

# GREAT *Life* HAWAII

www.greatlifehawaii.com | January 2018

Get  
**HEALTHY**  
for *Life*

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Coming  
Jan. 12

**Olympian  
Gabby  
Douglas**

Presented by USO  
More details coming soon!



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





# **WATCH** **THE BIG GAME**

at Club Pearl Brews & Cues (Bldg 1557)

**SUNDAY, FEB 4**

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FOR MORE INFO CALL 473-1743 OR GO TO [GREATLIFEHAWAII.COM](http://GREATLIFEHAWAII.COM)





# JANUARY

GREATLIFEHAWAII | 2018

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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](http://www.greatlifehawaii.com).



Sign up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

### GREAT LIFE HAWAII: JANUARY 2018

Marketing Director ..... Jared Nakayama  
Art Director ..... Theresa Valadez  
Editor/Publicity Lead ..... Reid Tokeshi  
Staff Writers ..... Justin Hirai  
Mikilyn Lau  
Veronika McKenney

Graphic Designers ..... Glenn Coloma  
Nick Dubovsky  
Reid Kagemoto

Marketing Assistant ..... Teddi Gouveia

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**On the cover:** Coach Tina leading the Warrior Zone Circuit class.

**At right:** A patron working out on the new rig.

## Get HEALTHY for *Life*

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## 4 | beyond the gates

Read all about marine life in Hawaii and how ITT can help you see all Hawaii has to offer.

## 12 | MWR Spotlight

Take a bike ride through the Kawainui Marsh



## Marine Life in Hawaii

By Miki Lau

Hawaii is home to an abundance of marine life. The Hawaiian Islands welcome the largest seasonal population of North Pacific Humpback Whales in the world! After feeding in northern waters during the summer, humpback whales make the 3,000 mile journey to the Hawaiian Islands to mate, calve and nurse their young. January to March is prime time to see the migratory humpback whales.

Another marine mammal you might see from the shore is the Hawaiian Monk Seal. They are known to be spotted sun bathing on the beach. These seals are endemic to Hawaii and protected under the endangered species act. You should not approach a seal if you see one, although many surfers have been startled by a curious monk seal surfacing next to them.

Just like the monk seal, you will often spot playful spinner dolphins frolicking in the surf. Like their name suggests, you may catch them leaping out of the water and spinning in mid-air. They usually travel in herds, so if you spot one, be on the look-out for its friends!

The most common sea turtle in the Hawaiian Islands is the Green Sea Turtle. They can be seen grazing on marine plants in shallow waters. Adults can grow up to 200lbs or more. Sea turtles are culturally significant to the Hawaiian people as aumakua or family guardians.

What else can you see in Hawaii's waters? Fish! Lots and lots of them. Hawaii's coral reefs are home to more than 700 species of fish, 25 percent of which are endemic to Hawaii. Whether you opt to snorkel, dive, boat or catch a submarine, you'll see surgeons, tangs, angelfish, puffers, sea bass and moray eels. Don't forget to look for the state fish: the humuhumunukunukuapuaa (or the Picasso Triggerfish).

**Not sure how to see all of the marine life Hawaii has to offer?  
ITT offers:**

- Submarine tours**
- Dolphin Tours**
- Snorkel Tours**
- Scuba**
- Dolphin Swims and Reef Encounters at Sea Life Park**

For more information call: 473-0792 (Fleet Store) or 448-2295 (Hickam)

**MWR's Outdoor Adventure Center offers:**

- Snorkel Gear for rent**
- Hiking Tours (Makapuu Lighthouse and Kaena Point are great hikes to see whales breaching)**

For more information call 472-1198 

Source: [hawaiihumpbackwhale.noaa.gov](http://hawaiihumpbackwhale.noaa.gov)



# WHALE WATCHING

## Ko' Olina, West Oahu 2018



**\$45 / Adults**

**\$35 / Kids**

(0-7 years old)

### Tour Dates

Jan 28

Feb 4, 11, 18, 25

Mar 4, 11, 18, 25

Apr 1

### Itinerary (Times are approximate)

12:00 pm Depart Hickam ITT

1:00 pm Boarding at Ko'olina Marina

3:00 pm End cruise

3:45 pm Return to Hickam AFB



for more info visit  
[www.greatlifehawaii.com](http://www.greatlifehawaii.com)

**Call or visit any of our ITT locations to reserve your spot!**

Hickam: (808) 448-2295

Fleet Store: (808) 473-0792

Wahiawa Annex: (808) 564-4449

NEX Mall: (808) 422-2757

Barbers Point: (808) 682-2019

RTV: (808) 630-3080

Tour subject to change without notice. Tour includes R/T shuttle from Hickam ITT.







# Get healthy for life, not just for the new year

By Veronika McKenney

2018 has arrived with all the new year's resolutions. You have probably heard and possibly made some of the most common decisions - eat better, exercise more, stop smoking, spend less and save more. January is the month when you can barely move in your gym, healthy cooking books fly off the shelves and nicotine patches are bought in buckets. Come February, gyms are no longer swarming, the books are collecting dust and nicotine patches are buried in your junk drawer. The stark reality is that only about 8% of people reach their new year's goals. Ambitious, unreasonable, radical plans are often to blame. Let's be realistic, one cannot become a marathon runner in a month (although never say "never").

So how can you break the mold and join the successful 8%? Create smaller, achievable goals, make yourself accountable and think bigger – changes for life, not just for the new year. And of course, have fun. If the changes make you miserable, you are more likely to quit. So, keep your coffee in the morning, just swap your creamer to a sugar-free one. Your body as well as your family and friends will thank you (for different reasons, of course).


Getting healthy, which many people interpret as "exercise more and eat better," tops the resolution list every year. Nutrition, exercise and positive mind are essential building blocks for great wellbeing – after all, the beauty comes from within. With that in mind, JBPHH fitness staff designed several new programs for 2018. They accommodate everybody – early birds, night owls, those who like to work out alone, in a group; on land or in the water. With the recently opened after-hours access at Hickam Memorial Fitness Center, it is possible to work out 24 hours a day, 7 days a week (although we would not recommend such extreme).

If you have recently stopped by JBPHH Fitness Center, you may have already seen their latest equipment addition. The rather impressive rig is perfect for weight and functional training. Every Friday you can join the Warrior Zone Circuit Class to learn about the different exercises, the proper form or just for an exhilarating workout.

The team at Hickam Fitness Center worked hard on creating a new, unique program, focusing on wellness rather than a specific fitness element.

The comprehensive, personalized nutrition and fitness course can be easily summarized in four simple words – "healthy in and out." The Fit to Fight program starts in February, just in time to help you beat the dreaded "one month hump."

If you love to swim, the Aquatics department developed a challenge just for you. To complete the Swim Challenge Series you must finish 89.5 miles / 142.5 km. The Series incorporate the already established North Channel and the English Channel swims, as well as three new challenges, inspired by the islands of Hawaii, naturally – Au'au Channel, Kaiwi Channel and Pailolo Channel.

Do not despair if you are not a gym bunny or a strong swimmer! Rent a bike, learn to surf or go for a hike. The Hawaiian climate is ideal for all year-round activities. Step out of your comfort zone, sweat it out and make 2018 the year of wellness! 



# Get HEALTHY for *Life*

Warrior Zone Circuit Class  
Every Friday 11:30am  
JBPHH Fitness Center

Aquatics Swim Challenge Series  
Registration opens in February

Fit to Fight  
Hickam Fitness Center  
Registration opens in January

24/7 Fitness Access  
Available now  
Hickam Memorial Fitness Center

For a list of outdoor activities please see page 13-15



# HICKAM ARTS AND CRAFTS CENTER



## JAN | FEB | MAR

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 • Mar 1 – Apr 5**

Fridays, 9–11:30 a.m.

**Jan 5 – Feb 9 • Mar 2 – Apr 6**

Saturdays, 9–11:30 a.m.

**Jan 6 – Feb 10 • Mar 3 – Apr 7**

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:

Thursdays, 6–8:30 p.m.

**Mar 8–29**

Saturdays, 9–11:30 a.m.

**Feb 3–24 • Mar 3–31** (No class-Mar 10)

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.

**Jan 2–23 • Feb 6–27 • Mar 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.: **Jan 2–23 • Feb 6–27 • Mar 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 • Mar 1–29**

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.

#### PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

**Mar 1–29**

Ages 12 and older

\$65 per person (plus supplies)

Capture the essence and beauty of living things in paint. Realistic painting skills and techniques are emphasized

(continued on next page)



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

## Framing

### BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

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.

**Jan 11–18 • Feb 8–15 • Mar 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.

**Jan 10–24 • Feb 7–21 • Mar 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.

Thursday, 5:30–7:30 p.m.: **Jan 4, 25 • Feb 1, 22 • Mar 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 • Mar 6–27**

Wednesdays, 10 a.m.–Noon:

**Jan 10–31 • Feb 7–28 • Mar 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 • Mar 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)

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

### 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 • Mar 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

**Jan 20–Feb 10 | Kaleidoscope Quilt**

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

**Mar 24–Apr 14 | Log 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.

**Jan 20–Feb 10 | Shoes Bag**

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

**Mar 24–Apr 14 | Bring Your Own Project**

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 • Mar 8–29**  
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

### CALLING ALL CRAFTERS: JBPH-HICKAM 43RD ANNUAL SPRING CRAFT FAIR

**Saturday May 5**  
**9 a.m.–3 p.m.**  
Registration starts February 2 at 9 a.m.  
in the Ceramics Shop.

**\$75 for 15x15 space**  
**\$105 for two to share a space**  
All items sold at our craft fairs must be handmade by you. Please bring items or photos of items for screening at time of registration. Location of the Craft Fair: Arts and Crafts Center (outside grass area, under trees) 335 Kuntz Ave, Hickam (across from the theater) For additional information, call 448-9907 or e-mail [tori.smith@navy.mil](mailto:tori.smith@navy.mil) or [donna.sommer@navy.mil](mailto:donna.sommer@navy.mil)

### SPRING OPEN HOUSE

**Saturday, Mar 10**  
**11 a.m.–2 p.m.**  
**Arts & Crafts Center**  
In observance of National Craft Month. Fun for the whole family! Featuring FREE Make-n-Takes, Demos, Door Prizes, and Specials, FREE hot dogs and soda!

### SPRING CRAFT CAMP

**Tuesday Mar 20–Friday Mar 23**  
**10 a.m.–12 p.m.**  
**Ages 7 and up**  
**\$60**

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

### 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.



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](http://www.greatlifehawaii.com).





# Calling All Crafters!

**Vendor registration for the 43rd ANNUAL  
SPRING CRAFT FAIR will open on Friday,  
February 2 at 9 a.m. in the Ceramics Shop.**

**Craft Fair will be held on Saturday, May 5 from 9 AM - 3 PM  
\$75 for a 15x15' space or \$105 for two to share a space**

**All items sold at the Craft Fair must be handmade by you.  
Please bring items or photos of items for screening at time of registration.  
For more info call 448-9907 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).**

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





# RIDE THROUGH KAWAINUI MARSH

By Justin Hirai

REID KAGEMOTO

During my free time, I usually like to do outdoor activities and recently I had been brainstorming ideas for a new one that could provide a good workout. I don't remember why riding a bike popped into my head, but as I began reminiscing about racing around the block and going on adventures through dirt trails as a kid, my excitement grew. My last time riding a bike was...? An unanswerable question that pushed me to want to get back on two wheels even more.

The first thing to decide was where to ride. I wanted to go somewhere with a scenic view, but not too difficult in skill level since I hadn't ridden in years. After a quick search on the internet I found the Kawainui Marsh Trail. The marsh is located in Kailua and is a protected wetland for a variety of indigenous and introduced waterbirds. There's a path going through it that begins at a park on Kaha Street and ends next to Kailua Road.

Next, we needed to get bicycles and helmets. Buying one was too much of an investment for something I wasn't sure I'd be doing often, so we decided to rent them from the Outdoor Adventure Center on Pearl Harbor. They have a few different styles of high quality bikes to choose from. We chose their hybrid bike, which is a cross between a mountain bike and road bike since the path on the trail was said to be paved and gravel.

We decided to go in the morning, on a weekday in hopes it would not be crowded. We arrived a little before 8 a.m. and the parking lot wasn't crowded. There's a good amount of parking stalls in the lot and it's easy to find.

The beginning of the trail is all gravel and there's an area of wetland that forms a small pond like area. I recommend taking a look there before you start the trail. We spotted an A'e'o and 'Alae 'Ula, which are two of the native endangered birds that nest in the marsh. There were also a good number of ducks.

We started our ride on the gravel portion of the trail since walkers and runners were using the paved section. Eventually space opened up and we could ride mostly on the paved area. The trail runs alongside a rock wall through the marsh and is relatively flat, which makes it easy to pick up speed. We arrived at the end of the trail in about ten minutes and decided to slow down the pace on the return trip so we could enjoy the scenery. Pretty

much anywhere along the trail you have an amazing view of the green marsh land and beautiful mountain range behind it.

The trail is a little less than three miles roundtrip, which makes it an easy bike ride, so to create more of a workout we did it twice. It was hotter on our second trip and there is zero shade on the trail, so I would recommend planning to go in the early morning or late afternoon. You could also extend your ride to the roads if you're comfortable.

This is a great place to get outdoors and enjoy beautiful scenery, while getting a little workout in. I would recommend this to people who aren't as comfortable on difficult trails, but want to experience outdoor activities. Families with younger children may also consider this trail, since strollers can easily be pushed on the paved path and it isn't difficult. The park/trail is open from 7am - 7pm and is dog friendly. The next time you're looking for a fun outdoor activity, consider the Kawainui Marsh Trail. Whether it's biking, running or walking I'm sure you'll enjoy the beautiful scenery.

If you don't own a bike you can always rent one from the MWR Outdoor Adventure Center on Pearl Harbor. Give them a call at 473-1198 if you have any questions or you can find their rental price list on our Great Life Hawaii website. [MWR](#)



Above: 'Auku'u (Black-Crowned Night Heron).

Below: Overflow stream along the marsh.







# JAN • FEB OUTDOOR RECREATION

## SURFING

### LEARN TO SURF AT HICKAM HARBOR

- Jan 21 Sign up by Jan 19
  - Feb 25 Sign up by Feb 22
- Begins: 9 am | Ends: 12 pm  
Cost: \$30

Join the experienced Hickam Beach staff for an all-inclusive group surf lesson! They will provide everything you need to have a good experience learning to shred some water in the surf capitol of the world. You'll get familiarized with the gear, etiquette, techniques and methods of how to surf. The class begins on land and transitions to the water (near shore). Once you're comfortable and ready the surf taxi will take you out to the waves for an awesome surf session. You will be sure to make memories that will last a lifetime. Participants must be proficient at swimming and can do so without a lifejacket.

## STAND-UP PADDLEBOARDING

### LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Jan 14 Sign up by Jan 12
  - Jan 27 Sign up by Jan 25
  - Feb 4 Sign up by Feb 2
  - Feb 17 Sign up by Feb 15
- Begins: 9:15 am | Ends: 10:15 am  
Begins: 10:30 am | Ends: 11:30 am  
Cost: \$25

Here's the perfect way to get your feet wet and discover stand up paddle boarding. This introductory class gives you the ability to learn the basics in a stress-free environment. Paddle boarding provides a good workout, while you enjoy the ocean. Come join the group and experience something new!

### STAND UP PADDLE IN KAHANA VALLEY

- Feb 3 Sign up by Feb 1
- Begins: 8 am | Ends: 1 pm  
Cost: \$30

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

### STAND UP PADDLE 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

- Jan 2 Sign up by Dec 30
  - Feb 1 Sign up by Jan 30
- Begins: 6:00 pm | Ends: 8:00 pm  
Begins: 6:30 pm | Ends: 8:30 pm  
Cost: \$25 (Kayak included)

What better way to melt the day to day stress away than by joining us for an evening paddle? Enjoy the company of the group as our guides lead the way across the calm,

(continued on next page)

## SIGN UP INFORMATION

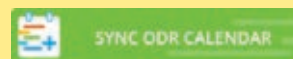
To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for December activities is currently open. Registration for January activities begins **December 1**.

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



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](http://www.greatlifehawaii.com).



(continued from previous page)

moon lit water. All the required gear is provided and all paddling abilities are welcome. Water and dry change of clothes are recommended.

### KAYAKING AT CHINA MAN'S HAT

- Jan 6 Sign up by Jan 2
- Jan 27 Sign up by Jan 24
- Feb 17 Sign up by Feb 15

Begins: 8 am | Ends: 1 pm

Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then explore the island, enjoy swimming or tide pool viewing

## 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](http://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](http://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

and possibly catch a wave or two. If the weather is nice we can take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty. You're encouraged to bring lunch or snacks and plenty of water.

### FISHING

#### BOTTOM FISHING AT HICKAM HARBOR

- Jan 13 (8:30–11:30 am) Register online by Jan 11
- Jan 28 (2:30–5:30 pm) Register online by Jan 26
- Feb 3 (2:30–5:30 pm) Register online by Feb 1
- Feb 18 (2:30–5:30 pm) Register online by Feb 15

Cost: \$30

Registration available online only

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

#### LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 a.m.–12 p.m.

- Jan 6, 7 Register online by Jan 3
- Feb 10, 11 Register online by Feb 8

Cost: \$60

Registration available online only

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

#### SPEARFISHING EXCURSION

- Jan 20 Sign up by Jan 18
- Feb 24 Sign up by Feb 22

Begins: 9 am | Ends: 12 pm

Cost: \$20

ALL INFORMATION SUBJECT TO CHANGE

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

- Jan 3 Sign up by: Dec 30
- Jan 13 Sign up by: Jan 10
- Feb 10 Sign up by: Feb 8

Begins: 8 am | Ends: 1 pm

Cost: \$25 w/ bike, \$20 without

Experience the 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.

### HIKING

#### HIKE KEALIA/SWIM MOKULEIA

- 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

- Jan 17 Sign up by: Jan 15
- Feb 24 Sign up by: Feb 22

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).



Foster Point Gazebo



# MARINAS CLASSES & ACTIVITIES

## SAILING

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

### START SAILING RIGHT HH

- Tue | Jan 2 | 6-8pm  
Sat | Jan 6, 13, 20, 27 | 9am-1pm or 1pm-4pm
- Tue | Jan 30 | 6-8pm  
Sat | Feb 3, 10, 17, 24 | 9am-1pm or 1pm-4pm  
Cost: \$75 per person/per month  
Ages 18 & up

### START SAILING RIGHT RB

- Sat | Jan 6, 13 | 1pm-5pm  
Sun | Jan 7, 14 | 1pm-5pm  
Sat/Sun | Feb 3 & 4 • Feb 10 & 11 | 1pm-5pm  
Cost: \$75 per person  
Ages 18 & up

### LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Jan 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 | 9:30-11:30am
- Mon/Wed | Feb 5, 7, 12, 14, 19, 21, 26, 28 | 9:30-11:30am  
Cost: \$75 per person/per month  
Ages 18 & up

### YOUTH BEGINNERS SAILING RB

- Mon/Wed | Jan 1, 3, 8, 10, 15, 17, 22, 24, 29, 31  
12-2pm or 3:30-5:30am
- Mon/Wed | Feb 5, 7, 12, 14, 19, 21, 26, 28  
12-2pm or 3:30-5:30pm  
Cost: \$50 per person/per month  
Ages 10 – 17 years

### YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30 | 3:30-5:30pm
- Tues/Thurs | Feb 1, 6, 8, 13, 15, 20, 22, 27 | 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 | Feb 1, 6, 8, 13, 15, 20, 22, 27  
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 | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30 | 3:30-5:30pm
- Tues/Thurs | Feb 1, 6, 8, 13, 15, 20, 22, 27 | 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 | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31 | 3:30-5:30pm
- Weds/Fri | Feb 2, 7, 9, 14, 16, 21, 23, 28 | 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 | Jan 4, 11, 18, 25 | 9:30am-12pm
- Fri | Feb 2, 9, 16, 23 | 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. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 8

### 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

### RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

### OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- \*Fri | Jan 12, 26 • Feb 9, 23 | 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 | Feb 16 | 8:30-9:30am
- \*Sat | Feb 17 | 8:30-9:30am  
Cost: \$10 per session  
Ages 16 & up  
\*Must pre-register at HH Marina by Wed before  
Paddleboard is included for each class. No experience in stand up paddle boarding or yoga is necessary; however, you should feel comfortable in the water and have the ability to swim. You will not be able to stand in the water if you fall off your board. The boards are attached to an anchoring system, so you will not drift away while performing yoga. Customers are asked to arrive 10 - 15 minutes early to get boards on the water so it won't delay their class time.

## 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](http://www.greatlifehawaii.com)**



# Liberty Calendar

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



## JAN 2018

For a mobile friendly site please visit [www.facebook.com/LibertyHawaii](http://www.facebook.com/LibertyHawaii) and click on the top, pinned post.

Register now online at [www.greatlifeahawaii.com](http://www.greatlifeahawaii.com). Go to Recreation, then Liberty and click on the Event Calendar tab.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>FIFA 18 Tournament</b> FREE Beeman 1800 <b>WIN PRIZES!!!</b>	<b>2</b> <b>Straight No Chaser</b> \$20 Express 1745 Beeman 1830 Instant 1845 Makai 1900  <b>Ping Pong 101</b> FREE Beeman 1700-2000	<b>3</b> <b>Night Fishing</b> FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630	<b>4</b> <b>Texas Hold 'em Tournament</b> FREE Beeman 1800 <b>WIN PRIZES!!!</b>	<b>5</b> <b>Poke Bowls For Lunch</b> FREE Beeman 1100-1300  <b>Movies with Liberty @ Dole Cannery</b> \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	<b>6</b> <b>Whale Watching Hike Makapuu Point &amp; Swim [INTER]</b> FREE Express 0915 Beeman 1000 Instant 1015 Makai 1030  <b>Sea Life Park Dolphin Swim Adventure</b> \$70 Express 1115 Beeman 1200 Instant 1215 Makai 1230
<b>7</b> <b>Bayview Mini Golf &amp; Zipline</b> \$10 Express 0900 Beeman 1000 Instant 1015 Makai 1030  <b>Snorkeling Hanauma Bay</b> FREE Express 1000 Beeman 1045 Instant 1100 Makai 1115	<b>8</b> <b>Super Smash Bros. N64 Tournament</b> FREE Beeman 1900 <b>WIN PRIZES!!!</b>	<b>9</b> <b>Pau Hana Surf Session</b> FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	<b>10</b> <b>Driving Range @ Navy Marine Golf Course</b> FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745	<b>11</b> <b>Ten &amp; Grind @ Mud Hen Water</b> \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	<b>12</b> <b>Manapua For Lunch</b> FREE Beeman 1100-1300  <b>Cosmic Bowling &amp; Pizza</b> FREE Express 1800 Beeman 1900 Instant 1845 Makai 1830	<b>13</b> <b>Overnight Hike/Camp</b> \$5 Express 1100 Beeman 1200 Instant 1215 Makai 1230  <b>Polynesian Cultural Center Luau</b> \$45 Express 1430 Beeman 1330 Instant 1345 Makai 1400
<b>14</b> <b>Return From Camp</b> 1500  <b>North Shore Catamaran Charters Sunset Sail</b> \$25 Express 1530 Beeman 1430 Instant 1445 Makai 1500	<b>15</b> <b>Tekken 7 Tournament</b> FREE Beeman 1800 <b>WIN PRIZES!!!</b>	<b>16</b> <b>DIY: Tie Dye</b> FREE Beeman 1800-2000  <b>Ping Pong 101</b> FREE Beeman 1700-2000	<b>17</b> <b>North Shore Star Gazing</b> FREE Express 2000 Beeman 1900 Instant 1915 Makai 1930	<b>18</b> <b>Barracks Bash @ Gabrunas Hall</b> FREE 1700-1900	<b>19</b> <b>Kalua Pig &amp; Cabbage For Lunch</b> FREE Beeman 1100-1300  <b>Movies with Liberty @ Dole Cannery</b> \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	<b>20</b> <b>Stand-Up Paddleboarding Haleiwa River</b> FREE Express 0915 Beeman 1000 Instant 1015 Makai 1030  <b>UH Men's Basketball vs. UC Davis</b> \$5 Express 1715 Beeman 1800 Instant 1815 Makai 1830
<b>21</b> <b>Surf &amp; BBQ</b> \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900  <b>Kualoa Ranch VIP Movie Premiere Tour</b> \$45 Express 1015 Beeman 1100 Instant 1115 Makai 1130	<b>22</b> <b>9 Ball Pool Tournament</b> FREE Beeman 1800 <b>WIN PRIZES!!!</b>	<b>23</b> <b>Indoor Rock Climbing</b> \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	<b>24</b> <b>Learn to Cook with Liberty</b> FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	<b>25</b> <b>Ten &amp; Grind @ GEN Korean BBQ House</b> \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	<b>26</b> <b>Acai Bowls For Lunch</b> FREE Beeman 1100-1300  <b>Atlantis Majestic Fireworks Dinner Cruise</b> \$45 Express 1500 Beeman 1600 Instant 1615 Makai 1630	<b>27</b> <b>Hawaii Symphony Orchestra: Bernstein's 100th Birthday</b> \$15 Express 1800 Beeman 1830 Instant 1845 Makai 1900  <b>SCUBA @ Hawaii Kai (Intro/2 Tank Dive)</b> \$45 Express 1100 Beeman 1145 Instant 1200 Makai 1215
<b>28</b> <b>Kualoa Secret Island</b> \$10 Express 0900 Beeman 0930 Instant 0945 Makai 1000  <b>Hike Kalauao [ADV]</b> FREE Express 0900 Beeman 1000 Instant 1015 Makai 1030	<b>29</b> <b>Pau Hana Surf Session</b> FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	<b>30</b> <b>Ping Pong Tournament</b> FREE Beeman 1800 <b>WIN PRIZES!!!</b>	<b>31</b> <b>Blue Moon Hike Lanikai Pillboxes</b> FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715	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.  <b>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</b>  Beeman Center (Pearl Harbor Sub Base) 473-2583 Instant Liberty (Club Pearl Complex) CLOSED during construction Liberty Express (Wahiawa Annex) 653-0220		
<b>DESIGNATION FOR HIKES:</b> BEG = Beginner INTER = Intermediate ADV = Advanced						



## 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).

#### Red & White Ladies' Nite

**Saturday, Jan 13**

**5:30 p.m.–Midnight**

**FREE**

**Ages 18 years & older**

Put on your best dress for a night of fun, great music and drink specials.

#### Chill & Grill

**Friday, Jan 26**

**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.

#### Live DJ and Trivia Contest

**Every Friday & Saturday Night**

**FREE**

**Ages 18 years & older**

Dance the night away with DJ Services or test your knowledge with a trivia contest with give-a-ways.

### JOINT BASE CATERING

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

#### Sunday Brunch

**Jan 7, 14, 21, 28**

**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.

#### Paint 'n' Sip

**Wednesdays, Jan 3, 10, 17, 24**

**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, Jan 4, 11, 18, 25**

**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, Jan 5**

**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

#### Aloha Friday Buffet

**Friday, Jan 5, 12, 19, 26**

**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.

## 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





## **2018** **AQUATICS SWIM CHALLENGE SERIES**

All Available  
JBPHH Pools

# FREE

**Prove yourself in  
2018 with our NEW  
Aquatics Series!**

**Complete 5 different  
challenges, including  
3 NEW Hawaiian  
courses, for a chance  
to win prizes.**

### **Challenges:**

**March: North Channel**  
Ireland to Scotland  
22 mi/35 km

**May: Pailolo Channel**  
Maui to Moloka'i  
9 mi/14.5 km

**June: Au'au Channel**  
Lana'i to Maui  
9.5 mi/15 km

**September: The English Channel**  
England to France  
21 mi/33 km

**November: Kaiwi Channel**  
Molokai to Oahu  
28 mi/45 km

For more information,  
call **473-0394**

or visit  
[greatlifehawaii.com](http://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

Strong Training	Wed	6 a.m.–7 a.m.	Pearl Harbor*
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Wed	6–7 a.m.	Hickam
Cardio Kickbox	Fri	8:30–9:30 a.m.	Hickam
Dance Fitness	Thu	4:30–5:30 p.m.	Pearl Harbor*

## cycle & spin

Cycle Fit	Mon, Wed Mon, Wed Wed Mon, Wed, Fri Tue, Thu Tue, Thu, Sat	11:30 a.m.–12:30 p.m. 11:30 a.m. 7–8 a.m. 5:30–6:30 a.m. 6–7 a.m. 9–10 a.m.	Pearl Harbor* Wahiawa Pearl Harbor Hickam* Pearl Harbor* Pearl Harbor
Interval Spin	Wed	11:30 a.m.–12:30 p.m.	Hickam
Spin Challenge	Tue Fri	5:15–6:15 p.m. 11:30 a.m.–12:30 p.m.	Hickam 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	Wed Sat	9–9:45 a.m. 8–8:45 p.m.	Pearl Harbor Pearl Harbor

## karate

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

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

## kickboxing

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

## navy operational fitness & fueling system

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

PIYo™ Strength	Tue Wed	4:30–5:30 p.m. 8:30–9:30 a.m.	Pearl Harbor Pearl Harbor
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## 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 Sat	9:45–10:45 a.m. 10:30–11:30 a.m.	Pearl Harbor Pearl Harbor
Body Blast	Thu	5:15–6:15 p.m.	Hickam

## weight and functional training

Warrior Zone Circuit Class	Fri	11:30 a.m.–12:30 p.m.	Pearl Harbor
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## wild card

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

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

Zumba	Mon Mon, Tue, Thu Mon, Wed Mon, Thu Tue, Wed Wed, Fri Fri Sat	8:30–9:30 a.m. 8:30–9:30 a.m. 6:30–7:30 p.m. 5:45–6:45 p.m. 4:30–5:30 p.m. 9:45–10:45 a.m. 5:15–6:15 a.m. 9:15–10:15 a.m.	Hickam Pearl Harbor Hickam Pearl Harbor Pearl Harbor Pearl Harbor Hickam Pearl Harbor
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Strong by Zumba	Tue, Thu, Sat Fri	10–11 a.m. 5:45–6:45 p.m.	Hickam Pearl Harbor
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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](mailto:mark.mcfarland@navy.mil)



## Annual New Year's Swim

Jan 1 – 8

### Scott Pool / Pool 2 / Towers Pool

Start 2018 right by completing our annual New Year's swim. Swim 2000 yards in 8 days. The first 50 swimmers to complete the challenge will receive a commemorative towel. Please call 473-0394 for more information.

## BOWLING

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

## 30/30 Promotion

Jan 2–Feb 28

### Hickam Bowling Center

### Naval Station Bowling Center

Purchase a 30/30 Bowling Game Card for \$30.00 that's \$1.00 per game. A great value and BIG savings.

## Single Sailors and Airmen Bowling Night

Friday, Jan 12

### 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, Jan 2, 9, 16, 23, 30

11 a.m.–1:30 p.m. Hickam Bowling Center

11 a.m.–1:30 p.m. Naval Station Bowling Center

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

## Military Bowl Free

Monday, Jan 8, 22, 29

11 a.m.–1:30 p.m. Hickam Bowling Center

Thursday, Dec 7, 14, 21, 28

11 a.m.–1:30 p.m. Naval Station Bowling Center

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

## 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, Jan 5, 12, 19, 26

11:30 a.m.– 12:30 p.m.

### JBPHH Fitness Center

FREE to all Active Duty

1 GE class coupon for all eligible patrons

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

## Fitness Challenge 2018

Saturday, Jan 20

9–11 a.m.

### JBPHH Fitness Center

FREE to all eligible patrons.

Let's burn the holiday pounds and jump start the new year with a fun-filled workout. Sample our variety of group exercise class formats, including kickboxing, Zumba, yoga and more. For more information, please call 471-2019.

## GOLF

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

## \$2 Tuesdays

Tuesday, Jan 2, 9, 16, 28, 30

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, Jan 10

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

Thursday, Jan 11, 25

9:30 a.m. Barbers Point Golf Course

Saturday, Jan 13, 27

2 p.m. Mamala Bay Golf Course

Thursday, Jan 18

Noon Navy Marine Golf Course

Saturday, Jan 20

9:30 a.m. Barbers Point 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 Golf Course

\$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.

## INTRAMURALS

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

## Intramural Basketball & 30 and Over League

Jan 23 – Mar 2018

FREE

League limited to commands from Joint Base Pearl Harbor-Hickam. Any additional active duty members not belonging to a command team will

come from a players' pool. All individual players who are interested in getting into the players' pool, please call. Coaches' meeting will be at 1 p.m. on Wednesday, January 10 at JBPHH Fitness Center.

## YOUTH SPORTS

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

## Sandlot Baseball

Jan 12–Mar 18

Every Friday from 4:30– 6 p.m.

### Vandenberg Field #3

Ages: 10 - 18 yrs. old

FREE

\*Must bring own equipment (helmet, bat and glove)

For information call 473-0789

## Spring Sports Registration

Season: Mar 26– May 26

Registration Period: Jan 3–Feb 2

\$50 per child, per sport

Registration will be available online via CYP Online Services. For more information, visit Youth Sports page on [greatlifehawaii.com](http://greatlifehawaii.com) or call 473-0789.

## Spring Volleyball 2018

Bloch Arena

Ages: 7-16 yrs. old

## Spring Track & Field 2018

Earhart Field

Ages: 7-18 yrs. old

## Spring Flag Football 2018

Quick Field

Ages: 5-16 yrs. old

## Spring Cheerleading 2018

Ages: 5-16 yrs. old (Must be 5 by first practice)

## itt

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

## Ford Island Historical Tour

Wednesdays, Jan 3, 10, 17, 24

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, Jan 5, 12, 19, 26

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.

### Chinese New Year Celebration ~ Year of the Dog

Two tours to choose from!

Friday, Feb 9

Opening Night with Lion Dances & Dinner

5:30–9:00 p.m. (Check in at 5:15 p.m.)

\$40 for adults

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

Saturday, Feb 10

Dragon Parade & Dinner

2:00–7:30 p.m. (Check in at 1:45 p.m.)

\$40 for adults

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

Chinese New Year celebration in Hawaii is like no other! The multi-cultural flavor of downtown Honolulu along with the traditional Lion & Dragon dances make for an exciting and memorable time. Food booths, crafts and souvenirs line the streets enhancing the atmosphere for Hawaii's largest cultural event of the year! Don't miss this! Kids under 3 must ride on an adult's lap.

### ITT Shuttle to "Eat the Street"

Friday, Jan 26

6:30–9:30 p.m.

\$7/person round-trip

Free for children under 5 years old (must be on an adult's lap)

Enjoy Hawaii's largest food truck and street rally with over 40 unique vendors. Folding chairs recommended, but no large strollers or coolers.

### Whale Watching Sail

Jan 28

Feb 4, 11, 18, 25

Mar 4, 11, 18, 25

Apr 1

\$45 for adults

\$35 for children (ages 0–7 years old)

All aboard the Hololea at KoOlina Marina for a sail on the serene west coast of Oahu. Join us as we search for the gentle giants of the Pacific—the great humpbacks! Every winter, these whales migrate thousands of miles from Alaska to give birth and nurse their young in the warm Hawaiian waters. Bring sunscreen protection. Snacks and soft drinks allowed, barefoot boarding.

### "Local-Style" Wine Tasting

Wednesday, Jan 11

6:30–8:30 p.m.

Ages 21 years & over only

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

Sample up to 8 wines and hearty appetizers in a casual setting. No dress code, come as you are!

Surprise samples may be offered without notice. Limit 20 people

### 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.

### Chartered Transportation

14-passenger van, \$60/hour

30-passenger trolley, \$90/hour

37-passenger bus, \$90/hour

Book our Chevy van, open-air trolley or air-conditioned bus for your next special occasion or command function. All vehicles and drivers have military access.

## recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

### ARTS & CRAFTS

Hickam Bldg. 1889 ..... 448-9907

### Spring Open House

Saturday, Mar 10

11 a.m.–2 p.m.

In observance of National Craft Month. Fun for the whole family! Featuring FREE Make-n-Takes, Demos, Door Prizes, and Specials, FREE hot dogs and soda!

### Spring Craft Camp

Tuesday Mar 20–Friday Mar 23

10 a.m.–12 p.m.

Ages 7 and up

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

### LIBRARY

Hickam Bldg. 595 ..... 449-8299

Dial-A-Story ..... 449-8297

### Wii Wednesday

Wednesday, Jan 3

2–4 p.m.

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

### Young Adult Book Club

Wednesday, Jan 3

4 p.m.

Our Young Adult Club is geared towards Junior High and High School youth. This week we will discuss "A

Monster Calls." The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

### Library Know-How

Saturday, Jan 6

10 a.m.–12 p.m.

Learn how to get the most out of your library.

### Adult Book Club

Tuesday, Jan 9

10 a.m.

Thursday, Jan 11

6 p.m.

Broaden your literary horizon with us, as we select books from a wide variety of genres. This week we will discuss "Ready Player One."

### Preschool Story Time

Wednesday, Dec 10, 24

9–10 a.m.

Story times are great for children of all ages! Our theme is "Bear Bears Everywhere!" on Jan 10 and on "Buses and Trains" on Jan 24. Come on in and read with us.

### Kids' Book Club

Wednesday, Jan 10, 17

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 "Absolutely Almost" on Jan 10 and "The Westing Game" on Jan 17.

### Lego Club

Saturday, Jan 27

10 a.m.–12 p.m.

Come in and get creative with our Legos!

### SHARKEY THEATER

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

### Rolling in 2018 Happy New

Thursday, Jan 4, 11, 18, 25

7 p.m.

Every Thursday during the 7:00 p.m. movie Active Duty receive FREE (Small) Fountain Drink.

### Advanced Screening: PADDINGTON 2

Saturday, Jan 6

4 p.m.

FREE

Ticket booth and doors will open at 2:30 p.m. Active Duty may receive up to 4 tickets. Retired Military, Military family members and DoD card holders may receive up to 2 tickets.

### Advanced Screening: 12 STRONG

Saturday, Jan 13

7 p.m.

FREE

Ticket booth and doors will open at 5:30 p.m. Active Duty may receive up to 4 tickets. Retired Military, Military family members and DoD card holders may receive up to 2 tickets.





# \$2 TUESDAYS

## Mamala Bay Golf Course Driving Range

**Every Tuesday**  
*3.30 p.m. - 5.30 p.m.*

*Open to ages 6 years and up.*

*Come out and let our PGA certified golf instructors help you with your golf swing.*

*Advance sign ups encouraged, call*

**808-449-2304**

**\$2 / Two Buckets of Balls**

**\$2 / Hot Dogs**

**\$2 / Select Beers**

**\$1 / Bottled Water & Can Soda**

**FREE golf clubs to borrow.**







# Military & Family Support Center

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

INFORMATION SUBJECT TO CHANGE

## deployment support

### DEPLOYMENT RESOURCE FAIR

Jan 17 • 12:00–2:00 p.m. | Pearl Harbor

Open to all service members, families, Command Coordinators, Ombudsmen, Key Spouses and Command Support Teams to learn about the deployment process and the organizations that support it, discover community resources, and meet other deployment families.

## employment assistance

### ACING THE INTERVIEW

Jan 23 • 1:00–3:00 p.m. | Hickam

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

Jan 9 • 12:30–2:30 p.m. | Wahiawa

Jan 24 • 2:00–4:00 p.m. | Hickam

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

Jan 9 • 8:30–10:30 a.m. | Wahiawa

Jan 24 • 11:30–1:30 p.m. | Hickam

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

Jan 2 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

Jan 17 • 1:00–3:00 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

Jan 8 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

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

### HELPING YOUR KIDS COPE WITH DIVORCED PARENTS

Jan 25 • 5–8 p.m. | Hickam

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

### HIGH-TECH PARENTING

Jan 24 • 1:00–3:00 p.m. | Pearl Harbor

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

### NEW MOMS AND DADS

Jan 17 • 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

Jan 16 • 10:00 a.m.–12:00 p.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

Jan 2, 9, 16, 23, 30 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

### PARENTS: YOUR TEENS AND DATING

Jan 31 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

### POSITIVE PARENTING

Jan 30 • 1:00–3:00 p.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.



### **SINGLE PARENTS ON ACTIVE DUTY: FOCUS GROUP**

**Jan 25 • 11:30 a.m.–1:30 p.m. | Pearl Harbor**

Be a voice for your community! Connect with other single parents over lunch and discuss the unique needs of single parents on active duty. The Military and Family Support Center is interested in learning how to meet those needs and how we can better respond to and address any possible gaps in service. The insight gained will assist in the development of programs and resources that are designed specifically for single parents on active duty. **LUNCH IS PROVIDED!** Registration is required.

### **SOOTHING YOUR BABY AND LOVING TOUCH**

**Jan 25 • 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.

### **STOP BULLYING**

**Jan 24 • 10:00 a.m.–12:00 p.m. | Pearl Harbor**

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

### **THE DAY THE CRAYONS QUIT**

**Jan 31 • 1:00–3:00 p.m. | Pearl Harbor**

Bring your kids to MFSC for story time! This book focuses on the value of diversity and how differences make us each valuable and unique. Following the end of the reading, kids will participate in an empowering activity.

### **UNSTOPPABLE ME**

**Jan 18 • 1:00–3:00 p.m. | Pearl Harbor**

Bring your kids to MFSC for story time! This book focuses on the AMAZING people kids are, and how they persevere and shine! Following the end of the reading, kids will participate in an empowering activity.

## **information and referral**

### **AIR FORCE SPOUSE 101:**

**Jan 18 • 7:45 a.m.–2:00 p.m. | Hickam**

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

### **EFMP COFFEE TALK**

**Jan 11 • 9:00–10:00 a.m. | Pearl Harbor**

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

### **EFMP COMMAND POC TRAINING (POC'S ONLY)**

**Jan 18 • 9:00 a.m.–12:00 a.m. | Pearl Harbor**

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

## **ombudsman/fleet readiness group**

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

**Jan 23 • 8:30 a.m.–4:00 a.m. | Pearl Harbor**

Designed to provide information that will help FRG leaders (President/Vice-

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

### **OMBUDSMAN ASSEMBLY MEETINGS**

**COMNAVREG HAWAII • Jan 18 • 6:30–8:30 p.m. | LOCKWOOD HALL**

**COMSUBPAC • Jan 16 • 6:00–8:00 p.m. | LOCKWOOD HALL**

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

### **OMBUDSMAN BASIC TRAINING**

**Jan 9–11 • 8:30 a.m.–4:00 p.m. | Pearl Harbor**

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

## **personal development**

### **ANGER MANAGEMENT**

**Jan 22 • 9:00 a.m.–12:00 p.m. | 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**

**Jan 22 • 5:00–7:00 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**

**Jan 23 • 5:00–7:00 p.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**

**Jan 30 • 10 a.m.–12:00 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 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**

**Jan 3, 10, 17, 24, 31 • 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.

### **PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT**

**Jan 11 • 5:00–7:00 p.m. | Pearl Harbor**

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

(continued from previous page)

### SKILLS DEVELOPMENT GROUP

Jan 3, 10, 17, 24, 31 • 10:00 a.m.–12:00 p.m. | 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.

### STRESS MANAGEMENT

Jan 8 • 9:00 a.m.–12:00 p.m. | Pearl Harbor

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

### TIME MANAGEMENT

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.

### TRANQUIL SEAS: STRESS AND SELF CARE

Jan 16 • 1:00–3:00 p.m. | Pearl Harbor

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

### WOMEN EMPOWERED GROUP

Jan 8, 22, 29 • 10 a.m.–12:00 p.m. | 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

Jan 2, 9, 16, 23, 30 • 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

Jan 9 • 10 a.m.–12:00 p.m. | Hickam

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

## personal financial management

### CAR BUYING STRATEGIES

Jan 4 • 1:00–3:00 p.m. | Pearl Harbor

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

### COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Jan 12 • 9:00–10:30 a.m. | Hickam

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

### COMMAND FINANCIAL SPECIALIST TRAINING

Jan 29–Feb 2 • 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.

### HOME BUYING

Jan 25 • 1:00–3:00 p.m. | Pearl Harbor

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

### MILLION DOLLAR SERVICE MEMBER

Jan 9-10 • 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

Jan 18 • 2:00–4:00 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

## SINGLE PARENTS ON ACTIVE DUTY: FOCUS GROUP

**JANUARY 25th, 2018**  
11:30 am – 1:00 pm



LUNCH IS PROVIDED

CONNECT WITH RESOURCES AND YOUR COMMUNITY

ALL BRANCHES AND GENDERS WELCOME

REGISTER ON GREATLIFEHAWAII.COM

Military and Family Support Center  
4827 Bougainville Dr., Honolulu, HI 96818  
(808) 474-1999  
MFSC Hawaii@navy.mil  
www.greatlifehawaii.com





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.

#### THRIFT SAVINGS PLAN

**Jan 16 • 11:30 a.m.–1:00 p.m. | Wahiawa**

The TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services. Please join us for this class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much more. Bring your lunch and learn what great benefits TSP has to offer.

## relocation assistance

#### SMOOTH MOVE

**Jan 11 • 8:00–11:30 a.m. | Hickam**

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

**Jan 2 • 1:00–3:00 p.m. | Wahiawa**

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

## sexual assault prevention & response (SAPR)

#### SAPR POC TRAINING

**Jan 31 • 8:00 a.m.–4:00 p.m. | Pearl Harbor**

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

#### SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

**Jan 22–26 • 7:30 a.m.–4:00 p.m. | Pearl Harbor**

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

## transition assistance

#### AFTER GPS

**Jan 26 • 8:00 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

**Jan 4, 11, 18, 25**

**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: ACCESSING HIGHER EDUCATION

**Jan 16–17 • 8:00 a.m.–3:00 p.m. | Pearl Harbor**

The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academic acculturation and connection to veteran student organizations is also a key part of service members' academic success and is integrated into this learning course.

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

**Jan 29–Feb 2 • 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

**Jan 8–12 | Jan 22–26 • 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

**Jan 10 • 12:30–2:30 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 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

**Jan 3, 10, 24, 27, 31 • 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.

### 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

### FAST FOOD

#### 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

JBPBH-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	
<b>TEMPORARILY CLOSED</b>	
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	
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**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](http://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](mailto:nafhr@greatlifehawaii.com)

or fax to: 808-422-3782

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



# Youth Sports Spring Registrations

**Volleyball - Football - Cheerleading**

**Registration Period: Jan 3 - Feb 2, 2018**



Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for details & a registration link.

Questions? Call 473-0789



# *HISTORIC HICKAM OFFICERS CLUB*



## *PAINT & SIP*

*MAIN DINING ROOM  
EVERY WEDNESDAY*

**\$40 PER PERSON**

*(Advance registration & \$20 deposit required)*

***ALL RANKS WELCOME***

*5:30 - 6:30pm : Pre-Painting Fun with food and drink*

*6:30 - 8:30pm : Painting*

An experienced instructor leads you step-by-step through the featured painting of the night. At the end you will have your own personal masterpiece to take home. All art supplies are included. Beverages and food will be available for purchase from the KOA BAR. Advance registration is done at the Arts & Crafts Center. No experience necessary!

*Call 448-9907 for more information.*







# *15% Savings from AT&T*

*for eligible Military Service Members,  
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Visit: [att.com/militarysavings](http://att.com/militarysavings)

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**15% Svc discounts:** Avail. only to (a) qual. gov't employees providing valid gov't employee ID card or card or current paystub; (b) qual. military veterans providing either a Department of Defense Form DD214 indicating an honorable discharge or a valid retired military ID or current AMVETS membership card; and (c) qual. spouses of active duty or deceased military service personnel providing a valid Department of Defense sponsorship card. Eligible indiv. must take personal liability for his/her account. Eligibility for discount ceases when indiv. is no longer qualified. Discount applies only to the recurring monthly svc. charge of qual. voice & data plans, not coverages. Not avail. w/ unlim. voice plans. For FamilyTalk, applies only to the primary line. For all Mobile Share plans, applies only to the mo. plan charge of qual. plans with 1GB or more, not to add'l mo. device access charges. Add'l restr's apply. May take up to 2 bill cycles after eligibility is confirmed & will not apply to prior charges. Applied after application of any avail. credit. may not be combined w/ other svc. discounts. **Offer avail. only in AT&T & authorized dealer retail stores & is subj. to change.** Visit a store w/ questions. © 2016 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.