

JANUARY 2023

# BEARKAT BATTALION

## NEWSLETTER



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### EAT 'EM UP KATS!

The Bearkats are back! Spring 2024 semester holds immense promise and the Cadet MS4 leadership could not be more excited. They are driven to ensure that every Cadet is fully prepared for the challenges and triumphs ahead. Our commitment to excellence is reflected in our weekly MSIV training meetings, where we lay the path to refine everyone's advanced skills and leadership capabilities. Rest assured, all Cadets are ready to get out to Gibbs Ranch, the ideal setting for hands-on experience, and grow their tactical knowledge and areas of expertise.

The 2023 Winter Physical Training Challenge delivered astonishing results, showcasing the dedication and tenacity of our Cadets. Let's maintain the momentum and continue pushing our limits as we navigate this semester together. In the words of Vince Lombardi, "The only place success comes before work is in the dictionary."

As we embark on this collective journey, remember that our strength lies in unity and determination. Get ready for an incredible semester, Bearkats!



**See what Cadets did over their Winter Break**

**Read More - Page 5**



**Check out our Cadets during the Spring ACFT**

**Read More - Page 7**

# Lieutenant Colonel Joshua Limberg

## SPRING SEMESTER REMARKS

“And another semester is off and running! The weather has already provided the senior Cadets with learning opportunities as they have had to adjust plans and find ways to motivate Cadets to make it to some wet and chilly events. The semester is packed with quite a few events; everything from a Joint Field Training Exercise with the University of Houston and Texas A&M to our second annual Schuder’s Challenge which is for JROTC units and modeled after the Ranger Challenge event.

Our Seniors (also known as MSIVs) have received their branches and are anxiously awaiting their Basic Officer Leader’s Course dates and the starting of their Army careers while our Juniors (also known as MSIIIs) are preparing for Cadet Summer Training where they will be evaluated against over 5000 other MSIII Cadets in a series of events during a four-week period this summer. Cadet Summer Training is the culmination of all the hard work and preparation our MSIIIs have put in and results in their receiving of an Order of Merit List (OML) number which is a large factor in determining what branch and component they receive.

The Bearkat Battalion remains strong, and the Cadets have a great plan for the semester. Thank you for your support and I look forward to sharing what our Cadets accomplish!"

LTC Joshua Limberg  
Professor of Military Science

# 2023 Winter Challenge

## HARDEST WORKING CADETS OVER THE BREAK

During the winter break, Cadets from Sam Houston displayed unwavering commitment to their physical training readiness. Through engaging in rigorous exercises, these cadets collectively contributed an impressive 1,365.39 miles and spent an astounding 549 hours and 30 minutes at the gym. The remarkable dedication of the 21 cadets not only highlighted their individual commitment, but also underscored the collective spirit within the Bearkat ROTC community.

Diving into the specifics, each of the 21 contributing cadets averaged about 80.32 miles and dedicated 45.79 hours to gym sessions over the winter break. These statistics highlight the individual commitment of each cadet to their physical training regimen. It is noteworthy that maintaining such a high level of dedication during a break is commendable and speaks volumes about the discipline instilled within the cadet community at Sam Houston State University.



**Iron Works Gym and the Sam Houston ROTC Program partnered to allow Cadets to utilize their facilities over the Break.**



**Cadets Taylor Russell, Samantha Gaus-Schmidt, and Emily Slott building comradery through physical fitness!**



# The Winners of the Challenge

## NO PAIN, NO GAIN

Congratulations to the 21 dedicated participants of the 2023 Winter Challenge at Sam Houston! This commendable group displayed exceptional commitment and perseverance across three challenging tiers—bronze, silver, and gold. The gold tier winners, achieving 75 miles or more or logging 60 hours in the gym, exemplify the pinnacle of physical prowess. Special recognition goes to Cadet Kynnyth Leblanc, who led the pack with an impressive mileage of 178.25 in just 33 days, and Cadet Emily Slott, who logged an outstanding 83 hours in the gym.

In recognition of their achievements, each of the 21 participants will be awarded a scholarship from the ROTC program, emphasizing the program's commitment to excellence. Furthermore, five participants will receive both the mileage scholarship and the strength scholarship, underscoring their exceptional performance in both categories. This accomplishment not only celebrates individual achievements but also reinforces the collective strength and dedication within the Bearkat ROTC community. Well done to all participants on this remarkable achievement!



**Cadets with Silver and Gold Level Status for either Running and Strength**



**Cadets with Bronze Level Status for either Running and Strength**



# Cadets of the Month

## WORKING HARD!



**(L to R) Cadets of the Month Avery Sitowski, Kaleb Brown, Emily Slott**



**Cadet of the Month Tanner Stone**

“I really love working out and have gotten into running a lot recently. Its a great thing getting recognized for doing what I love!”

Cadet Avery Sitowski  
Battalion Commander

“I’m proud to be part of an organization that not only promotes dedication but rewards it too. I’m always looking to improve my physical fitness and this was a fantastic opportunity to do just that!”

Cadet Kaleb Brown  
CIL OIC

# 2023 Holiday Break

ENDING THE YEAR WITH FRIENDS AND FAMILY



**Cadet Alejandro Flores  
Celebrated the  
holidays with a Tamale  
Feast.**



**Cadet Katelyn Nitsche  
took a trip to Santa's  
Wonderland in College  
Station, TX.**



**Cadet Jacob  
Clement  
proposed to his  
now fiance in  
Maryland.**



# Winter Travels

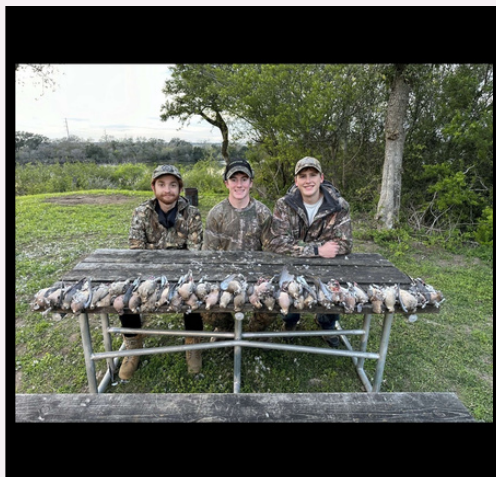
## CADETS ALL OVER



**Cadet Catherine Benton took a trip to Las Vegas, Nevada.**



**Cadet Mason Kizer (L) and his brother (R), went Skiing in Keystone Colorado.**



**Cadet William Ratliff (Middle) going Hunting with Friends**



# The Spring Fitness Test

## ONE MORE MILE TO GO!

The Army Combat Fitness Test (ACFT) is a comprehensive physical fitness assessment designed to evaluate soldiers' readiness for the physical demands of combat. It consists of six challenging events, including the three-repetition maximum deadlift, standing power throw, hand-release push-ups, sprint-drag-carry, plank, and two-mile run. The ACFT reflects a shift towards a more functional and holistic approach to assessing soldiers' physical capabilities, emphasizing strength, power, agility, and endurance.

The Cadets that undertook the ACFT, showed their dedication and effort in mastering these exercises. The event contributed not only to their individual fitness but also to the overall readiness of the U.S. Army. The Cadets commitment to excellence in the ACFT not only strengthens them as individuals but also reinforces the collective strength of the Army as a whole. Remember to stay resilient, stay focused, and keep striving for peak performance in every aspect of the ACFT. The event will shape ones future in the military, and their hard work is essential in ensuring our program remain strong, agile, and ready for any mission.

Cadet Jack Boucher  
Physical Training OIC



# JROTC Outreach

## INSPIRING THE FUTURE



On January 27th, the Bearkat Battalion welcomed 6 different high school Junior Reserve Officer Training Corps (JROTC) programs for a military appreciation basketball game!



Thank you to the 200 students and parents from:

- The Woodlands High School
- Spring High School
- Cleveland High School
- Crosby High School
- Oak Ridge High School
- Conroe High School

for visiting Sam Houston's campus and learning about the opportunities the ROTC program can provide. We also hope you all enjoyed the tour of our campus and a good ole BBQ!



These high schoolers were also able to witness a live contracting ceremony during the halftime show of the SHSU vs UTEP military appreciation basketball game night!

We hope to have you all join us again next time for the next game!



# First Lab of the Semester

## THE MORE THEY KNOW

On January 18th, Cadets gathered at Gibbs Ranch to undertake the training Land Navigation course. Under the guidance of MS4 leadership, the MS3s and MS2 Cadets were tasked with navigating through the ranch to locate four specific points within a designated time frame. The course not only tested their ability to use map and compass effectively but also fostered their critical thinking skills.

Meanwhile, MS1 Cadets engaged in a round-robin event where seasoned MS4s shared their expertise, teaching them essential soldier skills. This hands-on experience allowed the MS1s to gain practical insights into military practices.

The entire Lab event, expertly overseen by Cadet Michael Thille, who ran the Land Navigation, and Cadet Carson Shell, who ran the Round Robin. Both exemplified the collaborative and experiential nature of ROTC training, ensuring that each cadet, regardless of class, had the opportunity to learn and grow in a dynamic and challenging environment.



**MS2s and MS3s Receiving there Coordinates for Land Navigation**



**The Battalion's first Lab took place on January 18th**



# Alumni Spotlight

## FIRST LIEUTENANT SHAWN AMIRY

Hello, my name is Shawn Amiry, and I am currently a First Lieutenant. I was commissioned from Sam Houston State University in May 2022 with a Bachelor of Science in Criminal Justice. I was branched to the Ordnance Corps (OD). During my time at Sam Houston State University, I was involved in many activities such as Schuders Rangers, Push-up Crew, and Cannon Crew. I learned the fundamentals of leadership and made long-lasting friendships while serving with the Bearkat battalion.

After completing the Basic Officer Leader Course (BOLC) at Fort Lee, Virginia, in November 2022, I was assigned to the 1st Squadron, 7th Division Cavalry Regiment "Garryowen" at Fort Cavazos, Texas, formerly known as Fort Hood. The division cavalry is part of a pilot program by the 1st Cavalry Division. For the purpose of modernizing and reorganizing U.S. Army forces in support of large-scale combat operations (LSCO) and addressing emerging threats, the 1st Cavalry Division has been selected as the pilot program for the Department of the Army, determining how divisions will fight in 2030.



# First Lieutenant

## SHAWN AMIRY

Currently, I serve as the maintenance platoon leader for 1-7 Division Cavalry Squadron, and I am responsible for the organizational maintenance of all assigned vehicles and equipment for the squadron. Additionally, I manage 10 Non-Commissioned Officers and 20 Troopers. In the past year, we have completed a decisive rotation to the National Training Center (NTC) and have completed 10 Gunneries to ensure that we are combat-ready. Our unit is unique because we are currently piloting the Division Cavalry program for the next year and sharing how the program will benefit the United States Army and shaping the force. Within the last month, my platoon has conducted over 30 vehicle services and have helped ensure that all vehicles within the squadron are fully operational.



My advice to cadets is to focus on academics and make sure to balance your time wisely. To the Senior class, here are a few lessons learned during my time as the maintenance platoon leader for 1-7 CAV, 1 ACB, 1 CD:

1. Sign down your property immediately to the end user. This is the most important.
2. Build a relationship with JAG! They are your go-to for legal actions.
3. Ask questions!
4. Be positive and hold platoon events to build morale.
5. You have to hold Soldiers accountable for their actions.
6. Recognize your soldiers and give them praise.
7. Time management is imperative. But also know when it's time to go home.
8. Don't be afraid of the Company Commander.
9. Counsel your NCOs regularly and mentor them for future assignments.