



CBIRF QUARTERLY NEWSLETTER

HOTZONE

SPRING
2015



CBIRF Families-

I hope this finds you well and surviving our southern Maryland heat – it had already hit 90° during the month of May! CBIRF has certainly been busy over the last several months, and as I type this, I am getting ready to travel to New York City where we will be taking advantage of the great training opportunities we enjoy through our close partnership with the Fire Department of New York. As many of you know, we have recently concluded several major events during which your Marines and Sailors acquitted themselves very well; we had 21 Marines and Sailors training in Morocco over the last month, and we also had 24 Marines and Sailors supporting Fleet Week New York during which they demonstrated some of our unique capabilities to the city of New York. We are also in the planning stages for several big events that will be coming up in the next few months, to include our annual major exercise, Scarlet Response, which will test our ability to respond to threats of chemical, biological, radiological, nuclear, or high yield explosive events – CBIRF's core mission.

We also hosted a capabilities demonstration for our families in April, which many of you were able to attend – my Family Readiness Team and I continue to work to find opportunities to provide you with the opportunity to spend time together and enjoy some camaraderie. I look forward to these family-related events, and it is my desire to build a cohesive team that will help your Marine or Sailor achieve the goals they have set for themselves and their family - my experience in the Marine Corps has shown me that the strength of our families contributes to the strength of our Corps. As such, we will continue to sponsor events for both our single Marines and Sailors and our families - we will continue to hold our regular quarterly Town Hall meetings, and I am looking forward to other upcoming events such as our summer barbeque and Jane Wayne Day.

My wife Robyn and I are grateful for the opportunity to be a part of the Chemical Biological Incident Response Force, and we enjoy the time we spend with the Marines, Sailors, and Civilians that make up this great organization. It is my honor to command CBIRF, and I want to encourage you to contact me, Sergeant Major Taylor, the CBIRF Family Readiness Officer, Ms. Ramona Higgins, or my wife Robyn, with any questions you may have—please feel free to reach out and let us know what we can do for you! Families make all the difference, and I can tell you firsthand how important you are to the CBIRF team - thank you!

Warmly,
Steve Redifer
Colonel, U. S. Marine Corps
Commanding Officer
Chemical Biological Incident Response Force

Check us out on Facebook at <https://www.facebook.com/CBIRF>

COMMANDING OFFICER
Col Steve Redifer

SERGEANT MAJOR
SgtMaj Brian Taylor

CBIRF CHAPLAIN
Chaplain McDowell
(301) 744-2017
(301) 744-2088

FAMILY READINESS OFFICER
Ramona Higgins
(301) 744-5025 (office)
(240) 427-7812 (cell)

FAMILY READINESS ADVISOR
Robyn Redifer
(757) 272-1033

FAMILY READINESS ASSISTANTS
Brooke Antczak
Kira Dentes
Sherene Ellington

LOOK INSIDE...

For information on upcoming family and unit events along with recent photos of our unit...

CBIRF is the proud recipient of the mid-size unit

Chesty Puller Award

Lewis Burwell "Chesty" Puller was a United States Marine Corps Lieutenant General and one of the most decorated members of the Marine Corps. II Marine Expeditionary Force has honored him over the years by presenting an award each year in his name.



Mark Your Calendars!

Military and Family Appreciation Barbecue

Bring the whole family for a day of fun and games along with a free barbecue lunch!

19 June, 2015, Noon to 3pm

Overlook Park on Base, Indian Head, MD



The Family Care Plan

...Did You Know?

One of the most important considerations of family readiness is to ensure that your family is taken care of during times of drills, annual training, mobilization and deployment. A **Family Care Plan (FCP)** is very important for all families, and is especially critical for single parents and dual military parents.

A Family Care Plan should be developed whether you expect to be deployed or not; in fact many units, such as CBIRF, require development of a formal Family Care Plan.

Taking care of these considerations now will help you and your family be prepared for any period of separation. So when you prepare your plan, be sure to do the following:

- Assign a guardian for your family in a special Power of Attorney and make sure that the guardian understands his/her responsibilities.
- Obtain ID and commissary cards, register in DEERS, and check to make sure all ID cards have not expired.
- Sign up for SGLI or a similar group life insurance and update all beneficiary information.
- Arrange for housing, food, transportation and emergency needs.
- Inform your spouse or any caretakers about your financial matters.
- Arrange for your guardian to have access to necessary funds.
- Arrange for child care, education and medical care.
- Prepare a will, and designate a guardian in the will.
- Arrange for necessary travel and escort to transfer family members to their guardian.
- Discuss your plans with your older children.

The FCP is filled out by the active duty service member. Contact the FRO if you need to fill out a packet.

CBIRF's Volunteer Appreciation Ceremony

24 April, 2015



We're always looking for volunteers. Contact the FRO if you'd like to sign up!

Upcoming CBIRF Events

26 May-1 Jun	Training with Fire Department of New York, IRF A
3-8 Jun	Training with Fire Department of New York, IRF B
19 Jun	Military and Family Appreciation Day
20 Jun-5 Jul	IRF B Block Leave Period
28 Jun-8 Jul	III MEF Exercise, Japan
3-6 Jul	Observation of Independence Day
19-27 Jul	Exercise Scarlet Response, Georgia
23 Jul	LINKS For Spouses
1 Aug	Jane Wayne Day
3-30 Aug	Exercise Ulchi Freedom Guardian
17-28 Aug	FSMAO Inspection
5-8 Sep	Observation of Labor Day

CBIRF's Capabilities Demonstration For the Families

17 April 2015





PROMOTIONS



CPL	BAGUSKIS, ALEXANDER S.	CPL	SCHOOLNICK, DAVID D.
CPL	BAILEY, STEVEN M.	SGT	GOODWIN, CHASE C.
CAPT	BETTS III, EVERETT G.	CPL	BROOKS, ALAN B.
SGT	BURNS, KYLE A.	LCPL	BURNSIDE, IAN A.
PFC	DOTSON JR, LYNN	SGT	CASTILLO, DANIEL
PFC	EVANGELISTA, CHRISTIAN J.	LCPL	CASTILLO, STEVEN A.
CPL	GOODALL, MATTHEW R.	LCPL	COTTON, KYLE E.
SGT	GUERRERO, PABLO E.	LCPL	DAY, JOSHUA D.
CPL	HANG, TOUMENG	LCPL	DEMETRIADES, PETER C.
SGT	HENDERSON, WADE B.	LCPL	EMERSON, DYLAN H.
CPL	HOPKINS, ANDREW K.	CPL	EYDE, DAVID J.
LCPL	JUST, JOSHUA A.	LCPL	FUIST, DANIEL M.
SGT	MCMANNIS, JASON R.	LCPL	GONZALEZ, VERONICA
SGT	MONTAIE, XAVIER F.	CPL	GUERIN, SAWYER L.
CPL	PENLAND, LINDSAY E.	LCPL	HAWKINS JR, RAYMOND C.
PFC	PHERIS, LACIE N.	LCPL	HOBBS, LOGAN D.
LCPL	RODRIGUEZ, OLIVER	LCPL	JOHNSON, DEVIN J.
PFC	SAVAGE, ANTHONY M.	SGT	LOWRAN, BENJAMIN W.
SGT	STERLING, DARIUS K.	SGT	PECK, DAVID J.
CPL	WAGNER, TYLER R.	CPL	DIAZ, PAULA C.
CPL	WOODS, JACOB G.	CPL	DUEY, DEMETRI X.
LCPL	WOYCKE, DEVON M.	SGT	EFFINGER IV, CHARLES W.
CPL	ALEXANDER, BENJAMIN R.	CPL	HAGAN, ZACHARY F.
LCPL	ARMISTEAD, LEE A.	SGT	JAMES, ROBERT D.
SGT	BLANCHARD, BRIAN J.	LCPL	JASTRZEBSKI JR, RAYMOND E.
SGT	BROWN, JASON T.	CPL	KACOR, MATTHEW S.
LCPL	DONOVAN, DEREK U.	SGT	KAROPCHINSKY JR, VERNON L.
SGT	ELDREDGE, ALFRED	LCPL	PEREZ, EMILIO E.
PFC	NERO, AARON C.	CPL	POLANCOLARACUENTE, YASIR
PFC	NEWBERRY, CAMERON R.	CPL	RECOVO, DANIEL R.
PFC	NGUYEN, THANH Q.	CPL	RODRIGUEZ, JOSE T.
PFC	NYE, MICHAEL J.	SGT	SALAZARMELENDEZ, HENRY A.



Recent Awards at CBIRF...



SSGT THOMPSON	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	04/23/2015
CDR BACHAND	NAVY AND MARINE CORPS COMMENDATION MEDAL	04/23/2015
GYSGT SEYMOUR	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	04/10/2015
SGT OROQUITA	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	04/10/2015
SGT LEVASSEUR	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	04/02/2015
CWO3 KATZ	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	04/10/2015
GYSGT BRODIE	NAVY AND MARINE CORPS COMMENDATION MEDAL	03/30/2015
SGT UMBACH	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	03/11/2015
SSGT WELCH	NAVY AND MARINE CORPS ACHIEVEMENT MEDAL	02/03/2015

CBIRF Support to Exercise African Lion

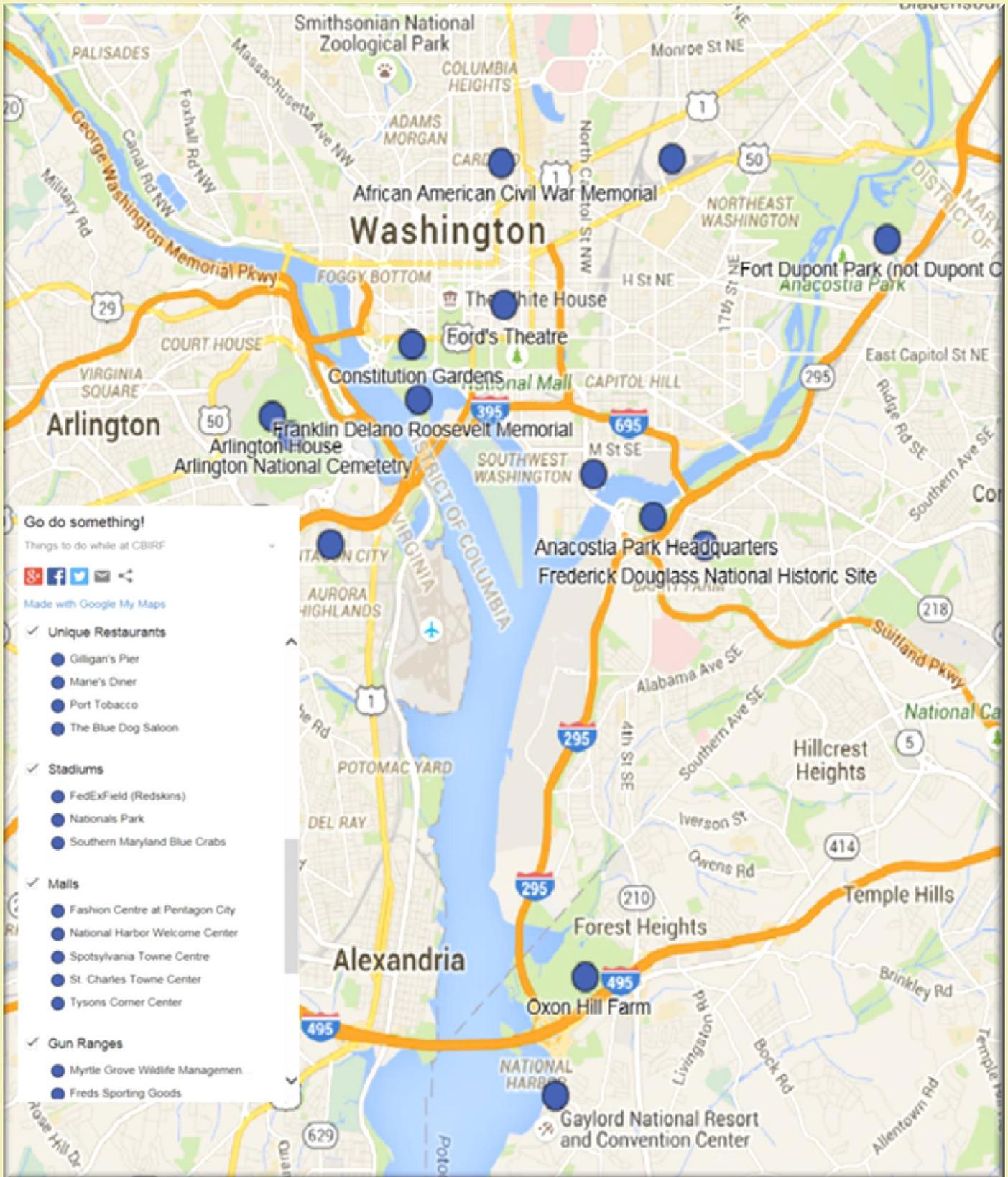


Looking for something to do?

We created an interactive tool and pinned multiple places for you to visit in the local area. NSF Indian Head has more to offer than you may realize!

https://www.google.com/maps/d/viewer?mid=zFW1LkYXHVqs.kYWfCq3V2R_o

Like us on Facebook at <https://www.facebook.com/CBIRF>
and you can find the link there as well... have fun and enjoy!





From the Family Readiness Officer

Dear CBIRF Marines, Sailors, and Families,

Well, we survived the cold winter weather and all the delicious foods that accompanied some of our recent events. But it got me thinking... the holidays have passed, the warm weather is here, and I need to start taking care of myself again. I know many of you are thinking the same thing, so I put a few things together that might help us all plan some healthy habits.

A sensible diet along with exercise and physical activity may be some of the healthiest things you can do for yourself at any age. This can help improve your mental health as well as ease stress, plus regular exercise will strengthen your muscles, bones, and joints. A little more physical activity can make a positive difference in your overall health and state of mind. The trick is finding the right activity to keep you motivated.

If you can spare a few minutes a day, that's all it may take to help renew your energy levels and ease stress. You will feel refreshed and better able to tackle projects at home or at work. Taking a 10-minute walk can help give you time for yourself or give you the opportunity to be with friends or family. Or, try a few simple stretches throughout the day. Before you know it, you will be motivated to a new level of physical activity.

Another healthy habit is eating the right foods. Some foods just plain weigh us down. White breads and rice can sometimes be your enemy. I've learned that they are very heavy in sugar. Choose brown rice and whole wheat breads on occasions. Cutting your salt intake will make a difference in your health, too. You can taste the food so much better when you cut out the salt. And if you're a meat eater, roast, grill, or broil it rather than fry it.

If you're already a firm believer in these healthy habits and are practicing them, I admire you, and I am planning to follow in your footsteps as I write this. For those of you who want to get on board, we'll try to keep up the good work together!

Ramona Higgins
Family Readiness Officer



MWR's Aquatics Center will open Memorial Day weekend and stay open until Labor Day weekend. Call 301-744-6649 for questions or more info.

The Auto Skills Center and Hobby Shop offers various vehicle services such as tire balance and mounting, brake lathe, and mig welding at a fraction of the cost out in town. Hours of Operation are Tuesday thru Thursday 3pm to 8pm, Fridays noon to 8pm, and Saturdays/Sundays 8am to 4pm. The Hobby Shop also rents an extensive selection of equipment for your recreational needs such as tents, canoes, trailers, and summer game equipment, all of which can be rented daily or weekly. It's located in Building 1420 on base. Call 301-744-6314 for more information.

The Children and Youth Program offers weekly daycare to active duty members stationed at Indian Head and DoD Civilians who work on base. Drop-in hourly day care is also available on a space-available basis. Call 301-744-4458 for registration information.

Information, Tickets and Tours (ITT) has great discounts on movie tickets, the Baltimore Aquarium, Kings Dominion, the Washington DC Spy Museum, and a whole lot more. Open Monday thru Friday, 9:30am to 5pm. Call 301-744-4623 for more information.



Metropolitan Washington

Check out the new look at the Indian Head USO!

The USO just celebrated their grand re-opening this month, along with some great home improvements and new games to enjoy. Come on down and take a look, and see what they have to offer.

On Wednesdays the USO hosts a morning play day for the kids from 10am to 11am, and refreshments are served. This is a great way to meet other parents and have your kids make some new friends.

On the last Monday of the every month, the USO sponsors a food distribution of canned/boxed food items and fresh produce on the grounds outside their facility. During inclement weather we will move this event to Bldg 901 in the battalion assembly room. Remember to bring your ID and come on down!

Every Friday from 10am to noon, free bread and baked-goods are given away to military and their families.

Volunteers are always welcome to help out at the USO. Call Barbara Locke for any info regarding the USO at 301-744-6713.