



MCCS HAWAII

MONTHLY NEWSLETTER

OCTOBER 2026

VISIT OUR [MCCS HAWAII LINKTR.EE](https://linktr.ee/MCCSHAWAII)

STAY CONNECTED: [HAWAII.USMC-MCCS.ORG](https://hawaii.usmc-mccs.org)





DID YOU EARN A COLLEGE DEGREE FROM 2024-2026?

FRIDAY, OCTOBER 23, 1000 at Base Chapel



You still have time to register for the MCBH Commencement Ceremony!

Join us for a livestreamed ceremony, walk across the stage, receive a Certificate of Completion, enjoy the photo station and FREE Celebration cake and appetizers.

Registration Deadline: October 9

Scan QR code to register. Questions: (808) 496-2020 or MCB_Hawaii_EDCenter@usmc.mil

STORIES OF STRENGTH

WEDNESDAY, OCTOBER 7,

1700-1830, Library Classroom

Join us for a candle making workshop for adults with special guest author Erinn Keala.

TECH TUESDAY

TUESDAY, OCTOBER 13, 1500,

Library Classroom, Ages 7-12

Discover, innovate, and create a Halloween themed STEM project!

Follow [@mcbhfamily](https://www.instagram.com/mcbhfamily) on Instagram and Facebook for library updates on upcoming events & programs.



SPOUSES! ATTEND STARS TO PREPARE YOUR FAMILY FOR POST-MILITARY LIFE!

THURSDAY, OCTOBER 22, 0830-1230, Bldg 579



Transition Affects You Too

Separating or retiring from active duty is not just paperwork and protocols for service members. It means BIG CHANGES for the whole family.

Never Too Early to Start

Attend anytime, even years before separation or retirement. Early means more time to plan, ask questions, and ensure your family is financially and emotionally ready.

Get the Facts Firsthand

This seminar gives spouses clear, accurate info — no middleman needed. Learn the full picture about benefits, healthcare, finances, and more directly from the experts.

Attend Solo or Together

Spouses can bring their service member! Open to all military branches.

Questions: OMBKbayFmeapHI@usmc-mccs.org or call (808) 496-7097

SAVE THE DATE: TREELIGHTING CEREMONY

FRIDAY, NOVEMBER 20

Mark your calendars! Make unforgettable memories with Hawaiian-style Santa, personalized ornaments, trolley rides, holiday crafts, activities and more!



FOR THE COMMUNITY



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

What is Domestic Abuse?

Domestic abuse includes physical harm, emotional manipulation, verbal threats, sexual coercion, and financial control used by one partner to dominate or intimidate another. Abuse can happen to anyone, regardless of rank, gender, or background.

How You Can Make a Difference

- Know the signs of abuse
- Encourage healthy communication and conflict resolution
- Support fellow Marines and families in need
- Speak up – silence allows abuse to continue
- Participate in events during October to show your support

24/7 Reporting Hotline: (808) 216-7175

WAYS TO SHOW SUPPORT THROUGHOUT OCTOBER!

FAP COMMUNITY OUTREACH

FRIDAY, OCTOBER 2, 0900-1100,

Base Chapel Rm 28

Come learn how to help those impacted by Domestic Violence.

STORIES OF STRENGTH: CRAFTING FOR SELF-CARE

WEDNESDAY, OCTOBER 7, 1700-1800,

Library Classroom

Create something bright while celebrating stories of strength with this candle making workshop. Talk about self-care and positive intentions. Author guest speaker Erinn Keala will be there to share her real-life experiences behind, "I Promise to be Better."



Scan to learn more about resources and events

LIGHT UP THE NIGHT

OCTOBER 25 - 31

FAP will distribute purple glow sticks throughout the community to shine a light on domestic violence, increase awareness, and make it easier for individuals and families to find support and resources when they need them.

Visit the FAP table at various events October 25 - 31 for free glow sticks!

PAWS AT THE PARK,

THURSDAY OCTOBER 8, 1600-1800,

North Beach Dog Park

Household pets are not often recognized in instances of domestic violence. Come join us in raising awareness of indicators and signs, in hopes of highlighting this domain of abuse. Join this event to find resources on animal abuse prevention, free pup cups, and Kona Ice giveaways!

PURPLE THURSDAY

THURSDAY, OCTOBER 15

Show support for survivors! Wear purple to help raise awareness about domestic violence, and stand together for safe and healthy relationships.

IT MATTERS WHERE YOU SHOP

ISLAND HOLIDAY NIGHT MARKET

FRIDAY, OCTOBER 9, 1600–2000, Main Exchange Courtyard

Featuring the Mindfulness Through Play Kendama Tournament.

Start your holiday shopping early at the Island Holiday Night Market, featuring 30+ local artisans and food vendors, free samples, food trucks and more.

Make it a family night with the FREE Mindfulness Through Play Kendama Tournament, hosted by Kendama pro Joshua “Flow” Grove of Sweets Kendamas. Players

can compete in Beginner and Intermediate divisions for a chance to win prizes. Space is limited and pre-registration is required. Scan QR Code to Register

Unwrap the Unexpected: The first 50 shoppers entering the front entrance of the MCX Main Exchange between 1600–1700 will receive an MCX gift card valued at \$5–\$50.



HALLOWEEN IN FULL COLOR

SATURDAY, OCTOBER 24, 1100–1500, MCX Main Exchange

Bring the kids to Halloween in Full Color, a family-friendly paint party sponsored by Island Heritage. Little artists can get creative with a Halloween-themed painting experience while families shop the MCX for costumes, candy, décor and seasonal essentials.

Unwrap the Unexpected: The first 50 children receive a FREE canvas, paint set and surprise goodie bag.



IT PAYS TO DO GOOD

SEPTEMBER 30 - OCTOBER 18

Support NMCRS at Your MCX. From September 30 – October 18, donate \$5 at checkout at your MCX Main Exchange or Marine Mart and receive a \$5 coupon + 5% OFF your entire purchase when you redeem October 16–18.

Your donation helps the Navy-Marine Corps Relief Society (NMCRS) provide financial assistance, education and support to service members, retirees and their families during unexpected hardships.

Give \$5. Get \$5 Back + 5% OFF.

Coupon valid Oct. 16–18 only. Must present coupon at time of purchase.

Certain exclusions apply. See store for details.

UNWRAP THE UNEXPECTED
HOLIDAY 2026
Every Visit Could Be the One!

MCCS Hawaii is giving away \$15,000+ in prizes all season long!

Every MCX holiday visit brings exceptional value, real appreciation, and a little something unexpected.

SAVE THE DATES

- OCT 9 | 1600–2000**
Island Holiday Night Market and Kendama Tournament
- OCT 24 | 1100–1500**
Halloween In Full Color – Paint Party
- NOV 20 | 1700–1900**
Tree Lighting Ceremony
- NOV 27 | 0500**
Black Friday Door Buster
- NOV 27 | 1100–1500**
Black Friday \$500 Shopping Spree Giveaways
- NOV 28 – 29 | 0900**
Keep Unwrapping – Black Friday Weekend Door Busters
- DEC 6 | 1100–1300**
Photos with Santa

MCX
CORE BRANDS
CORPS VALUE

MCBH EATS

ALOHA GRAB & GO CATERING MAKES EVENT PLANNING EASY

Planning a PME, meeting, reception, or special event? Aloha Grab & Go offers customizable catering options to fit your event, including breakfast buffets, lunch and dinner buffets, chef-attended action stations, hot and cold pupu selections, and bar service. Select functions may also be accommodated with off-site catering.

Host your event at Klipper Golf Course with flexible ballroom spaces for groups of various sizes, including the Mauka Ballroom for up to 120 guests, Makai Ballroom for up to 48 guests, or the Full Ballroom for up to 192 guests.

Contact our catering team to plan your menu, discuss event space and confirm availability: Call (808) 254-5592 or email kbyeevents@usmc-mccs.org.



Scan the QR code to view the full Aloha Grab & Go Catering menu.



THANKSGIVING AND CHRISTMAS DINNERS TO GO

Skip the cooking, Aloha Grab & Go at the Klipper Grill will have Thanksgiving and Christmas Dinners to Go. Stay tuned for more details!

KLIPPER GRILL'S NEW LOOK

Have you seen the changes at the Klipper Grill? Stop by to check out their fresh new look next time you're on the course.



OKTOBERFEST AT THE SNCO CLUB

FRIDAY, OCTOBER 2, 1630-2200, SNCO Rocker Room

PROST, MARINES. First Friday goes full Bavarian as CLC 33 hosts this year's Oktoberfest at the SNCO Club Rocker Room. Stein-worthy sips, an Oktoberfest menu dropping at 1800, and FREE sweet treats at 2000. Grab your battle buddies and raise a glass. This is a First Friday you don't want to miss.

Open to SNCOs, Officers, and their invited guests.

THE LAST COSTUME STANDING

FRIDAY, OCTOBER 30, 1630-2200, SNCO Club Rocker Room

Put your costume to the test at The Rocker Room's Halloween Costume Contest! Compete for gift card prizes in three categories: Best Male, Best Female and Best Couples Costume. Open to SNCOs, Officers and their invited guests.

ARE YOU IN THE KNOW?

The SNCO Club also welcomes civilian employees NF-3 and above. As an MCCS employee, your civilian status gets you into the SNCO Club Rocker Room at the Klipper Golf Course. So, if you're NF-3 or above, consider this your invitation to check out what's happening at the Rocker Room. Make it your new Pau Hana spot.

Follow [@MCBHEats](#) on Facebook and Instagram for the latest specials and menu updates.

ON THE GREENS



KLIPPER AMATEUR GOLF TOURNAMENT

**Thursday-Saturday, October 22-24,
0700-1400, Klipper Golf Course**

Register by October 5 to secure your spot!
The 2026 Klipper Amateur Golf Tournament returns Oct. 22-24 at the Klipper Golf Course. Amateur golfers with a GHIN Handicap are invited to compete in 54 holes of stroke play over three days. **The field is limited to 120 golfers.**

Flights: Championship (0.0-4.9) | A (5.0-9.9) | B (10.0-19.9) | Senior (55+ years)

Entry Fee: \$210 Military | \$225 Civilian

Entry includes green fees for three tournament rounds plus one practice round. Cart fees are not included. Prizes will be awarded, along with recognition of an active-duty champion.

KLIPPER DEMO DAYS

Dial in your game with the latest clubs and accessories from leading golf brands, and get expert insight to help you find the right fit. Klipper Golf Course Demo Days continue through the end of the year with:

- **PXG** | Oct. 3 | 1000-1400
- **PXG** | Nov. 7 | 1000-1400
- **XXIO/Srixon/Cleveland** | Nov. 13 | 1000-1400
- **PING** | Nov. 21 | 1000-1400
- **PXG** | Dec. 5 | 1000-1400

Stop by, test clubs firsthand and see what's right for your game.

Questions? Call the Klipper Pro Shop at (808) 754-6433 or (808) 850-1552 for more information.

See you at the Klipper!



MORE TO EXPLORE

CAMPSITE RESERVATION TRANSITION

EFFECTIVE OCTOBER 1, 2026

Starting October 1, Hale Koa Beach campsite reservations, check-in and check-out will be handled through Mokapu Recreational Lodging.

For questions about the transition, contact Mokapu Recreational Lodging at (808) 254-5696, (808) 254-5769, or ombkbay.recreationlodging@usmc-mccs.org.

Something special is also coming! The Mokapu Recreational Lodging team is giving you a chance to win a FREE two-night campsite stay. Keep an eye on [@MCBHRec](#) on Facebook and Instagram for details.



AUTO AUCTION: OVERDRIVE SERIES

**FRIDAY-SUNDAY, OCTOBER 16-18, 0900-1800,
FIVE-O Motors**

Last chance! The final weekend of FIVE-O Motors' Overdrive Series is October 16-18. With vehicles still available, we're clearing the lot fast.

How to bid:

1. Snap a photo of the vehicle's Auction Sheet
2. Pick up a bid sheet inside FIVE-O Motors
3. Drop your sealed bid in the Bid Box before the window closes

This is a blind auction. Bid your best offer. No do-overs.

Open to active duty, retired military, DoD/NAF employees and dependents, qualifying veterans, and Public Partners Program (PPP) members. DBIDS card required for PPP members.

Full rules & FAQs: hawaii.usmc-mccs.org/auction



TAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.496.7786 ombkbay.mcbhirrs@usmc-mccs.org

INFORMATION REFERRAL & RELOCATION		Resource to support a smooth transition on & off base.	
OCT 01	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel – Bldg 6677
OCT 07	PCS & Moving Workshop	0830-1100	Bldg 579
OCT 07	Sponsorship Training	1300-1345	Bldg 579
OCT 07	Sponsorship Coordinator Training	1400-1445	Bldg 579
OCT 28	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579
808.496.7786			

FINANCIAL MANAGEMENT		“The secret to getting ahead is getting started.”- Mark Twain.	
OCT 06	Thrift Savings Plan (TSP)	0800-0900	Bldg 220
OCT 06	Continuation Pay	0900-1000	Bldg 220
OCT 06	Marriage & Money	1300-1430	Bldg 220
OCT 08	Home Sweet Home	1300-1430	Bldg 220
OCT 20	Personal Readiness Seminar (PRS) – classroom limited to 45 attendees. *Please register using this QR code. 	0800-1600	Bldg 220
OCT 22	Car Buying	1300-1430	Bldg 220
E: christopher.a.mcbride.civ@usmc.mil pfc1.honolulu@magellanfederal.com pfc2.hawaii@magellanfederal.com			
P: 808.496.7783 808.282.1338 808.260.6832			

COUNSELING/PREVENTION		Counseling and support services and workshops.	
OCT 02	FAP Community Outreach	0900-1100	Base Chapel, Rm 28 – Bldg 6677
OCT 07	Stories of Strength-Crafting for Self-Care Candle making workshop	1700-1830	Bldg 219, Rm 106
OCT 08	Paws at the Park Pup Cups Kona Ice Giveaways	1600-1800	North Beach Dog Park
OCT 15	National wear purple day! Raise awareness of Domestic Violence Awareness Month by wearing purple	All day	Everywhere
OCT 19	Park Outreach	0900-1100	TBD
OCT 20	SACC – UPC Course	0800-1500	Bldg 279
OCT 26	SACC – Prime for Life 4.5	0730-1200	Bldg 279
OCT 29 & 30	SACC – National Red Ribbon Week Presentations	1300-1400	Mokapu Elementary
OCT 30	Love Lab One-day Workshop *Must register by calling 808-496-7780/8803	0800-1600	Bldg 216
Tuesdays	Anger Management *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar 0-12 *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar Teen *Must register by calling 808-496-7780/8803	1300-1430	Bldg 216
Thursdays	Warrior Maintenance Stress Management *Must register by calling 808-496-7780/8803	0900-1030	Bldg 216
M-F	CCP Walk-in Screenings	0800-1500	Bldg 216
CCP & FAP: 808.496.7780/8803		SACC: 808.496.2456	

OCTOBER 2026 CALENDAR

MARINE & Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

OCT 08	Ten Steps to a Federal Job® Class – <i>Break into Government Careers</i>	0830-1130	Bldg 220
OCT 08	Navigating USAJobs Class – <i>Explore & Find Federal Jobs Like a Pro</i>	1300-1600	Bldg 220
OCT 22	Spouse Transition and Readiness Seminar (STARS) – <i>Leaving Military, Let's Go!</i>	0830-1230	Bldg 579
OCT 26	Résumé Essentials for Military Spouses – <i>Creating an Effective Resume</i>	0830-1230	Bldg 220
	REGISTER on Eventbrite or scan QR Code to receive event details	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.7097

EDUCATION CENTER

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

OCT 02	G.I. Bill Workshop: <i>Learn about the G.I. Bill and essential information to help you and your family make the most of your VA education benefits.</i>	1130-1230	Bldg 220
OCT 05	SpouseWorks Scholarship Monday (formerly MyCAA): <i>Stop by to learn about this education benefit to spouses of active-duty service members.</i>	1130-1230	Bldg 220
OCT 06	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
OCT 06	DLAB: Defense Language Aptitude Battery	0900-1100	Bldg 220
OCT 08	DLPT: Defense Language Proficiency Test	0900-1500	Bldg 220
OCT 20	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
OCT 20	DLAB: Defense Language Aptitude Battery	0900-1100	Bldg 220
OCT 22	DLPT: Defense Language Proficiency Test	0900-1500	Bldg 220
Wednesdays	Tuition Assistance 101: <i>Covers eligibility requirements, how TA works, and the educational benefits available to active-duty service members.</i>	1130-1230	Bldg 220
Fridays	FAFSA Friday: <i>Need help filling out FAFSA? Stop by to complete your FAFSA application form.</i>	1130-1230	Bldg 220
808.496.2158			

TRANSITION READINESS

Transition counseling, resources & education for active duty.

OCT 06	SkillBridge & NCMIS Application Brief No registration Required	1230-1400	SMP – Bldg 1629
OCT 15	Career & SkillBridge Expo No Registration Required	1300-1500	Bldg 1196
OCT 20	SkillBridge & NCMIS Application Brief No Registration Required	1230-1400	Bldg 220, Rm F

E: MCBH.TRP.INQUIRY.SMB@USMC.MIL

808.496.4910

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

OCT 21	Sensory-Friendly Storytime: Partnered with the Library Building Networks of Support	1000	Bldg 219, Rm 107
OCT 28	EFMP Special Needs Forum and Sensory Trick or Treat	1330	Bldg 220, Rm A
EVERY TUESDAY	EFMP 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

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

Mondays	Bump to Baby Hui – <i>Pregnancy /Postpartum Support Group</i>	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2 nd & 4 th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	WIC every Friday *Call 808-259-7940 for appt	1000-1500	Bldg 219, Rm 106
FOLLOW:	@MCBHNEWPARENT	808.496.7780/8803	

OCTOBER 2026

CALENDAR

MARINE
Family

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

OCT 05	L.I.N.K.S. Foundations Part 1 – <i>The Corps</i>	0815-1130	Bldg 579
OCT 06	L.I.N.K.S. Foundations Part 2 – <i>The Maze</i>	0815-1130	Bldg 579
OCT 08	LifeSkills: Real Relationships-- <i>participants build and maintain healthy relationships by exploring communication, trust, expectations, conflict resolution, and the skills needed to create strong, meaningful connections with others</i>	0900-1100	Bldg 579
OCT 09	Teen Employment & Hiring Expo; Powered by L.I.N.K.S.— <i>Teens will learn about Hawaii Workers Permit, available positions with MCCS Hawaii and more! Ages 15-17</i>	1230-1530	Bldg 579
OCT 13	OPSEC/PII Training — <i>What is OPSEC and PII? And how to protect it. *This is NOT an Active Duty or DoW Employee Training, this is an annual requirement for Volunteers or those interested in learning how to protect themselves and their Service Members better*</i>	0830-0930	Bldg 579
OCT 13	UPFRP Command Team Advisor/Family Readiness Assistant Training — <i>This training will cover all required training for newly appointed volunteers (EXCEPT L.I.N.K.S. Foundations)</i>	0930-1100	Bldg 579
OCT 16	LifeSkills: Bridging the Generation Gap — <i>Learn practical tools to improve communication and strengthen connections in a multigenerational workplace. LifeSkills: Bridging the Generation Gap — improve understanding and communication between different generations by exploring perspectives, values, and workplace or relationship dynamics</i>	0830-1030	Virtual
OCT 21	What's In Your Family Care Plan? and Readiness Handbook Workshop — <i>Understanding what should be in a family care plan and why it is important and learning how to organize your "life binder"</i>	0830-0930	Virtual
OCT 21	Passport to Volunteering – <i>For new volunteers interested in tracking hours.</i>	1000-1100	Bldg 579
OCT 22	LifeSkills: Ready, Set, Prepare – <i>Prepare for all of Hawaii's emergencies, from flooding, tsunamis, to Kilauea and high surf</i>	1300-1500	Bldg 579
OCT 26	UPFRP Command Team Training – <i>Newly appointed XO, SgtMaj, Chaplains, SMP Reps</i>	0830-0930	Bldg 579
Oct 26-27	UPFRP Uniformed Readiness Coordinator Training, 2 days – <i>Newly appointed URC's</i>	Mon 0930-1500 Tues 0830-1500	Bldg 579
	QR Code for Class Registration Form—All monthly classes		808.496.2650

OCTOBER '26 - DECEMBER '26

NA KOA CALENDAR OF EVENTS

MCICS
SEMPER FIT

ONGOING

CO Race Series

Send a picture to Semper Fit of your CO and SgtMaj together at one of the races.

Contact: (808) 254-7590

Single Marine Program

- E8 or higher attend SMP Council Meetings
- Volunteer Opportunities

SMSP Contact: (808) 254-7593

Beast Board

Get on the board.

Contact: (808) 970-4116

Intramural Sports

Weekly Run Club.

Thursdays at 1800, SgtMaj Porter Track

Contact (808) 254-7591

Performance Education Classes

Contact HP Educator: (808) 970-4116

Semper Fit Gym

Volunteer Opportunities.

Contact: (808) 254-7597

Marine & Family Programs

- Attend a Marine Corps Family Team Building LifeSkills Class
- Attend any Personal Financial Management Program class
- Schedule in-unit Family Advocacy, New Parent Support, Community Counseling, or Substance Assessment Counseling Center brief/training
- Invite Family Advocacy Program or Substance Assessment Counseling Center to a unit event



OCTOBER

- 1** New Arrivals Orientation
- 10** SMP Video Game Tournament
- 15** SMP Pool Tournament
- 23** Norwegian Foot March
- 30** Erickson HERO WOD

NOVEMBER

- 5** New Arrivals Orientation
- 19** SMP Pool Tournament
- 20** Lucas HERO WOD
- 21** Turkey Trot

DECEMBER

- 3** New Arrivals Orientation
- 10** Education Fair
- 12** Jingle Bell Jog
- 17** SMP Ugly Sweater Pool Tournament
- 18** Marines of Sangin Memorial HERO WOD

LEARN MORE ABOUT THE NA KOA CUP

YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES

Questions? (808) 254-7590

*Dates and times subject to change



**Current Unit
Standings & How
to Earn Points**

COMMANDER'S
**NA KOA
CUP**



Coca-Cola HAWAII
A SUBSIDIARY OF THE ODOM CORPORATION

No DoD or USMC endorsement intended.

ERICKSON

OCTOBER HERO WOD

FRIDAY OCTOBER 30, Sgt Maj Porter Field, 1200

Died February 28, 2014 Serving During Operation Enduring Freedom. In Honor of Cpl Caleb Erickson, 20, of Waseca, Minn.; assigned to 1st Battalion, 9th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.; died Feb. 28, from injuries he received in an attack by a suicide bomber while conducting combat operations in Helmand province, Afghanistan.

WORKOUT:

800m Run
50 Pull-Ups
50 KB Swings
800m Run
50 Push-Ups
50 Air Squats



KBAY RUN WORKSHOP

1st Tuesday of every month from 1130-1300, Semper Fit Classroom, Bldg. 1255

Free workshop for Active-Duty

Improve Your Running Performance

- FREE workshop by HITT Strength and Conditioning (S&C) Coach, Danielle Clark
 - Proper preparation before the run
 - Best practices for warming up/ cooling down
 - Different types of runs they will see in a training program
- 
- Strength training and the best way to incorporate that in a running program
 - Injury prevention.
 - Perfect your running form with different running form drills

Email: Kbaysemperfit@usmc-mccs.org

Registration recommended.



COMMANDER'S
NA KOA
CUP



Coca-Cola **HAWAII**
BOTTLING OF
A SUBSIDIARY OF THE **Odor** CORPORATION



@SemperFitHawaii

Follow us on Social Media



Dates and times subject to change
No registration required for Monthly
HERO WODS

Questions? (808) 254-7597

No DoD or USMC endorsement intended.

CO RACE SERIES

UPCOMING RACES



NEXT RACE



TURKEY TROT 5K/10K

NOVEMBER 21

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

JINGLE BELL JOG 5K

DECEMBER 12

Don your best holiday costumes and jingle all the way to the finish line in this merry Christmas fun run!



SAVE THE DATES

- Moonlight Run 5K, January 22
- Sunrise & Shining Sea 5K, February 20
- Na Ali'i 5K/10K, March 13

COMMANDER'S
NA KOA
CUP



Coca-Cola HAWAII
BOTTLING OF
A SUBSIDIARY OF THE **DOOM** CORPORATION

@SemperFitHawaii

[LeagueApps Registration Link](#)

Na Koa: 10^{pts} Per Entry



Themes and dates subject to change

Questions? (808) 254-7590

ombkbayathletics@usmc-mccs.org

No DoD or USMC endorsement intended.



GREEN MACHINE

OCTOBER 5 - 30, Performance Education, 1-2 hours/day

Eligibility: Active Duty, Reserves, BCP, DOD, & their families aboard MCBH K-Bay & Camp Smith

Cost: FREE for Active Duty, \$35 for civilians

Course Description: This wellness bootcamp includes a variety of fitness classes and a speaker series with topics ranging from injury prevention to sleep to performance nutrition. Hike, lift, swim, cycle and more!

This optimal performance education series starts with an InBody scan and tracks progress throughout the 30 days,



finishing with a graduation certificate and participation in the monthly HERO WOD.

Scan for application.

Questions: 808-970-4116 or
KbayHealthPromotions@usmc-mccs.org

MISSION NUTRITION “HOLIDAY EDITION”

FRIDAY, NOVEMBER 13, 0800 - 1200,

Classroom F at the Education Center

Eligibility: Active Duty, Reserves, BCP, DOD, & their families aboard MCBH K-Bay & Camp Smith

This course provides Marines and their families with foundational nutrition education to support overall health, physical performance, and long-term wellness. Topics will include dietary guidelines, healthy cooking practices, strategies for eating well on a budget, responsible supplementation, and other practical nutrition strategies to support a healthy & active lifestyle.



Scan for application.

In-Unit Classes Available! Mission Nutrition can also come to you and your unit. Schedule an in-unit class by contacting Performance Education team. Questions: 808-970-4116 or
KbayHealthPromotions@usmc-mccs.org

RUN CLUB

EVERY THURSDAY, 1800,

SgtMaj Porter Field.

Earn discounts on CO Race Series after participating in at least 5 run clubs.

NA KOA: 15 points for each week for attendance and participation

QR code to Run Club

Questions? IM Sports Coordinator, email

ombkbayathletics@usmc-mccs.org or

call (808) 254-7591.

QUARTER 3 **MCTF IN ACTION** **NEWSLETTER**



SINGLE MARINE PROGRAM

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



PUMPKIN PALOOZA

OCTOBER 7, 1700, Kbay Rec Center

Paint and decorate mini pumpkins to bring in the fall spirit! Most voted will receive a prize. No registration required. While supplies last!



SMP Eventbrite

MARIO KART TOURNAMENT

OCTOBER 10, 1130-1430, Kbay Rec Center

Play in the SMP Mario Kart Tournament. Earn Na Koa Cup points for your unit. Prizes for 1st & 2nd place. Light snacks provided. Registration Required.



SMP Calendar

SPECIAL EVENTS

- 10/18 Eastside Island Tour
- 10/22 Thirsty Thursday: Pumpkin Spice Soiree
- 10/23 Chess/Checkers Tournament
- 10/29 Marine Corps Ball Etiquette 101

VOLUNTEER OPPORTUNITIES

- | | |
|---|---|
| ☐ AccesSurf | ☐ Institute for |
| ☐ ASBP Blood Donation | Human Services (IHS) |
| ☐ ASYMCA Ohana Open Market | ☐ Malama Puuloa |
| ☐ Beach Clean-up | ☐ MCBH Night Market |
| ☐ Hawaii Food Bank | ☐ 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

FREE MOVIE NIGHT

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

REGISTER NOW



POOL TOURNAMENT 15 OCTOBER

COUNCIL MEETINGS

6 & 20 October

Video Game Tournaments and
Movie Nights sponsored by:



No DoD or USMC endorsement intended.



No DoD or USMC endorsement intended.

*Questions? 808-254-7593 | *Dates and times 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 and Tricare
- ☐ Family Care Plan
Ensure family is taken care of
- ☐ Pets
Arrange caretaker, update records
- ☐ Home Preparation
Maintenance, mail, lease
- ☐ Vehicle Preparation
Storage, maintenance, lease
- ☐ Personal Security
Family and friends apprised of OPSEC
- ☐ Information and Records
Review, update and store legal documents
- ☐ Wills and Powers of Attorney
Wills, power of attorney
- ☐ Emergency Planning
Emergency contact information
- ☐ Military ID
Valid military-issued IDs. Update information
- ☐ 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)