



United States Naval Sea Cadet Corps



Sullivans Division Newsletter

“We Stick Together”

<http://thesullivansusnsc.org>

July 2024
Buffalo Naval Park

CO: LCDR Todd Caughill
XO: LTJG Richard Ryan

From The CO's Desk



FINAL COUNTDOWN!

_Aloha!

Well, it's "Steel Beach Party" time again. Bring your best Hawaiian look and your appetite for our pre-Buffalo Training get together. Welcome to the parents and siblings that responded as coming. We are looking at good weather so far and we hope it stays that way.

Now for the Business. Cadets attending Buffalo Training must bring in their Packed Sea Bag for inspection and any missing items. We will have non local cadets that arrive without required items to purchase them prior to checking or be removed from

the training so we expect you to be ready as well. This is not a request and you are so ordered to comply.

We have cadets from California, Maryland, Georgia, Maine, New Jersey, Pennsylvania as well as several other states coming into Buffalo this year. We will also have the Director of Training (Joseph Weggan) for a few days in Buffalo and will be marking the first time a HQ representative will be at our training. We want to make sure the Sullivans Division represents ourselves in a spotlight so he can know that Buffalo has a great training as well as a Top Division in Buffalo.

Let's be ready to showcase our Home, Spirit and pride in the Sullivans to everyone attending our training. Let's be ready for the training you are attending if it's as a cadet or as a staff cadet. This will be the largest training in Buffalo History and we intend to make it the best.

See you all at drill and have a safe and Happy Independence Day!



LCDR Todd A. Caughill
Commanding Officer, USNSCC
The Sullivans Div / Training Ship Little Rock
"We Stick Together"



From The XO's Desk



Happy Fourth of July! I hope everyone enjoyed and had a safe Fourth. Some interesting facts about Independence Day;

- Americans celebrate the Fourth of July. However, it's not widely known that the Continental Congress declared America's independence on 2 July 1776.
- John Adams, while serving as the second President of the United States, refused to participate in the celebrations and other events on the 4th of July because he believed that July 2 was the real Independence Day.
- American founding fathers and former presidents George Washington and John Adams passed away on the 50th anniversary of the Declaration of Independence in 1826. Fifth US President James Monroe died in New York on the same day in 1831. In 1863, the Confederate garrison surrendered to Union forces on this day, splitting the Confederacy in half.
- According to the Library of Congress, the Fourth of July was not declared a federal holiday until 1870, by which time it had become the largest secular holiday on the calendar. Congress passed an act declaring the Fourth of July a federal holiday on 28 July 1870.

We have a busy drill scheduled for July, as well as our annual Steel Beach Picnic. This year we have included parents as well as siblings to attend our picnic.

We will spend plenty of time getting the ship ready to receive cadets and officers from all over the country. We have officer staff coming from National Headquarters to view how Buffalo does trainings. This is the very first time that anyone from headquarters has visited Buffalo for our trainings. We want to make sure the ship shines. Finally, training is in full swing. Many of your shipmates have already shipped out to trainings across the country. We have the Buffalo training coming up at the end of the month that is almost completely filled. You are required to do a training every year in order to advance. If you have not signed up for a training yet this year the time is now to act.

See you at drill.

Very Respectfully, Respectfully, Compliments.
LTJG Richard J. Ryan, USNSCC
XO The Sullivans Division/Training Ship Little Rock



[From The OP's Desk](#)



Happy Independence Day cadets, officers, and parents!

Over the past year I have been on a journey to learn more history, specifically the American Revolution and the Civil War. Through that, I have learned so much: From our founding fathers, to the full-story about Benedict Arnold and his heroic missions into Canada and Valcour Island, and General & 18th President Ulysses S. Grant.

Through this, I've also traveled. Seeing the sites where our country was founded in Philadelphia, to the rest place of Grant. This has given me more to appreciate regarding our countries founding, the spirit and intent of our purpose, and the passion to look ahead.

From these people and events, I cannot help but be proud of who you are as cadets. Your dedication to the program and the pursuit of your goals are what's needed in today's world. We require leadership, strategy, and vision. I'm proud of our graduates and what they've attained, and

I'm proud of you all for what you're doing today, and what you want tomorrow.

I urge you all to look into and learn more about our countries founding, our journey, and what's ahead, and consider your role in it. You should've all received instructions to research a military leader from your DIVOs, and I look forward to hearing about them!

God bless you, and god bless the United States of America. Happy Independence Day, and here's to a successful July drill!

LTJG Ryan Caughill
Sullivans Division, T.S. Little Rock
Operations Officer

When you've got a deep rage burning inside you but you've got to act nice because you're at work... ~~work~~ *drill.*



From The OIC's Desks

RO/RTC:

To those going to a summer training... There will be a Pre-Seabag inspection at drill. I want to make sure you have all required items for your training. There will also be an in ranks inspection to include Haircut, Uniform, Boots, ID. There is no excuse to not be prepared.

LCDR Fronk
OIC RO/RTC

Remember, there are **4 MEALS** provided on overnight drill weekends.

*Meals are **\$5.00** PER MEAL.*



UPCOMING
DRILL
July 13-14, 2024

*****ATTENTION ALL CADETS*****

Be advised, it is recommended that you bring your ribbon rack to drill every month. It should be kept in some sort of safe "packaging" to make sure you don't lose any ribbons in transport. A ziploc bag should work fine. *Make sure it is CLEARLY & NEATLY labeled with your name.* That way, if you receive a ribbon at drill, you can put it right in the bag with the rest of them and not risk losing it between drills. It also ensure that you always have your rack to turn in if you need to exchange it, so you don't have to pay for a new one.

Somewhere in this newsletter is an encrypted message. Your mission is to find the encrypted message, solve the message, write the message on a plain piece of paper, folded in half. Put your name and rank on the outside. Send the paper up your chain at drill on Saturday. Clue: Use a Caesar cipher with a key of 3.

Any Officer who would like to have their bar checked is also encouraged to bring theirs to the Awards and Ribbons Officer at any time..

**** July IS an
overnight drill ****

****Location: Buffalo Naval Park -
Saturday**

**OVERNIGHT
Buffalo Naval Park -
Sunday**

**Arrival Time, 13JUL- Officers 0715
Cadets 0730**

**Dismissal Time 14JUL- 1545
(immediately following afternoon muster)**

****BE ADVISED: A parent MUST
come on board the ship to
pick their cadet up.**

****If anyone other than a
parent/legal guardian is picking
a cadet up, a note will need to
be turned in with the persons
name and relationship to the
cadet, signed by the
parent/legal guardian. The
person will need to show I.D.
This is necessary for safety and
liability.**

****This requirement is for regular
dismissal *and* if a cadet needs to be
released early.**

**** Uniform Of The Weekend:
Cadets - Type III (Type I only if you were
not issued Type III's)**

**Officers - Type III (Type I only if you
were *not* issued Type III's)**

**BRING DRESS WHITES/SUMMER
WHITES ON HANGER FOR AN
INSPECTION.**

**Be advised: BE SURE TO WEAR THE
CORRECT COLORED, FRESH, CLEAN T-SHIRT
WITH YOUR UNIFORM EACH DAY.**

Attendance

Deadlines

(Note WHO to report to...)

****CC/ACC's:** Company Attendance due to LPO, PO2 K. WADMAN by **1600 WEDNESDAY 10JUL24...****

****PO2 K. WADMAN:** Division Attendance due to CPO PARISH by **1630 WEDNESDAY 10JUL24...****

****CPO PARISH:** Division Attendance due to OIC's/OPS by **1700 WEDNESDAY 10JUL24...****

Attendance counts are to be obtained by **PHONE CALLS** only.

Get them done in time to meet the deadlines.

****PAY ATTENTION TO THE CURRENT PHONE LIST IN THIS NEWSLETTER, as there may be names or phone numbers added or removed since last month and changes to the chain of command.**

****Be advised: A REQUEST and REASON are REQUIRED for ANY absence, late arrival, or early dismissal.****

Kdssb Irxuwk ri Mxob Fdghwv!

Sea Bag List

- **Be advised, THIS is the seabag list for an OVERNIGHT WEEKEND**

- Sea Bag
- 2nd set of NWU/Type IIIs (if able)
- Fresh Navy Blue or Brown T-shirt for appropriate NWU/Type III
- Black crew-length socks (at least 2 pair)
- Unit PT Gear...if you are new and have not received a set yet, you will need to wear a PLAIN yellow OR Navy Blue t-shirt and Navy Blue or Black shorts...**(shorts should fit loosely & appropriately and be at least knee length or slightly above.)**
- Sneakers
- White crew-length socks (at least 2 pair)
- Undergarments (at least 2)
- Sweatsuit or shorts & t-shirt to sleep in
- Pillow
- Sleeping bag or blanket
- Shower shoes (flip flops)
- Hygiene products (**DEODORANT**, soap/shampoo, toothbrush/toothpaste, etc.)
- Towel
- Brush/comb as necessary
- Hair products (hairbands/bobby-pins/hairspray as necessary)
- Canteen/Canteen Belt (Camelbacks approved for PO3 and above)
- JULY DRILL REQUIREMENT: DRESS WHITES/SUMMER WHITES ON HANGER
- APPROPRIATE SWIMSUITS.
Females: 1-piece Plain Black or Navy Blue
Males: Plain Blue or Navy Blue **Swim Trunks**; Not Spandex, Not Regular Shorts

Upcoming Drill Dates

July 13-14, 2024

August 10-11, 2024

September 7-8, 2024

Additional Important Dates

Buffalo Summer Training (Buffalo Naval Park)

****All Staff Reports 26JUL24****

RT & MAA.....27JUL24 - 04AUG24

*LO & POLA.....28JUL24 -
03AUG24*



ADDITIONAL INFORMATION, REMINDERS, AND REQUESTS

-July is an overnight drill.

-Reminder: EVERY email that includes an officer as a recipient, MUST include a second officer. This is not just a unit regulation, it is a full program regulation set forth by National Headquarters. Please note: even though it's "in the name", a Petty Officer does **NOT** count as an Officer; the regulation is in regards to ADULT Officers.

-If you are unsure of how to "copy/cc" someone to an email, ask someone for help. It is imperative that this regulation be followed. Please use "cc", NOT "bcc".

-When you are sending an email to an officer, be sure to acknowledge WHO the email is directed at. Since you are required to include a second officer on emails, you need to make sure that the recipients are aware of who the email is actually directed at. Beginning an email without specifying who it is directed at is confusing to the recipients as well as disrespectful.

-For new cadets (and anyone else not sure)...
REMEMBER: if you need to ask a question, make a request, share information, etc with an adult officer, you **NEED TO GO THROUGH YOUR CHAIN OF COMMAND**. That being said, any Cadet who is not in a leadership position should be calling or emailing their ACC (or CC if your company does not have an ACC) to begin the chain. **You do not contact senior leadership directly**, especially the CO and XO. Currently, the CC for League Cadets is LCPO3 N. Wadman. The CC for RTC

is PO1 Pawli. The CC for ATC & LPO is PO2 K. Wadman. Those cadets will continue the chain until it reaches the appropriate recipient and the issue will be resolved as necessary. Additionally, ACC's, CC's, LPO, CPO: you need to be checking your cadet email **daily**; you are in leadership positions and if your cadets are reaching out to senior leadership, YOU need to make sure it gets passed up.

*****If you are a new cadet that has not yet received uniforms**, please wear the following: Plain Navy Blue T-Shirt, Plain Jeans (**no rips**), belt, black socks, sneakers. If you are officially signed on, be sure to bring PT gear as well (a plain dark colored or yellow t-shirt , and plain navy blue or black athletic shorts.) You can also bring or wear a *plain* Black or Navy Blue sweatshirt and sweatpants that fits appropriately.***



Former CPO UPDATE

Katrina Foeller a year ago was our units Command Chief. Today, she's a Midshipman with a nursing option in an NROTC program, and this month, she found herself in France for the 80th anniversary of D-Day, representing the US Navy - Let's check in:

Q: Tell us who you are and why you were in France!

A: My name is Katrina Foeller and I am a current Midshipman Navy Nurse Option in NROTC in DC, where I attend college. As part of NROTC, I was sent on a summer cruise aboard the USS Oak Hill, to France, in order to participate in the 80th anniversary of D-Day.

Q: You spent your entire Sea Cadet career onboard ships. Did you feel an easy transition to the Oak Hill?

A: Being aboard a ship in the past definitely helped; I knew all the correct terms and learned my way around pretty quickly. That being said, I'm used to the Little Rock; being on an unfamiliar and bigger ship was a different experience. Nonetheless, it was amazing!

Q: What about Sea Cadets prepared you for NROTC and this cruise to France?

A: Being a Sea Cadet taught me how to lead, how to respond to commands, ranks and recognition, and pretty much all of the basics. When first starting NROTC, I had an advantage over my peers due to having prior knowledge. Both NROTC and Sea Cadets prepared me for this opportunity. While Sea Cadets gave me the basics, NROTC taught me what to expect from a summer cruise. Both programs go hand in hand when preparing for something like this.

Q: You got to spend some time around the medical bay while onboard. As a nursing student, how beneficial was that? Learn anything new?

A: As a nurse option, I was assigned to the corpsman, meaning I spent basically 24/7 down there. It was incredibly beneficial to see how Navy corpsman work, how they work, and

what they do on a daily basis. I learned so many new things from all of the corpsman (some non medical related as well) and overall the experience was great and better prepared me for the fleet.

Q: What advice would you give to someone coming into Sea Cadets today?

A: Take advantage of everything! Every opportunity you come across, whether [you] want to do it or not, whether [you] hate it or love it [,it] will always teach you something. If I didn't take every opportunity that came across my path I wouldn't have been the Command Chief, or where I am today. Do everything with a positive attitude, and always show up and do your best. I never thought I would have an incredible opportunity like going to France, and this is only the beginning of what NROTC and the military can offer you. Shoot for the stars, and of course, Go Navy!!



From Your New LPO

—————

Hello all, as the new LPO, I realize that this is a big position that I need to fill with the graduation of our shipmates. I hope to be able to carry out my duties to the best of my ability. I am extremely grateful for this opportunity. As I adjust to this position I will welcome any and all constructive criticism as I know I am far from perfect.

Continuing on, there will obviously be some changes. There is a big difference between the former LPO's leadership style and my leadership style. Meaning, you shouldn't expect the exact same things from me as PO1 Moulds. This doesn't mean anything negative. I do wish to continue certain policies as before while others will change. For example I don't always expect to be referred to as "LPO", but I do expect to atleast be referred to as "Petty Officer". Clearly this isn't a big change but as I am coming into this position I am not fully adjusted to the title of LPO. I also understand that the unit itself will be under going changes, as LTJG Caughill expressed in the last Newsletter, and I plan to support these changes in the unit, to make not only my time as a Sea Cadet better but, also for all current and future cadets.

Unfortunately I will not be present at this weekends drill due to travel. This doesn't mean that I am unavailable. If you have any questions please feel free to ask. However I still expect everyone to go through the chain of command first, certain question should be asked of shipmates and CC's first before they come to me.

-LPO/PO2 Wadman

Officer Spotlights!!!

—————

We have enrolled a few new Officers and Auxiliary into the program over the last few months! Here's a chance for you all to learn a little bit about them, what their billet is, and any other words of wisdom or miscellaneous information they'd like to share. The following are the prompts provided to each new adult who will regularly attend drill:

- 1) Name/Rank
- 2) Occupation
- 3) Billet within the unit
- 4) Why did you join the program?
- 5) What do you think you can bring to the program?
- **6) Anything else you'd like to share.

Instructor Stoddard

Occupation: Healthcare case management Analyst

Billet: Logistics/Supply

Why did you join the program?: Both my boys are in the program and have enjoyed being a part of it.

What can you bring to the program?: I hope I can bring a fresh set of eyes to assist in the growth and continued success to the program. Being able to see both the parent aspect and the officer standpoint might also allow me to be able to help new parents and their cadet to transition smoothly into the program. I hope to use my analytical skills to assist the unit where they can be used.

Extra Info: I am an avid photographer. I do mostly sports photography and senior portraits. For me it's not just about capturing the perfect photo as it is the emotion in the photo.

Instructor Jacob

Occupation: Registered Nurse

Billet: Medical Officer

Why did you join the program?: Because "We stick together". The passion that I saw in my own child and the other cadets was very inspiring. These kids give up their own time on weekends and the summer and instead of playing with their friends or going online and playing video games they are learning about teamwork, patriotism, honor, integrity and respect. My son asked me to be a part of the team and I had no choice but to participate and join. I couldn't be happier at the choice that I have made and I am also learning so much.

What can you bring to the program?: I serve Veterans in a professional capacity so bringing my expertise to this program was an extension and my way of serving.

Instructor Anthony

Occupation: I have my master's in Library Science but I administer trials for pharmaceutical companies, specializing in early phase oncology (cancer) studies.

Billet: Currently assisting with Awards and Ribbons for the most part, but am available wherever needed.

Why did you join the program?: My son joined and I believe in giving back.

What can you bring to the program?: I bring enthusiasm, dedication, and a strong willingness to contribute to this program. With a background in information management, I am eager to apply my skills in organization, communication and my

creativity to support the program's goals effectively. I thrive in collaborative environments and am committed to making a positive impact through my contributions.

Extra Info: LC3 King and I are heavily involved in the 4H program and Erie county fair. He has animal projects as well as creative projects entered as do I. Look for his submissions in the 4H buildings and mine in the creative arts building.

Instructor Kelly (Auxiliary)

Occupation: Computer Technician

Billet: IT Officer

Why did you join the program?: I wanted to help the unit build their inventory system and spend time sharing my knowledge to help better kids understanding about technology

What can you bring to the program?: I can bring In knowledge of inventory systems and also plan to provide computer and Tech skills training to the cadets

Extra Info: I am a big movie buff and I love Star Wars. Also, I am an avid chess player.

Instructor Campbell (Auxiliary)

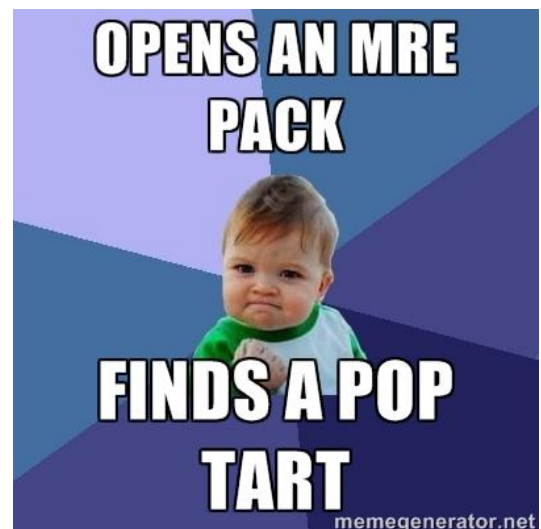
Occupation: Payroll Officer for Cuyahoga County, OH; Office of the Executive, Divisions of Fiscal, Board of Revision, Soldiers and Sailors Monument and Clerk of Courts

Billet: Galley

Why did you join the program?: I joined the program after hearing the stories that came home with Chief Campbell. He joined as a Leaguer at 10 years old and I honestly thought he had a wild imagination as he told me the stories of the things he learned on drill weekends. I had to see it for myself and the Akron Battalion needed a chow Mom; the rest is history. Being a part of this program has opened my eyes to the potential for each of these cadets and has given me the opportunity to grow and learn with them.

What can you bring to the program?: I would love to create the opportunity for our cadets to help plan menus, cook and educate them on healthy choices, home cooking and a budget to work with. I also seem to bring the “mom” to the unit, which seems to help some of our younger cadets. I love to cook so this is the perfect position for me. I love that the cadets look forward to the Chow menu each month (even when it’s a little hot and spicy). The biggest compliment the cadets can give is to pull out their note pad and pen and ask me for a recipe.

Extra Info: I would like to share a recipe with you that everyone seems to love... Mississippi Chicken. It is a quick, inexpensive, and easy, crock-pot meal. I have had multiple requests to bring it back every month. See the following page...



Mississippi Chicken

Ingredients:

- 2 pounds boneless, skinless chicken breast
- 10-15 pepperoncini peppers
- ½ cup pepperoncini juice from the jar
- 1 packet ranch seasoning powder
- 1 packet au jus mix (NOT GRAVY MIX)
- 1 stick of butter cut into pieces

Instructions:

- Spray the bottom of the crock pot with nonstick cooking spray
- add chicken breast to the crockpot
- sprinkle the ranch and au jus packets over the chicken
- add pepperoncini peppers and butter on top of the chicken
- add pepperoncini juice
- cover and cook on *low for 3-4 hours or high for 6-8 hours*
- shred chicken once you have cooked according to the directions above. Stir chicken to mix with the sauce in the crock pot, cover and cook for about 15 – 30 minutes longer.

Serve on sandwich buns, over mashed potatoes or rice or by itself. This one is always a crowd pleaser!

** (Side note: I like a little extra sauce and spice. I use 2 packets of ranch and au jus, a little more juice from the jar and 2 sticks of butter. Modify to please your taste.)



DIVISION PHONE LIST

Please pay attention to the division phone list below; Check your contact phone number. Is it correct?? Check your rank. Check what company you're listed under. Is it correct?? If it hasn't been changed to reflect an advancement, make it known. You earned it, so be proud of it.

Contact **LT Fallon** at fallon.usnscc@gmail.com if corrections need to be made.

Sullivans Division	RANK	LAST NAME	FIRST NAME	PARTICIPANT PHONE
Commanding Officer	LCDR	Caughill	Todd	tcaughill.usnscc@gmail.com
Executive Officer	LTJG	Ryan	Richard	rryan.usnscc@gmail.com
Financial Officer	LT	Foeller	Amy	afoeller.usnscc@gmail.com
OIC RTC	LCDR	Fronk	Lewis	lfronk.usnscc@gmail.com
Administrative Officer	LCDR	Pawli	Melanie	mdpawli.sullivans@gmail.com
	Auxiliary	Caughill	Alycia	
	Auxiliary	Kelly	Dalton	
Training Ship Little Rock	RANK	LAST NAME	FIRST NAME	PARTICIPANT PHONE
Admin	INST	Anthony	Colleen	canthony.usnscc@gmail.com
Operations Officer	LTJG	Caughill	Ryan	rcaughillusnscc@gmail.com
Awards & Ribbons	LT	Fallon	Misty	fallon.usnscc@gmail.com
OIC LTC	LTJG	Lawson	Stephen	slawson.usnscc@gmail.com
Medical	INST	Jacob	Minakshi	
Galley	Auxiliary	Campbell	Mischelle	macampbell.usnscc@gmail.com
Supply	INST	Stoddard	Jennifer	
RANK/BILLET	LAST NAME	FIRST NAME	CADET CELL	HOME NUMBER
CPO	PARISH	MAGDALENA		
LPO, PO2	WADMAN	KAITLYN		
RTC				
PO2, RTC/CC	PAWLI	CLARICE		
Recruit	ABRAMS	JAMES		
Recruit	AGUILAR	JOSEPH		
Recruit	BLACKSTONE	RUTH		
Recruit	BOUTAKHOUST	LAMYA		
Recruit	BUENAFE	JOSEPH		

Recruit	CRISCITIELLO	MICHAEL		
Recruit	CRISCITIELLO	SERGIO		
Recruit	EASTMAN	LEVI		
Recruit	EISER	COLTON		
Recruit	GETER	TERRANCE		
Recruit	FRASCELLA	ADRIANNA		
Recruit	HODKIN	BRENDON		
Recruit	RIVAS-CONTRERAS	CAMILO		
Recruit	ROBINSON	NOAH		
Recruit	RUBINAS	MICHELLE		
Recruit	SCHAFFER	GRACE		
Recruit	SISSON	JACK		
Recruit	STEIN	ALYSON		
Recruit	STODDARD	ZACHARY		
ATC				
CPO, Ops	CAMPBELL	MAXWELL		
PO1/MAA	KINGSWELL	MATTHEW		

LEAGUE CADET PHONE LIST

RANK/BILLET	LAST NAME	FIRST NAME	CADET CELL	HOME NUMBER
LC2, LTC/CC	WADMAN	NICHOLAS		
LC1	BLACKSTONE	JAMES		
LC1	HORRIGAN	WESTIN		
LC1	JACOB	ZION		
LC3	KING	MASON		
LC1	NESTICO	JACOBY		
LC1	SAQIB	ANAIAH		
LC1	SELL	JOSEPH		