



# MONTHLY

SEMPER DISCENS

## 2025 UPCOMING MCCS EVENTS

MAY 2025 UPDATE

STAY CONNECTED:  
[HAWAII.USMC-MCCS.ORG](http://HAWAII.USMC-MCCS.ORG)

MCCS HAWAII  
LINKTR.EE





**May is Mental Health Awareness Month.** Taking care of your mind is just as important as taking care of your body. Mental fitness is key to living a balanced, resilient, and fulfilling life. This month, take a step toward wellness by joining Community Counseling's free workshops to learn practical tools to manage stress, build emotional strength, and support those around you.

## S.O.S. - HELPING LOVED ONES IN DISTRESS

**MAY 9, 0830-0930, BLDG 216**

Learn strategies for supporting loved ones struggling with depression and suicidal thoughts. Registration not required, but is encouraged. Please call (808) 496-7780/8803 to register.

## RELATIONSHIP WORKSHOP

**MAY 16, 0830-0930, BLDG 216**



Gain new insight and understanding about yourself and your relationships. Learn about attachment styles, Relationship Patterns, Healthy Boundaries and Communication. Registration not required, but is encouraged. Please call (808) 496-7780/8803 to register.

## KIDS HAVE LOVE LANGUAGES TOO



**MAY 23, 0830-0930, BLDG 216**

Learn how to deeply connect with your children. Registration not required, but is encouraged. Please call (808) 496-7780/8803 to register.

## ASIST SUICIDE PREVENTION TRAINING

**2-DAY IN-PERSON WORKSHOP, MAY 29-30, 0830-0930**

Featuring engaging audiovisuals, discussions, and simulations where you will learn:

- How to recognize someone may be thinking about suicide.
- How to provide a skilled intervention.
- How to develop a safety plan with the person.

This workshop will increase your willingness, confidence, and capacity to provide suicide first aid. Seating is limited; please call (808) 496-7780/8803 to register.

## DYNAMICS OF PARENTING: SPORTS EDITION

**MAY 30, 0830-0930, BLDG 216 (CORNER OF MOKAPU & D ST)**

Free workshop to talk about some of the unique challenges and nuances of supporting & parenting athletes including "red flag" behaviors, body image issues, performance anxiety, coaching vs cheerleading, motivation or motive and identity crisis issues. Registration not required, but is encouraged. Please call (808) 496-7780/8803 to register.





## START SMART BASKETBALL *ages 3-5*

**REGISTRATION OPEN UNTIL MAY 4**

Program Dates: May 6 to May 22

Every Tuesday and Thursday from 4 to 5 PM @ Main Gym

For kids ages 3-5 years old

### WHAT ARE START SMART PROGRAMS?

- Developed by top motor skill development specialists at the National Alliance for Youth Sports
- Step-by-step approach to build confidence and self-esteem, in a fun and safe environment.
- Parent-child groups perform skill tasks to build confidence in children.
- Tailored to individual progress so that each child remains challenged.



**REGISTER NOW**



## SUMMER BASKETBALL *ages 5-16*

**REGISTRATION: MAY 12 - JUNE 20**

\$100 for all age groups

Practices: will start the week of July 14th

Games: will begin on July 26th

## SUMMER SOCCER *ages 5-16*

**REGISTRATION: MAY 12 - JUNE 20**

\$60 for ages 5-8

\$75 for ages 9-16

Practices: will start the week of July 14th

Games: will start on July 26th



## PRESIDENT'S VOLUNTEER SERVICE AWARD RECOGNITION CEREMONY

Let's recognize the dedication and generosity of our volunteers, whose selfless contributions have strengthened our community. **FRIDAY, MAY 2, 0900-1000 @ Dewey Square**

### 2024 IMPACT Volunteers

IMPACT Volunteers are driven by a passion for service, dedicating their time to meaningful community projects that create positive change with no expectations of acknowledgement.

- Alonso G. has been a steadfast ASYMCA volunteer for over two years. He anticipates needs effortlessly and supports operations with dedication. His commitment is deeply valued.
- Bailey K. is a key MCBH SAPR volunteer, building strong relationships and demonstrating professionalism, flexibility, and reliability as a vital team member.
- Beth M. leads the volunteer program with professionalism and compassion, recruiting, training, and inspiring others to create a welcoming, committed environment.
- Char H. processed \$35,700 in aid for Marines and Sailors in 2024. She mentors volunteers and crafts handmade blankets, bringing comfort to many.
- Daniel S. generously donates his time and energy nearly every Saturday to support the library in any way needed—whether it's shelving books, assisting with programs, or tackling behind-the-scenes tasks. No job is too small for him, and he approaches each one with humility and enthusiasm, despite holding a master's degree in library science. His consistent support, professionalism, and positive attitude make a meaningful difference to our team and community.
- Dinah B.'s dedicated service as a Family Readiness Assistant has strengthened community and morale within MWCS-18, making a lasting impact on personnel and families.
- Dominika R.'s creativity and commitment as a Family Readiness Assistant have fostered unity within MWCS-18, enhancing morale and well-being through innovative events and activities.
- Genevieve C. has contributed 88 hours to environmental protection at MCBH, aiding in species conservation, beach cleanups, and whale surveys to preserve Hawaii's ecosystems.
- Josue S., as a dedicated DEFY mentor, inspires youth with his leadership, instilling resilience and personal growth through his selfless guidance and encouragement.

### 2024 PVSA Awardees

In 2024, 38 PVSA-awarded volunteers dedicated an extraordinary 7,828 hours of service across more than 100 locations, leaving a lasting impact on Marine Corps Base Hawaii and beyond.

List of  
Awardees >>>



# MAY 2025 CALENDAR

MARINE &  
Family

STAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.496.7786 [ombkbay.mcbhirrs@usmc-mccs.org](mailto:ombkbay.mcbhirrs@usmc-mccs.org)

## INFORMATION REFERRAL & RELOCATION

*Resource to support a smooth transition on & off base.*

MAY 01	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
MAY 08	Sponsorship Training	0900-0945	Bldg 579
MAY 08	Sponsorship Coordinator Training	1000-1045	Bldg 579
MAY 14	PCS & Moving Workshop	0830-1100	Bldg 579
MAY 28	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579
<b>FOLLOW:</b>	<a href="#">@MCBHIRRS</a>		<b>808.496.7786</b>

## MARINE CORPS FAMILY TEAM BUILDING

*Life skills, readiness and deployment support classes and workshops.*

MAY 06	Passport to Volunteering	1100-1200	Virtual
MAY 06	Volunteer Ready	1200-1300	Virtual
MAY 07	Family Care Plan & Readiness Binder	1130-1230	Virtual
MAY 07	4 Lenses Temperament Workshop	0900-1100	Bldg 579
MAY 12	UPFRP Command Team Advisor/Family Readiness Assistant Training	1030-1200	Bldg 579
MAY 12	L.I.N.K.S. Foundations	1230-1730	Bldg 579
MAY 13	UPFRP Command Team Advisor/Family Readiness Assistant Training	1400-1530	Bldg 579
MAY 19	UPFRP Command Team Training	0830-0930	Bldg 579
MAY 19-20	UPFRP Readiness Coordinator Training, 2 days	0830-1500	Bldg 579
MAY 22	"Growing the Green" – Stress Management Workshop	1400-1500	Bldg 579

**808.496.8848**



QR Code for Class Registration Form

## NEW PARENT SUPPORT

*Support program for parents of newborns to 5 years old.*

MAY 12	Baby Boot Camp   *Registration required	0800-1600	Bldg 216
<b>Mondays</b>	Post Partum Support Group	1000-1100	Bldg 216
<b>Tuesdays</b>	Play Mornings	0900-1030	Bldg 216
<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursdays</b>	Operation Dads	1130-1230	Bldg 216
<b>Fridays</b>	Infant Massage – 4-week course   *Registration required	1000-1100	Bldg 216
<b>Fridays</b>	WIC every Friday   *Call 808-259-7940 for appt	1000-1500	Bldg 219, Classroom 106
<b>FOLLOW:</b>	<a href="#">@MCBHNEWPARENT</a>		<b>808.496.8803</b>

## FINANCIAL MANAGEMENT

*Learn how to manage money and achieve financial success.*

MAY 06 & 20	Thrift Savings Plan	0800-0930	Bldg 220
MAY 06 & 20	Promotion	1000-1100	Bldg 220
MAY 06 & 20	Continuation Pay	1100-1200	Bldg 220
MAY 06 & 20	Marriage and Money	1300-1400	Bldg 220
MAY 08	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
MAY 13 & 27	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
MAY 15	Car Buying	1300-1400	Bldg 220
MAY 30	Improve Your Credit Score	1100-1200	Bldg 220
<b>Wednesdays</b>	Walk-in Finance Assistance at the Single Marine Center	0800-1230	Single Marine Center
<b>Thursdays</b>	Camp Smith Office   *Must call 808-496-7783 for appt	0800-1200	Rm 116 Camp Smith

**808.496.7783**

# MAY 2025 CALENDAR

MARINE &  
Family

## FAMILY MEMBER EMPLOYMENT

*Employment readiness workshops, classes & resources.*

<b>MAY 07</b>	Ten Steps to a Federal Jobs Class   *Register by email	0830-1130	Bldg 219, Classroom 106
<b>MAY 07</b>	Federal Employment & Navigating USAJobs Class   *Register by email	1300-1530	Bldg 219, Classroom 106
<b>MAY 21</b>	Civilian Resume Writing Workshop   *Register by email	0830-1130	Bldg 579
<b>MAY 21</b>	Interview Skills Workshop   *Register by email	1300-1530	Bldg 579

E: [OMBKbayFmeapHI@USMC-MCCS.ORG](mailto:OMBKbayFmeapHI@USMC-MCCS.ORG)

808.496.2653

## EXCEPTIONAL FAMILY MEMBER PROGRAM

*Workshops & events for exceptional family members.*

<b>MAY 08</b>	Respite Care   *Must RSVP by email or phone a day before	1000	Virtual on Teams
<b>MAY 21</b>	Sensory-friendly Storytime w/ songs & movement activities	1000	Bldg 219, Classroom 106
<b>MAY 22</b>	Early Intervention Overview	1030	Bldg 219, Classroom 106
<b>Tuesdays</b>	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](mailto:MCBH.EFMP@USMC.MIL)

808.496.0290

## COUNSELING/PREVENTION

*Counseling and support services and workshops.*

<b>MAY 05-06</b>	SACC – Prime for Life 4/20	0800-1500	Bldg 279
<b>MAY 07-09</b>	SACC – Prime for Life 16.0	0800-1500	Bldg 279
<b>MAY 09</b>	CCP – S.O.S Helping Loved Ones in Distress	0830-0930	Bldg 216
<b>MAY 16</b>	CCP – Relationship Workshop	0830-0930	Bldg 216
<b>MAY 19</b>	SACC – Prime for Life 4.5	0730-1200	Bldg 279
<b>MAY 20</b>	SACC – UPC Course	0800-1130	Bldg 279
<b>MAY 21-23</b>	SACC – Prime for Life 16.0	0800-1500	Bldg 279
<b>MAY 23</b>	CCP – Kids Have Love Languages Too!	0830-0930	Bldg 216
<b>MAY 29-30</b>	CCP – ASIST: Suicide Prevention Training   *Call 808-496-7780/8803 to register	0830-1600	TBD
<b>MAY 30</b>	CCP – Dynamics of Parenting: Sports Edition	0830-0930	Bldg 216
<b>Mondays</b>	Married & Loving it   *Call 808-496-7780/8803 to register	0900-1030	Bldg 216
<b>Wednesdays</b>	Triple P Parenting Seminar 0-12   *Call 808-496-7780/8803 to register	0900-1030	Bldg 216
<b>Wednesdays</b>	Triple P Parenting Seminar Teen   *Call 808-496-7780/8803 to register	1300-1430	Bldg 216
<b>Tuesdays</b>	Emotional Intelligence Workshop (Anger Management) Must register by calling 808-496-3955	0900-1030	Bldg 216
<b>Thursdays</b>	Warrior Maintenance Stress Management Must register by calling 808-496-3955	0900-1030	Bldg 216
<b>M-F</b>	CCP Walk-in Screenings	1000-1400	Bldg 216

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

808.496.7780

## EDUCATION CENTER

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

<b>MAY 01</b>	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
<b>MAY 05</b>	MyCAA: My Career Advancement Account Military Spouse Grant Workshop	1130-1230	Bldg 220
<b>MAY 08</b>	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
<b>MAY 15</b>	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
<b>MAY 20</b>	Higher Education 101: Intro to Higher Ed	1130-1230	Bldg 220
<b>MAY 27</b>	MASP: Military Academic Skills Program	0800-1600	Bldg 220
<b>Wednesdays</b>	TA 101	1130-1230	Bldg 220
<b>Fridays</b>	FAFSA Friday!	1130-1230	Bldg 220

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

808.496.2158

## PET ADOPTION PAW-TY WITH THE HAWAIIAN HUMANE SOCIETY

**Saturday, May 3, 1100–1400 at the MCX Main Exchange**

Whether you're ready to adopt or just want to stop by and say hello, this is a chance to connect with your community and maybe even with a new four-legged friend. Join us for a feel-good afternoon full of wagging tails and furry smiles:

Meet Adoptable Dogs Looking for Temporary or Forever Homes

Chat with the Hawaiian Humane Society's Adoptions Team

Learn About Short-Term Foster Options Like Couch Crashers & 'Īlio Explorers

Score FREE Doggie Giveaways

Cool Off with Shave Ice from the Kona Ice Food Truck

Shop Pet Essentials and Save During Pet Month at the MCX

Sponsored by Pilina Vet and Ruff Land Performance Kennels.

No DoD or USMC endorsement intended.



## ITT TRAVEL EXPO

**Saturday, May 10, 0900–1300 at Mokapu Mall**

Discover Island Adventures at the Information, Tickets, and Tours Travel Expo!

Meet over 25 travel experts, receive exclusive military discounts, enjoy live

Hawaiian music, and ENTER-TO-WIN tons of adventure-packed prizes, from dolphin tours and shark diving to sunset sails and ziplining. Unlock top island experiences at the best prices — don't miss out on this exciting event created just for our military community.



## FIVE-O MOTORS' AUTO AUCTION

**Friday, May 16 through Sunday, May 25 |**

**FIVE-O Motors**

Looking for a new ride? Maybe a project car? Look no further! Stop by the Auto Auction Lot on the corner of 1st and 3rd St. to explore a wide selection of vehicles awaiting their new home. Then swing by Five-O Motors' office from Wednesday-Sunday 0900-1800 to place those bids! Visit our website for instructions and FAQs: [hawaii.usmc-mccs.org/autohobby](http://hawaii.usmc-mccs.org/autohobby)

## COMMANDER'S CUP GOLF CLASSIC

**Friday, May 30, Check-in 1100,  
Shotgun 1200 | Klipper Golf Course**

The Commander's Cup Golf Classic is your shot to take part in a day of competition, camaraderie, and pride at one of the most scenic courses in the Corps. Rally your team and represent—this tournament is more than a game; it's a tradition.

**Registration:**

- Active Duty: NOW through May 14
- All Other Authorized Patrons: May 14–28

For more details or to register, call the Klipper Pro Shop at (808) 254-2107.

*Open to SNCOs, Officers, and their invited guests.*

## FAMILY NIGHT *NEW!*

**Every Wednesday 1630–2200**

We heard you... and now Wednesday nights are for the whole family. Bring your favorite board game or grab one of ours. We've got coloring sheets, crayons, and classic games to keep everyone entertained while you get your mid-week recharge. Adult supervision required. All guests must be accompanied by an SNCO or Officer.

## DOS DE MAYO



**Friday, May 2, 1630–2200**

Gear up for First Friday with a Cinco de Mayo-style pre-game. Free nacho bar (until it taps out—don't be late) and Karaoke at 1900 (bring the pipes or bring earplugs). Think of it as Cinco's louder, rowdier little brother.

## SUMMER DARTS LEAGUE: ROCKER ROOM RUMBLE

**Friday, May 16, 1630–2200**

It's game time! Grab a partner and compete in a fast-paced and strategic Darts Pairs Cricket Tournament with Double Elimination format. Only the first 12 teams get in—2 players per team. Scan QR Code to register now!



## RHYTHM & RHYMES NIGHT

**Friday, 16 May 1630–2200**

We're bringing those old-school beats! Come through and relive in hits from the 90s and 2000s as

DJ Q-Steed spins live from 2000–2200. It's grown-folks energy. Real music. Real Marines. Don't miss it.

## TRIBUTE TO THE FALLEN

**Friday, May 23, 1630–2200**

We gather not to celebrate—but to remember. The POW/MIA table will stand as a solemn reminder of those who never made it home, and those still waiting to be found.

A BBQ-style buffet will be available for purchase, and throughout the night, we will raise our glasses in remembrance.

## BOSSSES NIGHT

**Friday, May 30, 1630–2200**

Bosses Night is a time-honored opportunity for SNCOs to extend a formal invitation to their OICs in a gesture of respect and appreciation.

Together, we honor leadership.

# MAY '25- JULY '25 CALENDAR

## MAY

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



## JUNE

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

## ONGOING EVENTS

### Single Marine Program

- SMP Council Meetings
- Senior Enlisted Advisor or alternate E8
- Email [kbaysmsp@usmc-mccs.org](mailto:kbaysmsp@usmc-mccs.org) for dates
- Volunteer Opportunities
- For dates: [hawaii.usmc-mccs.org/smp](http://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.

## 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. 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.**

**TIMED CHALLENGE:** 0800 check-in      **TIMED CHALLENGE START:** 0830  
**UNTIMED CHALLENGE START:** 0900

**Workout:**

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

*Wear a vest (20/14 lbs).*

- *Weighted vests are not provided.*
- *Optional for untimed challenge.*
- *Scale WOD by reducing reps/assisted pushups.*



10 points per entry



To schedule a UNIT Murph Challenge for Na Koa Cup Points email [kbaysemperfit@usmc-mccs.org](mailto:kbaysemperfit@usmc-mccs.org)  
Please arrive on time, as the event will begin promptly at the scheduled start time. There will be no delays or late starts—your punctuality is appreciated.

## SAVE THE DATE!

## WARRIOR ATHLETE COMPETITION - WED, JUNE 25

1<sup>st</sup> 100pts  
2<sup>nd</sup> 75 pts  
3<sup>rd</sup> 50 pts  
10 pts per entry





# UPCOMING RACES

## 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!



## BELLOWS RUCKSACK RACE - SATURDAY, AUGUST 2

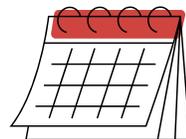
Experience the breathtaking scenery as you traverse open fields, forested trails, and challenging hills of Marine Corps Training Area Bellows in Waimanalo.

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



## SAVE THE DATES FOR 2025

Keiki & Adult Sprint Triathlon - Sept 13 & 14  
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: [ombkbyathletics@usmc-mccs.org](mailto:ombkbyathletics@usmc-mccs.org)

**FOLLOW US @SEMPERFITHAWAII**

## 3RD ANNUAL SUMMER SOFTBALL SHOWDOWN

Registration Deadline: May 25

Dates: May 31- June 1, 2025

Cost: \$300

Location: Riseley and Annex Softball Fields

Contact: IM Sports Coordinator at 808-254-7591, or [ombkbayathletics@usmc-mccs.org](mailto:ombkbayathletics@usmc-mccs.org)

Every unit-based team will receive points and the top 3 teams will receive extra points as well. Prizes to the 1st place team and trophies for both 1st and 2nd!



1<sup>st</sup> 200pts/team  
2<sup>nd</sup> 150 pts/team  
3<sup>rd</sup> 100 pts/team

## CO-ED SOFTBALL

When: Season Starts Monday, June 9th.

Registration deadline Tuesday, June 3rd.

Coaches Meeting is on Wednesday, June 4th.

Location: Games are played at Riseley Field, MCBH K-Bay

Contact: IM Sports Coordinator at 808-254-7591, or [ombkbayathletics@usmc-mccs.org](mailto:ombkbayathletics@usmc-mccs.org)



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

## UPCOMING INTRAMURAL LEAGUES & EVENTS

Co-Ed Flag Football Season

Start date: August 11

Registration: May 26-August 5

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



**Coca-Cola HAWAII**  
A DIVISION OF THE DOBSON CORPORATION



# SINGLE MARINE PROGRAM

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

## FREE CHOW & CHEAT CODES AT CAMP SMITH

FREE DINNER w/ a side of usable Life Skills

May 8 - June 19 (Thursdays, 1730-1830, CS Rec Center)

Want to sleep better, eat better and feel better? Want to learn how to be smarter with stress, money, boundaries and working with different personality types. Register now!

**NEW!**

*Free dinner +  
Life Skills*



## FREE MOVIE NIGHT: LILO & STITCH

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

## FRIDAY NIGHT FIGHT NIGHT: MORTAL KOMBAT TOURNAMENT

MAY 30 - KBAY SMP REC CENTER - 1800-2100.

Earn Na Koa Cup points for your unit. Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place. Light snacks provided. Registration required.



## SPECIAL EVENTS:

- Friday Night Fight Night
- Let's Taco-bout Camaraderie! (Camp Smith)
- May Day Lei Making
- Mother's Day Cards
- West Side Island Tour

### Volunteer:

- Beach Clean-up
- Hawaii Food Bank
- Institute for Human Services
- ITT Travel Expo
- Malama Puuloa
- Rec Center Field Day



## CALENDAR



## REGISTRATION



### NA KOA QUALIFYING EVENTS:

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

Council Meetings: May 6 & May 20

Pool Tournament: May 15

**FOLLOW US @HAWAII SMP**



Presented by



**Coca-Cola HAWAII**  
A MEMBER OF THE DOBSON COMPANY

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](http://militaryonesource)