

Summer 2022 University of Minnesota Army ROTC Golden Gophers



Golden Gopher Battalion Army ROTC newest Cadets

2022 Cadet Summer Training By: Cadet Rory King

Fort Knox, KY - Cadet Summer Training (CST) is the culminating event for ROTC Cadets a year before commissioning. Located in Fort Knox, Kentucky, CST is a 35 daylong training event that tests Cadets' leadership capabilities under stress and exhaustion. CST was comprised of eleven regiments with Cadets from all over the nation, including many territories of the United States.

Upon arrival to CST, Cadets meet their platoon members and begin training while also making connections and friendships. CST begins in the garrison phase, where Cadets are housed in the barracks and complete training events like the Army Combat Fitness Test (ACFT), weapons qualification, land navigation, rucks, and tactical combat casualty care. Also, during this time, platoons create SOPs for themselves in preparation for the field.

The field phase of CST is where the true test of leadership and character begins. The field consists of three FTX's lasting three days a piece, with a refit day in be-

tween each FTX. Cadets each have a chance to show their leadership capabilities and their ability to work with others in the field by being evaluated during missions as the platoon leader, platoon sergeant or squad leader. The missions are a different variety each day, but mostly consist of raids, attacks, defenses, and patrol bases and simulate a wartime environment each day. The field phase tests Cadet's ability to make tactical and logical decisions under fire while being tired, hungry and in need of a shower. A 12-mile ruck marks the end of the field phase out of the field ending back at the barracks with a big celebration of completion. CST is a very different environment and a big step

for many Cadets. I enjoyed many moments there especially meeting and working with Cadets from all over the nation. It was incredible to see a platoon of total strangers come together and lead successful missions and support each other through the thick and thin of a long hot summer. CST not only tested me physically and mentally but taught me a lot about myself and how to work better with others. My words of advice to all Cadets preparing for CST are to have a positive mental attitude and remember why you are there. Also, take the time before camp to prepare physically and mentally by rucking, running, and studying tactics.



Captain McNew & Cadets King, O'Connell, and Almeida during 2022 CST

Golden Gopher



Battalion

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Professor of Military Science By: Lieutenant Colonel John Nguyen



While summer routinely signifies the “annual farewell” of our newly commissioned 2nd Lieutenants, it also presents an opportunity for our leaders to grow and fill the large shoes of those before them. The new MSIV

class hit the ground running with Cadet Summer Training, and based on their stellar performance they will take the Gopher Battalion to the next level. Prior to returning to the classroom, the Gopher Battalion sent twenty of our Cadets to Advanced Camp hosted by Cadet Command in Fort Knox, Kentucky. The Cadet Summer Training (CST) event is a crucible of sorts that tests Cadets in small unit, individual, and leaders’ tasks demanded of our future Officers. The thirty-seven-day leadership crucible congregates the staff, Cadre, and civilian leadership across the nation to facilitate this comprehensive leadership assessment. Our Cadets demonstrated excellence in basic rifle marksmanship, foot marching, tactics, land navigation, and leadership evaluations that can only be summarized as a “Leadership Combine” of sorts. Their successes communicate more than just individual success (of which there are plenty) – they highlight that raising a future LT is a team event requiring an enthusiastic cadre, attempting to inculcate the desire to excel and the drive to become better than ourselves yesterday. To the teammates of Task Force Ripley and the Cadre of the Gopher Battalion – the successes of the Cadets are yours as well.

The results speak for themselves and prove that hard work pays off! 3x Cadets earned the coveted RECONDO Badge (Cadets Henriksen, MacDonald, and Shreve). RECONDO is not just an indicator of excellence, it speaks to the character and quality of those Cadets who understand that a winning attitude matters. Over 70% percent ranked in the top half

of their Platoons and secured an EXCELLENT rating, while Cadet Henriksen earned an OUTSTANDING rating and was assessed as #1 of 37 Cadets in his platoon.

In addition to our MSIV camp performance, the Gopher Battalion also sent 2x Cadets to Basic Camp in hopes of preparing these individuals for success during the MSIII year. Not to be outdone, the rest of the Battalion also sent 19x Cadets to summer internships, 3x Cadets to Air Assault School, and 2x to the Basic Airborne Course. Not only do these highly selective and competitive programs enhance the skillset of our Cadets, it makes our own program better as they bring back observations and lessons learned for our future Platoon Leaders. It’s been a busy summer with these additional training opportunities, and the increased exposure to the operational force will make our Battalion better trained, stronger, and well-led.

With such an active program, it’s no wonder why these Cadets will be recognized at the 2022 National Conference for the Association of the United States Army (AUSA) for having the largest participating ROTC program in the nation...for a 6th year in a row.

However successful they are, our Cadets understand that the task at hand is not complete. Demonstrated individual competence requires sweat equity, but the real test is to train and support their subordinate leaders to ensure their successors are equal to any task. As we approach the new school year, I’d like to refocus our energies to our renewed mission of preparing our next crop of Camp attendees charged with the challenge of excelling under the mentorship of their committed MSIV class.

I would be remiss if I didn’t highlight the upcoming events that help to support this winning mindset. Throughout the year, we will plan, prepare and execute tough training aimed at developing the grit and tenacity needed in leaders today. Events such as the Bataan Death March, Army 10 Miler, KU

Buddy Ranger, Ranger Challenge, and various Color Guard opportunities are just a few of the ways that our Cadets participate beyond the classroom in order to improve themselves, their teammates, and the climate of the Gopher Battalion.

I am incredibly humbled at the overwhelming commitment of our staff, endless enthusiasm of our eager Cadets, and continued support of our alumni, parents, friends and university stakeholders. While trophies and accolades are great to display; our points of pride come from the fellowship and shared hardship that strengthens teams, builds trust, and instills a winning culture.

Finally, my charge to the Class of 2023 comes from James Kerr’s book, “Legacy, 15 Lessons in Leadership.” While the entire list provides germane insights into being a good person and a teammate, #14 resonates with me most.

Whakapapa - Be a Good Ancestor. **Plant trees you’ll never see.** Connect the past, present, and future. True leaders take responsibility adding to the future. Ensure knowledge transfer. **Leave the jersey in a better place.** Know that you are standing on the shoulders of giants – live up to that expectation and know that you will be looked upon as one.

Whether you’re a current Cadet, still serving, or are far removed from our humble profession. I say to you – Whakapapa. Our success is not our own, and what we achieve only highlights the fact that more is expected of us.

I am proud of these Cadets, I am proud of our Cadre, but I am most proud of the lineage and tradition of teamwork that echoes through the Armory walls. Stay safe, make good life choices, and let’s get after it Cohort 23.

Gopher Strong, Dig Deep!

Commandants of Cadets By: Master Sergeant Andrew Hale



Welcome back Gopher Battalion! What a great summer with our Cadets winning at Advanced Camp in the sweltering heat of Fort Knox, KY, traveling all over the globe for Cadet Troop Leader Training (CTLT), and participating in several events back home. I

am proud of what our Cadre and Cadets were able to accomplish over the last few months, and look forward to another great school year. As the Army continues to adapt to an ever-changing environment, one of the key takeaway’s coming this year is the implementation of the ACFT. After a much anticipated official release date, we have our answer. Beginning next fiscal year (1 October

22) the ACFT becomes the official fitness test of record. This test measures the Soldiers overall ability to perform all wartime functions and is a better overall assessment of ones holistic fitness levels. Many changes have happened throughout the last few years to include age groups, gender, and event specifics, but the Army has settled on the following six events: Maximum Deadlift, Standing Power Throw, Hand Release Push-up, Sprint-Drag-Carry, Plank. The ACFT is designed to improve Soldier and unit readiness, transform the Army’s fitness culture, reduce preventable injuries and attrition, and enhance mental toughness and stamina. We as the Golden Gopher Battalion embrace this transition and will continue to focus our efforts in preparing our Cadets to be better leaders. Our Physical

Training (PT) Officer in Charge (OIC) Cadet Brown and I will ensure our plans throughout the semester are focused on maximizing our improvements in the Army’s new test of record. After 1 October 22, Cadets take the ACFT for record but a failed ACFT will not result in separation nor any positive/negative action. Effective 1 April 23, a passing record ACFT is required for commissioning and contracting. Two consecutive failures will result in consideration for separation or disenrollment. (Ref. ALARACT 046/2022) Congratulations to our MS III’s for completing Cadet Summer Training. Your burden is heavy to prepare the next generation for their success. *Gopher Strong, Dig Deep!*

Cadet Battalion Commander By: Cadet Sarah Bissen



Minneapolis, MN - University of Minnesota Gopher Battalion Army ROTC has done incredible things this summer. Despite COVID-19 being a continuous threat, the Cadets at Gopher Battalion were able to persevere and conduct valuable training to ensure readiness for Advanced Camp and other training opportunities. This summer, Gopher Battalion sent another class of MSIIIs to Fort Knox for Advanced camp, their culminating event, for the second year since the start of the Pandemic. The MSIIIs were able to put their training to the test and showcase their abilities in various soldiering tasks and leadership roles. They are now one step closer to becoming second Lieutenants. Many Cadets attended Army schools such as Airborne and Air Assault due to their competitive drive in and out of the

classroom. We also had many Cadets take advantage of Internship and Cadet Troop Leadership Training opportunities and see them travel to various locations state-side and abroad. These opportunities help Cadets explore their interests and show them what the Army has to offer. Not only will these opportunities give Cadets a once-in-a-lifetime experience, but they will also provide tools on how to be a better leader to help guide and mentor others.

As the summer comes to an end, and we shift our focus to the new semester, we must be ready for the challenges that lie ahead and help each other persevere. Incoming MSIVs will take their experiences from Fort Knox to help teach and prepare the MSIIIs for their time at Advanced camp. We will continue to develop the underclassmen and mentor them to become competent and confident leaders. There is a lot of exciting training to look forward to, such as our Leadership Labs and Field Training Exercise, which improves tactical knowledge and soldiering

skills, and unit morale. In addition to the Labs and training, there is also the opportunity for Cadets to compete on specialty teams. The Army 10-Miler, Ranger Challenge, Norwegian Foot March, and Color Guard Teams are all excellent ways to build close bonds with fellow Cadets. These specialty teams teach Cadets how to work together and collaborate as a team, learn additional soldiering skills, and provide opportunities to push through physical and mental challenges.

In the upcoming weeks, we are excited to reunite with our peers and share what we have done during our few months apart. We are also looking forward to meeting all of our program new Cadets and Cadre, and showing them what it means to be a part of this Battalion. This Battalion is full of hard-working individuals who hold each other to a high standard and strive for success. We can't wait to see the growth in this Battalion, so get ready to put the work in and dig deep for another semester! Gopher Strong!

Welcome New Cadets By: Ms. Maggie Marchesani

Minneapolis, MN - Welcome to the Golden Gopher Battalion! New Cadets, you are now part of a remarkable Corps of Cadets who will push you to excel and make you a better leader. We have a distinguished history, dating back to 1869 when the University of Minnesota was designated a land-grant institution and the Army ROTC program was created. Our program will give you the tools, training, and experiences that will help you succeed in any competitive environment.

On August 29th and 30th, 2022, the Army ROTC Golden Gopher Battalion hosted the annual New Cadet Orientation. During this two-day event, the new Cadets received information which helped to set them up for success in ROTC. Cadre and Cadet lead-

ership answered questions and gave presentations on ROTC and the military lifestyle. Cadets completed a Physical Fitness Assessment in preparation for contracting and received their standard issue of US Army ROTC gear. Of course, we also provided time for the Cadets to socialize and get to know their Chain of Command. The University of Minnesota's fall semester will begin on September 6th, 2022. We plan to welcome approximately 60 new Cadets for School Year 2022-2023. Of those, we anticipate over 30 Cadets will join ROTC with a scholarship offer already in hand. These Cadets join us from hometowns across the nation while they attend schools throughout the Twin Cities metro area, including the University of Saint Thomas, Beth-

el University, Hamline University, the University of Northwestern, Metropolitan State University, and the University of Minnesota-Twin Cities. Within this group of new Cadets, we also expect that we will have one of the largest populations of SMP Cadets (those currently serving in the USAR or ARNG) that we've seen in several years. We are excited to welcome them into our ranks. After a busy summer of recruiting and summer training for Cadets and Cadre, we are eager to return to classes and field training. We have been very impressed with the quality of new Cadets and have every confidence that all will serve as excellent additions to the Gopher Battalion as they work toward the ultimate goal of becoming the next leaders of the U.S. Army!

2022 Basic Camp By: Cadet Jack Ryan

Fort Knox, KY - This summer, I spent a month at Fort Knox, KY, learning what it means to be a Soldier. I spent 32 days catching up on all of the knowledge I had missed during MSI and MSII years. I used the first couple of days at Fort Knox getting to know the other Cadets in my platoon and Cadre. My fellow Cadets were from all around the country with many different backgrounds. What brought us all together was the fact that we for the most part didn't know anyone in our platoon and knew that we would be stuck in close proximity for the duration of camp. The friendships grew quickly because we had no one but each other. Our Cadre consisted of two newly commissioned Second Lieutenants and a Sergeant First Class with almost 20 years of experience. After an easy first few days, we were woken up at 3:00 AM and brought out into the training area. All of the Cadets in 1st Regiment got into formation, most of us still half asleep. I will never forget the moment that all of the Drill Sergeants came sprinting full speed up to each of the platoons and yelled the Drill Sergeant's creed in perfect unison. We quickly realized that the training hadn't started until that day. Our platoon had two Drill Sergeants assigned to us that would rotate during the day. The Drill Sergeants would typically be with us

from morning formation until they released us for the night. Some of the Cadets did not enjoy our time with the Drill Sergeants, there were a few times I felt that way too, but as I am writing this from the comfort of my home, I look back on those times fondly. Our training covered a lot, including drill and ceremony, weapons training and qualification, tactics, land navigation, and various tests of leadership. Out of all that we did, I enjoyed the group obstacle course the most. The group obstacle course required our entire squad to work together and use various planks and other materials to cross an obstacle in a given time. These challenges were made much harder by the 95-degree heat and clashing personalities. I enjoyed this challenge because it was the first time at camp that we were given a mission with little instruction and forced to complete an objective. That day we all learned the meaning behind a saying we heard a lot of, "if you want to learn how to lead, then you must first learn how to follow." That brings me to the most crucial piece of advice I would give to someone thinking about attending Basic Camp; don't change your behavior from when you aren't in a leadership role to when you are assigned a leadership position. If you want your fellow Cadets to listen to and respect you as a leader, then do the same when

your roles are reversed, they will remember who supported them when they were in a stressful situation.



Cadet Ryan during Basic Camp at Fort Knox, KY



Cadet Ryan and his platoon during personal time

Engineering Internship Program By: Cadet Logan O'Connell

Fort Gordon, GA - This summer I was given the opportunity to attend an Engineering Internship Program (EIP) at Fort Gordon, GA. This internship had me attached to a Resident Engineer in a US Army Corps of Engineers (USACE) at Fort Gordon. USACE is a unique role in the Army, as it is comprised mainly of DOD civilians (DODCIV), and their job is to work with private contractors. There are many disciplines of engineers in the office, from civil to electrical, and all of them have their input on how the project is going. The Resident Engineer's job is to supervise these DODCIVs and make sure projects run smoothly while ensuring the government gets a good product, and the contractor does their job and does it to the standard we have outlined. To this end, the team also

comprises of Quality Assurance (QA) representatives, which is the USACE version of Quality Control (QC). Their respective job is to ensure everything is up to the standards that outlined in the specifications and plans. My office had several unclassified projects going on that I can share with you. The focus while I was there was the Cyber Center of Excellence's (CCoE) first two of four massive training facilities. These 100,000 sq ft, \$120 million plus buildings are going to be the training area with which the Advance Individual Training (AIT) and Basic Officer Leader Course (BOLC) of Signal and Cyber soldiers will be taking place, so it was a good experience for me to see a different side of an area I'll be back in next year. There was also the demolition of the tallest building on Fort Gordon, where I

learned about the differences between construction and demolition from USACE's point of view. What I got out of this internship may not be very applicable to most Army careers, but I felt it was very appropriate for me as a dedicated National Guard member. It gave me a good glimpse into a business/industry setting and how USACE has to conform themselves to work the best they can with the civilian sector. I also had the opportunity to meet with the District Engineer, Col Geary, multiple times, which was a good opportunity to see the whole scale of what the corps does. I am very grateful to have gotten selected to attend the EIP, as it was a great experience unlike any other I could get in college, and I hope future Cadets take advantage of the program, especially any engineers.

COI Visit and Advanced Camp Experience By: Mrs. Jocelyn Cookson

Fort Knox, KY - I had the incredible opportunity to represent the University of Minnesota and the Association of the United States Army, AUSA, at this multi-day forum and educational retreat for the Centers Of Influence (COI)! Our accommodations at The Brown Hotel were nicer than that of the Cadets, but other than that we got the full Advanced Camp experience!

We were welcomed with a reception and words from Major General Davis on the 16th floor of the hotel with an incredible view overlooking Louisville. On the first morning, we were introduced to rappelling. We were able to learn “the ropes” ourselves and give it a try. That was such a challenge! As individuals, we grew more than we knew we could in just the first morning of our week! Mentally and physically, we were brought to heights, like those Cadets each summer, and given the chance to overcome fears and work toward our goals.

Later that afternoon we spent time collaborating in an open discussion forum led by Joseph O’Donnell representing recruiting and retention at Cadet Command on base. These are the perfect minds to have in the room together, as many people representing schools hosting ROTC programs around the country are under-educated on the opportunities within the ROTC and Army for students who may be attending the universities and colleges being represented but are not aware of the possibilities.

The next day featured more group based challenges using the Field Leader Reaction Course (FLRC) obstacles. We were able to execute missions by building team skills and leveraging leadership within the group. How cool. They explained that in one of the challenges we faced, there really isn’t an “answer”. At this station, the real challenge is to become more self-aware of your role in the coup dynamic when faced with unsolvable adversity. Cadets are going through amazing transformations within them-

selves and how malleable they can be when needed in a group setting. It’s no wonder the kids coming through are as insightful and promising as Cadet Andrade who I had the pleasure of enjoying lunch and conversation with at the chow hall that afternoon! What an experience that was, it is wild and hectic and loud and busy, then all of a sudden 15 minutes later, empty!

All of the Cadets were off to the field for their afternoon training. It was so nice to put a face and name to the experience that we were having. These students are the cream of the crop. They are our nation’s future leaders. They are down here spending their time over the summer in the heat of Louisville, KY learning and executing skills in leadership development that will last them a lifetime. Holy moly. We met again in the General George Patton Museum Of Leadership that afternoon for additional discussion. One of the focuses of this specific niche COI group was the connection to the schools. There are some key connections that were made during this week of engagement through people and ideas that should help benefit the Army, the ROTC

Cadet Command, and ROTC programs around the country. It was so special to contribute to that kind of meeting of the minds. I especially want to thank the University of Minnesota ROTC for letting me represent you this summer at Advanced Camp down at Ft. Knox and let you know how much I appreciate your nomination! This was the experience of a lifetime for me; it was truly a pivotal point for me in my own growth journey, yet being able to try to experience it from the POV of a Cadet from the gopher program was so extra special. You are producing the nation’s best, and I cannot wait to see where you all will go~

On the last day of the trip, I was invited to skydive with the Army Golden Knights Tandem Jump team. This was unlike anything I have ever done and I cannot believe I did it! It was such a rush and I didn’t think twice about doing it knowing that I would be jumping with the worlds best! I am so grateful again to DJ, and the University of Minnesota, for the nomination and excited to send someone to represent next year!



Mrs. Cookson at the Rappel Tower on Fort Knox, KY



Mrs. Cookson in a meeting and talking with the Cadets at Fort Knox during CST

Airborne School



By: Cadet Anna Decker

Ft. Benning, GA - I am very thankful for the opportunity I had this summer to attend Airborne School at Ft Benning, Georgia. Looking back, I had incredible growth in physical fitness, competence in navigating a garrison environment, and personal pride in knowing I jumped out of a moving aircraft. But growth cannot happen without challenges, which changed with each phase of the school. Airborne School is broken into 3 phases-Ground Week, Tower Week, and Jump Week. Ground week is rather monotonous. There are long instructional periods and repetition of practice "hitting the ground" over and over to build muscle memory moving into Tower Week. It required constant mental alertness that, if caught lacking, could get you dropped from the course. Tower Week is essentially a test of whether or not you built up muscle memory during Ground Week. Each trainee goes through various contraptions, from properly exiting the towers in full combat load to executing safe landing on the Improvised Swing Landing Trainer (ISLT). During the ISLT, trainees swing from harnesses and are dropped at random times. Many people would forget to tuck their chin,

resulting in their head smacking the ground, or their knees wouldn't stay together. Both would result in serious injury if done out of the plane during Jump Week. After a specific number of tries, the trainee is dropped from the course if they continue to have improper landing form. After two long weeks of standing under the hot Georgia sun, all of a sudden it was 4:30 AM on the Monday morning of our third week and we were ready to jump. Even though it was an early wakeup, we spent hours in the harness shed getting our harnesses on and being checked by riggers. Then it's a waiting game- no sleeping, no bathroom breaks and definitely no touching your equipment until you have completed a jump. I spent the entirety of the wait in the harness shed going over and over what to do in my head. In the end, it did not matter because once I was falling through the sky it was all muscle memory. I had the incredible opportunity to be the first jumper on the first jump from my stick. Standing at the open door of an aircraft 1,250 feet in the air and staring ahead at the passing sky is unexplainable, and the jump itself was surreal. Then you hit the ground and get to do

it all over again for a total of five jumps. The Black Hats are the finest instructors in the world and as long as you pay attention the first two weeks, you are well prepared for what happens after you exit the plane. I am incredibly thankful not only for the opportunity to have this training but also the opportunity to meet the other trainees. There were other Cadets, Officers, NCOs and privates coming straight from Basic Training. Our sister services also attend Airborne, and there were even officers from Lebanon and Argentina! To anyone headed to training, I would encourage you to take the time to get to know the people around you. Find out what motivates them, what their goals are, and be more willing to listen rather than to talk. Overall, I owe a huge thank you to the Gopher Battalion. Thank you to the Cadre and Cadets that worked hard to provide the training and opportunity that made this experience possible. I am excited for the chance to pay it forward to other Cadets this upcoming year!"



Air Assault School



By: Cadet Ben VanBinsbergen

West Point, NY — This summer, I had the privilege of attending Sabalauski Air Assault School at West Point, New York. The school proved to be more challenging than I had anticipated. A mixture of hands-on and written tests, two ruck marches, a run, and other physically and mentally challenging events allowed me to push my limits and made it an experience to remember.

The training began before I even arrived at West Point. In the months prior, I catered my workouts and runs to better prepare myself for what was to be expected at Air Assault School, as well as practicing my rope climbing and ruck marches. I also began conducting inspections to ensure that I had all the proper equipment and replaced any gear that was either missing or damaged. When the day finally arrived, I hopped on a plane to Newark, NJ, and was bussed down to the West Point campus. Simply being able to witness West Point and hear about and see the history within the buildings, murals, statues, etc., was

worth all the work I had already put in. The first thing I had to complete was day -zero, the most physically demanding days of the 10 day course. After the day was over, and I passed all of the events, a huge weight was lifted off of my shoulders. Next was the Aircraft orientation phase. I was fortunate enough to have had fellow Cadets already introduce me to this phase, so I felt well prepared for the written exam at the end of the phase. The following two phases, Sling Load Operations, were what I was most worried about from the stories I had heard about others struggling with this. However, with a lot of studying and late nights with fellow Cadets, I was confident about testing day. Then finally came the Rappelling phase, the most exciting phase. Rappelling out of a Blackhawk along the Hudson River was something I will never forget. While there, I was able to meet many like-minded Cadets both from ROTC Programs around the country and from West Point, and who made the experience much more memorable. One memory that I will never forget was

during our 4-mile run, we were running past the cannons as they fired them off to signal the beginning of the work day. Although it is small for those who attend West Point, it was new and exciting for people like me. For anybody wanting to attend Air Assault school through the University of Minnesota ROTC Program, a piece of advice that I would offer is that it all begins at the University. Participate in specialty teams, volunteer to help the program, and continuously work to improve yourself both as a leader and as a soldier but more importantly work to improve those around you as well. I want to thank all those at the Gopher Battalion for such an amazing opportunity that has been one of my goals for many years I will wear the Air Assault Badge with pride and a sense of accomplishment. Gopher Strong!



AFRICOM Summer Internship By: Cadet Alyssa Abke

Stuttgart, Germany - Working with US Africa Command in Stuttgart, Germany this summer was an incredible opportunity. Throughout the 8-week program, I was assigned to the AFRICOM Public Affairs Office. The goal of their office is to give a better understanding of the USAFRICOM mission and how they operate both nationally and internationally to service members, the American people, and our African partners. As a Cadet, being in their office provided a lot of insight into how a combatant command functions. I created community outreach plans, helped organize band outreach for USAFRICOM, compiled information on upcoming training events, and published multiple videos and articles through a "Faces of AFRICOM" project, highlighting what different offices did throughout the command.

By the end of this internship, I left with two foreign fitness badges, a full eighty-page notebook of advice from those working around me and a much better situational understanding of the region. As a second lieutenant, I will be focused mostly on direct leadership, but seeing a combatant command showed me a lot of the reasoning behind tasks given to lower levels in the military that I may not always be aware of.

This internship also presented ample opportunities for mentorship from senior officers. Each week eleven other Cadets and I sat down at brown bag lunches and talk with experienced military leaders. Engaging with these individuals was valuable as a Cadet as it gave us a chance to discuss various leadership topics and experiences from their military careers that we can take

with us into ours. I am thankful to be a part of an Army ROTC program that provides experiences like this, and am looking forward to seeing everyone in the Fall!



Cadet Abke at the headquarters of AFRICOM

Color Guard Team By: Cadet Kya Rybachek

Lake Minnetonka, MN - The Golden Gopher color guard can operate jointly with the other ROTC programs at the University of Minnesota or independently as a five man color guard. Because of this, the Battalion can present colors for multiple football games, parades, and events throughout the school year and summer. We do this because presenting the Colors is a military tradition dating back to the beginning of our country.

got there right before the start of the event to set up equipment and execute a dry run of presenting colors. That was followed by a social hour where we were able to socialize with many of the event's sponsors, take photos, and enjoy the complimentary hors d'oeuvres. Then we put on our Army dress uniform and met Lee Brice (the first time I teared up that night). After this, we presented the colors while parachutes carried the U.S. flag right over our heads. We immediately changed out of our uniforms to listen to a guest speaker. She told us about how important

this organization was in helping pick up the pieces in her family's lives shortly after the loss of her husband. There were few dry eyes in the crowd at this point as many people empathized with losing a family member or comrade. Following was a speech about the event itself, and soon after, the Lee Brice concert started. Our color guard was able to stand front row the next two hours and jam out to arguably some of the best country music from one of the best artists. It was an honor to be a part of such a great event.

This summer, we participated in multiple events such as the Aquatennial Torch Light Parade, Armed Forces Family Fishing Event, and a Folds of Honor Event. The most recent event was the Folds of Honor Boots, Bourbon I, and Brice event in August hosted by the Minnesota Chapter. Folds of Honor is an organization with a mission focusing on providing educational scholarships to spouses and children of America's fallen and disabled service members. Their motto is "Honor their sacrifice. Educate their Legacy." They have an annual concert to raise money for their organization. This event was both the most fun and most heart touching event I've been too. The event's directors were incredible and wanted to host us the entire night. We



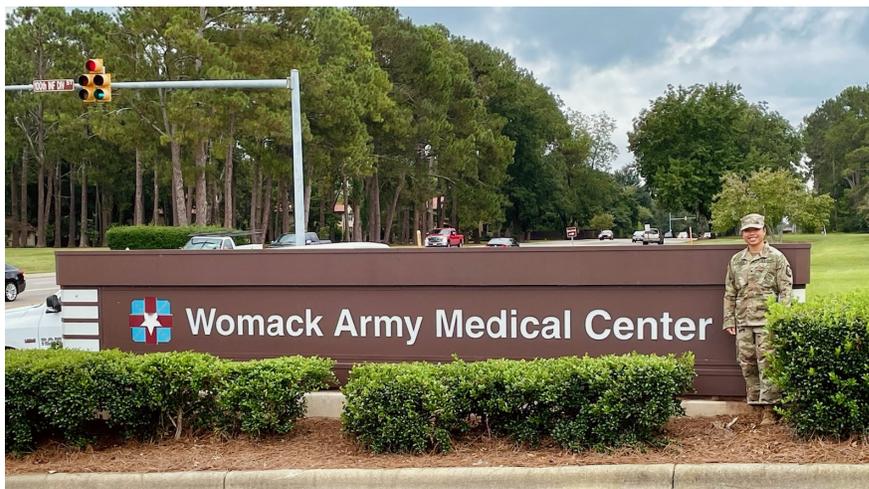
The Color Guard Team performing at the Boots, Bourbon, and Brice events



The Color Guard Team posing for a team photo

Nurse Summer Training Program By: Cadet Makenna Larson

Fort Bragg, NC - The Nursing Summer Training Program (NSTP) was an unforgettable experience. Through amazing rotations in the emergency department, operating room, labor and delivery, and medical/surgical units, I improved my clinical skills whilst learning from incredible military and civilian healthcare providers. This program allowed me to sharpen my confidence in the clinical environment, gain knowledge on my future career path, and explore a new place! It was my favorite part of the summer, and I will be forever grateful for what it taught me!



Cadet Larson at the Womack Army Medical Center during her time at NSTP

Alumni Corner By: Second Lieutenant Jesse Sattler

Minneapolis, MN - Gophers, it's hard to believe that it's been sixteen months since I was commissioned from UMN and almost two years since I was your Cadet Battalion Commander. Something about the Army is that life and time go on around you, even if you're not present for it. Make sure you're spending the time you do have doing what is best for you and those around you. After commissioning back into the MN National Guard last May, I took command of the C 1-194 Rear Detachment: the rear det of the exact same unit I've been in since 2018. I attended IBOLC in September of last year, graduating in February. Throughout my senior year and the year following, I took an interest in going full-time in the National Guard and pursued it while at BOLC. I was given the opportunity to board for an Assistant Brigade Training Officer with 84th Troop Command, and I was offered the job three days after getting back from Ft. Benning. Six months later I am a Brigade Security Manager, Brigade Orders Manager, and the primary S3 / Training Officer for 34th MP Co. Most recently my rear detachment executed a 15-day Annual Training in which we accomplished Bradley Gunnery Tables I-VI in just

five days, IWQ in two days, a Platoon Pinnacle Insertion / Extraction mission using Chinooks from the Maryland National Guard, and Squad Tactical Exercise (STX) lanes anytime anyone had a free breath. In the Guard, every second of the day is a ticking clock. We are expected to deploy and perform at the same level as an active duty unit while only drilling for 24 days + AT every year. Don't let that stop you from giving your soldiers a good time, though. Learn to show them that there's training time

and not-training time and create a clear line between the two. Shared hardship and experience are great for team building, but so equally is letting your soldiers wind down with a few drinks and share their war stories. Remember, when you commission, you're not just becoming a Commissioned Officer in the Army; you're carrying on the legacy of over a hundred years of the University of Minnesota's military service. Don't take that lightly.



2LT Sattler and his staff section at his unit

2022 Summer Commissioning By: 2LT Hunter Mann

Minneapolis, MN - This summer, we commissioned two brand new Second Lieutenants into the Army. I had the pleasure of attending the commissioning ceremonies of Second Lieutenant's Alexia Scott and Drew Potthast. Lieutenant Scott was commissioned into the Army National Guard as an Armor Officer right here in Minnesota. Lieutenant Potthast was commissioned at the end of Advanced Camp and he will receive his branch in the Army at the beginning of September.

Seeing how much these Cadets throughout ROTC was incredible, and seeing them commissioning was even better. It was an honor to be able to attend their

ceremonies and see them all one last time before they attend their respective courses. I wish the best of luck to the Army's newest officers and have the utmost confidence that they will be successful leaders in the U.S. Army.



2LT Potthast executing the oath of office



2LT Scott with her commissioning documents

Congratulations to Scholarships Winners

Our Army ROTC Cadets are regularly recognized by prestigious University Alumni, Scholarship Foundations, and Department of Defense Agencies for their outstanding leadership potential and diligent efforts to better themselves and others. Whether it is a certificate of appreciation or full tuition and fees, these scholarships truly recognize the continued support and respect your choice to join our Profession of Arms and what it means to the community. We would like to congratulate the students who have been recipients of awards over this past semester and to those future Golden Gopher Battalion members who have won and accepted Army ROTC scholarship. We are looking forward to seeing you all in the 2022 Fall semester.

Minuteman Scholarship National Guard Recipients

- Great Adigwe*
- Rachel Besselierv*
- Olivia Clarin*
- Lachlan Cotner*
- Trevor Cragoe*
- Grace Erkkila*
- David Hendrickson*
- Caleb Hill*
- Merrick Hirthe*
- William Jessich*
- Zhiyang Jiang*
- Ander Klaysingha*
- Anthony Lee*
- Cameron Lehman*
- Shane Lentsch*

Minuteman Scholarship National Guard Recipients

- Madalyn McGarry*
- Vasisht Natamai*
- Nkwele Ngole*
- Luke Oellrich*
- Lucas Ramey*
- Jaylin Reynolds*
- Alming Siv*
- Eh Hsa Hset K Pru Soe*
- Ayanti Unah*

Minuteman Scholarship Army Reserve Recipients

- Jeremy Davie*
- Simon Granberg*
- Samuel Hill*

Campus Based Scholarship Recipients

- Maxwell Breunig*
- Theodore Cha*
- Katherine Hansen*
- Nicholas Jilek*
- Jack Ryan*
- Stephano Lemus*
- John Lindsoe*
- Barney Phommasengkeo*
- Makayla Hegg*

3 Year Advanced Designee Scholarship Recipients

- John Cunniff*
- Emily Mendoza*
- Priscilla Wright*
- Bronwyn Vande Kamp*

Sights from Summer 2022



Cadet VanBinsburgen flying in a helicopter during the rappel phase of the Air Assault School



2LT Potthast giving his First Salute to MSG Hale



Cadet King and his platoon during CST



Gold Bar Recruiting Team and Cadet volunteers assisting the Minnesota National Guard with their Minnesota State Fair booth



Cadet Decker receiving the Airborne Badge

Sights from Summer 2022



Cadet Abke shadowing 2LT Worley through a Gas Chamber



Cadets Michelizzi and Brown have a chance encounter with Gopher Alumni 1LT VanSickle



Cadet Decker and Rodgers at Airborne School



Gopher Battalion Color Guard presenting the colors during Army Birthday

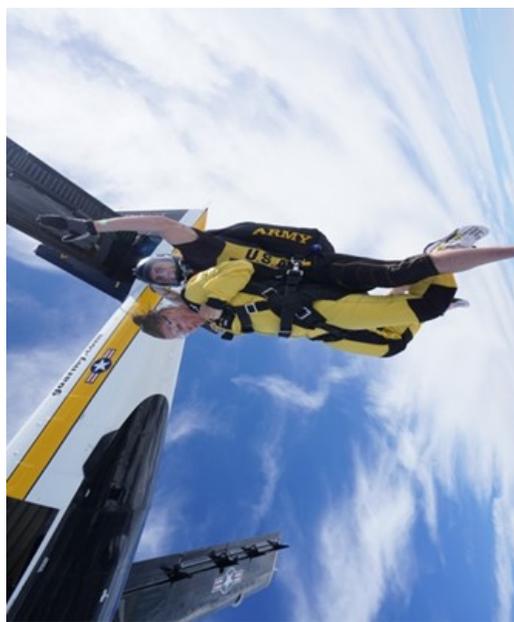


CDT King & his squad at the completion of Cadet Summer Training

Sights from Summer 2022



Cadets & Gold Bar Recruiters hosting the Army ROTC booth at the Campus Exploration Fair during welcome week



Mrs. Cookson skydiving with the Golden Knights Tandem Jump Team

Fall Semester '22 Upcoming Events

UNIVERSITY OF MINNESOTA

Army ROTC Open House

Please join us 16 November 2022
From 4:30PM - 6:30 PM

UMN Armory Building
 15 Church Street SE
 Minneapolis, MN 55455

Complimentary Food & Drinks
 will be provided by the
Minnesota Army National Guard

RSVP by emailing adejesus@umn.edu
 Contact us at 612-386-8491 or arotc@umn.edu
 for additional questions

FALL SEMESTER '22 EVENT CALENDAR

New Cadet Orientation	29-30 August 22
Welcome Week BBQ	29 August 22
Labor Day	5 September 22
Lead Lab 1: Admin and Patching Ceremony	7 September 22
911 Color Guard	9-11 September 22
Lead Lab 2: FTX PCCs & PCIs	14 September 22
Fall FTX	16-19 September 22
CWST	22 September 22
Home Coming Parade**	30 September 22
Home Coming Game**	1 October 22
Army Ten-Miler	9 October 22
Columbus Day	10 October 22
Mega Lead Lab 1	15 October 22
Task Force Ranger Challenge**	21-23 October 22
6 and 8-Mile Ruck	26 October 22
3rd Brigade Ranger Challenge	4-6 November 22
12-Mile Ruck	9 November 22
Veterans Day	11 November 22
LLB 3: Finance and Open House**	16 November 22
Mega Lead Lab 2	19-20 November 22
Thanksgiving Break	24-27 November 22
ACFT (MSIVs Only)	2 December 22
Cadet of the Semester	7 December 22
ACFT	9 December 22
Dinning Out**	9 December 22
Last Day of Classes	14 December 22
Fall Commissioning**	22 December 22

** Alumni and Family encouraged!!!



University of Minnesota Army ROTC

Gopher Strong!

Army Reserve Officer Training Corps

15 Church Street S.E. ,
 Minneapolis MN, 55455
 Armory Building Room 101
 Golden Gopher Battalion

Phone: 612-386-8491
 E-mail: arotc@umn.edu

If you know someone who has the potential to be an Army officer, tell them about us! They don't have to be from Minnesota! We have great opportunities for high school and in-college scholarships. Current enlisted Army National Guard and Reserves enrolled at the University of Minnesota are also eligible to participate in Army ROTC and may be eligible for additional scholarship and DoD programs. Call (612) 386-8491 or email arotc@umn.edu for more information.

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Whakapapa - Be a Good Ancestor. **Plant trees you'll never see.** Connect the past, present, and future. True leaders take responsibility adding to the future. Ensure knowledge transfer. **Leave the jersey in a better place.** Know that you are standing on the shoulders of giants – live up to that expectation and know that you will be looked upon as one.

AUSA – Voice of the Army

Consider joining the Golden Gopher Sub-chapter of AUSA. Since 1957, the Association of the U.S. Army has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve. AUSA is a private, non-profit educational organization that supports America's Army—Active, National Guard, Reserve, Civilians, Retirees and family

members. AUSA provides our Cadets numerous Professional Development Opportunities at a variety of events both local and national. All new Cadets are qualified for 2-year complimentary membership.

Visit the General Vessey Chapter's website at <https://vesseychapter.org/> or call Mr. Alberto DeJesús at (612) 386-8491 to learn more.



If you are interested in making a donation please contact (612) 624-3080 or send to Attn: Campus Life Program Cadets Fund, 15 Church St. SE, Minneapolis,