Welcome back! Over the summer months, all classes of midshipmen have been exposed to Navy and Marine Corps life to help them decide what portion of the Naval Service they want to apply to, as well as to gain a practical understanding of how the Fleet and Fleet Marine Force run. All of us who have been through the process count our 3/C, 2/C, and 1/C summers among the most fun and engaging of our training opportunities. Frankly, I still consider Marine week as my favorite training event during 3/C summer CORTRAMID, even though I ultimately went submarines.

With the beginning of a new school year, we are also very excited to greet the next batch of Golden Gopher Battalion NROTC midshipmen. On August 25th, we swore in 16 fresh and eager scholarship and college program students. We all know the apprehension and trepidation each one is feeling, but we also know that the Battalion staff and returning midshipmen are all focused on assisting with the transition to develop them “morally, mentally, and physically and to imbue them with the highest ideals of duty, honor, and loyalty…” as outlined in the NROTC mission statement.

This note represents my last newsletter as the Commanding Officer of the unit, as I officially transition out of the Navy on 1 September 2014. It’s been a wonderful opportunity to serve my country and her Constitution, made even better by the associations I have made with delightful people over the last 34 years in uniform. This last tour as CO has certainly been the icing on the cake. The reigns have now been turned over to CDR Jason Krueger, who has been onboard since November 2013 as the Executive Officer.

As I bid adieu and trade my uniform for civilian clothes, I’d like to challenge each reader to consider what you can do to support the UMN NROTC program. We are extremely grateful for the financial support that has already been provided, and we continue to appreciate charitable donations. The staff is ready to explain how you can obtain a tax deduction for your contribution to the program through the UMN Foundation. Donations help augment fundraising efforts put on by the midshipmen to cover the gap between government and university provided resources. Monetary support is not the only way to help improve the Unit. We are always excited to receive treasured military memorabilia for display in the Armory as a complement to the historic nature of our home on campus. In addition, your well-wished thoughts, and prayers are always welcomed. Keep an eye on our website at [http://nrotc.umn.edu/](http://nrotc.umn.edu/) which has key dates for events you may be interested in directly participating in, such as the Annual Eagle & Anchor 5k Run to be held on the morning of September 27th at the University, or the Navy Ball on October 4th.

To the incoming class of 2018…I stand relieved!
Upcoming Events:

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May 2014 Commissioning

Naval Aviation

*Note: All of the following are assigned to Naval Aviation Schools Command, Pensacola, FL

ENS Christian Sedarski

Submarine Warfare

*Note: All of the following are assigned to Nuclear Power School, Charleston, SC

ENS Sarah Bauer
Nurse Corps
ENS Kayla Ernster – Stationed at Balboa Hospital in San Diego, CA

Marine Corps
*Note: The following will soon be assigned to The Basic School, Quantico, VA

2nd Lt Sebastian Ewald, 2nd Lt Jeremy Troedson
Experiencing the excitement of flight, the forward presence of war ships, the stealth of submarines, and the brute force of the Marine Corps’ weaponry arsenal cannot often be done in the time span of one month. But at CORTRAMID West in San Diego, CA we, as 3/C Midshipmen, did just that. CORTRAMID is the Career Orientation and Training for Midshipmen in which the Midshipmen partake in four weeks of introductory training and look at four different communities of the United States Naval Service. These communities are Aviation, Surface Warfare, Submarines, and the Marine Corps. Each week the Midshipmen take part in briefs, drills, and hands on events in order to get a good glimpse at what each community has to offer. This ensures that each individual pursues the department he/she sees best fit for the United States Navy and Marine Corps and for themselves.

The aviation week began with a look at what qualifications and tests need to be completed in order to be a Naval Aviator. Among these were the swim qualifications and high/low pressure training simulators, which we all participated in. The most exciting events the Midshipmen took part in during this week were the T-34 plane ride in which each individual got to spend 20 minutes in the air one-on-one with a Naval Aviator doing aerobatics, and the MH-60S helicopter ride in which we flew over the city of San Diego with the doors of the helicopter open. In between these events, Midshipmen had many opportunities to look at different aircraft and ask the Naval Aviators questions.

Although Marine week was more “grounded,” the travel to and from Camp Pendleton was provided by an Osprey (helicopter that transforms into a plane mid-air). Upon arrival at Pendleton, the intensity was amplified by the NCO’s. Marine week was a fast paced environment in which we traveled on foot a great deal and in 7 tons just as much. During this part of CORTRAMID, we fired many weapons, such as a .50
caliber sniper rifle, a Mk 19 grenade launcher, the M2 Browning, and an 81 millimeter mortar. Along with the training with these weapons, we also received two days of training in urban warfare. Perhaps the most exciting part of CORTRAMID was the infantry immersion trainer in which Midshipmen were put in an urban warfare scenario with M4’s and 9mm paintball rounds. During the waiting periods, Midshipmen were allowed to visit static stations and ask the Non-Commissioned Officers questions.

Although one might not think it, the surface warfare community also offered experience with weapons by introducing us to the CIWS, and the 5 inch gun. However, most of the focus of surface week was the day the Midshipmen went underway for 12 hours. During this time Midshipmen participated in tours of the ship, man over board drills, and a speech from the captain of the ship. When these events were not going on, we were allowed to walk around the ship freely and seek out enlisted sailors to ask them questions and get a chance at seeing other interesting areas of the ship.

Submarine week offered a different aspect of the blue water Navy in that we went underway underneath the surface for a day. We did this along with other events throughout the week like tours of subs, and emergency training such as the wet trainer. While underway, Midshipmen received tours of the submarine, got a speech from the captain, and took part in angles and dangles (when the boat dives and turns). After all of these events, we were allowed to roam the boat and speak with enlisted sailors as well as have a chance at taking the helm.

Throughout all of these weeks of experience, Midshipmen gained the knowledge and tools to help them make an educated decision on which community of the Navy they feel they should aim to enter in to. Experiencing all of these areas at CORTRAMID was a once in a lifetime opportunity for these Midshipmen, and they gained knowledge in areas that many people will never get to in their lifetime.
This summer, I had the opportunity to spend a short amount of time on the USS San Francisco, one of the U. S. Navy’s oldest fast attack submarines. During my time on the boat, I got to experience the many facets of submarine life, including standing watch, participating in various drills, driving the boat, and learning about the advanced technical capabilities and diverse missions of the boat.

For my cruise specifically, I got to see the pre-deployment work-up process. This is a rather intense series of events over the course of many months that prepares the boat for an upcoming deployment. As the USS San Francisco was near the end of this process, the leadership from the squadron was on board to certify proficiency in all mission related matters and to make suggestions of areas in which the crew needed to fix.

A particular focus for the boat during my time on board was to work on the protocol for contacts and their subsequent classifications while at periscope depth. This is a very interesting process between the sonar detection and the fire control solutions, which the crew performs with amazing speed and accuracy. This focus also allowed many of the Junior Officers to get qualified in areas which they were not normally exposed to while on mission due to their other responsibilities. Overall, I learned a lot about life on a sub, as well as the missions which are performed to keep this great country safe.
The Third Class Midshipmen at the University of Minnesota were given a unique opportunity this summer at the Marine Corps Mountain Warfare Training Center in Bridgeport, CA. Located in the middle of the Sierra Nevada mountain range at an elevation of 6700ft above sea level, the base is the smallest in the Marine Corps, and offers extremely specialized training to military members spanning across all branches.

The Midshipmen trained with the staff for ten days, learning various skills associated with surviving in mountainous terrain. Some of the skills taught included top-roping, rappelling, river crossing, building survival shelters, mountainous land navigation, building survival fires, mountain medicine, and water procurement.

To enhance the training, the Midshipmen also spent a significant portion of their trip outside of the squad bay, hiking to two different training areas and spending three nights in the field over the course of the time spent there. The collective elevation changes total over 2500 feet.

“The most beneficial thing that I took away from Mountain Warfare,” says Matthew Kitagawa, “would be learning the strengths and weaknesses of our peers. Having that contact with our peers helped us develop teamwork that we will use both at OCS and in the fleet.” Next summer the Midshipmen will be attending OCS for six weeks.
This past June, MIDN Farris, nine other midshipmen from from all over the country, and I went to San Diego to report to the USS Lake Champlain (CG-57) for our Second Class Cruise. From there we set out to sea and conducted drills and simulated an attack on a US fleet. After several days of playing the bad guy, we made our way up the coast to Portland, Oregon, for Fleet Week and the Rose Festival. It was an amazing experience representing the Third Fleet in the city. Following our transit out of the Colombia River, we went back to San Diego and headed to Pearl Harbor, Hawaii, with several other ships for RIMPAC. Upon arrival in a very packed port we passed ships from Australia, South Korea, Japan, Canada, and several other nations as we moored up to a fellow cruiser that was attached to the pier. I have never seen so many different nationalities of ships in my entire life, let alone in one place. The highlight of the trip was pulling into Pearl Harbor and seeing the USS Arizona and USS Missouri along with other historical ships.
Not many twenty year olds have the opportunity to experience foreign policy and various cultures the way I got to this summer on my second class cruise. After preparing for a cruise starting and ending in San Diego, it was a surprise to receive a call a few days before I was scheduled to leave saying “We’re sorry, your San Diego cruise was cancelled, is it alright if we send you to Singapore and South Korea instead?”. Of course I agreed, although slightly nervous since I’d only traveled out of the country once before. When I got to my ship, I met the five other midshipmen I would be spending most of my time with and we each got assigned to a running-mate, someone on board the ship to follow around and learn how to do their jobs.

The first five days we were hardly on the ship at all since almost all of the crew were out exploring Singapore. Since English is one of the official languages in Singapore, it wasn’t hard for us to read the signs and find our way around. Being in Singapore made me feel like I was on the set of a futuristic movie. Everything there was so new and the culture was a blur of Chinese, Malaysian, and British cultures all combined. The city was extremely clean (mainly thanks to laws like $1000 fines for eating on the subway, $500 fines for spitting on the sidewalk, etc.) and the harbor was full of merchant ships.
Once we left Singapore, we were underway for twelve days, three of which we were on the edge of a typhoon. The sailors said those were the roughest seas any of them had seen, which made me feel a little better about the fact that I spent two days either in my rack or throwing up. My running-mate was a tomahawk specialist, and she included me in their classified work of planning out what to do when an enemy contact is a little too close and a little too hostile. She also introduced me to various other people on the ship to spend time with, so I ended up doing many different jobs including drawing contacts on maneuvering boards, taking part in damage control training, and putting together treadmills.

When we finally arrived in South Korea, our ship was met by a band consisting of South Korean sailors and a fancy dinner celebrating the friendship between the South Korean Navy and the United States Navy. There were toasts and entertainment and every table full of American sailors had at least one South Korean sailor at it. This dinner was extremely important in that it reignited the friendship our country’s military has with the South Korean military. The next few days spent in Korea I had the great fortune of having a liberty buddy whose family lived in Korea. I got to meet his family and even though they couldn’t speak English and I couldn’t speak Korean, we were fast friends. Instead of having a very tourist-oriented experience like the one we had in Singapore, the Lee family helped me experience real South Korean culture. The food, scenery, and culture were incredible, and if I could fly back tomorrow, I would.

This summer, I was given the opportunity to experience some truly amazing things. My time on cruise really helped me confirm my decision to join the Navy and thoroughly excited me for my future in the United States military.
This summer, MIDN Moore and I were assigned to HSC-23, an MH-60S squadron, in Coronado, California. Due to the rigorous operational tempo, and the extensive maintenance requirements of helicopters, we only went on three flights, one of them in a C-2 cargo plane from the squadron next door to ours.

Although it was disappointing to fly as little as we did, the most valuable experience of the cruise was by far the people (primarily junior officers) we interacted with on a daily basis. We’d begin the day with the FOD (Foreign Objects & Debris) walk-down of the areas surrounding the hangar with all of the personnel of the squadron, from E-1 to O-5. Afterwards, we went to the wardroom and spent the majority of our time talking to the JOs and absorbing what helicopter knowledge and lingo we could. Approximately two or three times a week, someone was scheduled for time in the simulators to practice for upcoming qualifications or some other particularly difficult training flight, and we were allowed to go along to observe. After they were finished practicing, there was usually time for us to practice flying, maneuvering or hovering.

The three flights we were able to go on were extremely exciting and very memorable in themselves. The first was a three hour Day FAM up towards L.A. with a commander from the Aviation Weapons School on base and one of the more senior Lieutenants from HSC-23. Flying up to L.A. was mostly over the ocean, and up the coast. Flying back to Coronado was more inland, low, through valleys in between mountains. The air traffic control situation above L.A. itself was a veritable mess due to the number of different control towers whose airspace we needed to pass through on our route. I now appreciate the sheer size of the city of Los Angeles and the time it takes to traverse. The second flight was shorter, and two weeks later. After practicing some search and rescue maneuvers over the Pacific, we flew down the border with Mexico and back to San Diego just as the sun was setting, making for some beautiful sights and some frustrating glare in the cockpit.
Our third and final flight was a bit of a replacement for a different one. The Operations Officer originally scheduled MIDN Moore and myself for some actual “stick time” in a flying helicopter with an instructor pilot, but about 2/3s of the squadron was out on detachment and with them most of the working helicopters. As such, there was only one helicopter with flight time for all training flights, and it was tasked by the Wing to assist the local Coast Guard with rescue training. Thankfully we were able to go next door to VRC-30, for a flight in a C-2 Greyhound, out towards Arizona, over the Grand Canyon. Most of the flight itself was cold and noisy, but we spent a solid 35 minutes flying over the canyon itself with the rear ramp opened, taking pictures and enjoying the wonderful, amazing view.

Overall, my first class cruise was an extremely rewarding time, and I am now more excited than ever to become a part of the aviation community!
Officer Candidate School is the last summer training evolution that Marine Option Midshipmen must pass in order to receive their commission. OCS acts as a 6-week long test with the purpose of weeding out any candidates who are not morally, intellectually, or physically fit to receive a commission or lack the leadership potential to serve as a company grade officer in the operating forces.

Evaluation begins immediately upon arrival at the airport. At this time you have not met any of the staff who will be assessing you while at OCS but rather you gather into a large room with all of your peers who you will be getting to know extremely well over the next couple weeks. How you present yourself and act in front of your peers is important while at OCS. This is because you are not only being evaluated by the OCS Staff, but also by your peers in the cycle. The staff takes these into a great deal of consideration when assessing you.

OCS can be broken down into 5 training phases: in-processing, transition, adaptation, decision making and execution, and out-processing. In-processing lasts about 5 days and consists of gear issue, medical screening, and classes on what the remainder of the cycle will be like. The transition phase starts when you meet your Platoon and Company Staff. This is when your mental and physical fortitude begins to be tested. Your staff is not there to make your life miserable although it appears that way; it is their job to ensure that weakness is removed and that only candidates who possess the necessary characteristics to commission as officers pass. The purpose of the transition phase is to jolt your mind into the OCS mindset, where chaos, stress, and fatigue are just standard operating procedure. The adaptation phase is where the candidates start to convert the chaos into order. In this phase the staff slightly lightens up on the intensive training which allows the candidates take initiative and lead each other. The decision making and execution phase happens around week 4-5. This is when most of the candidates have learned to work together and occasionally carry on the plan of the day with minimal interference from the OCS Staff. At this point, all of the major evaluation events have been completed and the out-processing phase begins. Out-processing works similar to in-processing, you return your gear, and in the blink of an eye, you are marching across Brown Field for graduation and one step closer to commissioning.
This year’s new student orientation was a hit with both the incoming freshmen and the existing Midshipman staff. During the week of training, the new 4th Class Midshipmen learned about various aspects of military life, including drill, physical training, formal classes and tests, leadership and overcoming challenges as a team.

Immediately following their arrival, the new freshmen took the oath of office as Midshipmen and were rushed upstairs to be issued their Camelbaks for hydration, their knowledge packet and the training schedule, as well as emergency contact and safety information. Following this they were issued all of their Midshipmen uniform items, including the utility and physical training uniforms they wore for NSO. When gear issue was finished, the freshmen were introduced to Staff Sergeant Lomeli, the Assistant Marine Officer Instructor, and me for conducting Close Order Drill, or COD. By 2030 they were released for the evening, only to be brought back for a 0600 muster the next morning.

An initial Physical Readiness Test was conducted for the Navy Options, with pushups, situps and a 1.5 mile run, and a Physical Fitness Test for the Marine options, consisting of pullups, crunches and a 3 mile run. The rest of their day was consumed largely with classes, some on U.S. Navy policies, and others with aspects of military life such as orders, core values and uniform regulations. In the evening, another period of close order drill followed the classes. After dinner, the new Midshipmen were briefed into the Leadership Reaction Course set up for them. This course took the freshmen through four different problems, giving each of them a chance to lead the execution of a realistic military problem scenario. The staff did an outstanding job of adding stress and distractions in order to challenge the incoming Midshipmen. The LRC showed them how different aspects of leadership apply in different scenarios, as well as teaching them to trust each other’s ideas and suggestions for the team. After this physically and mentally challenging event, the freshmen were released for the day.
The next morning the new Midshipmen were taken to the University Recreation Center Natatorium for their introduction to the 3rd Class Naval Swim Qualification Test. Staff introduced them to familiar ideas such as swimming strokes and the survival float, as well as newer, more serious aspects of naval life, such as clothing inflation for survival at sea and the abandon ship jump from a 5 meter platform. Following this training, the freshmen experienced their very first uniform inspection and learned the importance of attention to detail. Once this inspection was completed, the freshmen were again put to the test with a written exam on all of the classes and study material they had received thus far. More classes followed in the afternoon as well as more COD time. A Leadership/Senior Panel was opened up for the freshmen to ask questions about life in NROTC. At the end of the day, the new Midshipmen were introduced to Hoover Ball (a humorous NROTC twist on volleyball that involves a 10-20lb medicine ball being hurled over a volleyball net for the opposing team to try catching and throwing it back), and released for the evening afterward.

The Thursday of NSO had the freshmen learning how to lead a formation on a run and receiving a class from the CO, Commander Krueger, before being released for freshmen convocation. On Friday, one final session of close order drill was held before the freshmen were introduced to the rest of the battalion for a run and a picnic. At the end of those five days, these talented and bright young men and women had shown their intense desire to be at the University of Minnesota NROTC, and showing their fortitude for a future in the naval service.
Every year, the University of Minnesota NROTC puts on a 5K race for the greater Minneapolis-St. Paul area to participate in. This 5K is one of the unit’s primary fundraising mechanisms throughout the year. Fundraising is used for training events which includes: Drill Competitions, Leadership Reaction Courses, New Student Orientation, Joint Military Athletic Competitions, and morale building events such as paintballing. This race is a highly motivating way for all to push and challenge themselves. We ask that you come out and support the University of Minnesota NROTC unit. To facilitate this, we have included a flyer with this newsletter for your use. Feel free to print as many copies of this flyer as you would like and distribute them to all your friends, family, and acquaintances. We hope to see you there!
EAGLE & ANCHOR 5K

Show Your Support and Come Race With the Members of the U of M Naval ROTC Unit!!

9:30AM  Saturday, September 27th
Lind Hall, 207 Church St S.E.
Minneapolis, MN

Register at http://www.runsignup.com/eagleandanchor5k

Like our Facebook Page!
www.facebook.com/eagleanchor5k10k

QUESTIONS? EMAIL US: nrotc5k@gmail.com
For the Midshipmen, Sailors and Marines of the NROTC Unit, University of Minnesota, training continues to develop these future military leaders through a broad range of valuable experiences, such as Drill Competitions, Leadership Conferences, and field training exercises. Unfortunately, Navy funds cannot be spent in the execution of such events. If you are interested in helping our students attend these excellent developmental opportunities, please consider providing a monetary donation (University of Minnesota Foundation # 20093 UMN NROTC). Your donation will directly support the students' attendance at these events and enable the further development of future generations of leaders.

REMINDER: Your financial contributions allow the NROTC Foundation to make students stronger in all areas. Your donations to the NROTC through the UMN Alumni Association are always welcomed and tax deductible to the extent allowed by law. Thank you for your generous support!

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**Donation Information**

*Donations can be made online at www.giving.umn.edu/nrotc

*Checks made payable to: University of Minnesota Foundation #20093 Naval ROTC

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