

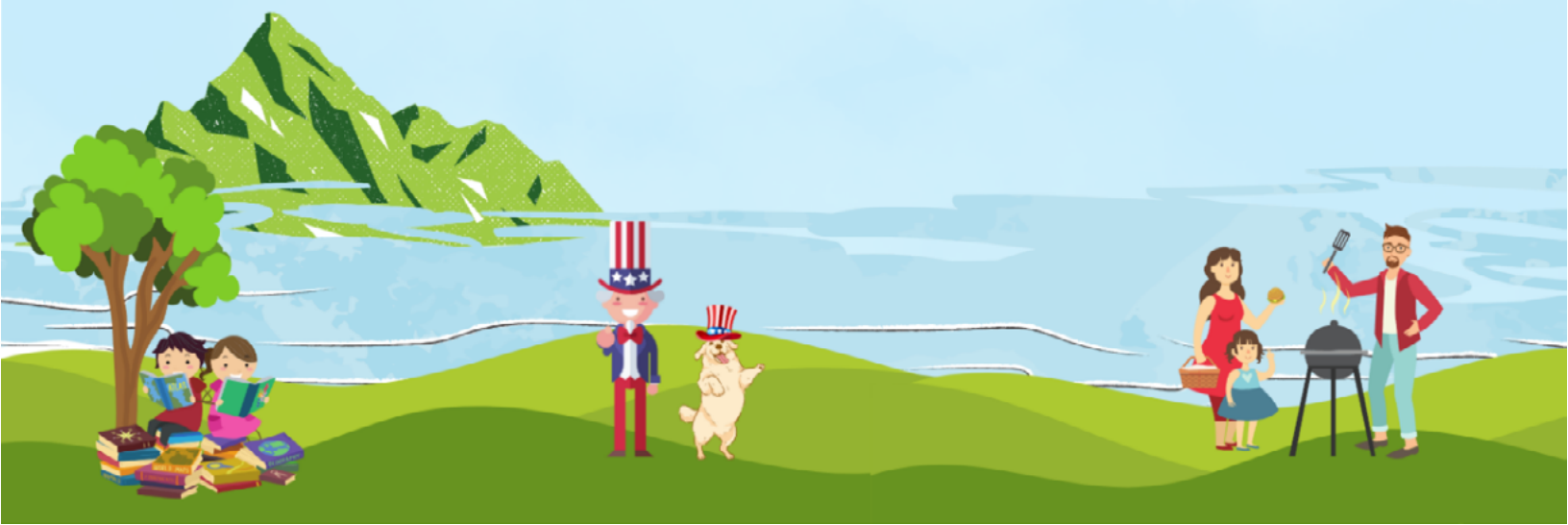


MCCS HAWAII

MONTHLY NEWSLETTER

JULY 2026

*VISIT OUR MCCS HAWAII LINKTR.EE
STAY CONNECTED: HAWAII.USMC-MCCS.ORG*



FOR THE COMMUNITY

SUMMER READING PROGRAM: NOT TOO LATE TO PLANT A SEED, READ!

JUNE 6 - AUGUST 1

Open to Everyone on Base & All Ages. Read, Hit Milestones & Win Prizes. Active Duty can earn Na Koa Points!

MARINE & Family
Library Program

COMMANDER'S
NA KOA CUP



No DoD or USMC endorsement intended.

Tips on How to Log Hours

1. Download the Beanstack app to easily log your reading hours.
 2. After you create your account, don't forget to sign in each time you read and log your minutes.
- Click the "Log" button on your dashboard and select "Log Reading"
 - Enter how many minutes you read (you can add the book title if you want)
 - Click Log to save your time

Milestone Rewards: As you reading reading minutes milestones, you will be notified that you've earned a reward that you can claim at the Base Library.

Prizes: You can see milestone rewards by age category at the Library to get a sneak peak of your Summer Reading incentives.

Summer Reading Cookbook

Share your favorite recipes for the 2026 DoD Summer Reading Cookbook, "Field to Table," celebrating the diverse culinary traditions of military communities worldwide. Submit family favorites or creative MRE-inspired dishes by August 15 for a chance to be featured in this unique collection. Submit your recipe at dodmwrlibraries.org or via email to usmclibraries@usmc.mil.



SAVE THE DATE: NATIONAL NIGHT OUT

TUESDAY, AUGUST 4, 1600-1900, Mokapu Mall

Food Trucks, Vendor Village, Live DJ, K9 Demo, Keiki ID, Obstacle Course, Dunk a Cop, Face Painting and more!



SAVE THE DATE: COMMENCEMENT CEREMONY

FRIDAY, OCTOBER 23, 1000, Base Chapel

Celebrating MCB Hawaii Service Members and Spouses who graduated between 2024-2026.



Commencement registration form.

CONGRATULATIONS GRADUATES



WELCOMING RIMPAC 2026

As Marine Corps Base Hawaii welcomes participants from around the world for RIMPAC 2026, MCCS Hawaii is offering additional dining, retail, and recreation opportunities to support those staying on base. The services below are available to RIMPAC participants, and many are also available to our MCBH community.

Scan the QR code to view menus, shopping options, recreation, and maps.

FOOD TRUCK ROW

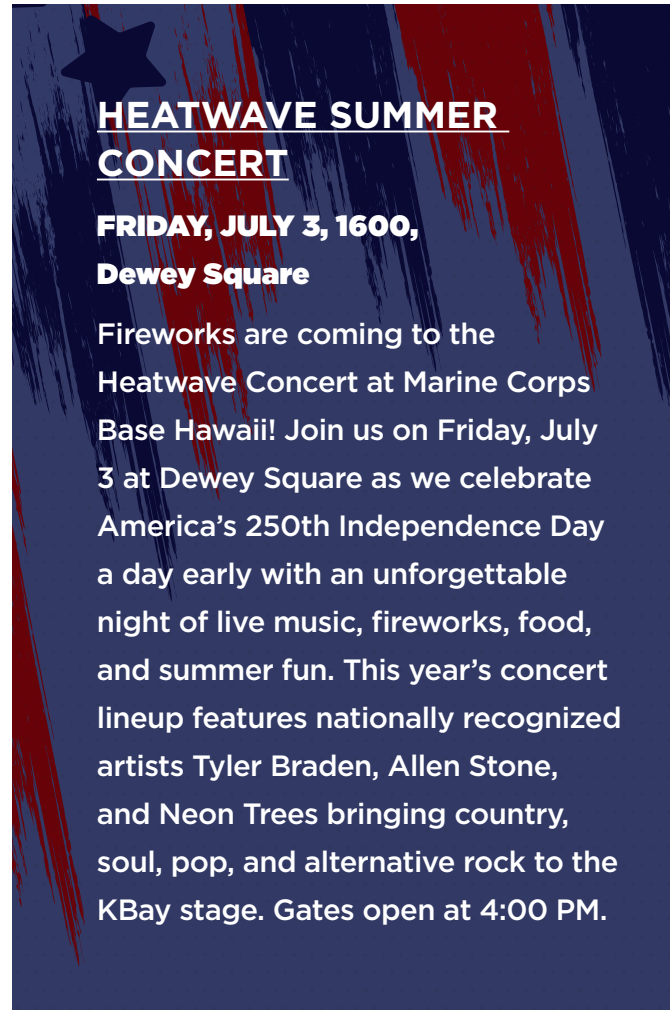
**MONDAY - FRIDAY, June 22 - July 31, 1030 - 1330,
Selden Street - BLDG 1090**

Food Truck Row brings more lunch options to MCBH. Whether you're on duty near Selden Street or simply looking to change up your lunch routine, a rotating lineup of food trucks means there's always something different to choose from, including Blue Truck Teppanyaki, Donnie's BBQ, Drive Thru Joe, Irie Jerk, Irresistible Ice, Kona Ice, Laa Kea Juice, Lola's Local Grindz, Olay's Thai-Lao Express, and Pie-Coon Bakery.

*Please note: Food Truck Row at BLDG 1090 on Selden Street will be *closed July 3* in support of the Heatwave Concert. Hours are subject to change.

RIMPAC 2026 GEAR

Commemorate RIMPAC 2026 with exclusive logo merchandise, available only at the MCX Main Exchange, Main Gate Marine Mart, and Selden Street Marine Mart. Shop a selection of coins, t-shirts, sweatshirts, hats, water bottles, and more, and receive 20% OFF select RIMPAC logo gear while supplies last.



HEATWAVE SUMMER CONCERT

**FRIDAY, JULY 3, 1600,
Dewey Square**

Fireworks are coming to the Heatwave Concert at Marine Corps Base Hawaii! Join us on Friday, July 3 at Dewey Square as we celebrate America's 250th Independence Day a day early with an unforgettable night of live music, fireworks, food, and summer fun. This year's concert lineup features nationally recognized artists Tyler Braden, Allen Stone, and Neon Trees bringing country, soul, pop, and alternative rock to the KBay stage. Gates open at 4:00 PM.



UNITED STATES MARINE CORPS

BIRTHDAY BALL GIVEAWAY

MCCS
MARINE CORPS
COMMUNITY SERVICES

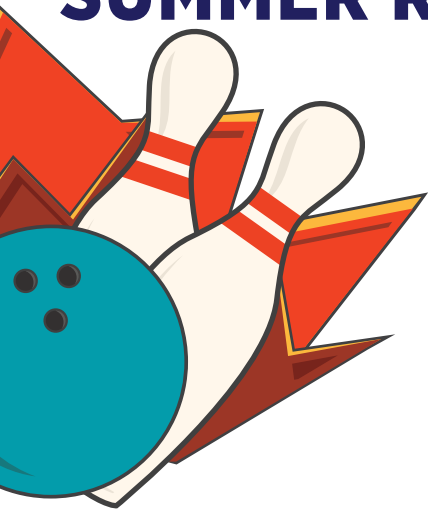
America
POWERED BY
250

Download on the App Store | GET IT ON Google Play

ENTER WITH THE MCCS CONNECT APP | ENTER EVERY DAY JULY 01-31

SPONSORED BY
USAA | Red Bull ENERGY DRINK
NO FEDERAL OR DDW ENDORSEMENT IMPLIED.

SUMMER RECREATION



K-BAY LANES JUNIOR BOWLERS CLINIC

MONDAY - FRIDAY, JULY 20-24, 0830 - 1130, K-Bay Lanes

Give your child a fun introduction to bowling! This 5-day beginner clinic for ages 9-17 teaches bowling fundamentals, rules, scoring, etiquette, sportsmanship, and more in a supportive environment. Classes run Monday-Friday from 0830-1130.

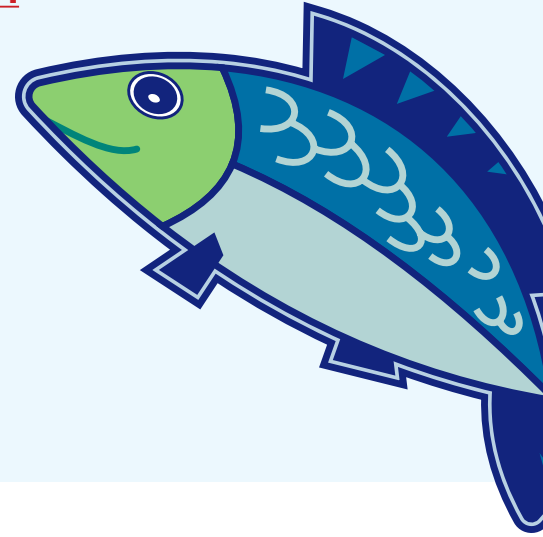
Cost is \$125 per student. Space is limited to 12 participants. Register today by calling 808-970-5498.

BASIC FISHING & MARINE BIOLOGY YOUTH PROGRAM

MONDAY - FRIDAY, JULY 27-31, Marina Outdoor Recreation & Equipment Center

Give your child a week of outdoor adventure and discovery! This 5-day program for ages 9-17 introduces the basics of saltwater fishing, rod and reel techniques, and marine biology through hands-on experiences on and around the water. Classes run Monday-Friday from 0830-1130.

Cost is \$125 per student. Space is limited to 20 participants. Register today by calling 808-628-1670 or 808-850-1269.



PAU HANA FRIDAYS AT THE MARINA

FRIDAYS, NOW - JULY 31, 0800 - 1700

The Marina & Outdoor Recreation Center is kicking off their "9 Weeks of Summer Sale" with Pau Hana Fridays! As part of the Summer Sale, we're bringing you an easy win. Pau Hana Friday Deal: Receive a FREE 12 lb. Bag of Ice* with the purchase of any cooler, or a purchase of \$10 or more in drinks.

The savings don't stop here! New deals drop weekly throughout the summer. Check back often or visit in person to see what's new each day.

Offer valid at the Marina & Outdoor Recreation Center, Marine Corps Base Hawaii, for authorized patrons on Fridays only, from May 22, 2026, through July 31, 2026. Receive one (1) free 12 lb. bag of ice with the purchase of any size cooler or a minimum \$10.00 beverage purchase in a single qualifying transaction, limited to one per person, per day. Offer valid while supplies last; no rain checks. Management reserves the right to modify or discontinue this promotion at any time without prior notice. Other restrictions may apply.

**PAU HANA
FRIDAYS**
AT THE MARINA

PUBLIC PARTNERS SCRAMBLE & KLIPPER BASH SALE

FRIDAY, JULY 31, Check-in 0700, Shotgun 0800

A full day of golf, giveaways, savings, and live entertainment is coming to the Klipper Golf Course on July 31.

Compete in the Public Partners Scramble for prizes, on-course contests, and a chance to win a Year of FREE Golf. The excitement continues at the Klipper Bash Sale with discounted Play Cards, a Balloon Sale offering up to 100% off your purchase, a Club Demo Day featuring top golf brands, and lots of other great deals throughout the day.

Register your team of four today by calling (808) 754-6433 or (808) 850-1552. Spots are limited.

YOUR NEXT STOP

SNCO CLUB'S "FIRST" FRIDAY - NOW ON THE SECOND FRIDAY THIS MONTH ONLY!

FRIDAY, JULY 10, 1630 - 2200, SNCO Club - Rocker Room

Yeah, we know... it's called "First Friday," but this month we're making an exception. The holiday shuffle moves First Friday to July 10, from 1630-2200. Show up for good company, cold drinks, and FREE pupu at 2000. While supplies last.

Open to SNCOs, Officers, and their invited guests.

FIVE-O MOTORS AUTO AUCTION

July 17 - 26, 2026, FIVE-O Motors

The Five-O Motors Monthly Auto Auction is back this July with a variety of vehicles ready for new owners. Browse the available inventory at the auction lot located on 3rd Street, then place your bid during the auction period.

- Bidding Period: July 17-26
- Wednesday-Sunday | 0900-1800
- Place your bid at Five-O Motors (on 2nd Street)

For auction details, bidding instructions, and FAQs, visit: hawaii.usmc-mccs.org/autohobby

KLIPPER GOLF COURSE DEMO DAY

SATURDAY, JULY 4, 1000 - 1400

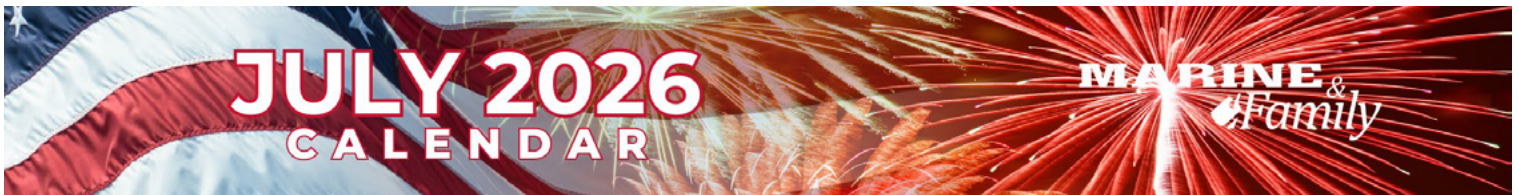
Get ready to dial in your game at the Klipper Golf Course's Demo Day, featuring premium golf brand PXG on Saturday, July 4th from 1000 - 1400. Golfers will have the opportunity to test PXG clubs firsthand, get expert insight, and find the right fit before you buy.



CUTCO KNIFE DEMONSTRATION

WEDNESDAY - SUNDAY, JULY 1-5, MCX Main Exchange Courtyard

Discover why CUTCO has been a trusted name in kitchen cutlery for generations. Stop by the MCX Courtyard from July 1-5, 1000-1600 to see live demonstrations, explore premium kitchen knives and accessories, and learn what sets CUTCO's American-made craftsmanship apart.



TAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.496.7786 ombkbay.mcbhirrs@usmc-mccs.org

INFORMATION REFERRAL & RELOCATION


Resource to support a smooth transition on & off base.

JUL 09	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel – Bldg 6677
JUL 15	PCS & Moving Workshop	0830-1100	Bldg 579
JUL 15	Sponsorship Training	1300-1345	Bldg 579
JUL 15	Sponsorship Coordinator Training	1400-1445	Bldg 579
JUL 22	PCS & Moving Workshop	0830-1100	Bldg 579
JUL 23	Welcome Aboard: New Arrivals Orientation	1300-1530	Base Chapel – Bldg 6677
M-F	Lending Locker Services		Bldg 579

808.496.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

JUL 06	L.I.N.K.S. Foundations Part 1 – <i>The Maze</i>	0815-1130	Bldg 579
JUL 07	L.I.N.K.S. Foundations Part 2 – <i>The Corps</i>	0815-1130	Bldg 579
JUL 09	LifeSkills: Real Relationships-- <i>participants build and maintain healthy relationships by exploring communication, trust, expectations, conflict resolution, and the skills needed to create strong, meaningful connections with others.</i>	0900-1100	Bldg 579
JUL 14	OPSEC/PII Training- <i>What is OPSEC and PII? And how to protect it. *This is NOT an Active Duty or DoW Employee Training, this is an annual requirement for Volunteers or those interested in learning how to protect themselves and their Service Members better*</i>	0830-0930	Bldg 579
JUL 14	UPFRP Command Team Advisor/Family Readiness Assistant Training— <i>this training will cover all required training for newly appointed volunteers (EXCEPT L.I.N.K.S. Foundations)</i>	0830-1100	Bldg 579
JUL 15	What's In Your Family Care Plan? and Readiness Handbook Workshop— <i>understanding what should be in a family care plan and why it is important</i>	0830-0930	Virtual
JUL 15	Passport to Volunteering – <i>For new volunteers interested in tracking hours</i>	1000-1100	Virtual
JUL 17	LifeSkills: Four Lenses— <i>helps participants better understand personality styles, communication preferences, and relationship dynamics to build stronger connections in both personal and professional settings.</i>	0830-1030	Bldg 579
JUL 23	LifeSkills: Inner Balance: Stress Management — <i>practical strategies for recognizing stress, building resilience, and developing healthy coping skills to better navigate everyday challenges and maintain overall well-being.</i>	1300-1500	Bldg 579
JUL 27	UPFRP Command Team Training – <i>newly appointed XO, SgtMaj, Chaplains, SMP Reps</i>	0830-0930	Bldg 579
JUL 27-28	UPFRP Uniformed Readiness Coordinator Training, 2 days – <i>newly appointed URC's</i>	Mon 0930-1500 Tues 0830-1500	Bldg 579
	QR Code for Class Registration Form—All monthly classes		808.496.2650

FINANCIAL MANAGEMENT

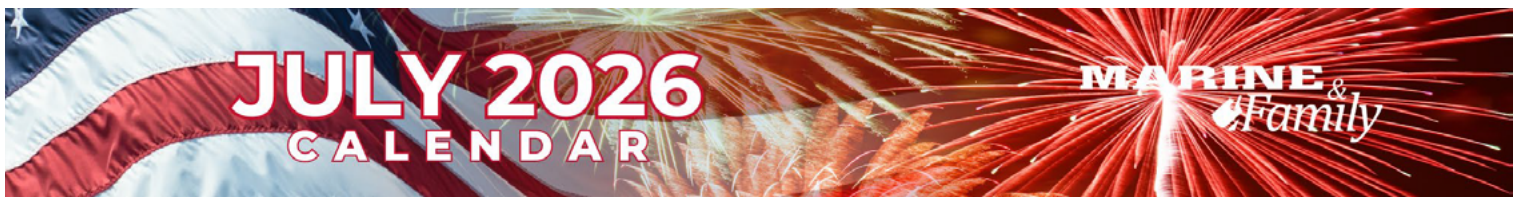
Learn to understand your 'why' to rewrite your financial story.

JUL 07	Thrift Savings Plan (TSP)	0800-0900	Bldg 220
JUL 07	Continuation Pay	0900-1000	Bldg 220
JUL 07	Marriage & Money	1300-1430	Bldg 220


E: pfc1.honolulu@magellanfederal.com | pfc2.hawaii@magellanfederal.com

808.496.7783

P: 808.282.1338 | 808.260.6832



NEW PARENT SUPPORT		<i>Support program for parents of newborns to 5 years old.</i>	
JUL 13	Baby Boot Camp	0800-1630	Bldg 216
Mondays	Bump to Baby Hui – Pregnancy /Postpartum Support Group	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2nd & 4th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	WIC every Friday *Call 808-259-7940 for appt	1000-1500	Bldg 219, Rm 106
FOLLOW:	@MCBHNEWPARENT	808.496.7780/8803	

FAMILY MEMBER EMPLOYMENT		<i>Employment readiness workshops, classes & resources.</i>	
JUL 01	Navigating USAJobs Class – Explore & Find Federal Jobs Like a Pro	0830-1130	Bldg 220
JUL 01	Ten Steps to a Federal Job® Class – Break into Government Careers	1300-1600	Bldg 220
	REGISTER on Eventbrite or scan QR Code to receive event details	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.7097

EXCEPTIONAL FAMILY MEMBER PROGRAM		<i>Workshops & events for exceptional family members.</i>	
JUL 15	Sensory-Friendly Storytime: Partnered with the Library Building Networks of Support	1000	Bldg 219, Rm 106
Tuesdays	Family Case Worker support services at KBay Health Clinic to assist with questions and DD2792 form completion/submissions.	0830-1300	Health Clinic, Kbay – Bldg 6905
FOLLOW:	@EFMPHAWAII E: MCBH.EFMP@USMC.MIL	808.496.0290	

TRANSITION READINESS		<i>Transition counseling, resources & education for active duty.</i>	
JUL 07 & 21	SkillBridge & NCMIS Application Brief No registration Required	1230-1400	Bldg 219, Rm 108
JUL 09-10	Boots 2 Business Registration Required - please call or email	0900-1500	Bldg 219, Rm 108
JUL 29	Career & SkillBridge Expo No Registration Required	1300-1500	Bldg 1196
E:	MCBH.TRP.INQUIRY.SMB@USMC.MIL	808.496.4910	

COUNSELING/PREVENTION		<i>Counseling and support services and workshops.</i>	
JUL 21	SACC – UPC Course	0800-1500	Bldg 279
JUL 27	SACC – Prime for Life 4.5	0730-1200	Bldg 279
JUL 31	Making Marriage Work Workshop *Must register by calling 808-496-7780/8803	0800-1630	Bldg 216
Tuesdays	Anger Management *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar 0-12 *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar Teen *Must register by calling 808-496-7780/8803	1300-1430	Bldg 216
Thursdays	Warrior Maintenance Stress Management *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
M-F	CCP Walk-in Screenings	0800-1500	Bldg 216
CCP & FAP: 808.496.7780/8803		SACC: 808.496.2456	



EDUCATION CENTER

Programs, resources, workshops and services to help you succeed.

JUL 06	SpouseWorks Monday (formerly MyCAA): <i>Stop by to learn about this education benefit to spouses of active-duty service members</i>	1130-1230	Bldg 220
JUL 07	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
JUL 07	DLAB: Defense Language Aptitude Battery	1300-1500	Bldg 220
JUL 09	DLPT: Defense Language Proficiency Test	0900-1500	Bldg 220
JUL 10	G.I. Bill Workshop: <i>Learn about the G.I. Bill and essential information to help you and your family make the most of your VA education benefits</i>	1130-1230	Bldg 220
JUL 21	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
JUL 21	DLAB: Defense Language Aptitude Battery	1300-1500	Bldg 220
JUL 23	DLPT: Defense Language Proficiency Test	0900-1500	Bldg 220
Wednesdays	Tuition Assistance 101: <i>Covers eligibility requirements, how TA works, and the educational benefits available to active-duty service members.</i>	1130-1230	Bldg 220
Fridays	FAFSA Friday: <i>Need help filling out FAFSA? Stop by to complete your FAFSA application form.</i>	1130-1230	Bldg 220

808.496.2158

JUNE '26 - AUGUST '26

NA KOA CALENDAR OF EVENTS



JULY

- 4 Runway Run
- 9 New Arrivals Orientation
- 11 Summer Slam Power Lifting Meet
- 16 SMP Pool Tournament
- 18 SMP Video Game Tournament
- 31 Kasal HERO WOD

AUGUST

- 1 Bellows Rucksack Race
- 6 New Arrivals Orientation
- 20 SMP Pool Tournament
- 28 The Donahue HERO WOD

SEPTEMBER

- 3 New Arrivals Orientation
- 12-13 Tradewind Triathlon
- 16 Warrior Athlete Team Competition
- 17 SMP Pool Tournament
- 25 Rankel HERO WOD

LEARN MORE ABOUT THE NA KOA CUP

YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES

Questions? (808) 254-7590

**Dates and times subject to change*



No DoD or USMC endorsement intended.

ONGOING

CO Race Series

Send a picture to Semper Fit of your CO and SgtMaj together at one of the races.

Contact: (808) 254-7590

Single Marine Program

- E8 or higher attend SMP Council Meetings
- Volunteer Opportunities

SMSP Contact: (808) 254-7593

Beast Board

Get on the board.

Contact: (808) 254-7597

Intramural Sports

Weekly Run Club.

Contact 808-254-7591

Health Promotions Classes

Contact HP Educator: (808) 254-7597

Semper Fit Gym

Volunteer Opportunities.

Contact: (808) 254-7597

Marine & Family Programs

- Attend a Marine Corps Family Team Building LifeSkills Class
- Attend any Personal Financial Management Program class
- Schedule in-unit Family Advocacy, New Parent Support, Community Counseling, or Substance Assessment Counseling Center brief/training
- Invite Family Advocacy Program or Substance Assessment Counseling Center to a unit event



Current Unit Standings & How to Earn Points

YOUTH SUMMER EVENTS

MCSCS
SEMPER FIT

LIL LEATHERNECKS

FRIDAY, JULY 17, 0800-1130, Sgt Maj Porter Field



Day in the life of a Marine. Get ready for the Presidential Physical Fitness Test | Mock PT and CFTs | Resiliency activities and training.

Each registered participant will receive an official Lil Leathernecks event t-shirt and a certificate of participation.



FREE!

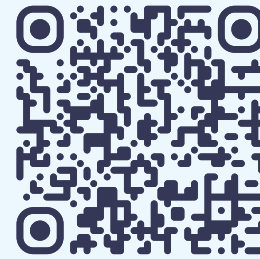
YOUTH OCEAN AWARENESS PROGRAM

JULY 29 - 31, 0800-1200 | FREE | 11 years old - 17 years old

Activities:

- Swim Skills
- Swim Test/Assessment
- Rescue Training/Demos
- Learn about Marine Species
- Proper Etiquette for Marine Animals Encounters
- Ocean Safety Skills
- Lifeguard Demos

Registration Deadline: July 24 | Limited Spots Available! | Questions: kbaz_hqbn_safety_civ@usmc.mil



Registration opens July 2nd

SEMPER FIT GYM REMINDER

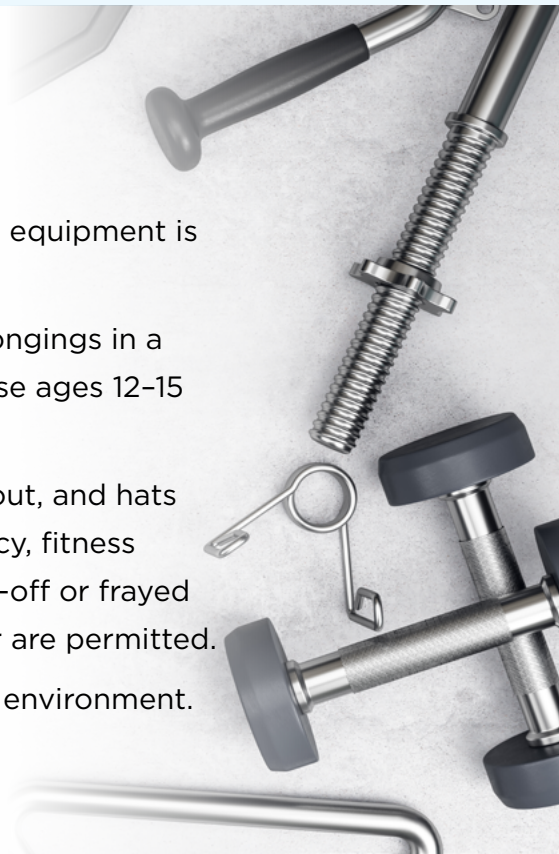
Attention Fitness Center Patrons:

Please re-rack all weights and wipe down equipment after use. Cardio equipment is limited to 30 minutes.

Bags are not permitted on the fitness floor; please store personal belongings in a locker. Children under 12 are not allowed in the fitness center, and those ages 12-15 must be accompanied by an adult.

Proper athletic shoes are required to stay on during your whole workout, and hats are not authorized indoors. In accordance with MCBH dress code policy, fitness attire must be conservative and appropriate. No exposed midriffs, cut-off or frayed clothing, visible undergarments, or undergarments worn as outerwear are permitted.

Thank you for helping us maintain a safe, clean, and respectful fitness environment.



KASAL

JULY HERO WOD

JULY 31, 1200, SgtMaj Porter Field

In Honor of SgtMaj Bradley Kasal. In 2004, while serving as First Sergeant for 3rd Battalion, 1st Marines, Weapons Company, Kasal was injured in Fallujah, Iraq. After being wounded by gunfire, Kasal was tending to another wounded Marine when he saw a grenade next to them. Kasal lay on top of his Marine to protect him from the blast, sustaining injuries from more than 43 pieces of grenade shrapnel. While losing blood, Kasal refused medical treatment and extraction until the other Marines received treatment, while shouting encouragement as they cleared the building. For his actions, Kasal received the Navy Cross in 2006, the military's second-highest award for valor. Sergeant Major Kasal retired from the Marine Corps on May 18, 2018.

Workout:

100 Thrusters
(Barbell or KB)
Every minute:
3 Burpees

SAVE THE DATE: SUMMER SLAM POWER LIFTING MEET

SATURDAY, JULY 11, 0800, Human Performance Center

Na Koa: 25 pts per entry; 1st 100, 2nd 75, 3rd 50

Timeline

Check-in: 0800-0815

Rules/Warm-up: 0815-0900

0900-1100 Squat Flights

1100-1230 Bench Flights

1230-1400 Deadlift Flights

Divisions and Weight Classes:

Male:

Lightweight: up to 165lbs

Middleweight: 166lbs-198lbs

Heavyweight: 199lbs+

Female:

Lightweight: up to 135lbs

Middleweight: 136 to 165lbs

Heavyweight: 166lbs+

All competitors must participate in all three lifts. Check in time is only at 0800-0815 (before the first event). All participants must be checked in before the first lift in the morning.



Register on
LeagueApps

COMMANDER'S NA KOA CUP



Coca-Cola HAWAII
BOTTLING OF
A SUBSIDIARY OF THE ODOM CORPORATION

  @SemperFitHawaii

Follow us on Social Media



Dates and times
subject to change

Questions? (808) 254-7597

*No DoD or USMC
endorsement intended.*

CO RACE SERIES

UPCOMING RACES



NEXT RACE

COMMANDER'S
NA KOA CUP

PRESENTED BY
Coca-Cola HAWAII
BOTTLING OF
A SUBSIDIARY OF THE **ODOM CORPORATION**

MCCS SEMPER FIT

250th ANNIVERSARY
4TH OF JULY
RUNWAY RUN 5K

REGISTER ON LEAGUEAPPS

AMERICA 250

SATURDAY JULY 4 0700

OPEN TO THE PUBLIC

MCBH Flight Line

COMMANDER'S
NA KOA CUP

7 **Coca-Cola HAWAII**
BOTTLING OF
A SUBSIDIARY OF THE **ODOM CORPORATION**

@SemperFitHawaii

[LeagueApps Registration Link](#)

Na Koa: 10^{pts} Per Entry

Themes and dates subject to change
Questions? (808) 254-7590
ombkbayathletics@usmc-mccs.org

No DoD or USMC endorsement intended.

BELLOWS RUCKSACK RACE

AUGUST 1

Experience the breathtaking scenery as you traverse open fields, forested trails, and challenging hills. Active-duty can pre-qualify for the Norwegian Foot March”

TRADEWIND TRIATHLON

SEPTEMBER 12-13

The stunning views of Kaneohe Bay and the Koolau Mountains, makes this arguably one of the most beautiful and unique backdrops for a sprint triathlon on Oahu

SAVE THE DATES

- Norwegian Foot March, October 23
- Turkey Trot 5K/10K, November 21
- Jingle Bell Jog 5K, December 12



View the 2026 CO Race Series Calendar



NA KOA CUP SUMMER SERIES

07/13 - 07/16	.3x3 Basketball Tournament Main Gym
07/27	Pickle Ball Night Tennis Courts
07/28	Golf Chipping Competition Klipper Golf Course
07/29	Golf Putting Competition Klipper Golf Course
08/11	Softball Home Run Derby Annex Field
08/19	Track Meet (Females) Sgt Maj Porter Field
08/20	Track Meet (Males) Sgt Maj Porter Field

IM SPORTS SEASON

Open to all 18+ year old DoD ID cardholders. Earn Na Koa Points for your unit. Contact: IM Sports Coordinator at 808-254-7591 or ombkbayathletics@usmc-mccs.org for questions.

VOLLEYBALL

SEASON BEGINS AUGUST 17 | COACHES MEET AUGUST 12

Deadline to register is 8/12.

FLAG FOOTBALL

SEASON BEGINS AUGUST 31 | COACHES MEET AUGUST 26

Deadline to register is 8/26.

RUN CLUB

EVERY THURSDAY, 1800, Semper Fit Main Gym

Each run will start and end at the track of Sgt Maj Porter Field. Earn discounts on CO Race Series after participating in at least 5 run clubs.

15 points for each week for attendance and participation.



COMMANDER'S
NA KOA
CUP



Coca-Cola HAWAII
BOTTLING OF
A SUBSIDIARY OF THE ODOM CORPORATION

  @SemperFitHawaii

Register on LeagueApps

Sign up to get dates

*Dates subject to change



Contact IM Sports Coordinator:
(808) 254-7590 or email
ombkbayathletics@usmc-mccs.org

No DoD or USMC endorsement intended.

SINGLE MARINE PROGRAM

*OPEN TO ACTIVE-DUTY SINGLE MARINE & SAILORS ONLY



FREE MOVIE NIGHT

FREE PRE-RESERVED seats open to SINGLE, UNACCOMPANIED Marines & Sailors. Tickets limited.

REGISTER NOW



**POOL
TOURNAMENT**
16 JULY

COUNCIL MEETINGS

7 & 21 July

Video Game Tournaments and
Movie Nights sponsored by:



No DoD or USMC endorsement intended.

FREE LUNCH

July 25 Super Smash Bros Tournament
1st Place \$100 | 2nd Place \$50

SPECIAL EVENTS

- Stars, Stripes, & Sweet Guesses
- Thirsty Thursday: Float Night
- World Cup Final Fan Fest
- Thirsty Thursday: Protein Power Hour

VOLUNTEER OPPORTUNITIES

- AccesSurf
- AFBP Blood Donation
- AFE Heatwave
- ASYMCA Ohana Open Market
- Base Safety Oceanfest
- Beach Clean-up
- Hawaii Food Bank
- Institute for Human Services
- Lil Leathernecks
- Rec Center Field Day

NA KOA QUALIFYING EVENTS

1. E-8/higher attend Council Mtg (100pts)
1 max/unit, per mtg
2. Pool & Video Game Tournaments
1st 75pts, 2nd 50pts 3rd 25pts, 20pts/entry - 2 max/unit/event
3. Volunteer activities (10pts/activity)
2 max/unit/event



SMP Eventbrite



SMP Calendar



No DoD or USMC endorsement intended.

Questions? 808-254-7593 | *Dates and times subject to change

READY?

PRE-DEPLOYMENT CHECKLIST



TASK CHECKLIST

- Time Together
Quality time with loved ones
- Unit To-Dos
See your URC/DRC for unit-specific checklist
- Health Care
Family members enrolled in DEERS and Tricare
- Family Care Plan
Ensure family is taken care of
- Pets
Arrange caretaker, update records
- Home Preparation
Maintenance, mail, lease
- Vehicle Preparation
Storage, maintenance, lease
- Personal Security
Family and friends apprised of OPSEC
- Information and Records
Review, update and store legal documents
- Wills and Powers of Attorney
Wills, power of attorney
- Emergency Planning
Emergency contact information
- Military ID
Valid military-issued IDs. Update information
- Financial Plan
Auto-pay? Savings deposit plan?
- Communication Plan
How to communicate during deployment
- Voting
Registration? Absentee ballot?

DOCUMENTS CHECKLIST

Before you deploy, consider reviewing the following documents with someone you trust.

Financial

- Recent bank statements
- Credit card statements
- Leave & earnings statements
- Investment statements & earnings reports
- Monthly bills
- Tax forms from recent years

Legal

- Wills
- Power of attorney paperwork
- Birth certificates or adoption paperwork
- Marriage certificate or divorce papers

Health

- Medical history
- Health insurance paperwork
- Dependents' medical history
- Dependents' health insurance paperwork

Home

- Leasing agreement or deed
- Mortgage Agreement or paperwork
- Homeowner's or renter's insurance policy

Vehicle

- Registration & title
- Vehicle insurance policy
- Service & maintenance history

For full list go to [militaryonesource](https://militaryonesource.com)