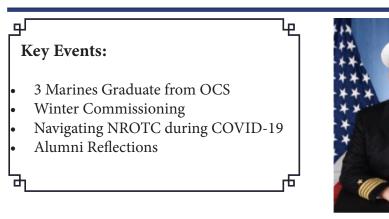
NROTC Rutgers/Princeton Fall 2020 Newsletter





Commanding Officer Andrew Smith

A Message from the Commanding Officer:

Happy 2021! I hope this finds you all healthy and motivated to start off the New Year! Despite the challenges of 2020, we had a very successful fall semester and are very much looking forward to what the new semester, and year, will bring. Despite the remote learning we were forced into, we were able to bring in numerous guest speakers to enhance our exposure to all aspects of the Navy/Marine Corps team. Additionally, we instituted a Wargame Exercise, which introduced the battalion to the intricacies of the attention to detail required in planning military operations. I congratulate each and every one of you on persevering and rising up to the challenges the pandemic has brought before us. BZ!

I also want to recognize the outgoing Fall Semester Battalion Command Triad of MIDN Peterson, MIDN Boettge, and MIDN Chiasson. I very much appreciate your collective leadership in improving our battalion and overcoming the challenges of instilling esprit de corps in a remote setting. Your positive attitude, motivation and dedication were readily apparent and much respected by all. I look forward to the Spring Semester Battalion Command Triad of MIDN Craige, MIDN Olsen, and MIDN Bellaran to build upon our achievements and continue to make our battalion the best in the NROTC Enterprise! Congratulations to MIDN Ken Dimondo, who will commission on 23 January 2021 – what a great way to start the year! MIDN Dimondo has been slated to the USS IWO JIMA (LHD 7) in Mayport, Florida and will join the ship following attending the Basic Division Officers Course. Fair winds and following seas!

Finally, we are very excited to commence the spring semester. Both Rutgers and Princeton have granted the ROTC units permission to conduct in-person classes, physical training and leadership labs. This is the first step back towards normalcy and we are very appreciative of the continued support of the school administrations. We are very much looking forward to bringing the battalion back together again as we continue to prepare each and every midshipman to be ready - mentally, morally, and physically – for service in the Fleet! Let's get to work!

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OCS Corner: Preparation, Training, and the Outcomes



"Officer Candidate School...It is what all your training leads up to... to earn the title United States Marine"

MIDN 1/C Raymond Bellaran

As Marine Option Midshipmen, Officer Candidate School is the main focus for the first three years of the NROTC program. It is where all your training leads up to as you journey to Quantico, VA, to earn the title United States Marine. NROTCU Rutgers/Princeton University has offered essential training needed to succeed in the exhausting physical conditions and trials presented to candidates at OCS. The physical training sessions are multiple times a week and are similar to some of the physical training seen at OCS. There are a lot of nonstop bodyweight exercises and long-distance running, as well as long, heavily-weighted hikes in full utilities. Candidates do not need to be bodybuilders when they show up. Instead, they need stamina and endurance to pass the physical training events.

Training with the Rutgers/Princeton Unit is necessary to be comfortable with the training presented at OCS. Every NROTC Unit offers their own training for Marine Option midshipmen. However, to distinguish yourself as a leader at OCS, you will need to have trained harder than others. For myself, my usual training during the school year centered on going to the gym at least five days a week. This routine included mixing between light weight/high rep days and heavy weight/low rep days. Also, I went to the pool to work on my cardio, as well as completed runs around campus. I completed short, fast runs to and from the gym every time I worked out. I also alternated between quick 0.5-1 mile runs and 5-6 mile runs. The alternating distances helped me understand how to pace myself, while also building my speed. When it came time to execute at OCS, my training ensured I was prepared. On the obstacle course I earned a 1:01 for my final test. I had the fastest time in my platoon for the endurance course at 33:45 and the fastest three mile I have ever ran at 17:15. These are only a few of the many days, events, and challenges that candidates will face at OCS, so it is important that midshipmen go into OCS physically prepared and confident.

MIDN 1/C Brady Williams

Over this past summer, I went through the most challenging summer of my life in Quantico, Virginia. Officer Candidate School proved to be every bit as challenging and rewarding as those who had returned told me. Luckily, throughout my three years at NROTC Rutgers, I had been properly prepared for this experience. Countless Field Exercises (FEX) had prepared me for spending time in the field, land navigation, and SULEs. Also, countless PT sessions conducted by the unit better acclimated me to "getting comfortable being uncomfortable." One example comes from my freshman year when the entire unit was afforded the opportunity to inchworm across an entire soccer field. These experiences and countless others gave me, MIDN 1/C Peterson, and MIDN 1/C Bellaran the mental fortitude to have as short of an acclimation period as possible while at OCS.

While these experiences were helpful, physical fitness is also extremely important at OCS. Some go into OCS more fit than others, and those who are not fit either have a much harder time or are sent home early. Preparing physically for OCS is a very individual effort. I was able to be well prepared by mixing short and long runs with Tabata sprints for cardio and focusing on calisthenics, instead of raw muscular strength. These things helped make physical events easier and allowed me to focus on other events, knowing that I wouldn't have to worry about dropping out of PT or failing one of the many graded physical events. The combination of individual physical fitness and long term mental training from the unit consistently ensures that any Rutgers Midshipman that steps foot on Brown Field doesn't leave without their Eagle, Globe, and Anchor.



"...any Rutgers Mídshípman that steps foot on Brown Fíeld doesn't leave without their Eagle, Globe, and Anchor"

MIDN 1/C John Peterson

The most important part of OCS has nothing to do with what happens at Quantico. The most important thing to look at to determine how successful you will be at OCS is the work you put in before stepping foot on Brown Field. The three things they grade you on are Physical Fitness, Academics, and Leadership.

For Physical Fitness, you need to work out on your own. There is no secret to it. The average workout I would put myself through on a daily basis before OCS was far harder than anything they threw at me, so they never caught



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me breaking my bearing or looking weak.























For Academics, learn as much as you can prior to going in. I probably annoyed the guys in the class above me, but I would pick their brains about things they struggled with and little tips they had to offer. Additionally, because we needed to quarantine prior to starting, they gave us the textbook of all the knowledge we would be tested on a week before everything began. Understanding that, that knowledge textbook would be our bible for the next couple weeks, I read through every chapter highlighting the important things; that way when any classes were given, they were just a review.

For Leadership, take the billets you have at NROTCU Rutgers/Princeton seriously. Especially during our FEXs, I learned a lot about running SULEs just from experience, mostly because I made a ton of mistakes and was able to learn from them / not repeat them. The more first hand-experience you can get, the better-off you will be. Something else that helped during inspections and the FEXs / SULEs was making flashcards of knowledge the instructors would hit us on and the hand / arm signals. I made these flashcards over Christmas break and would occasionally flip through them the entire semester leading up to OCS. This certainly helped because the instructors were never able to catch me not knowing the answer to what one of our general orders was or what the 11 leadership principles were. Additionally, during the SULEs, I was always a fire team leader because I could communicate well with the squad leaders. Making yourself an asset to the team like that is a great way to make sure you get good peer reviews. Personally, I put in the work ahead of time, came in over-prepared compared to other members of my platoon and didn't find it all that challenging.



"The most important part of OCS has nothing to do with what happens at Quantico"

Mark VI Patrol Boat: Follow Up



MIDN 2/C Gavin Mayes

On 5 December, I traversed out to Coronado to visit family and met with LT Kyle Connolly on the amphibious base to tour a Mark VI PC. The experience was a great follow-on to our SWO club meeting last year where LT Connolly discussed the Mark VI program. After having discussed the capabilities of the craft, LT Connolly provided a tour and further answered my questions while viewing the vessel's armament. The Mark VI craft is larger in person with a total length of around 80 feet and width of about 20. The craft can reach speeds upwards of 35 knots and has a variable armament that can be interchanged to meet mission needs. The unique nature of the program allows for Navy lieutenants to compete for a command qualification -a distinct honor that often requires a decade of service. LT Connolly successfully screened for early command and went on to become one of just seven lieutenants in the entire Navy to earn the qualification. For perspective, there are more four-star admirals than command qualified lieutenants! After screening, LT Connolly went on to attend a twelve month command school before assuming duties as the commanding officer of a Mark VI. His tour of service lasts 18 months. Overall, the experience at the base was extraordinarily informative and motivating, lending to a desire for a career in the expeditionary warfare groups.

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U.S. Navy and U.S.M.C Birthdays

MIDN 4/C Hargun Ghai

On 13 October, our unit hosted a ceremony for the United States Navy's 245th birthday. Unlike previous years, this celebration was done online. This emphasized that although we are physically apart, we are still able to celebrate this proud day. We all came together to remember those who served for America in the past, those who are currently serving now, and those who will serve in the future. This year was dedicated to World War II remembrance and those who risked their lives to keep the United States safe.

We started the ceremony with the National Anthem, followed by the Invocation given by Midshipman Ginsburg. Shortly after, Captain Smith gave his opening remarks with a personal story and focused on always being prepared for the next thing. From his remarks, I learned that conditions can change at any time and to always be prepared for anything. After the Captain's remarks, we listened to a birthday message from the Secretary of the Navy, Mr. Kenneth

Braithwaite, and the CNO, Admiral Mike Gilday, and his wife, Linda Gilday. Both the SECNAV and CNO discussed the importance of honoring those who risked their lives for the country in World War II. A quote that really resonated with me from the video was, "We carry on the legacy of those that fought before us."

In honor of the 75th anniversary of the conclusion of WWII, MIDN 3/C Ogawa, Kehrle, and Bowman-Davis shared information on the WAVES (Women Accepted for Volunteer Emergency Service), Admiral Halsey, and The Battle of Coral Sea, respectively. I specifically enjoyed learning about The Battle of Coral Sea which took place from 7-8 May 1942. This battle was a huge, strategic win for the United States against Japan in WWII. These presentations not only expanded our knowledge of Naval history but also allowed us to gain a sense of honor for those who risked their lives for their country. Despite being online, the unit expressed a huge sense of comradery and pride. It was amazing to see the whole battalion come together and celebrate this very special day.



Battle of Coral Sea

Background Japanese Operation Mo to take Port Moresby in

- New Guinea and Tulagi in Solomon Islands Naval Intelligence learned of this plan and
- dispatched two carrier task forces. Struck Tulag

Battle: 7-8 May 1942

- Both sides incorrectly identified targets initially. USS Sims, USS Neosho, & Japan's Shōhō sunk
- After a scouting run, both carrier fleets were spotted ~100 miles away. Yorktown struck by bomb and Lexington sunk after torpedo and bomb hits. Japanese Shokaku damaged

Aftermath

- Americans & Japanese withdrew. Both Japanese carriers removed from upcoming Midway battle
- Tactical Japanese victory & strategic Allied victory. 543 Americans lost vs 1074 Japanese



MIDN 3/C Sebastian Leon

On 13 November, NROTC Rutgers/Princeton celebrated the United States Marine Corps' 245th Birthday. Due to the current pandemic, the ceremony was held virtually, however, the importance of the event and the effort put in remained the same. Although no one expected to celebrate the Marine Corps' Birthday online, the ceremony was still professionally and skillfully executed. The battalion had a very important guest of honor whose words of wisdom inspired all midshipmen and staff in attendance. Firstly, congratulations to MIDN 2/C Traywick, who was the master of ceremonies, for a job well done. The ceremony consisted of an invocation and benediction by MIDN 2/C Walker, as well as remarks from NROTC Rutgers/Princeton Commanding Officer CAPT Andrew F. Smith, USN. MIDN 2/C Peluso had the honor of reading the Marine Corps Birthday message, written by the revered 13th Commandant of the Marine Corps, Lt Gen John A. Lejeune.

To remind the battalion of the great and illustrious history of the Marine Corps, MIDN 3/C Luthke, MIDN 3/C Leon and MIDN 2/C Babecki shared knowledge on the Montford Point Marines, GySgt John Basilone, and the Battle of Iwo Jima. These excellent briefs served as a great reminder to midshipmen of the heroic deeds and sacrifices Marines have been involved in for 245 years. After the conclusion of the ceremony, our guest speaker, Col Haar, had a motivating and very insightful brief on servant leadership, leadership expectations, command philosophy, and personal philosophy. This valuable information proved to be crucial for all, not just the 1/C Navy and Marine Options who at the end of this year will commission as Ensigns and 2nd Lt's. Col Haar's brief also served as an expectation of what senior officers look for in their junior officers. Finally, the lessons he shared with us emphasized the importance of work hard, as each day presents a new opportunity to further ourselves in our journeys to commissioning as officers in the United States Navy or Marine Corps.





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On 11 November, a number of

midshipmen attended a discussion

led by retired Marine Corps Gen-

eral Jon Davis. In a fireside chat-

on his time in service — from his first interest in the Marine Corps

respect, and a sense of purpose. He expressed his thoughts on the

military technologies of tomorrow

and elaborated on the unparalleled

brotherhood found within the Ma-

rine Corps, leaving with the audi-

curiosity for these diverse, yet complimentary, facets of our military.

ence a sense of appreciation and



General Davis and the Future of Armed Conflict

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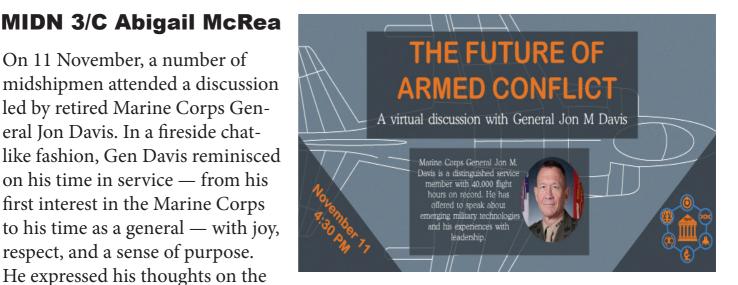








Although Gen Davis shared many compelling thoughts about technology's future, his speech gravitated towards reflection on the people and character aspects of his military career. He recounted his college experience and relayed his motivation to join the Marine Corps after learning about the Platoon Leaders Course. He recounted his desire to learn more about and become more competent in his profession — a drive which allowed him to become both a well-respected pilot and a well-loved officer.



"...as a saílor or Maríne, we must love those under our care and around us, because they are our family"

But, most of all, he recounted his experiences leading and working alongside the people he encountered during his time in the military: from his tenure as a second lieutenant to his time as a general, his teammates and mentors provided him with inspiration, knowledge, and guidance that helped shape him into who he is today.

General Davis concluded his discussion with an audience Q&A, in which he shared his views on topics ranging from technology, to leadership, to family. Each bit of information was valuable and profound; but, I believe the most impactful thing he said that afternoon was how, as a sailor or Marine, we must love those under our care and around us, because they are our family.

SWO Nuke Virtual Discussion

MIDN 4/C Catherine Gilhuley

On 4 November, we had the privilege of speaking with CAPT Ryan, LT Geyer, and Master Chief Witeck. We had the opportunity to listen and ask questions about their experiences in the nuclear community and receive quality advice. CAPT Ryan's story was inspiring and showed me how the possibilities are endless. He has been to over 20 countries, earned an MBA from the Naval Postgraduate School, served as OIC of a humanitarian assistance team, and so much more. He initially expected to serve his five years and get out, but he said, "those first experiences are the things that kept me in." I appreciated the opportunity to hear from Master Chief Witeck from the enlisted perspective, as well as from someone who has been in the service for so long. He emphasized how important the DIVO/Master Chief relationship is; if the DIVO is involved and the relationship is good, the division will do well. LT Geyer noted how there is so much to know, and she is always learning something new. Hearing from her as a 2016 Rutgers graduate was really special because she was one of the inaugural 11 midshipmen in 2012 when the program was first established. She told us about the beginnings of the unit, how they had to build up the program, what it was like being thrown into new responsibilities, and how the unit has grown into something she is proud to have been a part of. It was also really interesting to hear about her opportunity to go work with the German Navy, as this was a different and unique program that I had no idea existed.



"If you want to be successful, if you are willing to work hard and put in the hours, you are going to be successful - often..."

To me, an important takeaway was that while grades and PT scores are important, you shouldn't worry too much about them or if your major is technical enough. If you want to be successful, if you are willing to work hard and put in the hours, you are going to be successful often, it's the non-STEM majors who do the best at Nuke School. I really enjoyed this meeting, and it made me excited to learn more about the SWO Nuke pipeline.

















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Rear Admiral Waters on the Navy's Submarine Force



MIDN 3/C Jack Pederson

Rear Admiral Waters spoke to the Rutgers / Princeton NROTC Battalion during our weekly drill period on 19 October, providing insight on the current affairs of our Navy's submarine capabilities and his own career and giving advice to the midshipmen as we progress in our careers. RADM Waters is the Commander of Submarine Group 2, based out of Norfolk, Virginia. He graduated from the United States Naval Academy in 1989 with a degree in Systems Engineering and completed graduate studies at Oxford University in 1991. Among his many sea tours aboard submarines and staff assignments over the course of his career, Waters most recently served as the director of Maritime Headquarters, U.S. Pacific Fleet. He has been awarded the Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, Navy-Marine Corps Commendation Medal, Navy-Marine Corps Achievement Medal, as well as other individual, unit, campaign and service awards.

Interspersed with motivational videos of U.S. Navy submarines in action, RADM Waters spoke to the might of our submarine force compared to other nations. Examining our adversaries, Waters remarked that although some nations may have comparable assets in other capacities, our submarine force is far and away the most advanced and battle-ready of any. Nuclear power has largely contributed to this, as other submarine forces still operate on relatively outdated diesel power or possess few nuclear-powered submarines. He outlined the rising threats of China and Russia, stating that China has increased its aggressive territorial efforts in the western Pacific, while Russia is building itself back to its former strength under the Soviet Union. Consequently, Waters stressed the constant strides our Navy is making in improving its capabilities, specifically with the future introduction of Columbia class SSBNs.



"...our submarine force is far and away the most advanced and battle-ready of any" S

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For the second half of the meeting, RADM Waters took a more personal route and discussed the sailors who constitute the submarine force. He touted the diversity initiatives the Navy has taken up since his commissioning, as there has specifically been an increasing number of women on U.S. submarines. Waters also wasted no time addressing the common, widely-held belief of the submarine force as being difficult to enter due to technological rites of passage, stating that although this is true, a high bar is necessary to ensure young sailors can be relied upon to perform demanding duties. Moreover, Prototype and Nuclear Power schools are meant to adequately prepare Midshipmen for this nature of service.

During the Q&A portion, RADM Waters discussed more of his personal experiences. On the question of what has kept him motivated and coming back over the course of his career, Waters responded that it is the uniqueness of the Navy and the character of those who constitute it. He ultimately believes the ability to command a submarine is more exciting than sitting behind a desk at an office. Waters also commented on the critical aspect of control and how it is essential to maintaining one's credibility as a leader. Finally, on the topic of the Navy's current operations during the COVID-19 pandemic, Waters reaffirmed the continuity of excellence in our military around the globe, saying operations are still currently being conducted to the fullest potential. Similarly, he stated that midshipmen should not stop their personal efforts either, and that this unorthodox state of remote learning is temporary. The ability to meet with RADM Waters was an excellent opportunity for our battalion and for us as individual midshipmen to better ourselves as leaders, and our battalion is very grateful for having had this opportunity. Learning from his experiences and the general outlook of the submarine force going into the future, those interested in entering the submarine community were able to gain a greater understanding and foster their interest, while all were able to learn some tremendous leadership lessons as aspiring Navy and Marine Corps officers.

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Midshipman Interview: Winter Commissioning



Interviewer: MIDN 3/C Lila Ginsburg

Interviewee: MIDN 1/C Ken Angelo Dimondo



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Q: As the only midshipman in our unit graduating and commissioning this winter, how do you feel about the next step in your career?



A: "I am stepping into this next stage of my life, and I am very excited. As a midshipman, you work for four and a half years to get to this point, and the the hope is that you are able to make an impact on others. I want to further my growth, both personally and professionally. Regardless of the fact that I am the only midshipman graduating this winter, I am really looking forward to starting my career. I am happy and eager to join everyone in the fleet, so that I can start making an impact on those around me."

A: "This year was extremely profound. I learned that the ability to be ready, to pivot in





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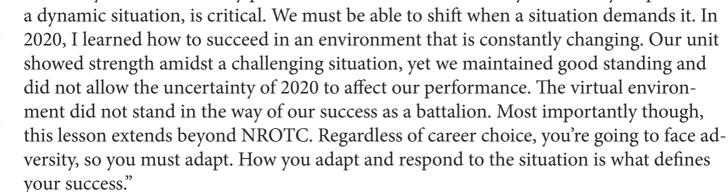








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Q: How has NROTCU Rutgers/Princeton prepared you to take on any challenges that lie ahead?

A: "Since entering the NROTC program at age 18, I have grown a tremendous amount. I credit this growth to the unit, college, and all the experiences that have come with it. The unit has fostered an environment of intellectual curiosity. Being surrounded by so many people who value academics and intellectual growth has made a great impact on me. Everyone in the unit is hungry to grow and this only pushes you to perform at your best. When you surround yourself with the right people, you can learn so much. Throughout my years at the unit, I have found that you pick up "golden nuggets" or lessons that you take along with you, and a lot of these lessons come from your peers, staff, and the communities you immerse yourself in. I have learned that every experience is going to shape you, and it is how you accept those experiences that defines you as a person. In the end, the lessons we learn about how to succeed in fitness, academics, and personal relationships are not limited to the unit; these lessons are ones that we carry with us as we transition from the unit into our professional military careers."

Midshipmen Interviews: Navigating NROTC in the Wake of COVID-19

Interviewer: MIDN 4/C Angelin Hernandez

Interviewee: MIDN 1/C Amy Lynch

Q: How has the COVID-19 outbreak affected your ability to successfully continue your leadership role as the only female out of the top 5 midshipmen in the battalion?

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A: "I had to get used to doing everything online like navigating Zoom. Accountability has been more important than ever because we need to make sure people are still doing their PT on their own and have the correct uniforms. We don't have those face-to-face interactions anymore where you can see someone and tell if they need help or if something is wrong. It's basically making sure that there's clear communication so that when something does happen, it's not a last-minute scramble to fix things. In other words, it's getting used to doing everything online but trying to not have it seem so monotonous and overbearing, while trying to keep up the accountability of what's going on."



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Q: As a 1/C midshipman experiencing these unprecedented times, what advice can you give the next year's 1/C midshipmen regarding how to be a better, positive leader for the underclassmen?

A: "Have a sense of humor because you'll be sending out a lot of emails. So try to make your emails shorter and to the point while being a bit funny, kind of like what MIDN Peterson does when he ends his emails with the phrase, "Stay Lethal." It creates a command philosophy that is respected, which is good. Also, make yourself available so you can respond to things on time when people reach out to you. By people reaching out to you, it shows their trust in you, and if you don't respond on time you may be breaking that trust."



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Q: Soon, MIDN Lynch, you'll be going to OCS. How has COVID-19 impacted your physical and educational training? Has it been a challenge to remain disciplined?



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A: "My physical training has been incredibly difficult. I'm mentally drained because I spend a lot of time thinking about what's going on in the world. It was very frustrating when the gyms were closed because it left me with only running and bodyweight activities. At the current state, we do have the gyms open again and for that I'm grateful. You don't realize how much something is important to you until



been taken away. I realized how much I enjoy lifting weights and being a part of the community in the gym. During the outbreak, I missed having the battalion so it feels good now working out in the presence of other people compared to being alone. Education has been hard because some of my classes are strictly asynchronous. It's harder to get engaged with the material because there's no community established in the class. You don't have the chance to interact with the professor or your peers and interactions are what help you learn and network with people. This situation has made me realize how much of a "people person" I am because I enjoy the interactions. I miss the battalion, I miss my school, and I miss my classmates. Although I didn't always feel like this when we were once together, I now appreciate and realize how much value the relationships added to my life."

Q: Now that all classes are online due to this pandemic and the battalion physical training sessions are done individually, what are some new activities or routines that you've created to essentially challenge yourself to be better equipped for OCS?

A: "I've been focusing on my weaknesses concerning physical fitness. I now have a pull-up bar in my house and whenever I pass it, I knock out a quick set of five. I've been doing a lot of ankle and knee stability training for hikes because the wearing of combat boots can hurt. I'm also hiking at my own pace with some weights to get used to the weight in OCS because the hikes aren't only about speed. I've been doing a lot of cycling because it was something I didn't have the opportunity to do at Rutgers, so the low impact cardio helps. In addition to being away from Rutgers, I've been eating less than I normally would but it has allowed me to eat clean. Suddenly, I became in tune with how my body reacts when I eat certain things. Finally, I've become more involved with social media by connecting with other candidates to see how their physical training is going. This helps aid and motivate me because we've created an online community of female candidates, so I don't entirely feel alone."

Interviewer: MIDN 4/C Aidan Walsh

Interviewee: MIDN 1/C Jake Chiasson























Q: Since you are not on campus, where do you spend most of your time – working and/or relaxing?





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A: "Right now, I am living with my parents and grandfather. I have two older brothers who have moved out. I pretty much live in a ranch style home, and I spend most of my time in my bedroom on the second floor. This includes eating, sleeping, studying, relaxing, and showering. Everything happens in this room. The pandemic, of course, took us by surprise, and so my family and I were totally unprepared. This prevented me from getting a desk or preparing a nice workspace. This has really been a lot of improvisation. Though, I do have a comfy chair here that I like to work and relax in."

Q: These times are stressful; when things get overwhelming, is there anything you do or think of?



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A: "When things get tough, or I feel stressed, I talk to friends on the phone. These phone calls last up to an hour, and it's really me just getting things off my chest or checking-in on my friends and seeing how they are doing. I'll just be doing work, decide to take a break, and then call a friend. You never understand how much that phone call means to someone until you need that phone call yourself. I also take drives, get coffee, try to get my mind off things. I love coffee. Well... you remember why you are doing it all: nothing great is going to come from simple tasks, there will be hardships and never get too comfortable. Iron sharpens iron, battles are conquered as one team. Be a servant leader to each other even when no one asks for help."

Q: What has been your least favorite and favorite thing about quarantine?



A: "Quarantine has been tough because I'm a "people person" and enjoy fellowship with friends, family, and colleagues. Being locked up inside has made it hard to interact with others and fulfill that social need. Not to mention the closing of gyms was pretty tough considering I was used to going at least 4-5 times a week. I found that even outdoor places were being shut down too. I love hiking, and the fact that hiking trails were



closed due to COVID really bothered me. My favorite part about quarantine was that it definitely gave me a chance to learn more about myself and grow as a person. I've noticed tendencies about my personality that I would've never seen if COVID-19 never happened, and I got a chance to fix those tendencies. The quarantine also made clear what my priorities are and who in my life actually matters. Overall the experience made me a better person and I'm thankful for it. I would say COVID-19 just made me a stronger person mentally and morally."

Q: Would you say, with everything going on, that recent events have impeded your growth as a midshipman or rather provided you a boost of morale and growth?

A: "From the beginning of March to August, halfway through all of this, there was definitely a negative effect on mentality – my desire to learn was lost, I was unable to see friends: I had lost motivation. You need to be held accountable, and it is easy to forget what your responsibilities are when the rest of the world around you is falling apart. Getting back to school was a wake-up call. I've realized the harm that COVID-19 has done to my mental strength the past several months. It took a humbling realization that I needed help to get back on track. I had a desire to get better and gain a new sense of accountability. I also learned that mental toughness trumps physicality. I turned from weightlifting to a more calisthenics-based lifestyle, but adjusting to this new way of life took more than just physical toughness: you cannot expect to win life's battles until you learn to win the battle inside of your own mind. Learn to control your own thoughts and outlooks. Discipline is key. I taught myself how to look at every situation and get something out of it. Every challenge and hardship you encounter helps forge you as a person and prepare you for the future. Embrace change and accept the lessons that life is trying to teach."

Interviewer: MIDN 4/C Matias Vincent

Interviewee: MIDN 2/C Alissa Nalewajko

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Q: What are some new challenges you have faced academically and how have you adapted?



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A: "I suppose it's been difficult managing your time. Doing things asynchronously and getting help that you need, tutoring and stuff like I did last semester. It was really difficult to get a meaningful experience out of that online. Yeah, but it's been fine. I mean now that I'm not really doing as much STEM work anymore it's not as overwhelming. Independent work is kind of rough because you don't get that one-on-one advising as much, but it's alright."



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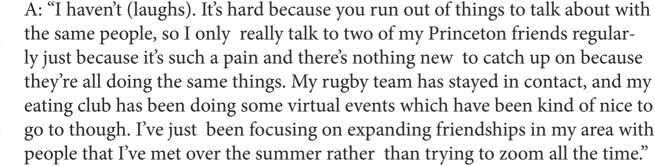
Q: How has your approach to PT changed in the current environment?

A: "I've been doing a lot of rock-climbing actually. I've been climbing every day, running on my own, doing a lot of cardio, and a lot of climbing to build up my strength...push-ups, sit-ups, you know just usual PRT stuff to stay in shape in addition to my rugby team workouts, but mostly just running and climbing."

Q: What are some ways you have maintained your friendships?



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Q: What is one unexpected benefit to the current situation?

A: "A lot more free time to pursue things that I otherwise wouldn't have. Idaho has a lot of really, really, sick, cool nature stuff so I've been going camping a lot, climbing, and doing river stuff. I got to spend the summer working at a summer camp teaching kids survival skills; I've just been able to do a lot of really cool, outdoorsy stuff that I otherwise wouldn't have been able to do, so it's fun."

Interviewer: MIDN 4/C John White

Interviewee: MIDN 1/C Carl Olsen

Q: Have you seen yourself grow more as a person since March 2020, when the pandemic first hit the US, since you are on your own and have to push yourself when no one else is around to motivate you? Or has your individual growth stopped or slowed due to lack of motivation?

A: "This program teaches us that we are in the ideal environment to fail, so we don't fail in the fleet. I would be lying if I didn't say that I failed often. I would also be lying if I didn't say there were also a significant amount of highlights. I mention these high and low points so that everyone can recognize that growth potential comes best from adverse situations or failures. When I was a 4/C, I heard the motto "embrace the suck" out of situations, and it didn't hit home for me until March. Having a positive outlook on my situation was key to overcoming obstacles. For that reason, It was easy to stay motivated on my academic, moral, and physical expectations. I'm beyond thankful for all the opportunities I've been granted this year, which have contributed to my personal development through the experiences of both failure and success."

Q: Did you have to come up with some sort of routine to follow every day in order to keep your mental health on track and provide yourself with a good work ethic in order to succeed in your classes?





















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A: "Because of all the commotion, a routine definitely helped with mental sanity. I would wake up at 0430 to kick a workout at 0500, so I wouldn't have to make free time later on in the day. Then, I would do an easy task that I had to do that day, so I had already worked out and completed something to make myself feel accomplished. From there, I took care of whatever plan of the day I set up for myself the night prior. If you struggle with a routine, buy a nice planner! My planner is always by my side and has helped me understand my plan of the day, week, and month."

Q: What is at least one thing that you did throughout the entire quarantine that has truly helped you become a better midshipman and will continue to do when the pandemic is over?

A: "Servant leadership has never been a more essential concept than during the pan-

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demic. Everyone has faced some challenges throughout these tough times, and I think it has provided opportunities for our unit to become more cohesive, regardless of the virtual setting. I have begun to develop a servant leadership style to help midshipmen achieve their physical, academic, and moral goals. Oftentimes, this servant leadership is just being there for my people, getting to know the people I work with and their amazing capabilities, along with encouraging them to embrace the suck and press on. When my midshipmen succeed, I succeed. I'm looking forward to continuing the development of this leadership style and taking it into the fleet."





LLNL ROTC Day

MIDN 3/C AARON HILTON



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On 5 November, the Lawrence Livermore National Laboratory (LLNL) hosted its annual ROTC day. The laboratory, which was founded in 1952, remains a place of cutting edge research in a variety of fields including Photon Science, Global Security,

and Weapons Integration among others. LLNL moved their ROTC day fully online, allowing midshipmen and cadets from across the country to participate in virtual information sessions and panel discussions. Personally, the highlight of the program was the Panel entitled, "Technology in Future Service and Personal Journey," which brought together high ranking U.S. Air Force personnel as well as officers from the Army and Navy to discuss changes in the development and application of new technologies across the branches of the armed forces. Captain Nirav Patel, who serves as the NROTC Nuclear Accessions Manager, represented the U.S. Navy on the panel. The captain provided interesting and in-depth insight into how the submarine force is integrating underwater drones and modern navigation systems into its forthcoming Columbia-class of submarines. I found myself well prepared for this discussion after the presentation by the Rear Admiral James Waters, current commander of Submarine Group 2, to NROTC Rutgers/ Princeton just a few weeks earlier.

The laboratory is constantly carrying out cutting edge research across many fields, particularly in STEM. The The internships are midship-



men and cadets to work on projects that will change how the United States advances and protects her international interests. Many of the speakers had been interns at LLNL and spoke on how the research experience was an excellent supplement to their ROTC training and helped them be better officers. The lab serves as an important crossroads of scientists and military personnel from across the branches of service. Interacting with Air Force and Army Cadets will only help a midshipman in their career as an officer. I would strongly encourage all my fellow midshipmen to look at the LLNL website, I guarantee there will be something that catches your attention.

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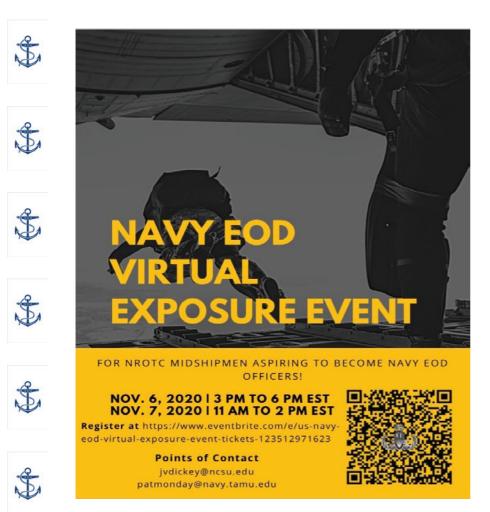
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EOD Virtual Exposure Weekend

MIDN 2/C Elisabeth O'Connell



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On 6 and 7 November 2020, leaders in the Explosive Ordnance Disposal (EOD) community held a Town Hall meeting where they invited officers of all levels to speak to all interested midshipmen. The intentions of the virtual meeting were to educate those about the tight-knit community and give advice and information to those interested in applying to be an EOD officer.

To begin the event, they invited the Commodores from both Group 1 and Group 2 to speak. Group 1 is based out of Naval Amphibious Base Coronado, California, and Group 2 is based out of Naval Amphibious Base Little Creek, Virginia. Commodore Rojas from Group 1 aimed his brief toward the EOD strategic objectives, touching on the Navy EOD Strategic Plan of 2030. The objectives he spoke about include developing the force, specifically the weapon system, supporting the fleet with expeditionary underwater warfare, supporting the joint force, and emboldening our allies and partners. The United States Naval EOD community is proud to have one of the largest amounts of unmanned systems. One of Commodore Rojas's biggest challenges is changing the mindset. EOD is more than kicking in doors, it is tackling challenges of all kinds, such as cyberspace.

Following the Commodore's brief, both the enlisted and officer leadership from Mobile Unit 12 shared insight about their experiences in the Navy and EOD community. They emphasized that no day in the community is a "typical day." There are a plethora of areas where EOD members can apply their knowledge, even including supporting

the Secret Service! The community is very humble, as their actions speak for themselves. As EOD school is one of the most difficult parts of the process, the executive officer of EOD school spoke about the experience. He shared that the path is very long, but it is important to stay focused and understand your role and your goals. Natural obstacles will inevitably occur throughout the process and they can be overcome by focusing on your mind and priorities, however there will be points where you fail. Succeeding will boil down to time management, being goal oriented, and asking for guidance when needed.

To sum up the town hall, officers on a unit deployed to Guam shared information about their time working up to deployment and physically deploying. For junior officers, it can be daunting, as this will be the first time applying what they've learned. It is important to focus on finding the pace of the tasks asked of you during your first deployment and carrying those skills with you throughout your career. The deployments change depending on your assignments. When asked about the mindset needed for a successful deployment and career, they answered that it is extremely important to put those below you, first. Additionally, they emphasized that proper preparation makes proper performance, regardless of the mission. A major takeaway from the virtual town hall is that the EOD community is a tight-knit, humble community where each member is driven by servant leadership and a team mentality. The tight-knit community is evident in the fact that both dive school and EOD school are a mixture of both enlisted and officers, thus the bond is strong from the beginning. One can be successful by being confident and competent, which stems from constant reps and sets, as training is just as important execution. Whether in the EOD community or not, the leadership principles and drive to serve those underneath you are important characteristics of a successful leader in any branch you choose to pursue!

"...the EOD community is a tightknit, humble community where each member is driven by servant leadership and a team mentality."





















Virtual Alumni Meeting on Power School and Prototype



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MIDN 1/C Matthew Boettge



On 13 November, midshipmen interested in submarines and nuclear power met in a virtual call with ENS Rao and ENS Eckhardt, two alumni of the Rutgers Navy ROTC program in different stages of the nuclear training pipeline for submarine officers. At the time, ENS Rao was a few weeks away from graduating Nuclear Power School, and ENS Eckhardt had completed Prototype and was partway through Submarine Officer Basic Course. Attendance ranged from midshipmen already dead set on the submarine community—such as myself, having passed my nuclear interviews that September-to younger midshipmen still on the fence and midshipmen new to the program wanting to explore their options, even including a marine option, looking to learn about the training some of his shipmates in blue received. ENS Rao and ENS Eckhardt explained their previous experiences preparing for and completing their nuclear interviews, after which I filled in the recent changes implemented in response to COVID-19 and explained the conduct of the nuclear interviews via a virtual media. The next topic of discussion was a general day-to-day overview of Nuclear Power School and Prototype. The two ensigns answered questions about such things as the classes taught, the grading scale, the daily workload required to succeed, and some ways that they relaxed away from the training environment and with their peers, especially with many typical activities being limited or restricted. With these training elements approaching quickly for me, it was exciting hearing from two officers whom I had seen commission in my own unit elaborate on these rigorous and demanding, yet deeply rewarding aspects in my future as a Submarine Officer. Although geared towards submarine- and nuclear-inclined midshipmen, the talk was a valuable educational conversation for all in attendance.

Combat Hunter School

MIDN 2/C John Peluso



The COVID-19 pandemic forced NROTCU Rutgers/Princeton to adapt under unprecedented circumstances. Prioritizing the health and safety of the midshipmen, the difficult choice was made to conduct all training remotely. This, in conjunction with both universities opting for fully online classes, left the midshipmen of the unit with a large amount of flexibility in when and where they conducted their schoolwork. While disheartened to hear that I would not be on campus for the semester, I resolved to make use of this newfound free time to train in ways I typically wouldn't be able to if I was on campus. After first receiving the go-ahead from the staff, I began reaching out to various courses and schools within the Marine Corps. I had originally heard about Combat Hunter School from the recently graduated class of Marine Option midshipmen, who had the opportunity to act as facilitators for a class during one of their summers. However, it was while reading Gen. James Mattis's memoir, Call Sign: Chaos, that I gained a more in-depth understanding of what exactly



Combat Hunter School taught its students. I saw this course as a unique opportunity to learn a tangible skill that I otherwise would not have the opportunity to gain while on campus. Over the course of about one month, I corresponded with Combat Hunter School and successfully gained a slot in the three week advanced program known as the Combat Hunter

There are three aspects to Combat Hunting: Observation, Tracking, and Profiling. These methods aim to produce a more perceptive and tactically cunning Marine capable of identifying threats in a range of complex and dynamic environments. Over the course of three weeks, I trained alongside fleet Marines on honing these unique skills. The instructors of the course all brought years, sometimes decades, of operational experience. In the classroom and in the field, we learned to observe in order to S

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Being an officer means being able to read a situation, make a decision, and communicate that decision clearly and effectively both up and down the chain of command. Combat Hunter School was an excellent chance to refine these core responsibilities and to supplement the in-person training we lost during remote instruction. While I learned a great deal from the instructors, I believe just being able to spend time with the enlisted was also incredibly worthwhile. Every Marine in my class took the time to teach me something they had learned through their experience in the fleet, and I am very grateful for that. Now that I am a certified trainer, I can teach these skills to my fellow midshipmen and carry on the knowledge that was entrusted to me. I feel incredibly fortunate to have had the opportunity to attend this course. The hope is that now more midshipmen will have the same opportunity I did, to both learn a useful skill set and to spend time with the enlisted we one day hope to lead.

detect small disturbances in the baseline. This in turn would enable us to pick up tracks and to profile individuals to understand their agenda and affiliations. One portion of the course culminated with our class tracking three of our instructors through the North Carolina wilderness over the course of several miles. Trackers

work as part of a team, rotating out who is the Marine doing the actual tracking in order to give our eyes a rest from scrutinizing the forest floor. In the classroom and in a sand pit, tracking seems like a relatively straightforward procedure. However,

once thrown into the dense pine needles of North Carolina with a pack, kevlar, and rifle, it becomes an entirely different story. Combat Tracking requires a high level of focus, patience, and a tolerance for frustration. You will inevitably lose the trackline along the way; it is up to you as the tracker to go through your procedures and find it

again. I believe this practice in working through frustration while fatigued will prove invaluable during evaluations this upcoming summer at Officer Candidate School.

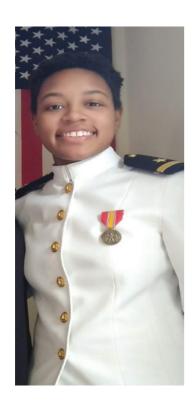


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Alumnus Reflection: From NROTC to the Fleet

ENS Alexis Stewart



"...strive to become the best version of ourselves, for not only us, but for our future sailors and Marines." It's strange to think that I've finally concluded my time here at Rutgers, but looking back, everything has been incredibly rewarding. My years as an underclassman were stressful from juggling physical training, a job, daily NROTC responsibilities, clubs, sports, and personal relationships. Eventually, once I became an upperclassman, I focused more on supporting the underclassmen and trying to put myself in challenging leadership positions. The staff never forgot to remind us of our ultimate goal: to commission as naval officers and to strive to become the best version of ourselves, for not only us, but for our future sailors and Marines. During my time, I was far from perfect and failed a whole heck of a lot, but having the opportunity to fail in a safe place was extremely important. We all pushed and encouraged each other, and I was able to make lifelong friends. If I could give current midshipmen advice, I'd say one of the most important things a midshipman should do is put yourself out there and not let NROTC pass you by. Get involved with different clubs and try for billets that will challenge you. Perspective and attitude is also very important. Put yourself in other people's shoes, and if the world feels like it's all coming down on you, think about all the things you're grateful for. In addition, absorb everything that you can from the officers and use that to determine the type of leader you want to be. Finally, one of the biggest things for me personally is to not be afraid to ask for help. You don't need to go through your struggles alone. I know the unit will be in good hands with the midshipmen leadership and staff, and I look forward to seeing the future of the unit!

















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Alumni Reflections: From NROTC to TBS and the Lessons Learned

🏂 2nd LT Brendan O'Shea

NROTC and Post-Commissioning

Looking back at my time at NROTCU Rutgers/ Princeton, I can say with certainty it is a feeling of pride. Stepping onto the path of becoming an officer in the United States Marine Corps has been one of the first real challenges that I have undergone, and I could not be more grateful. My time in NROTC has allowed me to grow and develop not just as a leader but as a person. Whether it was learning how to balance physical training in the morning, classes during the day, or understanding the responsibility of a billet within the chain of command structure, each was a key piece to my overall development as a student and as a midshipman. Each piece allowed me to develop into the leader I am able to see myself as today. The one thing that I have learned time and time again and that I would advise to all current and incoming midshipmen within the NROTC program is embrace your failures.



"Stay zesty"







There is a reason that NROTC is a part of a college lifestyle. You are there to learn what it means to lead and to follow, as well as what it means to make mistakes, embrace challenges, and push on when the going gets tough. Through this you are able to become a stronger, more well-rounded individual in the process. The one thing that I would pass on to members stepping onto the path of becoming a leader in the United States Marine Corps or Navy is to embrace and enjoy the process. Each moment should be a challenge. If a course, obstacle, or test is not challenging you, then you are not going to be able to grow as a person. To stay stagnant and take the easy path is to fail, while those who continue to push forward and embrace the challenge will find success. Stay zesty.

TBS

While the original plan of FEX 1 was to be in the field for four days, the first two being squad leader exercises and the last two being live fire ranges, the weather had other plans. Luckily, myself as well as the other lieutenants in Alpha Company were still able to get reps in for days 1 and 2. Some key takeaways that I was able to learn from FEX 1 was seeing the similarities and differences to SULE II at OCS. While there are still assigned fireteam leaders per the lieutenant who is the squad leader for the evolution, everyone is present for the brief and everyone is following the terrain model. I found this to be more helpful in that everyone could take charge during the operation as we were all briefed and understand how we were going to move to the objective. While SULE II is an all-day evolution that bounces from one leader to the next in hopes to eliminate the enemy as fast as possible.



The other lesson that was helpful during FEX 1 was the SPC (Staff Platoon Commander) or AI (Academics Instructor) took the time after each execution to not only brief the squad leader but brief all the squad members so that the movements throughout the day became more fluid, the tempo remained high, and there was a lesser amount of friction. While OCS had a different instructor at each SULE, having the instructor take more time to dive deeper into what we did well and let us know what to fix provides a greater understanding and appreciation for how an objective is executed properly. FEX 1, while still to be completed for the live fire ranges, has provided me with greater confidence and understanding for the work it takes to create an order as well as the dynamics of the squad and team to execute a mission effectively. Excited for what is to come for future FEXs.

























2nd LT Terence Rohmeyer

NROTC and Post-Commissioning

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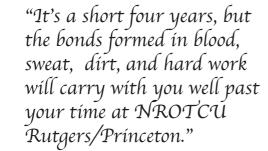






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Going into college and entering the NROTC program, everyone talked about how quickly four years would fly by, and until it was happening, I never really believed them. Looking back on my time at NROTCU Rutgers/Princeton, there are many lessons I could point to, things I've learned, and useful skills I've improved, such as time management and discipline. I think the top thing to be taken away from this experience is that, similar to life, your success in NROTC and in the military is directly correlated to how hard you work more than anything else. Work hard. Be the hardest worker in the room. Be relentless in the pursuit of your goals. Build confidence in yourself through hard work and preparation, and use it to continue to achieve great things.

You owe it to everyone who believes in you to give your best effort each and every day. Just because it's hard work doesn't mean you won't enjoy yourself. You'll meet some of your closest friends, and have some of the best times mixed in with the challenging ones. No other college program will give you the opportunity to fly a plane and spend some time on the range while also setting you up for success in your everyday life. My last words of advice are to look out for each other and take care of those around you. It's a short four years, but the bonds formed in blood, sweat, dirt, and hard work will carry with you well past your time at NROTCU Rutgers/ Princeton. I'm looking forward to watching you all commission, and I'm excited to see the great things you will go on to accomplish.



TBS



Throughout my time at NROTC Rutgers as well as at OCS, I had the privilege of executing multiple field exercises in order to improve my tactical proficiency and fieldcraft. I firmly believe that the model for field exercises we used at Rutgers provided me with a significant advantage during OCS and set me up for further success at TBS. Conducting evolutions such as day and night land navigation, training hikes, and small unit leadership exercise (SULE) lanes have all been a large part of the program of instruction at TBS. FEX 1 at TBS is a two day exercise consisting of five squad attacks per day. While this may seem like a smaller number of attacks than you would expect, they take the entirety of the day due to the in-depth orders, terrain models, additional tactical control measures, and lengths of the attacks. Following FEX 1, the biggest takeaway from our platoon after-action reports was the importance of individual actions, such as knowing the proper formations, properly closing on the objective and patrolling techniques. An entire attack can be derailed by just one individual losing the mental battle to remain focused and instead becoming complacent. MCDP-1 Warfighting dictates that in order to be successful we must strike at the enemy's gaps and avoid their surfaces. What this further means is that in order to achieve victory we must each individually strive to not be a gap, or a weakness, in the organization.

You must take it upon yourself to win each individual mental battle that comes your way, and if you make a mistake pick yourself up and continue moving forward. As always, a crucial part of unit success and effectiveness is the importance of looking out for one another and taking care of those around you. There will be times where others struggle more than you. Use this as an opportunity to offer assistance and a hand to pick them up instead of kicking them while they are down. There will also be times when you are struggling, and you will rely on those around you. Maintain a team mentality and you will set yourself up for success at NROTC Rutgers/Princeton,TBS, and as you make the transition to the Fleet Marine Force. S

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War Games

LT Mark Hammerquist

Due to the challenges of the COVID-19 pandemic and conducting a virtual Leadership Lab on Friday mornings, the staff of NROTC Rutgers/Princeton wanted to give the midshipman a unique opportunity to work in small teams and dig deeper into the operational aspects of their future careers as Navy and Marine Corps Officers. This opportunity manifested itself in the form of a war game exercise, facilitated by the Unit Staff. The goal was to challenge the midshipmen to make operational decisions based on a strategy they constructed, in order to deal with a given scenario. The midshipmen would rely on their Naval science classes, military publications, and the Unit Staff to navigate through the uncertainty of the scenario. The problem presented to the midshipmen was an evacuation of American civilians from friendly territory under attack from hostile forces. Their objective was to enter the operating area and rescue the Americans, while avoiding direct contact with the enemy. The war games scenario required many layers of teamwork over several weeks. It forced the midshipmen to work on leadership skills, small unit teamwork, and communication skills, resulting in a plan to rescue the Americans and avoid contact with the enemy. LT Ryan Kennedy, the Submarine Officer at NROTC Rutgers/Princeton, noted how "the students showed an impressive array of knowledge and understanding of the complexity of an amphibious operation." He was impressed how "they delved into the details, delegating the necessary areas of expertise across the team, and this culminated in actionable plans that utilized all the assets available to them." Looking forward, LT Kennedy is excited for "future war games with the Rutgers Battalion to see how the students continue to evolve, learn, and grow their operational knowledge and experience."





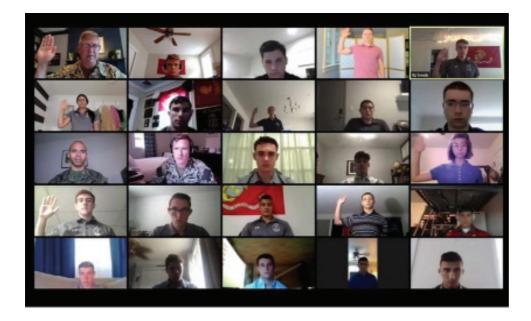






Special Thanks

Thank you to all the midshipmen, staff, and alumni who made this newsletter possible. We appreciate all of your hard work. The Rutgers/Princeton NROTC started in March 2012 with Princeton University joining in February 2014. The unit is proud to represent midshipmen from Rutgers and Princeton. Many events occur throughout the year from the Military Ball and Mess Night to Military Excellence Competitions and volunteering events. Unfortunately, the events scheduled in the Fall 2020 semester were cancelled due to the COVID-19 pandemic. However, the virtual events still made it possible for midshipmen to learn, collaborate, and engage in personal and professional growth.



NROTC Unit Rutgers University 12 Lafayette Street New Brunswick, NJ 08901 Phone Number (848) 932-8484



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