

Marine Barracks Washington, D.C.

WELCOME ABOARD

The Oldest Post of the Corps

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8TH AND I STREETS SE
WASHINGTON, D.C. 20390

WELCOME ABOARD LETTER FROM THE COMMANDING OFFICER

MBW Marines, Sailors, Civilians, Friends & Families,

Welcome aboard! My name is Col Ben Watson, and I joined the team here at Marine Barracks Washington, D.C. on June 30, 2014. Let me start off by saying what an honor it is for me and my family to be part of the Marine Barracks Washington family. We are humbled by the opportunity to live here and to serve alongside you at this historic command, the "Oldest Post of the Corps." This truly is a special place.

My wife, Janet, and I have been married for almost 20 years and we have two boys, Joshua (17) and Nicholas (15). We also have three old rescue dogs: Zoey, Polly and Tank... all mutts. If you don't see the dogs, you'll definitely hear them! I was previously the Commanding Officer of 3rd Battalion, 1st Marine Regiment in Camp Pendleton from 2008-2011 and deployed twice with them overseas. Most recently, I have spent the last three years here in the National Capitol Region attending the National War College and working in the Office of the Secretary of Defense.

Sergeant Major Joe Gray and I are strong believers in taking care of our own. Marine Barracks Washington is a family and we must treat each other accordingly. We must always look out for one another. That commitment starts with me and the Sergeant Major and it is an enduring responsibility. We will honor it seven days a week, 365 days a year. We expect you to do the same. Take care of each other and keep your honor clean and you will do well here.

In an attempt to keep things as simple as possible, I want to reconfirm that if you need anything, please feel free to reach out to our Family Readiness Officers. I look forward to meeting you and welcoming you to the great team we have here at "8th & I."

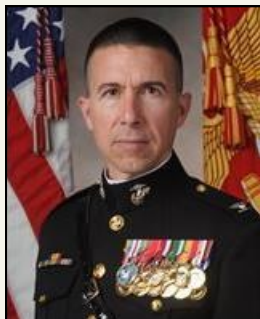
Semper Fidelis,



Colonel Benjamin T. Watson
Commanding Officer
Marine Barracks Washington, D.C.



COMMANDING OFFICER'S LEADERSHIP PHILOSOPHY



Brotherhood- Barracks Marines take care of Barracks Marines. Marine Barracks Washington is a family. EVERY member of this unit has already earned the right to be here, so treat each other with respect and lookout for each other 24/7. The MBW Battle Buddy rule is always in effect.

Honor- Two things make Marines fundamentally different: our standards of conduct and our history/traditions. Never forget who you are and what you represent. Have the moral courage to correct others.

Discipline- Continuing actions and basic disciplines build strong, cohesive units. They are the habits that keep Marines alive in any environment, be it combat or on parade. Be disciplined enough to do what you are supposed to do, especially when no one is watching.

Will- Winning starts with the right mindset, and in my book "can't" is a four letter word. Let me know the cost and let me know the risks so that we can make sound decisions, but make no mistake about it... for Marines, anything is possible. We must be prepared to win with what we've got.

Accountability- Do the right thing, especially when it's the hard thing. If you do something wrong, be Marine enough to take responsibility for it and learn from it. My red lines are Drugs, Hazing, Sexual Assault, and Theft; do not cross them.

Leadership- Leaders take charge and leaders take care of their people, which means being visible and available, especially after liberty call. You cannot be everywhere at once, so focus on the friction points. In a crisis, leaders must stay above the emotion of the moment.

Learning- Have thick skin. We rarely learn anything new when things go well, so we must be tough and mature enough to ruthlessly critique ourselves. Make sure others learn from both your successes and your failures.

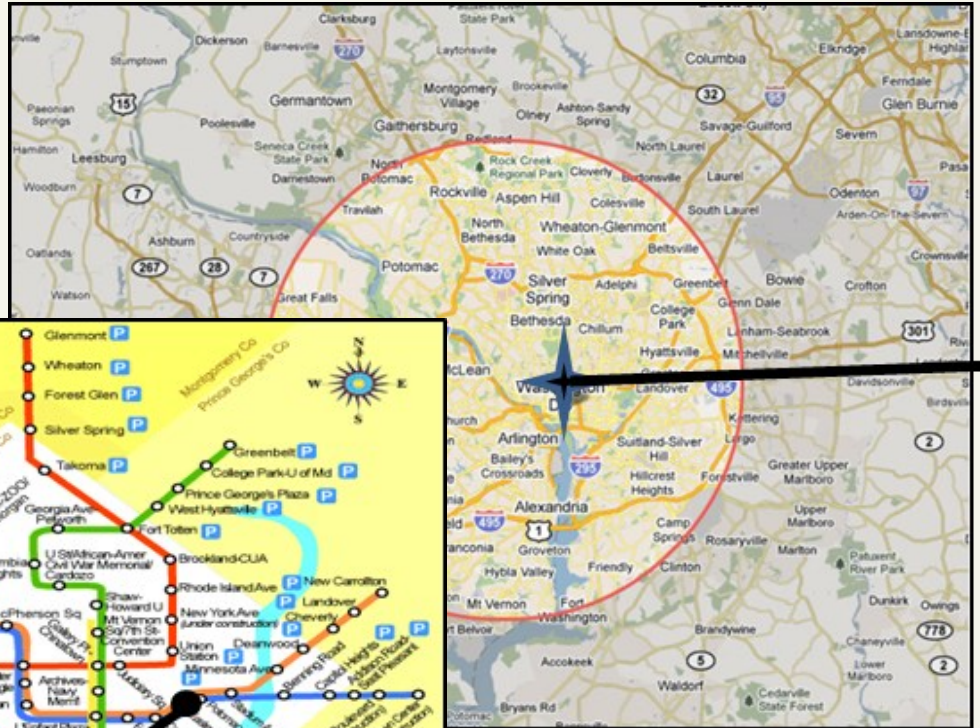
Humility- We are Marines... no better, no worse. Act like you've been there before. Respect those who have gone before. As each week ends, ask yourself, "Am I proud of who I am and what I did this week? Have I learned anything?" If the answer is 'no' then you are not meeting my intent.

If you have questions, find me.

Semper Fidelis.

A handwritten signature in black ink, appearing to be "B. S. A." followed by a flourish.





[Eastern Market Metro]

**Eastern Market Metro is located
on the Orange, Blue and Silver
Lines.**

**It is the closest Metro to the
Barracks located two blocks to the
north of the installation.**

Main Post/Bldg 8

1st Deck:

CONAD..... 107

S-4..... 133

2nd Deck

FRO..... 221

Career Planner..... 223

Physical Security.. 228

Legal..... 216

PMO..... 229

Towers/Bldg 20

East Side:

Company B BEQ

1st Deck MCCS Gym

West Side:

Company A BEQ

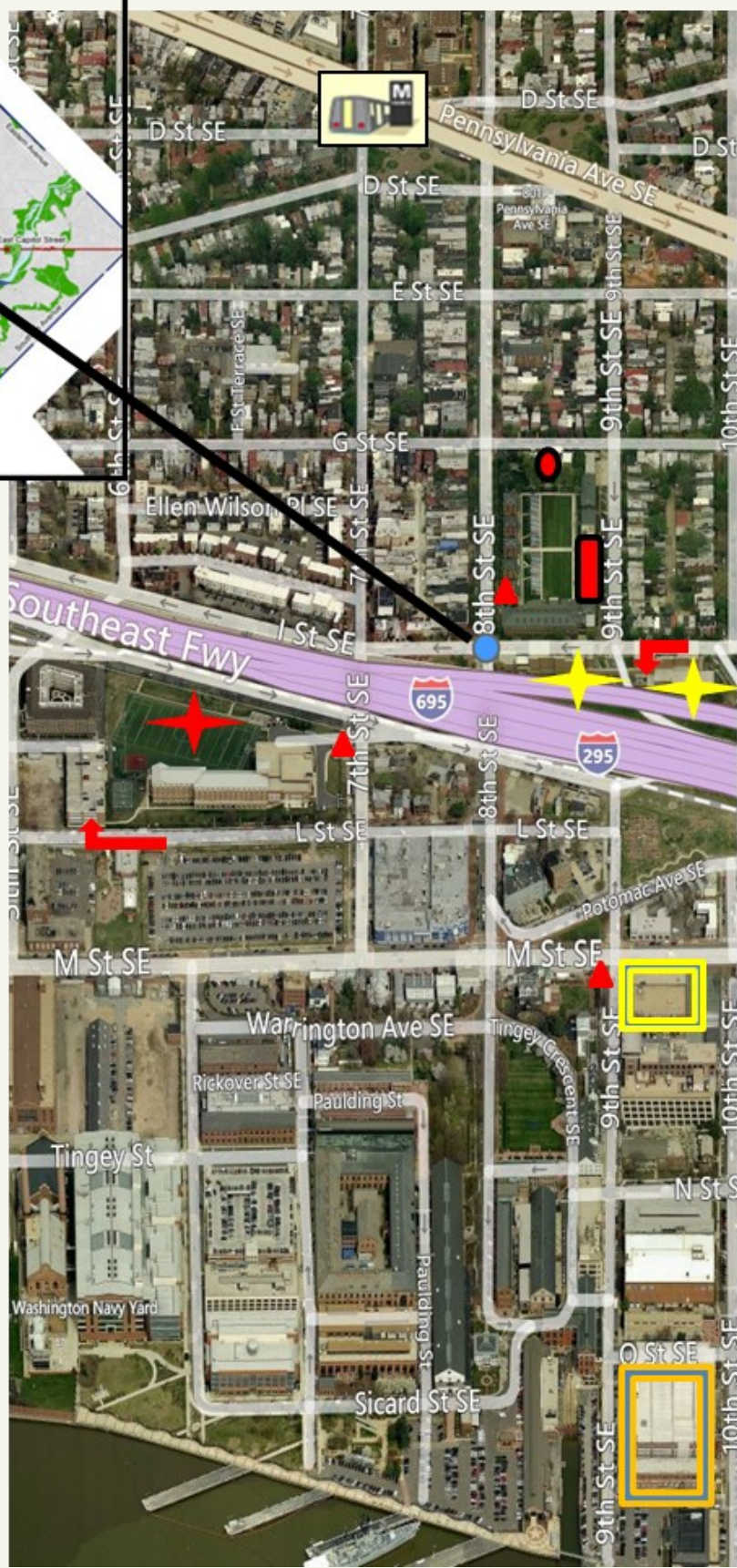
1st Deck Chow Hall

Annex

MCCS Gym

Marine Mart

BEQ



-- Eastern Market Metro



-- Access Points



-- MBW Parking



-- Home of the Commandants



-- Main Offices Building 8



-- Towers/ BEQ



-- Annex/ BEQ

Washington Navy Yard



-- MBW Supply Warehouse



-- Medical/Dental

A Snapshot: Barracks' History

By Col. John G. Miller, retired

Published in "Pass in Review," June 2001

After 200 years of service in the nation's capital, Marine Barracks Washington looks back on two centuries of history, duty and ceremonial excellence. The actual birth date of the barracks was March 31, 1801, when Lt. Col. Commandant William Ward Burrows wrote, "I have been all this morning engaged riding with the President [Thomas Jefferson] looking for a proper place to fix the Marine Barracks on."

Jefferson had required the site to be "near the Navy Yard and within easy marching distance of the Capitol," and the two formally settled on City Square 927, which measured 615 feet north and south by 250 feet east and west. The tract was purchased that June for \$6,247.18, and Burrows received an additional appropriation of \$20,000 to construct a barracks and his quarters. A detachment of Marines from Baltimore, housed in tents and nearby buildings, began the construction, guided by civilian "mechanics." Burrows directed that the barracks be built first, and Marines were able to move in by 1804. The Commandant's House was completed by 1806, but Burrows was not able to occupy it; he resigned in ill health in 1804 and died the following year.

The Baltimore Marines were not the first ones in Washington, which had replaced Philadelphia as the nation's capital in 1800. The 1798 Act of Congress that had established a Corps of Marines also authorized a drum major, a fife major, and 32 drums and fifes, and when the government moved to Washington, the fledgling Marine Band moved with it, initially pitching its tents on a hill overlooking the Potomac River in the city's northwest quadrant, on July 31, 1800. Within three weeks, the band had made its first public performance, and on New Year's Day 1801 it entertained at a White House reception hosted by President and Mrs. John Adams with an ensemble that by then included oboes, clarinets, French horns, bassoons and drums.

On March 4, 1801, the Marine Band performed at the inauguration of Thomas Jefferson as the third President of the United States and later was joined by marching Marines at



Jefferson's Fourth of July reception.

As *The National Intelligencer* later reported: "Sometime after the company had assembled, Col. Burrows, at the head of the Marine Corps, saluted the President, while the band of music played with great precision and with animation the President's March. [The Marines] went through the usual maneuvers in a masterly manner [and] fired 16 rounds in platoons."

A long, close relationship between the Marines, especially "The President's Own" Marine Band, and the White House had begun. For all their precision, those early Washington Marines bore little resemblance to today's 6-foot-and-taller stalwarts.

The original 1798 recruiting standards called for Marines to be, "sober, native-born Americans between ages 18 and 40, at least 5 feet 6 inches in height and healthy, robust, and sound in limbs and body."

Before long, recruiting difficulties had forced Commandant Burrows to lower the minimum height requirement to 5 feet 4 inches, lower the age requirement for field musics and accept up to 25 percent foreign-born recruits, mostly Irishmen. Sobriety, fidelity and soundness of wind and limb also proved to be problems, as did the shoddy quality of early uniforms. Desertion rates climbed, as recruits discovered that the best way to go to sea was as a sailor, who drew more pay.

For those who preferred to do their soldiering on the

beach, the Army also offered a better deal, especially in the artillery units.

Nevertheless, Commandant Burrows managed to hold the line and even tighten up in drill and discipline to the point of establishing a ceremonial presence in Washington. His successor, Franklin Wharton of Philadelphia, brought improvements in uniform procurement and even helped design a distinctive new uniform. He established Marine barracks at America's five oldest shipyards, thus easing the sea-duty versus shore-duty dilemma. He established schools for recruits and new officers at the Washington Barracks, thus making it truly the heart of the Corps.

Before the War of 1812, Commandant Wharton considered the primary role of his Marines as duty afloat, not defense of bases ashore. But recognizing the requirements of war with the British, he formed a 100-man battalion to work with Captain Joshua Barney's landing force of 400 gunboat flotilla men.

In August 1814, Barney's sailors and Marines joined a mixed force of regulars and militiamen from the Washington area in trying to halt the advance of a 4,000-man British raiding force near Bladensburg, Md. In a day that will live in infamy, as the time of the Bladensburg Races, the American regulars and militiamen broke and ran, leaving Barney's late-arriving troops to stop the British assault. This they did three times until they were forced to withdraw in good order, plagued by a shortage of ammunition, 25 percent casualties and the collapse of the units on their flanks.

By the time they returned to the barracks a few days later, they found a city, including the Navy Yard, which had been burned to the ground. But the barracks and the Home of the Commandants were unscathed. Had the British Major General Robert Ross spared the buildings because of his appreciation of the Marines gallant stand at Bladensburg, or because they offered him an elegant, fortified, temporary command post? The question lingers.

Commandant Wharton died in office in 1818. His successor, Brevet Major Anthony Gale, was ill-suited for the position and left the Corps in 1820 after being convicted by court-martial for lewd conduct and public

drunkenness, conduct unbecoming, in spades.

But the 37-year-old Archibald Henderson who relieved Gale went on to serve for 39 years, eclipsing the tenure of the 10 most recent Commandants combined, going back to General David M. Shoup.

Under Henderson's command, barracks Marines fought in the Creek-Seminole Indian campaigns of 1836-38 in Florida and later took part in the Mexican War of 1847-48, where the blood stripes of Chapultepec and the Halls of Montezuma entered Marine Corps lore. Perhaps Henderson's finest moment came in June 1857, near the end of his reign. After the "Know-Nothing" political faction imported toughs from Baltimore to intimidate Washington voters, the Commandant and two companies from the barracks, mostly recruits, responded to the mayor's request for help at City Hall, where a mob had gathered with firearms and a cannon.

According to a contemporary newspaper account, Henderson, in civilian clothes, stepped up and placed his chest on the cannon's muzzle, demanding that the mob disperse. Later accounts are less dramatic, but they agree that the aging Col. Henderson had led the barracks Marines from the front in putting the "Plug Uglies" to rout. Archibald Henderson, a Marine Corps legend, died in his sleep at the Home of the Commandants less than two years later.

In October 1859, within months of Henderson's death, Commandant John Harris dispatched 86 barracks Marines, led by First Lieutenant Israel Greene and under command of Army Lt. Col. Robert E. Lee, to capture the abolitionist



John Brown after Brown's abortive raid at Harper's Ferry, West Va. Greene struck down Brown with his sword, and his men made short work of the raiders at a cost of one Marine killed. This display of soldierly virtue was not destined to carry over into the impending Civil War, which split the Corps apart in the same way it had divided the country.

In January 1861, Marines from the barracks went on alert to protect the Navy Yard from violent Confederate sympathizers and also reinforced Union Army detachments at Fort Washington on the Potomac and at Baltimore's Fort McHenry. The following July, the Secretary of the Navy volunteered a 357-man Marine battalion for service with the Union Army as it marched southward to attack Confederate forces near Manassas, Va.

These Washington Marines had six (of 12) experienced officers and nine experienced noncommissioned officers. All the rest were recruits who had been in uniform for only three weeks; they could barely salute, much less shoot their newly issued weapons.

In the early hours of this first Battle of Manassas, things seemed to go well for the Union forces, and it is unlikely that the Marine battalion either received or returned fire. But after the Confederates stiffened, then counterattacked, the Marine line broke and fled in disarray for Washington, well ahead of the disorderly Union withdrawal. The Marine commander had to conduct a straggler roundup before returning to the barracks. After that inauspicious foray, the barracks continued to train new Marines but no longer sent battalion-size forces directly into combat in that war.

In 1898 the barracks provided a detachment for service in the Spanish-American War and eight years later helped form the 3rd Provisional Battalion for pacification duty in Cuba, guarding the streets of Havana. Cuba was again the focus of barracks activity during the Missile Crisis of 1962, but the 13-day drama played itself out before the Barracks' provisional rifle company, part of the 2nd Bn., 22nd Marine Regiment, Marine Corps Reserve, could deploy any farther south than Quantico, Va. Had the crisis deepened, the next stop would have been Camp Lejeune, N.C., for duty with the 2nd Marine Division, which was then preparing to go afloat for an invasion of Cuba. Fortunately, cooler heads

prevailed before the Corps' highest-priced rifle company (most members had expensive White House security clearances) could be scattered to the winds.

Had the barracks Marines gone to the 2dMarDiv, the division and the base commanders might well have had first-rate honor guard platoons; Service Battalion might have gained a plethora of experts in select military occupational specialties, embodied in the instructors from the Marine Corps Institute; and every unit with its own flagpole might have had its own field music to sound "colors," because the provisional company's machine-gun platoon was manned by members of the Marine Drum and Bugle Corps. As things turned out, however, the company got two weeks of solid field training at Quantico, including an introduction to the brand new M14 rifle, before returning to the barracks routine.

On the other hand, two aviators assigned to the barracks, Majors Bill Fleming and Keith O'Keefe, attained "feet dry" status over Cuba, after being called back into Marine aviation to fly reconnaissance missions.

After the first few months of the Vietnam War, Marines moved into and out of the war zone as individuals.

Before long, officers and career noncommissioned officers who wore new rows of medals from Vietnam service graced the Barracks' parade deck.

By the fall of 1969 the Commandant, Gen. Leonard F. Chapman Jr., was moved to order that all Marines on the parade deck would be Vietnam veterans.



Shooting badges alone would no longer be acceptable. Personnel screeners from "Eighth and Eye" quickly shifted their focus from Marine Corps Recruit Depots Parris Island, S.C., and San Diego to Okinawa, the primary processing center for returning Vietnam veterans. Within two years, as U.S. units completed their return to the States, the 100-percent Vietnam veteran requirement was halved and then later dropped altogether. How quickly the base of combat experience shrinks in a Corps that, except for career personnel, renews itself every three years.

War in the Persian Gulf put the Washington barracks back into the expeditionary pattern in the final decade of the 20th century. Capt. Bryan led a rifle company from the barracks into Saudi Arabia for duty with the 2nd Marine Division in Operations Desert Shield and Desert Storm in December 1990.

McCoy's Marines returned in April 1991, with barely one month left to prepare for the upcoming parade season, during which they shone as if they had been through the full five month work-up.

The Washington barracks housed the full Headquarters Marine Corps until 1901, when Headquarters changed venue and the entire compound except for the Commandant's House, was demolished. Rebuilding the barracks in its present-day form took between 1902 and 1906. Center House, the bachelor officers' quarters originally located at the midpoint of the westernmost buildings, was moved adjacent to the main gate near the southwest corner of the compound, but retained its old name. Recruit training continued in Washington until 1911.



Relieved of this training mission, the Barracks was able to concentrate more on drill and ceremonies, a hallmark of its Washington service for more than a century.

By 1934, ceremonial standards had slipped, at least in the eyes of Maj. Gen. Commandant John H. Russell. He told Maj. Lemuel C. Shepherd Jr., returning from four years in Haiti, that Shepherd would be the new Washington barracks commander, adding, "I want this place straightened out. Make a military garrison of this post. It's the oldest post in the Corps, and it should be the best."

Starting with a parade and guard mount every morning, Shepherd expanded to a once-a-week afternoon parade for military and civilian guests, which developed into a full season of regularly scheduled parades by the summer of 1934. After being relieved by Col. Emile P. Moses, Shepherd stayed on as executive officer and continued to fine-tune the ceremony, which soon became known as the Sunset Parade.

Moses and Shepherd worked well together in improving the parade sequence, but it is Shepherd who is credited with being the true father of the ceremony that in time would morph into the Friday Evening Parade. Returning to the barracks in 1952 as the 20th Commandant, Shepherd used the Sunset Parade as his real "muscle" in Washington, entertaining distinguished guests at elegant pre-parade garden parties.

It is said that success has a thousand fathers, and in the case of the Friday Evening Parade at least two distinguished officers can claim paternity. In 1955, several



months before his retirement, Shepherd spent several days at Marine Barracks Yokosuka, Japan, then commanded by Col. Leonard F. Chapman Jr. The Yokosuka Marines, accustomed to a regular ceremonial schedule, put on a bang-up show for their Commandant, and Shepherd later told his staff, including his successor, Randolph McCall Pate, that he had seen the finest parade of his career in the Far East.

The following year, Commandant Pate selected Chapman for command of the Washington Barracks and gave him leeway to revise the parade where needed, so long as he maintained high standards. Chapman considered a major refinement. Even though the Sunset Parade was becoming a Washington institution, its attendance would remain in the low hundreds as long as its starting time coincided with the District of Columbia rush hour. But the successful appearance of the barracks Marines with the Royal Marines (United Kingdom) at the Bermuda Searchlight Tattoo in the fall of 1956 convinced both Chapman and Pate that moving the parade under the lights was the way to go.

The first Friday Evening Parade, on July 5, 1957, drew more than 3,000 spectators, and attendance figures at the end of the first season convinced both Pate and Chapman that they had made the right call. Temporary bleachers, erected each Friday and taken down the next day, replaced the folding chairs on the sidelines, which had accommodated a maximum of 600 spectators. But the parade still was not living up to its earlier promise; five years later, a completely filled set of bleachers was the exception, not the rule. Then two unrelated events, within a two-week time frame, combined to put the barracks on the map.

Thomas R. Winkler, the news and public affairs director of

Washington's ABC network affiliate WMAL-TV, wanted to tape the full parade for an evening broadcast, but the lights around the parade deck were too dim for his cameras. So the Marines responded with a full-dress Friday Evening Parade on a sunny Thursday afternoon.

The television exposure certainly was a plus, but the stunning color shots by photo-op cameramen from the two leading Washington newspapers (and their Sunday supplements) really started the reservation phones ringing.

Two weeks later, President John F. Kennedy became the first Chief Executive to visit the barracks since Thomas Jefferson helped select the site. Limited space in the reviewing area made press pool coverage mandatory, but a num-

ber of enterprising photographers flashed their White House credentials to gain entrance and flood the area, where they fought like fishwives for good camera angles.

Despite this unpleasantness, the coverage was favorable, to the point of being spectacular. Reservations poured in so quickly that the barracks briefly considered

adding another evening parade each week, to avoid turning away more spectators than it could accommodate. But public interest eventually receded to present levels, where today's semi-permanent grandstands usually are filled and reservations must be made two to three months in advance, although some space always is kept open for tourists and other walk-in guests unable to make timely reservations, if they are willing to line up early for it.

In 1963 President Kennedy requested that the barracks parade be moved to the south lawn of the White House, to entertain guests after a state dinner. This highly successful experiment was emulated by later Presidents, including Jimmy Carter, who brought the parade to Camp David dur-



ing the historic Middle East Summit in 1978, where the Marines won the praise of all parties. Not a season goes by without the barracks Marines standing tall before kings, queens, emperors or heads of state.

The Friday Evening Parade retains essentially the same form it had back in 1957, patterned on the old "Landing Party Manual." But the devil is in the details, and so many details have changed over the years that the barracks presently is investigating the changes, determining when and why they occurred, and deciding which changes should be revoked. From the outset, the goal has been to make the Washington Marines the model for all Marines, not something different from the rest of the Corps. Obviously, differences have to exist in some respects, but they should be minimized, not maximized.

The most spectacular change over the past three decades has been the growth of the Battle Color Detachment, featuring "The Commandant's Own" United States Marine Drum and Bugle Corps (started in 1934 by Maj. Shepherd), the Silent Drill Platoon (which performs eight minutes of drill and rifle movements without command and represents the Marine Corps at most Joint arrival and other honors ceremonies), and the United States Marine Corps Color Guard (which carries the Marine Corps Battle Color, festooned with 49 streamers and silver bands commemorating service in more than 400 engagements and campaigns since the founding of the Corps).

This ceremonial team has moved the Commandant's "muscle" beyond Washington, D.C., and taken it across the country and across the world. Today the Battle Color Detachment goes into off-parade season training at Yuma, Ariz., followed by a stunning schedule of appearances that over the years has included professional football and baseball games (with appearances at the Super Bowl and World Series), state fairs, the Kentucky Derby, Ed Sullivan's network television show and NBC's "Today" show. They often have taken the Battle Color ceremony overseas, most recently to Europe and Southwest Asia in November 2000.

Each week during the four-month (May through August) parade season, the 8th & I Marines present the Friday Evening Parade at the barracks and a ceremony reminiscent of the old Sunset Parade at the Marine Corps War (Iwo Jima) Memorial in Arlington, Va., just before dusk on

Tuesdays.

Although special units like the Marine Band, the Drum and Bugle Corps, and the Silent Drill Platoon always create their share of excitement, most seasoned observers, including foreign military attaches, never cease to marvel at the precision in marching and the manual of arms exhibited by every Marine in the two companies on the parade deck. Such praise is hard-won.

Every Marine, officer and enlisted, must successfully complete a Ceremonial Drill School before taking the field.

Beyond the parades, the barracks handles more than 1,500 ceremonies per year, ranging from full-honors arrivals at the White House to four-man Color Guard appearances. The Marine Band averages 700 performances a year, with about 200 of those at the White House.

The least heralded but perhaps most deeply felt ceremonial commitment is to deceased Marines and their dependents. To do things right, 8th & I maintains its own contingent of power lifters, the Body Bearers, who must pass an array of strength tests at the outset and maintain a vigorous weight training regimen throughout their tours of duty.

Beyond these extensive ceremonial requirements, Marine Barracks Washington is tasked to provide a provisional infantry battalion for operations as directed; to maintain a trained company for deployment as directed by the White House Military Office; to maintain a trained civil-disturbance company for deployment as directed by the Military District of Washington; to provide Marines for Presidential security and special security tasks as directed; to provide administrative and logistical support for the Marine Band, the Security Company at Camp David, and the Marines assigned to the U.S. Naval Academy; to maintain the Commandant's House and other general officers' quarters on post; and to provide military occupational specialty and professional nonresident instruction through the Marine Corps Institute, founded in 1920.

And, of course, the barracks will continue to carry out other such missions as the Commandant of the Marine Corps may direct. Surely, in its 201st year, the Washington Marine Barracks' plate runneth over.

CHECK-IN PROCEDURES

The OOD/SDNCO
phone number:
202-345-9492/1

All military personnel with orders to MBW should first check in with S-1, located in building 8. If checking in after working hours or on the weekend, check in with the Barracks Officer of the Day (OOD).

UNIFORM FOR CHECK-IN IS SERVICE ALPHAS.

New arrivals must bring their **original orders** when checking-in to be endorsed by the Personnel Office.

Please request the Uniform Barracks Order from your sponsor which outlines our unique wear of the uniform. If you are a SNCO or officer checking in during parade season, you will be required to wear a business suit or equivalent instead of dress blues, during the uniform alterations period.

Billeting Information

Officers may temporarily stay at Center House (O Club), if needed. POC is S-4 shop DSN 288-6168, Comm.: 202-433-6168.

Enlisted personnel may contact the BEQ manager at DSN 288-6267, Comm.: 202-433-6267.

If you are not on COMRATS and arrive over the weekend, you can eat at the Chow Hall for free by showing your orders in lieu of a meal card. There is also a Mini-Mart where you can purchase limited

DEERS

[What is DEERS?]

Contact DEERS:
800-538-9552
or visit ConAd in Bldg 8

DEERS is the Defense Enrollment Eligibility Reporting System. Your DEERS registration verifies your eligibility to receive TRICARE benefits. Ineligibility in DEERS means you are ineligible for TRICARE benefits. Failure to update DEERS with current information can result in misdirected communication, delayed enrollment, disenrollment, claims payment problems and other difficulties.

Verifying and Updating Eligibility Information

Eligibility for TRICARE is verified through the DEERS. You can update information in DEERS using one of the following methods:

- Visit a local uniformed services personnel office. The nearest one can be located online at www.dmdc.osd.mil/rsl.
- Call 1-800-538-9552 (Monday-Friday, 6 a.m. to 3:30 p.m. PST except federal holidays).
- Fax address changes to DEERS at 1-831-655-8317.
- Mail address changes to:

Defense Manpower Data Center Support Office
Attn: COA
400 Gigling Road
Seaside, CA 93955-6771

- Update addresses electronically at www.tricare.osd.mil/DEERSAddress

Note: To update your address with Humana military, please visit www.humanamilitary.com or call 1-800-444-5445.

FAMILY CARE PLAN

Each Marine (with any dependents or pets) will be responsible for completing a Family Care Plan within two weeks of arrival to MBW. Family Care Plans will be turned in to each company's validating officer (traditionally the company 1stSgt). Failure to produce a Family Care Plan can potentially result in administrative or disciplinary actions.

A Family Care Plan is very important for all families, and is especially critical for single parents and dual military parents. A Family Care Plan should be developed whether you expect to be away or not; in fact you are required to develop a formal Family Care Plan (see NAVMC 11800 link below). Taking care of these considerations now will help you and your family be prepared for any period of separation.

*Family Care Plans are
the individual Marine's
responsibility.*

When you prepare your plan, be sure to do the following:

- Assign a guardian for your family in a special Power of Attorney and make sure that the guardian understands his/ her responsibilities.
- Obtain ID and commissary cards, register in DEERS, and check to make sure all ID cards have not expired.
- Sign up for Service-member Group Life Insurance (SGLI) or a similar group life insurance, and update all beneficiary information.
- Arrange for housing, food, transportation and emergency needs.
- Inform your spouse or any caretakers about your financial matters.
- Arrange for your guardian to have access to necessary funds.
- Arrange for child care, education and medical care.
- Prepare a will, and designate a guardian in the will.
- Arrange for necessary travel and escort to transfer family members to their guardian.
- Discuss your plans with your older children.
- For more information please refer to MCO 1740.13B.

For the electronic NAVMC 11800 Family Care Plan template, please go to http://www.aviation.marines.mil/Portals/11/NAVMC_11800_EF.pdf.

Local Military Treatment Facilities

Multiple military clinics and treatment facilities exist in the National Capital Area. It is recommended to utilize the internet for the most up to date phone numbers, working hours and locations. Some clinics are limited to Active Duty only. A few of the clinics are listed below:

- | | |
|---------------------------------------|------------------------------------|
| • Ft Belvoir Community Hospital | • Andrews Air Force Base |
| • Walter Reed National Medical Center | • Patuxent River Naval Air Station |
| • Naval Hospital Clinic Quantico | • Dahlgren Naval Support Activity |
| • Ft Myer's Rader Clinic | • US Naval Academy |

TRICARE MEDICAL AND METLIFE DENTAL

Tricare Prime/Standard Enrollment

Once you have arrived at Marine Barracks Washington, you will need to establish a Primary Care Manager for you and your family. However, you first must check in with CONAD to be administratively joined to Marine Barracks Washington. All active duty are required to have Tricare Prime. Options for family member enrollment are on the Tricare website:

www.tricare.mil/LifeEvents/moving/prime.aspx

Procedures

1. Update your address in Defense Enrollment Eligibility Reporting System (DEERS):

<https://www.dmdc.osd.mil/milconnect/>

2. Register in the Tricare North Region:

- Call 1-877-TRICARE

or

- www.tricare.mil/bwe

3. Select your PCM: Utilize the same links in #2 above. The Medical Officer at Marine Barracks Washington is not a PCM option.

4. Report to MBW Medical with your health records.

Dental

Active Duty: For dental information and/or appointment, call: 202-433-2480/2589

Family Members: Enrollment with Tricare (MetLife) Dental is elective, not automatic like Tricare Medical. To enroll visit the following site: <http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>.

ROUTINE CARE WHILE TRAVELING

Active Duty Service Members

If traveling TDY, TAD or between duty stations, you must receive all routine (nonemergency) care at a military treatment facility (MTF) if one is available. If an MTF is not available, prior authorization from your primary care manager (PCM) is required for nonemergency care. You are responsible for all costs associated with nonemergency medical care performed at a civilian facility without prior approval.

Active Duty Family Members

Active duty family members (ADFM) should try to get all routine care before traveling. If enrolled in a TRICARE Prime option, a PCM referral is required to avoid point of service (POS) charges.

*ADFM not enrolled in a TRICARE Prime option can make an appointment with any TRICARE authorized provider.

SINGLE MARINE PROGRAM

MARINE CORPS COMMUNITY SERVICES

Make a Difference, Get Involved.

The Single Marine Program (SMP) was established to provide a forum for Marines to identify quality of life ideas and issues along with recommend solutions. After all, change starts from the bottom up. Through participation in the planning and coordination of programs and activities, single Marines have an opportunity to create an enjoyable and rewarding environment for themselves at the Marine Barracks Washington, D.C.

Motivated single Marines, a supportive command, and Marine Corps Community Services (MCCS) staff provide the foundation for a successful program – what's missing is you! Make a difference, get involved!

Activities and Events:

- Paintball excursions
- Deep Sea fishing trips
- Amusement park getaways
- Sporting events
- Ski trips

Community Service:

- Habitat for Humanity
- Toys for Tots
- Adopt a School
- Park cleanups
- Veterans Homes

For more information contact
Curtis Fye, 202-433-2922



MARINE BARRACKS
WASHINGTON, DC

Marine Corps Community Services

MCCS
MARINE CORPS
Community
Services
MBW 8th & I

MARINE BARRACKS
WASHINGTON, DC

Keep up with upcoming events, opportunities, and everything that MCCS at 8th & I has to offer!

Visit MCCS online

<http://mccs8thandi.com/>

Upcoming Events
Semper Fit Services
Gear Issue Menu
Sports Schedules
Massage Appointments
Useful Links for New Joins
Facility Reservations
Volunteer Opportunities
AND MORE!....

Visit D.C.

Check out the sites below for info:

[National Mall and Memorial Parks](#)
[Travel Guide to D.C.](#)
[Travel Guide to Northern Va.](#)
[Travel Guide to Md.](#)
[Barracks Row/Capitol Hill](#)
[Washington D.C. Metro](#)

WEAPON, VEHICLE AND CAC REGISTRATION

Vehicle Registration

Personnel reporting for duty must register their vehicle with the Provost Marshall Office, located at the Main Post, on the second deck of building 8, within 30 days of their reporting date.

Office hours are M-F, 0730-1630. After working hours or on weekends PMO will issue you a temporary pass at the front gate. For more information you can contact vehicle registration at 202-433-5261.

The driver must present a military ID, current and valid state registration, driver's license and proof of insurance required under Washington, D.C. law.

Motorcycle operators must pass a motorcycle safety course.

Call 202-433-4520 for more motorcycle information.

Weapon Registration

All personal weapons, to include firearms, must be registered at the Barracks. To register a weapon, Marines need to bring their military ID and the weapon, properly secured, to PMO where it will be registered in the national database and then the Marine will be escorted to the Armory where the weapon will be stored. If checking in during non-working hours, Marines will turn their weapon into the Officer of the Day, where the weapon will be stored in the ready for issue facility.



CAC Registration

All new joins must check-in with MBW's physical security specialist, located in Building 8, to register their Common Access Card.

It is illegal to have an unregistered weapon in the District.

POINTS OF CONTACT

Uniform Victim Advocates (UVA)

MGySgt. Deborah Hanson-Gerber
US Marine Band
UVA Duty Phone: 202-359-8817
24/7 Sexual Assault Helpline: 571-205-1298

Please check our website for updated UVA contact information:

<https://barracks.marines.mil>

Equal Opportunity Manager

Please check our website for updated EO contact information:

<https://barracks.marines.mil>

Sexual Assault Response Coordinator

Wendy G. Kelly
Joint Base Myer-Henderson Hall
1555 Southgate Road
Arlington, VA 22214
Office: 703-693-4733

Substance Abuse Counseling Officer

Please check our website for updated SACO contact information:

<https://barracks.marines.mil>

DoD Safe Helpline

Click: www.SafeHelpline.org

Call: 877-995-5247

Text: 55-247

Command Religious Ministry Team

The command religious team is present to provide care for Marines, Sailors and their families. The chaplain offers confidential communication and is available for individuals, couples, premarital, stress, and pastoral counseling.

Chaplain: 202-233-6201

Religious Program Specialist: 202-433-2521

Officer of the Day/Staff Duty NCO

202-345-9492/1.

**HELPFUL
LINKS**

[MBW Website](#)

[MBW Facebook](#)

