



MONTHLY

SEMPER DISCENS

2025 UPCOMING MCCS EVENTS

JUNE 2025 UPDATE

STAY CONNECTED:
HAWAII.USMC-MCCS.ORG

MCCS HAWAII
[LINKTR.EE](https://www.linkedin.com/company/mccs-hawaii)



FATHER'S DAY PHOTOS

FRIDAY, JUNE 13, 1100-1400

Join **New Parent Support** for a special tribute to the fathers who lead with strength, both in service and/or at home.

Whether you're a Marine, Sailor, or the proud spouse of one, we invite you and your family to the iconic Iwo Jima Memorial for a special Father's Day photo opportunity.

This event honors the vital role fathers play—both in uniform and in support—at home and in service. Bring your family and capture a timeless moment in a place that symbolizes sacrifice, commitment, and pride.

All are welcome as we recognize and celebrate the dads who anchor our lives. Bring your phone, your smiles, your loved ones and your pride—let's honor our heroes together.

Location: Iwo Jima Memorial

- Friday, June 13
- Times: 1100 to 1400

Photos will be taken with the phones provided by the participating families.

Questions?

Contact 808-496-8803

*NO USMC OR DOD ENDORSEMENT INTENDED

SUMMER EDUCATION FAIR

June 27, 1100-1400, Mokapu Mall

Come for the FREE Pizza. STAY to learn about Tuition Assistance, GI Bill, Grants, Scholarships, Family Education Options, Meet College Reps & More!

Enjoy free snacks, beverages and free raffle prizes!

EMBRY-RIDDLE
Aeronautical University



Chaminade
University
OF HONOLULU



PennState



Cornell University



Columbia College
established 1851



PURDUE
GLOBAL



BELLEVUE
UNIVERSITY



WALDORF
UNIVERSITY



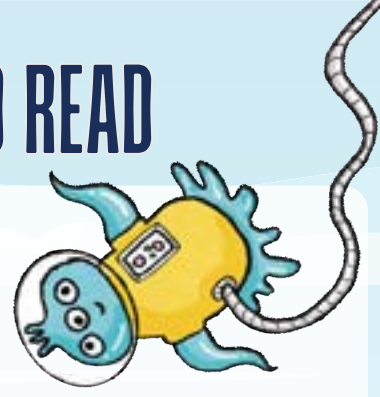
Coca-Cola HAWAII
A SUBSIDIARY OF THE COTY COMPANY

MARINE & Family Education Center



SUMMER READING PROGRAM, JUNE 7 - JULY 19

- Open to everyone aboard MCBH and ALL ages
- Read, hit milestones and win prizes!
- Registration link: <https://mccshawaii.beanstack.org/>



Messy Mondays, Mondays, 10am
Preschool-elementary aged. Get ready to get messy! Meet us in the library courtyard for messy art projects. *no program June 16

Tech Tuesdays: Science Of Slime
Tuesdays, 2pm, Ages 7-12
Join us for a hands-on STEAM adventure where we explore science and technology through the world of slime.

Family Storytime, Thursdays, 9:15am, Ages 0-5
Songs, activities, and stories!
*no Storytime on June 19

Chess Club Saturdays
10am: Advanced and adult chess.
11am: all ages and skill levels.

Sensory Saturday, Ages 0-5
Drop in any time between 9 and 12 for some safe sensory fun!

Block Party, June 4 and July 2, 2pm, All Ages
Come design a Lego creation. Use our challenge or build your own!

Manifesting Magic, June 10 and July 8, 5pm
Adults only. Unlock the secrets of mystical arts in this immersive, hands-on program that delves into ancient divination traditions.

Baby Bookworms, June 11 and July 9, 11:30am
Ages 0-2. Join us and our friends at the New Parent Support for a fun, interactive playgroup designed to introduce babies and toddlers to pre-literacy skills through play.

D&D Club, June 12 and 26, July 10 and 24
430pm-630pm, Ages 10-14. 6th grade and up.
Join us for dungeons & dragons! All experience levels welcome.

Forensics Fridays, June 13 & 20, July 11 & 18, 4pm
Ages 13 and up. Step into the world of forensic science with our hands-on workshop for teens and adults only.

Arctic Adventures at the Library, June 15, 9am-12pm. Geared toward ages 3 – 10, but all ages welcome. Ice skating, ice fishing, scavenger hunt, and more winter activities.

Teen Trivia, June 17 and July 15, 5pm
Ages 12-17. Join us for a fun night of snacks, book-themed trivia, and prizes for the winning team! Reading encouraged, but not required.

Sensory Storytime, June 18 and July 16, 10am.
Ages 0-5. Join us and our friends at the Exceptional Family Member Program for a gentle, welcoming environment where kids can enjoy Storytime tailored to their sensory needs.

I Love Animanga, June 27, July 25, 530pm.
Ages 11-17. 6th grade and up. Eat snacks and geek out over anime and manga. This program is after-hours, so you have the library to yourself.

Book Fest, June 28, 2-4pm, All Ages
A festival for book lovers! Meet local authors and participate in reading-themed activities.

Board Game Battlefield, July 12, 2-4pm, All Ages
Families and single marines are invited to test their strategy and tactics with our collection of board games, including high-strategy war games.

Closing Party, July 15, 1pm
Join us for a magic show with Glen Bailey, magician extraordinaire.





FOR THE COMMUNITY

SKILLBRIDGE & CAREER EXPO

LAST THURSDAYS, 1200-1400

@ BLDG 1196: TRS CLASSROOM

Attend for exciting opportunities and networking.

The Career & SkillBridge Expo is an opportunity for service members and their spouses to connect with employers and explore training opportunities both on island and across the continental U.S.

Whether you're transitioning out of the military or looking to build new skills, this event is designed to help participants take the next step in their career journey.

For more information, contact:
MCBH.skillbridge.smb@usmc.mil

SUMMER SOCCER & BASKETBALL YOUTH SPORTS REGISTRATIONS

SOCCER:

\$60 for ages 5-8
\$75 for ages 9-16

ages 5-16

Practices: will start the week of July 14th
Games: will start on July 26th

BASKETBALL:

\$100 for all age groups

REGISTRATION: MAY 12 - JUNE 20



BASE LIBRARY PROGRAMMING UPDATES

ANIMANGA + DUNGEONS & DRAGONS

Please note that these two recurring events are for **6th grade and up**.

Additionally for Animanga, it's for **ages 11-17** and requires registration.

Follow @MCBHLIBRARY to get updates on the fun programming they have for all ages like...

TEEN ESCAPE ROOM: WORLD WAR II

Thursday, June 5, 1p-7p

Base Library, Young Adult Section

Ages 12-17. Test your World War II knowledge with our teen escape room!

Sign up are first come, first serve and new rounds will start on the hour.



FIRST AID & CPR CLASSES

FIRST FRIDAYS OF THE MONTH,

1700-2000 @ Classroom behind old L&L

Blended learning class will be taught both online and in person. Once registered, a link for the online portion of the class will be emailed out within 1-2 business days.



Open to ALL Ages. Cost is \$50.

Call for more information (808) 254-7655.



Love Kids?

**At least 18 years old?
High School degree?**

Ready for a fulfilling job with AMAZING BENEFITS conveniently located aboard Marine Corps Base Hawai'i at the:

MCCS HAWAII CHILD DEVELOPMENT CENTERS

CYP EMPLOYEE BENEFITS INCLUDE:

- ✓ 100% FREE CHILD CARE for first child + 25% discount for additional children
- ✓ Priority Placement for Child Care Services
- ✓ MCBH Commissary privileges
- ✓ Retirement pension + up to 5% match on 401k
- ✓ Paid leave, medical & dental
- ✓ Job Training, Performance-based promotions

**LEARN MORE
ABOUT CYP**



Join us on JULY 19 to attend the CYP Open House!

Attend an OPEN HOUSE at Laulima CDC Sat, July 19, 1000-1400
Take a Tour, ask questions, on-the-spot interviews & job offers!

**WALK-IN'S ACCEPTED for those with MCBH Base Access*

Not able to attend the Open House?

When you're ready to apply, go to the MCCS careers site
1) Search for "CDC" 2) Filter by location "Hawai'i"

Questions:
(808) 496-7430

JUNE 2025 CALENDAR

MARINE
Family

STAY CONNECTED: @MCCSHAWAII @MCBH FAMILY

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

INFORMATION REFERRAL & RELOCATION

Resource to support a smooth transition on & off base.

JUNE 05	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
JUNE 11	PCS & Moving Workshop	0830-1100	Bldg 579
JUNE 12	Sponsorship Training	0900-0945	Bldg 579
JUNE 12	Sponsorship Coordinator Training	1000-1045	Bldg 579
JUNE 25	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.

JUNE 04	Bridging the Generation Gap Workshop	1300-1400	Bldg 579
JUNE 10	Passport to Volunteering	1100-1200	Virtual
JUNE 10	Volunteer Ready	1200-1300	Virtual
JUNE 11	Family Care Plan & Readiness Binder	1130-1230	Virtual
JUNE 16	UPFRP Command Team Training	0830-0930	Bldg 579
JUNE 16-17	UPFRP Readiness Coordinator Training, 2 days	0830-1500	Bldg 579
JUNE 20	4 Lenses Workshop	0900-1100	Bldg 579
JUNE 24	L.I.N.K.S. Foundations	0830-1330	Bldg 579
JUNE 24	UPFRP Command Team Advisor/Family Readiness Assistant Training	1400-1530	Bldg 579

808.496.8848



QR Code for Class Registration Form

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

JUN 09	Baby Boot Camp *Registration required	0800-1600	Bldg 216
JUN 20	Infant Massage Workshop *Registration required	1000-1130	Bldg 216
Mondays	Post Partum Support Group	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2 nd & 4 th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	WIC every Friday *Call 808-259-7940 for appt	1000-1500	Bldg 219, Classroom 106
FOLLOW: @MCBHNEWPARENT			808.496.8803

FINANCIAL MANAGEMENT

Learn how to manage money and achieve financial success.

JUN 03 & 17	Thrift Savings Plan	0800-0930	Bldg 220
JUN 03 & 17	Promotion	1000-1100	Bldg 220
JUN 03 & 17	Continuation Pay	1100-1200	Bldg 220
JUN 03 & 17	Marriage and Money	1300-1400	Bldg 220
JUN 05	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
JUN 10 & 24	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
JUN 12	Car Buying	1300-1400	Bldg 220
JUN 27	Home Buying	1000-1200	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1230	Single Marine Center

808.496.7783

JUNE 2025

CALENDAR

MARINE
Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

JUN 04	Ten Steps to a Federal Jobs Class *Register by email	0830-1130	Bldg 219, Classroom 106
JUN 04	Federal Employment & Navigating USAJobs Class *Register by email	1300-1530	Bldg 219, Classroom 106
JUN 17	Civilian Resume Writing Workshop *Register by email	0830-1130	Bldg 579
JUN 17	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.

JUN 02	Accessing Community Recourses *Must RSVP by email or phone	1130	Virtual on Teams
JUN 18	Sensory-friendly Storytime w/ songs & movement activities	1000	Bldg 219, Classroom 106
JUN 20	Service Animals *Must RSVP by email or phone a day before	1300	Virtual on Teams
Tuesdays	Family Case Worker support services at KBay Health Clinic to assist with questions and DD2792 form completion/submissions.	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.

JUN 09-10	SACC – Prime for Life 4/20	0800-1500	Bldg 279
JUN 11-13	SACC – Prime for Life 16.0	0800-1500	Bldg 279
JUN 17	SACC – UPC Course	0800-1130	Bldg 279
JUN 25-27	SACC – Prime for Life 16.0	0800-1500	Bldg 279
JUN 30	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: [@MCBHAWAIIIBH](https://www.instagram.com/MCBHAWAIIIBH)

808.496.7780

EDUCATION CENTER

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

JUN 02	MyCAA: My Career Advancement Account Military Spouse Grant Workshop	1130-1230	Bldg 220
JUN 05	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
JUN 12	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
JUN 17	Higher Education 101: Intro to Higher Ed	1130-1230	Bldg 220
JUN 27	Education Fair!!!	1100-1400	Mokapu Mall
Wednesdays	TA 101	1130-1230	Bldg 220
Fridays	FAFSA Friday!	1130-1230	Bldg 220

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

808.496.2158

K-BAY LANES FAMILY BOWLING PACKAGE

Looking for family fun on the Windward side?

K-Bay Lanes is the **ONLY** bowling alley on this side of the island – and we've got the perfect deal for your crew!

- Family Bowling Package – Just \$50
- Includes 2 games + shoe rental for 4 bowlers
- Add extra bowlers for just \$12.50 each

Strike up some fun and make it a night out at K-Bay Lanes – right here on base!



GLOW GOLF

Friday, June 13

Check-in 1815, Shotgun 1915

Klipper Golf Course

If you haven't tried Glow Golf, you're in for a cosmic treat! Rally your 4-person team and light up the night. All hands are welcome. This is going to be 9-holes of good fun and a unique spin on the game.

ENTRY FEES:

- E5 & below \$24
- E6 - O3 \$31
- O4 & above and DoD Employees \$33
- Civilian Guests \$39

Registration ends on Wednesday, June 11.

Call the Pro Shop at (808) 254-3220 to register.

KLIPPER JUNIOR GOLF CLINIC

**Monday – Friday, June 23 – 27,
0830–1130, Klipper Golf Course**

Give your child a winning swing. This comprehensive 5-day program is designed to provide your junior golfer with a solid foundation in golf fundamentals, led by expert PGA instructor Jon Radke. The fee to participate is \$175 per student.

Spots will fill up fast as this clinic is limited to the first 12 students ages 9 to 17 years old to sign up.

Call the Pro Shop at 808-254-3220 to register today.

MCX JOB FAIR

Saturday, June 21, 1000–1400, Main Exchange Courtyard

Do you know someone who's ready to start a new career? If so, tell them about the MCX Job Fair happening on Saturday, June 21 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 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.

FOR CAMP SMITH PATRONS:

OFFICE LUNCH MADE EASY

Briefing? Training? Just feeding the whole unit without losing your mind?

SUBWAY at Camp Smith has your six.

- Order 1–2 days out and pay on pickup day
- We'll slice, dice, and stack your subs into bite-sized 4" rations, boxed and ready with all the fixings
- Optional reinforcements: cookies, chips, and drinks to keep morale high

Call ahead to order at (808) 486-3428, Monday through Friday, 0730–1500.



NOW OPEN: MCX24 MICRO MART

Marine Corps Base Hawaii's first ever MCX24 Micro Mart is NOW OPEN!

This 24/7 self-serve store is designed with the Marine on the go in mind. Need snacks, drinks or daily essentials?

Find MCX24 inside the SMSP Recreation Center aboard Camp Smith!
Get in. Get out. Get stuff done.



Presented by



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

JUNE '25- AUGUST '25 CALENDAR

JUNE

- 19 SMP Pool Tournament
- 25 HITT: Warrior Athlete Challenge
- 28 HITT: Raider-7 Hero WOD



JULY

- 4 CO Race Series: Runway Run
- 17 SMP Pool Tournament
- 19 SMP Video Game Tournament
- 26 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

AUGUST

- 2 CO Race Series: Bellows Rucksack Race
- 21 SMP Pool Tournament
- 30 HITT: Hero WOD



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

Follow [@semperfithawaii](https://www.instagram.com/semperfithawaii) on IG or FB

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.

Earn extra Na Koa points for your unit this summer!
Only the events listed below qualify toward the Summer Series Overall Unit score. Events with an asterisk are special events with a special Leagueapps registration.

**LEARN
MORE**
DETAILS



2025 SUMMER SERIES CALENDAR

*FOR ACTIVE-DUTY INTERESTED IN EARNING NA KOA POINTS FOR THEIR UNITS

June

- 1 *Begin creating Alcohol Awareness Video
- 17-18 *Klipper Putting Challenge
- 19 SMP Pool Tournament (no registration)
- 25 HITT: Warrior Athlete Challenge
- 27 IM Sports Pickleball
- 28 HITT: Raider 7 HERO WOD

*SUMMER SERIES INDIVIDUAL EVENTS

1st	20 pts
2nd	15 pts
3rd	10 pts
Entry	5 pts

July

- 4 CO Race Series: Runway Run
- 8-11 *3v3 Basketball Tournament
- 16-17 *Klipper Golf Accuracy Challenge
- 17 SMP Pool Tournament (no registration)
- 19 IM Sports Beach Flag Football
- 21 *Swim Meet
- 26 HITT: HERO WOD

*SUMMER SERIES TEAM EVENTS

1st	100 pts
2nd	75 pts
3rd	50 pts

August

- 2 CO Race Series: Bellows Rucksack Race
- 12-15 *4v4 Sand Volleyball Tournament
- 20-21 *Track & Field
- 21 SMP Pool Tournament (no registration)
- 22 *Alcohol Awareness Commercial Due
- 30 HITT: HERO WOD

SUMMER SERIES OVERALL UNIT WINNERS

1st	1000 pts
2nd	500 pts
3rd	250 pts

WARRIOR ATHLETE COMPETITION - WED, JUNE 25, **STARTS AT 1600**



Starts at 1600, runs until finished

Location: Sgt Maj Porter Field

Registration:

- Must register on LeagueApps
- **Limited to 2 Men and 2 Women per Unit**



Earn Na Koa Points for your Unit:

- 1st 100pts
- 2nd 75 pts
- 3rd 50 pts
- 10 pts per entry



RAIDER-7 HERO WOD - SAT, JUNE 28 @ SGTMAJ PORTER FIELD @ 0900



Honoring the seven Marines who died when a U.S. Army UH-60 Blackhawk Helicopter crashed near Eglin, Florida, at approximately 8:30 p.m. on March 10, 2015.



- Capt. Stanford H. Shaw, III, 31, from Basking Ridge, New Jersey
- Master Sgt. Thomas A. Saunders, 33, from Williamsburg, Virginia
- Staff Sgt. Marcus S. Bawol, 26, from Warren, Michigan
- Staff Sgt. Trevor P. Blaylock, 29, from Lake Orion, Michigan
- Staff Sgt. Liam A. Flynn, 33, from Queens, New York
- Staff Sgt. Kerry M. Kemp, 27, from Port Washington, Wisconsin
- Staff Sgt. Andrew C. Seif, 26, from Holland, Michigan

Workout: 7 Rounds for Time

- 7 Pull-ups
- 7 Burpees
- 7 Plate Ground-to-Overhead (moderate load) - Tires available
- 7 Medicine Ball Slams
- 7 Overhead Press (barbell or implement)
- 70-yard Overhead Carry (dumbbell, kettlebell, sandbag, or plate—each round)
- 70-plank shoulder tap
- 7-mile run



UPCOMING RACES

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!



BELLOWS RUCKSACK RACE - SATURDAY, AUGUST 2

Experience the breathtaking scenery as you traverse 7 miles of open fields, forested trails, and challenging hills of Marine Corps Training Area Bellows in Waimanalo.

ATTN: Active-duty, this is a **Norwegian Foot March Qualifier**



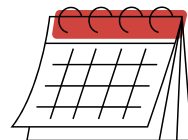
TRADEWIND TRIATHLON, SEPTEMBER 13 & 14

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 FOR 2025

Norwegian Foot March, October
Turkey Trot 5k/10k - November 22
Jingle Bell Jog - December 20



5 pts per entry

REGISTER



[Download 2025 CO Race Series Calendar](#)

*Themes and date subject to change

*no DoD or USMC endorsement intended



Questions? P: 808-254-7590

E: ombkbayathletics@usmc-mccs.org

[FOLLOW US @SEMPERFITHAWAII](#)



CO-ED SOFTBALL

When: Season Starts Mon, June 9
Registration deadline Tues, June 3
Location: Games are played at Riseley Field, MCBH K-Bay
Coaches Meeting is on Wed, June 4th.
Contact: IM Sports Coordinator at 808-254-7591, or email ombkbayathletics@usmc-mccs.org.



100 points per entry (only 1 designated team for points)

CO-ED FLAG FOOTBALL

When: Season Starts Mon, Aug 11
Registration Deadline: Tues, Aug 5
Location: Sgt Maj Porter Field, K-bay
Coaches Meeting: Wed, August 6, Semper Fit Classroom
Contact: IM Sports Coordinator at 808-254-7591, or email ombkbayathletics@usmc-mccs.org
Open to 18+ DoD ID cardholders attached to MCBH and Camp Smith



100 points per entry (only 1 designated team for points)



NEW! 2025 INTRAMURAL RUN CLUB

When: Every Thursday @ 1800, starting June 5th
Location: Each run will start and end at the track of SgtMaj Porter Field. Earn discounts on CO Race Series after participating in at least 5 run clubs.



25 points for each week for attendance & participation

UPCOMING INTRAMURAL LEAGUES & EVENTS

Co-Ed Volleyball Season
Start date: September 8
Registration: July 1 - September 2

REGISTER ON LEAGUEAPPS



SIGN UP TO GET UPDATES!

*DATES ARE SUBJECT TO CHANGE

FOLLOW US @SEMPERFITHAWAII



Presented by





SINGLE MARINE PROGRAM

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

FEATURED ACTIVITY: FREE IRIE JERK LUNCH - JUNE 11

Stop by the KBay Rec Center for a tasty free lunch from Irie Jerk. Get there early, limited quantities available.

Wednesday, JUNE 11, 1100-1230

Kbay SMP Rec Center. No registration required.



FREE MOVIE NIGHT: JOHN WICK: BALLERINA

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

UPCOMING CHOW & CHEAT CODES AT CAMP SMITH

FREE DINNER w/ a side of usable Life Skills @ CS Rec Center

JUNE 5, 1730-1830 - Clean Plates, Heavy Weights

JUNE 12, 1730-1930 - Team Whisperer, Understanding Others

JUNE 26, 1730-1830 - Finding your Left & Right Lateral Limits

*Free dinner +
Life Skills*

SPECIAL EVENTS:

- Battle of the Barracks Trivia Night
- Day on the Bay
- Father's Day Cards (June 1 - 12)

Volunteer:

- AccesSurf
- Beach Clean-up
- Hawaii Food Bank
- Institute for Human Services
- Malama Puuloa
- Rec Center Field Day
- Warrior Athlete Challenge



CALENDAR



REGISTRATION



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

Council Meetings: June 3 & 17

Pool Tournament: June 19

FOLLOW US @HAWAII SMP



Presented by



QUESTIONS? 808-254-7593

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



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](https://militaryonesource.mil)