

ABBREVIATIONS: ACS-Army Community Service; AMR-Aliamanu Military Reservation; Bldg.-Building; FMWR-Family and Morale, Welfare and Recreation; FD-Fort DeRussy; FRG-family readiness group; FS-Fort Shafter; HMR-Helemano Military Reservation; SB-Schofield Barracks; TAMC-Tripler Army Medical Center; USARHAW-U.S. Army-Hawaii; WAAF-Wheeler Army Airfield

U.S. ARMY HAWAII
Community Information Bulletin
(15 March 15)

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. Child, Youth and School (CYS) Services Spring Break Camp, March 16-20

- (1) **Peterson CDC Spring Break Camp.** Our kinders will be enjoying a fun-filled week with bowling, Waimea Falls Park, the SB Library and the sprinkler park on post. Tuesday, wear green; Wednesday is green yogurt parfaits. (Activities are subject to change.) For more info, call (808) 655-5293. Must be registered with CYS services and enrolled.
- (2) **SB Youth Center Spring Break Camp.** Monday is "Divergent" the movie and i-trampoline. Tuesday is beach challenge. Wednesday is black light laser tag. Thursday is in-house cooking and Ropes Course. Friday is watch "Insurgent" at Mililani Theaters. For more info, call (808) 655-0451. Must be registered with CYS services and enrolled.
- (3) **SB School Age Program Spring Break Camp.** Monday is bowling (1st-2rd). Tuesday is movie "Box Trolls" (3rd-5th). Wednesday is bowling (3rd-5th). Thursday is movie "Box Trolls" (1st-2rd). Friday is tentative field trip to Kaka'ako Park. Children should bring their own box car they created to race down the hill. Most of the daily activities are based off the movie "The Box Trolls." For more info, call (808) 655-0451. Must be registered with CYS services and enrolled.
- (4) **FS School Age Program Spring Break Camp.** Monday is Pearlridge movies. Tuesday is St. Patrick's Day party (Irish soda bread). Wednesday is Spring Fling (carnival). Thursday is Hickam Beach. Friday is Manoa Falls hike (SAC) and Discovery Center (kinders). For more info, call (808) 438-1487. Must be registered with CYS services and enrolled.
- (5) **FS Youth Center Spring Break Camp.** Monday is Dave and Buster's Team Building Challenges. Tuesday is Kroc Center. Wednesday is on-site sports tournament and cooking. Thursday is i-trampoline. Friday is Pearlridge Mall and movies. For more info, call (808) 438-1487. Must be registered with CYS services and enrolled.
- (6) **Helemano School Age Spring Break Camp.** Monday is USS Arizona/USS Missouri (Group A). Tuesday is USS Arizona/USS Missouri (Group B). Wednesday is How to Care for an Aquarium, crafts (3D jellyfish) and field trip movie day. Thursday is field trip (Group A) to Sea Life Park, science/crafts of coconut volcano and games of lighthouse and ships. Friday is field trip (Group B) to Sea Life Park, fun Friday and games of crab soccer. For more info, call (808) 653-0717. Must be registered with CYS services and enrolled.
- (7) **AMR Youth Center Spring Break Camp.** Lunch served. Open to middle school youth and teens. Fee based on total family income. Registration and field trip permission form required. Environmental field trips, cultural activities and social recreation planned for the fun-filled week. For more info, call (808) 833-0920. Must be registered with CYS services and enrolled.
- (8) **Aliamanu School Age Spring Break Camp.** Monday is green eggs and ham. Tuesday is Irish celebration. Wednesday, Thursday & Friday are Moanalua Valley, a very beautiful place for anyone to experience. The center would like the youth to take a hike in this valley. It will expose the children to a tropical outdoor environment. The hike will also include a few small streams for the children to cross. The trip will last 30 minutes. After the hike, as a treat for their accomplishment, the children will get to make a cool smoothie. It will include yogurt, strawberries, bananas and other fruits.

Different ages will go on different days. For more info, call (808) 833-0920. Must be registered with CYS services and enrolled.

b. Individual Spring Break Events, March 16-21

- (1) **Paint and Take Ceramics.** Wednesday/Thursday from 10 a.m.-4 p.m., and Friday/Saturday from 9 a.m.-4 p.m. Paint your own ceramic eggs. The eggs run at one for \$3 and two for \$5. Other prices vary in prices depending on size. No preregistration required.
- (2) **Wear Green, Save Green at Schofield Bowling Center:** March 17, from 9 a.m.-10 p.m. Come join us for our St. Patty's Day celebration to enjoy green beer, food specials, and awesome prize give-aways. Plus, all bowlers wearing green will receive one free game of bowling. For more info, call (808) 655-0573.
- (3) **St. Patrick's Day at Sgt. Yano Library:** March 17, from 2:30-3:45 p.m. Enjoy your Irish! Make a shamrock headband to celebrate St Patrick's Day. Appropriate for ages 5 and up. Free and no registration required. For more info, call (808) 655-8002.
- (4) **Preschool Story Time at FS Library:** March 17, from 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft. For more info, call (808) 438-9521.
- (5) **Preschool Story Time at Sgt. Yano Library:** March 18, from 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft. For more info, call (808) 655-8002.
- (6) **Home Alone Workshop:** March 17, from 9 a.m.-noon, ACS, Bldg. 2091, 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. For more info, call (808) 655-4227.
- (7) **Going Outdoors with EFMP:** March 18, from 9 a.m.-2 p.m. Meeting at Ho'omaluhia Botanical Gardens, 45-680 Luluku Road, Kaneohe, HI 96744. This catch-and-release program is fun for the whole family. Ho'omaluhia will provide bamboo poles with barbless hooks, and you bring the bait (fresh white bread works great). You may also bring your own poles with barbless hooks. Fish commonly seen are tilapia and midas cichlid. It is a 20-minute hike to the fishing area. No casting allowed. Registration is required for each participating family member at www.himwr.com/acs; click on "class calendar." Bring your own lunches and water. Handicap-accessible parking with proper placard.
- (8) **Celebrate Women's History at FS Library:** March 18, from 3-4 p.m. Visit the library to hear about Betsy Ross and the part she played in American history, and then make your very own Colonial flag to take home. All supplies will be provided. No registration required. For more info, call (808) 438-9521.
- (9) **Blue Star Card (BSC) Program Easter Egg Scavenger Hunt:** March 20, from 4-5 p.m., Desiderio Field. Countdown another month of deployment complete by joining BSC for our Easter Egg Scavenger Hunt. Everyone will be given a list of riddles and clues that need to be solved to find the Easter eggs. This event is family friendly, and parents are welcome to help during the scavenger hunt. For more information, call (808) 655-0111.
- (10) **Teen Cosplay Party at Sgt. Yano Library:** March 21, from 1-3 p.m. The Teen Manga Club will be throwing a Cosplay Party. Dust off your costume and let your creativity fly. Cosplay is an activity where people dress up as their favorite animated character. The event will include face painting,

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graffiti boards, poster and costume contests, and games. For teens 12-17 years old. Register by calling (808) 655-8002.

- (11) **Richardson Pools:** Mondays, Wednesdays- Fridays. Opening up community open swim hours from 1-5 p.m.
- (12) **AMR Pools:** Mondays-Tuesdays, Thursdays-Fridays, from 1-5 p.m.
- (13) **Arts & Crafts-Mom & Tots:** Every Thursday from 10-11 a.m. For the cost of \$5, parent and child take on a creative project together. For more info, call (808) 655-4202.

c. Month of the Military Child - April

- (1) **P.T. in the Park:** April 7, Youth Sports for the Month of the Military Child will be hosting their annual P.T. in the Park. It will be held at Schofield School Age Center at 1885 Lyman Road, Bldg. 1280; program will be conducted at the Soccer Field, located on the side of the building. Please check in at the sign up table to register your youth at 6:15 a.m. Youth can receive their free T-shirt for participating, and P.T. stations (hurdles, ladders, cone drills, long jump, parachute run, and many more) will run from 6:30-7:30 a.m. Youth and their parents will enjoy various fitness stations. Once P.T. in the Park 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. The P.T. stations are age appropriate for youth 5-18 years of age.
- (2) **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 March 17-April 17 at Parent Central Services, CYS Services School Age Programs, Nehelani and Hale Ikena.
- (3) **PT in the Gym:** April 28, Youth Sports (for the Month of the Military Child) 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.
- (4) 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 Month of the Military Child 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), Charlyn Sales, (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:** April 1; May 6, 10-11 a.m. at ACS, Bldg. 2091, SB. Are you a newly

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appointed OPOC for your FRG or organization? If you answered yes, this training is for you. Learn how to manage your volunteers utilizing the Volunteer Management Information System.

- (2) **VMIS 101 Orientation:** April 7; May 5, 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.
 - (3) **2015 USARHAW Volunteer Recognition Ceremony (VRC):** The VRC will take place on April 14 from 11 a.m.-12 p.m. at Nehelani Banquet and Conference Center, Bldg. 1249, SB. Official invitations for the ceremony will be sent out in March.
 - (4) **2015 USARHAW VRC Nomination Packet and Submission Deadline:** The 2015 USARHAW VRC Nomination Packet is currently available online, at www.himwr.com/acs. Submission deadline for Nomination Packets is March 31.
 - (5) **Volunteer Appreciation Reception:** In observance of National Volunteer Appreciation Week (April 12-18), community volunteers are cordially invited to a complimentary Island Style Luau, April 15 from 12-2 p.m. at the Nehelani Banquet and Conference Center, Bldg. 1249, SB. Volunteers must be registered in VMIS. RSVP is required for admittance, NLT March 31 through ACS at 655-4ACS (4227). Guests of volunteers may attend for a fee TBD. Child care is limited; reserve early.
- b. Employment Readiness Program (ERP), Caron Ferguson, (808) 655-4ACS (4227)**
www.himwr.com/work-a-career-centers
- (1) **Employment Orientation:** March 20, 27; April 3, 17; May 8, 10, from 9-10:30 a.m. at ACS, Bldg. 2091, SB. This class will orientate you to the island for employment opportunities.
 - (2) **Civilian Resume Writing Class:** April 10; May 1, from 9-11 a.m. at ACS, Bldg. 2091, SB. This class will familiarize you with different resume formats and will provide you with tips for writing your resume for civilian employment.
 - (3) **10 Steps to a Federal Resume Two-Day Seminar:** March 24, 25, from 10 a.m.-12 p.m. Both days at SB Sgt. Yano Library, and May 14, 15, from 9-11 a.m. at ACS, Bldg. 2091, SB. Interested in finding a career with the federal government? Participate in this two-day 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, from 9-10:30 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.
 - (5) **My Career Advancement Account (MyCAA)** is a 15-minute introductory class to explain how spouses can access up to \$4,000 in scholarship funds. The target audience is E1-E5, O1-O2, or W1-W2 spouses. Webinar dates are Hawaii Time zones.
April 3 at 9 a.m. <https://einvitations.afit.edu/inv/anim.cfm?i=231978&k=006243007C5F>
April 7 at 12 noon, <https://einvitations.afit.edu/inv/anim.cfm?i=231979&k=006243007C5E>
April 28 at 12 noon, <https://einvitations.afit.edu/inv/anim.cfm?i=231998&k=00624300725F>
April 29 at 9:30 a.m., <https://einvitations.afit.edu/inv/anim.cfm?i=232001&k=006240097B56F>
- c. Exceptional Family Member Program (EFMP), Leonard Webster, (808) 655-4ACS (4227)**
www.himwr.com/exceptional-family-member
- (1) **Going Outdoors with EFMP:** March 18, from 9 a.m.-2 p.m. Meeting at Ho`omaluhia Botanical Gardens, 45-680 Luluku Road, Kaneohe, HI 96744. This catch-and-release program is fun for the

whole family. Ho`omaluhia will provide bamboo poles with barbless hooks, and you bring the bait (fresh white bread works great). You may also bring your own poles with barbless hooks. Fish commonly seen are tilapia and midas cichlid. It is a 20-minute hike to the fishing area. No casting allowed. Recommended are walking shoes, insect repellent, rain gear. Bring your own lunches and water. Limited to first 20 people.

- (2) **EFMP Family Easter Event:** April 3, from 10 a.m.-12 p.m. Family friendly event for Exceptional Family Members to hop into spring. Event will include age-appropriate make it-take it crafts and Easter egg hunt.
- (3) **EFMP Lei Making:** May 13, from 2:30-4 p.m. at ACS Bldg. 2091. 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. Reservation required to ensure we have enough supplies. Please register each participating family member.
- (4) **EFMP Movie Day:** June 10, from 2-4 p.m. at ACS, Bldg. 2091, SB. Movie designed to be more family friendly for Exceptional Family Members to include those individuals on the autism spectrum or others with sensory sensitivities. Reservation 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:** March 25; April 22; May 27, from 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) **Free Car Seat Safety Classes:** March 20, from 10 a.m., 11 a.m., 12 p.m., and 1 p.m. at ACS, Bldg. 2091, SB. A one-hour, one-on-one car seat class. Ensure that your car seat is installed correctly, learn the latest best practices and Hawaii state laws and get your questions answered.
- (3) **Little Ones Play Morning (ages 0-3):** March 18, April 1, 15; from 10-11 a.m. at 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.
- (4) **Sports Play Morning at AMR (ages 3-5):** April 10; from 9:30-10:30 a.m. at AMR Sports Field. Looking for a great place to meet other parents or share parenting information and tips? Give your child a chance to interact with other children in a safe, structured environment.
- (5) **Sports Play Morning at SB (ages 3-5):** March 24; April 28; from 9-10 a.m. at Kalakaua Community Center Play Area, SB. Looking for a great place to meet other parents or share parenting information and tips? Give your child a chance to interact with other children in a safe, structured environment.
- (6) **Scream-Free Marriage Series:** March 19, 26; April 9, 16, 23; May 14, 21, 28, from 11:45 a.m.-1:30 p.m. at Aloha Center, Bldg. 330, FS. Also, March 6, 13, 20; April 3, 10, 17; May 1, 8, 15, from 11:45 a.m.-1:30 p.m. at ACS, Bldg. 2091, SB. Every couple goes through conflict, but not every couple grows through it. Be one of the successful. Join this three-week series.
- (7) **Couples Communication (Couples Only):** April 8; May 13, from 11:45 a.m.-12:45 p.m. at 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.

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- (8) **Boot Camp for New Dads:** March 28; April 25; May 23, from 9 a.m.-12:30 p.m. at 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.
 - (9) **Prosperous Parent:** April 13; May 11, from 9 a.m.-12:30 p.m. at ACS, Bldg. 2091, SB. Discuss essential parenting skills and challenges to parenting. Explore realistic and unrealistic expectations for children, understand your child's development, and create a plan for your child's safety and well-being at home, in the car and with others. Learn the 12 Rules of Discipline and effective punishments and rewards.
 - (10) **Scream-Free Parenting Series:** April 2, 9, 16, 23, from 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.
 - (11) **Parenting 101:** Take your parenting to the next level, March 16; April 20; May 18, from 4-5 p.m., ACS, Bldg. 2091, SB; also March 19; April 16; May 21, from 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.
 - (12) **Home Alone Workshop:** March 17; May 23, ACS, Bldg. 2091, SB, April 3 at AMR. 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.
 - (13) **Communication Solutions (Couples or Singles):** April 13; May 11, from 4-5 p.m. at 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.
 - (14) **Sleepless Solutions:** April 8; May 13, from 11:45 a.m.-12:45 p.m. at 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.
 - (15) **Stress Solutions:** March 23; April 27; May 18, from 12-1 p.m. at ACS, Bldg. 2091, SB. Also, March 26; April 23; May 28, from 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.
 - (16) **Anger and Conflict Solutions:** March 19; April 16; May 21, from 3-4 p.m. at ACS, Bldg. 2091, SB. Also March 12; April 9; May 14, from 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:** March 20; April 17; May 15, from 10 a.m.-12 p.m. at Kalakaua Community Center, SB. Showing "Stuart Little" on March 20; 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) **Breastfeeding Basics:** April 8, from 5:30-7:30 p.m. at Main Post Chapel, SB. Join us for a small group educational session on the basics of breastfeeding. Dads are encouraged to attend. Free child care available beginning at 6 p.m. Under age 3 must be registered with Child Development Center.

Free dinner provided at 5:30 p.m. Free child care and dinner provided at 5:30 p.m.

- (3) **Expectant Parent Series:** March 19, 26, from 12-1:30 p.m. at ACS, Bldg. 2091, SB. This series of four workshops (one or both parents may attend) will teach you what to expect when you bring baby home and also includes advice from the Financial Resiliency Center.
 - (4) **Infant Massage:** May 5, 12, 19, 26; June 2. Choose from either morning session from 10-11:30 a.m., Porter Community Center, or evening session from 6-7:30 p.m. at ACS, SB. 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.
- f. **Victim Advocacy Program, Adrienne Howe, (808) 655-4ACS (4227)**
<http://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.
 - (2) **Child Abuse Prevention Month (CAPM):** April is CAPM. The Family Advocacy Program will have numerous events throughout the month of April, to include a Pinwheel Parade and Proclamation Signing to kick off CAPM, as well as a pinwheel garden planting at the Child Development Centers, outreach tables and family story time at Sgt. Yano Library. Please like us on Facebook or visit our website at www.himwr.com/acs for updated dates and times of events.
- g. **Financial Readiness Program, (FRP), Robin Sherrod, (808) 655-1866**
www.himwr.com/financial-management
- (1) **First Term Financial Training:** March 16, 23, from 8:30 a.m.-4:30 p.m. at Bldg. 647, Financial Resilience Center and April 6, 13, 20, 27; May 4, 11, 18, 25; June 1, from 8:30 a.m.-4:30 p.m. at 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).
 - (2) **Money Management Class:** April 2; May 7, from 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."
 - (3) **Basics of Budgeting Class:** April 9; May 14, 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.
 - (4) **Your Credit Report & Score Class:** March 18, from 10-11:30 p.m. at Bldg. 647, Financial Resilience Center and April 16; May 21, from 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.
 - (5) **Basic Investing & TSP Class:** March 25, from 10-11:30 a.m. at Bldg. 647, Financial Resilience Center and April 23; May 27, from 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.
 - (6) **Free Credit Score Event:** April 14, from 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.

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- (7) **Free Credit Score Event:** May 14, from 10 a.m.-12 p.m. at ACS South, FS, Aloha Center, Bldg. S-330. ACS financial counselors will help you pull your free credit score from MyFICO. No registration required; just stop by.
 - (8) **Car Buying:** April 30, from 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)**
<http://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 who 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) **Key Caller–FRG Training:** March 31 at 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Teaches how to create connections with families, share information through email and phone calls per command guidance, dispel rumors, handle crisis calls, and utilize the Volunteer Management Information System (VMIS).
 - (3) **FRG 101–FRG Training:** March 24, from 9 a.m.-12 p.m.; April 9, from 5:30-8:30 p.m., April 28, from 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Overview of FRG’s mission and purpose, regulations governing FRG program, roles and responsibilities, parameters of fundraising.
 - (4) **FRG Leader–FRG Training:** March 24, from 9 a.m.-12 p.m.; April 9, from 5:30-8:30 p.m., April 28, from 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Teaches the role of an FRG leader to adhere to the commander’s guidance and priorities, promote the commander’s programs that enhance family preparedness of the operational mission by strengthening family members to build independence, resiliency, trust, and teamwork, maintain rosters, select effective volunteers, assist in planning appropriate events, utilize VMIS.
 - (5) **Social Media–FRG Training:** March 31, from 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Provides an overview of the Army’s social media policy, VFRG, Facebook, e-Army Messaging, OPSEC and PERSEC.
 - (6) **AFTB Level K:** March 30, 31, from 9 a.m.-2 p.m. at NCO Academy. This two-day class includes all of the modules in AFTB Level K. Military Knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life. Do you want to know what PCS, FTX and all the other acronyms mean? Do you want to learn more about living the military life? Come take this two-day class to learn Army 101 information and connect with other military family members.
 - (7) **AFTB Level G:** April 8, 9, 10, from 9 a.m.-2 p.m., ACS, Bldg. 2091, SB. Personal Growth skills are important at any stage of life. Whether you are new to the military or getting ready to retire. Learn great skills, such as Effective Communication, Interpersonal Relationships, Conflict Management, Problem-Solving and many other life-building skills with this three-day course.
 - (8) **AFTB Level L:** April 27, 28, 29, from 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.

- (9) **AFTB Level K:** May 7, 8, from 9 a.m.-2 p.m., NCO Academy. This two-day class includes all of the modules in AFTB Level K Military Knowledge. Are you new to the military? Do you want to know what PCS, FTX and all the other acronyms mean? Do you want to learn more information and connect with other military spouses?

j. Relocation Readiness Program, Charlyn Sales, (808) 655-4ACS (4227)
www.himwr.com/making-a-move

- (1) **USARHAW Community Readiness Expo:** March 19, 26; April 2, 9, 16, 23, 30, from 9 a.m.-3 p.m. at the Nehelani. 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) **Small Business Seminar:** March 31, from 5-8 p.m. at SFAC, Bldg. 663. A seminar conducted by Small Business Administration/SCORE representatives for individuals who are interested in starting their own small business enterprise.
- (2) **Disabled American Veterans (DAV) Service Officer:** Tuesdays-Thursdays, from 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).

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

- (1) **SOS Support Meeting:** March 24, from 10-11 a.m. at the SOS Center. A support meeting for surviving families of active duty 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) 656-0095

- (1) **Spring Break Camp:** March 16-20, PCDC kinders will be enjoying a fun-filled week with (subject to change) bowling, Waimea Falls Park, Schofield Barracks Library, Sprinkler Park on post. Tuesday is wear green; Wednesday is green yogurt parfaits.
- (2) **Fitness Week:** March 23-27, PCDC will be having fitness week. Monday is shuttle tun. Tuesday is small hurdle run. Wednesday is hula hoops. Thursday is Jump Rope for Heart. Friday is color run.
- (3) **Child Abuse Awareness Month:** Every Monday, April 6, 13, 20, and 27, Petersen CDC will be promoting child abuse awareness. The participants and staff will be encouraged to wear blue.
- (4) **Petersen CDC Pin Wheels with Parents Activity and ACS:** April 1, from 3:30 p.m.-5:30 p.m., hosted by ACS for Child Abuse Awareness Month
- (5) **Story Time:** April 2, from 9 a.m.-4 p.m. Parents and special guests will be coming to Petersen CDC to share their favorite stories with our children's classrooms.
- (6) **Muffins with Mom:** April 9, from 2-2:30p.m. Petersen CDC mommies are invited to come in and enjoy a muffin during snack time with their child.

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- (7) **Donuts with Dad:** April 16, from 2-2:30 p.m. all of the Petersen CDC daddies are invited to come and enjoy a donut during snack time with their child.
- (8) **Ula Ula Preschool Class 2:** April 16, children at Petersen CDC who are currently enrolled in the Preschool Strong Beginnings Program will have a kindergarten tour at Hale Kula or Solomon Elementary schools.
- (9) **Home Depot:** April 17, from 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.
- (10) **Make & Take:** April 21, from 3:30-5:30 p.m. Petersen CDC will be providing different make and take, art 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.
- (11) **Month of the Military Child Luau and Open House:** April 24, frp, 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. At open house, there will be free food, entertainment, bouncers, popcorn, shaved 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.
- (12) **Ice Cream Social:** April 29, from 3:30-5:30 p.m. All parents are invited to come and enjoy an ice cream sundae at Petersen CDC with their child and child's caregivers.
- (13) **Lei Day is May Day in Hawaii:** May 1, Petersen CDC, children will make lei with construction paper flowers, straws and yarn in their classrooms.
- (14) **Mother's Day Project:** May 6 and May 8, Petersen CDC classrooms will make tissue paper flowers for Mother's Day and will have and celebration for mothers on May 8, from 8 a.m.-8:30 a.m., and breakfast with mom.
- (15) **Annual Staff Training Day:** May 22 will be an annual training day for Petersen CDC staff. Time is TBA.
- (16) **Part Day Preschool Graduation:** May 29, at 10 a.m., Petersen CDC part-day preschool program children will finish up their school year with the annual graduation.
- (17) **Spring Break Camp:** Bowen CDC, March 16-20, our kinders will be enjoying a fun-filled week with (subject to change) bowling, SB Library, Sprinkler Park on post. Tuesday wear green. Wednesday is shamrock shakes.
- (18) **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.
- (19) **Month of the Military Child Egg Decorating:** Bowen CDC, April 3, from 3-4 p.m. Parents are invited to come and join in this fun-filled art activity. Each child along with their parent will be able to use their imaginations to creative unique eggs for display or to eat.
- (20) **Month of the Military Child Spirit Week:** Bowen CDC, April 20-24, all day. Calendar of events follow: Monday, wear Blue; Tuesday is crazy hat/hair day; Wednesday is patriotic colors; Thursday is pajama Day; and Friday is Character Counts Day.

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- (21) **BCDC Mini Carnival:** Bowen CDC, April 24, from 2-4 p.m. BCDC 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.
- (22) **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.
- (23) **Muffins with Mom:** Bowen CDC, May 8, from 2-3 p.m., all mommies of BCDC are invited to come in and enjoy a muffin during snack time with their child.
- (24) **Scholastic Book Fair:** Bowen CDC, May 18-20, from 4-5:30p.m. Come and support our Book Fair. It is open to the public.
- (25) **Strong Beginnings Graduation:** Bowen CDC, May 27, at 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 preschool experience. Refreshments will be served immediately following the ceremony.
- (26) **Celebration of Dr. Seuss:** March 2, from 7:45-8:45 a.m. Happy Birthday, Dr. Seuss, with green eggs and ham breakfast. FS Child Development Center for children and parents of FS CDC.
- (27) **Come Read with Me - Celebration of Dr. Seuss:** March 2- 6, at 10 a.m. and 3 p.m., daily. Come out and celebrate Dr. Seuss with story time twice a day with your child and his/her classmates. FS CDC for the Children and parents of the FS CDC.
- (28) **Shamrock Surprise:** March 17, from 3-5 p.m., FS CDC. Come out and join the festivities of St. Patrick's Day with green art and cooking activities in each classroom. For the children and parents of FS CDC.
- (29) **"Their Lives, Their Stories" Frame Art:** April 2, from 3-5 p.m. Let's kick off the Month of the Military Child with this awesome activity at FS CDC. Take a picture with your hero and create a frame. This activity is for the children and parents of FS CDC.
- (30) **Month of the Military Child Barbecue and Open House:** April 9, from, 10:30 a.m.-12 p.m. FS CDC will host an open house and Barbecue with a photo gallery, artwork, music, food and fun. A barbecue for the children and parents of FS CDC.
- (31) **Month of the Military Child Spirit Week:** April 20-24, all day. Calendar of events follow: Monday wear blue; Tuesday is crazy hat/hair day; Wednesday is patriotic colors; Thursday is pajama day; and Friday is Character Counts Day. For the children and parents of FS CDC.
- (32) **Muffins with Mom:** FS CDC, May, from 8-8:30 a.m. All the mommies of FS CDC are invited to come in and enjoy a muffin during breakfast with their child.
- (33) **St. Patrick's Day Celebration:** March 17, from 3:30-4:30 p.m. Location is SB CDC. Families are invited to join their children to make a tasty treat and create a lucky piece of art.
- (34) **Child Abuse Awareness Pinwheel Garden:** March 31, from 3:30-5:30 p.m. Location is SB CDC. Families are invited to join their children in making a blue pinwheel to represent child abuse awareness to go in our garden.
- (35) **Month of the Military Child Kickoff:** Around the world with SB CDC, April 1, from 2:30-3 p.m.; location is SB CDC. Families are invited to join their children and our staff in celebrating different

cultures around the world. Food, games, and activities will be set up throughout the hall for parents and children to visit.

- (36) **SB CDC CAPM Proclamation Signing with ACS and Parade:** April 7, from 10-11 a.m.; location is SB CDC parking lot. The community is invited to join ACS, SB CDC, and the garrison commander as he signs the Child Abuse Prevention Month (CAPM) proclamation. Following the signing, there will be a parade hosted by the children of SB CDC.
- (37) **Family Appreciation Meet and Greet:** April 14, SB CDC, from 5:30-9 a.m.; location is SB CDC. SB CDC families are invited to enjoy a continental breakfast and meet with the director.
- (38) **Mini Carnival:** April 17, SB CDC, from 9:30-11 a.m. Tentative location is Teen Center gym. SB 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.
- (39) **Open House:** April 23, SB CDC, from 3:30-5 p.m.; location is SB CDC. Families are invited to walk through the building and enjoy the displays presented by each classroom depicting the happenings within the room.
- (40) **Career Week:** April 27-30, location SB CDC. Parents and community members are invited into the classrooms to discuss their careers with the children.
- (41) **Parent Involvement:** AMR CDC, for the entire month of April, we would like our parents to sign-up with their child's classroom to volunteer and read a book, plant seeds, or do activities with their children at our center. This is a great opportunity for our parent's to earn parent participation points.
- (42) **Parent Luncheon:** April 17 from 11-11:30a.m. For the parents and children of AMR CDC.
- (43) **Character Counts Parade:** April 24 from 3-3:30 p.m. For the parents and children of AMR CDC.
- (44) **MOMC Hallway Party:** April 30 from 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 many more. This is a great way for our AMR CDC family to end MOMC.
- (45) **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.
- (46) **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." This event is for the children and their families of AMR CDC.
- (47) **Opening of Art Gallery:** April 1, HMR CDC, 5:30 a.m.-6 p.m. Location is HMR CDC, Bldg. 30. For parents of children enrolled at HMR CDC program. Showcases children's creative art work.
- (48) **Children's Book Day:** April 1, HMR SAC children read to HMR Full Day CDC children, from 3-4 p.m. Location is Hawaii, Kauai, Maui room. For enrolled children at HMR CDC.
- (49) **Family Craft Day:** April 2, HMR CDC, from 4-5 p.m. Make a spring basket. For parents of children enrolled at HMR CDC program. Parent involvement activity.
- (50) **Egg Hunt:** April 3, HMR CDC, from 10-11 a.m. Part Day Preschool Program and Part Day Strong Beginnings Program; 3:30- 4:30 p.m., Hawaii & Kauai Program; 4-5 p.m., Maui Program. Location is HMR CDC, Bldg. 30. For enrolled children at HMR CDC.
- (51) **Fun Fest:** April 4, HMR CDC, Weyand Field, SB, from 9 a.m.-5 p.m.

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- (52) **Pajama Day/Bring your Favorite Stuffed Animal:** April 8, HMR CDC, from 5:30 a.m.-6 p.m. Location is HMR CDC, Bldg. 30. For all enrolled children at HMR CDC.
- (53) **Parents Read to Me Day:** April 10, HMR CDC, from 9-10 a.m. Part Day Preschool Program and Part Day Strong Beginnings Program; 4-5 p.m., Full Day Programs. Parent involvement activity for children enrolled at HMR CDC.
- (54) **Multicultural Day with Crafts and Food Tasting at Snack Time:** April 14, HMR CDC, from 8:30-9 a.m. Part Day Preschool Program and Part Day Strong Beginnings Program; 2-2:30 p.m., Full Day Programs. For children enrolled at HMR CDC. Children may wear clothing to represent cultural diversity in our program. For all children enrolled at HMR CDC.
- (55) **Sports Day:** April 16, HMR CDC, from 5:30 a.m.-6 p.m. Wear your favorite team colors/jersey. For all children enrolled at HMR CDC.
- (56) **Pastries for Parents:** April 17, HMR CDC, from 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.
- (57) **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. For all children enrolled at HMR CDC.
- (58) **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. For all children enrolled at HMR CDC.
- (59) **Aloha Day:** April 23, HMR CDC, from 5:30 a.m.-6 p.m. Children are asked to wear aloha prints to celebrate the island and culture where we are living. For all children enrolled at HMR CDC.
- (60) **Roaring 20's Dance:** April 24, MST Bldg. 25, from 4-6 p.m. For all children enrolled in Full Day Programs at HMR CDC.
- (61) **Plant a Garden:** April 28, HMR CDC, from 9-10 a.m. For all children enrolled at HMR CDC.
- (62) **Science Day:** April 29, HMR CDC, from 9-10 a.m. Part Day Preschool Program and Part Day Strong Beginnings Program; from 4-5 p.m., Full Day Programs. For all children enrolled at HMR CDC.
- (63) **Staff Appreciation Day:** April 30, HMR CDC. Parents show their appreciation to staff. For all parents with children enrolled at HMR CDC.
- (64) **May Day:** May 1, HMR CDC, Lei Day, from 9:45- 11:30 a.m. Location is 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.
- (65) **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.
- (66) **Flower Month:** May 6 and 7, HMR CDC, the Hawaii and Kauai program will be doing floral arts and crafts, as well as science experiments in changing the colors of flowers.
- (67) **Strong Beginnings Graduation:** May 21, 4 p.m., HMR CDC, Strong Beginnings Program graduation. We will be celebrating all of our graduates with a wonderful ceremony for the parents and families.

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

- (1) **FCC New Applicant Briefing:** April 8, May 8, June 5, from 9:30-11:30 a.m.; location TBA. For authorized military family members interested in pursuing FCC certification. Reservations are required; contact the FCC office at (808) 655-8373.
- (2) **Spring Festival:** March 27, from 8:30-10:30 a.m., at Kalakaua Community Center. Open to FCC providers, their enrolled children and families. Spring kickoff to feature spring activities and crafts.
- (3) **Month of the Military Child:** April 17, from 8:30-10:30 a.m., at Kalakaua Community Center. Open to FCC providers, their enrolled children and families. Join us for the MOMC celebration featuring bounce houses, games, and arts and crafts.
- (4) **FCC Provider Appreciation Day:** May 15, from 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) **Trolling Through the Spring:** Ft. Shafter SAC, Spring Break Camp Week Mon-Fri theme:
 - a) March 16, Pearlridge movies
 - b) March 17, St. Patrick's Day party (Irish soda bread)
 - c) March 18, Spring Fling (carnival)
 - d) March 19, Hickam Beach
 - e) March 20, Manoa Fall Hike (SAC), Discovery Center (kinders)
- (2) **Team Building Challenge Week theme Divergent:** FS YC, Spring Break Camp, Monday-Friday
 - a) March 16, Dave and Buster's Team Building Challenges
 - b) March 17, Kroc Center
 - c) March 18, on-site sports tournament and cooking
 - d) March 19, I Trampoline
 - e) March 20, Pearlridge mall and movies
- (3) **Strange Magic:** March 16, FS School Age Center, from 10-11:30 a.m. Youth will go to Pearlridge movie theaters to enjoy a movie. Must register for Spring Camp at FS School Age Center.
- (4) **Insurgent:** March 16, FS YC, from 10-11:30 a.m. Youth will go to Pearlridge movie theaters to enjoy a movie. Must register for Spring Camp at FS YC.
- (5) **Dave and Buster's:** March 16, FS YC, from 9:30-4 p.m. Dave and Buster's staff will host a team building activity for teens. There will be a course set up with challenges that teens must navigate though. Must register for Spring Camp at FS Youth Center.
- (6) **On-Site Sports Tournament and Cooking:** March 16, from 10-4 p.m. FS YC youth will engage in sports activities, such as volleyball and basketball tournaments and team building activities. There will also be a project to cook healthy snacks, such as low-fat chicken nuggets and smoothies. Must register for Spring Camp at FS Youth Center.
- (7) **St. Patrick Day Party:** March 17, FS SAC, from 1-3 p.m. Youth will make Irish soda bread, listen to traditional Irish music and participate in Irish crafts and games. Must register for Spring Camp at FS School Age Center.

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- (8) **Kroc Center:** March 17, FS YC, from 10-12 p.m. Youth will participate in water challenges and games while enjoying the water slides and lazy pool. Must register for Spring Camp at FS Youth Center.
- (9) **Spring Fling:** March 18, FS SAC, from 1-3 p.m. Youth have a chance to play carnival games and make spring-related crafts. We will end the event by showing Dr. Seuss' "The Lorax." Must register for Spring Camp at FS School Age Center.
- (10) **Hickam Beach:** March 19, FS SAC, from 10 a.m.-12 p.m. Youth will participate in water play and sand activities. Must register for Spring Camp at FS School Age Center.
- (11) **I-Trampoline:** March 19, FS YC, from 10 a.m.-1 p.m. Youth will engage in physical fitness activities and challenges. Must register for Spring Camp at FS Youth Center.
- (12) **Manoa Falls:** March 20, FS SAC, from 10 a.m.-12 p.m. Youth will enjoy the beauty of Hawaii by hiking up to Manoa Falls. Must register for Spring Camp at FS School Age Center.
- (13) **Discovery Center:** March 20, FS SAC, from 10 a.m.-12 p.m. Kindergarteners will engage in science and history-related activities and self-directed games. Must register for Spring Camp at FS School Age Center.
- (14) **Month of the Military:** Child FS SAC
 - a) April 1, Winter Snowy Day
 - b) April 2, Twin Tay
 - c) April 3, 10, 17, & 24, Wear red
 - d) April 6, 13, 20, & 27, Child Abuse Prevention Month, wear blue
 - e) April 7, Sports Day
 - f) April 8, Crazy Hair Day
 - g) April 9, Polka Dots and Stripes Day
 - h) April 14, Mismatch Day
 - i) April 15, Purple Day
 - j) April 16, Read to me Day
 - k) April 21, Crazy Sat/Socks Day
 - l) April 22, Patriotic Colors Day
 - m) April 23, Pajama Day
 - n) April 24, Character Counts, wear yellow, blue, red, orange, purple, or green
 - o) April 28, PT in the Gym Inside Out Day
 - p) April 29, Semiformal Day
 - q) April 30, Aloha Attire Day

(15) **Month of the Military:** Child FS YC

- a) April 1, Wear blue teans every Friday
- b) April 6, 13, 20, & 27, Wear blue in honor of
- c) April 2, Wear Sports Hat Day
- d) April 3, Wacky Tacky Day
- e) April 7, College Day
- f) April 8, Wear yellow (Character Counts: Respect)
- g) April 9, Mismatch Thursday
- h) April 10, Wear green (Character Counts: Responsibility)
- i) April 14, Wear orange (Character Counts: Fairness)
- j) April 15, Wear purple (Character Counts: Citizenship)
- k) April 16, Twin Day
- l) April 17, School Colors Day

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- m) April 21, Patriotic Day
 - n) April 23, 90's Day
 - o) April 24, Aloha Day
- (16) Trolling Through the Spring:** SB SAC, Spring Break Camp, Monday-Friday
- a) March 16, bowling (1st-2rd), from 9:30-11:30 a.m.
 - b) March 17, movie "Box Trolls" (3rd-5th), at SB SAC, from 10-11:30 a.m.
 - c) March 18, bowling (3rd-5th), from 9:30-11:30 a.m.
 - d) March 19, movie "Box Trolls" (1st-2rd), at SB SAC, from 10-11:30 a.m.
 - e) March 20, tentative field trip, Kaka'ako Park; children bring their own box car they created to race down the hill. *Most of the daily activities are based off the movie "The Box Trolls."
- (17) Team Building Challenge Week theme Divergent:** Spring Break Camp, Monday-Friday, SB YC, for grades 6th -12th
- a) March 16, "Divergent" the movie and I-Trampoline
 - b) March 17, beach challenge
 - c) March 18, black light laser tag
 - d) March 19, in-house cooking and Ropes Course
 - e) March 20, watch "Insurgent" at Mililani Theaters
- (18) Summer Camp Sign-Up:** Internal (currently enrolled children) SB School-Age Center. Sign-ups for Summer Camp are from March 24-April 18. External sign-ups for Summer Camp are from April 21-30. Internal (currently enrolled children) return for next school year is April 30.
- (19) Month of the Military Child:** The following activities and events are for SB School-Age Center children, youth and staff.
- a) April 1, children, youth and staff can dress up in their very own wacky way.
 - b) April 2, children, youth and staff can dress up in aloha attire.
 - c) April 3, children, youth and staff can wear red in support of our troops. We will also be going on a field trip to the SB Bowling Alley from 9:30-11:30 a.m. April 6-10 we'll be in recognition of Character Counts. Children, youth and staff can wear the colors that represent each pillar of character. In addition to Character Counts Week, we will also be doing the following:
 - d) April 6, children, youth and staff can dress up in their own unique backwards way or blue in support of Child Abuse Prevention Month.
 - e) April 7, child, youth and School Services, Youth Sports will be hosting their annual PT in the Park at SB School-Age Center on the soccer field from 6:30-7:30 a.m.
 - f) April 8-9, children, youth and staff will be participating in boot camp activities, to include an obstacle course and relay challenges on the soccer field.
 - g) April 10, children, youth and staff will be participating in water games and wear red in support of our troops.
 - h) April 13, children, youth and staff can create their own crazy hair styles or blue in support of Child Abuse Prevention Month.
 - i) April 14, Community Open House at SB SAC. "Be Our Guest" from 3:30-5 p.m. SB SAC will open its doors to allow the community to view the activities in action with the staff and children. Also on this day children, youth and staff can wear their favorite hat.
 - j) April 15, children, youth and staff can wear purple in honor of National Purple Up Day.
 - k) April 16, children, youth and staff can wear prior era clothing in support of throwback.
 - l) April 16, we will be hosting an ice cream social for children, youth and their families from 3:30-4:30 p.m.
 - m) April 17, children, youth and staff can wear red in support of our troops. We will also collaborating with Child, Youth and School Services Youth Sports to conduct a basketball clinic with the children and youth.

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- n) April 20, children, youth and staff can wear crazy or mismatched socks or blue in support of Child Abuse Prevention Month.
 - o) April 21, children, youth and staff can dress-up as their favorite superhero.
 - p) April 22, children, youth and staff can wear appropriate pajamas and watch “Big Hero Six” and enjoy popcorn.
 - q) April 23, children, youth and staff can dress up in their favorite sports team attire.
 - r) April 24, children, youth and staff can wear red in support of our troops. We will also be hosting a color run on the soccer field for the children, youth and staff.
 - s) 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.
 - t) April 28, children, youth and staff can dress up as twins.
 - u) April 29, children, youth and staff can dress in their favorite career professional attire.
 - v) 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.
- (20) **Quarterly Youth Highlights:** March 27, from 6-8:30 p.m., SB Youth Center. A celebration to recognize youth who are new, youth who are leaving, youth volunteers, youth with birthdays, and parent volunteers. Come and enjoy a night of fun and food for the parents and youth of the SB Youth Center.
- (21) **Military Youth Appreciation Ice Cream Social:** April 1, from 4-6 p.m. SB YC. A social to come and see all the activities that the SB Youth Center has to offer while meeting new friends and being appreciated for all that military youth add to our community. Open to all CYS Services registered youth.
- (22) **Movie Under the Stars:** April 10, from 6-9 p.m. SB Youth Center Field. Come out and enjoy a movie and refreshments under the stars. Free prize for bringing three friends to the movie. Open to all youth of USAG-Hawaii
- (23) **Teen Choice Awards:** April 17, from 6-8 p.m., SB Youth Center. Join us as we recognize the youth who have helped to make our center an awesome place to be. Refreshments will be provided.
- (24) **Operation Megaphone! Worldwide Lock-In:** April 24, 7 p.m., to April 25, 7 a.m., SB 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.
- (25) **May Day/Lei Day Luau:** May 1, from 6- 9 p.m., SB Youth Center. Come enjoy an evening of fun, food, and entertainment as we pay tribute to Polynesian & Asian Pacific Islander cultures. Open to all CYS Services registered youth and their families.
- (26) **Mother’s Day Snack:** May 8, SB SAC, from 2:45-3:45 p.m. SB parents are invited to come eat snacks with their children here in the center.
- (27) **May Day Performance:** SB School-Age Center, 4-5 p.m. Children and staff will put on a May Day performance for parents.
- (28) **Dental Hygiene Clinic:** March 6, AMR SAC, from 3:30-5 p.m., we will learn more about the importance of dental hygiene.
- (29) **Iron Chef Cook Off:** March 14, 1 p.m., AMR YC. Assembling 4H Cooking Club members and interested community youth to put together their cooking skills and create a food presentation.
- (30) **Springtacular – Surf N Turf:** Spring Break Camp, March 16-20, from 9 a.m.-4 p.m., AMR Youth Center. Lunch served. Open to middle school youth and teens. Fee based on family total income category. CYSS registration and field trip permission form required. Environmental field trips,

cultural activities and social recreation planned for the fun-filled week. Call the AMR Youth Center for more info, (808) 833-0920.

- a) March 16, Pearlridge mall/movie
- b) March 17, Makua and Kahanahaiki cultural guided hike at Makua Military Reservation
- c) March 18, Polynesian Cultural Center
- d) March 19, I Trampoline
- e) March 20, Luau Springtacular Celebration

(31) Trolling Through the Spring: Aliamanu SAC, Spring Break Camp, Monday-Friday

- a) March 16, Green Eggs and Ham. The center will host a Green Eggs and Ham lunch for the children of the Youth Center. While children are eating, they will also listen to Dr. Seuss' "Green Eggs and Ham." A photo booth will be set up for children to take pictures.
- b) March 17, Irish Celebration. The center will host various activities for children to participate in during the day. "Gak Jars": Make slime and contain them in baby jars, so children can take them home. "Roll a Leprechaun": Using dice, children color and decorate a leprechaun based on what they roll. "Clover Stamp Shirts": Using clover stamps, children will design a clover shirt to take home. "Irish Para Cord Bracelets": Using 550 para cord, youth will create bracelets similar to Irish bracelets.
- c) March 17-20, Moanalua Valley is a very beautiful place for anyone to experience. The center would like youth to take a hike in this valley. It will expose children to a tropical outdoor environment. The hike will also include a few small streams for children to cross. The trip will last 30 minutes. After the hike, as a treat for their accomplishments, children will get to make a cool smoothie. It will include yogurt, strawberries, bananas, and other fruits. Different ages will go on different days.

(32) Hiking Trip: March 18-20, AMR SAC, 9-10 a.m. Moanalua Valley is a very beautiful place. The youth will take a hike at the Moanalua Valley and be exposed to a tropical outdoor environment.

(33) St. Patrick's Dance Social: March 27, from 7-9:30 p.m., AMR Youth Center. Come and enjoy dancing' with friends. Food and fun all night long. Refreshments available. Costs \$4 for CYS Services members and \$5 for non-CYS Services members.

(34) Parent/Child Kickball Tournament: April 1, AMR SAC, from 3:30-5 p.m. kick off the Month of the Military Child. Children will play kickball with parents. The children will be on Team A and all the parents will be on Team B. The kickball tournament is a family fun event to actively get parents and children to exercise while having fun.

(35) Youth Appreciation Cards: April 2, AMR SAC, from 3:30-4:30 p.m. Parents will be given Appreciation Cards to fill out about their child. They will write a small message on the card about what makes their children special and why they appreciate their child. These will be placed on display in the front of the building. We will also try to include a photo of the family.

(36) Egg Extravaganza: April 3, AMR SAC, 3:30-5 p.m. Eggs are the topic of discussion with this event. The activities promote the upcoming holiday. The following is a list of the different activities we will incorporate: Jelly Bean Game-Complete your card of jelly beans before the others. Egg Rolling-Build an incline using Legos to see whose will make it to the bottom fastest. Egg Scavenger Hunt-The children will be divided into groups. Each group will have to find their color eggs based on the clues given.

(37) Safety for All: April 8, AMR SAC, from 1:30-5 p.m. We have invited the local police department, fire department, and Emergency Medical Services to the center to educate the children about public safety.

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- (38) **Parent Video Game Challenge:** April 9, AMR SAC, from 3:30-5:30 p.m. In celebration of Month of the Military Child, parents are invited to challenge their children to a video game. We will have Just Dance, Kinect Adventures, and other games to select from and play.
- (39) **Family Bingo:** April 10, AMR SAC, from 3:30-5:30 p.m. Parents and children will come together to play a classic game of Bingo and win small prizes.
- (40) **Make/Fly Kites:** April 15, AMR SAC, from 3:30-5 p.m. Torch club will be putting in a workshop on how to make and fly kites. Other children in the center will come to this workshop to learn about kit making and how to fly them the best.
- (41) **Stress Awareness:** April 16, AMR SAC, from 3:30-5:30 p.m. Resilience is very important when it comes to military children. Dealing with stress is a key to being more resilient in certain situations. The center will host a seminar about kid stress and how to deal with it. The children will also get a chance to make stress balls and take them home.
- (42) **Family Field Day:** April 17, AMR SAC, from 3:30-6 p.m. The center will set up a family field day where 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.
- (43) **Scrabble Tournament:** April 20-24, AMR SAC, from 3:30-5:30 p.m. Grade levels will compete to see who the smartest scrabble player is in the center. The competition will last a week.
- (44) **Aliamanu SAC Showcase:** April 24, AMR SAC, from 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.
- (45) **Book Fair:** April 27-30, AMR SAC, from 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.
- (46) **Little Buddy Readers:** April 29, AMR SAC, from 3:30-5 p.m. Club will be collaborating with AMR CDC and reading to the preschoolers.
- (47) **Family Picnic:** April 30, AMR SAC, from 3-5 p.m. To close out Month of the Military Child, the center will be hosting a family picnic. They will sit outside and enjoy food and drinks from the center.
- (48) **4-H Photography Club:** May 11-15, AMR SAC, from 3:30-4:30 p.m. Photography club will be displaying a selection of prints.
- (49) **End of the School Year Celebration:** May 29, AMR SAC, from 3:30-5:30 p.m. Children will have a dance to celebrate their last day of school.
- (50) **Summer Camp Registration:** May 1, AMR YC, 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 for participants. For more info, 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 a.m.-4 p.m. The themes for the Summer Camp follow: Week 1-"American Sniper," Week 2-"Hunger Games," Week 3-"Jurassic Park," Week 4-"The Avengers," Week 5-"Madea," Week 6-"Lilo and Stitch" and Week 7-"Ninja Turtles."
- (51) **Family Picnic Day:** May 9, from 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.

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- (52) **Hail and Farewell Social:** May 15, from 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.
- (53) **Bake a Bone Community Service Project:** May 16, from 12-3 p.m., AMR Youth Center. 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.
- (54) **Pacific Teen Panel:** PTP is looking for interested teens that want to serve on the PTP for the AMR/Tripler/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.
- (55) **Glow Fun Run:** April 11, at 6:30 p.m., AMR YC. Fun run for youth, teen members, parents and CYSS staff. Start at Youth Center and around Bougainville Loop and back to the Youth Center. Participants will receive a glow-stick necklace for the run.
- (56) **Month of the Military Child Recognition Ceremony:** April 10, at 6:30 p.m., AMR YC. Recognizing our teen and parent volunteers for their community service. Refreshments available.
- (57) **Teen Dance Social:** April 17, from 7-9:30 p.m., AMR Youth Center. Recognizing our military youth and teen's grades 7-12 for Month of the Military Child. Cost is \$4 for CYSS members and \$5 for non-CYSS members. Refreshments are available. Contests and prize giveaways.
- (58) **Basketball Clinic:** April 18, from 1-4 p.m. at AMR Youth Gym. All youth and teens grades 7-12 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.
- (59) **Through the Spring (Sea Life):** Helemano SAC, March 16-20, Spring Break, Monday-Friday.
- a) March 16, USS Arizona/USS Missouri. Build your own ship, games (Ships and Sailors, Group A).
 - b) March 17, USS Arizona/USS Missouri. Build your own ship, games (Marco Polo, Group B).
 - c) March 18, responsibility, how to care for an aquarium, crafts (3D Jellyfish), field trip movie day.
 - d) March 19, field trip (Group A), Sea Life Park, science/crafts, Coconut Volcano, games, lighthouse and ships.
 - e) March 20, field Trip (Group B), Sea Life Park, fun Friday, games, crab soccer.
- (60) **Children's Book Day:** April 1, HMR SAC, children read to HMR Full Day CDC children, from 3-4 p.m. For all children enrolled at HMR SAC and CDC Programs.
- (61) **Opening of Art Gallery:** April 1, HMR SAC, from 5:30 a.m.-6 p.m. Location is HMR CDC/SAC facility, Bldg. 30. Showcase of children's creative art work. For parents of all children enrolled in HMR SAC program.
- (62) **Family Craft Day:** April 2, HMR SAC, from 4-5 p.m. Make a spring basket. Parent involvement activity for parents and children enrolled at HMR SAC program.
- (63) **Children's Book Day:** April 1, HMR SAC, children read to HMR Full Day CDC children, from 3-4 p.m. Location Hawaii, Kauai, Maui room. For enrolled children at HMR CDC.

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- (64) **Egg Hunt:** April 3, HMR SAC, from 4-4:30 p.m. Location HMR CDC/SAC, Bldg. 30. For all enrolled children in HMR SAC program.
 - (65) **Pajama Day/Bring your Favorite Stuffed Animal:** April 8, HMR SAC, from 5:30-6:30 a.m., 12:30-6 p.m. For all enrolled children in HMR SAC program.
 - (66) **Family Movie Day:** April 10, HMR SAC, from 4-5:30 p.m. Parent involvement activity for children enrolled in After School HMR SAC program.
 - (67) **Multicultural Day with Crafts and Food Tasting at Snack Time:** April 14, HMR SAC. Children may wear clothing to represent cultural diversity in our program. For all children enrolled at HMR SAC.
 - (68) **Sports Day:** April 16, HMR SAC. Wear your favorite team colors/jersey. For all children enrolled at HMR SAC.
 - (69) **Crazy Hat Day:** April 21, HMR SAC. Children are asked to wear different kinds of hats throughout the day. For all children enrolled at HMR SAC.
 - (70) **Patriotic Colors Day:** April 22, HMR SAC. Children are asked to wear patriotic colors to honor our country. For all children enrolled at HMR SAC.
 - (71) **Aloha Day:** April 23, HMR SAC. Children are asked to wear aloha prints to celebrate the island and culture where we are living. For all children enrolled at HMR SAC.
 - (72) **Roaring 20's Dance:** April 24, YC Bldg. 25, 4-5:30 p.m. For all children enrolled in HMR SAC program.
 - (73) **Plant a Garden:** April 28, HMR SAC, from 4-5 p.m. For all children enrolled at HMR SAC.
 - (74) **Science Day:** April 29, HMR SAC, from 4-5 p.m. For all children enrolled at HMR SAC.
 - (75) **Staff Appreciation Day:** April 30, HMR SAC. Parents show their appreciation to staff. For all parents with children enrolled at HMR SAC.
- d. **Youth Sports – Brendyn Agbayani, (808) 655-6465**
www.himwr.com/youth-sports
- (1) **Youth Sports is Looking for Volunteer Coaches and Referees at Youth Sports Offices:** 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) **Track & Field:** Season is underway; practices begin the 1st week in April. Practices for AMR/FS are Tuesdays and Thursdays, 5-6:30 p.m., SB, Wednesdays and 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.
 - (3) **Wrestling:** Season is underway, practices will begin in March. Practices will be held Wednesdays from 6-7 p.m. and Fridays from 5-7 p.m., at AMR small gym. SB Bennett Gym on Tuesdays and 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. Wrestling season will run from March until June. If you have any further questions, call AMR/FS at (808) 836-1923 or SB (808) 655-6465.

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- (4) **Soccer Registration:** Youth born 1999-2010. The cost is \$55. Registration is the month of April. Soccer season is the July 25-Sept. 19; sign your youth up today for a great season. Call AMR/FS at (808) 836-1923 or SB at (808) 655-6465 with any questions.
 - (5) **Mini Soccer Sign-ups:** For youth born in the years 2010-2011. Registration is March 17-April 7. The program runs April 23-June 11. 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 soccer ball. Come out and love to learn a new sport.
 - (6) **Youth Sports Home School P.E.:** Youth Sports is currently conducting P.E. classes for our military home-school families, free of charge. If you are interested in participating, contact the Sports Office at (808) 836-1923.
 - (7) **Kick-Butts Day:** March 18, Youth Sports is partnering up with NEX, Naval Health Clinic, Tripler Health Clinic, and Kick-Butts Day organization to help spread the message of becoming tobacco free. Event starts at 7 a.m. with a 2-mile fun run/walk around the NEX Mall parking lot. Information booths with hands-on interaction starts at 11 a.m.-2 p.m. in the NEX main lobby. At 11:30 a.m., AMR cheerleaders will be performing a Thriller Flash Mob inside the NEX store. Call Brittany at AMR at (808) 836-1923 for further details.
 - (8) **P.T. in the Park:** April 7, Youth Sports for the Month of the Military Child will be hosting its annual P.T. in the Park. It will be held at SB School Age Center at 1885 Lyman Road, Bldg. 1280. Program will be conducted at the soccer field located on the side of the building. Please check in at the sign up table to register your youth at 6:15 a.m. Youth can receive their free T-shirt for participating. P.T. stations (hurdles, ladders, cone drills, long jump, parachute run, and many more) will run from 6:30-7:30 a.m. Youth and their parents will enjoy various fitness stations. Once P.T. in the Park 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. P.T. stations are age appropriate for youth 5-18 years of age.
 - (9) **President's Cup Challenge:** We choose you. Youth Sports will be at all School Age and Teen Centers the week of spring break, March 16-20, to see if our youth have what it takes to be a contender for the three-stage President's Cup Challenge. Youth will have a chance to compete against each other in sit-ups, push-ups, 100 meter dash, and the sit and reach. The top 10 finalists from every center will advance to the next President's Cup Challenge during summer break.
 - (10) **PT in the Gym:** April 28, Youth Sports for the Month of the Military Child, 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 Park 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. P.T. stations are age appropriate for youth 5-18 years of age.
- e. **Parent & Outreach Services – Synthia McNamara, (808) 655-4090**
www.himwr.com/parent-central-services
- (1) **CYS Services Quarterly Family Advisory Board Meetings:** March 17, from 6:15-7:15 p.m. at SB YC; also March 18, from 6:15-7:15 p.m. at FS SAC.
 - (2) **Parent Education Workshops (Teen Topic):** March 17, from 5:30-6:15 p.m. at SB YC; also March 18, from 5:30-6:15 p.m. at FS SAC.

- (3) **Parents Night Out:** From 6-11 p.m., South, March 7, April 4, and May 9 at AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782); also North, March 28, April 18 and May 23 at Bowen CDC (Bldg. 1219) and SB 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 at (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.
 - (4) **Month of the Military Child Parent Child Ball:** Theme is "Once Upon A Dream." April 25 from 5:30-9 p.m., at the Nehelani. Event includes dinner, music, entertainment, dancing, and photo opportunities with Disney princes and princesses. Children can dress in "prince" and "princess" attire.
 - (5) **MilitaryChildCare.com (MCC):** MCC is an online portal where military/DOD families are able to search for and request care and create a profile where they can manage all their requests. PCS is available to assist families on getting started. For more information, contact SB PCS at (808) 655-5314 and Aliamanu PCS at (808) 833-5393.
- 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 SB Bennett YC, today. For more information, please call (808) 655-9818.
 - a) March 18 & 25, 4-7 p.m., Aliamanu School Age Center
 - b) April 1 & 8, 4-7 p.m., babysitting, Bennett Youth Center
 - c) April 15 & 22, 4-7 p.m., CPR/first aid, Bennett Youth Center
 - (3) **SKIES Unlimited Tumbling:** This program is skill based on progression in a safe and fun environment, 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 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.
- (18) **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.
- (19) **SKIES *Unlimited Vocal/Music Technique***: Voice lessons for 6-18 years.
- (20) **SKIES *Unlimited Mini Mozart***: Parent-assisted keyboard class for 3.5-6 years.
- (21) **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.
- (22) **SKIES *Unlimited Guitar***: Introduce 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.
- (23) **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 of the "the drummer" in a band for 7-18 years.
- (24) **SKIES Unlimited Rock School:** Rock School was created with the understanding that, for a student 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.
- (25) **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.
- (26) **SKIES Unlimited Drivers Ed. 101:** The program consists of 30 hours of classroom instruction and 6 hours of behind-the-wheel driving instruction with a state certified instructor for 15-18 years.
- a) Through April 2, Tuesdays and Thursdays, from 5-7:30 p.m.
b) April 14- May 21, Tuesdays and Thursdays, from 5-7:30 p.m.
- (27) **SKIES Unlimited Baby Sitting & CPR Course:** Participants will receive hands-on training in a fun learning environment using the Army/4-H curriculum for 12-18 years.
- (28) **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.
- (29) **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.
- (30) **SKIES Unlimited Lil Ninjas:** Basic foundations to martial arts, students achieve coordination, motor skills, increased concentration and social skills; for 3-5 years.
- (31) **SKIES Unlimited Arts:** Explore and express the beauties of the natural world through painting, mosaics, beading, sculpture, clay, and collage; for 3-12 years.
- (32) **SKIES Unlimited Sewing:** Learn about the most commonly used stitches and adjustments, seams and more, to create various projects; for 9-18 years.
- (33) **Fun Fest:** April 4, Weyand Field, SB, from 9 a.m.-2 p.m. Performances, demonstrations from voice, hula, taekwondo and dance.
- (34) **SKIES Unlimited Photo Day:** April 19, from 11 a.m.-6:30 p.m. for hula, dance, Lil Ninjas and taekwondo programs.
- (35) **Month of the Military Child Parent Child Ball:** Theme is "Once Upon A Dream," April 25, from 5:30-9 p.m., at the Nehelani. Performances from our voice and ballroom programs.
- (36) **SKIES Unlimited Tech Rehearsal Day:** April 26, from 1-6 p.m., at the KROC Center Hawaii. Rehearsal for our dance and hula performers for the Spring Recital.
- (37) **SKIES Unlimited Tech Rehearsal Day:** May 1, at 3 p.m., at the KROC Center Hawaii. Rehearsal for "Willy Wonka Kids" for the Spring Recital.
- (38) **SKIES Unlimited Spring Recital Day:** May 2, from 10 a.m.-6:30 p.m. at the KROC Center Hawaii.

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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 Thursdays from 9 a.m.-4 p.m. The office is located in Bldg. 1782 next to the SKIES studio.
- (2) **Hawaii Board of Education General Meeting:** March 3, at 1:30 p.m., Queen Liliuokalani Building, 1390 Miller St., Rm. 404, Honolulu, Hawaii 96813.
- (3) **Joint Venture Education Forum (JVEF) Strategy Group Meeting:** March 12, from 9-10:30 a.m., at AMR Community Center.
- (4) **Spring Break Holiday:** March 16-20, Hawaii DOE schools will be closed. Please check your child's school calendar for additional school holidays for Teacher Professional Days. School Administrative Office will be open.
- (5) **Prince Kuhio Day:** March 26, schools closed.
- (6) **Good Friday:** April 3, schools closed.
- (7) **Joint Venture Education Forum (JVEF) Board Meeting:** April 9, from 9-10 a. m., at AMR Community Center.
- (8) **Joint Venture Education Forum (JVEF) Strategy Group Meeting:** May 14, from 9-10:30 a.m., at AMR Community Center.
- (9) **Memorial Day:** May 25, schools closed.
- (10) **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 (BBBSMMP). 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. For 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, Chief, (808) 655-0110

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

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

- (1) **Fun Fest Fundraising Lottery:** March 17 at 9 a.m., Arts and Crafts Bldg. 572. FRGs and units present will be entered into a lottery for fundraising opportunities at Fun Fest. For more information, please call (808) 655-0002.
- (2) **Fun Fest, Earth Day and LTS Travel Fair 2015:** April 4, from 9 a.m.-2 p.m. at Weyand Field, SB. Come out and enjoy the holiday weekend with your family. Kickoff the day with a children's 1-mile fun run at 8:45 a.m. Activities for the event include pictures with the Easter bunny, pony rides, carnival games, food, Earth Day activities, SKIES performances and the LTS Travel Fair with a variety of recreational vendors from around the island with prize giveaways. Be sure to stop by the event for egg hunts: ages 2-4 at 11:30 a.m., ages 5-8 at 12 p.m. and ages 9-12 at 12:30 p.m. For more information, call (808) 655-0002.

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- (3) **Fourth of July Fundraising Information Meeting:** April 7 at 9 a.m., Arts & Crafts, Bldg. 572. Informational meeting for FRGs and units regarding fundraising opportunities at Fourth of July, from 10 a.m.-9 p.m., at Weyand Field.
- (4) **Garrison Organization Celebration:** May 22 from 9 a.m.-4:30 p.m. at Stoneman Complex. U.S. Army Garrison, Hawaii is holding its annual garrison picnic for employees. All Family and MWR facilities will be closed to include child care facilities. Please plan accordingly.

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 2015. 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) **Ping Pong Competition:** Every Thursday in March at 6 p.m. Sign in begins at 5:30 p.m.
- (4) **St. Patrick’s Day at the Tropics:** Join us on St. Patrick’s Day, March 17. For more information, please visit us at hi.mwr.com.
- (5) **Latin Late Night Weekend:** Partner with BOSS, March 20 and 21 at 7 p.m. to midnight. Enjoy a fun-filled night with Latin music and dancing.
- (6) **NBA 2k15 Xbox Competition:** Every Sunday in March from 3-6 p.m. Sign up starts at 3:30 p.m. Show your shooting skills and compete against others. The finale will be held March 29th.
- (7) **NBA 2k15 Playstation Competition:** Every Monday in March from 6-9 p.m. Sign up starts at 5:30 p.m. Show your gaming skills and compete against others. The finale will be held March 30th.
- (8) **Country Night Weekend:** March 27 and 28 at 7 p.m. to midnight. Live entertainment, line dancing, and bull competition.
- (9) **March Madness Sweet Sixteen:** Join us for the College Basketball March Madness Sweet Sixteen Tournament March 26th-29th.
- (10) **April Fools’ 8 Ball Pool Tournaments:** April 3, 10, 17 and finale 24th. Sign in at 9:30 p.m.; 1st place prize is \$50 gift card.
- (11) **Call of Duty X-box Challenge:** April 5, 12, 19 and finale 26th at 3-6 p.m. Sign in at 5:30 p.m.; 1st place prize is \$25.
- (12) **Dodge Ball Challenge:** April 5, 12, 19 and championship 26th at 4-6:30 p.m.; 1st place trophy. For more information, call (808) 655-4077.

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- (13) **Call of Duty PlayStation Challenge:** April 6, 13, 20 and finale 27th at 6-9 p.m. Sign in 5:30 p.m.; 1st place prize is \$25 gift card.
 - (14) **4 on 4 Sand Volleyball Tournament:** April 4, 11, 18 and championship on April 25 at 6-9 p.m. For more information, call (808) 655-4077.
 - (15) **2015 College Basketball National Championship:** Join us April 4th for the semifinals and April 6th for the finals. Games will be available on all TVs, and drinks and snacks are available at the Ono Bar all day.
 - (16) **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.
 - (17) **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.
 - (18) **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.
 - (19) **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.
- 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 Hawaii Intramural Basketball League Championships:** Army Hawaii Intramural Basketball Playoffs start March 23-April 3 at Martinez PFC, 6-9 p.m., and FS PFC, 6-8 p.m., each day of the week.
 - (2) **Army Hawaii Intramural Indoor Soccer Tournament:** April 6-17 at Martinez PFC, 6-9 p.m., each day of the week.
 - (3) **Army Sports Program Battalion Level Basketball Championships:** April 6-17 at Martinez PFC, 6-9 p.m., and FS PFC, 6-8 p.m., each day of the week.
 - (4) **Army STRONG BANDS Co-Ed Kickball Tournament:** April 20-May 1 at TAMC Field, 6-9 p.m., each day of the week.
- d. **Fitness**
B 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; (808) 433-6443
AMR Physical Fitness Center, 176 Kauhini Road, Bldg. 1780; (808) 836-0338
HMR Physical Fitness Center, 441 Kuapale Road, Bldg. 25; (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.

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- (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, Thursday, 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) **Co-Ed 4's Volleyball Tournament:** FS PFC, April 12 from 8:30 a.m.-4 p.m., \$10 per player; six players max per team. Open to all eligible Army PFC patrons ages 18 & older. Submit rosters by March 30. POC Mike Smyrychynski. For more information, please call (808) 438-1152.
- (12) **Step-Fitness:** Mondays, from 4:30-5:30 p.m., TAMC PFC. Cost is \$4. This class includes strength training and abdominal workout. Please call (808) 433-6443 for more information.
- (13) **Cardio Kickboxing:** Wednesdays, from 4:30-5:30 p.m., TAMC PFC. Cost is \$4. This class includes strength training and abdominal workout. Please call (808) 433-6443 for more information.
- (14) **Zumba Fitness:** Fridays, from 4:30-5:30 p.m., TAMC PFC. Cost is \$4. Please call (808) 433-6443 for more information.
- (15) **Pilates:** Mondays & Wednesdays, from 5:30-6:30 p.m., TAMC PFC. Please call (808) 433-6443 for more information.

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- (16) **Daily Body Fat Percentage and Blood Pressure Assessment:** TAMC PFC. Please call (808) 433-6443 for more information.
 - (17) **100-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
 - (18) **250-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
 - (19) **500-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
 - (20) **Free Throw Competition:** March 18 from 7 a.m.-6 p.m., TAMC PFC. Cost is \$3 per person. For more information, please call (808) 433-6443.
 - (21) **CYS Services Youth Sports Basketball Season:** TAMC PFC.
 - (22) **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.
 - (23) **CYS Services Youth Sports Basketball:** AMR PFC.
 - (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) **CYS Services Youth Sports Basketball Season:** Martinez PFC.
 - (27) **IM Basketball:** Martinez PFC. Season will continue as scheduled on Tuesdays, Wednesdays and Thursdays at MPFC 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
AMR Pool, 176 Kauhini Road, Bldg. 1785; (808) 833-0255
www.himwr.com/aquatics
- (1) **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.
 - (2) **Adult Lap Swimming:** Daily, 11 a.m.-3 p.m., Richardson Pool.
 - (3) **Community Swim:** Daily, 3-5 p.m., Richardson Pool.
 - (4) **Open Swim:** Saturday and Sunday, 11 a.m.-5 p.m., Richardson Pool.
 - (5) **Swim Lessons:** Richardson Pool. One-on-one swim lessons, \$80 for five, half-hour classes, Richardson Pool. All classes to be determined with an instructor upon registration and instructor availability.

- (6) **Semi-Private Learn to Swim Lessons:** At Richardson Pool. Two students to one instructor for \$120 for five half-hour classes, Richardson Pool.
- (7) **Mission Active Duty Soldier PT/Adult Swimming:** From 6-8:30 a.m., TAMC Pool.
- (8) **Water Therapy for Wounded Warriors:** From 7:30- 8:30 a.m., TAMC Pool. Taught by the Physical Therapy Department, weekdays.
- (9) **Adult Lap Swim:** From 11 a.m.-1 p.m., Mondays, Tuesdays, Thursdays & Fridays, TAMC Pool.
- (10) **Community Swim:** From 1-5 p.m., Mondays, Tuesdays, Thursdays & Fridays, TAMC Pool.
- (11) **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.
- (12) **Semi-Private Learn to Swim Lessons:** At TAMC Pool. Two students to one instructor for \$120 for five/30 min. classes
- (13) **SB Pool - Learn to Swim SB:** Session #2 class dates: April 13, 15-17, 20, 22-24. 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 April 4 & 5, 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.
- (14) **Learn to Swim at AMR Pool:** Session #1 March 16, 17, 19 & 20. 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.
- (15) **Learn to Swim at AMR Pool:** Session #2 April 13, 14, 16, 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) **Water Safety Instructor Course:** Learn how to teach swimming. Must call to register by March 25 to SB Pool at (808) 655-9698. Ages 17 and older. Must have computer and email address to do an online blended learning course through the American Red Cross. Upon completing the online training, the Water Portion and Training will begin at SB Richardson Pool on April 14-28 on Tuesdays and Thursday evenings from 5:30-8:30 p.m. and Saturday mornings from 8 a.m.-12 p.m. Testing and graduation will be completed by April 28.
- (17) **Water Aerobics Class:** SB pool and AMR pool beginning in March from 11 a.m.-12 p.m. Call for times: 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.

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(19) Lifeguard Training Classes: AMR Pool, class dates March 23-April 3, from 6-9 p.m. Minimum age requirement is 15 years old. Call for enrollment, AMR Pool, (808) 833-0255. 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. Deadline to sign up is March 18.

(20) Lifeguard Training Classes: HMR Pool, class dates April 13-24, 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. Deadline to sign up is April 8.

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

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

- (1) Preschool Story Times:** March 18; April 1, 15; May 6, 20 at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) St. Patrick's Day:** March 17, from 2:30-3:45 p.m. Enjoy your Irish. Make a shamrock headband to celebrate St Patrick's Day. Appropriate for ages 5 and up. Free; no registration required.
- (3) Teen Cosplay Party:** March 21, from 1-3 p.m. The Teen Manga Club will be throwing a Cosplay Party. Dust off your costume and let your creativity fly. Cosplay is an activity where people dress up as their favorite animated character. The event will include face painting, graffiti boards, poster and costume contests, and games. For teens 12-17 year old. Register by calling (808) 655-8002.
- (4) Make and Take:** April 15, from 2:30-3:45 pm. April showers bring May flowers and make rainbows. Create your own rainbow windsock. Free; no registration required. Appropriate for ages 5 and up.
- (5) National Library Week Trivia Contest – April 13-18.** 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.
- (6) 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.
- (7) 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.

g. FS Library – Chris Kobayashi, (808) 438-9521

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

- (1) Preschool Story Times:** March 17; April 7, 21; May 5, 19; from 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) Celebrate Women's History:** March 18, from 3-4 pm. Visit the library to hear about Betsy Ross and the part she played in American history, and then make your very own Colonial flag to take home. All supplies will be provided. No registration required.
- (3) Hatch a Chick:** April 7, from 3:30-4:30 pm. Everyone is welcome to participate in this fun Easter project. Learn how to make your very own chick in an egg. You will complete the first half at the library and finish it off at home. This is a fairly messy project, so please come dressed appropriately. This is a free program and will be available while supplies last.

- (4) **National Library Week Trivia Contest:** April 13-18. 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.
- (5) **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.
- (6) **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.
- (7) **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 while be provided while they last.

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) **Climbing 101:** March 18, from 5:30-7 p.m.; also, March 19, 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.
- (2) **Stand-Up Paddle-Boarding 101:** March 28, 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. This location is great for the whole family and usually has many opportunities for turtle spotting. 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.
- (3) **Intro to Surfing:** March 21, 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 (up to 12 people), 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 a 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.
- (4) **Climbing 101:** April 1 and 15 from 5:30-7 p.m. and April 2 and 16 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.
- (5) **Hawaiian Canoeing:** April 4 from 8:30 a.m.-12:30 p.m., \$17.50/person. Come join Outdoor Rec in our six man Hawaiian canoe. We provide a brief history of outrigger canoes in the Hawaiian culture along with instruction and supervision in the skill of canoe paddling. Skilled paddlers in each canoe assist and support our guests. We will provide the transportation (up to 12 people), equipment, and instruction. All you need to bring is water, snacks, and sunscreen. PFDs are required. 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) **Intro to Kayak Surfing:** April 11 from 8:30 a.m.-12:30 p.m., \$59/person. Experience the adrenaline rush of riding a wave while sitting down in a specially formed kayak for surfing. Join Outdoor Recreation for this unique experience on the south shores of Oahu. White Plains is a great learning location. We will provide the transportation (up to 12 people), equipment, and instruction. All you need to bring is water, snacks, and sunscreen. PFDs are required. 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) **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.
- (8) **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.
- (9) **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.
- (10) **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.
- (11) **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.
- (12) **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.
- (13) **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.

(14) 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.

(15) 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.

(16) 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.

(17) 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 is 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.

(18) 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.

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- (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

<http://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.

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- (4) **Ceramic Mold-Pouring Classes:** Offered twice a month throughout the year. March 21; April 1, 18; May 9th, 23. 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. March 17, 22, 24, 29, 31; April 5, 7, 12, 14, 19, 21, 26, 28; May 3, 5, 12, 17, 19, 26. 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. March 19, 26, April 2, 9, 16, 23, 30; May 7, 14, 21, 28. 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, March 17, 22, 24, 29, 31; April 5, 7, 12, 14, 19, 21, 26, 28; May 3, 5, 12, 17, 19, 26. 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. March 21, 28; April 4, 11, 18, 25; May 2, 9, 16, 23 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:** Build your own ukulele, March 20, 27; April 3, 10. Black velvet mystery painting/glass panel book/circle wall sculptures, May 1, 8, 15. Flower garden tiles, May 22. Prices vary depending on project. Generally includes two or four sessions per month. Registration required at CYS Services.
- (11) **EDGE Youth Sewing Classes:** Wednesdays, 3-5:30 p.m., March 18; April 8, 15; May 6, 20. 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., March 19, 26; April 2, 9, 16, 23, 30; May 7, 14, 21, 28. 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., March 20; April 3, 17; May 8, 22. 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) **Porcelain Doll Making Workshop: Seasonal Workshop.** Four sessions being offered March 18, 25, from 10 a.m.-12 p.m. Preregistration is required. Be creative and make your own porcelain doll. Includes all supplies at \$85.

(16) Paint and Take Your Own Creative Ceramic Easter Egg: Seasonal workshop. Offered Wednesdays-Thursdays, from 9 a.m.-4 p.m.; Fridays-Saturdays, from 10 a.m.-4 p.m. until April 4.

l. 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: Easter Egg Scavenger Hunt: Countdown another month of deployment complete on March 20, on Desiderio Field, from 4-5 p.m. Join BSC for our Easter Egg Scavenger Hunt. Everyone will be given a list of riddles and clues that need to be solved to find the Easter eggs. This event is family friendly, and parents are welcome to help during the scavenger hunt.

(2) Big R: Family Swim Day: April 18 from 11 a.m.-5 p.m. at Richardson Pool. Join us for a family day at the pool. BSC children will receive free admission. Snacks and drinks will be provided under the pavilion. Sign up by calling (808) 655-0111.

(3) Big R: National Chocolate Chip Day: May 15 from 3-4 p.m. at SB Sgt. Yano Library. 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.

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: March 27, April 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.

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- (4) **St. Patrick's Day Party at the Kolekole Bar & Grill:** Join us on St. Patrick's Day, March 17 at 5-8 p.m. For more information, please visit hi.mwr.com.
 - (5) **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.
 - (6) **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.
 - (7) **Easter Brunch:** April 5 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 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) **Easter Brunch:** April 5 at 9 a.m.-2 p.m., Hale Ikena features a lavish buffet, which includes delicious hot entrees, an assortment of fresh fruit, pastries, an omelet station, a lavish salad bar, and an irresistible assortment of desserts for \$39 per person (ages 11 and up), \$24 children ages 6-10, \$17.50 children ages 3-5 (gratuity/service charge included). Reservations required; please call (808) 438-1974.

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- (8) **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.
- c. **SB Bowling, Na Koa Snack Bar – Teri Overton, (808) 655-0573**
www.himwr.com/schofield-barracks-bowling-center-menu
- (1) **St. Patrick's Day:** March 17 at 6-10 p.m., “Wear green and save green \$” at Schofield bowling center from 6-10 p.m. Na Koa Snack Bar will have green draft beer. Wear a green shirt and receive one free game per person, one time only.
- (2) **Cosmic Bowling:** Every Friday at 10 p.m.-1 a.m.; also, every Saturday at 5:30 p.m.-1 a.m.
- (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) **Pancakes and Bowling with the Easter Bunny:** March 29 at 9 a.m.-12 p.m. Enjoy a visit with the Easter bunny at Schofield Bowling with pancakes and bowling. Cost per person is \$10 and includes pancakes, two games of bowling and shoes.
- (5) **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.
- 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.
- 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:** March 27, April 24 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) **Army Invitational Women's Tournament:** March 23 and 24, Leilehua Golf Course. Time TBD. For more information, call (808) 655-4653 or (808) 656-0114.
- f. **Nagorski Golf Course - Cres Limbago, (808) 438-9587**
www.himwr.com/walter-j-nagorski-golf-course/walter-j-nagorski-introduction

7. NAF Support Management Division, Rhonda Hunter, (808) 656-0101

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.

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- (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, March 17.
 - (2) At FS, Army Community Service, Bldg. 330, April 3.
 - (3) At SB, Army Community Service, Bldg. 2091, May 23.
- b. FS and SB Military Police Bike Patrol 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 the children and families in attendance.
 - (1) Kalakaua Community Center, 3 p.m., April 22, (Bike Rodeo, Keiki ID).
 - (2) Porter Community Center, 4 p.m., May 21.
- c. Bike patrol partners with IPC 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., March 23.
 - (2) Wheeler Middle School, 11:30 am, March 25.
 - (3) Hale Kula Elementary, 7 a.m. and 2 p.m., April 20.
 - (4) Wheeler Middle School, 11:30 a.m., April 22.

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- d. The DES, Fire Division, is continuing its efforts to prevent wildfires this summer by conducting an annual prescribed burn of the Schofield Barracks 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. **Grow the Army (GTA) Project Move In:** Units will start moving into the new GTA facilities starting April 1. The 29th BEB, 249th Prime Power, 500th MI, CID HQ, and 516th Sig Bde. will be moving to the GTA facilities, which consist of admin facilities, Bde. HQs, BN HQs, Company Operations Facilities and Tactical Equipment Maintenance Facilities on South Range SB.

- b. **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

- c. **Environmental Quality Control Committee (EQCC):** 2nd Quarter meeting is 1:30 p.m., April 8, at SB Post Conference Room.

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., March 23, 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(s) destruction by contract vendor Access, Inc., formerly Shred-It, is scheduled in March. 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 (RHA) 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 tests requests require a DA Form 4187 (Personnel Actions Form), command verification approval, and are scheduled by appointment only, by contacting the testing center directly. The testing center, located in Bldg. 560, Yano Hall, 2nd floor, is open Monday-Friday. 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) **Casualty Assistance Center – Ernestine Pratt, (808) 655-1199.** Casualty Notification Officer/Casualty Assistance Officer training is scheduled for May 11-13 at the Installation Training Center, Bldg. 896.
- (4) **Installation Voting Assistance – Angie Dizon, (808) 655-5546/1653.** Assists all Uniformed Service Members and family members and provides information on voter registration and the absentee ballot procedures. Provides material on the voting process and assists Unit Voting Assistance Officers.
- (5) **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 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 the 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.

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-Networking & Managing Your Job Search*: Fourth Thursday each month.
(*Note, courses indicated with an asterisk are elective offerings.)

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. **Customer Focus Groups:** At SB Outdoor Recreation Facility, Bldg. 2110, April 7 from 9-10 a.m., 10:30-11:30 a.m., 1-2 p.m.; also April 8 from 1-2 p.m., 9-10 a.m., 10:30-11:30 a.m., 1-2 p.m. At FS Installation Management Command-Pacific Region, Conference Room # 202, on April 9 from 8:30-9:30 a.m., 10-11 a.m., 12 p.m.-1 p.m., 1:30-2:30 p.m.
- c. **Mystery Shopper Program:** 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. **Drowning and Water Safety:** Stay safe in and out of the water. According to *Injury Facts 2014*, drowning is the leading cause of death for children ages 1-4. For more information and safety tips, visit www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-drowning.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, at (808) 655-6646.
- b. **Premarital Workshop:** On Monday, March 9, from 9 a.m.-4:30 p.m. (Free lunch provided.) The Family Life Center will provide a workbook and lunch for the training/workshop. This training is to provide and increase Soldier and family readiness of mission by enhancing current and future relationships and preventing a potential relationship crisis. Topics include setting healthy boundaries, cultivating intimacy and rules and roles. Location is Chapel Annex, Bldg. 791, Rm. 231, 2nd floor, above Petersen Day Care.

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It's behind the PX, next to Main Post Chapel, Bldg. 791, at the corner of McCornack Road and Tidball Street, SB. Registration is required. Call (808) 655-9355.

- c. **Grief and Loss Group Meeting:** On March 11, 2nd and 4th Wednesdays of every month. Beginning March 11, from 11:45 a.m.-12:45 p.m. (bring your lunch). Location is Family Life Center Chapel Annex, Bldg. 791, 2nd floor (behind the PX, next to the Main Post Chapel). Reserve your seat by calling (808) 655-9355.
- d. **Catholic Activities.** Catholic activities meet at Main Post Chapel, Wheeler 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.
- e. **Protestant Woman of the Chapel (PWOC).** A great program to build community and new friendships, so please join us on Tuesdays at 9 a.m. at the Main Post Chapel Annex, Room 212, or 9 a.m., Tuesdays, at AMR Chapel. Come out and join us for this exciting group. For more information, please contact the POC at SB, Erin Nonaka, or contact AMR POC, Laura Phillips at (254) 630-2242.
- f. **Catholic Women of the Chapel (CWOC).** The SB CWOC invites you to join them Wednesday mornings at Main Post Chapel from 9:30-11:30 a.m. POC at SB is Heather Kershner at (352) 231-1088 or cwochofield@yahoo.com. Or, join the CWOC at the AMR Chapel. POC is Heather Fazio at (515) 783-6896 or cwocamr@yahoo.com. Come out and join us for food, fellowship and fun.
- g. **Youth Club.** Enjoy our exciting programs for youth in 7th-12th grades. We have study groups and outreach clubs that meet weekly. For more information, please contact Kevin Schmidt at (808) 372-1567.
- h. **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.
- i. **Spring Fling:** On March 20 at HMR. Island Palm Communities and HMR Chapel will host a Spring Carnival from 4-6:30 p.m. This event will include bouncy houses, face painting, shaved ice, cotton candy, popcorn and food trucks. We will also have giveaways (prizes). DPW will have a tent, and DES will have a bike patrol, bike rodeo, DES bike patrol keiki ID and McGruff the crime dog. Come out and enjoy. POC is Sheryl Ferido at IPC and MAJ John Grauer at SB Main Post Chapel.
- j. **National Prayer Breakfast.** USAG-HI conducts a National Prayer Breakfast in support of Soldiers, family members, DOD civilians, retirees and the local community on **March 25 at 7:30-9 a.m.** Chaplain (MG) Donald B. Rutherford, Chief of Chaplains, serves as the guest speaker for the event on SB at the **Nehelani**. Tickets are available from unit chaplains. Please contact the POC, MAJ Erik Spicer, North Community Chaplain, for more details at (808) 655-6644.
- k. **Catholic Events during Lenten Season:** Stations of the Cross will be each Friday during Lent: March 6, 13, 20, 27 at 6 p.m. at AMR Chapel and 5:30 p.m. at Wheeler Chapel. (Potluck, meatless dinner follows each Friday). Lent reconciliation in south area is Sunday, March 22, at 6 p.m. at AMR. Lent reconciliation in north area is Monday, March 23, at 6 p.m. at MPC.
- l. **Easter Events**
Palm Sunday Mass, March 28 and 29
"Living Last Supper Drama," April 1 at 7 p.m. at AMR Chapel,

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Holy Thursday Mass, April 2 at 7 p.m. at Wheeler Chapel and Adoration after Mass until 12 a.m.
Holy Thursday Mass, April 2 at 6 p.m. at AMR and Adoration after Mass until 12 a.m.
Good Friday Living Stations of the Cross, April 3 at 12 noon at MPC Lanai.
Good Friday Service, April 3 at 2 p.m. at MPC.
Good Friday Service, April 3 at 5:30 p.m. at AMR.
Holy Saturday Easter Blessing of Food, April 4 at 11:30 a.m. at MPC Lanai.
Easter Vigil Mass, Saturday, April 4 at 7:30 p.m. at MPC (no 5 p.m. Saturday Mass at Wheeler).
Easter Sunday Mass, April 5 at 8:30 a.m. at AMR and 10:30 a.m. at MPC.
Also, please take note of the Divine Mercy Devotion Sunday, April 13 at 3 p.m. at Wheeler Chapel (lay lead; no priests).

- m. **Confirmation Mass** with Bishop Buckon is Friday, April 17 at 6 p.m. at MPC. North area's First Communion Mass is Saturday, April 25 at 5 p.m. at MPC (no 5 p.m. Saturday Mass at Wheeler). South area's First Communion Mass is Sunday, May 3 at 5 p.m. at AMR.
- n. **Easter Sunrise Service:** Come join us onboard the USS Missouri, at Joint Base Pearl Harbor-Hickam on Sunday, April 5th, at 6:30 a.m.

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 FD Museum, Bldg. 32 (next to the Hale Koa Hotel), FD, to learn about the history of the U.S. Army in the Pacific. For more information, contact Judith Bowman at (808) 942-0318.
- 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.
- f. **Fort DeRussy Museum:** New carpeting will be installed throughout the 1st level exhibit galleries at the FD Museum, Bldg. 32. The project will require a closure of the museum's 1st floor exhibit areas from Tuesday, Feb. 24, through March 6. However, the museum store, multi-purpose room and 2nd level exhibit galleries will remain open during the carpet installation, from Tuesday through Thursday, 9 a.m.-5 p.m. The contractor will have appropriate signs and barriers during the closure of the museum. We apologize for any inconvenience that this project may cause.

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- g. U.S. Army Museum of Hawaii**, Saturday, March 28, at 9 a.m., is grand opening ceremony for “America’s Secret Weapon,” a new exhibit at the U.S. Army Museum of Hawaii. Army historian James McNaughton, author of the book *Nisei Linguists*, will be the keynote speaker.

16. Equal Employment Opportunity, George Chun, (808) 438-4965

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

- a. The 130th Engineer Brigade, 8th Theater Sustainment Command, hosts the Women's History Month Observance, March 25 from 1-2:30 p.m. at the Sgt. Smith Theater, SB.

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

- a. **Termination of Fort Shafter Flats Dispatch (GSA NTVs):** The Logistics Readiness Center-Hawaii (LRC-HI) no longer provides dispatching services at FS Flats. Due to the reduction of the NTV Fleet and associated staffing challenges, the LRC can no longer sustain this service in two separate locations. All Army GSA NTVs are required to conduct monthly dispatch at the Transportation Motor Pool (TMP) on East Range, Bldg. 6027.
- b. **POCs for Dispatching:** Vehicle dispatching at the TMP occurs the first three weeks of each month from 8 a.m.-4 p.m., Monday-Friday. Please contact your Unit Vehicle Coordinator for exact details. The LRC-HI POC is the Army Hawaii Fleet Manager, Kat Aldeguer at (808) 656-0711. The East Range TMP number for details and driving directions is (808) 656-2529.
- c. **Maintenance Shop Relocation:** The Wheeled Vehicle Maintenance Shop has relocated from SB, Bldg. 1670 to East Range, Bldg. 6017/6018. The new phone number for the Production Control/Work Order acceptance desk is (808) 656-2102. Number for the Maintenance Control supervisor (MCS) is (808) 656-2100.

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

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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.
- e. **Tax Center** is now open. It’s located in Trailer 1 at 131 Grimes Street, Schofield Barracks. Hours are Mondays, Wednesdays and Fridays: Walk-ins scheduled at 12:30 p.m.; last appointment at 4:30 p.m.
Tuesdays and Thursdays: Walk-ins scheduled at 12:30 p.m.; last appointment at 12:30 p.m.
Saturdays: Walk-ins scheduled at 10 a.m.; last appointment at 12:30 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.

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- 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 began in December and 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 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.sbhc-customer-service-rep@mail.mil or through ICE at <https://ice.disa.mil>. You can “Like” us on Facebook (www.facebook.com/usahc.schofieldbarracks).

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- 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 & 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, Gratia Bone, (808) 656-5830**
www.garrison.hawaii.army.mil/health/default.htm #ArmyHawaiiTakeASTAND
www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council

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

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

- a. **HMR Spring Fling:** March 20 at 4-6 p.m. Helemano CC. It's a carnival-themed family event with food, bounce houses, face-painting, balloon twisting, game booths, popcorn, cotton candy and shave ice.
- b. **AMR Eggstravaganza:** April 3 at 3:30 p.m., crafts (decorate a bag to hold your treasures); 4 p.m., egg hunt begins. Three separate fields for age groups 2-4, 5-8 and 9-12 in the field behind the AMR community Center.
- c. **Earth Day:** April 22 at 2-5 p.m. Kalakaua CC, 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.
- d. **Bike Safety Bonanza:** May 13 at 4-6 p.m., 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.
- e. **Bike Safety Bonanza:** May 20 at 4-6 p.m., 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.

f. 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 & 4th Thursday, 4 p.m., Porter CC; every 4th Monday, 4 p.m. Aliamanu CC.
- (2) **ZUMBA:** Mondays & Wednesdays, 9 a.m., Porter CC; 6 p.m., Wheeler CC; 7 p.m., Aliamanu CC. Also Tuesdays & 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 & Thursdays, 9 a.m., Kalakaua CC
- (4) **Fit Club:** Thursdays, 6 p.m., Aliamanu CC; 4:30 p.m., Kalakaua CC.
- (5) **Yoga:** Tuesdays & 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: Cathy J. Ely, (808) 622-1773

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. Lisa K. Avallone is the AAFES, Schofield Main Store, Sales & Merchandise manager at (808) 622-1773, and Kelly San Nicolas is also AAFES, Schofield Main Store, Sales & Merchandise manager at (808) 622-1773.

- b. Schofield Main Exchange:** Will be open Mondays-Saturdays, 9 a.m.-9 p.m.; and Sundays, 9 a.m.-8 p.m.
- c. Schofield Class Six:** Will be open Mondays-Saturdays, 9 a.m.-9 p.m.; and Sundays, 9 a.m.-8 p.m.
- d. Schofield Furniture Store:** Will be open every day, 9 a.m.-7 p.m.
- e.** Still, the **Military Star Card** benefits more than just individual service members. It also benefits your installation. Through earnings, the Military Star Card, and other Exchange Credit Program products, the Exchange has contributed more than \$600 million in the past 10 years to your Morale, Welfare and Recreation. To learn more, please visit any of our retail facilities. You also can go online to www.myecp.com.
- f. Tax services are now available:** H&R Block tax professionals are the Exchange's preferred provider based on the company's commitment to quality, service and value it offers our service members. Our tax office is already open to service you. At Hickam AFB, Bldg. 1232, Hickam AFB, (808) 422-9098; at SB, Bldg. 694, SB, at (808) 853-4725; and at FS, Bldg. 537, FS, at (808) 487-6079.
- g. Win prizes in the Patriot Family Easter Egg Contest:** From March 6-April 3, authorized customers can enter to win valuable Exchange Gift cards. The gift cards have a total value of \$3,000. Four winners will each win one \$500 Exchange gift card. Ten customers will each win one \$100 Exchange gift Card. The contest is sponsored by Hershey, Mars and Wrigley. Pick up an "Easter Egg Hunt" Clue Map at your local Exchange or at www.shopmyexchange.com/patriot-family.
- h. SB Sgt. Smith Movie Schedules** (unclassified) can be obtain by logging on to www.shopmyexchange.com/reel-time-theatres/Schofield Barracks-1721031.
- i. Sweepstakes Offers:** Unilever Get Game Ready is March 20-April 9. The Exchange will offer worldwide customers the opportunity to enter this sweepstakes worth \$15,000. Be one of six \$2500.00 Exchange Gift Cards worldwide. Complete contest details and rules are at www.shopmyexchange.com/patriot-family.
- j. "Because of You"** honors service members with recognition, great prizes. This year, the Exchange is honoring Soldiers, Airmen and families through a monthly campaign called "Because of You." The campaign recognizes their service and sacrifice through messages, stories and photos. Authorized Exchange shoppers can enter March 13-31, to win an \$18,000 Home Makeover Giveaway, sponsored by Ashley Furniture, Serta and Cuisinart. One lucky winner will receive the entire package. Authorized customers can enter each giveaway at www.shopmyexchange.com/BecauseOfYou.
- k. Exchange Gift Card.** While only authorized military shoppers can redeem Exchange gift cards, any American can send one by calling (800) 527-2345 or logging on to www.shopmyexchange.com. Click "Purchase Gift and Phone Cards" at the bottom of the page.
- l. Vietnam War 50th Anniversary Commemorative Partnership.** Since 2012, the Exchange has participated to honor the service, valor and sacrifice of Vietnam veterans and their families through recognition events and activities. As a partner, the Exchange committed to participate in two recognition events per year until 2017. In 2014, we organized two events: "Wall of Gratitude and Remembrance" and "My Favorite PX memory in Vietnam. In 2015, two events are planned: "Vietnam Faces to Remember," a photo contest sponsored by GoPro (May 15-June 5), and "My Vietnam Battle Buddy," an essay contest sponsored by Nautilus (Oct. 30-Nov. 20). We are honored to recognize our Vietnam veterans who so honorably served our great nation.

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

- a. Commissary Sustainment Project has begun.** Currently, the contractor is preparing the location for the new back up walk-in freezer. At the end of March, tentatively the week of the 23rd, customers will see the

first impacts that directly affect them. Forty feet of the coffin freezers, those that currently hold the breakfast sandwiches, Eggo's and turkeys will be removed. That portion of coffin freezers will be relocated to the dairy area, so we can make as many of the displaced items available as possible. It should take about three weeks to install the new upright freezers in the 40-foot location where the coffin freezers are being removed. In late-April, we will begin the removal of the other half of the coffin freezers to install new uprights. These are just two of numerous phases as we improve your commissary. We will be providing updates through Public Affairs and on our Web page at www.commissaries.com. All of these phases of construction are contingent on receiving the new display cases on island.

- b. The commissary hours will be curtailed on Saturday, June 6, due to a post-wide power outage. The commissary will be open 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. 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 Friday, there is yoga from 9-10 a.m. 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 this new year. The event ends with a final weigh in on April 17.
- d. Have a special occasion? Stop by the deli/bakery and order a cake. Twenty-four hours in advance is needed.
- e. Store hours
 - (1) Monday through Friday, 9 a.m.-8 p.m.; Early Bird is 8-9 a.m., but self check-out open only.
 - (2) Saturday and Sunday, 8 a.m.-7 p.m.; Early Bird is 7-8 a.m., but self check-out open only.
- f. The Schofield Garrison Commander has authorized a guest policy that allows two guests per customer. Your guests must have a form of ID to enter the commissary, preferably a driver's license or similar form of ID.
- g. Commissary patrons must show their military or dependent ID when entering the commissary and when they process their orders at the check-out.
- h. 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.
- i. Do you have a Rewards Card? Rewards Cards 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. Schofield Barracks/Wheeler is open Mondays, Wednesdays, Fridays from 9-10:30 a.m.
- c. **Children's Waiting Room:** CWR provides on-site child care for children while their parents or siblings have medical appointments. There is an \$8 flat fee and two-hour limit. Schofield Barracks Clinic is (808) 433-8410; Tripler Army Medical Center is (808) 433-3270. Call for an appointment.
- d. **Operation Kid Comfort:** Children 0-6 years old receive a quilt; children 7-12 receive a pillow. Both are handmade by volunteers with pictures of deployed service members.

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- e. **Food Pantry:** Available at the ASYMCA Wheeler location; open for all military and dependents. Limited to one visit per month.
- f. **Kids in the Kitchen:** For children 3-5 years old. 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. Program 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 month; registration is required. Currently being offered at the AMR ASYMCA location. Coming to Wheeler in April 2015.
- 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 us.

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

- a. **Human Animal Bond Program:** Our volunteer pet visitation and animal assisted activities program is always looking for great volunteers. You will be providing a valuable service while at the same time sharing the joy of your pet with others.
- b. **Briefings and Workshops:** For deployments, re-deployments, unit safety days, FRG and senior leadership (Reconnection Workshops, Coping with Deployments, Get to Know Us Before You Need Us, and Health and Safety Courses). Call Deborah Kaahanui at (808) 449-0166.
- c. **Emergency Communications:** Red Cross provides timely, factual reports about family emergencies, such as death, illness or births, to service members wherever they are stationed. To initiate a Red Cross Emergency Message, call 1-877-272-7337. For local message assistance, call Connie Cruz at (808) 257-8848.
- 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 & Humanities. If you have excellent communication and interpersonal skills and enjoy working with arts & crafts, please call (808) 655-4927 or (808) 433-6631.

30. Veterans Affairs, Patricia Matthews, 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 is currently supporting the Navy Pacific Trials for Wounded Warriors.
- b. 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=

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- 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.
- 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 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.