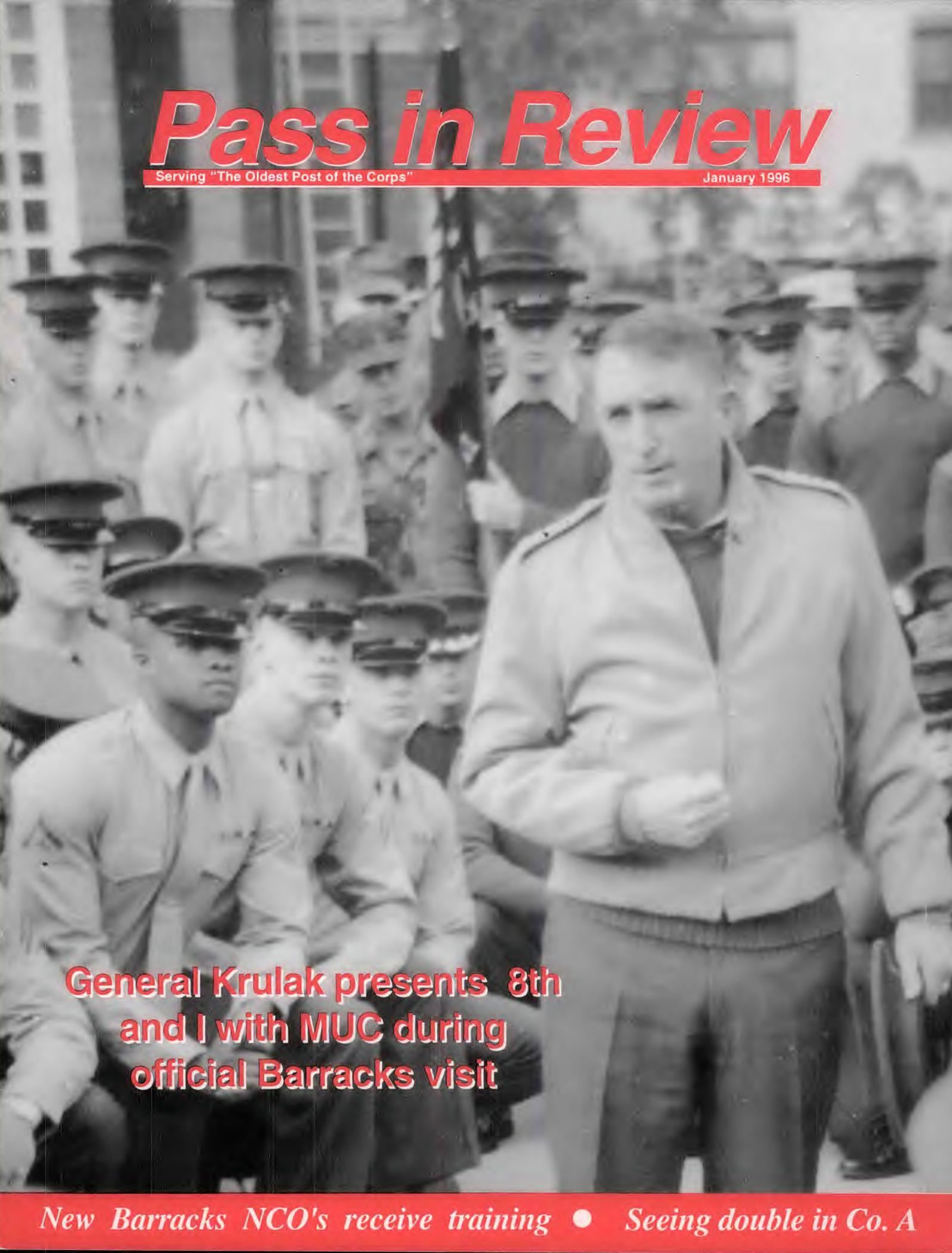


Pass in Review

Serving "The Oldest Post of the Corps"

January 1996



**General Krulak presents 8th
and I with MUC during
official Barracks visit**

New Barracks NCO's receive training • Seeing double in Co. A

Mission Review

Welcome back from the holidays and happy new year. I trust everyone had a great holiday season with family and friends. As we begin the new year I think it is a good idea to review the missions of the Barracks. My intent is to spend the next few Pass in Review articles addressing the mission, vision, and goals of the Barracks and, more importantly, how these items impact on each of us.

I believe it is necessary to occasionally reflect on the missions of your unit. No one expects you to memorize them; however, you do need to internalize them so that when you make decisions or take action they provide a backdrop for that decision or action. You probably will not even be conscious of the fact that they have influenced you. But they are there and they have an impact. Consider the instruction you received from your Drill Instructor. You probably do things every day he or she taught you which, as a Marine, are so automatic that you don't even think about them.

What follows is based upon the efforts put forth a year ago by many members of the Barracks and has been seen or briefed to many of you. As you read these please note how diverse the missions of the Barracks are.

We all have a tendency to view our world from our own perspective and not realize there are a great many Marines on our team who are carrying out missions significantly different than ours. The questions for all of us are how do I fit into this larger picture and how should I interact with these other Marines?

1. We serve at the White House. We safeguard the Presidential Retreat, the White House Communications Agency, the United States Naval Academy, and we respond to contingency missions, as may be directed.

2. We are entrusted with "The Oldest Post of the Corps," a National Historic Sight. We maintain its grounds and buildings in

impeccable condition to preserve and highlight its special stature as a showplace of our Corps.

3. We are the Marine Corps' premier ceremonial organization in our nation's capital and across the country. As the Corps' most visible Marines, we exemplify the esprit de corps, professionalism, pride, discipline and traditions of our Corps in order to assure the enduring respect, admiration and affection of our nation.

4. We are the Marine Corps' nonresident education and training center for all Marines, members of the Department of Defense and allied forces serving worldwide.

Note that all these missions are written to include the team or family concept. "I" or "me" are not part of the equation. While I may carry out my particular job as assigned, WE carry out the missions of the Barracks. Consequently, important questions to ask yourself are 'am I contributing to these ends', 'am I merely along for the ride', or 'am I hindering the attainment of these missions'? After all, it is possible to do your own job well and, if you don't realize how your actions fit into the missions of your unit, to actually be a detriment to those overall missions.

What I am attempting to do here is to get each of us, from the Marine who just reported aboard to the civilian Marine with time at the Barracks in the double figures, to step back from our own workaday routine and look at the larger picture occasionally. When you do you will find your perspective will often change and your contributions to the Barracks team will increase. And didn't each of us join the Corps because we realized there was something larger than ourselves that we wanted to be part of?

by

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On the Cover

Gen. Charles C. Krulak talks with 8th and I Marines about their role in the future direction of the Marine Corps. Gen. Krulak presented 8th and I with a MUC during his first official visit to the Barracks (USMC photo by LCpl. Chance D. Puma).

Features...

Cold season's bitter bite strikes again



Keeping warm is serious business.

Page 14

Training junior NCO's

Marine Barracks hosts two-week Corporal's Course for next generation of NCO's.



Page 18

Key Volunteers: a new chapter for 8th and I

Barracks Commanding Officer adopts program to support 8th and I's role in taking care of our own.

Page 22

In the news...

CMC makes official visit to Barracks

General Charles C. Krulak makes his first official visit to 8th and I.

Page 8

Seeing double in Company A

The Hutton twins take top spots in Ceremonial Drill School.

Page 9

Departments...

From the C.O.....	2
Corpswide News	4
Tell it to a Marine	5
Local News	8
Newsmakers.....	12
Letters.....	28



SSgt. Doug Marocco carries the American colors during the 1995 World Military Games opening ceremony. Marocco, assigned to MCAGCC, 29 Palms, Calif., competed in the triathlon. The Americans captured 21 medals in the two-week competition sponsored by the Conseil International du Sport Militaire. Russia captured the most awards, winning 62 gold medals and 127 overall. (Photo by Tom Hlavacek)

TROA increases interest-free loans to \$2,500 for undergraduate study

Alexandria, Va. - During the 1996-1997 school year, 800 students will receive \$2,500 interest-free loans from The Retired Officers Association (TROA) Educational Assistance Program. These loans, totaling \$2 million, will be awarded annually for up to five years of undergraduate study to unmarried undergraduate students, under the age of 24, who are dependent children of active, reserve and retired service members and their surviving spouses.

Students can obtain up to \$12,500 of interest-free support for five years of undergraduate study and loan repayment after graduation.

The students are selected on their scholastic ability, participation in extracurricular and community activities, as well as financial need. All who are awarded loans were automatically considered for the grants. A limited number of other grants, ranging from \$500 to \$2,500, are also available.

TROA Educational Assistance applications for the 1996-1997 school year are available now. Applications should be requested by Feb. 15 and the completed application must be post-marked on or before March 1.

For applications and more information, write to TROA Educational Assistance Program Administrator (09D), 201 N. Washington St., Alexandria, Va. 22314-2539 or call (800)245-TROA(8762) Ext. 169 or E-mail schol@troa.org.

HQMC opens toll-free career line

HEADQUARTERS, U.S. MARINE CORPS, Washington, D.C. — Today's Marine not only faces the challenges associated with the Corps, but the competition for promotion and retention. Enlisted career counselors help Marines maintain their edge by providing performance evaluations.

Marines can now reach the Enlisted Career Counselors toll-free. Headquarters Marine Corps has released a list of new toll-free numbers so Marines stationed around the world can call for career advice.

Marines are encouraged to use the lines to ask questions about competitiveness for promotion and retention, career goals or performance evaluation. A counseling interview includes a performance appraisal of the Marine's Official Military Personnel File and Master Brief Sheet. To schedule a counseling interview telephonically, call (800) 833-2320.

Tell It To A Marine....



"Remember Marine Mail. I want to hear the things that can make our Corps better. If you think your Commandant knows everything, you're sadly mistaken, I need the help of every Marine in this Corps." -Commandant of the Marine Corps Gen. Charles C. Krulak in reference to his E-mail address

A message from the Commandant of the Marine Corps

Recent hate crimes in the Armed Services have prompted the Commandant of the Marine Corps, Gen. Charles C. Krulak, to issue a White Letter to Marine Corps leaders, reaffirming that such activity in the Corps will not be tolerated.

White Letter 15-95, addressed to all commanding generals, commanding officers, officers in charge and sergeants major, directs leaders to ensure they have "situational awareness" of problems which may exist within their commands. Gen. Krulak said, in part, that hate crimes and racist attitudes are inconsistent with being a Marine.

"We are sworn to defend the Constitution against ALL enemies, foreign and domestic. Hate crimes are illegal and a threat to our National Security," Gen. Krulak said. "Groups which advocate supremacist, racist, or violently militant causes are opposed to the core values that guide every Marine."

In conclusion, after directing commanders to assess their commands for the potential for problems, Gen. Krulak added, "I do not want to give the impression that large numbers of Marines are involved in such senseless and despicable actions. I do, however, want to ensure that we take action to prevent such crimes from ever being committed by a Marine. Look hard!"

MCAGCC, 29 Palms, Calif. — Where at the Marine Corps Air Ground Combat Center can you fly a jet fighter, command a tank and assault a bunker with the infantry, without leaving the comfort of a cushioned chair?

It's called LeatherNet, and it was the focus of a recent visit by Director of Research and Engineering Dr. Anita Jones and LtGen. Paul K. Van Riper, Commanding General, Marine Corps Combat Development Command, Quantico, Va.

Comprised of three large rear-projection screens and lots of computer equipment, LeatherNet enables commanders the chance to do "dry runs" of an attack without risking lives or equipment. The terrain features on the program are mapped from the Delta Corridor and range 400 training areas of MCAGCC. The simulated environment, according to Jones, is designed to compliment field training — not replace it.

"I feel that this system can raise skill levels when used in compliment to time in the field," Jones said. "There is no way that simulation will ever substitute the real thing, but in here you can try different things and see your mistakes from different angles without risk. For the most part, it's just a planning tool."

LeatherNet: More than a high- tech video game

LeatherNet makes plotting routes for battle easy with its voice activated commands. While its vocabulary is limited now, the hope is to eventually have a 1500-word vocabulary allowing for even more hands-free operation.

As the technology in this system improves over time, Dr. Jones believes that the lessons learned will flood into all areas of operation in the military.

"I think the time is right now for simulation," Jones said. "Simulation is going to be everywhere. Besides just training, it's going to change the military as a whole. The bottom line is that we end up being better than the enemy."

First female Marine pilot finishes training

MCAS TUSTIN, Calif. — Some swore it couldn't be done, while others waited and observed with much skepticism.

But 1stLt. Sarah Deal made a lifetime dream come true.

Marine Corps history was made Oct. 2 when Deal completed her 53rd and final flight hour here as the first female Fleet Replacement Air Squadron combat pilot with Marine Helicopter Training Squadron 302.

The 26-year-old Pemberville, Ohio, native will fly the Corps' premier troop carrier - the CH-53E Super Stallion helicopter with Marine Heavy Helicopter Squadron 466.

"I feel great about going to a tactical squadron. I would like to hope it goes as it went at HMT-302," Deal said. "As with any new job, I sometimes wonder what it's going to be like. But, I'll be going over there (to HMMH-466) with three to six pilots and friends that I've trained with, which should help. I love flying the CH-53Es. I'm enjoying what I'm doing. I've worked in the aviation arena since I was a high school junior.

"When I was about eight or nine years old, I used to ride my bike down to the airfield in my neighborhood to watch remote-controlled aircraft land and take off - and always wanted to fly," Deal said with a big smile. "I started my venture in aviation by joining the Young Explorers while a high school junior and worked in an airport for about five years," Deal said.

"To me, I thought it was a unique experience to train a female pilot," said Capt. Ronald S. Kimbrough, Quality Assurance officer and CH-53 instructor pilot, HMT-302. "First Lieutenant Deal was a normal student who did what any normal student would do. She made the same types of mistakes any CH-53 student pilot would make. There is one standard the Marine Corps has set for all CH-53 pilots - to adequately handle and fly the helo and troops and equipment safely and proficiently. She has met the standards set by the Marine Corps."

Sgt. Charles L. Venegoni, Ch-53E crew chief, HMT-302, explained his feelings about flying with a female pilot. "I slipped up a couple of times and called her 'Sir,' but, other than that, it's the same as flying with a male pilot. Training new pilots - whether male or female - it doesn't

make any difference.”

As with any job, where women step into an all-male domain, there was some apprehension Corps-wide and world-wide as to how Deal would fit in, but that was soon put to rest at her training squadron here.

“The biggest thing I want people to know is that I’m a Marine and am going to be doing the same things as any Marine,” Deal pointed out. “My philosophy to everyone is treat me like you treat any fellow Marine. I’ve flown with numerous pilots - to include the squadron commanding officer - and felt comfortable with all of them. Everyone has different techniques and standards that I’ve learned from.”

While speaking with other HMT-302 permanent personnel and students, many voiced their feelings about how they think Deal is fitting in.

“She has been treated like any other student pilot and has performed as well as, if not better than, her contemporaries throughout her training,” said Navy LT Mark A. Joynt, unit information officer and human affairs officer, HMT-302.

“I think she’s going to have many challenges ahead of



her. First as a Marine pilot in general and secondly, all pioneers haven’t had it easy - especially with her being the Corps’ first female aviator,” said Lt. Col. Gerald L. Yanello, commanding officer, HMT-302.

“The CH-53 is the toughest helo anyone can fly, and she’s handling it very well,” Yanello stressed.

“This is history in the making. To me, a Marine is a Marine - I don’t care what gender they are when assigned to work with me or for me,” Yanello added.

“I look forward to having Deal assigned to my squadron,” said Lt. Col. Robert G. Garrison, commanding officer, HMT-466.

“I see her as a Marine officer who has earned her wings as any other pilot has. At Naval Air Station Whiting Field near Pensacola, I’ve flown with a lot of female Naval aviators before, and they did just as well as their male counterparts. The spirit of competition Deal brings to this male-dominated flying club is something we’re looking forward to - and we welcome her aboard,” Garrison said.

Deal’s father, who served in the Marine Corps during the 1950’s as a military policeman, commented on his daughter becoming the first female Marine pilot.

“No one gave her any hand-outs. She did it herself,” Richard Deal said. “She just happened to be at the right place at the right time.”

Although both of Deal’s parents said the prospect of their daughter flying in combat scares them, they stand squarely behind her decision.

“If this is what makes her happy, then it makes us happy. This is what she loves,” Marjorie Deal concluded.



Top: Deal prepares to don her helmet before taking off in a Super Stallion. Left: Deal checks an engine on a CH-53E during pre-flight procedures.

Photos by GySgt. Gloria Nacoste

Newsnotes...

One source of information on college financial assistance is the "Need a Lift?" handbook from the American Legion. A copy of the handbook may be purchased by mailing a \$3.00 check or money order to: "Need a Lift?", The American Legion, National Emblem Sales, P.O. Box 1050, Indianapolis, IN. 46206-1055.

More than 900 scholarships will be awarded in April by the **Marine Corps Scholarship Foundation**. For more information or an application packet, write to: Marine Corps Scholarship Foundation, P.O. Box 3008, Princeton, N.J. 08543-3008.

The **USO of Metropolitan Washington** also announced it will fund a scholarship program for the children of active duty military members based in the metropolitan area. Applications are available through USO-Metro and senior enlisted advisors and must be submitted April 1. For more information, call (703)696-2628.



Gen. Krulak stands with Barracks Commanding Officer, Col. Dotterer during the his first official visit to 8th & I (USMC photo by LCpl. Chance D. Puma).

CMC makes official visit to Barracks

Commandant of the Marine Corps Gen. Charles C. Krulak made his first official visit to Marine Barracks Washington D.C. Nov. 28 and formally presented the Barracks' Meritorious Unit Commendation which was authorized June 30.

After adding the MUC streamer to the Barracks colors, Gen. Krulak spoke candidly with the Marines about their role in the direction of the Marine Corps.

"You are upholding a tremendous standard, and that's critical," said Gen. Krulak.

As a unit in the public's view, 8th and I represents the efforts of Marines worldwide in the Fleet Marine Force, according to Gen. Krulak. "The fact that you do your job well means a lot to that logistician and infantryman who is about to go into Bosnia in the next 30 days," he said.

"I've been here four months and I am highly impressed by the way the Marines of this Barracks do their job," said Gen. Krulak.

The Commandant also had time to pass the message he said he has been trying to spread on his visits throughout the Marine Corps since taking office. "Joining the Marine Corps puts you through a special transformation," he said. "The Marine Corps changes you forever.

"We are something special to this nation. I would like to think that whether you stay in the Corps or not you will always think of yourselves as Marines."

The Commandant said he would like Marines who don't continue service to attend college and aspire highly for themselves because of the things they learned as Marines. "Your Commandant went from no high school diploma to two masters degrees and four stars," he said. "You have to give and you have to work, but I want the best for each and every one of you."

by
LCpl. Chance D. Puma

Seeing double in Company A

Twins graduate from ceremonial drill school

If you have happened to see the latest group of Marines to complete the Ceremonial Drill School, you may have thought you were seeing double. You were - two of the Marines in the course are twins.

Marine PFC's Joshua M. and Jared J. Hutton, of Manito, Ill., recently graduated from CDS tied for the honor graduate position. The 1995 graduates of Midwest Central High School are the sons of Bradley J. Hutton, of Peoria, Ill., and Ruth Parks of Manito, Ill. They are now assigned to Company A, 2nd platoon where they also share a room in the barracks.

While some people may think going through Boot Camp, the School of Infantry and then being assigned to Marine Barracks Washington, D.C. would be just a little to much time to spend with their brother, it's not the case where the Hutton's are concerned. "Being together through all this has really brought us closer," Jared said. "We push each other to do better. Of course we disagree about some things, but that's normal."

"We are pretty competitive and sometimes we may make a small bet as to who can do better in whatever training we are going through," Joshua added.

Training together is something the twins have been doing a lot of since they left for Marine Corps Recruit Depot, San Diego in late May last

year.

"We were supposed to ship out together, but Jared got held up a day at the Military Entry Processing Station. We were in the same company and eventually got put into the same platoon. We've been together ever since then," Joshua said.

"Probably the hardest part of training here at the Barracks is just keeping your uniform squared away.

CDS was a lot different than any of the other training we've gone through so far," Joshua added.

CDS is a course that almost everyone at the barracks is familiar with, according to Cpl. Jeffery S. Hill, Company A's noncommissioned-officer-in-charge of CDS. "Every Marine assigned to either Company A or B at Marine Barracks, Washington, D.C., has to attend the month long course. The purpose of the course is to get the Marine basically ceremonially qualified. We teach them the Barracks' unique manual of arms for the



The Hutton twins practice their rifle manual shortly after graduating from Ceremonial Drill School (USMC photo by LCpl. Patrick E. Franklin).

M-1 rifle and drill, some of the history of the barracks and give them an orientation to the barracks," Hill said. Both of the twins have shown an aptitude for handling the M-1, as their standing in the CDS class indicates, and have expressed interest in trying to make the Silent Drill Platoon during their assignment to the Barracks. If they make it, it could give a whole new meaning to the mirror drill sequence of the show.

*Story and Photo by
LCpl. Patrick E. Franklin*

Newsnotes...

The USO Airport Assistance Center at Andrews Air Force Base needs volunteers to help man the center and expand operating hours. For more information or to volunteer, call Dale Jovero at (703)696-3279.

The old yellow CHAMPUS claim form, DD Form 2520 has been replaced with a new white form, DD Form 2642.

Under CHAMPUS\TRICARE Standard and TRICARE Extra the daily amount that active duty family members pay for inpatient care in civilian hospitals increased from \$9.50 to \$9.70.

ALMAR 220/95 gives information on the wear of the new Enhanced Hot Weather Battledress Uniform.

Placement of marksmanship badges on women's Service and Dress Uniforms have been changed. See ALMAR 340/95 for details.

Directions on the wear of the new V-neck sweater and slip-on insignia are covered in ALMAR 351/95.

Corps adds HAZMAT MOS

MCB, CAMP LEJEUNE, N.C. — In recognition of growing concern for the environment, the Marine Corps created a secondary Military Occupational Specialty about two years ago to better control the handling, transport and disposal of hazardous materials and wastes.

Marines selected to receive the 9954 MOS attend a two-week course at the Environmental Training Center in Fort Sill, Okla. Once certified as hazardous material specialists, they remain in their primary MOS, according to Maj. Don Cook, environmental and safety compliance officer, 2d Marine Division.

"The idea of the new program is to develop a cadre of people within the Marine Corps who are trained to handle hazardous materials," he said. "This program allows individuals to be trained and certified by the Environmental Protection Agency. They won't stay in the field their entire Marine Corps career, but we know they're trained, and, if a commander needs a hazardous material disposal officer or handler, we have personnel qualified for the job."

Most of the Marines chosen to receive the training serve

in units that deal with hazardous materials on a regular basis, said Cook.

"Of the Marines who have received the training, most of them have come from motor transport, communications and supply," he said. "Motor transport handles the oil and anti-freeze, communications has the batteries and supply handles everything."

Sgt. Roosevelt D. Roberts is the Marine Barracks Washington, D.C. environmental compliance representative. It's his job to ensure "The Old-



Mr. Chip McBride demonstrates the handling of hazardous materials such as paint or cleaning solutions (USMC photo by Cpl. Timothy C. Hodge).

est Post of the Corps" is in compliance with federal EPA regulations.

"I don't have the hazardous material specialist secondary MOS, but I have taken courses and I'm certified to handle hazardous materials. Once a week Richard Brickey of D.C. Public Works comes into help us dispose of hazardous wastes," said Roberts.

Capt. Lionel P. Perkins III is the Barracks Safety Officer and is responsible for overseeing the environmental program. He has taken several HAZMAT classes and is in the process of receiving his certification.

The hazardous material training was initiated to make programs throughout the Marine Corps consistent, said Cook.

"The Marine Corps was spending a lot of money on programs that weren't uniform," he said. "In some cases, the programs were doing way more than was necessary, and in others, not enough. Federal regulations require that we have certified personnel capable of handling hazardous material. With our new program, we've met those federal requirements and put all major commands on the same sheet of music."

Under the new program, the Marines are being brought on line with their civilian counterparts in the protection of the environment, according to Cook.

"Congress and the Marine Corps aren't asking us to do any more than civilian companies," Cook said. "Every company out there is supposed to

take care of their workers and make them aware of any health hazards. We say we take care of our own, and it's important we do when it comes to the area of hazardous materials and wastes.

"Marines have a right to know what they are exposed to," Cook continued. "Every hazardous material has a Material Safety Data Sheet that tells them everything they need to know about a certain material from the name of the manufacturer and their phone number to the health hazards and first aid treatment if you breathe it in, get it on your skin or in your eyes."

In addition to looking out for the welfare of Marines, there are a number of other benefits to controlling hazardous materials and wastes, Cook said.

"First of all, we save a lot of money in fines that we would have to pay if we didn't properly control and dispose of them," he said. "Fines would take away valuable training money. We also help protect the endangered species aboard the bases. It's our job to protect the American people, and where is a better place to start than in our own backyard?"

by
LCpl. Scott J. Metzner,
MCB Camp Lejeune Public
Affairs Office
and LCpl. Patrick E.
Franklin

Newsnotes...

The search is on for the **"Youth Baseball Military Family of the Year"**. For more information, call Bryan Harris at (212)714-1280

The USO of Metropolitan Washington's **"Guide to Washington"** is now available at your nearest USO office. Call (703)696-2628 for information on USO locations.

For information on **State and Presidential Primaries**, contact Cpl. Grote (202)433-4778.

The Washington Bullets basketball team is sponsoring a **USO-Metro Charity Night** on Saturday, Jan. 27, 1996. For further information about game tickets call the USO-Metro Ticketline at (703)696-2551.

If you're living from payday to payday, being harassed by creditors or getting ready to make major financial decisions, the **Navy-Marine Corps Relief Society** can provide invaluable budgeting assistance. Call (202)433-3364 for more information.

What is TRICARE?

BUMED, Washington, D.C. — Rapidly rising health care costs and the closure of military bases, along with their hospitals, require the military to look for new ways to provide health care benefits. TRICARE is the Department of Defense response to these challenges.

TRICARE is a medical program for active duty, retired and family members of all military services. It is designed to expand access to care, assure high quality care, control health care costs for patients and taxpayers alike, and improve medical readiness.

The TRICARE program is managed by the military and supported by civilian contractors. For each of 12 regions of the country, a military lead agent will be responsible for overseeing the program. Lead agents are the commanders of large regional Navy, Army and Air Force medical centers.

Choose Your Level of Care

The main challenge for most beneficiaries is deciding which option — Prime, Extra or Standard — is best for them. Active duty families who use Prime or Extra civilian care will save money compared to what they would spend if they used Standard CHAMPUS.

There are no enrollment fees for active duty families. Retiree families have to balance expected savings on TRICARE Prime against the new enrollment fees (\$230 for a single retiree; \$460 for a family). Despite the fees, experts predict

the average retiree will save \$160 a year under TRICARE Prime, compared to TRICARE Standard. Whatever your medical situation, health benefits advisors are available at your local medical facility to help you decide which option is best for you.



TRICARE Prime

This option is similar to a civilian health maintenance organization. All active duty members will be enrolled in Prime and will continue to receive most of their care from military medical personnel. CHAMPUS-eligible family members may enroll in Prime. Each person who enrolls in Prime has a military or civilian Primary Care Manager (e.g., a family physician

or pediatrician) who provides non-emergency routine medical care. The PCM is also the one who authorizes referrals for specialty care. For active duty families, there is an enrollment fee for TRICARE Prime. Cost shares are less than under the other two options. The average active duty family will save \$170 to \$240 per year, and retiree families will save an average of \$160 per year under TRICARE Prime compared to their costs using Standard CHAMPUS.

Advantages: Once you are enrolled in TRICARE Prime, your decision-making burdens are over. Your assigned PCM will guide you every step of the way. You always know where to go for initial care and getting appointments with your PCM is easy. When you need tests or specialty care, a Health Care Finder at a convenient TRICARE Service Center makes appointments for you. This is the most economical option for most people. You pay no deductibles and only modest fixed fees for civilian care in the civilian network. There is no paperwork for you to fill out since providers file their claims for payment directly with the contractor.

Disadvantages: Once enrolled, you are committed to TRICARE Prime for a year. You must use your assigned PCM and Prime network for all care except true emergencies. For most people this is not a problem. But if you prefer a doctor who is not a TRICARE Prime par-



ticipant, you may not want to enroll. Retiree families must pay enrollment fees whether they use care or not. Most will save money overall, compared to Standard CHAMPUS, but those who need little care might pay less under other options.

TRICARE Extra

Under this option, individuals do not enroll and retain their freedom to choose any provider. However, if an authorized network provider is used, this option offers a five percent discount from the TRICARE Standard cost shares (i.e., 15 percent of negotiated fee rather than 20 percent of allowable charges for active duty family members). The annual CHAMPUS deductible must be met before cost sharing begins and other CHAMPUS rules also pertain.

Advantages: TRICARE Extra is less expensive for you than TRICARE Standard because of the five percent of the allowable charges and negotiated lower fees with participating providers. You can keep your preferred non-participating doctors and still benefit from lower

costs when using specialists where you have no preference.

Disadvantages: TRICARE Extra is more expensive per treatment than TRICARE Prime. There is no PCM to protect you from unnecessary care, guide you to the right care, or monitor the quality of your care.

TRICARE Standard

This is a new name for the traditional CHAMPUS. In this option, individuals decline enrollment and continue to pay current CHAMPUS deductibles and cost shares and abide by current CHAMPUS rules.

Advantages: The only advantage over the other TRICARE options is unlimited provider choice.

This may be important to patients who have established provider relationships.

Disadvantages: This is the most expensive option if you do not have other good medical insurance. Patients must pay a deductible, a percentage copayment and the balance if the provider bill exceeds the CHAMPUS allowable. There is no PCM to guide patient care.

What will TRICARE Cost Active Duty Family Members?

The following information is provided as an example. For complete information, you should contact your health benefits advisor at your military treatment facility, or a representative at the closest TRICARE Service Center.

TRICARE Prime (E1-E4): No annual deductible; \$6 per civilian outpatient visit; \$11 per day (\$25 maximum) for civilian inpatient care.

TRICARE Prime (E5 and above): No annual deductible; \$12 per civilian outpatient visit; \$11 per day (\$25 maximum) for civilian inpatient care.

TRICARE Extra: Annual deductible of \$150 per individual/\$300 per family; 15 percent of negotiated fee for civilian outpatient visit; the greater of \$25 or \$9.70 per day for civilian inpatient care.

Local Tricare Information

CHAMPUS Advisor:

WNY Medical advisor.....(202) 433-2204

Local Care Providers:

Bethesda info.....(301) 295-5385

Andrews AFB info.....(301) 981-5911

Walter Reed info.....(202) 567-3501

Fort Belvoir info.....(703) 805-0510

Cold season's bitter bite strikes again



The feet of a Barracks Marine recovering from a case of late fall frostbite (USMC photo by LCpl. Patrick E. Franklin).

Winter weather looks different to every one. Many see the cooler temperatures with no parades as an ideal time for field training. Snow enthusiasts view a blanket of white as the perfect playground for skiing, sledding and snowball warfare; others hate the cold and avoid it at all costs. No matter if you're in the cold for fun, for training or because it can't be avoided, though, you have to respect the cold, the wet snow and the winter winds and protect yourself from their most hazardous threats.

“...always plan for the worst possible weather of the forecast before you go out.”

*HM3 Richard A. Ollenberger,
Barracks Corpsman*

According to HM3 Richard Ollenberger, Barracks corpsman, frostbite is a threat everyone faces in any temperature which is lower than the bodies' toasty 98.6 degrees.

“It could be 72 degrees,” according to Ollenberger, “but if its wet outside and there is wind, you could actually get frostbite.” Damp cold and wind, not simply colder temperatures, are the biggest threats to your health, he notes.

The first sign of frostbite is the stinging you feel in the extremities as your skin chills on the inside. The second stage is numbness in

the affected area - your nerves and the blood vessels are frozen. No oxygen, blood or liquids are going to the tissues and they begin to die.

Frostbite occurs in the digits - toes, fingers, noses and ears, "where you don't have a lot of circulation and you don't have much meat there for protection for the veins," the "Doc" said. "As your veins open up to try to warm you and the cold, wet conditions persist, the blood pools in those areas and chills. You actually get ice particles in the blood in those areas."

Those ice particles are why a victim should not be rubbed or massaged in affected areas - the ice may damage the veins and tissues. Instead, the victim must be removed from the area and kept from the area until recovery is complete. Untreated for lengthy periods, frostbitten tissue will become infected and gangrene may set in, leading to a need for amputation of the affected area. Partially warming a victim and returning the victim to the same environment can lead to more severe danger, according to Ollenberger.

"If you just get the victim a little bit warm then cold again, you could damage the victim's heart by having cold blood pump through it," Ollenberger said. "If you can't keep a fire going long enough to await transportation out of the area or can't run a vehicle long enough to keep the victim warm before evacuation from an area, it's better

to leave the victim as he or she is than do it half right."

Prevention is simple and should be followed before heading out into cold, wet weather, the Doc said. "Always plan on double needs of clean socks and a towel whenever you go to the field," he advises. "If you think you are only staying for two days, pack enough socks for four. And always plan for the worst possible weather of the forecast before you go out.

"If the weather forecaster says there is a possibility of rain on your last planned day in the field, think 'It's going to rain' and pack accordingly. Have an extra clean, dry pair of socks to put on once you're sitting at the evac area waiting for the truck or the helo, too. Once you've put on your last dry clothing or used your last towel, then you get wet again, it's too late to care for the problem properly."

Your diet in the field can prevent problems, too, he said. His advice - "eat MRE's."

"They provide proteins, carbohydrates and starches your body needs. Eat the meals and drink plenty of fluids to stay in top shape."

by
GySgt. Cynthia Atwood

Wind Chill Conversion Chart

Temp.	Wind speed				
	3-6	7-10	11-15	16-19	20-23
40	35	30	25	20	15
35	30	25	20	15	10
30	25	20	15	10	5
25	20	15	10	5	0
20	15	10	5	0	-5
15	10	5	0	-5	-10
10	5	0	-5	-10	-15
5	0	-5	-10	-15	-20
0	-5	-10	-15	-20	-25
-5	-10	-15	-20	-25	-30
-10	-15	-20	-25	-30	-35
-15	-20	-25	-30	-35	-40
-20	-25	-30	-35	-40	-45
-25	-30	-35	-40	-45	-50
-30	-35	-40	-45	-50	-55
-35	-40	-45	-50	-55	-60
-40	-45	-50	-55	-60	-65
-45	-50	-55	-60	-65	-70
-50	-55	-60	-65	-70	-75
-55	-60	-65	-70	-75	-80
-60	-65	-70	-75	-80	-85

Winds of greater than 38 knots have little additional effect to the wind chill.

Everyone needs to be aware that as temperatures drop, exposed flesh may begin to freeze within one minute, and at extreme cold temperatures freezing may begin within 30 seconds.

Caution, preparation are keys to safe winter driving

The first day of winter was Dec. 21, so there may be days of frost, snow and ice on the roads. As temperatures drop, road and weather conditions will require prudence, patience and preparation.

The American Automobile Association urges drivers to prepare themselves and their cars for the winter months. Its winter driving brochure, "How to Go on Ice and Snow," provides helpful hints on vehicle maintenance. It also provides tips for dealing with cold-weather motoring.

AAA chapter official John Undeland said the key to winter driving is cautious confidence. "You have to ask yourself how you feel about taking on icy, snowy road conditions," he said. "If the answer is you're thrilled or frightened, you probably should not venture out."

Having confidence begins with knowing the car is mechanically sound. "Winter conditions are hard on your car's operations," said Undeland, "so we recommend you have your mechanic check out the car before frigid temperatures arrive."

These checks include heating and cooling systems, brakes, exhaust system, electrical operations and windshield wipers. Undeland said drivers who did this maintenance before their summer vacations still need to check and replace old or worn equipment.

Besides vehicle maintenance, Undeland recommended storing a winter driving kit in the car's trunk. This kit should contain tools and accessories like a small snow shovel, warning flares or a triangle, flashlights, jumper cables, snow brush, ice scraper, a blanket for

warmth and a bag of cat litter for traction.

Undeland also recommended always keeping a full tank of gas in the car in case you become stranded.

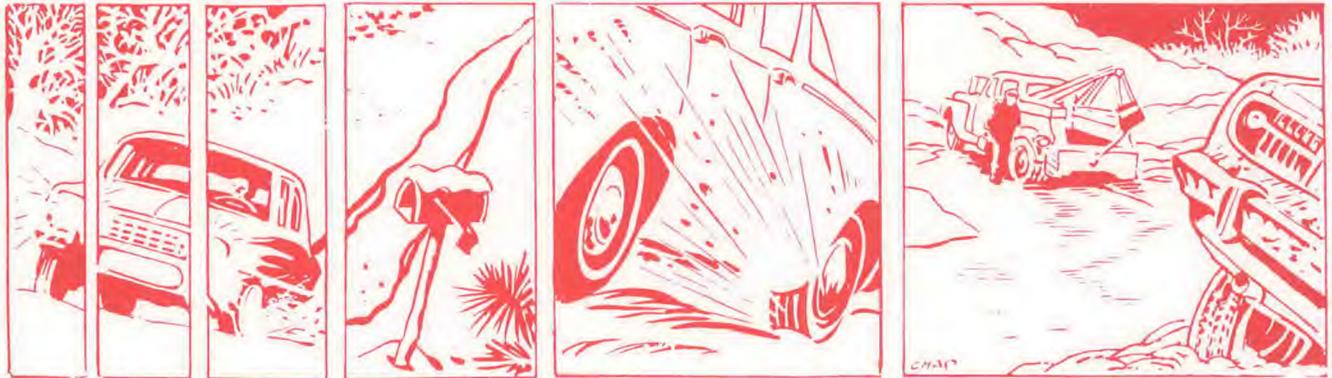
"You must be able to see and to be seen, and that means making sure your windows, mirrors and lights are clear of snow," said Undeland. "After a heavy snowfall, drivers need to remove snow from car hoods, roofs and trunks. This will prevent snow accumulation from flying off as you drive, which creates a hazard for you and other drivers."

Another way to make drivers visible is traveling with the lights on, especially in inclement weather. "It makes your vehicle much easier to see and less likely to be involved in an accident," he said.

If you become stuck, Undeland suggests clearing paths behind the car's drive wheels and spreading cat litter in those paths. This helps provide traction and helps build momentum to drive through a snow-covered area. "If necessary,

**Please drive safely.
A sudden rainstorm can
reduce visibility and
cause slick roads.**





rock your vehicle back and fourth until you start moving, but avoid spinning wheels to escape heavy snow. It only digs you deeper," he said.

Once you're on the road, keep road conditions in mind. Highways may appear clear, but could have invisible icy layers that affect stopping and steering.

Steering and acceleration are both important under winter conditions. By using gentle pressure on the gas and precise steering movements, Undeland said, most drivers can retain road traction and avoid skids.

However, skids do occur. Undeland out-lined the most effective way to regain control:

- * Don't panic.
- * Take your foot off the brake and ease off the accelerator.
- * Shift into neutral (automatic transmission) or out of gear (manual transmission).
- * Look and steer in the direction you want the front of the car to go.
- * Counter steer just before the rear wheels stop skidding, until you are going in the desired direction.
- * Be prepared for a rear-wheel skid in the opposite direction

for rear-wheel drive vehicles if you over correct the first skid.

* Engage the gear once the vehicle is straight, apply gentle pressure to the accelerator and resume course.

Undeland added brakes also affect the way you come out of a skid. Regular brakes provide the best grip just before they lock up, he said. "Squeeze the brakes until they are about to lock up then release and repeat. This also alerts other drivers that you're allowing down," he suggested.

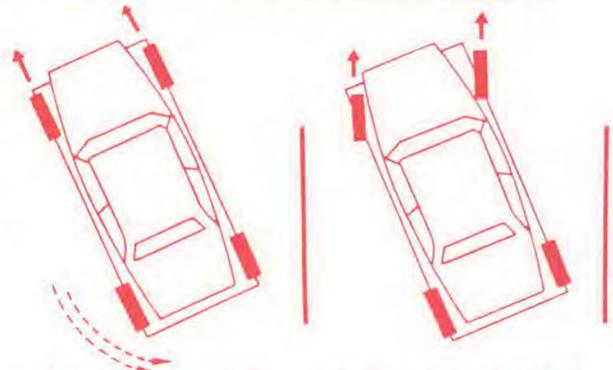
This braking process does not work with anti-lock brakes. Use gradual pressure as in conventional braking, but no pumping because it works against the anti-lock system.

Finally, know the conditions before you go. Undeland said drivers can assess the road and weather conditions and plot their journeys

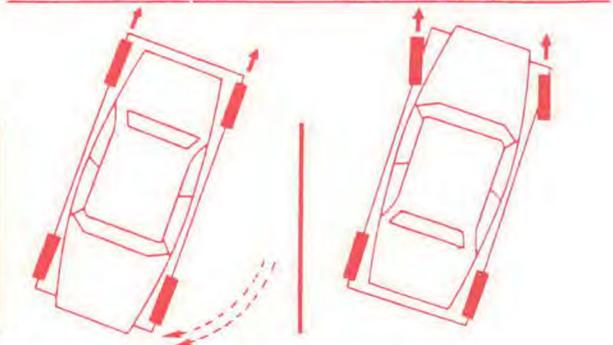
before heading out by listening to radio or television newscasts.

by
MSgt. Stephen M. Barrett,
AFIS

GUIDES FOR SLIDES



if rear slides RIGHT... TURN WHEELS RIGHT



if rear slides LEFT... TURN WHEELS LEFT

Snow and ice bring slippery driving. Drivers should be familiar with what to do when traction is suddenly lost while driving, both on and off duty.

Training junior NCO's

Marine Barracks hosts Corporal's Course

Since the Marine Corps University at Quantico, Va., developed the Corporal's Course for junior noncommissioned officers, commands throughout the Corps have been using it to sharpen their corporal's skills.

Marine Barracks Washington, D.C., began training its next generation of NCOs with the most recent Corporal's Course held Dec. 4-15 at the Anacostia Naval Center.

The course contained over 35 periods of instruction ranging from administrative and legal classes to counseling and close order drill for corporals and senior lance corporals holding corporal billets.

"The Corporal's Course is an important evolution at 8th and I because we receive so many PFCs and lance corporals," said SgtMaj. Larry J. Carson, Barracks Sergeant Major. When these Marines become new NCOs, they lack the experience of a seasoned corporal, according to Carson. "That's why we take time to polish them and hone their skills and leadership."

What students lack in experience, they work to make up for in knowledge. The course works to improve students skills with classes on a wide range of military subjects.

Some subjects, like the conduct of searches,

seizures and routine inspections or the Marine Corps counseling program, have not previously been part of the student Marines' daily jobs. However, as NCOs, they need to be able to deal with different situations when they arise, according to Carson. "The rules are there for NCOs to enforce as well as abide by," he said.

The Corporal's Course at 8th and I owes much of its success to the quality of instruction, according to GySgt Robert L. Kerr, Company Gunnery Sergeant, MCI Co. Each class is taught by a Staff NCO in the related MOS, according to Kerr, the organizer of the Barracks Corporal's Course. "The SRB and LES classes are taught by an Admin Chief and the suspect apprehension class is taught by an MP," he said.

This insures young Marines learn "the right way to do things according to the orders and regulations from Headquarters Marine Corps," said Kerr.

The wide range of subjects taught turned out to be a great advantage as well as the course's biggest challenge for students, according to Cpl. Brian T. Kenney, a Co. B squad leader and student in the latest course. "They're really teaching a large volume of information and a great breadth of coverage," he said. "Sometimes it feels like there's a lot of stuff thrown at you in a short time."



HM3 Donnie P. Pennington, Barracks Corpsman, gives Cpl. Patrick L. Jackson, Co. B, his CPR test. All Corporal's Course students were required to learn the emergency first-aid technique.



HM3 Richard A. Richard Ollenberger, Barracks Corpsman, tests LCpl. Kelvin D. Paulk, Co. A, on his CPR skills.

Retaining all of the course information is vital because it relates to the “total leadership concept,” said Kenney. “The ‘total leader’ has an understanding or at least an appreciation of what others are doing in the Corps and how their jobs work,” he said.

Many students got this kind of understanding from each other as well as the instruc-

tors, according to Kenney. “We were exposed to different leadership styles from the Staff NCO instructors and other Marines in the course,” he said. “Exposure to Marines from other commands here was great for looking at different leadership techniques.”

“Aside from the instruction, the course gives a



LCpl. Daniel R. White, Co. B., (right) in guard against LCpl. Terry R. Middleton, Co. B, during Linear Infighting Neural Engagement (LINE) Training drills. Corporal's Course students became qualified to teach LINE Training levels one through three.



Marines from 8th and I practice pinning their opponents down during a LINE training session held as part of the 1995 Corporals' Course.

camaraderie between NCOs,” said Carson. “If nothing else they handle different thoughts from others and see leadership styles they might want to learn.”

The bottom line of the course is preparing young Marines for their responsibilities and challenges they face in the future, according to Carson. Because of the course, “they are more knowledgeable of what’s expected of them and know how to react to what is thrown at them,” he said.

“More than anything else, well prepared leaders can better serve the Marines they work for and the Marines they work with,” said Kerr.

**Story and Photos by
LCpl. Chance D. Puma**

NEWSMAKERS

Barracks Marines continue to distinguish themselves on a daily basis. Congratulate **Cpl. Cristine M. Davidson** and **LCpl. Casey S. Bivens**, H&S Co., on their recent Good Conduct Medals.

Co. A Marines noted for their outstanding work during the FEX at Ft. A. P. Hill were **LCpls. Pedro A. Santos, Adam J. Grayson, Andrew W. Breen, Richard J. Hunter, Russell W. Brown** and **Donald W. Owens II**; each was the subject of a Meritorious Mast.

Marines from MCI Co. each received a Letter of Appreciation for their efforts in setting up the company's Thanksgiving Luncheon. Planners were **GySgts. William E. Cauthorn, Tommy J. Gunderson, Dawn M. Lovell** and **Herbert M. Murray, SSgt. Pamela J. Smith, Sgt. Angela E. James, Cpls. Michael J. Bess, Rolando R. Turner** and **Jeffrey M. Carney** and **LCpl. Sherron T. Carrillo**.

When you see **SSgt. Nathaniel Rosser**, MCI Co., congratulate him on his recent reenlistment.

Several new members of the Barracks family arrived in the past couple of months not quite up to size for marching, but with great potential.

LCpl. Jeffrey P. and Lynee

McGee, welcomed **Brittney Taylor** on Nov. 26 at noon. **Brittney** arrived weighing six lbs., four ounces at 20 inches. Her dad said he's ready to put her into the Delayed Entry Program.

Christian Lee LaPlante arrived in the early morning of Dec. 7. The newest addition to the family of **SSgt. Ronald P. and Tamara LaPlante**, D&B Co., weighed eight pounds, 12 ounces and was 21 and 1/2 inches long.

Hayley Rae Edmundson joined the D&B family of **Sgt. Jeffery A. and Heidi J. Edmundson** on Christmas Eve. Hayley weighed in at six pounds, four and 1/4 ounces and was 18 and 3/4 inches long. The Edmundson's early Christmas gift arrived at 11 a.m., Dec. 24.

When you see these Marines, congratulate them on their new ranks. Recent promotions for December include:

MCI Co.

LtCol. Richard A. Christie
CWO4 Gary N. Downey
MSgt. Steven D. Hubacher
GySgt. Pamela J. Smith
Sgt. Robin L. McGuire
Cpl. Theodore W. Diehl
Cpl. Peter L. Filicetti

Co. A

SSgt. Jerry R. Hanson
Cpl. Robert L. Helms
Cpl. Kelvin D. Paulk

Cpl. Douglas L. White
LCpl. Orlando G. Esquibel
LCpl. Sean T. McNeill
LCpl. Kurt E. Martin
PFC Ricardo Contreras
PFC Deshannon T. Cotton
PFC Christopher C. Cusumano
PFC Robert G. Dodds
PFC William T. Evans
PFC Jared J. Hutton
PFC Joshua M. Hutton
PFC Andrew P. Jaime
PFC Heath A. McMillin
PFC Daniel Morel
PFC Orlando Ortiz
PFC David Robinson
PFC Nolan E. Sabin

Co. B

SSgt. Jack E. Thomas
LCpl. Daniel T. Dorfer
LCpl. Erek A. Jackson
LCpl. Gary M. Reagan Jr.
LCpl. Richard H. Shannon
LCpl. Luis E. Trevino
LCpl. Shannon W. Wallace
PFC Richard M. Castellon
PFC Barry S. Ellis
PFC Steven E. Mazanec
PFC Robert L. Numerick
PFC Donovan E. Petty
PFC Jeremy S. Shafer
PFC Wendell L. Smith
PFC Ryan A. Taylor

H&S Co.

MGySgt. Dennis P. Mello
GySgt. Gary R. Bashford
Sgt. Reesha L. Hilliard
Cpl. Marcus S. Patmon
LCpl. Terry L. Beckwith Jr.
LCpl. Christopher T. Brackett

LCpl. Travis S. Eddy
 LCpl. Christopher G. Filipowski
 LCpl. Todd A. Grenier
 LCpl. James H. Huggins
 LCpl. Donald Ivy
 LCpl. Scott A. Jackson
 LCpl. Kathryn M. Morris
 LCpl. Robert E. North
 LCpl. William J. Storey
 LCpl. William M. Willis
 LCpl. Adam A. Wright
 PFC Shawn M. Mancl

D&B Co.

MSgt. Joe A. Moore Jr.
 MSgt. James P. OKeefe Jr.
 SSgt. Jeffrey A. Edmundson
 Cpl. Kenneth A. Reed
 Cpl. David E. Warner
 LCpl. M. F. Moranmazariegos

U.S. Marine Band

PFC Stephen T. Wozniak

A number of new faces are always seen at the Barracks. Make a point of greeting these new Barracks members.

MCI Co.

MSgt. Garry M. Slade
 Sgt. Kevin J. Sanders
 Cpl. Dennis E. Garcia
 Cpl. Jeremy A. Hathcock
 LCpl. Juan A. Rodriguez
 PFC Roldan C. Galupe
 PFC Clifford R. Lail
 PFC Brent L. Howard

Co. A

SSgt. Jerry R. Hanson
 LCpl. Nicholas S. Trejo
 LCpl. Terence A. Griggs

LCpl. Thomas E. Worswick Jr.
 LCpl. Arthur R. Glover
 PFC Ricardo Contreras
 PFC Steven L. Isaak
 PFC Jesse Padilla
 PFC Jayson D. Kenney
 PFC Lance T. Diede
 PFC William T. Evans
 PFC Jason W. Poat
 PFC Jeremiah P. Hamilton
 PFC Brian D. Melcher
 PFC Daniel Morel
 PFC Curtis E. Greenman
 PFC Rogers J. Smith
 PFC Owen A. Bradshaw
 PFC Mark P. Najera
 PFC David O. Bratz
 PFC Chad A. Sharp
 PFC Deshannon T. Cotton
 PFC Robert G. Dodds
 PFC Nolan E. Sabin
 PFC Brian M. Nelson
 PFC Andrew P. Jaime
 PFC Jared J. Hutton
 PFC Jason P. Taylor
 PFC Christopher C. Cusumano
 Pvt. Justin J. Bowers

Co. B

LCpl. Solomon L. Schoch
 PFC Richard M. Castellon
 PFC Barry S. Ellis
 PFC Michael O. Callebs
 PFC Jeremy S. Shafer
 PFC Robert L. Numerick
 PFC Brett M. Freeman
 PFC Joseph E. Hall
 PFC Sean D. Ramsey
 PFC Ward A Baker
 PFC Joshua E. Forbus
 PFC Christopher A. Jones
 PFC David A. Parker

PFC Steven E. Mazanec
 PFC Meredith L. Burrow Jr.
 PFC Donovan E. Petty
 PFC Daniel L. Beard
 PFC Ryan A Taylor
 PFC Wendell L. Smith
 Pvt. James C. Eskew

H&S Co.

SSgt. Mary R. Flecher
 Cpl. Duane G. Nixon
 Cpl. Nelson O. Akeredolu
 Cpl. Raoul Pina
 LCpl. Anthony M. Senecal
 LCpl. Timothy B. Teed
 PFC Raul M. Alvarez
 PFC Hernan Guarin
 PFC Graciela Lopez
 PFC Renee M. Shymoniak
 PFC Michael L. Spivey Jr.
 PFC Jeremy M. Hickman
 PFC James E. Walters
 PFC George A. Wehby
 PFC Nathan R. Locke
 PFC Phillip R. Carlson
 PFC Christopher S. Davis

Security Co.

Sgt. Richard L. Nelson





Col. David G. Dotterer, Barracks Commanding Officer, congratulates Mrs. Deanna Broome on the appointment to her new position as the Key Volunteer Coordinator (USMC Photo by LCpl. Jerry D. Pierce, Jr.).

Key Volunteer Network: a new chapter for 8th and I

Marines are known for taking care of their own. To carry on this proud tradition Marine Barracks, Washington, D.C., has implemented the Key Volunteer Network. The program is designed to provide information and serve as a welcoming aid for Marines and their families new to the Barracks.

Barracks Chaplain, LCDR Doyle W. Dunn, is the Family Readiness Officer. The Family Readiness Officer acts as a direct line of communication between the companies of the Barracks and Mrs. Deanna Broome, the Key

Volunteer Coordinator.

"There are many spouses of Marines out there right now who feel they are all alone with the questions and problems that they have," said Broome, wife of Sgt. Joseph A. Broome, MCI Co.

"We don't want people to think that this is going to be a source for baby-sitting or counseling. The network is designed to cut through the red tape and wasted time of calling all the wrong people or getting wrong information," said Dunn. The program addresses such topics as child care, employment resources, housing, medical insurance, healthcare providers and low-cost leisure activities.

"The key to the program is the volunteers-volunteers from the husbands and wives of our Marines at 8th and I. Our goal is to have one Key Volunteer for every 10 families. Each company will have a volunteer to serve as a point of contact for activities and information, who will then pass that information to the key volunteers who will pass it down to the families," said Broome. "Most of all we hope to establish a sense of community (among Barracks members) and reduce the feelings of isolation that some spouses may be feeling."

"Over the past 20 years the

Key Volunteer Network has been used by various commands around the Marine Corps. It is not something that the Colonel or myself just thought up," Dunn said. "The network has an outstanding track record and we are all very positive about the outcome that the program will have."

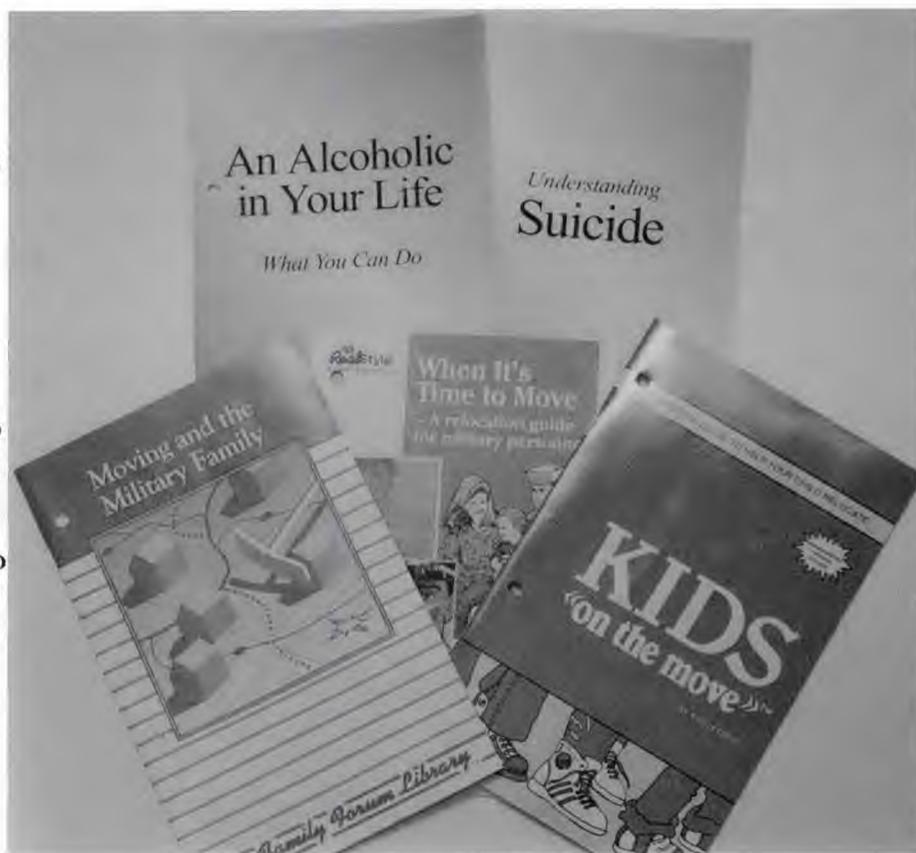
Over the course of the next few months every family will be contacted about the program. "We are diligently seeking volunteers from our families. If someone is nervous about volunteering they don't need to worry. We will provide the training and information needed to start volunteers out

on the right foot," said Broome.

"What I like most about the program is the way that Marines and their spouses share in the age-old effort of 'taking care of our own'," Dunn concluded.

If you would like to obtain more information on the network or find out how to volunteer, contact Deanna Broome at (703) 781-8336 or Chaplain Dunn at (202) 433-6201.

by
LCpl. Jerry D Pierce



Navy-Marine Corps Relief Society: More help than you know

Every new year brings with it challenges that require considerable attention, particularly where finances are concerned. No one is immune from financial crunches. Marines living off-base face the expenses of renting or buying a home and paying for electricity, a telephone, water and garbage collection, which can all add up to make a tough go of it for many. Car owners have the additional expenses of maintenance, gas and, perhaps, TICKETS. Marines with children face **all** of the daily expenses, plus additional costs for children. But, then, you already knew this, so 'what's the point?' you may be asking yourself.

The point is that while you may give to the Navy-Marine Corps Relief Society, do you know what the Society can provide in the way of financial assistance? Our very own NMCRS at the Washington Navy Yard is poised and ready to help those who are in need of assistance. All Marines and their families owe it to themselves to become familiar with the services provided by your local Navy-Marine Corps Relief Society.

The NMCRS provides loans for Marines and Sailors without the routine hassles of stringent credit checks, collateral or co-signers that conventional lending institutions require. The goal is to provide emergency assistance as its needed as easily as possible.

For instance, if you need a loan to have your vehicle repaired, all you need is a current driver's license, military ID card, registration and insurance. Provide the Society with a viable budget for repayment, an estimate of the repairs needed and proof of the loan repayability, including upkeep of the vehicle.

Check out some of the services NMCRS provides:

☛ In 1993, over \$53 million

was disbursed to the families of Sailors and Marines to assist in providing food, shelter, home and car repairs, rent, furniture, utilities, phone bills, child care, uniforms, clothing and storage.

☛ Junior seabags are available to Sailors and Marines (E-5 and below) who have recently added a new baby to the household. Over 13,000 were provided in 1993. The

by

***LtCol. Michael B. Kessler,
Executive Officer,
Marine Barracks,
Washington, D.C.***

seabag included a receiving blanket, terry sleepers, sweaters, afghans - even a pacifier. The cost to you is simply a visit to the nearest Society office. While there, you will receive important information on the costs associated with a growing family.

☛ Budget Counselors are available to provide professional assistance in helping you to balance your budget.

☛ Money for College. In 1993, over 500 dependents received \$1.1 million in school loans and \$300,000 in grants



supporting the Spouse Tuition Aid Program. An additional \$200,000 was loaned to Sailors and Marines enrolled in commissioning programs.

The Navy-Marine Corps Relief Society is always looking for volunteers. Nearly 90% of the Society's staff is made up of volunteers. The advantages to those who volunteer are numerous, but important among them is that the volunteers receive training in computer skills and word processing, public relations and retail sales. **You will even be reimbursed for child care and commuting expenses.**

The Washington D.C.

Auxiliary Office manages the resources of 10 branches and 47 smaller commands. During the month of October 1995, the Navy Yard (our branch) handled a total of 36 Navy and Marine cases and awarded \$18,392.55 in interest free loans and \$377.84 in grants. Eighteen of the cases were for unforeseen emergencies and 13 for financial mismanagement. The rest were for miscellaneous expenses. Of the money awarded, \$5589.24 was provided for basic living expenses and \$6462.25 for car repairs. **All of this in just one month!** In reviewing the 1994 Annual Report, your organization,

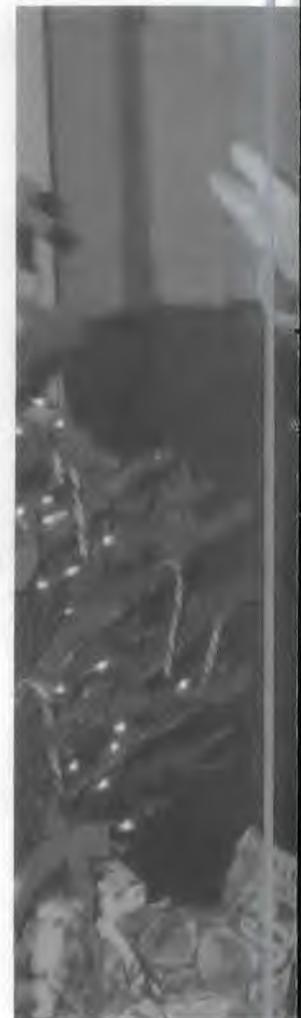
Marine Barracks 8th & I, was assisted in 71 cases to the tune of \$43,253 in loans and \$1,100 in grants, **second most of the 71 commands!!** 84% of those assisted were E-3 to E-6.

While this is not the full list, the information here provides some idea of the opportunities afforded you by the Society. When you're asked to donate to the Navy-Marine Corps Relief Society, you know you are donating to local Sailors and Marines in need of assistance.

Remember, the Navy-Marine Corps Relief Society exists for only one reason - your welfare. Don't wait until you have an emergency to find out where the local office is located and what they can do to help.

Do yourself a favor, visit the Navy Yard office and get the details of the information that has been provided here. Plan ahead and, hopefully, the counselors can help you manage your assets. But, if you suddenly find yourself in need of financial help, as we all may on occasion, the Navy-Marine Corps Relief Society is just around the corner.

For more information on what NMCRS offers visit their office in Building 172 at the Washington Navy Yard or call (202)433-3364.



A special holiday season at 8th & I

Top: Members of "The President's Own" serenade Commandant of the Marine Corps Charles C. Krulak and his wife Zandra on New Year's Day. (USMC photo by MGySgt. Andrew Linden) Top right: Barracks Executive Officer LtCol. Michael B. Kessler plays the part of Santa and takes a request at a Christmas party Dec. 2 for children of Barracks Marines. (USMC photo by Cpl. Timothy C. Hodge) Right: Assistant Director of the United States Marine Band Capt. Dennis Burian conducts a medley of traditional Chanukah songs at the National Menorah Lighting Ceremony Dec. 18 at the Ellipse. (USMC photo by SSgt. James Arnold) Far right: Marines from Marine Reserve Center Anacostia prepare bags of toys for distribution during Christmas holiday. (HQMC photo)





The Barracks holiday Toys for Tots program and the Thanksgiving and Christmas food drives received outstanding support from the Marines and civilians of Marine Barracks, Washington, D.C.

Marines and civilians of "The Oldest Post of the Corps" donated 1,139 toys, according to Sgt. Angela E. James, MCI Co., the barracks Toys For Tots coordinator.

"The estimated total of Marines and civilians at the Barracks is 1,241. I personally think we did an outstanding job and so does the reserve center at Anacostia," James said.

The food drives received similar support as Barracks

Marines and civilians pitched-in to help others.

During the Thanksgiving and Christmas seasons over 1,600 food items were donated by Marines at the Barracks. Cpl. Adrian Santiago-Alvarez, H&S Co., the Barracks food drive coordinator, said the program was extremely successful.

"Over 1,200 of the food items were donated before Thanksgiving. We had so much stuff we had to hold some of it until the Christmas food drive," said Santiago-Alvarez. "The program went real well and we gave out 28 food baskets over the holidays to Marines here at the Barracks who needed a helping hand in order to make their holiday season just a little brighter."



From the Mailbox

Oct. 9, 1995

Dear Colonel Dotterer:

My mother-in-law asked that I write to you in her behalf concerning the ceremonial detail that you provided to Chief Petty Officer Durward D. Riner Sr.'s burial at Cheltenham Cemetery on Sept. 15.

Mother was exceptionally pleased with the professionalism, courtesy and personal attention provided to her on such an occasion. Very few, if any, of those family and friends had ever seen military honors rendered at a funeral. Your personnel responded in a pinch, because the Navy was unable to provide anyone for the funeral. I personally have been to several funerals with both the Navy and the Marine honor guards, and I always liked better the way the Marines handled it.

Since my father-in-law was a SeaBee during World War II, he spent most of his time with Marines in the Islands of the Pacific anyway, and I know that he always held the Marines in high esteem. I'm sure that he appreciated having the Marines send him off.

Maj. O'Connor was especially helpful in cutting through the red-tape and expediting the services in a most professional manner. Please pass my personal thanks and a well done to those who provided the services.

Very Respectfully,
Gary L. Hearne
CDR USNR

Oct. 15, 1995

Dear Captain Powell,

I would like to thank you for your assistance in setting up our troop reservations for The Evening Parade. I cannot begin to tell you the amount of positive comments the boys had with regards to the ceremony and pride taken by the drill team. I think they now have a much better idea of what practice, teamwork and the will to accomplish a task can produce. Our visit turned out to be the highlight of our entire visit to Washington.

Again, thank you for your help and for the courtesy extended by the U. S. Marine Corps to our Scouts.

Sincerely,
Bill Gironda
Assistant Scout Master, Troop 125

Oct. 19, 1995

Dear Colonel Dotterer:

Seven United States Marines and a Navy medical corpsman, accompanied by their spouses, family and friends, left Washington last weekend for their respective posts throughout the Corps. At the airport they stood ramrod straight with the looks and feelings on their faces of Marines who had truly accomplished something meaningful.

They were the Marines and the Navy man who, a few days earlier, had been honored at the Enlisted Awards Parade and Presentation, held in conjunction with our annual Modern Day Marine Exposition at Quantico's Air Facility.

What made that so stirring and memorable was the appearance and precision performance of your parading Marines. They were truly superb! It was estimated that well over 1,500 viewers were on hand to honor and recognize the award winners including nearly every active duty General officer of the Marine Corps.

For the last two years, Maj. Chris O'Connor, the S-3 of the Barracks has been our point of contact for this event. Early on, he again won the respect, admiration and thanks of the Marine Corps League membership for his willing cooperation, courtesy and professionalism. His efforts and attention to detail were invaluable in bringing this to fruition.

The entire membership of the Marine Corps League joins me in expressing our deepest gratitude for the generous and resolute support of Marine Barracks, Washington, D.C.

Sincerely,

*Stephen G. Olmstead
LtGen. USMC (Ret)
National Chairman*

Oct. 25, 1995

Dear Colonel Dotterer:

On Oct. 5, Naval Air Station San Diego hosted southern California's Fifth Annual Sunset Salute Ceremony. Over 4,000 military and civilian guests witnessed an incredible display of military precision drill performed by the Marine Corps' elite Silent Drill Platoon. The standing ovation by those in attendance along with the extraordinary praise from Navy and Marine Corps flag officers and local dignitaries was a clear indication of a superior performance. Please extend a "BZ" to Capt. Baxter, SSgt. Charlier and the entire Silent Drill Platoon for their contributions in making this year's Sunset Salute Ceremony the best ever.

It was a pleasure to be part of a traditional ceremony which displayed the best of the Navy and Marine Corps Team. I look forward to inviting them back for the 1996 Sunset Salute Ceremony.

*CAPT M. K. Collins
Commanding Officer
Naval Station San Diego*

MONTHLY BASIC PAY TABLE

EFFECTIVE JAN 1, 1996

YEARS OF SERVICE

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	7145.70	7397.10	7397.10	7397.10	7397.10	7681.20	7681.20	8106.60	8106.60	8686.50	8686.50	9268.20	9268.20	9268.20	9845.40
O-9	6333.00	6498.90	6637.50	6637.50	6637.50	6806.10	6806.10	7089.30	7089.30	7681.20	7681.20	8106.60	8106.60	8106.60	8686.50
O-8	5736.00	5908.20	6048.30	6048.30	6048.30	6498.90	6498.90	6806.10	6806.10	7089.30	7397.10	7681.20	7870.50	7870.50	7870.50
O-7	4766.10	5090.40	5090.40	5090.40	5318.70	5318.70	5626.80	5626.80	5908.20	6498.90	6945.90	6945.90	6945.90	6945.90	6945.90
O-6	3532.50	3881.10	4135.50	4135.50	4135.50	4135.50	4135.50	4135.50	4276.20	4952.40	5205.00	5318.70	5626.80	5817.00	6102.60
O-5	2825.40	3317.40	3546.90	3546.90	3546.90	3546.90	3654.00	3851.10	4109.10	4416.60	4669.50	4811.40	4979.40	4979.40	4979.40
O-4	2381.40	2900.10	3093.60	3093.60	3150.90	3289.80	3514.50	3711.90	3881.10	4051.80	4163.10	4163.10	4163.10	4163.10	4163.10
O-3	2213.10	2474.40	2645.40	2926.80	3066.90	3176.70	3348.90	3514.50	3600.60	3600.60	3600.60	3600.60	3600.60	3600.60	3600.60
O-2	1929.90	2107.50	2532.30	2617.20	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50	2671.50
O-1	1675.50	1743.90	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50	2107.50
COMMISSIONED OFFICERS WITH OVER 4 YEARS ACTIVE DUTY SERVICE AS AN ENLISTED MEMBER OR WARRANT OFFICER															
O-3E	—	—	—	2926.80	3066.90	3176.70	3348.90	3514.50	3654.00	3654.00	3654.00	3654.00	3654.00	3654.00	3654.00
O-2E	—	—	—	2617.20	2671.50	2756.10	2900.10	3011.10	3093.60	3093.60	3093.60	3093.60	3093.60	3093.60	3093.60
O-1E	—	—	—	2107.50	2251.80	2334.60	2419.20	2503.20	2617.20	2617.20	2617.20	2617.20	2617.20	2617.20	2617.20
WARRANT OFFICERS															
W-5	—	—	—	—	—	—	—	—	—	—	—	3848.10	3993.90	4109.40	4282.50
W-4	2254.80	2419.20	2419.20	2474.40	2586.90	2700.90	2814.30	3011.10	3150.90	3261.60	3348.90	3456.90	3572.70	3684.00	3851.10
W-3	2049.30	2223.00	2223.00	2251.80	2277.90	2444.70	2586.90	2671.50	2756.10	2838.60	2926.80	3041.10	3150.90	3150.90	3261.60
W-2	1794.90	1941.90	1941.90	1998.30	2107.50	2223.00	2307.30	2391.90	2474.40	2561.40	2645.40	2728.50	2838.60	2838.60	2838.60
W-1	1495.20	1714.50	1714.50	1857.60	1941.90	2025.00	2107.50	2194.50	2277.90	2362.80	2444.70	2532.30	2532.30	2532.30	2532.30
ENLISTED MEMBERS															
E-9	—	—	—	—	—	—	2623.20	2682.00	2742.60	2805.60	2868.60	2924.10	3077.40	3197.40	3377.10
E-8	—	—	—	—	—	2199.60	2262.90	2322.30	2382.60	2445.60	2501.40	2562.90	2713.50	2834.40	3015.90
E-7	1535.70	1658.10	1719.00	1779.60	1840.20	1898.70	1959.60	2020.80	2112.00	2172.00	2232.00	2261.40	2413.20	2533.20	2713.50
E-6	1321.20	1440.30	1500.00	1563.90	1622.70	1680.90	1742.70	1832.40	1890.00	1950.90	1980.60	1980.60	1980.60	1980.60	1980.60
E-5	1159.50	1262.10	1323.30	1380.90	1471.80	1531.80	1592.10	1650.90	1680.90	1680.90	1680.90	1680.90	1680.90	1680.90	1680.90
E-4	1081.20	1142.10	1209.30	1302.60	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20	1354.20
E-3	1019.10	1074.90	1117.50	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90	1161.90
E-2	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70	980.70
E-1 >4	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80	874.80
E-1 <4	809.10	—	—	—	—	—	—	—	—	—	—	—	—	—	—
C/S	10863.60	M/S	4104.90	—	—	—	—	—	—	—	—	—	—	—	—

NOTE—BASIC PAY IS LIMITED TO \$9016.80 BY LEVEL V OF THE EXECUTIVE SCHEDULE

FY96, Assuming 2.4% Pay Raise Increase
FY96, 0% Increase on Level V

MONTHLY BAQ RATE

PAY GRADE	SINGLE FULL RATE	PARTIAL *RATE	MARRIED FULL RATE
O-10	788.40	50.70	970.50
O-9	788.40	50.70	970.50
O-8	788.40	50.70	970.50
O-7	788.40	50.70	970.50
O-6	723.30	39.60	873.90
O-5	696.60	33.00	842.40
O-4	645.60	26.70	742.50
O-3	517.50	22.20	614.40
O-2	410.40	17.70	524.70
O-1	345.60	13.20	468.90
O3E	558.60	22.20	660.30
O2E	474.90	17.70	595.80
O1E	408.30	13.20	550.50
W-5	655.80	25.20	716.70
W-4	582.60	25.20	657.00
W-3	489.60	20.70	602.10
W-2	434.70	15.90	553.80
W-1	363.90	13.80	479.10
E-9	478.50	18.60	630.60
E-8	439.20	15.30	581.40
E-7	375.00	12.00	539.70
E-6	339.60	9.90	498.90
E-5	313.20	8.70	448.50
E-4	272.40	8.10	390.00
E-3	267.30	7.80	363.00
E-2	217.20	7.20	345.60
E-1 >4	193.50	6.90	345.60
E-1 <4	193.50	6.90	345.60

FY96, BAQ increased by 5.2%.

* Payment of the partial rate of BAQ at these rates to members of the uniformed services without dependents who, under Title 37 U.S.C. 403(b) or (c) are not entitled to the full rate of BAQ, is authorized by Title 37 U.S.C. 1009(c)(2) and Part IV of Executive Order 11157, as amended.

BASIC ALLOWANCE FOR SUBSISTENCE

CASH/IN KIND

OFFICERS

\$149.67/MONTH

ENLISTED MEMBERS

E-1 <4 MONTHS	ALL OTHER ENLISTED
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When on leave or authorized to mess separately:

\$6.59/DAY	\$7.15/DAY
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When rations in-kind are not available

\$7.43/DAY	\$8.06/DAY
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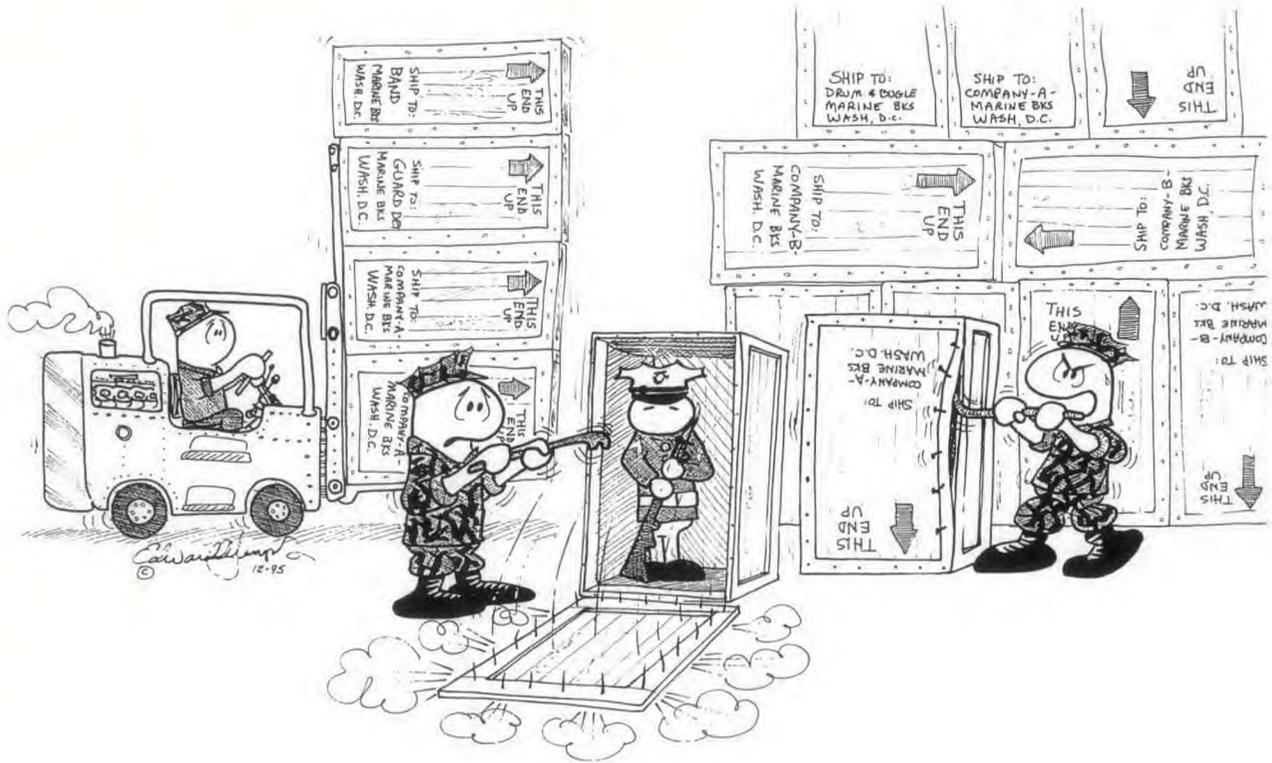
When assigned to duty under emergency conditions where no messing facilities of the United States are available:

\$9.86/DAY	\$10.67/DAY
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JANUARY 1996 - 2.4%
OUSD(P&R)(MPP)COMPENSATION

Service Academy Cadet Pay is \$558.04, effective on Jan. 1, 1996, as per section 203(c)(1) of Title 37, United States Code.

HARRY WHO by GySgt. E.A. Temple Jr.



Get a move on, we only have FIVE months 'til parade season!

DEPARTMENT OF THE NAVY
PUBLIC AFFAIRS OFFICE
MARINE BARRACKS
WASHINGTON, D.C. 20390-5000