

# SEAFARER

## FLAGSHIP

Maryland Sea Cadets compete together to be the top unit

## BARQUE EAGLE

Four Sea Cadets have the adventure of a lifetime

## SPACE CAMP

Sea Cadets train like astronauts at the U.S. Space and Rocket Center



**OPPORTUNITY  
FOR AMERICA'S YOUTH**

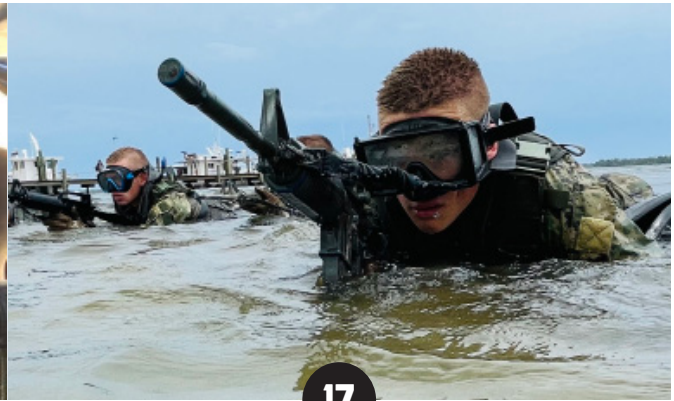
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# WORKING WITH SHIPS

In the Navy, we build ships and serve on ships. Our fleet comprises a wide variety of vessels from enormous aircraft carriers to super-secret submarines. During my three decades of naval service, I had fun serving aboard several of these ships.

I have learned, though, that the most important ships are citizen-ship, leader-ship, and friend-ship.

I've recently retired from the Navy and I'm so blessed to be part of the Sea Cadets team where I continue to work with these same ships.

During my short time with our Corps, I've visited numerous units and training events. Meeting our cadets is energizing and I'm so impressed with the caliber of young men and women we have. Their stories, interests, and ambitions fill me with confidence for our future. The patriotism I've witnessed in our color guards and our support to military events is impressive. I'm confident that Sea Cadets is building the citizen-ship.



**RADM ANDREW LENNON, USN (RET.)  
EXECUTIVE DIRECTOR**

In addition to seeing cadets challenging themselves during training, I also observed more senior cadets leading them. How great to give young people a chance to step outside of their comfort zones and be "on the spot" to give direction. Leading others is not easy, but it is a learnable skill, and there's no better time to learn than right now. Our adult volunteers also do a fantastic job guiding our Corps and keeping our program running smoothly. We have a quality crew aboard the leader-ship.

During my Navy career, I was fortunate to work in many different countries and with a wide variety of people. I now have many shipmates and colleagues I can call upon and share sea stories.

From my conversations with cadets past and present, they also value the people whom they've encountered locally and throughout the nation. It is my hope that not only will our young men and women emerge as strong citizens and capable leaders, but develop a circle of deep and enduring friendships.

I'm very excited to be part of such a vibrant team and I'm enthusiastic about the future of the Sea Cadets. I look forward to working with our cadets and our adult volunteers as we continue to grow and improve our Corps. ■

## THE SEA CADET SEAFARER NO. 01

October 2021 · Year 01

**COVER PHOTO COURTESY OF** RADM Charles W Parks Battalion of Dublin, California - Southwest Field Area, Region 12-2

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COAST GUARD

# BARQUE EAGLE





## ARTICLE BY:

U.S. Naval Sea Cadets  
Public Affairs

Four U.S. Naval Sea Cadets gained an experience of a lifetime August 9-13, when they set sail aboard the U.S. Coast Guard Cutter Eagle, the flagship of the U.S. Coast Guard.

### THE SHIP

According to the U.S. Coast Guard Academy's website, the Eagle serves as a training vessel for cadets at the Coast Guard Academy and candidates from their Officer Candidate School. The Eagle is the only active duty sailing vessel in America's military and one of only two commissioned sailing vessels along with the USS Constitution.

### A UNIQUE OPPORTUNITY

Petty Officer First Class Jacqueline Smith, assigned to Ben Moreell Battalion based in Port Hueneme, California, is one of four Sea Cadets chosen to participate in this event. "It is a privilege to be aboard the U.S. Coast Guard Cutter Eagle as a U. S. Naval Sea Cadet," said Smith, who has been involved in the youth organization for the past three years and has participated in a variety of trainings each year. She highlighted the uniqueness of this latest opportunity saying, "Being on this historic tall ship will be one of the most memorable experiences. The Sea Cadet program has taught me leadership, honor, community service, and respect, which are skills that will serve me well throughout my







journey aboard the Eagle and into adulthood." Smith will take the lessons learned aboard the Eagle and apply them toward the U.S. Coast Guard Academy, which she hopes to be accepted after completion of high school. "This is a trip of a lifetime that I hope to repeat as a cadet in the U.S. Coast Guard Academy," said Smith.

### A FUTURE RESCUE HELICOPTER PILOT

Like Smith, Petty Officer First Class John Jackson, from Jamestown, Indiana, has been involved in the Sea Cadets for the past five years and is planning on applying to the U.S. Coast Guard Academy. He is assigned to the Arleigh Burke (DDG-51) Division in Avon, Indiana. "I am leaning towards becoming a rescue helicopter pilot and serving my country has always been my main priority," said Jackson, who added that the opportunities the U.S. Naval Sea Cadet Corps provide "are too numerous to list."

"I've had the chance to do some amazing things and meet so many great people, which lead me to the opportunity of going aboard the Eagle. It's an opportunity of a lifetime and an honor for all four of us. I think it's going to really seal the deal on the Coast Guard for me as a career choice," said Jackson.

### THE TRADITION CONTINUES

U.S. Naval Sea Cadet Corps Field Representative Capt. Brian Roche, retired from the U.S. Coast Guard, coordinated the Sea Cadet experience aboard the U.S. Coast Guard Cutter Eagle. Roche is one of six field representatives assigned to the youth organization and helps to bring awareness to careers in the U.S. Coast Guard. Roche said, "the tradition continues with these four aspiring teenagers spending time on the Eagle, like the three weeks I spent onboard her while transiting the Atlantic to Ponta Delgada, Azores in 1991."

### TRAINING TO LEAD

Another of the four Sea Cadets is Chief Petty Officer Luke Gehringer, of Mohnton, Pennsylvania who has been with the Sea Cadet Corps for nearly six years. Gehringer has stayed with the organization based on the opportunities to engage with America's military and industry leaders. "To me, being a Sea Cadet means I get to train with America's current leaders to become one of America's next leaders. We learn a strong work ethic through our uniquely challenging trainings, while being rewarded with incentives no other organization can offer," said Gehringer.



## TIGHT-KNIT SHIPMATES

Gehringer added that thanks to the tight-knit community aspect of the Sea Cadet Corps, "it's unusual for you not to already know at least one person when attending new trainings." One of his distant training opportunities was to Hawaii where he travelled more than 5,000 miles and still ended up training with someone he knew from a previous experience. The opportunity aboard the Coast Guard Cutter Eagle is no different. "The same story rings true for this training, as I will be attending with one of my shipmates from recruit training from about four years ago," said Gehringer, who also plans to attend the U.S. Coast

Guard Academy, if accepted. If not accepted, Gehringer has other plans to attend the Reserve Officer Training Corps in either the Navy or the Army.

## OPPORTUNITIES LIKE NO OTHER

For Petty Officer First Class John Smolenski, he and his other shipmates are excited to participate in this opportunity but he is grateful to be a part of the overall youth organization. As a member of the NWS Earle Division, based in Colts Neck, New Jersey, which was established in 1967, he has been involved in the Sea Cadet Corps for the past five years. "I have been given extraordinary opportunities to learn about maritime careers

and how the Navy and Coast Guard serve our country," said Smolenski. "I hope my week sailing on the Eagle will help me experience cadet life fully and understand what I need to do to be more successful as a candidate for the Coast Guard Academy."

As an organization, the U.S. Naval Sea Cadet Corps has collaborated with the U.S. Coast Guard on other initiatives to benefit the Sea Cadets. Earlier this year, we received 10 dedicated Sea Cadet spots for our Sea Cadets to participate. Chief Dhiren Kettish attended the U.S. Coast Guard Academy Introduction Mission (AIM) one-week summer program and was chosen as

the Honor Graduate. During the week-long training event, participants gained the experience of immersing themselves in academy life. This opportunity is exclusively for students entering their senior year of high school and is regarded as the most realistic of the service academy summer orientation programs. ■







FROM NHQ

# 59TH ANNIVERSARY

## ARTICLE BY:

U.S. Naval Sea Cadets  
Public Affairs

On Sept. 10, 2021, the U.S. Naval Sea Cadet Corps celebrated its 59th anniversary. The Sea Cadets was founded in 1962 to teach America's youth the significance of maritime service in national defense while instilling a sense of pride and patriotism in our country.

### THE MISSION CONTINUES

Today it continues its mission to "build leaders of character" by providing young men and women fun and educational opportunities to challenge themselves, engage in hands-on activities, and learn about the maritime services.

### GETTING A "HEAD START"

"I am very grateful to the founders and the Navy League who had the vision in 1962 to create this excellent youth development organization," said Andrew Lennon, Executive Director, U.S. Naval Sea Cadet Corps. "What a great program to give our cadets a head start on life."

### 59 YEARS OF EXCELLENCE

During the past 59 years, many Sea Cadets have gone on to serve America proudly in the Army, Navy, Marine Corps, Coast Guard, Air Force, National Guard, and the Merchant Marine. There is no requirement to serve in the armed forces. Sea Cadets have led successful careers in industry, academia, and government.

### OUR 60TH YEAR

In 2022, the U.S. Naval Sea Cadet Corps and its 400 units will celebrate its 60th anniversary. We look forward to showcasing the youth organization, its Navy League Cadets and Sea Cadets, the volunteers, and its parents who all contribute to our mission to build leaders of character. Tip: If you are communicating about our 60th anniversary, remember to use these hash tags in your social media posts: #seacadet2022, #SeaCadet60th #SeaCadetAdvantage #SeaCadetAdvantage2022. ■



## ARTICLE BY:

U.S. Naval Sea Cadets  
Public Affairs

# LONE SAILOR

Sea Cadets from the HMCM William R. Charette Division and Seaman Craig B. Wibberley "Pathfinders" Division provided support for the Lone Sailor Awards on Sept. 22 in Washington, D.C.

## A PROUD HISTORY

The Lone Sailor Awards have a proud history of recognizing some of the best Sea Service veterans the U.S. Navy has come to offer. Drew Carey, U.S. Marine Corps veteran, renowned actor, comedian, and game show host and Barry Clayton Black, 62nd Chaplain of the United States Senate were recognized at the awards event. In June 2003, Rear Adm. Black (Ret.) became the first African American to hold that office. He previously served for over 27 years in the U.S. Navy Chaplain Corps, rising to the rank of Rear Admiral and ending his career as the Chief of Chaplains of the U.S. Navy in 2003.

## ACCOMPLISHMENTS REWARDED

"We are fortunate for the opportunity to hold our annual Lone Sailor Awards this year and recognize these two stalwart professionals who have contributed extensively to the U.S. Navy and U.S. Marine Corps," said retired Rear Adm. Frank Thorp, USN (Ret.), President and CEO of the Navy Memorial who added that this opportunity, "provided an opportunity for our U.S. Naval Sea Cadets to experience this moment when we celebrate the accomplishments of our veterans and long-standing supporters of the Sea Services."

## CADETS SHARE IN CELEBRATION

"We are thankful to the Navy Memorial to allow this opportunity for our Sea Cadets to experience this celebration of the Sea Services and those who wore the cloth of our nation," said Executive Director, U.S. Naval Sea Cadet Corps Andrew Lennon. ■





**ARTICLE BY:**  
Sea Cadet Lt. Cmdr.  
Patricia Fields

# EXPLORING A FUTURE IN FLIGHT

This training started in the late 1990's with a group from Florida. Their main instruction was in the classroom. In 2002, the same group made a decision to give up the training do to long distance planning.

## HANDS-ON AIRMAN COURSEWORK

In 2002, LCDR Pawlus worked with this group with the stipulation that someone would take over in the summer of 2003. LCDR Pawlus took over as the COTC in the summer of 2003 with our help. In the summer of 2004, we stepped up as the COTC and have been involved since the summer of 2003. When we first started, we knew just classroom studies would not cut it. Cadets needed hands-on as well as completing the Airman Course work before attending the training. During check-in, each cadet is issued coveralls with proper Sea Cadet flashes. They have to have steel-toe boots and we talk about safety, safety, safety and tool control.

## IN THE SHOP

The cadets had a hard go at first. The different shops weren't too receptive having these young men and women in their shops working with Navy and Marine personnel. With perseverance, we gained their trust. This was our first step getting into one of the shops thru maintenance control. Since then, we

have a good rapport with Fleet Readiness Command (FRC). At VMFA, all cadets have to go through ejection seat training for the F/A-18 before they can start helping to work on these planes; Reserve Army Helicopter Maintenance; VR-59 Fleet Logistics Support Squadron; and simulators on base.

## HARD AT WORK

Each evening after chow, we have a 2-hour class going over physics of an aircraft, i.e., lift, thrust and drag, weather, air traffic control, and sharing their day spent at the different shops. After two weeks of instruction, the cadets came away with an understanding of the physics of flight and hands-on skills working with military personnel.

## TOURING FACILITIES

The last several years, cadets have had the privilege of attending Lockheed Martin to tour the facility with the help of a retired Admiral Cub Amos. This year we had the honor of having special guests join us: the Chairman and Vice Chairwoman from the Sea Cadet Board of Directors who visited the Airman Training. ■





# THE FUTURE HELPS REMEMBER THE PAST

Each month, Submarine Force Pacific conducts a solemn bell tolling ceremony at the historic Sharkey Theater on Joint Base Pearl Harbor Hickam. The Tolling of the Boats is a stark reminder of the heavy cost our shipmates have paid to defend freedom.

## TOLLING THE BELL

On July 22, 2021, Sea Cadets attending a week-long submarine training had the privilege of participating in the Tolling of the Boats ceremony. Seventeen cadets in all attended. Sea Cadet Chief Petty Officer Emily Kelso of Elk Grove, California read the names of the boats and Sea Cadet Seaman Phoenix Nesbitt of Washingtonville, Pennsylvania read how the submariners were lost. Sea Cadet Petty Officer Third Class Marcel Roche of Naples, Florida tolled the bell.

## HONORING OUR FALLEN

Two hundred and eighty-one brave sailors lost their lives aboard submarines during each July between the years 1919 to 1944 and are now on eternal patrol. The cadets had an opportunity to run through the ceremony beforehand and learn how to pronounce the names of the submarines.

## HEARING FROM THE FLEET

At the conclusion of the ceremony, several submariners took the opportunity to welcome the cadets and talk about what they did aboard the different submarines they served. Cadets were also given the opportunity to tell where they called home and to ask questions.

## BELOW IS A LIST OF THE SUBMARINES, THE DATE OF THE LOSS, AND THE NUMBER OF MEN:

S-28 (SS-133)	04 JULY 1944	49
USS RUNNER (SS-275)	11 JULY 1943	78
USS ROBALO (SS-273)	26 JULY 1944	81
USS GRUNION (SS-216)	30 JULY 1942	70
EX-G-2 (SS-27) (EX-TUNA)	30 JULY 1919	3

## ARTICLE BY:

Sea Cadet Lieutenant  
Greg Hall







ARTICLE BY:

U.S. Naval Sea Cadets  
Public Affairs

# FRIENDLY COMPETITION

More than 150 U.S. Naval Sea Cadets and adult volunteers representing seven Maryland-based Sea Cadet units participated in the first-ever Flagship Competition held in that state to promote healthy competition between the units, Sept. 17-19.

## SEVEN UNITS COMPETE

Navy League Cadets and Sea Cadets from seven units with ages ranging from 10 to 17 participated representing Annapolis Division, Charette Division, TS Constellation, Fort McHenry Division, Maryland Division, TS Reina Mercedes and the SN Craig B Wibberley "Pathfinders" Division.

## TEAMWORK ON DISPLAY

"Participating cadets have the opportunity to compete against one another to demonstrate individual seamanship skills as well as unit skills in drill, color guard, physical fitness, academics, and more," said Ensign Shannon Fleischer, Administration Officer for the SN Craig Bryan Wibberley "Pathfinders" Division. She added that the all-outdoor event provides an opportunity for cadets to safely participate and remain engaged in the program. "We have individual tents sent up for each of the cadets, so it will be a camping adventure for them." Fleischer helped coordinate the Sea Cadet training with Sea Cadet volunteer Lt. j.g. Miles Kushnereit at the 150-acre High Point Farm in Clarksburg.

## MAKING CONNECTIONS AND EXPLORING NEW LEADERSHIP STYLES

Sea Cadet Fort McHenry Division Command Chief Steven Emessiene enjoyed the competition and opportunity to learn by example to become a better leader. "The Region 2-1 Flagship Event gave units the opportunity to make connections, explore leadership styles, and become more familiar with each other, so we can have more integrated events later in the year. I enjoyed working alongside the training contingent and the unit leading petty officers through this flagship," said Emessiene.



If you are scheduling a Flagship Competition in 2022, we would like to hear about it. We are working closely with Commander, Navy Recruiting Command to align Navy Recruiters with Sea Cadet units nationwide. For coordinating collaboration ideas in 2022, contact Jennifer Cragg, [jcragg@seacadets.org](mailto:jcragg@seacadets.org).



Regional Director Lt. Cmdr. Emilo Balay, who oversees the seven Sea Cadet units, emphasized the importance of bringing together the Sea Cadets which marks the first for the state.

## BUILDING CAMARADERIE

"This is a perfect opportunity to build camaraderie and celebrate each unit's accomplishments in the state of Maryland. The flagship event will kickstart our initiative to allow cadets/units in our region to have more interaction across the state as they train together and serve their community," said Balay.

## TRAINING AND LEARNING FROM EACH OTHER

"During COVID, it was challenging for a lot of Sea Cadets who could not train in person; so this is a great opportunity for Sea Cadets to come together to train and learn from each other," said Fleischer. "This event provides an opportunity for Sea Cadets to not only compete against each other but also in the process learn from each other, and use that as a driving force to be a better cadet." At the end of the event, cadets received individual awards for excelling in physical fitness and individual competition. ■





**ARTICLE BY:**

Sea Cadet Petty Officer First Class  
Andon Peacock

**SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH**

# SPACE CAMP 2021

I chose to go to Space Camp in Huntsville, Alabama this past summer. I decided to go because space fascinates me and I believe humanity has a future in space. If the plans that have been made today happen smoothly, my generation will be the perfect candidates to go to Mars.

## CHALLENGES IN ZERO-G

While at Space Camp, I bunked with the Chiefs -- of which we had three males and one female. While I did not hold an official cadet staff position, I helped the Chiefs with whatever they needed and served as leadership in their absence. As for the activities at Space Camp, we made our own rockets and launched them; we experienced the gravity on the moon by SCUBA diving; and alternately, but less fun, used a special harness tethered to the ceiling. We also participated in an aviation challenge, which was flying simulations of the F-22 Raptor.

## LEARNING THE HISTORY

We attended many classes ranging from a variety of subjects. One class was on the history of space exploration from the first people to record what they saw with their naked eye in space to the first rockets and telescopes to the space race and finally to the latest space missions and humanity's potential future in space. Another class was on the International Space Station, which focused on its history and how people from all across the world with all their different languages work

together. In addition, we had a class on astronomy focusing on the constellations and other significant landmarks and entities in space.

## THE FIRST BUT NOT THE LAST!

In my opinion, the training experience was excellent and ran very smoothly considering this was the first time it was offered to cadets. ■





# ALUMNI CORNER



## ARTICLE BY:

Former Sea Cadet Chief Petty Officer  
Lorenzo Gari



I first joined the Sea Cadets in October 2007 at 10 years old. I will never forget after my first day of drill realizing that this was an organization where I wanted to be involved. Over the course of the next 9 and 1/2 years, I was involved with the Spruance Division in Fort Lauderdale, Florida. I would be appointed the unit's Color Guard Commander, appointed Chief Petty Officer in 2012 at age 16, and would attend 25 advanced trainings throughout the country. Typically, I would be gone entire summers. At a young age I was aware of how unique the opportunities the Sea Cadets offered, and I wanted to fully explore them all. These trainings and experiences only scratch the surface of what the Sea Cadets not only exposed me to, but also the values they taught and instilled within me that I carry to this day.

## AFTER SEA CADETS

Once I graduated out of the program in May 2014, I stayed on to become an adult volunteer as a Midshipman. It was the best method of continuing to be involved with the Sea Cadets - not only the Sea Cadets, but also a Navy League Council that saw me grow up, support me, and encourage my growth. It was my turn to similarly meet new cadets, share my experiences, encourage them, and contribute in the small ways that I could to their journeys in the Sea Cadets.

## INFLUENTIAL TO FUTURE SUCCESS

I graduated from Florida Atlantic University in April 2021 with a degree in Political Science. The influence of the Sea Cadets played a major factor in redefining my priorities and goals in life. Following graduation, I chose to pursue my graduate degree at American University in Washington, D.C., where I will pursue my Master's in Public Policy, with a concentration in Advanced Policy Analysis. I was also awarded an academic scholarship to aid in my tuition. These two feats were only matched by being awarded an internship through the Congressional Hispanic Caucus Institute on Capitol Hill. Congresswoman Frankel is the representative of my home district in Florida and also awarded me my congressional nomination for the Naval Academy in 2014.

## LIFE LESSONS AND EXPERIENCES MATTER

Sea Cadets have influenced my life in ways I would never have thought possible at 10 years old, and I cannot say enough good things about the program. Sea Cadets gave me life lessons and experiences I know I would otherwise have not had where I met lifelong mentors, friends, and people from all walks of life. I could not be prouder to have made the choice to join the Sea Cadets, and I only hope I can share more or otherwise help spread awareness of the Sea Cadet program. ■

## WANT TO WRITE FOR THE SEAFARER?

We are looking for 300 - 500-word articles for our next issue of the Seafarer!  
Articles must be accompanied with at least three photos as well as a photo of the author.

## PLEASE SEND ALL SUBMISSIONS TO:

[jcragg@seacadets.org](mailto:jcragg@seacadets.org)

# REMEMBERING SEPTEMBER 11

**ARTICLE BY:**

U.S. Naval Sea Cadets  
Public Affairs

The Thomas Jefferson Division epitomizes service before self, a philosophy ingrained in the youth-led U.S. Naval Sea Cadet Corps unit, which offered its support during the annual Stephen Siller Tunnel to Towers 5K Walk and Run September 11. While this annual event is predominantly firefighting-led, participating Sea Cadets (ages 10-18) ran as a group, passed out water to runners and walkers, and handed out US flags to participants of the parade after the event to pay tribute to the lives lost on 9/11.

## UNLIKELY HEROES

Retired Army National Guard Lt. Col. Regina Kilmer, Commanding Officer of the Thomas Jefferson Sea Cadet Division, explained the significance of Stephen Siller and his actions on 9/11. "Siller was an on-duty fire department officer in New York. When his shift ended on 9/11, he heard on his scanner the news of a plane hitting the North Tower of the World Trade Center," said Kilmer. "He then drove back to Squad 1 to retrieve his gear." He got as far as the Brooklyn Battery Tunnel, which was closed for security purposes. Without hesitation, Kilmer added, Siller put on his 60-pounds of gear and headed toward New York City to save lives—but lost his life while saving others.

## FUNDS RAISED HELP FAMILIES

The proceeds from the Jefferson City race, and other similar races throughout the United States, assist Gold Star families and help pay for smart homes for wounded warriors. "We have two wounded warriors here in the Jefferson City area who have been recipients of smart homes," said Kilmer, "so this annual run means a lot to us." In addition to supporting the annual Stephen Siller Tunnel to Towers Walk 5k Walk and Run, local Naval Sea Cadets have raised funds to support veterans traveling on Honor Flights to Washington, D.C."

## SERVICE BEFORE SELF

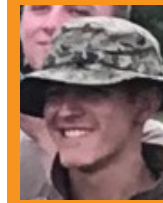
While Kilmer has led from the front in her career with the Army National Guard, she continues that philosophy with the Sea Cadets. That service before self is evident by her ability to lend a hand and a voice to begin the annual event. Kilmer performed the National Anthem, something she has years of experience delivering. "I have always sung in church," said Kilmer. In August 2021, 11-year-old Alayna Brosch, who is a Navy League Cadet with the Thomas Jefferson Division, twice performed the National Anthem for military veterans at the Missouri State Fair.

## NEVER FORGET

With her long-standing history of service to our nation, and performing the National Anthem at numerous events, she is grateful to provide support prior to the annual race to remember and honor the heroes of 9/11. When detailing the run from start to finish, beginning and ending at the State Capitol, she explained the impactful meaning of never forgetting those lives lost 20 years ago. "It is quite a sight to see with the fire department displaying a gigantic U.S. flag hanging between the boom trucks," said Kilmer. "Displaying the American flag will be even more poignant this year as the nation commemorates the 20th anniversary of 9/11. ■



# "NEVER QUIT"



**ARTICLE BY:**

Sea Cadet Petty Officer First Class  
Benjamin Evans

**N**aval Special Warfare Orientation Course (NSWOC), was an incredible training experience that immersed me in what the training to become a Navy SEAL must be like. The training taught me many valuable lessons that I will undoubtedly carry with me throughout my life's endeavors.

## "IT PAYS TO BE A WINNER"

In each training evolution, whether it be PT, water evolutions, or races, winners were rewarded while underperformers were challenged. During difficult evolutions, we primarily worked to overcome them as a team, but we also were tested individually. The deciding factor in the individual races was the will to win and the determination to push yourself to the end. The lesson was clear: success pays off. This approach provided a powerful incentive for all of us to push through to achieve success. This is also a metaphor for life. Those who settle for mediocrity, whether in their work or their personal development, rarely achieve greatness. On the other hand, those who give maximum effort in all that they do are the people who constantly succeed throughout life.

## "QUITTING IS NEVER AN OPTION"

A bell was present at every training evolution. "Ringing out" from the training meant that you get a hot meal, warm clothes, and a ride home. The instructors constantly reminded us that the bell was the easy way out. We encouraged each other constantly to never quit and to continue to persevere. This lesson can be applied to all aspects of life. It never pays to quit. Taking the easy way out is an illusory shortcut that can only inevitably lead to failure and regret.



## "PROFESSIONALITY AND TEAMWORK ARE CRITICAL FOR SUCCESS"

One aspect of this training that impacted all of us greatly was the professionalism with which we were treated by our instructors. We trained using the same facilities and equipment as real Navy SEAL operators, receiving the same advanced instruction, guidance, and mentorship that a SEAL team would expect to receive. We shot weapons similarly used by SEALs, learned how to clear a room utilizing authentic close-quarters battle tactics, learned underwater navigation using SCUBA equipment, and were instructed in countless other aspects of SEAL training. Unlike all other Sea Cadet trainings I have attended, at NSWOC we were held to a higher standard. Knowing that we were being held to the same high standard as special operators motivated all of us to train even harder and to continue to pursue excellence in all that we did. Being held to a higher standard also necessitated that we accept full responsibility for our actions, which the instructors held us to. Professionalism and maximum effort were always expected of each of us. If just one of us failed to uphold the standard, the entire team would reinforce the importance of that standard. This provided a strong incentive for all of us to work as a team, despite our differences, and constantly help each other to improve.

In conclusion, NSWOC was an extremely challenging yet highly rewarding experience that taught me many valuable lessons. During the two weeks of training, I learned what training to become a Navy SEAL must be like. From underwater navigation to marksmanship, close-quarters battle to reconnaissance training, we trained, in general terms, in almost every skill a Navy SEAL needs to know. Despite how in-depth our training was, the instructors constantly reminded us that our training was just the tip of the iceberg. For the training, we touched on many aspects of SEAL training and tactics that normally take months to truly master, giving me and my teammates newfound respect for the Navy SEAL community, along with all members of Special Operations. Overall, NSWOC has been an incredible experience that has kindled my desire to become a member of the elite Special Warfare community and has motivated me to continue to apply maximum effort in all my endeavors. I am sure my fellow cadets will agree with me when I say with absolute certainty that NSWOC was an unforgettable experience. ■



# RECRUITING & RETENTION

## TIPS

### ARTICLE BY:

Sea Cadet Lieutenant  
Regina Kilmer

The Thomas Jefferson Division (TJD) in Jefferson City, Missouri meets monthly with 35 cadets and 20 volunteers for overnight drills at the National Guard's State Headquarters complex. TJD has developed 5 successful methods for recruiting and retaining cadets.

### SPONSORS AND COMMUNITY SUPPORT

We are financially sponsored by the Marine Corps League, the American Legion, and the Veterans of Foreign Wars. We support the Jefferson City Veterans' Council, the VFW Buddy Poppies campaign, Operation Bugle Boy, the Stephen Siller Tunnel to Towers 5K, the Marine Corps Reserve Toys for Tots, Wreaths Across America/Wreaths for Heroes, and the Central Missouri Honor Flight. We have completed as many as 25 Color Guard details, 5 parades, and 1,700 hours of community service annually. We use TeamSnap to manage our operational tempo. This intentional engagement with the public leads to new referrals – and also keeps us busy.

### RECRUITING

We have a Recruiting Booth at least semiannually with our most articulate and zealous cadets and volunteers manning the rails. There are helmets and protective vests to try on as well as push-up competitions with interested young people to engage the public.

### DIVERSE DRILLS

We divide up our drills between hands-on training, classes, and guest speakers. Our cadets will tell you they come because it's fun and this is where their friends are -- friends they've made because of their enrollment in the program.

### FIELD TRIPS

At least quarterly, we take a field trip during drill: rappelling, cruising on Sheriff's Department boats, Intro to Scuba training at the YMCA, air shows, the Highway Patrol Museum, the Museum of Missouri Military History -- just to cite just a few examples.

### OFF-SITE EXTENDED ACTIVITIES

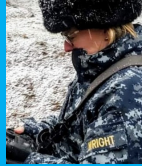
Once or twice a year, we execute a three-day drill off-site. This has been either at a 110-acre farm where we use tents or at the Army's Lake Ozark Recreation area at the Lake of the Ozarks, which has barracks with cots. We set up a primitive galley with a large BBQ grill and a commercial camping stove, roasters, and coolers.

### RESOURCES ARE AVAILABLE

Did you know that we have a Recruiting and Retention book and a How to Stand Up a Unit book? If you need additional recruiting tips, or you know of a leader who would like to step into a leadership position and stand up a unit, check out these resources by visiting Magellan today to request your copy. ■



# PHOTOGRAPHY BASICS



**ARTICLE BY:**  
Sea Cadet Lieutenant  
Linda Wright

**W**hether your camera is a DSLR, a point and shoot, or a cell phone, knowing how to confidently hold it is one of the keys to taking good, crisp photos.

## GET A GRIP

Use both hands to grip your camera to eliminate camera shake and blurry photos.

## BRACE YOURSELF

Add extra stability by leaning against a solid object like a wall or tree or by sitting or kneeling down to eliminate camera shake/blurry photos.

## FOCUS ON YOUR SHOT

Use the viewfinder on your camera rather than the LCD screen so your face becomes a stabilizer against camera movement.

## TUCK IN

If your camera uses an LCD screen, tuck your elbows into your sides and don't hold the camera too far away from you.

## A DELICATE TOUCH

When you're ready to take the photo, don't mash down on the shutter button or grip the camera tightly. Press the button lightly so your muscles don't flinch or shake the camera.

## FIND YOUR OWN STYLE

Each person will have their own techniques they're more comfortable with and with practice. You'll find out what works best for you. After mastering holding a camera steady, start thinking about what picture you want to take and plan it out. ■



# SEA CADET CHIEF PETTY OFFICER'S LIST

Bravo Zulu to these exceptional leaders of character!

Advancements from 01OCT20-30SEP21

Hadrian Abas  
Jeffrey Abe  
Lily Adam  
Laila Adawadkar  
Christian Anderson  
Christavella Arredondo  
Isaac Arredondo  
Christian Arzate  
Delaney Atkinson  
Adina Baer  
Nicholas Baker  
Randi Beaty  
Scott Beemer  
Krish Bhatia  
Nathan Bishop  
Cody Blaire  
Brendan Bondy  
Emilygrace Bowles  
Jacob Boyce  
Owen Britton  
Kellyn Bucceri  
Noah Buckwalter  
Connor Burns  
Matteo Canu  
Bryan Carpenter  
David Carr  
Caden Casas-Lasley  
Maeve Case  
Sitara Chernobilsky  
Ariella Clarino  
Andrew Cohen  
Jared Colls  
Zemyna Cook  
Fia Cooper  
Juan Cruz  
Joseph Custer  
Joseph D'Agostino  
Emmaleigh Damask  
Tiana Dayrit-Fuimaono  
Brianna Deboer  
Jacob DeFonce  
Christoph Deya  
Zoey Dipasqua  
Kellen Dooley  
Nathan Drown  
Kimberli Dunn  
Mason Dyer  
Logan Easter  
Yanitzia Escoto  
Kaelyn Falanga  
Gavin Farnsworth  
Kyle Fink  
Mason Flaatt  
Brennan Flanagan  
Zeke Flores  
Katrina Foeller  
McCallaster Foley  
Nicholas Franzen  
Cameron Frye  
Elizabeth Fyler  
Riley Galica  
Jason Garcia  
Luke Gehringer  
Isabella Giammanco  
Andres Godoy

Aiden Graham  
Gregor Guempel  
Amar Hathiramani  
Jack Herman  
Gabriel Hernandez  
Daren Hess  
Edward Hessler  
Griffin Hewitt  
Jonah Higdon  
Richard Hoepfl  
Michael Hopkins  
Andrew Hudson  
Ellie Hwang  
Theodor Illarionov  
Mayia Iskandarzada  
Jace Jackson  
Kayla John  
Aaron Jones  
Madelyn Kady  
Benjamin Kang  
Emily Kelso  
Liam Kemmis  
Miles Kessler  
Dhiren Kettish  
Zainab Khan  
Elisa Kim  
Sean Kinahan  
Connor Kinnaird  
Josh Klatzkow  
Andrej Klema  
Sebastian Klincewicz  
Julia Knisley  
Thomas Koski  
Rustem Kultanov  
Nicholas Lamendola  
Dominic Leahy  
Nathan Li  
Samuel Lin  
Sydney Lin  
Eustazia Lindemood  
Bradley Lowe  
James Lu  
Nathaniel Luedicke  
Ezekiel Luna  
Nicholas Mahan  
Emma Manley  
Thomas Manley  
Marin Martin  
Johnathon Mason  
Scott Mauricio  
Giorgio Mavica  
Lucas McGary  
Kennedy McHorse  
Erica Mitzel  
Guilliane Gene Mojica  
Hope Monday  
Braedon Moyer  
Eli Mumm  
Elspeth Neidhardt  
Kevin Nguyen  
Chelsea Nguyen  
Ethan Nguyen  
Scott Nicholson  
Kalil O'Brien  
Cathryn O'Mahony

Shannon O'Neil  
Amelia Overman  
Grant Pappas  
Ryan Parker  
Tyler Patterson  
Jacob Pemberton  
Adam Perez  
Patrick Pirtle  
Thomas Plummer  
George Pryor  
Jackson Putnam  
Lukas Rabiner  
Ralph Ramier  
Cameron Raut  
Daniel Realmuto  
Bradley Rhoades  
Sydney Rhomberg  
Maya Robbins  
Samuel Rogers  
Sebastian Roman  
Nathaniel Rosekrans  
Samantha Saito  
Thomas Saito  
Georgiy Sakharov  
Matthew Savage  
Olivia Schwab  
Hugo Serrano  
Gabriel Sevilla  
Neil Shah  
Vivian Shen  
Austin Sidener  
Ryan Siereveld  
Cassidy Skoranski  
Cameron Smart  
Sarah Smith  
Jacqueline Smith  
Ni'Ke Smith  
John Smolenski  
Joshua Stephens  
Sean Sullivan  
William Swanson Jr.  
Ella Tarara  
Peter Tomasetta  
Roarke Tosi  
Trinity Tran  
Benjamin Tran  
Alyssa Trejo  
James Tucker  
Diego Valencia  
Lorenzo Vazquez Gomez  
Quinn Vereker  
Adilynn Walker  
Rebecca Welch  
Grace White  
Trenton Woodall  
Kyle Yang  
Dane Yanusz  
Max Yong  
Harrison Youdell  
Jordan Young  
Olivia Zhang  
John Zyk

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