www.greatlifehawaii.com | May 2017

GREAT Life HAWAII

INVEST QUALITY TIME
CAMPING THIS SUMMER

JOINT BASE PEARL HARBOR-HICKAM

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

BEACH FEST

MAY 29
11AM-3PM
HICKAM HARBOR

FREE

Sponsored by
ARMED SERVICES YMCA

Armed Services YMCA of Honolulu
CELEBRATING 100
1917–2017 YEARS IN HAWAII

CONTESTS

CARDBOARD BOAT REGATTA
Sponsored by GEICO
LIMBO
EATING CONTESTS
DRESS UP RELAY RACE
HULA HOOP SHOWDOWN
WATER SPONGE WAR

FREE SIZZLING, JUICY STEAK LUNCH

courtesy of
"COOKS FROM THE VALLEY"

Contests & Activities are subject to change

ACTIVITIES & CRAFTS

SCAVENGER HUNTS
CORN HOLE
LEI MAKING
Pick up VOLLEYBALL games with TAVA U14 team
COCONUT WEAVING DEMO
HULA DEMO

LIVE ENTERTAINMENT: U.S. Pacific Fleet Band & Air Force Band of the Pacific-Hawaii

VALET BIKE PARKING AVAILABLE | WWW.GREATLIFEHAWAII.COM

OPEN TO DoD ID CARDHOLDERS AND THEIR SPONSORED GUESTS

MWR Morale, Welfare and Recreation Joint Base Pearl Harbor-Hickam
the YMCA ARMED SERVICES YMCA
JN GROUP
GEICO geico.com

No official endorsement intended

live the great life

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

connect with us

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

Available on 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.

SUBSCRIBE TO CALENDAR

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: MAY 2017

Marketing Director ..... Jared Nakayama
Art Director ..... Theresa Valadez
Editor/Publicity Lead ..... Reid Tokeshi
Staff Writers ..... Justin Hirai
Helen Ko

Graphic Designers ..... Glenn Coloma
Reid Kagemoto

Marketing Assistants ..... Gaea Armour
Teddi Gouveia

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

On the cover: Camping at Foster Point. Gear provided by the MWR Outdoor Adventure Center. **At right:** Spend time outdoors with family and friends camping this summer. State, City & County and on base options are available.

MAY

GREAT LIFE HAWAII | 2017

6 INVEST QUALITY TIME CAMPING THIS SUMMER

Summer is approaching and in Hawaii that means more hours of daylight and better weather than normal, so why not plan to get outdoors? One way to spend time outdoors and invest quality time with family and friends is by camping.

4 | events on jbphh
There are two annual craft fairs held each year: the Spring Craft Fair, which is coming up on Saturday, May 6, and the Fall Craft Fair, usually held in November.

30 | a taste of Hawaii
Considered a food staple here on the islands, the spam musubi is one of many iconic Hawaiian staples.

Annual Craft Fairs Provide Family Fun

By Justin Hirai

When attending most craft fairs you expect to see crafts, artwork and hopefully some food or snacks for sale. It's a different scene when you attend one presented by the Hickam Arts & Crafts Center. On top of the creative crafts and beautiful artwork they have fun activities for the kids, live entertainment, wood & pottery demonstrations, prize drawings and a variety of food vendors.

Over 120 Arts & Craft Vendors

Two craft fairs are held each year: The Spring Craft Fair, which is coming up on Saturday, May 6, and the Fall Craft Fair, usually held in November. This year marks the 42nd annual for each. Two differences between the fairs are that some of the fall vendors have holiday themed crafts available for sale while the spring has a dog show.

Vendor space always sells out, so there are over 120 booths selling original handmade arts and crafts at each fair. The event organizers make sure that vendors' products are handmade and inspect samples during the registration process. No manufactured items can be sold.

"We are one of the few craft fairs on the island who still uphold the rule of having only handmade arts and crafts. It's a special feature of our fair and is represents the whole nature of the Hickam Arts & Crafts Center. We want to preserve crafting and handmade artwork, so it doesn't become a dying art," explained Donna Sommer, Hickam Arts and Crafts Center Director.

Dog Show

The Dog Show at the Spring Craft Fair is not only fun for the entrants, but also entertaining for spectators. There are multiple categories including Best Costume, Most Obedient, Owner Look-a-like and Best Trick. The show runs from 10 to 11:30 a.m. Those who want to enter their dog can do so at the craft fair prior to the start. Prizes are awarded in each category.

One of the favorite kids activities are the free make-n-take crafts. The Arts & Crafts Center provides fun, small crafting projects that are simple enough to be completed and taken home that day. Another popular kids activity you don't see at many craft fairs are the Pony Rides. There is a minimal fee for the rides, but kids love it so much, some convince their parents to let them ride twice.

Free Make-N-Take Crafts

Instructors from the Arts & Crafts Center's Wood Shop and Pottery department put on demonstrations throughout the day. They show how tools available in their shops such as the wood lathe or pottery wheel are used. Seeing them in action may spark your interest in a new craft and make you want to sign up for an upcoming class. The center's Retail Store has a sale each craft fair. Those who already enjoy arts and crafts have an opportunity to purchase discounted items.

Pony Rides

There's always a good spread of food vendors at the craft fairs, so you don't have to worry about eating before or after you shop. Past fairs have included Thai food, Filipino plate lunches, chicken wings, turkey legs, fish and chips, jerk chicken sandwiches, shave ice, popcorn and more. While you eat your food, you can enjoy live music on the main stage. Local musicians Randy Allen and Hawaiian Slice will be performing at the upcoming Spring Craft Fair. Both have attended previous fairs and never fail to provide great music.

Don't forget to bring the entire family out to the 42nd Annual Spring Craft Fair to enjoy a day of shopping, learning and fun activities. It's taking place on Saturday, May 6 from 9 a.m. to 3 p.m. at the Hickam Arts & Crafts Center (335 Kuntz Ave., Bldg. 1889). If you can't make it this time, the Fall Craft Fair will be just around the corner.

MWR MORALE, WELFARE AND RECREATION JOINT BASE PEARL HARBOR-HICKAM

JN GROUP

ENTER TO WIN

Enter online at www.greatlifehawaii.com/jngiveaway

You could win your choice of

2017 Audi A3 (2 year lease)

2017 Chevrolet Spark

2017 Harley-Davidson® Sportster

2017 Yamaha V1 Waverunner (and trailer)

Final Drawing at Joint Base Pearl Harbor-Hickam

4TH OF JULY CELEBRATION 2017

Contest Rules:
LIMIT 1 entry per person prior to July 4th, 2017 and 1 entry at the July 4th Celebration. Must be 18 years of age or older and possess a valid DoD ID or be an authorized MWR patron. MWR employees are not eligible. Sponsored guests who are not DoD ID Cardholders are not authorized to enter. Winner must be present at the July 4th Celebration to win. No official endorsement intended. Go to www.greatlifehawaii.com/jngiveaway to enter and for complete rules. Prizes awarded may not look exactly as shown.

REID KAGEMOTO

By Justin Hirai

INVEST QUALITY TIME CAMPING THIS SUMMER

Ahupua'a o Kahana State Park

Kualoa Regional Park

Hale Koa Beach Camp Grounds

Keaiwa Heiau State Recreation Area

Ho'omaluhia Botanical Gardens

SUMMER IS APPROACHING AND IN HAWAII THAT MEANS MORE HOURS OF DAYLIGHT AND BETTER WEATHER THAN NORMAL, SO WHY NOT PLAN TO GET OUTDOORS? ONE WAY TO SPEND TIME OUTDOORS AND INVEST QUALITY TIME WITH FAMILY AND FRIENDS IS BY CAMPING.

"Camping is an intimate opportunity to bond with a natural environment: watching stars, listening to waves crash, waking up with the birds, roosters and a beautiful Hawaiian sunrise!" explained Russell Jaffey, MWR Outdoor Adventure Program & Equipment Rentals Manager.

Campsites in Hawaii can be found in both forest areas and along the coastline. Most are Hawaii State Parks or City and County of Honolulu campgrounds that require paid permits for camping. There are also some private and federal campgrounds available on the island. The popular sites book up fast and far in advance, so it's a good idea to plan ahead of time.

Many campgrounds in Hawaii are on the coastline and steps away from the ocean. They are perfect if you love going to the beach. You have your normal camping scenario, but can also enjoy some of your favorite beach activities. Make sure to check out or read about the area before you plan your trip because the beaches and water can be very different.

Here are a few examples of campgrounds on the coastline: Bellows Field Beach Park located on the windward side of Oahu offers 50 campsites. Ahupua'a o Kahana State Park is located between Kane'ohe and La'ie and offers 10 beach campsites. There are two campgrounds at Kualoa Regional Park, which is near Chinaman's Hat offering a total of 21 campsites. Hale Koa Beach Camp Grounds on Kaneohe Marine Corps Base Hawaii offers a few sites facing the beautiful Kaneohe Bay and Ko'olau Mountain Range.

There are a few campgrounds on Oahu away from the coastline. Keaiwa Heiau State Recreation Area is located near the trailhead for Aiea Loop Trail and there are 10 campsites available. The Ho'omaluhia Botanical Gardens, which are situated against the Ko'olau Mountain Range has three campgrounds: Kahua Lehua, Kahua Kuou and Kahua Nui-Makai. Combined they have a total of 29 campsites. These campsites offer beautiful forestry scenery and hiking trails. The botanical gardens also have a large pond that offers catch and release fishing.

Camping is available right here on Joint Base Pearl Harbor-Hickam a few times a year through the Outdoor Recreation Department. They offer overnight camping at the Hickam Harbor Waterfront. The next event will be the Great Navy Campout on June 24 beginning at 4 p.m. and ending on June 25 at 8 a.m. Registration will open on June 1 at the Hickam Harbor Marina Office. The cost is $30-$35 per campsite. When the sun sets they play a movie on the beach for everyone to enjoy. For more information on this event call 449-5215.

Interested in camping, but don't have your own gear? The Outdoor Adventure Center, located on Pearl Harbor on the side of the NEX Fleet Store has gear available for rent at affordable prices.

"From the water to the mountains, we have gear that allows our patrons an opportunity to get up close and personal with Oahu. We have top quality gear such as Big Agnes, Yeti, Helinox, Osprey, ENO, and others!" explained Jaffey. They have collapsible tents, cots, chairs, tables and hammocks that are light and easy to transport; camp stoves; coolers; sleeping bags; lanterns; and hiking backpacks. They also have ocean sports equipment you may want to take if you're camping near the beach, such as kayaks, standup paddleboards, body boards and snorkeling equipment.

You can find their rental pricelist online at www.greatlifehawaii.com or call them at 473-1198 if you have any questions.

Remember to plan ahead! Don't miss out on your chance to spend quality time camping with family and friends this summer. Whether you go for a short overnight trip or a weeklong adventure the time you spend will be well invested.

ONLINE CAMPING RESOURCES:

City & County of Honolulu:
https://camping.honolulu.gov
Department of Land & Natural Resources Division of State Parks:
http://dlnr.hawaii.gov/dsp/camping-lodging/oahu/

SUMMER SPORTS CAMP 2017

JUNE

REGISTRATION OPENS MAY 1ST

BMX/SKATEBOARD CAMP
June 12 - June 16
9 a.m. - 12 p.m.
Hickam Skate Hanger
Ages: 9-18 years old
Cost: $80
Limit: 30 slots

YOUTH SPORTS BASEBALL & SOFTBALL CAMP
June 19 - June 23
8 - 11 a.m. (Vandenberg Softball Field)
5 - 7 p.m. (Lynch Baseball Fields)
Ages: 5-16 years old
Cost: $50

PARKOUR CAMP
June 26 - June 30
9 a.m. - 12 p.m.
Gymnastics Building
Cost: $80
Ages: 10-16 years old
Limit: 25 slots

JULY

REGISTRATION OPENS JUNE 1ST

BASKETBALL CAMP
July 10 - July 14
Ages: 5 - 16 years old
9 - 10:30 a.m. (5-9 yrs)
11 a.m. - 1 p.m. (10-16 yrs)
Cost: $50
Limit: 50 per age group

TENNIS CAMP
July 10 - July 14
9 - 11 a.m.
Wentworth Tennis Courts
Ages: 6-16 years old

GOLF CAMP
July 17 - July 21
9 a.m. - 12 p.m.
Ke'alohi Par 3 Golf Course
Cost: $70
Ages: 7-16 years
Limit: 25 slots

YOUTH SPORTS VOLLEYBALL CAMP
July 17 - July 21
Ages: 7-16 years old
4 - 6 p.m. (7-9 yrs)
9 a.m. - 12 p.m. (10-12 yrs)
9 a.m. - 12 p.m. (13-16 yrs)
Cost: $50

SOCCER CAMP
July 24 - July 28
8 - 11 a.m.
Quick Fields
Ages 5-16 years old
Cost: $80
Limit: 120 slots

YOUTH SPORTS FLAG FOOTBALL CAMP
July 24 - July 28
5 - 7 p.m.
Quick Fields
Ages: 5-16 years old
Cost: $50

ARCHERY CAMP
July 31 - August 4
Ages: 8-18 years old
9 a.m. - 12 p.m. (8-12 yrs)
1 - 4 p.m. (13-18 yrs)
Bloch Arena
Cost: $80
Limit: 25 slots

FAMILY ZUMBA CAMP
July 31 - August 4
5:30 - 7 p.m.
Bloch Arena
Ages: 5 and up
Cost: $10 for 5-12 yrs
$20 for 13 and up
Limit: 70 slots total

REGISTRATION WILL BE AVAILABLE ONLINE UNTIL ALL SPOTS ARE FILLED.
For more information, please contact the Youth Sports office at 473-0789.

GREATLIFEHAWAII.COM

MWR MORALE, WELFARE AND RECREATION JOINT BASE PEARL HARBOR-HICKAM

HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

MAY | JUNE | JULY

Hickam Arts & Crafts Center Presents the 42nd Annual

Spring Craft Fair

Sat, May 6 from 9 a.m. – 3 p.m.

Featuring over 120 booths selling original handmade arts and crafts!
Just in time for Mother's Day gift shopping.

Enjoy:
- Live Entertainment
- Pony Rides
- Great Food
- Prize Drawings
- Make-n-Takes
- Live Wood & Pottery Demos
- A Dog Show

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK
One class per week for 6 weeks
Wednesdays, 6–8:30 p.m.: **May 31–Jul 5 • Jul 12–Aug 16**
Thursdays, 6–8:30 p.m.: **Jun 1–Jul 6 • Jul 13–Aug 17**
Fridays, 9–11:30 a.m.: **Jun 2–Jul 7 • Jul 14–Aug 18**
Saturdays, 9–11:30 a.m.: **Jun 3–Jul 8 • Jul 15–Aug 19**
Ages 16 and older
$70 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 a.m.–Noon
Jun 3–24 • Jul 1–22
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

MIXED MEDIA PAINTING WITH DENNIS MCGEARY
One class per week for 4 weeks: Tuesdays, Noon–2 p.m.
May 2–23 • Jun 6–27 • Jul 11–Aug 1
Ages 12 and older
$70 per person (plus supplies)
Create unique textures and patterns by combining acrylic paint with various mixed media techniques to create artworks that are fun and engaging. Discover techniques to create interesting surfaces and intriguing effects.

HAWAII LANDSCAPE PAINTING WITH DENNIS MCGEARY
One class per week for 4 weeks
Tuesdays, 3:15–5:15 p.m.: **May 2–23**
Tuesdays, 5:45–7:45 p.m.: **Jun 6–27 • Jul 11–Aug 1**
Ages 12 and older
$70 per person (plus supplies)
Learn to create landscape and seascape scenes using traditional painting techniques with acrylics on canvas. The course includes application, composition, color mixing and techniques.

COLORFUL ABSTRACT PAINTING WITH DENNIS MCGEARY
One class per week for 4 weeks
Tuesdays, 5:45–7:45 p.m.: **May 2–23**
Tuesdays, 3:15–5:15 p.m.: **Jun 6–27 • Jul 11–Aug 1**
Ages 12 and older
$70 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.

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS
One class per week for 6 weeks: Tuesdays, 6–8 p.m.
Jun 27–Aug 8 (no class Jul 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, 6–8 p.m.
Jun 29–Aug 3
Ages 16 and older
$70 per person (plus supplies)
This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY
One class per week for 5 weeks: Thursdays, 3:30–5 p.m.
Jun 29–Jul 27
Ages 12 and older
$65 per person (plus supplies)
For tweens and teens who 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, as well as 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!

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY
One class per week for 5 weeks: Thursdays, 5:30–7 p.m.
Jun 29–Jul 27
Ages 12 and older
$65 per person (plus supplies)
Capture the essence and beauty of living things in paint. Realistic painting skills and techniques are emphasized as students create dramatic compositions of people, or animals, or both. Advanced topics in proportion, gesture, facial features, full body poses, anatomy, skin tones, texture, fur, color theory, lighting, form, etc. are covered. You will learn a practical working process to create your own truly original image in paint.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES
This is a one-day class.
Offered on select Mondays or Saturdays, 9 a.m. – 1 p.m.
Ages 16 years and older
$80 (supplies included)
Students will learn how to measure and cut a double mat for a 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Please call 449-2453 for specific dates.

ARTS/CRAFTS 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.

(continued on next page)

(continued from previous page)

Glassworks

BEGINNING GLASS WITH JESSICA FITZGERALD
One class per week for 2 weeks: Thursdays, 5–7 p.m.
May 4–11 • Jun 8–15 • July 13–20
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.

GLASS FRIT DRAWING WITH JESSICA FITZGERALD
One class per week for 3 weeks Thursdays, 2:45–4:45 p.m.
May 4–18 • Jun 8–22 • Jul 13–27
Ages 16 and older
$65 per person (plus supplies)
Students will learn about frit (coarse sand-like particles of crushed-up glass) and how it can be used to create permanently fused designs on sheet glass. Frit is an entirely unique way of working with glass, and this class allows students to discover new and interesting ways of creating designs in glass. At the end of the class students can use their new glass drawings in small slumping projects that will turn their pieces into functional works of art. Glass experience recommended.

GLASS SUN CATCHERS WITH JESSICA FITZGERALD
This is a one-day class.
Thursday, 5–7 p.m.
May 18 • Jun 22 • Jul 27
Ages 16 and older
$25 per person (plus supplies)
The perfect course to help use up extra scrap glass! This quick fun class will cover different fusing methods and fun creative ways to use up scrap glass. Students will get to utilize their extra glass to make bright beautiful sun catchers and ornaments to hang in the window or give as gifts. Glass experience required.

Miscellaneous

YOUR ILLUSTRATED JOURNAL WITH SOPHIA KIM
One class per week for 5 weeks:
Wednesdays, 1:30–4 p.m. • Wednesdays, 4:45–7:15 p.m.
May 10–Jun 7 • Jun 14–Jul 12 • Jul 19–Aug 16
Ages 12 and older
$65 per person (plus supplies)
This class is designed to give students the opportunity to express themselves and track their creative development through journaling with illustration. The course includes basic drawing and watercolor skill instruction and does not require any prior illustration experience. Students will be guided through the process of creating a journal which they can use to express their daily impressions with drawing and the use of watercolor.

RE-IMAGINING YOUR DOLLS WITH SOPHIA KIM
One class per week for 6 weeks
Fridays, 1:30–4 p.m. • Fridays, 4:45–7:15 p.m.
May 19–Jun 23 • Jun 30–Aug 4
Ages 12 and older
$90 per person (plus supplies)
This class is designed to empower students to re-imagine their dolls. This class will not only teach students how to make their dolls more realistic, but also give them the ability to completely re-imagine and recreate their dolls. By the end of the class, students will have a better understanding of the materials and techniques used in the class. Doll re-facing is an accessible skill that anyone can learn.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER
One class per week for 4 weeks
Tuesdays, 6–8 p.m.: **May 9–30 • Jun 6–27 • Jul 11–Aug 1**
Wednesdays, 10 a.m.–Noon:
May 10–31 • Jun 7–28 • Jul 12–Aug 2
Ages 14 and up
$70 per person (plus supplies)
Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guesswork.

TRADITIONAL FILM DARKROOM B&W PRINTING WITH RON STEINER
One class per week for 2 weeks: Saturdays, 9 a.m.–Noon
May 13–20 • Jun 10–17 • Jul 8–15
Ages 16 and up
$55 per person (plus supplies)
This class will cover the developing of black and white film, printing a contact sheet and making enlargements from the processed negatives. You can use any film camera, 35mm film and larger. If you have old B&W negatives and don't want to take new photos, that is also fine as we can make B&W prints from these negatives. Upon completion, students will be able to use the lab for processing film and printing at nominal fees.

Quilting & Sewing

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS
One class per week for 4 weeks: Tuesdays, 9–11 a.m.
May 2–23 • Jun 6–27 • Jul 11–Aug 1
Ages 14 and older
$35 per person (plus supplies)
Students will learn the "snowflake" method of cutting out a Hawaiian motif and the technique of needle-turn appliqué to apply the design to a background fabric. These hand-quilting concepts will allow students to complete a beautiful Hawaiian-style pillow.

MACHINE QUILTING WITH KYONG ANGUAY
One class per week for 4 weeks: Saturdays, 9 a.m.–Noon
May 13–Jun 3 | Coin Quilt
Jun 10–Jul 1 | Hexagon Quilt
Jul 8–Jul 29 | American Class Quilt
Ages 16 and older
$100 per person (plus supplies)
Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine. See samples in Sales Store.

MACHINE SEWING BAGS & MORE WITH KYONG ANGUAY
One class per week for 4 weeks: Saturdays, 1–4 p.m.
May 13–Jun 3 | Project Bag
Jun 10–Jul 1 | Bring Your Own
Jul 8–Jul 29 | Project Bag or Bring Your Own Project
Ages 14 and older
$100 per person (plus supplies)
Put the fun back in functional! Students will learn a variety of sewing techniques while making home décor and accessory-focused projects. Must have your own sewing machine and basic sewing skills. Students may bring their own project to any of the classes, as well.

Woodworking

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

WOOD SHOP SAFETY CLASS
This is a one-day class.
Offered on select Saturdays,
4:30–7:30 p.m. (arrive 15 minutes prior to class to sign in)
Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)
$20
This 3-hour class will emphasize the proper and safe use of the different equipment in our shop. After completion of the class, you will be issued a wood shop safety certification card enabling use of the shop tools and equipment.

SAFETY CLASS WITH PEN TURNING
This is a one-day class.
Saturday, 7:30–11:30 a.m.: **July 15**
Sunday, 7:30–11:30 a.m.: **May 7 • Jun 11**
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.

PEN TURNING CLASS
This is a one-day class.
Saturday, 7:30–11:30 a.m.: **May 13 • May 20 • Jul 8**
Sunday, 7:30–11:30 a.m.: **Jun 4**
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 in order to use the lathe during shop hours. *Must take the safety class prior*.

BOWL TURNING CLASS
One class per week for 2 weeks: Saturdays, 7:30–11:30 a.m.
Apr 2–9
Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)
$85 (supplies included)
This class will explore more uses for the lathe by teaching students about additional tools and techniques for turning larger items. *Must take the safety class and the pen turning class prior*.

BOWL TURNING CLASS
One class per week for 2 weeks:
Saturdays, 7:30–11:30 a.m.: **Jun 17–24 • Jul 22–29**
Sundays, 7:30–11:30 a.m.: **May 21–28 • Aug 20–27**
Ages 12 years & older (12-15 must be accompanied by a parent or guardian)
$85 (supplies included)
The class will explore more the uses for the lathe by learning additional tools and techniques for turning larger items. *Must take the safety class & the pen turning class prior*.

CUTTING BOARD CLASS
One class per week for 3 weeks: Saturdays, 7:30–11:30 a.m.
May 27–Jun 10 • Aug 12–26
Ages 16 years & older
$135 (supplies included)
Students will learn to build their own end-grain cutting board from strips of wood. The process shows how to prep your wood from rough lumber and goes into proper glue-up techniques to make a seamless cutting board. *Must take the safety class prior*.

KEEPSAKE BOX CLASS
One class per week for 4 weeks: Sundays, 7:30–11:30 a.m.
Jun 18–Jul 9
Ages 16 years & older
$135 (supplies included)
Students will learn to build their own keepsake box. The process shows how to prep your wood from rough lumber and to use a miter joint to fit your box together. *Must take the safety class prior*.

KOA PADDLE CLASS
One class per week for 4 weeks.
Offered at select times on Mon, Fri, Sat or Sun
Ages 16 years & older
$350 (supplies included)
Students will learn to build two koa paddles. The process shows how to prep your wood from rough lumber. *Must take the safety class prior*.

UKULELE BUILDING CLASS
Two classes per week for 6 weeks.
Offered on select Mondays and Fridays, 5:30–8:30 p.m.
Ages 16 years & older
$550 (supplies included)
Students will learn to build a playable soprano ukulele. *Must take the safety class prior*.

EVENTS & ACTIVITIES

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 experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. No experience necessary. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Reserve your spot today with easy online registration at *http://www.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 unfinished pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and it's ready for pickup in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome.

CHILDREN'S CLASSES & CAMPS

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

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM
One class per week for 4 weeks
Mondays, 4–5:30 p.m.: **May 1–22**
Tuesdays, 3–4:30 p.m.: **May 2–23 • Jun 6–27 • Jul 11–Aug 1**
Tuesdays, 1–2:30 p.m.: **Jun 6–27 • Jul 11–Aug 1**
Ages 7–12 years old
$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.

COLOR, LINE, SHAPE AND PATTERN WITH CAROLINE RIDEOUT
One class per week for 4 weeks: Tuesdays, 3:30–5 p.m.
May 9–30 • Jun 6–27 • Jul 11–Aug 1
Ages 5–12 years old
$60 (supplies included)
Students will explore the fundamentals of art in a fun, exciting, and engaging atmosphere. Using mixed media, paint, clay, and other tools, we will create beautiful works of art that are as unique as they are expressive. This class is great for both beginning art learners and avid art lovers.

LEARNING FROM THE MASTERS WITH CAROLINE RIDEOUT
One class per week for 4 weeks: Wednesdays, 3:30–5 p.m.
May 10–31 • Jun 14–Jul 5 • Jul 12–Aug 2
Ages 5–12 years old
$60 (supplies included)
Students will learn about the masters of art history during this fun and engaging class. Over the course of 4 weeks, we will study the masterworks of Van Gogh, Monet and other famous artists. After taking a look at their masterpieces, we will create our own projects that are inspired by famous works. Students can expect to draw, paint, use oil pastels, and have a ton of fun!

TROPICAL PARADISE WITH CAROLINE RIDEOUT
One class per week for 4 weeks: Thursdays, 3:30–5 p.m.
May 11–Jun 1 • Jun 15–Jul 6 • Jul 13–Aug 3
Ages 5–12 years old
$60 (supplies included)
This class celebrates the beauty of the Hawaiian Islands and the Pacific Ocean through a variety of different art projects. Students can expect to create beautiful beach scenes, learn to paint waves, and explore how to draw the various creatures that call the islands their home. Various media, such as paint, pastel, clay, and more will be used throughout the class.

AFTER-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS
One class per week for 6 weeks: Tuesdays, 3:45–5:15 p.m.
Jun 27–Aug 8 (no class Jul 4)
Ages 7 and up
$70 per person (plus supplies)
Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS
One class per week for 6 weeks: Thursdays, 1:30–3 p.m.
Jun 29–Aug 3
Ages 7 and up
$70 per person (plus supplies)
Youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS
One class per week for 6 weeks: Thursdays, 3:45–5:15 p.m.
Jun 29–Aug 3
Ages 7 and up
$70 per person (plus supplies)
The focus of the continuing course is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

COMING UP! SUMMER CRAFT CAMPS
Tuesday–Friday, 10 a.m.–Noon
Session I: **May 30–Jun 2**
Session 2: **Jun 6–9**
Session 3: **Jun 13–16**
Session 4: **Jun 20–23**
Session 5: **Jun 27–30**
Session 6: **Jul 11–14**
Session 7: **Jul 18–21**
Session 8: **Jul 25–28**
Ages 7 & up
$60 per session
There's no limit to the beauty a child can create when given some instruction and artistic freedom. With an ounce of inspiration, a pinch of creativity and a spark of imagination, your child will craft a summer of enjoyment. New creative projects each session.

JBPHH MWR AQUATICS

OFFERING

AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS AT POOL 2

Cost: $175 upon completing the prerequisite skills listed below

Must be 15 years old to take the class and be able to pass the prerequisite skills, which include a 300 meter swim, 2 minute tread, and retrieval of 10lb brick from 8 feet of water. Participants must be able to make every class date to fulfill American Red Cross standards.

MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

Please call Pool 2 at(808)260-9736 or
email Jbphhaquatics@greatlifehawaii.com
to add your name to the list or for more information

MAY • JUNE
OUTDOOR RECREATION

MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

Women's Surfing Class

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 May activities is currently open. Registration for June activities begins **May 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

SYNC OOR 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.

SURFING

WOMEN'S SURFING

- May 14 — Sign up by May 11
- June 10 — Sign up by June 8

Begins: 9 am | Ends: Noon
Cost: $30

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

LEARN TO SURF AT HICKAM HARBOR

- May 27 — Sign up by May 25
- June 25 — Sign up by June 23

Begins: 9 am | Ends: Noon
Cost: $30

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. 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 able to swim without a lifejacket.*

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- May 6 — Sign up by May 4
- May 28 — Sign up by May 26
- June 3 — Sign up by June 1
- June 18 — Sign up by June 16

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 paddleboarding. You'll learn the basics in a stress-free environment. Paddleboarding is a great way to get a good workout and enjoy the ocean!

STAND-UP PADDLEBOARD CHINAMAN'S HAT

- May 20 — Sign up by May 18

Begins: 8 am | Ends: 1 pm
Cost: $30

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave or two. Pull your boards on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- May 11 (8–10 pm) — Sign up by May 9
- June 8 (8–10 pm) — Sign up by June 6

Begins: 8 pm | Ends: 10 pm
Cost: $25

(continued on next page)

(continued from previous page)

What better way to melt the day-to-day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group and the stillness of the water, and let our guides lead the way. Trip includes all required gear. Bring water and dry clothes to change into after the activity. All paddling abilities welcomed.

KAYAKING MOKU ISLANDS

- May 13 — Sign up by May 11
- June 24 — Sign up by June 22

Begins: 7 am | Ends: 1 pm
Cost: $35

Enjoy a fun morning as OAC heads to the east side of Oahu with kayaks in tow to take in some sunshine and hunt for sea life. We provide the transportation and you bring your lunch. Don't forget your bathing suit, sun-screen, and if so inclined your snorkeling gear. (You can rent gear from our Equipment Rental). There's lots of photo opportunities during this kayak adventure so don't forget your camera! Some kayaking experience is required to participate. Minimum participation is required and location subject change due to weather conditions.

NORTH SHORE OPEN OCEAN KAYAK

- June 3 — Sign up by May 31

Begins: 8 am | Ends: 1 pm
Cost: $25

Come see the North Shore from a whole new perspective. Jump in the van with us and ride up to Haleiwa for an amazing kayak trip. Enjoy views of Puaena Point and Lost Survivors Beach Camp, where portions of the movie "Lost" were filmed. You may even get an opportunity to paddle up the Haleiwa River, passing under the famous Rainbow Bridge. *Kayaking experience is required.* Transportation, gear and guides all included. Bring water, snacks and a smile.

FISHING

KAYAK FISHING

- June 3

7 am | Ends: 11 am
Cost: $37
Sign up by May 31

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

BOTTOM FISHING AT HICKAM HARBOR

- May 13 (2:30–5:30 pm) — Register online by May 11
- May 21 (8:30–11:30 am) — Register online by May 18
- June 4 (8:30–11:30 am) — Register online by June 1
- June 24 (2:30–5:30 pm) — Register online by June 22

Cost: $30
Registration available online only

Enjoy a relaxing morning or afternoon taking part at your luck to land that big one. Join our staff as we help you cast your line out and provide pointers if you need to help 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 is a great trip for experts and beginners alike. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks to help complete your relaxing afternoon on the water.

LEARN TO SPEARFISH

- May 6/7 — Register online by May 4
- June 10/11 — Register online by June 8

Begins: 9 am | Ends: Noon
Cost: $60
Registration available online only

Spear fishing is as exciting and challenging as it sounds! The Outdoor Recreation staff will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. Day 1, class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. Day 2, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you are unable to spear any fish, you'll have a blast just being out there! You'll need mask, fins, snorkel, other equipment, and transportation is on us. You're welcome to bring you own gear if you want.

SPEARFISHING EXCURSION

- May 20 — Sign up by May 18
- June 17 — Sign up by June 15

Begins: 9 am | Ends: Noon
Cost: $20

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

BIKING

HICKAM HISTORICAL TOUR BIKE RIDE

- May 27 — Sign up by May 25
- May 28 — Sign up by May 25

Begins: 8 am | Ends: 1 pm
Cost: $15

Join us as we travel around JBPHH and discover the hidden stories and facts behind the historical Hickam Air Field and Pearl Harbor. Our guide will take us through a journey in time to gain a new appreciation and understanding of what happened and to visit the original buildings, scarred with bullet holes, that remind us of a time never to be forgotten.

MALAEKAHANA BIKE RIDE

- June 10 — Sign up by June 8

Begins: 8 am | Ends: 1 pm
Cost: $25

Let's go for a ride! Grab a helmet and jump on a bike and let's hit the North Shore. We will ride the bike path through La'ei to the Point Lookout. We will stop at Hukilau Café, made famous in the movie "50 First Dates." Film makers loved the name so much they paid for it! This ride is 5 miles round trip. Bring water, sunscreen and wear comfortable clothes and sneakers. Transportation, bikes, helmets and happy guides all included.

Spearfishing Excursion

HIKING

HIKE TO LA'IE FALLS

- June 17 — Sign up by June 7

Begins: 8 am | Ends: 2 pm
Cost: $20

Come join us on a hike to beautiful La'ie Falls. This private trail offers amazing views of La'ie's pristine shore line and the Ko'olau mountain range. Pass through groves of Cook Pines and tunnels of strawberry guava. Wild purple Philippine ground orchids dot the trail in splashes of color. This 7 mile, estimated 4 hour hike is rated intermediate/expert. Physical ability and stamina are required to complete this in a timely manner. Bring plenty of water, sunscreen, and snacks also please wear comfortable hiking shoes.

EXTRAS

PAU HANA CONCERT IN THE PARK AT HICKAM HARBOR MARINA

- June 9
- June 23

Begins: 4:45 pm - 7 pm
FREE

End your work week by relaxing in the park, enjoying the sunset and listening to great live music! Food trucks will be on-site for you to purchase food and beverages. You're welcome to bring your own food and beverages, as well.

MOVIE IN THE PARK (ALL AGES)

- June 24

Begins: 8 pm | Ends: 10 pm
FREE

Bring some blankets and sit on the grass to enjoy an evening flick under the stars at Hickam Harbor Waterfront. Don't forget the drinks and snacks! Movie to be announced will be suitable for all ages. Check movie listings on Facebook at "Joint Base Pearl Harbor-Hickam Outdoor Recreation."

GREAT NAVY CAMPOUT

- June 24–25

Begins: 4 pm | Ends: 8 am
Cost: $30–$35
Registration opens June 1

Sign the family up to spend the night out underneath the stars! Once the sun sets, enjoy a movie on the beach. Registration only reserves camp space; gear and equipment are not provided. If camping gear is needed, visit the Outdoor Adventure Center to rent.

MARINAS

CLASSES & ACTIVITIES (APRIL • MAY)	DAYS	TIME	SITE	COST
* **Keiki After-School Beginners Sailing Sessions 8 & 9** (ages 8 & 9)	**Wed/Fri**	**3–4:30 p.m.**	**HH**	**$50** [1]
* **Youth Beginners Sailing Sessions 8A & 9A** (ages 9 & up)	**Tue/Thu**	**3–5 p.m.**	**HH**	**$50** [1]
* **Youth Intermediate Sailing Sessions 8B & 9B** (ages 9 & up) *Prerequisite: Keiki or Youth Beginners Sailing*	**Tue/Thu**	**3–5 p.m.**	**HH**	**$50** [1]
Adult Small Boat Sailing Course (ages 18 & up)	Fri	9:30 a.m.–Noon	HH	$40 [1]
Start Sailing Right (ages 18 & up)	1st Tue & every Sat	6–8 p.m. 9 a.m.–1 p.m. or 1–4 p.m.	HH	$75 [1]
Start Sailing Right (ages 18 & up)	Sat/Sun	1–5 p.m.	RB	$75 [1]
Learn to Sail Adult Class	Mon/Wed	9:30–11:30 a.m.	RB	$75 [1]
Youth Beginners Sailing (ages 10–17)	**Mon/Wed** **Mon/Wed**	**Noon–2 p.m.** **3:30–5:30 p.m.**	**RB** **RB**	**$50** [1] **$50** [1]
Youth Level 2 Sailing (ages 10–17) *Prerequisite: Youth Beginners Sailing*	**Tue/Thu** **Tue/Thu**	**Noon–2 p.m.** **3:30–5:30 p.m.**	**RB** **RB**	**$50** [1] **$50** [1]
Family/Group Sailing (ages 10 & up) 4 people max per appt	Sat	9:30 a.m.–Noon	RB	$10/ person [2]
Private Sailing Instruction	by appt		HH, RB	$20/hour
Morning Sailing Sessions	Tue, Wed	10 a.m.–Noon	HH	$5/hour
Sunset Regattas	Thu	4 p.m.–Sunset	RB	$5/boat
Marina Checkout Qualification	by appt		HH, RB	$20/hour
R-19 Boater's Certificate (4 hours)	by appt		HH	$80 [2]
P.T. Outrigger Canoe Paddling at Rainbow Bay	Mon–Fri	6:30–7:30 a.m. 11 a.m.–Noon	RB	$3 [2]
Recreational Outrigger Canoe Paddling at Rainbow Bay (ages 10 & up)	Mon, Wed, Fri	8:30–9:30 a.m.	RB	$3 [2]
** Outrigger Canoe Paddling at Honeymoon Beach	May 5, 19 & June 2, 16, 30	8:30–9:30 a.m.	HH	$3 [2]
** Stand-up Paddleboard Yoga at Hickam Harbor				
Friday Class	May 12, 26 & June 9, 23	8:30–9:30 a.m.	HH	$10 [2]
Saturday Class	May 13, 27 & June 10, 24	8:30–9:30 a.m.	HH	$10 [2]
Stand-up Paddleboard Yoga at Rainbow Bay Marina	by appt	8:30–9:30 a.m.	RB	$10 [2]

HH: Hickam Harbor Marina • 449-5215
RB: Rainbow Bay Marina • 784-0167

* Registration available online only at www.greatlifehawaii.com
** Must pre-register at HH Marina by the Wed before

[1] per month [2] per session

BEACHES

HICKAM BEACH | 3455 Mamala Bay Dr.

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

BEACH EQUIPMENT RENTALS

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

PRIVATE LESSONS

Surfing: $35 for a 2-hour lesson
Wind Surfing: $40 for a 2-hour lesson
Standup Paddleboarding Beginner (1 hour): $25
Standup Paddleboarding Intermediate (2 hour): $35

SURF TAXI

Friday–Sunday, $7 per person round-trip
Let us take you out to the break while you conserve energy and save time! Taxis are available all day on the half-hour.

WHITE PLAINS BEACH | Kalaeloa

SURF SHACK • 682-4925
Hours: Daily, 10 am–5:30 pm (last turn-in)

BEACH EQUIPMENT RENTALS

Body Board	$1/hr • $5/day
Body Board w/fins	$3/hr • $10/day
Surf Board	$5/hr • $25/day
Paddle Board	$9/hr • $25/day
Fins	$2/hr • $5/day
Horseshoes/Volleyball	$3/day

PRIVATE LESSONS

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

DIRECTIONS

From the H1 freeway westbound take Makakilo exit. Turn left at the light and continue down Ft Barrette Road. Turn left at the old guard shack onto Roosevelt Avenue and right onto Coral Seas Road. Turn left onto Tripoli and right onto White Plains Road.

RENTALS

OUTDOOR EQUIPMENT

Bldg. 1786 Willamette St., Pearl Harbor
473-1198
Mon–Fri • 9 am–6 pm
Sat • 9 am–4 pm
Sun • 9 am–1 pm

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.

Items are rented on a first-come, first-served basis. Payment is due upon reservation of equipment. Renters will be charged for equipment that is lost, stolen and/or broken. Late fees will be charged for each day late until equipment is returned. No refunds for equipment returned early.

RECREATION & PARTY EQUIPMENT

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

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 • 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

ALL INFORMATION SUBJECT TO CHANGE

MWR Presents
HAWAIIAN ISLAND CREATIONS-QUIKSILVER

ALL-MILITARY SURF CLASSIC

SATURDAY, JUNE 10
7 A.M. - 5 P.M.
KALAELOA (BARBERS POINT) WHITE PLAINS BEACH

OPEN TO ACTIVE-DUTY, RESERVISTS, RETIRED, DOD CIVILIANS AND DEPENDENTS ONLY

("Sponsoring" someone into the event is not allowed).

***PARTICIPANTS CAN ENTER ONE DIVISION ONLY**

Entry deadline is June 2. Entry forms are available online at www.greatlifehawaii.com
Questions? Call 682-4925

No Official Endorsement Intended

Liberty Calendar

MAY 2017

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Ping Pong Tournament FREE Beeman 1900 WIN PRIZES!!!	**2** DIY: Mason Jars for Mom FREE Beeman 1800-1900	**3** Driving Range @ Navy Marine Golf Course FREE Express 1630 Beeman 1745 Instant 1730 Makai 1715	**4** Indoor Rock Climbing $5 Express 1700 Beeman 1730 Instant 1745 Makai 1800	**5** Tacos For Lunch FREE Beeman 1100-1300 Movies with Liberty @ Dole Cannery $5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	**6** Makapuu Twilight Concert Series @ Sea Life Park $20 Express 1500 Beeman 1530 Instant 1545 Makai 1600 Shen Yun @ The Blaisdell Concert Hall $50 Express 1730 Beeman 1845 Instant 1830 Makai 1815
7 Hike Puu Maelieli [BEG] FREE Express 0830 Beeman 0915 Instant 0930 Makai 0945 UH Baseball vs. Cal State Fullerton $5 Express 1100 Beeman 1215 Instant 1200 Makai 1145	**8** Acrylic Painting @ Hickam Arts & Crafts $10 Express 1645 Beeman 1730 Instant 1745 Makai 1800	**9** Night Fishing FREE Express 1600 Beeman 1645 Instant 1700 Makai 1715	**10** Lunchbreak 4 Ball Billiard Challange FREE Beeman 1200 WIN PRIZES!!!	**11** Ten & Grind @ Luibuenos $10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	**12** Chicken & Waffles for Lunch FREE Beeman 1100-1300 Cosmic Bowling & Pizza FREE Express 1800 Beeman 1900 Instant 1845 Makai 1830	**13** Snorkeling Sharks Cove FREE Express 0945 Beeman 0900 Instant 0845 Makai 0830 Hawaii Symphony Orchestra: Romeo & Juliet $15 Express 1730 Beeman 1845 Instant 1830 Makai 1815
14 Hike Koko Crater & Swim [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 Sea Life Park Dolphin Swim Adventure $70 Express 0945 Beeman 1100 Instant 1045 Makai 1030	**15** Super Smash Bros. N64 Tournament FREE Beeman 1900 WIN PRIZES!!!	**16** DIY: Pineapple Lights FREE Express 1800-1900	**17** Photo Adventure FREE Express 1800 Beeman 1700 Instant 1715 Makai 1730	**18** Barracks Bash @ Arizona Hall FREE 1700-1900	**19** Chili Rice for Lunch FREE Beeman 1100-1300 Germaine's Luau $30 Express 1500 Beeman 1600 Instant 1615 Makai 1630	**20** North Shore Biking FREE Express 0930 Beeman 0900 Instant 0845 Makai 0830 Hawaii Polo Club Sunset Horseback Riding $40 Express 1630 Beeman 1545 Instant 1530 Makai 1515
21 Surf & BBQ $10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 Kualoa Premier Movie Sites Tour $40 Express 1000 Beeman 1130 Instant 1115 Makai 1100	**22** Texas Hold 'em Tournament FREE Beeman 1800 WIN PRIZES!!!	**23** 9 Ball Pool Tournament FREE Beeman 1800 WIN PRIZES!!!	**24** Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	**25** Ten & Grind @ GEN Korean BBQ House $10 Express 1600 Beeman 1700 Instant 1715 Makai 1730	**26** Acai Bowls for Lunch FREE Beeman 1100-1300 Eat the Street FREE Express 1500 Beeman 1630 Instant 1615 Makai 1600	**27** Kayaking Mokulua FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930 Overnight Hike/Camp $5 Express 1400 Beeman 1500 Instant 1515 Makai 1530
28 Return from Camp Atlantis Majestic Dinner Cruise $40 Express 1500 Beeman 1545 Instant 1600 Makai 1615	**29** Movies with Liberty @ Dole Cannery $5 Express 1645 Beeman 1730 Instant 1745 Makai 1800	**30** FIFA 17 Tournament FREE Beeman 1800 WIN PRIZES!!!	**31** K1 Speed Go-Karts $10 Express 1700 Beeman 1730 Instant 1745 Makai 1800			

DESIGNATION FOR HIKES:
BEG = Beginner
INTER = Intermediate
ADV = Advanced

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) 473-2583
Instant Liberty (Club Pearl Complex) CLOSED during construction
Liberty Express (Wahiawa Annex) 653-0220

dining

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

BREWS & CUES

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

Wing Night

Wednesdays, May 3, 10, 17, 24, 31
4 p.m.
FREE
It's pau hana—relax with a beverage, watch the game, and enjoy free chicken wings (while supplies last). Event may be cancelled without notice.

Cinco de Mayo Celebration

Monday, May 5
Time TBA
Ages 18 years & older
It's Friday, it's Cinco de Mayo, it's time to have "pau hana" fun. Themed music, plus food and drink specials will set the mood heading into the weekend.

Chill 'n' Grill & 9-Ball Pool Tournament

Friday, May 26
5:30–7:30 p.m.
FREE
End the month with free pupus and a pool challenge. All pool participants get entered into a drawing at the end to win a fun prize. Event may be cancelled without notice.

JOINT BASE CATERING

Office next to Wright Bros. Café 448-4608

Mother's Day Brunch Buffet

Sunday, May 14
Lanai seating: 10 a.m. & 1 p.m.
Dining room seating: 11 a.m.
Call for Pricing
Show Mom just how special she is by bringing her to our brunch buffet. Pick the air-conditioned comfort of our dining room, or the beautiful views on our Grand Lanai. Reservations required, accepted until May 9.

Sunday Brunch

May 7, 21 and 28
10 a.m. – 1 p.m.
Dining Room (Historic Hickam Officers' Club)
$24.95 Club Members
$26.95 Adults
$13.50 Child 7-12 years
$8.25 Child 4-6 years
Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made-to-order omelets, build your own waffle and a great selection of desserts.

Paint 'n' Sip

Wednesdays, May 3, 10, 17, 24, 31
5:30–8:30 p.m.
Dining Room (Historic Hickam Officers' Club)
$40/person
An experienced 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 on canvas. All art supplies are included. No experience necessary. Cocktails and food available for purchase from the Koa Lounge. Advance registration is done at the Arts & Crafts Center. Reserve your spot today by calling 448-9907 ext. 2.

Mongolian BBQ

Thursdays, May 4, 11, 18, 25
5:30–8 p.m.
Lanai (Historic Hickam Officers' Club)
95¢ per ounce
Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages and fortune cookies are included.

KOA LOUNGE

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

Warrior Friday

Friday, May 5
4:30–7:30 p.m.
FREE for Air Force Club members
$15 for non-members
Join us for a great time, and enjoy a yummy pau hana pupu buffet!Open to all ranks and all active-duty members of the U.S. Armed Forces, DoD, contractors and retired military.

Margarita Madness

Every Thursday
4–6:30 p.m.
Koa Lounge
$4 Margaritas (regular price $6.50)
On the rocks or frozen, and many flavors to choose from, including the traditional and Li Hing Mu.

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive 422-3002

Military Spouse Day

Friday, May 12
To our military spouses, you deserve recognition for all you do. We salute you with a FREE dessert with any entrée purchase on this day.

Mother's Day Brunch Buffet at The Lanai

Sunday, May 14
10 a.m.–3 p.m.
$32.95 Adults
$19.95 Kids 6-12 yrs
FREE for 5 and under
It's Mom's special day. Treat her to a delicious brunch at beautiful Hickam Harbor.

Armed Forces Day

Saturday, May 20
To our brave men and women serving our country, it's our turn to salute you. All armed services members get a complimentary dessert with the purchase of a meal. Good all day.

MOLLY'S BBQ & SEAFOOD

At Barbers Point Golf Course 600-9656

NEW! Late Night Fun at Molly's

Fridays & Saturdays until midnight
No cover
After the golf course has closed, stick around for the fun. Now open until midnight so you can enjoy live music and karaoke.

RESTAURANT 604

At Rainbow Bay Marina. 888-7616

Cinco de Mayo Celebration

Friday, May 5
10:30–5 p.m.
It's a pau hana party, Cinco de Mayo style! Come and celebrate with gourmet street tacos, monster burritos and other specials. Plus we'll have live music and prize giveaways. Perfect way to end the week.

Mother's Day Brunch Buffet

Sunday, May 14
9 a.m.–2 p.m.
Reservations highly recommended
It's a day to spoil Mom. Bring her to Restaurant 604 for a delicious brunch buffet. Live music from 10 a.m. to 1 p.m. and every mom gets a rose. Call for pricing and more information.

Armed Forces Day

Saturday, May 20
We love our service members and want to show our appreciation. Active duty and retired military with a valid ID will get 15% off their bill (food only). This offer is good all day, so it's good for our fabulous brunch as well as lunch and dinner.

Memorial Day Concert Series

Monday, May 29
Time TBD
Come to Restaurant 604 for a day of music and food. Hawaiian reggae music will fill the air. More info to come, check eatdrinkaloha.com for updated info.

Aloha Hour

Monday–Friday, 3–6 p.m.
Overlooking the quiet waters of Rainbow Bay, watching the sun set. It's the perfect place to wind down after work, with tasty appetizer specials and hand-crafted cocktails.

For more info, call 448-9959 • greatlifehawaii.com

MWR MORALE, WELFARE AND RECREATION JOINT BASE PEARL HARBOR-HICKAM

GROUP**EXERCISE**CLASSES

INFORMATION SUBJECT TO CHANGE

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

core & cardio			
Total Body Conditioning	Tue	11:30 a.m.–12:30 p.m.	Pearl Harbor*
Tabata	Mon	10–11 a.m.	Hickam
	Fri	8:30–9:30 a.m.	Hickam
cycle & spin			
Cycle Fit	Mon	11:30 a.m.–12:30 p.m.	Pearl Harbor*
	Mon, Wed	11:30 a.m.	Wahiawa
	Mon, Wed	5:30–6:30 p.m.	Pearl Harbor
	Mon, Wed, Fri	5:30–6:30 a.m.	Hickam*
	Tue, Thu	6–7 a.m.	Pearl Harbor*
	Tue, Thu, Sat	9–10 a.m.	Pearl Harbor
Interval Spin	Wed	11:30 a.m.–12:30 p.m.	Hickam
Spin	Sat	8–9 a.m.	Hickam
Spin Challenge	Tue	5:15–6:15 p.m.	Hickam
	Fri	11:30 a.m.–12:30 p.m.	Hickam
Strength Spin	Mon	11:30 a.m.–12:30 p.m.	Hickam
	Thu	5:15–6:15 p.m.	Hickam
dance			
Hula Fitness	Mon	8:30–9:30 a.m.	Pearl Harbor
karate			
Karate Basics	Tue	6–7 p.m.	Pearl Harbor
Karate	Tue	7–8 p.m.	Pearl Harbor
kettlebells			
Kettlebell Basics	Mon, Wed	4:30–5:30 p.m.	Pearl Harbor
Intermediate Kettlebells	Fri	4:30–5:30 p.m.	Pearl Harbor
kickboxing			
Cardio Kickboxing	Mon	4–5 p.m.	Hickam
	Wed	8:30–9:30 a.m.	Hickam
	Wed	5:45–6:45 p.m.	Pearl Harbor
Turbo Kick	Tue, Thu	6:30–7:30 p.m.	Hickam
	Sat	8–9 a.m.	Hickam
kids' classes			
Jammin' Kids	Sat	10:45–11:30 a.m.	Hickam
navy operational fitness & fueling system			
NOFFS	Mon, Wed	6–7 a.m.	Pearl Harbor*

pilates			
PiYo™ Strength	Tue, Thu	4:30–5:30 p.m.	Pearl Harbor
	Wed	8:30–9:30 a.m.	Pearl Harbor
step			
Step	Tue	5:15–6:15 p.m.	Hickam
total resistance exercise suspension training			
TRX	Mon, Thu	11:30 a.m.–12:30 p.m.	Pearl Harbor*
TRX/Circuit	Tue, Wed, Thu	3:30–4:30 p.m.	Hickam*
weights			
Mad Reps	Mon–Fri	6–7 a.m.	Hickam*
	Tue, Thu	9:45–10:45 a.m.	Pearl Harbor
	Sat	10:30–11:30 a.m.	Pearl Harbor
Power Pump	Tue, Thu	8:30–9:30 a.m.	Hickam
R.I.P.P.E.D.	Thu	5:15–6:15 p.m.	Hickam
wild card			
Wild Card Fitness	Wed, Thu	11:30 a.m.–12:30 p.m.	Pearl Harbor*
	Fri	6–7 a.m.	Pearl Harbor*
yoga			
Yoga	Mon	9:45–10:45 a.m.	Pearl Harbor
	Mon, Wed	5:15–6:15 p.m.	Hickam
	Mon, Thu	4:30–5:30 p.m.	Pearl Harbor
	Tue	11 a.m.	Wahiawa
	Tue	5:45–6:45 p.m.	Pearl Harbor
	Tue, Thu	11:30 a.m.–12:30 p.m.	Hickam
	Wed	11:30 a.m.–12:30 p.m.	Pearl Harbor
	Fri	8:30–9:30 a.m.	Pearl Harbor
	Sat	8–9 a.m.	Pearl Harbor
Power Yoga	Sun	8–9 a.m.	Hickam
zumba			
Zumba	Mon	8:30–9:30 a.m.	Hickam
	Mon, Tue, Thu	8:30–9:30 a.m.	Pearl Harbor
	Mon, Wed	6:30–7:30 p.m.	Hickam
	Mon, Thu	5:45–6:45 p.m.	Pearl Harbor
	Tue, Wed	4:30–5:30 p.m.	Pearl Harbor
	Wed, Fri	9:45–10:45 a.m.	Pearl Harbor
	Wed, Fri	10–11 a.m.	Hickam
	Sat	9:15–10:15 a.m.	Pearl Harbor
Zumba Step	Fri	5:45–6:45 p.m.	Pearl Harbor

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

family/support

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

TEEN CENTER

Teen Center, Hickam Bldg. 1859 448-0418

#weownfriday
Friday, May 12
5–7 p.m.
FREE and open to all Teen families

Teen Center Family Night: Cinco de Mayo
Tuesday, May 16
5:30–7:30 p.m.
Location TBD
FREE and open to all teen families.
Light snacks will be served.

A Date with Hawaii Fi-Do
Saturday, May 20
3 p.m.
New Teen Center Bldg. 1330
Open to ages 13-18 years old
Join Hawaii Fi-Do's founder Susan Luehrs for an opportunity to meet, take pictures with and help train a service dog. For more info, visit greatlifehawaii.com.

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island). 472-7582
Pool 1 (Hickam). 449-8274
Pool 2 (Hickam). 260-9736
Scott Pool (Pearl Harbor) 473-0394
Towers Pool (Makalapa) 471-9723

Float Night
Friday, May 12
5–7 p.m.
Pool 2
FREE
Bring your floats and float around in our pool!

Movie Night
Friday, May 26
6–9 p.m.
Pool 2
FREE
This month we will be showing FINDING DORI on our big screen.

BOWLING

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

Mother's Day - Mom's Bowl FREE
Sunday, May 14th
10 a.m–2 p.m.
Hickam Bowling Center
Naval Station Bowling Center
FREE
When with a family members paying for their own bowling games. Shoe rental charge included for your Mom.

Single Sailor Bowling Night
May 12
7-9- p.m.
Naval Station Bowling Center:
Free Bowling, Free Shoe Rental, Free Soda and FREE Pizza! Sign up at the Beeman's Liberty Center. Must be Active Duty Navy or Air Force

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120. 448-2214
JBPHH-Pearl Harbor Bldg. 1338. 471-2019
Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446. 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

Memorial Day Softball Tournament
May 26-29
$200 per team
Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH.

Memorial Day Ultimate Frisbee Tournament
May 26-29
FREE
Open to active duty, family members 18 years and older, and DoD employees assigned to JPBHH.

GOLF

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

Free Ladies Clinics
Wednesday, May 3, 17
9:30 a.m.
Barbers Point Golf Course
FREE
Our pros will offer tips for female golfers. For more information and to pre-register, call 682-1911.

Golf Demo Day
Saturday, May 6
10–2 p.m.
Mamala Bay Golf Course
FREE
Here is a chance to try out some of the latest golf equipment at the driving range.

Free Golf Clinics
May 11, 13, 20, 27
Times and locations very
FREE
Enjoy this introduction to the great game of golf. For more information and to pre-register, call 449-2304.

INTRAMURALS

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

Intramural Volleyball: Coaches meeting
Wednesday, May 17
1:00 p.m.
League limited to commands from Joint Base Pearl Harbor Hickam. Any additional active duty members not belonging to command team will come from a players' pool. Official Roster available at the Sports And Fitness Office, Pearl Harbor Bldg. 667

YOUTH SPORTS

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

America's Kids Run 2017
Saturday, May 20
9:15–11:30 a.m.
Earhart Track-Hickam
Ages 5 – 13 years old
Check-in between 8-9 a.m. Register online at americaskidsrun.com. For run times and more info, visit greatlifehawaii.com or contact Youth Sports at 473-0789.

BMX/Skateboard Camp
June 12 – June 16
9–12 p.m.
Hickam Skate Hanger
Ages: 9-18 years old
Cost: $80
Registration period: May 1-31

Youth Sports Baseball & Softball Camp
June 19 – June 23
8–11 a.m. (Vandenberg Softball Field)
5–7 p.m. (Lynch Baseball Fields)
Ages: 5-16 years old
Cost: $50
Registration period: May 1-31

Parkour Camp
June 26 – June 30
9 a.m. – 12 p.m.
Gymnastics Building
Cost: $80
Ages: 10-16 years old
Registration period: May 1-31

Basketball Camp
July 10 – July 14
Ages: 5 – 17 years old
8–10 a.m. (5-9 yrs)
10:30–12:30 p.m. (10-12 yrs)
1–4 p.m. (13-17 yrs)
Cost: $150 (5-12 years)
$175 (13-17 years)
Registration Period: June 1-30

athletics (cont.)

Tennis Camp
July 10 – July 14
9 – 11 a.m.
Wentworth Tennis Courts
Cost: $50
Ages: 6-16 years old
Registration Period: June 1-30

Golf Camp
July 17 – July 21
9 a.m. – 12 p.m.
Ke'alohi Par 3 Golf Course
Cost: $70
Ages: 7-16 years
Registration Period: June 1-30

Youth Sports Volleyball Camp
July 17 – July 21
Ages: 7-16 years old
4 – 6 p.m. (7-9 yrs)
9 a.m. – 12 p.m. (10-12 yrs)
9 a.m. – 12 p.m. (13-16 yrs)
Cost: $50
Registration Period: June 1-30

Soccer Camp
July 24 – July 28
8 – 11 a.m.
Quick Fields
Ages 5-16 years old
Cost: $80
Registration Period: June 1-30

Youth Sports Flag Football Camp
July 24 – July 28
5 – 7 p.m.
Quick Fields
Ages: 5-16 years old
Cost: $50
Registration Period: June 1-30

Archery Camp
July 31 – August 4
Ages: 8-18 years old
9 a.m. – 12 p.m. (8-12 yrs)
1 – 4 p.m. (13-18 yrs)
Bloch Arena
Cost: $80
Registration Period: June 1-30

Family Zumba Camp
July 31 – August 4
5:30 – 7 p.m.
Bloch Arena
Ages: 5 and up
Cost: $10 for 5-12 yrs
$20 for 13 and up
Registration Period: June 1-30

itt

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

Ford Island Historical Tour
Wednesdays, May 3, 10, 17, 24, 31
9:30 a.m.–Noon (Check in at 9:15 a.m.)
$25 for adults
$20 for children (ages 3–11 years old)
Nestled in Pearl Harbor lies an isolated island called Moku Ume'ume, rich in Hawaiian and U.S. military history. Travel back in time as you see points of interest including the USS *Utah* and USS *Oklahoma* Memorials, the original Navy Club Memorial honoring the USS *Arizona*, historic Nob Hill officer homes, and bombing and bullet strafing reminders.

Hickam Historical Tour
Fridays, May 5, 12, 19, 26
9:30 a.m.–1:30 p.m.
$45 for adults
$40 for children (ages 3–11 years old)
An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses, and officers' and enlisted families lived, and hear their personal stories of "The Day of Infamy." Includes lunch. Not recommended for children under six years old.

Chinatown Food & Historic Tour
Saturday, May 27
8:30 a.m.–1 p.m.
$35 for adults
$30 for children (ages 3–11 years old)
Discover the intriguing history of Honolulu's Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

"Local-Style" Wine Tasting
Wednesday, May 31
6:30–8:30 p.m.
Ages 21 years & over only
$20/person (includes R/T transportation)
Sample up to eight wines and hearty appetizers in a casual and fun setting. No dress code—come as you are, local-style! Surprise samples may be offered without notice.

recreation

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

LIBRARY

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

Wii Wednesday
Wednesday, May 3
2–4 p.m.
FREE
Come on over after school for some time on our Wii U consoles.

Library Know-How
Saturday, May 6
1 p.m.
FREE
Learn how to get the most out of your library. Call ahead to find out what topics will be covered.

Adult Book Club
Tuesday, May 2
10–11 a.m.
FREE

Adult Book Club
Thursday, May 4
6–7 p.m.
FREE

Preschool Story Time - Police Week
Wednesday, May 10 & May 24
9–10 a.m.
FREE
Story times are great for children of all ages! Our theme is "Police Week" on May 10 and "Health" on May 24. Come on in and read with us.

Kids' Book Club
Group 1: Wednesday, May 10
Group 2: Wednesday, May 17
2 p.m.
Ages 4th & 5th grade
FREE
If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our after-school book clubs. Group 1 will discuss "Because of Mr. Terupt," and Group 2 will discuss "Indian in the Cupboard."

Police dog demonstration with Spyder
Saturday, May 20
2–4 p.m.
FREE

SHARKEY THEATER

Moore St., Bldg. 628 473-0726

Mother Day Special
Sunday, May 14th
2:30 p.m.
Mother's get in FREE with a paying family Member during the 2:30 pm movie.

Cry Baby Monday
Monday, May 15th
11:00 a.m.
Moms & Stay Home Dad's will be treated to a FREE movie. Bring your children and if they cry during the movie, it's okay! No outside food will be permitted in the Theater. Strollers will be allowed in the Theater during the movie.

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
May 15 • 5–6:30 p.m. | Pearl Harbor
The resume gets you the interview; the INTERVIEW gets you the job. Learn how to position yourself as the best candidate, different interview styles and techniques, practice traditional and behavioral interview questions and common pitfalls to avoid.

CIVILIAN RESUME WRITING
May 9 • 1–3 p.m. | Wahiawa
Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting and common mistakes to avoid and so much more. Note: this class is geared towards private sector resumes as opposed to federal resumes for civil service.

FEDERAL EMPLOYMENT 101
May 9 • 8–11 a.m. | Wahiawa
May 18 • 1–4 p.m. | Pearl Harbor
The application process for federal jobs can feel confusing and overwhelming but the benefits of civil service are worth the effort! We will help you navigate the USAJobs website and understand the application process from start to finish. Federal resumes are different than private sector resumes and we will teach you how to build a competitive application. We will also cover topics such as hiring preferences and programs for veterans and military spouses.

MILITARY SPOUSES AND FEDERAL EMPLOYMENT
May 10 • 12–3 p.m. | Hickam
May 23 • 4–7 p.m. | Pearl Harbor
This is a special class in honor of Military Spouse Appreciation month. This course covers all of the same material found in our regular federal employment workshop with the addition of a lengthier question and answer session on the ins and outs of federal employment options for military spouses and programs such as hiring preferences for federal jobs. If you are a military spouse searching for employment, this workshop is for you!

PART-TIME MONEY MAKERS
May 17 • 1–3 p.m. | Hickam
Want to learn about REAL opportunities to earn extra income? Just arrived and need to make quick cash while searching for full-time work? Looking for flexible, part-time, and/or remote work while taking care of a family? Maybe you simply want to know about creative ways to make money on the side. Find out about all this and more at our new class.

financial management assistance program

CAR BUYING STRATEGIES
May 18 • 10 a.m.–12 p.m. | Pearl Harbor
Thinking of buying a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot. Learn how to negotiate and determine what you can afford; plan for various expenditures of a car; trade-ins, discounts and financing; high-pressure sales tactics and tricks to watch out for; and education on financing a new or used car.

COMMAND FINANCIAL SPECIALIST (CFS) FORUM
May 4 • 1–2:30 p.m. | Pearl Harbor
Quarterly forum in accordance with OPNAVINST 1740.5B. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues and trends. Command Master Chiefs/Career Counselors are encouraged to attend.

COMMAND FINANCIAL SPECIALIST TRAINING
May 22-26 • 7:30 a.m.–4 p.m. | Pearl Harbor
A five-day workshop offered to Navy command-sponsored service members who will be assigned this collateral duty. In accordance with OPNAVINST 1740.5B members attending class must be E6 and above with a minimum of one year left on their PRD. To register, call 474-1999.

FINANCIALLY SAVVY RETIREES
May 17 • 9–11:30 a.m. | Pearl Harbor
Live better through planning! This quarterly financial seminar provides expert advice on various subjects of interest to retirees such as the basics of estate planning, Wills and Trusts, protecting yourself against fraud, long term care and more!

MANAGING MONEY AND CREDIT
May 16 • 11 a.m.–12:30 p.m. | Wahiawa
Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

MILLION DOLLAR SAILOR/AIRMAN
May 9-10 • 7:30 a.m.–3:30 p.m. | Pearl Harbor
This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques.

SAVING AND INVESTING
May 31 • 1–3 p.m. | Pearl Harbor
If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more. Make your money work for you.

ombudsman/key spouse/ family readiness group

KEY SPOUSE INITIAL TRAINING
May 16 • 8 a.m.–2 p.m. | Hickam
Open to all appointed USAF Key Spouses, Commanders, and First Sergeants. Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more.

KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING
May 16 • 2–3:30 p.m. | Hickam
This Key Spouse training opportunity was created to combine SAPR Training and Suicide Awareness Training into one session.

OMBUDSMAN ASSEMBLY MEETINGS - COMNAVREG HAWAII - COMSUBPAC
May 18 • 6:30–8:30 p.m. | Ford Island Conference Center
All officially appointed ombudsmen are required to represent the command at the local Ombudsman Assembly meetings. Local ombudsman assemblies frequently serve as venues for ongoing training of ombudsmen. Assemblies serve as liaison for policy discussion and clarification by appropriate local agencies regarding issues of interest to ombudsmen and command family members.

OMBUDSMAN BASIC TRAINING
May 8-11 • 5–9:30 p.m. | Pearl Harbor
Ombudsmen are required to attend training soon after their appointment by their Commanding Officer. Ombudsman Basic Training's nine modules provide the foundation to properly execute the ombudsman's duties. All Command Support Team (CST) and their spouses are encouraged to attend. To register, call 474-1999.

personal development & family life skills

ANGER MANAGEMENT
May 12 • 9:00 a.m.–Noon | Hickam
May 23 • 1–4 p.m. | Hickam
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.

BUILDING SELF-ESTEEM IN CHILDREN
May 8 • 1–3 p.m. | Pearl Harbor
May 22 • 1–3 p.m. | Hickam
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.

CONFLICT MANAGEMENT
May 3 • 5–7 p.m. | Hickam
May 15 • 9–11 a.m. | Pearl Harbor
May 31 • 1–3 p.m. | Hickam
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.

DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS
May 10, 17, 24 • 10a.m.–noon | Pearl Harbor
Learn how relationships are rooted in how we communicate. Be able to assess yourself, and your significant other in terms of personality types. Help adults understand why they are attracted to the identity traits of their spouse or intimate partner. Finally, develop and sharpen new, more effective communication and conflict resolution skills.

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR
May 4 • 8–11 a.m | Pearl Harbor
The Family Advocacy Program (FAP) Leadership Seminar fulfills the requirements that all Commanding Officers and Senior Enlisted Advisors are required to receive training on family maltreatment and installation FAP Services and resources within 90 days of assuming command. FAP Leadership Seminar provides essential information on installation domestic violence services, resources, FAP procedures, prevention, and the command's role in Family Advocacy. Command involvement and support in FAP is vital to ensure prompt and appropriate prevention, safety and intervention actions to maintain operational readiness.

MEN'S SPOUSE ABUSE EDUCATION GROUP
May 3, 10, 17, 24, 31 • 1–3 p.m. | Pearl Harbor
This 20-week group addresses male violence toward their intimate partners. The group offers men alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

NEW MOMS AND DADS
May 17 • 5–8 p.m. | Hickam
New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year.

(continued on next page)

(continued from previous page)

PARENT AND CHILD COMMUNICATION
May 4, 26 • 1–3 p.m. | Pearl Harbor
May 18 • 9–11 a.m. | Hickam
Having positive parent child communication is key to maintaining healthy family relationships. Improve your communication skills with your children of all ages; we will discuss techniques suitable for each age group.

PARENTING GROUP
May 2, 9, 16, 23, 30 • 1a.m.–noon | Pearl Harbor
This eight-week interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

PARENTS: YOUR TEENS AND DATING
May 1, 26 • 1–3 p.m. | Pearl Harbor
May 18 • 1–3 p.m. | Hickam
One in three teens will experience a violent dating relationship by the time they reach adult-hood. Dating is just one of the multitudes of challenges teens face and parents fear. This class will provide you with information to help guide your teen in building positive dating relationships and keeping your teen safe. We will examine how to model positive relationships, build kids self-esteem to prevent poor relationships and what to do if they experience violence.

POSITIVE PARENTING
May 9 • 1–3 p.m. | Hickam
May 24 • 1–3 p.m. | Pearl Harbor
Parenting skills are something learned; not something we are born with. This class will enhance your parenting skills and make your parenting goals attainable. Topics include: establishing positive relationships, disciplining assertively, creating realistic expectations and more.

PURPLE CRYING
May 25 • 1–2 p.m. | Hickam Medical Bldg
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.

SKILLS DEVELOPMENT GROUP
May 3, 10, 17, 24, 31 • 10 a.m.–Noon | Pearl Harbor
This eight-week group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

STRESS MANAGEMENT
May 5 • 9:30a.m.–12:30 p.m. | Pearl Harbor
May 19 • 1–4 p.m. | Pearl Harbor
May 22 • 9:30a.m.–12:30 p.m. | Hickam
Stress is a normal psychological and physical reaction to the ever increasing demands of life. Most people experience challenges with stress at some point during the year. Over time, high levels of stress can lead to serious health problems; that is why managing your stress is so important. Learn how stress affects our personal and professional lives, how we can decrease the stress we are experiencing, and how to interrupt the stress cycle and use relaxation techniques.

TIME MANAGEMENT
May 2 • 9–11 a.m. | Pearl Harbor
May 5, 16, 25, 30 • 1–3 p.m. | Pearl Harbor
Acquire skills to make better choices about time management and achieve your goals. Gain the personal understanding and practical skills to implement a customized framework for successful time management.

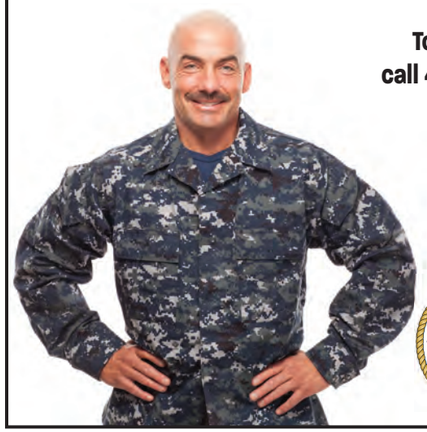
WOMEN EMPOWERED GROUP
May 1, 8, 15, 22 • 10 a.m.–noon | Pearl Harbor
This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationship, take actions towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

WOMEN'S SPOUSE ABUSE EDUCATION GROUP
May 4, 11, 18, 25 • 2–4 p.m. | Pearl Harbor
This 20-week group addresses women's violence toward their intimate partners. The group offers alternatives to abusive behavior by increasing problem solving skills, identifying personal triggers, use of time-outs to reduce tension and making non-abusive choices in their behaviors. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

WORK AND PERSONAL LIFE BALANCE
May 2 • 1–3 p.m. | Pearl Harbor
May 12, 30 • 9–11 a.m. | Pearl Harbor
Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

AFTER GPS
MAY 26 HICKAM 8 A.M. - 3 P.M.

A follow-on to the 5-day TGPS workshop; informative briefs including Survivor Benefit, Tricare, Veterans Affairs, Workforce Development Office, and CAPSTONE prep. This workshop also includes an employer panel to assist you in understanding the civilian hiring process and how to best present yourself as the best candidate.



To register, call 474-1999.

relocation assistance

COMMAND SPONSOR COORDINATOR (CSC) & INDIVIDUALIZED NEWCOMER TREATMENT & ORIENTATION (INTRO) MANAGER TRAINING
May 24 • 8–11:00 a.m. | Pearl Harbor
This class covers the regulations that govern the programs, how to assign sponsors, implementing rewards/awards to ensure a successful sponsorship program, and more. Open to Navy CSCs, Air Force INTRO Managers, Commanders, CMCs, Command Chiefs, and First Sergeants.

SMOOTH MOVE
May 11 • 8–11:30 a.m. | Hickam
This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning.

SPONSOR TRAINING
May 2 • 1–3 p.m. | Wahiawa
May 17 • 1–3 p.m. | Pearl Harbor
Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

sexual assult prevention and response (SAPR)

SAPR COMMAND POC TRAINING
May 31 • 8 a.m.–4 p.m. | Pearl Harbor
This is essential training to provide SAPR Points of Contact (POC) with the knowledge and responsibilities to perform their duties. Contact the Sexual Assault Response Coordinator (SARC) for more information and to register for this course which will require a letter of designation.

suicide prevention

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)
May 22-23 • 8 a.m.–4 p.m. | Pearl Harbor
ASIST is a two day (15 hour) workshop that teaches suicide first aid intervention skills. Similar to the medical first aid concept, suicide first aid caregivers learn verbal intervention skills that apply potentially lifesaving techniques to reduce suicide risk. Attendees learn to be a more willing, capable and confident caregiver to those having thoughts of suicide. This is a very interactive workshop, where attendees learn and practice skills of identifying those at risk of suicide, how to better listen to and care for those at risk, and how to link them to appropriate resources. Class is sponsored by MFSC and CREDO.

safeTALK
May 26 • 8–11 a.m. | Pearl Harbor
Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. safeTALK trained suicide alert helpers learn to move beyond common tendencies to miss, dismiss or avoid suicide, identify people with thoughts of suicide, and apply the TALK steps (Tell, Ask, Listen, Keepsafe) to connect that person to suicide first aid caregivers.

SUICIDE PREVENTION AWARENESS
May 11 • 1–2 p.m. | Hickam
Learn ways to prevent suicide, including: building resilience, coping positively with life stress and relationships with peers, co-workers and families. Identify risk and protective factors that raise suicide risk, and how to apply ACT (Ask, Care, Treat). *Counts as Navy Suicide Prevention GMT.

transition assistance

AFTER GPS
May 26 • 8 a.m.–3 p.m. | Hickam
A follow-on to the 5-day TGPS workshop; informative briefs including Survivor Benefit, Tricare, Veterans Affairs, Workforce Development Office, and CAPSTONE prep. This workshop also includes an employer panel to assist you in understanding the civilian hiring process and how to best present yourself as the best candidate.

CAPSTONE EVENT
May 4, 11, 18, 25
7:30–8:30 a.m. • 9–10 a.m. • 10:30–11:30 a.m. | Pearl Harbor
The final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success).

PRE-SEPARATION BRIEFING (USAF PERSONNEL ONLY)
May 3, 10, 17, 24, 31 • 8–11 a.m | Hickam
DoDI 1332.35 mandates separating and retiring members receive Pre-Separation Counseling NLT 90 days prior to separation. Attending 12 months prior for separatees and 24 months prior for retirees is highly encouraged. This mandatory counseling covers VA benefits and entitlements, employment, education, medical, and community resources, among others.

TRANSITION GPS: CAREER AND TECHNICAL TRAINING
May 16–17 • 7:30 a.m.–3:30 p.m. | Pearl Harbor
Provides transitioning personnel with information and tools to obtain technical training in their chosen field. During the workshop, you'll be able to: (1) Complete an education needs assessment, (2) Identify, compare, and select technical training institutions based on specific criteria, (3) Prepare a Technical Training Application Package, (4) Schedule one-on-one counseling with the academic advisor from the institution, and (5) Connect with the Student Veteran Organization at your chosen institution.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES
May 15–19 • 7:30 a.m.–3:30 p.m. | Pearl Harbor
This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES
May 1–5, 8–12, 15–19, • 7:30 a.m.–4 p.m. | Pearl Harbor
This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

MFSC-Hickam
655 Vickers Avenue, Bldg. 1105
474-1999
Mon–Fri: 7:30 a.m.–4 p.m.

MFSC-Pearl Harbor
4827 Bougainville Drive
474-1999
Mon–Fri: 7 a.m.–4 p.m.

MFSC-Wahiawa Annex
500 Center Street, Bldg. 392
Wahiawa, HI 96786
474-1999
Tue–Thu: 7 a.m.–3:45 p.m.

Area code for JBPHH phone numbers is 808.

Email us at info@greatlifehawaii.com if any numbers are incorrect/out-of-service.

ALL INFORMATION SUBJECT TO CHANGE

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'alohi Par 3 Golf Course • 422-9987
Mon–Sat. 1000–2100
Sun. 1000–2000

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

MOLLY'S BBQ & SEAFOOD
At Barbers Point Golf Course • 600-9656
Mon–Thu, Sun 0630–2100
Fri, Sat 0630–2400

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

TRADEWINDS ENTERTAINMENT CENTER
150 McClelland Street, Bldg. 1804
COMING IN 2017!

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

SNACK BARS

HARBOR GRILL
Inside Naval Station Bowling Center • 473-2574
Mon 0700–1330, 1700–2100
Tue–Thu. 0700–2100
Fri. 0700–2200
Sat 0900–2200
Sun. 0930–1730

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 • 449-2307
Daily 0600–1830

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

FAST FOOD

FATBURGER
Inside Beeman Center Bldg. 711 • 312-3457
Daily 1000–2200

PIZZA HUT
At the Club Pearl Complex • 423-2222
TEMPORARILY CLOSED

TACO BELL
At the Club Pearl Complex • 422-2274
TEMPORARILY CLOSED

BARS

BREWS & CUES • 473-1743
Temporarily located in Bldg. 1557, North Road
Mon–Thu 1500–2200
Fri. 1500–2300
Sat 1100–2300

THE COUNTRY BAR
At the Club Pearl Complex • 473-1743
TEMPORARILY CLOSED

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

10th PUKA LOUNGE
At Ke'alohi Par 3 Golf Course • 448-9890
Mon, Tue, Sun 1100–2230
Wed–Sat 1100–2300

programs&services

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

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
TEMPORARILY CLOSED

Pool 2, Hickam Bldg. 425 • 260-9736
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–Thu 1100–1300, 1700–2100
Fri. 1100–1300, 1700–2230
Sat 0900–2230
Sun. 1100–1800
Holidays . . . . . Closed

The Escape at Wahiawa Annex • 473-2651
Fri. 1900–2200

CHILD DEVELOPMENT CENTERS
Center Drive CDC • 471-1978
Ford Island CDC • 472-0262
Hickam/Harbor CDC • 448-0183
Hickam/Main CDC • 449-9880
Hickam/West CDC • 449-5230
Kids Cove • 421-0989
Naval Station CDC • 473-2669
Peltier CDC • 471-9336
Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE
530 Peltier, Bldg. 1925 • 471-8658
Mon–Fri 0800–1700
Sat, Sun . . . . . Closed

FITNESS & SPORTS CENTERS
Hickam Bldg. 1120 • 448-2214
Mon–Fri 0430–2130
Sat, Sun 0700–1700
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

Continued on page 30

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

Ke'alohi 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–Sun (Apr–Sep) 0600–1830
Mon–Sun (Oct–Mar) 0630–1800
Pro Shop
Mon–Fri 0630–1800
Sat, Sun 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
Travel Connections-Hickam • 423-0255
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–Fri 1000–1700
Sat, Sun, Holidays . . . . . Closed

ITT Recreation Ticket Vehicle • 630–3080

INTRAMURAL SPORTS OFFICE
Pearl Harbor Bldg. 667 • 473-2494 or 473-2437
Mon–Fri 0700–1530
Sat, Sun . . . . . Closed

LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)
Beeman Center (Naval Station) • 473-2583
Daily 1000–2300
Instant Liberty (Club Pearl Complex) • 422-7167
TEMPORARILY CLOSED
Liberty Express (Wahiawa Annex) • 653-0220
Mon–Sat. 1500–2200
Sun. 1400–2100

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

MARINAS
Hickam Harbor Marina, Bldg. 3455 • 449-5215
Mon . . . . . Closed
Tue–Sun 0900–1700
Rainbow Bay Marina, Bldg. 103 • 784-0167
Mon . . . . . Closed
Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER
Hickam, 655 Vickers Ave. • 474-1999
Mon–Fri 0730–1600
Sat, Sun . . . . . Closed
Pearl Harbor, 4827 Bougainville Dr. • 474-1999
Mon–Fri 0700–1600
Sat, Sun . . . . . Closed
Wahiawa Annex, Bldg. 392 • 474-1999
Mon, Fri–Sun . . . . . Closed
Tue–Thu. 0700–1545

MORALE, WELFARE & RECREATION (MWR) ADMIN
Bloch Arena • 473-0787
Mon–Fri 0800–1630
Sat, Sun . . . . . Closed

MOVIES
Sharkey Theater, Pearl Harbor • 473-0726
Mon–Wed. . . . . Closed
Thu, Fri. . . . . 1900 showtime
Sat, Sun . . . . . 1430, 1645 & 1900 showtimes
Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES
(Open 24 hours a day, 7 days a week)
Pearl Harbor Side of JBPHH • 808-800-2337
Arizona Hall (Bldg. 1623)
Hale Ali'i (Bldg. 1315)
Lockwood Hall (Bldg. 662)
Makalapa (Bldg. 372)
Hickam Side of JBPHH • 808-800-2330
Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION
Aikane Sport Fishing • 423-1113
Dive Oahu, Pool 1 • 922-3483
Hickam Beach (lifeguards on duty)/Surf Shack
Fri–Sun 1000–1700
Outdoor Adventure Center-Fleet Store • 473-1198
Mon–Fri 0900–1800
Sat 0900–1600
Sun. 0900–1300
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 Office (K–12)
4827 Bougainville Drive • 471-3662, 471-3673
Mon–Fri 0800–1700
Sat, Sun . . . . . Closed
Teen Center (ages 13–18) • 448-0418
School year:
Mon–Thu 1400–2000
Fri. 1400–2100
School vacations:
Mon–Fri 1200–2000
Weekends:
Sat 1330–2130
Sun. . . . . Closed
Youth Sports & Fitness
Office, Bloch Arena • 473-0789
Mon–Fri 1100–1730
Sat, Sun . . . . . Closed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

naf jobs

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

Job Opportunities

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

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
CYP Cook
CYP Food Service Worker

Cashier/Checker
Club Operations Assistant
Cook
Food Service Worker
Waiter/Waitress

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

Automotive Worker
Custodial Worker
Custodial Worker (Housekeeping)
Laundry Worker

How to Apply:

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

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

or email to: **nafhr@greatlifehawaii.com**

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

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

HUNGRY? My Top Picks for Spam Musubi

By Helen Ko

Considered a food staple here on the islands, the spam musubi is one of many iconic images – next to shave ice and malasadas – that come to mind when you describe the local eats here on the island. Hot white rice that sits below a flavorful piece of spam, wrapped around a piece of nori (seaweed)... YUM! It is a simple and easy snack that gets me nostalgic of my younger days as a kid when my mom would pack me home lunch with two spam musubis and a can of juice.

These days, you can find this quick and easy snack everywhere in supermarkets, fast food restaurants, liquor stores and gas station. See below for my top picks for this popular snack.

7-Eleven

Growing up as a child here in Hawaii, most people would agree that 7-Eleven was the place to get a spam musubi, day or night. If you didn't want to bother making your own, you just drove down the street to the nearest 7-Eleven and your craving was satisfied. And to make things even better, they perfected the packaging to make your life a little easier when munching down this delicious snack. Cost: $1.55

Tanioka

You know you're in the right place when you see a long line of customers, but don't let it scare you as it goes by quickly! Tanioka's in Waipahu is a far trek from town, however if you're in the area, this would be my other favorite spot to grab a spam musubi, poke and other bento items before heading to the beach. Cost: $1.75

Musubi Café Iyasume

They started as a small storefront and has now grown to four, soon-to-be five, locations here on the island – inside Shirokiya in Ala Moana Center, Keeamoku, and three locations in Waikiki. Specializing in fancier musubi such as Avocado Bacon Spam ($2.48), Shiso Herb Spam (2.28), Eel Egg & Shiso Herb Spam ($3.99), and of course the original Spam musubi ($1.88). If you're in the neighborhood, pop into one of these cute little stores that will make you feel like you've stepped into a small mom and pop store in Japan. Cost $1.88- $4.48

Another great option is DIY! All you need is a musubi maker that you can find at any supermarket, a can of SPAM, rice and you're set! You can be creative as you like by adding in your favorite protein or vegetable -- the options are endless.

AMERICA'S ARMED FORCES
KIDS RUN
17

SATURDAY, MAY 20, 2017
EARHART TRACK-HICKAM

AGES 5 - 13 YEARS OLD
CHECK-IN BETWEEN 8 - 9 A.M.

RUN TIMES

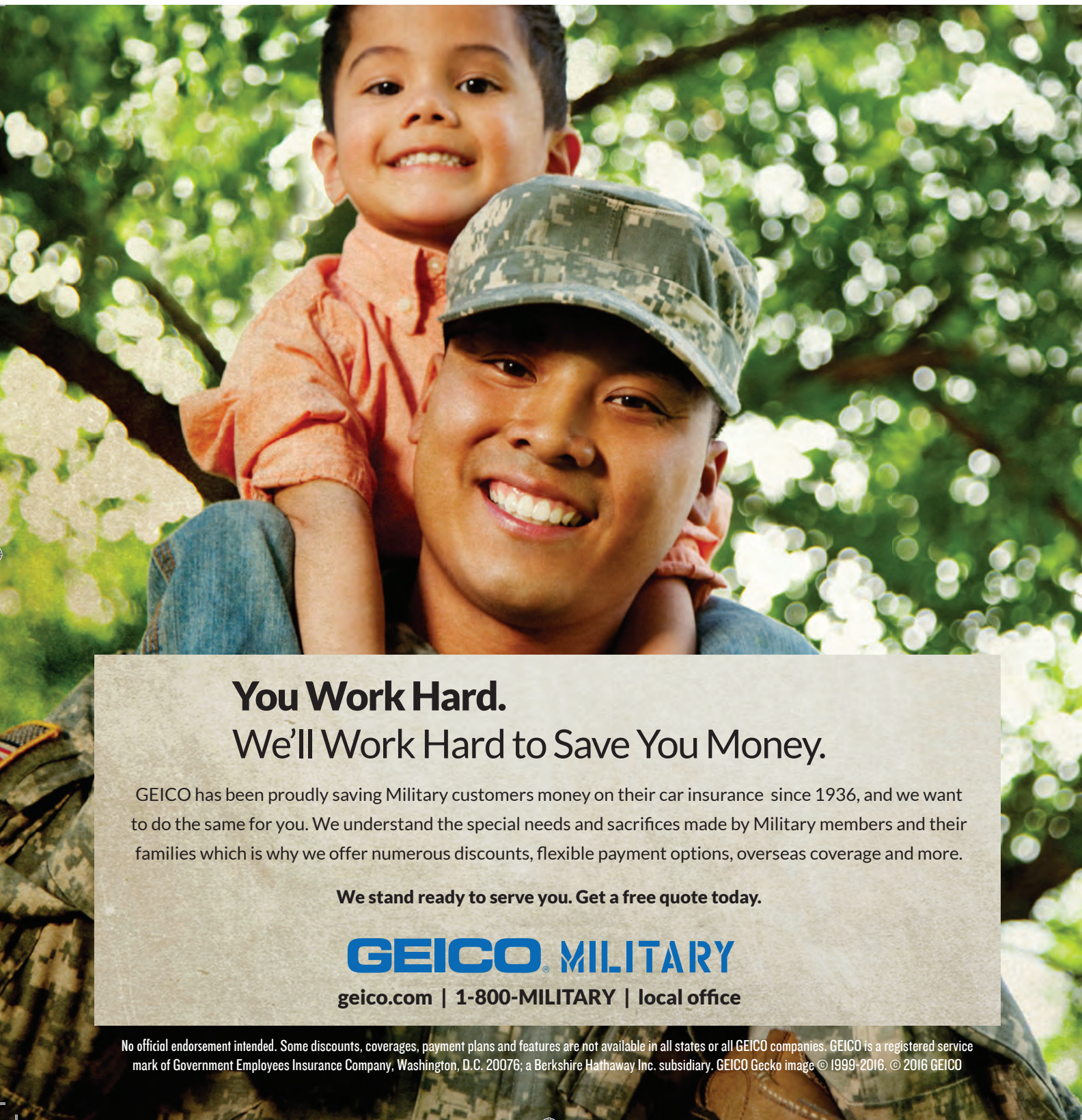
9:15AM	5 - 6 YR OLDS (1/2 MILE)
10:15AM	7 - 8 YR OLDS (1 MILE)
11:30AM	9 - 13 YR OLDS (2 MILE)

PARENTS ARE WELCOME TO RUN A LONG WITH THEIR KIDS AT NO CHARGE

REGISTER ONLINE AT AMERICASKIDSRUN.ORG
(Select Registration, select Joint Base Pearl Harbor-Hickam and complete registration)

FOR MORE INFO, CONTACT YOUTH SPORTS AT 473-0789.
greatlifehawaii.com

MWR MORALE, WELFARE AND RECREATION
JOINT BASE PEARL HARBOR-HICKAM

GREAT Life HAWAII
JOINT BASE PEARL HARBOR • HICKAM

Presorted
Standard
U.S. Postage
PAID
Honolulu, HI
Permit No. 9192