Another Semester at the University of California, Berkeley reserve officer training unit has come and gone. From executing training evolutions that test our physical and mental fortitude, to intellectual discussions with top military leaders who share their decades of experience, our unit continues to grow, achieve and strive for the values that our military stands for. This spring semester, it has been my honor to serve as the Midshipman Commanding Officer and coordinate with a talented and efficient midshipman staff for our weekly training evolutions, in addition to our daily professional, academic and physical fitness development. This year, nine first class midshipmen will graduate and take their place in the fleet in the air, on land and sea, or below, and put what we have worked to develop in the classroom to use in our active duty service. My classmates and I leave with the knowledge that the next generations and especially the rising class of 2014 will carry on the tradition of excellence and leadership that Cal ROTC emulates. A special thank you to our active duty and civilian staff who contribute to our development as prospective Naval and Marine Corps officers. To those who came before us, thank you for your legacy, for those with us, thank you for guiding us, and to those who come after, fair winds and following seas.

Very respectfully,
Cassandra J Olson
ENS(S)
Midshipman Commanding Officer
NROTC UC Berkeley
International Student Problems
Written by: MIDN 4/C G. Kim

Most foreign students have the background of immigrating to America when they were young, but for me, it was the opposite. I was born and raised in California, but I moved to Korea and spent half of middle school and all of high school there. Although I went to an international school in which everything was taught in English, I was fully immersed in the Korean culture. Still, everyone called me the “American” one, so I thought I would not experience reverse culture shock when I came back to America for college.

When I was picked up from the airport by some of the midshipmen who were in khakis, I thought ROTC would not be too bad. They were friendly and seemed like regular college students. When Freshmen Orientation hit, however, I was completely suspended in shock for the next five days. I also arrived late to FO, at around evening chow, so I lagged even more behind in learning customs and courtesies, sounding off, and all the other little things that were drilled into the freshmen’s heads during that week. I do not think I will ever forget the first time I encountered Gunnery Sergeant Guzman, who left me in tears just two minutes into FO. I realized how little I knew about the military and even about American culture in general that week.

Throughout first semester, I was always full of fear when I was around the unit. I lived in the FO mindset, and the upperclassmen’s ease, lighthearted attitude, and excellence in military aptitude seemed like a place I would never reach. Honestly, I was miserable and I felt enslaved by the program because of the money. I seriously considered quitting, but the upperclassmen, the staff, and even people outside the program told me to stick it out for at least a year.

By the time second semester rolled around, however, I found myself feeling fonder of the program. When we ran the endurance course, I was the last one to finish. During the run, every single person who passed by me—even those I never spoke to—gave me a motivating, “C’mon Kim!” or “Let’s go, Kim!” or even a “You can do it, Kim!” I truly appreciated the encouragement, and it was then that I realized that everyone had been spurring me on since the beginning.

There is no doubt that I have a lot of room for improvement, but my mentality has completely changed since first semester. Being an international student, I had a more difficult time assimilating into the unit than the average freshman, but I am glad that I decided to stick with NROTC. It is truly a great opportunity and I look forward to growing as a leader, Sailor, athlete, and person throughout my next couple years at Cal.
A year ago, if anyone had asked me where I saw myself in the next 12 months, I would have been at a loss for words. Moving across the country and signing up to join the armed forces presented a huge change for me, one that I could never have foreseen. However, one year later, I find myself a part of a unique community that considerably augmented my college experience—NROTC at Stanford University. Being part of a cross-town affiliate brought its challenges and benefits, but the camaraderie I found with both my fellow midshipmen at Stanford and the unit at large is an irreplaceable addition to university life.

One of the initial challenges that all midshipmen face is time management and coping with the stress of morning PT, homework and tests, and unit activities. The scheduling restrictions impacted me the most as many of the classes I would have liked to take were only offered during drill on Thursdays, limiting the variety of my coursework. A considerable challenge that Stanford offered was the lack of military presence on campus; in other words, students were completely unfamiliar with what I did presenting challenges in their own way. For one, convincing my roommate that I had to sleep early in order to wake up for morning PT was a struggle on weeknights. The lack of athletes in my hall meant that sleeping early and getting up early was a relic of high school for most students in my dorm. Many a night was spent tossing and turning as students were yelling outside at late hours while I tried to rest up for the next morning’s workout. Students also did not understand the importance of military bearing and keeping a well-kept uniform. Often, my friends would look on perplexed as I ironed my uniform or shined my shoes regularly, wondering what possible relevance a crease on a shirt or a smudge on a shoe had to serving in the military. However, the experience has been positive as my friends and dorm-mates learned about the armed forces and what ROTC is. I feel I have brought something unique to the already diverse community of students here at Stanford who now possess more insight into the military and what it stands for simply through me being a midshipman and doing ROTC through college.

Being a cross-town affiliate has its positives as well, and these positives have enriched the ROTC experience for me greatly. The single most important benefit I have gained is that the small presence of ROTC on campus has brought me very close to my fellow midshipmen. The friendship and mentorship I gain from them has been invaluable in guiding me through my 4/C year, as well as provided a model for my own leadership in the years to come. Midshipmen from other universities at the unit often remark about the long commute from Stanford to Berkeley every week, but some of my fondest memories come from time spent laughing and talking on car rides to drill on Thursdays. One thing I hope to do however, is to become closer with midshipmen from other universities; although distance is a barrier, programs like MCO Olson’s mentoring initiative help to foster better communication among midshipmen from different schools.

Therefore, the experience I have had doing NROTC at Stanford is one that I would not trade for anything else. The two-sided responsibility of representing the Navy at Stanford and Stanford at the unit is a duty that arises from attending a cross-town affiliate, and one that I take seriously. With the guidance of the staff and my fellow midshipmen, I look forward to the rest of my university experience anchored by NROTC and the Navy as both a career path and a part of who I am.
Having just finished my first year of college at U.C. Berkeley and my first year of ROTC as a MIDN 4/C, I was feeling good at the beginning of the summer of 2012. I knew I had this thing called CORTRAMID to go to in San Diego that summer but little did I know that it would become one of the best times of my life and certainly the pinnacle of my ROTC career thus far.

My CORTRAMID experience started off with the warfare specialty that I had most been looking forward to: submarine week. We got to simulate submarine maneuvers in an angle and dangle simulator, simulate damage control in the wet trainer, and even got a secret brief from an Admiral. These activities were all fun but the main attraction so to speak was spending 24 hours underway on the USS Nevada, a ballistic missile submarine (SSBN). I really enjoyed myself while onboard and tried to stay up for the full 24 hours doing everything from touring the entire boat to standing under instruction in control. I also made sure to talk with the sailors and officers on board to get a sense of if they truly enjoyed what they were doing, and the conclusion I came to was that they did. I think it also helped that there was a true sense of camaraderie onboard that made the sometimes stressful conditions much more bearable for everybody, which is a big reason that I want to take the submarine path myself.

The second week of my month at CORTRAMID was aviation week. While not as enjoyable for me as the previous week, I still was open to the new experiences and grateful that I even got to experience them in the first place. The highlights of aviation week included the Seahawk helicopter and the T-34 plane ride. The Seahawk ride was relatively less exhilarating than the T-34 ride because I actually got to take the stick of the T-34 and try my hand at aerial acrobatics. While I definitely had a lot of fun, my stomach wasn’t having as much fun, so I don’t think I see a career in aviation in my future.

The third week of my CORTRAMID experience was the one I had been dreading most going into San Diego: Marine week. I knew it was going to be the most physically and mentally strenuous of the weeks and to be honest, I wasn’t looking forward to it at all. That being said however, I came out of the week at Camp Pendleton feeling humbled not only by the Gunnery Sergeants who were leading us in activities throughout the week, but also because we got to see young recruits about our age going through Marine Corps boot camp. It really put my situation into perspective: sure, I wasn’t as comfortable as I might have liked to be, but these recruits were going through boot camp for thirteen weeks with no breaks. The infantry immersion trainer (IIT) that we did on the last day was one of the most fun things I did during Marine week. It made me come to respect the Marines who do that sort of thing in real life on a daily basis even more so than I already did.

The final week was surface week. The main event for that week was spending three days underway on a destroyer, the USS Preble. As with the submarine during the first week, I tried to get as much out of my time onboard as I could. I toured almost every part of the ship, talked with the officers and crew, watched flight operations, and got some training with the special Visit Board Search and Seizure (VBSS) task force.

All in all, I very much enjoyed my CORTRAMID experience; I got to spend a month in beautiful San Diego getting to do things other people only dream of doing and for that I am extremely appreciative. If given the opportunity, I would do it all over again in a heartbeat. For the freshmen headed to CORTRAMID this summer, my only advice is: have fun and take advantage of the enormous opportunity afforded to you. A saying I heard over and over again during my month there was, “Only two types of people get to do whatever they want to do in the Navy: Admirals and midshipmen.” Even if you have your heart set on a certain warfare specialty, be involved throughout the entirety of your CORTRAMID experience and you will look back and be glad that you were afforded such a rare opportunity.
In today’s military, the Navy SEALs have become an integral component in accomplishing the nation’s most vital missions. The nature of these operations demands exceptional intellect, physical dominance, and mental strength. With these attributes, SEALs are able to triumph at any cost. Ever since my youth, I have desired and worked diligently to become a Navy SEAL.

Physical fitness has not always been a penchant of mine. I admit that I used to prefer playing video games and did not practice proper nutrition. This began to change in eighth grade, and I devoted the entirety of my mental strength to transform my habits. I started to play sports and developed a passion for playing sports. This coincided with my newly found interest in becoming a Navy SEAL when I read the book Suffer in Silence by David Reid. This book instilled in me a desire to always excel in physical fitness, but more importantly it sparked my interest in becoming one of these unique individuals. My friend Blake, who was a BUD/s dropout, further reinforced my interest. Working out with him helped me discover my breaking point. I resented feeling disappointed by reaching my limits, and I promised myself that I would always strive to push beyond my self-imposed constraints. My newly found resolve helped me all throughout high school in every physical activity that I participated in.

Blake’s guidance led to my research project on Navy SEALs that educated me about America’s most elite warriors. This ultimately convinced me that I wanted nothing more than to be a part of the SEALs. My research also taught me of the other Special Forces. However, it is the SEALs focus on the maritime domain that made it the perfect special warfare group for me.

I quickly realized that in order to be part of the best, I needed to be the best. I developed an exercise regimen that has furthered my physical fitness by enhancing my mental toughness. With every exercise I push myself until I am overwhelmed with pain, but I challenge myself to continue beyond my mentally imposed limits. This teaches me to always discover new limits and challenge myself to achieve more than my expectations. In this way, I develop a technique to ignore the pain and never quit until I have achieved the unexpected.

There are many other factors that go into being a SEAL, but intelligence, physical preparedness, and mental strength are the most crucial attributes that SEALs must possess if they are to succeed in their mission. SEALs must demonstrate their ability to excel in every physical challenge. Likewise, midshipmen who aspire to become a SEAL should constantly strive to extend their limits. SEALs are individuals who always strive to achieve above and beyond the norm, and aspirants should train to imitate and reflect this steel resolve in all the things they do.
This semester we say farewell to our Commanding Officer Lt. Col. Eggers. As our CO, he has done great things to help create a solid, cohesive unit that prepares some of the finest Midshipmen in the country for careers in the fleet of the United States Navy and Marine Corps.

What were your expectations coming into Berkeley, and how did they compare to your experience?

LtCol Eggers came to NROTC UC Berkeley not really knowing what to expect, being unfamiliar with the NROTC program. However, he brought with him experience from prior military commands and several ideas he thought would be good to pass on to the midshipmen. Specifically, he wanted to focus on reinforcing standards of excellence with regards to Drill Conflicts and accountability, which lead to improved unit cohesion. In order to put forth good products out into the fleet, he emphasized physical and academic achievement as well as midshipmen leadership in the execution of the training plan.

You’re used to leading Marines. What sort of challenges did you face transitioning to leading young Midshipmen?

Despite there being obvious differences between midshipmen and active duty military, the CO wanted to implement fleet standards to the program. His expectations for us were no different than what he would expect from future officers in the military. The only challenges he faced were those that anyone would face when assuming a new command.

What do you see yourself doing at the Hoover Institute, and then later when you rejoin the fleet?

He considers himself “very fortunate” to be able to study at the Hoover Institute as a National Security Affairs Fellow. While there, he hopes to be assigned to a project relevant to current issues facing the USMC, such as cyber security or developments in the Pacific. Following his year at the institute, LtCol Eggers hopes to rejoin the fleet to lead and command Marines.

Is there anything you felt you learned from commanding NROTC UC Berkeley?

Patience. Tolerance. Compassion. Although we wear the uniform, midshipmen still aren’t active duty, and a different style of leadership was often required.

Do you have any final words for NROTC UC Berkeley as you prepare to move on to the Hoover Institute?

LtCol Eggers said that his goal is “to put the best and brightest 2ndLieutenants and Ensigns in the fleet… We push you hard because we want you to be successful in the fleet – You owe it to your future sailors or marines.”
### Welcome LT Ferris

*Question and answer interview with the newest Lieutenant Advisor of NROTC UC Berkeley*

Written by: MIDN 3/C M. Ginelli & MIDN 3/C M. Ridenhour

This semester we welcome our newest active duty staff member, Lieutenant William Ferris. As a Naval Aviator, Lt. Ferris brings a new wealth of knowledge to NROTC UC Berkeley. The following interview attempts to get to know Lt. Ferris better and serves to help acquaint us with our new mentor.

**Where did you come from?**


**Can you talk about your commissioning journey?**

Lt. Ferris graduated and commissioned as an Ensign from USAFA, the Air Force Academy in Colorado. There he studied Civil Engineering.

**Why did you switch from the Air Force to the Navy?**

Lt. Ferris was highly influenced by one of his teachers who was a Navy helicopter pilot. He found the Navy intriguing and thought it would be fun to experience the different platforms that the Navy had and to fly off of ships.

**Can you talk about your time in the service?**

Timeline:
- 2003-2006: USAFA, Civil Engineering
- 2006: Commissioned US Navy
- 2006-2009: Flight School
- 2009-2012: Based in Jacksonville, FL. HSM-70 Spartans
- 2013-Present: Applied to and hired as NROTC Lt. Advisor

**Are you continuing your studies?**

Lt. Ferris completed his MBA at Trident International University while in Florida. He is not currently taking any classes here at Cal, but may do so in the future.

**What are your future plans with the Navy?**

Undecided at the moment. Lt. Ferris does plan to continue flying - he has his Private Pilot's License and is interested in flying outside the Navy more. He is also interested in pursuing Dental School someday.

**What do you expect from us MIDN?**

He expects to see us working hard toward our respective majors and looks forward to seeing us develop and eventually commission.

**Is there anything else you would like us to know about you?**

Lt. Ferris says he is really glad to be here and that he's excited to meet everyone. Like the Helo pilot who helped shape his career path, he hopes to be an influential and supportive mentor for everyone.

Please join us in welcoming Lt. Ferris to NROTC UC Berkeley!
2nd LT(S) Brandon Hee
UC Davis
Computer Engineering
Marine Corps (Ground Contract)

ENS(S) Darien Bailey
Stanford University
Civil Engineering
Aviation - Pilot

2nd LT(S) Enesi Haleck
Stanford University
Political Science
Marine Corps (Ground Contract)
“I will bleed on that flag, just to keep those stripes red.”

ENS(S) Wiley Hemphill
UC Davis
Aerospace & Mechanical Engineering
Surface Warfare (Nuclear)
“Perfection isn’t easy.”

ENS(S) Samuel Jensen
UC Davis
Aerospace & Mechanical Engineering
Submarines

ENS(S) Meighan Middleton
UC Davis
Exercise Biology
Surface Warfare
“Intensity and professionalism at all times.”

ENS(S) Cassandra Olson
UC Davis
Political Science & Religious Studies
Aviation - Pilot

ENS(S) Michael Golich
UC Davis
International Relations
Surface Warfare
Letter from the Editor

Another year has come and gone, with the incoming sophomore class becoming wiser, and the outgoing senior class getting ready to begin the adventure they have been waiting four years to begin. Watching how this unit has grown these last 2 years, I cannot reiterate how proud I am to be a part of this organization, and to know the people who come through this program.

It is bittersweet to say goodbye to this outgoing senior class, as they have been a great influence on this unit and everyone in it. I am sure we all have fond memories with all of the seniors, as they have taught us a lot by being the outstanding Midshipmen they are.

This semester, we also say farewell to 2 great figures that we all have to thank for shaping this Company into a strong, cohesive unit. LtCol Eggers took on a great responsibility acting as both our CO and XO when our former CO Capt. Roos left; LT Erickson was an invaluable asset that helped pick up the slack when the unit was short staffed. However, this did not hinder the success that this unit has experienced, and it will not so long as the impact that LtCol Eggers and LT Erickson have left on each and every one of us remains.

As this unit continues to strengthen and grow, we better prepare ourselves for the challenges that lay ahead. Perhaps by reading about some of the experiences that your fellow Midshipmen endure, it motivates you to succeed and strive to become the best officer you can possibly be. That being said, I hope you enjoyed reading this edition of The Fo’c’sle. To everyone attending summer cruise, I look forward to hearing about your experiences! To the graduating seniors, I wish you all the best in your future successes. To LtCol Eggers and LT Erickson, a huge thank you from all of us. And to all the rest, see you next year! Hooyah!

Very respectfully,
S. A. Bell
MIDN 3/C USNR
Fo’c’sele Editor

MIDN 3/C S. Bell
Fo’c’sele Editor
USNR

MIDN 2/C L. McBee
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