



Fox Valley Battalion Newsletter

A Message from the Battalion Commander

I would like to thank all cadets in the Fox Valley Battalion (FVBN) for putting forth 110% this semester. This year the FVBN is bigger than ever. We had more cadet participation in BN level events than we have had in a long time. This is a trend that we need to keep up. I encourage all of you to continue to invite friends to come with you to labs so they can see how fun it is take the best leadership course in college.

MSIIIs: I encourage you to remember to stay sharp over winter break. Yes, enjoy the time with your family and friends. However, remember you have a mission that still needs to be completed...Warrior Forge '08. The biggest thing you can do over break to help you accomplish this mission is PT (physical training). The more fit you are coming into the second semester, the more you will be able to focus on other leadership tasks.

MS Is & IIs: I hope you have had a semester of challenges conquered and fun times made. Whether that challenge is passing a class, or getting over an obstacle during the Fall FTX, I hope you conquered it and are getting ready for bigger, more intimidating challenges next semester. I would encourage you to continue to stay in the ROTC program. If you do, I guarantee you will learn invaluable leadership skills, and military discipline that will help you become a better person, student, and future leader.

I hope all of you have a wonderful holiday season and come back ready to have another fun filled semester.

CDT Pankow

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Fun Cadet Fact...

Cadet Ryan Krol-icki, an MS IV from Red Hawk Company, will be studying art in Florence, Italy for his major next semester!

Ranger Challenge: Only the Strong Survive

By: Cadet Benjamin Pankow, BC

This year the Fox Valley BN sent three teams to the annual Ranger Challenge event held at FT McCoy during 12-14 October. Redhawk CO sent a 5 person team, and both Titan and Green Knight Companies sent 9 person teams. Ranger Challenge is the ROTC version of the Army's Best Ranger Competition. It consists of events that are meant to test a cadet's endurance.

It started Friday night with the Night Land Navigation event. The following morning, the cadets started out the day with an APFT. They then moved to the Conditioning Course, a timed event that consisted of a lot of crawling, jumping, and climbing of obstacles. What followed was a round robin style of events which included: a one rope bridge crossing, 1st Aid, vehicle

pull, litter carry, and a weapons disassembly and reassembly event.

The culminating event of the weekend consisted of a 10 km forced road march that was designed to test a team's endurance. Overall the Fox Valley BN did well: Red Hawk CO finished 6th in the 5 person category, Titan CO finished 6th and Green Knight CO finished 11th in the 9 person category.

Organizational Day: Sports and Rappelling Equals BN Fun

By: Jessica Hemesath, S1

The cadets of Fox Valley Battalion participated in Organizational day 16SEP07 at the University of Oshkosh campus. Organizational day on was an event meant to bring all the cadets together from the schools in the battalion including; University of Wisconsin Oshkosh, St. Norbert College, UW- Green Bay, Ripon College, Marian College, and Lawrence University. Organizational day was an event planned by the MS IV class (battalion staff), and the events of the day included: rappelling down a 40 foot tower, a commander's cup tournament, and a cookout lunch prepared by the seniors.

The day started off with all cadets learning how to properly tie a Swiss seat (harness needed to rappel) to the Army standard. Upon completion of the Swiss seat class, cadets were assisted in overcoming their fear of heights, as all cadets

descended both the 20 foot and 40 foot towers. Although there was some anxiety at first about descending the towers, when all was said and done, all cadets were very excited about what they had accomplished.

Following the rappel tower, cadets enjoyed a cookout lunch prepared by the IV's. At this time, cadets were given the opportunity to eat and talk with cadets in their class from the different schools. This was an excellent time to build camaraderie between the schools in the battalion.

After lunch was finished, cadets got their teams ready for the commander's cup competition. The first events of the commander's cup competition were volleyball and basketball. Motivation was high as each school tried to show their skills against the opposing schools. St. Norbert College received a

This was an excellent time to build camaraderie between the various schools in the battalion.



streamer for their Guideon for winning the basketball bracket, and University of Wisconsin Oshkosh received the streamer for winning the volleyball tournament.

The final event of the commanders cup competition was ultimate football. UW- Oshkosh took home the streamer for this event. The overall winner was Titan Company. Titan Company has possession of the commander's cup trophy and will maintain possession of it until next year's commanders cup when the trophy will once again be awarded to the winning company.

STX Day: Cadets Miss Packer Game but Gain Valuable Experience for LDAC

By: Cadet Schultz, CSM

STX Day, or Situational Tactical Exercise day, was conducted on November 4th, 2007. Participants on this day included seniors (MS IVs) and juniors (MS IIIs). The focus of this day was to prepare the juniors, or MS IIIs, for STX events at Warrior Forge. The training on this day was important as the STX events at Warrior Forge are key assessments

of a cadet's abilities as an officer.

So what do STX events include? STX events are squad level operations that must primarily focus on battle drills explained in the Army's ARTEP 7-1. The IVs conducted classes and a demonstration of "what right looks like." It wasn't long before the IIIs

were pushed into practical exercises to demonstrate the skills they had just learned.

The day was a solid start to getting cadets valuable leadership time. Although the cadets missed the Green Bay Packers win that afternoon, they were able to take away important skills and knowledge that will prepare them for LDAC.



From the Desk of the Command Sergeant Major

By: Cadet Schultz, CSM

The Fox Valley Battalion has successfully completed another semester. Some of the key tasks that the student-warriors completed included the Confidence/Conditioning Course, Land Navigation, Survival Training Day, STX Day, Combat Water Survival Test, Ranger Challenge, and, finally, the Battalion Dining-In. Looking ahead to the spring semester, the schedule includes the German Armed Forces Proficiency test, Mini FTX, Combined FTX at Fort McCoy, Individual Company Dining-Outs, and more early mornings of physical training.

Our program is designed to give younger students an introduction to the Army, provide them with motivating training they cannot receive anywhere else on campus, and contract students who wish to become officers in the United States Army. ROTC requires the involvement of students in leader and team environments, requiring many hours of physical exercise, and countless late nights of homework



“Our program is designed to give younger students an introduction to the Army, provide motivated training, and contract future officers.” CSM

and planning. While other college students would not imagine waking up at six o'clock in the morning, ROTC students are conducting physical training. As the senior cadet non-commissioned officer, I have personally seen the development of the juniors, who are learning and adapting to the standards of the Army, and are preparing for five weeks of Warrior Forge at Fort Lewis Washington. I strongly encourage all students to continue to participate, and build upon their leadership skills.

Wrapping Up and Dining-In

By: Jessica Hemesath

On November 30th, the battalion decided to hold a dining-in event to wrap up an outstanding semester. Cadre and cadets took part in a formal military dining-in at the Swan Club in DePere Wisconsin. The military dining in has been part of the US Army tradition since World War I. This event was prepared and conducted by the senior MS IV class. All cadre and cadets enjoyed a fun evening of entertainment and discussion. During the social hour, cadre and cadets enjoyed refreshments. The dinner program consisted of a “grog bowl” ceremony where various eatable items were put into

a punch to help remember important battles. In addition to the grog bowl ceremony, the formal dinner consisted of members of the mess making points of order to Mr. Vice and the President of the mess about violations of the rules of the mess. Upon a rebuttal by the accused, the President of the mess would decide if the respective cadet or cadre needed to be punished by taking a trip to the grog bowl. After dinner the mess was entertained by skits from the MSIV class and each company. The guest speaker



“It was an excellent event to help celebrate the end of the first semester.”

for this event was SGM retired Dennis Day. His speech was about the importance of keeping a good officer to non-commissioned officer (NCO) relationship, and the drastic effects that may ensue if this relationship falls apart. Overall, the dining-in was a success. All in attendance had a good time, and it was an excellent event to help celebrate the end of the first semester of classes.

Top Ten LDAC tips:

10. Read your FM 3-21.8!
9. Bring plenty of foot powder—it serves as an all-in-one hygiene product in the field if you're in a bind for time.
8. Learn to love the prone position.
7. Always shoot an azimuth while pulling security in case the ants take you back to their 6' high ant hill.
6. Bend your knees while standing at attention (especially at graduation).
5. Do not leave the rest of your squad in the ORP and conduct an ambush with a leader's recon.
4. Don't miss a radio check.
3. Save your coffee grounds from your MRE—dipping with that may save you from a negative spot report.
2. Keep your head up on the log-walk-rope-drop or be prepared to be smacked in the face by a lake.
1. BUY A MOSQUITO NET for your head!

Fall FTX: LDAC Prep, Blackhawk Rides, and a Chicken Dinner

By: Todd J. Olson, S4

Every year at the Fox Valley Battalion there is a fall training event known as the Fall Field Training Exercise (FTX), which is planned by the student battalion staff. During the event, cadets from all the Fox Valley BN companies get together and have a fun time training, and this year was no exception.

The event kicked off with travel to Ft. McCoy, WI.

Some cadets traveled by bus, while a lucky few traveled by Blackhawk helicopters from UW Oshkosh courtesy of the 147 AVN BN out of Truax



Field in Madison. Once the entire BN was assembled at Ft. McCoy, the training began immediately with a tough land navigation course. This course was run both day and night, with the freshmen and sophomores attacking the course in groups, and the juniors heading out on the course on their own. This was done to give the less experienced cadets a good chance to do well, and to prepare the juniors for Camp in the summer. The first night was spent under the storm clouds; luckily the tents were put up in time and all cadets stayed dry.

The next day's training consisted of survival classes taught by the seniors, and it was capped off with a survival class on how to cook a chicken in the field taught by SFC Barone. There was enough to go around for each company to have their own cookout that night.

The final day's training was held on the confidence course, where teams of cadets competed against each other to see how fast their respective groups could complete the obstacles - the winning team received bragging rights. Once the training came to a close, all cadets returned by bus safely back to their home schools, having learned a great deal over the weekend about the Army.

Recently Contracted

Red Hawk Company

- CDT Johnson (FR)
- CDT McCarthy (FR)
- CDT McClusky (FR)
- CDT Thomassen (SO)
- CDT Flom (JR)

Green Knight Company

- CDT Murray (FR)
- CDT Raith (SO)

Titan Company

- CDT Matz (JR)
- CDT Gwidt (JR)
- CDT Randall (JR)
- CDT Wilhelms (JR)

Cadet Awards

Perfect PT Scores

- CDT Raith (SO, SNC)
- CDT Davis (SO, RC)
- CDT McKee (SR, RC)
- CDT Swanson (JR, TC)
- CDT Lawson (SO, TC)
- CDT Vernard (SO, TC)
- CDT Wiegand (SO, TC)



The PT Test...

The PT Test consists of push-ups, sit-ups, and a 2-mile run. During the first two events a cadet is given 2 minutes to complete as many repetitions as they can. A perfect score requires a cadet to get a minimum of 72 push-ups, 78 sit-ups, and under 13 minutes on the 2-mile run!