

# Sea Cadet Quarterly

U.S. NAVAL SEA CADET CORPS

VOLUME 3, ISSUE 3, SEPTEMBER 2016



**SUMMER TRAINING**  
**+ our 54th anniversary**



# SEPTEMBER 2016

VOLUME 3, ISSUE 3

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**ON THE COVER:** SLPO Alicia Dante of TS Colorado leads cadets at Navy League Orientation, Camp Pendleton, Calif.

**PHOTO BY:** LTJG Linda Wright, NSCC

Sea Cadet Quarterly is the official publication of the U.S. Naval Sea Cadet Corps. Written primarily by cadets, it covers a wide range of topics, including stories about training and leadership experiences.

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**THIS PAGE:** UCOIN, Camp Atterbury, Ind.  
**NEXT PAGE:** Maritime Interdiction Operations, San Diego, Calif.

The deadline for the next issue of Sea Cadet Quarterly is 16 November. Submission guidelines can be found at [www.seacadets.org/scq](http://www.seacadets.org/scq). Send submissions to [pao@seacadets.org](mailto:pao@seacadets.org).

## DEPUTY'S NOTE /

DAVID I. HULL

## Our Volunteers Make This Possible

Seaman Apprentice Kasen Meyers is a member of Theodore Roosevelt Division in New York. This summer, he decided to go to medical training, but he wanted to do something different. He wanted an adventure — so, along with a friend, he enrolled in basic medical training in Gurabo, Puerto Rico. At first, he was unsure if he wanted to go due to the language barrier, but after some talks with his mother and encouragement from the COTC, he decided to move forward. Meyers' experience in Puerto Rico was a success, and you can read his full story on page 16.

This story is about the fearlessness of SA Meyers — and about the power of the influence of our volunteers. The encouragement and support he received from the staff in Puerto Rico showcase the very best of our program.

This summer, our program conducted 223 national training events. You can see a full map of what we offered on page 10, but the important part to note is none of these trainings would be possible without the volunteers who design, run, and support them. This summer, we had 1,021 adults who served as escort officers and thousands of volunteers who supported and encouraged cadets from their home units as they prepared for training.

Our summer training program is our premier product... and it continues to improve thanks to your efforts. We at NHQ can miss some of the work you do on behalf of our cadets, because we spend so much time looking at audits, spreadsheets, and Magellan reports. The great work of this program happens at your trainings... cadets who accomplish things they never thought possible... who have discovered an interest in a new field... who chose the hard right over the easy wrong... who have had their self-confidence awakened. You should take great pride in your contributions to developing our cadets into responsible citizens. On behalf of National Headquarters, I want to thank you for your time, energy and dedication this summer. Stay on target!



# When Dedication Leads to Success

By Petty Officer 1st Class Chloe Caso, NSCC

Barque Eagle Division, Plainville, Conn.

Staff Cadet, Recruit Training, Fort Devens, Mass.



My father has a saying, "When you are not the smartest person in the room, make sure you are the hardest working." This philosophy applied to me when I was a recruit division commander, or RDC, at Recruit Training Command New England this past July. Those 13 days of training were filled with exhaustion, stress, and mistakes. They were also, however, a time for me to learn, teach, mold, and inspire.

In order to train a successful recruit division, an RDC must show unwavering dedication to his or her recruits, who must know their RDC is invested in their success. When there was a problem with my recruit division's performance, instead of just yelling at them and giving up, I chose to examine the problem, gave them corrective instruction, and rewarded them for their improvements. When I lead in this manner, the recruits

learned, gained motivation to succeed, and respected me as a dedicated leader.

An RDC must be a strict disciplinarian, but also a teacher who guides recruits to success. Recruits must understand that in order to be successful, they must work with their shipmates and RDC. As training progressed, my recruits gelled as a team and motivated one another. They worked with me because they wanted to succeed.

On graduation day, I heard that Delta, the division under my charge, had won Honor Division. At that moment, I had never been more proud in my entire life.

I was proud of myself and my assistant RDCs for our dedication to the Delta Division team. But most importantly, I was proud of my recruits for working with their shipmates and cadre to form not only a successful team, but an Honor Division.

**"Those thirteen days were filled with exhaustion, stress, and mistakes. They were also, however, a time for me to learn, teach, mold, and inspire."**





# Chief's Corner: Creating My Own Path

**By Chief Petty Officer Rosalie D'Onofrio, NSCC**  
Wolverine Division, Monroe, Mich.  
Naval Academy Summer Seminar, Annapolis, Md.

My family has an extensive history with the Naval Academy and now I can finally say that I have begun making my own. My father is a USNA alumnus from the class of '80, and his brothers are from the class of '82 and '86. My older brother, First Class Midshipmen James D'Onofrio (a former USNSCC Petty Officer), is in the class of '17. Indeed, I have heard countless stories and have been given "salty" memorabilia from them all, each conveying their history at the academy. However, I never fully understood their days there until I spent six days walking on the same paths, eating in the same mess, sleeping in the same racks, and learning in the same academic halls as they did — I now have the gouge.

I strongly encourage any cadet who is interested in going to the academy to look into applying for Summer Seminar (NASS) before their junior year. The experience was eye-opening, and I could not have enjoyed my time at the academy more than I did. I slept in Bancroft Hall, ate in King's Hall, learned about leadership in Luce Hall, and saw so much of the yard. I was fully immersed in the daily life of a midshipman, and it was amazing. Each day spent at NASS presented a different goal. The first day we were given the Candidate Fitness Assessment (CFA), which every candidate must take when applying to the academy. The standards are very high and are similar to those of the midshipmen: to be physically ready at all times for any action. During the second day, we attended classes we had previously selected during the application process. I participated in a character development class, learned about damage control, and was introduced to seamanship and navigation aboard a YP (Yard Patrol Craft). The next day was the same, but with additional



classes. For me, those were nuclear engineering, leadership foundations, and oceanography. The final day was spent on Sea Trials, a grueling six-hour test of teamwork, physical fitness, and endurance in stressful situations. It included a 3.5-mile obstacle course, push-ups, crawling through water and sand on a beach, rafting races, speed trials, karate training, and more. It was a tremendous amount of fun, and a great team building experience for my squad. After Sea Trials, we had a 30-minute mock I-day. This helped us experience what I-day is like for the incoming plebes. It was a little rough, but I assure you that being a Sea Cadet will help you through it.

Each squad is led by a third class midshipman, someone who has just finished their plebe year and is learning the ways of a youngster. I had a phenomenal squad leader, 3/C Mary August, an Annapolis native and a varsity soccer player for the academy. She was such a great leader and role model, and she answered so many of my questions. My squad had 11 candidates including myself. We were Bravo Company, 1st Platoon, 1st Squad. The bond developed between us and our squad leader in just six days. Certainly, that's one objective of the Naval Academy. It takes 1,400 people from all over the U.S. and other countries and turns them into best friends, great leaders, and the best of the best in their respective fields. Those 1,400 become the most highly trained leaders in the fleet, and I cannot wait to join them.

**CHART YOUR COURSE**



## Supporter Spotlight: Ben Mangan, Mary Stayner, and the MANCOMM Team

This story starts in a way that may be familiar to many of our readers. It begins with Ben Mangan enrolling his son in Sea Cadets after hearing from a friend about the impact of the program on her boys.

As a child Ben attended a military school, where he learned about teamwork, responsibility, and the importance of core values. To this day, he credits these lessons with shaping his philosophy as a business owner and entrepreneur. Ben Mangan is the CEO of MANCOMM, Inc., a safety and compliance publisher providing business and industry with state-of-the-art regulatory products, training tools, and resources.

The next part of the story began in

2014, when Sea Cadet Quarterly, or SCQ, became available to our units online. We were excited to share Sea Cadet news in a new way, but wanted to expand our readership and enable units to distribute print copies during recruiting events. At this point, Mary Stayner entered the scene. Mary, a parent of Sea Cadets and an NSCC volunteer, had been a reader of SCQ since her son was featured in the first issue. She also knew someone with a printing press — Ben Mangan.

Mary was inspired to reach out to Ben by the vision that every cadet would be able to have a physical copy of SCQ. Ben had been impressed with the growth of his son in the program, and described gifting printing services to the Sea Cadets as a "priceless" opportunity to contribute to a program that is helping to shape his son and so many other young lives.

Thanks to Ben's contribution, we have distributed around 20,000 printed issues of SCQ all over the country and internationally since December 2014. Sea Cadet Quarterly sits on the desks of members of Congress, senior naval officers, and civic leaders. The ability to widely share the stories of our cadets helps us spread our mission and

message far beyond what we were able to do in the past. This new ability to reach more people makes Ben Mangan's gift one of the most impactful donations that our program has received since its inception.

As Mary says, "There is something so wonderfully permanent about ink on paper, particularly in this electronic era where information is delivered instantaneously but can disappear in a flash." Due to Ben's generosity and Mary's vision, our cadets' training experiences, stories of growth, and examples of leadership are not confined to the screen; they are shared without limit. Cadets can now hold in their hands a world of possibility.



**Above Photo: Mary Stayner**  
**Top Photo: Ben Mangan and his son**



**Unsung heroes: The team working in the MANCOMM print shop. Every quarter, they go out of their way to make sure we have the copies we need. Thank you!**



# Meet Our Best Recruiters



Growing the program is everyone's responsibility — and the people on this list take that seriously.

The Recruiting Incentive Ribbon is awarded to any NSCC Officer, Midshipman, Instructor, or Sea Cadet/League Cadet who recruits someone to the USNSCC. Cadets receive one award for each person recruited while officers receive one award for every two. An asterisk next to an individual's name indicates they have reached this goal more than once. Bravo Zulu to the following members who earned this ribbon between January 1, 2016 and August 31, 2016.

## Volunteers

ENS Daniel Aiello  
LTJG Christopher Allred  
INST Jennifer Anderson  
ENS John Bacon  
INST Heidi Balfe  
LTJG Brian Bauer  
LTJG Lori Bykerk  
INST Jonathan Cameron  
INST Scott Chauvin  
LTJG Edward Dobbins  
INST Kristyn Dobbins  
LCDR Edmund Donovan\*  
ENS James Jennings  
LTJG Steven Jones  
ENS Bradley Kaplan  
ENS Regina Kilmer  
INST Daniella Kowalski  
LCDR Charles Nogueras II  
LTJG Tara Novack  
ENS Christy Pendegraft  
LTJG Darrin Sanchez  
LTJG Brent Van Hees  
LTJG Scott Welch

## Cadets

SN/AN Martin Adams  
SR/AR Kamron Adams-Lambert  
SA-T/AA-T Chance Anders\*  
SLPO/LC7 Christian Anderson  
SA-T/AA-T Jannelle Aquino  
SA/AA Matthew Badinghaus  
SA/AA Johnathan Bailer  
PO3 Isaac Barker  
SN/AN Nayari Betancourt  
SA/AA Bradlee Bills-McCoy  
PO3 Lillian Black  
SN/AN Jacob Bolles  
SA-T/AA-T Brandon Bonet  
SA-T/AA-T Yoniell Bonet  
PO3 Edward Boring\*  
PO3 Sebastian Bouvier\*  
SA-T/AA-T Christopher Boyette  
SA/AA Lauren Bozeman  
SN/AN William Brondos\*  
PO3 Carson Brown

SA/AA Seth Buck\*  
PO1 Kobie Budak  
SR/AR Brendan Buder  
PO2 Haakon Burns\*  
SR/AR Kimberleigh Busby  
PO3 Danielle Bush\*  
SA/AA Ethan Butler  
APC/LC2 Emily Cabrera  
ABC/LC3 Sean Cameron  
RC/LC1 Daniel Castillo  
PO1 Brandon Choi  
SN/AN Hunter Cihal  
SN/AN Jorda Cire\*  
CPO Dylan Clare  
CPO Daniel Clark  
SA/AA William Clark\*  
SN/AN Cody Collins  
PO3 Skyler Collins  
SA/AA Nathan Conner  
CPO Jacob Cook  
PO2/LC5 Christopher Cothren  
APC/LC2 Sawyer Crockett  
SN/AN Alan Davies  
PO2 Hayden Deckard  
SR/AR Samuel Dejohn  
SN/AN Jeremy Diaz  
SR/AR Elijah Dilworth  
RC/LC1 William Diosy  
RC/LC1 Timothy Dittmar  
SA/AA Summer Dobbins  
PO2 Garrett Doederlein  
PO1 Grant Domingo\*  
CPO Anthony Donnadio  
SN/AN Dusty Dry  
PO1 Bryce Dunbar  
SA/AA Rebecca Durinick  
SN/AN Michael-Tyler East  
ABC/LC3 Dylan Elias-Berg  
PO2 Jeromy Fajardo  
PO3 Ian Fernandez\*  
CPO Hunter Ferrell\*  
SA/AA Christopher Fisher  
SR/AR Ezekiel Foisaga  
SN/AN Timothy Fortin  
SA/AA Michael Francis  
PO3 Joshua Fryer

SA/AA Norman Fuller\*  
SN/AN Robby Galang\*  
SN/AN Isaiah Gallop  
PO3 Blake Gamboa  
SR/AR Jeremiah Garcia\*  
SA/AA Austin Gbur  
RC/LC1 Anthony Gerace  
PO2 Lexi Gerkey-Medlen  
PO3 Jana Ghaddar  
SN/AN Alexander Goldsmith  
PO1 Joshua Gonzalez  
SN/AN Bryson Gonzalez\*  
SA/AA Macey Goodrich  
SA/AA William Grassel\*  
SA-T/AA-T Eliza Green  
SA/AA Mason Green  
SN/AN Tanner Green\*  
SA-T/AA-T Larry Griesemer  
PO3 Frank Grijalva III  
SR/AR Joshua Guinto\*  
SN/AN Liam Hamby  
SN/AN Zachary Hamlett  
SN/AN Wyatt Hancock  
SA/AA Charly Hansen  
SR/AR Paul Haros  
APC/LC2 Liam Harrington  
SA/AA Ryan Heffernan  
SN/AN Alan Hernandez  
SA/AA Thomas Herrington  
PO2 Wolfgang Hickerson  
PO3 Sean Hicks\*  
SR/AR James Hill  
SA/AA Sean-Michael Hill-Edwards  
PO3 Leah Hinsley  
SR/AR Lilli Hirth  
SA/AA Curtis Hordge  
CPO Emalee Hughes\*  
PO1 John Hussey Jr  
PO3 Megan Inglis  
PO3 Evan Isenburg  
SA/AA Robert James  
SA/AA Michael Jarmiowski\*  
PO3 Gene Jefferson III  
PO3 Hannah Jolicoeur  
SR/AR Matthew Jorgensen  
SR/AR Hana Kang

SN/AN Austin Kaufman  
SA/AA Jonathan Keane\*  
SR/AR Kenneth Keith\*  
PO1/LC6 Bradley Kilmer\*  
SN/AN Kyelin King  
CPO Liam Kluesener  
APC/LC2 Kenna Kooyman  
CPO Joseph Kowalski  
SA/AA Matthew Kreft  
PO2 Kaitlyn Kutz  
PO2 Benjamin Kutz  
PO2 Bailey Lamb  
SN/AN Eleanor Lange  
APC/LC2 Maddix Larue  
SA-T/AA-T Richard Lewis  
SN/AN Aiden Lilly  
PO3 Simon Lin\*  
PO3 Jose Lopez  
SA-T/AA-T Dave Lu  
ABC/LC3 Dominick Lucchesi\*  
SA/AA Xander Lufkin  
PO3 Eliseo Lugo IV  
SA/AA Zackary Macdonald  
PO3 Malan Manwaring  
SLPO/LC7 Kamran Marchant\*  
SN/AN Antonio Marong  
SN/AN Zane Martin\*  
SA/AA Hunter Martin  
PO3/LC4 Thomas Martinuk  
SA/AA Abigail Matherne  
SN/AN Joshua Mayo\*  
SA/AA Kaleb McBeath  
SR/AR Collin McCarthy\*  
PO2/LC5 Edison McCorkle\*  
PO3 Obadiah McCray  
RC/LC1 Hayden McDonald  
CPO Curtis McDonnell\*  
RC/LC1 Michael McGuffey  
PO3 Jose Meza  
SA/AA James Mihalko  
SA/AA Ethan Miller  
PO1 Coby Miller  
SR/AR Chance Miranda  
PO2 Christopher Miranda  
SA/AA Alyssa Molina\*  
SA/AA Colin Monaghan\*  
PO1 Brandon Montgomery  
SA/AA Jamin Moody  
RC/LC1 Dahlia Munoz  
APC/LC2 Gabriel Munoz  
SA-T/AA-T Ashley Murray  
SN/AN Ethan Mutrie\*  
SA/AA Tristan Neibert  
PO3 Caleb Noble  
SA/AA Liam O'Connell  
CPO Jarrod Ogden\*  
SN/AN Jacob Osbrach  
PO3 Nicholas Ottinger  
SA/AA Samuel Overman

PO3/LC4 Ryan Parker  
PO3 Jovian Peng  
SR/AR Dorian Perez  
SN/AN Jonah Perry  
SN/AN Austin Pham\*  
SN/AN Bailey Phillip  
PO1 Conner Pichoff  
PO2 Giselle Pilette  
SR/AR Noah Pillow  
PO3 Tuyen Powell  
SN/AN Simone Powell  
PO1 Richard Rademacher  
ABC/LC3 Sameer Ramakrishna  
SN/AN Bryan Ramirez  
SA/AA Jonderick Ramirez  
SN/AN Madison Randles  
SN/AN Justin Ratcliffe  
PO1 Callie Regal\*  
SN/AN Joel Restel  
PO3 Daniel Reyes\*  
SN/AN Joshua Roach  
SA/AA Adam Rodriguez  
SA/AA Andrew Roland\*  
SA/AA Gabriel Romanuskas  
SA-T/AA-T Kaleb Rosado  
SN/AN Elizabeth Ross\*  
SN/AN Alisa Ross  
PO2 Logan Rowe  
PO1 Sarah Ryan  
PO3/LC4 Owen Rybnicek  
SA-T/AA-T Braeden Rydholm  
PO2/LC5 Caleb Rydholm  
SN/AN Yeoj Salva  
PO3 Jackson Salyers  
SN/AN Joan Sanchez  
SN/AN James Sante  
PO3/LC4 Dynasty Sayles\*  
PO3 Andrew Schmid\*  
SR/AR Madeline Schmid  
SN/AN Kimberly Scott\*  
SA-T/AA-T Ahren Seifert  
APC/LC2 Jacob Shaver  
SR/AR Jayce Shelnett  
SA/AA Leighann Shifflett  
SR/AR Tyler Shuler  
SA/AA Robert Siler  
SA/AA Robert Silva  
ABC/LC3 Cody Simons  
SA/AA Sophia Sirotzki  
ABC/LC3 Stephen Sirotzki  
PO3 Thomas Sjoberg\*  
PO3 Emma Slavens  
PO2 James Smith\*  
SA/AA Nadya Smith  
PO1 Garret Smith\*  
PO3/LC4 Rachel Song  
SA/AA Oryan Soria  
PO1 Chase Standage  
PO3 Eric Steiner

SA/AA Thomas Strickland  
PO2/LC5 Kayla Summerson  
APC/LC2 Michael Summerson  
SA/AA Noah Swann\*  
SN/AN Johanna Sweeney  
SN/AN Kyle Sweet  
SA/AA Kendra Tackett  
APC/LC2 Zachary Tamm  
RC/LC1 Brody Taylor  
ABC/LC3 William Tetrev  
RC/LC1 Noah Thames  
PO1 Joshua Thaniel  
PO2 Clayton Thompson  
PO2 Jacob Thompson  
PO3 Corbin Tindall\*  
SA/AA Ricardo Torres  
APC/LC2 Isidro Torres\*  
PO3 Marcos Torres\*  
SA/AA Elisha Torreyson  
SA/AA Taylor Torreyson  
SN/AN Olivia Troisi  
PO2 Bryan Vadvilavich  
SN/AN Alia Vande Berg  
SR/AR Keiden Vega  
RC/LC1 Christian Venegas  
PO3 Richard Verna\*  
SN/AN Paul Vesek  
ABC/LC3 Kristina Vinokurov  
PO2/LC5 Dustin Vu  
SA/AA Genevieve Waken  
PO3/LC4 Joshua Ward\*  
SR/AR Joshua Weir  
PO3 David Welchons  
PO3 Joshua Welchons  
SN/AN Rachel Welchons  
PO3/LC4 Dillon Welchons  
PO3/LC4 Jonathan Welchons  
PO2 Corbin White\*  
SN/AN Jackson Wilhoite\*  
APC/LC2 Simon Williams\*  
SN/AN Eutarcus Williams  
PO3 Spencer Williams  
PO3/LC4 Saban Williams\*  
PO2 Shane Williams\*  
CPO Jacob Wissack  
PO3 Tiffany Wong  
PO3 Christopher Wood  
SA/AA Andaman Wright  
PO1 Nolan Wright  
SA/AA Derrick Yong  
SN/AN Nathaniel Young

Want to see your name on this list in the next issue of Sea Cadet Quarterly? Get out there and recruit!

BACKGROUND PHOTO BY ENS ELAINE TORRES, NSCC



# Our 2016 Scholarship Recipients



BERTULAITIS



STITH

## BRAVO ZULU

This year, eleven outstanding members of the Class of 2016 received scholarships from the U.S. Naval Sea Cadet Corps.

**CPO Eric K. Bertulaitis**  
Viking Division

**CPO Brandon A. Cruz**  
Long Beach Division

**CPO Cory J. Kephart**  
Erie Battalion

**CPO Frederick S. LaCombe**  
F.D. Roosevelt Squadron

**CPO Jeffrey A. Lidawer**  
Cleveland Division

**CPO Curtis N. McDonnell**  
RADM Charles W. Parks Battalion

**PO2 Pierce R. McKee**  
Centurion Battalion

**CPO Rebecca L. Modrich**  
Harlan R. Dickson Division

**CPO Tracy A. Robinson**  
Liberty Division

**CPO Ruby L. Stith**  
Trident Patrol 65 Squadron

**CPO Connor W. Wheatley**  
Travis Manion Battalion



LIDAWER



LACOMBE



WHEATLEY



ROBINSON



MCKEE



MCDONNELL

# Interested in applying this year?

**You are eligible to apply if...** You are a Sea Cadet who has achieved the grade of NSCC E-3 or higher and has been in the program for at least two years at the time of application; an excellent student with a B+ average or above; accepted into an accredited university, college, or technical school.

**What should I prepare for my application?** The application window will open in early

2017. All applicants will be required to provide an essay on their personal objectives and goals. This essay should respond to the following prompt: "Tell us about how you plan to translate what you learned and achieved in the Sea Cadet program to your future goals." b. All applicants will be required to provide a scanned copy of their acceptance letter to the accredited university, college or technical

school that they intend to attend. c. All applicants will be required to request endorsements from their unit commanding officer and two other personal and academic references through the application system. d. All applicants will be required to upload a copy of their full high school transcript. e. All applicants will be required to upload a copy of their SAT or ACT score report.

# 'I Reached My Limits and Then Realized – I Don't Have Any'

By Petty Officer 2nd Class Ryan Talbot, NSCC  
Wolverine Division, Monroe, Mich.  
Staff Cadet, Recruit Training, Great Lakes, Ill.

When people say something is going to be tough or challenging, you brush it off until it smacks you square in the face. If you plan on staffing at recruit training, let me tell you something: whether you are a Recruit Chief Petty Officer (RPOC), MAA, or yeoman at RTIL, you will face many challenges.

This year, Great Lakes Naval Base held another recruit training for Sea Cadets. I had the honor of staffing and being RPOC of Division 004. As RPOC, I was able to see the evolution of recruits to cadets. I also worked side-by-side with naval personnel to enforce the teachings of the RDCs into these recruits. Seeing my own people mature in just nine days and then march across the glossy deck at graduation, I've never been more proud in my career as a Sea Cadet.

Why am I telling you this? I thought when I got to RTIL it was going to be

smooth sailing. RTIL is rough; it's tiring and mentally exhausting. I made many, simple mistakes that should not have happened. When pressure combined with lack of sleep and many responsibilities, you learn a lot about yourself. Will you break down and fade, or break past your limits and keep on pushing? I hit what I thought was my limit by the fourth day. I had earned my Division two demerits. I was continuously getting "coached" by RDCs. I thought I was finished. I wanted to go home.

That night, my division officer sat me down and gave me some advice: "Take a breath, realize your mistakes and learn. Don't do the jobs of your fellow staff cadets. Do your job as RPOC." I let that rattle in my head for a bit, and then decided to push through and become a more effective leader.

I learned that as a staff cadet at RTIL, I was a direct link to the cadet recruits. They looked at me as the example, so I had to strive for 100% perfection, 100% of the time. I had to be the example. In practice, that meant starting again! How can you be a true leader if you aren't out there leading? I needed to re-learn to make a rack in 15 minutes in accordance with RDC's instructions. I made my rack every morning with my recruits and did plenty of rack drills. It's rough because you feel like you're a recruit all over again. I thought to myself, "Why am I doing this? I'm a staff cadet. I already went through this." I still did it. I learned to lead by example, and by doing so I proved I knew what I was doing and earned my recruits' respect. I "needed" respect —

from both the cadet recruits and the RDCs. I wanted to lead my division. I learned that just because I'm a petty officer does not mean I'm respected — I had to earn it.

I've completed POLA — this was POLA in action. I learned not to be a boss. If I just yelled all the time, the recruits would shut down. I had to teach them first, and I learned the real meaning of patience. If you make a mistake, learn from it the first time. I became stressed and tired. I tried my hardest, but I still made mistakes. I learned from my mistakes and forged ahead. To dwell on my mistakes just made me miserable. After I stepped back and took a deep breath, everything started to flow. I pushed past my limits. It became fun — I was enjoying myself. I learned great things about myself. I passed my limits and with the collective abilities of my RDCs and my fellow staff cadets, I marched Division 004 as Honor Division at the 2016 RTIL graduation.

I learned what it truly meant to lead. I observed the RDCs and learned from them. Staffing RTIL was the hardest, but the most evolutionary and pride-filled experience of my life. If you're looking to grow as an individual while excelling as a leader, staff at RTIL in 2017!

**THE NAVY MILE**  
ON PENNSYLVANIA AVENUE  
PRESENTED BY USAA

**SAVE THE DATE**  
SUNDAY, OCTOBER 2, 2016  
The United States Navy Memorial  
701 Pennsylvania Ave, NW  
Washington, DC  
Join us at [navymile.com](http://navymile.com)

Experience the thrill of running in our Nation's Capital along historic Pennsylvania Avenue. All ages and skill levels welcome from casual participants to elite runners.

SPONSORS: USNA, PR, NAVY HARBOR, U.S. NAVAL SEA CADET CORPS

PROCEEDS BENEFIT: U.S. NAVAL SEA CADET CORPS





# What did you do this summer?

We offered **223** trainings in **30** states, plus Guam and Puerto Rico.

**Washington**  
NLCC Orientation  
Seamanship (*Submarine Seminar*)  
Aviation (*Basic Airman*)  
NLCC Coast Guard  
NLCC STEM (*SeaPerch*)  
Maritime Interdiction  
Ceremonial/Honor Guard

**Oregon**  
Recruit Training  
NLCC Orientation  
POLA  
Photojournalism  
Culinary Arts

**California**  
Recruit Training  
NLCC Orientation  
NSCC Basic Sailing  
NLCC Basic Sailing  
Special Operations (*Aviation Rescue Swimmer*)  
Special Operations (*Field Leadership Course*)  
Seamanship (*Boat Building*)  
Marksmanship (2)  
Master-at-Arms  
NLCC STEM  
NSCC STEM (*Cyber Defense*)  
NSCC STEM (*CyberPatriot*)  
NSCC STEM (*Rockets*)

**Hawaii**  
Recruit Training  
NLCC Orientation  
Advanced Dive

NSCC STEM (*Radio*)  
NLCC Leadership Academy  
NLCC Aviation  
NLCC SEAL Orientation  
NLCC Medical  
NLCC Culinary Arts  
NLCC Seamanship (*Coast Guard*)  
Photojournalism  
Advanced Music  
Operations  
POLA (2)  
Advanced Dive  
Seabees  
Maritime Interdiction

**Wisconsin**  
NLCC Orientation (2)  
NLCC Leadership Academy (2)  
Master-at-Arms  
Operation Warrior Strike  
Vehicle Maintenance

STEM (2)  
Photojournalism  
Basic Medical  
POLA (2)  
Culinary Arts  
Seabees

**Iowa**  
Recruit Training  
NLCC Orientation  
POLA  
Field Operations  
NLCC Basic Sailing  
NSCC Basic Sailing

**Illinois**  
Recruit Training  
Special Operations (*Tactical Medical*)  
Seamanship (*Shipboard*) (3)  
Photojournalism

**Indiana**  
Recruit Training  
NLCC Orientation  
NSWOC, UCOIN

**Michigan**  
NLCC Orientation (2)  
NSCC Seamanship (*Shipboard*) (2)  
NLCC Seamanship (*Shipboard*)  
Public Safety (*Firefighting*)  
Advanced Marksmanship  
Personal Security Detail  
NSCC Master-at-Arms

NLCC Master-at-Arms  
NLCC STEM  
NLCC Culinary Arts  
NSCC Culinary Arts  
NLCC Leadership Academy  
Field Music  
Ceremonial/Honor Guard  
STEM  
Photojournalism  
Vehicle Maintenance  
POLA  
Medical Laboratory Science  
Basic Dive  
Advanced Dive (2)

**Maine**  
Coast Guard  
POLA  
Special Operations

**New Hampshire**  
Field Operations

**Massachusetts**  
Recruit Training  
POLA

**Connecticut**  
NLCC Orientation  
Seamanship (*Submarine Seminar*)

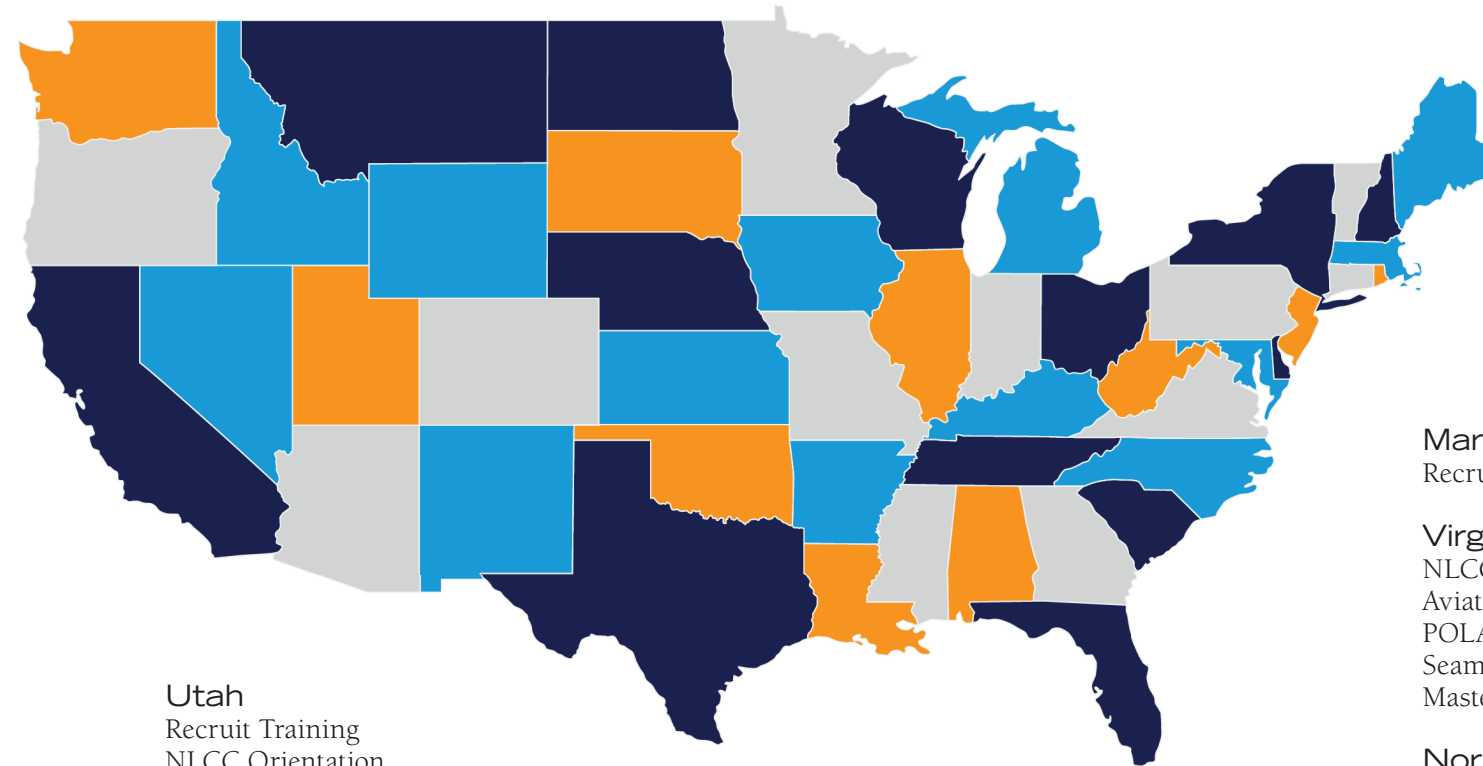
**New York**  
Recruit Training  
NLCC Orientation  
NLCC Advanced  
Photojournalism  
Medical  
POLA  
Culinary Arts  
Seabees  
Coast Guard (*USCGC Barque Eagle*)

**Rhode Island**  
Field Operations  
Culinary Arts  
POLA  
Inbound International  
Exchange

**Pennsylvania**  
Recruit Training  
NLCC Orientation  
NLCC Leadership Academy  
POLA  
Radio Communications  
Photojournalism  
Field Operations  
Medical, EMT Services  
STEM (*UAV*)  
STEM (*SeaPerch*)

**Ohio**  
Marksmanship  
Medical Field Operations  
Seabees  
STEM (*SeaPerch*)

**New Jersey**  
Recruit Training  
NLCC Orientation  
NLCC Advanced  
Aviation (*Basic Airman*)  
Master-at-Arms



**Utah**  
Recruit Training  
NLCC Orientation  
POLA  
STEM (*SeaPerch*)  
STEM (*UAV*)

**Nevada**  
STEM

**Texas**  
Recruit Training  
NLCC Orientation  
POLA  
Photojournalism  
Medical Field Operations  
Culinary Arts  
Aviation (*Basic Airman*)

**Tennessee**  
Recruit Training  
POLA  
NLCC Rescue Squad  
Operations  
Search and Rescue  
Field Operations  
Photojournalism  
Master-at-Arms  
STEM (*SeaPerch*)

**Arkansas**  
Recruit Training  
NLCC Orientation  
POLA  
Master-at-Arms

**Louisiana**  
Recruit Training  
POLA

**Florida**  
Recruit Training (3)  
NLCC Orientation (2)  
NLCC Advanced  
NLCC Field Operations  
POLA (5)  
Master-at-Arms  
Culinary Arts (3)  
NSWOC, SEAL  
NSWOC, EOD  
NSWOC, SWCC  
Basic Dive (3)  
Advanced Dive  
Cyber Defense  
STEM

**Alabama**  
Recruit Training

**Maryland**  
Recruit Training

**Virginia**  
NLCC Orientation (2)  
Aviation (*FAA Ground School*)  
POLA  
Seamanship (*Amphibious Operations*)  
Master-at-Arms

**North Carolina**  
Basic Dive (2)  
Advanced Dive  
Dive Operations

**Georgia**  
Recruit Training  
Seamanship (*Submarine Seminar*)  
Master-at-Arms  
NLCC Orientation  
NLCC Field Ops  
NLCC Leadership Academy  
NLCC Seabees  
Ceremonial/Honor Guard (2)  
Medical Field Operations  
Culinary Arts  
Seabees

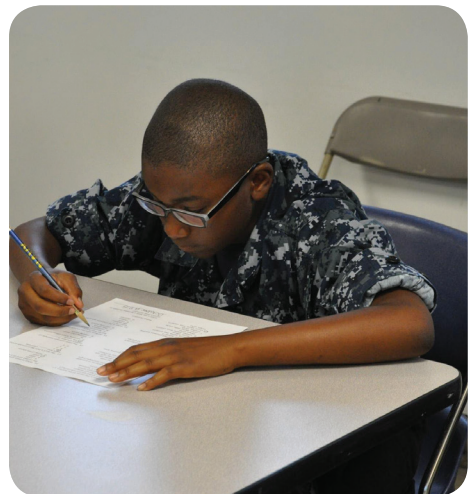




## My Adventure at Orientation

**By Recruit Cadet Caleb Prater, NLCC**  
Wolverine Division, Monroe, Mich.  
Navy League Orientation, Fort Custer, Mich.

After my parents dropped me off at Fort Custer, I felt fully prepared for what was ahead of me. I was ready for any challenge. There were some unexpected challenges which made Fort Custer an excellent training and great learning experience. The team building exercises helped me build a bond and form a positive relationship with my shipmates. I enjoyed running the mile because it was great to see my shipmates cheering from one another.



On my favorite day, we went to the simulation building to shoot rifles with a laser tip attachment. I aimed at the bullseye and imagined a deer, as I took off the safety, cocked the handle, and pulled the trigger. Out of eight tries, I missed every target. It wasn't as easy as it looked.

I was really eager for firefighter training day. The petty officer marched us to the parking lot as we sat and listened to the fireman talk to us about what it means to be a firefighter. I enjoyed looking at the gear, their suits and the 250-foot hose. When we were able to spray the hose, I couldn't believe how heavy it was and it had a lot of kickback too. It was so exciting! Even though that was fun, my favorite part was holding the Jaws of Life and it was REALLY heavy. Overall, Fort Custer Navy League Orientation helped me learn that a good leader doesn't always have to be in charge, but leads by example. I also learned the acronym, "Together Everyone Achieves More" (TEAM).

## My League Cadet Journey

**By Recruit Cadet Yazan Zalmout, NLCC**  
Wolverine Division, Monroe, Mich.  
Navy League Orientation, Fort Custer, Mich.

My journey with the NLCC program started three months ago when my friend APC Nathaniel Wincel informed me about the program. I eventually joined with great excitement. After a few drills, me and my division started to get ready for Navy League Orientation (NLO). NLO is a camp where League Cadets go for a week to a training site to learn basic NLCC skills such as marching, cleaning, saluting, keeping military bearing, and teamwork. My NLO experience was great especially since I went to the famous Fort Custer in Michigan. Fort Custer's other trainings include culinary, SeaPerch, MAA and photo-journalism. After completing NLO, you can take part in these trainings. While at NLO, we slept in barracks and competed with other barracks for Honor Division.

Honor Division can be achieved by having the best-looking barrack, keeping bearing, physical training, and personnel inspections. I learned that teamwork was key to completing NLO as there were 20 other cadets in the same barrack as me from around the country. I met cadets from Missouri and Ohio. NLO at Fort Custer taught me many valuable lessons. To be successful, you must give 110%. I did and will continue to do so.



## Work Hard and Make the Best of It

**By Petty Officer 3rd Class Egya Quaison-Sackey, NLCC**  
TS Nicholas H. Anderson, Port Hueneme, Calif.  
Navy League Orientation, Camp Pendleton, Calif.



LTJG LINDA WRIGHT, NSCC

My original thought on orientation was that it would be a breeze. I could not have been more wrong. Orientation taught me a lot of things, and I made so many wonderful memories.

There are four companies in orientation. Those companies go by the first four letters of the military alphabet: ALPHA, BRAVO, CHARLIE, and DELTA. Honor company is the company that performs the best in knowledge, drill, and PT. The company commander and the staff gave us the knowledge we needed to learn. We were given the song "Anchors Aweigh," the Sailor's Creed and the Eleven General Orders of a Sentry.

At orientation, there is a guide-on: the cadet who carries

the symbol of the unit. The guide-on is extremely important to the unit. As the guide-on, I had responsibilities to make sure the guide-on was stowed away properly and never touched the ground. Being guide-on was an absolute honor.

The board of chiefs decided who was the honor cadet. Chief Manasco, Chief Howe, and Chief Karnthong asked me questions. Everything was a blur.

Fast forward a couple of days. The practice for graduation can be quite tedious, but it is well worth it. Graduation was well put together. The most anticipated part of the ceremony was the announcement of all the honor cadets. When they were about to announce the honor cadet for my company, I thought it would be me. But I received a higher honor — I was the battalion honor cadet.

To all the new recruits who are thinking of going to orientation, the one thing I encourage you to remember is work hard, be respectful, and make the best of it.

## Learning Valuable Lessons at Orientation

**By Recruit Cadet Samuel Lin, NLCC**  
TS Stan Morris, Las Vegas, Nev.  
Navy League Orientation, Camp Pendleton, Calif.

I'm 11 years old. When my mom told me that she had signed me up for the Navy League Orientation, I didn't know what to expect. Over the course of the week, there were many things I enjoyed such as learning how to earn ribbons, playing soccer with the Marines, and learning about flagship.

At the beginning of the week, we went down to the mess hall to learn how to earn ribbons and where to place them on the ribbon rack. We learned that some of the easiest ribbons to earn were the year ribbons which you get when you have been in the program for one year. The hardest ribbon to earn was to save someone's life before saving your own. We learned that the most important ribbon goes on the top rack closest to your heart and the least important ribbons are placed on the bottom rack furthest from your heart. After that lesson, I corrected my ribbon rack. I want to earn more ribbons!

In the middle of the week, we went to the PT area. At first, we thought we were going to do some PT but instead, we were informed that we were going to play soccer and basketball against the Marines. They told us to get into two groups of who wanted to play soccer or basketball. I selected soccer. The next day, we woke up early and went to the PT area to play against the Marines. The Marines put up a really good fight but the Sea Cadets won in a tiebreaker: 3-2! Unfortunately, we lost the basketball game by a score of 2-4. We had fun and learned to be a team.



LTJG LINDA WRIGHT, NSCC

Close to the end of the week, we went to the learning area. We saw line-heaving, tug-of-war ropes, and on the other side of the road, we saw a fire hose.

I was excited to work the fire hose because in my home unit, we had done line-heaving before, so I was anxious to try a new activity. We had to unravel the sections of a hose and connect them. Then we had to attach it to the hydrant and the person holding the muzzle of the hose told the person at the hydrant to turn on the water and the person holding the muzzle shot down a small ball. We repeated shooting a ball until everyone on our team had a turn. I look forward to going to flagship because I am better prepared for the activities.

The best thing about boot camp was meeting all kinds of new people. I met many individuals who share the same interests as me. I appreciate the opportunities the Navy League Cadet Corps has given me. This summer's training has taught me necessary skills that life requires. Oh, I also got honor cadet because I listened, followed instructions and had a good learning attitude.



# Don't Let PT Stop You

By Seaman Apprentice Julius Zumwalt, NSCC

SPC Justin O. Penrod Division, Champaign, Ill. Recruit Training, Camp Atterbury, Ind.

Recruit Training (RT) at Camp Atterbury was filled with its ups and downs (like all things in life). I would have to say that it was filled with more ups than downs. At RT, we were taught how to be Sea Cadets, teammates, brothers, sisters, and friends. They liked to focus in on the "we are a team" part. If someone in your squad or division failed, then we all failed. Their second-hand goal was to bring us together as a team and a unit.

The fun part of training was working together. They told us we were a team and to "dig deep" when times got tough or when we felt like quitting. The "bad" part of training was when they "dropped" you, which wasn't even really that bad. It was still pretty fun because when you dropped, they would normally drop everyone else. Most of the time the staff cadets (and on occasion, the officers) would get down and PT with us.

After RT, I felt stronger, closer to being a cadet, more capable, and part of a team. Most kids will look at the negative (the PT) and just cringe. But this demonstrates military life. Trust me, after the PT is over, you will feel stronger and more confident. But seriously, if the PT is the only thing holding you back from going to RT then what makes you think you're ready for life? The staff cadets were so successful at their job that it even inspired me to want to staff my own RT. RT 2017, here I come!



MIDN ALICIA GAVIN, NSCC

# Putting My Shipmates Before Myself

By Seaman Recruit Marco Sandoval, NSCC

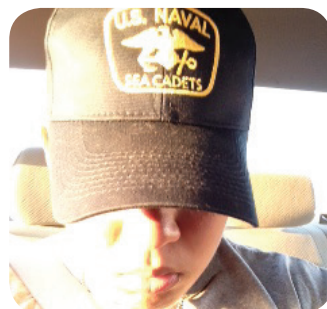
Cruiser Indianapolis (CA-35) Division, Indianapolis, Ind. Recruit Training, Fort Indiantown Gap, Penn.

When I heard that I was going to "boot camp" for two weeks, my entire world turned upside down. I was thinking, "What are we going to do? When I arrive, am I going to have to do 100 push-ups and 100 sit-ups to graduate?" In my head, I was thinking of all the bad things that could happen. I didn't know what was coming, but it turned out to be the best decision I ever made.

The training at Fort Indiantown Gap was an amazing experience. At times, it was also the worst. Waking up at 4 a.m. to PT and having to march long distances was difficult but worth it because I had my shipmates with me. They kept me going. I just said to myself, if I go down they go down too.

So I put my shipmates before myself.

Going to boot camp made me into the young man I am now. It changed me. Now I make my bed and say "sir" and "ma'am." You go through a lot at boot camp but the satisfaction of graduating and marching with your squad onto that field is the best feeling, which I wouldn't change for anything. #division105



# Our Journey at Sea

This year, six of our best cadets were selected to sail aboard U.S. Coast Guard Cutter *Barque Eagle*.

By Petty Officer 1st Class Sophia Estes, NSCC

Michael A. Monsoor Battalion, Camp Pendleton, Calif. Seamanship

This August, I had the amazing opportunity to sail and train aboard USCGC *Barque Eagle*, also known as America's Tall Ship, from New York City, New York to New London, Connecticut. This historic ship was built in 1936 and was used by Nazi Germany to train their Navy cadets. In 1946, after World War II, the three-masted barque was taken by the U.S. as a war prize and was re-commissioned as U.S. Coast Guard Cutter *Barque Eagle* at its new homeport of New London, Connecticut. The *Eagle* is the only operational commissioned sailing ship in the U.S. maritime services and one of three worldwide. It is 295 feet long with 22,000 square feet of sail and five miles of rigging! Training aboard *Eagle* was truly a special experience, and I'm so proud and honored to

have been part of it.

Before departing New York City, we were given liberty and toured around the city, visited museums, did some shopping and saw the Ground Zero Memorial. Seeing NYC was amazing, but the best part was docking at the Intrepid Pier and experiencing the city scene from the ship. It was like being at a lively party with all the people looking at *Eagle*, loud music and lots of energy and excitement. We ended our New York port call with evening colors, which was an amazing experience and we headed to the Coast Guard Academy in New London. We waved goodbye to the Big Apple with a view of the Statue of Liberty and wished for fair winds and following seas. An unbelievable experience!

During the eight days we spent aboard *Eagle*, we trained with cadets from the Coast Guard Academy, West Point, and the Air Force Academy. Not only was this an amazing opportunity to ask questions about their academy experiences, but it was also great to get a taste of academy life underway. The training allowed me to apply my STEM and sailing knowledge learned in previous USNSCC trainings and perform important leadership functions. We were introduced to the duties aboard the *Eagle*, navigation and were able to participate in fun activities. We learned computer navigation, plotted our course on maps and learned celestial navigation, which was my favorite. We all rotated through duty stations including bow watch, engine room watch, watch on deck and in-port duty. During bow watch, we learned how to position the sails, how to tie the ropes, climbed the rigging and learned different phrases. We also rotated through "sea stations" where we learned skills like

positioning the sails and emergency procedures like firefighting and man-overboard drills. The training wouldn't have been complete without our own 2016 "Sea Olympics," where we competed in trivia Q&A, knot-tying and line-heaving. While underway and docked, we saw dolphins, whales, large schools of fish and even sharks! Never a dull moment aboard *Barque Eagle*!

The *Eagle* arrived at the City Pier in New London on August 12. What a great feeling to end this amazing journey; seeing all the people waiting for our arrival and cheering America's Tall Ship.



"The cure for anything is salt water: sweat, tears or the sea."  
- Isak Dinesen



# Cadet Overcomes Language Barrier to Succeed at Medical Training

**By Seaman Apprentice Kasen Meyers, NSCC**  
Theodore Roosevelt Division, East Moriches, N.Y.  
Basic Medical Training, Gurabo, Puerto Rico

Here it was, July 2 at 3 a.m. and my flight was due to take-off a few hours later. I was heading to basic medical training in Puerto Rico for two weeks. The CO had sent an email after I applied stating the class would be given in Spanish. My first thoughts were, how is this going to work? How would I understand anything? Heck, I do not speak Spanish. The CO assured me I would do well, but I still had doubts. Well, the time had arrived, so I grabbed my seabag and headed to JFK Airport. I said my good-byes and landed in Puerto Rico four hours later.

When I got to the training facility, all I heard was people yelling in Spanish. I had no idea what they were saying, and I was nervous. In my class, there were three of us who spoke only English. Some of the other cadets were bilingual, and several spoke only Spanish. It was a struggle. The majority of the presentations and hands-on trainings were given in Spanish. However, my petty officer translated most of it into

English. Through it all, I was able to learn how to draw blood, give injections, while receiving some emergency medical training. But, there was so much more I learned, even with the language barrier.

After a week, I was comprehending some words in Spanish. This is how I was able to communicate with my Spanish-speaking shipmates. We all seemed to be able to "roll" with the language barrier. This is something I am proud of, and think we should be proud of as a division. I hope to return to Puerto Rico for another training.



**Kasen (right) practices basic medical skills.**

# The Highlight of My Summer

**By Seaman Nicole Gustafson, NSCC**  
Poseidon Division, Blaine, Minn.  
Maritime Interdiction, Naval Base Kitsap, Bangor, Wash.

For my summer training, I went to Washington for the Coast Guard Maritime Interdiction course. For one week, 31 cadets trained with active duty Coast Guardsmen on different techniques for boarding and searching ships. We also did other activities such as practicing how to enter a room with airsoft pistols, marching to different places and going to the range to practice with live ammunition. On the last full day of training, we got the chance to go for a ride on a 64-foot patrol boat. The next afternoon, we graduated. To my surprise, I received the citation ribbon as the training's female honor cadet. Shortly after the graduation, all cadets with outbound flights needed to leave for the airport. This was the highlight of my summer and I am considering going back next summer.



**Gustafson (right) at work during her Maritime Interdiction training.**

"This is my favorite photograph that I have taken this week because it perfectly captures the captivating and raw emotions of the Navy League Cadets at SEAL Orientation. In this picture, these honorable cadets are just half way completed with 'Hell Day' — a whole day of painstaking and gruesome training. They are wet and cold from the rough training on the beach so they huddle together to cry and for warmth and comfort from their shipmates. To me, this photo shows how much these cadets go through and how they depend on each other in order to continue on. Not only does this show the exhaustion and physical pain of these cadets, but it also shows the beauty of teamwork and importance of shipmates coming together. All in all, this picture is definitely my favorite one, for it shows how crucial it is to obtain strength and confidence from one another." - ABC Kristina Vu, NLCC



# Cadet Achieves Marksmanship Goals

**By Seaman Apprentice Ethan Watson, NSCC**  
Houston Division, Houston, Texas  
Marksmanship, Camp Perry, Ohio

When I saw I had orders to participate in the marksmanship course at Camp Perry, I thought I would be the youngest and least experienced cadet. Before I went, the director of the Brazoria County Military Museum, Justin Wehring, introduced me to the Greenwood Shooting Team. Their coach, Dan Ramsey, reviewed sling-shooting positions with me and shot a few groupings. To my surprise, I had a good grouping at 200 yards.

So with limited experience, I went to Camp Perry, and when I arrived, I was surprised most of the cadets were E-2 with limited experience like me. I met Commanding Officer Murphy who he told us he was also on the Navy's marksmanship team. The first day we went to Small Arms Firing School (SAF). The priority is always safety on and off of the firing line. My main goal was to hit at least one X at 600 yards. During the third competition on the 300-yard line at raid prone,

I got my first jam, and it was stuck. After that, I knew I wasn't going to get near the leaderboard. At the second to last competition, we met an experienced shooter who became our coach for slow-fire prone at 600 yards. I went to 600 yards for the slow-fire prone. When I got there he told me to zero out my windage; I thought that was a little unusual, but I did it. When I fired my first shot, he told me exactly where it hit and showed me how to determine the minutes for 600 yards. Then I started shooting 9s and 10s, slowly improving.

On my sixth shot, I felt the barrel of my rifle slowly freeze, then I took up the trigger slack and fired the round downrange. I knew it had hit the X before my coach told me. I was so happy inside that I had finally accomplished the goal of this training and realized that a team or buddy is always needed for great things. I was very happy with this training and would recommend it to my shipmates.

# Attitudes and Relationships

**By Petty Officer 3rd Class Simon Lin, NSCC**  
Van Voorhis Squadron, Las Vegas, Nev.  
CyberPatriot, Camp Pendleton, Calif.; FAA Ground School, San Diego, Calif.; DEFCON, Las Vegas, N.V.

This summer, I went to four different trainings: Nevada Boys State, CyberPatriot, FAA Ground School, and DEFCON. Three out of the four trainings I went to were part of the Sea Cadet program and each training taught me valuable life lessons, in addition to new skills.

One of the most important lessons I learned was during my CyberPatriot and DEFCON trainings, which were taught by great leaders. I am so thankful to have been around adults who shared their experiences! For both of those trainings, the OIC was Lt. j.g. Janetta Scates. She taught us attitudes and relationships can go a long way. Your attitude can either break or make a relationship. I realized the impact that my attitude has on everyone's daily lives. We are in charge of our attitudes and only I can change it for the better. Thank you, Lt. j.g. Scates and Lt. j.g. Karen Vore, for helping me see that as long as I have a positive attitude, I am a leader.

I also learned to step out of my comfort zone and try new things. At Boys State, a week-long summer program sponsored by American Legion, I learned what it takes to make laws and to be involved in your community. I plan to give back serving as a counselor next summer! I truly appreciate the opportunities provided by the Sea Cadets, and I hope to recruit more members for my unit.

"This is my favorite picture because this is what it's like after staffing orientation. They have always been a role model for me so that is also why I picked this picture. They have always been so nice and fun."  
- APC Lorissa Lemus, NLCC



"The reason I chose this picture as my favorite is because this picture could be used for recruiting and it shows what you could do and experience in the NSCC and the NLCC."  
- APC Liam Young, NLCC





# Holding My Own as 'The Little Guy'

By Petty Officer 3rd Class Noah Layne, NSCCC

Houston Division, Houston, Texas  
Field Leadership Course, Camp Pendleton, Calif.

When I first heard about the Field Leadership Course or FLC, I was enthusiastic about challenging myself and gaining more knowledge about field operations and other military tactics. I immediately started conditioning so I could meet the PRT requirements of push-ups, sit-ups, pull-ups and a one and a half mile run. When I heard that I had passed the fitness test with flying colors, I proceeded to prepare myself mentally for the trials ahead.

When I first arrived, I was a little unsettled by the fact that I was the shortest and among the lowest ranking — basically the "youngster" of the group. After being introduced to the dedicated staff and other cadets, I relaxed a bit. Unfortunately, that didn't last long as we were dumped into the challenging training we asked for with multiple evolutions including field tactics, leadership classes, written and physical testing intended to push us to the limits of our willpower.

Most formidable of all was the strenuous "Gauntlet," our

final test, rotating each of us into field leadership positions for 34-hours with little food or sleep.

It concluded with a spirit-breaking march to the top of the 1st Sergeant's Hill and back. Strong-willed, we endured and made it through the final trial and returned to some well-deserved sleep and outstanding grilled chow. The next morning, as I was awarded my certificate, I felt a sense of pride, having held my own as the "little guy." The experiences and connections I made there impacted my life in ways that will drive me to work harder and returning to such an amazing contingent. I'm proud to be a contributing member of Class 001 alumni and a big "Hooyah" to the FLC family.

**"The experiences and connections I made there impacted my life in ways that will drive me to work harder..."**

# First Female Cadet Graduates from FLC

By Petty Officer 1st Class Sophia Estes, NSCC

Michael A. Monsoor Battalion, Camp Pendleton, Calif.  
Field Leadership Course, Camp Pendleton, Calif.

This July, I attended a special operations training — Field Leadership Course at Marine Corps Base Camp Pendleton in California. This was a plank training and I was the only female in the class. FLC was an intense nine-day training that focused on applied leadership and the fundamentals of ground combat offensive operation. During this 10-day challenge, we were given a basic introduction to the Marine Corps Martial Arts Program, pistol and rifle handling and safety, survival and medical training, land navigation and radio communications. Also, we learned counterinsurgency tactics, which included room clearing, tactical formation, hand signals and patrolling. FLC heavily focused on physical fitness and was a rigorous, physically demanding training. We completed a five-mile road march in full field gear, timed obstacle course, a two-mile ruck run and hiked to the top of First Sergeant's Hill in Camp San Mateo, which is nearly 1,000 feet in elevation. This was a two-and-a-half-hour hike and was extremely challenging given the 70-degree incline, hot weather, and 50-pound rucks. We also spent a day on the Combat Convoy Simulator, indoor simulated marksmanship range, and continued applying what we learned on the airsoft field.

During our final challenge of the Field Leadership Course, we were faced with "The Gauntlet." It was a 34-hour ordeal with sixteen counterinsurgency missions. We had to stay awake during this time with only 20 minutes sleep and one MRE to eat. During this time, we were tested both mentally and physically, using all the leadership skills and warfare tactics we learned. To "secure" the Gauntlet, we again did the 10-mile ruck to First Sergeant's Hill, then came back to the camp and celebrated with a BBQ feast! As the only female, it was a little unusual the first couple of days, but I was physically prepared, with a good mind-set and was never intimidated. The curriculum of this training was exactly what I wanted to learn, and my favorite part was how well the team bonded under stressful circumstances. I highly recommend this training to any cadet looking for a challenge and an experience they'll never forget.



# SEAL Orientation Teaches Teamwork

By Petty Officer 2nd Class Jeremy Murray, NLCC

John T. Dempster, Jr. Division, Lawrenceville, N.J.  
SEAL Orientation, Camp Pendleton, Calif.

This summer, I went to the NLCC SEAL Orientation at Camp Pendleton in California. I flew across the country on a five-hour trip with a three-hour time change. To minimize cost and make this trip more cool, my parents and I decided I would fly by myself, so this training was awesome before it started.

Each day we faced a new challenge. We did the Marine O-Course almost every day. Each day, PT got harder, time limits shortened, and the pressure was more intense. Each day, there was one major thing we had to learn. We learned navigation skills, how to maneuver under fire, parachuting basics, and some survival swimming skills.

Thursday was the highly anticipated beach "Hell Day." We woke up to chaos. It was extremely dark, and the staff was screaming. We got up, changed into PT gear, and sprinted to the field while the staff had strobe lights that were going off. When we got to the field, we did suicides, bear crawls, push-ups, pull-ups,

squats, and one of the cadets counted more than 300 jumping jacks. When that was over we went for a long run with every SEAL's favorite (and heavy) toy — "Mr. Ammo Can." Every second of that day was designed to be tiring. Before we got into the car to go to the beach, we had to put down our simulated rifles and were blindfolded. We acted as if we were POWs and were frantically asked questions. When we got to the beach, we ran down and found a spot. Then we did some extensive exercises: push-ups and sit-ups in the water, high crawling up to the beach, burpees, and running with logs. All the while we were either wet or covered with sand due to the "sugar cookies."

When the beach exercise was over, we again were blindfolded and driven to the obstacle course. When we got there, we were allowed to pull out our MREs, and then told to put them back in our packs. Exhausted, cold, and covered in sand, we were told to go through

the course in fire teams. When the O-Course was completed, we returned to Camp Pendleton and formed up. We were finally finished with Hell Day.

The following day was the Final Training Exercise. We were put to the test. Late into the night, we finally walked back to the barracks while getting ambushed two times along the way.

The most important thing I learned isn't easy to see. Everything we did taught us the importance of teamwork.

Everything in the training from clearing rooms to the O-Course required you to work with at least one other person. When one of us failed, we all failed, so we did our best to work together and make sure we all had each other's backs. Sometimes I think the one thing stopping me from quitting was the fact that I knew that a shipmate had my back and if I gave up, I would fail my shipmate. So if I had to take away only one thing I learned in that training, it would be teamwork skills.

# League Cadet Meets Challenge

By Able Cadet Simon Williams, NLCC

Cincinnati Division, Cincinnati, Ohio  
Master-at-Arms, Fort Custer, Mich.

This summer I went to Master-at-Arms training. It was just as challenging as a Sea Cadet training as the League Cadets and Sea Cadets trained together for the entire week.

There were many challenges to overcome, like beach PT, "Hell Day," and extreme heat. Room clearing was especially fun. The instructors made it as realistic as possible.

We had to carry a weighted rubber gun called a "Rubber Ducky." It is weighted to mimic the feel of an actual firearm. We were taught firearm discipline such as keeping your finger out of the trigger guard, keeping the weapon pointed downrange and away from people unless instructed otherwise. We were also taught that every gun must be treated as if it is real and loaded at all times.

This training teaches the value of teamwork. Our division, Delta Division, did not choose an honor cadet since we all worked together as one team. Military discipline is also a large part of the training. If you don't have it when you arrive, you will when you graduate. There were lots of other awesome things, but I want to leave some things as a surprise.

League Cadets: if you are looking for a challenging advanced training, you will definitely find it here.





# Broaden Your Horizons

By Petty Officer 2nd Class Jonathan Owens, NSCC  
Boca Delray Division, Boca Raton, Fla.  
UAV, Newtown, Penn.

One thing I love about summer training is the ability to broaden your horizons. You can travel and stay out-of-state for a week with people you've never seen before, enjoy some great food, and leave with a plethora of information and experience in an area of your choosing. Attending UAV training expanded my abilities and gave me vast knowledge of UAVs. UAV stands for Unmanned Aerial Vehicle.

This week-long training consisted of building a 450mm quadcopter, learning how to fly and program the quadcopter. We were also given an in-depth history of drones and their uses in society. Something I enjoyed about this training was how hands-on and practical it was. I had never done anything with robotics or programming before this, and by the end of the training, I felt much more confident. The staff helped us through every situation we encountered and put the focus on learning in a structured and hands-on environment.

Learning to fly the quadcopters was awesome! It's hard to believe that I made this, and it flies! Flying our UAVs proved to be a lot more difficult than we had imagined. Luckily, we had plenty of opportunities to practice flying. It took a lot of patience and work, but it was worth it. After we mastered flying, we built release mechanisms so we could drop "bombs." We dropped water balloons, cap bombs, balls, and tried rockets, but they didn't work as well. Adding in the drop device switched our focus from flying to accuracy. It was a lot of fun being able to compete with each other and try something new. It was amazing that we could make something that was so much fun.

During the week, we had the opportunity to enjoy some exciting outdoor activities and bond as a group. We took a trip to Fort Indiantown Gap to see some real drones, hiked to get ice cream, and went on an amazing rope and zip-line course that challenged us mentally and physically. As a small group of eight cadets, we bonded, and by the end of the week, we were all working together and having a great time. The blend of activities we did and the friends I made really made this training memorable and an experience I won't forget. I hope after reading this, you'll be encouraged to take a step out of your comfort zone and broaden your horizons!



SA SACHIN MURALIDHAR, NSCC

## Cadet Learns Radio Communications

By Seaman Rachel Griffith, NSCC  
George Washington (CVN-73) Division, Bronx, N.Y.  
Radio Communications, Fort Indiantown Gap, Penn.

I was the honor cadet at the Summer 2016 Radio Communications Training. Throughout the training, I studied a lot, but it was not all studying. I learned some important skills, like soldering. This skill enables me to fix electrical connections. I was able to build a working flashing light emitting diode.

I found the training to be fun and a great experience. We didn't just learn how to do things; we eventually got to play a game called "Fox Hunt," using radios. A person (the fox) is sent to hide with a two-way radio. The fox continually transmits hints about his or her location. Everybody else plays the role of the hounds and are "hunting" for the "fox." They are also equipped with two-way radios. They can use the hints and any knowledge they have to find the "fox." The game is over when somebody manages to tag the "fox." When I got to be the fox, I managed to avoid getting caught for a while by hiding in a tree.

During the training, we took exams to help us prepare for our final exam and our Ham Radio Technician class license examination. (This allows someone to transmit on certain frequencies using certain methods.) The exam was difficult; only two cadets from our unit passed the licensing exam. Unfortunately, I was not one of them but I intend to retake the exam locally.

# How Strong Is Your Password?

By Seaman Apprentice Timothy Nguyen, NSCC  
Seal Beach Battalion, Seal Beach, Calif.  
CyberPatriot, San Diego, Calif.

Today, almost 90% of Americans own a phone and/or a computer. Our jobs and methods of communication are reliant on the security, integrity, and accessibility of the internet. It is not hard to see how important technology is to the future of the human race. But along with the usefulness comes danger. In the mid-1900's, hacking was used against select and wealthy individuals for their money. Nowadays, with the availability of the internet, it is much easier for black-hat hackers to gain access to a normal person's credit cards, address, and contact information. Before this training, I didn't know how much difference that could mean. I always thought I didn't have anything to hide. I was not a government worker, nor a rich individual. After a week at CyberPatriot training, my understanding of the world changed. I learned the importance of strong passwords. I discovered how easy it was for someone to collect open-source intelligence on me or my family. I discovered ways to protect my computer against malware.

### Day One – Passwords

No one realizes how crucial passwords are until their account has been hacked and they are forced to cancel all their credit cards. As a teenager, it was never a concern for me to make stronger passwords. As far as I knew, having my birthday or my school ID number was good enough to make an account. I was wrong. Lt. j.g. Skates, who taught that class, discussed software that could crack simple passwords in minutes. She told us, with every extra digit in the password, the time it took to crack the code would increase by the exponents. Because there are 26 lowercase letters, 26 uppercase letters, 10 numbers, and 32 symbols: in an 8-digit password, there would be  $94^8$  combinations, or 6 quadrillion outcomes. But it's not that simple. Assuming you use only lower case letters, cracking software like "Jack The Ripper" would only take 2 minutes to solve it. What we learned is to incorporate all four entry types into the code and have more than eight digits. One of my current passwords has  $94^{15}$  digits, and it would take 33 million years to crack.

### Day Three – Open Source Intelligence

One of the flaws of society is our reliance on social media. Sure, it's a great way to connect with friends. What we don't see is how easy it is for all types of hackers to find your personal information. Whether it's Homeland Security workers or blackhats who want to rob your particular house, it has become more and more difficult to remain silent on the internet. In a short class, Lt. j.g. Scates showed us how she found out a random person's home address. She started by checking a picture this one man posted on Instagram. In it, he captioned his wife's name. Proceeding, the Lieutenant typed each of their names on Facebook, and found



their accounts. She then collected their information to find their children's names and their schools. From there, she searched their names on Zillow, a house-buying website. She learned they had sold their previous house, and she continued to find a website where they released their address in a wedding invitation. All this made me shocked at how simple it is to retrieve such information.

### Day Six – Hardening Computers

The entire week, we learned about erasing malware, managing dangerous programs, and editing settings for a network computer. We practiced on Windows 7 and Ubuntu software through a Virtual Machine. In many ways, the VM is like playing a game, where it is your mission to clear a faulty computer of malware and protect it with firewalls and the such. As a Windows user for over eight years, I was proficient with the computer layout. I tended to finish first, because I was used to navigating the system. On the Ubuntu course, I struggled with the commands. Unlike a Windows computer, it navigates heavily through a command line. Therefore, you must know the exact command to go to a specific file location.

On the last day of training, we had a competition where four-member teams tried to fix a computer. Everything that increases security would be given 5 to 15 points, with 100 points maximum. In my team, I was head of the Windows portion. In the end, I scored 55 points, and the Linux side got 35. We were in last place. The winning team had something like 60 on Windows and 70 on Linux. The reason we couldn't get 100 points was because we weren't given all the lessons needed to be perfect. Securing computers is something learned through experience. The most senior cadet, who even participated at the National CyberPatriot Competition, said it is very rare for someone to score above a 90.

Overall, this training was an eye opener. It taught me more about computers than I would have ever learned outside the Sea Cadets. It made me think about how reckless I acted online — about how weak my password was and how rarely I cared about scanning my computer for viruses. Beside all the technical aspects of training, I loved the field trips. We went to the the Northrop Grumman unmanned aircraft center and the Air and Marine Operations Center. All of these trips gave me little bits of knowledge about how the cyber-world is connected to national security.



# Second Year of Cyber Defense a Success

By Petty Officer 3rd Class Nicholas Wen, NSCC

Band of the West Division, Redwood City, Calif.  
Staff Cadet, Cyber Defense, Vallejo, Calif.

Region 12's cyber defense training completed another successful evolution at beautiful California Maritime Academy in Vallejo, California. In its second iteration, the cyber defense training introduced some new cadets to the wonders of cyber defense, as well as building upon the foundation taught in last year's training for returning staff cadets.

Seaman Apprentice Matthew Montgomery says, "Cyber-warfare is a different kind of warfare than any other. It requires patience, tenacity, and just plain stubbornness, but it is very rewarding when you use those characteristics to conquer a problem."

Hosted at the California Maritime Academy, the cyber training is modeled after the Air Force's CyberPatriot competition with comprehensive discussions of each topic. Drawing from his experience at this year's national final competition, Commanding Officer Lt. j.g. Bobby Wen enhanced the curriculum for the cyber defense training, maintaining a fast-paced learning environment for both old and new cadets.

This year, areas of focus included understanding Windows, Unix, and Cisco operating systems, encryption, and problem-solving. Cadets were given the chance to apply their knowledge in practical exercises, using virtual machines to simulate different cyber defense scenarios.

Chief Petty Officer Xander Kehoe says, "Out of 15+ trainings throughout seven years as a Sea Cadet, cyber defense is one of my favorites. The staff here have shown leadership, effectiveness, knowledge of the subject at hand, and most importantly, have made this a fun and memorable learning experience."

## Becoming a Plank Owner

By Seaman Siobhan Ferrall, NSCC

Veterans Pride Battalion, Glendale, Ariz.  
CyberPatriot, San Diego, Calif.

In July 2016, becoming a plank owner was something that I had not yet accomplished, but that all changed when I went to CyberPatriot training in San Diego, California. It was a whirlwind week filled with laughter, frustration, friendly competition, and, most of all, unforgettable knowledge. Although I attended the training's first session, the instructors were organized, interesting, and very good at interacting with cadets.

Over the course of a week, we learned how to secure a Windows system, how to write commands in Ubuntu, and we had a little fun with finding open source information. On the final day, we were presented with our greatest challenge: a mock CyberPatriot competition. We competed with each other for about three hours, working continuously on finding vulnerabilities and fixing them. This was my favorite experience of the training, even though my team did not win.

Overall, it was a fun-filled week in which I learned so much to take back to my unit and use in life. I had never been much of a computer person before this training, but now, I love working with computers, and have decided that a cyber career could be in my future. I am beyond proud to be a plank owner for the CyberPatriot training, and I wouldn't dream of changing my experience in any way, shape, or form.

On Thursday, cadets were given the opportunity to see cyber defense in action through a field trip to a Silicon Valley Data Center and Imperva, a cloud security company. At an undisclosed data center, the training was hosted by retired Navy Senior Chief Brian Jackson, who briefed the cadets on how to protect their networks against hackers. At Imperva, cadets were able to talk to real engineers and architects for a web application firewall company.

Lt. j.g. Wen says, "The visit to Silicon Valley was one of the highlights of the training and foundational because it bridges the complex theoretical material and brings it to life, showing how each small topic we study employs thousands of people and generates millions of dollars. It illustrated the scale of the problems and the demand for people who understand the issues. We want to show our cadets that if they have an interest in the field, there is a huge demand for people with knowledge of cybersecurity."

At the end of the training, the officers and staff cadets staged a competition between cadets similar to the National CyberPatriot competition. Cadets were divided into small groups and given a series of operating systems to secure and defend. Says Petty Officer 3rd Class Lila Ginsburg, "This training exposed me to many vulnerabilities our computers have. The training taught me to be self-reliant and self-motivated so that I could discover things myself." Of course, the cadets from the cyber defense training learned at least one piece of advice from the staff. Seaman Apprentice Montgomery says, "If you don't know the answer, google it!"

# The Voyage of Silent Knight

By Petty Officer 2nd Class Alexandra Schreifels, NSCC

Polaris Battalion, Cambridge, Minn.

If my shipmates and I look back two years, we would be looking at a newly developed project called Silent Knight. In an article previously published in the Sea Cadet Quarterly, we identified our goal as building an ROV for our unit, Polaris Battalion. But, that was two years ago; we have come a long way.

Since then, we have made terrific strides in our knowledge of electronics, engineering, and innovation. Our ROV, Silent Knight, has hit the water with success. We have added multiple motors, experimented with buoyancy, and added three cameras which are linked to computer monitors so we may operate our ROV without even looking at it. It is with the grant we received from Captain Planet, that we now have the means to finish our project.

Although we have learned a tremendous amount, the most important things we have learned cannot be described in writing. The power of failure as a team, getting back up, and trying again is something words cannot describe. Because this ROV was built without a manual, we have used much trial and error to learn throughout the years. As for the future of Silent Knight, we have aspirations of it going to the Sheriff's Department in our local communities to help with underwater search and rescue. No matter what the future holds, we will carry for life the knowledge we have gained in our voyage.

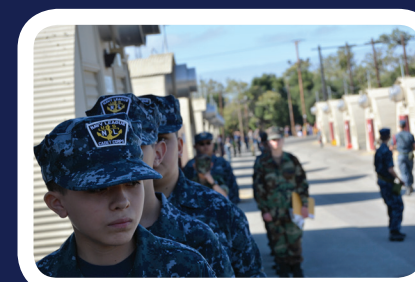


"We learned how to solder and how to use pipe cutters. After we were done building our SeaPerches we tested them out in a pool. Then we drove them around. Every SeaPerch worked perfectly, besides a few small errors that were easily fixable. The only problem with ours was when one of the propellers on a motor fell off, but all we had to do was glue it back on to the shaft. It was a very fun training!"

- P01 Nicholas Mayes, NLCC  
SeaPerch, Fort Custer, Mich.



"This cadet stands respectfully in front of the POW/MIA table that was located in the Hale Koa (the House of the Warrior) Chow Hall in Area 64. Cadet Rhodes silently honors the fallen and deployed while reading the meaning of this monument. This is a meaningful picture because it shows raw respect for soldiers who cannot be with us. It is a very important thing to instill this respect in the lives of all cadets." - APC Heidi Ash, NLCC



"Waiting in curiosity, he stands and listens for the quote, 'Next cadet.' With a nervous emotion, he waits. Letting his fright take over, he loses his focus and looks at his surroundings." - APC Nathaniel Rivera, NLCC



"This photo shows dedication and motivation, showing what the NLCC and NSCC are like." - P03 Jacob Tahir, NLCC





This summer, our Sea Cadets ventured abroad to Bermuda, Canada, Hong Kong, the United Kingdom, and Sweden. We hosted cadets from seven countries at our exchange in Newport, Rhode Island. Read about their adventures on pages 24–27.

IEP

# (Re)discovering the United States

By Petty Officer 2nd Class Emily Lo Vece, NSCC  
Thomas R. Norris Battalion, Fruitland Park, Fla.  
Inbound International Exchange, Newport, R.I.

For most of the 36 foreign cadets visiting America on the 2016 U.S. International Exchange, it was their first time experiencing our country. I knew it was their time to discover America. But as I watched them become immersed in the American way of life, I rediscovered my own country. If we were all asked to write about our time together, I am almost certain the majority of us would open with something along the lines of, “It is difficult to put in words how this changed my life.” Or “I don’t know where to begin, we had the time of our lives.” No one went home disappointed that’s for sure. So as difficult as it is to verbalize, I am excited to share my experience with you.

I was repeatedly told a few specific things during this exchange:

1. “Keep your head on a swivel.”
2. “You will make great friends, who will last you a lifetime if you so choose.”
3. “Prepare for the end.”
4. “It’s emotional.”

Quote one is from Lt. Cmdr. Michael Campbell addressing the training. It was used thoroughly by everyone to remind ourselves to maintain professionalism while having a great time with our guests. When a buddy would get excited and out of hand, it was our duty to say, “Hey, keep your head on a swivel, this is fun, but remember we’ve got a job to do.” It worked. I think many of us will carry it home as a personal reminder to stay focused on our goals. Quote two was also brought up to the American cadets many times during our meetings. We were always reminded to learn from each other and create memories. We all did. For certain, I walked away with almost 40 new friends from seven different countries. We all still talk. It may not be face-to-face, but we are living up to our promise to stay in touch. On to number three: I took this quote very seriously. I constantly reminded myself I needed to stay in the moment and enjoy every second because our time together was limited. Finally, “It’s emotional,” is the quote that ties the other three together and sums up the experience. “It’s emotional,” because staying on course

is difficult when you are surrounded by new people and exciting events. “It’s emotional,” because these new people become your best friends by participating in the events and sharing their stories with you. “It’s emotional,” because when it’s over, and they get in the car, the bus, or on the plane and go back to a different part of the planet, you don’t know what will happen. You won’t be sharing the same Plan of the Day, eating together, and shopping at the NEX. Weeks later, it will still be emotional because you know they are out there, and you miss them dearly.

Now you are probably wondering, “If it’s so emotional, and you miss these people so much, was it really worth it?” Of course it was. My time on the Exchange was and forever will be worth every moment. During the two-week period, we experienced some of the United States’ most wondrous sights. From kayaking in the woods to being on Broadway to watching fireworks on one of our beautiful battleships, it was very surreal. Traveling the iconic destinations of my own country with cadets from around the world reminded me why I joined the USNSCC. I am proud of our country. Sharing it with others prompted me to think about how grateful I am to be part of something so much bigger than myself.

In the beginning, we were in the “Where I am from, we do it this way,” type of mindset. As we went through the first week working together on group activities such as Cat’s Cradle (a personal favorite of the XO and after I learned it, myself as well), the mood changed. Rather than comparing how each other’s countries operate differently, we developed a way to do things together. It became, “This is how we do it here at IEP 2016.” It was a feeling that can never be replaced.

The IEP group this year had fantastic experiences, built many friendships, and made lasting memories. Cadets lucky enough to be involved with IEP each year are incredibly grateful to the USNSCC and the Sea Cadet programs abroad who make these exchanges possible. Without their support and guidance, none of the great memories we shared would be possible. The exchange program was undoubtedly the greatest experience I will have in the NSCC. I don’t think anything will come close to the time I shared with the officers and cadets. It was an honor to serve and stand with them. Any cadet from any country should seek out this opportunity; it is the chance of a lifetime. Bravo Zulu, cheers, and congratulations to all involved in this year’s exchange! #SweetCaroline



EMILY BARGER



CANADA

TIM TOWNLEY

The International Exchange Program staff continues to provide outstanding service to the NSCC. This group of dedicated officers works tirelessly devoting thousands of hours of volunteer work every year to the success of the international program’s mission.

**LCDR Michael L. Campbell, NSCC**  
IEP Director

**CDR Duncan Rowles, USN (Ret)**  
IEP Deputy Director

**LCDR Jennifer Weggen, NSCC**  
IEP Operations Officer

**LCDR Todd Dunn, NSCC**  
IEP Senior Exchange Officer

**LT Dolly Stevens, NSCC**  
IEP Admin/Fiscal Officer



HONG KONG

ENS RICHARD COVINGTON, NSCC



SWEDEN

KEN LAM



# An Experience Worth More Than Words

By Petty Officer 1st Class Grant Domingo, NSCC  
Yorktown Division, Goose Creek, S.C.  
Bermuda International Exchange



From the moment I met Petty Officer 2nd Class Connor Rooney and Lt. j.g. Stephen Stewart in the Atlanta airport to begin the last leg of the journey to Bermuda, I knew this would be an experience like no other. I also knew this would be less of a "training" and more an experience of overwhelming proportions. In those 10 days in July, I met some of the most amazing people, and gained some of the best experiences to date. From the walking tours of St. George's to jet-skiing around the entire island, Bermuda is easily the best international exchange to participate in. Cliff jumping at Tobacco Bay, and exploring the crystal caves are just two unforgettable memories from the beautiful island of Bermý.

Being in the presence of the Governor and the Premier of Bermuda as they hosted us so graciously, was simply an amazing and humbling experience. This exchange is more than just a training, it is a chance to learn about culutural diversity as well as an opportunity to listen, learn, engage, and reflect.

Selection for the International Exchange Program is an honor, giving those selected an opportunity to represent the American Sea Cadet Corps in the highest fashion possible. Most of all, I learned about the different cultures of the cadets from Bermuda and the other countries in attendance; and though we may be many miles apart, we all care about our world and our futures and hold similar deep convictions for our respective countries. The experience and the pictures are worth far more than a thousand words, and I encourage every cadet in our corps to be the best cadet possible, to put your best foot forward, and to believe in yourself. My wish is for everyone to earn a chance to live the same experience as me.



# A British Cadet Shares His U.S. Experience

By Cadet Sergeant Jacob Pedder-Platt, Royal Marines Cadets  
International Exchange USA, Newport, R.I.



First of all, I must convey my thanks: to your organisation as a whole, to the IEP Program and their staff (noticeably Lt. Cmdr. Michael Campbell and Cdr. Duncan Rowles), and to the awesome cadets we had to guide and educate us on the ways of the USNSCC. It would be wrong to ignore the contributions of some of your cadets, in particular Trent Azevedo, Kyle King, Emily Lo Vece, and Vivian Dees. Without you guys, I'd have been stranded over 3,170 miles from home. You made me feel comfortable in my new environment.

As a cadet usually most comfortable with a rifle in hand, tucked into a shell scrape and covered in camouflage cream, the new, awe-inspiring setting of Naval Station Newport was a much needed reprieve from a heavy year of schoolwork. As a group of cadets from the U.S., the United Kingdom, Canada, Australia, Hong Kong, Bermuda and New Zealand, we did lots of amazing things, like kayaking, exploring New York City and Boston and even seeing "Wicked" on Broadway — an experience I will cherish for life.

One of my favourite activities was on the Fourth of July: we went to Battleship Cove in Massachusetts to see the ships. I have a fantastic memory of an Australian cadet, Petty Officer King, and me playing with one of the AAA guns, designating targets and pretending to fire, while creating a bond that civilians just don't have. This day ended by sitting and watching the most impressive fireworks display imaginable, spending quality time in the beautiful sunset. That day also highlighted that how no matter how much time passes, as a British person in the U.S., you will be woken up earlier than the rest to the tune of Sousa's "Stars and Stripes Forever"... and it was brilliant.

To the younger cadets, I implore you to look at your IEP program and see parts of the world you may have always wanted to. As a Patriots fan and a player of your football, visiting New England was a dream-come-true for me. I've made friends for life all over the world: from places like Hong Kong and Bermuda to Queensland and even Jacksonville, Florida. I must once again thank you for allowing such experiences to occur, and I would be more than happy to come across any of the IEP 2016 group again. I may meet more USNSCC Cadets on exchanges here in the UK, or in another country.

Also, congratulations to Kyle King and Vivian Dees on their promotions to chief petty officer. Bravo Zulu!



Our cadets share some of their most memorable moments from their trips overseas.



## United Kingdom

CPO Jessica Nagel, NSCC

"Posing with Beth Davis from the UK (middle) and Olivia Bell (right) from Canada after swimming through freezing English Channel water to shore after our sailboat was purposely capsized by our trainee instructor in the middle of Weymouth Bay."



## United Kingdom

CPO Benjamin Leaman, NSCC

"Enjoying a break at Lulworth Cove with cadets from all around the world." (Pictured here are cadets from the Netherlands, Sweden, United Kingdom, Canada, and United States.)



## United Kingdom

CPO Tamera Riffle, NSCC

"One of the activities we did while in Weymouth was powerboating where they took us out on the water and we tried our hand at driving."



# JOIN THE SEA CADETS — AND SEE THE WORLD

## Bermuda

LTJG Steve Stewart, NSCC

"Cadets Rooney and Domingo on a stroll, checking out our new neighborhood of St. George's."

## Canada

LTJG Robert Robbins, NSCC

"Cadets learned to both sail and row on the whalers at HMCS Quadra."



## Sweden

CPO Sean Chen, NSCC

"This is a picture of Stockholm from the top of Sergeant Widborg's office building during our barbecue. It's my favorite scenery picture from the trip."

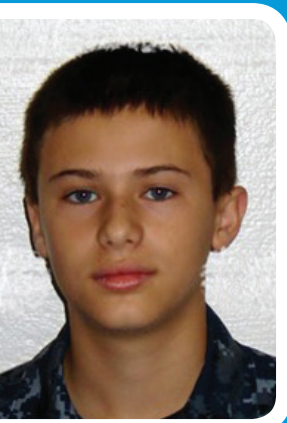


# Bonds and Never Giving Up

By Petty Officer 2nd Class Vito Santarsiero, NSCC Barque Eagle Division, Plainville, Conn.

My name is Petty Officer 2nd Class Santarsiero and this is what has made me the man I am today: the Barque Eagle Division of the NSCC.

One thing I have learned in Sea Cadets is creating strong bonds. You don't just create bonds with friends either. These bonds are with "brothers and sisters," bonds that will last a lifetime. If I ever need any help my "brothers and sisters" would be there for me no matter what. If they ever needed any help, I would be there for them.



I have also learned to never give up. As a high school wrestler, I can say that I hate losing. You should never give up. One example is Cpl. Kyle Carpenter, a United States Marine who jumped on a grenade to save his friends. Despite being seriously wounded, he made a full recovery and was awarded the Medal of Honor. Cpl. Carpenter is the model for the trait, never give up.

I hate losing because it stinks. I desire to win everything I do, from academics to sports. Wayne Rooney once said, "I just hate losing and that gives you an extra determination to work harder."

The Barque Eagle Division has solidified my belief in loyalty to shipmates, fighting for what you believe in, never giving up and doing my very best in every endeavor. The Sea Cadets have changed the way I feel about myself and the way I treat others.



# All in the Family

By Warrant Officer Jay Johnson

David McCampbell Battalion, Melbourne, Fla.

It began in January 2015, when Gabriel Waldorff decided he wanted to become a U.S. Naval Sea Cadet and prepare himself for the Navy. After his first two drills as a Sea Cadet, he became so enthused with the program, he convinced four of his younger siblings to join the Sea Cadet program in February 2015.

Gabriel comes from a family of nine siblings who are all home schooled. Gabriel has two older sisters, and six younger siblings.

During 2015, the Waldorff cadets attended Orientation Trainings and Recruit Trainings to further their Sea Cadet careers. Following the Summer Trainings, the three older Waldorffs (Gabriel, Abigail and Hannah) completed the MAA/DEA (Master-at-Arms/Drug Enforcement Agency) program held in Tampa, Florida by the Lakeland Police Force and DEA. They graduated at the top of their class. Abigail received the "Top Gun" award, out of a class of 30 who attended the training. All of the Waldorffs have earned many awards during the past year, and have been involved with color guards, simulator trainings, parades, inspections, honoring/guarding the Vietnam Wall, and visiting naval vessels, such as USS *Vicksburg*, a Guided Missile Cruiser, while it was in port in Mayport, Florida.

Gabriel Waldorff received the MOAA award from the Cape Canaveral, Florida chapter of Military Officers Association of America and was honored at a luncheon that recognized all MOAA award recipients from Sea Cadet and local ROTC units in Central Florida.

Not satisfied with just five members of the nine Waldorff siblings serving together, Gabriel convinced his next oldest sister, Rachel, to join the David McCampbell Battalion. In January 2016, Rachel Waldorff became an auxiliary member with our unit, and on her 21st birthday, she became an instructor, and filled the position of Assistant Administrator in the David McCampbell Battalion. She is currently in college with aspirations of getting into the medical field and joining the Navy.

Gabriel is now in his last year as a U.S. Naval Sea Cadet and will be joining the U.S. Navy this fall. He will be a "tough act" to follow for his siblings and will be a great asset to the Navy.

"Recently, I had the opportunity to fly aboard an MH-65 Helicopter based out of Air Station Port Angeles. This experience reinforced the reputation of professionalism and excellence of the Coast Guard. It was inspiring not only to see how everyone works in perfect cooperation while in flight but also how everyone is dedicated to the mission of serving the citizens of the Puget Sound Region and to make the community a safer place. My sincere gratitude to the Coast Guardsmen of Air Station Port Angeles for affording me such a great experience and to my commanding officer, GMC Riley Dunn, USCG, for arranging it." - CPO Brendan Standaert, NSCC



# Aboard Battleship Texas

"This past Fourth of July, I had the opportunity to participate in a color guard aboard Battleship Texas for veterans receiving the 'French Legion of Honor' for their service in World War II from the French government. I was excited after learning I had been selected for this role, knowing this would be a truly once-in-a-lifetime experience. Attending the ceremony among World War II veterans and hearing each of their stories was unforgettable. I am extremely proud to have had the chance to respect and honor those veterans alongside my fellow cadets. I was relieved the color guard performed flawlessly, given the particular audience. After the ceremony, the color guard had the privilege of meeting Rear Admiral Greene, a Naval Academy graduate. That day I left Battleship Texas feeling fulfilled knowing I had met and shaken hands with World War II vets, been introduced to a rear admiral, and had the most patriotic fourth of July imaginable.

- SN Patton Baxter, NSCC Houston Division

"It truly was an honor being a guard for the ceremony with the task of presenting colors, as well as posting the national ensign and French flag. This bond of alliance with France has roots of solidarity, as France is the United States' oldest and first ally."

- P03 Angelo Zhedric Luna, NSCC Katy Division



"As I was getting ready, I started to think about these men and the things they had done to preserve not only our nation's freedom but other nations' as well, such as France. These men put their lives on the line day after day. I can't imagine the fear going through their minds. As the color guard, you need to be careful because you don't want to mess it up and look like an idiot in front of heroes, so I was very nervous. After the color guard, we stayed and watched the men receive their medals. It was miraculous. There are not a lot of World War II vets alive so it was really cool to see some of the few being honored."

- P03 John Aguiar, NSCC Houston Division



"After the United States' National Anthem, one of the ladies stood up to sing France's National Anthem and without hesitation, P03 Luna removed the French flag from its stand and presented the French Colors."

- ENS William Lindley, NSCC Houston Division



# It's Our 54th Anniversary!

## FIVE FACTS FROM THE LAST 54 YEARS

On September 10, 1962, the 87th Congress approved and signed into law our organization, the U.S. Naval Sea Cadet Corps. For the past 54 years, we have remained focused on providing opportunities to America's youth. We are committed to our mission because we believe that teaching cadets how to follow — and then how to lead — helps them become better, more responsible citizens. We believe that exposing them to different career fields expands their minds and their options. We believe that we are stronger when we work together. Moreover, we believe that when you discover as a teenager that there are no limits on what you can accomplish, you are more likely to become an adult who strives for greatness.

- **CAPT Henry Nyland, USN (Ret)**  
**Executive Director**  
**U.S. Naval Sea Cadet Corps**



**01** The first Naval Sea Cadet Corps Division, 9-1-1 Division, mustered in with 10 officers and 48 Sea Cadets. At this time, enrollment costs were around \$10/year and included a pair of Navy oxfords.

**02** Holding the flag in the front row is Dr. William Bundy, now a faculty member at the Naval War College. He enlisted in the Navy, went to college, and earned his commission.

**03** In 1974, the language of our federal charter was amended to include "young women" in the program. Edith R. Blackwell was the first female Sea Cadet, enrolling in Sam Houston Division, and assigned ID# W-00001.

**04** The first week-long Navy League Cadet "Boot Camp" — now known as Navy League Orientation — took place in 1983 at Naval Air Station Patuxent River in Maryland. Nine-ty-eight League Cadets from across the nation participated.

**05** We received our first federal grant in 2001. We still receive the majority of our funding through this federal grant. If you are interested in becoming a supporter of a program that has impacted American lives for the past 54 years, you can visit [www.seacadets.org/donate](http://www.seacadets.org/donate).

Our 54th anniversary is about so much more than marking a date in history. It is about the tens of thousands of people who brought us to this point. Thank you.

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#### Sea Cadet Quarterly

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