

# On Target

MORALE, WELFARE AND RECREATION PMRF | MARCH - APRIL 2019



# MWR PHONE DIRECTORY & HOURS

## BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY .....5 PM - 8:30 AM

SATURDAY & SUNDAY .....3 PM - 10 AM

## BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 P.M. / CHECK OUT: .....11 AM

BLDG. 1293 • 335-4752

MONDAY - FRIDAY .....8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS .....10 AM - 3 PM

## CHILD DEVELOPMENT CENTER (CDC)

(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453

MONDAY - FRIDAY .....6 AM - 5 PM

## FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY .....5:30 AM - 8:30 PM

SATURDAY, SUNDAY & HOLIDAYS .....9:30 AM - 5 PM

## LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY .....24 HOURS A DAY

## MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAY .....NOON - 8 PM

SATURDAY .....9 AM - 5 PM

## AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM .....11 AM - 1:30 PM

OPEN SWIM .....1:30 PM - 5 PM

TUESDAY & THURSDAY:

LAP SWIM .....11 AM - 1:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM .....11 AM - 5 PM

## MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY .....FIRST MOVIE 7:00 PM

## COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY .....8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS .....10 AM - 3 PM

## SHENANIGANS, ALL-HANDS CLUB

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY .....4 PM - 9 PM

FRIDAY .....4 PM - 1 AM

SATURDAY .....4 PM - 10 PM

## SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

TUESDAY - FRIDAY .....11 AM - 1 PM

DINNER TUESDAY - SATURDAY .....5 PM - 9 PM

## SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY .....8 AM - 4 PM

## SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY .....8 AM - 4 PM

## TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY .....8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS .....10 AM - 3 PM

## YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY .....2 PM - 5 PM

WEDNESDAY .....1:15 PM - 5 PM

## YOUTH CENTER - OPEN RECREATION

(AGE 5 - 12) • BLDG. 1318 • 335-4419.....SEE SCHEDULE

## YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY .....7 AM - 5 PM





# On Target

MORALE, WELFARE AND RECREATION PMRF | MARCH - APRIL 2019

**ON TARGET** is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced every other month by FFR's marketing department specifically for PMRF, Kauai. Questions or comments about **ON TARGET** should be directed to Fleet & Family Readiness.

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## COVER

Spectacular Ocean Wave Breaking on Kauai's Shore

## INSIDE COVER

Bali Hai at Sunset

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Vincent Johnson

**EXECUTIVE OFFICER** Commander Daniel Kimberly

**MWR DIRECTOR** Don Inman

## MWR PMRF PHONE DIRECTORY

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## MWR MARKETING

850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to [cni\\_prlh\\_greatli.fct@navy.mil](mailto:cni_prlh_greatli.fct@navy.mil)

Every effort has been made to provide the most up-to-date information at the time of publication, however, these events are subject to change. It is recommended that you call the contact numbers for each event or visit our website to verify if the activity will occur as planned.

\*The U.S. Navy or any other Federal Government agency does not officially endorse any sponsor, its products or services in On Target.



## FITNESS CENTER

### MARCH NATIONAL NUTRITION MONTH

National Nutrition Month is a campaign that was created to educate communities about the benefits of healthy eating habits as a method to combat chronic illness and obesity. Throughout the month, the PMRF Fitness Team will be providing valuable information that will focus on the importance of making informed food choices and developing sound eating and physical habits.

### WORKOUT OF THE MONTH

**MAR 1-31 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Stuck in a fitness rut? Let our fitness team help you shake things up and restart your fitness journey. Our MWR Fitness professionals have developed a couple fitness workouts for you to change things up throughout the month. Stop by the Fitness Center and try them out today!

### MWR BASKETBALL LEAGUE

**BEGINS MAR 11 • BASKETBALL COURTS  
FREE • 335-4379 • OPEN TO ALL AUTHORIZED  
PMRF PERSONNEL**

A flex, round robin format will be used. Teams will be paired each week. Points will be earned by teams during competition. Team point totals at the end of the round robin will be used to determine single-elimination championship bracket.

- 3 on 3, 10 player max
- Mandatory team captain's meeting: Wednesday, March 6, 11:30am @ the Fitness Center
- Round Robin begins Monday, March 11

### INSTAGRAM DISCOVER KAUAI CHALLENGE

**MAR 4-31 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

What better way to have fun and explore the island of Kauai by participating in MWR's Instagram Discover Kauai Challenge

- Participants will be given a challenge each week to complete.
- Participant will document completion of each challenge onto Instagram
- Instagram upload must tag @pmrffitness
- Participants who complete all challenge tasks will receive a prize

### APRIL ALCOHOL AWARENESS MONTH

Excessive drinking of alcohol increases an individual's risk of injuries, violence, drowning, liver disease, and some types of cancer. Through the month, join the PMRF Fitness team in raising awareness about alcohol abuse and how to take action to prevent it. Stop by the Fitness Center for more information..

### CLIMBING CHALLENGE (VERSACLIMBER/GAUNTLET)

**APR 1-30 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Each month PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant can try to improve their score during the entire month in order to make the PMRF Challenge Board.

This month's challenge: Climb the Washington Monument (555 feet) as fast as possible on the Versaclimber and/or Climb 110 floors as fast as possible on the Gauntlet.

### FRISBEE GOLF

**FRI, APR 5 • 5PM • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Join us for a fun round of disc (Frisbee) golf. Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee and you like to have fun, you can play disc golf.



### COMMAND FITNESS LEADER COURSE

**APR 8-12 • 7:30AM-4PM • FITNESS CENTER • FREE  
335-4379 • OPEN TO ACTIVE DUTY MILITARY**

Official five-day Command Fitness Leadership course provides basic fitness, nutrition and policy and procedures for the Navy Physical Readiness Program. This official Navy course is open to active duty military only. See your current installation's CFL or go to the NPC website for requirements and registration.

### 5K BUNNY HOP

**FRIDAY, APRIL 19 • 5:30PM • SOFTBALL FIELD  
FREE • 335-4379 • OPEN TO ALL AUTHORIZED  
PMRF PERSONNEL**

Join us for a fun run/walk (no hopping required) through an all-terrain course. Deadline to register is Wednesday, April 17.





# Springtime at Shenanigans

## Weekly Dinner Specials - all through March and April

Keep an eye out for our weekly dinner specials.  
Every week a different offering!



### PRIME RIB BUFFET

Friday, Mar 1 • 5-9pm

#### MENU:

Prime Rib with all the fixings  
Teriyaki Chicken  
Seafood Pasta  
Seasoned Vegetables  
Steamed Rice  
Salad Bar & Dinner Rolls  
Soup of the day

Adults \$37      10-14 yrs \$25  
5-9 yrs \$16

### ST. PATRICK'S DAY DINNER PLATE SPECIAL

Friday, Mar 15 • 5-9pm

New England Boiled Dinner! Slices of Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce, Steamed Rice. Also available separately: "Irish Beers" & Green Beer

**\$13.75**



### ALL APRIL LONG!



### PURPLE PEOPLE EATER FLOATS

In honor of Month of the Military Child

Live a little and try a bubbly, festive Grape Soda and Vanilla Ice Cream float served in a googly eyed Purple People Eater cup!

**\$4**

**Modified menu available on specialty nights:  
Pizzas and desserts**



### PIZZA AND PASTA BUFFET

Friday, Apr 5 • 5-9pm

All you can eat of a variety of hot delicious pizzas with garlic butter edges, 3 different hot pasta dishes, salad bar, soup, breadsticks, and desserts. Vegetarian options will be available on the buffet.

Adults \$18      10-14 yrs \$13  
5-9 yrs \$9

### SHENANIGANS SIGNATURE SHRIMP BOIL

Friday, Apr 19 • 5-9pm

**\$34 per order • \$18 per half order**  
Featuring Kauai's very own Kauai Shrimp. You get a pound of succulent Kauai Shrimp mixed with Sausage, Potatoes and Corn on the Cob. Accompanied with Garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining.

**Don't forget your sides!**

**\$2 Sides:** Rice, 2 Rolls, Cole Slaw or Side Salad • Ala carte 6 pieces Shrimp: **\$11.50**



For reservations please call 808-335-4706 Tue-Sat between 4pm-9pm  
or 808-335-4708 between 8:30am-4pm.

Stay connected! [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



@pmrfmoralewelfare



@PMRFMWR





## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0800-0830 – HardCore 1000-1100 – CDC Fitness 1100-1200 – Let’s Get Ripped	FITNESS CENTER 1100-1200 – NOFFs Training	FITNESS CENTER 1100-1200 – Let’s Get Ripped	FITNESS CENTER 1530-1630 – YC Kids Fitness	FITNESS CENTER 0800-0830 – Regeneration 1100-1200 – TRX Training

**\*SCHEDULE IS SUBJECT TO CHANGE**

### **HARDCORE**

A solid foundation is the key to achieving success. Join us for a quick 30 minute workout that will help to strengthen and stabilize the foundational muscles of your body and build a HardCore.

### **LET’S GET RIPPED**

A total body "plateau proof formula" workout which utilizes resistance and cardio training. It combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components of R.I.P.P.E.D to help you attain and maintain your physique in ways that are fun, safe and effective.

### **NOFFS TRAINING**

NOFFS is a complete fitness and nutrition program tailored to meet the needs of every individual. It includes four training programs: the Operational Series, Strength Series, Endurance Series, and Sandbag Series. All programs include warm-up, strength, cardio, and flexibility exercises.

### **TRX TRAINING**

A total body workout that uses one's own bodyweight to improve overall fitness. Through suspension training, participants will develop strength and endurance and improve body function.

### **REGENERATION**

Regenerate your muscles from the stresses of training and everyday life. Through the use of foam rollers, trigger point balls, and a flexibility routine, the movements of this session will focus on soft tissue release and help the body restore its balance.

### **YC KID FIT/CDC FITNESS**

A youth fitness class that incorporates having fun and being active. \*Must be enrolled at PMRF MWR CDC and Youth Center to attend.





## YOUTH CENTER

### SPRING CAMP

MAR 18-22 • 7AM-5PM • YOUTH CENTER • WEEKLY FEE 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for Spring Camp where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center/ CDC for complete registration details.

### COOKING CLUB: ICE CREAM

WED, MAR 6 • 3:30PM-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Finishing our nutritional study of the food group dairy, we discover how to convert liquid milk into solid ice-cream. Sign up by Wednesday, February 27.

### CRAFT CLUB: MOSAIC FLOWER POTS

WED, MAR 13 • 3:30-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn the art of mosaics as we tile flower pots. Sign up by Wednesday, March 6.

### FIELD TRIP

MAR TBD • 7AM-5PM • YOUTH CENTER • INCLUDED IN SPRING CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

PMRF Youth Center will be going to Kokee State Park during spring camp to learn about native and invasive plants, hiking, and a picnic style lunch.

### SPORTS CLINIC: SOCCER

MAR 18-22 • YOUTH CENTER • INCLUDED IN SPRING CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Put youth's soccer skills to test or come and learn new skills. There is something for everyone to learn at this year's soccer clinic. With a focus on kicking, dribbling, trapping, throw ins and agility, youth will learn new skills that will prepare them for organized soccer in a fun, non-competitive environment. Sign up for the soccer clinic by Feb 15.



### 4H CULTURAL CLUB

WED, MAR 20 • 3:30PM-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn about your heritage and culture as we explore cultures from around the world. Sign up by Wednesday, March 13.

### NO SCHOOL DAY

TUE, MAR 26 • 7AM - 5PM • YOUTH CENTER • DAILY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

School is closed for Kuhio Day. Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

### STEAM CLUB: COMPUTER CODING

WED, MAR 27 • 3:30PM-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Practice your computer skills as we learn to code video games. Sign up Wednesday, March 20.

## APRIL IS MONTH OF THE MILITARY CHILD... Come and Join Us to Thank Our Military Youth

### COOKING CLUB: BREAKFAST BURRITOS

WED, APR 3 • 3:30PM-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Starting our nutritional study of proteins, we will learn to be self-sufficient in the kitchen as we create our own breakfast burritos. Sign up by Wednesday, March 27.

### PINWHEELS

FRI, APR 5 • 3:30PM-4:30PM • YOUTH CENTER 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

The pinwheel represents the liveliness and free spirit found in children and youth. By displaying pinwheels we show our support of prevention against child abuse. Join us to make our pinwheels to display in the marquee next to the Youth Center.



### CRAFT CLUB: DERBY CARS

WED, APR 10 • 3:30-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Gain the need for speed as we design and build our own race derby cars. Sign up by Wednesday, April 3.

### STRESS MANAGEMENT

FRI, APR 12 • 3:30-4:30PM • YOUTH CENTER 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Military youth face many challenging, stressful times. Join our round table discussion on appropriate ways to manage stress and create your very own stress ball.

### 4H CULTURAL CLUB

WED, APR 17 • 3:30-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn about your heritage and culture as we explore cultures from around the world. Sign up by Wednesday, April 10.

### PURPLE UP

FRI, APR 19 • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Wear purple to show your support of the Military Youth!

### NO SCHOOL DAY

FRI, APR 19 • 7AM - 5PM • YOUTH CENTER • DAILY FEE 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

School is closed for Good Friday. Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

### SCAVENGER HUNT

FRI, APR 19 • 9:30AM - 10:30AM • YOUTH CENTER INCLUDED IN DAILY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for our spring celebration! Youth will put their minds to the test as we search for clues to solve a spring time mystery.

### STEAM CLUB: MAGNETIC SLIME

WED, APR 24 • 3:30PM-4:30PM • YOUTH CENTER • \$5 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Take slime to the level as we try to manipulate slime with magnetics! Sign up by Wednesday, April 17.

### MILITARY YOUTH CELEBRATION

FRI, APR 26 • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

What better way to show our appreciation for military youth than a party? Please help honor our military youth by joining us in an afternoon filled with games and activities.

## CDC

### MARCH

### DR. SEUSS BIRTHDAY CELEBRATION

FRI, MAR 1 • 8AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Let's celebrate Dr. Seuss' Birthday!!! Parents are invited to come and read Dr. Seuss' books in the room and have "Green Eggs & Ham" for breakfast.

### BUTTERFLY DAY

MON, MAR 18 • 9AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

It is the beginning of spring and the butterflies are coming out. The children will be walking on the Major's Bay trail looking for caterpillars to bring them to the classroom and watch them turn into butterflies. Then, children will be releasing the butterflies in the trail.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> CDC PINWHEEL DAY 10AM	<b>2</b> COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS	<b>3</b> YOUTH CENTER COOKING CLUB: BREAKFAST BURRITOS 3:30-4:30PM  COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	<b>4</b>	<b>5</b> FITNESS CENTER FRISBEE GOLF 5PM YOUTH CENTER PINWHEELS 3:30-4:30PM SHENANIGANS PIZZA AND PASTA BUFFET 5-9PM SPECIAL EVENTS SHENANIGANS KARAOKE CONTEST 9PM-12AM SHENANIGANS	<b>6</b>	
<b>7</b>	<b>8</b> FITNESS CENTER COMMAND FITNESS LEADER COURSE APR 8-12 7:30AM-4PM	<b>9</b>	<b>10</b> YOUTH CENTER CRAFT CLUB: DERBY CARS 3:30-4:30PM CDC CHILDREN'S BOOK DAY 9AM	<b>11</b>	<b>12</b> YOUTH CENTER STRESS MANAGEMENT 3:30-4:30PM	<b>13</b> TRIPS, TOURS & OUTINGS EZ BEACH DAY 9AM-3PM KALAPAKI BAY	
<b>14</b> LIBERTY WAI KOA LOOP TRAIL / STONE DAM 9AM-3PM VAN DEPARTS LIBERTY CENTER 8AM	<b>15</b>	<b>16</b> CDC EGG'S DAY 9AM SPECIAL EVENTS TRIVIA NIGHT 6:30-8PM SHENANIGANS	<b>17</b> YOUTH CENTER 4H CULTURAL CLUB 3:30-4:30PM	<b>18</b>	<b>19</b> FITNESS CENTER 5K BUNNY HOP 5:30PM SOFTBALL FIELD YOUTH CENTER PURPLE UP NO SCHOOL DAY 7AM-5PM SCAVENGER HUNT 9:30-10:30AM CDC CDC SPRING FESTIVAL 3:30PM SPECIAL EVENTS EASTER EGGSTRAVAGANZA 4:30-6PM BALL FIELD KANAKAPILA NIGHTS 6-8PM SHENANIGANS SHENANIGANS SIGNATURE SHRIMP BOIL 5-9PM	<b>20</b> COMMUNITY RECREATION SIP N PAINT 6-8:30PM SHENANIGANS	
<b>21</b>	<b>22</b> CDC EARTH DAY 9AM	<b>23</b>	<b>24</b> YOUTH CENTER STEAM CLUB: MAGNETIC SLIME 3:30PM-4:30PM COMMUNITY RECREATION FAMILY FEUD 6PM SHENANIGANS CDC RED, WHITE, AND BLUE PARADE 10AM	<b>25</b>	<b>26</b> YOUTH CENTER MILITARY YOUTH CELEBRATION SPECIAL EVENTS SPRING FLING DANCE 9PM SHENANIGANS	<b>27</b> TRIPS, TOURS & OUTINGS KOKE'E STATE PARK FAMILY DAY 9AM-3PM	
<b>28</b>	<b>29</b> LIBERTY CHEF IT UP DATE NIGHT STYLE 6PM LIBERTY CENTER	<b>30</b>	<b>FITNESS CENTER</b> ALCOHOL AWARENESS MONTH APR 1-30 CLIMBING CHALLENGE APR 1-30				<b>AUTO SKILLS</b> PARTS SPECIAL APR 1-30

APRIL





# PMRF

MWR AUTO SKILLS CENTER'S

*3rd Annual*

# CAR SHOW



## SATURDAY - MARCH 16, 2019

### 11am to 4pm

Car Entry Deadline: February 28, 2019

For more info and Registration:  
Visit [PMRF.GreatLifeHawaii.com](http://PMRF.GreatLifeHawaii.com)  
or call (808) 335-4439

Auto Product Vendors

Food and Beverages

*Cash Only*

Free parking will be available on base and visitors are reminded that all vehicles will be subject to search. No drugs, outside food and beverages, coolers, tents, pets and weapons including knives of any type will be allowed. Motorcycles are welcome however riders are required to wear helmets, boots, bright colored long sleeved shirts, jackets or reflective vests. Due to security protocol, attending adults must be of U.S. citizenship and have a valid government issued identification card on them at all times such as a driver's license, state ID card or a passport.



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## APRIL

**April is the Month of the Military Child...  
Come and join us to thank our military children.**

This awareness month was established to underscore the important role children play in the Armed Forces community.

### **PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE**

**MON, APR 1 • 10AM • FREE FOR CHILDREN  
ATTENDING THE PROGRAM**

CDC children will display pinwheels around the marquee to celebrate this special month.

### **CHILDREN'S BOOK DAY —ACTIVE DUTY STORY TIME**

**WED, APR 10 • 9AM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM**

Active Duty personnel is invited to read stories to the children, and children will bring their favorite book from home to be read at school.

### **EGG'S DAY**

**TUE, APR 16 • 9AM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM**

The children will be dyeing and decorating eggs in their classrooms.

### **CDC SPRING FESTIVAL**

**FRI, APR 19 • 3:30PM • FREE FOR CHILDREN ATTENDING  
THE PROGRAM**

Let's celebrate spring is here!!! Parents are invited to join us for fun activities at the program.

### **EARTH DAY**

**MON, APR 22 • 9AM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM**

Preschool children will be walking to the beach and picking up trash. Toddlers will be making art projects using recycled materials.



### **RED, WHITE, AND BLUE PARADE**

**WED, APR 24 • 10AM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM**

Children will be wearing red, white, and blue, and marching in a parade to celebrate the month of the military child.

### **HOURLY CARE**

**DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL  
ELIGIBLE PMFR CHILDREN 6 WEEKS-OLDS  
THROUGH 5 YEARS OLD (NOT IN KINDERGARTEN)**

The hourly care program is designed as a short term childcare option. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor's appointment. We are accepting reservations up to 30 days depending on space available. For more information, call at 335-4453.

## SHENANIGANS

### MARCH

**All of March  
Weekly Dinner Specials**

Keep an eye out for our weekly dinner specials. Each week a different offering!

### **PRIME RIB BUFFET**

**FRI, MAR 1 • 5PM-9PM • ADULTS \$37 • 10-14 YRS \$25  
5-9 YRS \$16**

#### **MENU:**

Prime Rib with all the fixings, Teriyaki Chicken, Seafood Pasta, Seasoned Vegetables, Steamed Rice, Salad Bar & Dinner Rolls, Soup of the day.

#### **Modified menu available: Pizzas and desserts**

For reservations please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8:30am-4pm.

### **ST. PATRICK'S DAY DINNER PLATE SPECIAL**

**FRI, MAR 15 • 5PM-9PM • \$13.75**

New England Boiled Dinner! Slices of Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce, Steamed Rice. Also available separately: "Irish Beers" & Green Beer.

### **PIZZA AND PASTA BUFFET**

**FRI, APR 5 • 5PM-9PM • ADULTS \$18 • 10-14 YRS \$13  
5-9 YRS \$9**

All you can eat of a variety of hot delicious pizzas with garlic butter edges, 3 different hot pasta dishes, salad bar, soup, breadsticks, and desserts. Vegetarian options will be available on the buffet.

#### **Modified menu: Appetizers and desserts**

Reservations highly recommended.

Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-4706 between 4pm-8:30pm to make a reservation.

## APRIL

**All of April  
Weekly Dinner Specials**

Keep an eye out for our weekly dinner specials. Each week a different offering!

### **PURPLE PEOPLE EATER FLOATS \$4.00**

In honor of Month of the Military Child Live a little and try a bubbly, festive Grape Soda and Vanilla Ice Cream float served in a googly eyed Purple People Eater cup!



### **SHENANIGANS SIGNATURE SHRIMP BOIL**

**FRI, APR 19 • 5PM-9PM • \$34 PER ORDER • \$18 PER  
HALF ORDER**

Featuring Kauai's very own Kauai Shrimp. You get a pound of succulent Kauai Shrimp mixed with Sausage, Potatoes and Corn on the Cob. Accompanied with Garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining. Don't forget your sides!

\$2 Sides: Rice, 2 Rolls, Cole Slaw or Side Salad

Ala carte 6 pieces Shrimp: \$11.50

**Modified menu available: Pizzas, appetizers and desserts**

## SPECIAL EVENTS

### **SHENANIGANS KARAOKE CONTEST**

**FRI, MAR 1 • 9PM-12AM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Come on down to Shenanigans and show us your vocal talents! Best singer of the night will be featured on our monthly Karaoke Hall of Fame! No registration required, drop in event.

### **TRIVIA NIGHT**

**TUE, MAR 12 • 6:30PM-8PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### **ST PATTY'S BASH**

**FRI, MAR 15 • 9PM • FREE • 335-4380 • OPEN TO PMRF  
AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join MWR at Shenanigans with Mista DJ Kauai. St. Patrick's Costume contest, games and FREE chips/salsa.



### **KANIKAPILA NIGHTS**

**FRI MAR 22 • 6-8PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### **SHENANIGANS KARAOKE CONTEST**

**FRI, APR 5 • 9PM-12AM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Win \$\$ PRIZE. Enter "Let the Shenanigans Begin" and show us your vocal talents! Entry fee \$10, limited to first 12 contestants. Pre-register by March 25 at the Community Recreation Center and receive a FREE "Let the Shenanigans Begin" T-Shirt. Drop-Ins welcome if space is available.

### **TRIVIA NIGHT**

**TUE, APR 16 • 6:30-8PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### **KANIKAPILA NIGHTS**

**FRI, APR 19 • 6PM-8PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### **EASTER EGGSTRAVAGANZA**

**FRI, APR 19 • BALL FIELD • 4:30PM-6PM • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS ONLY**  
Egg Hunt and prizes for ALL ages; 0-2, 3-4, 5-7, 8-12 & 13-99. Join the MWR Ohana and the Easter Bunny for a fun, family-friendly event! Don't forget your Easter basket, running shoes for the Fitness Center's Bunny run, and to stop by Shenanigans for the Shrimp Boil.

### **SPRING FLING DANCE**

**FRI, APR 26 • 9PM • SHENANIGANS • FREE • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**  
Join MWR at Shenanigans for a night of dancing with a live DJ. Singles Meet and Greet with a fun Dating Game.

### **COMMUNITY RECREATION UKULELE JAM SESSION**

**TUE, MAR 5 • 6PM-7:30PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**  
Learn to play Kauai's 1st choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.

### **FAMILY FUN BINGO NIGHT**

**WED, MAR 20 • 6PM • SHENANIGANS • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**  
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. One bingo slider card per participant. No registration required, drop in event.

### **CORN HOLE TOURNAMENT**

**FRI, MAR 22 • 7PM-9PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**  
Join us for "Kanikapila Night" as we feature two hours of live island music, featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### **UKULELE JAM SESSION**

**TUE, APR 2 • 6PM-7:30PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**  
Learn to play Kauai's 1st choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.

### **TEXAS HOLD'EM TOURNAMENT**

**WED, APR 3 • 6PM • SHENANIGANS • FREE • 335-4346  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS 18 AND OVER**  
This tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 808-335-4346. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.



### **SIP N PAINT**

**SAT, APR 20 • 6PM-8:30PM • SHENANIGANS  
\$45 ACTIVE DUTY/\$60 ALL OTHERS • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**  
Let's get together for a night of fun and creativity! Come and paint a masterpiece! Canvas, easels, paint, and brushes, along with step by step instructions will be provided. Fee includes 2 drinks. Registration: Active Duty, March 1-18. All others, March 19-29. Feel free to bring an oversized old shirt just in case.

### **FAMILY FEUD**

**WED, APR 24 • 6PM • SHENANIGANS • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**  
Join us as we play one of America's favorite game shows! We are looking for 2 teams totaling 5 people per team. Build your team, come up with a team name and sign up using only your team name at the Community Recreation Center or by calling Shenanigans at 335-4706.

### **TRIPS, TOURS AND OUTINGS EZ BEACH DAY POIPU BEACH**

**SAT, MAR 9 • 9AM-3PM • POIPU BEACH • FREE  
335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**  
Join us for a relaxing day on the beach. Snorkel gear will be available. A hydration station and snacks will be provided. Don't forget to pack your lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

### **WAI KOA LOOP TRAIL / STONE DAM**

**SAT, MAR 30 • 9AM-3PM • KILAUEA • FREE • 335-4346  
OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**  
A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don't forget to pack your own lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others.





## **EZ BEACH DAY KALAPAKI BEACH**

**SAT, APR 13 • 9AM-3PM • KALAPAKI • FREE • 335-4380**  
**OPEN TO ALL MILITARY, DOD CIVILIANS,**  
**CONTRACTORS & FAMILIES**

Join us for a relaxing day at the beach with water activities. No registration required, drop in event. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

## **KOKE'E STATE PARK FAMILY DAY**

**SAT, APR 27 • 9AM-3PM • KOKE'E • FREE • 335-4380**  
**OPEN TO ALL MILITARY, DOD CIVILIANS,**  
**CONTRACTORS & FAMILIES**

Let's change the pace and enjoy one of Kauai's most relaxing places, playing games at Koke'e State Park! MWR will be providing a sandwich bar, but feel free to pack a lunch just in case. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at Family Day up in Koke'e!

## **LIBERTY PROGRAM**

This program is primarily for young, enlisted service members; all unaccompanied personnel assigned to U.S. Navy installations are eligible to participate in selected activities on a space-available basis. Guest does not receive a Liberty Program discount.

## **GRAB N GO LUNCH - TACOS**

**MON, MAR 4 • 11:30AM-12:30PM • LIBERTY CENTER**  
**FREE • 335-4346**

Grab some tacos and go. Don't forget to sign up at the CRC, or by emailing Liberty.pmr@yaho.com, DM us on Facebook, or call and leave a message at 808-335-4346.

## **ZIPLINE**

**SAT, MAR 23 • VAN DEPARTS LIBERTY 10:30AM**  
**KIPU • \$5TBA • 335-4346**

Sign up for Outfitter's Adrenaline Zipline! Each zipline is different and unique and there are no beginner lines. On the very first ride, an 800-foot single zipline, you'll be flying at 150 ft above the valley floor. Move on to our 1800-foot side-by-side tandem ziplines — you'll be buckled in and safe to flip upside down and race your buddy. Take the plunge on the Original Water Zip and cool off in Bamboo Pool. Sign up at the Community Recreation Center by March 15 to secure your spot! Limited spots available.

## **EASY COOKIN' ONE POT MEALS - BEEF STROGANOFF**

**MON, MAR 25 • 6PM • LIBERTY CENTER • FREE**  
**335-4346**

Let us teach you how to create a perfect one pot meal in a hurry! The easiest way to make dinner and you don't have to dirty more than one pot! Join us and learn how to create a no fuss meal. Don't forget to sign up at the CRC, emailing Liberty.pmr@yaho.com, Facebook or call and leave a message.

## **GRAB N GO LUNCH - POKE BOWL**

**MON, APR 8 • 11:30AM-12:30PM • LIBERTY CENTER**  
**FREE • 335-4346**

Enjoy a local favorite for lunch! Grab a poke bowl and go. Don't forget to sign up at the CRC, or by emailing Liberty.pmr@yaho.com, DM us on Facebook, or call and leave a message at 808-335-4346.

## **WAI KOA LOOP TRAIL / STONE DAM**

**SUN, APR 14 • 9AM-3PM • VAN DEPARTS LIBERTY CENTER AT 8AM KILAUEA • FREE • 335-4346**

A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don't forget to pack your own lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others.



## **CHEF IT UP DATE NIGHT STYLE**

**MON, APR 29 • 6PM • LIBERTY CENTER • FREE**  
**335-4346**

Want to impress your date? Join us as a culinary instructor teaches you how to prepare a meal that will impress that special someone on date night! Sign up at the CRC, emailing Liberty.pmr@yaho.com, Facebook or call and leave a message.

## **AQUATICS**

**POOL HOURS OF OPERATION**  
**MONDAY, WEDNESDAY & FRIDAY:**

- LAP SWIM - 11AM-1:30PM
- OPEN SWIM - 1:30PM-5PM

**TUESDAY & THURSDAY:**

- LAP SWIM: 11AM-1:30PM

**SATURDAY, SUNDAY & HOLIDAYS:**

- OPEN SWIM: 11AM-5PM

## **MARCH**

### **POOL TIP OF THE MONTH: Side Stroke**

Have you heard of the side stroke? It is useful for long distance swimming and also for rescue. Throughout the month, our swim instructors will be providing tips to improve your side stroke techniques. Stop by Mana Splash for more information.

## **FAMILY POOL DAY**

**FRI, MAR 22 • 4PM-6PM • MANA SPLASH • FREE**  
**335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Come out and join our Aquatics team for some refreshing fun in the sun with the whole family. There will be lots of fun water games for everyone to participate in. All you need to bring is some sun protection, your swimsuit and a snack/beverage.

## **APRIL**

### **POOL TIP OF THE MONTH:**

### **Be Cool Follow the Rules**

With warmer weather fast approaching, we'll all start heading to the pool to cool off. Mana Splash rules are for your and everyone's safety. If you have any questions just ask our swim instructors. Be cool, follow the rules.

## **MOVIE HOUSE**

**OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7:00PM • FREE**

Concessions available for purchase; Cheeseburger, Hot Sandwiches, Mini Pizza, Add Arare & Butter to your popcorn! For a pre-recorded message of current movies, call 335-4210.

## **FREE POPCORN**

**SAT, MAR 16 • 7-8PM • 335-4380**

Join us at the movies and receive a free small popcorn.

## **KIDS WEAR YOUR FAVORITE PAJAMAS - RECEIVE A FREE CANDY BAR**

**SAT, APR 13 • 7PM-8PM • 335-4380**



## **ITT AT THE COMMUNITY RECREATION CENTER**

### **ONGOING ISLAND EVENTS**

#### **ALOHA FRIDAY LEI MAKING WORKSHOP**

Free lei-making workshops are held every Friday at the West Kauaʻi Technology & Visitors Center from 9:30-11AM. Come learn how to create the Hawaiian symbol of aloha. For reservations and more info call 338-1332.

#### **COCONUT MARKETPLACE ENTERTAINMENT**

The Coconut Marketplace is an open-air market, which houses 70 different shops and restaurants. Every Wednesday evening the marketplace offers free entertainment at 5PM and includes local hula dancers. FMI call 822-3641.

#### **E KANIKAPILA KAKOU PROGRAM**

Composers, songwriters and kumu hula share their compositions, knowledge and love of Hawaiian music. Learn songs on the ʻukelele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhī, Mondays, 6AM-9PM. FMI 245-2733.

#### **HANAPEPE ART NIGHT**

Every Friday, Hanapepe Town's nine galleries open their doors for an evening of artistic adventure. Stroll through Main Street and enjoy fine art and live entertainment. You can also purchase local goodies and crafts as you make your way through the galleries. You'll find the perfect souvenir from your visit to Kauaʻi Friday nights, 6PM. Admission is free. FMI call 246-2111.

#### **HISTORIC WAIMEA WALKING TOUR**

Tour historic Waimea, the place where Captain Cook first landed in Hawaiʻi. This town was once a major population center and the home to ruling chiefs. Missionaries established schools, and rice and sugar growers changed the landscape. Every Monday, the free 90-minute tour begins at the West Kauaʻi Technology and Visitor Center @ 9:30AM. For reservations and more info call 338-1332.



### **KAPA'A HISTORY TOUR**

Interpretive guides from the Kaua'i Historical Society give 90-minute walking tours on the history and architecture of Kapa'a Town. Tours are held every Tuesday, Thursday, and Saturday at 10AM. Tickets are \$15 for adults and \$5 for keiki under 12. The minimum tour size required is 2 adults. Reservations required. FMI call 245-3373.

### **KAUAI MUSEUM TOUR**

From Monday through Friday, docents provide interpretation of Kaua'i and Ni'ihau culture as they lead tours through the museum's galleries. Free tour with admission. The tour occurs every Monday at 2PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

### **MONTHLY STARWATCH**

Kaua'i is an ideal location for astronomical observation. The Kaua'i Educational Association for Science & Astronomy conducts a monthly starwatch in Kaumakani at the softball field at sunset. FMI on dates and times, call 332-7827.

### **'OHANA DAY**

Families and visitors are invited to join Kaua'i Museum for a day of demonstrations, exhibits and fun. View native Hawaiian art and artifacts preserved in the main exhibit. Held on the first Saturday of every month. Admission is free. FMI call 245-6931.

### **OLD WAIMEA SUGAR PLANTATION WALKING TOUR**

Tour Waimea Plantation Cottages and the neighboring Waimea Sugar Company "camp" houses, which date from the turn of the century. Tours are held every Tuesday, Thursday and Saturday at 9-10:30AM. FMI and reservations, call 337-1005.

### **SLACK KEY GUITAR & UKULELE CONCERTS**

Enjoy traditional Hawaiian slack key guitar and ukulele every weekend at the Hanalei Family Community Center from 4-5:30PM. Tickets are \$20 (\$15 for keiki/seniors). FMI call 826-1469.

### **TAHITIAN DANCE**

Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po'ipu Shopping Village. Performances are held under the banyan tree. FMI call 742-2831.

### **KILAUEA ART NIGHT**

#### **LAST SATURDAY OF EVERY MONTH**

Enjoy the last Saturday of the month in Kilauea town at Kilauea Art Night. Discover locally made pottery, wood work, original fine art, jewelry, organic skincare, handmade soaps, wish trees, apparel, chocolates and more. There is a wide variety of food vendors from around Kauai. Enjoy dinner listening to live music; 3 musical offerings each month on the grounds of the historic stone building. Don't miss the Keiki Fire & Light performance at 7pm on the back lawn! Join us every last Saturday from 4 to 8pm in Kilauea.

### **KEALIA FARM MARKET & TOURS**

#### **MON & FRI 3PM-7PM**

The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.

### **COMMUNITY RECREATION CENTER (CRC)**

#### **LOCATED IN BLDG 1293**

Come in to get out at our one stop shop. We have all the outdoor gear ready for your island needs. Beach chairs, boogie boards, surfboards, snorkel gear, kayaks, camping equipment and more. Have Fun in the Sun, Kauai style. FMI call 335-4195.

## **MANA MOTORS AUTO SKILLS**

### **3RD ANNUAL CAR SHOW**

**SAT, MAR 16 • 11AM-4PM • SHENANIGANS PARKING LOT • FREE • 335-4439**

Join MWR for a day full of fun and excitement of viewing some of Kauai's most incredible Custom cars, Classic cars, Bikes, Trucks, Hot Rods, Race cars and more. This year's MWR annual Car Show will be held at the Shenanigans parking lot and will be an Open Base event. Automotive products vendors, Food vendors, great sounding music, and the Kauai Community will get together for a day of fun and entertainment for all to enjoy.

What you should know about accessory drive belts & preventive maintenance. Even with today's advanced technology in serpentine & "V" drive belts, like engine oil, they will eventually wear or even fail beyond normal usage. About 95% of today's vehicle use serpentine drive belts to run accessories like the engine's alternator, power steering, A/C, and even the water pump. Excessive engine heat takes place under the vehicle's hood. When that happens along with environmental surroundings (road dirt, sand, salt water mist, and other foreign matters), drive belts take extreme punishment and begin to dry out. This will then lead to drive belt fatigue causing the belt to develop cracks right down to the fiberglass web then belt failure will occur.

**For the month of March, if you need to change the accessory drive belts on your vehicle, receive a 10% discount on your purchase of belts through Mana Motors and also receive the 1st hour of shop usage time at "no charge".**

Is your vehicle in need of repair? Are you trying to get parts for your vehicle but just don't have the time? Not to worry. Your MWR Auto Skills Center can acquire almost any part your vehicle may need. Whether you are looking for tune-up parts, shocks, steering components, electrical components, radiator, hoses, oil filter, vehicle fluids, or even brake rotors & pads, we can get the parts you need.

**For the month of April, purchase any repair parts and receive a 10% discount off of resale. Also receive 1 hour of lift use at no charge when required for repairs.**

**(All specials apply to Navy Active Duty Only)**

Contact Mana Motors for your automotive repair or maintenance needs.

Certified State Vehicle Safety Inspections Available.

Tuesday-Friday 12PM-8PM

Saturday 9AM-5PM

Phone: 335-4439

**Fri, Apr 19**

**4:30pm - 6:00pm**

**Ball Field**

*Easter*

**EGGstravaganza**

**FREE**

Open to PMRF affiliated patrons.

Join the MWR Ohana and the Easter Bunny for a fun, family-friendly event!  
Egg Hunt and prizes for ALL ages; 0-2, 3-4, 5-7, 8-12 & 13-99. Don't forget your Easter basket!

*Bring your running shoes for the Fitness Center's Bunny run @5:30pm and stop by Shenanigans  
later for the Shrimp Boil (5-9pm)!*



**335-4380** [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)

Stay connected!



@pmrfmoralewelfare



@PMRFMWR