



Summer 2007

FIGHTING SAINTS LEADER

From the PMS

Join us on the path to Leadership Excellence.

PROFESSOR OF MILITARY SCIENCE

By Lieutenant Colonel James C. Fischer



LTC James C. Fischer

Thanks for taking a moment to read about the Fighting Saints and what we are doing. If you had the chance to spend a week with me over the last few months, seeing what I see and doing what I get to do, I know you would be as excited as I am. I got to see our cadre at the Leaders' Development and Assessment Course on Fort Lewis, Washington teaching, coaching, mentoring and supporting Cadets. Everyone that went was asked to return next year: a huge compliment to their ability. I saw our Cadets setting the standard for performance out at this camp, now known as Warrior Forge. I tracked the successes of our prospects in the Leaders' Training Course at Fort Knox, Kentucky. I returned to campus to see the fantastic progress in supply and recruiting that our staff made. I learned about the solid accomplishments of our Cadets at their summer training. Sure, we had our challenges: land navigation was tough on everyone at Fort Lewis, one person at Fort

Knox decided that the Army was not for them, and we had a Cadet take ill at Airborne School, but our Cadets are learning, growing, and developing into the leaders of character that our country needs.

These challenges prove that becoming a leader is not easy. We do not "rubber stamp" our requirements. Our training is not a "cake walk." There are no fluff classes in our curriculum. Yet while it may not be easy, it is achievable, rewarding, and fun for those with the potential, the willingness to try, and the drive to succeed. We will always welcome this kind of person to our team.

We held a three-day session at the end of summer break for a great group of these kinds of people. This year we welcomed 21 new and current college students to our program during Initial Week. They come from places near (St Cloud Apollo and Sauk Rapids-Rice high schools) and far (Georgia and Montana). Among other things, our new cadets completed the ever-necessary Army paperwork, took a Physical Fitness Test, and received their basic issue of equipment. The final event was a picnic with their families which allowed us to introduce ourselves and what we do. It was a superb way to start the semester. You will see more details about the activities of the Fighting Saints in this issue.

I think you will see that we are doing well. We appreciate your support. If you are looking for ways to help, please keep in mind our Cadet Fund; join our Norberg chapter of the Association of the United States Army (AUSA); talk to high school students you know or to your Soldiers about coming to one of our schools- there is always room for more as we continue on the journey to Leadership Excellence. And of course, if you are in the area, stop by any of our locations. It would be great to see you.



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Cadet Commander's Corner

By Cadet LTC Matthew H. Schwegel

Welcome back Fighting Saints, and to all our new cadets and cadre, welcome to our family! Prepare yourselves for a challenging and equally rewarding school year. The ambition and desire to learn and lead already exemplified this fall gives me the utmost confidence that this will be a rewarding year for all.

I am honored to have the privilege of being your Cadet Battalion Commander. Leading a unit of such talented and ambitious young men and women, in times as demanding as these, is truly a special opportunity. Your willingness to serve your country,

at a point in our Nations' history when so much is at stake, makes you part of a very special, very selfless group.

As we progress throughout the upcoming school year, it is my sincerest hope that we grow in wisdom, proficiency, and confidence. Leading America's soldiers on today's battlefields requires innovative, educated, and resolute officers. With the mentorship of our cadre, all of whom are veterans, and with the desire to constantly strive for

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Warrior Forge

By Cadet Brett Rosequist

The Army's Leader Development and Assessment Course (LDAC) is the capstone event of every cadet's training. The 33-day course evaluates cadets on how well they can adapt to unusual and stressful situations when they are put in charge of accomplishing various missions, whether in garrison or in the field.

Even while not in a leadership position, cadets are kept busy by a rigorous schedule of events, including the Army Physical Fitness Test, Land Navigation, Basic Rifle Marksmanship, Combat Water Survival Training, First Aid Training, Individual Movement Techniques, Rappelling, Nuclear/Biological/Chemical Training, IED Training, Hand Grenade Training, Cultural Awareness Training, the Field Leadership Reaction Course, Squad Situational Training Exercises, Patrol Bases, Patrolling as a Platoon, and Combative Training.

When in a leadership position, cadets are under stress to perform. They must not only concentrate on their own development, but also on the coordination and development of the cadets under their

command. The standard for getting an "E", the highest rating, is to perform tasks at the level of a Non-Commissioned Officer with around ten years of experience. Evaluations not only include the technical skills cadets must know, but also a cadet's ability to motivate other cadets and encourage teamwork.

Conditions are almost never ideal at LDAC. Cadets need to overcome the challenge of not having very much sleep over an extended period of time. Also, the location of LDAC - Ft. Lewis, WA - tends to be extremely rainy. This contributes to blisters and other discomforts, especially while cadets spend 10 continuous days in the field.

LDAC is a chance for cadets to develop as the leaders they need to be in today's strife-filled world. Through observation of themselves and others, the LDAC graduates come back wiser, more confident, and ready to move onto the higher leadership challenge of using the lessons they have learned to evaluate the Basic course cadets towards success.

Alumni Events

Join us for a social gathering to get reconnected with your peers and the ROTC Program at the Kelly Inn in St. Cloud and then bus with us to the St. John's versus St. Cloud State Basketball game on 8 December 2007. Pre Game festivities will begin at 4:30pm at the Kelly Inn and the Game is scheduled for 8:00pm.

For more information or to be put on the Alumni list: Contact CPT Errington at (320) 363-2342, e-mail us at rotc@csbsju.edu, or visit us at <http://armyrotc.com/edu/mnstjohns>



CTLT

By Cadet Nathan Justin

ROTC provides many training opportunities that you cannot experience anywhere else. One of the major goals of the Army is to train our Soldiers in as realistic of an environment as possible. While ROTC prepares you to perform the duties of a second lieutenant, it is still not as realistic of an experience as some cadets would like. In order to offer a training situation that provides an opportunity to experience exactly what duties an officer performs, ROTC has developed the cadet troop lead training (CTLT) program. I attended CTLT training with a PATRIOT unit at Fort Bliss, Texas immediately after leaving warrior forge this past summer. While there, I shadowed a second lieutenant for four weeks and learned from both his experiences and hands-on training. I was placed in charge of tasks that cadets are not normally responsible for such as writing awards for Soldiers and counseling Soldiers on personal issues that they were dealing with. While at Fort Bliss, I was also able to conduct training that is only conducted by Air Defense Artillery Soldiers. I first spent a few days observing what are called "air battles" where Soldiers are placed in a simulator and they have to prevent enemy missiles and aircraft from attacking friendly forces. It is a very high stress situation where Soldiers must identify, track, and decide whether to engage or disengage incoming targets on the radar.

I was also given the opportunity to work with a tank platoon while I was in Texas. What was really cool about this experience was that even though I had never conducted a real mission with a tank,

I was very confident in my ability to make decisions and execute them due to my ROTC training. I was given the responsibilities of a tank commander, and I had to maneuver my tank along with three other ones to complete a simulated mission. This was a totally different experience than I had ever been through because not only did I have to work with the other tanks in my platoon, but I had to give clear and precise directions to the crew members in my tank as to what we needed to do in order to complete our mission.

All of this training reached a culmination point when my Battery conducted a three week field training exercise. As a cadet, I was designated the responsibility of being the officer in charge of the advanced party that arrived at our site before all of the missile launchers and other vehicles, in order to both reconnoiter the area and designate where the vehicles would be emplaced once they arrived. This was a very demanding task, but my experiences in ROTC had well prepared me for the challenge. I had to first conduct a map reconnaissance of the route that our vehicles would take to get there. This entailed road distances, vehicle inspections, and risk assessments. Once those tasks were completed, I had to conduct a convoy to the site at night, using no headlights and night vision goggles. This was a very difficult task that takes a lot of patience and land navigation skills which I learned in my three years of ROTC. My experience at CTLT this past summer reinforced my commitment to serve this country.

From the Senior Military Instructor

MSG Keith H. Arnold



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 16 cadets that went to Warrior Forge and successfully completing the challenge of the rigorous 33 day event. This gave our cadets a chance to see the rest of the ROTC programs in the Army and train along-side 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 2007.

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 Korea, the other two at FT. Hood, TX and FT. Benning, GA 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, Mountain Warfare and Air Assault School. The Battalion sent a total of seven 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 12-14 October where we compete against seven other schools in our Brigade. The Fighting Saints will field two competitive nine person teams for the event.

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.

Ranger Challenge

By Cadet William Durbin

The Fall for ROTC programs across the country means extra early morning workouts and afternoon skills practices for some cadets. Ranger Challenge season is in session. Cadets at the Fighting Saints Battalion have been top contenders for several years now and continue to build a stronger camaraderie amidst the battalion.

The events cadets compete in include: an Army Physical Fitness Test (APFT), land navigation, One Rope Bridge, hand grenade assault, patrolling, M16A2 target qualification, M16A2 disassembly/assembly, and a 10K ruck run. The competition is 12 October 07 – 14 October 07 and is held at Camp Ripley. The University of North Dakota, University of Minnesota,

North Dakota State University, Minnesota State University Moorhead, University of South Dakota, South Dakota State University, and the Fighting Saints Battalion all compete. Many cadets find that the Army is a small world, meeting cadets from these schools whom have crossed their paths before at places like Airborne, Air Assault school, and Warrior Forge.

A Ranger Challenge (RC) team consists of nine cadets to include at least one female. This year the Fighting Saints will take two full teams at a minimum. The workouts for these individuals are run Monday through Friday before the sun comes up. Members of the RC team find it amazing how much pain the body can take when

mental toughness is possessed, but also that the more fit one is, the less one needs to draw from mental toughness. The workouts are the medium to accomplishing this mission. The teams' cadre instructor is Master Sergeant Keith Arnold and does all he can to ensure this task is executed to the fullest. Cadets may hate it now, but will appreciate this during the competition and beyond.

The fun comes with the skills practices. Cadets get down and dirty while using the skills needed to be a successful Ranger Challenge team member. This year's hard work will pay off in October when the teams put their minds and hearts to the test.

Saints! Prepare for Glory!

A Prayer from Fr. Jerome Tupa

Father God, protect our troops our favored sons and daughters, keeping peace in foreign lands and sailing distant waters. Here beneath the northern sky, from shore to glorious shore,

we are praying for their safety, as they face the threat of war. Grant them wisdom and courage for the perilous job they do, and in support of her troops, Keep America strong and true. Guide and guard our forces,

Lead them each step of the way,
Bless and keep their families.
Bring them safely home to stay.

Fighting Saints Take to the Sky

By Cadet Adam Larson

Junior T.J. Johnson, Tyler Kostiuk and I attended and completed the U.S. Army Basic Airborne Course this summer. This school is located at Ft. Benning, GA. Soldiers, Officers, Cadets and servicemen and women from all branches of the Armed Forces train together for three weeks. The goal of every student of the Airborne course is to achieve the coveted status of paratrooper as well as receive a set of jump wings to pin on their uniform to serve as a symbol of leadership, courage, and skill. To receive these honors, students must satisfactorily complete all three weeks of instruction as well as execute five jumps from C-17 or C-130 aircraft at 1250 feet. The first two weeks of training, commonly referred to as Ground Week and Tower Week respectively, consisted of instruction and execution of mass exit techniques, proper parachute landing falls, and reactions to emergency situations. Jump Week consisted of five mass exit jumps including one nighttime jump and eventually concluded with the

graduation ceremony.

The value of attending schools such as Airborne is immense for Cadets. Students learn so much more than just how to jump out of planes. Every student must interact and learn with Soldiers and Officers from all backgrounds and every branch of the Armed Forces. For Cadets, such as myself, who have never experienced Basic Training, it is an indispensable opportunity to get a glimpse of life as an enlisted Soldier. For every student, no matter how fearless they consider themselves, there comes a point where they must face intense fear and resolve to perform their tasks under intense pressure. For myself, and I suspect for many others, the greatest rewards from Airborne are not pinned on my uniform every Monday or framed on my wall at home, I carry them with me every day. They are always inside of me, and no matter what happens, they can never be taken away.

Congratulations to our Newest Second Lieutenants

Joseph Genin – Armor

John Watrin – Engineers

Heather Mangen – Adjutant General

Joshua Magnusson – Chemical

Timothy Woolery – Armor

Robert Bauleke – Field Artillery

Kyle Parker – Infantry

Christopher Olson – Infantry

Kevin McCabe – Infantry

Justin Evander – Military Police

AUSA



Voice of the Army Support for the Soldier

Consider joining the Norberg sub chapter of AUSA. Since 1950, the Association of the United States Army has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve. AUSA is a private, non-profit educational organization that supports America's Army - Active, National Guard, Reserve, Civilians, Retirees and family members. AUSA provides our cadets numerous Professional Development Opportunities at a variety of events both local and national.

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 Captain Errington @ (320) 363-2342 to learn more.

Leader's Training Course

By Cadet Jacob Peterson

The Leader's Training Course (LTC) is held at Fort Knox, Kentucky for cadets enrolling in ROTC as a junior. It is twenty-eight days of intense leadership development training. Held both in the field and in the classroom LTC prepares new cadets for their MS III year. LTC is broke down into four phases; the Soldier First, Warrior Leader, Bold Leader, and Future Leader phases. The Soldier First phase is devoted to instill the do's and don'ts of the United States Army, as well as drill and ceremony regulations. During this phase, you learn what Army discipline is all about. Warrior Leader is the next phase, which aims to development the warrior ethos through tactical training. We participated in day and night land navigation, combat water survival training, basic rifle marksmanship. The Warrior Leader phase taught us Army teamwork, which is critical in the battle drills, and urban warfare training that we practiced at LTC.

The next phase was Bold Leader, in which we put all of our

training to the test. Bold leader is held during LTC's field training exercise and is split into four days of training. During Bold Leader we experience many exciting challenges. Day one we demonstrated our leadership skill on the STX's lanes. Day two we rappelled down a 200 foot cliff and constructed a rope bridge in order to cross a stream. On the third day, we put of fear of heights to the test on a high ropes course and rock climbing walls. The fourth day consisted of zodiac raft drills on Tobacco Leaf Lake. The culmination of Bold Leader was a five mile rucksack march up to hills infamously named Agony and Misery and back to the barracks. The four and final phase of LTC is the Future Leader phase in which you are evaluated on your actions in leadership positions over the course. You are given feedback on your strengths and weaknesses, and what you need to work on to become a future leader in the US Army. Overall, LTC was a great experience. I learned more about myself than I ever have. It made me a strong person mentally and physically, and prepared me for my MS III year.

Air Assault School

By Cadet Joseph Howe

This summer I was selected to attend Air Assault School at Camp Rilea, Oregon. Before I was able to attend Air Assault School I had to pass the first day. Zero Day is a preliminary physical fitness testing day where Soldiers must pass two required tests in order to participate in Air Assault School. The first test that I had to complete was an obstacle course which tested my endurance and strength. The second test was a two mile run which had to be completed in less than 18 minutes. Each Soldier had to run in their ACU's and tennis shoes. After the two tests had been completed, Soldiers were notified of their acceptance or denial to Air Assault School. Air Assault School consists of three phases. The first phase is aircraft association. The first phase is a two day program where I had to familiarize myself with helicopters and all their characteristics. I had to study aircraft safety, aero-medical evacuation, close combat attack, combat assault, and pathfinder operations. While having to learn all of this information I was also pushed to my physical and mental limits through rigorous daily training. At the end of the first phase, I was given a written exam and a practical exercise test. The written exam tested my knowledge of helicopters and supporting information. The practical exercise tested my knowledge of hand and arm signals which are used to direct the pilots.

Phase two was a three day phase in which they taught us sling loading. The sling load phase is considered the hardest phase of Air Assault School, both mentally and physically. Sling load operations consist of seven common loads. I had to memorize all seven common loads and their supporting information because on the third day I had a written exam testing my knowledge of the seven common loads.

The final phase of Air Assault School is rappelling. This final phase introduced me to rappelling and prepared me for a rappel out of a UH-60 Blackhawk. My rappel out of the UH-60 Blackhawk was the highlight of Air Assault School. I had to rappel successfully down ninety-feet from the helicopter to the ground safely which I completed successfully. After I had completed my rappel from the helicopter, I had to complete the last test of the rappel phase and Air Assault School; the twelve-mile road march. For this road march each Soldier was required to wear full combat gear and complete the march within three hours.

I completed all three phases successfully and became a graduate of the Air Assault School. My experience in Air Assault School was mentally tough and physically grinding but worth the experience that I gained through the extra training I received.

Employee of the Quarter

Congratulation to Mr. Joe Peterson on being selected "Employee of the Quarter" for Western Region, Cadet Command. The Army Civilian Employee of the Quarter recognizes an individual who has gone above and beyond the Call of Duty. He was selected over several hundred Department of the Army civilian employees assigned to schools located west of the Mississippi River. Mr. Peterson was able to achieve this accomplishment through his continued exemplary customer support for the Fighting Saints Battalion.



Mr. Joe Peterson

Sights from Summer 2007



Demilitarized Zone on the South Korean side (Photo by Cadet Rothstein)



Cadet Rothstein enjoying a traditional Korean meal.



5th Regt. moving to the training site at Warrior Forge 2007.



Loading, riding, and deploying from Chinooks at Warrior Forge 2007

Sights from Summer 2007 cont'd



Air Defense Artillery, Ft. Bliss, TX (Photo by CDT Justin)



Cadet Schwegel at Warrior Forge '07



Cadet Howe at Air Assault School



Cadet Durbin enjoys Chinook ride at Warrior Forge '07



The incoming MS I Class.

Sights from Summer 2007 cont'd



FSB Ranger Challenge Team training and preparing for their October competition.



Organization

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Cadet Commander's Corner cont'd

self-improvement, I believe we can grow to into those types of leaders.

Many challenges will confront us this semester, which will test us physically, mentally, and emotionally. Attack them head on, and conquer your emotions while doing so. ROTC pushes us daily in areas unique to the average college experience. Embrace this opportunity to self-discover and grow.

As a senior, I reflect on my past three years in college and realize several things. I realize that my intellect, my confidence, and my sense of self have all been strengthened, in no small part due to ROTC. I also know that such an experience flies by faster than ever expected. Enjoy your college education, and make the fullest of every day spent here. It only happens once.

I look forward to working with each and every one of you throughout this school year. We have much to accomplish, in our journey towards officership. So stay motivated, stay safe, and enjoy the school year!

Fighting Saints!

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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