



# THE HOTZONE

Summer  
2013



## From The Battalion Commanding Officer

### COMMANDING OFFICER

Col Stephen Redifer

### BATTALION SGTMAJ

SgtMaj Darrell Stillings

### UNIT CHAPLAIN

(301) 744-2017

(301) 744-2088

### FAMILY READINESS OFFICER

(301) 744-5025 (office)

(240) 427-7812 (cell)

### CBIRF Families-

*My name is Colonel Steve Redifer, and as many of you may know, I had the privilege of taking command of CBIRF back in May. I have already met many of you at our Spouses' Town Hall on 10 June and at our battalion BBQ on the 21st, and I wanted to thank you for the warm welcome you have given Robyn and me as we make our transition to Indian Head.*

*I am excited to be here, and I have already been impressed with what I have seen at CBIRF; your Marine or Sailor is part of a unique unit that has an outstanding reputation throughout the Department of Defense as well as in the civilian community. You can be proud of your Marine or Sailor – they are doing a tough job and doing it magnificently.*

*I am a family-oriented Marine, as my experience in the Marine Corps has shown me that the strength of our families contributes to the strength of our Corps. As such, I look forward to family-related events, and it is my goal to build a cohesive team to help your Marine or Sailor achieve the goals they have set for themselves and their family. I intend to continue to sponsor events for both our single Marines and Sailors and our families - we have held the first of what I hope to be regular Town Hall meetings, and I look forward to events such as the Marine Corps Birthday Ball and our Battalion Christmas Party.*

*The battalion's training tempo continues to be high, and we recently completed a Certification Exercise for Initial Response Force (IRF) A, and we practiced loading our equipment on Landing Craft Air Cushions (LCACs), travelling from Stump Neck, MD to Quantico, VA by "flying" across the Potomac River. We are also in the planning stages for several big events that will be coming up in the next two months. Operation Vibrant Response is scheduled from 6 – 15 August in Indiana and will involve many members of the battalion; this will quickly be followed by Operation Scarlet Response, which will be an exercise for the battalion staff and IRF B from 13 – 22 August at a training location in the southeastern United States. These are big events that will test our ability to respond to threats of chemical, biological, radiological, nuclear, or high yield explosive events – CBIRF's core mission.*

*My staff and I will continue keep you and your Marine or Sailor informed about our training plans as the months go by; we passed out schedules at our recent town hall, and I encourage each of you to go to the Marine Corps eMarine site: <https://www.emarine.org/> and log into the CBIRF page. We will use this site to communicate with our CBIRF families, post pictures, and provide links to other resources you may find useful. You will need your Marine or Sailor to register you for the site, but once you are in, you will find a lot of information that can't be shared over other public sites. If you have any questions about eMarine or there is something you would like to see, please let us know!*

*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 Stillings, 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!*



### Inside this issue...

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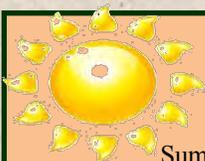
Don't forget to Log on to  
eMarine.org -  
Click 'Find a unit site' and  
search CBIRF and  
type our UIC # M20364

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

## Landing Cushion Air Craft Exercise (LCAC) Operations



Marines and Sailors with the Chemical Biological Incident Response Force conduct a Landing Cushion Air Craft Exercise on June 19. The LCAC Exercise afforded the unit an opportunity to transport an Initial Response Force via inland waterways from Naval Support Facility Indian Head, Md. to Marine Corps Base Quantico, Va. It has been two years since CBIRF has conducted landing craft operations in support of a water-borne deployment. Naval Assault Craft Unit 4 and Beach Master Unit 2 assisted with the transfer of the unit vehicles to the landing zone.



## Summer Safety Tips

Summer is here, and you know what that means - HOT weather! Some things to remember is that you need to ensure you are hydrating daily, especially if you intend on being outside. Before going outside, follow these safety tips:

### SUN SAFETY

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for ones that block ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and always limit your sun exposure
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.

### POOL SAFETY

- Never leave children alone in or near the pool or spa, even for a moment.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- Children age 4 and older should be taught to swim. Parents may choose to "start swimming lessons before age 4 if their children are developmentally ready, but swim programs should never be seen as "drown proofing" a child of any age.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."
- Avoid Entrapment: Suction from pool and spa drains can trap an adult underwater. Do not use a pool or spa if there are broken or missing drain covers.

### PET SAFETY

- Make sure your pet's vaccinations are up to date, they tend to stay outdoors longer and come into contact with other animals more during the summer.
- Keep pets off of lawns that have been chemically treated or fertilized for 24 hours (or according to package instructions), and away from potentially toxic plants and flowers.
- Ensure before leaving for work, your pets have enough food and water, and always keep them well brushed and clean.

## Relocating This Summer?

So, you finally received those PCS Orders that you have been waiting for! **NOW WHAT?**

The Relocation Assistance Program offers services designed to reduce the stress and hardship associated with living a mobile lifestyle.

Relocation is a part of military life. To ease the transition and help keep your stress at a low level, we offer a personal and family support system designed to help you and your family make any move as smooth as possible. Before you relocate you should be aware of the five phases of relocation:

1. Pre-Departure – Make travel plans, find out about housing, schools and medical at your new duty station. Set up your house-hold goods move. If you are going overseas you will need passports and medical screenings for your family.
2. Transition – This includes moving day, temporary lodging, departure, travel, also physical and emotional disconnect from your previous duty station.
3. Arrival and Orientation – Finding a new place to live, delivery of your household goods, enrolling the children in schools, and locating appropriate healthcare.
4. Reconnection - Two to six months after your arrival. Settling into your new home, children have adjusted to the new school, spouse has connected with the community.
5. Stabilization – You and your family are comfortable and fully functioning in your new home community and workplace.

Call Dahlgren's Relocation at **800-500-4947** or Henderson Hall's Relocation at **703-614-7202**. They are an excellent resource for Marines and Sailors and their families when it's time to move.



## CBIRF Promotions This Quarter

### April:

PFC Travis Tyler.....LCpl  
 LCpl John Araneda.....Cpl  
 Cpl Dustin Burns.....Sgt  
 Cpl Jacob Vangura.....Sgt  
 Cpl Thomas Shick.....Sgt  
 LCpl Alyssa Vestal.....Cpl

### May:

PFC Shawn Aquiningoc.....LCpl  
 LCpl Jamel Ammons.....Cpl  
 LCpl John McKinnon.....Cpl  
 LCpl Charles Moe.....Cpl  
 Cpl Jose Barreraramirez.....Sgt  
 Cpl Justin Brock.....Sgt  
 Cpl Antwan Browne.....Sgt  
 Cpl Thomas Depasquale.....Sgt

### May (continued):

Cpl Donte Dukes.....Sgt  
 Cpl Bruck Roberts.....Sgt  
 Cpl Dany Rodriguez.....Sgt

### June:

LCpl Coty Crady.....Cpl  
 LCpl Brandon Hartley.....Cpl  
 LCpl Scott Myzia.....Cpl  
 LCpl Dennise Velazquez.....Cpl  
 LCpl Hannah Breaze.....Cpl  
 Cpl Angelo Agudelo.....Sgt  
 Cpl James Blizzard.....Cpl  
 Cpl Devon Dement.....Sgt  
 Cpl Roy Leverette.....Sgt  
 Cpl James Sheldon.....Sgt  
 Cpl Autrey Tullos.....Sgt



**Visit the USO's Website at [USOMetro.org](http://USOMetro.org) to find out about all special events, giveaways, and tickets!**

### **Free Baked Goods Giveaway Every Thursday**

From 11am to 1pm, come by and pick up some baked goods

### **Free Lunch every 3<sup>rd</sup> Thursday of the month**

For CBIRF Active Duty only – 1100-1300 (dates subject to change, announcements are made during the week of the free lunch.)

### **Movies On The Lawn!**

Stay tuned for announcements each month on this event or go their URL.

**The USO is looking for more dedicated individuals to volunteer – Call 540-809-4513**



## ***From the Battalion Surgeon's Office...***

Summer weather is finally upon us and with the great opportunity for outdoor activity summer provides there are a few precautions take as we enjoy time outside.

This winter was very mild so we can expect plenty of insect activity. Ticks are common pests in this part of the county but a few precautions can help minimize the problems they cause.

Use repellents that contain 20% or more DEET (N, N-diethyl-m-toluamide) on the exposed skin for protection that lasts up to several hours. Use products that contain permethrin on clothing.

Shower as soon as possible after coming indoors. Conduct a full-body tick check using a mirror. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

For effective removal use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. If you are concerned that a bite site is infected, such as noting surrounding redness or if you have a fever or if you develop a rash, see your medical provider. Avoid folk treatments such as painting ticks with nail polish or using heat to make them detach. Garden centers can suggest safe yard treatment. Drug stores and pet supply stores sell special tick removal devices. Further information can be found at <http://www.cdc.gov/ticks>.

## Chapel Service 10am Every Sunday!



At the Base Chapel on Strauss Ave.

We also offer Children's Sunday School for ages 3-10, this will run the same time as the service. Come a few minutes early and drop off the kids in our back office classroom.



## Weather Preparedness...

It's that time of year again when hurricanes and tornadoes can be more threatening. Take note of the tips that are offered so that you and your family can be better prepared.

### Hurricanes

These are strong storms that can cause life- and property- threatening hazards. Supplies to have on hand are food and water—at least a 3-day supply; a flashlight, a battery-powered radio with extra batteries, a first aid kit, daily medications, maps, blankets, and tools.

If you hear that a hurricane will be targeting your area, bring in anything that can be picked up by the wind (bicycles, lawn furniture). Close windows and doors. Turn the refrigerator and freezer to the coldest setting so that food will last longer if the power goes out. Turn off propane tanks and unplug small appliances. Remain indoors until the storm passes, and continue to listen to the weather report on the radio.

### Tornado

This is a violently rotating column of air, able to destroy anything in its path.

During any severe storm, listen to local news or a NOAA Weather Radio to stay informed about watches and warnings. Know your community's warning system.

The safest place to be is an underground shelter, basement or safe room. If no shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.

If you are caught outdoors, seek shelter or get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If flying debris occurs while you are driving, pull over and park and keep your head below the windows. Specific circumstances should guide your decisions.

Visit [ready.gov](http://ready.gov) or [redcross.org](http://redcross.org) for more information on disaster preparedness.



**The MWR Pool is Open!** Hours of operation starting June 3<sup>rd</sup> will be 1100 – 1300 for lap swim, 1300-1900 for open swim and 1930-2200 for pool rentals. Swim Lessons are offered by MWR for all skill levels and at a variety of times to suit your needs. Water aerobics classes are offered throughout the season. Contact the pool staff at 301-744-4616 for more information.

**Dive In Movies** Come in and swim at 7:30 pm, movie starts at dusk. Bring a float and watch a movie in the pool. All movies are rated G. This program is FREE and open to all eligible patrons. Our next movie is on July 3<sup>rd</sup>, then July 17<sup>th</sup>, July 31<sup>st</sup>, and August 14<sup>th</sup>.

**Summer Reading Program Kick Off Party** June 19, 2013 at the General Library. Kick off summer right with a party that encourages reading throughout the summer. We will have games, crafts and plenty of refreshments to keep us cool as our summer reading party heats up. FREE for all with base access.

**Independence Day 5K** July 2, 2013 at the Weight House Fitness Center. Free for military, \$5 for all other eligible patrons. For more information contact the WHFC Front Desk at 301-744-4661.

**3 on 3 Beach Volleyball Tournament** July 8, 2013 at the Sand Volleyball Complex. Four players per team, one sub. Games schedule TBD. Free for military, \$5 for all others. Register at the WHFC by June 28, 2013.

**Closest to the Pin Competition** July 9, 2013 from 11 am to 1 pm at the Driving Range. Free for military, \$5 for all others. Open to all eligible patrons. Register at the Fitness Center any time prior to the day of event.

**Sprint Triathlon** August 16, 2013 \$15 for military, \$25 for all others. Register at the WHFC by Friday, August 9<sup>th</sup>. Pre-race summer training sessions are available for \$3 per session. Email [megan.eicholtz@navy.mil](mailto:megan.eicholtz@navy.mil) for more information.

**Recreational Gear Rentals** – The MWR Auto Hobby Shop rents an extensive selection of equipment for your recreational needs. Available items include tents, canoes, tarps,

**For more information, stop by the MWR administration offices located in D-328 (the gymnasium) or call 301-744-4775.**



## 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](http://www.mccshh.com/fms/efmp.html)