

Sea Cadet Quarterly

U.S. NAVAL SEA CADET CORPS

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About 1.5% of our cadets advance to chief petty officer — but only one did it aboard USS *Whidbey Island*.

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ON THE COVER: Chief Petty Officer Mario Filardi during his pinning ceremony aboard USS *Whidbey Island*.

PHOTO BY: LCDR Matthew Landry, 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: Sea Cadets from John T. Dempster, Jr. Division enjoy some Mister Softee while participating in Rutgers University's Military Appreciation Day.

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

EXECUTIVE DIRECTOR'S MESSAGE

Dear Sea Cadet Community,

This fall, I want to take the opportunity to reach out to all of you for your help.

This September, the United States Sea Cadet Corps celebrates our 55th birthday. That's 55 years of creating leaders for our nation and providing unmatched opportunities that shape the lives of some of America's finest young people.

I know that the Sea Cadet program has touched the lives of everyone reading this letter. I want to ask you to think about how this organization has helped you become a better person, and identify at least one way that being a Sea Cadet has shaped you into who you are today. If you can do that, then I would like you to consider giving a gift to help pass that opportunity on to those coming into the Corps behind you.

Your donations will make it possible for us to reach more young people and volunteers, improve our already world-class training, and expand our ability to provide unparalleled value for working parents trying to raise the next generation of American leaders.

Please, if you have the ability, contribute to our program today by adding your pledge to our campaign at this website <https://seacadets.networkforgood.com>. As you make your gift, we'd love to hear about the special experience that impacted you or a loved one. We have a rich history of providing life changing experiences for our cadets, and we look forward to continuing to create lasting memories with your help.

Thank you, and all the best as we close out the year!

CAPT Paul A. Zambernardi, USN (Ret)
Executive Director, U.S. Naval Sea Cadet Corps

Chief's Corner: My Trip Aboard USS *Whidbey Island*

By Chief Petty Officer Mario Filardi, NSCC

7 Zulu Squadron, Quincy, Mass.

When I received the email from Master Chief Barry Crawford, my commanding officer, it was 9 p.m. I jumped up and yelled "YES!" It was an opportunity set up by Capt. Malloy and Lt. Cmdr. Landry and I just had to go. The opportunity was like no other; it was the chance to sail on the Navy warship, USS *Whidbey Island*, from Norfolk to Boston.

After narrowly escaping cancellation and some serious hard work from Lt. Cmdr. Landry and Capt. Malloy, the fly date had finally arrived. Fourteen of us flew as a group to Norfolk where we met the ship. She was enormous and made the other ships on the base look like toys. We embarked and unpacked our gear in the berthing space we were going to be sharing with the MAs. The next day we headed out to sea.

Our purpose on the ship was to shadow sailors and learn as much as we could from them about their duties. We would stand watch on the bridge or in the CIC, watch the training exercises, and clean the ship with the crew. The day we left, we headed southeast and conducted Landing Craft Utility (LCU) training in the welldeck of the ship. We watched as two LCUs drove into the ship and unloaded their vehicles and some Seabees. That same day, we conducted flight ops. I love aviation, especially military aviation so upon seeing a CH-53 come to the ship and practice landings, I was ecstatic. Once the training was complete, the helo landed and stayed on board the rest of the trip. That night, we served ice cream to the crew as our way of giving back to the ship for taking such great care of us. Our cadets put smiles on the crew's faces and had a good time doing it.

Since Tuesday had been an observation day, Wednesday was for action. We started out by having cadets take turns with two-to-three hour watches on the bridge. What's the best way to tell if a Sea Cadet is driving the ship? The ship is making huge S turns as she struggles to go in a straight line. Master Chief Laplante had learned of my interest in aviation and set up a chance for all of our cadets to get a tour of the CH-53 and speak with the crew and pilots. The opportunity was amazing, and the willingness of the crew to let us join in along with their enthusiasm for their job and the Navy was incredible. After that, the captain stopped the ship so that we could shoot the M240B machine guns off the bow. The Gunners Mates set it up, and we had a blast. The rest of the afternoon consisted of touring the Combat Information Center (CIC) and training with the MAs that shared our berthing space. As the trip went on, our cadets grew closer to the MAs, and we had a great bond which kept both sides of the berthing entertained, interested, and engaged. The MAs had a great time training us and showing us shipboard room clearing procedures as well as having us wear their gear. My

day ended in a different and better way than the other cadets'. Lt.j.g. Munger had set up a special tour of the engineering spaces for three of us that had a special interest in engineering. We got to see the generator, the control rooms, the water systems, and the engines. The personal tour was amazing, and the petty officer who led it knew everything there was to know about all the systems he oversaw. That night was karaoke night for the crew and watching Marine Corps Gunnery Sergeants and Naval Academy Midshipmen singing "Frozen" songs was entertaining.

Our last day was cleaning and manning the rails. We did a freshwater wash-down of the entire ship. We then headed into the Port of Boston and manned the rails on the top deck along with the VIPs and their interviewees. The way in was long and windy, but we had a great time. The ship turned around in the middle of the channel and moored along the North Jetty. We disembarked and headed for home to a warm welcome from the USO and the Sail Boston staff.

Throughout our trip, the crew of USS *Whidbey Island* was phenomenal. They took care of us and treated us with respect and as one of their own. This crew has been working tirelessly to upgrade the ship, and it shows. I have never met sailors so proud of their ship, a ship full of heart and character. No matter what special requests we had, the Command Master Chief and the crew made it happen, and we had a terrific time on board. I made personal connections with the CMC, the FCCs, the MAs, the CH-53 pilots and crew, the Seabees, and others. They always had smiles on their faces and were overjoyed to answer my questions. The entire crew was so happy to share what they did and all about their ship that their enthusiasm rubbed off on us and we had that same feeling of pride in the ship and the opportunity we had been given to ride her.

The CMC or Command Master Chief of the ship, CMC (SW/AW/SS) Brett Menne, made our trip the best it could be. He was the one coordinating our arrival, our plan of the day, tons of activities, and he made sure we got to do everything we wanted to do. It was this passion for our visit and his pride in his ship and his crew that prompted me to ask about coming back on board for my Chief pinning ceremony. When I asked if it would be possible, he said "Absolutely, we can make that happen. The ship is yours. Where would you like to have it? After, you can give a tour of the ship." This was when I realized he was the one I wanted to pin me. I was honored to have Command Master Chief Brett Manne of USS *Whidbey Island* pin me chief petty officer in the U.S. Naval Sea Cadet Corps on board USS *Whidbey Island* alongside Master Chief Barry Crawford (CO of 7 Zulu), Capt. William F. Malloy Jr., and Lt. Cmdr. Matthew P. Landry.

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Sea Cadets Come to the Rescue After Crash

By Chief Petty Officer William Seck, NSCC
Twin Cities Squadron, Minneapolis, Minn.

After an exciting long drill spent training with the Eagan Fire Department, Airman Campuzano, Airman McMaster, Petty Officer 3rd Class Dion, and I went to Chief Petty Officer Foster's graduation party in Eau Claire, Wisconsin. Once the party ended, we drove back to Minnesota. On our way back on I-94, we came across a semi-truck that had stopped, blocking both lanes of traffic. When we pulled off to the side of the road, we saw a wrecked motorcycle and a man walking across the highway covered in blood.

It felt like we were on autopilot; there wasn't time to think. Dion, who is the corpsman for our squadron and has gone to various medical trainings in Sea Cadets and is a nursing assistant, was the first to assess the two injured riders that were in the ditch on the side of the road. He yelled for Campuzano to get the first aid kit from the car. Meanwhile, McMaster and I went to clear a lane for the first responders to get through and get traffic moving. Dion began to stabilize the driver who had severe lacerations to the face, arm, and hands. He attempted to stop the bleeding with the gauze from the medical kit after he put gloves on. Both of the riders were evidently in shock; the passenger, who was the rider's wife, attempted to hold her husband's hand while Dion was working on him. Dion and Campuzano repeatedly told her that she could not touch her husband due to the dangers of their blood cross contaminating.

Once the police arrived, they relieved McMaster and me, but Dion and Campuzano continued to aid the two riders. Once the paramedics arrived, Dion and Campuzano described the location and extent of the injuries to the paramedics. We then aided the police in identifying the witnesses for their report. After this, Dion and Campuzano washed their hands and arms to clean off the blood, and we all got back into our car and left.

The entire ordeal felt out of body. It seemed as if the encounter was seconds long when we were actually on the scene for approximately 15 minutes. After getting back in the car, we called Ensign McCormack to report what had occurred. Almost immediately after, our adrenaline crashed. We were all exhausted.

We later learned from the incident report that the bikers were going 70 miles an hour and lost control and skidded across two lanes of the highway. The driver was charged with reckless driving. None of their injuries were life-threatening, and they both are expected to make a full recovery. Needless to say, I do not think that any of us will become motorcyclists in the future.



Filardi, continued from page 3

Being allowed back on the ship before general tours began for my pinning ceremony and being congratulated by the FCCs and MAs and pilots and all the men and women I worked with the past week was an amazing feeling that I will never forget. Thank you to Capt. Malloy and Lt. Cmdr. Landry for setting up this rare opportunity and the logistics of my pinning ceremony. Thank you to Master Chief Laplante and Lt. j.g. Munger for making the training exciting and fun and making sure we got to do everything we wanted to. Thank you to Master Chief Crawford for helping to get the unit to come to my ceremony and for pinning me. Thank you to USS *Whidbey Island*, her captain, and her crew for making us feel welcome and making it an amazing trip and for memories I will never forget. Finally, thank you to Command Master Chief Manne for making this trip extra special by ensuring we had the best time possible and I am honored to have been pinned by such an outstanding and caring leader. You all made this trip possible, and for that, I am truly grateful. I sincerely hope this has opened a door for many Sea Cadets to follow and it will be an opportunity offered frequently. 🌟



LCDR MATTHEW LANDRY, NSCC

Cadet's Journey to Lose Over 100 Pounds

By Lt.j.g. Ryan Smith, NSCC
Cornhusker Division, Ashland, Neb.
Commanding Officer

When commanding officers say things to cadets they sometimes wonder, because of their young age, are they really listening to me? Such a conversation occurred in May 2015, between myself and then Seaman Recruit Mathew Elvenholl, Jr. On that day, I noticed Cadet Elvenholl did not attend drill, so I called his father Mathew Elvenholl Sr. His father expressed that Cadet Elvenholl was considering quitting Sea Cadets and had been in the program for a year and did not have his uniforms. I had just taken over as commanding officer the month prior, so this was my first challenge. I decided to focus on turning this cadet's experience around. I asked him and his father to meet me at NOSC, and I found him the uniforms he needed.

I asked Cadet Elvenholl what he wanted to do after Sea Cadets and he said, "Well, sir, I really want to join the U.S. Navy." We started to talk about how his weight might make it difficult to achieve his goals. We broke out the Physical Readiness Manual right then and found that for his height he needed to lose 100 pounds to join the Navy. I shared with him that weight had plagued me for most of my career and that I worked hard at the gym. I made a challenge to Elvenholl to lose the weight, and honestly I wasn't sure if he would follow through.

Something must have clicked with him because over the next year, he went on a journey of self-discipline and lifestyle changes. He joined a local gym, started working out seven days a week, and asked his parents to start buying healthier food. I noticed he was losing weight and assigned him the role of being the unit's Physical Readiness Coordinator. One year later, Elvenholl lost 107 pounds, currently weighs 192 pounds, and has lost eight inches on his waistline.

This story has an excellent ending. On July 25, 2017, now Petty Officer 3rd Class, Mathew Elvenholl, Jr., NSCC, raised his right hand and swore into the United States Navy under the Delayed Entry Program. On June 18, 2018, he will report to Recruit Training Center Great Lakes, and begin his journey to become a yeoman. Bravo Zulu, young man! The Cornhusker Division is proud of you and you are an inspiration to many.

"This all began when I joined the program at age 11. The Navy has been a goal from that day forward. The motivation and support given to me from this group of people and especially from my CO has been tremendous. Everyone needs a goal and I was lucky enough to have reached mine to accomplish my enlistment."

-PO3 Mathew Elvenholl, NSCC

Four Family Members Complete Six Plankowner Trainings

By Ensign Amy Foeller, NSCC
The Sullivans Division, Buffalo, N.Y.

When the 2017 summer trainings began, no one in our family had ever heard the term "plankowner." By the end of the season, after finishing 11 training evolutions among the four of us, "plankowner" became a household phrase.

Our path began when Seaman Bianca Foeller and I attended the Naval History and Heritage Training in Valley Forge, Pennsylvania. This training taught us about our founding documents, the role of important historical figures in the founding of the United States, and some of the contributions of the United States military to our nation, among many other things. We were so thrilled to earn the plankowner distinction; little did we know we would not be the only ones. A few weeks later, all four of us attended the trainings in Buffalo, New York, which is where Petty Officer 2nd Class Nicholas Foeller and League Cadet Petty Officer 2nd Class Katrina Foeller earned their plankowner distinction for the Shore Patrol evolution. In Shore Patrol, cadets learned basic first aid, CPR, electronic and verbal communications, law enforcement procedures, and both domestic and foreign policies. The final plankowner distinctions of the summer both went to Petty Officer 2nd Class Foeller when he completed Aviation Training in New Hampshire and Marksmanship in Massachusetts.

USNSCC has made a positive and life-long impact on my children and me, especially the volunteers, who give so much of their resources to this program. We have had the opportunity to work with and learn from some of the most incredibly dedicated, professional, and caring persons our nation has to offer. To all of you, thank you.

Q&A: Navy Times' Sailor of the Year, IT1 Justin Sullivan

Our volunteers are superstars — and sometimes they are Navy Times' Sailor of the Year.



Q: We are thrilled to see you named the Navy Times' Sailor of the Year. Congratulations! Do you have any words for your NSCC fans?

Sullivan: I only wish to say that it has been an honor

and a privilege to be able to work with such an extraordinary group of individuals; both the cadets and volunteers and thank you for allowing me to do so!

Q: When you joined the Navy, you were planning on staying in for four years and moving on. Now, you've been in for a decade and deployed to Afghanistan twice. What made you stay?

Sullivan: Opportunity. The military and especially the Navy offers so many opportunities and versatility that I wanted to be in the service as long as they allowed me. Since I joined in 2007, I haven't done the same job twice. I was a network administrator in Naples, Italy, a radio operator in Afghanistan and now an instructor at Corry Station. When I choose a new set of orders, I will hopefully be deploying on a ship in yet another role that I have yet to do. Not many jobs out there offer the locations and opportunities that the Navy does.

Q: Getting through Sea Cadet Recruit Training teaches cadets they are capable of so much more than they might think. What has been your most challenging experience in the Navy? What did you learn from it?

Sullivan: Truthfully, my greatest challenge has been myself. First coming up in the Navy, I was immature, headstrong and proud. I let my ego get in the way and I burnt a lot of bridges. Its been tough trying to get past all of that to become a good decent sailor. I still struggle sometimes, but through strong leaders, and the mentorship I

have received, I have really been able to develop and become a better leader for those around me.

Q: What's your dream assignment with the Navy?

Sullivan: Spain, hands down. I loved Europe when I was first stationed in Italy and never had the chance to visit Spain. Everything I've read and heard about it has drawn me to it.

Q: What inspired you to volunteer with the Naval Sea Cadet Corps? What keeps you volunteering with us?

Sullivan: An email was sent requesting volunteers to assist with an RT. I honestly had never heard of the Sea Cadets until that email. After researching and learning more about the program, I was all in. I sent a request through my command asking for permission to attend the training to support and they approved it. I spent two weeks at RT and immediately had a sense of awe for the program and the cadets. These young men and women do in two weeks what it takes many sailors the entirety of boot camp to learn (trust me, I know I was one of those sailors). They march, make their racks, gain military bearing PT and so much more. Their motivation and dedication to the program really inspired me. From that point forward, I knew that I wanted to help and volunteer as much as I could because these cadets are going to be the future of our military, and if I can impart some knowledge or help to guide them in the right direction, I will feel that I have had some small part in the future of the Navy.

Q: Do you have any advice for someone who may be considering becoming a Sea Cadet volunteer?

Sullivan: Do it! Just get out there and give it your all. These cadets will surprise you every day with how fast they learn, their dedication to the program and will make you proud for

every achievement they earn. There isn't a better feeling in the world to see them succeed and have them thank you for helping them get there.

Q: A lot of our former cadets tell us that Sea Cadets prepared them for the military. Is there anything you think Sea Cadets could have taught you before you joined the Navy?

Sullivan: Everything. This program would have prepared me in every way for the Navy. It would have helped me learn humility, marching, military bearing, basic military requirements and more. It also would have gotten me more exposure with the Navy to have helped me make a more informed decision on the career path that I chose in the Navy. The different trainings for cadets offer that insight by showing them the various jobs that are available.

Q: IT1 Sullivan, we appreciate your service to our country — and to the Naval Sea Cadet Corps. Do you have any advice for our cadets who are thinking about joining the military?

Sullivan: Talk to as many military members as you can. Ask the hard questions too. Get them to tell you about the best times and the worst times. Ask how difficult it is to leave your family for six or more months, or how awesome it is to participate in different exercises. Be prepared too. Start learning about the different jobs now so when you decide to enlist or commission, you will have a better idea of exactly what job you want. 🚩



Back to the Future: Reflections On Returning to Recruit Training

By Warrant Officer David Sheets, USN (Ret)

John T. Dempster, Jr. Division, Lawrenceville, N.J.
Recruit Training Illinois, Great Lakes, Ill.

I was provided a fantastic opportunity to relive a part of my past with the Sea Cadets this summer. When offered the chance to staff Recruit Training Illinois (RTIL), I jumped at the chance.

My voyage with the Navy started at Great Lakes when I attended boot camp in 1981. I fondly remember stepping off the bus at Great Lakes in the middle of the night. I was nervous, exhausted, and disoriented. Fear not. I was warmly greeted by a loving and supportive staff whose sole focus was my comfort and well-being. What? Yeah, right!

RTIL has a solid reputation for excellence within the Sea Cadets Corps. This training provided an experience that was as authentic as possible to Navy Recruit Training for our cadets. The Sea Cadets live, train, and endure a similar experience of an actual recruit in the Navy. For the Sea Cadets, all of this training takes place on a highly accelerated schedule. RTIL is as real as it gets.

One of the great things about attending RTIL is the use of the training facilities. The Sea Cadets received survival swimming, firefighting, shipboard, small arms, and physical fitness training in the same buildings with the same instructions as the Navy Recruits. The Navy Staff at Great Lakes is extremely supportive of the Sea Cadet program. They provide highly motivated instruction to the cadets. Not only has the RTIL Staff worked hard to maintain a positive relationship with the Navy, the Navy truly values the results of our program. If a Sea Cadet enters naval service, the overall training time and cost is reduced since due to the cadet's experience. The mutual respect is obvious.

Another great thing about RTIL is that the cadets are under the direct instruction of the same Recruit Division Commanders (RDCs) that turn civilians into sailors. The RDCs are completely squared away and focused on the cadets' success. The cadets were completely unaware of this focus. They felt like I did when I went to Great Lakes many years ago: terrified, nervous, disoriented, exhausted.

Check-in day included a stylish haircut, being separated into divisions, and a multi-mile hike with their heavy seabags to their new home. The fine art of endlessly standing at attention was introduced. They learned rack-making, compartment cleaning, precision marching, and chow hall procedures. Everything had to be learned quickly and precisely.

Somewhere around the fourth day, things were starting to come together. Instead of focusing on their individual performance to an exacting task, they began working with their shipmates to get things completed. Making the rack became

a team completion as compared to a solo performance. The cadets began to straighten up their lines on their own as they marched. The chow hall ritual became automatic. The transformation from an individual to a team began to happen.

As the Sea Cadets were stepping up and overcoming obstacles, I was brought face-to-face with one of my obstacles from the past. Not only was Great Lakes the beginning of my Navy voyage — it was almost the end of that dream. I joined with the aspiration to become an Aviation Antisubmarine Warfare Operator. This goal required me to complete Naval Aircrewman Candidate School. A prerequisite of that school was to pass the First Class Swimmer Exam. To make a long story short, I failed that test at Great Lakes due to an intense case of "Boot Camp Crud."

Survival Swimming Training at RTIL is held at the pool complex called USS Indianapolis. The facility has been expanded from my day to include a new gigantic pool where the Sea Cadets trained. The pool that almost crushed my dream is still there, off to the side, and is now used for remedial swimming lessons.

I was able to convince the chief in charge to allow me another try at the test after I had a chance to recover. He begrudgingly gave me a day. To make a long story short, I successfully completed the exam after nearly blacking out during the underwater swim. So, looking at the remedial pool, I confidently said to myself, "Hah! Nice try, pal. I won."

As I put my redemption in the rearview mirror, the cadets continued to press forward with their training. Before long, we were at the massive Midway Ceremonial Hall for the graduation ceremony. The atmosphere was electric. The reviewing stands fill with excited family members with cameras at the ready. The giant garage doors opened and in marched four full divisions of Sea Cadets in their dress whites. In many respects, they were still children when they left their families a mere ten days before. The transformation could not be any starker. These were now proud sailors, shipmates, and young adults. The look of astonishment and pride from the families was reflected back with the professionalism and personal accomplishment of the cadets.

I am incredibly grateful for the opportunity afforded to me. I was able to relive a portion of my past as well as to be given a glimpse into someone else's future. The experience of RTIL will resonate for a long time. Our Sea Cadets are so fortunate to have the opportunity to experience Great Lakes at this stage of their lives. If they choose to enlist in the Navy, their experience at RTIL will be of indescribable value.

Lessons Taken From Classroom to Ship

By Chief Petty Officer Edwin Lin, NSCC

HMCM William R. Charette Division, Bethesda, Md.
Fleet Week New York

For three days, a group of cadets was given the opportunity to experience a small glimpse of what it was like to go underway on an active duty Navy ship, USS *Kearsarge*, as it went underway from Norfolk Naval Station in Virginia to New York City. In the short amount of days, the experience was eye-opening, inspiring, and educational.

We are usually taught basic seamanship and ship operations in the classroom. This was a chance to apply everything we had learned. In other trainings and tours, we were instructed on how to read a ship's bullseye, told that we were to leave all hatches "dogged" and the different class fires and what chemicals would be used to put them out. Until this point, the definitions and the processes never stuck with me. Now after this training, the importance of all of it became realistic and learning how each division functions within the ship showed the "esprit de corps" of the ship's crew.

While underway, we viewed many sections of the ship as

the active duty sailors completed tasks that make the ship function as one. From watching the bridge of the ship warn a small fishing boat of its presence, the Combat Information Center tracking its bearing, to watching a replenishment at sea. Not only did we see how the ship functions, we watched *Kearsarge* conduct day-to-day operations with the Marines. LCACs and flight operations were just some of the highlights of the trip. My most memorable experience was standing on the flight deck in the evenings and watching as the ship glided through the waves. Seeing the ship surrounded by nothing but the ocean left me awestruck. It was an image not even the world's most powerful camera could've captured.

After going underway, my aspirations to become a Surface Warfare Officer grew. Having the chance to apply information that I've learned previously, and seeing the day-to-day operations of the ship has given me a greater insight to the Navy and will help me pursue my career in college.

That's Not What Ships Are For

By Chief Petty Officer Skyler Powell, NSCC

Viking Division, Purcellville, Va.
Fleet Week New York

It was once said, "A ship is safe in harbor, but that's not what ships are for." I learned first-hand what this quote meant when I embarked with the U.S. Navy with five outstanding cadets on USS *Kearsarge*.

Training started on May 20 on the Battleship New Jersey in New Jersey. We stayed aboard this decommissioned ship receiving training on ship navigation and special access tours. We departed the next day headed for Norfolk Naval Station in Virginia. When we finally got on base and saw the massive LHD we would call home for the next few days, we acted like children on Christmas morning. Excitement filled the air at the realization that we were going underway with the U.S. Navy.

The next morning, USS *Kearsarge* left shore. I stood on the flight deck with the other cadets watching Virginia pass by. As we pulled away, we could see "ships row." Ships row on Norfolk Naval Station is where all the ships dock in a line. It was at this moment, watching the line of massive ships guard our country, I realized I must be a part of the defense force one day.

We had the opportunity to tour the ship and see the sailors working toward a common goal of reaching Fleet Week in New York City. The lessons I learned at Recruit Training and in various courses came to life and were applicable. One

day we had underway refueling, we woke up before the sun and ran up and down the ship with the engineering officer checking every single valve. It was exhilarating. When the refueling happened later in the day, a USNS tanker shot lines over to us. On the other side of the tanker was a destroyer refueling at the same time, and behind us was a destroyer as well as another ship we couldn't identify because of fog, waiting for their turn. We also got to stand outside near the flight deck and watch Ospreys land on the deck. We got to "man the rails" when we came into port in New York. The crowd cheered and it felt so good to stand in uniform representing the U.S. Navy.

Through these long days at sea, I gained my sea legs and life lessons. I am instilled with patriotism and pride. I learned what it means to wear the respected rank of a chief petty officer and in the hour-long chow line, I learned that the early bird really does get the worm.

"Test your limits" is a phrase Sea Cadets across the country are familiar with. We try ourselves and see how far we can go. We learn that while home is comfortable, adventure awaits us. Fleet Week was an amazing way to try myself and I recommend it to all cadets.

Test your limits and try something new because ships are safe in harbor, but that's not what ships are for.



While aboard USS *Kearsarge*, I became completely submerged with the crew. I slept in Navy berthing, dined among active-duty sailors and Marines, watched marine aircraft land on the flight deck, and I even worked alongside sailors in the engine room! Possibly my favorite part of this training was "manning the rails" while entering New York Harbor. Despite having to stand at parade rest for three hours, this was an incredibly humbling experience. Fort Hamilton fired a 12 gun salute as we sailed by, and we snapped to attention to salute back. We also stood at attention and saluted when we passed the 9-11 Memorial. Being part of Fleet Week New York taught me so much about teamwork in the sea services. Witnessing first-hand how military personnel works together towards a common goal has further increased my longing to join the military.

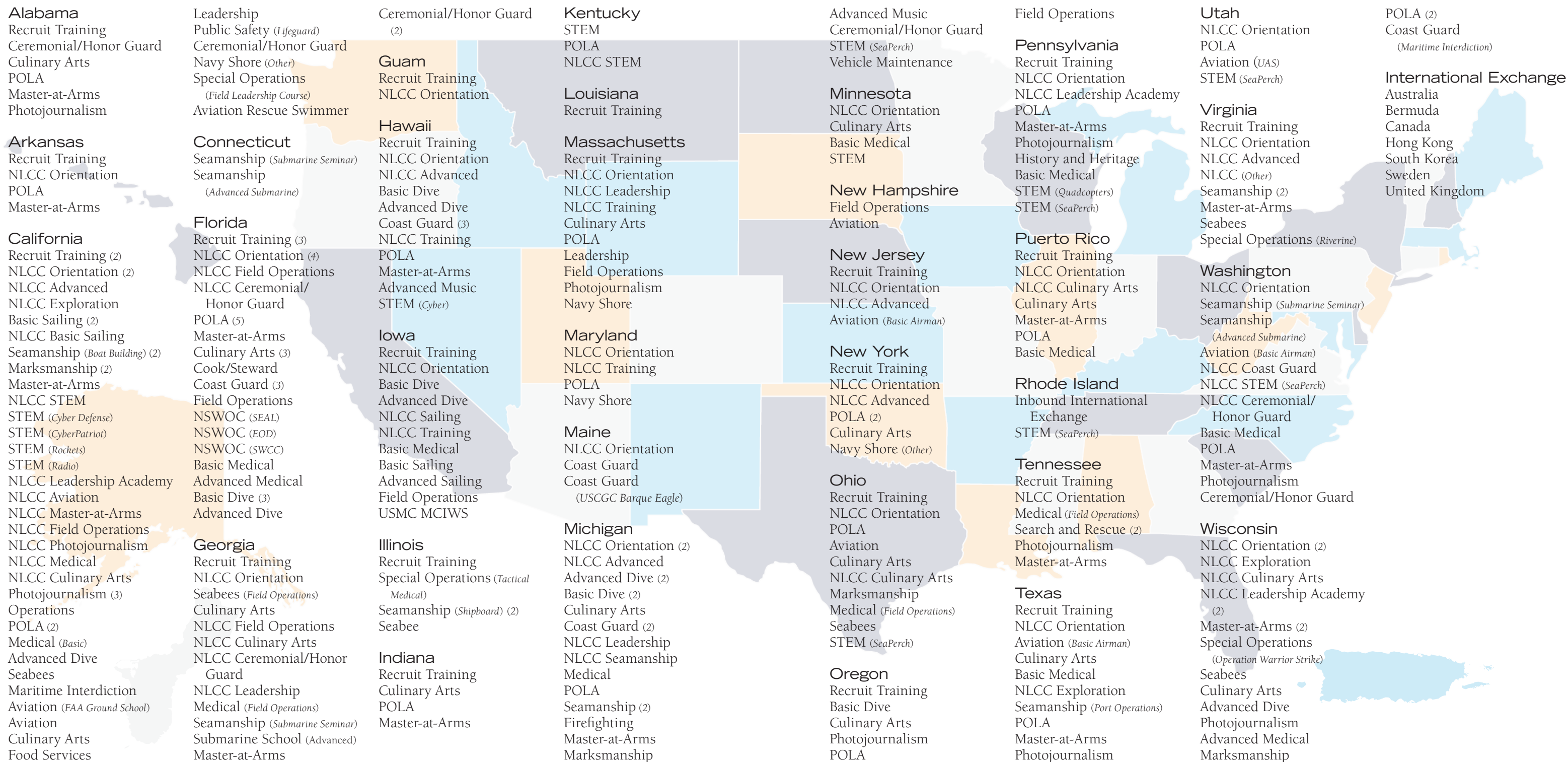
-CPO Elissa Nott, NSCC
Battleship Wisconsin Division, La Crosse, Wisc.

For over six years I have been a member of the Sea Cadets, and upon multiple occasions, I have had the opportunity to join my division for a weekend trip to experience the Navy's Fleet Week. These opportunities I regretfully passed up, telling myself that I was too busy and had better things to do. Only when a Fleet Week advanced training was posted did I decide that maybe it was time to get out and make the most of my last year in the Corps. At no point did I expect to be saving the best of my Sea Cadet experience for last. I encourage all my shipmates to make the most of their time in the corps by taking advantage of what the program has to offer.

-CPO Andrew Bear, NSCC
Nautilus (SSN-571) Division, Groton, Conn.



WHAT DID YOU DO THIS SUMMER?



WE WERE BUSY TRAINING.

Self-Discipline Leads to Success

By Seaman Apprentice Alyosha Huitt, NSCC
 Battleship Missouri Division, Bridgeton, Mo.
 Recruit Training, Camp Dodge, Iowa

I joined the Sea Cadets in March 2017. I joined because I wanted to do something that would challenge me personally, mentally, and physically. Soon after I joined, I had to prepare for boot camp. I knew that it would not be easy because of the discipline it takes, but I was going to do my best. I was excited about boot camp but also nervous because I had heard how tough this training was.

Preparing for boot camp required a lot of mental and physical discipline. Every day, I woke up early. In addition to running two or three miles, I did as many push-ups as I could, then sit-ups, and then a workout with weights. The entire time, I kept a record of my progress to track my improvement.

Finally, the day came where I had to leave for boot camp at Camp Dodge. I was excited and at the same time, nervous because the day that I had been preparing for had finally arrived. The physical part of boot camp was hard, but because I had been physically preparing myself, it wasn't as hard as it could have been.

By far the most physically challenging thing for me was "The Crucible." The reason I thought "The Crucible" was harder was because I had not practiced rucking or carrying heavy ammo cans for long distances. Before we were even halfway finished with this challenge, my body was worn out physically, but mentally, I was good to go because I was not going to be beaten by pain. I was going to finish — whatever it took.

The hard work that I put into my physical training was rewarding. On graduation day, I earned the physical readiness award for Delta Company. I've heard other recruits say they are glad they completed boot camp but would never want to do it again. I would do it all again in a heartbeat. Establishing personal discipline is never easy, but the result is always worth it.



More Than Your Average Tour

By Able Cadet Robert Troy, NLCC
 Harlan R. Dickson Division, Londonderry, N.H.

This summer, I had the opportunity to go to Sicily. Knowing there is a Naval Air Station, my mom and I planned to arrange for a sponsor on base to secure a tour of Sigonella. We were fortunate enough to be sponsored by Captain Kim Lefebvre (CO of the Naval Hospital) and her husband, Pete.

In the Sea Cadets program, back home in New Hampshire led by LCDR Murphy, we learn leadership, discipline, and responsibility; as well as respect for the military. And what happened next, I attribute to all the skills I learned in my unit. Typically, I am a shy, quiet kid, but when I was speaking directly with Captain Ellis, all that training kicked in, and I was confident and asking appropriate questions. Not only did we get a tour of the hangar, but we also got a private tour of a P-8A! I know that the skills I acquire each week at drill are not only meant for the time there. Yes, we practice and train each week, but the Sea Cadet program prepares you for everything outside of their walls too. My unit taught me how to be respectful and how to be confident while speaking to military personnel. Not only do I have the Lefebvre's and Captain Ellis to thank, but also everything I have learned from the Sea Cadets.



Heading Into My Future With Confidence

By Chief Petty Officer Hayden Deckard, NSCC
 Thomas Jefferson Division, Jefferson City, Mo.
 Naval Special Warfare Orientation Course (EOD), Panama City, Fla.

How did it happen? How did I become the only cadet in the nation authorized to wear both the Naval Special Warfare Orientation Course (NSWOC) SEAL and EOD pins? I started out four years ago as an E-1, having read Eric Greiten's book, "The Heart and the Fist," and found myself interested in being a Navy SEAL — and curious about life — but with no guidance. As it turned out, there were some Sea Cadets in my school, and they told me about the program and all it offered. I was hooked! I attended RT at Latimer in Tennessee, which was a great jump start on my career because it was very tough and realistic, and it also challenged me. I owe a debt of gratitude to my RT for shaping me in ways that made me what I am today.

From then on, I decided to push myself by attending more challenging trainings, more often. First came Basic and Advanced SCUBA. Then Combat Dive School, Honor Guard, Master-at-Arms, Personal Security Detail (PSD), and POLA helped form my leadership style, which was further developed as I staffed RT, POLA, and Basic Dive.

In the spring of 2016, I took my NSWOC Physical Readiness Test three times before achieving a passing score. Undaunted, I completed my essay, competed for a slot, and was selected to attend the SEAL course. It was a challenging two weeks, to say the least.

"From then on, I decided to push myself by attending more challenging trainings, more often."

This spring, I accomplished one of my biggest Sea Cadet goals: becoming a chief petty officer. This year, I competed to attend the Explosive Ordnance Disposal course and received a spot to attend. It was another grueling two weeks.

Along the way, I had very supportive parents, who funded my three or four trainings each summer — and the occasional winter training. My first dive instructor, Shannon Bray, remains an inspiration. Another great role model is Navy SEAL Recruiter/Trainer, Roger Roberts, who is training me to pick up a Navy SEAL contract. One of my most influential mentors is my unit's commanding officer, Regina Kilmer, who has set the example by overcoming significant obstacles in her 29-year Army career, starting as an E-2 and retiring as a Lieutenant Colonel.

As I look forward to the future, I know that it will be here all too quickly... graduation is in December and then a Navy SEAL contract next year. It still amazes me the path I've traveled in four years: from having just a clue to having a future in the Navy.



LCDR Jim McClure and CPO Deckard at his graduation from the NSWOC EOD training.



During this training, I learned multiple aspects of ceremonial honor guard such as National Ensign folding, 16-count manual arms, color guard and rifle work.

While at this training, I was selected to participate in a rifle drill team and we had the honor of performing at the recruit training graduation held at Camp Roberts at the same time. Our routine was designed and choreographed by Petty Officer 3rd Class Joshua Conrad who flew to California from Independence Squadron. This performance was definitely the highlight of my summer training and it has inspired me to create a rifle drill team at my own unit, RADM C.W. Parks Battalion, to perform at ceremonies for veterans and other public events.

**-SN Sean Cameron, NSCC
 RADM C.W. Parks Battalion, Dublin, Calif.
 Ceremonial Honor Guard, Camp Roberts, San Miguel, Calif.**

Learning about Our Naval Heritage

By Seaman Apprentice Megan Grover, NSCC

Annapolis Division, Annapolis, Md.

Naval History and Heritage, Valley Forge, Penn.

This training was an amazing journey; not only did I make new friends, but I learned a lot of history. We explored Valley Forge National Park, historic downtown Philadelphia, and USS *New Jersey*. We got to see constitutional debates and a reenactment of the Revolutionary War. Over the course of six days, we read and studied "Heart of a Lion" with Mr. Gary Williams. It was an amazing book to read about the leadership skills of Lt. Michael Murphy. We also talked about a few Medal of Honor Recipients and their journeys. On the last full day, we repaired the bricks in the Medal of Honor Grove. This training changed my life and I highly recommend it. I can't wait to put my leadership skills to good use! I only wish it had lasted longer! Thank you Freedoms Foundation, Mr. Gary Williams, and all the officers for putting this together.

The Adventure of a Lifetime

By Chief Petty Officer Dylan McGettigan, NSCC

John T. Dempster, Jr. Division, Lawrenceville, N.J.

International Exchange Program, Sweden

"How did you spend your summer vacation?" Like most students, I have been asked this ubiquitous question throughout the years when September rolls around. More often than not, eyebrows have raised and eyes have widened as I described my various U.S. Naval Sea Cadet Corps trainings and what they have entailed over the past seven years that I have been a League Cadet and Sea Cadet.

However, my answer for the Summer of 2017 as a Sea Cadet is unlike previous answers. I took my first trip to Europe; I stood just feet away from a 17th century warship raised from the sea, almost fully intact after it sank on her maiden voyage in 1628; I witnessed a changing of the guard in front of a royal palace; I swam in the frigid Baltic Sea; I rowed a whale boat; and I befriended cadets from Canada, Hong Kong, Sweden, and the United Kingdom after a week of physical training and perfecting survival techniques with them on an island in an archipelago. Most notably, I gained a second family with my escort officer and fellow petty officer who traveled with me from the United States. In short, I had the honor of being selected to participate in the International Sea Cadet Exchange Program to Sweden.

I have always tried to take full advantage of the Sea Cadet program and the opportunities it has offered. But to be chosen essentially as an ambassador for the program abroad with cadets from other nations has taken my experience as a Sea Cadet to a whole new level. My adventure of a lifetime to Sweden made me realize that the world is truly a small place which must be shared and that our similarities as human beings no matter where we are from, far outweigh our differences. We are all global citizens who have an obligation to improve the world, if through nothing else than acts of understanding and kindness. Participating as a U.S. Naval Sea Cadet in another country was an amazing opportunity for me to help fulfill that responsibility.



To Be A Staff Cadet, A Host, and A Friend

By Chief Petty Officer Chloe Caso, NSCC

Barque Eagle Division, Plainville, Conn.

Inbound International Exchange, Newport, R.I.



Scrubbing, sweeping, swabbing: that's how training starts for a United States International Exchange staff cadet. For two days, we cleaned and prepared for our international guests to arrive from Canada, Australia, New Zealand, the United Kingdom, Hong Kong, and Sweden. This time, I was not only a staff cadet but also a host and friend, which was an interesting, fun, and sometimes challenging balance to strike.

Each of us six staff cadets had a billet, mine being training petty officer (TPO). I was responsible for teaching international cadets U.S. military drill, assisting the XOTC during activity based learning periods, and making sure the formation of cadets from seven countries got from one place to another efficiently. One of the most cherished moments from my Sea Cadet career was my two weeks as the TPO for the inbound exchange because of the opportunity I had to directly lead a group of some of the top Sea Cadets from all over the world. All of the cadets at the exchange were senior cadets in their respective countries, some of them being their nation's equivalent to a chief. Whether it was teaching American drill, making sure blindfolded cadets didn't run into things during an activity, or reminding the group not to talk in formation, I led as a host, not as an authoritative boss.

In addition to playing the role of staff cadet, I was also a host. Being a host at the IEP involves more than just leading. In fact, a lot of it was following. The duty country for the day marched us from place to place their way, and we always encouraged the international cadets to take charge during games or activities instead of having the U.S. cadets lead. Being a host also meant making sure our guests were taken care of. If they had any questions, concerns, or needed anything, we did whatever we could to make our guests comfortable in this new environment. Being a host also involved a lot of field day and set-up for various activities. While the work was tiring sometimes, it was all worth it when I saw our guests enjoy the activity, event, or decorations we had arranged.

In addition to being staff cadets and hosts, American cadets at the U.S. IEP became close friends with all of our international cadet guests. Those two weeks produced many inside jokes, countless smiles, tons of laughter, and dozens of lifelong friends. We were given liberty time in Newport, Boston, and New York. Spending time in those amazing cities with my new friends was certainly another highlight of the exchange. We went shopping and sightseeing, went out to eat, and just enjoyed being with each other. By the time of the farewell dinner, we had become a family: an international, multicultural Sea Cadet family forever connected by the bonds created over the exchange.

Staffing the United States IEP is a training unlike any other because it requires you to balance the roles of staff cadet, host, and friend. If you are looking for a training that will challenge you but also be (in my opinion) the most rewarding training in the country, the U.S. Exchange is for you. If I could, I would do it all over again.

Music Training with the Navy



Six talented Sea Cadet musicians had the experience of a lifetime this summer during a week-long training embedded alongside the U.S. Pacific Fleet Band in Hawaii.

This advanced music training provided the cadets a unique opportunity to live the life of a Navy Musician, which included such activities as private instruction, small ensemble work, rhythm and music theory clinics, physical training, and band operations. According to P03 Ted Ikehara, an alto-saxophone player, "This training was the best I have gone through with the Sea Cadets in terms of experience and effectiveness on my future and my serious consideration of a job as an MU." The cadets were inspired to bring their experiences home. "I learned so much from the Pacific Fleet Band. Not only did I grow musically, but I learned how they organize to improve their overall sound and style," says flutist SR Maya Wyr.

Cadets included P01 Samantha Martinez (French horn), P01 Samantha Wen (bass clarinet), P01 Jenna Ghaddar (tenor saxophone), P02 Ted Ikehara (alto saxophone), SR Maya Wyr (piccolo/flute) from Band of the West Division and CPO Nathanael Vincent (flute) from American Victory Division. (Submitted by LT Jo-Anne Dao, NSCC)

A Surprise Learning Experience

By Seaman Ali Parrish, NSCC

Zeus Division, Miami, Fla.

Seamanship (Boat Building), Chula Vista, Calif.

My boat building training was an experience I will never forget. The training was held at Chula Vista Marina in southern California aboard *Bill of Rights*, a 137-foot tall ship. At times it was stressful, but other times it proved to be a perfect learning experience. I didn't just learn about boats, but also leadership. I was given a special opportunity to take on the role of the lead petty officer for this training. The officer-in-charge presented me with a fake sword to represent a Navy sabre. Along with my cool sword came a lot of responsibility. My job was to be accountable for all 19 cadets of the training. I was given orders by the officers and then followed up to be sure the task was completed. One specific task was to get two cadets for a cooking and cleaning detail for chow for each meal, each day. I was also responsible to ensure all 19 cadets were at the correct place and completing their assignments.

To the others it may have just been a regular boat building training, but to me it was a great learning experience for boats and leadership.



Passion for Building Applied to Training

By Seaman Jordan Dawkins, NSCC

Spruance Division, Fort Lauderdale, Fla.

Seamanship (Boat Building), Chula Vista, Calif.

Building has always been a passion of mine whether it was constructing mansions and spaceships out of Legos or just helping my dad piece together one of his mind-boggling contraptions. Coming into this training, I was excited but also had a strange nerve-wracking feeling. My instincts led me to sign up for this soon-to-be legendary training experience aboard *Bill of Rights*. The first day or two was the introduction and we were assigned our racks, paired with a battle buddy and we got to experience firsthand being on a large sailboat for a week. The next couple of days we were shown how to place planks of wood on the building device. The finished product would be a 14-foot stripper row boat.

Although time-consuming and tedious, the work was fun because it showed how our teamwork could use a little polishing up. We were also working on sanding down some old rowing paddles to get ready to varnish. The time between our hard work held fun times such as going to the local beach and going to town to explore the amazing Maritime Museum of San Diego. The museum was an extraordinary experience for me because I had never been on a submarine or pirate ship prior to the training. I believe I speak for all of the cadets when I say that our blood, sweat, and tears put in working hours paid off when we got to row a finished product of our wooden boat. It was a whole lot harder to row by myself than what I had originally thought. I think this training was absolutely spectacular, including the wonderful staff and boat crew. There is no other training close to this one and it surely could not be replicated by any means. I'm glad to have been part of it. I thank everyone who helped make it possible, including my parents, the adult volunteers aboard *Bill of Rights*, and the commanding officer of my home unit.

Within the first few days of our leadership training, we participated in team-building exercises and activities which brought us closer together as a group. One of the key points that we learned is that great leaders should always lead by example. Each day, we had an opportunity to apply this and other new skills as we were individually "hired" as leading petty officer for the day. We learned a lot about good and bad leadership styles which helped us to improve as leaders and followers.

As the training continued, we learned about taking the initiative, serving with integrity and encouraging each other to succeed. We were placed in many situations that challenged us mentally and physically. However, we soon realized the assigned tasks were not impossible to complete. This enabled us to build confidence in ourselves and our shipmates. Overall, this training was a great experience! To my surprise, I was awarded the Citation Ribbon as Honor Cadet. This would not have been possible without the guidance of MIDN Joshua San Diego and the support of all the cadets who shared in the journey.

-P03 Gabriel Moore, NLCC

Tomcat Squadron & Training Ship Tomcat, Harrison Township, Mich.
NLCC Advanced Leadership Training, Cascade, Wisc.



By Chief Petty Officer Grant Novinger, NSCC

Flying Tigers Squadron, Batesville, Ind.

Aviation Rescue Swimmer, Marine Corps Base Camp Pendleton, Calif.

Aviation Rescue Swimmer was one of the most physically intense, and mentally challenging trainings I have ever done. A highly regarded characteristic of someone in this training is attention-to-detail. I strongly recommend this training to anyone wanting to test their physical and mental grit.

When I first registered for this training, I honestly thought it was going to be a breeze. Then I started to notice all these emails saying, "Make sure you're in your top physical shape" and "If you don't pass the PST (Physical Screening Test) upon arrival you will be sent home." I became a little worried. I started training more and swimming more. Thankfully, it paid off.

Upon arrival of the training, we all had to take the PST and pass in order to stay in Aviation Rescue Swimmer Class 003. Our class started with 18 cadets. Nine passed the PST and nine were sent home. At that point, I knew this training was the "real deal." Upon completing the PST, we all felt confident that we would pass the training but little did we know the PST was the easiest day we were going to have.

The first week was probably the hardest physical week I've ever experienced. This was the physical conditioning week. We did more push-ups, sit-ups, flutterkicks, pull-ups, bear crawls, duck walks, and miles of swimming than I can even count. There were times I thought about quitting, but I looked around and saw other guys doing it so I thought, "Why can't I?" We lost another man, and our numbers decreased to eight. To cap off the physical conditioning week, we had one intense day that started at 0300 and ended at 2300. It was a day full of PT. I don't think I've ever swum or done so many push-ups and flutterkicks in my life.



After that gruesome day, the next day was pleasant and the rest of the training grew even more focused, yet a bit more relaxed. We went to NAS North Island and Naval Base Coronado. We learned a lot about the equipment that Aviation Rescue Swimmers use and what kind of helicopters they fly. We got to use the helicopter SAR simulator and we even got to see three new Aviation Rescue Swimmers get their wings pinned on. That day was a lead into the second week, which was the learning, testing, and practical application week.

During this week, we did multiple timed swims, learned how to handle victims in the water, and how to escape and take care of victims in a rough situation. We also learned how to do parachute disentanglement and much more. Parachute disentanglement was probably my favorite part of the training. It was neat to see what

the physical conditioning had done for us and how we put our new-found skills to use. Sadly, we lost two more cadets this week, which brought us down to six.

To end the training, we toured USS *Iowa*, had a beach day, and had an informal graduation ceremony. Over the course of the training, I had become very close with the five other cadets; so close, that I can happily call them my brothers. The officers were very great mentors and, if given the chance, I will take the opportunity to learn from them again.

This was one of the best (if not THE best) training I have ever experienced. I learned so much, bonded with people, and came out of it in the best physical shape I've ever been in. I highly recommend Aviation Rescue Swimmer.

Your Only Limit is You

Field Operations also known as "FOPS" was by far one of the hardest things I've ever done. Field Ops was run by 11 staff cadets who had previously completed the training and Marines who had completed Infantry school. When we first arrived, we left our seabags and all the gear that we would need in the field in our barracks and did the "Combat Fitness Test" which consists of 800-meter run, two-minute 30-lb ammo can lifts and maneuver under fire course. It was hard, but after we completed it, we knew that we wouldn't have to do for the rest of the training. During the day, we went on patrols, had classes, and finished up our foxholes to sleep in, and learned how to breach, clear, and do security on a building or an enemy base. All of our meals were MREs which are not usually very good, but it was cool to see what our military eats in a real combat zone. At night we had watch. Sometimes it was 50/50 watch, or we would do it by foxhole.

On the last night in the field, we got to do field ops, and the purpose was to try to find the other platoons' location, and once we spotted them to go back to your platoon to make a plan and ambush them. We found the platoon around 0400, completed the mission, and we were all very proud of ourselves. After we completed the mission, we packed up our racks and prepared for the three-mile hike back to the barracks, when we got back to the chow hall where there was a hot meal waiting for us. The meal tasted so good after having eaten MREs almost all of the training. After we finished chow we went back to the barracks took a shower for the very first time in seven days and slept for almost the rest of the day. After completing field ops and being pushed to my limits almost every day, I realized that "your only limit is you." I recommend Field Ops to anyone wanting to go special forces or infantry in the military.

-SN Corinne Whisenant, NSCC
Viking Division, Purcellville, Va.
Field Operations, Camp Dodge, Iowa



The Perfect Shot

Throughout the training, we successfully completed eight dives, each one with a specific goal in mind. On Wednesday, July 28, we did a wreck dive on the USCG Spiegel Grove. As we prepared our gear on shore, most of us did not know what to expect. We heard there was a small current around the wreck, which only made some of us a little more anxious. As we left the dock, we got our cameras together, not knowing what to expect. On the 45-minute boat ride to the dive site, everyone was silent. As we arrived, the waves made getting on our Buoyancy Compensation Devices, snorkels, and regulators extremely difficult. The boat captain gave us the briefing and we were ready. When we jumped in the water with our gear, my dive-buddy and I grabbed onto the mooring line and pulled ourselves to the descent point. As we descended, the current had us almost horizontal. The current was so strong, my goggles almost blew off my head. Finally, at almost 80-feet, we saw the wreck and it was beautiful. The wreck was covered in coral and sea life. Even with such a strong current, the sea life seemed to have no problem manoeuvring. As we started to swim around the shipwreck, I saw the flag. I could not miss such an amazing picture. Swimming against the current, I finally got the perfect picture.

-P03 Jerry Bay, NSCC
Houston Division, Houston, Texas
Advanced Scuba, Key Largo, Fla.

The Beginning

Recruit Training had almost arrived. Our arrival at training procured a far different mood within my mind than expected; giddy excitement was replaced with slight feelings of panic and dread. The moment I carefully set foot inside, a sense of the magnitude of the situation fell over me, causing the ever-encroaching tendrils of stress to form within my mind. Eight days passed so grudgingly, and I was nearing the proverbial light at the end of the tunnel. Even if temporarily, no longer was I an individual; my shipmates and I had become one functioning machine, working towards the common goal of graduation. When the day of graduation came, the very fabric of the universe seemed to move at a random pace and before anybody had noticed, the time had arrived — our training almost complete. While attending the ceremony, we listened for the words that would inevitably award those few recruits of exceptional standards and conduct. I was caught by surprise when my name was called. How could I receive such recognition when my shipmates were also responsible for this victory? Suddenly, the matter around me seemed to grow in size. I was on my way through the USNSCC and moving towards my ultimate goal of joining the military. Our journey had only just begun.

-SA Cameron Dysarz, NSCC
Houston Division, Houston, Texas
Recruit Training, Carville, La.



What Do Drones, Airplanes, and Boats Have in Common? More Than We Thought!

By Petty Officer 2nd Class Rachel Griffith, Petty Officer 2nd Class Timothy LoTemple, Petty Officer 2nd Class Corey Stites, Petty Officer 2nd Class Nicole Stone, Petty Officer 3rd Class Alyssa Vossen, Seaman Kathleen McCusker, Seaman Kaden Coleman, Seaman Julius Zumwalt, Seaman Apprentice Jonah Brokamp, Seaman Samuel Bryan, Seaman Hunter Hulsebus, Seaman Marker, Seaman Pearson, Seaman Terrence Pierce-Demski, Seaman Apprentice Kaitlyn Schlagel, Seaman Adam Sibley, Seaman Apprentice Olivia Van Ry Aviation Training, Moreland Hills, Ohio

"I want to make it to the top!" "It was amazing!" "Don't try this at home!" and "It was terrifying... but I loved it!" are just a few reactions from cadets who cycled at the Cleveland Velodrome as part of a combined aviation and maritime training that explored the similarities of STEM principles behind drones, airplanes, boats, and helicopters. The physics of speed, angle of a turn, and centripetal force involved in banking an airplane are similar to how a person can defy gravity and ride on a steeply banked track without slipping to the bottom or how maritime equipment is designed to maximize its effectiveness. "It felt like being in a tornado, going round and round and picking up speed until you have enough to make it around the bank."

"An airplane engine will stall if it doesn't have enough speed when it's banking, just like we won't be able to make the turn at the track if we aren't going fast enough," explained another cadet. Kinetic activities were paired with traditional classroom learning throughout the week. "The keel of a sail boat is shaped like an airplane wing so that it can get more lift," observed one cadet. Another remarked that once she understood the STEM principles behind how the sail boat worked, she was able to let her fears go and enjoy the experience.

Aviation history went beyond the printed page as well. "We had the chance to watch a B-17 Bomber take flight. Being able to see this at our age is something we will never forget," recalled several cadets. During a tour of the International Women's Air and Space Museum, cadets learned about the role of women in aviation history. "We saw exhibits about the most influential women in aviation and space travel and now we understand how they impacted the future of flight even though they faced hardship and challenges," observed another.

Cadets also explored the role of technology in aviation and maritime efforts, particularly with drones. Professional first responders demonstrated how drones are used in search and rescue missions to keep our police and firefighters safer. Equally important was the understanding that in our fast moving age of electronic technology, first responders, aviators and sailors alike still need to be able to navigate by charts and compasses and use other low tech tools. Canines are employed alongside drones in field searches and pilots are tested on the use of charts instead of GPS systems in order to get their license. When in the air, "You have to be able to fly without using all of the programming and new stuff so that if it all shuts down, you can land safely," noted another cadet.

The group learned how aviation and maritime work with each other to function better. Throughout the training, cadets enthusiastically used slogans like "Row with the flow" and "Pitch! Yoke! Yaw!" Getting out of their comfort zones may not have come naturally, but the end result was well worth it. "Never say you can't do something until you actually try, because if you try to any degree, there's a great chance you'll accomplish the task." Accepting new challenges played a big part in this training. "Always try. If you fall down, get right back up. If you don't get it the first time, you'll get it the second or third time."

Special thanks to Phastar, a 501(c)(3) public safety and youth education non-profit organization that organized multiple public safety educational events for cadets.



Duty, Honor, Country

By Chief Petty Officer Jared Simonelli, NSCC
Massachusetts Bay Division, Boston, Mass.

The flag folded perfectly, the creases rivaling those of the ones folded in Arlington. We shook with fear and anticipation as we made the final flag preparations in front of the throng of onlookers. The flag was presented to the director, who received it with gratitude. As we marched from the presentation, we looked back on the legacy that the flag represented: the Union Soldiers who gave their life at Antietam, the Soldiers struggling to break through the blockade in the Argonne, and the Marines willingly sacrificing their safety for refugees they would never know at Chosin. The flags folded at the JFK Museum idolize the passing of the torch from America's forefathers to its future generations. Our elders knew of sacrifices in places such as the Ardennes and La Drang, our generation knows of such sacrifices in the streets of Fallujah and the mountains of Tora Bora. As we reflect on the sacrifices of past heroes, cadets around the country must recognize that the pillars of citizenship and duty will soon call all of us to service that we constantly learn about. Although our service may not be comparable to that of those in the past, or even be associated with the military, we must develop as if the challenges in the future are akin to America's past struggles. Our service at JFK highlighted the rich history the Cadet Corps passes on and our perpetual commitment to serving our community and country. As General MacArthur stated, "Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."



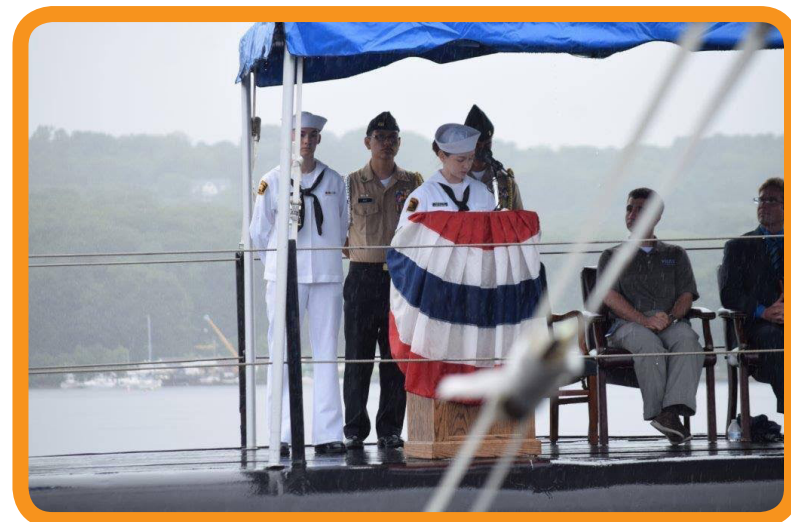
CREDIT: BRIAN SNYDER (REUTERS)

We Honor Our Veterans

By Seaman Apprentice Rhianna Ouellette, NSCC
Barque Eagle Division, Plainville, Conn.

It was June 16, the sky was cloudy but the sun peered through in speckled dots. My shoes were polished and shining, dress whites creased and pristine. I had never seen a submarine in real life, but the matte black paint would stick with me from then on. It had giant numbers on the side and there were over one hundred people crowded by the walkways. I started handing out small flag pins to the veterans as they passed me. I met a woman whose father was a Marine and had just recently passed. I was only supposed to give the pins to the veterans, but in honor of her deceased father, I gave her one. As I was pinning the flag onto her jacket, she told me the story of how her father passed. I listened, and I could hear her voice beginning to crack, when she finished, she looked me in the eyes with a look that I can only describe as raw truth. She said, "We need more people like you." I was speechless.

Later on, while everyone was under a blue tarp, hiding from the rain, the national anthem began to play. Our political opinions may be divided but I felt unified with the country, and with every veteran. My essay "Why Do We Honor Our Veterans" was chosen to be read; 500 words may seem short, but I realized how powerful it was. I was first to read standing on the deck of USS *Nautilus* and in another situation I would have been nervous, considering the extremely important people sitting just inches away from me, but I wasn't. The Sea Cadet program and this life is where I know I cannot fail, so I read with confidence. When the other readers finished, the Connecticut State Commissioner of Veterans Affairs shook my hand, and I received his challenge coin. The coin is on a dog tag chain and hangs from my neck as I write this. I will hold it as a memory and a token of moving forward in my military career. Afterwards, veterans shook my hand, crying, telling me to keep doing what I'm doing. It was a truly humbling experience, both greeting veterans and the speaking to them. I am proud to have found this program and where it will lead me. I will work hard, and will continue furthering the mission of the Sea Cadets.



Gulf Coast Cadets Participate in USS *Gabrielle Giffords* Commissioning

By Ensign Austyn A.W. Sutton, USN

On June 10, members of various Gulf Coast Sea Cadet units had the opportunity to participate in the commissioning of USS *Gabrielle Giffords*.

The day began early as cadets and officers from Katy Division, Houston Division, and Chennault Battalion loaded their vans for the drive to Galveston. Upon arrival, each member was subject to a thorough uniform inspection and proceeded through the gate. Once inside, the units were quickly put to work. Texas in June is well-known for its heat and, as such, our primary mission was to ensure all attendees were properly hydrated. The Sea Cadets also served as the welcoming committee for guests and were the first individuals attendees met at the gate.

The Texas heat lived up to its reputation as the temperature neared a "feels like" of over 95 degrees. Despite this, our cadets were on hand to assist in the commissioning. As the ceremony began, speeches were delivered by former Secretary of State Hillary Clinton, Admiral William Moran, and even former Congresswoman Gabrielle Giffords. A few fortunate cadets were even able to meet the aforementioned individuals. It was exhilarating when Dr. Jill Biden and Congresswoman Giffords gave the order to bring the ship to life. The crew, dressed in their immaculate dress whites, rushed aboard the ship and manned the rails. With this, blood was pumped into the hull of aluminum and the vessel came to life.

The captain, Commander Keith Woodley, provided a superb example of servant leadership when he asked the crowd to give his crew a round of applause. He further stated, "My crew is what makes me. I am no good without my crew." Although many distinguished guests had many great lines, it is this quote from the Commander Woodley that I hope all will take to heart.

Following the ceremony, those willing to brave the Texas heat a while longer were provided a tour of the Navy's newest warship. It was a whirlwind tour but a rare experience for individuals along the Gulf Coast.

With the rails manned by sailors, the vessel in full dress, and the American flag flying proudly over its newest warship, the United States Navy, City of Galveston, and our Sea Cadets welcomed USS *Gabrielle Giffords* into the fleet. It was a sight to behold and one that no one in attendance will soon forget.

Thank you to retired Rear Admiral Pickavance and the McKean Defense Group for allowing us to participate in this historic event. As my last event in the Houston region with Sea Cadets, it was a day I will not soon forget.

Ensign Austyn Sutton is the former executive officer of Katy Division, a former Sea Cadet chief petty officer, and a graduate of Texas A&M University at Galveston. He is now serving aboard USS *Bulkeley*.



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This fall, we are celebrating 55 years of creating leaders for America. If you were a Sea Cadet 55 years ago, you might have been one of about 90 all-male cadets who attended Recruit Training in July of 1962.

Today, Sea Cadets are young men and women from all over the country (45 states, plus Guam and Puerto Rico). Cadets these days still attend Recruit Training, but now they have their choice of advanced trainings every year too.

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