

# OGHL CHOST TOURS UNEXPLAINABLE STORIES



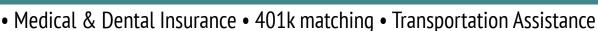
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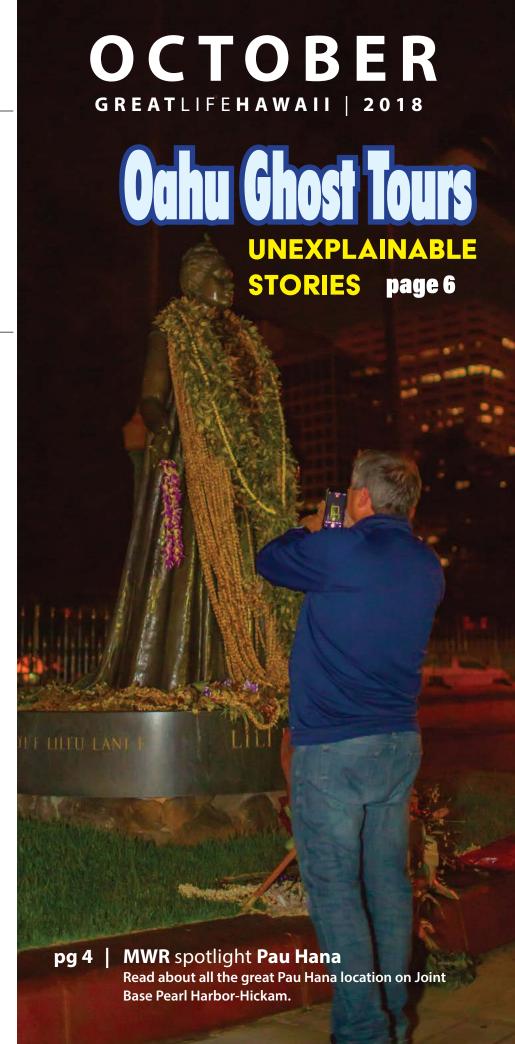
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On the cover:

Iolani Palace, the meeting place for the Oahu Ghost Tours.



# PAU HANA

By Miki Lau

Pau Hana loosely translates to "after work." It's when you consciously commit to leaving work behind and enjoying the company of coworkers and friends. Unplug, relax and leave tomorrow's looming to-do list on your desk and off your mind. Our perfect pau hana spots are a combination of chill vibes, cold drinks, and lots of room for company!

Where are your favorite pau hana places? Here are some of ours:

**The Historic Hickam Officers Club Koa Lounge** - Enjoy this quiet getaway spot, tucked away in this historic building. On Thursdays, take advantage of Margarita Madness! 448-4608

**The Lanai** - Pau Hana from 2-6:30 p.m. with a special menu until 5 p.m. Take in the sunset- ocean front on the outdoor patio! Tuesdays are Taco Tuesdays with Fish, Kalua pork, Chicken and Beef Tacos! 422-3002

**Restaurant 604 -** Aloha Hour from 3-5pm. Watch the sunset over Rainbow Bay Marina, while your stress melts away! Located off-base so everyone can join in. 888-7616

**Brews & Cues** - If your Pau Hana vibe is sportier, shoot some pool or catch some games on their big screen TVs. On Mondays and Thursdays, during football season, they'll be offering free pupus from 4:30pm while supplies last! 473-1743



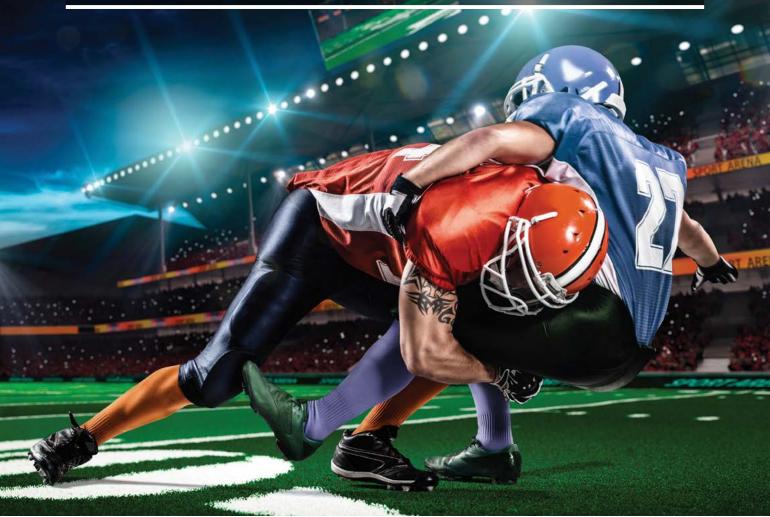
**10th Puka Lounge** - Check out the 10th Puka on the Kealohi Par 3 course, to hang out after work or after some golf too. If you're looking for somewhere away from the hustle and bustle, this is your spot! 448-9890

Share your pau hana adventures with us by using the hashtag #GreatLifeHawaii on Facebook and Instagram!



# GRIDIRON GAMEDAY

**GET YOUR FOOTBALL FIX** 



# **SUNDAYS, MONDAYS & THURSDAYS**

Brews & Cues (18 and over)

473-1743

The Lanai **422-3002** 

10th Puka Lounge 448-9890 Restaurant 604 **888-7616** 



# OGHU GHOST TOUTS UNEXPLAINABLE STORIES

**By Justin Hirai** 

I'm sure you've heard a few ghost stories while growing up or even as an adult. Someone probably tried to scare you or at least make your imagination play tricks on you while you were out camping, sleeping over at your friend's house, or just going to a specific destination. Many of these stories have some type of urban legend attached to them or include a gruesome event that took place. If you talk to people who grow up in a different city or state they probably have a story similar to one you've heard that originated from where they are from.

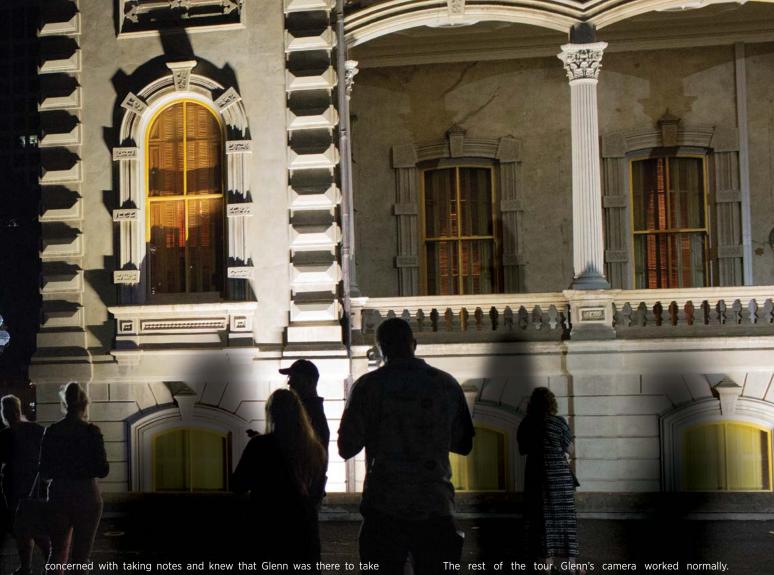
Eventually you start hearing those types of stories often enough that they get out played and turn into just poking fun at things. The stories linked to historical facts always seemed to interest me more than what was actually supposed to be scary, like who the story is about or what happened to them. Take the story of the White Lady, who is well known in Hawaii as a spirit you might see on the side of a certain highway at night. Drivers are supposed to stop and offer her a ride. Those who just pass her by will get a fright when she appears to be in your vehicle when looking in the review mirror.

I've heard a few different versions of the White Lady, but not necessarily who she was or how she came to be until I went on the Oahu Ghost Tours' Honolulu City Haunts walking tour. I won't go into any more detail about the White Lady as this is one of the reasons you should take the tour yourself. This story was the only one I heard of prior to taking the tour. In fact, all the other stories were based more on historic people and events. However, the most interesting thing about the tour is I now have my own unexplainable story to tell.

The tour was led by Uncle Joe Espinda Jr., who has family roots going back to when Hawaii was still a monarchy. Many of his stories are ones told to him by his Great Tutu, which is what Hawaiians call their great grandmother. He was a fantastic story teller! Not only was he extremely enthusiastic and animated, but you could tell he was very passionate about the stories.

We met in the parking lot of Iolani Palace a little before 8pm. The area was dimly lit by the surrounding street, building and palace lights. Uncle Joe gathered our group together and gave a short introduction of what to expect. One of the things he went over was that our cameras and phones might act up. He said to watch your battery levels and take notice if they drop extremely fast or if your camera just stops working. There might even be the possibility of your pictures not coming out correctly. I've seen things like this happen on social media post or television shows and always thought there has to be some explanation why that's happening. On our tour something happened to our photographer Glenn's camera, but there wasn't anything we could think of to explain it.

The tour goes to about eight different locations near lolani Palace. The first stop was the water fountain behind the palace. Uncle Joe provided some history of the water fountain and told the story of the White Lady here. He then had one of the guests go down to the door of the fountain and knock on it, while everyone else took pictures of her. Everyone then examined their photos to see if anything strange appeared on them. I refrained from taking pictures as I was more



concerned with taking notes and knew that Glenn was there to take photos for this story. I peeked at his camera as he was reviewing some of his shots and noticed they were kind of blurry. We didn't think too much of it and our attention was quickly directed to one of the other guests' phones who had something strange appear in a picture. There was a distinct marking on the women's hand who was knocking on the door of the water fountain in one photo that didn't show up in any other pictures.

The second stop was the Queen Liliuokalani statue, which is near the State Capitol. A captivating story was told about the queen and once again everyone was instructed to take pictures to see what we might find in them. Here's where our camera incident takes place. After a couple minutes of taking pictures and reviewing them no one seemed to have anything, so Uncle Joe instructed everyone who was done to move to the State Capitol courtyard. Glenn then walks up to me and tells me his camera isn't working. I thought he was joking, but he continuously pressed his shutter release button and nothing was happening. I take a close look at his camera and see that it's still on and also try to push the button, but again nothing happens. We both are a little confused and can't think of a reason this is happening.

We catch up with the rest of the group and as Uncle Joe is finishing up another story the camera starts working fine. We're both still a little in disbelief and explain to Joe what just happened. He recommended that we go back to the statue and that Glenn should ask permission before he tries to take a picture again. He asks for permission and the camera works fine. We both kind of chuckled and look at each other with shocked faces. This definitely gave me a little bit of chicken skin.

The rest of the tour Glenn's camera worked normally. I continued thinking of what would make his camera not work, but to this day we both can't think of an explanation. Like many things that happen on these tours you just can't explain them and they do sound hard to believe to most people. If you're one of those people who have a hard time believing a story like this you should take this tour or another offered by Oahu Ghost Tours to see if anything interesting happens while you're there. Another great reason for taking this tour is for the historical information and stories you hear. I'm glad I had my own experience to share for this article so I wouldn't have to share any of Uncle Joe's stories of a mischievous child, the happiest place in the kingdom, Saint Damien of Molokai and others. You'll have to go on a tour yourself if you want to hear those!

Oahu Ghost Tours currently has three tours running: the Honolulu City Haunts (the one we went on), the Orbs of Oahu Tour (their most popular) and the Sacred Spirits Day Tour. Tickets for Oahu Ghost Tours can be purchased at a military discounted rate through any of Joint Base Pearl Harbor-Hickam MWR's Information, Tickets and Travel offices. You can download their price list from our website at www.greatlifehawaii.com.





335 Kuntz Ave., Bldg. 1889 • 448-9907

# OCT | NOV | DEC

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



# CALLING ALL CRAFTERS TO THE HICKAM 43RD ANNUAL FALL CRAFT FAIR

SATURDAY 3 NOVEMBER FROM 9 AM - 3 PM

Register NOW in the Ceramics Shop (Tue—Sat 9am-5pm). All items sold at our craft fairs must be handmade by you. Please bring items or photos of items you will be selling for screening at time of registration. Call 448-2392/93 for further info.

# TEEN/ADULT CLASSES

#### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm: Oct 31-Dec 12 (No Class Nov 21)

Thursdays, 6 - 8:30pm:

Nov 1-Dec 13 (No Class Nov 22) Fridays, 9 – 11:30am:

Nov 2-Dec 14 (No Class Nov 23)

Saturdays, 9 – 11:30am:

Nov 3-Dec 15 (No Class Nov 24)

Ages 16 and older

\$75 per person (plus supplies)

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

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

One class per week for 4 weeks: Saturdays, 9 - 11:30am

Oct 6-27 • Nov 10-Dec 1

Ages 16 and older

\$55 per person (plus supplies)

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

#### Drawing & Painting

#### **COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY**

One class per week for 4 weeks: Tuesdays, 12:30 - 2:30pm Oct 2-23 · Nov 6-27

Ages 12 and older

\$80 per person (plus supplies)

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

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

One class per week for 4 weeks: Tuesdays, 3:00 – 5:00pm

Oct 2-23 • Nov 6-27

Ages 12 and older

\$80 per person (plus supplies)

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

#### **OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY**

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

Oct 2-23 · Nov 6-27

Ages 14 and older

\$90 per person (plus supplies)

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

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Oct 30-Dec 4

Ages 16 and older

\$70 per person (plus supplies)

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

#### CONTINUING ADULT WATERCOLOR WITH **JEFF SANDERS**

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

Nov 1-Dec 13 (No Class Nov 22)

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 - 5pm

Oct 18-Nov 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!

#### **ILLUSTRATION WITH CHARIS DERRY**

One class per week for 5 weeks: Thursdays, 5:30 - 7pm Oct 18-Nov 15

Ages 12 and older

\$65 per person (plus supplies)

Learn to apply your drawing and painting skills to produce art that gets used in the real world. Pick from projects like CD covers, stationary designs, greeting card design, t-shirt design, poster art, children's book illustration, and illustrations for ads and magazine articles. Learn the basics of color theory and using pen and ink and/or paint. Brainstorming, research, thumbnails, imagination and conceptualization, composition, finding a design process and receiving feedback throughout are emphasized. A quick survey of the history of illustration and discussion of ways to get your art out there rounds out the class. With imagination and a little hard work, anybody can create cool designs and lasting imagery that does more than just hang on a wall! Some previous basic drawing and painting experience is recommended.

#### Framing

#### **BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES**

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

#### Glassworks

Please wear shoes. Long pants recommended

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

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm Oct 4-11 • Oct 18-25 • Nov 1-8 • Nov 15-29 (No Class

Nov 22) • Dec 6-13 • Dec 20-27

Ages 16 and older

\$40 per person (plus supplies)

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

#### ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks: Wednesdays, 5:15 - 7:15pm Oct 3-24 • Nov 7-28

\$75 per person (plus supplies)

One class per week for 3 weeks: Wednesdays, 5:15 – 7:15pm Dec 5-19

Ages 16 and older

\$60 per person (plus supplies)

This class is for more advanced students who have previously taken Beginning Glass Fusing and would like to

Keep up with GREAT LIC HAWAII On Social Media @greatlifehawaii @greatlifehawaii use tag #greatlifehawaii www.greatlifehawaii.com learn more about working with glass. Please wear shoes. Long pants are recommended. Previous glass experience is required.

#### CHRISTMAS ORNAMENTS WITH JESSICA FITZGERALD

This is a one-day class. Friday, 5:15 – 7:15pm

Dec 7 • Dec 14 • Dec 21

Ages 16 and older

\$20 per person (plus supplies)

Students should bring glass with them to class. Please wear shoes. Long pants are recommended.

# Crochet, Knitting, Quilting &

#### **BEGINNING KNITTING WITH CHRISTINE BLYDEN**

One class per week for 3 weeks:

Mondays, 11am - 12:30pm:

Oct 15-29 • Nov 12-26

Ages 14 and older

\$45 per person (plus supplies)

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

#### INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

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

Oct 15-Nov 12 (No Class Nov 5) • Nov 19-Dec 10

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

Oct 5-26 • Nov 2-30 (No Class Nov 9)

Ages 14 and older

\$50 per person (plus supplies)

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

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

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

Oct 17-31 • Nov 7-21 • Dec 5-19

Ages 13 and older

\$35 per person (plus supplies)

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

#### **MESSENGER BAG SEW-A-LONG WITH AMANDA BUSSEY**

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

Oct 10-Nov 28

Ages 14 and older

\$75 per person (plus supplies)

Come and sew along as we make a cross body style messenger bag. This is a versatile bag, suitable for everyday use. Beginner sewing skills are needed to complete the project. You must have your own sewing machine. Ages 14 and up.

#### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Oct 9-30 • Nov 6-27

Ages 14 and older

\$35 per person (plus supplies)

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

#### MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Oct 20-Nov 17 | Applique Quilt (

Nov 24–Dec 22 | Hawaiian Quilt (No class-Nov 3)

Dec 29—Jan 19 | Disappear 9 Patch Quilt (No class-Dec 8)

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine.

#### MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Oct 20–Nov 17 | Applique Quilt

Nov 24-Dec 22 | Hawaiian Quilt (No class-Nov 3)

Dec 29-Jan 19 | Disappear 9 Patch Quilt (No class-Dec 8)

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.

#### Photography

#### **BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER**

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: Oct 9–30 • Nov 13–Dec 4

Wednesdays, 10am-12pm: Oct 10-31 • Nov 14-Dec 5 Ages 14 and up

\$75 per person (plus supplies)

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

#### Woodworking

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

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

This is a one-day class.

Offered on select Saturdays,

4:30 – 7:30pm (arrive 15 minutes prior to class to sign in) Ages 12 years & older

(ages 12–15 must be accompanied by a parent or guardian) \$20

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

#### PEN TURNING CLASS

This is a one-day class.

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

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

\$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. Must take the safety class prior.

#### SAFETY CLASS WITH PEN TURNING

This is a one-day class.

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

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

\$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.

(continued on next page)

# CHILDREN'S CLASSES & CAMPS

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

One class per week for 4 weeks:

Thursdays, 3 - 4:30pm:

Oct 4-25 • Nov 1-29 (No Class Nov 22)

Ages 7-12

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

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

#### INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

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

#### Oct 15-Nov 19

Ages 9-13

\$85 per person (plus supplies)

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

#### CHRISTMAS STOCKING WORKSHOP WITH AMANDA BUSSEY

This is a 1-day class: Mondays, 5:30 - 8:30pm

Dec 3

Ages 10 and older

\$35 per person (plus supplies)

Customize stockings to hang by the 'chimney' with care, and fill up with wonderful surprises! You MUST have your own sewing machine.

#### BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

Oct 19-Nov 2 • Nov 16-30

Ages 7-13

\$45 per person (plus supplies)

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

# DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

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

Oct 15-Nov 12

Ages 7-18

\$65 per person (plus supplies)





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

#### AFTER SCHOOL WATERCOLOR CLASSES WITH IFFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm **Oct 30–Dec 4** 

Ages 7-18

\$70 per person (plus supplies)

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

### HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm **Nov 1–Dec 13** (No Class Nov 22)

Ages 7-18

\$70 per person (plus supplies)

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

#### CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

Nov 1-Dec 13 (No Class Nov 22)

Ages 7-18

\$70 per person (plus supplies)

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

#### ART EXPLORATIONS WITH JESSICA FRANKLIN

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

#### Oct 23-Nov 15 • Nov 20-Dec 18

Ages 3-6

\$80 per person (supplies included)

Preschool aged children will have the opportunity to use a variety of art supplies to create imaginative, processoriented projects. They will be guided in the safe and appropriate use of materials, but final products are very open-ended. Wear clothes that can get messy! Attendance by a parent/guardian during the first class is mandatory and as needed on a class to class basis determined by the instructor.

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

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

Oct 17-31 • Nov 7-21 • Dec 5-19

Ages 7-12

\$35 per person (plus supplies)

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

# EVENTS & ACTIVITIES

#### **FALL CRAFT CAMP**

Tuesday Oct 9–Friday Oct 12 10 a.m.–12 p.m. Ages 7 and up \$65

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

There's no limit to the beauty a child can create when given some instruction and artistic freedom. Sign up Now, class fills up FAST!

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

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

Oct 10, 24 • Nov 7, 21 • Dec 5, 19

Ages 7-14

\$30 per person (supplies included)

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

#### **OHANA PAINT NIGHT WITH CHARIS DERRY**

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

Oct 26 • Nov 30 • Dec 7, 14, 21, 28

Ages 8 and older

\$35 per person (supplies included)

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

#### PICK & PAINT CERAMICS

#### Tuesday—Saturday | 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, we fire it, and have it ready for you in 14-21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

#### PAINT '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 <a href="http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration">http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration</a>.



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.



CELEBREMOS HERENCIA HISPANA EN LA BIBLIOTECA!

DURING HISPANIC HERITAGE MONTH
WEGELEBRATE THE CULTURE & HERITAGE
OF HISPANICS LIVING IN AMERICA.
GELEBRATE WITH US!

Enjoy bilingual stories, experience Hispanic rhythms, play games, and do crafts!

- Maya's Blanket = La manta de Maya, by Monica Brown is about recycling
- El Dragón Chef is a story about a dragon who wants to become a chef
- El oso y sus Amigos = The Bear and His Friends is an interactive story about making friends in the forest

Play a vocabulary game! Enjoy making pen and pencil holders with recycled materials!

Design Mexican candy skulls, and make a candy-filled piñata!

Questions? Call 449-8299 | www.greatlifehawaii.com Joint Base Library | 990 Mills Blvd. Bldg. 595





#### 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 October activities is currently open. Registration for November activities begins **October 1**.

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

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

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

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

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

ODR Registration

ODK Registration



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

#### **SURFING**

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

Oct 21 Sign up by Oct 19
Begins: 9 am | Ends: 12 pm
Cost: \$30

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

#### **WOMEN'S SURFING**

Oct 6 Sign up by Oct 4
 Nov 11 Sign up by Nov 9
 Begins: 9 am | Ends: 12 pm

Cost: \$30
In a class all their own, we are getting you out to enjoy the breaks! Come out and get professional instructions from our own Outdoor Recreation staff. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Don't miss out on this righteous opportunity! Participants must be able to swim without a lifeiacket.

#### **STAND-UP PADDLEBOARDING**

# LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

Oct 7
 Sign up by Oct 5
 Sign up by Oct 25
 Nov 4
 Nov 24
 Begins: 9:15 am

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

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

#### **KAYAKING**

#### MOONLIGHT PADDLE AT HICKAM HARBOR

Oct 24 Sign up by Oct 20 Begins: 7 pm | Ends: 9 pm

Nov 23 Sign up by Nov 20
Begins: 6:30 pm | Ends: 8:30 pm
Cost: \$25 (Kayak included)

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

#### **KAYAKING AT CHINAMAN'S HAT**

Oct 6 Sign up by Oct 4

Nov 3 Sign up by Nov 1
 Begins: 8 am | Ends: 1 pm
 Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then explore the island, enjoy swimming or tide pool viewing and possibly catch a wave or two. If the weather is nice we can take a short hike around the island. This trip is fun for all levels of ability. You're encouraged to bring lunch or snacks and plenty of water.

#### FISHING

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

- Oct 20 Register online by Oct 18 Begins: 8:30 am | Ends: 11:30 am
- Oct 28 Register online by Oct 26 Begins: 2:30 pm | Ends: 5:30 pm
- O Nov 3 Register online by Nov 1 Begins: 8:30 am | Ends: 11:30 am
- Nov 25 Register online by Nov 23
   Begins: 2:30 pm | Ends: 5:30 pm Cost: \$30
   Registration available online only

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

#### **LEARN TO SPEARFISH**

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

Oct 13/14 Register online by Oct 11
 Nov 17/18 Register online by Nov 15

Cost: \$60

Registration available online only

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

#### SPEARFISHING EXCURSION

Oct 27 Sign up by Oct 26
Nov 10 Sign up by Nov 8
Begins: 9 am | Ends: 12 pm

Cost: \$20

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

# KEIKI & PARENT HAND POLE FISHING/ REEF WALKING

Oct 20 Sign up by Oct 18
 Begins: 9 am | Ends: 12 pm
 Cost: \$12

Join us as we discover what lives below the Hickam Harbor. Kids and parents can learn the art of hand pole fishing, shore line dunking, reef walking and sea life discovery. Poles, bait, nets, view boxes will be provided. Bring your camera, sun screen, reef shoes, snacks and drinks! This is fun not to be missed! For ages 4-8.

#### HIKING

#### **HIKE EHUKAI PILLBOX**

- Oct 20
   Sign up by: Oct 18
   Nov 17
   Sign up by: Nov 15
- Nov 17 Sign up by: Nov 15 Begins: 8 am | Ends: 1 pm Cost: \$20

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of O'ahu'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).

#### BIKING

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

Oct 27 Sign up by: Oct 25Nov 24 Sign up by: Nov 22

Begins: 8 am | Ends: 1 pm Cost: \$25 w/ bike, \$20 without

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

# swim and prior snorkel experience is required Foster Point Gazebo

#### **BIKE & HIKING**

#### **KAIAKA BIKE & HIKE**

Oct 13 Sign up by: Oct 11
 Nov 10 Sign up by: Nov 8
 Begins: 8 am | Ends: 1 pm
 Cost: \$35

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

(continued on next page)

#### 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. 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. Replacement and labor cost per item will be charged for lost and damaged itemts. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

#### **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 CLASSES**

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

#### START SAILING RIGHT HH

- Tue | Oct 2 | 6-8 pm
   Sat | Oct 6, 13, 20, 27 | 9 am-1 pm or 1 pm-4 pm
- Tue | Oct 30 | 6-8 pm
   Sat | Nov 3, 10, 17, 24 | 9 am-1 pm or 1 pm-4 pm
   Cost: \$80 per person/per month
   Ages 18 & up

#### **START SAILING RIGHT RB**

- Sat/Sun | Oct 6/7 & 13/14
- Sat/Sun | Nov 3/4 & 10/11
   Cost: \$85 per person
   1-5 pm
   Ages 18 & up

#### LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Oct 1,3, 10, 15, 17, 22, 24, 29
- Mon/Wed Nov 5, 7, 14, 19, 21, 26, 28
   Cost: \$85 per person/per month
   9:30-11:30 am
   Ages 18 & up

#### INTERMEDIATE SAILING RB

- Sat/Sun | Oct 20/21 & 27/28
- Sat/Sun | Nov 17/18 & 24/25 Cost: \$85 per person/per month

Ages 18 & up

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

#### **YOUTH BEGINNERS SAILING RB**

- Mon/Wed | Oct 1,3, 10, 15, 17, 22, 24, 29
- Mon/Wed | Nov 5, 7, 14, 19, 21, 26, 28
   Cost: \$60 per person/per month
   12-2 pm or 3:30-5:30 pm
   Ages 10 17 years

#### YOUTH BEGINNERS SAILING HH

- O Weds/Fri | Oct 3, 5, 10, 12, 17, 19, 24, 26
- Weds/Fri | Nov 2, 7, 9, 14, 16, 21, 23, 28, 30
   Cost: \$60 per person/per month
   3-5 pm

Ages 9 years & up \*REGISTER ONLINE ONLY

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

#### YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Oct 2, 4, 9, 11, 16, 18, 23, 25, 20
- Tues/Thurs | Nov 1, 6, 8, 13, 15, 20, 27, 29
   Cost: \$60 per person/per month
   12-2 pm or 3:30-5:30 pm
   Ages 10 17 years

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

#### YOUTH INTERMEDIATE SAILING HH

- Ott 2, 4, 9, 11, 16, 18, 23, 25, 20
- Tues/Thurs | Nov 1, 6, 8, 13, 15, 20, 27, 29
   Cost: \$60 per person/per month

3-5 pn

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.

#### **ADULT SMALL BOAT SAILING COURSE HH**

- O Fri | Oct 5, 12, 19, 26
- Fri | Nov 2, 9, 16, 23, 20
   Cost: \$50 per person/per month
   9:30 am -12 pm
   Ages 18 & up

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

#### **FAMILY/GROUP SAILING INSTRUCTION**

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

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

#### **FAMILY SAIL**

By Appointment

#### PRIVATE SAILING INSTRUCTION

By Appointment Cost: \$20 per hour

#### **SUNSET REGATTAS**

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

#### MARINA CHECKOUT QUALIFICATION

By Appointment Cost: \$20 per hour

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

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

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

#### **OUTRIGGER CANOEING**

#### P.T. OUTRIGGER CANOE PADDLING RB

Mon-Fri

6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am Cost: \$3 per session

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

#### RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

Ages 10 & up

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

#### PADDLEBOARD CANOEING / YOGA

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

\*Fri | Oct 5
 \*Fri | Oct 19
 \*In up by Oct 4
 \*In up by Oct 18
 \*Fri | Nov 2
 \*Fri | Nov 16
 \*Fri | Nov 30
 \*Fri | Nov 30

8:30-9:30am

Cost: \$3 per person

\*Must pre-register at HH Marina. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. Pre-registration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

#### STAND UP PADDLEBOARD YOGA HH

\*Fri/Sat 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 boards on the water.

#### **BEACHES**

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

Hours: Friday—Sunday, 10 am—4 pm

#### **BEACH EQUIPMENT RENTAL**

\*Subject to cancellation due to weather

 Kayak (1 per) \$5 hr • \$20 day
 Kayak (2 per) \$7 hr • \$25 day

 Surf Board \$5 hr • \$25 day
 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.
\*Surf taxi subject to cancellations

#### 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

Fins \$2 hr • \$5 day

Surf Board \$3 hr • \$25 day

Horeshoes/Volleyball \$3 day

#### **PRIVATE LESSONS**

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

#### Directions

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



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

\$10 Express Beeman Instant Makai

SUNDA	Y	MONE	DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DESIGNA FOR HIK BEG: Begir INTER: Interm ADV: Advar	KES nner nediate	North Shore Star G FREE Express Beeman Instant Makai	1900 1800 1815 1830	Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	9 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	K1 Speed Go-Karts \$20 Express 1645 Beeman 1730 Instant 1745 Makai 1800	Corndogs For Lunch Sponsored by USAA FREE Beeman 1100 -1300 Movies with Liberty  Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	Solution   Column
Beeman Instant Makai Return From Camp	0915 1000 1015 1030 1500	Rau Hana Surf Sess FREE Express Beeman Instant Makai	1400 1445 1500 1515	Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!	IO Indoor Rock Climbing @ Volcanic Rock Gym \$10 Express 1645 Beeman 1730 Instant 1745 Makai 1800	Ping Pong Tournament FREE Beeman 1800 WIN PRIZES!!!	Poke Bowls For Lunch Sponsored by USAA FREE Beeman 1100-1300 Ka Moana Luau @ Sea Life Park \$50 Express 1545 Beeman 1630 Instant 1645 Makai 1700	13   Aloun Farms Pumpkin Festival FREE   Express   0915   Beeman   0815   Instant   0830   Makai   0845   Sunrkeling Sharks Cove FREE   Express   1000   Beeman   0900   Instant   0915   Makai   0930
Beeman Instant Makai Kualoa Premiere Movie \$45 Express Beeman Instant	0815 0900 1915 1930	Night Fishing FREE Express Beeman Instant Makai	1500 1600 1615 1630	16 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!	Make your own Jack-o-Lanterns FREE Beeman 1700	18 Barracks Bash @ Nevada Hall Sponsored by USAA FREE 1700-1900	Beef Stew For Lunch Sponsored by USAA FREE Beeman 1100 -1300  Def Leppard @ Blaisdell Arena \$35 Express 1815 Beeman 1900 Instant 1915 Makai 1930	Hike Ehukai Pillboxes [BEG] FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900  Wakeboard & Bumper Tube \$40 Express 1115 Beeman 1200 Instant 1215 Makai 1230
Beeman Instant Makai Dodgeball @ iTrampolin \$10 Express Beeman Instant	0930 0830 0845 0900 <b>16</b> 1600 1645 1700 1715	<b>22</b> Sacred Spirits Drivii \$25 Express Beeman Instant Makai	0815 0900 0915 0930	Mario Kart N64 Tournament FREE Express 1800 WIN PRIZES!!!	24 Learn to Bowl with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	Z5 Ten & Grind @ GEN Korean BBQ House \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	26 Acai Bowls For Lunch Sponsored by USAA FREE Beeman 1100-1300 Open Mic Night FREE Beeman 1700-1800	27  SCUBA @ Hawaii Kai (2-Tank Dive) \$50 Express 1015 Beeman 1100 Instant 1115 Makai 1130 Honolul City Haunts Walking Ghost Tou \$20 Express 1715 Beeman 1800 Instant 1815 Makai 1830
Beeman Instant	1000 1030 1045 1100	29 Pau Hana Surf Sess FREE Express Beeman Instant Makai	1015 1100 1115 1130	30 Xtreme 7D Dark Rides Interactive Gaming Theater \$15 Express 1730 Beeman 1800 Instant 1815 Makai 1830	31 Halloween Lunch @ Beeman FREE Beeman 1100 -1300	off-site events, just meet at t Payment, if needed, is due at t with 48 hours' notice by callin	gle, active-duty Military E1-E6 only. 1 he Liberty Centers or the Makai Recre the time of registering online. Cancellat g the Beeman Center in order to receiv I, PLEASE CALL ONE OF THE FOL	ration Center at the times shown. ions must be done Monday-Friday e a refund.

Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220

# dinina

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

#### **BREWS & CUES**

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

#### **Gridiron Gameday**

Sundays, Doors open at 7 a.m. Mondays, Thursdays beginning at 2:30 p.m. FREE

#### Ages 18 years & older

Root for your favorite team and enjoy free pupus on Mondays and Thursdays (while they last). On Sundays, we open early with a continental breakfast (\$3.00) from 7:30-11am. Giveaways during Halftime on Sundays game at 10:30am!

#### THE COUNTRY BAR

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

#### Special Sunday Hours & Music

Sunday, Oct 7

#### Ages 18 years & older

Keep the party going! No work on Monday means special Sunday hours at the Country Bar. DJ Wicked and DJ Special K will be mixing top 40s, Hip Hop and R&B.

#### **Halloween Costume Contest**

Saturday, Oct 27

#### Ages 18 years & older

Think you have the best costume this year? Then come show off at The Country Bar in Club Pearl! Great prizes! You must register with the DJ before 10 p.m. to be entered. See our ad on page 31.

#### JOINT BASE CATERING

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

#### **Sunday Brunch**

Oct 7, 14, 21, 28

10am – 1pm

Dining Room
(Historic Hickam Officers' Club)
\$24.95 Club Members
\$26.95 Adults
\$13.50 Child 7-12 years
\$8.25 Child 4-6 years
ALL RANKS WELCOME!

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

#### Paint 'n' Sip

Wednesdays, Oct 3, 10, 17, 24, 31 5:30 – 8:30pm

# Dining Room (Historic Hickam Officers' Club) \$40/person

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



#### Mongolian BBQ

Mondays, Oct 1, 8, 15, 22, 29 Thursdays, Oct 4, 11, 18, 25

5 – 8pm

The Grand Lanai

\$0.95 per ounce

#### \$2 Club Member discount

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

#### KOA LOUNGE

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

#### **Warrior Friday**

Friday, Oct 5

4:30 - 7:30pm

Historic Hickam Officers' Club

**FREE for Club members** 

#### \$15 for non-members

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

#### **Margarita Madness**

**Every Thursday** 

4 - 6:30pm

Koa Lounge

#### \$4 Margaritas (regular price \$6.50)

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

#### THE LANALAT MAMALA BAY

#### Mondays and Thursdays Night

Stop in to root for your favorite team and enjoy nightly specials. Call 422-3002 for details.

#### **Aloha Friday Buffet**

Friday, Oct 5, 12, 19, 26 11am – 2pm \$15.95 Adults \$9.95 Child 6-12 years FREE Child 5 years & under

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

#### Pau Hana Taco Tuesday

Tuesday, Oct 2, 9, 16, 23, 30

Choose from: fish, Kalua pork, chicken and beef taco's. Call 422-3002 for details.

#### Live Music at the Hapa Deck & Bar

Saturday, Oct 6, 13, 20, 27 5 – 7pm No cover

#### RESTAURANT 604



#### Weekend Brunch

#### Saturdays and Sundays

9:30am - 3pm

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

#### **Aloha Hour**

Monday-Friday

3 – 5pm

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

#### TRADEWINDS

Hickam Bldg. 1804

#### Coming Soon!

Stayed tuned to Great Life Hawaii for updates.

# BEANNUAL POWER LIFTING BOYLET BOYLETING BOYLET





REQUIRED LIFTS:

Squat Deadlift Bench Press

# **OPEN CATEGORIES - MEN & WOMEN**

A combined total of 1,000 lbs for men and 600 lbs for women required for Hall of Fame Oct. 12 Weigh-ins Bam-5pm - New Weight Categories.

# \$20 REGISTRATION REQUIRED



JN GROUP

For more info, please call 808.471.2019 or email Marian Mulcahy at marian.mulcahy@navy.mil



# family/support

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

#### TEEN CENTER

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

#### Family Night - Pumpkin Carving

Tuesday, Oct 16 5:30 – 7pm FREE

#### Ages: All teen family members welcome!

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



#### Teen Center Halloween Lock-In

Friday, Oct 26 7pm – 7am

#### \$20 | Register from October 1-24

Teens enjoy a full night of games, bowling, food and more! Costumes are welcome! In order to sign up, you must have a current registration form on file with the Teen Center and you can only sign up online! Go to https://jbphh.greatlifehawaii.com/family/youth-programs to find the link under the registration forms section!

# athletics

Aquatics Bowling Fitness Programs & Centers Golf Intramurals Youth Sports

#### **AQUATICS**

Arizona Pool (Ford Island)	472-7582
Pool 1 (Hickam)	449-8274
Pool 2 (Hickam)	448-2384
Scott Pool (Pearl Harbor)	473-0394
Towers Pool (Makalapa)	471-9723

#### Aqua Zumba

Tuesdays, Oct 2, 9, 16, 23, 30 5:30–6:30pm

#### **Hickam Family Pool**

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



#### Movie Night - "Despicable Me 3"

Friday, Oct 26 6 – 8pm FREE

#### **Hickam Family Pool**

Bring your favorite float (individual size only) & relax in the pool while watching the animated film "Despicable Me 3" (rated PG). Plus, you can bring your own food and beverages (no alcohol or glass containers please).

#### BOWLING

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



#### **Halloween Bowling Party**

Wednesday, Oct 31

3 - 4:30pm

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

Free treats and 1 FREE game of bowling for those who dress up. Shoe rental not included.

#### \$1.75 Monday Madness

Monday, Oct 1, 15, 22, 29

5 – 9pm

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

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

#### \$1.75 Wild Wednesdays

Wednesday, Oct 3, 10, 17, 24, 31

4 - 9pm

#### **Hickam Bowling Center**

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

#### Lunch & Bowl

Tuesday, Oct 2, 9, 16, 23, 30

11am – 2pm Hickam Bowling Center

11am – 1pm Naval Station Bowling Center

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

#### **Active Duty Military Bowl Free**

Monday, Oct 1, 15, 22, 29

11am – 1pm Hickam Bowling Center
Thursday, Oct 4, 11, 18, 24
11am – 1pm Naval Station Bowling Center
Receive up to 2 free games of bowling during
lunchtime. Shoe rental extra. Military ID card
required. Offer not valid on Holidays.

#### **Cosmic Bowling**

Fri, 9:30pm – Midnight Hickam Bowling Center Sat, 6pm – Midnight Hickam Bowling Center Sat, 8:30 – 10:30pm Naval Station Bowling Center Sun, 3 – 6pm Naval Station Bowling Center

#### FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120	4
JBPHH-Pearl Harbor Bldg. 1338 471-201	9
Naval Station Gym Bldg. 667 473-243	6
Wahiawa Annex Bldg. 446 653-554	2
Open 24 hours/day, 7 days/week (unstaffed):	

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

#### Alpha Warrior Battle Rig Fitness Competition

Friday, Oct 5 8am-4pm FREE

#### **Hickam Memorial Fitness Center**

Are YOU a Warrior? Try to conquer the Battle Rig in individual and team competition. Kids ages 4-12, can try the Youth version! Try out/practice on the course Thursday, Oct 4, from 8am-11am before the competition! Certification Course for CFLs and PTLs, Wednesday, Oct. 3. Sign up through MWR Fitness. Call 808.448.2214 for more info.







# R GROUP EXERCISE SCHEDULE

#### **Fitness Center Locations**

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

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

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



#### JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 –7am	NOFFS *	CYCLE FIT *	STRONG TRAINING *	CYCLE FIT *	WILD CARD FITNESS *	
7am			CIRCUIT TRAINING *			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS
8:30 – 9:30am	ZUMBA	ZUMBA	HOT HULA fitness®	ZUMBA	YOGA	
0.30 - 3.30am	STRONG BY ZUMBA®	LUMDA	HOT HULA HIHESS	ZUMDA	TOUA	
9 – 10am						CYCLE FIT
9:15 –10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	ZUMBA	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY	CYCLE FIT *	TOTAL BODY	WARRIOR ZONE CIRCUIT	
11.00am 12.00pm	CICLLIII	CONDITIONING *	YOGA	CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT \$			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE BASICS				

#### HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30am	CYCLE FIT *		CYCLE FIT *		CYCLE FIT *	
6 –7am	HIIT *	CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *	HIIT *	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®	CARDIO KICKBOXING	ZUMBA
11:30am – 12:30pm		YOGA	SPINNING	YOGA		
3:30 – 4:30pm		CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *		
5:15 – 6:15pm	YOGA	HIIT *	YOGA	BODY BLAST		
5.15 – 6.15pm	TUUA	SPINNING	TUUA	SPINNING		
5:30– 6:30pm					ZUMBA	
6:30– 7:30pm	ZUMBA		ZUMBA			

#### WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY COND		
11:30am – 12:30pm						
5– 6pm		ZUMBA		ZUMBA		

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

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



#### **Dodgeball Tournament**

Friday, Oct 12

1pm **FREE** 

#### **Hickam Memorial Fitness Center**

Get your team together for the ultimate schoolyard game. 6-8 players per team. Sign up begins at 10 a.m. on the day of the event.

#### **Bi-Annual Powerlifting Competition**

Saturday, Oct 13 8am

#### \$20 Registration Fee

JBPHH Fitness Center

Compete and test yourself in the Squat, Bench Press and Deadlift. Open categories for men and women. Get a high enough combined total and you could be added to our Hall of Fame. Call 471-2019 for more info.



#### Halloween Zumba Bash

Saturday, Oct 27 9 - 11am

Cost: 2 Group Exercise Class coupons JBPHH Fitness Center

Come out and enjoy a 2-hour workout with your favorite Zumba instructors. Get into the Halloween spirit and come dressed to impress!.

#### **NEW! TRX Suspension Training**

Monday, Oct 8 11:30am - 12:30pm FREE

#### **Hickam Memorial Fitness Center**

TRX integrates strength and balance into a dynamic movement using body weight exercises. Learn proper form and technique, balance, core strength and functional training.

#### **NEW! Foam Rolling Stretching Class**

Monday, Oct 22 11:30am - 12:30pm

FREE

#### **Hickam Memorial Fitness Center**

In this class you'll learn self-myofascial release therapy incorporating static and dynamic stretching, and CARS (controlled articular rotations). Simultaneously build flexibility by using full range of motion while inhibiting overactive muscles.

#### **GOLF**

Barbers Point
Keʻalohi Par 3
Mamala Bay
Navy-Marine



#### \$2 Tuesdays

Tuesday, Oct 2, 9, 16, 23, 30

4 - 6pm

#### Mamala Bay Golf Course Driving Range

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

#### Golf Demo Day

Wednesday, Oct 3 3:30 - 6:30pm

**Navy Marine Golf Course** 

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

#### **Free Golf Clinics**

Thursday, Oct 18

Noon - 1pm Navy Marine Golf Course

Saturday, Oct 20

9:30 - 10:30am Barbers Point Golf Course

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

#### 9 Before 9

Monday - Friday

Before 9am

Mamala Bay Golf Course

Tee off before 9 am and play nine holes for a discounted price. For more info, call 808-471-0142.

#### **BOGO Special**

Monday - Friday

Ke'alohi Golf Course

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

#### Twilight /Play Until Dusk Golf Specials

Monday - Friday (except holidays) After 3:00pm Barbers Point Golf Course

Monday - Friday (except holidays) After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course \$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

For more information, call respective pro shop.

#### **YOUTH SPORTS**

Youth Sports & Fitness (Bloch Arena) . . 473-0789 Gymnastics (Bldg. 1680) . . . . . . . . . . . . . 422-2223



#### Winter Youth Sports Registration

Baseball | Basketball | Cheerleading \$50

Ages: 5 - 16

No in office payments, must register and pay online. Current registration form and physical needed prior to registration. See our ad on page 30.

### itt

Barbers Point	682-2019
Fleet Store	473-0792
Hickam	448-2295
NEX Mall	422-2757
Wahiawa	564-4445, 564-4446
Travel Connections-Flee	et Store422-0139
Travel Connections-NEX	( Mall422-4067



#### **Hickam Historical Tour**

Friday, Oct 5, 12, 19, 26

9:30am - 1:30pm

\$45 for adults

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

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

#### Ford Island Historical Tour

Wednesdays, Oct 3, 10, 17, 24, 31 9:30am - Noon (Check in at 9:15am) \$25 for adults

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

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



#### **Chinatown Food & Historic Tour**

Saturday, Oct 27 8:30am - 1pm \$35 for adults

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

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



#### ITT Shuttle to "Eat the Street"

Friday, Oct 26 6:30 - 9:30pm \$7/person round-trip Free for children under 5 years old (must be on an adult's lap)

Enjoy Hawaii's largest food truck & street rally featuring over 40 unique food vendors. Take the ITT shuttle to avoid the parking and walking stress. Folding chairs recommended. Subject to change without notice.

#### "Local-Style" Wine Tasting

Wednesday, Oct 31 6:30 - 8:30pm

Ages 21 years & over only

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

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

#### recreation

Arts & Crafts Auto Skills **Liberty Centers** Library Marinas Outdoor Recreation

Sharkey Theater

#### **ARTS & CRAFTS**

#### **Cookies & Canvas with Dennis Mcgeary**

Wednesday, Oct 3, 17 3:30 - 5:30pm

Ages 7-14

#### \$30 per person (supplies included)

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

#### **Ohana Paint Night with Charis Derry**

Friday, Oct 26 5:30 - 7:30pm

Ages 8 and older

#### \$35 per person (supplies included)

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



#### **Pick & Paint Ceramics**

Tuesday-Saturday 9am-5pm

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

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.

#### Calling All Crafters! 43rd Annual Hickam Fall **Craft Fair**

Saturday, Nov 3

9am-3pm

#### \$75 for a single booth, \$105 for 2 to share a booth

Register in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Call 448-9907 for further info.

#### LIBRARY

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

#### **Celebrate Hispanic Heritage Month**

Wednesday, Oct 3

10am

Join us for a special story time, experience Hispanic rhythms, and enjoy games and crafts! Play a vocabulary game Enjoy making pen and pencil holders with recycled materials, design candy skulls, and make a candy-filled piñata!

#### **Makerspace Demonstration of Simple Projects** with Cubelets

Wednesday, Oct 3

2 - 3:30pm

Cubelets are small magnetized color-coded cubes that can be put together to form simple robots, using: sensing, thinking and acting cubes. Please call 449-8299 for more information.

#### Young Adult Book Club

Wednesday, Oct 3

4pm

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

#### **Adult Book Club**

Tuesday, Oct 2 - 10am

Thursday, Oct 4 - 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is "The Underground Railroad."

#### Kids' Book Club

Wednesday, Oct 10, 17

2 – 3pm

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "Three Times Lucky" on October 10 and "Flora and Ulysses" on October 17.



#### **Preschool Story Time**

Wednesday, Oct 10, 24

9 – 10am

Story times are great for children of all ages! Our theme on October 10 will be "Fire Safety" and "Halloween" on October 24.

#### SHARKEY THEATER

Moore St., Bldg. 628 . . . . . . . . . . . . 473-0726

#### \$2 Thursdays

Thursdays, Oct 4, 11, 18, 25

Enjoy \$2 Hot Dog, \$2 Small Drink, \$2 Small Popcorn.

# 

Clip the coupon below for a great deal at two of our fabulous courses.

This coupon is only good for a limited time so don't let it go to waste. **Use it soon!**Restrictions apply.

See coupon for details.

# \$30 GREEN FEE CART INCLUDED

COUPON MUST BE PRESENTED TO RECEIVE SPECIAL RATE. NOT VALID ON HOLIDAYS. COUPON VALID FOR AUTHORIZED PATRONS WITH UP TO 3 GUESTS. MUST CALL FOR RESERVATIONS. VALID ONLY ON MON/TUES AT MAMALA BAY (449-2300) AND BARBERS PT. (682-1911) GOLF COURSES. COUPON EXPIRES: 10/30/2018

MAMALA BAY GOLF COURSE 808.449.2300

BARBERS PT. GOLF COURSE 808.682.1911







# MILITARY & FAMILY SUPPORT CENTER

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

INFORMATION SUBJECT TO CHANGE

# deployment support

#### **DEPLOYMENT FAMILY FUN NIGHT**

Oct 25 • 4:00 - 6:00pm | Hickam

Join us for a spooky evening of fun! Wear your Halloween costume for the costume contest, try your hand at some carnival games, and enjoy some snacks!

### employment assistance

#### **ACING THE INTERVIEW**

Oct 16 • 2:00 - 4:00pm | Pearl Harbor

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

#### **CIVILIAN RESUME WRITING**

Oct 9 • 8:30 – 10:30pm | Wahiawa

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

#### **FEDERAL EMPLOYMENT 101**

Oct 9 • 12:00 – 2:00pm | Wahiawa

Oct 23 • 4:30 – 6:30pm | Pearl Harbor

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

#### PART-TIME MONEY MAKERS

Oct 31 • 1:00 - 3:00pm | Hickam

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

### family life skills

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

Oct 3 • 10:00am – 12:00pm | Pearl Harbor

Did you know a parent's behavior can influence their child's thinking?

Learn the "language of encouragement" and the importance of building self-esteem in children. Discover the power of mutual respect and how to understand the difference between praise and encouragement.

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

Oct 17 • 5:00 - 8:00pm | Hickam

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

#### PARENT CHILD COMMUNICATION

Oct 16 • 1:00 - 3:00pm | Pearl Harbor

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

#### **PARENTING GROUP**

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

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

#### PARENTS: YOUR TEENS AND DATING

Oct 3 • 5:00 - 7:00pm | Pearl Harbor

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

#### **POSITIVE PARENTING**

Oct 10 • 10:00am - 12:00pm | Pearl Harbor

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

#### SOOTHING YOUR BABY AND LOVING TOUCH

Oct 25 • 1:00 - 2:00pm | Hickam Medical Bldg

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

#### **STORY TIME**

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

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

# information and referral

#### AIR FORCE SPOUSE 101: HEART LINK

#### Oct 18 • 8:00am - 2:00pm | Hickam

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

#### **EFMP COFFEE TALK**

#### Oct 11 • 9:00 – 10:00am | Pearl Harbor

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

#### **EFMP COMMAND POC TRAINING**

#### Oct 18 • 9:30 - 11:30am | Pearl Harbor

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

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

#### Sep 26 • 9:30am - 11:30pm | Pearl Harbor

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

# key spouse/ombudsman/ fleet readiness group

#### FAMILY READINESS GROUP (FRG) LEADERSHIP TRAINING

#### Oct 22 - 23 • 8:30am - 2:00pm | Pearl Harbor

Designed to provide information that will help FRG leaders (President/Vice-President and Command Support Team (CST) Spouses) start a family support group, understand the role of leadership, run effective meetings and plan for homecoming. This skill-building training will generate ideas that will assist in making family support groups inviting and productive. To register, call 474-1999.

#### **KEY SPOUSE CONNECT MEETING**

#### Oct 4 • 9:00 – 11:00am | Hickam

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

#### **OMBUDSMAN BASIC TRAINING**

#### Oct 2 - 4 • 8:30am - 4:00pm | Pearl Harbor

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

#### **OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING**

#### Oct 16 • 6:00 - 8:00pm | Lockwood Hall

Advanced training for personnel who are currently assigned as Ombudsmen or Key Spouse.

## personal development

#### **ANGER MANAGEMENT**

#### Oct 29 • 9:00am - 12:00pm | Pearl Harbor

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

#### **CONFLICT RESOLUTION**

#### Oct 11 • 10:00am - 12:00pm | Pearl Harbor

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

#### **HEALTHY RELATIONSHIPS 101**

#### Oct 4 • 1:00 - 3:00pm | Hickam

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

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

#### Oct 17 • 1:00 - 3:00pm | Pearl Harbor

One in three teens will experience a violent dating relationship by the time they reach adulthood. Dating is just one of the multitudes of challenges teens face. Teens attending the class, will learn the core elements of building Healthy Relationships: high self-esteem, qualities to look for in people, social media and keeping safe!

#### PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

#### Oct 9 • 10:00am - 12:00pm | Pearl Harbor

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

#### SKILLS DEVELOPMENT GROUP

#### Oct 3, 10, 17, 24, 31 • 10:00am - 12:00pm | Pearl Harbor

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

#### STRATEGIZING WITH STRESS

#### Oct 15 • 9:00am - 12:00pm | Pearl Harbor

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

#### TIME MANAGEMENT

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

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

#### TRANQUIL SEAS: MINDFULNESS AND SELF CARE

#### Oct 10 • 1:00 - 3:00 p.m | Pearl Harbor

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

#### **UNPLUG YOUR RELATIONSHIP**

#### Oct 12 • 5:00 - 7:00 p.m | Pearl Harbor

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

#### **WOMEN EMPOWERED GROUP**

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

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

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

#### Oct 2 • 10:00am - 12:00pm | Pearl Harbor

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

# personal financial management

#### COMMAND FINANCIAL SPECIALIST (CFS) FORUM

#### Oct 11 • 1:00 - 2:30pm | Pearl Harbor

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

#### **COMMAND FINANCIAL SPECIALIST TRAINING**

#### Oct 22 - 26 • 7:30am - 4:00pm | Pearl Harbor

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

#### **DEVELOPING YOUR SPENDING PLAN**

#### Oct 25 • 1:00 - 3:00pm | Pearl Harbor

This course provides the background and tools to help learners develop financial goals and a written plan to achieve those goals.



# **KEEPING A CAREER ON THE MOVE®**

JBPHH, HAWAII | OCTOBER 15, 2018



Hiring Our Heroes and the Military Officers Association of America are joining forces to provide this full-day military spouse employment symposium. Keeping a Career on the Move® is a personal and professional development conference for military spouses who are planning to enter or re-enter the workforce or taking the next step in their professional careers. This event is free and is open to all military, veteran, and Gold Star spouses. Service members and veterans are also welcome.

#### MILITARY SPOUSE EMPLOYMENT SYMPOSIUM

MILITARY SPOUSE JOB SEEKERS REGISTER AT HIRINGOURHEROES.ORG/EVENTS









#### MANAGING PERSONAL FINANCES

Oct 4 • 2:00 - 4:00pm | Pearl Harbor

Oct 18 • 1:00 - 3:00pm | Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

#### MILLION DOLLAR SERVICE MEMBER

#### Oct 22 - 26 • 7:30am - 3:30pm | 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.

#### relocation assistance

#### **SMOOTH MOVE**

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

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

#### **SPONSOR TRAINING**

#### Oct 2 • 1:00 - 3:00pm | Wahiawa

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

# sexual assault prevention & response (SAPR)

#### SAPR POC TRAINING

#### Oct 31 • 8:00am - 4:00pm | Pearl Harbor

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

#### SAPR VICTIM ADVOCATE REFRESHER TRAINING

#### Oct 9 • 1:30 - 3:30pm | Pearl Harbor

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

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

#### Oct 3, 10, 17, 24, 31 • 4:00 - 5:30pm | Pearl Harbor

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

## transition assistance

#### **CAPSTONE EVENT**

Oct 4 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor Oct 11 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor Oct 18 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor Oct 25 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor The final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success).

#### TRANSITION GPS: BOOTS TO BUSINESS

#### Oct 9 - 10 • 8:00am - 4:00pm | Pearl Harbor

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

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

#### Oct 15 - 19 • 7:30am - 4pm | Pearl Harbor

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

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

Oct 1 – 5 • 7:30am – 4pm | Pearl Harbor

Oct 22 - 26 • 7:30am - 4pm | Pearl Harbor

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

#### TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

#### Oct 26 • 8:00am - 3:00am | Pearl Harbor

Invest a day in YOU! Learn about VA Benefits, Tricare, Survivor Benefit Plan, AMAZING SkillBridge Program opportunities, and meet with employers actively recruiting! Bring your resume & 60-second intro!

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

#### Oct 3, 10, 17, 24, 31 • 8:00 - 11:00am | Hickam

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

#### **MFSC-Hickam**

655 Vickers Avenue, Bldg. 1105 474-1999

Tue-Thu: 8 a.m. - 3:30 p.m. Closed daily from 11 a.m. - 12 p.m.

#### MFSC-Pearl Harbor

4827 Bougainville Drive 474-1999

Mon-Thu: 7 a.m. - 4:30 p.m.

Fri: 7 a.m. - 4 p.m.

#### MFSC-Wahiawa Annex

500 Center Street, Bldg. 392 Wahiawa, HI 96786

474-1999

Tue-Thu: 7:30 a.m. - 4 p.m.

# food&drink

JOINT BASE CATERING
Office next to Wright Brothers Café • 448-4608 Ext. 16           Mon, Sat.         Appointment only           Tue-Fri.         0900-1600           Sun.         Closed
DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)
Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666 Mon-Fri
Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948 Mon–Fri
RESTAURANTS & CASUAL DINING
LA FAMILIA MEXICAN RESTAURANT         At Ke'alohi Par 3 Golf Course • 422-9987         Mon       Closec         Tue-Sat       1000-2100         Sun       1000-2000
THE LANAI AT MAMALA BAY 3465 Mamala Bay Drive, Hickam Harbor • 422-3002 Mon-Thu, Sun
Fri, Sat
RESTAURANT 604 57 Arizona Memorial Drive, Rainbow Bay • 888-7616

STEAKOUT           Barbers Point Golf Course • 462-9370         0600–1700
FAST FOOD PIZZA HUT At the Club Pearl Complex • 423-2222
TACO BELL At the Club Pearl Complex • 422-2274
BARS
<b>10th PUKA LOUNGE</b> At Ke'alohi Par 3 Golf Course • 448-9890 Mon, Tue, Sun
Wed-Sat1100-2300
BREWS & CUES (NEWLY RENOVATED)           Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743           Mon-Thu         1300-2300           Fri         1300-0100           Sat         1100-0100           Sun         1100-2300
THE COUNTRY BAR (NEWLY RENOVATED)
Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
Mon-Thu
Sun
KOA LOUNGE
At the Historic Hickam Officers' Club • 448-4608 Wed
Thu.       1600–2200         Fri.       1600–2300
TRADEWINDS Hickam Bldg. 1804 Coming Soon!

# programs&services

Arizona Pool (Ford Island) • 472-7582
Open Swim (summer months):
Mon–Fri
Sat, Sun, Holidays
Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
Mon–Fri
Sat, Sun, Holidays
Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
Open Swim:
Mon. Tue
Wed-Fri
Sat, Sun
•
Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394 Lap Swim:
Mon–Fri
Mon–Thu
Sat. Sun
Open Swim:
Mon–Wed, Fri
Sat, Sun, Holidays
Towers Pool (Makalapa) • 471-9723
Lap Swim: 1100–1300
Lap Swim: 1100–1300
Lap Swim:
Lap Swim:       1100–1300         Mon–Fri       1100–1300         Open Swim:       1200–1700         Sat, Sun       1200–1700
Lap Swim:       Mon-Fri       1100-1300         Open Swim:       1200-1700         ARTS & CRAFTS CENTER       1200-1700
Lap Swim:       1100–1300         Mon–Fri       1100–1300         Open Swim:       1200–1700         Sat, Sun       1200–1700         ARTS & CRAFTS CENTER         Hickam Bldg. 1889 • 448-9907
Lap Swim:  Mon-Fri
Lap Swim:       1100–1300         Mon–Fri       1100–1300         Open Swim:       1200–1700         Sat, Sun       1200–1700         ARTS & CRAFTS CENTER         Hickam Bldg. 1889 • 448-9907
Lap Swim:       Mon-Fri       1100–1300         Open Swim:       31, Sun       1200–1700         ARTS & CRAFTS CENTER       Hickam Bldg. 1889 • 448-9907         Ceramics & Frame Shop       Mon, Sun       Closed         Tue-Sat       0900–1700
Lap Swim:       Mon-Fri       1100-1300         Open Swim:       1200-1700         Sat, Sun       1200-1700         ARTS & CRAFTS CENTER       Hickam Bldg. 1889 • 448-9907         Ceramics & Frame Shop       Mon, Sun       Closed         Tue-Sat       0900-1700         Engraving Shop
Lap Swim:       Mon-Fri       1100-1300         Open Swim:       3at, Sun       1200-1700         ARTS & CRAFTS CENTER       Hickam Bidg. 1889 • 448-9907         Ceramics & Frame Shop       Mon, Sun       Closed         Tue-Sat       0900-1700         Engraving Shop       Mon, Sat, Sun       Closed
Lap Swim:       Mon-Fri       1100–1300         Open Swim:       3at, 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
Lap Swim:       Mon-Fri       1100-1300         Open Swim:       1200-1700         Sat, Sun       1200-1700         ARTS & CRAFTS CENTER       Hickam Bldg. 1889 • 448-9907         Ceramics & Frame Shop       Closed         Mon, Sun       Closed         Tue-Sat       0900-1700         Engraving Shop       Mon, Sat, Sun       Closed         Tue-Fri       0900-1700         Gallery/Office       Gallery/Office
Lap Swim:       Mon-Fri       1100–1300         Open Swim:       3at, 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
Lap Swim:       Mon-Fri       1100-1300         Open Swim:       3at, 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
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       Closed
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       Closed         Mon, Sat, Sun       Closed         Tue–Fri       0900–1700         Gallery/Office       Mon–Fri       0900–1700         Sat, Sun       Closed         Sales Store       Mon, Sun       Closed
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       Closed

Wood Hobby Shop • 448-9911 Mon	1300-1900
Fri–Sun AUTO SKILLS CENTERS	
Flight Crew Motorcycle 422-620	2, 548-8813
Hickam ASC, Bldg. 4002 • 449-2554	01
Mon, Sun	
Sat	
Hickam Car Wash • 449-2554	0000 0000
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	4400 0400
Mon, Tue, Thu	
Wed	
Sat	
Sun	0900-2100
Holidays	1200-1800
Naval Station Bldg. 1736 • 473-2574	
Mon	
Tue-Thu	
Fri	
Sat	
Sun	
Holidays	Closed
The Escape at Wahiawa Annex • 473-2651	1000 0000
Fri	1000-2200
CHILD DEVELOPMENT CENTERS Center Drive CDC • 471-1978	
Ford Island CDC • 471-1978	
Hickam/Harbor CDC • 472-0262	
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	
FITNESS & SPORTS CENTERS Family Fitness Center Bldg. 1681 • 471-2019 Mon–Fri (unstaffed)	
Hickam Bldg. 1120 • 448-2214	
Mon-Fri       0430–2130         Sat, Sun       0700–1700	
Holidays	
JBPHH-Pearl Harbor Bldg. 1338 • 471-2019       0400-2130         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	
Driving Range	
Mon, Wed-Sun	

Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318         Mon, Wed-Sun       0630-2200         Tue       0630-2100         Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304         Mon-Fri       0630-1800         Sat, Sun (Holidays)       0615-1800         Pro Shop       Mon-Fri       0630-1800         Sat, Sun (Holidays)       0615-1800         Navy-Marine Golf Course       Valkenburgh at Radford Drive • 471-0142         Daily Tee Times       0700-1830         Pro Shop       0700-1830         Mon-Sun       0630-1830         Driving Range       0630-2100         Mon-Wed, Fri-Sun       0630-2100         Thu       1030-2100         HOUSING         Dhana Military Communities Family Housing • 474-1820, 839-8690         Hickam Communities Family Housing • 448-0856, 423-7788         Jnaccompanied Housing • 473-5995         NFORMATION, TICKETS & TRAVEL         TT-Barbers Point, White Plains Beach • 682-2019         Mon-Sat       0900-1800         Sun, Holidays       0900-1500         TT-Fleet Store, Pearl Harbor • 473-0792	Sat, Sun
Tue	Mon, Fri–Sun
Mon–Fri	Tue—Thu
Sat, Sun (Holidays)	Bloch Arena • 473-0787  Mon–Fri
Mon-Fri	Mon–Fri
Sat, Sun (Holidays)	MOVIES  Sharkey Theater, Pearl Harbor • 473-0726  Mon–Wed
Navy-Marine Golf Course  /alkenburgh at Radford Drive • 471-0142  Daily Tee Times	Sharkey Theater, Pearl Harbor • 473-0726
Valkenburgh at Radford Drive • 471-0142 Daily Tee Times	Mon—Wed
Pro Shop Mon-Sun	Thu, Fri. 1900 showtimes Sat . 1430 first showtimes Sun. 1330 first showtimes Memorial Theater, Hickam • 448-2297  NAVY GATEWAY INNS & SUITES (Open 24 hours a day, 7 days a week) Pearl Harbor Side of JBPHI • 808-800-2337  Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315) Lockwood Hall (Bldg. 662)
Mon–Sun	Sat
Driving Range Mon-Wed, Fri-Sun	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)
Thu	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)
HOUSING  Chana Military Communities Family Housing • 474-1820, 839-8690 Hickam Communities Family Housing • 448-0856, 423-7788  Chanccompanied Housing • 473-5995  INFORMATION, TICKETS & TRAVEL  TT-Barbers Point, White Plains Beach • 682-2019  Mon-Sat	(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)
Ohana Military Communities Family Housing • 474-1820, 839-8690         Hickam Communities Family Housing • 448-0856, 423-7788         Jnaccompanied Housing • 473-5995         NFORMATION, TICKETS & TRAVEL         TT-Barbers Point, White Plains Beach • 682-2019         Mon-Sat.       0900-1800         Sun, Holidays.       0900-1500         TT-Fleet Store, Pearl Harbor • 473-0792	Pearl Harbor Side of JBPHH • 808-800-2337 Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315) Lockwood Hall (Bldg. 662)
Hickam Communities Family Housing • 448-0856, 423-7788  Jnaccompanied Housing • 473-5995  NFORMATION, TICKETS & TRAVEL  TT-Barbers Point, White Plains Beach • 682-2019  Mon–Sat	Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315) Lockwood Hall (Bldg. 662)
Jnaccompanied Housing • 473-5995         NFORMATION, TICKETS & TRAVEL         TT-Barbers Point, White Plains Beach • 682-2019         Mon–Sat.       0900–1800         Sun, Holidays.       0900–1500         TT-Fleet Store, Pearl Harbor • 473-0792	Hale Aliʻi (Bldg. 1315) Lockwood Hall (Bldg. 662)
TT-Barbers Point, White Plains Beach • 682-2019  Mon–Sat	
Mon-Sat       0900-1800         Sun, Holidays       0900-1500         TT-Fleet Store, Pearl Harbor • 473-0792	Makalapa (Bldg. 3/2)
Sun, Holidays	
TT-Fleet Store, Pearl Harbor • 473-0792	Hickam Side of JBPHH • 808-800-2330 Royal Alaka'i (Bldg. 1153)
	OUTDOOR RECREATION
Mon–Fri	Aikane Sport Fishing • 423-1113
Sat	Dive Oahu, Pool 1 • 922-3483
Sun, Holidays	Hickam Beach (lifeguards on duty)/Surf Shack Fri–Sun
TT-Hickam, Bldg. 1760 • 448-2295 Mon–Fri	Outdoor Adventure Center-Fleet Store • 473-1198
Sat	Mon–Fri
Sun, Holidays	Sat
TT-NEX Mall • 422-2757	Sun
Mon–Fri	Outdoor Recreation-Hickam Harbor • 449-5215
Sun, Holidays	Mon, Holidays
TT-Wahiawa, Bldg. 551 • 564-4445, 564-4446	Skateboard Hangar • 448-4422
Mon, Wed, Fri	Wentworth Tennis Center • 473-0610
Tue, Thu, Sat, Sun, Holidays	White Plains Beach/Surf Shack • 682-4925  Daily
TT Recreation Ticket Vehicle • 630–3080	
TRAVEL CONNECTIONS OFFICES Travel Connections Fleet Store. Pearl Harbor • 422-0139	RENTALS Barbers Point Beach Cottages • 682-3085
Mon–Fri	Conference Centers • 472-0342
Sat, Sun, Holidays	Foster Point Pavilion • 449-5215 Hickam Beach Cabanas • 449-5215
Travel Connections NEX Mall • 422-4067	Makai Recreation Center • 449-3215
Mon-Fri	Pearl Party Patios • 473-1198
NTRAMURAL SPORTS OFFICE	Outdoor Recreation Equipment Rentals:
Pearl Harbor Bldg. 667 • 473-2494 or 473-2437	Hickam Beach • 449-5215 Pearl Harbor • 473-1198
Mon–Fri	White Plains Beach • 682-4925
Sat, SunClosed	Recreation & Party Equipment Rentals:
LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)	Hickam Bldg. 1760 • 449-6870
Beeman Center (Naval Station) • 473-2583  Daily	YOUTH PROGRAMS
Makai Čenter (Hickam) • 448-0418	School-Age Care Catlin • 421-1556
Daily	Hickam • 448-4396
Mon–Sat	School Liaison Officer (K–12)
Sun	4827 Bougainville Drive • 471-3662, 471-3673
LIBRARY	Mon–Fri
Hickam Bldg. 595 • 449-8299	Teen Center (ages 13–18) • 448-1068
Mon, Wed, Fri, Sat	School year:
Sun, Holidays	Mon–Thu
MARINAS	Fri
Hickam Harbor Marina, Bldg. 3455 • 449-5215	Mon–Fri
Mon	Weekends:
Tue–Sun	Sat
Mon Closed	Youth Sports & Fitness
Tue-Sun	Office, Bloch Arena • 473-0789
MILITARY & FAMILY SUPPORT CENTER	Mon–Fri
Hickam, 655 Vickers Ave. • 474-1999	Sat, Sun
Tue-Thu	WOUNDED WARRIOR
Pearl Harbor, 4827 Bougainville Dr. • 474-1999	Navy Wounded Warrior-Safe Harbor Program

Air Force Wounded Warrior Program 800 Scott Circle Bldg 1113 • 808-448-0126 Sat, Sun......Closed

# naf jobs

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

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

#### **Job Opportunities**

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

#### **Continuous Recruitment:**

Child & Youth Program (CYP) Assistant CYP Cook

CYP Food Service Worker

Cashier/Checker Club Operations Assistant Cook

Food Service Worker Waiter/Waitress

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

**Automotive Worker** Hotel Housekeeping Laundry Worker

#### **How to Apply:**

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

**CNRH FFR** 

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

or email to: CNI PRLH N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

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

# SPORTS STRATES



Ages 5-16 (Must be 5 by first practice) \$50

Registration Open
From Oct 1-31

NO IN OFFICE PAYMENTS, MUST
REGISTER WITH PAPERWORK IN OFFICE TO INCLUDE
PHYSICAL AND PAYS CERTIFICATE AND THEN ENROLL AND PAY ONLINE.

Call 473-0789 or visit www.greatlifehawaii.com for more info.



# HALL ON BRIDE COSTUME

CONTEST

at the COUNTRY BAR

GREAT PRIZES!
SATURDAY, OCT 27
18 YEARS AND OLDER

THINK YOU HAVE THE BEST COSTUME
THIS YEAR? THEN COME SHOW OFF
AT THE COUNTRY BAR IN CLUB PEARL!

MUST REGISTER WITH THE DJ BEFORE 10PM.



Call 473-1743 for more information.

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