



Fall 2006

Fighting Saints

From the PROFESSOR OF MILITARY SCIENCE

By Lieutenant Colonel James C. Fischer



LTC James C. Fischer

Dear friends, family, and alumni,

I continue to marvel at our cadets, these college students who have answered the call to become officers in our nation's Army. Sure, the scholarship money is nice, but once you consider that there are plenty of other ways to earn your way through college, you appreciate that the spirit of patriotism and the love of liberty are still alive in America. When they show up at 0535 twice a week to do physical training instead of sleeping in, when they stay out on a Friday night in freezing temperatures at a patrol base instead of partying, when they spend their Saturday morning maneuvering through the woods instead of watching cartoons, you realize that these are special people, young Americans willing to selflessly serve so their fellow citizens can sleep peacefully and live their lives without fear.

Demonstrating their

readiness to be Lieutenants, our MS IVs have taken charge. They teach and mentor the other classes using their experience from Warrior Forge, their Reserve or Guard units, basic training, and their time with the program to make everyone better. The members of our MSIII Class are each at varying stages along their path to Warrior Forge this summer at Fort Lewis, WA; this critical training and assessment event challenges them more than it ever did when I was a cadet. They will all be ready. The MS IIs and Is take charge when they can, but focus for now on their academics and the basics of the science of leadership. The drive and determination of these newest members of our team motivate us all. Each class is an integral part of our program and each is consistently improving.

I had the privilege of addressing several groups over Veteran's Day and I focused my remarks on every generation's need to carry forward the torch of liberty. To local high school students, I explained that they would soon receive that torch and that they must be ready to advance it as their ancestors have done before them. I reminded our Veterans that as they had overcome the challenges to liberty that occurred in their lives, so must they help teach the new generations to stand resolute in the

face of tyranny no matter how bleak the times may seem. I emphasized that we must be prepared to pay any price and bear any burden so that the flame in Lady Liberty's hand might continue to burn brightly. Our cadets have already made the commitment to the defense of liberty by their dedicated efforts.

Parents, you have every right to be proud of your cadets. They are people of character who are always striving to do the right thing. They are easy to teach and eager to learn. (continued on pg. 8)

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Cadet Commander's Corner

By Cadet LTC Heather Mangen

I have really enjoyed being the Cadet Battalion Commander and I am sad to see the semester come to an end. I want to thank everyone from the Fighting Saints Battalion for making this semester successful.



CDT LTC Mangen

I anticipate another great semester under the command of Cadet McCabe and his staff. I appreciate all of the hard work and dedication from everyone. I hope you all enjoy your break and have a wonderful holiday season. I look

forward to everyone from the Fighting Saints returning in January refreshed and ready for training!

Sincerely,
CDT Mangen, C/LTC
FSB ■

Fall Training 2006

By Cadet Evander, C/S3 (Operations Officer) FSB

The fall semester, particularly the month of October, has traditionally carried a very heavy training schedule for the Fighting Saints Battalion. Fall 2006 has been no exception with four labs, a field training exercise, and combat water survival training. Each operation has provided a great opportunity for working toward the goal of leadership excellence. The primary purpose behind all of the training conducted in the Fighting Saints Battalion is to develop and assess leadership in our MSIII's as well as train to proficiency on important tasks such as drill and ceremony and land navigation.

The Fall Field Training Exercise provided some great training opportunities and new challenges for the battalion. The MSI's experienced realistic Army training for the first time while the

MSII's, as one year veterans, helped them develop their skills in the field. Breaking a tradition of the past few years, the entire Fighting Saints Battalion battled the cold and slept outside in patrol bases. MSIII's gained valuable leadership experience during the Field Leadership Reaction Course and patrol base operations. All cadets were able to sharpen their day land navigation skills and meet the new challenge of conducting night land navigation without chemical lights. Even though that challenge seemed to catch us all a bit off guard, we will meet it and improve performance in future operations.

Weekend labs have been an important source of valuable training as well. Fortunately, Mother Nature has cooperated by providing rain and cold to

harden this battalion into a team of soldiers that can't be distracted by poor weather conditions. We started off slowly in September and are now capable of conducting full Squad Situational Training Exercise lanes with a high level of proficiency. We will continue to train in future labs until all MSIII's perform within the band of excellence and all junior cadets are comfortable with squad operations.

Successful training operations in the Fighting Saints Battalion would not be possible without our dedicated Cadre, hard working Staff, and highly motivated cadets. It is my hope that our level of motivation will continue to drive successful training into the spring semester. ■



Ranger Challenge 2006

By Cadet McCabe

With a new year came new adventures and Ranger challenge this year provided plenty for us to pursue. Ranger Challenge is a competitive team for ROTC cadets to be part of. Ranger Challenge lasts a month and a half. We practice everyday with PT in the morning and skills practice in the afternoon. In early October we go to a competition at Camp Ripley where we get to compete in a PT test, orienteering course, patrolling lane, marksman ship, grenade assault, M16 assembly/disassembly, one rope bridge, and a 10K ruck run. At Ranger Challenge competition there are 10 competition teams from the Buffalo Brigade.

Ranger Challenge this year was a great and wonderful experience for all. The freshmen got to see what it feels like to work hard in the military. The sophomores got to show their stuff to the freshman. The juniors got to work on the PT for camp, and the seniors got to take charge and create the painful workouts that we all love so much. The season started off as it always does, with everyone carrying on about how sore they were from CPT Froehle's workouts. This all happened during the first week that everyone was back. As time passed, so did the aches and everyone began to become

tougher. This is usually when the teams for the competition are picked. As the days passed, everyone became anxious for the main event, the competition. First we must all crawl.

This year from the start, provided some interesting Challenges. The competition had changed this year and we had to train for two new events. The first event was patrolling. This year we conducted an actual patrolling lane. The second event was the grenade assault course. The course itself changed. This year we ran through the woods and the course was more similar to the one found out at LDAC (Leadership Development Course). Given these new events we decided to practice almost everyday twice a day. This put a considerable strain on all of the team members. In the true spirit of the Army Rangers, whom we all want to believe all the members fought through the tough times of doing 535 push-ups and sit-ups as well as all of the late night study sessions. Once all of these people were hardened cadets, we selected the teams.

The team selection proved to be very difficult this year because we had so

many experienced people participating. The black team was primarily made up of juniors and seniors. The Gold Team was made up of mainly freshman and sophomores. Each team had their own strengths and weaknesses. The Black Team had the aged veterans but the Gold team had the young blood. In good spirit of competition they were ready to face each other out in the woods. As the two teams worked with each other they learned something. The Black Team was able to pass its knowledge of the competition down to the Gold Team. Gold Team through its enthusiastic attitude, kept everyone motivated for the competition. The competition that took place on the 14th and 15th of October and was a great experience for all.

The competition is comprised of eight events as stated above. These eight events take place over a two day period that is filled with triumphs and failures. This year we had the privilege of bringing two very qualified teams to the competition. The Black Team won the marksmanship, one rope bridge, weapons assembly/disassembly, and also taking second place in the PT test. (continued on pg. 3)

Changing Faces

By Cadet Hake

Greetings Fighting Saints!! This year we have experienced many changing faces in both leadership and membership including the retirements of Lieutenant Colonel Peterson and Master Sergeant Hejhal, the return of Lieutenant Colonel Zeitler from deployment, the welcoming of 28 new MS I cadets, and other new members to our program. Although there have been changes in personnel, our continued focus on physical training and applied leadership excellence will only make us stronger.

I believe we can all benefit from the addition of our new cadre. They bring much useful experience and knowledge to our battalion. Sergeant First Class Fussell spent the last 18 years leading troops; every cadet should take advantage of this valuable resource and talk with him about lead-

ership...just don't mind his gruff exterior. Lieutenant Colonel Fischer has extensive knowledge of military history: if you are seeking a good book to read for leader development, he is the first person to ask. We have also had the privilege of adding Major Mattila to the Fighting Saints. Major Mattila, a St. Cloud State graduate, is always ready to work with Cadets who wish to improve further their physical training.

While the new Cadre are wonderful additions, we must say good-by, for now, to some of our current cadre. Major Williams and Major Froehle leave in January to serve on Military Training Teams. Major Williams will deploy to Iraq. He has been a constant source of motivation to many of us. On a personal

level, Major Williams was instrumental in my improvement with physical training in the last year and for this I will always be grateful. Major Froehle, a former St. Johns cadet himself, heads to Afghanistan after developing us for the last two years. His no nonsense leadership style ensured the success of many Fighting Saints graduates. These excellent teachers and valuable leaders will be missed.

The Fighting Saints are currently 88 Cadets strong. In addition to our MS Is, more than fifteen people joined our ranks this semester alone. There is always room for more. Talk to your friends on campus and back home; let them know what we have here. (continued on pg. 5)

Ranger Challenge Cont'd

The Gold Team had excellent scores in the PT test and almost won the one rope bridge event. Overall, the Black Team finished second and the Gold team finished eighth overall. Both teams preformed excellently. As the seniors' time comes to an end, I would like to leave the young ranger challenge cadets with these comments.

To future Ranger Challenge competitors; this is a unique sport that could carry with it the seriousness of combat but the comical nature of a party. Ranger Challenge provides you with a taste of how hard you will have to work some day with your soldiers. It gives you the brotherhood that you can't get in many other places. It provides you with the mental discipline to survive the many challenges that you will have to face in your future careers. I will leave you with these last comments.

- ▶ Always place the mission first when deciding on how to train for the competition
- ▶ Never accept defeat, and win next year and bring the trophy back to FSB
- ▶ Never quit, no matter how much the workout hurts or the afternoon practice sucks don't ever let yourself give in
- ▶ Never leave a fallen comrade, pick each other up; you are all bonded through equal hardships; don't let each other fall behind.

Good luck to next years Ranger Challenge competitors and I encourage everyone to participate. I would not be where I am today if it were not for Ranger Challenge. ■

Black Team

Kevin McCabe
Will Durbin
Anthony Muccio
Chris Olson
Cody Martin
Aaron Johnson
Kymberly Koenig
Mathew Schwegel
Nathan Justin

Coach CPT Froehle

Gold Team

TJ Johnson
Conor Mckeown
Adam Larson
Caroline North
Kevin Maxwell
Kyle Parker
Justin Evander
Eric Neutkens
Angela Spiess

Coach LTC Zeitler

Alt. Andria Welsh

Alt. John Docksey



Ranger Challenge members practice for the competition at St. John's woods

Ranger Challenge Team Photos



2006 Dining In Battalion Photo



The Dining In is a long-standing military tradition conducted annually by our cadets and cadre. This formal event involves a social hour, dinner, and several entertaining activities that allow us to have fun and build camaraderie. This year we had a great time; Mr. Vice was hard but fair, the class skits were clever (everyone spoke from their diaphragm) and we sampled some "America's First Battles Grog" which was possibly the best this Battalion has ever tasted and available exclusively from the kitchen of CDT Neutkens.

Changing Faces cont'd

By recruiting those who have the potential, we can continue to be a source of future leadership for our country. If you know anyone who would make an excellent leader, tell them about us, tell Major Mattila about them, invite them to Physical Training or class...get them involved.

I know we are proud to be a Fighting Saint and will do what it takes to leave this program stronger than when we joined. Let's us all do our part to keep this program among the best. We cannot maintain this strength or the quality of this program without the leadership and motivation of all our members. A key way to sustain this excellence is for every Cadet to take an active role in the mentoring program. Our future success and the success of our Army depend on our ability to work together, let's keep doing it. ■

Sights from Fall 2006



Lieutenant Colonel Z. dressed for combat at water survival training



LTC Fischer contracts his first cadet, CDT David Rothstein



Color Guard at SCSU Homecoming



Swearing In at the Battalion run



A cadet plunges into the water from the high dive at combat water survival training



The MS III Class: lookin' sharp at the Dining In



MS Is? Class?



CDT Schwegel leads a battalion formation at lab



Major Williams says goodbye to cadets at the final lab



CDT Woolery pushes CDT Hake into the water for CWST



I can't believe CDT Rothstein trusted CDT Muccio in Land Nav!



No, it's not the Bataan Death March, it's the MS I's and II's at their first lab

From the PMS cont'd

In case you are thinking that I am talking about someone else's children, I will admit that they do behave like typical college students. The difference is their level of dedication and their goal. They know what is important. They are focused, disciplined, and determined to excel.

If you are an alumnus reading this, please plan to visit us when you are in the area. I would be honored if you could speak to our cadets about your experience. We are in the process of adding a guestbook and possibly a list serve to our site to allow former members of the program to stay in touch. A few months ago, we read a piece in the local paper about the Himsl brothers, one of whom graduated from SCSU and the other from SJU (see <http://www.sctimes.com/apps/pbcs.dll/article?AID=2006110160020>). They are doing well. We have had visits from Colonel (retired) Scott E. Thein, Lieutenant Colonel Paul Nakasone, and Second Lieutenant Caitlin Ebbetts this past se-

mester among others. We would love to hear from you, please send us a story or an email.

I have had some ask, "How can I help?" First, please continue to provide encouragement to your cadet. Second, tell others about us and the opportunities available through service to our country. Finally, I am exploring the possibilities of creating a fund or an endowment to finance expenses associated with participating in the Bataan Death March in New Mexico and taking these young leaders to a Civil War Battlefield to do a staff ride in order to teach them the heritage and lessons to be learned from the past. If you are interested in participating in some way, please contact me.

Among the cadre and staff, Mrs. Lonna Christenson is leaving us after more than seven years of dedicated service. We wish her every success in the future. We also bid farewell to Majors Williams and Froehle and thank them for their service. Both will head to Fort Riley for training before taking assignments with Military Transition Teams. We will

face a gap with their departure, but I look forward to introducing our new Senior Military Instructor and perhaps a new Assistant Professor to you in the spring. Our former supply sergeant, Mr. Scott Forsyth is headed to retirement; cadets and cadre thank him for his dedicated service and wish him all the best. Mr. Grams will remain permanently in that position (hopefully for a long time because he is doing great work). We welcome Mr. Joe Peterson, our new Human Resources Administrator. Joe is a retired Army officer and brings a wealth of experience to the position. He has already made a positive impact.

Once again, you are all welcome to call, email, or visit anytime. On behalf of all the Fighting Saints, I wish you a wonderful 2007. ■



Organization

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If you are interested in ROTC or have any questions please feel free to visit our office either at St. John's or St. Cloud University campus. At SCSU we are located downstairs Stewart Hall room 16 and at St. John's we are located downstairs Guild Hall room 20.

This issue was compiled by:
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