

Fall
2011

CBIRF QUARTERLY NEWSLETTER

HOTZONE



FROM THE BATTALION COMMANDING OFFICER...

As we enter the fall season I would like to congratulate all of the parents of CBIRF with school age children (my wife and I included) on our children returning to school! As much fun as summer is, I relish the day when the kids return to school, and for our sons in particular to have a little more daily structure. I know some of our family's home-school, and your daily rhythm is a little different, but the bottom line is, it's always good to refocus the kids at the end of summer. I also want to recognize the many CBIRF families who have recently greeted new babies into the family - congratulations and best of luck.

This issue of our newsletter has a very interesting article from our Family Readiness Officer. I asked the FRO to accompany IRF A to New York in September to observe their training and report back to the families of CBIRF how a training deployment works. She saw the entire series of events that comprised our trip to New York City from individual and group skill training, up to and including our Certification Exercise (CERTEX) in Penn Station in Mid Town Manhattan at 0200 on a Saturday morning. She also saw the liberty time the IRF enjoyed including the New York Fire Department BBQ, harbor tour and visit to Ground Zero (now Liberty Plaza). The FRO and I thought it was important for her to see and experience what our Marines, sailors and civilian do when they depart for our normal 10-14 day training periods, whether in New York, Nevada, Oklahoma, or the many other locations we train as a force constantly on alert for National Level missions. Now admittedly, New York City liberty is a little more exciting than rural Camp Gruber, Oklahoma but regardless, we try and follow a similar template for an IRF wherever we end up training.

For many of you this summer was very busy, especially for the members of IRF B. They not only maintained the alert mission when IRF A deployed to Japan, but they also filled a number of training requirement vacancies caused by the deployment. Next summer we will create leave blocks for both IRF's, to ensure that they both have a chance for summer leave - something I admit we missed this year. With that said, I am very proud of IRF B and I appreciate their professionalism in order to allow the entirety of CBIRF to recover from Japan.

I also want to mention—as we approach Thanksgiving and Christmas—that we will set block leave periods for both IRF's, with IRF A taking off during Thanksgiving and IRF B taking off during Christmas and New Years. Last year, IRF B stood Christmas alert, so we have swapped time periods just like we will do again next year.

Fall weather is fast approaching as is the travel season for Thanksgiving, Christmas and New Years. This time is important to see family, but it also important that we travel safely. Unfortunately the II Marine Expeditionary Force sees an increase in automobile accidents and fatalities this time of year. So I ask that you make sure your car is ready for the long trip and you have a good travel plan. I wish you all a happy and safe Thanksgiving, Christmas and New Years.



Semper Fi and regards,
Colonel Ahern



COMMANDING OFFICER
Colonel Ahern

BATTALION SGTMAJ
SgtMaj Stillings

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



H & S Company

Friends & Families,

I am CBIRF's new Headquarters and Service Company Commander. I have been with CBIRF since September 2009 and was previously assigned to React Company as the Initial Response Force Alpha (IRF A) Commander. I led the deployment to Japan as a part of Operation Tomodachi and took over H&S on June 17th. I now enjoy having the opportunity to work on a more personal level with the Marines and sailors of Headquarters and Service Company. Although I have only been the Company Commander since mid June, I have not had the opportunity to talk to the families of Headquarters and Service Company as a whole.

As we move out of the summer months and into fall, I would like to take a moment out and thank all the families who supported their loved ones in the series of operations and training we have had over the summer including the Joint Session of Congress, multiple deployments to New York City for training, national level exercises in Indiana and training in Camp Gruber, Oklahoma. A lot of long workdays and work through the weekends was necessary to properly and effectively prepare the unit for these events. In addition to the high operational tempo of back-to-back events over the last few months, was the added time and preparation that went into the extensive inspections. The overwhelming success in passing the Commanding General's Readiness Inspection showed the hard work and dedication of our unit and the way we conduct business. This was a true testament to the Marines and sailors of H&S and the support you gave them.



As we look forward to the upcoming fall months, the Company has the opportunity to reset, recharge, and re-engage with our families and loved ones. For the time being, the operational tempo is much slower which will give your Marine or Sailor the chance to maximize his time with you. Veteran's Day is next month and I hope you take a moment to reflect on the sacrifices of those who gave the ultimate price for us to be here today. Also, the holiday season is just around the corner and I hope you have a safe and fun Turkey Day.

Congratulations to all families who have welcomed new members to their family over the past summer. My wife and I look forward to meeting everyone that will be attending the upcoming Marine Corps Birthday Ball in November. From the bottom of my heart, I thank you for your continuing support and everything you do.



H & S Company Commander



**From the
Battalion Surgeon's
Office**

HEALTH TIPS FOR THE UPCOMING WINTER SEASON

As this is written we are enjoying pleasant fall days, but winter is just around the corner. Being aware of a few winter health issues will make it more likely you will enjoy a healthy and happy winter/holiday season.

Make sure your family is ready for the 'flu season' by having all family members seen by their primary care medical provider and given the seasonal flu vaccination if indicated (and it is for most of us.) Military Treatment Facilities (MTFs) such as Branch Health Clinic Indian Head are now offering flu shots to family members.

Wash hands often with soap and water for at least 20 seconds and rinse. Simple hand washing is one of the best ways to prevent the spread of germs that may cause the common cold or other illnesses. Alcohol-based hand sanitizer will help in cases where hand washing with water is not possible.

Keep up good nutrition in the cold weather, and remember to drink plenty of water. One may need to drink water before you actually feel thirsty in order to avoid a mild dehydration and keep the body's ability to resist illnesses and perform winter work and pleasure activities. As always, and in the face of holiday parties, use alcohol in moderation. Just as you would at a summer picnic make sure cold foods stay cold and hot dishes stay hot to avoid possible food-borne illnesses.

The short days and sometimes dreary skies of winter can lead some people to feel slightly depressed so make an effort to get outside, especially on sunny days, get some exercise and see your health care provider if you have trouble beating the winter doldrums.

Winter sports are a pleasant break, but take precautions (and see children do so) against sledding and skiing head injuries by supervising safe sites, appropriate for skill levels, and providing safety gear such as helmets. Ensure children are dressed for the weather and do not become wet from snow or rain in order to prevent frostbite and other cold injuries.

Allow extra time for car travel, keep safety items in your vehicle and drive with extra caution in bad weather. Devise a plan for designated drivers and other safety precautions if you will be partaking in 'holiday cheer.' These and other recommendations can be reviewed on the Centers for Disease Control and Prevention site at: www.cdc.gov/family/holiday

MWR Upcoming Events!

Thanksgiving Dinner at the Liberty Center
(Liberty Center Eligibility Singles only)

Turkey bowling (outside at the Mix House)

Book fair at the Library

Medieval Times Dinner at the Liberty Center
(Liberty Center Eligibility Singles only)

Winter Wonderland Event *(location TBA)*

Bowling with Santa at the Bowling Alley

Holiday Dinner at the Liberty Center
(Liberty Center Eligibility Singles only)

All events held on base at Indian Head
Call 301-744-6549 for dates, times,
and any other additional information



Information, Tickets and Travel

(Bldg. 620)

301-744-4850 Hours: Mon-Fri 9am to 5pm

Check out the services you can take advantage of at the ITT Office. Listed below are just a few of the many discounts they offer for travel and entertainment!

Radio City Christmas Spectacular

Plan your holiday season early! Tickets are now available for November 12, 2011. \$125.00 per person includes bus transportation and admission to this exciting show. Contact the ITT office for more information, limited number of tickets are available.

Great Wolf Lodge Specials

1 Night/2 days, includes room for up to 6 people and six water park bands. Limited number of rooms available, dates and prices vary. Contact the ITT Office for details.

Walt Disney World Military Appreciation Discount

4 theme parks in 4 days for ONLY \$135.50! Disney World is also offering 40% off accommodations at select Disney World Resort Hotels for active duty and retired military. Call for details.

Movie Tickets

Movie tickets are available for both AMC and Regal Theaters. The cost for AMC Gold is \$8.25 and Silver is \$6.50. Regal is \$7.00. Tickets do not expire and make great gifts for those unexpected parties.

React Company



React Company, friends and families!

It is amazing how the summer has flown by and we are already into the swing of a new school year. I hope that all of you had an enjoyable safe summer. I would like to start by welcoming all of our new family members to React Company. It is a tremendous honor and privilege to have the opportunity to serve as your Company Commander. If the Company 1stSgt or I can do anything to help please do not hesitate to call.

As many of you know React Company has been extremely busy throughout the summer months and to no one's surprise the Marines have continued to perform superbly. Over the past few months the Marines and sailors have tirelessly worked to shape and improve the way React operates. With an influx of new faces and new ideas every Marine and Sailor has played a critical role to making sure React is ready when the nation calls.

It is important to note that React Company successfully supported the national level exercise Vibrant Response at Camp Atterbury Indiana twice, trained with the Fire Department of New York City twice, conducted Initial Response Force training at Camp Grueber, Oklahoma and supported the Joint Sessions of Congress on a short fused request.

It has truly been amazing how the Marines and sailors of React have accepted each challenge with tremendous enthusiasm and motivation. Much like the summer the company will have a number of training evolutions both here at Indian Head and in the surrounding area over the next few months. I have continued to be extremely impressed with the company and I know the Marines and sailors will continue to perform superbly.

On behalf of myself and the Company 1stSgt, we would like to take this time to congratulate all of the new promotions and award recipients in the company. It is a testimony to the high quality of Marines that are resident in React Company. We are very proud of their efforts.

I would like to congratulate all the Marines and sailors who had recent births within the company. May God bless you and the new additions to your family.

As we moved forward, I understand the challenges that incur during times of separation but your support is critical to the success of this company. A Marine and Sailor is only as strong as his/her support structure and I know it is because of each and every one of you, that this company has reached such a high level of success.

Again, I am truly humbled by this opportunity and I look forward to our future. Take care, thank you, Semper Fidelis!

React Company Commander



What's going on at the Chaplain's Corner...



Worship Service every Sunday!

At the Indian Head Chapel 10am to 11am

Please join us as we welcome our new musician, who is an accomplished pianist and guitarist!

Marriage-Enriching Communication Class!

A great opportunity specifically designed for couples

Indian Head Marina Conference Room

Call 301-744-2017

Date and time of event or for more information



The 236th Marine Corps Ball



For date and time of this event, Call 301-744-5008

We hope to see you there!



Helpful Phone Numbers

CBIRF Family Readiness Officer	301-744-5025
Chaplain's Office	301-744-2017
Navy-Marine Corps Relief	202-433-3364
Family Advocate Program	703-693-0643
General Counseling	703-614-7204
Child Care and Referrals	703-614-7332
Career Management	703-614-6828
Tuition Assistance Program	703-614-9104
New Parent Support	7 03-614-7208
Military Life Consultants	703-650-8435
Military One Source	800-342-9647



It's the annual

CBIRF Christmas Party!

For date and time, please call
301-744-5025

*Join us for some holiday cheer, free food and drinks, and a time to visit with Santa!
There will be some great give-aways, too!*



Bring the whole family!

If there's anything the Family Readiness Program can do for you, whether you're interested in a LINKS class, or if you'd like to be a volunteer, contact the Family Readiness Officer at 301-744-5025 or email cbirf.fro.fct@usmc.mil



The Exceptional Family Member Program



The Exceptional Family Member Program (EFMP) is a service provided to ensure care for eligible Marine Corps family members. The EFMP provides assistance to military families with exceptional needs. An exceptional family member can be a child, a spouse, or a dependent parent who requires medical or educational services due to a physical, intellectual, or emotional need.

There are a few examples of exceptional needs such as allergies, asthma, autism, attention deficit disorder, cerebral palsy, dyslexia, depression, diabetes, lupus, and other conditions that may not be listed for which assistance is provided.

Enrollment in the EFMP is mandatory per MCO 1754.4. Call **703-693-6368** for more information or visit www.mccshh.com/fms/efmp.html