OCTOBER 2026

The Director's Dispatch

ARMOR UP: MIND & MUSCLE

Strengthen Your Mind. Build Connections. Stay Ready.

October's theme, "Armor Up: Mind & Muscle," reminds us that readiness is strengthened not only by what we build within ourselves, but also through the connections and relationships that surround us. Resilience grows through how we communicate, prepare, respond to challenges, support one another, and stay connected to our community.

This month, Marine Corps Family Team Building is highlighting opportunities that strengthen different aspects of readiness. The Leadership Symposium encourages participants to lead with integrity, build trust, strengthen communication, and consider the impact they have on those around them. Teens' Warrior Day gives military-connected youth an opportunity to challenge themselves, build confidence, develop teamwork, and connect with their peers. As we enter Marine Corps Ball season, Ball Season Unveiled provides spouses with an opportunity to learn about ball traditions and etiquette while feeling more informed and prepared to participate in this special Marine Corps tradition.

Each of these opportunities reflects a different part of what it means to armor up—strengthening our minds, building meaningful connections, and staying ready together. I encourage you to explore this month's offerings and find an opportunity to learn something new, challenge yourself, make a connection, or support someone else.

Sometimes strengthening readiness starts with one small step.

Strengthen your mind. Build your connections. Stay ready.

— Bebe Husanini
Director, Marine Corps Family Team Building

Hello, October! 🎃 This month, MCFTB is bringing you opportunities to connect, grow, and make the most of your military community. From featured events and workshops to resources for you and your family, there's plenty to explore. Scan the QR code to discover what's happening with MCFTB on the MCCS website.

STAY CONNECTED

MCFTB Okinawa
Resources • Support • Connection
Camp Foster, Bldg. 445
645-3689 | 098-970-3689
MCFTBOkinawa@okinawa.usmc-mccs.org

MARINE & Family | Marine Corps Family Team Building

CLASS SCHEDULE



LifeSkills

Family Care Plan
8 October 2026 | 1300-1400
Camp Foster, Bldg 445 Rm 201

The Family Care Program helps military families prepare for deployments, emergencies, and unexpected situations. It provides family care planning, required documentation, and resources to help ensure loved ones and dependents are cared for when service members cannot be there.

Premarital Seminar
9 October 2026 | 0800-1500
Camp Foster, Ocean Breeze

The LifeSkills Premarital Seminar is a full-day workshop designed to help service members and their partners build a strong foundation for marriage. Participants will explore relationship skills, financial planning, military benefits, and valuable support resources to help prepare for a successful life together.

Family Readiness Program

Command Team Training
7 October 2026 | 0830-1100
Camp Foster, Ed Center Bldg 5679, Rm 9

Command Team Training provides COs, XOs, SgtMajs, and Command Team Members with an overview of the Unit Personal & Family Readiness Program (UPFRP), key command responsibilities, and best practices for supporting service members and families while strengthening unit readiness.

Readiness Coordinator Training
20-22 October 2026 | 0830-1600
Camp Foster, Ed Center Bldg 5679, Rm 9

This multi-day training prepares Deployment and Uniformed Readiness Coordinators to effectively support families through communication, resource navigation, and early intervention. Participants gain practical tools and strategies to strengthen family readiness, improve connections to support services, and better meet the needs of their units.

MARINE & Family | Marine Corps Family Team Building

CLASS SCHEDULE

L.I.N.K.S.

L.I.N.K.S. Foundations
14 October 2026 | 1000-1430 Virtual

New to Marine Corps life? 🎃 L.I.N.K.S. Foundations is here to make the unknown feel a little less spooky! Get familiar with Marine Corps life, benefits, deployments, communication, and community resources while gaining helpful tips and guidance from experienced Marine spouses. 👻

Cuppa Conversations L.I.N.K.S. & Health Promotions: Peach Booty Class
23 October 2026 | 0930-1130 | Camp Courtney, Ironworks Fitness Center

Ready to get your peach on? 🍑🎃 Join L.I.N.K.S. and Health Promotions for a fun-filled Peach Booty class featuring HIIT, strength training, hype music, and plenty of peachy burn! Come sweat, connect, and discover helpful L.I.N.K.S. and wellness resources in a fun, motivating environment. 👻💪

L.I.N.K.S. Spotlight: Don't Miss This

BALL SEASON UNVEILED

Your Guide to Style, Tradition & Etiquette

First Marine Corps Ball, or just need a refresher? *Step into ball season with confidence at* ***Ball Season Unveiled on October 27, 2026, from 1700–2100 at Habu Pit, MCAS Futenma.***

This interactive L.I.N.K.S. experience takes the guesswork out of preparing for the big night, bringing ***style, traditions, etiquette, demonstrations, and real-world tips*** *together in one evening designed to help you feel prepared from the moment you start getting ready to the moment you take your seat.*

Sneak Peek

Fashion Runway Show • Operation Ball Gown & Thrift Shop Gown Displays • Hair & Makeup Demonstrations • Dining & Utensil Etiquette • Marine Corps Ball Traditions • Interactive Scenarios & Q&A • Cake-Cutting Tradition with a Spouse Twist • Resources & Connections

Wondering what to wear? Unsure which fork to use? Curious about the traditions—or simply want to know what to expect? Come see it, learn it, and experience it in a relaxed, interactive setting where you can ask questions, get practical tips, and connect with others.

Know the traditions. Find your style. Walk in with confidence. Own the night.



MARINE & Family | Marine Corps Family Team Building

PROGRAM HIGHLIGHT

LifeSkills Program Highlight

Leadership Symposium: "The Leader They'll Remember"

What kind of leader will people remember you as?

Join MCFTB for the **Leadership Symposium on October 1–2, 2026, from 0800–1600 at the Northern Breeze Room, Ocean Breeze, Camp Foster**, for two days dedicated to meaningful leadership development, practical tools, connection, and personal growth.

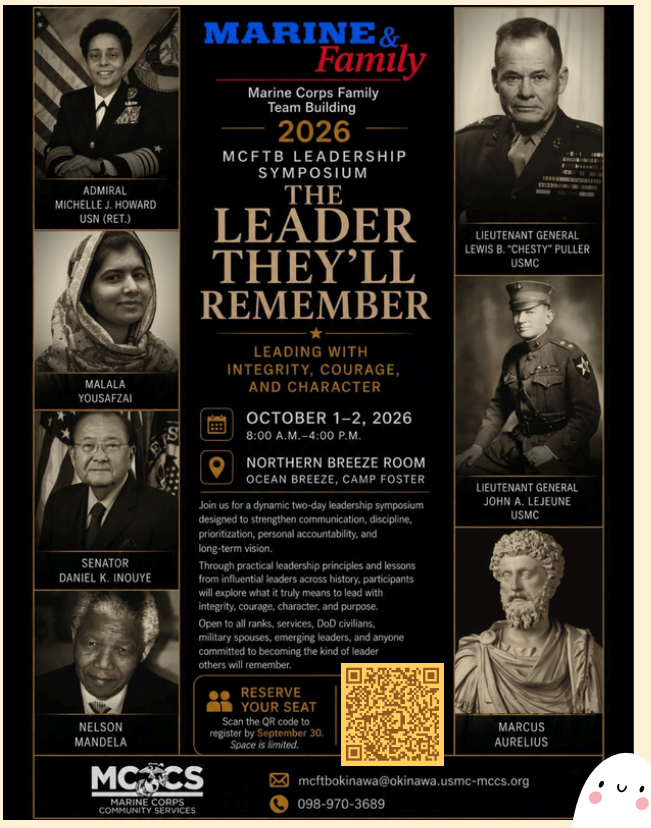
Leadership is more than a title or position; it's about the impact you have on the people around you. Throughout the symposium, participants will explore what it means to lead with **integrity, purpose, and connection**, while building the skills and confidence needed to lead effectively in everyday situations.

The symposium will dive into **effective communication, building trust, leadership beyond position, creating safer communities, total fitness and leader readiness, accountability, and leadership legacy.** Through meaningful conversation, reflection, and practical application, participants will have the opportunity to examine how their everyday choices, actions, and interactions shape the people and communities around them.

Whether you're leading a team, supporting a family, serving your community, or simply looking to strengthen your own leadership approach, this symposium is an opportunity to step back, refocus, and consider the kind of leader you want to be.

Lead with integrity. Build trust. Strengthen connection. Create an impact that lasts.

Ready to take the next step? See the flyer for the registration link and **reserve your spot.**



Readiness & Deployment Support

Teens' Warrior Day 2026

Think You've Got What It Takes? Prove It.

Calling all military-connected youth ages **11–17**! MCFTB is bringing Teens' Warrior Day to **Camp Foster, Field Two, on October 16, 2026, from 0800–1200** for a high-energy morning packed with challenges, competition, teamwork, and Marine Corps-inspired adventure.

Ready to put your skills to the test? Take on an **obstacle course, fitness challenges, martial arts, drill, dodgeball, a Nerf rifle range, and more.** Participants will also experience a **presentation of colors, take the Junior Warriors Oath, and get an up-close look at military working dogs.**

Whether you're looking to challenge yourself, try something new, meet other military-connected teens, or just have a great time, this is your chance to **get moving, test your limits, build confidence, and discover what you're capable of.**

Designed specifically for youth ages 11–17, Teens' Warrior Day combines **fun, adventure, teamwork, and Marine Corps traditions** into an experience that gives teens the opportunity to connect with their peers and create memories along the way.

Come ready to compete. Leave with new skills, new connections, and a story to tell.

Registration is required, and a parent or guardian must remain onsite throughout the event. **See the flyer for the registration link and additional details.**



MARINE & Family | Marine Corps Family Team Building

SPREAD A LITTLE GRATITUDE

MISSION GRATITUDE: HEARTFELT CARDS

One Card. One Message. One Meaningful Connection.

As the holiday season approaches, MCFTB Okinawa is once again bringing our community together through Mission Gratitude: Heartfelt Cards. This annual initiative reminds Marines and Sailors spending the holidays away from their loved ones that they are remembered, valued, and supported.

Students, families, schools, commands, and community members are invited to create handwritten cards filled with messages of gratitude and encouragement. MCFTB will distribute the cards during the Thanksgiving and winter holiday seasons.

*Last year, our community came together to distribute more than **10,000 cards and 10,000 cookies** across Okinawa and other locations throughout the Indo Pacific.*

OUR 2026 GOAL: 15,000 CARDS

Pick up a card. Write a message from the heart. Help remind a Marine or Sailor that they are never forgotten.

Gratitude makes a difference, one card at a time.

2025 Highlights









