

Community Information Bulletin
(11 December 14)

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.

ABBREVIATIONS: ACS-Army Community Service; AMR-Aliamanu Military Reservation; FMWR-Family and Morale, Welfare and Recreation; FD-Fort DeRussy; FS-Fort Shafter; HMR-Helemano Military Reservation; SB-Schofield Barracks

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

2. Army Community Service (ACS), Brandi G. Stauber, Director, (808) 655-4ACS
www.himwr.com/acs

ACS Main Center, 2091 Kolekole Ave., SB (SB)

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

To register for ACS classes, visit the 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

(1) Organization Point of Contact (OPOC) Training: Jan. 14; Feb. 11; March 4, 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.

b. Employment Readiness Program (ERP), Robin Sherrod, (808) 655-1866
www.himwr.com/financial-management

(1) Employment Orientation: Dec. 19; Jan. 9, 16, 23, 30; Feb. 6, 13, 20, 27, 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: Jan. 22, 9-10:30 a.m. at ACS, Bldg. 2091, SB. This class will familiarize you with different resume formats and will provide you tips for writing your resume for civilian employment.

(3) 10 Steps to a Federal Resume 2-Day Seminar: Feb. 19 and 20, 9-11 a.m., both days at ACS, Bldg. 2091, SB. Interested in finding a career with the federal government? Participate in this two-day seminar to learn more information about the process for applying for a federal government position, the federal resume and resources to get you started.

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

(1) EFMP Gingerbread House Making: Dec. 23, 10-12 p.m. at ACS, Bldg. 2091, SB. Family friendly activity for Exceptional Family Members, to include those individuals on the autism spectrum or others with sensory sensitivities.

(2) EFMP Coffee Talk: Jan. 6, 10-11:30 a.m. at ACS, Bldg. 2091, SB. Something worth sharing while drinking your cup of coffee. Build support and friendships, all while discussing ways to better serve you and your Exceptional Family Members.

(3) EFMP Movie Day: Jan. 21, 2-4:00 p.m. at ACS, Bldg. 2091, SB. Movie designed to be more family friendly for Exceptional Family Members, to include those individuals on the autism spectrum or others with sensory sensitivities.

- (4) **EFMP Whale Watching Event:** Feb. 16. Meeting time is 11 a.m. at Aloha Tower. Star of Honolulu ship sails from 12-2:30 p.m. Purchase tickets for families at Information, Ticketing & Registration (ITR), Bldg. 3320, Flagview Mall. Limited to first 20 people.
- (5) **Going Outdoors with EFMP:** March 18, 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.
- d. Family Advocacy Program. (FAP), Cindy Morita, (808) 655-4ACS.**
www.himwr.com/home-a-family-life/family-advocacy
- (1) **FAP Holiday Wonderland Open House:** Dec. 18, 11 a.m.-1 p.m. at ACS, Bldg. 2091, SB. Come visit ACS to experience a holiday wonderland.
- (2) **FAP *Webinar Series:** Dec. 17, 11:45 a.m.-12:45 p.m., Parenting 101. Take your parenting to the next level, and Jan. 28, 11:45 a.m.-12:45 p.m., Communication Solutions. Looking for a way to add tools to your toolbox, but can't make it to ACS? Our webinars might be the answer you have been looking for. *Register at www.himwr.com/acs and click on "Class Calendar." Registration must be completed at least 24 hours prior to the start of class. An email with the webinar link will be sent to you prior to class start time.
- (3) **FREE Car Seat Safety Classes:** Dec. 19; Jan. 16; Feb. 20, 10-11a.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.
- (4) **Little Ones Play Morning (ages 0-3):** Dec. 17; Jan. 7, 21; Feb. 4, 18, 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.
- (5) **Sports Play Morning at A.M.R (ages 3-5):** Dec. 12; Jan. 9; Feb. 13 at 9:30-10:30 a.m. at A.M.R 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.
- (6) **Sports Play Morning at Schofield (ages 3-5):** Dec. 23; Jan. 27; Feb. 24 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.
- (7) **Scream-Free Marriage Series:** Dec. 11, 18; Jan. 8, 15, 22; Feb. 12, 19, 26 at 11:45 a.m.-1:30 p.m., Aloha Center, Bldg. 330, FS. Every couple goes through conflict, but not every couple grows through it. Be one of the successful. Join this three-week series.
- (8) **Couples Communication (Couples Only):** Jan. 7; Feb. 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.
- (9) **Scream-Free Parenting Series:** *Dec. 11, 18, 12-1:30 p.m. at 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. *December will be a three-week session due to the holidays.

- (10) **Prosperous Parent:** Jan. 12; Feb. 9 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.
- (11) **Parenting 101:** Take your parenting to the next level, Dec. 15; Jan. 19; Feb. 16 at 4-5 p.m., ACS, Bldg. 2091, SB. On Dec. 18; Jan. 15; Feb. 19 at 2-3 p.m. at Aloha Center, FS. This class highlights current best practices and will provide parents with tips and tools to assist them in reaching their parenting goals.
- (12) **1-2-3 Magic:** Feb. 5, 12, 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.
- (13) **Home Alone workshop:** Dec. 20; Jan. 9; Feb. 21 at ACS, Bldg. 2091, SB. An interactive and fun workshop for parents and children that will provide children ages 10-12 tools to make responsible decisions as they prepare to stay home without parents present. Topics include First Aid, Fire Safety, Stranger Awareness and Internet Safety. A parent must attend this class with their child. * Nine year-olds within three months of their 10th birthday are allowed.
- (14) **Communication Solutions (Couples or Singles):** Jan. 12; Feb. 9 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.
- (15) **Sleepless on Schofield:** Jan. 7; Feb. 11 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.
- (16) **Stress Solutions:** Dec. 22; Jan. 26; Feb. 23 at 12-1 p.m. at ACS, Bldg. 2091, SB. Also, Dec. 23; Jan. 27; Feb. 24 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.
- (17) **Anger and Conflict Solutions:** Dec. 11; Jan. 8; Feb. 12 at 3-4 p.m., ACS, Bldg. 2091, SB. Also, Dec. 11; Jan. 8; Feb. 12 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
- (1) **Toon Time Matinee: Dec. 12, 10 a.m.-12 p.m., Kalakaua Community Center, SB.** (Showing Rudolph and Charlie Brown.) Also, Jan. 16, 10 a.m.-12 p.m. (Showing Nut Job.). Enjoy a free movie and opportunity to socialize and have fun with other parents and children. For further information, call 655-4ACS. Registration not required.
- (2) **Breastfeeding Basics:** Jan. 28, 6:10-7:30 p.m., Main Post Chapel, SB. 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 or go to www.himwr.com/home-a-family-life/new-parent-support.
- (3) **Expectant Parent Series:** Jan. 8, 15, 22, 29 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:** Dec. 27; Jan. 24; Feb. 28 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.**
www.himwr.com/home-a-family-life/victim-advocacy-progra.m
 Domestic Violence SAFE Line is (808) 624-SAFE (7233)
- (1) **Self-Advocacy for Encouragement and Resources (SAFER) Group: Dates/times TDB (held quarterly).** This five-week series is a support group for women who are in the recovery phase of abusive or unhealthy relationships. Women can join at any time. The location of the group is confidential and will be provided to registered attendees.
- g. **Financial Readiness Program, (FRP), Robin Sherrod, (808) 655-1866.**
www.himwr.com/financial-management
- (1) **Military Saves Open House:** Feb. 25, 10 a.m.-12 p.m., Bldg. 647, Financial Resilience Center. 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.
- (2) **First Term Financial Training:** Dec. 15, 22; Jan. 5, 12, 26; Feb. 2, 9, 23 at 8:30 a.m.-4:30 p.m., Bldg. 647, Financial Resilience Center. This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays).
- (3) **Money Management Class:** Jan. 7; Feb. 4 at 10-11:30 a.m., Bldg. 647, Financial Resilience Center. Learn how budgeting, credit and investing fit in to your overall financial plan and take away the “Steps to Financial Success.”
- (4) **Budgeting for the Holidays Class:** Dec. 11, 10-11:30 a.m., Bldg. 647, Financial Resilience Center. This class will help you develop a budget, track expenses, and create a system to save and pay your bills on time.
- (5) **Basics of Budgeting Class:** Jan. 14; Feb. 11 at 10-11:30 a.m., Bldg. 647, Financial Resilience Center. This class will help you develop a budget, track expenses, and create a system to save and pay your bills on time.
- (6) **Your Credit Report & Score Class:** Dec. 17; Jan. 21; Feb. 18 at 10-11:30 p.m., Bldg. 647, Financial Resilience Center. No credit or bad credit, this class will help you increase your credit score and understand how lenders see you.
- (7) **Basic Investing & TSP Class:** Dec. 18; Jan. 28; Feb. 25 at 10-11:30 a.m., Bldg. 647, Financial Resilience Center. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds, and mutual funds.
- (8) **Free Credit Score Event:** Jan. 8; Feb. 5 at 1-3 p.m., Bldg. 647, Financial Resilience Center. ACS financial counselors will help you pull your free credit score from MyFICO. No registration required; just stop by.
- (9) **Free Credit Score Event:** Jan. 8, 10 a.m.-12 p.m., 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.
- 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**
www.himwr.com/home-a-family-life/victim-advocacy-progra.m
- (1) **Developing Great Meetings (AFTB Level L, Module 4):** Dec. 16, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
 - (2) **Resiliency During Crisis and Grief (AFTB Level G, Module 8):** Jan. 7, 9:30-11 a.m., ACS, Bldg. 2091, SB. Personal growth encourages growth into a community leader.
 - (3) **Military Knowledge (AFTB Level K):** Jan. 12-13, 9 a.m.-2 p.m., NCO Academy. This two-day class includes all of the modules in AFTB Level K. Military Knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
 - (4) **Establishing Team Dynamics (AFTB Level L, Module 5):** Jan. 14, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
 - (5) **Overcoming Stress (AFTB Level G, Module 9):** Jan. 21, 9:30-11 a.m., ACS, Bldg. 2091, SB. Personal growth encourages growth into a community leader.
 - (6) **Chain of Command & Customs, Courtesies, and Traditions (AFTB Level K, Modules 3 & 4):** Jan. 22, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Military knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
 - (7) **Resolving Conflict (AFTB Level L, Module 6):** Jan. 27, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
 - (8) **Winning at Time Management (AFTB Level G, Module 10):** Feb. 4, 9:30-11 a.m., ACS, Bldg. 2091, SB. Personal growth encourages growth into a community leader.
 - (9) **Military Social Functions & Military Benefits and Entitlements (AFTB Level K, Modules 5 & 6):** Feb. 5, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Military knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
 - (10) **Supporting Others Through Coaching and Mentoring (AFTB Level L, Module 7):** Feb. 10, 5:30-7:30 p.m., ACS, Bldg. 2091, SB. Level L teaches the participant more advanced leadership skills.
 - (11) **Military Knowledge (AFTB Level K):** Feb. 17-18, 9 a.m.-2 p.m., NCO Academy. This two-day class includes all of the modules in AFTB Level K. Military Knowledge introduces participants to the basic skills and knowledge needed to be successful in your military life.
 - (12) **Resilience Training:** Every 1st Tuesday of each month, 9 a.m.-12 p.m. at ACS, Bldg. 2091, SB. Training for family members and Soldiers that are willing to take calculated, necessary risks in order to capitalize on opportunities. They have the ability to grow and thrive when faced with challenges and bounce back from adversity.
 - (13) **Treasurer – FRG Training:** Jan. 14; Feb. 24 at 9 a.m.-12 p.m.; also Jan. 10, 9 a.m.-2:30 p.m., ACS, Bldg. 2091, SB. 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.
 - (14) **Fund Management – FRG Training:** Jan. 14; Feb. 24 at 9 a.m.-12 p.m.; also, Jan. 10, 9 a.m.-2:30 p.m., ACS, Bldg. 2091, SB. Teaches procedures/policies about fundraising and spending FRG informal funds, including USARHAW policies.

(15) FRG 101 – FRG Training: Jan. 15, 5:30-8:30 p.m.; Jan 20, 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Overview of FRG’s mission and purpose, regulations governing FRG program, roles and responsibilities.

(16) FRG Leader – FRG Training: Jan. 15, 5:30-8:30 p.m.; Jan. 20, 9 a.m.-12 p.m., ACS, Bldg. 2091, SB. Teaches the role of an FRG Leader with having good communication with commander, maintaining rosters, selecting effective volunteers, choosing meeting topics, planning appropriate events, preparing continuity books, VMIS.

(17) Key Caller – FRG Training: Jan. 10, 9 a.m.-2:30 p.m.; Feb. 12, 5:30-8:30 p.m.; Feb. 17, 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.

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

www.himwr.com/making-a-move

(1) USARHAW Community Readiness Expo: Dec. 11, 18; Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26 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.

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

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

(1) Small Business Seminar: Jan. 27; 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 Service Officer: Tuesdays-Thursdays, 8:30 a.m.-12:30 p.m., SFAC, Bldg. 663. DAV service officer is available to assist transitioning Soldiers to submit medical claims to the VA.

l. Survivor Outreach Services (SOS) Program – Catherine Ignacio, (808) 438-1956/1955

www.himwr.com/survivor-outreach-services

(1) SOS Support Meeting: Jan. 6, 27; Feb. 10, 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: Jan. 9, 24; Feb. 6, 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

a. Child, Youth and School Services, Tommie Holley, Child Administrator, (808) 656-0095

(1) All Child Development Centers (CDC) will be closed for annual training on Feb. 13, locations: SB CDC, FS CDC; Bowen CDC; Aliamanu CDC; Petersen CDC, and Helemano CDC. All CDCs will be closed for annual training on Feb. 13. This date was selected to minimize any inconvenience to military families as it coincides with a scheduled training holiday. The Army has established mandatory annual training requirements for CDC staff. Most training requirements are completed during duty hours, and occasionally on weekends. Some of the training requirements that cannot be completed during normal duty hours while caring for children will be accomplished during this closure.

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

- (1) **Family Child Care (FCC) Homes and the Family Child Care (FCC) Office** will be closed for annual training on Jan 16.

c. Child, Youth and School Services, Corinne Burns, Youth Administrator, (808) 656-0127

- (1) **Winter Camp:** Dec. 22-Jan. 12, School Age Centers (SAC), Helemano CDC, Aliamanu SAC, Schofield SAC, and FS SAC. The Winter Camp themes are Extreme Week, Discover Hawaii and Fitness Madness for grades 1st-5th.
- (2) **Winter Camp:** Dec. 22 to Jan. 12, all Army Youth Centers host the Winter Camp themes of Extreme Week, Discover Hawaii and Fitness Madness for grades 6th -12th.
- (3) **Holiday Sing Off:** Dec. 21, FS Youth Center. Teens will showcase their talents at the Holiday Sing Off. One teen will be selected to participate in a statewide competition.
- (4) **Valentine's Day Family Dinner:** Feb. 13, FS Youth Center. Open to youth, teens and family members. This is an opportunity to showcase our facility/program.
- (5) **Color Run:** March 1, FS Youth Center. Color Run at FS. Open to the community.
- (6) **Schofield Youth Center and Wahiawa Town Christmas Parade:** Dec. 5, 4:30-9 p.m. Open to registered CYS Services youth/teens. Transportation will be provided by the Youth Center. The youth/teens will be participating in the parade.
- (7) **Smart Girls Mentor Social:** Dec. 12, 6-8 p.m., Schofield Youth Center Smart Girl members will bring people in their lives that are mentors for snacks and fellowship.
- (8) **Jingle Bell Rock Christmas Dance:** Dec. 19, 7-9:30 p.m., Schofield Youth Center, holiday dance and social for registered CYS Services youth.
- (9) **Family Bingo Night:** Jan. 9, 6-8 p.m. Schofield Youth Center. Night of fun, prizes, and food for the parents and youth of the SB Youth Center.
- (10) **Martin Luther King's (MLK) Day of Service:** Jan. 17, Schofield Youth Center. Schofield Youth Center and A.M.R Youth Center youth will partner up to do a service project that commemorates Martin Luther King.
- (11) **Fine Art Exhibit:** Jan. 23, Schofield Youth Center. This is open to the community. An exhibit to display all of the creative art that the youth/teens have produced.

d. Youth Sports – Brendyn Agbayani, (808) 655-6465

www.himwr.com/youth-sports

- (1) **Youth Mini Baseball Open Registration:** Dec. 16-Jan. 6. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (2) **Youth Basketball and Cheerleading Season:** Jan. 31-March 21. Practices and games will be held at Bennett Youth Center for Schofield, HMR, and Wheeler and AMR gyms for AMR and FS. Parent meeting, Dec. 16 on AMR; also Dec. 17 on SB. Practices begin Jan 6.
- (3) **Youth Baseball Open Registration:** Jan. 1-31. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.

- (4) **Youth Wrestling Open Registration:** Jan. 1-31. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- (5) **Youth Track & Field Open Registration:** Feb. 2-27. First-time participants and renewals must first register at CYS Services registration office at AMR, 833-5393, or SB, 655-5314. Ask the registration clerk about the multi-child reduction fee.
- e. **Parent & Outreach Services – Synthia McNamara, (808) 655-4090**
www.himwr.com/parent-central-services
- (1) **CYS Services Quarterly Family Advisory Board Meetings:** Dec. 15, 12:30 p.m.-1:30 p.m. at Schofield School Age Center; also Dec. 16, 12:30 p.m.-1:30 p.m. at FS School Age Center.
- (2) **Parent Education Workshops (Stress Solutions):** Dec. 15, 12-12:30 p.m. at Schofield School Age Center; also Dec. 16, 12-12:30 p.m. at FS School Age Center.
- (3) **Parents Night Out:** 6-11 p.m., South on Dec. 13; Jan. 3; Feb 7; March 7 at AMR CDC (Bldg. 1783) and AMR School Age Center (Bldg. 1782); also North on Dec. 20; Jan. 24; Feb. 21; March 28 at Bowen (Bldg. 1279) and Schofield School Age Center (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, 833-5393, or SB, 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.
- f. **SKIESUnlimited Program - Kristine Tabbal, Director, (808) 655-9818 Web Site:**
www.himwr.com/skies
- (1) **Schools of Knowledge, Inspiration, Exploration & Skills (SKIES):** To enroll in any SKIESUnlimited 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 Aliamanu (AMR) Parent Central Services Offices. Visit www.himwr.com/skies for class schedule.
- (2) **SKIESUnlimited 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 old.
- (3) **SKIESUnlimited 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 old.
- (4) **SKIESUnlimited 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 year old.
- (5) **SKIESUnlimited 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 old.
- (6) **SKIESUnlimited 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 old.
- (7) **SKIESUnlimited 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 old.

- (8) **SKIESUnlimited 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, 6-10 years old, and 11-18 years old.
- (9) **SKIESUnlimited 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 old.
- (10) **SKIESUnlimited Yoga Dance:** Designed for children to promote physical and mental flexibility and strength through dance and play for 3-18 years old.
- (11) **SKIESUnlimited 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 old.
- (12) **SKIESUnlimited Hula:** Hawaii dance and culture where students will learn a little about the language and instruments for 3-18 years old.
- (13) **SKIESUnlimited Hawaiian Cultures:** Program will focus on Hawaiian culture, language and crafts for 1-5 years old.
- (14) **SKIESUnlimited Kinderjam:** High-energy music and movement program. Participants will dance and play while learning their alphabet, numbers, body parts, shapes and more through play for 1-5 years old.
- (15) **SKIESUnlimited 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 old.
- (16) **SKIESUnlimited 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 old.
- (17) **SKIESUnlimited Vocal/Music Technique:** Voice lessons for 6-18 years old.
- (18) **SKIESUnlimited Mini Mozart:** Parent-assisted keyboard class for 3.5-6 years old.
- (19) **SKIESUnlimited 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 old.
- (20) **SKIESUnlimited 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.
- (21) **SKIESUnlimited 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 "the drummer" in a band for 7-18 years old.

(22) SKIESUnlimited 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. When we say live in concert, we mean it. Rock School students get to play live on stage with a professional sound system and real lights for a real audience for 7-18 years old.

(23) SKIESUnlimited Pre-School Writing Workshop: The understanding of writing words, letters and recognizing words will be incorporated. They will participate in class discussions and associate stating and writing words. See and comprehend the importance of communicating skills that will enhance their ability to reading aloud in an interactive group setting and or individual discussions will be provided for 3-5 years old.

(24) SKIESUnlimited Pre-School Reading Workshops: Our strategy is to help build a community of literacy for our preschoolers. The understanding of sounds, letters, opposites, combinations and recognizing words will be incorporated. They will participate in learning phonics to help them associate words with letters, use and understand their alphabets, learn the importance of communication skills that will enhance their listening skill, and reading aloud in an interactive group setting and or individual discussion will be provided for 3-5 years old.

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

- a. **Winter Break:** Dec. 22 to Jan. 8, with most schools back in session on Jan. 12 or 13. Hawaii Department of Education (DOE) schools will be closed for Winter Break Holiday. Please check your child's school calendar for additional school holidays for Teacher Professional Days. School Administrative Offices will be open.
- b. **Hawaii Board of Education Meeting:** Dec. 16, Queen Liliuokalani Bldg., 1390 Miller Street, Room 404, Honolulu, HI 96813.
- c. **Second Quarter and First Semester Ends:** Dec. 19.
- d. **Army School Planning Committee (ASPC) Meeting for the North:** Jan. 13, Kaena Community Center.
- e. **Martin Luther King Day Holiday:** Jan. 19, schools closed.
- f. **Presidents' Day Holiday:** Feb. 16, schools closed.
- g. **Hawaii DOE Schools Third Quarter Ends:** March 13.
- h. **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.
- i. **Kuhio Day Holiday:** March 26, schools closed.

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

- a. **Special Events – Aubrey Kiemnec, Chief, (808) 655-0110**
www.himwr.com/special-events/special-events-office
Address: 919 Humphreys Road, Bldg. 572, Rm. 211, Schofield Barracks

(1) Winter Wonderland: Dec. 13, 9 a.m.-2 p.m. (Breakfast with Santa, 8 a.m./seating begins at 7:30 a.m.), AMR Community Center. Before the Winter Wonderland event, enjoy breakfast with Santa; reservations are required and tickets can be purchased at Leisure Travel Services (LTS). Seating will begin at 7:30 a.m. with breakfast beginning at 8 a.m. All other Winter Wonderland activities begin at 9

a.m. Free activities include a snow area, pictures with Santa, a meet and greet with the Dallas Cowboys Cheerleaders at noon, craft activities, face painting, inflatable bouncers, and entertainment by SKIES. Paid activities (cash only) include Arts & Crafts paint-and-take holiday ornaments and sandy candy, FRG and unit food booths, and BOSS shaved ice.

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

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) **Army vs. Navy:** Dec. 13, 3 p.m., Tropics Recreation Center. Come and join us and watch your favourite team play on a 16-foot blow-up screen.
- (2) **Single Soldier Holiday Party:** Dec. 20, 3 p.m.-2 a.m., Tropics Recreation Center. A traditional Christmas dinner of turkey and all the trimmings, door prizes and live entertainment
- (3) **Christmas Eve Bingo:** Dec. 24, 6 p.m., Tropics Recreation Center. Join us for fun and light refreshment.
- (4) **New Year Eve’s Celebration:** Dec. 31, 9:30 p.m.-1:30 a.m., Tropics Recreation Center. Let’s ring in the New Year with door prizes and live entertainment.
- (5) **Speed Dating:** Jan. 16, 7 p.m. at Tropics Recreation Center.
- (6) **Hip-Hop/R&B White Night:** Jan. 17, 9:30 p.m.-1:30 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!
- (7) **Pro Bowl: Jan 25, Tropics recreation Center.** Join us and watch the game on our 16’ bowl up screen.
- (8) **Super Bowl Party:** Feb. 1, 11 a.m., until post game coverage ends at Tropics Recreation Center. Enjoy NFL championship viewing and delicious food and drinks. Root for your team during the big game.
- (9) **Country Night:** Feb. 7, 9 p.m., Tropics Recreation Center. Live entertainment, line dancing, bull competition, and drink specials.
- (10) **Speed Dating:** Feb. 13, 7 p.m., Tropics Recreation Center.
- (11) **Single Soldiers Masquerade Ball:** Feb. 14, 5 p.m.-12 a.m., Hale Koa Hotel. Enjoy an evening of mystery, dancing, and entertainment. Transportation will be provided from SB (Tropics- 4 p.m.) and FS (Theater- 4:30 p.m.). The cost is \$80 per person. Tickets can be purchased at Tropics Recreation Center. The last day to purchase tickets is Jan. 24th.
- (12) **Texas Hold ‘Em:** Every Thursday, 6 p.m., Tropics Recreation Center. No buy in; just bring your best poker face. Sign in at 5:30 p.m.
- (13) **NFL Sunday Ticket, Tropics Recreation Center:** Every play; every Sunday. Doors open the start of the first game. Serving breakfast until 10:30 a.m.

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

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

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

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

FS/TAMC Intramurals: (808) 655-9914

www.himwr.com/sports

- (1) **Army Hawaii Intramural Flag Football League (end of regular season):** Dec. 1- 4, 6- 9 p.m., Schofield/WAAF League at Stoneman Sports Complex. This program consists of company-level teams and is offered to Army Hawaii Soldiers only. Also, Dec. 1-4, 6- 9 p.m., FS/TAMC League at TAMC Field.
- (2) **Army Hawaii Intramural Flag Football Championship Playoffs:** Dec. 8-10, 6- 9 p.m. Teams that qualify from the Flag Football league play in a single elimination tournament to crown the Army Hawaii Intramural Flag Football Champion. Also, Dec. 8-9, 6-9 p.m. at Stoneman Sports Complex and TAMC Field (1st and 2nd Round Playoffs). Also, Dec. 10, 6-9 p.m. at Stoneman Sports Complex or TAMC Field (Semifinals and Championship Game).
- (3) **Army vs. Navy Flag Football Championship Game:** Dec. 12, 7 p.m., Stoneman Stadium, SB. The Navy's best flag football team will travel to Schofield to face the USARHAW Intramural Champions.
- (4) **New Year's Softball Tournament:** Jan. 5-16, Stoneman Softball Complex, 6- 9 p.m. This tournament is open to the Army Hawaii community. There is a \$200 entry fee for each team entered.
- (5) **Army Hawaii Intramural Basketball League:** League plays starts Jan. 20-March 27. Fort Shafter/TAMC Basketball League at Fort Shafter PFC, 6-8 p.m., Tuesday, Wednesday and Thursday, each week. Also, Schofield/WAAF Basketball League at Martinez PFC, 6-9 p.m., Monday-Thursday, each week.
- (6) **Army Hawaii Intramural Soccer League:** League plays starts Jan. 20-March 27 at Fort Shafter/TAMC and Schofield/WAAF League at TAMC Field and/or Stoneman Sports Complex, 6-9 p.m., Monday and Wednesday, each week.

d. Fitness

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

FS Physical Fitness Center, 170 Chapple 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

www.himwr.com/fitness-centers

- (1) **Fitness Resolution:** Jan. 17, 8:30-11:30 a.m., Health & Fitness Center. Cost is free. Enjoy 15-minute previews of our group fitness classes, health assessments given by personal trainers, open house rock wall climbing, and knowledgeable sports & fitness vendors.
- (2) **Personal Training:** By appointment only, Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (3) **Unit PT:** By appointment only at Health & Fitness Center. Call (808) 381-5944 to schedule an appointment with Kristy Osborn.
- (4) **R.I.P.P.E.D.:** Monday and Friday, 8:30-9:30 a.m.; Wednesday, 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.
- (5) **Cycle:** Monday, 11:45 a.m.-12:30 p.m. and 5:30-6:20 p.m.; Tuesday, 8:30-9:30 a.m.; Wednesday, 5:30-6:20 p.m.; Thursday, 8:30-9:30 a.m.; Saturday, 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.
- (6) **Zumba:** Monday-Thursday, 6:20-7:20 p.m., indoors; Saturday, 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

- (7) **TRX:** Tuesday and Thursday, 9:45-10:45 a.m. through Dec. 31, Health & Fitness Center. Cost is \$4. Come sweat in this full body workout. Challenge your muscles, strength and balance in this exciting TRX class.
- (8) **Boot Camp:** Health & Fitness Center, Tuesday, Thursday, 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.
- (9) **Cardio Kickboxing:** Health & Fitness Center, Wednesday, 8:30-9:30 a.m. Cost is \$4. Kick and punch your way to fitness in this non-contact, yet high-intensity class.
- (10) **Yoga:** Health & Fitness Center, Saturday, 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.
- (11) **Bring Your Offspring to Boot Camp:** Schofield Barracks on Ralston Field, Tuesday, Thursday, 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.
- (12) **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. 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.
- (13) **FS Bench Press Challenge:** Fort Shafter PFC, Jan. 15, during PFC business hours (5:30 a.m.-8:30 p.m.). Compete in two categories: Max Press Body Weight Percentage and 225-Pound Repetitions (ladies compete at 115 pounds). Entry fee is \$5; deadline to register Jan. 14. Target audience Fort Shafter PFC customers. POC is Mike Smyrychynski at (808) 438-1152.
- (14) **Step-fitness:** Monday, 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) **Cardio Kickboxing:** Wednesday, 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.
- (16) **Zumba Fitness:** Friday, 4:30-5:30 p.m., TAMC PFC. Cost is \$4. Please call (808)-433-6443 for more information.
- (17) **Pilates:** Monday & Wednesday, 5:30-6:30 p.m., TAMC PFC. Please call (808) 433-6443 for more information.
- (18) **Daily Body Fat Percentage and Blood Pressure Assessment:** TAMC PFC. Please call (808)-433-6443 for more information.
- (19) **100 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (20) **250 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.
- (21) **500 Mile Run Club:** TAMC PFC. Self-directed honor system for logging mileage and motivation. Please call (808) 433-6443 for more information.

(22) Professional Therapeutic Massage: By appointment only, AMR PFC. Therapeutic and clinical licensed massage therapist, Suzanne Remington, with over 16 years experience is taking appointments. Cost for ½ hour is \$30; one hour is \$50; 1 ½ hour is \$80; two hours is \$110. For Packages, buy four (one-hour massages), get one Free. Buy four (1 ½ hour massages), get one free. To schedule an appointment, call (808) 341-6906.

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

www.himwr.com/aquatics

- (1) **Mission Swim:** Monday, Wednesday, Thursday & Friday, 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 p.m.-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., Monday, Tuesday, Thursday & Friday, TAMC Pool.
- (10) **Community Swim:** From 1-5 p.m., Monday, Tuesday, Thursday & Friday, 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 half-hour classes.

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

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

- (1) **Preschool Story Times:** Wednesdays, Dec. 17; Jan. 7, 21; Feb. 4, 18 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, Jan. 14, 28; Feb. 11, 25 at 3-3:45 p.m. Bring your fan art, ideas for manga programs, and suggestions for purchase, for ages 12-17.
- (3) **Maker Space Ornament:** Dec. 17, 4-5:30 p.m. Stop by Sgt. Yano Library's Maker Space to create your own ornament. We'll provide the supplies and you bring your imagination. This program is for ages 12 and up.

- (4) **Mad Science Presents Fire & Ice:** Jan. 14, 3-3:45 p.m. Explore the wild world of science with chemical reactions and the wonders of dry ice as the Mad Scientist demonstrates a bottle blast, a crazy bubble shower, and creepy, foggy effects.
- (5) **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.
- (6) **Signing Story Time:** Feb. 9, 6-6:45 p.m. Join us for another Signing Story Time. We'll be reading more fun stories in English and American Sign Language (ASL) and make a craft. The theme will be Valentine's Day.
- (7) **Afterschool at the Library Happy Valentine's Day:** Feb. 11, 3-4 p.m. Children ages 6 and up are invited to hear stories and make a Valentine's Day craft.
- (8) **Chinese New Year:** Feb. 18, 3-4:30 p.m. Ring in the Chinese New Year by making lanterns to brighten your celebration. We'll supply the materials; you bring your imagination. This event is for tweens, teens, and adults.

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

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

- (1) **Preschool Story Times, Tuesdays:** Dec. 16; Jan. 6, 20; Feb. 3, 17 at 10- 10:45 a.m. Children 3-5 years old listen to stories, sing and dance, and make a craft.
- (2) **Celebrate Christmas:** Dec. 17, 3-4 p.m. Are you missing snow? We will be making some cute snow globes that will remind you of the winter season. This is a very easy craft that is appropriate for all ages. All supplies will be provided, so come one, come all.
- (3) **Mad Science Presents Up, Up and Away:** Jan. 28, 3-3:45 p.m. The Mad Scientist introduces the principles of air and pressure. Hot air balloons, vortex generators and even a hovercraft will help children understand the power of air.
- (4) **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.

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

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

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

- (1) **Ocean Splash:** Dec. 13, 8:30 a.m.-12:30 p.m., \$65/person. Ever wanted to try a Hawaiian one-man canoe? What about play on the oversized Imat? Or better yet, be able to try a one- and two-man kayak all in one place for one price? Outdoor Rec Program team makes it happen. We bring all the equipment; you bring sunscreen, water and a sense of adventure. We provide transportation.
- (2) **At Ease Adventures:** Dec. 20, 8:30 a.m.-12:30p.m., \$20/person. New to the island? All alone but want to get out and explore? Come with us. Outdoor Rec will take you and your ohana (family) to special spots and areas that only the "locals" go to. You may go to the mountains one time and the ocean the next. These tours are set up for you to sit back and take pictures and experience the island

with the pros. Bring closed-toes shoes, a towel and some dollars, just in case we stop at a mom and pop store along the way.

- (3) **Climbing 101:** Dec. 18, 1:30-3 p.m. and 5:30-7 p.m., \$15/person. Meet at the Family Health and Fitness Center. 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.
- (4) **Adventure Mountain Bike Level II:** Jan. 10, 8:30 a.m.-12:30 p.m., \$25/person. All equipment provided. Get a bit out of your comfort zone, and come ride with ODR, as we take you to the best mountain biking on the North Shore of Oahu. Ride hills, drops, trails, fingers and whoops. Bring water and clothes that you don't mind getting dirty. This is a Level II bike trip.
- (5) **Stand Up Paddle Boarding:** Jan.17, 8:30 a.m.-12:30 p.m. Costs \$59/person. We will take you and provide all the equipment, instruction and fun, as we teach you the latest fun ocean/lake and river sport. This is a Level I program. All you need is to be able to swim, sunscreen, towel and a sense of adventure.
- (6) **NOAA Whale Count:** Jan. 31, 7 a.m.-12 p.m. Cost is \$10/person. Come out and help NOAA count our annual migration of humpback whales. ODR 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.
- (7) **Climbing 101:** Feb. 4 and 18, 5:30-7 p.m.; also, Feb. 5 and 19, 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.
- (8) **Adventure Hike:** Feb. 7, 8 a.m.-12:30 p.m.. Meet at ODR Bldg. 2110. Cost is \$20/person. Experience one of the most scenic sights on the east side of Oahu from the lighthouse grounds. A good beginner hike (path is asphalted), and don't forget to bring your camera. Transportation and fun provided.
- (9) **SPECIAL Lovers Stand UP Paddle Board Trip:** Feb. 14, 8:30 a.m.-12:30 p.m. Two for the price of one at \$59. Meet at ODR, and we will get your Valentine's Day started right. We will transport you to the very romantic and scenic Anahulu Bridge River that opens to the ocean. All equipment provided.
- (10) **MWR Pet Kennels Grand Opening:** Feb. 28, 11 a.m.-1 p.m. Is 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.

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

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

Address: Bldg. 1535, Fort Shafter Flats

- (1) **Self-help Automotive Repair:** Facility is located on FS Flats. Guests can do simple oil changes to major engine repairs on their vehicles. Facility is equipped with vehicle lifts, equipment and tools. Just bring your own parts.
- (2) **Services:** Wheel balancing up to 31- inch wheels. Resurfacing of brake drums, disc. State of Hawaii vehicle inspections done annually, and boat storage available with 24 hour access.
- (3) **Contract Mechanic for Hire:** Lum's Auto Service, Owner Darrin Lum, (808) 352-7129.

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

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

Address: Bldg. 910, Duck Rd, Schofield Barracks

- (1) **Self-Help Automotive Repair:** Facility is located at the corner of Duck and Lyman roads on Schofield Barracks. 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 Wednesday, Thursday, Friday, Saturday; Sunday 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.

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

www.himwr.com

- (1) **Custom Framing:** Offered Wednesday-Saturday throughout the year. Provide custom framing for Soldiers and their families. Customers are able to choose their own materials and set-up. Prices vary depending on their choices.
- (2) **Do-It-Yourself Framing:** Offered Wednesday- Saturday throughout the year. Customers obtain framing certification from another military installation. By presenting the certification card, customers can build their own frames without assistance. Customers then pay for all materials and a shop fee of \$6.
- (3) **Custom Engraving:** Offered Wednesday-Saturday throughout the year. Provide a selection of items to personally engrave for special occasions. Prices vary depending on item chosen. Majority of items include engraving of one graphic and unlimited text.
- (4) **Ceramic Mold-Pouring Classes:** Offered twice a month throughout the year. Dec. 17, 27; Jan. 14, 31; Feb. 11, 28. 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. & Sundays, 11 a.m.-3 p.m. Also, Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30; Jan. 4, 6, 11, 13, 18, 20, 25, 27; Feb. 1, 3, 8, 10, 15, 17, 22, 24. 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, Dec. 11, 18; Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26. 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. & Sundays, 11 a.m.-3 p.m. Also, Dec. 14, 16, 21, 23, 28, 30; Jan. 4, 6, 11, 13, 18, 20, 25, 27; Feb. 1, 3, 8, 10, 15, 17, 22, 24. Customers learn how to use their own machines (if not, one is provided for them). First class project

is \$25 making a quillow (a quilt that folds into a carry bag). Customers are required to bring 2.5 yards of printed material and 2.5 yards of plain material. Once they have completed the 1st class, then when they return, they bring their own materials, and our instructor assists them in whatever they want to make for \$6.

- (9) **SKIES Youth Art Classes:** First four Saturdays of each month, 9 a.m. & 10 a.m. Also, Dec. 14, 21, 28; Jan. 3, 10, 17, 24; Feb. 7, 14, 21, 28, for ages 3-7, in which they must be accompanied by an adult. Also, one 11 a.m. 8-12 year old class. Students learn various art medias, including hand building, clay, mosaics, painting, paper Mache.
- (10) **EDGE Home School Youth Art Classes:** Is 9:30 a.m.-11 p.m. on Fridays, Dec, 17; also, Jan. 14, 21. 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., Feb, 11, 18. 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., Dec. 18; Jan. 8, 15, 22, 29; Feb. 5, 12, 19, 26. For the cost of \$5, parent and child take on a creative project together.
- (13) **Lei-Making:** Second and fourth Friday of each month, 1-2 p.m., Dec. 12; also, Jan. 9, 23; Feb. 13, 27. For \$15, students have the choice of learning to make straw, crochet, braided.
- (14) **Custom Trophies:** 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) **Seasonal Workshops -offer seasonal classes.**
- (16) **Holiday Themed Mosaic Workshop:** Dec. 16, 23. Costs \$80 and includes all supplies. Make a one-of-a-kind keepsake. Learn to make your own mosaic piece. You will learn to plan, design, cut, paint, and grout your own creative piece.
- (17) **21-Inch Ceramic Christmas Tree with Stand:** Dec. 10-13, 17- 20. Starts now until the 3rd week of December. Costs \$50 and includes all supplies and parts: paint, glazes, firing, lights, stand, and electrical light fixture. Come and paint/glaze your own ceramic Christmas tree.

k. Leisure Travel Services (LTS) – Joselynn Mitsuda, (808) 655-9971
www.himwr.com/lts

- (1) **LTS provides exceptional military rates for numerous attractions throughout Hawaii and beyond.** Whether you're into touring museums or swimming with the sharks, our trained professionals can assist you with planning your event, special night out, or vacation. LTS services include, but are not limited to the following: Oahu attractions and inter-island vacation packages (air, hotel, car, and activities); cruises to the neighboring 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.

Holiday hours: Dec. 24, 9 a.m.-2 p.m.; closed on Dec. 25; Dec. 31, 9 a.m.-2 p.m.; and closed on Jan. 1.

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.
Holiday hours: Dec. 24, 9 a.m.-2 p.m.; closed on Dec. 25; Dec. 31, 9 a.m.-2 p.m.; and closed on Jan. 1.

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

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

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

www.himwr.com/dining/nehelani

- (1) **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.
- (2) **Family Football NFL Sunday Ticket Brunch:** Every Sunday, 6:30 a.m.-3:30 p.m., Kolekole Bar & Grill. Bring the family out and watch all of your favorite teams play at Kolekole every Sunday during football season through Super Bowl Sunday to watch the games. Doors open half-hour before kickoff of first game. Brunch will be served at \$16.95/adult & \$7.95/child.
- (3) **Mongolian BBQ:** Every Monday, 5-8 p.m., Kolekole Bar & Grill. Enjoy Mongolian BBQ 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.
- (4) **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.

b. Hale Ikena , Mulligan’s Bar & Grill – John Stone, (808) 438-1974

www.himwr.com/dining/hale-ikena

- (1) **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.
- (2) **Pau Hana Social:** Monday- Friday, 5-7 p.m., Mulligan’s Bar & Grill. Enjoy the great deals on pupu and drinks.
- (3) **Daily Lunch Buffet:** Monday-Friday, 11 a.m.-1 p.m., Hale Ikena Dining Room. (No daily lunch buffet during Dec. 22-Jan. 2.) Enjoy a variety of daily lunch buffet specials for \$10.95.
- (4) **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.

c. SB Bowling, Na Koa Snack Bar – Teri Overton, (808) 655-0573

www.himwr.com/schofield-barracks-bowling-center-menu

- (1) **Cosmic Bowling:** Every Friday, 10 p.m.-1 a.m.; also, every Saturday, 5:30 p.m.-1 a.m.

d. Fort Shafter Bowling, Strike Zone Snack Bar – Don Yonamine, (808) 438-6733

www.himwr.com/fort-shafter-bowling

- (1) **Cosmic Bowling:** Every Saturday, 3 p.m.-12 a.m.; also, every Sunday, 1 p.m.-5 p.m.

e. Leilehua Golf Course, Leilehua Grill – Lou Merkle, (808) 655-4653

www.himwr.com/leilehua-golf-course/leilehua-golf-course

- (1) **Free Ladies Golf Lessons:** By appointment, Leilehua Golf Course. The ladies free golf lessons are geared towards the beginner. Make an appointment today, and a PGA professional will show you that you can play golf. Lessons are held by appointment on the first Saturday of every month for 30 minutes. For more information, call Leilehua Golf Course, (808) 655-4653.
- (2) **Leilehua Concert Series:** Dec. 19, 6-8 p.m., Leilehua Grill & Golf Course. Relax and enjoy Hawaiian music by Weldon Kekauoha. Free and open to the public. Food and drinks will be available for purchase. For more information, call (808) 655-1711.
- (3) **Leilehua Concert Series:** Jan. 31; Feb. 27; March 27 at 6-8 p.m., Leilehua Grill & Golf Course. Relax & enjoy Hawaiian Music (band TBD). Free and open to the public. Food and drinks will be available for purchase. For more information, call (808) 655-1711.
- (4) **CG Scramble:** Feb. 6, 12-5 p.m., Leilehua Golf Course. Four-person scramble. Participants must register and pay NLT 15 days prior to event. Costs: E1-E5, \$44; E6-O10, \$52.00; civilians, \$59. Price includes registration, green fees, cart fees, food w/beverage (hamburgers/hot dogs, chips and beverage). For preregistration and questions, email or call SFC Bradley Bergeman, (808) 655-4294, or SGT Justin Corley, 655-4717.
- (5) **OIA Tournament:** Feb. 23, tee time 7:30 a.m., Leilehua Golf Course.
- (6) **ILH Tournament:** March 10 & 11, tee time 7:30 a.m., Leilehua Golf Course.
- (7) **Army Invitational Women's Tournament:** March 23 & 24, Leilehua Golf Course. Time TBD. For more information, call (808) 655-1711.

f. **Nagorski Golf Course - Cres Limbago, (808) 438-9587**
www.himwr.com/walter-j-nagorski-golf-course/walter-j-nagorski-introduction

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

a. **Fundraising – Ms. Stephanie Caires, (808) 656-0129**
www.himwr.com/support-services/fundraising

- (1) Fundraisers on Army Hawaii installations, to include SB, FS, AMR, HMR, FSF and TAMC (outside) require approval from the garrison commander. Fundraising instructions, documentation and forms can be found at www.himwr.com/support-services/fundraising.
- (2) Effective Jan. 1, the primary POC will change to Mr. Brandon Goo, (808) 656-0104 at usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil

b. **Unit Funds – Mr. Chad Guerrero, (808) 656-0102**
www.himwr.com/support-services/soldier-unit-funds

- (1) A unit fund is a non-appropriated fund activity of the USAG-HI Installation Morale, Welfare and Recreation Fund (IMWRF) established to provide monetary support and enable unit commanders to supplement available appropriated funds (APF) for providing morale support to unit military personnel. Unit funds are intended to contribute to the comfort, pleasure, contentment, mental and physical welfare of the 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).

- (2) 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.
- (3) Petty cash and regular unit fund withdrawals are available by appointment from the Directorate of Family and Morale, Welfare and Recreation, NAF Support Management Division Office, 350 Eastman Road, Wheeler Army Airfield from 8 a.m.-3 p.m. (closed for lunch 12- 1 p.m.). Information is available at www.himwr.com/support-services/soldier-unit-funds.

c. Private Organizations – Ms. Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083
www.himwr.com/support-services/home-based-business

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

d. Home-Based Business – Ms. Kristy Balli, Business and Non-Profit Liaison, (808) 656-0083
www.himwr.com/support-services/home-based-business

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

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

- (1) **NAF Property Excess Sale:** March 14, 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/ 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, 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 FS, Army Community Service, Bldg. 330, Jan. 9..
 - (2) At SB, Army Community Service, Bldg. 2091, Feb. 21.
 - (3) At SB, Army Community Service, Bldg. 2091, March 17.
 - (4) 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) Kaena Community Center, 4 p.m., Dec. 17.

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

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

- a. **Environmental Quality Control Committee (EQCC) Meeting:** Is Jan. 29, 1:30-2:30 p.m., SB Post Conference Room, Bldg. 584. This is a quarterly meeting for all USARHAW units and USAG-HI directorates and tenant organizations. The EQCC is a forum for all attendees to assist in the formulation of the policies for the protection, preservation, and enhancement of the environment.
- b. **GTA Project Move In:** Units will start moving into the new GTA facilities starting March 1. The 29th BEB, 249th Prime Power, 500th MI, CID HQ, and 516th Sig Bde. will be moving to the GTA facilities, which consist of admin facilities, Bde. HQs, BN HQs, Company Operations Facilities and Tactical Equipment Maintenance Facilities on South Range SB.
- 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.

10. Directorate of Plans, Training, Mobilization and Security (DPTMS): Don Bennett, (808) 656-0165.

www.garrison.hawaii.army.mil/dptms/default.htm, www.ready.gov

- a. **Tropic Lightning Museum:** Tuesday-Saturday, 10 a.m.-4 p.m. Come visit Tropic Lightning Museum, Bldg. 361 (Waianae Avenue at the corner of Flagler Road), SB, to learn about the history of the Tropic Lightning Museum. For more information, contact Kathleen Ramsden at (808) 655-8301.
- b. **Fort DeRussy Museum:** Tuesday-Saturday, 9 a.m.-4 p.m. Come visit the Fort DeRussy Museum, Bldg. 32 (next to the Hale Koa Hotel), Fort DeRussy, 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 a.m.-4 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.

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

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

- a. **Administrative Services Division - Anna Tarrant, (808) 655-5003**

- (1) **Postal Certification Training for Unit Mail Clerks:** Dec. 17, 9:30 a.m., SB Education Center, 2nd Floor. POC: Surrie Rhynes, Postal Inspector/Trainer, (808) 655-5033.
- (2) Garrison, Army, and tenant units are reminded to pick up mail daily from the Official Mail & Distribution Center (OMDC, SB and FS) and the Postal Section, as we approach the busy holiday mail season. Mail left behind will be returned to sender. There is no space to store, and Postal Section cannot be responsible for missing mail.

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

- (1) **National Testing Center:** NTC Hawaii Pacific University (HPU) offers computer-based testing on Thursdays, 9 a.m.-2:30 p.m., Bldg. 560, Room 214, at the SB Education Center. Exams include the College level Exam Program (CLEP), DANTES Subject Standardized Test (DSST), Graduate Management Admission Testing (GMAT) and National certification exams.
- (2) The first test for each CLEP and DSST test is funded by DANTES. Information on the CLEP and DSST is at www.dantes.doded.mil/services-members/prep-for-college/earn-college-credit/index.html.
- (3) Testing is available for all Department of Defense students with proper identification. More information available at HPU website: <http://hpunationaltestingcenters.wordpress.com/about/>.

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

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

- a. **Traffic Safety Online Classes Sign-Up:** All Hawaii-based Soldiers can request classes using a CAC-enabled government computer at https://imc.army.mil/airs/ug_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 Mr. 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 25th Infantry Division website at www.25idl.army.mil/DOCUMENTS/POLICIES/cmd_policies.html.
- c. **Christmas Tree Safety Tips:** Each year, fire departments respond to an average of 210 structure fires caused by Christmas trees. Carefully decorating Christmas trees can help make your holidays safer. For more information and tips, visit www.nfpa.org/safety-information/for-consumers/holidays/christmas-tree-fires/christmas-tree-safety-tips or [Download these NFPA safety tips on Christmas trees.](#)

13. Logistics Readiness Center: Stacey Franklin, (808) 656-2400.

14. Religious Support Office: MAJ John Grauer, (808) 656-1278.

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

- a. **Main Post Family Life Center:** The Family Life Center is located at the Main Post Chapel Annex on SB. Counselors are available to help you work through the difficult challenges of life. POC is Chaplain (MAJ) Daniel Kang at (808) 655-6646.

- b. Catholic Activities:** Catholic activities meet at the 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.
- c. Protestant Woman of the Chapel (PWOC):** A great program to build community and new friendships, so please join us on Tuesday at 9 a.m. at the Main Post Chapel, Annex Room 212, or 9 a.m. on Tuesday at AMR Chapel. Come out to join us for this exciting group. For more information, contact the POC at SB, Erin Nonaka or call AMR POC, Laura Phillips at (254) 630-2242.
- d. Catholic Women of the Chapel (CWOC):** The SB CWOC invites you to join them Wednesday mornings at the Main Post Chapel from 9:30-11:30 a.m. The POC at SB is Heather Kershner at (352) 231-1088, or join the CWOC at the AMR Chapel. POC is Heather Fazio at (515) 783-6896. Come out and join us for food, fellowship and fun.
- e. Youth Club:** Our exciting programs for youth 7th-12th grade; study groups, outreach clubs meet weekly. For more information, call Kevin Schmidt, (808) 372-1567.
- f. Family Night:** Each Tuesday night at AMR Chapel is Family Night. Dinner begins at 5:30 p.m. Sessions begin at 6:10-7:30 p.m. Child care is provided. Each Wednesday Night at SB located at the Main Post Chapel is Family Night, which begins at 5:30 p.m. with dinner. Sessions begin at 6:10-7:30 p.m. Child care is 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 (a 13-week class on how to successfully "tell your money what to do"), Healthy Living, and 7 Habits of Highly Effective Army Families. For more information, call at SB, Deborah McSwain, Director of Religious Education, (808) 655-9198. At AMR Chapel, call Don Ericson, Director of Religious Education, (808) 839-4319.
- g. National Prayer Breakfast:** USAG-HI conducts a National Prayer Breakfast in support of United States Army Hawaii Soldiers, family members, DOD civilians, retirees and the local community on March 25. Chaplain (MG) Donald B. Rutherford, Chief of Chaplains, serves as the guest speaker for the event on SB, at the Nehelani. Call POC MAJ Erik Spicer, North Community Chaplain, for more details at (808) 655-6644.

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

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

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

- a. Dr. Martin Luther King's Birthday:** 18th MEDCOM, Jan. 14, 10 a.m., Richardson Theater, FS. Also, 500th MI Bde., Jan. 15, TBD.
- b. African American/Black History Month:** 25th CAB, Feb. 10, 10-11:30 a.m., WAAF Chapel.

17. Staff Judge Advocate, 25th Infantry Division Claims Office, CPT James A. Gardner, (808) 655-9279/8164
www.garrison.hawaii.army.mil/legal/default.htm ("Claims" tab)

- a. Household Good Claims – Jacquelyn Franco, (808) 655-8157, www.move.mil**
 Don't miss your deadline to file household good claims, 75 days from delivery to notify the mover/Transportation Service Provider (TSP) of loss and damage. Let the claims office help you.
- b. Weekly Claim Briefing:** Every Tuesday and Thursday, 2:30-3 p.m., at 278 Aleshire Avenue, Bldg. 2037, Schofield Barracks (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 – Arlene Estiamba, (808) 655-8154, <http://pcsmypov.com/FAQ>**
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.
- d. **Claims Briefs:** Held Tuesdays & Thursdays at 2:30 p.m., Bldg. 2037, Aleshire Avenue (across from CIF). Call Claims at (808) 655-9279. It's open Mondays-Fridays, 9 a.m.-4:30 p.m.

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

- a. **Parking:** Approximately 121 new parking stalls are now open at TAMC. Tripler leaders launched the parking project on the lower level of the Oceanside parking lot in mid-August to help alleviate parking concerns. Visit <https://www.facebook.com/TriplerArmyMedicalCenter> for photos of the before and after.
- b. **E-Prescribing:** The Military Health Systems (MHS) has deployed e-prescribing to Military Treatment Facilities (MTFs) on-island. Civilian providers out in the community can now send electronic prescriptions to all MTFs in Hawaii who currently accept civilian prescriptions. E-prescribing provides the following:
 - Is a safe and secure, and promotes use of cost efficient MTF pharmacies.
 - Offers added convenience to beneficiaries and cuts down on potential medication errors.
 - Is standard health care practice and aligns the MHS system with standards of care available at civilian pharmacies
 - Can reduce MTF pharmacy wait times, and allows MTF pharmacy staff to resolve issues with prescriptions before the beneficiary arrives.

19. Fisher House “A Home Away from Home,” 317 Kukowski Road, Honolulu, HI 96819.
Anita Clingerman, Manager, (808) 433-1291, ext. 212 (Office), (808) 436-5543 (Fisher House Cell)
www.triplerfisherhouses.org; www.triplerfisherhouse.com; www.facebook.com/Triplerfisherhouse

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

serving abroad from locations like Japan, Korea, Guam, American Samoa, Okinawa and other areas in the Pacific.

- f. **“Home Away from Home”:** Each Fisher House is a gift from the Fisher House Foundation and must be maintained and supported independently. This can be only accomplished by the generous and continued support of the surrounding communities in which they are located. We are a nonprofit organization, and most of our funds come from the annual Combined Federal Campaign (CFC) drive (CFC# 71377).
- (1) Fisher House I has eight rooms, to include two family suites on the ground floor that are ADA accessible.
 - (2) Fisher House II has 11 rooms, six of which are located on the ground floor. Each room has either a queen-sized bed or two twin or full- sized beds with a chair in the room. They are also equipped with a desk, phone with voice mail, TV, VCR, DVD player, hair dryer, iron and ironing board, clothes basket, and extra linen. Games and movies are available for check-out from the manager’s office. We also have air beds, if required for additional occupants. Laptop computers are available for checkout with secured wireless Internet access.
 - (3) All guests are encouraged to take advantage of the rest of the house. Common areas include the living, family, and dining rooms, as well as a beautiful spacious kitchen, laundry area and lanai with a million dollar view.

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

www.tamc.amedd.army.mil/sbhc/default.htm

- a. **Health Clinic Tours:** On third Thursday of every month, 1-2 p.m., Main Clinic Entrance, in the Pharmacy lobby, Bldg. 676. No sign up necessary. Monthly Health Clinic tours will begin on Dec. 18 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 the Customer Service Representative at (808) 433-8504 for more information.
- b. **Health Clinic Customer Service Representative (CSR):** Our Customer Service Representative is ready to serve. Their 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 them at usarmy.tripler.medcom-ta.m.c.mbx.sbhc-customer-service-rep@mail.mil or through ICE at <http://ice.disa.mil>.
- c. **Immunizations Hours:** They have been extended during the flu season. Hours of Operation are Monday and Friday 7:30-11:30a.m. and 1-3 p.m. Tuesday and Thursday, 7:30-11:30 a.m. and 1-2 p.m. (Allergy shots are 2-3:30 p.m.) Wednesdays, 7:30-11:30 a.m. and 1-5:30 p.m. It’s not too late to get your flu shots. The hours have been extended so you can get your flu shots and are available for all DOD beneficiaries. Just simply walk in to Family Medicine Red team, Bldg. 682, first floor, and get healthy.
- d. **Health Clinic – Acute Care Clinic Closed on Christmas:** The Acute Care Clinic (ACC) on SB is closed on Christmas each year. The normal hours of operation are 7:30 a.m.-6:30 p.m., seven days a week. For all emergencies, please call 911 or go to your nearest emergency room.
- e. **Access Your Medical Benefits from Home:** There are some exciting ways to access your medical benefits online. Sign up for Tricare Online at www.tricareonline.com and RELAY HEALTH at <https://app.relayhealth.com/> to email your provider, get prescription refills, access health records, make appointments for you and your family and much more. Sign up now.
- f. **Nurse Advice Line, 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 case of an acute medical need. They are open when you need them.

- g. 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.

21. U.S. Army Dental Clinic, SB: SFC Erick Espinosa, 433-8910

www.tamc.amedd.army.mil/offices/prdc/sbdc.html

22. Community Health Promotion Council, Leanne Thomas, (808) 655-4772

www.garrison.hawaii.army.mil/health/default.htm, <https://www.milsuite.mil/book/groups/usarhaw-community-health-promotion-council>, #ArmyHawaiiTakeaStand

- a. The “Choose to Lose” Program:** It’s a community initiative to encourage all members of our military community at U.S. Army-Hawaii to maintain a healthy lifestyle. The Choose to Lose Program joins with Installation Supporting Agencies, such as the Defense Commissary Agency (DeCA), Family and Morale, Welfare and Recreation (FMWR), the Post Exchange (PX), and medical professionals at U.S. Army Health Clinic-SB (USAHC-SB) and Tripler Army Medical Center (TA.M.C). Sign-up to participate in one of three categories: individuals, teams, or families. Begin the contest with a weigh-in on Jan. 15-17 at the Health & Fitness Center, located at 1554 Trimble Rd., Bldg. 582, Schofield Barracks, HI 96857. Teams compete against each other and are judged by their overall percentage of weight loss and the overall amount of Choose to Lose bucks they collect from participating in various “healthy lifestyle” events. The contest ends on April 17 to award the winners with prizes from contributing brand name vendors.
- b. Adopt-a-Soldier Program:** Simple acts of kindness can go a long way, and many of our Soldiers are separated by their close friends and families during this holiday season. The USARHAW Community Health Promotion Council, the Directorate of Human Resources, and USARHAW’s Suicide Prevention Program join to support and launch a Hawaii-based initiative called Adopt-a- Soldier, which is a way for the local community to assist with reducing high-risk behaviors during the holiday months by enhancing a Soldier’s support system and connecting a Soldier with a host family for the holidays. Sign up to host a Soldier(s) for a meal during the holidays, buy a meal for a Soldier while you are out and about, or take a moment to have a conversation over coffee. Let our troops know we are thinking of them during the holiday season. Also, for Soldiers, would you like a home-cooked meal during the holidays? Sign up to connect with an Adopt-a-Soldier host family and enjoy a delicious, home-cooked meal. Many families and sponsors are looking forward to sharing their holidays with their adopted Soldier. Find your way to become involved.
- c. “Take A STAND!” Campaign:** *“Don’t Be A By-Stander, 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 above. Utilize and encourage use of this campaign’s hashtag: **#ArmyHawaiiTakeaStand** on social media websites.
- d. 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>.

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

www.islandpalmcommunities.com, www.facebook.com/islandpalmcommunities

- a. **Bike Safety Bonanza:** Dec. 17, 4 p.m., Kaena Community Center. IPC, School Liaison Office and DES have partnered together to promote Bicycle Safety. Every child is encouraged to bring their helmets and bicycles to this event (extra bikes are limited). Here's what's planned: Rules of the Road Lesson, Bike Rodeo Course, and Ride Along with the DES Bike Patrol. There will be refreshments and opportunities to win great prizes.
- b. **Yard Sale Mania:** Jan. 3, 8 a.m.-3 p.m., IPC community-wide. Register your yard from Dec. 17-31 for the quarterly Yard Sale Mania and clear out the clutter. A list of participating yards will be available to print from at www.IslandPalmCommunities.com on Jan. 2.
- c. **Pet Safety Expo:** February 27, 2015 – 4:00p.m.-6:00p.m.. Your pet's safety is important to IPC. Come to this expo and learn safety tips, grooming tips, training tips and responsible owner tip from experts. There will be lots of prizes for our furry friends as well. (All pets must be on a leash and well-mannered with other pets).
- d. **Bike Safety Bonanza:** March 4, 4 p.m., Aliamanu CC. IPC, SLO and DES have partnered together to promote bicycle safety. Every child is encouraged to bring their helmets and bicycles to this event (extra bikes are limited). Here's what's planned: Rules of the Road Lesson, Bike Rodeo Course, and Ride Along with the DES Bike Patrol. There will be refreshments and opportunities to win great prizes.
- e. **Bike Safety Bonanza:** March 11, 4 p.m., Wili Wili Park (WAAF). IPC, SLO and DES have partnered together to promote bicycle safety. Every child is encouraged to bring their helmets and bicycles to this event (extra bikes are limited). Here's what's planned: Rules of the Road Lesson, Bike Rodeo Course, and Ride Along with the DES Bike Patrol. There will be refreshments and opportunities to win great prizes.
- f. **Monthly Programs**
 - Hawaiian Culture Class:** Every 1st Wednesday, 4 p.m., FS 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.
 - ZUMBA:** Mondays & Wednesdays, 9 a.m., Porter CC; 6 p.m., Wheeler CC; 7 p.m., Aliamanu CC; Tuesdays & Thursdays, 11:30 a.m., Wheeler CC; 6 p.m., Kaena CC; 7 p.m., Helemanu CC; Tuesdays, 9 a.m., Kalakaua.
 - Fit Club:** Thursdays, 6 p.m., Aliamanu CC; 6 p.m., Kalakaua CC.
 - Yoga:** Tuesdays & Thursdays, 9 a.m., Aliamanu CC.
 - PIYO (Beginning January 2015):** Mondays & Wednesdays, 11 a.m., Aliamanu CC.
 - Storytime (w/Military Child Education Coalition):** Every 1st Thursday, 9:30 a.m., Helemanu CC. It's a parent, toddler activity that includes a great story and crafts for parents and children to do together.
 - Extreme Couponing:** Every 2nd Tuesday, 10 a.m.-12 p.m., Porter CC; every last 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!.
 - Kids on Patrol:** Every 2nd and 4th Wednesday, Kaena CC. Do your kids, 10 years and older, need something to do after school? Have them join Kids on Patrol. It's an interactive program designed to promote a positive

and healthy lifestyle. Kids will learn about safety, respect and community pride through fun activities, and meet new friends in a positive environment.

**24. The Exchange: Cathy J. Ely, (808) 622-1773, www.shop.myexchange.com
www.shop.myexchange.com/ExchangeLocations/SchofieldStore.htm.
www.shop.myexchange.com/ExchangeLocations/HelemanoStore.htm.
www.shop.myexchange.com/ExchangeLocations/WheelerStore.htm.
www.shop.myexchange.com/ExchangeLocations/WaianaeStore.htm.**

- a. Lisa K. Avallone is the Sales & Merchandise Manager at (808) 622-1773, and Kelly San Nicolas is the 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.

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

- a. **Commissary Sustainment Project:** Begins Jan. 1. The Schofield Commissary will begin a sustainment project the first week of January that will be completed in April 2016. The project will upgrade all refrigeration and replace the current HVAC system, which, in tandem, will improve the commissary's overall energy efficiency and will help us provide our community better customer service. This is a phased project and will not affect store hours. Although there will be some minor inconveniences as this project evolves, our phasing should keep disruptions to a minimum.
 - (1) Our third annual Choose to Lose Program is right around the corner. This program is designed to help all our customers turn to a healthier lifestyle. Choose to Lose is a weight loss and participation contest with three categories: individual, four-person teams, and families. Those that lose the most percentage of body fat and participate in the most events that are being held at the commissary, exchange and MWR facilities will win commissary gift cards and other prizes from the exchange and MWR. A prize for first place in each division is well over a \$1,000. More information to follow.
 - (2) Jan. 19 is Martin Luther King's birthday holiday. The commissary will be open holiday hours 9 a.m. to 6 p.m.
 - (3) Have a special occasion? Stop by the deli/bakery and order a cake. Just 24 hours in advance is needed.
 - (4) Store hours follow:
Monday-Friday, 9 a.m.-8 p.m.; Early Bird, 8-9 a.m., only Self Check Out open.
Saturday and Sunday, 8 a.m.-7 p.m.; Early Bird, 7-8 a.m., only Self Check Out open.
 - (5) 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.
 - (6) Commissary patrons must show their military or dependent ID when entering the commissary and when they process their orders at the checkout.
 - (7) 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.

- (8) Do you have a Rewards Card? Rewards Cards can be used to download commissary coupons on the commissary website at commissaries.com. If you want a Rewards Card just ask a cashier the next time you're in the commissary.

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

www.asymca.org/honolulu-hi/ Facebook at <https://www.facebook.com/asymca.honolulu>
Wheeler/SB Facebook at <https://www.facebook.com/wheelerasymca>

- a. **Parent Participation Preschool:** For children 3-5 years old. There are three different phases all offering kindergarten readiness. Each phase requires a different amount of parent participation. Cost ranges from \$80-\$130 a month.
- b. **Playmoring:** For children 0-5 years. A program that allows children and parents to come together play, sing and bond. The cost is \$2 per child. Locations are SB/WAAF, Mondays, Wednesdays, Fridays, from 9-10:30 a.m.; also, AMR on Tuesdays, 9:30-11:30 a.m.
- c. **Children's Waiting Room (CWR):** CWR provides onsite child care for children while their parents or siblings have medical appointments. There is an \$8 flat fee and two-hour limit. Locations are SB Clinic, (808) 433-8410, and TAMC, (808) 433-3270. Call for an appointment.
- d. **Operation Kid Comfort:** For children 0-6. Receive a quilt. Children 7-12 receive a pillow. Both are handmade by volunteers with pictures of deployed services members. For more information, send an email to ismarai@asymcahi.org.
- e. **Food Pantry:** Available at the ASYMCA Wheeler location. Open for all military and military dependents. Limited to one visit per month.
- f. **Kids in the Kitchen:** For children 3-5. Once a month, children explore fun and creative healthy recipes through reading, crafts and music.

27. American Red Cross, Yolanda Gainwell, 655-4927 and 433-6631

- a. **Volunteer Program:** New Volunteer Orientation will be held Jan. 30th from 9 a.m.-12 p.m. in the Main Chapel of Tripler Army Medical Center. Registration is required at www.hawaiiiredcross.org.
- b. **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.
- c. **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.
- d. **Emergency Communications:** Red Cross provides timely, factual reports about family emergencies, such as death, illness or births, to service members wherever they are stationed. To initiate a Red Cross Emergency Message, call 1-877-272-7337. For local message assistance, call Connie Cruz at (808) 257-8848.

28. Veterans Affairs, Patricia Matthews, Public Affairs Officer, (808) 433-0049

www.facebook.com/VAPacificIslands

- a. Check us out on Facebook: We include regular postings on various topics, such as employment, transition assistance/workshops, benefits outreach and other events, educational information, health care information and events from 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.

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

- a. **Annual Holiday Programming:** Will include the theme "The 12 Days of Christmas" in our USO centers located at the Honolulu International Airport and the AMC Terminal aboard Joint Base Pearl Harbor-

Hickam. Additionally, we have reached out to the various single service member programs, to include the Army's BOSS program aboard Schofield/Fort Shafter, and other services along with the Tripler Medical Center and the Fisher House, to provide holiday programming and cheer to those during the Christmas holidays.

30. Sgt. Audie Murphy Club (SAMC)

8th Theater Sustainment Command, SSG Janet A. Gary, (808) 438-6691

25th Infantry Division, SSG Joshua L. Hohenstein, (808) 655-4908

www.25idsama.com www.facebook.com/25idsama www.facebook.com/HawaiiSAMC

- a. **The Sergeant Audie Murphy Club** is an elite organization of noncommissioned officers who have demonstrated inherent leadership qualities and abilities characterized by those of veteran Sgt. Audie Murphy, one of the most decorated American combat Soldiers of World War II. We are a well organized, highly integrated, nonprofit private organization, reaching out to the local and military communities.
- b. **Junior Lightning Warrior Challenge:** Jan. 8-10. A series of competitions held to challenge the JROTC programs of Hawaii. There are over 25 high school JROTC programs participating, including schools from Guam, Alaska, CONUS and Japan. Cadets will be challenged physically and mentally through four challenges. They will be tested on traditional Hawaiian warrior skills, survival skills, navigation, rope bridge crossing, physical fitness testing, and more. The top teams and individuals will be awarded trophies and the overall winner will earn bragging rights for a year and a perpetual trophy. The purpose is to build military bonds with the community and exercise our commitment to the betterment of Hawaii's youth.
- c. **Tropic Lightning Drill Meet:** TBD February. JROTC cadets from all over Hawaii convene on WAAF to demonstrate their drill and ceremony abilities. This event is the largest drill meet of its kind on Oahu. Each JROTC high school program will assemble their best team to compete against the other schools through a series of marching, inspections and pass and reviews.

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

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 the annual NFL Pro Bowl and special events, such as Make A Difference Day.
- c. Meetings are held at SB and FS. Contact your boss representative for more information.
 - (1) North meetings are held at the SB Tropics at 3 p.m., every 1st and 3rd Wednesday.
 - (2) South meetings are held at the FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday.