

GREAT *Life* HAWAII

www.greatlifehawaii.com | December 2017



**Resolution #3:
Spend More Time
with Family.**

**See How to Achieve
Your 2018 Resolutions**

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





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DECEMBER

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live the great life

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connect with us

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



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



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

GREAT LIFE HAWAII: DECEMBER 2017

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On the cover: Winn and AJ enjoying the ocean at Kailua Beach.

At right: Mamala Bay Golf Course.

Resolution #5:

LEARN SOMETHING NEW

See How to Achieve Your 2018 Resolutions

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4 | MWR holiday events

Check out all the fun holiday-related things happening with MWR this month.



HAPPY HOLIDAYS FROM MWR!

Here's a quick peek at all the fun holiday-related things happening with your MWR this month.

BOWLING

Breakfast & Bowl with Santa
Naval Station Bowling Center
Sunday, December 3
9 to 11 am
\$8 per child ages 12 years and younger.
Must register. See page 21 for more details.

Lunch & Bowl with Santa
Hickam Bowling Center
Sunday, December 10
Noon-2:00 pm
\$8 per child ages 12 years and younger.
Must register. See page 21 for more details.

Happy Holidays from MWR
Purchase 2 games of bowling and receive 3rd game for FREE.
Entire Month of December at both bowling centers.

ARTS & CRAFTS CENTER

Holiday Open House
Saturday, Dec 9
11am - 2pm
Fun for the whole family! Featuring super fun Make-n-Takes, demos, door prizes, specials, FREE hot dogs and soda! Don't miss it! See page 11 for more details.

Ornament and Sun Catchers Fused Glass Class with Jessica FitzGerald
Monday, Dec 4 & 11
Wednesday, Dec 6
5:30 - 7:30 pm
Ages 16 and older
\$25 (plus supplies)
Previous glass experience is required. See page 10 for more details.

HISTORIC HICKAM OFFICERS' CLUB

Special Holiday Sunday Brunch
Dec 24 & 31 (Christmas Eve & New Year's Eve)
9 am - 2 pm
Main Dining Room
\$24.95 Club Members
\$26.95 Adults
\$13.50 Child 7-12 years
\$8.25 Child 4-6 years
Open to all ranks, and all base-eligible patrons. For reservations, please call 808-448-4608. See page 18 for more details.

THE LANAI AT MAMALA BAY

Holiday Lunch Buffet
December 6-8, 13-15 & 20-22 (Wed - Fri)
11 am - 2 pm
\$19.90 Adults
\$10.90 Child 6-12 years
FREE Child 5 and under
We've created a special lunch buffet for the festive time. See page 18 for more details.

HICKAM MEMORIAL FITNESS CENTER

Massage Special
90-minute Massage for \$80
All Month Long in December
Pamper yourself or give the gift of relaxation. See page 21 for more details.

BREWS & CUES

Christmas Eve Football
Dec 24
8:00 am
See page 18 for more details.

GOLF COURSES

Christmas Pro Shop Sale
Dec 16-24
Specials at all Golf Courses. Stop in to see some great deals for yourself or as gifts for your favorite golfer.

ITT

Honolulu City Lights Trolley Tour
Dec. 10-23
Departure times: 6pm & 8:30pm from Hickam ITT
\$15 per seat for 6pm tour
\$10 per seat for 8:30pm tour
Enjoy this special holiday season treat at the annual Honolulu City Lights display. See page 22 for more details.

LIBRARY

"Bookish" Ornament Craft
Tuesday, Dec 5
3 - 4 pm
Join us in decorating ornaments with strips of recycled book pages and adding ribbon hangers! See page 22 for more details.

Learn about Kwanzaa

Friday, Dec 5
10 am - 12 pm
Learn hands-on about Kwanzaa by making special crafts and listening to drum music by a member of the PACAF Band. See page 22 for more details.

Storytime with Santa

Tuesday, Dec 19
5 - 7 pm
Enjoy holiday stories, crafts and refreshments. Must register. See page 22 for more details.

48th ANNUAL TOWER LIGHTING CELEBRATION

Friday, Dec 8
4:30 - 7 pm
Freedom Tower
The yearly tradition returns with a bunch of family-friendly activities. See page 5 for more details.

HOLIDAY HOURS OF OPERATION

CHRISTMAS EVE (12/24)

Open:

- Hickam Family Pool & Scott Pool, 12 - 5 pm
- Auto Skills Center Moanalua, 9 am - 5 pm
- Bowling Centers:
 - Hickam & Naval Station, 12 - 6 pm
- Sharkey Theater
- All Fitness Centers (call for hours)
- All Golf Courses
- ITT at NEX, 9 am - 3 pm
- All Liberty Centers (call for hours)
- Hickam Harbor/Beach
- White Plains Beach
- Rainbow Bay Marina Sailing Loft
- Club Pearl Brews & Cues (Bldg 1557)
- Historic Hickam Officers' Club - Christmas Eve Brunch!
- Restaurant 604, 9:30 am - 8 pm
- The Lanai at Mamala Bay, 11 am - 2 pm

CHRISTMAS DAY (12/25)

Open:

- Scott Pool, 12 - 5 pm
- Bowling Center Naval Station, 12 - 6 pm
- Fitness Center JBPHH, 7 am - 5 pm
- All Golf Courses except Mamala Bay
- All Liberty Centers (call for hours)
- White Plains Beach
- Club Pearl Brews & Cues (Bldg 1557)

NEW YEAR'S EVE (12/31)

Open:

- Hickam Family Pool & Scott Pool, 12 - 5 pm
- Auto Skills Center Moanalua, 9 am - 5 pm
- Bowling Centers:
 - Hickam & Naval Station, 12 - 6 pm
- Sharkey Theater
- All Fitness Centers (call for hours)
- All Golf Courses
- ITT at NEX, 9 am - 3 pm
- All Liberty Centers (call for hours)
- Hickam Harbor/Beach
- White Plains Beach
- Rainbow Bay Marina Sailing Loft
- Club Pearl Brews & Cues (Bldg 1557)
- Historic Hickam Officers' Club - New Year's Eve Brunch!
- Restaurant 604, 9:30 am - 10 pm
- The Lanai at Mamala Bay, 11 am - 8 pm

NEW YEAR'S DAY (1/01)

Open:

- Scott Pool, 12 - 5 pm
- Bowling Center Hickam, 12 - 6 pm
- Fitness Center JBPHH, 7 am - 5 pm
- All Golf Courses
- All Liberty Centers
- White Plains Beach
- Wright Brothers Café and Grille, 7 - 10 am
- The Lanai at Mamala Bay, 11 am - 8 pm

48th Annual Tower Lighting Celebration

Sponsored by **USAA**

Friday, December 8

4:30-7pm at Freedom Tower

FESTIVITIES INCLUDE:

FREE

4:30 - 7 P.M.

- Bounce houses, holiday crafts
- Build & create with a special Kid's Clinic sponsored by Home Depot (while supplies last)
- Glow jewelry provided by JBPHH Chapels (while supplies last)
- Holiday Drinks sponsored by Meadow Gold Dairies & cookies sponsored by GEICO
- FREE Photo with Santa

7 P.M.

- Tower Lighting Ceremony

EVENT SHUTTLE SERVICE provided round trip from the BX Garden Shop to the event, starting at 4:15 p.m. until the event finish

**Entertainment provided by the
USAF BAND OF THE PACIFIC-HAWAII**

On-base private organizations will be selling delicious food, drinks and snacks!

www.greatlifehawaii.com



No official endorsement intended.



Achieve Your Resolutions For 2018

By Reid Tokeshi

As this year ends and 2018 approaches, millions of people are getting ready to declare their new year's resolutions. And every year, this promise they make to themselves often fades away faster than the winter weather. But it doesn't have to be that way.

We've found five of the most common new year's resolutions and discovered that there are programs at your disposal right here on base to help keep you on track in achieving them. Some may come with a fee, while others could cost you nothing.

LOSE WEIGHT/EXERCISE MORE/HEALTHIER DIET

Each person says it a little differently but by far, this is the resolution people make more than any other. Just finding where to start can be a challenge, let alone staying on course. Luckily, MWR's Fitness department is here just for that reason. For those who want expert help and advice, MWR Fitness has personal trainers and over a

dozen different exercise classes. Check page 20 for a list of all the classes and locations. For the self-starters, several fitness centers are spread throughout the region. Some are even open 24/7 (unstaffed). Service members and dependents can learn about proper nutrition through monthly classes held at the JBPHH Fitness Center. The classes are conducted by the Naval Health Clinic's Health Promotion department.

BETTER MONEY MANAGEMENT

Everyone wants to keep more money in their pocket. Did you know that the Military & Family Support Center (MFSC) offers classes on how to manage your money? Learn how to make better decisions for a range of financial topics such as buying a house or car, how to spend less/save more, smarter investment choices, retirement planning and more. Plus, these classes are free (that's better money management already)! Go to page 24 to see what classes are available this month.



SPEND MORE TIME WITH FAMILY/FRIENDS

“Quality time” – in person – is more important than ever in the digital age. Experiencing things with your loved ones is much more rewarding and MWR has all sorts of things to do together. Have a meal at an oceanside restaurant, go bowling, see a movie, paint figurines, take a class, go on a tour. The important thing is that you’re connecting and sharing the experience with your friend or family member.

ENJOY LIFE MORE

More people are realizing that having fun not only makes you happier, it’s healthier. MWR has a buffet of things to fill your day or night. If you’re the active type, being in Hawaii opens up opportunities for fun outside year-round, and the Outdoor Recreation department can help, with hikes, kayak trips, surfing, fishing and more. If you’re more of a spectator, ITT has great deals for shows, concerts, tours and other entertaining things. The Arts & Crafts Center is the place for creative classes and do-it-yourself shops like the wood shop or Pick ‘n’ Paint. As you search for the next fun thing to do, you can accomplish other resolutions on this list at the same time, including the next one.

LEARN SOMETHING NEW

One way to change things up is to learn something new. Picking up a new hobby or skill can broaden your horizons and give a feeling of accomplishment and change. You’re in Hawaii, have you tried learning how to surf or do stand up paddleboarding? When was the last time you picked up a paint brush? Maybe you want to try golf or discover a new way to get/stay fit. Learn new skills for interacting with family and other people. Knowing preventive maintenance to keep your vehicle running could be the goal this year. All of these are samples of what’s out there, waiting to be discovered by you. 📱



HISTORIC HICKAM OFFICERS' CLUB

SPECIAL HOLIDAY

Sunday Brunch

DECEMBER 24 AND 31

CHRISTMAS EVE DAY AND NEW YEAR'S EVE DAY

9AM - 2PM Main Dining Room

\$24.95	Club Members
\$26.95	Adults
\$13.50	Child 7-12 years
\$8.25	Child 4-6 years

OPEN TO ALL RANKS, AND ALL BASE-ELIGIBLE PATRONS

FOR RESERVATIONS, PLEASE CALL 808-448-4608.

FOR MORE INFO, VISIT GREATLIFEHAWAII.COM



HICKAM ARTS AND CRAFTS CENTER



DEC | JAN | FEB

335 Kuntz Ave., Bldg. 1889
448-9907

For class information and
supply lists visit
[www.greatlifehawaii.com/
recreation/arts-crafts/
class-supply-lists-information](http://www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information)



TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks
Wednesdays, 6–8:30 p.m.

Jan 3 – Feb 7

Feb 28 – Apr 4

Thursdays, 6–8:30 p.m.

Jan 4 – Feb 8

Fridays, 9–11:30 a.m.

Jan 5 – Feb 9

Saturdays, 9–11:30 a.m.

Jan 6 – Feb 10

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Saturdays, 9–11:30 a.m.: **Feb 3–24**

Ages 16 and older

\$55 per person (plus supplies)

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

Drawing & Painting

CREATIVE PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Dec 5–26 • Jan 2–23 • Feb 6–27

Ages 12 and older

\$80 per person (plus supplies)

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

HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks

Tuesdays, 5:45–7:45 p.m.: **Dec 5–26 • Jan 2–23 • Feb 6–27**

Ages 12 and older

\$75 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Jan 9–Feb 13 • Feb 20–Mar 27

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

Jan 11–Feb 15 • Feb 22–Mar 29

Ages 16 and older

\$70 per person (plus supplies)

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

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

Jan 18–Feb 15

Ages 12 and older

\$65 per person (plus supplies)

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

FAN ART WITH CHARIS DERRY

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

Jan 18–Feb 15

Ages 14 and older

\$65 per person (plus supplies)

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

(continued on next page)

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

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

Dec 7–14 • Jan 11–18 • Feb 8–15

Ages 16 and older

\$40 per person (plus supplies)

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

PAINTING WITH GLASS WITH JESSICA FITZGERALD

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

Dec 13–27 • Jan 10–24 • Feb 7–21

Ages 16 and older

\$65 per person (plus supplies)

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

ORNAMENTS AND SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

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

Wednesday, 5:30–7:30 p.m.: **Dec 6**

Thursday, 5:30–7:30 p.m.: **Jan 4, 25 • Feb 1, 22**

Ages 16 and older

\$25 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6–8 p.m.: **Jan 9–30 • Feb 6–27**

Wednesdays, 10 a.m.–Noon: **Jan 10–31 • Feb 7–28**

Ages 14 and up

\$75 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guesswork.

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

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

Jan 13–27 • Feb 10–24

Ages 16 and up

\$70 per person (plus supplies)

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

Quilting & Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

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

Jan 10–Feb 7

Ages 14 and older

\$75 per person (plus supplies)

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

INTERMEDIATE SEWING WITH AMANDA BUSSEY

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

Feb 14–Mar 21

Ages 14 and older

\$100 per person (plus supplies)

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

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Jan 9–30 • Feb 6–27

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING WITH KYONG ANGUAY

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

Dec 23–Jan 13 | Disappear Nine Patch Quilt

Jan 20–Feb 10 | Kaleidoscope Quilt

Feb 17–Mar 17 (no class Mar 10) | **Crazy Quilt**

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE SEWING BAGS & MORE WITH KYONG ANGUAY

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

Dec 23–Jan 13 | Beach Bag

Jan 20–Feb 10 | Shoes Bag

Feb 17–Mar 17 (no class Mar 10) | **Project Bag**

Ages 14 and older

\$100 per person (plus supplies)

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

Woodworking

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

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

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

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

\$20

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

PEN TURNING CLASS

This is a one-day class.

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

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

\$50 (supplies included)

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

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

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

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

\$60 (supplies included)

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





BOWL TURNING CLASS

One class per week for 2 weeks.

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

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

\$85 (supplies included)

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

CUTTING BOARD CLASS

One class per week for 3 weeks.

Offered select Fridays, 5–9 pm.

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

Ages 16 years & older

\$135 (supplies included)

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

KEEPSAKE BOX CLASS

One class per week for 4 weeks.

Offered select Fridays, 5–9 pm.

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

Ages 16 years & older

\$135 (supplies included)

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

KOA PADDLE CLASS

One class per week for 4 weeks.

Offered select times on Monday, Friday, Saturday or Sunday.

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

\$350 (supplies included)

Must take the safety class prior to class. Students will start from rough lumber to build two koa paddles. Pre-registration is necessary to secure a spot for the class.

CHILDREN'S CLASSES & CAMPS

YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered on select days/times.

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

\$60 (supplies included)

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 3–4:30 p.m.: **Feb 8–Mar 1**

Ages 7–12

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

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

Jan 22–Feb 12 • Feb 26–Mar 19

Ages 9–13

\$75 per person (plus supplies)

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

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jan 9–Feb 13 • Feb 20–Mar 27

Ages 7–18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30–3 p.m.

Jan 11–Feb 15 • Feb 22–Mar 29

Ages 7–18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jan 11–Feb 15 • Feb 22–Mar 29

Ages 7–18

\$70 per person (plus supplies)

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

EVENTS & ACTIVITIES

HOLIDAY OPEN HOUSE

Saturday, Dec 9 | 11 a.m.–2 p.m.

Arts & Crafts Center

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

PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.

Historic Hickam Officers' Club

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

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

HICKAM QUILTING CHARITY COOPERATIVE

Sundays | 10 a.m.–4 p.m.

Arts & Crafts Center

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

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.

Arts & Crafts Center

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, 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.



ARTS/CRAFTS 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.

Hickam Arts & Crafts Center

Holiday Open House

Saturday, December 9 | 11:00 am - 2:00 pm

Fun for the whole family!

Featuring Make-n-takes, Demos,

Door Prizes and Specials.

Enjoy FREE Hot Dogs and Soda!



Questions? Call 448-9907 | 335 Kuntz Ave. Bldg. 1889
www.greatlifehawaii.com

DEC • JAN OUTDOOR RECREATION



SURFING

WOMEN'S SURFING

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

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

LEARN TO SURF AT HICKAM HARBOR

- Dec 17 Sign up by Dec 14
- Jan 21 Sign up by Jan 19
Begins: 9 am | Ends: Noon
Cost: \$30

Join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surfing and memories that will last a lifetime. *Participants must be able to swim without a lifejacket.*

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Dec 3 Sign up by Dec 1
- Dec 30 Sign up by Dec 28
- Jan 14 Sign up by Jan 12
- Jan 27 Sign up by Jan 25

- Begins: 9:15 am | Ends: 10:15 am
- Begins: 10:30 am | Ends: 11:30 am
Cost: \$25

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

STAND UP PADDLE HALEIWA/ NORTH SHORE

- Jan 20 Sign up by Jan 18
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!

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

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

What better way to melt the day-to-day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group and the stillness of the water, and let our guides lead the way. Trip includes all required gear. Bring water and dry clothes to change into after the activity. All paddling abilities welcomed.

(continued on next page)

SIGN UP INFORMATION

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

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

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

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

● OUTDOOR RECREATION

HICKAM HARBOR • 449-5215

● OUTDOOR ADVENTURE CENTER

FLEET STORE • 473-1198

● RAINBOW BAY MARINA • 784-0167



SYNC ODR CALENDAR

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

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

KAYAKING AT CHINA MAN'S HAT

- Dec 30 Sign up by Dec 28
 - Jan 6 Sign up by Jan 2
 - Jan 27 Sign up by Jan 24
- Begins: 8 am | Ends: 1 pm
Cost: \$25

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

RENTALS

OUTDOOR EQUIPMENT

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

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

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

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

RECREATION & PARTY EQUIPMENT

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

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

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

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

PATIOS & PAVILIONS

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

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

Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Dec 9 (8:30–11:30 am) Register online by Dec 7
 - Dec 23 (2:30–5:30 pm) Register online by Dec 21
 - Jan 13 (8:30–11:30 am) Register online by Jan 11
 - Jan 28 (2:30–5:30 pm) Register online by Jan 26
- Cost: \$30

Registration available online only

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

LEARN TO SPEARFISH

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

- Dec 2 Register online by Nov 27
 - Jan 6, 7 Register online by Jan 3
- Cost: \$60

Registration available online only

Spear fishing is as exciting and challenging as it sounds! We will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver. Day 1, class is held at Hickam Pool. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. Day 2, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. You'll need your own mask, fins, snorkel and other equipment. The transportation is on us.

SPEARFISHING EXCURSION

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

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

BIKING

NORTH SHORE BIKE RIDE

- Dec 16 Sign up by: Dec 14

- Jan 3 Sign up by: Dec 30
 - Jan 13 Sign up by: Jan 10
- Begins: 8 am | Ends: 2 pm
Cost: \$25 w/ bike, \$20 without

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

MOUNTAIN BIKING MOKULEIA

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

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

HIKING

HIKE KEALIA/SWIM MOKULEIA

- Dec 13 Sign up by: Dec 11
 - Jan 31 Sign up by: Jan 29
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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

HIKE EHUKAI PILLBOX

- Dec 27 Sign up by: Dec 23
 - Jan 17 Sign up by: Jan 15
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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



MARINAS CLASSES & ACTIVITIES

SAILING

START SAILING RIGHT HH

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

START SAILING RIGHT RB

- Saturday | Jan 6, 13 | 1pm-5pm
Sunday | Jan 7, 14 | 1pm-5pm
Cost: \$75 per person
Ages 18 & up
Maximum of 8 students per session

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Dec 4, 6, 11, 13, 18, 20, 25, 27 | 9:30-11:30am
- Mon/Wed | Jan 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 | 9:30-11:30am
Cost: \$75 per person/per month
Ages 18 & up
Maximum of 8 students per session

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Dec 4, 6, 11, 13, 18, 20, 27
12-2pm or 3:30-5:30pm
- Mon/Wed | Jan 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
12-2pm or 3:30-5:30am
Cost: \$50 per person/per month
Ages 10 – 17 years
Maximum of 8 students per session

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28 | 3:30-5:30pm
- Tues/Thurs | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28
12-2pm or 3:30-5:30pm
- Tues/Thurs | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30
12-2pm or 3:30-5:30pm
Cost: \$50 per person/per month
Ages 10 – 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Dec 5, 7, 12, 14, 19, 21, 26, 28 | 3:30-5:30pm
- Tues/Thurs | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30 | 3:30-5:30pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

KEIKI AFTER SCHOOL BEGINNER'S SAILING HH

- Weds/Fri | Dec 1, 6, 8, 13, 15, 20, 22, 27, 29 | 3:30-5:30pm
- Weds/Fri | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31 | 3:30-5:30pm

Cost: \$50 per person/per month

Ages 8 & 9 years

*REGISTER ONLINE ONLY

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

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Dec 1, 8, 15, 22, 29 | 9:30am-12pm
- Fri | Jan 4, 11, 18, 25 | 9:30am-12pm
Cost: \$40 per person/per month
Ages 18 & up

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

FAMILY/GROUP SAILING INSTRUCTION

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

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

PRIVATE SAILING INSTRUCTION

- By Appointment
Cost: \$20 per hour

MORNING SAILING SESSIONS

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

SUNSET REGATTAS

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

MARINA CHECKOUT QUALIFICATION

- By Appointment
Cost: \$20 per hour

R-19 BOATER'S CERTIFICATE

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

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

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

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- *Fri | Dec 1, 15, 29 • Jan 12, 26 | 8:30-9:30am
Cost: \$3 per session

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

PADDLEBOARD YOGA

STAND UP PADDLEBOARD YOGA HH

- *Fri | Dec 22 • Jan 5, 19 | 8:30-9:30am
- *Sat | Dec 9, 23 • Jan 6, 20 | 8:30-9:30am
Cost: \$10 per session
Ages 16 & up

*Must pre-register at HH Marina by Wed before

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

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday–Sunday, 10 am–4 pm

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

SURF TAXI

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

WHITE PLAINS BEACH | Kalaeloa

SURF SHACK • 682-4925

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

DIRECTIONS

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


WARRIOR ZONE CIRCUIT CLASS



Every Friday / 11:30 a.m. - 12:30 p.m.
JBPHH Fitness Center

A full body workout for everyone.

This class takes functional training to the next level and is geared toward daily activities and operational tasks.



The workout uses a variety of equipment, including battle ropes, TRX, kettle bells, and ply boxes.

Cost:
Free to all Active Duty
I GE class coupon for all eligible patrons

Minimum age requirement:
16 years

For more information call **(808) 471-2019**
or visit **www.greatlifehawaii.com**



МВР
МИНИСТЕРСТВО ОБОРОНЫ
РОССИЙСКОЙ ФЕДЕРАЦИИ
JOINT BASE
PEARL HARBOR-HICKAM

Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.

FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS

Beaman Center (Pearl Harbor Sub Base) **473-2583** | Instant Liberty (Club Pearl Complex) **CLOSED during construction** | Liberty Express (Wahiawa Annex) **653-0220**

dining

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

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

Watch all the NFL action at the Puka!

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

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

BREWS & CUES

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

Gridiron Gameday

Sundays, Doors open at 8 a.m.

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

FREE

Ages 18 years & older

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

Chill & Grill

Friday, Dec 29

5:30–7:30 p.m.

FREE

Ages 18 years & older

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

New Year's Eve Party

Sunday, Dec 31

Open Until 1:00 a.m.

FREE

Ages 18 years & older

Party favors and champagne toast at midnight! Come to say goodbye to 2017 and ring in the new year with us!

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Dec 3, 10

10 a.m.–1 p.m.

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

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

Special Holiday Sunday Brunch

Dec 24, 31

9 a.m.–2 p.m.

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

Bring your family to enjoy our special Holiday Sunday Brunch. We have extended the regular hours to 9:00–2:00 p.m. Open to all ranks, and all base-eligible patrons. For reservations, please call 808-448-4608.

Paint 'n' Sip

Wednesdays, Dec 6, 13, 20

5:30–8:30 p.m.

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

Thursdays, Dec 7, 14, 21, 28

5:00–8 p.m.

\$0.95 per ounce

\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Dec 1

4:30–7:30 p.m.

FREE for Air Force Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4–6:30 p.m.

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Holiday Lunch Buffet

Wednesdays – Friday, Dec 6-8, 13-15, 20-22

11 a.m.–2 p.m.

\$19.90 Adults

\$10.90 Child 6-12 years

FREE Child 5 and under

A special lunch buffet for the festive time.

Aloha Friday Buffet

Friday, Dec 1, 29

11 a.m.–2 p.m.

\$15.95

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

Express Lunch Menu

Monday – Friday

11 a.m.–2 p.m.

\$12.95

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

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30 a.m. – 3 p.m.

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

Aloha Hour

Monday–Friday

3–5 p.m.

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

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays

5 – 8 p.m.

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

GREAT GOLF FOR LESS

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

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

Use it soon!

Restrictions apply.

See coupon for details.

▶ **\$25 GREEN FEE**
CART INCLUDED

COUPON MUST BE PRESENTED TO RECEIVE
SPECIAL RATE. NOT VALID ON HOLIDAYS.
COUPON VALID FOR AUTHORIZED
PATRONS WITH UP TO 3 GUESTS. MUST
CALL FOR RESERVATIONS. **VALID ONLY ON
MON/TUES AT MAMALA BAY (449-2300)
AND BARBERS PT. (682-1911) GOLF COURSES.**
COUPON EXPIRES: 12/31/2017

MAMALA BAY GOLF COURSE
808.449.2300

BARBERS PT. GOLF COURSE
808.682.1911

www.greatlifehawaii.com





GROUPEXERCISECLASSES

INFORMATION SUBJECT TO CHANGE

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

core & cardio

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

cycle & spin

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

dance

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

karate

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

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

kickboxing

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

kids' classes

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

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

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

hiit

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

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

weights

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

wild card

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

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

zumba

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

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

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

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

JBPBH Aquatics and Toys for Tots

Nov 1 – Dec 7

Drop-off locations:

Scott Pool and Hickam Family Pool

Donate a toy and make a difference this Holiday season. All gifts will be given to local families. Any contributions after December 7 will be held for next year. Only new and unwrapped toys will be accepted. No food or realistic weapons.

BOWLING

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

Happy Holidays from MWR

3rd Game is FREE

All Month Long

Purchase 2 games of bowling and your 3rd game is FREE. Entire Month of December.

Holiday Breakfast Bowl With Santa

Sunday, Dec 3

9–11 a.m. Naval Station Bowling Center

\$8 per child ages 12 years and younger

Breakfast includes 2 pieces of pancakes, bacon, milk or juice. 1 game of bowling plus shoe rental. Limited to the first 30 Authorized Patrons per event. Sign up from Nov 27-Dec 1. Call 473-2651 to register.

Holiday Lunch Bowl With Santa

Sunday, Dec 10

12–2 p.m. Hickam Bowling Center

\$8 per child ages 12 years and younger

Enjoy 1 game of bowling plus shoe rental & lunch that includes a hot dog, chips and a drink. Limited to the first 30 Authorized Patrons per event. Sign up from Nov 27-Dec 1. Call 473-2651 to register.

Single Sailors and Airmen Bowling Night

Friday, Dec 8

7–9 p.m. Naval Station Bowling Center

Free Cosmic Bowling, Free Shoe Rental, Free Soda and FREE Pizza! Sign up at the Beeman's Liberty Center. Must be Active Duty Navy or Air Force.

Lunch & Bowl

Tuesday, Dec 5, 12, 19, 26

11 a.m.–2 p.m. Hickam Bowling Center

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

Get up to 2 FREE games of bowling when you purchase a lunch item worth at least \$6 from our snack bar. Shoe rental is extra.

Military Bowl Free

Monday, Dec 4, 11, 18

11 a.m.–1 p.m. Hickam Bowling Center

Thursday, Dec 7, 14, 21, 28

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

Purchase 1 game of bowling and receive 1 game of bowling for FREE!!

BOGO Friday Night

All Month Long at the Escape Bowling Center

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

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 448-2214
JBPHH-Pearl Harbor Bldg. 1338 471-2019
Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

Warrior Zone Circuit Class

Friday, Dec 1, 8, 15, 22, 29

11:30 a.m.– 12:30 p.m.

JBPHH Fitness Center

FREE to all Active Duty

1 GE class coupon for all eligible patrons

A full body workout for everyone. This class takes functional training to the next level and is geared toward daily activities and operational tasks. The workout uses a variety of equipment, including battle ropes, TRX, kettle bells, and ply boxes. Minimum age requirement: 16 years. For more information call (808) 471-2019.

December Massage Special

All Month Long

90-minute Massage for \$80

Hickam Memorial Fitness Center

Pamper yourself or give the gift of relaxation. Call 808-448-2214 to schedule your appointment. Open to 18 years and older. Gift certificates available.

GOLF

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

Christmas Pro Shop Sale

Dec 16–24

Specials at all Golf Courses. Stop in to see some great deals for yourself or as gifts for your favorite golfer.

\$2 Tuesdays

Tuesday, Dec 5, 19

3:30–5:30 p.m.

Mamala Bay Golf Course Driving Range

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

Golf Demo Day

Wednesday, Dec 6

3:30–6:30 p.m.

Navy Marine Golf Course

FREE

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

Free Golf Clinics

Saturday, Dec 9

2 p.m. Mamala Bay

Thursday, Dec 14

12 p.m. Navy Marine Golf Course

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

Weekend Twilight Golf Special

Saturdays and Sundays

After 3:30 p.m.

Barbers Point

\$10 per person (9-holes only)

Come and enjoy are special twilight golf prices on the weekend. Call 682-1911 for more info and to schedule your tee time.

YOUTH SPORTS

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

Spring Junior Team Tennis 2018

Feb 1, 2018 – May 6, 2018

Registration Period: Dec 1 – Jan 1

Wentworth Tennis Courts

Ages: 6 - 18 yrs. old

\$40 per child

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

Ready, Set, Run!

Jan 3, 2018 – Aug 18, 2018

5–7 p.m.

Registration Period: Dec 1 – Jan 1

Earhart Track Field

Ages: 7 - 18 yrs. old

\$20 per child

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

Spring Volleyball 2018

Mar 26, 2018 – May 26, 2018

Registration Period: Jan 3 – Feb 2

Bloch Arena

Ages: 7 - 16 yrs. old

\$50 per child

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

Spring Track & Field 2018

Mar 26, 2018 – Jul 31, 2018

Registration Period: Jan 1 – Feb 2

Earhart Field

Ages: 7 - 18 yrs. old

\$50 per child

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

Spring Flag Football 2018

Mar 26, 2018 – May 26, 2018

Registration Period: Jan 3 – Feb 2

Quick Field

Ages: 5 - 16 yrs. old

\$50 per child

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

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Barbers Point.	682-2019
Fleet Store.	473-0792
Hickam.	448-2295
NEX Mall	422-2757
Wahiawa	564-4445, 564-4446
Travel Connections-Fleet Store.	422-0139
Travel Connections-Hickam.	423-0255
Travel Connections-NEX Mall	422-4067

Honolulu City Lights Opening Day – Shuttle

Saturday, Dec 2

4:30–9:30 p.m.

\$20 per person

Free for children under 4 years old (must be on an adult's lap)

No large strollers or carriers (umbrella type OK)

Witness the lighting of Oahu's tallest Christmas tree by the Mayor and watch the "electrifying" light parade. Kiddie carnival rides, live performances and food booths are all part of this exciting Opening Day to kick off the holiday season. Take the ITT Holo Holo Trolley shuttle and leave the parking woes behind.

Honolulu City Lights Trolley Tour

Dec 10–23

Two departure times: 6 p.m. & 8:30 p.m.

\$15 all seats for 6pm tour

\$10 all seats for 8:30pm tour

Free for children under 4 years old (must be on an adult's lap)

No large strollers or carriers (umbrella type OK)

Enjoy this special holiday season treat at the annual Honolulu City Lights display aboard an open-air trolley. 2-hr private charter available. Please call for availability and reservations.

Ford Island Historical Tour

Wednesday, Dec 6, 13, 20, 27

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

\$25 for adults

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

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

Hickam Historical Tour

Friday, Dec 1, 8, 15, 22, 29

9:30 a.m.–1:30 p.m.

\$45 for adults

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

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

MWR Shuttle Service

Mondays–Fridays

9 a.m.–5 p.m. based on availability

\$5/person one-way (2–10 people)

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

recreation

Arts & Crafts
Auto Skills
Liberty Centers
Library
Marinas
Outdoor Recreation
Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Holiday Open House

Saturday, Dec 9

11 a.m.–3 p.m.

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

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

Library Know-How

Saturday, Dec 2

10 a.m.–12 p.m.

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Dec 5

10 a.m.

Wii Wednesday

Wednesday, Dec 6

2–4 p.m.

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

"Bookish" Ornament Craft Making

Tuesday, Dec 5

3–4 p.m.

FREE

Join us as we will be decorating clear plastic ornaments with colorful strips of recycled book pages and adding ribbon hangers!

Preschool Story Time

Wednesday, Dec 9, 27

9–10 a.m.

Story times are great for children of all ages! Our theme is "Holiday Happenings" on Dec 9 and "New Years" on Dec 27. Come on in and read with us.

Kids' Book Club

Wednesday, Dec 13, 20

2–3 p.m.

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "Escape from Mr. Lemoncello's Library" on Dec 13 and "Frindle" on Dec 20.

Hickam Tower Lighting Outreach Storytime

Friday, Dec 8

4:30–7 p.m.

Join us under the stars as we read your favorite stories at the 48th Annual Tower Lighting Celebration.

Learn about Kwanzaa

Friday, Dec 15

10 a.m.–12 p.m.

FREE

Kwanzaa is a weeklong African American celebration, from December 26 through January 1, that honors African heritage, unity and culture. The central elements are unity, faith, creativity and gift giving. We will learn hands-on about Kwanzaa by making special crafts and listening to drum music by a member of the PACAF Band.

Storytime with Santa

Tuesday, Dec 19

5–7 p.m.

FREE

Register between Nov 15 - Dec 18 (online at www.greatlifehawaii.com, Search: MFSC Class Schedule). Get in the Holiday Spirit with the Library & MFSC while enjoying Holiday stories, crafts and refreshments.

Lego Club

Saturday, Dec 30

10 a.m.–12 p.m.

Call for details.

SHARKEY THEATER

Moore St., Bldg. 628 473-0726

Free Christmas Eve Popcorn

Sunday, Dec 24

5 p.m.

During 5:00 Movie every paid movie ticket receive a Small Bag of Popcorn FREE!

YOUTH SPORTS JUNIOR TEAM TENNIS SPRING 2018

**SEASON: FEB 1, 2018 -
MAY 6, 2018**

WENTWORTH TENNIS COURTS

AGES: 6 - 18 YRS. OLD

\$40 PER CHILD

Registration runs

December 1, 2017 -

January 1, 2018



Visit greatlifehawaii.com for a registration link.

For more info call 473-0789.





Military & Family Support Center

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

INFORMATION SUBJECT TO CHANGE

employment assistance

ACING THE INTERVIEW

Dec 12 • 1:30–3:30 p.m. | Wahiawa

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

CIVILIAN RESUME WRITING

Dec 6 • 1:30–3:30 p.m. | Pearl Harbor

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

FEDERAL EMPLOYMENT 101

Dec 6 • 4:30–6:30 p.m. | Pearl Harbor

Dec 12 • 1:30–3:30 p.m. | Wahiawa

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

PART-TIME MONEY MAKERS

Dec 13 • 1:30–3:30 p.m. | Hickam

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

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Dec 14 • 9:00–11:00 a.m. | Hickam

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

NEW MOMS AND DADS

Dec 20 • 5–8 p.m. | Hickam

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

PARENT CHILD COMMUNICATION

Dec 28 • 9:00–11:00 a.m. | Pearl Harbor

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

PARENTING GROUP

Dec 5, 12, 19, 26 • 10a.m.–noon | Pearl Harbor

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

POSITIVE PARENTING

Dec 6 • 9:00–11:00 a.m. | Pearl Harbor

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

SOOTHING YOUR BABY AND LOVING TOUCH

Dec 28 • 1:00–2:00 p.m. | Hickam Medical Bldg

A new way to understand your baby's crying with period of purple crying and introduction to infant massage. The period of purple crying is the phrase used to describe the time in a baby's life when they cry more than any other time. This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period.

financial management assistance program

COMMAND FINANCIAL SPECIALIST TRAINING

Dec 4-8 • 7:30 a.m.–4:00 p.m. | Hickam

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

MILLION DOLLAR SERVICE MEMBER

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

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

SAVING AND INVESTING

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

If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more. Make your money work for you.

SURVIVOR BENEFIT PLAN (SBP)

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

When a military retiree dies their retirement pay stops. This means the surviving spouse will be left without a substantial income source. If you are a retiree, you need to give serious thought to how you can protect your spouse from the hardships caused by the loss of your retirement pay. Join us to learn more about the SBP, an insurance plan that will pay your surviving spouse a monthly payment (annuity) to help make up for the loss of your retirement income.

information and referral

EFMP COFFEE TALK

Dec 14 • 9:00–10:00 a.m. | Pearl Harbor

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

ombudsman/fleet readiness group

KEY SPOUSE CONNECT MEETING

Dec 7 • 9:00–11:00 a.m. | Pearl Harbor

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

personal development

ANGER MANAGEMENT

Dec 18 • 9:00 a.m.–noon | 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

Dec 27 • 1:00–3:00 p.m. | 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 PEOPLE

Dec 19 • 9:00–11:00 a.m. | Pearl Harbor

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

HEALTHY RELATIONSHIPS 101

Dec 7 • 1:00–3:00 p.m. | Pearl Harbor

This class outlines characteristics of a healthy relationship, how self-esteem affects our choices, effective communication, and conflict resolution. We'll give

All Babies Deserve to Sleep Safely.



Share Your Room – NOT Your Bed.

Babies are at highest risk of accidental suffocation and strangulation in bed during the first 6 months of life. Studies have found that bed sharing is the most common cause of deaths in babies.

The American Academy of Pediatrics recommends room sharing - when a baby sleeps in the same room next to their parent or caregiver, but on a separate surface, such as a bed, crib, bassinet, or baby box - for the first 6 months of life or, ideally, for the first year.

To learn more about how babies sleep safely, visit

www.ffsp.navy.mil



Military and Family Support Center
4827 Bougainville Drive, Honolulu, HI 96818
(808) 474-1999

MFSCHawaii@navy.mil • www.greatlifehawaii.com



(continued from previous page)

you the tools to build and maintain a solid foundation for a quality relationship. Great for any personal relationship, whether working, family, or romantic.

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Dec 6, 13, 20, 27 • 1:00–3:00 p.m. | Pearl Harbor

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

NAVIGATING HOLIDAY STRESS

Dec 11 • 1:00–3:00 p.m. | Pearl Harbor

An interactive workshop designed to assist Service Members and families in managing stress during the holiday season.

SKILLS DEVELOPMENT GROUP

Dec 6, 13, 20, 27 • 10:00 a.m.–noon | 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.

TIME MANAGEMENT

Dec 5 • 1:00–3:00 p.m. | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Dec 4, 11, 18 • 10 a.m.–noon | Pearl Harbor

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

WOMEN'S ALTERNATIVE TO VIOLENCE GROUP

Dec 7, 14, 21 • 2:00–4:00 p.m. | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Dec 13 • 9:00–11:00 a.m. | Pearl Harbor

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

relocation assistance

SMOOTH MOVE

Dec 14 • 8:00–11:30 a.m. | Pearl Harbor

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

SPONSOR TRAINING

Dec 5 • 1:00–3:00 p.m. | Pearl Harbor

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Dec 7 • 12:30–3:30 p.m. | 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.

suicide prevention

safeTALK

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

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



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

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

For more info or to register contact
MFSC Pearl Harbor at (808) 474-1999

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

Military and Family Support Center
4827 Bougainville Drive, Honolulu, HI 96818
MFSC Hawaii@navy.mil • www.greatlifehawaii.com



transition assistance

AFTER GPS

Dec 1 • 9:00 a.m.–3:00 p.m. | Hickam

A follow-on to the 5-day TGPS workshop; informative briefs including Survivor Benefit, Tricare, Veterans Affairs, Workforce Development Office, and CAPSTONE prep. This workshop also includes an employer panel to assist you in understanding the civilian hiring process and how to best present yourself as the best candidate.

CAPSTONE EVENT

Dec 7, 14

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

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

TRANSITION GPS: BOOTS TO BUSINESS

Dec 5–6 • 8:00 a.m.–4:00 p.m. | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Dec 4–8 • 7:30 a.m.–4 p.m. | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Dec 11–15 • 7:30 a.m.–4 p.m. | Pearl Harbor

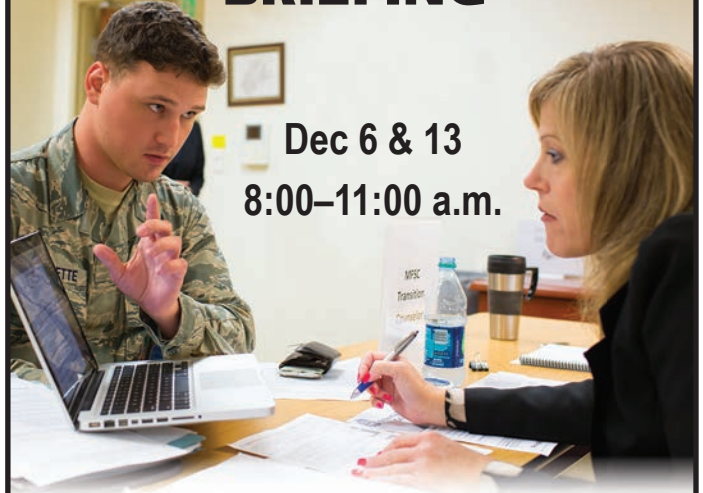
This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment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

USAF CAPSTONE

Dec 19 • 1:00–3:00 p.m. | Hickam

For Air Force personnel; option to attend Capstone at our Hickam classroom (Bldg 1105). Capstone is the final mandatory step in Transition; measures a

USAF PRE-SEPARATION BRIEFING



**Dec 6 & 13
8:00–11:00 a.m.**

This mandatory counseling covers VA benefits and entitlements, employment, education, medical, and community resources, among others.

Military and Family Support Center
4827 Bougainville Drive, Honolulu, HI 96818
(808) 474-1999
MFSCHawaii@navy.mil • www.greatlifeohawaii.com



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

USAF PRE-SEPARATION BRIEFING

Dec 6 • 8:00–11:00 a.m. | Pearl Harbor

Dec 13 • 8:00–11:00 a.m. | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Mon–Fri: 8 a.m. – 3 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon–Fri. 0600–0830, 1100–1300, 1700–1830
 Sat, Sun, Holidays 0630–0830, 1100–1300, 1700–1830

Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 Mon–Fri. 0615–0730, 1100–1230, 1615–1730
 Sat, Sun, Holidays 0615–0730, 1030–1230, 1615–1730

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Ke‘alahi Par 3 Golf Course • 422-9987
 Mon–Sat. 1000–2100
 Sun. 1000–2000

THE LANAI AT MAMALA BAY

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

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon–Thu 1030–2200

Fri. 1030–2300
 Sat. 0930–2300
 Sun. 0930–2200
 Aloha Hour
 Mon–Fri. 1500–1700

WRIGHT BROTHERS CAFÉ & GRILLE

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

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE

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

Area code for JBPHH phone numbers is 808.

FAST FOOD

FATBURGER

Inside Beeman Center Bldg. 711 • 312-3457
 TEMPORARILY CLOSED

PIZZA HUT

At the Club Pearl Complex • 423-2222
 TEMPORARILY CLOSED

TACO BELL

At the Club Pearl Complex • 422-2274
 TEMPORARILY CLOSED

BARS

BREWS & CUES • 473-1743

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

THE COUNTRY BAR

At the Club Pearl Complex • 473-1743
 TEMPORARILY CLOSED

KOA LOUNGE

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

10th PUKA LOUNGE

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

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582
 Open Swim (summer months):
 Mon–Fri. 1300–1700
 Sat, Sun, Holidays 1200–1700

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 TEMPORARILY CLOSED

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

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

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

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

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

Towers Pool (Makalapa) • 471-9723

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

ARTS & CRAFTS CENTER

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

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

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

Sales Store
 Mon, Sun Closed
 Tue–Thu. 1000–1800
 Fri, Sat. 0900–1700

Wood Hobby Shop • 448-9911

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

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813
 Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue–Fri. 0700–1700
 Sat. 0900–1700

Hickam Car Wash • 449-2554
 Daily. 0800–2000

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

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

Towing Service • 449-2554

BOWLING CENTERS

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

Naval Station Bldg. 1736 • 473-2574

Mon 1100–1330, 1700–2100
 Tue–Thu. 1100–1300, 1700–2100
 Fri. 1100–1300, 1700–2230
 Sat. 0900–2230
 Sun. 1100–1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651

Fri. 1900–2200

CHILD DEVELOPMENT CENTERS

Center Drive CDC • 471-1978
 Ford Island CDC • 472-0262
 Hickam/Harbor CDC • 448-0183
 Hickam/Main CDC • 449-9880
 Hickam/West CDC • 449-5230

Kids Cove • 421-0989
 Naval Station CDC • 473-2669
 Peltier CDC • 471-9336
 Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

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

FITNESS & SPORTS CENTERS

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

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

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

Naval Station Gym Bldg. 667 • 473-2436
 Mon, Wed, Fri 0500–1730

Tue, Thu. 0500–1500
 Sat, Sun, Holidays Closed

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

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

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

GOLF COURSES

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

GOLF COURSES CONTINUED

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

HOUSING

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

INFORMATION, TICKETS & TRAVEL

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

INTRAMURAL SPORTS OFFICE

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

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

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

LIBRARY

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

MARINAS

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

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999	
Mon–Fri	0800–1500 / Closed daily from 1100–1200
Sat, Sun	Closed
Pearl Harbor, 4827 Bougainville Dr. • 474-1999	
Mon–Thu	0700–1630
Fri	0700–1600
Sat, Sun	Closed
Wahiawa Annex, Bldg. 392 • 474-1999	
Mon, Fri–Sun	Closed
Tue–Thu	0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

NAVY GATEWAY INNS & SUITES

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

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

OUTDOOR RECREATION

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

RENTALS

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

YOUTH PROGRAMS

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

WOUNDED WARRIOR

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

Automotive Worker
 Custodial Worker
 Custodial Worker (Housekeeping)
 Laundry Worker

How to Apply:

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

CNRH FFR

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

or email to: nafhr@greatlifehawaii.com

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

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

ABANDONED VEHICLE SALE



Saturday, December 2
8 a.m.-2 p.m.

Abandoned Car Lot (On Pearl Harbor, South Ave.)
This sale is open to Military DoD Cardholders only.
For more information and to see a list of available
vehicles go to www.greatlifehawaii.com



Questions? Call 471-9072



ITT HONOLULU CITY LIGHTS *Trolley*

DECEMBER 10-23, 2017

TWO TIMES:

6-8pm **\$15**

8:30-10:30pm **\$10**

Children under 4 are FREE but must remain on lap.
No large strollers or carriers (umbrella type OK).

2-HOUR PRIVATE CHARTERS AVAILABLE:

6-8pm **\$425** | 8:30-10:30pm **\$300**

GENERAL SCHEDULE *(subject to change without notice):*

6PM/8:30PM	DEPART HICKAM ITT PARKING LOT Trolley ride around Honolulu Hale block to view displays Disembark trolley at Honolulu Hale
6:30PM/9PM	ONE HOUR AT HONOLULU HALE
7:30PM/10PM	BOARD TROLLEY final ride around block to view city lights
8PM/10:30PM	RETURN TO HICKAM ITT

FOR RESERVATION CALL:

HICKAM	808-448-2295
FLEET STORE	808-473-0792
NEX MALL	808-422-2757
BARBERS POINT	808-682-2019
WAHIAWA	808-564-4445



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