



MONTHLY

SEMPER DISCENS

2025 UPCOMING MCCS EVENTS



AUGUST 2025 UPDATE



Kaneohe Bay Air Show

STAY CONNECTED:
HAWAII.USMC-MCCS.ORG

MCCS HAWAII
[LINKTR.EE](https://linktr.ee/mccshawaii)



Where to Find Information on the Air Show

Website: www.kbayairshow.com

Socials: IG & FB @[kbayairshow](#)

Friday, August 8 - Military Appreciation Day

Open to active and retired military service members,
DoD civilian employees, first-responders and their families.

- Air Show Grounds open at 0900
- Preferred Seating area opens at 1000
- Approximate event end time 1630



Saturday & Sunday, August 9 -10

Open to the General Public

- Base Gates Open at 0800
- Air Show Grounds open at 0900
- Preferred Seating area opens at 1000
- Approximate event end time 1630

Event line-up includes:

U.S. Air Force F-22 Raptor, KC-135 Stratotanker (92nd Ops Group), Pacific Air Forces C-17 Globemaster III, US Special Operations Command's "Para-Commandos" parachute team, Fat Albert, MV-22 Osprey, MH-60 Seahawk, KC-130, AH-64 Apache, B-52 Stratofortress (307th Bomb Wing) and The Flying Leathernecks.



Also, Aviation and Ground Static Displays, a Car Show, Exhibitor Expo, Food and Beverage Booths, a STEM Zone, U.S. Marine Corps Forces Pacific Band (MARFORPAC) and the Hawaii Pipe Band.

General Admission is FREE.

Preferred Seating Tickets includes :

- Grandstand seating offering best views of the show line
- Dedicated shaded tent areas near the bleachers
- In-and-out privileges
- Designated restrooms
- Exclusive photo booth & free refreshment samples
- Ability to purchase preferred parking.



Information subject to change at any time. Most updated info and FAQs : www.kbayairshow.com

PUT OUR BEST FOOT FORWARD

- The 2025 Kaneohe Bay Air Show is a significant community open house event hosted by MCBH that is expected to draw over 100,000 spectators to the Mokapu Peninsula over the weekend.

PLAN AHEAD

- Double check the [Prohibited/Permitted Items List!!](#)
- Bring sunscreen, sunglasses, and hats
- Stay hydrated. Reusable water bottles are permitted!
- Dress comfortably with good shoes. Air Show grounds measures approx. 3,000 feet (10 football fields)



ATTN: ON-BASE RESIDENTS

- Air Show Shuttles available on Saturday & Sunday
 - Locations and times will be posted soon
 - Don't forget your ID to get back into housing!
- Housing Areas on Saturday & Sunday
 - ID check to enter neighborhoods
 - There will be roving PMO patrols
 - Guests must always be accompanied
- Driving on/off MCBH on Saturday & Sunday
 - Use Back Gate or expect a long detour

TRAFFIC & PARKING.

- Traffic and parking patterns will be impacted throughout the weekend which may include:
 - Very limited or no available parking at facilities
 - Traffic delays
 - Re-routing of traditional routes
 - Heavy pedestrian foot traffic
 - Other impacts

BE PATIENT. BE KIND.

- There will be heavy traffic both vehicular and pedestrian
- Be extra cautious as there will many younger and older attendees with families that are unfamiliar with the base and may need additional time to navigate and cross streets



YOUTH SPORTS REGISTRATION ~ FALL FLAG FOOTBALL & VOLLEYBALL

REGISTRATION DATES: AUGUST 22 - SEPTEMBER 26

Practices will start the week of October 13th

Games will begin on October 25th

REGISTER NOW >>

Questions? 808-254-7636



L.I.N.K.S. FOR KIDS

FOR KIDS 6 - 10

FRIDAY, AUGUST 15, 0900-1100

Get ready for back to school with L.I.N.K.S. for KIDS! In this fun and interactive workshop, kids will explore the Smooth Moves and Friends Rule modules—designed to help them navigate military life transitions and build strong, positive friendships. Start the school year with confidence, connection, and community! Open to kids aged 6-10, first come first serve.

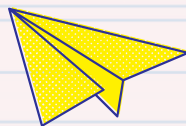
Questions? Email to register: OMBKbay.MCFTB@usmc-mccs.org

TAKING VOLUNTEERS AGED 13-15 TO HELP WITH THE WORKSHOP

YOUR NEED TO KNOW FROM PMO



**LOOK BOTH WAYS BEFORE
CROSSING THE STREET**



**ALWAYS WEAR YOUR HELMET AND
REMEMBER TO LOCK UP YOUR BIKE**

BACK TO SCHOOL REMINDERS

**SLOW DOWN,
STOP FOR SCHOOL BUSES**



AUGUST 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.

AUG 06	PCS & Moving Workshop	0830-1100	Bldg 579
AUG 07	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
AUG 14	Sponsorship Training	0900-0945	Bldg 579
AUG 14	Sponsorship Coordinator Training	1000-1045	Bldg 579
AUG 27	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.

AUG 13	Family Care Plan & Readiness Binder	0830-0930	Virtual
AUG 13	Passport to Volunteering	1000-1100	Virtual
AUG 14	Stress Management Workshop	1130-1300	Bldg 579
AUG 18	Ready, Set, Prepare Workshop	1400-1530	Bldg 579
AUG 19	L.I.N.K.S. Foundations	0800-1600	Bldg 579
AUG 20	UPFRP Command Team Advisor/Family Readiness Assistant Training	0900-1100	Bldg 579
AUG 25	UPFRP Command Team Training	0830-0930	Bldg 579
AUG 25-26	UPFRP Readiness Coordinator Training, 2 days	0830-1500	Bldg 579
AUG 29	4 Lenses Workshop	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.

AUG 11	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
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.

AUG 05 & 19	Thrift Savings Plan	0800-0930	Bldg 220
AUG 05 & 19	Continuation Pay	1100-1200	Bldg 220
AUG 05 & 19	Marriage and Money	1300-1400	Bldg 220
AUG 07	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
AUG 12 & 26	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
AUG 21	Car Buying	1300-1400	Bldg 220
AUG 22	Improve Your Credit Score	1300-1400	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1230	Single Marine Center
			808.496.7783


AUGUST 2025 CALENDAR



MARINE
& Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

AUG 06	Ten Steps to a Federal Jobs Class *Register	0830-1130	Bldg 219, Classroom 106
AUG 06	Federal Employment & Navigating USAJobs Class *Register	1300-1530	Bldg 219, Classroom 106
AUG 20	Civilian Resume Writing Workshop *Register	0830-1130	Bldg 579
AUG 20	Interview Skills Workshop *Register	1300-1530	Bldg 579
	REGISTER via QR Code or email	E: OMBKbayFmeapHI@USMC-MCCS.ORG	
			808.496.2653

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

AUG 04	Respite Care Overview	1100	Virtual on Teams
AUG 12	Establishing Permanent Dependency	1300	Virtual on Teams
AUG 21	Early Intervention Overview	1000	Bldg 219, Classroom 106
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.

AUG 01	FAP and SACC – Trivia Date Night	1700-1900	Hale Mano @ Hale Koa Beach
AUG 04-05	SACC – Prime for Life 4/20	0800-1500	Bldg 279
AUG 06-08	SACC – Prime for Life 16.0	0800-1500	Bldg 279
AUG 20-22	SACC – Prime for Life 16.0	0800-1500	Bldg 279
AUG 25	SACC – Prime for Life 4.5	0730-1200	Bldg 279
AUG 26	SACC – UPC Course	0800-1130	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	808.496.7780	

EDUCATION CENTER

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

AUG 04	MyCAA: My Career Advancement Account Military Spouse Grant Workshop	1130-1230	Bldg 220
AUG 07	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
AUG 14	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
AUG 21	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
Wednesdays	TA 101	1130-1230	Bldg 220
Fridays	FAFSA Friday!	1130-1230	Bldg 220
FOLLOW:	@MCBHEDUCATION	808.496.2158	

K-BAY LANES PLAY CARD SALE

Now through August 3, 2025

Play More, Pay Less at K-Bay Lanes!
The Playcard Sale is ON. Strike while the deal is hot!

Get 60 games at major savings:

- E5 & Below: \$161.50 (Reg. \$190)
- E6 & Above: \$174.25 (Reg. \$205)
- DoD Civilians: \$195 (Reg. \$230)

Based on regular open play rates. Some restrictions apply. Visit the K-Bay Lanes front desk or call 808-254-7664 for details.



FORM UP AND TEE OFF

Planning a day on the greens with your crew or club? The Kaneohe Klipper Golf Course welcomes Club Play, 12 or more players strong.

- 12 or More Players
- Advance Booking
- Grass Driving Range, Large Practice Green (Chipping Allowed), Practice Bunker
- Klipper Grill Restaurant
- Annual Base Access for Civilians (Public Partners Program)

For More Information,
Call 808-254-2107

COMMANDER'S CUP GOLF CLASSIC

**Friday, August 22,
Check-in 1100, Shotgun 1200
Klipper Golf Course**

Join us Friday, August 22 at the scenic Kaneohe Klipper Golf Course for a day of island views, solid drives, and inter-rank rivalries. All ranks welcome.

Entry Fees:

- E5 & below – \$59
- E6 to O3 – \$64
- O4 & above / DoD Civilians – \$69
- Civilian Guests (with authorized patron) – \$79

Active Duty registration August 1–8. All others may register from August 9–20.

Call the Klipper Pro Shop at 808-254-2107 to register.

STRIKERS GRILL AND TAP OPEN FOR LUNCH AND DINNER

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.

Hours:

Mon–Thurs: 1000–1400 (Lunch) | 1630–2030 (Dinner)

Fri: 1630–2130 (Dinner)



THE MARINA JUST GOT AN UPGRADE!

Booking pontoons, kayaks, and waterfront adventure just got easier. The Marina & Outdoor Recreation Center has added a NEW number to better serve our MCBH community.

Call or Text:

808-628-1620

808-850-1269

Plan your next party or outdoor adventure today!

CORNHOLE LEAGUE NIGHT

Friday, August 15, 1630–2200

SNCOs and Officers! It's time to talk smack and toss bags. Rally your squad and report to the Rocker Room for a night of friendly fire... with beanbags.

- Games kick off at 1800
- Just \$10 per team to enter if you're new to the games
- Register on-site at the event

Bragging rights are on the line.





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BOTTLING OF
A SUBSIDIARY OF THE ODOM CORPORATION

AUGUST '25- OCTOBER '25 CALENDAR

AUGUST

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



SEPTEMBER

- 13-14 CO Race Series: Tradewind Triathlon
- 18 SMP Pool Tournament
- 26 HITT: Hero WOD



OCTOBER

- 16 SMP Pool Tournament
- 17 CO Race Series: Norwegian Foot March
- 18 SMP Video Game Tournament
- 31 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.

HUMAN PERFORMANCE TRAINING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0600-0700	HITT Class (ME Lower) + Open Mat	HITT Class (Anaerobic Capacity + TSAC)	HITT Class (ME Upper) / Open Mat	HITT Class (Aerobic Base + Mobility)	HITT Class (DE + Carries) + Open Mat
0700-0830	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access
1130-1230	HITT Class (ME Lower) + Open Mat	HITT Class (Anaerobic Capacity + TSAC)	HITT Class (ME Upper)	HITT Class (Aerobic Base + Mobility)	HITT Class (DE + Carries) + Open Mat
1500-1630	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access	Programmed Specific Access

Note: All 1630 HITT classes are postponed temporarily

To reserve time or coordinate use of the WARR training space, contact kbaysemperfit@usmc-mccs.org

MORE INFO >>>



ZEMBIEC HERO WOD - FRIDAY, AUGUST 29 @ SGTMAJ PORTER FIELD @ 1200



Honoring U.S. Marine Corps Major Douglas A. Zembiec, 34, of Albuquerque, New Mexico, assigned to Headquarters Battalion, Marine Corps National Capital Region, Henderson Hall, based in Arlington, Virginia, was killed during a firefight on May 11, 2007 in Baghdad, Iraq. He is survived by his wife Pamela, daughter Fallyn, parents Donald and Jo Ann, and brother John.

Workout: 5 Rounds for Time

- 11 Back Squats (185/135 lb)
(Progress/ Regress as necessary)
- 7 Burpee Pull-Ups (Strict)
(Progress/ Regress as necessary)
- 400 meter Run

DATE NOTICE:

STARTING IN AUGUST 2025,
 HERO WOD CHANGING DAYS/TIMES

>> LAST FRIDAYS
 >> 1200





UPCOMING RACES

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.



NORWEGIAN FOOT MARCH, OCTOBER 17

Want to earn the Marsjmerket? Limited spots available. Guarantee your spot with the Bellows Ruck Sack Race on August 2!



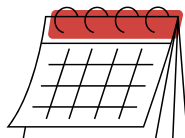
TURKEY TROT, NOVEMBER 22

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



SAVE THE DATES FOR 2025

Jingle Bell Jog - December 20



COMMANDER'S
NA KOA
CUP

5 pts per entry

REGISTER



[Download 2025 CO Race Series Calendar](#)



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Questions? 808-254-7590

E: ombkbayathletics@usmc-mccs.org

Themes and date subject to change

No DoD or USMC endorsement intended

FOLLOW US @SEMPERFITHAWAII





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

CO-ED VOLLEYBALL

When: Season Starts Mon, Sept 8
Registration Deadline: Tues, Sept 2
Location: Main Gym Basketball Courts
Coaches Meeting: TBD



REGISTER ON LEAGUEAPPS



SIGN UP TO GET UPDATES!

*DATES ARE SUBJECT TO CHANGE



ON-GOING 2025 INTRAMURAL RUN CLUB

When: Every Thursday @ 1800
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

FOLLOW US @SEMPERFITHAWAII



Presented by





SINGLE MARINE PROGRAM

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

FEATURED ACTIVITY: LOVE DOGS?

August is National Dog Month!

SMP has a number of volunteer opportunities in August to help furry friends find their forever homes.

- **K9 Kokua Wags n Splash** Adoption Event in Kapolei
- **K9 Kokua Surf Pup** Adoption Event and Celebration at Hana Koa Brewing Co.



FREE MOVIE NIGHT: THE NAKED GUN

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

SPECIAL EVENTS:

- Burgers at the Barracks (C Smith)
- Paintball
- SMP Fantasy Football Draft

Volunteer:

- AccesSurf
- Beach Clean-up
- Hawaii Food Bank
- Heart Horse Hawaii
- Institute for Human Services
- K9 Kokua Surf Pup
- K9 Wags n Splash
- Malama Puuloa
- Rec Center Field Day

NA KOA QUALIFYING EVENTS

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

Council Meetings: August 5, 19

Pool Tournament: August 21

CALENDAR



REGISTER



FOLLOW US @HAWAIIISMP



QUESTIONS? 808-254-7593



Presented by



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-Dos**
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)