

Fall 2005

Fighting Saints

Commanders Corner

PROFESSOR OF MILITARY SCIENCE

By LTC Pederson

Season's Greetings to all cadets, cadre, alumni and friends of the Fighting Saints Battalion. This has been another wonderful and exciting Fall semester. My thanks to all cadets and cadre who put forth 110% effort and make my job easy. We started out the year with two new cadre, CPT Rob Simmons (MS I/S3) and MSG DeJesus (R) (Admin), who both jumped right into our program and are now an integral part of our team. I'm extremely pleased with our Fall FTX and all the effort that went into it to make it a huge success. With detailed planning and efficient use of time, we were able to reduce the duration of the FTX to allow you more study time without compromising any of our training objectives. As usually, our MS IV's did another fantastic job out at Warrior Forge this past summer. They exceeded all Brigade, Region, and Cadet Command standards now for over two years in a row, culminating in a 100% first time pass rate. Fewer than 5 other battalions across cadet command could make the same claim. Their hard work and effort from the summer

and past year resulted in 40% of this year's commissioning cadets to receive Distinguished Military Graduate status and every cadet received their number one branch choice. DMG is only given to the top 20% of all 4500 commissioning cadets across the nation.

Every single cadre and cadet should be conducting their own Risk Management Plan before attempting to do any unsafe act. If you think it may be unsafe or that there is a potential hazard, then stop and think about it before you act. You are not only placing your ability to commission as a 2LT on the line, your very life may be at risk. As the winter season begins, I want to remind all cadets and cadre to be aware of the environment and their surroundings and to think before you act.



I wish everyone the best of luck during their finals week and look forward to starting next semester with a new cadet chain-of-command. Have a well-deserved winter break but think and act safely at all times. I want to see each and every one of you back here safely next semester.

Best Regards,
LTC Pederson

Cadet Commanders Corner

By Cadet LTC Karly Mangen

(continued on page 7)

Happy Holiday's to all of the Fighting Saints Battalion and their family and friends! It has been a very busy fall semester with Colorguard, Lab, PT, the Deer Hunt, Ranger Challenge, CWST, FTX, and others. I want to thank everyone for all their hard work and dedication to train hard and get the job done. Many of you have made some tremen

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Fall FTX Field Training Exercises

By Matt Smith and Kelly Smith (Reporters for *The Record*)

We see ROTC cadets walking around in their uniforms every Monday. But what do they really do? Why are they involved? And are they really preparing for war? We hope to answer those questions as we explore many different aspects of the ROTC program. In Chapter One, we bring you on a weekendlong training exercise through the eyes of first-year cadets. The training took place Oct. 7-8 at St. John's.

It's a Friday night and Andrea Lieder is getting ready to go out. She has all the essentials for a long night: her gun, a plastic replica of an M16 and a backpack weighing almost 30 pounds full of extra gear. She's prepared for her first

overnight military training on campus. After packing up, Lieder takes her place in one of the two ROTC patrol units made up of CSB, SJU and SCSU students.

First-year Cadet Cody Martin is doing the same. He's packing on the extra layers, bringing gloves and his Camel-Bak full of water for a freezing night. For these first-year cadets (known as MS1's), it will be a night full of surprises and a few hours of sleep. But, it will be more than that. MS1's will learn about leadership, teamwork and being challenged, even when their bodies say no.

Martin and Lieder both completed BA-

SIC training last summer and came to CSB/SJU to enlist in the ROTC program.

"Not very many people can say they threw hand grenades for their summer break," Lieder said.

Their military roots exceed generations.

Martin's grandfather served in the National Guard for 32 years, his father for seven. His uncle is currently serving in Iraq, and his cousin is being deployed in December

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Ranger Challenge 2005

By Cadet Michael Henderson and Chris Blanc

Beginning on August 20th, sixteen highly motivated cadets began preparing for the Ranger Challenge competition. They all arrived motivated and dedicated to the challenging training that was about to come and continually excelled throughout the season. Their hard work and dedication resulted in a great performance on 14-15 October at the Ranger Challenge Competition as they placed 2nd out of ten teams losing to the University of Minnesota.

Preparation for the Challenge wasn't easy. Cadets had two a day practices every day Monday-Friday. Morning practices began at 0545 as they pushed cadets to their physical max. Workouts included a large number of push up and sits ups; sprint intervals, free weight intervals and a great amount of running. The teams hard work was easily seen as the team raised their August APFT average of 260 to a great 313 at the competition which took

2nd place in the event.

The evening practices worked to develop the skills used to dominate the other events in which the team competed in. These events included the grenade course, rope-bridge, land navigation, M-16 assemble-disassemble, patrolling written test and of course the good old 10K Ruck Run.

(Cont. on next page)



PT/CWST

Every Monday morning cadets from Alpha CO (ST John's University and College of St Benedict) arrive at the SJU Palestra at 0535 for training, and on Wednesday mornings cadets from B CO (St Cloud State University) arrive at Hollenbeck Hall at 0535 for training. Physical training (PT) consists of conducting the three conditioning drills. These drills are designed to increase flexibility, motor skills, and combat readiness. Cadets are now working out, not only to pass the current APFT (Army Physical Fitness Test), which includes push-ups, sit-ups, and a two mile run, but also to prepare for the new APFT. The new APFT will incorporate areas of muscular strength needed in combat including pull-ups and sprints. The MSIII's are in charge of all formations during PT and leading the cadets through the conditioning

drills and cardiovascular exercise.

Each company also conducted CWST (Combat Water Survival Training). This training includes various skills cadets will need in order to pass CWST at Warrior Forge. Cadets are required to pass the 10 minute swim, 5 minute tread water, jump from the high dive with a weapon while blind folded, swim 15 meters in BDUs with a weapon, and successful equipment drop. MSIV were the supervisors and trainers for CWST.



Overall, the SJU Ranger Challenge team not only excelled in their performance but came together as a team. Their great team work helped them to take 1st place in the Hand-grenade course and the 10K Ruck Run. All the practices, time and energy spent was always fueled but the other team members. When one was tired or down, the others were there to carry them along. The ruck run was a true test of that team work motivating them all as they dominated the event. It was a display of what a team is all about!

The SJU Ranger Challenge team was determined to bring home the 1st place trophy this year...but couldn't quite pull it off. With all the same motivated cadets coming back next year minus two seniors...U of M better watch out. Next year that 1st place Trophy (named troph) is going to be in the hands of the hard working SJU Ranger Challenge team. Wait and see!

Gold Team Captain Chris Blanc had this to say about his team:

For many in ROTC Ranger Challenge represents everything that we train for, and it's a chance to prove what we're worth. Personally I look forward to the RC competition as a chance to improve upon my APFT score and get to know other cadets at Bravo Company, I've found that those who train for this competition are among the best soldiers that I have ever had an opportunity to meet.

This years training started off the same as it has in the past, except this time I was the team captain and responsible for trying to coordinate everything to make it happen. Ranger Challenge began with a rigorous PT schedule every morning at 0600 with MSG Hejhal at the Hollenbeck Field house (I think he takes pleasure in smoking the cadets just to show that he can) we'd alternate between upper body and core exercises and each day would end with a run - no one is truly happy unless there's puking involved. When we could all take time out from our school schedules we'd conduct various skills training, like weapons assembly/disassembly and the infamous one rope bridge.

All of the training, time taken out of having "fun", and focus was necessary because the competition was fast and furious, and though we didn't do as well as some I could not be prouder of the cadets who took the time to train and meet the challenge. You guys worked hard and improved upon yourself as soldiers - you should all walk tall with your heads held high because you gave it your all and busted your butts. Thank you to all of the Alpha and Bravo Company cadets of FSB team gold, **always remember when the going gets tough the tough get "ICECREAM"**.

Warrior Forge

By Cadet Jeremy Caldwell

After your MSIII year in ROTC, all cadets are required to go to Warrior Forge, also known as the Leader Development and Assessment Course (LDAC), at Fort Lewis, Washington. The 33-day training event incorporates a wide range of subjects designed to develop and evaluate ones leadership ability. At Warrior Forge each cadet is placed in a variety of leadership positions in garrison and in the field, which are meant to simulate stressful combat situations. In each position, cadets receive an evaluation from an officer or noncommissioned officer that is assigned to the platoon. Ones performance at LDAC is a

major component of the cadet's overall evaluation, which determines what branch that cadet will get within the Army.

During the 33 days of training at Warrior Forge, cadets are able to demonstrate their proficiency and knowledge in many military skills. Some of the training and evaluated events that are performed within this time are as follows: the APFT, Land Navigation (day, night, and written), Basic Rifle Marksmanship, Confidence training, First Aid training, NBC training, Fire Support, Hand

Grenades, Field Leadership Reaction Course (FLRC), Squad Situational Training Exercises (STX), and Patrolling. Besides the valuable training that you receive, cadets get to meet people from all over the country- people that you'll keep in touch with long after training has been completed. It is a great experience and you learn a lot, not just about military skills, but also about yourself and your leadership abilities. The training from Warrior Forge is meant to develop you and help you become a better officer in the United States Army

CTLT

By Cadet Caitlin Ebbets

The opportunities given to cadets are unique experiences that teach us lessons that are hard-taught in a classroom. In a perfect ROTC system every cadet would be able to attend extra training because you never know who you'll meet, what you'll see, or what you'll learn. Immediately following Warrior Forge 2005, I traveled to Ft. Polk Louisiana for three weeks of Cadet Troop Lead Training (CTLT). I was paired with a first lieutenant (1LT) who was the platoon leader for a military police platoon. The platoon was part of a new Brigade Combat Teams (BCT) which meant everything I knew about military organizations did not apply. During my time at FT Polk I participated in training, took on some of the duties a platoon leader does each day, and interacted with soldiers who all had unique experiences. Because the platoon was part of a BCT battalion, the 1LT worked with officers and NCOs from the infantry, chemical corps, military intelligence, and engineers. This set-up gave me the unique opportunity to interact with soldiers from different branches and experiences, in fact, many of my hours were spent sitting in the office listening to an infantry Master Sergeant tell war stories.

Some of the training opportunities I participated involved helping, watching, or joining the soldiers of the military police platoon in their training. The first day I was with the platoon the soldiers were checking and storing their equipment after coming in from three weeks of field exercises. One of the specialists taught me how to do the maintenance checks on humves, another private first class taught me about the gear and equipment they have available to them as military policemen, and the squad leaders constantly showed me their roles and expectations for their soldiers. Throughout the next three weeks I sat in on the classes the soldiers were receiving as part of their training before being deployed to Afghanistan,

I acted as the officer in charge of an M203 range the squad leaders and team leaders did, I went through the OC pepper spray qualifications with the platoon, I sat in on field grade and company grade discipline hearings, went to the battalion commanders house for a hail and farewell and reception of the battalion coin, and I went and observed a different military police unit and a military intelligence unit during their field training exercises in what is known as "the box," which is the most realistic training US military units receive before their deployment to Afghanistan or Iraq. Overall, my CTLT experiences taught me a lot about what being a platoon leader is like, what military life is like, and about the military in general, I met extraordinary people who excelled at their job and inspired others to do their best, I learned more about myself and my personal goals for while I'm in the military, but most importantly, I took advantage of an opportunity given to me by ROTC and loved it.

West Point Experience

By Cadet Robert Bauleke

This last summer I traveled to West Point to participate in Cadet Field Training (CFT). This is the sophomore cadets chance to train in the field and get a chance to learn about some of the combat arms branches. I was the only ROTC cadet in my platoon of 40 some people and squad leaders, 1st sergeants and platoon sergeants were juniors. Our platoon leaders and above were seniors. We had a Tactical officer and NCO for each company that would essentially make sure we were training and not sleeping all the time. We stayed in hot, cold, metal barracks. Camp Buckner (where I lived all summer) was operating as a Forward Operating Base (FOB). What this meant is that we carried M16A2s with us everywhere that we went and whenever we left the FOB would have to lock and load blank rounds. Our instructors for the summer were troops from 3rd battalion of the 504th Parachute Infantry Regiment. This is a very elite and versatile infantry unit with extensive experience in Infantry tactics and airborne operations. A majority of the instructors had combat experience from Iraq, Afghanistan, Panama, Kosovo, Bosnia, etc. Those with experience in Iraq and Afghanistan were a vital asset to the training because of the current knowledge that they were able to apply to our training. I did meet quite a few ROTC Officers from all over the country. I met 2nd Lt.s 1st Lt.s, and CPTs. I even met an officer who had attended Infantry Officer Basic Course (IOBC) with Chris Theilen.

The first thing I did when I arrived at Buckner was take an Army Physical Fitness test (APFT). There were other athletic events offered to test your endurance and physical skill. There was a 10k run up a hill and back down it. I forgot to mention that Buckner had been conveniently placed at the bottom of many mountains. It was beautiful, but painful most of the time. There was also a biathlon which consisted of a 170m swim and 5k run. Throughout CFT cadets were doing their best to earn the Recon Badge. This entailed earning a first time go in the following events: day/night land navigation, Basic Rifle marksmanship, water confidence obstacle course, land confidence obstacle course, anzio timed obstacle course, poncho raft swim, enduro ruck run, and APFT (90% on each event; run, push-ups and sit-ups). We did Basic Rifle marksmanship which entailed a day of zeroing and then a day of qualification with and without a gas mask. We spent a day on the Field Leadership Reaction Course (FLRC). We spent 48 hours on Intro to Patrolling which consisted of rucking with about a 40 lbs pack up mountains, down mountains, through swamps and through creeks. We moved a total of about 13 miles in the two days with about four hours of sleep. We conducted a patrol base with one guy sleeping and one guy pulling security. We were attacked once in the night by 82nd troops who had night vision goggles. We did a day and night live fire with the M240B Machine gun and M249 Squad Automatic Rifle (SAW). The M240 has a 7.62 mm round and the M249 has a 5.56 mm round. This was probably the most impressive and awesome demonstration of small arms fire I had ever witnessed. We also conducted a buddy team live fire exercise. This was conducted in teams of two. One man would set, provide covering fire for the moving man, then the moving man would set and cover for the moving man. This went on until the threat was eliminated. During the day live fire with the 240 and 249, we engaged targets with the M203 grenade launcher and AT-4 missile launcher. We also learned how to deploy and engage the enemy with a claymore mine. While with the Field Artillery unit, we learned how to engage targets with the 80mm mortar and called for fire on tanks. At this site I also met a 2nd Lt who was at FA OBC with Marcus Syverson.

Second detail consisted of Infantry week (9 day Field Training Exercise FTX) and Mounted Maneuver Training at Fort Knox. During infantry week we spent four days training up for Operation Highland Warrior and five days actually conducting the missions. During infantry week our platoon had four squads and a weapons squad. Each squad had two M249 machine guns. The weapons squad consisted of both M240B Machine guns. We conducted a raid with insertion and extraction via MH-60 Blackhawk. During this we learned about room clearing techniques which can be very dangerous and takes a lot of time and practice to do it well and successfully. We set up a company defense position. Our platoon had to dig foxholes about five feet deep. This meant we spent about 24 hours digging and only about an hour or two of fighting the enemy. We set up and conducted an ambush. This was a live fire ambush initiated with two claymores. We also conducted movement to contact and react to fire. We did the react to contact as a PLT level. We conducted the movement to contact at the PLT level also. During Mounted Maneuver Training (MMT) at Fort Knox, we learned how to eliminate the threat during mounted operations. We participated in many simulated exercises (expensive video games on steroids) as the tank commander, driver and gunner. We fired one live round out of a tank and also engaged targets with the 50 cal. Machine gun and 25 mm cannon. We conducted patrolling in an urban terrain environment with paintball guns. We consisted of two squads and encountered IEDs in route to the house to be raided. We had to cordon, and call in the IED. Once we arrived at the house, we were annihilated by enemy fire. We then learned how to work a checkpoint and check vehicles and people. The actual MMT exercise, we were broken up into three PLTs; two tank PLTs and one scout PLT. The tank PLTs had three tanks and the scout PLT had three humvees. I was the 50 cal. Gunner during the operation in the scout PLT on a humvee. Upon returning from Knox we went through the Rifle Bayonet Assault Course (RBAC) and combatives (knife fighting, grappling and hand to hand fighting). Grappling is when two guys fight until one is choked out. It was a lot of fun and a good workout.

Overall, I am very glad that I went to West Point. I gained a lot of confidence and experience in field training exercises and solidified my desire to be a United States Army Officer. I also met and made good friendships from my PLT and know how important those connections are in the US Army.

Airborne School

By Cadet Kevin McCabe

Every year the United States Army qualifies 16,000 soldiers in Airborne combat. This training takes place at the home of the infantry at Fort Benning Georgia. Ft. Benning has become the primary training base for Airborne school, BOLC II, and all infantry schools including part of ranger school. It is also one of the most uncomfortable places on earth. Everyday it is 90 with 100% humidity. Airborne training is broken up into three phases, ground week, tower week and finally jump week. Ground week is the most physical week.

Ground week is a combination of flutter kicks and teaching of how to land without breaking your legs. The very first Monday of training you start the day off with a PT test and a 10 sec. arm hang. Through out the PT test the instructors stress one thing perfection. They make sure that your push ups and sit ups are perfect. After the PT test you are considered qualified for the course. Through out ground week you train on several different apparatuses. Such as the mock doors, 34 ft towers, and the pits. Each one of these tools is used to teach you the PLF (Parachute Landing Form) or as we called it the PFL (Pretty Fine Landing). Once they feel that you have mastered the PLF you move on to the next phase Tower week.

During tower week you do more training on your landing but you begin to practice as if you were falling from the sky. Some of the apparatuses that you use during tower week are the swing landing trainer, harness trainer, and the 250 ft tower. One of the first things you do during tower week is go to the harness trainer and practice steering your parachute. What they do is put you in a harness and lift you 4 ft off the ground and make you practice pulling your risers. Another apparatus you use is the swing landing trainer. This apparatus is supposed to simulate oscillation of the jumper before he hits the ground. The last apparatus you will use is the 250 ft tower. For this they hook a parachute into a loop and then pull you up 250 ft and then drop you. After all this training you are prepared to jump out of an airplane.

The third week, this is the week everyone talks about and also is scared for. This entire week you are training down at the airfield. The first thing they have you do is get into your harness. After that you sit in your harness for several hours waiting for your turn to jump out of the airplane. It takes a long time for you to get your turn but the wait is worth it. That first jump is amazing. This is especially true do to the force from the prop blast. For me it felt like getting shot out of a gun, it was great. Tuesday, weather permitting you make two jumps one with the ruck and one without. Wednesday is the same thing except you have a night jump. After the night jump you are so thankful that you did not break your legs because military chutes are not designed for soft landings. You hit the ground around 13 mph. On Friday is your graduation and the pinning of the wings. After that you are free to go home.

Airborne school was a great experience and something I am very proud of. It is also a great stepping stone for future endeavors in my life.



Fall FTX (Cont.)

Lieder's father was deployed to Iraq this year. "He speaks really highly of [the military]," she said. Both were inspired to follow in their families' footsteps. Oct. 7 was their first stop in a four-year journey.

Friday, Oct. 7

Together, Lieder, Martin and the other 36 camouflage-clad cadets ---- 11 of who are MS1's — march in straight lines to Watab Island and gather in a clearing between the towering pine trees.

As the sun sets and the temperature drops into the 20s, the cadets set up a dozen small cloth tents in the clearing while others lie on the ground, guns propped, securing the area. The cloth tents and thin mats are all the cadets have to combat the frigid temperatures and hard ground. The cadets could only hope that temperatures would dip below 24 degrees, so the officers would allow them to sleep inside. Regardless, the notion of sleep was hours away.

"We move out at 19:00," said SJU junior Kyle Parker, Martin's battle buddy. "Got your compass, water, canteen? Roger." Each cadet is assigned a battle buddy, another aspect of learning. "He looks out for you and you look out for him," Martin said. "You don't want to go anywhere alone because nobody knows what happened to you."

The cold isn't the only the challenge the cadets face. "They will not get food tonight," said senior Scott Cummings, who was in charge of organizing some activities. "They are not getting food from us until tomorrow morning, but they can have what we call pogeey bait, like snacks or chips that you bring on your own."

It's time to move out. The cadets march for more than an hour to the land navigation course behind the SJU baseball fields. For this simulation, some MS1's are paired, bringing Lieder and Martin together. They're left to navigate through the dark woods, armed with only a compass and map.

They must also carry their guns everywhere. "Make sure no matter where you move, you have weapon accountability," Lieutenant Colonel Bob Pederson said.

During land navigation, cadets must locate designated points on a map during a three-hour period. "I didn't feel ready enough [to go by myself]," Lieder said. "I'm pretty new to [land navigation]. It

was kind of frustrating...going through the dark, up those hills, over logs."

It's a familiar drill for MS4's.

"[It's about] finding their way, being comfortable with their equipment and confidence with themselves," said senior Jeremy Cadwell, a cadet captain and intelligence officer.

As the cadets finish the course into the early hours, the temperature drops even more. The wind-chill is approaching 16 degrees. In fear of hypothermia, Pederson relocates the cadets to Guild Hall to sleep.

At 2 a.m. the cadets fall asleep, only to wake up four hours later.

Saturday morning, Oct. 8

The cadets trek back to the land navigation course for leadership drills.

The MS1's and MS2's will be tested to see how well they respond to different simulations under the leadership of the MS3's.

The timed drills are designed for the small groups to face real-world combat situations, such as getting supplies across a broken bridge.

It'll test not only their minds but their patience.

"It's just kind of to see how they'll react, like if they'll freak out and yell at people, or if they'll think calmly and try to work together," said senior Caitlin Ebbets, a cadet major and executive officer.

As the afternoon wraps up, the tired, hungry cadets head home. But their duty doesn't end there. For these first-year cadets, trying to balance college life and ROTC can become tiring. Their schedule includes rising weekly at 5 a.m. for physical training, an additional class each cycle and monthly labs.

"It is kind of hard," Martin said. "But I keep up. It's what they expect of you."

CDT/BC (Cont.)

dous sacrifices including extra hours and extra work and it is not going unnoticed. It is Cadets like you that make this Army great.

As this semester draws to a close so does my duty as Battalion Commander and my rank as Cadet. I want to take this opportunity to thank all Cadets and Cadre, past and present, for making this such a wonderful experience. I have made lifelong friends and have had learned more than I could have imagined by participating in the program. Please spread the word to your family and friends about your experiences in ROTC. Without hardworking and dedicated Cadets and Cadre this program would not be possible.

Lastly I want to wish everyone a great holiday season. Please remember to take care of yourself and keep safe during Thanksgiving and Christmas break. CDT Neumann will be taking the job of the Fighting Saints Battalion Commander spring semester. Please show her the same motivation that I have seen throughout this semester.

Very Respectfully,

C/LTC Karly Mangen



Sights from Fall 2005







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This Newsletter was published to bring you the latest news of the Fighting Saints Battalion. This semester has seen a lot of activity, including excellent training, new programs, and other fun events. Cadets from all three schools contributed to the participation of events and the writing of the articles.

A special thank you goes out to all the cadets who provided articles for this edition

If you want to see yourself in the spring Newsletter, submit articles or pictures through your chain of command.

Thank you all for contributing so much to the Battalion and making this semester a great one.

C/S5-S6 Scott Cummings

Welcome our new Cadre MSG (R) Alberto DeJesus

Master Sergeant Alberto DeJesus was born and raised in Salinas, Puerto Rico. He graduated from Salinas High School 25 May 1981. He enrolled in college at the University of Puerto Rico where he earned a Track & Field scholarship and completed three years of Physical Education.

Master Sergeant DeJesus entered the Active Army on 21 August 1984. He received Infantry One Station Unit Training (OSUT) at Fort Benning, Georgia. His duty assignments include the 101st Airborne Division (Air Assault) where he served as a M60 Machine Gunner and as a Sniper with a Scout Platoon. He then served with the 2nd Infantry Division, Camp Howze, Republic of Korea, as a Fire Maneuver Team Leader. Upon his return from Korea, he was assigned to the 7th Infantry Division, 9th Infantry Regiment (Manchus) at Fort Ord, California, where he served as an Infantry Squad

Leader. MSG DeJesus was then assigned to the 3rd Infantry Division, Germany, as a Recon Platoon Sergeant. Upon completion of his second overseas assignment he was assigned to the 7th Infantry Division, Fort Lewis, Washington, as Light Infantry Platoon Sergeant. His most recent assignment was with the Minneapolis Recruiting Battalion where he served as a Field Recruiter, Station Commander, and Field First Sergeant.

MSG DeJesus' major deployments include the Multinational Force & Observers Mission, Sinai, Egypt; two rotations through the Jungle Operations Training Center, Panama; Operation Just Cause, Panama; Joint Combined Exercise Fuerzas Unidas, Paraguay; and Operation Desert Storm, Saudi Arabia.

MSG DeJesus' military education includes the Infantry School, Air Assault

School (Honor Graduate), Rappel Master Course, Combat Leaders Course, Unit Armorer Course, Sniper Course, Primary Leadership Development Course, Nuclear / Biological & Chemical Defense Course (Honor Graduate), Basic Noncommissioned Officer Course (Commandants List), Master Fitness School, Observer Controller Course, Army Recruiting Course and Advanced Noncommissioned Officer Course (Commandants List).

His awards include the Meritorious Service Medal (2nd Award), Army commendation Medal (3rd Award), Army Achievement Medal (11th Award), Good Conduct Medal (5th Award), National Defense Medal, Armed Forces Expeditionary Medal, Southwest Asia Service Medal, Kuwaiti Liberation Medal, Multinational Force and Observers Medal, Combat Infantry Badge, Expert Infantryman Badge, Army Recruiter Badge, Recruiter Ring and Air Assault Badge.