



MONTHLY

SEMPER DISCENS

2025 UPCOMING MCCS EVENTS

APRIL 2025 UPDATE

Color Run for a Cause



STAY CONNECTED:
HAWAII.USMC-MCCS.ORG

MCCS HAWAII
LNKTR.EE





GOT BARRACKS ISSUES? REPORT & TRACK VIA QSRMAX

A MESSAGE FROM MCBH BASE HOUSING:

The QSRmax Service Request Portal allows Marines to register maintenance requests.

- Barracks sergeants remain in control and have awareness of the reported issues
- Provides feedback to the Marine on the status of their service request

1. SCAN

Access the portal on your mobile device



2. REPORT

Select building, type few words to report issue

3. VALIDATE

Watch officers review requests and forward to Facilities Mgt where appropriate

FAMILY PROGRAM PHONE NUMBER UPDATES

CHANGES! 257->496

Child & Youth Programs	496-7430
Family Member Employment Assistance Program	496-2653
Information, Referral & Relocation Services	496-7786
Kulia School Age Care	496-2030
Kupulau CDC	496-1388
Laulima CDC	496-2038
Marine Corps Family Team Building	496-2657

NEW!



**MCCS PHONE
DIRECTORY** >>>



VOLUNTEER - CHAMPION A CAUSE

MAKE A SPLASH, MAKE A DIFFERENCE

Help raise awareness for the causes and campaigns during April including Child Abuse Prevention Month, Month of the Military Child, Sexual Assault Awareness and Prevention Month, Volunteer Month and Alcohol Awareness Month.

INTERESTED IN VOLUNTEERING?

Help set up, break down, clean up, spread awareness, spread some color and cheer on walkers and runners in the first ever Color Run for a Cause at MCBH.

Volunteers will receive an LOA. Contact: ombkbyathletics@usmc-mccs.org or 808-254-7590



APRIL AWARENESS CAMPAIGNS

ALCOHOL AWARENESS MONTH

Life can be stressful. Learn healthy ways to cope. Alcohol misuse affects individuals, families, and communities. This month, take the time to learn about responsible drinking, support those in recovery, and spread awareness about the dangers of alcohol abuse. Knowledge saves lives. If you or someone you know is struggling with Alcohol dependence, contact [Substance Assessment & Counseling, Bldg 279 3D Deck, \(Base Safety Bldg\)](#)



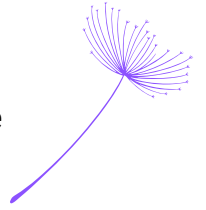
CHILD ABUSE PREVENTION & AWARENESS MONTH

Every child deserves a safe and nurturing environment. This April, join the fight against child abuse by raising awareness, supporting families, and advocating for protective measures. Together, we can build a brighter future for our children. Healthy, happy family come from healthy, happy habits and parenting skills. [Learn more.](#) Don't miss the [Family Fun Fair](#) on April 18!



MONTH OF THE MILITARY CHILD

Military children serve, too! Honor the resilience and sacrifices of military children worldwide. Join us in celebrating their strength, adaptability, and courage in the face of unique challenges. Wear purple on Apr 15, Purple Up! Day!



NATIONAL LIBRARY WEEK (APR 6 -12)

National Library Week is an annual celebration highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities. Follow [@mcbhlibrary](#) to stay updated on all the fun events.



NATIONAL VOLUNTEER MONTH

Volunteers are the heart of every community! This month, we recognize and celebrate those who dedicate their time and talents to making a difference. Whether big or small, every act of service matters. [Get involved today!](#)



SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

2025 Sexual Assault Awareness and Prevention Month theme is “STEP FORWARD. Prevent. Report. Advocate.” The STEP FORWARD campaign is a call to action for all individuals to use their personal and collective strength to advance meaningful change in preventing and responding to sexual violence. [Learn more.](#)



COLOR RUN FOR A CAUSE

April 12, join Semper Fit and Marine & Family Programs to raise awareness for all of the April causes at the first-ever Color Run For a Cause.



[DOWNLOAD THE APRIL CALENDAR OF EVENTS](#)

APRIL AWARENESS CALENDAR OF EVENTS

- 1 **Awareness Kickoff Event.** 0900-1100 @ LZ 216 field behind Base Safety. Proclamation signing with MCBH leadership. Open to everyone aboard MCBH.
SAAPM. **Day of Action** - Wear teal all month to support SAAPM.
MOMC. **Bloom Where You're Planted.** 0900 @ Bldg 216 Lawn. Join New Parent Support to plant wildflower seeds in pots to take home and watch bloom.
- 2 **EFMP Resource Fair.** 1400-1600 @ Resource & Referral, Bldg 5082, Lawrence Road. Sensory-Friendly event with waterbeads, snow, fingerpainting and make and take storyboards - with other giveaways
- 4 Child Abuse Prevention. **Go Blue Day!** Wear your favorite blue. Show your support in preventing child abuse
- 9 SAAPM. **Breathe & Heal Yoga.** 1000-1100 @ *Kulia Fitness Center*. Tools for mental and emotional well-being, supporting physical health. [Register with SAPR.](#)
- 10 National Library Week (April 6 - 12). **Library Storytime.** 0915 @ Base Library.
Alcohol Awareness. **National Alcohol Screening Day.** 1000-1300 @ Food Court & Chow Hall.
- 12 Semper Fit **Color Run for a Cause.** 0700. Every step helps raise awareness. Let's make a colorful impact together! [Register now.](#) To volunteer, contact ombkbayathletics@usmc-mccs.org
- 15 MOMC. **PURPLE UP!** On April 15th, recognize some of the military's most unsung heroes - their children. Wear purple (which represents all branches of the military, showing unity with each other).
- 16 **Sensory-Friendly Storytime.** 1000 @ Library Rm 106. Stories & activities tailored to kids' sensory needs.
SAAPM. **Paws for Healing.** 0900-1100 @ B219 Courtyard. Engage with trained therapy dogs for emotional healing and stress relief.
- 17 Alcohol Awareness. **Dodgeball Tournament.** 0900-1100 @ SF Main Gym Basketball Courts.
- 18 Child Abuse Prevention. **Family Fun Fair.** 1100-1400 @ Dewey Square. Bring the family out for a day of quality time. Enjoy egg hunts by age, bubble zone, obstacle course, face painting, balloon twisting, temporary tattoos, food trucks and more!
- 22 Earth Day. **Earth Day Microplastic Collage Craft.** 1530 @ Base Library Classroom 106. Ages 5-12. Families encouraged to participate.
- 23 SAAPM. **Empowerment & Action Self-defense Class.** 0900-1100 @ Human Performance Center. Participants learn to think critically and react appropriately in high stress situations, which is a valuable skill both in and out of self-defense scenarios. [Register with SAPR.](#)
MOMC. **Month of the Military Child Storytime.** 1000-1100 @ Mokapu Mall. Join the Base Library for a special story time event celebrating MOMC!
- 24 Learn & Earn. **All Ranks Annual Training Fulfillment.** 0900-1100 & 1300-1500 @ Classroom 7, Bldg 1090. Fulfill your Substance annual training & SAPR-related training requirements. All ranks welcome. Open forum on Alcohol Awareness, Sexual Assault Prevention and Child Abuse Prevention.
- 27 MOMC. **Drive, Chip & Putt.** 1300-1730 @ Klipper Golf Course. Junior Golf Competition for experienced golfers, 7-15 years old. For more information, contact the Klipper Golf Course at (808) 254-2107
- 30 SAAPM - **Denim Day.** Show solidarity. Spread awareness. Make a statement. Wear denim. [Learn the history of denim day.](#)

*Schedule subject to change

[**DOWNLOAD THE APRIL CALENDAR OF EVENTS**](#)



APRIL 2025 CALENDAR

**MARINE &
Family**

STAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

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

INFORMATION REFERRAL & RELOCATION

Resource to support a smooth transition on & off base.

APR 03	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
APR 09	PCS & Moving Workshop	0830-1100	Bldg 579
APR 10	Sponsorship Training	0900-0945	Bldg 579
APR 10	Sponsorship Coordinator Training	1000-1045	Bldg 579
APR 23	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579
FOLLOW:	@MCBHIRRS		808.496.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

APR 08	Passport to Volunteering	1100-1200	Virtual
APR 08	Volunteer Ready	1200-1300	Virtual
APR 09	Family Care Plan & Readiness Binder	1130-1230	Virtual
APR 15	L.I.N.K.S. Foundations	0830-1330	Bldg 579
APR 15	UPFRP Command Team Advisor/Family Readiness Assistant Training	1400-1530	Bldg 579
APR 28	UPFRP Command Team Training	0830-0930	Bldg 579
APR 28-29	UPFRP Readiness Coordinator Training	0830-1500	Bldg 579
			808-496-8848

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

APR 01	Special Play Group with Seed Planting Activity	0900-1030	Bldg 216
APR 14	Baby Boot Camp *Registration required	0800-1600	Bldg 216
Mondays	Post Partum Support Group	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2nd & 4th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	Infant Massage – 4-week course *Registration required	1000-1100	Bldg 216
Fridays	WIC every Friday *call 808-259-7940 for appt	1000-1500	Library classroom, 1stFL
FOLLOW:	@MCBHNEWPARENT		808.496.8803

FINANCIAL MANAGEMENT

Learn how to manage money and achieve financial success.

APR 01 & 15	Thrift Savings Plan	0800-0930	Bldg 220
APR 01 & 15	Promotion	1000-1100	Bldg 220
APR 01 & 15	Continuation Pay	1100-1200	Bldg 220
APR 01 & 15	Marriage and Money	1300-1500	Bldg 220
APR 03	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
APR 08 & 22	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
APR 17	Car Buying	1300-1400	Bldg 220
APR 25	Saving and Investing	1000-1200	Bldg 220
APR 28-MAY 2	Command Financial Specialist Course * 808-496-7783 to register	0800-1600	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1230	Single Marine Center
Thursdays	Camp Smith Office *must call 808-496-7783 for appt	0800-1200	Rm 116 Camp Smith
			808.496.7783

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

APR 02	Ten Steps to a Federal Jobs Class *Register by email	0830-1130	Bldg 219, Rm 106
APR 02	Federal Employment & Navigating USAJobs Class *Register by email	1300-1530	Bldg 219, Rm 106
APR 16	Civilian Resume Writing Workshop *Register by email	0830-1130	Bldg 579
APR 16	Interview Skills Workshop *Register by email	1300-1530	Bldg 579

E: OMBKbayFmeapHI@USMC-MCCS.ORG

808.496.2653

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

APR 02	EFMP Resource Fair	1400-1600	Bldg 5082, grassy lawn
APR 16	Sensory-friendly Storytime w/ songs & movement activities	1300	Classroom 2, next to EFMP Office
APR 21	Family Field Trip - Makapu'u lighthouse trail – Trail is paved	1430	RSVP via phone/email day before
Tuesdays	Family support services at Kaneohe Health Clinic	0830-1130	Health Clinic, Kbay – Bldg 6905

FOLLOW: [@EFMPHAWAII](https://www.instagram.com/efmphawaii)

E: MCBH.EFMP@USMC.MIL

808.496.0290

COUNSELING/PREVENTION

Counseling and support services and workshops.

APR 01	SACC – Alcohol Awareness Month Kickoff	0900-0930	Behind Bldg 279
APR 02-04	SACC – Prime for Life 16.0	0800-1500	Bldg 279
APR 06-07	SACC – Prime for Life 4/20	0800-1500	Bldg 279
APR 10	SACC – National Alcohol Screening Day	1000-1300	Chow Hall & outside food court
APR 12	M&FP and Semper Fit – Color Run for a Cause	0700	Dewey Square
APR 15, 16 & 18	SACC – Prime for Life 16.0	0800-1500	Bldg 279
APR 17	SACC – Dodgeball Tournament	0900-1100	Semper Fit Basketball Courts
APR 18	FAP – Family Fun Fair	1100-1400	Dewey Square
APR 22	SACC – UPC Course	0800-1130	Bldg 279
APR 24	SACC – Wrap-Up Event	0900-1100 & 1300-1500	Base Theater
APR 28	SACC – Prime for Life 4.5	0730-1200	Bldg 279
Mondays	Married & Loving it *Call 808-496-7780/8803 to register	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar 0-12 *Call 808-496-7780/8803 to register	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar Teen *Call 808-496-7780/8803 to register	1300-1430	Bldg 216
Tuesdays	Emotional Intelligence Workshop (Anger Management) Must register by calling 808-496-3955	0900-1030	Bldg 216
Thursdays	Warrior Maintenance Stress Management Must register by calling 808-496-3955	0900-1030	Bldg 216
M-F	CCP Walk-in Screenings	0800-1500	Bldg 216

FOLLOW: [@MCBHAWAII](https://www.instagram.com/mcbhawaii)

808.496.7780

EDUCATION CENTER

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

APR 03	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
APR 07	MyCAA	1130-1230	Bldg 220
APR 10	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
APR 15	Higher Education 101: Intro to Higher Ed	1130-1230	Bldg 220
APR 17	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
APR 21	MASP: Military Academic Skills Program	0800-1600	Bldg 220
Wednesdays	TA 101	1130-1230	Bldg 220
Fridays	FAFSA Friday!	1130-1230	Bldg 220

FOLLOW: [@MCBHEDUCATION](https://www.instagram.com/mcbheducation)

808.496.2158

FAMILY FUN FAIR

FRIDAY, APRIL 18, 1100-1400,
DEWEY SQUARE

Help raise awareness for Child Abuse Prevention Month!

Family-fun activities include:

Bubble Zone, Obstacle Course, Egg Hunt, Face Painting, Balloon Twisting, Food Trucks and more!



Egg hunt times:

1130 ages 1-2

1210 ages 3-5

1250 ages 6-8

1330 ages 9 and above



*No USMC or DoD endorsement intended

FREE FAMILY PICKLEBALL NIGHT

FRIDAY, APRIL 25, 1700
@ MCBH Tennis Courts

Open to families with kids of all ages & singles as well!

- Open pickleball play
- Learn the basics
- King of the Court games
- Food trucks
- Raffles and prizes

**REGISTER ON
LEAGUE APP**



FAMILY CHILD CARE Q&A

Come learn more about the benefits of becoming a Certified Family Care Provider. Get your questions answered about the do's and don't's of in-home childcare on-base.

THURSDAY, APRIL 24, 1100-1200 @Waikulu Center, MCBH, 5081 Bingham Way
Questions? (808) 496-7430

DID YOU KNOW?

Providing unauthorized childcare on-base will result in immediate cease of operations and may also result in eviction. *Refer to your resident handbook for more information.

Unauthorized childcare is when individuals who are not base-certified, provide childcare services out of military quarters on a regular basis for 10+ cumulative hours per week (eg. childcare for three children for four hours is 12 cumulative childcare hours)

Child & Youth Programs can assist interested candidates with certification.



NEW CLASSES FOR COUPLES & PARENTS

MARRIED & LOVING IT

MONDAYS, 0900-1030, BLDG 216

This 5 class series is great for pre-marriage, newlyweds, married for a few years and anyone who wants to work on their relationship.

Topics covered includes:

- Communication
- Finances
- Identifying Anger in the Relationship
- Conflict Resolution
- Making Decisions Together

Call **496-7780/8803** to register.



POSITIVE PARENTING WORKSHOP

NEW Triple P's 3 PART SEMINAR to increase confidence in managing behaviors and reducing parenting stress

PARENTS W/KIDS AGES 0-12

WEDNESDAYS, 0900-1030

- Seminar 1: The Power of Positive Parenting
- Seminar 2: Raising Confident, Competent Children
- Seminar 3: Raising Resilient Children

PARENTS W/ TEENS

WEDNESDAYS, 1300-1430

- Seminar 1- Raising Responsible
- Seminar 2- Raising Competent
- Seminar 3- Getting Teenagers Connected



NEW PROGRAMS FOR NEW PARENTS! **W/NEW PARENT SUPPORT**

OPERATION DADS GROUP

2ND & 4TH THURSDAYS, 1130-1230, BLDG 216

Casual gathering where dads can bond with their little ones and connect with other fathers.

POSTPARTUM SUPPORT GROUP

MONDAYS, 1000-1100, Bldg 216

The postpartum period is tough. You don't have to do it alone.

- Connect with other parents
- Talk about your experience
- Learn helpful tools and resources to help you feel like yourself again

Questions? Contact New Parent Support at 808-496-8803

GLAMORAMA: BEAUTY DEALS IN FULL BLOOM

April 9 – 22, MCX Main Exchange

Glam deals drop April 9 - 22, that's three weeks of great beauty finds at your MCX. Hint: it's perfect timing for Mother's Day.

- 15% OFF select cosmetics, personal care, fragrances, and skincare
- 50% OFF Glam Daily Deals
- Spend \$50 and receive a Straw Silhouette Tote Bag filled with beauty samples
- Find Ms. Blossom for instant prizes
- Beauty Demo Days
- And so much more!

Restrictions apply. Offer valid while supplies last. Visit store for details.



CELEBRATE GLAM: A DAY OF BEAUTY FOR YOU & FUN FOR THE KIDS!

Saturday, April 12, 1100–1400, MCX Main Exchange

Join us for a BIG celebration of all things GLAM with amazing giveaways, local vendors, beauty demos, special deals, and a creative adventure for your little ones.

- Pop-Up Market
- Prize Drawings every 30 minutes – including the \$250 Grand Prize!
- Glam Gift with Purchase
- 15% OFF Glam Brands
- 50% OFF the Glam Daily Deal

Bloom in your beauty while they create their masterpiece! The Paint Party hosted by Island Heritage includes canvas, paints, brushes, a goody bag, and snack for \$10 per child. Tickets are available at the MCX Main Exchange starting March 31.

Restrictions apply. Offer valid while supplies last. Visit store for details.



GROW, GROOVE & GIVE

MCX JOB FAIR

Saturday, April 12, 1000–1400, Main Exchange Courtyard

Do you know someone who’s ready to start a new career? Let them know about the MCX Job Fair on Saturday, April 12 from 1000–1400 at the Main Exchange.

Meet hiring managers, get help with the application process, and interview on the spot for Experience Specialist, Replenishment Specialist, and Sales Associate positions at the MCX Main Exchange, Marine Marts, and Warehouse. Starting pay is \$15 – \$19 and up per hour, with contingent job offers available the same day.

MCX employees receive competitive benefits, including:

- Military Spouse Preference Eligibility
- 401(k) Retirement Plan with up to a 5% employer match
- Retirement Plan with a lifetime monthly pension annuity after vesting
- Medical, Dental and Life Insurance
- Flexible Spending Accounts
- Short-Term Income Replacement Insurance
- Paid Sick and Vacation Time



Visit careers.usmc-mccs.org, search Hawaii Retail, for details on available positions.

RHYTHM & RHYMES NIGHT AT THE ROCKER ROOM

**Friday, April 25, 1630 – 2200
@ SNCO Club**

The beats are back and the drinks are flowing at the Rocker Room! Hit the dance floor as DJ Q-Steed plays smooth R&B and Hip Hop beats on Friday, April 25 from 2000–2200.

Doors open at 1630 for SNCOs, Officers, and their invited guests.

NAVY MARINE CORPS RELIEF SOCIETY

**Donate April 6 – 22
MCX Main Exchange & Marine Marts**

It pays to do good. GIVE \$5, GET \$5 + an additional 5% OFF* when you donate to the Navy Marine Corps Relief Society (NMCRS) at your MCX from April 6 – 22. NMCRS is always there to help when you need it the most. This is your time to give back.

*Restrictions apply. See an associate for details.

It Pays to Do Good

GIVE \$5 + GET \$5
AN ADDITIONAL 5% OFF

MCX DONATE APRIL 6 - 22, 2025
CORE BRANDS See an associate for details.
CORPS VALUE



PAR-TEE TIME



DRIVE, CHIP, & PUTT COMPETITIVE JUNIOR GOLF EVENT

Sunday, April 27, 1300–1800, Klipper Golf Course

Celebrate the Month of the Military Child at Klipper Golf Course's Drive, Chip & Putt Junior Competition! Young golfers (ages 7–15) can compete for trophies and medals in three skill categories: Best Drive, Chip, and Putt.

- \$5 entry fee | First 72 to register | Prior golf experience required
- Early registration (Active Duty families): March 27 – April 2
- Open registration (All authorized patrons): April 3 – 23

Sign up your young golfer for the ultimate competition.
Call the Klipper Pro Shop at (808) 254-2107 to secure a spot.



SPRING INTO GOLF WEEK

**Monday – Friday, April 14 – 18
Klipper Golf Course**

From April 14–18, enjoy FREE green fees after 1300, up to 20% OFF at the Pro Shop, and a FREE round of golf with a \$200 purchase. Plus, don't miss the Demo Day on April 18 from 1200–1700 to test the latest from top brands in golf.

Be sure to swing by the Klipper Grill for Lunch and receive 10% OFF when you make a purchase of \$100 or more at the Klipper Pro Shop. Show your receipt at the register.

Restrictions apply. Visit the Pro Shop or call (808) 254-2107 for details.

PLAY CARD REWARDS SALE

**Offer valid NOW through April 14
Klipper Golf Course**

Play Card holders get 15% OFF EVERYTHING* in the Pro Shop! Gear up with top-tier equipment, apparel, and accessories—no excuses, just savings.

Not a Play Card holder? Get yours now and cash in on the savings!

*Offer valid on the original ticketed price. Some restrictions apply. Discounts apply to merchandise purchases only. See you at the Klipper!

MARCH '25- MAY '25 CALENDAR

APRIL

- 12 CO Race Series: Color Run for a Cause
- 17 SMP Pool Tournament
- 17 SACC Dodgeball Tournament
- 19 SMP Video Game Tournament
- 26 HITT: Manion Hero WOD



MAY

- 9 CO Race Series: Sunset Flightline
- 15 SMP Pool Tournament
- 26 HITT: THE MURPH Challenge
- 31 CO Race Series: Camp Smith Grueler



JUNE

- 19 SMP Pool Tournament
- 25 HITT: Warrior Athlete Challenge
- 28 HITT: Hero WOD

SCORE AN EASY 500 POINTS >>>
REGISTER A NA KOA UNIT POC*



*Unit can have multiple POC's but points will only be awarded 1x/unit

ONGOING EVENTS

Single Marine Program

- SMP Council Meetings
- Senior Enlisted Advisor or alternate E8
- Email kbaysmsp@usmc-mccs.org for dates
- Volunteer Opportunities
 - For dates: hawaii.usmc-mccs.org/smp
- SMSP Contact: 808-254-7593

CURRENT UNIT STANDINGS



Health Promotions Classes

- Contact HP Educator: 808-254-7473

SemperFit Gym Volunteer Opportunities

- Contact 808-254-7597

Beast Board ~ Make it onto the board

- Contact 808-254-7473

HOW TO EARN POINTS



LEARN MORE ABOUT THE NA KOA CUP



YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES



NA KOA QUESTIONS: (808) 254-7590

*no DoD or USMC endorsement intended. Schedule subject to change.

“THE MANION” HERO WOD~ SAT, APR 26 @ SGTMAJ PORTER FIELD @ 0900

In Memory of Lt Travis Manion

Before his final deployment to Iraq, Travis left us with a simple but powerful ethos. “If Not Me, Then Who...” describes the sense of duty felt by service members and their families. Today it is a constant reminder for all of us to live with character and put the interests of others before our own.

On April 29, 2007, experienced Iraq war veteran from the 1st Recon Battalion, 1stLt Travis Manion, and his fellow Marines were ambushed while searching a suspected insurgent house in the Al Anbar province of Iraq. As he led the counterattack against the enemy forces, Travis was fatally wounded by an enemy sniper while aiding and drawing fire away from his wounded teammates. His courageous acts allowed every member of his patrol to survive. For his actions, Travis was awarded the Silver Star and Bronze Star with Valor.



The workout consists of a 400-meter run and 29 back squats, for 7 rounds; representing 4/29/07 – the date 1stLt Travis Manion was killed while saving his wounded comrades in Iraq.

Workout:

7 Rounds for Time:

- 400m Run
- 29 Back Squats (135/95 lbs)

Scale by reducing back squat weight or rounds.

THE MURPH ~ MON, MAY 26 In Memory of Lt Michael Murphy

Murphy was killed on 28 June 2005 during Operation Red Wings. He had left cover and moved to a clearing away from the mountains, exposing himself to enemy fire in order to obtain a signal for his satellite phone to contact headquarters, relay the situation and request help.[16] He dropped the satellite phone after being shot but managed to pick the phone back up and finish the call. Murphy signed off saying "Thank you", then continued fighting from his exposed position until he died from his wounds.

Murphy was a United States Navy SEAL officer who was awarded the U.S. military's highest decoration, the Medal of Honor, for his actions during the War in Afghanistan.



Registration highly encouraged, but not required for participation.

Workout:

- 1 Mile Run
- 100 Pull-ups
- 200 Push-ups
- 300 Air Squats
- 1 Mile Run

Wear a vest (20/14 lbs) if possible.

Scale by reducing reps/assisted pushups.





UPCOMING RACES

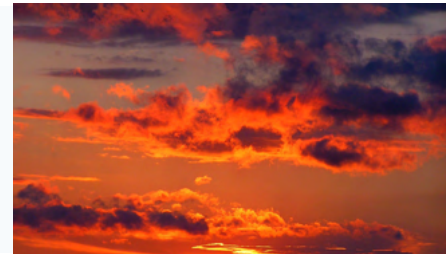
COLOR RUN FOR A CAUSE - SATURDAY, APRIL 12

Every step helps raise awareness for important causes like child abuse prevention and celebrating our military kids – let's make a colorful impact together!



SUNSET FLIGHTLINE - FRIDAY, MAY 9

Join us for a beautiful sunset stroll on the famous MCBH flight line. Stroller-friendly run perfect for the whole family!



CAMP SMITH GRUELER - SATURDAY, MAY 31

Up for a challenge? Tackle the steep inclines and declines of Camp Smith. The run and views will take your breath away!



RUNWAY RUN - FRIDAY, JULY 4

A healthy, beautiful and uniquely patriotic way to kick off the 4th of July holiday along the famous MCBH flight line. Stroller-friendly!



SAVE THE DATES FOR 2025

- Bellows Rucksack Race - August 2
- Keiki & Adult Sprint Triathlon - Sept 13 & 14
- Turkey Trot 5k/10k - November 22
- Jingle Bell Jog - December 20



REGISTER



[Download 2025 CO Race Series Calendar](#)



Questions? P: 808-254-7590
E: ombkbyathletics@usmc-mccs.org

*Themes and date subject to change

*no DoD or USMC endorsement intended



Follow @semperfithawaii

UPCOMING INTRAMURAL LEAGUES & EVENTS

Co-ed Softball Season

Start date: June 9

Registration deadline: June 3

Flag Football Season

Start date: August 11

Registration deadline: August 5

Volleyball Season

Start date: September 8

Registration deadline: September 2

FAMILY PICKLEBALL NIGHT (FREE)

Date: Fri, Apr 25 at 1700

MCBH Tennis Courts

FRIDAY, APRIL 25, 1700

@ MCBH Tennis Courts

Open to families with kids of all ages & singles as well!

- Open pickleball play
- Learn the basics
- King of the Court games
- Food trucks
- Raffles and prizes



REGISTER ON LEAGUE APP



SIGN UP TO GET UPDATES!

*DATES ARE SUBJECT TO CHANGE



Presented by



*no DoD or USMC endorsement intended

Questions: IM Sports Coordinator, 808-254-7591
ombkbyathletics@usmc-mccs.org



Follow @semperfithawaii



SINGLE MARINE PROGRAM

• OPEN TO ACTIVE-DUTY
SINGLE MARINE & SAILORS ONLY •

FEATURED ACTIVITY: SMP DAYS OF SERVICE

Encourages Marines and Sailors to give back to their communities. Various volunteer activities are planned to make a positive impact on the installation and within the community.



FREE MOVIE NIGHT: WARFARE

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



SPECIAL EVENTS:

- Chow Hall Who? (Camp Smith)

Volunteer:

- AccesSurf
- Color Run for a Cause, April 12
- Family Fun Fair, April 18
- Institute for Human Services
- Rec Center Field Day
- **SMP Days of Service (April 20-26)**
 - Hawaii Food Bank Food Distribution, Apr 23
 - Base Beach Clean-up, Apr 23
 - Hawaii Food Bank Food Distribution, Apr 24
 - Hawaii Food Bank Senior Food Boxing, Apr 26



MONTHLY CALENDAR



EVENT REGISTRATION



Council Meetings: Apr 8 and 22
Pool Tournament: Apr 17

NA KOA QUALIFYING EVENTS:

- 1) Volunteer activities
- 2) E-8/higher attendance at Council Meeting
- 3) Pool & Video Game Tournaments



Presented by



*no DoD or USMC endorsement intended

Questions: 808-254-7593



Follow @hawaiismp



NEW TO THE NEIGHBORHOOD?

ALOHA & WELCOME ABOARD MCBH

1 - New Arrivals Orientation will help guide you to the free resources aboard MCBH. It's held monthly and open to spouses. See [upcoming NAO's](#).

2 - SPOUSES! You have options. If you want a small, intimate environment with networking opportunities there's an orientation specifically made for spouses. See [upcoming L.I.N.K.S. workshops](#).

Aloha!

WHAT'S HAPPENING ON BASE?

[Linktr.ee directory](#)

<https://linktr.ee/MCCSHAWAII>

Get the latest updates on MCCS Hawaii special events, family programming, MCX sales and events, fitness activities and events, golfing, water safety, dining and more!

[MCCS HAWAII WEBSITE](#)

[MCCS HAWAII SOCIALS](#)

[PHONE DIRECTORY](#)



NEED A JOB?

[Current Job Openings](#)

- MCCS Hawaii offers a wide variety of positions from lifeguards, counselors, child care professionals and more. See on social: [@MCCSHAWAIIJOBS](#)
- Family member in need of FREE career coaching and resources? Reach out to [FMEAP](#).
- Interested in higher education, credentialing and benefits? Reach out to the [Education Center](#).

MARINE & FAMILY PROGRAMS

[Follow us on Facebook](#)

[@mcbhfamily](#)

FREE counseling, child care and personal and professional development programs for active-duty and dependents.



[Download the MF digital brochure](#) to learn more.

SEMPER FIT

[Follow us on IG](#)

[@semperfithawaii](#)

Fitness centers, HITT training, Intramural Sports, the CO Race series, Health Promotion education, aquatic training and recreation at Pools, and Beaches, as well as Youth Sports programs throughout the year.



[Download the SF digital brochure](#) to learn more.

SINGLE MARINE & SAILOR PROGRAM

[Follow us on IG](#)

[@hawaiiismp](#)

Free quality of life programming, exclusive events, recreation centers, volunteer and leadership opportunities for Single Marines & Sailors E-5 and below.

[Learn more](#) and see calendar of events.





READY? PRE-DEPLOYMENT CHECKLIST

TASK CHECKLIST

- Time Together**
Quality time with loved ones
- Unit To-Do's**
See your URC/DRC for unit-specific checklist
- Health Care**
Family members enrolled in DEERS & Tricare
- Family Care Plan**
Ensure family taken cared of
- Pets**
Arrange caretaker, up to date records
- Home Preparation**
Maintenance, mail, lease
- Vehicle Preparations**
Storage, maintenance, lease
- Personal Security**
Family and friends apprised of OPSEC
- Information & Records**
Review, update and store. Legal documents.
- Wills & Powers of Attorney**
Power of attorney, wills...
- Emergency Planning**
Emergency contact information
- Military ID**
Valid military-issued IDs, updated info...
- 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