www.cbirf.marines.mil Summer 2016 Volume 1 Issue 1

From the Commanding Officer

Dear CBIRF Marines, Sailors, and Families,

My name is Colonel Mike Carter, I assumed and command from Colonel Steve Redifer on 18 May, 2016. I look forward to the next three years working with you, and I am equally excited to meet families who provide our the home support so vital to accomplishing our mission here at CBIRF. My wife Medea and I were fortunate to already have met some of you at the Change of Command and at the spouse brunch earlier this month.

The summer has already had a demanding start, as CBIRF plans their venture to the Republican and Democratic Conventions in July. In the months to come, our Initial Response Force Alpha and Bravo will be training at various exercises in Georgia, New York, and also right here in Washington, DC.

I believe in the importance of planning and preparation and continuing to train aggressively will allow us to always be ready for whatever challenge CBIRF may have to face.

Individual readiness is an important quality that we need to maintain at all times; it will assure strength and security in our mission and within our personal lives as well.

This fall we will look at putting together a Jane Wayne Day where the spouses will have an opportunity to partake in some of what the Marines and Sailors do here at CBIRF. As events are planned for the spouses and families, our

Family Readiness Officer and Public Affairs Officer will pass information with the details of our upcoming events.

In closing, I want to express that it is an honor to lead this unit, and I want to thank our families; your continued support allows CBIRF to remain strong, vigilant, and ready.

Enjoy the summer!

Semper Fidelis, Col. Michael L. Carter



In This Issue

2 From the FRO

3 Promotions/Awards

4 Upcoming Events

7 CHANGE OF COMMAND

In This Issue

ZIKA VIRUS INFORMATION FOR CBIRF/ FAMILIES

Flip to Page 6



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.

Hurricane

These are strong storms that can cause lifeand property-threatening hazards. Supplies to have on hand are food and water - at least a 3-day supply; a flashlight, a batterypowered 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 to the coldest setting so that food will last longer if the power goes out. Turn off propane tanks and unplug small applicances. 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 sever 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 www.ready.gov or www. redcross.gov for more information on disaster preparedness.

FRO Contact Info

Ramona Higgins

Family Readiness Officer 301-744-5025 Office 240-427-7812 Cell

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. Below are some common-sense rules to follow, but it's always good to be reminded:

GRILLING

- * Use barbecue utensils with long handles (forks, tongs, etc.) to avoid burns and splatters
- * Wear clothing that does not have hanging shirt tails, frills, or apron strings that can catch fire, and use flame-retardant mitts when adjusting hot vents
- * Keep fire under control; to put out flare-ups, either raise the grid that the food is on, spread the

coals out evenly, or adjust the controls to lower the temperature

* Use baking soda to control a grease fire and have a fire extinguisher handy, a bucket of sand,

or a garden hose

- * Never leave a grill unattended once lit
- * A grill remains hot for up to an hour; ever attempt to move a hot grill. It's easy to stumble or

drop it and serious burns could result.

SWIMMING

- * Never leave children alone in or near the pool or spa, even for a moment
- * Keep rescue equipment near the pool
- * 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

SUNBURN

- * 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 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



The editorial content for this official Marine Corps publication is edited, prepared and approved by Chemical Biological Incident Response Force Public Affairs.

Correspondence should be addressed to

Public Affairs, 3399 Strauss Ave, Ste. 219, Indian Head, Md., 20640.

To provide comments or suggestions call 240-419-1858

or email santiago.colon@usmc.mil.

Commanding Officer Col. Michael Carter

Family Readiness Officer

Ramona Higgins

Public Affairs Chief

Staff Sgt. Santiago G. Colon Jr.

PROMOTIONS

April 2016

Pfc. Dam Jr, Theon S.
Cpl. Gallagher, Kevin M.
Sgt. Gardner, Jacob E.
Sgt. Guerin, Sawyer L.
Sgt. Jeanbaptiste, Yoinel
Cpl. Jimenez Jr, Victor A.
Sgt. Morris, Johnathan J.
Staff Sgt. Ochoa, Luis A.
Sgt. Ramirez, Esteban
Sgt. Rightmire, Allen M.
Lance Cpl. Rudisell, Bryce A.
Lance Cpl. Shimomura, Joshua D.
Sgt. Stout Jr, Scott W.
Sgt. Varian, James A.
Lance Cpl. Vincent, Brandon M.





May 2016

Sgt. Breeden, Raymond A.
Cpl. Brennan, Kyle J.
Cpl. Bryant, Brett R.
Cpl. Dohler, Kacie A.
Cpl. Evey Iii, Thomas J.
Sgt. Gravel, Shaun G.
Master Sgt. Ho, Richard T.
Cpl. Just, Joshua A.
Cpl. Mckinley, Payson R.
Cpl. Moultrie Jr, Jeffrey A.
Lance Cpl. Nichols, Carter A.
Lance Cpl. Nordheim, Austin M.
Cpl. Penafiel, Mery T.
Cpl. Sutton, Jeffery A.
Lance Cpl. Williams, Alexander D.

June 2016



Sgt. Anderson, Shadic A.
Cpl. Bossard, Robert C.
Cpl. Carmine, Sebastian A.
Staff Sgt. Colon Jr, Santiago G.
Lance Cpl. Daman, Martin L.
Sgt. Diaz, Paula C.
Cpl. Garciabravo, Orelbis E.
Lance Cpl. Hawkins, Gabriel S.
Lance Cpl. Honeycutt, Robert B.
Lance Cpl. Keen, Bradley J.
Sgt. Lopez, Geronimo
Cpl. Mesiana Iii, Joseph A.

Sgt. Musgrave, Stephen J.
Lance Cpl. Mykolaitis, Corey M.
Lance Cpl. Nguyen, Rocky J.
Cpl. Perez, Emilio E.
Sgt. RamosRodriguez, Ezequiel
Cpl. Richardson, William E.
Sgt. Rodriguez, Jose T.
Cpl. Sterling, Ashley N.
Lance Cpl. Villarrealortega, Brian D.
Cpl. Winder, Eric J.
Sgt. Woods, Jacob G.
Sgt. Zeitler, Eric T.



AWARDS

Gunnery Sgt. Bailey, Nicholas Sgt. Shelton, John Capt. Betts III, Everett Sgt. Kern Jr, Michael Gunnery Sgt. Sheets, Joshua Gunnery Sgt. Rose III, Arthur Navy and Marine Corps Achievement Medal Navy and Marine Corps Achievement Medal Navy and Marine Corps Commendation Medal Navy and Marine Corps Achievement Medal Navy and Marine Corps Commendation Medal Navy and Marine Corps Commendation Medal April 5, 2016 April 7, 2016 May 3, 2016 May 3, 2016 May 6, 2016 May 12, 2016



CBIRF Upcoming Events

July 18-22	Republican National Convention
July 25-29	Democratic National Convention
Aug 19-Sept 7	Exercise Scarlet Response
Sept 10-16	IRF B FDNY Memorial and CERTEX

Sept 12-16	Exercise Capital Shield
Apr 17-24	Technical Rescue Training, Miramar, CA



USO Regular Events

For more information contact Barbara Locke at 703-899-2687 or visit http://us.uso.org/WashingtonBaltimore/Indian-Head/

Free Bread and Pastry Giveaway, Thursdays, 11 a.m. – 1 p.m.

Pick up a variety of goodies donated such as breads, muffins, rolls, cakes, and cookies... always different, always good!

Free Service Member Lunch, 3rd Thursday of the month, 11:00 a.m. – 1:00 p.m.

A special event just for our active duty service members - come enjoy a delicious meal, head back to work, and leave the dishes to us!

Supermarket Sweep Food Distribution, 4th Monday of the month, 11 a.m. - 1 p.m.

Free produce, boxed dry items, and canned goods are given away to anyone with a military ID. The location for this event is CBIRF's Building 901. Different items are available every month. Remember to bring your military ID!



Morale, Welfare and Recreation Naval Support Facility Indian Head

Address: 4260 Steve's Way, Bldg D-328, Indian Head, MD 20640

Phone: 301-744-4775

The Auto Hobby Shop is a fully equipped, self-service repair facility. They offers three vehicle lifts, one motorcycle lift, diagnostics center, drum brake tools, tap and die sets, timing lights, a strut compressor, and most other tools and equipment needed for vehicle repair. All tools and equipment are available on a first-come, first-served basis. Call the Hobby Shop at 301-744-6314

The Community Recreation Center has a whole lot do! Come check out the movie theater, visit the library, or take a look at some of the

discounted tickets you can purchase for some of the amusement parks in the area. There's also adult craft events, and lots of fun learning opportunities for the kids. For info call 301-744-4850.

The Globe and Anchor/Tiki Bar and Mix House located on the Potomac River can be rented for office parties, birthday parties or any special event you may have. You will also have a spectacular views. Take a tour of the facility and book your event by calling 301-744-6487.

Recreational Summer Gear Rentals are offered

at the Auto Hobby Shop. They have an extensive selection of equipment for your recreational needs. Available items include tents, canoes, tarps, picnic tents, tables, chairs, moon bounce, grills, lanterns, sporting equipment and recreational trailers/campers are also available! Call the Hobby Shop at 301-744-6314 for more information.

For a closer look at our base MWR, visit www.navymwrindianhead.com



Supporting Headquarters & Service Battalion, HQMC, Henderson Hall National Capital Region

Events in July 2016

For more information visit http://www.mccshh.com/calendar.html

Defense Language Proficiency Test (DLPT)

Tuesday, July 5 • 8:30 am – 2:30 pm • Bldg. 29, Rm. 204.

College Level Examination Program (CLEP)/ Dantes Subject Standardized Test (DSST)

Wednesday, July 6 • 9–11 am & 1–3 pm • Bldg. 29, Rm. 204.

College 101 / Tuition Assistance (TA) Orientation

Wednesday, July 6 • 1:30–2:30 pm • Bldg. 29, Rm. 204.

VA Claims Assistance

Thursday, July 7 • 7:30 am – 1 pm • Bldg. 29, Rm. 103.

Armed Forces Classification Test (AFCT)

Thursday, July 7 • 8:30–11:30 am • Bldg. 29, Rm. 204.

Cracking the Code to the Federal Hiring Process

Thursday, July 7 • 1–3 pm • Bldg. 21.

EFMP Summertime Safe Swim

Saturday, July 9 • Noon – 2 pm • Zembiec Pool, Henderson Hall.

Games • Food • Swim – Have fun in the pool! Transition Readiness Seminar (Separation)

Monday–Friday, July 11–15 • 7:30 am – 4 pm • Bldg. 21.

Defense Language Aptitude Battery (DLAB)

Monday, July 11 • 8:30 – 10:30 am • Bldg. 29, Rm. 204.

Defense Language Proficiency Test (DLPT)

Tuesday, July 12 • 8:30 am – 2:30 pm • Bldg. 29, Rm. 204.

Real Colors® A Communication Workshop

Tuesday, July 12 • 9 am – Noon • Bldg. 12, Conference Rm.

Pentagon Outreach

Wednesday, July 13 • 9 am – 3 pm • Corridors 1 & 2, 2nd. Deck, A Ring.

College 101 / Tuition Assistance (TA) Orientation Wednesday, July 13 • 1:30–2:30 pm • Bldg. 29, Rm. 204.

Armed Forces Classification Test (AFCT)

Thursday, July 14 • 8:30–11:30 am • Bldg. 29, Rm. 204.

Golf With Us

Friday, July 15 • 8:30 AM • Forest Greens Golf Club, Triangle, VA.

Coding & Activity Camp

Monday, July 18 – Friday, July 22 • 7:30 AM – 4:30 PM.

Bldg. 29, Rms. 104 & 105 • Henderson Hall • Open to ages 10–15 • \$289.

Defense Language Aptitude Battery (DLAB)

Monday, July 18 • 8:30 – 10:30 am • Bldg. 29, Rm. 204.

Accessing Higher Education Track

Monday–Tuesday, July $18-19 \cdot 9 \text{ am} - 3 \text{ pm} \cdot Bldg. 21.$

Defense Language Proficiency Test (DLPT)

Tuesday, July 19 • 8:30 am – 2:30 pm • Bldg. 29, Rm. 204.

College Level Examination Program (CLEP)/ Dantes Subject Standardized Test (DSST)

Wednesday, July 20 • 9–11 am & 1–3 pm • Bldg. 29, Rm. 204.

College 101 / Tuition Assistance (TA) Orientation

Wednesday, July 20 • 1:30–2:30 pm • Bldg. 29, Rm. 204.

VA Claims Assistance

Thursday, July 21 • 7:30 am - 1 pm • Bldg. 29, Rm. 103.

Armed Forces Classification Test (AFCT)

Thursday, July 21 • 8:30–11:30 am • Bldg. 29, Rm. 204.

Finding & Applying to Jobs in the Federal Government

Thursday, July 21 • 9 am – Noon • Bldg. 21.

Baby Boot Camp

Friday, July 22 • 8:30 am – 2:30 pm • Bldg. 12, Conference Rm..

Personal Readiness Seminar (PRS)

Friday, July 22 • 9 am – Noon • Bldg. 21.

Monthly Beauty Event: Mascara & Eye Liner

Saturday, July 23 • 11 AM – 2 PM • MCX Henderson Hall

EFMP Summertime Safe Swim

Saturday, July 23 • Noon – 2 pm • Zembiec Pool, Henderson Hall.

Games • Food • Swim – Have fun in the pool!

Senior Leadership Transition Readiness

Seminar

Monday–Friday, July 25–29 • 7:45 am – 4 pm • Bldg. 21.

Defense Language Aptitude Battery (DLAB)

Monday, July 25 • 8:30 – 10:30 am • Bldg. 29, Rm. 204.

Defense Language Proficiency Test (DLPT)

Tuesday, July 26 • 8:30 am – 2:30 pm • Bldg. 29, Rm. 204.

Test of Adult Basic Education (TABE)

Wednesday, July 27 • 8:30–11 am • Bldg. 29, Rm. 204.

College Level Examination Program (CLEP)/ Dantes Subject Standardized Test (DSST)

Wednesday, July 27 • 9–11 am & 1–3 pm • Bldg. 29, Rm. 204.

College 101 / Tuition Assistance (TA) Orientation

Wednesday, July 27 • 1:30–2:30 pm • Bldg. 29, Rm. 204.

Armed Forces Classification Test (AFCT)

Thursday, July 28 • 8:30–11:30 am • Bldg. 29, Rm. 204.

Smooth Move PCS Class

Thursday, July 28 • 1–3 PM, Bldg. 12, Conference Rm.



Zika Virus Infection: Important information for the CBIRF Family

provided by Navy and Marine Corps Public Health Center

Zika is a viral infection primarily spread by mosquito bites. Zika virus infection during pregnancy can cause microcephaly and other birth defects. Currently, Zika outbreaks are occurring in numerous Pacific Islands, the Caribbean, and throughout Central America and South America. The Centers for Disease Control and Prevention (CDC) have issued travel notices for more than 40 countries and territories that are reporting Zika outbreaks. This updated brochure promotes awareness of Zika virus and recommends precautions for those travelling to or living in areas of active mosquito-borne transmission of Zika virus.

How Do You Become Infected?

The virus is spread by:

- A bite from an infected mosquito (primary method of spread).
- A mother to her fetus during pregnancy.
- A man infected with Zika to his partner during sex.
- -Blood transfusions.

What Is Your Risk of Becoming Infected?

Navy and Marine Corps personnel, and their families, may become infected when travelling to or living in areas experiencing active Zika virus transmission. Sex partners of Zika infected men also are at risk. Infection risk can be reduced by taking measures to avoid mosquito bites and by avoiding unprotected sex with a man who may have been exposed to Zika virus. As of this update, no local mosquito-transmitted Zika virus infections have been reported in U.S. states but there have been hundreds of travel-associated cases and a few sexually transmitted cases identified.

What Are The Typical Symptoms?

- Fever
- Conjunctivitis (red eyes)
- Muscle pain

Most people infected with Zika virus have no symptoms. About one in five people infected will

develop mild symptoms lasting several days to a week.

If symptoms occur, they typically appear 2—7 days after being bitten by an infected mosquito or having unprotected sex with an infected man.

How Can You Prevent Being Infected If You Live In or Travel to Zika Virus Areas?

Currently, no vaccine or drug is available to prevent Zika virus infection, and there is no specific antiviral treatment for the disease. The best way to prevent infection is to avoid mosquito bites (both day and night) while in areas of active transmission and avoid unprotected sex with a man who may have been exposed to Zika.

The CDC recommends pregnant women postpone travel to any area with active Zika virus transmission. Pregnant women who do

travel to one of these areas should talk to their healthcare provider before traveling and strictly follow steps to avoid mosquito bites. The CDC also recommends that, for the duration of pregnancy, pregnant women avoid unprotected sex with any man who lives in or travels to an area of active Zika virus transmission.

The following steps are recommended if you live in, or travel to, an area with active Zika virus transmission:

- Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- Wear long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for pregnant women when used as directed.
- Use permethrin-treated clothing and equipment.
- Avoid unprotected sex with potentially exposed men.
- Use condoms the right way, every time you have sex.

What Should You Do If You Suspect You Have Been Infected?

If you develop sudden fever, rash, joint aches, or conjunctivitis (red, irritated eyes) within two

weeks of travelling to an area of ongoing Zika virus transmission, or within two weeks of unprotected sex with a potentially-exposed man, see your healthcare provider immediately. Report your symptoms, recent travel, and history of sexual partners.

Your provider will coordinate testing for Zika virus as appropriate and help manage your symptoms. Because Zika virus is often transmitted in the same geographic areas as dengue fever, you should avoid taking aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue infection can be ruled out, to reduce the risk of bleeding. You may use acetaminophen to treat fever and other symptoms. Finally, take strict steps to avoid mosquito bites during the first week after symptoms begin to avoid further spread of Zika virus.

For more information visit WWW.NMCPHC.MED.NAVY.MIL.



STAFF SGT. SANTIAGO G. COLON JR.

Col. Michael L. Carter receives the unit colors of command of Chemical Biological Incident Response Force (CBIRF), U.S. Marine Corps Forces Command (MARFORCOM), from Col. Stephen E. Redifer during a change of command ceremony aboard Naval Support Facility Indian Head, Md., May 18, 2016.

Colonel Carter assumes command of CBIRF

STAFF SGT. SANTIAGO COLON

CBIRF Public Affairs

NAVAL SUPPORT FACILITY INDIAND HEAD, Md. - Col. Michael L. Carter assumed command of Chemical Biological Incident Response Force (CBIRF), U.S. Marine Corps Forces Command (MARFORCOM), from Col. Stephen E. Redifer during a change of command ceremony aboard Naval Support Facility Indian Head, Md., May 18, 2016.

Lt. Gen. John E. Wissler, commander of MARFORCOM, was the presiding officer for the change of command ceremony.

During the ceremony, Redifer received the Legion of Merit Award, Gold Star in lieu of second award for exceptionally meritorious conduct and the performance of outstanding service as CBIRF commanding officer.

"Steve, during your tour as the commanding officer, CBIRF has excelled in every endeavor," commented Wissler during the reading of his message to Redifer. "Over the past three years your outstanding leadership, professionalism and untiring devotion to duty highlighted a tour that defined leader-driven, innovative excellence."

Redifer reflected on his three year tour during the ceremony and shared his thoughts with the attendees.

"For the Sailors, Marines, and civilians of CBIRF – you have certainly taught me a lot and (because of) that I am a better Marine, a better father, and, I hope, a better husband," said Redifer during his remarks.

CBIRF will be found ready to response rapidly to any crisis, to any challenge, in any clime and placeto save lives.

— Col. Michael L. Carter

"You have taught me more than you will ever know."

"Mike we have known each other a lot of years," Redifer said to Carter during his remarks. "I know the ride you are about to go on and I know that you are absolutely the guy to take CBIRF and prepare them for what will be the Nation's worst day should (CBIRF) ever be called out."

Under Redifer's command, CBIRF participated in Exercise Sudden Response, Exercise Vibrant Response, and Exercise Capital Shield each year in order to test and

sharpen standing operations and concept plans. These demanding exercises built the capacity of CBIRF to integrate into supported Joint Task Forces and enabled the execution of combined military/civilian consequence management operations. The unit also supported several Presidential State of the Union addresses, Pope Francis' visit to the U.S., and the 2016 Nuclear Security Summit.

Carter thanked Redifer for his outstanding work with CBIRF and said he was thankful for the opportunity to take command of the Nation's premier chemical, biological, radiological, nuclear and high-yield explosives (CBRNE) consequence management and incident response force in readiness.

"General Wissler, sir, I understand my mission and I am prepared to execute that mission to the best of my abilities," said Carter during his remarks. "To the CBIRF team, you are the epitome of readiness. I am very proud of your proven performance in protecting this nation."

"When the Nation calls, just like it has in the past, the fine men and women of CBIRF will be found ready to response rapidly to any crisis, to any challenge, in any clime and place ... to save lives," Carter added.

