

# The Eagle Times

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## Commanders Corner: Wear Your Integrity With Your Awards

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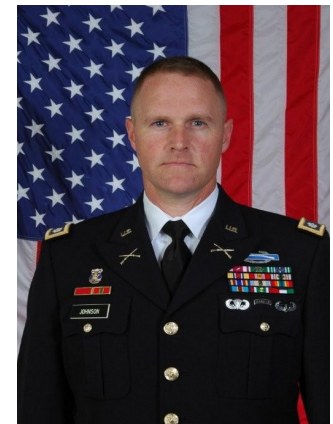
### LTC Johnson's remarks at the Eagle Battalion Spring Awards Ceremony:

We gather here this afternoon to honor individual cadets on their accomplishments, but since this ceremony marks the final time the Eagle Battalion will be assembled together this year, cadets I want to add how proud I am of all of you. I expected a lot this year, and with very few exceptions, you delivered. From reorganizing the battalion, to establishing B Company at Winona, to integrating leadership development into everything we do, you rose to the many challenges I presented to you this year. So the fruits of your labors are the awards you receive today. Well done.

But I would also like to take just a few moments to talk about something more important than what cadets wear on their uniforms, and that is the values they must possess.

The Army has a set of moral and ethical guideposts that we call the 7 Army Values. They are loyalty, duty, respect, selfless service, honor, integrity, and personal courage. All of these values are important, but the one that, for me, stands above the rest ... is integrity. The Army defines integrity as doing what's right, morally and legally. Those six words say a lot, yet there is more. Integrity stands for soundness of moral principle and character—uprightness—honesty. Integrity is also an ideal, a goal to strive for. For a man or woman to “walk in their integrity,” as the saying goes requires constant discipline. The word integrity itself is a martial word that comes to us from ancient Roman army tradition.

At the height of the glory and power that was Rome, during the time of the 12 Caesars, the Roman Legions would conduct morning inspections. As the inspecting centurion came in front of each legionnaire, the soldier would strike his right fist against the armor breastplate that covered his heart, where the armor had to be strongest. As the soldier struck his armor, he would shout *integritas*, which translates from the Latin as material wholeness, completeness, and entirety. The inspecting centurion would listen closely for this affirmation and also for the ring that well-kept armor would give off. Satisfied that the armor was sound and the soldier beneath it protected, he would then move on to the next man. (See *Corner*, page 2)



**The Eagle Battalion's newest  
Commissioned officers.  
Congratulations to all!**

See “Future Duty Stations,” on  
Page 2

(From Corner, page 1)

As the centuries passed and Roman society suffered the decline that would eventually lead to the fall of the Roman Empire, legionnaires no longer shouted *integritas* to inspecting officers. To underscore the contrast between the decadence of Roman society and the army that protected it, legionnaires upon striking their armor would instead shout *integer*, which means undiminished—complete—perfect. This indicated the armor was sound, and also indicated the soldier wearing the armor was sound of character. He was complete in his integrity. . . His heart was in the right place. . . His standards and morals were high.

Integrity. . . it is a combination of these words: *integritas* and *integer*. How appropriate for us here today that the word integrity is a derivative of two words describing the character of an ancient soldier. Yes, integrity means doing what's right, but it also refers to the putting on of armor, of building a completeness, a wholeness in character. The United States Army has a long tradition of producing great leaders that possess the highest ethical standards and integrity. It produces men and women of char-

acter. . . character that allows them to deal ethically with the challenges of today and to make conscious decisions about how they will approach tomorrow.

But we cannot create sound morals and ethical behavior in a day, or a semester, or a year. We must institutionalize them within our character over time; cadets, our integrity must become a way of life, woven into the very fabric of our souls. Just as was true in the days of Imperial Rome, you either walk in your integrity daily, or you take off your armor and leave your heart and soul exposed—open to attack.

So I will conclude by saying cadets, be proud of the awards and decorations you receive today—you earned them. But more importantly than the awards visible on your uniform, guard well that which cannot be seen, the armor of your integrity that is only visible when tested. And when that test comes, as it surely will, hopefully you, too, will be able to say *itegritas*, and the strength of your inner character, your integrity, will carry you through difficult times, and bring both you, and the Soldiers you lead, safely home.



The Eagle Battalion at the 2009 Spring Awards Ceremony

## Future Duty Stations

### CDT Holly Hanson

Commissioning is right around the corner. Duty stations for the soon-to-be second lieutenants of the Eagle battalion have been released!

**CDT Holly Cuhel** will move to Fort Sam Houston, Texas, for her Nurse Corps assignment at Brooke Army Medical Center. She plans to be married in summer 2010 and “live happily ever after.”

**CDT Travis Cyphers**’ first duty station will be Fort Carson, Colorado. After completing Field Artillery Officer Basic Course at Fort Sill, Oklahoma.

**CDT Jared Emmart** will be the Goldbar recruiter for the Eagle battalion during the 2009 summer. He will attend BOLC II and III and upon completion enter active duty with the Corps of Engineers for three years. After his active duty time, CDT Emmart will join

the 397<sup>th</sup> Combat Engineer Battalion in the United States Army Reserve.

**CDT Matt Johnson** will join the 850th Horizontal Engineer Company, Minnesota Army National Guard, in Cambridge Minnesota.

**CDT Danielle Kessler** will be stationed at Landstuhl Regional medical Center in Germany upon completion of the AMEDD Officer Basic Leader’s Course.

**CDT Corey McCaigue** will be stationed in Germany upon completion of Infantry Officer Basic Course. CDT McCaigue is also planning to attend Ranger School before joining an infantry unit in Germany.

**CDTs Andrea Schultz** and **Karla Schultz** will join CDT Cuhel at Fort Sam Houston in Texas for their first assignments as nurses at Brook Army Medical Center.

# The Eagle Battalion: Good Cadets & Great Citizens

## CDT Holly Cuhel

Throughout the school year Eagle Battalion cadets are hard at work. For many cadets, volunteer work is part of their usual routine. Cadet Jessie Sorenson, a senior at UW-L, is a regular volunteer at the New Horizons Shelter and Women’s Center. The Shelter offers support and shelter for victims of domestic abuse. CDT Sorenson, being a long-term volunteer at the shelter, has made herself on-call periodically since 2006. She assists battered women move out of their houses, participates in many children’s activities and organizes supplies brought to the shelter. She continuously feels the rewards that helping others can bring every time she

volunteers. CDT Sorenson said that “Being a volunteer for a women’s shelter often calls for selfless service and putting one’s life on hold in order to help others in need. It is a very rewarding experience and has taught me the value of confidentiality”.

Cadet Jared Emmart, a senior at Viterbo University, is another outstanding citizen who scarified his spring break to do clean-up work for Hurricane Katrina victims. His volunteer work does not stop with this service trip, but is has been a highlight. While on the week-long trip, CDT Emmart and other Viterbo students painted and re-floored homes damaged in

the famous Ninth Ward of New Orleans. CDT Emmart feels renewed to have made even a small impact on the damaged community he worked in.

Cadet Sam Pankonen and Cadet Austin Wesley recently volunteered at Place of Grace, a soup kitchen that feeds the needy for free. Both cadets had a great experience and plan to volunteer more time there in the future. While some cadets volunteer more than others, the message is clear. Volunteer work is just as rewarding for the volunteer as it is rejuvenating for the community.

## Dining In

### CDT Dan Hamilton

The Dining In is an Army tradition, most likely based on the old Viking tradition of having a ceremony to celebrate heroism and victory. While this is where the formal ceremony is believed to originate, it can be directly linked to the mess night practiced by the British Army, later known as a Dining In. This past April, the Eagle Battalion had their first Dining In. Since the Cadet Battalion Commander Corey McCaigue was at the General George C. Marshall Conference, his executive officer, CDT Holly Cuhel, stepped in as President of the Mess. Her Mr. Vice, in this case Ms Vice, was CDT Corrine Vick, an MS-III cadet preparing to go to LDAC this summer. Except for the traditions that are against ROTC regulations, such as smoking, the two ran the event following traditions set in World War II when the United States Army adopted the Dining In. Culinary Visions in La Crosse provided the meals of spinach bacon stuffed pork and chicken cordon bleu. Although the event was held at the City Brewery in La Crosse, the fourth largest brewery in the country, there was no alcohol. The Garrison Command Sergeant Major of Fort McCoy, CSM M. Kevin Dubios, was the guest speaker for the evening. His speech informed cadets about the fine line between being in charge and being in command, and the importance of knowing the difference. Towards the end, each platoon performed the skit they had prepared. The skits ranged from teasing a fellow platoon to mocking our online resource website (Blackboard), and ended with the MSIV’s acting out one of their staff meetings so the rest of the Battalion could see what actually happens on Wednesday mornings. At the end of the night, everyone left entirely sober but laughing and smiling as the first annual Eagle Battalion Dining In ended in success.



Top—CDT’s Jessica Morris and Karla Schultz . Bottom— CDT Bless showing off his acting skills during a skit.

## Patrolling: Section STX at Ft McCoy

### CDT Andrea Schultz

Another great day of Army Training! The Eagle Battalion set out once again this semester to demonstrate the skills and knowledge they learned in the classroom by completing practical exercises. For most of the year the cadets work at the squad level for tactical exercises, but during spring semester they add to this knowledge by learning about section operations. The same basic principles apply with more cadets involved with the operation. The MS-III cadets were assigned leadership positions

and given their mission through an operations order. The cadets carried out their mission and were evaluated by MS-IV cadets. The MS-IVs helped guide the MS-IIIs and give them feedback on what to expect for when they attend Warrior Forge at Ft. Lewis, Washington this summer. “I really enjoyed having the MS-IVs teach us about section tactics and what we have to look forward to when we get to Warrior Forge. I really feel more comfortable and confident in my skill level,” stated CDT Voelker—an MS III from Winona State University.

## Cadets Earn the GAFBMP

### CDT Jared Emmart

On a cold February weekend, nine Eagle Battalion cadets drove thirteen hours to compete for the coveted German Armed Forces Badge in Military Proficiency (GAFBMP) at the University of Indiana. The GAFBMP is a foreign military award that a cadet can wear on their dress uniform for the rest of their Army career. “It’s a track meet on steroids,” commented CDT Samuel Pankonen, a MS-II cadet from Wisconsin Rapids, Wisconsin.

To receive the GAFBMP, a competitor must complete the following events: swim 200 meters, sprint 400 meters, complete the long or high jump, throw a shot-put or a stone, run 5000 meters, pass a first aid proficiency test, complete pistol

qualification, and a finish a road march. All events have distinct times and standards for males and females. If a competitor finishes all events to standard, they are awarded the GAFBMP in either gold, silver, or bronze.

Seven out of the nine Eagle Battalion cadets that went to Indiana received the award. Cadets Jonathan Bless, Austin Wesley, and James Voelker were awarded the gold. Awarded in silver were Cadets Douglas Bartel and Steven Scheffert, and awarded in bronze were Amanda Dietzen and Samuel Pankonen.

Congratulations to all that were awarded the GAFBMP!



## Battalion Bluff Run

### CDT Karla Schultz

Scaling the side of the Hixon Forest bluffs on a cool, crisp, Tuesday morning is just another reason why students often find themselves hooked onto the UW-L ROTC program. Cadets enjoy the camaraderie and adrenaline rush that comes with the semi-annual battalion run. The cadet companies normally conduct physical fitness training on their own, but this run allows both companies to gather together as a battalion and catch up with one another as well as meet new cadets.

The run began with Bravo Company cadets (driving down from Winona) and Alpha Company cadets forming up in the lower Hixon forest parking lot for stretching before facing the mighty bluffs. Alpha company in the lead, cadets followed one another up through the forest paths helping each other over fallen trees and logs up to the road that linked up to an overlook on top of the bluff. Once everyone had made it up, cadets broke off into class and took pictures with the city of La Crosse as their background. Once finished with the photo shoot, cadets

made the easier journey back down the bluff elated- due to the fact that they had just conquered their way all the way up to the top. CDT Girolamo, an MSIII from Winona State University commented that, “It was a really fun run and was great to see the other cadets and be able to do some PT with them. It gave us an opportunity to see what they are made of!”



CDT Wolfe motivating other cadets with cadences during the Battalion Bluff

# Brooke Army Medical Center Nursing Visit

## CDT Danielle Kessler

On the weekend of April 16-18, freshman cadets Kayla Trogstad and Katelyn Kline from Winona State University had the opportunity to travel down to Fort Sam Houston, Texas, for a tour of Brooke Army Medical Center. Brooke Army Medical Center (BAMC) is one of the Army's premier medical facilities, delivering high-quality healthcare while providing wartime readiness support and training for the next generation of military healthcare professionals. This modern, 450-bed health care facility houses the Army's only Level I Trauma Center, the only Burn Center in the Department of Defense, and the brand new Center for the Intrepid.

Kayla and Katelyn are both considering a rewarding career in Army Nursing. This experience allowed them an opportunity to observe a state-of-the-art Army health care facility and envision themselves in the role of an Army Nurse. Kayla commented, "My overall impression of the Army Hospital was that it was very organized and clean. Just the whole atmosphere of the hospital felt very welcoming and warming." The two cadets left Minneapolis Airport and arrived in San Antonio Friday night. In Texas, they joined cadets from various states including Colorado, Arizona, Arkansas, and Illinois. During their tour at BAMC, they had the opportunity to talk to Army health care professionals and visit each unit of the hospital. They also took a look at the world class Rehabilitation Center and Burn Unit. Katelyn commented, "My favorite part of touring BAMC was the burn unit. Growing up I never imagined myself wanting to work with people who had

serious burns...but after touring the burn unit it made me think, you are the first person there to help them (by being a burn-unit nurse) and how wonderful that would make me feel being able to help someone who obviously is suffering." Saturday afternoon the cadets toured the military museum on post and spent the night on the beautiful San Antonio River Walk.

Overall, both Kayla and Katelyn enjoyed this once-in-a-lifetime opportunity. "The overall experience was amazing and it really helped me decide this was what I wanted to do," shared Cadet Kayla Trogstad. Hopefully in the future, these two bright cadets will share their talents and service as professionals in the U.S. Army Nurse Corps.



The Brooke Army Medical Center at Fort Sam Houston, Texas.

# Cadet Attends General George C. Marshall Seminar

## CDT Matt Johnson

Last month Cadet McCaigue, the Eagle Battalion's cadet commander attended the Gen George C. Marshall Seminar in Lexington, Virginia.



CDT McCaigue with GEN George Casey

The seminar is for senior Cadets who are among the best in the nation. At the seminar cadets have a chance to interact with some of the nation's top military leaders. Among this year's speakers were Gen George W. Casey Jr., Maj. Gen. Robert E. Wagner, and CSM Jeffery J. Mellinger. Over the course of the seminar there were many events, including speakers, roundtable sessions, dinners, and a cadet parade. The event started on Tuesday the 14<sup>th</sup> of April, with cadets arriving and having a chance to get to know each other. Wednesday is when the event really got going. Cadets received tours of the area and had their opening session. That afternoon they began their roundtables and had their first speaker, the Honorable Pete Geren, Secretary of the Army. That evening the Chief of Staff of the Army, Gen. Casey, spoke to the cadets. Speakers are a great way for cadets to gain insight on the Army's mission. On Thursday they had more roundtables and more speakers and the Corps of Cadets Parade. On Friday the cadets took group photos, had their closing session, and then, after some goodbyes, they left for Home. Cadet McCaigue says "It was a great experience that allowed me to interact with some high ranking military members. I learned a lot."

# Eagle Battalion CFTX

**CDT Theresa Schreiber**

Numerous cadets invaded Fort McCoy this past April. Their objective: to train to become effective leaders and to prepare for the coming summer’s Leadership Development Assessment Course (LDAC). Cadets from all over Wisconsin and Northern Michigan participated in this four-day event called the Combined Field Training Exercise (CFTX).

The focus of the CFTX was to train cadets attending LDAC this summer. The remainder of the cadets served as support for the event. To make CFTX as close to LDAC as possible, MS-III cadets served in leadership positions and were evaluated by cadre members. When the cadets arrived Thursday afternoon, they received a squad assignment, and had their first training meeting to prepare for upcoming operations. With ROTC battalions from across the state in attendance, all cadets had a chance to work with a group of people they have never met before. Interpersonal skills were essential.

Friday consisted of FLRC lanes, which are problem-solving scenarios that test the leader’s execution abilities. Land navigation was up next. The MS-III cadets each completed a day

and a night course; to pass they had to find five of eight points. Saturday was a day of STX lanes. Each squad completed six lanes. Sunday simply consisted of cleaning, packing, and going home!

Huge amounts of planning went into this event to make it a success. MS- IV cadets were in charge of different events. The Eagle Battalion was in charge of the STX lanes. MS-I, -II, and -IV cadets served as opposing forces and support staff in the field that Saturday.

The CFTX proved to be a success because the MS-III cadets gained a lot of knowledge about LDAC and how they stand on the skills they will need to complete it. Some need to work on land navigation, others need to brush up on tactical skills, and some might need to spend time working with OPORDs. “CFTX gave me the chance to interact with other cadets and learn new ways and techniques,” said Cadet Hesse, one of the battalion’s MS-III cadets. “My experience there helped me feel better at how I and my fellow IIIs will perform at LDAC.”

## Valor

**CDT Theresa Schumer**

Last semester, ROTC Cadets Bless and Foley asked MAJ Hansen for permission to start a Bible study group in the Battalion. The major approved this request and supported the idea. The Bible study group started this semester and became known as the “Valor Bible Study Group.”

When asked what Valor was all about, CDT Foley responded, “The primary goal of our Valor Bible Study is to show cadets the necessity of incorporating a spiritual life along side of their service in the military.” The Valor group discusses the meaning of Bible quotes, how important a relationship with God is, and also applying that to becoming a leader and while in battle. CDT Foley also says, “The values and ideas of living a Christian life and serving the military are very similar, making it very applicable to us.”

The Valor Bible Study group meets on Sunday nights to read the Bible, have discussions, and watch movies. They have a prayer chain amongst the members in the group, which is also extended outside to the entire Eagle Battalion. CDT Bless added, “These cadets are learning how to live their lives for God through the military.”



**Cadets taking the time during Valor to pose for a photo. Pictured from left to right—CDT’s Woodman, Afoa, Fusilier, Foley, Gies, and West.**

## Walking For a Purpose

### CDT Sarah Hesse

On 6-7 February, about 900 people from the La Crosse area, including a team of ROTC cadets, participated in the sixth annual Relay for Life at UW- La Crosse. The cadet team spent the night joining in the various activities and walking laps, while other cadets were a part of the opening ceremony. As part of past tradition, cadets ran laps around the track calling out cadences just prior to the start of the ceremony. The ceremony itself opened up with ROTC Color Guard presenting the colors, followed by the survivor's lap. CDT Strobush, the team captain, stated that "Relay for Life takes something negative and makes it positive, it is about being a community that takes up the fight. It is about remembering those who have lost the battle, those that have won, and those that are still fighting."

The event included a lot of entertainment. There are themed walks throughout the night: "Under the Sea" and "Dude Looks Like a Lady," exercise and dance classes to take, and tournaments to engage in. Throughout the night, students and cadets alike engaged in these various activities. But one cadet went "above and beyond." During the night there was an opportunity to donate hair to Locks of Love. Cadet Vick donated ten inches of her hair and provided entertainment as she got her first look of how much was really cut off. When asked why she was willing to do it, her response was "Knowing that my hair was going to a good cause was the main motivation. And it is just hair that I can grow back out." Another important ceremony is the Luminary ceremony in which people can decorate bags and then the bags are lit up for those that have lost the battle to cancer. The lights are turned out so the only glow comes from the illuminated bags on the track and then everyone joins in walking a lap around to

recognize the reason they gathered for the night. Every year the cadets continue to gather in an effort to raise as much money as possible. The goal for this year was \$100,000 and UWL was able to raise \$75,000 for the cause. This is just one of many events that cadets can get involved in to make a difference. It not only brings people together for a cause, but brings those cadets who participate to a closer bond within the Eagle Battalion. While Relay for Life is done for now, the organization is already getting ready for next year and the hope is for any even



Relay for Life. Pictured from left to right—CDT's Strobush, Hesse, Schumer, Vick and Ms. Opelt.

## Varsity Athletics in the Battalion

### CDT Corey McCaigue

Varsity athletics have always been an important part of the university community. Recently the Eagle Battalion has had an increased number of cadets participating in varsity athletics. Cadets Jon Flancher, Jason Curch, Elizabeth Foley, and Kyle Norby all participate in varsity athletics at their schools. CDT Flancher and CDT Church both play on the University of Wisconsin – La Crosse football team. CDT Flancher, a junior finance major, is the long snapper and a defensive end while CDT Church, a sophomore political science major, plays fullback. When asked about his best experience in football, CDT Church said, "Being one of the few linemen that actually gets to score a touchdown is (insert good word here)." Both are looking forward to the upcoming season and playing in the new Veterans Memorial Sports Complex. The first game in the new stadium is September 12<sup>th</sup> against Azusa Pacific University at 1:00PM.

Last semester Cadets Foley and Norby were part of the

inaugural cross country team at Viterbo University. CDT Foley, a sophomore nursing student, ran unattached because of the NCAA eligibility only being four years [explain why she doesn't meet eligibility requirements—has she already been an NCAA athlete for four years?], but as an unattached runner she was able to win the UW-Platteville invitational. When asked how has cross-country helped with ROTC she answered, "I have no problem beating most of the males in the two mile!" Cadet Norby, a freshman nursing student, was a fundamental part of the male cross-country team, running in both regionals and sectionals.

It goes without question that athletics increase physical abilities, but it also helps their academics because many teams require members to attend study groups. Varsity athletics also help cadets' accessions packets because they get additional accessions points due to the immense amount of time required to participate in these sports. The Eagle Battalion looks forward to see how these cadets will fare in their respected sports next season.

# Freezing Eagles

**CDT Corinne Vick**

Carrying on an Eagle Battalion tradition, the UW-L ROTC cadets participated, once again, in the Special Olympics annual fund raiser, the Polar Plunge. This year's motto was "Freezin' for a Reason" and we had seven cadets take the plunge with those words ringing loud and clear as motivation for what they all believed was a great cause.

March 7 was a cold and rainy morning, but when we arrived at Black River Beach there were hundreds of people who had showed up to plunge into the ice cold Mississippi River. There were already people sitting in the hot tubs provided, coming off the rush of knowing they did something that would make a difference in someone else's life, as well as stay with them the rest of their own. Everyone involved, from jumpers to chickens, were gathered at the starting point cheering the different groups and individuals on as they got ready to take their own journey into the Mississippi. There was a feeling of camaraderie between all involved knowing that we were all there to support something bigger than the everyday worries most of us let run our lives.

Upon check in that morning I learned that my team had raised close to \$800 dollars. None of us had realized that until that moment and were all ecstatic. Our plunge time was at 1:20 so we walked around talking to other groups as we waited. We encour-

tered people in animal costumes, Speedos, and scrubs as well as found that there were individual plungers and plunging groups of over 50. Our group included six first-time plungers and one veteran. As we moved closer to the start point you could tell we were all getting a little nervous about the freezing water we were about to enter. However, when we received the go ahead to plunge, we attacked full steam ahead into the Mighty Mississippi with no reservation.

All seven of us made it out to the ice and back to the beach in under three minutes—but it felt like it took ten. Everyone emerged with a smile ready to do it again if we were asked to, but we weren't and headed straight to the hot tubs to warm up. There were pictures take and pats on the back given, and we all knew we had done something that made the world a little better for at least one more day. We changed our clothes and got back on the bus and all went home to finish our Saturdays knowing we did something worth doing that afternoon.

The UW-L ROTC Battalion is based on camaraderie and working together to get the mission done. Every year we work together to help the Special Olympics get their mission done and will continue to help with that mission until it is accomplished.

# The Retirement of Sylvia Woods

**CDT Jessie Sorensen**

It is with regret that the Eagle Battalion will say goodbye to Sylvia Woods, program associate and friend of everyone connected with Army ROTC. After twelve years of service in the UW-La Crosse Department of Military Science, Sylvia's last day will be May 9, 2009. Sylvia is more than a professional associate in the department; she goes above and beyond her duty description to make the lives of the cadre and cadets more enjoyable. A perfect example of her kindness and generosity are the home-made snacks that Sylvia brings to share with the department and anyone who visits the front lobby.

But we will miss much more than her sweet treats—her shining personality and willingness to help cadets in need are what will be hard to replace. When I asked Syl-

via what made her stay with the job so long, she responded "after my surgery when the cadets came over and raked my leaves, swept out my garage, cut down the plants and vacuumed my carpet, I knew why. You have all brightened up each day for me." It was the least that cadets could do for a woman who has done so much for the entire Eagle Battalion for more than a decade.

With her upcoming free time at the beginning of the summer, Sylvia plans to visit her family in Florida, California, and Texas. Sylvia is retiring now so that she has time to spend with her two grandsons and "travel by bus and enjoy some dinner theater."

On behalf of the Eagle Battalion, Sylvia, we wish you well and hope that you to visit often and stay in touch with all the cadre and cadets. GOOD LUCK SYLVIA!

Until we meet again



What you will, will!