



MARCENT

Family Newsletter

VOLUME 7, ISSUE 2

March - April 2012

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IMPORTANT PHONE NUMBERS:

- Family Readiness Officer, 813-827-5787
- MARCENT 1stSgt 813-827-7146
- TRICARE, 813-827-9906
- Airman and Family Readiness Centers MacDill AFB 813-828-0145 Brandon, 813-655-9281
- MacDill AFB Family Advocacy, 813-827-9172
- MacDill AFB Chaplain 813-828-3621
- MacDill AFB Youth Ctr. 828-7956
- MacDill AFB Visitor Ctr. 828-2826
- MARCENT TAMPA CDO 827-7009
- Sexual Assault Prevention & Response 813-828-SARC (7272) MacDill AFB NSA Bahrain 439-8516
- DOD Safe Helpline 877-995-5247 Outside US 202-470-5546

FAMILY CARE PLANS TAKE CENTER STAGE

New Marine Corps Order outlines providing care for those who depend on you!

What is a Family Care Plan?

A Family Care Plan is a document that provides guidance for people who will provide care for a Marine's family members in his or her absence.

Who is Required to Have One? *Any Marine with a Dependant*
When Should it be Submitted?

- *Active Duty (AD) Marines have 60 days (from the date of Change in family status to notify their command of the need to create a Family Care Plan.*
- *Reserve Component (RC) Marines must notify their command within 90 days after a change in family status.*

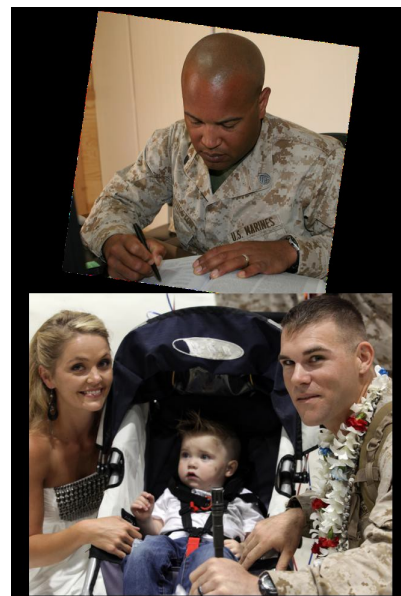
When Should it be Updated?

Keep your plan current! Review and update your plan annually, or whenever a major family change occurs. For example, you may need to revise your Family Care Plan because of:

- *Divorce*
- *The death of a family member*
- *Relocation*
- *A child custody decision that involves long-term visitation*
- *Adoption*
- *Extended absence of a spouse*
- *Birth of a child*

A Family Care Plan is the responsibility of Marines who have dependants, and will facilitate the care and support of dependant family members and enhance unit and family readiness during planned and unplanned contingencies.

Questions? Contact Daniel Abate, Family Readiness Officer 813-827-5787



MARCENT NEWS



Marines complete Sergeants Course

Sgt Timothy K. Backer & Sgt Joshua L. Rodriguez attended the Sergeants Course in Quantico, VA from 1/3/12 - 2/22/12.

"The Sergeants Course provides Marine Corps Sergeants with the knowledge and skills necessary to assume leadership roles of greater responsibility. I personally learned valuable information that I intend on sharing with my peers and passing on to junior Marines."



Marines support Wounded Warrior, LtCol Ty Edwards at the inaugural "I Will Inspire" 5K run on 18 February, Telecom Park, Tampa, Fl.



SSgt Christopher Vola surprises family with early return from deployment.



MARCENT Promotions and Awards January - April 2012



SSgt Olivia Crossett with her husband Michael at her recent promotion.



SSgt Nicole Rigby and her mother Angela Javier at her recent promotion.



Maj Tempone pinned by his Step-Mom Charla and his Dad John Tempone Sr., Col, USMC Retired.



SSgt Frank Hernandez is pinned by his wife Yessica and LtCol Sean Gallagher at his recent promotion.

PROMOTIONS

Cpl Stephen P. Aylor, Cpl Thomas S. Knapp, Sgt Ronald L. Wilson, SSgt Franklin R. Castillo were promoted to their current rank. Sgt Marlon M. Brooks received a Certificate of Commendation

Congratulations and Semper Parati



Navy Reserve 97th Birthday on 3 March 2012

"The Navy Reserve was officially formed March 3, 1915 - just as the United States was emerging as a world power and just following the outbreak of World War I. But the concept of the American Citizen Sailor actually precedes America itself. Even before the Continental Congress established the Continental Navy, there were bands of residents in seaside towns engaging in combat with British warships - inspired by the spirited battles of Minutemen".

"Response to events such as the ethnic cleansing of the former Yugoslavia and the attacks against the World Trade Center and Pentagon on September 11, 2001, illustrated the transformation of the Navy Reserve from a force in waiting for massive mobilization to an integral component in carrying out the mission of the U.S. Navy. Today, with approximately 20 percent of the Navy Total Force made up of Navy Reservists, the role and contributions of the Navy Reserve and its men and women are as vital as ever, on all fronts - from conflict prevention to conflict support, from combat to peacekeeping, from disaster response to humanitarian relief".

MARCENT FORWARD NEWS

MLK one-pitch softball tournament

NSA Bahrain MWR hosted a MLK one-pitch softball tournament at Memorial Field on Saturday, January 14, 2012. MARCENT FWD fielded two teams for the one day tournament; LtCol Hundley coached the MARINES and GySgt Brandon coached the HONEY BADGERS. At the end of the day, the MARINES squared off against NAVCENT for the championship game. Unfortunately, the MARINES came up short against the powerhouse NAVCENT team, a softball season rival of team MARINES. The MARINES placed second (runner-up) in the tournament. Everyone enjoyed the day of competition and shared some camaraderie. Both MARCENT FWD teams are looking forward to the upcoming 2012 NSA Bahrain Winter Softball League.



Pictured left to right: CWO2 Brown, MSgt Zumalt, MSgt Wood, Maj Brinkley, LtCol Murray, Maj Borden, LtCol Hundley, SSgt Thompson, SSgt Legere, Cpl Howard, Sgt Banks, Sgt Yonker, GySgt Clower, Sgt Souza, SSgt Anderson.

Bahrain Road Runner's Marathon Relay

A big congratulations to all the Marines who participated in the Bahrain Road Runner's Marathon Relay. We continued a tradition in MARCENT (FWD) by having seven teams (same as last year) run in the race and winning two trophies (as we did last year). The team of LtCol Perdew, MSgt Nuncio, Capt King, and Capt Grant were the overall winners, but our women's team had an amazing second place overall finish. The team of Capt Gaskin, GySgt Sonnbabend, Ms. Helvey, and Sgt Souza held on to beat all other teams in the competition. Great job ladies! Thank you to all the runners who came out and making it a memorable experience.



MARCENT Forward Promotions and Awards Feb - Mar 2012



Cpl Andrew P. Cheek was awarded the Navy and Marine Corps Achievement and Good Conduct Medal, by Maj Katrina D. Patillo, HQCO, Commanding Officer, U. S. Marine Corps Forces Central Command Forward.



GySgt Kevin Yoakum was promoted to his current rank on 1 March 2012, by LtCol Matthew E. Hundley, Current Operations Officer, U. S. Marine Corps Forces Central Command Forward.



Maj Aaron Klein is pinned by BGen Brian Beaudreault at his recent promotion ceremony.



Master Sergeant Michael Miller is pinned at his recent promotion ceremony.



Congratulations and Semper Fi!

MARCENT and FORWARD NEWS

Marines earn MCMAP Belts

January - April the following MCMAP belts were awarded



Black Belt:

Major Brandon K. Thomas, Major Stuart J. Fugler, Captain Jason Giannini, Captain Chad Gowing, Gunnery Sergeant Roy Buchanan, Sergeant Rigo T. Lopez, Sergeant Douglas J. Scholten, Corporal William C. Snyder, Corporal Kimani Major.

Brown Belt:

Major Brandon K. Thomas, Captain Chad Gowing, Gunnery Sergeant Jared M. Johnson, Gunnery Sergeant Dalton T. Lewis, Gunnery Sergeant Antonio A. Baltazar, Staff Sergeant Nathan A. Gamboa, Staff Sergeant Marc A. Guest, Sergeant Douglas J. Scholten, Sergeant Adam Bicknell, Corporal Christian Washington, Corporal Tyler C. Thompson, Corporal Andrew P. Cheek, Lance Corporal Brandon M. Lunardi.

Green Belt:

Major Brandon K. Thomas, Gunnery Sergeant Dalton T. Lewis, Gunnery Sergeant Antonio A. Baltazar, Gunnery Sergeant Brian Peterson, Gunnery Sergeant Jared M. Johnson, Staff Sergeant Alfred F. Thurlow, Staff Sergeant Benita Reyes

Staff Sergeant Timothy J. Fashing Jr., Sergeant Christopher R. Rassi, Sergeant Michelle T. Castleberry, Corporal Aaron M. Brown, Corporal Jason A. Daniels, Corporal Michael J. Roy, Corporal Christian Washington, Lance Corporal Jeremy S. Montgomery, Lance Corporal Justin T. Vaughters.



Grey Belt:

Major Brandon K. Thomas

Cpl Michelle T. Castleberry Marine of the Quarter. Fourth Quarter 2011



Semper Fi!



Sgt Castleberry promoted to her current rank March 2012

Wounded warrior Cpl Michael Nicholson returns home to huge Tampa welcome

On July 6, 2011, south Tampa native, Corporal Michael Nicholson USMC was on combat patrol in Afghanistan when his unit was attacked and a remotely detonated IED was triggered. Cpl Nicholson sustained severe injuries including the loss of both legs and his left arm. Cpl Nicholson was flown to Germany the following day and once stabilized, was flown to Bethesda Naval Hospital where today, he continues his rehabilitation.

Nicholson arrived Sunday, February 19th in Tampa for the first time since being wounded, flying in with his family for a month-long leave from therapy. At the airport, strangers lingered as long as they could before their flights, curious about the color guard and bagpipes. Friends and supporters, including the Marine Corps League, carried banners and waved flags.



MARCENT Marines participate in Islands Fest 2012

Davis Islands, Tampa Florida, Islands Fest 2012 was dedicated to South Tampa native and Wounded Warrior Marine Corporal Michael Nicholson.

MARCENT Marines pose with John and Mary Nicholson, parents of Cpl Michael Nicholson.



MARCENT Color Guard. Pictured from L-R, Sgt Milton Candelaria, Sgt Timothy Backer, Sgt Milton Espinoza, Cpl Joshua Dempsey.



MARCENT FORWARD NEWS

HELLO FROM BAHRAIN

As-Salam Alikum min al -Bahrain

Hail and Farewell,

It is an exciting time for MARCENT FORWARD, as we enter the "Relief in Place" or RIP season. Our Command will continue a staggered turnover for the next few months and a significant number of Marines and Sailors will depart Bahrain in total. Our Marines and Sailors have set a high standard for success during this period, so that not only is there no dip in performance, but that it actually continues to increase. I know they can and will accomplish their goal because of the dedication and professionalism of our Marines and Sailors.

As we execute our RIP, I would like to personally thank all of our Marines, Sailors, and their families for dedication and support while they were deployed for our Nation and Corps: LtCol Richard Faucher, LtCol Mark G. Shipman, LtCol Doug Bruun, Maj Maureen McFarland, Captain Thomas Dunaway, Capt Jason Giannini, CWO 3 Jeffrey Neikirk, MSgt Brian Salked, MSgt Michael Miller, GySgt Omar Palaciosreal, GySgt Jeffrey Fisher, GySgt Lorretta Sonnabend, SSgt Rosemarie Carrado, Sgt Emily Olsen, and Sgt Brian Lee.

I would like to welcome the Marines and Sailors who have recently arrived. LtCol Tyler Holmquist, Maj Arthur Sladack, Maj Mark Blydenburgh, Maj Esteban Beamon, Maj Ronella Taylor, Maj James Jones, Capt Dennis Crennan, CWO3 James Hunko, CWO2 Norman Capers, WO Robert Carney, MSgt Alan Dukes, MSgt Oscar Rose, GySgt Randall Borland, GySgt Anthony Petta, GySgt Anthony Cooper, GySgt Todd Gottfried, GySgt John Juras III, GySgt John Carmichael, GySgt Timothy Wright, GySgt Brett Wood, SSgt Michael Malone, SSgt Christopher Perez, SSgt Moses Hunter, Sgt Aaron Houran, SSgt Nekia Suggs, Sgt Eliezer Huertas, HM2 April Morgan, Sgt Adam Bicknell, Sgt Benjamin Hudnall, Sgt David Mendoza, Sgt Meshawn Telemaque, Cpl Walter Hines, Cpl Phillip Roberson, Cpl Reese Fenton and LCpl Christopher Beland.

I remain grateful for you and your families' personal sacrifice.

As your Family Readiness Officer, please know that I am here to help direct you to the best available resources.

Semper Fidelis, Katrina D. Patillo
Family Readiness Officer



Major Goughnour's daughter Malika celebrated her first birthday on February 20th.

Major Frank Simmons' son Nicholas celebrated his first birthday on January 11th.

MARCENT (FWD)

Unit, Personal and Family Readiness Command Team:

Deputy Commander:

Brigadier General Brian D. Beaudreault

Deputy Family Readiness Officer: **Major Katrina Patillo**

Chief of Staff: **Colonel Richard Jackson**

Single Marine Program Rep: **Corporal Michael Roy**

Sergeant Major: **Sergeant Major John McGovern**

Senior Enlisted: **First Sergeant Godfrey Marille**

Chaplain: **CDR James Wetzell**

Command Team Advisor: **Mrs. Karen Beaudreault**

Hello MARCENT FWD Family,

Many of you are preparing for the return of your Marine or Sailor, and I congratulate them on an outstanding deployment.



Job well done. For many others, this is the first newsletter you have received from MARCENT FWD, and I welcome you to the team. Your Marine or Sailor is beginning an amazing deployment that will provide great experience and professional growth.

I know many of you are deployment veterans and can handle any problem that comes your way. I ask that you save Military One Source, Stateside: 800-342-9647, Overseas: 800-3429-6477 www.militaryonesource.com as a favorite on your computer. It is a wealth of knowledge and assistance.

We are also in the final stages of setting up the new eMarine webpage. Once this is complete, your Marine will receive an "invite" much like facebook, and you will have another great resource to assist you during the deployment.

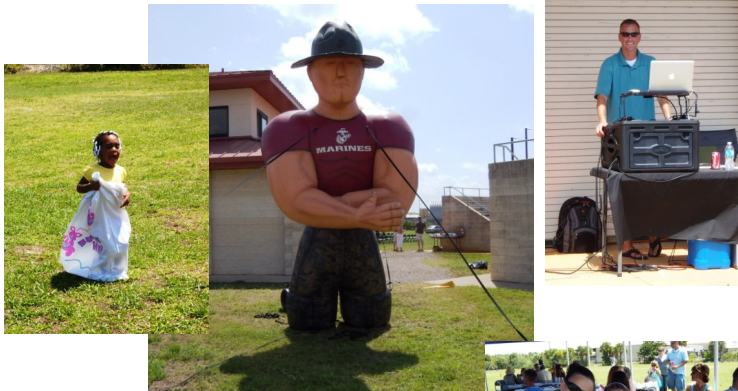
I thank you all for keeping the home fires burning and allowing us to gallivant around the world and do Marine Corps things :) In closing, if there is an issue or concern, do not hesitate to e-mail me directly, and I will do my best to help resolve the situation. My e-mail is john.mcgovern@marcent.usmc.mil.

Semper Fi,
John J. McGovern
SgtMaj, MARCENT FWD



MARCENT NEWS

MARCENT Marines and Families enjoying a day of fun and relaxation.



MARCENT Tampa

Unit, Personal and Family Readiness Command Team:

Commander: Lieutenant General Thomas D. Waldhauser

Family Readiness Officer: Mr. Daniel Abate

Chief of Staff: Colonel Mike Brassaw

Single Marine Program Rep: GySgt Laci Spencer

Sergeant Major: Sergeant Major R. Carter

Senior Enlisted: MGySgt Anthony Lynam

HQ Commanding Officer: Major Siddhartha Velandy

Command Team Advisor: Mrs. Gail Waldhauser

Contact: 818-827-5787, Daniel.abate@marcent.usmc.mil

Drumming a big hit with Children at MacDill AFB

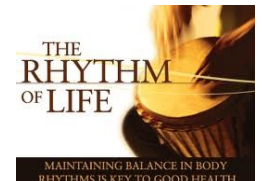
An afternoon of drumming hosted by MARCENT Family Readiness and the MacDill AFB Youth Center proved to be just what the kids ordered. Guest Facilitator Christine Stevens, MSW, MT-BC, UpBeat Drum Circles, teamed up with MARCENT Team Building Director, Daniel Abate and led kids from all age groups through an evidenced based drumming program that benefits include:

Reduced - Depression, Anger, Interpersonal Problems.

Improved - School/work role performance, Self esteem, Behavior towards others.

As you can see below the Kids just had FUN!

Special thanks to MacDill AFB Friends of Military Families and The University of Tampa.





Military OneSource is a free 24-hour service available to all active duty, Guard, Reserve members and their families regardless of activation status. Information and referrals are given on a wide range of issues including behavioral health. Face-to-face, phone and online counseling services are available.

**Stateside: 800-342-9647 Overseas: 800-3489-6477 (access codes available online)
www.militaryonesource.com**



www.macdillfss.com

Great resource for MacDill AFB information and activities.



www.cnic.navy.mil/bahrain

Great resource for Naval Support Activity Bahrain.



MacDill AFB Airman and Family Readiness Centers

Serving all Military personnel and their families in the Greater Tampa Bay area. Please visit www.macdillfrc.com to learn more about their services.

**Brandon: 710 Oakfield Dr., Suite 153,
Brandon Fl 33511 813-655-9281**

**MacDill AFB: Post Office Plaza, Building 18,
8105 Condor Street MacDill AFB, Fl 33609
813-828-2721/0145**



NSA Bahrain Support Services

The Fleet and Family Support Program Bahrain reinforces Operational Readiness by providing a wide range of services to the Military community.

www.cnic.navy.mil/Bahrain/FleetAndFamilyReadiness/SupportService

DSN 318-439-4046 Com 973-1785-4046