



CBIRF QUARTERLY NEWSLETTER

HOTZONE



FROM THE BATTALION COMMANDER

Greetings Families,

I hope everyone enjoyed the Christmas and New Year Holidays. We designated two periods for block leave so all members of the command would have an opportunity to spend time with family and loved ones and recharge in preparation of 2013.

The New Year began quickly, and as I write, we completed a very successful operation in support of the 2013 Presidential Inauguration. Special Purpose Initial Response Force Bravo traveled to Washington D.C. and staged throughout the US Capitol complex to respond to a Chemical Biological Radiological Nuclear (CBRN) event if it were to have arisen - fortunately the security for the Inauguration was uneventful. The planning, coordination and execution of the operation and the professionalism of the Marines and Sailors were very evident and received great praise from the US Secret Service and the US Capitol Hill Police whom we directly supported. Sgt Maj Stillings and I had a chance to walk around the Capitol complex the morning of the Inauguration and visit our people and they were sharp and motivated. We'll repeat a similar sequence of events in early February for the State of the Union.

For those new to CBIRF, we're often requested to support national level events that are designated National Special Security Events (NSSE's). NSSE's are high visibility, no margin for error events requiring months of planning and coordination and you should be proud of your Marine or Sailor whenever they are involved. So much of what we do is to prepare for contingencies that are beyond the comprehension of the average citizen and often considered unlikely but the consequence of a CBRN event is so dangerous and potentially devastating an organization like CBIRF must and does exist. To remain ready when most others are not requires significant training and to that end we will cycle both Initial Response Force Alpha and Bravo through a rotation at the Nevada National Security Site in Mercury, NV. Because we need to maintain an alert force in Indian Head to meet our mission requirements, we'll begin split training for the first IRF in mid-February and complete training for the second IRF in the later part of March, ensure your loved one informs you as to when they will be in Nevada - they know.

As we move into spring I will relinquish command to Colonel Steve Redifer in May. Colonel Redifer is currently assigned to HQMC working in the Program and Resources Directorate. Although this is unlikely to be the final newsletter before I relinquish command I can tell you the privilege of leading CBIRF these last two and a half years has been the highlight of my almost 27 years of Marine Corps service. I wish you and your loved ones a safe winter and spring and as we say in the nautical service when saying goodbye, I wish you and CBIRF "Fair Winds and Following Seas".

Colonel Peter W. Ahern, USMC
Commanding Officer



COMMANDING OFFICER
Col Peter W. Ahern

BATTALION SGTMAJ
SgtMaj D.L. Stillings

UNIT CHAPLAIN
(301) 744-2017
(301) 744-2088

FAMILY READINESS OFFICER
(301) 744-5025

Send an email to cbirf.fro.fct@usmc.mil if you're not receiving emails about CBIRF-related activities, and would like to, or if you would like to be a volunteer.

H & S Company



Greetings Headquarters and Service Company Families and Friends,

It is my greatest hope that all of you had a blessed and merry Christmas, and a happy New Year. Though this winter has been relatively mild to say the least, don't count out a few rough winter days ahead. Please continue to prepare for ice and power outages in the event an unexpected winter storm blows through.

The upcoming months will be heavy with battalion operations and lengthy training events. Without question we will all feel the burden of the busy season which lies ahead. During this time, please know that the company office and the Family Readiness Officer are always available for anything you may need on the home front. Anything at all...if it is a concern for you, it is a concern for us.

Again, thank you for all you do to support CBIRF and its mission. We absolutely would not be able to accomplish all that we have without the continued support of the Marines and Sailors, and that of their families. 2012 marked a year of many successes-IRF level exercises, National Security Special Events, and high level inspections. With your support, along with the professionals who make up the ranks of this command, 2013 will be much of the same in the execution of CBIRF's mission.

In closing, semper fidelis, take care of each other, and I eagerly look forward to the year that lies ahead. It is an honor to be your company commander and I am humbled by this opportunity. Thank you Headquarters and Service Company for all you do.

*Very Respectfully,
CBIRF's
H&S Company Commander*



React Company

Happy New Year Family and friends of React Company! My family and I hope that your holiday period was joyous, or at least peaceful. We have been promised snow in the National Capitol Region, but have yet to see it.

2012 was a busy year for the Command and, certainly, for React Company. The New Year begins with our direct support of 2013's 57th Presidential Inauguration. This is an historic and exciting time for our Marines and Sailors wherein they help to safeguard the democratic process that lies at the heart of our Nation. They are well-trained and prepared for this task. The Inauguration, and follow-on State of the Union Address, will mark the successful completion of CBIRF's continual support of the 2012 Election.

2013 will see React Company visiting Nevada in order to conduct un-matched real-world training. This training, conducted on an Initial Response Force level, will be demanding, but it is crucial to the accomplishment of our primary mission of saving lives in hostile environments. Once this training is accomplished, there will be a largely quiet period before our next major event.

Winter in this area is an interesting phenomenon. Although little has changed in the 30-odd years since I lived in Northern Virginia in terms of weather, it seems that weather is still a mystery to many. It is likely to be cold and wet through March here. There will be forecasts of blizzards that will not actually arrive until the experts call for sunshine. During the winter months it is important to be prepared. Vehicles should be winterized, extra attention should be paid while driving due to road conditions, and supplies should be kept in case power is lost. Spring is only a short twelve weeks away.

We would like to welcome our new arrivals, and births, to React Company. This year, according to the Chinese calendar, is the year of the Snake. According to tradition, Snakes are good omens as well as water symbols. They are associated with success. It is the wish of both the First Sergeant and myself, that this year be filled with reward and success for each of you.

*CBIRF's
React Company Commander*

Practical Stress Management

Tips For turning off the tension

It's hard to believe that stress is mainly the result of thoughts and not the events that happen to you. Below is a helpful list of tips that you can try at home to help keep the stress down in your life...

1. Make a list. Whenever you feel overwhelmed, make a complete list of everything you have to do. This is a therapeutic process of organizing your life.
2. Skip the 11 o'clock news. Most news overemphasizes disasters and hardships and they are unnecessarily stressful.
3. Try some Yoga moves in the evening. There are plenty of websites that teach the best moves to help you relax and wind down so that you sleep better at night, and have been proven to work.
4. Arrive early to your destinations. Running late causes unnecessary stress. Arriving a few minutes early to wherever you're going will help eliminate this source of anxiety.
5. If you know you're partly wrong in a matter, apologize. Carrying a grudge is very stressful, and apologizing is one of the most freeing things a person can do to remove the weight on their shoulders. And the other party will appreciate you and respect you for it.
6. Talk to someone else. Don't underestimate the power of social support. This is one of the most powerful stress management tools you have at your disposal.

You can empower yourself by living more stress-free by focusing on some of these simple tools. Try them and you will feel the difference!



The Indian Head USO

**Play Mornings every Wednesday
from 10am to 11:30am**

**Free Baked Goods Giveaway Every
Thursday from 11am to 1pm**

**Free Lunch every 3rd Thursday of the
month for CBIRF Active Duty 1100-1300**

**The USO is looking for more dedicated
individuals to volunteer –
Call 540-809-4513 if you have the time!**

Winter Weather Safety Tips

Winter is a beautiful and fun time of year, but as fun as winter can be, it also has its drawbacks. There are times when winter presents hazardous road and dangerous health conditions. Knowing how to protect yourself is equally important as knowing how to have fun.



When going outside, be sure to dress in layers of loose-fitting clothes that are lightweight. This will help keep you warm while pulling the moisture away from your body. Wear a hat to keep your body heat in, and a scarf over your mouth to prevent cold air from entering your lungs. Mittens are warmer than gloves, making them a better choice for hand protection.

Snow Shoveling Safety Tips

Shoveling snow is inevitable if you do not own a snow blower, but it is hard work and you should be in good health before attempting it. Be sure to pace yourself and rest frequently to avoid over-exertion. When lifting, do so with your leg muscles rather than your back to prevent an avoidable back injury.

Inside Safety Tips

Have all your heaters checked to ensure they are in good working order. Inspect your carbon monoxide detectors as well, especially if you use propane or kerosene to heat your home. If you use space heaters, keep them away from your furniture, walls and curtains to prevent a fire.

Driving Safety Tips

During the winter months, keep your gas tank full to prevent ice from building up in the tank and fuel lines. Inspect your windshield wipers, replacing them if they are worn, and check your wiper fluid, keeping it full at all times. Place extra weight in your trunk, especially if your vehicle is rear-wheel drive--this will help prevent you from sliding on slippery roads. Pack a winter storm survival kit in case you become stranded. While driving, leave additional space between you and the car ahead of you, and use extra precaution on ramps and bridges--these freeze before the roads and can be an unseen hazard. If you become stranded, do not walk for help. Instead, place a cloth on your window or antenna to signal your need for assistance. While waiting, turn your engine and heater on periodically to warm up, but crack your window a bit to prevent carbon monoxide poisoning.

Frostbite and Hypothermia

If frostbite begins to set in, warm the area by wrapping it or placing it next to warm skin. Never rub the affected area. Hypothermia is a life-threatening condition which affects the way the body functions due to a drop in body temperature. Signs include numbness, confusion, impaired vision, dizziness, fatigue, stiff muscles and shortness of breath. If you experience any of these symptoms, call 911 immediately and move to a warmer place.



**Couples Nutrition:
A Healthy Relationship**
*February 9 from 8:30 am
to noon*

Improving nutrition as a couple. Course includes a Navy Nutrition seminar, plus testimonies from your very own WHFC couples who have made positive changes to their nutrition and have a healthy relationship together. \$10 per couple, \$8 per individual. Register at the Fitness Center by February 8, 2013.

Healthy Heart Week

February 11–15 from 11 am to 1 pm.

Information will be provided on topics such as blood pressure, adaptations to cardio conditioning, VO2 max, and heart rate training. Blood pressure screenings are available all week; just ask at the front desk. This event is FREE and open to all eligible patrons.

(For more information on Couples Nutrition or Healthy Heart Week contact megan.eicholtz@navy.mil)

Valentine's Day Cards for Kids

February 12, 2013 at 5 pm.

Come join us in making your own Valentine's Day cards for the ones you love. All supplies provided to create spectacular one-of-a-kind cards! This event is FREE and open to all eligible patrons.

Dr. Suess' Birthday Party

February 28 at 10:30 am.

Celebrate one of the greatest known childrens' authors of all time, Dr. Suess, with a crafty creative birthday party. Hear a story written by Dr. Suess; make a special Dr. Seuss craft, watch the movie The Lorax and have some delicious birthday cake. FREE and open to all eligible patrons. *For more information contact the General Library at 301-744-4747.*

Spring Easter Eggstravaganza

March 23, 2013 from 11 am to 1 pm.

Join us as we partner with CBIRF for an egg hunt, games, crafts, pictures with the Easter Bunny and an exciting afternoon of family fun! This event is free and open to all eligible patrons.

Call 301-744-4775 for locations of all the above events.



**Sunday Services
at the Base Chapel**
10 am to 11 am

*Church services are provided
at the Indian Head Base Chapel*

**Welcome our new Chaplain
(who looks forward to meeting you all)**

*Sunday School available for Ages 3-10
(Runs the same time as the service!)*

*For more information, contact the Chaplain at
301-744-2017 or 301-744-2088*

**Henderson Hall, Arlington and
Fleet & Family Support, Dahlgren**

**offer several services on base for active duty
and family members to take advantage of:**

Career and Employment Services

Resume and interview assistance , job search preparation, internet job-searching techniques

Continuing Education Assistance

Lifelong Learning services and Financial Aid assistance

General Life Skills Education

Effective communication, healthy relationships, anger management , parenting classes for military families, stress management, and suicide prevention classes

Financial Management

Individual financial counseling , financial management workshops, investment assistance workshops , budgeting, and basic financial planning

Relocation Assistance Program

Worldwide relocation information, transition assistance workshops, Smooth Move program

Legal Services

Wills, Power of Attorney, Veteran's benefits and Income Tax services

Call The Dahlgren Fleet and Family Support Center at 540-653-1839 or Henderson Hall's Marine Corps Community Services at 703-614-7200 to contact one of these services



The Exceptional Family Member Program

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.

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