



United States Naval Sea Cadet Corps Winter Training 2013-2014



The Training Times

“Behind the Cadets”

January 2014, Third Edition

“#TEAMOWYN - The DETERMINATION and COURAGE of one will always CHANGE the LIVES of many”

Good Evening Team Owyn



Today began with great news. Owyn's potassium and sodium levels (usually referred to as electrolytes) are good, so no more supplements. His hemoglobin count (red blood cells) is normal, thanks to a second transfusion a few days ago. And best of all, the

meningitis has run its course and is no longer present in his body. Then the Doc said, "however" (so much for the good news). Owyn's white blood cells (WBC) remain dangerously low. The Doc says he still believes it's due to the lengthy battery of antibiotics, but he is concerned enough to consult with a hematologist (for us non-medical folks, that's a blood doctor). The Doc also said Owyn would be ready to go home in a couple of days, but "he's not going anywhere until his immune system is working correctly". He is off all meds, except for a probiotic supplement designed to help grow good bacteria in his digestive system. He is finished receiving breathing treatments every 4 hours, though he might miss that. He would "help" the respiratory therapist by holding the mask while the mist would blow over his face. Most of them let him do it too, since he hated having the mask strapped to his face.

So in the meantime, Owyn has decided to entertain himself and everyone else. He loves to play peek-a-boo; he'll take his blanket and put it over his head (which freaks out the nurses), then wait for someone to pull it down and say peek-a-boo, then he starts laughing. He also likes to throw his soft toy balls out of the crib at random doctors; he's pretty accurate, considering his eyes remain closed. He's very talkative, especially with the ladies, and has a charming smile that gets every one of them. Most of the time it's just gibberish but he does say a few actual words. Seems like a fitting way to end one year and begin another. Happy New Year everyone! #TeamOwyn

ALPHA COMPANY



Alpha Company Cadet Does 11 Minute Plank on December 31, 2013, the Recruit Training Battalion formed up for PRT competition. The recruits are put through a crucible. The cadets

were challenged to hold the plank position until they could not continue anymore. Out of an estimate of 200 recruits, only a few will withstand the troublesome plank. One cadet, however, pushed himself to his limits like no other cadet could. Alpha Company's ARPOC (Assistant Recruit Petty Officer in Command) was the one recruit to win the title of winning the plank position challenge. With that being said, he also earned Alpha Company a streamer for their guidon which represents the most physical cadet and the most physical company. At the end, the ARPOC showed motivation, determination, and mental toughness that represent the United States Naval Sea Cadet Corps. Written by: SA Carreon and PO3 Constantino

BRAVO COMPANY



It's the middle of training and cadets are getting the hang of things. Bravo Company has certainly shown determination that anything is possible. With discipline from their leaders, Bravo Company are being lead to success and victory to be the best company. Recruits take what their leaders tell them and

make it happen as soon as possible so that way they can be the best recruit out of their company. When the whole company works together and does what they are told, then they are a success -- and when they are a success,



they get rewarded and get the respect that they want from other companies. During boot camp, these cadets will learn to respect their peers and learn from their mistakes and not make them again. Every moment is valuable for learning. *Written by: PO2 Quillman, SA Rodriguez*

CHARLIE COMPANY

The recruits of Charlie Company started yet another day of Recruit Training aboard Camp Pendleton. While in the classroom, they studied their Brains (the notebook/study guide) and asked questions to clarify. The recruits have gained significant amounts of knowledge since arriving at RTC. After class, the recruits then marched back to their barracks and they



prepared for their daily battalion PT. Charlie Company exercised along with the rest of the recruit companies. They all gathered on the baseball field, stretched, ran laps, and did calisthenics. Near the end of their PT session, Chief Hauter gathered all the companies for a little friendly competition. All

the companies competed to see who could hold their legs six inches off the ground while lying flat on the deck. The level of motivation and effort was high among all the companies; and as the recruits began to falter, the motivation only grew. Cries of encouragement could be heard from quite far away as the sea of recruits cheered on their fellow shipmate. One recruit of the all female Charlie Company stood out, almost beating out the rest of the male companies. Overall, Charlie Company has come a long way since they arrived, whether marching, military bearing, or Basic Military Requirements. *Written by: PO3 Monsale, SA Lin*

DELTA COMPANY



On New Years Day, Delta's ACC also known as Petty Officer second class Haggerty, was interviewed by photojournalism. In his interview he was asked many questions such as "What his

position was in the company, and how he felt his recruits were doing". His answer was "I don't think we are all quite there yet, but we keep striving for Honor Company." Petty Officer Haggerty explained how his sister joined the Navy and influenced his love for the

navy even though his dad was already in it. Once the interview was finished Delta Company marched off to the classroom where they were being quizzed on their eleven general orders and continued class time like any other day in recruit training. After an hour of class Delta marched as a company to their barracks to change into PT (physical training) gear. Once all changed they greeted the baseball field with high spirits and motivation running through their blood. They finished PT with a competition between all the companies. Delta tried their best but unfortunately did not win the competition. Delta is on their 5th day of training and so close to claiming the title they have been striving for...HONOR COMPANY. THIS IS DELTA!!!! AHHHH! *Written by: SA Chavez, SA Brandon*

PHOTOJOURNALISM MASS COMMUNICATIONS



Cadets have been embedded into all the evolutions since training began DEC 26. Assignments were to take photos that told a story and writing an accompanying article.

After a few lectures in camera basics and photojournalism, the cadets were sent on their assignments each morning and afternoon. Evening hours were spent editing their photos, culling them down to their 10-picture submission as well as writing their daily article for the newsletter.

We hope their efforts have been appreciated and enjoyed by all who has read them. *ENS Wright*

RADIOACTIVE



Radio Active is a fun training that teaches you many skills. Right now the cadets are learning how to build their own antenna that they will be able to take home. The radioactive cadets get to

hear from a guest speaker, who also wrote the textbook that the cadets are studying from. These cadets are having a blast and are enjoying all of the new information being thrown at them. Radioactive has a lot ahead of them. While following the cadets as they marched we could hear the motivation and excitement voices. The cadets are so dedicated that they are already a few days ahead of schedule. Although the cadets aren't the only ones that are jumping with excitement. The

officers were absolutely thrilled to give us the information we needed. *SA Henley PO2 Strong*

STEM TRAINING

In the joyful atmosphere of New Year's Day 2014, the STEM trainees were hard at work in the classroom. The scene was set for the cadets to gain crucial knowledge. The large white walled room was filled with natural sunlight through the clean windows whilst Lieutenant Anastasi was giving a speech on the particular circuits the cadets were instructed to connect. This was especially important because it was about launching Class B missiles from their custom-built sea perches (a simple, remotely operated, underwater vehicle). As the cadets actively listened, the staff officers were planning a little surprise for these outstandingly



focused trainees. After a few more hours of classroom instruction, the students were led outside where they found a mini-pool. They were a little curious as to what was going on. Lieutenant Anastasi swiftly marched out with his very own custom sea perch, but what was attached? A missile launcher. What was held in that bright white PVC pipe? A Class B rocket. Midshipman Anastasi (Lieutenant Anastasi's son) was handed the contraption. He slowly set it in the moonlit pool. The red button on the remote control device was pushed by an eager thumb. The small missile took off wildly into the air as the flare from behind the missile illuminated the dark atmosphere. Nothing but the roar of excited voices filled the eardrums of the staff officers. Now the cadets are motivated to get their missiles built.

Written by: SA Brown, SA Honeyman

MEDICAL

During Wednesday's class, Medical went over taking pulses and the different techniques to take pulses. These



locations are known as the Radial, Brachial, Carotid, and Femoral. After learning the different techniques and pulse areas, cadets had the chance to practice the radial, brachial, and carotid pulse-taking within their squads.

They checked each others' resting heart rates; then after a series of jumping jacks and various physical activities, heart rates were checked again. This went on for the

better part of an hour to ensure their developing medical skills and more specifically their health monitoring skills. Later on in the day, Medical cadets had a PT session after evening chow to help maintain body and mind. Medical cadets have been learning how to maintain a healthy body and mind by constantly using their mental abilities and eating healthy with the help of Area 33's Mess Hall. Medical has and will continue to work very hard for the rest of the training. *Written by: SA Archegia, SA Singh*

MAA

The first day of 2014 and MAA is having a lot of fun. The cadets are learning so much while still enjoying the beginning of the New Year. After chow, we heard and saw one of the best companies in awhile. MAA has shown great marching and outstanding cadences. In addition to the classroom, they learned how to properly investigate crime scenes by measuring and looking for clues and evidence such as debris and footprints or anything



left behind to tell the story. After a suspect is arrested, they are fully restrained in handcuffs and are processed through the court system until they can walk free or

are proved guilty. By the end of the day today, the cadets got to relax as a company and watch the movie 44 Minutes. The movie was based on a bank robbery. It was about the actions of police officers trying to keep people safe. It really showed courage and commitment, which is really something these cadets are learning and achieving. *Written by: PO2 Piepmeier and SA Norton*

EXPLORATION

Today on the first day of a 2014 New Year, Exploration gathered in the classroom.



They sat and learned about medical procedures and firearms. They learned how to tell if there was something medically wrong with someone with specific effects. They also

learned different types of poisonings. There are four ways of absorbing poisons: ingesting, inhaling, eating, and rubbing. The class then learned a lot of important safety tips with firearms. For example, if anyone ever



found a gun is to stop and leave it and go tell the closest adult nearby. Also, to never point a gun at something you do not intend to shoot. The class also learned the different parts of

specific kinds of guns. Exploration is preparing for this coming Friday by going to a shooting range. Most of them have already shot a gun and/or are familiar with guns, so it should be a little bit of an easier process with Exploration. *Written by: E2 Davis, E2 Medina, and E2 Morales*

ALPHA COMPANY LEAGUE ORIENTATION

Today Alpha Company awoke to a day filled with marching and classes. They promptly dressed at



reveille and prepared to march to chow. Chow is a special time for cadets at training. It is a chance to relax and talk quietly amongst them. They have around a half an hour to eat their food and chill out. After chow, Chief Olson had them fall in on the grinder (parade deck) to perfect different facing movements, as well as how to warn their shipmates of hazards. An hour of marching later, the league cadets filed into their classroom building to take another quiz. Petty Officer First Class Hickman asked the cadets after the quiz if they thought that they did well. The answer was all optimism. A short while later the cadets gathered for CC (Company Commander) time, where they get a little extra learning time. 1745 (5:45 pm) found the league cadets back in the mess hall for their evening meal. When asked how they liked the food they replied that it was good and that they each ate enough. At 2100 (9:00 pm) taps (lights out) was sounded and the cadets drifted into peaceful slumber. *Written By PO3 Ogden and SA Freeman*

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BRAVO COMPANY LEAGUE ORIENTATION

This winter at the Navy League Orientation, League cadets are in the capable hands of Chief Petty Officer Olson. Bravo Company's CC (Company Commander) is Petty Officer First Class Wilkins. She has over six years of experience in the Sea Cadets. She is assisted by her ACC (Assistant Company Commander), Petty Officer Second Class Buchanan. PO2 Buchanan is a veteran of over eight years in both the League Cadets

and Sea Cadets. According to Bravo's ACC as well as their CC, Bravo has a distinct possibility of receiving Honor Company.



Throughout Orientation, the League cadets will take several quizzes that will ultimately affect their final score. They'll be tested in their knowledge of the Eleven General Orders of a Sentry, Chain of Command, and personal hygiene. Bravo Company has great morale

and their strongest attribute is their motivation. The skills that they are learning now will give them an edge when they become Sea Cadet recruits at RTC (Recruit Training Camp). Ooh Rah Bravo! *Written by: PO3 Ogden & SA Freeman*

OPS (OPERATIONS)



A Day in the Life of OPS

Long hours, hard and strenuous labor, and lack of recognition; this is what people think when they think of being a part of the Operations staff. However, in actuality it is the very backbone and support system of the entire training. Without the Operations department, the rooms, the racks, the lights, and the showers wouldn't even run. In fact, the entire training wouldn't be able to function at all. They do lots of hard work, and often at times they are under-appreciated for their hard work and massive efforts keeping all the trainings running. But today, the cadets of Operations were given an extremely rare privilege as a reward for their work and dedication. The cadets were treated to a well-deserved meal off base, enough to make any other person envious. As they returned, their faces were lit up with joy and satisfaction, motivated to continue their hard work that keeps this entire system of trainings running like a well-oiled machine. *Written by: PO2 Trieu and SA Lin*

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