

GREAT *Life* HAWAII

www.greatlifehawaii.com | April 2019



**Does this baby
come with a
handbook?**

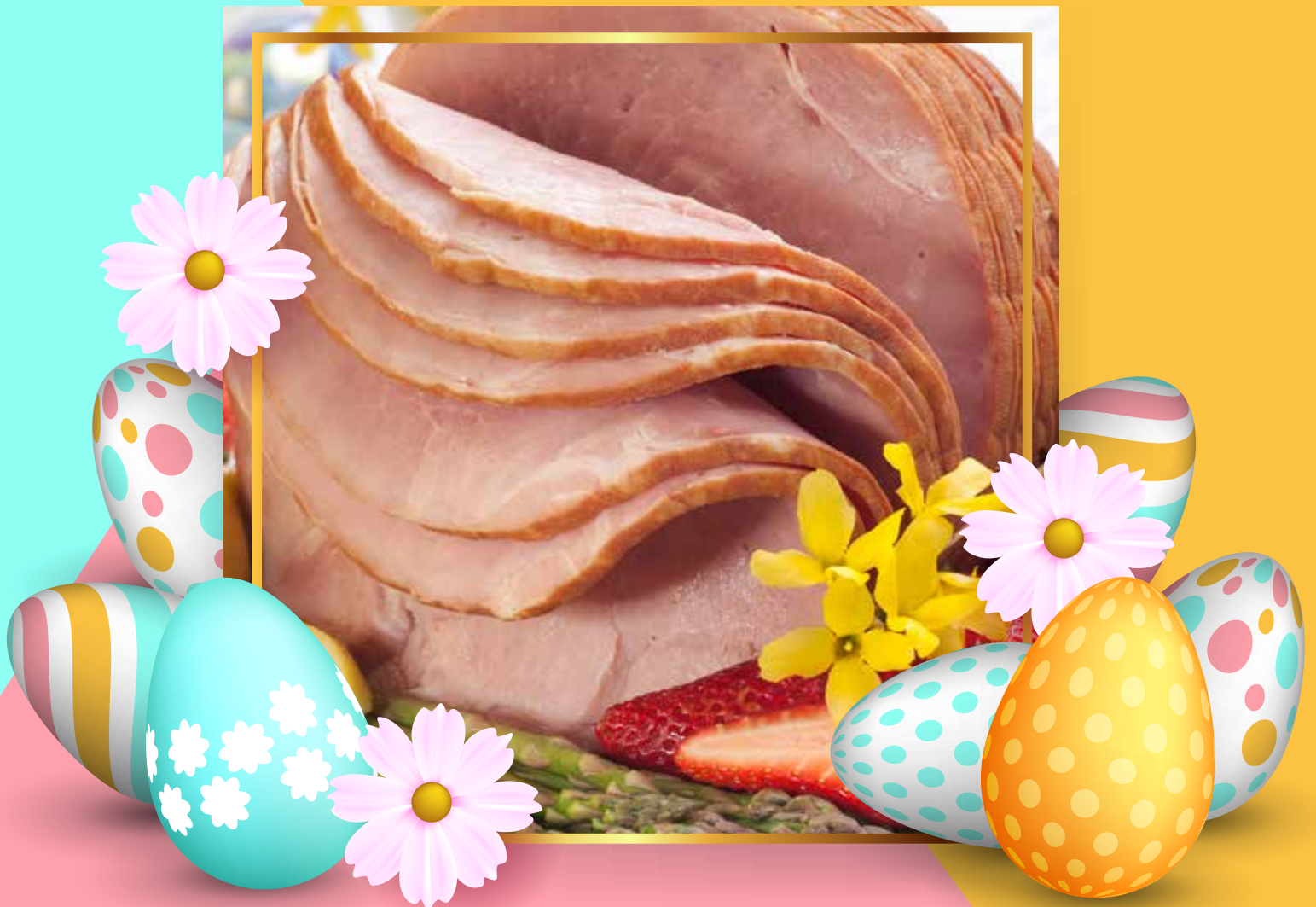
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MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING



Easter Brunch Buffet

**Sunday, April 21 from 10am-2:30pm
Historic Hickam Officers' Club**



PRICING:

\$40 Club Members
\$43 Adults

\$21 Child 7- 12 years
\$12 Child 4-6 years

\$5 Child 2-3 years
FREE Children under 2 years

OPEN TO ALL BASE ELIGIBLE PATRONS.

Seating Times Available from 10am- 2 pm

Reservations Required/ Pre-paid Reservations by April 17. Please call (808) 448-4608

greatlifehawaii.com



APRIL

GREATLIFEHAWAII | 2019

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connect with us

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



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



SYNC ODR CALENDAR
A Calendar that's always current
Download our e-calendar

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

GREAT LIFE HAWAII: APRIL 2019

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On the cover: SMSGT Bennett and daughter Leila.

At right: Specialist Caro and daughter Harley.



Does this baby come with a handbook?

pg 6 | Military & Family Support Center's *Boot Camp for New Dads* helps new fathers learn about their new role as a parent.

MWR spotlight Splash Into Shape

pg 4 | Read about Aqua Zumba and the benefits of water aerobics.

SPLASH INTO SHAPE

— BY VICTORIA D'ANDREA-ROY

ARE YOU LOOKING FOR A FUN, LOW-IMPACT AND HIGH-ENERGY WORKOUT TO ADD TO YOUR FITNESS ROUTINE?

You should try Aqua Zumba! This class blends the traditional style of Zumba with water as resistance. Water naturally creates resistance, which means that every step is more challenging and helps to tone your muscles.


WHAT ARE THE BENEFITS OF AQUA ZUMBA?

Well, since your workout is taking place in the water, there is less impact on your joints – this will allow you to really let loose! There are also the obvious benefits; such as, an increase in calories burned, increased flexibility and strength building. Standard Zumba is a great cardio workout; however, the use of a pool during Aqua Zumba allows participants to increase their range of flexibility, muscle strength and endurance.

WHAT TO EXPECT FOR YOUR FIRST AQUA ZUMBA CLASS?

Each class is one hour filled with fun! There will be traditional Zumba Latin music that incorporates world rhythms; the music comes from dance styles like the Merengue, Salsa, Tango, Reggaetón and Hip Hop. Heather Rhodes, the JBPHH Aqua Zumba instructor suggests that participants wear a supportive bathing suit since you'll be performing aerobic and large muscle movements. Some other suggested attire includes; sunglasses, hats, sunscreen or pool shoes (if you have sensitive feet). This class is also suitable for those who do not know how to swim; participants do not go

underwater and are standing up in shallow water (up to their chest area). The instructor will lead the class poolside and participants will perform specially adapted dance movements.

So, "splash your way into shape" and give Aqua Zumba a try! JBPHH offers a weekly class every Tuesday (12 years+). The class takes place at the Hickam Family Pool from 5:30-6:30pm. The cost is one (1) group exercise ticket – that's \$3 if you purchase a single ticket or \$2 if you purchase a ticket book! 

Please visit the Joint Base or Hickam Fitness Centers for individual or ticket book purchases. *If you would like more information, please visit greatlifehawaii.com or call 808-448-2384.*

Earth Day

CELEBRATION!
AT HICKAM HARBOR

Celebrate Earth Day by
joining Outdoor Recreation
for any of these fun events!



Apr 13 Earth Day Celebration

10am–3pm • FREE

ENJOY:

- Informational Booths
- Live music
- Snacks for purchase
- Keiki Trash Scavenger Hunt
- Corn Hole Tournament
- Relay-ables • Dunk'em
- Arts & Crafts and more!

Apr 12 & 13 Camping in the Park

\$30–\$35 per site

Sign ups begin Apr 1



Apr 13 Keiki & Parent Hand Pole Fishing and Reef Walking

9am–12pm • \$8

Sign ups begin Apr 1

For details visit jbphh.greatlifehawaii.com or call 449-5215.



Does this baby come with a handbook?

Military & Family Support Centers

BOOT CAMP

for New Dads



Congratulations! You're expecting! Your baby will be here any day now! But then what? To find out and get some real answers, Boot Camp for New Dads is here for you. Military & Family Support Center brings new and expectant dads together with veteran dads to get some face time with real babies and real answers about what being a dad is really like.



Apprehension about being a new parent is totally normal. This workshop has something for dads of all levels. Veteran dads can share their knowledge with new dads, new dads who have some experience with kids can ask their lingering questions and expectant dads with no experience can get a taste of what they're taking on. Workshops are structured into both hands-on and discussion sections and held in a relaxed setting with coffee and a dads-only policy. Every effort is made to make everyone feel comfortable asking anything with confidence.




Walking into the hands-on portion of the class, it is clear that some guys have never held a baby before; rigid arms and a mild look of uncertainty in their eyes. The veteran dads calmly talk them through it, giving pointers on how to adjust and showing them their favorite holds. "Rest him against your shoulder, you're really just holding his leg. That way you'll have one arm free and you can prep a bottle and feed him." As the rookie dads ease into holding the babies, you can see their confidence growing, some even try switching it up. Soon the room is full of smiles rather than looks of apprehension.

Dads share with each other "trade secrets" like the best way to position a sling or their favorite gadgets. Some notable mentions: a color changing spoon that tells you when baby's food is too hot and a

pacifier that doubles as a teething ring. Other tips were more about reassurance- "it's okay to let the baby cry a little. Put him down, make a bottle and come back." Veteran dads assure new dads that they're just ordinary guys, with just a little more practice and experience.

The camaraderie in the room is unmistakable. One dad holding a baby, another wiping her nose, and one handing the other a burp rag. Maurice, one of the coaches, pointed out one of the recent graduates that had returned as a veteran dad to share the experience he had with his new baby. "Boot Camp graduates serve as role models in their families and neighborhoods and help raise the bar for all fathers." The legacy of empowerment unfolding in that class room was simply amazing. This class not only educates new fathers on the technical aspects of what to do and what to expect but invites them into a support group of their peers. They're here building a support network and friendships to call on and know they're not alone. In this group, there is no judgement and no question is off limits.

Some topics covered in the discussion portion of the workshop include: "Becoming a Dad", "Forming a New Family", and "Caring for New Moms". New dads not only prepare for becoming a new father, they also learn how to deal with expectant moms during and after their pregnancy. By giving men the skills and the support they need to be the best dads, Boot Camp for New Dads is empowering role models in our communities. Deservingly, it has been named a best practice by many organizations that consider it an exceptional means of supporting dads-to-be and fostering behaviors that greatly benefit children and help prevent a wide range of risk factors associated with domestic violence, child abuse and substance abuse.

If you are or know a new or expectant dad who would like to join the ranks of Boot Camp for New Dad Graduates- please contact Military Family and Support Center at 474-1999. 





HICKAM ARTS AND CRAFTS CENTER

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

APR | MAY | JUN

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks:

• Wednesdays, 6 – 8:30pm

Apr 10–May 15 • May 29–Jul 10 (No class-July 3)

• Thursdays, 6 – 8:30pm

Apr 11–May 16 • May 30–Jul 11 (No class-July 4)

• Fridays, 9 – 11:30am

Apr 12–May 17 • May 31–Jul 12 (No class-July 5)

• Saturdays, 9 – 11:30am

Apr 13–May 18 • June 1–Jul 13 (No class-July 6)

Ages 16 and older

\$85 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 5 weeks:

Saturdays, 9 – 11:30am

Apr 6–27 (May 11–Finish Glaze Only)

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

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

Tuesdays, 6 – 8:30am

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

Ages 14 and older

\$60 per person (plus supplies)

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

Drawing & Painting

ACRYLIC PAINTING WITH DENNIS MCGEARY

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

Apr 2–23 • May 7–28 • Jun 4–25

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Apr 2–23 • May 7–28 • Jun 4–25

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Apr 2–May 7 • May 14–Jun 18 • Jun 25–Jul 30

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

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

Ages 16 and older

\$70 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION WITH DAVILLA HARDING

One class per week for 4 weeks:

• Mondays, 6 – 8pm

Apr 1–22 / Whales

Apr 29–May 20 / Pond Life

Ages 16 and older

\$100 per person (plus supplies)

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

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

May 30–Jun 27

Ages 12 and older

\$75 per person (plus supplies)

For teens 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,



**TO REGISTER FOR
CLASSES, VISIT**

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

and final design including imagined environments, vehicles and props. Learn how to communicate your vivid imagination through compelling illustrations!

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

May 30–Jun 27

Ages 12 and older

\$75 per person (plus supplies)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

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

Ages 16 years and older

\$80 per person (supplies included)

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

Glassworks

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Apr 4–11 • Apr 18–25 • May 2–9 • Jun 6–13

Ages 16 and older

\$40 per person (plus supplies)

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

ADVANCED GLASS WITH JESSICA FITZGERALD

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

Apr 3–24 • Jun 5–26

Ages 16 and older

\$80 per person (plus supplies)

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

Hickam Arts & Crafts Center Presents

The 44th Annual

Spring CRAFT FAIR

Sat. May 4 ■ 9am-3pm

Free Admission

120+ booths

**Live Entertainment, Pony Rides, Great Food,
Prize Drawings, Make-n-Takes,
Live Wood & Pottery Demos
and a Dog Show!**

448-9907

www.greatlifehawaii.com



Crochet/Knitting/Quilting/ Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

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

Apr 3–May 1

Ages 14 and older

\$75 per person (plus supplies)

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

INTERMEDIATE SEWING WITH AMANDA BUSSEY

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

May 15–June 19

Ages 14 and older

\$100 per person (plus supplies)

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

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks: Mondays, 11am – 12:30pm

Apr 8–22 • Apr 29–May 13

Ages 14 and older

\$45 per person (plus supplies)

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

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

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

Apr 8–29

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

Apr 12–May 3 • May 10–31

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 – 8:30pm

Apr 3–17 • May 1–15 • Jun 5–19

Ages 12 and older

\$35 per person (plus supplies)

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

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

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

Apr 1–15 • May 6–20 • Jun 3–17

Ages 12 and older

\$35 per person (plus supplies)

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

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Apr 9–30 • May 7–28 • Jun 4–25

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Apr 27–May 25 / Quilow Quilt (No class-May 4)

Jun 1–Jun 22 / Baby Quilt

Jun 29–Jul 20 / T-Shirts Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Apr 27–May 25 / Quilow Quilt (No class-May 4)

Jun 1–Jun 22 / Baby Quilt

Jun 29–Jul 20 / T-Shirts Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

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

Apr 2–23 • Jun 4–25

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

Apr 3–24 • Jun 5–26

Ages 14 and up

\$75 per person (plus supplies)

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

Woodworking

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

WOOD SHOP SAFETY CLASS

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

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

\$20 per person

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

SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays,
7:30 – 11:30am (arrive 15 minutes prior to class to sign in)

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

\$60 per person (supplies included)

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

CUTTING BOARD CLASS

One class per week for 3 consecutive weeks.

Offered on select Fridays, 5 – 9pm and

Sundays, 7:30 – 11:30am

Ages 16 years & older

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

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

KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks.

Offered on select Fridays, 5 – 9pm

Ages 16 years & older

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

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

(continued on next page)

CHILDREN'S CLASSES & CAMPS

YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

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

\$60 per person (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

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

Apr 4–25 • May 2–23

One class per week for 4 weeks: Thursdays, 1 – 2:30pm

Jun 6–27

Ages 7–13

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

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

Apr 8–29 • Jun 3–24

Ages 9 – 13

\$75 per person (plus supplies)

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

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

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

May 6–June 10 (No class-May 27)

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.

BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

Apr 12–26 • May 3–17

Ages 7 – 13

\$45 per person (plus supplies)

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

PARENT AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

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

Apr 3–17 • May 1–15 • Jun 5–19

Ages 7 – 12 (with an accompanying, paying adult/guardian)

\$35 per person (plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will

also learn how to hold the hook properly read patterns, do a foundation change, change colors.

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

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

Jun 10–Jul 8

Ages 7–18

\$75 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.

ART EXPLORATIONS WITH JESSICA FRANKLIN

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

Apr 2–25 • Apr 30–May 23 • Jun 4–27

Ages 3–6

\$80 per person (supplies included)

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

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jun 25–Jul 30

Ages 7 – 18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

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

Ages 7 – 18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

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

Ages 7 – 18

\$70 per person (plus supplies)

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

EVENTS & ACTIVITIES

SUMMER CRAFT CAMP

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

Jun 4–7 • Jun 11–14 • Jun 18–21 • Jun 25–28

Ages 6–14

\$70 per person (supplies included)

There's no limit to the beauty a child can create when given some instruction and artistic freedom. With an ounce of inspiration, a pinch of creativity and a sparkling of imagination, your child will craft a summer of enjoyment. New creative projects each session. Supplies are included in the cost. Sign up Now, class fills up FAST!

ANNUAL SPRING CRAFT FAIR & DOG SHOW

Saturday, May 4

9am–3pm

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

COOKIES & CANVAS WITH DENNIS MCGEARY

One class per month: Wednesdays, 3:30 – 5:30pm

Apr 24 • May 22 • Jun 26

Ages 7 – 14

\$30 per person (supplies included)

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

OHANA PAINT NIGHT WITH CHARIS DERRY

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

Apr 26 • May 24 • Jun 28

Ages 7 and older

\$35 per person (supplies included)

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

PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm

Arts & Crafts Center

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

PAINT & SIP

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

Apr 3 & 17, May 1 & 15, Jun 5 & 19

Tradewinds

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

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



SYNC ARTS/CRAFTS CALENDAR

A Calendar that's always current.

Download our e-calendar!

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



Promote community Unity



Operation Megaphone 2019

April 26 | 7pm-7am

\$20, payments can be made online.

Come join the Teen Center during the Month of the Military Child, and military youth programs from around the world for Operation Megaphone 2019! Music, bowling, fun and food will be provided. Must be a registered teen center member to sign up! Not a member yet? Swing by, check out our facility and fill out a packet! Limited Spots available.

Deadline to pre-register is April 24.

**For more info call 448-1068 or visit the Teen Center.
www.greatlifeohawaii.com**





APRIL • MAY OUTDOOR RECREATION

SIGN UP INFORMATION

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

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

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

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

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

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



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

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

SURFING

LEARN TO SURF AT HICKAM HARBOR

- May 4 Sign up by May 2
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

- Apr 20 Sign up by Apr 18
- May 19 Sign up by May 17
Begins: 9 am | Ends: 12 pm
Cost: \$30

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

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- Apr 27 Sign up by Apr 25
- May 12 Sign up by May 10
- May 25 Sign up by May 23
Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$25

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

STAND-UP PADDLE BOARD HALEIWA/ NORTH SHORE

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

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

Level: Easy (must have open ocean swimming experience)

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Apr 18 Sign up by Apr 16
- May 17 Sign up by May 15
Begins: 7:30 pm | Ends: 9:30 pm
Cost: \$25 (Kayak included)

What better way to melt the day to day stress than to join us for an evening paddle? 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 CHINA MAN'S HAT

- Apr 27 Sign up by Apr 25
 - May 11 Sign up by May 9
- Begins: 8 am | Ends: 1 pm
Cost: \$25

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

Level: Easy (must have open ocean swimming experience)

IROQUOIS POINT OPEN OCEAN KAYAK

- Apr 20 Sign up by Apr 18
- Begins: 8 am | Ends: 2 pm
Cost: \$35

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

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

FISHING**BOTTOM FISHING AT HICKAM HARBOR**

- Apr 21 Register online by Apr 18*
 - May 5 Register online by May 3*
 - May 18 Register online by May 16*
- Begins: 9 am | Ends: 12 pm
Begins: 2:30 am | Ends: 5:30 pm
Begins: 2:30 am | 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

- Apr 27/28 Register online by Apr 25*
- 2 Day Course (Sat/Sun); Begins: 9 am | Ends: 12 pm
Cost: \$60

*Registration available online only.

Spearfishing is as exciting and challenging as it sounds! Come learn the basics from us so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state such as, where you can go, off limit areas and regulated fish species. Physiology, techniques, training, equipment, and safety are topics are also covered. You'll hit the water for some target practice as well. The second part depends

on everyone's skill level but, we usually do the first dive in shallow water 6 to 12 feet deep. After a short discussion, the second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you're unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel equipment. Transportation is on us. *Participants must know how to swim and prior snorkel experience is required*

SPEARFISHING EXCURSION

- Apr 14 Sign up by Apr 11
 - May 11 Sign up by May 9
 - May 25/26 Sign up by May 23
- Begins: 9 am | Ends: 12 pm
Cost: \$20

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

BIKING**NORTH SHORE BIKE RIDE**

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

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

Level: Easy (must have bike riding experience)

HALE'IWA BIKE/SNORKEL

- Apr 14 Sign up by Apr 12
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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

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

CAMPING IN THE PARK & EARTH DAY CELEBRATION**CAMPING IN THE PARK AT HICKAM HARBOR**

- Apr 12 – 13 Sign up by Apr 1
- Check-in: 4 pm
Pre-register at Hickam Harbor Marina (starting Apr 1)
Cost: \$35 per spot at Foster's Point (9 spots available)
Cost: \$30 per general spot (31 spots available)

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

Also sign up for these events on April 13:

Family Breakfast (8 – 10 am)

Keiki & Parent Hand Pole Fishing/Reef Walking
(9 am – 12 pm)

EARTH DAY CELEBRATION AT HICKAM HARBOR

- Apr 13
- Begins: 10 am | Ends: 3 pm

Come down to Hickam Harbor and celebrate Earth Day. There will be fun events, snacks for purchase, live music, and environmental information booths. Enjoy Keiki Trash Scavenger Hunt, Corn Hole Tournament, Relay-Ables, Dunk'em, Arts and Crafts and more!

(continued on next page)

RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam
449-6870

Mon-Fri: 9am-5pm

Sat: 9am-1pm

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

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

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

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

Check www.greatlifehawaii.com for price lists.

PATIOS & PAVILIONS

Hickam Harbor - 449-5215

Pearl Harbor & Barbers Point - 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 and Youth sailing classes are taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction.

START SAILING RIGHT AT HICKAM HARBOR

- Tues | Apr 2
Sat | Apr 6, 13, 20, 27
Cost: \$85 per person
9 am – 1 pm or 1 – 4 pm
Ages 18 & up
Maximum of 8 students per session.

START SAILING RIGHT AT RAINBOW BAY

- Sat/Sun | May 4/5
● Sat/Sun | May 11/12
Cost: \$85 per person
1 – 5 pm
Ages 18 & up
Maximum of 8 students per session.

ADULT LEARN TO SAIL CLASS AT RAINBOW BAY

- Mon/Wed | Apr 1, 3, 8, 10, 15, 17, 22, 24, 29
● Mon/Wed | May 1, 6, 8, 13, 15, 20, 22, 27, 29
Cost: \$85 per person/per month
9:30 – 11:30 am
Ages 18 & up
Minimum 4 students per session, maximum of 8.

YOUTH BEGINNERS SAILING AT RAINBOW BAY

- Mon/Wed | Apr 1, 3, 8, 10, 15, 17, 22, 24, 29
Cost: \$60 per person/per month
● Mon/Wed | May 1, 6, 8, 13, 15, 20, 22, 27, 29
Cost: \$65 per person/per month
12 – 2 pm or 3:30 – 5:30 pm
Ages 10 – 17 years
Minimum 5 students per session, maximum of 8.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | Apr 3, 5, 10, 12, 17, 19, 24, 26
Cost: \$60 per person/per month
● Wed/Fri | May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
Cost: \$65 per person/per month
3 – 5 pm
Ages 10 years & up
*Registration available online only.

This class can accommodate all levels of ability. Space is limited to 5 students per class.

YOUTH LEVEL 2 SAILING AT RAINBOW BAY

- Tues/Thurs | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30
Cost: \$65 per person/per month
● Tues/Thurs | May 2, 7, 9, 1, 16, 21, 23, 28, 30
Cost: \$70 per person/per month
12 – 2 pm or 3:30 – 5:30 pm
Ages 10 – 17 years
Minimum 5 students per session, maximum of 20.
Prerequisite: Youth Beginners Sailing.

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30
Cost: \$60 per person
● Tues/Thurs | May 2, 7, 9, 14, 16, 21, 23, 28, 30
Cost: \$65 per person
3 – 5 pm
Ages 10 & up

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

ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Fri | Apr 5, 12, 19, 26
● Fri | May 3, 10, 17, 24, 31
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 students per session, maximum of 8.

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 SAILING

- By Appointment

PRIVATE SAILING INSTRUCTION

- By Appointment
Cost: \$20 per hour

SUNSET REGATTAS

- Thu | 4 pm – 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 CANOE/PADDLE BOARD YOGA

P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

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

RECREATIONAL OUTRIGGER CANOE PADDLING AT RAINBOW BAY

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

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

- Fri | Apr 5 Sign up by Apr 4*
- Fri | Apr 19 Sign up by Apr 18*
- 8:30 – 9:30 am
Cost: \$3 per person



*Must pre-register at Hickam Harbor 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. All ability levels welcome!

STAND UP PADDLE BOARD YOGA AT HICKAM HARBOR

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

*Must pre-register at HH Marina by Wed before. Paddle board 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 Paddle Board \$9 hr • \$25 day
Beach Lounger \$5 hr • \$15 day Wind Surfing Board \$10 day

PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson Wind Surfing: \$40 for a 2-hour lesson

Standup Paddleboarding Beginner (1 hour): \$25

Standup Paddleboarding Intermediate (2 hour): \$35

WHITE PLAINS BEACH

Kalaeloa

SURF SHACK • 682-4925

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

Surfing: \$35 for a 2 hour lesson

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



Liberty Calendar



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

APRIL 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Bowling & Pizza FREE Beeman 1800	2 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	3 Midnight at the Masquerade Dinner @ Hickam Officer's Club \$10 Express 1630 Beeman 1715 Instant 1730 Makai 1745	4 Night Fishing FREE Express 1600 Beeman 1630 Instant 1645 Makai 1700	5 Soup & Sandwiches For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 Fortnite Tournament FREE Makai 1800 WIN PRIZES!!!	6 Ford Island 10K Bridge Run \$15 Express 0530 Beeman 0600 Instant 0615 Makai 0630 North Shore Catamaran Charters Whale Watching Tour \$40 Express 0830 Beeman 0730 Instant 0745 Makai 0800
7 Paddleboarding Haleiwa River \$10 Express 1000 Beeman 0900 Instant 0915 Makai 0930 Dodgeball @ iTrampoline \$10 Express 1400 Beeman 1445 Instant 1500 Makai 1515	8 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515 March Madness Finals FREE	9 Texas Hold'em Tournament FREE Beeman 1800 WIN PRIZES!!!	10 Surfboard Ding Repair 101 @ Makai FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630	11 Super Smash Bros. Ultimate Tournament FREE Makai 1800 WIN PRIZES!!!	12 Beef Stew For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300 Paradise Cove Luau \$35 Express 1500 Beeman 1600 Instant 1615 Makai 1630	13 Aikane Fishing Charter \$60 Express 0400 Beeman 0430 Instant 0445 Makai 0500 Snorkeling Hanauma Bay \$5 Express 0915 Beeman 1000 Instant 1015 Makai 1030
14 Hike Waimano Pools [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 Circle Island Tour FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930	15 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	16 Ping Pong Tournament FREE Beeman 1800 WIN PRIZES!!!	17 Windward Mall Farmer's Market FREE Express 1500 Beeman 1545 Instant 1600 Makai 1615	18 Barracks Bash @ Wahiawa Annex <i>Sponsored by USAA</i> FREE 1700-1900	19 Fish & Chips For Lunch <i>Sponsored by USAA</i> FREE Beeman 1100-1300	20 Volunteer Opportunity @ White Plains Beach FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Overnight Beach Camp \$5 Express 0815 Beeman 0900 Instant 0915 Makai 0930
21 Return From Camp 1500 Supermoon Hike Lanikai Pillboxes [BEG] FREE Express 1700 Beeman 1730 Instant 1745 Makai 1800	22 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	23 North Shore Star Gazing FREE Express 1645 Beeman 1730 Instant 1745 Makai 1800	24 Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	25 Driving Range @ Navy Marine Golf Course FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745	26 Kalua Pig & Cabbage For Lunch FREE Beeman 1100-1300 Eat the Street Pork Fest FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715	27 Volunteer Opportunity @ Leisure Travel Showcase FREE Express 0800 Beeman 0830 Instant 0845 Makai 0900 CLIMBWORKS Keana Farms Zipline \$75 Express 1100 Beeman 1000 Instant 1015 Makai 1030
28 North Shore Beach Hopping FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 Hike Mt. Olympus [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930	29 8 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	30 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund. FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS: Beeman Center (Pearl Harbor Sub Base) 473-2583 Instant Liberty (Club Pearl Complex) CLOSED during construction Liberty Express (Wahiawa Annex) 653-0220 DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced			

dining

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

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

BREWS & CUES

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

Watch the NCAA Games!

Until Monday, April 8

8 – 10pm

Ages 18 years & older

Catch all the NCAA Action here at Brews & Cues. Enjoy game day specials and free random giveaways!



#TGIF 9-Ball Tourney

Friday, April 26

6 – 8pm

Ages 18 years & older

Wing Wednesdays

Every Wednesday

4:30pm

FREE

Free Wings on Wednesdays for customers while supplies last.

Game Night

Friday, April 5

4:30pm

FREE

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

THE COUNTRY BAR

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

Line Dancing

Every Friday

8:30 – 9:30pm, Ages 18 years & older

Salsa Saturdays

Every Saturday

8:30 – 9:30pm

Ages 18 years & older

Specials and dancing all night long.

Country Music Talent Search

Coming soon. Stay tuned for more details.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

April 7, 14, 28

10am – 1pm

Dining Room

\$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.

Easter Brunch

Sunday, April 21

10am – 2:30pm

Dining Room

\$40 Club Members

\$43 Adults

\$21 Child 7 – 12 years

\$12 Child 4 – 6 years

\$5 Child 2 – 3 years

Children under 2, Free

Enjoy an wide array of Easter favorites on top of our Sunday Brunch staples! Open to all ranks and all patrons with base access! Seating Times Available from 10am – 2pm. Reservations Required/ Pre-paid Reservations by April 17.

Mongolian BBQ

Mondays, April 1, 8, 15, 22, 29

Thursdays, April 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, April 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 active-duty members of the U.S. Armed Forces, DoD, contractors and retired military.

Margarita Madness

Every Thursday

4 – 6:30pm

\$4 Margaritas

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Fridays, April 5, 12, 19, 26

11am – 2pm

\$15.95 Adults

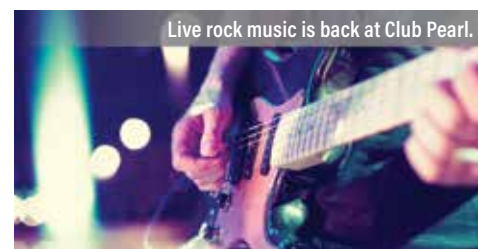
\$9.95 Child 6 – 12 years

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.

THE PARADISE LOUNGE

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



#TGIF Live Music

Friday, April 26

8 – 11pm

Ages 18 years & older

Come rock out to Goat's Punishment, a Weezer cover band!

PHILLIES

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

Serving cheese steak, subs, salads, soups, burgers and more. Stop by today and enjoy a great new lunch spot on Pearl Harbor.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

MONTH OF THE

Military Child

BOWLING SPECTACULAR



PRESENTED BY

**MILITARY AND FAMILY SUPPORT CENTER - MWR - CHILD YOUTH PROGRAMS -
JBPHH NAVAL STATION BOWLING CENTER**

SAT, APRIL 13 ★ 12-3PM ★ NAVAL STATION BOWLING CENTER

FAMILIES - REGISTER AT WWW.GREATLIFEHAWAII.COM

CHILDREN BOWL UP TO TWO GAMES FREE, SHOE RENTAL INCLUDED



dining (cont.)

TRADEWINDS

Hickam Bldg. 1804449-6112

Paint & Sip

Wednesdays, April 3 & 17

5:30 – 8:30pm

\$40/person

An instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting. All art supplies are included. No experience necessary. Cocktails and food available for purchase. Register online at jbphh.greatlifehawaii.com, Search: Arts and Crafts Registration.

#TGIF Concert Series

Friday, April 19

5:30 – 7pm, FREE

Come hang out and listen to music by Mango Season.

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

Teen Center Resume Review

Tuesday, April 9

4:30 – 6pm

Don't know if your resume is up to par for the job or college you want? Come by the Teen Center and talk with the Military Family Support Centers finest about everything resume! They will be hanging out checking resumes and giving advice on how to shape your resume to give yourself the best chance to land the job, college, or scholarship you want!



Operation Megaphone 2019 #OMP2019

Friday, April 26

7pm – 7am

FREE

Join the Teen Center during the Month of the Military Child, and military youth programs from around the world for Operation Megaphone 2019! Music, bowling, fun and food will be provided. Limited spots available. Deadline to Register is April 24.

Teen Job Fair

Fridays, April 12 & 19

4 – 7pm

Peltier CDC

Open to 14-18 year old dependents of Active Duty, Retired Military, DoD and Contractor Employees currently enrolled in High School. Interested teens will need to bring their application filled out, 2 forms of ID (Military ID, Passport, Birth Certificate or School ID), 2 reference letters and Bank account info for direct deposit.

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island)472-7582

Hickam Training Pool449-8274

Hickam Family Pool448-2384

Scott Pool (Pearl Harbor)473-0394

Towers Pool (Makalapa)471-9723

Easter Egg Hunt

Saturday, April 20

9 – 10am

Scott Pool

FREE

Come join us at Scott Pool for an Easter egg hunt! Registration is required, please sign up at either Scott or Hickam Family Pool. The participants will be divided by age groups: 3-5, 6-10 and 11-16.

Lifeguard Hiring Day

Sunday, May 5

9am – 2pm

Hickam Family Pool

FREE

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

Registration period: April 1-30. Must be 16 years or older.

BOWLING

Hickam Bldg. 1891448-9959

Naval Station Bldg. 1736473-2574

The Escape (Wahiawa Annex) Bldg. 410. .473-2651

22nd Annual Hawaii All Military Bowling Tournament

April 2 – 5 (Tournaments starts at 10am)

Teams have been selected, so come out and root on your favorite team.

• **Tuesday, April 2 – Doubles Event**
Naval Station Bowling Center

• **Wednesday, April 3 – Mixed and Odd Doubles Event**
K-Bay Bowling Center on the Kaneohe Marine Base

• **Thursday, April 4 – Singles Event**
Schofield Bowling Center

• **Friday, April 5 – Team Event**
Hickam Bowling Center

Cosmic Bowling

Fridays, April 5, 12, 19, 26

Saturdays, April 6, 13, 20, 27

9:30pm – 12am

Hickam Bowling Center

Active duty Military ID Card Holder \$2.50 per game,
DOD care holder \$3.25 per game.

Military Bowl FREE

Mondays, April 1, 8, 15, 22, 29

11am – 1pm

Hickam Bowling Center

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

Month of the Military Child

Saturday, April 13

12 – 3pm

Naval Station Bowling Center

See ad on page 17.

Mondays Color Pin Bowling

Mondays, April 1, 8, 15, 22, 29

5 – 9pm

Naval Station Bowling Center

Roll a strike when the Color pin is in the Head position and receive a FREE game coupon, good on the next time you come in to bowl.



“King of the Hill” Bowling Tournaments – Active Duty Military Bowl FREE

Thursdays, 4, 11, 18, 25

11am – 1pm

Naval Station Bowling Center

Highest Scratch Score for (2) Games for the Month will be crowned the “King of the Hill”. Winner to win 10 Free Games of Bowling. Call the Bowling Director for more info at 473-2651.

LIFEGUARD HIRING DAY

Sunday, May 5 • 9am-2pm

Hickam Family Pool

808-216-1712

**Bring your certificates for on-site hiring,
or you can become certified with us!
There will be a required swim test.**

16 years +

Bring valid form of I.D.,
swimsuit and towel.

Swim pre-requisite will
consist of a 300 yard
swim, 25 yard brick-tow
and a 2 minute water
treading test.

greatlifehawaii.com

**REGISTER:
April 8-30**





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 SC*
8:30 – 9:30am	ZUMBA STRONG BY ZUMBA®	ZUMBA	HIIT	ZUMBA	YOGA	
9 – 10am		CYCLE FIT		CYCLE FIT		CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	TOTAL BODY CONDITIONING *	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY CONDITIONING *	CYCLE FIT *	TOTAL BODY CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT S			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING *	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE SC *				
7pm		HOT HULA fitness® *		HOT HULA fitness® *		

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

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

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

INFORMATION SUBJECT TO CHANGE

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

athletics (cont.)

Active Duty Bowl FREE

Fridays, April 5, 12, 19, 26

6 – 8pm

The Escape Bowling Center

For Party reservations call 473-2651. Party Rentals on Saturday 2:30 pm – 5:30 pm or 6:30 pm – 9:30 pm & on Sundays from 12 – 6pm. **\$350.00 for three hours of fun and entertainment for your family and friends. Cosmic Bowling and Karaoke system to add a sparkle to your party.

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 448-2214

JBPHH-Pearl Harbor Bldg. 1338 471-2019

Naval Station Gym Bldg. 667 473-2436

Wahiawa Annex Bldg. 446 653-5542

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

Ford Island Bldg. 55

Kunia Bldg. 446

Makalapa Bldg. 388

West Loch Bldg. 621

Sexual Assault Awareness Month 5K

Thursday, April 4

7am

Wahiawa Annex Fitness Center

FREE

Come out and show your support for sexual assault awareness! This 5K is free to all eligible patrons. For more information, call (808)-653-5542.



YogaFit Level 2 Certification Class

Saturday & Sunday, June 22 & 23

8am – 6pm

Wahiawa Annex Fitness Center

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

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

GOLF

Barbers Point 682-1911

Ke'alahi Par 3 448-2318

Mamala Bay 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

Tuesdays, April 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.

FREE Golf Demo Day

Wednesday, April 3

3:30 – 6:30pm

Navy Marine Golf Course

AND

Saturday, April 27

10am – 2pm

Barbers Point Golf Course

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

½ Price Green Fees and Course Closure Day

Monday & Tuesday, April 15 & 16

Navy-Marine Golf Course

The golf course will be closed on Monday, April 15 for aeration and maintenance. On Tuesday, April 16, the course will re-open and will offer ½ (half) price green fees from April 16–21. Come out and enjoy NMGC!

FREE Golf Clinics

Thursday, April 18

Noon – 1pm

Navy Marine Golf Course

AND

Saturday, April 20

9:30 – 10:30am

Barbers Point Golf Course

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

9 Before 9

Monday – Friday (except holidays)

Before 9am

Mamala Bay Golf Course

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

\$30 Coupon Special

Mondays & Tuesdays (except holidays)

Barbers Point Golf Course

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

Weekend Special

Saturdays & Sundays (except holidays)

Starts at 3:30pm

Barbers Point Golf Course

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

BOGO Special

Monday – Friday (except holidays)

Ke'alahi Golf Course

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

Twilight/Play Until Dusk Golf Specials

Monday – Friday (except holidays), after 2:30pm

Select Weekends, after 3:30pm

(9 holes only, includes green fee and cart)

Mamala Bay Golf Course

\$10 per person

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

INTRAMURALS

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

22nd Annual Ford Island Bridge Run

April 6

This 10k Race across the harbor starts at 7 a.m. at the entrance of the Ford Island Bridge. Applications are available at all military gyms and fitness centers and online.

Intramural Softball League

April 16

FREE

League limited to commands from Joint Base Pearl Harbor Hickam. Any additional active duty members not belonging to a command team will come from a players' pool. All individual players who are interested in getting into the players' pool, please call.



Home Run Derby

April 29

11am – 2pm (Ward Field)

FREE

Open to JBPHH Active Duty, DoD and Dependents 18 years and older. Call to sign up!

itt

Barbers Point 682-2019

Fleet Store 473-0792

NEX Mall 422-2757

Wahiawa 564-4445, 564-4446

Travel Connections-Fleet Store 422-0139

Travel Connections-NEX Mall 422-4067

Hickam Historical Tour

Fridays, April 5, 12, 19, 26

9:30am – 1:30pm

\$45 for adults

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

An exclusive tour to relive history and to understand

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

Ford Island Historical Tour

Wednesdays, April 3, 10, 17, 24

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

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

recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

STEM Wednesday - Cubelets Robotics

Wednesday, April 3

2 – 3:30pm

Ages 7 and up (parental supervision required)

Please call 449-8296 to register.

Tween Book Club

Wednesday, April 3

4 – 5pm

We will discuss "Anima's Voice."

Sewing Savvy Workshop

Friday, April 5

9 – 11am

FREE (space is limited)

Learn to make your own patterns!

Library Know-How

Saturday, April 6

10am – 12pm

Learn to get the most out of your library.



Adult Book Club

Tuesday, April 2

10am

Thursday, April 4

6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Both days we will discuss "The Atomic Weight of Love."

Preschool Story Time

Wednesday, April 10 & 24

9 – 10am

Story times are great for children of all ages! Our theme on April 10 will be "Celebrate Spring." On April 24 the theme will "Earth Day" and we will feature Mirka Hokkanen, author and illustrator of Four Otters Toboggan, a block-printed animal counting book!

4th and 5th Grade Book Club

Wednesday, April 10 & 17

2pm

We will discuss "Escape from Mr. Lemoncello's Library" on April 10 and "Pippi Longstocking" on April 17.

Young Adult Book Club

Wednesday, April 10

4 – 5pm

We will discuss "Inkheart."

Creative Writing Awards

Saturday, April 13

1pm

We will be giving out the awards for the Creative Writing Contest, followed by Kernel Popcorn at 1:30pm.



Writing Workshop

Saturday, April 13 & 27

4pm

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

Kernel Popcorn

Wednesday, April 17

9am & 1pm

His one-man magic show will have the kids laughing again and again.

LEGO Time

Saturday, April 27

10am

SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. 473-0726

Ticket Prices

Active Duty, Adults, and Children (12 years and up)

\$5 or \$7 (3-D)

Children (6 – 11 years of age)

\$3 or \$4 (3-D)

Children (5 years and under)

Free or \$2 (3-D)

Movies shown Thursday – Sunday. Now in Digital Cinema and 3-D.



Month of the Military Child

Sunday, April 14

1:30pm

FREE Small bag of Popcorn for each child accompanied by his/her parent.



Easter Egg Hunt

IT'S FREE!!

Saturday, April 20 • 9–10am

Come join us at Scott Pool for an Easter egg hunt! Registration is required, please sign up at Scott or Hickam Family Pool. Participants will be divided by age group: 3-5, 6-10 and 11-16.

Registration: April 1-12

Contact: 808-473-0394

Visit: greatlifehawaii.com

MILITARY & FAMILY SUPPORT CENTER



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

APRIL CLASSES

INFORMATION SUBJECT TO CHANGE

deployment

HOMEFRONT HEROES CEREMONY

Apr 30 • 5:00 – 6:00pm | Hickam

Please join us in honoring the children of deployed Sailors and Airmen assigned to JBPHH. In recognition of Month of the Military Child we invite community members to help us recognize military youth who are serving or have served on the home front and have made a positive impact on their family and/or their community while their parent was deployed. Spaces limited for honorees aged 3–19 yrs old who must have a parent deployed or on remote duty between April 2018-present. Advanced nomination forms for recipients due by 14 Apr 18. Please call 808-474-1999 for more information.

employment assistance

ACING THE INTERVIEW

Apr 16 • 12:00 – 2:00pm | Wahiawa

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

CIVILIAN RESUME WRITING

Apr 16 • 8:30 – 10:30am | 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.

EXPLORING CAREER CHOICES

Apr 23 • 2:00 – 3:00pm | Hickam

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

FEDERAL EMPLOYMENT 101

Apr 8 • 8:00 – 10:00am | Hickam

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

LINKEDIN: WHAT WILL THEY SEE

Apr 23 • 12:00 – 2:00pm | Hickam

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

ONWARD TO OPPORTUNITY (O2O)

Apr 30 – May 3 • 8:00am – 4:30pm | Pearl Harbor

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

family life skills

BABY CLOTHING SWAP AND RESOURCE FAIR

Apr 16 • 10:00am – 12:00pm | Hickam

Has your little one outgrown his or her clothes? Bring those in and swap them for a bigger size! Are you expecting a baby and would like to collect some clothing essentials? Come on by! Bring a bag (for your clothing picks) and bring a friend to learn about community resources available to you.

DEVELOPING SELF-ESTEEM IN CHILDREN

Apr 10 • 1:00 – 3:00pm | Pearl Harbor

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

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

HELPING YOUR CHILDREN COPE WITH DIVORCE

Apr 18 • 1:00 – 3:00pm | Pearl Harbor

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

HIGH-TECH PARENTING

Apr 16 • 1:00 – 3:00pm | Pearl Harbor

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

NEW MOMS AND DADS

Apr 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

Apr 17 • 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

Apr 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!

POSITIVE PARENTING

Apr 24 • 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.

STOP BULLYING

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

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

STORY TIME

Apr 25 • 10:00 – 11:00am | Hickam

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

information and referral

EFMP COFFEE TALK

Apr 11 • 9:00 – 10:00am | Pearl Harbor

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

EFMP COMMAND POC TRAINING

Apr 18 • 9:00 – 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 commands, service members and their families; TRICARE for special needs families; and local military/civilian resource information. Contact the EFMP Liaison for more information.

GREEN CARD / IMMIGRATION AND NATURALIZATION

Apr 16 • 9:30 – 11:30am | Pearl Harbor

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

key spouse/ombudsman/ family readiness group

FAMILY READINESS GROUP (FRG) LEADERSHIP TRAINING

Apr 9 – 10 • 8:30am – 4:00pm | 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

Apr 4 • 5:00 – 7:00pm | 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

Apr 29 – May 1 • 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?

personal development

ANGER MANAGEMENT

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

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

CONFLICT RESOLUTION

Apr 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.

DATING WITH A PURPOSE

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

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

(continued on next page)

FOUR LENSES

Apr 23 • 6:00 – 8:00pm | Pearl Harbor

Fun and interactive workshop to promote better self-understanding. Work individually, and with others to increase self-awareness and understanding of your personality. Greater understanding will help you maneuver communication more efficiently, and improved group cohesion.

HEALTHY RELATIONSHIPS 101

Apr 25 • 10:00am – 12:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS FOR TEENS

Apr 24 • 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. 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!

SKILLS DEVELOPMENT GROUP

Apr 3, 10, 17, 24 • 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

Apr 9 • 1:00 – 4:00pm | Pearl Harbor

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

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Apr 10 • 1:00 – 3:00pm | Pearl Harbor

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

UNPLUG YOUR RELATIONSHIP

Apr 25 • 1:00 – 3:00pm | 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

Apr 1, 8, 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.

personal financial management

COMMAND FINANCIAL SPECIALIST TRAINING

Apr 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.

TO REGISTER FOR A MFSC CLASS VISIT:

<https://jbphh.greatlifehawaii.com/support/military-family-support-center>



Great Life Hawaii Calendar of Events April 2019

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
		Investment Fraud: The Ponzi Scheme Onward to Opportunity (O2O) Orientation	USAF Pre-Separation Briefing	From Base to Place Onward to Opportunity (O2O) Orientation		
7	8	9	10	11	12	13
	Federal Employment 101 Onward to Opportunity (O2O) Orientation	Aloha Academy for Newcomers "A Force Registration Only" Transition GPS: Boots to Business	Capstone 8:00 Capstone 10:00	Smooth Move Capstone 8:00	Spouses Transition Seminar	Month of the Military Child Bowling Spectacular
14	15	16	17	18	19	20
		Civilian Resume Writing Green Card/Immigration and Naturalization	USAF Pre-Separation Briefing Stop Bullying	EMRP Command POC Training Helping Your Children Cope with Divorce	Transition Hot Topics and Employer Recruiting	
21	22	23	24	25	26	27
	Command Financial Specialist (CFS) Training	Aloha Academy for Newcomers "A Force Registration Only" Anger Management	Capstone 8:00 Positive Parenting	Capstone 8:00 Story Time		
28	29	30	1	2	3	4
		Dating with Purpose				

FROM BASE TO PLACE

Apr 4 • 8:00 – 9:30am | Pearl Harbor

Apr 18 • 3:00 – 4:30pm | Hickam

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

INVESTMENT FRAUD: THE PONZI SCHEME

Apr 2 • 9:30 – 11:00am | Pearl Harbor

One of the most common types of investment fraud today is the Ponzi Scheme. This presentation will cover what a Ponzi Scheme is, how it works, the losses that investors may incur, red flags to watch for, where to report Ponzi Schemes and other types of investment fraud and how the DCCA Office of the Securities Commissioner can help.

MANAGING PERSONAL FINANCES

Apr 23 • 1:00 – 2:30pm | 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.

PAYING FOR COLLEGE

Apr 11 • 5:00 – 6:30pm | Pearl Harbor

This course is designed for those entering college now or in the near future. It will educate students how to research, compare and evaluate different college funding options based on their specific needs.

relocation assistance

SMOOTH MOVE

Apr 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

Apr 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)

SEX ASSAULT SURVIVORS GROUP

Apr 3, 10, 17, 24 • 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

Apr 10, 11, 24, 25

8:00 – 10:00am | 10:00am – 12:00pm | Pearl Harbor

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

SPOUSES TRANSITION SEMINAR

Apr 12 • 9:00am – 4:00pm | Pearl Harbor

Is your spouse separating or retiring? During this workshop, transitioning spouses will become more prepared for their family's future after the military. Attendees will receive information in one day that is similar to the information service members receive

in their week-long TGPS classes to assist the transitioning family with planning, communication and cohesion. Included will be information on resiliency, financial planning, employment, VA Benefits, healthcare/Tricare, education, and relocation. Community and national resources for transitioning spouses will also be shared.

TRANSITION GPS: BOOTS TO BUSINESS

Apr 9 – 10 • 9:00am – 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

Apr 15 – 19 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Apr 1 – 5 • 7:30am – 4:00pm | Pearl Harbor

Apr 15 – 19 • 7:30am – 4:00pm | Pearl Harbor

Apr 29 – May 3 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

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

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

USAF PRE-SEPARATION BRIEFING

Apr 3, 17 • 8:00 – 11:00am | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

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

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.
Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

RESTAURANTS & CASUAL DINING

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

THE LANAI AT MAMALA BAY

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

RESTAURANT 604

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

Aloha Hour
 Mon–Fri 1500–1700

WRIGHT BROTHERS CAFÉ & GRILLE

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

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 Tue–Sun 0500–1400

PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080
 Mon–Fri 1000–1930
 Sat 1000–1500

PLANET SMOOTHIE

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

STEAKOUT

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

FAST FOOD

PIZZA HUT

At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE

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

BREWS & CUES

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

THE COUNTRY BAR

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

KOA LOUNGE

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

TRADEWINDS - NOW OPEN!

150 McClelland Street, Hickam Bldg. 1804 • 449-6112
 Sun, Mon, Wed, Thu 1530–2200
 Fri & Sat 1530–2400
 Tue Closed

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582
 Open Swim (summer months):
 Mon–Fri 1300–1700
 Sat, Sun, Holidays 1200–1700
 Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 Mon–Fri 0500–0700; 1100–1300
 Sat, Sun, Holidays Closed
 Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
 Open Swim:
 Mon, Tue Closed
 Wed–Fri 1430–1800
 Sat, Sun 1200–1700
 Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394
 Lap Swim:
 Mon–Fri 0500–0700, 1100–1300
 Mon–Thu 1700–1900
 Sat, Sun 1000–1200
 Open Swim:
 Mon–Fri 1430–1700
 Sat, Sun, Holidays 1200–1700
 Towers Pool (Makalapa) • 471-9723
 Lap Swim:
 Mon–Fri 1100–1300
 Open Swim:
 Sat, Sun 1200–1700
 Wahiawa Annex Pool, 500 Center St • 653-5306
 Lap Swim:
 Tue, Thu 1100–1300
 Open Swim:
 Tue, Thu 1300–1700
 Sat, Sun, Holidays 1200–1700

ARTS & CRAFTS CENTER

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

Gallery/Office
 Tue–Fri 0900–1700
 Sat–Mon Closed
 Sales Store
 Mon, Sun Closed
 Tue–Thu 1000–1800
 Fri, Sat 0900–1700
 Wood Hobby Shop • 448-9911
 Mon, Fri Closed
 Tue–Thu 1200–2030
 Sat, Sun 1000–1700

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813
 Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue–Fri 0700–1700
 Sat 0900–1700
 Hickam Car Wash • 449-2554
 Daily 0800–2000
 (Last vehicle entry: 19:15)

Moanalua ASC (off-base) • 471-9072

Mon, Thu, Fri 1200–2000
 Sat, Sun 0900–1700
 Tue, Wed Closed
 Car Wash at Moanalua ASC • 471-9072
 Daily 0700–2000
 (Last vehicle entry: 19:15)

Towing Service • 449-2554

BOWLING CENTERS

Hickam Bldg. 1891 • 448-9959
 Mon, Tue, Thu 1100–2100
 Wed 1000–2100
 Fri 1000–2400
 Sat 0900–2400
 Sun 0900–2100
 Holidays 1200–1800
 Naval Station Bldg. 1736 • 473-2574
 Mon 1100–1330, 1700–2100
 Tue–Thu 1100–1300, 1700–2100
 Fri 1100–1300, 1700–2230

Sat 0900–2230
 Sun 1100–1800
 Holidays Closed
 The Escape at Wahiawa Annex • 473-2651
 Fri 1800–2200

CHILD DEVELOPMENT CENTERS

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

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

FITNESS & SPORTS CENTERS

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

Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

GOLF COURSES

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

GOLF COURSES CONTINUED

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

HOUSING

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

INFORMATION, TICKETS & TRAVEL

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

TRAVEL CONNECTIONS OFFICES

Travel Connections Fleet Store, Pearl Harbor • 422-0139
Mon–Fri 0900–1800
Sat, Sun, Holidays Closed
Travel Connections NEX Mall • 422-4067
Mon–Fri 0900–1700
Sat, Sun, Holidays Closed

INTRAMURAL SPORTS OFFICE

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

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

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

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

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

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

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

OUTDOOR RECREATION

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

RENTALS

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

Recreation & Party Equipment Rentals:
Hickam Bldg. 1760 • 449-6870

YOUTH PROGRAMS

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

Mon–Fri 1100–1730
Sat, Sun Closed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

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

Automotive Worker
Hotel Housekeeping
Laundry Worker

How to Apply:

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

CNRH FFR

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

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

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

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

INTRAMURAL Softball

Joint Base Pearl Harbor-Hickam

APRIL 16 – JUNE
FREE

Coaches' Meeting
WEDNESDAY
MAR 20 @ 1 PM
JBPHH Fitness Center

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

For info, call **473-2437** or **473-2494**

www.greatlifeohawaii.com



2019

LEISURE & TRAVEL SHOWCASE

Presented by JBPHH MWR ITT

SATURDAY, APRIL 27 | 9AM-2PM | NEX MALL



Learn about tour attractions, vacation packages and cruises while traveling within our islands or world wide destinations. Especially learn about the unique activities to do in Hawaii from vendors, so you can take advantage of your time here!

**FREE PRIZE GIVEAWAYS
& LIVE ENTERTAINMENT!**

For more info, call **473-0792**
or visit greatlifehawaii.com



Hickam Arts & Crafts Center Presents



The 44th Annual

Spring CRAFT FAIR

Saturday, May 4 ■ 9am-3pm

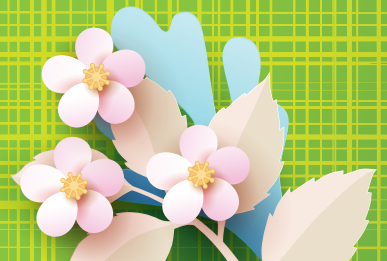
Free Admission

Featuring over 120 booths selling original handmade arts and crafts!
Just in time for Mother's Day gift shopping.

Enjoy Live Entertainment, Pony Rides, Great Food,
Prize Drawings, Make-n-Takes, Live Wood & Pottery Demos
and a Dog Show!

Questions? Call 448-9907
www.greatlifehawaii.com

Hickam Arts & Crafts Center:
335 Kuntz Ave, Bldg. 1889



Prizes
Awarded

10 - 11am

Sign up at the Craft Fair!