



# PASS IN REVIEW

Serving "The Oldest Post of the Corps"

June/July 2001

## Bicentennial Week - 'Shots' heard across the capital



**INSIDE: Barracks vets on deck, "B" Company wins Battle Royale**



A few weeks ago I had the privilege of re-enlisting in the Marine Corps for another three years. The ceremony took place at the bell on centerwalk and was attended by a few members of my family and close friends. As I was waiting for the ceremony to begin I recalled the occasion of my previous re-enlistment. It is a rare occurrence for a Marine to be able to re-enlist twice at the same duty station, but that



*commentary by*  
**1st Sgt. Randy W. Matthews**  
*Headquarters & Service*  
*Company First Sergeant*

is what happened to me. The last time I swore to support and defend the Constitution of the United States against all enemies, both foreign and domestic was Independence Day, 1997. The time and place was the same, high noon at the bell. The day however was a little more special due to the fact that it was on the fourth of July, the birth date of the nation. And being that the fourth of July happened to fall on a Friday that year meant that the parade was going to be extra special because of the fireworks display going on at the same time as our Barracks Evening Parade.

I remember that evening as if it were just yesterday. There are days that will stand out in a Marine's career that are more memorable than others. This day was one of those for me. As always the parade began with a concert by the "President's Own" the United States Marine Band. And as always the final musical piece was John Phillip Sousa's "The Stars and Stripes Forever." In the entire time I have been here this night was the only time I can recall anyone other than the Drum Major conducting the musicians. The guest of honor that evening was the famous news reporter, Walter Cronkite. Just as the fireworks began to explode over the parade deck and the Home of the Commandants, the Drum Major walked smartly over to Mr. Cronkite and placed the baton in his hand. Then he brought him out in front of the Marine Band to direct what is probably the most famous march ever written. It was indeed a special moment to those of us who remember Mr. Cronkite telling us that our President, John F. Kennedy, had been shot and killed in Dallas, Texas, that Neil Armstrong reports he has taken "one small step for man, and one giant step for mankind" when he set foot on the moon, and to those who remember sitting down to our evening meal with Mr. Cronkite giving out the daily body count in a place no one had ever heard of before 1965. What a day to re-enlist, and what an ending to that day.

Friday, June 15, 2001, started the same as most days for me. An early morning commute was followed by coffee and camaraderie in the SNCO club before the day really

started to get hectic. When noon rolled around I was grateful for the kind words from my commanding officer as he re-enlisted me. I thanked those Marines who went out of their way on such a busy day to share in the event with my family and me. Especially thankful that some of the younger Marines, the sergeants and corporals who have known me for the last four years would find the time to be there. As I said then the reason I am continuing on is because I want to continue doing what I can for them. I'll know when it's time to stop, and that time will be when I can't or no longer want to take care of them.

After the ceremony my wife and father and I decided that we would go to Henderson Hall and get our identification cards changed, then go out to have some lunch. Getting the ID cards updated went without a hitch, but after returning to our vehicle things really started to get crazy. As I put my key in the ignition I heard a loud crack under the hood of my jeep. Motor Pool "bubbas" can keep the comments about checking the battery water level to themselves; I am well aware of that fact now that I've had one blow up on me. As I stood there trying to figure out how I was going to get my wife and dad to lunch a young lance corporal happened to be walking by. Seeing me in a dilemma, he offered to help by brining some water for my dead battery and his vehicle from the garage to give me a jump. The battery was totally destroyed and not even jumping it was going to breathe new life into it. I thanked him for his efforts and went inside to see about calling a station to deliver a battery to me.

After twenty minutes of calling and being told that they could come and tow me, but couldn't bring me a battery, I went back outside to check on my wife and father. Now my dad is very personable and will talk to just about anyone, but when I came back outside and saw him and the 29<sup>th</sup> Commandant of the Marine Corps, Gen. Mundy, carrying on a conversation and removing the battery from the jeep, even I was a little bit surprised. Just about that time, a colonel whom I have never met before rolled up in his pickup truck and offered to give me a ride to the service station on Fort Meyer. After purchasing the battery and as we were riding back to my vehicle, I related to the colonel how I had just re-enlisted and that I knew the decision I made was the right one. In that brief period of time, I saw the Marine commitment of taking care of our own. From a lance corporal to a former CMC and a full bird colonel, I was a Marine in need, and by God someone was going to get me the help I needed. No place other than the United States Marine Corps makes that kind of commitment. No organization teaches their people that is the way it is done.



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### On the Cover

**Members of the Silent Drill Platoon perform at the Jefferson Memorial during "Bicentennial Week," a week-long celebration throughout the capital. (photo by Lance Cpl. Leah A. Cobble)**

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After almost two years of exemplary service, Lt. Col. Marc F. Riccio passes the guidon to Capt. Fred J. Catchpole.

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After the entire battalion squared off for the annual field meet, "B" Company stood alone at the top of the hill.

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Staff Noncommissioned Officers steal the show during the annual StaffNCO Evening Parade.

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## Home sweet home: barracks vets return for bicentennial

by **Lance Cpl. Leah A. Cobble**  
Staff Writer

Gates flooded and crowds of crimson stretched beyond the sight of square 927, filling the air with clamor as people waited for their chance to see the Evening Parade. But this was no ordinary parade. The people waiting outside Post 1 were not enamored civilians looking at Marine Barracks as an icon of American pride and power. They were Marines that served here

over the years.

This special sight was not just another long line of guests, but a celebration of Marine Barracks' 200th anniversary and its past Marines. The salty leathernecks rounded the corner and entered the barracks for night to remember. Devil dogs from all over the country came to the celebration, their enlistments dating back as early as the 1920's. As alumni of Marine Barracks, a place that never misses a beat, these veterans got at glimpse of history

through a magnifying glass.

"Not a lot has changed at the barracks," said Fred M. Kirven, Silent Drill Platoon (1956-1958). "There is still a lot of pride here, you still never see sloppy Marines."

Lonnie Everett, administration, Headquarters and Service Company (1963-1964), agreed that the grounds haven't changed very much over the years.

"It's like walking back in time for me," said Everett. "I thought that things would have changed more than they have over the years. Everything is still as nice as it was when I was stationed here."

Some of the alumni's best memories were of the Marine Barracks.

"I was here when Queen Elizabeth brought her children here," said Everett. "She made the statement that it was worth the journey over the Atlantic to see the parade. I don't think she would have thought any different today."

But today, there are some changes at the barracks that only the keen eyes of a salty veteran would notice.

In 1957 the east side of Marine Barracks used to be housing for the enlisted Marines, but the old barracks now hold the offices of Headquarters and Service Company.

"Each platoon had their own section on the east side, and the messhall was below us," said Kirven. "The band room above 'deep six' also used to be a gymnasium and we had a lot of pick-up basketball games there in the eve-



**Staff Sgt. Gregory S. Holder, baritone, Drum & Bugle Corps, and other members of the "Commandant's Own" perform at the Sylvan Theater during "Bicentennial Week." The week-long celebration consisted of several performances throughout the District of Columbia by barracks Marines. (photo by Sgt. Justin C. Bakewell)**





**Members of the Silent Drill Platoon perform at the Thomas Jefferson Memorial. (photo by Lance Cpl. Leah A. Cobble)**

nings.”

Everett said, “Marine Corps Institute Marines also stayed here right above us on the third floor.”

As the leathernecks walked around and took in the scenery, more differences surfaced. Removing the gas pump at the end of the barracks parking lot was only one of the other changes noticed.

“There used to be a little gas station that Marines used right here at the end of the parking lot where the trees are now. Marines never had to go off post to get gas,” said Everett. “Also,

the enlisted club was below the band hall.”

Not only has the appearance of the barracks, the number of units has increased as well.

“In 1957, there were only two companies,” said Kirven. “There was MCI Company and the Guard Company, which I was a part of. The Guard Company did everything back then that the Marines are divided up to do now.”

Since then, Marine Barracks has formed separate sections that handle marching, burials, security for Camp David and the other responsibilities of

the barracks.

“Marines in the Guard Company took turns handling specific responsibilities. We rotated the weeks that we stayed at Camp David and when we worked at the barracks,” said Kirven.

Facilities back then were not quite what the Marines now are used to.

“It was a very rustic atmosphere, there were four Marines to a hut and an oil stove in the middle,” said Kirven. “During the winter, each morning we took turns to get oil for the stove, because it got so cold.”

Facilities may have improved over





**General Wallace M. Greene, Commandant of the Marine Corps from 1964-67, is escorted to his seat by Col. Richard T. Tryon, Commanding Officer, Marine Barracks Washington, as Mrs. Tryon (left), Mrs. James L. Jones (right), wife of Commandant of the Marine Corps Gen. James L. Jones and Gen. Peter Pace, Commander in Chief, U.S. Southern Command and former Commanding Officer here, and Mrs. Pace look on. (photo by Lance Cpl. Leah A. Cobble)**

the years, but one tradition at the barracks has stayed the same. The Marine Alumni say the Evening Parade is still one of the best performances around.

During Kirven's time at the barracks and his work with the Silent Drill Platoon, he admits to taking great pride in being part of the first platoon that started the rifle toss and slow march.

"The rifle toss was started in 1957 and was performed by our rifle inspector," said Kirven. "We didn't do the mirror imaging that the Marines do now, but the slow march was one of our creations as well."

The ceremonial rifle used has also been changed, and some variances in weapon performance were noted.

"Each of us used a Springfield '03 which were a little lighter than the M1

(Garand) rifle," says Kirven. "But the noise going to port arms was much louder. We would loosen the screw on the trigger housing group, which made the weapon rattle more during drill."

Presently, second year members of SDP teach silent drill to the newcomers, where before it was only staff noncommissioned officers.

"As young Marines in the Silent Drill Platoon, we never had the opportunity to hold an instructor position," said Kirven. "The SDP Marines now are given much more opportunity to lead and teach Marines."

Perfection is something one strives for but never fully obtains. In viewing the present SDP, prior enlisted Marines who contributed to it's renowned reputation were rewarded by having

the opportunity to see how SDP has progressed.

"The Silent Drill Platoon has taken drill to a level of perfection we were only hoping for," said Kirven. "The evening parade was a wonderful event for us because it gave us the chance to see the greatness we were allowed to contribute to."

While taps played and the Evening Parade came to a close, the crowd rose to pay tribute to all of those who have offered the ultimate sacrifice.

Meanwhile, the Marines in dress uniforms stared across the parade deck and into the past. As they stood upon "troop walk" in the hallowed footsteps of "8th & I." They stared at the weathered faces of those men they now follow, men who now know it has all been left in good hands.



# H&S Company passes guidon, changes command

by Cpl. Chad C. Adams  
Editor

The public affairs officer here took over as Headquarters & Service Company commanding officer in a brief ceremony on the parade deck July 31.

Captain Fred J. Catchpole succeeded Lt. Col. Marc F. Riccio, who was reassigned to Camp Pendleton, Calif.

After being commissioned in 1984, Riccio served as an artillery officer with Battery "L," Second Battalion, 12th Marines, 3rd Marine Division on Okinawa, Japan. In 1986, Riccio transferred to Officers Candidate School, Quantico, Va., where he served as a candidate company platoon commander and tactics instructor.

While assigned to Fifth Battalion, Tenth Marines, 2nd Marine Division, Riccio deployed to Southwest Asia where he participated in Operations Desert Shield and Desert Storm as the battalion fire direction officer and as

commanding officer, Battery "R."

After tours at the Army Field Artillery Center, Fort Sill, Okla., III Marine Expeditionary Force, Okinawa, Japan, and with the Staff of the Chief of Naval Operations, N-85, Expeditionary Warfare Division, Riccio received orders to the "Oldest Post of the Corps." Here, he served as company commander for 22 months, while holding several ceremonial duties, including overseeing key elements of the Barracks' bicentennial celebration.

Captain Catchpole received his commission in 1996 upon graduation from the University of Wyoming.

After graduating from the Armor Officer Basic Course and the Scout Platoon Leaders Course, Catchpole reported to "A" Company, 2nd Tank Battalion, 2nd Marine Division at Camp Lejeune, N.C. He served there as a tank platoon commander until attaching to Battalion Landing Team 3/6 as the tank platoon detachment commander for the 22nd Marine Expedi-



tionary Unit.

Upon graduating from the Public Affairs Officer Course as an honor graduate in May 2000, Catchpole reported to Marine Barracks Washington, where he has served as the public affairs officer for one year, while acting as executive officer and commanding officer from time to time.

"It's a true honor and privilege to take command of H&S Company here at the 'Oldest Post of the Corps,'" said Catchpole. "The work the Marines of this company do is critical to the success of our overall mission at 8th and I. I know the Marines will continue to distinguish themselves and this post by performing in the exemplary and professional mannner that they have in the past."

**(above) Captain Fred J. Catchpole receives the H&S Company guidon from Lt. Col. Marc F. Riccio. Catchpole previously served in public affairs. (photo by Lance Cpl. Leah A. Cobble)**

**(left) Colonel Richard T. Tryon, Commanding Officer, Marine Barracks Washington, bids farewell to Lt. Col. Marc F. Riccio. (photo by Lance Cpl. Leah A. Cobble)**







Lance Cpl. Matt K. Gorab, color guard, "A" Company, strikes a classic pose during the SMP tournament. (photo by Lance Cpl. Leah A. Cobble)

## Draining the gutter ...

As Bicentennial Week approached and many Marines stressed over parade season, the Single Marine Program held a bowling tournament July 18 at Potomac Lanes on Bolling Air Force for all first sergeants and 20 single Marines from their companies.

With a score of 180, Lance Cpl. Jason H. Markert, marcher, 2nd platoon, "B" Company, took first place, while 1st Sgt. Roland J. Daniel, company first sergeant, "B" Company hung on to second with a score of 179. Corporal Jayton D. Patterson, squad leader, 2nd squad, 2nd Platoon, "A" Company, finished third with a score of 177.

The tournament gave Marines time to get to know each other and enhanced their performance back at the barracks.

"As a squad leader, the tournament allows us to take a step back from our responsibilities and relieve some of the pressure that we are put under at the barracks on a daily basis," said Patterson.

"It also allows Marines in my squad to see that I have another side to me other than leading Marines. It gives me the chance to have some fun."

"This is an opportunity to get the Marines out of the barracks and spend some time with other Marines in the company," added 1st Sgt. William A. Winters, "A" Company. "A lot of times they don't get the chance to do that."

# Check flag conditions before PT

by Public Affairs Office

The heat poses a real threat to everyone who exercises in the summer. To protect them against heat casualty, the Marine Corps uses the Heat Condition Flag Warning System.

The system uses green, yellow, red, and black flags to represent the severity of the current heat condition, and what exercises are acceptable. These flags are flown over the parade deck parking lot here.

The green flag indicates moderate temperatures between 80 and 84 degrees. Heavy exercises for personnel who are not acclimatized should be conducted with caution and under constant supervision.

The yellow flag is flown when temperatures are between 85 and 87.9 degrees. Strenuous exercises, such as

marching at standard cadence, should be suspended for unacclimatized Marines in their first two or three weeks. Outdoor classes in the sun are also to be avoided.

The red flag covers the narrow margin between 88 and 89.9 degrees. All physical training should be halted for those who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Those who are thoroughly acclimatized may carry on limited activity, not to exceed six hours per day.

The black flag indicates the most severe heat conditions, and is flown when the mercury goes above 90 degrees. At this temperature all strenuous, nonessential, outdoor activity should be halted for all units. An essential activity is recognized by the burden it would place on personnel or

resources, its expense, and ability to significantly reduce a unit's combat readiness if it is disrupted.

Essential physical activities should be conducted at an appropriate level, determined by the unit's commanding officer and the unit's medical personnel. These activities should be rescheduled for a cooler time of the day, like the morning or later in the evening.

In the extreme heat, without proper hydration people are much more likely to become casualties of one of the three common types of heat injuries: heat cramps, heat exhaustion, and heat stroke. These types of casualties weaken individuals so they may suffer a worse heat injury later, and are potentially life threatening.

Heat cramps are acute, painful spasms of voluntary muscles—usually the legs or abdomen—following strenuous



ous activities in the heat without adequate fluid and salt intake.

Some signs and symptoms of heat cramps include, severe muscle cramps, exhaustion and dizziness.

Removing the casualty from the heat, increasing fluid and salt intake, and giving a massage to the cramped muscle can help this condition.

Place a cool, moist towel to the head and to the cramping area.

Heat exhaustion is an acute reaction to heat exposure. Blood pools in the vessels as the body attempts to release its heat. It can lead to physical collapse because of inadequate blood flowing to the brain.

Some signs and symptoms of heat exhaustion include, rapid and shallow breathing, weak pulse, cold and clammy

skin, heavy sweating, total body weakness, and dizziness that may lead to unconsciousness.

To treat an individual suffering from heat exhaustion, remove casualty from the heat, remove enough clothing to cool the casualty without chilling them, fan the casualty, and give them fluids with salt, or a half-and-half mix of a commercial drink and water. However, do not give water to an unconscious casualty.

Treat for shock.

Call 911 if the casualty loses consciousness.

Heat stroke is an acute, dangerous reaction to heat exposure, characterized by a body temperature above 106 degrees.

Some signs and symptoms of heat

stroke are deep breathing then shallow breathing, rapid strong pulse, then rapid weak pulse, dry, hot skin, dilated pupils (small black part of the eye), unconsciousness, and seizures or muscular twitching.

To treat for heat shock, cool the casualty in any manner and rapidly move them into the shade. Remove clothing and wrap in a sheet and pour cool water over the sheet, because the body heat must be lowered or brain cells will start to die.

Treat for shock.

If ice packs are available, put one under each armpit, under each knee, on the groin, on each wrist, and on both sides of the neck.

Call 911 as soon as possible – do not delay!

## “Be the ball ...”

*In a scene straight out of Caddyshack, officers and staff noncommissioned officers hit the links recently at Quantico's Medal of Honor Golf Course.*

*The golf tournament is held annually to give the Staff NCOs and officers a chance to get away from their heavy work load while the junior Marines have the opportunity to develop their leadership skills.*

*“The junior Marines don't have the opportunity to fully run the office when the officers and Staff NCOs are around,” said Capt. Kirk A. Greiner, commanding officer, “B” Company.*

*The foursome that took first place included, Sgt. Maj. Ronnie L. Edwards, Barracks Sergeant Major, 1st Sgt. Randy W. Matthews, Headquarters & Service Company first sergeant, Master Sgt. William A. Perry, operations chief, United States Marine Band, and Capt. John R. Barclay, executive assistant to the director, USMB. With a team score of 67, the winners were five strokes under par.*

*The longest drive and closest to the pin contests were taken by Capt. Dean T. Stouffer, first platoon commander, “B” Company.*

*“The highlight of this game was being out here with everyone having a good time,” said Master Sgt. Joe “The Noise” Reed (pictured at right), S-4, H&S Company. “We don't get much time away from the office to enjoy each other's company.”*



Lance Cpl. Leah A. Cobble



## *“B” Company pulls out battalion Battle Royale*



Cpl. Chad C. Adams

**Sergeant Hilary W. Dossen, body bearer, “B” Company, leads the comeback charge on the final event of the field meet.**

**by Cpl. Chad C. Adams**  
*Editor*

Five companies squared off recently for a battalion-wide contest, however, when the the rumbling stopped and the dust settled, one company edged out another on the final event of the day.

The annual Marine Barracks Field Meet proved to be yet another showdown between the two line companies as “B” Company pulled victory away

from “A” Company to complete a monstrous come-from-behind victory.

It was “A” Company who jumped out to a huge lead by taking six of the first nine events, making their strongest impression during the pull-up competition.

During the pull-ups, a five-man relay team rotated on the bar until one member was unable to do the minimum of five repetitions.

After three different companies

had started and completely finished, “A” Company was still going strong, finishing with an incredible 489 pull-ups, blowing away an entire field in which second place “B” Company finished with 219.

Although they won by more than 200 reps, the point difference was not so impressive. Scoring in the pull-up competition gave five points for first place and three points for second, a fact that would weigh heavily on the



arms of "A" Company in the final event.

As "A" Company continued their dominance, winning the Cammie Relay, Mile Relay, Rifle Relay, Casualty and Cone Race, "B" Company kept just close enough, finishing second in eight of the first nine events.

They weren't winning them all, but it when it came to the overall points race, they weren't losing many, and by the time the final event rolled around, only four points separated "B" Company from their infantry counterparts going into the Tug-of-War.

"It was back and forth the whole time," said Lance Cpl. Jim M. Creighton, body bearer, "B" Company. "It came down to the Tug-of-War."

And a war it was.

Regardless of the fact that all the companies knew it had come down to the "grunts," nobody was lying down for the big event, and after a surprising win by Headquarters & Service Company (third overall) in the Truck Pull, pride was on the line.

Once again, H&S made a strong statement with the rope, but when all the formalities had been taken care of, there were only two remaining.

One had gas, the other had none. Showing the effects of too many

pull-ups, "A" Company had just enough to get through to the finals, but by the time they squared off against their brothers in arms, "B" Company had just enough big guns to take the championship home.

"Since a lot of body bearers weren't there, the company came together during the Tug-of-War," said Sgt. James D. Reed, platoon sergeant, "B" Company. "Everybody got together and turned on the intensity."

That intensity created competition as heated as the sweltering summer

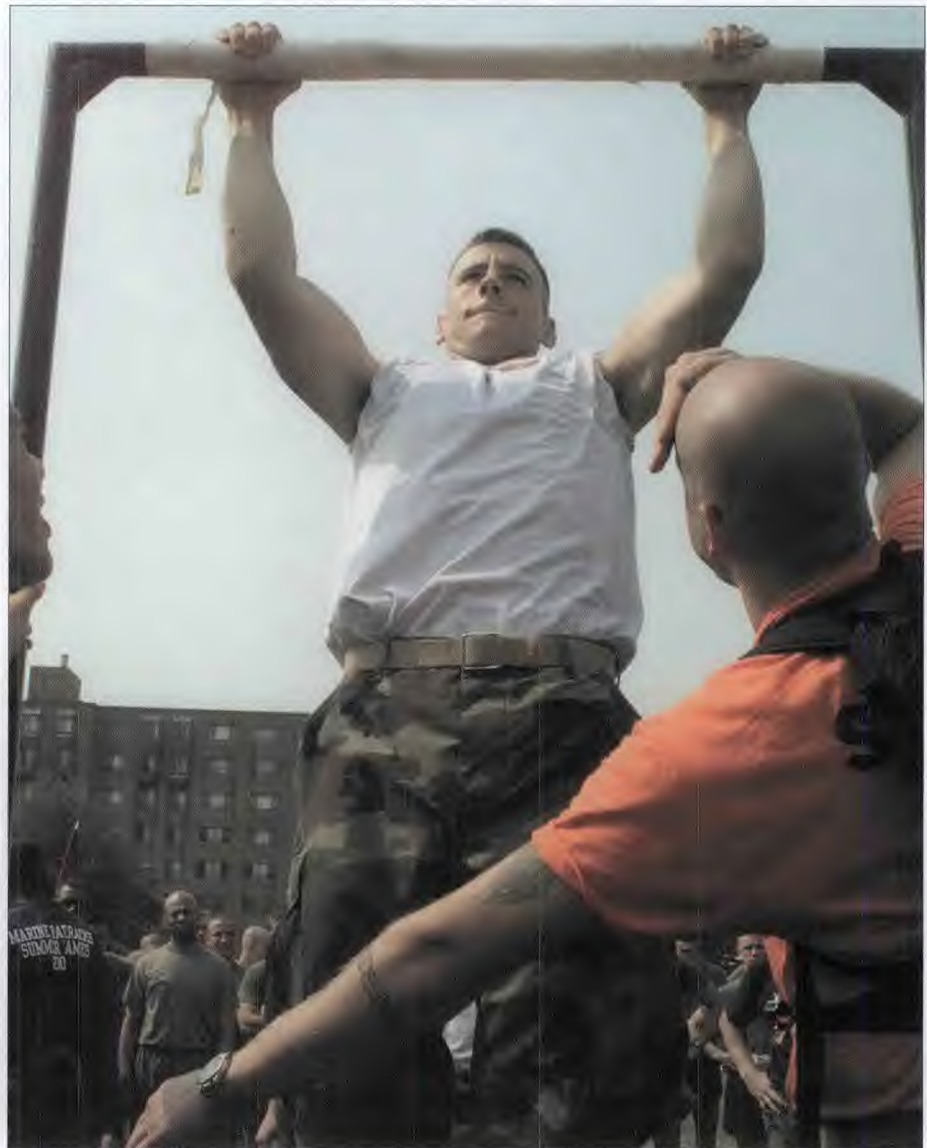
heat, but throughout the event, the Marines showed the sportsmanship that defines "the best of the few," while having some fun along the way.

Whether it was a sneak attack against a rival's company guidon, or a little trash talking while the opponent hurried to put together a weapon, the Field Meet brought together Marines who don't always get to see each other on a daily basis. Together they carry a burden and responsibility that is unique, serving at the "Oldest Post of the Corps."



Cpl. Chad C. Adams

**Corporal Ray S. Esquibel, platoon guide, 1st platoon, "B" Company, fights through the pain on the bar.**



Cpl. Chad C. Adams

**Lance Cpl. Justin S. Dontje, "A" Company, helps pull his team out to a huge opening lead during the pull-up competition. "A" Company dominated early.**



# Guard Marines storm Naval Academy

*story and photos by Lance Cpl. Leah A. Cobble  
Staff Writer*

**ANNAPOLIS, MD.** - Guard duty is not taken lightly at the barracks. With an average of 4,000 people here each Friday night for the evening parades and important citizens of this country that come each week to review the evening

parade, Marines in the guard cannot be improperly trained. They must be ready to take action at any time, and they encountered plenty of it here, when Guard went to do their quarterly sustainment training.

The two days of training encompassed one day of field training, and another of classes. The Guard Marines went over Parade Emergency Response, the use of force, and provided alarm response training for new sergeants of the guard, as well as refresher training to all guard members.

The importance of sustainment training is to keep Marines properly informed and comfortable with the techniques used during situations that require force, said Staff Sgt. Jason B. Cawthon, physical security chief, Guard, Headquarters and Services Company.

"Marines are reluctant to engage a particular threat with the appropriate level of force because of a lack in training," said Cawthon. "That is why Guard must continually practice and train for dangerous situations."

During sustainment training, Marines went over the use of force, the levels of force used in different circumstances referred to as "escalation force," deadly force and evacuation of VIPs during a parade atmosphere.

"Guard is trained to deal with compliant and non-compliant subjects. If a subject is threatening a Marine or is not obeying a direct order, guard must be prepared to take action," said Cawthon.

Outdoor training began with non-compliant subject scenarios, armed and unarmed. Cawthon added, being able to meet and deal with the threat at hand is imperative to the safety at the barracks.

Although Marine Barracks is



**Lance Cpl. Brian R. Endicott (front), reactionary force, Guard, Headquarters & Service Company, and Staff Sgt. Jason B. Cawthon, physical security chief, simulate a "stack" prior to room entry during annual Guard training in Annapolis, Md.**





**Lance Cpl. Brian R. Endicott, reactionary force, Guard, Headquarters & Service Company, uses joint manipulation to take down "non-compliant suspect" Staff Sgt. Jason B. Cawthon, physical security chief, during training recently.**

relatively small, the external environment that surrounds the barracks increases the danger and importance of security.

"We are in a bad area of Washington, currently have an average of 65 Marines at the barracks and must protect thousands of people each week," said Cawthon. "Which makes our responsibilities as a competent and well trained guard very important."

As the day continued Marines worked on Alarm Response Training. Marine Barracks has wireless remote duress alarms that the guard must be able to respond to.

"The guard must be able to deal with hostage situations and understand the proper procedure in response to the alarm," said Cawthon.

Lance Cpl. Jeremy D. Dalquist, guard, H&S Company, added that the training is done at different locations and makes him more confident in his ability to dissipate a situation.

"If something bad does happen we know the proper way to respond to the incident," said Dalquist. "Part of the rea-



**(above) Lance Cpls. Blair M. Horrell and Sean R. Rogers, reactionary force, Guard, Headquarters & Service Company, perform a two-man room entry during training recently.**

**(bottom left) Cpl. Ben K. Dawson, corporal of the guard, Headquarters & Service Company, encounters a suspect.**

son we have this training is to practice and familiarize ourselves with stressful circumstances."

Not being afraid to take action is the Guard's duty. The continuous training keeps technique fresh and fear reduced.

"The frequent training helps us familiarize ourselves with the different degrees of force we are allowed to use," said Dalquist.

Quarterly training allows Guard Marines the ability to work on team fundamentals as well as their personal training.

Ultimately, the Marines were given the opportunity to receive hands-on experience without the consequences of a real-life case. This gave Marines time to ask questions and go through procedures extensively. Rain or shine Guard Marines dutifully stand their post carefully watching, ready at any moment for the unpredictable.





# Staff NCOs take center stage, command parade deck

by Cpl. Chad C. Adams  
Editor

Before a crowd of thousands, the spotlight fell on several new faces on the deck lately; however, one thing remained the same, there was plenty of "snap and pop."

Staff Noncommissioned Officers took command of the parade deck as Marine Barracks Washington held the annual Staff NCO Evening Parade here Aug. 10.

Once again, barracks Marines entertained and amazed the spectators, and to the untrained eye, many would never have known these hard chargers weren't in their usual spots, proof of hours and hours of practice.

"Staff NCOs started practicing in early June," said Master Sgt. Randall Coker, who marched in the sergeant major spot. "We practiced twice a week up until July and three times a week from then right up to the parade."

Dedication of this magnitude reflects how the senior



Sgt. Justin C. Bakewell

**Sergeant Douglas M. Hanna calls "eyes right" while marching as platoon commander, 1st platoon, "A" Company.**

enlisted Marines feel about the honor to lead their devil dogs out under the Friday-night lights.

"Being the senior enlisted Marine representative of all the enlisted is an honor," Coker said. "Not only just being the senior enlisted, but representing the entire enlisted Marine Corps is special."

"It feels like you have all the power in the world in your hands and that everyone's eyes are on you," added Staff Sgt. Clayton R. Young, who marched as the Drum & Bugle Corps Drum Major for the first time. "The motivation from the Marines behind you is what makes it special."

Special it was.



Sgt. Justin C. Bakewell

**Former Barracks Sergeant Major, Sgt. Maj. Dennis S. Frye, congratulates Lance Cpl. Matthew D. Morisette, mascot handler, and other members of the Staff NCO Parade.**



Sgt. Justin C. Bakewell

**(left to right) Guest of honor Mary Dwyer, national president, Gold Star Wives of America, host Sgt. Maj. McMichael, Sergeant Major of the Marine Corps and Sgt. Maj. Ronnie L. Edwards, Barracks Sergeant Major, review the Staff Noncommissioned Officer Evening Parade Aug. 10.**





Sgt. Justin C. Bakewell

**(above) Marching in the billets usually filled by officers, Staff Noncommissioned Officers and Noncommissioned Officers strut their way off the parade deck as Master Sgt. Randall Coker, marching in the sergeant major spot, comes on to dismiss the platoons.**



Sgt. Justin C. Bakewell

**(left) The Staff Noncommissioned Officer Evening Parade staff salutes the reviewing officials during honors. The staff included (left to right) Staff Sgt. Darren N. Butler, Master Sgt. James R. Morrison, 1st Sgt. William A. Winters (parade commander) Staff Sgt. Mark J. Gonzales (parade adjutant) and Staff Sgt. Bradford J. Merrill.**



# MCCS Semper Fit delivers 'the burn'



**Lance Cpl. Ryan R. Rohner, marcher, "A" Company, feels the effects of a "spinning" session offered by MCCS. (photo by Lance Cpl. Leah A. Cobble)**

**by Lance Cpl. Leah A. Cobble**  
Staff Writer

The odor may not be pleasing, but the sight of a sweaty Marine coming out of the gym is to those who value the importance of physical fitness.

For those looking for an alternative to pounding the pavement, Semper Fit has several workout programs and classes available at the gym.

On Thursdays at 11:30 a.m., an hour-long kickboxing class is offered in the gym, one that has left Marines wringing out their shirts after their lunch break.

Begun in October 2000, kickboxing has become a favorite with Marines of varying levels of fitness.

"This class will make a 45-minute jog seem easy", said Cpl. Venicio Gonzalez, body bearer, "B" Company.

For over two months Gonzalez has been attending the kickboxing class and believes it has done a world of good for his fitness.

"I usually run or bike but this kickboxing class is beneficial for big guys that need to do cardiovascular work for their physical endurance," said Gonzalez. "You are on your feet and moving the whole time."

One of the results is endurance. Attending this class regularly builds up stamina and physical capabilities, but other Marines attend for variance needed in their workout routine.

"This is my first time attending but I want to start regularly because it offers variety to my exercise program," said Staff Sgt. Anthony D. Moore, public work liaison, maintenance operations section, Headquarters & Service Company. "Variety is not only of great importance to my physical fitness, but it keeps my workouts from becoming monotonous."

Kickboxing instructor, Staff Sgt. Nancy A. Holly, a technical writer at Marine Corps Institute, believes that the class has become even more beneficial to a Marine's workout due to the Marine Corps Martial Arts Program that has recently been introduced.

"Kickboxing is a high impact workout that has many benefits, but the one element I think is most important is the coordination it has with the martial arts program," said Holly. "Not only does the kickboxing class teach some basic boxing movements, but it helps with body sculpting and is a great confidence builder for those Marines that are unsure about their readiness for the martial arts program."

Kickboxing is only one class available at Semper Fit. Cycling classes are also held throughout the week. Every Monday, Wednesday, Thursday and



Friday, the cycling classes, commonly referred to as "spinning," offer an extreme way to burn calories and work out the lower body.

"Cycling classes are one of the toughest workouts available," said Cpl. David M. Gotch, military district of Washington liaison, S-3, H&S Company. "If you haven't taken a class before, it is a humbling experience. You will work muscles that you don't normally work out. If you don't know what your mentally getting into you may find yourself in over your head."

Another favorite is the abdominal class held Tuesdays at noon.

"People should go to the abdominal class because it strengthens the core of the body; core being the abdominal and lower back region," said Christa Cronan, fitness athletic manager, Marine Corps Community Services. "A strong core supports the entire body, in turn allowing the body to develop and strengthen."

Semper Fit has helped many Marines increase their level of fitness and has inspired others to push themselves further though sponsored competition and events.

"Coming up this fall after parade season, Semper Fit is planning a press and run competition and a power lift competition," said Cronan.

The power lift competition consists of a bench press and a dead lift. The press and run starts with a 1.5-mile run followed immediately by a bench press lift. During the bench press lift, every repetition that is counted will take 10 seconds off the run time. Possibly, a Marine that had the highest run time before the bench press lift could end up winning the event, said Cronan.

Some of the annual competitions are the Semper Fit for life competition, which is eight weeks long and focuses on fitness improvement. There are

different categories for this event such as body composition, push-ups, flexibility, strength, best overall measurements and improvement.

"The Semper Fit for Life competition was fun," said measurements winner, Sgt. Jerylin Hicks, maintenance management chief, S-4, H&S Company. "I started working out before the competition, and my personal dedication to fitness never faltered."

Personal training is also available and the Semper Fit instructors can write up programs catered for the individual.

"The Microfit Evaluation is a great way to start tracking personal fitness and where (individuals) are in terms of physical conditioning," said Cronan. "It takes about 20 minutes and measures blood pressure, resting heart rate, body weight composition, strength, flexibility and aerobic endurance."

The instructors at MCCS must be certified in group exercise or personal training through an accredited organization such as the Aerobic and Fitness Association of America (AFAA), Ameri-

can Council on Exercise (ACE) or American College of Sports Medicine (ACSM). Training is extensive and instructors must be complete in their physical fitness and body knowledge.

Fitness and Athletic Managers are required a minimum of three years experience, a degree from an accredited college in exercise science and must be CPR and first aid certified.

"A broad understanding of the fitness field is needed as well as patience and good communication skills in order to do your job well," said Cronan.

Marine Corps Community Services has qualified instructors, high quality gym equipment, and personal attention is given to any Marine that needs the extra support or focus depending on their goals.

"Marine Corps Community Services has a variety of exercise programs, said Cronan. "We assist in implementing a safe and effective regimen, inform Marines about nutrition, all while having fun and getting stronger."





**W**hen you see these Marines, congratulate them on their recent promotions.

## H&S Company

### June

Lance Cpl. Jonathan E. Day  
Lance Cpl. Nicholas R. Hanson

### July

Sgt. Andrew M. Dwyer  
Sgt. Joshua A. Fisketjon  
Sgt. Victor R. Lauersdorf  
Sgt. Joshua K. Lunceford  
Sgt. Michael O. Wilkis  
Cpl. Matthew A. Barton  
Cpl. Brian R. Casey  
Cpl. Edgar Blanco  
Cpl. Julian B. Ellison  
Cpl. Bradley D. Freeman  
Cpl. Nicholas Z. Gordon  
Cpl. Wesley T. Hashimoto  
Cpl. Michael E. Henrie  
Cpl. Michael J. Kroll  
Cpl. Kaleb J. Lopez  
Cpl. Brian D. McCollister  
Cpl. Nathan T. Moeller  
Cpl. Arturo D. Rivera  
Cpl. Ryan B. Schaafsma  
Cpl. Andrew S. Thornhill  
Lance Cpl. Todd A. Carlson  
Lance Cpl. Patrick J. Doughty

## MCI Company

### June

Sgt. James D. Thompson  
Lance Cpl. Matthew D. Morisetle  
Lance Cpl. Jason Morales

### July

Sgt. Brian J. Allen  
Sgt. Eric D. Walker  
Cpl. Terry L. Paris  
Lance Cpl. Elias Sepulveda

## "A" Company

### June

Cpl. Jonathan D. Williams  
Cpl. Jayton D. Patterson  
Cpl. Mark D. Laidlow  
Cpl. Troy E. Mitchell  
Lance Cpl. Nathaniel Tatum  
Lance Cpl. Kenneth Rios

Lance Cpl. Ian S. Winsett

### July

Cpl. James M. Britton  
Cpl. Kevin J. Cintorino  
Cpl. Kurt M. Eben  
Cpl. Jonathan R. Frey  
Cpl. Jr E. Jones  
Cpl. Justin L. Phillips  
Lance Cpl. James A. Carroll  
Lance Cpl. Michael A. Hastillo  
Lance Cpl. Adam C. Henderson  
Lance Cpl. Christopher Katthage  
Lance Cpl. Robert D. Newkamp  
Pfc. Jason A. Webb

## "B" Company

### June

Cpl. Aaron L. Davis  
Cpl. Steven R. Horton  
Lance Cpl. Jason H. Markert

### July

Sgt. Reginald Daniels  
Cpl. Jeremy R. Magee  
Cpl. Nathan P. Wehunt  
Lance Cpl. Joseph J. Ceremuga  
Lance Cpl. Matthew R. Hart  
Lance Cpl. Aaron M. Schupaska

## Security Company

### June

Sgt. Jessie M. Beck  
Sgt. Derek S. Dyle  
Cpl. Jason E. Foskuhl  
Cpl. Ty R. Hultman  
Cpl. Robert P. Nowlan  
Cpl. Milo M. Shofe

### July

Sgt. Jady C. Sutfin  
Cpl. Nathan J. Cowden  
Cpl. Kevin R. Demers  
Cpl. Garrett P. Diccico  
Cpl. Daniel W. Harburn  
Cpl. Andrew W. Peterson  
Cpl. Jason D. Sjo  
Cpl. Edward T. Syc

## USNA Company

### June

Cpl. David R. Zubowski  
Lance Cpl. Aaron Calderon

### July

Cpl. Paul T. Bowker

Cpl. Jess A. Bunker  
Cpl. Michael W. Gindt  
Pfc. Anthony P. Frederick  
Pfc. William H. Haight  
Pfc. Benjamin L. Moore

**C**ongratulate the following Marines on the awards they recently received.

## Legion of Merit

Lt. Col. Samuel E. Ferguson

## Meritorious Service Medal

Maj. Jeffery E. Forte  
Gunnery Sgt. Loree Coulter  
Gunnery Sgt. Julien C. Duncan  
Gunnery Sgt. Fred E. O'Neal  
Staff Sgt. Thomas M. Herman

## Navy Commendation Medal

Capt. John F. Goodman  
Chief Warrant Officer Daniel B. Bowser  
Warrant Officer Russell B. Cromley  
Master Gunnery Sgt. John E. Schaefer  
Gunnery Sgt. Joseph P. Williams  
Staff Sgt. John C. Hornick  
Sgt. James C. Commerford  
Sgt. Chad A. Hauck

## Navy and Marine Corps Achievement Medals

Master Gunnery Sgt. Donald L. Dosch  
Sgt. Myriam T. Vargas  
Cpl. Erwin B. Macassarte  
Cpl. Fredrick Retzlaff

## Certificates of Commendation

Sgt. Andrew M. Dwyer  
Lance Cpl. Steven J. Metcalf  
**Meritorious Mast**  
Sgt. Andrew M. Dwyer  
Lance Cpl. Nicholas R. Hanson

To announce a new birth in your family, e-mail your rank, full name, family information and work section to [adamsc@mbw.usmc.mil](mailto:adamsc@mbw.usmc.mil).



# The Cornerstone of leadership, setting the example

**Lt. Gregory C. Cathcart**

*Barracks chaplain*

In his autobiography, Armand Hammer, known for his humanitarian efforts as being chairman and C.E.O. of Occidental Petroleum, an advisor to presidents from Roosevelt to Reagan, and an industrialist, reveals the roots of his giving nature.

"My father had become a prominent and greatly loved figure in the area ... It was almost an ecstatic experience for me to ride with him when he went on his doctor's rounds his son claimed ... patients at their doors greeted him with such warmth that waves of pride and honor would surge in me to find myself the son of such a father, a man so obviously good, so obviously deserving of the affection he received.

"He could have made himself many times richer, however, if he had insisted on collecting all his bills; or if he could have restrained himself from giving money away; but then he would not have been the man he was ... I have seen, in his office, drawers full of unpaid bills for which he refused to demand payment, because he knew the difficult circumstances of the patients.

And I heard innumerable stories from patients about his leaving money behind to pay for the subscriptions he had written when he visited people who were too poor to eat, let alone pay the doctor."

What a great story to leave your child – the "Business" of loving and giving to others. Know that your kids will remember your actions far

longer than they will your words, and they watch you like a hawk. The fact is all Marines, whether those at the barracks or those in the Fleet Marine Force, are the same as Armand Hammer's father.

Let me explain.

Regardless of the cultural climate, which ebbs and flows with various opinions, the American people want a Corps of Marines. Why? Marines are regarded by their

communities, their country, and around the world as prominent figures who stand for a larger purpose than their individual desires or pursuits.

I would argue that within the American psyche they are greatly loved not only for what they have done on the battlefields, but equally for who they are off the battlefields: respectful, honest, trustworthy and always ready to give 100 percent.

Marines individually and collectively stand for what is true and what is right, even when no one is looking. I would argue that the Marine Corps has far more stories of heroism that we will ever get the chance to hear.

Just as Armand Hammer's passion was greeted with such admiration and pride by those who knew him, so too are the Marines

regarded in the same way, especially by those old enough to remember what this country has been delivered from.

The Marines have been there not only for our country, but also for those who could not ever repay the debt. The Marines have a large drawer of IOUs they have simply tucked away and forgot. As a result, many the world over have undying admiration for the Marines.

I have known many Marines who have given and sacrificed so much just to be able to serve in the Corps, many who have turned their backs on a career that pays a

higher salary or affords them more material things; many who have given up the comforts of home or the promise of never having to leave home again.

I have seen Marines open their homes to those in need, give their last dollar and the shirts off their backs to another in true need.

Just as little Armand Hammer watched his father do these things, the impression had both a powerful and lasting impact. So to the Marines of today, you individually, your actions both word and deed have a lasting and powerful impact, more than you may realize.

Believe me. Your actions preach far louder than ANY sermon, not only to your children, but also to a thankful and grateful nation.

***"The Marines have been there not only for our country, but also for those who could not ever repay the debt."***

Lt. Gregory C. Cathcart  
Barracks chaplain

***"For I have given you an example, that ye should do as I have done to you."***

John 13:15





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