

MCCS

HAWAII

MONTHLY

SAPERE AUDE

**UPCOMING
MCCS EVENTS**

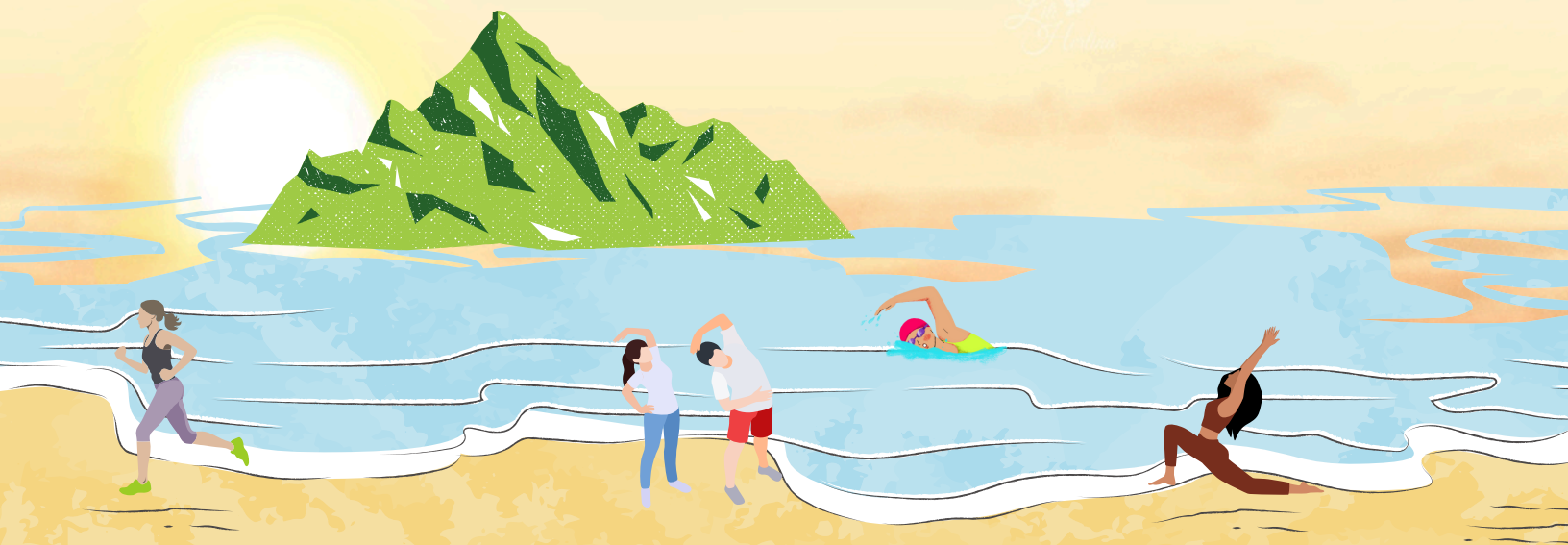
JANUARY 2025 UPDATE

STAY CONNECTED:

[@MCCSHAWAII](#) [@MCBHFAMILY](#)

[@SEMPERFITHAWAII](#)

HAWAII.USMC-MCCS.ORG



ARMED FORCES ENTERTAINMENT PRESENTS...

AFE PRO BLITZ GOLF TOURNAMENT

Friday, January 31 @Klipper Golf Course
 Check-in 1100, Shotgun starts 1200
 NFL Hall of Famers will be hitting the green of Klipper Golf Course. Get the chance to meet grid iron greats!
 MUST Register by Jan 28. Call (808) 254-2107 for information on entry forms and more details.



AFE PRO BLITZ YOUTH FOOTBALL & CHEER CLINICS

Thursday, February 6 @ SGTMAJ Porter Field
 Clinic: 1530-1630, Meet & Greet: 1630-1730
 10 NFL players with ties to Hawaii and 12 NFL cheerleaders will be providing FREE youth clinics for kids interested in football and cheerleading!
 Registration NOT required. Check-in begins at 1500.
 First-come, first-served. Open to the first 150 kids for football and first 100 kids for cheer.



- Andrew Aumavae, College & Pro QB Trainer
- Samson Satele, Former NFL Player**
- Nate Iioa, Former NFL Player**
- Laiatu Latu, NFL Player Indianapolis Colts DE*
- Marist Liufau, NFL Player Dallas Cowboys LB*
- Roman Wilson, NFL Player Pittsburgh Steelers WR*
- Andrie Iosivas, NFL Player Cincinnati Bengals WR*
- Isaako Sopoaga, Former NFL Player**
- Leonard Peters, Former NFL Player**
- Henry To'oTo'o, NFL Player Houston Texans LB*

*Active NFL Player **Former NFL Player

JANUARY 2025 CALENDAR

MARINE & Family

STAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.257.7786 ombkbay.mcbhirrs@usmc-mccs.org

INFORMATION REFERRAL & RELOCATION

Resource to support a smooth transition on & off base.

JAN 15	PCS & Moving Workshop	0830-1100	Bldg 579
JAN 16	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel
JAN 16	Sponsorship Training	0900-0945	Bldg 579
JAN 16	Sponsorship Coordinator Training	1000-1045	Bldg 579
JAN 29	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579
FOLLOW:	@MCBHIRRS		808.257.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

JAN 07	L.I.N.K.S. Foundations	0830-1330	Bldg. 579
JAN 07	Passport to Volunteering	1100-1200	Virtual
JAN 07	Volunteer Ready	1200-1300	Virtual
JAN 07	UPFRP Command Team Advisor Training	1400-1530	Bldg 579
JAN 13	UPFRP Command Team Training	0830-0930	Bldg 579
JAN 13-14	UPFRP Readiness Coordinator Training	0830-1500	Bldg 579
JAN 15	Family Care Plan & Readiness Binder	1130-1230	Virtual
FOLLOW:	@MCFTBHAWAII		808.257.2657

FINANCIAL MANAGEMENT

Learn how to manage money and achieve financial success.

JAN 02	SGT BAH Class	0900-1100	Bldg 220
JAN 07 & 21 & 24	FEAP: TSP, Promotion and Continuation Pay	0800-1200	Bldg 220
JAN 07 & 21 & 24	FEAP: Marriage and Money	1300-1500	Bldg 220
JAN 14 & 24	PRS/1st Duty Station	0900-1200	Bldg 220
JAN 16	Car Buying	1300-1400	Bldg 220
JAN 24	Improve your credit score	1100-1200	Bldg 220
			808.496.7783

COUNSELING/PREVENTION

Counseling and support services and workshops.

JAN 06-07	SACC - Prime for Life 4/20	0800-1500	Bldg 279
JAN 15-17	SACC - Prime for Life 16.0	0800-1500	Bldg 279
JAN 22-24	SACC - Prime for Life 16.0	0800-1500	Bldg 279
JAN 27	SACC - Prime for Life 4.5	0800-1500	Bldg 279
JAN 28	SACC – UPC Course	0800-1130	Bldg 279
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



JANUARY 2025 CALENDAR

MARINE & Family

STAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.257.7786 ombkbay.mcbhirrs@usmc-mccs.org

EXCEPTIONAL FAMILY MEMBER PROGRAM		<i>Workshops & events for exceptional family members.</i>	
JAN 13	Building Networks of Support- Lunch and learn – bring your lunch	1200	In person in classroom 2 next to the EFMP office. RSVP by calling or emailing
JAN 15	Recreation Inclusion – Sensory Friendly Storytime with the Base Library	1000	In person. Classroom 2 next to the EFMP Office
JAN 30	Introduction to EFMP	1300	Virtual on Teams. Please RSVP by Jan 29
Tuesdays	Family support services at Kaneohe Health Clinic	0830-1130	Health Clinic Kaneohe Bay
FOLLOW:	@EFMPHAWAII	E: MCBH.EFMP@USMC.MIL	808.496.0290

EDUCATION CENTER		<i>Programs, resources, workshops and services to help you succeed.</i>	
JAN 06	MyCAA	1130-1230	Bldg 220
JAN 06	MASP: Military Academic Skills Program	0800-1600	Bldg 220
JAN 16	G.I. Bill Workshop	1130-1230	Bldg 220
JAN 16	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
JAN 21	Higher Education 101: Intro to Higher Ed	1130-1230	Bldg 220
JAN 23	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

NEW PARENT SUPPORT		<i>Support program for parents of newborns to 5 years old.</i>	
JAN 13	Baby Boot Camp *registration required	0800-1600	Bldg 216
Mondays	*NEW GROUP* Post Partum Support Group <i>Call for questions</i>	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
Fridays	Infant Massage - 6 week course starts Jan 10th *registration required	1000-1100	Bldg 216
Fridays	WIC every Friday *call 808-259-7940 for appt	1000-1500	Library classroom, 1st floor
FOLLOW:	@MCBHNEWPARENT		808.496.8803

FAMILY MEMBER EMPLOYMENT		<i>Employment readiness workshops, classes & resources.</i>	
JAN 14	Ten Steps to a Federal Jobs Class	0830-1130	Bldg 219
JAN 14	Federal Employment & Navigating USAJobs Class	1300-1530	Bldg 219
JAN 24	Civilian Resume Writing Workshop	0830-1130	Bldg 579
JAN 24	Interview Skills Workshop	1300-1530	Bldg 579
E:	OMBKbayFmeapHI@USMC-MCCS.ORG		808.257.2653

The SNCO Club Rocker Room Welcomes to Officers!

Here's the January lineup of events exclusively for SNCOs and Officers:

AFE COMEDY NIGHT

Thursday, Jan 9, 1630-2200

Armed Forces Entertainment and American Forces Travel present BEST MEDICINE BRIGADE! Doors open at 1630, and the show starts at 1900.

Featuring performances by:

- Tom Cotter – The first-ever finalist on America's Got Talent and a veteran of The Tonight Show, Last Comic Standing, and Comedy Central
- Kerri Louise – On Dr. Oz, Last Comic Standing, Comedy Central & Dry Bar
- Robin Phoenix Johnson – VET TV alum with sharp wit & engaging storytelling
- Doug Bennett – Marine Corps veteran and seasoned comedian

Open to SNCOs, Officers, and their invited guests.

Seating is limited, so get there early!



CORNHOLE LEAGUE NIGHT

Friday, January 10, 1630-2200

SNCOs and Officers, rally your team for the Rocker Room's Cornhole League Night! Games begin at 1800, and it's just \$10 per team to join the fun! Register your team NOW on the Scoreholio app!

Free to Download



WINTER SNC/OLYMPICS

Friday, January 17, 1630-2200

Gear up for a night of intense competition and camaraderie at the SNCO Winter Olympics! Registration starts at 1700, and the games begin at 1800 on January 17th.

Assemble your dream team of 10 and prepare to compete in a series of bar athletics, including Cornhole, Darts, Pool, Shuffleboard, and Table Pong. Each event will feature two members, so choose your squad wisely to bring home the victory!

Yes, the games are open to SNCOs AND Officers.

THE ROCKER ROOM PRESENTS: RHYTHM & RHYMES

Friday, January 24, 1630 – 2200

Step into a night where R&B and hip hop collide! DJ Q-Steed will be spinning live from 2000-2200 on January 24th and he'll be joined by your host Gunny Banks. Food & drinks specials, smooth beats, live energy and good times will be flowing all night long.

Open to SNCOs, Officers, and their invited guests.



REV UP, GLOW UP, TEE UP

FIVE-O MOTORS MONTHLY AUTO AUCTION

Wednesday – Sunday, January 17 – 26, 0900 – 1800

Make your move this January! FIVE-O Motors' Monthly Auto Auction has a variety of vehicles to choose from in the New Year. Visit hawaii.usmccs-mccs.org/autohobby for Auto Auction FAQs.



MCX SKIN SAVVY SAVINGS

January 15 – February 1 | Main Exchange

Shop the MCX from January 15 – February 1 for Savvy Savings on your favorite skin & hair care brands including Moroccan oil, Shiseido, OLAPLEX, and more! It Matters Where You Shop®



DEMO DAYS AT THE KLIPPER GOLF COURSE

January Edition

Whether you're a seasoned pro or just starting out, don't miss the chance to test drive the best in golf equipment from leading brands. Swing by, give the clubs a try, and see how you can take your game to the next level with:

- PXG: January 11, 1000 – 1400
- TaylorMade: January 17 & 24, 1200 – 1700
- XXIO, Cleveland, and Srixon: January 25, 1200 - 1700





JANUARY '25- MARCH '25 CALENDAR

JANUARY

- 10 CO Race Series: Moonlight Run
- 13 IM Sports: Basketball Season begins
- 16 SMP Pool Tournament
- 18 SMP Video Game Tournament
- 25 HITT: Hero WOD
- 28 IM Sports: Ultimate Frisbee Season begins



FEBRUARY

- 1 CO Race Series: Sunrise & Shining Sea 5k
- 20 SMP Pool Tournament
- 22 HITT: Hero WOD
- TBD Pickleball Tournament



MARCH

- 8 CO Race Series: Na Alii 5k/10k
- 17 IM Sports: Men's/Women's Softball League
- 20 SMP Pool Tournament
- 29 HITT: Hero WOD
- 31 IM Sports: Soccer Season begins



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

OVERVIEW & CURRENT SCORES >>>



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

LEARN HOW TO EARN POINTS, [CLICK HERE](#)



UPCOMING RACES

MOONLIGHT RUN - FRIDAY, JAN 10

Don't miss the kick-off to the 2025 CO Race Series with the "Wolf's Moon Run". Cool & breezy run on the famous flightline under the Full Wolf Moon.



SUNRISE & SHINING SEA 5K - SATURDAY, FEB 1

Scenic morning 5k. Enjoy a sunrise and ocean views along the green, rolling hills of the world famous Klipper Golf Course.



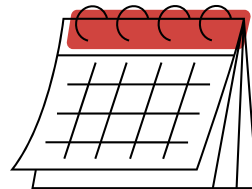
NA ALI'I 5K/10K - SATURDAY, MAR 8

Great check-up before the Hapalua Half-Marathon! Scenic and challenging 5k and 10k options.



SAVE THE DATES FOR 2025

- Color Run for a Cause - Apr 12
- Sunset Flightline 5k - May 9
- Camp Smith Grueler - June 7
- Runway Run - July 4
- Bellows Rucksack Race - August 2
- Keiki & Adult Sprint Triathlon - Sept 13 & 14
- Turkey Trot 5k/10k - November 22
- Jingle Bell Jog - December 20



REGISTER



[Download 2025 CO Race Series Calendar](#)

***Themes and date subject to change**

*no DoD or USMC endorsement intended



Presented by



Questions? 808-254-7590



Follow @semperfithawaii

KICKBALL TOURNAMENT

Dates: January 18-19

Registration deadline: January 13



ULTIMATE FRISBEE SEASON

Start date: January 28

Registration deadline: January 21



MEN'S/WOMEN'S PAY TO PLAY SOFTBALL

Start date: March 17

Registration deadline: March 11



UPCOMING INTRAMURAL EVENTS

Soccer Season

Start date: March 31

Registration deadline: March 25

Flag Football Season

Start date: August 11

Registration deadline: August 5

Co-ed Softball Season

Start date: June 9

Registration deadline: June 3

Volleyball Season

Start date: September 8

Registration deadline: September 2

SIGN UP TO GET UPDATES!



REGISTER ON LEAGUE APP



Presented by



Questions: IM Sports Coordinator, 808-254-7591
or grace.glaeser@usmc-mccs.org

***DATES ARE SUBJECT TO CHANGE**

*no DoD or USMC endorsement intended



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SINGLE MARINE PROGRAM

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

FEATURED ACTIVITY: FREE "LUNCH & LIFE HACKS" *NEW!*

WEDNESDAYS, 1130-1230 (Jan 8 - Mar 5)

FREE lunch while supplies last AND learn life hacks to improve your life.

Learn how to get better sleep, handle stress, fitness, spiritual fitness, communication, healthy eating, teamwork, finances & more.

Registration recommended, but not required.

JAN 8: RACK OPS, JAN 15: STRESS SURVIVAL KIT, JAN 22: DESK OPS, JAN 29: SAY WHAT?

TO DO LIST

- 1 WIN
- 2 WIN AGAIN
- 3 WIN MORE



FREE MOVIE NIGHT: DEN OF THIEVES 2: PANTERA

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



SPECIAL EVENTS:

- New Year's Brunch
- COD: Black Ops 6 Tournament
- Sunrise South Shore Tour

Volunteer:

- AccesSurf
- AFE Pro Blitz Golf Tournament
- Base Beach Clean-Up
- Hawaii Foodbank Senior Food Boxing
- Institute for Human Services
- Mālama Pu'uloa



Camp Smith

- Movie Night: Deadpool & Wolverine



Presented by



MONTHLY CALENDAR



EVENT REGISTRATION



Council Meetings: Jan 7 and 21

Video Game Tournament: Jan 11

Pool Tournament: Jan 16



Na Koa qualifying events:

- 1) Volunteer activities
- 2) E-8/higher attendance at Council Meeting
- 3) Pool & Video Game Tournaments

*no DoD or USMC endorsement intended

Questions: 808-254-7593



Follow @hawaiiimp



KNOW YOUR MCCS RESOURCES

MCCS HAWAII SOCIAL/WEB DIRECTORY

[Click here for the linktr.ee directory](#)

MARINE & FAMILY PROGRAMS

- [Child Development Centers](#)
- [Community Counseling](#)
- [Education Center](#)
- [Exceptional Family Member Program](#)
- [Family Advocacy Program](#)
- [Family Member Employment Assistance](#)
- [Information, Referral & Relocation](#)
- [Library](#)

[Follow us on socials @mcbhfamily](#)

- [Marine Corps Family Team Building](#)
- [New Parent Support](#)
- [Personal Financial Management](#)
- [School Age Care](#)
- [School Liaison](#)
- [Substance Assessment & Counseling](#)
- [Transition Readiness](#)

[Download a digital brochure](#) with more information on free family programs.

SEMPER FIT

[Follow us on socials @semperfithawaii](#)

- 24 hour [fitness centers](#) - Main Gym, Camp Smith, Kulia
- [CO Race series](#) - 5k, 10k's, fun runs, triathlon
- [Health Promotion](#) - education, testing and boot camps
- HITT training courses and events
- [Intramural Sports](#) leagues and tournaments
- [Pools](#) and [Beaches](#) - Aquatic training and recreation
- [Youth Sports](#) - offered throughout the year

[Single Marine & Sailor Program](#) - free quality of life programming, exclusive events, recreation centers, volunteer and leadership opportunities.

[Download a digital brochure](#) with more information on Semper Fit.

KNOW YOUR OPTIONS

24/7 Helpline: (808) 216-7175

More than 1 in 3 women and more than 1 in 4 men will experience assault and/or stalking by a partner in their lifetime. It might be yourself, or it might be someone you know. [Learn more](#) about resources and support and the difference between open and confidential reporting options.



SOCIAL DIRECTORY



MCCS HAWAII

Special events, social media contests/giveaways

[@mccshawaii](#)

MARINE & FAMILY PROGRAMS

Upcoming events, news & updates for family programs and activities aboard MCBH.

[@mcbhfamily](#)

PROGRAM-SPECIFIC FAMILY CHANNELS

- Base Library FB/IG [@mcbhlibrary](#)
- Education Center FB [@mcbheducation](#)
- Exceptional Family Member Program FB/IG [@efmphawaii](#)
- Family Wellness and Prevention FB [@mcbhawaiiibh](#) IG [@mcbh.bh](#)
- Information, Referral & Relocation FB/IG [@mcbhirrs](#)
- Marine Corps Family Team Building FB [@mcftbhawaii](#)
- New Parent Support FB [@mcbhnewparent](#)

SEMPER FIT HAWAII

Race series, competitions, HITT events, Intramural Sports, Youth Sports, Health Promotions and more.

[@semperfithawaii](#)

PROGRAM-SPECIFIC SEMPER FIT CHANNELS

- Water safety conditions FB/IG [@mccshawaiiwatersafety](#)
- Pools information FB/IG [@mcbhsemperfitaquatics](#)

SINGLE MARINE & SAILOR PROGRAM

[@smsphawaii](#) [@hawaiiimp](#)

MCCS HAWAII CAREERS / JOB OPENINGS

[@mccshawaiijobs](#)

RETAIL & RECREATION

- Five-O Motors FB [@fiveomotorsmcbh](#) IG [@fiveomotors](#)
- Klipper Golf Course FB/IG/YT [@klippergolfcourse](#)
- Marina FB [@mcbhmarina](#) / IG [@mcbhawaiimarina](#)
- MCX Main Exchange FB [@mcxhawaii](#) / IG [@mcx_hawaii](#)
- SNCO Club FB [@sncokbay](#) / IG [@sncoclub_kbay](#)



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