

On Target

MORALE WELFARE & RECREATION | PMRF
JANUARY | FEBRUARY 2018

CUSTOM CAR SHOW

SATURDAY
FEBRUARY 10



SEE BACK COVER
FOR DETAILS



MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY5 PM - 8:30 AM

SATURDAY & SUNDAY3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 PM. / CHECK OUT:11 AM

BLDG. 1293 • 335-4752

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)

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

MONDAY - FRIDAY6 AM - 5 PM

FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY5:30 AM - 8:30 PM

SATURDAY, SUNDAY & HOLIDAYS9:30 AM - 5 PM

LIBERTY CENTER

BLDG. 1225 B • 335-4346

DAILY24 HOURS A DAY

MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAYNOON - 8 PM

SATURDAY9 AM - 5 PM

AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM11 AM - 1:30 PM

OPEN SWIM3:30 PM - 5:30 PM

TUESDAY & THURSDAY:

LAP SWIM11 AM - 1:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAYFIRST MOVIE 7:30 PM

COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

SHENANIGANS, ALL-HANDS CLUB

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY4 PM - 9 PM

FRIDAY4 PM - 1 AM

SATURDAY4 PM - 10 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

TUESDAY - FRIDAY11 AM - 1 PM

DINNER TUESDAY - SATURDAY5 PM - 9 PM

SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY8 AM - 4 PM

SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY8 AM - 4 PM

TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY2 PM - 5 PM

WEDNESDAY1:15 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 - FRIDAY7 AM - 5 PM



On Target

January | February 2018

PACIFIC MISSILE Range Facility

Commanding Officer..... Captain Vincent Johnson

Executive Officer.....Commander Daniel Kimberly

MWR Director Chip Kreisman

MWR PMRF Phone Directory

Phone..... (808) 335-4195

DSN (315) 421-6195

Fax (808) 335-4769

Web [http:// PMRF.greatlifehawaii.com](http://PMRF.greatlifehawaii.com)

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, Kaua'i. Questions or comments about On Target should be directed to Fleet & Family Readiness.

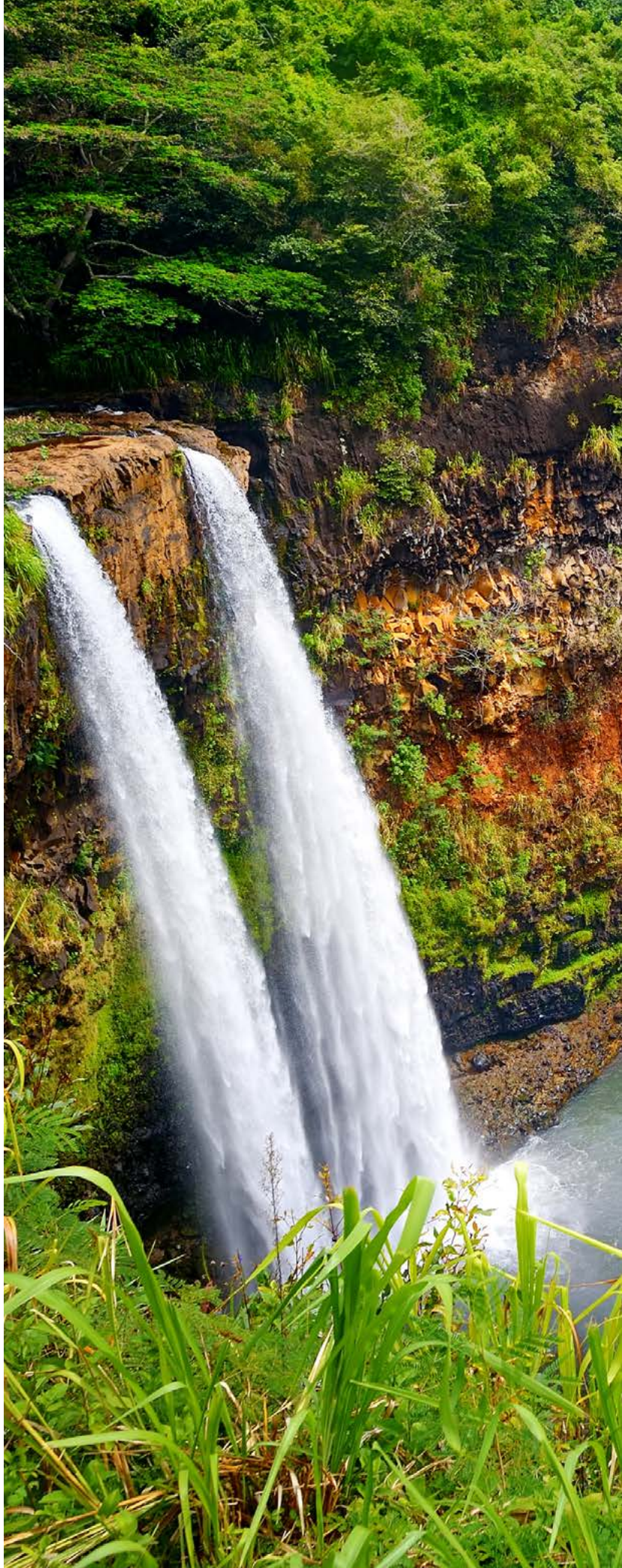
Cover: Tahitian dance at night by a Samoan Dancer.

Inside cover: Polynesian Hula Dancers.

MWR MARKETING
850 Ticonderoga St., Suite 300
Pearl Harbor, HI 96860

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.





PMRF FITNESS CENTER

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 0700-0800 - Swim Training 1530-1630 - YC Kids Fitness	FITNESS CENTER 0800-0830 - Regeneration 1100-1200 - TRX Training

*Schedule is subject to change

CLASS DESCRIPTIONS & INSTRUCTORS

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.

SWIM TRAINING

Join us for a refreshing, low-impact, total body workout at Mana Splash Swimming Pool. From swim intervals to muscle strength and endurance exercises, Swim training will help you achieve your total fitness goals.

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.

FITNESS CENTER

Bldg. 1264 • 335-4379

Monday – Friday 5:30 AM-8:30 PM

Saturday, Sunday & Holidays ... 9:30 AM-5 PM

JANUARY

NEW YEAR, NEW YOU!

Happy 2018! – The time is NOW to take those steps to improving your overall well-being. The PMRF Fitness Team is here to assist you in starting off the year right with small, manageable changes to your lifestyle. Stop by the PMRF Fitness Center as we provide you with Fitness and Nutrition tips that will help to jumpstart your new journey into healthy living. Let us help you achieve a NEW YEAR, NEW YOU!

FITNESS CHALLENGE

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

Every month PMRF Fitness will host 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.

For this month, individuals will compete through a challenging fitness course for time. Participants may complete each fitness course as many times as possible throughout the month. The top male and female participant with the best scores at the end of the month will receive an awesome prize.

INSTAGRAM DISCOVER KAUAI CHALLENGE

JAN 1-31 • 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 @pmrf.fitness
- Participants who complete all challenge tasks will receive a prize

MWR SOCCER LEAGUE

BEGINS JAN 8 • OUTDOOR TURF FIELD • 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.

- 7 on 7, 10 player max
- Mandatory team meeting: 3 January, 1130 @ the Fitness Center
- Round robin begins Monday, 8 January

LET'S GET L.I.T (LEAN IN TWENTY-18)

JAN 2 – MAR 30 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Let's get Lean In Twenty-18 (L.I.T). This new 12-week weight loss challenge will consist of three different categories: 1) Body Fat Percentage lost, 2) Body Measurement difference, and 3) Fitness Challenge participation. Individuals will accumulate points in each category and the individual with the highest total score will be the winner of the Lets Get L.I.T Challenge. Each participant will receive a special event T-shirt. The top male and female finisher will receive a grand prize.

FEBRUARY

AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. The good news is that heart disease can often be prevented when people make healthy choices and manage their health condition. Throughout the month, the PMRF Fitness team challenges you to make one heart healthy behavior change. Stop by the PMRF Fitness Center for information and tips to get started.

PULL UP CHALLENGE

FEB 1-28 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Every 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 may try to improve their score during the entire month in order to make the PMRF Challenge Board. This month's challenge: Perform as many consecutive bodyweight pull-ups as possible.

BEACH VOLLEYBALL SCRAMBLE

FRI, FEB 2 • 5PM • SHENANIGANS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

No team? No problem. Come out for a fun game of beach volleyball. Teams will be determined at random. Deadline to register is Wednesday, January 31.

LOVE BUG ADVENTURE RACE

WED, FEB 14 • 5PM • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Teams of 2 will compete in a fun race designed to challenge you both physically and mentally. Teams will race around the base while completing fitness and puzzle challenges along the way. Deadline to register is Monday, February 12.

YOUTH CENTER

Age 5 – 12 • Bldg. 1318 • 335-4419

Monday, Tuesday, Thursday & Friday 2 – 5 p.m.

Wednesday 1:15-5 p.m.

CLOSED ON FEDERAL HOLIDAYS

STEAM CLUB – GOLDFISH CRACKERS STEAM

TUE, JAN 16 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Let's play with our food! Join us for some cracker engineering with Christmas recycled items. Sign up by Jan 8.

COOKING CLUB – NEW YEARS FRUIT PIZZAS

WED, JAN 31 • 3:15-4:45PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Learn how to make this fun, tasty and colorful New Year's snack, Sign up by Jan 22.

(continued on next page)



STEAM CLUB – LIGHT UP CIRCUIT VALENTINES

TUE, FEB 6 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Show someone how much you care with conversation heart circuits! Sign up by Jan 29.

CRAFT CLUB - VALENTINES DAY CARDS

TUE, FEB 13 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Cupid welcomes all youth ages 5-12 for a Valentine's Card making Party. Sign up by Feb 5.

SPRING CAMP & SOCCER CLINIC REGISTRATION

FEB 20-23 • 1-5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for Spring Camp & Soccer Clinic, March 19-23, 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 for complete registration details.

COOKING CLUB – FRUIT KABOBS

WED, FEB 28 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Tribute your friends during Friendship Month by creating these fruit kabobs made by you, sign up by Feb 19.

HOURLY CARE

DAILY • YOUTH CENTER • \$\$FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

The Hourly Care Program is designed as a short term child care option for parents with children in grades K-6. 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. The program is also designed to give children the opportunity to socialize and interact with other children in their age group. We are accepting reservations up to 30 days depending on space available.

CDC

Age 6 weeks – 5 years • Bldg. 1283 • 335-4453
Monday – Friday6 AM – 5 PM
CLOSED ON FEDERAL HOLIDAYS

JANUARY

NATIONAL HAT DAY

FRI, JAN 12 • ALL DAY • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children are encouraged to bring a hat from home and wear it during school hours.

INSPIRE YOUR HEART WITH ART

WED, JAN 31 • 9 – 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children will be creating art work in their classrooms.

FEBRUARY

NATIONAL PRESCHOOL FITNESS DAY

MON, FEB 5 • 10AM • CDC/PMRF FITNESS CENTER • FREE FOR CHILDREN ATTENDING THE PROGRAM

Preschoolers will be visiting the gym for a fitness class.

FAMILY FUN ACTIVITIES

SAT, FEB 10 • TIME TBA • SHENANIGANS PARKING LOT • FREE

Come and join us for the second MWR Car Show. CYP will provide games and activities for children.

VALENTINE'S DAY FAMILY BREAKFAST

TUE, FEB 13 • 8AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Come and join us for breakfast at the CDC to celebrate Valentine's Day. RSVP at the front desk by February 7.

CHINESE LUNAR NEW YEAR

FRI, FEB 16 • 9-10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children will be performing the dragon dance welcoming the year of the rooster.

HOURLY CARE

DAILY • CDC • \$\$FEE • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS-OLD THROUGH 5 YEAR-OLD (NOT IN KINDERGARTEN)

The Hourly Care Program is designed as a short term child care 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

All Hands Club • Bldg. 1308 • 335-4706
Tuesday – Thursday 4-9 PM
Friday 4 PM-1 AM
Saturday 4-10 PM

Dining Room • Bldg. 1308 • 335-4706
Tuesday – Friday 11 AM-1 PM
Dinner Tuesday - Saturday 5-9 PM

Catering Office • Bldg. 1308 • 335-4708
Monday – Friday 8 AM-4 PM

JANUARY

SHENANIGANS SIGNATURE SHRIMP BOIL

FRI, JAN 5 • 5-9PM • RESERVATIONS HIGHLY RECOMMENDED

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

\$34 per order

\$18 per half order Shrimp Boil

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

\$10: 6 pieces Ala Carte Shrimp

Modified menu available: Pizzas, appetizers and desserts



SPECIALTY NIGHTS AT SHENANIGANS



SHENANIGANS SIGNATURE SHRIMP BOIL

Friday, January 5 from 5-9 PM

\$34 per order

\$18 per order half order Shrimp Boil

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.

Delivered to your table for family style dining. Don't forget your sides!

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

\$10: 6 Pieces Ala Carte Shrimp



PIZZA AND PASTA BUFFET

Friday, January 26 from 5-9 PM

\$17 Adults

\$12 Ages 10-14 yrs

\$9 Ages 5-9 yrs

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.



VALENTINE'S DAY SURF AND TURF BUFFET

Friday, February 14 from 5-9 PM

\$35 Adults

\$22 Ages 10-14 yrs

\$13 Ages 5-9 yrs

MENU: Hibachi Steak with Shitake Mushrooms, Onions, Bean Sprouts, and Asparagus; Crab Laced Mahi Mahi, Basket Fried Shrimp, Steamed Rice, Garlic Herb Mashed Potato, Seasoned Vegetable Medley, Salad Bar, Dinner Rolls, Chef's choice Soup of the day, Dessert

Reservations Highly Recommended for All!

Modified menu available: Pizzas & desserts

For reservations and more info,
call 808-335-4706 between 4-9pm or
808-335-4708 between 8:30am-4pm

pmrf.greatlifehawaii.com



SUPER SUNDAY **SHOWDOWN PARTY** at Shenanigans

SUNDAY, FEB 4

Doors open at noon

**Open to PMRF affiliated patrons and
MWR Guest Card holders**

Join MWR for the football party of the year!

**FREE NACHOS BAR, GREAT GAMES,
TONS OF PRIZES AND 4 CHANCES TO
WIN A "VIP TABLE"!**

Must be 18 years and up to participate in the games.

FOR MORE INFO CALL 808-335-4708 OR 335-4380
PMRF.GREATLIFEHAWAII.COM



PIZZA AND PASTA BUFFET

FRI, JAN 26 • 5 – 9PM • RESERVATIONS HIGHLY RECOMMENDED

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

Adults = \$17
10-14 yrs = \$12
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. Modified menu available: Pizzas and desserts

FEBRUARY

VALENTINE’S DAY SURF AND TURF BUFFET

WED, FEB 14 • 5 – 9PM • RESERVATIONS HIGHLY RECOMMENDED

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

Adults = \$35
10-14 yrs = \$22
5-9 yrs = \$13

Menu: Hibachi Steak with Shitake Mushrooms, Onions, Bean Sprouts, and Asparagus, Crab Laced Mahi Mahi, Basket Fried Shrimp, Steamed Rice, Garlic Herb Mashed Potato, Seasoned Vegetable Medley, Salad Bar, Dinner Rolls, Chef’s choice Soup of the day, Dessert. Modified menu available: Pizzas and desserts.

SPECIAL EVENTS

FRIDAY NIGHT KARAOKE

FRI, JAN 5 • 9PM TO 12AM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills & join us for adult karaoke! No charge and free pupus!

TRIVIA NIGHT NEW

TUE, JAN 16 • 7:30-9PM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

An entertaining evening of a friendly battle of the brains competition. Test your knowledge with four rounds of trivia at this drop-in event! Bring your thinking caps and friends! Top team or person with the most points will hold the title of Trivia Champion!

KAUAI MUSIC SCENE

FRI, JAN 26 • 6 – 8PM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Enjoy live local entertainment while eating a delightful meal and watching the sunset over Niihau.

FRIDAY NIGHT KARAOKE

FRI, FEB 2 • 9PM TO 12AM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills & join us for adult karaoke! No charge and free pupus!

SUPER SUNDAY SHOWDOWN PARTY

SUN, FEB 4 • NOON • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join MWR for the football party of the year! Free nachos bar, great games, tons of prizes and 4 chances to win a “VIP Table”! Must be 18 years and up to participate in the games.

TRIVIA NIGHT

TUE, FEB 9 • 7:30-9PM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

An entertaining evening of a friendly battle of the brains competition. Test your knowledge with four rounds of trivia at this drop-in event! Bring your thinking caps and friends! Top team or person with the most points will hold the title of Trivia Champion!

KAUAI MUSIC SCENE

FRI, FEB 16 • 6 – 8PM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Enjoy live local entertainment while eating a delightful meal and watching the sunset over Niihau.

80’S DJ NIGHT

FRI, FEB 23 • 9PM-12AM • SHENANIGANS • FREE • 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Get totally fresh in your 80’s outfit for a gnarly night!! Join us at Shenanigans for Live DJ, pupus and fun!

COMMUNITY RECREATION

Bldg. 1267 • 335-4708 • 335-4380

BLACK JACK TOURNAMENT

WED, JAN 17 • 6:15PM • SHENANIGANS • FREE • 335-4706 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 YRS & UP • LIMIT 10

Great prizes and free pupus for participants! Sign up at Shenanigans (335-4706) by Tuesday, Jan 16 NLT 5pm. Claim your seat by 6pm at the tournament; unclaimed spots will be filled on a first come, first served basis thereafter. * Tournament will begin at 6:15pm sharp. No one is permitted to join once tournament has begun.

naf jobs

NAF HUMAN RESOURCES

422-3784

600 MAIN ST., BLDG 3456

JOB OPPORTUNITIES

Join our team and start working with the military in Hawaii. Search for civilian positions with our Fleet and Family Readiness organization. Our team includes great individuals who work in recreation and sports, child care, hotel and food service, and business positions.

CONTINUOUS RECRUITMENT

- Rec Aide (Community Recreation)
- Rec Aide (Lifeguard)
- Child and Youth Program Assistant
- CYP Operations Clerk (Child and Youth Program)
- Child and Youth Program Custodian
- Food Service Worker (Shenanigans)
- Waiter/Waitress (Shenanigans)
- Custodial Worker (Housekeeping)

HOW TO APPLY

Obtain posted NAF job application at www.greatlifehawaii.com. Application and any required documents should be submitted to:

CNRH FFR

Attn: NAF Human Resources
600 Main Street, Bldg. 3456
Honolulu, HI 96818

or email to:
nafhr@greatlifehawaii.com
or fax to: 808-422-3782

Commander Navy Region Hawaii (CNRH) is an Equal Employment Opportunity Employer (EEOE)

JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY NEW YEAR! MWR	2 FITNESS CTR LET'S GET L.I.T (LEAN IN TWENTY-18) <i>JAN 2 - MAR 30</i>	3	4	5 SHENANIGANS SHENANIGANS SIGNATURE SHRIMP BOIL <i>5:00-9:00PM</i> SPECIAL EVENTS FRIDAY NIGHT KARAOKE <i>9:00PM - MIDNIGHT</i> SHENANIGANS	6 TRIPS, TOURS, AND OUTINGS EZ BEACH DAY & BBQ <i>9:00AM - 3:00PM</i> KALAPAKI BEACH
7	8 FITNESS CTR MWR SOCCER LEAGUE League starts today <i>OUTDOOR TURF FIELD</i>	9	10	11	12 CDC NATIONAL HAT DAY <i>ALL DAY - CDC</i>	13 TRIPS, TOURS, AND OUTINGS HANAKAPI'AI FALLS HIKE <i>7:00AM -VAN DEPARTS CRC PARKING LOT</i>
14	15	16 YOUTH CTR STEAM CLUB - GOLDFISH CRACKERS STEAM <i>3:30-4:30PM</i> YOUTH CENTER SPECIAL EVENTS TRIVIA NIGHT <i>7:30-9:00PM</i> SHENANIGANS	17 COMMUNITY RECREATION BLACK JACK TOURNAMENT <i>6:15PM</i> SHENANIGANS	18	19	20
21	22 LIBERTY LUAU KALAMAKU <i>3:30PM VAN DEPARTS</i> LIBERTY CENTER	23	24 SPECIAL EVENTS SHUFFLEBOARD TOURNAMENT- FAMILY FRIENDLY <i>6:15PM</i> SHENANIGANS	25	26 SPECIAL EVENTS KAUAI MUSIC SCENE <i>6:00-8:00PM</i> SHENANIGANS SHENANIGANS PIZZA AND PASTA BUFFET <i>5:00-9:00PM</i> SHENANIGANS	27 TRIPS, TOURS AND OUTINGS BLUE DOLPHIN NAPA- LI SUNSET DINNER <i>12:45PM VAN DEPARTS CRC</i>
28	29	30	31 YOUTH CTR COOKING CLUB - NEW YEARS FRUIT PIZZAS <i>3:15-4:45PM -</i> YOUTH CENTER CDC INSPIRE YOUR HEART WITH ART <i>9:00-10:00PM -</i> CDC			

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2	3
					FITNESS CTR BEACH VOLLEYBALL SCRAMBLE 5:00PM SHENANIGANS SPECIAL EVENTS FRIDAY NIGHT KARAOKE 9PM - MIDNIGHT SHENANIGANS	
4	5	6	7	8	9	10
SPECIAL EVENTS SUPER SUNDAY SHOWDOWN PARTY 12:00PM SHENANIGANS	CDC NATIONAL PRE-SCHOOL FITNESS DAY 10:00AM CDC/ PMRF FITNESS CENTER	YOUTH CTR STEAM CLUB - LIGHT UP CIRCUIT VALENTINES 3:30-4:30PM YOUTH CENTER			SPECIAL EVENTS TRIVIA NIGHT 7:30-9:00PM - SHENANIGANS	AUTO SKILLS AUTO SKILLS 2ND ANNUAL CAR SHOW 11:00AM SHENANIGANS PARKING LOT
11	12	13	14	15	16	17
		YOUTH CTR CRAFT CLUB - VALENTINES DAY CARDS 3:30-4:30PM YOUTH CENTER CDC VALENTINE'S DAY FAMILY BREAKFAST 8:00AM CDC SPECIAL EVENTS TEXAS HOLD EM TOURNAMENT 6:15PM SHENANIGANS	FITNESS CTR LOVE BUG ADVENTURE RACE 5:00PM FITNESS CENTER SHENANIGANS VALENTINE'S DAY SURF AND TURF BUFFET 5:00-9:00PM SHENANIGANS RSRVTNS HIGHLY RECMND	MARTIN LUTHER KING DAY MWR ON HOLIDAY HOURS	CDC CHINESE LUNAR NEW YEAR 9:00-10:00AM CDC SPECIAL EVENTS KAUAI MUSIC SCENE 6:00-8:00PM SHENANIGANS	TRIPS, TOURS, AND OUTINGS EZ BEACH DAY & BBQ 9:00AM - 3:00PM KALAPAKI BEACH
18	19	20	21	22	23	24
	WASHINGTON'S BIRTHDAY MWR ON HOLIDAY HOURS TRIPS, TOURS AND OUTINGS CJM STABLES - MAHA'ULEPU BEACH RIDE 12:45PM VAN DEPARTS CRC	YOUTH CTR SPRING CAMP & SOCCER CLINIC REGISTRATION 1:00-5:00PM YOUTH CENTER	SPECIAL EVENTS DART TOURNAMENT 6:15PM SHENANIGANS	LIBERTY KAUAI SPORTING CLAY TIME TBD VAN DEPARTS LIBERTY CENTER	SPECIAL EVENTS 80'S DJ NIGHT 9:00PM- MIDNIHGT SHENANIGANS	
25	26	27	28			
			YOUTH CTR COOKING CLUB - FRUIT KABOBS 3:30-4:30PM YOUTH CENTER LIBERTY KIPU RANCH ATV 4 HR WATERFALL TOUR 10:15AM VAN DEPARTS LIBERTY CENTER			

SHUFFLEBOARD TOURNAMENT- FAMILY FRIENDLY

WED, JAN 24 • 6:15PM • SHENANIGANS • FREE • 335-4706 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • 7 YRS & UP

Great Prizes and free pupus for participants! Sign up at Shenanigans (335-4706) by Tuesday, Jan. 23 NLT 5pm. Minimum 3 to hold tournament.

TEXAS HOLD EM TOURNAMENT

TUE, FEB 13 • 6:15PM • SHENANIGANS • FREE • 335-4706 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • 18 YRS & UP

Great prizes and free pupus for participants! Sign up at Shenanigans (335-4706) by Monday, Feb 12 NLT 5pm. Claim your seat by 6pm at the tournament; unclaimed spots will be filled on a first come, first served basis thereafter. Tournament begins 6:15pm sharp!

DART TOURNAMENT

WED, FEB 21 • 6:15PM • SHENANIGANS • FREE • 335-4706 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDER 18 YRS & UP

Great prizes and free pupus for participants! Sign up at Shenanigans (335-4706) by Tuesday, Feb 20 NLT 5pm. Claim your spot by 6pm at the tournament; unclaimed spots will be filled on a first come, first served basis thereafter. Tournament begins 6:15pm sharp! Minimum 3 to hold tournament. If the minimum of 3 requirement is not met, outing will be cancelled and participants will be notified via telephone.

TRIPS, TOURS & OUTINGS

335-4195 | 335-4380

JANUARY

EZ BEACH DAY & BBQ

SAT, JAN 6 (NOTE: EZ BEACH DAY IS ON THE 1ST SATURDAY IN JANUARY) • 9AM – 3PM • BBQ 11AM-1:30PM • FREE • 335-4195 OR 335-4380 • OPEN TO ALL MILITARY, DOD, CONTRACTORS, AND FAMILIES

MWR will be set up for a fun day at Kalapaki Bay. There's a lot to do in this area, from relaxing on the beach, water sports, shopping or dining at local eateries in the Harbor.

MWR will provide the SUP's, surfboards, boogie boards and a free BBQ. Directions/Parking: Enter the Marriot complex, drive past the hotel entrance, and take the right turn down the hill before the golf course. Keep right to the parking lot at the bottom alongside the hotel to park. Follow the walking path between the two buildings and it leads right to the beach, MWR will be set up to the left.

HANAKAPI'AI FALLS HIKE

SAT, JAN 13 • VAN DEPARTS CRC PARKING LOT AT 7AM • \$5 • 335-4195 OR 335-4380 • OPEN TO ALL MILITARY, DOD, CONTRACTORS, AND FAMILIES

One of the most beautiful hikes in Kauai! Enjoy the first two miles of the Na Pali Coast. There will be streams you will have to cross during the trail that are ankle deep. Reward yourself at the 300ft waterfall by dipping into the refreshing pool behind the falls. Pack your lunch and snacks. We will stop at Safeway in Kapaa to pick up additional snacks and refreshments. Wear hiking shoes with traction that you do not mind if they get wet. Bring your beach wear, towel, sunscreen, a hat, rain jacket and camera! Bring additional money to stop for dinner after the hike. Transportation will be provided or meet us there at 9:15am. Anyone interested must sign up at the CRC by Thurs. Jan. 11. Limit: 14; Difficulty: Moderate-Hard; 7 miles roundtrip

BLUE DOLPHIN NAPALI SUNSET DINNER

SAT, JAN 27 • VAN DEPARTS CRC AT 12:45PM • ADULTS: \$95 • CHILDREN: 12-17YRS \$87 • CHILDREN: 2-11YRS \$74 • 335-4195 OR 335-4380 • OPEN TO MILITARY, DOD, CONTRACTORS AND FAMILIES

The fun starts while you're heading up the coast to Na Pali with your captain and crew who love to "talk story" and share the knowledge of Hawaiian legends and landmarks off the coast of Kauai. You are likely to see dolphins, whales, turtles and other sea life as you enjoy a romantic evening into the sunset. Sign up at the CRC by Jan 19. Limit 14

FEBRUARY

EZ BEACH DAY & BBQ

SAT, FEB 17 (NOTE: EZ BEACH DAY IS ON THE 3RD SATURDAY IN FEBRUARY) • 9AM – 3PM • BBQ 11AM-1:30PM • FREE • 335-4195 OR 335-4380 • OPEN TO ALL MILITARY, DOD, CONTRACTORS, AND FAMILIES

MWR will be set up for a fun day at Kalapaki Bay. There's a lot to do in this area, from relaxing on the beach, water sports, shopping or dining at local eateries in the Harbor. MWR will provide the SUP's, surfboards, boogie boards and a free BBQ. Directions/Parking: Enter the Marriot complex, drive past the hotel entrance, and take the right turn down the hill before the golf course. Keep right to the parking lot at the bottom alongside the hotel to park. Follow the walking path between the two buildings and it leads right to the beach, MWR will be set up to the left

CJM STABLES – MAHA'ULEPU BEACH RIDE

MON, FEB 19 • VAN DEPARTS CRC AT 12:45PM • \$108 • 335-4195 OR 335-4380 • OPEN TO MILITARY, DOD, CONTRACTORS AND FAMILIES

Have you been wanting to ride a horse? This 2-hour scenic journey takes you through the historic Maha'ulepu area. You'll experience a variety of scenery and terrain from coastal and mountain vistas to agricultural ranch land. Cross over a sand bar and stream near one of the most spectacular beaches in Hawaii. View native plants and wildlife. Beverages will be supplied. It is recommended to wear long pants & closed toe shoes. Bring camera and sunscreen. Afterwards, shop around and grab a quick bite at The Shops Kukui'ula. Limit: 14

LIBERTY PROGRAM

Bldg. 1225 B • 335-4380

Daily 24 hours a day

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

(continued on next page)



INSTAGRAM DISCOVER KAUAI CHALLENGE

JAN 1-31
FITNESS CENTER
FREE

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!

- You will be given a challenge
each week to complete
- Document when you
complete each challenge
onto Instagram
- Remember, you must
tag @pmrf.fitness
on Instagram
- Participants who
complete all challenge
tasks will receive a prize



Call 808-335-4379 or visit
the fitness center for more info.
pmrf.greatlifehawaii.com



JANUARY

LUAU KALAMAKU

TUE, JAN 23 • 3:30-9:30PM • \$20 • VAN DEPARTS LIBERTY CENTER AT 3:30PM • 335-4380

Come have a Hawaiian experience in Lihue with an unforgettable interactive show that will transport you to ancient Polynesia. Explore on-site shops, local arts and crafts; enjoy a variety of good eats and open bar! Sign up at the CRC by Jan 15. Limit: 14

FEBRUARY

KAUAI SPORTING CLAY

THU, FEB 22 • \$20 • VAN DEPARTS LIBERTY CENTER AT TBD

Learn one of the fastest growing sport in the US! Great for beginners to professionals. You will have 12 and 20 gauge shot guns that you will use to shoot flying clay targets or "clay pigeons." Instructors will educate you in gun safety and breaking clays in no time! Updates on the event will be listed on our Liberty page @pmrfliberty1 and website pmrf.greatlifehawaii.com; Limit 14

KIPU RANCH ATV 4 HR WATERFALL TOUR

WED, FEB 28 • \$20 • VAN DEPARTS LIBERTY CENTER AT 10:15AM • 335-4380

This is a swimming tour, so be sure to pack your towels and swim gear. Hop into the Huleia River via Indiana Jones rope swing and splash into the tropical spring fed waterfall. Enjoy a delicious deli-style sandwich buffet. Learn about the history of Kipu Ranch, its cattle, abundant wildlife, beautiful views, lush tropical landscape, and various movie locations. Limit: 14

AQUATICS

Bldg. 1302 • 335-4391

POOL HOURS OF OPERATION

Monday, Wednesday & Friday:

Lap Swim 11 AM-1:30 PM

Open Swim 1:30-5:30 PM

Tuesday & Thursday:

Lap Swim 11 AM-1:30 PM

Saturday, Sunday & Holidays:

Open Swim 11 AM-5 PM

JANUARY

POOL TIP OF THE MONTH: SWIM 3 TIMES A WEEK

Stay on top for your New Year's resolution by coming to the pool 3x week. Did you know it takes more physical effort to swim two miles than it does to run two miles? Swimming takes more cardio effort than running.

FEBRUARY

POOL TIP OF THE MONTH: HEALTHY HEART - INTERVALS

Interval training : Payoff is improved cardiovascular fitness. Swim one lap as fast as you can. Rest for about the same time as it took you to swim the lap. Repeat.

MOVIE HOUSE

Bldg. 1315 • Recorded Message: 335-4210

Friday, Saturday, Sunday 7:00 PM

MOVIES ARE **FREE**. CONCESSIONS AVAILABLE FOR PURCHASE. OPEN TO MILITARY, DOD, CONTRACTORS AND MWR GUEST CARD HOLDERS

• Sun, Jan 14 - **FREE COFFEE**

• Sun, Feb 18 - **FREE HERSHEY'S BAR**

ITT AT THE COMMUNITY RECREATION CENTER

Bldg. 1293 • 335-4195

Monday – Friday 8:30 AM-5 PM

Saturday, Sunday & Holiday

10 AM-3 PM

COMMUNITY RECREATION CENTER (CRC)

Located in Bldg 1293 • 335-4195

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.

MANA MOTORS

Auto Skills Center • Bldg. 1276 • 335-4439

Tuesday – Friday Noon – 8 PM

Saturday 9 AM-5 PM

JANUARY

AUTO NEW YEAR SPECAL

Start off the New Year with a Bang! A bang for your buck that is! This month your MWR Auto Skills Center would like to offer you the use of the vehicle lift or bay at "No Charge" when you come in to perform routine maintenance to your vehicle. We think that vehicle maintenance is critical, and a key element to reduced expense in repairs. So if your vehicle is in need of an oil service, coolant service, or tune-up, we would like to offer you the use of our ASC facility at no charge. We also have oil & filters and other automotive fluids in stock for most vehicle applications through our resale department.

FEBRUARY

AUTO SKILLS 2ND ANNUAL CAR SHOW

SAT, FEB 10 • 11AM • SHENANIGANS PARKING LOT • FREE

Join us for a day of fun and views of Kauai's classic and custom vehicles that will be on display and loads of entertainment. This year's event is slated to attract a variety of Classic, Custom, Modified Street Cars, Trucks, Bikes, and Drag Racing vehicles. Judging of the car show vehicles will be open to our Open base spectators. An assortment of vendors will be displaying automotive related products and we will be having local entertainment to provide us with a variety of music. Our in-house emcee will be covering the event with information and prize giveaways. We will have a variety of food vendors on hand. Closing of the event, there will be an awards ceremony for participants for each of the vehicle categories.

FEBRUARY AUTO TIP

Have your vehicle's tires been balanced and rotated lately? It is recommended that vehicles have their tires balanced and rotated every 7,500 miles. Doing so will greatly increase the life expectancy of almost any brand of tire on the market today. MWR Auto Skills Center would like to welcome you to our 4 for 2 special. Come in for the month of February and perform a tire rotation on your vehicle, and we will balance all 4 tires for the price of 2 plus shop usage fees.

(All specials apply to Active Duty, DOD Civ., Retired Military, and Contractors)

**(MWR ASC is a self-help program)



ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP

FREE lei-making workshops are held every Friday at the West Kaua'i 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 `ukulele 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 Kaua'i 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 Hawai'i. 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 Kaua'i Technology and Visitor Center at 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 AND 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 banyon 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; three 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 3-7PM

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.

2ND ANNUAL



CUSTOM CAR SHOW

Hosted by the PMRF's MWR Auto Skills Center

SATURDAY - FEBRUARY 10, 2018 11AM TO 4PM

REGISTRATION DEADLINE BY JANUARY 12, 2018

HOT RODS, RACE CARS, CLASSICS

WITH CUSTOMIZED CARS, TRUCKS, BIKES & MORE...

LIVE ENTERTAINMENT

- ◆ Automotive Product Exhibits
- ◆ Food and Beverages
- ◆ Kids Activities



VISIT: PMRF.greatlifehawaii.com for more information

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 increased security requirements, attending adults are asked to have a valid government issued identification card on them at all times such as a driver's license, state ID card, passport etc.