

# U.S. Army Hawaii Libraries Summer Reading Program

## *Make reading part of your summer goal!*

Log your reading  
and activities  
and earn rewards!

**Sunday,  
May 28 -  
Saturday,  
July 22**

### Tie-Dye Party

SGT Yano & Fort Shafter Libraries

**Saturday, May 27**

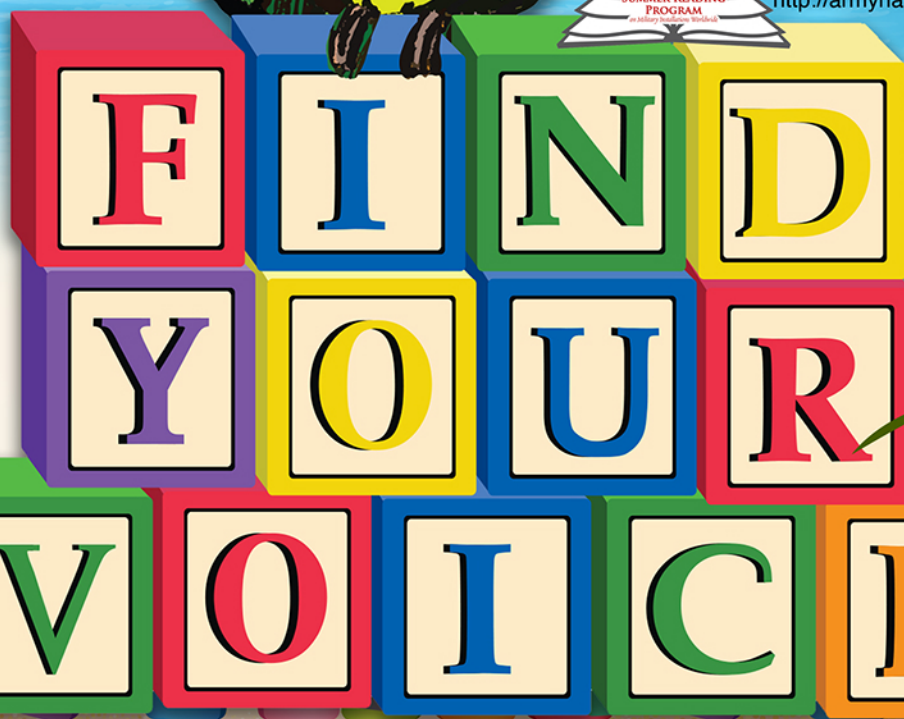
11 a.m.-2 p.m.

Register at



SCAN ME

<http://armyhawaiilibraries.beanstack.org/>



**For more information, call SGT Yano (808) 655-8002 or Fort Shafter (808) 438-9521.**

SGT Yano • 1565 Kolekole Avenue • Building 560 • Schofield Barracks, Hawaii 96857  
Fort Shafter • 181 Chapple Road • Building 650 • Fort Shafter, Hawaii 96858



[HiMWR.com](http://HiMWR.com) or  MWR HAWAII 

This sponsorship does not constitute DoD, Army or Federal Government endorsement.



# MURPHY CHALLENGE

**MONDAY, MAY 29**

The first heat begins at 6:15 a.m.  
and every 15 minutes thereafter  
until 10:15 a.m.

Check in 15 minutes prior to heat.

*In Honor of*

**Navy SEAL  
Lt. Michael P.  
Murphy**

## ALL FITNESS LEVELS WELCOME.

**1 MILE RUN  
100 PULL UPS  
200 PUSH UPS  
300 AIR SQUATS  
1 FINAL MILE RUN**

The Pull-Ups, Push-Ups, and Air Squats  
can be partitioned and scaled as needed.  
Participants are encouraged to wear a  
20 lb body vest.

Time-slots limited.

**Entry Fee:**

**Early registration deadline:**

**Friday, April 28**

\$25 • T-Shirt guaranteed

(\$30 after April 28 • T-Shirt size not guaranteed)

**Day of event registration:**

\$30 • T-Shirt while supplies last

Cash & Credit Card Accepted

No Refunds

For more information  
**call (808) 655-5975.**  
Registration available at all Army Physical Fitness Centers.  
(Excluding WAAF & AMR)



**MAKE  
YOURSELF  
PROUD**



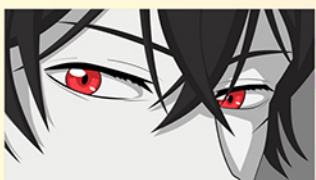
# JUNE

# 2023

at Tropics Recreation Center

THURSDAY

## 01



6-8:30 p.m.

### ANIME NIGHT

FRIDAY

## 02



7-9 p.m.

Ride the Bull, Horseshoes,  
Country Musical Chairs  
& more!

THURSDAY

## 08 BINGO

7-9 p.m.

**BINGO NIGHT**

Multiple rounds of games for a chance to yell BINGO  
and win a prize!

FRIDAY

## 09

One-on-one Tournament  
Prize to the winner!

**Ping Pong Tournament**

6-8 p.m.

Registration deadline: Thursday, June 8

SATURDAY

## 10

**Beach Volleyball Tournament**

Set, Serve, Spike!

Sign up for teams of 2 players.  
Winning team wins a prize!

Registration deadline: Friday, June 9

FRIDAY

## 16

### DJ KRICK



FREE ADMISSION!

1470 Foote Ave. • Schofield Barracks, HI 96857

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SATURDAY

## 17

### 8-BALL TOURNAMENT

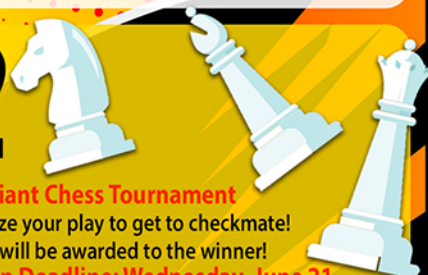
6-8 p.m.

APA Rules

Pre-register to guarantee your spot at the table  
Prizes for winners!

THURSDAY

## 22



6 p.m.

**Giant Chess Tournament**

Strategize your play to get to checkmate!  
Prize will be awarded to the winner!

Registration Deadline: Wednesday, June 21

FRIDAY

## 23

### TRIVIA NIGHT

7-9 p.m.

**Battle of the Brains**

Teams of 2-4 • Prize will be awarded to winners!

Registration deadline: Thursday, June 22

SATURDAY

## 24



5-8 p.m.

### DODGEBALL

If you can dodge a bullet, you can dodge a ball!

Players will be divided into teams. Prize awarded to the winning team

Registration Deadline: Friday, June 23

THURSDAY

## 29

### MOVIE night

6 p.m.

Enjoy the movie and our popcorn station! Movie will be  
selected by soldier's choice. Customize your popcorn  
with candy and flavored seasonings!

FRIDAY

## 30



6 p.m.

**Texas Hold' Em Tournament**

Pre-register to guarantee your spot at the table.

Registration deadline: Thursday, June 29

Open to all DoD ID Cardholders 18 & older.

**Register with Tropics.**

Food & drink specials  
available for purchase at the



For more information, call (808) 655-5698.

[HiMWR.com](http://HiMWR.com) or [f MWR HAWAII](https://www.facebook.com/MWRHAWAII)



Open to all DoD ID Cardholders 18 & older.



# Country NIGHT

AT TROPICS RECREATION CENTER

Friday, June 2  
7-9 p.m.



COWBOY & COWGIRL  
ACTIVITIES:  
• RIDE THE BULL  
• HORSESHOES  
• COUNTRY MUSICAL CHAIRS  
• & MORE!

WIN PRIZES!

Food & Drink Specials available for  
purchase at the *Koa Gate* & BAR

Time & dates are based on availability and are subject to change due to special events.

For more information or to register, visit Tropics Recreation Center or call (808) 655-5698.



1470 Foote Ave  
Schofield Barracks, HI 96857



[HiMWR.com](http://HiMWR.com) or  MWR HAWAII 

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Custom programming is also available  
for family outings, physical training  
and organizational days.  
Minimum of 6 people per program.  
Call for complete details.

Visit

**HiMWR.com**

for activity details.

# JUNE'S PROGRAMS & ADVENTURES



## SUP STAND UP PADDLE BOARDING

Saturday,

**3**

**8:30-11:30 a.m.**

**\$59 per person** (Minimum Age: 10 years old)

Interested in Stand-Up Paddle Boarding? Learn how to SUP with the ODR team! Join in the entry level which covers all the fundamental basics.

Saturday,

**17**

## FATHER'S DAY REBALL JAM

**9:30-11:30 a.m.** (Minimum Age: 10 years old)

**\$30 per person**

Spend some time with your dad while playing Reball (Paintless form of paintball).

Listen to cool tunes and enjoy BBQ lunch plates.

HAPPY  
**FATHER'S  
DAY**



*Experience Hawaii with the Outdoor Recreation Center!*

**SIGN UP:** At Outdoor Recreation Center. Registration must be completed no later than 48 hours before event date.

**OPEN TO:** The minimum age is listed on each activity, children under the age of 18 must be accompanied by an adult.

**TRANSPORTATION:** Space is limited. Call for details.

**NOTE:** Please bring refreshments, snacks and sunscreen.

### OUTDOOR RECREATION RENTALS

Stop by the Outdoor Recreation Center for all of your summer adventure needs! Tents, surfboards, camping gear, stand up paddleboards and more!

For more information, call  
**(808) 655-9046 or (808) 655-0143.**



HiMWR.com or f MWR HAWAII @



LEILEHUA GOLF COURSE PRO SHOP

**MONDAY, JUNE 5 - SUNDAY, JUNE 18**

**FATHER'S DAY**

**SALE**

**20% OFF**



**All merchandise  
including  
marked down items!**

(Excludes golf balls & special orders.)

**FOR MORE INFORMATION, CALL**

**(808) 655-4653**

199 Leilehua Road • Bldg. 6505  
Wahiawa 96786



**HiMWR.com** or **f MWR HAWAII**



Open to all DoD ID Cardholders.

# HALE IKENA'S BACKYARD BARBEQUE LUNCH BUFFET TUESDAY, JUNE 13

**11 a.m. - 1 p.m.**

**\$24.95** per person (ages 11 & up)

**\$14.95** per child (ages 4-10)

Children ages 3 & under are free

## MENU

### COLD ITEMS

Fruit Salad • Macaroni Salad  
Potato Salad • Coleslaw

### HOT ITEMS

Crispy Fried Chicken • Beef Pot Roast  
Mesquite Spare Ribs  
Garlic Mashed Potatoes  
Steamed White Rice • Sweet Rolls

### DESSERTS

Chef's Desserts of the Day

### BEVERAGES

Hot Coffee • Hot & Iced Tea

*\*Menu items subject to  
change without notice\**



For more information or to make reservations,  
call **(808) 438-1974** during office hours.

Office Hours:

Monday-Friday, 8:30 a.m.-4 p.m.

130 Morton Dr., Bldg. 711, Fort Shafter, Hawaii 96858

HiMWR.com or MWR HAWAII

Digital Garrison





## DIVISIONS:

- **UPPERS**  
(Modified USSSA Rules)
- **LOWERS**  
(Modified USA/ASA Rules)
- **ALL WOMENS**  
(Modified USA/ASA Rules)

**WIN PRIZES,  
TEAM GIFTS,  
GIVEAWAYS  
AND MORE!**



## ELIGIBILITY:

Open to all DoD ID Cardholders  
18 years of age & older

## FOR MORE INFORMATION:

Visit our office at USAG Hawaii Sports, Fitness & Aquatics Office, 730 Leilehua Avenue, Bldg. 645, Room 2, Schofield Barracks, HI 96857 or call (808) 655-9650/0856.

## HOMERUN DERBY: JULY 1 - \$20

(Winner receives a brand new Softball Bat, minimum 10 paid participants)

**TOURNAMENT DATES**  
**JULY 1-2**

**Registration Deadline:**  
Thursday, June 15

**Stoneman Softball  
Complex**

**\$300**  
per team  
No refunds.



Registration forms available at all Army Physical Fitness Centers.

Payment must be made at Martinez Physical Fitness Center or Fort Shafter Physical Fitness Center.



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Open to all DoD ID Cardholders  
18 years & older.

**HELEMANO  
PHYSICAL FITNESS CENTER  
PRESENTS**



# **ANNUAL BENCHPRESS & ENDURANCE COMPETITION**

**FRIDAY, JULY 14  
6-9 P.M.**

**FREE ENTRY**

**REGISTRATION DEADLINE: THURSDAY, JUNE 1**

## **BENCH PRESS MAX**

3 attempts to reach your max rep!

## **ENDURANCE**

Lift half of your body weight as many reps as you can in  
1-minute!

Competitors will compete in their weight class.  
(Womens' Open)

Registration forms available at all Army Physical Fitness Centers.

**Medals will be awarded to:**  
**Top 2 male competitors in each class**  
**Top 3 female competitors**

# **TEST OUT YOUR STRENGTH AND ENDURANCE**

For more information, call (808) 787-7460 or email [brian.williams56.naf@army.mil](mailto:brian.williams56.naf@army.mil)



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Open to all DoD ID  
Cardholders and the  
general public of all ages.

# Saturday, June 17, 2023

The 6 fastest male and female  
Active Duty Soldiers will represent  
U.S. Army Garrison Hawaii at the official event  
in Washington D.C. on Sunday, October 8.  
All travel expenses will be covered by MWR.

Registration forms available online and at  
all Army Physical Fitness Centers.  
(Excluding WAAF & AMR)

## START

U.S. ARMY GARRISON-HAWAII  
**ARMY  
TEN-MILER**  
AUSA \* KBR

## START

# 17, 2023 6 A.M.

U.S. ARMY

15TH ANNUAL

# ARMY TEN-MILER

# HAWAII

# QUALIFIER

## Entry Fee:

*Credit Card Only.*

**Early Registration Deadline: Friday, May 19**

**\$35 • T-Shirt size guaranteed**

**(\$45 after May 19 • T-Shirt size not guaranteed)**

**Day of the Race Registration  
& Packet Pick-up: 4:45-5:45 a.m.**

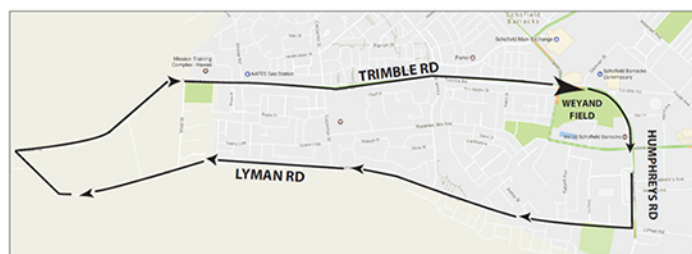
**\$45 • T-Shirt while supplies last**

**Richardson Pool**

1757 Kulekole Ave., Bldg. 578  
Schofield Barracks, HI 96857

For more information, call (808) 655-5975  
or scan the QR for race details and training tips.  
<https://hawaii.armymwr.com/programs/race>

### DOUBLE LOOP ROUTE



2 loop course, 5 miles per loop. Start/Finish on Trimble fronting Weyand Field



SCAN ME



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Hale Ikena presents

Open to all DoD ID Cardholders.

# Father's Day

## SUNDAY BRUNCH BUFFET

### Sunday, June 18

9 a.m. - 1 p.m.

Seating Times (2-Hour Limit): 9, 10 & 11 a.m.

\$39.95 per person (ages 11 & up)

\$24.95 per child (ages 4-10)

Children ages 3 & under are free

*Limited Seating. Reservations are recommended.*

*Reservation Deadline: Friday, June 9, 4 p.m.*

### Menu fit for a King!

#### Breakfast Items

Assorted Pastries  
Croissants  
Scrambled Eggs  
Bacon  
Portuguese Sausage  
Belgian Waffles with Assorted Toppings

#### Cold Items

Assorted Fresh Sliced Fruit  
Chilled Peel and Eat Shrimp with Cocktail Sauce  
Fresh Garden Salad with Assorted Dressings  
Lomi Lomi Salmon  
Smoked Salmon with Assorted Condiments

#### Hot Items

Steamed White Rice  
Roasted Rosemary Red Potatoes  
Kalua Pork and Cabbage  
Huli Huli Chicken  
Mesquite Pork Spare Ribs

#### Carving Station

Garlic & Peppercorn Crusted Prime Rib with Horseradish & Au Jus

#### "Build Your Own Omelet" Station

#### Desserts

Banana Pudding  
Assorted Jell-O  
Carrot Cake  
Death by Chocolate Trifle  
Pecan Pie  
Lemon Meringue Pie  
Apple Pie  
Homemade Mixed Berry Cobbler

#### Beverages

Hot Coffee • Hot & Iced Tea • Orange Juice • Fruit Punch



For more information or to make reservations,  
call (808) 438-1974 during office hours.

Office Hours:

Monday-Friday, 8:30 a.m.-4 p.m.

130 Morton Dr., Bldg. 711, Fort Shafter, Hawaii 96858



\*Gratuity is not included. Menu items  
subject to change without notice\*



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Open to all DoD ID Cardholders 18 & older.

**If you can  
dodge a bullet,  
you can  
dodge a ball!**

**WINNERS EARN PRIZES!**

**Tropics**  
RECREATION CENTER

**DODGEBALL**

**Saturday, June 24**

**5-8 p.m.**

Players will be divided into teams.  
Bracket Style

**Food & Drink Specials available for  
purchase at the**

**Koa Gate**  
& BAR

**For more information or to register, visit Tropics Recreation Center or call (808) 655-5698.**

Time & dates are based on availability and are subject to change due to special events.



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