



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



Fortnightly Newsletter

2 October 2020

Professional Events Of Interest

- 7 Oct:** Combat Fitness Test³ (A/3)
- 14 Oct:** Camp Elmore HITT Challenge(D/2)²
- 30 Oct:** Service "C" Uniform
- 1 Nov:** 0800, Formation (A/4)⁴
- 16 - 20 Nov:** HQSVCBN Lance Corporal Seminar⁵

Family Events of Interest

- 5 Oct:** Family Care Plan Training¹

COVID-19 Notes

HPCON effective 23 September 2020:
Bravo: Moderate Risk

Continue 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**

CFT / PFT Events³

CFTs will be conducted by S-3 every Wednesday 0630 at Camp Elmore (near the Obstacle Course).

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	11 Dec 20	16 Dec 20
NCO Panel	04 Dec 20	09 Dec 20

Uniforms

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

LEGEND

1) NH-33 Parking Lot
2) Camp Elmore Gym
3) Camp Elmore PT Field
4) POW/MIA Field

Location

Event Notes

¹**Marine Corps Family Team Building:** Virtual classes for families within FMFLANT MARFORCOM. For further inquiries please email omb.mcftbnorfolk@usmc-mccs.org or 757-355-9562. See attached.

²**Camp Elmore HITT Challenge:** The Semper Fit HITT Challenge will begin 14 October at Camp Elmore. Availability is limited to 30 Marines and is on a first come first serve basis. See attached for more details, registration information, and Semper Fit's HITT Challenge 4-week preparation plan. Contact Mr. Allen Sese for more information allen.sese@usmc-mccs.org cell: 757-445-1288

³**CFT/PFT Risk Factor Worksheet:** Marines over the age of 46 need to complete the Risk Factor Worksheet (NAVMC 11639) and present it to the HQSVCBN S-3 the morning of a PFT or CFT. As long as there are no "Yes" answers in Section B of the worksheet, you will not need a medical officer's signature on the form. ***Physical Health Assessments (PHAs) are mandatory before any Physical Fitness or Combat Fitness Tests are conducted. See the enclosure for details on how to complete PHAs.*** Contact S-3 for additional information.

⁴**Formation:** Ensure Marines have their masks worn during this time in order to mitigate the spread of COVID-19. All Marines stationed within FMFLANT should have been issued a mask, including new check-ins.

⁵**Lance Corporal Seminar:** 15 seats available. Contact HQSVCBN S-3 to register.



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Other Notes

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 (MCSEFR, MCSCG) must ensure they bring a completed letter from their respective unit.

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 are 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/>



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HQSVCBN Capabilities Updates

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

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**.

IPAC

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

- **HPCON B as of 23 September 2020**
- Travel/ROM Requirements
 - Personnel traveling outside the local area for leave/liberty/TAD will only be required to ROM if traveling from overseas, exhibiting COVID symptoms, or coming into contact with confirmed or suspected COVID-positive cases.
 - Pre-COVID liberty limits resume: 24hr=50mi, 48hr=250mi, 72hr=350, 96hr=450. Pre- and post-leave/liberty screenings for those traveling outside the normal limits will continue.
 - Exception to Policy (ETP) requests for PCS/TAD only be required if destination is in unfavorable travel conditions (HPCON "C").
- Outdoor formations are authorized up to 250 personnel, provided members can maintain at least six feet apart; if closer (i.e., in order to present certificates, pass guidons, etc.), masks must be worn
- Personnel are authorized to travel outside home and work for non-essential activities, but must abide by Virginia State Phase 3 Guidelines. Depart any location or activity failing to follow state guidelines. Avoid or minimize participation in activities identified as medium or high risk (see COVID risks attachment for examples)

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)



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HQSVCBN Capabilities Updates (continued)

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 to the greatest extent possible.

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.

BRC/ARC: Personnel can now enroll in BRC/ARC courses that are being conducted on any USMC Installation as long as the course is on ESAMS. There are courses being conducted on Camp Lejeune and Quantico. Those interested will need to go into ESAMS and sign up for the course. Leave, Special Liberty, or PTAD will be authorized for attendance.

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/>

Annual Training and PME

Must Do

Annual Training on MarineNet (**MCC 111: FY 71%, CY 52%, OUTER MCCs: FY 50%, CY 31%**):

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 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/>

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

Education and Learning Corner – Recommended Reading

The word Sergeant has an origin from the Latin word 'serviens' meaning 'one who serves'. Lest we 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.

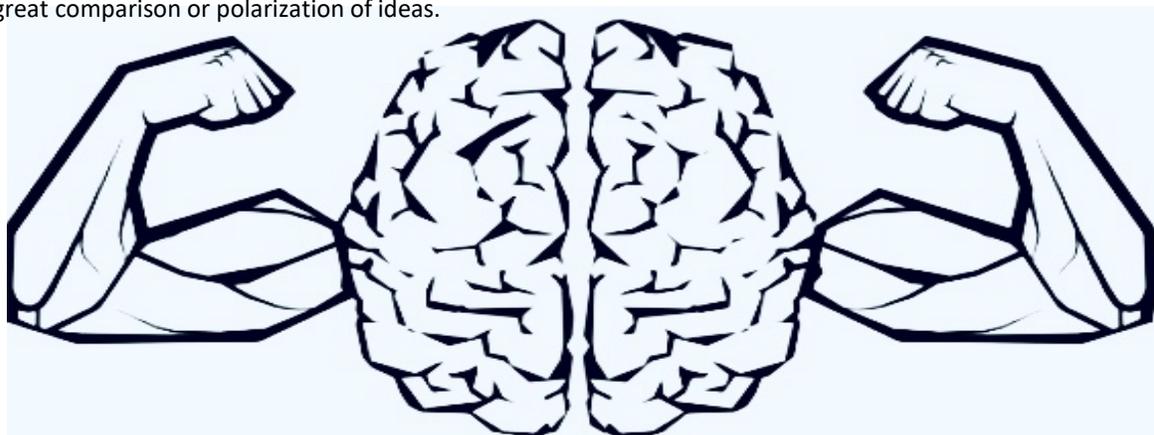
From Col Reid, an influential book for a military leader to read, that many of us could use to become more abundant with knowledge of our craft.

The Art of War By Sun Tzu: Dated from 5th Century BC by the ancient Chinese military strategist and General, this book has had many translations through the centuries. The book has had the original text altered by the authors due to opinions, and at times would carry extra text that would suggest alternative context rather than an actual direct interpretation. The official edition of The Art of War is unaltered, uncommented, edited text as written by Sun Tzu in the translation of Lionel Giles, publishing the work in 1910. His original text then had all commentaries and historical asides removed to create clarity and readability. By doing this, the reader is able to build up one's own perception of the meaning. As Sun Tzu intended the thirteen letters to be read as a way to start much like a seed grows from germination. One can flourish as a plant with proper water, sun light, and nutrients.

Letters:

- 1: Laying Plans: Governed by five factors The Moral Law, Heaven, Earth, The Commander, Method and Discipline.
- 2: Waging War: Generalizing the context of war in the aspects of political, strategic, operational, and tactical.
- 3: Attack by Stratagem: Practicality to win without destruction, rather to destroy their will to fight.
- 4: Tactical Dispositions: to prevent lies in oneself, while the possibility of defeating the enemy lies in himself.
- 5: Energy: There is no difference in a large or small force, rather how they are employed or empowered.
- 6: Weak Points and Strong: as the moon has periods of waning and waxing so does the dynamics of battle through ebbs and flows.
- 7: Maneuvering: Context of movement will solidify the outcome by understanding the capabilities of ones forces, as well as the position of one's enemy.
- 8: Variation in Tactics: The General who thoroughly understands the advantages that accompany variation of tactics, knows how to handle his troops. While those that do not will be unable to turn his knowledge to practical account.
- 9: The Army on the March: Pondering when to move, when to encamp, where to stay/where not to stay, and understand one's own troops to employ them properly.
- 10: Terrain: enabling one to distinguish the six kinds of terrain. While understanding how they will affect the fight.
- 11: The Nine Situations: gives the ability to recognize the nine varieties of ground. Being fluid in the changing states of battle can create decisive action.
- 12: The Attack by Fire: As well as defense of fires. Explaining the five forms of attack.
- 13: The Use of Spies: Knowledge of the enemies disposition can only be obtained from other men. The rise and fall of each dynasty was attributed in one way or another through the use of spies. Enlightened rulers use the highest intelligence and thereby achieving the greatest results.

Books of this nature are there as a tool to stop, pause, and reflect. All of these concepts not only relate to war, but to life overall. Once one reads the unedited version, the suggestion would be to follow that on with versions that expand on the ideas as well as open discussions to create further understanding of the subjects. The wave tops above are less than even the tips of the icebergs within these vast thoughts. Many people in the past have been thrown off to attempt reading the book do to some of the complex ideas, yet, Sun Tzu wrote it as a guide to open up curiosity. A suggestion would be to write out one line and study the ideas to look for deeper meaning amongst a group, one would be surprised by the PFCs thoughts if steered in the right direction. An opposite yin to the yang of this book would be *On War By Carl Von Clausewitz*, for a great comparison or polarization of ideas.



**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 now have dine-in at 50% capacity and still serve take-out meals 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-Sun) 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: Wednesdays (0900-1400) **By appointment only**

Points of contact:

Sgt. Danielle Prentice W: 757-836-4376 C: 254-493-1420 danielle.prentice@usmc.mil	Sgt. Desmond Martin W: 757-836-1581 C: 870-571-7941 desmond.martin@usmc.mil	Mr. Jonathan Donnelly W: 757-836-1802 C: 724-683-1161 Jonathan.donnelly2@usmc.mil
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Procedures:

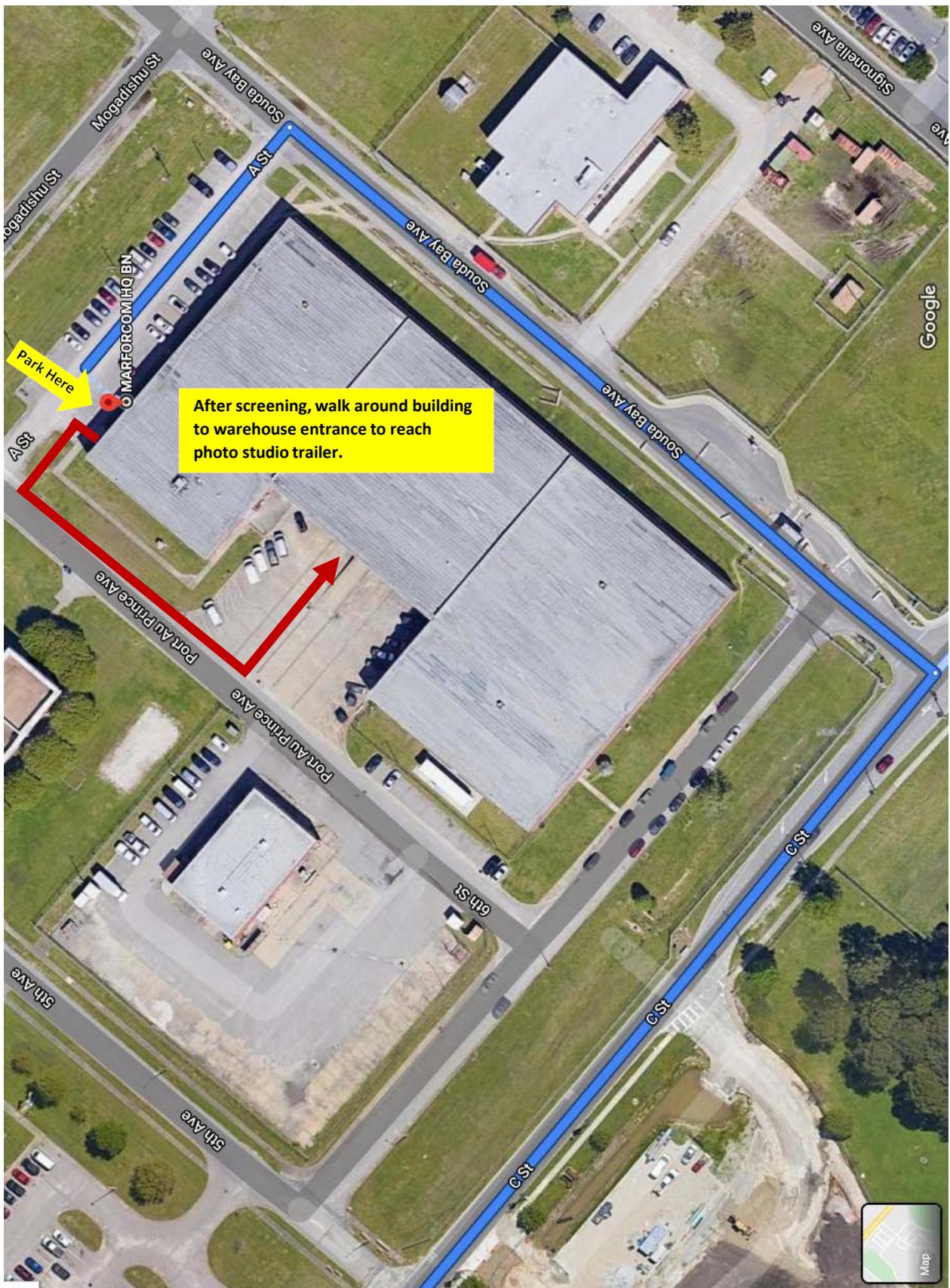
- Obtain a certified hard copy of your command generated height & weight letter prior to your appointment. **In order for your photo to be taken, you must have the hard copy in hand.** For MARFORCOM personnel, the HQBN S-3 is available to process height & weight letters on Wednesdays from 0900-1400. 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 no later than 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.



After screening, walk around building to warehouse entrance to reach photo studio trailer.

Park Here

MARFORCOM/HO BN

Google

Map



STUDIO

5 min
1.6 miles

7 min
1.7 miles

8 min
1.9 miles

MARFORCOM

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)



REGISTRATION FORM



PARTICIPANT INFORMATION



NAME: _____ RANK: _____ PFT Score: _____ CFT Score: _____

MALE / FEMALE COMMAND: _____ E-MAIL: _____

WORK PHONE: _____ CELL PHONE: _____

PARTICIPANT'S SIGNATURE: _____

COMMAND AUTHORIZATION



NAME: _____ RANK (O3 OR HIGHER): _____

COMMAND: _____ E-MAIL: _____

WORK PHONE: _____ CELL PHONE: _____

AUTHORIZING COMMAND SIGNATURE: _____

I confirm that the participant information above is accurate and I authorize the above active duty service member to participate in the Semper Fit Hampton Roads HITT Challenge.

PRIVACY ACT STATEMENT



Authority: 10 usc 5013; 10 usc 5041 mco p1700.27b

Principal purpose: to provide registration of active duty marines to compete in the marine corps high intensity tactical training (hitt) event..

Disclosure: disclosure of personal information is voluntary. However, if requested information is not provided, participation in the HITT Challenge WILL NOT be approved.

Submit In-Person or Email to Allen.Sese@USMC-MCCS.org See Flyer (on back) for additional information



FACILITY STATUS

UPDATED 30 SEPTEMBER 2020

NSAHR Headquarters

Sewells Point Golf Course, Bldg. CA-99	444-5572
NATO Café, Bldg. NH-31	237-3068
Cutter Park, Bldg. CA510	444-0347
NEX Mini Mart / Food Court, Bldg. NH-18	440-2037
Navy Family Housing, Bldg. SDA-337	445-2803/2832
Marine Corps Exchange (MCX)	423-1187
NEX Barber Shop Bldg. NH-18	440-2034/2037

NSAHR Portsmouth Annex

Fleet and Family Support Center, Bldg. 249	953-7801
River's Edge Community Center, Bldg. 256	953-5095
River's Edge Bistro, Bldg. 256	953-5095
Dancing Goat Coffee Shop, Bldg. 3	
Dancing Goat Coffee Kiosk, Bldg. 2	
NEX Food Court, Bldg. 3	397-5858
NEX Mini Mart, Bldg. 3	397-5858
NEX Mini Mart, Bldg. 256	397-5857
NEX Barber Shop Bldg. 3	393-0574

NSAHR Northwest Annex

Fleet and Family Support Center, Bldg. 374	421-8770
NEX Food Mart and Gas Station, Bldg. 396	421-8254
NEX Barber Shop Bldg. 396	421-8254

NSAHR Headquarters

Fitness Center, Bldg. NH-30	836-1812
Sewells Point Snack Bar, Bldg. CA-99	445-2605
Sewells Point 24/7 Center, Bldg. SDA-330	444-7270
Navy Gateway Inns and Suites, Bldg. SC-400	394-9054
POW/MIA Chapel	524-1775

NSAHR Portsmouth Annex

Riverview Fitness Center, Bldg. 276	953-7024
Child Development Center, Bldg. 249	953-6904
24/7 Center, Bldg. 247	953-6904
Riverview Aquatics Center, Bldg. 252	953-5946

NSAHR Northwest Annex

Fitness Center, Bldg. 65	421-8287
Mariner Community Center, Bldg. 237	421-8250
Mariner Snack Bar, Bldg. 237	421-8250
Stewart Campground, Bldg. 237	421-8250
Child Development Center, Bldg. 383	421-8266
Youth Center, Bldg. 432	421-8004
Galley, Bldg. 7	421-8328
Navy Gateway Inns and Suites, Bldg. 342	394-9053

NSAHR Headquarters

Marianas Hall Fitness Center, Bldg. SC-400	443-6110
Pub 1 Bar and Grille, Bldg. SC-400	423-2169
Java Joint, Bldg. SC-1	237-3068

NSAHR Portsmouth Annex

24/7 Fitness Center, Bldg. 3	953-7024
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NSAHR Northwest Annex

Gymnasium Bldg. 348	421-8287
Outdoor Pool	421-8263

Morale Welfare and Recreation:

- Fitness Centers - Active Duty and Reservists Only
- **HQ NH-30 M-F 0600-0930 1030-1800, NWA M-F 0600-0930 1030-1800**
- **PA M-T-Th-F 0600-1000 1100-1800 W M 0600-1000 1100-1600**
- **SC-400 Closed**
- Fitness Centers Closed from 0930-1030 for cleaning
- Riverview Aquatics Center Open Lap Swim Only 0530-0730 M-F
- Food and Beverage Dining Room 50% Capacity
- Community Rec Tickets available, Rentals Permitted
- Mariner Center OPEN M-T-W-F-Sat 1200-1900 Sunday 1200-1700
- Thur - CLOSED **OPEN LABOR DAY**
- River's Edge Community Center Open Daily, M-F 0900-1500 Sat-Sun 0900-1600
- NATO Café Tue-Thur 0730-1330

Child and Youth Programs:

- Capacity will vary by location, and service members should contact their center directly for updates. Any Service Member can submit a **Childcare Declaration Form** and receive care. Mission Essential Paperwork no longer required.

Fleet and Family Support Centers (Portsmouth and Northwest):

- Mandated services: FAP, SAIL, and SAPR remain fully supported.
- Work and Family Life: Virtual and telephonic life skills classes, financial classes/counseling and job counseling offered.
- Clinical counseling: Provided telephonically. In person crisis counseling provided as needed.
- New Parent Support: Home visit clients will be contacted by phone. Home visits may be conducted on a case-by-case basis.
- Career Development Resource Center: By appointment
- FFSC locations are open and providing virtual or telephonic services. Please call the centers directly to schedule an appointment for all services.

Military Family Housing:

- Housing Service Centers: OPEN, with limited services and reduced workforce. Encourage personnel to call in advance. Priority support to residents of PPV, and civilian lease issues based on stop-movement.
- Lincoln Military Housing: Reduced services, with expanded definition of Emergency service calls.

Lodging (NGIS and Navy Lodge):

- Fully operational. Possible degradation of service as high-risk personnel are identified.
- ROM capacity: Capacity is strained at both Navy Lodge (increase in PCS requirements) and NGIS. If you foresee a requirement for a large unit ROM-sequester, please coordinate early to ensure availability.

NEXCOM:

- Barber Shops Active Duty Only through 2 AUG
 - NMCP M-F 0700-1800, SAT 0900-1900. SUN 0900-1800
 - NWA M-0600-1700, T-F 0700-1400, S & S 0700-1700
 - HQ M-F 0700-1500. S&S CLOSED
- Food Court Seating / Dine-In Restaurants open at 50% Capacity

OPEN – Facility open and normal operations.

MODIFIED - Hours OR services modified in some way.

CLOSED - Facility closed until further notice.

Services/Hours may change on short notice.

Recommend calling in advance to confirm availability.

YOUR *Virtual* FFSC WEBINAR SCHEDULE



We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving.

How to register:

Step #1: Create an Account – Visit MyNavyFamily.com to establish a free account. We recommend establishing your account at least one day before the webinar. Be sure to enter your time zone!!

Step #2: View the calendar – Once your account is confirmed, click “Live Webinar” at the top of the page to view the calendar and select a webinar.

Step #3: Receive a Reminder Email – You will receive an email and link for the webinar one week, one day, and one hour prior to the webinar!

Please feel free to message us at <https://learning.zeiders.refineddata.com/> if you have any questions. We look forward to seeing everyone there!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 
5 1:00 PM EST Spouse Employment and Education Info Session	6 9:00 AM EST Saving and Investing 5:00 PM EST Moving Out	7 10:00 AM EST IA Financial Preparedness Building Healthy Relationships	8 9:00 AM EST Job Search Strategies 10:00 AM EST Healthy and Unhealthy Relationships	9
12 	13 12:00 PM EST Interview Skills	14 9:00 AM EST Federal Employment 12:00 PM EST How to Survive the Holidays 1:00 PM EST The Value of a Mentor Parenting Tips	15 1:00 PM EST Fundamentals of Resume Writing What About the Kids 4:00 PM EST LinkedIn Bringing Baby Home	16 9:00 AM EST Personal Communications
	20 9:00 AM EST Spouse Newcomers Orientation 11:00 AM EST Smooth Move During COVID19 12:00 PM EST Social Media Presence 4:00 PM EST Being the Best You - Part 1	21 10:00 AM EST Stalking 2:00 PM EST Saving Money 5:00 PM EST How to Complete a Household Goods Move Application	22 9:00 AM EST Let's Coupon!	23 
	27 4:00 PM EST Being the Best You - Part 2	28 4:00 PM EST General Homecoming Brief	29 1:00 PM EST Financial Readiness in the Military 5:00 PM EST Navy Retirement ... Is it Enough?	30



OCTOBER 2020

The Transition Assistance Program (TAP) provides information and training to ensure Service members transitioning from active-duty are prepared for their next step in life. It is designed to provide Service members with the resources, tools, services and skill-building training needed to meet Career Readiness Standards (CRS). Virtual Tap (VTAP) provides the live training components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

To receive a Certificate of Completion for each session, members must be logged into live classroom under their own LMS account and attend for the full length of the training. Some briefings are broken into multiple components and you must attend all components of training to fulfill Career Readiness Standards. Please see the descriptions on the LMS when you register.

Core TAP Sessions

Date	Day of Week	Start Time	Duration	Session Name
Oct 5th	Monday	10:00 AM	2 hrs	Pre-Separation Class
	Monday	12:30 PM	30 min	Managing Your Transition
	Monday	1:30 PM	3 hrs	Financial Planning for Transition
	Monday	5:00 PM	1.5 hrs	Military Occupational Crosswalk
Oct 19th	Monday	9:00 AM	2 hrs	Pre-Separation Class
	Monday	11:30 AM	30 min	Managing Your Transition
	Monday	12:30 PM	3 hrs	Financial Planning for Transition
	Monday	4:00 PM	1.5 hrs	Military Occupational Crosswalk

view the elective TAP Tracks on next page

Go to mynavyfamily.com to create a LMS account.
Once logged in, access LIVE webinars to register for a session.
For NMCI use <https://learning.zeiders.refineddata.com>.



TAP Track Sessions

Date	Day of Week	Start Time	Duration	Session name
Oct 6th	Tuesday	11:00 AM	4 hrs	DOL Employment Fundamentals (Part 1 of 2)
Oct 7th	Wednesday	11:00 AM	4 hrs	DOL Employment Fundamentals (Part 2 of 2)
Oct 20th	Tuesday	9:00 AM	4 hrs	DOL Employment Fundamentals (Part 1 of 2)
Oct 21st	Wednesday	9:00 AM	4 hrs	DOL Employment Fundamentals (Part 2 of 2)
Oct 8th	Thursday	11:00 AM	6 hrs	Managing Your Education Track (Part 1 of 2)
Oct 9th	Friday	11:00 AM	6 hrs	Managing Your Education Track (Part 2 of 2)
Oct 22nd	Thursday	8:30 AM	6 hrs	Managing Your Education Track (Part 1 of 2)
Oct 23rd	Friday	8:30 AM	6 hrs	Managing Your Education Track (Part 2 of 2)
Oct 14th	Wednesday	11:00 AM	8 hrs	DOL Employment Track (Part 1 of 2)
Oct 15th	Thursday	11:00 AM	8 hrs	DOL Employment Track (Part 2 of 2)
Oct 28th	Wednesday	9:00 AM	8 hrs	DOL Employment Track (Part 1 of 2)
Oct 29th	Thursday	9:00 AM	8 hrs	DOL Employment Track (Part 2 of 2)
Oct 6th	Tuesday	7:30 AM	4 hrs	Vocational Track (Part 1 of 4)
Oct 7th	Wednesday	7:30 AM	4 hrs	Vocational Track (Part 2 of 4)
Oct 8th	Thursday	7:30 AM	4 hrs	Vocational Track (Part 3 of 4)
Oct 9th	Friday	7:30 AM	4 hrs	Vocational Track (Part 4 of 4)
Oct 21st	Wednesday	10:00 AM	4 hrs	Entrepreneurship (Boots to Business) Track (Part 1 of 2)
Oct 22nd	Thursday	10:00 AM	4 hrs	Entrepreneurship (Boots to Business) Track (Part 2 of 2)

MARINE



& Family

Marine Corps Family Team Building

Virtual Classes

Family Care Plan Training	5 October, 1500-1600 16 December, 1500-1600
Family Readiness Assistant/Advisor Training	20 October, 1200-1430
PII/OPSEC Training	21 October, 1200-1300
L.I.N.K.S. for Parents	27 & 28 October, 1400-1630 (attend both days)
L.I.N.K.S. for Spouses	3-5 November, 1300-1500 (attend all days)
Real Relationships *NEW*	17 November, 1500-1630
Say What?	9 December, 0900-1030
Family Care Plan Training	16 December, 1500-1600
<p>*All times listed are in Eastern Daylight Time (EDT)* *After 1 November, all times listed in Eastern Standard Time (EST)*</p>	
<p>Registration required; email MCFTB at omb.mcftbnorfolk@usmc-mccs.org Questions? Call 757-355-9562</p>	



CHILD CARE FEE RELIEF

FOR MILITARY FAMILIES

Need Help Paying for Child Care?

FINANCIAL RELIEF FOR CHILD CARE COSTS

Access to quality child care is a long-standing issue for military families, now worsened by the pandemic. If your military family depends on child care so you can go to work, work from home, or work on your education, we want to help by providing your family with cost reimbursements.

NMFA is awarding reimbursements up to \$1,500 to eligible families.

The first round of applications are being accepted from September 28 - October 12.



APPLY FOR RELIEF

<https://www.militaryfamily.org/child-care-fee-relief/>

ELIGIBLE FAMILIES ARE THOSE:

- On active duty, activated reserves, or National Guard on active Title 10 or Title 32 orders for six months or longer
- In pay grades E1 - E6
- With children ages 13 and under
- With a spouse who is employed (minimum 15 hours per week) or currently pursuing a degree (minimum 6 credit hours) or professional pursuit (licensure or certification — minimum 15 hours per week)

Priority will be given to families with a deployed or extended TDY service member, dual military families, and/or single service members.



NAVY REGION MID-ATLANTIC

Navy Child & Youth Programs (CYP) are open!

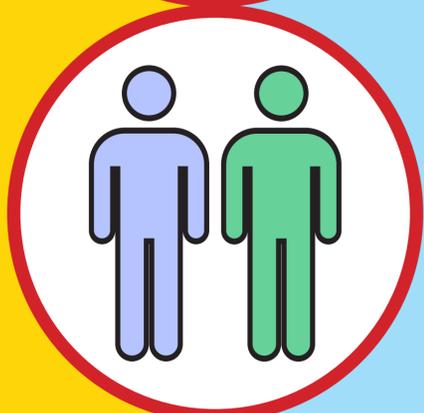


All families requiring child care who CANNOT self-care at home can request temporary care through Military Child Care (MCC) at militarychildcare.com using the "Temporary COVID Care" option.

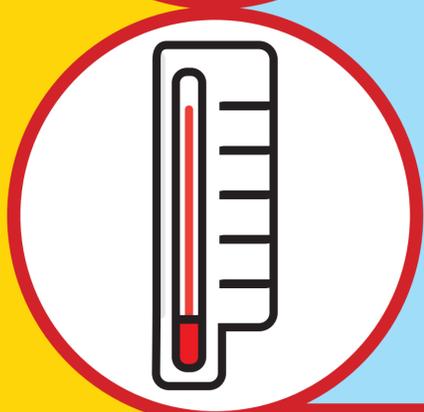
- If more than one child needs care, the sponsor must request "Temporary COVID care" for each child.
- If a family already has an active MCC account, simply add the "Temporary COVID care" option to your profile.
- If a family does not currently have an account, create a family account through MCC at militarychildcare.com.



As part of the enrollment process, each household must submit a Child Care Declaration Form. A fillable PDF copy of the Declaration Form is available on the CYP Family Enrollment site at <https://elibrary.cnic-n9portal.net/familyenrollment/>.



When space becomes available, the sponsor will receive an e-mail from CYP. The email will provide instructions for accepting the "temporary" space, and at that time the completed Child Care Declaration Form will be requested.



For inquiries related to creating an account, updating a household profile, searching for care or managing requests for care, call 1-855.696.2934, option 1.



**Toll Free Phone Number:
855-696-2934 and select Option 1 (Family Support)**



**Navy Child and Youth Programs
 COVID-19 National Emergency
 CHILDCARE DECLARATION**

In the midst of the Coronavirus Disease 2019 (COVID-19) national emergency, Navy Child and Youth Programs (CYP) are implementing “Reset Stages” to ensure CYP Programs are opening operations in a safe, controllable and progressive manner while protecting the health, safety, and welfare of our families, their children, and our professionals.

For currently enrolled families, if you do require childcare at one of our CYP Programs (i.e., Child Development Center, School Age Care/Youth Center and/or Child Development Homes) because you cannot self-care for own your child/ren due to return to duty requirements, and if not previously declared, you are required to self-certify that childcare is needed. A Childcare Declaration Form, endorsed by your Command (e.g., *Senior Enlisted, DIVDIR, Executive or Commanding Officer*) that self-caring at home is not an option will be required before care can begin.

Currently enrolled families who elect to self-care at home will have their fees waived and spaces saved until such time that we return to a steady state. At this time, we will provide you a two-week notice to return to the program in order to maintain your child’s enrollment.

For families who were not previously enrolled and require childcare due to a return to duty requirement, a Childcare Declaration Form, endorsed by the Installation Commanding Officer, that self-caring at home is not an option, will also be required before care can begin. We will try to accommodate your child care requirement as long as there is space available within our capacity and staffing levels. If a space is made available, we will continue to support your childcare need for as long as we are able to and will assess your space on a weekly basis. We will provide a one (1) week notification to you when care can no longer be accommodated at our program due to our program resuming it’s steady state and our currently enrolled families start to return. We strongly encourage you to request for childcare at militarychildcare.com in order to get on our waitlist.

All families who require childcare at one of our CYP Programs shall complete the below and return to the Childcare/Youth Center front desk or Child Development Home Provider before **care can be provided**. Once received, the program will contact you. We will provide additional information on registration, health screening requirements and parent fee information when we contact you.

SPONSOR INFORMATION	
SPONSOR NAME: (Last Name, First Name)	COMMAND NAME:
ENROLLED CHILD/REN NAME/S: (Last Name, First Name)	
DATE CARE NEEDED:	DAYS REQUIRED:
I certify that I have a childcare requirement during the Navy’s childcare program operating hours. All members of my household are unable to self-care for my child(ren) during the COVID-19 national emergency:	
SPONSOR SIGNATURE:	

SPONSOR COMMAND ENDORSEMENT	
I concur with the Sponsor’s self-assessment and this childcare requirement is essential:	
COMMAND REPRESENTATIVE NAME	COMMAND REPRESENTATIVE SIGNATURE



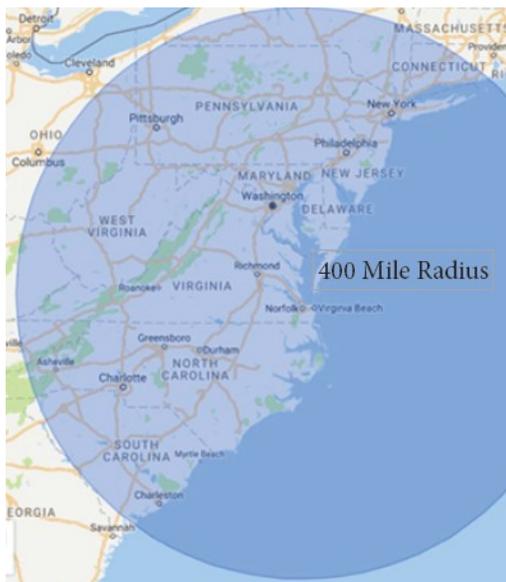
Hurricane Season 2020

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.mcidsus.mcids.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

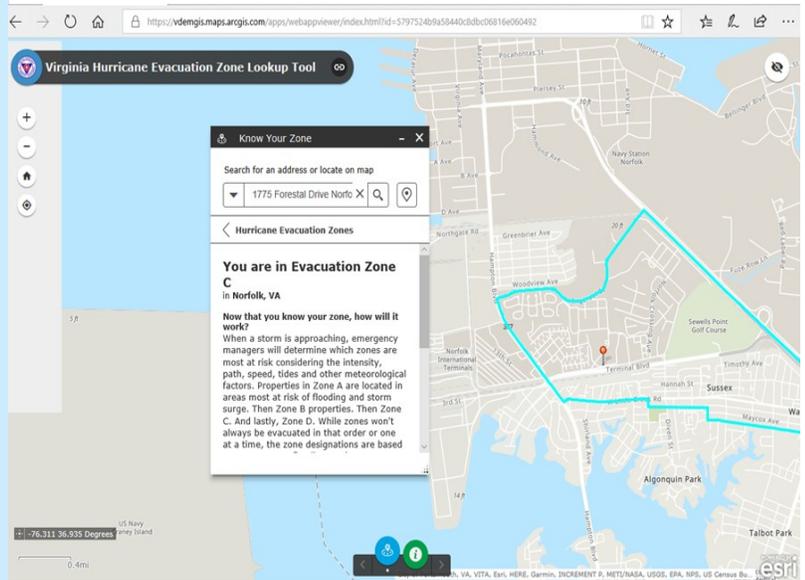
EASTERN SHORE

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