



MCCS HAWAII
MONTHLY
NEWSLETTER

MARCH 2026

*VISIT OUR [MCCS HAWAII LINKTR.EE](https://linktr.ee/mccshawaii)
STAY CONNECTED: [HAWAII.USMC-MCCS.ORG](https://hawaii.usmc-mccs.org)*



FOR THE COMMUNITY



AFE: CAPES AND CROWNS SUPERHERO TRAINING CAMP

THURSDAY, 12 MARCH, 1530-1830, Klipper Golf Course Ballroom

AFE: Capes and Crowns Superhero Training Camp is swooping into MCBH. Open to children ages 6-12, this action-packed event invites kids to train alongside their favorite heroes through fun, interactive challenges that build strength, balance, and confidence. Young recruits will rotate through



superhero training stations, face a final hero challenge, recite the superhero oath, and receive their very own superhero ID. The adventure wraps up with group photos, autographs, and plenty of heroic memories. Scan the QR code to register.



D&D CLUB

MARCH 12 & 26, 1630-1830,

Base Library

Newcomers and seasoned players alike are invited to join us for Dungeons & Dragons!

Ages 10-14, meets twice monthly.



WORK IT OUT - STRENGTHEN THE BODY & MIND

THURSDAY, MARCH 26, 1100-1230, Human Performance Center



Strong communication builds solid relationships.

Open to friends, couples, coworkers or anyone else you want to work out with. Grab a partner and strengthen your body and communication skills with the help of

trained professionals. Questions: (808) 496-7780

Scan QR code to register.

K-9 VETERANS DAY

FRIDAY, MARCH 20, 1600-1700,

Base Library

Meet our K-9 working dogs and participate in a LEGO competition designed for adults. Ages 18+.



IT MATTERS WHERE YOU SHOP... AND WORK



MCX JOB FAIR

SATURDAY, MARCH 14, 1000-1400, Main Exchange Courtyard

Help someone you care about take the next step in their career. Attendees can meet hiring managers, get application assistance, and interview on the spot for Experience Specialist, Replenishment Specialist, and Sales Associate roles at the MCX Main Exchange, Marine Marts, and Warehouse. Starting pay is \$16+ per hour, with contingent same-day job offers available.

Benefits include:

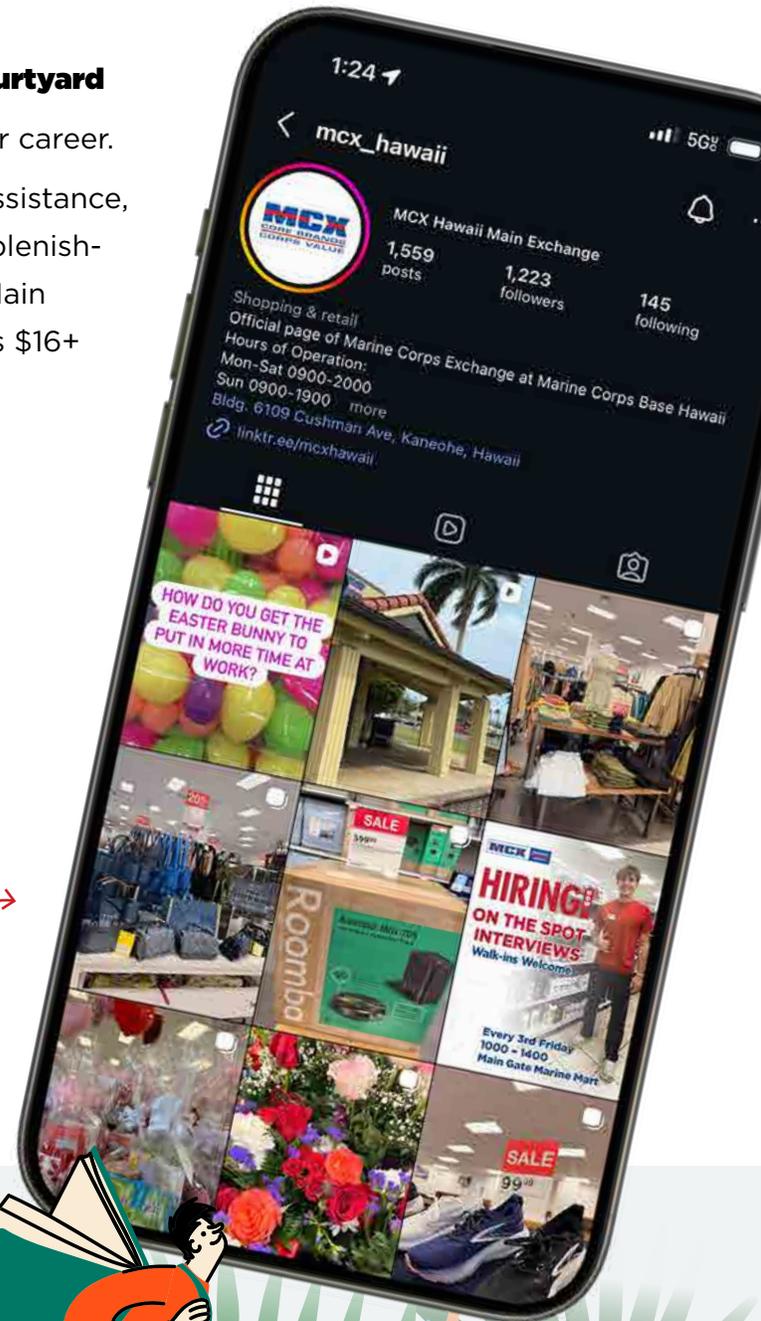
- *Military Spouse Preference eligibility*
- *Pension and 401(k) with match*
- *Health and dental insurance*
- *Paid holidays, vacation, and sick leave*

Encourage applicants to bring a resume.



Or apply in advance at careers.usmc-mccs.org (search Hawaii Retail).

Follow us on social media for updates



ISLAND HERITAGE BOOK FAIR

**SATURDAY, MARCH 28, 1100-1500,
Main Exchange Courtyard**

Discover locally written children's books, coloring books, and activity books from Island Heritage, designed to introduce young readers to Hawaii's culture, traditions, and island life through engaging stories and vibrant illustrations. Stop by to shop and support local authors while finding meaningful books your keiki will love.



CLUB GAMES



FIRST FRIDAY

FRIDAY, MARCH 6, 1630–2200, Rocker Room

End the work week right at the SNCO Club! The most popular night of the month serves up karaoke, FREE pupu, and good vibes. Karaoke kicks off at 1900, pupu drops at 2000 (while supplies last). Warm up those vocal cords, grab the mic, and own the night.

TRIVIA NIGHT

EVERY THURSDAY, 1900–2030, Rocker Room

Trivia Night is on at the SNCO Club! Come out to show off your brainpower and play for prizes. Doors open at 1630.

O'DEVIL DOG'S PUB

FRIDAY, MARCH 13, 1630 – 2200, Rocker Room

Everyone's Irish at O'Devil Dog's Pub! Join us for an early St. Paddy's celebration at the SNCO Rocker Room. Live Music, Irish Buffet, Specialty Drinks, and Costume Contest. Open to SNCOs, Officers, and their invited guests.



ON THE GREENS

KLIPPER GLOW GOLF

FRIDAY, MARCH 27, Check-in 1800, Shotgun 1900

The first Glow Golf event of the year is here. Rally your 4-person team and light up the night at Klipper Golf Course for 9 holes of after-dark fun with a glowing twist.

Entry Fees:

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

Registration ends on Wednesday, March 25th.
Call (808) 254-2107 for more information.

DEMO DAYS

Test-drive the latest clubs and gear from top golf brands.

- Mizuno: 6 March 1000 - 1400
- Callaway: 7 March 1000 - 1400
- PXG: 21 March 1000 - 1400

Stop by the Klipper Golf Course during demo hours and take your game to the next level. Subject to change without notice.





MARCH 2026

CALENDAR



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.

MAR 05	Welcome Aboard: New Arrivals Orientation	0900-1130	Base Chapel – Bldg 6677
MAR 11	PCS & Moving Workshop	0830-1100	Bldg 579
MAR 11	Sponsorship Training	1300-1345	Bldg 579
MAR 11	Sponsorship Coordinator Training	1400-1445	Bldg 579
MAR 25	PCS & Moving Workshop	0830-1100	Bldg 579
M-F	Lending Locker Services		Bldg 579

808.496.7786

MARINE CORPS FAMILY TEAM BUILDING

Life skills, readiness and deployment support classes and workshops.

MAR 02	L.I.N.K.S. Foundations Part 1 – <i>Networking with other military spouses and finance program</i>	0815-1130	Bldg 579
MAR 03	L.I.N.K.S. Foundations Part 2 – <i>The Maze</i>	0815-1130	Bldg 579
MAR 10	UPFRP Command Team Advisor/Family Readiness Assistant Training	0830-1100	Bldg 579
MAR 12	Inner Balance Series (1/3): <i>Stress Management – Learn and identify tools that can aide in stressful situations</i>	0900-1100	Bldg 579
MAR 18	What's In Your Family Care Plan? and Readiness Handbook Workshop	0830-0930	Virtual
MAR 18	Passport to Volunteering – <i>For new volunteers interested in tracking hours</i>	1000-1100	Virtual
MAR 20	LifeSkills: Four Lenses – <i>Understanding yourself and others!</i>	0830-1030	Bldg 579
MAR 20	L.I.N.K.S. 4Kids – (6yo-11yo) – <i>The Corps & My Hero is Away</i> *Registration Form: https://forms.osi.apps.mil/r/2uRPTq1jay	0900-1100	Bldg 579
MAR 20	L.I.N.K.S. 4Teens – (12yo-17yo) – <i>The Corps & The Real Deal</i> *Registration Form: https://forms.osi.apps.mil/r/4FxyzP1Hc	1300-1500	Bldg 579
MAR 23	UPFRP Command Team Training	0830-0930	Bldg 579
MAR 23-24	UPFRP Uniformed Readiness Coordinator Training, 2 days	Mon 0930-1500 Tues 0830-1500	Bldg 579
MAR 26	Inner Balance Series (2/3): <i>Anger Management – Learning to control; not erupt</i>	1300-1500	Bldg 579
MAR 26	L.I.N.K.S. 4Kids – (6yo-11yo) – <i>Smooth Move & Friends Rule</i> *Registration Form: https://forms.osi.apps.mil/r/Mchiwbqwvb	0900-1100	Bldg 579
MAR 26	L.I.N.K.S. 4Teens – (12yo-17yo) – <i>Getting Along & Community Connection</i> *Registration Form: https://forms.osi.apps.mil/r/2bxJ7Sx9Cq	1300-1500	Bldg 579
	QR Code for Class Registration Form—All monthly classes		808.496.8848

FINANCIAL MANAGEMENT

Learn how to manage money and achieve financial success.

MAR 03	Thrift Savings Plan	0800-0900	Bldg 220
MAR 03	Continuation Pay	0900-1000	Bldg 220
MAR 03	Marriage and Money	1300-1430	Bldg 220
MAR 06	Improve your credit Score	1100-1200	Bldg 220
MAR 19	Car Buying	1300-1400	Bldg 220

808.496.7783



MARCH 2026

CALENDAR



NEW PARENT SUPPORT

Support program for parents of newborns to 5 years old.

MAR 09	Baby Boot Camp *Call to register	0800-1600	Bldg 216
Mondays	Mama & Mini Mondays – <i>Post Partum Support Group</i>	1000-1100	Bldg 216
Tuesdays	Bump & Bloom – <i>Pregnancy Support Group</i>	0900-1000	Bldg 216
Tuesdays	Play Mornings	0900-1030	Bldg 216
2nd & 4th Thursdays	Operation Dads	1130-1230	Bldg 216
Fridays	WIC every Friday *Call 808-259-7940 for appt	1000-1500	Bldg 219, Classroom 106
FOLLOW:	@MCBHNEWPARENT		808.496.7780/8803

EDUCATION CENTER

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

MAR 02	MyCAA Monday!	1130-1230	Bldg 220
MAR 03	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
MAR 05	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
MAR 06	G.I. Bill Workshop	1130-1230	Bldg 220
MAR 17	AFCT: Armed Forces Classification Test	0900-1200	Bldg 220
MAR 19	DLAB & DLPT Foreign Language Exams	0900-1500	Bldg 220
Wednesdays	TA 101	1130-1230	Bldg 220
Fridays	FAFSA Friday!	1130-1230	Bldg 220
			808.496.2158

FAMILY MEMBER EMPLOYMENT

Employment readiness workshops, classes & resources.

MAR 04	Navigating USAJobs Class – <i>Explore & Find Federal Jobs Like a Pro</i>	0830-1130	Bldg 220
MAR 04	Ten Steps to a Federal Job® Class – <i>Break into Government Careers</i>	1300-1600	Bldg 220
MAR 18	Civilian Résumé Writing Workshop – <i>Level Up & Stand Out</i>	0830-1130	Bldg 220
MAR 18	Interview Skills Workshop – <i>Cheat Codes to Acing an Interview</i>	1300-1600	Bldg 220
	REGISTER on Eventbrite or scan QR Code to receive event details	E: OMBKbayFmeapHI@USMC-MCCS.ORG	808.496.7097

EXCEPTIONAL FAMILY MEMBER PROGRAM

Workshops & events for exceptional family members.

MAR 04	Medicaid Training on TEAMS *Please RSVP and the meeting link will be sent to you via email	1030	Virtual on TEAMS
MAR 12	Guardianship/Permanent Dependency: Feat. Mr. Derek Brow, ESQ *Please RSVP and the meeting link will be sent to you via email	1100	Virtual on TEAMS
MAR 18	Sensory-Friendly Storytime: Partnered with the Library	1000	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

TRANSITION READINESS

Transition counseling, resources & education for active duty.

MAR 18	SkillBridge and Career Expo *No registration required	1300 -1500	Bldg 1196
			808.496.4910/4907



MARCH 2026

CALENDAR



COUNSELING/PREVENTION

Counseling and support services and workshops.

MAR 18-20	SACC – Prime for Life 16.0	0800-1500	Bldg 279
MAR 24	SACC – UPC Course	0800-1100	Bldg 279
MAR 26	CCP/FAP/Human Performance Center - Work It Out *Must Register with QR Code: 	1100-1230	Human Performance Center - Bldg 1629
MAR 30	SACC – Prime for Life 4.5	0730-1200	Bldg 279
Mondays	Making Marriage Work *Must register by calling 808-496-7780/8803	0900-1030	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

MARCH '26 - MAY '26

NA KOA CALENDAR OF EVENTS



MARCH

- 5 New Arrivals Orientation
- 14 Na Alii 10k/5k
- 19 SMP Pool Tournament
- 27 Raider 7 Hero WOD
- 30 IM Soccer Season begins

APRIL

- 2 New Arrivals Orientation
- 16 SMP Pool Tournament
- 18 Color Run for a Cause
- 18 SMP Video Game Tournament
- 24 The Manion Hero WOD

MAY

- 7 New Arrivals Orientation
- 8 Sunset Flightline
- 13 Warrior Athlete Challenge (Individual)
- 21 SMP Pool Tournament
- 27 The MURPH 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*



No DoD or USMC endorsement intended.

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) 254-7473

Intramural Sports

Weekly Run Club. (Currently on hiatus)

Contact 808-254-7591

Health Promotions Classes

Contact HP Educator: (808) 254-7473

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



Current Unit Standings & How to Earn Points

RAIDER 7

MARCH HERO WOD

FRIDAY, MARCH 27, Sgt Maj Porter Field, 1200

On March 10, 2015, 11 service members were killed when a Black Hawk crashed during a training mission off the Florida Panhandle. Seven were Marine Raiders: Capt. Stanford Shaw III, MSgt Thomas Saunders, SSgt Marcus Bawol, SSgt Trevor Blaylock, SSgt Liam Flynn, SSgt Kerry Kemp, and SSgt Andrew Seif. Four Louisiana National Guard Soldiers also perished: CW4 George Griffin Jr., CW4 George Strother, SSgt Lance Bergeron, and SSgt Thomas Florich.

The Raider 7 WOD honors their courage, their families, and the legacy they left behind.

Workout

7 Rounds for Time: | 7 Pull-ups | 7 Burpees | 7 Plate Ground-to-Overhead (moderate load) - Tires will still be available | 7 Medicine Ball Slams | 7 Overhead Press (barbell or implement) | 70-yard Overhead Carry (dumbbell, kettlebell, sandbag, or plate—each round) | 70-plank shoulder tap



COMMANDER'S
NA KOA
CUP

  @SemperFitHawaii

Follow us on Social Media



Dates and times subject to change

Questions? (808) 254-7597

No DoD or USMC endorsement intended.

THE MANION

APRIL HERO WOD

FRIDAY APR 26, Sgt Maj Porter Field, 1200

The workout represents the date Travis made the ultimate sacrifice in Iraq on 4/29/07. Throughout his life, Travis was a fierce athlete who pushed his own limits in and out of the gym.

Workout:

400 meter run | 29 back squats |
7 rounds



CO RACE SERIES

UPCOMING RACES



NEXT RACE

**SATURDAY,
MARCH 14 | 0700**
📍 **BUILDING 219**
REGISTER NOW ON LEAGUEAPPS

2026
NĀ ALI'I 5K/10K
Marine Corps Base Hawai'i, Kane'ohe

COMMANDER'S
**NĀ KOA
CUP**

Coca-Cola **HAWAII**
BOTTLED BY THE **ODOM** CORPORATION

USAA **MCCS
SEMPER FIT**

*No USMC or DoD endorsement intended

COLOR RUN FOR A CAUSE

APRIL 18

Every step helps raise awareness for important causes like child abuse prevention - let's make a colorful impact together!

SUNSET FLIGHTLINE

MAY 8

A scenic 5K "Pau Hana" run along the air field of Marine Corps Base Hawaii

SAVE THE DATES

- Camp Smith Grueler 5k, June 13
- Runway Run 5k, July 4
- Bellows Rucksack Race, August 1

**View the 2026 CO
Race Series Calendar**



COMMANDER'S
**NĀ KOA
CUP**



📱 @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.



INTRAMURAL SPORTS

UPCOMING LEAGUES/EVENTS



2026 INTRAMURAL SOCCER SEASON

BEGINS MARCH 30



Lace up those cleats and get ready to hit the pitch!

Rally your unit and compete in this year's Intramural Soccer Season, proudly included in the Na Koa Commander's Cup.

Season Start Date: Mon., March 30th
Coaches Meeting: Wed., March 25th
Registration Deadline: Tue., March 24th
Location: SgtMaj Porter Field



COMMANDER'S
**NA KOA
CUP**

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

  @SemperFitHawaii
*Dates subject to change

Contact IM Sports Coordinator:
(808) 254-7590 or email
ombkbayathletics@usmc-mccs.org
No DoD or USMC endorsement intended.

ATHLETICS

SPEED & ACCELERATION

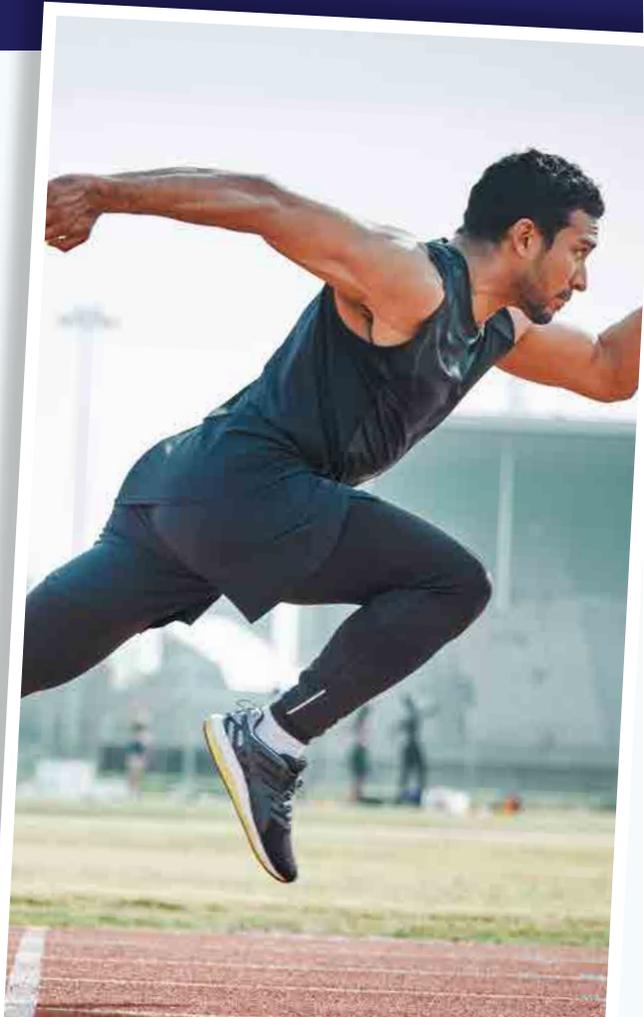
**Starts on Tuesday, March 24th from 1900-1030,
SgtMaj Porter Field**

4-week training program. Tuesdays & Thursdays from 7pm-8:30pm at SgtMaj Porter field.



Training is led by Michael Harvey (US-ATF Level III) to increase your Speed, Acceleration and Agility. Improve your sprint mechanics and overall speed through plyometric training and laser-timed sprints.

First date is Tuesday, March 24th and the last session will be on Thursday, April 16th.



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 19 MARCH

COUNCIL MEETINGS

10 & 24 March

Video Game Tournaments and Movie Nights sponsored by:



No DoD or USMC endorsement intended.

FREE LUNCH

WEDNESDAY MARCH 25, 1100-1230, KBay Rec Center

Stop by The KBay SMP for a free lunch. Limited Quantities available. No Registration Required.

SPECIAL EVENTS

- Chow & Cheat Codes (March 4, 11, 18)
- March Madness
- Shark Cage
- Whale Watching

VOLUNTEER OPPORTUNITIES

- AccesSurf
- Beach Clean-up
- Capes & Crowns
- Hawaii Food Bank
- Institute for Human Services
- 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



[SMP Eventbrite](#)



[SMP Calendar](#)

COMMANDER'S
NA KOA
CUP



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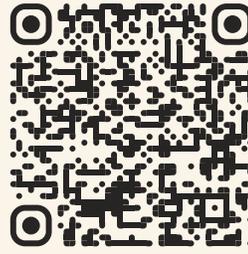
No DoD or USMC endorsement intended.

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

FREE

CHOW & CHEAT CODES 2026

Classes on Wednesdays 1130-1230 at KBay Rec Center



Registration not required, but highly encouraged.

1

4 March

SAY WHAT?

~ Talk smarter, not louder

Learn how to communicate effectively.

2

11 March

RACK OPS

~ Master your rest, master your life

Take a sleep type quiz and learn about your sleep type.

3

18 March

FINDING YOUR LEFT AND RIGHT LATERAL LIMITS

~ Tools to protect your energy and priorities

Learn how to create and set healthy boundaries.

4

1 April

STEADY UNDER FIRE

~ Control your reaction, control the outcome

Master your emotions before they master you.

5

8 April

CLEAN PLATES, HEAVY WEIGHTS

~ Eat better, feel better, live better

Hands-on workshop on making better food choices.

6

15 April

STRESS SURVIVAL ARSENAL

~ Build your personal stress survival arsenal

Learn practical tools to manage chaos, reduce stress, and stay focused on and off duty.

7

22 April

FINDING YOUR INNER WARRIOR

~ Strengthen your core, inside and out

Helping Marines find a higher purpose, and why they do what they do.

8

29 April

TEAM WHISPERER: UNDERSTANDING OTHERS

~ How to work with other personality types

Take a personality quiz to learn how you can interact better with your team.

9

6 May

MONEY MOVES: BALLIN' ON A BUDGET

~ Take control of your cash game

Learn how/why you spend money the way you do.

10

13 May

DESK OPS

~ Stretch, strengthen and conquer the work grind

Gain knowledge on staying fit while working a desk job.

10-week course | Light snacks will be provided
Grow Marine resiliency - physically, mentally, & emotionally



No DoD or USMC endorsement intended.

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)