NROTC Rochester has completed a very rewarding and successful year. As reported in the previous issue, this academic year began with many activities – the pace has not slowed for the unit. The Midshipmen leadership have planned and executed multiple training events that have ensured the highest standards are met. Our new Personnel Qualification Standards (PQS) program is an example of a Midshipmen initiative, which is resulting in a more systematic and professional approach to the development of the Battalion. An article in this issue describes this program in greater detail.

Physical readiness continues to be an important element of our training. The Midshipmen work out 2-4 times per week as a unit in addition to other individual exercise sessions. This past semester has seen marked improvement by many of the Midshipmen in the bi-annual Physical Fitness Assessment. Another testament to their dedication to fitness is the results from the Military Excellence Competition at Villanova University, in which they competed this Spring. The Midshipmen excelled in athletic and other fitness challenges. They also won the military drill competition, a first for our unit at that event.

The demands on a Midshipman’s time are great. I observe a strong commitment to academics, while also being involved in countless Battalion activities and other opportunities on campus. Their participation in many volunteer events is particularly encouraging as it is a demonstration of their desire to serve.

As we wrap up another year, we share our farewell to the Class of 2013, which includes thirteen new Ensigns and two Second Lieutenants. I have no doubt they are ready for the challenges that await them in the Fleet. For the Midshipmen that remain, we have selected new leaders within the Battalion, led by MIDN 1/C Erika Grattidge. I have every expectation that the leadership team will push the Battalion to continued success.

With the end of the academic year also comes the departure of three unit staff members. Capt Dave Chapman, USMC; LT Matt Scheel, USN; and LT Shara Chapman, USN, depart after serving as Company Officers for nearly three years. All have had a positive impact on many within this unit. Their contributions will be missed. We wish them fair winds and following seas.

CAPT Jeff Bartkoski, USN
Commanding Officer, Naval ROTC Unit Rochester

(Left to Right): CAPT Bartkoski prepares to shoot in a Battalion basketball game during PT, and assists MIDN Sroka in cutting a cake with a Naval Officers Sword during the 237th Navy Birthday ceremony.
BNCO’S CORNER

NROTC Rochester contains just over seventy Midshipmen, from eighteen to twenty-two plus years of age. We are part of an officer development program that is guided by a staff of active military personnel. Each semester, we have a rotation of billets (jobs) within our organization, including my current position as the Battalion Commander (BNCO) - arguably one of the most rewarding jobs the program has to offer.

The BNCO has the opportunity to take a group of highly motivated and knowledgeable college students who are driven to serve and establish the focus for the semester. My focus was establishing unit goals, a set of metrics designed to analyze our progress and growth as a Battalion. I announced three goals at the beginning of this semester - to obtain 500 community service hours as a unit, to collectively obtain an average Physical Fitness Assessment or Physical Fitness Test score of either an outstanding or a 285, and to obtain a cumulative G.P.A of 3.4 or higher.

I look forward to seeing how closely we reach these goals at the end of the semester. I am extremely proud to report that the effort to meet our goals has been impressive. The framework created this semester has set forth a precedent that will challenge our unit and push them towards constantly bettering themselves.

One measure that we use to analyze the effectiveness of our training as a unit is our performance at drill competitions. We attend two each year, one per semester. In the spring, we attend the highly competitive Villanova University Invitational Drill Competition. NROTC Rochester competes against schools such as the Naval Academy, Penn State, University of Pennsylvania, and Norwich University. This year, Rochester had the best performance in my four years here. We placed first in the drill competition and second in the Military Excellence Challenge, the physical fitness portion of the competition. This turnout is attributed to the hard work of the Midshipmen, who practice for months on those early mornings while most of their peers are fast asleep.

The position of Battalion Commander allows one not only to try different leadership styles and see what suits him or her best, but more importantly get to know a very elite group of people who are the future of our military. I have had the opportunity to learn what style of management works for our unit, as well as how different people respond to different leadership styles. Being the Battalion Commander of a unit as prestigious as NROTC Rochester is both an honor and privilege, and all who have the chance to test themselves in the role will be pleasantly surprised with the challenges that await them.

MIDN 1/C Erik Smolinski, USNR
Battalion Commander

EDITORS COLUMN

Welcome! This version of the Ironclad covers the main events of the Spring 2013 semester. This is the second edition of the Ironclad and we are looking forward to publishing this newsletter for years to come. More photos of events are posted on our Facebook page at Rochester Navy ROTC:

Feel free to contact us with any questions or requests for more information on our activities. Please direct such inquiries to:
commro@nrotcrochester.org
PERSONAL FITNESS
MIDN 4/C STONE

At the beginning of the spring semester, twelve Midshipmen found themselves on the fitness enhancement program or FEP. FEP is intended to provide Midshipmen who struggle with physical fitness with extra work outs and instruction. FEP is conducted simultaneously with Battalion Physical Training on Tuesday and Thursday mornings, and on Friday mornings at 0610.

FEP allows for more individual attention to struggling Midshipmen during work outs, provides these Midshipmen with feedback on ways to improve exercise technique, and offers more personalized work outs that target the trouble areas of the individual.

All Midshipmen, including those on FEP, are encouraged to participate in the Battalion supervised Sunday swim work out. These workouts add a change of pace from the normal physical training and provide full body and cardio work outs.

Over a three month period, eight of the twelve Midshipmen on FEP improved enough to pass the Physical Fitness Assessment (PFA). Once a Midshipman on FEP passes the PFA, their progress is considered significant enough to be released from the program and they may rejoin their peers in regularly conducted PT.

PERSONNEL QUALIFICATION STANDARDS
MIDN 1/C BOULLIANNE

One way NROTC Rochester Midshipmen set themselves apart from other schools is by the extra step they take in the training process. In the fall of 2012, the Midshipman Training Officer designed--and has since led--a Personnel Qualification Standards (PQS) program to ready Midshipmen for the types of tasks they will face in the fleet. The PQS program requires Midshipmen to learn basic Navy knowledge, drill movements and proper uniform wear to ensure everyone meets a high standard.

At the beginning of each semester, Midshipmen are given a PQS packet that outlines tasks that must be learned throughout the semester. A qualifier will only sign a Midshipman’s PQS packet once they have demonstrated complete understanding and confidence in a designated area. Additionally, all 4/C Midshipmen must complete a 15 minute oral board with a group of upper-class Midshipmen. In this board, 4/C Midshipmen are asked questions pertaining to all aspects of the PQS packet and must show that they have the requisite understanding of procedure and protocol.

As a reward for completing the packet and boards, 4/C Midshipmen are given their uniform name tapes for the Navy Working Uniform (NWU) and Marine Pattern (MARPAT) Uniform.

USS BOISE VISITS NROTC ROCHESTER
MIDN 4/C SALK

Midshipmen from NROTC Rochester hosted the Commanding Officer of the USS Boise (SSN-764) on Wednesday, April 3rd. Commander (CDR) Scott Luers gave an enthusiastic, highly informative brief on the submarine community, as well as on the characteristics and qualities of officers within the community itself. The CO brought several members of the Nuclear Power community with him: a Lieutenant Commander, a Senior Chief, and a Chief—all of whom helped answer questions regarding the submarine pipeline and gave personal advice of their own.

After the event, a few Midshipmen were able to go to dinner with the guests and ask questions in a less formal setting. “It was very interesting to learn about the capabilities of our submarine force,” said Midshipman Kline, one of the dinner attendees. “Regardless of my community preference, I am considering it as a possible service selection.”
This semester, a new billet was added to the NROTC Rochester Battalion Chain of Command—Community Relations Officer (COMMRO). COMMRO was introduced in order to seek out more volunteering events in the university and city communities, as well as organize Battalion events.

In previous years, various Midshipmen organized volunteering events as they came up. Now, COMMRO maintains a central list of contacts for all events the unit participates in, and acts as the sole point of contact on behalf of the Battalion for these events.

The Battalion had a very strong presence at the Montgomery Community Center this semester, where volunteers tutored, led workouts, and provided discipline and guidance for children at the center. Various Midshipmen also helped set up and break down a boxing ring for the center in order to draw in a larger crowd for a special event.

In April, the Battalion participated in a spring cleanup at the EquiCenter, a nearby ranch that utilizes therapeutic horseback riding for individuals with mental and/or physical challenges.

Several Midshipmen also volunteered at the local CrossFit gym, Crossfit Boomtown, by setting up and judging the Catalyst Games, an annual fitness competition. All proceeds from the Catalyst Games went towards the Kade Project, a local charity founded in memory of Kade O’Brien, a Marine from Honeoye Falls who was killed in a motorcycle accident.

A few Midshipmen also participated in, and fundraised for, a Multiple Sclerosis walk in early May. In addition to these volunteering events, many Midshipmen volunteer individually by donating blood or serving in other ways that suit their interest.

The volunteering goal for the Battalion this semester was 500 hours, of which 472 hours were completed.

Every year, law enforcement officers across New York state participate in one of the largest fundraising programs for the Special Olympics of New York: the Polar Plunge. This year, the Polar Plunge took place on February 10th at Charlotte Beach in Rochester. Participants in the Plunge fundraised for the event and jumped into the frigid Lake Ontario water.

Midshipmen of NROTC Rochester created a team and raised a total of $657. The Polar Plunge event raised a total of $208,478, with all proceeds going to the Special Olympics.

Safety crews get into place before the Polar Plunge began.

Above: MIDN Bodwell, Sroka, Curtis, Wittman, and Fleming volunteering at the Catalyst Games at Crossfit Boomtown. Right: The Catalyst Games.)
On March 20th, NROTC Rochester hosted two groups of students seeking a glimpse of college student and Midshipman life. Students from both the Naval Junior Reserve Officers Training Corps (NJROTC) Unit at the Western New York Maritime Charter School in Buffalo, and students from the local Rochester School #8 toured the University of Rochester and had the opportunity to interact with NROTC Rochester’s Battalion. CAPT Jeff Bartkoski, Commanding Officer of NROTC Rochester, spoke briefly about the NROTC program and then the visitors worked with the Midshipmen to complete a Leadership Reaction Course, or LRC. The visiting students had the chance to ask questions and see what opportunities the NROTC program provides. CAPT Bartkoski commented, “It is just as good for the NROTC unit as it is the NJROTC Cadets to come together. It gives the Midshipmen opportunities to interact, learn, and practice leadership with folks that they are not with on an everyday basis.” He intends to continue the relationship that has been established with both schools.

Indeed, interacting with students in the nearby community provides valuable leadership experiences for the Rochester Battalion while helping to develop students as future leaders in their communities.

During the LRC, Midshipmen and Cadets were divided into groups, and challenged to protect a raw egg only using specific materials. However, each team member was restricted by not being allowed to see, speak, or move.

One of the NJROTC Cadets commented on the event: “The LRC was definitely a challenge...having to communicate to my teammates without talking was a personal challenge... I liked that everyone came together and worked as a team.” This was a learning experience for both the NROTC Midshipmen and the visiting students that they are not likely to forget.
On April 6th, the NROTC Rochester unit traveled to Villanova University to compete in its annual drill and military excellence competition. The competition is separated into three sections: drill (marching), athletics, and combat skills. Competition was fierce with fifteen extremely talented schools competing, including notables like the United States Naval Academy and Penn State University. While NROTC Rochester usually fares very well at this competition, this year exceeded all expectations with an overall point accumulation higher than anything in recent history. Rochester took 1st place overall in drill, 2nd place overall in athletics, and 3rd place overall in combat skills.

In the drill competition, Rochester took 1st in Color Guard, led by junior David Delong (UR). Rochester also took 1st in Squad Basic, led by the Battalion Commander, senior Erik Smolinski (RIT). Rochester placed 2nd in the two-man Trick Drill competition, 3rd in Platoon Trick, and 3rd in the Platoon Basic competition. The Platoon Basic team was comprised of exclusively freshmen and had members from all of the NROTC Rochester affiliate schools: University of Rochester, RIT, St. John Fisher, and SUNY Brockport. Each team practiced relentlessly throughout the academic year and their efforts paid off; the results were fantastic.

In the athletics portion, Rochester placed 1st with a dominating performance in the 4x400 relay. Team members for this event were junior Conor Kelley (RIT), sophomore Mackenzie Gage (UR), freshman Grant Salk (RIT), and senior Olakunle Akinpelu (RIT). The Distance Medley Relay also placed 1st with the dream team of David Delong, Grant Salk, junior Daniel Palmeter (RIT), and freshman Andrew Kline (RIT). In addition, Rochester took 3rd in the 4x100 IM swim relay with team members junior Joshua Nysenbaum (RIT), freshman Luke White (RIT), freshman Giorgi Bekauri (UR), and one of Rochester’s Midnight Ramblers, sophomore Joe Thibodeau.

NROTC Rochester participated in only three events of the combat skills section, but made those appearances count. In the crossfit challenge, Rochester took both 2nd and 3rd place. Team 1 had senior Edmond Bouillanne (UR) with sophomore Alexander Dudek (UR) and Team 2 had Conor Kelley with Olakunle Akinpelu, respectively. In one of the competition’s most difficult events, the recon challenge, the team effort made by senior Marine Option Abe McAndrew (RIT) and junior Navy Seal hopeful Ryan Baptiste (RIT) was rewarded with 2nd place. The recon challenge is an obstacle course which included, among other things, rope climbing, a 5 ½ mile run, and a 500-meter swim, all while wearing a full combat uniform.

The NROTC Rochester Battalion has always excelled in these competitions and continues to produce some of the nation’s best Navy and Marine Corps officers. Despite their already excellent performance, the entire Battalion embraces the concept of Meliora and will continue its effort to be ever better.
OVERALL DRILL
SQUAD DRILL
COLOR GUARD
4 X 400 RUN
DISTANCE MEDLEY RUN

OVERALL MEC
CROSSFIT
RECON CHALLENGE
PLATOON TRICK
TWO MAN TRICK

4 X100 IM SWIM
PLATOON BASIC
CROSSFIT
On April 12th, NROTC Rochester held its annual Navy Ball at the Rochester Radisson Riverside Ballroom to honor the accomplishments of the commissioning seniors, as well as celebrate the hard work of the Midshipmen throughout the year.

This year, the Battalion recognized fifteen First Class Midshipmen in a night of banquet and dance. Each First Class was honored by entering the room through the Midshipmen sword arch.

The ball had several guests of honor, including distinguished guest speaker Robert Witmer, Jr., who served on the basketball team during his time at University of Rochester and is now in the school’s hall of fame. Other reputable alumni, military personnel, and University staff were also in attendance. The night was a great success, and all who gathered enjoyed an evening filled with ceremony, food, dancing, and good company.
Senior Mess Night  
MIDN 1/C Fleming

On April 19th, NROTC Rochester’s staff and commissioning First Class Midshipmen participated in a long-standing farewell tradition. Senior Mess Night is a night of both ceremony and fun where the First Class and active duty staff can reflect on good times before they part ways. Over the course of the night, various parties are “fined” for embarrassing moments they have been involved in throughout the last four years. These fines are presented by and directed at Midshipmen and staff alike. Penalties for being found guilty of such fines are either cash payments or a cup of the “grog,” the contents of which cannot be easily described. This year, the staff cleverly presented each First Class with special “awards” for things they are likely to do in their future careers based on mistakes, habits, or embarrassing moments that have occurred here at NROTC Rochester. It was a night of laughter and fun mixed with feelings of appreciation for good times past.

The NROTC Rochester Battalion stands at parade rest during the Spring 2013 Change of Command Ceremony.
MIDSHIPMAN OF THE MONTH

MIDN 4/C STROM
ALPHA COMPANY

MIDN Strom has developed as a leader and shown a great deal of initiative in February 2013. He has excelled at his billet of platoon commander by continually setting the example during PT sessions, encouraging and guiding his fellow Midshipmen, and maintaining accountability of his platoon at all times. MIDN Strom is responsible for formulating, researching, and coordinating the Alpha Company fund-raising events at two separate locations. MIDN Strom has displayed growth as a leader amongst his peers. His initiative and total professionalism are well beyond that of an average 4/C Midshipman, and his dedication to this battalion is worthy of recognition.

MIDN 4/C LLOYD
CHARLIE COMPANY

MIDN 4/C Lloyd earned Midshipman honors for the month of March. MIDN Lloyd’s growth on both a personal and leadership level has been impressive. He has become much more apt to volunteer and take leadership roles that are offered within the company. Additionally, MIDN Lloyd has shown significant initiative by being one of the first Midshipmen to complete the PQS board for this semester. MIDN Lloyd performed outstandingly on the Battalion inspection, scoring the highest in Charlie Company. His uniform was well maintained, his knowledge flawless, and his bearing impressive.

NROTC Rochester during various inspections throughout the semester.
Senior Farewells

Olakunle Akinpelu
Graduate of the Rochester Institute of Technology with a degree in Biotechnology. Kunle will be reporting to the USS Truxtun in Hampton Roads, Virginia. His advice to underclassmen is to remember that when you falter, never be afraid to ask for help.

Edmond Boullianne
Graduate of the University of Rochester with a degree in Mechanical Engineering. Edmond will be reporting to Flight School in Pensacola, Florida. His words of advice to the underclassmen are to work hard, play hard, and never give up. Take your remaining years here and push yourself to see how much you are actually capable of. Regret only lies with those who look back and say, “I should have done” instead of “I did”.

Brenten Bradley
Graduate of SUNY Brockport with a degree in Business Administration. Brenten will be reporting to The Basic School in Quantico, Virginia and then directly to Flight School in Pensacola, Florida. His words of advice to the underclassmen: “Successful people hang out with successful people. Everywhere I’ve gone, I’ve always found a peer to compete with, someone who will hold me to a higher standard. Remember that, and Philippians 4:13, and you’ll do just fine.”

Benjamin Desch
Graduate of the University of Rochester with a degree in Evolutionary Biology. Benjamin will be reporting to Nuclear Power School in Charleston, South Carolina. His advice to the underclassmen is to get out and experience the world because someday you are going to have to give advice to people and you do not want to sound like an idiot.

Joel Goble
Graduate of the University of Rochester with a degree in Microbiology. John will be reporting to Nuclear Power School in Charleston, South Carolina. His words of advice to the underclassmen are to not take life too seriously--no one gets out alive.

Joseph Finkle
Graduate of the University of Rochester with a degree in Economics as well as Political Science. Joseph will be reporting to Nuclear Power School in Charleston, South Carolina. His advice to the underclassmen is to make the most of your time, do what is important to you; you only get four years.

Rebekah Fleming
Graduate of the University of Rochester with a degree in Psychology. Rebekah will be reporting to the USS Jason Dunham in Hampton Roads, Virginia. Her advice to the underclassmen is to not be afraid to admit when you are wrong.

Jonathan Godbolt
Graduate of the University of Rochester with a degree in Political Science. Jonathan will be reporting to the USS Mahan in Hampton Roads, Virginia. His words of advice to the underclassmen is a quote from Nietzsche. It states, “The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it you will be lonely often and sometimes frightened, but no price is too high to pay for the privilege of owning yourself.”
CHRISTOPHER MACKOUL
Graduate of the University of Rochester with a joint degree in Applied Mathematics and Statistics, and Chinese. Christopher will be reporting to Flight School in Pensacola, Florida. His advice to the underclassmen is to live your life without regret because success is looking back on your life and the memories you have made and being able to smile.

NATALIE MAY
Graduate of the Rochester Institute of Technology with a degree in Molecular Bioscience and Biotechnology as well as Biomedical Sciences. Natalie will be reporting to the USS Hopper in Pearl Harbor, Hawaii. Her advice to the underclassmen is a quote from Patrick Rothfuss. It states, “There are three things all wise men fear: The sea in storm, a night with no moon, and the anger of a gentle man.”

ANTHONY MOMB
Graduate of the University of Rochester with a degree in Ecology and Evolutionary Biology. Anthony will be reporting to the USS Truxtun in Hampton Roads, Virginia. His words of advice to the underclassmen are to have fun, meet new people, and make the most of every experience you can.

EMILY RODENBUSH
Graduate of the University of Rochester with a degree in Neuroscience. Emily will be reporting to the USS Paul Hamilton in Pearl Harbor, Hawaii. Her advice to the underclassmen is a quote from Eleanor Roosevelt. It states, “Do what you feel in your heart is right - for you’ll be criticized anyway. You’ll be damned if you do and damned if you don’t.”

ERIK SMOLINSKI
Graduate of the Rochester Institute of Technology with a degree in Criminal Justice. Erik will be reporting to The Basic School in Quantico, Virginia. His advice to the underclassmen is to be a sponge and absorb all the knowledge and leadership lessons that you possibly can.

ROSS SPINELLI
Graduate of the Rochester Institute of Technology with a degree in Physics. Ross will be reporting to Nuclear Power School in Charleston, South Carolina. His words of advice to the underclassmen are to take every opportunity you get, even if you fail, because time will go faster than you ever thought possible.

OLIVIA WITTMAN
Graduate of the University of Rochester with a degree in Applied Mathematics. Olivia will be reporting to the USS Shoup in Everett, Washington. Her advice to the underclassmen is to have confidence in yourself. Confidence is ultimately what gives you the ability to believe in your decisions and your leadership potential. To quote Bryce Courtenay, “Pride is holding your head up when everyone around you have theirs bowed. Courage is what makes you do it.”
**Fair Winds and Following Seas**

**LT Scheel, USN**

LT Scheel is a P-3 pilot and will be reporting to the USS George Washington as the Tactical Action Officer in Yokosuka, Japan.

**LT Chapman, USN**

LT Chapman is a Surface Warfare Officer and has completed her obligated service. She will be separating from the Navy.

**Capt Chapman, USMC**

Capt Chapman is a Logistics Officer and will be separating from the Marine Corps to pursue other opportunities as a civilian.

**Welcome Aboard!**

**LT Thompson, USN**

LT Thompson, a Notre Dame graduate, is an F/A-18 pilot who had been flying GR4 Tornados with the Royal Air Force in Scotland.

**Capt Quezada, USMC**

Capt Quezada, a University of South Florida graduate, is an Air Support Control Officer and Foreign Area Officer who has recently returned from Operation Enduring Freedom.

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ATTENTION ALL ALUMNI, FAMILY, AND FRIENDS OF NROTC UNIT ROCHESTER!

All Alumni, Family and Friends are invited to join NROTC Rochester for

**MELIORA WEEKEND 2013**

October 10th - 13th

(Special NROTC events on the 11th)

Please contact Commander Shawn Bohrer, Executive Officer, NROTC Unit Rochester, with questions at xo@ur.rochester.edu
Do you know an outstanding high school student or first or second year college student? Please share the Iron-clad with your family and friends that are interested (or may have a child that’s interested) in a challenging and rewarding undergraduate experience and pursuing a career as an officer in the Navy or Marine Corps.

The University of Rochester and our three cross-town affiliate schools are just four of the more than 160 top colleges and universities from around the country in which NROTC is offered—many of which offer eligible nursing programs as well—offering up to $180,000 for tuition plus a host of other advantages.

Call NROTC Rochester at (585) 275-4275 or visit the following websites for more information about the NROTC program and directions for applying for a national NROTC scholarship.

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