

United States  
Naval Sea Cadet Corps  
Summer Training 2013  
**The Training Times**  
**“Behind the Cadets”**

July 2013  
Fourth Edition 2013

### CHOWOLISHIS THREE TIMES A DAY

Tuesday the chow hall staff got to work early, prepared to serve sixty-four leaguers, two hundred and eighty recruits and staff cadets, thirty-one adult staff, as well as the numerous marines that come in for breakfast, lunch, and dinner. The chow hall is constantly being cleaned after each company leaves so the eatery stays spotless. The workers do their best to create tasty meals, even if it means using up their breaks to wash dishes or replace the cutlery. The food



is good tasting and nutritious, served fresh daily. Each day, the trainings arrive and leave, unaware of the hard labor that goes on inside the kitchen or

office. The companies line up, patiently waiting their turn in the line until they are served. Chow hall is an important time for all of the recruits; they replenish their energy spent on learning and exercising. Weather they know it or not, the chow hall could be called a “safe haven” for the recruits because there is not any fear of being yelled at or being told to hurry up. Airman Culp was lucky enough to track down Ms. Zoria, the production manager for Sodexo Company at Camp Pendleton, California to interview her. Culp wanted to know why the mess hall serves the USNSCC and USNLCC, Ms. Zoria replied, “We all want to give the cadets the full experience of eating at a military base.”

“What was the most unusual or amusing instance where the sea cadets did something in the chow hall?”

“Last year for a graduation all of the cadets wore their dress whites, and the main course was spaghetti and meat sauce!” Culp wanted to know, on average, how many people they serve in general with the sea cadets, “We serve about 1,600 people a day including the sea cadets. We provide meals for

the military, sea cadets, civilians, and pretty much everyone in between.” The staff is very caring and they always look forward to seeing the sea cadets when they come to eat chow, states Ms. Zoria. Because people have different tastes, the staff put out different varieties of foods and desserts so that everyone is satisfied. Tammy and the rest of the staff strive to create the most positive, sanitary, and great-tasting food environment every day. Meals



are planned ahead of time so the food is fresh and ready to go when that day rolls around. The dining rooms, heads, kitchen, and serving lines are cleaned after every meal so there are no complaints at all. Tammy’s motto is, “Making every day a better day.” Hoorah Chow Hall!

*AN Culp*

### CADETS WITH CLASS

With the companies marching around all day and learning so much outside, they have a “cool down” class session.



They learn about different things such as ranks, chain of command, weaponry rules and regulations, and naval history. But today they were learning about Sea Power and

International Agreements. They were studying Mahan’s six Conditions, and the Navy’s role in Sea Power. They all recited a quote, “Control of the seas means security. Control of the seas means peace. Control of the seas means victory. The United States must control the sea if it is to protect our security.” They recited this quote in unison and throughout the whole class, they stayed quiet, attentive and they all participated. All of these companies have learned so much and with only a few days left, their knowledge will be put to the test.

*SA Bradbury, APR Ramirez*

### THE MARCHING WAR

Lately, the marching competitions between the companies have been so intense that we don’t know who the clear winner for their efforts is. They are doing a great job and we can see a big change in all the companies. Alpha did a great job at marching





but Charlie got the marching meatball. Bravo did a great job at bearing but Delta got the meatball for it. That just goes to show that they are trying to impress their staff. At the parade deck they all do an inspection on how well they are doing. The next day they get the meatballs for what they did the best. They all want to win Honor Company so they are paying attention to the person talking or teaching the class to them. They are doing their best to win this marching competition. They are all doing a great job of keeping on track and learning all the new movements. They are all doing their best to win this completion.

*SA Lockmann*

## WORKING IT OUT



A big issue for many recruits at RTC is the fear of not passing the PRT that is given the second day. Once the recruits arrived onto the PT field, they start stretches, and then they break into groups to get tested. The PRT consists of Sit & Reach, one mile, as many sit-ups as they can complete in a minute, as many pushups they can complete without dropping their knees, and a shuttle run. For those that didn't pass within the given requirements, a make-up PRT was given that Friday and when they saw their pushups, sit-ups, and sit & reach increase and their mile times decrease, they learned that they could pass.

A big reason that they passed PRT was because they did PT every single day with Chief Hauter and PO1 Fitzpatrick. The recruits always do their very best on every exercise. PT was always a mini PRT. They do jumping jacks, pushups, twists, dive bombers, and the most comical of all: finding Nemos. They used all their strength to get past the PRT. We

were all surprised by the accomplishments of the recruits, and we know their parents have to be proud.

*RC Vayner, PO2 Ferreira*

## STAFF CADETS, The Great Mentors

All the spotlight has been on the entirety of the recruits of RT and Orientation, but these recruits wouldn't be where they are (good and bad) without some very important cadets: the staff cadets. Allow me to shed the limelight on staff cadets and why they are so essential to the trainings at Camp Pendleton

during the summer of 2013. Chief Moore, MIDN Norton, PO1 Fitzpatrick, MIDN Heron, Chief Gonzales, Chief Hauter, and MIDN Almcrantz have had so many



responsibilities over these past two weeks, but still managed to do everything to their best ability. Chief Moore is an Assistant Division Officer for Bravo Company for Orientation, PO1 Fitzpatrick is Assistant Training Officer, MIDN Norton is the Division Officer for Photojournalism, MIDN Heron is the Assistant OIC, Chief Hauter is the Battalion Commander for RTC, and Chief Gonzales is the Battalion Commander for Orientation. However, these aren't the only staff cadets; there are still CCs, ACCs, MAAs, and Yeomen. These staff cadets are with the recruits more often and have more of an influence over them. No matter what rank these cadets are, though, they all have one common goal: to make better the future United States Naval Sea Cadets. Whether this is in the case of education, marching, or personality, a change is what they strive for, and usually



what they receive. Staff cadets must wake up earlier than the recruits, go to sleep later, and with hardly any sleep, are still required to perform all of their duties, and then some

extra. No matter how stressed or sleep-deprived these staff cadets may be (it is really easy to tell when either of these are apparent), they can't just "take a day off." Everyone says the recruits have it hard, but in reality, the Staff Cadets also have it rough – contrary to popular belief.

*SA Scott, PO1 Janji*

## ALPHA VS. DELTA

Monday, July 15 at around 1900, three companies (Alpha, Charlie, and Delta) were battling on who could be the loudest. There was a tie between Alpha and Delta. Alpha was on the 1st deck singing "Anchors Away" and Delta comes up from the 3rd deck and chants, "WE CAN'T HEAR YOU." Each company had a catch phrase; for Alpha it was, "SHARKBAIT OOH HAHA" and Delta's was, "YOU NEED TO BE LOUDER, ALPHA". Both companies jumped and waved their hands like crazy monkeys, and it seems to have carried on to the PT field the next morning. They were competing on every exercise; for example, one competition was which company could hold the push up position the longest and another was which company could hold the flutter kick position the longest. The first battle went on 10 minutes and the second one went on for the entire duration of their PT time. The battles that Alpha and Delta all include themselves in are very entertaining to watch. The cadets had a good time and so did everyone who was watching. ABC

Aguilar, APR Ross

## HOORAH LTJG COX!!!

"She is 'out there' and always ready to face any problems head-on. She is a very strong woman and is a great role model; she always manages to teach a lesson one way or another. I appreciate all she has done for myself and my shipmates, and she treats all of us fairly, almost like we're her family." – Culp



"She is so nice and funny. This has been the best training." – Ross

"She's not afraid to ask to go places like Subway and the beach! She *never gives up!* Love you!" – Ramirez

"She is cool and groovy and never yells." – Vayner

"She is inspiring and so caring toward all of us. She is motivated to defend us and protect us. I couldn't have had a better OIC. I am so appreciative of her. I <3 you LTJG Cox!" – Bradbury

"Ahhh, LTJG Cox... SHE IS AMAZING! She is a motivated young woman that touches every heart she comes across. She is definitely a one-in-a-million OIC. Love you, LTJG Cox. <3" – Janji

"LTJG Cox, Well I have known you for three years and I love you. You are a great LTJG. You keep rocking." - <3 Lockmann



"Oh my gosh! LTJG Cox is awesome! She's like your best friend. She also has the most coolest personality. Love you LTJG Cox! <3" – Aguilar

"LTJG Cox, I must say, is one of the best people ever. She keeps her head when all those about her are losing theirs, and she defends us like her own children. She has taught me so much, and I have learned that there is much more to photography than many people think. I had a great experience this training, and I hope I see her again." – Scott

"BEST OIC EVER!!!!!!!!!!!!!!" – Ferreira (way to be heartfelt there, buddy)



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