Summer 2009
Fighting Saints Leader

Cadet Commander’s Corner
By Cadet Kevin Breuer

Welcome Fighting Saints to the new school year! To the new freshman, take this year in stride. You will be asked to learn a vast amount of information this coming semester. Be ready to follow the guidance of the MSIIIs and help to prepare them for Warrior Forge. Sophomores, in one short year you will be MSIIIs and preparing to go to LDAC. Make sure you learn as much as possible this year to help in your development as future leaders. Juniors, this year is pivotal in your progression to become 2LTs. Listen to the MSIVs and the Cadre and complete your preparation for Warrior Forge, work hard and stay motivated. The Fighting Saints have a challenging semester planned ahead. The Fall FTX will be demanding task for all involved. Our training will be tough, but will build us into the future leaders of the Army. The Cadre will be pushing us to be better every step of the way. Upperclassmen, keep mentoring the younger Cadets and helping them improve on a daily basis. It is an honor and a privilege to be the Cadet Battalion Commander for such a great group of Cadets. Through my first three years of ROTC I have seen the Battalion Commanders that have come before me and will strive to continue to keep the program pointed in the right direction. I look forward to working through this semester with all of you! Stay safe and stay motivated!

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Initial Week
By Cadet John Ghorbati

Initial week is an exciting and challenging time for new MS I Cadets. This is their first exposure to college and army life and is possibly the first time many of them have been away from home. Over the next few days these newest members of the Fighting Saints’ family will undergo several changes. They will begin transitioning into college life as freshmen. This is a milestone in itself, but these select few are now also on their way to becoming commissioned officers. They will begin to learn about and experience Army life and values. They will become familiar with the customs and courtesies of the Army, learning the basics from rank to falling in to a formation. These basic skills will become the building block for which the future sophomore, junior, and senior Cadets of the Fighting Saints are made. Initial week also presents the first test the new Cadets must face in passing the Army Physical Fitness Test (APFT). The test, consisting of push-ups, sit-ups, and a two mile run, can have an impact on a Cadet’s standing in their class and affects their scholarships. After successfully completing the APFT they earned the option to contract as a US Army ROTC and at Friday’s BBQ are sworn in as contracted Cadets. While initial week is designed primarily as the time to introduce freshmen Cadets and help to prepare them for Warrior Forge. Sophomores, in one short year you will be MSIIIs and preparing to go to LDAC. Make sure you learn as much as possible this year to help in your development as future leaders. Juniors, this year is pivotal in your progression to become 2LTs. Listen to the MSIVs and the Cadre and complete your preparation for Warrior Forge, work hard and stay motivated. The Fighting Saints have a challenging semester planned ahead.

Alumni! Join us December 19th for our Annual Alumni Gathering (see page 4)
Warrior Forge 2009
By Cadet Matieson Smith

While many college students spent their summers soaking up the sun, working the typical summer job, and wasting their summer away; ROTC Cadets got to spend 29 days training in Ft. Lewis Washington at the ROTC Leader Development and Assessment Course (LDAC), also called Warrior Forge. Warrior Forge is the ROTC program capstone course where almost 6000 Cadets from all over the nation are evaluated on a number of the tactical skills they have learned throughout their ROTC careers. Warrior Forge has become the most important training event for an Army ROTC Cadet. Warrior Forge places each Cadet in a variety of leadership positions, from a squad team leader to a company commander, each simulating a stressful combat situation. In each position, Cadets are evaluated by a platoon tactical and counseling (TAC) officers and noncommissioned officers on the 16 most critical leadership dimensions of an Army Officer. Beyond the evaluations, Cadets are required to meet established standards in physical fitness, land navigation, first aid training, weapons training, communication, combat patrols, combat water survival training, rappelling, chemical biological radiological and nuclear (CBRN) training, and demonstrate their proficiency in many other military skills. Cadets must excel at camp to be considered competitive for a commission as an Army officer. The camp consists of 12 ROTC training cycles or regiments with the first cycle beginning in June and the last cycle graduating in August. Each Cadet regiment is affiliated with an established and honored Army Regiment. The Cadet battalions adopt the honors, mottos, and pride of their respective active regiments. The purpose of the program is to infuse each Cadet with regimental esprit de corps and pride. Warrior Forge enhances skills in leadership by building confidence, testing communication proficiencies, and preparing Cadets to take the necessary steps in becoming an Officer in the United States Army.

AIRBORNE, AIRBORNE ALL THE WAY!
By Cadet Gregory Lentz

This past summer several Cadets from the Fighting Saints Battalion had the privilege of attending the Basic Airborne Course, or Airborne School, in Fort Benning, Georgia. There they completed three weeks of rigorous training with the goal of becoming paratroopers. Constantly battling extreme heat and humidity, and the constant demands of their instructors, the sergeant airborn, or “black hat”, every Soldier was pushed to their physical and mental limits. While attending Airborne School these Cadets were mixed with soldiers of every rank from every branch of military service. Not only was Airborne School a tremendous opportunity to receive quality training, but it allowed these young soldiers to learn and experience a true military environment. The first week of training, or “ground week” involved practicing the proper way to exit the plane, the proper way to execute a parachute landing fall (PLF), as well as various actions to take while in mid-air. The second week of training, “tower week”, had the soldiers refining these skills to the point of perfection, while learning every other procedure that needed to occur in the plane, in the air, and on the ground. Every step, every movement became second nature to them. After completing this training the Cadets were ready to enter into the third and final week of Airborne School, “jump week”. During jump week every Soldier was required to execute five successful mass exit jumps from a C-130 aircraft, at an altitude of approximately 1200ft, while traveling at speeds upwards of 150mph. Participating in these jumps was undoubtedly one of the most exhilarating experiences of their lives. Not only did these Cadets conquer their fears and become stronger men and women, they now carry on the proud traditions of the brave men and women who came before them.

CTLT
By Cadet Derek Lundquist

While most of the other Cadets left immediately after LDAC for their home stations, I was given the opportunity to participate in the CTLT (Cadet Troop Leadership Training) program at Fort Campbell, Kentucky with the 101st Airborne Division. CTLT consists of a Cadet being thrown immediately into a platoon leader position with the same responsibility of a 2nd Lieutenant. While in CTLT I experienced firsthand the day of a 2nd Lieutenant in a scout reconnaissance unit in terms of technical skills and lifestyle. At Fort Campbell I ran a weapons qualification range, and practice convoy operations. The Long Range Advanced Scout Surveillance System is used to clearly identify and recon targets from up to 26km away even at night. I worked with my Platoon Sergeant on the operations order. Then I planned, coordinated with the adjacent units, acquired supplies, and arranged land needed to make the range a successful two day field event. I also qualified with an M4 rifle using advanced sights, and even fired a Mark 19 grenade launcher using night optics. Scouts need vehicles for effective reconnaissance, and I was part of several convoy operations, getting to work closely with the lieutenants to plan routes and was allowed to be a part of command and control. While learning new technical and tactical skills the most important aspect of CTLT I took away from this summer was the lifestyle of an active duty combat arms lieutenant. The day started at 0430 and then PT shortly after. After a hard day of work I went to dinner with the rest of the troops and Lieutenants. The Lieutenants took me in as one of their own as well as my platoon’s Soldiers. I experienced the challenges and rewards that face a lieutenant such as unit morale, Soldier problems, Soldier successes as well as the balance of leadership a Lieutenant must learn to master. While at CTLT a Cadet will constantly be charged with new technical challenges and the Cadet will face complex social challenges with their Soldiers with whom they have only three weeks to understand an experience that no other college student can claim.
This summer has not been as successful for the Fighting Saints as the previous three. It’s not every day that the leader of an organization starts their regular message with a line like that, is it? However, I decided to do so because of two lessons that our performance this summer illustrate. First, although warriors strive to win every battle and succeed in every pursuit of life, it is unrealistic to expect a perfect performance. Some days, your opponent is just better than you. Sometimes, you just have a bad day. What matters more is that you stay in the fight, learning the lessons and overcoming the challenges in front of you to triumph in the end. It is more important to win the war than to win every battle. I am honestly proud of those who stumbled this summer because each one of them returned to campus with a spirit of determination, committed to improving and accomplishing the mission of becoming an Army officer.

Second, even though we had a few setbacks, our overall performance is still head and shoulders above the majority of our peers. We had plenty of success. We saw an increase in the number of RECONDO winners at Warrior Forge. The Cadets we sent to Argentina, Panama, and China learned a lot and did very well. Our performance at Airborne, Cadet Troop Leading, and Nurse Training drew great praise. Our GPA remained strong. We had Cadets winning sailing races, volunteering at camps, and completing triathlons. Very impressive. We have set the bar very high and continue to reach it every day. Even the greatest Generals in our Nation’s history—among them Washington, Grant, Lee, Pershing, and Patton—have experienced personal and professional setbacks in the course of their lives. Yet none of them gave up; they never surrendered. They never lowered their standards or compromised their character. Instead, they picked themselves up, dusted themselves off, looked ahead to their next objective, and continued on their journey of leadership excellence. When our Cadets make mistakes or fall short of success, the Cadre and I expect the same perseverance out of them. This tireless, unwavering, resolute drive to achieve worthwhile goals reflects a character that is needed in the future officer leaders of our Army. We may not win every day, but we will never quit. Our Nation, and the Sons and Daughters who defend it, deserve no less. If you are an alum of the program reading this, know that we would love to hear from you and share your story with the current generation of Fighting Saints; we hope you can be here in December for the annual reunion. If you are a friend or family member, send us your email address so we can add you to our mailing list or consider joining our subchapter of the Association of the United States Army. If you want to know more about us, enjoy the rest of this newsletter and check us out at www.csbsju.edu/rotc

We have put the finishing touches on a very busy summer for the FSB, with many of our Cadets and Cadre attending training events throughout the world. I would like to start off by congratulating the 20 Cadets that went to Warrior Forge and successfully completed the challenge of the rigorous 32 day event. This gave our Cadets a chance to see the rest of the ROTC programs in the Army and train alongside their peers. This unique experience allows for each Cadet to be evaluated in six separate scenarios that range from garrison operations to patrolling. The most important aspect of this training can be seen in the attitude of our returning graduates from the course by demonstrating a more mature and confident leadership style as they take the reins of the Battalion for the Fall of 2009.

Congratulations to four of our Cadets for earning an overall “E” (the highest rating) at FT. Lewis: Fogt, Haider, Lundquist and Canfield who also earned the “Recondo Badge” with Farniok. Three of these LDAC graduates had the chance to attend follow-on training with regular Army units. This gave the Cadets a first-hand account of how a unit runs its day to day business and what they may expect once they arrive at their first duty station as a new 2LT. One Cadet served in FT. Bragg, NC; another at FT. Campbell, KY; and our nursing Cadet trained in the hospital at Walter Reed, respectively. The Battalion also sent six new Cadets to FT. Knox, KY to attend the Leadership Training Course. The 28 day event is designed to substitute for the first two years of the Basic Course of Army ROTC. Each of our Cadets finished in the top third of their cycle demonstrating again the high quality of applicants we have in our program. Upon being certified from LTC each of these Cadets are eligible to enroll in the Advanced Course of Army ROTC as an MS III. Some Cadets had the opportunity to attend Airborne School and Air Assault School. The Battalion sent a total of eight Cadets to the demanding military schools. Each attendee gained knowledge and a new found respect for some of the opportunities they will find once they earn their commission.

The start of the year has arrived with the Ranger Challenge team in full swing with physical and technical training five days a week. The event will be held at Camp Ripley on the weekend of 10-12 October where we compete against seven other schools in our Brigade. Our training and events calendar is very crowded and it continues to demonstrate the level of dedication of our Cadets to achieving the maximum of their potential. Remember, this dedication will start you on a successful path to leadership for the future in the Army or in Civilian life.
My month long experience at United States Military Academy’s Camp Buckner provided me with a one of a kind training opportunity. Buckner is a mandatory camp all Cadets must graduate from the summer before they enter their second academic year at West Point. Like a buffet this camp gives Cadets a chance to sample from an assortment of combat and combat support branches while also advancing their basic military skills and knowledge. Cadets going into their third and fourth year act as the second year Cadet’s cadre in an effort to further their own attributes and skills as leaders. Rotating through the different training sites my company actually began at Fort Knox where for three days we were introduced to the Armor branch. Starting on virtual simulators we learned the general makeup and some tactics before transitioning into a mock battle drill mission under the guidance of armor soldiers in actual tanks. While at Knox we also had the privilege of firing a variety of weapon systems including a blank SABO round from the M1A1 tank, the 50 caliber from a Stryker, the 25 mm from a Bradley, and the M249 and the Mark 19 from a Humvee. Upon returned from Fort Knox we next were indoctrinated into the Artillery and Engineer branches. At the Artillery site we assisted in firing live high explosive projectiles from a howitzer, learned how to call for and adjust fire, oriented howitzers for an artillery occupation, and fired live mortars. The engineer site didn’t disappoint either as it provided us with substantial IED (improvised explosive devices) training along with allowing us to produce our own explosive door charges. Some parts of Buckner were aimed at enhancing Cadet’s technical military skills in the areas of land navigation and marksmanship. Land navigation was tested extensively during both day and night while firing during marksmanship was done on M4’s with CCO scope system that utilized laser sites during both day and nighttime operations. An NCO (noncommissioned officer) academy was hosted for the Cadets as well to give them an idea as to the responsibilities of an NCO. Events such as a 10 kilometer run, a land obstacle course, and water obstacle course were also conducted and graded for Cadets to reach the elite level of Recondo status.

Our chapter is named in honor of Jeremy Norberg, a Cadet who tragically died in a car accident two months shy of receiving his commission. He was a fine example of the seven Army values and was posthumously appointed a Second Lieutenant. Your membership would be a great way to show your support to us and our Army. You would receive a subscription to a great magazine that educates and informs, whether you are a veteran or new to the Army family. You would also receive all member benefits. Annual, tax-deductible dues range from $20 for Cadets to $33 for Field Grade officers and civilians. See the Minnesota chapter’s website at www.vessey5401.org or call Major Errington @ (320) 363–2342 to learn more.

The Fighting Saints Battalion will hold its third annual Alumni Gathering on December 19th, 2009. The event will begin at the St. Cloud Kelly Inn and will also include this year’s winter commissioning for the Army’s newest Second Lieutenants. Alumni, former Cadre, current Cadre, and Cadets will gather to reunite and reconnect with their program. LTC Fischer will speak to the group about how the program is currently doing and to thank the alumni for their continued support. Email or call Major Errington at jerrington@csbsju.edu or 320-363-2342 if you have any questions. Be on the lookout for the announcement of the location and times for this year’s gathering. The Cadre and Cadets of the Fighting Saints Battalion are looking forward to seeing our alumni at this year’s event.
Leader’s Training Course
By Cadet Lauren Rohlin

On July 18th I along with over a hundred other Cadets from all across the country entered the gates of Fort Knox. I had heard stories about the Leader’s Training Course (LTC) but I don’t think anything can quite compare to actually being there. The first thing that caught my attention was that Kentucky was definitely the heat, and added to the challenge of training. The first evening each Cadet gets assigned to their squad and platoon and all Cadets get a briefing from the company commander. This is part of the first phase named Soldier First, which is a basic introduction into the Army. The second phase of LTC was the Warrior Leader. During this phase, I was able to participate in rappelling, stream crossing, combat water survival training, and field training exercises. During field training exercises I fired a paint ball gun for the first time and lead my squad in attacking a bunker. This phase was the period in which new tactical skills that Cadets had been learning, some of which they had only learned in the past two weeks, came into the spotlight. Cadets lead these various missions and were given feedback on their performance after the mission was completed. There was also one of my favorite training days involving the high ropes course during called Eagles Dare which is designed to challenge Cadets fears of heights. The third and final phase of LTC is called Future Leader and helped prepare us for becoming MS IIs as well as conducting all of our final out briefings. Graduation was something many of the Cadets looked forward to and was attended by many of their family and friends. During LTC I grew as an individual and definitely as a leader. I became more mentally tough, having drill sergeants yell at me was something new, and physically tough. I enjoyed the experience of living in the barracks and meet many new people from all over the country. I feel that completing LTC prepared me for my military science III year as well as next years summer program the Leadership Development Assessment Course. This training gave me the opportunity few college students have and I look forward to continuing my training this fall at with Army ROTC.

Nurse Summer Training Program
By Cadet MaryAlice Riemann

This summer I was given the opportunity to enhance my nursing skills by participating in a twenty day internship at Walter Reed Army Medical Center in Washington D.C. I had been told by Cadets past that this would be a great time, but nothing could have prepared me for the amount of hands on training I would receive, the great nurses I would work with, and the wonderful patients I encountered on a daily basis. It was here that I was able to pull together all I had learned the past two years in clinical along with the new skills learned at Walter Reed, and for the first time felt like a “real” nurse. When a soldier gets injured in Iraq or Afghanistan they are sent to a hospital in Germany and then to Walter Reed. I had the opportunity to shadow a MEDEVAC nurse and pick up the Soldiers. Talking to them and hearing their stories was an eye-opening experience. My twenty days at Walter Reed flew by, but in this short time I was able to learn a great deal not only about nursing, but about myself as well.

Air Assault School
By Cadet Lauren Day

Air Assault School at Fort Knox, KY began at day zero with a wake-up at 1:45am and started off with pt from the sergeant air assaults. We then successfully negotiate the obstacle course and complete the 2 mile run in under 18:00 minutes. The initial few days were definitely the most physically demanding and required dedication to push through. On day one, phase one (aircraft familiarization) began. In this phase, we learned about the different types of aircraft used in the 101st Airborne Division (Air Assault). We were also taught basic hand and arm signals during this phase. I felt like I was starting school early with the large amount of studying I put in, but it paid off when I passed the test at the end of the phase. Phase two consisted of sling load operations, and with this phase came an increased class load and increased smoking. Attention to detail was the concept that was heavily stressed upon and it was put to the test when we were subject to random Pre-Combat Inspection (PCIs), searches for equipment that was required to be with us at all times. This phase also taught how to rig up common sling loads such as water trailers, HMMWVs, and cargo bags. This phase was very technically in depth and required close attention to detail and keen concentration to pass. For our test, we were required to correctly identify three out of four deficiencies on a sling load within two minutes. After successfully passing the phase two test, we started the final phase rappelling. In this phase we were required to tie a Swiss seat in under 90 seconds. Safety was extremely stressed in this phase as this can be the most dangerous. We were required to ensure we learned three different rappels that we were later thoroughly tested on. On the last day, the only thing standing between me and my wings was the 12 mile ruck march, which had to be completed in less than 3 hours. This ruck march taught me my limits, but also showed me how to push past them. Air Assault was tough, but in addition to learning about aircraft and stressed attention to detail, I learned how to push myself and go beyond what I thought I was even capable of.
This last summer I had the opportunity to attend Robin Sage at the John F. Kennedy Special Warfare Center at Fort Bragg, North Carolina. Robin Sage is the final phase in the training for Green Berets. This exercise is about Unconventional Warfare and how to train Guerilla fighters to fight and plan. During this exercise I was met by Cadets from across the country who all took part in the training as “G’s” or Guerilla forces as well as playing OPFOR. I was assigned as a “G” brought out to the field with several other role players where we spent the next two weeks living as Guerilla fighters working with the Special Forces units. During the time in the field the “G’s” and the SF candidates took on missions together and gathering intelligence through the community, using gained information for future missions. These missions took place in civilian towns, DZ and LZ operations, as well as their missions that took place in and around the community. During the two weeks some of the “G’s” were given staff positions to work beside the SF personnel. I was assigned as a S2 (Intelligence Officer), my job included preparing OPORDS for missions that were to take place and decipher intelligence gathered from the missions. This information I would then use to prepare and brief on the movements and strength of the opposing force that we were fighting. This experience has helped me understand how and why the OPORD is so important. We were trained with the elite SF personnel in special tasks, some include MOUT training, breaching, demolitions, patrol base operations, assaulting objectives, vehicle clearing, first aid, EPW searches, communication, and more. Overall I found that Robin Sage was really beneficial for Cadets to learn techniques that we will use during our MSIII year and beyond. I learned a lot with the highly trained soldiers which made the experience a once in a lifetime opportunity.

Sights from Summer 2009

CDT Riemann draws blood at NSTP

Freshmen Cadets jump off the high dive for CWST

Cadets complete run for the PT test at WF ’09

Cadet Boosalis climbs the rock wall

LTC Fischer and CDT Nyumah at BIR
Sights from Summer 2009 cont’d

Cadets complete the two mile run during the PT test

Cadet Lundquist welcomes the newest FSB members’ families

2nd Lieutenant Fogt at the Water Confidence Course during WF ‘09

Cadet Strege completes the 25 meter swim during CWST

Cadet Daly picks up a spare at bowling night

CDT Ghorbati prepares to board a Blackhawk at Warrior Forge ‘09
2LT Joseph Howe (Left) and 2LT Mathew Schwegel (Right) are the newest Fighting Saints Alumni, both class of 2008, that have received their Ranger Tab. They are the first to have completed Ranger School since the Class of 2004. The U.S. Army Ranger School is an extremely intense, 61-day, combat leadership course, oriented to small-unit tactics, and conducted in three separate three-week-long phases at Fort Benning, Georgia, (the woodland terrain, 'Benning Phase'), at Camp Rogers and Camp Darby, Georgia, 'the Mountain Phase' at Camp Merrill, near Dahlonega, Georgia, and the Florida Phase at Camp Rudder, Eglin Air Force Base, Florida. Historically, the graduation rate for this school has been around 40% and only 20% of those Soldiers make it through all three phases without having to repeat a phase. Both 2LT Howe and 2LT Schwegel completed Ranger School without having to repeat any phases.

**Do you know a future Cadet?**

If you know a young person who has the potential to be an Officer, tell them about us!

They don’t have to be from Minnesota!

We have great opportunities for Green-to-Gold; two/three/or four year scholarships (CSB/SJU/SCSU even pay for room & board); and the Simultaneous Membership Program.

Call 320-363-2717 for more info.

**Organization**

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 11 and at St. John’s we are located downstairs Guild Hall room 20.

This issue was compiled by:

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