

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**  
(17 February 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](http://www.himwr.com) [www.facebook.com/fmwr.hawaii](http://www.facebook.com/fmwr.hawaii)**

**2. Army Community Service (ACS), Brandi G. Stauber, Director, (808) 655-4ACS (4227)**  
[www.himwr.com/acs](http://www.himwr.com/acs)

**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**

[www.himwr.com/getting-involved/army-volunteer-corp](http://www.himwr.com/getting-involved/army-volunteer-corp)

- (1) **Organization Point of Contact (OPOC) Volunteer Management Information System (VMIS) Management Training:** March 4 and April 1 at 10-11:00 a.m. at ACS, Bldg. 2091, SB. Are you a newly appointed OPOC for your FRG or organization? If you answered yes, this training is for you. Learn how to manage your volunteers utilizing the Volunteer Management Information System.
- (2) **VMIS 101 Orientation:** March 3; April 7 at 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):** April 14 at 11 a.m.-2 p.m. at Nehelani Banquet and Conference Center, Bldg. 1249, SB. Island Style barbecue volunteer appreciation reception to follow formal ceremony for volunteers registered in VMIS. In observance of National Volunteer Appreciation Week, April 12-18, list of volunteer activities update will be in the next Community Information Bulletin.
- (4) **2015 USARHAW VRC Nomination Packet and Submission Deadline:** The 2015 USARHAW VRC Nomination Packet is currently available online, at [www.himwr.com/acs](http://www.himwr.com/acs). Submission deadline for Nomination Packets is March 31.

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

[www.himwr.com/work-a-career-centers](http://www.himwr.com/work-a-career-centers)

- (1) **Employment Orientation:** Feb. 20, 27; March 6, 13, 20, 27; April 3, 17 at 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 at 9-10:30 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 2-Day Seminar:** March 24 and 25 at 10 a.m.-12 p.m., both days at Schofield Barracks Library Sgt. Yano Building. 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 at 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.

c. **Exceptional Family Member Program (EFMP), Leonard Webster, (808) 655-4ACS**  
[www.himwr.com/exceptional-family-member](http://www.himwr.com/exceptional-family-member)

- (1) **EFMP Bowling Event:** March 4 at 2:30-4 p.m. at Schofield Bowling Center. Bowling is designed for our exceptional family members. Bumpers and railing support will be set for our families to have a great bowling atmosphere.
- (2) **Going Outdoors with EFMP:** March 18 at 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.
- (3) **EFMP Family Easter Event:** April 3 at 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.

d. **Family Advocacy Program. (FAP), Cindy Morita, (808) 655-4ACS.**  
[www.himwr.com/home-a-family-life/family-advocacy](http://www.himwr.com/home-a-family-life/family-advocacy)

- (1) **FAP \*Webinar Series:** Feb. 25, March 25, April 22 at 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](http://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:** Feb. 20, March 20 at 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 4, 18; April 1, 15 at 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):** March 13; April 10 at 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):** Feb. 24, March 24; April 28 at 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:** Feb. 19, 26; March 12, 19, 26; April 9, 16, 23 at 11:45 a.m.-1:30 p.m. at Aloha Center, Bldg. 330, Fort Shafter. Feb. 20, 27; March 6, 13, 20; April 3, 10, 17 at 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.

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- (7) **Couples Communication (Couples Only):** March 11 at 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.
  - (8) **Prosperous Parent:** March 16; April 13 at 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.
  - (9) **Scream-Free Parenting series:** April 2, 9, 16, 23 at 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.
  - (10) **Parenting 101:** Take your parenting to the next level, March 16; April 20 at 4-5 p.m., ACS, Bldg. 2091, SB; March 16, 2-3 p.m. at Aloha Center, FS. This class highlights current best practices and will provide parents with tips and tools to assist them in reaching their parenting goals.
  - (11) **1-2-3 Magic:** Feb. 19 at 12-1:30 p.m. at ACS, Bldg. 2091, SB. With humor, insight and proven success, this three-week series breaks down the task of parenting into three straightforward jobs.
  - (12) **Home Alone Workshop:** Feb. 28 and March 17, ACS, Bldg. 2091, SB; April 3 at AMR, all three at 9 a.m.-12 p.m. 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):** March 9; April 13 at 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:** March 11; April 8 at 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:** Feb. 23; March 23; April 27 at 12-1 p.m. at ACS, Bldg. 2091, SB. Also, Feb. 26; March 26; April 23 at 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:** Feb. 19; March 19; April 16 at 3-4 p.m. at ACS, Bldg. 2091, SB. Also March 12; April 9 at 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.**  
[www.himwr.com/home-a-family-life/new-parent-support](http://www.himwr.com/home-a-family-life/new-parent-support)
- (1) **Toon Time Matinee:** Feb. 20; March 20; April 17 at 10 a.m.-12 p.m. at Kalakaua Community Center, SB. Showing "The Muppet Movie" on Feb. 20; showing "Stuart Little" on March 20; showing "Toy Story" on April 17. 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.

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- (2) **Breastfeeding Basics:** April 8 at 6:10-7:30 p.m. at Main Post Chapel, SB. Free child care and dinner provided at 5:30 p.m. Group educational session on the basics of breastfeeding. Opportunity to connect with other parents and build a support system to maintain successful breastfeeding throughout baby's first year. Registration is required. Call 655-4ACS (4227) or go to [www.himwr.com/home-a-family-life/new-parent-support](http://www.himwr.com/home-a-family-life/new-parent-support).
  - (3) **Expectant Parent Series:** March 5, 12, 19, 26 at 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) **Boot Camp for New Dads:** Feb. 28; March 28; April 25 at 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.
- f. **Victim Advocacy Program, Adrienne Howe, (808) 655-4ACS.**  
**Website:** [www.himwr.com/home-a-family-life/victim-advocacy-program](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 a Pinwheel Parade and Proclamation Signing on Tuesday, April 7 at 10:30 a.m. at the SB Child Development Center to kick off CAPM. Throughout the whole month of April, there will be several outreach tables as well as a Story Time on April 15<sup>th</sup> at the Sgt. Yano Library, SB at 10 a.m.
- g. **Financial Readiness Program, (FRP), Robin Sherrod, (808) 655-1866.**  
[www.himwr.com/financial-management](http://www.himwr.com/financial-management)
- (1) **Army Emergency Relief (AER) Campaign:** March 1-May 15; AER uses the generous donations from the community to help it continue to provide emergency financial assistance to Soldiers and their families in times of financial need. The annual fundraising campaign runs each year from March 1-May 15. Please donate and help Soldiers continue to help Soldiers. Each unit will have a person designated to collect donations. Please see your first sergeant, command sergeant major or commander. You may also go online to donate at [www.aerhq.org](http://www.aerhq.org) and be sure to select Schofield Barracks.
  - (2) **Army Emergency Relief 2015 Annual Fundraising Campaign Kickoff:** March 6 at 4-5 p.m. at Nehelani Banquet and Conference Center, Bldg. 1249, SB.
  - (3) **Military Saves Open House:** Feb. 25 at 10 a.m.-12 p.m. at ACS, SB, Bldg. 2091. Military Saves week is an annual opportunity for installations and organizations to promote good savings behavior and a chance for service members and their families to assess their own saving status.
  - (4) **First Term Financial Training:** Feb. 23; March 2, 9, 16, 23 at 8:30 a.m.-4:30 p.m. at Bldg. 647, Financial Resilience Center and April 6, 13, 20, 27 at 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).
  - (5) **Money Management Class:** March 4 at 10-11:30 a.m. at Bldg. 647, Financial Resilience Center and April 2 at 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."

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- (6) **Basics of Budgeting Class:** March 11 at 10-11:30 a.m. at Bldg. 647, Financial Resilience Center and April 9, 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.
  - (7) **Your Credit Report & Score Class:** March 18 at 10-11:30 p.m. at Bldg. 647, Financial Resilience Center and April 16 at 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.
  - (8) **Basic Investing & TSP Class:** Feb. 25; March 25 at 10-11:30 a.m. at Bldg. 647, Financial Resilience Center and April 23 at 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.
  - (9) **Free Credit Score Event:** March 5 at 1-3 p.m. at Bldg. 647, Financial Resilience Center and April 14 at 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.
  - (10) **Free Credit Score Event:** March 12 at 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.
  - (11) **Car Buying:** April 30 at 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 222-7088.
- i. Mobilization & Deployment Program, Ever Gutierrez, (808) 655-4ACS**  
<http://www.himwr.com/deployment-management>
- (1) **Intro to Community & Civilian Resources; Intro to Family Readiness Group (AFTB Level K, Modules 7 and 8):** Feb. 19 at 5:30-7:30 p.m., ACS, SB. Take these two classes to learn about all the resources available to you as a military member. Learn what an FRG actually is and how it all works. Children welcome.
  - (2) **Resilience Training:** Every 1<sup>st</sup> Tuesday of each month, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Training for family members and Soldiers that are willing to take calculated, necessary risks in order to capitalize on opportunities. They have the ability to grow and thrive when faced with challenges and bounce back from adversity.
  - (3) **Treasurer-FRG Training:** Feb. 24 at 9 a.m.-12 p.m.; March 19 at 5:30-8:30 p.m.; April 21 at 9 a.m.-12 p.m. This class teaches FRGs procedures on how to set up their Informal Fund Account: to open bank account, set up ledger, create monthly reports, and prepare for handover and annual audits, VMIS.
  - (4) **Fund Management-FRG Training:** Feb. 24 at 9 a.m.-12 p.m., March 19 at 5:30-8:30 p.m., April 21 at 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Teaches procedures/policies about fundraising and spending FRG informal funds, including USARHAW policies.
  - (5) **Time to Serve, the Volunteer Experience (AFTB Level G, Module 11):** Feb. 25 at 9:30-11 a.m., ACS, SB. Volunteering is a huge part of the military. If you want to learn how to get started and what types of volunteering are available, take this fun class to learn more about being a volunteer. Children welcome.

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- (6) **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, dispel rumors, and handle crisis calls, VMIS.
  - (7) **FRSA/FRL (2-day course):** Day 1, Feb. 26 at 9 a.m.-4 p.m.; Day 2, Feb. 27 at 9 a.m.-2 p.m., ACS, Bldg 2091, SB. Two-day course designed for the new FRSA/FRL and his/her commander; covers roles and responsibilities, volunteer recruiting, fund management, Care Response Teams (CRT), Survivor Outreach Services (SOS), ACS, installation resources and more.
  - (8) **Family Preparedness & Resiliency: Be the Bouncing Ball (AFTB Level K, Modules 9 and 10):** March 5 at 5:30-7:30 p.m., ACS, SB. Being in the military means always being prepared. Learn how to make sure you and your family members are always prepared with this fun class. Also take an intro into resiliency class and develop basic resiliency skills. Children welcome.
  - (9) **Heading Towards Leadership (AFTB Level G, Module 12):** March 11 at 9:30-11:30 a.m., ACS, Bldg. 2091, SB. Take a look into becoming a leader with this class, which helps take a look at an introduction to leadership skills. Children welcome.
  - (10) **FRG 101–FRG Training:** March 14 at 9 a.m.-2:30 p.m.; March 24 at 9 a.m.-12 p.m.; April 9 at 5:30-8:30 p.m., April 28 at 9 a.m.-12 p.m., ACS, Bldg 2091, SB. Overview of FRG’s mission and purpose, regulations governing FRG program, roles and responsibilities.
  - (11) **FRG Leader–FRG Training:** March 14 at 9 a.m.-2:30 p.m.; March 24 at 9 a.m.-12 p.m.; April 9 at 5:30-8:30 p.m., April 28 at 9 a.m.-12 p.m., ACS, Bldg 2091, SB. Teaches the role of an FRG leader with having good communication with a commander, maintaining rosters, selecting effective volunteers, choosing meeting topics, planning appropriate events, preparing continuity books, VMIS.
  - (12) **Social Media–FRG Training:** March 14 at 9 a.m.-2:30 p.m.; March 31 at 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.
  - (13) **AFTB Level K:** March 30, 31 at 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 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.
  - (14) **AFTB Level G:** April 8, 9, 10 at 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.
  - (15) **AFTB Level L:** April 27, 28, 29 at 9 a.m.-2 p.m., ACS, Bldg 2091, SB. Wanting to be a leader or even improve as a leader? Take this three-day class to help learn about Leadership Styles, Resolving Conflict, Effective Team Dynamics and many other great leadership skills to help you be the best leader you can be.
- j. **Relocation Readiness Program, Charlyn Sales, (808) 655-4ACS**  
[www.himwr.com/making-a-move](http://www.himwr.com/making-a-move)
- (1) **USARHAW Community Readiness Expo:** Feb. 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30 at 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.

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

[www.himwr.com/Soldier-a-Family-Assistance](http://www.himwr.com/Soldier-a-Family-Assistance)

- (1) **Small Business Seminar:** Feb. 24; March 31 at 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, 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](http://www.himwr.com/survivor-outreach-services)

- (1) **SOS Support Meeting:** Feb. 24; March 10, 24 at 10-11 a.m. at the SOS center. A support meeting for surviving families of active duty service members.
- (2) **Friday with Friends:** Feb. 20; March 6, 20 at 9 a.m.-12 p.m. at the SOS center. A support meeting held 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](http://www.himwr.com/cyss-welcome-page)

a. **CYS Services, Tommie Holley, Child Administrator, (808) 656-0095**

- **Petersen Child Development Center, Kari Eberle (808) 655-5293**

- (1) **Chinese New Year:** Feb. 19, in continuing to promote a multicultural environment, we will be celebrating Chinese New Year. Children will learn about the history of Chinese New Year and create their own lanterns and dragons.
- (2) **Recycled Material Car Derby:** Feb. 20, all cars must be made completely out of recycled materials. Qualifying vehicle inspection: Full-Day Preschool, 12-4 p.m.; Part-Day Preschool, and Part-Day Strong Beginnings program, 8-11 a.m. Family activity for children enrolled in preschool programs at HMR CDC.
- (3) **Recycled Material Car Derby:** Feb. 23, final inspection on recycled material car that will be used in the car derby. For families with children enrolled in preschool programs at HMR CDC.
- (4) **Recycled Material Car Derby:** Feb. 24 at 8:30 a.m. Races will be posted.
- (5) **Recycled Car Derby Race:** Feb. 25 at 9 a.m. Part-Day Preschool, 4 p.m. Full-Day Preschool  
Location: HMR CDC preschool playground. For children enrolled in preschool programs at HMR CDC.
- (6) **Spirit Week:** Feb. 23-27. This is our Spirit Week. On Monday, wear your favorite sports jersey. Tuesday, come to school/work in inside-out clothes. Wednesday, wear green. Thursday, come to school in your crazy socks. Friday, show us your favorite polka dot and stripe outfit.
- (7) **Dr. Seuss Week:** March 2-5. On Tuesday, making Dr. Seuss hats. Wednesday, breakfast with families of green eggs and turkey ham. Thursday, birthday cake for Dr. Seuss.

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- (8) **Bishop Museum Exhibit:** March 6, our preschool classes will be heading to Bernice Pauahi Bishop Museum to enjoy the Dinosaur Exhibit. Children will learn physical anatomy, eating habits, and history of the biggest prehistoric beings to rule the land.
- (9) **Spirit Week:** March 9-13, Monday, class color day. Tuesday, cartoon day. Wednesday, career day. Thursday, nerd day. Friday, camouflage day.
- (10) **Spring Break Camp:** March 16-20. Kinders will be enjoying a fun-filled week with (subject to change) bowling, Waimea Falls Park, SB Library, sprinkler park on post. Along during the week, Tuesday is wear green; Wednesday is green yogurt parfaits.
- (11) **Fitness Week:** March 23-27. Monday, shuttle run. Tuesday, small hurdle run. Wednesday, hula hoops. Thursday, Jump Rope for Heart. Friday, color run.
- (12) **Child Abuse Awareness Month:** All of April, to promote child abuse awareness, the participants and staff will be wearing blue the first Monday of every week.
- (13) **Story Time:** April 2, parents and special guests will be stopping by our children's classrooms to share their favorite stories.
- (14) **Muffins with Mom:** April 9, all of the mommies are invited to come in and enjoy a muffin during snack time with their child.
- (15) **Donuts with Dad:** April 16, all of the daddies are invited to come and enjoy a donut during snack time with their child.
- (16) **Home Depot:** April 17, Home Depot will be stopping by to do an activity with the preschool age children. They will get to do simple woodwork to create their own unique craft.
- (17) **Make & Take:** April 21 at 3:30-5:30 p.m., Petersen CDC will be providing different make and take, arts and crafts 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.
- (18) **Annual Luau:** April 24 at 3:30-5:30 p.m., this is our annual luau event. There will be a court made up of our CDC participants. Representatives will be chosen from each class. Also, each class will perform on stage, one song of their choice. The event will take place in the parking lot at Petersen CDC. There will also be free food, entertainment, popcorn, shave ice, and various activities. Also, there will be informational booths present to inform parents of the different organizations on Schofield Barracks. This event is hosted by the Petersen CDC PSAG.
- (19) **Ice Cream Social:** April 29 at 3:30-5:30 p.m., all parents are invited to come and enjoy an ice cream sundae with their child and child's caregivers.
- (20) **Celebration of Seuss:** March 2 at 7:45-8:45 a.m. Happy birthday, Dr. Seuss. Green eggs and ham for breakfast. Fort Shafter CDC for children and parents of FS CDC.
- (21) **Come Read with Me-Celebration of 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.
- (22) **Shamrock Surprise:** March 17 at 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.

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**(23) “Their Lives, Their Stories” Frame Art:** April 2 at 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.

**(24) Month of the Military Child Barbecue:** April 9 at 11-12 p.m. Join us for music, food and fun. A barbecue for the children and parents of FS CDC.

**(25) Month of the Military Child Spirit Week:** April 20-24, all day. Monday wear blue, Tuesday is crazy hat/hair day, Wednesday is patriotic colors, Thursday is pajama day, and Friday is “character counts” day.

- **Schofield Barracks CDC Mindy Barnes, Acting Director, (808) 655-7106**

**(26) SBC DC Art Show:** Feb. 19-20 at 5:30-6 p.m. The Schofield community and our families are invited to visit SB CDC and view children’s artwork throughout the center.

**(27) Month of the Military Child Kickoff: Around the World with SBC DC:** April 1 at 2:30-3 p.m. 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.

**(28) SBC DC CAPM Proclamation Signing with ACS and Parade:** April 7 at 10-11 a.m. in 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 proclamation. Following the signing, there will be a parade hosted by the children of SB CDC.

**(29) Family Appreciation Meet and Greet:** April 14 at 5:30-9 a.m. SBCDC families are invited to enjoy a continental breakfast and meet with the director.

**(30) Mini Carnival:** April 17 at 9:30-11 a.m.; tentative location Teen Center gym. SBCDC 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.

**(31) SBCDC Open House:** April 23 at 3:30-5 p.m. SBCDC families are invited to walk through the building and enjoy the displays presented by each classroom depicting the happenings within the room.

**(32) SBCDC Career Week:** April 27-30. Parents and community members are invited into the classrooms to discuss their careers with the children.

- **Fort Shafter Child Development Center, Tracey L. Benton (808) 438-1151**

**(33) Celebration of Seuss:** March 2 at 7:45-8:45 a.m. Happy birthday, Dr. Seuss. Green eggs and ham breakfast at FS CDC for the children and parents of FS CDC.

**(34) Come Read with Me ~ Celebration of 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. For the children and parents of FS CDC.

**(35) Shamrock Surprise:** March 17 at 3-5 p.m. 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.

**(36) “Their Lives, Their Stories” Frame Art:** April 2 at 3-5 p.m. Let’s kick off the Month of the Military Child with this awesome activity. Take a picture with your hero and create a frame. This activity is for the children and parents of FS CDC.

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**(37) Month of the Military Child Barbecue:** April 9 at 11-12 p.m. Join us for music, food and fun. A barbecue for the children and parents of FS CDC.

**(38) Month of the Military Child Spirit Week:** April 20-24, all day. Monday, wear blue; Tuesday, crazy hat/hair Day; Wednesday, patriotic colors; Thursday, pajama day; and Friday, "character counts day.

- **Aliamanu Military Reservation Child Development Center, Danielle Rapoza (808) 833-5102**

**(39) Parent Involvement:** 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.

**(40) Dental Hygiene Week:** AMR CDC will be celebrating this week as Dental Awareness Week in recognition of Dental Hygiene Awareness. On Feb. 19<sup>th</sup>, story time with Ms. Dominici; the 29<sup>th</sup>, Tripler dental visit. All of these activities are for the children currently attending AMR CDC.

**(41) Dr. Seuss's Birthday:** AMR CDC will be celebrating the week of March 9-13 with a Spirit Week in recognition of Dr. Seuss's birthday. On March 9, pajama day; 10<sup>th</sup>, crazy hat day; March 11<sup>th</sup>, mismatched day; 12<sup>th</sup>, sports day; and 13<sup>th</sup>, Dr. Seuss parade from 3-3:30 p.m. All of these activities are for the children currently attending AMR CDC.

**(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.

- **Bowen Child Development Center, Kristi Magarro, (808) 655-1569**

**(45)**

a) No activities Scheduled for March 2015.

b) Activities scheduled for April (Bowen patrons only): April 3, egg decorating at 2:30 p.m. (a parent activity); April 8 at 9 a.m., Wheel's Day; April 13-17, Dress Up/Crazy Week; April 24 at 2 p.m., Bowen carnival; April 30 at 11 a.m., staff potluck.

- **Helemano Child Development Center (HMR CDC), Jacqueline T. Cruz, Director (808) 653-0724**

**(46) Opening of Art Gallery:** April 1, HMR CDC, 5:30 a.m.-6 p.m., Bldg. 30. For parents of children enrolled at HMR CDC. Showcase children's creative art work.

**(47) Children's Book Day:** April 1, HMR SAC children read to HMR Full-Day CDC children, 3-4 p.m. Location Hawaii, Kauai, Maui room. For enrolled children at HMR CDC.

**(48) Family Craft Day:** April 2, HMR CDC, 4-5 p.m. Make a spring basket. For parents of children enrolled at HMR CDC. Parent involvement activity.

**(49) Egg Hunt:** April 3, HMR CDC, 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 HMR CDC Bldg. 30. For enrolled children at HMR CDC.

**(50) Fun Fest:** April 4, Weyand Field SB, 9 a.m.-5 p.m.

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- (51) Pajama Day/Bring your Favorite Stuffed Animal:** April 8, HMR CDC, 5:30a.m.-6 p.m. Location HMR CDC Bldg. 30. For all enrolled children at HMR CDC.
- (52) Parents Read to Me Day:** April 10, HMR CDC, 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.
- (53) Multicultural Day** with crafts and food tasting at snack time: April 14, HMR CDC, 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.
- (54) Sports Day:** April 16, HMR CDC, 5:30 a.m.-6 p.m. Wear your favorite team colors/jersey. For all children enrolled at HMR CDC.
- (55) Pastries for Parents:** April 17, HMR CDC, 8-8:30 a.m. Full-Day Programs; 8:30-9 a.m., Part-Day Preschool Program and Part-Day Strong Beginnings Program. For all parents, with children enrolled at HMR CDC. Parent involvement activity to promote healthy snack choices.
- (56) 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.
- (57) 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.
- (58) Aloha Day:** April 23, HMR CDC 5:30 a.m.-6 p.m. Children are asked to wear aloha prints to celebrate the island and culture where we are living. For all children enrolled at HMR CDC.
- (59) Roaring 20's Dance:** April 24, MST Bldg. 25, 4-6 p.m. For all children enrolled in Full-Day Programs at HMR CDC.
- (60) Plant a Garden:** April 28, HMR CDC 9-10 a.m. For all children enrolled at HMR CDC.
- (61) Science Day:** April 29, HMR CDC 9-10 a.m., Part-Day Preschool Program and Part-Day Strong Beginnings Program; 4-5 p.m., Full-Day Programs. For all children enrolled at HMR CDC.
- (62) Staff Appreciation Day:** April 30, HMR CDC. Parents show their appreciation to staff. For all parents with children enrolled at HMR CDC.

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

- (1) FCC New Applicant Briefing:** March 13, April 8, May 8, June 5 at 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 at 8:30-10:30 a.m., at Kalakaua Community Center. Open to FCC providers, their enrolled children and families. Spring kick-off to feature spring activities and crafts.
- (3) Month of the Military Child:** April 17 at 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 & crafts.

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

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- (1) **Valentine's Dance Social:** Feb. 20 at 7-9:30 p.m., AMR Youth Center. Come sing karaoke style and dance the night away. Food and fun all night long. Refreshments available. Cost \$4 for CYS Services members and \$5 for non-CYS Services members.
- (2) **Street Ball Madness:** Feb. 20 at 5:30-10 p.m., Schofield YC. Basketball Tournament, Middle School and High School Divisions, mixed boys and girls teams. Open to all CYS Services registered youth.
- (3) **Black History Month Family Celebration:** Feb. 27 at 6-8 p.m., Schofield Youth Center. A celebration in honor of the contributions of African-Americans to our nation. Come and enjoy a night of fun, prizes, and food for the parents and youth of the SB Youth Center.
- (4) **Schofield Barracks School-Age Center New Family Orientation:** Feb. 19 at 12-1 p.m., Feb. 24 at 12-1 p.m., Feb. 25 at 11 a.m.-12 p.m. Orientation agenda includes, but is not limited to, the following: overall program information, hours of operation, CYS Services parents responsibilities (fees, payments, late pick-up), dress code, and brief SNAP requirements, if applicable.
- (5) **Fort Shafter School-Age Center:** Feb. 19 at 6-8 p.m. MCC.com Information Meeting for parents. Military Childcare (MCC) online question and answer (Q&A) session.
- (6) **Schofield Barracks Youth Center (Bennett YC):** Feb. 21, March 7, and June 6. Bennett Center closure due to scheduled power outage.
- (7) **Schofield Barracks School-Age Center Summer Camp Sign-Up:** Internal (currently enrolled children) 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) intent to return for next school year starts April 30.
- (8) The following activities and events are for Schofield Barracks School-Age Center children, youth and staff for *Month of the Military Child*:
  - a. Wednesday, April 1, children, youth and staff can dress up in their very own wacky way.
  - b. Thursday, April 2, children, youth and staff can dress up in aloha attire.
  - c. Friday, 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. On April 6-10, we will 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. Monday, 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. Tuesday, 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. Wednesday and Thursday, April 8-9, children, youth and staff will be participating in a boot camp; activities to include an obstacle course and relay challenges on the soccer field.
  - g. Friday, April 10, children, youth and staff will be participating in water games and wearing red in support of our troops.
  - h. Monday, April 13, children, youth and staff can create their own crazy hair styles or blue in support of Child Abuse Prevention Month.
  - i. Tuesday, April 14, children, youth and staff can wear their favorite hat.
  - j. Wednesday, April 15, children, youth and staff can wear purple in honor of National Purple Up Day.
  - k. Thursday, April 16, children, youth and staff can wear prior era clothing in support of throwback.
  - l. Thursday, April 16, we will be hosting an Ice Cream social for children, youth and their families from 3:30-4:30 p.m.
  - m. Friday, 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. Monday, April 20, children, youth and staff can wear crazy or mismatched socks or blue in support of Child Abuse Prevention Month.
  - o. Tuesday, April 21, children, youth and staff can dress-up as their favorite superhero.
  - p. Wednesday, April 22, children, youth and staff can wear appropriate pajamas and watch “Big Hero Six” and enjoy popcorn.
  - q. Thursday, April 23, children, youth and staff can dress up in their favorite sports team attire.
  - r. Friday, 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. Monday, 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. Tuesday, April 28, children, youth and staff can dress up as twins.
  - u. Wednesday, 29 April, children, youth and staff can dress in their favorite career professional attire.
  - v. Thursday, 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.
- (9) **Color Run:** March 1 at 3-3:30 p.m. FS SAC and FS YC. Color Run at FS. Open to the community.
- (10) **Iron Chef Cook Off:** March 14 at 1 p.m., AMR YC. Assembling 4H Cooking Club members and interested community youth will put together their cooking skills and create a food presentation.
- (11) **A Night in Paris, Spring Ball:** March 14 at 6-9:30 p.m., Leilehua Golf Course Banquet Room, hosted by the Schofield YC, \$20 per person. This includes dinner and dance. Registration open Feb. 11-March 6 at Parent Central Services.
- (12) **Color Run:** March 1, FS SAC and FS YC, 3:00-3:30 p.m. Color Run at FS. Open to the community.
- (13) **Strange Magic:** March 16, FS School-Age Center, 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.
- (14) **Dave and Busters:** March 16, FS Youth Center, 9:30-4 p.m. Dave and Busters 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.
- (15) **St. Patrick’s Day Party:** March 17, FS School-Age Center, 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.
- (16) **Kroc Center:** March 17, FS Youth Center, 10 a.m.-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.
- (17) **Spring Fling:** March 18, FS School-Age Center, 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.
- (18) **On-Site Sports Tournament and Cooking,** March 19, 10 a.m.-4 p.m. 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.
- (19) **Hickam Beach:** March 19, FS School-Age Center, 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.
- (20) **I-Trampoline:** March 19, FS Youth Center, 10 a.m.-1 p.m. Youth will engage in physical fitness activities and challenges. Must register for Spring Camp at FS Youth Center.

- (21) **Manoa Falls:** March 20, FS School-Age Center, 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.
- (22) **Discovery Center:** March 20, FS School-Age Center, 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.
- (23) **“Insurgent”:** March 16, FS Youth Center, 10-11:30 a.m. Youth will go to Pearlridge movie theaters to enjoy a movie. Must register for Spring Camp at FS Youth Center.
- (24) **PT in the Gym:** April 28, FS Physical Fitness Center, 6:30-7:30 p.m. In honor of Month of the Military Child, PT in the Gym consists of several activities for children, including group stretching, ladder drills, football targets, soccer shoots and lane drills. Open to all youth and their families.
- (25) **AMR SAC Parent/Child Kickball Tournament:** April 1 at 3:30-5 p.m., kicking 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.
- (26) **AMR SAC Child Appreciation Cards:** April 2 at 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.
- (27) **AMR SAC Egg Extravaganza:** April 3 at 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; and Egg Scavenger Hunt, the children will be divided into groups, and each group will have to find their color eggs based on the clues given.
- (28) **AMR SAC Parents Night Out:** April 4 at 6-11 p.m., parents will enjoy the night out. Child care will be provided by AMR staff.
- (29) **AMR SAC Safety for All:** April 8 at 1:30-5 p.m., we will invite the local police department, fire department, and Emergency Medical Services to the center to educate the children about public safety.
- (30) **AMR SAC Parent Video Game Challenge:** April 9 at 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.
- (31) **AMR SAC Family Bingo:** April 10 at 3:30-5:30 p.m., parents and children will come together to play a classic game of Bingo and win small prizes.
- (32) **AMR SAC Make/Fly Kites:** April 15 at 3:30-5 p.m., Torch Club will be putting on 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.
- (33) **AMR SAC Stress Awareness:** April 16 at 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.

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- (34) AMR SAC Family Field Day:** April 17 at 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 the families.
- (35) AMR SAC Scrabble Tournament:** April 20-24 at 3:30-5:30 p.m., grade levels will compete to see who the smartest scrabble player in the center is. The competition will last a week.
- (36) AMR SAC Book Fair:** April 27-30 at 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.
- (37) AMR SAC Little Buddy Readers:** April 29 at 3:30-5 p.m., club will be collaborating with AMR CDC and reading to the preschoolers.
- (38) AMR SAC Family Picnic:** April 30 at 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.
- (39) Children's Book Day:** April 1, HMR SAC children read to HMR Full-Day CDC children, 3-4 p.m. Location Hawaii, Kauai, Maui room. For enrolled children at HMR CDC.
- (40) Spring Break Camp:** March 16-20 at 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.
- (41) SB School-Age Program Spring Break Camp Week Theme: Trolling Through the Spring:**
- Monday, bowling (1<sup>st</sup>-2<sup>nd</sup>), 9:30-11:30 a.m.
  - Tuesday, movie "Box Trolls" (3<sup>rd</sup>-5<sup>th</sup>) at SB SAC, 10-11:30 a.m.
  - Wednesday, bowling (3<sup>rd</sup>-5<sup>th</sup>), 9:30-11:30 a.m.
  - Thursday, movie "Box Trolls" (1<sup>st</sup>-2<sup>nd</sup>), at SB SAC, 10-11:30 a.m.
  - Friday, 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." \*\*
- (42) Aliamanu School-Age Spring Break Camp Week: Trolling Through the Spring**
- Monday:** March 16, Green Eggs and Ham. The center will host a green eggs and ham lunch for the children of the Youth Center. While the children are eating, they will also listen to Dr. Seuss' "Green Eggs and Ham." A photo booth will be set up for the children to take pictures.
  - Tuesday:** March 17, Irish Celebration: The center will host various activities for the children to participate in during the day: Gak Jars, make slime and contain them in baby jars so the children can take them home. Roll a Leprechaun, using dice the children color and decorate a leprechaun based on what they roll. Clover stamp shirts, using clover stamps, the children will design a clover shirt to take home. Irish Para cord bracelets, using 550 Para cord, the youth will create bracelets similar to Irish bracelets.
  - Wednesday** March 18; **Thursday**, March 19; and **Friday**, March 20<sup>th</sup>: Moanalua Valley is 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.
- (43) FS School-Age Program Spring Break Camp Week: Trolling Through the Spring**

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

- a. Monday, March 16: Pearlridge movies.
- b. Tuesday, March 17: St. Patrick's Day party (Irish soda bread).
- c. Wednesday, March 18: Spring Fling (carnival).
- d. Thursday, March 19: Hickam Beach.
- e. Friday, March 20: Manoa Falls hike (SAC), Discovery Center (kinders).

**(44) Helemano School-Age Spring Break Camp Week: Trolling Through the Spring (Sea Life)**

- a. Monday, March 16: USS Arizona/USS Missouri. Build your own ship, games (ships and Sailors) (Group A).
- b. Tuesday, March 17: USS Arizona/USS Missouri. Build your own ship, games (Marco Polo) (Group B).
- c. Wednesday, March 18: Responsibility. How to care for an aquarium, crafts (3D Jellyfish), field trip movie day.
- d. Thursday, March 19: Field trip (Group A) Sea Life Park, science/crafts, coconut volcano, games (lighthouse and ships).
- e. Friday, March 20: Field trip (Group B) Sea Life Park; Fun Friday, games (crab soccer).

**(45) FS Youth Center Spring Break Camp Week: Team-Building Challenge Week Theme**

**Divergent:**

Monday: March 16, Dave and Buster Team-Building Challenges.

Tuesday: March 17, Kroc Center.

Wednesday: March 18, On-site Sports Tournament and Cooking.

Thursday: March 19, I Trampoline.

Friday: March 20, Pearlridge Mall and movies.

**(46) SB Youth Center Spring Break Camp Week Theme: Team-Building Challenge Week Theme**

**Divergent:**

Monday: March 16, "Divergent" the movie and I-Trampoline.

Tuesday: March 17, beach challenge.

Wednesday: March 18, black light laser tag.

Thursday: March 19, in house cooking and Ropes Course.

Friday: March 20, watch "Insurgent" at Mililani Theaters.

- (48) Quarterly Youth Highlights:** March 27 at 6-8:30 p.m., Schofield 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.
- (49) Teen Choice Awards:** April 17 at 6-8 p.m., Schofield Youth Center. Join us as we recognize the youth who help to make our center an awesome place to be. Refreshments will be provided.
- (50) Operation Megaphone! World-Wide Lock-In:** April 24 at 7 p.m. to April 25 at 7 a.m., Schofield Youth Center. An annual event designed to connect military youth across the world. Games, prizes, food, and fun. Open to all CYS Services registered youth.
- (51) Pacific Teen Panel:** 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 9-11th 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.

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- (52) **Glow Fun Run:** April 3 at 6:30 p.m. AMR Youth Center, fun run for youth, teen members, parents and CYSS staff. Route: Start at Youth Center and around Bougainville Loop and back to the Youth Center. Participants will receive a glow stick necklace for the run.
- (53) **Month of the Military Child Recognition Ceremony:** April 10 at 6:30 p.m., AMR Youth Center recognizes its teen and parent volunteers for their community service. Refreshments available.
- (54) **Teen Dance Social:** April 17 at 7-9:30 p.m., AMR Youth Center, open to community teens grades 7-12. Cost is \$4 for CYSS members and \$5 for non-CYSS members. Refreshments are available. Contests and prize giveaways.
- (55) **Basketball Clinic:** April 18 at 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.
- (56) **Around the World Lock-In:** April 24-25, SB Youth Center from 8-7 a.m. Games, "Iron Chef," team-building activities, arts, movie, sports, and music and community issues fill the evening with fun activities till the morning hours. Refreshments and breakfast served. Register at Parent Central Services.
- (57) **Children's Book Day:** April 1, HMR SAC children read to HMR Full-Day CDC children, 3-4 p.m. For all children enrolled at HMR SAC and CDC Programs.
- (58) **Opening of Art Gallery:** April 1, HMR SAC, 5:30 a.m.-6 p.m. Location: HMR CDC/SAC facility, Bldg. 30. Showcase of children's creative art work. For parents of all children enrolled in HMR SAC program.
- (59) **Family Craft Day:** April 2, HMR SAC, 4-5 p.m. Make a spring basket. Parent involvement activity for parents and children enrolled at HMR SAC program.
- (60) **Egg Hunt:** April 3, HMR SAC, 4-4:30 p.m. Location HMR CDC/SAC Bldg. 30. For all enrolled children in HMR SAC program.
- (61) **Pajama Day/Bring your Favorite Stuffed Animal:** April 8, HMR SAC, 5:30-6:30 a.m., 12:30-6 p.m. For all enrolled children in HMR SAC program.
- (62) **Family Movie Day:** April 10, HMR SAC, 4-5:30 p.m. Parent involvement activity for children enrolled in After-School HMR SAC program.
- (63) **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.
- (64) **Sports Day:** April 16, HMR SAC, 5:30 a.m.-6 p.m. Wear your favorite team colors/jersey. For all children enrolled at HMR SAC.
- (65) **Crazy Hat Day:** April 21, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear different kinds of hats throughout the day. For all children enrolled at HMR SAC.
- (66) **Patriotic Colors Day:** April 22, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear patriotic colors to honor our country. For all children enrolled at HMR SAC.
- (67) **Aloha Day:** April 23, HMR SAC, 5:30 a.m.-6 p.m. Children are asked to wear aloha prints to celebrate the island and culture where we are living. For all children enrolled at HMR SAC.

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- (68) **Roaring 20's Dance:** April 24, MST Bldg. 25, 4-5:30 p.m. For all children enrolled in HMR SAC program.
- (69) **Plant a Garden:** April 28, HMR SAC, 4-5 p.m. For all children enrolled at HMR SAC.
- (70) **Science Day:** April 29, HMR SAC, 4-5 p.m. For all children enrolled at HMR SAC.
- (71) **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](http://www.himwr.com/youth-sports)

- (1) **Youth Sports is looking for volunteer coaches & 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) **Youth Basketball and Cheerleading Season:** Jan. 31-March 21. Practices and games will be held at Schofield Bennett YC, HMR, and Wheeler and AMR gyms for AMR and FS. Practices began on Jan. 6. **Basketball Game Changes:** Due to the SB post-wide power outage on Feb. 21 and March 7, all basketball games will be moved to the Helemano Military Reservation Physical Fitness Center.
- (3) **Youth Track & Field Open Registration:** Feb. 2-27. First-time participants and renewals must first register at CYS Services Registration Office at AMR, (808) 833-5393, or SB, (808) 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (4) **Youth Sports Home School P.E.: Youth Sports Home School P.E.:** Youth Sports is currently conducting P.E. classes for our military home-school families. Cost is free. If you are interested in participating, contact your nearest Sports Office to find out when the next session will be starting. For more information, call SB (808) 655-6465 or AMR (808) 836-1923.

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

[www.himwr.com/parent-central-services](http://www.himwr.com/parent-central-services)

- (1) **Military Child Care Online, Community Question and Answer Session:** FS SAC (Bldg. 3510), Feb. 19 at 6-8 p.m. Families will have access to a new website designed to simplify and improve the child care request for care process.
- (2) **CYS Services Quarterly Family Advisory Board Meetings:** March 17 at 6:15-7:15 p.m. at Schofield YC; also March 18 at 6:15-7:15 p.m. at FS SAC.
- (3) **Parent Education Workshops (Teen Topic):** March 17 at 5:30-6:15 p.m. at Schofield YC; also March 18 at 5:30-6:15 p.m. at FS SAC.
- (4) **Parents Night Out:** 6-11 p.m., South on March 7, AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782); also North on Feb. 21 and March 28 at Bowen CDC (Bldg. 1279) and Schofield SAC (Bldg. 1280). CYS Services continues to offer a Parents Night Out to families in our military community. Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office at AMR, (808) 833-5393, or SB, (808) 655-5314. To enroll in Parents Night Out, children must be registered with CYS Services no later than Wednesday at noon prior to the event. Reservations may be taken as early as the Monday after the previous event.

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- (5) **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.
  - (6) **MilitaryChildCare.com (MCC):** MCC is an online portal where military/DoD families will be able to search for and request care and create a profile where they can manage all their requests. MCC launched on Feb. 12. A transition training team will be conducting a site visit to help train P&OS staff and assist with the transition to MCC.
  - (7) **CYS Services School Liaison Office Open at AMR:** Office hours are Tuesdays and Fridays from 9 a.m.-4 p.m. The office is located in Bldg. 1782 next to the SKIES studio.
  - (8) **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.
  - (9) **Joint Venture Education Forum (JVEF) Board Meeting:** April 9 at 9-10 a.m. at AMR Community Center.
  - (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.
- f. **SKIES Unlimited Program - Kristine Tabbal, Director, (808) 655-9818 [www.himwr.com/skies](http://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](http://www.himwr.com/skies) for class schedule.
  - (2) **Babysitting and CPR Classes for Teens:** Is your 12-18 year old interested in babysitting? SKIES *Unlimited* offers a free baby-sitting and CPR/First Aid course monthly. After class completion, 13 years and over students will be added to our super-sitter referral list. Participants must be registered with CYS Services. The next sessions are listed below, sign up at Schofield Bennett YC, today. For more information, please call (808) 655-9818.  
  
Feb. 25, 4-7 p.m.: CPR/First Aid  
March 4 & 11, 4-7 p.m.; Baby-sitting  
March 18 & 25, 4-7 p.m.; CPR/First Aid  
April 1 & 8, 4-7 p.m.; Baby-sitting  
April 15 & 22, 4-7 p.m.; CPR/First Aid
  - (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 Tumbling***: Skills based on progression through strength, flexibility and conditioning for 4-18 years.
- (18) **SKIES *Unlimited Theatre 1***: Basic acting skills and terminology, including, but not limited to, improvisation, pantomime, monologues and scenes. During a show, this serves as the rehearsal time for the younger ensemble and featured roles for ages 6-9 years.
- (19) **SKIES *Unlimited Theatre 2***: Beginner-Advanced acting skills and terminology, at the individual's pace, including, but not limited to, improvisation, pantomime, monologues, and scenes. During a show, this serves as the rehearsal time for the older principal roles and older ensemble and featured roles for ages 10-18 years.
- (20) **SKIES *Unlimited Vocal/Music Technique***: Voice lessons for 6-18 years.
- (21) **SKIES *Unlimited Mini Mozart***: Parent-assisted keyboard class for 3.5-6 years.

- (22) **SKIES Unlimited Keyboard:** Is a great alternative to traditional piano methods that assume every student wants to be a classical pianist. Students learn note reading, chord theory and improvisation while playing music ranging from Bach to Rock. Intro to Keyboard utilizes the latest multimedia technology to create a new learning experience for piano students that teaches basic piano skills, music theory, and makes playing fun. Students will not only learn how to read music, but also how to create their own original compositions for 7-18 years.
- (23) **SKIES Unlimited Guitar:** 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.
- (24) **SKIES Unlimited Drums:** Beginning drum students will start with concepts that include how to hold sticks, keeping tempo, counting beats, understanding rhythm patterns, snare drum rudiments, hi-hat and cymbal techniques. Students are also introduced to important musical concepts that will prepare them for their roles as "the drummer" in a band for 7-18 years.
- (25) **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.
- (26) **SKIES Unlimited Spanish:** The foundation of each class includes activities that students complete in order to experience new vocabulary and grammar through movement, basic conversation, art, and cultural lessons for 18 months to 18 years.
- (27) **SKIES Unlimited Korean:** The foundation of each class includes activities that students complete in order to experience new vocabulary and grammar through movement, basic conversation, art, and cultural lessons for 18 months to 18 years.
- (28) **SKIES Unlimited Drivers Ed. 101:** The program consists of 30 hours of classroom instruction and 6 hours of behind the wheel driving instruction with a state certified instructor for 15-18 years.
- (29) **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.
- (30) **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.
- (31) **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.
- (32) **SKIES Unlimited Lil Ninjas:** Basic foundations to martial arts. Students achieve coordination, motor skills, increased concentration and social skills, for 3-5 years.
- (33) **SKIES Unlimited Arts:** Explore and express the beauties of the natural world through painting, mosaics, beading, sculpture, clay, and collage, for 3-12 years.
- (34) **SKIES Unlimited Sewing:** Learn about the most commonly used stitches and adjustments, seams and more, to create various projects, for 9-18 years.

3. **School Liaison Office – Wendy Nakasone, School Support Services Director, (808) 655-8326**  
[www.himwr.com/hawaiischools](http://www.himwr.com/hawaiischools)

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- (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) **Joint Venture Education Forum (JVEF) Strategy Group Meeting:** March 12 at 9-10:30 a.m. at AMR Community Center.
- (3) **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](http://www.himwr.com/recreation-and-leisure) and [www.himwr.com/sport-a-fitness-new](http://www.himwr.com/sport-a-fitness-new)

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

[www.himwr.com/special-events/special-events-office](http://www.himwr.com/special-events/special-events-office)

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

- (1) **Fun Fest Fundraising Lottery:** March 3 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. Organizations must have their fundraising request form turned into Brandon Goo (Wheeler, 350 Eastman Road) or emailed to [usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil](mailto:usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil) by 3 p.m. on Feb. 27 to be eligible. For more information, please call (808) 655-0002.
- (2) **Fun Fest, Earth Day and LTS Travel Fair 2015:** Saturday, 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 one-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.
- (3) **Fourth of July Fundraising Information Meeting:** April 14 at 9 a.m., Arts & Crafts Bldg. 572. Informational meeting for FRGs and units regarding fundraising opportunities at Fourth of July on Saturday, July 4, from 10 a.m.-9 p.m. at Weyand Field.

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

[www.himwr.com/recreation-and-leisure/tropics/tropics](http://www.himwr.com/recreation-and-leisure/tropics/tropics)

**Address:** 1470 Foote Street, 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) **Country Night:** Feb. 20 & 27 at 9:30 p.m., Tropics Recreation Center. Live entertainment, line dancing, bull competition, and drink special.
- (3) **Karaoke Night:** Feb. 20 & 27 at 6 p.m.

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- (4) **Hip-Hop Night:** Feb. 21 & 28 at 9:30 p.m., Tropics Recreation Center. Live DJ music.
- (5) **All White Attire Hip-Hop/R&B Night:** March 6 at 9 p.m.-2 a.m., Tropics Recreation Center. Wear all white for this hip-hop and R&B party with drinks and dancing all night. DoD cardholders 18 and over are invited. The DJ will start shredding at 9:30 p.m. Get pumped!
- (6) **Pop Rock Weekend:** March 13 & 14 at 9 p.m.-2 a.m. Listen to music from Van Halen, Nirvana, Pearl Jam and many more.
- (7) **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](http://hi.mwr.com).
- (8) **Latin Late Night Weekend:** Partner with BOSS, March 20 & 21 at 9 p.m.-2 a.m. Enjoy a fun-filled night with Latin music and dancing.
- (9) **Country Night Weekend:** March 27 & 28 at 9 p.m.-2 a.m. Live entertainment, line dancing, bull competition, and drink specials.
- (10) **Ping Pong Competition:** Every Thursday at 6 p.m. Sign in at 5:30 p.m.
- (11) **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.
- (12) **April Fools' 8 Ball Pool Tournaments:** Friday, April 3, 10, 17 & finale 24<sup>th</sup>. Sign in at 9:30 p.m.; 1<sup>st</sup> place prize is \$50 gift card.
- (13) **Call of Duty X-box Challenge:** Sunday, April 5, 12, 19 & finale 26<sup>th</sup> at 6-9 p.m. Sign in at 5:30 p.m.; 1<sup>st</sup> place prize is \$25.
- (14) **Dodge Ball Challenge:** Sunday, April 5, 12, 19 & championship 26<sup>th</sup> at 5-8 p.m.; 1<sup>st</sup> place trophy. For more information, call 655-4077.
- (15) **Call of Duty PlayStation Challenge:** Monday, April 6, 13, 20 & finale 27<sup>th</sup> at 6-9 p.m. Sign in 5:30 p.m.; 1<sup>st</sup> place prize is \$25 gift card.
- (16) **4 on 4 Sand Volleyball Tournament:** Saturday, April 4, 11, 18 and championship on April 25 at 6-9 p.m. For more information, call 655-4077.
- (17) **Toga Party:** Partner with BOSS, Friday, April 17; the fun begins at 9:30 p.m. For more information, call 655-4077.
- (18) **Latin Late Night Weekend:** Partner with BOSS, April 24 & 25; begins at 9:30 p.m. Enjoy a fun-filled night with Latin music and dancing.

**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](http://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.

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

- (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**

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

**FS Physical Fitness Center,** 170 Chapplear Rd., Bldg. 665, FS; (808) 438-1152

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

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

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

[www.himwr.com/fitness-centers](http://www.himwr.com/fitness-centers)

- (1) **Personal Training:** By appointment only, Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (2) **Unit PT:** By appointment only at Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (3) **R.I.P.P.E.D.:** Mondays and Fridays, 8:30-9:30 a.m.; Wednesdays, 9:45-10:45 a.m. at Health & Fitness Center. Cost is \$4. This full-body workout combines the best of both worlds. You'll switch back and forth from weight training sets and cardio intervals.
- (4) **Cycle:** Mondays, 11:45 a.m.-12:30 p.m. and 5:30-6:20 p.m.; Tuesdays, 8:30-9:30 a.m.; Wednesdays, 5:30-6:20 p.m.; Thursdays, 8:30-9:30 a.m.; Saturdays, 10:15-11:15 a.m., Health & Fitness Center. Cost is \$4, except Mondays, 5:30 p.m.; class is free. 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, 6:20-7:20 p.m., indoors; Saturdays, 9-10 a.m., indoors; Thursday-Friday, 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, Thursdays, 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, 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, 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, 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, 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.

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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) **Leprechaun Run:** Health & Fitness Center, Saturday, March 14 at 8 a.m., 5K run on SB. Open to military ID cardholders. Registration began on Feb. 13 at all fitness centers. Cost is \$20 with a T-shirt, or \$12 without a T-shirt. No refunds will be given. Costumes are encouraged and prizes will be awarded. For information, please call (808) 655-8789.
- (12) **Co-Ed 4's Volleyball Tournament:** FS PFC, Sunday, April 12 at 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.
- (13) **Step-Fitness:** Mondays, 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) **Cardio Kickboxing:** Wednesdays, 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.
- (15) **Zumba Fitness:** Fridays, 4:30-5:30 p.m., TAMC PFC. Cost is \$4. Please call (808) 433-6443 for more information.
- (16) **Pilates:** Mondays & Wednesdays, 5:30-6:30 p.m., TAMC PFC. Please call (808) 433-6443 for more information.
- (17) **Daily Body Fat Percentage and Blood Pressure Assessment:** TAMC PFC. Please call (808) 433-6443 for more information.
- (18) **100-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (19) **250-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (20) **500-Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (21) **Free Throw Competition:** March 18 at 7 a.m.-6 p.m., TAMC PFC. Cost is \$3 per person. For more information, please call (808) 433-6443.
- (22) **CYS Services Youth Sports Basketball Season:** TAMC PFC. Season began Feb. 7 in the gymnasium.
- (23) **Professional Therapeutic Massage:** By appointment only, AMR PFC. Therapeutic and clinical licensed massage therapist Suzanne Remington, with over 16 years experience, is taking appointments. Cost for ½ hour is \$30; one hour is \$50; 1½ hour is \$80; two hours is \$110. For packages, buy four (one-hour massages), get one free. Buy four (1½ hour massages), get one free. To schedule an appointment, call (808) 341-6906 or online at [www.deepmyomassage.com](http://www.deepmyomassage.com).
- (24) **CYS Services Youth Sports Basketball:** AMR PFC; season began Feb. 7 in the gymnasium.
- (25) **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.

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- (26) **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.
- (27) **CYS Services Youth Sports Basketball Season:** Martinez PFC. Season began Feb. 7 in the gymnasium.
- (28) **IM Basketball:** Martinez PFC. Season will continue as scheduled on Tuesdays, Wednesdays and Thursdays at MPFC gymnasium

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

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

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

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

[www.himwr.com/aquatics](http://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) **Learn to Swim Schofield Barracks:** Session #1 March 9, 11-13, 16, 18-20. 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 March 7 & 8, 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.

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- (14) **Learn to Swim at AMR Pool:** Session #1 March 9, 10, 12, 13, 16, 17, 19 & 20. 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. \*Registration is March 5-7, starting at 9 a.m.-12 p.m., each day until filled. Classes will be determined on instructor availability, first-come, first-served. **All children must be registered through CYS Services prior to signing up for swimming lessons (mandatory).** Class cost is eight/30 min. classes for \$60, eight/45 min. classes for \$70.
  - (15) **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 call after Feb. 20 at (808) 833-6550.
  - (16) **Pool Parties Available:** Inquire within for reservations and pricing: SB pool, (808) 655-9698; AMR pool, after Feb. 20, (808) 833-6550; or HMR pool, (808) 653-0716.
  - (17) **TAMC Pool Closing:** Pool closed for renovations Feb. 16. All programming and hours of operation have transferred over to AMR pool (effective Feb. 19).
  - (18) **AMR Pool Reopening:** Scheduled to reopen on Thursday, Feb. 19, due to the closure of TAMC pool for renovations.
- e. **Sgt. Yano Library – Amy Nogami, (808) 655-8002**  
[www.himwr.com/recreation-and-leisure/libraries](http://www.himwr.com/recreation-and-leisure/libraries)
- (1) **Preschool Story Times:** March 4, 18; April 1, 15 at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
  - (2) **Teen Manga Club:** Wednesdays, Feb. 25; March 11, 25; April 8, 22 at 3-3:45 p.m. Bring your fan art, ideas for manga programs, and suggestions for purchase, for ages 12-17.
  - (3) **Blind Date with a Book:** Is the entire Month of February. Take a chance. Try something new. Fall in love. It doesn't matter if you're a swinging single or committed lovebird; we want you to date ... a book! During the month of February, stop by the library to check out one of our specially wrapped books. There will be some descriptive words on the wrapper to peak your interest, but otherwise, it will be sight unseen. When you return the book, you'll be able to rate your date and enter a prize drawing for a Starlite Waikiki Dinner and Fireworks Cruise for two.
  - (5) **Manga Meet Up with Audra Furuichi:** March 11 at 3-4 p.m. The Teen Manga Club presents Manga Meet up. Join us this Teen Tech Week and meet local manga artist Audra Furuichi, the author of Nemu Nemu. She will be discussing her artwork and technology she used to create her name. Call 655-8002 to reserve your seat. For teens ages 12-17.
  - (6) **St. Patrick's Day:** March 12 at 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.
  - (7) **Teen Cosplay Party:** March 21 at 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 ages 12-17. Register by calling 655-8002.
  - (8) **Make and Take: April 15 at 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.
  - (9) **National Library Week Trivia Contest: April 13-18.** Stop by the 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.

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

[www.himwr.com/recreation-and-leisure/libraries](http://www.himwr.com/recreation-and-leisure/libraries)

- (1) **Preschool Story Times, Tuesdays:** March 3, 17; April 7, 21 at 10-10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **Blind Date with a Book:** Entire Month of February. Take a chance. Try something new. Fall in love. It doesn't matter if you're a swinging single or committed lovebird; we want you to date ... a book! During the month of February, stop by the library to check out one of our specially wrapped books. There will be some descriptive words on the wrapper to peak your interest, but otherwise, it will be sight unseen. When you return the book, you'll be able to rate your date and enter a prize drawing for a Starlite Waikiki Dinner and Fireworks Cruise for two.
- (3) **Celebrate Women's History:** March 18 at 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.
- (4) **Hatch a Chick:** April 7 at 3:30-4:30 p.m. 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.
- (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) **Earth Day:** April 21, 3:30-4:30 pm. 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.

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

[www.himwr.com/recreation-and-leisure/outdoor-recreation-center](http://www.himwr.com/recreation-and-leisure/outdoor-recreation-center)

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

- (1) **Climbing 101:** March 4 and 18 at 5:30-7 p.m.; also, Feb. 19 and March 5 and 19 at 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. Must sign up by noon the day before program.
- (2) **MWR Pet Kennels Grand Opening:** Feb. 21 at 11 a.m.-1 p.m. It's free. Come down and meet the highly performing Kennels Team and enjoy a freshly grilled hot dog and/or some catfish bites on us. We have moved to a new kennel location and want you to see exactly where we are, as well as see the happy dogs and cats that are staying with us.
- (3) **NOAA Whale Count:** Feb. 28 at 7 a.m.-12 p.m. Cost is \$10/person. Come out and help NOAA count our annual migration of humpback whales. Outdoor Recreation will transport you and provide water. Please bring a comfortable beach chair, binoculars (we have a few sets) and your eagle eyes. All training will be done onsite that morning. We will be at various sites around the island, based on NOAA assignment. Must sign up by Friday at noon the day before the program.
- (4) **Hike and Whale Watch:** March 7 at 8:30 a.m.-12:30 p.m., \$20/person. One of the world's largest and most majestic creatures is right on our doorstep here in Hawaii, the humpback whale. Come with Outdoor Recreation as we hike and whale watch. This is a great opportunity to see nature at its finest. Outdoor Recreation will provide transportation and guides; all you need to bring is water, snacks, sunscreen, and a good camera or set of binoculars. Must sign up by Friday at noon the day before the program.

- (5) **Stand-Up Paddle-Boarding 101:** March 28 at 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, equipment, and instruction. All you need to bring is water, snacks, and sunscreen. Must sign up by Friday at noon the day before the program.
  - (6) **Intro to Surfing:** March 21 at 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 sign up by Friday at noon the day before the program.
  - (9) **Climbing 101:** April 1-15 from 5:30-7 p.m. and April 2-16 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.
  - (10) **Hawaiian Canoeing:** April 4 from 8:30 a.m.-12:30 p.m., \$59/person. Come join Outdoor Rec. in our four- and six-man Hawaiian canoes. 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.
  - (11) **Intro to Kayak Surfing:** April 11th 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.
  - (12) **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.
  - (13) **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.
- h. FS Auto Skills – Carl Morinaga, (808) 438-9402**  
[www.himwr.com/recreation-and-leisure/auto-skills-and-storage](http://www.himwr.com/recreation-and-leisure/auto-skills-and-storage)  
Address: Bldg. 1535, Fort Shafter Flats

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- (1) **Self-Help Automotive Repair:** Facility is located on FS Flats. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.
  - (2) **Services:** Wheel balancing up to 31-inch wheels. Resurfacing of brake drums, disc. State of Hawaii vehicle inspections done annually, and boat storage available with 24-hour access.
  - (3) **Contract Mechanic for Hire:** Lum's Auto Service, owner Darrin Lum, (808) 352-7129.
  - (4) **Storage Shed Rental @ 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.
- i. **SB Auto Skills – James (Jim) Casey, (808) 655-9368**  
[www.himwr.com/recreation-and-leisure/auto-skills-and-storage](http://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.
- j. **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. Provides custom framing for Soldiers and their families. Customers are able to choose their own materials and set-up. Prices vary depending on their choices.

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- (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. Provides a selection of items to personally engrave for special occasions. Prices vary depending on item chosen. Majority of items include engraving of one graphic and unlimited text.
- (4) **Ceramic Mold-Pouring Classes:** Offered twice a month throughout the year. Feb. 28; March 5, 21; April 1, 18. 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, student 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, 5-8 p.m. and Sundays, 11 a.m.-3 p.m. Also, Feb. 22, 24; March. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; April 5, 7, 12, 14, 19, 21, 26, 28. 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. Also, Feb. 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30. 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, 5-8 p.m., and Sundays, 11 a.m.-3 p.m. Also, Feb. 22, 24; March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; April 5, 7, 12, 14, 19, 21, 26, 28. 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 1<sup>st</sup> 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, 9 a.m. & 10 a.m. Also, Feb. 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25 for ages 3-7, in which they must be accompanied by an adult. Also, one 11 a.m. for 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:** 9:30-11 a.m. on Fridays. Fabric beads & unpainted "silk" shapes, Feb. 20, 27; acrylic painting on canvas panels, March 6, 13; and Build Your Own Ukulele, March 20, 27 and April 3, 10. 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 11, 18; April 8, 15. Students learn various sewing projects. Costs \$40 per student for four sessions a month. Registration required at CYS Services.
- (12) **Mom & Tots:** Every Thursday, 10-11 a.m., Feb. 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30. 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., Feb. 20; March 6, 20; April 3, 17. For \$15, students have the choice of learning to make straw, crochet, braided.

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- (14) **Custom Trophies:** Offered Wednesday-Saturday throughout the year. Prices vary depending on size. Offer trophies for all occasions: youth sports, adult competitions, and more. Partners with other MWR facilities: Tropics for Drags & 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 4, 11, 18, 25 at 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 Wednesday-Thursday at 9 a.m.-4 p.m.; Friday-Saturday at 10 a.m.-4 p.m.

**k. Leisure Travel Services (LTS) – Joselynn Mitsuda, (808) 655-9971**

[www.himwr.com/lts](http://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.

**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.

**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.

**l. Blue Star Card – Xylene Lennon (808) 655-0111**

[www.himwr.com/upcoming-events](http://www.himwr.com/upcoming-events)

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

- (1) **Big R: NOAA Whale Count Adventure:** Feb. 21 at 7 a.m.-12 p.m., Outdoor Recreation Center. The Blue Star Card Program and Outdoor Recreation Center have partnered on this adventure to help NOAA count whales. Blues Star Card families will receive a 10 percent discount on the trip cost of \$10.
- (2) **Big R: Easter Egg Scavenger Hunt:** Countdown another month of deployment complete on Friday, 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.
- (3) **Big R: Family Swim Day:** April 18 at 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.

**6. Business Operations Division, Alicia O'Peirce, (808) 656-0098**

[www.himwr.com/dining](http://www.himwr.com/dining) and [www.himwr.com/recreation-and-leisure](http://www.himwr.com/recreation-and-leisure)

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

[www.himwr.com/dining/nehelani](http://www.himwr.com/dining/nehelani)

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- (1) **Right Arm Night:** Feb. 20, March 6 and 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.
  - (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](http://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](http://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 & Friday, 11 a.m.-8 p.m.  
Saturday, open for special events  
Sunday, 10 a.m.-1 p.m. (open only for brunch)
  - (2) **Right Arm Night:** March 13 at 5-7 p.m., Mulligan's. Free. Spouse & DoD civilians welcome.
  - (3) **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.
  - (4) **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.
  - (5) **Pau Hana Social:** Thursday-Friday, 5-7 p.m., Mulligan's Bar & Grill. Enjoy the great deals on pupu and drinks.
  - (6) **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.

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- (7) **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.
  - (8) **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.
  - (9) **Grill Your Own Steak Night:** Every 1<sup>st</sup> & 3<sup>rd</sup> 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](http://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](http://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](http://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.

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- (2) **Leilehua Concert Series:** Feb. 27, 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) **OIA Tournament:** Feb. 23, tee time, 7:30 a.m., Leilehua Golf Course. Course will be open for regular play at twilight.
- (4) **ILH Tournament:** March 10 & 11, tee time, 7:30 a.m., Leilehua Golf Course. Course will be open for regular play at twilight.
- (5) **Army Invitational Women's Tournament:** March 23 & 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](http://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](http://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](http://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](mailto: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, Chad Guerrero, (808) 656-0102**  
[www.himwr.com/support-services/soldier-unit-funds](http://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](http://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](http://www.himwr.com/support-services/home-based-business)

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

**d. Home-Based Business, Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083**  
[www.himwr.com/support-services/home-based-business](http://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](http://www.himwr.com/support-services/home-based-business).

**e. NAF Sales, Joy Baker, (808) 438-3492**

- (1) **NAF Property Excess Sale:** March 14 at 8 a.m.-12 p.m., Bldg. 1598, FS Flats. Sales are conducted on a first-come, first-served basis. Military ID cardholders will receive a 10 percent discount and are granted priority access from 8-9 a.m. Only cash and credit cards will be accepted (no checks). All purchases must be picked at time of purchase. Watch [www.himwr.com/](http://www.himwr.com/) in March for merchandise that will be available for sale.

**8. Directorate of Emergency Services (DES): COL Duane Miller, 655-5335**  
[www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm) [www.facebook.com/DES.USAG.HI](http://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, Feb. 21.

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- (2) At SB, Army Community Service, Bldg. 2091, March 17.
- (3) At FS, Army Community Service, Bldg. 330, April 3.
- 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) Aliamanu Community Center, 4 p.m., March 4.
  - (2) Wili Wili Circle, 4 p.m., March 11.
  - (3) Kalakaua Community Center, 3-5 p.m., April 22, (Bike Rodeo, Keiki ID)
- 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., Feb. 23.
  - (2) Wheeler Middle School, 11:30 a.m., Feb. 25.
  - (3) Hale Kula Elementary, 7 a.m. and 2 p.m., March 23.
  - (4) Wheeler Middle School, 11:30 a.m., March 25.
  - (5) Hale Kula Elementary, 7 a.m. and 2 p.m., April 20.
  - (6) Wheeler Middle School, 11:30 a.m., April 22.
- d. The Directorate of Emergency Services, Fire Division is continuing its efforts to prevent wildfires this summer by conducting an annual prescribed burn of the SB training range complex, May 10-20, in coordination with the Federal Fire Department. The prescribed burn is a proactive safety measure to prevent wildfires during the dry months ahead by reducing highly flammable guinea grass and other vegetation in the area.

**9. Directorate of Public Works (DPW): Steve Raymond, (808) 656-2371/1289.**  
[www.garrison.hawaii.army.mil/dpw/default.htm](http://www.garrison.hawaii.army.mil/dpw/default.htm)

**a. Outages.** The following outages have been scheduled:

Who: Quad B MCA  
What: Electrical outage.  
When: Feb. 21, 8-10 a.m.  
Where: SB, Quad B  
Why: Electrical outage needed to de-energize the courtyard.

Who: Castner Substation Repair project.  
What: Full electrical outage.  
When: Feb. 21, 8 a.m.-6 p.m.  
Where: SB, part of the base will be affected.  
Why: Electrical outage needed to connect new electrical equipment for Castner Substation.

Who: Castner Substation Repair project.  
What: Full electrical outage.  
When: March 7, 8 a.m.-6 p.m.

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Where: SB, full base will be affected.

Why: Electrical outage needed to connect new electrical equipment for Castner Substation.

- b. **Grow the Army (GTA) Project Move In:** Units will start moving into the new GTA facilities starting March 1. The 29<sup>th</sup> BEB, 249<sup>th</sup> Prime Power, 500<sup>th</sup> MI, CID HQ, and 516<sup>th</sup> 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.
- c. **FS School-Age Center Construction:** The new FS School-Age Center will be opening in April 2015. The facility will accommodate 105-135 children ages 6-10 years old and will include an outdoor play area with equipment, a grass playing field, and a computer lab.
- d. **Telephone Numbers.** Call the following numbers for service:

DPW Emergency/Trouble Desk

6 a.m.-7 p.m., except weekend/holidays, (808) 656-1275

Non-duty hours, (808) 656-3272

DPW Hazardous Spill Hotline, (808) 656-1111

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

[www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com) [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii)  
[www.twitter.com/usaghawaii](http://www.twitter.com/usaghawaii) [www.flickr.com/usaghawaii](http://www.flickr.com/usaghawaii) [www.youtube.com/usaghawaii](http://www.youtube.com/usaghawaii)  
[www.pinterest.com/usaghawaii](http://www.pinterest.com/usaghawaii) [www.army.mil/info/organization/hawaii](http://www.army.mil/info/organization/hawaii)

- a. **USAG-HI Facebook Town Hall.** The quarterly Facebook Town Hall addresses community-wide questions and concerns about on-post services and programs, and is hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., Wednesday, March 4, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the "Events" tab.
- b. **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](http://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, will be scheduled for 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.

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

- (4) **Forms Center/Records Holding Area.** Bldg. 6042, 1776 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.

**12. Plans, Analysis and Integration Office (PAIO): Barry Henderson, (808) 656-0875**

[www.garrison.hawaii.army.mil/paio/default.htm](http://www.garrison.hawaii.army.mil/paio/default.htm)

**a. Interactive Customer Evaluation (ICE):** <https://ice.disa.mil>

**b. Mystery Customer:** <http://www.garrison.hawaii.army.mil/crmt/default.htm>

**c. Customer Focus Group, April 7-9.**

**13. Directorate of Installation Safety (DIS): Clint German, (808) 656-1173**

[www.garrison.hawaii.army.mil/safety/default.htm](http://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](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, 05 Nov 14, is now available.** This policy letter has been posted to the 25<sup>th</sup> Infantry Division website at [www.25idl.army.mil/DOCUMENTS/POLICIES/cmd\\_policies.html](http://www.25idl.army.mil/DOCUMENTS/POLICIES/cmd_policies.html).
- c. **Choking Prevention & Safety Tips:** Know the signs and how to act in case of choking. According to *Injury Facts 2014*, choking is the eighth leading cause of unintentional injury deaths. For more information visit [www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-choking.aspx](http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-choking.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](http://www.garrison.hawaii.army.mil/rso/default.htm)

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- a. **Main Post Family Life Center.** The Family Life Center is located at Main Post Chapel Annex on SB. Counselors are available to help you work through the difficult challenges of life. POC is Chaplain (MAJ) Daniel Kang, Office (808) 655-6646.
- b. **Family Life Center.** A premarital training class at 9 a.m.-2:30 p.m. will take place on Monday, Feb. 23rd. 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. Location is the 2<sup>nd</sup> floor above Petersen Day Care behind the PX, next to Main Post Chapel Bldg. #791, at the corner of McCornack Road and Tidball St. Registration is required. Call (808) 655-9355. Registration deadline is Wednesday, Feb. 18. For more information, please call the Family Life Office at (808) 655-9355.
- c. **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, (808) 394-3104.
- d. **Protestant Woman of the Chapel (PWOC).** A great program to build community and new friendships, so please join us on Tuesday at 9 a.m. at the Main Post Chapel, Annex Room 212, or 9 a.m. on Tuesday at AMR Chapel. For more information, please contact the POC at SB, Erin Nonaka, or contact AMR POC, Laura Phillips at (254) 630-2242.
- e. **PWOC Winter Retreat.** Feb. 20-21 at Fort DeRussy Chapel; Friday evening, all day Saturday speaker is Robin Jones Gunn. All women are welcome. Suggested donation is \$40. Brochures are available. Sign up today. Find us on Facebook at <https://www.facebook.com/GarrisonHawaiiPWOC>.
- f. **Catholic Women of the Chapel (CWOC).** The Schofield Barracks 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 email [cwocschofield@yahoo.com](mailto:cwocschofield@yahoo.com), or join the CWOC at the AMR Chapel. POC is Heather Fazio; she can be reached at [cwocamr@yahoo.com](mailto:cwocamr@yahoo.com) or call (515) 783-6896. Come out and join us for food, fellowship and fun.
- g. **Youth Club.** Our exciting programs for youth are 7<sup>th</sup>-12<sup>th</sup> grades. Study groups, outreach clubs meet weekly. For more information, please contact, Kevin Schmidt, (808) 372-1567.
- h. **Family Night.** Family Resiliency Night is Tuesday nights at AMR Chapel and Wednesday nights at SB Main Post Chapel. Dinner begins at 5:30 p.m. with classes for all ages, children 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. **National Prayer Breakfast.** USAG-HI conducts a National Prayer Breakfast in support of U.S. Army Hawaii Soldiers, family members, DoD civilians, retirees and the local community on March 25 at 7:30 a.m. Chaplain (MG) Donald B. Rutherford, chief of chaplains, serves as the guest speaker for the event on SB, at the Nehelani. Please contact the POC MAJ Erik Spicer, North Community Chaplain, for more details at (808) 655-6644.
- j. **Catholic Events during the Lenten Season:** Stations of the Cross will be each Friday during Lent, Feb. 27; 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 South Area, Sunday, March 22, at 6 p.m. at AMR. Lent Reconciliation North Area, Monday, March 23, at 6 p.m. at MPC.

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**l. Easter Events**

Palm Sunday Mass, March 28, 29.  
Living Last Supper Drama, April 1 at 7 p.m. at AMR Chapel.  
Holy Thursday Mass, April 2 at 7 p.m. at Wheeler Chapel.  
Adoration after Mass until 12 a.m.  
Holy Thursday Mass, April 2 at 6 p.m. at AMR.  
Adoration after Mass until 12 a.m.  
Good Friday Living Stations of the Cross, April 3, 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, 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, Friday April 17 at 6 p.m. at MPC. North Area First Communion Mass, Saturday, April 25 at 5 p.m. at MPC (no 5 p.m. Saturday Mass at Wheeler); South Area First Communion Mass, Sunday, May 3 at 5 p.m. at AMR.

**n. Easter Sunrise Service:** Come join us onboard the USS MISSOURI, Sunday, April 5 at Pearl Harbor 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](http://www.garrison.hawaii.army.mil/dptms/default.htm) [www.ready.gov](http://www.ready.gov)

- a. **Tropic Lightning Museum:** Tuesday-Saturday, 10 a.m.-4 p.m., 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 25<sup>th</sup> Infantry Division, SB, and WAAF. For more information, contact Kelly Jean Evans at (808) 655-0438.
- b. **Fort DeRussy Museum:** 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.
- c. **Security Clearances/Fingerprinting:** 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.
- d. **Department of the Army Photographs:** 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.
- e. **Fort DeRussy Museum:** New carpeting will be installed throughout the 1<sup>st</sup> level exhibit galleries at the FD Museum, Bldg. 32. The project will require a closure of the museum's 1<sup>st</sup> floor exhibit areas from Tuesday, Feb. 24, through Thursday, Feb. 26. However, the museum store, multi-purpose room and 2<sup>nd</sup> 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.
- f. **U.S. Army Museum of Hawaii,** Saturday, March 28: 9 a.m., 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](http://www.garrison.hawaii.army.mil/eo/default.htm)

**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.

**18. Staff Judge Advocate, 25<sup>th</sup> Infantry Division Claims Office, Christy Rogers, (808) 655-9279/8164**  
[www.garrison.hawaii.army.mil/legal/default.htm](http://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](http://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. **Weekly Claims Briefing:** Every Tuesday and Thursday, 2-2:30 p.m., at 278 Aleshire Ave., Bldg. 2037, SB (across from CIF). Meet with personnel claims experts, file your notice of loss and damage, and receive advice on how to obtain the maximum amount for your loss and damage through the mover/transportation service provider (TSP).
- c. **Vehicle Claims:** The claims office will help you find your car if it is lost, process your claim for damage through the carrier, and help you get reimbursed for the cost of a rental car and other related expenses. Visit <http://pcsmypov.com/FAQ>. Be sure to inspect your vehicle and annotate all damages on the vehicle inspection report before you leave the port. If you discover additional damages after you leave the port, go back to the port within **24 hours** to have the damages documented on your inspection report or come to the SB Claims Office, so claims personnel can inspect your vehicle. Contact claims personnel at (808) 655-9279.
- d. **Claims Office Location and Hours:** Visit Bldg. 2037, Aleshire Ave. (across from CIF). Service is on a walk-in basis on Monday-Wednesday, and Friday, 9:30 a.m.-4 p.m.; and Thursday, 1- 4 p.m. Last sign in for service is 3:30 p.m., daily. Contact claims personnel at (808) 655-9279.

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

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

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- d. **Additional Walk-In Appointment Times:** In addition to our Tuesday walk-in appointment hours, we now have walk-in appointment hours on Thursday afternoons from 1:30-3:30 p.m.

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

- a. **TAMC Nutrition Classes.** Contact your provider to take part in an anti-inflammatory nutrition class focused on reducing inflammation, pain and chronic disease risk through nutrition. Open to all interested patients. Class opens February 2015.
- b. **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.
- c. **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](http://www.triplerfisherhouses.org) [www.triplerfisherhouse.com](http://www.triplerfisherhouse.com) [www.facebook.com/Triplerfisherhouse](http://www.facebook.com/Triplerfisherhouse)

- a. **Overview:** Tripler Army Medical Center has two Fisher Houses located within walking distance from the main hospital. These Fisher Houses were a gift from the Fisher House Foundation that was started in 1991. The intent for these homes is to offer an alternative to the Soldiers and families receiving treatment at the nearby military Medical Treatment Facility and create a nurturing home-like atmosphere that fosters rehabilitative opportunities to reintegrate the Soldiers and families back into their normal lifestyle, as quickly as possible.
- b. **Eligibility:** The eligibility to stay in the Fisher House is simple. Anyone who is receiving medical treatment or taking care of someone receiving medical treatment qualifies, as well as the family member visiting an in-patient or receiving medical treatment at Tripler. All residents need to provide documentation of their medical needs. Fisher House management is available 24/7 via cell phone, (808) 436-5543. More information is available on all three Fisher House websites, above.
- c. **Region:** We service a large variety of residents from the entire Pacific, to include Reservists, active Guard, retirees, and their families. Those who are in immediate need of housing and have no financial support (official orders) will be considered for placement according to their medical severity. All attempts will be made to accommodate everyone. We are always at 100 percent capacity and usually maintain approximately 10-20 families on the waiting list each month.
- d. **Donations:** Your donations by way of volunteer hours in the home, administrative support to the home, food donations, regular household comfort items, baby items and consumable products, such as cleaning supplies and paper goods, are greatly needed and appreciated. Monetary donations, such as gift cards to local restaurants, fast food and Walmart establishments are also appreciated.
- e. **Serving the Pacific Rim:** We also support families with Neonatal Intensive Care patients and those going through oncology, as well as those who have orthopedic or cardiac surgeries. Tripler Fisher House has a unique mission. Not only do we serve our deployed service members who have been wounded, we are also responsible for 52 percent of the world's medical treatment for service members from all branches who are serving abroad from locations like Japan, Korea, Guam, American Samoa, Okinawa and other areas in the Pacific.

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- 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](http://www.tamc.amedd.army.mil/sbhc/default.htm) <https://www.facebook.com/usahc.schofieldbarracks>

- a. **Health Clinic Tours:** Third Thursday of every month at 2 p.m. Main Clinic Entrance in the Pharmacy lobby, Bldg. 676. No sign up 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 Service Rep at (808) 433-8504 for more info or watch our Facebook page for the event.
- b. **Health Clinic Customer Service Representative (CSR):** Our Customer Service Representative 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 CSR is able to help navigate the various options for your health care. Contact the CSR 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](mailto: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](http://www.facebook.com/usahc.schofieldbarracks)).
- c. **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](http://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!
- d. **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.
- e. **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.
- f. **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.

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g. **Onsite Child Care:** It's available for families that have appointments. The YMCA Armed Services provides onsite 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 as 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](http://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](http://www.garrison.hawaii.army.mil/health/default.htm) #ArmyHawaiiTakeASTAND  
[www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council](http://www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council)

25. **Island Palm Communities (IPC), Pete Sims, (808) 687-8311**  
[www.islandpalmcommunities.com/Go/CommunityCalendar](http://www.islandpalmcommunities.com/Go/CommunityCalendar) [www.facebook.com/islandpalmcommunities](https://www.facebook.com/islandpalmcommunities)

- a. **Pet Safety Expo:** Feb. 27 at 4-6 p.m., Kalakaua Community Center, 2535 Waianae Uka Ave, SB. Learn from experts how to safely take care of your pets in your home, car, parks and beaches. Win great give away items for your pooch, feline friend or bird, while supplies last.
- b. **Bike Safety Bonanza:** March 4 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.
- c. **Bike Safety Bonanza:** March 11 at 4-6 p.m., WiliWili Park, WAAF. Teach your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.
- d. **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.

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- e. **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.
- f. **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. And back by overwhelming demand is the Earth Day Passport Challenge.

g. **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) **Fit Club:** Thursdays, 6 p.m., Aliamanu CC; 6 p.m., Kalakaua CC.

(4) **Yoga:** Tuesdays & Thursdays, 9 a.m., Aliamanu CC.

(5) **Storytime (w/Military Child Education Coalition):** Every 1<sup>st</sup> 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.

(6) **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 trick of the trade with using coupons to save your family lots of money from an expert.

(7) **Kids on Patrol:** Every 2<sup>nd</sup> and 4<sup>th</sup> 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](http://www.shop.myexchange.com)

[www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm](http://www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm).

[www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm](http://www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm).

[www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm](http://www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm).

[www.shop.myexchange.com/ExchangeLocations/WaianaeStore.htm](http://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](http://www.myecp.com).

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- 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. Hickam AFB, Bldg. 1232, Hickam AFB, HI at (808) 422-9098; SB, Bldg. 694, SB, HI at (808) 853-4725, and FS, Bldg. 537, FS, HI at (808) 487-6079.
- g. **Win a \$10,000 Exchange gift card in the "Because of You" drawing:** AAFES is giving you a chance to win one of two Exchange gift cards. First prize is \$10,000 gift card. Second prize is \$2,000 gift card. Enter to win this spend-free spree Feb. 13-28: For complete contest rules go online to [www.facebook.com/AAFES.BX.PX](http://www.facebook.com/AAFES.BX.PX) or [www.shopmyexchange.com](http://www.shopmyexchange.com).
- h. **Feb. 21 at 8 a.m.-6 p.m., SB Electrical Outage, Castner Sub Station:** AAFES Exchange's store hours are yet to be determined.
- i. **SB Sgt. Smith Movie Schedules** (unclassified) can be obtain by logging on to [www.shopmyexchange.com/reel-time-theatres/Schofield Barracks-1721031](http://www.shopmyexchange.com/reel-time-theatres/Schofield Barracks-1721031).
- j. **Sweepstakes Offers:** International Food Festival (Jan. 23-Feb. 19) is a chance to win a Sydney, Australia, trip for two or a Baconfest, Chicago, Illinois, trip for two.
- 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](http://www.shopmyexchange.com). Click "Purchase Gift and Phone Cards" at the bottom of the page.
- l. **Vietnam War 50<sup>th</sup> 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](http://www.commissaries.com)

- a. The 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 23<sup>rd</sup>, customers will see the first impacts that directly affect them. The coffin freezers, those that currently hold the chicken, breakfast sandwiches, Eggo's and turkeys, will be removed. A portion of those coffin freezers will be relocated to the dairy are, so we can make as many of the displaced items available as possible. In mid-April, we will begin the removal of the freezer display cases that are located against the north wall and include ice cream, desserts, and frozen juices. We will be providing updates through the Public Affairs folks and on our Web page that you can find at [commissaries.com](http://commissaries.com).
- b. We had over eight customers sign up for our Choose to Lose competition. Lots of events 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. here at the store. Even if you are not participating in Choose to Lose, come on out and join us and get healthier and fitter in the New Year. The event ends with a final weigh in on April 17. Email the store director at if you have any questions about the program and events.
- c. Have a special occasion? Stop by the deli/bakery and order a cake. Twenty four hours in advance is needed.
- d. Store hours follow:

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- (1) Monday thru Friday, 9 a.m.-8 p.m. Early Bird 8-9 a.m. Self check out open only.
  - (2) Saturday and Sunday, 8 a.m.-7 p.m. Early Bird 7-8 a.m. Self check out open only.
- e. The Schofield Garrison Commander has authorized a guest policy that allows two guests per customer. Your guest must have a form of ID to enter the commissary, preferably a driver's license or similar form of ID.
  - f. Commissary patrons must show their military or dependent ID when entering the commissary and when they process their orders at the check-out.
  - g. 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.
  - h. Do you have a Rewards Card? Rewards Cards can be used to download commissary coupons on the commissary website at [commissaries.com](http://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/](http://www.asymca.org/honolulu-hi/) <https://www.facebook.com/asymca.honolulu>  
<https://www.facebook.com/wheelerasymca> [Wheeler@asymcahi.org](mailto:Wheeler@asymcahi.org)

- a. **Parent Participation Preschool:** 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. **Playmoring:** Children 0-5 years, a program that allows children and parents to come together play, sing and bond. The cost is \$2 per child, SB/WAAF, Monday, Wednesday, Friday from 9-10:30 a.m. AMR on Tuesday at 9:30-11:30 a.m.
- c. **Children's Waiting Room (CWR):** CWR provides onsite child care for children while their parents or sibling have medical appointments. There is an \$8 flat fee and two-hour limit. SB Clinic is (808) 433-8410; TAMC is (808) 433-3270. Call for an appointment.
- d. **Operation Kid Comfort:** Children ages 0-6 receive a quilt; children 7-12 receive a pillow. Both hand-made by volunteers with pictures of deployed services members.
- e. **Food Pantry:** Available at the ASYMCA WAAF location; open for all military dependents. Limited to one visit per month.
- f. **Kids in the Kitchen:** Children 3-5, once a month children explore fun and creative healthy recipes through reading, crafts and music.

**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

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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](http://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. Planning Disney-related programming for families with kids, to include movie nights, DVD and toy giveaways.
- b. Created marketing materials for our 2015 Team USO Hawaii Hapalua marathon team and launched the campaign online.

**32. Better Opportunities for Single Soldiers (BOSS), (808) 656-1130**  
[www.himwr.com/recreation-and-leisure/boss?highlight=WyJib3NzII0=](http://www.himwr.com/recreation-and-leisure/boss?highlight=WyJib3NzII0=)

- a. BOSS is an FMWR program 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday.
  - (2) South meetings are held at the FS Bowling Center at 10 a.m., every 2<sup>nd</sup> and 4<sup>th</sup> 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/assault.** Call the U.S. Army-Hawaii SHARP Hotline at (808) 655-9474.
  - (1) SHARP Training  
Feb. 20, 9 a.m.-noon, SB Main Post Conference Room, Bldg. 584.

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March 12, 1-4 p.m., SB DHR, Rm. 208.

March 19, 1-4 p.m., SB DHR, Rm. 208.

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.