

The

# SOUNDINGS

University of Utah NROTC, Fall 2014



Inside:

Summer Cruise Briefs  
New Student Orientation  
Navy's 239th Birthday

# Recent



Army/Navy  
Football Game  
13DEC



Commissioning Ceremony  
20DEC



December

Battalion Holiday Party  
11DEC



MIDN 1/C Christensen and MIDN 1/C Barker will both commission this winter as Student Naval Aviators. Congratulations on your service selection.

# 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  
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 Barker  
XO  
MIDN 1/C Christensen  
Sergeant Major  
MIDN 1/C Puglisi  
Admin/Comms  
MIDN 2/C Craig  
Operations  
MIDN 2/C Stoddard  
Supply  
MIDN 2/C Gonzalez  
Physical Fitness  
MIDN 2/C Follett  
Public Affairs  
MIDN 3/C Guyer

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/>

# Freshmen begin midshipmen experience

Seven new freshmen kick off the year with an intensive weekend orientation

By: SSgt Sorensen

New students have arrived after accepting the challenge of becoming Navy and Marine Corps officers. The 2014 school year for the University of Utah NROTC unit began with the completion of the annual New Student Orientation (NSO). Seven freshmen were put through a series of instructions and tests packed into a stressful timeline, intended to educate and introduce them to the Navy and Marine Corps daily functions. The event also required ample planning and support by the unit's upperclassmen and staff leadership.

Continued on page six



Freshmen midshipmen at the top of Ensign Peak overlooking Salt Lake City after the "Moto Run" during orientation weekend. From left: MIDN 4/C Belcher, Adams, Cardona, Holl, Haber, Foster and Pearrow.

## Service abroad supplements pursuit of becoming a Marine Officer

MIDN 3/C Singleton returns from a two year LDS mission in Mexico

By: MIDN 3/C Singleton

As a member of the Church of Jesus Christ of Latter-day Saints, I was called to serve a mission for two years in Mexico. For nearly two years I lived in different areas near the city of Puebla. This region in southern Mexico is distinguished for its elevation, ancient ruins, and constant rainy weather. As a missionary, I put aside my personal life, education, work and even family to fully dedicate my life to service to others. This



service was manifested in different ways such as visiting sick people in hospitals, to helping construct a home. My main purpose was to help others come closer to, and better understand, Jesus Christ. There are too many things that I learned as a missionary that could fit into this article but one of the things that will stay with me forever is the importance of serving others. In any occupation or calling in life we accept, every person has an opportunity to serve others. Something that I believe is that if a person is guided by service in whatever he or she does, they will find some success whatever the outcome appears to be. As a future officer, my time as a missionary will have a profound and lasting

effect on what kind of leader I become. I learned that the more power and ability I gain is more power and ability to be expended towards the aid of others or in their behalf. Since my mission, I look forward to all opportunities to become a better individual because it means I will be able to help more people or help them more effectively and this is what I believe to be my calling as an officer.



# Orientation in San Diego excites new passions

By: MIDN 3/C Williams

As I got off the plane and stepped foot in San Diego for the first time, I couldn't help but get a rush of excitement as I started my first summer cruise, and a new adventure. From 21 May to 22 June, hundreds of midshipmen traveled from all around the country to the city of San Diego to begin their first summer cruise as midshipmen 3/C. As the cruise began we were all excited and nervous. None of us knew quite what to expect.

groups for each week where we were able to make new friends, take on lead-

States Navy and Marine Corps. Each helps us get an idea of what we may like to do with our career as an officer.



At the Camp Pendleton shooting range during Marine Week, midshipmen were given the opportunity to test a wide variety of weapons in the Marine Corps Arsenal.

Aviation Week gave us a glimpse of all the opportunities there are to fly in the United States Navy. The week consisted of water survival training and aviation medical factor training. The week's highlights were flights in an SH-60 Seahawk and a T-34. During the SH-60 flight, midshipmen received an aerial tour of the city of San Diego and the beautiful California coastline. The following day midshipmen got to experience

The month started with a series of briefs, which set out the rules and guidelines of CORTRAMID (Career Orientation Training For Midshipmen) and what we were to expect for each week. All of us were separated into different companies that were our

ership positions and complete various training events.

CORTRAMID consists of four weeks: Aviation Week, Marine Week, Surface Warfare Week and Submarine Week, each demonstrating the future career opportunities in the United

first hand the affects of G force and aerobatics in a flight in a T-34.

"I have been flying planes since I was a sophomore in high school and that has always been my dream to fly in the Navy," said MIDN 3/C Smith "This dream was reaffirmed during

*Continued on page 7*

MWTC helps Marine option midshipmen further develop morally, mentally and physically. Hikes, day and night navigation, and wilderness survival make the days long but extremely satisfying. I had a great time and learned a lot.

~ MIDN 2/C Follett

(On his experience at Mountain Warfare Training Command)

Working with active duty and retired Sailors and Marines and their families have enriched my scope of practice and greatly contributed to my future as a nurse in the United States

~ MIDN 1/C Nguyen

(On her experience at the Naval Medical Center in San Diego, CA)



I was exposed to not only the capability of our Silent Service force, but also the dynamic between enlisted sailors and commissioned officers... It reinforced my belief and attraction to the tight-knit community.

~ MIDN 2/C Gonzalez

(On his experience on the USS Albuquerque)

## Which Cruise?

**3/C** Career Orientation Training for Midshipmen (CORTRAMID) is often the first cruise for Navy and Marine options

**2/C** Navy - Enlisted Cruise, submarine or surface Marines - Mountain Warfare Nurses - None

**1/C** Navy - Junior Officer Shadow Cruise: aviation, submarine, surface, special warfare or foreign exchange Marines - OCS Nurses - Hospital Shadow

### NSO Continued,

NSO kicked off on the 22nd of August. The freshmen were issued gear while being constantly instructed by the troop handlers. Troop handlers work all day with the freshmen, and are meant to guide the freshmen in what to do, when, and how. This was all done while creating a stressful environment for them along the way. These are the individuals the freshmen



see the most throughout the event. As certain events would happen, they would be transferred to an event officer-in-charge for specific training or classes.

"I thought that becoming a team and learning how to communicate fast and efficiently was one of my favorite skills I learned," said midshipman 4/C Haber. "The high pressure situations forced us to bond together and get stuff done."

As the weekend went on, each day waking up much earlier than normal, the freshmen would conduct many difficult events, such as: pistol marksmanship, physical readiness/fitness tests, swim qualifications, trail/mountain run, circuit training, close order drill, uniform inspections, and ultimately culminating in a swearing in ceremony. There was no personal time

available the whole weekend, other than designated sleeping and hygiene time.

"I found NSO to be an intense training experience that introduced me to military life," said MIDN 4/C Foster. "I learned what is expected of me and what to expect for the coming years. It was a somewhat stressful experience that really set the tone for my first year."

These conditions do not contradict what may be experienced in the military once and if students graduate and receive their commission. Quite certainly, many of these men and women within the unit will experience difficulty and challenges beyond what people could imagine. Once becoming fighter pilots, surface or submarine warfare officers, SEALs, nurses, or Marines (to name a few of the available options), days will get longer, leadership requirements will increase, and individuals

will make decisions that affect the Armed Forces of the United States.

It may be hard to think of one's future in the military service while



completing a college degree, but the day will come when these students will be making important and difficult decisions on a daily basis. For that, we would like to congratulate the commitment and sacrifice these freshmen and upperclassmen have made towards defending the United States and the Constitution of the United States. This year's freshmen that completed the NSO and swore an oath were Midshipmen: Adams, Belcher, Cardona, Foster, Haber, Holl, and Pearrow.

### CORTRAMID Continued,

CORTRAMID. Going from the civilian training environment of flight school to the fighter pilots and helicopter crews was extremely exciting. It gave me a new motivation to continue flying and preparing for a possible flight contract. I hope to join those pilots with my own wings in the years to come."

During Marine Week, midshipmen got to shoot many small arms in the Marine Corps arsenal as well as practice urban combat in the Infantry Immersion Trainer, a make-shift village of Afghanistan.

"There is no better rush you get than when your boot connects with a door as you breach a room with an 'enemy' inside," said MIDN 3/C Nash. "But on the same note it is a sobering moment when you realize that in a real combat situation, this is life and death."

As we got off the bus ride from Camp Pendleton and stepped foot back onto Naval Base San Diego, we were all excited about getting out of our uniforms, taking a shower, and enjoying the comfortable beds of the Gateway Hotel, however, we all left with a sense of accomplishment and appreciation of the United States Marine Corps.

One of my favorite days of Surface Warfare Week was when we got to ride the riverine boats around the bay going around 40 knots. That was awesome. During Surface Warfare week, we also got to learn about the Brown Water Navy, and spend a day at sea aboard an ARLEIGH BURKE Class Destroyer.

Last, but not least, was Submarine Week. A unique part about this week was getting to train in the wet trainer, which simulates multiple leaks aboard a ship. When everyone finished from the wet trainer they emerged completely soaked but with a grin from ear to ear on their faces. The highlight of Submarine Week was when we got to go underway on an SSBN for a total of twenty-four hours. While underway, we were given a quick tour of the ship and then we were able to go about with whatever we wanted to do while on board. Many of us toured around the ship and talked with the crew. What I found funny was that out of all the midshipmen there, the Marine Options thought it to be the most fun.

CORTRAMID was a once in a lifetime experience. The midshipmen who went there were able to explore opportunities offered by the Navy and Marine Corps. Not only did we get to participate in many fun adventures that CORTRAMID had to offer, we also were able to explore San Diego. Looking back on CORTRAMID, I have gained a new appreciation for what many communities in the Navy and Marine Corps have to do. I walked away with not only more knowledge of the roles in the Navy and the Marine Corps, but also a newfound certainty of what I want to do in the Marine Corps. The memories and friendships that were gained while at CORTRAMID will last a lifetime.

## New Active Duty Students

### OC Hantla

**Hometown:** Sandy, Utah

**Prior Service:**

Joined Navy 2012 as nuke A&P Power school in Charleston, SC

**Rating/MOS:** Electronics Technician



“ Married with a new baby girl, I came to the University of Utah because I love the outdoors, especially the mountains. ”

### OC Mauldwin

**Hometown:** Provo, Utah

**Prior Service:**

Basic Training, Great Lakes, IL  
Nuclear Pipeline Charleston, SC

**Rating/MOS:** Electronics Technician



“ This is where I originally started my college education, and both my wife and family live in Utah, so being here allows me to be close to them. ”

### OC Yurick

**Hometown:** Grand Junction, CO

**Prior Service:**

Basic Training, Great Lakes, IL  
Nuclear Pipeline Charleston, SC

**Rating/MOS:** Machinist's Mate



“ Utah is the closest school to my hometown. I figured I would be able to see my family more frequently and wanted to take advantage of that. ”

### SSgt Cooper

**Hometown:** Monument, CO

**Prior Service:**

Recruit training/MCT, CA  
A School, FL -- C School, VA  
VMFA(AW)-242, Japan, two years  
HMLA-269 NC, three years

Afghanistan Deployment, 2011

**MOS:** Aviation Ordnance Technician



“ I came to the University of Utah to be close to family while enrolled in the MECEP program. ”



### Leadership Reaction Course

You have a four foot rope, an old latter and your wit to get up an over this wall and across the “mine-field” to provide cover for another squad under fire. The resources were few, and obstacles challenging, but that is exactly what the Leadership Reaction Course at Camp Williams is designed for: simulating a logistical and physical challenge to test your quick thought and team coordination.

“The LRC course is a great activity for midshipmen to get a feel for how they respond as a leader under pressure. I have always enjoyed doing the LRC course.”

~ MIDN 2/C Craig

### Self Defense

On the battlefield, or on the college campus, the potential for a risky encounter is always apparent. Master Sergeant Orndorff led unit members through techniques and principles of beginner Marine Corps Martial Arts. The use of said techniques are emphasized for personal protection only, not aggression.

“Should any of us ever be assaulted in the future, it will do us well to have had this first class in self-defense.”

~ MIDN 1/C Blankers



### Squad Tactics

Led by Staff Sergeant Sorensen, unit members received a basic introduction into the movements and organization of a Marine Corps fire team on the battlefield.

“The Squad Tactics lab was very interesting for us as midshipmen to see how the Marine Corps essentially fights on the front lines. It was very adrenaline filled and exciting. It was a very surreal experience to realize that Marines in the past have lost their lives or were gravely injured going through these exact tactical responses in dangerous situations.”

~ MIDN 2/C Bender

### House of Pain

It is loud. It is motivational. It is fast paced. And most importantly it is painful. The “House of Pain”, modeled after a traditional Marine Corps intensive workout, put groups through several physically strenuous stations from rope climbs to wrestling.

“I always look forward to house of pain because although it is painful and difficult, it is always rewarding. This year was no exception, MIDN Follett set up a real doozie of a workout.”

~ MIDN 1/C Christensen



### Briefs and GMTs

Physical and tactical performance is just a small part of what these future Navy and Marine officers will face. In an effort to foster well-rounded and universally prepared officers, routine briefs on relevant topics like sexual assault, etiquette and stress management are presented.

“ GMTs are often a necessary pain of being in the military, but they are generally informative and can even be fun, depending on the presenter.”

~ OC Carlson

## SEAL Visit

Forged by adversity, a special breed of warrior comes out of Naval Special Warfare. The Special Warfare community is one option for midshipmen to pursue with their commission in the Navy. On 20NOV2014, Master Chief James Jackson, a 22-year Navy servicemen, visited the unit to help share some information on this path. Jackson, a graduate of BUD/S class 213 and current active duty SEAL, conducted a Physical Screening Test (PST) and interviews for any interested midshipmen. In addition, he presented to the entire battalion, presenting an overview of his history and general information on the SEALs.



## Out of regulations, into philanthropy

Midshipmen join “no shave November”, raise \$365 for prostate cancer

The Navy and Marine Corps have always been known for high standards of personal appearance. It is a rare occasion for midshipmen, or any service member to be permitted to break regulations. Making any situation that allows it and extraordinary exception.

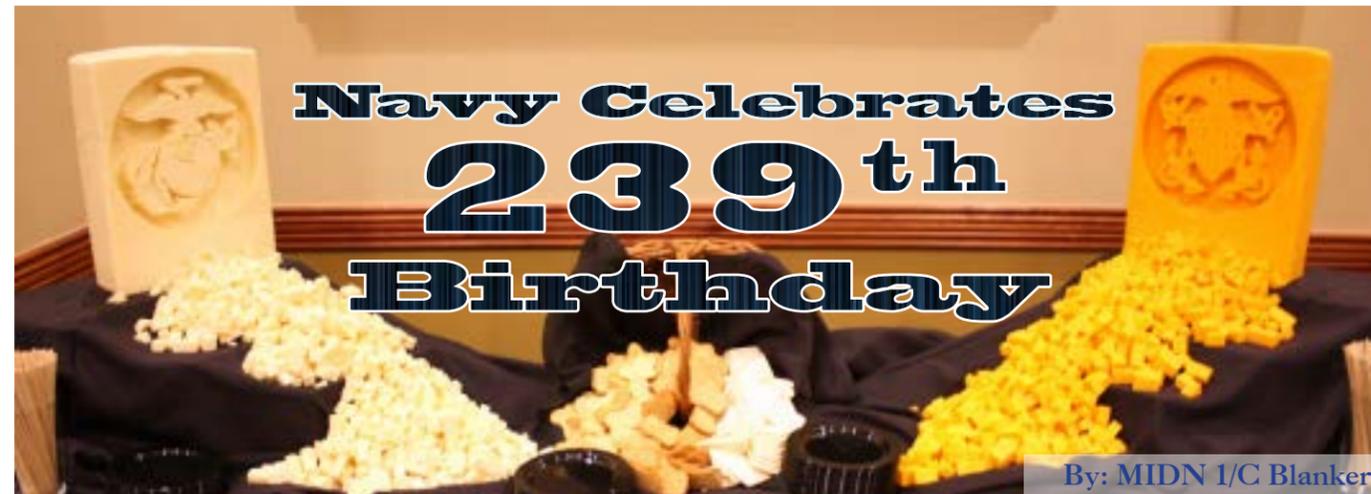
This November, NROTC midshipmen joined many around the nation in the pursuit of great facial as part of the widespread “No Shave November” or “Movember” movement. The movement has roots in promoting awareness for men’s health issues, and encourages men (and the occasionally exceptional women) to grow out beards and mustaches in honor of the cause.

The Movember foundation is a global leader in men’s health promotion and has raised \$559 million spread across 21 countries to foster programs related to prostate and testicular cancer, and other issues in men’s health. This year, midshipmen could purchase “no shave chits” for

\$10 which allowed them to drop the razors for month and wear civilian attire during normal uniformed events. Overall the unit raised \$365 that was donated to the Prostate Cancer Foundation.



Winners of various categories of the “no shave” competitions. OC Hantla received top honors as the Manliest Man. Other recipients include MIDN Follert-Best Operational Beard, Sterk-Best Mustache, Haber- Worst Mustache, Adams-Baby Face and Stoddard-Most Pathetic Beard.



By: MIDN 1/C Blankers

A night of dancing, good food and company, this year’s Navy-Marine Corps Birthday Ball was a great success. Held on Nov. 15, 2014, the ball celebrated the 239th birthday of the United States Navy and Marine Corps.

MIDN 1/C Alexander Blankers spearheaded the planning of the ball, which was hosted at the Westgate Resort and Spa in Park City, Utah. The evening commenced at 1800 with a cocktail hour followed by the official ceremony at 1900. The narrator for the evening, LtCol Ethan Bishop, introduced MIDN 4/C Christmond Belcher, who delivered the prayer for the night. Immediately following, MIDN 3/C Zachary Smith solemnly and meaningfully gave the POW/MIA speech. LtCol Bishop then directed everyone’s attention to the center of the room where MIDN 1/C Grace Puglisi signaled for the march on of the Honor Guard, followed by the formal entrance of the Commanding Officer of the University of Utah NROTC, CAPT James Housinger, as well as the entrance of the President of Westminster College, Dr. Brian Levin-Stankevich. The traditional cake-cutting ceremony began with the march-on of the cake detail. In an



MIDN 3/C Smith, MIDN 3/C Guyer and their dates with Westminster President Dr. Brian Levin-Stankevich and his wife. Dr. Levin-Stankevich was a special guest at the event.

effort to symbolize the passing of wisdom from one generation to the next, the oldest and youngest seafarers each eat a bite of the cake. This year, CDR Daniel Dugan and MIDN 4/C Xavier Holl were featured as the oldest and youngest seafarers, respectively. At the completion of this ceremony, both the Cake Detail and the Honor Guard marched-off in order that CAPT Housinger might have the opportunity to address the battalion, and introduce Dr. Levin-Stankevich. At the conclusion of his speech, the battalion was invited to watch two brief birthday messages from both the Commandant of the Marine Corps, General Joe Dunford, and the Chief of Naval Operations, ADM Jonathan Greenert. The ceremony concluded with a wonderful slide show.

At the conclusion of the ceremony, dinner was served. Each guest chose their entrée from Filet Mignon, Breast of Chicken, Filet of Salmon, or a Vegetarian meal. Good times and libations were had by all throughout the course of the meal, at which point ceremonial toasts were given. As dinner wrapped up, those members of the battalion who were so inclined, were invited on to the dance floor to dance until the evening ended at 2300.

“The midshipmen all had a great time,” remarked Robbie

Continued on page 13



The cake cutting detail at the Navy Ball stands guard as CAPT Housinger cuts the ceremonial first bites of cake for the youngest and oldest seafarers.



By: MIDN 1/C Sterk

On Nov. 11, 2014 members of the University of Utah's NROTC program participated in the annual Veterans Day Ceremony at the University's Union Ballroom. Midshipmen of the unit participated in various roles in the ceremony from honoree escorts to formation members, and everyone involved played their part in helping to make the ceremony a memorable one for those being honored and their families. This year there were 11 veterans honored in the ceremony. Among them there was a Marine and a Coast Guard honoree, escorted by MIDN 3/C Chris Williams (a Marine Option MIDN) and by OC Shari Yurik, respectively.

Many of our members have participated in the event before including MIDN 1/C Robbie Barker who stated, "It's always a good experience being able to honor those that have served before us, and to be able to hear their amazing stories." For some of the students, like MIDN Barker, this was their last Veterans Day Ceremony as a student, but for some like SSgt Blake Cooper this was their first. SSgt Cooper, who was a part of the color guard detail for the ceremony had this to say about the event: "It was an honor to be

a part of the Veterans Day Ceremony and give recognition to those who have served this great nation. 'Murica!' The NROTC unit also had another unique tie-in to the ceremony as SSgt Adam Sorenson was honored as the University of Utah student veteran of the year. "It was great to honor and receive this award. Being a student

and serving in the military have both led me to the life I have today, and for that I am grateful," said SSgt Sorenson on receiving the award.

Every year, this special event helps honor those who have served and sacrificed so much for this great nation. It is a privilege for the NROTC unit to help play a role in that recognition.

### Staff Sergeant Sorenson, University of Utah Veteran of the Year



*During the Veteran's Day Ceremony, SSgt Sorenson received the honor as University of Utah's Student Veteran of the Year. Pictured above, all the recognized veterans sit on stage with their honoree escorts.*

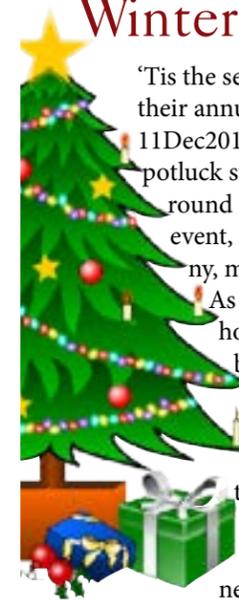
### NAVY BALL Continued,

Barker the Battalion's Commanding Officer. "Everything really came together this year. Great location, excellent planning, and the hard work of those involved helped make this the best Navy-Marine Corps Ball I've been to in my four years here." Even the freshman had a wonderful evening, as evidenced by MIDN 4/C Justin Adams who had this to say about the night: "I had a good time. It took a while for

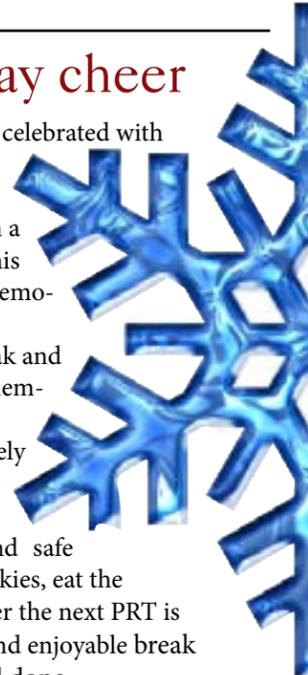
things to relax, but when they did, we killed it on the dance floor."

More than just a celebration of the birthday of our beloved Navy and Corps, the Ball serves to bring all of us closer as a battalion and reminds us of what we are working for. Happy 239th Birthday to the United States Navy and Marine Corps, and may you have at least 239 more!

### Winter season and holiday cheer



'Tis the season holiday cheer. The NROTC unit celebrated with their annual Christmas party on Thursday 11Dec2014. Midshipmen and staff shared a potluck style feast and spread some laughs with a round robin white elephant gift exchange. This event, alongside the change of command ceremony, marked the last lab session of the year. As everyone goes off to enjoy winter break and holiday festivities, it is important to remember it is also the season for dangerous driving, radical weather and most likely a serious case of overeating. Emphasize safe driving in winter conditions: we want everyone to have fun and safe travels. As for the latter, make the cookies, eat the Santa shaped chocolate, just remember the next PRT is never too far away. Cheers to a restful and enjoyable break and congratulations on another semester well done.



### Change of Command

The new battalion leadership is set for the Spring semester. Three new seniors will take the top roles and work to appoint their supporting staff in the following weeks.



MIDN 1/C Nguyen  
Commanding Officer



MIDN 1/C Blankers  
Executive Officer



OC Furtak  
Sergeant Major

Thomas Zalanka receives award for 10 years of Civil Service. He has Air Force prior service and currently is the Human Resources Officer at the NROTC Unit.

1st Junior Grade Goodwin joins the ROTC Unit Staff on temporary assignment. Goodwin is a Naval Academy graduate and currently serving as an aviator.

Northwest Navy is scheduled to be hosted at the University of Idaho this Spring. The University of Utah will be looking to defend its championship.

Bull Dog prep kicks off next semester led by SSgt Sorenson and SSgt Cooper. This opportunity is gear for Marine Option OCS training.





**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](mailto:nrotc@navsci.utah.edu)