

THE LOOKOUT



October 2020

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Major General T.S Jones visited the unit and talked about stress management and mental health.

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An overview of the presentation given by the 3/C midshipmen commemorating the Navy's birthday.

Alumni Update

Check in with some of the unit's alumni and learn about being an officer in the Navy.



This month, some of our midshipmen volunteered with Tree's Atlanta, a non-profit group dedicated to maintaining Atlanta's urban forest, to give back to the community.



A flag is flown over Outdoor Odyssey, the camp run by General Jones.

Major General T.S. Jones’ “Resiliency in Leadership” Brief

MIDN 3/C Sigut

On September 24, the GT Battalion had the honor of listening to Major General T.S. Jones speak during a virtual drill session. General Jones served for nearly four decades in the Marine Corps and recalled to our midshipman some of the lessons he learned about leadership during that time. Specifically, he talked about resiliency. He stuck to a three-word solution to stress during all of his active duty years: “suck it up.” After seeing the effect of this mantra on the many men and women he has led throughout his career and beyond, he began to realize that stress management and resiliency consisted of much more.

In particular, he investigated the neurobiology of the body’s reaction to stress as detailed by Dr. Liz Stanley in her book *Widen the Window*. The book details the “window of tolerance” that a person has for stress. If his stress level rises above that upper limit of the window, the body

enters into a fight or flight response and causes anxiety. Dropping below the window causes depression and a freeze response. General Jones stressed the importance of using techniques to relieve stress and get back into your window, including listening to music and breathing exercises.

During his brief, General Jones also explained the anatomy, physiology, and pathology of the “triune brain” where the brain can be split into three major functioning parts: the reptilian brain, the limbic brain, and the neocortex. The pathology comes into effect as dis-ease due to unrelieved stress turns into disease as the body will start to shut down key functions such as the immune system when a high amount of stress that is built up over time, called an allostatic load, is carried. General Jones may not have known this information during his time in the USMC, but he is able to use it at the camp he founded in Boswell, PA: Outdoor Odyssey. The camp facilitates many

different groups, including a mentoring program for “at-risk youth” in the Southwestern Pennsylvania area, a mentoring program for children from both Camp Lejeune and Quantico, leadership building workshops for college sports teams, and corporate team-building events.

More specific to his career, he facilitates wounded warriors through the Semper Fi Odyssey program where he is able to integrate this new outlook on stress management as he builds those men and women support systems to help them integrate back into civilian life after serving.

General Jones’ advice will help our midshipmen to grow as leaders by understanding how to manage stress and deal with hardships in both their roles as leaders, and helping those they will lead. The wide-the-window view provides important outlook of effectively understanding how

the brain functions, and this knowledge will prove valuable both in a college setting and in the fleet. Our midshipmen appreciated General Jones' unique perspective into resiliency through stress! (Images from Outdoor Odyssey Website)



General Jones speaking at Outdoor Odyssey.

Navy Birthday

MIDN 3/C McElligott

On October 13th, the Georgia Tech NROTC Battalion celebrated the United States Navy’s 245th birthday with a unit-wide traditional ceremony. Marked by the founding of the Continental Navy on October 13th, 1775, making it older than our Constitutional Republic, the Navy’s birthday has been celebrated every year since with a unique, charming, and purposeful ceremony across the armed forces.

Led by the 3/C midshipmen, the ceremony began with the playing of the National Anthem, an invocation given by MIDN 3/C Fain, and a reading of the Secretary of the Navy, the Honorable Kenneth Braithwaite’s, birthday message by the BN XO, MIDN 1/C Nguyen. Some facts and history about the Navy were given by the presenter, MIDN 3/C McElligott, who then passed it off to CAPT Foege, who gave a short speech about the importance, efficacy, and heritage of tradition that makes up the world’s finest Navy. The birthday cake was then marched



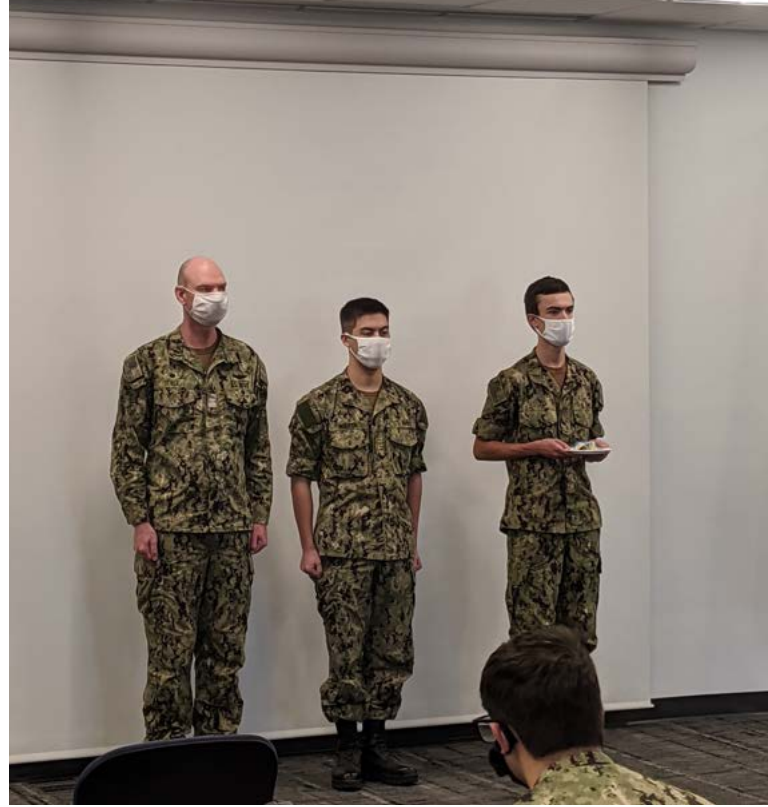
The cake cutting ceremony conducted by the 3/C midshipmen.

down the aisle by MIDN 4/C Griffin, Jones, Johnson, and Rentfro, as CAPT Foege cut the first slice with a Navy saber, as is the convention. The first piece was then passed from our most senior officer to the oldest midshipman in the unit, MIDN 1/C Nguyen, and then to the youngest

midshipman, MIDN 4/C Wittleder, symbolizing the passing of Naval tradition down to the next generation of Sailors.

After the cake was marched back up the aisle, Anchors Aweigh, the official and dearly-held march song of the US Navy, played over the speakers, and the ceremony was concluded. All those present were then treated to some Navy birthday cake (with proper sanitization and safety precautions taken, of course) to properly ring in another successful and dominating year in the US Navy's tenured and storied past.

The Georgia Tech NROTC Battalion is proud to carry on the centuries-old legacy of the United States Navy every year with its cake ceremony and to pass off the torch of tradition to its incoming class of youngest midshipmen. Hooyah!



Academics Division Spotlight

MIDN 4/C Cuttino, Johnson, and Rentfro

This month, the Lookout is highlighting the role that the Academics Division plays in the formation of midshipmen at the Georgia Tech battalion. The Academics Division creates weekly knowledge quizzes, compiles resources for vital fleet knowledge, and connects midshipmen with other opportunities to ensure their academic success.

One opportunity upperclassmen midshipmen have to help their underclassmen peers is to make use of the unit's textbook exchange and academic drive. The textbook exchange allows upperclassmen to note the subject, title, and condition of previously-used course textbooks. If other midshipmen in the unit need textbooks on the exchange list, they can then request them from the owner and avoid spending unnecessary money on new copies. Another resource the unit provides for its underclassmen is the Academic Word, which is a shared drive midshipmen have access to through their Basecamp accounts. The drive is organized by the school, course subject, and course title. Upperclassmen upload study resources for each class into their respective category. Underclassmen taking these courses at a later date may then use the resources in the Academic Word if seeking additional practice or studying for a class.

As future Officers in America's maritime fighting forces, midshipmen must have a thorough understanding of where the Navy operates and why a strong Naval presence is paramount in certain areas. The Academics Division selected nine of the most



The 4/C MIDN take a professional knowledge exam created by the Academics Division.



MIDN 2/C Holliday, this semester's Academics Division Officer.

important waterways across the globe to research and compiled a Geography Packet which provides midshipmen with a convenient and concise resource that explains the location of the waterway, why it is significant, nearby countries and conflict, which fleet operates in the area and other important facts.

The Unit Tutor List is an important resource that helps to connect midshipmen who need help in one of their classes to other midshipmen who have done well in that class and can offer help. This provides a great opportunity for midshipmen to help each other succeed and ensure the unit maintains its standard of academic excellence.

Lastly, the Academics Division is working on a Knowledge Handbook for the midshipmen. It will be a small, handy booklet that will be able to fit in your pocket. The Handbook will consist of basic Navy and Marine Corps knowledge, chain(s) of command, rank structure, etc. This new resource will be very versatile, used by everyone from incoming 4/C midshipmen learning their COC, to newly commissioned Ensigns who want to brush up on their nautical terms.

Alumni Updates

MIDN 4/C Prabhuram, Senft, and Cochran



Hey Everyone! I am Ensign Galen Raney. I was an Earth and Atmospheric Science major, with a focus in geophysics, at Georgia Tech. Now I am in flight school to be a naval aviator. I just finished up my first year in the Navy so far and it is very different from college and ROTC. In college, I was always busy, but in flight training, there are stretches where you will have weeks if not months out of training. It is up to you to not let yourself deteriorate mentally or physically. Once you get into training, it becomes your life. 12 hours of your day or more will be flying or studying.

There are a couple pieces of advice I have for midshipman. There are times to have fun and times to focus on academics. After you commission, you will find days that seem to move so incredibly slow and then there will be days where you have no free time. Find ways to keep your mind and body active. Go out and explore the city you're in and make new friends in or out of the Navy. Life moves by fast so don't fret over a mistake. Learn from it and move on.

Also, if you are hoping to service select aviation, there are a couple of things to keep in mind. The pipeline for SNFOs (Student Naval Flight Officer) and SNAs (Student Naval Aviator) are very different. Each has its own positives. SNFOs get minimal time on the stick to fly the aircraft. However, I will say, percentage-wise, more SNFOs go to jets than SNAs. If you are looking to become a jet pilot, it is beneficial to have a private pilot's license when going to primary flight training for SNAs. Having that makes your learning curve easier on the first few flights, separating you from the rest of the pack early on. I am not recommending people go out and get a private pilot's license. Coming from GTNROTC, you are more than capable of putting in the work with no prior flight time and still having a chance of selecting jets.

Hey! I am Owen Esposito. I am a 2019 Grad who studied civil engineering and then went to NPS in Monterrey California to obtain an MS in physics. I didn't think it would be too relevant to my career but it helped a lot when studying physics at NPS, which in turn made the academics in flight school much more intuitive. I am currently a SNA in the Navy and in one of the first NIFE classes (Naval Introductory Flight Evaluation -- it's the new replacement for IFS and API). I am in the academics portion of flight school right now and will start flying in the next two weeks. By November, I should be starting Primary flight training in Milton, FL to fly the T-6B.

For current midshipmen there are a couple of things that can help you succeed in NROTC. If your peers or upperclassmen seem like they are superhuman and you feel unable to keep up, they're probably not showing that they are struggling too (everyone does). Use your competition as motivation to better yourselves and your peers. One thing I really appreciate about our unit at GT is that we hold each other to a high standard.



There is no room for mediocrity at this unit, and that is achieved by pulling each other up. The best advice that I was given was simple but more important than most think: Make. No. Excuses. Be in control and be responsible for yourself. This is harder than it sounds.

During my time in ROTC, I was the quieter type and more soft-spoken than most of my peers. My role as BN Master Chief forced me out of that comfort zone to become more vocal, more assertive, and more confident. My favorite summer training was my 1/C SWO Nuke cruise on the USS GERALD R. FORD (CVN-78). Not only did I get to see the latest and greatest Navy technology as one of the first midshipmen on board the newly commissioned ship, but I also saw how the machine works as a whole, from the reactor to the bridge. I got to watch the ship's operation and ask questions, and it helped me determine my career goals.



Hello, I'm Ensign Malachi Lynn. I graduated from GT in May 2019 with a major in Mechanical Engineering, and I'm originally from Rockville Centre, NY. Now, I'm a Student Naval Flight Officer at NAS Pensacola. I'm currently waiting for advanced strike training at VT-86, after which I'll be assigned as an F/A-18F WSO or an EA-18G EWO. Although flight school can be pretty demanding, the flying itself is a blast. I've done some pretty cool stuff so far and I've barely scratched the surface. There's a lot more to look forward to, although that will certainly come with more challenges. I'm excited for what lies ahead.

My advice to current midshipmen would be to pick the brain of the staff to hear from their own experiences in the fleet. They've all done what we were about to do, so their sea stories and advice provided great perspective on what to expect.

Honestly, there's not a huge amount of difference between being a midshipman and an Ensign. I'm still a student and I don't have a division to lead



until I get to my fleet squadron. My only responsibility is succeeding in flight school. I'll say the biggest difference is how much more is expected of you once you commission. I'm constantly being evaluated during each flight and sim, and the margin for error decreases as I progress.

Also, the aviation community is a great community to join. It's pretty neat. Regardless of what you choose though, it'll be challenging and you'll enjoy the people you work with more than the job itself. You guys have a lot to look forward to. As a midshipman, make to sure to enjoy your time in college. I remember dining in senior year. It was a grand old time with lots of laughs and all my best friends from college. I hope you guys get to experience it with your own class.

I hope you guys are all handling the pandemic well! Good luck and I'll see you in the fleet!