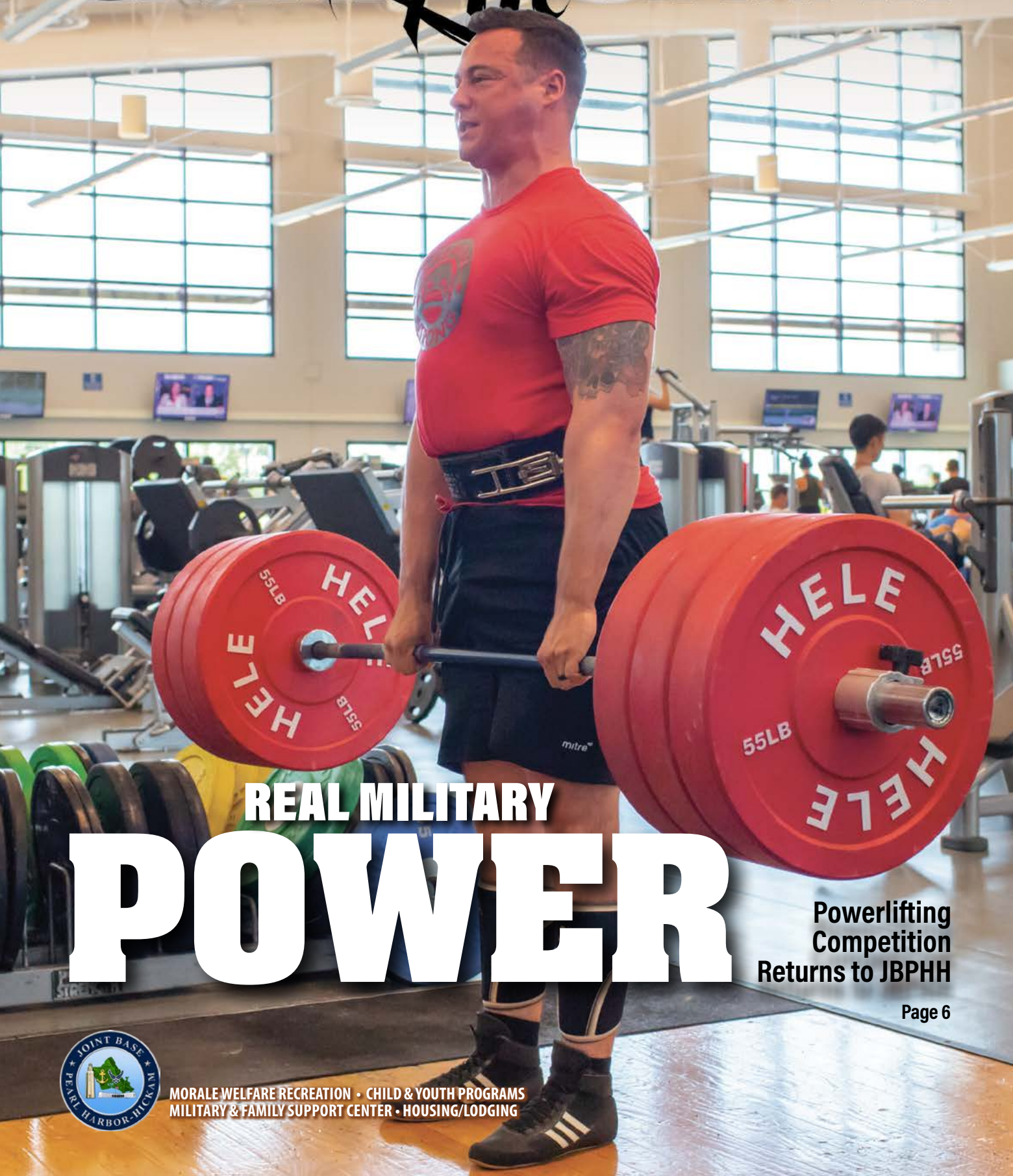


GREAT *Life* HAWAII

www.greatlifehawaii.com | September 2018



REAL MILITARY

POWER

Powerlifting
Competition
Returns to JBPHH

Page 6



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

ARE YOU A WARRIOR?



ALPHA WARRIOR BATTLE RIG FITNESS COMPETITION

Friday, October 5 | 8am-4pm | Hickam Memorial Fitness Center

Individual and team competition to conquer the Battle Rig | Kids ages 4-12, try the Youth version!

Wednesday & Thursday, October 3 & 4

Certification Course for commands

Sign your group up through MWR Fitness

Navy CLF - Mark McFarland
mark.mcfarland@navy.mil or call 471-2021

AF PTL - TSgt Jose Timana
jose.timana@us.af.mil or call 808-351-8276

Thursday, October 4

8am-11am

Meet and get training from professional obstacle
course athletes (to be announced)

11am-5pm

Try out/practice on the course before the competition!

APPEARANCES AND TIMES SUBJECT TO CHANGE



Call 808.448.2214 to sign up and for more info. | www.greatlifehawaii.com

SEPTEMBER

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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: SEPTEMBER 2018

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

On the cover:

Zach Sullivan training for the next Power Lifting Competition.

REAL MILITARY POWER

in **ACTION**
page 6



pg 4 | MWR spotlight Taking Care of You!!
Read about different ways you can take care of yourself with MWR programs, from fitness classes to massages.

pg 12 | MWR spotlight Auto Center
Learn all about the MWR Auto Center and preventive vehicle maintenance.

Taking Care of **YOU!**

By Miki Lau




September is a busy month! School is back in session, the holidays are getting closer, and somehow, eat healthy and exercise too. It can be easy to get caught up in all the day to day tasks and to-do lists, but remembering to take care of yourself is just as important! Here are some quick and easy ideas to practice self-care when you're short on time.

Get some exercise! Whether you like to run, hike, or go to the gym, exercise is a great way to lift your mood. Exercise releases endorphins (happy hormones) and improves mood, circulation and energy levels. September is a great time to try yoga- either at the Fitness Centers (schedule on p.20) or Military & Family Support Center's(MFSC) Free Yoga and Mindfulness and Self-Care Training (see p. 26 for more info)

Pamper yourself! Unplug for an hour or two and get started on that book you've been wanting to read. Open up a face mask and draw up a bath with fancy salts and oils to relax. Or if you want a real spa experience, schedule a massage at the Hickam Fitness Center's Massage Therapy Center & Spa.

Manage your stress! Don't let stress rule your life! MFSC offers several classes that teach you how to manage stress and keep the worries at bay (see p.25-26). Self-care doesn't have to be a huge overhaul, it can be small changes that can be worked into your existing schedule.

Visit greatlifehawaii.com for more fun ways to help you take care of yourself. 



COUNTRY BAR

**DUST OFF YOUR BOOTS
THE COUNTRY BAR
IS NOW OPEN**



**Open Friday & Saturday
8:30pm–2:00am**

**Located in the Club Pearl Complex
Bldg. 1314, 915 North Road**

www.greatlifehawaii.com

**DANCE POWER
HOURS AT
11PM & 12AM**





Real MILITARY POWER *in* ACTION

Powerlifting Competition Returns to JBPHH

By Reid Tokeshi

"There's a lot of strong people in the military for sure," says Zachary "Zach" Sullivan. Proof of that will be on full display when the U.S. Army soldier competes with other service members and DoD civilians in the Bi-Annual Powerlifting Competition next month at JPBBH Fitness Center. This will be the second competition of the year.

The powerlifting competition tests entrants in three lifts, the squat, the bench press and the dead lift. The champion is determined by who lifts the highest combined weight. At the first competition, some women lifted a combined weight of over 700 pounds while some men topped 1000!



Photos: Nick Dubovsky

2018, so I made the competition a goal of mine to get back in the routine of fitness and taking care of myself"


Zach's been competitively powerlifting for a while. "I'm a competitive person and it gives me goals in the gym." He's observed that those who work out seriously are either body builders, casual lifters or powerlifters. "For me, body building is very subjective. You have to get on a stage and somebody else has to say who looks good. For powerlifting, you either pick it up or you don't." He adds in powerlifting you can easily see who is the strongest, who actually works the hardest, instead of having somebody else saying who's best, based on their personal judgment. "It's very objective," says Zach.

The April event attracted contestants from all branches of service. Both Zach and Sarah thought MWR's first try at a powerlifting competition was a success. Sarah felt the staff was very professional and she liked the setup. Zach competes regularly and he appreciates that the MWR organizers were receptive to suggestions from he and other competitors for the next meet. "There is a wealth of knowledge within the ranks of people that actually compete."

When it came to the participants, one word stood out: camaraderie. "Everyone was rooting for everyone to make their lifts," says Sarah, adding that moral support was abundant even when someone failed on their attempt. Zach says everyone wants to see each do well, "Even if you're about to get beaten by somebody, everyone cheers them on, everybody's excited."

That encouragement was evident to Army Nurse Corps Officer Frances Young. She eked out Sarah for highest overall with 775 pounds and the support motivated her even further. "Because I had such a positive experience with this event I was inspired to prep and train for the WABDL (World Association of Bench Pressers and Deadlifters) powerlifting event this summer." She ended up setting two state records in her weight class. "How crazy is that? I want to train next year to be able to compete again," says Frances.

When asked if they will enter the next competition in October (if their schedule allows)? "As long as I'm here, yeah, it's a great time," says Zach. Frances: "I will definitely love to participate," adding she's recruiting others. "Most definitely!" says Sarah.

What about you? Come watch the competition next month. Who knows, you may want to start training for the next one. It might look intimidating, since it takes months to train, but Zach says if it interests you, dive in and do it. "If you wait until you think you're strong enough you're never going to compete." Come out, have fun and get ready to set your goal. 



These impressive feats of strength are not limited to the big guys like Zach either (who won his weight class with a combined lift of 1335 pounds). The women showed their power too, like Sarah Hanzes. The LTJG from the USS Chafee (DDG-90) led her division, and second highest overall among women, with a total of 750 pounds. What pushes these athletes to put their bodies to the test like this?

"I was a former competitor and lifetime gym-goer, I had a baby then went to sea for 9 months," says Sarah. She says her body and health was not in its optimal state. "We returned from deployment in January of

The next Bi-Annual Powerlifting Competition happens October 13 at the JBPHH Fitness Center. Registration is \$20. For more info, call 808.471.2019.



HICKAM AND ARTS CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

SEP | OCT | NOV

Visit www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information
for class information and supply lists



CALLING ALL CRAFTERS TO THE HICKAM 43RD ANNUAL FALL CRAFT FAIR

SATURDAY 3 NOVEMBER FROM 9 AM - 3 PM

Register NOW in the Ceramics Shop (Tue–Sat 9am–5pm).

All items sold at our craft fairs must be handmade by you.

Please bring items or photos of items you will be selling for screening at time of registration. Call 448-2392/93 for further info.

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm:

Sep 12–Oct 17 • Oct 31–Dec 12 (No Class Nov 21)

Thursdays, 6 – 8:30pm:

Sep 13–Oct 18 • Nov 1–Dec 13 (No Class Nov 22)

Fridays, 9 – 11:30am:

Sep 14–Oct 19 • Nov 2–Dec 14 (No Class Nov 23)

Saturdays, 9 – 11:30am:

Sep 15–Oct 20 • Nov 3–Dec 15 (No Class Nov 24)

Ages 16 and older

\$75 per person (plus supplies)

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

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Saturdays, 9 – 11:30am

Sep 1–29 (No class-Sep 22) **Oct 6–27 • Nov 10–Dec 1**

Ages 16 and older

\$55 per person (plus supplies)

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

Drawing & Painting

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

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

Sep 4–25 • Oct 2–23 • Nov 6–27

Ages 12 and older

\$80 per person (plus supplies)

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

ACRYLIC PAINTING WITH DENNIS MCGEARY

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

Sep 4–25 • Oct 2–23 • Nov 6–27

Ages 12 and older

\$80 per person (plus supplies)

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

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

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

Sep 4–25 • Oct 2–23 • Nov 6–27

Ages 14 and older

\$90 per person (plus supplies)

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

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

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

Sep 18–Oct 23 • Oct 30–Dec 4

Ages 16 and older

\$70 per person (plus supplies)

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

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

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

Sep 20–Oct 25 • Nov 1–Dec 13 (No Class Nov 22)

Ages 16 and older

\$70 per person (plus supplies)

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

WATERCOLOR DESIGN AND COMPOSITION-SHADOWS WITH DAVILLA HARDING

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

Sep 24–Oct 29 (No class-Oct 8)

Ages 16 and older

\$125 per person (plus supplies)

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

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

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

Oct 18–Nov 15

Ages 12 and older

\$65 per person (plus supplies)

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

design including imagined environments, vehicles and props. Learn how to communicate your vivid imagination through compelling illustrations!

ILLUSTRATION WITH CHARIS DERRY

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

Oct 18–Nov 15

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. Brainstorming, research, thumbnails, imagination and conceptualization, composition, finding a design process and receiving feedback throughout are emphasized. A quick survey of the history of illustration and discussion of ways to get your art out there rounds out the class. With imagination and a little hard work, anybody can create cool designs and lasting imagery that does more than just hang on a wall! Some previous basic drawing and painting experience is recommended.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

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

Ages 16 years and older

\$80 (supplies included)

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

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm

Sep 13–20 • Oct 4–11 • Oct 18–25 • Nov 1–8

• **Nov 15–29** (No Class Nov 22)

Ages 16 and older

\$40 per person (plus supplies)

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

ADVANCED GLASS WITH JESSICA FITZGERALD

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

Sep 5–26 • Oct 3–24 • Nov 7–28

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.

CHRISTMAS ORNAMENTS WITH JESSICA FITZGERALD

This is a one-day class. Friday, 5:15 – 7:15pm

Dec 7 • Dec 14 • Dec 21

Ages 16 and older

\$20 per person (plus supplies)

Students should bring glass with them to class. Please wear shoes. Long pants are recommended.

Jewelry

MEMORY WIRE BRACELET WITH HOLLY CHAMBERS

This is a one-day class.

Friday, 10–11am: **Oct 12**

Friday, 11am–12pm: **Sep 14**

Monday, 6–7pm: **Oct 22 • Oct 29**

Ages 9 and up

\$20 per person (plus supplies)

This class is designed for students who want to learn how to make their own memory wire bracelet. The class is for ages 9 and up. This is a 1-time session. \$20 (plus cost of supplies)

Knitting, Quilting & Sewing

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

Sep 10–24 • Oct 15–29 • Nov 12–26

Ages 14 and older

\$45 per person (plus supplies)

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

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

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

Sep 10–Oct 1 • Oct 15–Nov 12 (No Class Nov 5)

• **Nov 19–Dec 10**

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

Sep 7–28 • Oct 5–26 • Nov 2–30 (No Class Nov 9)

Ages 14 and older

\$50 per person (plus supplies)

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

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 6:30–8pm

Oct 17–31 • Nov 7–21

Ages 13 and older

\$35 per person (plus supplies)

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

BEGINNING SEWING WITH AMANDA BUSSEY

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

Sep 5–Oct 3

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.

MESSENGER BAG SEW-A-LONG WITH AMANDA BUSSEY

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

Oct 10–Nov 28

Ages 14 and older

\$75 per person (plus supplies)

Come and sew along as we make a cross body style messenger bag. This is a versatile bag, suitable for everyday use. Beginner sewing skills are needed to complete the project. You must have your own sewing machine. Ages 14 and up.

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks: Tuesdays, 9 – 11am

Sep 4–25 • Oct 9–30 • Nov 6–27

Ages 14 and older

\$35 per person (plus supplies)

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

MACHINE QUILTING (AM) WITH KYONG ANGUAY

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

Sep 15–Oct 6 | Applique Quilt

Oct 13–Nov 10 | Hawaiian Quilt (No class–Nov 3)

Nov 17–Dec 15 | Disappear 9 Patch Quilt (No class–Dec 8)

Ages 16 and older

\$100 per person (plus supplies)

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

MACHINE QUILTING (PM) WITH KYONG ANGUAY

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

Sep 15–Oct 6 | Applique Quilt

Oct 13–Nov 10 | Hawaiian Quilt (No class–Nov 3)

Nov 17–Dec 15 | Disappear 9 Patch Quilt (No class–Dec 8)

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.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **Sep 4–25 • Oct 9–30 • Nov 13–Dec 4**

Wednesdays, 10am–12pm:

Sep 5–26 • Oct 10–31 • Nov 14–Dec 5

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.

Woodworking

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

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

4:30 – 7:30pm (arrive 15 minutes prior to class to sign in)

Ages 12 years & older

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

\$20

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

PEN TURNING CLASS

This is a one-day class.

Offered select Saturdays & Sundays, 7:30 – 11:30am

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

\$50 (supplies included)

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

.....
(continued on next page)

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered select Saturdays & Sundays, 7:30 – 11:30am

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

\$60 (supplies included)

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

CHILDREN'S CLASSES & CAMPS

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 3 – 4:30pm:

Sep 6–27 • Oct 4–25 • Nov 1–29 (No Class Nov 22)

Ages 7–12

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

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

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 6–7:30pm

Sep 10–Oct 1

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 – 7:30pm

Oct 15–Nov 19

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.

CHRISTMAS STOCKING WORKSHOP WITH AMANDA BUSSEY

This is a 1-day class: Mondays, 5:30 – 8:30pm

Dec 3

Ages 10 and older

\$35 per person (plus supplies)

Customize stockings to hang by the 'chimney' with care, and fill up with wonderful surprises! You MUST have your own sewing machine.

BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

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

Sep 7–21 • Sep 28–Oct 12 • Oct 19–Nov 2 • Nov 16–30

Ages 7–13

\$45 per person (plus supplies)

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

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

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

Oct 15–Nov 12

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.

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Sep 18–Oct 23 • Oct 30–Dec 4

Ages 7–18

\$70 per person (plus supplies)

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

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

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

Sep 20–Oct 25 • Nov 1–Dec 13 (No Class Nov 22)

Ages 7–18

\$70 per person (plus supplies)

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

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

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

Sep 20–Oct 25 • Nov 1–Dec 13 (No Class Nov 22)

Ages 7–18

\$70 per person (plus supplies)

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

ART EXPLORATIONS WITH JESSICA FRANKLIN

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

Sep 25–Oct 18 • Oct 23–Nov 15 • Nov 20–Dec 18

Ages 3–6

\$80 per person (supplies included)

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

PARENT AND ME WITH TIFFANY DEVINE-GRIFFITH

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

Oct 17–31 • Nov 7–21

Ages 7–12

\$35 per person (plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly read patterns, do a foundation change, change colors. Students will have the skill to complete beginner and intermediate level projects.

EVENTS & ACTIVITIES

FALL CRAFT CAMP

Tuesday Oct 9–Friday Oct 12

10 a.m.–12 p.m.

Ages 7 and up

\$65

Arts & Crafts Center

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

COOKIES & CANVAS WITH DENNIS MCGEARY

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

Sep 12, 26 • Oct 10, 24 • Nov 7, 21

Ages 7–14

\$30 per person (supplies included)

Create painted masterpieces on canvas while enjoying a sweet treat. Single sessions make this fun and affordable. Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. 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, 5:30–7:30pm

Sep 28 • Oct 26 • Nov 30

Ages 8 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.

Arts & Crafts Center

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

PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.

Historic Hickam Officers' Club

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

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



ARTS/RAFTS CALENDAR

A Calendar that's always current

Download our e-calendar

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

Fall Craft Camp

Hickam Arts &
Crafts Center



**TUESDAY, OCTOBER 9 -
FRIDAY, OCTOBER 12**

10am - 12pm

\$65 per person

Open to ages 7 & up

Sign up Now, class fills up FAST!

*There's no limit to the beauty a
child can create when given some
instruction and artistic freedom.*

To register visit WWW.greatlifehawaii.com and Search: Arts and Crafts Registration

Questions? Call 448-9907





MWR spotlight

LEARN PREVENTIVE VEHICLE MAINTENANCE


By Justin Hirai

Many of us use our vehicles daily to get where we need to be. Whether it's to work, dropping the kids off to school or going to the beach. A little car trouble would definitely ruin any of those situations, so why not learn how to do some preventive maintenance on your vehicle?

The MWR Auto Skills Centers can teach you basics about your vehicle and how to do preventive maintenance on them through their How-to Classes. They can teach and assist you with the following:

- Check under you hood
- Oil change
- Check tire pressure
- Change wiper blades
- Check your belts and hoses
- Order parts for your vehicle

The classes are free of charge. You'll just need to provide the supplies when applicable. The only requirement is to have an Auto Skills Shop Card, which is easy to get. You can stop by any center during regular business hours and go through a safety class. Once you have the card you can schedule a How-to Class.

These classes are perfect for anyone who drives and especially good for those just getting their license. If you're interested in signing up for a class or have any questions about your vehicle give one of the Auto Skills Centers a call. 

Moanalua Auto Skills: (808) 471-9072

Hickam Auto Skills: (808) 449-2554

SEP • OCT OUTDOOR RECREATION

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Sep 23 Sign up by Sep 20
- Oct 21 Sign up by Oct 19
- Begins: 9 am | Ends: 12 pm
- Cost: \$30

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

WOMEN'S SURFING

- Sep 23 Sign up by Sep 20
- Oct 6 Sign up by Oct 4
- Begins: 9 am | Ends: 12 pm
- Cost: \$30

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

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Sep 1 Sign up by Aug 30
- Sep 9 Sign up by Sep 7
- Oct 7 Sign up by Oct 5
- Oct 27 Sign up by Oct 25
- Begins: 9:15 am | Ends: 10:15 am
- Begins: 10:30 am | Ends: 11:30 am
- Cost: \$25

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

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Sep 24 Sign up by Sep 20
- Begins: 7:30 pm | Ends: 9:30 pm
- Oct 24 Sign up by Oct 20
- Begins: 7 pm | Ends: 9 pm
- Cost: \$25 (Kayak included)

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

KAYAKING AT CHINAMAN'S HAT

- Oct 6 Sign up by Oct 4
- Begins: 8 am | Ends: 1 pm
- Cost: \$25

(continued on next page)

SIGN UP INFORMATION

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

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a 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.

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 fun for all levels of ability. You're encouraged to bring lunch or snacks and plenty of water.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Sep 2 Register online by Aug 30
Begins: 8:30 am | Ends: 11:30 am
- Sep 22 Register online by Sep 20
Begins: 2:30 pm | Ends: 5:30 pm

RENTALS

OUTDOOR EQUIPMENT

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

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

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifehawaii.com for price lists. Call for a full list of rules and regulations.

RECREATION & PARTY EQUIPMENT

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

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

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

Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

PATIOS & PAVILIONS

Hickam Harbor • 449-5215

Pearl Harbor & Barbers Point • 473-1198

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

Facilities and areas at Hickam Beach:

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

Facilities and areas at Pearl Harbor and Barbers Point:

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

- Oct 20 Register online by Oct 18
Begins: 8:30 am | Ends: 11:30 am
- Oct 28 Register online by Oct 26
Begins: 2:30 pm | Ends: 5:30 pm
Cost: \$30
Registration available online only

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

LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 am–12 pm

- Sep 15/16 Register online by Sep 13
- Oct 13/14 Register online by Oct 11
Cost: \$60

Registration available online only

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

SPEARFISHING EXCURSION

- Sep 29 Sign up by Sep 27
- Oct 27 Sign up by Oct 26
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.*

HIKING

HIKE EHUKAI PILLBOX

- Sep 15 Sign up by: Sep 13
- Oct 20 Sign up by: Oct 18
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 O'ahu's famous North Shore. Views will include Sunset Beach and the Bonzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

DAY HIKE NU'UANU JUDD/ HIDDEN PALACE

- Sep 1 Sign up by: Aug 30
Begins: 9 am | Ends: 12:30 pm
Cost: \$20

A hike great for the entire Ohana, join us as we traverse through a bamboo and Norfolk pines forests to the Tantalus ridge. This hike can be muddy at times and bug spray is a recommended addition to the backpack. Also pack a snack and a towel as the hike can also invite some swimming at a great swimming hole.

BIKING

NORTH SHORE BIKE RIDE

- Sep 8 Sign up by Sep 6
- Oct 27 Sign up by: Oct 25
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.

BIKE & HIKING

KAIKA BIKE & HIKE

- Sep 22 Sign up by: Sep 20
- Oct 13 Sign up by: Oct 11
Begins: 8 am | Ends: 2 pm
Cost: \$35

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



Foster Point Gazebo

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

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

START SAILING RIGHT HH

- Tue | Aug 28 | 6-8 pm
Sat | Sep 1, 8, 15, 22 | 9 am-1 pm or 1 pm-4 pm
- Tue | Oct 2 | 6-8 pm
Sat | Oct 6, 13, 20, 27 | 9 am-1 pm or 1 pm-4 pm
Cost: \$80 per person/per month
Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Sep 1/2 & 8/9
Cost: \$80 per person
- Sat/Sun | Oct 6/7 & 13/14
Cost: \$85 per person
1-5 pm
Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Sep 5, 10, 12, 17, 19, 24, 26
Cost: \$80 per person/per month
- Mon/Wed | Oct 1, 3, 10, 15, 17, 22, 24, 29
Cost: \$85 per person/per month
9:30-11:30 am
Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Oct 20/21 & 27/28
Cost: \$85 per person/per month
1-5 pm
Ages 18 & up

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

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Sep 5, 10, 12, 17, 19, 24, 26
Cost: \$55 per person/per month
- Mon/Wed | Oct 1, 3, 10, 15, 17, 22, 24, 29
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 – 17 years

YOUTH BEGINNERS SAILING HH

- Weds/Fri | Sep 5, 7, 12, 14, 19, 21, 26, 28
Cost: \$55 per person/per month
- Weds/Fri | Oct 3, 5, 10, 12, 17, 19, 24, 26
Cost: \$60 per person/per month
3-5 pm
Ages 9 years & up
*REGISTER ONLINE ONLY

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

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Sep 4, 6, 11, 13, 18, 20, 25, 27
Cost: \$55 per person/per month
- Tues/Thurs | Oct 2, 4, 9, 11, 16, 18, 23, 25, 20
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 – 17 years

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

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Sep 4, 6, 11, 13, 18, 20, 25, 27
Cost: \$55 per person/per month
- Tues/Thurs | Oct 2, 4, 9, 11, 16, 18, 23, 25, 20
Cost: \$60 per person/per month
3-5 pm
Ages 9 years & up
*REGISTER ONLINE ONLY

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

KEIKI AFTER SCHOOL BEGINNER'S SAILING HH*

- Wed/Fri | Sep 5, 7, 12, 14, 19, 21, 26, 28
Cost: \$55 per person/per month
3-4:30 pm
Ages 8 & 9 years
*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of introductory to sailing. This class focuses on new and timid sailors-to-be. Space is limited to 5 students per class.

*This class will no longer be offered after September.

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Sep 7, 14, 21, 28
Cost: \$45 per person/per month
- Fri | Oct 5, 12, 19, 26
Cost: \$50 per person/per month
9:30 am -12 pm
Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 6

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

*Must have 10 rental hours @HH to schedule appointment.

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri
6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am
Cost: \$3 per session
*Must pre-pay 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

PADDLEBOARD CANOEING / YOGA

OUTRIGGER CANOE PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION)

- *Fri | Sep 7 Sign up by Sep 6
- *Fri | Sep 21 Sign up by Sep 2
- *Fri | Oct 5 Sign up by Oct 4
- *Fri | Oct 19 Sign up by Oct 18
8:30-9:30am
Cost: \$3 per person

*Must pre-register at HH Marina. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. Pre-registration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

STAND UP PADDLEBOARD YOGA HH

- *Fri/Sat
8:30-9:30am
Cost: \$10 per session
Ages 16 & up

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

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.

SURF SHACK • 449-5215

Hours: Friday–Sunday, 10 am–4 pm

BEACH EQUIPMENT RENTALS

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

WHITE PLAINS BEACH | Kalaeloa

SURF SHACK • 682-4925

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

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

GREAT GOLF FOR LESS

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

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

Use it soon!

Restrictions apply.

See coupon for details.

\$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
MON/TUES AT MAMALA BAY (449-2300)
AND BARBERS PT. (682-1911) GOLF COURSES.**
COUPON EXPIRES: 10/30/2018

MAMALA BAY GOLF COURSE
808.449.2300

BARBERS PT. GOLF COURSE
808.682.1911



www.greatlifehawaii.com



Liberty Calendar



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

SEPTEMBER 2018

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Trevor Noah @ Blaisdell Arena \$20 Express 1815 Beeman 1900 Instant 1915 Makai 1930 UH Football vs. NAVY \$5 Express 1500 Beeman 1800 Instant 1815 Makai 1830 VOLUNTEER OPPORTUNITY 1230-1700
2 Snorkeling Sharks Cove FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 36th Okinawan Festival @ Hawaii Convention Center FREE Express 0900 Beeman 1000 Instant 1015 Makai 1030	3 Wet 'n' Wild Hawaii \$15 Express 0930 Beeman 1000 Instant 1015 Makai 1030	4 Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!	5 Indoor Rock Climbing @ Volcanic Rock Gym \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	6 Texas Hold 'em Tournament FREE Makai 1800 WIN PRIZES!!!	7 Chinese Food For Lunch FREE Beeman 1100-1300	8 Kayaking Chinaman's Hat FREE Express 0800 Beeman 0900 Instant 0915 Makai 0930 Polynesian Cultural Center Luau \$40 Express 1500 Beeman 1400 Instant 1415 Makai 1430
9 North Shore Star Gazing FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830 Hike Maoli Pillboxes [BEG] FREE Express 0800 Beeman 0900 Instant 0915 Makai 0930	10 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	11 Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!	12 Driving Range @ Navy Marine Golf Course FREE Express 1630 Beeman 1715 Instant 1730 Makai 1745	13 Barracks Bash @ Smallwood Hall FREE 1700-1900	14 Spaghetti For Lunch FREE Beeman 1100-1300 Solo Jetski \$40 Express 1200 Beeman 1245 Instant 1300 Makai 1315	15 Hike Waimano Pools [INTER] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Rick Ross @ The Republic \$25 Express 1815 Beeman 1900 Instant 1915 Makai 1930
16 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 Hawaiian Parasail \$35 Express 1045 Beeman 1130 Instant 1145 Makai 1200	17 8 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	18 K1 Speed Go-Karts \$15 Express 1645 Beeman 1730 Instant 1745 Makai 1800	19 Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	20 Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	21 Chicken Adobo For Lunch FREE Beeman 1100-1300 Honolulu City Lights Helicopter Ride \$75 Express 1630 Beeman 1715 Instant 1730 Makai 1745	22 Hike Makapuu Point & Swim [INTER] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Star of Honolulu 3 Star Sunset Dinner & Show Cruise \$60 Express 1500 Beeman 1545 Instant 1600 Makai 1615
23 North Shore Beach Hopping FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930 Kualoa Horseback Riding \$35 Express 0630 Beeman 0715 Instant 0730 Makai 0745	24 Ping Pong Tournament FREE Beeman 1900 WIN PRIZES!!!	25 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	26 Mario Kart Tournament FREE Express 1800 WIN PRIZES!!!	27 Ten & Grind @ Tony Roma's \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	28 Chili Dogs For Lunch FREE Beeman 1100-1300 Sunset Hike Lanikai Pillboxes [BEG] FREE Express 1615 Beeman 1700 Instant 1715 Makai 1730	29 Mt. Bike/Hike Moanalua Valley [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Chinatown Food & Historical Tour \$20 Express 0700 Beeman 0730 Instant 0745 Makai 0800
30 Bellows Paintball \$25 Express 0830 Beeman 0915 Instant 0930 Makai 0945 Original Glider Rides \$35 Express 1030 Beeman 0915 Instant 0930 Makai 0945	Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund. FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS: Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220					DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced

dining

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

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Sunday Brunch

Sep 1, 8, 15, 22, 29

10am – 1pm

Dining Room

(Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

ALL RANKS WELCOME!

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

Paint 'n' Sip

Wednesdays, Sep 5, 12, 19, 26

5:30 – 8:30pm

Dining Room

(Historic Hickam Officers' Club)

\$40/person

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

Mongolian BBQ

Mondays, Sep 10, 17, 24

Thursdays, Sep 6, 13, 20, 27

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

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

KOA LOUNGE

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

Warrior Friday

Friday, Sep 7

4:30 – 7:30pm

Historic Hickam Officers' Club

FREE for Club members

\$15 for non-members

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

Margarita Madness

Every Thursday

4 – 6:30pm

Koa Lounge

\$4 Margaritas (regular price \$6.50)

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

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Friday, Sep 7, 14, 21, 28

11am – 2pm

\$15.95 Adults

\$9.95 Child 6-12 years

FREE Child 5 years & under

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

Express Lunch Menu

Monday – Friday

11am – 2pm

\$12.95

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

Live Music at the Hapa Deck & Bar

Every Thursday & Friday, 5 – 7pm

No cover

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

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30am – 3pm

Come and see how the same creativity we put into our lunch and dinner is used for our special brunch menu on the weekends. Experience our twists on

breakfast fare, like guava pancakes, rib eye hash, assorted Benedict's and more.

Aloha Hour

Monday–Friday

3 – 5pm

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

STEAKOUT

Barbers Point Golf Course 462-9370

NEWLY OPEN!

Monday – Sunday

6am – 5pm

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

WRIGHT BROTHERS CAFÉ AND GRILLE

2000 Signer Blvd 448-4608 x39

Now Open for Dinner

Fridays and Saturdays

5 – 8pm

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

family/support

Child Development Centers

Child Development Homes

Military & Family Support Center

School-Age Care

School Liaison Office

Teen Center

TEEN CENTER

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

Family Night

Suicide Awareness and Prevention

Tuesday, Sep 18

5:30 – 7pm

FREE

Ages: All teen family members welcome!

Come hangout at the teen center and meet the staff, hear about upcoming events, and enjoy an informative workshop from Military Family Support on Suicide Awareness and Prevention!

Hail and Farewell - Night of Sports

Friday, Sep 28

5 – 7pm

FREE

Ages: All teen family members welcome!

elp us welcome our new teen center family members and say "See yah Later" to the ones moving on to new adventures! Then enjoy some enjoy some fun, healthy competition!

Throw on your Wizarding Robes and grab your wands!
Enjoy magical games, food and fun!



FREE
EVENT

DAY FOR KIDS 2018

September 15 | 4-6 pm | Hickam School Age Center



Call 473-0789 for info
visit greatlifehawaii.com





GROUP EXERCISE SCHEDULE

Fitness Center Locations

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

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

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



JBPHH FITNESS CENTER

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

HICKAM MEMORIAL FITNESS CENTER

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

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY COND		
11:30am – 12:30pm						
5 – 6pm		ZUMBA		ZUMBA		

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

INFORMATION SUBJECT TO CHANGE

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

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island)472-7582
Pool 1 (Hickam)449-8274
Pool 2 (Hickam)448-2384
Scott Pool (Pearl Harbor)473-0394
Towers Pool (Makalapa)471-9723

English Channel Swim Challenge

Sep 1 – 30

All Operating JBPHH Pools

This month's free challenge follows the path of Strait of Dover, which stretches from Dover, England to Calais, France, a distance of 33 kilometers or 21 miles. You have the entire month to reach this goal. The first 25 to complete this challenge also win a prize. Open to 18 years and older.

Float Night

Friday, Sep 28

5 – 7pm

FREE

Scott Pool

Join us for this FREE event. Bring your favorite float (individual size only) & relax in the pool. We'll also be giving out free ice cream floats while supplies last.

Aqua Zumba

Tuesdays, Sep 4, 11, 18, 25

5:30–6:30pm

Hickam Family Pool

Purchase a coupon book or single ticket at the Hickam or JBPHH Fitness Centers.

BOWLING

Hickam Bldg. 1891448-9959
Naval Station Bldg. 1736473-2574
The Escape (Wahiawa Annex)473-2651

Disco Night

Saturday, Sep 15,

8pm – 12am

Hickam Bowling Center

DJ Reid will play your favorite 70's, 80's and 90's music. Get down, bowl and boogie the night away...

\$1.75 Monday Madness

Monday, Sep 10, 17, 24

5 – 9pm

Naval Station Bowling Center

\$1.75 Per Bowling Game, per \$1.75 Shoe Rental and \$1.75 per Hot Dog. Must have a Military CAC card to participate. Patrons will be able to purchase 3 games per person. 1 hot dog per person

\$1.75 Wild Wednesdays

Wednesday, Sep 5, 12, 19, 26

4 – 9pm

Hickam Bowling Center

\$1.75 Per Bowling Game, per \$1.75 Shoe Rental and \$1.75 per Hot Dog. Must have a Military CAC card to participate. Patrons will be able to purchase 3 games per person. 1 hot dog per person.

Lunch & Bowl

Tuesday, Sep 4, 11, 18, 25

11am – 2pm Hickam Bowling Center

11am – 1pm Naval Station Bowling Center

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

Active Duty Military Bowl Free

Monday, Sep 10, 17, 24

11am – 1pm Hickam Bowling Center

Thursday, Sep 6, 13, 20, 27

11am – 1pm Naval Station Bowling Center

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

Cosmic Bowling

Fri, 9:30pm – Midnight Hickam Bowling Center

Sat, 6pm – Midnight Hickam Bowling Center

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

Sun, 3 – 6pm Naval Station Bowling Center

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120448-2214
JBPHH-Pearl Harbor Bldg. 1338471-2019
Naval Station Gym Bldg. 667473-2436
Wahiawa Annex Bldg. 446653-5542
Open 24 hours/day, 7 days/week (unstaffed):

Ford Island Bldg. 55

Kunua Bldg. 446

Makalapa Bldg. 388

West Loch Bldg. 621

Alpha Warrior Battle Rig Fitness Competition

Friday, Oct 5

8am–4pm

FREE

Hickam Memorial Fitness Center

Are YOU a Warrior? Try to conquer the Battle Rig in individual and team competition. Kids ages 4-12, can try the Youth version! Try out/practice on the course Thursday, Oct 4, from 8am-11am before the competition! Certification Course for commands; Wednesday, Oct. 3. Sign your group up through MWR Fitness. Call 808.448.2214 to sign up and for more info

Resiliency Run 5K

Saturday, Sep 22

7am

FREE

Hickam Memorial Fitness Center

Sign up begins at 6:30am. In support of Suicide Prevention Awareness Month. Awards given to top finishers in categories: Adult Male, Adult Female, Youth Boy, Youth Girl, Stroller Male, Stroller Female.

Bi-Annual Powerlifting Competition

Saturday, Oct 13

8am

\$20 Registration Fee

JBPHH Fitness Center

Compete and test yourself in the Squat, Bench Press and Deadlift. Open categories for men and women. Get a high enough combined total and you could be added to our Hall of Fame. Call 471-2019 for more info.

Warrior Zone Circuit Class

Friday, Sep 7, 14, 21, 28

11:30 a.m.– 12:30 p.m.

JBPHH Fitness Center

FREE to all Active Duty

1 GE class coupon for all eligible patrons

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

GOLF

Barbers Point682-1911
Ke'alohe Par 3448-2318
Mamala Bay449-2304
Navy-Marine471-0142

\$2 Tuesdays

Tuesday, Sep 4, 11, 18, 25

4 – 6pm

Mamala Bay Golf Course Driving Range

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

Golf Demo Day

Wednesday, Sep 5

3:30 – 6:30 pm

Navy Marine Golf Course

Try out some of the latest equipment at the driving range. For more info, call 808-471-0142.

Free Golf Clinics

Thursday, Sep 13

Noon – 1pm Navy Marine 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)

After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)

After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

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

INTRAMURALS

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

Softball Tournament

Sep 15 – 16

\$200 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

Basketball Tournament

Sep 15 – 16

\$200 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call to sign up!

Winter Softball League

Saturday, Sep 8

Entry Deadline: Aug 31

\$460 per team

Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH. Call 473-2494 or 473-2437 to sign up!

YOUTH SPORTS

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

Start Smart T-Ball

Season: Sep 7 – Oct 19

FREE

Ages: 3 – 5

Registration: Aug 1–31

Visit jbphh.greatlifehawaii.com or call 473-0789 for more information.

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-NEX Mall 422-4067

Hickam Historical Tour

Friday, Sep 7, 14, 21, 28

9:30am – 1:30pm

\$45 for adults

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

“An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces’ airmen, nurses and officers & enlisted families lived and hear their personal stories of this “Day of Infamy.” Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!”

Ford Island Historical Tour

Wednesdays, Sep 5, 12, 19, 26

9:30am – Noon (Check in at 9:15am)

\$25 for adults

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

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military

history. Travel back in time and honor the families who experienced the horrors of “The Day of Infamy”. Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders.

Chinatown Food & Historic Tour

Saturday, Sep 29

8:30am – 1pm

\$35 for adults

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

Discover the intriguing history of Honolulu’s Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

ITT Shuttle to “Eat the Street”

Friday, Sep 28

6:30 – 9:30pm

\$7/person round-trip

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

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

“Local-Style” Wine Tasting

Wednesday, Sep 26

6:30 – 8:30pm

Ages 21 years & over only

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

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

recreation

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

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Cookies & Canvas with Dennis Mcgeary

Wednesday, Sep 12, 26

3:30–5:30pm

Ages 7-14

\$30 per person (supplies included)

Each session will be a new image such as sunsets, waves, and more. This fun experience includes art, music, and sweets. Be sure to wear clothes to paint in!

Ohana Paint Night with Charis Derry

Friday, Sep 28

5:30–7:30pm

Ages 8 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Snacks will be provided.

Pick & Paint Ceramics

Tuesday–Saturday

9am–5pm

Arts & Crafts Center

We provide glaze, brushes, stencils and sponges. You pick it, you paint it, and we fire it. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome.

Calling All Crafters! 43rd Annual Hickam Fall Craft Fair

Saturday, Nov 3

9am–3pm

\$75 for a single booth, \$105 for 2 to share a booth

Register in the Ceramics Shop. 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. Call 448-9907 for further info.

LIBRARY

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

Makerspace Demonstration of Makey Makey

Wednesday, Sep 5

2 – 2:30pm

Makey Makey is an invention kit for ages 8+ that enables learning electronics and programming through investigative play. Join us for some simple experimentation that will spark your imagination! Please call 449-8299 for more information.

Young Adult Book Club

Wednesday, Sep 5

4pm

Our Young Adult Club is geared towards Junior High and High School youth. This week our book being discussed is “I’ll Give You the Sun,” by Jandy Nelson. The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

Adult Book Club

Tuesday, Sep 4 – 10am

Thursday, Sep 6 – 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is “This is How it Always is,” by Laurie Frankel.

Kids’ Book Club

Wednesday, Sep 12, 19

2 – 3pm

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss “The Cricket in Times Square” on September 12 and “Tuck Everlasting” on September 19.

Preschool Story Time

Wednesday, Sep 12, 26

9 – 10am

Story times are great for children of all ages! Our theme on September 12 will be “Grandparents’ Day” and “Hispanic Culture” on September 26.

Hickam Memorial Fitness Center

Resiliency 5K Run

Saturday, Sep. 22
Race starts at 7am

FREE

Open to all eligible patrons
Registration begins at 6:30am on
morning of the event

Awards given to top finishers.
Categories: Adult Male, Adult Female, Youth Boy,
Youth Girl, Stroller Male, and Stroller Female.

For more info, call 448-2214 | greatlifehawaii.com





MILITARY & FAMILY SUPPORT CENTER

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

INFORMATION SUBJECT TO CHANGE

employment assistance

ACING THE INTERVIEW

Sep 21 • 1:00 – 3:00pm | Pearl Harbor

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

Sep 26 • 12:30 – 2:30pm | Hickam

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

FEDERAL EMPLOYMENT 101

Sep 5 • 12:30 – 2:30pm | Hickam

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

PART-TIME MONEY MAKERS

Sep 11 • 9:00 – 11:00am | Wahiawa

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.

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

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

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

HELPING YOUR KIDS COPE WITH DIVORCED PARENTS

Sep 20 • 1:00 – 3:00pm | Pearl Harbor

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

HIGH-TECH PARENTING

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

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

NEW MOMS AND DADS

Sep 19 • 5:00 – 8:00pm | Hickam

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

PARENT CHILD COMMUNICATION

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

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

PARENTING GROUP

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

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

POSITIVE PARENTING

Sep 13 • 1:00 – 3:00pm | Pearl Harbor

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

SOOTHING YOUR BABY AND LOVING TOUCH

Sep 27 • 1:00 – 2:00pm | 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

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

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

information and referral

EFMP COFFEE TALK

Sep 13 • 9:00 – 10:00am | Pearl Harbor

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

GREEN CARD / IMMIGRATION AND NATURALIZATION

Sep 26 • 9:30am – 11:30pm | Pearl Harbor

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

key spouse/ombudsman/ fleet readiness group

OMBUDSMAN APPRECIATION DINNER

Sep 8 • 5:00 – 9:30pm | Honolulu Country Club

The Pearl Harbor MFSC sponsors the annual Ombudsman Appreciation Dinner. Reserved dinner tickets can be purchased beginning July 16th. Tickets are sold on a first-come, first-serve basis. Please contact the MFSC Ombudsman Coordinator for more information.

personal development

2018 JOINT SERVICES SUICIDE PREVENTION PROCLAMATION & HUMAN AWARENESS RIBBON

Sep 5 • 8:00 – 11:00am | Pearl Harbor

Help us create the largest human awareness ribbon and witness the signing of the Suicide Awareness Proclamation.

ANGER MANAGEMENT

Sep 24 • 9:00am – 12:00pm | Pearl Harbor

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

CONFLICT RESOLUTION

Sep 20 • 10:00am – 12:00pm | Pearl Harbor

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

DATING WITH A PURPOSE

Sep 27 • 10:00am – 12:00pm | Pearl Harbor

Finding quality relationships can be challenging. When we look at the challenges presented with internet options, baggage from broken relationships, work demands, emotional and physical safety; an instruction manual would be

helpful! Participants will take a moment to evaluate the qualities they want to bring to, and receive from a relationship; using improved communication skills and remain mindful to ensure you're not settling!

DEALING WITH DIFFICULT BEHAVIORS

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

Do you ever encounter difficult behavior at work? How well do you work with people that handle situations differently than you do? Attend our workshop and learn about different behavior types that we encounter in the workplace. We can teach you some tips on how to identify difficult behavior patterns, and the best way to deal with each specific one.

HEALTHY RELATIONSHIPS FOR TEENS

Sep 19 • 1:00 – 3:00pm | Hickam

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. Teens attending the class, will learn the core elements of building Healthy Relationships: high self-esteem, qualities to look for in people, social media and keeping safe!

PEOPLE SKILLS FOR PROFESSIONAL DEVELOPMENT

Sep 13 • 10:00am – 12:00pm | Hickam

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

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

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

STRATEGIZING WITH STRESS

Sep 10 • 9:00am – 12:00pm | Pearl Harbor

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

Help create the largest
HUMAN AWARENESS RIBBON
for Suicide Prevention
& Awareness.

Sep 5, 2018

8-11 a.m.

(Arrive by 8:30 a.m. to participate
in building the ribbon.)

Freedom Tower



(continued from previous page)

SUNSET YOGA WITH MINDFULNESS AND SELF-CARE TRAINING

Sep 12, 26 • 5:00 – 6:30pm | Missing Man Memorial

In partnership with MWR, Military and Family Support Center brings a 30-minute training snapshot on the importance and benefits of Mindfulness and Self-Care. MWR Fitness instructor will then provide a 60-minute yoga class, along the water, at sunset. Enjoy this relaxing opportunity to center and take care of you!

TRANQUIL SEAS: MINDFULNESS AND SELF CARE


Sep 17 • 10:00am – 12:00 p.m | Pearl Harbor

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

UNPLUG YOUR RELATIONSHIP

Sep 12 • 10:00am – 12:00 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.



*In partnership with
MWR Fitness, MFSC presents*

Sunset Yoga

with
Mindful and
Self-Care
Training

*12 & 26 September 2018
1700-1830*

Important: Bring your own yoga mat, dress comfortably and bring water!

Register at greatlifehawaii.com or
e-mail MFSCHawaii@navy.mil

For more information call
808-474-1999



WOMEN EMPOWERED GROUP

Sep 10, 17, 24 • 10:00am – 12:00pm | Pearl Harbor

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

personal financial management

HOME BUYING

Sep 20 • 2:00 – 4:00pm | Pearl Harbor

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

MILLION DOLLAR SPOUSE

Sep 11 • 7:30am – 3:30pm | Pearl Harbor

A one-day class designed for military spouses. Students will learn about proper budgeting techniques, credit management and repair, savings and investments to include Thrift Savings Plan (TSP), and other financial issues unique to the "military spouse."

SAVING AND INVESTING BASICS

Sep 6 • 1:00 – 3:00pm | Pearl Harbor

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

THRIFT SAVINGS PLAN

Sep 27 • 1:00 – 3:00pm | Pearl Harbor

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

relocation assistance

SMOOTH MOVE

Sep 13 • 8:00 – 11:30am | Pearl Harbor

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

SPONSOR TRAINING

Sep 4 • 1:00 – 3:00pm | Wahiawa

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



To Register for a MFSC Class Visit:

<https://jbphh.greatlifehawaii.com/support/military-family-support-center>

Great Life Hawaii
Calendar of Events
August 2018

SUN	MON	TUE	WED	THU	FRI	SAT
29 Command Financial Specialist (CFS) Training Helping Your Kids Cope with Divorced Parents	30 Healthy Relationships 101	31 Sponsor Training	1 Time Management	2 Capstone 7:30 Capstone 9:00 more	3	4
5	6	7	8 Smooth Move Exceptional Family Member Program (EFMP) Coffee Talk	9	10	11
12 Strategizing With Stress Tranquil Seas - Mindfulness and Self-Care	13 Chang Alpha Newcomers Orientation Transition GPS: Career Exploration and Planning Track more	14 USAF Pre-Separation Briefing Financially Savvy Retirees - Long Term Care & VA Benefits more	15 Capstone 7:30 Capstone 9:00 more	16	17	18
19 Conflict Resolution	20 Key Spouse Initial Training Command Financial Specialist (CFS) Refresher Training more	21 Command Sponsor Coordinator and Individualized Newcomer Treatment and Orientation Manager Training USAF Pre-Separation Briefing	22 Capstone 7:30 Capstone 9:00 more	23 After GPS Green Card/Immigration and Naturalization	24	25
26 Milton Dollar Service Member Anger Management	27 Chang Alpha Newcomers Orientation Transition GPS: Boots to Business more	28 USAF Pre-Separation Briefing SAPR POC Training	29 Capstone 7:30 Capstone 9:00 more	30	31	1

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Sep 17-21 • 8:00am – 4:00pm | Pearl Harbor

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

SEX ASSAULT SURVIVORS GROUP

Sep 5, 12, 19, 26 • 4:00 – 5:30pm | Pearl Harbor

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

transition assistance

CAPSTONE EVENT

Sep 6 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
 Sep 13 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
 Sep 20 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
 Sep 27 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor
 The final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success).

TRANSITION GPS: ACCESSING HIGHER EDUCATION

Sep 18 – 19 • 8:00am – 3:00pm | 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

Sep 24 – 28 • 7:30am – 4pm | Pearl Harbor

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

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Sep 10 – 14 • 7:30am – 4pm | Pearl Harbor

Sep 17 – 21 • 7:30am – 4pm | Pearl Harbor

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

TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

Sep 28 • 8:00am – 3:00am | Pearl Harbor

Invest a day in YOU! Learn about VA Benefits, Tricare, Survivor Benefit Plan, AMAZING SkillBridge Program opportunities, and meet with employers actively recruiting! Bring your resume & 60-second intro!

USAF PRE-SEPARATION BRIEFING

Sep 5, 12, 19, 26 • 8:00 – 11:00am | Hickam

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

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Tue-Thu: 8 a.m. – 3:30 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon-Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

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

Tue-Thu: 7:30 a.m. – 4 p.m.

food&drink

JOINT BASE CATERING

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

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon-Fri 0600-0830, 1100-1300, 1700-1830
 Sat, Sun, Holidays 0630-0830, 1100-1300, 1700-1830
 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 Mon-Fri 0615-0730, 1100-1230, 1615-1730
 Sat, Sun, Holidays 0615-0730, 1030-1230, 1615-1730

RESTAURANTS & CASUAL DINING

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

THE LANAI AT MAMALA BAY
 3465 Mamala Bay Drive, Hickam Harbor • 422-3002
 Mon-Thu, Sun 1100-1400, 1700-2100
 Fri, Sat 1100-1400, 1700-2100
 Hapa Bar
 Mon-Thu, Sun 1100-2000
 Fri, Sat 1100-2100

RESTAURANT 604
 57 Arizona Memorial Drive, Rainbow Bay • 888-7616

Mon-Thu 1030-2200
 Fri 1030-2300
 Sat 0930-2300
 Sun 0930-2200
 Aloha Hour
 Mon-Fri 1500-1700

WRIGHT BROTHERS CAFÉ & GRILLE
 901 Worthington Avenue • 448-4608 Ext. 39
 Mon-Thu 0630-1000, 1030-1330
 Fri 0630-1000, 1030-1330, 1700-2000
 Sat 0700-1330, 1700-2000
 Sun 0700-1030

SNACK BARS

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

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

MAMALA BAY SNACK BAR
 At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PLANET SMOOTHIE
 At the Hickam Fitness Center • 422-1145
 Mon-Fri 0700-1900

Area code for JBPHH phone numbers is 808.

Sat 0800-1400
STEAKOUT
 Barbers Point Golf Course • 462-9370
 Mon-Sun 0600-1700

FAST FOOD

PIZZA HUT
 At the Club Pearl Complex • 423-2222

TACO BELL
 At the Club Pearl Complex • 422-2274

BARS

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

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

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

10th PUKA LOUNGE
 At Ke'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 1800-2200

CHILD DEVELOPMENT CENTERS
 Center Drive CDC • 471-1978
 Ford Island CDC • 472-0262
 Hickam/Harbor CDC • 448-0183
 Hickam/Main CDC • 449-9880

Hickam/West CDC • 449-5230
 Kids Cove • 421-0989
 Naval Station CDC • 473-2669
 Peltier CDC • 471-9336
 Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE
 530 Peltier, Bldg. 1925 • 471-8445
 Mon-Fri 0800-1700
 Sat, Sun Closed

FITNESS & SPORTS CENTERS
 Family Fitness Center Bldg. 1681 • 471-2019
 Mon-Fri (unstaffed) 1000-1700
 Hickam Bldg. 1120 • 448-2214
 Mon-Fri 0430-2130
 Sat, Sun 0700-1700
 After-hours access available
 Holidays Closed

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

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

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

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

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

GOLF COURSES CONTINUED

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

Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304

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

Pro Shop

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

Navy-Marine Golf Course

Valkenburgh at Radford Drive • 471-0142

Daily Tee Times 0700–1830

Pro Shop

Mon–Sun 0630–1830

Driving Range

Mon–Wed, Fri–Sun 0630–2100
 Thu 1030–2100

HOUSING

Ohana Military Communities Family Housing • 474-1820, 839-8690

Hickam Communities Family Housing • 448-0856, 423-7788

Unaccompanied Housing • 473-5995

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019

Mon–Sat 0900–1800
 Sun, Holidays 0900–1500

ITT-Fleet Store, Pearl Harbor • 473-0792

Travel Connections-Pearl Harbor • 422-0139

Mon–Fri 0900–1800
 Sat 0900–1600
 Sun, Holidays Closed

ITT-Hickam, Bldg. 1760 • 448-2295

Mon–Fri 0900–1700
 Sat 0900–1300
 Sun, Holidays Closed

ITT-NEX Mall • 422-2757

Travel Connections-NEX Mall • 422-4067

Mon–Fri 0900–1800
 Sat 0900–1700
 Sun, Holidays 0900–1500

ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446

Mon, Wed, Fri 1000–1600
 Tue, Thu, Sat, Sun, Holidays Closed

ITT Recreation Ticket Vehicle • 630–3080

INTRAMURAL SPORTS OFFICE

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

Mon–Fri 0700–1530
 Sat, Sun Closed

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

Beeman Center (Naval Station) • 473-2583

Daily 1000–2300

Makai Center (Hickam) • 448-0418

Daily 1500–2200

Liberty Express (Wahiawa Annex) • 653-0220

Mon–Sat 1500–2200
 Sun 1400–2100

LIBRARY

Hickam Bldg. 595 • 449-8299

Mon, Wed, Fri, Sat 1000–1800
 Tue, Thu 1100–2000
 Sun, Holidays Closed

MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215

Mon Closed
 Tue–Sun 0900–1700

Rainbow Bay Marina, Bldg. 103 • 784-0167

Mon Closed
 Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999

Tue–Thu 0800–1530 / Closed daily from 1100–1200
 Mon, Fri–Sun Closed

Pearl Harbor, 4827 Bougainville Dr. • 474-1999

Mon–Thu 0700–1630
 Fri 0700–1600
 Sat, Sun Closed

Wahiawa Annex, Bldg. 392 • 474-1999

Mon, Fri–Sun Closed
 Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

Bloch Arena • 473-0787

Mon–Fri 0800–1630
 Sat, Sun Closed

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726

Mon–Wed Closed

Thu, Fri 1900 showtime

Sat 1430, 1645 & 1900 showtimes

Sun 1330, 1540 & 1800 showtimes

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

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

Pearl Harbor Side of JBPHH • 808-800-2337

Arizona Hall (Bldg. 1623)

Hale Ali'i (Bldg. 1315)

Lockwood Hall (Bldg. 662)

Makalapa (Bldg. 372)

Hickam Side of JBPHH • 808-800-2330

Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113

Dive Oahu, Pool 1 • 922-3483

Hickam Beach (lifeguards on duty)/Surf Shack

Fri–Sun 1000–1700

Outdoor Adventure Center-Fleet Store • 473-1198

Mon–Fri 0900–1800

Sat 0900–1600

Sun Closed

Holidays Closed

Outdoor Recreation-Hickam Harbor • 449-5215

Mon, Holidays Closed

Tue–Sun 0900–1700

Skateboard Hangar • 448-4422

Wentworth Tennis Center • 473-0610

White Plains Beach/Surf Shack • 682-4925

Daily 1000–1700

RENTALS

Barbers Point Beach Cottages • 682-3085

Conference Centers • 472-0342

Foster Point Pavilion • 449-5215

Hickam Beach Cabanas • 449-5215

Makai Recreation Center • 449-3354

Pearl Party Patios • 473-1198

Outdoor Recreation Equipment Rentals:

Hickam Beach • 449-5215

Pearl Harbor • 473-1198

White Plains Beach • 682-4925

Recreation & Party Equipment Rentals:

Hickam Bldg. 1760 • 449-6870

YOUTH PROGRAMS

School-Age Care

Catlin • 421-1556

Hickam • 448-4396

School Liaison Officer (K–12)

4827 Bougainville Drive • 471-3662, 471-3673

Mon–Fri 0800–1700

Sat, Sun Closed

Teen Center (ages 13–18) • 448-1068

School year:

Mon–Thu 1400–2000

Fri 1400–2100

School vacations:

Mon–Fri 1200–2000

Weekends:

Sat 1330–2130

Sun Closed

Youth Sports & Fitness

Office, Bloch Arena • 473-0789

Mon–Fri 1100–1730

Sat, Sun Closed

Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program

480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515

Air Force Wounded Warrior Program

800 Scott Circle Bldg 1113 • 808-448-0126

Mon–Fri 0830–1230 / 1300–1700

Sat, Sun Closed

naf jobs

NAF Human Resources 422-3784

600 Main St., Bldg. 3456

Job Opportunities

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

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
 CYP Cook

CYP Food Service Worker

Cashier/Checker

Club Operations Assistant

Cook

Food Service Worker

Waiter/Waitress

Community Recreation Assistant

Library Aide

Motor Vehicle Operator (Tour Escort)

Recreation Aide/Wood Shop

Recreation Assistant/Auto Skills

Recreation Assistant/Liberty Program

Recreation Assistant/Lifeguard

Recreation Assistant/Sailing

Automotive Worker

Hotel Housekeeping

Laundry Worker

How to Apply:

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

CNRH FFR

Attn: NAF Human Resources

600 Main Street, Bldg. 3456

Honolulu, HI 96818

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

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

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

MAKERSPACE DEMONSTRATIONS

at the JBPHH Library

Wednesday, September 5

2-3:30pm

Makey Makey Invention Kit

Wednesday, October 3

2-3:30pm

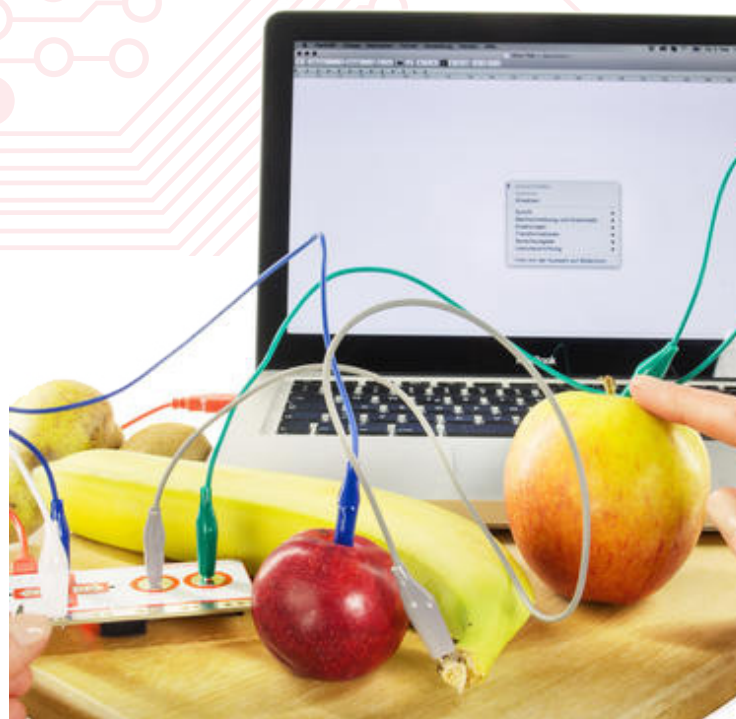
Cubelets

**Join us for some simple experimentation that will
spark your imagination!**

FREE



Questions? Call 449-8299
www.greatlifehawaii.com



★ HICKAM ★ HISTORICAL TOUR



EVERY FRIDAY 9:30 A.M. – 1:30 P.M.

Join us for an exclusive tour, narrated by
Historian Guide, Jessie Higa.

Tour guide and contents subject to change without notice.

See original battle-scarred barracks & aircraft hangars,
water tower, "Old Glory" flag, Pearl Harbor's historic
"Hospital Point," and Fort Kamehameha!

\$45 Adult • \$40 Child (3-11)

MAKE YOUR RESERVATIONS AT ANY ITT LOCATION

Hickam – 448-2295 | NEX – 422-2757

Pearl Harbor Fleet Store – 473-0792 | Barbers Point – 682-2019

Wahiawa Annex – 564-4445/4446



WWW.GREATLIFEHAWAII.COM



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No official endorsement intended.