



# THE HOTZONE

Official Newsletter of The Chemical Biological Incident Response Force

www.cbirf.marines.mil

January 2018

Volume 1 Issue 3

## FROM THE COMMANDING OFFICER

### *Resiliency in 2018*

Dear Marines, Sailors, and Families,

What a great year we had in 2017. Between the professionalism of our Marines and Sailors and the love and support of our wonderful families, Chemical Biological Incident Response Force maintained a constant state of readiness and continued to hone its skills with myriad training operations conducted throughout the year. I am excited about CBIRF's potential in 2018.

The theme for 2018 is *resiliency*. Resiliency is the ability to adapt and recover after stress, trauma or tragedy. The military way of life requires a resilient disposition and this year we will concentrate on building our resiliency as a warfighting organization tasked with serving as America's premier CBRNE crisis response force in readiness.

We must prepare for America's worst day as though it is a near certainty - because it is. To that end we must ensure our relationships as husbands, wives, fathers and mothers can weather the hardships of our service.

With this in mind, we will continue, and improve upon, our Marines' and Sailors' life-saving capabilities as well as

our families' state of readiness.

The Nation requires us to be ready to face these hardships.

Our family readiness team did an exceptional job in 2017, and with the addition of our Deputy FROs, I know our program will reach new heights in 2018. With the readiness of Marines, Sailors and their families in mind we have several family events planned in 2018. Stay tuned for information on an upcoming military resource and college fair early this Spring. I want to assure you that your Marine or Sailor has my full support in participating in command-sponsored events.

In addition to meeting operational commitments and conducting first-class training, time with family is essential to our operational and family readiness.

During 2017, CBIRF remained busy as we successfully supported the nationally-televised Presidential Inauguration last January, as well as the Presidential Address to a Joint Session of Congress in February. Additionally, unit-level training enhanced the unique specialized skill sets of each element of CBIRF and supported our strategic

focus. I am proud of our Marines and Sailors and the hard work involved in the training we do here. Every one of us has a purpose. Our readiness demonstrates our strength and ability to sustain our reputation as a world premier life-saving organization, and each one of you should be proud as well.

I hope the holiday season provided you with the rest and relaxation needed to continue our mission.

Taking time to unwind is a necessity for your physical, mental and spiritual fitness.

Our calendar will remain active as we continue to train in upcoming exercises and support National Special Security Events. These events will continue to realistically test our ability to respond to chemical, biological, radiological, nuclear and high-yield explosive threats, which is our core mission.

I would like to express my sincere thanks and appreciation to you all -- our active duty and our family members -- for all that you do.

*Happy New Year!*

**Semper Fidelis,  
Col. Michael L. Carter**

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# #THINKCBIRF



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**#THINKCBIRF**

# COLD WEATHER SAFETY TIPS

Winter can be a fun-filled time to enjoy outdoor activities. Snowball fights, sledding, skiing, and even simply walking in the snow--for those of you who enjoy that--will require some precautions. So this winter, be good to your body, and follow these helpful safety tips:

Drink plenty of water during the cold weather, especially before you go outdoors. Dehydration occurs more often in the winter than in summer months. If you have house plants, you may notice that they need watering more often in the winter. This is due to the heater running during the wintertime. This drying effect also occurs within our bodies, so remember to replenish. Ensure your pets have the opportunity to drink more water as well.

Dress in many layers of clothing and wear a hat and gloves/mittens. Layers of thin clothing are actually warmer than a single layer of thick clothing. Also, one of the best ways to stay warm is to wear a hat, as most body heat is lost through the top of the head.

Be a defensive driver, especially in the 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. Good vision is a key to good driving. Plan your stops and keep more distance between cars. Be extra alert. Remember, always match your speed to the road and weather conditions.

Avoid long periods of time in the cold. The best way to be safe in extremely cold weather is to stay inside. Long periods of exposure to severe cold increase the risk of frostbite or hypothermia. 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, go inside right away. These are signs of hypothermia and frostbite. If you experience these symptoms, you will need immediate attention to prevent further risk. If shoveling, come inside often for warm-up breaks.

*Interested in volunteering in the local community?*

Contact the Ramona Higgins, CBIRF Family Readiness Officer for more information.

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

# Military Spouse Education Benefits

Did you know that the Military Spouse Career Advancement Accounts Program (MyCAA) is a resource many military spouses can use? It provides up to \$4,000 (over 2 years) of Financial Assistance for military spouses who are pursuing degree programs, licenses or credentials leading to employment in portable career fields.

This benefit is available to spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2. It offers a maximum financial benefit of \$4,000 with a fiscal year cap of \$2,000. Waivers will be available for spouses pursuing licensure or certification up to the total maximum assistance of \$4,000.

MyCAA requires military spouses to finish their program of study within three years from the start date of the first course, and it is limited to associate degrees, certification and licensures.

Visit <https://aiportal.acc.af.mil/mycaa/Default.aspx> for more information.

# Women's Empowerment Group

A new forum is here at Indian Head that will foster a positive and comfortable environment where women can learn, connect, and socialize while gaining useful information and resources. Please join us as we host our Women's Empowerment Group, sponsored by Henderson Hall.

This will be a bi-weekly event that educates and empowers women with the skills and confidence necessary to pursue goals, create a healthy lifestyle, and gain confidence for themselves and their children.

No need to register, just mark your calendars and come on down!

**When:** 1st and 3rd Wednesday of each month, 10-11 A.M.

**Where:** CBIRF Library - Children's Room (4163 N. Jackson Rd. Bldg. 620 Indian Head, MD 20640)

**\*\*Children Are Welcome\*\***

Please Contact Arielle Gibson for additional information: 703-693-7181

# THE HOTZONE

The editorial content for this official Marine Corps publication is edited, prepared and approved by Chemical Biological Incident Response Force Communication Strategy and Operations Office. Correspondence should be addressed to **CommStrat, 3399 Strauss Ave, Ste. 219, Indian Head, Md., 20640.**

To provide comments or suggestions call 240-419-1858 or email [santiago.colon@usmc.mil](mailto:santiago.colon@usmc.mil).

**Commanding Officer**  
Col. Michael Carter

**Family Readiness Officer**  
Ramona Higgins

**Communication Strat/Ops Chief**  
Staff Sgt. Santiago G. Colon Jr.



# CBIRF LEADERSHIP



**CBIRF Commanding Officer**  
Col. Michael L. Carter



**CBIRF Executive Officer**  
Lt. Col. Shaun T. Fitzpatrick



**CBIRF Sergeant Major**  
Sgt. Maj. Alonzo Baxter

## SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

### UNIFORMED VICTIM ADVOCATE



**MSGT. BRIAN J. DUPUY**  
S3/DRTF

NSF Indian Head  
24/7 Sexual Assault  
Support Line  
**540-424-0660**

### SEXUAL ASSAULT RESPONSE COORDINATOR



**LCDR LYNDSY M. MEYER**  
SAFETY OFFICER

**OFFICE: 301-744-4050**  
**HOURS: 0730 - 1630**

#### UNRESTRICTED REPORTING

Allows a Marine who is sexually assaulted to report the assault and receive support, advocacy, medical treatment, and counseling...

with a law enforcement investigation and the support of the Chain of Command.

*EITHER WAY - FIRST TALK WITH YOUR UVA OR SARC!*

**DOD SAFE HELPLINE: 1-877-995-5247**

#### RESTRICTED REPORTING

Allows a Marine who is sexually assaulted to **confidentially** report the assault and receive support, advocacy, medical treatment, and counseling...

**without a law enforcement investigation or command involvement.**

# CBIRF KEY NUMBERS

<b>CBIRF OOD</b>	301-744-2038	<b>TRICARE</b>	877-874-2273
<b>CBIRF Command Deck</b>	301-744-1092	<b>Pass &amp; ID</b>	301-744-4379
<b>Family Readiness Officer</b>	301-744-5025	<b>Navy Exchange</b>	301-743-5414
<b>Chaplain</b>	301-744-2017	<b>Morale Welfare and Recreation</b>	301-744-4775
<b>Navy/MC Relief Society</b>	301-342-4739	<b>ITT</b>	301-744-4850
<b>Military/Family Life</b>		<b>Housing Office</b>	301-743-6920
<b>Counselor</b>	301-744-2030	<b>Base Police</b>	301-744-4111
<b>Medical (non-emergency)</b>	301-744-4601	<b>Base Fire/ EMS</b>	301-744-4333
<b>Sexual Assault Reporting</b>	877-995-5247	<b>Emergency</b>	911



# MARFORCOM Commander visits CBIRF



PHOTOS BY STAFF SGT. SANTIAGO G. COLON JR.

NAVAL SUPPORT FACILITY INDIAN HEAD, Md. – Lt. Gen. Mark A. Brilakis, Commander of U.S. Marine Corps Forces Command, MARFORCOM, received a tour of Naval Support Facility Indian Head and Annex Stump Neck during his visit with MARFORCOM subordinate element Chemical Biological Incident Response Force, CBIRF, Nov. 30, 2017. During his visit he received briefs from CBIRF command staff, toured facilities used by CBIRF, talked to CBIRF Marines and Sailors, and received a demonstration of the response force’s capabilities in case of a crisis.







## Morale, Welfare and Recreation Naval Support Facility Indian Head

4260 Steve's Way

Bldg D-328

Indian Head, MD 20640

Phone: 301-744-4775

### Auto Hobby Shop

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.**

### Community Recreation Center

The Community Rec 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.**

### Globe and Anchor/ Tiki Bar

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.**

### Rentals

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.**

## BATTALION PT



### CBIRF Marines and Sailors conduct physical training before Thanksgiving

PHOTOS BY CPL. MAVERICK MEJIA

NAVAL SUPPORT FACILITY INDIAN HEAD, Md. - Prior to the Thanksgiving holiday liberty period Marines and Sailors with Chemical Biological Incident Response Force conducted battalion physical training at the base football field, Nov. 22, 2017.



# 2018 MWR CALENDAR

## JANUARY

### Yoga for Kids

Thursdays, Jan. 4 & 11  
2:00 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Ideal for homeschoolers and  
preschoolers

### Zumba

Mondays, Jan. 8, 22, 29  
11:30 A.M.

Weight House Fitness Center • 4355  
Security Dr, Bldg 1660

### DIY Fairies in a Jar

Friday, Jan. 12 | 5:30 P.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620

### Pentagon City/ Ice Skating Outing

Saturday, Jan. 13  
Depart at 10 A.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$9 adults, \$8 child (12 and  
under), \$5 skate rental

### STEM Keva Bot Maze

Wednesday, Jan. 17  
5:30 - 6:45 P.M.

Register by Jan. 15 at Community  
Recreation Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

### Paint and Sip

Friday, Jan. 19 | 6 - 8 P.M.  
Adults 21+ Only

Register by Jan. 12 at Community  
Recreation Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

### Puzzle Lovers Day

Monday, Jan. 29  
5:30 - 6:45 P.M.

All day pick up free puzzle while  
supplies last or build one.  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

## FEBRUARY

### Yoga for Kids

Thursdays, Jan. 1, 8, 15, 22 2:00  
P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Ideal for homeschoolers and  
preschoolers

### Zumba

Mondays, Jan. 5, 12, 26  
11:30 A.M.

Weight House Fitness Center  
4355 Security Dr, Bldg 1660

### DIY Mardi Gras Masks

Friday, Feb. 1 • 5:30 P.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620

### Ski/ Tubing Trip

Thursday, Feb. 8  
Depart TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00 bus cost; DOD  
& Active Duty free admission,  
Equipment rental fee: TBD

### Black History Month: Culture Queen

Friday, Feb. 9  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00 bus cost; DOD  
& Active Duty free admission,  
Equipment rental fee: TBD

### Murder Mystery

Saturday, Feb. 10  
5 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$5

### Valentine Sock Teddy Bears

Wednesday, Feb. 14  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### No Sew Fleece Blanket

Friday, Feb. 23  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

## MARCH

### Dr. Seuss Birthday

#### Celebration

Thursday, March 1  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Zumba

Mondays, March 5, 12, 19, 26  
11:30 A.M.

Weight House Fitness Center  
4355 Security Dr, Bldg 1660

### 3D Pens

Wednesday, March 7  
5:00 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Older Elem 8 and up and teens

### DIY T-shirt Totes

Friday, March 9  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Madame Tussauds D.C.

#### Outing

Saturday, March 10  
11-2 P.M.  
Depart: TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$13 Adult \$10.25 child,  
Military: Free w/ ID

### Pi Day

Wednesday, March 14  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Snacks with the Easter

#### Bunny

Friday, March 23  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### MWR Easter

#### Eggtravaganza

Saturday, March 24  
11-2 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

## APRIL

### Love Your Library Peep

#### Show Contest

April 2-6  
Time TBD

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Kite Day

April 3  
11 A.M.-12 P.M.  
(Pending Weather)

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Virtual Meet & Greet UK children's author Julia

#### Patton

April 12  
4:30 P.M.

FREE Books First Come, First  
Serve  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Virtual Meet & Greet UK children's author Julia

#### Patton

April 12  
4:30 P.M.

FREE Books First Come, First  
Serve  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Month of the Military Child

April 18 | 5-7 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Escape Room Outing

April 28 | TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: TBD





# L.I.N.K.S. LESSON FOR 2018

## *What you should know about the Blended Retirement System*

### **What is the Blended Retirement System?**

Military retirement is changing and many Marines will have a choice to make in 2018. Included among the thousands of items in the FY 2016 National Defense Authorization Act were significant changes in the military retirement system. The changes, based upon recommendations from the Military Compensation and Retirement Modernization Commission, are intended to provide Service members with a portable retirement benefit whether serving four years or forty years, while also providing cost savings.

### **When Does This Take Effect? Who is Affected?**

The Blended Retirement System, or BRS, takes effect 1 January 2018. If you enter service prior to this date, you are grandfathered into the current retirement system. Eligibility for the new retirement system is based upon pay entry base date (PEBD). If your PEBD date is on or after 1 January 2006 and before 1 January 2018, you may elect to enroll in the Blended Retirement System. During the period from 1 January 2018 until 31 December 2018 you may enroll in the new system if you have less than 12 years of service, by PEBD, or less than 4,320 retirement points. The Blended Retirement System is the retirement plan for Marines who enter service on or after 1 January 2018.

### **Current Retirement System**

Our current retirement system consists of a 20 year cliff vested annuity (a defined benefit plan). This means that if you enter the Marine Corps and serve for at least 20 years, you will earn a monthly retirement annuity for the remainder of your life. The amount of your monthly payment is calculated by determining a monthly average based upon your three highest years of base pay and then multiplying the average monthly pay by 2.5 % for each year of service. So for 20 years of service you would receive 50% of the average of your highest three years of base pay (high three average x 2.5 x YOS). Each year of service in excess of 20 years nets you an additional 2.5% of your high three base pay. In addition, you have the option of contributing to a defined contribution plan, the Thrift Savings Plan (TSP), to increase your retirement nest egg.

### **New Blended Retirement System**

The new Blended Retirement System retains the 20 year cliff vested annuity, but reduces the multiple from 2.5% to 2.0%. Under the new plan you would receive 40% of the average of your highest three years of base pay after 20 years of service. Each additional year of service in excess of 20 years provides you with an additional 2% of your high three base pay. To offset the reduced defined benefit, the defined contribution component, the TSP, becomes an integral part of the retirement plan.

As noted above, if you have less than 12 years of service or fewer than 4,320 retirement points you may choose to move from the current retirement system to the Blended Retirement System. If you choose the BRS you will begin receiving government automatic and matching contributions to your TSP account in the next pay period following your election. The automatic contribution is an amount equal to 1% of your base pay. You will receive this contribution whether or not you are making your own contributions to your TSP account. In addition, if you are contributing to your TSP account, you will receive government matching funds equivalent to your contributions for amounts from 1% to 3%. At 4%, the government match is 3.5%. And, at 5%, the government match is 4%.

**Let's do the math**

You have completed two years of service and are actively contributing 5% of your base pay to TSP. The Marine Corps will also be contributing an amount equal to 5% of your base pay to your TSP account. You become vested in the 1% automatic contributions after two years of service which means if you leave the Marine Corps the money the government has contributed to your TSP is yours to keep. Government matching contributions are vested immediately.

Marines who enter service on or after 1 January 2018 will be automatically enrolled in the TSP at a 3% contribution rate. In addition, the Marine Corps will contribute an amount equal to 1% of base pay to the account after 60 days of service. Marines may adjust or terminate contributions at will via MyPay, but the 1% Service contribution is automatic and does not change. In addition, if these Marines contribute to the TSP, they will receive government matching of those contributions after two full years of service.

### **Continuation Pay in New Blended Retirement System**

The new system also provides a continuation pay bonus at the completion of 12 years of service. Continuation pay is a cash payment to you in return for a promise to remain in the Marine Corps for four additional years. The amount of continuation pay is calculated by multiplying one month of your base pay by 2.5 if you are an active duty Marine, or by multiplying one month of your base pay by .5 if you are a Reserve Marine. This payment is considered taxable income in the year received and must be repaid if you fail to complete the additional four years of service. Continuation Pay may be contributed to your TSP account keeping in mind that annual IRS limits apply to all contributions.

### **How Benefits Are Paid in the New Blended Retirement System**

The final element of the BRS is the option for lump sum payment at the time of retirement. You may choose to receive a 50% or 25% lump sum payment (discounted to present value) at the time of retirement in exchange for a reduced retired pay annuity until you reach full retirement age. Your retirement annuity returns to the full amount when you reach full retirement age which is currently 67 years old. The choice to take a lump sum payment will be made at the time of retirement. There are significant factors to consider before choosing a lump sum distribution. You should discuss your options with your installation PFM or unit CFS prior to making a decision.

### **Blended Retirement System**

#### **If You Are Eligible You Will Need to Make a Choice**

If you fall into the eligibility zone to choose the new system, you will have a choice to make. The decision is unique to your individual career and retirement goals and there isn't a single right answer for everyone. Training materials, to include calculators and comparison tools, are available to help you make a decision. Your installation Personal Financial Management Office can assist you in preparing to make the right choice for your situation. More information is also available at the Manpower & Reserve Affairs BRS for Marines CAC-enabled website

**L.I.N.K.S. is offered through Marine Corps Family Team Building for basic Marine Corps acculturation, local installation resources, and community involvement. L.I.N.K.S. is offered as both an installation and unit training to Marines, Sailors and families.**

**Quantico L.I.N.K.S. Program 126 Neville Rd Mon - Fri: 7:30am - 4pm (703) 634-2678**







# IN REVIEW





# PROMOTIONS

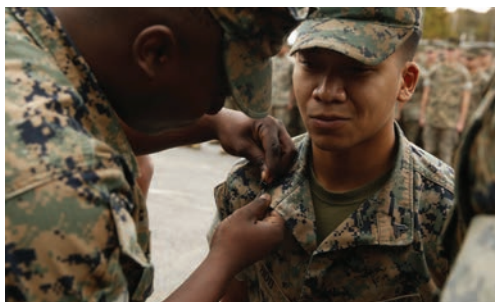
## OCTOBER 2017

Lance Cpl. Timothy F. Benford  
 Lance Cpl. Austin E. Recio  
 Pfc. Kole M. Wisecarver  
 Lance Cpl. Joseph Almasan  
 Pfc. Keondre D. Bain  
 Staff Sgt. Colin S. Bitter  
 Lance Cpl. Jing E. Chen  
 Lance Cpl. Joseph J. Galas  
 Sgt. Jonas A. Gonzalez  
 Lance Cpl. Andres Hernandez  
 Staff Sgt. Kenneth E. Hunt  
 Lance Cpl. Micah Q. Lewis  
 Lance Cpl. Christophe D. Mccall Jr  
 Lance Cpl. Joshua L. Meadows  
 Lance Cpl. Johnathan A. Morris  
 Lance Cpl. John M. Moyer  
 Staff Sgt. Casey P. Murphy  
 Lance Cpl. Matthew S. Persiani  
 Lance Cpl. Hai T. Pham  
 Cpl. Thomas E. Pophin  
 Sgt. Devin W. Tyler  
 Cpl. Charles K. Westling III



## NOVEMBER 2017

Pfc. Kenneth D. Avila  
 Lance Cpl. Bradley J. Ballew  
 Cpl. Amethyst Bou  
 Pfc. Cameron S. Davis  
 Pfc. Gutu N. Fida  
 Sgt. Christian J. Jenkins  
 Lance Cpl. William A. Kerr  
 Pfc. Jonathan T. Laraj  
 Lance Cpl. Brian E. Masten  
 Lance Cpl. Alex J. Mobergstrain  
 Cpl. Dillon A. Moss  
 Staff Sgt. George R. Phillips  
 Pfc. Kevin A. Tate  
 Pfc. Jermaine W. Wright  
 Sgt. Michaeljas B. Young Jr



## DECEMBER 2017

Pfc. Karl R. Hilliard  
 Staff Jennifer L. Alvarado  
 Lance Cpl. Bryanna L. Barret  
 Cpl. Marquis J. Bessant  
 Cpl. Guillermo D. Bustosdiaz  
 Cpl. Andrew T. Calderon  
 Cpl. Anthony Carrillo  
 Cpl. Theon Dam Jr.  
 Sgt. Harold Delcastillo  
 Pfc. Daniel Diaz  
 Pfc. Austin M. Dickinson  
 Staff Sgt. Corey J. Garretson  
 Cpl. Depatrick A. Gayle  
 Pfc. Jack M. Hoekstra  
 Cpl. John Hood II  
 Pfc. Korben D. Johnson  
 Sgt. Justin D. Louk  
 Lance Cpl. Ramel T. McIntosh  
 Pfc. Irving Medinagomez  
 Lance Cpl. Manuel Moncayo II  
 Cpl. Matthew G. Noriega  
 Pfc. Dallas E. Polk  
 Lance Cpl. Robert T. Riggs  
 Lance Cpl. Tyler J. Rinyu  
 Lance Cpl. Nicolas Riveraortiz  
 Lance Cpl. Daniel I. Robinson  
 Lance Cpl. Mike J. Robles  
 Lance Cpl. Evan E. Rodriguez  
 Lance Cpl. Harold Rodriguez  
 Lance Cpl. Christophe J. Russell  
 Lance Cpl. Dario A. Sansotta  
 Lance Cpl. Jacob C. Santoni  
 Lance Cpl. James A. Schaeffer  
 Sgt. John H. Shelton  
 Cpl. Beau S. Smith  
 Pfc. Frank J. Zember Jr.

## AWARDS

Staff Sgt. Clifford J. Volz  
 Cpl. Devin W. Tyler  
 Sgt. Robert F. Santiago  
 Sgt. John M. Romanik

Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Achievement Medal

Oct. 26, 2017  
 Nov. 21, 2017  
 Nov. 21, 2017  
 Dec. 7, 2017

# HENDERSON HALL EXCEPTIONAL FAMILY MEMBER PROGRAM



HENDERSON HALL EFMP WISHES YOU AND YOUR FAMILIES A YEAR THAT'S PROMISING, EXCITING, INSPIRING AND FULL OF FUN! WE HOPE TO CONTINUE TO SUPPORT YOU ALL AS YOU CARE FOR ONE ANOTHER AND SERVE OUR COUNTRY. **A VERY HAPPY NEW YEAR TO ALL OF OUR EFMP FAMILIES!**

## TRAINING AND RESOURCE OPPORTUNITIES

(click on links for more information)

Date(s)	Time	Event	Location
Thurs Jan 4	12 pm - 2 pm	<a href="#">Skill Development for Families with Children with Autism or Related Disorders</a> ( <i>in-person registration</i> ) (click here for <a href="#">webinar registration</a> )	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA
Fri Jan 5	10 am - 12 pm	<b>What Questions Should I be Asking About Employment?</b> (click here for <a href="#">webinar registration</a> )	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA
Sat Jan 6	12 pm - 3 pm	<a href="#">Advocacy Training</a> (email by 1/2/18)	Autism Society of NoVA 10467 White Granite Drive Oakton, VA
Mon Jan 8	7:30 pm - 9 pm	<a href="#">Tax Tips for Parents of a Child with Special Needs: What You Need to Know at Tax Time</a> (email)	McLean Bible Church 8925 Leesburg Pike Vienna, VA
Wed Jan 10	6:30 pm	<a href="#">Collaborative and Proactive Solutions for Challenging Behaviors</a>	Annapolis High School 2700 Riva Road (auditorium) Annapolis, MD
Thurs Jan 11	10 am - 3 pm	<a href="#">Functional Behavioral Assessments (FBAs) &amp; Behavior Intervention Plans (BIPs) and Monitoring Your Child's Behavior at Home</a>	Disability Resource Center 409 Progress Street Fredericksburg, VA
Wed Jan 24	6 pm - 8:30 pm	<a href="#">How to Become an Informed Essential Parent Team Member Workshop Mini Series</a> (email or call 301-863-4069)	St. Mary's County Board of Education 23160 Mookley Street Leonardtown, MD
Wed Jan 24	7 pm - 8:30 pm	<a href="#">ADHD &amp; Behavior Management</a> (email or call 703-730-3124)	The Arc of Greater PW 13505 Hillendale Drive Training Room #2 Woodbridge, VA
Fri Feb 2	10 am - 12 pm	<a href="#">Special Needs Trusts, ABLE Accounts, Letter of Intent and Advocacy Plans</a> (mark your calendar)	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA

## HENDERSON HALL EFMP TEAM

*We are here to serve you and your family!*

1555 Southgate Road Bldg. 12,  
Arlington, VA 22214  
Office hours: M-F, 8am - 4:30pm

Email:  
[efmshh@usmc-mccs.org](mailto:efmshh@usmc-mccs.org)

Website:  
[mccshh.com/EFMP.html](http://mccshh.com/EFMP.html)

Program Manager:  
**Mike Flaherty 703-693-6361**  
[michael.flaherty@usmc-mccs.org](mailto:michael.flaherty@usmc-mccs.org)

Family Case Worker:  
**Jennifer Wong 703-693-417**  
[jennifer.wong2@usmc-mccs.org](mailto:jennifer.wong2@usmc-mccs.org)

**Amy Proce 703-693-6510**  
[amy.proce@usmc-mccs.org](mailto:amy.proce@usmc-mccs.org)

Training, Education, & Outreach Specialist:  
**Davina Hardaway 703-693-5353**  
[davina.hardaway@usmc-mccs.org](mailto:davina.hardaway@usmc-mccs.org)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program per MCO 1754.4B, for those authorized family members that require special medical and/or educational services based upon a diagnosed physical, psychological or educational need. EFMP enrollment assists Headquarters Marine Corps with assigning activity personnel to locations where the special needs family members can best meet. EFMP provides assistance with respite care, medical and educational resources, enrollment, advocacy, case management and family support groups. All applications must be updated every three years or when conditions change. For more information, call 703-693-7195.

<http://www.mccshh.com/efmp.html>



## EFMP Training & Support Opportunities

DATE	TIME	EVENT	LOCATION
Thurs Jan 4	9:30 am - 10:30 am	Fort Meade EFMP: EFMP Sip N Share (call 301-677-4779)	USO Pavilion, 8612 6th Armored Calvary Road, Fort Meade, MD
Fri Jan 12	12 pm - 2 pm	Andrews EFMP: The ABLE Act: Financial Planning for Your Exceptional Family Member (call 301-981-7087)	1191 Menoher Drive Joint Base Andrews, MD
Fri Jan 13	1 pm - 3 pm	Henderson Hall EFMP: Family Social - Family Game Day	USO: 5940 9th Street, Fort Belvoir, VA
Wed Jan 17	11:30 am - 1 pm	Joint Base Myer-Henderson Hall EFMP: Is Your Child a Target of Bullying?	Pentagon Library & Conference Center Room B3
Thurs Jan 18	10 am - 12 pm	Fort Meade EFMP: Cyber Security for Children (call 301-677-5734)	830 Chisholm Avenue, Liberty Room Fort Meade, MD
Tues Jan 23	12 pm - 1 pm	Quantico EFMP: Lunch and Learn with the Freder- icksburg Disability Resource Center (call 571-931-0524)	MCFTB, 126 Neville Road MCB Quantico, VA
Thurs Jan 25	11 am - 12 pm	Henderson Hall EFMP: Introduction to EFMP (call 703- 693-5353)	Building 12, Conference Room Henderson Hall, VA
Mon Jan 29	11:30 - 1 pm	Joint Base Myer-Henderson Hall EFMP: Service Ani- mals	Pentagon Library & Conference Center Room B3



PHOTOS BY CPL. MAVERICK MEJIA



### CBIRF celebrates 242nd anniversary of the Marine Corps during birthday ball

ALEXANDRIA, Va. – Chemical Biological Incident Response Force, CBIRF, U.S. Marine Corps Forces Command, Marines, Sailors and their friends and families commemorated the 242nd anniversary of the United States Marine Corps during CBIRF's 2017 Marine Corps birthday ball at the Hilton Mark Center in Alexandria, Va., Nov. 4, 2017. Maj. Gen. Richard J. Gallant, U.S. Army Commander of Joint Task Force Civil Support, and his wife Mrs. Carol Gallant, were the guests of honor.







# CHAP'S CORNER



Dear Marines, Sailors, and Families,

It is my prayer that this holiday season was refreshing for all of you.

Thinking ahead to the New Year can create new stresses in your life. I want to remind you there are many resources available for you as we enter 2018.

Please feel free to contact me for more information if you are feeling

overwhelmed this new year. I have also attached a flyer with the January Spiritual Fitness Schedule.

Here are some tips that may help keep you from losing your cool.

1. Remind yourself of the reason for the celebration - regardless of your faith tradition, showing kindness and goodwill toward others is always beneficial to you, our community and those whom you choose to bless.
2. Slow down - practice relaxation, yoga, meditation or all of the above.

Just stop for a few minutes, count your blessings, take some deep breaths.

3. Don't over indulge - have fun, but be safe have a plan and don't get yourself in trouble

4. Re-connect/connect with your faith - it has been proven over and over the quantifiable positive effects that faith has on our personal resiliency. Go to a place of worship of your choosing and get involved.

Please reach out if there is anything I can do for you.

Happy New Year!

For our Inspiration today please indulge me as I share from my faith tradition:

*"A great company of the heavenly host appeared with the angel, praising God and saying: Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."*

Blessings,  
LT. David M. Ferguson  
CBIRF Command Chaplain

**SPIRITUAL FITNESS**  
**JANUARY SCHEDULE**  
**Spiritual Fitness Exercises:**

**BUILDING 901-Conference Room**  
Thursday 4 January 1230  
Thursday 18 January 1230

**RESTRICTED SIDE**  
**ENG. CONFERENCE ROOM**

Wednesday 10 January 1230  
Thursday 25 January 1230

*"Regardless of individual philosophy or beliefs, spiritual well-being makes us better warriors and people of character capable of making good choices."*  
General Robert B. Neller, Commandant, United States Marine Corps

*Please reach out if there is anything I can do for you!*

LT. David M. Ferguson  
 Command Chaplain  
 CBIRF, MARFORCOM

3399 Strauss Ave.  
 NSF Indian Head, MD  
 20640  
 Office: 301-744-2088  
 Cell: 240-419-9457  
 david.m.ferguson@  
 usmc.mil

***Want Spiritual Fitness Updates sent to your cellphone?***

Text  
**Yes**  
 to  
**240-419-9457**

**MARINE & Family** | Exceptional Family Member Program



# Roles & Responsibilities

**What the Installation EFMP Office does:**

- ◆ Case Management through your Family Case Worker
- ◆ Family Support Groups
- ◆ Special Needs Forums
- ◆ Local Resources, Activities, and MCCS Programs
- ◆ Support during PCS Moves and Deployments
- ◆ Assistance in obtaining EFMP enrollment documents
- ◆ Family training by subject matter experts
- ◆ Representation at Child and Youth Programs' Inclusion Action Team meetings
- ◆ Attendance at local meetings to support efforts for provision of educational services

**EFMP Installation Office does not:**

- ◆ Validate PCS assignments for the availability of care at the gaining installation
- ◆ Determine Level of Need for EFMP Respite Reimbursement

**What HQMC EFMP does:**

- ◆ Reviews initial and updated EFMP enrollments
- ◆ Determines Level of Need for EFMP Respite Reimbursement Program
- ◆ Reviews for architectural/environmental housing considerations
- ◆ Reviews for Priority Housing consideration
- ◆ Reviews PCS Assignments to ensure the availability and accessibility of required medical and educational care

**HQMC EFMP does not:**

- ◆ Offer case management support
- ◆ Direct or Select Assignments. All orders, including requests for Humanitarian Assignment, Tour Curtailment, and Early Return of Dependents are a function of Manpower (MMEA/MMOA).

**HENDERSON HALL OFFICE**

PHONE 703.693.5353  
WEBSITE <http://www.mccshh.com/efmp.html>

**HQMC EFMP**

PHONE 703.784.0298  
FAX 703.784.9821  
EMAIL [hqmc.efmp@usmc.mil](mailto:hqmc.efmp@usmc.mil)



## HENDERSON HALL HAPPENINGS:

**Pre-Separation Counseling Brief**

Wed, Jan 3  
9:30 am - 11 am  
Henderson Hall, Building 21  
Contact the CRMC Office at 703-614-6828.

**All About Military Spouse Employment**

Thurs, Jan 4  
9 am - 2:30 pm  
Henderson Hall Bldg. 21  
Contact the CRMC Office at 703-614-6828.

**Indoor Play Morning**

Thursdays, Jan 4, 11, 18, 25  
10 am - 11:30 am  
Memorial Chapel, Joint Base Myer-Henderson Hall  
Registration requested 703-696-3512

**Three Point Contest**

Thurs, Jan 11  
12 pm - 1 pm  
Henderson Hall, Cpl Terry L. Smith Gym  
Register by January 8 by calling 703-614-7214.

**Baby Boot Camp**

Fri, Jan 26  
8:30 am - 2:30 pm  
Henderson Hall, Building 12  
Conference Room  
Please call 703-614-7204 to register.

Visit [mccshh.com/calendar](http://mccshh.com/calendar) for more events.



**It may be cold outside, but it's a good time to start thinking about Summer Camps for your children.**

The American Camp Association (ACA) is a leading authority in youth development, and works to preserve, promote, and improve the camp experience. ACA provides accreditation to camps as solid proof of a camp's accountability, credibility, and commitment. You can search for camps by disability, location, and more. Visit their website at [acacamps.org](http://acacamps.org) for more information.

**Operation We Are Here** is a hub of resources for the military community and military supporters. Visit their

military community and military supporters. Visit their website at [operationwearehere.com](http://operationwearehere.com) for a list of free (or discounted) camps & activities for military children & teens.

A camp in our area that is accredited by the ACA, **EasterSeals Camp Fairlee**, has started registrations for Summer.

Also, feel free to reach out to your EFMP Family Case Workers for assistance.



Clip art retrieved from google.com



# SHARPENING THE EDGE



## ADVANCED DECON/ IDP TRAINING

PHOTOS BY STAFF SGT. SANTIAGO G. COLON JR.

PERRY, Ga. – Decontamination Platoon and Identification and Detection Platoon with Chemical Biological Incident Response Force, CBIRF, U.S. Marine Corps Forces Command, executed Advanced Decontamination/ Identification and Detection Training at Guardian Centers, Perry, Ga., Dec. 11-14, 2017. During the training, the platoons refined their current skills, procedures and logistics of setting up a decontamination site and identification, detection and sampling of agents in the hot zone.

## EOD, SUPPORT SECTIONS TRAIN AT FORT PICKETT

PHOTOS BY CPL. MAVERICK MEJIA

FORT PICKETT, Va. – Marines with Chemical Biological Incident Response Force, CBIRF, Explosive Ordnance Disposal, EOD, and supporting elements including Communications Platoon and CBIRF Medical underwent special EOD training that covered the basics of properly sweeping areas for undetonated ordnance devices as well as properly and safely disposing of them by controlled explosives at National Guard Training Facility Fort Pickett, Va., Dec. 11-15, 2017.



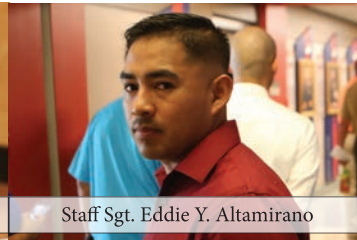




Chief Petty Officer Alfredo A. Medina



Sgt. Dexter A. Fagan



Staff Sgt. Eddie Y. Altamirano



Cpl. Nikolas T. Graham



Lance Cpl. Matthais T. Garley



Sgt. John H. Shelton



Sgt. Kalen Marroquin and Ashley Marroquin



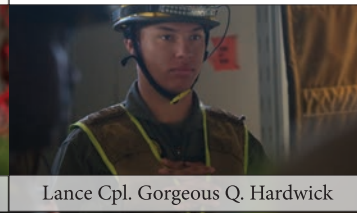
Cpl. Jacob D. Chapman



Cpl. Victor D. Zaragoza



Cpl. Jake D. Gregory



Lance Cpl. Gorgeous Q. Hardwick



WO Jacob A. Mead



Sgt. David Hernandez and Family

# Faces of CBIRF

PHOTOS BY CPL. MAVERICK S. MEJIA  
AND  
STAFF SGT. SANTIAGO G. COLON JR.



CBIRF SNCOs



Staff Sgt. Kevin W. Brown



Gunnery Sgt. David S. Puy



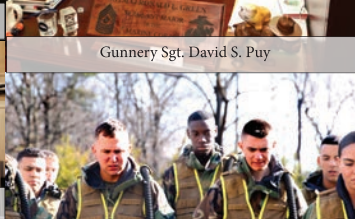
Gunnery Sgt. Uriah Z. Whittemore



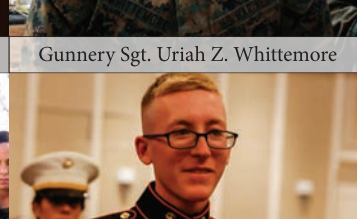
CBIRF Colorguard



The Magnificent 7 (Minus 1)



CBIRF Marines



Pfc. Branden F. Scoville



Cpl. Zachary T. Polzin



Gunnery Sgt. Maribel I. Coleman



Corporals Course



First Sgt. Jonathan J. Ragland



Gunnery Sgt. Eugene E. Moye



Cpl. Thomas E. Pophin



# COLD WEATHER SAFETY TIPS

Winter can be a fun-filled time to enjoy outdoor activities. Snowball fights, sledding, skiing, and even simply walking in the snow--for those of you who enjoy that--will require some precautions. So this winter, be good to your body, and follow these helpful safety tips:

Drink plenty of water during the cold weather, especially before you go outdoors. Dehydration occurs more often in the winter than in summer months. If you have house plants, you may notice that they need watering more often in the winter. This is due to the heater running during the wintertime. This drying effect also occurs within our bodies, so remember to replenish. Ensure your pets have the opportunity to drink more water as well.

Dress in many layers of clothing and wear a hat and gloves/mittens. Layers of thin clothing are actually warmer than a single layer of thick clothing. Also, one of the best ways to stay warm is to wear a hat, as most body heat is lost through the top of the head.

Be a defensive driver, especially in the 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. Good vision is a key to good driving. Plan your stops and keep more distance between cars. Be extra alert. Remember, always match your speed to the road and weather conditions.

Avoid long periods of time in the cold. The best way to be safe in extremely cold weather is to stay inside. Long periods of exposure to severe cold increase the risk of frostbite or hypothermia. 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, go inside right away. These are signs of hypothermia and frostbite. If you experience these symptoms, you will need immediate attention to prevent further risk. If shoveling, come inside often for warm-up breaks.

*Interested in volunteering in the local community?*

Contact the Ramona Higgins, CBIRF Family Readiness Officer for more information.

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

# Military Spouse Education Benefits

Did you know that the Military Spouse Career Advancement Accounts Program (MyCAA) is a resource many military spouses can use? It provides up to \$4,000 (over 2 years) of Financial Assistance for military spouses who are pursuing degree programs, licenses or credentials leading to employment in portable career fields.

This benefit is available to spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2. It offers a maximum financial benefit of \$4,000 with a fiscal year cap of \$2,000. Waivers will be available for spouses pursuing licensure or certification up to the total maximum assistance of \$4,000.

MyCAA requires military spouses to finish their program of study within three years from the start date of the first course, and it is limited to associate degrees, certification and licensures.

Visit <https://aiportal.acc.af.mil/mycaa/Default.aspx> for more information.

# Women's Empowerment Group

A new forum is here at Indian Head that will foster a positive and comfortable environment where women can learn, connect, and socialize while gaining useful information and resources. Please join us as we host our Women's Empowerment Group, sponsored by Henderson Hall.

This will be a bi-weekly event that educates and empowers women with the skills and confidence necessary to pursue goals, create a healthy lifestyle, and gain confidence for themselves and their children.

No need to register, just mark your calendars and come on down!

**When:** 1st and 3rd Wednesday of each month, 10-11 A.M.

**Where:** CBIRF Library - Children's Room (4163 N. Jackson Rd. Bldg. 620 Indian Head, MD 20640)

**\*\*Children Are Welcome\*\***

Please Contact Arielle Gibson for additional information: 703-693-7181

# THE HOTZONE

The editorial content for this official Marine Corps publication is edited, prepared and approved by Chemical Biological Incident Response Force Communication Strategy and Operations Office. Correspondence should be addressed to **CommStrat, 3399 Strauss Ave, Ste. 219, Indian Head, Md., 20640.**

To provide comments or suggestions call 240-419-1858 or email [santiago.colon@usmc.mil](mailto:santiago.colon@usmc.mil).

**Commanding Officer**  
Col. Michael Carter

**Family Readiness Officer**  
Ramona Higgins

**Communication Strat/Ops Chief**  
Staff Sgt. Santiago G. Colon Jr.



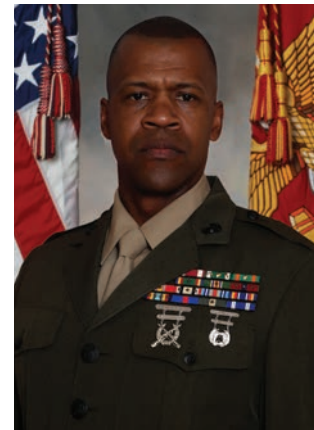
# CBIRF LEADERSHIP



**CBIRF Commanding Officer**  
Col. Michael L. Carter



**CBIRF Executive Officer**  
Lt. Col. Shaun T. Fitzpatrick



**CBIRF Sergeant Major**  
Sgt. Maj. Alonzo Baxter

## SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

### UNIFORMED VICTIM ADVOCATE



**MSGT. BRIAN J. DUPUY**  
S3/DRTF

NSF Indian Head  
24/7 Sexual Assault  
Support Line  
**540-424-0660**

### SEXUAL ASSAULT RESPONSE COORDINATOR



**LCDR LYNSDY M. MEYER**  
SAFETY OFFICER

**OFFICE: 301-744-4050**  
**HOURS: 0730 - 1630**

#### UNRESTRICTED REPORTING

Allows a Marine who is sexually assaulted to report the assault and receive support, advocacy, medical treatment, and counseling...

with a law enforcement investigation and the support of the Chain of Command.

*EITHER WAY - FIRST TALK WITH YOUR UVA OR SARC!*

**DOD SAFE HELPLINE: 1-877-995-5247**

#### RESTRICTED REPORTING

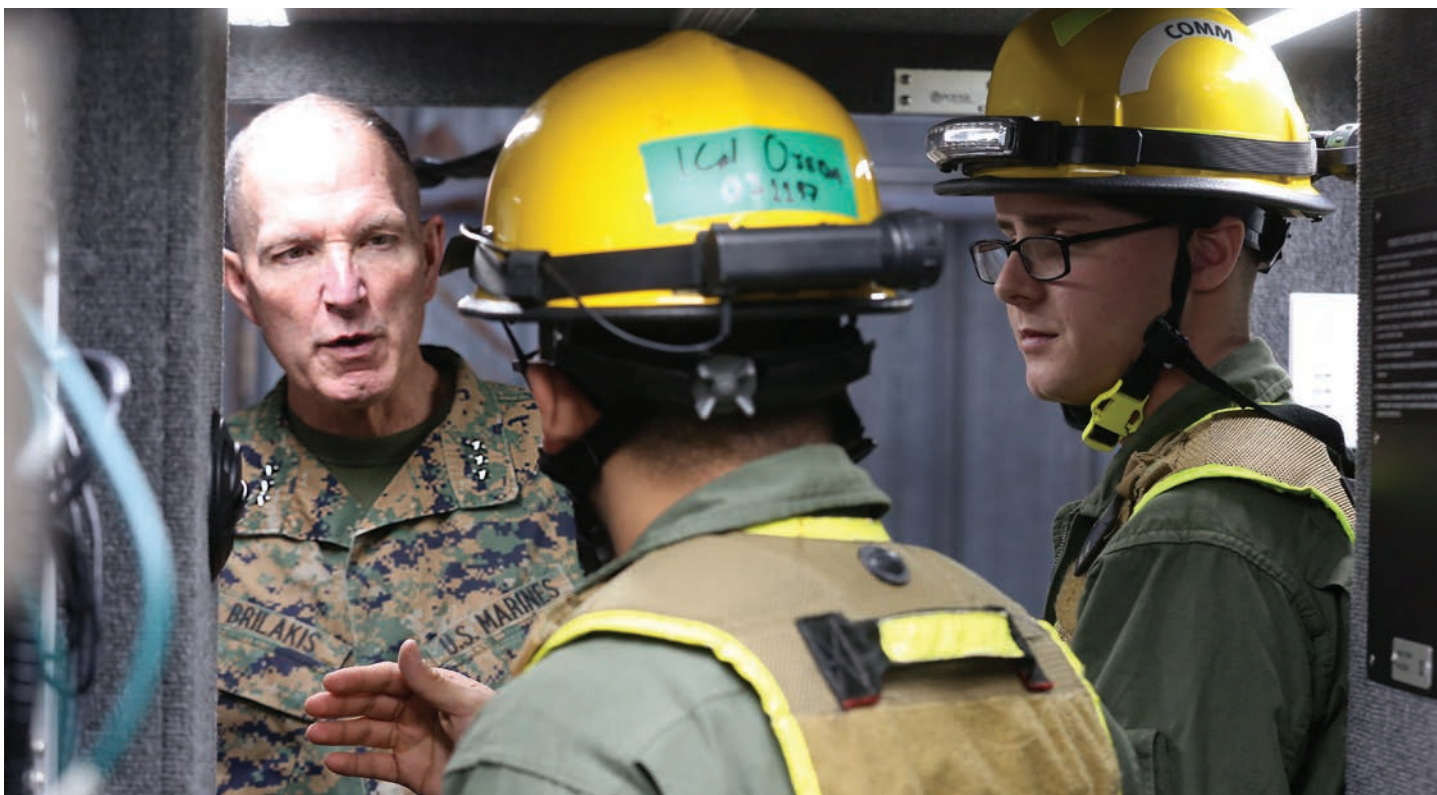
Allows a Marine who is sexually assaulted to **confidentially** report the assault and receive support, advocacy, medical treatment, and counseling...

**without a law enforcement investigation or command involvement.**

# CBIRF KEY NUMBERS

<b>CBIRF OOD</b>	301-744-2038	<b>TRICARE</b>	877-874-2273
<b>CBIRF Command Deck</b>	301-744-1092	<b>Pass &amp; ID</b>	301-744-4379
<b>Family Readiness Officer</b>	301-744-5025	<b>Navy Exchange</b>	301-743-5414
<b>Chaplain</b>	301-744-2017	<b>Morale Welfare and Recreation</b>	301-744-4775
<b>Navy/MC Relief Society</b>	301-342-4739	<b>ITT</b>	301-744-4850
<b>Military/Family Life</b>		<b>Housing Office</b>	301-743-6920
<b>Counselor</b>	301-744-2030	<b>Base Police</b>	301-744-4111
<b>Medical (non-emergency)</b>	301-744-4601	<b>Base Fire/ EMS</b>	301-744-4333
<b>Sexual Assault Reporting</b>	877-995-5247	<b>Emergency</b>	911

# MARFORCOM Commander visits CBIRF



PHOTOS BY STAFF SGT. SANTIAGO G. COLON JR.

NAVAL SUPPORT FACILITY INDIAN HEAD, Md. – Lt. Gen. Mark A. Brilakis, Commander of U.S. Marine Corps Forces Command, MARFORCOM, received a tour of Naval Support Facility Indian Head and Annex Stump Neck during his visit with MARFORCOM subordinate element Chemical Biological Incident Response Force, CBIRF, Nov. 30, 2017. During his visit he received briefs from CBIRF command staff, toured facilities used by CBIRF, talked to CBIRF Marines and Sailors, and received a demonstration of the response force’s capabilities in case of a crisis.







## Morale, Welfare and Recreation Naval Support Facility Indian Head

4260 Steve's Way

Bldg D-328

Indian Head, MD 20640

Phone: 301-744-4775

### Auto Hobby Shop

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.**

### Community Recreation Center

The Community Rec 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.**

### Globe and Anchor/ Tiki Bar

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.**

### Rentals

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.**

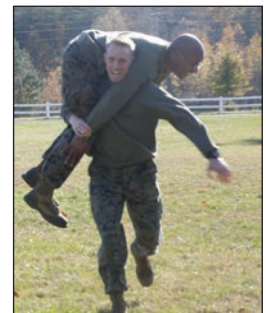
## BATTALION PT



### CBIRF Marines and Sailors conduct physical training before Thanksgiving

PHOTOS BY CPL. MAVERICK MEJIA

NAVAL SUPPORT FACILITY INDIAN HEAD, Md. - Prior to the Thanksgiving holiday liberty period Marines and Sailors with Chemical Biological Incident Response Force conducted battalion physical training at the base football field, Nov. 22, 2017.



# 2018 MWR CALENDAR

## JANUARY

### Yoga for Kids

Thursdays, Jan. 4 & 11  
2:00 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Ideal for homeschoolers and  
preschoolers

### Zumba

Mondays, Jan. 8, 22, 29  
11:30 A.M.

Weight House Fitness Center • 4355  
Security Dr, Bldg 1660

### DIY Fairies in a Jar

Friday, Jan. 12 | 5:30 P.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620

### Pentagon City/ Ice Skating Outing

Saturday, Jan. 13  
Depart at 10 A.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$9 adults, \$8 child (12 and  
under), \$5 skate rental

### STEM Keva Bot Maze

Wednesday, Jan. 17  
5:30 - 6:45 P.M.

Register by Jan. 15 at Community  
Recreation Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

### Paint and Sip

Friday, Jan. 19 | 6 - 8 P.M.  
Adults 21+ Only

Register by Jan. 12 at Community  
Recreation Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

### Puzzle Lovers Day

Monday, Jan. 29  
5:30 - 6:45 P.M.

All day pick up free puzzle while  
supplies last or build one.  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00

## FEBRUARY

### Yoga for Kids

Thursdays, Jan. 1, 8, 15, 22 2:00  
P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Ideal for homeschoolers and  
preschoolers

### Zumba

Mondays, Jan. 5, 12, 26  
11:30 A.M.

Weight House Fitness Center  
4355 Security Dr, Bldg 1660

### DIY Mardi Gras Masks

Friday, Feb. 1 • 5:30 P.M.

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620

### Ski/ Tubing Trip

Thursday, Feb. 8  
Depart TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00 bus cost; DOD  
& Active Duty free admission,  
Equipment rental fee: TBD

### Black History Month: Culture Queen

Friday, Feb. 9  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$25.00 bus cost; DOD  
& Active Duty free admission,  
Equipment rental fee: TBD

### Murder Mystery

Saturday, Feb. 10  
5 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$5

### Valentine Sock Teddy Bears

Wednesday, Feb. 14  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### No Sew Fleece Blanket

Friday, Feb. 23  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

## MARCH

### Dr. Seuss Birthday

Celebration  
Thursday, March 1  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Zumba

Mondays, March 5, 12, 19, 26  
11:30 A.M.

Weight House Fitness Center  
4355 Security Dr, Bldg 1660

### 3D Pens

Wednesday, March 7  
5:00 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620  
Older Elem 8 and up and teens

### DIY T-shirt Totes

Friday, March 9  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Madame Tussauds D.C.

#### Outing

Saturday, March 10  
11-2 P.M.  
Depart: TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: \$13 Adult \$10.25 child,  
Military: Free w/ ID

### Pi Day

Wednesday, March 14  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Snacks with the Easter

#### Bunny

Friday, March 23  
5:30 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### MWR Easter

#### Eggtravaganza

Saturday, March 24  
11-2 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

## APRIL

### Love Your Library Peep

#### Show Contest

April 2-6  
Time TBD

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Kite Day

April 3  
11 A.M.-12 P.M.  
(Pending Weather)

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Virtual Meet & Greet UK children's author Julia

#### Patton

April 12  
4:30 P.M.

FREE Books First Come, First  
Serve  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Virtual Meet & Greet UK children's author Julia

#### Patton

April 12  
4:30 P.M.

FREE Books First Come, First  
Serve  
Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Month of the Military Child

April 18 | 5-7 P.M.

Community Recreation Center and  
Library  
4163 N. Jackson Rd. Bldg 620

### Escape Room Outing

April 28 | TBD

Register at Community Recreation  
Center and Library  
4163 N. Jackson Rd. Bldg 620  
Cost: TBD





# L.I.N.K.S. LESSON FOR 2018

## *What you should know about the Blended Retirement System*

### **What is the Blended Retirement System?**

Military retirement is changing and many Marines will have a choice to make in 2018. Included among the thousands of items in the FY 2016 National Defense Authorization Act were significant changes in the military retirement system. The changes, based upon recommendations from the Military Compensation and Retirement Modernization Commission, are intended to provide Service members with a portable retirement benefit whether serving four years or forty years, while also providing cost savings.

### **When Does This Take Effect? Who is Affected?**

The Blended Retirement System, or BRS, takes effect 1 January 2018. If you enter service prior to this date, you are grandfathered into the current retirement system. Eligibility for the new retirement system is based upon pay entry base date (PEBD). If your PEBD date is on or after 1 January 2006 and before 1 January 2018, you may elect to enroll in the Blended Retirement System. During the period from 1 January 2018 until 31 December 2018 you may enroll in the new system if you have less than 12 years of service, by PEBD, or less than 4,320 retirement points. The Blended Retirement System is the retirement plan for Marines who enter service on or after 1 January 2018.

### **Current Retirement System**

Our current retirement system consists of a 20 year cliff vested annuity (a defined benefit plan). This means that if you enter the Marine Corps and serve for at least 20 years, you will earn a monthly retirement annuity for the remainder of your life. The amount of your monthly payment is calculated by determining a monthly average based upon your three highest years of base pay and then multiplying the average monthly pay by 2.5 % for each year of service. So for 20 years of service you would receive 50% of the average of your highest three years of base pay (high three average x 2.5 x YOS). Each year of service in excess of 20 years nets you an additional 2.5% of your high three base pay. In addition, you have the option of contributing to a defined contribution plan, the Thrift Savings Plan (TSP), to increase your retirement nest egg.

### **New Blended Retirement System**

The new Blended Retirement System retains the 20 year cliff vested annuity, but reduces the multiple from 2.5% to 2.0%. Under the new plan you would receive 40% of the average of your highest three years of base pay after 20 years of service. Each additional year of service in excess of 20 years provides you with an additional 2% of your high three base pay. To offset the reduced defined benefit, the defined contribution component, the TSP, becomes an integral part of the retirement plan.

As noted above, if you have less than 12 years of service or fewer than 4,320 retirement points you may choose to move from the current retirement system to the Blended Retirement System. If you choose the BRS you will begin receiving government automatic and matching contributions to your TSP account in the next pay period following your election. The automatic contribution is an amount equal to 1% of your base pay. You will receive this contribution whether or not you are making your own contributions to your TSP account. In addition, if you are contributing to your TSP account, you will receive government matching funds equivalent to your contributions for amounts from 1% to 3%. At 4%, the government match is 3.5%. And, at 5%, the government match is 4%.

**Let's do the math**

You have completed two years of service and are actively contributing 5% of your base pay to TSP. The Marine Corps will also be contributing an amount equal to 5% of your base pay to your TSP account. You become vested in the 1% automatic contributions after two years of service which means if you leave the Marine Corps the money the government has contributed to your TSP is yours to keep. Government matching contributions are vested immediately.

Marines who enter service on or after 1 January 2018 will be automatically enrolled in the TSP at a 3% contribution rate. In addition, the Marine Corps will contribute an amount equal to 1% of base pay to the account after 60 days of service. Marines may adjust or terminate contributions at will via MyPay, but the 1% Service contribution is automatic and does not change. In addition, if these Marines contribute to the TSP, they will receive government matching of those contributions after two full years of service.

### **Continuation Pay in New Blended Retirement System**

The new system also provides a continuation pay bonus at the completion of 12 years of service. Continuation pay is a cash payment to you in return for a promise to remain in the Marine Corps for four additional years. The amount of continuation pay is calculated by multiplying one month of your base pay by 2.5 if you are an active duty Marine, or by multiplying one month of your base pay by .5 if you are a Reserve Marine. This payment is considered taxable income in the year received and must be repaid if you fail to complete the additional four years of service. Continuation Pay may be contributed to your TSP account keeping in mind that annual IRS limits apply to all contributions.

### **How Benefits Are Paid in the New Blended Retirement System**

The final element of the BRS is the option for lump sum payment at the time of retirement. You may choose to receive a 50% or 25% lump sum payment (discounted to present value) at the time of retirement in exchange for a reduced retired pay annuity until you reach full retirement age. Your retirement annuity returns to the full amount when you reach full retirement age which is currently 67 years old. The choice to take a lump sum payment will be made at the time of retirement. There are significant factors to consider before choosing a lump sum distribution. You should discuss your options with your installation PFM or unit CFS prior to making a decision.

### **Blended Retirement System**

#### **If You Are Eligible You Will Need to Make a Choice**

If you fall into the eligibility zone to choose the new system, you will have a choice to make. The decision is unique to your individual career and retirement goals and there isn't a single right answer for everyone. Training materials, to include calculators and comparison tools, are available to help you make a decision. Your installation Personal Financial Management Office can assist you in preparing to make the right choice for your situation. More information is also available at the Manpower & Reserve Affairs BRS for Marines CAC-enabled website

**L.I.N.K.S. is offered through Marine Corps Family Team Building for basic Marine Corps acculturation, local installation resources, and community involvement. L.I.N.K.S. is offered as both an installation and unit training to Marines, Sailors and families.**

**Quantico L.I.N.K.S. Program 126 Neville Rd Mon - Fri: 7:30am - 4pm (703) 634-2678**





# 2017



For more CBIRF content search [#ThinkCBIRF](#)



# IN REVIEW





# PROMOTIONS

## OCTOBER 2017

Lance Cpl. Timothy F. Benford  
 Lance Cpl. Austin E. Recio  
 Pfc. Kole M. Wisecarver  
 Lance Cpl. Joseph Almasan  
 Pfc. Keondre D. Bain  
 Staff Sgt. Colin S. Bitter  
 Lance Cpl. Jing E. Chen  
 Lance Cpl. Joseph J. Galas  
 Sgt. Jonas A. Gonzalez  
 Lance Cpl. Andres Hernandez  
 Staff Sgt. Kenneth E. Hunt  
 Lance Cpl. Micah Q. Lewis  
 Lance Cpl. Christophe D. Mccall Jr  
 Lance Cpl. Joshua L. Meadows  
 Lance Cpl. Johnathan A. Morris  
 Lance Cpl. John M. Moyer  
 Staff Sgt. Casey P. Murphy  
 Lance Cpl. Matthew S. Persiani  
 Lance Cpl. Hai T. Pham  
 Cpl. Thomas E. Pophin  
 Sgt. Devin W. Tyler  
 Cpl. Charles K. Westling III



## NOVEMBER 2017

Pfc. Kenneth D. Avila  
 Lance Cpl. Bradley J. Ballew  
 Cpl. Amethyst Bou  
 Pfc. Cameron S. Davis  
 Pfc. Gutu N. Fida  
 Sgt. Christian J. Jenkins  
 Lance Cpl. William A. Kerr  
 Pfc. Jonathan T. Laraj  
 Lance Cpl. Brian E. Masten  
 Lance Cpl. Alex J. Mobergstrain  
 Cpl. Dillon A. Moss  
 Staff Sgt. George R. Phillips  
 Pfc. Kevin A. Tate  
 Pfc. Jermaine W. Wright  
 Sgt. Michaeljas B. Young Jr



## DECEMBER 2017

Pfc. Karl R. Hilliard  
 Staff Jennifer L. Alvarado  
 Lance Cpl. Bryanna L. Barret  
 Cpl. Marquis J. Bessant  
 Cpl. Guillermo D. Bustosdiaz  
 Cpl. Andrew T. Calderon  
 Cpl. Anthony Carrillo  
 Cpl. Theon Dam Jr.  
 Sgt. Harold Delcastillo  
 Pfc. Daniel Diaz  
 Pfc. Austin M. Dickinson  
 Staff Sgt. Corey J. Garretson  
 Cpl. Depatrick A. Gayle  
 Pfc. Jack M. Hoekstra  
 Cpl. John Hood II  
 Pfc. Korben D. Johnson  
 Sgt. Justin D. Louk  
 Lance Cpl. Ramel T. Mcintosh  
 Pfc. Irving Medinagomez  
 Lance Cpl. Manuel Moncayo II  
 Cpl. Matthew G. Noriega  
 Pfc. Dallas E. Polk  
 Lance Cpl. Robert T. Riggs  
 Lance Cpl. Tyler J. Rinyu  
 Lance Cpl. Nicolas Riveraortiz  
 Lance Cpl. Daniel I. Robinson  
 Lance Cpl. Mike J. Robles  
 Lance Cpl. Evan E. Rodriguez  
 Lance Cpl. Harold Rodriguez  
 Lance Cpl. Christophe J. Russell  
 Lance Cpl. Dario A. Sansotta  
 Lance Cpl. Jacob C. Santoni  
 Lance Cpl. James A. Schaeffer  
 Sgt. John H. Shelton  
 Cpl. Beau S. Smith  
 Pfc. Frank J. Zember Jr.

## AWARDS

Staff Sgt. Clifford J. Volz  
 Cpl. Devin W. Tyler  
 Sgt. Robert F. Santiago  
 Sgt. John M. Romanik

Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Commendation Medal  
 Navy/ Marine Corps Achievement Medal

Oct. 26, 2017  
 Nov. 21, 2017  
 Nov. 21, 2017  
 Dec. 7, 2017



# HENDERSON HALL EXCEPTIONAL FAMILY MEMBER PROGRAM



HENDERSON HALL EFMP WISHES YOU AND YOUR FAMILIES A YEAR THAT'S PROMISING, EXCITING, INSPIRING AND FULL OF FUN! WE HOPE TO CONTINUE TO SUPPORT YOU ALL AS YOU CARE FOR ONE ANOTHER AND SERVE OUR COUNTRY. **A VERY HAPPY NEW YEAR TO ALL OF OUR EFMP FAMILIES!**

## TRAINING AND RESOURCE OPPORTUNITIES

(click on links for more information)

Date(s)	Time	Event	Location
Thurs Jan 4	12 pm - 2 pm	<a href="#">Skill Development for Families with Children with Autism or Related Disorders</a> ( <i>in-person registration</i> ) (click here for <a href="#">webinar registration</a> )	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA
Fri Jan 5	10 am - 12 pm	<b>What Questions Should I be Asking About Employment?</b> (click here for <a href="#">webinar registration</a> )	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA
Sat Jan 6	12 pm - 3 pm	<a href="#">Advocacy Training</a> (email by 1/2/18)	Autism Society of NoVA 10467 White Granite Drive Oakton, VA
Mon Jan 8	7:30 pm - 9 pm	<a href="#">Tax Tips for Parents of a Child with Special Needs: What You Need to Know at Tax Time</a> (email)	McLean Bible Church 8925 Leesburg Pike Vienna, VA
Wed Jan 10	6:30 pm	<a href="#">Collaborative and Proactive Solutions for Challenging Behaviors</a>	Annapolis High School 2700 Riva Road (auditorium) Annapolis, MD
Thurs Jan 11	10 am - 3 pm	<a href="#">Functional Behavioral Assessments (FBAs) &amp; Behavior Intervention Plans (BIPs) and Monitoring Your Child's Behavior at Home</a>	Disability Resource Center 409 Progress Street Fredericksburg, VA
Wed Jan 24	6 pm - 8:30 pm	<a href="#">How to Become an Informed Essential Parent Team Member Workshop Mini Series</a> (email or call 301-863-4069)	St. Mary's County Board of Education 23160 Mookley Street Leonardtown, MD
Wed Jan 24	7 pm - 8:30 pm	<a href="#">ADHD &amp; Behavior Management</a> (email or call 703-730-3124)	The Arc of Greater PW 13505 Hillendale Drive Training Room #2 Woodbridge, VA
Fri Feb 2	10 am - 12 pm	<a href="#">Special Needs Trusts, ABLE Accounts, Letter of Intent and Advocacy Plans</a> (mark your calendar)	The Arc of Northern Virginia 2755 Hartland Road Falls Church, VA

## HENDERSON HALL EFMP TEAM

*We are here to serve you and your family!*

1555 Southgate Road Bldg. 12,  
Arlington, VA 22214  
Office hours: M-F, 8am - 4:30pm

Email:  
[efmphp@usmc-mccs.org](mailto:efmphp@usmc-mccs.org)

Website:  
[mccshh.com/EFMP.html](http://mccshh.com/EFMP.html)

**Program Manager:**  
**Mike Flaherty 703-693-6361**  
[michael.flaherty@usmc-mccs.org](mailto:michael.flaherty@usmc-mccs.org)

**Family Case Worker:**  
**Jennifer Wong 703-693-417**  
[jennifer.wong2@usmc-mccs.org](mailto:jennifer.wong2@usmc-mccs.org)

**Amy Proce 703-693-6510**  
[amy.proce@usmc-mccs.org](mailto:amy.proce@usmc-mccs.org)

**Training, Education, & Outreach Specialist:**  
**Davina Hardaway 703-693-5353**  
[davina.hardaway@usmc-mccs.org](mailto:davina.hardaway@usmc-mccs.org)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program per MCO 1754.4B, for the authorized family member that require special medical and/or educational services based upon a diagnosed physical, psychological or educational need. EFMP enrollment assists Headquarters Marine Corps with assigning activity personnel to location where the special needs family members can best meet. EFMP provides assistance with respite care, medical and educational resources, enrollment, advocacy, case management and family support groups. All applications must be updated every three years or when conditions change. For more information, call 703-693-7195.

<http://www.mccshh.com/efmp.html>

## EFMP Training & Support Opportunities

DATE	TIME	EVENT	LOCATION
Thurs Jan 4	9:30 am - 10:30 am	Fort Meade EFMP: EFMP Sip N Share (call 301-677-4779)	USO Pavilion, 8612 6th Armored Calvary Road, Fort Meade, MD
Fri Jan 12	12 pm - 2 pm	Andrews EFMP: The ABLE Act: Financial Planning for Your Exceptional Family Member (call 301-981-7087)	1191 Menoher Drive Joint Base Andrews, MD
Fri Jan 13	1 pm - 3 pm	Henderson Hall EFMP: Family Social - Family Game Day	USO: 5940 9th Street, Fort Belvoir, VA
Wed Jan 17	11:30 am - 1 pm	Joint Base Myer-Henderson Hall EFMP: Is Your Child a Target of Bullying?	Pentagon Library & Conference Center Room B3
Thurs Jan 18	10 am - 12 pm	Fort Meade EFMP: Cyber Security for Children (call 301-677-5734)	830 Chisholm Avenue, Liberty Room Fort Meade, MD
Tues Jan 23	12 pm - 1 pm	Quantico EFMP: Lunch and Learn with the Freder- icksburg Disability Resource Center (call 571-931-0524)	MCFTB, 126 Neville Road MCB Quantico, VA
Thurs Jan 25	11 am - 12 pm	Henderson Hall EFMP: Introduction to EFMP (call 703- 693-5353)	Building 12, Conference Room Henderson Hall, VA
Mon Jan 29	11:30 - 1 pm	Joint Base Myer-Henderson Hall EFMP: Service Ani- mals	Pentagon Library & Conference Center Room B3



PHOTOS BY CPL. MAVERICK MEJIA



### CBIRF celebrates 242nd anniversary of the Marine Corps during birthday ball

ALEXANDRIA, Va. – Chemical Biological Incident Response Force, CBIRF, U.S. Marine Corps Forces Command, Marines, Sailors and their friends and families commemorated the 242nd anniversary of the United States Marine Corps during CBIRF's 2017 Marine Corps birthday ball at the Hilton Mark Center in Alexandria, Va., Nov. 4, 2017. Maj. Gen. Richard J. Gallant, U.S. Army Commander of Joint Task Force Civil Support, and his wife Mrs. Carol Gallant, were the guests of honor.







# CHAP'S CORNER



Dear Marines, Sailors, and Families,

It is my prayer that this holiday season was refreshing for all of you.

Thinking ahead to the New Year can create new stresses in your life. I want to remind you there are many resources available for you as we enter 2018.

Please feel free to contact me for more information if you are feeling

overwhelmed this new year. I have also attached a flyer with the January Spiritual Fitness Schedule.

Here are some tips that may help keep you from losing your cool.

1. Remind yourself of the reason for the celebration - regardless of your faith tradition, showing kindness and goodwill toward others is always beneficial to you, our community and those whom you choose to bless.
2. Slow down - practice relaxation, yoga, meditation or all of the above.

Just stop for a few minutes, count your blessings, take some deep breaths.

3. Don't over indulge - have fun, but be safe have a plan and don't get yourself in trouble

4. Re-connect/connect with your faith - it has been proven over and over the quantifiable positive effects that faith has on our personal resiliency. Go to a place of worship of your choosing and get involved.

Please reach out if there is anything I can do for you.

Happy New Year!

For our Inspiration today please indulge me as I share from my faith tradition:

*"A great company of the heavenly host appeared with the angel, praising God and saying: Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."*

**Blessings,  
LT. David M. Ferguson  
CBIRF Command Chaplain**

**SPIRITUAL FITNESS**  
**JANUARY SCHEDULE**  
**Spiritual Fitness Exercises:**

**BUILDING 901-Conference Room**  
Thursday 4 January 1230  
Thursday 18 January 1230

**RESTRICTED SIDE  
ENG. CONFERENCE ROOM**

Wednesday 10 January 1230  
Thursday 25 January 1230

*"Regardless of individual philosophy or beliefs, spiritual well-being makes us better warriors and people of character capable of making good choices."*  
General Robert B. Neller, Commandant, United States Marine Corps

*Please reach out if there is anything I can do for you!*

LT. David M. Ferguson  
Command Chaplain  
CBIRF, MARFORCOM

3399 Strauss Ave.  
NSF Indian Head, MD  
20640  
Office: 301-744-2088  
Cell: 240-419-9457  
david.m.ferguson@  
usmc.mil

***Want  
Spiritual  
Fitness  
Updates  
sent to your  
cellphone?***

Text  
**Yes**  
to  
**240-419-9457**

**MARINE & Family** | Exceptional Family Member Program



# Roles & Responsibilities

**What the Installation EFMP Office does:**

- ◆ Case Management through your Family Case Worker
- ◆ Family Support Groups
- ◆ Special Needs Forums
- ◆ Local Resources, Activities, and MCCS Programs
- ◆ Support during PCS Moves and Deployments
- ◆ Assistance in obtaining EFMP enrollment documents
- ◆ Family training by subject matter experts
- ◆ Representation at Child and Youth Programs' Inclusion Action Team meetings
- ◆ Attendance at local meetings to support efforts for provision of educational services

**EFMP Installation Office does not:**

- ◆ Validate PCS assignments for the availability of care at the gaining installation
- ◆ Determine Level of Need for EFMP Respite Reimbursement

**What HQMC EFMP does:**

- ◆ Reviews initial and updated EFMP enrollments
- ◆ Determines Level of Need for EFMP Respite Reimbursement Program
- ◆ Reviews for architectural/environmental housing considerations
- ◆ Reviews for Priority Housing consideration
- ◆ Reviews PCS Assignments to ensure the availability and accessibility of required medical and educational care

**HQMC EFMP does not:**

- ◆ Offer case management support
- ◆ Direct or Select Assignments. All orders, including requests for Humanitarian Assignment, Tour Curtailment, and Early Return of Dependents are a function of Manpower (MMEA/MMOA).

**HENDERSON HALL OFFICE**

PHONE 703.693.5353  
WEBSITE <http://www.mccshh.com/efmp.html>

**HQMC EFMP**

PHONE 703.784.0298  
FAX 703.784.9821  
EMAIL [hqmc.efmp@usmc.mil](mailto:hqmc.efmp@usmc.mil)



## HENDERSON HALL HAPPENINGS:

**Pre-Separation Counseling Brief**

Wed, Jan 3  
9:30 am - 11 am  
Henderson Hall, Building 21  
Contact the CRMC Office at 703-614-6828.

**All About Military Spouse Employment**

Thurs, Jan 4  
9 am - 2:30 pm  
Henderson Hall Bldg. 21  
Contact the CRMC Office at 703-614-6828.

**Indoor Play Morning**

Thursdays, Jan 4, 11, 18, 25  
10 am - 11:30 am  
Memorial Chapel, Joint Base Myer-Henderson Hall  
Registration requested 703-696-3512

**Three Point Contest**

Thurs, Jan 11  
12 pm - 1 pm  
Henderson Hall, Cpl Terry L. Smith Gym  
Register by January 8 by calling 703-614-7214.

**Baby Boot Camp**

Fri, Jan 26  
8:30 am - 2:30 pm  
Henderson Hall, Building 12 Conference Room  
Please call 703-614-7204 to register.

Visit [mccshh.com/calendar](http://mccshh.com/calendar) for more events.



**It may be cold outside, but it's a good time to start thinking about Summer Camps for your children.**

The American Camp Association (ACA) is a leading authority in youth development, and works to preserve, promote, and improve the camp experience. ACA provides accreditation to camps as solid proof of a camp's accountability, credibility, and commitment. You can search for camps by disability, location, and more. Visit their website at [acacamps.org](http://acacamps.org) for more information.

**Operation We Are Here** is a hub of resources for the military community and military supporters. Visit their

military community and military supporters. Visit their website at [operationwearehere.com](http://operationwearehere.com) for a list of free (or discounted) camps & activities for military children & teens.

A camp in our area that is accredited by the ACA, **EasterSeals Camp Fairlee**, has started registrations for Summer.

Also, feel free to reach out to your EFMP Family Case Workers for assistance.



Clip art retrieved from google.com



# SHARPENING THE EDGE



## ADVANCED DECON/ IDP TRAINING

PHOTOS BY STAFF SGT. SANTIAGO G. COLON JR.

PERRY, Ga. – Decontamination Platoon and Identification and Detection Platoon with Chemical Biological Incident Response Force, CBIRF, U.S. Marine Corps Forces Command, executed Advanced Decontamination/ Identification and Detection Training at Guardian Centers, Perry, Ga., Dec. 11-14, 2017. During the training, the platoons refined their current skills, procedures and logistics of setting up a decontamination site and identification, detection and sampling of agents in the hot zone.

## EOD, SUPPORT SECTIONS TRAIN AT FORT PICKETT

PHOTOS BY CPL. MAVERICK MEJIA

FORT PICKETT, Va. – Marines with Chemical Biological Incident Response Force, CBIRF, Explosive Ordnance Disposal, EOD, and supporting elements including Communications Platoon and CBIRF Medical underwent special EOD training that covered the basics of properly sweeping areas for undetonated ordnance devices as well as properly and safely disposing of them by controlled explosives at National Guard Training Facility Fort Pickett, Va., Dec. 11-15, 2017.



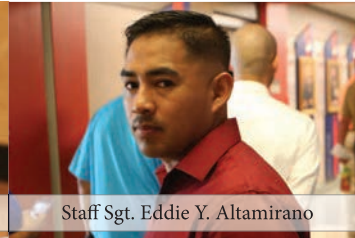




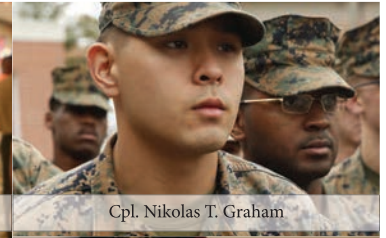
Chief Petty Officer Alfredo A. Medina



Sgt. Dexter A. Fagan



Staff Sgt. Eddie Y. Altamirano



Cpl. Nikolas T. Graham



Lance Cpl. Matthais T. Garley



Sgt. John H. Shelton



Sgt. Kalen Marroquin and Ashley Marroquin



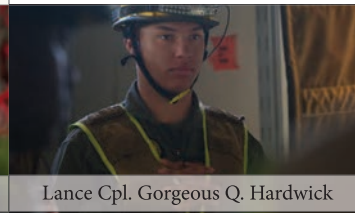
Cpl. Jacob D. Chapman



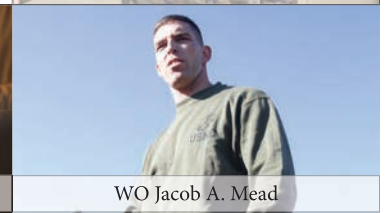
Cpl. Victor D. Zaragoza



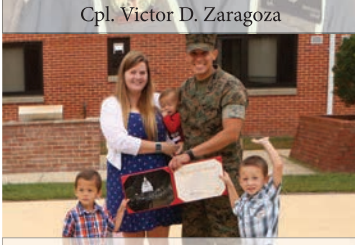
Cpl. Jake D. Gregory



Lance Cpl. Gorgeous Q. Hardwick



WO Jacob A. Mead



Sgt. David Hernandez and Family

# Faces of CBIRF

PHOTOS BY CPL. MAVERICK S. MEJIA  
AND  
STAFF SGT. SANTIAGO G. COLON JR.



CBIRF SNCOs



Staff Sgt. Kevin W. Brown



Gunnery Sgt. David S. Puy



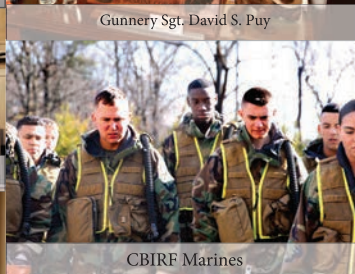
Gunnery Sgt. Uriah Z. Whittemore



CBIRF Colorguard



The Magnificent 7 (Minus 1)



CBIRF Marines



Pfc. Branden F. Scoville



Cpl. Zachary T. Polzin



Gunnery Sgt. Maribel I. Coleman



Corporals Course



First Sgt. Jonathan J. Ragland



Col. Michael L. Carter



Cpl. Thomas E. Pophin



Gunnery Sgt. Eugene E. Moye