

GREAT *Life* HAWAII

www.greatlifehawaii.com | June 2018

The Short & Sweet Kealia Trail

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

4th of July

CELEBRATION

sponsored by USAA 



WED, JULY 4 | JOINT BASE PEARL HARBOR-HICKAM

Two great venues!

FAMILY VENUE

3 - 9:30PM - NEAR NEX FLEET STORE

FREE Activities (lines close at 6:30pm)

- Xpress Train sponsored by  Bank of Hawaii
- Colton Farms Petting Zoo sponsored by ASYMCA 
- Lawn Games
- Balloon Twisting, Airbrush Tattoos
- Onstage Contests - Win Prizes!
- Live Entertainment

AVAILABLE FOR PURCHASE

- XTREME FUN Rides and Inflatables
- Snack Foods
- Beer and other ice-cold beverages

CONCERT VENUE

4 - 9:30PM - WARD FIELD

FREE Activities (closing at 7pm)

- Car Show & Shine
- Knockerball, Volleyball, Badminton, Corn Hole, and many more lawn games
- Pacific Roller Derby Matches and Demo
- Onstage Contests - Win Prizes!

AVAILABLE FOR PURCHASE

- Delicious food and snacks from around the island
- Beer Garden and other ice-cold beverages

CONCERT ENTERTAINMENT SCHEDULE

4pm Gates open, activities begin

7pm JN GROUP Motorcycle Giveaway

7:18pm Colors - by PACFLT bugler

7:30pm STONE TEMPLE PILOTS presented by Armed Forces Entertainment

9pm National Anthem

9:05pm FIREWORKS SPECTACULAR



Register to WIN

**A BRAND NEW MOTORCYCLE
FROM JN GROUP**

7PM JN GROUP MOTORCYCLE GIVEAWAY

IMPORTANT EVENT INFORMATION

Open to DoD ID Cardholders and their sponsored guests. Authorized items include water bottles and hydroflasks with water, small clutches, blankets and folding chairs. All items are subject to search. For safety reasons, outside food and beverages (with the exception of water), backpacks and purses (other than small clutches), BBQs, tents, animals, glass or coolers are NOT AUTHORIZED. Gate will have 100% ID check. All cardholders and their guests must carry a government issued ID. Allow time for security checks at event entrances. Schedule of events is subject to change without notice.



For more info, go to www.greatlifehawaii.com

Follow us! greatlifehawaii  

No official endorsement intended.





WOULD YOU LIKE CHOPSTICKS WITH THAT?

BY MIKI LAU

Hawaii is the original home of “fusion” food, but most kama’aina will just say it’s local food. Everything from plate lunch to poke as we enjoy it today have origins in multiple cultures. Many of the foods we know and love here in Hawaii are products of the mixing of cultures on the plantations. Asian-fusion food is a huge trend right now in places like L.A. and New York, but I can confidently say Hawaii does it best (I may be a bit biased growing up here on Oahu). They can keep their sushi burritos- in Hawaii we know that’s just an uncut maki sushi! Aside from the fact that we use chopsticks to eat pupus (appetizers) at parties and serve rice with almost everything, other Asian influences can be found on almost every local menu.

We took a lunch break over at the beautiful Restaurant 604 at Rainbow Bay Marina to see what Asian influences we could find on their menu. Luckily, we got seated at a table with a gorgeous view of the harbor. For starters we had some poke and spicy tuna poke-chos. Although traditional Hawaiian poke (cubed raw fish) is served with just salt and kukui nut, 604’s poke (and most poke places) had shoyu poke. Shoyu, a salty sauce made from fermented soybeans, salt and grains is a popular Japanese (some could argue it originated in China) condiment you’ll find at most restaurants. Other Japanese condiments included wasabi (a spicy root, similar to horseradish) mayo and furikake (seaweed, salt and sesame seeds). I had both on 604’s awesome, no-sharing-order-your-own French fries. One of the

other Japanese inspired dishes was the Chicken Katsu, similar to a chicken cutlet, but breaded in Panko (Japanese bread crumbs) and a savory dipping sauce, like the Japanese version of BBQ sauce.

Some Chinese influences we encountered were the wonton chips (served w/ spicy tuna on top) and the roast pork (served in a sandwich). The roast pork could also be considered a Filipino influence as they served a lechon kawali (roast pork served with onions, tomato and a vinegar dipping sauce) appetizer too. We also saw an appearance of everyone’s favorite Thai hot sauce... sriracha! I had it on my fries and it was mixed into the spicy tuna.

We left 604 fully anticipating the ensuing kanak-attack (food coma) after indulging in so much ono food. Next time you’re out at a restaurant, see if you can identify all the cultural influences that contributed to your meal. Or you can always visit Restaurant 604 and try the ones we did! I didn’t mention all of their great food- so you’ll have lots of options to try and guess yourself!

If you’d like to make reservations at Restaurant 604 you can call them at 888-7616. 📞

Other base restaurants with Asian inspired cuisine include:

- The Lanai at Mamala Bay, call 422-3002 for reservations
- Historic Hickam Officers’ Club (Mongolian BBQ anyone?), call 448-4608 for information.



THINK YOU HAVE WHAT IT TAKES TO RUN 13.1 MILES?
START AND FINISH AT HICKAM EARHART TRACK | CHECK IN: 4:30AM | EVENT BEGINS AT 5:30AM
 Challenge yourself at this annual event! Runners, walkers and strollers are allowed to participate.

PACKET PICK UP AT HICKAM MEMORIAL FITNESS CENTER

August 10 Noon - 5pm
 August 11 8am - Noon

PRICING

\$35 - May 1 - July 30 (includes t-shirt)
 \$45 - July 31 - August 17
 \$50 - Race Day Registration
 (No T-shirt, CASH ONLY)

AWARDS

Prizes will be awarded to the top 3 finishers
 in each category:

Youth (17 and younger)
 Men & Women (18-29, 30-39, 40-49,
 50-59, and 60+)
 Overall Men & Women
 Active Duty Men & Women
 Stroller Men & Women

ADDITIONAL INFORMATION

Route is flat and fast. Open to all military
 affiliated personnel and their guests
(MUST HAVE BASE ACCESS).
 Entry form, waiver and map are available at
 the Hickam Memorial Fitness Center or online at
greatlifehawaii.com.


**For more details, contact Race Directors Dawn Pierce
 or TSGT Neil Santos at 448-2214**



The Short & Sweet Kealia Trail

by JUSTIN HIRAI





Oahu offers numerous hiking trails that vary in level of difficulty. One thing a majority, if not all of them have in common are beautiful scenic views you can't find anywhere else in the world. I enjoy hiking and usually prefer a difficult and challenging trail. But I do like to go on easy or moderate trails when I don't have a full day to hike or just want to spend some time relaxing outdoors. Knowing easier trails is also a plus when you have people who want to go but aren't experienced and or don't prefer extremely strenuous activities.

I was recently searching for a moderate hike that I could take a few friends on who aren't experienced hikers. Instead of reading reviews on the internet I wanted to get my trail advice from people I know are experienced, so I went to the Outdoor Adventure Center on Pearl Harbor. Don't get me wrong, reviews online are helpful and can provide good insight on deciding if a hike is right for you. However, I feel being able to talk to someone who has experienced the hike and many others can provide a lot more insight.

Joe Lewis from OAC suggested the Kealia Trail, which is located on the mountain side of Dillingham Airfield in Mokuleia. He recommended this because the trail is roughly 1.5 miles total which is short in comparison to others, the incline isn't very steep in most areas and it has a beautiful view of the North Shore coastline. After our discussion I was sold and we set up a day to tackle the hike.

Weather is always a big factor for outdoor activities. Bad weather conditions can force you to cancel an outing completely, while perfectly clear weather can make areas extremely hot. The day we chose to do the hike was overcast which provided cooler weather than normal for

that part of the island, but it did take away a little from the scenic view of the North Shore coast.

The trail starts at the end of the Dillingham Airfield where there's a parking lot inside the gate that is accessible to the public. From the parking lot you can look up the mountain side and spot the area you will finish. Just look for a large patch of tall pine trees. The trail was dry and had about 19 switchbacks that makes the incline gradual for most of the hike. At around the halfway point we hit a switchback and were presented with a beautiful view. We could make out the white church tower at Waimea Bay and the coastline beyond. During the first half of the hike you don't even realize how high up you've gone.

We reached the top of the trail in about 45 minutes due to stopping to take in the gorgeous views at the switchbacks. The end of the trail doesn't have a great scenic view because of the pine trees, but we took advantage of them and hung up some portable hammocks that we rented from OAC. After relaxing we headed back down the trail and finished the whole hike in about an hour and a half.

Just as Joe recommended I found this hike perfect for friends and family members who are novice hikers. We came across people walking with their dogs and some even with young children. If you want more advice on this hike or others be sure to stop by the Outdoor Adventure Center. The friendly staff can give you pointers from personal experience and have handouts on different trails throughout Oahu.

OAC has a new scheduled trip called the Kaiaka Bike & Hike, which includes a bike ride from Kaiaka Beach Park to Dillingham Airfield and a hike up the Kealia Trail. See the Outdoor Recreation Schedule on page 13 for more information about the trip. You can also schedule a Custom Adventure with OAC for this hike or others. Give them a call at 473-1198 to setup your next hike!

Remember, just because people say a trail is easy or moderate it doesn't mean that it will be easy for everyone. Everyone's physical capabilities are different and should be taken into consideration. 📷

HICKAM ARTS AND CRAFTS CENTER



JUN | JUL | AUG

335 Kuntz Ave., Bldg. 1889
448-9907

For class information and supply lists visit
www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information

ALL INFORMATION SUBJECT TO CHANGE



TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Fridays, 9 – 11:30am: **Jun 1– Jul 13** (No class-Jul 6)

Saturdays, 9 – 11:30am: **Jun 2– Jul 14** (No class-Jul 7)

Wednesdays, 6 – 8:30pm: No class currently available

Thursdays, 6 – 8:30pm: No class currently available

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Saturdays, 9am – 12:00pm

Jun 2–23 • Jul 7–28 • Aug 4–25

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

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

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

Jun 5–26 • Jul 10–31 • Aug 7–28

Ages 12 and older

\$80 per person (plus supplies)

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

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:00 – 5:00pm

Jun 5–26 • Jul 10–31 • Aug 7–28

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Jun 5–26 • Jul 10–31 • Aug 7–28

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Jun 26–Jul 31 • Aug 7–Sep 11

Ages 16 and older

\$70 per person (plus supplies)

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



CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

Jun 28–Aug 2 • Aug 9–Sep 13

Ages 16 and older

\$70 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-HAWAIIAN BIRDS (I'IWI) WITH DAVILLA HARDING

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

Jun 4–Jul 2

Ages 16 and older

\$125 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-TROPICAL FRUIT WITH DAVILLA HARDING

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

Jul 9–Aug 6

Ages 16 and older

\$125 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-UNDER THE SEA WITH DAVILLA HARDING

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

Aug 13–Sep 17 (No class-Sep 3)

Ages 16 and older

\$125 per person (plus supplies)

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

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

Jul 19–Aug 16

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 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.

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

Jul 19–Aug 16 • Aug 30–Sep 27

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

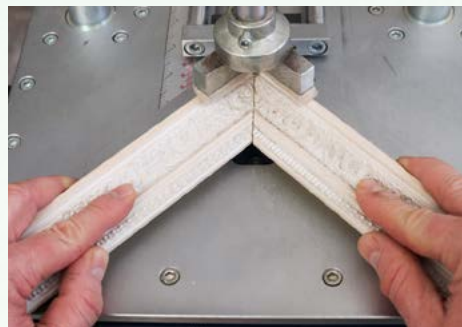
One class per week for 5 weeks: Thursdays, 5:30 – 7pm

Aug 30–Sep 27

Ages 12 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.



Framing

BASIC PICTURE FRAMING WITH MARIALAI NE FIGUERRES

This is a one-day class.

Offered on select Mondays or Saturdays, 9am – 1pm

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, 5:15 – 7:15pm

Jun 7–14 • Jun 21–28 • Jul 5–12 • Jul 19–26

Aug 2–9 • Aug 23–30

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.

ADVANCED GLASS WITH JESSICA FITZGERALD

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

Jun 27–Jul 25 (No class-Jul 4)

Ages 16 and older

\$75 per person (plus supplies)

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



Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **Jun 5–26 • July 10–31 • Aug 7–28**

Wednesdays, 10am–12pm:

Jun 6–27 • July 11–Aug 1 • Aug 8–29

Ages 14 and up

\$75 per person (plus supplies)

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

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER

One class per week for 3 weeks: Saturdays, 9am – 12pm

Jun 9–23 • July 7–21 • Aug 11–25

Ages 16 and up

\$75 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.

Knitting, Quilting & Sewing

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

Jun 11–25 • Jul 2–16 • Jul 23–Aug 6 • Aug 13–27

Ages 14 and older

\$45 per person (plus supplies)

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

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

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

Jun 11–Jul 2 • Jul 9–30 • Aug 6–27

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

Jun 1–29 (No class-Jun 8) • **Jul 6–27 • Aug 10–31**

Ages 14 and older

\$50 per person (plus supplies)

As a beginner, students will build upon the basic knitting techniques and learn simple lace stitches to complete a classic top down lace shawl. See the example in the sales store.

INTERMEDIATE SEWING WITH AMANDA BUSSEY

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

Jun 6–Jul 18

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 – 11am

Aug 7–28

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Jun 23–Jul 14 | Wedding Ring Quilt

Jul 21–Aug 11 | UFO Quilt

Aug 18–Sep 8 | Jelly Roll Quilt

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Jun 23–Jul 14 | Wedding Ring Quilt

Jul 21–Aug 11 | UFO Quilt

Aug 18–Sep 8 | Jelly Roll 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.

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 – 7:30pm

(arrive 15 minutes prior to class to sign in)

Ages 12 years & older

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

\$20

(continued on next page)

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 – 11:30am

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 – 11:30am

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.

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, 1 – 2:30pm: **Jun 7–28 • Jul 5–26**

Thursdays, 3 – 4:30pm: **Aug 2–23**

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 KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

June 15–29 • Jul 6–20 • Jul 27–Aug 10 • Aug 17–31

Ages 7–13

\$45 per person (plus supplies)

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 11am – 12:30pm

Jun 4–25

Ages 9–13

\$75 per person (plus supplies)

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

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

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

Jul 2–30

Ages 9–13

\$85 per person (plus supplies)

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

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

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

Jun 4–Jul 2 • Jul 16–Aug 13 • Aug 20–Sep 24

Ages 7–18

\$65 per person (plus supplies)

Kids learn basic drawing skills by way of creating both realistic animal sketches and cool cartoon characters. Through curated resources and hands on exercises, the fundamentals of drawing like shape, line, proportion, gesture, shading, etc, are introduced in a way that encourages students to enjoy the process and make pictures with personality! Students also learn to find good reference images, how to compose a scene and set a visual mood, and how to draw dramatic finishing touches like fur, texture, and lighting. No previous drawing experience required.

MODERN MASTERS WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 5:30 – 7:00pm

Aug 6–27

Ages 7–14

\$75 per person (supplies included)

Are you a fan of the works of Van Gogh, Monet, Picasso or Warhol? In this class, we will create our own rendition of their most famous works with acrylic paint on canvas. We will also learn to mix and layer colors while studying the movements of some of history's greatest master artists. All supplies included.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jun 26–Jul 31 • Aug 7–Sep 11

Ages 7–17

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jun 28–Aug 2 • Aug 9–Sep 13

Ages 7–18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

Jun 28–Aug 2 • Aug 9–Sep 13

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.

ART EXPLORATIONS 1 WITH JESSICA FRANKLIN

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

Jun 5–28 • Jul 2–26

Ages 3–5

\$80 per person (supplies included)

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

ART EXPLORATIONS 2 WITH JESSICA FRANKLIN

One class per week for 4 weeks: Saturdays, 9 – 10:30am

Jun 9–30 • Jul 7–28

Ages 5–7

\$80 per person (supplies included)

Early school-aged children will have the opportunity to use a variety of art supplies to create projects inspired by famous artwork. They will be taught lessons about the basic elements of art as they pertain to the projects. Please wear painting attire!

EVENTS & ACTIVITIES

COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30pm

Jun 13, 27 • Jul 18 • Aug 1, 15, 29

Ages 7–14

\$30 per person (supplies included)

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

OHANA PAINT NIGHT WITH CHARIS DERRY

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

Jun 29 • Jul 27 • Aug 31

Ages 8 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Snacks will be provided. Online registration can be done at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

SUMMER CRAFT CAMP

Four classes per session: Tuesdays–Fridays, 10am–12pm

Jun 5–8 • Jun 12–15 • Jun 19–22 • Jun 26–29 • Jul 10–13 • Jul 17–20 • Jul 24–27 • Jul 31–Aug 3

Ages 7–14

\$60 per person (supplies included)

There's no limit to the beauty a child can create when given some instruction and artistic freedom! Supplies are included in the cost. Students will complete a variety of arts and crafts projects. Sign up Now, class fills up FAST!



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.

SUMMER READING PROGRAM

Reading takes you Everywhere

KICKOFF-Saturday, June 2, 10 AM-12 PM

Pick up Registration packets, enjoy refreshments and the Magic of Glen Bailey.

We will also be doing random prize drawings.

WEEKLY PROGRAM SCHEDULE

Week 1 – Fantasy Week

June 5: Harry Potter Trivia and Craft

June 7, 6:30 PM: Evening Story Time and take-home craft for all ages

Week 2 – History and Culture

June 13, 9 AM: Storytime – Boats

June 14, 3-4 PM: Uncle Wayne and the Howling Dog Band

June 16, 10 AM-12 PM: Jeff Gere Shadow Puppet Stories

Week 3 – World Travel

June 19, 2-4 PM: Oceanographer Presentation and Fish Printing (Gyotaku)

June 21: Travel Journals or Memory Jars

June 22, 1 PM: PAC FLEET BAND and Soup Making Demo

Week 4 – What Creeps in the Night

June 26, 6:30 PM: Monster Mystery (8 Yrs+)

June 27, 9-10 AM: Storytime – Bugs

Week 5 – Outer Space

July 3, 2-4 PM: Cosmic Goop

Week 6 – Animal Week

July 10, 2 & 4 PM: Zoo Outreach – Animal Adaptations

July 12, 5-6:30 PM: Animal Origami with Tammy Yee (Children's Book Author & Illustrator)

Week 7 – Dinosaurs

July 17, 6:30 PM: Evening Storytime (all ages)

Wear your pajamas.

Rock Painting all week – Sponsored by the Hickam Library Friends. Paint a rock to hide and another for the library's rock garden!



FINALE-Saturday, July 21, 10 AM-12 PM

Final Party! Enjoy Silent Disco, Refreshments and RANDOM drawings

JBPHH Library 990 Mills Blvd. (Bldg. 595)

For more info call 449-8299 or visit jbphh.greatlifehawaii.com



Paint & Sip:

A Night of Fun and Color

By Reid Tokeshi

I believe everyone has a creative side. Drawing, singing, whatever it is, it gets the right side of your brain energized. It's an outlet to express yourself, something you enjoy and make yours.

For me, painting was always an intimidating art form. I'm the one who describes the color blue as lighter or darker (opal, turquoise, cobalt, what's that?). But when I heard about Paint & Sip, a weekly social event involving painting, I thought this was something I could handle. So I signed up myself and my better half for a date.

Here's how Paint & Sip works: During the first hour you check in, pick your seat, maybe get some food and drink from the Koa Lounge (i.e. the "Sip" part). Then, an experienced artist presents a painting subject for the night. They give a quick rundown of the tools, how the night will go and generally put you at ease. For the next two hours they demonstrate how to recreate the subject and guide you along the way. At night's end you get to take home your completed painting.

Waiting for us at each seat was a palette with several acrylic paint colors, 3-4 brushes of varying sizes and shapes and a "knife". The instructor, Dennis McGeary knows he's dealing with mostly newbies, saying "I concentrate on the basics: holding the brush, applying the paint and simple color mixing."

The two hours went by quickly. With Dennis' guidance we painted a beach scene, complete with ocean, sand, mountains and palm trees. We marveled how his seemingly random brush strokes turned into art. The expression "you are your own worst critic" rang true. I heard more than one person say their painting isn't as good as the others, which was funny because it's all perspective. Dennis says, "It's amazing how the painter's personality is reflected in the style of their artwork."

My date and I enjoyed the night and we were surprised what we were able to do. This made us curious to see how another Paint & Sip instructor, Charis Derry, differed from Dennis. We signed up for one of her sessions happening a few weeks later.


Charis works hard to eliminate the intimidation factor. Don't get me wrong, she knows her stuff. However, Charis is focused on making it comfortable for the total beginner. "When people come to Paint & Sip they should know that they don't have to know anything, just show up and have fun! All the paintings are designed to be done easily by beginners, the colors are incredibly easy to mix, and everything is step by step."

She continues, "The beauty of Paint & Sip is that you can have 30 different people all follow the exact same steps and end up with 30 completely unique and beautiful paintings."

As we progressed, I looked around to see what others were doing and it was fascinating. A few must have come before or had some other experience. They went in very different directions. One chose a vibrant mix of interesting colors; picture a golden sky and Diamond Head is red instead of green. Charis encourages this creative expression. "We try our best to make them with enough wiggle room so that even an experienced painter could take the basic colors and steps and really run with it."

We liked both instructors and sessions. My fairest recommendation is find a painting you like and just sign up. Then if you're curious, go ahead and sign up with the other. Both instructors have repeat customers, so chances are you'll like at least one of them.

This is perfect for a fun date or a night out with friends. Even if you're solo, the camaraderie in the room is stimulating. You really don't need to know anything about painting, and it can still be a creative, entertaining evening.

Paint & Sip happens every Wednesday from 5:30 to 8:30pm and the \$40 price tag includes all art supplies. Food and drink is available for purchase. Sign up online at greatlifehawaii.com on the Arts & Crafts Center page. It takes place at the Historic Hickam Officers' Club and is open to all ranks, all DoD cardholders and their sponsored guests. Call 808.448.9907 for more info. 



JUN • JUL OUTDOOR RECREATION

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Jun 30 Sign up by Jun 28
 - Jul 28 Sign up by Jul 26
- Begins: 9 am | Ends: 12 pm
Cost: \$30

Located right on site, join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors here will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. *Participants must be proficient at swimming and can do so without a lifejacket.*

WOMEN'S SURFING

- Jun 10 Sign up by Jun 7
- Begins: 9 am | Ends: 12 pm
Cost: \$30

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

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Jun 2 Sign up by May 31
- Jun 24 Sign up by Jun 21
- Jul 22 Sign up by Jul 19

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

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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Jun 27 Sign up by Jun 25
 - Jul 26 Sign up by Jul 24
- Begins: 8 pm | Ends: 10 pm
Cost: \$25 (Kayak included)

What better way to melt the day to day stress than to join us for an evening paddle? Enjoy the company of the group, as our guides lead the way across the moon lit water. All the required gear is provided. Prior kayaking experience, water, and dry clothes is recommended.

KAYAKING THE MOKULUA ISLANDS

- Jun 9 Sign up by Jun 7
 - Jul 21 Sign up by Jul 19
- Begins: 7 am | Ends: 2 pm
Cost: \$40

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

(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 June activities is currently open. Registration for July activities begins **June 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 activities that require online registration visit www.greatlifehawaii.com and search: ODR Registration



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

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Jun 9 Register online by Jun 7
Begins: 8:30 am | Ends: 11:30 am
- Jun 17 Register online by Jun 14
Begins: 2:30 pm | Ends: 5:30 pm
- Jul 21 Register online by Jul 19
Begins: 8:30 am | Ends: 11:30 am
- Jul 29 Register online by Jul 26
Begins: 2:30 pm | Ends: 5:30 pm
Cost: \$30

Registration available online only

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

LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 am-12 pm

- Jun 2, 3 Register online by May 30
- Jul 14/15 Register online by Jul 12
Cost: \$60

Registration available online only

Spearfishing is as exciting and challenging as it sounds! Come learn the basics from us so you can enjoy Hawaii's undersea world, become an accomplished free diver and

acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state such as, where you can go, off limit areas and regulated fish species. Physiology, techniques, training, equipment, and safety are topics are also covered. You'll hit the water for some target practice as well. The second part depends on everyone's skill level but, we usually do the first dive in shallow water 6 to 12 feet deep. After a short discussion, the second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you're unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel equipment. Transportation is on us. *Participants must know how to swim and prior snorkel experience is required*

SPEARFISHING EXCURSION

- Jun 16 Sign up by Jun 14
Begins: 9 am | Ends: 12 pm
Cost: \$20

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

KAYAK FISHING

- Jun 23 Sign up by Jun 20
Begins: 7 am | Ends: 11 am
Cost: \$37

If you like adventure, come try this exciting sport. If you love to fish and want a little exercise to go with it, this is the trip for you. We'll provide the kayak, fishing gear, bait, and transportation. You just need to sign up! Do you think you have what it takes? The Hickam Outdoor Adventure staff takes trips to different locations around the island, so come aboard and we'll give you the basics of kayak fishing, while you enjoy the beautiful coastal sites, and bring home the fish! Kayaking experience is required. Trip includes transportation, gear, and knowledgeable guides.

HIKING

HIKE LULUMAHU

- Jun 16 Sign up by: Jun 14
- Jul 28 Sign up by: Jul 25
Begins: 8 am | Ends: 1 pm
Cost: \$20

Enjoy a spectacular secluded waterfall just off the Pali. This 2 mile roundtrip hike through a lush bamboo trail opens up to the beautiful Ko'olau mountain range. The trail follows the Lulumahu stream with multiple crossings ending at the beautiful falls.

BIKE & HIKING

KAIKA BIKE & HIKE

- Jun 2 Sign up by: May 31
- Jul 14 Sign up by: Jul 12
Begins: 8 am | Ends: 1 pm
Cost: \$35

Kaika Beach Park will be our start point for this grand North Shore adventure, with beautiful ocean views and riding through historic plantation neighborhoods. Enjoy the majestic views of the Wailua Mountains, while riding alongside Polo fields and the Mokuleia coastline. This event continues on without bikes, to hike through the Kealia Trail which presents an opportunity to have a birds-eye view the Northern coastline. The bike ride is 3.5 miles and the hike is 1.5 miles one way.

EXTRAS

HAWAIIAN ISLAND CREATIONS – QUIKSILVER ALL MILITARY SURF CLASSIC AT WHITE PLAINS BEACH

Jun 9
Begins: 7 am | Ends: 5 pm
Kalaeloa (Barbers Point) White Plains Beach
Registration Deadline: Jun 2
Open to active-duty, reservist, retired, DoD civilians and dependents only. Registration forms available online at www.greatlifehawaii.com

CAMPING IN THE PARK AT HH

● Jul 3 - 4
Begins: 4 pm | Ends: Following day at 8 am
Registration opens: Jun 2
Come sign the family up and spend the night out underneath the stars. Once the sun sets enjoy a movie on the beach! Registration only reserves camp space. Gear and equipment are not provided; if camping gear is needed, visit the Outdoor Adventure Center to rent!

PAU HANA CONCERT IN THE PARK AT HH

● Jul 13 - Navy Pacific Fleet Band
● Jul 27 - Air Force Band of the Pacific
Begins: 5 pm | Ends: 7 pm
End your workweek relaxing at the Hickam Harbor Marina Waterfront, while enjoying live music. For a list of musicians, Facebook at "Joint Base Pearl Harbor-Hickam Outdoor Recreation" and www.greatlifehawaii.com

MOVIE IN THE PARK AT HH

● Jun 22 - Movie TBD
● Jul 3 - Movie TBD (on the beach)
● Jul 20 - Movie TBD
Begins: 7:30 pm | Ends: 9:30 pm
Free
Bring some blankets and sit on the grass and enjoy an evening flick under the stars. Don't forget the drinks and snacks. Movies to be announced will be suitable for all ages. All Ages Welcome.

RENTALS

OUTDOOR EQUIPMENT

Bldg. 1786 Willamette St. Pearl Harbor • 473-1198
Mon-Fri 9 am-6 pm • Sat 9 am-4 pm • Sun Closed
Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifehawaii.com for price lists. 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 ll 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



Rainbow Bay Pavilion

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

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 | May 30 | 6-8 pm
- Sat | Jun 2, 9, 16, 23 | 9 am-1 pm or 1 pm-4 pm
- Cost: \$80 per person/per month
- Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Jun 2/3 & 9/10
- Sat/Sun | Jul 7/8 & 14/15
- Cost: \$80 per person
- 1-5 pm
- Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Jun 4, 6, 11, 13, 18, 20, 25, 27
- Mon/Wed | Jul 2, 9, 11, 16, 18, 23, 25, 30
- Cost: \$80 per person/per month
- 9:30-11:30 am
- Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Jun 2/3 & 9/10
- Sat/Sun | Jul 21/22 & 28/29
- Cost: \$80 per person/per month
- 1-5 pm
- Ages 18 & up

This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Jun 4, 6, 11, 13, 18, 20, 25, 27
- Mon/Wed | Jul 2, 9, 11, 16, 18, 23, 25, 30
- Cost: \$55 per person/per month
- 12-2 pm or 3:30-5:30 pm
- Ages 10 – 17 years

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Jun 5, 7, 12, 14, 19, 21, 26, 28
- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Cost: \$55 per person/per month
- 3-5 pm
- 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 | Jun 5, 7, 12, 14, 19, 21, 26, 28
- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Cost: \$55 per person/per month
- 12-2 pm or 3:30-5:30 pm
- Ages 10 – 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Jun 5, 7, 12, 14, 19, 21, 26, 28
- Tues/Thurs | Jul 3, 5, 10, 12, 17, 19, 24, 26, 31
- Cost: \$55 per person/per month
- 3-5 pm
- 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

- Wed/Fri | Jun 1, 6, 8, 13, 15, 20, 22, 27, 29
- Wed/Fri | Jul 6, 11, 13, 18, 20, 25, 27
- Cost: \$55 per person/per month
- 3-4:30 pm
- 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 | Jun 1, 8, 15, 22
- Fri | Jul 6, 13, 20, 27
- Cost: \$45 per person/per month
- 9:30 am -12 pm
- Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 8

FAMILY/GROUP SAILING INSTRUCTION

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

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

FAMILY SAIL

- By Appointment

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 | 6:30-7:30 am or 11 am-12 pm
- Cost: \$3 per session

*Must pre-register at the Outdoor Adventure Center prior to paddling.

RECREATIONAL OUTRIGGER CANOE PADDLING RB

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

Must purchase ticket at the Outdoor Adventure Center prior to paddling. Space is limited to the first 12 people

OUTRIGGER CANOE PADDLING HH AT HONEYMOON BEACH

- *Fri | Jun 1, 15, 29 | Jul 13, 27
- 8:30-9:30 am
- 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/Sat
- 8:30-9:30 am
- 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.

STAND UP PADDLEBOARD FITNESS HH

- Jun 2 Sign up by May 31
- Jun 5 Sign up by Jun 2
- Jun 12 Sign up by Jun 9
- Jun 16 Sign up by Jun 14
- Jun 19 Sign up by Jun 16
- Jun 26 Sign up by Jun 23
- Jun 30 Sign up by Jun 28
- 8:30-9:45 am
- Cost: \$10 per session

Who wants to be in the gym when you can get the same great workout at the beach? For this promotional trial period, join our certified instructors for a SUP board bootcamp! Participate in circuit-style training mixed with cardio for a full body exercise experience.

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.

SURF SHACK • 449-5215 Friday–Sunday, 10 am–4 pm

BEACH EQUIPMENT RENTALS

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

WHITE PLAINS BEACH | Kalaeloa

SURF SHACK • 682-4925 Daily, 10 am–5:30 pm

BEACH EQUIPMENT RENTALS

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

FORD ISLAND HISTORICAL TOUR

EVERY WEDNESDAY • 9:30 A.M. – 12 P.M.

COST: ADULT \$25 • CHILD \$20 (3-11 UNDER 3 FREE)

“Such a great tour. Jessie is the best tour guide and storyteller I’ve ever met. I love her passion.”

– N. Van Pelt

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

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

Call your nearest ITT location to make reservations or for more info.

Fleet Store: 473-0792
Hickam: 448-2295
NEX Mall: 422-2757
Wahiawa: 564-4445/4446
Barbers Point: 682-2019



www.greatlifehawaii.com

dining

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

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Father's Day Bring Dad out for Sunday Brunch

Sunday, Jun 17
10am – 1:30pm
 Historic Hickam Officers' Club
\$24.95 Club Members
\$26.95 Adults
\$13.50 Child 7-12 years
\$8.25 Child 4-6 years
FREE Child under 2 years
ALL RANKS WELCOME!

For reservations please call (808)448-4608, ext.15.

Sunday Brunch

Jun 3, 10, 17, 24
10am – 1pm
 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
ALL RANKS WELCOME!

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

Paint 'n' Sip

Wednesdays, Jun 7, 14, 21, 28
5:30 – 8:30pm
 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

Mondays, Jun 4, 11, 18, 25
Thursdays, Jun 7, 14, 21, 28
5 – 8pm

The Grand Lanai
\$0.95 per ounce
\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Jun 1
4:30 – 7:30pm
FREE for Club members
\$15 for non-members

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

Margarita Madness

Every Thursday
4 – 6:30pm
 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

Father's Day "All You Can Eat" BBQ Buffet

Sunday, Jun 17
11am – 2pm
\$25.95 Adults
\$12.95 Child 6-12 years
FREE Child 5 years & under

Come to celebrate Father's Day next to the beach while enjoying our all you can eat BBQ buffet. All Dads get a complimentary 16oz draft beer. Reservations recommended.

Father's Day Dinner Special

Sunday, Jun 17
5 – 8pm
\$29.95 per person

This special day deserves a special dinner! Start off with a mixed greens salad, then enjoy a 10oz Prime Rib with mashed potatoes and seasonal vegetables. Finish the dinner on a sweet note with a sumptuous chocolate cake. Reservations recommended.

Aloha Friday Buffet

Friday, Jun 1, 8, 15, 22, 29
11am – 2pm
\$15.95 Adults
\$9.95 Child 6-12 years
FREE Child 5 years & under

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

Express Lunch Menu

Monday – Friday
11am – 2pm
\$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!

Live Music at the Hapa Deck & Bar

Every Thursday & Friday, 5 – 7pm
No cover

Come for Pau Hana Time daily from 2–5 p.m. with special pricing on beverages. Enjoy live music on Thursday and Friday evenings from 5–7 p.m.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays
9:30am – 3pm

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 – 5pm

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.

STEAKOUT

Barbers Point Golf Course. 682-1911

NEWLY OPEN!

Monday – Sunday
6am – 5pm

Come out to Barbers Point Golf Course and enjoy a delicious lunch at newly opened Steakout.

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays
5 – 8pm

Same friendly service, updated menu, and a chance to watch the sunset as you enjoy your meal.

family/support

Child Development Centers
 Child Development Homes
 Military & Family Support Center
 School-Age Care
 School Liaison Office
 Teen Center



2018

BARBERS POINT INVITATIONAL

JULY 12 - 14

BARBERS POINT GOLF COURSE



ENTRY DEADLINE: JUNE 23, 2018
MILITARY: \$165 | ALL OTHERS: \$180

ELIGIBILITY: Amateurs with computerized GHIN handicap index less than 14.0
To request an entry form, please email BPTINV@gmail.com

For more info, please call 808.682.1911 or visit greatlifeohawaii.com





GROUP EXERCISE SCHEDULE

Fitness Center Locations

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

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

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



JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7am	NOFFS *	CYCLE FIT *	STRONG TRAINING *	CYCLE FIT *	WILD CARD FITNESS *	
7am			CYCLE FIT *			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS
8:30 – 9:30am	ZUMBA HULA FITNESS	ZUMBA	HOT HULA FITNESS®	ZUMBA	YOGA	
9 – 10am		CYCLE FIT		CYCLE FIT		CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	ZUMBA	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY CONDITIONING *	CYCLE FIT * YOGA	TOTAL BODY CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA KETTLEBELL BASICS	ZUMBA	ZUMBA KETTLEBELL BASICS	YOGA	KETTLEBELL INTERMEDIATE	
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT S			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE BASICS				

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAMA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA				
11:30am – 12:30pm	CYCLE FIT		CYCLE FIT			
5 – 6pm	ZUMBA			ZUMBA		

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

INFORMATION SUBJECT TO CHANGE

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

TEEN CENTER

Teen Center, 234 Melick Ave. Bldg. 1330 . . . 448-1068

Color Your Summer 5.0 (with After Party)

Saturday, Jun 2

5:30 – 7pm

\$5

Ages: 13 – 18

Registration date: May 7 to Jun 1

Come join the teen center as we dance into summer in the most colorful of ways! Make sure you wear white to ensure the colors pop and come hangout and enjoy some good music, snacks, games, and tons of laughs! (Colors may stain clothes. Make sure you wear clothing you don't mind getting dirty.) Sign ups are online only and you must have a Teen Center form on file to sign up!

Family Night - Karaoke Night!

Tuesday, Jun 19

5:30 – 7pm

FREE

Ages: All teen family members welcome!

Come by the Teen Center and enjoy some light snacks, learn about upcoming events, and play some games!

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

Au'au Channel Swim Challenge

Jun 1 – 30

All available JBPHH Pools

This June, swim the distance of the Au'au Channel - from Lana'i to Maui! You have the whole month to complete a total of 9.5 miles / 15 km. This swim is part of the Aquatics Swim Challenge Series.

For more info, call (808) 473-0394.

Summer Group Swim Lessons

Mon-Thurs, Jun 18-24

\$80/person per session

Online Registration: Jun 4 at noon

Preschool & Learn to Swim; Levels 1-3

9-9:30am, 9:45-10:15am, 10:30-11am,

11:15-11:45am, Noon-12:30pm

Parent & Tot, Learn to Swim; Levels 4-5

Noon-12:30pm

Adult: Noon-12:30pm

For class descriptions and more info, please visit www.greatlifehawaii.com or call 448-2384.

Summer Private Swim Lessons

Friday, Jun 8, 15, 22, 29

\$120/person per session

Online Registration: Jun 1 at noon

All ages & All Levels - based on individual goals

9-9:30am, 9:45-10:15am, 10:30-11am,

11:15-11:45am, Noon-12:30pm

For class descriptions and more info, please visit

www.greatlifehawaii.com or call 448-2384.

Movie Night - Coco

Friday, Jun 29

6 – 8pm

Pool 2

FREE

BOWLING

Hickam Bldg. 1891 448-9959

Naval Station Bldg. 1736 473-2574

The Escape (Wahiawa Annex) 473-2651

Father's Day Special

Sunday, Jun 17

10am – 1pm Hickam Bowling Center

11am – 1pm Naval Station Bowling Center

Dads bowl for FREE (up to 2 free games). Must be accompanied by a paying family member.

Lunch & Bowl

Tuesday, Jun 5, 12, 19, 26

11am – 1pm Hickam Bowling Center

11am – 1pm 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.

Active Duty Military Bowl Free

Monday, Jun 4, 11, 18, 25

11am – 1pm Hickam Bowling Center

Thursday, May 3, 10, 17, 24, 31

11am – 1pm 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.

Cosmic Bowling

Fri, 9:30pm – Midnight Hickam Bowling Center

Sat, 6pm – Midnight Hickam Bowling Center

Sat, 8:30 – 10:30pm Naval Station Bowling Center

Late Night Cosmic Special

Saturday, Jun 2, 9, 16, 23, 30

9pm – Midnight

Hickam Bowling Center

Cosmic Bowling - \$15 for 1 hour or \$25 for 2 hours (per lane). For party of 4 or more people only. Shoe rental not included.

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

Jersey Day Fun Run 8K

Saturday, Jun 9

6:30am

Hickam Memorial Fitness Center

Registration starts at 6am. Categories: Adult Male

/ Adult Female / Youth Boy / Youth Girl / Stroller

Male / Stroller Female. For more information call

808-448-2214.

Summer Basketball League

Jun 16 – Sep

\$465 per team

Sign up by Jun 1

Open to the first 12 paid teams. Minimum of 6

teams needed. Participation is open to active duty

commands from JBPHH, active duty family members

18 years and older, and DoD civilian employees.

Summer Soccer League

Jun 16 – Sep

\$460 per team

Sign up by Jun 1

Open to the first 12 paid teams. Minimum of 6

teams needed. Participation is open to active duty

commands from JBPHH, active duty family members

18 years and older, and DoD civilian employees.

GOLF

Barbers Point. 682-1911

Ke'alohe Par 3 448-2318

Mamala Bay. 449-2304

Navy-Marine 471-0142

\$2 Tuesdays

Tuesday, Jun 5, 12, 19, 26

4 – 6pm

Mamala Bay Golf Course Driving Range

Grip it and rip it! \$2 gets you two buckets of balls, plus

\$2 hot dogs, \$2 select beers and \$1 soda and bottled

water. Plus, our golf pros will be on hand to offer tips.

Open to ages 6 and up, call ahead to sign up.

Golf Demo Day

Wednesday, Jun 6

3:30 – 6:30 pm

Navy Marine Golf Course

Try out some of the latest equipment at the driving

range. For more info, call 808-471-0142.

Free Golf Clinics

Thursday, Jun 14

Noon – 1pm Navy Marine Golf Course

Saturday, Jun 9, 23

9 – 9:30am Barbers Point Golf Course

Enjoy this introduction to the great game of golf. For

more information, call respective pro shop.

Father's Day Sale

Saturday and Sunday, Jun 16, 17

Navy Marine Golf Course

Barbers Point Golf Course

Mamala Bay Golf Course

Twilight /Play Until Dusk Golf Specials

Monday – Friday (except holidays)
After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)
After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays
After 3:30pm Barbers Point Golf Course
\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course
Come and enjoy our special twilight golf prices.
For more information, call respective pro shop.

YOUTH SPORTS

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

Softball Camp (Females Only)

Jul 9 – 13
4:30 – 6pm
\$40
Ages: 7 – 18
Vandenberg Field
Registration: Jun 1 - Jul 6
Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

Stand Up Paddle Boarding Camp (SUP)

Jul 17 – 19
9am – 10:30pm or 11am – 12:30pm
\$50
Ages: 7 – 9 (6 Slots Only) & 10 – 15 (6 Slots Only)
Hickam Harbor
Registration: Jun 1 - Jul 6
Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

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

Hickam Historical Tour

Friday, Jun 1, 8, 15, 22, 29
9:30am – 1:30pm
\$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 & enlisted families lived and hear their personal stories of this “Day of Infamy.” Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!”

Ford Island Historical Tour

Wednesdays, Jun 6, 13, 20, 27
9:30am – Noon (Check in at 9:15am)

\$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.

Chinatown Food & Historic Tour

Saturday, Jun 30
8:30am – 1pm
\$35 for adults
\$30 for children (ages 3–11 years old)
Discover the intriguing history of Honolulu’s Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

ITT Shuttle to “Eat the Street”

Friday, Jun 29
6:30 – 9:30pm
\$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.

“Local-Style” Wine Tasting

Wednesday, Jun 27
6:30 – 8:30pm
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 inexpensive alternative to take you to the airport and AMC terminal. Servicing areas from Ford Island to Radford Terrace only. Two large bags per person allowed (additional bags are subject to a \$1 per bag charge). Reservations required.

recreation

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

LIBRARY

Hickam Bldg. 595 449-8299
Dial-A-Story 449-8297

Summer Reading Program: “Reading Takes You Everywhere”

Jun 2 – Jul 14
Saturday, Jun 2 - Kick Off Event at the Library
10am – 12pm
Finale – Saturday, July 21 – 10am – 12pm
The Kick Off & Finale Party will have refreshments, entertainment and prize drawings. For more info: <https://pearlharborhickam.beanstack.org/> or greatlifehawaii.com/recreation/library.

Young Adult Book Club

Wednesday, Jun 6
4pm
Our Young Adult Club is geared towards Junior High and High School youth. This week our book being discussed is “Noteworthy”. The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

NEW STEM Programs

Wednesday, Jun 6
Adult Book Club
Tuesday, Jun 5
10am
Thursday, Jun 7
6pm
Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is “Northanger Abbey”.

Kids’ Book Club

Wednesday, Jun 13, 20
2 – 3pm
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 “From the Mixed up Files of Mrs. Basil E. Frankweiler” on June 13 and “Because of Mr. Terupt” on June 20.

Preschool Story Time

Wednesday, Jun 13, 27
9 – 10am
Story times are great for children of all ages! Our theme on June 13 is “Boats” and June 27 will be “Bugs”.

SHARKEY THEATER

Moore St., Bldg. 628 473-0726

Father’s Day Special

Sunday, Jun 17
1:30pm
Dads get a FREE admission for the 1:30pm movie. Must be accompanied by a paying family member or have a cell phone image of their daughter or son.

Single Sailors and Airmen Movie Night

Friday, Jun 8
7pm
FREE movie, FREE medium popcorn, and a FREE medium drink! Sign up at the Beeman Liberty Center. Must be Active Duty Navy or Air Force.

TRANSITIONING MILITARY & MILITARY SPOUSES HIRING EVENT

June 29 | 10:00 am - 2:00 pm

Military & Family Support Center
4827 Bougainville Drive



PRE-REGISTRATION HIGHLY ENCOURAGED!
TO REGISTER AND FOR THE FULL LIST OF EMPLOYERS GO TO
jbphh.greatlifehawaii.com/support/

Military & Family Support Center
Joint Base Pearl Harbor-Hickam

Phone: (808) 474-1999

Email: MFSCHawaii@navy.mil

Web: www.greatlifehawaii.com

Facebook: www.facebook.com/JBPHH.MFSC





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

Jun 13 • 4:00 – 6:00pm | Hickam

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.

NAVY INDIVIDUAL AUGMENTEE (IA) PRE-DEPLOYMENT BRIEF

Jun 21 • 1:00 – 2:00pm | Pearl Harbor

Monthly Navy IA Pre-Deployment Brief at MFSC. Conducted on the third Thursday of each month as a manner in which Sailors have a readily accessible event to attend for upcoming deployments.

employment assistance

ACING THE INTERVIEW

Jun 12 • 12:00 – 2:00pm | Wahiawa

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

CIVILIAN RESUME WRITING

Jun 1 • 12:00 – 2:00pm | Pearl Harbor

Jun 6 • 12:30 – 2:30pm | Hickam

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

FEDERAL EMPLOYMENT 101

Jun 1 • 8:00 – 10:00am | Pearl Harbor

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.

HIRING EVENT

Jun 29 • 10:00am – 2:00pm | Pearl Harbor

Join us for a free hiring event for service members, veterans, and military spouses. This event will feature a wide variety of employers from the public and private sector as well as workshops that will focus on improving competitive employment.

LINKEDIN: WHAT WILL THEY SEE

Jun 27 • 12:00 – 1:30pm | Pearl Harbor

Through LinkedIn, we will show you how to connect with like-minded professionals in your desired industry, build those connections into a strong network, and market yourself to a target audience. The class will go over the proper way to build your professional profile and summary, how to use the job search functions, market yourself to LinkedIn recruiters, strengthen your network, and leverage the LinkedIn resources to your advantage.

PART-TIME MONEY MAKERS

Jun 20 • 4:30 – 6:30pm | Pearl Harbor

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

RECRUITING EVENT

Jun 7 • 12:00 – 2:00pm | Pearl Harbor

Jun 21 • 1:30 – 3:30pm | Pearl Harbor

Spouses and transitioning service members! Come meet with great employers looking to recruit YOU!!!

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Jun 6 • 10:00am – 12:00pm | Pearl Harbor

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

HIGH-TECH PARENTING

Jun 26 • 10:00am – 12:00pm | Pearl Harbor

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

NEW MOMS AND DADS

Jun 20 • 5:00 – 8:00pm | Hickam

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

PARENTING GROUP

Jun 5, 12, 19, 26 • 10:00am – 12:00pm | Pearl Harbor

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

PARENTS: YOUR TEENS AND DATING

June 21 • 5:30 – 7:30pm | 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

June 12 • 10:00am – 12:00pm | Pearl Harbor

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

STOP BULLYING

Jun 18 • 10:00am – 12:00pm | Pearl Harbor

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

information and referral

EFMP COFFEE TALK

Jun 14 • 9:00 – 10:00am | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Jun 27 • 9:00am – 12:00pm | Pearl Harbor

Green Card/Immigration 0900-1030 / Naturalization 1100-1200. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

key spouse/ombudsman group fleet readiness

KEY SPOUSE CONNECT MEETING

Jun 7 • 9:00 – 11:00am | Hickam

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

OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING

Jun 19 • 6:00 – 8:00pm | Lockwood Hall

Advanced training for personnel who are currently assigned as Ombudsmen or Key Spouse.

personal development

ANGER MANAGEMENT

Jun 25 • 9:00am – 12:00pm | Pearl Harbor

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

CONFLICT RESOLUTION

Jun 19 • 10:00am – 12:00pm | Pearl Harbor

This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Learn how to prevent conflict from escalating and how to work with others to solve problems; this allows people to grow, missions to succeed and families to strengthen.

DATING WITH A PURPOSE

Jun 21 • 10:00am – 12:00pm | Pearl Harbor

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

DEALING WITH DIFFICULT PEOPLE

Jun 20 • 10:00am – 12:00pm | 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

Jun 7 • 10:00am – 12:00pm | Pearl Harbor

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

IN-DEPENDENTS

Jun 11 • 4:30 – 6:30 p.m. | Pearl Harbor

Family member/teen graduating high school and going off to college or work? This day is for YOU! Fantastic info on healthcare, money, employment, education, and more!

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Jun 6, 13, 20, 27 • 1:00 – 3:00pm | 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.

(continued from previous page)

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Jun 7 • 1:00 – 3:00pm | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

Jun 6, 13, 20, 27 • 10:00am – 12:00pm | Pearl Harbor

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

STRESS MANAGEMENT

Jun 11 • 9:00am – 12:00pm | Pearl Harbor

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

TIME MANAGEMENT

Jun 4 • 10:00am – 12:00pm | 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

Jun 13 • 10:00am – 12:00 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

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

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

WOMEN'S ALTERNATIVE TO VIOLENCE GROUP

Jun 5, 12, 19, 26 • 2:00 – 4:00pm | 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

Jun 5 • 10:00am – 12:00pm | Pearl Harbor

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

personal financial management

CAR BUYING STRATEGIES

Jun 7 • 2:00 – 4:00pm | Pearl Harbor

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

SAVING AND INVESTING

Jun 21 • 1:00 – 3:00pm | Pearl Harbor

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

relocation assistance

SMOOTH MOVE

Jun 14 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Jun 5 • 1:00 – 3:00pm | Wahiawa

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Jun 12 • 1:30 – 3:30pm | Pearl Harbor

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

To Register for a MFSC Class Visit:
<https://jbpqh.greatlifehawaii.com/support/military-family-support-center>

Great Life Hawaii Calendar of Events June 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
	Civilian Resume Writing	USAF Pre-Separation Briefing	Capstone 7:30	Federal Employment 101		
		SAPR POC Training	Capstone 9:00	Civilian Resume Writing		
3	4	5	6	7	8	9
	Work and Personal Life Balance	USAF Pre-Separation Briefing	Capstone 7:30			
	Time Management	Developing Self-Esteem in Children	Capstone 9:00			
		Sponsor Training	more			
10	11	12	13	14	15	16
	Onward to Opportunity (OOO) Orientation	Orana Aloha Newcomers Orientation	USAF Pre-Separation Briefing	Capstone 7:30		
	Stress Management	Transition GPS: Skills to Business	Tranquil Seas - Stress and Self-Care	Smooth Move		
	more	more	more	more		
17	18	19	20	21	22	23
	Stop Bullying	Conflict Resolution	USAF Pre-Separation Briefing	Capstone 7:30		
		Onward to Opportunity (OOO) Orientation	Dealing with Difficult People	Capstone 9:00	After GPS	
		more	more	more		
24	25	26	27	28	29	30
	Anger Management	Orana Aloha Newcomers Orientation	USAF Pre-Separation Briefing		Hiring Event - Employer Registration Page	
		High Tech Parenting	LinkedIn: What Will They See		Hiring Event - Job Seeker Registration	

SEX ASSAULT SURVIVORS GROUP

Jun 6, 13, 20, 27 • 3:30 – 5:30pm | Pearl Harbor

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

transition assistance

AFTER GPS

Jun 22 • 8:00am – 3:00pm | 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

Jun 7 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Jun 14 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Jun 21 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

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

TRANSITION GPS: BOOTS TO BUSINESS

Jun 12 – 13 • 8:00am – 4:00pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Jun 18 – 22 • 7:30am – 4pm | 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

Jun 4 – 8 • 7:30am – 4pm | Pearl Harbor

Jun 18 – 22 • 7:30am – 4pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation,

MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

USAF PRE-SEPARATION BRIEFING

June 6, 13, 20, 27 • 8:00 – 11:00am | 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.



JOINT BASE PEARL HARBOR HICKAM SEXUAL ASSAULT PREVENTION & RESPONSE
Military & Family Support Center (808) 474-1999 • PMRF (808) 551-1452
Hawaii NAVY SAPR 24/7 Crisis Hotline (808) 722-6192 • Duty SARC (808) 221-0663



Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

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

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

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

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

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

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT
 At Ke'alo'hi 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-Thu 0630-1000, 1030-1330
 Fri 0630-1000, 1030-1330, 1700-2000
 Sat 0700-1330, 1700-2000
 Sun 0700-1030

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE

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

STEAKOUT

Barbers Point Golf Course • 682-1911
 Mon-Sun 0600-1700

FAST FOOD

PIZZA HUT
 At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

BREWS & CUES (NEWLY RENOVATED)

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

THE COUNTRY BAR (NEWLY RENOVATED)

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

KOA LOUNGE

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

10th PUKA LOUNGE

At Ke'alo'hi 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
 Mon-Fri 0500-0700; 1100-1300
 Sat, Sun, Holidays Closed

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
 Open Swim:
 Mon, Tue Closed
 Wed-Fri 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
 After-hours access available
 Holidays Closed
 JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
 Mon-Fri 0400-2130
 Sat, Sun, Holidays 0700-1700

Naval Station Gym Bldg. 667 • 473-2436
 Mon, Wed, Fri 0500-1730
 Tue, Thu 0500-1500
 Sat, Sun, Holidays Closed

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

Open 24 hours a day, 7 days a week (unstaffed):
 Ford Island Bldg. 55
 Kunia Bldg. 446
 Makalapa Bldg. 388
 West Loch Bldg. 621

GOLF COURSES

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

GOLF COURSES CONTINUED

Ke'alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
 Mon, Wed–Sun 0630–2200
 Tue..... 0630–2100

Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800

Pro Shop
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800

Navy-Marine Golf Course
 Valkenburgh at Radford Drive • 471-0142
 Daily Tee Times 0700–1830

Pro Shop
 Mon–Sun 0630–1830

Driving Range
 Mon–Wed, Fri–Sun 0630–2100
 Thu..... 1030–2100

HOUSING

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

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019
 Mon–Sat 0900–1800
 Sun, Holidays 0900–1500

ITT-Fleet Store, Pearl Harbor • 473-0792
 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

Makai Center (Hickam) • 448-0418
 Daily 1500–2200

Liberty Express (Wahiawa Annex) • 653-0220
 Mon–Sat 1500–2200
 Sun 1400–2100

LIBRARY

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

MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215
 Mon Closed
 Tue–Sun 0900–1700

Rainbow Bay Marina, Bldg. 103 • 784-0167
 Mon Closed
 Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999
 Tue–Thu 0800–1530 / Closed daily from 1100-1200
 Mon, Fri–Sun Closed

Pearl Harbor, 4827 Bougainville Dr. • 474-1999
 Mon–Thu 0700–1630
 Fri 0700–1600
 Sat, Sun Closed

Wahiawa Annex, Bldg. 392 • 474-1999
 Mon, Fri–Sun Closed
 Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726
 Mon–Wed Closed
 Thu, Fri 1900 showtime
 Sat, 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 Ali'i (Bldg. 1315)
 Lockwood Hall (Bldg. 662)
 Makalapa (Bldg. 372)

Hickam Side of JBPHH • 808-800-2330
 Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113
 Dive Oahu, Pool 1 • 922-3483
 Hickam Beach (lifeguards on duty)/Surf Shack
 Fri–Sun 1000–1700

Outdoor Adventure Center-Fleet Store • 473-1198
 Mon–Fri 0900–1800
 Sat 0900–1600
 Sun Closed
 Holidays Closed

Outdoor Recreation-Hickam Harbor • 449-5215
 Mon, Holidays Closed
 Tue–Sun 0900–1700

Skateboard Hangar • 448-4422
 Wentworth Tennis Center • 473-0610
 White Plains Beach/Surf Shack • 682-4925
 Daily 1000–1700

RENTALS

Barbers Point Beach Cottages • 682-3085
 Conference Centers • 472-0342
 Foster Point Pavilion • 449-5215
 Hickam Beach Cabanas • 449-5215
 Makai Recreation Center • 449-3354
 Pearl Party Patios • 473-1198

Outdoor Recreation Equipment Rentals:
 Hickam Beach • 449-5215
 Pearl Harbor • 473-1198
 White Plains Beach • 682-4925

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

YOUTH PROGRAMS

School-Age Care
 Catlin • 421-1556
 Hickam • 448-4396

School Liaison Officer (K–12)
 4827 Bougainville Drive • 471-3662, 471-3673
 Mon–Fri 0800–1700
 Sat, Sun Closed

Teen Center (ages 13–18) • 448-1068
 School year:
 Mon–Thu 1400–2000
 Fri 1400–2100

School vacations:
 Mon–Fri 1200–2000

Weekends:
 Sat 1330–2130
 Sun Closed

Youth Sports & Fitness
 Office, Bloch Arena • 473-0789
 Mon–Fri 1100–1730
 Sat, Sun Closed

Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program
 480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515

Air Force Wounded Warrior Program
 800 Scott Circle Bldg 1113 • 808-448-0126
 Mon–Fri 0830–1230 / 1300–1700
 Sat, Sun Closed

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

- Automotive Worker
- Hotel Housekeeping
- Laundry Worker

How to Apply:

Obtain posted NAF job application at www.greatlifelifehawaii.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: NI_PRLH_N9HR.FCT@NAVY.MIL

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

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Sunday Brunch Buffet

*Bring Dad Out to Sunday Brunch on the 17th
for a Special Father's Day Brunch*

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PATRONS WELCOME**

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\$13.50 7-12 yrs
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10AM - 1PM • MAIN DINING ROOM

Reservations accepted by phone at (808) 448-4608



JOINT BASE PEARL HARBOR - HICKAM PRESENTS

FREE



CHUCK MILLIGAN

COMEDY HYPNOSIS SHOWS

SHARKEY THEATER

No tickets needed, come early
as seating is limited

SATURDAY, JUNE 2 - 7:30PM

ADULT THEMED SHOW: 18 yrs and older

SUNDAY, JUNE 3 - 2PM

OPEN TO ALL AGES

Participation on stage is limited to ages 14 & older

DOORS & SNACK BAR OPEN 1 HOUR BEFORE SHOW TIME

Chuck Milligan has been performing comedy hypnosis for over 19 years. He is an absolute genius at entertaining and always maintains the dignity of the audience volunteers. The comedy hypnosis show is a treat for everyone and audience participants will have a blast!

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\$232
per month****



WHAT'S HAPPENING AT JN? In honor of Military Appreciation Month, we are giving all active duty service members and their spouses an additional \$500 off our lowest advertised prices! If you're shopping for a new car or motorcycle at Velocity Honolulu, be sure to check out the new Italian restaurants, Italica Bar & Cafe, and Le Radici! After grabbing a bite to eat, pop in to Honolulu's newest men's fashion and barbering boutique, Sixty-One, & ladies, take a walk through Kristin Wood Boutique, which offers couture eyelash extensions, and an upcoming natural nail bar!

*STK # 53382. **MSRP \$27,265, \$7,305 Off MSRP. Discounts in form of manufacturer rebates and dealer incentives. Dealer cash, factory rebates & special finance rates may not be combinable on individual vehicles. Not all buyers will qualify for any or all advertised rebates and/or lowest APR. Price includes \$1,000 bonus cash + \$2,000 conquest rebate + \$4,000 flex cash. Payment based on financing with approved credit for 75 months at 2.99% APR, \$2,000 down payment. Price and payment are plus state tax of 4.712%. License, \$105 documentation fee and \$194.50 delivery handling fee. Photo for illustration only. Offer on advertised units only. Offer and subject prior to sale. See dealer for complete details. Offer expires 5/31/18. **Buy the new New 2017 Jaguar XE 35t Prestige for \$39,288 plus fees. Must finance through Jaguar Financial. Stock number J17879. \$0 security deposit required with approved credit. Payment and price are plus tax of 4.712%, license, \$635 doc fee, \$895 acquisition fee and \$294.50 delivery handling fee. The doc fee represents costs and profit to the dealer for items such as inspecting, cleaning, and adjusting vehicles, and preparing documents related to the sale. Vehicle subject to prior sale and may not be exactly as shown. Based on MSRP of \$47,195 (includes destination and delivery). See dealer for complete details. Offer expires 5/31/2018. ***Lease the new 2018 Maserati Levante for \$729 per month for 36 months with down payment of \$5,979 and financing through Maserati Capital and take retail delivery by May 31, 2018. Stock number #52932. \$0 security deposit. Payment and price plus tax of 4.712%, license, \$635 doc fee & \$294.50 delivery handling fee. The doc fee represents costs and profit to the dealer for items such as inspecting, cleaning, and adjusting vehicles, and preparing documents related to the sale. Vehicle subject to prior sale and may not be exactly as shown. Lessee responsible for insurance, maintenance, repairs and excess wear and mileage over 5,000 miles, \$30 per mile over. Based on MSRP of \$76,800 (includes destination and delivery) Residual Value of \$43,008. Charges may apply at lease termination. 0% APR for 60 months equals \$16.67 per \$1,000 financed. See dealer for complete details. Offer valid through 5/31/18. ****Payment based on 0% APR for 48 months with \$0 down payment with approved credit. Offer not to be combined with other offers. Your terms and ability to qualify for credit may cause your payments to be higher. Stock #TR9312. Payment plus \$145 doc fee, 4.712% tax, title, license, and freight & handling. Freight, license and delivery fees vary depending on size, weight and vehicle model. See dealer for details. Offer expires 5/31/18.

