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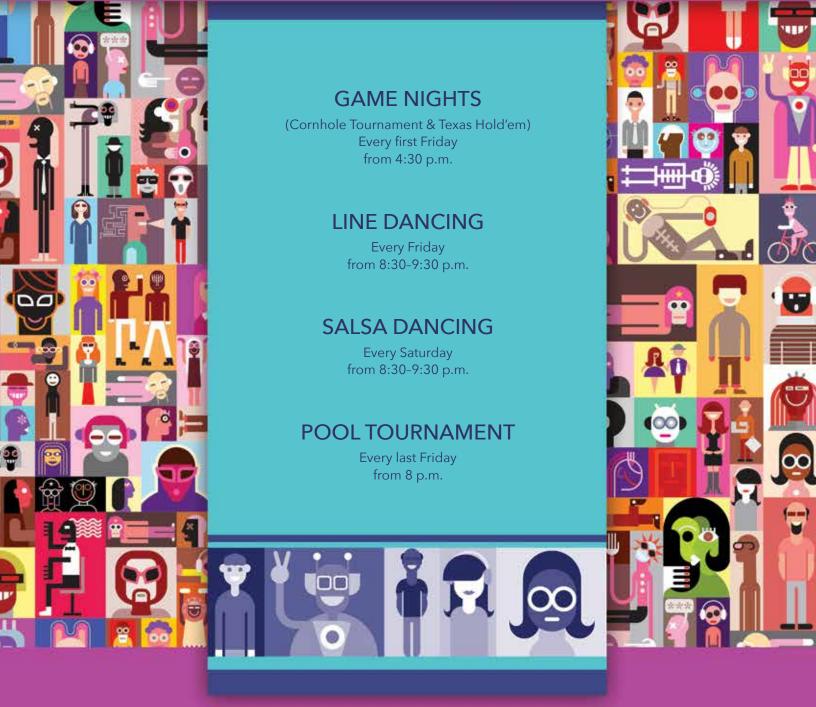
MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING



CLUB PEARL

THERE'S SOMETHING FOR EVERYONE!

JOIN US FOR OUR EVENTS AND SPECIALS!





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

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



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

GREAT LIFE HAWAII: JULY 2019

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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:

USS Oklahoma Memorial as part of the Ford Island Historical tour.

At right:

Learn about our bases's rich history on the ITT Historical Tours!

JULY GREATLIFEHAWAII | 2019



Bringing History to Life

pg 6

Hear the Historical Stories of Hickam and Ford Island.

MWR spotlight Glow Golf Your Way into the Weekend

pg 4

Start your weekend right! Read about the newly offered glow golf and outdoor movie event.

GLOW GOLF YOUR WAY INTO THE WEEKEND

– By Victoria D'Andrea-Roy

Are you looking for the perfect way to start the weekend? Searching for a great family night? A fun date night? Just something awesome to do with your friends?

W ell, look no further! Operation Ignite at the Mamala Bay Golf Course (MBGC) is the perfect night of fun for everyone. This is the third time that MBGC will be offering this event, and hopefully not the last! Keep reading to find out more.

WHAT IS OPERATION IGNITE?

This weekend event, recently started by MBGC, is a combination of glow golf and a movie under the stars. You can catch a little tee time, finish off with a movie, and did we mention the popcorn is FREE! Here's more details on each activity:

Glow Golf is offered for the low price of \$10 per person! The cost includes 3 holes, a glow necklace, a golf club to borrow and an LED golf ball (that can be purchased for an additional cost). For those interested, glow golf begins at about 7:30pm.

Children must be 7 years+ and need to be supervised at all times. It is very dark on the course at this time, and it is required that participants bring flashlights for safety purposes.

The FREE movie on the lawn is a fun way to have a family movie night, since you'll be sitting under the stars! And remember, the popcorn is also FREE (while supplies last). Make sure to bring your favorite blankets and chairs to stay comfortable during the movie. The MBGC snack bar has evening hours on Operation Ignite days, and has additional food and beverages available for purchase.

WHEN IS THE NEXT OPERATION IGNITE?

Saturday, July 13 from 7:30-11pm. We hope to see you there! 🚳

Note: Currently, the movie on the lawn to be offered at the July 13th event is TBA, look out for announcements on the GreatLifeHawaii website, Facebook and Instagram pages. For more information regarding Operation Ignite, please contact the Mamala Bay Golf Course at 808-449-2304.

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For more info, call 473-1921/2437 or visit greatlifehawaii.com



ave you ever wondered about the history of the streets, buildings and memorials that you pass every day here on Hickam or Ford Island? Do you ever stop to think what was it like here on December 7, 1941? Or maybe what was here before the base existed?

JESOF U

Historian, Jessie Higa, shares her in-depth knowledge of Hickam and Ford Island on ITTs Historical Tours. Going far beyond the facts and figures a google search will yield, she shares the stories of people who have lived the history. Although Pearl Harbor is most famous for the attack, there was a history of this place before it was a military base. All Military bases in Hawaii had a history before their existence. Hickam Airfield was a settlement named Watertown, which was acquired through condemnation. One person who was displaced would eventually became a groundskeeper for the base, maintaining all of the landscaping that was built over his former hometown. One of Jessie's goals is to preserve the stories of what happened here. These are the stories of people's lives and they need to be told and remembered.

J (÷

by Miki Lau



FORD ISLAND

GLENN COLOMA

Part of understanding the history, is understanding the big picture. Jessie paints the picture of both sides of the war with emotional stories retold. She shares the accounts of women and children, running across the fields, fleeing their homes on the mercy of the Japanese Pilots that spared their lives. She narrates the story of the rear admiral's wife, Mrs. Miriam Bellinger hosting and sheltering the women and children of Ford Island and the wounded who were crawling up the shores. These aren't just isolated stories from the past, Jessie also brings history full circle by connecting with the families and survivors of December 7th and their experiences with revisiting these places in the present day. She tells the story of a family opening their "December 7th box decades later and finding a waffle iron sealed shut, with the waffle that was being made the morning of the attack.

On this emotional tour, you'll see a tiny gas mask that her mother carried, standard issue, to school each day as a child. You'll hear about the bomb shelters Hawaii families built in their backyards. As she recounts the morning of December 7th you can envision the men being gunned down in the grass around Hickam as she recounts the stories that lead to Hickam being declared a National Battlefield. You'll also hear the stories about civilian casualties caused by inadvertent "friendly fire" anti-aircraft shells from Pearl Harbor. It is through stories like these, that Jessie takes you on an emotional rollercoaster and really brings the history of both Hickam and Ford Island to life. These tours felt like an emotional introduction to people I'll never meet, that have left a lasting impression with me. This is just a small snippet of both tours. If you would like to meet more of the people who have shaped our present-day reality, check out the ad on page 19.

MORAL WILMEAN MORECUTION JOINT BEASE PEARL HARBORHICKAM

ARTS C E N T E R

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

JUL | AUG | SEPT

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks: Wednesdays, 6 – 8:30pm Jul 17–Aug 21 • Sept 4–Oct 9 Thursdays, 6 – 8:30pm Jul 18–Aug 22 • Sept 5–Oct 10 Fridays, 9 – 11:30am Jul 19–Aug 23 • Sept 6–Oct 11 Saturdays, 9 – 11:30am Jul 20–Aug 24 • Sept 7–Oct 12 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 Jul 2–23 (Jul 30–Finish Glaze Only) Aug 6–27 (Sept 10–Finish Glaze Only) Sept 3–24 (Oct 8–Finish Glaze Only) Saturdays, 9 – 11:30am Jul 6–27 (Aug 3–Finish Glaze Only) Aug 3–24 (Sept 7–Finish Glaze Only) Sept 7–28 (Oct 12–Finish Glaze Only) Ages 14 and older \$60 per person (plus supplies)

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

Drawing & Painting

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:15 – 5:15pm **Jul 9–30** Tuesdays, 3:30 – 5:15pm

Aug 6–27*

Ages 12 and older

\$80 per person (plus supplies);*\$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.

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm Jul 9–30

Ages 14 and older

\$90 per person (plus supplies); *\$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.

BASIC OIL PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:30pm **Aug 6–27 · Sept 3–24** Ages 14 and older

\$100 per person (plus supplies)

is not required.

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 **Aug 6–27 · Sept 3–24** 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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm Aug 6–Sept 10 • Sept 17–Oct 22 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

Aug 8–Sept 12 • Sept 19–Oct 24 Ages 16 and older



TO REGISTER FOR CLASSES, VISIT

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

\$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 Mondays, 6 – 8pm *\$100 per person (plus supplies) Jul 1–22 / Still Life* Thursdays, 2 – 4:30pm and 6 – 8:30pm **\$125 per person (plus supplies)

Aug 1–29 / Floral** Sept 12–Oct 10 / Honu**

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

ARTY FUN WITH TEXTILES

One class per week for 5 weeks: Mondays, 5:30 – 7:30pm Jul 1–29 - Aug 12–Sept 16 (no class Sept 2) Sept 23–Oct 28 (no class Oct 14) Ages 12 and older

\$75 per person (plus supplies)

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

BATIK PAINTING WITH APRIL DUQUE

Jul 14 • Aug 11 • Sept 8 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 batiking process step by step. No previous art experience necessary.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES One-day class, on select Mondays or Saturdays, 9am – 1pm

Ages 16 years and older

\$80 per person (supplies included)

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

Glassworks

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm Jul 11–18 • Aug 1–8 • Aug 22–29 • Sept 5–12 • Sept 19–26 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 Jul 3–24 • Sept 4–25

Ages 16 and older

\$80 per person (plus supplies)

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

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6 – 8pm Jul 3–31 • Sept 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 Jul 3–17 • Aug 7–21 • Sept 11–25

Ages 12 and older

\$35 per person (plus supplies)

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

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Mondays, 5 – 7:30pm Jul 1–15 • Aug 5–19 • Sept 9–23 Ages 12 and older \$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Jul 27–Aug 17 / Hexagon Quilt Aug 24–Sept 14 / Bags, Bags, Bags Sept 21–Oct 12 / Aloha (Girls & Boys) 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 Jul 27–Aug 17 / Hexagon Quilt Aug 24–Sept 14 / Bags, Bags, Bags Sept 21–Oct 12 / Aloha (Girls & Boys) 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 Jul 9–30 • Sept 3–24 One class per week for 4 weeks: Wednesdays, 10am – 12pm

Jul 10–31 • Sept 4–27 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)

\$20 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)

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. Preregistration is necessary to secure a spot for the class.

CUTTING BOARD CLASS

One class per week for 3 consecutive weeks. Offered on select Fridays, 5 – 9pm and Sundays, 7:30 – 11:30am Ages 16 years & older \$135 per person (deposit of \$85.00 is due at registration) This is a great beginner class for people who just want to start woodworking but are unsure of where to start! The students

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

KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks. Offered on select Fridays, 5 – 9pm Ages 16 years & older

\$135 per person (\$90 sign-up fee + \$45 supply fee) This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). *Current safety qualification card needed to take the class*.

Lei Making

LEI MAKAMAE (SEWING W<mark>ITH NEEDLE)</mark> WITH CHAR TASHIMA & PATTI RAMIREZ

One-day class, offered on select Fridays, 10am – 12pm Jul 12 • Aug 8 • Sept 13

Ages 18 and older

\$40 per person (supplies included)

This is a beginner session for lei making. In this class, you will be learning how to make a sewn floral lei with plumeria and orchid flowers. Handouts will be provided to explain what it means to be able to create a special gift of lei that was personally made to share.

LEI MAKAMAE (WILI TO TWIST) WITH CHAR TASHIMA & PATTI RAMIREZ

One-day class, offered on select Fridays, 9:30am – 12:30pm Jul 19 • Aug 16 • Sept 20

Ages 18 and older

\$55 per person (supplies included)

In this class, you will learn the woven style for haku lei. Handouts will be provided to explain what it means to be able to create a special gift of lei that was personally made to share. At the end of the class, the students will have a lei to take home.

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, 1 – 2:30pm Jul 11–Aug 1 Thursdays, 3 – 4:30pm Aug 1–22 • Sept 5–26 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.

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 11am – 12:30pm Jul 1–29

Ages 9 – 13

\$85 per person (plus supplies)

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

ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am Jul 9–Aug 1 (Jul 9, 11, 16, 18, 23, 25, 30, Aug 1) Sept 3–26 (Sept 3, 5, 10, 12, 17, 19, 24, 26) 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 **Aug 6–Sept 10 • Sept 17–Oct 22** Ages 7 – 18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm Aug 8–Sept 12 • Sept 19–Oct 24

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 Aug 8–Sept 12 • Sept 19–Oct 24

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

Jul 3–17 • Aug 7–21 • Sept 11–25 Saturdays, 1 – 3pm Aug 10–24 • 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

SUMMER CRAFT CAMP

Four classes per session: Tuesdays-Fridays, 10am -12pm Jul 9-12 • Jul 16-19 • Jul 23-26 • Jul 30-Aug 2 Ages 7 and older

\$70 per person (supplies included)

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

COOKIES & CANVAS WITH DENNIS MCGEARY

4th Wednesday of the month, 3:30 – 5:30pm Jul 24 • Aug 28 • Sept 25

Ages 7 – 14

\$30 per person (supplies included)

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

OHANA ARTS AND CRAFTS NIGHT WITH APRIL DUQUE

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

Jul 26 • Aug 30 • Sept 27

Ages 7 and older

\$25 per person (supplies included)

Our instructor leads parents and children step by step through the featured arts and craft of the night. There will be a different activity each month. Each paid attendee will leave with their own completed piece. All supplies included. Varied refreshments will be provided at no additional cost.

PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm Arts & Crafts Center

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

PAINT & SIP

First and third Wednesday of the month, 5:30 – 8:30pm Jul 3 & 17 • Aug 7 & 21 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



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

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

The Hickam Arts & Crafts Center Gallery Showcase 2019



Get your creative juices flowing and prepare now to submit your Artwork, Crafts, Photography and Digital Creations!

3 Categories: Artist-Craftsman | Photography | Digital Creations

3 Age Groups: Adults (age 18 & up) | Youth (13-17 yrs.) | Youth (6-12 yrs.)

• A maximum of three entries will be allowed per category, per entrant.

• Entries accepted Aug 1 - Sep 28 at the A&C Center Sales Store.

- Gallery Showcase Opening Reception: Oct 4 (5:30-7pm). An elegant event with appetizers served!
- Submission on display at the A&C Center Gallery: Oct 4 Jan 13.

Questions? Call 448-2392 • www.greatlifehawaii.com



335 Kuntz Ave Bldg. 1889





JULY • AUGUST OUTDOOR RECREATION

SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for April activities is currently open. **Registration for August 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 firstcome, first-served basis and must be paid in advance.

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

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

OUTDOOR RECREATION HICKAM HARBOR • 449-5215

RAINBOW BAY MARINA • 784-0167

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



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

SURFING

WOMEN'S SURFING

- July 14 Sign up by April 12 Begins: 9 am | Ends: 12 pm Cost: \$40
 - Cost: \$4

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

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- July 7 Sign up by July 5
 July 27 Sign up by July 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 BOARD AT HALEIWA/NORTH SHORE

 July 13 Sign up by July 11 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

 July 27 Sign up by July 25 Begins: 8 am | Ends: 1 pm Cost: \$25

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

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

KAYAKING THE MOKULUA ISLANDS

- O July 6 Sign up by July 4
- O August 4 Sign up by August 2

Begins: 7 am | Ends: 2 pm Cost: \$40

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

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

IROQUOIS POINT OPEN OCEAN KAYAK

• August 11 Sign up by August 9 Begins: 8 am | Ends: 2 pm Cost: \$35

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

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

MOONLIGHT PADDLE AT HICKAM HARBOR

O July 16 Sign up by April 14 Begins: 7:30 am | Ends: 9:30 am 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

- O July 13 Register online by July 11* Begins: 9 am | Ends: 12 pm
- O July 28 Register online by July 26* Begins: 9 am | Ends: 12 pm Cost: \$30

*Registration available online only.

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

SPEARFISHING EXCURSION

O Julv 6 Sign up by July 4 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

- O July 20/21 Register online by April 18* 2 Day Course (Sat/Sun); Begins: 9 am | Ends: 12 pm Cost: \$60
 - *Registration available online only.

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

BIKING

LA'IE BIKE RIDE

• August 17 Sign up by August 15 Begins: 8 am | Ends: 1 pm Cost: \$30

Let's go for a ride! Grab a helmet, jump on a beach cruiser, and let's hit the North Shore! We will pedal the bike path through La'ie to the Point Lookout. A stop at the Hukilau café (made famous in the movie "50 First Dates") is on the route! This is a 5 mile round trip ride with breathtaking scenery and a slower pace Oahu to enjoy! Bring water, sunscreen, comfortable clothes and shoes. Transportation, bikes, helmets, and happy guides all included!

Level: Easy (must have bike riding experience).

HIKING

HIKE EHUKAI PILLBOX

O July 21 Sign up by July 19 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 Banzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

Level: Moderate

PU'U O' HULU HIKE/WESTSIDE SNORKEL

• August 25 Sign up by August 23 Begins: 8 am | Ends: 1 pm Cost: \$20 per person

A short but steep climb up to a series of pillboxes is rewarded with amazing views of leeward Oahu. See the whole west side of the island from one of its' highest accessible locations. After trekking back down, get in the water and enjoy marine life

at one of the prime snorkeling spots west Oahu has to offer. Snorkel site will be determined day of trip based on water conditions.

Level: Moderate (must be in physical condition and have snorkel experience).

YOUTH OCEAN ADVENTURE: SUMMER

YOUTH OCEAN SUMMER ADVENTURE

○ July 8 – 19; July 22 – Aug 2 Keiki Ocean Adventure (ages 7 – 9 years old) Begins: 9 am | Ends: 12 pm Youth Ocean Adventure (ages 10 – 15 years old) Begins: 1 pm | Ends: 4 pm Cost: \$175 per person *Registration available online only.

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

(continued on next page)



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 Surf Board \$5 hr • \$25 day Beach Lounger \$5 hr • \$15 day

Kayak (2 per) \$7 hr • \$25 day Paddle Board \$9 hr • \$25 day Wind Surfing Board \$10 day

PRIVATE LESSONS

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

WHITE PLAINS BEACH

Kalaeloa SURF SHACK • 682-4925 Hours: Daily, 10 am – 5:30 pm (last turn-in)

BEACH EQUIPMENT RENTALS

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

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

PRIVATE LESSONS

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

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

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

START SAILING RIGHT AT RAINBOW BAY MARINA

- Sat/Sun | July 6 & 7
- Sat/Sun | July 13 & 14
 - 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 | July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
 Cost: \$65 per person (in June), \$85 per person (in July)
 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 | July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
 Cost: \$65 per person (in June), \$85 per person (in July)
 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 | July 2, 4, 9, 11, 16, 18, 23, 25, 30
 Cost: \$65 per person (in June), \$85 per person (in July)
 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 | July 5, 12, 19, 26 | 9:30 am - 12 pm
 Cost: \$65 per person (in June), \$70 per person (in July)
 9:30 am - 12 pm
 Age: 19.8 up

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 | July 3, 5, 10, 12, 17, 19, 24, 26, 31
 Cost: \$65 per person (in June), \$85 per person (in July)
 3:30 – 5:30 pm (in June), 3 – 5 pm (in July)
 Ages 10 years & up

*Registration is done by the month and available online only.

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

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

Tues/Thurs | July 2, 9, 11, 16, 18, 23, 25, 30
 Cost: \$65 per person (in June), \$85 per person (in July)
 3:30 - 5:30 pm (in June), 3 - 5 pm (in July)
 Ages 10 & up

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

FAMILY SAILING

• By Appointment

SUNSET REGATTAS

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

R-19 BOATER'S CERTIFICATE

 By Appointment | 4 hours Cost: \$80 per session
 *Must have 10 rental hours @HH to schedule appointment.

BOAT CHECKOUT CLASS AT HICKAM HARBOR

- O Tues/Wed/Thurs/Fri | 1 − 3 pm
- Wed | 10 am 12 pm
- Cost: \$25 per person
- *For experienced Sailors ONLY.

BOAT CHECKOUT CLASS AT RAINBOW BAY MARINA

 Tues/Thurs | 9 am - 12 pm (only one class day is required) Cost: \$30 per person

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, 8:30 am, 9:30 am, 10:30 am, 11:30 am
 Cost: \$5 per session

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.



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, firstserved basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged itemts. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

Check www.greatlifehawaii.com for price lists.

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

JULY 2019 Liberty Calend



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

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

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Sponsored by

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DESIGNATION FOR HIKES: BEG = Beginner INTER = Intermediate ADV = Advanced	1 Bowling & Pizza FREE Beeman 1800	2 North Shore Star Gazing FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830	3 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	4 4th of July Celebration FREE Ward Field 1530-2130	5 Piza For Lunch Sponsored by USAA FREE Beeman 1100-1300	6 Circle Island Tour FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 Kualoa Ranch Horseback Riding \$50 Express 0915 Beeman 1000 Instant 1015 Makai 1030
7 Hike Aiea Loop Trail [BEG] FREE Express 0830 Deeman 0900 Instant 0915 Makai 0930 Makai 0930 Makai 0930 Makai 0930 Makai 500 Express 1500 Beeman 1545 Instant 1600 Makai 1615	8 8 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	9 K1 Speed Go- Karts \$20 Express 1645 Beeman 1730 Instant 1745 Makai 1800	10 PC Gamers: Smash Tournament FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715	11 Texas Hold'em Tournament FREE Beerman 1800 WIN PRIZES!!!	12 Chicken Adobo For Lunch Sponsored by USAA FREE Beeman 1100-1300 FREE Movie @ Sharkey Theater FREE Beeman 1700	13 SCUBA @ Hawaii Kai (2-Tank/Intro Dive) \$85 Express 0700 Beeman 0730 Instant 0745 Makai 0800 HikeJackass Ginger Pools & Hiidden Palace [BEG] FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945
14. Paddleboarding Haleiwa River \$10 Express 1000 Deceman 0900 Instant 0915 Makai 0930 Hike Ehukai Pillboxes (BEG) FREE Express 1000 Beceman 0900 Instant 0915 Makai 0930	15 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	16 Sunset Hike Lanikai Pillboxes [BEG] FREE Express 1700 Beeman 1745 Instant 1800 Makai 1815	17 Super Smash Bros. Ultimate Tournament FREE Makai 1800 WIN PRIZES!!!	18 Barracks Bash @ Oklahoma Hall BLDG 900 Sponsored by USAA FREE 1700-1900	19 Chili Rice For Lunch Sponsored by USAA FREE Beeman 1100-1300	20 Volunteer Opportunity: Kayaking Chinaman's Hat Clean-Up FREE Express 0900 Beernan 0930 Instant 0945 Makai 1000 Dane Cook - Tell It Like It Is Tour \$40 Express 1730 Beernan 1815 Instant 1830 Makai 1845
21 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 CLIMBWORKS Keana Farms Zipline \$115 Express 1105 Beeman 1000 Instant 1030	22 VR Tournament @ Makai FREE Makai 1800 WIN PRIZES!!!	23 Driving Range @ Navy Marine Golf Course FREE Express 1630 Beernan 1715 Instant 1730 Makai 1745	24 Learn to Cook With Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	25 Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	26 Fried Rice For Lunch Sponsored by USAA FREE Beeman 1100-1300	27 Hike Kalauao Falis [ADV] \$10 Express 0800 Beeman 0900 Instant 0915 Makai 0930 North Shore Shark Cage Adventure \$85 Express 1000 Beeman 0900 Instant 0915 Makai 0930
28 Snorkeling Sharks Cove FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930	29 Trivia Night @ Brick Oven FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730	30 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	31 Ping Pong Tournament FREE Beeman 1800 WIN PRIZES!!!	THE FO Beeman Cent Mak	FORMATION, PLEASE (LLOWING LIBERTY CEN ter (Pearl Harbor Sub Base ai Liberty (Hickam) 448-04 press (Wahiawa Annex) 6	TERS:) 473-2583 118
Night Fishing FREE Express 1800 Beeman 1700 Instant 1715 Makai 1730		e for single, active-duty Milita t the times shown. Payment, i not		of registering online. Cancella	ations must be done Monday	

Activities calendar

dining

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

10TH PUKA LOUNGE

BREWS & CUES

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

Game Night

Friday, July 5 4:30pm FREE Cornhole Tournaments & Texas Hold 'Em, every first Friday of the month.

#TGIF 9-Ball Tourney

Friday, July 26 6 – 8pm Ages 18 & Over

CLUB PEARL

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

Salsa Saturdays

Every Saturday 8:30 – 9:30pm FREE Salsa Lessons Free lessons with our experience instructor from 8:30

– 9:30pm. Dancing and drink specials all night long.



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

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, crab legs, 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

Enjoy local favorites, overlooking Rainbow Bay Marina.



THE LANAI AT MAMALA BAY

Aloha Friday Buffet

Every Friday 11am – 2pm FREE

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

TRADEWINDS

Paint & Sip

Wednesdays, July 3 & 17 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

Family Night: Movie Night Tuesday, July 16 5:30 – 7pm

Crane Festival

Saturday, July 27

5 – 8pm

Crane Festival is a positivity fair to spread awareness of emotional wellness. Celebrating all aspects of mental health with games, foods, and fun!

athletics

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

AQUATICS

Arizona Pool (Ford Island)472	2-7582
Hickam Training Pool449	9-8274
Hickam Family Pool	3-2384
Scott Pool (Pearl Harbor)473	3-0394
Towers Pool (Makalapa)	1-9723

Group Swim Lessons

July 8 – 18 (Registration June 24) July 22 – August 1 (Registration July 8) \$80 for 8 (30 min.) lessons

All classes are taught using the Red Cross group swim lesson format and taught by certified Water Safety Instructors. Courses are designed to teach children the fundamentals of swimming in a fun and patient environment. A progressive level format is used to build on skills learned in a previous class level.

Private Swim Lessons

July 8, 10, 15, 17 (Registration June 24) July 22, 24,29, 31 (Registration July 8) \$120 for 4 (30 min.) lessons

These are one-on-one instruction sessions. They are intended for personal swim goals, with more emphasis on specific individual learning needs. Swim lessons are conducted in accordance with the American Red Cross swim lesson program.





Make Tradewinds your Command Pau Hana destination

For Tradewinds reservations and details contact Alexis Ybarra | Catering Director Call 808-448-4608 ext.16 | alexis.ybarra@navy.mil GreatLifeHawaii.com | (f) @ @GreatLifeHawaii



athletics (cont.)

Float Night

Friday, July 26 5 – 7pm Scott Pool FREE

Come and enjoy our free float night at Scott Pool! Ice cream floats will be served while supplies last. Your favorite individual sized float will be allowed. See you there!

BOWLING

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

4th of July

Thursday Hickam Bowling Center – Open from 12 noon to 6pm Naval Station Bowling Center – CLOSED

Game Day Wednesday

Wednesdays, July 3, 10, 17, 24, 31 4 – 9pm

\$10/per hour/per lane

Hickam 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.



Cosmic Bowling

Fridays, July 5, 12, 19, 26 9:30pm – 12am Saturdays, July 6, 13, 20, 27 6pm – 12am Hickam Bowling Center Active Duty Military ID card holder \$2.50 per game, DOD card holder \$3.25 per game.

Active Duty Bowl FREE

Mondays, July 1, 8, 15, 22, 29 11am – 1pm Hickam Bowling Center 1 free game of bowling, shoe rental not included.

Single Sailor Bowling Night Monday, July 1 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.

Game Day Monday

Mondays, July 1, 8, 15, 22, 29 5 – 9pm \$10/per hour/per lane

Naval Station 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.

Christmas in July

Thursday, July 25 4 – 8:30pm \$1.75 per game Naval Station Bowling Center

Listen to your favorite Christmas Music. Everyone loves Christmas in July! Limited to 3 games per person. Shoe rental extra.



Cosmic Bowling

Saturdays, July 6, 13, 20, 27 8:30 – 10:30pm Sundays, July 7, 14, 21, 28 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, July 4, 11, 18, 25 11am – 1pm Naval Station Bowling Center 1 free game of bowling, shoe rental not included.

Game Day Saturday

Saturdays, July 6, 13, 20, 27 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

Stars and Stripes 5K

Thursday, July 11 7am Wahiawa Annex Fitness Center FREE This event is free to all eligible patrons. Please call

808-653-5542 for more information.



Christmas in July 10K Fun Run Saturday, July 13 6:30am Hickam Memorial Fitness Center FREE

This event is free to all eligible patrons. Registration begins at 5:30am. Categories: adult male, adult female, stroller male, stroller female, youth boy and youth girl. Winners in each category will receive free registration for the JBPHH Half Marathon. Call 808-448-2214 for more information.

Aqua Zumba

Tuesdays (5:30pm), July 2, 9, 16, 23, 30 Fridays (9am), July 5, 12, 19, 26 Hickam Family Pool (2) 1 group exercise (GE) coupon A class for those looking to make a splash by adding a low impact, high energy aquatic exercise to their fitness

routine. Call 808-448-2384 for more information.

Spinning Instructor Certification

Saturday, July 20 9am – 6pm Hickam Memorial Fitness Center \$355 (Use code: "USA-SpinCert" to receive a \$50 discount)

Register for this certification class at spinning.com. This comprehensive live training will provide hands on tools to become a certified spinning instructor.

Learn how to become an instructor.



Music, Movement, & Motivation Workshop Sunday, July 21 9 – 11am Hickam Memorial Fitness Center \$60 (Use code: "W8W2RXKQ24TK" to receive a \$10 discount) Learn to correlate music and rhythm to each movement and elicit an emotional response from music and the ride.

Information, Tickets & Travel HISTORICAL TOURS

FORD ISLAND HISTORICAL TOUR

Wednesdays – 9:30am-12pm \$25 Adults • \$20 Children (ages 3-11)

Highlights:

USS Utah & Oklahoma Memorials, Historic Nob Hill officer homes, bombing & bullet strafing reminders and more!





Experience one or both of these exclusive tours*, narrated by Historian Guide, Jessie Higa!



"Such a great tour. Jessie is the best tour guide and storyteller I've ever met. I love her passion." – N. Van Pelt

"I'm willing to bet that there is no one living today who knows as much about the bombing of Oahu from the people themselves than Jessie." – S. Work

"Jessie is awesome! She is THE historian of Pearl Harbor, Hickam Field and island!" – J. Dague

HICKAM HISTORICAL TOUR

Fridays – 9:30am-1:30pm \$45 Adults • \$40 Children (ages 3-11) Includes lunch

Highlights:

Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!





Tours depart from Bldg. 1760 Kuntz Ave.

*Tour guide and contents subject to change

Check in time 9:15am

without notice.

Call an ITT Office to make your reservations or for more info.

Fleet Store (Pearl Harbor): 473-0792 NEX Mall: 422-2757 Wahiawa Annex: 564-4445/4446 Barbers Point: 682-2019

www.greatlifehawaii.com





@GreatLifeHawaii





FITNESS CENTER LOCATIONS

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

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

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

JBPHH FITNESS CENTER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 –7am	NOFFS*	CYCLE FIT*	STRONG TRAINING*	CYCLE FIT*	WILD CARD FITNESS*	
7am						
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	TURBO KICK™ Strong by Zumba®*	ZUMBA	HIIT*	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®	POWER SCULPT	PIY0 [®]	ZUMBA	
10:30 – 11:30am						Р90Х ™
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®*	
6pm		KARATE SC				
7pm		HOT HULA FITNESS®		HOT HULA FITNESS®]	

HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:30am	CYCLE FIT*		CYCLE FIT*		CYCLE FIT*	
6 – 7am	HIIT*	CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*	HIIT*	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®		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	MIXXEDFIT		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.)

Creative Climbs Workshop

Sunday, July 21 11:30am – 1:30pm Hickam Memorial Fitness Center \$60 (Use code: "W8W2RXKQ24TK" to receive a \$10 discount)

While climbs can be among the most difficult elements of a ride, they can also be the most rewarding - there's nothing quite like the feeling of reaching the top of a tough climb. This workshop will identify, detail and demonstrate several strategies for presenting efficient, safe and fun climbing activities in your classes.

GOLF

Barbers Point	
Keʻalohi Par 3448-2318	
Mamala Bay	
Navy-Marine	

\$2 Tuesdays

Tuesdays, July 2, 9, 16, 23, 30 4 – 6pm

Mamala Bay Golf Course Driving Range

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

FREE Golf Demo Days

Anytime during normal business hours. 10am – 2pm Mamala Bay Golf Course AND 3:30 – 6:30pm Navy-Marine Golf Course Try out some of the latest equipment at the driving range. For more info, call the respective golf course.

FREE Golf Clinic

Thursday, July 18 12 – 1pm Navy Marine Golf Course Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

Operation Ignite

Saturday, July 13 7:30 – 11pm \$10/person for glow golf; movie is FREE Mamala Bay Golf Course

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

2019 Barbers Point Invitational Tournament

Thursday – Saturday, July 11 – 13 Cost: \$200 (\$175 for military) Barbers Point Golf Course Be a part of the 2019 Invitational Tournament at the

9 Before 9

Monday – Friday (except holidays) Before 9am Mamala Bay Golf Course Tee off before 9am & play nine holes for a discounted price.

The perfect early-bird special.



\$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'alohi Golf Course

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

Twilight/Play Until Dusk Golf Specials

Monday – Friday (after 2:30pm) Saturday & Sunday (after 3:30pm) (except during holidays or tournaments) 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.

INTRAMURALS

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

Horseshoe Tournament

July 20

FREE

Participation is open to Active Duty commands from JBPHH, Active Duty family members 18 years and older and DoD civilian employees. Must fill out entry form to register. Please call the Sports Office for more information.



YOUTH SPORTS

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

Fall Sports Registration

*Season runs September to November June 3 – July 26

- \$60
- Soccer | Ages 5 16
- Girls Fast Pitch Softball | Ages 5 16 (girls only)
- Tennis | Ages 6 18

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

Hickam Historical Tour

Fridays, July 5, 12, 19, 26 9:30am – 1:30pm \$45 for adults

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

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

Ford Island Historical Tour

Wednesdays, July 3, 10, 17, 24, 31 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

Summer Craft Camp

Session 5: July 9 – 12; Session 6: July 16 – 19 Session 7: July 23 – 26; Session 8: July 30 – August 2 10am – 12pm \$70 per session

Ages 7 and up

There's no limit to the beauty a child can create when given some instruction and artistic freedom. With an ounce of inspiration, a pinch of creativity and a sparkling of imagination, your child will craft a summer of enjoyment. New creative projects each session.

Paint & Sip

Wednesdays, July 5 & 19 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/aconline-registration- (\$20 non-refundable deposit on line, \$20 at the door) A two-hour painting party! Our experienced irnstuctor 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 2

"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.

22 JULY 2019 · GREATLIFEHAWAII

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

LIBRARY

Hickam Bldg. 595	8299
Dial-A-Story	8297

Summer Reading Program Events – Make and Take Crafts all Week!

Monday – Saturday, July 1 – 6 (closed July 4) 10am –12pm

Enjoy making Hollywood Lights Paper Circuits, Microphones and Glitter Stars!

Enjoy making fun crafts at the Library!



STEM Wednesday – Cubelets Robotics Wednesday, July 3 2 – 3:30pm Ages 7 and up. Call 449-8296 to register.

Tween Book Club

Wednesday, July 3 4 – 5pm We will discuss "*Walk Two Moons.*"

Library Know-How

Saturday, July 6 10am – 12pm Learn to get the most out of your library.

Adult Book Club Tuesday, July 9 | 10am • Thursday, July 11 | 6pm

Young Adult Book Club Wednesday, July 10 4 – 5pm

We will discuss "Persepolis."

Preschool Story Time Wednesdays, July 10 & 24

9 – 10am

Story times are great for children of all ages! Our theme on July 10 will be "insects." On July 24 the theme will be "Ocean Animals."

4th and 5th Grade Book Club

Wednesdays, July 10 & 17 2pm We will discuss "The Borrowers" on July 10 and "Shiloh" on July 17.

A Magical Afternoon at the Ballet with Jenny Riley Doyle and Her Students Tuesday, July 16 2pm

Summer Reading Program Final Party and Glen Bailey Magic Show! Saturday, July 20 10am – 12pm

LEGO Time

Saturday, July 27 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.

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, July 12

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.





Come Check Out the Teen Center!

We offer an array of great programs, go on awesome field trips, and have super fun events!

We require a registration packet that can be picked up when you visit!



234 Melick Avenue, Building 1330 Mon-Thurs: 2-8 pm Fri: 2-9 pm Sat: 130-930* subject to change based on field trips and teen center events

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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.

JULY CLASSES

INFORMATION SUBJECT TO CHANGE

employment assistance

CIVILIAN RESUME WRITING

Jul 18 • 1:00 – 3:00pm | Pearl Harbor

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

EXPLORING CAREER CHOICES

Jul 23 • 12:00 – 1:00pm | Wahiawa Conference Center

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

FEDERAL EMPLOYMENT 101

Jul 16 • 4:00 - 6:00pm | Pearl Harbor

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

PART-TIME MONEY MAKERS

Jul 23 • 9:00 – 11:00am | Wahiawa Conference Center

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

Jul 20 • 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

Jul 10 • 1:00am – 3:00pm | Pearl Harbor

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

HIGH-TECH PARENTING

Jul 10 • 5:30 – 7:30pm | Pearl Harbor

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

NEW MOMS AND DADS

Jul 17 • 5:00 - 8:00pm | Hickam

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

PARENTING GROUP

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

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

POSITIVE PARENTING

Jul 24 • 10:00am – 12:00pm | Pearl Harbor

Parenting skills are something learned; not something we are born with. This class will enhance your parenting skills and make your parenting goals attainable.

Topics include: establishing positive relationships, disciplining assertively, creating realistic expectations and more.

STORY TIME

Jul 25 • 10:00 - 11:00am | Hickam

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

family readiness

OMBUDSMAN ASSEMBLY MEETINGS

COMSUBPAC | Jul 16 • 6:00 – 8:00pm | Lockwood Hall COMNAVREG HAWAII | Jul 18 • 6:30 – 8:30pm | Lockwood Hall

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

OMBUDSMAN BASIC TRAINING

Jul 8 - 11 • 5:00 - 9:00pm | Pearl Harbor

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

information and referral

AIR FORCE SPOUSE 101: HEART LINK

Jul 16 • 8:00am – 2:00pm | Hickam

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

EFMP COFFEE TALK

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

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

EFMP COMMAND POC TRAINING

Jul 18 • 9:00 – 11:30am | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

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

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

personal development

ANGER MANAGEMENT

Jul 17 • 5:00 - 8:00pm | 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

Jul 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.

DEALING WITH DIFFICULT BEHAVIORS

Jul 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.

FOUR LENSES

Jul 24 • 6:00 – 8:00pm | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

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

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

INTERPERSONAL SKILLS

Jul 11 • 10:00am – 12:00pm | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

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

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

STRATEGIZING WITH STRESS

Jul 9 • 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

Jul 16 • 10:00am – 12:00pm | Pearl Harbor

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

UNPLUG YOUR RELATIONSHIP

Jul 31 • 10:00am - 12:00pm | Pearl Harbor

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

WOMEN EMPOWERED GROUP

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

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

COMMAND FINANCIAL SPECIALIST (CFS) TRAINING

Jul 29 - Aug 2 • 7:30am - 4:00pm | Pearl Harbor

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

CONSUMER AWARENESS

Jul 8 • 1:00 – 2:30pm | Pearl Harbor

This financial class will expose the learner to a wide array of consumer issues and discuss scams, consumer rip-offs and how to defend yourself against fraud.

FROM BASE TO PLACE

Jul 11 • 8:00 – 9:30am | Pearl Harbor

Jul 18 • 3:00 – 4:30pm | Pearl Harbor

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

HOME BUYING

Jul 23 • 5:00 - 7:00pm | Pearl Harbor

Plan on buying a home? This is a great opportunity to gain a strong foundation for home purchase decisions and how to avoid unexpected expenses and stumbling blocks. Workshop focuses on the purchase decision process, steps to take before investing in a home, details of the purchase, and mortgage options.

SEC PRESENTS: SAVING & INVESTING

Jul 11 • 4:00 – 5:30pm | Pearl Harbor

Carol Lally, Supervisory Attorney at the Los Angeles Regional Office of the SEC, will discuss investment planning for service members and their families, planning for retirement, tips on avoiding fraud, and investing resources.

relocation assistance

SMOOTH MOVE

Jul 11 • 8:00 – 11:30am | Hickam

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

Jul 2 • 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)

Jul 22 – 26 • 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

Jul 16 • 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

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

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

transition assistance

CAPSTONE EVENT

Jul 3, 17, 18, 31 • 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.

CONSEP

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

For first and second term enlisted faced with the decision to separate or re-enlist. Let us help you make the right decision for you by providing important facts and planning steps for both options!

SPOUSES TRANSITION SEMINAR

Jul 12 • 8:30am – 3:30pm | Pearl Harbor

Is your spouse separating or retiring? During this workshop, transitioning spouses will become more prepared for their family's future after the military. Attendees will receive information in one day that is similar to the information service members receive in their week-long TGPS classes to assist the transitioning family with planning, communication and cohesion. Included will be information on resiliency, financial planning, employment, VA Benefits, healthcare/Tricare, education, and relocation. Community and national resources for transitioning spouses will also be shared.

TRANSITION GPS: BOOTS TO BUSINESS

Jul 29 & 30 • 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

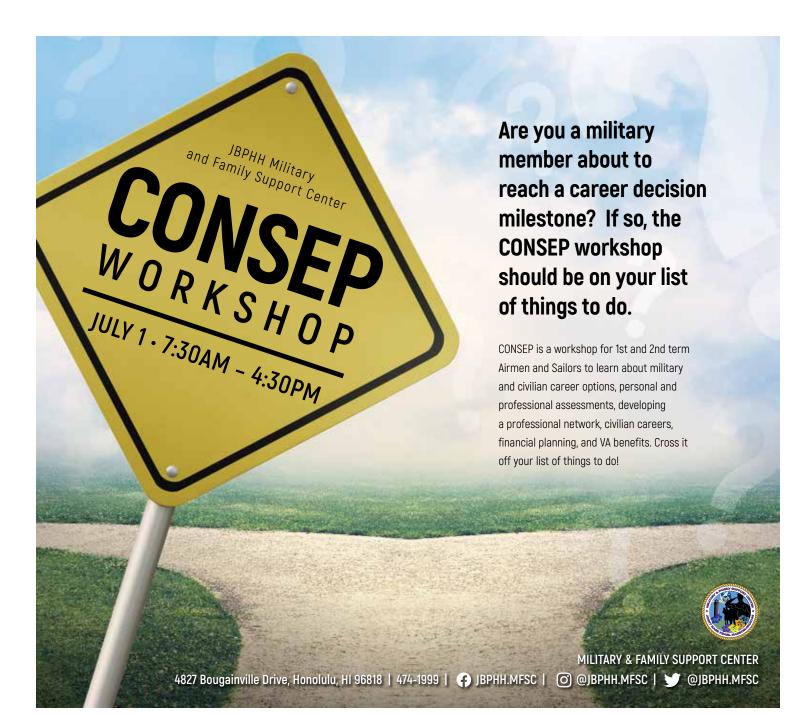
Jul 11 & 12 • 8:00am - 4:00pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Jul 22 – 26 • 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

Jul 15 – 19 • 7:30am – 4:00pm | Pearl Harbor Jul 22 – 26 • 7:30am – 4:00pm | Pearl Harbor

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

TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

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

Transitioning from military to civilian involves learning a lot of new information. This

Military & Family Support Center Locations

MFSC-Hickam 655 Vickers Avenue, Bldg. 1105 • 474-1999 Tue-Thu: 8am – 3:30pm | Closed daily from 11am – 12pm workshop incorporates some of the most commonly asked about topics during transition, including LinkedIn, salary negotiation, VA Benefits, Tricare, Survivor Benefit Plan, SkillBridge training/certification opportunities, and employer networking.

USAF PRE-SEPARATION BRIEFING

Jul 10 & 24 • 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.

MFSC-Pearl Harbor 4827 Bougainville Dr. • 474-1999 Mon-Thu: 7am – 4:30pm | Fri: 7am – 4pm

phone directory & hours

food&drink

JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16
Mon, Sat
Tue-Fri
SunClosed

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666

Mon–Fri					
Silver Dolphin Bistro Galley					
Man Fri	0615 0720	1100	1020	1615	1720

WON-FIL	.0015-0750, 1100-1250, 1015-1750
Sat, Sun, Holidays	0615–0730, 1030–1230, 1615–1730

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Ke aloni Par 3 Golf Course • 422-9987	
Mon	Closed
Tue-Sat	1000–2100
Sun	1000–2000

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive, Hickam Harbor • 422-3002
Mon–Thu, Sun
Fri, Sat
Hapa Bar
Mon–Thu, Sun
Fri, Sat

RESTAURANT 604

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

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582 Open Swim (summer months):
Mon–Fri
Hickam Training Pool, Hickam Bldg. 1122 • 449-8274 Mon–Fri
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
Towers Pool (Makalapa) • 471-9723 Lap Swim:
Mon-Fri 1100-1300 Open Swim:
Sat, Sun
Lap Swim: Tue, Thu
Tue, Thu. 1300–1700 Sat, Sun, Holidays 1200–1700
ARTS & CRAFTS CENTER Hickam Bldg. 1889 • 448-9907 Ceramics & Frame Shop
Mon, Sun
Engraving Shop Mon, Sat, Sun

Aloha Hour Mon-Fri

Mon–Fri	1500-1700
WRIGHT BROTHERS CAFÉ & GRILLE	

901 Worthington Avenue • 448-4608 Ext 39

Mon–Thu	0630-1000, 1030-1330
Fri	1030–1330, 1700–2000
Sat	0700-1330, 1700-2000
Sun	

SNACK BARS HARBOR GRILL

Inside Naval Station Bowling Center • 473-2574

Mon 0700–1330, 1700–2	100
Tue-Thu	100
Fri	200
Sat	
Sun	730

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

Gallery/Office

Sales Store

Wood Hobby Shop • 448-9911

AUTO SKILLS CENTERS

Hickam Car Wash • 449-2554

Towing Service • 449-2554 **BOWLING CENTERS**

Hickam Bldg. 1891 • 448-9959

Naval Station Bldg. 1736 • 473-2574

Hickam ASC, Bldg. 4002 • 449-2554

Moanalua ASC (off-base) • 471-9072

Car Wash at Moanalua ASC • 471-9072

A

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

Mon–Fri	1000–1400
(Hours subject to change when ships are in port.)	1
Sat	1000-1500

PLANET SMOOTHIE

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

Sat-Mon.....Closed

Fri, Sat 0900–1700

Mon, FriClosed Tue-Thu...... 1300-2000 Sat, Sun...... 1000–1700

Flight Crew Motorcycle 422-6202, 548-8813

Sat 0900–1700

Fri..... 1000–2400

Sat 0900–2400

Holidays..... 1200–1800

STEAKOUT

Barbers Point Golf Course • 462-9370

FAST FOOD

PIZZA HUT At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE Course + 149 0000 At Ke'alo

Mon, Tue, Sun	-2230
Wed-Sat1100	-2300

BREWS & CUES

Bidg. 1314, 915 North Road (Club Pearl Complex) • 473-1743 Mon-Thu 1300-2300 Fri. 1300-0100 Sat .1100-0100 Sun. .1100-2300
THE COUNTRY BAR
Bidg. 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
Sun, Mon, Wed,Thu,

Sun, Mon, Wed, Thu,	
Fri & Sat	1530-2400
Tue	Closed

Fri. .1100–1300, 1700–2230 Sat .0900–2230 Sun. .1100–1800 Holidays .Closed The Escape at Wahiawa Annex • 473-2651 .1800–2200
CHILD DEVELOPMENT CENTERS Center Drive CDC • 471-1978 Ford Island CDC • 472-0262 Hickam/Marbor CDC • 448-0183 Hickam/Math CDC • 449-9880 Hickam/West CDC • 449-5230 Kids Cove • 421-0989 Naval Station CDC • 473-2669 Peltier CDC • 471-9336 Wahiawa CDC • 653-5305
CHILD DEVELOPMENT HOMES PROGRAM OFFICE 530 Peltier, Bldg. 1925 • 471-8445 Mon-Fri
FITNESS & SPORTS CENTERS Family Fitness Center Bldg. 1681 • 471-2019 Mon-Fri (unstaffed)
Hickam Bldg. 1120 • 448-2214 Mon-Fri
JBPHH-Pearl Harbor Bldg. 1338 • 471-2019 Mon–Fri
Naval Station Gym Bldg. 667 • 473-2436 Mon, Wed, Fri
Wahiawa Annex Bldg. 446 • 653-5542 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 • 1 Daily Tee Times & Pro Shop Mon–Sun Driving Range Mon, Wed–Sun Tue.	0630–1830 0630–1800
Keʻalohi Par 3 Golf Course, Hickam Bldg. 2105 • 448 Mon, Wed–Sun Tue.	0630-2200
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449- Mon–Fri Sat, Sun (Holidays) Pro Shop	0630–1800 0615–1800
Mon–Fri	
Navy-Marine Golf Course Valkenburgh at Radford Drive • 471-0142 Daily Tee Times	0700 1920
Pro Shop	
Mon–Sun	
Mon–Wed, Fri–Sun	

Mon–Wed, Fri–Sun	
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	
ITT-Fleet Store, Pearl Harbor • 473-0792 Mon-Fri	0
ITT-NEX Mall • 422-2757 Mon-Fri	0
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446 Mon, Wed, Fri	

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 0900-1700 Sat, Sun, Holidays Closed
INTRAMURAL SPORTS OFFICE Pearl Harbor Bidg. 161 • 473-2494 or 473-2437 Mon-Fri 0700-1530 Sat, Sun Closed
LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY) Beeman Center (Naval Station) • 473-2583 Daily. 1000–2300 Makai Center (Hickam) • 448-0418 Daily. 1500–2200 Liberty Express (Wahiawa Annex) • 653-0220 Mon–Sat. 1500–2200 Sun. 1400–2100 1400–2100
LIBRARY Hickam Bldg. 595 • 449-8299 Mon, Wed, Fri, Sat
MARINAS Hickam Harbor Marina, Bldg. 3455 • 449-5215 Mon Closed Tue-Sun 0900–1700 Rainbow Bay Marina, Bldg. 103 • 784-0167

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bow Bay Marina, Bldg. 103 • 784-0167	
Ion	
ue-Sun 0900-1700	

MILITARY & FAMILY SUPPORT CENTER Hickam, 655 Vickers Ave. • 474-1999
Tue-Thu0800-1530 / Closed daily from 1100-1200 Mon, Fri-Sun Closed
Pearl Harbor, 4827 Bougainville Dr. • 474-1999 Mon–Thu
Wahiawa Annex, Bldg. 392 • 474-1999 Mon, Fri–Sun
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 148-2297
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, HolidaysClosed Tue–Sun
Skateboard Hangar • 448-4422 Wentworth Tennis Center • 473-0610 White Plains Beach/Surf Shack • 682-4925 Daily
RENTALS Barbers Point Beach Cottages • 682-3085 Conference Centers • 472-0342 Foster Point Pavilion • 449-5215 Hickam Beach Cabanas • 449-5215 Makai Recreation Center • 449-3354
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: 1400-2000 Fri. 1400-2100 Other Unserfined 1400-2100
School vacations: 1200–2000 Weekends: 1330–2130
Sun Closed Youth Sports & Fitness
Office, Bloch Arena • 473-0789 Mon-Fri

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
Sat, Sun

naf jobs

600 Main St., Bldg. 3456

Job Opportunities

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

Continuous Recruitment:

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

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

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

Automotive Worker Hotel Housekeeping Laundry Worker

How to Apply:

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

CNRH FFR

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

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

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

FALL SPORTS G I S T R A T I O N 2

SOCCER // AGES 5-16 YEARS OLD*

GIRLS FAST PITCH SOFTBALL // GIRLS ONLY, AGES 7-16 YEARS OLD*

TENNIS // AGES 6-18 YEARS OLD*

REGISTRATION: CLASS FEE: \$60 SEASON BEGINS: September 4th

June 3 - July 26th 2019 (Runs from Sept. - Nov. 2019)

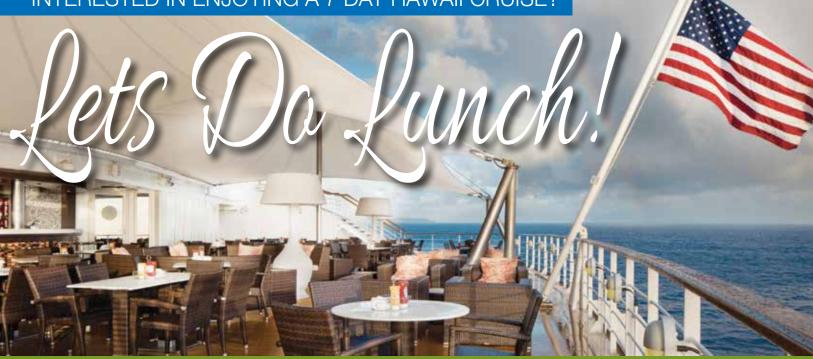
*Must meet the age requirement by the first day of practice.

For more info: 473-0789 | greatlifehawaii.com

To register for youth sports, children must have a current CYP Registration Packet, to include a PAYS Membership on file (homeschoolers will also require a current immunization record). Must meet minimum age requirements PRIOR to the first practice. Dates subject to change. If you would like to volunteer coach, please stop by and pick up a coaches packet.



INTERESTED IN ENJOYING A 7 DAY HAWAII CRUISE?



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:

Aug. 10 Oct. 26 Dec. 7 *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.



CELEBRATION 2019



JOINT BASE PEARL HARBOR-HICKAM - WARD FIELD - 3:00-9:30PM

FREE ACTIVITIES (3pm - 7pm)

- Petting Zoo sponsored by ASYMCA
- Xpress Train
- Balloon Twisting, Airbrush Tattoos
- Lawn Games (Knockerball, Volleyball, Cornhole, Frisbees, Footballs and more)
- Car Show & Shine
- Sponsors, Giveaways & much more

AVAILABLE FOR PURCHASE (until 9pm)

- Xtreme Fun Inflatables and Rides
- Delicious Food and Snacks from Around the Island
- Beer and Other Ice-Cold Beverages

ENTER TO WIN A MOTORCYCLE! AT THE AMAZING GIVEAWAY FROM



See entry details at greatlifehawaii.com. MUST BE PRESENT TO WIN. Restrictions apply.

ENTERTAINMENT SCHEDULE

4-6pm	PACIFIC FLEET ROCK BAND
6pm	LIVIN' LOCAL CHALLENGE
7pm	JN GROUP
	MOTORCYCLE GIVEAWAY



Hits include: "Everything You Want" and "You're a God"

9pm NATIONAL ANTHEM & FIREWORKS SPECTACULAR!

IMPORTANT INFORMATION: Open to DoD ID Cardholders & their sponsored guests. All personnel & items are subject to search. For safety reasons - outside food & beverages (with the exception of water), backpacks and purses (other than small clutches), BBQs, tents, pets or animals (excluding service dogs), glass and coolers are NOT AUTHORIZED. For specific info, go to the website below. Gate will have 100% ID checks. Allow time for security checks at event entrances. Schedule of events are subject to change without notice. No official endorsement intended.

