



Fleet Marine Force Atlantic / U.S. Marine Corps Forces Command Headquarters and Service Battalion



Fortnightly Newsletter

21 August 2020

Professional Events Of Interest

28 Aug: Service "C" Uniform

15 Sep: Fiscal Year Training on MarineNet Completed

28 Sep: Seminar Course 1-21 registration deadline¹

28 Sep: Service "C" Uniform

Per MARADMIN 269/20, all Marines will still conduct their semiannual height and weight verification. HQSVCBN S-3 is available to conduct height and weight verification daily from 0800 – 1100 at MCA-614.

Per MARADMIN 474/20, all Marines, Sailors, government civilians, and contractors will complete training courses on OPSEC and other security policies before 15 September 2020. HQSVCBN S-3 will provide further guidance on completion and reporting requirements via SEPCOR.

Family Events of Interest

26 Aug: L.I.N.K.S for Volunteer²

COVID-19 Notes

HPCON effective 20 March 2020:

Charlie: Substantial Risk

Practice Social Distancing: Maintain a distance of 6 feet or greater between persons. Face coverings are required when 6 feet cannot be maintained. They are also required inside the Camp Elmore mess hall and all MCCS establishments. No groups larger than 10. Limit or cancel meetings or gatherings.

If you experience the following symptoms: fever, dry cough, fatigue, productive cough, shortness of breath, and feel you may be at risk of having COVID-19, call the COVID-19 Call Center at 757-953-6200.

***Do not report to a medical facility before calling in advance**

Promotion Boards / NCO Panels

Promotion Board	Package Due Date	Board Date
Sergeant Board	16 Oct 20	22 Oct 20
Corporal Board	13 Nov 20	18 Nov 20
NCOQ/MOQ	18 Sep 20	23 Sep 20
NCO Panel	05 Sep 20	10 Sep 20

Uniforms

A) Green MARPAT Utilities	D) Boots and Utes
B) Green/Green PT Gear	E) Business Attire
C) Civilian Attire	

LEGEND

- | Location |
|------------------------|
| 1) NH-33 Parking Lot |
| 2) Camp Elmore MCE-600 |

Event Notes

¹**Seminar Course:** For those who have not completed their PME for Sgt, Career or Advanced school. There will be a seminar held through the CDET regional campuses per MARADMIN 451/20. Packages will be sent to the regional director. Contact Sgt Ortiz Training Chief at (757) 445-0630 for more information

²**L.I.N.K.S:** Those enrolled must attend to complete the course. Hours of the course is 1300-1500. For further inquiries please email omb.mcftbnoxford@usmc-mccs.org or 757-355-9562



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Other Notes

MUSCLE MAKER GRILL: Is open for take-out orders only. Hours of operation: Mon-Fri 1030-1900. Sat-Sun 1100-1700 Call 757-707-0053 or go online at ordermmg.com to order. Download their app for a free smoothie: <https://musclemakergrill.com/>

HURRICANE PREPAREDNESS: Hurricane season is here, so ensure you are prepared. Links to information for hurricane preparedness are located below in the "Hurricane Season Information" section. See attachment for additional information.

SINGLE MARINE PROGRAM: Per ALMAR Cancellation 001/20: due to restrictions and travel limitations in place for COVID-19, events celebrating Single Marine Program Days of Service and Volunteer Appreciation will be re-evaluated at a time to be determined.

PHOTO STUDIO: The MARFORCOM photo studio is located at MCA-614. See the enclosure for details on how to schedule an appointment. Obtain a certified, current (within 30 days) hard copy of your command generated height & weight letter prior to your appointment. Ensure you visit your S-3 for a height/weight letter signed within 30 days of your appointment date and allow 3-5 business days for your 1stSgt, SgtMaj, Executive Officer or Commanding Officer to sign it and return it to you. In order for your photo to be taken, you must have the hard copy in hand. Marines coming from outlying locations (MCSFR, MCSCG) must ensure they bring a completed letter from their respective unit.

RELIGIOUS SERVICES: In alignment with Fleet Forces Command guidance, Marines and Sailors of HQSVCBN may attend religious services and places of worship on and off military installations provided they comply with existing HPCON C mitigation measures. Precautions recommended by the Center for Disease Control and Prevention for communities of faith are found at: <https://www.cdc.gov/coronavirus/2019-ncov/>.

DENTAL/MEDICAL: Stay medically ready! Dental and medical facilities are now taking appointments.

FORTNIGHTLY DISTRO LIST: Email SMB_MARFORCOM_BNS3@usmc.mil to be added or removed from this list. HQSVCBN S-3 also sends occasional updates related to operations and training to this distro list as needed.

MCMAP/PT INSTRUCTOR PERSONNEL EXCHANGE PROGRAM : The Force Fitness Readiness Center/Martial Arts Center of Excellence. actively screening for a personnel exchange program (PEP) billet replacement for a MCMAP/PT instructor working with the UK Royal Marines. This will be a short timeframe move, as the billet will be vacated in December of this year. See MARADMIN 453/20 for details. Contact Bn S-3 if you have additional questions.

Contact Information

Admin Chief 757-444-6578	MSgt Murillo paulo.murillo@usmc.mil
Operations Chief 757-445-0398	GySgt Smith ashley.r.smith@usmc.mil
Training Chief 757-445-0455	Sgt Ortiz francisco.j.ortiz2@usmc.mil
IPAC Chief 757-445-0475	MSgt Mapula oscar.mapula@usmc.mil
Career Planner 757-445-8265	SSgt Rodriguez Linda.r.rodriguez@usmc.mil
Safety Manager 757-445-4282	Ms. Glover vanda.glover@usmc.mil
Unit Readiness Coordinator 757-445-0472	SSgt Palacios alfred.palacios@usmc.mil
Single Marine Program Rep 757-836-1660	Cpl Ladson Joiah.ladson@usmc.mil
Marine Corps Family Team Building 757-445-6875	Ms. Fearon fearontl@usmc-mccs.org

Other Important Numbers:

DSTRESS Hotline / 877-476-7734
 Military Crisis Line / 800-273-8255
 Military OneSource / 800-342-9647
 MARFORCOM Chaplain / 757-836-2229
 HR Duty Chaplain / 757-438-3822
 Equal Opportunity Advisor/ 757-836-1569
 Equal Opportunity Rep/ 757-836-1570
 24/7 NSAHR SAPR Line/ 757-402-2569
 Battalion SDO / 757-630-9299
 MARFORCOM COC / 757-836-1644

HURRICANE SEASON INFORMATION

NOAA/NWS National Hurricane Center:

<http://www.nhc.noaa.gov/>

Build a Disaster Kit:

www.ready.gov/hurricanes

Plan Ahead for Disasters:

www.hurricanes.gov

Know Your Evacuation Zone:

www.vaemergency.gov/hurricane-evacuation-zone-lookup

Local Alerts:

http://readyhamptonroads.org/prepare/be_informed/local_alerts/

The Hurricane Watch Net:

<http://hwn.org/>

Enclosure (1) - HQSVCBN Weekend Liberty Limits

Current as of 08 July 2020

Commanding General FMFLANT/MARFORCOM Priorities

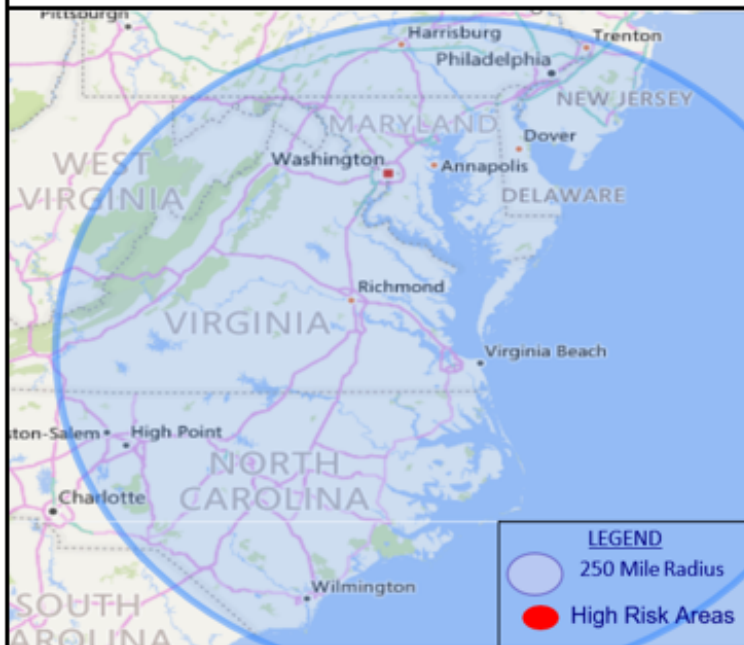
1. Protect our people and accomplish the mission.
2. Enable medical authorities to trace COVID-19 transmission and stop further spread.
3. Provide the command sufficient flexibility to proactively respond to an improving or worsening COVID-19 situation.

COVID-19 High Risk Areas (ROM Waiver Required)

**** As of 8 July 2020, there are no Red states within the 250 mile radius ****

Liberty Limits

- Weekdays: 50 miles
- Weekends/extended liberty periods: 250 miles
- Requests to travel beyond these limits OR to travel within these limits for the purpose of non-essential activities must be approved by CMFC. Outer MCCs will gain approval from operational GO/FO first, then CMFC. Route these requests through HQSVCBN.



Current Health Protection Condition (HPCON): **Charlie**

(Substantial): Social distance (limit meetings, social, TDYs); shelter in-place indoors

- This HPCON applies to installations in the Hampton Roads region and applies to personnel assigned to commands in HR, while on duty or on liberty/leave.
- Although state and local authorities continue easing restrictions, service members must remain vigilant and avoid unnecessary risk of exposure IOT maintain combat readiness.
- All service members assigned to HQSVCBN, FMFLANT, to include OMCCs, shall abide by the following restrictions:
 - Maintain 6 feet social distancing whenever possible.
 - Wear a face covering when 6 feet cannot be maintained.
 - To the maximum extent possible do not gather in groups of over 10 people.
 - Abide by all state and local restrictions (e.g., masks indoors, avoiding large gatherings, etc.)
 - **Do not patronize the following services:** Recreational swimming pools, gyms, fitness facilities, saunas, spas, salons, exercise classes, tattoo/body art/piercing parlors, cinemas/theaters, team/organized sports, dine-in restaurants, bars, clubs, casinos, parades, public beaches, amusement parks, events designed to include large gatherings, conferences, public celebrations.
- Members may patronize the following, minimizing in-person interactions to the greatest extent and while exercising all precautions: Auto repair/maintenance/inspection, curb-side pickup and drive-through services, in-home domestic services (maintenance/repair and lawn services), banking services, pet care and veterinary services, post office, laundry/dry cleaning
- Civilian employees and families are strongly encouraged to exercise the same precautions.

*Information on this page was derived from individual state health department websites, utilizing concentration of cases and trends to determine high risk areas.



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HQSVCBN Capabilities Updates

Below is a description of mission essential functions available from HQSVCBN during COVID-19:

IPAC

IPAC continues to administer timely and accurate pay and entitlements, utilizing Marine Online (MOL) Electronic Personnel Administrative Request (EPAR) module. All supporting documentation must be provided to take administrative action. Walk ins will be limited to those personnel authorized to EAS or retire. All means of electronic paperwork will be the primary and recommended course of action.

A Marine will be present in IPAC from 0800 – 1100 and 1300 – 1600 to provide support as needed and can be reached at **757-445-8264**.

All TAD and PCS travel will be prohibited unless approved by the command under the following conditions:

- (1) Determined to be mission essential
- (2) Necessary for humanitarian reasons
- (3) Warranted due to extreme hardship

Individuals who were transferred and inbound to their gaining command should continue their travel and report to IPAC per the instructed date on PCS orders.

Contact Mr. Robert Lindenmuth at email robert.lindenmuth@usmc.mil or by phone at 757-968-8355 with questions regarding TAD and PCS travel.

S-1

LIBERTY LIMITS

- Weekdays: 50 miles
- Weekends/extended liberty periods: 250 miles
- Requests to travel beyond these limits OR to travel within these limits for the purpose of non-essential activities must be approved by CO, HQSVBN. Outer MCCs will gain approval from operational chain of command first, then CO, HQSVCBN. Route these requests through HQSVCBN.

Contact Information:

MSgt Murillo - Email: Paulo.murillo@usmc.mil, Office: 757-444-6578 (Admin Chief)
Capt Grace – Email: parker.grace@usmc.mil, Office: 757-445-0416, Cell: 615-670-0145 (Adjutant)

S-3

HQSVCBN operations, events, and training have been minimized to mission essential functions only. S-3 is on a telework schedule and has reduced personnel on deck throughout the work day. Administrative actions will be handled via phone or email communication.

PME/Formal Schools: Per MARADMIN 333/20, all Marines who wish to attend formal schools outside the local area, and including the Camp Lejeune area require an exception to policy (ETP) approved by the Commander, FMFLant/MARFORCOM. Submit all ETP requests via an administrative action (AA) form through HQSVCBN S-3. Travel to formal schools may require an additional 14 days of ROM prior to the course report date; submit AA forms **at least 30 days prior** to the course report date. Some resident PME and formal schools have been cancelled, postponed, or are being offered via distance education only. Contact the S-3 training chief, Sgt Ortiz at 445-0455 or francisco.j.ortiz2@usmc.mil with questions.

AY21 Class dates for the Enlisted College Distance Education Seminar Programs:

<https://www.marines.mil/News/Messages/Messages-Display/Article/2302679/ay-2021-class-dates-for-the-enlisted-college-distance-education-seminar-programs/>

HT/WT: Per MARADMIN 269/20, all Marines will still conduct their semiannual height and weight verification. HQSVCBN S-3 is available to conduct height and weight verification daily from 0800 – 1100 at MCA-614.

Contact Information:

GySgt Smith- Email: ashley.r.smith@usmc.mil, Office: 757-445-0398, Cell: 831-235-5336 (Operations Chief)
Capt Swenson – Email: michael.swenson@usmc.mil, Office: 757-445-4436, Cell: 757-264-3075 (Operations Officer)



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HQSVCBN Capabilities Updates (continued)

Annual Training and PME

Must Do

Annual Training on MarineNet (**MCC 111: FY 71%, CY 50%, OUTER MCCs: FY 47%, CY 29%**):

<https://www.marinenet.usmc.mil/MarineNet/Portal/PageView.aspx?pg=Annual Training Posted to MOL.aspx>

Sections are also encouraged to complete a minimum of **two BST classes per week**. Contact the S3 upon completion of each class so that S-3 can certify them. IOT conduct this training, it is expected that each Marine accesses the below links to get to a specific class. It is the training NCO's responsibility to access MCTIMS: Unit Training; Battle Skills Test; check BST given; New Score Roster; populate roster as needed.

Each individual is expected to view the BST video: <https://www.dvidshub.net/video/576494/marine-corps-battle-skills-test-bst>

BST Materials on HQSVCBN S-3 SharePoint page: <https://eis.usmc.mil/sites/mfcom/HQSVCBN/Pages/BST.aspx>

For those that do not have MARFORCOM SharePoint access, the TECOM SharePoint page is accessible to everyone with a MCEN account.

TECOM SharePoint page: <https://vcepub.tecom.usmc.mil/sites/directorates/mtesd/sitePages/Home.aspx> Click *Annual Training*: -Next Click *Battle Skills Test*: -Next Click *Training Support Packages 2019*

Targets of Opportunity

Additional PME

Marines are also encouraged to enroll and complete nonresident PME they may need or are interested in:

Marine Corps COOL (Credentialing Opportunities On-Line) - helps Marine Corps Service members find information on certifications and licenses related to their jobs: <https://www.cool.navy.mil/usmc/overview/index.htm>

MarineNet – contains a host of self-paced courses beyond annual training requirements: formal schools, functional specialty training courses, MOS courses, PME, RCLF, family and personal, professional development, and more: <https://communities.marinenet.usmc.mil/content/mnet-portal/en/catalog.html>

College of Enlisted Military Education: <https://usmcu.usmc.afpims.mil/CEME/>

Lejeune Leadership Institute – located on the Marine Corps University website. Contains case studies, ethics training and education, the Commandant's Reading List, and Marine leader development: <https://www.usmcu.edu/lli/>



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HQSVCBN Capabilities Updates (continued)

Annual Training and PME

Education and Learning Corner – Recommended Reading

The word Sergeant has an origin from the Latin word 'serviens' meaning 'one who serves'. Let's not forget that we are all here to build up the next generation of Marines that will carry our great nation forward as America's Force in Readiness. Be the "Warrior of the Mind" who puts ideas into practice instead of the librarian of the mind who stores ideas on the shelf.

HM1 Dunkentell HQSVCBN HSS provided one of his most influential books for a military leader to read, that many of us could use to become more abundant with knowledge of our craft.

Endure; Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson, foreword by Malcolm Gladwell. This book was written by a National Magazine Award-winning science journalist that shares revolutionary ideas within the dynamic and controversial new science of endurance. The book covers 13 key endurance traits that are explained in three separate parts to build understanding: Part I; Mind and Muscle, Part II; Limits, Part III; Limit Breakers.

Part I;

- 1: The Unforgiving Minute
- 2: The Human Machine
- 3: The Central Governor
- 4: The Conscious Quitter

Part II;

- 5: Pain
- 6: Muscle
- 7: Oxygen
- 8: Heat
- 9: Thirst
- 10: Fuel

Part III;

- 11: Training the Brain
- 12: Zapping the Brain
- 13: Belief

Without explaining each of the key endurance traits this should provide a taste of Endure that may spark some interest. The human mind and body are remarkable things that have unfathomable capacities to push further than we have ever imagined in the past. Whether breaking the two hour marathon, four minute mile, or even climbing Mount Everest without the use of Oxygen. There is a potential in all of us to go beyond what many consider scientific fact by understanding our bodies, listening, then breaking the mold. This understanding could not only help Marines in the realm of warfighting but it builds the warrior of the mind that can take on the world. Reading this book could then also lead you down the path of learning further into the science and psychology of the mind such as Relentless by Tim S. Grover, Can't Hurt Me by David Goggins, or Finding Ultra by Rich Roll.



**COLLEGE OF DISTANCE EDUCATION
AND TRAINING**

Enlisted College Distance Education Program

Enlisted Seminar Program Camp Lejeune

To enroll or inquiry contact the Camp Lejeune office at:
910-451-2149 / DavisT@DavisDefense.com



- Command Screening Checklist & MarineNet Non-Res Certificate
- Include Civilian/USMC Email
- No MCTIMS entry associated.
- Three Semesters each year (Oct, Feb, Jun) See AY MARADMIN for specific dates.



CAMP LEJEUNE

ENLISTED SEMINAR PROGRAM



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HQSVCBN Capabilities Updates (continued)

S-4

Facilities Department: During the period of reduced manning, expect reduced timeliness in support from the facilities team. All requests for maintenance must be submitted via SharePoint:

<https://eis.usmc.mil/sites/mfcom/HQSVCBN/Lists/FacilitiesWorkRequest/Active%20Support%20Requests.aspx>

The facilities team will not support “drive by requests.” The mechanics have been instructed to direct ALL requests to the SharePoint portal for proper submission and assignment.

Passenger Travel Office: PTO Marines will telework until otherwise directed. The PTO Duty phone is 757-577-2499. This number can be contacted any time.

Motor Transport: Vehicles will be issued based on authorized mission requirements.

Fiscal: We maintain a footprint in the Fiscal Department. This ensures payments for purchase request/contracts are properly obligated and expensed. The Fiscal Officer is teleworking. The Fiscal Chief is directed to minimize time in the office and telework to the greatest extent possible. Fiscal personnel may be reached at 757-445-6543.

Supply: We are maintaining a warehouse/supply admin footprint during working hours Monday – Friday. We maintain the ability to process and approve Purchase Requests submitted via PR Builder. The PR Tracker continues to be disseminated every Tuesday, COB. Sgt Torres is available to collect and reconcile any outstanding CMRs.

Supply Admin – 757-444-9005

Warehouse – 757-444-5591

If any Marines/Civilian Marines plan to take their work stations away from their desks for any reason (i.e.. TAD, PTAD, Leave, Telework) they WILL have a signed ECR card from the Responsible Officer. The ECR is required to protect the Responsible Officer in the event the equipment is damaged, lost, or stolen. There are notes within the template to help fill it out, however, if you have any questions, please contact supply. When filling out the ECR Card, ensure all information is filled out to include serial numbers and return dates (i.e.. 30days). You may also put items such as keyboards, mice, or any other CMR item. Anyone on your Delegation of Authority can temp loan items in your absence. Once again, if you have any questions, please contact Supply.

Contracting: All personnel are teleworking.

In the event you need support and are unable to contact a specific section within the S-4, contact the S-4 Officer, Maj Douglas Rauschelbach at 757-445-4286.

Camp Elmore Chow Hall: The Camp Elmore Chow Hall will serve take-out meals only at its regular operating hours.

MCCS

Hopkins Hall Gym: Open for active duty Marines and FMFLANT/MARFORCOM civilians. Hours are; Mon-Fri 0500-0730, 0800-1000, 1030-1230, 1430-1630, 1700-1900. Only 15 patrons are able to be within the gym at one time. Call the front desk for more details at 757-445-2742. **MUST WEAR A MASK!**

Camp Elmore Shooting Range: Open Wed-Sun 1030-1800 for retail / recreational sales. Please call to check the recreational shooting range schedule Currently looking for Range Sales Associates and Instructors! <https://careers.usmc-mccs.org/#nav-benefits>

Outdoor Recreation: Open Mon-Fri 0830 – 1700, closed on weekends and holidays. Equipment availability; Bikes, Kayaks, Canoes, Stand-up paddle boards, Charcoal grills and Lawn equipment.

MCX: The Elmore MCX is operating under reduced hours of operations. The MCX opens at 1030 and closes at 1800 daily. The Ticket Office is closed. The Barbershop (open daily) and the gun counter (Tues-Sat) are following the store hours of 1030 to 1800. Active duty and active reserve Marines in and out of uniform have head of the line privileges at the Camp Elmore MCX barbershop. **All patrons are required to wear a mask upon entry.**

Service Station: Back open. Mon-Fri 0600-1430 for vehicle drop-off / maintenance. 0630-1500 for vehicle pick-up and retail sales

Barber Services at NW Annex: MCCS has two barbers at the NW Annex every Friday from the hours of 0600 – 1200. The price for a haircut will be \$10.50 cash, open to Active Duty Marines only.

Marine Corps Family Team Building, Exceptional Family Member Program, Single Marine Program, and MCCS Admin personnel will be teleworking until further notice. For any assistance, please contact the Program Manager, Karina Phillips, at 757-358-0885 or email at phillipskm@usmc-mccs.org

You have been tested for COVID-19, now what?

- Let HSS know via phone or email
- Ensure your chain of command is aware

Should you receive a call notifying you of positive test results take these steps.

1. Take a deep breath.
2. Follow the directions provided by the contact tracer. Such as:
 - a. Quarantine
 - b. Notify your chain of command
 - c. Make a list of people you have been in contact with and provide it to your POC tracer
3. Notify HSS of the call and keep them updated of any changes in your medical status.
4. Contact HSS if you have any questions or concerns.

***HM1 Dunkentell**

757-836-1521

Alonzo.dunkentell@usmc.mil

***HM1 Hauser**

757-836-1687

Theodore.hauser@usmc.mil

***HM1 Corbett**

757-836-1526

Nikki.corbett@usmc.mil

Naval Medical Center Portsmouth COVID Hotline: 757-953-6200

Health Service Support

Staff and Contact information

In order to ensure that your medical readiness is accurate, please be sure to inform one of our staff anytime you complete an IMR item.

HM1 Corbett, Nikki

Phone: (757) 836-1526

Email: Nikki.Corbett@USMC.mil

HM1 Dunkentell, Alonzo

Phone: (757) 836-1526

Email: Alonzo.dunkentell@USMC.mil

HM1 Hauser, Theodore

Phone: (757) 836-1687

Email: Theodore.hauser@USMC.mil

HN Garcia, Abram

Phone: (757) 836-1715

Email: abram.m.garcia@usmc.mil

How to Schedule a PHA

@ Branch Health Clinic Norfolk (Sewell's Point)

- **STEP 1:** *(This step is required regardless of clinic location)*
 - A. Go to the PHA website and complete a Service Member Assessment.
 - B. <https://data.nmcphc.med.navy.mil/pha/index.aspx>

- **STEP 2:**
 - A. BHC Norfolk only: Please email your DOD ID AND a preferred contact phone number to the following email group: usn.hampton-roads.navhospporsva.list.bhcnorfolkmed-phadepartment@mail.mil
This will notify BHC Norfolk PHA Clinic that your assessment is ready for review. Encrypted email is not required when sending DOD ID as single identifier per HIPAA/PII policy
 - * You should receive a phone call at the number you provided on your Service Member Assessment within 7 to 10 business days to complete the PHA over the telephone. If you do not feel comfortable finalizing the PHA on the phone, inform the clinic and we will schedule a face-to-face appointment for you.
 - B. Go to BHC Norfolk for a walk-in appointment. (10-15 min)
 - Location:** [BHC Norfolk, 1ST Deck, Medical Readiness Clinic](#)
 - Hours:** [0700 – 1030 \(Mon – Fri\)](#)

Questions? Call BHC Norfolk PHA Department @ (757) 953-9097

** The online portion can now be completed on mobile devices. The website is the same as listed above.**

How to Schedule Dental Appointments

@Branch Health Clinic Norfolk (Sewell's Point)

- **OPTION 1: Schedule an appointment**
 - Call (757) 953- 8635 to schedule a dental appointment
- **OPTION 2: Walk-in**
 - All walk-in appointments are "first come, first serve" so show up early!
Walk-in Hours: 0700 – 1030 / 1230 – 1430 (Mon – Thurs)
0700 – 1030 (Fri)

Individual Medical Readiness (IMR) Guide

Background:

IMR is an integral component of force health protection. It reflects a service members ability to rapidly deploy, and is a direct indication of a units ability to fulfill its mission.

IMR for Marines

- Marines can find their Individual Medical Readiness Report on Marine Online (MOL).
- All IMR items should be completed with/as close to PHA as possible.
- **Members should notify HSS upon completion of any IMR items.**

Six Elements of IMR

- Periodic Health Assessment (PHA)
 - *Annual requirement*
 - Should be performed within 30 days of each service member's birth month (unless precluded by operational contingencies).
- Dental Readiness
 - **GOOD**
 - **CLASS 1:** Current. Does not require treatment or re-evaluation
 - **CLASS 2:** Requires non-urgent treatment such as, follow-up or cleaning.
 - **BAD (Not Deployable)**
 - **CLASS 3:** Requires urgent or emergent dental treatment/surgery.
 - **CLASS 4:** Requires annual exam, has unknown dental classification, has no dental record on file.
- Laboratory Studies
 - *Audiogram (Annual requirement) – walk in service*
 - Blood Type, G6PD, HIV (every 2 yrs.), DNA specimen on file
 - Tuberculosis (TB) skin test
- Immunizations
 - Hep A&B, Polio, Tdap, MMR, Influenza (Flu)
- Individual Medical Equipment
 - Red Dog Tags (allergies), ballistic eyewear, 2 pair glasses (spectacles)
- Deployment Limiting Conditions

Individual Medical Readiness Classification (4 Types)

GOOD

(1) Fully Medically Ready (FMR)

- Current in all six elements.

(2) Partially Medically Ready (PMR)

- Lacking any readiness laboratory studies, immunizations, or medical equipment.

BAD

(3) Not Medically Ready (NMR)

- Dental Class 3 or with a deployment limiting condition.

(4) Medical Readiness Indeterminate (MRI)

- Overdue PHA, PDHRA (Navy), or in a Dental Class 4 status.

MARFORCOM PHOTO STUDIO

Hours of Operation: Thursdays (0920-1400) **By appointment only**

Points of contact:

SSgt. Jessika Braden

W: 757-836-1581

C: 210-771-3553

jessika.braden@usmc.mil

Sgt. Danielle Prentice

W: 757-836-4376

C: 254-493-1420

danielle.prentice@usmc.mil

Mr. Jonathan Donnelly

W: 757-836-1802

C: 724-683-1161

Jonathan.donnelly2@usmc.mil

Procedures:

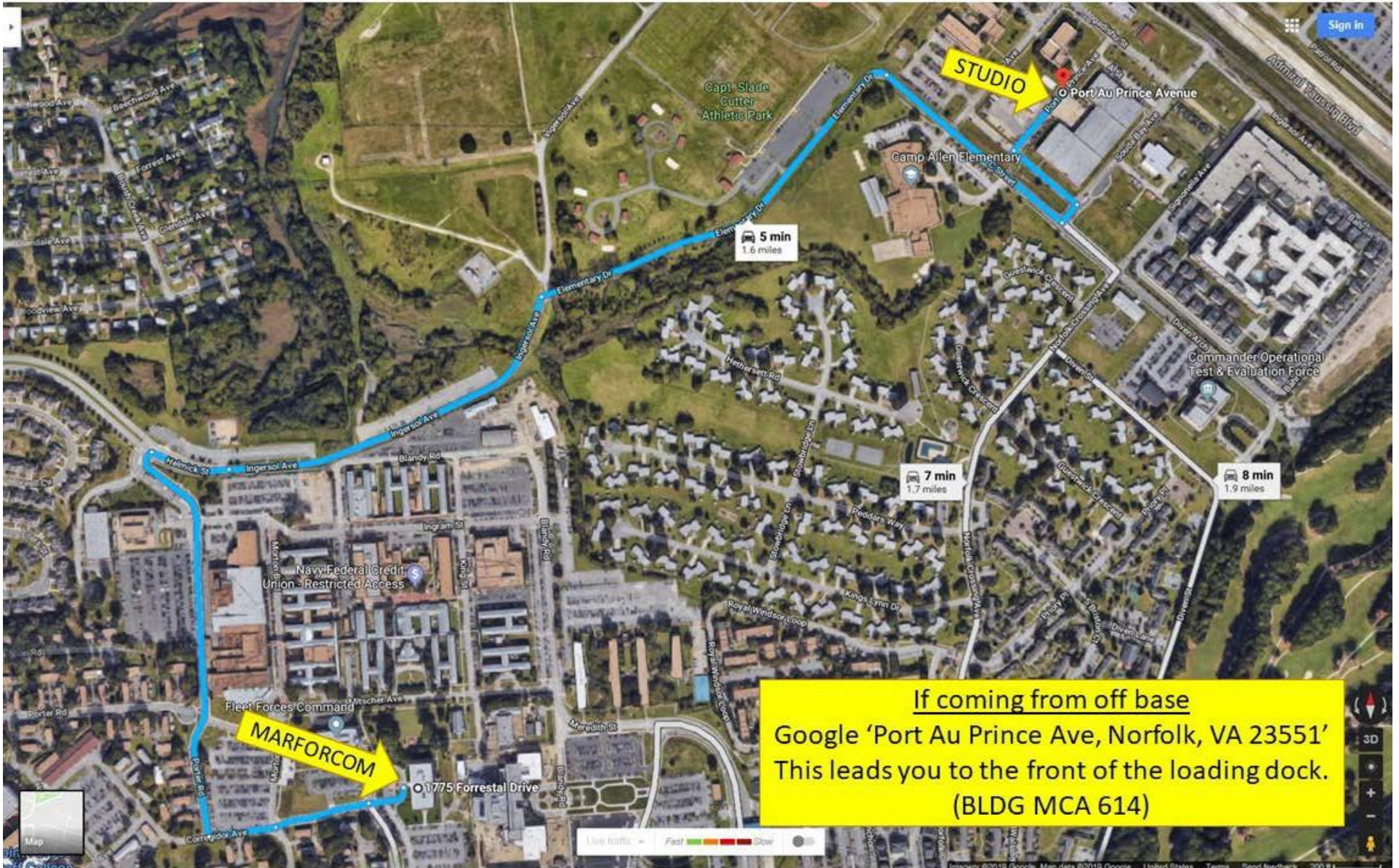
- Obtain a certified hard copy of your command generated height & weight letter prior to your appointment. **In order for your photo to be taken, you must have the hard copy in hand.** For MARFORCOM personnel, the HQBN S-3 is available to process height & weight letters on Thursdays from 0900-1400. Marines coming from outlying locations (MCSFR, MCSCG) must ensure they bring their completed letter.
- The CommStrat office will e-mail your official photo to SMB the Friday following your appointment. This e-mail will be archived for a minimum of 45 days and maximum of 60 days.
- Per MARADMIN 052/19, Marines have a personal responsibility to ensure that their photograph is submitted and processed to their OMPF. It typically requires 2 – 3 business days to update.

Location:

- **Before arrival at the studio, please check in at the H&S Battalion IPAC front desk to answer the COVID-19 questionnaire, receive a temperature scan and access sticker before walking around the outside of the building to the photo studio located inside the H&S warehouse.**
- The photo studio is located in a white trailer to the left when entering the MARFORCOM supply warehouse through the loading dock at Bldg. MCA 614 Port Au Prince Ave., Camp Elmore. Building and driving instructions in maps attached.
- If coming from off base, please Google “**MARFORCOM HQ BN**, Norfolk, VA 23551.” This will direct you to the supply warehouse loading dock.

Coordinating instructions:

- In accordance with MARADMIN 052/19 - The use of shirt stays and or shirt garters are allowed, however binding clips, paper clips, **or any other devices** to modify the wearing of the service “C” uniform, shall not be used during the completion of the OMPF photograph. **The photographer will not physically adjust anything on the Marine in order to maintain social distancing.**
- All official photographs will be archived with MARFORCOM CommStrat.
- The studio is equipped with a changing room and mirror.



STUDIO

Port Au Prince Avenue

5 min
1.6 miles

7 min
1.7 miles

8 min
1.9 miles

MARFORCOM

1775 Forrestal Drive

If coming from off base
Google 'Port Au Prince Ave, Norfolk, VA 23551'
This leads you to the front of the loading dock.
(BLDG MCA 614)

MARINE & Family

Marine Corps Family Team Building

Virtual Classes

Volunteer Ready (for command leaders responsible for accepting command volunteers)	26 August, 1330-1500
L.I.N.K.S. for Parents	2 & 3 September, 1400-1630 (must attend both days)
Ready, Set, Prepare! (emergency preparedness)	15 September, 1100-1200
Family Care Plan Training	29 September, 1500-1600
All times listed are in Eastern Daylight Time (EDT)	
Registration required; email MCFTB at omb.mcftbnorfolk@usmc-mccs.org Questions? Call 757-355-9562	



LIFELINK NEWSLETTER

Confidential help is always available. Text 838255.



AUGUST 2020



Connect to Protect: 2020 Suicide Prevention Month

While preventing suicide is year-round effort, Suicide Prevention Month is an important time to come together to highlight the ways we can connect with each other to maintain our psychological health and emotional wellness. The Defense Suicide Prevention Office's (DSPO) theme "Connect to Protect" and "1 Small ACT" are important reminders of the critical role connections to family members, friends, loved ones, peers and our greater communities can play in preventing suicide. We will use 1 Small ACT and Connect to Protect to enlist all members of the Navy community to recognize the importance of connectedness and the actionable steps we can all take to foster social connection. With 2020 Suicide Prevention Month right around the corner, here are three things you can do now to jumpstart your efforts to be there for every Sailor, every day:

Take time to learn about connectedness. Connection is essential during times of extreme stress. Protective factors against suicide include: a strong sense of community and belonging, psychological and physical safety, strong ties with family and friends, a fulfillment of personal purpose and a contribution or responsibility to others. Investing in your relationships with others and these protective factors prior to a stressful event occurring will help you feel more confident in exercising resilience. Make an effort to regularly express how much your loved ones mean to you as well as your respect and admiration for colleagues.

Get social. The 1 Small ACT Photo Gallery, hosted on the Every Sailor, Every Day campaign's Flickr page, remains open for submissions. Take a moment to reflect on the ways you will promote connectedness, check-in on your shipmates, practice self-care, start hard conversations, etc. in September and beyond. Then, snap a selfie and share your ideas. 1 Small ACT signs and submission details are available at www.suicide.navy.mil > [Every Sailor, Every Day](#) > [1 Small ACT Photo Gallery](#).

Understand 1 Small ACT is a call-to-action. Each of us has the power to make a difference. One small act of kindness can be lifesaving. We must remain committed to

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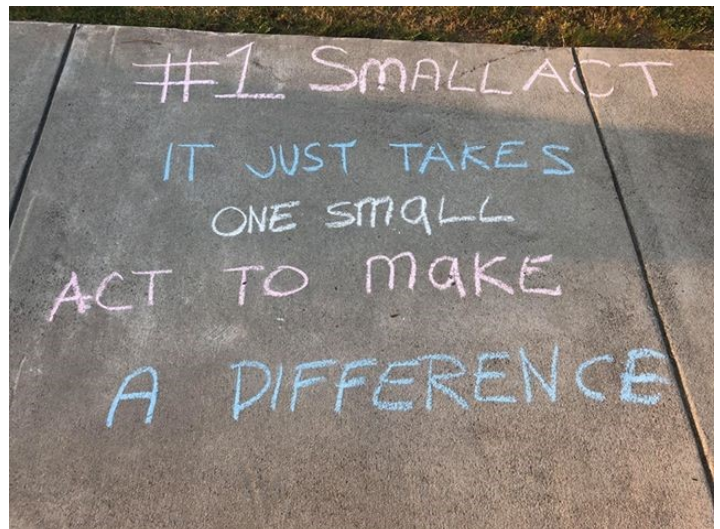
FCC Designates '988' for Mental Health and Suicide Crises

News & Resources

Current & Upcoming Events

ACT – Ask, Care, Treat. Be willing to **Ask** your shipmates the hard questions about how they're feeling and if they're okay. Show them you **Care** by actively listening without judgment and paying attention to additional warning signs, like statements about not wanting to live, feeling like a burden, feeling hopeless or discussion of lethal means. Help them get to **Treatment** immediately and escort them to a medical professional or Navy chaplain for safety. We can all take positive, preventative actions to care for our shipmates through continuous, active listening, honest communication and authentic connection.

2020 Suicide Prevention Month is the launch-pad for FY-21 Navy Suicide Prevention efforts. It's not just about a 30-day blitz. Check back throughout the year for messages, tools and resources that empower Sailors and their families to better recognize warning signs, start conversations, take the right actions to intervene and practicing ongoing safety.



Life Counts!
Ask Care Treat

CULTURE OF
EXCELLENCE

LIFELINK NEWSLETTER



Confidential help is always available. Text 838255.

LIFELINK SPOTLIGHT

A SPRINT to Guam: Psychological First Aid in the COVID-19 Pandemic

From Andre B. Sobocinski, Historian, Communications Directorate

Throughout the COVID-19 pandemic, Navy Medicine has continually turned to its arsenal of public health and preventive medicine professionals and tools to help mitigate the spread of disease. Less visible, but no less important, has been the role of its mental health team in providing psychological first aid.

On 4 April 2020, Navy Medicine deployed a Special Psychiatric Rapid Intervention Team (SPRINT) to Guam to provide psychological first aid to Sailors of USS THEODORE ROOSEVELT, who were impacted by an outbreak of COVID-19 on the ship.

This was the first time in the 40-plus years of SPRINT deployments that the team mobilized in response to a disease outbreak.

Cmdr. Michael Kim, a staff psychiatrist at Naval Hospital Camp Pendleton, served as the lead for SPRINT-West (W). His team consisted of a clinical psychologist, a behavioral health technician and a general duty corpsman.

This mission was uncharted water for SPRINT, which typically provides short-term mental health support to a command or activity immediately following a disaster.

"This time around, there wasn't a specific big incident," said Kim. "You have a virus that is hitting a ship, but at that point, there weren't any deaths; there weren't any people hospitalized. There was nothing that warranted a typical psychological first-aid response, so that's what made this particular SPRINT mission very interesting because there was no precedent."

Kim and his team worked in conjunction with Naval Hospital Guam, 3rd Medical Battalion, Task Force Hotel (the medical personnel assigned to the quarantine facilities) and also the Chaplain Corps in providing consultation services to the shipboard crew.

When he learned that the Sailors were to be given a twice daily online survey, Kim ensured that it included the following statement: "This is an abnormal situation and it's normal to have a stressful reaction. If you would like to talk to somebody, please indicate 'yes.'"

Sailors who checked "yes" received a phone call from SPRINT personnel. In the end, SPRINT found that despite the hardships and anxiety of the unknown, the crew was remarkably resilient.

PLAN OF THE WEEK NOTES

Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of August:

1. Due to stay-at-home orders or travel restrictions, we may be experiencing increased stress in our personal relationships. Military OneSource offers virtual counseling options and tools to support military couples through the pandemic and beyond. Learn more at <https://www.militaryonesource.mil/family-relationships/family-life/covid-19-resources/digital-resources-for-military-relationships?redirect=%2Ffamily-relationships%2Ffamily-life%2F covid-19-resources>.
2. In the summertime, many different (and delicious) fruits and vegetables are in season. Several fruits and vegetables hold water and are a great source of additional hydration when temperatures continue to rise. From strawberries to bananas to corn to carrots, adding these colorful ingredients to your plate or next dish is an easy way to help balance your diet and feel healthier. Eating nutritious options is a form of self-care. Get more tips at <https://navstress.wordpress.com/2020/07/07/making-the-most-of-your-summer-meals/>.
3. Did you know that growing and nurturing your support network is one way to increase your mental immunity? Building strong social ties leads to a happier and more fulfilled life. When worries or other topics of concern come up, talk it out with a trusted friend, family member or mentor. Leaning on others when you need support does not detract from your personal strength—it helps grow it. Learn more about boosting your mental resilience at <https://navstress.wordpress.com/2020/06/17/5-ideas-to-boost-your-mental-resilience/>.
4. As back-to-school season approaches and the COVID-19 pandemic continues, many parents, caregivers and guardians face the new and difficult choices about how their child will return to school in the fall, such as deciding between in-person and virtual learning. The Centers for Disease Control and Prevention (CDC) developed a tool designed to help parents, guardians and caregivers weigh the risks and benefits of available educational options to help them make decisions about sending their child back to school. Check out the tool at <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>.

Life Counts!
Ask Care Treat

**CULTURE OF
EXCELLENCE**

LIFELINK NEWSLETTER



Confidential help is always available. Text 838255.

NEWS & RESOURCES

Groups Unite on a Mental Health and Suicide Prevention Response to COVID-19
[The Action Alliance](#)

MHS Addresses Sleep in the Military through Sleep Studies
[Health.mil](#)

Five Ways to Power Your Performance with Optimism
[HPRC](#)

Suicide Prevention Resources for Line Leaders
[Real Warriors Campaign](#)

Camp Pendleton Group Therapy Provides a Cornerstone for Mental Wellness
[Health.mil](#)

Identifying Warning Signs of Suicide on Social Media
[Real Warriors Campaign](#)

Postvention Toolkit
[Defense Suicide Prevention Office](#)

Back-to-School Planning During COVID-19
[Military OneSource](#)

How Do I Improve My Quality of Life
[HPRC](#)

CURRENT & UPCOMING EVENTS

101 Critical Days of Summer
Memorial Day—Labor Day

SPC Training Webinars

Aug 20, 6PM CDT
[Register here](#)

FCC Designates '988' for Mental Health and Suicide Crises

The following article was adapted from #CrisisTalk, a conversation space powered by Crisis Now. Crisis Now is led by the National Association of State Mental Health Program Directors and developed with the Action Alliance, the National Suicide Prevention Lifeline, the National Council for Behavioral Health and RI International.



On 16 July 2020, the Federal Communications Commission (FCC) formally voted and approved '988' to be three-digit number for the National Suicide Prevention Lifeline. This decision allows Americans in crisis to easily connect with suicide prevention and mental health crisis counselors. All telecommunication carriers will be required to be operational in 988 service by 16 July 2022. During the transition to 988, those who need help should continue to contact the National Suicide Prevention Lifeline (1-800-273-TALK or text 838255). Veterans and Service Members may continue to reach the Veterans/Military Crisis Line at the same number by pressing 1 after dialing the main number.

The two-year transition period will give phone providers time to make any necessary network changes and prepare for an increase in call, chat and text volume, which experts estimate will rise from over 2.2 million callers to over 4.4 million.

As the COVID-19 pandemic continues, the access to suicide prevention and mental health support resources is more important than ever. Crisis Text Line, a free, 24/7 crisis support line, has been tracking metrics about the mental health of those reaching out to its service during the COVID-19 pandemic. A snapshot of their data includes:

- Conversations per month that mention the word "virus" have increased 49 times
- 80% of people who mentioned "virus" reported increased anxiety (compared to 34% of texters overall who mentioned feeling anxious)
- 18-34-year-olds make up over half (52%) of those texting about the virus

In the two-year interim, we recognize the need to continue to proactively ACT and promote existing outreach and crisis resources as well as communication strategies that help foster a sense of connection, belonging and support. As we navigate the physical and mental health and wellness effects of the ongoing pandemic, it is essential to recognize the importance of actively communicating with individuals in our support networks, emphasize they are not alone and remind them asking for help is a sign of strength.

Life Counts!
Ask Care Treat

CULTURE OF EXCELLENCE



Sewells Point Snack Bar



BREAKFAST

AVAILABLE UNTIL 10 A.M.

Breakfast Sandwich	\$3.00
One egg any style topped with melted cheese and served on your choice of white toast, wheat toast, English muffin or bagel.	
<i>Add Bacon, Sausage or Ham</i>	\$1.00
Cheese Omelet	\$5.00
Three egg omelet with melted cheese. Served with hash browns and your choice of white toast, wheat toast or English muffin.	
<i>Add Bacon, Sausage or Ham</i>	\$1.00
<i>Add Peppers, Onions or Tomatoes (each)</i>	\$.50
Breakfast Platter	\$5.00
Two eggs any style with your choice of bacon, sausage or ham. Served with hash browns and your choice of white toast, wheat toast or English Muffin.	
Breakfast Taquitos	\$3.25
Choice of two taquitos (bacon, egg and cheese or sausage, egg and cheese)	
Short Stack	\$2.00
Three fresh grilled pancakes served with butter and syrup.	
Quesadilla	\$5.00
Pepper Jack cheese and eggs. Served with salsa and sour cream.	

EXTRAS

One Egg	\$1.00
Side of Bacon, Sausage or Ham	\$1.00
Bagel	\$1.25

BEVERAGES

Fountain Drinks	\$2.00
Bottled Juice	\$2.75
Cold Brew Coffee	\$2.50
Hot Coffee	\$2.00
Domestic Draft	\$3.50
Premium Draft	\$4.50
Domestic Can	\$3.00
Premium Can	\$4.00

COCKTAILS ALSO AVAILABLE.

CALL AHEAD AND SKIP THE WAIT!

757-445-2605



660 Ruthven Rd.
Bldg. CA-99
Norfolk, VA 23505

LUNCH

AVAILABLE AFTER 10 A.M.

<i>Fries</i>	\$1.50
<i>Onion Rings</i>	\$1.50
<i>Sweet Potato Fries</i>	\$1.50

UPGRADES:

WILLOUGHBY WRAPS

Grilled Chicken Ranch Wrap	\$7.00
Grilled chicken breast, bacon, lettuce & tomato topped with cheddar cheese & ranch dressing. Served with potato chips.	
Turkey and Cheese Wrap	\$4.00
Sliced deli turkey, American cheese with lettuce & tomato. Served with potato chips.	
Ham and Cheese Wrap	\$4.00
Sliced deli ham, American cheese with lettuce & tomato. Served with potato chips.	
Club Wrap	\$5.00
Sliced ham, sliced turkey, American cheese, bacon, lettuce & tomato. Served with potato chips.	

CHESAPEAKE BAY CLASSIC SANDWICHES

MAKE ANY SANDWICH A WRAP

Chicken Salad Sandwich	\$4.25
Homemade chicken salad with American cheese, lettuce & tomato on toasted white or wheat bread. Served with potato chips.	
Traditional Club Sandwich	\$6.00
Sliced ham, sliced turkey, American cheese, bacon, lettuce & tomato on toasted white or wheat bread. Served with potato chips.	
Sewells Point Club Sandwich	\$7.00
Toasted white or wheat bread, grilled chicken breast, bacon, lettuce & tomato. Topped with grain mustard aioli. Served with potato chips.	
Pulled Pork BBQ Sandwich	\$6.00
Served with coleslaw and potato chips.	
Spicy Chipotle Turkey Panini	\$6.00
Pita bread with sliced turkey breast and pepper jack cheese. Topped with chipotle mayo. Served with potato chips.	
Cheese Panini	\$3.50
Pita bread grilled with American and provolone cheese. Served with potato chips.	

HAMPTON ROADS GRILL MENU

BUILD YOUR OWN BURGER	\$5.00
1/4 pound burger grilled topped with lettuce and tomato. Served with a pickle and chips.	
<i>Make it a double patty</i>	\$1.50
<i>Choose your toppings:</i>	
<i>American or provolone cheese</i>	\$1.00
<i>Bacon</i>	\$1.00
<i>Sautéed Mushrooms</i>	\$.50
<i>Grilled onions</i>	\$.50
<i>Grilled Egg</i>	\$.75

BLACK BEAN BURGER ALSO AVAILABLE

Philly Cheesesteak	\$5.50
Grilled steak with peppers, onions & melted provolone. Served with potato chips.	
Hot Dog	\$2.50
Polish Sausage	\$3.50
Taquitos (two)	\$3.25
Choice of beef, shredded chicken or three cheese	

SEWELLS POINT SALADS

Garden Salad	\$3.25
<i>With grilled chicken</i>	\$6.25
Homemade Chicken Salad	\$5.50
Served on a bed of leaf lettuce	

FAIRWAY FRYER CHOICES

Spicy Chicken Wings	\$8.00
Eight spicy wings served with your choice of BBQ, bleu cheese or ranch dressing	
Chicken Tenders	\$5.00
Four crispy chicken tenders served with your choice of BBQ, bleu cheese or ranch dressing	
Lumpia (six)	\$4.25
Lumpia served with cucumbers and Thai chili sauce	
French Fries	\$1.75
Onion Rings	\$3.25
Sweet Potato Fries	\$2.25



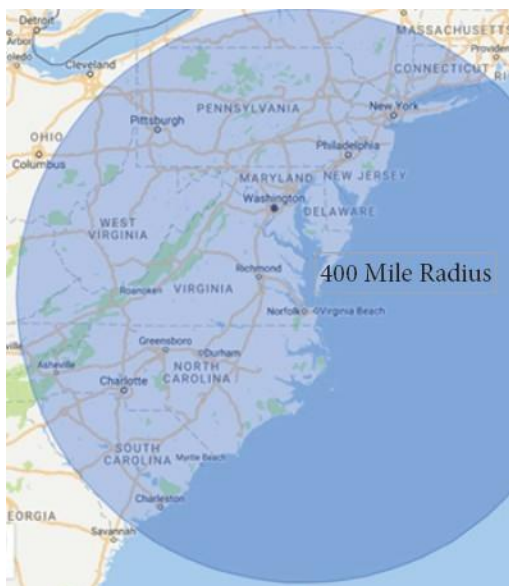
Hurricane Season 2020

Are you ready?

Preservation of life is our first priority in an emergency.

First and foremost, everyone has a responsibility to ensure the wellbeing of their family, themselves, and the command. Follow any directions from your local town officials (e.g., city mayor) or law enforcement and safety officials to **move** to safety. They know the local conditions and will direct you to higher ground, shelters, etc.

Stay informed with your command! Your commander will direct the military evacuation from the Hampton Roads area.



If you choose to evacuate without a military evacuation order from your command, you will be responsible for any expenses or lost work time you incur.

If directed to evacuate, you are authorized to move away from the danger area to a site within 400 miles of Norfolk, VA. Keep your receipts for reimbursements. The Installation Personnel Administration Center (IPAC) will assist with your reimbursement process.

You will be reimbursed for mileage and per diem within the 400 mile radius of Norfolk VA. If you have pets, ensure your hotel allows them prior to booking. You will not be reimbursed any pet cleaning fees or deposits.

Keep your command informed.

Ensure your contact information, **especially a reliable cell phone number and email address**, are up to date in Marine Online and AtHoc, which is used to account for and notify personnel in emergencies. Submit updates into MOL at <https://mol.tfs.usmc.mil/mol> under the "Personal Updates > Contact Information" section. Submit updates into AtHoc at <https://alerts1.mcdsus.mcds.usmc.mil/SelfService/profile/index> under the "My Profile" tab. Know and perform a communications check with your chain of command,

using the cell phone you plan to take in case of evacuation. Also include other key personnel (e.g., other unit members, MARFORCOM SDO, etc.) in your phone's contact list.

Over-communicate.

Ensure your chain of command knows your planned evacuation destination. Notify your chain of command if your destination changes, when you arrive at your destination, and any relevant information to help the command improve its situational awareness. Make every effort to check out with your chain of command **BEFORE** evacuating.

Keep yourself informed.

Remember your alphanumeric password for MOL so you can access MOL from your cell phone or a non CAC enabled computer in case of emergency and evacuation. Information such as evacuations, all clear, etc. will be passed via MOL in emergencies.

Add the MARFORCOM Facebook page <https://facebook.com/MARFORCOM/> to your favorites. Check it regularly for emergency updates, base closures, evacuation orders, return orders, and other relevant information.

Know your role in helping the command continue its mission.

Every member of the command should know their role in supporting an evacuation or COOP. If you are a part of the continuity of operations (COOP) plan, or might be called upon to assist the COOP site, evacuate towards the designated COOP site so you can help your family and support the COOP. The COOP site could change depending on the direction and weather conditions at the COOP site.



Hurricane Season 2020

Resources and Links

Evacuation Routes: If officials order an evacuation for your area, use one of these designated routes. Become familiar with these routes and plan to leave early to avoid major traffic delays:

PENINSULA

Interstate 64 West
Interstate 664 North
U.S. Route 17 North
U.S. Route 60 West
Route 143

During severe weather, Jamestown-Scotland Ferry should NOT be considered part of your evacuation plan.

SOUTHSIDE

264 West and Interstate 64 Hampton Roads Bridge-Tunnel Interstate 664 North Monitor Merrimac Memorial Bridge-Tunnel
U.S. Route 17 North
U.S. Route 58 West
U.S. Route 460 West
Route 10 West

The Hampton Roads Bridge-Tunnel is NOT an evacuation route.
For closure information, visit www.cbbt.com

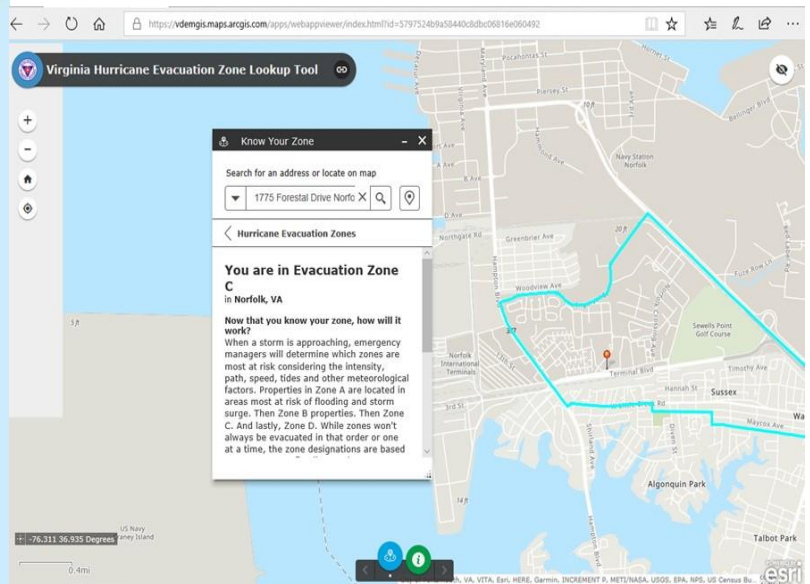
EASTERN SHORE

U.S. Route 13 North



Know your Zones:

Zones are designated A through D. State and local emergency agencies will work with local news media outlets and social media channels to broadcast evacuation directives to the public. Input your address in the locator tool and view the map to determine your zone (www.vaemergency.gov/hurricane-evacuation-zone-lookup)



More information concerning your zones can be found at (www.vaemergency.gov/hurricane-evacuation-zone-lookup)

For all other planning considerations and hurricane preparedness recommendations, please visit the below links:

- Build a Disaster Kit - <http://www.ready.gov/hurricanes>
- Be Ready Virginia - <http://www.readyvirginia.gov>
- Ready Marine Corps - <https://www.ready.marines.mil/Stay-Informed/Natural-Hazards/Hurricane-and-Typhoon/>
- FEMA - <http://www.fema.gov>
- Public Shelters - <http://readyhamptonroads.org/>
- Pet Boarding - <http://www.petswelcome.com>
- National Hurricane Center - <http://www.nhc.noaa.gov/>
- Hampton Roads alerts from your City - http://readyhamptonroads.org/prepare/be_informed/local_alerts/
- Hurricane Watch net - <http://hwn.org/>
- Centers for Disease Control and Prevention - <https://www.cdc.gov/disasters/hurricanes/>
- Joint Travel Regulations - <https://www.defensetravel.dod.mil/site/travelreg.cfm>
- MARFORCOM Command Duty Officer - COMM (757) 836-1621