



## CBIRF QUARTERLY NEWSLETTER

# HOTZONE

Winter  
2015



Dear CBIRF families and friends,

Happy New Year! I hope everyone had an enjoyable holiday season and that 2015 has been good to all of you thus far. I trust that many of you were able to take advantage of the recent block leave periods and partake in some quality family activities along with some rest and relaxation. I want to thank all of you for attending our Holiday Party last month and for the delicious home-cooked meals you shared with our CBIRF family. The party was a great success, largely due to your efforts and the efforts of our CBIRF Social Committee, and I think a lot of fun was had by all.

We are currently working on brushing up on many of our skills, and familiarizing our new personnel with their responsibilities. Each section is undergoing a two-day refresher of basic CBIRF skills, and our basic courses continue to train new Marines and Sailors. We are also preparing to support the President's State of the Union Address, and I continue to be pleased with the level of effort your Marines and Sailors put in each and every day.

For our families, we will also be hosting some events this spring designed especially for you to enjoy. We just held a "Real Colors" class designed to help participants understand a little bit about human behavior and temperament, and I think everyone who attended had an enjoyable time. We are making final preparations for next week's Town Hall meeting; this quarter we will follow the Town Hall with a wine tasting for those who choose to stay after and participate; this event will take place on the 22nd of January at a new location, the Village Green in the town of Indian Head. Also, keep an eye out for an invitation to attend a 'capabilities exercise' here on base on 17 April; bring the whole family (spouses, kids, moms and dads are all welcome!) and see a full-scale demonstration of what your Marine or Sailor does here at CBIRF. We plan to show you everything an Initial Response Force does followed by a chance to look up close at all of our equipment as well as enjoy a barbecue lunch – hopefully we will get some better weather this year!

For those of you who may want to try to be a Marine/Sailor for a day, we will also host another CBIRF 'Jane Wayne Day' in the coming months. Focused primarily on our CBIRF spouses, you will be able to see firsthand what your Marine or Sailor does by performing some CBIRF tasks, wearing our specialized equipment, rappelling from our towers, enjoying a hearty MRE lunch, as well as experiencing a host of other activities. I hope this will let you experience a little of what we do and that it will be an enjoyable day for all.

Finally, I want to remind you all of the variety of resources that are available to assist you at any time – do not hesitate to ask if you have a question. One of our biggest recent initiatives has been a push to take advantage of the countless personal and couples retreats that occur in this area. Chaplain Marc McDowell offers a list of upcoming retreats for personal growth and marriage enrichment that are held in Maryland and Virginia over various weekends throughout the year – these are free of charge and can give you a weekend away with your spouse. I encourage you to reach out to the Chaplain or Mrs. Higgins if you want to take advantage of these opportunities.

In closing, I want to stress that there is a lot to do and a lot of ways to get involved in CBIRF – staying informed and learning about the military will make your time as a military spouse more productive and enjoyable. Robyn and I want to personally thank you for your continued support of your Marine or Sailor, and we look forward to seeing you at next week's Town Hall – please remember that we are here to assist you in any way we can.

*Warm Regards,  
Colonel Steve Redifer*

CHECK US OUT ON FACEBOOK: <https://www.facebook.com/CBIRF> and  
MARINES.MIL: <http://www.cbirf.marines.mil/>

### The Family Readiness Command Team

**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  
Candy Debusk  
Kira Dentes  
Sherene Ellington

# Exercise Capital Shield ~ 23 Sep 14

## RFK Stadium, Washington, DC



**SAVE THE DATE!**

### CBIRF is hosting another

# Capabilities Demonstration

for the Families!

**Friday, April 17, 2015**  
**Indian Head, MD**

**Come and see your  
Marine and Sailor  
in action  
and learn about our  
training exercises**

**Enjoy a free lunch!**

## CBIRF's 1st Quarter Awards



SSgt Bronza	Navy and Marine Corps Achievement Medal	20141015
Sgt Plantz	Navy and Marine Corps Achievement Medal	20141103
CWO4 Clemons	Navy and Marine Corps Commendation Medal	20141106
Sgt Morel	Navy and Marine Corps Achievement Medal	20141118
Sgt Moody	Navy and Marine Corps Achievement Medal	20141120
Sgt Hardy	Navy and Marine Corps Achievement Medal	20141121
GySgt Billings	Navy and Marine Corps Commendation Medal	20141125
CDR Kelty	Meritorious Service Medal	20141212
Capt Birchenough	Navy and Marine Corps Commendation Medal	20141217

# Free Online Tutoring for Students in U.S. Military Families

## *...Did you know?*

**Tutor.com** has a special link just for U.S. Military Families that gives eligible students access to free online tutoring and free homework help from live, expert tutors in more than 40 subjects.

Students in military families who are moving frequently or dealing with a deployed parent can rely on our tutors for expert help staying on top of tonight's homework or catching up on missed concepts and lessons—at no cost.

Students in U.S. military families are eligible for free homework help and tutoring through the Tutor.com for U.S. Military Families program. Check out the [complete eligibility list](#) to find out if you and your family qualify for free access. For additional details, visit the sign-up page for your service branch by clicking the corresponding "Get Help Right Now!" blue button at the right.

What's best about this program is you can use it anytime you need it. Our tutors are online 24/7, and you never need an appointment. Once you create an account you can log in any time at [www.tutor.com/military](http://www.tutor.com/military) or through our mobile app, [Tutor.com to Go](#).

Everything is online, so you can access the program from any internet-enabled computer worldwide at [www.tutor.com/military](http://www.tutor.com/military).

All our tutors are real people who are expert in the subjects they tutor. Every tutor is screened and background-checked. They tutor every skill level from elementary to advanced, and they can also help eligible military adult students with introductory college courses, adult learning, and career transitions.

You and the tutor will work together in a secure online classroom. Every tutoring session is anonymous, and no personal information is ever shared between tutor and student.

[K-12 students](#) can get help in more than 40 academic subjects, including algebra, chemistry, calculus, and physics.

Also, eligible military adults can get back-to-school, college and career transition help, including GED prep and resume writing.

## **Halloween Party ~ 23 Oct 14**

### **CBIRF Building 901**





## Upcoming Events

### Wallyball Tournament

February 7, 2015 from 10am to 4pm

Register by February 2, 2015.

Location: MWR Gymnasium Bldg D-328

Play like a champion today! There must be a maximum of 4 teams. Play will be 4 on 4 (1 sub). Prizes will be awarded to 1st and 2nd place teams. Cost: Free for military, \$5 for all others.

### Digital Learning Day

February 8, 2015 from 10:30am to 2pm

Register by February 6, 2015

Location: Mix House

Join the Indian Head General Library for Digital Learning Day! Make your own website with Weebly at 10:30am. Expand your website knowledge and learn how to add Google Analytics to your website at 12pm. One on one computer appointments will be held from 1 to 2pm.

### Happy Hearts 2.1 Mile Partner Race

February 13, 2015 at 11am

Register by February 13, 2015 at 10:30am.

Location: Weight House Fitness Center

Bring a friend, partner, spouse or co-worker to run or walk hand in hand along this 2.1 mile route. Pairs must remain linked together throughout the course. A prize will be awarded to 1st and 2nd place pairs. Cost: Free for military, \$5 for all others.

### Ping Pong Tournament

February 21, 2015 from 10am to 4pm

Register by February 17, 2015.

Location: MWR Gymnasium Bldg D-328

Prizes will be awarded to 1st and 2nd place winners. All with base access, age 10 years and older invited. Cost: Free for military, \$5 for all others.

MWR has a host of base activities and resources for your entertainment.

Call one of their offices:

ITT Office: 301-744-4623

Bowling Center: 301-744-4761

Fitness Center: 301-744-4661

Mix House: 301-744-6487

General Library: 301-744-4623



CBIRF's



## 1st QUARTER PROMOTIONS

E6 AMBROSE, BENJAMIN R.	E4 MERRIMAN, ANTHONY W.
E2 BARNEY, ROBERT M.	E2 MILLER JR, MICHAEL L.
E4 BORGSTAHL, MICHAEL D.	E5 MOE JR, CHARLES E.
E3 BOSSARD, ROBERT C.	E3 MOELLER, JOEL W.
E4 BOWEN, GABRIELLA A.	E5 MOSLEY, ROBBIE J.
E3 BRAWNER, KURTIS D.	E3 MOULTRIE JR, JEFFREY A.
E3 BRIDGE, DANIEL F.	E3 NUTT, TIMOTHY J.
E3 BUCHANAN, ANDREW R.	E3 OHMES, JEFFERY H.
O4 BUKOVAC, NICHOLAS	E5 OLDANI, PATRICK A.
E2 BURGESS, ANDREW P.	E4 PHELPS, ZACHARY A.
E5 BURKART, MARTIN A.	E3 PLAYFORD, SHAWN G.
E4 CAMPBELL, BRADLEY J.	E5 REID III, JOSEPH T.
E6 CARTER, CHAZ C.	E2 RICHARDSON, WILLIAM E.
E5 CROUCH, MICHAEL L.	E5 ROCHESTER, JEREMY N.
E4 DAVID, THOMAS S.	E2 RODRIGUEZ JR, ERNESTO
E4 DELUCA, ANDREW M.	E3 RODRIGUEZ, JOSE T.
E3 DIAZ, PAULA C.	E5 ROMANIK, JOHN M.
E3 DIXON, LANCE D.	E6 SABIN, AUSTIN D.
E3 DUEY, DEMETRI X.	E3 SANTA, CALEB J.
E2 FISHER JR, HOPETON G.	E4 SANTIAGOVEGA, MANUEL E.
E6 FLOWERS, NATHANIEL L.	E4 SEARLES, CHRISTOPHER M.
E2 GARCIA, JOSEPH M	E2 SHOVLONSKY, JAKE S.
E4 GIBSON, CURTIS S.	E4 SMITH, COLTON R.
E6 GNOSAVATH, SIMON P.	E3 STERLING, ASHLEY N.
E4 GRAVEL, SHAUN G.	E4 TECH, MICHAEL C.
E5 HANLEY, MICHAEL J.	E5 VELAZQUEZ, DENNISE
E3 HERNANDEZ, GISSEL	E5 VELEZ, NICOLE M.
E6 HRNCIR, SEAN D.	E3 WARE, BRYCE C.
E4 JAYE, ALEXANDER J.	E5 WATKINS JR, TONY G.
W3 KATZ, BRETT A.	E7 WEILAND, MATTHEW S.
E3 KELSO, BRYCE E.	E4 WILEY, TERRANCE R.
E5 KWAACK, JACK A.	E4 WILSON, TREVOR L.
E2 LEWISJONES, CHRISTOPHER J.	E2 WINDER, ERIC J.
E3 MALDONADO, KENNY B.	E3 ZAMORA, JAIME J.
E5 MATTHEWS, CHEYENNE D.	

# Exercise Sudden Response ~ 5 Dec & 17 Dec

## MCB Quantico





# CBIRF

## Spouse Town Hall

*At the Village Green Pavilion, Indian Head, MD*

**SAVE THE DATE**  
January 22<sup>nd</sup>  
6pm to 8pm

*Plus, a special treat  
will be offered to our  
CBIRF Spouses...*

Afterward, Join Us at A

## ~ Wine Tasting ~



*We'll have a town hall meeting with  
the Commanding Officer and follow  
with a superb wine tasting and snacks  
for your palate pleasure.*

*For those who choose to participate  
in the wine tasting, a nominal fee  
of \$5 must be paid in advance.*

\*\*\*\*\*

*RSVPs are required for the wine  
tasting.*

Please contact the FRO at  
[ramona.higgins@usmc.mil](mailto:ramona.higgins@usmc.mil)  
by or before January 12<sup>th</sup>  
to reserve your spot.

*Please plan to join us on January 22, 2015 at 6pm.  
The Village Green Pavilion is located just outside  
the Indian Head base gate by the  
Indian Head Elementary School*



# Marine Corps Birthday Ball

8 Nov 14



# CBIRF Holiday Party

13 Dec 14



# CREDO

(CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION)

## NAVAL DISTRICT WASHINGTON RETREATS 2015

### Personal Resiliency Retreats:

Overall, the goal of a Personal Resiliency Retreat is to give participants an opportunity to grow and mature as individuals by reflecting on their lives in a safe environment. They provide a safe-space and a proven opportunity for self-reflection and development of new personal and spiritual viewpoints on life issues. This retreat is not designed to fix or diagnose problems; rather it is an opportunity for participants to find hope and healing through the sharing of their story in a supportive community process.

### Marriage Enrichment Retreats:

The Marriage Enrichment Retreat creates a time and space for couples to reconnect, reevaluate, and refocus on the important aspects of their relationship to experience renewal. They focus on deepening married couple's commitment, self-understanding of each other while ensuring space for individual couple time.

*Marriage Enrichment Retreats in blue; Personal Resiliency Retreats in orange; Mid-week Personal Resiliency Retreats in green*

Event Name	Start Date	End Date	Location
Personal Resiliency Retreat	January 23, 2015	January 25, 2015	Turf Valley Resort, Ellicott City, MD
Personal Resiliency Retreat	February 10, 2015	February 12, 2015	Turf Valley Resort, Ellicott City, MD
Marriage Enrichment Retreat	February 13, 2015	February 15, 2015	Hilton Crystal City, Arlington, VA
Marriage Enrichment Retreat	March 13, 2015	March 15, 2015	Hilton Crystal City, Arlington, VA
Personal Resiliency Retreat	April 13, 2015	April 15, 2015	Turf Valley Resort, Ellicott City, MD
Marriage Enrichment Retreat	April 17, 2015	April 19, 2015	Hilton Crystal City, Arlington, VA
Personal Resiliency Retreat	April 24, 2015	April 26, 2015	Turf Valley Resort, Ellicott City, MD
Marriage Enrichment Retreat	May 8, 2015	May 10, 2015	Hilton Crystal City, Arlington, VA
Marriage Enrichment Retreat	June 12, 2015	June 14, 2015	Hilton Crystal City, Arlington, VA
Marriage Enrichment Retreat	July 10, 2015	July 12, 2015	Hilton Crystal City, Arlington, VA
Personal Resiliency Retreat	July 24, 2015	July 26, 2015	Turf Valley Resort, Ellicott City, MD
Personal Resiliency Retreat	August 4, 2015	August 6, 2015	Turf Valley Resort, Ellicott City, MD
Marriage Enrichment Retreat	August 14, 2015	August 16, 2015	Hilton Crystal City, Arlington, VA



## Free baked goods, non perishables, and produce at the Indian Head USO!

Every Thursday, 11 am to 1pm, and every Friday, 10am to noon the USO offers free bread and baked-goods at their facility. Come on down and grab some breads and sweet treats.

Every 3<sup>rd</sup> Monday of the month, the USO sponsors a food distribution of canned/boxed food items and fresh produce at the CBIRF building 901. Bring your ID and come on down!



### *From the Family Readiness Officer*

*Dear CBIRF Marines, Sailors, and Families,*

*Welcome to 2015! I hope everyone had a nice holiday season. The new year can be a time to reflect on the past year and make changes in our lives where they need to be made. Hence, we, too,*

*want to make changes in our Family Readiness Program to better serve you. It's important for us to focus on the needs of our military families and have a more enriching program that will provide fulfilling events and more helpful resources for each of you.*

*We recently met with our Morale, Welfare, and Recreation department (MWR) to set up a survey to find out what types of events we can offer you. I will be sending that out to you via email and I encourage each of you to fill it out and give us some better ideas of what we can offer you in the way of events and things to do in the area.*

*Also, Colonel Redifer will continue to present Spouse Town Halls for you to attend – these events will keep you informed of what CBIRF is doing throughout the year, and give you a chance to ask questions and voice concerns. Our next Town Hall is coming up on January 22; we will be offering a wine tasting along with some creative appetizers after the informational portion concludes.*

*In February I will be hosting another spouse meet and greet, where you can come and meet other spouses here at CBIRF and enjoy a nice luncheon. When my husband was on active duty I found it very helpful to have friends and fellow spouses nearby for support. Our spouse meet and greet will be an opportunity to make some new friends, find a good babysitter, or just learn more about the area.*

*On April 17, the unit will be doing a capabilities exercise here on base that we want each of you to attend. The Marines and Sailors will be doing some demonstrations that will open your eyes to what we do here at CBIRF. You are also invited to stay for a barbecue lunch afterwards.*

*This summer we will have another Military and Family Appreciation Day with a host of games and activities, along with a great picnic-style lunch for the whole family. We'll pass word on that in the spring.*

*So, as we continue to plan and promote events here at CBIRF, we welcome your suggestions, and, if you would like to volunteer, don't hesitate to contact me. I'd love to hear from you.*

*It is an honor and pleasure to work with you and serve you. Semper Fi!*

*Ramona Higgins  
Family Readiness Officer*

## Winter Safety Tips...

Winter can be a fun-filled time to enjoy outdoor activities such as skiing, skating and sledding. However, before going out, follow these health safety tips:



- Drink plenty of water. Dehydration occurs more often in the winter than in summer months.
- Dress in many layers of clothing and wear a hat and mittens. Layers of thin clothing are warmer than a single layer of thick clothing. One of the best ways to stay warm is to wear a hat; most body heat is lost through the top of the head.
- Come inside often for warm-up breaks.
- If you start to shiver a lot or get very tired, or if your nose, fingers, toes or earlobes start to feel numb or turn very pale, come inside right away and tell an adult. These are signs of hypothermia and frostbite. If you experience these symptoms, you will need immediate attention to prevent further risk.
- The best way to stay safe in a snowstorm is to stay inside. Long periods of exposure to severe cold increase the risk of frostbite or hypothermia.



## Drive Safely This Winter!

The leading cause of death and injuries during winter storms is transportation accidents. Therefore, we cannot stress enough to keep your vehicle clear of ice and snow. Take the time to scrape away any ice on your windows, and remove snow from the hood and roof of your vehicle. Good vision is a key to good driving.

Plan your route well, be prepared well in advance to stop when you approach traffic, lights, and stop signs, and keep more distance between cars. Be extra alert. Remember, always match your speed to the road and weather conditions.

Following these tips this winter will help you safe, and help you "tough out" the cold so that you can better enjoy the season.