

Pass in review

Serving Marine Barracks, Washington, D. C.,

ps"

June 1996



***"The President's Own"
director retires after
17 years at the top***

MCI Marine sets world record



Body Bearers pay last respects

On parade

Reflecting pride in the eyes of America

By Col. David G. Dotterrer

I don't need to tell you that we're hot and heavy in the middle of Parade Season. The last few parades have been excellent and I expect the rest of Parade Season to be just as outstanding. The operational tempo through the end of August will be hectic. Sometimes it is a good idea to take a moment during all this hustle and bustle to remember why we're working so hard to put on the best military parade in the world.

We hold parades to show the American public their Marine Corps is on the job. Few Americans can join a Marine Expeditionary Unit on float. Few can observe Marines guarding an American Embassy in Ivory Coast or Somalia. Few can observe Marines in "every clime and place", but they can come here and view their Marines on parade. When the American people come here to view an Evening or Sunset, they come away with big smiles. The public is happy because they see what they expect to see: Marines who are disciplined, dedicated and just plain proud to be Marines.

It is important for the American public to see their Marines and come away pleased and impressed because it is the American public who must agree to pay for our Corps of Marines to exist. We should always remember that we exist because the taxpayers are willing to allow us to.

In his excellent book First to Fight,



Col. David G. Dotterrer

LtGen. Victor Krulak, USMC (Ret), father of our Commandant, says that America does not need a Marine Corps:

America wants one. America wants the peace of mind of knowing that her Corps of Marines is ready any time to go anywhere and get the tough job done.

The argument to disband our Corps has reached the floor of the U.S. Congress

five times in our history. Great, well-meaning Americans like President

Harry S. Truman and General Douglas MacArthur have argued that America could do without a Marine Corps. Each time this argument has been raised, some crisis has arisen and the Marines have had to save the day. That's what our Corps is here for.

Marine Barracks, Washington, D.C. is here in part to ensure the American public remembers what their Corps of Marines is here for. As long as you continue to do the outstanding job you have done in the past, I am confident that future generations of Americans will rest easy their Marine Corps is on the job.

Let's go out and knock 'em dead.



8th & 1st Marines put Corps values and traditions on display for the American public during the summer's military tattoos. They represent Marines around the globe and are often the only Marines Americans get to see.

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On the Cover

Col. John R. Bourgeois, Commanding Officer and Director, United States Marine Band, conducts "The President's Own" during a concert. He retires July 11 after a 40 year career with the band, the last 17 of which were spent as the band director and Music Advisor to the White House. (Story page 7)

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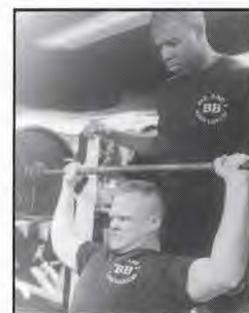
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Passing the torch



Cpl. Patrick E. Franklin

Members of the Guard Detachment at Marine Barracks, Washington, D.C. participate in the Law Enforcement Torch Run. LCpl. J. D. Lyons receives the torch from a member of the White House Communications Agency and leads the guard detachment Marines on the next mile of the torch's journey down East Capitol Street.

Earring and clothing guidelines clarified in ALMAR

The Marine pauses to take one last look at his reflection in the mirror. Earring in place, ball cap on backwards, baggy shirt hanging out of similarly baggy jeans, which just cover his posterior. Yes, the Marine says to himself, he's ready to hit the town for a night out. The next morning he is surprised to find himself standing in front of his commander being read the riot act for breaking the dress code.

This Marine is merely hypothetical. Some may think this sounds a bit extreme, but the above attire is what passes for acceptable attire in most night clubs these days. Marines, however, adhere to a dress code slightly different from what is acceptable to the local club crowd.

The Commandant of the Marine Corps issued ALMAR 194/96 May 16. It updates regulations concerning

tattoos, body piercing and branding.

According to the ALMAR, "Marines are associated and identified with the Marine Corps in and out of uniform, and when on or off duty. Therefore, when civilian clothing is worn, Marines will ensure their dress and personal appearance are conservative and commensurate with the high standards traditionally associated with the Marine Corps. No eccentricities of

MCI improvements cut mailing delays

Marines enrolling in Marine Corps Institute courses can expect to receive their course materials sooner, thanks to MCI and the United States Postal Service.

GySgt. John J. Mackrell, Postal Chief, MCI Co., explained how changes will improve the service Marines expect of their institute.

"When we received a request for MCI materials it would normally take about 24 hours to process and get put into the mail system. Sometimes, due to circumstances, it might have taken as long as 48 hours," Mackrell said.

The material was shipped to the Marine's postal activity, where it was delivered to the unit. From that point it was handled as official correspondence rather than mail.

"Now, under the new process, it will be handled as mail until it is delivered to the student," Mackrell said. Course materials are now addressed to the student, rather than the unit. "The process is the same with the exception that when the material gets to the Marine's unit mail-room, it will be delivered to the Marine, rather than to someone authorized to receive it."

MCI officials expect the change to save a lot of time, since course materials will be handled as official U.S. Mail until they reach the student. The student's unit mail-room will now play an integral role in timely receipt of materials, according to Mackrell.

"I can't emphasize enough the importance of individual students checking in and out of their unit mail-rooms. With



Cpl. Dennis E. Garcia, postal clerk, MCI Co., feeds envelopes into the Paragon, MCI's newest mail metering machine. (Photo by LCpl. Jerry D. Pierce)

the new changes being put into place, this will directly affect how long it takes to receive their MCI materials," he said.

Marines need to be sure to tell their mail room if they want their mail forwarded or held while on leave, Mackrell added.

Marines can also expect to see changes in mailing services at MCI, according to Mackrell.

"There are changes coming to MCO P5110.6 and ALMAR 205/96 provides guidance to postal personnel and our mail clerks on how to implement this system so that everybody reaps the benefits," he said. "The benefits of course are that the students will receive their MCI materials quicker, there will be less errors and it will also be cost effective."

dress will be permitted."

Male Marines are prohibited from wearing earrings, and all Marines are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through their skin. Female Marines may wear earrings in accordance with regulations.

The ALMAR also prohibits, "tattoos or brands on the neck and head. Tattoos and brands that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Corps are prohibited as well."

In a recent E-mail to Marines sta-

tioned at "8th and I," GySgt. Michael T. Peterson, Personnel Chief at Marine Barracks, Washington D.C., reminded Marines to adhere to the Barracks Civilian Dress Code.

"Civilian attire, when worn must be neat, clean and in good taste. Shirts with collars, crew necks and sweaters are acceptable and must be tucked in unless the design dictates otherwise. Jeans, Bermuda shorts and trousers can't be frayed, have holes or be excessively faded and a belt must be worn if there are belt loops," said

Peterson. "Also, socks must be worn with all shoes except sandals, docksiders or similar leisure footwear."

According to Peterson, items not acceptable are ripped or frayed clothing, cut-off shorts, halter tops, half shirts or T-shirts. Hairstyles and colors can't be eccentric. Clothing can't portray inappropriate language or offensive gestures.

Clothing must also fit properly, said Peterson. "Trousers and shorts must fit the natural hipline and cannot expose the undergarments."

MCI steps up grading pace

initial courses include sealed final exams

Marines worldwide may soon be noticing several changes in their Marine Corps Institute service.

Moreover, a few of MCI's recent changes will show up inside Marines' initial course mailings: the review lesson answer sheet and final exam.

MCI expects the addition to the initial correspondence course packages to greatly increase efficiency in course enrollment and evaluation.

Adding the review answers and final exam to the standard course package is "the single most important thing we've done to improve service and be more responsive to Marines," said Lt. Col. Richard A. Christie, Marine Corps Institute deputy director.

"We will include the review lesson answer sheet with the materials so Marines can take the review lesson to see if they are ready for their final examination," he explained.

"When the Marine is ready to take the final examination he can give the sealed envelope to a proctor, take the test, then send in the results along with the answer sheet and the test booklet."

Christie noted that this simple addition cuts one whole step out of what had been a lengthy process.

"Under the old system Marines had to send in the review lesson, and if they

passed it, then that signaled our computer to send the final examination," Christie explained.

By including the final examination in a sealed envelope with the initial mail-out, MCI protects the integrity of the examination and saves a minimum of two to three weeks in the time needed for the Marine to complete the course. Another simple yet useful idea is to include blank answer sheets with the course.

"Previously, a Marine's DP-37 or answer sheet had personal identification

information, name, social security number and unit, already affixed to the answer sheet. We felt that by not affixing the name to it and allowing the Marine to fill in that information, that it would allow us to do some things internally at MCI which would save us time," Christie said.

MCI can now pre-package course materials. Under the old system each Marine's courses were manually packaged with a pre-printed answer sheet, a time-consuming task. Occasionally, course materials were accidentally omitted from the package.

"Now we can do this in advance and we can insure that there are 100 percent of the required materials included in the initial mail-out," Christie said.

Another problem encountered was Marines requesting duplicate answer sheets. Marines needing answer sheets now simply contact their MCI coordinator. Generic answer sheets will be sent to all commands to ensure a ready supply.

While Marines receiving MCI courses may notice the new additions to their course materials MCI officials hope they also notice the Institute's commitment to improved service.

Co. A Marines take initiative

1st Plt. makes time for neighborhood cleanup

LCpl. Ryan J. Davis shovels trash off Virginia Ave. while his platoon sweeps, edges grass and bags garbage around the area. 1st Plt. Marines organized the cleanup themselves and spent the day beautifying streets and parking areas around the barracks May 29.



LCpl. Chance D. Puma

Bourgeois retires baton

Band bids farewell to director in first change of command in over 17 years

On July 11 "The President's Own" U.S. Marine Band, America's oldest professional musical organization, will reach an important juncture in its 198-year history. Col. John R. Bourgeois will retire after 17 years as Director of "The President's Own" and Music Advisor to the White House. Only the 25th director in the band's history, Bourgeois will end an acclaimed career which has spanned nearly 40 years. The Marine Band will mark this special occasion with a July 11 concert at The Daughters of the American Revolution Constitution Hall, Washington, D.C. at 18th and D Sts., NW.

"Serving as Director of The Marine Band has been the greatest pleasure of my life," Bourgeois said. "This concert will celebrate the past, present and the future of the Marine Band and will give me the opportunity to say farewell in the setting of a formal concert, which seems appropriate for this wonderful band."

Following the final notes of the concert, Bourgeois will

pass a baton, presented by band members to John Philip Sousa more than a century ago, to Maj. Timothy W. Foley who has been nominated to become the 26th Director of the Marine Band. Foley has been the Assistant Director since 1979.

"It has been said that musical organizations reflect the personal qualities of their leaders, and this certainly must be true of the Marine Band," Foley said. "The impact of Col. Bourgeois' leadership on our organization is incalculable. Throughout his career, he has been the quintessential Marine, musician and gentleman."

The public is invited to hear Col.

Bourgeois' final performance as Director of "The President's Own" and witness the change of command. The

concert will take place July 11, the band's 198th birthday, DAR Constitution Hall. The performance begins at 7:30 p.m. The concert is free, but tickets are required. For tickets, send requests with a self-addressed, stamped envelope to: Tickets, Marine Band Public Affairs Office, Marine Barracks, 8th and I Streets SE,

Washington, DC 20390-5000. Tickets are limited to four per request. Patrons wishing group tickets can send requests to MGySgt. Andrew Linden at the U.S. Marine Band Public Affairs Office.



Col. John R. Bourgeois



Col. Bourgeois leads "The President's Own" during a concert in front of the historic "Home of the Commandants," as Commandant of the Marine Corps Gen. Charles C. Krulak and his wife look on.

Marines greet Miracle Network champions at memorial wall

Fifty-one children treated at Children's Miracle Network affiliated hospitals across the nation were welcomed to the Nation's Capitol by a group of U.S. Marines from Marine Barracks, Washington, D.C. The Marines and their mascot, PFC Chesty XI, hosted the "champions" at the Vietnam Veterans Memorial.

The children were designated champions by a CMN hospital from each state and the District of Columbia. They earned the title overcoming a life-threatening disease or accident to live a healthy and productive life.

At the invitation of the White House, these 51 champions visited the capitol and met with members of Congress and the First Lady, Hillary Clinton. The Marines met the children and their families as part of their day in the capitol and guided them on a tour of the Vietnam wall.



LCpl. Thomas R. Siedlik, MCI Co., escorts Miracle Network children and their families at the Vietnam Veterans Memorial.

The Children's Miracle Network is an international nonprofit organization dedicated to raising funds for and awareness of children's hospitals. Currently, CMN produces the largest televised fund raiser in the world.

After their trip to Washington, the champions left for Orlando, Fla. to appear on the annual "CMN Champions Across America". Broadcast from Walt Disney World, the telecast shined the spotlight on the champions and the seven million other children treated each year by CMN hospitals.

D&B Marine earns degree on the road

Education is the key to success in the Marine Corps and beyond, but finding time to complete a college degree can be difficult and requires determination.

Sgt. Brian J. Dix, D&B Co. has taken that to the limit.

He recently received his Masters Degree from George Mason University in Fairfax, Va. within the same time it takes a full-time college student — two years.

"I intended to complete one course per semester and finish the degree within a four year period, but education is addictive. I began taking three courses each semester and during summer school. This enabled me to complete the Master of Arts in Music Conduct-

"I intended to complete one course per semester and finish the degree within a four year period, but education is addictive."

Sgt. Brian J. Dix, D&B Co.

ing within the same period as a full-time student," said Dix.

This is an added accomplishment considering his unit's hectic performance schedule. The D&B performs over 400 times a year and is on the road a great deal of the time.

Dix found the time to take not just one class per semester, but three. While

other members of the D&B were relaxing in the evenings, Dix was doing his homework.

"I was fortunate to have professors that allowed students to audio tape the classes and send notes along with the tapes when I was on the road. Depending on where the drum corps was at the time, I was able to reply through overnight express or through a modem. My laptop computer was with me on every drum corps journey," Dix said.

Dix concluded saying, "Most of my contemporaries have been nudging me into pursuing a doctorate in music. I need to rest my eyes for a period of time and may consider going back to school after I have finalized a few more chapters in my life."

Tell It To A Marine...



“As the nation’s most ready force, we accept as routine demanding deployments and tough field conditions to maintain our war fighting capabilities. With that in mind, it is the career force who has sacrificed the most for the longest time. I feel they deserve the best housing and support the Corps can offer. We do that now and are striving to improve.

--Sergeant Major of the Marine Corps, SgtMaj. Lewis G. Lee, referring to quality of life concerns voiced by junior Marines during a recent survey.

Okinawa holdings cut

DoD consolidates forces, maintains overseas presence

WASHINGTON — In a move to reduce the burden on the Japanese people without reducing U.S. military capability in the Asia-Pacific region, DoD is returning 20 percent of the land U.S. forces use in Okinawa.

The United States will maintain current troop strength of about 100,000 in the Asia-Pacific area, including 47,000 servicemembers in Japan, according to Defense Secretary William J. Perry. DoD will relocate and consolidate troops and equipment at other bases in Japan.

“We could not eliminate the burden,” Perry said during a press conference in Tokyo April 15. “Freedom is not free. The U.S. forces in Japan and Korea are not here for the convenience of the United States. We and the Japanese government believe they are necessary to preserve the security and stability in the Asia-Pacific region.”

The United States currently occupies about 60,000 acres on Okinawa. The land being returned includes Futenma Marine Corps Air Station, two communications centers, large training areas and parts of several other U.S. bases.

DoD is also changing training procedures: eliminating artillery firing over a local highway, limiting night flights over residential areas and building noise barriers at airfields.

Perry noted returning the Futenma air base will take a number of years, but training procedure changes will happen in a matter of months.

The dramatic changes in procedures and training are intended to reduce the intrusiveness, noise level and “footprint” of the U.S. forces in Okinawa, Perry said.

Japanese most recently protested the American military’s presence in Okinawa following the rape of an Okinawan school girl by three U.S. service members last fall.

The rape served as “a wake-up call,” Perry said. “It caused us, both the U.S. government and the Japanese government, to look very hard and very seriously at this question of burden on the Okinawans. It led to my personal commitment to do what I could to try to reduce that burden, always giving the boundary that we had to be able to maintain readiness.”

Japanese officials agreed to pay for the costs of the U.S. returning the land, except for the cost of transferring some equipment to other facilities, Perry said. Japan also agreed to continue providing logistical support for U.S. forces and to study Japan’s role in the event of war. Both nations agreed to review 1978 guidelines for military cooperation.

“This security alliance and the forward presence of U.S. troops that support it has been the oxygen which has nourished the remarkable economic growth in the Asia-Pacific region for the past few decades,” Perry said.

Hatch Act reforms don't apply to all federal workers

WASHINGTON — Recent amendments on political activities under the Hatch Act exclude selected federal workers in addition to U.S. military personnel.

The Hatch Act reforms, in effect since Feb. 3, 1994, allow most federal employees to participate in political activities away from work. Although many restrictions still apply, most federal employees may now actively campaign for or against candidates in partisan elections.

A memorandum from DoD's Office of Special Counsel

said DoD workers may manage political campaigns, make speeches in favor of or against candidates and hold office in a partisan political club or party.

However, career Senior Executive Service members, administrative law judges and contract appeals board members are excluded from participation in partisan political activities. In addition, employees of the National Security Agency and Defense Intelligence Agency are also prohibited from partisan political activities. Selected personnel in other government agencies are also affected.

U.S. armed forces must follow their service regulations on political activities, DoD lawyers said. The military services build their political regulations on DoD Directive 1344.10. Those rules have not changed.

Federal workers and service members with questions on political activities may call local legal office or call the DoD Office of Special Counsel at (800) 854-2824.

Political activities memorandum

Military personnel may:

- Register, vote and express a political opinion on political candidates and issues, but not as a representative of the armed forces
- Promote voter registration, provided it does not influence or interfere with the election process
- Join political clubs and attend meetings when not in uniform
- Serve in local part-time, non-partisan civil offices such as a PTA chairperson, provided it doesn't interfere with military duties
- Sign petitions for specific legislative action or to place a candidate on official election ballots, provided the signing does not obligate members into partisan political activities and is taken as private citizens and not as armed forces representatives
- Write letters to editors expressing personal views on public issues, provided those views don't promote a partisan political cause
- Write personal letters, not for publication, expressing preference for specific candidates or causes, provided letters are not part of an organized letter writing campaign
- Make monetary contributions to a political party or candidate
- Display political bumper stickers on private automobiles

Military personnel may not:

- Use their authority to influence or interfere with an election, soliciting votes for specific candidates or issues and requiring or soliciting political contributions
- Participate in partisan political campaigns or management, or speeches for partisan campaigns
- Make campaign contributions to another armed forces member or to a civilian officer or employee of the United States promoting political objectives or causes
- Solicit or receive campaign contributions from other armed forces members or civilian officers or employees of the United States promoting political objectives or causes
- Speak before partisan political gatherings to promote partisan political candidates or parties
- Participate in radio, television or other programs or group discussions as advocates of partisan political parties or candidates
- Conduct political opinion surveys under the auspices of political groups or distribute partisan political literature
- March or ride in partisan political parades
- Display large political banners, signs or posters on the top of or on the side of private vehicles
- Sell tickets or promote fund-raising political dinners and events
- Attend partisan political dinners as official armed forces representatives

Joint Tactical Electric Vehicle rolls into Marine Corps' future

Testing demonstrates electric vehicles' power, practicality to augment future Marine Corps quick strike arsenal

MCB, QUANTICO, Va. — The Marine Corps is well known for its quick strike capabilities and now it's about to go one better.

Marine Corps Systems Command, in conjunction with the Defense Advanced Research Projects Agency, U.S. Army and U.S. Special Operations Command, recently unveiled their latest project vehicle; a lightweight, highly mobile, tactical vehicle designed for quick strike operations.

The vehicle is called the Joint Tactical Electric Vehicle (JTEV.) Currently in the testing phase, it's being developed to serve as a technology demonstrator for the Marine Corps and Army to demonstrate electric-drive performance in a military style vehicle.

Since the High Mobility Multi-Purpose Wheeled Vehicle (HMMWV) replaced the M151 military jeep in the mid-1980s, the military has been limited as far as helicopter-transportable vehicles. While being designed to handle rough, off-road conditions in all terrain, the JTEV is also internally transportable within the Marine Corps' new V-22 Osprey tilt-rotor aircraft, as well as the CH-53 "Sea Stallion" helicopter and the Army's CH-47 helicopter.

"These two attributes together are unmatched by any other platform and are key elements of future warfighting concepts," said LtCol. Walter Hamm, MarCorSysCom.

The four-wheel, hybrid electric vehicle that utilizes a small diesel engine and alternator, two AC induction motors, and battery pack for propulsion offers many advantages over the current mechanical vehicles, according to Jeff Bradel and Mike Gallagher, Naval Surface Warfare Center.

This electrical and diesel combination would allow reconnaissance teams to strike their objective with silent ca-

pabilities while reducing their logistics burden. The battery-powered attack vehicle would also emit a much lower heat signature to avoid detection by heat sensors. An on-board power source would provide energy for communications equipment.

Preparing for the 21st century, the advanced capabilities of systems such as the JTEV being tested will allow the Marine Corps to stay on the front line of the America's defense. Testing with weapons mounts, communication equipment, survivability equipment and sensor packages for new warfighting concepts is scheduled for the future.



A key concern addressed by the JTEV is its ability to fit into the new V-22 tilt-rotor aircraft, as well as the CH-53 "Sea Stallion" helicopter and the Army's Ch-47 "Chinook" helicopter. (Photo courtesy of Naval Surface Warfare Center)

Marine powerlifter breaks the limits

... with self determination and support from other Marines. At the World Deadlift Championships in Quebec, Canada, he showed the American Powerlifting Association and competitors around the globe what he's all about.

Story by
LCpl. Jerry D. Pierce

LCpl. Brent Howard steps up to the platform. A cloud of chalk rises as he claps his hands together and dusts the excess off on his legs. He centers himself, bends at the knees and takes hold of the horizontal bar loaded with six 100-pound masses of steel and closes his eyes. He slowly opens his eyes and with a distant stare he begins to yell at the top of his lungs. The crowd responds with a thunderous roar as he begins to lift the massive weight from the floor.

That was the scene at the World Deadlift Championships in Quebec, Canada when Howard set, then broke his own American Powerlifting Association world record with a 630-pound lift.

As a Marine, LCpl. Howard, a clerk in the Occupational Specialty Department of the Marine Corps Institute, is a symbol of discipline, deter-

mination and pride. As a competitive powerlifter he enhances these qualities with raw unbridled determination.

"Brent makes powerlifting look easy. In a sport like powerlifting you must be naturally talented, and Brent is blessed with talent other professional powerlifters crave," said Scott Taylor, president of the American Powerlifting Association.

Since his 10th grade year Howard has challenged himself to lift heavier and heavier weight. That personal challenge was met on March 16 when he set an American Powerlifting Association world record.

Howard, a 26-year-old native of Farmington, Maine, was part of a national team of lifters from the United States who competed in the World Deadlift Championships in Quebec, Canada. Howard dominated the

Men's Open Division in the 198-pound weight class by setting, then breaking a world record. He set the record with his second lift of 605-pounds and on his final lift he broke his own record with an amazing 630-pound lift.

Not only did he win his class, but he was instrumental in the U.S. team winning the first place international team title.

But the tournament did not start off as well as Howard would have liked. Unfortunately, John Matthieu, Howard's coach was unable to attend the tournament. In the world of powerlifting, a coach offers physical

"Some people tend to confuse powerlifting with weightlifting or body-building, but they are completely different from one another. Weightlifting is technique, whereas powerlifting is brute strength."

--LCpl. Brent Howard

and mental support, such as tightening wrist bands, checking weights and times, and offering tips on strategy and mental preparation. "My coach is always able to get me jazzed up. Powerlifting is 45 percent mental abil-

Right: LCpl. Brent Howard works out at the barracks gym, powerlifting 405 pounds. (Photo by LCpl. Jerry D. Pierce)



ity and 55 percent physical ability. Coach Matthieu helps me focus on the fundamentals of lifting and not on how well other lifters are doing. Without my coach there to help me I expected to perform on an average level," commented Howard.

It was through the support of two former Marines that Howard was able to take his mind off the distractions of the tournament and concentrate solely on his performance. "During weigh-ins I was wearing a Marine t-shirt. I struck up a conversation with two former Marine first sergeants, who, after I told them of my coach's absence, told me they would be honored to help. It was their selfless display of being 'always faithful' that drove my spirit through the roof," recalled Howard.

This type of happenstance support has marked Howard's success-

ful history as a powerlifter. Howard began lifting at Mt. Blue High School, Farmington, Maine, in 1987. It was in that first year his coaches noticed his potential and convinced him to compete.

At his first competition, he took home the title of All Natural Power and Physique Conference National Champion in the teenage division.

This was only the first of his many awards, titles and trophies he has accumulated over the past nine years of powerlifting.

Past awards are not the only mark of what it means to be a competitive powerlifter. "Powerlifting is the truest overall test of total body strength," said Howard. "Some people tend to confuse powerlifting with

weightlifting or body-building, but they are completely different from one another. Weightlifting is technique, whereas powerlifting is brute strength," Howard commented.

At the age of 25, Howard decided to enlist in the United States Marine Corps, a decision that would test his overall strength as a person. "I joined because I wanted to associate myself with things like honesty, integrity and commitment. Plus, everyone knows

that the Marines always come out on top. The Marine Corps gave me a way to prove to myself that I was a strong person, not just physically, but mentally," said Howard.

"All of the Marines and former Marines who competed in Quebec took first place in their respective divisions."

--Scott Taylor, American Powerlifting Association president

In becoming a Marine, Howard has seen more opportunity for training and developed a new attitude. An attitude of winning. "After watching Brent perform, it is obvious that not much has changed since my time in the military. The Marines still attract all of the elite and will always be number one. Coincidentally, all of the Marines and former Marines who competed in Quebec took first place in their respective divisions," said Taylor, a former Navy hospital corpsman.

With visions of future competitions pushing him, Howard is striving to meet his next personal goal of lifting 675-pounds. He has his sights set on promotion to corporal and living his life in accordance with the lessons he learned from two strangers. Howard said, "Semper Fidelis doesn't just mean always faithful to the Corps, but to yourself and, most importantly, to those around you."

When asked where powerlifting and the Marine Corps would take him, Howard said, "Just look for the best and you'll see a powerlifter in his dress blues."

Howard says he worked hard to build the strength it took to set a world record. But, his friends say he's the perfect definition of talent; doing easily what others find difficult.



LCpl. Brent Howard shows serious determination during a competition at his coach's gym in Oakland, Maine. (Photo courtesy of LCpl. Brent Howard)

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

D&B Co.

GySgt. T. E. Merklinger
 SSgt. T. L. Miller
 SSgt. G.P. Yoder
 SSgt. C. L. Arnold
 Sgt. M. G. Duncan
 Sgt. J. R. McKinney
 Cpl. N. A. Eddy-Bennet

MCI Co.

SSgt. J. D. Broome

Co. A

Cpl. Q. S. Roggenkamp
 LCpl. W. D. Hemmer
 LCpl. Z. A. Woods
 LCpl. J.A. Padilla

Co. B

LCpl. D. A. Criddle, Co. B

USNA Co.

Cpl. B. C. Dawson
 LCpl. M. L. Spivey

H&S Co.

LCpl. C. S. Davis
 LCpl. K. C. Crosby
 LCpl. J.R. Drake
 LCpl. M. M. Mazanec
 LCpl. W. H. Butler
 LCpl. M. V. Sanders
 LCpl. C. D. Moore III
 LCpl. G. S. Klein
 LCpl. C. A. Croom

Meritorious promotions for May and June include:

H&S Co.

LCpl. O. A. Chavez
 LCpl. D. C. Dempsey
 LCpl. J. S. Hill

We have several new faces at 8th & I. Make a point of greeting these new barracks members.

D&B Co.

PFC P. B. Howard

MCI Co.

1stLt. M. B. Barry
 Cpl. L. C. Fleming
 PFC E. R. ColonBencosme
 PFC J. G. Boardman
 PFC M. Grundy

USMB Co.

SSgt. S. M. Gearhart
 SSgt. L. B. Phillips

USNA Co.

Cpl. G. A. Simas
 Cpl. C. M. Sloane

Co. A

Sgt. H. F. Kuhlmann

Co. B

Sgt. P. Chada

H&S Co.

Capt. R. E. Wrede
 SSgt. P. T. Grosso
 Cpl. O. E. Dennis
 LCpl. M. R. Goebel
 PFC J. D. Barto
 PFC T. M. Craig
 PFC R. I. Danridge

Happy Birthday, Molly!



PFC Chesty XI celebrated her 1st birthday May 12. The youngest Marine at the "Oldest Post of the Corps," enlisted in the Marine Corps at her present rank Aug. 24, 1995. Molly, as she is affectionately known by her fellow Marines at Marine Barracks, Washington D.C., represents the barracks as the official mascot.

BODY

The last to let you down

BEARERS

Photos by Cpl. Timothy C. Hodge

Six Marines in ceremonial blue-whites step into view. They execute precision drill movements, step by step, in unison, in near silence. Their every move embodies the pride and professionalism that is the trademark of Marine Barracks, Washington D.C.

These Marines don't carry the rifles, colors or musical instruments that bring to life the parades and ceremonies that the barracks is known for. Instead, they carry the heavy burden of paying last respects to those who have served their country well. They are the members of the U.S. Marine Body Bearers, Company B, Marine Barracks Washington, D.C.

Any serviceman who is honorably discharged may have a military fu-

neral. The mission of the body bearers is to provide burial support for fallen Marines at the national cemeteries in Washington, D.C., Northern Virginia and Maryland. The body bearers also participate in joint-service funerals for high-ranking gov-

ernment officials held across the country.

"There is a tremendous feeling of satisfaction that comes from giving an honorable and fitting farewell to a fellow Marine who has served their country," said Sgt. David M Sosinski, Section Leader, U.S. Marine Body Bearers.

Nineteen Marines make up the Marine Body Bearer Section of Company B. Unlike other military body bearer sections which have eight men on a casket, the barracks body bearers use only a six-man team. With nineteen Marines in the section, there can be three teams out on funeral details at the same time. The Body Bearer Section averages about 30 funerals per month.

Each Marine assigned to the section has to be physically stronger than the average ceremonial marcher. A Marine who is being considered for the sec-



LCpl. Robbie J. Cecchini of the Body Bearers Section struggles to complete his "squat" during a workout.

tion must meet certain height and weight requirements, as well as pass an initial strength test.

The first phase of selection, the strength test, is broken into three basic areas. First

the Marine must bench press 225 pounds a minimum of 10 times, then military press 135 pounds 10 times, then curl 115 pounds 10 times. The purpose of this strength test is to ensure that the Marines can handle a

casket that might weigh up to 1,100 pounds. The body bearers' physical prowess must be expanded in the form of endurance as well as strength. Some funerals may require the body bearers to carry a casket



Members of the Body Bearers Section rehearse the "present arms" they execute in each funeral before laying the deceased to rest.



LCpl Robbie J. Cecchini and Cpl Jonathan D. McDonald of the body bearers practice placing the flag during casket drills. The casket drill combined with lifting weights make up the bulk of the body bearer's training schedule.



Cpl. Claude D. Williams uses his body weight as additional resistance for LCpl. Gavin P. Cribb's leg workout.

a few steps but others could be almost 100 yards to grave-site. Having passed the strength test, they go on to Ceremonial Drill School (CDS), which

lasts four weeks.

The body bearer's unique drill is perfected in the underground parking area of the barracks. Known as "casket drill," these Marines spend hours perfecting each movement until it is correct, fluid and in unison. The casket used for their drill practice can be filled with sand bags or weights to make their training as realistic as possible. The Marines practice lifting and carrying it up and down steps, turning corners and moving around various obstacles, all the while keeping the casket level and staying in step and in synch with the drill movements.

The average weight of these Marines is between 200 and 230 pounds and the average chest size is 48 - 50 inches. The Marine Barracks Body Bearer Section stands out among the

other services not only because of the Marines' size, but because of the way they pay their final respects. The Marine body bearers are the only military burial section that executes the movement of "present arms" by raising the casket above their heads before laying it to rest. This is their way of honoring the deceased.

Even though the body bearers do not receive as much attention as other ceremonial units, their pride and professionalism does not go unnoticed by the families of those they honor.

"All of the body bearers feel a great deal of pride in what they do and take the responsibility of performing funeral ceremonies for other Marines to heart," said Sosinski. "They are constantly trying to improve, not for themselves, but for the fallen Marines and their families."

Parting Shot

By Lt. Cmdr. Doyle W. Dunn, USN

This is my last full column in Pass In Review. My final day at "The Oldest Post of the Corps" will be June 28, 1996. Next month I will introduce your new Command Chaplain. Most of you understand that all the Chaplains serving with Marines are Navy Chaplains. What you may not know is that Navy Chaplains are expected to rotate back and forth between regular Navy assignments and Marine Corps and Coast Guard assignments. I've been lucky. I've had a rare privilege to serve with Marines in two consecutive assignments — First Marine Division, at Camp Pendleton, California and Marine Barracks, Washington. Now it's time to "go back to the blue side." As my parting shot in Pass In Review, I want to reflect a little on my days here.

What were the toughest challenges for me at Marine Barracks?

Three years at Marine Barracks has been quite an experience for this Chaplain. My second week on board we had a Gunnery Sergeant from U.S. Marine Band murdered on the way home from an Evening Parade. Since then, we've had two Marines die by suicide, one Marine died in a car accident, one died of cancer, and numerous family members of Marines have tragically died. I've conducted more than forty Full-Honor and Simple-Honor funerals at Arlington National Cemetery (not all were from Marine Barracks, of course). Each experience has challenged me to find ways to help grieving friends and family.

It hasn't all been tragedy, though. I've conducted more than 80 weddings in the last three years, celebrated the birth of children to Marines, and have taken part in child dedication services with many of them at the Navy Yard Chapel. I've witnessed couples survive tough times in marriage and

come out of it together, and I've watched as the annual number of family abuse cases here dropped by 50% — the result of a large team effort.

What will I remember most about 8th & I?

"I'll remember the crowds of smiling faces at Evening Parades — the veterans, the senior citizens, the moms and dads, and the children who come here amazed at your 'politeness' and charm as you host and escort them to their seats, watch breathlessly as you step into the spotlights, and leave with inspired reverence for the Marine Corps and renewed pride in our nation."

-- Lt. Cmdr. Doyle W. Dunn, USN

I'll remember standing on Center Walk with my knees shaking, nearly out of control, as I graduated from Officer's Ceremonial Drill School. I still have the video tape to prove I didn't totally fall on my borrowed sword. While it wasn't nearly as hard as the long weeks of practice the rest of you go through, it gave me an appreciation for the work you do to perform so flawlessly week after week.

I'll remember the crowds of smiling faces at Evening Parades — the veterans, the senior citizens, the Moms and Dads, and the children who come here amazed at your "politeness" and charm as you host and escort them to their seats, watch breathlessly as you step into the spotlights, and leave with inspired reverence for the Marine Corps and renewed pride in our nation.

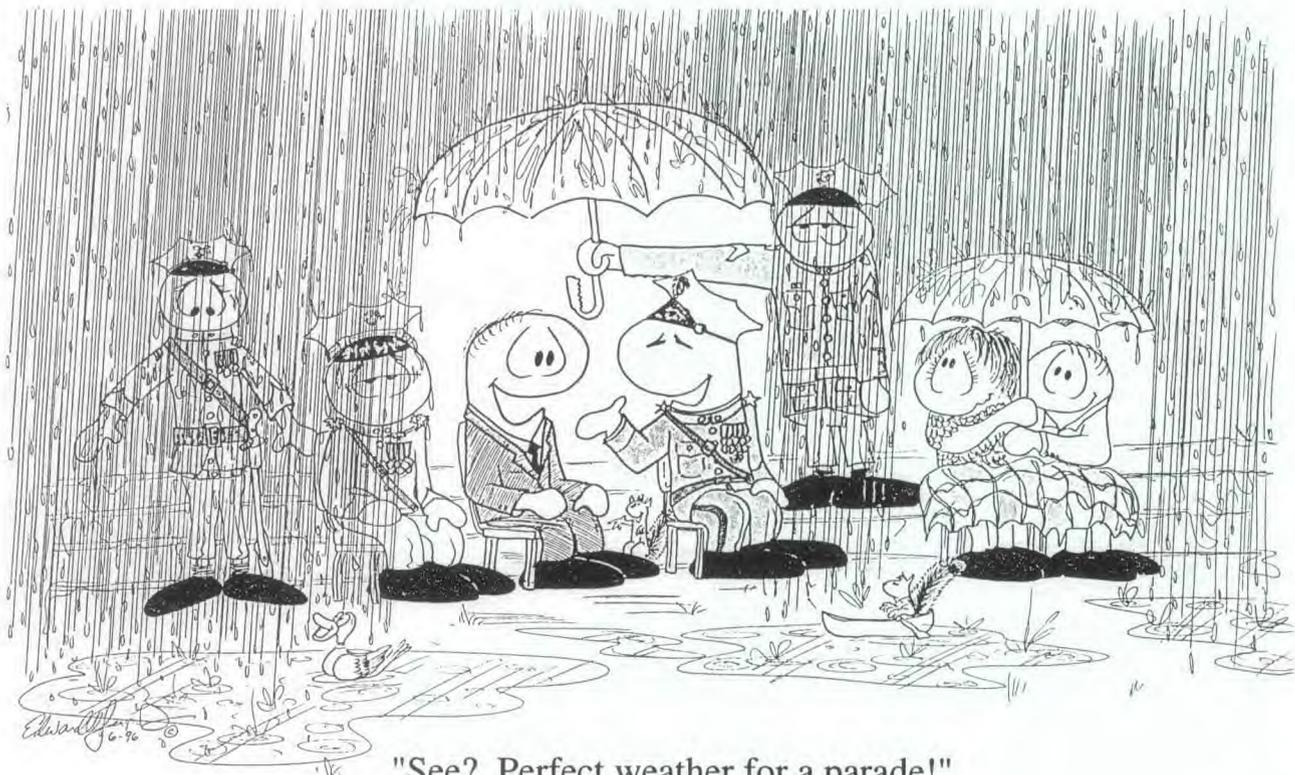
What's the one thing I would most like to say to you before leaving?

That's easy. It's the same thing I've been saying all along. You are good people. God created you and he has a unique purpose for your life. If you ignore God, you might manage to squeak through life and have some fine moments in the process, but you'll miss the best, no matter how "good" you are. And, on top of that, what happens when you get to the end of your life?

If you trust God now and turn your life over to his care (based on my Christian faith, I mean admitting your sin to God, asking his forgiveness, and allowing Jesus Christ to be in charge) you'll find a kind of satisfaction that can't be duplicated any other way. This belief defines who I am and what I do. This is the heart of the help I offer to those I serve as Chaplain. Trust God and let him move you into the best of His unique plan for your life. It is good.

God bless you. Semper Fi.

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



"See? Perfect weather for a parade!"

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