

THE SEA CADET



SEAFARER

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Top Story

10 SENIOR LEADERSHIP ACADEMY LESSONS

In its inaugural launch, National Headquarters hosted a week long leadership academy. Join us as we hear the valuable lessons learned by our 30 outstanding graduates.

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Major Lukas Toth shares his experiences with cadets and reminds them to always harness the opportunities given to them.

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ON THE COVER: Dempster Division cadets prepare to carry the Colors for a Memorial Day event in New Jersey

The Sea Cadet Seafarer 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: Senior Leadership Academy Chiefs stand proudly at attention during their graduation ceremony.

RIGHT: Senior Leadership Academy Chiefs pose for a photo during a tour of the U.S. Naval Academy.

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

FROM THE EXECUTIVE DIRECTOR

BUILDING LEADERS OF CHARACTER

“Leadership and learning are indispensable to each other.” These words, words which President John F. Kennedy was scheduled to deliver on the day of his assassination, have echoed through the halls of National Headquarters as we celebrate the thirty exceptional young leaders who walked through our doors for the inaugural Senior Leadership Academy.

Each of these Chief Petty Officers, hailing from across the United States and Puerto Rico, represent the best our program has to offer. They arrived to Washington DC with their own unique talents, personalities, and opinions, but in turn left with the necessary skills to be effective leaders in their communities. Over the course of one week, they met with military, civilian, and government leaders. They each grew exponentially and have learned a plethora of skills to bring to their local units and trainings. As you read their reflections in this issue of the Seafarer, we hope you are inspired to work towards becoming an SLA Chief in the future.

As we continue summer training, I am reminded of another quote from President John F. Kennedy. “Every accomplishment starts with the decision to try.” My challenge to all of you is to adopt a Navy Seabee “Can Do” attitude. Don’t see a challenge as a road block but as a learning opportunity. Embrace training, stay motivated and push yourself—you will be amazed at what you can achieve.

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

NEW NAME, NEW GAME

BRINGING THE "SEA" BACK TO SEA CADETS

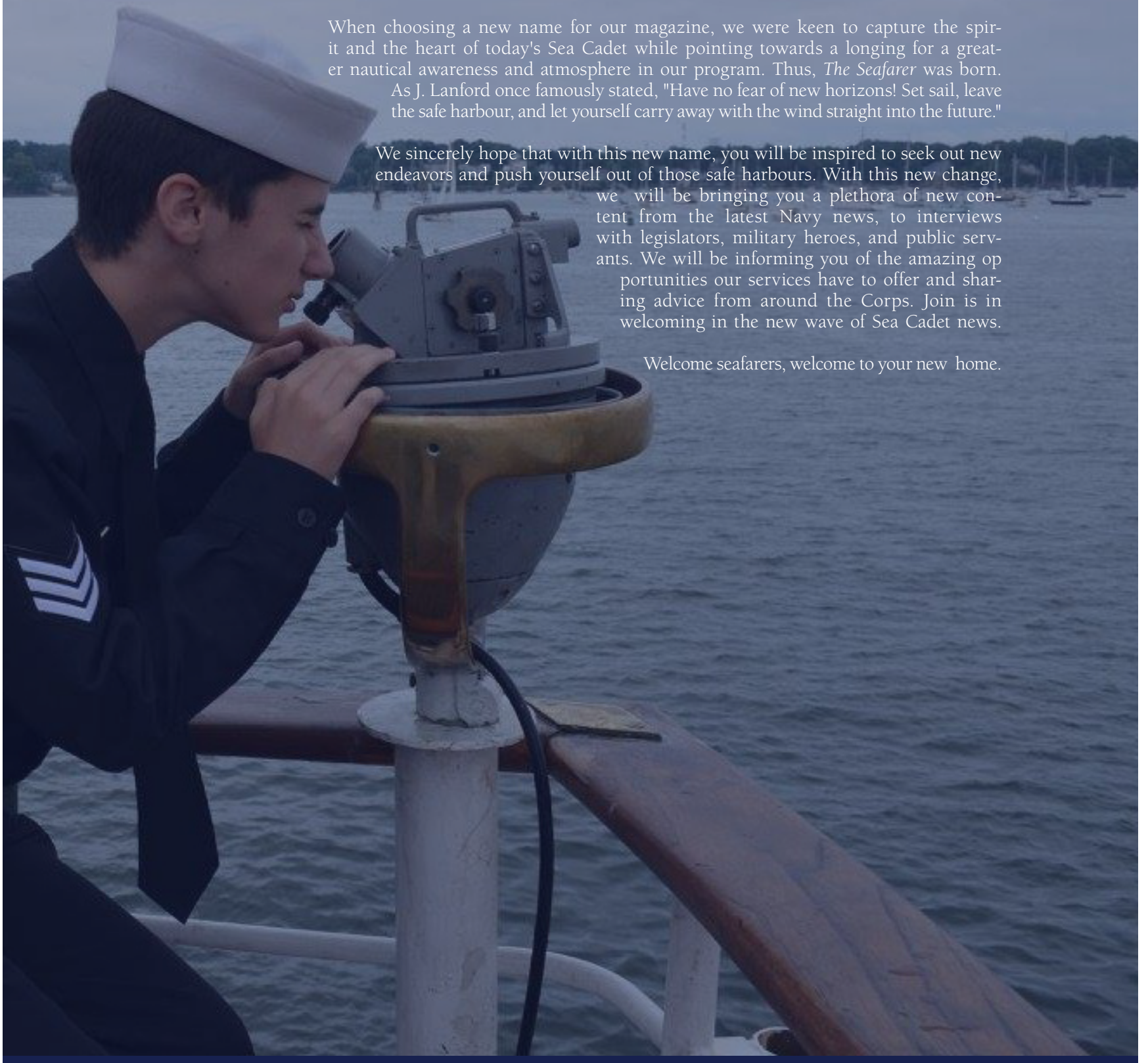
"It's not that life ashore is distasteful to me, it is that life at sea is better," Sir Francis Drake, a famous sixteenth century English captain, once said while discussing his continued desire to sail around the world despite the inherent challenges it created. We see you, each and everyone of you, as intrepid voyagers choosing the road less travelled and seeking discomfort and adversity in order to grow into mature leaders.

When choosing a new name for our magazine, we were keen to capture the spirit and the heart of today's Sea Cadet while pointing towards a longing for a greater nautical awareness and atmosphere in our program. Thus, *The Seafarer* was born.

As J. Lanford once famously stated, "Have no fear of new horizons! Set sail, leave the safe harbour, and let yourself carry away with the wind straight into the future."

We sincerely hope that with this new name, you will be inspired to seek out new endeavors and push yourself out of those safe harbours. With this new change, we will be bringing you a plethora of new content from the latest Navy news, to interviews with legislators, military heroes, and public servants. We will be informing you of the amazing opportunities our services have to offer and sharing advice from around the Corps. Join is in welcoming in the new wave of Sea Cadet news.

Welcome seafarers, welcome to your new home.



By Major Lukas L Toth
NCBC Battalion, Davisville, Rhode Island

When I talk to Sea Cadets, I tell them “you never know what you will be when you grow up.” It is a true statement for every one of us as young adults. We all have ideas, hopes, and dreams, but life has a way of guiding us in different directions. When I was a Sea Cadet in the Pittsburgh Battalion in the late 1990s and early 2000s, I dreamed of being a Naval Officer. The Sea Cadets helped me chart a much different course that so far, has led me into many years of uncharted waters.

As a Sea Cadet, I had outstanding adult leadership, who exposed opportunities that other kids my age did not have. I did Color Guards for Pittsburgh sporting events and the Vice President of the United States. I spent weeks training on a Coast Guard River Tender, and I got to meet the Commandant of the Marine Corps at the Pentagon. The program gave me a chance to grow as a leader, making Chief Petty Officer in August of 2000. The Sea Cadets also allowed me to form friendship which continue today, near 22 years after putting on my Sea Cadet Dress Blues. The Best Man in my wedding is a Chief Petty Officer in the Coast Guard, but when I met him, we were two very nervous Sea Cadet Recruits at our first drill.

I did not end up becoming a Naval Officer. I instead enlisted in the Coast Guard, where I became a Damage Controlman, assigned to the same River Tender I trained on as a Sea Cadet. I then transferred to the Army, where I supported Combat Engineers as a welder. It was the Army that sent me to college as an Army ROTC Cadet in 2007, and commissioned me as a

Second Lieutenant in the summer of 2008. The leadership skills that I started to develop as a Sea Cadet paid off as a Platoon Leader in Afghanistan in 2010. I continued to develop those skills through back-to-back Company Commands and on staff supporting a Civil Affairs Brigade. The planning skills that I learned planning a Sea Cadet Drill only became magnified as I have advanced in the Army. Now, of all things, I am student of sorts, learning how the U.S. Navy does business as an Army Officer. I am a NSCC Instructor with the NCBC Battalion, and I have had the opportunity to teach at POLA this last winter. I found out recently that I have been selected for a Command in South Carolina this summer, and my family is very excited to see where life takes us. I will tell you, I would have never guessed in August of 2000, when I became a Sea Cadet Chief that any of this was going to happen. Work hard, and keep your eyes open for the opportunities.

TAKE ALL YOUR OPPORTUNITIES

Second Lieutenant in the summer of 2008. The leadership skills that I started to develop as a Sea Cadet paid off as a Platoon Leader in Afghanistan in 2010. I continued to develop those skills through back-to-back Company Commands and on staff supporting a Civil Affairs Brigade. The planning skills that I

learned planning a Sea Cadet Drill only became magnified as I have advanced in the Army. Now, of all things, I am stu-



The Sea Cadets gave me the confidence to take those opportunities.

"Established in 1884 as an advanced course of professional study for naval officers, the U.S. Naval War College educates and develops leaders at specific stages in their careers from all services, U.S. government agencies and departments, and international navies.

U.S. Naval War College (NWC), the oldest institution of its kind, was founded in 1884 by Rear Admiral Stephen B. Luce. His leadership

and vision laid a solid foundation for more than a century of professional development and research—and it all started with desire to better educate the fleet. When the College opened, it was housed entirely within the old Newport Asylum for the Poor. Now known as Founders Hall, it's a registered National Historic Landmark and is home to the Naval War College Museum.

In 2007, NWC established the College of Operational and Strategic Leadership in response to the broadened span of professional military education responsibilities; COSL developed and delivers advanced courses for selected groups of flag and general officers.

To accomplish this, the college must preserve a current and relevant curriculum, a world class faculty and staff, and the best and brightest joint student body educated both during their time at the college and through a robust alumni program of lifelong learning afterward

They operate today in keeping with the traditions and vision first established by their founding President, who founded the U.S. Naval War College to serve as "a place of original research on all questions relating to war and to statesmanship connected with war, or the prevention of war."

OUR LEGENDARY L

By Alicia Gavin
Director of Communications

They may be small, but they are a force to be reckoned with. The ____ League Cadets currently active in the Corps make up ____% of our program.

League Cadets represent one of our most motivated branch of cadets. Did you know that we are offering over 70 trainings for League Cadets this year. Following graduation from Orientation, League Cadets have the opportunity to attend trainings such as Seamanship, Food Services, STEM, Medical Training, Aviation Training, Master-at-Arms, Honor Guard and we have even had a SEALs training specifically for League Cadets in the past!

We asked what is the best part of being a League Cadet and you answered!

” You See a Leaguer. I see a future Chief.

” Getting the experience and knowledge before moving up to cadets. League cadets make the best cadets in the long run.

” You will never see a more motivated bunch.



Y LEAGUE CADETS

The photos to the left show some of the incredible things our League cadets have accomplished!

1. On the far left, a photo of a former League Cadet, Mike Civieralla after being appointed as the League cadet of the year from his local unit, Constellation Division.

2. Next, a League cadet pushes through the difficulties of the Physical Readiness Test (PRT) to test her limits.

3. A new Ship's Leading Petty Officer (SLPO) is appointed to the ___ Division. SLPO is the highest rank that a Sea Cadet can achieve. It takes great dedication and motivation to reach that goal.

4. "This [next photo] perfectly captures the...raw emotions of the 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...It also shows the beauty of teamwork and importance of shipmates coming together." -ABC

5. Navy League National President Alan Kaplan and Executive Director Mike Stevens take a picture with sea cadets at this year's Navy League STEM Expo.

6. Finally, a League cadet has a big smile on his face after he helped his unit win several medals during a local competition.





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HONORING OUR FALLEN

By Alicia Gavin
Director of Communications

Before Memorial Day celebrations and barbecues, we remembered the many that sacrificed everything for us--men and women who have lost their lives in combat in the Middle East, Libya, Somalia and those who died in wars before many of you cadets were born, wars you will only read about in text books. They paid the ultimate sacrifice because they knew that the values we hold as Americans are worth fighting for. It is incumbent upon us to remind our communities that Memorial Day is a day to celebrate those who gave up everything for us and remind ourselves what it means to be an American.

To the left are photos of all former Sea Cadets killed in action. We remember Kane Funke, Kevin Houston, Patrick Feeks, Jeffrey Boskovitch, Nicholas Arvantis, Jason Lawson, Donald May, Keith Essary, Jesse Halling, Robert Jenkins, Kevin Wessel, Travis Layfield, Nicholas Checque, Corey Shea, Lucas Emch, Thomas Baysore Jr, Johnathan W Taylor, Jonathan A Taylor, Joshua Booth, Jeffrey Burgess, Nicholas Anderson.

This year the U.S. Naval Sea Cadet Corps partnered with the Memorial Day Flowers Foundation to provide floral tributes to our fallen heroes. Over Memorial Day weekend, Sea Cadet units around the country held flower tributes at their local military cemeteries. In addition, units from the Washington D.C. area will help distribute flowers to the grave sites of our fallen heroes interred at Arlington National Cemetery.

We are thankful for all who participated and donated to our campaign. We were able to raise \$8,925 to honor our fallen. We look forward to continuing this partnership for years to come, and we would like to thank the Memorial Day Flowers Foundation for the opportunity to join forces to remember those who sacrificed their lives for our freedom.







INDEPENDENCE DAY

Whether you spent the day pouring tea into the harbour, relaxing outside having a barbecue with your family, or training with Sea Cadets this summer, you all celebrated the Fourth to the max.

Check out some of the awesome photos below to see how the Corps celebrated our nation's birthday.







INNAGURAL SENIOR LEADERSHIP ACADEMY

This year, Chief Petty Officers from across the United States and Puerto Rico were accepted following a rigorous application process into a new elite training program, the Senior Leadership Academy (SLA). The Academy, run by our new Director of Education, Richard Quest, brought 30 Chiefs to Washington D.C. to train alongside military officers, educators, government officials, and even a former NASA astronaut, Colonel Eileen Collins.

When asked about their experiences, many of the cadets relayed the importance of learning one's leadership style and growing holistically as a both a follower and a leader.

"[The Chief] is the custodian of tradition and is always leading by example."

"The Senior Leadership Academy significantly broadened my horizon and added a new meaning to what it means to be a Chief Petty Officer and a leader. Through a journey of self-discovery, I learned that greatness of being 'the Chief' does not lay in the title, authority, or power, but rather in pride, tradition, and leadership. This is what makes a Chief special. The Chief Petty Officer is the maintainer of pride and motivation. He or she is the custodian of tradition and is always leading by example. Thus, being 'the Chief' is not the end of the journey, rather it is a new beginning. The Senior Leadership Academy is the center of that new beginning, by exposing the finest cadet leaders to new ideas, and challenging them to think critically as well as ethically," Chief Petty Officer Villante, a graduate of the Senior Leadership Academy stated.

Many of the Chiefs revelled in the opportunity to travel through our Nation's Capitol and not only learn the history of the Sea Cadet's but also the United States.

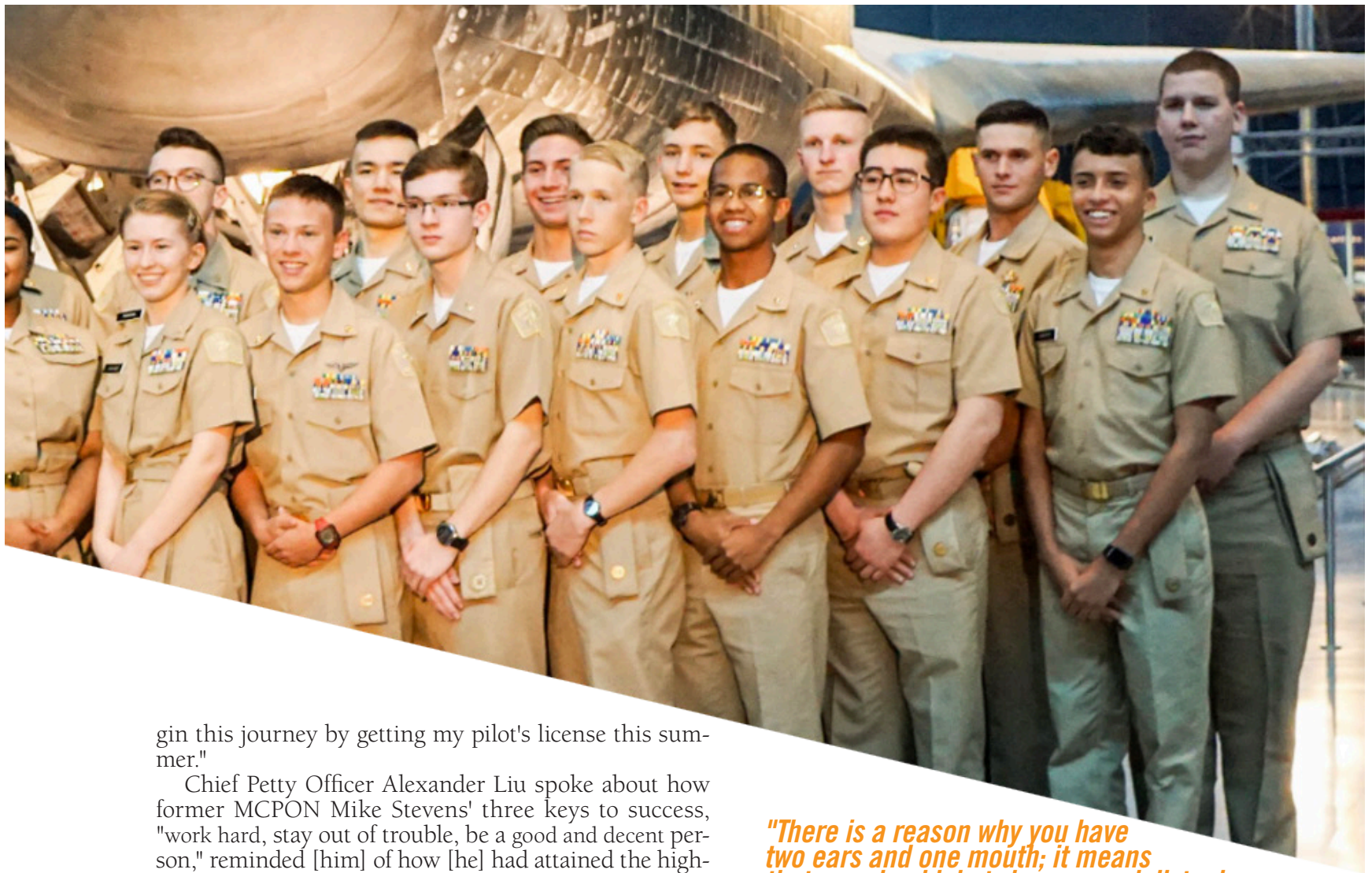
Chief Petty Officer Kole Devereaux stated, "throughout the week, my fellow Chiefs and I focused on leadership and ethics. We participated in activities that tested us physically, mentally, and emotionally. We got to tour U.S. Installations like the White House, the Capitol Building, the House of Representatives, and the Supreme Court."

During the training, the Chiefs got to here from an exceptional panel of speakers including former Master Chief Petty Officer of the Navy Mike Stevens, former NASA astronaut Colonel Eileen Collins, the former Commanding Officer of the USS Benfold, retired Commander Mike Abroshoff, spies, military leaders and more.

Chief Petty Officer Jake Milenovic was specifically moved by the words of Commander Mike Abroshoff, "Commander Abrashoff gave different examples of his leadership on the USS Benfold. One is that he always ate with his enlisted men. Why? Because he was able to show respect to the enlisted and demonstrate that he was focused on them and the ship, not on his next promotion. He also talked with the crew about different ways to make the ship better, something other officers, at that time, would not do regularly."

"To me, being a Chief is to embody the values of the USNSCC and exceed the expectations placed before me and to never forget who I represent, my people."

In turn, Chief Petty Officer Matthew Miller was able to relate the experiences of Colonel Collins to the path he would like to take to become a pilot. He stated, "one of the speakers, Eileen Collins, was the first female pilot and commander of a space shuttle. I am very interested in aviation, and having the opportunity to hear first hand knowledge of being a test pilot only increased my desires to become a test pilot in the future. I hope to be-



gin this journey by getting my pilot's license this summer."

Chief Petty Officer Alexander Liu spoke about how former MCPON Mike Stevens' three keys to success, "work hard, stay out of trouble, be a good and decent person," reminded [him] of how [he] had attained the highest rank of Chief Petty Officer, been selected for the competitive Japanese International Exchange Program where only two outstanding cadets are allowed, accepted into the prestigious Senior Leadership Academy, and awarded the honorable Meritorious Recognition and Citation Ribbons. [He] had achieved this through hard work."

"Strive to become a leader with character."

Our Director of Education, Dr. Richard Quest, helped lead classroom teaching focussed on ethics, leadership and character building. As Chief Petty Officer Sean Cascadden put it, "at the Senior Leadership Academy we dove straight into tackling nebulous topics of leadership and conquering long standing issues within the Corps."

Chief Thomas Pearson relayed that "ethics became a recurring lesson throughout throughout the training, and Dr. Quest did an outstanding job of teaching us their value."

He continued, "Senior Leadership Academy also gave us the toolkit to take home to our home units to train the next generation of leaders in the Corps and nation."

The Chiefs learned the value of hearing from other leaders. "Having the opportunity to hear from the country's most overlooked but valued leaders. Hearing their stories and their leadership developments shed influence to furthering my leadership endeavors," Chief Petty Officer Anthony Cuadra stated. They learned that leading is not just about giving orders to others, but about listening to others and learning from them.

"There is a reason why you have two ears and one mouth; it means that you should do twice as much listening than talking."

The quality and calibre of cadets attending the training made it stand out amongst other leadership courses. Chief Petty Officer Ethan Goswick stated, "The most valuable information I learned was from interactions with my peers. All it takes is a single outside perspective to completely influence your own opinions and thoughts. By ignoring the input of others, you are limited to only your own knowledge, ideas, and viewpoints. However, by collaborating with those around you...you can achieve much greater goals or successes as a collective."

These Chiefs are the future of America, They are trailblazers. When asked if the Chiefs would recommend this training, the answer was a resounding yes. The lessons they learned, experiences they had, opportunities they took, and friends they made were life changing.

Chief Ayssa Vossen put it best, "Go for a higher purpose than yourself. Yes, there are amazing experiences like meeting an astronaut and visiting the White House. Yes, if you are accepted it means you are at the top of the Sea Cadet Corps. But these should be at the bottom of your list of reasons to come. The Senior Leadership Academy's goal is to build stronger leaders who will take the initiative to spread their new knowledge. Think of how you can take advantage of an opportunity like this one to give back to your unit, to the cadets in your charge, and to your community. The greatest measure of a leader is the quality of the legacy they leave behind."





"When we think of a Chief's responsibilities such as giving orders, taking over, or being the best may come to mind. Although Chiefs are successful their success is not measured by accolades or checking boxes. It is measured by the success of their team, be a beacon of excellence and your people will follow. Being a Chief is constantly setting the example. Wear that uniform with pride, you earned it. As you climb the ranks, gain billets, and are given more responsibility don't forget about your people. Your number priority is those under you. You cannot fulfill the tasks you are given without the support of your cadets. Unit success is in the hands of the masses. It is not only mine but all Chiefs, and those in leadership positions, to help guide cadets by sharing what you have learned and being a mentor to them. As I've grown as person and leader in the Sea Cadet Corps I've seen what great things this can do. Giving back to an organization that has been an integral part of my personal growth and success is important to me. Being a Chief in the Sea Cadets enables me to do just that. It enables all of us to just do that. Instill a culture. An ethos of unit pride. Make them feel a sense of belonging and ownership. I promise you with that you, your people, and your unit will go far. After all 'It's your ship.'"

-Chief Petty Officer Benjamin Powell, Senior Leadership Academy

NAVY NEWS





LASERS, NUKES, & SUBMARINES

Join along EMN2 Carisa Alford's journey to the Navy. See how Sea Cadet's shaped her career path and made her a better leader.

Steel has just been cut for the newest Navy submarine. Where will it serve? What will be different?

Did you know the Navy is building lasers for its ships? We thought you would want to find out.

NAVY NUCLEAR POWER RATES

There are three job rates within the enlisted Naval nuclear field. Each is among the most intellectually challenging and academically rigorous programs in the entire armed forces:

Electronic Technicians (ET)

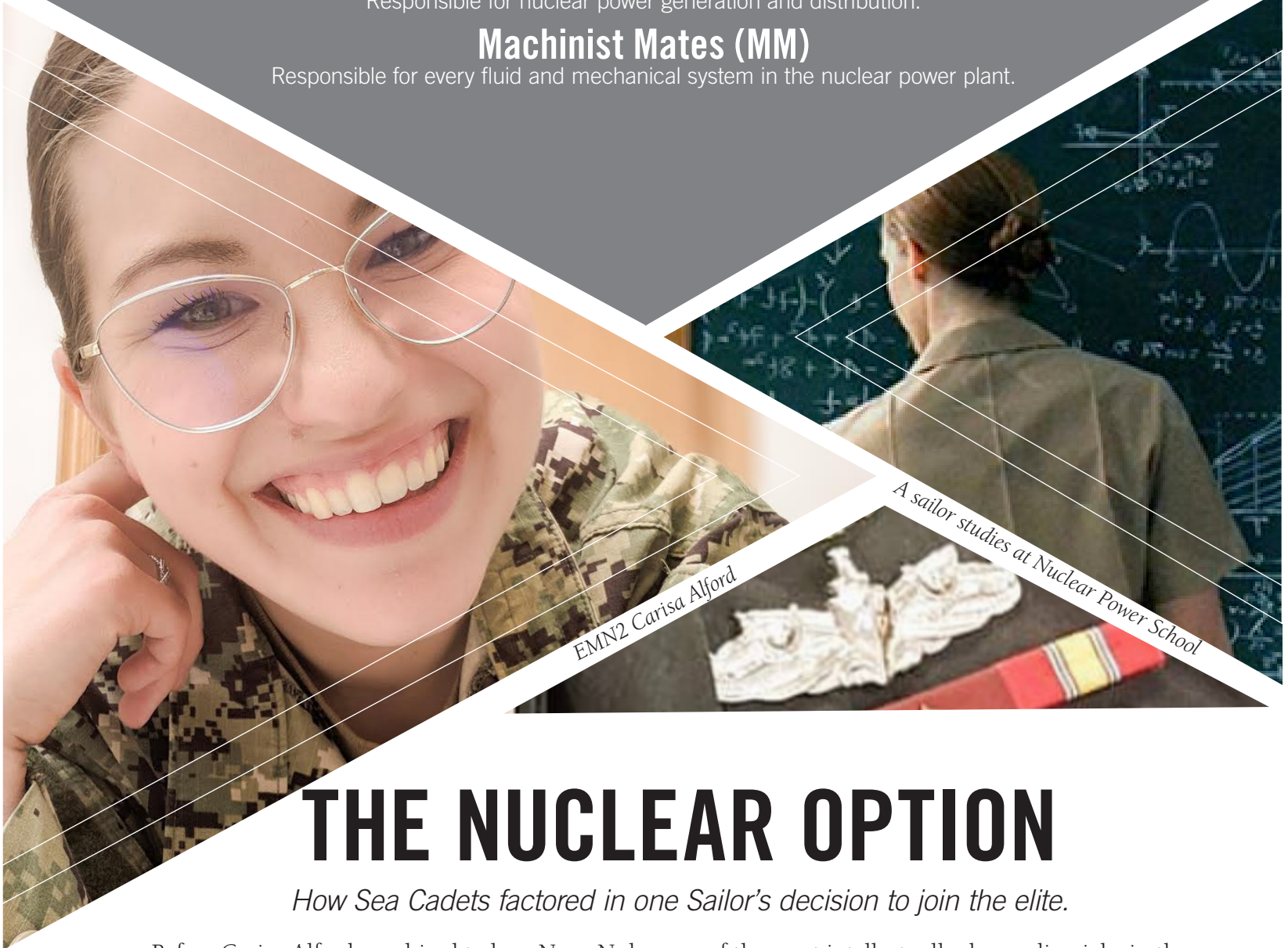
Responsible for instrumentation and control equipment for nuclear reactors,

Electricians Mates (EM)

Responsible for nuclear power generation and distribution.

Machinist Mates (MM)

Responsible for every fluid and mechanical system in the nuclear power plant.



EMN2 Carisa Alford


A sailor studies at Nuclear Power School

THE NUCLEAR OPTION

How Sea Cadets factored in one Sailor's decision to join the elite.

Before Carisa Alford was hired to be a Navy Nuke, one of the most intellectually demanding jobs in the entire US military; before she learned to operate nuclear propulsion and power generations systems; before she helped make history decommissioning the very first nuclear-powered aircraft carrier aboard the USS Enterprise, she was a Sea Cadet.

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Growing up in a rural Missouri town called Walnut Grove, Alford's mother encouraged her to explore the Sea Cadet program as a way to experience more of the world – and to fill her after-school hours. From ages 11 to 18, Alford participated in all manner of Sea Cadet drills, exercises, and trips – she toured the Naval Academy and once even traveled to Scotland.

Yet, somewhere along the way she decided that she definitely would not be joining the Navy. Alford became well acquainted with the impressive scope of the Navy, its mission, and the many opportunities it offered. But she also developed misconceptions about what life in the Navy would be like.

Alford's Sea Cadet group was small and mostly made up of boys. She had not met many female Sailors and worried that the Navy would require a tradeoff: a career in exchange for her individuality and interests.

During her senior year in high school Alford decided that she would forgo the Navy and go to college. "I was worried about having to just be one of the guys all the time," she said. "I didn't want to have to give up things I was passionate about."

But college is expensive. Faced with the possibility of years of student debt, Alford reexamined her options and—leaning on her self-confidence – set her concerns aside: She enlisted in the Navy. It was a decision that has made all the difference.

Alford found that she qualified for the Navy's Nuclear Power Program, one of the most intellectually challenging and academically rigorous programs in the entire armed forces. It is also one of the most lucrative; graduates of the Nuke program earn faster advancements and the highest bonuses in the military. Only a small percentage of recruits meet the high qualifications for acceptance, and only a fraction of that number is female.

Nevertheless, Alford found the hard work and intense studying invigorating and quickly discovered that she fit right in; she wouldn't need to make any tradeoffs after all. Alford was a Nuke – part of a community of the most intelligent, most highly trained, and most sought-after enlisted servicemen and women in America's armed forces.

After graduating from Nuclear Power school, Alford received orders to report to the USS Enterprise, the world's first nuclear-powered aircraft carrier. She was part of the final crew to ever serve aboard her, making history in the process.

The Sea Cadet program helped Alford channel her energy and develop a strong sense of discipline, driving her to be more independent, confident and focused; she learned who she was and who she wanted to be.

Alford's concerns, that becoming a Sailor would cost her a family and a life outside the Navy, are shared by many future Sailors and new recruits. The advantages of a Navy career are well known, from the travel to the education benefits, but the potential disadvantages often depend on who you're talking to.

As a Sea Cadet, she thought she knew everything she needed to about the Navy. But it was only after earning about the unique opportunities that were open to her that her early misconceptions were challenged.

Now, she's a Sailor, a Nuclear Electricians Mate, and a mom. And her journey continues. "This journey is not easy. It will take you out of your comfort zone and across the world. But it's so, so worth it."



CUTTING STEEL

By Alicia Gavin
Director of Communications

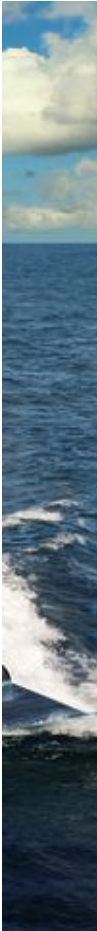
Huntington Ingalls Industry has just cut steel on a new Submarine for the United States Navy, the USS Columbia. She is set to enter service in 2031. The ship is named after both the Nation's Capitol, the District of Columbia, and the historical feminine personification of America.

The Navy will be replacing 14 Ohio Class submarines with 12 new Columbias. The USS Columbia marks a new class of submarines for the United States. The Columbia Class submarines will take over as the United States phases out the old Ohio Class submarines built in the 1980s through 1990s.

Each Columbia class submarine will have 16 launch tubes for Trident D-5 missiles. This is approximately 8 less than the Ohio Class submarines were built with, however, due to the passage of the New START treaty with Russia in 2011, four of these had to be permanently deactivated.

Each submarine will be expected to serve for over 40 years, and the Nuclear reactors will not need to be refueled for the duration of the boat's life.

The Congressional Research Service has reported that the twelve submarines will cost the Navy approximately \$109 billion dollars.



THE LASER STRIKES BACK

By Alicia Gavin
Director of Communications

The USS Preble, based out of Pearl Harbor will be the first US Navy destroyer equipped with a high-energy laser to counter surface craft and unmanned aerial systems. The Navy is planning to one day use the powerful light beams to defend against Chinese or Russian cruise missiles, should it become necessary.

Rear Adm. Ronald Boxall, the Navy's director of surface warfare, spoke with Defense News and stated that the Preble will be outfitted in 2021 with the High Energy Laser and Integrated Optical-dazzler With Surveillance system, also known as HELIOS.

"We are making the decision to put the laser on our (destroyers)," Rear Adm. Boxall said. "It's going to start with Preble in 2021, and when we do that, that will now be her close-in weapon that we now continue to upgrade," he finished.

The weapon system would be used to defend against airborne threats. It will spit out a stream of projectiles from a 20mm gattling gun.

The Navy awarded Lockheed Martin with the development contract in 2018. They will most likely be building two different laser powered systems going forward.

Lockheed Martin believed that the HELIOS system will "help the Navy take a major step forward in its goal to field a laser weapon system aboard surface ships."

The Congressional Research Service (CRS) published a report in May that stated the Navy would be developing three new ship-based weapons, including solid-state lasers, an electromagnetic railgun and a gun-launched guided projectile that "could substantially improve" the Navy's defense capabilities against surface craft, drones, and anti-ship cruise missiles.

"Any one of these new weapons, if successfully developed and deployed, might be regarded as a 'game changer' for defending Navy surface ships" against enemy missiles, the report continued.

Lasers cannot only prove to be lethal, they can save costly defensive missiles against some of Americas biggest threats.



TOP LEFT: US Navy rendering of future submarine, the USS Columbia.

TOP RIGHT: A rendering by Lockheed Martin of a laser affixed onto the USS Preble.

MIDDLE: A weapon onboard the USS Preble.

BOTTOM: The crew aboard the USS Preble performs daily maintenance onboard the ship.



SOARING TO THE TOP:

Q: Why did you join the Air Force?

A: My dad died when I was 12 and as the youngest of 5 kids, I was looking for options to get a good education without saddling my mom or myself with student loan debt. You are a teenager when you make these decisions, and as I look back, it is amazing to me how these decisions can change the trajectory of your life. I applied to other colleges and universities but I also received an appointment to the U.S. Air Force Academy where I paid back for my college degree in service to our country. I was actually motion sick as a kid and thought I wanted to be a doctor not a pilot when I headed off to basic training. But I soon found out that just because I was a woman, it was against the law for me to be fighter pilot at the time. It motivated me with the determination to become a fighter pilot someday, and nearly a decade later, that dream came true. I was blessed to be in the right place at the right time with the right grit and qualifications to be the first women in U.S. history to fly in combat and command a fighter squadron in combat.

Q: What was your specialty/rate in the Air Force? Can you describe your typical duties?

A: I was fighter pilot and retired as a full Colonel in the Air Force after serving my country for 26 years. I flew the A-10 Warthog, which is a single seat attack aircraft whose primary mission is Close Air Support. Every combat mission is different, but our specialty is to support American troops on the ground who are under fire from the enemy in close contact. When assigned to a deployable flying squadron, duties included studying enemy military capabilities, intelligence reports, and our flying tactics, techniques and procedures. We go through extensive preparation for training and combat missions, then detailed pre-briefing, flying, and debriefing of all missions. Pilots also each have duties to keep the squadron operations like managing the flying scheduling, tracking all pilots' periodic training requirements, and ensuring all pilots are briefed on safety and mishap lessons learned. No day was the same as the one before, and there were no set hours of the work day. Sometimes days we would have to get up at 3 a.m. to come in for an early morning flight. Other days we would night fly and get home very late at night after debriefing. It was the honor of my life to command an A-10 squadron at Davis-Monthan Air Force base and lead them into combat in Afghanistan.



Q: Women make up just over 18% of the Air Force's personnel.* With these kinds of statistics, the military wouldn't appear to be a woman's first career choice. From your experience, how do you think we can make the military more accessible to both men and women? (*Women in International Security Study, 2016)

A: With a smaller all-volunteer military, less parents and other influencers in kid's lives have served than in previous generations, so few young men and women know someone who has served. My advice to young people is to think of anything they might want to do as a career, whether it's in engineering, mechanical, IT, logistics, or healthcare--and discover that it's possible to do all those jobs in the military. Our military is a microcosm of society and there are opportunities to do nearly anything you want to do, get some skills, education, and experience, be a part of something greater than yourself, and serve your country at the same time.

"Young Americans are the future of our country and should study our military to ensure their voices are heard in the policy making process."

An Interview with America's First Female Fighter Pilot, Arizona Senator Martha McSally

Whether you serve for 4 years or 40, the military provides so many opportunities for men and women to serve and gain important skills for life and employment after leaving the military.

Q: At what point in your military service did you decide that you wanted to become a Legislative Fellow? Can you describe the position's purpose?

A: When I was a Major, I was given an opportunity for a career development and advanced educational assignment. Most selectees attended a Masters Program called Air Command and Staff College, but a small number of us were selected for a program called a Legislative Fellowship. It gave us the opportunity to see how military and national security policy was made in the Legislative Branch. You go through an interview process and could end up working for any Member of the U.S. House of Representatives or Senate.

I was fortunate to be selected to be a part of Arizona Senator Jon Kyl's national security team as a military fellow. It was an incredible experience in which I was able to work with some amazing people and it gave me faith that there are good people serving in elected office. Often times, staff members working on Capitol Hill do not have any military experience. Serving as a fellow in a congressional office allows someone to come work in Congress for a year and provide unique expertise on military and national security issues.

Q: Why should young Americans learn about the government?

A: As Americans, we have the privilege of living in the greatest country in the world. Our country was founded on an idea that all men (and women) are created equal and the government is there to serve its citizens, not the other way around. Many men and women fought and died to preserve our freedoms and way of life and all Americans need to understand the ups and downs of our country's history so they know the vision we started with and how far we've come to live up that vision.

Young Americans are the future of our country and should study our history, understand our system of government, and engage to ensure their voices are heard in the policy making process.

Q: What is one piece of advice for aspiring military/public service leaders?

A: Strive to be a servant leader who always focuses on what is best for the country, the mission, and the people you serve. Ground yourself every day in that purpose and always choose to do the right thing with integrity—even if it is hard or comes at a personal cost.

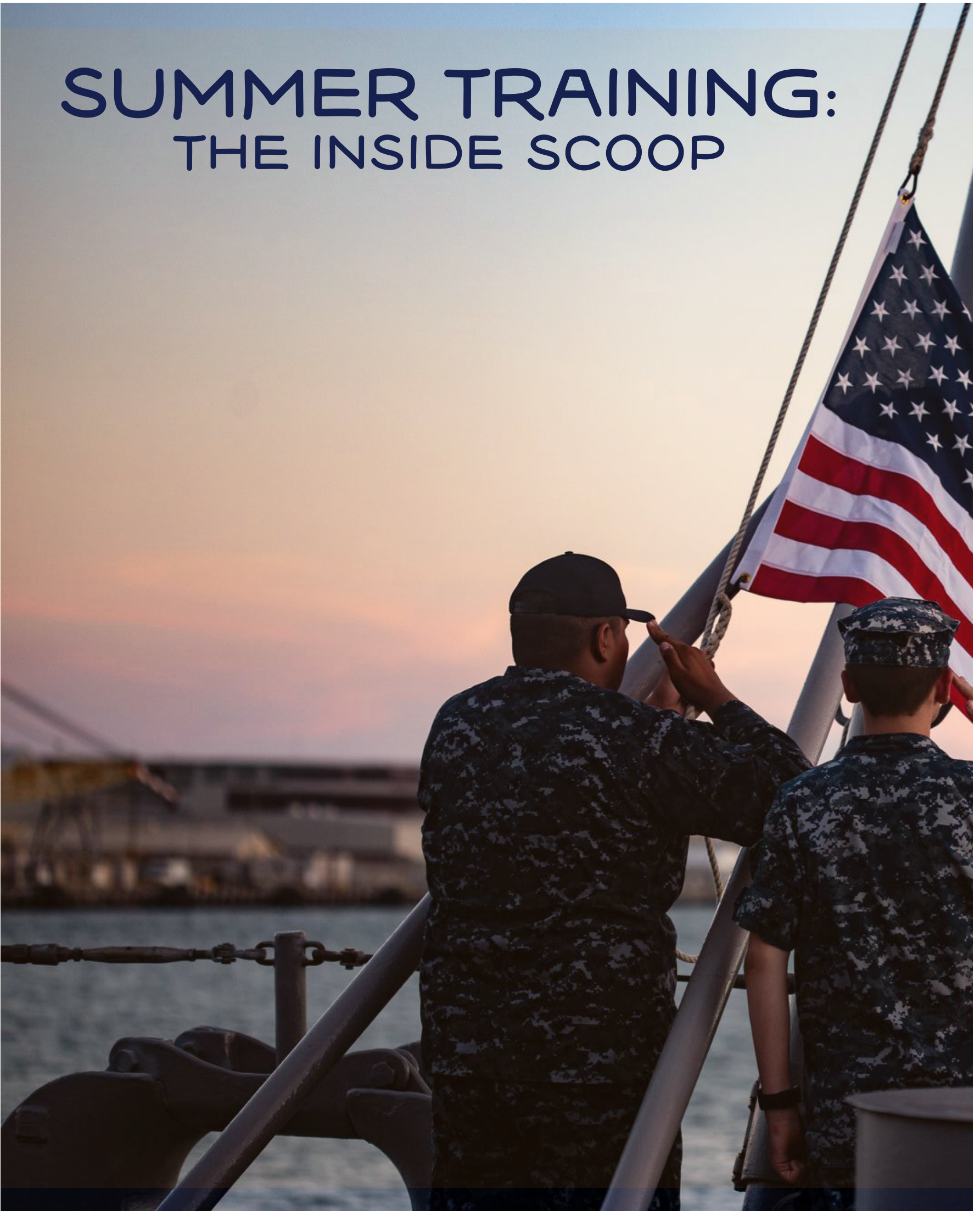
Q: As a U.S. Senator, what do you think are the most pressing concerns for our military servicemen and women?

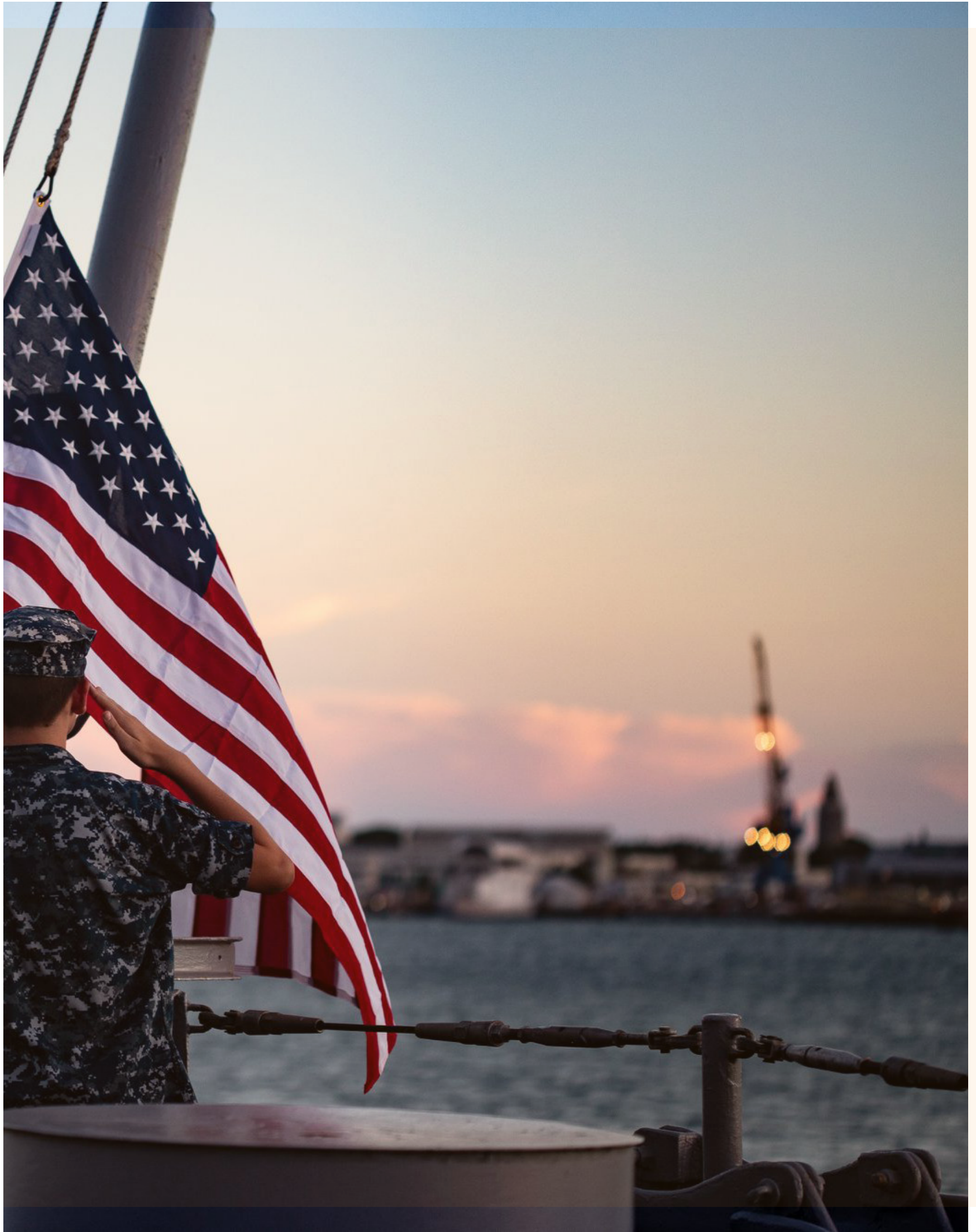
A: Our military has suffered from several years of funding cuts all while the missions were increasing and it is going to take years for us to restore and build readiness for the types of threats we will face in the future. Military spouses are also unemployed and underemployed at an unacceptable rate due to constant moves, licensing barriers and other challenges that impact whether a service member stays or leaves the military.

Finally, I'm really focused on is combating sexual assault in the military. In March, I disclosed that I too am a survivor of military sexual assault. At my request, the Pentagon created a task force to assess where the current process for investigations and prosecutions can be improved. After meeting with top military officials to hear their ideas for practical solutions, 17 provisions from my bill were included in this year's annual defense bill. This is a good first step in addressing the issue but more work must be done to prevent military sexual assault. This is a problem in society and at colleges too, but we expect more of our military and need to ensure everyone is treated with respect and safe from crimes by other teammates when they step up to serve.

Study our history, understand our system of government, and engage to making process." -Senator Martha McSally, Arizona

SUMMER TRAINING: THE INSIDE SCOOP





I E P

DESTINATION: AUSTRALIA

Join us in looking back at some of the highlights from our International Exchange Program with the Australian Sea Cadet Corps. From April 13-27 two U.S. Naval Sea Cadets, CPO Leilani Morales of Centurion Battalion and PO1 Aidan Carr from Robert I Rudy Division along with LCDR Robert Smith, the Regional Director of Region 1-4 South Eastern New England, embarked on a flight to Sydney Australia to participate in the exchange.

Other participating countries included the host, Australia, and both Canada, and the United Kingdom.





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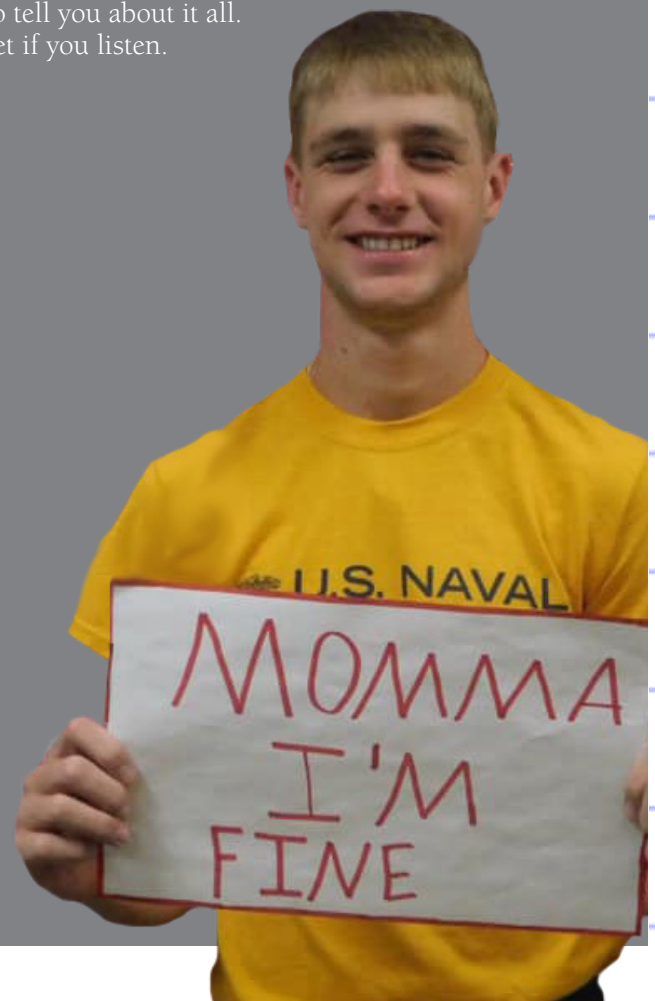
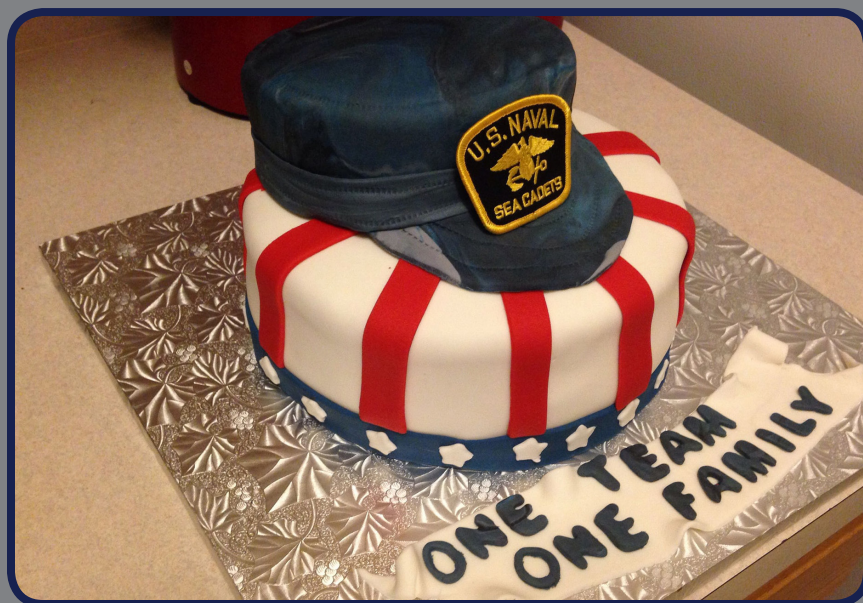
Start planning for next year's International Exchanges.

Sea Cadet and Officer applications will be due in Spring of 2020.

IT'S WORTH THE WAIT

The two week wait is gruelling. Every day can feel slow as molasses, and we want you to know that we get it! We have outlined some tips below to help you get through and show your cadet support from home.

1. Write letters. You can never write enough letters to your cadet. Often times, during the tougher days of training, it is your words of motivation that help your son or daughter get through the day. We know this might be the first time that your cadet is away from home, and writing letters helps ease the stress of this new experience.
2. Join the Facebook groups or keep watch on the training website. We know that seeing a photo of your son or daughter during training is priceless. Make sure you stay up to date on their social media sites to catch a glimpse of what your cadet is doing during the training.
3. Start preparing some questions you want to ask your cadet on the drive home from training. Here are some examples: *"What was the funniest moment during training?" "What part of this training helped you grow the most?"*
4. Plan a party for your cadet's return! If you love to host a party, this is a great opportunity to celebrate a major accomplishment in your son or daughter's life. Bake a fun cake like the photo below, get some military themed party accessories, and cook your cadet's favorite meal. This will go a long way to make your cadet know how proud you are of them.
5. Tell your friends about what your cadet is doing. This is a great time to brag about how great your son or daughter is. Most young adults don't get these kinds of opportunities, so not only can you share how great of an experience this is, you may also recruit a few new cadets!
6. Start packing your bags for graduation day. You might want to bring a change of clothes for your cadet and some of their favorite snacks. Find out where graduation is being held. If it is outside, you might want to pack extra water, sunscreen, and lawn chairs.
7. On graduation day, remember to let your son or daughter share about everything they did. This is likely to be the most life changing experience they have had, and they want to tell you about it all. Even if some of it is boring to you, it means the world to your cadet if you listen.



THANKS MOM & DAD

PARENTS AND GUARDIANS PLAY ONE OF THE MOST IMPORTANT ROLES IN THE SEA CADET FAMILY. YOUR UNWAVERING SUPPORT TO YOUR CADETS AND YOUR UNITS HELPS GIVE EACH CADET THE CHANCE AT OPPORTUNITIES MOST YOUNG AMERICANS COULD ONLY DREAM OF.

WE THANK YOU FOR THE HOURS YOU HAVE DRIVEN TO DRILLS, EVENTS, AND TRAININGS. WE THANK YOU FOR THE COUNTLESS UNIFORMS YOU HAVE BOUGHT AND THE ENDURANCE YOU HAVE SHOWN AS YOU MARCH SIDE-BY-SIDE WITH YOUR CADET DOWN THE AISLES OF TARGET AND WALMART LOOKING FOR THE 'RIGHT SHADE' OF NAVY BLUE T-SHIRT. WE THANK YOU FOR ATTENDING THE MANY CEREMONIES YOUR CADET HAS PARTICIPATED IN, SHOWING THEM THAT YOU ARE PROUD, THAT YOU CARE, AND YOU DEDICATED TO THEIR SUCCESS. WE THANK YOU FOR THE PRECIOUS TIME THAT YOU VOLUNTEERED EACH MONTH, EVEN WHEN LIFE AND WORK ARE BUSY AND OVERWHELMING. WE THANK YOU FOR THE PATIENCE YOU HAVE SHOWN US AND YOUR CADETS WHEN THERE IS SO MUCH WORK TO BE DONE AND NOT ENOUGH HOURS IN THE DAY; AND WE THANK YOU FOR THE TRUST YOU HAVE INSTILLED IN US TO CARE FOR THE PERSON MOST IMPORTANT TO YOU.

MOST OF ALL, HOWEVER, WE THANK YOU FOR THE LOVE YOU HAVE FOR YOUR SON OR DAUGHTER. PARENTS AND GUARDIANS MAKE THIS PROGRAM GREAT.



Sailing, Science, and Shipmates...Oh My!

By: P02 Sarah Kaleta

Cincinnati Division, Cincinnati, Ohio.

This summer, I had the opportunity to experience a hands-on sailing training across the Great Lakes. My 6-day transit took place aboard a two-mast gaff rigged schooner, the Appledore IV. We began our journey in the Saginaw River and proceeded to Lake Huron, Saint Clair River, Lake Saint Clair, Detroit River, and finished in Lake Erie. The schooner's home port is located in Bay City, Michigan, where we boarded on June 28th and headed to Buffalo, New York for the tall ship festival on July 4th. For the next week, the other two sea cadets and I were taught by 6 crew members about basic seamanship skills—how to make working coils and ballantines, where the peak and throat of the sail were, and many more.

Our daily schedule involved four-hour watch rotations in which our designated team of 3 people would rotate positions every half hour. My team's watch times were 0400- 0800 and 1600-2000. My first watch position was bow watch where one sits at the front of the boat looking for and warning the helmsman of any objects or ships in the way of the schooner's course with a walkie talkie. This job would prevent potential collisions with other water-crafts and accidents resulting from running over debris. The next position was the helm, my favorite job. It is not every day you get to say you drove a 48- ton 85ft schooner! The helmsman steers the boat with a pirate ship looking steering wheel. Surprisingly, the wheel only needed to be turned one spoke at a time to make large degree changes in the course. We were able to use a GPS system to stay on our desired true north course. The digital system was located in front of the helm and included an aerial image of the schooner on a map, directing its course with one line and showing where it was currently being steered on the other. The GPS also showed the course of steerage, current course, ETA, speed, and more with data numbers along the right side. Although we had access to this technology, the crew taught us that it is still important to plot points on a map the old-fashioned way in case of an electrical malfunction. Using a compass, calculator, map, and parallel slide ruler, we were instructed how to plot current and future coordinates along with a time estimate for transit. That way the boat is never truly lost.

"Using a compass, calculator, map, and parallel slide ruler, we were instructed how to plot current and future coordinates along with a time estimate for transit. That way the boat is never truly lost."

The third position in watch rotation was the person who would go through ship checks. These underway checks took place every hour on the half hour and were recorded on the navigation table in the aft cabin. The checks included data recording for the engine, below deck, navigation, weather, and batteries. Engine function checks involved recording oil pressure, engine temperature, and rpm. Below deck and bilge checks were made to ensure there was no access water or oil in certain areas of the boat.

By the third day we were on Kelleys Island where we later had liberty for a couple hours. I was able to hike over eight miles, view the glacial grooves on the island, and I learned about glacial formations thanks to my biologist crewmate. Additionally, we took out small sailboats and attempted to steer with a rudder and moved the sail— it was a lot harder than it sounds.

On our way to the north side of the island, we did a man overboard drill. I volunteered to ride the rescue boat out to recover the victim. Our time was four minutes and eleven seconds; I was told that the average for trained crew is four minutes, so we were not that bad off for being trainees! Afterwards, we swabbed the deck covered in dead mayflies with a fire hose trash pump and brushes to scrub off the remaining bug debris. I was fortunate to have a biologist for a bunk mate who taught me lots about insects and their correlation with water health. I found it very interesting that certain species of flies can tell the whether the water is clean or polluted because of their capabilities to thrive in certain conditions.

Great Lakes Sailing Training was the best training I have ever been on with the U.S. Naval Sea Cadet Corps by far. In addition to sailing, I was able to learn about fresh water ecosystems, weather patterns, and currents. My desire to learn more about the water, aquatic life, and weather over this trip has led me to the decision to major in oceanography or environmental engineering. I am very thankful to have experienced all I did on the water even beyond sailing. Plus, I got to visit the Great Lakes for the first time! I highly recommend this training to anyone interested in marine biology, ocean life, or are trying to find a major they are interested in.

BACK
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BACKGROUND:
The Appledore IV Schooner underway.

TOP LEFT:
From Left: SN Georgiy Sakharov: New York LPD-21 Division PO1 Matthew Zampaloni: United States Division PO2 Sarah Kaleta: Cincinnati Division

TOP RIGHT:
From Left: SN Georgiy Sakharov: New York LPD-21 Division PO2 Sarah Kaleta: Cincinnati Division PO1 Matthew Zampaloni: United States Division

BOTTOM RIGHT:
Pictured: Mary Merkel: Bay Sail crew member, biologist PO2 Sarah Kaleta.



PREPARING FOR TRAINING?

Tips from Emergency Medical Technician
Jess Inglis



Make sure to quit drinking caffeine and before summer training, you don't want to experience headaches or loss of focus while you are at training.

Be aware of the physical requirements for your training, and do not show up unprepared. Train before you arrive, fill out all of your medical documentation properly and follow your training's guidelines on bringing it and medication. Summer training, especially recruit training, is both mental and physical. Don't fail to prepare both.

Wash all of your clothing before attending training. Many new clothing items have chemicals that can irritate skin, especially when while you sweat. A simple wash is the fix!



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THE CHIEFS MESS

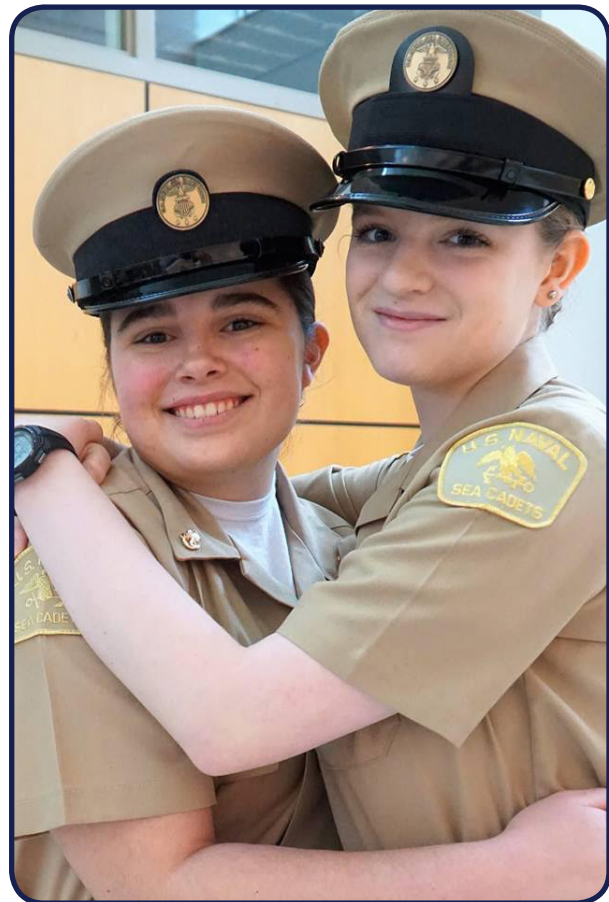
Friends for Life

By **CPO Alyssa Vossen, NSCC** and **CPO Cierra McCaskill, NSCC**
Wolverine Division, Monroe, Mich.

I first met Chief McCaskill in the summer of 2015 at a STEM training when we were both Seamen Apprentices. We immediately became friends and shared amazing experiences with our shipmates at Fort Custer. Four years later and we have been through so much together. More training, countless drills, the most exciting of times and the most frustrating of times. Our experiences in the Sea Cadets have challenged our friendship, but I can confidently say that she is the best friend I've ever had and her companionship in the program has been one of the best aspects of it. I recently attended her pinning ceremony to become a Chief Petty Officer, and I am so proud of how far we both have come. Things have changed a lot since that summer, but we have grown together and shared some of my best memories in the Sea Cadet Corps.

I recently became a Chief Petty Officer, and from the beginning my journey was hard. There was so much coursework I had to do, so many trainings I had to go on, and many responsibilities I had to take care of before I could get to this point in my life. By my side for the entire journey was my friend, CPO Alyssa Vossen.

To this day she is one of my closest friends, and I am honored to be a Chief with her. I am graduating this year, but I plan on staying in touch with her and my unit, since she is a year younger than me. I will miss my friend very much, but I know when I graduate, it will definitely not be the last time I see her because I believe that friendships created at Sea Cadets as those that last a lifetime.



AROUND THE CORPS

For More Than a Ribbon

By Petty Officer First Class Garvey Blackwell, NSCC
Yuma Sea Eagle Squadron, Yuma, Ariz.

I am Garvey Blackwell, a fifteen year old sophomore from Yuma, Arizona. I am a Petty Officer First Class in Yuma Sea Eagle Squadron. I am a volunteer. I recently received a Gold Star on my Community Service Ribbon for the 26th award. That is more than 700 hours of volunteering. I love Sea Cadets. I started as a League Cadet at age 11 then fleet up to Cadet. This summer I will rank to Chief Petty Officer. I love all aspects of Sea Cadets, but really enjoy when we volunteer as a unit. I am a proud PO1 with Yuma Sea Eagle Squadron.

In truth, I may be a little obsessed with volunteering. My volunteer hours over the last five years total 3700 hours and counting. Most weeks I volunteer 10-12 hours with some weeks 30-40 hours for special events. My goal is to reach 4000 hours before I turn 18, which now will need to be re-assessed as I will probably reach that goal by December of this year. I think 5000 hours of volunteering has a nice ring to it.

Of course there are times with volunteering, people want to recognize your achievements. In the last 12-18 months, I have received the Heart of Yuma for Outstanding Youth Leader, which is our city-wide recognition for youth under 17. I was inducted into the Philanthropic Society of Yuma for my volunteer efforts in our community as well as being recognized by the Optimist Club as an Outstanding Youth in Yuma. In December, I received the Arizona Governor's Award for Volunteer Service for Inspired Youth Leadership. In addition to all these awards, I have earned the Gold Presidential Volunteer Service Award for six years. I recently completed my Girl Scout Gold Award which was about, wait for it, VOLUNTEERING! My project, the Nucleus, a social media and expo project connecting the community especially teens with organizations needing volunteers, this took almost 400 hours to complete. The awards and accolades are really nice and look great on applications for college, don't get me wrong, but ultimately they are not why I volunteer. Volunteering has taught me so many new skills, allowed me to explore new career options, taught me how to work with all types of people in all different kinds of situations, taught me to be myself, and shown me love, grace, faith, kindness, and giving beyond any comprehension I had before.

I truly believe that volunteering is an important part of our responsibility of being a citizen of the community and the world. It gives us a chance to step away from the normal things we do and make a difference. I know that volunteering is a choice for everyone. In the time it takes to watch a movie, you could volunteer to serve food at a soup kitchen, work a few hours at a thrift store for an organization, help a neighbor or veteran or senior with yard work or home repairs, work at the food bank, organize a neighborhood clean up, or assist many other organizations or individuals that need a little extra help. We all have busy lives! Everyone does. But what if you volunteered one or two hours a week or month, what difference could you make. In one to two hours a month, you could pack enough meals for 30 school children in poverty to have six meals each weekend with snacks or visit with a veteran playing games and listening to stories or tutor a child struggling to read. Funny thing about volunteering, you gain so much more than what you provide.

In volunteering, I have learned what I want to study in college. I volunteer weekly at the local library in the children's section. To say that I love this volunteer would be an understatement. Additionally, I volunteer with the Community Justice Board for Yuma County Attorney's Office serving as a member to guide and assist with first offense teen juveniles to try better choices. I know now that I am interested in studying Library Science with a data management minor then a Master's in Library Science followed by a law degree. Ultimately, I want to be a Law Librarian. My volunteering led me to learn about these areas and showed me that this is where my interests lie. Besides, this type of career will allow me to support myself and allow for time as well as funds to continue to volunteer as an adult.

I proudly wear my Community Service Ribbon on my uniform. The 26th award will not be my last, but I achieved my goal by earning that Gold Star. The Gold Star represents more than hours volunteering, it represents what Sea Cadets has taught me about Honor, Courage, and Commitment. I proudly stand with Yuma Sea Eagle Squadron and all the US Naval Sea Cadets that continue to volunteer in their communities making a difference.



Inspection Ready and Proud

By Apprentice Cadet Tearra Gutekunst, NLCC
Wolverine Division, Monroe, Mich.

As cadets in the U.S.A. we learn lots of things like the USNSCC Regional chain of command, the National chain of command and our division's chain of command, and also the rank and insignia of the NLCC, NSCC, and Officers. We also need to know the 11 General Orders, and of course the Core Values and important dates like the USNSCC's birthday.

What is really important is our Sailors Creed. It is really not about washing and cleaning and pressing our uniforms. It is about taking care of things, being responsible, showing respect and looking our best because we represent the Navy and the U.S.A. We all represent our country and the fighting spirit of the Navy. Here is a question; which Core Value is the most important to you and why? Honor, Courage or Commitment.

If you picked commitment what are you committed to? The one I have picked is courage because if I did not have Courage, I would not be a Leaguer, but I do have courage. I am proud of all my divisions hard work not only during the inspection time. I am proud because we always try to be inspection ready every weekend. We are taught to live to encourage others to do their best at all times. We are a family unit; we do not just know the Sailor's Creed, we live it.



Something Bigger than Yourself.

By Seaman Alemand, NSCC
Houston Division, Houston, Tex.

My first Color Guard event was both thrilling yet nerve-racking. I persistently worried that I might mess up: I did not want to embarrass myself in front of the Naval officers and distinguished guests attending the USS HOUSTON Bell ceremony. I knew that I was part of something great—the belt, ascot, aiguillette, gaiters, and white gloves made it clear. My self-confidence grew as I drilled with my rifle, practiced my movements, and marched with my team. As the event began, I felt prepared as we waited to parade the colors. Finally, we started marching, and all I focused on was my steps, my rifle, and my bearing. As the National Anthem began, I snapped to present arms, feeling the pride and spirit of the music. I then realized I was a part of something bigger than myself, and I was a rifleman to the flag of the United States of America. After the event was over and the team packed everything up, we said our goodbyes and we left. I did not realize it until I was in the car and on my way home, I thought about what the officers had said, talking about the service and courage of the men of the USS Houston and the HMAS Perth.



I felt a sense of pride in not just my accomplishments that day, but also of my nation, of everything the men and women in uniform stood for. This only reinforced my desire to serve my country in uniform.

Thank You for Your Service

By **Sergeant Paulo Henriques, New Jersey National Guard**
Atlantic City Division, NJ

The Atlantic City Division spent part of their April drill weekend collecting, sorting, and packaging items for care packages. The care packages were sent to soldiers Charlie Troop, 1-102nd Cavalry Regiment (NJ Army National Guard) who are currently deployed overseas.

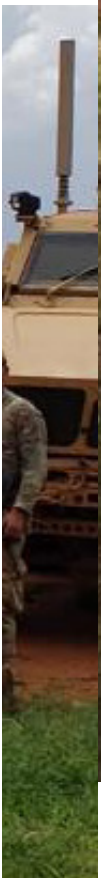


The care packages were received earlier this week and the soldiers are extremely grateful for the time and consideration that the Atlantic City Division spent. In a message to the Atlantic City Division, SGT Paulo Henriques wrote “We would like to extend a special Thank You to the Atlantic City Division. I am pleased to report your thought fullness and generosity has been received by our personnel. We wanted to take an opportunity to say thank you for taking time out of your training schedule to collect, sort, and package these items collected. The soldiers are enjoying your gifts and appreciated your continued support.”



Currently, Charlie Troop is deployed to the Horn of Africa. The 102nd Cavalry Regiment has a long history and lineage dating back to World War II. The regiment was designated as the 102nd Cavalry on in 1921 from the 1st New Jersey Cavalry Regiment and had its initial headquarters in Newark, New Jersey. The 102nd saw combat in northwest Europe during World War II and participated in campaigns in Normandy, Northern France, Rhineland, Ardennes-Alsace, and Central Europe. Additionally, the 102nd has deployed in support of Operation Iraqi Freedom two time in 2005 & 2009, Hurricane Sandy Relief and Recovery in 2012, assisted in numerous state active duty activation (more notably security operations for Super Bowl XLVIII in 2014 & the Visit of Pope Francis in 2015), and presently in Operation Enduring Freedom.





An Honor to Perform

By Seaman Recruit Ashley Kibbe, NSCC
Camp Lejeune Battalion, Jacksonville, NC

The David McCampbell Battalion was finally in the rotation with other ROTC Programs to perform the Color Guard Service at the Space Coast Honor Flight Send-off for Veterans visiting the Washington D.C. Memorials. On 27 APR 19 our Color Guard performed outstandingly at the Honor Flight Ceremonial Services. They also were able to send-off their David McCampbell Battalion Admin Officer, W.O. Jay Johnson (USAF, Msgt., Ret-Intelligence) who was selected for the same Honor Flight trip. It was an outstanding show of Cadets at 0200 for the beginning of the Ceremony. Cadets, dressed in their dress uniforms, came to see their Admin Officer leave for this exciting tribute to Veteran's. They also got to meet older Veterans of World War II, Korean Conflict, and Viet Nam Era Veterans, along with our Florida Congressman, Bill Posey. The Cadets mingled among the Veteran's getting

stories of times past. An experience they will never forget.
Bravo Zulu David McCampbell Battalion



Fighting a Different Battle

By W.O. Jay Johnson, NSCC with LC2 Joey Shine, NSCC
David McCampbell Battalion

The St. Baldrick's Foundation is a volunteer and donor powered charity committed to supporting the most promising research to find cures for childhood cancers and give survivors long and healthy lives.

"My name is Joey Shine. I am a 6th grader at Ralph Williams Elementary School and I created, and served as the Captain for, 'TEAM SHINE' in this year's St. Baldrick's event at Melbourne Square Mall.

We shaved our heads to raise money for childhood cancer research. Kids' cancers are different from adult cancers and research for them is extremely underfunded.

I want to help by raising money for cures.

Four years ago, when I was in 2nd grade, I learned that a family friend, Ryan, was battling a very rare type of spinal cancer.

While I had not met the young man, his battle and how he handled it had a profound

impact on me. I heard about St. Baldrick's and shaved my head "in honor of Ryan". The following year, when I was in 3rd grade, Ryan passed away at age 17. I participated in St. Baldrick's again, but this time shaved my head "in memory of Ryan."

I have raised over \$5,000 in the four years I have been volunteering.

This year I want to continue this momentum and I hope to earn well over \$3000 dollars for this cause. I am leading a team which includes my family, friends, my Sea Cadet unit, and even some people I don't know. Together, we can work as a unit to achieve this goal."

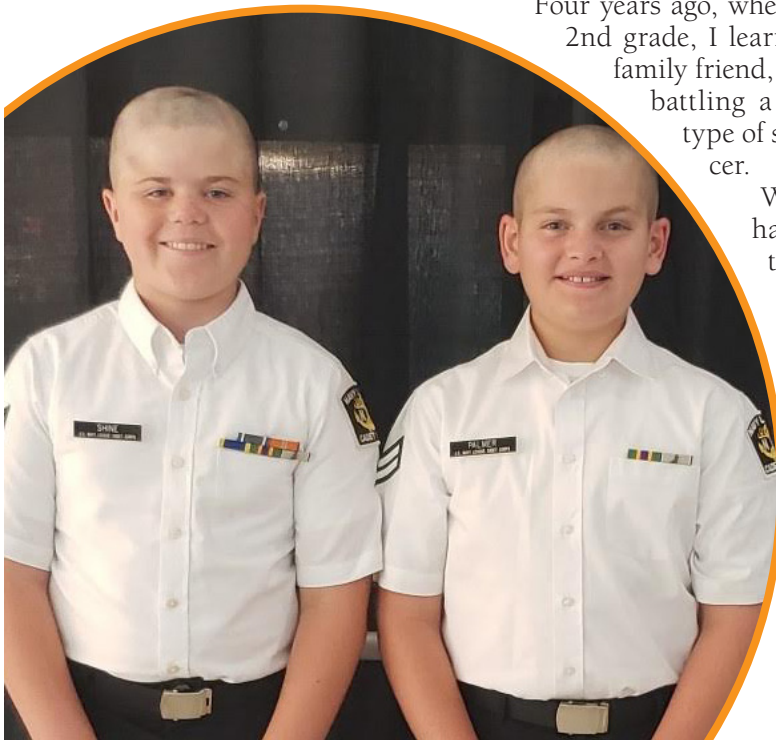
Cadet Shine joined the Sea Cadets at David McCampbell Battalion in July of 2018.

Since then he has completed Orientation Training, Advanced to Able Cadet, earned 5 different ribbons, completed and passed all of their League Cadet Syllabus' and their corresponding Exams, and he is looking forward to summer trainings.

Cadet Shine also recruited his friend, Cadet Mason Palmer, who also attended Orientation Training, and can't wait for Summer Trainings to be listed in Florida.

Both of them joined forces to help end childhood cancer. They joined together to get their heads shaved in the name of this charity and their presence as uniformed Sea Cadets was inspiring to many.

These are the future Chief Petty Officers of our unit! They are outstanding cadets with the motivation to match, and we are very proud of there goal to end childhood cancer.



A Can Do Attitude!

By Seaman Kayla John, NSCC
Hudson Valley Squadron,

I really liked the Seabee training I attended at Camp Dawson this past week. It taught me many life lessons that will most likely help shape me in the future. Most travelers nowadays depending on the GPS to take them to their destinations. But imagine in the field where there's no satellite signal, what would they do? Lucky for me, during the week at Camp Dawson, I was taught Land Navigation, maneuvering around fields using just a compass and map.

I am very thankful for all the adult leaders who dedicated their time during this week to help youngsters like myself to become a stronger, smarter and most importantly, future leader. I am also thankful for all the shipmates I've had the honor to meet and work with during this past week. We learned and helped each other to overcome all the obstacles we faced. We were sisters-in-arms and brothers-in-arms. I have mentioned before that one of my challenges was during swim qualification, but I wasn't alone. One of my shipmates encountered the same challenge in the pool, the deep end of the pool. All of us were there help cheering him up and encouraging him and at the end, he overcame his fear.

It is my great honor to say that I am very proud to be part of the Seabee training team at Camp Dawson because I not only was part of a great team but I believe I had the great Officers and Petty Officers who worked tirelessly to ensure we get the best training just in a week short. It was a great week where I was learning new things at the same time making memorable

moments with my shipmates and leaders.

Once again, I am thankful for the opportunity to be part of the Seabee training and I am looking forward to be back as a Staff Cadet after my POLA training.

I would absolutely recommend future cadets to attend this training!



HAIL TO THE SEA CADET CHIEF!

By: ENS Ashtyn Kelley, NSCC
Tophatters Squadron, Norfolk, Virg.

P01 Oliver Iyer has been selected for Chief Petty Officer in the U.S. Naval Sea Cadet Corps! Only a few select cadets will experience this rare honor. P01 Iyer has been in the Corps for almost four years in which time he has accomplished many wonderful things. He has participated in numerous community outreach programs, amassed many volunteer hours, and currently serves as Leading Petty Officer. Cadet Iyer has received two academic achievement ribbons, a citation ribbon, and the recruitment ribbon, along with setting an example for his subordinates in physical fitness, marksmanship, and leadership. P01 Iyer is an excellent example of what leadership means. As he begins his Chief Petty Officer education journey over the next four months, he will learn to truly see the world through different eyes.



A Day with the Coast Guard

By Seaman Recruit Ashley Kibbe, NSCC
Camp Lejeune Battalion, Jacksonville, NC

It was a cold and sunny day for the people of Boston as about a million spectators crowded the streets to celebrate the annual St. Patrick's Day parade. Hours before the parade started, the Sea Cadets of New England Region 1-1, Constitution Division, Massachusetts Bay Division, and Squadron 7-Zulu, prepared their color guard teams and cadets for the long, 3.2 mile route, the longest parade route in Massachusetts. The parade began to the enthusiastic roars of Bostonians on the surrounding streets. The cadets demonstrated mental toughness in the cold and windy weather. Many people commented that the cadets' discipline was that of an active duty military unit. When organizing the regional divisions before the parade, it was discovered that about one half of the cadets have neither attended Recruit Training nor League Cadet Orientation. With just minutes of practice before the start of the parade, the cadets worked together to instruct the junior cadets how to march, at the very least, to stay in step with cadence. Due to the leadership and teamwork, many people took notice and commented on the cadets' military bearing and professionalism. Throughout the two and a half hour parade, the cadets displayed that the U.S. Naval Sea Cadet Corps is comprised of disciplined, dedicated, and motivated young men and women.



A Surprise and an Honor

By Petty Officer First Class Alina Hull, NSCC
Houston Division, Houston, Texas

During the Houston Bell Ceremony this year, I was surprised with a medal. I was the commander of the color guard, and was only told that I would be receiving a medal. Once the actual Bell Ceremony was over, my Division Operations Officer went up to the podium and called me front and center. I was still a bit clueless as to what was happening, so I cautiously walked to the podium and listened to what he said. He read out the certificate, and then the DAR representative, Susan Hazelwood, pinned me with the Daughters of the American Revolution (DAR) Outstanding Cadet medal. After she pinned me and handed me the ribbon that goes with the medal, I did a right face and was getting ready to fall back in with my Division. As I was walking away, USS HOUSTON CA30 Association Director, John Schwarz, called me back to the front. He said a few words, and then handed me a Houston Bell Ceremony jacket. When I was back in formation, I was proud being recognized for this award. After



we were allowed to fall out, we mingled with all the people there, and met some of the officials from the different countries involved. As I was walking around, I was stopped by the Australian Navy officer and many others who congratulated me. I was stunned a little bit, because he has a very high rank, and he took the time to find me and congratulate me. I was not expecting it at all, but it was a great experience that I'm glad I was able to have!

CADETS LEND A HAND

Volunteering from around the Corps

By **Alicia Gavin**

Communications Coordinator, National Headquarters

The cadets selected for the inaugural Senior Leadership Academy have over **3,225** hours of service alone! Cadets and units across the country are joining alongside their local communities to lend a helping hand to events, raising money, and helping the less fortunate.

This quarter, we are excited to share the dedication to community service from three of our fantastic units, Atterbury Division, Desert Storm Division, and the William E. Taylor Division.

Atterbury Division cadets recently volunteered at their local Memorial Day Parade where they were able to recognise and thank the local members from VFW (Veterans of Foreign Wars) Post 1987 for their continued support of the unit.

Desert Storm Division recently participated in a Memorial Day ceremony at their local cemetery. They had the honor and privilege of assisting their local VFW post, Old Baldy Post 2085, with placing crosses and American flags on the graves of veterans interred in Bellevue Memorial Park. This VFW post has offered their space to serve as the new headquarters for Desert Storm Division's drill.

Cadets from William E. Taylor Division recently participated in the Beau Biden Foundation Run/Walk-a-Thon to support child protection. Three cadets from the unit took part in the ruck. Their dedication to local volunteer work and raising awareness for this cause is inspiring.

Daily, Sea Cadets live by the core values that drive them to help others. They know that serving their community is more than earning a ribbon, it is more than logging hours, and it is more than resume material. Sea Cadets understand that even the smallest act of volunteer work can change the lives and the land of others around them.

We are proud to have a program dedicated to the people, veterans, environments, and animals that make our world great. Bravo Zulu cadets, keep up the great work!



ATTERBURY DIVISION



DESERT STORM DIVISION



WILLIAM E TAYLOR DIVISION

If you want to be the best...

By Able Cadet Stephen D. Schwarz
Seminole Battalion, Florida

I am LC1 Stephen D. Schwarz. I have been in the League Cadets with the Seminole Battalion, since November 2018. I joined the U.S. Naval Sea Cadet Corps because I want to protect my country when I grow up, and because I want to serve on a Submarine with the United States Navy.

I never knew that through joining the Sea Cadets, I would get the opportunity to train alongside the United States Marine Corps! It was an incredible surprise. My Battalion was invited to attend a drill weekend with the Marines in February of this year.

We learned weapons safety and got to disassemble rifles and clean them. I learned how to hold a weapon properly when you're not shooting to make sure everybody stays safe. We ate MRE's, I especially liked mine which had peanut butter, peanuts and raisins in it. We even got to ride in a 7 Ton Truck around an abandoned air field! The trucks are called 7 Tons because they can carry approximately 7 tons of cargo in them, not because they weigh 7 tons. I got to wear a heavy Kevlar vest and was shown how to reload a 50 Cal Machine gun. Our time was packed with amazing events all day.

I am very grateful that my Battalion and I had the honor to meet these Marines and spend the weekend training with them. We are all also lucky to have had the opportunity to learn just a small portion of what these brave men and women do for our Country.

I am grateful for the Marine Corps, and their service to this country. Oorah!



FUN FACT!!

An MRE, or Meal Ready to Eat, is a prepackaged meal made for our troops on deployment. MREs are made to withstand the roughest weather.

There are currently 24 different "menus" or MRE meals!

They come with a Flameless Ration Heater to make them warm!



BRANDI WALSTROM

Top left: The Seminole Battalion poses with Marines for a photo.

Bottom left: A Marine shows cadets how to properly hold a rifle while not in use to ensure safety is the number one priority.

Bottom right: LC1 Schwarz poses for a photo while donning a kevlar vest and helmet from the Marine Corps.



First Day, First Impressions

By Recruits of Henry E Mooberry Division
Washington, D.C.

Henry E. Mooberry Division is happy to report that we welcomed an energetic INDOC group of 21 Recruits!

To remember their first day in the program, we asked the Recruits for “First Day, First Impressions” and here are some direct quotes from these eager newbies:

“I learned how to correctly address the different ranks.”
-Recruit White

“learned how to count-off, about-face, cadet and Officer ranks, USNSCC policy regarding drug use, harassment, appropriately addressing officers, and a number of different commands.”
-Recruit S. Sitoula

“After learning how to do formation (indoors), I look forward to doing formation outside on base today.”-Recruit Geronimo



“Yesterday, I learned how to pivot my feet and how to count off.”
-Recruit Jones

“I learned the USNSCC’s policy on drugs, alcohol, and sexual harassment.”
-Recruit Azua

Character Driven Cadets

By CAPT Michele Lockwood, USN (Ret.)
USS Tulsa Commissioning Committee

The attention of the noisy crowd in the Commandant’s Room at the Marines’ Memorial Club in San Francisco was captured by the spectacular performance of Boomer Sooner, a musical composition near and dear to the hearts of the Oklahomans at the Chairman’s Reception. The USNSCC Band of the West went on to perform a music set which included the theme from Oklahoma! much to the delight of the ship’s sponsor, The Honorable Kathy Taylor, former mayor of Tulsa, Oklahoma and the many Oklahomans who attended the event. Mayor Taylor later commented that she thought the Band played at “symphony level.” The Band’s versatility was further demonstrated that night when four of their musicians peeled off to perform Color Guard duties before the official program began.

The RADM O’Kane Division and Arkansas Division also provided Cadets who served as ushers and escorts for logistics and crowd management on the pier during the USS TULSA commissioning. Despite their young age, these Cadets withstood the bitter cold and rain to assist the commissioning committee with escorting VIPS from the Platform Breakfast location to the pier where the USS TULSA was waiting to become part of the U.S. Navy.

Despite the late evening at the Marines’ Memorial the night before, the Band of the West again displayed its incredible talent by performing to the crowd during the Post-Commissioning Reception on the pier despite intermittent wind and rain.



TOP: Cadets attending the USS Tulsa Commissioning.

RIGHT: Cadets are recognised for their outstanding service, despite the conditions.



These exceptionally talented and reliable cadets (whether band members or usher/escorts) displayed a maturity, professional demeanor, and ability to work as a team that was truly impressive. They are a credit to the Sea Cadet program which undoubtedly helps to shape their values and make them into the outstanding citizens they are.

You asked, “how did the Sea Cadets helped this event?” They MADE the event.



**TAKE IT FROM
ME... THE PRT
MATTERS**

By P01 Jacob Maldonado, NSCC
Seminole Battalion, Florida

Three years ago, I joined the Seminole Battalion of the USN-SCC. I was excited to join an organization that would allow me to explore my interests in the military and build my leadership skills while experiencing activities that most teenagers only dream of. I could not wait for my first drill weekend and see what it was really like to be a Sea Cadet.

Then PRT happened, and it was horrible; I could not run the mile in the given time or complete the required number of sit-ups or push-ups. I was miserable and wasn't sure if this was going to work out for me.

After much encouragement from my shipmates and officers, I decided I was going to give it a try. I could and would pass PRT, and I was going to get a Presidential Fitness ribbon someday. Every month I worked harder and harder at drill and during the weeks in between to improve my fitness so I could achieve my goal. Within a few months, I was passing PRT and ready for Recruit Training. I was on my way to that Presidential Fitness ribbon that I wanted so badly.

"Keep working, keep trying and never give up."

Since that time, I have attended advanced training all over Florida and in several states. Whether I was sailing on the SSV Oliver Hazard Perry or learning to breathe underwater in SCUBA, fitness has become a part of my everyday life. Just this past winter, I served as a Division Commander for Winter Recruit Training in Wekiva Springs, Florida and I was able to support new recruits as they begin this journey of fitness.

All of this hard work has paid off within Sea Cadets as well as outside. Once I entered high school, I decided I wanted to join the wrestling team. Never did I realize how much all those PRT's were going to help me in my new endeavor. I have wrestled now for two years, and just this past weekend I was named the Florida Wrestling State Champion for the 182-pound weight class. I wrestled five matches over two days to win the state championship and was undefeated for the 2018-2019 season.

As I think back to when I first started in Sea Cadets to where I am today, I am grateful to all my shipmates and officers who have supported me and believed in me, even when I wasn't sure I could do it. I have realized that if I could accomplish these goals than anyone can. Keep working, keep trying and never give up.

Walking in Their Footsteps

By Seaman Frye, Cameron, NSCC
Cruiser Indianapolis, Calif.

Last summer, I attended RT at Great Lakes and traveled for family vacation. We visited five Naval vessels. USS Olympia, the only remaining ship of its kind, is anchored in Philadelphia and was Admiral Dewey's flagship during the Spanish-American war. My great-great grandfather served aboard from 1903-1906. Walking the planks he walked, touring berthing compartments, chow hall, and officer's quarters, magnified the past. I could visualize the bustling decks, the smell of sweat, the toil, and taste the salty brine as we steamed through the waves. We met docents and showed photos of my great-great grandfather in uniform and the ship's bow on Christmas Day, 1903. They appreciated our photos and memories, scanned them, and presented us with challenge coins made from the ship's original propeller, heightening my connection to the ship.

RT planning was exciting, but tedious. I was ready to depart and graduate, my enthusiasm dampened by the distance from home.

My grandfather, a retired Navy Captain, attended graduation. He graduated from Basic in 1969. All ten days our RDCs constantly challenged us to succeed, pushing us beyond our incomprehensible boundaries. Graduation morning they explained their Naval experiences and how it changed them.

Meeting my grandfather on the parade floor in his dress whites was more significant than earning Honor Division, and allowed me to view his patriotism.

Touring all the ships was amazing, RT was rigorous and difficult, but the pride I felt when I saw my grandfather was an amazing reward. No matter your age or service branch, patriotism fuels us and those around us. It fueled my great-great grandfather and the other men aboard the Olympia and drove my grandfather to enlist in 1969. Through touring and training I now realize the importance of family heritage, our country's values, and the true meaning of patriotism and sacrifice.



The Annual Blessing of the Fleet

By **INST Shaila Muralidhar, NSCC**

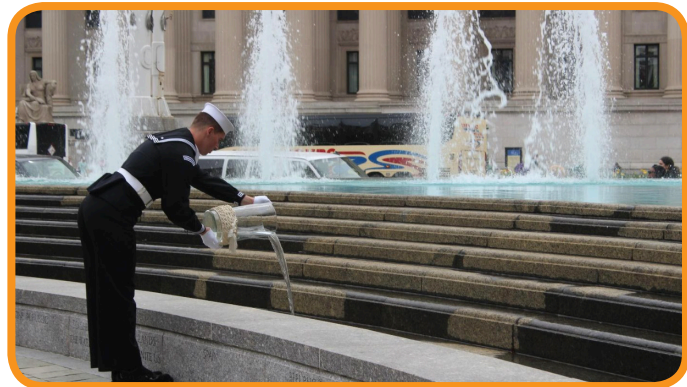
H.E. Moobery Division, Washington, D.C.

In the United States, the Blessing of the Fleet is observed annually along the eastern seaboard and the Great Lakes region, to signify safeguarding ships and their crew members. In Washington, DC, it is celebrated at the US Navy Memorial, located on “America’s Main Street” – Pennsylvania Avenue – halfway between the Capitol and the White House. The ceremony coincides with the region’s boating season and the Cherry Blossom Festival, marking the start of Spring, a season of revitalization and rejuvenation.

Waters collected from the world’s Seven Seas and the Great Lakes are ceremoniously merged with the fountains of the Plaza, and the water jets are synchronized to start spouting as sailors pour the water into the arced pools of water flanking the “Granite Sea” in the center of the Memorial. This annual blessing symbolizes a recharging of the water, bringing the fountains back to life in time for the spring season. The ceremony includes performances from the US Navy Band, the Washington Revels’ Maritime Voices, and Ceremonial Guard.

The White House Mess have their Navy culinary specialists prepare and serve Navy bean soup for visitors, and this year, the icing on the cake was a mouth-watering giant confection in the shape of a sailor’s sea bag!

Blessing of the Fleet is a centuries-old tradition that began in Mediterranean fishing communities, originating as a Catholic practice of local priests and pastors blessing the waters to ensure a safe and bountiful season. Traditionally, the festival was marked by pageantry, parades, music and dancing.



Merging waters from the Seven Seas and Great Lakes with the Plaza fountain, bringing new energy and symbolizing revitalization through unity.



Can you spot “The Lone Sailor” watching over the “Granite Sea” world map that forms the heart of the US Navy Memorial? The Plaza is flanked by arced pools of water, fountains and 26 bronze sculptures, located on Pennsylvania Avenue, opposite the National Archives Museum, in Washington, DC.



SPOT THE DIFFERENCES!



Chief Petty Officer Dobbs of Arleigh Burke Division has been accepted into the United States Naval Academy. Join us in wishing him Fair Winds and Following Seas on his next chapter!

See if you can spot the 6 differences in the photos below. We will post the results on Facebook later this month. Zoom in if you need help!



CHECKLIST:

- 2 Added Items
- 3 Missing Items
- 1 Changed Item

HINT: You may go nuts looking for me.

KNOW YOUR NAVY

- What is the name of the largest flying boat in existence?
- What percentage of the Navy is female?
- How many pilots are a part of the Blue Angels on any given year?
- "We Build, We Fight!" is what Navy rate's motto?

HOW TO STAND AT ATTENTION

Assume the position of attention on the command **FALL IN** or when the division commander calls **ATTENTION**. To do so properly:

A. To assume this position, bring the heels together sharply on line, with the toes pointing out equally, forming an angle of 45 degrees.

Rest the weight of the body evenly on the heels and balls of both feet.

Keep the legs straight without locking the knees.

Hold the body erect with the hips level, chest lifted and arched, and the shoulders square.

B. Keep the head erect and face straight to the front with the chin drawn in so that alignment of the head and neck is vertical.

C. Let the arms hang straight without stiffness. Curl the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. Keep the thumbs straight along the seams of the trouser leg with the first joint of the fingers touching the trousers.



"I said PREPARE for colors, recruit."

Have a funny cartoon or joke about the Sea Cadets you want to share?

Submit your original ideas to agavin@seacadets.org



A Sea Cadet places a flower next to the gravesite of a fallen veteran in Lovettsville, Virginia. (Photo: Anna Garbe)

The Memorial Day Flowers Foundation honored over 450,000 fallen veterans nationwide including 230,000 at Arlington National Cemetery over Memorial Day weekend.

Thank you to our valued corporate sponsors for making this possible.

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Special thanks to *The Hill* for generously donating this space in their newspaper



The Memorial Day Flowers Foundation works with families, organizations, and businesses to make floral tributes to those who bravely served our country. Over Memorial