

May 2026

Closed on May 26

Director's Corner

May serves as a powerful reminder that spouses and families are essential to readiness. True prevention is not only about responding in times of need, but about recognition, connection, and ensuring families feel supported every day. This month, we proudly recognize Military Spouse Appreciation and the strength, resilience, and sacrifice that military spouses bring to our community. As a military spouse myself, this is not just a message it is a lived experience. Military life is not easy. It is a journey filled with constant change, uncertainty, and sacrifice. We say goodbye to family and friends, only to build new relationships and connections wherever we are sent. We turn unfamiliar places into homes and strangers into family. Through deployments, long nights, and moments of uncertainty, we continue to stand strong for our families, for our spouses, and for each other. That is why connection matters.

Programs like L.I.N.K.S. Foundations are designed to help individuals and families feel grounded, informed, and connected to their community. Whether you are new to the Marine Corps lifestyle or have been living it for years, there is always value in reconnecting, learning available resources, and strengthening your support network. When we take the time to connect, we reduce isolation, build confidence, and create a stronger foundation for ourselves and our families.

At MCFTB, our goal is to ensure that families feel seen, supported, and equipped not just during times of crisis, but every day. Our May programming reflects this commitment through Military Spouse Appreciation and LifeSkills training focused on productivity and time management. These practical tools are designed to reduce stress, strengthen daily resilience, and support overall well-being. When families feel connected and supported, resilience grows. This directly supports Marine Corps Total Fitness by strengthening social and mental fitness through community, recognition, and skill-building. To our military spouses thank you. Your strength, adaptability, and unwavering support do not go unnoticed.

Featured Spotlight: Military Spouse Appreciation Celebration 8 May | Butler Officers' Club (Plaza Housing) | 1930–2130

This event celebrates the service, sacrifice, and strength of military spouses across Okinawa. It also creates a space for spouses to connect with one another, build support networks, and feel valued by the community they help sustain.

This event supports prevention by strengthening belonging and connection two protective factors that reduce isolation and stress.

— Bebe Husanini



KIDS' WARRIOR DAY 2026 – A COMMUNITY SUCCESS

MCCS Marine Corps Family Team Building (MCFTB) proudly hosted Kids' Warrior Day on 11 April 2026 at Camp Foster, Field 2, in celebration of the Month of the Military Child.

With 294 attendees, including 102 participating children, the event brought together families, volunteers, and community partners for a high-energy, resilience-building experience. Participants rotated through engaging, platoon-style activities designed to strengthen teamwork, confidence, and physical fitness, highlighted by a motivating Warrior Oath ceremony led by Sergeant Major Garcia (1st MAW).

This event would not have been possible without the incredible support of our volunteers and community. Your time, energy, and commitment made a lasting impact on our military children and families.

Thank you for helping us continue to build strong, connected, and resilient communities.



CLASS SCHEDULE

L.I.N.K.S.

L.I.N.K.S. Military Spouse Appreciation Celebration

08 May 2026 | 1900-2130
Camp Plaza, Butler O'Club

MCFTB is hosting a Military Spouse Appreciation Celebration to honor military spouses and their resilience. The event offers a fun, relaxing evening with music, games, crafts, dancing, and refreshments. Attendees are encouraged to dress in 90s-themed attire and connect with the military community.



L.I.N.K.S. Foundations

13 May 2026 | 0930-1500

Camp McTureous Community Center

Designed for new military families, L.I.N.K.S. Foundations offers a welcoming introduction to Marine Corps life, benefits, deployments, communication, and community resources, led by experienced Marine spouses who provide practical guidance and connection.

LifeSkills

Premarital Seminar

08 May 2026 | 0800-1500
Camp Foster, Ocean Breeze

The LifeSkills Premarital Seminar is a full-day workshop that prepares service members and their partners for military marriage by covering relationship skills, financial planning, military requirements and benefits, and support resources to help build a strong, informed foundation.

Meeting Advantage: Time & Productivity Skills

11 May 2026 | 0900-1100
Camp Foster, Education Center

Join us and take control of your schedule with practical tools that actually work. This in-person workshop will help you reduce stress, sharpen your priorities, and get more done with less frustration. Walk away with simple, usable strategies to bring order to your work and home life.

AutoSkills Workshop: Teens

17 May 2026 | 1000-1300
Camp Courtney, Typhoon Motors

Make your weekend count. Learn hands-on auto care skills at Camp Courtney, May 17 receive a free oil change, and enter for a chance to win raffle prizes. A great opportunity to build confidence and independence

CLASS SCHEDULE

Family Readiness Program

Command Team Training

6 May 2026 | 0830-1130

Camp Foster, Ed Center Rm 9

Command Team Training provides Commanding Officers, Executive Officers, and Sergeants Major with an overview of the Unit Personal & Family Readiness Program (UPFRP), command responsibilities, and best practices for supporting families. This training emphasizes proactive communication, early engagement, and prevention-focused leadership to strengthen overall unit readiness.

Readiness Coordinator Training

12-14 May 2026 | 0830-1600

Camp Foster, Ed Center Rm 9

This multi-day training prepares Deployment and Unit Readiness Coordinators to effectively support families through clear communication, accurate information flow, and confident resource referral. Strong readiness leaders are key to early intervention and prevention.

Supporting the Backbone of Our Marine Corps Families

Strong Marine Corps communities are built on informed leaders, supported families, and strong relationships. Military spouses are often the steady pillar of strength on the home front holding down the fort, maintaining stability, and supporting their families while service members are away. During Military Spouse Appreciation Month in May, Marine Corps Family Team Building highlights and supports military spouses through training, education, and connection whether that is helping families navigate military life, strengthening communication skills, or creating space for spouses to connect and build community. Building readiness and resilience within families helps reduce stress and strengthen the force as a whole. That is the foundation of prevention and the heart of Marine Corps Family Team Building.

Readiness & Deployment Support

Mid-Deployment Karaoke Night

29 May 2026 | 1830-2100

MCAS Futenma, Habu Pit

Take a break and enjoy a night out on 22 May at MCAS Futenma, Habu Pit. Connect with others, sing your favorite songs, and recharge in a fun, relaxed environment.



A Military Spouse's Journey

We fall in love, then we move,
Not just across streets, but across
oceans and across worlds.
We pack up memories, say goodbye
to family and friends,
And step into the unknown,
again and again.

We turn houses into homes,
Even when the walls are unfamiliar,
Even when nothing feels settled yet.
Because home is not a place,
It is wherever the military sends us.

We say goodbye more times than
we can count,
And somehow still find the strength
to say hello to new faces,
Strangers who slowly become friends,
And friends who become family.

There are sleepless nights,
Quiet worries we carry alone,
Deployments that test every part of us,
And moments where we feel lost,
Vulnerable,
Trying to find our place again.



Home is where
the military takes you.

We adapt.
We overcome.

We hold it together when things
feel uncertain,
We lift our spouses up,
Encourage them to chase their dreams,
Even when ours are placed on pause.

And somewhere along the way,
We begin to rediscover ourselves.

We explore.
We travel.
We grow.

We find new passions,
New purpose,
New dreams we did not know existed.

And just when we think we have
figured it out,
We do it all over again.

Because that is who we are.
Resilient.
Adaptable.
Unshaken.

We do not just survive this life,
We learn to thrive in it.

No matter where we go,
We build, we connect, we rise,
And we make it home.

Bebe Husanini



WHAT IT MEANS TO BE A MILITARY SPOUSE

Military Spouse Appreciation Month is a time to recognize the strength and dedication of military spouses. To celebrate, we asked members of our community to share their personal perspectives on what being a military spouse means to them.

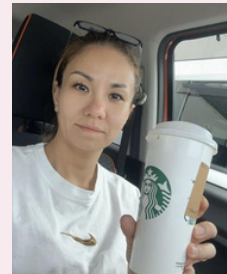
Laura Rodriguez

"Being a military spouse means learning to be resilient, adaptable, and strong even in uncertain seasons. It has shaped my life by teaching me how to build community wherever I go while staying true to my roots, my culture, and my essence. It's a journey of growth, sacrifice, and finding purpose beyond the challenges."



Miki Morrison, USMC (19 years)

Being a military spouse for 19 years has been such an incredible journey. As someone from Okinawa, it's been really special to experience the military community here from both a local and personal perspective, it truly feels like a second family. As a fitness instructor, I love bringing people together just like I did in the States, and the best part is connecting with amazing people from all over the world who quickly become friends



Sachiko Williams

"I have been a spouse 14 years. Choosing a life that's shaped by service even though I'm not the one in uniform. It involves a steady mix of pride in your partner's commitment, and uncertainty because deployments, relocations, and separations are part of reality."

Anna Battershall

"Being a military spouse means supporting the mission in a unique and often quiet way, grounded in commitment and service beyond the uniform. It calls for cultivated independence, strength, adaptability, and resilience, not only for our partners and families, but within ourselves. It means being part of a community bound by shared sacrifice, where connection and support carry us through the challenges, but also celebrates all of the joys in between."



Rebecca H, USMC (6 years)

"Being a military spouse has broadened my perspective in meaningful ways through the opportunity to meet so many amazing people from different backgrounds and to travel to places I never could have imagined. Also, my husband and I have supported each other through some very difficult moments, which has strengthened both my resilience and our relationship. These experiences have given me a more graceful and well-rounded point of view that has opened both professional and personal doorways in my life that I never could have on my own."

Tabitha W, USMC (5 Years)

"As a veteran and now a military spouse, I am proud to support my spouse's career by ensuring our household runs smoothly while he continues his military service. Being a military spouse has shaped my life in a positive way by giving our family the opportunity to live overseas, experience new cultures, and show our kids what it means to support their community and maintain strong family relationships, even from a distance. It has taught us to never take a day for granted and that with a positive mindset and support, you can accomplish anything."



January W, USMC

"As a veteran Marine spouse, this has meant embracing resilience, adaptability, and turning challenges into growth in the face of constant change. My role has evolved, and I continue to support my veteran while navigating a new chapter that has shaped me into someone who can thrive anywhere and remain independent along the way. Our role matters, and the strength we carry has a lasting impact."



Cristin Garcia, USMC (5 years)

"Being a military spouse means supporting my partner while also growing into my own strength. It has shown me the value of community and perseverance. It's a unique experience that continues to shape who I am."



Bianca Camaclang, USMC

"Being a military spouse means making sacrifices, adapting to constant change, and creating a sense of home no matter where life leads. It has shaped me into someone stronger both mentally and emotionally, while teaching me how to navigate uncertainty with resilience and adaptability."



Bebe Husanani, USMC (20years)

"Being a military spouse has given me the opportunity to see the world in ways I never imagined. It has pushed me to adapt, to overcome, and to constantly test my limits. Along the way, I've learned to set new goals, face challenges head-on, and grow through every obstacle placed in front of me. Through it all, I've discovered a strength I didn't know I had. Being a military spouse has shaped my life by teaching me resilience, patience, and the ability to find purpose no matter where I am. It has challenged me to step outside of my comfort zone, rebuild in unfamiliar places, and continuously rediscover who I am. This journey has shaped me into the person I am today."

Allan Chua, USMC (26 years)

"Being a military spouse means that you are part of a small community, entrusted with keeping the world safe, and making sacrifices that most of the world could never understand. However, it also means you get to be part of the most caring, resilient, and resourceful community that thrives in the difficult situation. As a spouse of a Marine, we are never alone in the struggle and you learn quickly how important empathy truly is."

This month, we celebrate the strength, resilience, and voices of military spouses everywhere. Thank you to all spouses who shared their voices.