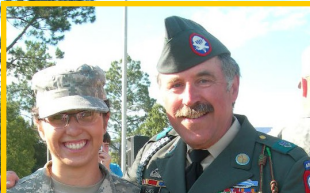




# WHAT DID YOU DO LAST SUMMER 2010 PORTLAND BATTALION???



## CADET JULIA GOMES WENT TO AIRBORNE SCHOOL:



Photos above: CDT Gomes gets ready for her jump, and then has her airborne wings pinned on with her dad.

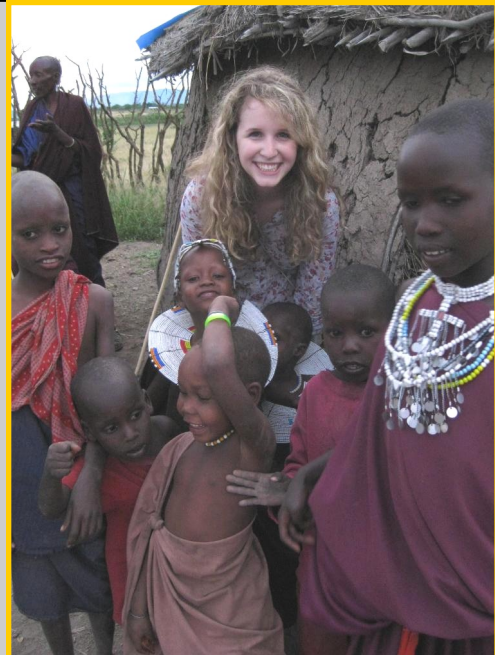
Months of training paid off when I landed onto Fryer drop zone on May 26<sup>th</sup>, 2010 following my fifth and final jump out of a C130. It all began with a few days of in-processing over 500 Airborne school soldiers, which made everyone quite antsy before the 4am PT test on day one. After passing the test we immediately began "Ground Week" which encompassed the mastery of exiting the mock door, parachute landing falls, and jumping out of the thirty-four foot tower. "Tower Week" began in week two, which evaluated a soldier's ability to complete parachute landing falls by utilizing a more realistic apparatus. We then applied the "Parachute Landing Fall" skill by being lifted in a parachute harness two-hundred and fifty feet off the ground and released, while being guided by our Sergeant Airborne yelling over a megaphone. Finally it was "Jump Week" in which we implemented everything we had learned, from mass exiting the airplane in our designated "chalks", shifting away from fellow jumpers in the air to avoid collision, lowering equipment, and keeping our feet and knees together upon impact of the earth. After successfully completing five jumps we earned our Airborne wings. Throughout the training I learned far more than how to jump out of an airplane and land safely, I learned the absolute importance of confidence in oneself and equipment, the reward of hard work, and how to deal with the insane Georgia heat. This training also allowed me a brief experience of what the "real Army" is like, how it operates, and the value of tradition and honor in Airborne history.

**THAT'S HOW AIRBORNE CADETS ROLL!!!**

## TWO UNIVERSITY OF PORTLAND NURSES WENT TO TANZANIA:

This summer we travelled to Tanzania in Eastern Africa, as part of Cadet Command's "Cultural Understanding and Language Program." This program was 3 weeks long. We had daily Swahili lessons, volunteer opportunities, and numerous trips in the towns. Weekend activities included: safaris, hiking to beautiful waterfalls, and trips to the Zanzibar island off the coast of Tanzania. The main objective of this humanitarian based trip was to serve in a needed area in the local community. Since we are both nursing majors, we had the opportunity to serve in medical placements. We raised awareness of HIV/AIDS, travelled to patient homes, and assisted in the development of health intervention programs. Our journey to Africa exposed us to another culture in a way that we would not have otherwise experienced here in the United States. Even the simplest tasks challenged us to adapt to the African customs. Through the kind and hospitable country of Tanzania, CULP helped us develop cultural awareness skills as future officers, such as interacting on a daily basis with people of native African and Islamic religions. Their customs and values caused them to have a unique outlook regarding HIV and medical treatment, which enhanced and challenged us as nursing majors. We would strongly encourage other cadets to apply to this program so they too can appreciate another culture through total immersion.

**By Cadets Madeleine Lougee and Julia Gomes**



## MORE SUMMER FUN...ARMY FUN THAT IS...

### AIR ASSAULT BY PEDRO JIMENEZ

**W**e awoke to the loud yells of "WAKE UP CADETS!!!" And headed down to first formation to await the Black Shirts. We stood out in the cold, waiting inn awe, nervous to receive our roll call numbers.

Then we ran down to the next station, with each strike of our left foot, we'd sound off with a loud and proud, "AIR ASSAULT!!" It was at all these stations that the air assault instructors would make us do pushups, and over-head arm clappers. After we were all good & sore, the obstacle course and rope climb awaited our next efforts. After all this good PT, it was on to Phase Two, where we completed a sling load with a live Blackhawk helicopter. Then the highlight of Air Assault was when the rope fell 100 feet down from the Blackhawk, and I slid on down!

THAT'S HOW AIR ASSAULT  
CADETS ROLL!



### Summer at Walter Reed By Leah Seim-Brown

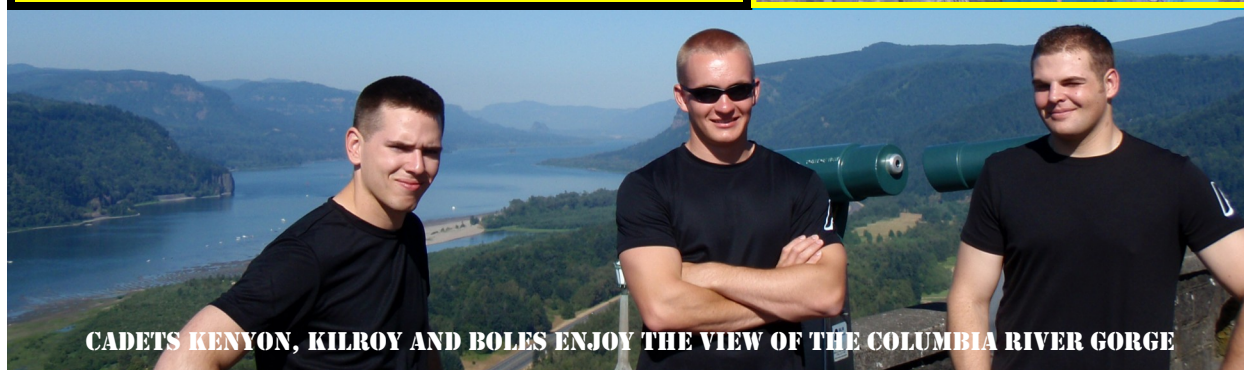
I spent 3 weeks on a cardiothoracic step-down unit at Walter Reed Army Medical Center. It was an awesome experience, whether it was learning how to make a perfect bed by the self-proclaimed perfectionist tech Ms. Rondon, or being offered to insert a foley by Contract RN, Mr. Hernandez,. The entire staff on Ward 44 contributed to my learning. 2LT Stailey let me step in on his trach patient, where I was able to suction and perform trach care for the first time. Following my preceptor, 1LT Payton, greatly enhanced my sense of organization and prioritization. Her drive and efficiency on the floor, as well as her compassion and professionalism were at levels to live up to. It was almost immediate that I felt comfortable, safe, and able to perform the skills I had learned in school. In addition to my time on Ward 44, I was also able to follow a preceptor in the Emergency Room, Post-Anesthesia Care Unit, and Surgical Intensive Care Unit, as well as observe a cardiac cath in the operating room. I am excited for all the nursing students who get to go next year, and I wish the best of luck to all of the nurses this fall semester!

**UP NURSES LEAD THE WAY!!!**



### Drill Cadet Leadership Training, Ft. Jackson, SC By Jessica Trautwein

As ROTC cadets, many of us are unable to experience first-hand what our enlisted Soldiers go through. Everyday civilians from all over the United States arrive at basic training eager to take on the challenge to serve our country. But what they don't know is with that challenge comes nine vigorous weeks of intense training starting with a 0400 wake up every day, followed by an hour of PT, various training activities throughout the day including Victory Tour, basic and advanced marksmanship, drill and ceremony, customs and courtesies, and combat-ives, three trips through the chow line each day, constantly supervised at by the drill sergeants, and finally, after a long day, lights out!! I was able to observe the process Soldiers go through in their first few days at basic training. I assisted the commander in overseeing the staff move Soldiers through getting immunizations, uniforms, equipment, and ultimately ready to ship a couple of miles down the road to their basic training units. Overall this experience was extremely beneficial in understanding the officer's role in a company and will assist me greatly when I go on and commission this coming May. I recommend this program to any cadet who wants to further improve their leadership skills and get a jump start on learning how to be a 2<sup>nd</sup> Lieutenant in the United States Army.



CADETS KENYON, KILROY AND BOLES ENJOY THE VIEW OF THE COLUMBIA RIVER GORGE