



■ The University of North Carolina at Chapel Hill ■
 ■ Naval Reserve Officers Training Corps ■



Spring 2018

ANCHORS AWEIGH

Volume 30,
Issue 2



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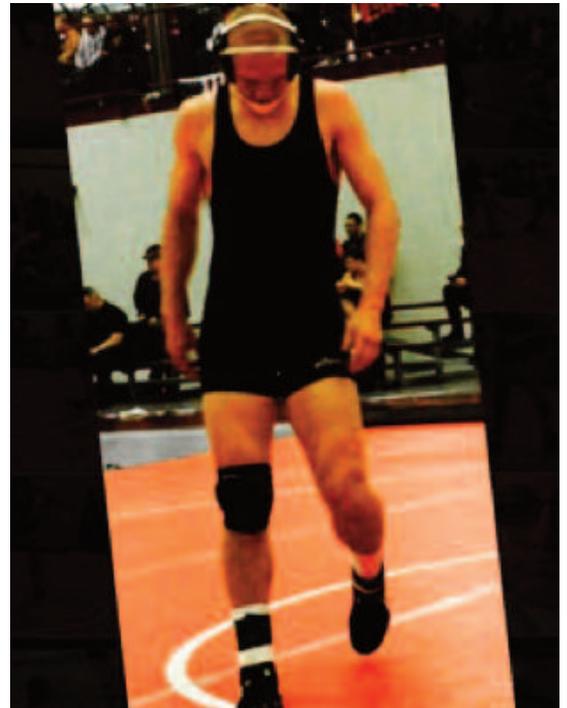
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MIDSHIPMAN SPOTLIGHTS

MIDN 1/C Singley

Wrestling at UNC during my junior and senior years of college has been a privilege. When I joined the team, I did so with the intent of making my teammates better every day and being the best teammate I could possibly be. We practice two hours per day except for Wednesdays and Sundays and lift weights one hour per day except for Wednesdays and weekends. A lot more time is spent trying to cut weight and at official competitions. Wrestling teaches discipline, technique, toughness, and conditioning in ways that no other sport can. I choose to wrestle because I love how the sport has made me a better man and has better prepared me for my military service, which I will begin in a few short months. Using individual skills in order to work as a team with the overall goal to win is just one of the many things I've learned being a varsity athlete at UNC. Being there for my buddies has been more than worth it!





MIDSHIPMAN SPOTLIGHTS

MIDN 3/C Gumbel



I am a member of the UNC Men's Crew team. As a member of the crew team, I practice 10 times per week along with my 2 mandatory ROTC PT sessions. Practices include rowing on University Lake in Carrboro, working out inside on the rowing machines (known as ergs), or brutal 5-mile hill runs. In the fall and spring we travel as a team to various regattas across the east coast in cities such as Philadelphia, Oak Ridge, Chattanooga, and Gainesville. It's a great opportunity to develop myself physically and mentally outside of the NROTC battalion.

MIDN 4/C Williams

I have been horseback riding since I was five years old. My parents gave up all hope that I would pick another sport. This passion for the sport has carried with me and I knew that when I got to college I wanted to continue riding. When I got to Carolina this past fall I tried out, and made the equestrian team. Thus far, I have loved being on the team and getting to compete for my school. The equestrian team has allowed me to continue to ride with a busy college and NROTC schedule and meet other girls who have a similar love for the sport. Lastly, being on the team has instilled in me one of the core attributes of a good UNC student: a rather strong dislike for the school right down the road (who we beat at every competition last season!).



MIDSHIPMAN SPOTLIGHTS

MIDN 1/C Moreno



This year was my tenth year in band, and my sixth doing marching band. Throughout my first year at UNC, everyone told me I should stop band because I wouldn't have enough time outside of school and ROTC. Nonetheless, I stubbornly persisted and I couldn't be happier with my decision. I've played clarinet with the UNC Marching Tar Heels my entire time here at Carolina and have had the opportunity to perform all over! Of course we've played in our very own Kenan Stadium, but we've also gone to the Panthers' Bank of America stadium in Charlotte and the Falcons' Georgia Dome in Atlanta. We even performed at a NASCAR Race once! Although performing takes up a lot of time on top of school and ROTC, being involved in band is a great way for me to get away from the busy work and do something that's fun with my friends.

MIDN 1/C Eason

I have done Color Guard for seven years. No, not the military Color Guard that you're probably picturing... I'm talking about the Color Guard section of the Marching Band. Being the visual ensemble, we are an active component of home football games. We use colorful flags, rifles, sabers, props, and dance to visually portray the story and music that the band performs. The combination of the band and the Color Guard produces an entertaining show for the audience. I joined the UNC Marching Band my freshman year. It was an incredible way to continue performing and to get more involved in university life. Color Guard has been a way of expressing myself by spinning and dancing. It's a good break from the stringent routine of NROTC. It has also been a true sisterhood, as evidenced by the fact that I live with two fellow Color Guard members.



Our many hours invested towards our passion has made us very close. Next season, when presented with the opportunity to grab food at halftime, stick around and watch us perform!



MIDSHIPMAN SPOTLIGHTS



MIDN 2/C Gill

Over the last couple years, I've been a member of a great organization on campus known as Mock Trial. It's exactly what it sounds like... students get to participate in tournaments where they run through several rounds of a full trial, playing the roles of lawyers and witnesses. UNC's team is highly competitive and, completely student run. We compete against schools from all over the country! Mock Trial, beyond being very fun, has allowed me to develop my critical thinking and public speaking skills – tools I know will be useful as a future Naval officer.

MIDN 3/C Muraille

I joined the UNC Achordants to fulfill a love for singing that I desperately wanted to carry over to college. My first semester, I did not join any singing group and I could feel as if my college experience was missing something. I figured that since a Capella is the stereotypical "college" thing to do as a singer, I should give it a shot. Once I added the Achordants to my life in my second semester, everything fell into place. It became a place to release and relax while making great music with a great group of guys. To many, a Capella is just a lot of "doos" and "dahs"... and that's exactly what it is. It often makes little sense, but that's precisely why I love it so much!



MIDN 4/C Perez

I'm a trombonist for UNC's Marching Band. This is my first year at Carolina and I decided to join the 'Marching Tar Heels' as a continuation of my musical career. Any musician you ask will tell you that music is more than just a hobby. It is a passion that delivers an adrenaline rush every time you're performing. This is perhaps one of the reasons I, and many musicians like me do music. This year marks nine years of performing across various states and stages, with many bands and for even more audiences. To my family and friends, it has brought countless memorable experiences. And what's more? Having musicians in the military who are willing to serve their country brings a new crowd of individuals who are not only dedicated, but creative and motivated in everything that they do.



SQUAD ROLL OUT!

■ MIDN 3/C Gross' tips on running a successful squad ■



When people ask me how I managed to lead such a successful squad I generally tell them the same thing: it's a team effort. Nothing I have done this semester would be possible without such an excellent team behind me. Everything we have accomplished is entirely due to the combined drive and commitment of every single member of squad 2-1. All I have really had to do, in essence, is steer a ship that is already full steam ahead.

That being said, as a leader, I have made it my mission to bolster the commitment to excellence already present in my squad using just a few simple steps.

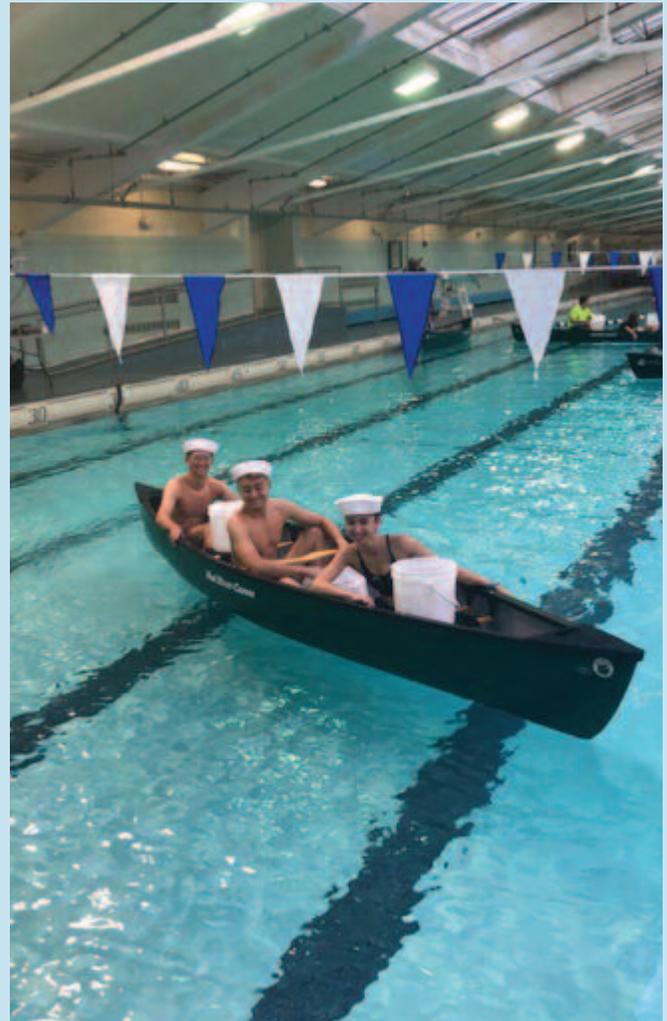
Unify the team: I tackled this by offering several opportunities for team building exercises

such as squad workouts, intramural events, and squad MWR events. I also made individual handshakes with each member of my squad to further strengthen the bond between myself and my fellow shipmates. All of this helped unify us and made working towards common goals more meaningful and manageable. I can't stress the importance of camaraderie enough!

Delegate real authority: Everyone who is a member of a team effort needs to have the opportunity to wield authority and contribute something meaningful in their own creative way. I made sure that every member of my squad had the chance to lead at some point during the semester. I made this possible by allowing those who



SQUAD ROLL OUT!(CONTINUED)



wished, especially our 4/C, to have the opportunity to lead squad workouts or serve as squad leader in my absence.

Celebrate success with tangible rewards: When a team accomplishes a goal, it is absolutely critical to take some time to celebrate and reward good effort. The grand reward for my squad last semester was a battalion-funded game of paintball. I believe it is extremely important to reward a job well done to promote maximum effort in the future!

The last bit of advice I can offer to future leaders who may want to emulate the success of my squad is this: ultimately, being a leader is not about looking the best or getting the most commendations. It is about keeping your team

focused on the goal and motivated to do their best to achieve it. It is about building a foundation for others' success and stepping back to let them shine on their own. Too often, we evaluate others based on their worst moments, and judge ourselves by our very best intentions. People make mistakes but a good leader should be concerned with building future success and promoting camaraderie more than anything else.

Congratulations to every member of squad 2-1 on a job well done this semester. Hooyah!

VETERANS DAY

■ Reflections from MIDN 1/C Buhr ■



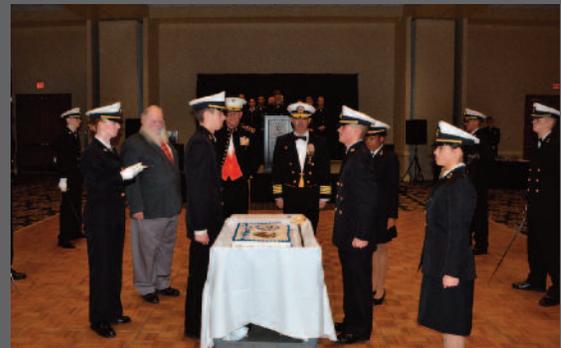
The annual Veterans Day ceremony is one put on by the three ROTC units at UNC in remembrance of those who have served our great nation. The chancellor is in attendance every year and a guest speaker comes to help us understand the great sacrifice that many brave men and women have made for our country over the years. I have participated in the ceremony twice in my time at Carolina and it always reminds me that our Veterans deserve our thanks, prayers, and help every day of the year. It is a day that can help raise awareness to the issues our Veterans face each and every day. As a future Veteran and as someone who comes from a long history of service, the ceremony is important to me to see the University publicly thanking those who have served.





FALL BALL

■ A Favorite of MIDN 1/C Urquilla's ■



Fall Ball 2017... what can I say? I am senior this year and this was my fourth and final Piedmont Consortium ball as a midshipman. I also had the pleasure of being involved in the planning process as the Midshipman in Charge from UNC. That made this year's event just a little sweeter for me!

Even though it was my fourth, the Fall Ball hasn't lost its luster. Every year, the consortium comes together to celebrate the Marine Corps and Navy birthdays. The ball consists of an opening cocktail hour for everyone in the consortium to mingle and introduce their dates to each other. This is then followed by a ceremony which is typical of a birthday ball, culminating with the sharing of cake between the longest tenured sailor and youngest sailor and the oldest Marine and youngest Marine. This year the youngest sailor was our very own MIDN 4/C Allison! We also take the time to acknowledge the Prisoner Of War table to remember those who, as a result of their brave service to our country, couldn't join us that evening, but will always be in our hearts.

The ceremony is then followed by a delicious dinner and remarks from the Guest of Honor. This year, we had the honor of welcoming Marine Corps Lieutenant General Joseph L. Osterman who is the Deputy Commander of US Special

Operations Command. During his speech he reminded us all of the courage it takes to join the military and the ever evolving threats we face, highlighting cyber warfare as a prevalent one today.

The moment that really made this ball special for me was when I got to see all of my friends and peers get called up during Service Assignment Announcements. It served as another reminder that, as seniors, we are so close to accomplishing our goals of being commissioned Navy and Marine Corps officers. It was surreal to walk up to the front of the ballroom when it feels like just yesterday that I attended my first ball.

I won't soon forget this ball. It was a great time to have fun with everyone, and I am going to truly miss moments like these upon graduation.

IMPARTING LESSONS

■ A special visit from our beloved alumni discussed by MIDN 4/C Strong ■



On Thursday, October 26th, during our weekly lab, we had the excellent opportunity to meet with and interact with alumni of our Tar Heel Battalion. Various panels were available to us, each with several alumni discussing various topics such as *"How to Instill Motivation and Enthusiasm," "Female Experiences,"* and *"Purpose of Little Things"*. I attended the discussions on *"Tough Moral Decisions"* and *"Navigating Team Growth."*

Alumni Paul Baker ('67), Howard Petrea ('72), and Rob Rivers ('73) each spoke on their experiences with making tough decisions in the fleet. We discussed the difficulties they experienced as junior officers, and how their senior officers' views of their actions affects their decisions. Mr. Baker was the Damage Control Officer on a Destroyer, and told the story of his experience when the Commanding Officer of

the ship wanted to put one of his junior enlisted in harm's way to repair a wind gauge during a storm, despite the gauge not being crucial for battle readiness. Mr. Baker spoke to the difficulties of standing his ground to protect his sailor, and the impacts of going against his command. Mr. Petrea explained that this job is not a science and that it never gets easier. Learning about the Navy and Marine Corps core values as a Midshipman is imperative to success as a Naval or Marine Officer. He imposed upon us that our learning at Carolina must be demonstrated out in the fleet. Finally, Mr. Rivers advised that although young people make mistakes, as officers we must consider good judgement, command policy, and our own values when making tough decisions. He insisted that rules are in place for a reason and are to be followed. This particular panel



IMPARTING LESSONS (CONTINUED)



shed light on difficult situations that young officers can face, and how they can and should be handled with tact and integrity.

The Navigating Team Growth panel was led by Eric Schneider 86', Tim Hastings 88', and Dale Anderson '67. This panel focused on leadership and fostering a trustful environment between enlisted Sailors or Marines and officers. Mr. Schneider emphasized the message of taking care of your people, and that in turn they will take care of you. He also insisted that you must also take care of yourself to take care of those you lead. Mr. Hastings commented on setting the standard for those you lead by being present via "deck plate leadership." He discussed mistakes in leadership positions, and not being afraid to "make a mistake one day and be back the next, ready to kick down doors." He

also advised that when you inherit a bad situation, you should give a weak unit ways to win. Finally, Mr. Anderson emphasized that achieving a goal as a unit means reaching the goal line, and bringing everyone with you – a "leave no man behind" mentality. This group success breeds inter-unit confidence, which breeds further success.

This lab was a phenomenal opening to meet alumni and get exposure to experiences in the fleet. I thoroughly enjoyed both panels. This was an enlightening experience and gave the Battalion an opportunity to meet with our fantastic alumni and receive guidance and advice for our futures in the Navy and Marine Corps. It was a pleasure to meet and learn from them and to consider how we may someday be called upon to apply the valuable lessons they imparted. Time for us to go kick down our own doors in the fleet!

PQS ORAL BOARDS

■ A big milestone for our 4/C Midshipmen.

This is MIDN 4/C Hornback's take: ■

As aspiring naval officers, understanding the Navy and all of its communities is essential to our training. Personnel Qualification Standards (PQS), a mandatory, three-month-long evolution for all new 4/C midshipmen, serves several purposes. It acquaints us with the Navy and its capabilities, traditions, and communities. It also shows us the method used by the Navy to qualify its Sailors. Junior officers, upon reaching the fleet, will have their own set of qualifications to complete. Finally, PQS serves as a way for midshipmen to explore different possible careers in the Navy which they may not have heard of before. PQS presents itself in a white binder filled with nine rigorous chapters of knowledge. Each chapter has a signature sheet with a list of required knowledge from that chapter's topic. Each list item must be signed off by PQS-complete midshipmen. The idea is that each week, the 4/C midshipmen will check off these pieces of information, showing an upperclassman that they understand that particular piece of knowledge. Once they complete all the signatures for a required chapter, the Midshipman will get an "end of card" signature from a Midshipman officer, showing that they know all of the material required for that chapter. Each week has a chapter assigned to it. Nine chapters and nine weeks, covering everything from uniform regulations to the training pipeline of a Naval EOD officer. Following these nine grueling weeks of learning, the 4/C midshipmen prepare for Oral Boards. The Oral Board is a panel which each Midshipman stands before and is tested on all of the material, as well as their ability to keep military bearing, perform top-notch drill, and ability to maintain a properly wear a uniform. Upon passing

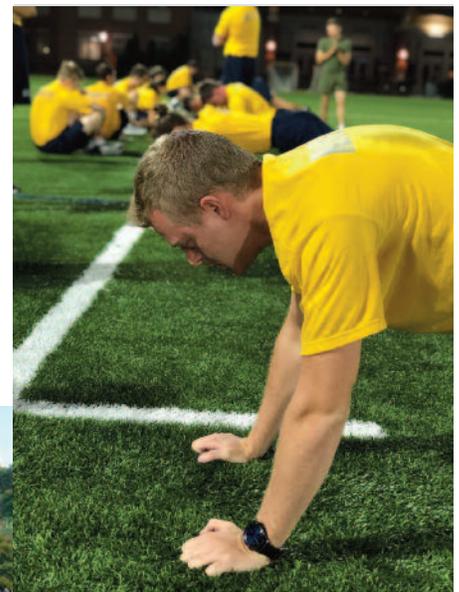


their oral boards, with a letter from the battalion commanding officer and a UNC NROTC challenge coin in-hand, the 4/C midshipmen are officially inducted into the Battalion. Though intimidating, I believe that oral boards and PQS are important, because it is through PQS that the new midshipmen truly get to know the battalion and prove that they genuinely want to be here. The value of PQS reaches beyond simply knowing random facts about the Navy and Marine Corps. It is the whole experience, from chapter One to the "Congratulations, you've passed your board" that gives PQS its true meaning and importance.



GETTING READY FOR THE PRT

■ MIDN 4/C Huffman explains the road towards the final PRT ■



Every Sailor and Marine is required to run a Physical Readiness Test (PRT) or Physical Fitness Test (PFT), respectively. Whether you're an E-1, fresh out of boot camp or a general or admiral, you are expected to perform well physically. As midshipmen, we train twice a week as a Battalion to make sure that we are prepared to do our absolute best when we are tested at the beginning, middle and end of each semester.

Our morning PT sessions are only half the battle. A good performance on the PRT/PFT requires us to also workout independently. There is no set way, but many people enjoy running or swimming for cardio and going to the gym to improve their strength. There are also some "PT gods" in our Battalion that help other midshipmen reach their goals. PT-ing alone and others has taught me that a team is only as strong as its weakest link. We should work to help each other succeed for a PRT/PFT. Physical and mental challenges will always be



present, but with help from our fellow shipmates completing the PRT/PFT is a task that can be accomplished by all. We set ourselves up for success by building a network of teamwork. Hooyah PTO!

TAKING THE PODIUM!

■ MIDN 4/C Berry's experience during a recent lab ■



More than flying or drowning, more than heights, and even more than the zombie apocalypse, Americans are most afraid of public speaking. As future Navy and Marine Corps Officers, we must be prepared to the face any fear way may have... especially public speaking.

This semester, during one of our weekly labs, our Navy-Option midshipmen had the opportunity to practice their public speaking skills. We each participated in several activities, each designed to test a different style of public speaking. The various scenarios ranged from nerve-racking to hilarious and pretty much everything in-between. In one of the more entertaining events, midshipmen were asked to run and navigate an intentionally awkward one-on-one interview. The interviewers' goal was to make the interview as difficult as possible for the 'applicant', and the applicants' goal was to maintain proper bearing and to keep it professional. All three sets of interviews took place at once and all were at the same table, each applicant side by side, and each interviewer the same. Through the madness of it all, I can remember questions which probed a Midshipman's peculiar sense of fashion, some about someone's inability to give hugs, and others on why certain people in our battalion insist on getting bad haircuts every week. Needless to say, very few were successful in keeping a straight face the entire time. While it is unlikely that we will ever encounter interviews as hectic as these, this evolution was still valuable practice for situations we might face in the



future. Awkward situations are guaranteed to happen in all professions, however, as future officers, it is crucial that we are able to control our reactions and keep our composure regardless of the situation.

One of the more stressful evolutions tested the traditional skills of public speaking. Midshipmen were asked to stand in front of the group and give a completely improvised 60 second speech about a passion of theirs. We each went up one by one, mostly trying to fill the 60 seconds with whatever we could come up with, whether it be talking about football, backpacking, or community service. After each speech, we would discuss what went well and what could be improved. The valuable takeaways from this included being mindful of excessive hand gestures, effectively using our space, and speaking without using filler words. Everyone came in with different levels of experience in the realm of public speaking but one thing is for sure: we all have room to improve somewhere.

Being comfortable speaking in front of others is always important, but is absolutely vital to those who strive to become good officers. In the Navy, Sailors and Marines will look to us for guidance; being timid or incompetent is not an option when responsible for the lives of others. Public speaking is not something easily mastered and it definitely doesn't perfect itself overnight. However, the opportunity to give and receive feedback was invaluable towards developing ourselves as better and more confident future officers.



BOOM ROASTED!

■ MIDN 4/C Gholson very much enjoyed our last lab of the year! ■

was a skit by MIDN 4/C Rivers and Hornback to re-enact a truly terrible grooming attempt by MIDN 2/C Reagan when MIDN 4/C Hornback asked him for a cheap trim. To their delight, most of the 4/C had the opportunity to take clippers to MIDN 4/C Hornback's hair which yielded an... interesting result. MIDN 3/C Antolini, Gross, and Verwoerd, as well as MIDN 4/C Rivers kept up the spirits in "Officers Night Out," a skit that poked fun at the active duty while also making comments on select personalities within the unit. Following that, MIDN 3/C Weinstein and Gross were cut short by LT Heider's decision to strike the gong, thus ending their performance of "The Muscle Hamster," which told the story of a creature whose tears can cure cancer, yet has never cried. While some theorize that this mythical Muscle Hamster is a parody of our MIDN 2/C Smith, the jury is still out... perhaps we would know if LT Heider hadn't "gonged" them out! In a skit based off of a scene from the hit TV show *The Office*, "Boom Roasted," performed by MIDN 3/C Dremann, took some subtle and some more blatant shots at nearly everyone in the room. A fan favorite was: "Major Morris, you sometimes forget our names even when we have name tags on. Boom. Roasted." To close out the show, MIDN 4/C Williams, Strong, Rivers, Hornback, and I presented a video called "Commitment: A Documentary" that detailed why the 4/C as a whole did not perform a skit, despite large class interest. It included mock interviews with LT Heider, MIDN 1/C Eason, MIDN 2/C Smith, MIDN 3/C Gumble, and several of the missing 4/C. Following a thorough, 30 second deliberation from a randomly selected, unbiased jury, the champion skit of the Gong Show was "Commitment: A Documentary" and the winners walked away with a PT freedom pass, good for absence from one PT session next semester!



Our Battalion's first annual "Gong Show" was, without a doubt, a huge success! "What on earth is a gong show?" you might ask. Well, simply put, it's a collection of skits put on by members of the Battalion, each with the sole purpose of entertaining and poking lighthearted fun at each other! A surprise skit from active duty kicked off the event, as they performed a not-so-solemn funeral for our fallen shipmate: the wardroom door, which was dubiously removed by LT Roaf a few months ago. They were followed by the 1/C who performed "The Night Before Oral Boards" in which they imitated some of the more entertaining characteristics of the 4/C that they had observed over the semester. "The Haircut"

STAY TUNED!

As always, we welcome all alumni to reach out and share anything that is relevant to our battalion! Please contact MIDN 3/C Muraille, the Anchors Aweigh Editor and Historian to keep our battalion connected!

Have something you'd like to see in the next issue? Contact MIDN 3/C Muraille to voice your suggestion! This newsletter is for you and we want your interests to be covered!

MIDN 3/C Muraille Contact:
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For more info and Battalion updates, visit our Facebook page and website!
<https://www.facebook.com/UNC.NROTC>
<https://nrotc.sites.unc.edu/>

Special thanks to all those who contributed to this issue of Anchors Aweigh!

- MIDN 4/C Berry
- MIDN 4/C Gholson
- MIDN 4/C Hornback
- MIDN 4/C Huffman
- MIDN 4/C Perez
- MIDN 4/C Strong
- MIDN 4/C Williams
- MIDN 3/C Antolini
- MIDN 3/C Ayala
- MIDN 3/C Gumbel
- MIDN 3/C Gross
- MIDN 3/C Weinstein
- MIDN 2/C Gill
- MIDN 2/C Reagan
- MIDN 1/C Buhr
- MIDN 1/C Eason
- MIDN 1/C Moreno
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