

PASS IN REVIEW

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A select few Marines have had the honor to man the "Oldest Post of the Corps."

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Drill masters are entrusted with the duty of demanding excellence in all aspects of drill.

Front cover:
President Barack Obama delivers remarks during the Navy Yard Memorial Ceremony to remember and honor the victims of the shooting Sept. 16, and their families at Marine Barracks Washington, D.C., Sept. 22.

Back cover:
Sgt. Chesty XIII, former Marine Corps mascot, was officially retired during a ceremony at Marine Barracks Washington, D.C., Aug. 28.

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Changing of the Seasons

STORY BY CPL. MONDO LESCAUD

The changing of the season doesn't just mean getting ready to retire shorts and summer dresses to the closet. It means dusting off those woodland utilities and ironing that "bravos" shirt. It's also time to leave behind the treadmill to pick up some weights, and set aside the running shoes to strap on boots for the Combat Fitness Test. Finally, with new seasonal mission requirements, comes new challenges and a new approach to your mission's accomplishment.

With the end of the summer and the 2013 parade season, we need to re-energize, shift our focus to new targets and sight-in on our goals. There are many ways to go about doing these things; you just have to do what works best for you.

Making the most of your leave and liberty is a great way to rejuvenate, and now is the time for maximizing that precious bit of time off. Before you know it, Ceremonial Drill School, fall and winter ceremonies, and preparation for the 2014 season will be demanding your full attention.

This maximizing of your time during the non-parade season will be instrumental in the continued success at the "Oldest Post of the Corps."

Shifting gears on your physical

regimen is also something to take to heart.

The Marine Corps' two physical fitness tests are both strenuous, and both very different from each other. The Physical Fitness Test, conducted in the first half of the year, concentrates more on the body's aerobic stamina, while the Combat Fitness Test, administered during the other half of the year, tests speed and strength.

To achieve high marks on the CFT, your training needs to reflect your goals. If naturally, three miles in 18 minutes is no-sweat, but your arm strength is lacking, try focusing on pumping some iron in order to max out ammo-can lifts (even hit 100 if you do a few more for Chesty).

This training regimen switch is also a perfect opportunity for those track-star runners or power lifters to expand their horizons and work towards becoming more all-around Marines by working on their weaknesses.

Every Marine should have goals set, including short-, medium- and long-term goals. We can help each other achieve those goals. For example, some of us are taking on college classes this season, so find a buddy, and help each other out with your education endeavors. It can be something as simple as a reminder that midterms are due, or suggesting to put down the joystick and

pick up a book.

On a broader scale, all Barracks Marines should be focusing on a few common immediate goals, such as performing well at Ceremonial Drill School and staying prepared for ceremonies, because they don't stop when the parades do.

I've been through three parade seasons here, and I can say from my own experiences that I don't like to slow down too much after the summer. I do realize that I'm not working two or three events that last until late in the evening each week, but I still have things that need my attention. Some of those things are getting prepared for CDS, ramping up on college work and not letting my guard down and slacking off with my daily duties. We all should know what we have to do in order to be up to Marine Corps uniform and physical standards, now it's just a matter of doing it. Be the Marine who wants to improve, seek help from leaders if needed, and pass down any knowledge you've gained through your experiences in the Corps.

I challenge you to do the right thing and set yourself and your Marines up for success. Square away your seasonal uniforms, eat and train appropriately, use your time wisely, and set obtainable goals this upcoming season.

TOURING DC



ENTERTAINMENT

DINING

HISTORY

The History of Manassas

STORY AND PHOTOS BY CPL. LARRY BABILYA

The city life and Barracks work takes its toll on all of us. From parade to parade or ceremony to ceremony, we could all use some fresh air and a place to put our minds at ease.

Just a short commute southwest of D.C. lies another historical, yet little known city in Virginia. Manassas. While home to everything from chain restaurants and big name stores to homely mom-and-pop shops, the pride of Manassas belongs to the seemingly endless history-laden battlefields. If you visit the free and public Manassas National Battlefield Park, you will quickly start to understand the importance and weight of the grounds.

As you start to navigate the various trails and read the informative plaques located throughout, you will learn that the first major land battle of the American Civil War happened beneath your feet.

From cannons, statues and buildings dating back to

the war, there's plenty to explore. If you're the "outdoorsy" type, than you could enjoy hours scouring the battlefields and even looking for artifacts yet to be recovered. If you'd rather just relax and enjoy the outdoors, bringing a blanket to lie on and some snacks to eat wouldn't be uncommon.

The admission-free Henry Hill Visitor Center, located at the park entrance, is a good place to stop before you begin your journey. The visitor center has a museum chock-full of historical artifacts, audio and video displays, and maps of troop movement if you'd like to retrace their steps. The visitor center also has a 45-minute film, beginning every hour on the hour, covering the First and Second Battles of Manassas.

If you'd like to learn a little more about your nation's history first-hand and get some fresh air, too, Manassas National Battlefield Park is the perfect place to do so.



A SOLEMN CEREMONY

STORY BY CPL. MONDO LESCAUD

Marine Barracks Washington, D.C., hosted a memorial ceremony for the victims of the Sept. 16 shooting at the Washington Navy Yard, Sept. 22.

President Barack Obama, First Lady Michelle Obama, many top leaders in the Defense Department, and families of the victims were among those who attended the memorial ceremony.

Prior to the ceremony, the president met with victims' families inside the Home of the Commandants.

The shooting occurred inside the Naval Sea Systems Command headquarters building when a gunman opened fire, killing 12 people and injuring three. The gunman also died during the incident.

Obama, Secretary of Defense

Chuck Hagel; Secretary of the Navy Ray Mabus; Chief of Naval Operations Adm. Jonathan Greenert; Vice Adm. William Hilarides, commander of Naval Sea Systems Command; and Washington D.C., mayor Vincent Gray addressed the crowd and the nation with words of encouragement and sympathy during the ceremony.

"The tragedy and the pain that brings us here today is extraordinary," said Obama. "It is unique. The lives that were taken from us were unique. The memories their loved ones carry are unique, and they will carry them and endure long after the news cameras are gone."

Several thousand people, including employees of NAVSEA and the Washington Navy Yard attended the

ceremony. Seventy Marines and sailors hosted and escorted the guests.

Marines, many from the Barracks' grounds and maintenance sections, worked with Navy event organizers, the Secret Service and White House staff, to prepare for the Sunday afternoon ceremony.

"It was a lot of work, but we all were more than willing to help, and we know it was for a good cause," said Sgt. Andrew Crane, the Barracks maintenance noncommissioned officer in charge. "Everyone from the staff, to the officers, to the junior Marines worked together to accomplish the mission. And afterwards, I thought the ceremony went great. It was good to see that focus on the families of the affected."



Photo by Cpl. Larry Babilya



Photo by Sgt. Dengrier Baez



Photo by Sgt. Dengrier Baez

A DUTY OF HONOR

STORY AND PHOTOS BY LANCE CPL. DANIEL HOSACK



Editor's Note: This fictional vignette is based on interviews and embedding by the author with the Marine Corps Body Bearers

The screeching sound of an alarm breaks the silence at 5:30 a.m. in my cramped, dark room on the second floor of the Company B tower. I wipe the sleep out of my eyes with big, calloused hands and get out of bed to start morning cleanup. Like clockwork, my brothers do the same. I put the gear away and make sure the floors are spotless so first sergeant doesn't blow a fuse.

I look down at my black watch and head to the lower parking deck for drill practice. We all meet down there and get ready to practice with a casket and an urn, the two ways we do funerals. That is, since we took the responsibility from the U.S. Marine Drum and Bugle Corps a few decades ago.

We try to keep the mood light down here because when we go out for the real deal, we can't help but be solemn. The only one not talking is the new guy in green-on-green who can't wear the usual black tank-top with the body bearer logo. He's still in ceremonial drill school, where I was not so long ago. He stays silent because he knows he still has a hard road ahead of him before he earns the title of "World Famous" Marine Corps Body Bearer.

His journey probably began where mine did. I enlisted like any other recruit and went to Marine Corps Recruit Depot San Diego, Calif. Around second phase of boot camp, I was picked out of the formation by some first sergeant and taken directly to a gym. My task was easier said than done; bench press 225 pounds, curl 115 pounds, squat 315 pounds and military press 135 pounds. All of this 10 times each.

Following boot camp and the School of Infantry, I found myself at Marine Barracks

Washington, D.C., ready to begin ceremonial drill school. After six long months of drill, lifting and on-the-job training, I finally earned my title.

After drilling for about an hour, we all dispersed to get prepared for the day's task. Some of us ate and relaxed while the others, who were working the funeral today, went to the uniform maintenance room, or "brown baggers," just down the hall from my room.

We are broken down into two six-man teams, black team and gold team. I'm on the gold team, and it's our week at Arlington National Cemetery, Va. We usually have two teams that rotate each week. Since our numbers are always fluctuating, there are times when we only have one team to perform.

I make my way to the brown baggers and start inspecting my blues. The back of my blouse has a few wrinkles so I apply the steamer machine to it and make it perfect again. Perfection is expected of us at all times.

Once that is completed, I turn to my room and rustle through my refrigerator. I find a chicken sandwich from last night and snack on that until we depart. Over the last few months, we've all made a change towards healthier eating. When I first arrived, pizza seemed to be a main staple for us, but lately, we have made the transition towards a more balanced diet. I still try to consume over 4000 calories a day, but I eat more lean meat, veggies and good carbohydrates.

I will have to wait until I'm done with the funerals today to go to the gym. Usually, I head off at about 9 a.m., but it's my teams' week to shine. Yesterday, I worked out my back, which keeps in schedule with only working one muscle group a day. Workouts usually vary for me. Yesterday, I warmed-up with five sets of pull-ups before moving into four sets of barbell



rows where I increased the weight 40 to 50 pounds each set and finally finished at 275 pounds. After that, I did four sets of pull-downs on the cable machine, once again increasing the weight with each set. Four sets of dumbbell rows were next, seeing as I needed to focus some on my middle back some more.

While I was working out, Capt. Auer, my platoon commander, stopped by the gym and did a few lifts with us. He stops and talks with us occasionally, making sure we are getting the proper medical care and other necessities. He does a few more sets and then walks off, all the while laughing in amazement at the sheer amount of weight we're throwing around. I finished by working my lower back with a few deadlift sets. I started at 135 pounds and quickly moved up to 495 pounds. The Marine beside me said he could lift it more times than I could. He grabbed on, lifted, and instead of bringing it up three times in a row like me, he didn't even get to the top of the lift before he started to shake, lose his grip and finally drop it in defeat. I may have won that one, but I know he'll be able to beat me on the bench press tomorrow.

By 8:50 a.m., I'm wearing blue whites next to the elevator on the second floor, waiting for the rest of my team. We all leave together, including the new guy who will be filling one of the positions today.

It's only 9 a.m. and I can already feel sweat beads forming on my forehead and trickle down my back as we board the bus to ANC.

We talk a little bit on the way, mostly light-hearted conversation about trivial things like how I got more weight up on the dead lift than the other guy. As we approach the cemetery, conversation dies down and a more solemn attitude descends over the bus. Even the firing party

in the back of the bus got quiet as the white headstones flank our bus.

After a short wait, we get off the bus and wait for the firing party to take position. Soon, the vehicle carrying the urn arrives and four of us march to our positions on each side of a small wooden box where the ashes sit. The other two go to retrieve the flag and the urn and we begin the unfolding and folding of the flag over the ashes. I could do it blind-folded because we've practiced it a thousand times. Like I mentioned earlier, nothing less than perfection is expected from us, especially now.

Listening to the family mourn is a bit unnerving, but I have learned to deal with it by zoning out a little and not focusing on the events happening in my peripherals. We pride ourselves on our bearing, but sometimes it is hard for even me to hold back tears. I cannot imagine having to carry a Marine that I knew closely.

Finally, the flag is neatly folded and passed down until a master sergeant takes it and presents it to the family. After that, we face and march off as silently and gracefully as when we came.

I'm slightly relieved that we didn't have a casket funeral today. Those are the reasons why we get so strong, because we exhaust ourselves carrying caskets up to 600 pounds through ANC. It wouldn't be so bad if there were eight Marines instead of just six, and if we didn't have to hold it shoulder level the whole way. Did I mention that we are not allowed to show the slightest bit of pain or struggle?

After we get back on the bus to go home and relax for the day, a sense of honor sweeps over us because it's not until you've been out here and done this that you can truly appreciate our motto, "the last to let you down."

The Marine Corps Body Bearers in 2013 are: Cpl. Brian Bell, Cpl. Reuben Franco, Cpl. Jerry Berning, Cpl. Dustin Reeves, Cpl. John Hartley, Cpl. Louis Kulcsar, Cpl. Brian Rochelle, Lance Cpl. Gary Miller, Lance Cpl. Stephen Hardcastle, Lance Cpl. Sadiq Chaudri, Lance Cpl. Garret Hinrichs, Lance Cpl. John Williams, Lance Cpl. James Doyle, Lance Cpl. Alexander Doyle, Lance Cpl. Alexander Findura and Body Bearer prospect, Pfc. Michael Ryder.

A photograph showing a line of Marine Corps workers in camouflage uniforms, white hard hats, and high-visibility vests. They are working on a large, complex metal structure, possibly a stage or a large piece of equipment. The workers are positioned in a line, with the one in the foreground being the most prominent. The background shows a brick wall and some greenery.

BEHIND THE SCENES

STORY AND PHOTOS BY CPL. MONDO LESCAUD

People from around the world come to the “Oldest Post of the Corps” to see why the Marine Corps is the best at what it does. What guests often don’t see is what happens behind the scenes to make these performances possible.

At Marine Barracks Washington, D.C., sections like Operations, Public Works Department, U.S. Marine Band Stage Crew, and “Grounds Combat Element” help ensure cars get parked, lights shine, stages are set, and the grounds are pristine.

They get this all done sometimes without ever being noticed.

THE BRAIN



Operations, known as S-3, ensures events function smoothly at the post. Led by Maj. David A. Wilemon, operations officer, the Marines in this section organize military ceremonies throughout the national capital region.

Wilemon is complimented by Capt. John Auer, assistant operations officer, four staff noncommissioned officers, four NCOs and a lance corporal.

Master Sgt. Craig Harris, operations chief, serves as the ceremonies director, personally making sure all elements of a ceremony are in good order, while Master Sgt. Leonard Spain, funeral director, coordinates Barracks support for approximately 500 annual funeral ceremonies at Arlington National Cemetery.

Gunnery Sgt. Kevin Pirtle, Barracks training chief, ensures that the more than 1,000 Marines at the Barracks receive all of their proper annual training and qualifications. Meanwhile, Gunnery Sgt. Anthony Davis, Barracks drill master, is entrusted with having the Marines live up to their reputation of ceremonial

excellence through regular drill practices and drill schools. Cpl. Zachary Everett, Cpl. Dakota Reynolds and Lance Cpl. Vann Lantrip prepare the parade field with markers and other necessary elements every Thursday and clean it up every Friday night after a parade. They also ensure all supporting elements of a ceremony are in good order, including the narrations and timely arrival and departure of the parade's participants.

Sgt. Katie Maynard serves as the Military District of Washington liaison. She coordinates all joint ceremonies with the Barracks and other military branches, including color guards, state funerals and Arlington National Cemetery ceremonies.

"The work can be demanding a lot of times, but I feel like I have all the support and motivation I need from my leaders," said Lantrip. "And it's fulfilling because when everything comes together, I know I had a hand in putting it together. I think it gives us all a good feeling of accomplishment."

THE HANDYMEN



A Navy lieutenant, six civilians and 12 Marines handle all restoration and maintenance issues that come with having a Marine Corps installation that's more than 200 years old.

"It's hard to explain exactly what we do, because we do it all," said Sgt. Christopher Rollison, a combat engineer, as he smiles and builds a wooden box in a cramped but organized woodshop.

During the course of a Marine's tour within the department, he or she performs on average 189 emergency maintenance calls and has a hand with five to nine general officer's quarters changeovers. That's when one of the residents moves into one of the houses on post and the Marines must renovate the house with new carpet, paint, electrical wiring and heating, ventilation and air-conditioning units.

Within the department, there are four sections: carpenters, HVAC, electricians, and plumbers.

The department can fix almost any Barracks'

maintenance problem, from faulty wiring, water pipes and air vents, to proper lighting equipment upkeep and usage.

These Marines are always on call. For instance, when sudden flooding and structural damage to the Home of the Commandants happened in June, the Marines were among the first on the scene.

When this happened, the whole department performed general maintenance to the structure of the residence, and tore apart and rebuilt the sun-porch, a task that demanded nearly a week to complete.

"There have been times that I've fixed different things around the post well after midnight," said Cpl. Michael Wiggleton, plumber. "It doesn't matter what time of day it is or what problem it is, we'll respond."

The Marines in this section don't just fix things. They also execute the lighting for the Friday Evening Parades, a job that requires precision, timing, and awareness.

THE MUSCLE



These eight gentlemen in their blue tactical pants and blue polo shirt with “stage crew” sewn on the right-chest pocket are the answers to, “How did this beautiful concert get put together?”

Master Sgt. Charles Terry, stage crew manager, and Gunnery Sgt. Richard Dickerson, assistant stage crew manager, lead two teams, each consisting of an NCO and junior Marines, in providing support and security for the U.S. Marine Band.

The Marines load and unload cargo trucks hauling more than 5,000 pounds of instruments and gear several times a week.

When the band arrives to its destination, the crew unloads the gear and sets up the concert stage, allowing the musicians to focus on performing.

However, the job isn’t done once the stage is set. They stand, out of sight, and provide a security presence.

They work an average of 12 hours a day, six days a week.

“The thing I really love is how we’re treated by master sergeant and gunnery sergeant,” said Lance Cpl. Trevor Curtis, stage crew member. “They give us time off when they can, and we’re always treated with dignity and respect.”

Like the annual routine for most Barracks Marines, the beginning of the summer starts a hectic season for the crew, and it doesn’t slow-down until mid-November.

“We get good guys from [Companies A and B] and Guard Company to join our crew,” said Dickerson. “They come over here and they’re always a big help. They’re always able and willing to do some heavy lifting. You can tell their services are much appreciated, especially from the musicians.”

THE WORKHORSE



These Marines are some of the first to arrive and last to leave at a ceremony’s scene. Their work ethic makes them stand out, while the kind of work they do demands respect, and the sheer amount of hours they clock deserves applause.

When bystanders walk by the main gate on 8th Street and see Marines in blue trousers and blue polo shirts, raking leaves and ensuring the overall cleanliness of the grounds, they get a feel for the Corps’ sense of pride and attention to detail.

For the 13 grounds Marines, paying attention to the details is their job. Before any ceremony, they make sure the grounds are clean, free of debris and vibrant looking.

“I definitely take pride in everything I do here, and my Marines see that and take pride in their duties,” said Staff Sgt. Dustin Palmer, grounds staff noncommissioned officer-in-charge. “Whether that’s leading Marines, training, or squaring away the post, we all take pride in our duties.”

As the Barracks continues to show guests the proud traditions and rich history of the Corps through ceremonial excellence, these four sections, and others, will work behind the scenes to ensure the post remains a hallmark of the world’s finest fighting organization.



POLISHED

STORY BY CPL. LARRY BABILYA



Being the “Oldest Post of the Corps,” Marine Barracks Washington, D.C. takes pride in the traditions that have been passed from its founding to present day. A lot of the traditions like the 1801 eagle, globe, and anchor emblem and the Tuesday and Friday parades are traditions apparent to most. Other traditions and legacies of the Barracks are known to few, but paramount to those involved with them.

One of those little known traditions at the Barracks is the silver brass.



Cpl. Tyler Dutton, Marine Corps Silent Drill Platoon rifle inspector, displays the silver brass eagle, globe and anchor emblems on his uniform.



Name plates of each number one rifle inspector, dating back decades, surround the shadowbox containing the original silver brass.



An inscription with the shadowbox dedicates the silver brass to the number one rifle inspector of the Marine Corps Silent Drill Platoon.

In the late 1970's, the number one rifle inspector with the Marine Corps Silent Drill platoon passed on his brass, or the buttons and emblems from his uniform, to his successor. The brass continued to be passed on, and over time, the cleaning and polishing turned the once gold-colored brass silver.

"Being able to wear the silver brass and to be privileged to fill the prestigious roll of rifle inspector is an honor," said Cpl. Tyler Dutton, the number one rifle inspector for the SDP. "It took a lot of hard work and dedication over the past three years to get to this point. My time will soon be up and it'll be my turn to pass on the brass."

Dutton isn't the only Marine to display the coveted silver brass. Each member of his inspection team, or the Marines that perform during the rifle inspection, display the brass in their own unique way. The first Marine in the inspection, or the "single," has silver slip rings on his rifle. The next Marine, known as the "throw out," has a silver gas tube on his rifle. The last Marine in the inspection, or the "double," has a silver charging handle on his rifle. The inspector himself wears silver buttons, emblems, waist plate

and screw posts.

"Being on the drill team is an honor. Being on the inspection team is a privilege," said Dutton. "My team put in a lot of time and hard work to make it. Knowing the amount of responsibility they have, they practice every day after everyone else is done to make sure they are at their best."

This year was a memorable one for the SDP. Captains Ted Hubbard and Matt Smith, previous and current parade commanders, familiarized Col. Christian G. Cabaniss, commanding officer of the Barracks, with the tradition. Shortly after, Cabaniss brought it up with Gen. James F. Amos, commandant of the Marine Corps, who then officially presented the silver brass back to the SDP, reviving the retired tradition.

When crowds flock to the Marine Corps War Memorial in Arlington, Va. or pack the seats at the Barracks for a parade, a sense of history and tradition is clear. What isn't are the little details, practices and traditions Marines cherish most.

"I will never forget the time I have spent on the platoon with my brothers," said Dutton. "The silver brass is the platoons; I'm just the lucky one who gets to wear it."

CLASH OF THE COMPANIES

STORY AND PHOTOS BY SGT. DENGRIER BAEZ

Seven teams from different companies and sections at Marine Barracks Washington, D.C., faced off during the Barracks Softball Tournament in July and August to claim the title of Barracks softball champions.

Teams were from the U.S. Marine Band, the U.S. Marine Drum & Bugle Corps, Headquarters & Service Company, Marine Corps Institute Company, Company A, Guard Company, and the “Grounds Combat Element.”

With last year’s season cancelled because of schedule constraints, players were excited and ready to start.

“I was very optimistic about the season,” said Sgt. Jesse L. Kendrick, coach and shortstop for H&S. “I felt like we had a good team and a lot experienced players.”

The teams played a short “regular season” to determine their standings for the tournament. D&B opened up the season with a win against Guard, followed by match ups with MCI and Grounds, D&B and Alpha, H&S and MCI, D&B and Guard, and the Band against H&S.

Guard beat Grounds in the battle for third place, and D&B and the Band faced each other as the top seeded teams.

The defending champions, D&B, and the veterans, the Band, battled each other in the championship game.

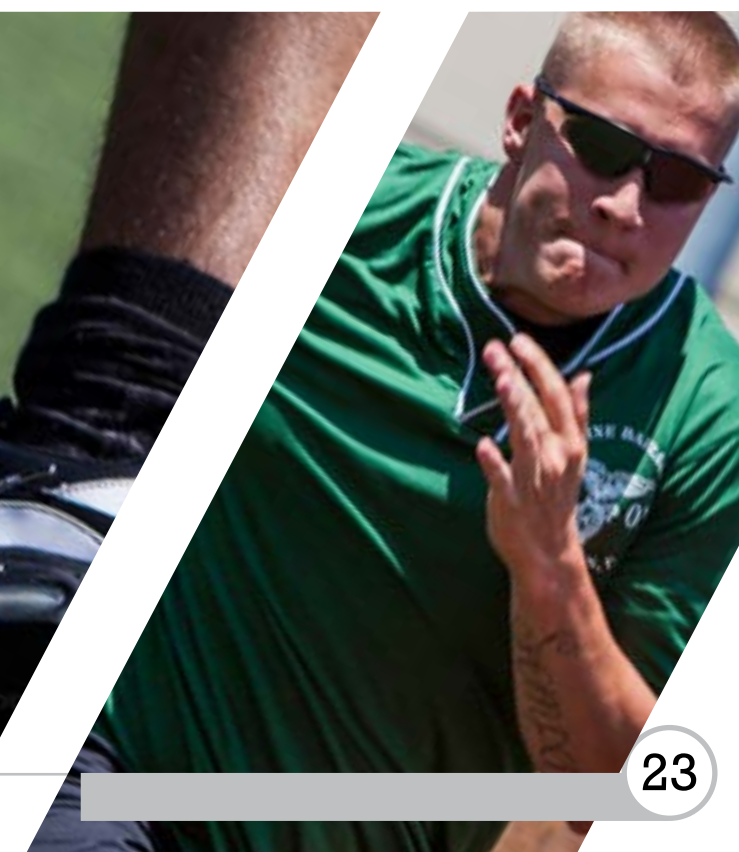
Both teams played well, but the defending champs weren’t able to come away with the win, losing to the Band, 18-10.

“It felt great to finally reclaim the coveted MBW softball tournament trophy after a couple of years of it being out of our hands,” said Chief Warrant Officer 3 Doug Burian, catcher for the Band. “The D&B has a great softball team. They beat us earlier in the tournament, so it definitely feels like this year’s trophy was well earned. I have no doubt that Band and D&B will be vying for the title again in the coming years.”

With another successful softball season over, MCCS organizers say they are looking forward to hosting the fall sports tournament, flag-football.

Jamie Dalecki, the Barracks’ MCCS Semper Fit director, said he thought the season was a success because of the competitive nature and overwhelming participation of the Marines.

The Barracks participates in various sporting games and other activities throughout the year hosted by MCCS, from the Single Marine Program events to intramural sports. For more info on upcoming events visit www.facebook.com/MCCS8thandI.





HEADQUARTERS
MARINE DRUM & SERVICE
COMBAT ELEMENT

HEADQUARTERS
MARINE DRUM & SERVICE
COMBAT ELEMENT

—THE—
BARRACKS EFFECT
STORY BY CPL. MONDO LESCAUD

“For the want of a nail the shoe was lost, for the want of a shoe the horse was lost, for the want of a horse the rider was lost, for the want of a rider the battle was lost, for the want of a battle the kingdom was lost, and all for the want of a horseshoe-nail.” – Benjamin Franklin.

As Franklin describes, the smallest of actions can have significant effects later on.

For a child who sees a Marine in uniform for the first time, the experience can create a dream to become one of the few and the proud. To a veteran, like the thousands that come to Marine Barracks Washington, D.C., sometimes on a weekly basis, interacting with the Marines can allow them to relive their glory days, even if just for a moment.

These things happen at the Barracks often, and sometimes we receive letters of appreciation from people the Marines have touched. To the Marines, it gives them motivation and purpose, and makes the mission all the more worthwhile.

Hundreds of envelopes sent from around the country flood the Barracks’ headquarters mailroom throughout the months of May through August, addressed to Marines ranging from the commanding officer who sits with the guest of honor during a Friday Evening Parade, to the corporal who stands security at Arlington National Cemetery, to the private first class who stands in the front of the formation with his M1 Garand during any ceremony.

Most messages express gratitude towards the Marines for an excellent performance, whether at a parade or another ceremony. However, every now and then, a letter arrives that

conveys how someone’s life was changed.

Daniel N. Rosenblatt told the Barracks about how his father, a retired Marine, CIA operative, FBI agent and devoted family man, was proudest about being a Marine. Rosenblatt’s father passed away in August 2013. After the funeral at ANC, he wrote a letter thanking the Barracks’ Marines for their “great care and attention they paid to an important man.” He also wrote that he and his family were “honored and proud.”

Rosenblatt closed his letter saying, “It was as if there were two hands working together that morning to deliver [my father] to his maker. One was the gentle, loving hand of his family and close friends; and the other, was the firm, assuring and kind, white-gloved hands of the Marines.”

Another letter addressed to the Barracks revealed how a family’s faith in their country was re-kindled during “one of the most patriotic shows” they’ve ever seen. It was another example of how the Barracks’ influence ripples through lives of everyday Americans.

The letter writer said that their family’s attendance at the parade was an eye opener, stating in the beginning, “We felt such a strong sense of honor and pride in our country from the Marines, that we were engulfed with emotions.” They were still talking about the night’s events several days later.

Marines are here to serve our country and our people, whether that’s overseas or right here at home. At the Barracks, Marine’s focus on ceremonial excellence, in hopes that we make an impact on the American people’s lives, whether during their first time meeting a Marine or at their final resting place.

TACTICAL Practical

COMBATING COLD WEATHER WITH THE RIGHT GEAR

STORY AND PHOTOS BY SGT. DENGRIER BAEZ

Having the right gear for the weather is essential when you're stationed at a post like Marine Barracks Washington, D.C. Outdoor ceremonies are our bread and butter, so we need to take measures to ensure our performance will not be hindered by inclement weather, like freezing temperatures, rain and snow, all of which are common to the area.

Staying warm in cold weather is nothing new to the Marines in Companies A and B. Their commitments take them through the most grueling winter months and success means being prepared. They use things like petroleum jelly and latex gloves to help from freezing.

Using a buddy to assist you, take plenty of petroleum jelly and rub it over both hands evenly. Then have your buddy put the latex gloves on your hands before putting on your Barracks-issue gloves. This is going to allow you to keep some mobility in your hands, which is important if you're handling a sword, rifle or musical instrument. This will also shield your hands from gusty, bitter cold winds.

Of course there's other ways to protect your hands, like the hand warmers sold at the Marine Corps Exchange. The only issue is that if you're going to be standing for long periods of time, the effect of the warmers wears off after a couple of hours. Plus the bulk doesn't allow for much mobility.

There are a variety of long-sleeve, cold weather shirts available on the market. When picking a shirt to wear under a uniform or on a hike, consider fit, flexibility, versatility and color. Fit is extremely important because you don't want anything hanging loose and allowing cold air in or sticking out of your upper layer. Also consider flexibility and color since you want to

able to move without restraint, and if you're wearing your Blues blouse, you want a black or navy blue color in case your coat rips.

Regular cotton sweaters as undershirts are not recommended because they tend to be bulky. This makes your outer layer bulgy and unappealing. Cold-weather shirts can easily cost 50 bucks each, but the investment pays off when you're a few degrees warmer.

Compression leggings are useful when it comes to keeping your lower limbs warm. The same rules apply when choosing leggings as undershirts. Fit, flexibility, versatility and color matter when looking for the right warming garment.

When wearing long trousers, the color of the leggings must be of a solid color preferable close to your skin complexion. Flexibility plays a part in the decision, especially if there's going to be a lot of walking, running or marching.

You can easily find a pair of thermal underwear anywhere, but the quality is often subpar to the cheaper pairs, and they're usually made out of cotton. The extra 20 dollars on something more durable may be the right decision.

There are many options when it comes to picking socks to keep your feet warm. Look for a pair that combines acrylic, nylon, polyester and elastin materials. These materials work well together to keep the feet warm. This type of sock can also run a bit higher in the price range, near 20 dollars per pair.

The petroleum jelly and latex gloves can be found at any drug store and are inexpensive. You can find the undergarments and socks online or at any sporting goods store.

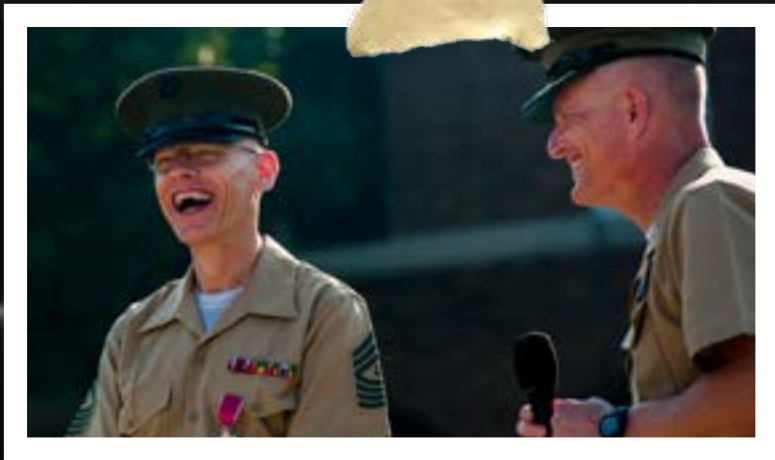
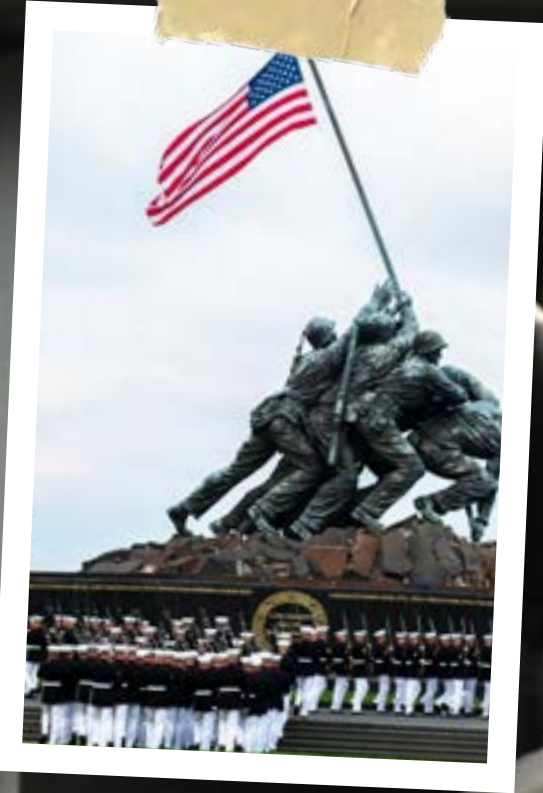
These are just some recommendations and what has worked for some of the marchers. It's up to you to do additional research now that you have a better idea of what to look for to stay warm. Winter is almost here.



MASTER SGT. KEITH MARTINEZ, U.S. MARINE DRUM & BUGLE CORPS ASSISTANT DRUM MAJOR, PERFORMS DURING A TUESDAY SUNSET PARADE AT THE MARINE CORPS WAR MEMORIAL IN ARLINGTON, VA., AUG. 6.



Photo by Sgt. Dengrier Baez



Around  Barracks

