



MCCS HAWAII MONTHLY NEWSLETTER

SEPTEMBER 2026

VISIT OUR MCCS HAWAII LINKTR.EE

STAY CONNECTED: HAWAII.USMC-MCCS.ORG



FOR THE COMMUNITY



PAU HANA POP-UPS

MCCS IS POPPING UP IN YOUR NEIGHBORHOOD.

FRIDAY, SEPTEMBER 11, 18, 25, 1630-1830

Kick off the weekend with live music, free food, Kona Ice and family-friendly fun while connecting with your MCBH neighbors.

FREE Hot Dogs, Chips & Drinks | FREE Kona Ice | Bounce House | Giant Yard Games | Kendama Workshop

**Free food and Kona Ice are available while supplies last. Activities and entertainment subject to change due to weather or availability.*



**SEPT
11**

**The Hilltop Field
Behind Five Palms**

Music by Ryan Perez

**SEPT
18**

**Waikulu
Community Center**

Music by Kawai'o

**SEPT
25**

**Mololani
Community Center**

Music by Ryan Perez

MCBH COMMENCEMENT CEREMONY

FRIDAY, OCTOBER 23, 1000, Base Chapel



Earned a college degree from 2024 - 2026? Bring your family and friends to watch you walk across the stage and receive a Certificate of Completion. If they cannot attend in person, the ceremony will also be livestreamed! There will be a photo station as well as free cake and appetizers. You earned the degree, it's time to celebrate! Must register by October 9

SAVE THE DATE TREELIGHTING CEREMONY

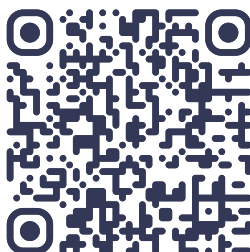
FRIDAY, NOVEMBER 20

Mark your calendars! Make unforgettable memories with Hawaiian-style Santa, personalized ornaments, trolley rides, holiday crafts, activities and more! Follow us [@mccshawaii](#) and [@mcbhfamilly](#) for updates and events!



YOUTH SPORTS

Register by September 20



Fall Flag Football: 6u, 8u, 10u, 13u, 17u
\$115 per player

Fall Volleyball: 10u, 13u, 17u
\$85 per player

No DoD or USMC endorsement intended.



SAVE THE DRESS

**SATURDAY, SEPTEMBER 19,
1600-1730, Klipper Ballroom**

Get ready for Marine Corps Ball season! Refresh on proper etiquette, free dresses while supplies last, fun trivia and lots of amazing giveaways! Three sessions to choose from!



4:00pm - 4:30pm
4:30pm - 5:00pm
5:00pm - 5:30pm

FOR THE COMMUNITY (CONT.)



BOOKISH BULLET JOURNALING

EVERY SATURDAY IN SEPTEMBER AT 1000, Library Classroom

Learn bullet journaling techniques and inspirational designs to track your bookish goals, for adults and teens in the library classroom.

- 9/5: Bullet Journaling 101
- 9/12: Annual Reading Tracker
- 9/19 Creative Book Reviews & Ratings
- 9/26 Inspiring Reading Challenges

TELEMYND

*No DoD or USMC
endorsement intended.*

PAGE TURNERS

**LAST WEDNESDAY OF THE
MONTH, 1400 – 1500, Library**



ON THE GREENS

GLOW GOLF

FRIDAY, SEPTEMBER 18, Check-in 1730, Shotgun 1830, Klipper Golf Course

Spots are limited! Don't miss your chance to play 9 holes under the stars. Rally your 4-person team for a cosmic twist on golf that's fun for all.



Entry Fees:

- E5 & below: \$24
- E6-O3: \$31
- O4 & above & DoD Employees: \$33
- Civilian Guests: \$39

Registration closes on Wednesday, September 16, 2026. Call the Pro Shop at (808) 754-6433 or (808) 850-1552 to reserve your team's spot.



FALL INTO GOLF WEEK

MONDAY-SUNDAY, SEPTEMBER 21-27, Klipper Golf Course

Score big before the holidays! Save on everything you need to hit the greens. *Restrictions apply

- **10% OFF** single purchases, **15% OFF** purchases of 2 items, **20% OFF** purchases of 3 or more items
- **15% OFF** golf clubs, a **FREE round** when you spend \$200+ in the Pro Shop
- **Demo Day:** Friday, Sept. 25 | 1200-1700
Top brands: Callaway, Cobra, Mizuno, PING, PXG, TaylorMade, and XXIO/Cleveland/Srixon
- **FREE** green fees Monday – Friday starting at 1300

Don't miss these deals. Stock up early and swing into savings!

Restrictions apply. Call (808) 754-6433 or (808) 850-1552 for details.

DEMO DAY WITH PXG

**Saturday, September 12, 1000-1400,
Klipper Golf Course**

Test-drive the latest gear from top golf brand PXG and get expert insight on equipment that fits your swing. Try before you buy — join us September 12 from 1000-1400 at Klipper Golf Course.

**See you at
the Klipper!**



MORE TO EXPLORE



CATERING OPTIONS & GROUP DINING

ALOHA GRAB & GO

Planning a PME, meeting, or special event? Aloha Grab & Go now offers full catering services, including breakfast and lunch/dinner buffets, chef-attended action stations, pupu platters, and off-site options.

Place your order in advance for convenient pickup or delivery. A \$100 minimum order applies to delivery. Reservations and group dining requests for up to 40 guests are recommended at least 48 hours in advance.

Hours: Tuesday-Friday, 0630-1800 | Saturday-Monday, 0630-1600

Please contact our catering team for availability:

(808) 254-5592 • kbayevents@usmc-mccs.org

Follow our [MCBH Eats](#) socials for the latest specials and menu updates.

KLIPPER GRILL

The newly renovated Klipper Grill is also available for group dining, featuring chef-inspired dishes, fresh pastries, daily specials, and Klipper favorites, with both indoor and open-air Lanai seating.



GLAMORAMA: BEAUTY DEALS JUST IN TIME FOR THE HOLIDAYS

SEPTEMBER 9-22, MCX Main Exchange

The MCX Main Exchange is your one-stop shop for holiday gifts he and she will love. Three weeks of glamorous savings await, including:

- 15% OFF select cosmetics, personal care, fragrances, and skincare
- Up to 40% OFF Glam Deals
- Gifts with Purchase from top brands

And so much more. Restrictions apply. While supplies last. Visit the store for details



AUTO AUCTION: OVERDRIVE SERIES

**FRIDAY-SUNDAY, SEP 4-6 | SEP 25-27 | OCT 16-18,
0900-1800, FIVE-O Motors**

FIVE-O Motors' Auto Auction just went into overdrive. We're overstocked and clearing the lot fast. More vehicles, more chances to win, every 3 weeks through October.

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

Visit hawaii.usmc-mccs.org/auction for more information.

SEPTEMBER 2026

CALENDAR

MARINE & Family

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.

SEP 10	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel – Bldg 6677
SEP 16	PCS & Moving Workshop	0830-1100	Bldg 579
SEP 16	Sponsorship Training	1300-1345	Bldg 579
SEP 16	Sponsorship Coordinator Training	1400-1445	Bldg 579
SEP 30	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579

808.496.7786

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

SEP 08	Medicaid Training Please email mcbh.efmp@usmc.mil to RSVP for the link	1300	Virtual
SEP 16	Sensory-Friendly Storytime: Partnered with the Library Building Networks of Support	1000	Bldg 219, Rm 107
SEP 22	Special Education Overview with our EFMP Attorney Derek Brow, ESQ (IEP, 504, law updates and more)	1030	Bldg 219, Rm 106
SEP 30	Service Animals Training Please email mcbh.efmp@usmc.mil to RSVP for the link	1300	Virtual
EVERY TUESDAY	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.

SEP 22	SACC – UPC Course	0800-1500	Bldg 279
SEP 25	Love Lab One-day Workshop *Must register by calling 808-496-7780/8803	0800-1600	Bldg 216
SEP 28	SACC – Prime for Life 4.5	0730-1200	Bldg 279
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

TRANSITION READINESS

Transition counseling, resources & education for active duty.

SEP 01	SkillBridge & NCMIS Application Brief No registration Required	1230-1400	SMP – Bldg 1629
SEP 15	SkillBridge & NCMIS Application Brief No registration Required	1230-1400	Bldg 219

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

808.496.4910

SEPTEMBER 2026

CALENDAR

MARINE & Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

SEP 02	Navigating USAJobs Class – <i>Explore & Find Federal Jobs Like a Pro</i>	0830-1130	Bldg 220
SEP 02	Ten Steps to a Federal Job® Class – <i>Break into Government Careers</i>	1300-1600	Bldg 220
SEP 10	Ten Steps to a Federal Job® Class – <i>Break into Government Careers</i>	0830-1130	Bldg 220
SEP 10	Navigating USAJobs Class – <i>Explore & Find Federal Jobs Like a Pro</i>	1300-1600	Bldg 220
SEP 22	Resume Essentials for Military Spouses – <i>Creating an Effective Resume</i>	0830-1130	Bldg 220
	REGISTER on Eventbrite or scan QR Code to receive event details	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.7097

FINANCIAL MANAGEMENT

"The secret to getting ahead is getting started."- Mark Twain.

SEP 01	Thrift Savings Plan (TSP)	0800-0900	Bldg 220
SEP 01	Continuation Pay	0900-1000	Bldg 220
SEP 01	Marriage & Money	1300-1430	Bldg 220
SEP 10	Banking and Financial Services	1300-1430	Bldg 220
SEP 15	Personal Readiness Seminar (PRS)	0800-1600	Bldg 220
SEP 24	Insurance	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			

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

SEP 10	Baby Boot Camp *Call 808-496-7780/8803 to register	0800-1630	Bldg 216
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

EDUCATION CENTER

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

SEP 01	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
SEP 01	DLAB: Defense Language Aptitude Battery	0900-1100	Bldg 220
SEP 03	DLPT: Defense Language Proficiency Test	0900-1500	Bldg 220
SEP 11	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
SEP 14	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
SEP 15	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
SEP 15	DLAB: Defense Language Aptitude Battery	0900-1100	Bldg 220
SEP 17	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

SEPTEMBER 2026

CALENDAR

MARINE & Family

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

AUG 31	L.I.N.K.S. Foundations Part 1 – <i>The Maze</i>	0815-1130	Bldg 579
SEP 01	L.I.N.K.S. Foundations Part 2 – <i>The Corps</i>	0815-1130	Bldg 579
SEP 08	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
SEP 08	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>	0830-1100	Bldg 579
SEP 10	LifeSkills: 5 Love Languages – <i>learning how people give and receive appreciation can reduce misunderstandings and deepen respect. Discover how speaking the right “language” can create stronger, healthier relationships at home and in everyday interactions.</i>	0900-1100	Bldg 579
SEP 15	LifeSkills: Inner Balance: Anger Management – <i>causes of anger, recognize personal triggers, & develop healthy techniques to manage emotions.</i>	0900-1100	Bldg 579
SEP 16	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
SEP 16	Passport to Volunteering – <i>For new volunteers interested in tracking hours.</i>	1000-1100	Virtual
SEP 18	LifeSkills: Four Lenses – <i>helps participants better understand personality styles, communication preferences, and relationship dynamics to build stronger connections in both personal and professional settings.</i>	0830-1030	Bldg 579
SEP 24	LifeSkills: Attitudes and Actions – <i>your attitude drives your actions—and your actions define your impact.</i>	1300-1500	Bldg 579
SEP 28	UPFRP Command Team Training – <i>Newly appointed XO, SgtMaj, Chaplains, SMP Reps.</i>	0830-0930	Bldg 579
SEP 28-29	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

SEPTEMBER '26 - NOVEMBER '26

NA KOA CALENDAR OF EVENTS

MCSCS
SEMPER FIT



SEPTEMBER

- 10 New Arrivals Orientation
- 11 9/11 HERO WOD
- 12 Tradewind Triathlon
- 16 Warrior Athlete Competition
- 17 New Arrivals Orientation
- 17 SMP Pool Tournament

OCTOBER

- 1 New Arrivals Orientation
- 15 SMP Pool Tournament
- 17 SMP Video Game 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

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) 254-7597

Intramural Sports

Weekly Run Club.

Contact 808-254-7591

Performance Education Classes

Contact HP Educator: (808) 254-7597

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

LEARN MORE ABOUT THE NA KOA CUP

YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES

Questions? (808) 254-7590

*Dates and times subject to change

COMMANDER'S
NA KOA
CUP



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

No DoD or USMC endorsement intended.



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

**SOCIAL
FITNESS**



**SPIRITUAL
FITNESS**



**MENTAL
FITNESS**



**PHYSICAL
FITNESS**



What is Marine Corps Total Fitness?

In 2011, the Joint Chiefs of Staff first announced a Total Force Fitness (TFF) framework and the Department of Defense (DoD) issued more guidance in DoD Instruction 1010.10, which was updated in May 2022. Throughout the past decade, the Marine Corps has applied the TFF framework to support and nurture the health, wellness, and performance of the Marine Corps Community. The framework has been a positive force in all branches of the military.

To further build upon TFF, the Marine Corps adopted a Total Fitness Strategic Plan in October 2023. Marine Corps Total Fitness (MCTF) builds upon TFF, with an emphasis on supporting and nurturing warfighter readiness, lethality, and resilience—the top priorities of the Marine Corps.

People are more important than hardware, and the well-being of Marines, family members, and communities' fuels mission success. Optimal performance requires building, strengthening, and maintaining the domains of fitness: physical, mental, social, and spiritual.

Learn More about MCTF and the resources aboard MCBH here to support your TOTAL FITNESS journey.

SAVE THE DATE:
WARRIOR ATHLETE COMPETITION

WEDNESDAY, SEPTEMBER 16, 1600–2030, SgtMaj Porter Field



Individual, Active-duty Only, Boots and Utes Required. Register by September 15.

Earn Na Koa Points

1st Place: 100 Points | 2nd Place: 75 Points

3rd Place: 50 Points | Per Entry: 20 Points



COMMANDER'S
NA KOA
CUP



Coca-Cola **HAWAII**
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@SemperFitHawaii

Follow us on Social Media



Dates and times
subject to change

Questions? (808) 254-7597

*No DoD or USMC
endorsement intended.*

CO RACE SERIES

UPCOMING RACES

MCSS
SEMPER FIT

NEXT RACE



SATURDAY SEPTEMBER 12
MCBH FLIGHTLINE
Adults 14 and up: 0615
Keiki 11-14 : 0845 | Keiki 7-10: 0945
[Register on LeagueApps](#)

COMMANDER'S
NA KOA
CUP



Coca-Cola HAWAII
BOTTLED BY
A SUBSIDIARY OF THE **tdom** 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.

NORWEGIAN FOOT MARCH

OCTOBER 23

Have what it takes to earn the Marsjmerket? Limited spots available.



TURKEY TROT 5K/10K

NOVEMBER 21

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

SAVE THE DATES

- Jingle Bell Jog 5K, December 12
- Moonlight Run 5K, January 22
- Sunrise & Shining Sea 5K, February 20

View the 2026 CO Race Series Calendar



SINGLE MARINE PROGRAM

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



FREE MOVIE NIGHT

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

REGISTER NOW



POOL TOURNAMENT 17 AUGUST

COUNCIL MEETINGS

1 & 15 September

Video Game Tournaments and
Movie Nights sponsored by:



No DoD or USMC
endorsement intended.

FREE BBQ LUNCH

**WEDNESDAY, SEPTEMBER 23,
1100-1230, Kbay SMP Rec Center**

Enjoy some FREE chicken sandwiches
while supplies last.

SPECIAL EVENTS

- 9/2 SMP Fantasy Football Draft
- 9/20 Wai Kai Ultimate Adventure

Thirsty Thursdays

- 9/3 Hydration Station
- 9/10 Protein Power Hour
- 9/17 Brew & Boost
- 9/24 Grill & Chill

Camp Smith

- 9/22 TacoBout Tuesday Trivia

VOLUNTEER OPPORTUNITIES

- | | |
|---|---|
| ☐ AccesSurf | ☐ Institute for Human Services |
| ☐ AFBP Blood Donation | ☐ Malama Puuloa |
| ☐ ASYMCA Ohana Open Market | ☐ Rec Center Field Day |
| ☐ Beach Clean-up | ☐ Rubber Duckie Race |
| ☐ Century Ride | |
| ☐ Hawaii Food Bank | |

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



No DoD or USMC endorsement intended.

Questions? 808-254-7593 | *Dates and times subject to change



SMP Eventbrite



SMP Calendar

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)