

GREAT *Life* HAWAII

www.greatlifehawaii.com | September 2019

Celebrate Oktoberfest!



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

PG
6

2019



NEX • MWR • DeCA
PEARL HARBOR
CUSTOMER APPRECIATION WEEKEND

NEX Pearl Harbor



Customer Appreciation!

SEPTEMBER 13 - 15, 2019 Event



**WIN A TRIP FOR 2
TO LAS VEGAS***



**FOR INFO AND SCHEDULE OF ALL EVENTS VISIT
JBPHH.GREATLIFEHAWAII.COM**



**WIN A TRIP FOR 2
TO DISNEYLAND***



CAR
SHOW



BUBBA
BURGERS



BUS PULL
COMPETITION



CARDBOARD
COMMUNITY



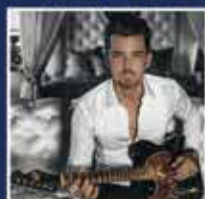
**TO ENTER ALL DRAWINGS
AND TO BE KEPT UP-TO-
DATE ON ALL EVENTS,
TEXT PEARL TO 57662***



**WIN A \$5,000,
\$3,000 OR \$2,000
NEX GIFT CARD!**

*Message and data rates may apply. You will receive one message each time you text PEARL to 57662 and monthly recurring messages after you complete sign up. NEX Mobile Offers program available only in Continental United States and Pearl Harbor. Terms, Conditions and Privacy: <https://www.mynavyexchange.com/textingtermsconditions>

BE ENTERTAINED



Chase Bryant



Jared Ashley



SideSwipe



Rebel Souljahz



A.T.E. Team



Ben Zabin

SEPTEMBER

GREATLIFEHAWAII | 2019

live the great life

- 8 Arts & Crafts
- 12 Outdoor Recreation
- 15 Liberty Centers
- 16 Activities Calendar:
 - Dining
 - Family/Support
 - Athletics
 - ITT
 - Recreation
- 24 Military & Family Support Center
- 28 Phone Directory & Hours
- 29 NAF Jobs

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: SEPTEMBER 2019

Marketing Director Jared Nakayama
Art Director Theresa Valadez
Editor/Publicity Lead Reid Tokeshi
Staff Writers Justin Hirai
Mikilyn Lau
Victoria D'Andrea-Roy

Graphic Designers Glenn Coloma
Nick Dubovsky
Laurie Nakasato

Marketing Assistant Teddi Gouveia

Great Life Hawaii magazine is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced by FFR's marketing department. No federal government agency officially endorses any sponsor or its products or services mentioned in this issue.

On the cover:

Revelers enjoying the original Oktoberfest in Munich.

At right:

Music is a vital part of celebrating Oktoberfest.



Celebrate Oktoberfest

pg 6 |

Get a mini "Did you know?" about Oktoberfest and read about MWR's version coming at the end of September.

MWR spotlight Liberty Free Food Events

pg 4 |

Eligible Liberty patrons find out about free food events!




Liberty

FREE FOOD EVENTS!

— By Justin Hirai

For you single, active-duty military E1-E6, we know living in Hawaii can be expensive so why not save some cash by getting some free food! The MWR Liberty Program has a couple options available throughout the month.

Every week take advantage of Free Food Fridays sponsored by USAA at the Beeman Liberty Center from 1100-1300. They serve a variety of different food from local favorites like Shoyu Chicken and Manapuas (Steamed bun filled with pork) to Meatball Sandwiches and Pizza. It's a great opportunity to try something new. You can find out what the meal will be for each Friday by checking the Liberty Calendar on page 15.

If barbeque burgers and hot dogs are more your type of meal be sure to stop by the monthly Barracks Bash also sponsored by USAA. In addition to the grilled items there are usually all the toppings and side dishes to accompany them. Music and fun games are also set up so be sure to bring your fellow sailors and airmen to join in on the fun. Check out the Liberty Calendar for this month's date and location. The event is held at a different barracks each month on Joint Base. 

FOOD EVENTS SPONSORED BY:



GBPHH

Oktoberfest

Sep. 29
4 - 8 pm

Club Pearl
Paradise Lounge

FREE ADMISSION



Live party music by the Gruber Family Band.



- Delicious food and drink available for purchase.
- Join in the fun - dancing, yodeling contest and much more
- Open to 18 and older



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

GreatLifeHawaii.com





Celebrate Oktoberfest!

By Reid Tokeshi

When you hear the word Oktoberfest, lots of images can come to mind: oompah band, pretzels and sausage, men dressed in lederhosen and women in dirndl dresses, lots of food, drink and revelry. But have you even wondered where it started? And, is it all about beer? Most of all, why do they call it Oktoberfest when it starts in September? Read on for a really brief cheat sheet on the origins of Oktoberfest, put together by literally minutes of internet research, along with some interesting facts. Find out also how to get a mini taste of it right here on Joint Base Pearl Harbor-Hickam.

Oktoberfest originated over 200 years ago as a celebration of the marriage between Crown Prince Ludwig and Princess Therese in October of 1810 in Bavaria. The citizens of Munich were invited to attend and the party lasted five days with food, drink and music. A horse race at the edge of town closed the event. It was so popular that Bavaria decided to bring it back every year to celebrate its culture. Eventually it grew into what is now a 16 to 18-day festival (depending on the year) ending on the first Sunday in October. Now why does it begin in September? The simple answer is, the weather is better. The warmer temperatures meant attendees could stay longer.


Still, the roots of the festival started relatively small compared to what it is today. The first amusements like carousels and swings appeared in 1818. The fairgrounds really started to grow in the 1870's. The famous beer halls seen today didn't start showing up until 1896. Now there are 14 of them with the largest able to seat almost 11,000 people!



Speaking of beer, it's customary that Oktoberfest doesn't officially start until the Mayor of Munich taps the first keg and shouts "O'zapft is!" (It's tapped!). Only then can the food and drink start flowing and the rule is they only serve beer brewed from within the city limits. But it's not all about the beer. There are over 100 food stands, a wine tent, live music and carnival rides. Over 6 million people are expected to go to Oktoberfest in Munich this year.

But you don't need to travel over 7000 miles to get a taste of this celebration. MWR is bringing Oktoberfest to you on Sunday, September 29. It goes from 4 to 8 p.m., is open to 18 years and older and there is no cover charge. Rather than pay one big price buffet-style, you go to the individual food stations, pick what you want and pay accordingly. Hungry celebrators can look forward to tasty sausages, pretzels and more. German beers and other options will be offered in keeping with the theme (sorry, no carnival rides this time around).

No Oktoberfest is complete without a good band and the Gruber Family Band fits the bill. They perform at Oktoberfest and Bavarian-themed events up and down the west coast year-round. You can look forward to traditional Oktoberfest music as well as songs to keep the party going.

So, come to MWR's Oktoberfest, raise a glass and shout "Prost!" (that's "Cheers!" in German) and join in what might be the start of a new tradition on JBPHH. 



HICKAM ARTS AND CRAFTS CENTER

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

SEP | OCT | NOV

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING

One class per week for 6 weeks:

Wednesdays, 6 – 8:30pm

Sep 4–Oct 9 • Oct 16–Nov 20

Thursdays, 6 – 8:30pm

Sep 5–Oct 10 • Oct 17–Nov 21

Saturdays, 9 – 11:30am

Sep 7–Oct 12 • Oct 19–Nov 23

Ages 16 and older

\$110 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:

Tuesdays, 6 – 8:30pm

Sep 3–24 (Oct 8–Finish Glaze Only)

Oct 1–22 (Nov 5–Finish Glaze Only)

Nov 5–26 (Dec 10–Finish Glaze Only)

Saturdays, 9 – 11:30am

Sep 7–28 (Oct 12–Finish Glaze Only)

Oct 5–26 (Nov 9–Finish Glaze Only)

Nov 9–30 (Dec 14–Finish Glaze Only)

Ages 16 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, 3:30 – 5:15pm

Sep 3–24 • Oct 1–22 • Nov 5–26

Ages 12 and older

\$90 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.

BASIC OIL PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:30pm

Sep 3–24 • Oct 1–22 • Nov 5–26

Ages 14 and older

\$100 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. Please wear paint clothes or apron. Generally, an oil painting takes 4-6 days to dry to touch.

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 1:15 – 3pm

Sep 3–24 • Oct 1–22 • Nov 5–26

Ages 12 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Sep 17–Oct 22 • Oct 29–Dec 3

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

Sep 19–Oct 24 • Oct 31–Dec 12

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:

Ages 16 and older

Thursdays, 2 – 4:30pm and 6 – 8:30pm

\$125 per person (plus supplies)

Sep 12–Oct 10 / Honu

Oct 24–Nov 21 / Hawaiian Sunset

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)



TO REGISTER FOR CLASSES, VISIT

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

of the subject will be provided, whether you are a beginner or a more experienced painter... you can do it!

BATIK PAINTING WITH APRIL DUQUE

Sep 8 • Oct 13 • Nov 10

Ages 16 and older

\$60 per person (supplies included)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

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

Ages 16 years and older

\$80 per person (supplies included)

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

Glassworks

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Sep 5–12 • Sep 19–26 • Oct 3–10 • Oct 17–24 • Nov 7–14

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

Sep 4–25 • Oct 9–30 • Nov 6–27

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.

BEGINNING GLASS FUSION WITH JOCELYN SASAKI

One class per week for 4 weeks: Tuesdays, 6:30 – 8:30pm

Sep 3–24 • Oct 1–22 • Oct 29–Nov 19

Ages 16 and older

\$80 per person (plus supplies)

This class is perfect for those interested in creating glass fusion art for the first time. Students will be introduced to glass-cutting, kiln-forming, and basic principles for design. Students will learn to make plates and glass jewelry. Returning glass students also welcomed.

BEGINNING JEWELRY MAKING WITH PAULETTE WILLIAMS

One class per week for 3 weeks: Wednesdays, 1 – 3pm

Oct 9–23 • Nov 6–20

Ages 16 and older

\$50 per person (plus supplies)

In this class, students will learn how to use the basic tools, techniques, and procedures for jewelry making. The focus of the classes will be on stringing and beading to create bracelets and necklaces.

ADVANCED JEWELRY MAKING WITH PAULETTE WILLIAMS

One class per week for 3 weeks: Mondays, 1 – 4pm

Oct 7–28 • Nov 4–25

Ages 16 and older

\$55 per person (plus supplies)

This class is perfect for advanced students who have learned basic jewelry making techniques. Students will learn wire wrapping, etching, and advanced beading techniques. Previous experience is required.

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

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

Sep 4–Oct 9

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.

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

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

Sep 11–25 • Oct 9–23 • Nov 6–20

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 – 7:30pm

Sep 9–23 • Oct 21–Nov 4* • Nov 18–Dec 2*

Ages 12 and older

\$35 per person (plus supplies)

*\$40 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.

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Sep 21–Oct 12 / Aloha (Girls & Boys) Quilt

Oct 19–Nov 16 / (No Class–Nov 2) Kimono Quilt

Nov 23–Dec 21 / (No Class–Dec 7) Holiday Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Sep 21–Oct 12 / Aloha (Girls & Boys) Quilt

Oct 19–Nov 16 / (No Class–Nov 2) Kimono Quilt

Nov 23–Dec 21 / (No Class–Dec 7) Holiday Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

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

Sep 3–24 • Oct 8–29 • Nov 5–26

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

Sep 4–27 • Oct 9–30 • Nov 6–27

Ages 14 and older

\$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)

\$25 per person (arrive 15 minutes prior to class to sign in)

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

PEN TURNING CLASS

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

7:30 – 11:30am

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

\$50 per person (supplies included)

THE HICKAM ARTS & CRAFTS CENTER PRESENTS

The 44th Annual

Fall Craft Fair

SATURDAY, NOVEMBER 2 9:00AM - 3:00PM

Featuring over 120 booths selling original handmade arts and crafts!

Just in time for Holiday gift shopping!



ENJOY LIVE ENTERTAINMENT, PONY RIDES, GREAT FOOD, PRIZE DRAWINGS, MAKE N TAKES, AND LIVE WOOD AND POTTERY DEMOS.

QUESTIONS? CALL 448-9907 | 335 KUNTZ AVE, BLDG. 1889

STAY CONNECTED AND FOLLOW US ONLINE!

   @GreatLifeHawaii | GreatLifeHawaii.com



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

SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays, 7:30 – 11:30am (arrive 15 minutes prior to class to sign in)
Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or 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. *Price increase to \$145 on Oct 1*

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. *Price increase to \$145 on Oct 1*

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
Sept 5–26 • Oct 3–24 • Nov 7–Dec 5 (no class on Nov 28)
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
Sept 9–30
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.

ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am
Sept 3–26 (Sept 3, 5, 10, 12, 17, 19, 24, 26)
Oct 1–24 (Oct 1, 3, 8, 10, 15, 17, 22, 24)
Oct 29–Nov 21 (Oct 29, 31; Nov 5, 7, 12, 14, 19, 21)
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
Sept 17–Oct 22 • Oct 29–Dec 3
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
Sept 19–Oct 24 • Oct 31–Dec 12
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
Sept 19–Oct 24 • Oct 31–Dec 12
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.

PARENT AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks:
Wednesdays, 3:30 – 5:30pm
Sept 11–25 • Oct 9–23 • Nov 6–20
Saturdays, 1 – 3pm
Sept 14–28
Ages 7 – 11 (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.

EVENTS & ACTIVITIES

OHANA PAINT NIGHT WITH APRIL DUQUE

One class per month: Fridays, 5:30 – 7:30pm
Sept 27 • Oct 25* • Nov 22* • Dec 27*
Ages 7 and older
\$35 per person (supplies included)
*\$30 per person (supplies included)

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

PICK & PAINT CERAMICS

Tuesday – Saturday, 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
Sept 4 & 18 • Oct 2 & 16 • Nov 6 & 20
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!

HICKAM ARTS & CRAFTS CENTER

JOIN OUR EMAIL LIST



Our monthly email will include:

- UPDATED DOWNLOADABLE CLASS SCHEDULE
- UPCOMING SPECIAL EVENTS
- DEPARTMENT SPECIALS

To join, just visit:

[jbphh.greatlifehawaii.com/Recreation/Arts & Crafts/Email List Subscription](http://jbphh.greatlifehawaii.com/Recreation/Arts%20and%20Crafts/Email%20List%20Subscription)

The background is a dark wooden surface decorated with various autumn leaves in shades of red, orange, and yellow. A paint palette with colors like purple, blue, green, red, and yellow is on the right, and a paintbrush lies diagonally across the top left. The main title is centered in a large, bold, orange-to-yellow gradient font with a dark red outline.

FALL CRAFT CAMP

at the Hickam Arts & Crafts Center

Tue, Oct. 8 - Fri, Oct. 11

10am-12pm

\$70 per student (ages 7 & up)

There's no limit to the beauty a child can create when given some instruction and artistic freedom. All supplies included. Register online at www.greatlifehawaii.com

Questions? Call 4482392
335 Kuntz Ave, Bldg 1889



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

| GreatLifeHawaii.com





SEPTEMBER • OCTOBER 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), unless otherwise specified. Registration for August activities is currently open. **Registration for October activities begins September 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.

Online registration will require an ID check, in person at Hickam Harbor within 5 days of receipt of payment.



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

- September 1 Sign up by August 30
- October 6 Sign up by October 4
Begins: 9 am | Ends: 12 pm
Cost: \$40

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

- September 21 Sign up by September 19
- October 19 Sign up by October 17
Begins: 9 am | Ends: 12 pm
Cost: \$40

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 and learn to surf in the surfing capital of the world. 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. Participants must be able to swim without a lifejacket. Don't miss out on this righteous opportunity!

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- September 8 Sign up by September 6
- September 29 Sign up by September 27
- October 19 Sign up by October 17
- October 27 Sign up by October 25
Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$30

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 IN KAHANA VALLEY

- September 7 Sign up by September 5
Begins: 8 am | Ends: 1 pm
Cost: \$30

Join us as we travel to the windward side in an area that once supplied a lush, sustainable lifestyle for the ancestors of Hawaii. The area is an "ahupua'a", which is the wedge-shaped division of land consisting of a beach, fishing area, a stream that irrigates agricultural terraces, and forests extending inland to the ridgeline. This beautiful location is a peaceful and enjoyable place to kayak.

STAND-UP PADDLE BOARD AT HALEIWA/ NORTH SHORE

- October 6 Sign up by October 4
Begins: 8 am | Ends: 2 pm
Cost: \$30

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific

Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Don't let this awesome opportunity drift away!

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

KAYAKING

KAYAKING AT CHINA MAN'S HAT

- September 22 Sign up by September 20
 - October 12 Sign up by October 10
- Begins: 8 am | Ends: 1 pm
Cost: \$25

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

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

MOONLIGHT PADDLE AT HICKAM HARBOR

- September 13 Sign up by September 11
 - October 14 Sign up by October 12
- Begins: 7 pm | Ends: 9 pm
Cost: \$25

What better way to melt the day to day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group, and let our guides lead the way. Trip includes all required gear. Prior kayaking experience is recommended. Bring water and dry clothes to change into after the activity.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- September 7 Sign up by September 5*
 - September 22 Sign up by September 20*
 - October 5 Sign up by October 3*
 - October 20 Sign up by October 18*
- Begins: 8:30 am | Ends: 11:30 am
Cost: \$30

**Registration available online only.*

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

SPEARFISHING EXCURSION

- September 28 Sign up by September 26
 - October 26 Sign up by October 24
- Begins: 9 am | Ends: 12 pm
Cost: \$20

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

LEARN TO SPEARFISH

- September 14 & 15 Sign up by September 12*
 - October 12 & 13 Sign up by October 10*
- Begins: 9 am | Ends: 12 pm
Cost: \$60

**Registration available online only.*

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

KEIKI & PARENT HAND POLE FISHING/ REEF WALKING

- October 24 Sign up by October 22
- Begins: 9:30 am | Ends: 12:30 pm
Cost: \$12

Join us as we discover what lives below Hickam Harbor. Kids and parents can learn the art of hand pole fishing, shore line dunking, reef walking and sea life discovery. Poles, bait, nets, and view boxes will be provided. Bring your camera, sun screen, reef shoes, snacks and drinks! This is fun not to be missed! For ages 4-9. Parents are welcome to tag along! Space is limited to 10 keiki. Must register 1 week prior to first class. Sign up at Hickam Harbor Marina office.

WINDSURFING

ADULT LEARN TO WINDSURF AT HICKAM HARBOR

- October 8, 10, 12, 15, 17, 19 Sign up by October 1
- Begins: 9:30 am | Ends: 12:30 pm
Cost: \$75 per person (equipment included)

In this 2 week beginner course, you will learn the basics of windsurfing. There will be land and water instruction; gear setup and breakdown; rescue techniques; reading weather and water conditions; and plenty of practical experience. Sign up at Hickam Harbor Marina office.

HIKING

HIKE EHUKAI PILLBOX

- October 27 Sign up by October 25
- Begins: 8 am | Ends: 1 pm
Cost: \$20 per person

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of Oahu's famous North Shore. Views will include Sunset Beach and the Ban

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 • 784-0167

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



(continued on next page)

MARINAS CLASSES & ACTIVITIES

ALL INFORMATION SUBJECT TO CHANGE

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 MARINA

- Tues/Sat | October 1, 5, 12, 19, 26

Cost: \$90 per person

9 am – 1 pm or 1 pm – 4 pm

Ages 18 & up

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

START SAILING RIGHT AT RAINBOW BAY MARINA

- Sat/Sun | September 7/8 & 14/15

Cost: \$85 per person

1 – 5 pm

Ages 18 & up

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

ADULT LEARN TO SAIL CLASS AT RAINBOW BAY MARINA

- Mon/Wed | September 4, 9, 11, 16, 18, 23, 25, 30

- Mon/Wed | October 2, 7, 9, 14, 16, 21, 23, 28, 30

Cost: \$85 per person

9:30 – 11:30 am (excludes holidays)

Ages 18 & up

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

YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | September 4, 9, 11, 16, 18, 23, 25, 30

- Mon/Wed | October 2, 7, 9, 14, 16, 21, 23, 28, 30

Cost: \$85 per person

12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)

Ages 10 – 17 years

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

YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | September 3, 5, 10, 12, 17, 19, 24, 26

- Tues/Thurs | October 1, 3, 8, 10, 15, 17, 22, 24, 29

Cost: \$85 per person

12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)

Ages 10 – 17 years

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

ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Fri | September 6, 13, 20, 27 | 9:30 am – 12 pm

- Fri | October 4, 11, 18, 25 | 9:30 am – 12 pm

Cost: \$75 per person

9:30 am – 12 pm

Ages 18 & up

*Registration is done by the month and available online only. Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Maximum of 8 students per session, minimum of 2.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | September 4, 6, 11, 13, 18, 20, 25, 27

- Wed/Fri | October 2, 4, 9, 11, 16, 18, 23, 25, 30

Cost: \$85 per person

3 – 5 pm

Ages 10 years & up

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

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | September 3, 5, 10, 12, 17, 19, 24, 26

- Tues/Thurs | October 1, 3, 8, 10, 15, 17, 22, 24, 29

Cost: \$85 per person

3:30 – 5:30 pm

Ages 10 years & up

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

INTERMEDIATE SAILING AT RAINBOW BAY MARINA

- Sat/Sun | October 5/6 & 12/13

Cost: \$75 per person

3 – 5 pm

Ages 18 years & up

*Registration is done by the month and available online only. This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

BOAT CHECKOUT CLASS AT HICKAM HARBOR

- Wed/Fri/Sun | 9 am – 1 pm (only one class day required)

Cost: \$35 per person

(Maximum 4 participants. First come, first served.)

Already an experienced Sailor but want to rent our boats? Sailing card expired? This course is a three-hour refresher showing the operation of our Rhodes 19 sailboat. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and can navigate our harbor, you will be granted a sailing card to rent our boats. Sign up at Hickam Harbor Marina.

OUTRIGGER CANOE PADDLING

P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

- Mon – Fri

6:30 am, 7:30 am, 9:30 am, 12:30 pm

Cost: \$5 per person/per session

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

- Mon/Wed/Fri

8:30 – 9:30 am (for recreational paddling)

Cost: \$5 per person for 1 hour.

*Signups held at Hickam Harbor, must sign up 1 week prior to date requested.

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

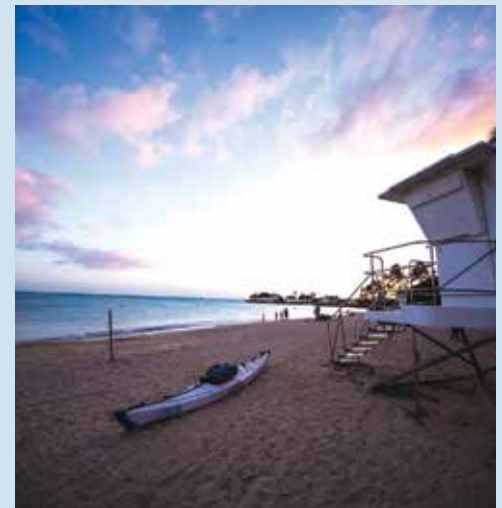
OUTRIGGER CANOE PADDLING AT RAINBOW BAY MARINA

- Mon/Wed/Fri | 8:30 – 9:30 am

Cost: \$5 per person/per hour

Ages 10 & up

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



BEACHES

HICKAM BEACH • 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday – Sunday, 10 am – 4 pm

BEACH EQUIPMENT RENTAL

*Subject to cancellation due to weather

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

Surf Board \$5 hr • \$25 day Paddle Board \$9 hr • \$25 day

Beach Lounger \$5 hr • \$15 day Wind Surfing Board \$10 day

PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson

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

Standup Paddle Boarding Beginner (1 hour): \$25

Standup Paddle Boarding Intermediate (2 hour): \$35

WHITE PLAINS BEACH

Kalaeloa

SURF SHACK • 682-4925

Hours: Daily, 9 am – 4:30 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 \$5 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

Sponsored by  **USAA**

September 2019

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



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SNORKELING SHARKS COVE \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 BAYVIEW MINI PUTT & ZIPLINE \$25 Express 1400 Beeman 1445 Instant 1500 Makai 1515	2 TEXAS HOLD 'EM TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	3 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	4 SUPER SMASH BROS. ULTIMATE TOURNAMENT FREE Makai 1800 WIN PRIZES!!!	5 K1 SPEED GO-KARTS \$25 Express 1645 Beeman 1730 Instant 1745 Makai 1800	6 HULI HULI CHICKEN FOR LUNCH presented by USAA FREE Beeman 1100-1300	7 JACKASS GINGER POOLS & HIDDEN PALACE (BEG) FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 HAWAII ESCAPE CHALLENGE \$20 Express 1700 Beeman 1745 Instant 1800 Makai 1815
8 VOLUNTEER OPPORTUNITY: KAYAKING CHINAMANS HAT CLEAN-UP FREE Express 0900 Beeman 0930 Instant 0945 Makai 1000 BERNICE PAUHAH BISHOP MUSEUM \$15 Express 0900 Beeman 0930 Instant 0945 Makai 1000	9 BOWLING & PIZZA FREE Beeman 1800	10 NIGHT FISHING FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630	11 MOVIES WITH LIBERTY @ DOLE CANNERY \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	12 VIDEO GAME TOURNAMENT FREE Makai 1800 WIN PRIZES!!!	13 HAMBURGER CURRY FOR LUNCH presented by USAA FREE Beeman 1100-1300 FREE MOVIE @ SHARKEY THEATER FREE Beeman 1700	14 VOLUNTEER OPPORTUNITY: CUSTOMER APPRECIATION @ NEX FREE Beeman 1130-2000
15 BODYSURF BELLOWS FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 CIRCLE ISLAND TOUR FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930	16 CHESS TOURNAMENT FREE Beeman 1800	17 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	18 8 BALL POOL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	19 BARRACKS BASH @ SMALLWOOD HALL presented by USAA FREE Makai 1700 - 1900	20 PORK GUI SANTES FOR LUNCH presented by USAA FREE Beeman 1100-1300	21 HIKE MAKAPUU TIDEPOLLS (ADV) FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 BELLOWS PAINTBALL \$50 Express 0815 Beeman 0900 Instant 0915 Makai 0930
22 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 WWE LIVE! @ BLAISDELL ARENA \$35 Express 1715 Beeman 1800 Instant 1815 Makai 1830	23 TRIVIA NIGHT @ BRICK OVEN FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730	24 PING PONG TOURNAMENT FREE Beeman 1900 WIN PRIZES!!!	25 LEARN TO COOK WITH LIBERTY FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	26 NORTH SHORE STAR GAZING FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	27 BURRITOS FOR LUNCH presented by USAA FREE Beeman 1100-1300	28 HIKE KOKO CRATER & SWIM (ADV) FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 ATLANTIS MAJESTIC SUNSET DINNER CRUISE \$55 Express 1500 Beeman 1545 Instant 1600 Makai 1615
29 KAYAKING ACROSS PEARL HARBOR \$10 Express 0815 Beeman 0900 Instant 0915 Makai 0930 XTREME PARASAILING \$60 Express 1045 Beeman 1130 Instant 1145 Makai 1200	30 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	<div> DESIGNATION FOR HIKES: BEG: Beginner INTER: Intermediate ADV: Advanced </div> <div> FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220 </div> <p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p>				

dining

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

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

BREWS & CUES

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

Game Night

Friday, September 6

4:30pm

FREE

Ages 18 years and older

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

#TGIF 9-Ball Tourney

Friday, September 27

6 – 8pm

Ages 18 years and older

Sunday Ticket

FREE

Ages 18 years and older

Watch all the Sunday football games here! Open at 7am until after the final game.

Gridiron Game Days

Mondays & Thursdays, September 2, 5, 9, 12, 16, 19, 23, 26, 30

FREE

Ages 18 years and older

Watch the games here and enjoy complimentary pupus and drink specials.

CLUB PEARL

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

THE COUNTRY BAR

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

Country Up! Every Friday!



Country Line Dancing

Every Friday

8:30 – 9:30pm

FREE Line Dance Lessons

Let us show you how to line dance, then enjoy some liquid courage and practice your two-step. Dancing and drink specials available all night long.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

Every Sunday

10am – 1pm

All Ranks & Base Eligible Patrons Welcome!

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

Mongolian BBQ

Every Monday & Thursday

5 – 8pm (excluding Federal Holidays)

The Grand Lanai

\$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 also included. All ranks welcome!

KOA LOUNGE

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Every Friday

11am – 2pm

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

PHILLIES

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

RESTAURANT 604

At Rainbow Bay Marina 888-7616

TRADEWINDS

Hickam Bldg. 1804 448-4608

Try Tradewinds NEW Menu!



Paint & Sip

Wednesdays, September 4 & 18

5:30 – 8:30pm

\$40

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."

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

Teens honor 9/11 first responders' ultimate sacrifice.



9/11 Stair Climb

Saturday, September 7

6 – 10pm

Come join the JBPHH Teen Center Remembrance Stair Climb: to honor all the fire fighters and first responders who made the ultimate sacrifice on 9/11/01. Come prepared to walk or run as we try and match the amount of stairs climbed by those brave men and women!

Family Night: Suicide Awareness with MFSC

Tuesday, September 17

5:30 – 7pm

Teens 13 – 18 and their families

Hail & Farewell: Giant Games Night!

Friday, September 27

5 – 7pm

Teens 13 – 18 years old

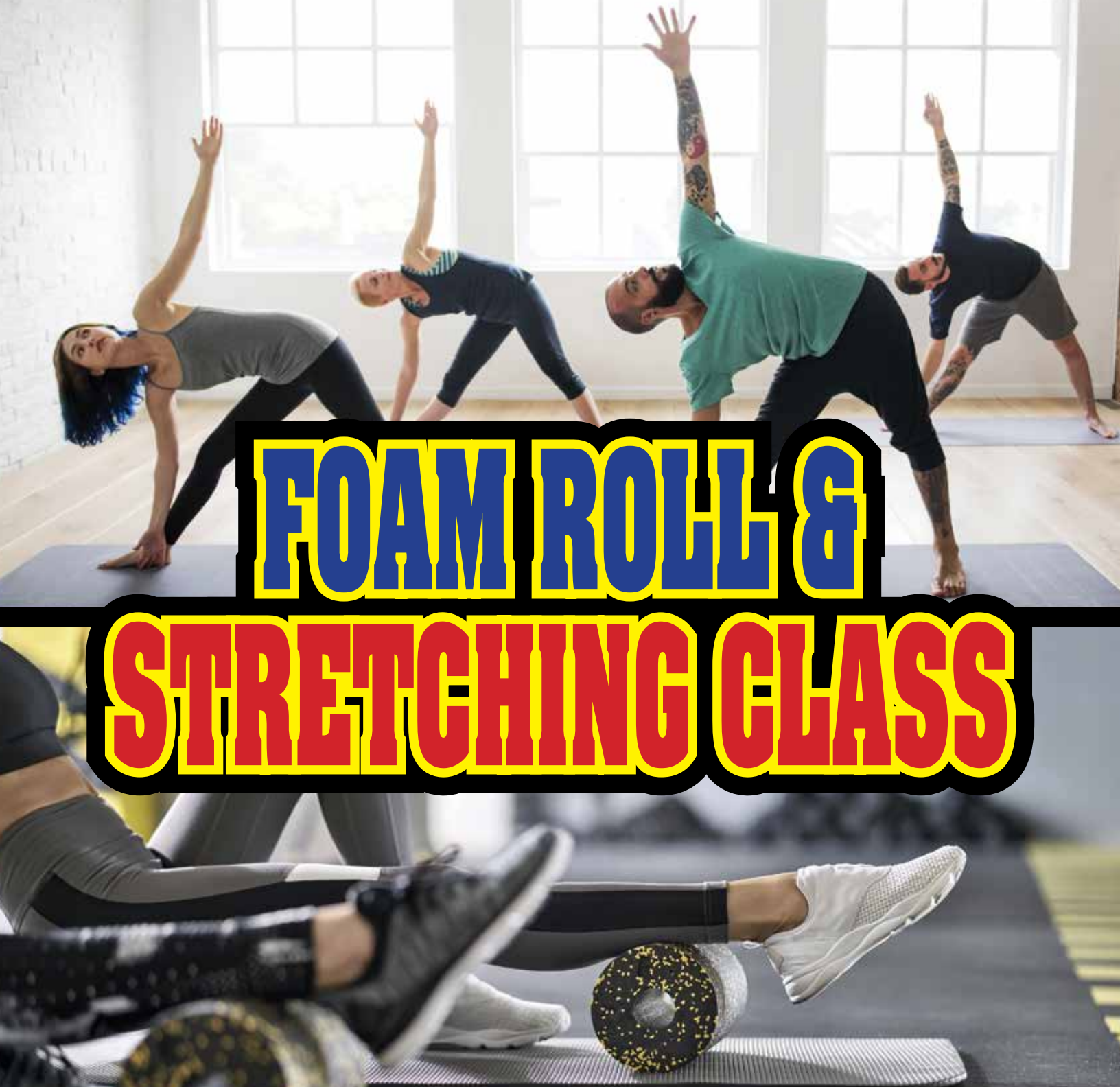
Help us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then enjoy some fun healthy competition with some life sized games!

athletics

Aquatics • Bowling

Fitness Programs & Centers • Golf

Intramurals • Youth Sports



FOAM ROLL & STRETCHING CLASS

**2ND & 4TH WEDNESDAY OF EACH MONTH
11:30AM-12:30PM | HICKAM MEMORIAL FITNESS CENTER**

Myofascial release therapy incorporating static stretching, and CARS (Controlled Articular Rotations). You will simultaneously build flexibility by using full range of motion, while inhibiting overactive muscles.

FREE to all eligible patrons, 18 years+. Limited supply of foam rollers, will be distributed on a first come, first serve basis.



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

GreatLifeHawaii.com



athletics (cont.)

AQUATICS

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

English Channel Swim Challenge

The entire month of September (all JBPHH pools) FREE

Swim the distance of the English Channel – from Dover, England to Calais, France (21mi/33km). A map will be placed at Scott Pool, while participants will be responsible for marking their daily distance with a progress card. The first 10 participants to complete the challenge will receive a prize! Sign up sheets are at Scott Pool.

Float Night

Friday, September 27

5:30 – 7:30pm

Scott Pool

FREE

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

BOWLING

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

Hickam and Naval Station Bowling Centers:

Lunch Specials every weekday at our snack bars!

The Escape (Wahiawa Annex):

Party Rentals on Saturday

(2:30pm – 5:30pm or 6:30pm – 9:30pm)

& on Sundays any 3 hours from 12 – 6pm

LABOR DAY HOURS

Monday, September 2

Hickam Bowling Center: 12 – 6pm

Naval Station Bowling Center: Closed

Lunch and Bowl Tuesdays

September 3, 10, 17, 24

11am – 1pm

Hickam Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive a FREE game of bowling. Shoe rental not included.

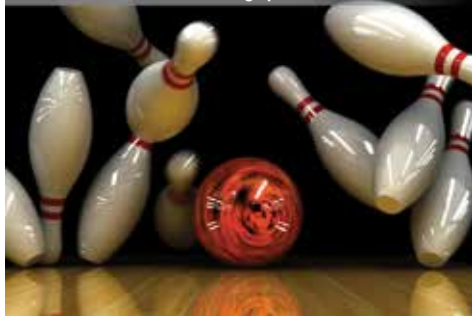
Cosmic Bowling

Fridays, September 6, 13, 20, 27

9:30pm – 12am

Saturdays, September 7, 14, 21, 28

Check out the current bowling specials!



6 – 11pm

Hickam Bowling Center

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

Active Duty Bowl FREE

Mondays, September 2, 9, 16, 23, 30

11am – 1pm

Hickam Bowling Center

1 free game of bowling, shoe rental not included.

Single Sailor Bowling Night

Monday, September 9

Naval Station Bowling Center

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

Color Pin Bowling Monday

September 9, 16, 23, 30

5 – 9pm

Naval Station Bowling Center

The pin color of the month is blue! When the blue pin is in the head pin position, on your first throw roll a STRIKE you will receive a FREE game coupon, to be used on your next visit.

Lunch and Bowl Tuesdays

September 3, 10, 17, 24

11am – 1pm

Naval Station Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive a FREE game of bowling. Shoe rental not included.

Cosmic Bowling

Saturdays, September 7, 14, 21, 28

8:30 – 10:30pm

Sundays, September 1, 8, 15, 22, 29

3 – 6pm

Naval Station Bowling Center

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

Active Duty Bowl FREE

Thursdays, September 5, 12, 19, 26

11am – 1pm

Naval Station Bowling Center

1 free game of bowling, shoe rental not included.

Power Game Day Saturday

September 7, 14, 21, 28

12 – 3pm

\$10/per hour/per lane

The Escape Bowling Center

Play the newest games in Bowling. Check it out, you don't have to be a good bowler to score high. Choose from Mad Games, Skill Games, Classic Games, and Chance Games.

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

Foam Roll and Stretching Class

Wednesdays, September 11 & 25

11:30am – 12:30pm

Hickam Memorial Fitness Center

FREE

Learn how to stretch properly after a workout! Myofascial release therapy incorporating static stretching, and CARS (Controlled Articular Rotations). You will simultaneously build flexibility by using full range of motion, while inhibiting overactive muscles.

TRX Suspension Training Class

Monday, September 9

11:30am – 12:30pm

Hickam Memorial Fitness Center

FREE

Learn to use your body weight as resistance for a well-rounded workout. TRX integrates strength and balance into a dynamic movement using body weight exercises. This class will incorporate many different movements using the TRX and other types of workout equipment.

Dodgeball Tournament 2019

Friday, October 4

1:30pm

Hickam Memorial Fitness Center

FREE

If you can dodge a wrench, you can dodge a dodgeball! Don't forget to review the five "d's" of dodgeball, hope you've seen the movie. Sign up for this tournament is at the front desk of the Hickam Memorial Fitness Center.

Powerlifting Competition 2019

Saturday, October 19

JBPHH Fitness Center

\$20 (Registration starts September 2)

Lift your way to the Hall of Fame! The 2019 Annual Powerlifting Competition will take place on October 19. Registration is open from September 2 to October 18. To register please call 808-471-2019 or email devini.kaniaupo@navy.mil. Weigh-ins take place from 8am-12pm and 1-5pm on October 18. There are open categories for men and women and a combined total of 1,000 lbs. for men, and 600 lbs. for women are required for the Hall of Fame.

GOLF

Barbers Point 682-1911

Ke'alahi Par 3 448-2318

Mamala Bay 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

September 3, 10, 17, 24

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 Days

Anytime during normal business hours.

10am – 2pm

Mamala Bay Golf Course

Wednesday, September 4

3:30 – 6:30pm

Navy-Marine Golf Course

POWERLIFTING COMPETITION 2019



LIFT YOUR WAY TO OUR HALL OF FAME!
SATURDAY, OCTOBER 19 | 8AM
JBPHH FITNESS CENTER

REQUIRED LIFTS: Squat, Deadlift, Bench Press

REGISTRATION: SEPTEMBER 2 - OCTOBER 18 (\$20 REGISTRATION FEE)

OPEN CATEGORIES - MEN & WOMEN

October 18 Weigh-ins 8AM-NOON & 1PM-5PM

Visit greatlifehawaii.com for more event details.

Please call 808.471.2019 or email Devini Kaniaupio at devini.kaniaupio@navy.mil



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

GreatLifeHawaii.com





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*	
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	P90X™ STRONG BY ZUMBA®*	ZUMBA	POWER SCULPT*	ZUMBA	YOGA	
8:45 – 9:30am		CYCLE EXPRESS*		CYCLE EXPRESS*		
9 – 10am						CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	ZUMBA® STEP	PIYO®		PIYO®	ZUMBA	
10:30 – 11:30am						P90X™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY CONDITIONING*	CYCLE FIT* YOGA	TOTAL BODY CONDITIONING*/ TRX*	WARRIOR ZONE CIRCUIT* CIRCUIT TRAINING*	
4:30 – 5:30pm	ZUMBA® STEP	ZUMBA	ZUMBA	TURBO KICK™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®*	
6 – 7pm		KARATE SC				
7 – 8pm		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®		ZUMBA
11:30am – 12:30pm		YOGA		YOGA	SPINNING*	
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	MIXEDFIT		ZUMBA			

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY CONDITIONING		
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.)

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

FREE Golf Clinic

Thursday, September 19
12 – 1pm

Navy-Marine Golf Course

Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

Glow Golf

Saturday, September 14
7:30 – 11pm

\$10/person for glow golf

Mamala Bay Golf Course

Come out for a night of fun with family and friends! Glow golf starts at 7:30pm and is \$10/person for an LED golf ball (purchase to keep) and includes a FREE glow necklace! Reservations are strongly encouraged, please call 449-2304. Golf is for ages 7 years+, children must be supervised and please don't forget your flashlights. The MBGC snack bar will unfortunately be closed for this event.

9 Before 9

Monday – Friday (except holidays)
Before 9am

Mamala Bay Golf Course

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

\$30 Coupon Special

Mondays & Tuesdays (except holidays)

Barbers Point Golf Course &

Mamala Bay Golf Course

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

BOGO Special

Monday – Friday (except holidays)

Ke'alohe Golf Course

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

Twilight/Play Until Dusk Golf Specials

Monday – Friday (after 2:30pm)

Saturday & Sunday (after 3:30pm)

(except during holidays or tournaments)

Mamala Bay Golf Course

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

Barbers Point Golf Course Specials

Month of September

Birthday Special: FREE green fee and cart fee on your birthday! (Must be on date of birth and show ID)

Golf Shirt Special: 10% off of all golf shirts in stock! This includes: Nike, Travis Mathews, Footjoy and other brands of golf shirts.

INTRAMURALS

Pearl Harbor Bldg. 667 . . . 473-1921 or 473-2437

YOUTH SPORTS

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

Gymnastics (Bldg. 1680) . . . 422-2223

itt

Barbers Point • Fleet Store • NEX Mall

Wahiawa • Travel Connections-Fleet Store

Travel Connections-NEX Mall

Hickam Historical Tour

Fridays, September 6, 13, 20, 27

9:30am – 1:30pm

\$45 for adult

\$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, September 4, 11, 18, 25

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

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

recreation

Arts & Crafts • Auto Skills • Liberty Centers

Library • Makai Recreation Center • Marinas

Outdoor Recreation • Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Paint & Sip

Wednesdays, September 4 & 18

5:30 – 8:30pm

\$40 per person

New location at Tradewinds (150 McClelland St, Hickam. Bldg. 1804)! Reserve your spot today! <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration-> (\$20 non-refundable deposit on line, \$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!

Hickam 44th Annual Fall Craft Fair

Saturday, November 2

9am – 3pm

Calling all crafters, registration begins Friday, August 2 at 9am in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or

photos of items you will be selling for screening at time of registration. Call 448-9907 for further info.

Arts & Crafts Gallery Showcase

The Arts and Crafts Center will be accepting entries beginning August 1 until September 28 for the 2019 Arts & Crafts Gallery Showcase. Get your creative juices flowing and prepare now to submit your artwork, crafts, photography and digital creations. This event is open to active duty military and their family members, DoD civilians, contractors, reservists and retirees. All submissions must be framed or "wall ready" to be displayed in the Arts and Crafts Center Gallery. There are three categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant.

Timeline:

August 1 through September 28

Enter submissions to Arts and Crafts Center Sales Store.

October 4

"Gallery Opening" reception from 5:30 – 7pm. An elegant event with appetizers served.

October 4, 2019 – January 12, 2020

All submissions will be on display at the Arts and Crafts Center Gallery.

There is so much wonderful talent here within the Hawaii Military Community!!! We are looking forward to your participation! For further info and entry form please email Donna Sommer: donna.sommer@navy.mil

Pick-N-Paint Ceramics

Tuesday – Saturday

9am – 5pm

You pick it, you paint it, we fire it. It's easy! No experience or appointment needed. All ages and all experience levels welcome—great kids' activity but fun for adults too! Stop by for a delightful and relaxing creative experience. Choose wonderful ceramics pieces and create your design using our glazes, stencils, sponges, and brushes. We fire your piece and have it ready for you in 14-21 days. 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.

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

STEM Wednesday – Cubelets Robotics

Wednesday, September 4

2 – 3:30pm

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

Tween Book Club

Wednesday, September 4

4 – 5pm

We will discuss "Inkheart."

Library Know-How

Saturday, September 7

10am – 12pm

Learn to get the most out of your library.

Adult Book Club

Tuesday, September 3 | 10am

Thursday, September 5 | 6pm

We will discuss "Pachinko."

recreation (cont.)

Preschool Story Time

Wednesdays, September 11 & 25

9 – 10am

Story times are great for children of all ages! Our theme on September 11 will be "Hispanic Culture." On September 25 the theme will be "Fall Season."

4th and 5th Grade Book Club

Wednesday, September 11

2pm (Group 1)

We will discuss "The Wizard of Oz."

4pm (Group 2)

We will discuss "Victoria and Abdul."

LEGO Time

Saturday, September 28

10am

MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 449-3354

Dance, Martial Arts, Karate, and Music classes. For more information visit greatlifehawaii.com or call 808-449-3354.

YOUTH DANCE CLASSES:

Ballet 1 (Ballet Beginner)

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

5:15 – 6:10pm

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

Ages 7 – 12.

Tap Dancing

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

3 – 3:25pm

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

Ages 7 – 17.

Blue (Ballet & Tap)

Thursdays (one class per week for four weeks)

Sept 5 – 26, Oct 3 – 24, Nov 7 – 29, Dec 5 – 14

(special times/dates for rehearsal and show)

5:15 – 6:10pm

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

Ages 6.5 – 9.

Pink 1-A (Pre-Ballet & Tap)

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

10 – 10:40am

\$35 per month (plus cost of required uniform)

Ages 3.5 – 4.5.

Pink 1-B (Pre-Ballet & Tap)

Thursdays (one class per week for four weeks)

Sept 5 – 26, Oct 3 – 24, Nov 7 – 29, Dec 5 – 14

(special times/dates for rehearsal and show)

4:30 – 5:10pm

\$35 per month (plus cost of required uniform)

Ages 3.5 – 4.5.

Pink (Pre-Ballet, no Tap)

Thursdays (one class per week for four weeks)

Sept 5 – 26, Oct 3 – 24, Nov 7 – 29, Dec 3 – 14

(special times/dates for rehearsal and show)

4 – 4:25pm

\$25 per month (plus cost of required uniform)

Ages 3.5 – 5.

Pink 2 (Ballet & Tap)

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

4:30 – 5:10pm

\$35 per month (plus cost of required uniform)

Ages 4.5 – 6.

Mommy & Me Dance Class

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

10:45 – 11:10am

\$50 per month (plus cost of required uniform)

Ages 2.5 – 5.

"The Mix": Acro-Jazz Hip Hop

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 3 – 14

(special times/dates for rehearsal and show)

3:30 – 4:25pm

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

Ages 7 – 17.

Ballet 2

Tuesdays & Thursdays

(one class per week for eight weeks)

Sept 3 – 26, Oct 1 – 29, Nov 5 – 26, Dec 3 – 13

(special times/dates for rehearsal and show)

6:15 – 7:10pm

\$90 per month (plus cost of required uniform)

Ages 7 – 17.

ADULT DANCE CLASSES:

Adult Tap Dancing

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26, Dec 5 – 14

7:45 – 8:15pm

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

Ages 18 and up.

Adult Jazz/Hip Hop

Thursdays (one class per week for four weeks)

Sept 5 – 26, Oct 3 – 24, Nov 7 – Dec 5

(no class 11/28)

8 – 8:30pm

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

Ages 18 and up.

Adult Ballet & Contemporary

Tuesdays (one class per week for four weeks)

Sept 3 – 24, Oct 1 – 22, Nov 5 – 26

7:15 – 7:45pm

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

Ages 18 and up.

MARTIAL ARTS:

Victory Martial Arts

(Mixed Martial Arts & Traditional Taekwondo)

Tuesdays & Thursdays

Sept 3 – 26, Oct 1 – 29, Nov 5 – 26, Dec 3 – 26

\$45 per person/per month (\$80 for two students in the same family per month; \$95 for 3 students in the same family per month)

YOUTH CLASSES (Ages 5 – 9): 4:30 – 5:30pm

JUNIOR CLASSES (Ages 10 and up): 6 – 7pm

ADULT CLASSES (Ages 18 and up): 7 – 8pm

Community Outreach Women's Self-Defense Seminar

Friday, Oct 18

5:30 – 7pm

\$15 per person

Ages 12 and up.

MUSIC CLASSES:

Music – Piano, Voice, Drums, Ukulele, and Guitar

Mondays – Thursdays

(one class per week for four weeks)

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

Ages 4 and up (now open to adults). Schedule based on instructor and room availability (subject to change).

Private lessons in piano, voice, drums, ukulele, guitar and other instruments with various instructors. For more class information and availability, please call (808)-449-3354 or (808)-250-1683.

SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. 473-0726

Ticket Prices

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

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

• Children (6 – 11 years of age), \$3 or \$5 (3-D)

• Children (5 years and under), Free or \$2 (3-D)

Movies shown Thursday – Sunday. Watch for our FREE Advanced Screening!

Single Sailor/Airmen Movie Night

Friday, September 13

Every 2nd Friday of the month is Single Sailor/Airmen Movie Night. Sign up for a Free Movie Pass, and refreshments from the Snack Bar. Sign ups are at the Beeman Liberty Center. Must be an Active Duty Single Sailor or Airmen to participate.



INTERESTED IN ENJOYING A 7 DAY HAWAII CRUISE?

Lets Da Lunch!

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



\$35 PER PERSON 18 YRS AND UP

(Includes Transportation from Pearl Harbor Fleet Store)

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

TOUR DATES:

October 26th & December 7th

Dates are subject to change

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

Space is limited, book your tour today!

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

The Norwegian Cruise Line 7 Day Hawaii Cruise

"The best way to see Hawaii!"

Visits: Oahu, Maui, Kauai & the Big Island

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





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.

SEPTEMBER CLASSES

INFORMATION SUBJECT TO CHANGE



employment assistance

ACING THE INTERVIEW

Sep 11 • 1:00 – 3:00pm | Pearl Harbor

Preparation and determination is the key to a successful interview. This class will provide you with the tools to be able to answer different types of interview questions and prepare you for the many interview styles that are popular today. In this interactive class, participants will be provided information and resources on how to experience mock interviews.

CIVILIAN RESUME WRITING

Sep 20 • 1:00 – 3:00pm | Hickam

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

FEDERAL EMPLOYMENT 101

Sep 18 • 4:00 – 6:00pm | Pearl Harbor

Sep 30 • 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.

PART-TIME MONEY MAKERS

Sep 6 • 1:00 – 3:00pm | Hickam

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

family life skills

BOOT CAMP FOR NEW DADS

Sep 21 • 9:00am – 12:00pm | Pearl Harbor

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

DEVELOPING SELF-ESTEEM IN CHILDREN

Sep 12 • 10:00am – 12:00pm | Hickam

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

NEW MOMS AND DADS

Sep 18 • 5:00 – 8:00pm | Hickam

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

PARENTING GROUP

Sep 3, 10, 17, 24 • 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

Sep 26 • 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

Sep 18 • 5:30 – 7:30am | 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

Sep 26 • 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.

family readiness

OMBUDSMAN APPRECIATION DINNER

Sep 27 • 5:30 – 9:30pm | Honolulu Country Club

The Pearl Harbor MFSC sponsors the annual Ombudsman Appreciation Dinner. Reserved dinner tickets can be purchased beginning July 15. Tickets are sold on a first-come, first-serve basis. Please contact the MFSC Ombudsman Coordinator for more information.

information and referral

EFMP COFFEE TALK

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

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Sep 17 • 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.

personal development

ANGER MANAGEMENT

Sep 24 • 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

Sep 17 • 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

Sep 19 • 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!

DEALING WITH DIFFICULT BEHAVIORS

Sep 17 • 1:00 – 3:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

Sep 24 • 10:00 – 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.

INTERPERSONAL SKILLS

Sep 11 • 10:00 – 12:00pm | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

Sep 4, 11, 18, 25 • 10:00am – 12:00pm | Pearl Harbor

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

STRATEGIZING WITH STRESS

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

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

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Sep 5 • 5:30 – 7:30pm | 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

Sep 25 • 10:00am – 12:00pm | 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

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

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

(continued on next page)

personal financial management

CAR BUYING STRATEGIES

Sep 24 • 5:00 – 6:30pm | Pearl Harbor

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

COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Sep 11 • 8:00 – 9:30am | Pearl Harbor

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

FROM BASE TO PLACE

Sep 5 • 8:00 – 9:30am | Pearl Harbor

Sep 19 • 3:00 – 4:30pm | Pearl Harbor

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

MILLION DOLLAR SERVICE MEMBER

Sep 18-19 • 7:30am – 3:30pm | Pearl Harbor

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

relocation assistance

SMOOTH MOVE

Sep 12 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Sep 3 • 1:00 – 3:00pm | Wahiawa Conference Center

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Sep 16 – 20 • 8:00am – 4:00pm | Pearl Harbor

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

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Sep 10 • 1:30 – 3:30pm | Pearl Harbor

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

SEX ASSAULT SURVIVORS GROUP

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

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

suicide prevention and awareness month

2019 JOINT SERVICES SUICIDE PREVENTION PROCLAMATION & HUMAN AWARENESS RIBBON

Sep 10 • 9:00 – 11:00am | Navy Exchange Pearl Harbor Parking Lot

September is Suicide Prevention and Awareness month, Military and Family Support Center is teaming with program managers from all bases, and supporting organizations across our island community. This large-scale event will capture attention with a record-breaking human awareness ribbon created by participants and community supporters. The event will include a resource fair, activities with community support agencies and a proclamation signing, raising community awareness to help end death by suicide.

FOCUS PROJECT RESILIENCY TRAINING: EMOTIONAL REGULATION

Sep 3 • 1:00 – 3:00pm | Pearl Harbor

In FOCUS, individuals and families learn to develop a shared understanding of how experiences in the military (deployment, injuries, relocation), challenges, and successes create a unique story to enhance resilience and better prepare them to handle future challenges and obstacles. Individuals and families learn to better understand their emotions and a common emotional language to make it easier to communicate with one another. Parents learn skills to help them identify emotional reactions their children might have, such as being worried or sad.

transition assistance

CAPSTONE EVENT

Sep 11, 12, 25, 26 • 8:00 – 10:00am | 10:00am – 12:00pm | Pearl Harbor

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

TRANSITION GPS: BOOTS TO BUSINESS

Sep 3 – 4 • 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: CAREER EXPLORATION AND PLANNING

Sep 5 – 6 • 7:30am – 3:30pm | Pearl Harbor

Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify and frame your existing skills, increase awareness of relevant training and credentialing programs, and develop a targeted action plan to achieve your career goals.

2019 JOINT SERVICES

SUICIDE PREVENTION PROCLAMATION & HUMAN AWARENESS RIBBON

September 10 | 9-11am | NEX Parking Lot

Help create the **2019 HUMAN AWARENESS RIBBON**
for Suicide Prevention and Awareness.

Wear yellow! Register today!

Our community will come together, dressed in yellow, to help form the largest human awareness ribbon. Leaders across all branches of service will then sign the 2019 Joint Services Suicide Prevention Proclamation.

#PreserveOurOhana
#BeThere



TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Sep 23 – 27 • 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 GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Sep 9 – 13 • 7:30am – 4:00pm | Pearl Harbor

Sep 16 – 20 • 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.

USAF PRE-SEPARATION BRIEFING

Sep 4 & 18 • 8:00 – 11:00am | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105 • 474-1999

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

MFSC-Pearl Harbor

4827 Bougainville Dr. • 474-1999

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

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 1000–1400
 (Hours subject to change when ships are in port.)
 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 1500–2200
 Fri 1400–0100
 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

150 McClelland Street, Hickam Bldg. 1804 • 448-4608
 Tue–Thu 1530–2200
 Fri–Sat 1530–2400

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 1300–2000
 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
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 0900–1700
Sat, Sun, Holidays Closed
ITT-NEX Mall • 422-2757
Mon–Sat 0900–1700
Sun, Holidays Closed
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446
Wed 1000–1600
Thu–Tue, 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. 161 • 473-1921 or 473-2437
Mon–Fri 0700–1530
Sat, Sun Closed

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

Beeman Center (Naval Station) • 473-2583
Sun–Thu 1030–2100
Fri–Sat 1030–2300
Makai Center (Hickam) • 448-0418
Mon–Sat 1530–2100
Sun 1530–2000
Liberty Express (Wahiawa Annex) • 653-0220
Mon–Sat 1530–2100
Sun 1530–2000

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 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

Outdoor Recreation Equipment Rentals:

Hickam Beach • 449-5215
White Plains Beach • 682-4925
Recreational Equipment Rental:
Kuntz Ave, Bldg. 1760 • 449-6870
Mon–Fri 0900–1700
Sat 0900–1300
Sun Closed

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.greatlifeohawaii.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)



JBP HH

CAR SHOW 2019



Sunday, Sep 15 | 10 a.m. – 5 p.m. | Navy Exchange Parking Lot | FREE

Come see some of the best custom cars and motorcycles on the island during the NEX/MWR/DECA Customer Appreciation Weekend. Want to enter your vehicle? To sign up and for more info go to greatlifehawaii.com.





FOLLOW US on Instagram!

We share ways you can make your
Hawaii Life Great and want you to
show us how **YOU'RE** living
a Great Life in Hawaii!

HASHTAG >

HASHTAG >

TAG >

#GreatLifeHawaii
#MyGreatLifeHawaii
@GreatLifeHawaii

Use the hashtags #GreatLifeHawaii
#MyGreatLifeHawaii and/or Tag us
@GreatLifeHawaii in your post,
especially while you take advantage
of JBPHH MWR offerings.



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

GreatLifeHawaii.com



**Craft Coffee.
Home made bakery.
Fresh cut deli.**

You know it has to be fresh!

That's why we roast our coffees on site, fill our bakery case from scratch, and fresh slice your sandwich to order. Come see what everyone is talking about!

NOW OPEN!

M-F 5:30am – 9:00pm

Deli 10:00am – 8:00pm

Hickam AMC Passenger Terminal

355 Mamiya Ave Bldg 2028 JBPHH



808-389-6701

8islandcoffee.com



AMC Passenger Terminal