

GREAT *Life* HAWAII

www.greatlifehawaii.com | March 2018



CAPTURE THE MOMENT!

Get out, explore, and discover the perfect shot 



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

Navy Entertainment

presents

IMAGINATION MOVERS



MONTH OF THE MILITARY CHILD CELEBRATION

MON, APR 9 | FREEDOM TOWER | FREE

OPENS 4:30PM | SHOW BEGINS 5:30PM

Food & drinks available for purchase.

Open to all DoD ID cardholders and their sponsored guests.

GREATLIFEHAWAII.COM



MARCH

GREATLIFEHAWAII | 2018

CAPTURE THE MOMENT!



FROM THE BUSY STREETS OF DOWNTOWN HONOLULU TO SCENIC MOUNTAIN LOOK OUTS AND THE SPARKLING BLUE OCEAN, OAHU IS FULL OF BEAUTIFUL PLACES TO MAKE LASTING MEMORIES.

GO ON A PHOTO ADVENTURE WITH MIKI AND FRIENDS!

6

live the great life

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

connect with us

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



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



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

GREAT LIFE HAWAII: MARCH 2018

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

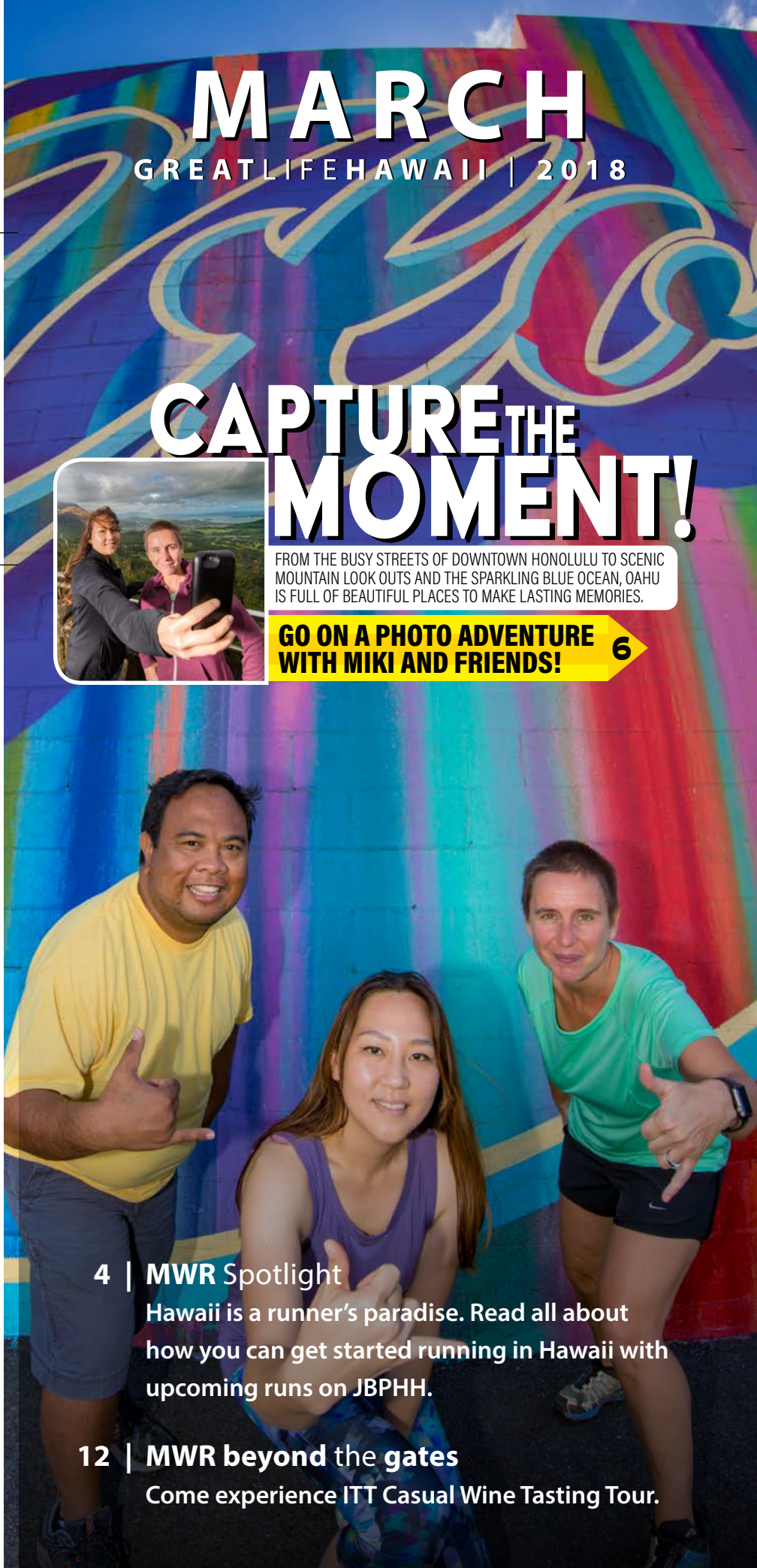
Graphic Designers Glenn Coloma
Nick Dubovsky
Reid Kagemoto

Marketing Assistant Teddi Gouveia

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

On the cover: Miki pausing to enjoy the view at Makapu'u Tidepools hike.

At right: Flashing a shaka in Kakaako.



4 | MWR Spotlight

Hawaii is a runner's paradise. Read all about how you can get started running in Hawaii with upcoming runs on JBPHH.

12 | MWR beyond the gates

Come experience ITT Casual Wine Tasting Tour.

“Run, Forrest, Run!”

by Veronika McKenney



You have heard the expression before – Hawaii is paradise on Earth. If you are a runner, you may add – “a runner’s paradise.” Justifying such statement is easy. There are only two seasons to worry about. Of course, using the word “worry” is an overstatement. The average day temperature reaches 85F in the summer and 78F in the winter. Add a reasonable humidity, ocean breeze, varied terrain, and you have perfect all year round running conditions. Even rain is welcome here – unless it absolutely pours.

Whether you are a morning, evening or lunch break runner, you can run every single day. Every. Single. Day. That equals 365 runs a year (366 in a leap year) and a lot of dedication!

In Hawaii, you are genuinely spoiled for choice of scenery and terrain – with sandy beaches for barefoot runs, coastal routes for distance, muddy mountain trails for fun as well as traditional paved rural paths. All you have to do is pick your poison, and remember to hydrate and always, always, wear sunscreen!

If you are just starting to run, you could not ask for a better place. Aside from the aforementioned positives, you can find plenty of organized runs to motivate you. Since it is March already, it may be too late to plan for the historic Ford Island Bridge 10K on April 7. The good news? Now is the perfect time to start training up for your first 13.1!

According to experts, you only need 12-16 weeks to prepare for your first half marathon. Coincidentally and conveniently, the Hickam half-marathon is scheduled for the middle of August, allowing you enough time to train (and squeeze in a mini vacation should you wish to).

With their half marathon in mind, Hickam Memorial Fitness Center created a “preparation” run series to help you build your mileage. Starting with the modest 5K in May, followed by Father’s Day 8K, you can conquer 10K in July, and complete your first 13.1 in August! Do not be surprised if, experiencing the runner’s high (and possibly thinking of the mouthwatering malasadas), you decide to sign up for the December Honolulu marathon.

Understandably, not everybody wants to run 13.1 or 26.2 miles. To experience the race euphoria and have fun, you can always join any of the many 5K runs at both Hickam and Wahiawa Annex. Or you can simply embrace running the aloha way – no treadmill required! Just run out there and explore! In the winter combine your run with a spot of whale watching whilst in the summer, plan to enjoy the ocean after the hot run – swim, surf or snorkel. Make running memories to last you a lifetime. 🏃‍♀️

Upcoming Runs for 2018

7 April - Ford Island Bridge Run 10K, sponsored by USAA
Please call (808) 473-0784 / 2494 / 2437 for more information.

Hickam Memorial Fitness

5 May - 5K
9 June - Father’s Day 8K
21 July - 10K
18 August - Hickam half marathon (13.1 miles)
22 September - 5K
3 November - 5K
Please call (808) 448-2214 for more information.

Wahiawa Annex

6 February - Cupid 5K
5 April - Sexual Assault Awareness 5K
5 July - Stars and Stripes 5K
20 November - Turkey Trot 5K
6 December - Ugly Sweater 5K
Please call (808) 653-5542 for more information.

Honolulu Marathon

December 9

Crab Boil

Friday, March 23
5-8pm

Historic Hickam Officers' Club
- the Grand Lanai

OPEN TO ALL BASE ELIGIBLE PATRONS!

Reservations required / pre-paid reservations.
Please call (808) 448-4608, ext. 15

www.greatlifehawaii.com



MENU:

Crab Boil cooked with delicious Dungeness crab, shrimp, Andouille sausage, potato, and corn.

PRICING:

\$24 Club Members
\$30 Adults

\$15 Child 7-12 years
\$7.50 Child 3-6 years



Easter Brunch Buffet

**Sunday, April 1
10am-2pm**

Historic Hickam Officers' Club

Open to all base eligible patrons!

Seating is limited.

Reservations required.

Please call (808) 448-4608, ext. 15

greatlifehawaii.com



CAPTURE THE MOMENT!

by Miki Lau

FROM THE BUSY STREETS OF DOWNTOWN HONOLULU TO SCENIC MOUNTAIN LOOK OUTS AND THE SPARKLING BLUE OCEAN, OAHU IS FULL OF BEAUTIFUL PLACES TO MAKE LASTING MEMORIES. ALTHOUGH, IF YOU'RE ANYTHING LIKE ME AND MY FRIENDS, SOMETIMES LIFE GETS IN THE WAY AND WORK, ERRANDS AND SITTING IN TRAFFIC MAKE YOU FORGET HOW LUCKY YOU ARE TO LIVE IN PARADISE. ONE OF MY FAVORITE WAYS TO BREAK FREE FROM THE DAILY GRIND IS TO GET A GROUP OF FRIENDS TOGETHER, CHARGE UP OUR CELL PHONES AND OUR CAMERAS, AND GO ON A PHOTO ADVENTURE!

OAHU HAS SO MANY UNIQUE PICTURESQUE LOCATIONS THAT YOU CAN SPEND A WHOLE DAY (OR A WHOLE WEEKEND) CAPTURING MEMORIES IN DIVERSE LOCATIONS. THERE'S A BACKDROP FOR EVERYONE'S TASTES.



China Walls

Love urban shots? Strike a pose in front of one of the many art walls in Kaka'ako. The walls in this revitalized district are always changing with new murals being added every year. Finding the murals that you've seen on Instagram can turn into a fun treasure hunt to find your favorite. Take a walk in Chinatown and contrast the old stones of historic buildings with the clear blue ocean a few blocks down. Or marvel in the juxtaposition of men and women in business suits walking past bustling open markets.

Drive up any of the hills on Oahu for beautiful panoramic shots. Enjoy the cool breeze for perfectly wind-blown hair as you gaze out over the city, ocean or greenery. Take in the beauty of the east side of Oahu from the Pali lookout as you try not to get blown away. If you're planning to visit this spot, make sure you bring a jacket and leave your hats in the car! If city views are more of your thing, one of my favorite lookouts is Tantalus. The first lookout is a great spot to visit at night, as Honolulu's lights illuminate the city and the coastline. For a daytime view, drive up to the park where you'll see everything from Diamond Head to Daniel K. Inouye International Airport. (Work looks really small from up here!)



Nu'uuanu Pali Lookout

Oahu also has many scenic sites with rich histories. Visit the Byodo-In temple on the windward side for something unexpected. The bright red temple pops against the bright green hues of the Ko'olau Mountains. The temple was built to commemorate the 100th anniversary of the arrival of the first Japanese plantation workers. We can't discuss Hawaii's immigrant history without also mentioning a stop at the Dole Plantation. Where else could you get a photo with a pineapple, in a pineapple and eating Dole pineapple whip all at the same time? Another lesser known historical spot is Moanalua Gardens - home of the famous Hitachi tree and the Kamehameha V cottage.

 REID KAGEMOTO

If water is more of your speed, Oahu has lots of different oceanfront views. From the steep cliffs at China Walls (aka Koko Kai mini beach park) and Laie point, to the beautiful view of the Mokulua islands from Lanikai's white powder sands, there are many ways to take in the gorgeous Pacific Ocean. Another fun view of the ocean (and photo opportunity) is tide pools! My favorites are the ones just below the Makapu'u Lighthouse trail. The water there is so clear, so blue and there are lots of colorful fish! If you time your photo just right, sometimes you can catch a wave splashing up behind you.



As I'm sure you can tell by now, there are lots of scenic spots to make lasting memories here in Hawaii- much more than you can cram into one weekend. So take your time, explore the island, and discover your favorites. Maybe you can make 5 pm weekday traffic more enjoyable by brainstorming your next photo adventure!

Not sure how to get started on your own adventure? Outdoor recreation offers bike tours and hiking to get you familiar with some places around the island (See offerings on page 13). ITT offers lots of tours- the Eat the Street Shuttle drops you off in the heart of Kaakako and one of the biggest foodie events each month, for more information call 422-2757. Brush up on those photography skills or learn some new ones at the Arts and Crafts Center (for class schedule see page 8). And don't forget to frame some of those stellar memories! 📸

Makapu'u Tide Pools



Byodo-In Temple

Moanalua Gardens



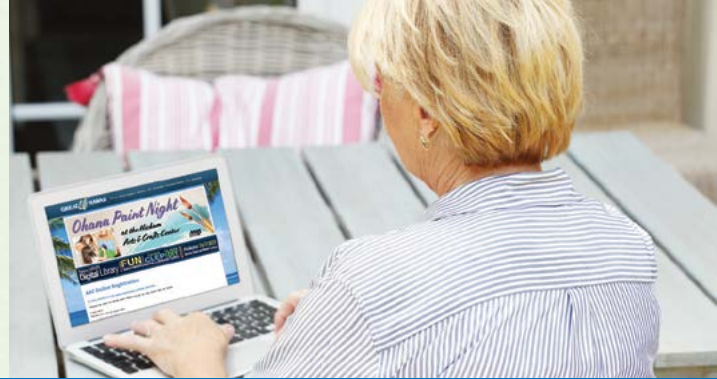
HICKAM ARTS AND CRAFTS

C E N T E R

MAR | APR | MAY

335 Kuntz Ave., Bldg. 1889
448-9907

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



TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

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

Apr 11–May 16 • May 30–Jul 11 (No class-Jul 4)

Thursdays, 6–8:30 p.m.

Mar 1–Apr 5 • Apr 12–May 17 • May 31–Jul 12 (No class-Jul 5)

Fridays, 9–11:30 a.m.

Mar 2–Apr 6 • Apr 13–May 18 • Jun 1–Jul 13 (No class-Jul 6)

Saturdays, 9–11:30 a.m.

Mar 3–Apr 7 • Apr 14–May 19 • Jun 2–Jul 14 (No class-Jul 7)

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 6–8:30 p.m.

Mar 8–29

Saturdays, 9 a.m.–12:00 p.m.

Mar 3–31 (No class-Mar 10) • **Apr 7–28 • May 5–26**

Ages 16 and older

\$55 per person (plus supplies)

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

Drawing & Painting

CREATIVE PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Mar 6–27

Ages 12 and older

\$80 per person (plus supplies)

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

HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45–7:45 p.m.

Mar 6–27

Ages 12 and older

\$75 per person (plus supplies)

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

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30–2:30 p.m.

Apr 3–24 • May 1–22

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, 3:00–5:00 p.m.

Apr 3–24 • May 1–22

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, 5:45–7:45 p.m.

Apr 3–24 • May 1–22

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, 6–8 p.m.

Apr 3 – May 8 • May 15–Jun 19

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

Apr 5 – May 10 • May 17–Jun 21

Ages 16 and older

\$70 per person (plus supplies)

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

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

Mar 1–29 • Apr 19 – May 17 • May 31 – Jun 28

Ages 12 and older

\$65 per person (plus supplies)

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

FAN ART WITH CHARIS DERRY

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

May 31–Jun 28

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.

ILLUSTRATION WITH CHARIS DERRY

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

Apr 19–May 17

Ages 12 and older

\$65 per person (plus supplies)

Learn to apply your drawing and painting skills to produce art that gets used in the real world. Pick from projects like CD covers, stationary designs, greeting card design, t-shirt design, poster art, children's book illustration, and illustrations for ads and magazine articles. Learn the basics of color theory and using pen and ink and/or paint. Some previous basic drawing and painting experience is recommended.

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

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

Mar 1–29

Ages 12 and older

\$65 per person (plus supplies)

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

Framing

BASIC PICTURE FRAMING WITH MARIALAINÉ FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks:

Thursdays, 5:30–7:30 p.m.: **Mar 8–15**

Thursdays, 5:15–7:15 p.m.:

Apr 5–12 • Apr 19–26 • May 3–10 • May 17–24

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, 5:15–7:15 p.m.

Apr 4–25 • May 2–23

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.

PAINTING WITH GLASS WITH JESSICA FITZGERALD

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

Mar 7–21

Ages 16 and older

\$65 per person (plus supplies)

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

ORNAMENTS AND SUN CATCHERS WITH JESSICA FITZGERALD

This is a one-day class.

Thursday, 5:30–7:30 p.m.: **Mar 1, 22**

Ages 16 and older

\$25 per person (plus supplies)

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

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6–8 p.m.: **Mar 6–27 • Apr 3–24**

Wednesdays, 10 a.m.–Noon: **Mar 7–28 • Apr 4–25**

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, 9 a.m.–Noon

Mar 10–24 • Apr 14–28

Ages 16 and up

\$70 per person (plus supplies)

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

Quilting & Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

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

Apr 4–May 2

Ages 14 and older

\$75 per person (plus supplies)

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

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

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

Mar 6–27 • Apr 3–24 • May 8–29

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, 9 a.m.–Noon

Mar 24–Apr 14 | Crazy Quilt

Apr 21–May 19 (no class May 5) | **Bargello Quilt**

May 26–Jun 16 | Log Cabin 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, 1–4 p.m.

Mar 24–Apr 14 | Crazy Quilt

Apr 21–May 19 (no class May 5) | **Bargello Quilt**

May 26–Jun 16 | Log Cabin 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,

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

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

\$20

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

PEN TURNING CLASS

This is a one-day class.

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

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

\$50 (supplies included)

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

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

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

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

\$60 (supplies included)

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

BOWL TURNING CLASS

One class per week for 2 weeks.

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

(continued from previous page)

Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)
\$85 (supplies included)
The class will explore more the uses for the lathe by learning additional tools and techniques for turning larger items. Pre-registration is necessary to secure a spot for the class. *Must take the safety class & the pen turning class prior.*

CUTTING BOARD CLASS

One class per week for 3 weeks.
Offered select Fridays, 5–9 pm.
Offered select Saturdays & Sundays, 7:30–11:30 a.m.
Ages 16 years & older
\$135 (supplies included)
Students will learn to build their own end-grain cutting board from strips of wood. The process shows how to prep your wood from rough lumber and goes into proper glue-up techniques to make a seamless cutting board. Pre-registration is necessary to secure a spot for the class. *Must take the safety class prior.*

KEEPSAKE BOX CLASS

One class per week for 4 weeks.
Offered select Fridays, 5–9 pm.
Offered select Saturdays & Sundays, 7:30–11:30 a.m.
Ages 16 years & older
\$135 (supplies included)
The class shows how to prep your wood from rough lumber and to use a miter joint to fit your box together. Pre-registration is necessary to secure a spot. *Must take the safety class prior.*

KOA PADDLE CLASS

One class per week for 4 weeks.
Offered select times on Monday, Friday, Saturday or Sunday.
Ages 16 years & older (ages 12–15 must be accompanied by a parent or guardian)
\$350 (supplies included)
Students will start from rough lumber to build two koa paddles. Pre-registration is necessary to secure a spot. *Must take the safety class prior.*

CHILDREN'S CLASSES & CAMPS

YOUTH WOODWORKING SAFETY CLASS WITH PEN TURNING

This is a one-day class.
Offered on select days/times.
Ages 12–16 years old (ages 12–15 must be accompanied by a parent or guardian)
\$60 (supplies included)
This class will emphasize safety in the shop, as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary. Call 448-9911 to find out when classes are offered and to reserve your spot.

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:
Thursdays, 3–4:30 p.m.
Mar 8–29 • Apr 5–26 • May 3–24
Ages 7–12
\$45 per person (plus \$15 fee payable to Ceramics Dept.)
This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 11 a.m.–12:30 p.m.
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, 6–7:30 p.m.: **Apr 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, 3:30–5:00 p.m.
Apr 23–May 21
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.

ART APPRECIATION WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 1:15–2:45 p.m.
Mar 5–Apr 26
Ages 7 and older
\$75 per person (supplies included)
In this class, students will learn to gain an appreciation of art and its varied techniques. This course will introduce students to the fundamental basics of drawing (types of pencils, shading, etc), painting, sculpture, and printmaking.

MODERN MASTERS WITH DENNIS MCGEARY

One class per week for 4 weeks: Mondays, 5:30–7:15 p.m.
Mar 5–Apr 26
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.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m.
Apr 3–May 8 • May 15–Jun 19
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, 1:30–3 p.m.
Apr 5–May 10 • May 17–Jun 21
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.

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45–5:15 p.m.
Apr 5–May 10 • May 17–Jun 21
Ages 7–17
\$70 per person (plus supplies)
The focus of the continuing course is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

EVENTS & ACTIVITIES

CALLING ALL CRAFTERS: JBPH-HICKAM 43RD ANNUAL SPRING CRAFT FAIR & DOG SHOW

Saturday, May 5
9 a.m.–3 p.m.
\$75 for 15x15 space
\$105 for two to share a space

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

COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30 p.m.
Mar 7 & 21 • Apr 4 & 18 • May 2, 16 & 30
Ages 7–14
\$30 per person
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. All supplies included (paint, canvas, and treats) Be sure to wear clothes to paint in!

OHANA PAINT NIGHT WITH CHARIS DERRY

One class per month: Fridays, 5:30–7:30 p.m.
Mar 30 • Apr 27 • May 25
Ages 8 and older
\$35 per person
Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Snacks will be provided at no additional cost. Online registration can be done at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

SUMMER CRAFT CAMP

Four class per week : Tuesdays–Fridays, 10 a.m.–12 p.m.
May 29–Jun 1
Ages 6–14
\$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.

GREAT GOLF FOR LESS



\$30

**GREEN FEE
CART INCLUDED**

COUPON MUST BE PRESENTED TO
RECEIVE SPECIAL RATE.

NOT VALID ON HOLIDAYS. COUPON
VALID FOR AUTHORIZED PATRONS
WITH UP TO 3 GUESTS. MUST CALL
FOR RESERVATIONS. VALID ONLY ON
MONDAYS AND TUESDAYS AT MAMALA
BAY (449-2304) AND BARBERS PT.
(682-1911) GOLF COURSES.

COUPON EXPIRES: 04/30/2018.

**MAMALA BAY GOLF COURSE
808.449.2304**

**BARBERS PT. GOLF COURSE
808.682.1911**

www.greatlifehawaii.com



Casual Wine Tasting Tour

is approachable
for everyone.



Local-style Wine Tasting is open to all base-eligible patrons 21 and older. For more information, call the Hickam ITT office at 808-448-2295 or visit www.greatlifehawaii.com.

By Reid Tokeshi

Like some people of a certain age, I do admit to enjoying the occasional adult beverage at social gatherings or with meals. While it's fun to get dressed up from time to time for a special event, I usually prefer it when the focus is more on comfort and fun. When I heard that MWR's Tickets & Travel office (ITT) had a tour called Local Style Wine Tasting, it sounded like my kind of thing so I eagerly signed up.

This tour happens on the last Wednesday of each month. The \$20 price tag includes round-trip transportation from the Hickam ITT office in an air-conditioned bus along with the private tasting.


When we first get to our destination I can see why it's billed as local-style. We're at an unassuming mom and pop convenience store in the middle of a strip mall. As we entered, the owner of the shop – dressed in a t-shirt and shorts – welcomed everyone and directed us to the back of the store. Waiting for us is Mark, a wine consultant who serves as our host, ready with an array of reds and whites, ready to pour.

Mark proceeds to take us on a wine tour as he doles out the samples. Naturally there's talk about taste notes and the wine region, but that's not all. Mark entertains us with stories: how the vineyard came up with its name, or why the label looks the way it does. One of my favorites was about an owner who named one of their popular wines based on their love for the "Kill Bill" movies. The variety at the store is surprising, and Mark says many of them can only be found in specialty shops or restaurants.

Our host is very engaging and honest, putting things in layman's terms. He says it's about taste and personal preference. "I'm not here to tell you what you should like. You like what you like." After all, Mark tells us, that's why there are tastings.

Another pleasant surprise was the spread of appetizers. Continuing the local, casual theme, it was the sort you'd find at a house party. Some items are expected, like crackers with cured meats and cheeses. But there were also chicken wings, nachos and salad. My guess is it changes with each month. And yes, they did go well with the wines.

Space may get a little tight if the tour is sold out, but I was comfortable and didn't hear any complaints from the group. The tone of the night was to relax, enjoy the samples with no pretense and maybe discover a hidden gem. If you want to talk in more detail about the wine, Mark can chat with you on that. If it's just about finding something that suits you, that's perfectly fine too.

For me, this tour is perfect for wine lovers of all types. At about 90 minutes, you're there just long enough to enjoy and it doesn't drag on. There is no pressure to buy after you try, but I did find a bottle that I look forward to sharing at my next get-together. 



MAR • APR OUTDOOR RECREATION

SURFING

WOMEN'S SURFING

- Mar 25 Sign up by Mar 22
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 and learn to surf in the surfing capital of the world. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Don't miss out on this righteous opportunity! *Participants must be able to swim without a lifejacket.*

LEARN TO SURF AT HH

- Apr 29 Sign up by Apr 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.*

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HH

- Mar 3 Sign up by Mar 1
- Mar 18 Sign up by Mar 16
- Apr 1 Sign up by Mar 30
- Apr 22 Sign up by Apr 20
Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$25

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

STAND UP PADDLE IN KAHANA VALLEY

- Mar 3 Sign up by Mar 1
Begins: 8 am | Ends: 1 pm
Cost: \$25

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

STAND UP PADDLE HALEIWA/ NORTH SHORE

- Mar 31 Sign up by Mar 28
Begins: 8 am | Ends: 2 pm
Cost: \$25

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Don't let this awesome opportunity drift away!

KAYAKING

MOONLIGHT PADDLE AT HH

- Mar 1 Sign up by Feb 27
Begins: 7:00 pm | Ends: 9:00 pm
- Apr 30 Sign up by Apr 27
Begins: 7:30 pm | Ends: 9:30 pm
Cost: \$25 (Kayak included)

What better way to melt the day to day stress away than by joining us for an evening paddle? Enjoy the company of the group as our guides lead the way across the calm, moon lit water. All the required gear is provided and all paddling abilities are welcome. Water and dry change of clothes are recommended.

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 March activities is currently open. Registration for April activities begins **March 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.

(continued on next page)

KAYAKING AT CHINA MAN'S HAT

- Mar 10 Sign up by Mar 8
 - Apr 7 Sign up by Apr 5
- Begins: 8 am | Ends: 1 pm
Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then explore the island, enjoy swimming or tide pool viewing and possibly catch a wave or two. If the weather is nice we can take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty. You're encouraged to bring lunch or snacks and plenty of water.

FISHING

BOTTOM FISHING AT HH

- Mar 4 Register online by Mar 1
 - Mar 17 Register online by Mar 14
 - Apr 15 Register online by Apr 13
 - Apr 28 Register online by Apr 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 a.m.-12 p.m.

- Mar 10, 11 Register online by Mar 8
 - Apr 7, 8 Register online by Apr 5
- Cost: \$60

Registration available online only

Spearfishing is as exciting and challenging as it sounds! Come learn the basics from us so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state such as, where you can go, off

limit areas and regulated fish species. Physiology, techniques, training, equipment, and safety are topics are also covered. You'll hit the water for some target practice as well. The second part depends on everyone's skill level but, we usually do the first dive in shallow water 6 to 12 feet deep. After a short discussion, the second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you're unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel and other equipment. Transportation is on us.

SPEARFISHING EXCURSION

- Mar 24 Sign up by Mar 22
 - Apr 21 Sign up by Apr 19
- 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.*

BIKING

NORTH SHORE BIKE RIDE

- Mar 17 Sign up by: Mar 15
 - Apr 28 Sign up by Apr 26
- Begins: 8 am | Ends: 1 pm
Cost: \$25 w/ bike, \$20 without

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

HIKING

HIKE KEALIA/SWIM MOKULEIA

- Mar 24 Sign up by: Mar 22
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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

HIKE EHUKAI PILLBOX

- Apr 21 Sign up by: Apr 12
- Begins: 8 am | Ends: 1 pm
Cost: \$20

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

SNORKEL

SNORKEL AT HICKAM HARBOR

- Mar 31 Sign up by Mar 28
- Begins: 9:30 am | Ends: 11:30 am
Cost: \$15

Join our staff as we explore the outside reef at Hickam Harbor. This will be a new and different way to do some sightseeing at our location. *Participants need to know how to swim.*

YOUTH SPRING BREAK

YOUTH OCEAN ADVENTURE

- Mar 19-23 Register online by Mar 3
- Keiki Ocean Adventure (ages 7-9 years old)
Begins: 9 am | Ends: 12 pm
Youth Ocean Adventure (ages 10-15 years old)
Begins: 1 pm | Ends: 4 pm
Cost: \$85

Registration available online only

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

EXTRAS

EARTH DAY CELEBRATION AT HH

- Apr 14
- Begins: 11 am | Ends: 2 pm

Come down to Hickam Harbor and celebrate Earth Day. There will be, fun events, bounce house for the kids, snacks for purchase, information booths and a lot more activities for the entire family. Check us out at www.GreatlifeHawaii.com for additional info.

CAMPING IN THE PARK AT HH

- Apr 13 - 14
- Begins: 4 pm | Ends: Following day at 8:00 am
Registration opens: April 1

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!

TRASH BOAT REGATTA AT HH

- Apr 14
- Begins: 8:30 am | Ends: 11 am

Do you and/or your team have what it takes to compete? Challenge your friends, family, and/or colleagues to build boats out of materials normally found to enter a landfill. Put your skills to the test to build the most artistic, whack, or creative vessel to ever circumnavigate Hickam Harbor! To download an entry form and view the rules & regulations visit www.greatlifeHawaii.com. Registration forms must be turned into the Hickam Harbor Marina Office (Tue-Sun 9 a.m. - 5 p.m.) A limited amount of spaces are available.

KEIKI & PARENT HAND POLE FISHING/ REEF

WALKING AT HH

- Apr 28 Sign up by: Apr 26
- Begins: 9 am | Ends: 12 pm
Cost: \$30
Ages 4 - 9 years

Join us as we discover what lives below the Hickam Harbor. Kids and parents can learn the art of hand pole fishing, shore line dunking, reef walking and sea life discovery. Poles, bait, nets, view boxes will be provided. Bring your camera, sun screen, reef shoes snacks and drinks! This is fun not to be missed!

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.

MARINAS CLASSES & ACTIVITIES

SAILING TRIPS

FUN DAY SAIL: RAINBOW BAY MARINA TO HICKAM HARBOR

- Sat | Mar 31 8 am-1 pm
Cost: \$30
Ages 10 & up

Join us as we sail through Historic Pearl Harbor from Rainbow Bay Marina to Hickam Harbor Marina. Learn the ins and outs of sailing and get a preview of what is taught through our programs. If you are already a sail card holder, take hold of the tiller and captain one of our boats! Shuttle service back to Rainbow Bay Marina will be provided. Sign up soon, space is limited. No experience necessary!

FUN DAY SAIL: HICKAM HARBOR TO RAINBOW BAY MARINA

- Sat | Apr 1 8 am-1 pm
Cost: \$30
Ages 10 & up

Join us as we sail through Historic Pearl Harbor from Rainbow Bay Marina to Hickam Harbor Marina. Learn the ins and outs of sailing and get a preview of what is taught through our programs. If you are already a sail card holder, take hold of the tiller and captain one of our boats! Shuttle service back to Rainbow Bay Marina will be provided. Sign up soon, space is limited. No experience necessary!

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

- Sat | Mar 3, 10, 17, 24 | 9 am-12 pm or 1 pm-4 pm
- Tue | Apr 3 | 6-8 pm
- Sat | Apr 7, 14, 21, 28 | 9 am-12 pm or 1 pm-4 pm
Cost: \$75 per person/per month
Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Mar 17/18 & Mar 24/25
Apr 7/8 & 14/15 | Apr 21/22 & 28/29
1-5 pm
Cost: \$75 per person
Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Mar 5, 7, 12, 14, 19, 21, 26, 28 | 9:30-11:30 am
- Mon/Wed | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30 | 9:30-11:30 am
Cost: \$75 per person/per month
Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Mar 3/4 & 10/11 | Apr 7/8 & 14/15
1-5 pm
Cost: \$75 per person/per month
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 | Mar 5, 7, 12, 14, 19, 21, 26, 28
- Mon/Wed | Apr 2, 4, 9, 11, 16, 18, 23, 25, 30
12-2 pm or 3:30-5:30 pm
Cost: \$50 per person/per month
Ages 10 – 17 years

YOUTH BEGINNERS SAILING HH

- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- Tues/Thurs | Apr 3, 5, 10, 12, 17, 19, 24, 26
3:30-5:30 pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- Tues/Thurs | Apr 3, 5, 10, 12, 17, 19, 24, 26
12-2 pm or 3:30-5:30 pm
Cost: \$50 per person/per month
Ages 10 – 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Mar 1, 6, 8, 13, 15, 20, 22, 27, 29
- Tues/Thurs | Apr 3, 5, 10, 12, 17, 19, 24, 26
3-5 pm
Cost: \$50 per person/per month
Ages 9 years & up
*REGISTER ONLINE ONLY

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

KEIKI AFTER SCHOOL BEGINNER'S SAILING HH

- Wed/Fri | Mar 2, 7, 9, 14, 16, 21, 23, 28, 30
- Wed/Fri | Apr 4, 6, 11, 13, 18, 20, 25, 27
3-4:30 pm
Cost: \$50 per person/per month
Ages 8 & 9 years
*REGISTER ONLINE ONLY

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

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Mar 2, 9, 16, 23, 30
- Fri | Apr 6, 13, 20, 27
9:30 am -12 pm
Cost: \$40 per person/per month
Ages 18 & up

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

FAMILY/GROUP SAILING INSTRUCTION

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

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

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 | Mar 9, 23 • Apr 6, 20 | 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

- Call or check in with Hickam Harbor Marina for dates and times
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.

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.
SURF SHACK • 449-5215 Friday–Sunday, 10 am–4 pm

WHITE PLAINS BEACH | Kalaeloa
SURF SHACK • 682-4925 Daily, 10 am–5:30 pm



2nd ANNUAL TRASH BOAT REGATTA

Hickam Harbor Beach Park
Saturday, April 14, 2018

8:30 - 11:00 a.m.

\$15 per boat/team

Do you and/or your team have what it takes to compete?

Challenge your friends, family, and/or colleagues to build boats out of materials normally found to enter a landfill. Put your skills to the test to build the most artistic, whack, or creative vessel to ever circumnavigate Hickam Harbor!

Landlubbers ashore, enjoy watching from the beach and park areas and cheer on your favorite crew.

3 CATEGORIES TO CHOOSE FROM!

- Single Paddler
- Multiple Paddlers: Small Boat
- Multiple Paddlers: Big Boat

PRIZE CATEGORIES:

- First boat to finish (per category)
- Most creative use of materials
- Titanic award for the most spectacular and epic failure
- People's choice award

To download an entry form and view the rules & regulations visit www.greatlifehawaii.com.

Registration forms must be turned into the Hickam Harbor Marina Office (Tue-Sun 9 a.m. - 5 p.m.)

A limited amount of spaces are available.

For more info call 449-5215.





Liberty Calendar

MARCH 2018

Free & low-cost activities for single active-duty military E1-E6
 For a mobile friendly site please visit www.facebook.com/LibertyHawaii and click on the top, pinned post.
 Register now online at www.greatlifeohawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS: Beeman Center (Pearl Harbor Sub Base) 473-2583 Makai Liberty (Hickam) 449-3354 Liberty Express (Wahiawa Annex) 653-0220</p> <p>DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced</p>				<p>1 Full Moon Hike Lanikai Pillboxes FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>2 Chicken and Waffles For Lunch FREE Beeman 1100-1300</p> <p>Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>3 North Shore Catamaran Sunset & Whale Watch Sail \$30 Express 1615 Beeman 1500 Instant 1515 Makai 1530</p> <p>Capones Comedy Smash 6 \$20 Express 1815 Beeman 1900 Instant 1915 Makai 1930</p>
<p>4 Whale Watching Hike Kealia Trail [INTER] FREE Express 1015 Beeman 0915 Instant 0930 Makai 0945</p> <p>Circle Island Tour FREE Express 0900 Beeman 0945 Instant 1000 Makai 1015</p>	<p>5 9 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>6 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>7 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!</p>	<p>8 Ten & Grind @ Lucky Strike \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>9 Spaghetti For Lunch FREE Beeman 1100-1300</p> <p>Cosmic Bowling & Pizza FREE Express 1800 Beeman 1900 Instant 1845 Makai 1830</p>	<p>10 Aikane Sports Fishing Charter \$50 Express 0345 Beeman 0430 Instant 0445 Makai 0500</p> <p>Canoe Festival FREE Express 0900 Beeman 0930 Instant 0945 Makai 1000</p> <p>Liberty Volunteer Opportunity 0900-1600</p>
<p>11 North Shore Beach Hopping FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930</p> <p>Hawaii Symphony Orchestra: Rhapsody in Blue \$15 Express 1415 Beeman 1500 Instant 1515 Makai 1530</p>	<p>12 Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>13 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>14 Driving Range @ Navy Marine Golf Course FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745</p>	<p>15 Barracks Bash @ Makai Liberty Center FREE 1700-1900</p>	<p>16 Omelets For Lunch FREE Beeman 1100-1300</p> <p>Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>17 Atlantis Majestic Island Style Buffet Dinner Cruise \$40 Express 1515 Beeman 1600 Instant 1615 Makai 1630</p> <p>Kayaking Mokolua FREE Express 0800 Beeman 0845 Instant 0900 Makai 0915</p>
<p>18 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900</p> <p>Kualoa Zipline \$60 Express 1130 Beeman 1215 Instant 1230 Makai 1245</p>	<p>19 Night Fishing FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>20 Ping Pong 101 FREE Beeman 1700-2000</p>	<p>21 Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730</p>	<p>22 Ten & Grind @ Camellia Buffet \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>23 Chili Dogs For Lunch FREE Beeman 1100-1300</p> <p>Paradise Cove Luau \$30 Express 1445 Beeman 1545 Instant 1600 Makai 1615</p>	<p>24 Paddleboarding Haleiwa River FREE Express 1030 Beeman 0930 Instant 0945 Makai 1000</p> <p>Luke Bryan @ Blaisdell Arena \$30 Express 1715 Beeman 1830 Instant 1845 Makai 1900</p>
<p>25 Hike Kalauao Falls [ADV] FREE Express 1000 Beeman 1045 Instant 1100 Makai 1115</p> <p>South Side Snorkeling FREE Express 1015 Beeman 1100 Instant 1115 Makai 1130</p>	<p>26 Ping Pong Tournament FREE Beeman 1900 WIN PRIZES!!!</p>	<p>27 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>28 Honolulu Farmer's Market FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630</p>	<p>29 K1 Speed Go-Karts \$15 Express 1700 Beeman 1730 Instant 1745 Makai 1800</p>	<p>30 Spam Musubi For Lunch FREE Beeman 1100-1300</p> <p>Eat the Street FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630</p>	<p>31 North Shore Shark Cage Adventure \$40 Express 1015 Beeman 0915 Instant 0930 Makai 0945</p> <p>Hike Wiliwili Ridge [ADV] FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945</p>

dining

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

BREWS & CUES

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

Chill & Grill

Friday, Mar 30

5:30–7:30 p.m.

FREE

Ages 18 years & older

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

Live DJ and Trivia Contest

Every Friday & Saturday Night

FREE

Ages 18 years & older

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

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Crab Boil

Friday, Mar 23

5–8 p.m.

Historic Hickam Officers' Club Lanai

\$24 Club Members

\$30 Adults

\$15 Child 7-12 years

\$7.50 Child 4-6 years

ALL RANKS WELCOME!

Enjoy delicious Dungeness crab, shrimp, Andouille sausage, potato, and corn in our crab boil. Reservations required/pre-paid reservation. Please call (808) 448-4608, ext.15.

Easter Brunch Buffet

Sunday, Apr 1

10 a.m.–1:30 p.m.

Historic Hickam Officers' Club

\$40 Club Members

\$43 Adults

\$21 Child 7-12 years

\$12 Child 4-6 years

\$5 Child 2-3 years

FREE Child under 2 years

ALL RANKS WELCOME!

Join us this Easter for a sumptuous brunch buffet featuring stuffed leg of lamb, roast beef and carved ham. Reservations required / pre-paid reservations. Please call (808)448-4608, ext.15.

Seating times: 10 a.m., 10.30 a.m., 11 a.m., 11.30 a.m., Noon, 12.30 p.m., 1 p.m., 1.30 p.m.

Sunday Brunch

Mar 4, 11, 18, 25

10 a.m.–1 p.m.

Dining Room (Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

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, Mar 7, 14, 21, 28

5:30–8:30 p.m.

Dining Room (Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

NEWLY ADDED Mondays, Mar 5, 12, 19, 26

Thursdays, Mar 1, 8, 15, 22, 29

5–8 p.m.

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, Mar 2

4:30–7:30 p.m.

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

4–6:30 p.m.

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Easter Brunch Buffet

Sunday, Apr 1

10 a.m.–3 p.m.

\$32.95 Adults

\$16.95 Child 6-12 years

FREE Child 5 years & under

Come and join us for a special Easter brunch! We have a delicious buffet as well as activities for the kids! Photos with Easter Bunny start at 9:30 a.m. and Face Painting begins at 10 a.m. Reservations required.

Aloha Friday Buffet

Friday, Mar 2, 9, 16, 23, 30

11 a.m.–2 p.m.

\$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

11 a.m.–2 p.m.

\$12.95

Pick two options and make it a combo lunch for one low price. Price also includes a fountain drink!

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30 a.m.–3 p.m.

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

Aloha Hour

Monday–Friday

3–5 p.m.

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

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays

5–8 p.m.

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

HICKAM ARTS & CRAFTS CENTER

**Spring
Open
House**

SATURDAY, MARCH 10

11 AM - 2 PM

**Fun for the whole family!
Featuring make-n-takes,
demos, door prizes,
and specials.**

FREE Hot Dogs and Soda!

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





GROUPEXERCISECLASSES

INFORMATION SUBJECT TO CHANGE

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

core & cardio

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

cycle & spin

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

dance

Hot Hula fitness®	Tue	11:30 a.m.–12 p.m.	Pearl Harbor
Hula Fitness	Mon	8:30–9:30 a.m.	Pearl Harbor
Tahula Fitness	Wed	10–11 a.m.	Hickam
Traditional Hula Movements	Sat	8–8:45 a.m.	Pearl Harbor

karate

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

kettlebells

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

kickboxing

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

navy operational fitness & fueling system

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

pilates

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

total resistance exercise suspension training

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

weights

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

weight and functional training

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

wild card

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

yoga

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

zumba

Zumba	Mon	8:30–9:30 a.m.	Hickam	
	Mon, Tue, Thu	8:30–9:30 a.m.	Pearl Harbor	
	Mon, Wed	6:30–7:30 p.m.	Hickam	
	Mon, Thu	5:45–6:45 p.m.	Pearl Harbor	
	Tue, Wed	4:30–5:30 p.m.	Pearl Harbor	
	Wed, Fri	9:45–10:45 a.m.	Pearl Harbor	
	Fri	6:00–7:00 p.m.	Hickam	
	Sat	9:15–10:15 a.m.	Pearl Harbor	
	Strong by Zumba	Tue, Thu, Sat	10–11 a.m.	Hickam
		Fri	5:45–6:45 p.m.	Pearl Harbor

Hickam, 1120 Vickers Ave (Bldg 1120) • 448-2214 | Pearl Harbor, 1071 North Rd (Bldg 1338) • 471-2019 | Wahiawa Annex, 500 Center St (Bldg 446) • 653-5542

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

family/support

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

TEEN CENTER

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

Teen Center goes Paintballing at Bellows AFB

Monday, Mar 19

8:30 a.m.–4 p.m.

\$10

Ages: 13–18

Bring closed toe shoes, long sleeves, and pants for paintball. We will be going to the beach afterwards so bring swimming gear! Pack snacks, water, and lunch and/or some money if you'd rather grab something from the mini mart. Transportation is provided! Must be a registered teen center member to sign up! Not a member yet? Swing by, check out our facility and fill out a packet! Limited spots available.

Family Night: Ultimate Frisbee

Tuesday, Mar 20

5:30–7 p.m.

FREE

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

Teen Center Hikes Wiliwili Nui Ridge!

Wednesday, Mar 21

8 a.m.–3:30 p.m.

FREE

Ages: 13–18

Wear clothes to hike in, water, sun screen, hat, and food! Make sure your camera battery is charged because we will be trekking through the mountains to capture the breath taking view from the top of Wiliwili Nui Ridge! Transportation is provided! Must be a registered teen center member to sign up! Not a member yet? Swing by, check out our facility and fill out a packet! Limited spots available.

Hail and Farewell

Friday, Mar 30

5–7 p.m.

FREE

Come help us welcome new teens to our family and say "see yah later!" to those moving on to new adventures! Then enjoy some entertainment by your peers whether it be singing, performing music, standup comedy or poetry,

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

www.greatlifehawaii.com

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

North Channel Swim

Mar 1–31

JBPBH Pools

This March, swim the distance of the North Channel - from Ireland to Scotland! You have the whole month to complete a total of 22 miles / 35 km. First 25 participants to complete the challenge will receive a prize! This swim is part of the Aquatics Swim Challenge Series. For more info, call (808) 473-0394.

BOWLING

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

After School Special

Wednesday, Mar 7, 14, 21, 26

3–5 p.m.

Hickam Bowling Center

Ages: 6–18

½ Price game (= \$1.25 per game). Shoe Rental is extra.

Youth-Adult No Tap Bowling League

Sundays, Mar 11, 18, 25

1 p.m.

Naval Station Bowling Center

Teams to consist of 1 youth (5-17 years old) and 1 adult from the same family. Teams will bowl 3 games each session. League lasts 9 weeks. Cost per each week is \$15.00. Call 473-2651 for further info and to sign up.

Lunch & Bowl

Tuesday, Mar 6, 13, 20, 27

11 a.m.–1 p.m. Hickam Bowling Center

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

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

Single Sailors and Airmen Bowling Night

Friday, Mar 9

7–9 p.m. Naval Station Bowling Center

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

Military Bowl Free

Monday, Mar 5, 12, 19, 26

11 a.m.–2 p.m. Hickam Bowling Center

Thursday, Mar 1, 8, 15, 22, 29

11 a.m.–2:00 p.m. Naval Station Bowling Center

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

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120. 448-2214
JBPHH-Pearl Harbor Bldg. 1338 471-2019

Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

Bench Press Contest

Thursday, Mar 8

7 a.m.–Noon

Wahiawa Annex Fitness Center

Guys and Gals come out and test your strength! Winners will be determined by maximum presses in relation to their body weight. Awards to the top three male/female finishers. Free event to all eligible patrons. For info, call 653-5542.

GOLF

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

\$2 Tuesdays

Tuesday, Mar 6, 13, 20, 27

3:30–5:30 p.m.

Mamala Bay Golf Course Driving Range

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

Golf Demo Day

Wednesday, Mar 7

3:30–6:30 p.m.

Navy Marine Golf Course

FREE

Want to buy a new driver but not sure if you want to invest the money, here is a chance to try out some of the latest golf equipment at the driving range. For more info, call the pro shop at 808-471-0142.

Free Golf Clinics

Thursday, Mar 8, 22

9:30 a.m. Barbers Point Golf Course

Saturday, Mar 10, 24

1 p.m. Mamala Bay Golf Course

Thursday, Mar 15

Noon Navy Marine Golf Course

Saturday, Mar 17

9:30 a.m. Barbers Point Golf Course

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

Twilight /Play Until Dusk Golf Specials

Monday–Friday (except holidays)

Pay Reduced Rate

After 3:00 p.m. Barbers Point Golf Course

Monday–Friday (except holidays)

Pay Reduced Rate

After 2:30 p.m. Mamala Bay Golf Course

Saturdays and Sundays

After 3:30 p.m. Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30 p.m. Mamala Bay Golf Course

Pay Reduced Rate

Come and enjoy our special twilight golf prices. For more information, call respective pro shop.

Ke'Alohi Par 3 - Golf Specials

Monday–Friday (except holidays)

Pay for 9 holes, get second 9 at half price.

INTRAMURALS

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

Intramural Golf Tournament

Tuesday, Mar 6

Green Fees

Tournament limited to players from Joint Base Pearl Harbor Hickam active duty, DoD civilians and family members 18 years and older.

Intramural Softball

Apr 10–Jun

Coaches meeting Mar 21 @ 1 p.m.

JBPHH Classroom

FREE

League limited to commands from Joint Base Pearl Harbor Hickam. Any additional active duty members not belonging to a command team will come from a players' pool. All individual players who are interested in getting into the players' pool, please call.

itt

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

Ford Island Historical Tour

Wednesdays, Mar 7, 14, 21, 28

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

\$25 for adults

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

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

Hickam Historical Tour

Friday, Mar 2, 9, 16, 23, 30

9:30 a.m.–1:30 p.m.

\$45 for adults

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

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

Chinatown Food & Historic Tour

Saturday, Mar 31

8:30 a.m.–1 p.m.

\$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, Mar 30

6:30–9:30 p.m.

\$7/person round-trip

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

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

Ko Olina Whale Watching Sail

Mar 4, 11, 18, 25

\$45 for adults

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

All aboard the Hololea at Ko Olina Marina for a sail on the serene west coast of Oahu. Join us as we search for the gentle giants of the Pacific—the great humpbacks! Bring sunscreen protection. Snacks and soft drinks allowed, barefoot boarding.

"Local-Style" Wine Tasting

Wednesday, Mar 28

6:30–8:30 p.m.

Ages 21 years & over only

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

Sample up to 8 wines and hearty appetizers in a casual setting. No dress code, come as you are! Surprise samples may be offered without notice. Limit 20 people.

recreation

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

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Spring Open House

Saturday, Mar 10

11 a.m.–2 p.m.

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

Spring Craft Camp

Tuesday Mar 20–Friday Mar 23

10 a.m.–12 p.m.

Ages 7 and up

Sign up Now, class fills up FAST!

LIBRARY

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

Library Know-How

Saturday, Mar 3

10 a.m.–12 p.m.

Learn how to get the most out of your library.

Wii Wednesday

Wednesday, Mar 7

2–4 p.m.

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

Adult Book Club

Tuesday, Mar 6

10 a.m.

Thursday, Mar 8

6 p.m.

Broaden your literary horizon with us, as we select books from a wide variety of genres. Both days we will discuss "Molokai."

Young Adult Book Club

Wednesday, Mar 7

4 p.m.

Our Young Adult Club is geared towards Junior High and High School youth. This week we will discuss is "Fangirl." The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

Preschool Story Time

Wednesday, Mar 14, 28

9–10 a.m.

Story times are great for children of all ages! Our theme is "Spring Happenings (Easter)" on Mar 14 and "Colors of the Rainbow" on Mar 28. Come on in and read with us.

Kids' Book Club

Wednesday, Mar 14, 21

2–3 p.m.

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "Charlotte's Web" on Mar 14 and "The Lemonade War" on Mar 21.

Lego Club

Saturday, Mar 24

10 a.m.–12 p.m.

Come in and get creative with our Legos!

Annual Creative Writing Contest Schedule

Poetry and Short Story Submissions

Accepted Mar 14–April 7

Judging April 10–17

Winners Determined April 18–20

Awards and Refreshments April 21, 1 p.m.

Prizes and Refreshments sponsored by the Hickam Library Friends. See ad on page 23 for more details.

FREE to enter!

2018 Annual Creative Writing Contest

Sponsored by The Hickam Library Friends

POETRY DIVISION

No more than two (2) typed pages

- Children (Ages 6-10)
- Young Adults (Ages 11-18)
- Adults (Ages 19+)

SHORT STORY DIVISION

No more than twelve (12) double-spaced, typed pages

- Children (Ages 6-10)
- Young Adults (Ages 11-18)
- Adults (Ages 19+)

RULES

- Registered Library Patrons Only – Don't have a library account? Our staff will be happy to assist you!
- Only unpublished, original work will be accepted
- Short stories should be typed and double-spaced on 8.5x11 (standard) paper
- Poetry may be submitted in free form on 8.5 x 11 (standard) paper
- Title & page numbers should appear in the header on the top right corner of each page
- Your name MUST NOT appear anywhere on your manuscript
- Each participant may turn in a short story AND a poem; but no more than ONE submission for each division will be accepted for judging

PRIZES

Gift cards will be awarded in both divisions and all age categories:

First Place: \$20
Third Place: \$10

Second Place: \$15
Honorable Mention: \$5

Manuscripts will not be published, but will be made available in a notebook at the library circulation desk following the awards ceremony. The manuscript book will not be available for checkout or reproduction.

JUDGING

Entries are judged based on content, originality, language usage and quality of expression. Judges' decisions are final. Time permitting, winners and honorable-mention recipients in each category will be notified by phone prior to the awards ceremony. All participants are encouraged to attend the awards ceremony.

SCHEDULE

March 1 - April 14: Submissions accepted at the library
April 16 - 24: Triple-blind judging of submissions
April 28: Awards and refreshments at the library at 1pm

(Please Detach and submit with four(4) copies of your writing entry)
ENTRY FORM

Name: Please Print Clearly _____ Age _____

(First, MI, Last Name)

Division: Poetry Short Story

Age Category: Children (Ages 6 - 10) Young Adults (Ages 11 - 18) Adults (Ages 19+)

Phone Number _____ E-mail address _____

I do Do not grant permission for my and/or my child/children's photo image(s) and/or name(s) to be used in library publicity, community interest articles, MWR's facebook page, Friends of the Library publicity, or other community information tools.

I certify that the attached work is my own and has not been previously published.

Entrant's signature/parent or guardian's signature if under 18 _____





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 Resource Fair: March 15 from 9–11 a.m.

deployment support

DEPLOYMENT RESOURCE FAIR

Mar 15 • 9:00–11:00 a.m. | Pearl Harbor

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

NAVY INDIVIDUAL AUGMENTEE (IA) PRE-DEPLOYMENT BRIEF

Mar 15 • 1:00–2:00 p.m. | 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

Mar 7 • 12:30–2:30 p.m. | Hickam

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

Mar 13 • 12:30–2:30 p.m. | Wahiawa

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

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

EXPLORING CAREER CHOICES

Mar 21 • 12:30–2:30 p.m. | Hickam

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

FEDERAL EMPLOYMENT 101

Mar 13 • 8:00–10:00 a.m. | Wahiawa

Mar 23 • 10:00 a.m.–12:00 p.m. | Hickam

The application process for federal jobs can feel confusing and overwhelming but the benefits of civil service are worth the effort! We will help you navigate the USAJobs website and understand the application process from start to finish.

Federal resumes are different than private sector resumes and we will teach you how to build a competitive application. We will also cover topics such as hiring preferences and programs for veterans and military spouses.

ONWARD 2 OPPORTUNITY

Mar 6–9 • 8:00 a.m.–4:30 p.m. | Pearl Harbor

Transitioning service member or military spouse interested in obtaining a professional certification for FREE? Check out onward2opportunity-vctp.org to register for a cohort hosted by your JBPHH MFSC!

PART-TIME MONEY MAKERS

Mar 2 • 10:00 a.m.–12:00 p.m. | Hickam

Mar 20 • 4:30–6:30 p.m. | 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

Mar 1 • 1:30–3:30 p.m. | Pearl Harbor

Mar 15 • 12:00–2:00 p.m. | Pearl Harbor

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

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Mar 6 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

HIGH-TECH PARENTING

Mar 20 • 1:00–3:00 p.m. | Pearl Harbor

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

NEW MOMS AND DADS

Mar 21 • 5:00–8:00 p.m. | Hickam

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

PARENT CHILD COMMUNICATION

Mar 15 • 10:00 a.m.–12:00 p.m. | Hickam

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

PARENTING GROUP

Mar 6, 13, 20, 27 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

PARENTS: YOUR TEENS AND DATING

Mar 7 • 5:00–7:00 p.m. | Pearl Harbor

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

POSITIVE PARENTING

Mar 8 • 10:00 a.m.–12:00 p.m. | Hickam

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.

PUPPET THEATER: THE HUNGRY CATERPILLAR

Mar 21 • 10:00–11:00 a.m. | Pearl Harbor

We will read children a story, using props for an interactive puppet theater experience. Following the story, children and parents will complete a fun activity to promote creativity and quality time.

SOOTHING YOUR BABY AND LOVING TOUCH

Mar 22 • 1:00–2:00 p.m. | Hickam Medical Bldg

A New Way to Understand Your Baby's Crying with Period of Purple Crying and Introduction to Infant Massage. The Period of PURPLE Crying is the phrase used to describe the time in a baby's life when they cry more than any other time. This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period.

STOP BULLYING

Mar 15 • 1:00–3:00 p.m. | Hickam

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!

UNSTOPPABLE ME

Mar 14 • 3:00–5:00 p.m. | Pearl Harbor

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

information and referral

EFMP COFFEE TALK

Mar 8 • 9:00–10:00 a.m. | Pearl Harbor

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

key spouse/ombudsman group

OMBUDSMAN ASSEMBLY MEETINGS

COMNAVREG HAWAII • Mar 15 • 6:30–8:30 p.m. | Lockwood Hall

COMSUBPAC • Mar 20 • 6:00–8:00 p.m. | Lockwood Hall

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

OMBUDSMAN BASIC TRAINING

Mar 12–15 • 5:00–9:30 p.m. | Pearl Harbor

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

personal development

ANGER MANAGEMENT

Mar 26 • 9:00 a.m.–12:00 p.m. | Pearl Harbor

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

CONFLICT RESOLUTION

Mar 19 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

DATING WITH A PURPOSE

Mar 27 • 1:00–3:00 p.m. | 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

Mar 22 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

Mar 7, 14, 21 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

Learn how relationships are rooted in how we communicate. Be able to assess yourself, and your significant other in terms of personality types. Help adults understand why they are attracted to the identity traits of their spouse or intimate partner. Finally, develop and sharpen new, more effective communication and conflict resolution skills.

HEALTHY RELATIONSHIPS 101

Mar 5 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

(continued from previous page)

MEN'S ALTERNATIVES TO VIOLENCE GROUP

Mar 7, 14, 21, 28 • 1:00–3:00 p.m. | Pearl Harbor

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

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Mar 8 • 1:00–3:00 p.m. | Pearl Harbor

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

SKILLS DEVELOPMENT GROUP

Mar 7, 14, 21, 28 • 10:00 a.m.–12:00 p.m. | Pearl Harbor

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

STRESS MANAGEMENT

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

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

TIME MANAGEMENT

Mar 1 • 1:00–3:00 p.m. | Hickam

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

Mar 13 • 10:00 a.m.–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.

UNPLUG YOUR RELATIONSHIP

Mar 20 • 5:00–7:00 p.m. | Pearl Harbor

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

WOMEN EMPOWERED GROUP

Mar 5, 12, 19, 26 • 10 a.m.–12:00 p.m. | Pearl Harbor

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

WOMEN'S ALTERNATIVE TO VIOLENCE GROUP

Mar 6, 13, 20, 27 • 2:00–4:00 p.m. | Pearl Harbor

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

WORK AND PERSONAL LIFE BALANCE

Mar 5 • 1:00–3:00 p.m. | Pearl Harbor

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

personal financial management

CAR BUYING STRATEGIES

Mar 22 • 1:00–3:00 p.m. | 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.

MANAGING MONEY AND CREDIT

Mar 1 • 1:00–3:00 p.m. | Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

MILLION DOLLAR SERVICE MEMBER

Mar 6–7 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

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

SAVING AND INVESTING

Mar 29 • 1:00–3:00 p.m. | Pearl Harbor

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

THRIFT SAVINGS PLAN (TSP) CONTRIBUTIONS & FUNDS

Mar 2 • 8:00–9:00 a.m. | Pearl Harbor

This webinar is designed for employees covered under the Uniformed Services (US), Federal Employees' Retirement System (FERS), the Civil Service Retirement System (CSRS), and other employees eligible to participate in the Thrift Savings Plan (TSP). This webinar provides an overview of the contribution rules and the TSP funds.

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

relocation assistance

SMOOTH MOVE

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

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

SPONSOR TRAINING

Mar 6 • 1:00–3:00 p.m. | Wahiawa

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

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Mar 19–23 • 7:30 a.m.–4:00 p.m. | Pearl Harbor

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

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Mar 13 • 1:30–3:30 p.m. | Pearl Harbor

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

transition assistance

AFTER GPS

Mar 30 • 8:00 a.m.–3:00 p.m. | Pearl Harbor

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

Mar 1 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor

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

Mar 15 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor

Mar 22 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor

Mar 29 • 7:30–8:30 a.m. • 9:00–10:00 a.m. • 10:30–11:30 a.m. | Pearl Harbor

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

TRANSITION GPS: ACCESSING HIGHER EDUCATION

Mar 13–14 • 8:00 a.m.–3:00 p.m. | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Mar 26–30 • 7:30 a.m.–4 p.m. | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Mar 5–9 & Mar 19–23 • 7:30 a.m.–4 p.m. | Pearl Harbor

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

USAF CAPSTONE

Mar 14 • 12:30–2:30 p.m. | Hickam

For Air Force personnel; option to attend Capstone at our Hickam classroom (Bldg 1105). Capstone is the final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life.. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success). Air Force personnel may also opt to attend Capstone at MFSC (Thursdays).

USAF PRE-SEPARATION BRIEFING

Mar 7, 14, 21, • 8:00–11:00 a.m. | Hickam

Mar 28 • 8:00–11:00 a.m. | Pearl Harbor

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

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Mon–Fri: 8 a.m. – 3 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue–Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

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

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

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT
 At Ke'alahi Par 3 Golf Course • 422-9987
 Mon-Sat 1000-2100
 Sun 1000-2000

THE LANAI AT MAMALA BAY

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

Hapa Bar
 Mon-Thu, Sun 1100-2000
 Fri, Sat 1100-2100

RESTAURANT 604

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

Aloha Hour
 Mon-Fri 1500-1700

WRIGHT BROTHERS CAFÉ & GRILLE

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

SNACK BARS

HARBOR GRILL

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

KAU KAU KORNER

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

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE

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

FAST FOOD

PIZZA HUT

At the Club Pearl Complex • 423-2222
 TEMPORARILY CLOSED

TACO BELL

At the Club Pearl Complex • 422-2274
 TEMPORARILY CLOSED

BARS

BREWS & CUES • 473-1743

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

THE COUNTRY BAR

At the Club Pearl Complex • 473-1743
 TEMPORARILY CLOSED

KOA LOUNGE

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

10th PUKA LOUNGE

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

programs&services

AQUATICS

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

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 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) • 449-3354
 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
 Mon–Fri 0800–1500 / Closed daily from 1100-1200
 Sat, Sun Closed

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

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

MORALE, WELFARE & RECREATION (MWR) ADMIN

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

MOVIES

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

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

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

Pearl Harbor Side of JBPHH • 808-800-2337
 Arizona Hall (Bldg. 1623)
 Hale 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) • 448-0418
 School year:
 Mon–Thu 1400–2000
 Fri 1400–2100

School vacations:
 Mon–Fri 1200–2000

Weekends:
 Sat 1330–2130
 Sun Closed

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

Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

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

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

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

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

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

- Automotive Worker
- Custodial Worker
- Custodial Worker (Housekeeping)
- Laundry Worker

How to Apply:

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

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

or email to: NI_PRLH_N9HR.FCT@NAVY.MIL

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

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



EASTER BRUNCH BUFFET

SUNDAY, APRIL 1 | 10AM - 3PM



***RESERVATIONS
REQUIRED**

**MAKE A RESERVATION
(808) 422-3002**

**PICTURES with
EASTER BUNNY**

Begins at 9:30AM



FACE PAINTING

Begins at 10AM

**\$32.95/ Adults
\$16.95/ Kids 6-12
Kids 5 & under FREE**

EASTER BRUNCH MENU

- FRUITS-SALADS-STARTERS -

Tropical Fruit Platter
Pot Mac Salad
Mixed Greens Salad w/ Ginger Lime Vinaigrette
Pasta Salad
Bagel and Toasts

- BREAKFAST SELECTIONS -

Omelet Station
Waffle Bar
Apple Wood Smoked Bacon
Maple Syrup Pork Link Sausage
Traditional Eggs Benedict
Hawaiian Style Fried Rice
Hawaiian Sweet Bread French Toast w/ Pineapple-
Strawberry Butter
Country Fried Potatoes

- LUNCH SELECTIONS -

Fresh Catch of the Day w/ Coconut Chili Sauce
Teriyaki Chicken
Yakisoba Noodles
Steamed White Rice
Carving Station- Honey Glazed Ham & Roast Beef

- DESSERT STATION -

Walnut Brownies
Macadamia Nut Bread Pudding w/ Pina Colada Custard
Carrot-Pecan Cake
Key Lime Pie Squares
Haupia w/ Toasted Coconut Flakes

REGULAR MENU AVAILABLE | 5PM - 8PM

2018 SUPER GARAGE



SALE

OPEN TO THE PUBLIC & FREE ADMISSION

8 AM - NOON
RICHARDSON
FIELD

(Located across from Aloha Stadium.
See directional signs on Kamehameha Hwy.)

REGISTRATION IS

OPEN

AT THE FLEET STORE ITT

SELLERS & CRAFTERS

All military affiliates are eligible
to reserve a **10' x 10' space**

- Unfurnished
- No electricity
- Space is limited!
- Garage Sale: \$20 - \$25
- Craft/Business: \$25 - \$35



Parking at Rainbow Bay Marina and overflow parking at Aloha Stadium for minimal cost.

No pets authorized at event or on the field.

Applications are available at www.greatlifehawaii.com or the Fleet Store ITT

(Bldg. 1786, across Bravo Pier and next to McDonald's on Pearl Harbor)

FOR MORE INFO CALL 473-0792





FORD ISLAND

10K BRIDGE RUN

Sponsored by USAA



21ST ANNUAL PEARL HARBOR, HAWAII

SATURDAY, APRIL 7, 2018

7AM : PEARL HARBOR



Entry fee \$25 for active duty military,
military family members, Retirees and DoD.
\$30 for regular entry.

ENTRY DEADLINE MARCH 22

FOR MORE INFO, VISIT GREATLIFEHAWAII.COM
OR CALL, 473-0784, 473-2494 OR 473-2437