	7–8 a.m.	Pearl Harbor
	Mon, Wed, Fri	5:30–6:30 a.m.	Hickam*
	Tue, Thu	6–7 a.m.	Pearl Harbor*
	Tue, Thu, Sat	9–10 a.m.	Pearl Harbor
Interval Spin	Wed	11:30 a.m.–12:30 p.m.	Hickam
Spin Challenge	Tue	5:15–6:15 p.m.	Hickam
	Fri	11:30 a.m.–12:30 p.m.	Hickam
Strength Spin	Thu	5:15–6:15 p.m.	Hickam

dance

Hula Fitness	Mon	8:30–9:30 a.m.	Pearl Harbor
Tahula Fitness	Wed	10–11 a.m.	Pearl Harbor
Traditional Hula Movements	Tue	7–7:45 a.m.	Pearl Harbor
	Wed	9–9:45 a.m.	Pearl Harbor

karate

Karate Basics	Tue	6–7 p.m.	Pearl Harbor
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kettlebells

Kettlebell Basics	Mon, Wed	4:30–5:30 p.m.	Pearl Harbor
	Tue, Thu	6–7 a.m.	Pearl Harbor
Intermediate Kettlebells	Fri	4:30–5:30 p.m.	Pearl Harbor

kickboxing

Cardio Kickboxing	Wed	8:30–9:30 a.m.	Hickam
	Wed	5:45–6:45 p.m.	Pearl Harbor
Turbo Kick	Sat	8–9 a.m.	Hickam

kids' classes

Jammin' Kids	Sat	10:45–11:30 a.m.	Hickam
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navy operational fitness & fueling system

NOFFS	Mon	6–7 a.m.	Pearl Harbor*
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pilates

PiYo™ Strength	Tue	4:30–5:30 p.m.	Pearl Harbor
	Wed	8:30–9:30 a.m.	Pearl Harbor

hiit

HIIT	Tue	5:15–6:15 p.m.	Hickam
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total resistance exercise suspension training

TRX	Thu	11:30 a.m.–12:30 p.m.	Pearl Harbor*
TRIPLEP	Tue, Wed, Thu	3:30–4:30 p.m.	Hickam*

weights

Strong	Mon, Tues, Thu, Fri	6–7 a.m.	Hickam*
Power Pump	Tue, Thu	8:30–9:30 a.m.	Hickam
Mad Reps	Tue, Thu	9:45–10:45 a.m.	Pearl Harbor
	Sat	10:30–11:30 a.m.	Pearl Harbor
Body Blast	Thu	5:15–6:15 p.m.	Hickam

wild card

Wild Card Fitness	Fri	6–7 a.m.	Pearl Harbor*
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yoga

Yoga	Mon	9:45–10:45 a.m.	Pearl Harbor
	Mon, Wed	5:15–6:15 p.m.	Hickam
	Mon, Thu	4:30–5:30 p.m.	Pearl Harbor
	Tue	11 a.m.	Wahiawa
	Tue	5:45–6:45 p.m.	Pearl Harbor
	Tue, Thu	11:30 a.m.–12:30 p.m.	Hickam
	Wed	11:30 a.m.–12:30 p.m.	Pearl Harbor
	Fri	8:30–9:30 a.m.	Pearl Harbor
	Sat	8–9 a.m.	Pearl Harbor
	Sun	8–9 a.m.	Hickam

zumba

Zumba	Mon	8:30–9:30 a.m.	Hickam
	Mon, Tue, Thu	8:30–9:30 a.m.	Pearl Harbor
	Mon, Wed	6:30–7:30 p.m.	Hickam
	Mon, Thu	5:45–6:45 p.m.	Pearl Harbor
	Tue, Wed	4:30–5:30 p.m.	Pearl Harbor
	Wed, Fri	9:45–10:45 a.m.	Pearl Harbor
	Fri	10–11 a.m.	Hickam
	Sat	9:15–10:15 a.m.	Pearl Harbor
Zumba Step	Fri	5:45–6:45 p.m.	Pearl Harbor

For fitness training, mobile functional training, fitness special requests (not seen on group ex schedule), CFL, IA, NOFFS, TRX, Mission nutrition, and so much more, please contact: Mark McFarland, 808-471-2021 or email: mark.mcfarland@navy.mil

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island) 472-7582
Pool 1 (Hickam) 449-8274
Pool 2 (Hickam) 260-9736
Scott Pool (Pearl Harbor) 473-0394
Towers Pool (Makalapa) 471-9723

Harvest Float Night

Friday, Nov 10

5–7 p.m.

Scott Pool

FREE

Harvest Float night is the last float night of the season for patrons to come and enjoy floating around in Scott Pool on their favorite floats. There will also be more fun activities to do such as, water balloon toss, corn hole, and a turkey hand contest!

English Channel Swim

Nov 1-20

Scott Pool and Towers Pool

Get your swim on this month and try to swim the equivalent of the English Channel. The English Channel swim follows the Strait of Dover from Dover, England to Calais, France (23km or 21mi). Participants will have the entire month of November to complete this event. The first 50 swimmers who complete the swim will receive a commemorative towel. Swimmers will be given a card by the pool staff and will update their swims as they go.

Private Swim Lessons

Saturdays 11 a.m.–12 p.m.

Hickam Family Pool

Registration is ongoing

\$30

Registration for a time must be confirmed two weeks to the desired date. To register, please come to the Hickam Family Pool during open hours. Payment must be made by credit only, and may be purchased over the phone with prior notice. Call 260-9736 for more info.

BOWLING

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

Lunch & Bowl

Tuesday, Nov 7, 14, 21, 28

11 a.m.–2 p.m. Hickam Bowling Center

11 a.m.–1 p.m. Naval Station Bowling Center

When you purchase a lunch item from our snack bar worth at least \$8, get up to 2 FREE games of bowling! Shoe rental extra.

Military Bowl Free

Monday, Nov 6, 13, 20, 27

11 a.m.–2 p.m. Hickam Bowling Center

Thursday, Nov 2, 9, 16, 30

11 a.m.–1 p.m. Naval Station Bowling Center

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

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 448-2214
JBPHH-Pearl Harbor Bldg. 1338 471-2019
Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):

Ford Island Bldg. 55

Kunia Bldg. 446

Makalapa Bldg. 388

West Loch Bldg. 621

Spinning Instructor Certification

Saturday, Nov 4

8 a.m.–5 p.m.

JBPHH Fitness Center

\$355 – Register at spinning.com

This comprehensive live training will provide hands on tools to become a certified spinning instructor.

Navy Wounded Warrior - Road to Recovery 5K

Saturday, Nov 18

7 a.m.

Hickam Memorial Fitness Center

FREE To All Eligible Patrons

Prizes awarded to top finishers in each category - Male / Female / Male Stroller / Female Stroller / Youth Boys / Youth Girls. Call (808) 448-2214 for more info.

6th Annual Turn And Burn Ride

Saturday, Nov 25

9–11 a.m.

JBPHH Fitness Center

Cost: 2 GE class coupons

Free to all eligible patrons, bring a canned good to event. Enjoy a 2-hour cycle workout while burning off the Thanksgiving calories! Call 808-471-2019 for more info.

November Massage Special

All Month Long

9–11 a.m.

60-minute Massage for \$55

Hickam Memorial Fitness Center

Treat yourself this holiday season with a healthy massage. Call 808-448-2214 to schedule your appointment. Open to 18 years and older.

Jingle Bell 5k Run/Walk

Thursday, Dec 7

7 a.m.

Wahiawa Annex Fitness Center

FREE To All Eligible Patrons

Prizes Awarded To Top Three Male/Female Finishers. Call 808-653-5542 for more info.

GOLF

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

\$2 Tuesdays

Tuesday, Nov 7, 21

4–6 p.m.

Mamala Bay Golf Course Driving Range

Grip it and rip it! \$2 gets you two buckets of balls, plus \$2 hot dogs, \$2 select beers and \$1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Prize drawings too! Open to ages 8 and up, call ahead to sign up.

Golf Demo Day

Wednesday, Nov 1

3:30–6:30 p.m.

Navy Marine Golf Course

FREE

Here is a chance to try out some of the latest golf equipment at the driving range. For more information, call respective pro shop.

Free Golf Clinics

Thursday, Nov 2, 16

9:30 a.m. Barbers Point

Saturday, Nov 11, 25

2 p.m. Mamala Bay

Thursday, Nov 16

12 p.m. Navy Marine Golf Course

Saturday, Nov 18

9:30 a.m. Barbers Point

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

Weekend Twilight Golf Special

Saturdays and Sundays

After 3:30 p.m.

Barbers Point

\$10 per person (9-holes only)

Come and enjoy are special twilight golf prices on the weekend. Sun's going down earlier, but you can still squeeze nine holes in. Call 682-1911 for more info and to schedule your tee time.

INTRAMURALS

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

Intramural Golf Tournament

Tuesday, Nov 14

11:30 a.m.

Mamala Bay Golf Course

Cost: Green Fees

Tournament limited to players from Joint Base Pearl Harbor Hickam active duty, DoD civilians and family members 18 years and older.

Thanksgiving Softball Tournament

Nov 24 – 26

Entry deadline is Thursday, Nov 9

\$200 Per Team

Open to Joint Base Pearl Harbor Hickam Teams. Call to 473-2494 or 473-2437 sign up.

athletics (cont.)

Turkey Shoot Basketball Tournament

Nov 24 – 26

Entry deadline is Thursday, Nov 9

\$200 Per Team

Open to Joint Base Pearl Harbor Hickam Teams.

Call to 473-2494 or 473-2437 sign up.

YOUTH SPORTS

Youth Sports & Fitness (Bloch Arena) 473-0789

Gymnastics (Bldg. 1680) 422-2223

Spring Junior Team Tennis 2018

Feb 1, 2018 – May 6, 2018

Registration Period: Dec 1 – Jan 1

Wentworth Tennis Courts

Ages: 6 - 18 yrs. old

\$40 per child

Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on greatlifehawaii.com or call 473-0789.

Ready, Set, Run!

Jan 3, 2018 – Aug 18, 2018

5–7 p.m.

Registration Period: Dec 1 – Jan 1

Earhart Track Field

Ages: 7 - 18 yrs. old

\$20 per child

Sign your youth up for Our Cross Country Running Club. This “easy-to-run” program is designed to build confidence and character! Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on greatlifehawaii.com or call 473-0789.

Spring Volleyball 2018

Mar 26, 2018 – May 26, 2018

Registration Period: Jan 3 – Feb 2

Bloch Arena

Ages: 7 - 16 yrs. old

\$50 per child

Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on greatlifehawaii.com or call 473-0789.

Spring Track & Field 2018

Mar 26, 2018 – Jul 31, 2018

Registration Period: Jan 1 – Feb 2

Earhart Field

Ages: 7 - 18 yrs. old

\$50 per child

Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on greatlifehawaii.com or call 473-0789.

Spring Flag Football 2018

Mar 26, 2018 – May 26, 2018

Registration Period: Jan 3 – Feb 2

Quick Field

Ages: 5 - 16 yrs. old

\$50 per child

Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on greatlifehawaii.com or call 473-0789.

itt

Barbers Point. 682-2019

Fleet Store. 473-0792

Hickam. 448-2295

NEX Mall 422-2757

Wahiawa 564-4445, 564-4446

Travel Connections-Fleet Store. 422-0139

Travel Connections-Hickam. 423-0255

Travel Connections-NEX Mall 422-4067

Ford Island Historical Tour

Wednesday, Nov 1, 8, 15, 22, 29

9:30 a.m.–Noon (Check in at 9:15 a.m.)

\$25 for adults

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

Nestled in Pearl Harbor lies an isolated island called Moku Ume'ume, rich in Hawaiian and U.S. military history. Travel back in time as you see points of interest including the USS *Utah* and USS *Oklahoma* Memorials, the original Navy Club Memorial honoring the USS *Arizona*, historic Nob Hill officer homes, and bombing and bullet strafing reminders.

Hickam Historical Tour

Friday, Nov 3, 17, 25

9:30 a.m.–1:30 p.m.

\$45 for adults

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

An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses, and officers' and enlisted families lived, and hear their personal stories of “The Day of Infamy.” Includes lunch. Not recommended for children under six years old.

ITT Shuttle to “Eat the Street”

Friday, Nov 17

6:30–9:30 p.m.

\$7/person round-trip

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

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

MWR Shuttle Service

Mondays–Fridays

9 a.m.–5 p.m. based on availability

\$5/person one-way (2–10 people)

A convenient alternative to take you to the airport and AMC terminal. Servicing areas from Ford Island to Radford Terrace only. Two large bags per person allowed (additional bags are subject to a \$1 per bag charge). Reservations required.

recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Hickam 42 Annual Fall Craft Fair

Saturday, Nov 4

9 a.m.–3 p.m.

This event features over 120 booths of original handmade arts and crafts (just in time for your Holiday shopping), live entertainment, pony rides, games, great food, make-n-takes and more!

Holiday Open House

Saturday, Dec 9

11 a.m.–3 p.m.

Fun for the whole family! Featuring fun Make-n-Takes, Demos, Door Prizes, Specials, FREE hot dogs and soda!

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

Wii Wednesday

Wednesday, Nov 1

2–4 p.m.

Come on over after school for some time on our Wii U consoles.

Library Know-How

Saturday, Nov 4

10 a.m.–12 p.m.

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Nov 7

10 a.m.

We will discuss the Lie Tree.

Preschool Story Time

Wednesday, Nov 8, 22

9–10 a.m.

Story times are great for children of all ages! Our theme is “Healthy Food” on Nov 8 and “Family” on Nov 22. Come on in and read with us.

Kids' Book Club

Wednesday, Nov 8, 15

2–3 p.m.

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss “Tuck Everlasting” on Nov 8 and “Gathering Blue” on Nov 15.

Special Thanksgiving Program “Why Pie?”

Wednesday, Nov 8

3 p.m.

Get a jump on your Thanksgiving preparations by attending an entertaining library presentation of the history of pie throughout literature. We will do a pie-making demonstration, share our favorite recipes, and have samples for you to enjoy. Hopefully, you will even be inspired to check out some of our cookbooks!

Lego Club

Saturday, Nov 18

10 a.m.–12 p.m.

Call for details.



READY, SET, RUN!

Jan 3, 2018 - Aug 18, 2018 | 5-7 pm | Earhart Track Field
Ages: 7 - 18 yrs. old

\$20 PER CHILD

Sign your youth up for the Youth Sports & Fitness Cross Country Running Club.
This "easy-to-run" program is designed to build confidence and character!

Registration runs December 1, 2017 - January 1, 2018

Visit greatlifehawaii.com for a registration link.
For more info call 473-0789.





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.



employment assistance

ACING THE INTERVIEW

Nov 15 • 1:30–3:30 p.m. | Hickam

The resume gets you the interview; the *INTERVIEW* gets you the job. Learn how to position yourself as the best candidate, different interview styles and techniques, practice traditional and behavioral interview questions and common pitfalls to avoid.

CIVILIAN RESUME WRITING

Nov 1 • 1:30–3:30 p.m. | Hickam

Nov 15 • 4:30–6:30 p.m. | Pearl Harbor

Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting and common mistakes to avoid and so much more. Note: this class is geared towards private sector resumes as opposed to federal resumes for civil service.

EXPLORING CAREER CHOICES

Nov 14 • 1:30–3:30 p.m. | Wahiawa

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

FEDERAL EMPLOYMENT 101

Nov 1 • 4:30–6:30 p.m. | Pearl Harbor

Nov 8 • 1:30–3:30 p.m. | Hickam

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

PART-TIME MONEY MAKERS

Nov 14 • 9:00–11:30 p.m. | Wahiawa

Nov 29 • 1:30–3:30 p.m. | Hickam

Want to learn about REAL opportunities to earn extra income? Just arrived and need to make quick cash while searching for full-time work? Looking for flexible, part-time, and/or remote work while taking care of a family? Maybe you simply want to know about creative ways to make money on the side. Find out about all this and more at our new class.

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Nov 14 • 9:00–11:00 a.m. | 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.

NEW MOMS AND DADS

Nov 15 • 5–8 p.m. | 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

Nov 29 • 1:00–3:00 p.m. | Hickam

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

Nov 7, 14, 21, 28 • 10a.m.–noon | 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.

POSITIVE PARENTING

Nov 2 • 1:00–3:00 p.m. | Pearl Harbor

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

SOOTHING YOUR BABY AND LOVING TOUCH

Nov 22 • 1:00–2:00 p.m. | Hickam Medical Bldg

A new way to understand your baby's crying with period of purple crying and introduction to infant massage. The period of purple crying is the phrase used to describe the time in a baby's life when they cry more than any other time.

This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period.

financial management assistance program

CAR BUYING STRATEGIES

Nov 7 • 10:00 a.m.–noon | 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.

FINANCIALLY SAVVY RETIREES: ORGANIZING YOUR PAPERWORK DUE TO DEATH OR DISABILITY

Nov 16 • 9:30–11:00 a.m. | Pearl Harbor

Live better through planning! This quarterly financial seminar provides expert advice on various subjects of interest to retirees such as the basics of estate planning, Wills and Trusts, protecting yourself against fraud, long term care and more!

MILLION DOLLAR SERVICE MEMBER

Nov 14-15 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

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

SURVIVING THE HOLIDAYS FINANCIALLY

Nov 15 • 1:00–2:30 p.m. | Pearl Harbor

It's almost that time of year when we begin to plan our holiday parties, traveling, gift buying, decorating, and cooking. It's important to plan and prepare with much forethought because the last thing that you want to do is spend the next year or two paying for the holidays that you celebrate this year. This informative class will help you learn how to develop a holiday spending and overall "survival" plan that will assist you in enjoying a less stressful holiday season.

ombudsman/fleet readiness group

KEY SPOUSE INITIAL TRAINING

Nov 7 • 8:00 a.m.–2:00 p.m. | 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

Nov 7 • 2:00–3:30 p.m. | Hickam

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

OMBUDSMAN ASSEMBLY MEETINGS

COMNAVREG HAWAII • Nov 16 • 6:30–8:30 p.m. | Lockwood Hall

COMSUBPAC • Nov 21 • 6:00–8:00 p.m. | Lockwood Hall

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

personal development

ANGER MANAGEMENT

Nov 27 • 9:00 a.m.–noon | 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

Nov 16 • 9:00–11:00 a.m. | Hickam

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

DEALING WITH DIFFICULT PEOPLE

Nov 20 • 1:00–3:00 p.m. | Pearl Harbor

Do you work with a Sniper or a Tank? How about a Cry Baby? Attend our workshop and learn all about those types of people who seem to create a toxic work environment for the rest of us. We can teach you some tips on how to identify who they are, why they get under our skin, and the best way to deal with each specific one.

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Nov 2 • 8:00–11:00 a.m. | 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

(continued on next page)

PROFESSIONAL COUNSELING

Joint Base Pearl Harbor-Hickam
Military and Family Support
Center offers confidential
counseling by
licensed clinicians

FREE OF
CHARGE TO
ACTIVE DUTY
PERSONNEL
& FAMILY
MEMBERS

NEED TO TALK?

NO NEED FOR A REFERRAL, JUST
STOP BY OR CALL MFSC TO SETUP
AN APPOINTMENT

SERVICES OFFERED BY MFSC INCLUDE

- Short-term clinical counseling for individuals, couples, and families
- Crisis intervention and/or response to disasters and other catastrophes
- Group Counseling and/or education groups
- Referral to other military and community resources



808-474-1999

MILITARY AND FAMILY SUPPORT CENTER

4827 Bougainville Drive Honolulu, HI 96818

MFSCHawaii@navy.mil or www.greatlifehawaii.com



(continued from previous page)

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.

HEALTHY RELATIONSHIPS FOR TEENS

Nov 8 • 3:30–5:30 p.m. | 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!

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Nov 1, 8, 15, 22, 29 • 1:00–3:00 p.m. | Pearl Harbor

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

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Nov 21 • 9:00 a.m.–11:00 a.m. | Hickam

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

Nov 1, 8, 15, 22, 29 • 1:00–3:00 p.m. | Pearl Harbor

This eight-week group is designed to increase participants' conflict resolution

skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

STRESS MANAGEMENT

Nov 13 • 9:00 a.m.–noon | 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

Nov 1 • 9:00 a.m.–noon | Pearl Harbor

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

TRANQUIL SEAS: STRESS AND SELF CARE

Nov 9 • 9:00 a.m.–noon | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Nov 6, 13, 20, 27 • 10 a.m.–noon | Pearl Harbor

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

WOMEN'S ALTERNATIVE TO VIOLENCE GROUP

Nov 2, 9, 16, 30 • 2:00–4:00 p.m. | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Nov 6 • 1:00–3:00 p.m. | 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.

relocation assistance

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

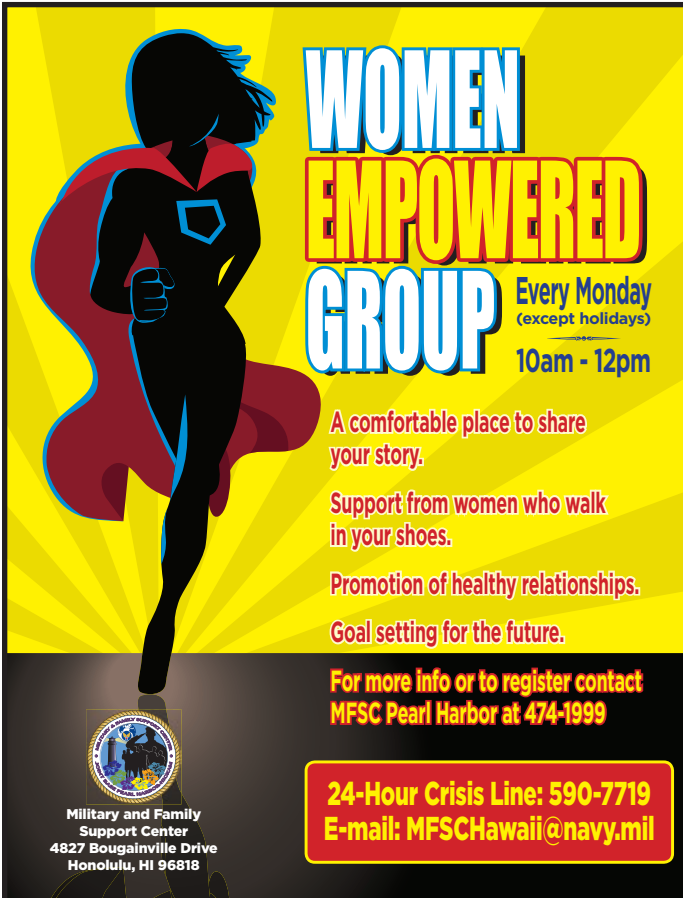
Nov 29 • 8:00–11:00 a.m. | Pearl Harbor

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

Nov 2 • 8:00–11:30 a.m. | Hickam

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



WOMEN EMPOWERED GROUP Every Monday (except holidays) 10am - 12pm

A comfortable place to share your story.
Support from women who walk in your shoes.
Promotion of healthy relationships.
Goal setting for the future.

For more info or to register contact MFSC Pearl Harbor at 474-1999

24-Hour Crisis Line: 590-7719
E-mail: MFSCHawaii@navy.mil

Military and Family Support Center
4827 Bougainville Drive
Honolulu, HI 96818

SPONSOR TRAINING

Nov 7 • 1:00–3:00 p.m. | Wahiawa

Nov 15 • 9:00–11:00 a.m. | 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 COMMAND POC TRAINING

Nov 29 • 8:00 a.m.–4:00 p.m. | Pearl Harbor

This is essential training to provide 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.

suicide prevention

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Nov 7-7 • 8:00 a.m.–4:00 p.m. | Pearl Harbor

ASIST is a two day (15 hour) workshop that teaches suicide first aid intervention skills. Similar to the medical first aid concept, suicide first aid caregivers learn verbal intervention skills that apply potentially lifesaving techniques to reduce suicide risk. Attendees learn to be a more willing, capable and confident caregiver to those having thoughts of suicide. This is a very interactive workshop, where attendees learn and practice skills of identifying those at risk of suicide, how to better listen to and care for those at risk, and how to link them to appropriate resources. Class is sponsored by MFSC and CREDO.

safeTALK

Nov 17 • 8:00–11:00 a.m. | Pearl Harbor

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. safeTALK trained suicide alert helpers learn to move beyond common tendencies to miss, dismiss or avoid suicide, identify people with thoughts of suicide, and apply the TALK steps (Tell, Ask, Listen, Keepsafe) to connect that person to suicide first aid caregivers.

transition assistance

CAPSTONE EVENT

Nov 2, 9, 16, 30

7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor

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

TRANSITION GPS: CAREER AND TECHNICAL TRAINING

Nov 7–8 • 8:00 a.m.–3:00 p.m. | Pearl Harbor

Provides transitioning personnel with information and tools to obtain technical training in their chosen field. During the workshop, you'll be able to: (1) Complete an education needs assessment, (2) Identify, compare, and select technical training institutions based on specific criteria, (3) Prepare a Technical Training Application Package, (4) Schedule one-on-one counseling with the academic advisor from the institution, and (5) Connect with the Student Veteran Organization at your chosen institution.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Nov 13–17 • 7:30 a.m.–4 p.m. | 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

Nov 13–17 • 7:30 a.m.–4 p.m. | Pearl Harbor

Nov 27–Dec 1 • 7:30 a.m.–4 p.m. | Pearl Harbor

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

USAF CAPSTONE

Nov 21 • 1:00–3:00 p.m. | Hickam

For Air Force personnel; option to attend Capstone at our Hickam classroom (Bldg 1105). Capstone is the final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life.. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success). Air Force personnel may also opt to attend Capstone at MFSC (Thursdays).

USAF PRE-SEPARATION BRIEFING

Nov 1, 8, 15, 22, 29 • 8:00 a.m.–11:00 a.m. | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Mon–Fri: 7:30 a.m.–4 p.m.

Closed daily from 11 a.m.–12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Fri: 7 a.m.–4 p.m.

MFSC-Wahiawa Annex

500 Center Street, Bldg. 392
Wahiawa, HI 96786

474-1999

Tue–Thu: 7:30 a.m.–4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Keʻalahi Par 3 Golf Course • 422-9987
 Mon–Sat 1000–2100
 Sun 1000–2000

THE LANAI AT MAMALA BAY

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

MOLLY'S BBQ & SEAFOOD

At Barbers Point Golf Course • 600-9656
 Mon–Thu, Sun 0630–2100
 Fri, Sat 0630–2400

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon–Thu 1030–2200
 Fri 1030–2300
 Sat 0930–2300
 Sun 0930–2200
 Aloha Hour
 Mon–Fri 1500–1700

TRADEWINDS ENTERTAINMENT CENTER

150 McClelland Street, Bldg. 1804
 COMING IN 2017!

WRIGHT BROTHERS CAFÉ & GRILLE

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

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE

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

FAST FOOD

FATBURGER

Inside Beeman Center Bldg. 711 • 312-3457
 Daily 1000–2200

PIZZA HUT

At the Club Pearl Complex • 423-2222
 TEMPORARILY CLOSED

TACO BELL

At the Club Pearl Complex • 422-2274
 TEMPORARILY CLOSED

BARS

BREWS & CUES • 473-1743

Temporarily located in Bldg. 1557, North Road
 Mon–Thu 1300–2200
 Fri–Sat 1300–2300
 Sun Closed

THE COUNTRY BAR

At the Club Pearl Complex • 473-1743
 TEMPORARILY CLOSED

KOA LOUNGE

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

10th PUKA LOUNGE

At Keʻalahi Par 3 Golf Course • 448-9890
 Mon, Tue, Sun 1100–2230
 Wed–Sat 1100–2300

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582
 Open Swim (summer months):
 Mon–Fri 1300–1700
 Sat, Sun, Holidays 1200–1700
 Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 TEMPORARILY CLOSED

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384

Open Swim:
 Mon, Tue Closed
 Wed–Fri 1300–1700
 Sat, Sun 1200–1700

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394

Lap Swim:
 Mon–Fri 0500–0700, 1100–1300
 Mon–Thu 1700–1900
 Sat, Sun 1000–1200

Open Swim:
 Mon–Wed, Fri 1300–1700
 Sat, Sun, Holidays 1200–1700

Towers Pool (Makalapa) • 471-9723

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

ARTS & CRAFTS CENTER

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

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

Gallery/Office
 Mon–Fri 0900–1700
 Sat, Sun Closed

Sales Store
 Mon, Sun Closed

Tue–Thu 1000–1800
 Fri, Sat 0900–1700

Wood Hobby Shop • 448-9911

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

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813

Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue–Fri 0700–1700
 Sat 0900–1700

Hickam Car Wash • 449-2554
 Daily 0800–2000

Moanalua ASC (off-base) • 471-9072
 Mon, Thu, Fri 1200–2000
 Sat, Sun 0900–1700
 Tue, Wed Closed

Car Wash at Moanalua ASC • 471-9072
 Daily 0700–2000

Towing Service • 449-2554

Bowling Centers

Hickam Bldg. 1891 • 448-9959
 Mon, Tue, Thu 1100–2100
 Wed 1000–2100
 Fri 1000–2400
 Sat 0900–2400
 Sun 0900–2100
 Holidays 1200–1800

Naval Station Bldg. 1736 • 473-2574
 Mon 1100–1330, 1700–2100
 Tue–Thu 1100–1300, 1700–2100
 Fri 1100–1300, 1700–2230
 Sat 0900–2230
 Sun 1100–1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651
 Fri 1900–2200

CHILD DEVELOPMENT CENTERS

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

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

FITNESS & SPORTS CENTERS

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

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

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

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

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

Open 24 hours a day, 7 days a week (unstaffed):
 Ford Island Bldg. 55
 Kunia Bldg. 446
 Makalapa Bldg. 388
 West Loch Bldg. 621

GOLF COURSES

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

HOUSING

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

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019	
Mon–Sat	0900–1800
Sun, Holidays	0900–1500
ITT-Fleet Store, Pearl Harbor • 473-0792	
Travel Connections-Pearl Harbor • 422-0139	
Mon–Fri	0900–1800
Sat	0900–1600
Sun, Holidays	Closed
ITT-Hickam, Bldg. 1760 • 448-2295	
Mon–Fri	0900–1700
Sat	0900–1300
Sun, Holidays	Closed
ITT-NEX Mall • 422-2757	
Travel Connections-NEX Mall • 422-4067	
Mon–Fri	0900–1800
Sat	0900–1700
Sun, Holidays	0900–1500
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446	
Mon, Wed, Fri	1000–1600
Tue, Thu, Sat, Sun, Holidays	Closed
ITT Recreation Ticket Vehicle • 630-3080	

INTRAMURAL SPORTS OFFICE

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

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

Beeman Center (Naval Station) • 473-2583	
Daily	1000–2300
Instant Liberty (Club Pearl Complex) • 422-7167	
TEMPORARILY CLOSED	
Liberty Express (Wahiawa Annex) • 653-0220	
Mon–Sat	1500–2200
Sun	1400–2100

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999	
Mon–Fri	0730–1600 / Closed daily from 1100-1200
Sat, Sun	Closed

Pearl Harbor, 4827 Bougainville Dr. • 474-1999	
Mon–Fri	0700–1600
Sat, Sun	Closed

Wahiawa Annex, Bldg. 392 • 474-1999	
Mon, Fri–Sun	Closed
Tue–Thu	0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726	
Mon–Wed	Closed
Thu, Fri	1900 showtime
Sat, Sun	1430, 1645 & 1900 showtimes
Memorial Theater, Hickam • 448-2297	

NAVY GATEWAY INNS & SUITES

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

Pearl Harbor Side of JBPHH • 808-800-2337	
Arizona Hall (Bldg. 1623)	
Hale Ali'i (Bldg. 1315)	
Lockwood Hall (Bldg. 662)	
Makalapa (Bldg. 372)	
Hickam Side of JBPHH • 808-800-2330	
Royal Alaka'i (Bldg. 1153)	

OUTDOOR RECREATION

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

RENTALS

Barbers Point Beach Cottages • 682-3085	
Conference Centers • 472-0342	
Foster Point Pavilion • 449-5215	
Hickam Beach Cabanas • 449-5215	
Makai Recreation Center • 449-3354	
Pearl Party Patios • 473-1198	
Outdoor Recreation Equipment Rentals:	
Hickam Beach • 449-5215	
Pearl Harbor • 473-1198	
White Plains Beach • 682-4925	
Recreation & Party Equipment Rentals:	
Hickam Bldg. 1760 • 449-6870	

YOUTH PROGRAMS

School-Age Care	
Catlin • 421-1556	
Hickam • 448-4396	
School Liaison Officer (K-12)	
4827 Bougainville Drive • 471-3662, 471-3673	
Mon–Fri	0800–1700
Sat, Sun	Closed
Teen Center (ages 13–18) • 448-0418	
School year:	
Mon–Thu	1400–2000
Fri	1400–2100
School vacations:	
Mon–Fri	1200–2000
Weekends:	
Sat	1330–2130
Sun	Closed
Youth Sports & Fitness	
Office, Bloch Arena • 473-0789	
Mon–Fri	1100–1730
Sat, Sun	Closed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223	

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
 CYP Cook
 CYP Food Service Worker
 Cashier/Checker
 Club Operations Assistant
 Cook
 Food Service Worker
 Waiter/Waitress

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

Automotive Worker
 Custodial Worker
 Custodial Worker (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: nafhr@greatlifehawaii.com

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

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

November Massage Special

at Hickam Memorial Fitness Center

**60-minute Massage for \$55
All Month Long in November**

**Treat yourself for an
hour this holiday
season with a
healthy massage.**

**Open to 18 years
and older.**

**Call 808-448-2214 to schedule your appointment.
www.greatlifehawaii.com**





NEED TO GET RID OF THAT **CLUNKER?**

Moving and not taking it with you?
Got a car you no longer need or just plain don't want?

MWR WILL TAKE IT OFF YOUR HANDS!

COST

\$10

Contact our staff at Moanalua Auto Skills Center and they can help you turn the vehicle over to MWR -- even if its not running!

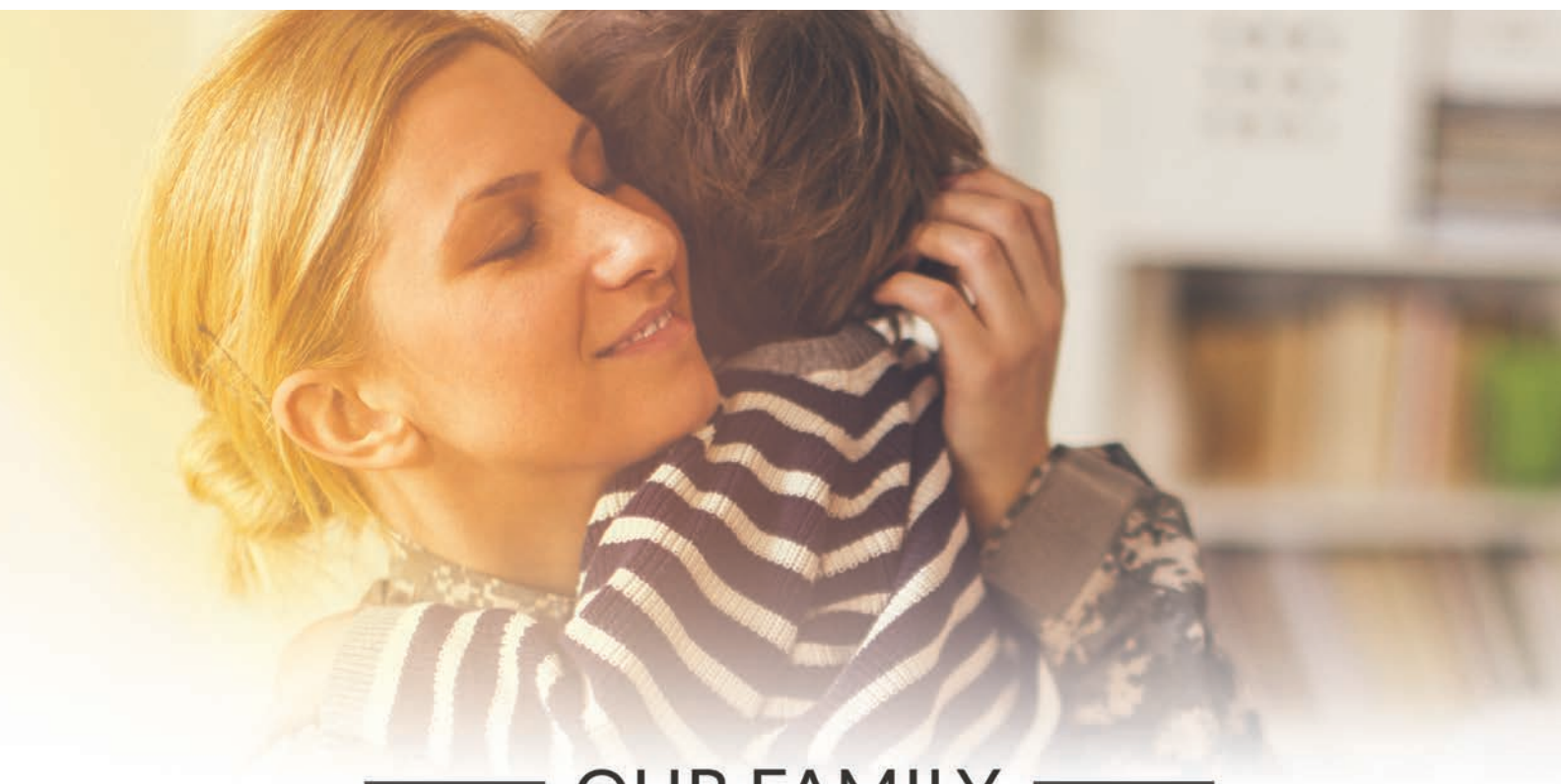
Vehicle pickups will be in the Pearl Harbor and Hickam area only

All proceeds benefit the MWR programs of Navy Region Hawaii.

AUTO SKILLS CENTERS 808-471-9072

WWW.GREATLIFEHAWAII.COM





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