

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



To the Marines, Sailors and civilians of Marine Barracks Washington,

I am truly honored to join the 'Oldest Post of the Corps' and am humbled to serve alongside the talented men and women of this command. It is a privilege for Jill, me, and our four sons to join the tight-knit Barracks family and we look

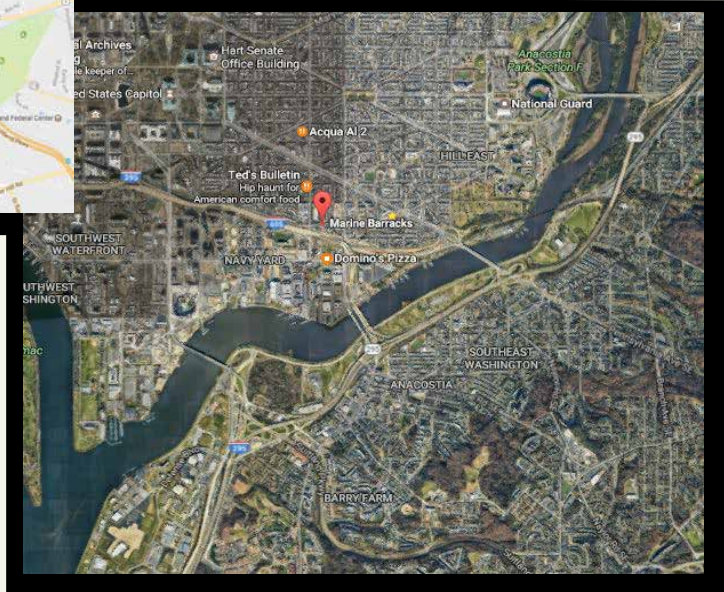
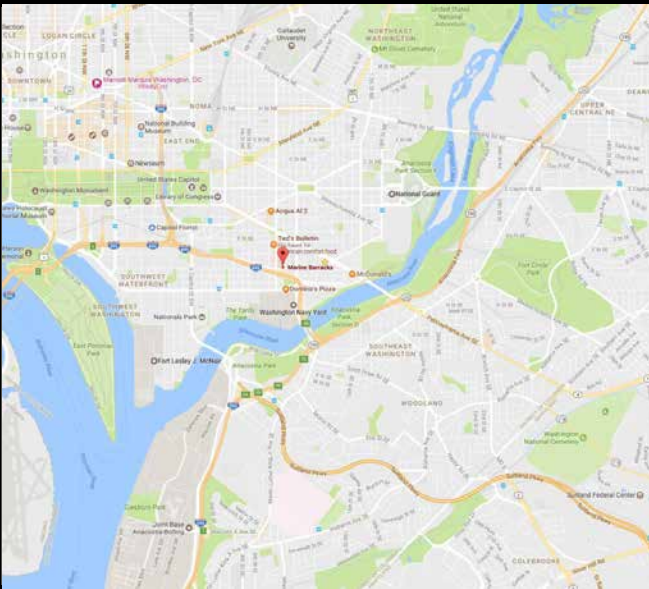
forward to sharing in the camaraderie of this historic post. Marine Barracks Washington enjoys an incredible legacy and a well-earned reputation for excellence. As members of the Barracks, you each are a part of the heart and soul of the Marine Corps, so I ask that you embrace that and enjoy your time assigned here - respect those who have served here and those who come to enjoy the legacy. I am proud to be amongst your ranks!

Semper Fidelis,

A handwritten signature in black ink, which appears to read "Zagurski".

Colonel Tyler J. Zagurski
Commanding Officer
Marine Barracks Washington, D.C.





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



Main Post/Bldg 8

1st Deck Room:

CONAD.....107

S-4.....133

2nd Deck:

FRO.....221

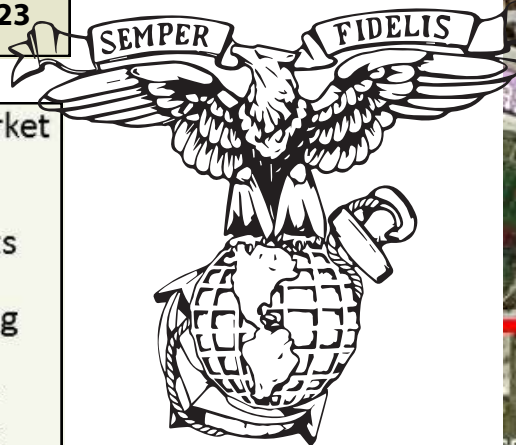
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Career Planner..... 223



-- 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.

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 snacks*.

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.

Housing

Off Base Housing

Choice of housing while stationed at Marine Barracks Washington (8th&I) is a decision that depends on many personal factors. Many choose to rent off base housing or buy their own home. The closer to D.C. you live generally the more rent or housing is going to cost. Here are some other reasons that might effect that decision.

The Positives of Living Off Base

- ☑ Larger living space/children
- ☑ Option to live in areas where desired schools are located
- ☑ Pets are usually allowed
- ☑ Own your own home
- ☑ Keep any excess BAH

Negatives of Off Base Housing

- ☑ Commute can be difficult
- ☑ Away from base support services
- ☑ Inconvenient for parade season
- ☑ Potential security concerns
- ☑ Possible yard work

Local Off Base Housing Options

Joint Base Anacostia - Bolling

The best part of living aboard Bolling, of course, is the short 5-10 minute commute. This will pay off during parade season especially. The traffic to other locations during rush hour is bad year round.

<http://www.bolling.pinnaclefamilyhousing.com/>

Bellevue Navy Housing

Located right next door to Bolling is Bellevue Navy Housing. Bellevue has no housing restrictions for 8th&I personnel. It offers newer, yet smaller homes with garages.

<http://lincolnmilitary.com/installations/joint-base-anacostia-bolling-jbab/bellevue/>

Fort Belvoir Housing

Another on base housing option is Fort Belvoir. Fort Belvoir is an army base in Virginia, about 20-30 minutes away from the Navy Yard (in light traffic). It is a full service base that also has an elementary school on base.

<http://belvoir.pinnaclefamilyhousing.com/>

Temporary Lodging

Bellevue's Navy Lodge: 202-563-6950 or https://www.nexnet.nexweb.org/pls/nextlodge/lodge_page?p_lodge_number=44

Bolling Inn: 202-404-7050 or http://dodlodging.net/vt_bolling.htm

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.

Family Readiness Officers

202-685-7583

202-433-2927

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



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.

CAC Registration

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



Weapon



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.

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

Uniforms and Accessories

Opening Statement: Personnel assigned to MBW need not purchase dress blue uniform items. Many uniform items to include blouses, medals, trousers and gloves will be issued upon arrival.

Uniforms

The individual Marine, at MBW, represents the entire Marine Corps to every guest. Each Marine is responsible for maintaining the highest Marine Corps standards and attention to detail.

White Trousers

The pockets and liners must be cut so that they are not visible through the trouser fabric. Trousers will be washed and dried after each event. Starch and bleach will cause the trousers to turn yellow. The Barracks press shop is available to press trousers, and this should be done a day or two in advance to allow time for correction. If a spotted pair of trousers must be worn, the use of white chalk to cover a small spot is authorized. Trousers will be adjusted to the proper length to coincide with the welt of the shoe.

- ☒ Short trousers are unacceptable
- ☒ Tape the trousers in place around the waistband using masking tape, ensuring the zipper is not taped as well and the tape is not visible.
- ☒ Belts are not authorized.
- ☒ Once dressed, Marines should avoid sitting down or perform any activities that might wrinkle or soil the trousers.

Shoes

Shoes will be wiped clean with "Pledge" or "Windex" and edge dressing applied to the welt of the shoe and sole. When not in use, shoes should be stored with shoetrees in them. Female Marines will wear shoes that conform to Marine Corps clothing regulations. Female Oxford shoes will not be worn during events unless slacks are worn.

Medals

Supply will issue the necessary medals. Therefore, don't purchase new items. Anodized medals are the only authorized medals worn at MBW. They will be polished and free of fingerprints. If a medal has scratches or is worn from rubbing against other medals, it should be replaced. The support ribbons should be sprayed with "Scotch Guard" to offer some waterproofing and to help keep the ribbons clean. When medals and ribbons are affixed to the blouse, masking tape should be placed over the keepers on the inside of the coat to prevent the keepers from coming off. Medals and ribbons should be removed from the blouse after any event where the blouse becomes wet, thus preventing the dye in the blouse from bleeding into the ribbons.

Gloves

Supply issued escort gloves will be clean and white. Only marchers will wear sensitized gloves (sword gloves with leather fingers).

Glasses

Military-style frame glasses or conservatively styled glasses may be worn

Overcoat

The Blue All Weather (BAW) coat will be worn when directed. It must be ready to be worn at all times. Care should be taken to ensure it is stored wrinkle-free. In the winter months, the Blue Wool Overcoat will be ready to be worn when directed. The tabs on the rear of the wool coat are exposed when worn at the barracks for hosting events. The black gloves are worn when the tabs are exposed. When supporting funerals, the tabs on the rear of the wool coat are tucked away and the white Blue Dress belt is worn with the white gloves.

Uniforms and Accessories, Continued

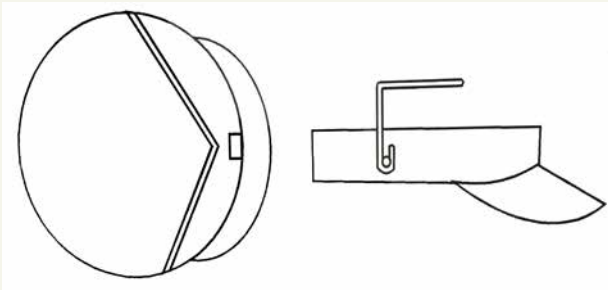
Sam Browne Belt

Named for its famous one-armed British inventor, the Sam Browne Belt has long been a mark of distinction for Marine Barracks officers. With use, these belts tend to whiten along the edges. To remedy this problem, use edge dressing or black leather dye to blacken the worn areas. When not in use, the belt should be suspended lengthwise to prevent coiling and cracking. Prior to an event, the belt will be wiped down with "Pledge" or "Windex" to remove smudges and fingerprints. All brass fittings should also be cleaned. The brass post, where the leather tongue of the belt is placed, will be hidden by the leather loop of the belt at all times, and should be blackened. If the belt loop moves off the post, the blackened brass will be less noticeable. Masking tape placed inside between the belt and the blouse will prevent it from moving.

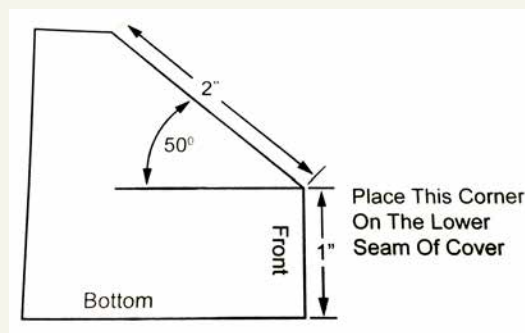
Uniforms and Accessories

Barracks Cover

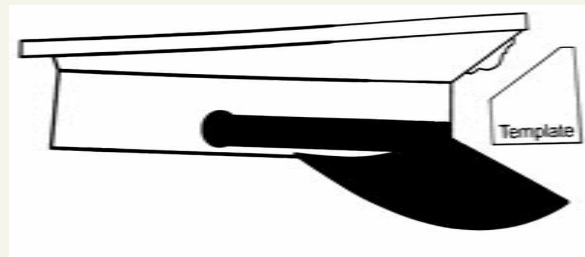
The rigging of the Barracks cover has long been a source of pride for the male Marines of Marine Barracks Washington (MBW). It will be constructed to ensure a wrinkle-free appearance on the sides and top with no "seagoing" dip. It will present a good fit and sit squarely on the head. The diagram below is an example of the cheater bar for a Barracks cover:



The diagram below is an example of the dimensions of a template to be used to measure the angle at the front of the service frame cap:



The angle of the grommet will be 50 degrees. Position the template to the left or right of the emblem with the upper front corner on the lower seam of the cover as shown below:



Uniforms and Accessories, Continued

Jewelry and grooming

No conspicuous jewelry or watches that emit noises will be worn during events. All jewelry will comply with Marine Corps standards.

It is incumbent upon every Marine at the Barracks to maintain the highest standards of grooming.

- ☒ Male Marines will wear their hair neatly and moderately trimmed, evenly graduated from zero length at the hair-line, to not more than three inches at the upper portion of the head.
- ☒ Marines are required to have a haircut within 48 hours of an event.
- ☒ Men will shave within two hours of an event so the face is fresh and clean.
- ☒ Mustaches are not authorized at MBW except for members of the USMB.

Female Uniforms and Accessories

Barracks Cover

All MBW personnel will wear the Barracks cover in either service or dress uniforms.

Jewelry

While wearing the modified Dress Blue blouse while participating in a parade, ceremony, funeral, etc. (i.e. marching) no jewelry is authorized including: watches, earrings, necklaces, bracelets etc. Females wearing the modified Dress Blue blouse, not participating in a parade, ceremony, funeral, etc. (i.e. hosting) are authorized to wear small white pearl or pearl-like earring white in color (post, screw-on, or clip) not to exceed 6 millimeters (about 1/4 inch) in diameter.

Grooming

Female Marines will style their hair in such a way as to present a neat, professional appearance so as not to interfere with the proper wear of the cover. Hair may touch, but not fall below the collar's lower edge. Pins, rubber bands, or other hair devices will not be visible. Hair is to not to extend or curl over the edges of the cover.

Cosmetics

Cosmetics, if worn, will be applied conservatively and will complement the individual's complexion. Exaggerated or faddish cosmetic styles will not be worn. Nail polish and non-eccentric lipstick will harmonize with the scarlet shade in various service and dress uniforms. Colored nail polish will not be worn with the utility uniform.

Hosting

Hosting Events

The Barracks is a unique experience for all guests. The interaction between Barracks Marines and guests leaves a lasting impression of what the Marine Corps' history and traditions are all about. Hosters must convey confidence and bearing to the guests of the Oldest Post of the Corps. There is an annual Ceremonial Hosting School that explains hosting in detail. Unfortunately, this course is only offered once a year. With that said, this section will give you needed information until you get a chance to attend the course. There are three main types of events that Barracks Marines support ceremonial commitments:

- ☒ Friday Evening Parades
- ☒ The Sunset Parades
- ☒ Special Events

Friday Evening Parades

The Marine Barracks Washington Friday Evening Parade creates a special atmosphere where our guests experience the pageantry and military precision of the "Oldest Post of the Corps." Friday Evening Parades start the last week of April and run concurrently, every Friday night until the end of August. The normal timeline for a Friday Evening Parade begins at 1800 and ends at 2300.

The Sunset Parade

The Sunset Parade takes place every Tuesday during Parade Season at the Marine Corps War Memorial, Arlington National Cemetery, VA. This event provides an opportunity for distinguished guests, family members, and the general public to enjoy the martial ambiance marching, and musical precision of a ceremonial parade in a slightly more relaxed setting than the Evening Parade. The Sunset Parade is every Tuesday which starts mid May through mid August. A normal timeline for a Sunset Parade begins at 1600 and ends when buses return around 2030.

Special Events

Marine Barracks Washington holds many other ceremonial hosting events in addition to the Evening and Sunset Parades. From small scale receptions to supporting Presidential Inaugurations, MBW conducts a full spectrum of special hosting events. Most of these non-parade events are hosted by the assigned duty company and augmented as required by the entire hosting element of the Barracks. The duty company will assign the hosting detail based on guidance from the MBW Senior Host. All hosters must be prepared to participate in hosting operations throughout the entire year.

Appearance

While hosting these events, there is an appearance that hosters set for the guest. The following information is some of the basics.

Ceremonial Atmosphere

The term "ceremonial atmosphere" refers to a time period in which a specific location is ready for an event. For example, ceremonial atmosphere for an Evening Parade is set at 1800. Once ceremonial atmosphere is set, all hosting personnel will be in their designated uniforms and completely prepared for hosting duties. The parade deck becomes off-limits to all personnel once ceremonial atmosphere is set. Personnel who are not involved in hosting or other event-related duties, and are wearing civilian attire, PT gear, or utilities, will remain clear of all areas where they may be seen by guests.

Demeanor

The factors that contribute to an individual's demeanor include tone of voice, use of language, facial expressions and gestures. How you carry yourself is every bit as important as your appearance. The American public may never meet a marching member of the Evening Parade, but they will all meet a Ceremonial Hoster. Your positive demeanor will ensure our guests leave with a lasting positive impression of our Corps.

Hosting

Continued

Manners

The core of good manners is respect for others. These general guidelines will assist in exhibiting our concern for the welfare of our guests:

- ☒ Honesty in all conversations.
- ☒ A modest and simple bearing.
- ☒ Subdued conversation between hosts.
- ☒ Impartiality on the part of hosts; each guest must be equally welcomed.

Posture

A sound body position is essential in successful hosting so that you can react with natural gestures and meaningful movement. It gives the impression that you are alert, enthusiastic and fully capable of assisting guests. A stilted, unnatural, or too relaxed position will distract the guests.

Saluting

Members of the Hosting Detail will encounter Barracks or other uniformed officers repeatedly during an event.

- ☒ Salute all general or flag grade officers each time you meet them.
- ☒ If Marines are engaged in their duties, they will allow common sense to dictate the rendering of appropriate military courtesy.
- ☒ Saluting guests dressed in civilian attire is a courtesy we render to them to make them feel welcome at an event and should be done as a formal greeting, dictated by common sense.
- ☒ Salute all guests without regard to rank.
- ☒ Marine Barracks officers will be saluted once as you make initial contact with them during an event. Once that initial salute and greeting is made, you are not required to salute again during the event.

Rendering salutes to all of our guests makes them remember the “Barracks” as a special place.

Required Actions

During an event, your actions are observed. Below is specific guidance for the Hosting Detail.

Event	Required Action
March On the Colors	All Marines will stand at attention throughout the entire movement of the Colors.
Post the Colors	All Marines will stand at attention until the Colors are posted.
During Honors	All Marines will stand at attention and present arms.
During Gun/Rifle Salute	All Marines will stand at attention and present arms.
Pass in Review	Salute the Colors as they pass.
Playing of National Anthems	All Marines will stand at attention and present arms.
Playing of All Service Hymns	All Marines stand at attention.
Playing of Taps	All Marines Salute.

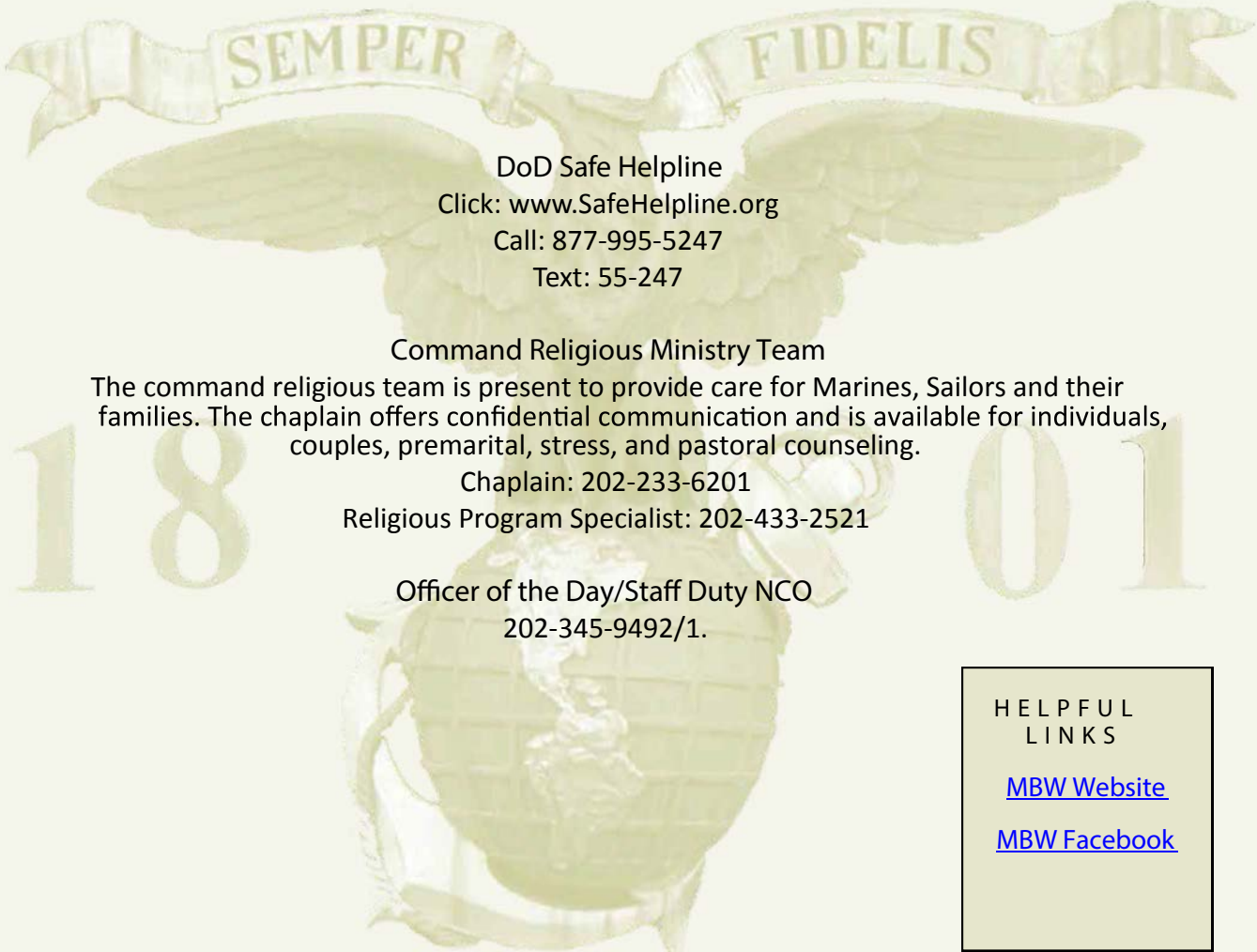
Points of Contact

Uniform Victim Advocates (UVA)
UVA Duty Phone: 202-359-8817
24/7 Sexual Assault Helpline: 571-205-1298
Please check our website for updated UVA contact information:

Sexual Assault Response Coordinator
Joint Base Myer-Henderson Hall
1555 Southgate
Arlington, VA 22214
Office: 703-693-4733

Equal Opportunity Manager
Please check our website for updated EO contact information:

Substance Abuse Counseling Officer
Please check our website for updated SACO contact information:



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](#)

