MWR Happenings

Morale, Welfare & Recreation

BELTS AND TIRES INSPECTION

Sunday, March 14 from 1300 to 1600

This three hour course will cover evaluating belts, removal/ replacement of the primary fan and accessory belts, as well as tire evaluation. Ever wonder why your tires are wearing funny? Why do your belts squeak? Find out! For more information call 243-5456.

Captain's Cup
St. Patrick's Day 10k and 1k Kid's Run

Saturday, March 14 Kid's Run starts at 0830, 10k at 0900 in front of the Thew Gym

Throw on the green running shorts and meet us on the starting line for this 6.2 mile run around base. Compete for age group awards and Captain's Cup points based on finish place and participation. Bring the kids for the 1k kid's run that starts prior to the big run. There will also be a special prize awarded to the best St. Patrick's Day outfit! Long-sleeve t-shirts will be given away on a first come, first served basis so come early. Strollers welcome.
For more info call 241-4486.

Wellness and Fitness

Lunch Buffet Special
Tuesday, March 17
from 1100 to 1330 in CPO Club
Just show your green and ask your wait staff for your lucky discount!
Irish Dinner Set Menu for only $9.95.

MENU

CORN BEEF AND CABBAGE SOUP • IRISH SALAD
HAM W/CRACKLINGS & PAN GRAVY OR IRISH BEEF STEW
BIRD FLANAGAN POTATOES • IRISH BREAD PUDDING

AWESOME BLOSSOM BIKE RIDE

Sunday, March 29 at 0700 in the Purdy Parking lot

Bring your bicycle and helmet up to the Purdy Fitness Center to take part in this two hour "out and back" bike ride while taking in the start of the Cherry Blossoms along the coast of the peninsula. There will be three separate paces that are sure to suit every ability level of rider. There will be free food and refreshments after we return from the ride. No registration is required, but participants are asked to attend the 0645 safety brief. For more info, please call 241-4486.

16th Annual US Japan Spring Festival

Sunday 05 April from 0900 to 1600

Bring the family to enjoy the Spring Festival and celebrate Japanese tradition with our host nation and friends under a canopy of Cherry Blossom. Activities include ship visits, games, air toys and traditional Japanese and American entertainment in the Benny Decker Theater and outdoor stage. Special performances by the 7th Fleet Band, JMSDF Band, Taiko Drummers, Sword Dancers, Hula Dancers and the Yokosuka Country and Dance Association. For more information, please call 243-4731. Event is subject to change.

家族や日本の皆さんと共に、満開の桜の木の下で日本の伝統を祝いスプリング・フェスティバルを楽しみましょう。艦船見学、ゲーム、エアートーイなどもあります。日本の伝統的な催し物が、ベニーデッカー映画館や野外ステージにて開催されます。 第7艦隊バンド、海上自衛隊音楽隊、太鼓、剣劇、フラダンス、そして横須賀カントリー協会のダンスや演奏など盛りだくさんです！詳細は２４３－４７３１または**MWR**のウェブサイトへ！イベント内容は変更することがあります