GOLDBAR LEADER

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ISU recruiting event draws Midwestern praise

Story and photos by Cadet Ryan T. Curl
Iowa State University

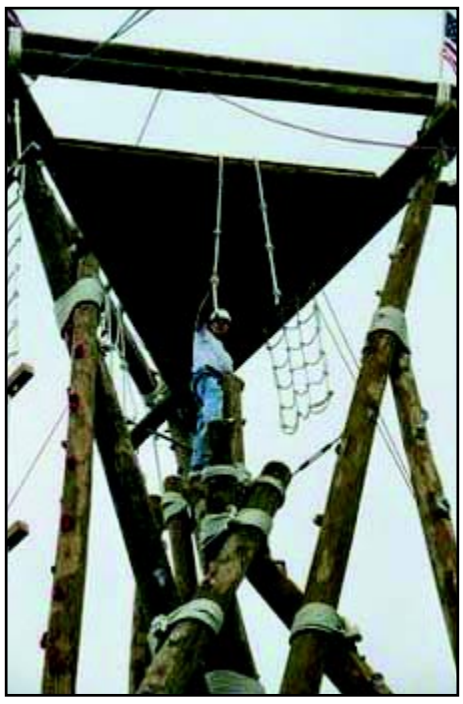
In the wake of the Sept. 11 terror attacks on America, many public events were canceled. Among them was the planned University of Iowa vs. Iowa State University rivalry football game, but the ROTC cadets and cadre of the ISU Cyclone Battalion decided that their pre-game event would not be stopped. Other parts of the celebration were stopped, such as a visit and demonstration by the Golden Knights parachute team and the 15th annual ISU/UI Gameball Run, but the Cyclone cadets stood fast.

On Sept. 14 and 15, the ISU ROTC Department treated students, visitors and other guests to their on-campus information tent where they had T-shirts, balloons, posters, brochures, a football toss and a special promotion called the Alpine Tower. Rented just for the pre-game festivities, the device was a three-sided, 50-foot climbing tower used as a recruiting promotion.

The Alpine Tower offered a series of climbing challenges to those who signed up for a climb. Among its components were rope ladders, vertical and angled poles, free-hanging poles that swung loose as the climber went up, crossover poles, platforms and hanging ropes. The Alpine Tower was designed to provide a confidence-building climbing obstacle for individual and team training and it accomplished both that day.

Despite cancellation of the ISU vs. IU game, the Cyclone cadets' pre-game activities continued.

Despite the terrorist attacks of that week, attendance for the event was fairly high, because a lot of people really cared about the game and were in the area despite the cancellation. Many of the visitors were simply driving by and saw the giant, gold-and-black balloon marking the tent's location and stopped by to express their support. As expected, there were many college students in line ready to take on the tower's challenges. Surprisingly, there were also many families with younger children there. In fact, more than 200 people signed up just to climb the tower.



Cadet Dustin Lenz (photos above and right) ascends the tower.

While this was unanticipated, it gave the ROTC Department a chance to focus

See "Tower," Page 3

Brian Meek (center) and his father, Lt. Col. Marvin Meek (right) rig up for a climb on the Alpine Tower.

Goldbar Leader commissions '2nd Louie'

By Capt. Woody Stone

Cadets and cadre who attended ROTC Advanced Camp this summer were the first people in 4th Region to meet "***2nd Louie***," a new cartoon created by Bob Rosenburgh, the deputy public affairs officer for the 4th Region (ROTC) and editor of *Goldbar Leader* and *Warrior Leader*. Rosenburgh's innovative artwork, created through the process of digitally rendering colors into his scanned-in original pen-and-ink drawing, was introduced in the camp newspaper, the *Warrior Leader*. It will be a regular feature in the 4th Region's *Goldbar Leader* as well, since Rosenburgh contributes stories, art and photos to both papers.

While plenty of ideas for future ***2nd Louie*** cartoons are already "on the drawing board," we will always be looking for a good gag and welcome your ideas. Any jokes you send us, however, must be in good taste and meet our standards for appropriate content. The main character in ***2nd Louie*** is 2nd Lt. Louie Lewis II, but we'll have other players, too. We'd also like to know how you like the cartoon as time goes by, so feel free to send us your comments.

Bob Rosenburgh Illustration

Nursing cadets describe post-camp summer training program experience *Pages 6, 7*

Fort Lewis hosts JROTC Spring Camp for high school cadets in two states *Page 8*

COMMANDER'S COMMENTS

A warm welcome to all of our Junior and Senior ROTC cadets and cadre as we embark on a new academic year! For those returning after a busy summer, we appreciate your determination to continue your personal and professional growth through participation in our nation's premier leadership development program. For those of you new to ROTC - MS-Is, LET-Is, lateral entry cadets and recently arrived cadre - we thank you for your unique commitment that clearly sets you apart from your peers in our high schools and on our university campuses.

The horrific terrorist attacks of Sept. 11 in New York and Washington, D.C. serve as a grim reminder of how essential it is that we continue to sustain a strong, ready military and that we individually and collectively remain active, well-informed citizens. While the United States suffered the bulk of the casualties in these attacks, I remind everyone that more than 80 nations lost citizens in the World Trade Center tragedy. This unprecedented challenge to the world's democracies has again thrown our nation into a prime leadership role. Our nation's compassionate and resolute response has showcased the very best America has to offer.

Col. Daniel S. Challis

As we grapple with our own emotions, fears and uncertainties, we must promptly rebound and respond to the call of our country's leaders. None of us can precisely predict what will be asked of us as a nation in the coming months, but I guarantee that your presence, in uniform, on high school and college campuses across America serves as a daily reminder to our fellow citizens that our Army is indeed the defender of the nation's people and vital interests. I ask that you remain informed, engaged and highly visible. You may not fully realize it, but your commitment to ROTC is a very steadying, reassuring influence in our schools and communities in this time of crisis.

I am enormously proud and thankful for your willingness to stand tall and be counted. God bless you, our nation and our allies as we begin the tough campaign to remove the scourge of terrorism from our midst.

Ruck up & move out!

NCO NOTES

Hello! Welcome back to another exciting school year. I'm looking forward to making visits to your school campus during this upcoming year - there will be plenty of opportunities and challenges for all. Throughout these visits I've been extremely impressed by both the professionalism and dedication of cadre members and cadets alike. This was especially evident on the many JROTC visits. The briefings and tours of facilities, conducted entirely by JROTC cadets, were uniformly exceptional. The pride in their units was clearly evident.

I would especially like to take a moment to encourage the cadre of JROTC programs throughout the region to redouble your efforts in maintaining the standards of appearance on our campuses. The best way to show our pride for the country is to ensure we keep that standard high, which starts with making sure we cadre members lead by example. JROTC continues to be a success story. The demand for new programs nationwide is still high; you need to count it a privilege to have one at your school.

Command Sgt. Maj. Lewis Ferguson

The Army's core values are loyalty, duty, respect, selfless service, integrity, honor and personal courage. Coupling these seven values with strong fundamentals and high standards will allow you to build a strong foundation on which to rest your future.

In light of the recent events in our nation, I urge you to conduct yourselves with the utmost dignity. If students or faculty on your campus confront you in any manner about wearing a uniform, act appropriately and keep your head high.

In closing, as we start the new semester, I would like to wish you and your families the very best. Please stay safe and be proud of who you are and what you represent. I look forward to seeing all of you through the coming year.

EWU cadets train for emergency rescues

By John McCallum
Eastern Washington University

Homeowners are trapped on a bank of the Spokane River, and one of the largest wildfires in 62 years is bearing down on them. They have 30 minutes before they are consumed. Their only hope - crossing a one-rope bridge strung across a raging, 40-degree river swollen above its normal level by a higher-than-expected snow pack. Your mission: get them across. So how are you going to do it?

ROTC cadets at Eastern Washington University found out how well they would perform under such a scenario in a mock drill staged on campus this May.

The drill was the capstone project for the Introduction to Leadership 101 class, part of the requirements for a Military Science degree, said course advisor, Maj. Leaf Rich.

Students must apply what they've learned over three quarters of their classwork to a real-life scenario, he said, in order to successfully complete the capstone.

Leadership fundamentals must be combined with planning, character development and the technical aspects of using ropes, slings and other pieces of equipment.

For the capstone, Rich had his students split into two teams, Black and Gold. He gave them the scenario above.

The team had to set up a rope bridge, send several members across to assist in transporting the civilians, integrate the operation with civilian emergency personnel and deal with local news media people who would be covering such an event.

Rich recruited members of the Army Reserve 396th Combat Support Hospital of Spokane to assist the students as medics and Cheney police officer Jason Moore, to represent local emergency personnel. Rich also provided the students with a list of resources they would need.

The goal of the exercise was to motivate students to use their learned leadership skills to think about solving a problem in a way they were not accustomed to.

"It's to get the students to think non-sequentially," Rich said.

"The only way to do the exercise in 30 minutes is to think and do things concurrently." Student's must learn to think and do several things at the same time, he added.

Black Team leader, Cadet Joseph Marshall, probably would agree. Marshall said the teams had very little preparation for the scenario, other than their course work. Consequently, more things happened than anticipated, he said, and his team didn't perform well.

"Oh, worse than expected," he said when asked how they did. "I'd love another shot at it," he added.

The Black team lost 12 of its members, Moore, the medic, and a dog to the flames. The Gold team faired worse, losing several of the civilians along with the rescue team.

Rich said this year's students didn't do as well as last year's, partly because he added some new elements to the scenario.

This was the second year for the one-rope bridge exercise. Still, he thought the exercise was a valuable learning experience, one that they will evaluate in class.

Rich's intent is to get his students' feet wet in the leadership game, and get them out of their comfort zone. There is only one way to do that, he said, and that's by taking chances and making things happen.

"You learn from mistakes," Rich added. "You can't be afraid to fail."

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Col. Daniel S. Challis

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Army ROTC starts college-credit AFTB classes at Eastern Washington University

By Bob Rosenburgh

The Army ROTC Fighting Eagle Battalion at Eastern Washington University in Cheney, Wash., has initiated a new program that, for the first time in the nation, offers on-campus Army Family Team Building classes as part of the curriculum for college credits. Through an agreement with the university's College of Social and Behavioral Sciences, ROTC is now offering Level-1 AFTB training as part of its Military Science curriculum and hopes to expand the classes to follow-on levels in the future.

"Our Professor of Military Science, Lt. Col. Charles A. Green, Jr., proposed this plan to the university last fall," said Maj. Leaf Rich, the battalion's executive officer and recruiting officer. "He suggested an additional ROTC class - we call it 196 for now - worth one credit and focused on those who would be spouses or family members of military people or who would need to work with the military." Rich noted that many of the EWU cadets are already married and the course would help prepare their partners for future assignments.

"The university said to go ahead and do it and they would support the effort," said Rich, "and we thought we would have one or two students when the class began. We now have seven."

The Army Family Team Building program was established in 1992 to provide training and knowledge to spouses and family members of soldiers, empowering them with life skills needed when their spouses are sent on deployments or when they are assigned to remote locations without base support facilities. AFTB also benefits spouses who are separated from their own extended families whom they previously relied upon for various kinds of support. AFTB teaches life skills unique to military families and empowers them to keep their families strong and safe during periods of single-parenting while the uniformed partner is away on an Army mission. AFTB is an affirmation of the fact that strong families make strong soldiers.

"The academic rationale for AFTB," said Green, "is that the Army Family is indeed part of the Army. Spouses, fiancees, girl and boyfriends, and other students need to understand the Army's focus on the family and the importance of family education as it pertains to military life, especially during deployments. This is a lesson learned from Desert Shield and Desert Storm and is as much military doctrine as anything else we teach."

The Eastern Washington University ROTC program is one of 78 colleges programs within 4th Region, U.S. Army Cadet Command, who have certified AFTB instructors on staff. Ms. Tammy Lee, the 4th Region AFTB Program Manager, commended Green and his staff for this "ground-breaking thinking." "This is a first and the Department of the Army AFTB staff are excited that the AFTB curriculum has now extended beyond the military community onto a college campus. First the Army, now the college campus - what's next? The AFTB program is life-changing and has unlimited potential."

For their part, officials at EWU are equally agreeable to incorporating the classes into their curriculum for all their students' benefit, whether connected to ROTC, the military or just for exposure to the military lifestyle and culture.

"**Military Science** has always had a strong connection to our history department," said Dr. David Cornelius. He is Associate Dean of the College of Social and Behavioral Sciences, one of five major fields of academic discipline recently constituted as separate colleges under the aegis of Eastern Washington University. Military Science falls under Cornelius' branch. "Also, ROTC was involved in some of the things we were trying to develop," he said. "When the new college came about, we wanted to revise some of our curriculum so we could strengthen the Theory and Research. We're all working together on that to create brand-new, college-wide theory courses, statistics courses and research courses."

He said a collateral effort was made to improve the career orientation of their degree programs and contacts with the community.

"The Military Science program here has been very helpful," he continued. "They have worked with us on developing leadership certificates so students who will be taking courses in communication, in government, sociology and Military Science can put them together to emphasize leadership." The certificate program provides a document that endorses a student's accomplishments in various disciplines focused on a career field. "That's just one way they have been working with us, so when they came to us with this notion of developing a course that would actually work with families to prepare them and orient them to military life, we were really pleased." Cornelius added that, since the course is open to any student, even those not enrolled in a degree-producing program, it offers another avenue for the college to interface with the community and fits well with the college's goals. Army ROTC is also actively pursuing means of promoting their programs through community service and involvement, so non-cadet students are an important interface for them as well. For the first quarter the class is offered, it is considered an experimental course which will be reviewed afterwards and considered for full implementation and possible expansion to the three levels currently in place for Army AFTB training.

"If this works out it will be submitted as an official course and added to the catalog," he said, "and it appears to be very successful so far." (He added that, when the course is permanently approved for credit at EWU, they would make their study and approval of AFTB available for any other college interested in adding it to their classes.)

Blair Tamngin, wife of Senior ROTC Instructor Sgt. 1st Class John Tamngin, is an AFTB certified instructor who went through the Army's own AFTB training. Her contribution to the class was to assist the staff instructors and to relate her own AFTB experiences for the benefit of the students.

"I think this is a wonderful idea," she said of the AFTB college classes, "because new cadets and their spouses come to the service better-prepared for things like how to read a leave-and-earnings statement, military rank structure and protocols or what to do and not to do. It's a good program"

Cadet Alicia Hornby, who is enrolled in Army ROTC at EWU to become a Blackhawk helicopter pilot, agreed that AFTB classes give the new soldier or spouse an early advantage.

"Just knowing how the Army works will improve communication skills. The Army is full of acronyms, its entire workings are acronyms and I don't know them. So this will help me learn them and it gives me ins and outs of things I need to know." Hornby said the class would help her avoid numerous mistakes she might otherwise overlook. "I think it's just a great idea. Even though I grew up around the military, there's a still a lot I don't know about it."

Emily Steinhagen also has practical experience with AFTB and is assisting her husband, Operations officer Capt. James Steinhagen, with the class.

"When Jim and I first entered the Army and he was a second lieutenant, this program wasn't available," she said. "As a lieutenant's wife, when Jim got deployed, I had a lot of wives relying on me and my knowledge of the Army." Steinhagen said it was trial and error then, but AFTB has corrected many of the problems she faced that current and future spouses might otherwise encounter. She related several incidents where AFTB training would have made a difference.

"During one deployment," said Steinhagen, "I had a few wives come up to me and ask about the food pantry where families without enough money to make it to the end of the month can go for some groceries. It would have helped me, and them too, to know then what I do now."

"Tower," from Page 1

on a group that sometimes gets neglected - families. By spending time with families, the U.S. Army can receive help from parents, the world's greatest support group. Parents have a heavy influence on their children, and by showing them the benefits of the Army and ROTC, they reach their children in a way recruiting can't.

Reflecting back on when I was looking at the military as a way to pay for college, it was the influence of my father and grandfather that helped me decide. Both served in the Army, one in World War II and one in Vietnam. If I were to believe the movies, joining the Army should have been the last option for me to choose, but my family taught me otherwise. Growing up, my father would tell us fond memories of his time in service and my grandfather would often show me pictures of himself in uniform while stationed in Europe. This support helped show me the intangible benefits the Army has to offer.

While recruiting still must focus on young adults as possible future officers, by letting the families get involved, we increase our levels of support. Parents can help their children decide whether the Army is an encouraging option or just a waste of time. If the Army can work together with families, it will never be seen as a waste of time.

The Alpine Tower was a great place to hang around ...

The Cyclone Battalion's decision to go on with their pre-game activities was well-received by the many visitors who came by on those two days, many expressing their support for both the Army and for ROTC. Even though the nation was still in a state of shock over the Sept. 11 tragedies, many of ISU ROTC's guests still took the time to tell them they should consider it an honor to serve in the armed forces of the United States.

Some of the tower's features are rope ladders, vertical and horizontal poles, ropes and climber toe-holds.

Lt. Col. Dave Press

Marvelous monstrous Marlin

It's not just all work and no play at the University of Hawaii's Rainbow Warrior Battalion. Six officers from the school's cadre took turns playing this Blue Marlin for 4 1/2 hours before they were able to reel it in.
At 13 feet long and weighing a whopping 885 pounds, it is the largest Blue Marlin caught in Honolulu this year. It required every man in the group to drag the giant fish into the boat once it was subdued.

Cadets earn their spurs at NMSU

Sgt. 1st Class Chris Biechlin

New Mexico State University cadets participating in the Spur Ride were flown to White Sands Missile Range in UH-60 Blackhawk helicopters.

By Sgt. 1st Class Chris Biechlin
New Mexico State University

Eleven - The second annual New Mexico State University ROTC's Spur Ride had 11 cadets who achieved this prestigious honor. Twenty cadets arrived at Young Hall to compete for their Spurs. They received an in-briefing, and the cadre and current Spur Holders conducted a "shakedown" to weed out any unauthorized items the cadets may have "mistakenly" brought with them.

Once the shakedown was complete, the Army Physical Fitness test was administered. Those who did not meet the Cadet Command Standards were disqualified from continuing on with the Spur Ride, and were excused from training. This left 11.

The training continued on throughout the evening and night. There were a multitude of tasks and events designed to test the candidates both mentally and physically. Some of these events were, Land Navigation, Weapons Training and Cavalry Orientation. The culminating event of the night was a forced march over the Organ Mountains via Baylor Pass.

Upon arrival on the Eastern side of the Organs, the candidates were moved to White Sands Missile Range to qualify with an M-16A2 rifle. The cadets got a whopping 30 minutes of sleep prior to this event taking place. The stress level was high on the range as qualifying was a mandatory portion of the Spur Ride. In other words, no qualification, NO SPURS! It took most of the day for some of the candidates to achieve this and for some they did it on their very last attempt, but all 11 qualified.

Sgt. 1st Class Chris Biechlin

Lt. Col. Bill Dorman presents certificates to those cadets who have "earned their spurs" at the annual Spur Ride.

To return to campus, the candidates were moved back on a UH-60 Blackhawk helicopter. The ride was fantastic and it was a great end to a challenging Spur Ride. The cadets who have earned their Spurs this year are Harold Baker, Jon Boyle, Melissa Briggs, Benjamin Duffy, David Dykema, Chris Gonzales, Thomas Kight, David Melendez, Lizette Olivares, Heath Pengilly and James Tolin.

Senator jumps with Golden Knights at UNL

By 2nd Lt. Amber R. Harrold
Univ. of Nebraska - Lincoln

The University of Nebraska - Lincoln Army ROTC hosted the U.S. Army Golden Knights parachute team the weekend of Sept. 7 and 8 as the chutists made two jumps at the Nebraska vs. Notre Dame game. U.S. Senator Ben Nelson (D-Neb.) added an exciting note to the event when he made one of the jumps with the Golden Knights.

Plans for the show began that Friday when UNL Army ROTC hosted a pizza party for the University's ROTC cadets, midshipman, and friends. The U.S. Army Parachute Team attended the party where they introduced themselves, answered questions, discussed the tandem jump with Nelson and showed video of other tandem jumps and formations. Lt. Col. Edward Pullen, UNL's Army Professor of Military Science, had newly airborne-qualified cadets present each member of the Golden Knights with a Big Red Battalion coin. Then the Golden Knights presented the Cowboy battalion with a framed autographed picture.

Game-day festivities started with the Pre-Game Show in Memorial Stadium. The Golden Knights began their morning show as team members jumped into the stadium, each with a unique message. Sgt. 1st Class William Van Soelen presented host, Lee Corso, with a large foam Nebraska cowboy hat and a Little Red Mascot doll. Other members jumped in with a Nebraska Husker Flag, a Nebraska State Flag, and a POW/MIA Flag attached to their parachutes. The jumps ended the pre-game show, where a record setting 15,808 fans attended. Fans were then asked to attend a "tailgate party" in Buck Beltzer Field where the Golden Knights performed the tandem jump with Nelson. The senator, who was attached to Sgt. 1st Class Paul Rafferty from the Golden Knights, jumped from 12,500 feet. After the jump, Nelson answered questions for the press. He agreed to jump in order to help recruiting and retention efforts of the Army and Army ROTC.

"It seemed very appropriate to do it," he said.

After the pre-game show ended, members of the Golden Knights, the Cowboy Battalion and Nelson attended several local celebrations before the football game began that evening.

2nd Lt. Amber R. Harrold

Golden Knight parachutist Sgt. 1st Class Paul Rafferty (right) coaches Senator Ben Nelson (left) about the upcoming jump.

2nd Lt. Amber R. Harrold

Senator Ben Nelson (center) shakes hands with a Golden Knight after his stadium jump.

The Golden Knights performed their second jump as part of the halftime show during the Nebraska vs. Notre Dame game. Memorial Stadium was again filled, this time with more than 78,000 fans cheering and snapping photographs of the Golden Knights as they descended from the night sky. The Golden Knights performed several jumps including one three-tier stack. With the assistance of Nelson, they dramatically increased the visibility and awareness of the UNL Army ROTC program both on campus and in the community.

Admin secretary receives top honor during graduation ceremony

By Maj. Laura Davis
Embry-Riddle Aeronautical Univ.

On April 28, Darlean Pope of Embry-Riddle Aeronautical University (ERAU) in Prescott, Ariz., received the surprise of her life. Pope, who is the Administrative Secretary for the ERAU Army ROTC Department, was fortunate she dressed up to attend that Saturday morning's graduation ceremony.

As secretary for the department since 1993, she attends the graduation ceremony every year. One reason is to ensure that the commissionees actually walk across the stage and get a diploma prior to signing their contract. However, her official duty there is to take photographs for the university, an important part of the ceremony every year. Everyone there knows Darlean and she is a familiar sight near the stage at graduation, campus events, and even weddings.

So she was already on the stage, ready to take the next photo, when her name was called by the Student Government Association President (SGA) to accept an award.

Every semester, the SGA at Embry-Riddle secretly votes and selects a faculty or staff member to receive the student body award. This honor typically goes to a professor or department chair from which the students have received mentoring and guidance and whom the students feel made significant contributions to the university. The SGA president presents the award on behalf of the entire student body during the commencement ceremony so that all the faculty and staff present can acknowledge this person is number one in the hearts of the students. The award is rarely given to a departmental secretary.

Maj. Laura Davis

Darlean Pope of Embry-Riddle Aeronautical University in Prescott, Ariz., received quite a surprise from the grateful students there.

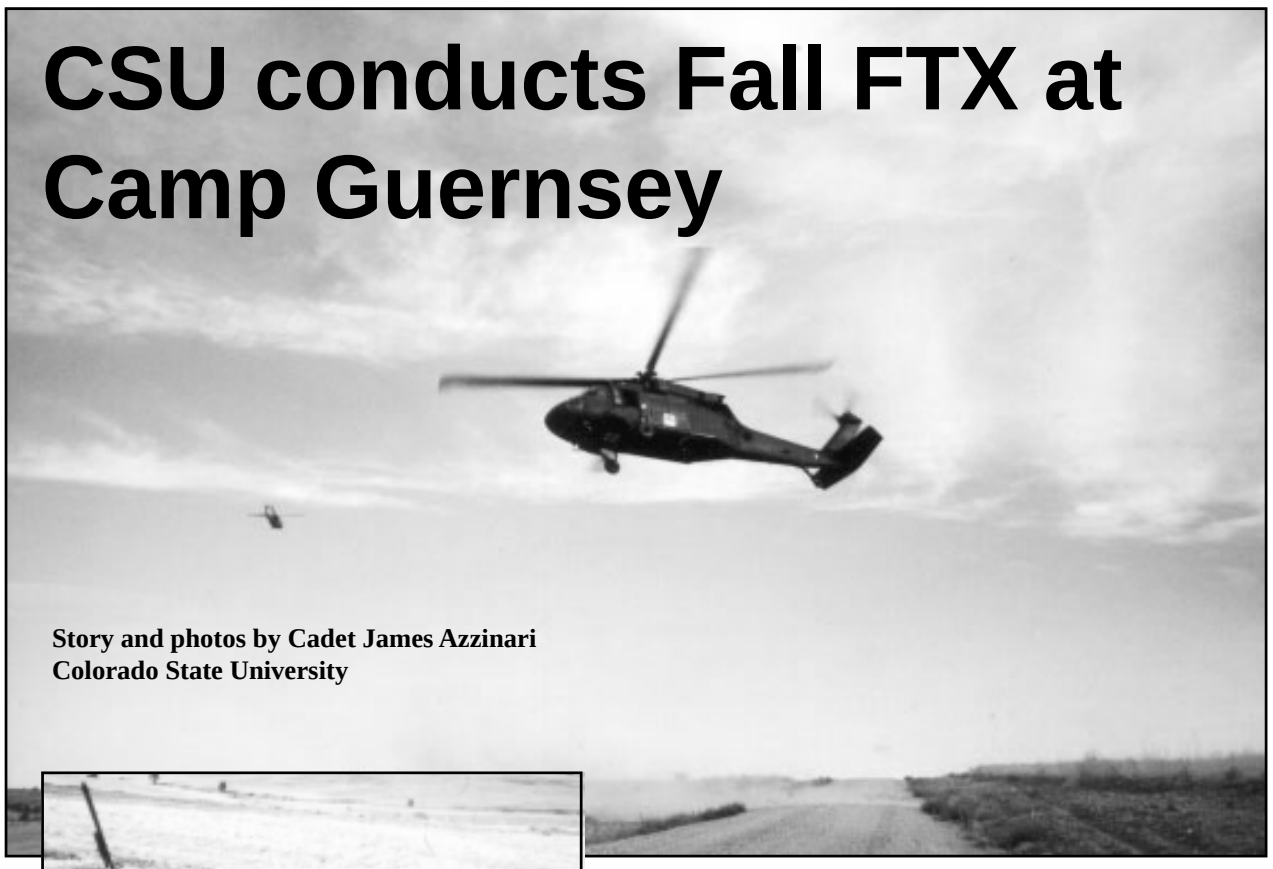
After a moment of astonishment upon being called for, Darlean quickly recovered her "military bearing" enough to stumble up the steps and receive the award, a crystal sculpture, handed lovingly to her by a grinning SGA President. Then she stood there for a moment, soaking up the smiles and the flashbulbs of the paparazzi ... and her husband, who was secretly notified of the award, as he stood proudly nearby.

You may be wondering how an Army ROTC secretary could possibly get this prestigious award when less than five percent of the student body is in the Army ROTC program. It is because everybody knows Darlean. She has worked on campus for 11 years, starting in the Admissions Department, working her way through the Provost Office and Student Success Center, and then taking her favorite job - Secretary for Army ROTC. If you came to Embry-Riddle, sooner or later you would probably meet Darlean Pope. It's no exaggeration to say everyone knows who she is because she's the "picture lady." Her desk plaque jokingly reads, "Secretary to the Army" (which once confused an M-SI student who thought she was the Secretary of the Army on an exam). She is a friend to national hero and astronaut Story Musgrave, whose autographed picture sits on her display shelf. She is thoroughly networked in her connections with admissions, health services, records, financial aid (you need a transcript ... you need immunization records ... you need to get somethin' done ... you go see Darlean!

No matter what is going on, Darlean always has time to chat, to help people find something, or to square away a cadet with a problem. She supports the ROTC team as if she was a soldier, too. Her timecard always says she works 40 hours per week, when she actually worked many more hours. Not that she is some kind of workaholic, but if cadets can't come in and fill out the paperwork from 8 to 5 because of class ... she waits for them after class. On Birthday Lead Lab, she has to be there after training to cut the cake and take pictures. During a special event on the weekend, she has to "stop in" in case we need something. The staff tells her on Friday to have a nice weekend and even chide her for coming in on her day off, then sheepishly ask her to help with something that "needs to get done now." (She knows the deal and that's why she's there).

And a steady stream of majors, captains, lieutenants, civilians (ROTC alumni) come back to pay homage to Darlean. They often talk about how things were when they were cadets there, or how great the Ranger Challenge team was when they were on it, and how everything has really changed, but they always say how Darlean has not changed one bit. And then they take her to lunch or leave her a big bouquet of roses, as though making up for all the times they forgot to thank Darlean for something she did. Perhaps, now that they are in the real world as officers or successful civilians, they had to accomplish tasks without the help of someone like Darlean, and realize how much she really did for them. Or, maybe they simply missed her.

CSU conducts Fall FTX at Camp Guernsey



Story and photos by Cadet James Azzinari
Colorado State University

The Army provided UH-60 Blackhawk dual-turbine engine utility helicopters to carry participants in the Fall FTX to and from the training area.

Are you ready to rock and roll? These cadets just played a 200-round duet on the M-60 machinegun and look like they could keep right on going with some more ammo.

Once again, the Colorado State University Fall FTX at Camp Guernsey, Wyo., has been successful and an exhilarating experience for the cadets and cadre. The weather this year was better than recent years, making training more productive. Although it was cold at night, during the Situation Tactical Exercise lanes the temperature was just right and it did not snow (unlike the previous year). Another major highlight of this FTX was the use of helicopters to shuttle the MS-I, II and IIIs from one training event to another. Selected MS-Is were transported by helicopters from Fort Collins to Camp Guernsey. MS-IVs, had the opportunity to take a night ride in the UH-60 Blackhawks from the night land navigation course back to the camp cantonment area.

This year CSU also had the pleasure of adding some new guest members to the traditional Camp Guernsey group. The South Dakota School of Mines Army ROTC sent their cadets to join the CSU Ram and Cowboy Battalions in training. It was a unique experience to meet and train with these cadets.

This FTX was also the first time for many of the cadets to familiarize themselves with the M-203 Grenade Launcher, M-16 rifle and M-60 machine guns. MS-IIIs zeroed their weapons and qualified on paper targets for the first time, an essential task in preparation for Advanced Camp.

The MS-IIIs performed exceptionally well in their leadership roles both in garrison and during their Squad STX evaluations. Although the Fall FTX is the "crawl" phase of learning for the MS-IIIs, they demonstrated their leadership, learned plenty of new techniques and picked up lots of information in preparation for the Spring FTX at the Air Force Academy.

All of the cadets present at Camp Guernsey demonstrated a desire to seek self-improvement and the ability to learn and grow in anticipation to meet the challenges they will face at Advanced Camp.

Basic Rifle Marskmanship was a primary prerequisite for the cadets in preparation for Advanced Camp, beginning with the Zero Range shown here.

Nurse cadets learn the ropes as shadows of their future selves:

Cadet Command's Nurse Summer Training Program injects new nursing students with a dose of their new careers

Story and photos by Capt. Woody Stone

When it comes to real-life experiences for cadets, few programs can surpass the intensity of the Nurse Summer Training Program (NSTP). NSTP is a three-week immersion program for Army ROTC nursing cadets at teaching hospitals in the United States, Germany and Korea. The NSTP clinical elective provides these cadets with clinical experience in a hospital setting while introducing them to the duties, roles, responsibilities and expectations of Army Nurse Corps officers.

As most cadets this year were completing their ROTC Advanced Camp leadership development experience and heading back to the university environment, a band of eight nursing cadets from 1st Regiment stayed on at Fort Lewis for three additional weeks at Madigan Army Medical Center (MAMC). On Aug. 3, 8th Regiment supplied seven more nurse cadets to join the program.

The cadets received briefings about expectations and the scope of the program from Capt. Nicole Kerkenbush, the 1st Brigade Nurse Counselor from 4th Region (ROTC), and Maj. Eileen E. Durbin, Deputy Chief of Consolidated Education at Madigan.

The cadets received hands-on experience under the direct supervision of preceptors - Army Nurse Corps officers who worked one-on-one with cadets. One such preceptor was 1st Lt. Tiffany S. Rutledge, a charge nurse on Madigan's 7th-floor surgical ward. Rutledge, a graduate of the Cornell University ROTC nursing program, has served at Madigan for the past 16 months. Not only did she get the chance this year to serve as a preceptor, Rutledge got to relive the excitement of her own NSTP experience.

"I have a cadet coming the 31st of July," said Rutledge of Cadet Bridget Regner, from the University of Maine, "and it means a lot to me to set a good impression for her, and to show her this is what Army nursing is."

Concerning her own experience, which also was at Madigan, Rutledge explained, "They took me in with open arms. In the three weeks (of NSTP) I was doing IVs, monitoring certain medication administration, counseling patients, doing assessments ... I saw two open-chest traumas.

"I saw them crack the ribs: one doctor was actually massaging the heart while the other was ventilating the lungs," said Rutledge. "They let me do full initiation, start the IV lines, [connect] the fluids on them. It was phenomenal. There wasn't that 'You're a cadet' stigma, at all - it was like, 'You're a part of the team.'"

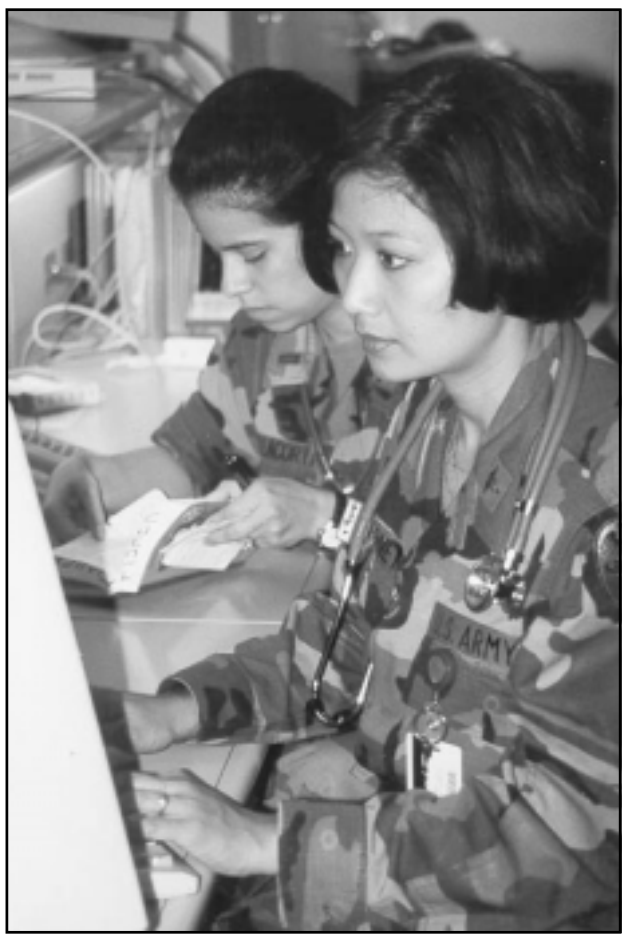
"I definitely like this better than nursing school," said Regner. "Here we have more freedom - we have a chance to explore, to try and figure out what kind of nurse we want to be." She said the beginning of the program starts quickly, getting used to the floor and following the preceptor around the first day.

By the second day, cadets get their "own" patient - under the watchful eye of the preceptors. And by the end of the three weeks, the goal is for Regner to manage the health of three patients, a tall order for such a short time of training.

Rutledge has also been a preceptor for new lieutenants on the ward. Her most recent lieutenant-in-training was 2nd Lt. Dolores P. Toney, who just recently finished her six-week preceptorship. These new nursing lieutenants are expected to know, and to demonstrate the proficiency of, several pages of skills and tasks, all of which they must accomplish in the six-week period. The goal is for the new lieutenant to take charge of a ward full of patients within months of commissioning.

"Listen to the nurses - they'll take care of you," Rutledge advises the cadets and lieutenants alike. "NSTP was probably the closest thing to really saying, 'OK, this is what Army life is as a nurse.'"

To illustrate how the NSTP experience affected nurse cadets this year, the following narrations detail their individual experiences.



Continuing education for nurses is a professional requirement, as 2nd Lt. Dolores Toney experienced recently.

By Cadet Adam J. Petersdorf
University of Portland, School of Nursing

I must admit that when first told that I could spend an additional three weeks, following 32 days of Advanced Camp, as a $20-a-day cadet in the Army, at first it struck me as less than desirable. As grim as doing this sounded, I had to sit back and examine exactly why I was joining the Army and exactly why I was becoming a nurse.

Ultimately, nursing and NSTP have nothing to do with money and selfish personal reasons, but rather to be in the profession of nursing in the first place. We all want to learn and experience as much as we can, so we can actually make a difference in a patient who is sick or injured and needing a shoulder to lean on. Our compassion, past experiences and our education are all we have to offer as nurses, and how we deal with our patients and the care we give them makes all the difference in their lives when they are sick. NSTP is yet another experience, and a golden opportunity to look into the healthcare military families and retirees receive. Though not much different than civilian healthcare we are accustomed to from other nursing clinical rotations, it is an excellent opportunity to see how we will administer healthcare when we finally pin on our gold bars.

Capt. Nicole Kirkenbush briefs incoming nurse cadets on expectations of NSTP.

I had the pleasure of beginning my experiences in the Madigan Intensive Care Unit, which was unlike anything I experienced previously. The acuity of my patients was at the highest level and the severity of their illnesses was quite severe. The equipment, staff and treatments were all excellent. There wasn't a procedure or code that I wasn't brought into to offer some type of assistance. I learned a great deal from this environment. Instead of memorizing information and taking tests, as we do in school, I finally experienced how the information actually has some practical application. Along with the ICU experience, I was able to shadow other Army healthcare providers in their daily routines and get a good idea about other career opportunities the Army offers beyond the RN level. I observed a surgeon during an open-heart surgery one day and was able to shadow a Certified Registered Nurse Assistant another day. Both were extremely exciting and, if it weren't for the NSTP experience, there would be no way this learning would have ever taken place.

NSTP is an experience no nursing cadet should pass up, because the educational opportunities and advice you get from your preceptors is invaluable. From this experience you can expect to see what it is you will be doing as an Army nurse, as well as learning how you can plan future endevours as an Army nurse or, perhaps, something even higher up than that.

By Cadet Jennifer Smith
University of Portland, School of Nursing

Seven-North is a surgical floor where a variety of patients are admitted. Pre-operative and post-operative care is given to patients undergoing surgeries like neurological, oral, orthopedics, obtetrics-gynocology, eye-ear-nose and throat, and general medical surgeries. A typical day on the floor is full of changes, with patients going to the operating room, returning from the OR, getting CT scans & MRI's, patients getting discharged or transferred to other units and admitting new patients. I experienced assisting in a wide range of procedures, like chest tubes, tracheotomies, wound care, blood draws, medication administration and intravenous drips.

Overall, 7-North is a very quick-paced unit with something always going on. It was a great experience to work there and it is a very good floor to become familiar with all of the pre-operative and post-operative nursing care that needs to be performed on many different types of surgical patients.

By Cadet Anne Edelen
University of Portland, School of Nursing

The Army has its ways of discovering the perimeter of your comfort zone and daring you to cross into an area of uncertainty in the hopes of making you a stronger person. The Army did just that to me during my NSTP experience, daring me to work in an area of medicine that I had specifically requested to not be assigned to during my junior year of nursing - oncology. Oncology intimidated me. I felt that I had been taught little of this area of nursing in college, feeling like we glossed over the subject and then were off and running to concentrate on other fields of nursing. I had never seen death on the face of a loved one or friend, never seen a person take a last breath. I was scared, frightened and intimidated of being expected to nurse patients receiving treatments I knew little about and with prognosis' that are poor. But as I said before, the Army seems to seek out your fears and places you in a position where you must be a leader to others, provide comfort and support to the fears that they fear, an overcome the same fear you may hold yourself.

I was assigned to 6-North, a medicine/oncology floor. The first days were crazy. I did not know where to find materials or supplies, and knew little of the "norms" of the

The nursing students and Madigan Army Medical Center staff members pictured in the two photos above attended the initial 2001 Nurse Summer Training Program briefing given by Capt. Nicole Kirkenbush and Maj. Eileen Durbin.

floor. I knew no one's name (save my preceptor), and felt like a shadow that had swept up to 6-North. I spent much of those first days in constant and intense observation of others. I saw how my soon-to-be peer lieutenants interacted with the patients and themselves. I saw how they advocated for their patients by suggesting treatments to doctors, suggesting discontinuation of others, and questioning the choice of drugs. I stood in awe as I saw many of them work in a hospital setting that I had never before seen, that of a military clinic. It seemed so different from where I spent my civilian "med/surg" clinical rotation. The military seemed faster-paced with the expectation of demanding more from the nursing team: Certifiied Nursing Assistants, Licensed Practical Nurses, and Registered Nurses.

I strongly advise all nursing ROTC cadets to consider participating in the NSTP experience if not just for the clinical experience of practicing technical skills, but for the opportunity to observe the kind of setting you will be working in for the next four years or more.

As I spent more time on the floor, I gained more independence. I took on a patient, distributing his medications, monitoring IV fluids, pain, and psychosocial issues. I performed admission assessments and transfer receiving assessments from the post anesthesia recovery room. I put IV's into patients and drew blood from semi-permanent IV catheters. I transferred a patient to the Gastrointestinal clinic and observed a colonoscopy. I even had the opportunity to do an in-service to the floor on the very subject that had intimidated me - death and dying.

As I'm finishing my last few days of NSTP, I look back on all I have observed and all I have accomplished. I am most proud of my now -conquered fear. I am no longer frightened by oncology or providing comfort care to patients with poor prognosis. I feel like I have a better understanding of death and how to intervene and talk with the dying after having experienced the death of two patients and numerous discharges to home hospice. I know I can be a great source of strength and comfort to these patients as they face their final days. I am proud that I am no longer afraid of baring my heart and tears to these patients. I believe that NSTP has made me a stronger and more confident care provider.

By Cadet Bridget Regner
University of Maine, School of Nursing

For an Army ROTC nursing cadet, the summer between the junior and senior year in college is very demanding. It usually starts off with Advanced Camp, the training that all ROTC cadets go through. Then, most nursing cadets choose to participate in the Army's nurse summer training program, or NSTP. This is a three-week rotation at one of the Army medical centers throughout the continental United States, Germany and Hawaii.

My experience was all I expected and more. Before I left for Advanced Camp and NSTP, I had plenty of questions about NSTP and queried many different people. I had a pretty clear idea of what to expect, so I set goals for myself to have something to work towards for three weeks. I knew I would have more responsibilities than in nursing school because of the unique program the Army has set up.

The goals I identified were mainly clinical skills, or basic nursing skills, such as conducting assessments on patients, starting IVs and drawing blood. I was intent upon learning what an Army nurse does and the roles and responsibilities of Army nurse corps officers. When I arrived and met my preceptor, she asked what my goals were so that she would know what I was interested in doing.

She knew that I really wanted to learn how to start IVs so she asked a brave Specialist, with very good veins, who worked on our floor as a 91-C, if he would let me start an IV on him. Not only did he let me start an IV on him, he walked me through the entire process. My preceptor showed me she was interested in letting me learn as much as I could, as well as showing me how a good officer knows the skills of the people she works with.

A dedicated preceptor, 1st Lt. Tiffany Rutledge, prepares for her duties.

While assigned to one specific floor, our clinical instructor coordinated for us to travel to other nursing areas to experiences those for a day or two. When she asked me what other areas I'd like to visit, I told her "everything," especially FAST teams, so I asked if it would be at all possible for me to follow along and observe a FAST team in action. I unfortunately did not get to observe a FAST team. I did, however, get to visit Labor and Delivery, Neonatal Intensive Care, and the Emergency Room. Although a previous experience in a labor and delivery unit is what led me to a career in nursing, I intend to pursue a nursing career in either emergency nursing or intensive care nursing.

The experiences I had on my floor were wonderful. I was able to incorporate all the book skills and clinical skills I had learned in nursing school last year and actually have a taste of what being a nurse will be like. My preceptor set the goal of having me do all the work for a full patient load while she watched and ensured I was performing the different tasks correctly. I was very excited at this idea because in nursing school we are only given one patient and I wanted an experience as close to real as possible.

Overall, I would definitely recommend participating in NSTP to any nursing cadet. The experiences you have in the short three weeks will enhance your skills far beyond those acquired solely in nursing school. In addition to the clinical skills, the cadet has a peek at what to expect when they receive their commission.

By Cadet Laura Duncan
University of Portland, School of Nursing

When I first stepped onto Madigan Army Medical Center's Intensive Care Unit-East unit on Aug. 2, I was what a lot of instructors like to call "green." I had some experience working in an acute care setting, but the patients I assisted up to then had one, maybe two, conditions that required attention and were well on their way to recovery.

In contrast, the patients in Madigan's ICU-E unit were very ill. Their conditions were complex and their drug regimens were mind-boggling. The machines that some of these patients required for life support required a lot of getting used to. I remember panicking when some of the alarms went off and skirmishing for my preceptor to silence them.

We also had more than one type of patient in the ICU. In those three short weeks I was at NSTP, I saw every type of patient imaginable - pediatrics, young and middle adults, geriatrics, soldiers, sailors, dependents and civilians. If I could choose one word to describe Madigan's ICU-E, it would definitely be "variety."

In time, however, I became more comfortable with the wide variety of medications, conditions, machines and clients found in the ICU-E. Nurses there generally take only one patient, so I really had the time to learn everything about my patients and give them the best possible care. Soon, not everything in the ICU looked foreign to me, the mammoth drug regimens became more understandable and even the alarms on the machines didn't frighten me. I learned about all sorts of medical conditions and illnesses, from the simple to the complex. I became acquainted with different clients, and I can honestly say that each one of them taught me something that I will take with me into my practice. The most important thing I learned about is what it means to be an Army Nurse Corps officer and what to expect when I get into the active Army.

Overall, NSTP and my experience in the ICU-E at Madigan was a positive and worthwhile learning experience. And it was a lot of fun. I would recommend NSTP to any AROTC nursing student. Not only will it give you worthwhile experiences, it will also prepare you for the real Army and put you ahead of your peers.

NSTP cadets gained direction from program director Maj. Eileen Durban, chief of consolidated education at Madigan Army Medical Center.

High School Heroes

Fort Lewis hosts Spring Camp 2001

By Cadet Allan Rivard
Rogers High School

Spring break for most teenagers is usually a time to rest, kick back and do nothing. It was completely different, however, for a group of 344 Army JROTC cadets who stepped up to the challenge of JROTC Spring Camp 2001, held at Fort Lewis, Wash., where cadets were given a taste of military life. They had the opportunity to rappel, learn land navigation, drown-proofing and try their luck on the fort's complex obstacle course.

The 2001 Spring Camp was managed by Walla Walla High School, who hosted eight high schools from Washington and Oregon. The schools included East Valley, West Valley, Lincoln, Mount Tahoma and Gov. John R. Rogers high schools from Washington, plus Madras and Roseburg from Oregon. The cadets faced a week that was of activities that started each morning at 5 a.m. Following physical training the cadets marched to the dining facility for breakfast, then headed to their first training exercise of the day just as the sun was rising.

They then maneuvered the Land Navigation Course, using maps and compasses to find points within the course. Land Nav is especially important because it accurately represents the kind of training soldiers need in the field. This provided hands-on learning away from the classroom atmosphere.

Then there was the Field Leadership Reaction Course - a physical and mental challenge. A leader was chosen from within each team and instructed to choose the best method of completing the task given for the entire group.

"It brought out the teamwork of my cadets and it showed that we all needed each other," said Cadet Jon Randels from Lincoln High School.

Rappelling, to the cadets, is one of the most feared and most challenging obstacles they face. For many, this is the time they learn to how to be team players. Retired Lt. Col. Gary Banks and retired Master Sgt. Gerlad Taylor were the Rappel Master for the tower. Through their support, many of the cadets made it successfully down the wall.

"It was really hard for me to go down the tower but my fellow cadets helped me by cheering and motivation," said cadet Tashna Hicks of Madras, Ore.

Inspection is yet another taste of military life the cadets experienced. During the week they lived in a military barracks on North Fort Lewis where the brigade staff graded them on cleanliness, knowledge, and military bearing. This was yet another example of how cadets pulled together as a team to accomplish their mission.

JROTC cadets are the youngest members of our armed forces development programs, but by stepping up to the challenge these young motivated cadets proved to themselves and others that they can be successful in any endeavor they might undertake. By participating in Army JROTC Spring Camp this year cadets proved they have the willpower and desire to be the leaders of tomorrow.

Cadet Rachel Miler-Madras High School

Cadet battalion commander Jeremy Tilford of Rogers High School in Puyallup, Wash., conquers his fear of heights at the Confidence Course.

JROTC cadets get special VIP treatment from Bataan Battalion

NMMI ROTC Photo

2nd Lt. John B. Lyle III, a Goldbar Recruiter at NMMI, shows off a Hummer with a trick paint job, loaned by local Army Recruiters for the JROTC Day festivities.

This spring the New Mexico Military Institute's Bataan Battalion conducted its annual Junior ROTC Day, hosting high school students from all over New Mexico and western Texas. Nearly two hundred students attended this year for a day full of events for the students. They were briefed by representatives from area colleges on everything from enrollment and financial aid to specifics about ROTC, JROTC and service as an Army officer. Selected members of the Bataan Battalion also conducted on-campus tours. The JROTC cadets were given a rappeling demonstration by cadre, and cadets had the opportunity to try out a two-rope bridge. The day wrapped up with a performance by the NMMI ROTC Drill Team, led by Cadet Kim Jackson. Lunch was hot dogs provided by a local vendor.

- compiled by PAO

Golden Bear Brigade holds holds first annual Drill Meet

Retired Sgt. 1st Class Kevin Cook

Long Beach Polytechnic High School from Los Angeles, Calif. took top honors.

JROTC cadets from 34 high schools in five states and territories came to March Air Force Base, Calif., this spring for the first annual Golden Bear West Coast National Invitational Drill meet. Judges for the event were a mixture of Marine Corps drill instructors, southern California armed forces recruiters and Air Force personnel. Pamona High School was the host JROTC unit under 3rd Brigade of the 4th ROTC Region.

Teams competed in nine different categories involving inspection, team exhibitions, color guards and drill, with and without arms and individual and team awards were given. To qualify for a sweepstakes award, teams needed to enter no less than three categories and the top leaders were considered for the Commander's Award.

Overall winner for this charter-year event was Long Beach Polytechnic High School from Los Angeles, Calif. ***- PAO***

Retired Sgt. 1st Class Kevin Cook

A Marine Corps drill instructor checks a cadet's M-14 Rifle.