

FMA Region 3 & 4 Conference 2026



Welcome to Oahu, Hawaii!

Aloha and welcome to the island of Oahu! Our FMA Chapter 19 Ohana is excited to have you here to join us for the 2026 Region 3 & 4 Conference. Below is your essential guide to navigating your arrival, finding the right accommodation, and locating the training facilities.

Leadership & Professional Development Forum

This year, our gathering is centered around the inspiring theme: **"Leadership and Aloha."** As we come together to learn, grow, and connect, we encourage all attendees to embrace the deeper values of the spirit of Aloha:

- **A — Akahai:** *Kindness* (expressed with tenderness)
- **L — Lōkahi:** *Unity* (expressed with harmony)
- **O — 'Olu'olu:** *Agreeableness* (expressed with pleasantness)
- **H — Ha'aha'a:** *Humility* (expressed with modesty)
- **A — Ahonui:** *Patience* (expressed with perseverance)

September 3, 2026 (Thursday) Connect

- Reception/Meet & Greet
- Location: TBD
- Time: 1700-1900 hrs

September 4, 2026 (Friday) Learn

- Region Conference
- Location: Military & Family Support Center (4827 Bougainville Dr), Classroom 143
- Time: 0730-1500 hrs

September 5, 2026 (Saturday) Experience

- Taste of Aloha: A Fellowship Excursion (Voluntary)
- Time: 0900-1400 hrs

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Arrival: Honolulu International Airport (HNL)

- **Official Name:** Daniel K. Inouye International Airport (HNL)
- **Key Detail:** HNL is the primary gateway to Oahu. It is located approximately **10 to 15 minutes west of downtown Honolulu** and about **10 minutes east of the Pearl Harbor naval complex**.
- **Transportation Tip:** Rental car facilities, taxi queues, and rideshare pickup zones (Uber/Lyft) are readily accessible from all baggage claim areas.



Oahu Accommodations

Oahu is generally divided by the Ko'olau and Waianae mountain ranges. Depending on whether your traveler prefers a bustling tourist vibe, a quieter resort-style stay, or a laid-back beach town experience, here are the top lodging options:

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Region	Vibe & Location	Recommended Hotels / Lodging	Distance to Pearl Harbor
East / Metro Honolulu <i>(Waikiki & Downtown)</i>	Bustling, vibrant, and walkable. Excellent dining, beaches, and nightlife.	• Hilton Hawaiian Village • Sheraton Waikiki • The Royal Hawaiian • Hale Koa <i>(military rate)</i>	Approx. 20–30 mins <i>(subject to heavy H-1 highway traffic)</i>
West / Leeward Coast <i>(Kapolei & Ko Olina)</i>	Relaxing, upscale, and scenic. Golf courses, quiet lagoons, and resort amenities.	• Four Seasons Resort Oahu at Ko Olina • Aulani, A Disney Resort & Spa • Hampton Inn & Suites, Hyatt Place & Hyatt House West Oahu/Kapolei <i>(Budget-friendly)</i>	Approx. 20–25 mins <i>(against the flow of morning commute traffic)</i>
North / Windward <i>(Kailua & Kaneohe)</i>	Tradewinds, tranquil, and laid-back. A close-knit community that is highly walkable and bikeable, featuring world-class beaches (Kailua and Lanikai), golf courses, and trendy local cafes.	• AirBnB / VRBO rentals • Bellows Air Force Station <i>(military rate lodging)</i>	Approx. 20–25 mins <i>(against rush hour traffic in both directions)</i>

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Must-See Oahu Tourist Attractions

Make the most of your time on the island by checking out some of Oahu's world-famous sights and experiences:



Kualoa Ranch

Known as "Hawaii's Backlot," this stunning 4,000-acre private nature reserve is famous for being the filming location of over 50 blockbusters, including *Jurassic Park*. You can explore the lush Ka'a'awa Valley via guided horseback rides, ATV/UTV Raptor tours, ziplining, or open-air jungle expeditions.

<https://www.kualoa.com/tours-and-activities>



Pearl Harbor National Memorial

A sobering and deeply historic site. Pay your respects at the USS Arizona Memorial, which spans the sunken hull of the battleship, and explore the USS Battleship Missouri, the Pacific Fleet Submarine Museum, and the Pearl Harbor Aviation Museum.

GREAT *Life* **HAWAII**

Be sure to utilize the Navy MWR "Great Life Hawaii" Information, Tickets & Travel (ITT) offices! They offer excellent military and authorized-patron rates for island excursions, top-rated luaus, sunset catamaran cruises, and other fun activities for conference attendees.

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Diamond Head State Monument (Lē'ahi)

Hike to the top of this iconic 760-foot volcanic tuff cone for breathtaking panoramic views of Waikiki and the Pacific Ocean. (Ranger Tip: Remember to reserve your hiking slot online in advance!)



Waikiki Beach

A world-famous stretch of golden sand perfect for relaxing, swimming, or taking a beginner's surfing lesson in its gentle, rolling waves.

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The North Shore

Famous for its laid-back surf towns (like Haleiwa) and massive winter waves. Grab some local shaved ice or stop by the historic Dole Plantation on your way up for a world-famous Dole Whip!