

The

SOUNDINGS

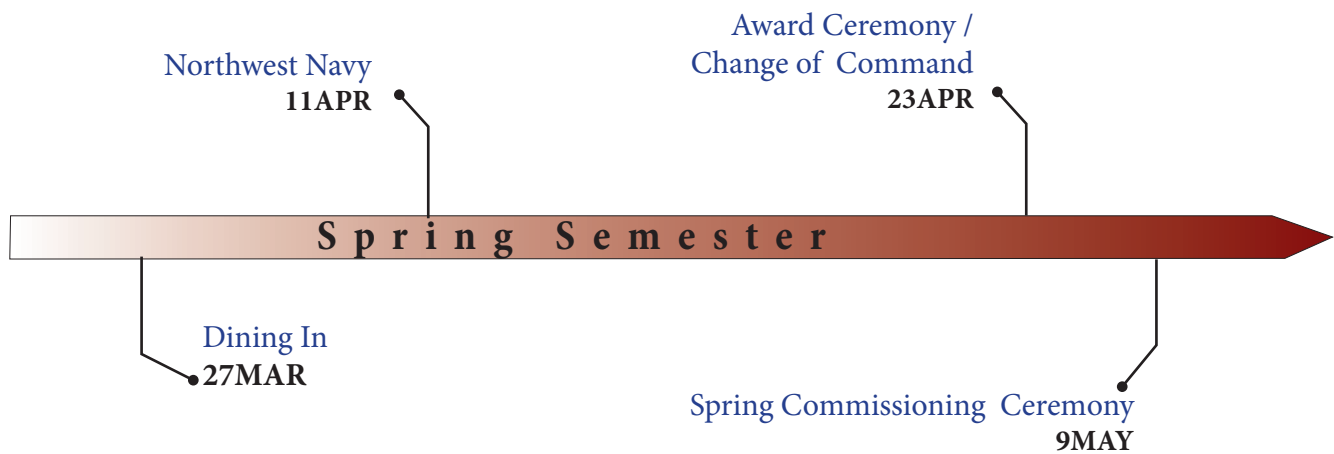
University of Utah NROTC, Spring 2015



Inside:

Captains Corner
The Basic's of Bulldog Prep
Northwest Navy

Recent



Events

Unit Staff

CO/Professor of Naval Science
Captain Housinger
XO/Marine Officer Instructor
LtCol Bishop
Freshmen/Sophomore Advisor
LT Steinbrecher
Junior/Senior Advisor
LT Fairbanks & LT Head
Assistant Marine Officer Instructor
MSgt Orndorff

Civilian Staff

Rodney Haygood
Amelia Wallace
Tom Zalanka

Mission Statement

To develop midshipmen and officer candidates mentally, morally and physically, and to instill in them the highest ideals of Honor, Courage, Commitment. To commission college graduates as Naval Officers who possess a professional background, are motivated toward careers in the Naval Service, and have a potential for future development in mind and character in order to assume the highest responsibilities of command, citizenship, and government.

Battalion Staff

CO
MIDN 1/C Nguyen
XO
MIDN 1/C Blankers
Sergeant Major
OC Furtak
Admin/Comms
MIDN 3/C Singleton
Operations
OC Carlson
Supply
MIDN 3/C Williams
Physical Fitness
MIDN 4/C Cardona
Public Affairs
MIDN 1/C Puglisi

For more information about NROTC, visit <https://www.nrotc.navy.mil/>. For more information about NSTC, visit <http://www1.netc.navy.mil/nstc/> or visit the NSTC Facebook pages at <https://www.facebook.com/NavalServiceTraining/>

Captains Corner

By: Captain Housinger

As the semester comes rapidly to a close, our seniors are commissioned, and students enter summer school or get ready for cruises, I'd like to offer a few comments for the fall semester and beyond.

First, you will have one of the largest incoming classes in a long time (we haven't had this many new students arrive in over four years). Part of that is a testament to you. People look around for NROTC units and schools and decide whether they want to be a part of those things. You have built a high-quality battalion and that helps people decide to come to this unit. But of course, that means you have a responsibility to make the newcomers feel welcome as part of the team. You also have the immense responsibility of teaching, guiding, mentoring, and leading them toward excellence. The staff can do a lot, but it is their fellow midshipmen, OCs, and MECEPs that will have the greatest influence on the professionalism of the incoming students. Lead by example. Teach them everything you can. Help them to become something better than they already are and probably something beyond what they thought they would become.

Second, I am personally very proud to know all of you. My three years here seem to have flown by, but looking back

at each class that came in and looking at how you have all developed professionally is truly a magnificent sight. That also is a testament to you. You do everything other college students do—you meet the same degree requirements, take the same classes within your major, and fulfill the same electives—but you also take Naval Science classes, meet all the military requirements, take on leadership roles within the battalion, and meet physical fitness requirements. What you do is not easy, but things that are worthwhile are seldom easy...if they were, everyone could do them. Not everyone can, but you can, and you prove it every semester.

Lastly, I'll also point out a couple of statistics. The battalion's grade point average is 3.40 and 85% of you have a GPA above 3.0. Considering that the program requirement is have a GPA of 2.0 or above, you are exceeding the minimum by about a letter grade and a half. The minimum Navy commissioning requirement is to pass the Physical Readiness Test with a grade of "good". 1/3 of our students routinely score "outstanding" or "maximum", and 55% score "excellent". This past semester only two scored "good". Nobody was as low as "satisfactory". Those who took the Marine PFT scored an average of 287 out of 300, with the lowest score being 273. The standard for commissioning is 225. Why are all those results so high? It's because you push each other toward excellence. There's a philosophy that says, "if the minimum wasn't good enough, it wouldn't be the minimum". That's true. But at the University of Utah NROTC Unit, you're not reaching for "good enough," you are trying to be the best and are achieving that. It is hard to quantify military aptitude with numbers like we can quantify GPA and Physical Fitness, but you know what it is when you see it. Continue to push each other toward excellence in all three of these areas. Never let your standards drop, because when you do, the standards of those around you will go down and the team will suffer.

To all of you: Have a great summer. Fair winds and following seas!



The Basic's of Bulldog Prep

By: SSgt Cooper

Bulldog Prep is a two credit course offered by the Naval Science Department at the University of Utah and is led by Lieutenant Colonel Ethan Bishop and Master Sergeant Nathan Orndorff with the primary instructors of the program being Staff Sergeant Blake Cooper and Staff Sergeant Adam Sorensen. The combined knowledge of the four Marines covers almost every entry level aspect of the Marine Air-Ground Task Force and encompasses over 55 years of combined Marine Corps experience. The combination of the knowledge that will be taught and the experience of the staff provide Marine Option Midshipmen and Platoon Leadership Class participants a great opportunity to learn about many Marine Corps subjects in preparation for both Mountain Warfare training, and Officer Candidate School.

Bulldog Prep meets every Friday morning at 0730 and lasts for two hours. The curriculum includes subjects like Marine Corps history, Uniform Code of Military Justice, customs and courtesies, the M16 Service Rifle, land navigation, and operation orders. On top of the mandatory academic topics, each student is required to write a paper on Marine Corps leadership principles and provide a ten minute presentation about their research on a given country. Even though the class focuses on academics, there are many challenging physical training sessions which include events like rifle and log PT, as well as five, seven, and nine-mile conditioning hikes.

While the Bulldog Prep class is structured mainly for those Midshipmen who are preparing for OCS and Mountain Warfare training, this year's class has seen a diverse group individuals which includes a Platoon Leaders

Class Candidate and a fellow University of Utah Navy Option Midshipman. While the class is structured around providing each individual the basics of what they can expect from OCS and Mountain Warfare training, there are certain events, such as the conditioning hikes, which allow for each student to service in a leadership role amongst their peers.





Spring Semester Labs



Thank you to the crew of the USS Scranton for giving us an insightful and informative brief about life as a Submarine Officer in the U.S. Navy. We now proudly display the plaque they generously gave our unit in our Naval Science Building to remind us of their visit.



This semester's House of Pain Lab consisted of teams running with weighted ammo cans, hill runs while buddy carrying a weighted dummy, pull-ups and pushing sleds. Good job out there Utes!



While most Thursday labs consist of training exercises and GMT's, on 05FEB2015 the battalion took a much needed break from that and had some fun with some trampoline dodgeball.



As shown in the photo above, MSgt Orndorff instructed the battalion about basic self-defense moves that they could use if ever placed in an unsafe situation.

Hard at Work!

By: MIDN 4/C Pearrow

One may wonder why a Midshipman would have a job while being part of the NROTC program. With all the academic stresses and NROTC responsibilities, it would almost seem impossible to find time to work. However, there are several in the battalion who have mastered time management and know how to handle the added levels of stress.

Each Midshipman receives a stipend and it's great for covering gas, toiletries, food, and dry cleaning, but sometimes extra funds are necessary. Not all Midshipmen can drive home during academic breaks and affording a plane ticket is no small purchase. "The problem is that it's not enough for a plane ticket to go home for summer and winter. I do not get financial help from family, so it is up to me to find ways to save money to go home." (MIDN 2/C Taylor) Another Midshipman works because he has to pay for his own housing and the bills associated with renting an apartment.

While finding time to work may itself be a challenge, each Midshipman interviewed works on average of 15 to 16 hours weekly. A good chunk of these hours come from working on weekends. Along with the work responsibilities, there are academic standards that each Midshipman strictly adheres to, and there are NROTC responsibilities and leadership positions that require time. All the responsibilities added together make for a very busy schedule. Most times, these jobs are out of necessity, but they teach lessons like budgeting, time management, and flexibility. It may seem impossible to have a job while being a part of the NROTC program, but there are several Midshipmen who can prove otherwise.

Our Working Students



Name: MIDN 1/C Puglisi

Job: Sales Manager at Snowbird's Mountain School Office

Average Hours per week: 24 hours per week

“ I love my job because it allows me to mix my passion of snowboarding with a position that provides financial stability.” ”

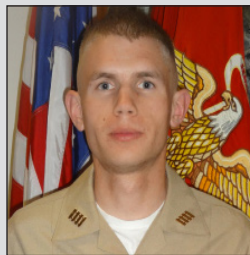


Name: MIDN 2/C Taylor

Job: Films and broadcasts all of the sports events for Westminster College

Average Hours per week: 15 hours per week

“ I am very grateful for the stipend, it allows me to not need a job that requires more hours. Also, if I ever want to go out with friends, having a job allows for a little pleasure spending that I would be unable to do with just the stipend. ”

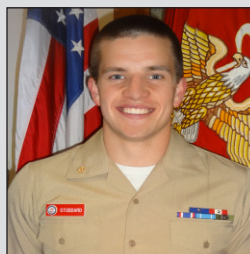


Name: MIDN 2/C Follett

Job: Server at Olive Garden

Average Hours per week: 30 hours per week

“ Of the four options of working, getting good grades, having fun with friends and sleeping, I usually have time for three out of the four. ”



Name: MIDN 2/C Stoddard

Job: Cashier at Whole Foods

Average Hours per week: 12-20 hours per week

“ Having a job gives me a little more flexibility that I would not have otherwise. ”

Northwest Navy

By: MIDN 1/C Puglisi

The weekend of April 10th through the 12th kicked off the annual Northwest Navy between the University of Utah, University of Washington, Oregon State University and University of Idaho/Washington State University Naval ROTC units. This year the events were comprised of the CFT, PFT, PRT, rifle, pistol, an endurance race, basketball, color guard, academics, drill and tug of war. This year's event was hosted at the University of Idaho scenic campus with MIDN 2/C Bender as Utah's Northwest Navy coordinator.

After all of the schools had arrived at the University of Idaho's campus, the evening began with opening remarks from both University of Idaho's Battalion Commander and Commanding Officer. Afterwards, the four NROTC units socialized and ate dinner at the Student Union Building International Ballroom. The competitive events began bright and early the next day with the PRT, PFT and rifle at 0600. MIDN 4/C Belcher earned the highest individual score for a male competing in the CFT. Next was the pistol competition in which, Captain Housinger, Lieutenant Colonel Bishop and MIDN 3/C Singleton all placed first for their respective individual events. At 0830 the six mile endurance began and it tested all five of our midshipmen who competed. The combination of physical tasks and harsh weather conditions extended over a long distance course provided difficult challenge for MIDN Taylor, Cardona, Sterk, Stoddard and Haber to accomplish and accomplish they did! The team came in a very close and respectable third place.

After the events had ended the NROTC units were directed back to the Student Union Building International Ballroom for the closing ceremony and dinner. While we did not bring home as many trophies as last year, we as a battalion took no less personal victory and pride being a NROTC Ute!





Spring 2015 Awards Ceremony

By: MIDN 3/C Nash

The Spring 2015 awards ceremony was an opportunity to recognize Midshipmen, MECEP students, and Officer Candidates for their participation and accomplishments during their time at this NROTC command. This ceremony primarily focused on individuals meriting awards from parties outside the NROTC unit. These awards are presented from those who have served, to those who will soon serve as officers in the United States Navy and Marine Corps. This includes the passing of wisdom from one generation to another with the hope that they will be more successful in their endeavors than their predecessors.

One of the awards presented was the Commander's Award which is set aside only for the graduating Midshipman who has gone above and beyond to do their best in exemplifying leadership and contributing to the battalion. Chosen by the Commanding Officer, this individual serves as an example of the effort it takes to become a successful officer in the United States Navy or Marine Corps. This year's recipient was former Battalion Commanding Officer MIDN 1/C Kim Nguyen.

Below is a complete list of the battalion members who received awards. Congratulations to all!

Veterans of Foreign Wars Award

- OC Remington

Commander's Award

- MIDN 1/C Nguyen

Distinguished Midshipmen Graduate Award

- MIDN 1/C Blankers

Reserve Officers Association Gold Award

- MIDN 1/C Puglisi

Reserve Officers Association Silver Award

- MIDN 2/C Gonzalez

Reserve Officers Association Bronze Award

- MIDN 3/C Nash

American Veterans ROTC Recognition Award

- MIDN 4/C Cardona

USAA Spirit Award

- OC Yurick

General Society of the War of 1812

- MIDN 3/C Barnes

National Society of the Sons of the American Revolution Silver ROTC Medal

- MIDN 4/C Holl

American Legion General Military Excellence Medal

Freshman: MIDN 4/C Holl

Sophomore: MIDN 3/C Smith

Junior: MIDN 2/C Stoddard

Senior: MIDN 1/C Blankers

American Legion Scholarship Medal

Freshman: MIDN 4/C Pearrow

Sophomore: MIDN 3/C Williams

Junior: MIDN 2/C Craig

Senior: MIDN 1/C Nguyen

National Sojourners Award

- SSgt Cooper

Scottish Rite of Freemasonry NROTC Award

- MIDN 2/C Taylor

Order of Daedalians Award

Senior: OC Furtak

Junior: MIDN 2/C Stoddard



MIDN 1/C Nguyen receiving the Commander Award



MIDN 1/C Blankers receiving the Distinguished Midshipman Graduate Award



OC Furtak receiving the Order of Daedalians Award



OC Yurick receiving the USAA Spirit Award

MIDN 2/C Gonzalez receiving the Reserve Officers Association Silver Award



Mile Swim

By: MIDN 2/C Stoddard

On Wednesday, February 25, eight battalion members participated in a timed mile swim with flight suits on at the Westminster College swimming pool. The purpose of this physical test was to prepare for the demanding swimming requirements they will face at Naval Flight School in Pensacola upon commissioning. This assessment has very real world application for the aviation community because of the potential for emergencies over water that could force a pilot or NFO to swim considerable distance in heavy gear.

Those participating included ENS Christensen, SSgt Cooper, OC Furtak, and MIDN Sterk, Stoddard, Smith, Williams and Haber. The preparation and performance varied greatly with times ranging from thirty minutes to just under an hour. This was extremely beneficial for all who participated as it gave them a benchmark from where they will all be able to improve before getting to Pensacola.



Change of Command

The new battalion leadership is set for the Fall semester!



MIDN 2/C Craig
Commanding Officer



OC Carlson
Executive Officer



MIDN 2/C Follett
Sergeant Major

Star Student

By: MIDN 1/C Puglisi

In the Fall of 2014, MIDN 2/C Craig was presented an achievement award for earning the highest grade in the Leadership and Management Naval Science Course. Each student who receives such a scholastic achievement is given a choice between two rewards: one month duty free or two missed physical training sessions. MIDN 2/C Craig chose to have a month free of duty. When asked about her opinions of the course she stated:

“For the leadership and management class, my goal was to keep an open mind and learn as much as I could from the Captain’s experiences as an officer. The biggest thing I took away from this course is that as a leader, it is important to be flexible and to know how to motivate your followers. I enjoyed the course more than expected and can see how it will benefit me in the future. For this class, I learned best by understanding the main concepts taught and how they could be applied to real life situations that may come up in my future.”



Sharp Shooter

By: MIDN 1/C Puglisi

Congratulations to one of our very own Midshipman 3/C Glen Singleton who received first place at the NRA's Intercollegiate Standard Pistol competition for the individual ROTC division for the state of Utah. When asked how he prepared for the competition MIDN 3/C Singleton replied “I had shot competitively before my mission in the Spring of 2012 but didn't win anything. So I didn't practice for about 3 years until just before the competition on Saturday and by then I had only practiced twice.” Whether it was luck or natural talent, MIDN 3/C Singleton's shooting brought home another win for the University of Utah's NROTC pistol team at Northwest Navy this year by having the highest score amongst all of the schools that competed.





**The Soundings is the Newsletter of the
Naval Reserve Officers Training Corps
Unit at the University of Utah**

**Commanding Officer
NROTC University of Utah
110 South 1452 East
Salt Lake City, UT 84112-0430**

Phone (801) 581-6723
E-Mail: nrotc@navsci.utah.edu