



MONTHLY

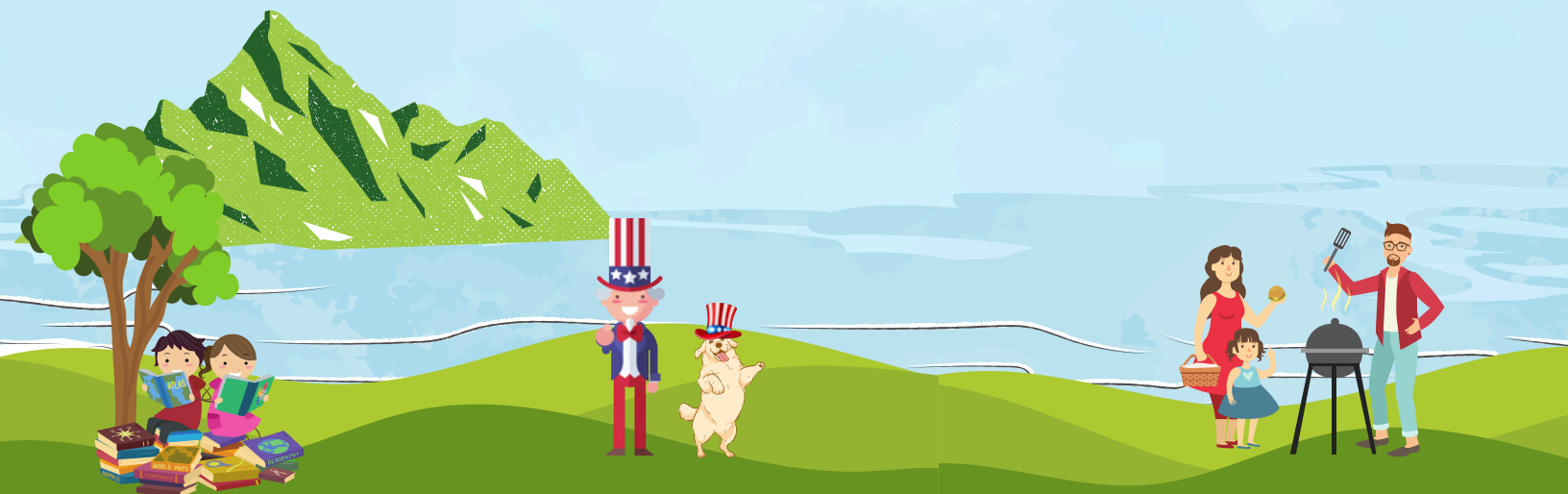
SEMPER DISCENS

2025 UPCOMING MCCS EVENTS

JULY 2025 UPDATE

STAY CONNECTED:
HAWAII.USMC-MCCS.ORG

MCCS HAWAII
LINKTR.EE





STAY SAFE THIS 4TH OF JULY

- ✓ **KEEP GRILL AWAY FROM STRUCTURES, CHILDREN & PETS**
- ✓ **KEEP PETS SECURED**
- ✓ **STAY HYDRATED**
- ✓ **DON'T DRINK & DRIVE**



SAVE THE DATE: 2025 KANEOHE BAY AIR SHOW

FRI, AUGUST 8, MILITARY APPRECIATION DAY

Open to active & retired military, DoD civilians and their dependents.

SAT & SUN, AUGUST 9-10, GENERAL PUBLIC

For updates, follow @KBayAirShow on socials
More Information: www.kaneohebayairstow.com

SAVE THE DATE: TACOLYMPICS

FRIDAY, SEPTEMBER 26, 1600-1930 @ MOKAPU MALL

This spirited competition brings together units from across the installation for a fun-filled day of taco battles, great food, friendly rivalry, lively entertainment and a chance for Units to make some money.

How to sign up: Forms were sent to unit POC's. If your unit did not receive an email with forms and information, please contact the MCCS Hawaii Special Events Program Manager.
E: talktomccs@usmc-mccs.org



YOU ARE INVITED TO: STARS - SPOUSE TRANSITION & READINESS SEMINAR

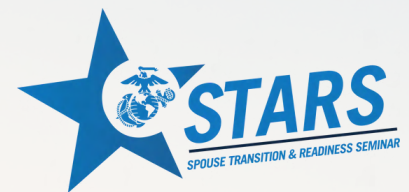
THURSDAY, JULY 31, 0900-1200, BLDG 579

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.

Questions?

Contact 808-496-2653

REGISTER TODAY! >>>





Love Kids?

At least 18 years old? High School degree?

This may be the PERFECT opportunity 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
- ✓ 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 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

JULY 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.

JUL 10	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
JUL 16	PCS & Moving Workshop	0830-1100	Bldg 579
JUL 17	Sponsorship Training	0900-0945	Bldg 579
JUL 17	Sponsorship Coordinator Training	1000-1045	Bldg 579
JUL 30	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.

JUL 15	Passport to Volunteering	1100-1200	Virtual
JUL 15	Volunteer Ready	1200-1300	Virtual
JUL 16	Family Care Plan & Readiness Binder	1130-1230	Virtual
JUL 18	4 Lenses Workshop	0900-1100	Bldg 579
JUL 22	L.I.N.K.S. Foundations	0830-1330	Bldg 579
JUL 22	UPFRP Command Team Advisor/Family Readiness Assistant Training	1400-1530	Bldg 579
JUL 23	Attitudes & Actions Workshop	1400-1500	Bldg 579
JUL 28	UPFRP Command Team Training	0830-0930	Bldg 579
JUL 28-29	UPFRP Readiness Coordinator Training, 2 days	0830-1500	Bldg 579



QR Code for Class Registration Form

808.496.8848

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

JUL 14	Baby Boot Camp *Registration required	0800-1600	Bldg 216
Mondays	Post Partum Support Group	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2nd & 4th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	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.

JUL 01 & 14	Thrift Savings Plan	0800-0930	Bldg 220
JUL 01 & 14	Continuation Pay	1100-1200	Bldg 220
JUL 01 & 14	Marriage and Money	1300-1400	Bldg 220
JUL 01	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
JUL 08 & 22	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
JUL 17	Car Buying	1300-1400	Bldg 220
JUL 31	Survivor Benefit Plan	1300-1400	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1230	Single Marine Center


808.496.7783

JULY 2025 CALENDAR

MARINE & Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

JUL 02	Ten Steps to a Federal Jobs Class *Register	0830-1130	Bldg 219, Classroom 106
JUL 02	Federal Employment & Navigating USAJobs Class *Register	1300-1530	Bldg 219, Classroom 106
JUL 24	Civilian Resume Writing Workshop *Register	0830-1130	Bldg 579
JUL 24	Interview Skills Workshop *Register	1300-1530	Bldg 579
JUL 31	Spouse Transition and Readiness Seminar (STARS) *Register	0900-1200	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.

JUL 16	Sensory-friendly Storytime w/ songs & movement activities	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.

JUL 07-08	SACC – Prime for Life 4/20	0800-1500	Bldg 279
JUL 09-11	SACC – Prime for Life 16.0	0800-1500	Bldg 279
JUL 23-25	SACC – Prime for Life 16.0	0800-1500	Bldg 279
JUL 28	SACC – Prime for Life 4.5	0730-1200	Bldg 279
JUL 29	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.

JUL 03	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
JUL 07	MyCAA: My Career Advancement Account Military Spouse Grant Workshop	1130-1230	Bldg 220
JUL 10	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
JUL 17	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

KLIPPER BASH 2025

Friday, July 25, 0600–1830 | Klipper Golf Course

Lock and load for the Klipper Golf Courses' biggest event of the year! The Klipper Bash is happening on Friday, 25 July 0600 –1830, and we're bringing the heavy artillery of savings straight to your wallet.

Here's what's in store:

- Play Card Sale: Save 25–30% OFF regular green fees
- Balloon Sale: Pop for a chance to get up to 100% OFF Pro Shop merch purchase
- Multi-Vendor Demo Day: Test drive the latest gear from leading golf brands and take up to 20% OFF special-order clubs
- FREE Golf for Active Duty: That's right. No green fees for Active Duty service members from 1330–1600
- Door Prizes: Giveaways every hour from 1400–1800
- Contests: Show off your swing in the putting and driving contests at 1630
- Klipper Grill's Food & Beverage Specials: Will keep you fueled

ULTIMATE OBJECTIVE:

One lucky winner will claim the ultimate prize - a full year of FREE GOLF (52 rounds of pure victory)!

Must be present to win. Open to authorized patrons. Other restrictions may apply. Call (808) 254-2107 for more information.

See you at the Klipper!

FIRST FRIDAY REPORTS FOR DUTY... ONE WEEK LATE!

Friday, July 11, 1630–2200 | SNCO Rocker Room

Since July 4th is already jam-packed with fireworks and freedom, we're pushing First Friday to July 11.

Doors open at 1630, and karaoke kicks off at 1900. FREE pupu while supplies last. Camaraderie, cold drinks, and questionable falsettos guaranteed.

Open to SNCOs, Officers, and their invited guests.



JUNIOR BOWLERS CLINIC

July 21–25, 0830–1130 | K-Bay Lanes

Our Junior Bowlers Clinic at K-Bay Lanes is a great way to spend summer break, learning skills that last a lifetime while having an absolute blast! Junior bowlers will learn to master the fundamentals, proper bowling form and technique, lane rules, scoring systems, bowling etiquette, and good sportsmanship.

Program Details:

- When: Monday-Friday, July 21–25, 2025
- Time: 0830–1130 daily
- Where: K-Bay Lanes
- Fee: \$125 per student
- Class Size: Limited to 12 participants
- Open to: Ages 9 - 17

Whether your child has never held a bowling ball or wants to improve their game, our expert instructors will meet them where they are and help them succeed.

Ready to Register? Spots fill fast with only 12 available! Call today: (808) 254-7693



BASIC FISHING & MARINE BIOLOGY YOUTH PROGRAM

**Monday – Friday, July 14–18, 0830–1130 |
Marina & Outdoor Recreation Center**

The Basic Fishing & Marine Biology Youth Program is perfect for anyone ages 9–17 who loves the water, wants to learn how to fish, and is curious about marine life. From baiting hooks to learning about the creatures in Kaneohe Bay, this five-day adventure is packed with hands-on activities by the water.

The program is \$125 per student. Only 12 spots are available.

Call (808) 628-1670 to sign up today!



UPCOMING SUMMER SERIES EVENTS

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

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 Sand Flag Football
21	*Swim Meet
26	HITT: Abbate HERO WOD

August

2	CO Race Series: Bellows Rucksack Race
12-15	*5v5 Sand Volleyball Tournament
20-21	*Track & Field
21	SMP Pool Tournament (no registration)
22	*Alcohol Awareness Commercial Due
30	HITT: HERO WOD

*SUMMER SERIES INDIVIDUAL EVENTS

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

*SUMMER SERIES TEAM EVENTS

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



SUMMER SERIES OVERALL UNIT WINNERS

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

REGISTER FOR SPECIAL EVENTS



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

LEARN MORE

DETAILS



STARTING JULY 1, NEW 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
1630-1730	HITT Class (ME Lower)	HITT Class (Anaerobic Capacity + TSAC)	HITT Class (ME Upper)	HITT Class (Aerobic Base + Mobility)	HITT Class (DE + Carries)

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

MORE INFO >>>



ABBATE HERO WOD - SAT, JULY 26 @ SGTMAJ PORTER FIELD @ 0900



For July 2025, we honor Sgt Matthew Abbate, 26, of Honolulu, Hawaii assigned to 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, CA, who was killed December 2, 2010, while conducting combat operations in Helmand province, Afghanistan.

Workout:

- Run 1 mile
- 155 pound clean and jerk, 21 reps (able to scale)
- Run 800 meters
- 155 pound clean and jerk, 21 reps (able to scale)
- Run 1 mile

REGISTER >>>



FOLLOW US @SEMPERFITHAWAII



Presented by



QUESTIONS? 808-254-7597

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



UPCOMING RACES

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.



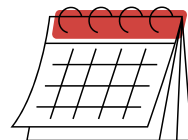
NORWEGIAN FOOT MARCH, OCTOBER 17

Have what it takes? 18.6 mi (30km) in full boots and utes, with a 25lb rucksack. Different times required for age categories to earn the Marsjmerket skill badge. Pre-qualify at the Bellows Rucksack Race!



SAVE THE DATES FOR 2025

Turkey Trot 5k/10k - November 22
Jingle Bell Jog - December 20



COMMANDER'S
NA KOA
CUP

5 pts per entry

REGISTER



[Download 2025 CO Race Series Calendar](#)



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



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

*Themes and date subject to change

*no DoD or USMC endorsement intended

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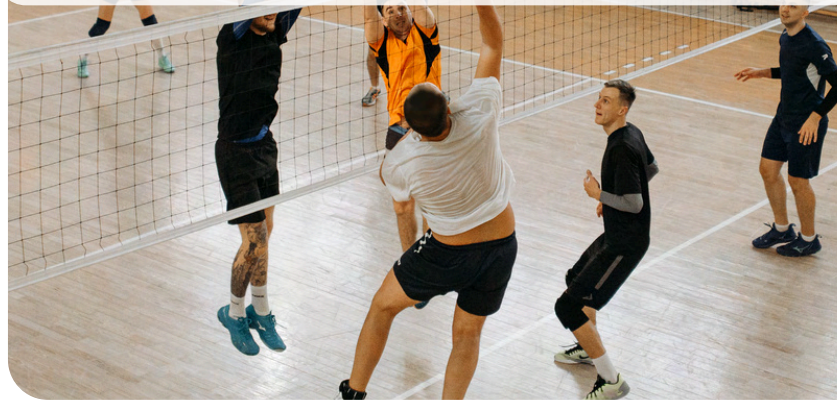
CO-ED FLAG FOOTBALL

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, 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

FOLLOW US @SEMPERFITHAWAII



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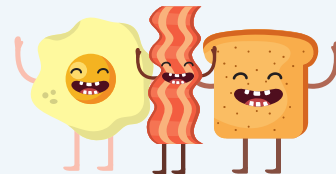
SINGLE MARINE PROGRAM

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

FEATURED ACTIVITY: CAMP SMITH ALL-AMERICAN BREAKFAST

Join your fellow Marines and Sailors for an All-American Breakfast to celebrate camaraderie. Enjoy pancakes, eggs, bacon and good vibes.

Sat, July 5 @ 1100-1300. C Smith SMP Rec Center. No Registration Required. While supplies last.



FREE MOVIE NIGHT: JURASSIC WORLD: REBIRTH

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

FEATURED ACTIVITY: SMASH BROS TOURNAMENT

Got some special moves? Meteor Smash your way to some prizes and Na Koa Points. 1st PLACE \$100 2ND PLACE \$50

Saturday, July 19 @ 1100, Kbay SMP Rec Center. Registration required.



SPECIAL EVENTS:

- All American Breakfast (C Smith)
- Jurassic Zipline Tour
- North Shore Island Tours

Volunteer:

- AccesSurf
- Beach Clean-up
- Hawaii Food Bank
- Institute for Human Services
- 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: July 8 & 24

Pool Tournament: July 17

CALENDAR



REGISTER



FOLLOW US @HAWAII SMP



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-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)