Commander’s Corner

Reflections on Three Years

Professor of Military Science
LTC James R. Hill

Wow! It has been three years on station for me at Eagle Battalion, and what a great experience this has been. For those of you who do not know, my next assignment is at Fort Bragg, North Carolina. My new job will be the Chief of Medical Operations and Plans at the United States Army Reserve Command, and I have to tell you that after three years in Arctic Wisconsin, I am looking forward to the warmer weather in North Carolina.

During my preparations to change command and make my Permanent Change of Station (PCS) move plans to Fort Bragg, I have had a chance to reflect back on all that has transpired. Over the course of three years, I have learned a tremendous amount from this job. This job is physically and mentally demanding and being the commander means that you are always leading, setting the example, making decisions, and dealing with one crisis after another. When I competed for this job, I knew there were risks for my Army Medical Department career, as this is an “outside the box” broadening assignment. For example, being in command of a battalion that inherently trains combat arms concepts to ROTC Cadets is not a normal assignment in the AMEDD community. That aside, from any commander, I think you will hear a common thought from each and that is that there are significant career risks to being in command. Every day there are career challenges that you need to navigate, yet command positions are key jobs in the Army and, regardless of the career risks, these jobs need to get done. That noted, throughout the course of three years there have been great days, good days, and not so good days. Regardless, each afforded an important lesson learned and an opportunity to grow personally and professionally.

Let me start with an anecdotal story from January 2012. Soon after I arrived, I wanted to meet and work with the Cadets of Eagle Battalion. I thought the first and best opportunity to do that would be at Physical Readiness Training...morning PT. It was January and it was darn cold outside, so PT was conducted indoors at the Mitchell Field House. Part of the PT plan that day involved a fireman’s carry the entire length of the field house and back. I thought, OK, this is a great opportunity to show them I am in good shape, and I can hang with them physically. So, as I have done before as a high school wrestling coach, I looked for the hardest challenge and, in this instance, I asked for the heaviest Cadet to carry. As I recall, this particular Cadet was a football player and came in about 240 lbs. I carried him back and forth in the field house, and after PT was done, I thought that I had a great workout. It wasn’t until the next morning when I could not get out of bed because of a very sore back, that I realized then that I had made a mistake. That was a not a good day. As Natalie helped me up that morning, she grinned and said, “You are not 19 anymore.” She was right, and I realized that I had just re-learned an old lesson.

Later that summer, I had an opportunity to lead Cadets in a Cultural Understanding and Language Proficiency Program (or CULP) mission to the Republic of Georgia, which is near Iran. Throughout the mission, I was always in a state of worry because I had Cadets (not Soldiers) in a
GAAT scenario country, and we were frequently watched and followed (an aspect of the trip that was well **voir dire** in the debriefing when we returned). Nonetheless, it was a good experience and the Cadets and I learned a great deal more about Department of State and Department of Defense interactions in a foreign country. Plus, we got to learn about another culture. Those were good days.

That following school year had challenges with bringing change to the battalion. During my first two and a half years, my senior NCO and I frequently did not see eye-to-eye on changes for the battalion and this made implementing my changes difficult. Nonetheless, like any new commander, I had new ideas that I wanted to implement and, by gosh, change was coming. For example, I wanted to add variety to the weekly PT plans. I spoke with Cadets and other Cadre/staff, and from those discussions swimming was added to PT plans and so was a random fun activity for Friday PT (we did such things as ruck sack Frisbee golf, ultimate Frisbee, basketball, and floor hockey). Cadets also requested the addition of yoga and Zumba, which I had never done before, but I did enjoy participating when they did the training.

Other changes included shifting Cadre and staff duties and responsibilities, conducting community outreach projects with the American Legion and local schools, changing the venues of training sites, adding extra-curricular events such as monthly 8.3 mile long runs, the Murphy Challenge, the Northern Warfare Challenge, the Veterans 5K Run/Walk, the UW-L Ropes Course, and participation in the Bataan Memorial Death March for the last two years. For every organization I have been a part of, I have introduced new ideas and ways of doing things. The lesson learned from this experience is that successful implementation of change is dependent on the team you have to work with and your vision for change. When my team began to change, the implementation of new ideas was easier and way more enjoyable. I include this otherwise banal insight in my remarks today because, even as an outgoing PMS, I still want Cadets to learn as much as they can about their future careers as an Army officer.

Working with Cadets has been awesome. In years to come, I will look back fondly on the many Turkey Trot 5K runs we enjoyed, the 8.3 mile long runs, PT in the cold, the many awesome field training opportunities at Fort McCoy, all the dining-ins and military balls (by the way, for the dining-ins you have to keep the Disney Sully mask and the recent recipe change for the grog bowl; both of those changes were awesome and memorable), the many Ranger Challenge events, the Northern Warfare Challenge (in freezing temperatures and with horizontal snow blowing), the Veterans 5K, the Murphy Challenge, and, of course, the Bataan Memorial Death Marches. These were all great days. Of particular note, the Bataan event involved a lot of traveling and a grueling 26.3 mile marathon with a 50 pound ruck and in sometimes mountainous, windy, and sandy terrain. For me, this event will always hold a special memory. For both years that I participated, it was a time to lead Cadets with the Battalion Colors and through a tough event, and in the process I got to know each of them a little better. To those Cadets that endured this challenge with me, it was an honor... HOOAH!

Aside from the physically demanding aspects of this job, I will also look back fondly on all the Cadets that I contracted into the Army. Each time a Cadet raised their right hand to do their oath with me I remembered the time that I did that as an Officer Candidate at Officer Candidate School at Fort Benning. I also will remember with fondness each of the Commissioning Ceremonies that I conducted. It is always exciting to see Cadets complete their college degrees and commission as Second Lieutenants in the Army. These were also great days.

Clearly, the days that caused the most stress involved the notice by the Army in October 2013 that Eagle Battalion and 12 other ROTC battalions were being considered for closure due to resource constraints. The toughest day during that time period was the morning after I received that news. I had all the Cadets and Cadre assemble, and I shared the bad news with them. I saw disappointment, confusion, and concern in their eyes. Luckily, however, with the help of local, state, and federal politicians and university leaders such as Chancellor Gow, the Army reconsidered their plans and a month later rescinded their decision. This whole time period brought media interviews, questions from students and parents, educators, and even local citizens in the community. Everyone seemed aware and concerned by the initial news, but, remarkably, the decision to rescind closure plans a month later did not seem to make it to as many people. As a result, I have spent from October 2013 until just last week in fact reassuring people that Eagle Battalion is doing well and not leaving. These days were difficult days but, as I noted earlier, I learned from the experience.

Bold change is coming to Cadet Command and this was made abundantly clear to me and MSG Weisensel at our last Brigade Workshop at Great Lakes Naval Station. There will be less muddy boot training and more virtual battle space training. In addition, more emphasis will be placed on literacy skills (reading/writing), academic performance, and test performance. In addition, the focus of ROTC will now be the MSIVs (seniors). In the past, the emphasis was on the MSIIIs (juniors) and getting them ready to succeed at the annual key summer assessment training (LDAC/CST). Regardless of the changes, I am sure the Cadets and Cadre of Eagle Battalion will embrace these changes and press forward with the mission as they always do.

For the Cadre and Staff of Eagle Battalion, thank you for your help. What a journey this experience has been for me. John, Charlene, Charise, Kevin, SFC Zabinski, SFC Larson, CPT Pendleton, and MSG Weisensel, as a team we accomplished a lot and the battalion moved forward. Team...you all did a great job.

MSG Weisensel, it has been a pleasure working with you, and I am disappointed that I only had a semester to work with you. Suffice it to say that you have re-instilled my confidence and support in the NCO Corps. I enjoyed running with you over the summer, even though I was way too slow of a runner for you. I also will carry forward the great cross fit ideas that you shared with me. Further, I enjoyed our discussions about politics, religion, the Army, ROTC, and the other topics we discussed on our TDY road trips. For the remainder of the time you have here, I know that you will make a huge and positive impact on the Cadre, staff, and Cadets of...
Commander’s Corner (continued)

Eagle Battalion. Lastly, good luck next semester and in your course work at the Sergeant Majors Academy next year. I hope to hear from you when you graduate.

CPT Pendleton, it has also been awesome working with you. Indeed, I remember our first meeting and thinking to myself that you were squared away, very respectful, hard-working, and that you were going to do great things for this battalion. You proved that first impression correct for the entire time that I have worked with you. You are a good officer, and you are ready to assume the command of this ROTC battalion and the challenges that go with it. Good luck next semester. Lastly, I hope next year that you and your family enjoy your time at the Command and General Staff College at Fort Leavenworth as much as my family and I did.

Finally, I would also like to thank my wife Natalie and my children for their support during this time. It is almost over guys. When I arrived here, I had the challenge of helping Natalie manage a large family and a busy household, completing work for the Army War College through distance learning, and managing the battalion. Needless to say, everyday was busy and usually stressful, but coming home to my family each night was an opportunity to recharge my batteries. My children are all natural comedians and each of them has his or her own way to make me laugh. Whether on purpose or accident each day, their energy and laughter helped me shrug off the day and get ready for the next. I really appreciated and needed their support. Thanks, Team Hill!

With that, I would like to say good luck to the Cadets of Eagle Battalion. Your future is bright and I am confident that each of you will do great things as future Army officers. Remember, Eagles Lead the Way!

Eagle 6 Out!

HOOAH!
Army ROTC: Expectation vs Reality after one semester

Senior Military Instructor
MSG Joshua E Weisenseel

After 16 years of active duty service, five different duty stations, and four combat deployments, I thought I was prepared for any job the Army could task me with. Such was not the case. My arrival at the University of Wisconsin-La Crosse did come with some hesitation. Not because I thought I was unprepared for the assignment, but more so because I had no idea what the job really consisted of. I accepted this for my family and for personal reasons, assuming I would get nothing out of it professionally. I assumed it was going to be something I had already done as a Drill Sergeant and Ranger Instructor, only on a smaller and more delicate scale. I could not have been more wrong. The cadets of The Eagle Battalion ROTC program destroyed any illusions I might have had just a few short months ago.

The perception of a college age student in America today differs from one person to the next. My opinion of this generation was based on two things: second hand information and social media. The vast majority of young lieutenants I have dealt with recently were West Point graduates. The small percentage of ROTC commissioned officers I have worked with were almost a year of additional Army training removed from their college campus. A common misconception from Soldiers at my rank/grade is this; this younger generation is not as physically or mentally tough as we were, they are not as personally motivated or as resilient as we were at their age.

I am humbled to say that I was wrong. Immediately upon arrival, I was shocked at the work ethic displayed by the MS IVs at the Fall Cadet Staff Planning Work Shop. Time and time again, I have been more than impressed with the amount of dedication and professionalism these fine young Americans have handled with difficult projects. Whether it be the young MS I or MS II learning and taking direction from the well prepared MS III, or the MS IV briefing the entire Task Force cadre and leadership, there is not an opportunity that these young cadets don’t take advantage of to destroy any preconceived notion I may have had prior to arrival.

From daily PRT, to the Monday morning Cadet Staff meetings and then the weekly labs, the amount of personal time that these full-time college students spend on ROTC tasks is commendable to say the least. Half of the battalion volunteered their time at the local Freedom Honor Flight Event to help WW II and Korean Vets get on planes and fly to Washington, DC, to visit their respective War Memorials. They continually volunteer their personal time at on-campus recruiting events. They spend their entire weekend competing in or supporting the Task Force Ranger Challenge Competition. For the first time in the Clubs history, the Cadets of Eagle Battalion organized and executed a highly successful Veterans Day 5k race on campus.

As the end of the Fall Semester draws near, a few of my biggest fears about this assignment are starting to come true; cold weather and snow. Aside from those two inevitable realities, I am proud to say that I was wrong. I am extremely excited to be here at UW-La Crosse and am looking forward for the Spring semester.
CPT Pendleton

Assistant Professor of Military Science
CPT Christopher Pendleton
MS III Instructor

The fall semester has gotten off to a great start. Our MSIVs have returned from a long and exciting summer of training. They participated in summer internships, Nurse Summer Training Programs, Cadet Troop Leader Training, and most importantly, Leader Development and Assessment Course. They represented the Eagle Battalion well, and I am proud of their outstanding performance. The new MSIII class is shaping up to be an outstanding class as well. They are coming in to new territory as we make fundamental changes to Cadet Command. Some of these changes include shifting to simulated training environments. The MSIII class got to experience many of the latest training simulators the Army has to offer at our Leadership Training Exercise that was held in September. These training simulators included the Reconfigurable Vehicle Tactical Trainer, Virtual Clearance Trainer Suite, Dismounted Soldier Training System, Engagement Skills Trainer, and Medical Simulation Training Center. Later, in October, the MSIII class showcased their talents as they helped plan and execute the 2014 Task Force McCoy Ranger Challenge. In this event our Cadets put together a mentally and physically challenging course of events over three days that included seven other ROTC battalions from around the region. Not only was this event hosted by our Cadets a great success, the team we fielded came in 5th out of 12 teams. I am truly honored to be taking over the battalion. Next semester will be an exciting time for us all. We will begin the new semester with our Cadet Spring Planning Workshop 09-11JAN15. We will plan an entire new set of exciting leadership labs and explore new military science course materials that will better prepare our seniors for their new careers as Army officers! Along with the new and challenging curriculum we will also take part in several tough events. These include the Northern Warfare Challenge on 07FEB15, the German Armed Forces Proficiency Badge qualification on 21MAR15, the Bataan Memorial Death March on 22MAR15, and the Best Ranger Buddy Competition held 17-19APR15. I wish all Eagle Battalion cadets the best as we begin this new semester!

The Recruiting Operations Officer (ROO)

Mr. John Martin
ROO/Enrollment Scholarship Officer

There are ROTC scholarships for the qualified, current Cadets of Eagle Battalion as well as for qualified future students interested in joining Army ROTC.

Army ROTC offers you several opportunities for scholarships worth up to $7,500 annually at University of Wisconsin-La Crosse and Winona State University, $11,500 annually at St. Mary's, and $19,000 annually at Viterbo University (does not include Viterbo's incentive based scholarship for Army ROTC scholarship winners). In addition, Special 2, 3, and 4 year scholarships are designated for nursing students. For Viterbo nursing students, an Army ROTC scholarship can be worth as much as $80,000!

Army ROTC also offers a four-year and three-year advanced designee scholarships to high school seniors. For High School Seniors interested in applying for one of these scholarships, contact your school's guidance counselor or contact us.

We also have three-year and two-year ROTC scholarships available to students already on campus. These scholarships are awarded directly by the UW-L ROTC department for use at one of the above listed schools. The applications for these scholarships are available at the Department of Military Science, located on the lower level of Whitney Center on UW-L's campus.
Welcome SFC Larson!

Training NCO
SFC Larson

SFC Zachary S. Larson was born in Spartanburg, SC. He enlisted in the Army on May 9th, 2003, and attended One Station Unit Training, Fort Benning, Georgia. His first duty station was 1st Brigade 2nd Battalion 504th Parachute Infantry Regiment, Fort Bragg, NC. While there, SFC Larson served in every duty position in a line unit from Riflemen to Radio telephone Operator, to Weapons Squad leader. It was during this time that he deployed for Global Response Force in Support of Operation Iraqi Freedom from January 2004 to April 2004, in support of Operation Enduring Freedom from April 2005 to March 2006, and in support of Operation Iraqi Freedom from June 2007 to July 2008. He then departed for Fort Benning, GA, where he attended the Drill Sergeants Academy and graduated. Upon completion of the course he was assigned to Alpha Company 2nd Battalion 47th Infantry Regiment, Fort Benning, GA, as a Drill Sergeant in 2009. He then returned to Fort Bragg in 2011. He was assigned to Alpha Company 2nd Battalion 505th Parachute Infantry Regiment where he served as a Squad Leader. It was here that SFC Larson deployed as a part of Task Force 2 Panther from June 2012 to September 2012. Upon his redeployment he served as a Platoon Sergeant before being reassigned to Bravo Company as the First Sergeant. SFC Larson's awards and decorations include: Army Commendation Medals with three Oak Leaf Clusters, Valorous Unit Award, Meritorious Unit Citation, Afghan Campaign Medal with two Campaign Stars, and an Iraqi Campaign Medal with two Campaign Stars, Combat Infantry Badge, and Expert Infantry Badge.

Welcome Mr. Strait!

Mr. Kevin Strait
Supply Technician

Hello I assumed my role as supply technician in SEPT. 22, 2014.

I was born and raised in Sparta and I have been in the active army and army reserves since 1984. I have multiple MOS from 92Y, 92G, 88M master Driver, 92A, 91B. I am still in the reserves at Fort McCoy in the 94th DIV. 800th ORD.LOG as a senior supply NCO.

I have been uploading all the DA 2062's that you have been signing so you can have a better understanding of what you have from ROTC supply. I can e-mail or give you a copy of your hand receipt and my door is always open if you have questions or need something. When you sign for your items make sure you have what you are signing for so you don't have to purchase or have a statement of charges.
Wisconsin Army National Guard-Team 11

Military Science Instructor
National Guard Liaison
SFC Dustin Zabinski

The National Guard started on December 13th, 1636, when the first militia regiments were formed in Salem, Massachusetts. This militia was made up of able-bodied males that had to possess arms, practice with the militia, and provide defense for their community. Now 378 years later has developed into a complex and multidimensional military. Some of the latest news in the Army is the development of Career Management Field (CMF) 17, Cyber Branch. This provides for more paths for Soldiers to take and opportunities for all to grow.

The dilemmas of what direction to go, what are the benefits, and what are the drawbacks, can be hard for even the most decisive person. Experience can give someone the outlook needed to make a confident decision that the long term goal will be achieved.

The Simultaneous Membership Program (SMP) is a way to not only learn what CMF is the right fit, but to gain experience to be a better Soldier and leader. SMP is paid training offered through the National Guard or Reserve and is done one weekend a month at a local armory. Other monetary benefits are available with this option and SMP does not mean that a Cadet has to commission in the component that they are SMP with. An SMP Cadet has many options like staying competitive for Active Duty or taking a scholarship that ensures they will commission in the National Guard or Reserve.

The best way to start sorting out these options is to stop by the Military Science Department and talk with one of the cadre. They can find the regulation, the right person for your questions, and help to guide you in a direction that is in line with your goals.

Tuition Information

Ms. Charise Bock
University Associate-ROTC Liaison

Critical Information for WSU Students
Tuition Refund Schedule for Withdrawals and Credit Drops from the University (Fall 2014 Term)

* To withdraw from the University (UW-L military science class), you must contact the Office of the Student Life at 149 Graff Main Hall, 608-785-8062.
* The tuition refund is determined by the date of the withdrawal on file in the Records and Registration Office.
* Students who withdraw after the start of classes are charged a $50.00 Withdrawal Fee.

The above information and table is excerpted from the UW-L web page for the fall 2014 semester refund page—http://www.uwlax.edu/uploadedFiles/Offices-Services/Cashier/RefundSchedules/Fall%202014%20Refund%20Schedule.pdf.

Spring information has not been posted yet, but the time frames should remain consistent with the above. So for spring semester 2015, I expect the 100% refund to be in effect until Friday, January 30, 2015; the 50% tuition refund to February 14, 2015; and no refund if you drop the class after February 14.

For WSU students, if you are dropping your military science class, you are, in effect, withdrawing from the university since you have no other UW-L classes, so you need to contact the UW-L Office of Student Life at 608-785-8062, as stated above.

Winona State University will NOT pay your tuition for military science classes if you drop the class, which means you are totally responsible for the tuition out of your own pocket. So, please keep those dates in mind if you decide that ROTC is not for you. If you decide to drop your military science class, feel free to check with me on the amount you will have to pay for your class (es), because we don't want you to have to pay anything when you aren't expecting another expense.

That said, of course, we all hope you will enjoy the ROTC experience and want to continue with the program!!!

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HRA Corner

Charlene Parnell
Human Resource Assistant

During the spring semester, I’ll be meeting with MS 3 cadets to do paperwork for CST, formerly LDAC. Some important things to think about: 1) which regiment you’d like to request. If you have summer school, weddings, family vacations, etc, I can try to accommodate those, if I have enough notice. I cannot promise you anything except that I will do my best to meet your needs. 2) if you’d like to attend follow-on training after LDAC, i.e., CTLT, DCLT, etc. 3) If you are remotely interested in requesting Aviation as your branch, you will need to get with MSG Weisensel and schedule the SIFT, that’s an exam that you have to take, and pass, prior to CST. Please do this as soon as you return for the spring semester. If you pass the SIFT, we will then arrange for you to have a flight physical at CST.

Cadets who are planning to pursue a contract with ROTC this spring, contact me for an appointment so we can go over paperwork that is needed. Please bring a copy of your birth certificate and your banking account information (routing and account numbers) with you. If you’re an SMP cadet, I will need a copy of your MEPS physical in order to get you medically qualified.

One of the forms that seems to slow cadets down in the contracting process is the CC Form 104-R, Planned Academic Worksheet. This must be filled out by the cadet and signed by your academic advisor. If you’ve not done this yet, please make it a priority in the spring. If you do not have a copy of the 104-R yet, let me know and I will email it to you. Once you have prepared the 104-R, email it to me for approval. Once I’ve approved it, I will send it back to you for signature.

Have a wonderful Christmas break, remember the reason for the season. Enjoy your time with family and friends. Stay safe and I’ll see you in January.

LDAC to CST: Change in Name, But Not a Change in Preparations

CDT Dylan Herman
Cadet Alpha Company Commander

ROTC requires time commitments from its Cadets, the longest of which is a month long course where Cadets test their leadership skills and demonstrate their capabilities as a future Army leader. This course is known as LDAC or Leadership Development and Assessment Course, which takes place in between the Cadets third and fourth year (typically the summer of junior year), and involves all ROTC Cadets from around the nation. LDAC changed its location to Fort Knox, KY.

Fort Louis, WA, was the previous location, however, Fort Knox was recently identified as the new LDAC location since this is also the headquarters location of Cadet Command. Fort Knox means a little less rain and a lot more heat for the Cadets that train there in the summer. A new location also means a new assessment of the training and how it will be conducted. Heat and humidity was the most obvious, of which also put the most restrictions on training. APFT or Army Physical Fitness Test was no longer a requirement of LDAC starting with the 9th regiment. Cadets and Cadre of the 9th regiment were informed of the change about the accession process and how this would affect their evaluations.

Previous regiments, 1st through 8th regiments, were informed midway through their training that their APFT test would not count for accessions. Cadet Cody Colson had this to say about his experience regarding this situation, “7th Regiment brought a lot of changes to LDAC because of the high rate of Cadets becoming heat casualties. It was at this time that there was no longer an APFT, and also the end of hopes of being rewarded Recondo. Both events would have a large impact on the accessions process.”

As the Summer went on with changes, later Regiments came in with knowledge of these changes, Cadet Jacob Johansen was a member of one of these later Regiments “As a 12th regiment participant, we did not have the opportunity to attain the coveted Recondo status or conduct the APFT. Our land navigation was done in buddy teams and also in the very confined area of 1 grid square. At this point of the LDAC cycle, heat casualty training was in every direction. Many participants coming from the
LDAC to CST: (continued)

northern portions of the nation were not at all acclimated to the heat and did not have experience hydrating or eating properly to combat the constant sweating.

The preventative measures, however, seemed extreme and unnecessary at times. We commonly were told we would not be babied or treated as incapable, but still we were not allowed to walk to a hydration source that was visible from the formation without a buddy team. Personally, I thought we could have conducted the amount of training we did in about 14-20 days comfortably instead of the full 28. I thought LDAC created a positive learning environment where Cadets were required to interact positively with strangers, and lead them while being evaluated on their every move. Cadets were tested mentally with little sleep, showing some people’s true colors. The month certainly showed us all the different types of leaders and gave examples on what we wanted to take and use as our own, but also showed us styles that did not work well.”

Army Families

CDT Dylan Hatch
Cadet Battalion Commander

Throughout our lifetime, there are times when opportunities arise and picking up and moving somewhere else is required. In the civilian world, this could happen a couple times, but people generally try to avoid it as much as possible. If you’re a part of an Army family, however, you know it’s a different story. On average, Soldiers are in the same duty station for two to three years. Once they have orders to go elsewhere, they move (sometimes outside of the U.S.) to start their lives over in a new location. This, among other things, makes Army families strong. Families fully commit themselves in support of their Soldier and what orders lie ahead for him/her.

Duty stations are very different from one another. Some are big, some are cold, and some are not even in this country. Some posts can be the best place you’ll ever spend three years of your life. Fort Carson is one of those places. Fort Carson is located in Colorado Springs, Colorado, and is considered the “best hometown in the Army.” Up against Fort Lewis, Washington, it’s ranked as one of the highest requested duty stations.

Families moving to a new post have to consider many things: education options, healthcare, job opportunities, and most importantly, housing. This time can be stressful, but there are services that are available on each post to make things run smoothly. One of these services is called Military Homefront which is affiliated with the Relocation Readiness Program (RRP). Military Homefront provides families all they need to know about the upcoming installation including local services regarding child care, schooling, housing, etc.

Being a part of a military family can sometimes be challenging, but it can open doors to opportunities for family members and can be an exciting experience. Moving around once and awhile is expected, but military families endure it, which makes them the strongest families in the world.
Fall Leaders Training Exercise (LTX)

CDT Brock Mrdjenovich
Cadet Command Sergeant Major

Just before the weather hits the annual autumn chill, the Cadets of Eagle Battalion participated in their annual Fall Leaders Training Exercise (LTX). The Fall LTX was held at the last weekend of September and Cadets were busy throughout the entire weekend. Cadets assembled Friday morning at UWL campus and were transported to Fort McCoy for their first training exercise, daytime and nighttime land navigation. After all Cadets returned from the land navigation course, they were given a hot meal before the other events. Burgers, hot dogs, cookies, potato salad, chips, and much more were provided to the Cadets. Once all the Cadets returned safely to the starting point, they were transported to the barracks for rest.

The next morning, Cadets woke up at 0530 and they were loaded on a bus for the Combat Water Survival Test (CWST). The test consisted of a 5 minute tread, an equipment drop, a 15 meter swim with a training rifle, jumping off a diving board blindfolded, holding a training rifle and have to swim to the side of the pool without dropping the rifle, and a 10 minute swim. Once all Cadets completed the CWST, they had a busy schedule ahead of them. Throughout the day they trained at various different stations all around Fort McCoy. The Cadets used the Engagement Skills Training (EST), which gave Cadets the opportunity to fire various weapon systems virtually. Other Cadets completed a virtual convoy mission, and a virtual raid on a village. Still others used the virtual defensive mission with High Mobility Multi-purpose Wheeled Vehicle (HMMVV). It was an all-day event of virtual battle space training that gave Cadets an idea of what it is like to be engaged in combat. After all of the virtual training was completed, Cadets got to sit down in a classroom and received training for First-Aid. The Cadets learned about how to treat a casualty’s wounds to prevent bleeding, broken bones, burns, and shock. Every soldier in the Army is issued an Individual First-Aid Kit (IFAK). It is essential for a soldier to know every piece of equipment in that IFAK to provide the proper medical treatment. After the medical training the Cadets went back to the barracks to relax, eat their dinner, and watch a movie. The movie that was shown was Lone Survivor. The intent for viewing this movie was to prepare Cadets for the Murphy Challenge, which was going to be held in a week at UW-La Crosse. Cadets saw the courageous actions that were displayed in the movie to help them apply the messages to their own military career.

The next morning the Cadets were pushed physically and mentally. In their assigned squads, consisting of 7-10 Cadets each squad, the Cadets raced through a Litter Obstacle Course. The Cadets had to transport a casualty strapped to a litter over walls, through tunnels, over barbwire, fallen logs, and up and down a set of stairs racing against the other squads to win the competition. Based on the incorrect commands the leader gave, or if the patient was dropped the Cadets’ teams will have time added to their final time. The next event was the Confidence Course. Cadets in their assigned squads raced through this course completing the obstacles in their way. If any unsafe acts were committed then the senior evaluator added time to their final time.

During this event the Cadets were given a certain situation and a limited amount of supplies to resolve the situation. The Cadets were graded based on their teamwork, innovation, and the time they took to complete the task. After this event, LTX had came to an end and gave the awards to the platoons that won the certain events.

Following the award ceremony the Cadets were put back onto the bus and were transported back to the UW-La Crosse campus and were free to go home.

In addition to an enjoyable training opportunity, the LTX prepared Cadets for events scheduled over the next two weeks. At Fort McCoy Eagle Battalion was tasked to run the annual Task Force McCoy Ranger Challenge. Ranger Challenge consisted of a squad of 9 Cadets hand-picked from every school in the 3rd brigade. The squads of Cadets would compete with every school in the following events: Daytime Land Navigation, Nighttime Navigation, Army Physical Fitness Test, 10K Ruck March, Army Standard Test, Obstacle Course and EST. With very little rest, the Cadets pushed themselves to their limits in order to take home the gold for their respective school. Back at the Tactical Operation Center (TOC) the senior Cadets for Eagle Battalion ran the show. The senior Cadets planned out which team would be where at certain times, assigned schools to their barracks, provided supplies, planned the 10K Ruck March route, planned with the weather predictions, and had accountability at all times. It was their job to make sure everything ran smoothly. Each Cadet was in charge of a certain task to make sure that Ranger Challenge ran smoothly. The Battalion Commander and the Executive Officer was in charge of the entire operation planning everything to the last detail and it was the staff of senior Cadets to execute their intention. With the planning and execution every team ran into minor or no issues. All teams gave it their all, and Eagle Battalion came in 5th out of 12 teams. The winner of the Ranger Challenge was Northern Michigan University.

The Eagle Times
History of Eagle Battalion

Jason Jennings

The ROTC program at the University of Wisconsin-La Crosse was established in January, 1971. The program was initially named Indian Battalion, until 1989 when the name was changed to Eagle Battalion. The program started with 70 Cadets and commissioned two Officers in December of 1972. The required military science classes commenced during the fall semester of 1972. In 1991, the Eagle Battalion became open for students at other universities that were in the La Crosse area. Eagle Battalion is now comprised of the University of Wisconsin-La Crosse, Viterbo University, St. Mary's University, and Winona State University.

In 1990, St. Mary’s and Winona State University consolidated with Eagle Battalion. Both schools are located in Minnesota, just across the Mississippi River. In March of 1996, Viterbo University (located in La Crosse) was selected by U.S. Army Cadet Command to participate in the partnership in Nursing Education Program. There are only 41 schools across the nation that offer this education. Over the years, Lieutenants from Eagle Battalion have filled ranks in every Army branch. The Army Nurse Corps branch has produced more Lieutenants than any other branch at Eagle Battalion.

There have been many outstanding Lieutenants that have commissioned from Eagle Battalion, but one that stands above the rest is Army Reserve Ambassador Gerald W. Meyer. He currently serves as a Wisconsin member to the Army Reserve Ambassador Program. Ambassador Meyer is a 1974 graduate of Eagle Battalion. He graduated with a B.S. Degree in Education Arts. Ambassador Meyer went on to receive a Master’s Degree in Military Strategic Studies from the U.S. Army War College at Carlisle Barracks, PA. Ambassador Meyer serves in the position of Executive Officer for the Regional Training Site-Medical, Ft. McCoy WI. He deployed for Operation Iraqi Freedom 1 in January 2003, with the 416th Engineer Command and retired in June 2004 after 30 years of service to the U.S. Army. Ambassador Gerald W. Meyer represents perfectly what Eagle Battalion strives for in every Cadet that goes through the challenging program.

Eagle Battalion has seen many great years. However, in October 2013 the U.S. Army notified UW-L that the University's ROTC program was being considered for closure because of a reduction in Army resources. With the combined forces of UWL Chancellor Joe Gow, U.S. Senator Ron Johnson, and Lt. Col. James Hill, ROTC Eagle Battalion Commander, Eagle Battalion secured U.S. Army approval to continue on campus. The program will be re-evaluated annually with the next evaluation set for June 2015.

Today, Eagle Battalion continues to produce officers, who are both physically and mentally prepared to lead America’s Army. These officers have served around the world and have contributed greatly to the defense of our nation. Eagle Battalion will continue to “Lead the Way” in producing quality officers to serve as leaders of character in the United States Army.
Simultaneous Membership Program (SMP)

CDT Cody Colson
Cadet Battalion, S3

What is an SMP Cadet?

An SMP Cadet is a contracted Cadet who also serves in the National Guard or Army Reserve. SMP stands for Simultaneous Membership Program, and it provides additional leadership opportunities for Cadets beyond ROTC.

There are two ways to become an SMP Cadet. The first way is by enlisting in either the National Guard or Army Reserve, where they will train one weekend a month and two weeks per year, more commonly known as drill and annual training. Following enlistment, you complete BCT (Basic Combat Training), or more commonly known as basic training, where you will learn the fundamentals of being a Soldier. Following basic training, you go to AIT, or advanced individual training, where you become MOSQ. There are many MOSs (military occupation specialty) to choose from because of the amount of jobs that the Army has to offer. The second way to become an SMP Cadet is by enlisting into the Reserve component after contracting with ROTC.

After completing BCT and AIT as enlisted personnel, or enlisting as a contracted Cadet, you will join a unit where you will serve in your assigned MOS. When an enlisted personnel contracts, they will either remain with their unit or have the opportunity to see other units. An already contracted Cadet will choose a unit by working with their recruiter. A contracted Cadet, either as prior service or as a contracted Cadet will hold the MOS of 09 Romeo, or unassigned trainee.

There are multiple responsibilities for Cadets while serving in a unit. The main responsibility for an SMP Cadet is to shadow company grade officers, in order to gain perspective on how to run a unit in both the reserve component and the active duty portion of the Army. Other responsibilities that can be held include being an acting platoon leader, the unit safety officer, and the unit fitness officer.

Along with those responsibilities, you will also get to experience the training that occurs in the unit. This can include weapons training, and drivers training (becoming licensed to drive Army vehicles, i.e., a Humvee).

Overall, being an SMP Cadet allows Cadets to have extra opportunities and responsibilities while gaining valuable experience that not all Cadets are able to have.

In total, there are 24 Cadets in Eagle Battalion who are SMP Cadets. If you have questions, or are possibly interested in becoming an SMP Cadet, there are many fellow Cadets that are willing to share their experiences.

Below is CDT Tschida at TF Ranger Challenge. This past summer, he completed BCT and AIT at Fort Benning, Georgia.

Summer Training Opportunities

CDT Nora Krueger
Cadet Battalion, S1

The summer of 2014 in Eagle Battalion was jam-packed with adventure, learning opportunities, adrenaline rushes, and sightseeing. From Georgia to the Czech Republic, Indonesia, Hawaii, and Kosovo, the Cadets of Eagle Battalion found themselves globally engaged in rappelling, behavioral health treatment, engineering, building relationships with the militaries of other nations, nursing, and sightseeing.

Personally, I was lucky enough to attend the Nurse Summer Training Program (NSTP) at Tripler Army Medical Center in Honolulu, Hawaii. I flew straight from the Cadet Summer Training (CST) at Fort Knox, Kentucky with 10 nursing peers. Our group was individually assigned a nurse preceptor in a unit based on our prior requests. I was given the opportunity to work with Lt. Schemerhorn, a charge nurse on the step-down Intensive Care Unit. Over the 2 weeks I was able to participate in NSTP, I worked as many 12 hour shifts as my preceptor. I was provided opportunities at every juncture to enhance my clinical nursing skills: starting intravenous lines, catheters, tracheostomies, electrocardiograms, and a first-hand experience with magnetic resonance imaging (MRI). Many of these skills I had learned in my classes, but I hadn’t yet had the real-life experience. At the end of my two weeks, I was ready for my senior year of nursing school, and more confident than I’d ever been in my abilities.

CDT Mathieu LaVigne was chosen to attend Airborne School this summer. For three weeks, he had the opportunity to receive some of the best training in the world on how to jump from an airplane. “Over this course of time I was challenged mentally, physically, emotionally, and spiritually,” said LaVigne. At the end of the three short weeks, he had five jumps completed and a set of wings pinned on his chest. “The coolest part,” said
LaVigne, "was being the first person to jump on the night jump, nothing can beat that experience. Airborne all the way!"

CDT Tyler Betley attended air assault school this summer. Betley described air assault as follows: "It is a challenging 10-day course that teaches the fundamentals of air mobility and combat air support operations." He also commented on the often overlooked intellectual aspect of this course. "Most soldiers think of air assault as a purely physical course; which, it is very physically demanding." Air assault includes six and twelve mile timed rucks, four mile runs, constant "corrective training," and the infamous obstacle course, however air assault also has a very challenging curriculum. "In less than ten days, you essentially memorize as much information as possible from a 252 page handbook, and are tested on the material during three phase tests," said Betley. In addition to the written tests, air assault includes a practical exam on sling loads, where students memorize and execute an inspection sequence for various helicopter cargo loads. "Over twenty people were sent home just for failing their sequence," reveals CDT Betley. Once all the academics were completed, the remaining air assault students conducted three days of rappelling and one final rappel from a UH-60 Blackhawk. CDT Betley summed his experience with a smile: "The adrenaline when I hooked into the rope and the rotor wash coming from the helicopter made the hours of studying and days of physical punishment worth it!"

When asked to describe his CULP mission, CDT Ronald Zaleski stated, "My trip to Indonesia taught me how to foster relations and work with soldiers and civilians who have different personalities and views." He found his experience to be an extremely beneficial use of his summer. "The qualities I practiced are part of what ROTC instills in cadets in order to create not only capable soldiers, but also excellent leaders of tomorrow," said CDT Zaleski, summarizing his experience.

CDT Justin Ragatz was a participant in an iteration of Cultural Understanding and Language Program (CULP), and trained with the 15th Engineering Regiment in the Czech Republic. CDT Ragatz felt he "sampled just about every aspect of combat engineering." When asked to share a few highlights of his experience, CDT Ragatz promptly listed via terrata climbing, operating the TALON robot, learning the basics of explosives, detonating various explosives, firing various Czech weapons, learning some specialized climbing techniques, riding in the BMP-2, musado (combatives), and diving.

CDT Carissa Naperiala had the opportunity to participate in a CULP mission to Kosovo. The mission of her CULP mission was peacekeeping, to prevent further hostility and to help Kosovo get back on their feet. Naperiala's team worked alongside Kosovo's national security, known as the KSF (Kosovo Security Force). Her team spent the weekdays in the classroom, teaching English to the Albanian speaking soldiers with translation assistance from the Kosovar cadets. They also resided at a NATO (North Atlantic Treaty Organization) base, Camp Bondsteel, for the duration of their mission. "In the evenings we played volleyball, soccer, and pool against troops from Ukraine, Armenia, and several other countries," CDT Naperiala explains. "We had the opportunity to go on Blackhawk rides, see military police dogs in action, and job shadow the branch of our choice while on their deployment." Finally, CDT Naperiala's team had the honor of visiting the United States Embassy in Pristina, Kosovo and we were able to speak with the United States Ambassador, Tracey Jacobson, and learn her role as an American assisting Kosovo in their peacekeeping. When asked for her final remarks, CDT Naperiala summed it up: "Overall, my CULP mission was an experience to remember for the rest of my life and has allowed me to take those values that I have gained to a whole new perspective, not only in the military, but also in my personal life."

CDT Megan Sopkowiak, a senior, had the opportunity to shadow in the Behavioral Health Department at the Tuttle Army Health Clinic. She attended this training in Georgia for 4 weeks, directly after her CST experience. "I gained insight on what behavioral health looks like by working with the brigade psychologist, psychiatrist, and social workers," comments Sopkowiak. "I also briefed the implementation plan of the Army Performance Triad to the Brigadier general. It was a very educational experience that I really enjoyed!" CDT Sopkowiak would recommend this internship to any cadets interested in the psychology field.
CDT Allen Sowieja
Cadet Battalion, XO

This semester, the MS III and MS IV Cadets of Eagle Battalion had the opportunity to receive a brief by COL Audrey Lewis, the Staff Judge Advocate for Fort McCoy. In her brief, she explained Army Military Justice and legal proceedings. This brief was beneficial for Cadets because many did not know that there are differences between the Uniform Code of Military Justice (UCMJ) and civilian laws. As an MSIV that hopes to branch Military Police and as a criminal justice major, I found this brief very interesting. One thing I learned is that there are differences between the UCMJ and civilian laws.

The UCMJ is the backbone of the United States Military since President Harry S. Truman signed it into law in 1951. The full text of this document is a JAG officer’s best friend. As COL Lewis drew our attention to various aspects of this document, she also informed her audience that the document is always evolving. She cited fairly recent changes in the regulations regarding sexual harassment and assault. Newly implemented legislation within the UCMJ has tightened up considerably.

Laws implemented through the UCMJ largely shape the culture of the military. The UCMJ addresses many of the regulations that civilian law covers, and then some. Being under the public eye as well as being rich in tradition, the military culture emplaces more restrictions on its members. For example, adultery is a punishable crime under the UCMJ. Military culture clearly, completely, and legally criminalizes acts of adultery. While many members of society at large may feel that adultery is wrong, there are no legal ramifications against it.

As members of the military, we take an oath to adhere to a higher standard and the UCMJ is part of what holds us to that standard. By not maintaining a high standard of conduct, we subject ourselves to the sanctions and punishments set forth by the UCMJ. Some of the offenses the UCMJ covers include adultery, mutiny, sedition, failure to obey an order, and insubordinate conduct: all of which civilian law does not cover. This higher standard of conduct is visible in the Army Values of Loyalty, Duty, Respect, Honor, Integrity, Selfless Service, and Personal Courage. It is also apparent in the soldier’s creed, “I am disciplined, physically and mentally tough... I am an expert, and I am a professional.” Professional discipline is quantified very effectively through the UCMJ, which binds the values and the culture of the military to all its members.

Crimes committed that violate military and federal civilian law cannot be charged as both, this infers double jeopardy. Double jeopardy is the protection from being charged twice for the same crime. On the other hand, the Soldier or service member can be tried twice if the offense violates military and state law. If they are charged in military court, then they cannot be tried in another federal court. Often times the two court systems will coordinate on which system the service member will go through in order to avoid unnecessarily spending money for another trial.

A variety of punishments can be implemented upon an offender by military courts that are not commonplace for civilian sanctions. Two of the most common non-judicial punishments commanders can include the Article 15, and Article 92. Minor military punishments can be implemented by the soldier’s commander given the commander has clear and convincing evidence that the soldier is guilty by using these articles. An Article 15 punishment can include a forfeiture of pay, a reduction in rank, and extra duty. An Article 92 is filed for failure to obey an order or regulation. Confinement, hard labor without confinement, possible bad conduct discharge from the military, and forfeiture of all allowances and pay for two years, is some of the maximum punishments for an Article 92. In some of the worst cases, a military judge and at least five military members can apply the death penalty as punishment to a service member.

Since it was made law in 1951, the UCMJ has been amended and changed many times. This is in response to our ever-changing military. Our culture has greatly changed since President Truman signed it into law, and the UCMJ has needed many adjustments to keep up. A clear example of this is, the increased awareness of sexual harassment and sexual assault, just within the last decade. I believe the same will happen as our military progresses forward. Just as civilian laws are passed each year, the UCMJ will do the same.
Cadet Club

Cadet Patrick Maloney  
Cadet Battalion, S4

The Cadet Club is the student part of the Eagle Battalion ROTC program. The Club is completely run by the students of Eagle Battalion. This Club puts together events that help promote the ROTC program in the community and also helps fund some really good training for the Cadets. Over the course of the semester, their organization has undergone changes, taken on fundraising challenges, and become more involved with the community. According to Eagle Battalion tradition, the Cadet Battalion Commander is automatically the president of the Cadet Unit Fund and the Cadet Executive Officer is the Vice President.

Before the beginning of the academic semester, it was discovered that the Cadet Club had ceased to be a recognized student organization at UWL. In 2003, the cadets decided that it was not in their best interest to become a recognized club. As the semester progressed, cadre guidance led the cadet leadership to realize that the unit fund is specifically governed with stipulated regulations, which were not being followed. Thus, "The Cadet Club" was re-created in order to negate conflict with the regulations regarding unit funds.

One of the activities that the Cadet Club has been working towards since August is the Veterans Day 5k Run/Walk. A few weeks ago, the cadre were contacted by a former risk analyst who suggested that for liability reasons, it would be in the cadet's best interest to become an event sanctioned by the University for insurance purposes. "This piece of insight was timely and helpful, and as first time 5k planners, the liability aspect was something we missed, and if this hadn't been addressed, the consequences could have been serious," commented CDT Krueger, the Vice President. For this year, UWL agreed to assume responsibility for the event. "When we inherited responsibility for the Cadet Club funds, we wanted to leave this account with more resources for the cadets behind us," said CDT Sopkowiak, president of the Cadet Club. In order to do this, the MSIVs established the precedent that they would choose to spend their money on things that allowed the cadets of Eagle Battalion to have access to more training. In all other cases, the MSIVs decided to look for the most financially responsible option.

In order to fundraise, the first effort of the semester was a custom designed Eagle Battalion sweatshirt. "We weren't sure how popular the sweatshirts would be," said CDT Krueger, "we just knew that we couldn't lose any money on this project." This fundraiser turned out to be much more successful as the Cadets raised over $2,800 on such a simple project. "We are hoping to do more clothing or custom design Eagle Battalion gear again in the future," noted CDT Sopkowiak.

In addition, this year the Cadet Club set a new goal to get more involved in the community. In years past, we have donated some of our time to, Freedom Honor Flight, which is an organization that flies Veterans to Washington D.C. for a day to see the monuments and memorials that stand in their honor. Cadets meet the Veterans at the airport hangar bright and early before they board their flight in the morning. Our Cadets had the opportunity to greet the Veterans and even had a little fun shuttling them by golf carts. Cadets then met the Veterans late that night after they had returned from their long and eventful day. "It was the welcome home I never received," noted one humble and grateful Veteran aboard the flight that day.

As mentioned above, the Cadet Club had started planning a 5k to honor Veterans this year. Cadets decided half the funds raised would go to the Cadet Club, and the other half would go to a charity organization of our choice. There was no question where the Cadets wanted to donate half their proceeds and that was Freedom Honor Flight. "We wanted this 5k to be a fun way for the future, us Cadets, to honor the past, the Veterans," mentioned CDT Sopkowiak co-coordinator of the event, "It has been quite the learning experience trying to plan and coordinate everything, but it was well-worth it."

With the Cadet Club heading in the right direction, there will be elections for new leadership for the student organization that will begin next semester. These elections will involve not only senior Cadets, but underclassmen as well. In years past, all positions have been held by the MSIVs, but now that the Cadet Club is becoming a Student organization on the UWL Campus, these positions will be open to the other MS classes. The potential for the Cadet Club to help the ROTC program and Cadets with training and retention is through the roof.
Online Training

Cadet Jacob Johansen
Cadet Battalion, S2

Cadets of Eagle Battalion take part in multiple different online training exercises throughout their time spent in the program. Online training may include but is not limited to Sexual Harassment/Assault Response & Prevention (SHARP), Campus Clarity, Annual Security Refresher Training, and Combating Trafficking in Persons (CTIP).

Sexual Harassment/Assault Response & Prevention (SHARP) training is conducted regularly and in varying ways. Cadets complete an online program through nformd.net that utilizes videos and quizzes to teach and check learning. Required SHARP training has recently been upgraded from twice annually, to once quarterly. This is because of the increasing importance the U.S. Army is placing the sexual assault and harassment issues found within our ranks, and the preventative measures available. Sexual assault and harassment cannot be tolerated within the military as it destroys the ability to trust one another, and then can directly affect our efficiency.

Cadets also completed the Campus Clarity program called, “Think About It,” which is run through the University of Wisconsin-La Crosse. The program is designed for college students, but specifically for new college students. The online program utilizes video reenactment, interviews, and video Q&A portions in a step by step format. Cadets are guided through the system in a specific order that typically asks a question, informs them, shows them a video for an example to learn from, and then quizzes them. Cadets are not allowed to go further in the program until they answer the questions correctly. Cadets are also given the opportunity to explore certain subjects further with optional information tabs. The program takes a couple of hours to complete, but it ensures learning and retention. The main topics covered are alcohol consumption/abuse/poisoning, drug addiction and awareness, sexual assault/harassment, and how to identify unhealthy relationships with tips on how to get out of them.

Cadets who have completed their initial security clearance and are contracted are also required to complete their annual security refresher training. This training is designed to remind all of those who are taking it of their personal responsibilities and liabilities involving acts of sabotage and espionage. This training is done online can be completed in about an hour. The primary goal is to prevent the release of information that could be harmful to the operations of the U.S. Military.

Another program available online to Cadets is Combating Trafficking in Persons (CTIP). The main goal of this program is to provide knowledge to our armed forces about the human trafficking done around the world and specifically in America. The program is conducted through the Army Learning Management System (ALMS) and works programs such as the UN, People for Children, and DOH: Rescue & Restore. Training is conducted with the hope more people will be aware of the atrocities committed, and the scale which it is being committed. By spreading understanding of the problem while providing helpful organizations and hotlines to call, more victims of human trafficking will be freed from their enslavement and set onto a constructive path to recovery. As future leaders in the nation’s military and as role models to those around us, it is vital that Cadets have an understanding of the problems occurring globally and in our own country.

Cadets that are part of Eagle Battalion are provided constructive and informative training opportunities that not only help their own development as an Army officer, but also to help others while providing a positive example for fellow students to follow.

The Eagle Times
Behavioral Health in the Army

Cadet Megan Sopkowiak
Cadet Battalion, S5

When Soldiers return home, most will experience a readjustment period and a successful home transition. However, some will need short or long term counseling to assist in their transition. These counseling options can help Soldiers and their families learn how to adjust, cope, get ready to deploy, as well as transition to return home.

The Army provides many different options for Behavioral Health (BH) Services including; Behavior Health Data Portal, Child, Adolescent, and Family BH System, Embedded BH, Family Advocacy Program, Marriage and Family Therapy Program, and Tele-Behavioral Health.

Behavioral Health Data Portal (BHDP) is used to improve BH clinical care, support new options of care, and coordinating care across Army Medical Department (AMEDD). The BHDP uses the BH Service Line to establish a set of BH clinical programs at all Army installations to deliver integrated BH clinical services across three different clinical cycles. These cycles include: the Wellness continuum, the Army Force Generation, and the Soldier Life Cycle. These different clinical services are the way ahead for the Army. BHDP data will be utilized in the Medical Command (MEDCOM) review and analysis process to inform future program evaluation processes. BHDP will also be expanded to be utilized throughout different BH care settings and situations as clinical and administrative evaluation processes are standardized.

The Child, Adolescent & Family Behavioral Health System (CAF BHS) serves as the Army Surgeon General’s lead agent for developing, implementing and sustaining programs that create a behavioral health system of care promoting healthy and strong Children and Families. The CAF BHS provides interventions and training programs for primary care clinicians in the evaluation and management of common BH disorders, strategies to promote resilience, and adaptive ways of coping with military life stressors. The CAF BHS aims to provide integrated Behavioral Health systems of care to achieve optimal social, emotional and behavioral functioning in Army Children and Families.

The Marriage and Family Therapy Program is a form of assessment and treatment offered within Child and Family Behavioral Health Services, part of the Behavioral Health Service Line. The goal of the clinical assessment, diagnosis, and treatment provided by Marriage and Family Therapist is the improvement and reduction technique for stress and conflict in couples and families. This technique is designed to engage the members in establishing goals for treatment. Goals usually include modifying communication in the direction of more rewarding relationship and away from a trajectory headed toward divorce. This is accomplished by modifying conflict, enhancing friendship, and creating meaning.

The Embedded Behavioral Health (EBH) model is an early intervention and treatment structure of BH care model that promotes Soldier readiness throughout pre, during, and post-deployment operations. It provides multidisciplinary BH care to Soldiers in close proximity to their unit’s work area and in close coordination with unit leaders. The EBH model serves as the single point of entry into BH care for each battalion’s Soldiers and leaders and facilitates early identification and intervention. Soldiers receive expedited evaluations and community-level treatment from a single provider, which greatly improves continuity of care. The enduring working relationship between the provider and key battalion personnel erode the stigma commonly associated with BH care in the military setting. The BH provider can specifically tailor the treatment options for the battalion’s Soldiers to a much greater degree than was previously possible in synchrony with those Soldier’s ARFORGEN cycle.

The Family Advocacy Program is governed by AR 608-18 and the proponent is the Installation Management Command, G9, Family and Morale, Welfare and Recreation Programs. AR 608-18 directs The Surgeon General to establish and coordinate the clinical response to Family maltreatment. The goal of the clinical response to family maltreatment is to determine if abuse has occurred, insure the safety of all concerned, develop a treatment plan designed to reduce the risk of continued maltreatment, and rehabilitate the family when appropriate, while ensuring an end to the violence.

Tele-Behavioral Health (TBH) enables Army Medicine to deliver clinical BH services from a distance through electronic communications. Sometimes called telemedicine, THB covers a variety of clinical services provided using telecommunications and related technologies.

TBH enhances access to care and readiness by extending the reach of BH providers, virtually, to geographic areas with a shortage of provider resources. This enables the MEDCOM to cross level clinical capacity across Army installations and thereby support many operations that BHS would otherwise not be able to. Additionally, TBH enables Soldiers and their families to receive treatment close to home. It may also reduce stigma sometimes associated with BH by creating access to providers that are geographically separate from local facilities and, therefore, do not have interaction with patients outside of the encounter.

The Army’s efforts in education, prevention, and early treatment are unprecedented. The goal of these seemingly new services is to ensure that every deployed and returning Soldier receives the health care they need.
Northern Warfare Challenge, Murphy Challenge, & Veterans Day 5k Run / Walk

Cadet Zach Gust
Cadet Bravo Co. Commander

Eagle Battalion has been introducing some new events for Cadets to participate in. Last year was the first year that Eagle Battalion held the Northern Warfare Challenge (NWC). Arctic, subarctic, and mountain environments are brutally unforgiving to the unprepared. Units that have successfully fought in these environments have historically been those with special individual skills, are physically and mentally tough, and have extensive experience and expertise operating in harsh conditions. The NWC gave Cadets a chance to use their skills they have learned in a colder environment. Cadets participating in the NWC did a swim, a rope climb, a ruck march to lower Hixon Forest, a ruck march with snowshoes on, then a skid pull, then Cadets did a rope bridge and had to get the skid across, lastly the Cadets finished the challenge with a ruck back to the start (Mitchell Hall) from Lower Hixon. The University of Minnesota-Twin Cities participated and competed against Eagle Battalion and their two man team won the event. Eagle Battalion will be doing the NWC again this year.

Eagle Battalion also started doing the Murphy Challenge this year. The Murphy Challenge also known as “The Murph” is named after Navy Lt. Michael Murphy, 29, of Patchogue, NY, a SEAL killed in Afghanistan on June 28, 2005. He was posthumously awarded the Medal of Honor. The workout consists of a 1 mile run, 100 pull-ups, 200 push-ups, 300 air squats and finishes with another 1 mile run. On top of this rigorous workout, most participants wore 20lbs of body armor while doing it. We had several Cadets and Cadre do the Murphy Challenge this year. “The Murph” will be an event that is continued each year or even each semester.

Members of UW-L’s Cadet Club developed a Veterans 5k run/walk. The 5k was held on November 8th, the Saturday before Veterans Day and half of all the proceeds was donated to Freedom Honor Flight, an organization that flies Veterans out to D.C. to see the war memorials. The rest of the proceeds were given to the Cadet Club. The main event, the 5k run/walk, which started at 8am. There was also a childrens run that started shortly before 7:45am. This will be a great fundraiser and fun event for the years to come. A special thanks goes out to Cadets Sopkowiak and Krueger for doing a huge portion of the planning and coordination for this event.
Eagle Battalion Alumnus

Army Reserve Ambassador Gerald W. Meyer serves a three-year term at the pleasure of the Chief of the Army Reserve to the Army Reserve Ambassador Program in the State of Wisconsin. This position is considered the military protocol equivalent of a two-star flag officer - a major general or rear admiral upper half.

Ambassador Meyer is a retired colonel with 30 years of service and holds a Masters Degree in Military Strategic Studies from the U.S. Army War College at Carlisle Barracks, PA and a B.S. Degree in Education Arts from the University of Wisconsin. In addition, he is a 1974 Alumnus of Eagle Battalion, and he was recently nominated for the UW-L Alumni Association Maurice O. Graff award.

He is active in this Army Reserve effort as well as serving in the position of Executive Officer for the Regional Training Site - Medical, Ft. McCoy WI. He deployed for Operation Iraqi Freedom 1 in January 2003, with the 416th Engineer Command and retired in June 2004 after 30 years of service to the U.S. Army.

Mr. Meyer will serve as the guest speaker for Eagle Battalion’s 2015 Military Ball.

Eagle Battalion Cadet Leadership-Spring 2015

BN CDR: Mr. Hatch
BN XO: Mr. Sowieja
BN CSM: Mr. Mrdjenovich
BN S1: Ms. Kruger
BN S2: Mr. Johansen
BN S3: Mr. Colson
BN S4: Mr. Maloney
BN S5: Ms. Sopkowiak
A Co CDR: Mr. Herman
B Co CDR: Mr. Gust
Important Dates for the Spring Semester 2015

MSIII/IV Cadet Staff Planning Workshop
APFT #1 (Cadre graded)
Northern Warfare Challenge + 1st Super Laboratory
2d Super Laboratory (Virtual Battle Space)
APFT #2 (MSIV graded)
German Armed Forces Proficiency Badge
Bataan Memorial Death March
Spring Leader Training Exercise (LTX)
Combined Leader Training Exercise
KU Ranger Buddy Challenge
APFT #3 (Cadre graded)
Military Ball and Battalion Spring Awards Ceremony
Commissioning

Friday-Sunday, 09-11 JAN
20/22 JAN and 05 FEB
Saturday, 07FEB
Saturday, 28FEB
12, 17, and 19 MAR
Saturday-Sunday, 21-22MAR
Saturday-Sunday, 21-22MAR
Saturday, 28MAR
Thursday-Sunday, 9-12APR
Friday-Sunday, 17-19 APR
21/23 APR
Friday, 25 APR
Saturday, 16 MAY

Don’t forget to catch the latest updates and news within the Eagle Battalion! Please visit our UW-L Eagle Battalion website at http://www.uwlax.edu/rotc.

Also, I encourage you to Like us on Facebook and follow us on Twitter.

https://www.facebook.com/EagleBattalionUWL
https://twitter.com/UWL_ARMY_ROTC