



MCCS HAWAII MONTHLY NEWSLETTER

OCTOBER 2025

VISIT OUR [MCCS HAWAII LINKTR.EE](https://linktr.ee/MCCSHAWAII)

STAY CONNECTED: [HAWAII.USMC-MCCS.ORG](https://hawaii.usmc-mccs.org)



FOR THE COMMUNITY



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

No Marine or family member should face Domestic Violence alone. If you or someone you know is experiencing abuse, there are confidential resources available to help break barriers and provide support.

FAP Community Outreach Event

October 3, 0900-1100 | Base Chapel

Learn how to help those impacted by domestic violence.

Wear Purple for DV

October 17, All Day

Wear Purple!!! Join us in honoring victims and supporting survivors of Domestic Violence. Purple symbolizes survival, courage, & peace.

Breaking Barriers Resource Fair

October 22, 1100-1500 | Mokapu Mall

Explore the numerous services and resources on base available with education, support and more.

Work it Out - Relationship Strengthening

October 24, 0900-1030 |

Human Performance Center

Take your partnership to the next level with Work it Out, a guided couples workout that builds both muscles and relationships

Sensory-Friendly Trick or Treat

October 29, 1330-1530 | Library Courtyard Complex, Building 219 Classroom 109

No registration required! No scary costumes please. You do NOT have to be enrolled in EFMP to attend. Trick or Treat Questions? Contact: (808) 496-0290 or email

mcbh.efmp@usmc.mil.



The 24/7 Domestic Violence Helpline is always available at (808) 216-7175. Reaching out is a sign of strength—help is here.

NATIONAL NIGHT OUT

TUESDAY, OCTOBER 7, 1630 - 2000, Mokapu Mall

Don't miss a fun evening of connection, safety, and community spirit for the whole family!

Activities include:

- K9 demos
- Keiki IDs
- Static displays
- DEFTAC courses for Kids
- Truck Pull
- SIDNE simulators
- Bouncy Houses
- Food Trucks
- Prizes, Live Music and More!



CYP OPEN HOUSE & JOB FAIR, SATURDAY

SATURDAY, OCTOBER 25, 1000 - 1400, Laulima CDC

If you are looking for a fulfilling career that offers FREE child care, look no further!

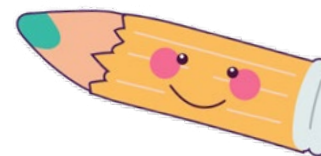
Join us for an Open House and Job Fair to take a tour, ask questions, on-the-spot interviews and job offers!

Requirements:

18 years old, High School Diploma, Love working with kids

CYP employee benefits include:

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



◀ Learn more about careers
Apply today! Go to:
careers.usmc-mccs.org/ ▶
and search CDC and filter by
location "Hawaii"

Questions: (808) 496-7430



FOR THE COMMUNITY

STARS

FRIDAY, OCTOBER 17, 0900 - 1200, Building 579

SPOUSES! Whether your Marine is months or a year from EAS, STARS is a must-do. Take charge of the transition journey — TOGETHER.

STARS supplements the mandatory Transition Readiness Seminar for Marines, ensuring spouses are equally equipped with tools and knowledge to support the whole household during this major life shift.

This interactive, hands-on, spouse-centered workshop is designed to help spouses confidently navigate their service member's transition out of the military and provides resources and expert guidance, covering everything from:

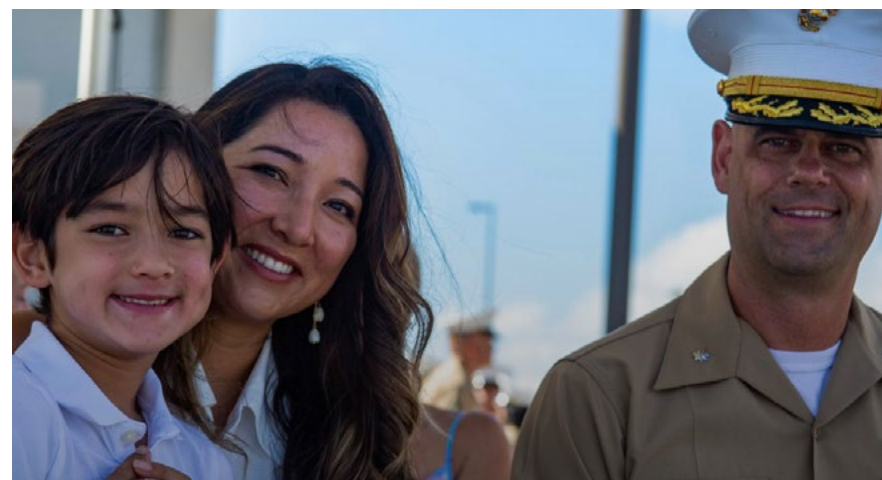
- Career and education opportunities
- Financial planning
- Relocation tips
- Stress management
- VA and Tricare benefits

The seminar includes focused modules and wraps up with a live resource panel so you can get real answers to your questions.



Come connect with other spouses and walk away with a participant guide and a curated list of helpful resources.

Scan QR code to register Questions?
OMBKbayFmeapHI@USMC-MCCS.ORG



MARINE & Family

YOUR RESOURCES, ALL IN ONE PLACE

We've made some changes! To keep things simple and connected, all of your favorite Family Programs are now in one place @mcbhfamily on [Instagram](#) and Marine & Family Programs Hawaii on [Facebook](#). Find updates on:

- Information, Referral & Relocation
- Marine Corps Family Team Building
- Volunteer Opportunities
- Financial Management Classes
- Behavioral Health Resources
- Education Center Classes & more!

One account. All the resources.



FOR THE COMMUNITY



CHANGES TO BEACH FLAG SYSTEM

Beach conditions are often communicated through a flag system using white, yellow, red and now black flags. A white flag indicates calm conditions, a yellow flag warns of potential hazards, and a red flag signals dangerous conditions that require swimmers to stay out of the water. A new black flag will be used when the water and beach are closed. It's important to pay attention to these flags for your safety while enjoying the beach.



White Flag Conditions

Water activities open, surf and currents are moderate.



Yellow Flag Conditions

Water activities open, fins are required when swimming due to high surf or strong currents.



Red Flag Conditions

Ocean conditions unsafe. *DO NOT ENTER WATER.* Beach open but use caution



Black Flag

Water & Beach Closed

Follow [@mccshawaiiwatersafety](https://twitter.com/mccshawaiiwatersafety) for updates.



SAVE THE DATE

TREE LIGHTING CEREMONY

FRIDAY, NOVEMBER 21, 1600 - 1900, Mokapu Mall

1600-1730 Santa's Village

1730 - 1900 Tree Lighting Festivities

Don't miss out on a special evening of festive family-friendly activities and entertainment!

More details coming soon!

Follow [@mcbhfamily](https://twitter.com/mcbhfamily) for updates and details!



SAVE THE DATE:

FALL EDUCATION FAIR

FRIDAY, NOVEMBER 21, 1000 - 1200, Mokapu Mall

Come for free food and beverages, stay to meet college reps, get cool swag, and learn about your education benefits! Have a spouse and kids? They can use your benefits, come learn how they can take advantage too!



OCTOBER 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.

OCT 02	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
OCT 08	PCS & Moving Workshop	0830-1100	Bldg 579
OCT 09	Sponsorship Training	0900-0945	Bldg 579
OCT 09	Sponsorship Coordinator Training	1000-1045	Bldg 579
OCT 22	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579

808.496.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and

workshops.

OCT 06	L.I.N.K.S. Foundations	0800-1600	Bldg 579
OCT 07	UPFRP Command Team Advisor/Family Readiness Assistant Training	0900-1100	Bldg 579
OCT 08	What's In Your Family Care Plan? and Readiness Handbook Workshop	0830-0930	Virtual
OCT 08	Passport to Volunteering – <i>For new volunteers</i>	1000-1100	Virtual
OCT 10	5 Love Languages – <i>Improving relationships at work and home</i>	0900-1100	Bldg 579
OCT 10	L.I.N.K.S. for TEENS – <i>Cyber safety and building smart money habits</i>	0900-1100	Bldg 579
OCT 16	Conflict Management – <i>Piecing together solutions</i>	1400-1530	Bldg 579
OCT 20	L.I.N.K.S. Foundations	0800-1600	Bldg 579
OCT 21	UPFRP Command Team Advisor/Family Readiness Assistant Training	0900-1100	Bldg 579
OCT 27	UPFRP Command Team Training	0830-0930	Bldg 579
OCT 27-28	UPFRP Uniformed Readiness Coordinator Training, 2 days	0830-1500	Bldg 579
OCT 31	Four Lenses Workshop – <i>Understanding personality types</i>	0900-1100	Bldg 579



QR Code for Class Registration Form

808.496.8848

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

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
TBD	Infant Massage Workshop *Call to register	TBD	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.

OCT 02	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
OCT 07 & 21	Thrift Savings Plan	0800-0900	Bldg 220
OCT 07 & 21	Continuation Pay	0900-1000	Bldg 220
OCT 07 & 21	Marriage and Money	1300-1400	Bldg 220
OCT 14 & 28	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
OCT 16	Car Buying	1300-1400	Bldg 220
OCT 17	Survivor Benefit Plan	1300- 1400	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1200	Single Marine Center – Bldg 1629


808.496.7783

OCTOBER 2025 CALENDAR

MARINE & Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

OCT 01	Federal Employment & Navigating USAJobs Class *Register	0830-1130	Bldg 220
OCT 15	Civilian Resume Writing Workshop *Register	0830-1130	Bldg 220
OCT 15	Interview Skills Workshop *Register	1300-1530	Bldg 220
OCT 17	Spouse Transition and Readiness Seminar (STARS) *Register	0900-1200	Bldg 579
	REGISTER on Eventbrite or scan QR Code	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.7097

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

OCT 01	Introduction to EFMP	1030	Virtual on Teams
OCT 15	Sensory-Friendly Storytime	1000	Bldg 219, Classroom 106
OCT 29	Sensory-friendly Trick-or-Treat – <i>Starting at the EFMP office</i>	1330-1530	Bldg 219
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	E: MCBH.EFMP@USMC.MIL	808.496.0290

COUNSELING/PREVENTION

Counseling and support services and workshops.

OCT 03	FAP Community Outreach	0900-1130	Base Chapel
OCT 06-07	SACC – Prime for Life 4/20	0800-1500	Bldg 279
OCT 08-10	SACC – Prime for Life 16.0	0800-1500	Bldg 279
OCT 17	Wear Purple to Support DV Victims	All Day	Everywhere
OCT 22	Breaking Barriers - Resource Fair	1100-1500	Mokapu Mall
OCT 22-24	SACC – Prime for Life 16.0	0800-1500	Bldg 279
OCT 24	Work it Out – Relationship Strengthening *Must register by calling 808-496-7780/8803	0900-1030	TBA
OCT 27	SACC – Prime for Life 4.5	0730-1200	Bldg 279
OCT 28	SACC – UPC Course	0800-1130	Bldg 279
Mondays	Making Marriage Work *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
Tuesdays	Emotional Intelligence Workshop (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

808.496.7780

EDUCATION CENTER

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

OCT 02	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
OCT 09	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
OCT 14	Military Academic Skills Program: MASP Starts!	0800-1500	Bldg 220
OCT 16	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
Wednesdays	TA 101	1130-1230	Bldg 220
Fridays	FAFSA Friday!	1130-1230	Bldg 220

808.496.2158

OCTOBER AT THE MCX



NAVY MARINE CORPS RELIEF SOCIETY

OCTOBER 1 - 21 | 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 Main Exchange and Marine Marts from October 1-21. Redemption period runs Oct 19 - 21.

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.*

TACTICAL BUNDLE GIVEAWAY

OCTOBER 1 - 31, 2025, MCX Main Exchange

Win a \$575 prize pack, including a 5.11 Rush Bag stuffed with premium swag plus a \$200 MCX Gift Card!

In honor of the Marine Corps' 250th Birthday, MCX is giving you more chances to win—five winners every month, \$2,500 total up for grabs! Enter with your name and email for your shot at the Tactical Bundle and a monthly \$500 MCX eGift Card.



Winners announced via email and on Marine Corps Exchange social channels. Sponsored by 5.11 Tactical, Danner, CLAC America, and Church & Dwight. Scan the QR code to be redirected to www.mymcx.com.

MADE WITH ALOHA HARVEST FAIR

SATURDAY, OCTOBER 18, 1100 - 1500, MCX Main Exchange

Celebrate fall and shop local at the Made with Aloha Harvest Fair! Discover unique, locally made gifts from Hawai'i artisans and small businesses, all TAX-FREE for extra savings. Enjoy FREE product samples, treat yourself to one eats from a lineup of FOOD TRUCKS, and don't miss your chance to enter the drawing for a \$250 shopping spree on Labubu and other Pop Mart favorites! Kick off your holiday shopping early with the MCX because everything is better when it's Made with Aloha. #ItMattersWhereYouShop

Follow us on social media IG: [@MCX_Hawaii](https://www.instagram.com/MCX_Hawaii) | FB: [/MCXHawaii](https://www.facebook.com/MCXHawaii)



FOOD & BEVERAGE



STRIKERS GRILL AND TAP OPEN FOR LUNCH AND DINNER

MON - THUR: 1000 - 1400; 1630 - 2030 / FRI: 1000 - 1400;
1630 - 2130 / SATURDAY: 0900-2130 / SUNDAY: 1100-1930



Head to Strikers Grill and Tap at K-Bay Lanes for chow that hits the target every time. Located inside the bowling alley, so you can grab a bite between frames or fuel up before taking down some pins.

MCDONALD'S EARLY CLOSURE NOTICE

Due to a scheduled power outage, McDonald's will be closing early on the following dates:

Friday & Saturday, October 24 & 25

- Special Hours: 0500-1500

Plan ahead and grab your favorites before 1500! Thank you for your understanding.

FUN & GAMES

OKTOBERFEST

FRIDAY, OCTOBER 3, 1630 - 2200, SNCO Rocker Room

First Friday goes full Bavarian! Raise a stein with festive sips, move to DJ beats (1800-2100), and feast on the Oktoberfest menu starting at 1800. Plus, savor FREE German sweets at 2000, test your skills in games & contests, and vie for the Best Dressed Herr & Frau awards. Open to SNCOs, Officers, and their invited guests.



FIVE-O MOTORS' AUTO AUCTION

FRIDAY, OCTOBER 17 - SUNDAY, OCTOBER 26, FIVE-O Motors

In the market for a new ride or a project car? The Auto Auction Lot (corner of 1st & 3rd St.) is packed with vehicles ready for their next owner. Browse anytime, then stop by the FIVE-O Motors office **Wednesday-Sunday, 0900-1800** to place your bids.

Are you leaving the island? Bring your vehicle to Five-O Motors and receive a \$100 gift card. Stop by or call (808) 254-7675 for details.



A NEW NA KOA

NEW WAYS TO REGISTER YOUR UNIT AND EARN POINTS

MCSCS
SEMPER FIT

WHAT IS NA KOA?

Year-long program encouraging fitness and readiness for the units aboard Marine Corps Base Hawaii. The program runs from October 1 through September 30 of each year. Unit point standings and more information can be found here ▶



REGISTER YOUR UNIT

1. Units interested in participating must have their SgtMaj email Semper Fit at ombkbayathletics@usmc-mccs.org that they will be participating and with the name of a unit POC.
2. Designate a unit POC. The Na Koa unit POC will receive event calendars and important updates throughout the year.



NEW WAYS TO EARN POINTS

Learn some of the new ways you can earn points.

25 points

- Attend a Base Education Fair (occurs twice a year)
- Attend New Arrivals Orientation (NAO) ~ Monthly
 - *Points awarded only to those who meet NAO eligibility requirement: attending within 90 days of arrival at MCBH
- Register and participate in the Summer Reading Program (usually June – July)
- Attend a Marine Corps Family Team Building LifeSkills Class (offered 2 times / month)
- Attend any Personal Financial Management Program class

50 points

- Invite Family Advocacy Program or Substance Assessment Counseling Center to a unit event
- Volunteer at FAP Family Fun Fair

100 points

- Schedule in-unit Family Advocacy brief/training, New Parent Support brief/training/activity group; Community Counseling Program brief/training; or Schedule in-unit Substance Assessment Counseling Center brief

200 points

- Email a picture of your CO AND SgtMaj together at one of the races to ombkbayathletics@usmc-mccs.org.

Check with program for attendance requirements for 100 pt in-unit briefs..



Learn more about how to earn points with [Marine and Family Programs](#).

LEARN MORE ABOUT THE NA KOA CUP

<https://hawaii.usmc-mccs.org/nakoa>

Questions? (808) 254-7590

NO DoD or USMC endorsement intended.

COMMANDER'S
NA KOA
CUP



Coca-Cola HAWAII
A SUBSIDIARY OF THE DOBSON CORPORATION

OCTOBER - DECEMBER 2025

NA KOA CALENDAR OF EVENTS



OCTOBER

- 2 New Arrivals Orientation
- 8 Warrior Athlete Competition (Teams of 4)
- 11 SMP Video Game Tournament
- 16 Pool Tournament
- 17 Norwegian Foot March
- 31 Pacific Heat HERO WOD

NOVEMBER

- 6 New Arrivals Orientation
- 20 SMP Pool Tournament
- 21 Education Fair
- 22 Turkey Trot 5k/10k
- 28 Sentinel HERO WOD

DECEMBER

- 4 New Arrivals Orientation
- 18 SMP Pool Tournament
- 19 Harbor Guard HERO WOD
- 20 Jingle Bell Jog



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) 254-7473

Intramural Sports

Weekly Run Club.

Contact 808-254-7591

Health Promotions Classes

Contact HP Educator: (808) 254-7473

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**

PACIFIC HEAT

OCTOBER HERO WOD

FRIDAY, OCTOBER 31, 1200, Sgt Maj Porter Field

Sgt. Jacob M. Durham, 22, of Long Beach, California, was an Electronic Intelligence/Electromagnetic Warfare Analyst with the 1st Radio Battalion, I MEF Information Group. He was killed in a military-contracted aircraft crash in the Philippines on February 6, 2025, while conducting an ISR mission. Decorated with the Navy and Marine Corps Commendation Medal and more, he was known for composure, intellect, and leadership.

Workout: For Time

- 800m run
- 50 sandbag shouldering
- 100 push-ups
- 50 kettlebell swings
- 400m farmer carry
- 800m run



COMMANDER'S
NA KOA
CUP



  @SemperFitHawaii

[LeagueApps Registration Link](#)



Dates and times subject to change

Questions? (808) 254-7597

No DoD or USMC endorsement intended.

WARRIOR ATHLETE TEAM COMPETITION

WEDNESDAY, OCTOBER 8, First Wave Starts 1600, Sgt Maj Porter Field

Competition will be done in teams of 4. Earn Na Koa points by entering, and earn even more by placing!

200pts for 1st place, 150pts for 2nd place, 100pts for 3rd place. 100pts for every team entry. Boots, utes and 35lb dry ruck required.



CO RACE SERIES

UPCOMING RACES

MCSCS
SEMPER FIT

NORWEGIAN FOOT MARCH

FRIDAY, OCTOBER 17

Have what it takes to earn the Marsjmerket?



TURKEY TROT 5K/10K

SATURDAY, NOVEMBER 22

Pre-burn the holiday stuffing and earn an extra slice of pie. 5k and 10k available.



JINGLE BELL JOG 5K/10K

SATURDAY, DECEMBER 20

Don your best holiday costumes and jingle all the way to the finish line in this merry Christmas fun run!

SAVE THE DATES

- Moonlight Run 5k, January 9
- Sunrise & Shining Sea 5k, February 7
- Na Ali'i 5k/10k, March 14

COMMANDER'S
NA KOA
CUP



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  @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.



INTRAMURAL SPORTS

MCCS
SEMPER FIT



FRIGHT FEST SOFTBALL TOURNAMENT

OCTOBER 24 - 26, Riseley & Annex Fields

REGISTER BY: MONDAY, OCTOBER 20

Contact IM Sports Coordinator: (808) 254-7591 or email

ombkbayathletics@usmc-mccs.org

Open to 18+ DoD ID cardholders attached to MCBH and Camp Smith

RUN CLUB



Every Thursday @ 1800

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
BOTTLED BY 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

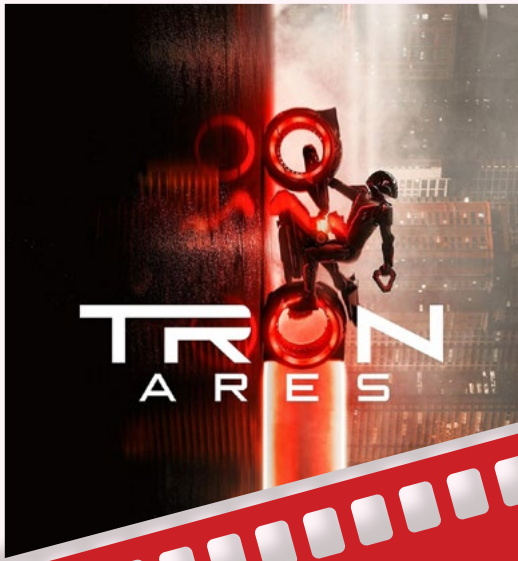
No DoD or USMC endorsement intended.



Run Club

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 OCTOBER 16



SMP Eventbrite



SMP Calendar

FREAKY FRIDAY MOVIE NIGHT

Join us every Friday in October for a Halloween-Themed movie night. Enjoy classic spooky films, free snacks, and a chill atmosphere to kick off your weekend. Movies include Bram Stoker's Dracula, Ghostbuster Afterlife, Scream, and more!

SPECIAL EVENTS

- Mario Kart Tournament (Na Koa)
- Trial of Fears Escape Room
- Operation Fright Fest (CS)

VOLUNTEER OPPORTUNITIES

- ☐ AccesSurf
- ☐ Beach Clean-up
- ☐ Hawaii Food Bank
- ☐ Institute for Human Services
- ☐ K9 Kokua
- ☐ Make-A-Wish
- ☐ Malama Puuloa
- ☐ Norwegian Foot March
- ☐ Rec Center Field Day
- ☐ Special Olympics
- ☐ Warrior Athlete Challenge

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

Questions? (808) 254-7593



NO DoD or USMC endorsement intended.

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.mil)