

U.S. ARMY HAWAII
Community Information Bulletin
(17 April 2015)

Information contained in this handout is “for informational purposes only.” References to private organizations and their activities do not imply endorsement by the U.S. Government, the Department of the Army, or U.S. Army Garrison-Hawaii.

1. Directorate of Family and Morale, Welfare and Recreation (FMWR), Suzanne King, Deputy Director, (808) 656-0037 www.himwr.com www.facebook.com/fmwr.hawaii

a. Month of the Military Child (MOMC) - April

- (1) **Month of the Military Child & Parent Ball entitled "Once Upon a Dream."** Disney Prince/Princess Theme. April 25th at the Nehelani from 5:30-9 p.m. Price still to be determined. Ticket sales through April 17 at Parent Central Services, CYS Services School Age Programs, Nehelani and Hale Ikena.
- (2) **P.T. in the Gym:** April 28, Youth Sports (for MOMC) will be hosting its annual P.T. in the Gym. It will be held at FS Physical Fitness Center at 665 Chamberlin Road. Please check in at the sign up table to register your youth at 6:15 a.m., so they can receive their free T-shirt for participating, from 6:30-7:30 a.m. Participants will be going through different “Zumba” stations. Youth and their parents will enjoy various fitness stations. Once P.T. in the Gym has concluded, all participants will receive a complimentary breakfast from 7:30-8:30 a.m. Special appearances will be made by Mickey & Minnie Mouse, Elmo, Elsa, Olaf, Dora the Explorer and many more. Youth Sports welcomes all youth from the community; however, the P.T. stations are age appropriate for youth 5-18 years of age.
- (3) Daily events at each CYS Services program are listed under “Child, Youth and School Services” at paragraph 3. You may also get a printed copy of the MOMC events from the center your child is enrolled with.

2. Army Community Service (ACS), Brandi G. Stauber, Director, (808) 655-4ACS (4227)

www.himwr.com/acs <https://www.facebook.com/fmwr.hawaii>

ACS Main Center, 2091 Kolekole Ave., SB

ACS Satellite Center, Bldg. 330, Rm. 111, Aloha Center, FS

To register for ACS classes, please visit our website and click on class calendar.

“Like” ACS on Facebook at “Army Community Service Hawaii.”

a. Army Volunteer Corps Coordinator (AVCC), Erin Paulus, (808) 655-4ACS (4227)

www.himwr.com/getting-involved/army-volunteer-corp

- (1) **Organization Point of Contact (OPOC) Volunteer Management Information System (VMIS) Management Training:** May 6; June 3, 10-11 a.m., ACS, Bldg. 2091, SB. Are you a newly appointed OPOC for your FRG or organization? If you answered yes, this training is for you. Learn how to manage your volunteers utilizing VMIS.
- (2) **VMIS 101 Orientation:** May 5; June 2, 1:30-2:30 p.m., ACS, Bldg. 2091, SB. This class will orientate you to the use of VMIS to register, search and apply for volunteer opportunities, entering monthly volunteer hours.

b. Employment Readiness Program (ERP), Caron Ferguson, (808) 655-4ACS (4227)

www.himwr.com/work-a-career-centers

- (1) **Employment Orientation:** April 17, 9-10:30 a.m.; May 8, 29; June 12, 26; July 10, 24, 10-11:30 a.m., ACS, Bldg. 2091, SB. Orientate yourself to the Hawaii job market. Take advantage of the free tools and resources available. Start networking. Receive information on private sector, federal and state hiring opportunities. Learn about spouse preference and the priority placement program for

spouses seeking federal employment. Information on civilian employers, contractors, resume writing classes, job fairs and opportunities to further your career and education.

- (2) **Civilian Resume Writing Class:** May 1; June 5; July 31, 10 a.m.-12 p.m., ACS, Bldg. 2091, SB. Write a targeted resume to successfully apply for a private sector job. Learn about the two resume styles and choose the best one for you. Summarize your accomplishments. Feel free to bring your laptop or tablet.
 - (3) **10 Steps to a Federal Resume 2-Day Seminar:** April 28, 29; May 14, 15; July 16, 17, 10 a.m.-12 p.m., ACS Bldg. 2091, SB. Interested in finding a career with the federal government? Participate in this seminar to learn more information about the process for applying for a federal government position, the federal resume and resources to get you started.
 - (4) **Networking and Interview Skills:** April 24, 9-10:30 a.m.; June 19, 10-11:30 a.m., ACS, Bldg. 2091, SB. Learn great strategies to network yourself into your dream job. Networking in person and through social media. Learn about presenting yourself for the interview. Practice your answers with mock interview scenarios.
- c. **Exceptional Family Member Program (EFMP), Leonard Webster, (808) 655-4ACS (4227)**
www.himwr.com/exceptional-family-member
- (1) **EFMP Coffee Talk:** May 2, 10-11:30 a.m., ACS, FS, 217 Montgomery Dr., Bldg. 330. Something worth sharing while drinking your cup of coffee. Build support and friendships all while discussing ways to better serve you and your exceptional family members.
 - (2) **EFMP Lei Making:** May 13, 2:30-4 p.m., ACS, Bldg. 2091, SB. It's May Day in Hawaii Nei, experience the aloha. We welcome you to our cultural event of lei making. We will be making a beautiful yarn lei to share with family and friends using simple child-friendly techniques. **Reservations are required** to ensure we have enough supplies; please register each participating family member.
 - (3) **EFMP Movie Day:** June 10, 2-4 p.m., ACS Bldg. 2091, SB. Movie designed to be more family-friendly for exceptional family members, to include individuals on the autism spectrum or others with sensory sensitivities. **Reservations are required** to ensure we have enough supplies; please register each participating family member.
- d. **Family Advocacy Program (FAP), Cindy Morita, (808) 655-4ACS (4227)**
www.himwr.com/home-a-family-life/family-advocacy
- (1) **FAP *Webinar Series:** April 22; May 27; June 24, 11:45 a.m.-12:45 p.m. Looking for a way to add tools to your toolbox, but can't make it to ACS? Our webinars might be the answer you have been looking for. *Register at www.himwr.com/acs and click on "Class Calendar." Registration must be completed at least 24 hours prior to the start of class. An email with the webinar link will be sent to you prior to class start time.
 - (2) **Little Ones Play Morning (ages 0-3):** May 6, 20, 10-11 a.m., ACS, Bldg. 2091, SB. This is a wonderful opportunity to meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children in a safe, structured, nurturing environment. *In addition: Coming soon to HMR in June is biweekly Play Morning.
 - (3) **Scream-Free Marriage Series:** April 23; May 14, 21, 28; June 11, 18, 25; 11:45 a.m.-1:30 p.m. Aloha Center, Bldg. 330, FS. May 1, 8, 15; June 5, 12, 26, 11:45 a.m.-1:30 p.m., ACS, Bldg. 2091, SB. Every couple goes through conflict, but not every couple grows through it. Be one of the successful couples. Join this three-week series.

- (4) **Couples Communication (Couples Only):** May 13; June 10, 11:45 a.m.-12:45 p.m., ACS, Bldg. 2091, SB. Learn techniques to improve the way in which you communicate with your partner. This class is held at FS upon request.
 - (5) **Boot Camp for New Dads:** April 25, May 23, June 27, 9 a.m.-12:30 p.m., ACS, Bldg. 2091, SB. A class for new or soon-to-be dads facilitated by a dad. Topics include care for mom, crying babies, safety, parenting teamwork and much more.
 - (6) **Prosperous Parent:** May 11, 9 a.m.-1:30 p.m., ACS, Bldg. 2091, SB. This four-session program is designed for parents to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy family relationships.
 - (7) **Scream-Free Parenting series:** April 23, 12-1:30 p.m., ACS, Bldg. 2091, SB. This four-session program is designed for parents to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy family relationships.
 - (8) **Parenting 101:** Take your parenting to the next level, April 20, May 18, June 15, 4-5 p.m., ACS, Bldg. 2091, SB; May 21, June 18, 2-3 p.m. at Aloha Center, FS. This class highlights current best practices and will provide parents with tips and tools to assist them in reaching their parenting goals.
 - (11) **Home Alone Workshop:** May 23, June 24, ACS, Bldg. 2091, 9 a.m.-12 p.m., SB. An interactive and fun workshop for parents and children that will provide children ages 10-12 tools to make responsible decisions as they prepare to stay home without parents present. Topics include First Aid, Fire Safety, Stranger Awareness and Internet Safety. A parent must attend this class with their child.
* Nine year-olds within three months of their 10th birthday are allowed.
 - (12) **Communication Solutions (Couples or Singles):** May 11, 4-5 p.m., ACS, Bldg. 2091, SB. Explore how voiced and unvoiced emotions impact the way we talk and don't talk. Learn new ways to increase dialogue and understanding. This class is held at FS upon request.
 - (13) **Sleepless Solutions:** May 13, June 10, 11:45 a.m.-12:45 p.m., ACS, Bldg. 2091, SB. Sleep is critical for good health. Join and get tips and techniques for a better night's sleep. This class is held at FS upon request.
 - (14) **Stress Solutions:** April 27, May 18, June 22, 12-1 p.m. at ACS, Bldg. 2091, SB. In addition, April 23, May 28, June 25, 2-3 p.m. at Aloha Center, FS. This class will give you the tools to understand and identify stress, manage stress before it manages you, to practice relaxation techniques and to know where to get help.
 - (15) **Anger and Conflict Solutions:** May 21, June 18, 3-4 p.m., ACS, Bldg. 2091, SB. In addition, May 14, June 11, 2-3 p.m. at Aloha Center, FS. This prevention program is for individuals to learn the basic foundations of anger awareness. The class will help participants identify their own personal anger cues and ways to avoid letting angry behaviors get them in trouble.
- e. **New Parent Support Program (FAP), Donna Shock, (808) 655-4ACS (4227)**
www.himwr.com/home-a-family-life/new-parent-support
- (1) **Toon Time Matinee:** April 17, May 15, 10 a.m.-12 p.m., Kalakaua Community Center, SB. Showing "Toy Story" on April 17; showing "How to Train Your Dragon" on May 15. Enjoy a free movie and opportunity to socialize and have fun with other parents and children. For further information, call 655-4ACS (4227). Registration not required.
 - (2) **Boot Camp for New Dads:** April 25 at 9 a.m.-12:30 p.m., ACS, Bldg. 2091, SB. A class for new or soon-to-be dads facilitated by a dad. Topics include care for mom, crying babies, safety, parenting teamwork and much more.

- (3) **Infant Massage:** May 5-June 2. Enhance your parenting skills and optimize your baby's development. Learn about the power of touch in bonding with your baby and the benefits of massage in circulations, digestion and emotional well-being. Five-week course on Tuesdays. Choose from either morning sessions from 10-11:30 a.m., Porter Community Center, or evening sessions from 6-7:30 p.m., ACS, Bldg. 2091, SB.
- f. **Victim Advocacy Program, Adrienne Howe, (808) 655-4ACS (4227)**
www.himwr.com/home-a-family-life/victim-advocacy-program
24/7 Domestic Violence SAFE Line: (808) 624-SAFE (7233)
- (1) **Self-Advocacy for Encouragement and Resources (SAFER) Group:** Every Wednesday at 9 a.m. This five-week series is a support group for women who are in the recovery phase of abusive or unhealthy relationships. Women can join at any time. The location of the group is confidential and will be provided to registered attendees.
- g. **Financial Readiness Program, (FRP), Robin Sherrod, (808) 655-1442**
www.himwr.com/financial-management
- (1) **Army Emergency Relief (AER) Campaign:** Through May 15. AER uses the generous donations from the community to help it continue to provide emergency financial assistance to Soldiers and their families in times of financial need. The annual fundraising campaign runs each year from March 1-May 15. Please donate and help Soldiers continue to help Soldiers. Each unit will have a person designated to collect donations. Please see your first sergeant, command sergeant major or commander. You may also go online to donate at www.aerhq.org and be sure to select Schofield Barracks.
- (2) **First-Term Financial Training:** April 20, 27; May 4, 11, 18; June 1, 8, 15, 22; July 6, 13, 20, 27, 8:30 a.m.-4:30 p.m., ACS, Bldg. 2091, SB. This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. This is a mandatory program of instruction for first-term Soldiers offered every Monday (except federal holidays).
- (3) **Money Management Class:** May 7, June 4, July 2, 10-11:30 a.m., ACS, Bldg. 2091, SB. Learn how budgeting, credit and investing fit in to your overall financial plan and take away the "Steps to Financial Success."
- (4) **Basics of Budgeting Class:** May 14, June 11, July 9, 10-11:30 a.m., ACS, Bldg. 2091, SB. This class will help you develop a budget, track expenses and create a system to save and pay your bills on time.
- (5) **Your Credit Report & Score Class:** May 21, June 18, July 16, 10-11:30 a.m., ACS, Bldg. 2091, SB. No credit or bad credit, this class will help you increase your credit score and understand how lenders see you.
- (6) **Basic Investing & TSP Class:** April 23, May 27, June 25, July 23, 10-11:30 a.m., ACS, Bldg. 2091, SB. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds, and mutual funds.
- (7) **Free Credit Score Event:** May 12, June 9, July 14, 1-3 p.m., ACS, Bldg. 2091, SB. ACS financial counselors will help you pull your free credit score from MyFICO. No registration required; just stop by.
- (8) **Car Buying:** July 14, 10-11:30 a.m., ACS, Bldg. 2091, SB. Learn how to negotiate the best deal and find out how much car you can afford. Leave this workshop confident in the process of financing, purchasing and trading in your vehicle.

h. Military Family Life Counseling Program

Short-term counseling is available by walking in to ACS, Bldg. 2091, SB, Monday-Friday, 7:30 a.m.-4:30 p.m. Appointments can be made by calling (808) 222-7088.

i. Mobilization & Deployment Program, Ever Gutierrez, (808) 655-4ACS (4227)

www.himwr.com/deployment-management

- (1) **Resilience Training:** Every 1st Tuesday of each month, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Training for family members and Soldiers that are willing to take calculated, necessary risks in order to capitalize on opportunities. They have the ability to grow and thrive when faced with challenges and bounce back from adversity.
- (2) **FRG Leader and Establishing Team Dynamics:** April 28, June 23, July 11, 28, 9 a.m.-12 p.m.; July 16, 5:30-8:30 p.m., ACS Bldg. 2091, SB. Overview of FRG's mission and purpose, regulations governing FRG program, roles and responsibilities. This class teaches the role of an FRG leader with having good communication with commanders, maintaining rosters, selecting effective volunteers, choosing meeting topics, planning appropriate events, and preparing continuity books and the Volunteer Management Information System (VMIS). Learn how to develop and establish an effective team.
- (3) **Key Caller and Introduction to Military & Civilian Resources:** May 9, 19; June 30, 9-10:30 a.m., ACS Bldg. 2091, SB. May 14, 5:30-7 p.m., ACS, Bldg. 2091, SB. Teaches how to create connections with families, share information through email and phone calls, dispel rumors, handle crisis calls and VMIS.
- (4) **Social Media:** May 9, 19; June 30, 10:45-11:30 a.m., ACS Bldg. 2091, SB. May 14, 7:15-8 p.m., ACS, Bldg. 2091, SB. Provides an overview of the Army's social media policy, Facebook, OPSEC and PERSEC.
- (5) **Funds Management:** April 21; May 26, 9-11 a.m., ACS, Bldg. 2091, SB. June 18, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. This class teaches procedures/policies about fundraising and spending FRG informal funds, including USARHAW policies and FRG procedures on how to set up their informal fund account, to open bank accounts, set up ledger, create monthly reports and prepare for handover and annual audits, and VMIS.
- (6) **FRSA/FRL (2-day course):** Day 1, May 28, 9 a.m.-4 p.m., ACS, Bldg. 2091, SB. Day 2, May 29, 9 a.m.-2 p.m., ACS, Bldg. 2091, SB. Two-day course designed for the new FRSA/FRL and his/her commander, covers roles and responsibilities, volunteer recruiting, fund management, Care Response Teams (CRT), Survivor Outreach Services (SOS), ACS, installation resources and more.
- (7) **AFTB Level L:** April 27, 28, 29 at 9 a.m.-2 p.m., ACS, Bldg. 2091, SB. Wanting to be a leader or even improve as a leader? Take this three-day class to help learn about Leadership Styles, Resolving Conflict, Effective Team Dynamics and many other great leadership skills to help you be the best leader you can be.

j. Relocation Readiness Program, Charlyn Sales, (808) 655-4ACS (4227)

www.himwr.com/making-a-move

- (1) **USARHAW Community Readiness Expo:** April 23, 30; May 7, 14, 21, 28; June 4, 11, 18, 25; July 2, 9, 16, 23, 30, 9 a.m.-3 p.m., Nehelani Banquet and Conference Center. Designed to support both Soldiers and families new to Hawaii and/or preparing for deployment. Over 30 USARHAW service providers will be available to share information to increase community member awareness regarding services and programs.

k. Soldier and Family Assistance Center (SFAC, Hank Cashen, (808) 655-1261/7171)

www.himwr.com/Soldier-a-Family-Assistance

- (1) **Disabled American Veterans (DAV) Service Officer:** Tuesdays-Thursdays, 8:30 a.m.-12:30 p.m. at SFAC, Bldg. 663. DAV service officer is available to assist transitioning Soldiers to submit medical claims to the Veterans Administration (VA).

I. Survivor Outreach Services (SOS) Program, Catherine Ignacio, (808) 438-1956/1955
www.himwr.com/survivor-outreach-services

- (1) **SOS Support Meeting:** April 21, May 5, June 2, 5-8 p.m., SOS center. A support meeting for families and friends of fallen service members.
- (2) **Friday with Friends:** April 17, June 12, 9 a.m.-12 p.m. at the SOS center. A support meeting held for families and friends of fallen service members.

3. Child, Youth and School Services, Hyacinth Smith, Coordinator, (808) 656-0093
www.himwr.com/cyss-welcome-page

a. CYS Services, Corinne Burns, Child Administrator, (808) 656-0127

- (1) **SB Child Development Center (CDC) Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at SB CDC.
 - a. **Mini Carnival:** April 17, 9:30-11a.m., tentative location Youth Center gym. SB Child Development Center (CDC) families and children will enjoy a morning of carnival activities in celebration of Month of the Military Child. Activities include, face painting, snow cones, bounce house and games.
 - b. **Open House:** April 23, 3:30-5 p.m. SB CDC families are invited to walk through the building and enjoy the displays presented by each classroom depicting the happenings within the room.
 - c. **Career Week:** April 27-30, SB CDC. Parents and community members are invited into the classrooms to discuss their careers with the children.
 - d. **Army Birthday Celebration:** June 12, 3:30-4:30 p.m. SB CDC families are invited to come listen to the Army birthday story and enjoy cake and ice cream with their children.
 - e. **Donuts with Dad:** June 19, 8-8:30 a.m. SB CDC dads, grandfathers and uncles are invited to join their child for a Father's Day breakfast.
- (2) **AMR CDC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at AMR CDC.
 - a. **Parent Involvement:** AMR CDC, for the entire month of April, would like parents to sign-up with their child's classroom to volunteer and read a book, plant seeds or do activities with their children at the center. This is a great opportunity for parents to earn Parent Participation Points.
 - b. **Parent Luncheon:** April 17, 11-11:30 a.m., for the parents and children of AMR CDC.
 - c. **Character Counts Parade:** April 24, 3-3:30 p.m., for the parents and children of AMR CDC.
 - d. **Month of the Military Child Hallway Party:** April 30, 3:30-5:30 p.m. For the parents and children of AMR CDC, we will be having shave ice, cotton candy, face painting, fishing game and more. This is a great way for our AMR CDC family to end MOMC.
- (3) **Cookies with mommy:** AMR CDC will be celebrating Mother's Day on May 8 from 2:30-3 p.m. This is for parents and children of AMR CDC.
- (4) **May Fest:** AMR CDC will be celebrating its annual May Fest on May 15 from 3:30-4 p.m. in the big gym. This year's theme is "Under the Sea." For the children and families of AMR CDC.

- (5) **Mokihana Pre-K Graduation:** AMR CDC. June 5, 3-4 p.m. Held at the Aliamanu Community Center Theatre. We will be recognizing the Strong Beginnings Pre-K class on their accomplishments and achievements with a ceremony and presentation by the graduating class.
- (6) **Summer Splash Bash:** AMR CDC. Every Friday in the month of June, each classroom will celebrate the summer with water play and a cool snack. The Mokihana classroom will have the opportunity to participate at the Aliamanu Community Center splash park.
- (7) **Summer Olympic Games:** June 26, 3-4 p.m. AMR CDC. Open to the community. There will be refreshments and prizes for all participants. Each classroom will participate in various games on their respective playgrounds. Infant/Toddlers: baby crawl/walk, shuttle walk, shot put. Toddlers: shuttle walk/run, long jump, shot put. Preschoolers: long jumps, shuttle run, relay event and potato sack race.
- (8) **Child Abuse Awareness Month:** Every Monday in April, FS CDC will be promoting child abuse awareness. The participants and staff will be encouraged to wear blue.
- (9) **Fort Shafter CDC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at FS CDC.
 - a. **Aloha Attire:** April 17. Children and staff are asked to wear aloha prints to celebrate the island and the culture of Hawaii.
 - b. **Crazy Hat Day:** April 21, 5:30 a.m.-6 p.m. Children are asked to wear different kinds of hats throughout the day.
 - c. **Patriotic Colors Day:** April 22, 5:30 a.m.-6 p.m. Children are asked to wear patriotic colors to honor our country.
 - d. **Pajama Day:** April 23, 5:30 a.m.-6 p.m. Children and staff are asked to wear their favorite pajama for Spirit Week.
 - e. **Character Counts Red Day:** April 24. Children and staff are encouraged to wear red for Care Character Counts Day.
- (10) **Fire Truck and Sparky visit:** May 29, FS CDC, 9:30-10:30 a.m. We have invited the local fire department to our center to educate children about fire safety.
- (11) **Lei Day/May Day Celebration:** May 1, FS CDC. Children will make lei with different art materials in their classrooms. Parents are invited to join us from 3-4 p.m., in our toddler playground, and enjoy classroom and individual performances.
- (12) **Celebration of National Teacher Day:** May 4, FS CDC. This is a great time to show appreciation for the staff who care for our children. Parents show their appreciation to staff with a potluck breakfast.
- (13) **Cinco De Mayo & Boys' Day:** May 5, FS CDC. Children will make multicultural arts and crafts in celebration of Hispanic and Japanese cultures.
- (14) **Muffins with Mom:** FS CDC, May 8, 2-3 p.m. All FS CDC mothers, grandmothers, and legal guardians are invited to come in and enjoy a muffin during snack time, with their child.
- (15) **Strong Beginnings Graduation:** FS CDC, May 29, 9:45 a.m. Parents and families of children enrolled in FS CDC's Strong Beginnings Full Day/Part Day Program are invited to attend the Graduation Ceremony to celebrate the ending of the children's preschool experience. Lunch will be served immediately following the ceremony.

- (16) **Kinder Readiness Class:** FS CDC, large motor room, June 9, 9-10 a.m. We have invited TAMC Behavioral Team to our center to educate and prepare our preschool children who will be transitioning to kindergarten. For all children enrolled in our Strong Beginning program.
- (17) **Child Abuse Awareness Month:** Bowen CDC, all of April. To promote child abuse awareness, the participants and staff will be wearing blue the first Monday of every week
- (18) **Bowen CDC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at Bowen CDC.
 - a. **Month of the Military Child Spirit Week:** Bowen CDC, April 20-24, all day. Calendar of events: Monday, Wear Blue; Tuesday, Crazy Hat/Hair Day; Wednesday, Patriotic Colors; Thursday, Pajama Day; and Friday, Character Counts Day
 - b. **Mini Carnival:** Bowen CDC, April 24, 2-4 p.m. Bowen CDC families and children will enjoy an afternoon of carnival activities in celebration of Month of the Military Child. Activities include face painting, snow cones, bounce house and games.
 - c. **Month of the Military Child Staff Appreciation Day:** Bowen CDC, April 30, all day. This is a great time to show appreciation for the staff who care for our next generation. It will be highlighted with a staff potluck during the varying lunch hours.
- (19) **Muffins with Mom:** Bowen CDC, May 8, 2-3 p.m. All of the mommies of Bowen CDC are invited to come in and enjoy a muffin during snack time with their child.
- (20) **Scholastic Book Fair:** Bowen CDC, May 18-20, 4-5:30 p.m. Come and support our Book Fair. It is open to the public.
- (21) **Strong Beginnings Graduation:** Bowen CDC, May 27, 10 a.m. Parents and families of children enrolled in Bowen CDC's Strong Beginnings Program are invited to attend the Graduation Ceremony to celebrate the ending of the children's pre-K experience. Refreshments will be served immediately following the ceremony.
- (22) **Army Birthday Celebration:** Bowen CDC, June 10, 9:30 a.m. Parents of children enrolled at Bowen CDC are invited to come and watch our Army Birthday Celebration Parade.
- (23) **Doughnuts with Dad:** Bowen CDC, June 12, 2-3 p.m. All of the daddies of Bowen CDC are invited to come and enjoy doughnuts with their children during snack time.
- (24) **All School Sports Day:** Bowen CDC, June 24, all day. Wear your favorite sports attire. Parents are invited to join their children in a variety of sports set up around the center.
- (25) **HMR CDC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at HMR CDC:
 - a. **Pastries for Parents:** April 17, HMR CDC, 8-8:30 a.m. Full Day Programs; 8:30-9 a.m. Part Day Preschool Program and Part Day Strong Beginnings Program. For all parents, with children enrolled at HMR CDC. Parent involvement activity to promote healthy snack choices.
 - b. **Crazy Hat Day:** April 21, HMR CDC, 5:30 a.m.-6 p.m. Children are asked to wear different kinds of hats throughout the day.
 - c. **Patriotic Colors Day:** April 22, HMR CDC, 5:30 a.m.-6 p.m. Children are asked to wear patriotic colors to honor our country.
 - d. **Aloha Day:** April 23, HMR CDC 5:30 a.m.-6 p.m. Children are asked to wear aloha prints to celebrate the island and culture where we are living.
 - e. **Roaring 20's Dance:** April 24, MST Bldg. 25, 4-6 p.m. For all children enrolled in Full-Day Programs at HMR CDC.
 - f. **Plant a Garden:** April 28, HMR CDC, 9-10 a.m.

- g. Science Day:** April 29, HMR CDC, 9-10 a.m. Part-Day Preschool Program and Part-Day Strong Beginnings Program; 4-5 p.m., Full-Day Programs.
 - h. Staff Appreciation Day:** April 30, HMR CDC. Parents show their appreciation to staff.
- (26) **May Day:** May 1, HMR CDC. Lei Day, 9:45-11:30 a.m., at preschool playground for enrolled children at HMR CDC. Lei competition for the entire HMR CDC, to include the parents and families. The theme is "Living Hawaii."
- (27) **Cinco de Mayo/ Boys' Day:** May 5, HMR CDC, celebration of Hispanic and Japanese cultures in the classroom with art activities for Hawaii, Kauai, Maui, Molokai Part-Day Preschool and Part-Day Strong Beginning.
- (28) **Flower Month:** May 6 & 7, HMR CDC. The Hawaii and Kauai program will be doing floral arts & crafts, as well as science experiments in changing the colors of flowers.
- (29) **Strong Beginnings Graduation:** May 21, 4 p.m., HMR CDC. We will be celebrating all of our graduates with a wonderful ceremony for parents and families.
- (30) **Petersen CDC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled at Petersen CDC:
- a. Home Depot:** April 17, 3-4 p.m. Home Depot will be coming to Petersen CDC to do an activity with the preschool-age children. The children will get to use their imaginations to create their own unique craft with woodwork.
 - b. Make & Take:** April 21, 3:30-5:30 p.m. Petersen CDC will be providing different make and take arts and craft activities, for participants to do with their parent and enjoy at home. Parents and children will be able to cruise the hallways and engage in activities of their choice.
 - c. Annual Luau:** April 24, 3:30-5:30 p.m. This is our annual luau event. There will be a court made up of our CDC participants. Representatives will be chosen from each class. Also, each class will perform on stage, one song of their choice. The event will take place in the parking lot at Petersen CDC. There will also be free food, entertainment, popcorn, shave ice and various activities. Also, there will be informational booths present to inform parents of the different organizations on SB. This event is hosted by the Petersen CDC PSAG.
 - d. Ice Cream Social:** April 29 3-5:30 p.m. All parents are invited to come and enjoy an ice cream sundae at Petersen CDC with their child and child's caregivers.
- (31) **Lei Day is May Day in Hawaii:** May 1, Petersen CDC classrooms will make a lei with construction paper flowers, straws and yarn in their classrooms.
- (32) **Mother's Day Project:** May 6 & 8, Petersen CDC classrooms will make tissue paper flowers for Mother's Day, and will celebrate mothers on May 8, 8-8:30 a.m., with breakfast with mom.
- (33) **Annual Staff Training Day:** May 22 will be an annual training day for Petersen CDC staff. Time is TBA.
- (34) **Kinder Camp:** June 4-July 28, Petersen CDC Kinder Summer Camp program will be in session. The children will be enjoying field trips and activities while being engaged in learning throughout their summer vacation.
- (35) **Strong Beginnings Graduation:** Petersen CDC Strong Beginnings Program parents and families will be invited, June 4, to attend the graduation ceremony, 9:30-11 a.m.

- (36) **Army Birthday Celebration:** June 15, Petersen CDC will be celebrating the Army's birthday with an ice cream social. The children will learn about how the Army was established and how many years we are celebrating. Parents are encouraged to attend 2:30-3:30 p.m.
- (37) **Book Fair:** June 15-19 (tentative), Petersen CDC will be holding a book fair hosted by their Parent Staff Advisory Group. There will be a variety of developmentally appropriate books that promote learning available for parents and the community to purchase.

b. Family Child Care (FCC), Angela Austin, FCC Director, (808) 655-0747

- (1) **FCC Celebrates the Month of the Military Child:** The following activities and events are for children enrolled with FCC:
 - a. **Month of the Military Child Celebration:** April 17, 8:30-10:30 a.m., at Kalakaua Community Center. Open to FCC providers, their enrolled children and families. Join us for a MOMC celebration featuring bounce houses, games and arts & crafts.
 - b. **Fire Safety:** April 21, 9:30-10:30 a.m., at Bldg. 645. Open to FCC providers, their enrolled children and families. Children will learn fire safety and visit with firefighters. A fire truck will be on-site.
- (2) **FCC Provider Appreciation Day:** May 15, 6-8 p.m., at Kalakaua Community Center. A special event to show our appreciation to our FCC providers. Open to FCC providers.

c. CYS Services, Corinne Burns, Youth Administrator, (808) 656-0127

- (1) **Summer Camp Sign-Up:** SB SAC, internal (currently enrolled children). Sign-ups for Summer Camp are through April 18. External sign-ups for Summer Camp are from April 21-30. Internal returns for next school year starts April 30.
- (2) **SB School Age Center (SAC) Celebrates the Month of the Military Child:** The following activities and events are for SB SAC children, youth and staff:
 - a. April 17, children, youth and staff can wear red in support of our troops. We will also collaborate with Child, Youth and School Services Youth Sports to conduct a basketball clinic with children and youth.
 - b. April 20, children, youth and staff can wear crazy or mismatched socks or blue in support of Child Abuse Prevention Month.
 - c. April 21, children, youth and staff can dress-up as their favorite superhero.
 - d. April 22, children, youth and staff can wear appropriate pajamas and watch Big Hero Six and enjoy popcorn.
 - e. April 23, children, youth and staff can dress up in their favorite sports team attire.
 - f. April 24, children, youth and staff can wear red in support of our troops. We will also be hosting in a color run on the soccer field for the children, youth and staff.
 - g. April 27, children, youth and staff can wear blue in support of Child Abuse Prevention Month, and we will also be hosting a "snack" with my Soldier, from 2:45-3:45 p.m.
 - h. April 28, children, youth and staff can dress up as twins.
 - i. April 29, children, youth and staff can dress in their favorite career professional attire.
 - j. April 30, children, youth and staff can wear red, white and blue. We will also host our annual SB SAC MOMC carnival from 3:30-5 p.m.
- (3) **Mother's Day Snack:** SB SAC, May 8, 2:45-3:45 p.m. SB SAC parents are invited to come eat snacks with their children here in the center.
- (4) **Summer Camp Registration:** May 11 at Parent Central Services. Parents of registered youth are invited to sign their youth up for a summer full of fun and exciting adventures.

- (5) **May Day Performance:** SB SAC, May 22, 4-5 p.m. Children and staff will put on a May Day performance for parents.
- (6) **Summer Camp:** SB SAC, summer overall themes follow:
 - a. Week 1, Minions!
 - b. Week 2, Journey to Atlantis
 - c. Week 3, The Amazing Race
 - d. Week 4, Wish Upon A Star

Schofield Youth Center

- (7) **Teen Choice Awards:** April 17, 6-8 p.m., Schofield Youth Center. Join us as we recognize the youth who help to make our center an awesome place to be. Refreshments will be provided.
- (8) **Around the World Lock-In:** April 24-25, Schofield Youth Center from 8 p.m.-7 a.m. Games, "Iron Chef," team building activities, arts, movie, sports, music and community issues fill the evening with fun activities till the morning hours. Refreshments and breakfast served. Register at Parent Central Services.
- (9) **Operation Megaphone! World-Wide Lock-In:** April 24, 7 p.m., to April 25, 7 a.m. Schofield Youth Center. An annual event designed to connect military youth across the world. Games, prizes, food and fun. Open to all CYS Services registered youth.
- (10) **May Day/Lei Day Luau:** May 1, 6- 9 p.m., Schofield Youth Center. Come enjoy an evening of fun, food and entertainment as we pay tribute to Polynesian & Asian-Pacific Islander culture. Open to all CYS Services registered youth and their families.
- (11) **Summer Camp Registration:** May 11 at Parent Central Services. Parents of registered youth are invited to sign their youth up for a summer full of fun and exciting adventures.
- (12) **Summer Camp:** SB Youth Center. Camp begins June 8, at 9 a.m.-4 p.m. and runs until July 31. Parents can select from a variety of weeklong excursions. Prices vary by total family income/category. Open recreation will be available, daily, from 1-6 p.m., at no charge for registered CYS Services Youth.

FS School Age Center (SAC)

- (13) **June 5:** Waterplay at FS SAC 10 a.m.-2 p.m.
- (14) **Summer Camp, FS SAC,** summer overall themes follow:
 - a. Week 1, Minions!
 - b. Week 2, Journey to Atlantis
 - c. Week 3, Amazing Race
 - d. Week 4, Wish Upon a Star

FS Youth Center

- (1) **Summer Camp, FS Youth Center,** summer overall themes are:
 - a. Week 1, Minions!
 - b. Week 2, Journey to Atlantis
 - c. Week 3, Amazing Race

d. Week 4, Wish Upon a Star

AMR School Age Center (SAC)

- (2) **AMR SAC Celebrates the Month of the Military Child:** The following activities and events are for AMR SAC children, youth and staff:
- a. **Family Field Day:** AMR SAC, April 17, 3:30-6 p.m. The center will set up a Family Field Day when parents can come out and participate in different field activities with their children. We will have games like potato sack race, three-legged race, and tug of war. We will end the activities with a cool snack for families.
 - b. **Scrabble Tournament:** AMR SAC, April 20-24, 3:30-5:30 p.m. Grade levels will compete to see who the smartest scrabble player in the center. The competition will last a week.
 - c. **Aliamanu SAC Showcase:** April 24, AMR SAC, 6-7 p.m. The showcase will be open for the community to get an inside look at our program. Activities will be set up in all areas, so parents can get a better look at the different activities. In addition, we will provide light refreshments and door prizes.
 - d. **Book Fair:** AMR SAC, April 27-30, 2:30-5:45 p.m. The center will host a Scholastics Book Fair for two weeks long. Families and patrons will have an opportunity to buy books for their homes.
 - e. **Little Buddy Readers:** AMR SAC, April 29, 3:30-5 p.m. Club will be collaborating with AMR CDC and reading to preschoolers.
 - f. **Family Picnic:** AMR SAC, April 30, 3-5 p.m. To close out Month of the Military Child, the center will be hosting a family picnic. All will sit outside and enjoy food and drinks from the center.
- (3) **4-H Photography Club:** May 11-15, AMR SAC, 3:30-4:30 p.m. Photography Club will be displaying a selection of prints.

AMR Youth Center

- (4) **Pacific Teen Panel:** Pacific Teen Panel (PTP) is looking for interested teens who want to serve on the PTP for the AMR/TAMC/FS communities. Must be registered with CYS Services, in the 9th-11th grade and participate in youth activities. PTP participants are advocates for their peers, participating in monthly teleconference calls or video teleconference with other youth in the Pacific. For more info, call the AMR Youth Center at (808) 833-0920 or FS Middle School and Teen Program at (808) 438-6470.
- (5) **Teen Dance Social:** April 17, 7-9:30 p.m., AMR Youth Center. Open to community teens grades 7th-12th. Cost is \$4 for CYSS members and \$5 for non-CYSS members. Refreshments are available. Contests and prize giveaways.
- (6) **Basketball Clinic:** April 18, 1-4 p.m. at AMR Youth Center Gym. All youth and teens grades 7th-12th basketball levels encouraged to participate. Basic fundamentals of dribbling, passing and shooting conducted by staff and youth and teen organized basketball players. A game of basketball follows after the clinic. Nutritious bars and refreshments are available.
- (7) **Summer Camp Registration:** May 1, AMR Youth Center, Parent Central Services. Registration is throughout May till June 5. Camp runs from June 8-July 24, Mondays-Fridays. Fee based on total family income. Snack and lunch are available to participants. For more info, call AMR Parent Central Services at (808) 833-0920. Registration forms and field trip permission forms are required for the youth to attend camp from 9-4 p.m. The themes for the Summer Camp follow.
- (8) **Summer Camp, AMR Youth Center,** summer overall themes follow:

- a. Week 1, Minions!
 - b. Week 2, Journey to Atlantis
 - c. Week 3, The Amazing Race
 - d. Week 4, Wish Upon A Star
- (9) **Family Picnic Day:** May 9, 12-3 p.m., AMR Youth Center. Parents, teens and family members will have a picnic social celebrating Cinco de Mayo with songs and dance.
- (10) **Hail and Farewell Social:** May 15, 7-9:30 p.m., AMR Youth Center. Honoring the seniors and 8th graders' graduation. Also recognizing newcomers and teens soon to be leaving Hawaii. Refreshments available. Call the AMR Youth Center at (808) 833-0920 to be recognized.
- (11) **Bake a Bone Community Service Project:** May 16, 12-3 p.m., AMR Youth Center. The 4H Cooking Club members and interested teens prepare, bake and deliver dog biscuit treats for the Hawaiian Humane Society. Members will also tour the facility and the Society will also provide information on pet adoption.
- (12) **Youth Leadership Forum:** June 13-18, 6 p.m., Hale Koa Hotel, Waikiki. Youth Leadership Forum Pacific teen delegates will arrive for the YLF event. The forum will cover issues identification, service learning project, technology component, team-building exercises, cultural and leisure activities. YLF teen out brief will held June 18.
- (13) **PSAG Meeting:** June 3, AMR Youth Center, 6:30 p.m. Summer camp and program info discussed at the parent meeting.

HMR School Age Center (SAC)

- (14) **Crazy Hat Day:** April 21, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear different kinds of hats throughout the day.
- (15) **Patriotic Colors Day:** April 22, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear patriotic colors to honor our country.
- (16) **Aloha Day:** April 23, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear aloha prints to celebrate the island and culture where we are living.
- (17) **Roaring 20s Dance:** April 24, Bldg. 25, 4-5:30 p.m.
- (18) **Plant a Garden:** April 28, HMR SAC, 4-5 p.m.
- (19) **Science Day:** April 29, HMR SAC, 4-5 p.m.
- (20) **Staff Appreciation Day:** April 30, HMR SAC. Parents show their appreciation to staff.
- (21) **Summer Camp:** HMR SAC. Summer overall themes follow:
- a. Week 1, Minions!
 - b. Week 2, Journey to Atlantis
 - c. Week 3, The Amazing Race
 - d. Week 4, Wish Upon A Star
- d. **Youth Sports and Fitness, Brendyn Agbayani, (808) 655-6465**
www.himwr.com/youth-sports

- (1) **Youth Sports is Looking for Volunteer Coaches & Referees:** If you would like to serve as a positive role model for our youth participating in our Youth Sports program, please contact your nearest Youth Sports Office today at (808) 836-1923 for AMR/FS and (808) 655-6465 for SB.
- (2) **Youth Sports Wrestling:** Season is underway. Wrestling season will run until June. Practices will be held Wednesday from 6-7 p.m. and Friday, 5-7 p.m., at AMR small gym. SB Bennett Gym on Tuesdays & Thursdays from 5-7 p.m. If wrestlers would like to practice more than twice a week, they can attend both AMR and SB practices. If you have any further questions, please call AMR/FS at (808) 836-1923 or SB (808) 655-6465.
- (3) **Youth Sports Home School P.E.:** Youth Sports provides a setting where home-school youth can enjoy playing various sports and learning about healthier nutrition options. Each program is age appropriate and comes from approved curriculums: Boys and Girls Club or America, 4-H, President's Challenge, and National Alliance for Youth Sports. Come out and make new friends. Please register at the Parent Central Services of your respective site or call AMR/FS, (808) 836-1923 and SB at (808) 655-6465 for more details. *Cost is free.
- (4) **Youth Sports Soccer Registration:** Youth born 1999-2010. The cost is \$55. Registration is through April 30. Soccer season runs from July 25-Sept. 19. Sign your youth up today for a great experience. Call AMR/FS at (808) 836-1923 or SB at (808) 655-6465 with any questions.
- (5) **Youth Sports Track & Field:** Season is underway. Practices began the 1st week in April. Practices for AMR/FS are Tuesdays & Thursdays, 5-6:30 p.m., at Tripler's Track. SB Wednesdays & Fridays, 5-6:30 p.m. Track meets are held every Saturday starting in May at Stoneman Field. Call AMR/FS at (808) 836-1923 or SB at (808) 655-6465 with any questions.
- (6) **Youth Sports Mini Soccer:** Mini Soccer sessions are underway. Mini Soccer will start on April 23. Mini soccer is an eight-week program that meets every Thursday from 5-6 p.m. Youth and their parents will learn and build on the basic fundamentals of soccer. By the end of the eight-week sessions, youth will be able to play an actual soccer match.
- (7) **P.T. in the Gym:** Youth Sports for the Month of the Military Child will be hosting its annual P.T. in the Gym at FS Physical Fitness Center, 665 Chamberlin Road, April 28. Please check in at the sign up table to register your child at 6:15 a.m. They will receive a free T-shirt for participating. From 6:30 -7:30 a.m., participants will be going through different Zumba stations. Youth and their parents will enjoy various fitness stations. Once P.T. in the Gym has concluded, all participants will be receiving a free breakfast from 7:30-8:30 a.m. Special appearances will be made by Mickey & Minnie Mouse, Elmo, Elsa, Olaf, Dora the Explore and many more. Youth Sports welcomes all kids from the community; however, the PT stations are age appropriated for kids 5-18 years of age.
- (8) **Youth Sports Armed Forces Run:** May 16 is Armed Forces Day. In celebration, Youth Sports is hosting its first Armed Forces Day Run at Stoneman Stadium, located off Leilehua Avenue, SB. At 8 a.m., please check-in at the sign-in table. The first 300 participants to sign-in will receive a free T-shirt. Run will have a ½ mile run for youth ages 5-6, starting at 9 a.m.; a 1 mile run for youth ages 7-8, starting at 9:30 a.m.; a 2 mile run for youth ages 9-13 years, starting at 10 a.m. Youth Sports highly encourages parents and youth to run the events together. While the events are taking place, there will be various activities (mini golf, potato sack races, ring toss and many more) until 12 p.m. This event is free to the community. Please ensure to bring chairs or picnic blankets for seating.
- (9) **Youth Sports Mini Flag Football:** For youth born in the years 2010-2011. Registration is June 1-30. The season runs from July 23-Sept. 10. This is a parent and youth participation program. This program meets once a week, Thursdays from 5-6 p.m. Cost is \$20. Youth and parent receive a T-shirt. Youth receive a football. Come out and love to learn a new sport.

- (10) **Youth Sports Mini Olympic Day:** June 23 at 9:30 a.m. Youth Sports will be hosting our Mini Olympic Day at AMR baseball fields and SB Bennett Youth Center. Youth Sports will host various activities, such as indoor basketball, outdoor obstacle course, relay races, egg and spoon races, discus throwing using Frisbees, badminton and volleyball. Youth will be awarded with medals and the winning center will receive a trophy.

e. **Parent & Outreach Services, Synthia McNamara, (808) 655-4090**

www.himwr.com/parent-central-services

- (1) **Parents Night Out:** 6-11p.m., South, on May 9 and June 6, AMR CDC (Bldg. 1783), and AMR SAC (Bldg. 1782). Also, North, April 18, May 23 and June 20, at Bowen CDC (Bldg. 1279) and Schofield SAC (Bldg. 1280). CYS Services continues to offer a Parents' Night Out to families in our military community. Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office at AMR, (808) 833-5393, or SB, (808) 655-5314. To enroll in Parents' Night Out, children must be registered with CYS Services no later than Wednesday at noon prior to the event. Reservations may be taken as early as the Monday after the previous event.
- (2) **Month of the Military Child Parent & Child Ball:** "Once Upon a Dream" Disney Prince/Princess theme event. April 25, 5:30-9 p.m. at the Nehelani. Ticket sales through April 17 at Parent Central Services, CYS Services School Age Programs, Nehelani and Hale Ikena.
- (3) **CYS Services Quarterly Family Advisory Board Meetings:** June 10, 4:45-5:45 p.m. At Schofield School Age Center; also June 11, 4:45-5:45 p.m. at Aliamanu School Age Center.
- (4) **Parent Education Opportunity:** June 10 (6-12 years/School Age Topic), 4-4:45 p.m. at Schofield School Age Center; also June 11, 4-4:45 p.m. at Aliamanu School Age Center.
- (5) **MilitaryChildCare.com (MCC):** MCC is an online portal where military/DOD families will be able to search for and request care and create a profile where they can manage all their requests. A transition training team will be conducting a site visit to help train P&OS staff and assist with the transition to MCC.

f. **SKIES Unlimited Program, Kristine Tabbal, director, (808) 655-9818** www.himwr.com/skies

- (1) **School of Knowledge, Inspiration, Exploration and Skills (SKIES):** To enroll in any SKIES Unlimited class, your child/youth must be a registered member of CYS Services. Once registration has been completed, your child is eligible to enroll in SKIES. This can be accomplished at either the SB or AMR Parent Central Services (PCS) Offices. Visit www.himwr.com/skies for class schedule.
- (2) **Babysitting and CPR Classes for Teens:** Is your 12-18 year old interested in babysitting? SKIES *Unlimited* offers a free baby-sitting and CPR/First Aid course monthly. After class completion, 13 years and over students will be added to our super-sitter referral list. Participants must be registered with CYS Services. The next sessions are listed below; sign up at Schofield Bennett YC, today. For more information, please call (808) 655-9818.
 - a) April 22 or May 20 & 27, 4-7 p.m. is CPR/First Aid at Schofield Youth Center.
- (3) **SKIES Unlimited Tumbling:** This program is skill based on progression in a safe and fun environment. It's working on developing youth's skills physically and socially for 18 months to 18 years.
- (4) **SKIES Unlimited Modern Dance:** Encourages dancers to use their emotions and moods to design their own steps and routines. It's not unusual for dancers to invent new steps for their routines, instead of following a structured code of technique for 4-18 years.

- (5) **SKIES *Unlimited Babies in Motion***: A parent-assisted class where babies can better develop essential gross motor skills through movement activities, creative play and visual and auditory stimulation for 6-23 months.
- (6) **SKIES *Unlimited Rhythm & Motion***: This pre-dance class introduces toddlers to the world of dance through movement, music and structured activities that enhance both gross and fine motor skills for 2 years.
- (7) **SKIES *Unlimited Beginner Ballet/Tap Combo***: An introduction to the basic fundamentals of ballet and tap dance. Primary ballet terms and positions are presented and reinforced each week in a fun yet structured setting for 3-5 years.
- (8) **SKIES *Unlimited Beginner Ballet/Tap Combo***: An introduction to the basic fundamentals of ballet and tap dance, along with a bit of jazz technique when time allows, for 6-9 years.
- (9) **SKIES *Unlimited Intermediate Ballet/Tap Combo***: A continuation of concepts presented at the beginner level. Essential ballet positions and movements are reinforced and refined for 6-10 years.
- (10) **SKIES *Unlimited Ballet/Tap Combo***: Basic fundamentals of ballet and tap dance, along with a bit of jazz technique when time allows, are covered in this class for 11-18 years.
- (11) **SKIES *Unlimited Hip Hop***: An explosive, funky dance style that combines memory, coordination, rhythm and lots of energy. The class will incorporate strength building and flexibility into floor progressions and fun choreography combinations for these age groups: 5-7 years old, 8-10 years old, and 11-18 years.
- (12) **SKIES *Unlimited Social Ballroom/ Performance Ballroom***: An introduction to American ballroom and Latin dance styles. The class will cover the basic principles of waltz, swing, cha-cha, tango and more for 10-18 years.
- (13) **SKIES *Unlimited Yoga Dance***: Designed for children to promote physical and mental flexibility and strength through dance and play for 3-18 years.
- (14) **SKIES *Unlimited The Art of Middle Eastern Dance***: Students learn the basic elements and combinations, emphasizing the isolation of the hips, stomach and chest for 5-18 years.
- (15) **SKIES *Unlimited Hula***: Hawaii dance and culture where students will learn a little about the language and instruments for 3-18 years.
- (16) **SKIES *Unlimited Hawaiian Cultures***: Program will focus on Hawaiian culture, language and crafts for 7-18 years old.
- (17) **SKIES *Unlimited Tumbling***: Skills based on progression through strength, flexibility and conditioning for 4-18 years.
- (18) **SKIES *Unlimited Theatre 1***: Basic acting skills and terminology, including, but not limited to, improvisation, pantomime, monologues and scenes. During a show, this serves as the rehearsal time for the younger ensemble and featured roles for ages 6-9 years.
- (19) **SKIES *Unlimited Theatre 2***: Beginner-Advanced acting skills and terminology, at the individual's pace, including, but not limited to, improvisation, pantomime, monologues and scenes. During a show, this serves as the rehearsal time for the older principal roles and older ensemble and featured roles for ages 10-18 years.

- (20) **SKIES *Unlimited* Vocal/Music Technique:** Voice lessons for 6-18 years.
- (21) **SKIES *Unlimited* Mini Mozart:** Parent-assisted keyboard class for 3.5-6 years.
- (22) **SKIES *Unlimited* Keyboard:** Is a great alternative to traditional piano methods that assume every student wants to be a classical pianist. Students learn note reading, chord theory and improvisation while playing music ranging from Bach to Rock. Intro to Keyboard utilizes the latest multimedia technology to create a new learning experience for piano students that teaches basic piano skills, music theory and makes playing fun. Students will not only learn how to read music, but also how to create their own original compositions for 7-18 years.
- (23) **SKIES *Unlimited* Guitar:** Introduces students to basic rhythm and strumming patterns. Students will also learn basic reading of tablature and rhythm notation, as well as beginning chord theory for 7-18 years old.
- (24) **SKIES *Unlimited* Drums:** Beginning drum students will start with concepts that include how to hold sticks, keeping tempo, counting beats, understanding rhythm patterns, snare drum rudiments, and hi-hat and cymbal techniques. Students are also introduced to important musical concepts that will prepare them for their roles "the drummer" in a band for 7-18 years.
- (25) **SKIES *Unlimited* Rock School:** Rock School was created with the understanding that, for students to have the most enjoyable and rewarding musical experience, they must do more than just take lessons and practice. At Rock School, we have made performing live in your own rock band a reality for 7-18 years.
- (26) **SKIES *Unlimited* Spanish:** The foundation of each class includes activities that students complete in order to experience new vocabulary and grammar through movement, basic conversation, art, and cultural lessons for 18 months to 18 years.
- a) **Summer Spanish Session:** May 1- July 24, 7-18 year olds, 5:45-6:45 p.m., \$165 at the Schofield SKIES classroom.
- (27) **SKIES *Unlimited* Korean:** The foundation of each class includes activities that students complete in order to experience new vocabulary and grammar through movement, basic conversation, art and cultural lessons for 18 months to 18 years.
- (28) **SKIES *Unlimited* Drivers Ed. 101:** The program consists of 30 hours of classroom instruction and six hours of behind-the-wheel driving instruction with a state certified instructor for 15-18 years.
- a) June 2-July 9, Tuesday & Thursday is Crestview Community Park.
- (29) **SKIES *Unlimited* Kenpo Karate:** Is an ancient Okinawan art of self- defense in which bare hands, arms and feet are used as weapons. The term "Karate," when translated, means empty hands for 5-18 years.
- (30) **SKIES *Unlimited* Taekwondo:** The national sport of Korea. Students will build confidence, alertness, discipline and maturity, as well as physical fitness and the ability to defend themselves, if necessary. Students here will develop a deep sense of respect for themselves and others, for 6-18 years.
- (31) **SKIES *Unlimited* Lil Ninjas:** Basic foundations to martial arts. Students achieve coordination, motor skills, increased concentration and social skills for 3-5 years.

- (32) **SKIES Unlimited Arts:** Explore and express the beauties of the natural world through painting, mosaics, beading, sculpture, clay and collage for 3-12 years.
- (33) **SKIES Unlimited Sewing:** Learn about the most commonly used stitches and adjustments, seams and more, to create various projects, for 9-18 years.
- (34) **SKIES Unlimited Photo day:** April 19, from 11-6:30pm fro Hula, Dance, Lil Ninjas and Taekwondo programs at the SB SKIES Studio
- (35) **SKIES Unlimited Tech Rehearsal Day:** April 26, from 1-6 p.m. at the KROC Center Hawaii. Rehearsal for Dance and Hula for the Spring Recital
- (36) **SKIES Unlimited Tech Rehearsal Day:** May 1, from 3-8 p.m., at the KROC Center Hawaii. Rehearsal for “Willy Wonka Kids” for the Spring Recital.
- (37) **SKIES Unlimited Show Day:** May 2, from 10 a.m.-6:30 p.m., at the KROC Center Hawaii.

4. **School Liaison Office, Wendy Nakasone, School Support Services, Director, (808) 655-8326**
www.himwr.com/hawaiischools

- (1) **CYS Services School Liaison Office Open at AMR:** Office hours are Tuesdays and Fridays from 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the SKIES studio.
- (2) **Joint Venture Education Forum (JVEF) Strategy Group Meeting:** May 14, 9-10:30 a.m. at AMR Community Center.
- (3) **Interstate Compact on Educational Opportunities for Military Children Hawaii State Council Meeting:** May 19, 9-10 a.m. at the State Capitol.
- (4) **Memorial Day:** May 25. Schools closed.
- (5) **Joint Venture Education Forum (JVEF) Board Meeting:** June 10, 9-10 a.m. at AMR Community Center.
- (6) **Big Brother Big Sister Military Mentoring Program Registration:** Youth of active duty military personnel are encouraged to participate in Big Brother Big Sister Military Mentoring Program. Military youth can be matched with a military or civilian adult that can serve as a mentor for them to assist in their personal development emotionally, mentally and physically. Ages 9-17 years.

5. **Community Recreation Division, Ronald Locklar, (808) 656-0087**
www.himwr.com/recreation-and-leisure and www.himwr.com/sport-a-fitness-new

a. **Special Events, Aubrey Kiemnec, (808) 655-0110**

www.himwr.com/special-events/special-events-office

Address: 919 Humphreys Road, Bldg. 572, Rm. 211, Schofield Barracks

- (1) **Fourth of July Fundraising Information Meeting:** April 28 at 9 a.m., Arts & Crafts, Bldg. 572. Informational meeting for FRGs and units regarding fundraising opportunities at Fourth of July, on Saturday, July 4, from 10 a.m.-9 p.m., at Weyand Field, SB.
- (2) **Fourth of July Fundraising Lottery:** May 5 at 9 a.m., Arts & Crafts Bldg. 572. FRGs and units present will be entered into a lottery for fundraising opportunities at the Fourth of July Spectacular. Organizations must have their fundraising request form emailed to usarmy.wheeler.imcom

pacific.mbx.fundraising@mail.mil by May 4 to be eligible. For more information, please call (808) 655-0111.

- (3) **Garrison Organization Celebration:** May 22 from 9 a.m.-4:30 p.m. at Stoneman Complex. USAG-HI is holding its annual garrison picnic for employees. All Family and MWR facilities will be closed, to include child care facilities. Please plan accordingly.
- (4) **Fourth of July Picnic Sites:** Go on sale June 1 at 9 a.m., Arts & Crafts Bldg. 572. Picnic sites are the only areas on the field during the Fourth of July Spectacular when barbecuing is allowed and canopies can stay up throughout the day. Sites are 20'x25' in size and cost \$95. For more information, please call (808) 655-0111.
- (5) **Movies on the Lawn:** June 6 at 7:30 p.m. on Weyand Field. Bring your blanket, lawn chairs and snacks and enjoy a free movie! Movie title TBD.

b. Tropics Recreation Center, Melania Silva, (808) 655-5698

www.himwr.com/recreation-and-leisure/tropics/tropics

Address: 1470 Foote St., Bldg. 589, Schofield Barracks, HI 96857-5019

Must be 18 and above.

- (1) **Tropics Kitchen Closed for Renovation:** Limited menu. The Tropics kitchen is closed for renovation. The Tropics Ono Snack Bar will be open with a limited menu serving beverages and snacks only. The grand reopening of the Tropics Snack Bar is scheduled for April. Please check back for an updated renovation status. With this renovation, customers will get a brand new full bar, a redesigned bar layout, additional TV screens behind the bar, upgraded beverage and food menus, and a nice, new play to relax after work. Thank you for your patience while we upgrade this facility. For more information, call (808) 655-5698.
- (2) **Texas Hold 'Em:** Every Thursday at 6 p.m., Tropics Recreation Center. No buy in; just bring your best poker face. Sign in at 5:30 p.m. Finale is the last Thursday of the month with prizes waiting for 1st, 2nd and 3rd place.
- (3) **April Fools' 8 Ball Pool Tournaments:** April 17 and finale 24th. Sign in at 9:30 p.m.; 1st place prize is \$50 gift card.
- (4) **Call of Duty X-box Challenge:** April 19 and finale 26th at 3-6 p.m. Sign in at 5:30 p.m.; 1st place prize is \$25.
- (5) **Dodge Ball Challenge:** April 19 and championship 26th at 4-6:30 p.m.; 1st place trophy. For more information, call (808) 655-4077.
- (6) **Call of Duty PlayStation Challenge:** April 20 and finale 27th at 6-9 p.m. Sign in 5:30 p.m.; 1st place prize is \$25 gift card.
- (7) **4 on 4 Sand Volleyball Tournament:** April 18 and championship April 25 at 6-9 p.m. For more information, call (808) 655-4077.
- (8) **Latin Late Night Weekend:** Partner with BOSS, April 24 and 25; begins at 7 p.m. Enjoy a fun-filled night with Latin music and dancing.
- (9) **May 8 Ball Pool Tournament:** Every Friday in May from 9 p.m. to midnight. Sign in starts at 8 p.m. Finale is on May 29th with a 1st place prize of \$50 gift card.

- (10) **So You Think You can Rap:** Show your rapping skills and measure up against your peers. Winner will be decided by the audience. Come and show your skills May 9th from 7-10 p.m.
- (11) **Tropics Movie Night:** Come and enjoy a movie with your friends at Tropics on May 23rd from 7-9 p.m. Movie will be played on the big screen; popcorn and food from BOSS and drinks from the Ono Bar are available all night.
- (12) **Ping Pong Tournament:** Every Monday in June from 6 p.m.-8:30 p.m. Sign-in at 5:30 p.m.; 1st place prize \$15 gift card.
- (13) **June 8 Ball Pool Tournament:** Every Sunday in June from 11 a.m.-4 p.m. Sign-in at 11 a.m.; 1st place prize is \$50 gift card.
- (14) **Ladies 8 Ball Pool Tournament:** Every Friday night in June from 6- 9:30 p.m. Sign-in at 5:30 p.m.; 1st place prize is \$50 gift card.
- (15) **Late Night Live DJ Music:** June 5 & 6, R&B hip-hop. June 12 & 13, pop rock. June 19 & 20, Latin. June 26, country. Time is 7:30-11:30 p.m.
- (16) **Toga Party:** June 27, 7:30-11:30 p.m. Free admission. Male and females attendees are expected to wear a toga, or a semblance thereof, normally made from bed sheets and sandals.
- (17) **Grill Your Way Into Summer:** Every Sunday in July from 5-8 p.m. enjoy a delicious steak grilled to perfection by Tropics chief. Also, evening of sand volleyball, limbo, water balloon toss, corn hole toss and much more. For more information, call (808) 655-5698
- (18) **Magic “The Gathering”:** Every Wednesday in July from 6-9:30 p.m. Magic “The Gathering” is a trading card game that combines strategy and fantasy. Start trading every Wednesday, Tropics main floor.
- (19) **Hot Country Night Cowboys vs. Indians:** July 3 from 7:30-11:30 p.m. Free admission. Enjoy an evening of bull riding, lasso contest, hog calling, Pin the Tail on the Donkey and lots of line dancing. Male and females attendees are expected to wear cowboy boots, hats or Native American Indian attire. Call for more information at (808) 655-5698.

c. Intramural Sports, Richard Kam, Army Hawaii Sports Director, (808) 655-0101

Sports Office: 730 Leilehua Ave., Bldg. 645, Schofield Barracks

USAG-HI Athletic & Intramural Sports: (808) 655-0856

Schofield Barracks/WAAF Intramurals: (808) 655-9650

FS/TAMC Intramurals: (808) 655-9914

www.himwr.com/sports

- (1) **Army STRONG BANDS Co-Ed Kickball Tournament:** April 20-May 1 at TAMC Field, 6-9 p.m., each day of the week.
- (2) **2015 Army Hawaii Intramural Softball League:** May 11- Aug. 28 at Stoneman Athletic Complex Softball Fields at SB and Takata Field, FS, 6-9 p.m. each day of the week.
- (3) **2015 Co-Ed Softball Tournament:** Starts June 15-19 at Stoneman Athletic Complex Softball Fields at SB, 6-9 p.m., each day of the week.
- (4) **2015 Army Hawaii Intramural Volleyball Program:** Starts June 15-19 at Martinez PFC, 6-9 p.m. and/or FS PFC, 6-8 p.m., each day of the week.

d. Fitness

SB Health & Fitness Center, 1554 Trimble Road, Bldg. 582, SB; (808) 655-8007

FS Physical Fitness Center, 170 Chapple Road, Bldg. 665, FS; (808) 438-1152

TAMC Physical Fitness Center, 921 Krukowski Road, Bldg. 300, TAMC; (808) 433-6443

Martinez Physical Fitness Center, 1476 Kolekole Ave, Bldg. 488, SB; (808) 655-4804

AMR Physical Fitness Center, 176 Kauhini Road, Bldg. 1780, AMR; (808) 836-0338

HMR Physical Fitness Center, 441 Kuapale Road, Bldg. 25, HMR; (808) 653-0719

www.himwr.com/fitness-centers

- (1) **Personal Training:** By appointment only, Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (2) **Unit PT:** By appointment only at Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (3) **R.I.P.P.E.D.:** Mondays and Fridays, 8:30-9:30 a.m.; Wednesdays, 9:45-10:45 a.m. at Health & Fitness Center. Cost is \$4. This full-body workout combines the best of both worlds. You'll switch back and forth from weight training sets and cardio intervals.
- (4) **Cycle:** Mondays, from 11:45 a.m.-12:15 p.m. and 5:30-6:20 p.m.; Tuesdays, from 8:30-9:30 a.m.; Wednesdays, from 5:30-6:20 p.m.; Thursdays, from 8:30-9:30 a.m. and 5:30-6:20 p.m.; Saturdays, from 10:15-11:15 a.m., Health & Fitness Center. Cost is \$4. Work on your endurance with this low-impact cardio class. Your heart rate will be high as you ride up hills, sprint on straights and peddle to the music.
- (5) **Zumba:** Monday-Thursday, from 6:20-7:20 p.m., indoors; Saturdays, from 9-10 a.m., indoors; Thursday, from 9-10 a.m., outside at tennis courts, Health & Fitness Center. Cost is \$4. Dance your way to fitness in this fun and effective Zumba class. The class will maximize your time and energy by burning hundreds of calories in just one hour
- (6) **Boot Camp:** Health & Fitness Center, Tuesdays, from 5:30-6:20 p.m. Cost is \$4. Pump up your muscles in this boot camp class where you will use a variety of equipment to tone and build your muscle mass. Low/medium weight and high reps create a very effective routine.
- (7) **Cardio Kickboxing:** Health & Fitness Center, Wednesdays, from 8:30-9:30 a.m. Cost is \$4. Kick and punch your way to fitness in this non-contact, yet high-intensity class.
- (8) **Yoga:** Health & Fitness Center, Saturdays, from 8-9 a.m. Cost is \$4. Work on your balance and flexibility while you find your happy zen place in this yoga class. The class is open to all levels.
- (9) **Bring Your Offspring to Boot Camp:** SB on Ralston Field, Tuesdays, Thursdays, from 8:30-9:30 p.m. Cost is \$60 for six weeks or \$7 per drop-in class. The boot camp consists of full-body resistance training and a few cardio intervals to maximize your calorie burn.
- (10) **Zumbini:** Health & Fitness Center, Thursdays, from 11-11:45 a.m. Cost is \$145 for 10 weeks or \$15 for drop-in. Teach your little one to SOAR. This Zumba-inspired music class is offered in a 10-week session package. The class is limited to 10 children and comes with a music book and two CDs. During each 45-minute weekly class your child (ages 0-3) will participate in music and movement. Props are used to enhance the experience. This class is on a reservation basis, so please call ahead to reserve your spot at (808) 381-5944.
- (11) **Shimmy Drillz:** Health & Fitness Center, Saturdays, from 11:30-12:30. Cost is \$28 for four classes or \$8 per class. This belly dance inspired class will tone your midsection using fun choreography. Learn the basics while incorporating your own flare.

- (12) **Strong B.A.N.D.S Color Run:** HMR Fitness Center parking lot, May 30, beginning at 8 a.m. Join us for our first ever paint race, which will take you 4 miles through paint showers and cheering fans. Registration through May 27 at all MWR Fitness Centers. Cost is \$29 (includes a T-shirt and goody bag; must register by April 30) or \$19 (no T-shirt, but eligible for door prizes). Children not in a stroller must pay the registration fee to participate. Open to all DOD ID Cardholders. Registration is non-refundable. Animals are not allowed. For more information, please call (808) 655-8007.
- (13) **3-On-3 Basketball Double Elimination Tournament:** FS PFC. May 9 beginning at 9 a.m. Costs \$50 per team; max of 4 players on a roster. Open to eligible Army PFC patrons ages 18 & older. Applications and entry fee must be received at FS PFC by 6 p.m., May 8. POC is Patti Ishiki, (808) 438-1152.
- (14) **Strong B.O.N.D.S. 3 Point Shot Contest:** AMR PFC. May 18, 6 p.m. Please call (808) 836-0338 for more information.
- (15) **Strong B.A.N.D.S. Hot Shots Basketball Shootout Competition:** FS PFC. May 28, 6 p.m. Free competition. Open to eligible Army PFC patrons ages 18 & over. Meet at FS PFC gym at 6 p.m. to sign in. POC is Gaylyn Hoshide, (808) 438-1152.
- (16) **5 on 5 Summer Basketball Hoopla League:** FS PFC. Days TBA, June 23-Aug. 7. Regular season and playoffs. Costs \$200 per team; max of 12 players on a roster. Open to all eligible Army PFC patrons ages 18 & over. Team registration fee must be received at FS PFC by 4 p.m., June 19. POC is Patti Ishiki, (808) 438-1152
- (17) **Daily Body Fat Percentage and Blood Pressure Assessment:** TAMC PFC. Please call (808) 433-6443 for more information.
- (18) **100-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (19) **250-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (20) **500-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (21) **Strong B.A.N.D.S. Push Your Limits Push Up Contest:** Is 6 a.m.-6 p.m., May 21, TAMC PFC. No charge. For more information, please call (808) 433-6443.
- (22) **Strict Pull Up Contest:** Is 6 a.m.-6 p.m., June 17, TAMC PFC. Fee is \$3. For more information, please call (808) 433-6443.
- (23) **Professional Therapeutic Massage:** By appointment only, AMR PFC. Therapeutic and clinical licensed massage therapist Suzanne Remington, with over 16 years experience, is taking appointments. Cost for ½ hour is \$30; one hour is \$50; 1½ hour is \$80; two hours is \$110. For packages, buy four (one-hour massages); get one free. Buy four (1½ hour massages); get one free. To schedule an appointment, call (808) 341-6906 or online at www.deepmyomassage.com.
- (24) **Run/Walk 100-Mile Club:** HMR PFC. Recreation assistant will annotate the date and distance that each participant completes each day on a log/journal. For more information, please call (808) 653-0719.
- (25) **100,000 Steps:** HMR PFC. Keep track of how many steps you take when you utilize our facility. For more information, please call (808) 653-0719.

- (26) **Strong B.A.N.D.S. Mini Duathlon:** HMR PFC. May 18-22 from 7 a.m.-6 p.m. Open to all eligible Army PFC patrons ages 18 & older. All participants must run 2 miles on a treadmill and bike another 4 miles right after. For more information, please call (808) 653-0719.
- (27) **Army Strong B.A.N.D.S. Vertical Jump Challenge:** May 6 from 6-8 a.m. Martinez PFC; free. For more information, please call (808) 655-4804.
- (28) **Army Strong B.A.N.D.S. Pull up Event:** May 13 from 6-8 a.m. Martinez PFC; free. For more information, please call (808) 655-4804.
- (29) **IM Basketball:** Martinez PFC. Season will continue as scheduled on Tuesdays, Wednesdays and Thursdays at Martinez PFC gymnasium

e. **Pools, Momi Smith, Aquatics Director**

Richardson Pool, Bldg. 578, Cadet Sheridan Road, Schofield Barracks; (808) 655-9698

TAMC Pool, 521 Krukowski Road, Bldg. 300, Tripler; (808) 433-5257

(TAMC Pool is **closed** for renovation until July 2016.)

AMR Pool, 176 Kauhini Road, Bldg. 1785, AMR; (808) 833-0255

HMR, Pool, 441 Kuapale Road, Bldg. 25, HMR; (808) 653-0716

www.himwr.com/aquatics

- (1) HMR Pool is closed for the winter season; pool will reopen May 23-Oct. 12.
- (2) **Mission Swim:** Mondays, Wednesdays, Thursdays & Fridays, 6-9 a.m., Richardson Pool. Must reserve pool areas at least two weeks in advance, in person, at the front desk.
- (3) **Adult Lap Swimming:** Daily, 11 a.m.-3 p.m., Richardson Pool.
- (4) **Community Swim:** Daily, 3-5 p.m., Richardson Pool.
- (5) **Open Swim:** Saturday and Sunday, 11 a.m.-5 p.m., Richardson Pool.
- (6) **Swim Lessons:** Richardson Pool. One-on-one swim lessons, \$80 for five, half-hour classes. All classes to be determined with an instructor upon registration and instructor availability.
- (7) **Semi-Private Learn to Swim Lessons:** At Richardson Pool. Two students to one instructor for \$120 for five half-hour classes.
- (8) **Mission Active Duty Soldier PT/Adult Swimming:** From 6-8:30 a.m., TAMC Pool.
- (9) **Water Therapy for Wounded Warriors:** From 7:30- 8:30 a.m., AMR Pool. Taught by the Physical Therapy Department, weekdays.
- (10) **Adult Lap Swim:** From 11 a.m.-1 p.m., Mondays, Tuesdays, Thursdays & Fridays, TAMC Pool.
- (11) **Community Swim:** From 1-5 p.m., Mondays, Tuesdays, Thursdays & Fridays, TAMC Pool.
- (12) **Private Swim Lessons:** At TAMC Pool. One-on-one swimming lessons for \$80 for five, half-hour classes. All classes will be determined with an instructor upon registration and instructor availability.
- (13) **Semi-Private Learn to Swim Lessons:** At TAMC Pool. Two students to one instructor for \$120 for five/30 min. classes
- (14) **SB Pool - Learn to Swim SB:** Session #3 class dates: May 11-22; no Tuesdays. Multiple class levels and times offered. Parent and tot (3 years old+), 11:30 a.m.-12 p.m.; Level One, 3-3:30 p.m.;

Level Two, 3:30-4 p.m.; Level Three, 4-4:45 p.m.; Levels Four and Five, 4-4:45 p.m.; Adults ages 15 and above, 4-4:45 p.m. *Registration is May 2 & 3, starting at 9 a.m.-12 p.m., each day until filled. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (mandatory).** Class cost is eight/30 min. classes for \$60; eight/45 min. classes for \$70.

- (15) **Learn to Swim at AMR Pool:** Session #2 April 17, 20, 21, 23 and 24. No Wednesdays. Multiple class levels and times offered. Level One, 3-3:30 p.m.; Level Two, 3:30-4 p.m.; Level Three, 4-4:45 p.m.; Levels Four and Five, 4-4:45p.m.; Adults ages 15 and above, 4-4:45 p.m. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (mandatory).** Class cost is eight/30 min. classes for \$60; eight/45 min. classes for \$70.
- (16) **Learn to Swim at AMR Pool:** Session #3 May 11, 12, 14, 5, 18, 19, 21 and 22. No Wednesdays. Multiple class levels and times offered. Registration dates at AMR Pool, May 7-9, from 9 a.m.-5 p.m. For Level One, 3-3:30 p.m.; Level Two, 3:30-4 p.m.; Level Three, 4-4:45 p.m.; Levels Four and Five, 4-4:45p.m.; Adults ages 15 and above, 4-4:45 p.m. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (mandatory).** Class cost is eight/30 min. classes for \$60; eight/45 min. classes for \$70.
- (17) **Water Aerobics Class:** SB pool and AMR pool from 11 a.m.-12 p.m. Call for times for SB pool at (808) 655-9698, or AMR pool at (808) 833-6550.
- (18) **Pool Parties Available:** Inquire within for reservations and pricing: SB pool, (808) 655-9698; AMR pool, (808) 833-6550; or HMR pool, (808) 653-0716.
- (19) **Lifeguard Training Classes:** SB Pool, class dates through April 24, from 6-9 p.m. Minimum age requirement is 15 years old. Call for enrollment to SB Pool, (808) 655-9698. Cost of \$200 fee will include books, supplies and certifications. Class will include lifeguarding, CPR for the professional rescuer, first aid, AED and oxygen administration certifications.
- (20) **Mission Lifeguard** course for active duty Soldiers. Call SB Pool (808) 655-1128 or (808) 655-9653 for more information. Class continues for prospective qualifiers through April 24, Monday through Friday, from 8 a.m.-12 noon. Must be a proficient swimmer.

f. **Sgt. Yano Library, Amy Nogami, (808) 655-8002**

www.himwr.com/recreation-and-leisure/libraries

- (1) **Preschool Story Times:** May 6, 20; June 24, at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **Teen Manga Club:** April 22; May 13, 27; 3-3:45 p.m. Bring your fan art, ideas for manga programs and suggestions for purchase. For ages 12-17.
- (3) **National Library Week Trivia Contest – Ends April 18.** Stop by the SB Sgt. Yano or FS libraries to participate in a trivia contest. Let's see how much you know about the libraries and their services. Each participant will receive a library book bag while supplies last.
- (4) **Free Comic Book Day: May 2, 11 a.m.-3 p.m.** Stop by the SB Sgt. Yano Library on May 2 and pick up a free comic book. One book per person, please, while supplies last.

- (5) **Bedtime Story Hour:** May 5, from 6:30-7:30 p.m. Celebrate Children's Book Week 2015 with a bedtime story hour. Come in your pajamas or dressed as a favorite character to hear old favorites and new stories.
- (6) **Signing Story Time:** May 19, from 6-7 p.m. We'll be reading more fun stories with a spring theme in English and American Sign Language (ASL). Join us for some signing fun and make a craft.
- (7) **Summer Reading Club, "Read to the Rhythm."** Free. For school-age children (6-12 years old); teens (12-18); and adults (18 and older). Read one book a week and receive a weekly reward (while supplies last). Registration and packet pick-up begins on June 8. Last day to claim rewards is July 18.
- (8) **"Read to Me" Program.** Free. For children who are not yet able to read on their own (through age 5). Children will be given a reading log at the beginning of the program. Parents, siblings or others read to the child at least 10 minutes a day. Each week the child will receive a reward for his or her accomplishments (while supplies last). Registration and packet pick-up begins on June 8. Last day to claim rewards is July 18.
- (9) **Magic by Kelvin Chun:** June 17, 3-3:45 p.m. We're kicking off the Summer Reading Program with Magic by Kelvin Chun. Recommended for ages 6 and up.
- (10) **Pre-School Story Time by Mermaid Harmony:** June 17, 10-10:45 a.m. Special story time guest, Mermaid Harmony, will be telling some entertaining tales.
- (11) **Imagination Station's "Sounds Like Science":** June 24, 3-3:45 p.m. Make waves and make some noise in this fun and funky show. Children will get tuned-in to learning the science of sound with exciting demonstrations and experiments. Recommended for ages 6 and up.

g. FS Library, Chris Kobayashi, (808) 438-9521
www.himwr.com/recreation-and-leisure/libraries

- (1) **Preschool Story Times:** April 21; May 5, 19; June 23, from 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **National Library Week Trivia Contest:** Ends April 18. Stop by the SB Sgt. Yano or FS Libraries to participate in a trivia contest. Let's see how much you know about the libraries and their services. Each participant will receive a library book bag while supplies last.
- (3) **Earth Day:** April 21, from 3:30-4:30 p.m. Join us on Earth Day and make an eco-friendly fish that does not need to be fed. This is a simple project and appropriate for all ages. This is a free program and will be available while supplies last.
- (4) **Stained Glass Craft:** May 6, from 3:30-4:30 p.m. Would you like to make something special for your mom for Mother's Day? How about making a pretty stained glass container that your mother can use as a candle holder or for potpourri? This is easy, but messy, so come dressed appropriately. All supplies will be provided while they last.
- (5) **Remember Spring:** May 20, from 3:30-4:30 p.m. Butterflies remind us of spring. And what better way to remember than by making a butterfly mobile. All supplies will be provided while they last.
- (6) **Summer Reading Club, "Read to the Rhythm."** Free. For school-age children (6-12 years old); teens (12-18); and adults (18 and older). Read one book a week and receive a weekly reward (while supplies last). Registration and packet pick-up begins on June 8. Last day to claim rewards is July 18.

- (7) **“Read to Me” Program.** Free. For children who are not yet able to read on their own (through age 5). Children will be given a reading log at the beginning of the program. Parents, siblings or others read to the child at least 10 minutes a day. Each week the child will receive a reward for his or her accomplishments (while supplies last). Registration and packet pick-up begin on June 8. Last day to claim rewards is July 18.
- (8) **Magic by Kelvin Chun:** June 16, 3-3:45 p.m. We’re kicking off the Summer Reading Program with Magic by Kelvin Chun. Recommended for ages 6 and up.
- (9) **Pre-School Story Time by Mermaid Harmony:** June 16, 10-10:45 a.m. Special story time guest, Mermaid Harmony, will be telling some entertaining tales.
- (10) **Imagination Station’s “Spin, Pop, Boom!”:** June 23, 3-3:45 p.m. The audience will be amazed when the Mad Scientist is able to defy gravity in this energetic and spectacular event. Didgeridoo tubes, foaming hands and steaming chemical reactions will introduce children to a world of exciting chemistry. Recommended for ages 6 and up.
- (11) **Pre-School Story Time by Fairy Grandmother:** June 30, 10-10:45 a.m. Special guest, Fairy Grandmother, will be stopping by to present a fun-filled story time.
- (12) **Bungie the Clown:** June 30, 3-3:45 p.m. Bungie will be paying a visit to do a little storytelling, magic and make balloon sculptures.

h. Outdoor Recreation Branch, Shelly K. Leslie, (808) 655-0143/655-8522

www.himwr.com/recreation-and-leisure/outdoor-recreation-center

Address: 435 Ulrich Way / Bldg. 2110/2106, Schofield Barracks, HI 96857

- (1) **Stand-Up Paddle-Boarding 101:** April 18 from 8:30 a.m.-12:30 p.m., \$59/person. Come learn the art of stand-up paddle-boarding with Outdoor Recreation as we cruise the Anahulu River on the North Shore of Oahu and other various beaches around the island. These locations are great for the whole family and usually have many opportunities for turtle spotting. Outdoor Recreation will provide the transportation (up to 12 people), equipment and instruction. PFDs are required. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (2) **OC-1/OC-2 101:** April 25 from 8:30 a.m.-12:30 p.m., \$59/person. Come join us for one of the fastest-growing and most popular sports in Hawaii today. Learn the basics of how to operate both one- and two-person canoes. We will provide the transportation (up to 12 people), equipment and instruction. PFDs are required. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (3) **Climbing 101:** May 6 and 20 from 5:30-7 p.m. and May 7th and 21st from 1:30-3 p.m., \$15/person. Want a unique full-body workout? Come learn the basics of climbing a stationary wall with a pro. Don’t have the right shoes? Don’t worry. We have most sizes, and both instruction and shoes are included in the price. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (4) **SUPSQUATCH 101!:** May 2 from 8:30 a.m.-12:30 p.m., \$17.50 /person. After hundreds of years of searching, enough beef jerky to feed a family of four and the promise of the perfect wave, we have finally captured the elusive SUPSQUATCH. Join us for our first public release of him into his natural habitat. (What is a Supsquatch? See for yourself. Youtube “Supsquatch” and let your curiosity begin.) Outdoor Rec. will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor

Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.

- (5) **Intro to Surfing:** May 9 from 8:30 a.m.-12:30 p.m., \$59/person. Learn to surf like a local with Outdoor Recreation. Come join Outdoor Rec. on the south shores of Oahu at White Plains. This is a great beginner location for all ages. Outdoor Rec. will provide the transportation, equipment and instruction. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least six minutes and swim 200 yards without PFD. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (6) **Stand-Up Paddle-Boarding 101:** May 16 from 8:30 a.m.-12:30 p.m., \$59/person. Come learn the art of stand-up paddle-boarding with Outdoor Recreation as we cruise the Anahulu River on the North Shore of Oahu and other various beaches around the island. These locations are great for the whole family and usually have many opportunities for turtle spotting. Outdoor Recreation will provide the transportation (up to 12 people), equipment and instruction. PFDs are required. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (7) **Shoreline Fishing (Small Game):** May 23 from 8:30 a.m.-12:30 p.m., \$30/person. Come learn the secret ways of the Oahu fish from master fisherwoman, and Outdoor Recreation programmer, Sharon Nakai. Using her own handcrafted lures; Sharon will take you to one of the best spots on the island for shoreline and small game fishing. Outdoor Recreation will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (8) **Adventure Kayaking:** May 30 from 8:30 a.m.-12:30 p.m., \$59/person. Learn to kayak with Outdoor Recreation as we cruise the Anahulu River on the North Shore and other various beaches around Oahu. These locations are great for the whole family and usually have many opportunities for turtle spotting. Outdoor Recreation will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (9) **Climbing 101:** June 3 and 17 from 5:30-7 p.m. and June 4 and 18 from 1:30-3 p.m., \$15/person. Want a unique full-body workout? Come learn the basics of climbing a stationary wall with a pro. Don't have the right shoes? Don't worry. We have most sizes, and both instruction and shoes are included in the price. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (10) **Intro to Surfing:** June 13 from 8:30 a.m.-12:30 p.m., \$59/person. Learn to surf like a local with Outdoor Recreation. Come join Outdoor Rec. on the south shores of Oahu at White Plains. This is a great beginner location for all ages. Outdoor Rec. will provide the transportation, equipment and instruction. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least six minutes and swim 200 yards without PFD. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.
- (11) **Adventure Mountain Bike Level II:** June 20 from 8:30 a.m.-12:30 p.m., \$30/person. Get out of your comfort zone, and come tour with ODR, as we take you to the best mountain biking on the North Shore of Oahu. Ride hills, drops, trails, fingers and whoops. Bring water and clothes that you don't mind getting dirty. This is a Level II bike trip. All transportation (up to 12 people), instruction and equipment are provided. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.

- (12) **Re-Ball:** June 27 from 8:30 a.m.-12:30 p.m., \$25/person. Do you enjoy paintball or air-soft? Well then you are going to love Outdoor Recreation's unique sport re-ball. Come check out our brand new outdoor field, complete with obstacles and great viewing area. Outdoor Rec. will provide all markers (outside markers are not allowed) and masks; all you need to bring is protective clothing, water and snacks. Please sign up at Outdoor Recreation no later than noon the day before the program. For any questions or to sign up today, please call (808) 655-0143.

i. FS Auto Skills, Carl Morinaga, (808) 438-9402

www.himwr.com/recreation-and-leisure/auto-skills-and-storage

Address: Bldg. 1535, Fort Shafter Flats

- (1) **Self-Help Automotive Repair:** Facility is located on FS Flats. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.
- (2) **Services:** Wheel balancing up to 31-inch wheels. Resurfacing of brake drums, disc. State of Hawaii vehicle inspections done annually, and boat storage available with 24-hour access.
- (3) **Contract Mechanic for Hire:** Lum's Auto Service, owner Darrin Lum, (808) 352-7129.
- (4) **Storage Shed Rental at SB and FS Auto Skills Centers:** Need more storage room? Rent, storage shed from either the FS or SB Auto Skills Centers. Two sizes to choose from: storage shed (metal) 8X6X5, \$40; storage shed (plastic) 8X6X6, \$60, per month. To get more information and pricing, call SB Auto at (808) 655-9368, or FS Auto at (808) 438-9402.

j. SB Auto Skills, James (Jim) Casey, (808) 655-9368

www.himwr.com/recreation-and-leisure/auto-skills-and-storage

Address: Bldg. 910, Duck Road, Schofield Barracks

- (1) **Self-Help Automotive Repair:** Facility is located at the corner of Duck and Lyman roads on SB. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.
- (2) **Services:** Wheel balancing up to 31-inch wheels. Resurfacing of brake drums, disc. State of Hawaii vehicle inspections. Boat storage available with 24-hour access. Long-term vehicle storage is available. Storage sheds for rent.
- (3) **Contract Services Offered:** Tech-Center Hawaii for auto repairs. Available Wednesdays, Thursdays, Fridays, Saturdays; Sundays by appointment only. Owner is Joseph D'Amico, (808) 888-2931 or (808) 769-7464.
- (4) **Oscar's Auto Body and Repair:** Custom paint. Quality bodywork. Insurance claims. Free estimates. Owner is Oscar Reyes, (808) 861-0146.
- (5) **RV/Boat/Jet Ski Lot at SB Auto Skills Center:** Not enough space? Store your recreation equipment with Auto Skills. Is \$40 for 16 foot & below and \$50 for any above 16 feet. To get more information and pricing, call (808) 655-9368, SB Auto, or (808) 438-9402, FS Auto.
- (6) **Long-Term Vehicle Storage at SB Auto Skills Center:** Deploying soon and need a place to store your vehicle? SB Auto Skills offers long-term vehicle for deploying Soldiers for only \$40 per month. Stop by the SB Auto Skills Center for information or call SB Auto Skills Center at (808) 655-9368. Note, at SB Auto only.

- (7) **Storage Shed Rental at SB and FS Auto Skills Centers:** Need more storage room? Rent, storage shed from either the FS or SB Auto Skills Centers. Two sizes to choose from: storage shed (metal), 8X6X5, \$40; storage shed (plastic), 8X6X6, \$60, per month. To get more information and pricing, call SB Auto at (808) 655-9368, or FS Auto at (808) 438-9402.

k. Schofield Arts & Crafts, Patti Honda, (808) 655-4202

www.himwr.com/recreation-and-leisure/arts-a-crafts

- (1) **Custom Framing:** Offered Wednesday-Saturday throughout the year. Provide custom framing for Soldiers and their families. Customers are able to choose their own materials and set-up. Prices vary depending on their choices.
- (2) **Do-It-Yourself Framing:** Offered Wednesday-Saturday throughout the year. Customers obtain framing certification from another military installation. By presenting the certification card, customers can build their own frames without assistance. Customers then pay for all materials and a shop fee of \$6.
- (3) **Custom Engraving:** Offered Wednesday-Saturday throughout the year. Provide a selection of items to personally engrave for special occasions. Prices vary depending on item chosen. Majority of items include engraving of one graphic and unlimited text.
- (4) **Ceramic Mold-Pouring Classes:** Offered twice a month throughout the year. April 18; May 9, 23; June 13, 27. Customers learn to pour their own ceramic pieces, which in turn provide a much more affordable activity for special occasions. Upon completion of this class, students will receive a certification card.
- (5) **Do-It-Yourself Ceramics:** Offered Wednesday-Saturday throughout the year. Certified customers rent molds (generally 75 cents per mold) and purchase slip (liquid clay) at \$6 a gallon, paints, glazes, brushes, sealants and tools from the sales store.
- (6) **Pottery Wheel Throwing:** Offered Tuesday nights, from 5-8 p.m. and Sundays, from 11 a.m.-3 p.m. April 19, 21, 26, 28; May 3, 5, 12, 17, 19, 26; June 2, 7, 9, 14, 16, 21, 23, 28, 30. Customers pay \$100 for 10 classes. Beginners and advanced students welcome. Students will learn basic techniques on creating their own pieces.
- (7) **Hand Building Clay Workshop:** Offered Thursdays, 1-3 p.m. for initial class; Wednesday-Saturday for returnees. April 23, 30; May 7, 14, 21, 28; June 4, 11, 18, 25. Customers learn how to use various machines, including slab roller, extruder, wedging tables. Once completed, they are certified to return and make their own pieces. First class is \$25; additional days are \$5.
- (8) **Quilting/Sewing Workshop:** Offered Tuesday nights, from 5-8 p.m. and Sundays, from 11 a.m.-3 p.m. Also, April 19, 21, 26, 28; May 3, 5, 12, 17, 19, 26; June 2, 7, 9, 14, 16, 21, 23, 28, 30. Customers learn how to use their own machines (if not, one is provided for them). First class project is \$25 making a quillow (a quilt that folds into a carry bag). Customers are required to bring 2.5 yards of printed material and 2.5 yards of plain material. Once they have completed the 1st class, then when they return, they bring their own materials, and our instructor assists them in whatever they want to make for \$6.
- (9) **SKIES Youth Art Classes:** First four Saturdays of each month, from 9 a.m. & 10 a.m. April 18, 25; May 2, 9, 16, 23; June 13, 20, 27 for ages 3-7, in which they must be accompanied by an adult. Also, one 11 a.m. 8-12 year old class. Students learn various art media, including hand building, clay, mosaics, painting, paper Mache.
- (10) **EDGE Home School Youth Art Classes:** Is 9:30-11 a.m. on Fridays. Lei making & wishing banners April 17 & 24. Black velvet mystery painting/glass panel book/circle wall sculptures, May

1, 8, 15. Flower garden tiles, May 29. Flower garden tiles, June 5. Sun catcher & Faux fossils June 12, 19, 26. Prices vary depending on project. Generally includes two or four sessions per month. Registration required at CYS Services.

- (11) **EDGE Youth Sewing Classes:** May 6, 20; June 10, 24. Students learn various sewing projects. Costs \$40 per student for two sessions a month. Registration required at CYS Services.
- (12) **Mom & Tots:** Every Thursday, 10-11 a.m., April 23, 30; May 7, 14, 21, 28; June 4, 11, 18, 25. For the cost of \$5, parent and child take on a creative project together.
- (13) **Lei-Making:** Two Fridays of each month, 1-2 p.m., April 17; May 8, 22; June 12, 26. For \$15, students have the choice of learning to make straw, crochet, braided.
- (14) **Custom Trophies:** Offered Wednesdays-Saturdays throughout the year. Prices vary depending on size. Offer trophies for all occasions: youth sports, adult competitions, and more. Partners with other MWR facilities. Trophies for drags and drifts. Leilehua Golf Course for Army Invitational. Sports Intramurals for all sports events.
- (15) **Father's Day Workshop:** Come in and have the entire family involved in painting/glazing a beer mug or large coffee mug for your dad. Be creative and make a one-of-a-kind gift. Is \$15 and includes all supplies. Wednesday-Thursday, 10 a.m.-4 p.m.; Friday-Saturday, 9 a.m.-4 p.m. until June 14.

I. Leisure Travel Services (LTS), Joselynn Mitsuda, (808) 655-9971

www.himwr.com/lts

- (1) **LTS provides exceptional military rates for numerous attractions throughout Hawaii and beyond.** Whether you're into touring museums or swimming with the sharks, our trained professionals can assist you with planning your event, special night out or vacation. LTS services include, but are not limited to, the following: Oahu attractions and interisland vacation packages (air, hotel, car and activities), cruises to the neighbouring islands and select locations worldwide, airfare to mainland and some international destinations, and tickets to Southern California amusement parks and vouchers for nearby hotels. We have two offices to serve you, one located on FS and another on SB.
- (2) **FS Leisure Travel Services (LTS), (808) 438-1985**
Address: Bldg. 550, Fort Shafter
Monday-Friday, 9 a.m.-5 p.m.; Saturdays, 9 a.m.-3 p.m.; closed on Sundays.
- (3) **SB Leisure Travel Services (LTS), Ticket Office (808) 655-9971, Travel Office (808) 655-6055**
Address: Bldg. 3320 Flagview Mall, Schofield Barracks
Monday-Friday, 9 a.m.-6 p.m.; Saturdays, 9 a.m.-4 p.m.; closed on Sundays.

m. Blue Star Card, Xylene Lennon (808) 655-0111

www.himwr.com/upcoming-events

Address: 919 Humphreys Road, Bldg. 572, Rm. 211, Schofield Barracks

- (1) **Big R: Sea Life Park:** April 18 from 9:30 a.m.-5 p.m. at Sea Life Park. Join us for a family day at Sea Life Park. BSC children will receive free admission. Sign up at one of the Leisure Travel Service Offices at SB or FS. For more information, please call 655-0002.
- (2) **Big R: National Chocolate Chip Day:** May 15 from 3-4 p.m. at Sgt. Yano Library, SB. Join Blue Star Card in celebrating National Chocolate Chip Day with a reading of "If You Give a Mouse a Cookie." We will also have a craft project and, of course, some chocolate chip cookies. Registration is required by May 11. Call (808) 655-0111.

- (3) **Big R: Hale Koa Magic Show:** June 19 at 5:30 p.m., Hale Koa Hotel. Join us for the Hale Koa Magic Show. BSC children will receive free admission. The show includes an American dinner buffet. Sign up at one of the Leisure Travel Service Offices at SB or FS. For more information, please call 655-0111.

6. Business Operations Division, Joy Baker, (808) 656-0098

www.himwr.com/dining and www.himwr.com/recreation-and-leisure

a. Nehelani Conference Center, Kolekole Bar & Grill – Jane Solis, (808) 655-4466

www.himwr.com/dining/nehelani

- (1) **Right Arm Night:** April 24, June 26, July 24 at 5-7 p.m.; Koa Ballroom. Free. Spouse & DOD civilians welcome.
- (2) **Keiki Night:** Every Wednesday night, 5-8 p.m., Kolekole Bar & Grill. Every Wednesday night is Keiki Night. Kids under 10 eat for \$2.99 from the keiki menu.
- (3) **Taco Tuesday Night:** Every Tuesday night, 5-8 p.m., Kolekole Bar & Grill. Every Tuesday night, enjoy three tacos, rice and beans for only \$4.99 per person.
- (4) **Mongolian Barbecue:** Every Monday, 5-8 p.m., Kolekole Bar & Grill. Enjoy Mongolian barbecue at the Kolekole Bar & Grill. Select your favorites from a large variety of meats and vegetables, and we will grill it to your liking. The cost is 65 cents per ounce.
- (5) **Pau Hana Social:** Every Monday, Tuesday, Wednesday, Friday, 5-7 p.m.; also, Thursdays from 4-6 p.m., Kolekole Bar & Grill. Enjoy the great deals on pupu and drinks.
- (6) **Wine Tasting:** April 25, 7 p.m.-12 a.m., Kolekole Bar & Grill. Wine down with an evening of music and light appetizers. The cost is \$12 at the door. For reservations, please call (808) 655-4466 or (808) 655-0660.
- (7) **Cinco de Mayo Party:** May 2, 7 p.m.-12 a.m., Kolekole Bar & Grill. Enjoy an evening of music and light appetizers with sampling of Tequila and Beer. The cost is \$12 at the door. For reservations, please call, (808) 655-4466 or (808) 655-0660.
- (8) **Mother's Day Brunch:** May 10 at 9 a.m.-2 p.m., Nehelani Koa Ballroom. Features a lavish buffet, which includes delicious hot entrees, an assortment of breakfast items, a lavish salad bar and an irresistible assortment of desserts for \$28.95 per person (ages 11 and up), \$18 children ages 6-10, \$12 children ages 3-5 (gratuity not included). For reservations, please call (808) 655-4466 or (808) 655-0660.
- (9) **Magic Show:** June 9, doors open at 5:30 p.m. at Nehelani Showroom. Experience a magical evening of mystery, fantasy and comedy with one of Hawaii's hottest magicians. Dinner buffet included from 5:30- 6:45 p.m., with show from 6:45-7:45 p.m. for \$25 per person (ages 11 and up), \$10 for ages 4-10, ages 3 and under are free. For reservations, please call (808) 655-4466 or (808) 655-0660.
- (10) **Country & Western Party:** June 13, 7 p.m.-12 a.m., Kolekole Bar & Grill. Enjoy an evening of Country Western music and dancing. Appetizers and drinks available for purchase. For reservations, please call, (808) 655-4466 or (808) 655-0660.
- (11) **Father's Day Brunch:** June 21 at 9 a.m.-2 p.m., Nehelani Koa Ballroom. Features a lavish buffet, which includes delicious hot entrees, an assortment of breakfast items, a lavish salad bar and an assortment of desserts for \$19.95 per person (ages 11 and up), \$12.95 children ages 6-10, \$8.95

children ages 3-5 (gratuity not included). For reservations, please call (808) 655-4466 or (808) 655-0660.

- (12) **Comedy Night:** July 25 Saturday, 7 p.m.-12 a.m., Kolekole Bar & Grill. Enjoy an evening with comedy then dance the night away with DJ Bennie James. The cost is \$12 at the door. Appetizers and drinks available for purchase. For reservations, please call (808) 655-4466 or (808) 655-0660.
- (13) **Hawaiian Luau Show:** July 30, doors open at 5:30 p.m. at Nehelani Ballroom. Hawaiian Luau Show will take place every last Thursday of the month. Enjoy a taste of Hawaiian Culture. Guests will be greeted with a lei. The evening will continue with local crafts and a fantastic Hawaiian Feast. Live hula dancers and Polynesian entertainment to top of the night with a fire dancer. Dinner buffet included from 5:30-7 p.m., with show from 7-8 p.m. for \$35 per person (ages 11 and up), \$15 for ages 4-10. For reservations, please call (808) 655-4466 or (808) 655-0660.

b. **Hale Ikena, Mulligan's Bar & Grill, John Stone, (808) 438-1974**
www.himwr.com/dining/hale-ikena

- (1) Please take notice that our hours of operation have been revised, and we will no longer serve full breakfast and dinner service at Mulligan's/Hale Ikena. To support the community, breakfast items, snacks, beverages (alcohol and non-alcohol) will be available for purchase from the pro shop, outside Mulligan's operating hours. The catering and conferencing program will continue to offer outstanding, quality services.

New Hours of Operation

Monday-Wednesday, 11 a.m.-3 p.m.

Thursday and Friday, 11 a.m.-8 p.m.

Saturday, open for special events

Sunday, 10 a.m.-1 p.m. (open only for brunch)

- (2) **Soul Food Lunch Buffet:** Last Wednesday of the month, 11 a.m.-1 p.m., Hale Ikena dining room. Enjoy traditional and tasteful selections featuring all southern-style "soul food," \$14.95 per person.
- (3) **Taco Tuesday:** Every Tuesday, 11 a.m.-1 p.m., Hale Ikena dining room. Hard and soft tacos, fajitas rice and refried beans, \$10.95 per person.
- (4) **Pau Hana Social:** Thursday-Friday, 5-7 p.m., Mulligan's Bar & Grill. Enjoy the great deals on pupu and drinks.
- (5) **Daily Lunch Buffet:** Monday-Friday, 11 a.m.-1 p.m., Hale Ikena dining room. Enjoy a variety of daily lunch buffet specials for \$10.95.
- (6) **Sunday Brunch at Hale Ikena:** Every Sunday, 10 a.m.-1 p.m., Hale Ikena dining room. Savory roasted prime rib with a peppercorn and garlic crust along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau. Groups and large parties welcome. Served from 10 a.m.-1 p.m. Reservations are recommended. Adults \$24.95 and children's prices are available.
- (7) **Grill Your Own Steak Night:** Every 1st and 3rd Friday at 3-8 p.m., Mulligan's Lanai. Grill your own steak for \$13.95, or we will grill it for \$3 extra. Served with baked potato and chef's choice vegetable.
- (8) **Right Arm Night:** June 12 at 5-7 p.m.; Hale Ikena. Free. Spouse & DOD civilians welcome.
- (9) **Mother's Day Brunch:** Join us on Mother's Day for brunch on May 10. For more information and reservations, please call (808) 438-1974.

(10) Father's Day Brunch: Join us on Father's Day for brunch on June 21. For more information and reservations, please call (808) 438-1974.

c. **SB Bowling, Na Koa Snack Bar, Teri Overton, (808) 655-0573**
www.himwr.com/schofield-barracks-bowling-center-menu

- (1) Cosmic Bowling:** Every Friday at 10 p.m.-1 a.m.; also, every Saturday at 5:30 p.m.-1 a.m.
- (2) Month of Military Child Special:** For the month of April, military children bowl free with paying adult. Receive one free game for children 17 and under (up to two children) when you purchase one prepaid adult game.
- (3) PBA Western Regional and ProAM Competition:** April 29 at 9 a.m.-4 p.m. come to watch or participate against national and professional bowlers. Highest level of bowling competition on the island. Enter into a competition with these professionals at the Schofield Bowling Pro Shop.
- (4) Mother's Day Special:** May 10, 10 a.m.-9 p.m. Mother's accompanied by their children will receive two free games. Special will be valid from open to close on Mother's Day.
- (5) Armed Forces Day Special:** May 16, all day and night if you have a valid military ID you will receive BOGO bowling games. Up to three free games. Thank you for your service!
- (6) Summer Mommy and Me:** For the month of June and July, moms bowl free when purchasing games for their child 10 years or younger. One free game allowed per day. Not valid during Cosmic Bowling or on holidays.
- (7) Father's Day Special:** June 21, 10 a.m.-9 p.m. Father's accompanied by their children will receive two free games. Special will be valid from open to close on Father's Day.
- (8) Back to School Bash:** July 27, 4-6 p.m. Cosmic Skittles Bowl for children. Is \$3 per game per child; includes free shoe rental and bag of goodies for school.

d. **Fort Shafter Bowling, Strike Zone Snack Bar, Don Yonamine, (808) 438-6733**
www.himwr.com/fort-shafter-bowling

- (1) Cosmic Bowling:** Every Saturday, 3 p.m.-12 a.m.; also, every Sunday, 1-5 p.m.
- (2) Happy Bowling Birthdays at FS Bowling Center:** Plan your birthday at FS bowling center, and the birthday boy or girl will receive a commemorative, authentic bowling pin — free, while supplies last. Parties of 10 or more bowlers. Call (808) 438-6733 for more information.
- (3) Month of Military Child Special:** For the month of April, military children bowl free with paying adult. Receive one free game for children 17 and under (up to two children) when you purchase one prepaid adult game.
- (4) Mother's Day Special:** May 10, 1-9 p.m. Mother's accompanied by their children will receive a free game with the purchase of a game. Up to three free games.
- (5) Father's Day Special:** June 21, 1-9 p.m. Father's accompanied by their children will receive a free game with the purchase of a game. Up to three free games.

e. **Leilehua Golf Course, Leilehua Grill, Lou Merkle, (808) 655-4653**
www.himwr.com/leilehua-golf-course/leilehua-golf-course

- (1) **Free Ladies Golf Lessons:** By appointment, Leilehua Golf Course. The ladies free golf lessons are geared towards the beginner. Make an appointment today, and a PGA professional will show you that you can play golf. Lessons are held by appointment on the first Saturday of every month for 30 minutes. For more information, call Leilehua Golf Course, (808) 655-4653.
- (2) **Leilehua Concert Series:** April 24, May 29, June 26, at 6-8 p.m., Leilehua Grill & Golf Course. Relax and enjoy Hawaiian music. Free and open to the public. Food and drinks will be available for purchase. For more information, call (808) 655-7131.
- (3) **Leilehua Golf Course closed for maintenance:** April 23, 9 hole rates will be offered till April 30.
- (4) **CG Scramble:** May 1, four-person scramble. Participants must register and pay NLT 15 days prior to event. Costs: E1-E5, \$44; E6-O10, \$52; civilians, \$59. Price includes registration, green fees, cart fees, food & beverage (hamburgers/hot dogs, chips and beverage). Contact Sgt. James Salyers for sign up and more information.
- (5) **8th MP Brigade:** Shotgun scheduled for May 8, Friday. Contact Sgt. Tyler Winchell, (808) 655-0754.
- (6) **Mother's Day Brunch:** May 10, seating from 9 a.m. with music by Mauna Lua at 11 a.m. For more information and reservations, please call (808) 656-0014.
- (7) **Army Birthday Golf Tournament:** June 9, 12 p.m. shotgun. Check in from 10-11:30 a.m. Costs E1-E5, \$44; E6-O10, \$52; civilians, \$59. Price includes registration, green fees, cart fees, food & beverage (hamburgers/hot dogs, chips and beverage). For preregistration and questions, please contact Spc. Mark Powell.
- (8) **Hawaii Army Museum Golf Tournament:** June 19, 12 p.m. shotgun. For more information, please call (808) 656-0014.

f. **Nagorski Golf Course, Cres Limbago, (808) 438-9587**

www.himwr.com/walter-j-nagorski-golf-course/walter-j-nagorski-introduction

- (1) Please take notice that Nagorski Golf Course now offers Keurig coffee, assorted drinks and snacks. On weekends sandwiches are also available for purchase.
- (2) Practice range available using 6 irons and above for authorized patrons.
- (3) During the high school season, local high schools are able to practice at Nagorski Golf Course. For more information, please contact Cres Limbago, (808) 438-9587 or the Golf Operations Office, (808) 656-0114.
- (4) **Pay 9 and play 18 holes:** Weekdays. On weekends and holidays pay 9 and play 18 is offered after 11:05 a.m.

7. **NAF Support Management Division, 'Iolani Ikehara, (808) 656-0084**

a. **Fundraising, Brandon Goo, (808) 656-0104**

www.himwr.com/support-services/fundraising

- (1) Fundraisers on Army Hawaii installations, to include SB, FS, AMR, HMR, WAAF, FS Flats and TAMC (outside) require approval from the garrison commander. Fundraising instructions, documentation and forms can be found at www.himwr.com/support-services/fundraising.

- (2) Fundraising requests must be submitted on the new USAG, Hawaii Fundraising Request form and emailed to usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil. Requests are reviewed 9 a.m.-3 p.m., Tuesday through Thursday (closed on federal holidays).

b. Unit Funds, Accounting Technician, (808) 656-0102

www.himwr.com/support-services/soldier-unit-funds

- (1) A unit fund is a non-appropriated fund activity of the USAG-HI Installation Morale, Welfare and Recreation Fund (IMWRF) established to provide monetary support and enable unit commanders to supplement available appropriated funds (APF) for providing morale support to unit military personnel. Unit funds are intended to contribute to the comfort, pleasure, contentment, mental and physical welfare of unit Soldiers and must be used for the benefit of all members within the unit (IAW AR 215.1, unit funds are authorized for leisure activities that promote unit cohesion).
- (2) Allocation of all unit funds is based on a ceiling determined by the USAG-HI IMWRF, approved by the Installation Community and Family Program, Review Committee (ICFRC), and the USAG-HI commander. Unit funds are distributed and expended annually, based on requirements. All unexpended balances revert back to the IMWRF at the end of each fiscal year (Sept. 30).
- (3) Unused balances of unit funds are not carried forward to next fiscal year. The deadline for requesting unit funds and returning receipts is Sept. 15, 2015. Requests for unit funds will not be accepted after Sept. 15, 2015. All receipts for unit fund expenditures must be submitted no later than Sept. 15, 2015. Receipts submitted after that date will result in a deduction from the unit's fiscal year 2016 allocation.
- (4) **For Unit Fund requests that exceed \$500**, requests must be submitted NO LESS THAN 15 business days prior to the event. For Unit Fund requests equal to or less than \$500, requests must be submitted NO LESS THAN 10 business days prior to the event. **Under no circumstances will purchase requests be accepted after the payment of goods or services or after the event date. Information is available at www.himwr.com/support-services/soldier-unit-funds.**
- (5) **Unit fund withdrawals are available by appointment only** from the Unit Fund Coordinator; Directorate of Family and Morale, Welfare and Recreation; NAF Support Management Division; Financial Management Branch; 350 Eastman Road, Bldg. #547, Wheeler Army Airfield, Tuesday through Thursday, 9 a.m.-3 p.m. (closed on federal holidays).

c. Private Organizations, Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083

www.himwr.com/support-services/home-based-business

- (1) Private organizations or individuals desiring to establish a private organization on an Army Hawaii military installation are required to obtain the approval of the commander, U.S. Army Garrison-Hawaii. Once established in accordance with Army Regulation (AR) 210-22, these organizations are required to submit selected documentation (e.g., meeting minutes, financial statements, audits, federal and state tax exemption, liability insurance, etc.) on a quarterly basis. Failure to submit the required documents may result in withdrawal of the operating permit.
- (2) Private organizations are reminded of the State of Hawaii tax exemption requirement (Form G-6), which should be forwarded with all other documentation. The hours of operation for private organization appointments are Monday-Friday, 8 a.m.-3 p.m. (closed for lunch, 12-1 p.m.) at 350 Eastman Road, WAAF.

d. Home-Based Business, Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083

www.himwr.com/support-services/home-based-business

- (1) Army Regulation 210-07 requires a commercial solicitation permit in order to conduct business or sales activity on Army installations (e.g., Avon, Tupperware, household goods, sale of insurance, etc.). No person may enter Army installations and transact business as a matter of right.
- (2) Permission must first be granted by the commander, U.S. Army Garrison-Hawaii. Private civilian enterprises or self-employed persons desiring to conduct commercial activity on Army installations must apply at the Commercial Solicitation Office; Directorate of Family and Morale, Welfare and Recreation; 350 Eastman Road, Wheeler Army Airfield, Monday-Friday, 8 a.m.-3 p.m. (closed for lunch, 12-1 p.m.). Applications are handled by appointment only.
- (3) Family members of active duty Soldiers residing in government quarters who are requesting to operate a home-based business must submit a memo signed by their community manager. Information is available at www.himwr.com/support-services/home-based-business.

e. NAF Sales, Brandon Goo, (808) 438-3492

8. Directorate of Emergency Services (DES): COL Duane Miller, 655-5335

www.garrison.hawaii.army.mil/des/default.htm www.facebook.com/DES.USAG.HI

- a. The Family Advocacy Program's Prevention, Education and Outreach personnel team up with DES to conduct a Home Alone Safety Awareness Workshop from January-September 2015 to educate and better prepare parents for their home alone children:
 - (1) At SB, Army Community Service, Bldg. 2091, May 23.
 - (2) At AMR, Community Center, Bldg. 330, 9 a.m., July 17.
- b. Bike patrol supports the FS Elementary with the D.A.R.E. course in order to offer two 5th grade classes with the tools to understand the dangers of drugs and alcohol, dealing with stress and peer pressure, and making informed decisions.
 - (1) At FS Elementary School, 8:15 a.m. and 12:15 p.m., April 22.
- c. FS and SB Military Police Bike Patrols will conduct a bike bonanza for children to increase their knowledge of bicycle safety. The bonanza will cover safety tips, check for proper wear of personal protective equipment (PPE), have a bicycle course and conduct a ride along with children and families in attendance.
 - (1) Kalakaua Community Center, 3 p.m., April 22, (Bike Rodeo, Keiki ID).
 - (2) At FS Elementary School, 4 p.m., May 12.
 - (3) Porter Community Center, 4 p.m., May 21.
- d. Bike patrol partners with Island Palm Communities in order to raise Bicycle Safety awareness and to educate family members and children of the rules and regulations of riding a bicycle on an installation.
 - (1) Hale Kula Elementary, 7 a.m. and 2 p.m., April 20.
 - (2) Wheeler Middle School, 11:30 a.m., April 22.
- e. Bike Patrol partners with the local schools and community centers to conduct the "Slow Down Now Campaign." This program is designed raise awareness of the dangers of speed around areas where there is a high percentage of pedestrian traffic.
 - (1) Wheeler Middle Elementary, 12:45 p.m., April 22.

(2) Hale Kula Elementary School, 7:15 a.m. and 2 p.m., April 27.

- f. Bike Patrol partners with local community centers in a program called “Kids on Patrol” to teach kids about safety and to learn the responsibility of taking care of their own neighborhood at Kaena Community Center, 2 p.m., June 24.
- g. Bike Patrol partners with the local Boy Scouts troop to retire unserviceable flags in the proper manner that pays respect to the flag at the Boy Scouts Troop Shelter, SB, June 13.
- h. The Directorate of Emergency Services, Fire Division, is continuing its efforts to prevent wildfires this summer by conducting an annual prescribed burn of the SB training range complex May 10-20, in coordination with the Federal Fire Department. The prescribed burn is a proactive safety measure to prevent wildfires during the dry months ahead by reducing highly flammable guinea grass and other vegetation in the area.

9. Directorate of Public Works (DPW): Steve Raymond, (808) 656-2371/1289.

www.garrison.hawaii.army.mil/dpw/default.htm

- a. **Telephone Numbers.** Call the following numbers for service:

DPW Emergency/Trouble Desk
6 a.m.-7 p.m., except weekend/holidays, (808) 656-1275
Non-duty hours, (808) 656-3272
DPW Hazardous Spill Hotline, (808) 656-1111

10. Public Affairs Office (PAO): Dennis Drake, (808) 656-3154

www.garrison.hawaii.army.mil www.hawaiiarmyweekly.com www.facebook.com/usaghawaii
www.twitter.com/usaghawaii www.flickr.com/usaghawaii www.youtube.com/usaghawaii
www.pinterest.com/usaghawaii www.army.mil/info/organization/hawaii

- a. **Community Information Exchange (CIE).** The next CIE (formerly called the SIM or Spouse Information Meeting) is from 9-10:30 a.m., May 26, at the Nehelani, SB. The focus of this meeting is installation and community matters. Garrison directorates and key service providers will provide details of upcoming events for 30-60-90 days, and the senior commander will host an open forum and Q&A session.

11. Directorate of Human Resources (DHR), Dr. Bob Stephens, director, (808) 655-4664.

www.garrison.hawaii.army.mil/dhr/default.htm

- a. **Administrative Services Division - Anna Tarrant, (808) 655-5033**

- (1) **Unit and Consolidated Mail Room Inspections.** POC is Postal Inspector, Surrie Rhynes, (808) 655-5033.
- (2) **Official Mail and Distribution Center (SB & FS).** Customers are reminded to ensure boxes do not exceed the 70 pound maximum limit, as boxes will be returned to units to be separated and repacked. Also, ensure the labels are typed and not handwritten. Such mail will not be accepted. All outgoing official mail has to be cleared through the Official Mail and Distribution Centers on SB or FS. Mail attempting to bypass the Official Mail Center will be rejected at Pearl Harbor Center Mailing Center. POC is Ken Gongob, supervisor, Official Mail, (808) 438-6253.
- (3) **Temporary Records Holding Area Facility, Bldg. 6042, East Range.** Expired record box(es) destruction by contract vendor Access, Inc. (formerly Shred-It) is on-going. Units/organizations that have been identified as having expired records will be contacted to set up destruction of boxes with Access, Inc. using their GPC per MOA between DHR/ASD and proponent. POC is Anna Tarrant, chief, ASD, Records Holding Area custodian, (808) 655-5033.

- (4) **Forms Center/Records Holding Area.** Bldg. 6042, 1976 Higgins Road, East Range, SB. The USAG-HI Forms and Publications Control officer is Don G. Boyer, (808) 656-0334. The Forms Center stocks and issues accountable, sensitive and high-use forms for all U.S. Army units and offices in Hawaii.

b. Education Services Division – Chrissy A Morris, (808) 655-4444

- (1) **Testing Services.** The SB Army Education testing center offers a variety of military tests, such as the AFCT, DLPT, DLAB, SIFT and TABE. Testing is a great way to enhance skill levels to further career advancement. All Army personnel test requests require a DA Form 4187 (Personnel Actions Form) and command verification approval. They are scheduled by appointment only, by contacting the testing center directly. The testing center, located in Bldg. 560, Yano Hall, 2nd Floor, is open Mondays-Fridays. Test hours vary by day. For further information, call (808) 655-9776.
- (2) **National Testing Center.** NTC Hawaii Pacific University (HPU) offers computer-based testing on Fridays, 9 a.m.-4:30 p.m., Bldg. 102, Room B2, at the Tripler Education Center. Exams include the College level Exam Program (CLEP), DANTES Subject Standardized Test (DSST), and Pearson VUE.

c. Military Personnel Division – Tim Ryan, (808) 655-0893

- (1) **Reassignments/Levy – Andrew Young, (808) 655-4974/9490.** Levy briefings are conducted every Thursday beginning at 8 a.m. in Bldg. 750 on the lanai. Levy briefings will not be held during weeks with a federal holiday.
- (2) **Transition Center – Don Carter, (808) 655-0175.** Transition preseparation briefings are conducted the first Wednesday of every month from 1:30-3:30 p.m. in Bldg. 750, Room 208.
- (3) **Installation Voting Assistance – Angie Dizon, (808) 655-5546/1653.** Assists all Uniformed Service Members and family members and provides information on voter registration and absentee ballot procedures. Provides material on the voting process and assists Unit Voting Assistance Officers.
- (4) **Soldier for Life – Transition Assistance Program (SFL-TAP), Michael Bormann, (808) 655-1028/8945.** SFL-TAP is required by law for all transitioning Soldiers and reflects the Army's commitment to the successful reintegration of Soldiers and family members into civilian communities. Retiring Soldiers are required to complete preseparation counseling 12-24 months prior to retirement, and separating Soldiers are required to complete preseparation 12-18 months prior to transition. Courses are available in Bldg. 560 (Education Center), Bldg. 750 and at the FS Aloha Center. They are adjusted based on federal and training holidays. Check the USAG-HI SFL-TAP website for specific times and locations at www.garrison.hawaii.army.mil/transition/default.htm. Course offerings are as follows:

- Financial Planning: Every Monday & Friday (must complete 10 months prior to transition).
 - Transition Overview/MOS Crosswalk: Every Monday (must complete 9 months prior to transition).
 - DOL Employment Workshop: Every Tuesday-Thursday (must complete 9 months prior to transition).
 - Veterans Affairs Benefits I: Every Monday & Friday (must complete 6 months prior to transition).
 - Veterans Affairs Benefits II: Every Friday (must complete 6 months prior to transition).
 - Higher Education Track: 2-day course offered twice monthly in Bldg. 560.
 - Career Technical Track: 2-day course offered monthly and hosted by the Department of Labor.
 - Entrepreneur Track: 2-day course offered quarterly and hosted by the Small Business Administration.
 - Transition Plus* – TRICARE, SSA, Community Partners: Every Tuesday.
 - Federal Application Process*: First Thursday each month.
 - Interviewing Techniques*: Second Thursday each month.
 - Advanced Resume Writing*: Third Thursday each month.
 - Networking & Managing Your Job Search*: Fourth Thursday each month.
- (*Note, courses indicated with an asterisk are elective offerings.)

- d. Forms and Publications Shipping Constraints.** Under current budget and personnel restrictions, the APD Media Distribution Division in St. Louis is mandated to automatically select the lowest-cost shipper for products (forms and publications) sent to US Army Hawaii units and associated DoD civilian offices maintaining publications accounts. All Army units and civilian offices maintaining publications accounts and ordering publications and forms will need to be aware of the increased shipping time frames and proactively plan accordingly. Materials should be ordered as soon as the need is determined, and accounts managed in a manner that takes into consideration the potential long delays between ordering and actual receipt of materials. Ordered materials should be carefully tracked in the on-line APD reports system.

12. Plans, Analysis and Integration Office (PAIO): Barry Henderson, (808) 656-0875
www.garrison.hawaii.army.mil/paio/default.htm

- a. Interactive Customer Evaluation (ICE):** <http://ice.disa.mil>.
- b. Mystery Customer:** Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call (808) 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.

13. Directorate of Installation Safety (DIS): Clint German, (808) 656-1173
www.garrison.hawaii.army.mil/safety/default.htm

- a. Traffic Safety Online Classes Sign-Up:** All Hawaii-based Soldiers can request classes using a CAC-enabled government computer at https://imc.army.mil/airs/usg_disclaimer.aspx. Classes are limited to active duty Soldiers only. Select “View Available Courses,” select “Pacific” Region and Garrison “Hawaii,” and then select the desired course. Five classes are offered:
- (1) Motorcycle Basic Rider Course.
 - (2) Motorcycle Experienced Rider Course.
 - (3) Motorcycle Sport Bike Riders Course.
 - (4) Army Traffic Safety Intermediate Training for Soldiers under 26 years old.
 - (5) Remedial Drivers Improvement Training for Soldiers with traffic infractions.

For further information, please contact Bill Maxwell at (808) 656-1174.

- b. U.S. Army Hawaii Policy 6 - Motorcycle Safety Policy and Annex A, 5 Nov. 14, is now available.** This policy letter has been posted to the 25th Infantry Division website at www.25idl.army.mil/DOCUMENTS/POLICIES/cmd_policies.html.
- c. Protect Yourself Against Fire and Treat Burns:** Know what to do when dealing with fire and burns. For more information and safety tips, visit <http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-fires-burns.aspx>.

14. Religious Support Office/Chaplains: MAJ John Grauer, Plans and Operations Chaplain, USAG-HI, (808) 656-1278 www.garrison.hawaii.army.mil/rso/default.htm

- a. Main Post Family Life Center.** The Family Life Center is located at the Main Post Chapel Annex on SB. Counselors are available to help you work through the difficult challenges of life. POC is Chaplain (MAJ) Daniel Kang, Office: (808) 655-6646.
- b. Grief and Loss Group Meeting:** Is April 22. Each 2nd and 4th Wednesdays of every month, we meet at 11:45 a.m. to 12:45 p.m. (bring your lunch). Location is Family Life Center Chapel Annex, Bldg. 791, second floor (behind the PX, next to the Main Post Chapel). Reserve your seat by calling (808) 655-9355.

- c. **Catholic Activities.** Meets at Main Post Chapel, WAAF chapel and AMR chapel for the following: CCD, RCIA, Sacramental Preparation, Pre-Baptism, Prayer Services, Parish Council, Catholic Staff Meetings, Bible Study and Youth Activities. POC is Chaplain (LTC) Herron at (808) 394-3104.
- d. **Protestant Woman of the Chapel (PWOC).** A great program to build community and new friendships, so please join us on Tuesday at 9 a.m. at the Main Post Chapel, Annex Room 212, or 9 a.m. on Tuesday at AMR chapel. Come out and join us for this exciting group. For more information, contact the POC at SB, Erin Nonaka or contact AMR POC, Laura Phillips, at (254) 630-2242.
- e. **Catholic Women of the Chapel (CWOC).** The SB CWOC invites you to join them Wednesday mornings at the Main Post Chapel from 9:30-11:30 a.m. POC at SB is Heather Kershner at (352) 231-1088 or email cwocschofield@yahoo.com. Or, join the CWOC at the AMR chapel; POC is Heather Fazio. Contact her at cwocamr@yahoo.com or (515) 783-6896. Come out and join us for food, fellowship and fun.
- f. **Youth Club.** Our exciting programs for youth 7th-12th grade are Study Groups and Outreach Clubs that meet weekly. For more information, contact Kevin Schmidt at (808) 372-1567.
- g. **Family Night.** Every Tuesday at AMR chapel and every Wednesday at SB Main Post Chapel is Family Night. Dinner begins at 5:30 p.m. with classes for all ages, child through adult, from 6:10-7:30 p.m. Child care (nursery) is also provided. Family Night gives you the opportunity to feed your body, soul and mind. Some of the classes offered during family night are the following: Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families. These are just a couple of samplings of the courses offered during Family Night. For more information; contact Deborah McSwain, director of Religious Education at SB, at (808) 655-9198 or Don Ericson, director of Religious Education at AMR chapel, (808) 839 4319.
- h. **Confirmation Mass** with Bishop Buckon is Friday, April 17, at 6 p.m. at Main Post Chapel. North Area First Communion Mass Saturday is April 25 at 5 p.m. at Main Post Chapel. (No 5 p.m. Saturday Mass at Wheeler.) South Area First Communion Mass Sunday is May 3, 5 p.m. at AMR.
- i. **Vacation Bible School.** This summer, join us at one of the following sites for **Vacation Bible School:** Main Post Chapel, SB, June 8-12; HMR chapel, June 15-19; or AMR chapel, June 22-26. Each of these programs will begin at 9 a.m.-12 noon. For more information, contact Deborah McSwain, director of Religious Education at (808) 655-9198 or Donald Erickson, director of Education at (808) 839 4319, or Chaplain (MAJ) John Grauer, Plans and Operations chaplain, at (808) 656-1278.

15. Directorate of Plans, Training, Mobilization and Security (DPTMS): Don Bennett, (808) 656-0165
www.garrison.hawaii.army.mil/dptms/default.htm www.ready.gov

- a. **U.S. Army Garrison-Hawaii will be conducting its annual hurricane exercise called Makani Pahili** (Strong Winds) from May 26 to June 4. Makani Pahili is a joint exercise that involves the state of Hawaii and all armed services in the Hawaiian Islands. Key exercise objectives are to prepare Army installations for the annual hurricane season from June to Dec. 1, to test disaster preparedness plans/procedures, to test alert procedures/communications systems, and to test the Family Assistance Center and Martinez Gym shelter on Schofield Barracks. All residents can expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from our mass notification/giant voice systems, from community/operational bulletins, and from other websites during the exercise. Please do not be alarmed; it is only an exercise. We ask for your patience, understanding, and support during this important exercise.
- b. **Tropic Lightning Museum:** Open Tuesday-Saturday, 10 a.m.-4 p.m., and closed federal holidays. Come visit Tropic Lightning Museum, Bldg. 361 (Waianae Avenue at the corner of Flagler Road), SB, to learn about the history of the 25th Infantry Division, SB, and WAAF. For more information, contact Kelly Jean Evans at (808) 655-0438.

- c. **Fort DeRussy Museum:** Open Tuesday-Saturday, 9 a.m.-5 p.m. Come visit the U.S. Army Museum of Hawaii at FD, Bldg. 32 (next to the Hale Koa Hotel), to learn about the history of the U.S. Army in the Pacific. For more information, contact Judith Bowman at (808) 942-0318.
 - (1) The U.S. Army Museum of Hawaii will not be hosting a Living History Day on May 16.
 - (2) The U.S. Army Museum of Hawaii will be **closed** on Monday, May 25, Memorial Day.
- d. **Security Clearances/Fingerprinting:** Open Monday-Friday, 8:30 a.m.-12 p.m., and 1-4:30 p.m. For information on updating security clearances or fingerprinting, call Angela Walters at (808) 655-8879.
- e. **Department of the Army Photographs:** Open Monday-Friday, 8 a.m.-5 p.m. For information on scheduling an appointment for a DA photo, log into <https://www.vios-west@army.mil>. For more information, call John Warren at (808) 655-5015.

16. Equal Employment Opportunity, George Chun, (808) 438-4965
www.garrison.hawaii.army.mil/eeo/default.htm

- a. **Days of Remembrance (North)** is April 20 from 11:30 a.m.-1 p.m. at the Main Post Chapel, SB. It's sponsored by 3rd Brigade Combat Team, 25th Infantry Division; U.S. Army-Hawaii; and Team EO/EEO.

17. Logistics Readiness Center, Hawaii (LRC-HI): James Philson, (808) 656-2390

- a. **Office/Facilities/Services Closures or Relocations. Automotive & Tactical Equipment Maintenance Repair Facility Relocation.** Effective April 1, the LRC-HI automotive facility has relocated from the main post to 1752 Higgins Road, Bldg. 6017, on East Range. Customers can call (808) 656-2102 or (808) 656-2100 for more information regarding services and submission of work requests.
- b. **Ammunition Supply Point: Update DA Form 1687 for Ammunition Supply Point.** Effective May 21, you must have your account updated in accordance with memorandum "Clarification of Guidance Regarding Dual Signature Requirements" on DA Form 1687s, which was released on March 20, 2015, from the U.S. Army, Deputy Chief of Staff, G-4. Your account to draw and turn in munitions will be suspended if not updated. Customers can call (808) 656-1649 for more information regarding the update or contact your battalion or brigade ammunition officer.

18. Staff Judge Advocate, 25th Infantry Division Claims Office, Christy Rogers, (808) 655-9279/8164
www.garrison.hawaii.army.mil/legal/default.htm ("Claims" tab)

- a. **Household Good Claims:** Don't miss your deadlines. **Report** loss and damage to the Transportation Service Provider (TSP) within **75** days of your delivery date **and file your claim** against the TSP within **nine months** of your delivery date on www.move.mil. If you need to file your claim with the government, submit the claim within **two years** after you receive your shipment. Let the Claims Office help you. Contact claims personnel at (808) 655-9279.
- b. **Individual Claims Briefing:** Please call to schedule an appointment or stop in during normal business hours to receive one-on-one assistance with your claim. Meet with personnel claims experts, file your notice of loss and damage, and receive advice on how to obtain the maximum amount for your loss and damage through the mover/transportation service provider (TSP).
- c. **Vehicle Claims:** The Claims Office will help you find your car if it is lost, process your claim for damage through the carrier, and help you get reimbursed for the cost of a rental car and other related expenses. Visit <http://pcsmypov.com/FAQ>. Be sure to inspect your vehicle and annotate all damages on the vehicle inspection report **before you leave the port**. If you discover additional damages after you leave the port, go back to the port within **24 hours** to have the damages documented on your inspection report or come to the

SB Claims Office, so claims personnel can inspect your vehicle. Contact claims personnel at (808) 655-9279.

- d. **Claims Office Location and Hours:** Visit Bldg. 2037, Aleshire Ave. (across from CIF). Service is on a walk-in basis on Monday-Wednesday, and Friday, 9:30 a.m.-4 p.m.; and Thursday, 1-4 p.m. Last sign in for service is 3:30 p.m., daily. Contact claims personnel at (808) 655-9279.

19. Staff Judge Advocate, USARPAC, USAG-HI Legal Assistance Office

CPT Levi K. Hookano, (808) 655-8607, www.garrison.hawaii.army.mil/legal/ (“Legal Assistance” tab)

- a. **Areas of Practice:** Our office can assist you with civil legal matters, including family law, consumer and debt issues, estate planning, landlord-tenant, and military administrative matters.
- b. **Weekly Divorce and Separation Briefing:** Every Tuesday and Thursday, 1:30-2 p.m., at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks (across from CIF). Judge advocates will discuss the civilian and military considerations of divorce and separation, so you can better understand the process and legal issues. Attendance at this brief is mandatory prior to an initial appointment with a judge advocate for divorce and separation matters.
- c. **Information Papers:** Need some initial information regarding a legal issue? Our website has several information papers on various legal issues to assist you: www.garrison.hawaii.army.mil/legal/ (“Legal Assistance” tab).
- d. **Additional Walk-In Appointment Times:** In addition to our Tuesday walk-in appointment hours, we now have walk-in appointment hours on Thursday afternoons from 1:30-3:30 p.m.

20. Tripler Army Medical Center (TAMC): Ana Allen, (808) 433-2809

- a. **TAMC Mother's Own Milk Breastfeeding Support Group:** Meets Thursdays, 1-3 p.m., in the Bass Conference Room, Pediatric Clinic, 4th Floor Mountainside. Bring your baby and visit with other nursing mothers; ask the lactation consultant for questions and learn about good breastfeeding management, pumping and troubleshooting problems. Optional baby weight check will be available. Call the Pediatric appointment line for a reservation at (808) 433-6697.
- b. **TAMC Family Medicine Clinic New Patient and Family Orientation:** Welcome to the Family Medicine Clinic at TAMC. Join us for the New Patient and Family Orientation the last Thursday of each month at 10 a.m. in the Family Medicine Clinic Conference Room, ID, Oceanside. For reservations, leave a voicemail at (808) 433-2907.

21. Fisher House “A Home Away from Home,” 317 Kukowski Road, Honolulu, HI 96819

Anita Clingerman, Manager, (808) 433-1291, ext. 212 (Office), (808) 436-5543 (Fisher House Cell)
www.triplerfisherhouses.org www.triplerfisherhouse.com www.facebook.com/Triplerfisherhouse

- a. **Overview:** Tripler Army Medical Center has two Fisher Houses located within walking distance from the main hospital. These Fisher Houses were a gift from the Fisher House Foundation that was started in 1991. The intent for these homes is to offer an alternative to the Soldiers and families receiving treatment at the nearby military Medical Treatment Facility and create a nurturing home-like atmosphere that fosters rehabilitative opportunities to reintegrate the Soldiers and families back into their normal lifestyle, as quickly as possible.
- b. **Eligibility:** The eligibility to stay in the Fisher House is simple. Anyone who is receiving medical treatment or taking care of someone receiving medical treatment qualifies, as well as the family member visiting an in-patient or receiving medical treatment at Tripler. All residents need to provide documentation of their medical needs. Fisher House management is available 24/7 via cell phone, (808) 436-5543. More information is available on all three Fisher House websites, above.

- c. **Region:** We service a large variety of residents from the entire Pacific, to include Reservists, active Guard, retirees, and their families. Those who are in immediate need of housing and have no financial support (official orders) will be considered for placement according to their medical severity. All attempts will be made to accommodate everyone. We are always at 100 percent capacity and usually maintain approximately 10-20 families on the waiting list each month.
- d. **Donations:** Your donations by way of volunteer hours in the home, administrative support to the home, food donations, regular household comfort items, baby items and consumable products, such as cleaning supplies and paper goods, are greatly needed and appreciated. Monetary donations, such as gift cards to local restaurants, fast food and Walmart establishments are also appreciated.
- e. **Serving the Pacific Rim:** We also support families with Neonatal Intensive Care patients and those going through oncology, as well as those who have orthopedic or cardiac surgeries. Tripler Fisher House has a unique mission. Not only do we serve our deployed service members who have been wounded, we are also responsible for 52 percent of the world's medical treatment for service members from all branches who are serving abroad from locations like Japan, Korea, Guam, American Samoa, Okinawa and other areas in the Pacific.
- f. **“Home Away from Home”:** Each Fisher House is a gift from the Fisher House Foundation and must be maintained and supported independently. This can be only accomplished by the generous and continued support of the surrounding communities in which they are located. We are a nonprofit organization, and most of our funds come from the annual Combined Federal Campaign (CFC) drive (CFC# 71377).
 - (1) Fisher House I has eight rooms, to include two family suites on the ground floor that are ADA accessible.
 - (2) Fisher House II has 11 rooms, six of which are located on the ground floor. Each room has either a queen-sized bed or two twin- or full-sized beds with a chair in the room. They are also equipped with a desk, phone with voice mail, TV, VCR, DVD player, hair dryer, iron and ironing board, clothes basket, and extra linen. Games and movies are available for check-out from the manager's office. We also have air beds, if required for additional occupants. Laptop computers are available for checkout with secured wireless Internet access.
 - (3) All guests are encouraged to take advantage of the rest of the house. Common areas include the living, family, and dining rooms, as well as a beautiful spacious kitchen, laundry area and lanai with a million dollar view.

22. U.S. Army Health Clinic, SB: COL Pete Eberhardt, (808) 433-8500

www.tamc.amedd.army.mil/sbhc/default.htm <https://www.facebook.com/usahc.schofieldbarracks>

- a. **Telephone Options:** The telephone system and its options within may have changed in a recent update to our phone tree. Please listen carefully to the options to ensure the right selection. The system can be reached at (808) 433- 2778; then enter your options.
- b. **Health Clinic Tours:** Third Thursdays of every month at 2 p.m. Come to the Main Clinic entrance in the Pharmacy lobby, Bldg. 676. No sign up is necessary. Monthly Health Clinic tours orient patients to their medical home and their medical neighborhood of services. Get details on who your PCM is; which medical home you belong to; what are the hours of Lab, X-ray, Pharmacy, the Acute Care Clinic and more; and where to go to get help. Call our Customer Relations Specialist at (808) 433-8504 for more info or watch our Facebook page for the event.
- c. **Health Clinic Customer Relations Specialist:** Our CRS is ready to serve. The office is located across from the Main Health Clinic Pharmacy pick-up windows in Bldg. 676. If you have concerns or comments about your care, the CRS is able to help navigate the various options for your health care. Contact the CRS at (808) 433-8504 or stop by the office. You may also contact reps at usarmy.tripler.medcom-

tamc.mbx.sbhccustomer-service-rep@mail.mil or through ICE at <https://ice.disa.mil>. You can “Like” us on Facebook (www.facebook.com/usaahc.schofieldbarracks).

- d. **Access your medical benefits from home:** There are some exciting ways to access your medical benefits online. Sign up for Tricare Online at www.tricareonline.com and Relay Health at <https://app.relayhealth.com/> to email your provider, get prescription refills, access health records, make appointments for you and your family and much more. Sign up now!
- e. **Nurse Advice Line:** Call 1-800-TRICARE (874-2273), Option 1, 24 hours a day. The Nurse Advice Line can give you medical advice right over the phone, 24 hours a day, from anywhere in the world. A live nurse will be able to answer many of your questions any time you need. You can find out what kind of over-the-counter medications to take, when to seek medical attention for you or your family members, and where to go in the case of an acute medical need. They are open when you need them.
- f. **Army Provider Level Satisfaction Survey (APLSS) “APPLES”:** Many of you have received the APLSS survey, referred to as “Apples” in the mail or through email. This is an important feedback mechanism to let our clinic and the Army Medical Department know how your experience was with our providers, nurses and staff. Each survey equates to hundreds of dollars given back to the clinic to help improve the quality of care you receive.
- g. **Health Clinic Training Hours:** The Health Clinic will not hold appointments from 1-3 p.m. on Thursdays, which is when needed training is conducted for the staff. During this time, the Acute Care Clinic, Radiology, Laboratory and Pharmacy will remain open. All other clinics will be closed.
- h. **On-Site Child Care:** It’s available for families that have appointments. The YMCA Armed Services provides on-site child care in Bldg. 680 (Pediatrics) from 8 a.m.-12 p.m. and 1-4 p.m. (afternoons by appointment only), Monday-Friday. The cost is \$8 per family. Call (808) 433-8410 for more information or to make an appointment.
- h. **Performance Triad:** Personal lifestyle choices make a huge impact on health, wellness and readiness. Sleep, activity and nutrition enable Soldiers, their families, retirees and civilians to reach their goals and their full potential. The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement for Soldiers, family members, retirees and civilians. The Performance Triad challenges you to enhance your health by participating in its 26-week challenge where targeted goals to improve your health and wellness are already established for you to follow. The Performance Triad has also created a free app to use to assist Soldiers, families, retirees and civilians on optimal ways to enhance their performance, health and wellness through sleep, activity and nutrition. You can download the app for iPhones, iPads, Android devices and Windows phones by searching for "Performance Triad." Learn more about the Performance Triad and obtain resources at <http://armymedicine.mil/Pages/performance-triad.aspx>.
- (1) **Community Nutritional Health:** A community nutritional outreach plan is in place to target all members of our military community. The Community Health Promotion Council’s Physical Health Working Group and the U.S. Army Health Clinic-SB are working together to execute Performance Triad training to local elementary students, family readiness groups (FRGs), and even at the Commissary and Strong Bonds retreats. The installation’s dietician and Army Public Health Nursing are teaching students the importance of healthy lifelong habits by choosing the recommended daily amount of physical activity, servings of fruits and vegetables, and the proper amount of sleep. Families learn how to support each other by living healthy lifestyles and observing demonstrations of healthy meals to prepare and recipes to exchange.

23. **U.S. Army Dental Clinic, SB: SFC Erick Espinosa, (808) 433-8910**
www.tamc.amedd.army.mil/offices/prdc/sbdc.html

24. **Community Health Promotion Council, Linda Bass, (808) 655-4772**

www.garrison.hawaii.army.mil/health/default.htm #ArmyHawaiiTakeASTAND
www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council

25. Island Palm Communities (IPC), Pete Sims, (808) 687-8311

www.islandpalmcommunities.com/Go/CommunityCalendar www.facebook.com/islandpalmcommunities

- a. **Earth Day:** April 22 at 2-5 p.m. at Kalakaua Community Center, SB. Bring your family and friends along for an amazing experience touring cool exhibits, taking part in fun activities and enjoying learning about the environment. Also, back by overwhelming demand is the Earth Day Passport Challenge.
- b. **Bike Safety Bonanza:** May 13 at 4-6 p.m. at FS Elementary School. Teach your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.
- c. **Bike Safety Bonanza:** May 20 at 4-6 p.m. at Kalakaua Kawika Park. Teach your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.
- d. **Back to School Brigade:** June 1- July 3. This collection of school supplies to benefit Operation Homefront's Back to School Brigade to distribute to our military children.

e. Monthly Programs

- (1) **Hawaiian Culture Class:** Every 1st Wednesday, 4 p.m., FS Community Center (CC); every 2nd Wednesday, 3 p.m. Kaena CC; every 2nd and 4th Thursday, 4 p.m., Porter CC; every 4th Monday, 4 p.m., Aliamanu CC.
- (2) **Zumba:** Mondays and Wednesdays, 9 a.m., Porter CC; 6 p.m., Wheeler CC; 7 p.m., Aliamanu CC. Also Tuesdays and Thursdays, 11:30 a.m., Wheeler CC; 6 p.m., Kaena CC; 7 p.m., Helemano CC. Also Tuesdays, 9 a.m., Kalakaua.
- (3) **Kickboxing:** Mondays and Thursdays, 9 a.m., Kalakaua CC.
- (4) **Fit Club:** Thursdays, 6 p.m., Aliamanu CC; 4:30 p.m., Kalakaua CC.
- (5) **Yoga:** Thursdays, 9 a.m., Aliamanu CC.
- (6) **Storytime (w/Military Child Education Coalition):** Every 1st Thursday, 9:30 a.m., Helemano CC. It's a parent/toddler activity that includes a great story and crafts for parents and children to do together.
- (7) **Extreme Couponing:** Every 2nd Tuesday, 10 a.m.-12 p.m., Porter CC; every 3rd Thursday, 10 a.m.-12 p.m., Aliamanu CC. Learn the tricks of the trade with using coupons to save your family lots of money from an expert.
- (8) **Kids on Patrol:** Every 2nd and 4th Wednesday, Kaena CC. Do your kids, 10 years and older, need something to do after school? Have them join Kids on Patrol. It's an interactive program designed to promote a positive and healthy lifestyle. Kids will learn about safety, respect and community pride through fun activities, and they will meet new friends in a positive environment.

26. The Exchange: Robert Rice, general manager, Hawaii Consolidated Exchange, (808) 423-8632

www.shop.myexchange.com
www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm
www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm
www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm
www.shop.myexchange.com/ExchangeLocations/WaianaeStore.htm

- a. Operation Be Fit event is April 24 from 11 a.m.-1 p.m. Includes the following:
 - (1) Tasting of Kind snack bars.
 - (2) Manager specials throughout the day.
 - (3) Additional percent off on clearance weight gear and exercise equipment.

- b. 2nd Annual Diaper Derby (in front of jewelry counter). April 25 from 11 a.m.-1 p.m. Includes the following:
 - (1) Will have prizes for the winners.
 - (2) Manager specials on baby items.
- c. Cinco de Mayo is May 5. Will have a Class Six sales event:
 - (1) Will have Tequila vendors and Rita (bud drinks) come in to do tastings.
 - (2) Manager specials.
 - (3) Vendor will supply some giveaways.
- d. Annual Pet Gala event (outside with tent) is May 9 from 9 a.m.-2 p.m. Includes following:
 - (1) This will be an outdoor event with five categories (best pet trick, aloha costume, look-a-like, most unique, and biggest/smallest pets).
 - (2) Special pricing on pet products (sidewalk sale).
 - (3) Giveaways.
- e. Mother's Day event is May 9-10. Includes following:
 - (1) Makeovers, hand massage and beauty tips.
 - (2) Manager specials.
 - (3) Giveaways.
- f. Memorial Day event is May 22-25. Includes following:
 - (1) Furniture dent & scratch sales.
 - (2) Big manager specials in store.
 - (3) Product demonstrations and tastings.

27. Defense Commissary Agency, Brad McMinn, (808) 655-5066, ext. 202

www.commissaries.com

- a. Commissary Sustainment Project is in full swing. The contractor has removed the coffin freezers from aisle 16 and 17 and is in the process of preparing the area for the new upright freezer display cases. This phase of the project is scheduled to run through April 27 when we will begin moving the ice cream, desserts and breakfast foods temporarily into the new uprights, so work can begin on replacing those cases.
- b. The commissary hours will be curtailed on Saturday, June 6, due to a post-wide power outage. The commissary will be open both of these days from 10 a.m.-6 p.m., with no early bird hours. We will be on generator power provided by the 249th Engineer Battalion Power Production Team.
- c. You spoke, we listened. We compared and you saved! We've identified name brand products that provide consistent value, based on an average lower price than the equivalent store, private label item. Look for the orange "VALUE" tags on about 300 products in 33 categories. These include frozen vegetables, pizza and entrees, pet foods, health and beauty care, cereals, cleaning supplies, soft drinks and coffee, just to name a few. Our new "VALUE" tags help identify the best value product in their category, so you don't even need to think about what to purchase. Go for the orange!
- d. We had over 80 customers signed up for our "Choose to Lose" competition. Lots of events are at the commissary, fitness centers and Exchange. We have a 1-mile walk at the commissary every Wednesday and Saturday at 9 a.m. On Fridays, yoga happens from 9-10 a.m., here at the store. Even if you are not participating in Choose to Lose, come on out and join us and get healthier and fitter in the new year. The event ends with a final weigh in on April 17.

- e. Have a special occasion? Stop by the deli/bakery and order a cake. Just 24 hours notice is needed.
- f. Store Hours
 - (1) Monday through Friday, 9 a.m.-8 p.m.; Early Bird, 8-9 a.m., self checkout open only.
 - (2) Saturday and Sunday, 8 a.m.-7 p.m.; Early Bird, 7-8 a.m., self checkout open only.
- g. The USAG-HI commander has authorized a guest policy that allows two guests per customer. Your guest must have a form of ID to enter the commissary, preferably a driver's license or similar form of ID.
- h. Commissary patrons must show their military or dependent ID when entering the commissary and when they process their orders at the checkout.
- i. Commissary gift cards are the thing to give any time of year. See our tellers at the cash cage to purchase gift cards. They come in \$25 and \$50 increments.
- j. Do you have a Rewards Card? They can be used to download commissary coupons on the commissary website at commissaries.com. If you want a Rewards Card, just ask a cashier the next time you're in the commissary.

28. Armed Services YMCA (ASYMCA), Wheeler Branch Director, Mallisa Shea, (808) 624-5645

www.asymca.org/honolulu-hi/ <https://www.facebook.com/asymca.honolulu>
<https://www.facebook.com/wheelerasymca> Wheeler@asymcahi.org

- a. **Parent Participation Preschool:** For children 3-5 years old. There are three different phases all offering kindergarten readiness. Each phase requires a different amount of parent participation. Cost is ranging from \$80-\$130 a month.
- b. **Playmorning:** For children 0-5 years. It's a program that allows children and parents to come together play, sing and bond. The cost is \$2 per child. At SB/WAAF on Mondays, Wednesdays, Fridays from 9-10:30 a.m. Note, April will be the last month of this program.
- c. **Children's Waiting Room:** CWR provides on-site child care for children while their parents or siblings have medical appointments. There is a \$8 flat fee and two-hour time limit. Call SB clinic at (808) 433-8410 or TAMC at (808) 433-3270 for an appointment.
- d. **Operation Kid Comfort:** Children 0-6 receive a quilt and children 7-12 receive a pillow. Both are handmade by volunteers with pictures of the deployed services members' pictures. Get more information at ismarai@asymcahi.org.
- e. **Food Pantry:** Available at ASYMCA WAAF location. Open for all military dependents. Limited to one visit per month.
- f. **Kids in the Kitchen:** For children 3-5. Once a month, children explore fun and creative healthy recipes through reading, crafts and music.
- g. ***NEW* Early Learning Readiness Program:** ELR is open for ages 0-5. Programs runs twice a week for two hours. The structured program provides a welcome circle, interactive enrichment for children and caregivers, 13 detailed centers and closing circle. Caregivers must be present. The cost is \$20 a month; registration is required. Currently being offered at the AMR ASYMCA location. Registration opens April 16th; program starts May 5th. The program will be held Tuesdays and Thursdays from 9-11 a.m.
- h. **Operation Hero:** For school-aged children. The program assists with the transitions and challenges that children face due to PCS and the military lifestyle. Currently offered only to military children at Mililani

Ike Elementary. If your child attends Mililani Ike and you would like them to be considered for the program, please contact ASYMCA.

29. American Red Cross, Yolanda Gainwell, (808) 655-4927 and (808) 433-6631

- a. **American Red Cross Volunteer Recognition Ceremony:** Please join us as we recognize our volunteers for their outstanding service to Tripler Army Medical Center and USAHC-SB: April 27 from 1-2:30 p.m. at TAMC in Kyser Auditorium. Please RSVP by April 23 to Yolanda Gainwell.
- b. **Upcoming Programs:** Applications for the 2015-16 Dental Assistant Program will be available May 1st through May 31st. Program is open to all military dependents. Call Yolanda Gainwell for more details.
- c. **Volunteer Opportunities:** If you have free time and a desire to serve, TAMC and USAHC-SB are always looking for volunteers. Please contact Yolanda Gainwell for additional information on how to become a Red Cross Volunteer.
- d. **Art & Crafts Volunteers:** The American Red Cross is seeking volunteers who are interested in improving the quality of stay for patients and their families at TAMC through Arts and Humanities. If you have excellent communication and interpersonal skills and enjoy working with arts and crafts, please call (808) 655-4927 or (808) 433-6631.

30. Veterans Affairs, Vacant, Public Affairs Officer, (808) 433-0049

www.facebook.com/VAPacificIslands

- a. **Check Out Our Upcoming Events on Facebook:** We include regular postings on various topics, such as special events, workshops, town halls, employment support, transition assistance, benefits outreach and other events, educational information, health care information and events hosted by our community partners. In addition, we strive to keep you updated on VA Health Care, Benefits, Vet Center and other community resources that assist our transitioning service members, veterans and their families. Please let us know how we can be of service to you.

31. USO, Carlos Rowe, (808) 422-1213, crowe@uso.org

- a. USO Hawaii coordinating with all bases to host a Pirates and Princess Disney Night with movie showing and toy giveaway.

32. Better Opportunities for Single Soldiers (BOSS), (808) 656-1130

www.himwr.com/recreation-and-leisure/boss?highlight=WyJib3NzII0=

- a. BOSS is a commander's program, supported by FMWR, for single Soldiers and geographic bachelors. A BOSS Council organizes and conducts events, which includes activities to the beach, outer islands, off-post entertainment venues, and activities/parties in the BOSS lounge, which boasts a big screen television and areas for table games.
- b. BOSS participants are involved in the local community, participating in annual events and special events, such as Make A Difference Day.
- c. Meetings are held at SB and FS. Contact your boss representative for more information.
 - (1) North meetings are held at the SB Tropics at 3 p.m., every 1st and 3rd Wednesday.
 - (2) South meetings are held at the FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday.

33. "Don't be a BYSTANDER ... Take a STAND!" Help increase awareness of the senior commander's four priorities by helping to prevent suicides, sexual harassment and assault, substance abuse, and safety violations.

Recognize Soldiers and community members who have taken a stand by submitting their names for commander recognition or by submitting testimonials to the Community Health Promotion Council point of contact (p. 46). Utilize and encourage use of this campaign's hashtag – **#ArmyHawaiiTakeaStand** – on social media websites.

- a. **Suicides.** Call 911 if you need an ambulance. Call the National Prevention Lifeline at 1-800-273-TALK (8255). Call the Hawaii Suicide Prevention Access line at 1-808-831-3200. Attend the following courses:

(1) **Applied Suicide Intervention Skills Training (ASIST):** For everyone. Dates are April 9-10, on Oahu, hosted by the Hawaii Army National Guard. Call (808) 672-1339 to register. On April 21-22 and May 14-15, on Oahu, hosted by the Navy. Call (808) 474-0045/1999.

(2) **ACE-SI Tier 1 & 2 Certification Training:** For military and civilians. Dates are April 8, May 13, June 10, July 8, Aug. 12, Sept. 9 and Oct. 14. Call (808) 655-9105 to register.

- b. **Sexual harassment/sexual assault.** For questions about SHARP training, call Shelly Rucker at (808) 655-0701. Please call the USARHAW SHARP Resource Center at (808) 655-9435 or 9441. To report a sexual assault, please call the DOD Safe Helpline at (877) 995-5247 or the USARHAW SHARP Hotline, 24/7, at (808) 655-9474.

- (1) U.S. Army Garrison-Hawaii Personnel SHARP Training
May 12, 8:30-11:30 a.m., SB Main Post Conference Room, Bldg. 584.
May 12, 1-4 p.m., SB Main Post Conference Room, Bldg. 584.
May 13, 8:30-11:30 a.m., SB Small Post Conference Room, Bldg. 584.
May 13, 1-4 p.m., SB Small Post Conference Room, Bldg. 584.
May 14, 8:30-11:30 a.m., SB Small Post Conference Room, Bldg. 584.
May 14, 1-4 p.m., SB Small Post Conference Room, Bldg. 584.
May 15, 8:30-11:30 a.m., SB Small Post Conference Room, Bldg. 584.
May 15, 1-4 p.m., SB Small Post Conference Room, Bldg. 584.
June 2, 8:30-11:30 a.m., FS Flats, NSM, Bldg. 1598.
June 2, 1-4 p.m., FS Flats, NSM, Bldg. 1598.
June 3, 8:30-11:30 a.m., FS Flats, NSM, Bldg. 1598.

- c. **Substance abuse.** Call (808) 655-8610 for the ASAP Clinic.

- d. **Safety violations.** Call (808) 656-1174 to seek safety guidance.