

# PATRIOT BATTALION NEWSLETTER

Spring 2019, Issue 1

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CDT Rodriguez discusses ProjectGO and her experience here in ROTC

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Our Volunteering

February Army Physical Fitness Test: Statistics and data

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Our Cadet of the Month

## ***Introduction - CDT Del Carpio***

Fellow Patriots,

This is the first part of a set of newsletters being sent out at the middle and end of the Spring 2019 semester. The purpose of the newsletter is to give an overview of events that we have conducted as a battalion, and to help recognize Cadets that have stood out to leadership.

The contents of this first newsletter will be a good indication of the kind of content that we are looking for when it comes to publishing the bi-semester newsletters. If you see something that you believe would

make a good addition to our next newsletter, please let our team know! Our team consists of Cadets Osinaga (MSII), Limchin (MSII), Del Carpio (MSIII), and Dichoso (MSIV). We are always happy to take suggestions.

Finally, we know many of you have friends and family that may be interested in what goes on in the battalion. These newsletters would be a great piece to show what we are able to accomplish as a team here at the Patriot Battalion.

Thank you for taking a look at the newsletter! Patriots lead the way.

# RECOGNIZING GREATNESS AND POTENTIAL: CDT RODRIGUEZ



CDT Sarah Rodriguez (MS1) is the first Cadet from George Mason to be accepted into a ProjectGO program in over two years.

She was worried about not being accepted at first, as only 6–9 Cadets are accepted for the program every year. CDT Menkhaus (MSIV) helped her especially throughout the entire application process to answer any questions that she may have had.

She ended up being accepted into two different programs to study Arabic in Jordan or Morocco. After discussing more with CDT Menkhaus, she has decided that Morocco is the way to go! She will be there from June to August and will have already completed two semesters of Arabic here at GMU.

The following is an interview with Sarah by CDT Osinaga and CDT Limchin.



*How do you hope your experience with ProjectGO will affect you as a person?*

"I have never been out of the country, except once to visit family in Canada. However, I'm super excited to get out of my comfort zone, try new things, and make new friends through ProjectGO. I would like to minor in Arabic and I know this is a great opportunity to advance in my language skills"

***Why did you want to join ROTC?***

"I have always wanted to fly. My Dad encouraged me to look into the Army, which has their own aviation branch with their own aircraft."

***Do you have family in the military?***

My Dad is a Chief Petty Officer in the Navy. And then I have cousins and uncles in the Air Force. My Dad was a huge inspiration for me joining ROTC. He's the kind of person who can talk to you for 15 minutes and make you want to join a branch in the military. He's very patriotic and that spread onto me too. I want to serve my country and be an example to others.

***What Challenges have you faced when it came to ROTC?***

"For ROTC it was definitely the physical challenges of it. In high school I never played sports. I was the person who hid behind the baseball shed. I just did not like that at all. I remember in the beginning with the company runs that some of the MS4s had to stay with me and I would say 'I can't run! This is so hard!'

But my mindset is always, 'don't walk, don't give up, because people are watching.' So even if I'm just jogging, I make sure to keep going."

***What has been your motivation to keep going when things suck?***

"I would say that it's all of the cadets around me. Everyone is so positive and we're doing it together and it makes me ask, 'why should I give up? Why should I complain when the person next to me is motivating me and I am motivating them?' Especially when we're doing those runs and everyone is yelling to me, 'Yeah Rodriguez! Get this!'"



# RECOGNIZING GREATNESS AND POTENTIAL: CDT RODRIGUEZ



It all just pushes me to keep going. Even those days during FTX when it was raining and things seemed miserable but we were all together and that's what made me feel like I was a part of a family. That's what made me want to keep going."

***What are some of your long-term goals? You said you wanted to be a pilot?***

"Yeah I want to go either Aviation or JAG. I'm not really sure which one yet. They're probably very different, but I've always wanted to be either a lawyer and I've always wanted to fly, so I don't know which one is going to go first."

***What are some of your goals in the short-term?***

"So for the short term my goal is to get all A's in my classes. I don't want any more A-'s, not even a B. And I know that this may sound silly, but I really want to get a 17 minute two mile run. That would be about 8 minutes per mile. I would also like to catch up to Bravo Group during our ruck marches. Another thing I want to do when I become an MS4 is be the person designated to pick up fall outs so that I can tell them, "Come on, I'm just like you. You can do it!"

***Is there anyone in particular you're thinking of when you of a fall out person? Do you have a mentor or someone you follow?***

"Oh my goodness there are so many! Can I list them all? Shout out to CDT Menkhaus who was the first person that I ran with. We did a circuit run. I think it was less than a mile and I wanted to die, but he stuck with me the entire time. Another shout out to CDT Kwamin (MSIII). She really helped me from the very beginning. She's seen my improvement more than anyone. Also, CDT Draicchio (MSIV) works out with me at 0630 every Tuesday and Thursday morning. I know as a grad student she goes to sleep really late and the fact that she's able to get up and drive here to work out with me has been extremely helpful. CDT Lewis (MSIV) was the fall out person for my ruck march and she was the person who I would talk to and she took me under her wing and was extremely nice

and helpful. For the MS1s alongside me, I want to point out CDT Calozzi (MS1) and CDT Rubi (MS1). They are like my best friends, we always do things together. Calozzi is the kind of person who will do PT with Ranger Challenge then come and tell me, 'let's go run a mile' so that he can help me. I'll try and keep my pace with him and if not, he runs ahead but he always comes back for me. Then Rubi, she's the kind of person who will hold you to your word. If you tell her that you will do push ups and sit ups she will wait until you've done them and she'll do them right alongside you. One time after a ruck march I thought that I was too tired but she held me accountable and had me do my push ups and sit ups. Finally, CDT Blaszak (MSIII)! My squad leader! I'm so happy that she's my squad leader again."

Recognized by her commander, CDT Rodriguez has demonstrated consistent motivation, discipline, and a determination to succeed.



# APFT and Volunteering/Fundraising



Our first Army Physical Fitness Tests (APFT) of the semester took place on February 25th for Alpha Company and February 27th for Bravo Company.

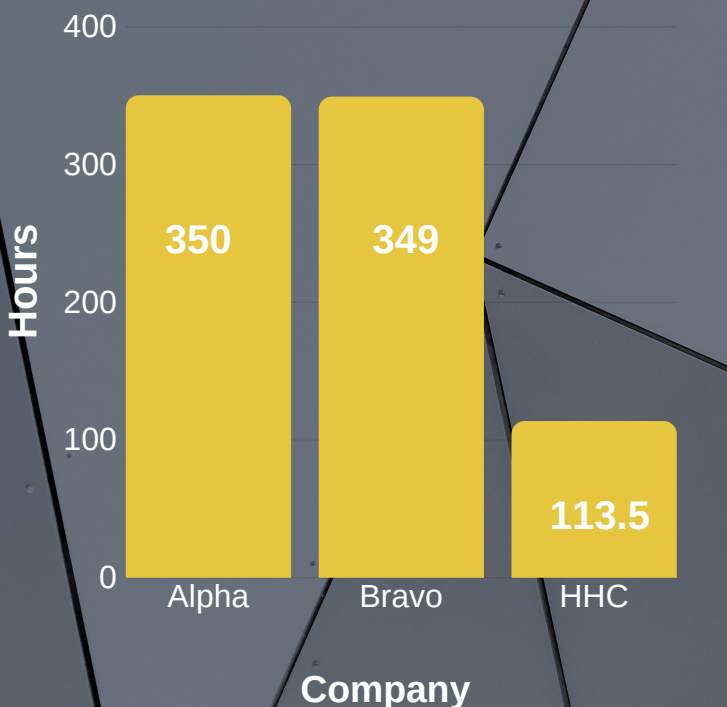
Cadets donated their time to the battalion at the A10 Trackmeet and Flip for the Fight events in February. Along with this, Cadets have also taken part in our Krispy Kreme fundraiser and our 29 Diner fundraiser. Thanks to these efforts, the Cadets were able to raise over \$2,000 for the battalion.

The total number of hours that cadets have volunteered adds up to over 33 days.

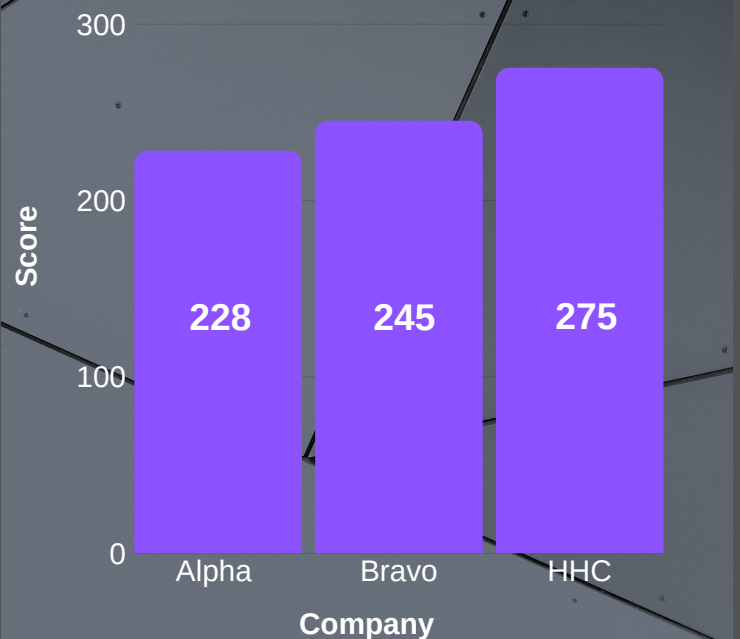


Enduring the strong winter winds, Alpha Company pushed onward during the 2-mile run.

## Volunteering



## APFT Scores



# Cadet of the Month: Jasper Swan



CDT Swan (MSII) has demonstrated excellence and determination in all of the tasks that he takes part in. Whether it is his ROTC tasks, his studies, or his extracurricular activities, CDT Swan has consistently shown that he takes his work seriously and excels at what he does.



Pictured to the right are the other cadets that were recognized by their respective companies to attend the Cadet of the Month Board. CDT Calozzi (MS1, left) cares very much for his peers, the battalion, and ensures that he does his best in what he is assigned to do. CDT Torres (MS1, right) excels in his studies and shares the same determination seen within CDT Swan and Calozzi.

These three cadets are humble, helpful to their peers, approachable, and an example for others to follow. They are a demonstration of what makes us all proud to be a part of the Patriot Battalion, and we cannot wait to see how they continue to grow as leaders here in the program.



# In Closing...

Thank you very much for taking the time out of your day to see what has been going on within our Patriot Battalion. Again, the purpose of this newsletter is to provide a consistent update on what we are up to here in the battalion, and to give recognition to those that have been noticed by our leadership

Special thanks to c/CPT David Dichoso, who eagerly prompted us to start up the newsletter again. Another special thanks to CDT Betsy Osinaga and CDT Kevin Limchin, who dove into the project and helped gather the content to create the newsletter. Finally, special thanks to SFC Melton who allowed us to use photos that he took during our PT sessions. This newsletter would not have been possible without the help of these people.

To any leadership,

If you believe there is a Cadet under your command that belongs in a future newsletter, let any of the Cadets listed above know so we can make that a possibility for the newsletter at the end of this semester. Patriots lead the way!