



MONTHLY

SEMPER DISCENS

2025 UPCOMING MCCS EVENTS

SEPTEMBER 2025 UPDATE



TacOlympics

STAY CONNECTED:
HAWAII.USMC-MCCS.ORG

MCCS HAWAII LINKTR.EE





LET'S TACO 'BOUT IT

TACOLYMPICS IS BACK!

FRIDAY, September 26, 2025

@ Mokapu Mall Parking Lot, 1600-1900

Taco Competition

Units across Marine Corps Base Hawaii will go head-to-head, serving up their best tacos for a chance to be crowned TacOlympics Champion. Not only will units bring the flavor, but they'll also have the opportunity to raise funds and showcase their unit pride.



Festivities:

- Support our units!
 - Tasty tacos and other yummy food will be sold by units
- Fun and Games
- Live music with Eddie Ortiz and Son Aribé

Mahalo to Event Sponsors



SINALOA



HAWAII'S TORTILLAS



No USMC or DoD endorsement intended.

SEMPER SUPPORT ~ NEW, FREE VIRTUAL SUPPORT

FOR MARINES & THEIR FAMILIES

- Free & convenient - Free counseling from anywhere on your schedule
- Confidential
- Talk or Live Chat



LEARN MORE



SAVE THE DRESS

**SATURDAY, SEPTEMBER 20, 2025, 1400-1600
@ THE KLIPPER BALLROOM**

Special event for military spouses

- Free donated dress to wear for the 250th Marine Corps Birthday Ball
- Quick overview of the typical sequence of events at a birthday ball—perfect for new spouses to know what to expect and feel comfortable throughout the evening and for seasoned spouses to share their knowledge!
- Food and drinks will be available for purchase.



2 SESSIONS AVAILABLE:
* 1400 - 1500
* 1500 - 1600



SAVE THE DATE - NATIONAL NIGHT OUT

TUESDAY, OCTOBER 7, 1630-2000 @ MOKAPU MALL

Join this nationwide celebration about bringing neighbors together, building friendships, and strengthening partnerships with local law enforcement to help keep communities safe.



Activities include:

- K9 demos
- Keiki IDs
- Static displays
- DEFTAC courses for Kids
- SIDNE simulators
- Bounce Houses
- Food Trucks
- Live Music and More!

SEPTEMBER 2025

CALENDAR

MARINE & Family

STAY 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 17	PCS & Moving Workshop	0830-1100	Bldg 579
CANCELLED	Welcome Aboard: New Arrivals Orientation. (Please note that NAO will be available in October).	0900-1130	Base Chapel
SEP 18	Sponsorship Training	0900-0945	Bldg 579
SEP 18	Sponsorship Coordinator Training	1000-1045	Bldg 579
SEP 24	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579
FOLLOW:	@MCBHRRS		808.496.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

SEP 03	Say What? – A Guide to Effective Communication	1400-1530	Bldg 579
SEP 11	Real Relationships Workshop – For all relationship types	1130-1300	Bldg 579
SEP 17	Family Care Plan/Readiness Binder Workshop	0830-0930	Virtual
SEP 17	Passport to Volunteering	1000-1100	Virtual
SEP 19	Four Lenses Workshop	0900-1100	Bldg 579
SEP 20	SAVE THE DRESS	1400-1600	Klipper Ballroom
SEP 25	L.I.N.K.S. Foundations	0800-1600	Bldg 579
SEP 26	UPFRP Command Team Advisor/Family Readiness Assistant Training	0900-1100	Bldg 579
SEP 29	UPFRP Command Team Training	0830-0930	Bldg 579
SEP 29-30	UPFRP Uniformed Readiness Coordinator Training, 2 days	0830-1500	Bldg 579
	QR Code for Class Registration Form		808.496.8848

NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

SEP 08	Baby Boot Camp *Registration required	0800-1600	Bldg 216
Mondays	Post Partum Support Group	1000-1100	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2 nd & 4 th Thursdays	Operation Dads	1130-1230	Bldg 216
TBD	Infant Massage Workshop *Call to register	TBD	Bldg 216
Fridays	WIC every Friday *Call 808-259-7940 for appt	1000-1500	Bldg 219, Classroom 106
FOLLOW:	@MCBHNEWPARENT		808.496.8803

FINANCIAL MANAGEMENT

Learn how to manage money and achieve financial success.

SEP 02 & 16	Thrift Savings Plan	0800-0900	Bldg 220
SEP 02 & 16	Continuation Pay	0900-1000	Bldg 220
SEP 02 & 16	Marriage and Money	1300-1400	Bldg 220
SEP 04	Renting a Home (meets SGT BAH Class requirement)	0900-1100	Bldg 220
SEP 09 & 23	Personal Readiness Seminar (PRS)	0900-1200	Bldg 220
SEP 18	Car Buying	1300-1400	Bldg 220
Wednesdays	Walk-in Finance Assistance at the Single Marine Center	0800-1200	Single Marine Center – Bldg 1629

808.496.7783


SEPTEMBER 2025

CALENDAR

MARINE & Family

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

SEP 03	Federal Employment & Navigating USAJobs Class *Register	0830-1130	Bldg 219, Classroom 106
SEP 10	Civilian Resume Writing Workshop *Register	0830-1130	Bldg 579
SEP 10	Interview Skills Workshop *Register	1300-1530	Bldg 579
	REGISTER via QR Code or email	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.2653

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

SEP 03	Accessing Community Resources	1030	Virtual on Teams
SEP 11	SSI/SSDI and Medicaid Waiver	1300	Virtual on Teams
SEP 17	Sensory-Friendly Storytime	1000	Bldg 219, Classroom 106
SEP 25	Special Needs Forum combined with Special Education Overview	1030	Bldg 219, Classroom 106
Tuesdays	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 08-09	SACC – Prime for Life 4/20	0800-1500	Bldg 279
SEP 10-12	SACC – Prime for Life 16.0	0800-1500	Bldg 279
SEP 17	SACC & USO – Sketch Your Sweetheart	1700-1900	Waikulu Community Center
SEP 23	SACC – UPC Course	0800-1130	Bldg 279
SEP 24-26	SACC – Prime for Life 16.0	0800-1500	Bldg 279
SEP 29	SACC – Prime for Life 4.5	0730-1200	Bldg 279
Wednesdays	Triple P Parenting Seminar 0-12 *Call 808-496-7780/8803 to register	0900-1030	Bldg 216
Wednesdays	Triple P Parenting Seminar Teen *Call 808-496-7780/8803 to register	1300-1430	Bldg 216
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:	@MCBHAWAII		808.496.7780

EDUCATION CENTER

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

SEP 04	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
SEP 11	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
SEP 18	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

GLAMORAMA: ENCHANTED BEAUTY DEALS JUST IN TIME FOR THE HOLIDAYS

Wednesday, September 3 – Tuesday, September 16, MCX Main Exchange

Step into an enchanted forest of beauty at the MCX! Beginning September 3, let three weeks of magical deals guide you to the perfect holiday gifts for him and her.

Highlights:

- 15% OFF select cosmetics, personal care, fragrances, and skincare
- 50% OFF Glam Daily Deals
- Spend \$50 and receive a Woven Cosmetic Bag filled with beauty samples
- Beauty Demo Days & Gifts with Purchase from top brands
- Hunt for Ms. Sparkle to win instant prizes
- ...and so much more!

Restrictions apply. While supplies last. Visit the store for details.



FIVE-O MOTORS' AUTO AUCTION

Friday, September 12 – Sunday, September 21
FIVE-O Motors

In the market for a new ride or a project car? The Auto Auction Lot (corner of 1st & 3rd St.) is packed with vehicles ready for their next owner. Browse anytime, then stop by the FIVE-O Motors office Wednesday–Sunday, 0900–1800 to place your bids.

Full details, instructions & FAQs at: hawaii.usmc-mccs.org/autohobby

MCX JOB FAIR

Saturday, September 13, 1000–1400, Main Exchange Courtyard

Know someone exploring new job opportunities? The MCX Job Fair is the place to connect with hiring managers, get application support, and interview on the spot for roles at the MCX, Marine Marts, and Warehouse. Starting pay ranges from \$15–\$19/hr., with same-day contingent offers available.

Benefits for MCX employees:

- Military Spouse Preference
- 401(k) With Up to 5% Employer Match & Lifetime Pension Plan
- Medical, Dental, Life Insurance
- Paid Sick & Vacation Time

Visit careers.usmc-mccs.org and search Hawaii Retail for current openings.



OKTOBERFEST

Friday, October 3, 1630 – 2200
SNCO Rocker Room

First Friday goes full Bavarian! Raise a stein with festive sips, move to DJ beats (1800–2100), and feast on the Oktoberfest menu starting at 1800. Plus, savor FREE German sweets at 2000, test your skills in games & contests, and vie for the Best Dressed Herr & Frau awards.

Open to SNCOs, Officers, and their invited guests.



GLOW GOLF

Friday, September 12, Check-in 1745,
Shotgun 1845, 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 all fun and no pressure. All hands are welcome, but registration closes Wednesday, Sept. 10 (and this event fills fast).

Entry Fees:

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

Call the Pro Shop at (808) 254-2107 to reserve your spot today!

FALL INTO GOLF WEEK

Monday–Sunday, Sept. 15–21
Klipper Golf Course

Score big before the holidays! Save on everything you need for the green:

- 10% OFF a single Pro Shop purchase, 15% OFF 2+ items, 20% OFF 3+ items
- 15% OFF golf clubs + a FREE round when you spend \$200+
- Demo Day: Fri, Sept. 19 | 1200–1700 | Top brands: PING, Callaway, TaylorMade & more
- FREE green fees Mon–Fri starting at 1300

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

Restrictions apply. Call 808-254-2107 for details. See you at the Klipper!



Presented by



Coca-Cola HAWAII
A SUBSIDIARY OF THE ODOM CORPORATION

SEPTEMBER '25- NOVEMBER '25 CALENDAR

SEPTEMBER

- 8 IM Sports: Volleyball Season Starts
- 13-14 CO Race Series: Tradewind Triathlon
- 18 SMP Pool Tournament
- 26 HITT: Dealer 54 Hero WOD



OCTOBER

- 8 Warrior Athlete Competition
- 16 SMP Pool Tournament
- 17 CO Race Series: Norwegian Foot March
- 18 SMP Video Game Tournament
- 31 HITT: Pacific Heat Hero WOD



NOVEMBER

- 20 SMP Pool Tournament
- 22 CO Race Series: Turkey Trot 5k/10k
- 28 HITT: Sentinel Hero WOD



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

Follow [@semperfithawaii](https://www.instagram.com/semperfithawaii) on IG or FB

HOW TO EARN POINTS



Beast Board ~ Get on the board

- Contact 808-254-7473

Intramural Sports Weekly Run Club

- Thursdays at 1800, SgtMaj Porter Track

Health Promotions Classes

- Contact HP Educator: 808-254-7473

SemperFit Gym Volunteer Opportunities

- Contact 808-254-7597

LEARN MORE ABOUT THE NA KOA CUP



YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES



NA KOA QUESTIONS: 808-254-7590

No DoD or USMC endorsement intended.
Schedule subject to change.

DEALER 54 WOD - FRIDAY, SEPTEMBER 26 @ SGTMAJ PORTER FIELD @ 1200

This HERO WOD honors the fallen service members of U.S. Marine Corps AH-1W Super Cobra helicopter, call sign "Dealer 54", that was shot down by enemy fire in Afghanistan, claiming the lives of its two pilots, Lt. Col. Mario D. Carazo, 41, of Springfield, Ohio and Maj. James M. Weis, 37, of Toms River, N.J.

Barbell Integration Variation Version:

As many rounds and reps as possible in 20 minutes

- 15 burpees
- 15 front squats (95-135 lbs)
- 15 jumping pull-ups
- 10 barbell clean & presses (95-135 lbs)
- 722-meter run

REGISTER FOR HERO WODS >>>



SAVE THE DATE

WARRIOR ATHLETE TEAM COMPETITION - WEDNESDAY, OCTOBER 8
@ SGTMAJ PORTER FIELD, FIRST WAVE STARTS @ 1600

TEAMS OF 4





UPCOMING RACES

TRADEWIND TRIATHLON, SEPTEMBER 13 & 14

The stunning views of Kaneohe Bay and the Koolau Mountains, makes this arguably one of the most beautiful and unique backdrops for a sprint triathlon on Oahu.



NORWEGIAN FOOT MARCH, OCTOBER 17

Want to earn the Marsjmerket? Limited spots available. Guarantee your spot with the Bellows Ruck Sack Race on August 2!



TURKEY TROT, NOVEMBER 22

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



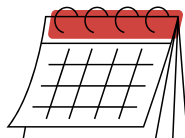
JINGLE BELL JOG, DECEMBER 20

Want to earn the Marsjmerket? Limited spots available. Guarantee your spot with the Bellows Ruck Sack Race on August 2!



SAVE THE DATES FOR 2026

January 9 - Moonlight Run 5K
February 7 - Sunrise & Shining Sea 5K
March 14 - Na Alii 5k/10k



5 pts per entry

REGISTER



Questions? P: 808-254-7590
E: ombkbyathletics@usmc-mccs.org

Themes and date subject to change

No DoD or USMC endorsement intended

FOLLOW US @SEMPERFITHAWAII





FRIGHT FEST SOFTBALL TOURNAMENT

When: October 24 - 26

Registration Deadline: Mon, Oct 20

Location: Riseley & Annex Fields

Cost: \$350

Contact: IM Sports Coordinator, 808-254-7591,
or email ombkbayathletics@usmc-mccs.org
Open to 18+ DoD ID cardholders attached to
MCBH and Camp Smith

CO-ED VOLLEYBALL

When: Season Starts Mon, Sept 8

Registration Deadline: Tues, Sept 2

Location: Main Gym Basketball Courts

Coaches Meeting: TBD

100 points per entry (only one designated
team for points)

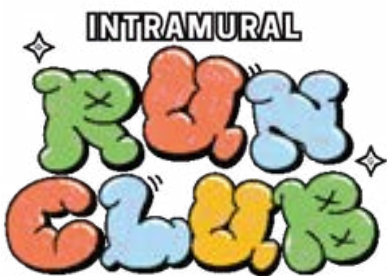


REGISTER ON LEAGUEAPPS



SIGN UP TO GET UPDATES!

*DATES ARE SUBJECT TO CHANGE



ON-GOING 2025 INTRAMURAL RUN CLUB

When: Every Thursday @ 1800

Location: Each run will start and end at the track
of SgtMaj Porter Field. Earn discounts on CO Race
Series after participating in at least 5 run clubs.



25 points for each week for attendance & participation

FOLLOW US @SEMPERFITHAWAII



Presented by





SINGLE MARINE PROGRAM

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

FEATURED ACTIVITY: FREE LUNCH, WED, SEPT 24

Stop by the KBay Rec Center for a tasty free Jamaican lunch.
Be there on time..Limited quantities available!

Wednesday, SEPTEMBER 24, 1100-1230
Kbay SMP Rec Center. No registration required.

Lunch sponsored by:



FREE MOVIE NIGHT: THE CONJURING: LAST RITES

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

SPECIAL EVENTS:

- Operation Libo Treats & Movie (CS)

Volunteer:

- AccesSurf
- Beach Clean-up
- Hawaii Food Bank
- Institute for Human Services
- K9 Kokua Surf Jack
- Malama Puuloa
- Rec Center Field Day
- Rubber Duckie Race
- TacOlympics

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

Council Meetings: September 9 & 23

Pool Tournament: September 18

CALENDAR



REGISTER



FOLLOW US @HAWAII SMP



QUESTIONS? 808-254-7593



Presented by



No DoD or USMC endorsement intended. Schedule 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 & 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](https://militaryonesource.mil)