



MARCENT

Family Newsletter



VOLUME 7, ISSUE 6

November - December 2012

Inside this issue:

- Holiday Celebration
- MARCENT Tampa & Bahrain News
- Information & Resources

IMPORTANT PHONE NUMBERS:

- Family Readiness Officer,
[Mr. Daniel Abato](#)
813-827-5787
- Deputy Family Readiness Officer, FWD
[Maj Katrina Palilla](#)
- MARCENT 1stSgt
[Gabriel Wilson](#)
813-827-7146
- MARCENT FWD 1stSgt
[Godfrey Marille](#)
- 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
- MARCENT FWD Chaplain
[CDR Kenneth Counts](#)
- MacDill AFB Youth Ctr.
828-7956
- MacDill AFB Visitor Ctr.
828-2826
- MARCENT TAMPA CDO
827-7009

MARCENT Tampa & Bahrain Celebrate The Holidays!



See page 2 for more photos!

MARCENT Tampa & Bahrain News



Marines in Bahrain celebrate 237th Marine Corps Birthday

This time of year is special to U.S. Marines everywhere. No matter where they are in the world, Marines wish each other a happy birthday.

In Bahrain, a group of Marines from Marine Corps Forces Central Command Forward [MARCENT (FWD)] celebrated with a formal Birthday Ball, complete with the traditional reading of the 13th Commandant's Birthday Message, a message from the current Commandant and a cake cutting ceremony.

This year's cake cutting had special meaning for one Marine, as it was his final ball as an active-duty Marine.

"Receiving the cake as the oldest Marine present was an honor. I reflected on the last 21 years of service to country and Corps and shared a meal with friends. This meant a lot to me as this will be my last ball as an active-duty Marine," said CWO3 Carlos Tomkin, a Port of Spain, Trinidad, native.



It is customary that two pieces of cake be cut during the ceremony; one for the guest of honor and one for the oldest Marine present who passes it on to the youngest Marine present, representing the old and experienced Marines passing their knowledge on to the newest generation of Marines.

Brigadier General Gregg P. Olson and guest of honor addressed the crowd to conclude the official ceremony, leaving the evening open for all to socialize during and after dinner.

"I find the ball is just a great opportunity for Marines of all ranks to celebrate with one another and let loose. It's a chance to seize the moment with all your co-workers," said Sergeant Lance Johnson of Orlando, FL.

Sergeant Major John McGovern, the Sergeant Major of the unit, said the event helps build *Espirit de Corps*.

"It is a time to enjoy the fellowship of Marines, tell stories and motivate each other. It is special, because as the evening continues the junior Marines become more confident and open up. This gives me an opportunity to see how much they care about the Corps," said McGovern who hails from Swansboro, NC. "I know the future is in great hands."

The Corps is another year older, and another page in its history has turned with another group of Marines building camaraderie, morale and celebrating together.

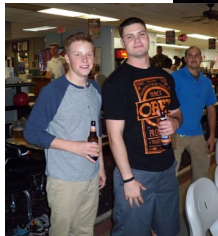
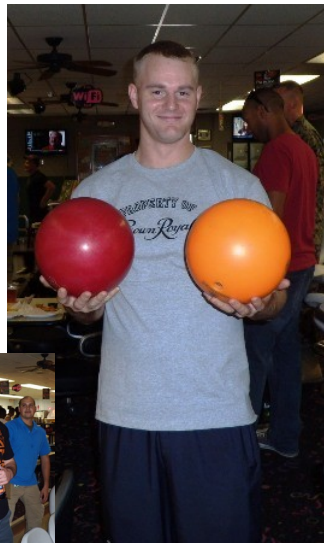
"The ball or birthday of the Corps is very important, as it reenergizes all of us. It reminds us of who we are; United States Marines," said McGovern. "There are many that thought about becoming a Marine, but only those select few actually earn the title. To me the common bond that we, who are Marines past and present, share at the ball cannot be found or replicated at any other event like that of the Marine Corps birthday celebration."



Brigadier General Gregg Olson with U.S. Ambassador to the Kingdom of Bahrain Thomas Krajewski.

MARCENT Tampa NEWS

MARCENT NCO's enjoy an afternoon of bowling courtesy of MacDill AFB, Friends of Military Families.



On November 14th MARCENT Marines participated in St. Joseph's Children's Hospitals 16th annual "Kids are Heroes" event along with Rampello Elementary School students, teachers and the Tampa Bay Lightning.



Pfc Ricardo Moreno
LCpl Jacqueline Fonseca
Sgt Christopher Rassi
1stLt Brian Moeller
1stSgt Gabriel Wilson

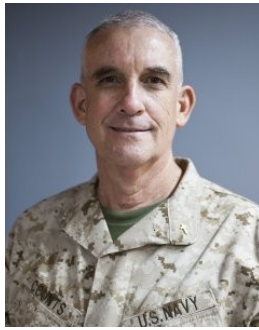


MARCENT FORWARD NEWS

From the MARCENT Chaplains Corner

By: Chaplain Ken Counts

A Navy Chaplain builds relations through spiritual growth at multi-cultural retreat



“The variety of nationalities and cultures made me appreciate diverse perspectives and wisdom. Surely, anyone who finds himself outside his familiar cultural settings can feel intellectually stretched by such discourse,” said U.S. Marine Corps Forces Central Command’s Chaplain Cmdr. Kenneth Counts. “I am very pleased and honored to serve the physicians, nurses and staff in any way possible. They are an accomplished group of professionals, and I felt honored and humbled to address them.”

Cmdr Counts, a U.S. Navy Chaplain serving in the Kingdom of Bahrain, spoke to the multi-cultural staff of the American Mission Hospital (AMH) as a guest speaker in the hospital’s annual staff retreat.

The annual retreat is aimed to unify the vision and purpose of the culturally and religiously diverse hospital personnel.

According to Jason Boykin, a Religious Program Specialist, the multi-national AMH staff left the hospital sanctuary eager to hear more from Cmdr Counts.

“I believed they thoroughly enjoyed the sermon, not just from a spiritual aspect, but from a professional perspective. The audience included many highly respected medical professionals who took time out of their busy schedules to listen to the message of spiritual growth, not only because of personal beliefs, but because they understand the importance of spirituality within their own professions,” said RP1 Boykin.

Cmdr Counts attended at the invitation of long time friend Rev. Appu Varghese.

Rev. Varghese is a South Indian native who has been the hospital’s chaplain for more than 10 years and said he was honored to have Cmdr Counts as the guest speaker.

“We’ve heard him before,” said Rev. Varghese. “The sermon was very good and relevant. Some of the audience members even came and asked when is the next?”

The annual retreat audience consisted of a multi-cultural staff.

According to Boykin, this added an additional bonus to foster relations with others from around the world through a common appreciation.

“Anytime we have the opportunity to interact with the local community, I think it is vital that we do so, not only as service members, but ambassadors of the United States,” he said. “It is great to see that even though Americans and foreign individuals have many differences, we can come together and share an amazing aspect of life.”

Through an annual retreat, words of a Navy chaplain brought people together to foster relationships and grow culturally, mentally and spiritually.

“We must continue to ensure that the religious freedom of all individuals is upheld so that we may continue to maintain and expand upon the diversity that makes our Navy and our country so great,” said Boykin.



I want to first say what a great Marine Corps Birthday ball we had in Bahrain. It was my last on active duty as I will be retired next year and I couldn't have had a better time with a great group of Marines and their guests!



I want to thank everyone for the hospitality shown over the Thanksgiving holiday. The outstanding support and generosity shown to all members of MARCENT FWD is a true testament to the family atmosphere and definitely makes the time away from home less painful.

I hope we are providing as much information as possible in ensuring that you are all more than prepared for any issue or concern. Do not hesitate to contact our FRO, Dan Abate or the HqCo Commander Maj Katrina Patillo, if you have a concern or question. I also ask that you save the following web links in your favorites:

**[MARCENT FWD eMarine](#)
www.militaryonesource.com**

They are a wealth of knowledge and provide assistance in answering any questions you may have.

In closing, I want to say that you should all be extremely proud of your Marine or sailor. All members of MARCENT FWD put forth maximum effort everyday in all that they do and our success is mainly due to our families shouldering the lion's share of the responsibilities at home while we go traipsing around the globe. We love and miss you all.

I hope you all have a Merry Christmas and best wishes for the New Year.

John J. McGovern
SgtMaj, MARCENT FWD

MARCENT NEWS

**2012
Commandant
& Mrs. Amos'
Holiday
Message**

The
Commandant
of the Marine
Corps Gen.
James F. Amos
and his wife
Bonnie present
2012 Holiday
Message to
Marines,
Sailors, and
their families.

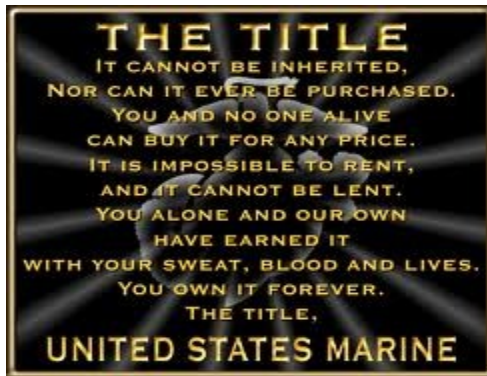


Click the above
image to link to
message.



November—December Re-enlistments

- Cpl Stephen Aylor
- Sgt Daniel L. Matthews
- Sgt Kenneth D. Thomas
- Sgt Khrury D. Cromwell
- SSgt Jedadieah J. Marshall
- SSgt Michael J. Keyser
- GySgt Galia N. Cook
- GySgt Jamie L. Glickman
- MSgt Dustin E. Cook



**GySgt Timothy B. Wright
re-enlisted on 24 October 2012.
Re-enlisting Officer, Captain
Jamin M. Bailey, Combat
Engineer Officer, G-4, U. S.
Marine Corps Forces Central
Command Forward.**



**Pictured are CWO3 Carlos T.
Tomkins and First Sergeant
Godfrey Marille.**

MARCENT Promotions and Awards November –December 2012



**Col Andrew Crabb
wife Stephanie,
daughter Meribel and
son Benjamin at his
promotion ceremony.**



**LtCol Skyler Mallicoat
with his wife Vanessa
at his recent promo-
tion ceremony.**



**Cpl Joshua Dempsey wife Kim,
Brian and Paula Lawton at his
Navy Marine Corps Achievement
award ceremony.**



**SSgt Alex M. Martinez
and his Fiancé' Mineyli
Varela at his Navy
Marine Corps Com-
mendation Medal
award ceremony.**



Congratulations and Semper Fi!

MARCENT NEWS

Sexual Assault

24/7

Hotlines:

MacDill
AFB:813-828-
SARC (7272)

NSA Bahrain:
DSN (318) 439-
3421 (Cell
1785-3421)

DOD Safe
Helpline:
877-995-5247,
Outside the US
202-470-5546

MARCENT
Uniformed
Victim
Advocate (UVA)

TAMPA:
813-827-7128

BAHRAIN:
439-8570 OR
439-8549

Sexual Assault
Response
Coordinators
(SARC)

MacDill AFB:
813-828-SARC
(7272)

NSA Bahrain:
439-8516 (Cell:
3947-8417)



Sgt Earl T. Lee is pinned by LtGen Robert Neller and SgtMaj Lawrence Fineran at his promotion ceremony.



HMC Jacqueline Davis and Col Andrew Crabb at her Navy Marine Corps Commendation Medal award ceremony.



LtCpl Jacqueline Fonseca is pinned by LtGen Robert Neller and Mr. Stephen Pearson at her recent promotion ceremony.



MARCENT Promotions and Awards November –December 2012



***Cpl M. Vega, Cpl J.A. Valenzuela,
SSgt Adrienne N. Aikin, GySgt Victor C. Fletcher,
GySgt Kevin R. Paul, GySgt Daniel J. Sanders Jr.,
GySgt Kellen K. Zitani, GySgt J. Ricafrente.***

Congratulations and Semper Fi!

MARCENT NEWS

MARCENT Tampa

Unit, Personal and Family Readiness Command Team:

Commander: [Lieutenant General Robert B. Neller](#)
Command Team Advisor: [Mrs. D'Arcy Neller](#)
Family Readiness Officer: [Mr. Daniel Abate](#)
Chief of Staff: [Colonel Mike Brassaw](#)
Sergeant Major: [Sergeant Major Lawrence P. Fineran](#)
Single Marine Program Rep: [GySgt Laci Spencer](#)

MARCENT (FWD) Bahrain

Unit, Personal and Family Readiness Command Team:

Commanding General: [Brigadier General Gregg P. Olson](#)
Command Team Advisor: [Mrs. Dawn Olson](#)
Deputy Family Readiness Officer: [Major Katrina Patillo](#)
Chief of Staff: [Colonel Richard Jackson](#)
Sergeant Major: [Sergeant Major John McGovern](#)
Chaplain: [CDR Kenneth Counts](#)
Single Marine Program Rep: [Sgt Sebastian S. Crawford](#)

MARCENT Marines compete in North American Grappling Association Championship. December 2012



North American Grappling Association (NAGA) is an organization started in 1995 that holds Brazilian Jiu-Jitsu tournaments in North America and Europe and mixed martial arts events based from Massachusetts and New Jersey. NAGA is the largest submission grappling association in North America with over 46,600 participants world-wide including some of the top jiu-jitsu fighters in the world.

Capt James Purtell—Men's Novice, Gold medal

Mr. Reuben Cordero— Men's Beginner, Gold Medal

Sgt Freddie Easter— Men's Intermediate, Silver Medal

Sgt Rafael Crouch—Men's Novice, Bronze Medal

Congratulations!

Have you Registered?

eMarine is now a registered U.S. trademark, registered on September 18, 2012. The mark is registered in Class 41, covering educational services and resources.

www.emarine.org

Around MARCENT



LtGen Robert Neller addresses MARCENT Marines.



LtGen Neller addresses the Tampa Community at a Veteran's Day Celebration sponsored by the Greater Tampa Chamber of Commerce, downtown Tampa.

MARCENT FORWARD NEWS

American Women's Association Bahrain Cherry Tree Trot Charity run to help physically and mentally challenged persons of Bahrain

American Women's Association (AWA) contributes to 35 non-profit Bahraini hospitals, care facilities, schools and educational centers.

Through its Scholarship Fund, the AWA supports students entered into the American Studies program at Bahrain University.

AWA volunteers also assist homes and centers for the mentally and physically challenged and elderly.

The Cherry Tree Trot is AWA's biggest bi-annual fund raiser that involves physically and mentally challenged people of all ages. It started in 1981 and grew over the years, beginning as a small race in Sakheer Desert to the prestigious Bahrain International Circuit (BIC).

Every other November in the Kingdom of Bahrain, AWA hosts an event at the BIC's world-famous Formula One Track. It's like a "Special Olympics." Participants take part in 3K, 5K, 10K and other running events.



On November 30, 2012, more than 30 MARCENT (FWD) volunteers, along with service members from Naval Support Activity, Bahrain, DOD civilians, contractors, spouses and dependent children served as route marshals, timekeepers, finish-line monitors and logistics support. Many of the MARCENT (FWD) volunteers pushed wheel chairs or assisted the blind during a race.

Individuals displayed selfless volunteerism in their motivation and dedication to helping partici-

pants. According to the Bahraini newspaper and the event coordinator, NAVCENT and MARCENT (FWD) were informed that the event was a success. Because of all the local help, AWA was able to raise more than 60,000 BHD / \$156,863 US for the disabled throughout the Kingdom of Bahrain.



Marines Take a Dive...literally: MARCENT (FWD) Marines receives deep sea diving certification while overseas

According to the 2011 Professional Association of Diving Instructors worldwide statistics, there are more than 20 million PADI certified divers. Well, PADI can now add six more to that list.

Under the direction of Major Ronella Taylor, a certified dive master, six Marines serving in Bahrain received their PADI certification, giving them a new skill they can use around the world.

"I enjoyed myself very much. I never realized how exciting it would be to swim with the natural aquatic life in the ocean," said CWO2 Eugenio Pena.

"I learned a new skill and had fun doing it," said Major Sean Shea.

The students took a two-week course consisting of knowledge development to understand basic principles of scuba diving, confined water dives to learn basic scuba skills and open water dives, of up to 60ft., to test their skills and explore the under-water world.

Upon completion of the course, the Marines received their PADI certification. This certification allows holders the privilege to deep-sea dive anywhere in the world and makes them eligible to move on to more advanced courses.

Major Taylor arranged the class to share her love for scuba diving.

"The purpose of this class was to get a group of like-minded Marines together to get them certified. I had heard of many Marines at the command who were interested, so I asked around and found six interested people. It was easy to coordinate because we all work together and can sync schedules as necessary," said Major Taylor.

Major Taylor, although not the primary instructor, acted as an additional advisor, with more than five years of certified experience, she said.

"I have dived in Japan, Hawaii, Guam, Virginia, Maryland, and New Zealand. I have helped certify more than 200 divers in Okinawa, Japan, and I wanted to help out here in Bahrain," she said. "I hooked up with the local instructor and have helped her certify students since April 2012."

With certification complete, six Marines have broadened their horizons and developed a new skill that they can take with them in all their travels.



MARCENT FORWARD NEWS

Marines and Sailors volunteer at local animal shelter

SHAKHURA, Bahrain – A group of service members shared a few hours of their holiday weekend with cats and dogs.

The volunteers took part in the Naval Support Activity Bahrain Liberty Centers' weekly visit to the Bahrain Society for the Prevention of Cruelty to Animals Shelter.

According the BSPCA website, it is a non-profit organization run by volunteers and dedicated to the welfare of animals in Bahrain and care of injured, abandoned, lost, mistreated or homeless animals brought to its shelter.

"I thought it was really cool," said Corporal Jennifer Torres, a Marine assigned to U.S. Marine Corps Forces Central Command Forward and Houston, Texas, native. "I didn't think they had anything like this is Bahrain."

BSPCA statics show that the organization takes in an average of 200 strays per month, so the staff encourages volunteers to help care for the animals, said Dr. Hansel Geo Thomas, the BSPCA veterinarian surgeon.

"It's fantastic when we have extra volunteers because we are here for the animals. When the animals are cared for and loved, it makes them happy, and our goal is to make these animals happy," said Thomas.

The service members walked the dogs and groomed the cats.

"This is a great way to give back to the community and meet new people...and animals," said Petty Officer 1st Class John Damron, a Jacksonville, Fla., native.

For many volunteering that day, such as Heather Cowell, this was the first time they had been to the shelter. She said it was well worth it, and she was glad she did it.

"I thought it was a great morale booster, especially while being away from my family," said the Sutter, Calif., native. "I would recommend this to any one interested."

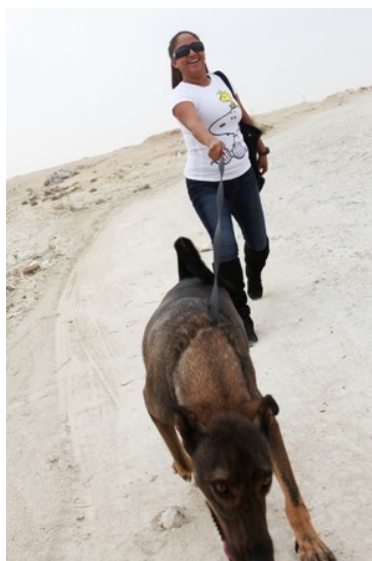
In the end, a group of service members built camaraderie, boosted their morale and gained some new friends after setting aside a few hours from their holiday to help make a difference.



A group of service members pose with their new friends, after a 30-minute walking session at the Bahrain Society for the Prevention of Cruelty to Animals Animal Shelter over the U.S. Thanksgiving holiday weekend.



Cpl Torres, plays with a kitten while volunteering at the Naval Support Activity Bahrain Liberty Center's weekly visit to the Bahrain Society for the Prevention of Cruelty to Animals Shelter.



Corporal Jennifer Torres, with U.S. Marine Corps Forces Central Command Forward serving in the Kingdom of Bahrain, is all smiles as she walks one of the many dogs at the Bahrain Society for the Prevention of Cruelty to Animals Animal Shelter over the U.S. Thanksgiving holiday weekend. The BSPCA is a non-profit organization run by volunteers and dedicated to the welfare of animals and care of injured, abandoned, lost, mistreated or homeless animals brought to its shelter.

Happy Birthday Zulma 11/22/71; My love, my friend, my soul-mate. May GOD bless you on your day and shower you with



happiness, I pray for a quick return so that I can look into your eyes once more and hear our hearts beat as one.

I love you!

MARCENT Tampa & Bahrain

Make Your New Year's Resolutions Stick

As January begins, people whisper about their "resolutions." Have you ever followed through with these, or even taken the time to write them down? This year is the time to make your resolutions count. Sit down and create your schedule for a New You in the New Year.



The biggest challenge to making your 2013 resolutions stick is creating ones that are practical to begin with. If you're like the rest of America and eat out four times per week, then you may have a goal to save money and your waistline by kicking the fast food restaurants to the curb. Instead of making bold statements such as, "I will not eat fast food for 2013" opt for "I will eat fast food no more than once every two weeks." As you achieve this goal, and it seems to become easier to avoid the golden arches, you can then refine your resolution to "I will eat fast food no more than once a month" And so on. When you decide to commit and write down your New You Resolutions this year consider these helpful tips:

1. Write it Down

Avoid committing it to memory. Instead write it out with pride and post it where it will remind you of the goals you have set.

2. Put a Number to it

Decide how many times a day, week, or month you can do something and shun away from saying "everyday." Life happens, and you don't want "everyday" to be the cause of you throwing in the towel all together on your goals.

3. Keep it Realistic

Although the idea of losing 10 lbs in a week sounds great on infomercials it's neither realistic nor healthy. Weight loss goals should be based on losing 1 – 2 lbs per week. If you want to lose it and keep it off, then choose to keep your goals real.

4. Enlist Help From Others

This is the time to call your best friend and convince him or her to make a resolution with you. Use each other for the purpose of accountability. Call up your most energetic and motivated friends and have a Resolution Party.

5. Seek out the Advice of an Expert

If it's exercise goals, seek out a certified Exercise Physiologist, nutrition - meet with a Registered Dietitian, and if it's to organize your life - hire a Personal Organizer or Maid.

6. Set Yourself up for Success

Think positively when you set your goals. People have greater success adding to their daily life then taking away. Try this, "I will eat at least one cup of berries three times each week." When you add in fruit and vegetables you often have less room for chips and dip.

7. Don't Forget to Follow-up

When you write down your goals take the time to write down follow-up dates in your calendar. For weekly goals check on yourself every three months, and for monthly goals check on yourself in six months.

8. Last, but not Least, Remember to Reward

Treat yourself when your resolution has been met and your goal has become a habit.

New Year's Resolutions are a way for us to touch base with ourselves and look for ways to make improvements. Don't stress over them. Instead, make them positive, make them real, and make them stick.

No matter where you are located, Tampa, Florida or the Kingdom of Bahrain, we are fortunate to have many great programs available to keep us on track and motivated to reach our goals.

Check out the programs available both in Tampa and Bahrain.

Stay well and have a Happy Healthy 2013!

Fleet and Family Support MWR Program, NSA Bahrain

MWR provides individual and group exercise opportunities such as in aerobics and spin bikes and conducts the "Get Fit" Wellness Program. "Get Fit" Wellness Program provides guidance for developing individual fitness programs, introduces and/or reacquaints individuals to the athletic facilities available here at NSA Bahrain. The "Get Fit" Wellness Program sessions are available upon request and are offered free of charge. Programs and services are subject to change due to the availability of instructors.

Individual exercise activities include but are not limited to:

Weightlifting, Running Program, Scuba Diving, Martial Arts, Aqua Aerobics, Spin cycles, Aerobic Dance, Step Aerobics, Interval Training, Zumba, and Yoga

Click the Heart for more information.



Our Mission: To provide a one-stop, state of the art Health and Wellness Center (HAWC), provide quality preventive health and fitness services to the MacDill Community, increase military readiness, reduce health risks, decrease health care demands, and enhance quality of life.

You can access the HAWC 24/7!

Find out about all the HAWC programs, services, and calendar of events. Participate in "Eat Smart...Play Hard MacDill!" as an online self-directed weight management program. Access Health style Online, a monthly newsletter. Take assessments to determine your health risk. Move to reduce stress, stop smoking, or get fit! Top 100 wellness links, and more!

Click the HAWC logo for more information.

***Co-located with the Fitness Center at 8115 Cypress Stand St., Building 303, MacDill AFB, FL 33621.
Phone number: 813-828-4739***



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

www.cnic.navy.mil/bahrain

Great resource for MacDill AFB information and activities.

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