

THE BARBERS
1878
WASHINGTON

PASS IN REVIEW

Serving "The Oldest Post of the Corps"

June 1999

**Body Bearers uphold sacred trust
"The last to let you down"**

MCI Graduate of the Year - Corpsmen celebrate 101st birthday

First-aid for heat injuries, stay safe in the sun

compiled by HMI Christopher F. Needham
Barracks Senior Medical Advisor

Climate-related injuries are usually preventable and prevention is both an individual and leadership responsibility.

Several factors contribute to health and well being in any environment: diet, sleep/rest, exercise, and suitable clothing. These factors are particularly important in extremes of weather.

Heat injuries are environmental injuries that may result when a Marine is exposed to extreme heat, such as from the sun or from high temperatures. Prevention depends on availability and consumption of adequate amounts of water. Prevention also depends on proper clothing and appropriate activity levels.

Consider the following during hot weather exercises:

Diet. A balanced diet usually provides enough salt even in hot weather. But when people are reducing salt intake or dieting, salt may need to come from other sources. Do not use salt tablets to supplement a diet. Anyone on a special diet (for whatever purpose) must obtain professional help to work out a properly balanced diet.

Clothing. The type and amount of clothing and equipment a Marine wears also affects the body. Clothing protects the body from radiant heat, however, excessive or tight-fitting clothing, web equipment, and packs reduce ventilation needed to cool the body.

During halts, rest stops, and other periods when such items are not needed, they should be removed.

Prevention. The ideal fluid replacement is water. The availability of sufficient water during work or training in hot weather is very important. The body, which depends on water to help cool itself, can lose more than a quart of water per hour through sweat. Therefore, during these work or training periods, Marines should drink at least one canteen of water every hour.

In extremely hot climates or extreme temperatures, drink at least a full canteen of water every half-hour, if possible. The body depends mainly upon sweating to keep it cool, and water intake must be maintained to allow sweating to continue.

Also, a person who has suffered one heat injury is likely to suffer another. Before a heat injury casualty returns to work, he should have recovered well enough not to risk a recurrence.

Other conditions which may increase heat stress and

cause heat injury include infections, fever, recent illness or injury, obesity, dehydration, exertion, fatigue, heavy meals, and alcohol.

Heat Cramps The casualty experiences muscle cramps of arms, legs, and/or stomach. The casualty may also have heavy sweating (wet skin) and extreme thirst.

- 1) Move the casualty to a shady area or improvise shade and loosen his/her clothing.
- 2) Give the casualty large amounts of cool water slowly.
- 3) Monitor the casualty and give the casualty more water as tolerated.
- 4) Seek medical aid if the cramps continue.

Heat exhaustion The casualty *often* experiences profuse (heavy) sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite. The casualty *sometimes* experiences heat cramps, nausea (with or without vomiting), urge to defecate, chills, rapid breathing, confusion, and tingling of the hands and/or feet.

- 1) Move the casualty to a cool, shady area or improvise shade and loosen/remove the casualty's clothing.
- 2) Pour water on the casualty and fan the body to permit coolant effect of evaporation. Have the casualty slowly drink at least one canteen full of water. Elevate the casualty's legs. Seek medical aid if symptoms continue; monitor the casualty until the symptoms are gone or medical aid arrives.

Heat Stroke The casualty stops sweating (red, flushed, hot, dry skin). He may also experience headache, dizziness, nausea, fast pulse and respiration, seizures, and mental confusion, collapse and lose consciousness.

- 1) Move the casualty to a cool, shady area and loosen or remove the outer garments and protective clothing if the situation permits
- 2) Start cooling the casualty immediately. Spray or pour water on the casualty and start massaging the extremities and skin.
- 3) Elevate legs.
- 4) If conscious, have him slowly drink at least one canteen full of water.
- 5) Seek medical aid. Continue cooling while awaiting transportation and during evacuation. Evacuate the casualty as soon as possible. The casualty should be continually monitored for development of conditions which may require the performance of necessary basic lifesaving measures, such as clearing the airway, mouth-to-mouth resuscitation, preventing shock, and/or bleeding control.

Public Affairs Office
Marine Barracks
8th & I Sts. S.E.
Washington, D.C.
20390-5000
(202) 433-4173

Commanding Officer

Col. Dennis J. Hejlik

Public Affairs Officer

Capt. Kenneth E. Lucas

Public Affairs Chief

Gunnery Sgt. Shannon Arledge

Media Chief

Sgt. Michael J. Bess

Editor

Cpl. Sean Fitzpatrick

Staff Writers

Cpl. Justin C. Bakewell

Lance Cpl. Matthew E. Habib



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On the Cover

The Body Bearer Platoon practices firing the 40mm gun mounts for Memorial Day, honoring those who have made the ultimate sacrifice. (photo by Sgt. Michael J. Bess.)

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Marine Corps Institute '99 Graduate of the Year



Sergeant Jason R. Johnston receives the Navy and Marine Corps Achievement Medal from the Commandant of the Marine Corps, Gen. Charles C. Krulak. (photo by Sgt. Michael J. Bess)

*by Sgt. Michael J. Bess
Media Chief*

The Commandant of the Marine Corps presented the Navy and Marine Corps Achievement Medal to Sgt. Jason R. Johnston, the Marine Corps Institute's 1999 Graduate of the Year, in a ceremony at the Pentagon May 13.

General Charles C. Krulak presented Johnston with the medal for successfully completing 17 MCIs during the course of one year, and applying that knowledge to teach, train, and counsel his Marines.

Johnston, a former bulk fuel specialist, now serving as a squad instructor at Marine Combat Training Battalion, School of Infantry, Camp Pendleton, Calif., was recently meritoriously promoted to sergeant and named noncommissioned officer of the year at Camp Pendleton. He is currently finalizing his application for the Meritorious Commissioning Program.

"Sergeant Johnston's accomplishments truly exemplify Gen. John A. Lejeune's vision of obtaining education and vocational training through distance learning," said Capt. Brian M. Howlett, Marine Corps Institute company commander.

Johnston, accompanied by his wife Rebecca during his visit here, said taking such an astounding amount of MCIs in one year was a necessary task to strengthen his skills as a basic infantryman.

"I went to the School of Infantry to train Marines in infantry weapons and tactics," said Johnston. "I needed to take the majority of those courses to bring myself up to speed with my fellow Marines in the infantry and to gain the knowledge. Not only did I need to know the job of an infantryman, but I was also going to be instructing as one so the bulk of my MCIs concerned infantry skills. I needed to take that knowledge, retain it, and pass it on to my junior Marines."

The Arizona State University graduate said his passion for knowledge played a major role in propelling him to where he is today.

"I went to college for five years and I admit I was not always a 4.0 student, but I like to read and I love to learn," said Johnston. "I love to watch the Discovery Channel, Arts and Entertainment, and the History Channel. There is always so much to learn, and just by being here in Washington, you are able to see the governmental side and historical aspects of the city."

At a special request by Johnston, Arizona congressman Matt Salmon presented him with a plaque from the Distance Education and Training Council, the accrediting organization for MCI, honoring him as the top graduate of 1999. He was also honored by the Navy League with a plaque and a \$500 savings bond.

Rebecca Johnston said she is ecstatic about the award the Marine Corps has bestowed upon her husband.

"I am very proud of him," said Mrs. Johnston. "He has worked hard for this. Like he said, he loves to learn, and this award represents who he is."

Johnston said for a Marine to accomplish what he has will take dedication.

"My motto is 'knowledge is power,' something Gen. Krulak talks about constantly, and the Marine Corps is also big on education," said Johnston. "If Marines want to be on the fast track, to go places, get promoted, go to schools and get into positions of greater responsibility, they will see education is the quick path to success."



General Charles C. Krulak, commandant of the Marine Corps, salutes members of Petty Officer 3rd Class Joseph F. Keenan's family before presenting the Navy Cross to them. (photo by Lance Cpl. Matthew E. Habib)

Family bears cross of corpsman's bravery

by *Public Affairs Staff*

General Charles C. Krulak, commandant of the Marine Corps, presented the Navy Cross Award posthumously to Petty Officer 3rd Class Joseph F. Keenan, United States Navy hospital corpsman, in a ceremony at the barracks on May 14.

The Navy Cross, the second highest military award, was presented to Keenan for his actions while serving with "F" company, Second Battalion, Fifth Marines, First Marine Division, in the Republic of Korea, 1953.

On the evening of March 26, during the first night of fighting for combat outpost Reno, Keenan displayed extraordinary heroism while caring for casualties in a gully that afforded little cover. Despite multiple shrapnel wounds, including a partially-blinding head wound, Keenan aggressively sought and aided injured Marines. He continually refused medical aid for his own injuries, and while placing the well-being of others above his own personal safety, Keenan was mortally wounded and died while administering first-aid.

Members of Keenan's family accepted the award on his behalf.



Gen. Krulak and Keenan address the crowd who attended the ceremony at Marine Barracks Washington, D.C. (photo by Lance Cpl. Matthew E. Habib)

Chapel • Old career planner's office offers the barracks its first chapel in 198 years

by Cpl. Justin C. Bakewell
Staff Writer

The commanding officer of Marine Barracks, Washington, D.C., the barracks chaplain, the Chaplain of the Marine Corps, as well as many other Marines and civilians were in attendance at the barracks' chapel dedication ceremony May 5.

The chapel will be open 24-hours, seven-days-a-week to everyone who is interested in practicing their religion, or simply looking for a quiet place to sit and think.

Morning devotionals are scheduled every day from 6:30 - 7:00 a.m. for all interested Marines. Lt. Kenneth D. Counts, barracks chaplain, said he is excited about the new chapel and hopes all the Marines at the barracks utilize it to its greatest potential.

"The chapel is a quiet harbor, for the Marines in a stormy city," said Counts.

The chaplain has worked hand-in-hand with Marines and civilians for the past 18 months to ensure the barracks would have a place of worship before the end of his tour at the barracks.

"Our pathway to the new chapel has been made very smooth by all the support that [we] have received," said Counts. "It was so inspiring to see everyone come together to accomplish a common goal."

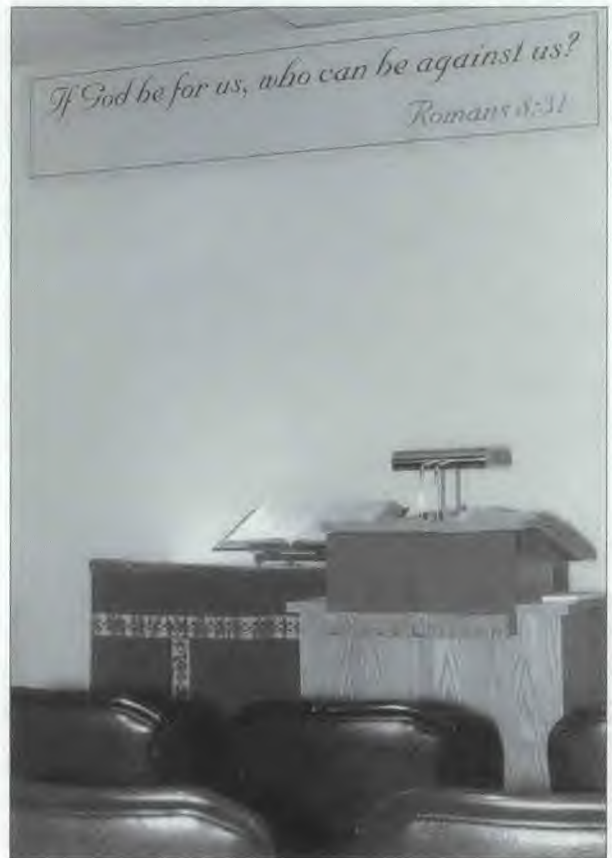
Despite the chapel's successful unveiling, Counts quickly diverts all congratulations to the Marines and civilians whom he said did the lion's share of work.

"I am personally very hesitant to accept any credit for the establishment of the chapel," said Counts. "The real credit deserves to be given to the Lord, and to the Marines and the civilians of Facilities/Maintenance section. I watched, but they made it happen. I asked, but they provided."

When the notion of creating a chapel took root, finding a site became the biggest obstacle to overcome. Barracks personnel inspected every conceivable location for the chapel, but the career planner's former office located on the entry level of Tower One offered the ideal location.

After deciding on the chapel's location, the next hurdle was obtaining appropriate furnishings, and the chaplain said this was quite difficult.

He wrote various letters to chapels in the progress of closing, and was only able to acquire a few musical instru-



The new chapel is located on the first floor in Tower II, directly to the right of the sentry. The chapel is open 24-hours a day. (photo by Cpl. Sean Fitzpatrick)

ments, but no furniture. When it looked as though the chaplain would need to solicit additional funds, he "miraculously" stumbled upon a significant amount of chairs at the Marine Corps Institute. With permission from Lt. Col. Glen White, Marine Corps Institute deputy director, he was able to transfer the chairs to the chapel.

With suitable accommodations and furnishings, Counts said the only thing left undone was putting the pieces together, and with help from Facilities/Maintenance personnel, the chapel was completed on schedule and officially opened May 5.

"I think it is great that the barracks has a chapel that everyone can use at any time of day," said Cpl. Chris J. Redding, Marine Corps Community Service. "It makes it a lot easier on the Marines to have a chapel right here at the barracks rather than having to go and find one out in [Washington] D.C."



Service Members look on as Javelt Presly, Payne Elementary School special olympic participant, leaps into the *long jump* competition. (photo by Lance Cpl. Matthew Habib)

Marine volunteers help Special Olympic athletes

by Lance Cpl. Matthew E. Habib
Staff Writer

Barracks Marines recently volunteered for the 29th Annual District of Columbia Special Olympic "Summer Games" at Coolidge High School in Washington, D.C.

Between May 14 - 21, more than 36 Marines offered their time and energy to help run events and escort 2,500 athletes from the 15 participating schools.

The Olympic games gave underprivileged and disabled athletes the chance to participate in track and field events such as the *long jump* and the *softball throw*.

The D.C. Olympics is a nonprofit organization that relies heavily on donations and volunteers. Without military volunteers it would be almost impossible to support the games, according to Anne Marie Paterno, Corporate of D.C. Special Olympics assistant director.

"The few hours the Marines and other service members spend supporting the games could mean a world of difference to one of these athletes," said Paterno. "Many of these kids, if they are not in this program, [would] get in trouble [with the law]. We also have adults who can end up hurt because they are vulnerable and people take advantage of them. [The Special Olympics program] is

really a protector [for the athletes]."

The Marines who volunteered for the Olympics said they are proud to help those in need, according to Sgt. Joseph M. Auricchio, Headquarters and Service company, Facilities/Maintenance mechanic.

"I'm glad to be part of a group that shows that there are other people, mentors, or organizations out there who do care," said Auricchio. "Maybe [our] help at the games will play a role in what choices [these athletes] make when faced with hard decisions and encourage them make good ones."

Several of the Marine volunteers said they felt the games were a success on several levels, especially where the athletes' enjoyment is concerned.

"I think [the games] were a success judging by the smiles on the [athletes] faces and by how much they seemed to enjoy themselves," said Auricchio. "When I was sitting there watching some of the children race on the track, a little hand holding a medal came down in front of my face. I looked up and one of the girls I was helping that day smiled at me and said, 'I won this. It's mine.' Then she ran proudly down the line of Marines next to me telling them all about the medal she won. I would say that made me feel pretty good about the day."

Flag Day, celebrating 222 years of freedom

by Public Affairs Office

Throughout its long history, the flag of the United States has come to mean many things to many people, and June 14, marks its 222nd year of dedicated service to its country.

The story of the Stars and Stripes is the story of the nation itself. Its evolution mirrors the evolution of our free institutions and their development as part of the great nation it represents.

In the early days of the Republic, with 13 original British colonies, the banners borne by the Revolutionary forces varied widely. The first published public reference to the flag appeared in the Boston newspaper the *Massachusetts Spy*, when it ran this poem on March 10, 1774:

*“A ray of bright glory now beams from
afar.
Blest dawn of an empire to
rise:
The American Ensign now sparkles a
star
which shall shortly flame wide through
the skies.”*

In the fall of 1775, the revolting colonies chose a flag that reflected their feeling of unity with Great Britain, but also expressed their demand to obtain justice and liberty.

The famous Rattlesnake flag carried by the Minute-Men in 1775 showed 13 red and white stripes with a rattlesnake emblazoned across it brandishing the warning, “Don’t Tread On Me.”

The Pine Tree Flag, which flew over the troops at Bunker Hill in 1775, displayed the pine tree symbol of the Massachusetts Bay colony. It was a white flag with top and bottom stripes of blue showing a green pine tree with the words “Liberty Tree -- An Appeal to God.”

The first colonial flag, or ensign to fly at sea was flown by John Paul Jones from the deck of the ship *Alfred* on Dec. 3, 1775.

A month later George Washington displayed this design and named it the Grand Union Flag on Jan. 2, 1776. It had 13 alternating red and white stripes and a blue field filled with the crosses of Saint Andrew and Saint George.



The color detail lowers the colors during a “Friday Evening Parade.” (Official USMC photo)

After July 4, 1776, the people of the colonies felt the need for a national flag symbolizing their new spirit of unity and independence. The result was a flag of the 13 United States with 13 alternating red and white stripes and white stars representing each of the 13 colonies on a blue field.

The significance of the colors is defined in this way: white signifies purity and innocence; red represents hardness and valor; and blue symbolizes vigilance, perseverance and justice.

Francis Hopkinson, a signer of the Declaration of Independence and a member of the Continental Congress, and Betsy Ross are credited with designing and making the flag at her home in Philadelphia, the “birthplace” of Old Glory.

On June 14, 1777, the Continental Congress officially adopted the flag and received America’s first national flag.

Corpsmen

Saving lives and earning a place in every Marine's heart



(Left) Petty Officer Third Class Jason M. M. Jones, barracks corpsman, prepares to join a platoon of Marines in a field exercise. (photo by Lance Cpl. Matthew E. Habib)

by **Lance Cpl. Matthew E. Habib**
Staff Writer

Marines have missions to accomplish, but wounds, illness, and mental stress can slow down or even disable them from reaching it. Marines are not alone during such occurrences because the Navy Corpsmen are there to help accomplish the mission.

June is the Corpman's 101st anniversary and during this century they have stood by their Navy/Marine brethren in peace and in war. Their complicated mission to provide medical support covers a broad spectrum, and sometimes the wounds they treat run deeper than muscle and bone, according to Petty Officer 1st Class Christopher M. Needham, barracks' senior medical advisor.

"Out in the field [corpsmen] play the role of mother, father, caretaker, doctor, and psychiatrist ... if a Marine has a problem he comes to us because we are the 'docs'," said Needham. "That is what [corpsmen] are here for. If it is a wound or illness we will heal it. If a Marine needs something else, or needs to talk we are willing to listen."

This relationship between corpsmen and Marines began on June 17, 1898, when then President William McKinley created an official billet and rank structure for the corpsmen. In World War I the corpsmen became extremely involved with the Marine Corps' mission when each rifle company was assigned two-to-four corpsmen. These corpsmen gave medical attention to fallen Marines

during combat and risked their lives to treat more than 13,000 casualties. By the end of the war, Navy corpsmen had received 684 personal decorations for their valor.

The corpsmen's mission did not stop there. World War II erupted and the corpsmen were there providing the Marines with the same courageous, life-saving skills. Wherever there was a fallen Marine, a corpsman was by his side battling to save his life amid smoke and bullets.

A corpsman's job at the barracks is a battle of a different nature. It might be a little less dangerous, but it is by no means slow and easy, according to Needham

"At the barracks, 'doc' [Petty Officer 3rd Class Jason M. M.] Jones and myself act as liaisons to the Marines and naval staff [at the Washington Navy Yard]," said Needham. "We handle a lot of the [people in the] sick bay and take care of administrative problems. We see sick bay overflow that the navy personnel do not have time to see, and we handle special physicals that can not get appointments. We also deal with consults and coordinate [with hospital personnel] if the patient needs to go [to a higher level hospital facility]. We also do record maintenance and reports for the [barracks commanding officer]."

The corpsmen also support the barracks company's during field training and other potentially hazardous events to provide immediate medical attention, according to Needham.

"On a field level, [corpsmen deal with everything from] mosquitoes to malignant tumors," said Needham. "We are the first echelon of medical care and sometimes the last. What [corpsmen] try to do is stop injuries from getting worse so we can transport the casualty to a hospital facility. We are equivalent to civilian emergency medical teams or paramedics."

For corpsmen to provide optimum medical aid, they must stay familiar with the skills learned at the Field Medical Service School in Camp Lejeune, N.C., and explore new technologies and advancements in the medical field, according to Needham.

As far as serving with Marines, Needham said he is treated extremely well by the Marines at the barracks and is proud to serve his country.

"I have never been taken care of better than when I am with the Marines," said Needham. "There is a special place in everybody's heart for the 'doc.'"

Dear General Krulak,

On behalf of Boy Scout Troop 18, from Mineral Springs, N.C., I want to express our gratitude for the outstanding level of hospitality shown to our troop during our Easter/Spring Break visit.

After finding the "correct" 8th & I location, 11 tired Boy Scouts and four adult supervisors set up camp in the barracks gym after a 10-hour-drive. We were ready for a week of absorbing and observing our nation's capital. Efforts were made to earn the "Citizenship of the Nation" merit badge, a requirement for Eagle Scout.

Our trip was possible and affordable because your facilities were available to us. Without that, the opportunity to study citizenship rights and responsibilities would be lost. Little did we know, we were in for a week of VIP treatment!

Your Marines were so very attentive, kind, well-mannered and willing to spend time with our boys throughout the entire week. A five-star hotel wouldn't beat the service we experienced.

The Marines patiently answered a "kazillion" questions from young "inquiring minds." But our boys learned more from their example than their words.

A few ideas that were reinforced by your Marines: manners matter; past records matter; responsibility matters; respect matters; practice makes perfect; support and loyalty to your organization matters; patriotism matters; physical conditioning is extremely important; perseverance pays; self-defense moves are awesome!

Your Marines displayed these qualities. Specifically, we met Col. Dennis J. Hejlik [barracks commanding officer] and Sgt. Maj. Dennis Frye [barracks sergeant major] who were so impressive and just exuded polish and respect.

Captain Ellison checked on us many times, always asking if there was anything more he could do for us. Officer Gaines, officer Hannah, Pfc. Rowen and Cpl. Bakewell were so helpful in fine-tuning our sightseeing game plan.

Our breakfasts and dinners were spent in the dining hall under the excellent supervision of Sgt. Clemmons while Guajardo was a big hit with our troop. A very special thanks to Lance Cpl. Pettit, Lance Cpl. Crawford and Pfc. Alfred who unselfishly spent a great amount of time with us. There were many more whose names we wish we knew.

Troop 18 had a spectacular week that will be talked about for a long time. We saw all the D.C. sights and were greeted by cherry blossoms, long sightseeing lines and fake [merchandise] peddlers, but our most favorite memory was just "hang'n out" with the Marines!

Thank you for doing what you do. It's certainly done right at 8th & I.

We salute you all.

Sincerely,
Elizabeth S. Merle
Troop Helper and Mom

Washington Navy Yard hosts '99 Health Fair

by Lance Cpl. Matthew E. Habib
Staff Writer

Marines, Sailors and civilians attended the 1999 Washington Navy Yard Health Fair May 14.

Exhibits on dieting, nutrition, health, and exercise were available to all who attended.

Some of the exhibits also offered free services such as body fat percentage testing, blood pressure screening, and cholesterol testing.



Cpl. Steven E. Mazenec, MCCA personal trainer, checks the body fat percentage of Lance Cpl. Mike J. Bishop, "B" company, during the Health fair held at the Washington Navy Yard. (photo by Lance Cpl. Matthew E. Habib)

Corps on lookout to fill officer instructor vacancies

MARADMIN 200/99

Reference/A/DOC/CMC MMEA-85

The purpose of this bulletin is to announce the provisions of the FY00 billet vacancies for the Assistant Marine Officer Instructor program and to solicit applications from qualified staff noncommissioned officers.

The reference establishes the selection process eligibility requirements. Primary emphasis for selection will continue to be concentrated in the grades of staff sergeant and gunnery sergeant with an additional military occupation specialty of 8511 (drill instructor).

Based on recent review of Marine Corps billets requiring an AMOI, the FY00 AMOI selection board will accept applications 17 universities and colleges across the United States.

In addition to the eligibility requirement contained in the reference, Marines applying for the AMOI program must have returned to their primary MOS for a minimum of three years prior to attaching to an AMOI billet. Marines will be required to be eligible during the summer months to support the Bulldog program at Officer Candidate School, Marine Corps Base, Quantico, Va.

Marines receiving selective re-enlistment bonus installments are restricted from applying for this program.

Marines who will not possess a minimum of three years time on station at the estimated date of departure are also restricted from applying for this program, unless they possess two years time on station estimated date of departure and are requesting a billet in the same geographic area. Marines serving at an overseas location will normally be required to complete their overseas assignment (including those on accompanied tours) prior to an assignment to a continental United States (CONUS) based college or university.

An original application to include an official photograph and independent duty checklist. The complete package plus one copy will be submitted per the instructions contained in the reference and forwarded to CMC (MMEA-85) via the chain of command.

Commanding officers are requested to ensure that each application is carefully reviewed and all required information has been included.

Marines must list in order of precedence (A-Q) the billets they are applying for

The FY00 selection board is scheduled to convene at Headquarters, Marine Corps during July 1999. Applica-

tions must be forwarded to CMC (MMEA-85) to arrive no later than 16 June 1999.

Commanding officers should disseminate the contents of this bulletin to all eligible SNCOs within their command.

Point of contact at this headquarters is Gunnery Sgt. M. Switzer, DSN 278-9263/9264 or commercial (703) 784-9263/9264.

This bulletin is not applicable to the Marine Corps Reserve, and is canceled 30 July 1999.

Could one of these universities be close to home?

As stated in MARADMIN 200/99, there are 17 vacancies at various universities and colleges throughout the continental United States for qualified staff noncommissioned officers to become assistant Marine officers.

Below is a list of the schools and their Marine Corps Code numbers.

<u>University</u>	<u>MCC</u>
1. University of Colorado	H08
2. Florida A&M	H19
3. Holy Cross	H22
4. University of Idaho	H24
5. University of Kansas	H32
6. Marquette University	H36
7. North Carolina State University	H54
8. Old Dominion University	H59
9. University of Arizona	H61
10. Prairie View College	H69
11. Purdue University	H72
12. University of Texas	H86
13. Texas A&M University	H89
14. Vanderbilt University	H92
15. University of Virginia	H94
16. Virginia Poly Institute & State University	H9A
17. Maine Maritime	H9C



The Body Bearers practice ceremonial burial drill in their off time. (photo by Lance Cpl. Matthew E. Habib)

“The Last To Let You Down”

by *Lance Cpl. Matthew E. Habib*
Staff Writer

Diversity ... a word used to describe the Marines who make up Marine Barracks, Washington, D.C. They spend countless hours perfecting their ceremonial duties, often giving many people their first impression of the Marine Corps.

Most units here receive their attention from the spotlight, others, however, have a job less glamorous, but no less important. It is a mission that solidifies the word diversity, one that shines solemn light and it does not come without pain or suffering. It is a job that gives other people a sense of pride ... pride from the heart.

This small group of Marines is called the Body Bearer Platoon, and is the only group of its kind in the Corps.

The 15 Body Bearers stationed with “B” company said the discretion required by their mission keeps them in low-profile, and are therefore easily misunderstood. However, they are just as quick to say they are also the

happiest unit and have a close bond with one another at the barracks.

“I would classify the Body Bearers [as outstanding],” said Cpl. Brian D. Reeve, Body Bearer guide. “[The Body Bearers] have [great] discipline and [a firm] desire to be here ... they want to learn more, they want to [attend ceremonies], and they want to come to work every single day.”

“[Body Bearers] are always looking to improve themselves and to help improve each other,” said Edward D. Parsons, Body Bearer platoon sergeant. “These Marines rely on each other to get over the next peak.”

A typical day for a Body Bearer begins with ceremonial burial practice in the lower parking level where Parsons said they challenge every Marine with hypothetical situations.



Official USMC photo

“We try to throw different [situations] at the platoon so they will be ready for anything that might happen during a funeral,” said Parsons.

The Body Bearers prepare for their physically demanding mission with weight training in the gym from 9:00 - 11:00 a.m. They spend the remainder of the day attending training classes, or if drill was less than satisfactory, the platoon might go back to the lower parking level for more practice.

Training also includes joint-service burials for high ranking individuals such as presidents and dignitaries. These joint exercises follow the Army’s drill manual, and therefore take place at Fort Myer, Va. because the Army has seniority over such ceremonies, according to Reeve.

According to Parsons, the road to becoming a Body Bearer is not an easy one and demands great physical requirements. Qualified Marines from the 0300 Military Occupational Specialty fields must endure rigorous strength tests and in-depth personal and psychiatric evaluations.

“If a Marine is picked to become a Body Bearer, he is screened by myself and given an initial strength test that consists of three events,” said Parsons. “First, the Marine must be able to bench a minimum of 225 pounds, military press 135 pounds and then curl at least 155 pounds. Of course, these Marines are going to be bigger than most, so we rely on the tape measure to make sure they are within the [Marine Corps’ prescribed] 18 percent body fat [limit].”

“After the initial strength tests, [the Marine’s] overall performance and discipline is evaluated,” said Reeve, who stilled the notion that brawn without brains cannot accomplish their mission. “We want smart Marines ... Marines who are in the right frame of mind. If [the Marine] is a quick learner, then we can put more weight on his shoulders in a shorter period of time.”

A Body Bearer must maintain his appearance and strength. Reeve said the body bearers follow their own five-meal-a-day diet and workout plans to stay in peak physical form.

“Basically our diet is ‘eat everything in sight,’” said Reeve, with a touch of laughter. “[Seriously though], the Body Bearers need more food than anyone else because I think we do more [physically] than anyone else, and we are bigger. We all eat health-

ily, though. We do not eat junk-food, and we pretty much stick to the chow hall.”

The only aspect that rivals the Body Bearers’ dedication to each other and their mission is their commitment to professionalism. At a burial, it is paramount that they present a good Marine image for friends and relatives of the deceased, according to Reeve.

“When [the Body Bearers] go out [on a burial detail] it is strictly business,” said Reeve. “[The Body Bearers] are focused only on performing the funeral correctly and leaving a lasting and favorable impression.”

Sometimes emotions can get the better of a Body Bearer during a funeral, but according to Reeve too much emotion is inappropriate.

“I can count on one hand how many times my emotions got the better of me, but consider the job we are doing — it gets tough,” said Parsons. “There was one particular time though ... there was this little boy who went up to this mother and asked ‘Where’s daddy?’ It was his father’s funeral. I didn’t break down in tears or anything, but it was definitely felt.

“It is usually when we debrief after a funeral and sit down to think about it, that it gets a little bit emotional, because that is when [the Body Bearers realize] that the ceremony was someone’s funeral.”

Body Bearers also perform “cannon shoots” with the 40 mm gun mounts located on the barracks’ parade deck. Shoots like these take place on special occasions like Memorial Day and to render honors to visiting dignitaries, general officers and other high ranking officials. The platoon are charged with the handling and maintenance of the mounts.

Last year alone the Body Bearers participated in more than 450 commitments, and the platoon expects a 20 percent increase this year. Because of the intense training, the Marines’ physical, mental and emotional stamina, the ceremonies were prime examples of the Marine Corps’ high standards and traditions, according to Parsons.

“I get compliments for a job well done all the time, but it is really not me. It is all [the Body Bearers],” said Parsons. “I let them know what needs to happen, and they get the job done on their own. How well the Body Bearers perform rests on their shoulders, and I think they perform [extremely] well.”



Supply Warehouse: Small office provides barracks with ceremonial and field gear

by Sgt. Michael J. Bess
Media Chief

A Marine from "B" company prepares his uniform for a "Friday Evening Parade." He pulls his cover from his wall locker and discovers the anodized Marine Corps emblem is scratched and unserviceable.

While the Marine thinks about his situation, another Marine from Headquarters and Service company considers auditioning for the barracks' upcoming "NCO Parade," but he needs an NCO sword and gear for a three-day field exercise the following week.

The only place in the barracks capable of providing a sword, cover emblem and field gear free of charge is the barracks' Supply Warehouse. The Marines there are responsible for maintaining and disbursing ceremonial and field equipment to barracks personnel.

"The difference between the barracks' warehouse and warehouses at other Marine Corps installations is the gear we survey," said Sgt. Vincent D. Inman, H&S company, Supply Warehouse chief. "We have the anodized accessories for the uniforms in stock here, and Marines can come and exchange the damaged or unserviceable gear they have for new buttons, white belt waistplates, cover emblems, and gloves."

Barracks Marines receive an unusual initial gear issue upon their arrival here, and no expense is spared, according to Lance Cpl. Angel L. Montes, H&S company, Supply Warehouse clerk.

"An Individual Memorandum Receipt is a list of all the gear Marines are supposed to receive when they check into the barracks," said Montes. "Everything from medals to field jackets are placed on this list. Add it all up and it would come close to \$2,000."

To get the most from the supplies at the warehouse, dirty gear like bedsheets, blankets, white trousers, sleeping bags and field jackets are laundered so fresh gear will be available for the next Marine.

"When a Marine turns in dirty gear we send it to be washed and cleaned, so when we issue out that same piece of gear to the next Marine, he or she will receive it clean," said Inman.

Inman and the other personnel in the warehouse inventory the gear Marines have checked out and returned each month to make sure every piece of issued gear is accounted for.



Sergeant Derwin L. Brown, H&S company, assistant warehouse chief, inspects a flak jacket for serviceability. (photo by Sgt. Michael J. Bess)

"We make a roster of the entire barracks and go through each Marine's IMR to make sure no one leaves without checking out with the warehouse," said Inman.

Supply Marines issue gear such as swords for weddings, and field training equipment sent to the warehouse on a Training Support Request, on a temporary basis.

"When a TSR comes to the warehouse we look at it and see what needs to be handed out," said Inman. "It can be the Meals Ready to Eat which we have on hand here, or things like radios which we acquire from [Marine Corps Base, Quantico, Va.]"

The Marines' attention to detail in the warehouse helps ensure efficiency. However, there are times where things can get a little hectic with the monthly inventories, according to Inman.

"The biggest concern in the warehouse is maintaining the correct amount of gear, making sure Marines turn in gear and the warehouse's accounts stay the same, so we as a whole do not misplace gear," said Inman.

Whether it is scratched anodized brass, a ripped pair of white gloves, or the need for a kevlar helmet, these Marines do it all. With an already operational tempo affecting other units at Marine Barracks, everyone else's needs becomes these "warehouse warriors'" concern.



Members of the Lifestyles, Insights, Networking, Knowledge, Skills program gather for a group photograph during their session. The totebags each spouse carries hold tips and information they received throughout the session. (photo by Sgt. Michael J. Bess)

L.I.N.K.S. shares experience with new spouses

by Sgt. Michael J. Bess
Media Chief

Jennifer Akhtar wanted information about what the Marine Corps can offer her and her family. As a spouse to a Marine stationed at the barracks and a long way from the life she left behind in California, she looked for a source to get her questions answered, and she found it in a forum for military spouses like herself.

Marine Corps Family Team Building introduced L.I.N.K.S., the Lifestyles, Insights, Networking, Knowledge, Skills program designed by Marine spouses to help other spouses of servicemembers, as well as Marine Corps civilian employees, adjust to the ever-changing military environment.

"The main thing that brought me to this group was knowledge," said Akhtar, one of the 19 spouses attending the second L.I.N.K.S. session hosted by Marine Barracks on May 18. "My husband and I have only been part of the Marine Corps for one year, and there is so much information I will never know unless I start doing things like this."

Mentors like Cheryl Hewett, who has been a Marine spouse for two years, bring a wealth of knowledge to the sessions.

"There is no rank within the mentoring system," said Hewett. "It is an opportunity for seasoned spouses like myself to mentor the younger spouses recently joining the Marine Corps, and to show them more tips on Marine Corps living along the way. It is a spouse-to-spouse

program and a chance to make those spouses' journey a little smoother."

Some of the topics the mentors discuss during a L.I.N.K.S. session are the Marine Corps, historical insights and traditions, privileges of base services to servicemembers and their families, permanent change of duty station situations, financial issues, and balancing the family and military mission.

Akhtar recalled a fortunate experience she and her husband went through while searching for a reasonable automobile insurance plan. She found one through an intangible skill emphasized in L.I.N.K.S: communication.

"I was talking to one of the other ladies complaining about my insurance, and she told me about this one particular company," said Akhtar. "It's great getting knowledge like that simply by talking to members or a mentor. You can find out so many things by just talking one-on-one or having a normal conversation in a group."

The L.I.N.K.S. program is open to all spouses of Marines assigned to the barracks. However, Marine spouses from other duty stations and spouses of servicemembers from different branches of the armed forces are also welcome to attend sessions at the barracks, according to Mrs. Hewett. She said she continues to learn new things even as a mentor.

For more information about the L.I.N.K.S. program, contact a Key Volunteer Network member at the barracks, the chaplain's office, or the Marine Corps Community Liaison Office at 1-800-USMC-CLO.



Barracks Marines quickly board the CH-53 "E" and prepare to embark on a two-day training exercise at Marine Corps Base Quantico, Va. (photo by Lance Cpl Matthew E. Habib)

Barracks Marines "Sky Out" for high-speed training

by *Lance Cpl. Matthew E. Habib*
Staff Writer



Sgt. Jonathan C. Cartrett briefs Private First Class Charles W. Franklin on the defense maneuver he wants his Marine to take once the CH-53 Helicopter lands. (picture by Lance Cpl. Matthew Habib)

Barracks Marines participated in a two-day field exercise at Marine Corps Base Quantico, Va., May 19-20 to stay current with Marine infantry tactics.

Marines began the operation with classes from Maj. Robert F. Killackey, Headquarters and Service company, commanding officer, and Sgt. Jonathan C. Cartrett, H&S company, company office NCOIC, on the proper ways to board and debark the CH-53 E Helicopter.

After establishing a "hasty" 180 degree perimeter around the helicopter when they arrived in Quantico, the Marines spent the next two days working on the fundamentals of patrolling and night defense with crew served and automatic weapons.



The CH-53 takes off from Bolling Air Force Base with Marines and gear intact. (photo by Lance Cpl. Matthew E. Habib)

Battle Color Detachments, touring the country from 1957- 1999

by *Cpl. Justin C. Bakewell*
Staff Writer

The United States Marine Corps Battle Color Detachment has been representing the finest in Marine professionalism, patriotism, and marching excellence since its inception in 1957.

During the summer of 1957 Col. Leonard F. Chapman Jr., then barracks commanding officer, wrote a script for the BCD as if it was a traveling "Evening Parade," and dispatched it to performance sites that summer.

The BCD consisted of the Silent Drill Platoon, the United States Drum and Bugle Corps company, and the Color Guard, but the mission was not the same as it is today. It was not originally used for recruiting, but rather as a motivational tool for the Marines that slowly evolved into the recruiting asset it is today.

"We began with shows in [Marine Corps Base Quantico, Va.] and various other military installations," said Master Sgt. Stephen A. "Hook" Macsisak, 1957 D&B, symbolist. "When the BCD began traveling, our mission was to raise the morale of the Marines and we slowly moved into public appearances."

Under the direction of the Warrant Officer Chris G. Stergiou, 1957 D&B, music director, the BCD performed an earlier version of "Music in Motion" they called the "Battle Color Drill." Following the D&B, the Silent Drill Platoon and the Color Guard marched onto the field and the sequence of events was much the same as it is today.

According to Macsisak, when the BCD began touring they had some rough places to perform.

"On many occasions we performed in very unsatisfactory locations. Many of the performances were either on large grassy fields or large muddy patches," said Macsisak.

Regardless of the locations, Macsisak said most of the Marines enjoyed traveling with the BCD.

"I loved traveling with the Battle Color Detachment, I remember all the different cities and states that I visited and how much all the children loved to watch us. It was a great experience," said Macsisak, who said the BCD was popular with the public even when the country was filled with turmoil.

"After the conclusion of Vietnam in the late seventies,



Musicians from the United States Marine Drum and Bugle Corps are shown during one of their "Music in Motion" performances during a "Sunset Parade" at the Marine Corps War Memorial. (Official USMC photo)

we did numerous shows and were welcomed with open arms at most of the places we performed," said Macsisak.

Many things have changed for the Battle Color Detachment in 42 years. The venues grew with the BCD's reputation and popularity. It is flaunted not only throughout the United States but abroad as well, and today organizations compete for the BCD's presence. Organizations plan years in advance, solely to reserve the BCD's in their area. However, one thing has not changed — their professional representation of the Marine Corps for four decades.

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

H&S Company

Master Sgt. A. Maddix
 Staff Sgt. A.A. Atkinson
 Sgt. A.A. Cooper
 Sgt. R.L. Numerick II
 Sgt. N.A. Root
 Cpl. N.C. Erdahl
 Cpl. J.L. Mackin
 Cpl. T.M. Nunnally
 Cpl. R.C. Piotrowski
 Cpl. C.J. Redding
 Cpl. A.G. Seals
 Cpl. C.E. Storm Jr.
 Cpl. S.M. Williams
 Lance Cpl. J.B. Bunn
 Lance Cpl. J.S. Clark
 Lance Cpl. E.D. Dacosta
 Lance Cpl. K.R. Demers
 Lance Cpl. R.W. Hunnicutt Jr.
 Lance Cpl. J.M. Norris
 Lance Cpl. A.D. Reeves

USNA Company

Cpl. J.A. Cascio
 Cpl. S. Disney
 Cpl. D.A. Gilbert
 Cpl. K.E. Pierce Jr.
 Cpl. R.J. Porter

Cpl. J.L. Shiderly
 Cpl. C.B. Thompson

"A" Company

Cpl. J.V. Rooney
 Cpl. J.L. Marquez
 Lance Cpl. J.C. Monica
 Lance Cpl. G. Utkin

"B" Company

Cpl. J.B. Buchanan III
 Cpl. A.A. Jurgensen
 Cpl. C.J. Johnstrom
 Cpl. S.S. Smail

D&B Company

Staff Sgt. W.A. Brannon Jr.
 Sgt. B.A. Seals

Security Company

Cpl. J.C. Fielders
 Cpl. S.P. Fish
 Cpl. J.H. St. Charles
 Cpl. C.T. White
 Lance Cpl. J.N. Cari
 Lance Cpl. T.W. Dahmer
 Lance Cpl. S.K. Raines

MCI Company

Cpl. C.J. Ruehrwein

WHCA Company

Cpl. J. Martinez Jr.

United States Marine Band

Sgt. J.J. Hutton
 Sgt. J.M. Hutton
 Sgt. L.L. Reid

Congratulations to the following Marines for the awards they recently received.

Navy and Marine Corps Achievement Medal

Sgt. R.J. Scott Jr.
 Sgt. B.H. Turner

Navy and Marine Corps Commendation Medal

Maj. J.J. Lagasca

Congratulations to the following career Marines who re-enlisted recently.

Mastery Gunnery Sgt. G.L. Gillespie
 Gunnery Sgt. M.G. Botelho
 Gunnery Sgt. J.M. Cradler
 Staff Sgt. M.D. Jones
 Staff Sgt. B.G. Kolle
 Staff Sgt. M.S. Miller
 Staff Sgt. S.E. Rice for a re-enlistment bonus multiple of two.



OUTSTANDING!

Corporal Jose L. Marquez, Silent Drill Platoon, "A" company, stands proudly as fellow SDP members Cpls. Mark R. Redding and Ryan L. Blaine pin on his new rank. (photo by Cpl. Justin C. Bakewell)

The meek shall inherit the earth,
but the brave have inherited the Corps

God loves the Marines

by Chaplain Kenneth D. Counts
Barracks Chaplain

One Friday evening while waiting to escort guests to their seats from the commandant's "Garden Party," I had something like an out-of-body feeling — as if he was an outsider looking in. The escorts were lined along the fence and we could gaze over the fence into the commandant's garden. That moment has lasted as something definitive and emblematic in my memories of all that we have experienced here.

I have been a guest in your "gun club" for six years and loved every minute of it. You have always made this Chaplain welcome. To serve at the Oldest Post is an honor, but this chaplain feels especially honored to be here.

There are less than 900 Navy chaplains in all the sea services. Only 270 Navy chaplains are assigned to Marine units and facilities, but only one of those 270 can serve at the "oldest post." Thus it comes as an enormous privilege for a chaplain to serve you, who are the finest of the few.

Watching you work and perform has thrilled my soul! Your diligence and your special skills in music and precision drill are distinctive and so professional as to hold large crowds spellbound at the national level! Think about how few organizations of any kind can make such a claim!

You are outstanding. You seem larger than life at times. So, when this chaplain found himself walking about in your midst, sharing your labors and lives, he just naturally had to wonder why he should be so blessed to be here.

You have taken my family and myself into your hearts. We have loved you and admired each of you up close and far away. I cannot tell you how much this Chaplain loves you and covets God's richest treasures for you. Every time a Marine salutes me, I felt like it ought to be me who was saluting you!

I look up to you, Marine! I thank the Lord for you daily.

You have subjected yourselves to rigors of training and service for the good of the nation when fewer and fewer seem willing to join you in the profession of arms.

You stand at the ready and live a somewhat austere

life style when the rest of the citizenry lives to indulge self and seek personal advantages.

You are men and women cut from the finest and strongest materials and you have always proven your mettle is of the highest character. I am endlessly proud of you Marines.

If I might offer one parting word of advice I would lay this gauntlet at your feet: please practice a spiritual five-by-five exercise program. Find some way to find five minutes in your day to stop being busy and to just be quiet. In that five minutes read your Bibles.

Five minutes is achievable. If you would read God's word for five minutes you would find you enjoy what you discover and would feel free to read even longer. When you do read the Bible, ask the Lord to show you something He wishes you to understand for that day and then believe every word of what you read!

Thanks for all you have done for the chaplain. I have really enjoyed this ride!

Semper Fidelis,
Chaplain Kenneth D. Counts
Barracks Chaplain

Word to the Wise

Psalm 91

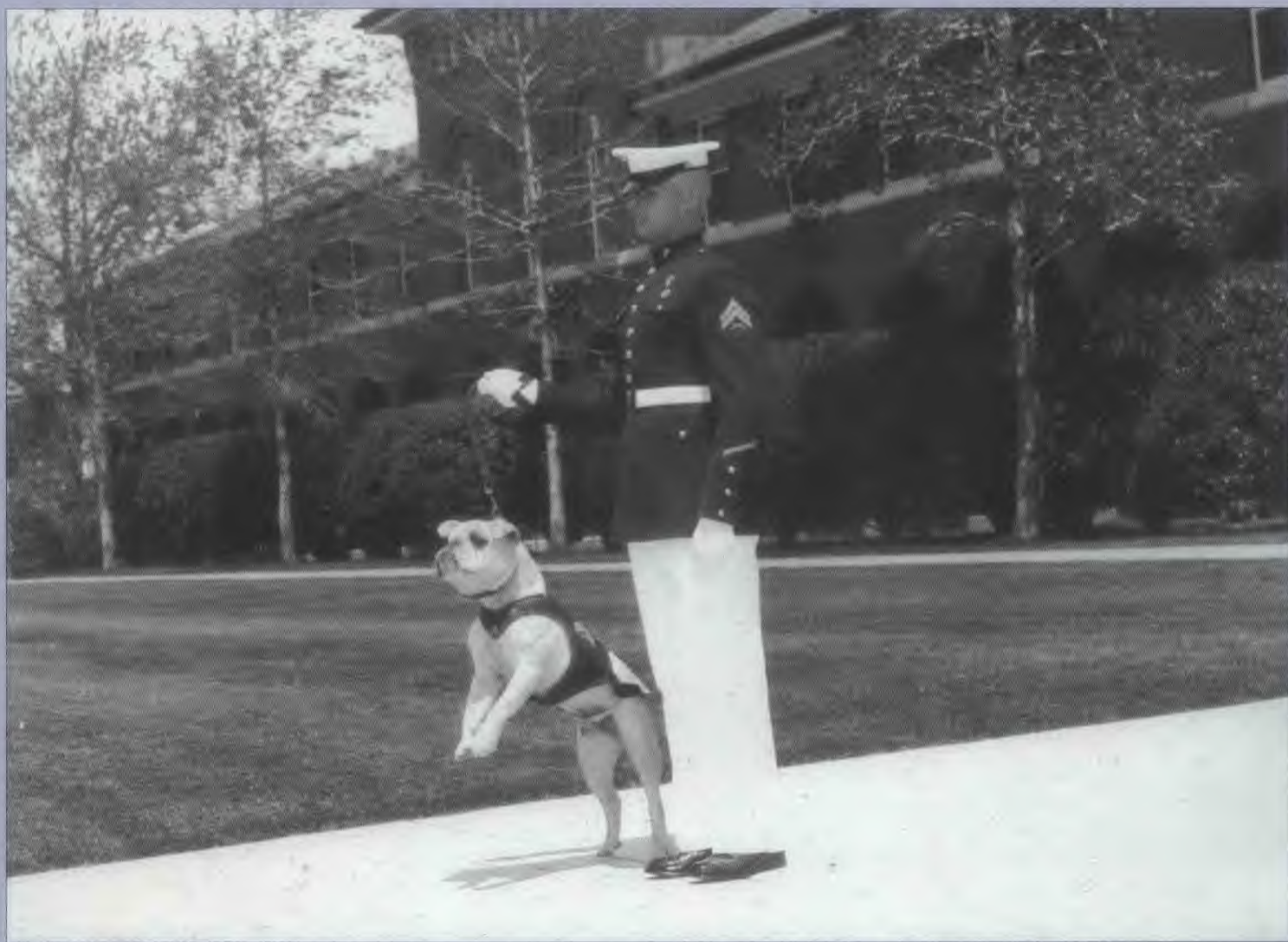
"2: I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. ...

5: Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6: Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7: A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee."

The 3rd Mascot of the Marine Corps



Corporal D. E. Johnson, Headquarters and Service company, poses on Center Walk with the official mascot of the Marine Corps, Cpl. Chesty III, during the 1966 Parade Season. (photo by Sgt. B. Thomas.)

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