



## Instagram







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2020 | GREAT LIFE HAWAII

## SEPT./OCT.

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**On the Cover:** One of JBPHH's own service members helps refurbish furniture for Tradewinds.

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## **PROGRAM**

Giving young sailors and airmen a feeling of home, fun adventure and life experiences.

The reality for many young sailors and airmen is that answering the call of duty means being far away from family and hometown friends. Being at least half an ocean away while stationed in Hawaii can only add to the feeling of isolation, especially if they are unmarried or separated from their spouse.

That's where MWR's Liberty program comes in. The hardworking crew at Liberty strives to enhance the quality of life for our junior sailors and airmen. Liberty program manager Jonathan Ciecko says they achieve that through recreational and social activities. Ciecko and his staff schedule activities at the Liberty Centers and outside excursions to help the service members decompress and take a break from their demanding jobs when on duty.

"My staff and I want the program and facilities to be a warm and welcoming place for all junior sailors and airmen to feel at home in," says Jonathan. He adds that Liberty's goal is to "serve as a bridge connecting our service members with opportunities for off duty programs, social activities and services that promote healthy lifestyle choices and behaviors."

"Many people think the Liberty Center is just a place to go and play video games, watch a movie, maybe eat some free food. But we offer much, much more," says Jonathan. Not just video games, the program creates tournaments. Not just free food, there's how-to-cook sessions. The excursions expose the sailors and airmen to the best things about Hawaii, a place tourists plan and save for years for the chance to visit. The various activities even offer great opportunities for social interaction and creating friendships.

My staff and I want the program and facilities to be a warm and welcoming place for all junior sailors and airmen to feel at home in - Jonathan

Jonathan's team take great pride in creating positive experiences for the single sailors and airmen. Ali says, "It is very rewarding for me to being able to contribute and share in the life experiences for each patron that visits our program. It is satisfying to see the service





We get to introduce fun activities and our island way of life to participants, a majority that aren't aware of Hawaii's culture

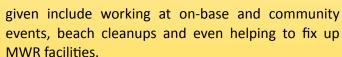
- Jonathan

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member having fun, laughing, and watching them grow and progress in all facets of their life."

Giles enjoys exposing patrons to the unique local aspects of being stationed in Hawaii. "We get to introduce fun activities and our island way of life to participants, a majority that aren't aware of Hawaii's culture. I feel that I am an ambassador of Hawaii and giving sailors and airmen the tools and knowledge to help them assimilate to Hawaii."

One of the productive ways Liberty has expanded their patrons' perspective both within and beyond the gates is the volunteer opportunities offered every month. "The volunteer opportunity is a winwin situation for both the community and the sailor/airmen," says Jonathan. The participants actively engage through community outreach, enriching the relationship between them and the community. Jonathan adds, "In turn, the sailor/airmen receive a Letter of Appreciation and documentation of their service hours completed that they can present to the command/leadership that assist that individual in their evaluations (promotions) conducted by JBPHH Leadership." Some of the opportunities Liberty has



The COVID-19 pandemic has strongly impacted the way Liberty can conduct its program. Part of working for Liberty is being creative and Jonathan and his team have adjusted. "Even though our facilities have had to close, Liberty still offers various programs outside of the facility," says Jonathan. His team has been conducting virtual versions of some of their activities on the Liberty Facebook page, including how to cook, paint, even fish!

Outside activities are still offered, such as kayaking, stand up paddleboarding and biking. Adjustments are made in compliance with CDC guidelines and base leadership to limit attendance. "We are still here for the junior sailor and airman, even though our facility hours of operation have been suspended until further notice," says Jonathan. Liberty will continue to offer activities and adjust as needed, all in the name of being there for the service members who rely on them most.



# MWR is STILL HERE FOR YOU

The situation surrounding COVID19 has thrown everyone's life and routine off balance. As you try to figure out how to live your life while still following guidance, MWR is thinking about many of the same things you are. We hear your questions and while we can't solve them all, here are some suggestions that could be the answer you're looking for.

How am I supposed to stay healthy and fit when the gyms limit access?

- Take up an ocean exercise, like swimming, surfing or stand up paddle boarding.
- Sign up for MWR Fitness' Virtual Yoga.
- Run, Bike or Walk around some of the scenic trails around base.
- Start a home fitness routine.

## **HOME FITNESS**

- Need inspiration? Try interval training, or one of the NOFFS Challenge apps. Look for fitness YouTubers and find a routine that works for you.
- Whatever it is, book a time with yourself and for yourself, just like you did when you went to the gym.
- Pick a designated location that tells your brain it is time to work out. Make the backyard, garage or spare room your home gym. Can't do the routine you're used to because of space? Change things up! Try a different type of workout that fits your surroundings and situation. The change will also challenge you and get you out of your comfort zone.
- Missing the social aspects of the gym? Make a virtual workout date with a friend or a trainer.
- Find ways to make your new workout routine enjoyable - make a killer playlist, get some new workout clothes or decorate your space with motivational phrases.



Why aren't the pools open? It's summer!

The ocean is still open!
 Jump in the ocean and take
 a swim. Or better yet, learn
 to surf, paddleboard or kayak!

What can we do instead of going to the beach?

- True, you can't spend the whole day at the beach. But you can head to the beach to swim, surf or do some other kind of ocean activity then head home for a BBQ or to lounge in the backyard or on the patio with a book to wind down.
- Buy a kiddie pool and have a splash party in the backyard and then enjoy sunbathing in the comfort of your own home.
- · Have a water balloon fight!

I'm bored. There's nothing going on. What can I do?

- Visit the Library: Borrow a new book or rent a movie or a video game (you can rent consoles too!).
- Bike, jog or walk along one or all of the scenic paths around base. The Hickam Historic Trail and Ford Island are two that come to mind.
- Golf or learn to golf. Our courses on base are open!

Programs/Facility STATUS:  ○ Open with normal or close to normal operations.  ○ Closed/suspended operations.  ○ Open with some restrictions or conditions.							
604 Express	Operations suspended.	The Lanai at Mamala Bay	Take out only.				
open to active duty only, for lap		Liberty	Centers closed. Limited activities.				
		Library	Library check outs only. No reading, lingering. Masks mandatory.				
Arts & Crafts Center	Limit on class sizes, all shops open.	Makai Recreation Center	Classes open. Limited class size.				
Auto Skills Centers	Hickam Center open with limited services. Moanalua Center closed.	Mamala Bay Snack Bar	Take out only.				
Beach Cottages	Open to Hawaii residents.	Mangiamo	Operations suspended.				
Beaches	Open only for access to water. No loitering.	Marinas	Boat ramps open, recreational watercraft allowed.				
<b>Bowling Centers</b>	Operations suspended.	Outdoor Receation	Limited lessons, smaller class sizes.				
Child & Youth Programs	CDCs, SAC & Teen Center open. Youth Sports operations suspended.	Outdoor Equipment Rental	Open daily except Wednesday and Sunday.				
Club Pearl	Only Pizza Hut and Taco Bell are open. Take out only.	Patio/Pavilion Rentals	Operations suspended.				
Fitness Centers	JBPHH and Hickam open for	Phillies	Take out only.				
	active duty only. Pier Side and Wahiawa Annex open to all patrons. Unmanned facilities closed.		Take out only.				
Golf	On base courses open. Masks are required in pro shops.	Restaurant 604	Operations suspended.				
Hale Aina Dining Facility	Take out only.	Sharkey Theater	Closed for repair/renovations.				
Harbor Grill	Take out only.	Silver Dolphin Bistro	Take out only.				
Historic Hickam Officers' Club	Closed for renovations.	Tennis Courts	Singles play only. No lessons.				
Intramural Sports	Operations suspended.	Tickets & Travel	Fleet Store and Barbers Point offices open.				
Kau Kau Grill	Take out only.	Tradewinds	Take out only.				
La Familia Restaurante	Take out only.	Wright Brothers Café and Grille	Take out only.				

- Volunteer! Liberty is looking for single sailors and airmen volunteers. The Retiree Activities Office is also looking for volunteers.
- · Learn dance or martial arts or learn to play an instrument. Did you know Makai Recreation Center offers classes for all ages?
- Our Arts & Crafts Center is open!

## ARTS & CRAFTS

- Take a ceramics class.
- Paint some pottery.
- O Use the woodshop.
- Take a painting class.
- Pick up art supplies from the sales store and get creative at home.



## **GET CREATIVE**

- Miss camping? Have a backyard campout or a bedroom camp out. Set up a tent, prepare your favorite camp food and video chat some friends for some spooky stories or to see who has the best
- O Host a backyard BBQ with your family or learn how to make your favorite BBQ food on the stove, in the oven or in a crockpot.
- Miss being in nature? Start your own garden or windowsill oasis. Open up some windows and let the house air out. It's amazing what a little fresh air and sunlight can do.
- Come up with creative ways to be social from a distance. Have virtual game nights or hang out sessions.
- Send some snail mail and make a friend or family member smile.
- O Put together a destination box for a friend who wanted to come visit.

## **CHANGES IN HOURS OF OPERATION**

In addressing COVID-19, the following CHANGES IN HOURS OF OPERATION have been implemented. Closures are indicated by the grayed out information below. All information is subject to change without notice. Visit greatlifehawaii.com for updates.



**INFORMATION UPDATED AS OF 8AM, SEPTEMBER 3, 2020.** 

## food&drink

JOINT BASE CATERING

Mo Tu	next to Wright Brothers Café • 448-4608 Ext. 16 bn, Sat. Appointment only e–Fri
DININ	G FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)  HALE AINA DFAC  Hickam Bldg. 1860 • 449-1666  Mon-Fri
T	SILVER DOLPHIN BISTRO GALLEY Bldg 655 • 473-2948 Mon-Sun
4	LA FAMILIA MEXICAN RESTAURANT         At Ke'alohi Par 3 Golf Course • 422-9987         Mon       Closed         Tue—Sat       1000-2100         Sun       1000-2000
4	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       .1100-2000         Fri, Sat       .1100-2100
	MANGIAMO           At Navy Marine Golf Course • 213–0321           Sun-Thu.         1500–2100           Fri–Sat         1500–2200
	RESTAURANT 604 57 Arizona Memorial Drive, Rainbow Bay • 888-7616 Mon-Sun

4	WRIGHT BROTHERS CAFE & GRILLE           901 Worthington Avenue • 448-4608 Ext. 39           Mon-Fri         .0630-0930, 1030-1330           Sat         .0700-0930, 1030-1300           Sun         .0700-1200					
SNACK BARS						
P	<b>604 EXPRESS</b> At Navy Marine Golf Course • 423-2299 Mon–Sun					
4	HARBOR GRILL           Inside Pier Side Bowling Center • 473-2574           Mon-Fri         .0700-1400           Sat-Sun         .0800-1300					
4	KAU KAU GRILL           Inside Hickam Bowling Center • 448-9959           Mon-Fri         .1000-1600           Sat         .0900-2030           Sun         .0900-1730					
<b>Q</b>	MAMALA BAY SNACK BAR At Mamala Bay Golf Course Tue—Sun					
T.	PHILLIES 711 Pierce St., Beeman Liberty Center • 387-8080 Mon-Thu					
4	PLANET SMOOTHIE           At the Hickam Fitness Center • 422-1145           Mon–Fri         .0700–1900           Sat         .0800–1400					

WRIGHT BROTHERS CAFÉ & GRILLE

FAST FOOD  PIZZA HUT  At the Club Pearl Complex • 423-2222 Daily
TACO BELL At the Club Pearl Complex • 422-2274 Daily
BARS
10th PUKA LOUNGE         At Ke'alohi Par 3 Golf Course • 448-9890         Mon, Tue, Sun       1100-2230         Wed-Sat       1100-2300
<b>BREWS &amp; CUES</b> Bldg. 1314, 915 North Rd (Club Pearl Complex) • 473-1743 Sun–Sat
THE COUNTRY BAR           Bldg. 1314, 915 North Rd (Club Pearl Complex) • 473-1743           Mon-Thu.         Closed           Fri.         2030-0200           Sat-Sun.         Closed
KOA LOUNGE           At the Historic Hickam Officers' Club * 448-4608           Wed         .1600-2100           Thu.         .1600-2200           Fri.         .1600-2300
TRADEWINDS

## programs&services Closures are indicated by the grayed out information below.

AQUATICS Arizona Pool (Ford Island)* • 472-7582 * Re-opening late May 2020.
Hickam Training Pool, Hickam Bldg. 1122 • 449-8274         Lap Swim (open to Active Duty only):       Mon–Fri
Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384  Open Swim:  Mon, Tue  Closed  Wed-Fri  1430-1800  Sat, Sun  1200-1700
Island Divers • 922-3483
Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394  Lap Swim (open to Active Duty only):  Mon–Fri

Mon–Fri
Sat, Sun, Holidays
Towers Pool (Makalapa) • 471-9723
Lap Swim:
Mon–Fri
Open Swim:
Sat, Sun
Wahiawa Annex Pool, 500 Center St • 653-5306
Lap Swim: 1100–1300
Sat, Sun, Holidays
ARTS & CRAFTS CENTER
Hickam Bldg. 1889 • 448-9907
Ceramics & Frame Shop

Engraving Shop
Mon, Sat, Sun
Tue-Fri
Tue-Fri
Sat-Mon
Mon. Sun
Tue-Thu
Fri. Sat
Wood Hobby Shop • 448-9911
Mon, Fri
Tue-Thu. 1300-2000
Sat. Sun
AUTO SKILLS CENTERS
For deployed storage or other emergencies please call
808-306-1277.

History ACO Did. 4000 440 0554	Man	0000 4500	Man Thu	0700 4020
Hickam ASC, Bldg. 4002 • 449-2554 Mon, Sun	Mon		Mon–Thu	
Tue–Fri	Thu-Sun		Sat, Sun	
Sat	Ke'alohi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2	2318	Wahiawa Annex, Bldg. 392 • 474-1999	
(Last vehicle entry: 1 hour prior to closing)	Mon–Sun		Mon, Fri–Sun	
Hickam Car Wash • 449-2554 Daily	Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-23		Tue-Thu	
(Last vehicle entry: 17:15)	Wed-Sun		MORALE, WELFARE & RECREATION (MWF	R) ADMIN
Moanalua ASC (off-base) • 471-9072	Pro Shop	,0.0	Bloch Arena • 473-0787 Mon–Fri	0800-1630
Mon, Thu, Fri	Mon–Fri		Sat, Sun	
Sat, Sun       0900–1700         Tue, Wed       Closed	Sat, Sun (Holidays)	0001-0100	MOVIES	
(Last vehicle entry: 1 hour prior to closing)	Navy-Marine Golf Course Valkenburgh at Radford Drive • 471-0142		Sharkey Theater, Pearl Harbor • 473-0726	
Car Wash at Moanalua ASC • 471-9072	Mon-Sun	0630-1800	Mon–Wed Thu, Fri	
Daily	Pro Shop Mon–Sun	1000	Sat	
(Last vehicle entry: 19:15)			Sun	
BOWLING CENTERS Hickam Bldg. 1891 • 448-9959	Mon–Wed, Fri–Sun		Memorial Theater, Hickam • 448-2297	
Mon, Tue, Thu, Fri	Thu	1030–1730	NAVY GATEWAY INNS & SUITES	
Wed Closed	HOUSING		(Open 24 hours a day, 7 days a week)	
Sat	Ohana Military Communities Family Housing • 474-182		Pearl Harbor Side of JBPHH • 808-800-2337	
Holidays	Hickam Communities Family Housing • 448-0856, 423 Unaccompanied Housing • 473-5995	-1100	Arizona Hall (Bldg. 1623) Hale Ali'i (Bldg. 1315)	
Pier Side Bldg. 1736 • 473-2574	INFORMATION, TICKETS & TRAVEL		Lockwood Hall (Bldg. 662)	
Mon	ITT-Barbers Point, White Plains Beach • 682-2019		Makalapa (Bldg. 372)	
Tue, Wed, Thu, Fri	Mon–Sun	1000–1700	Hickam Side of JBPHH • 808-800-2330	
Sat	Holidays	)900–1500	Royal Alakaʻi (Bldg. 1153)	
Holidays	ITT-Fleet Store, Pearl Harbor • 473-0792 Mon–Fri	1000 1600	OUTDOOR RECREATION	
The Escape at Wahiawa Annex • 473-2651	Sat, Sun, Holidays		Aikane Sport Fishing • 423-1113  Hickam Beach (lifeguards on duty)/Surf Shack	
Fri	ITT-NEX Mall • 422-2757		Fri–Sun	
CHILD DEVELOPMENT CENTERS	Mon-Sat		Outdoor Recreation-Hickam Harbor • 449-521	5
Center Drive CDC • 471-1978	Sun, Holidays	)900–1300	Mon, Holidays	
Ford Island CDC • 472-0262 Hickam/Harbor CDC • 448-0183	ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446	1000 4000	Tue-Sun	0900–1700
Hickam/Main CDC • 449-9880	Wed		White Plains Beach/Surf Shack • 682-4925 Daily	1000_1700
Hickam/West CDC • 449-5230	ITT Recreation Ticket Vehicle • 630–3080			1000–1700
Kids Cove • 421-0989 Naval Station CDC • 473-2669	TRAVEL CONNECTIONS OFFICES		RENTALS Barbers Point Beach Cottages • 682-3085	
Peltier CDC • 471-9336	Travel Connections Fleet Store, Pearl Harbor • 422-01	39	Mon-Sun	0900–1800
Wahiawa CDC • 653-5305	Mon–Fri	900–1600	Holidays	0900–1500
CHILD DEVELOPMENT HOMES PROGRAM OFFICE	Sat, Sun, Holidays	Closed	Conference Centers • 472-0342	
530 Peltier, Bldg. 1925 • 471-8445	Travel Connections NEX Mall • 422-4067 Mon–Fri	1700	Foster Point Pavilion • 449-5215 Hickam Beach Cabanas • 449-5215	
Mon-Fri 0800-1700 Sat, Sun	Sat, Sun, Holidays		Outdoor Recreation Equipment Rentals:	
	SPORTS		Hickam Beach • 449-5215	
FITNESS & SPORTS CENTERS Family Fitness Center Bldg. 1681 • 471-2019	Intramural Sports Office		White Plains Beach • 682-4925	
Mon–Fri (unstaffed)	Pearl Harbor Bldg. 161 • 473-1921 or 473-2437		Recreational Equipment Rental:	
Hickam Bldg. 1120 • 448-2214 (Open to Active Duty Only)	Mon–Fri		Kuntz Ave, Bldg. 1760 • 449-6870 Mon, Tue, Thu, Fri	0900-1700
Mon–Fri	Skateboard Hangar • 448-4422	010360	Sat	0800–1600
Sat, Sun	Wentworth Tennis Center • 473-0610		Wed & Sun	Closed
Mon–Fri	LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1-E6	ONLY)	YOUTH PROGRAMS	
Sat–Sun1100–1200	Beeman Center (Naval Station) • 473-2583	···-·,	School-Age Care Catlin • 421-1556	
Holidays		1030-2100	Hickam • 448-4396	
JBPHH-Pearl Harbor Bldg. 1338 • 471-2019 (Open to Active Duty Only)	Fri–Sat	1030-2300	School Liaison Officer (K–12)	
Mon–Fri	Mon-Sat		4827 Bougainville Drive • 471-3662, 471-3673	
Closed for deep cleaning:			Mon–Fri	
Mon–Fri	Liberty Express (Wahiawa Annex) • 653-0220  Mon–Sat			
Sat-Sun         1100-1200           Holidays         Closed			Teen Center (ages 13–18) • 448-1068 School year:	
Pier Side Fitness Center Bldg. 667 • 473-2436	LIBRARY		Mon–Fri	1200–2000
Mon-Fri	Hickam Bldg. 595 • 449-8299		School vacations:  Mon–Fri	1200 2000
Closed for deep cleaning:	Mon, Wed, Fri, Sat		Mon-Fri	1200–2000
Mon–Fri	Tue, Thu		Sat	
Sat, Sun, Holidays	•	Olosca	Sun	Closed
Wahiawa Annex Bldg. 446 • 653-5542 Mon–Fri	MAKAI RECREATION CENTER 100 McChord Street, Bldg 1859 • 449-3354		Youth Sports & Fitness Office, Bloch Arena • 473-0789	
Sat, Sun			Mon–Fri	1100–1730
Holidays	MARINAS Hickam Harbor Marina, Bldg. 3455 • 449-5215		Sat, Sun	Closed
Open 24 hours a day, 7 days a week (unstaffed):	Mon		Gymnastics, Pearl Harbor Bldg. 1680 • 422-22	23
Ford Island Bldg. 55 Kunia Bldg. 446	Tue-Sun	0900–1700	WOUNDED WARRIOR	
Kunia Bidg. 446 Makalapa Bidg. 388	Rainbow Bay Marina, Bldg. 103 • 784-0167 Mon–Fri	1100_1400	Navy Wounded Warrior-Safe Harbor Program	M Ont 0 Frd 4545
West Loch Bldg. 621		1100 1700	480 Central Avenue, Bldg. 1514 • 808-473-244	14 Opt. 9, Ext. 4515
GOLF COURSES	MILITARY & FAMILY SUPPORT CENTER Hickam, 655 Vickers Ave. • 474-1999		Air Force Wounded Warrior Program 800 Scott Circle Bldg 1113 • 808-448-0126	
Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911	Tue–Thu	1100-1200	Mon–Fri	
Daily Tee Times & Pro Shop         0630–1800	Mon, Fri-Sun	Closed	Sat, Sun	Closed
	Pearl Harbor, 4827 Bougainville Dr. • 474-1999			





