



COMMIT - STAY FIT!

WANTED! 1000 PAPER CRANES

SGT. YANO & FORT SHAFTER LIBRARIES

We are looking to collect **1000 paper cranes** folded by our Army Community.

Participants can either stop by the Sgt. Yano or Fort Shafter Library for paper and folding instructions or use their own from home.

We are accepting cranes of all colors and sizes. All cranes collected will be displayed in the libraries.

For more information, call (808) 655-8002 or (808) 438-9521

1000 Cranes will be collected from May 1 through the Summer Reading Program until 1500 cranes are collected.

SCHOFIELD'S **2021** STRONGEST

YOU CAN **Totally** DO THIS.

MAN/WOMAN CHALLENGE

AT MARTINEZ PHYSICAL FITNESS CENTER

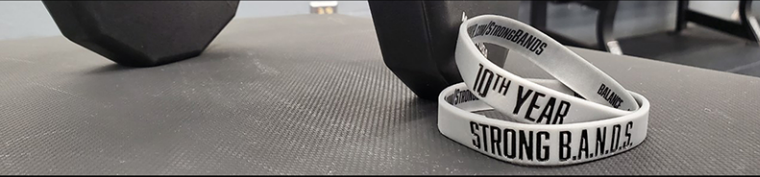
Complete rules, guidelines, and waivers will be provided to each participant. Martinez PFC staff member will keep a record of results, each participant's name and time of completion will be proudly posted at Martinez PFC.

ALL FITNESS LEVELS WELCOME
Open to all DOD Card Holders

MAY 1-31

- 4** EVENTS
- LOG PRESS
 - TRAP BAR DEADLIFT
 - FARMER'S CARRY
 - TIRE FLIPS

For more information call, (808) 655-4804.



2021 MARTINEZ PHYSICAL FITNESS CENTER

OPEN TO ALL DOD CARD HOLDERS 18 YEARS OF AGE & OLDER.

MURPHY CHALLENGE

SATURDAY, MAY 1
MONDAY, MAY 31

Complete rules, guidelines and waivers will be provided to each participant. Martinez PFC staff member will keep record of results, each participant's name and time of completion will be proudly posted at Martinez PFC.

MUST MAKE AN APPOINTMENT IN ADVANCE. ALL FITNESS LEVELS WELCOME. For more information or to make an appointment, call (808) 655-4804.

- 1 MILE RUN
- 100 PULL UPS
- 200 PUSH UPS
- 300 SQUATS
- 1 MILE RUN with 20 lb. weight vest



PAINTBALL LEAGUE

Attention Single Soldiers... Get Your Paintball Game On!

\$10 per person (includes paintball, mask, and gear)

May's scheduled games: **Saturdays, May 8 & 29 - 2-4 p.m.**

- Sign up and pay no later than 24 hours before the event date.
- Play on Outdoor Rec Center, Bldg 210.
- Payments can be made Tuesday-Saturday from 8:30 a.m.-5:00 p.m.

FOR MORE INFORMATION, CALL BOSS AT (808) 655-1130 or ODR (808) 655-9046

BOSS BEACH CLEANUPS

BOSS

9:30 - 11:30 A.M. MEET AT RESPECTIVE BEACH PARKS:

- Saturday, May 8 Hailua Beach Park
- Saturday, June 12 Tracks Beach Park

BRCS & GLOVES WILL BE PROVIDED

For more information, (808) 655-1130

WATER SAFETY Event

Richardson Pool in partnership with Outdoor Recreation Center.

FRIDAY MAY 14
FREE! 2-4:30 P.M.

Richardson Pool
1757 Kolekole Ave Bldg 578
Schofield Barracks, HI 96857
For more information call (808) 655-1128 or (808) 655-9046

Join us in a controlled environment to learn and apply practical skills to increase your chances of survival in the event of losing your watercraft at sea.

Have you ever been curious about survival techniques in the ocean?

WARNING: JELLYFISH SIGHTING

BOSS' SUNRISE HIKES

Meet at the trail head at 6:15 a.m. Open to Active Duty Single Soldiers

Wednesdays

- May 26 KOKO CRATER ARCH TRAIL
- June 9 PU'U OHULU KAI PILLBOX

For more information, (808) 655-1130