Scheme of Movement

3/4 - A Word From BC

5/6 - CULP

7 - CTLT

8 - MFT On PT

9 - Cadet Nutrition

10 - SHARP/EO

11 - CSM's Corner
Hello Badger Battalion!

Welcome to a new year of ROTC! I’m happy to say we’re off to a great start this semester and I’ve seen a lot of progress on all levels. We’re on the right track so let’s keep going the way we are. We came in this September with the MSIVs and MSIIIs back from their successful completion of CST and CIET at the beautiful Fort Knox, Kentucky. The MSIIIs opened the year ready to step up into their first leadership positions as team leaders, and the fresh faces of the MSI class came in eager to learn. But it wasn’t just the cadets that were new or returning. We welcomed LTC Blue, the new Professor of Military Science, and CPT Myers who teaches the MSIII class. MSG Wheat is back, having also enjoyed the perfect weather at Ft. Knox this summer, after his debut semester last spring.

All this change, and a stacked MSIV class, provided us the perfect opportunity to do a little BR, Battalion Reorganization. (Apparently if there’s one thing you do as a commander, it’s coin a new acronym, so there’s mine.) What I mean by that is not only the cool new computer room and lounge setup we have at the ROTC building, but more importantly the closer relationship we have developed with the two other companies that make up our battalion, at UW – Whitewater, and Maranatha Baptist University. In the years past we have had some level of cooperation on major events between all three companies, but this year is unique in how our battalion has come together. At the end of this semester we will have our regular end-of-semester social, but this fall will be the first time we have all three schools together. This will be a great chance for the younger cadets to get to know some of their counterparts and I’d encourage you all to keep in contact with them. Not only will that make it easier on you when you take over as battalion staff come your MSIV year, but developing and maintaining relationships is pivotal to being an officer in the army.
With all that being said, I’d like to offer a couple pointers for success (particularly for the younger cadets) that I’ve picked up over my four years in ROTC. First and foremost, if you don’t know, ask! This program is all about developing competent future officers and there’s never a time where you as a cadet will have all the answers, nor are you expected to have them. As an MSI, MSII, or even MSIII all of your senior cadets and the cadre understand that you have little to no prior military experience. We are all here to get you where you need to be and are always willing to answer your questions. You have your chain of command, and on top of that every cadet has a mentor they can go to for advice or even just to talk. Take pride in the step you have taken toward becoming an officer in the US Army, and work hard to get where you need to be.

Most importantly, keep your GPA up. It is a huge part of how you will be assessed at the end of your junior year. If you know there is a specific component (Active Duty/Reserves) or branch that you want, you’re going to have to be on the ball. PT goes hand in hand with GPA. You may be the brightest bulb but if you can’t carry your own weight plus potentially a hundred pounds of gear and your battle buddy, you might find yourself in a tight spot down the road.

Besides those two pillars of success in the ROTC world, I encourage everyone to get involved in extra-curricular activities. ROTC has Ranger Challenge, Color Guard, Scabbard and Blade, and a host of summer training opportunities. Just as important, though, is getting involved on campus; whether it’s playing sports and working out, joining a student org, or volunteering in the community.

While you want to make yourself competitive, it’s even more important to help out your fellow cadets. The Army is made up of great individuals but it is the greatest team in the world. It is built on trust and cooperation, and as a future leader the most important action you can take is putting others before yourself. Remember that we all signed up to serve, so let’s move forward with a great rest of the semester, and an even better spring semester. I wish you all the best of luck and congratulations to all our MSIVs who will be commissioning at the end of this year!

Badgers up Front!

CDT Dittus
CULP - ANGOLA

CDT ALLEN

It’s an American tradition to deploy our soldiers to nations we’ve never heard of. While cadets won’t find themselves on a C-130 to the Middle East any time soon, we too can see the world, albeit armed with goodwill rather than guns-blazing. I signed myself up for a Cultural Understanding and Language Proficiency (CULP) mission, an opportunity that’s part study abroad, part inter-military cooperation and part diplomatic entreaty.

The main goal: train the next generation of officers to work in unfamiliar areas and solve problems across cultural divides. And if the Army can simultaneously warm relations with nations we’ve historically been at odds with, all the better. I found myself assigned on a CULP mission to Angola, a war-torn Southwest African nation twice the size of Texas. Our objective was to partner with local civilians and military to teach about the Army, U.S. culture and the English language.

Once I was told my destination, I read every last blurb about this little-known and faraway country. Without knowing it at the time, this researching spree made me part of the problem CULP tries to solve. The facts I knew about Angola and other cultures were rote and difficult to conceptualize; the Angolan people – what do living, breathing people matter to the facts and figures and biases of the internet? Before my in-country experience I heard without listening, saw without noticing. I tried to keep myself a blank slate, but at the same time I was not even exposed to points of view challenging many predominating (mostly negative) understandings of Angola.

CULP - MOROCCO

CDT KELLY

It was a brisk morning looking out over the Atlas Mountains from the bus window. We were on our way to Essaouira, a small beach town along Morocco’s Atlantic coast. The plan while there was to work with underprivileged children while also learning a little about the city itself. As we made the 3 hour drive, it was amazing to see the beauty all around us. There was the sand of the beaches on one side, the climbing wall of the mountains on the other, as well as small ocean towns containing the smiling faces of the local villagers.

No matter the beauty, one thing in particular stood out as an eye sore to me. They were gray slabs of intermingled steel and concrete forming the incomplete idea of past investors and real estate developers. Buildings which, in Morocco, formed the equivalent of the skyscrapers that we see here in The United States. However, they remained unfinished due to lack of funding and left there for all to see. Waiting for the chance to be finished one day and blend into the allure of the beaches and mountains that surround it.

As an economics major, I despised seeing the hard work of so many Moroccans sit there due to inefficient use of resources. This was not just a problem in one particular area but one that was seen all throughout the country.
To my understanding it was diamonds and oil that determined the country’s fate. But during my time in-country I learned it was the people and their strengths and weaknesses, not the economy’s, that shaped the country. It was old racial divides, the need for stability and a collective demand to prevent civil war at all costs that determined people’s mindsets, and it was these mindsets crystallized a thousand times over that makes Angola what it is today. To understand the country you must understand its people on the most individual levels. You can only research so long from afar before immersion among actual people becomes imperative. To learn, you must go.

There are of course practical skills I learned for operating in a different country: speak slowly and louder than usual; don’t make eye contact with people toting guns; and for Christ, look both ways in traffic. But bigger, broader knowledge was at play during this mission, knowledge that could make or break a large operation in any country.

For one, the locals are always right. Contradict their ways and they may be immunized against any future contact. The partnerships we saw between the Army, the Embassy, local organizations and individuals formed a quasi-government with checks and balances designed to prevent ill will to any side. Local partnerships are crucial and should work like a well-oiled machine.

Two, the power of saying little is strong indeed. We weren’t circus performers or master politicians sent there to wow Angolan students and military; we were there to spread goodwill and open the place up for further contact. That requires being polite, answering questions and being patient amid the ensuing sea of pictures and Facebook requests from Angolans. Know what level you’re working at, and work competently, not shooting for surprises or miracles.

Innumerable intricacies of this abroad experience continue to fascinate me and remain vividly in my thoughts. There is only so much I can do to sum up my experience, but a Cadet Command official put it perfectly in a brief before our departure: “We wouldn’t send a soldier to Iraq without basic training. So why would we send one without knowing a thing about culture?”

From what I had noticed, the Moroccan government and private investors would hand over countless funds to real estate developers who would start these massive projects all at once instead of portions at a time. The developers would get about three quarters of the way done with their project when they would run out of funds and have to abandon their ideas. It was painful to see but it exists all of the country and is something that needs to be addressed.

On the other side of things, it was amazing to know that Moroccans are trying to lift themselves up by their bootstraps. As a developing country, the unemployment and poverty rates are very high. According to tradingeconomics.com, the unemployment rate for the last 16 years has averaged 10.57 percent and ruralpovertyportal.org states that nearly 4 million Moroccans live below the poverty line. In order to combat that, Morocco has invested much into its infrastructure while also putting many of its back to work. I can think of no better way to lift someone out of poverty than to give them a job. However, the problem still persists when large projects fall through leaving many Moroccans without work and the loss of potential revenue from trade and tourism.

As a future Army officer I am grateful to have had this cultural experience. I know there is no better way to learn how to adapt to a new culture than to get out and experience the day to day life of those who live it. You not only get to see the beauty of each culture, but also its struggles. Hopefully, the relationships we have developed with those we met will not only help to foster our own career but will also help build upon the diplomatic relations we have made with Moroccan officials, now and in the future. And who knows? Maybe one day I’ll find myself using the tools and knowledge I gained on this adventure in order to work alongside a Moroccan counterpart and find the solution to the world’s next big crisis.
"DUTY, HONOR, COUNTRY"

"WHAT YOU OUGHT TO BE, WHAT YOU CAN BE, WHAT YOU WILL BE."

-GEN. DOUGLAS MACARTHUR

CTLT - INFANTRY

CDT BOWMAN

This summer I attended Cadet Troop Leader Training (CTLT) at Fort Riley after completing Cadet Leadership Course (CLC). CTLT is an additional training opportunity that assigns MSIII cadets to an active duty unit for 3 weeks after they finish CLC during the summer between their junior and senior year. Cadets can apply for this as an option when they fill out their packets for CLC during the spring of their MSIII year. Cadets can be assigned to any branch in a number of duty stations, and experiences vary depending on the unit they are with.

I was assigned to a mechanized infantry company in 2-70 AR, 2 ABCT, 1 ID stationed at Fort Riley, KS. I was assigned to a platoon leader and got to assist him in his duties in garrison and shadow him while training in the field. I had the opportunity to take part in the training for the Expert Infantryman Badge (EIB), which included a 12-mile ruck march, day and night land navigation, 1st aid training, instruction on radio and communication equipment operation, and weapons training on the M4, 240B, M249, M9, M2 Browning, Mk-19, M320, and AT-4 weapon systems. I also got to learn about how an M2 Bradley functions and how a mechanized infantry platoon operates. I learned a lot about the Army from working with an active duty unit and getting to know the soldiers in the platoon. It was a great experience that I would highly recommend to any cadet.
MFT ON PT
CDT KADING

The Army physical fitness test is an important tool in determining the physical readiness of individual cadets. The APFT poses as a barrier for cadets whom want to contract and serves as an opportunity for cadets to distinguish themselves from their peers during branching accessions and opportunities for schools. In any case the APFT is an important assessment of character for ROTC and cadets should seek to maximize their score.

In order to maximize your APFT score, the workouts for PT will not be sufficient and it is your responsibility as a cadet to improve upon your physical fitness outside of PT. Here are some tips towards improving your APFT score.

1st. Identify your weakness: If you’re already maxing push-ups, it is not benefiting you to pour your free time into something you’re already successful at. You will obtain a greater score increase for your time if you invest it towards improving your weakest event.

2nd. Develop a plan: Now that you’ve determined your weakness, what are you going to do about it? Find spare time during your week that you can spend exercising and commit to it every week. By creating a plan, you will be more likely to make exercising on your own time part of your routine.

3rd. Focus on exercises related to the APFT: One of the biggest mistakes cadets make is thinking that their current personal exercise routines will help them increase their APFT score. In other words, cadets do a bunch of exercises that don’t do a bit of good in getting their body prep for the test. The best way to prepare for the APFT is to do the exercises related to the APFT. Prepare for the test.

4th. Proper Rest: Training the same muscle groups every single day to full muscle failure is a sure-fire way to fall short of your goal. Allow your body ample time to recover. Try to do your workouts on the same day as PT, so you aren’t working the same muscle groups on your off days from PT.

5th. Proper Nutrition: Exercising is only part of the equation. Fueling your body with nutritious foods will help you get the most out of your workouts. Additionally, eating the right recovery foods will help you lock in your improvements after all of your hard work. If you are not eating correctly, it will not matter how many miles you run or push-ups you do in your workout. Educate yourself on proper workout nutrition. You are what you eat.

Sample workouts:

Push-ups - In sets of 25, resting no more than 45 seconds between sets, decreasing your rest time between sets by 5 seconds each week up to the test.

- Push-ups with hands shoulder width
- Push-ups with hands wider than shoulder width
- Push ups with hand touching
- Push-ups with feet elevated on a chair or bench
- Push-ups with hands elevated on a chair or bench
- Push-ups on knees to failure

Ab exercises - In sets of 25, resting no more than 45 seconds between sets, decreasing your rest time between sets by 5 seconds each week up to the test.

- Sit-ups with feet anchored under the edge of furniture
- Sit-ups with feet NOT anchored
- Sit-ups with a twist at the top (when you are fully vertical)
- Hanging knee raises (hanging from a bar)
- Hanging leg raises
- Inverted sit-ups on a decline bench

Running:
The best way to improve your 2 mile time is to conduct hill sprints and to run distances longer than 2 miles. Try keeping track of your mile splits and the distance of your favorite routes. Set goals to complete each run faster.
Without going into all the science behind proper nutrition and all the benefits that comes from it, I’d like to give you simple tips to apply to your personal diet/PT goals. If you are in immediate need for some Army nutrition guidance, then I suggest you look up AR 40-25. Better yet you could contact a local registered dietitian, a certified trainer, or Badger Battalion's personally staffed cadet nutritionist.

Always remember to consult your doctor before making any serious changes to your diet. This includes taking any new supplements.

---

### Eating For Fat Loss & Muscle Gain

- Maintain a 750 calorie deficit!
- 1.2g of protein per pound a day.
- 1g of carbs per pound a day.
- 0.2g of fat per pound a day
- Drink Water! Men 4L Women 3L
- Green tea and caffeine helps.
- Eat 4-6 meals evenly throughout day.
- A thermogenic and protein powder.
- Whole grains, lean meats, hot peppers.
- Nuts, berries, greens, and beans.
- Heavy compound weight training. (4-6 hours a week)
- Do HIIT cardio. 2-3 hours a week.
- Sleep 8 hours a night.
- Laugh more.
- Don’t stress out.

This is a general guideline. Not tailored to you.

---

### Eating For Increased Energy

- Eat at caloric maintenance level.
- 45% Carbohydrates.
- 30% Protein.
- 25% Fats.
- Drink Water! 3.7L Men, 2.7L Women.
- Small amount of caffeine.
- Eat 4-6 meals evenly throughout day.
- Eat REAL FOOD. Don’t drink it, or get it from a wrapper/box. No artificial.
- Zero Alcohol.
- Eat in season or frozen foods.
- Take a multivitamin and fish oil.
- Sleep 8 hours. Don’t stress out.
- Exercise in the morning.
- Smile and be positive.

If you can’t make it through the day:
- Stand up, move around.
- Take a shower.
- Take a power nap.
Last year, 22 universities including UW-Madison conducted a survey asking students about their experiences with sexual assault and harassment on campus. Their results confirmed what many students had already been saying: sexual assault and harassment are far too common on college campuses. According to the data, close to a third of all female undergraduates at UW-Madison will be sexually assaulted. You can read the full results for yourself on the UHS website at http://uhswisc.edu/AAUSurvey/, but it is clear that all of us need to get involved in solving this problem.

Right now, the university is conducting town hall meetings to get feedback and brainstorm solutions. The next meeting is Wednesday, November 11, 1600 to 1730 in Red Gym. This is your chance to help end sexual violence on campus and demonstrate your Army values. Be a part of the solution!
Badger Battalion,

Keep up the hard work and discipline this semester! For this edition of the CSM's corner, I want to encourage you all to pursue the unique opportunities that are available to ROTC cadets. Here is a couple paragraphs detailing a recent experience of mine:

This summer I participated in a very challenging military course that lead to the award of the Army Air Assault Badge. For two weeks, I was pushed to both physical and mental exhaustion. Before being officially admitted into training we had to survive “zero day”—grueling physical activities that culminated with an obstacle course. After this first day, 30% of the participants had to pack their bags. And that was the beginning. Throughout the two weeks there were many tests in knowledge, aptitude, and endurance. We spent 10 days learning about helicopters and then applying that knowledge in practical exercises. After each assessment the class got smaller. The final test was a 12-mile road march with a 40-pound pack, completed in less than three hours.

I knew that there would be physical challenges and spent months preparing for that aspect of the course, as preparation is vital to success in any military setting. Just as important, however, was a positive mental attitude that helped me focus on the goal. The final key ingredient was being able to give and receive help; although not everyone was awarded the badge, working with and in support of each other helped us all maximize our potential. Preparation, positive attitude, and teamwork were key in this challenge and are abilities that I have found to be extremely valuable in everything I have done with the Army. It is through these unique experiences that I believe I have grown in many areas of my leadership.

Hooah

C/CSM Creedon
http://www.badgerrotc.wisc.edu
https://www.facebook.com/badgerbattalion/

1910 Linden Dr.
Madison, WI, 53706