Cadet Commander’s Corner
By Cadet LTC Aaron W. Rindahl

I would like to take a moment to welcome everyone to our program, both those who are here for their first year and those who are returning to complete another year. It is a pleasant experience to see all the new cadets that are going to follow in the same footsteps as I have. To the new cadets in the Fighting Saints Battalion, you are in a program that is full of experience and cadre that will take the necessary time to help you learn and grow. This is a unique opportunity that many of your peers throughout campus will never have the ability to receive. Use this to your advantage and you will be able to succeed both in the ROTC program as well as your selected major. To the returning cadets that have been away all summer, or busy with one of the many training opportunities of the ROTC program, I welcome you to another year with the Fighting Saints Battalion. This semester will give you the chance to show us what you have accomplished through the off season. Be ready to hit the ground running as this will be a busy year much like the years in the past. We will be looking for you to help mentor the incoming members of the Fighting Saints and help them to feel welcome. The final welcome is not one to any person that is returning, but a welcome to challenges. When cadets of the ROTC program are challenged, they prove to themselves, as well as the cadre what they are capable of accomplishing. With the mission of commissioning second lieutenants in the United States Army, we need to be sure that these cadets are up to take on the day to day challenges of leading America’s soldiers.
Warrior Forge 2008
By Cadet Tara Robertson

ROTC Leader Development and Assessment Course (LDAC), also known as Warrior Forge, is a 33-day training course in which cadets from across the nation are evaluated in a variety of tactical and garrison environments. Warrior Forge tests the knowledge, leadership ability, stamina, intelligence, common sense and decision making capabilities of each cadet in demanding and stressful situations. Warrior Forge places each cadet in a variety of leadership positions such as the Company Commander, Executive Officer, First Sergeant, Platoon Leader, Platoon Sergeant, or Squad Leader. Even when not being evaluated, cadets must meet standards in Physical Fitness, Basic Rifle Marksmanship, Land Navigation, Communication, Combat Patrols, First Aid Training, IED training, Chemical Biological Radiological and Nuclear (CBRN) Training, Rappelling, Combat Water Survival Training, Hand Grenade Training, and Individual Movement Techniques. During each leadership position, cadets are evaluated on their decision making capabilities and performance under stress. How well the cadet takes control, motivates other cadets to complete the mission, promotes teamwork, and leads soldiers to accomplish the task at hand is the basis for the evaluations. Each position requires the cadet to perform tasks at the level of a Non-Commissioned Officer with 10-12 years of experience. Long days, adverse weather conditions, personal stresses, and demanding training are among a few of the other stresses each cadet must overcome to complete training. The trials are rigorous and demanding – both mentally and physically – to ensure that cadets are prepared to commission as officers in the United States Army. Warrior Forge provides an environment for cadets to develop themselves and excel as future leaders. Skills are enhanced, confidence is built and reinforced, bonds are formed, and leaders emerge ready to face their next challenges on the road to becoming a United States Army Officer.

Airborne! Experience of a Lifetime
By Cadet John Oemig

You are in an airplane at 1250 feet in the air, traveling at around 150 miles per hour, and you are told to jump out. Do you have what it takes? This summer I attended and completed the U.S. Army Basic Airborne Course located at Fort Benning Georgia. All of the Armed Forces send their soldiers to this one school due to the fact that it is the best jump school in the entire world. Students are taught by the highly skilled instructors, known as 'Black Hats.' We train for three weeks, all our preparation leading up to jump week where students complete 5 jumps from a C-17 or a C-130 aircraft at 1250 feet. Week one of training is Ground Week. During this week students are taught how to exit an aircraft, parachute landing falls, and respect for what you will be doing the third week Jump week. The second week of training is Tower Week, where students are taught what to do while they are in the air. Everything from execution of mass exit techniques, to what set of risers to pull when you are preparing to land, reactions to emergency situations and packing up your parachute once you are on the ground. The third week “Jump Week” consists of making five mass exit jumps, and the week concludes with the graduation ceremony. Schools such as Airborne are a great asset to all cadets, because they give you insight on what life is like as an Enlisted Soldier. Students learn more than how to jump out of planes, they interact and learn with Officers and Soldiers from all different walks of life. As a cadet this training was a valuable experience for me, I really learned the meaning of the Army Values. The Loyalty of those who came before me. The Duty I had to my battalion by becoming a paratrooper. The Respect I had for my instructors. Selfless-Service, through leading by example. Honor, for what I accomplished, and joining the Airborne family. The Integrity to put forth one hundred percent in everything that I do. And the Personal Courage it took to conquer my fear of heights and jump from the aircraft. This will be an experience that I will remember for the rest of my life and it is something that no one can take away from me.

CTLTT
By Cadet Tyler Kostiuk

The summer between a cadet’s junior and senior year is one of the most important learning period of their ROTC career. Upon completion of the Leadership Development Assessment Course (LDAC), which is the culmination of 3 years of hard work, some will have the opportunity to further their summer experience by working along side a platoon leader in an actual unit. This follow-on training is called Cadet Troop Leading Training (CTLT). I was fortunate enough to attend CTLT this past summer at Ft. Bragg. I worked with an Airborne Infantry unit in the 82nd Airborne for 3 weeks and after 3 days of shadowing a lieutenant I was able to take over as platoon leader for a scout platoon. The first thing that I did when I arrived to the unit was attend BAR (Basic Airborne Refresher), which is a 3 hour course where we re-learn the basics of parachuting and once the course is completed you are certified to jump for another 30 days. The tasks that were assigned to me during my time at Ft. Bragg consisted of Range OIC for an M4 qualification range, conducting counseling sessions, Staff Duty Officer, leading PT sessions, Marksmanship training and working with the DZSO (Drop Zone Safety Officer) team to get a better understanding of Airborne operations. The main focus of the training that I was being conducted while I was at Ft. Bragg was to prepare the Soldiers for the Expert Infantryman Badge testing and their eventual deployment. Most of the training was geared more towards the individual soldier so we spent a great deal of time at the range where I was introduced to weapon systems that I have never used before such as the M240B and M249. I was also introduced to the different equipment used to fire these weapon systems at night, such as lasers and night vision. I was able to play a leadership role in this training when I planned out an M4 Day/ Night Qualification range. During the planning process I learned a great deal about coordinating with staff members to ensure that the range was ran safely and smoothly. Overall my experiences at CTLT as a platoon leader have better prepared me for what is to come in my career and it was an honor to work with such a distinguished unit as the 82nd Airborne.
From the Professor of Military Science
LTC James C. Fischer

The summer has been very successful for the Fighting Saints. More young Americans have stepped forward to begin the pursuit of Leadership Excellence. We have our largest classes in years! Grades from last semester were strong. Our Cadets performed to high standards in their training at Warrior Forge at Fort Lewis and Bold Leader at Fort Knox. Several Cadets completed airborne, air assault, Cadet Troop Leader Training (CTLT), and Nursing Student Training Program (NSTP). Outstanding!

The path they are on is not that of your typical college student. While they are students in every sense, they strive for more. There is a challenge to manage time. Some have asked me for my guidance on how to prioritize their time and effort. I want to share with you my advice to them.

First off, we know they can’t do everything at once and do not expect them to. We recommend that they allocate the largest amount of their time to those things that matter most: their studies, leadership, and family. Of course the particulars vary from person to person, but I believe these should be the priorities for our Cadets:

1. Academics. I regularly remind them that the Nation deserves educated leaders. They may not see the practical value in some of the courses they have to take, but we recognize that the process of learning, the mental and conceptual development that occurs in the classroom will make them more effective leaders. We expect them to get the best grades that they can and help them wherever possible to achieve this goal.

2. Leadership development. Future leaders need to practice their leadership skills. Most of them do this in ROTC labs and/or at their National Guard or Reserve unit. We help them stay in shape and develop their physical abilities. They also build leadership skills on university sports teams, as managers or resident assistants. Most of all, we want them to stay involved in ROTC.

3. Rest, recreation, and family. Leaders need a break just like everyone else. Sleep is important as is the chance to pursue hobbies. We don’t want them to ever forget family. We help them learn to stay away from time wasters, substance abuse, and other habits that dull senses and eat up too much of their valuable time. No one will ever tell them they can’t have fun; they should have lots of it! We just want them to be smart and safe: they are too important to us, their loved ones, and our Country.

4. Other college experiences. There are many chances for them to learn, grow, and do fun things on campus. Clubs, intramurals, guest speakers, concerts, spiritual activities, academic trips, and so on make them well-rounded people and provide even more leadership opportunities. Everything they do should help them prepare to be leaders. They are doing something special; something that requires training and practice. Every one of them has the potential to make a difference for their Soldiers, their state, our Country, and the world. The Cadre and I are honored to guide them on their journey to leadership excellence. We look forward to a great semester and I hope these pages confirm for you that we are off to an excellent start!

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 18 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 2008.

Congratulations to five of our cadets for earning an overall “E” (the highest rating) at FT. Lewis: Christiansen, Martin, Robertson, Thomsen and Cadet Rindahl who also earned the “Recondo Badge”. Four 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. Jackson, SC; and our two nursing cadets trained in the hospital at FT. Sam Houston, TX 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 five 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. The Fighting Saints will host this years 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.
The Fighting Saints Battalion will hold its second annual Alumni Gathering on December 20th, 2008. Last year, over 25 people attended the event which kicked off at the Kelly Inn and proceeded to the SJU vs SCSU boys basketball game. This year’s event will be held in the local St. Cloud area on the same day as the winter commissioning for three of the Army’s newest second lieutenants. Alumni/ae, former cadre, current cadre, and cadets will gather to reunite and reconnect with their program. All of the alumni told stories at last year’s event of how tough it was back in their day or how good their Ranger Challenge teams were. Current cadets will attend this year’s event to tell the stories of how hard and challenging the ROTC program is now. 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 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/ae at this year’s event.

Second Annual Fighting Saints Alumni Gathering
20 December 2008
St. Cloud, MN

Congratulations to the 2008 Warrior Forge Graduates

Leroy Christiansen
Timothy Johnson
Tyler Kostiuk
Andrea Lieder
Cody Martin
Connor McKeown
Angela Spiess
Luke Thomsen
Alex Treanor

Ulises Ayala
Ryan Fargen
Mitchell Goenner
Gerald Loher
Chaz Ochsendorf
Jacob Peterson
Aaron Rindahl
Tara Robertson
David Wickman

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 Major Errington @ (320) 363–2342 to learn more.
Leader’s Training Course
By Cadet Lauren Tatone
The Leader’s Training Course (LTC) is held at Fort Knox, Kentucky for cadets enrolling in ROTC in their junior year. It consists of both classroom and field training; the four-week program is designed to prepare cadets for their Military Science (MS) III year. The twenty-eight days are broken down into four phases: Soldier First, Warrior Leader, Bold Leader and Future Leader. The Soldier First phase consists of four days worth of basic Army instructions, drill and ceremony, rules and regulations. This, in turn, teaches the cadets mental discipline and gives a view of Army life. The next phase, Warrior Leader Phase, is the longest of all the phases. This is where the hands-on experience is greatly emphasized. In this phase cadets will partake in various training activities such as day and night land navigation, combat water survival training, rappelling and basic rifle marksmanship. Teamwork, a core value of the Army, is one of the main components that are emphasized during this phase. The third phase is the Bold Leader Phase. This consists of four days in the field, and challenges all the cadets to use their training and push themselves. The third phase is the Bold Leader Phase. This consists of four days in the field, and challenges all the cadets to use their training and push themselves. The first two days consisted of Squad Tactical Exercise (STX) lanes, where, as a squad, the cadets simulated battle drills and tactical movements with the aid of paintball weapons. The third day the squads put their stream crossing skills to the test, while also rappelling down the side of a cliff. The last day consists of water-born operations on Tobacco Leaf Lake. The final training aspect of Bold Leader Phase was the ten-kilometer Ruck march back to the barracks that included Agony and Misery, the two infamous hills. The last phase, Future Leader, is where cadets are evaluated on their performance over the last three and a half weeks. Constructive criticism is given as well as feedback on each cadet’s strengths. LTC was an incredible experience for me. I learned how to push myself more than I thought I could, and became mentally and physically tougher than I have ever been. The amount of training that I went through in those four weeks prepared me well for my future years in the ROTC program.

Nurse Summer Training Program
By Cadet Alex Tatone
This past summer I was given the opportunity to participate in the Nurse Summer Training Program at Brook Army Medical Center on a Telemetry/Progressive Care Unit. During my time there I completed 160 hours of clinical time. The experience consisted of being paired up with a seasoned Nurse Officer for providing direct patient care, presenting an educational nursing in-service to the staff on the unit, and the opportunity to visit other units of the hospital to which I was not assigned. The great thing about this program is that every cadet who completes this training has a unique experience. For example, I was able to choose to do my unit in-service on the placement and care of Foley Catheters, spend a day on the burn intensive care unit, as well as take on the responsibilities of a head nurse. But, there are also many things that remain consistent for all that complete this course. We all receive a unique experience tailored to building on our strengths, gaining confidence in our skills, and eliminating our weaknesses.

Air Assault School
By Cadet Kevin Maxwell
I was fortunate enough this summer to attend Air Assault School held at Fort Knox, KY. I arrived a day early, as did all of the other Cadets, to receive extra guidance from some loving MSG’s. The MSG gave us a little bit of advice on how to act and what to do on post. The school began early in the morning, as all Army events tend to do. The first day consisted of an obstacle course made muddy by recent precipitation. After the obstacle course, we were required to run 2 miles in ACU’s and tennis shoes in under 18:00 minutes. It doesn’t sound like much, but after being smoked all day, we dropped 30 from the class. The following two weeks consisted of three different phases. The first phase was Aircraft Familiarization. I learned the ins and outs of the major aircraft used by the 101st Airborne Division (Air Assault). After just finishing finals, just what I needed was more studying. I spent the majority of my down time studying the specs of each of essential aircraft to the 101st Airborne Division (Air Assault). I also learned pathfinder skills, and hand and arm signal skills. I took the tests and passed each on the first try. Just as I felt a sigh of relief I woke up the next morning to find the Air Assault Sergeants madder than ever. I realized that second phase was going to be the angrier phase. I think it may have been the influence of all of the Drill Sergeants in close proximity to where the Air Assault School is held. Not only did the intensity of the smoking's increase, but also the class load. We had moved into the Sling Load Operations, or Phase 2. Sling Load Operations dealt with the rigging and inspection of each particular aircraft. There are many aspects to consider when properly conducting Sling Load Operations. The intensity of the course work, along with the intensity of the Air Assault Sergeants made for a stressful situation. Attention to detail was stressed throughout each portion of the school. We were required to have certain items on our person at all times, and we were subject to random searches. Adding mental and physical stress to the body. The third phase was rappelling. Safety was stressed above all else. In this phase, we were required to learn how to tie our Swiss seat in under 90 seconds, and had to conduct three different types of rappels. I successfully completed all tasks at the end of Phase three, the last day, I completed the 12 mile ruck march in under three hours. The last three miles I had to do it with one ruck arm strap due to equipment malfunctions. Good thing I was motivated. Though strenuous, Air Assault School taught me the importance of discipline, attention to detail, and following safety precautions.
Sights from Summer 2008

New Cadets received safety instruction at the High Ropes Course during Initial Week

Cadet Ochsendorf at the NBC site during Warrior Forge 2008

Freshmen receive briefing during CWST certification

Cadet Treanor at Warrior Forge ’08

New MSI’s at the Challenge Course

CDT Kostiuk after a mission during Squad
Sights from Summer 2008 cont’d

CDT Fargen reads APFT standards to the new MS I Cadets

FSB welcomes new families during initial week

Cadet Benner performs the 25 meter swim during CWST

Cadet Morris at the High Ropes Course

The incoming MS I Class during the 2 Mile run

CDT Rindahl experiences barracks life during Warrior Forge ‘08
Sights from Summer 2008 cont’d

LTC Fischer rappelling at Bold Leader ’08

CDT Ochsendorf during Warrior Forge 2008.

---

Fall Calendar

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall FTX</td>
<td>September 19-21</td>
</tr>
<tr>
<td>Army 10 Miler</td>
<td>October 3-5</td>
</tr>
<tr>
<td>Ranger Challenge</td>
<td>October 10-12</td>
</tr>
<tr>
<td>November Lab</td>
<td>November 15</td>
</tr>
<tr>
<td>Dining In</td>
<td>November 21</td>
</tr>
</tbody>
</table>

---

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.

---

Fighting Saints Battalion
St. John’s University, College of St. Benedict & St. Cloud State University

Department of Military Science
Guild Hall, Room 020
Collegeville, MN 56321

Phone: 320-363-3218
http://armyrotc.com/edu/mnstjohns
E-mail: rotc@csbsju.edu

---

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:
CDT Alex Treanor, C/S-5/S-6