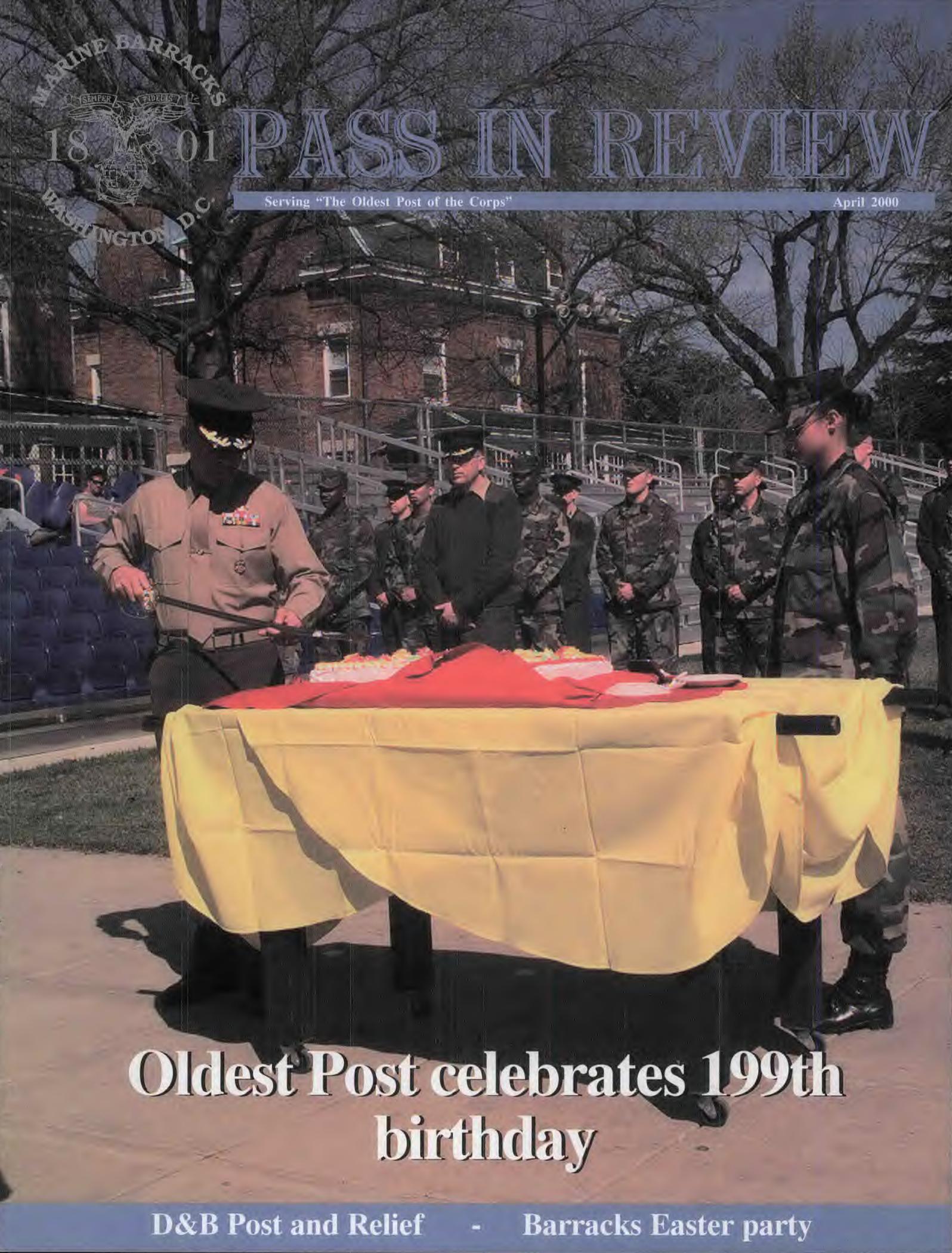


MARINE BARRACKS
1801
WASHINGTON, D.C.

PASS IN REVIEW

Serving "The Oldest Post of the Corps"

April 2000



Oldest Post celebrates 199th birthday

D&B Post and Relief - Barracks Easter party

A precious commodity ... the military child

by Sgt. Alecia Christie

Marine Corps News

edited for space

I have been a Marine for almost 12 years and a mom for just about as long. April is the Month of the Military Child, but shouldn't every month be about our children?

Statistics show that in 1999 our Marine families were comprised of 99,668 children of Marines almost quadrupling children born to officers. That is truly amazing to me. I was also a military child and, let me tell you, growing up in the "olden days" was a lot easier. Mom worked, but she was always home when my brother and I came in from school. I don't remember going to a babysitter or daycare center except on rare occasions. Now, daycare and youth centers are sprouting up on military installations the world over — sports leagues, the Young Marines Program, Marine Corps Community Services programs and myriad other activities are also there for our kids.

Don't get me wrong, I am a single mother and I couldn't wait for my sons to be old enough to use the various programs offered. I'm not saying that we shouldn't use these programs and facilities — that's what they're for. And while we need to take advantage of and participate in these programs with our children, let's not become dependent upon them. No one will love or care for your child like you do. How much time, as a parent, do you spend with your children each day? Each week?

Parenting is difficult and keeping the lines of communication open is very important to the bond between you and your child. As a mother, talking and listening to my children was always important to me, and I began this practice with my sons at very young ages. As a single mother, this practice has become increasingly important as the boys have gotten older, simply because there is more for them to get into. In many ways, the military shelters families from life in the cold, cruel world outside our protected gates. We may not make as much, but we are afforded luxuries they pay big bucks for on the outside.

Upon being stationed at Headquarters Marine Corps, I promised my sons that I'd take leave each month because I found myself not spending enough time with them. One minute they were babies, the next they were standing shoulder-to-shoulder with me. Sure, we lived in the same house, but after working 8 hours and braving southbound interstate traffic for an hour, I was exhausted

to the point where I would walk straight to my bedroom without even speaking to them. My oldest learned to cook when he was 7 and took care of his younger brothers because sometimes I was just too tired. There were times when I would be upset with something that happened at work and take it home to them. They missed out on school and sporting activities because I couldn't get home in time to make practices — none of which was fair to them.

I didn't want them to grow up saying, "All our mom did was yell at us" and "We never get to do anything because mom's always tired," so I decided to make a change — for them. I couldn't wait for them to get older because I just KNEW they wouldn't need me as much. Their schools had clubs and sports they could participate in AND an activity bus that brought them home. All I needed to do was show up at functions or games and cheer my heart out. Easy enough, right? Boy, was I wrong!

The older they get, the more your children depend on you. You never stop being a parent and your children never stop needing you. The time I spend with my sons is quality — quality that I absolutely cherish. Now, they spend their summers traveling, without me and, while I welcome the break, I miss them after about two days. My babies are growing up.

It's funny how time flies when you aren't paying attention. I find myself trying to think back — to make sure I've always been a mother they can be proud of. I'm not perfect, and I don't expect them to be. I've just resigned myself to being the best possible example for them that I can and hope that they take that away from home each and every day. I'm fortunate to work as part of a Division that takes family seriously and affords me the opportunity to spend true quality time with my sons. I often say that I'm leaving my part-time job, here, to go to my full-time job at home. I've learned to appreciate that 1-hour drive because it gives me time to unwind BEFORE I get home to my little ones. Now, they tell me I'm "fun" and "cool" — and we have great relationships.

I tell them to be the best people they can be each day — yesterday is gone, let tomorrow take care of itself. Being a mother is a job, entrusted to me, by a power higher than myself. It's a job I accepted for life, and I don't think there's a better job out there. I'm sure some fathers will disagree with me, but I can only speak about that which I know. So, instead of devoting one month to our children, let's devote each day to loving our kids, finding out about them and letting them find out about us.

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On the Cover

Colonel G.K. Brickhouse, barracks commanding officer, cuts the cake, celebrating the 199th anniversary of the founding of Marine Barracks. (photo by Sgt. Sara Storey)

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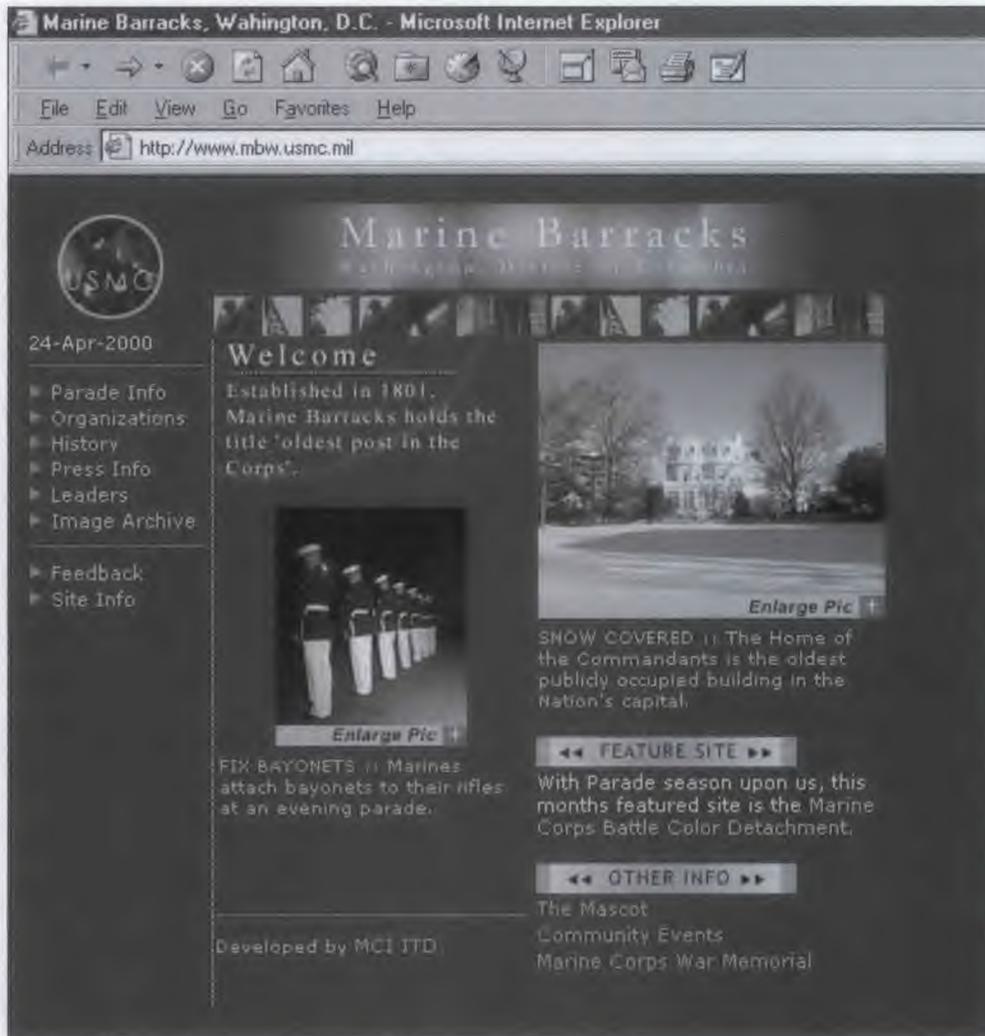
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Easter at the Barracks

The Easter Bunny led children on a frantic search for eggs hidden around the parade deck.



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Check out
the Marine
Barracks
Web site at
*www.
mbw.
usmc.
mil*

Barracks policy prohibits parking on Ninth Street

Barracks Policy letter number: 002-00

Marines stationed at Marine Barracks, Washington, D.C., are strictly prohibited from parking personally owned vehicles along the east side of Ninth Street, across the street from the "bricks," between the cross streets of I and G streets.

Under Washington, D.C., law, only lawful residents with a zone six sticker are permitted to park along Ninth Street. Residents have made numerous complaints to the command because they are denied their authorized parking space in front of their respective residences because unauthorized vehicles are parked there.

Parking on the east side of Ninth Street is authorized only if a Marine resides at and has lawfully obtained a zone six parking permit to park along Ninth Street, and makes

timely notice of this fact to the Provost Marshal of Marine Barracks.

To ensure vehicles are parked only in authorized spaces, the Guard Section will patrol Ninth Street every day. Any vehicle parked on the east side of Ninth Street and registered to a Marine stationed here, will be cited.

The Guard Section will notify the Marine's command and within 24 hours the owner of the vehicle cited will report to the Sergeant of the Guard to post as a parking detail from 5 to 7 a.m. for the five consecutive working days following the violation. The Marine's primary duty, while posted to this detail, will be to ensure no other barracks Marines park along the east side of Ninth Street.

Marines are still authorized to park on the west side of Ninth Street in compliance with the posted two-hour parking limit.

H&S Marines practice land nav and leadership skills

story and photos by Sgt. Justin C. Bakewell
Media Chief

Headquarters and Service company had the chance to brush up on some of their basic land navigation skills as well as have some fun at the Leadership Reaction Course during a field evolution at MCB Quantico, March 31.

The day began with the Marines attacking the land navigation course. Many of the Marines took this opportunity to reacquaint themselves with the basic infantry skills every Marine should posses.

“Whenever I get the chance to get out to Quantico and be a part of a good field evolution I jump at it,” said Cpl. Matthew J. Cuomo, H&S company, assistant police sergeant. “Sometimes it feels good to get away from the desk and get into the wood line -- that’s the reason I joined the Corps.”

It is often hard for the Marines of H&S company to have the time afforded to them for field training. Often times, Marines become complacent behind the desks, therefore, many Marines jumped at the chance to come out and be a part of the training.

“Going to the field is always very refreshing to Marines in the O-1 field,” said Sgt. Rasheem M. Brown, H&S company, S-1 section, unit diary chief. “Because of the intense work load in the S-1 shop we don’t get the chance to go to the field very often, it felt good to have some motivating training and get dirty.”

Once the Marines finished the morning of land naviga-

Marines overcame many physically challenging obstacles by using teamwork. The point of the course was to have a fire team work together to accomplish a mission.



Marines from Headquarters & Service company learned leadership skills at the Leadership Reaction Course at Marine Corps Base Quantico during a field evolution.



tion, they were challenged with something that would not only stress them physically but also put their leadership skills to the test: the Leadership Reaction Course at Officer Candidate School.

“The reaction course exercises a leaders ability to control the team through a series of obstacles within a obstacle, much like what is expected in today’s Marine Corps and business society,” said Capt. Kenneth E. Lucas, H&S company, public affairs officer and former OCS instructor.

The course consisted of complicated obstacles that the Marines had to negotiate and overcome. The point of the course was to have all of the Marines in the fire team work together to accomplish the objective.

“I think the reaction course implemented teamwork to the fullest extent,” said Cpl. Dixie L. Joseph, H&S company, S-1 section, PCS orders chief. “The reaction course forced everyone to come together as one cohesive unit.”

Marines in H&S company don’t always have the opportunity to take part in field training. However, when given the chance, they make the most of the opportunity, and prove the age-old saying: every Marine is a rifleman.

Barracks honors children during "Military Child Month"

ALMAR Number 018/00

Since 1986, the Secretary of Defense has designated each April as "The Month of the Military Child." Our children are an inspiration and a source of pride to us all. This is an opportunity to reflect and recognize the contributions and personal sacrifices our children make as Marine Corps family members.

The following pictures and letters were submitted by children of Marines stationed at Marine Barracks in honor of "Military Child Month."



What I think about my daddy is that he is a man of his word, always encouraging you to do your best at whatever you want to achieve.

by Josheema Oliver, age 13
daughter of Master Sgt. Jimmie L. Oliver, H&S company



I think my dad is the best and coolest dad around. When I think about him, I think about how he is not home very often, but always makes time for me. My dad does special things for me like pray for me, play games, coach my wrestling team, take me to get ice cream, and leaves special notes. It means a lot to me.

I like my dad's job, especially now that he is the drum major. He has taught me to always work hard for what you want. I like going to work with him during Friday night parades. Although my dad travels a lot, he takes me whenever he can. I've gotten to go to Dallas, Texas and Yuma, Ariz. and lots of other places.

I am proud of my dad! No matter what anyone else says, I know my dad is the best and coolest around!

by Jacob Miller, age 10
son of Staff Sgt. Mark S. Miller, D&B company



My daddy is a Red Marine. Everyone knows what a Red Marine does! He plays the music!

by Joanna Rose, age 4 1/2
daughter of Master Sgt. Riley E. Rose, D&B company

Meeting new people ...

Traveling around the world ...

Military children have many rare opportunities

by *Shanise Winters, age 15*
daughter of 1st Sgt. William A.
Winters, Company "A"

What do many people think when they hear the term "military child?" Well, if you are not in the military, then you are probably thinking some preconceived stereotypical image of a child who spends a lot of his or her time traveling, a child who considers it an accomplishment when they complete two or more consecutive years within the same school, or a child who doesn't really have a chance to make any real friends. This image seems accurate to those who are quick to judge and not to read in between the lines. Being a military child is about more than traveling, or meeting new people, it's about having opportunities

and privileges that we receive whether or not we deserve them.

Due to the fact that my father is in the Marines, I have been given the opportunity to live in a wide array of places. These places include Maryland, North Carolina, California, Hawaii, Virginia and Washington, D.C. I have traveled to Arizona, New Mexico, Texas, Tennessee, Kentucky and several other places across the United States. Consequently, traveling has also given me the chance to make quite a few friends nationwide. Some of my best memories have been the result of or directly related to traveling, such as driving cross-country when my father got orders, or living in Hawaii – that statement alone is enough justification for why I had such wonderful memories there! Traveling has brought nothing

but positive memories for me, and as a result, I have seen more in my fifteen years than some will see in their entire lives, I have been given the luxury of traveling and residing places others only hope to visit, and I can only credit the military for this.

When I think of my father, I think of honor, pride, wisdom, self-respect and respect for others, compassion and competitiveness – all of the characteristics that epitomize a true Marine.

I believe that the military not only instills morals and values in those who join it, but also to those who are directly related to someone in the military. The military has not only instilled mutual respect in me through my father, but it has also instilled discipline-- a discipline that I will carry on with me for the rest of my life.

Post observes 199th birthday

by *Sgt. Sara Storey*
Editor

"The Oldest Post of the Corps" got one year older March 31. Marines celebrated the barracks' 199th birthday in a cake cutting ceremony held on the parade deck.

President Thomas Jefferson and Lt. Col. Commandant William Ward Burrows rode from the capitol to select the site for Marine Barracks on March 31, 1801. President Jefferson needed a home for his Marines which was close to the Washington Navy Yard and within easy marching distance of the nation's capitol.

President Jefferson intended his

Marines to guard the Washington Navy Yard and the capitol.

Nearly two centuries later, the mission remains virtually unchanged. Barracks Marines still provide security for the national capitol region. In addition to security duties, the Oldest Post is home to the premier musical units "The President's Own" United States Marine Band and "The Commandant's Own" United States Marine Drum & Bugle Corps. Marine Barracks is also home to the Marine Corps Institute, a distance learning facility serving the educational needs of Marines around the world.



Colonel G.K. Brickhouse presents cake to the oldest Marine at the barracks, MGySgt. Charles Corrado. (photo by Sgt. Sara Storey)

Barracks holds tryouts for 2000 NCO Parade

NCO Parade Staff

Parade Commander - Sgt. D.M. Hanna

Parade Adjutant - Cpl. R.M. Roberts

Flanking Officer - Cpl. A.N. Remocaldo

Senior - Cpl. S.A. Sherwood

Junior - Cpl. D.J. Buckles

Alternate - Cpl. J.R. Gonzales

(right) Corporal Aaron N. Remocaldo, Company "B", marcher, performs the parade adjutant sequence during tryouts. (below) Corporal Rawle M. Roberts, Company "A", marcher, is evaluated on his drill and appearance during tryouts for the NCO Parade. (photos by Sgt. Sean Fitzpatrick)



(right) Sergeant Cole Daunhauer, Company "B", 3rd Platoon, platoon guide, marches across the parade deck at the base of the Iwo Jima War Memorial. (photo by Sgt. Sean Fitzpatrick)



(above) Sergeant Rasheem M. Brown, H&S company, S-1, puts his best foot forward as he attempts to snag the "parade commander" billet. (below) Corporal Daniel A. Schay, H&S company, Protocol Office, sounds off with a command. (photos by Sgt. Sean Fitzpatrick)



Safe and healthy runs are a few steps away

by Cpl. Matthew E. Habib
Staff Writer

Running. It's a huge part of every Marine's life, plain and simple. His legs and feet work together with the rest of his body to make a perfect machine capable of enduring long distances and staying in good shape.

However, as with any machine, if the components are not properly taken care of, problems will arise and it will eventually break down. Luckily, there are certain things a Marine can do in order to ensure he stays in the best possible health.

Jeff VanHorn, a speaker who recently visited the barracks to talk to the Marines about health and running, has been a competitive runner for the past 20 years, and earned a degree in sports medicine. According to VanHorn, there are certain things a runner must do in order to ensure a safe and healthy run. A runner needs the proper equipment for his particular foot style. This is where the right type of running shoe comes into play. But, before a runner can choose his shoes, he must know the type of foot he has [see graph], and not buy the shoes for the wrong reasons.

"There are three major reasons people buy the wrong type of shoes – price, color and brand," said VanHorn. "A runner should definitely put more consideration into buying a pair of shoes if he's buying them for [running]. The

shoes are there to protect your body from getting injured, not to look good."

Understanding how the foot works can also help the runner choose the right type of shoes. There are three different phases in the run cycle and all come into effect during a run according to VanHorn. They are as follows:

Phase one: The heel strikes the ground

Phase two: The foot naturally rolls inward. This is known as "pronation," and is the body's natural way of absorbing shock [see graph].

Phase three: The toe push-off.

Most serious injuries usually occur during phase two. Each runner has a different foot structure, which affects the style each person runs, and unless he is wearing the correct style of shoe, he can seriously damage his body over a long period of time, according to VanHorn.

"A runner runs an average of 1,500 steps per mile. Every one of those steps produces a shock to the runner's feet, ankles and legs and attacks their structures," said VanHorn. "It's like a stonecutter chipping away at a rock. He won't do it in one blow, but after thousands of hits, he eventually breaks the rock to pieces, just like beating your body against the pavement. That's what the right pair of shoes is there to prevent."

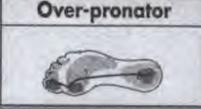
A good running style is also necessary to prevent

continued on pg. 10

Pronation: The shock-absorb system

For every step a runner takes, his feet actually roll inward to absorb the shock when his feet hit the ground. However, how much a runner's feet pronate depends on the type of arch his feet have. While pronation protects a runner from injury, if he doesn't have the right pair of shoes to match his foot type, over time, he can damage his body. Stress fractures and shin splints are the most common injuries, but they can easily be avoided with the right equipment, running style, and regular exercise.

A runner can easily see which shoe type fits him by following looking at the information in the graph to the right and matching that to his foot style.

 <p>This foot has a low flexible arch sometimes referred to as a flat foot.</p> <p>Over-pronator</p> 	 <p>This foot has a medium arch.</p> <p>Neutral</p> 	 <p>This foot has a high, rigid arch.</p> <p>Under-pronator</p> 
<p>For a flat arch, a runner would want a straighter, stiffer shoe to compensate for the foot's inward movement. Support should also be centered on the mid-sole and inside of the shoes.</p>	<p>For a medium, or normal arch, a runner would want a semi-curved shoe. The shoe should also be a little more flexible than the straight shoe with extra support at the runner's preference.</p>	<p>For a high arch, the foot curves the most, and requires a shoe with maximum curve, cushion, and flexibility.</p>

Running continued

damage. VanHorn believes that a runner should run the way he is comfortable, however, he should still stick to same basic fundamentals.

“While running, the runner should make sure he has good style by keeping his arms at a ninety-degree angle, back straight and shoulders back and relaxed,” said VanHorn. “The runner also has to make sure he keeps a good style through the entire run. After a couple of miles, the body will begin to get tired, but the runner should force himself to keep that style and not get sloppy – that could lead to injury.”

Runners should also be aware that if used regularly, running shoes can wear out fast and not offer the original protection.

“Shoe’s can handle an average of 400 miles before they are worn out. That’s not really a lot when someone runs 15 miles a week or more,” said VanHorn. “That means that if a person is serious about running, he might have to buy a new pair of shoes every three to six months.”

Runners should also be aware that the rubber structure of shoes breaks down at a rate of 20 percent each year, according to VanHorn. If the shoes sit in a box for five years, and are never touched, they are uselessly broken down. VanHorn also recommends never buying a pair of shoes for less than \$70. He believes the quality and technology put into a shoe that costs less than that, is not up to par with other high quality shoes and provides less protection.

By following these basic rules, a Marine can ensure a safe and healthy run.

“Chesty” Puller memorial dedicated

by Sgt. Sean Fitzpatrick
Press Chief

Marines from the barracks traveled to the Virginia Military Institute to watch as the 1st Marine Division Association dedicated a Living Memorial, April 7 to Lt. Gen. Lewis B. “Chesty” Puller, Honorary Member of VMI’s Class of 1933.

The three-part memorial consists of the following: a permanent exhibit in the VMI Museum’s Hall of Valor; the Lt. Gen. Lewis B. Puller/USMC and Class of 1921 Memorial Scholarship, awarded this year, to Cadet Timothy Joyce for demonstrating the



Members from the VMI band perform at the dedication.

leadership attributes of Lt. Gen. Puller; and the 1st Marine Division Association Lt. Gen. Lewis B. Puller Scholarship, awarded this year, to Cadet William Boulware for outstanding performance and pursuing a commission in the Marine Corps.

Guests included the Commandant of the Marine Corps, Gen. James L. Jones; the Sergeant Major of the Marine Corps, Alfred A. McMichael; members of the Puller Family; VMI Cadets; and Medal of Honor recipients: retired Gen. Raymond G. Davis, awarded in 1969 and retired Col. Wesley L. Fox, awarded in 1950.

According to 1st Sgt. Randy W. Matthews, Headquarters & Service company, first sergeant, the purpose of the trip was to reacquaint the Marines with the legend and history of Lt. Gen. Lewis B. “Chesty” Puller and tour VMI.

“I think things went extremely well,” said Matthews. “The Marines were exposed to three living legends; the two Medal of Honor recipients, and ‘Chesty,’ and they had the opportunity to tour the area and visit the museums.”



The drum major from the VMI band leads the musicians across the parade deck during the “Living Memorial” dedication for Lt. Gen. Lewis B. “Chesty” Puller. (photos by Sgt. Sean Fitzpatrick)

“The cadets live a Spartan lifestyle, but the important things were well taken care of,” said Matthews. “The food at the chowhall was great, the different museums and the Living Monument to ‘Chesty’ were terrific, and I thought it was a good place to train future officers.”

Boat company hits beach for better training

by Cpl. Derek A. Shoemake

CAMP LEJEUNE, N.C. (March 5) -- Marines and sailors with Battalion Landing Team 2/2's Boat Company have an intimate understanding of small boat raids after completing an integration course March 3.

The course brought newly trained coxswains, scout swimmers, navigators and other service members from the boat company together to train in providing the 26th Marine Expeditionary Unit with this alternate means of insertion.

According to GySgt. Steven Miller, Raids Instructor with the Special Operations Training Group, in addition to providing the MEU commander with another option for small troop deployment, boat companies can also be used to perform destruction raids, chart beaches and collect intelligence.

"A good example is to look at [inserting troops using helicopters]," said Miller. "Normally you can hear them ten miles away. With a Boat Company, you can hit your objective without losing noise discipline."

However, before any objectives can be met, a boat company must ensure their unit can work as a team. Miller said this begins by training selected Marines from the Company as navigators, coxswains and scout swimmers.

Navigators are responsible for making routes and setting legs for the course. It is the coxswain, or driver of the boat, who is responsible for maintaining those courses. During any boat raid, each boat will have a coxswain and navigator.

Scout swimmers are the smallest group in the Boat Company, as most raids will only have eight of them.

"We get dropped from 500 meters out," said Sgt. Todd Honea, chief scout swimmer. "Once we land on the beach we establish security and assess the situation. We'll maintain this security as the rest of the raid force lands and performs their mission."

According to Miller, once the swimmers, coxswains and navigators finish their initial training, the rest of the Boat Company will be brought in and the integration training will begin.

"These are the trigger pullers," said Miller. "Once the scout swimmers establish the security and the raid force lands, these will be the Marines who actually perform the raid."

Each raid package, regardless of size, is divided into three waves: security, assault and support. In a large



Marines with Battalion Landing Team 2/2's Boat Company, part of the 26th Marine Expeditionary Unit, ride into a beach landing zone during a Boat Company integration course. (photo by Cpl. Justin T. Watkins)

security package, each wave will consist of approximately five boats. Once the scout swimmers, part of the security wave, have swept the beach, the rest of the security wave will land and reinforce the swimmers providing more security. This will include the raid's commander, who will make liaison with the chief scout swimmer to get a first hand assessment of the situation. The support wave will be the second to land. These Marines will provide support, to include suppressive fire, for the assault wave, which will be the last to arrive.

During the integration course, the Marines conducted two missions per day, one taking place in the day and one at night.

"There was a lot to do and learn," said Cpl. Patrick Richardson, assistant wave leader. "It is not always warm and sunny. You might find yourself changing parts in the freezing water in the middle of the night. It can get pretty cold."

Even though the weather is not always cooperative, Marines said it is something unique and different. Normally, Golf Company, who is BLT 2/2's Boat Company, serves as a Line Company, a platoon of basic infantrymen.

"Instead of humping and doing grunt training, the Marines get to do something else," said Cpl. Timothy L. Griffin, wave leader. "On a regular basis, they get to be part of what the Marine Corps is best known for: amphibious assaults."

"They hit the beach hard charging, romping and stomping."

MCA expands bookstores and awards programs

by *Renaldo R. Keene*
MCA

QUANTICO, VA (March 14) -- The Marine Corps Association, the professional association of Marines, is expanding its bookstores and awards programs to assist in enhancing the professionalism of active duty and Reserve Marines and to recognize their professional and educational accomplishments, according to General Terrence R. Dake, MCA president and assistant commandant of the Marine Corps.

General Dake, in a recent letter to MCA members, stated that the MCA, which has for 87 years provided service to Marines, has recently opened a bookstore at Camp Lejeune, N.C., and is planning on opening another at Camp Pendleton, Calif., in addition to the one at Quantico, Va. He said there also will be "regional MCA representatives at the major Marine Corps bases and stations. These individuals will assist units with their awards programs, help facilitate guest speaker programs, and other professional development programs."

The MCA has been expanding its awards programs for several years now. "The greatest increases are in support of the corporal's courses and the Marine and NCO of the Quarter programs. Said Gen. Dake, "In 1999, we gave out awards totaling more than \$73,000. This year, we will continue to expand our awards program for academic distinction, writing excellence, professional achievement, and meritorious performance."

He pointed out that the MCA Bookservice, which provides professional and reading materials and books, as well as quality Marine-related items and birthday ball supplies, also has



improved its accessibility by placing book and gift catalogues on the MCA Web site, at www.mca-marines.org, and offering customers the ability to order via e-mail through bookservice@mca-marines.org.

The general's letter to association members states: The Marine Corps Gazette and Leatherneck magazines continue to be the cornerstone of the MCA. The Gazette, since 1916, the Professional Journal of the U.S. Marines, currently has a circulation of more than 31,000. Unique among military magazines, the Gazette provides a forum for professional discussion and debate of current issues facing the Marine Corps. Leatherneck, the "Magazine of the Marines" since 1917, has a circulation of more than 90,000. A reader's digest for Marines, Leatherneck continues to tell the Marine Corps story -- past, present and future with its own unique style, making it, according to some, the best magazine of its kind. Both magazines have active Web sites, gazette@mca-marines.org and leatherneck@mca-marines.org, that provide samplings of the current issue and other timely information. Readers' comments are always solicited and may be directed to the appropriate magazine from the Web pages.

Additionally, the MCA continues to work on its insurance plans to provide the best possible coverage and policies for its members. The family term policy, introduced last year, affords "tremendous coverage for Marines and their families." It is a family plan that covers spouses for one premium and covers family members for a minimal additional cost. Gen. Dake explained that "long-term care insurance has also been well-received by the membership. Participation has steadily increased as members address their changing insurance needs in preparation for their senior years."

MCA officials say that the Association offers other items, from personalized printing and stationery to conference capabilities and even credit cards. "I believe there is still more to do in order for our membership to grow," said Gen. Dake. Last year, sales from various MCA endeavors exceeded \$1.3 million. However, more importantly, MCA membership reached 85,129 and is continuing to grow. "We have set a goal to increase our membership by 20 percent over the next five years."

General Dake invited all members to become involved in the MCA by writing articles for the magazines and participating in membership services. The Association welcomes suggestions from all over the Corps and from the Marine Corps family. Send them via e-mail or by writing: Executive Director, Marine Corps Association, Box 1775, Quantico, Va., 22134, or calling toll-free (800) 336-0291, Ext. 303/304.

Evening parades started in 1957, tradition continues

Compiled by the Public Affairs Office

As the “Oldest Post of the Corps,” Marine Barracks, established in 1801, has performed military reviews and ceremonies dating back to its earliest beginnings. Although the present day “Evening Parade” was first conducted on July 5, 1957, the evolution of the parade dates back through the annals of military history.

The current parade is an elaboration of Sunset Colors, which was an expansion of such ceremonies as tattoo, retreat and lowering the colors. Tattoo is slang for “Tap Toe,” a Dutch word for turning off the tap on the wine barrel – “Doe den tap toe.” Today’s practice of drumming or playing tattoo as a spectacular conclusion to the military day, had its origin in simple military routine that dates back to the 17th century when British troops were stationed in Holland. The local inns there were social centers for the soldiers. In order to encourage the soldiers to return to their barracks at night, innkeepers were signaled to turn off their taps and terminate the sale of drinks. This signal was a drummer marching through the streets beating his drum.

Gradually, a fife joined the drummer, presumably because the drummer needed assistance in being heard above the noise of roistering soldiers. The fife, of course, played a tune. In time, the regiment’s whole corps of fife and drum was used, and finally an entire regimental band was formed to supply music for formal occasions and special military drills.

In 1893, when the “Star Spangled Banner” became the national anthem, the tattoo ceremony was eliminated except for the blowing of that call by a bugler, while the lowering of the colors at sunset, Evening Colors, became the most elaborate ceremony of the day.

The retreat ceremony was a product of British military tradition and American colonialism during the time when towns and cities were fortified. A concise description of the retreat ceremony is summarized in a Fort Henry Guard narrative, which accompanies their traditional performance at Kingston, Ontario, Canada. The object of the retreat call was to warn those outside the walls to return to the safety of the town. At the same time the call served as a signal for the mustering and posting of the necessary guards for the night watches.

Thus, as an evolution of the tattoo, retreat, and lowering the colors ceremony, the present day military rituals have become symbolic of the traditional Evening Colors

pageantry.

The winter of 1956-1957 was a season that would have significant implications for the “Oldest Post of the Corps” and its future. It was during this time that the experimental idea of the “Evening Parade” began to develop. In planning the parade sequence and format, Col. Leonard F. Chapman, the commanding officer at the time, insisted that the parade adhere to strict regulations. The parade drill would be done by the book, with no fancy theatrics, no trick drill and no Queen Anne Salutes, which frequently characterized drill routines of that period. The parade would be military in each and every detail; its fame would be based upon its military precision and precise execution of regulation drill maneuvers.

Probably the least difficulty in preparing for the first “Evening Parade” was training the Marines for the ceremony. Marines have traditionally responded to challenges, and the experimental “Evening Parade” was no exception. Plus, the barracks had the distinct advantage of having been the center of formal Marine ceremonies since its founding in 1801. Since the “Sunset Parade” became a regular attraction since 1934, three subsequent decades of ceremonial precision were of significant assistance in affecting the transition to the “Evening Parade” in 1957. The decision to conduct the parade in accordance with regulations and the determination to modify the “Sunset Parades” into a somewhat more elaborate “Evening Parade” provided for a modest and graduate metamorphosis of the ceremonial abilities of the Barracks’ Marines.

Thus, in 1957 a parade that had its heritage entwined with a ceremonial tattoo performed by Marines since at least 1798, and probably since the America Revolution, witnessed its most dramatic and innovating changes under the direction of the barracks Commanding Officer, Col. Chapman.

The “Evening Parades” are held at 9 p.m. every Friday at Marine Barracks between the months of May and August. The parades are open to the public and are free of charge. Reserved seating is available upon request. For information on seating call the parade information line at (202) 433-6060. Barracks officers and staff NCOs requesting seating should contact their company executive officer or first sergeant. Sergeants and below should contact their company gunnery sergeants for guest’s reservations. Requests will be forwarded to the Protocol Office for review.

Under The barracks Cover

Shortcuts & suggestions
for a better barracks cover

by Sgt. Sean Fitzpatrick
Press Chief

The gap between good and perfect can be measured in effort, and personnel at the “Oldest Post of the Corps” spare nothing with uniforms and appearance.

Simple hints to something as standard as the barracks cover have helped Marines here continue the barracks’ reputation of visual and operational excellence.

The following is a step-by-step process and list of materials needed to build a barracks cover.

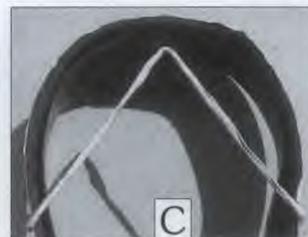
Using needle-nose pliers, twist the end of a clothes hanger into a loop that fits snugly around the screw-post extension located on either side of the cover. Bend the remainder of the hanger over the frame (photo B), and cut to approximately 18 inches, or enough to fit around the other screw post. Some adjustments will be needed to adjust the angle of the loop so that it conforms to the grommets’ curve.

Bend the hanger in a V-shape (photo C), leaving enough room so the tip of the V does not touch the back or front of the frame, depending on the direction desired.

- Take masking tape and wrap the entire hanger. This helps prevent rust from sweat, oil, or humidity from rubbing off the bar and discoloring the cloth or the frame.

Another option is to wrap the outside of the headband to make a tighter fit for the cloth, and also to keep sweat from seeping through the headband into the cloth.

- Wash hands thoroughly before working with the cloth portion of the cover to keep oil and dirt from staining or



Supplies:

- Needle-nose pliers, “Leatherman”
- A thick wire hanger
- Masking tape and white plastic tape
- 8X11 piece of plastic (optional)
- Thumb tacks
- Nonadjustable frame
- White barracks cover rag (½ to one size too small)
- Grommet
- Fat barracks chin strap

marking the cover. Also, while fitting the cloth and the grommet to the frame, make all adjustments by pushing from the inside to keep any dirt or smudges out of site.

- The trick to making a cloth cover fit a frame like a drum, is to use a nonadjustable grommet and fit the cloth to the frame while the cloth is wet, because a wet cloth stretches more easily and holds its shape when it dries.

Each cover is different, so use different, smaller sized cloth covers (usually ¼-½" smaller) until it fits tightly without a warped appearance. Keep in mind that cloth covers continue to shrink up to the third washing.

- Place the emblem on the nonadjustable grommet and then fit the grommet on the frame. It helps to use clean pliers or tweezers to pull the cloth into place.

Also, the holes in the cloth for the screw post may not match perfectly. If so, make the smallest cut possible to widen, or make new slits in the cloth to minimize any frayed edges.

- Pull the cloth cover down to the visor and begin placing thumbtacks into the cover about 1/8 of an inch above the visor (photo A), and make sure they cannot be seen once the thick/wide chin strap is down (photo D).

- Squeezing or pulling the V-shaped clothes hanger will change the shape of the frame from round to oval. This creates a cleaner, or tighter fit. However, most adjustments to the hanger will constrict the cloth and cause the

frame to look wavy and look like a "potato chip."

To get rid of the "potato chip," stretch the wet cloth by placing the hands inside the cover and pulling in different directions, so the seam of the cloth is straight with the frame. This usually takes the most time and the results determine the quality of the cover. While the cotton cloth will stretch, it will also tear if pulled too hard. Some Marines use clear fingernail polish or clear glue to keep the fraying from spreading, however, the results will vary according to the craftsmanship.

This final step is a matter of stretching the cover, letting it sit for a few minutes, and stretching it again.

As the cover dries, use steam from an iron. The heat will also help the cloth to stretch.

- Another recommendation is to place a thin, translucent piece of plastic between the V-shaped hanger and cloth to keep oil, dirt, sweat from discoloring the cloth. The alternative is washing the cover after every use. Washing the cloth doesn't necessarily mean starting over, because with enough time, the cloth will keep its shape and fit easily back on the frame.

These suggestions might help you build a barracks cover, but experience is always one of the best teachers. Many Marines have tips for better, tighter covers -- use what works best for you. If you have suggestions for building a better barracks cover, let another Marine know.

Spotlight

Name: Cpl. Maurice P. Jackson

Unit: Marine Corps Institute company
Student Service Department

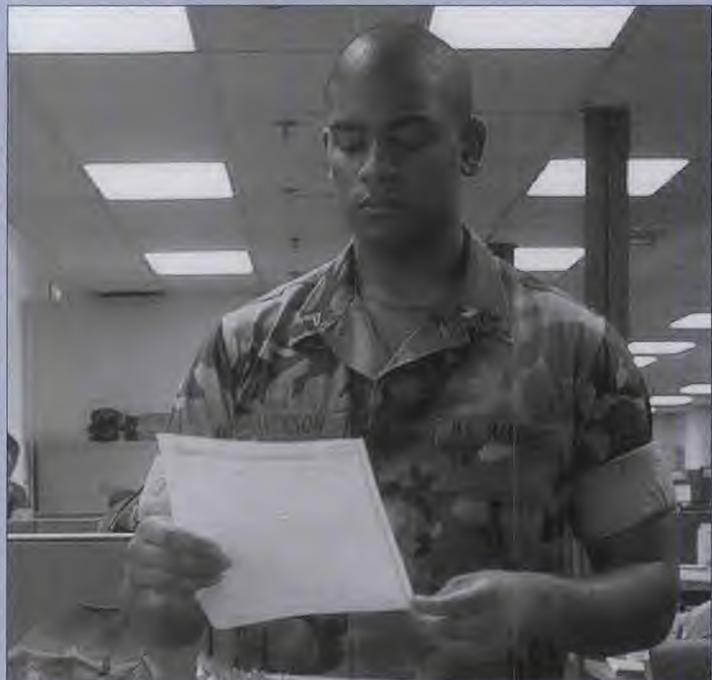
Job: MCI Processing NCO

Enlisted: August 12, 1997

Home Town: Paterson, New Jersey

Favorite Part of the Job:

People depend on us to do our job so they can do theirs, and I enjoy the responsibility. But, the thing that really gets me going is the fact that MCI company is moving into the age of technology and out of the dark. We're using computers and the Internet to educate Marines, and that is better for us and for them.



After three years ...

D&B's Drum Major passes the mace

story and photos by Cpl. Matthew E. Habib
Staff Writer

During the 1500's, one of the most feared men on the battlefield was known as the "chief drummer." The man who held this title was in charge of the discipline of the troops underneath him and making sure the buglers and drummers kept the correct beat, sending proper commands during the heat of battle. In the days of Napoleon's army, his very presence and elaborate bright regale intimidated the enemy.

The position's title grew on to become known as the "drum major," and while some of the duties of the man holding the title changed, others are carried into the present.

Marine Barracks, Washington, D.C., observed another of these rare traditions as the drum major passed the mace to his successor, March 30.

Master Gunnery Sergeant James P. O'Keefe Jr., former Drum & Bugle Corps drum major passed the mace to Staff Sgt. Mark S. Miller. However, in a twist of events, Master Sgt. Riley E. Rose took over as the senior staff non-commissioned officer of the D&B company during the emotional post and relief ceremony held on the parade deck.

As the drum major, O'Keefe served as the senior enlisted of D&B company as well as the senior enlisted of the military occupational specialty. He handled all administrative support, leadership, and training at the company level. Finally, he served as the senior enlisted advisor to the commanding officer.

Ceremonially, O'Keefe led the D&B down the parade deck of the barracks, and around the country hundreds of times. He helped keep one of the greatest Marine traditions alive, but if somebody asked him if he felt this was his mark in Marine Corps history, he would modestly reply that he was just one man doing his job.

"I am a privileged servant. I believe there is honor in deferring to authority and I have had the privilege of providing the position of a unit leader in musical support for



Master Gunnery Sgt. James P. O'Keefe, Jr., Drum and Bugle Corps, former drum major, enjoys his last performance with the D&B.

ceremonies of great importance to our nation," said O'Keefe. "I've made my mark as a Marine. Honor, courage, commitment – that's what it's all about, not who's in the spotlight. I am simply one more name on a roster of great Marines that I am proud to serve with."

O'Keefe also said while serving his tour as the drum major, he was able to gain a lifetime of great experiences made possible by the hard working Marines around him and the majesty of the barracks.

"The Drum and Bugle Corps Marines are artists. They work with their brains, their hands, and their hearts. They are the most impeccable Marine musicians," said O'Keefe. "Anyone can be a musician, but to be a Marine musician is what makes this group the best out there."

"You can take me out of the red coat, but you can never take the red coat out of me."

MGySgt. James P. O'Keefe

Together we have never failed in a mission, even when working under the adverse conditions of fatigue. They are the epitome of the word discipline as well as being on the top of the heap.”

With his wife, Diane, and four-year-old daughter, Lydia, being his pride and joy in life, O’Keefe says leading the Marines toward the spotlights of the ceremonies takes a close second, and he has had the opportunity of a lifetime while stationed at the barracks.

“There is nothing like getting the spotlights right between the eyes as I give the command ‘front march’ and hear the drums roar behind me as we come across the parade deck. I consider this barracks to be hallowed ground and a coming home for Marines everywhere. It’s the commandant’s backyard – what more could I ask for,” said O’Keefe. “When I leave here, I’ll never forget conducting the national anthem, saluting the reviewing official during the Pass in Review, what it’s like coming through the sally ports at Ft. Henry in Kingston, Ontario, or the sound of the crowd at the end of a ceremony anywhere in the country. This is the single greatest honor anyone in my profession can receive.”

“I’ll never forget my time at the barracks or its Marines, as I had the single greatest privilege any Marine in my field could be honored with [having].”

MGySgt. James P. O’Keefe



O’Keefe receives the Meritorious Service Medal from Captain Brent A. Harrison, commanding officer of the D&B, and Sgt. Major D.S. Frye, barracks sergeant major.



O’Keefe passed the mace, along with all of the drum major’s ceremonial duties, to Staff Sgt. Mark S. Miller. However, the senior staff non-commissioned officer, Master Sgt. Riley E. Rose, will take over all administrative duties.

The Drum and Bugle Corps takes to the term “adapt and overcome” as the company tries something new with O’Keefe’s departure. Instead of the drum major holding all seniority, there will be two separate billets -- on the ceremonial side, the drum major, and on the administrative, the SNCOIC of the Drum & Bugle Corps.

“It just so happens that the new drum major is not the senior enlisted and that’s why the split happened. Staff Sergeant Miller is a very competent and deserving Marine who is going to perpetuate the proud traditions of the unit and this very privileged position. It is with a great deal of pride that this young staff sergeant carries on as drum major,” said O’Keefe. “Master Sergeant Rily E. Rose will serve as the senior enlisted and deal with the training and leadership issues. He might not get the applause from the crowd and be the main man in the spotlight, but he does the things that Marines do to take care of other Marines.”

O’Keefe, already with numerous titles under his belt, including being a drill instructor and water survival instructor, will head to the Department of Defense to serve as the special enlisted advisor to the director of the Defense Activities for Non-Traditional Education Support. While O’Keefe will help support all military servicemembers with their educational needs by developing programs and providing feedback to the program manager, he said he will vividly remember his time in Washington, D.C., and miss his fellow Marines.

“I look forward to my new assignment, but I’ll miss working directly with the Marines,” said O’Keefe. “I’ll never forget my time at the barracks or its Marines, as I had the single greatest privilege any Marine in my field could be honored with [having]. You can take me out of the red coat, but you can never take the red coat out of me.”

Easter bonunce d



its way to the barracks

by *Matthew E. Habib*
Staff Writer

The rainy weather abated long enough for the Easter Bunny to pay a visit to the barracks and help the children start celebrating Easter a little early.

Marines and their families were greeted by the fluffy guy himself in the John Philip Sousa Band Hall April 15, and once inside, the children enjoyed face painting, making Easter bags, piñatas filled with candy, and "Bowling for Bunnies."

Refreshments from the snack table were available to the visitors, but the excited children hardly paid attention to the snacks in front of them as they were too busy chasing the Easter Bunny's tail. Giggles and guffaws could be heard outside the band hall doors, which were not closed for long.

The Easter Bunny also posed for pictures with the children, but when the final camera clicked, the children raced after Mr. Cottontail who led the way outside to the Easter egg hunt. Hundreds of plastic eggs, filled with candies and treats adorned the parade deck, the arcade, and the gardens between the general officer quarters.

When the hunt concluded, the bunny gave the children a final wave and double-bunny-timed it to his next holiday mission.



Photos by Public Affairs Office



When you see these Marines, congratulate them on their recent promotions.

H&S Company

- Staff Sgt. R. Pina
- Sgt. S.J. Storey
- Sgt. J.L. Mackin
- Sgt. D.M. Hanna
- Cpl. N.V. Gonzalez
- Cpl. J.G. Lawson
- Cpl. J.C. Mallette, Jr.
- Cpl. A.L. Montez, Jr.
- Cpl. D.M. Powell
- Cpl. Y. Villarhernandez
- Lance Cpl. J.V. Signor
- Lance Cpl. S.R. Rogers
- Lance Cpl. G. Mendoza
- Lance Cpl. S.M. Mercado
- Lance Cpl. M.J. McGuire
- Lance Cpl. R.A. Gray, III
- Lance Cpl. D.A. Goodwin
- Lance Cpl. G.R. Goff
- Lance Cpl. R.E. Giesmann
- Lance Cpl. A.L. Davis
- Lance Cpl. C.E. Church
- Lance Cpl. A. Cardona
- Lance Cpl. N.S. Cambell
- Lance Cpl. T.M. Byers
- Lance Cpl. E. Blanco
- Lance Cpl. M.A. Albright

MCI Company

- Cpl. B.S. Lambert

WHCA

- Cpl. D.L. Wyatt
- Cpl. C.E. Pfaff
- Cpl. J.A. Fisketjon
- Cpl. A. Duran

“A” Company

- Lance Cpl. W.M. Gwin

“B” Company

- Cpl. M.S. Davidson

USNA Company

- Cpl. T.R. Stone

Congratulate the following Marines on the awards they recently received.

Meritorious Service Medal

- Sgt. Maj. D.S. Frye

Navy Commendation

- Gunnery Sgt. F.J. Martin
- Gunnery Sgt. J.D. Marino

Navy and Marine Corps Achievement Medal

- Gunnery Sgt. M.O. Shuler
- Cpl. D.J. Reynolds, Jr.
- Cpl. M.P. Jackson

Good Conduct Medal

- Sgt. M.S. Fitzpatrick

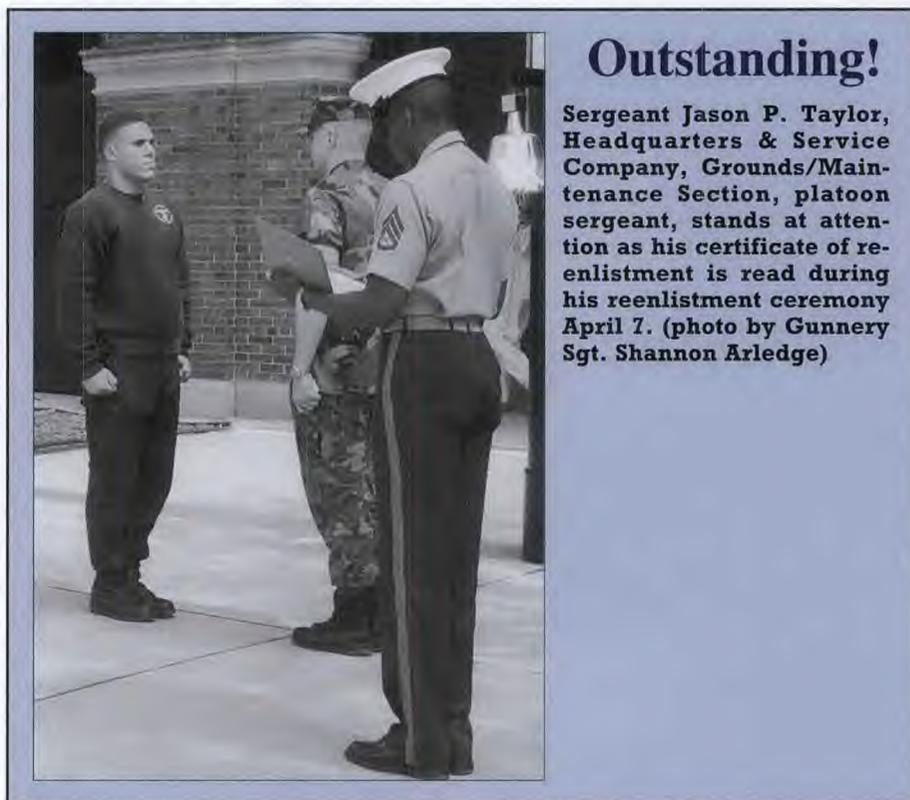
Certificate of Commendation

- Cpl. R.E. Harvell
- Cpl. Y. Villarhernandez
- Cpl. J.E. Whitney
- Lance Cpl. N.L. Gilbert

Best wishes to the following Marines and their spouses on the recent additions to their families.

Sgt. and Mrs. Albert A. Cooper had an 8-pound, 6-ounce baby girl, A'tiana Angelique, Dec. 1.

Cpls. James and Dixie Joseph had an 8-pound, 4-ounce baby girl, Brianna Renee, Dec. 2.



Outstanding!

Sergeant Jason P. Taylor, Headquarters & Service Company, Grounds/Maintenance Section, platoon sergeant, stands at attention as his certificate of reenlistment is read during his reenlistment ceremony April 7. (photo by Gunnery Sgt. Shannon Arledge)

Marine Barracks at the turn of the century



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