



**PLAN OF THE MONTH  
Saturday & Sunday 14 and 15 Aug 10**

This plan of the Month is an official document of the LIBERTY (AGTR-5) Division, United States Naval Sea Cadet Corps. Its contents reflect the current orders of the Commanding Officer. All Division members are responsible for reading and understanding the information contained within. Parents and guardians are encouraged to read the plan of the Month and to make note of its meeting times and special announcement that may affect their personal schedules

<b>Commanding Officer</b> LCDR FORREST WOODWARD	<b>Executive Officer</b> ENSIGN Robert Garceau, USNSCC
<b>Personnel Officer</b> ENSIGN Nereida GONZALEZ	<b>Supply Officer</b> VACANT
<b>Training Officer</b> CWO Joseph Blitz, USNSCC	<b>Drill Instructor</b> ENSIGN George PORCELLA
<b>Public Affairs Officer</b> Wayne Spivak, USCG/AUX	<b>Assist Drill Instructor</b> MDSN Kevin Candiotti USNR
<b>Finance Officer</b>	<b>Leading Petty Officer</b>
<b>Command Chief Petty Officer</b>	<b>Instructor</b> ENSIGN John WUNSCH

<b>Alpha Company</b> CC - Pending	<b>Bravo Company</b> CC – Pending	<b>Charlie Company</b> CC - Pending	<b>X-Ray Company</b> CC – Pending
<b>Supply PO</b> Vacant	<b>Admin Yeoman</b> Vacant	<b>Division MAA</b> Pending	<b>Color Guard PO</b> Vacant
<b>PAO PO</b> Vacant	<b>Training PO</b> Vacant		

**Uniform of the Day**

	<b><u>OFFICERS/STAFF</u></b>	<b><u>PO&amp;CC's</u></b>	<b><u>NSCC CADETS</u></b>	<b><u>NLCC CADETS</u></b>
<b>Dress:</b>	Service Dress Whites	Dress Whites	Dress Whites	Salt & Pepper
<b>Working:</b>	khaki/Summer White	Utility	Utility	Utility
<b>PT:</b>	Dark Shorts/Dark T-Shirt*	Dark Shorts/Dark T-Shirt*	Dark Shorts/Dark T-Shirt*	Dark Shorts/Dark T-shirt*

\* NOTE: If you have a navy blue NSCC issued T-shirt – wear it.

**Assigned Watches/Watch-bill To be assigned**

**SATURDAY 14 Aug 2010**

<b><u>Command Duty Officer</u></b>
ENS Wunch
<b><u>Duty MAA</u></b>
Battaglia

**NOTE: DUTY MAA IS RESPONSIBLE FOR SETTING UP AND ENSURING COMPLIANCE WITH DIVISION REGULATIONS OF THE QUARTERDECK OPERATIONS**

**Calendar of Events/Announcements**

- Events – The Division's events and their locations are scheduled as follows:

<u>Time</u>		<u>Drill Event</u>	<u>Instructor</u>	<u>Location</u>
0700		Staff	All Staff and leading petty officers (company commanders) on deck in NSCC Office	
0730	0800	All	All Hands Muster on Drill Deck	CO, Officers, Cadets Drill Deck
0800	0900	All	Division Officer / CC organizational time – (collect lunch money, establish morning report, prepare lunch roster, overview of POM, and prepare for weekend drill. MEAL ROSTER IN TO SUPPLY NLT 0800	DivO's / CC's Class Room
0800	0805	Selected Cadets	Raise Colors and Agency Flags	CO/LPO Flag Pole
0900	1000	ALL	Commanding Officer's Time <ul style="list-style-type: none"> <li>• Where we are and where we are going.</li> <li>• 1MC</li> <li>• Family Day</li> <li>• FOB Liberty</li> <li>• Range</li> <li>• Scholarships</li> <li>• Staff Positions</li> <li>• Duty working uniform</li> <li>• Drill hours and lunches</li> <li>• Drill team / color guard</li> </ul>	CO/DIVO CLASS ROOM
1020	1050	All	Formation and in-ranks inspection. (Dress WHITE Uniform). [Uniform accountability & serviceability]	CO Drill Deck
1100	1400	SUPPLY AND ADMIN will process cadets as required between 1100 and 1400 as required. All cadets returning from basic or advanced training must return records at this time.		Supply & Personnel Officers & POs NSCC Admin area
1100	1130	ALL	CC/DIVO TIME – switch to utilities and prepare for chow.	CC/DIVO NOSC
1130	1200	All	Lunch	OPS Drill Deck
1215		All	Afternoon formation	DivO's/CC's/LPO Div Area
1230	1420	A, B, C, X minus select admin personnel	Training Day Continued – Color guard practice and drill team signup.	Staff Class Room Div Area / Drill Deck
1430	1455	All	Ship Cleanup (Empty trash, clean and straighten office and training class room, South Ladder way and Quarterdeck. LPO inspect and report to OPNS Officer who will conduct spot checks for compliance.	LPO/CC's Div Area
1500		All Hands	Evening Formation and Dismiss the Unit	CO Flag Pole
1515	1600	STAFF	STAFF/OFFICER'S CALL	CO OFFICE

## SUNDAY 15 Aug 2010

**Uniform of the Day**

	<u>OFFICERS/STAFF</u>	<u>PO&amp;CC's</u>	<u>NSCC CADETS</u>	<u>NLCC CADETS</u>
<b>Dress:</b>	Service Dress Whites	Dress Whites	Dress Whites	Salt & Pepper
<b>Working:</b>	khaki/Summer White	Utility	Utility	Utility
<b>PT:</b>	Dark Shorts/Dark T-Shirt*	Dark Shorts/Dark T-Shirt*	Dark Shorts/Drk T-Shirt*	Dark Shorts/Drk Tshirt*
	* NOTE: If you have a navy blue NSCC issued T-shirt – wear it.			

Time		Drill Event		Instructor	Location
0730		STAFF / PO's	Staff & Petty Officers onboard		
0800		PO's	Raise Colors and Agency Flags		Flag Pole
0810	0900	PO's	Petty Officer Leadership Development	CO/OPNS/TNG	Classroom
0900	0910	All	Formation and in-ranks inspections. Utility	CO	Flag Pole
0915	1130	All	Close-order drill Color guard drill	ENS Porcella	Drill Deck / outside drill area
<b>NOTE: if heat factor does not permit afternoon PT, adjust morning and afternoon trainings to accommodate accordingly.</b>					
1130	1200	All	Lunch	LPO/CC/DivO's	Drill Deck
1215		All	Afternoon Formation	CO/XO	Flag Pole
1230	1300	All who attended training	Summer Training critique		Classroom
1220	1230	All Hands	Prepare for PT	LPO/CC/DivO's	NOSC area
1230	1330	All Hands	PT	LPO/CC/DivO's	NOSC area
1330	1350	All Hands	Cool down and personal hygiene	LPO/CC/DivO's	NOSC area
1400	1500	Parents	Parent's Meeting		TBD
1400	1440	All	Station Cleanup - Empty trash, clean and straighten office and training class room, South Ladder way Male's Head top deck and Quarterdeck. <b><u>LPO inspect and report to OPNS Officer who will conduct spot checks for compliance.</u></b>	LPO/CC's	Div Area
1450	1500	All Hands	Evening Formation and Dismissed the Unit	CO	Flag Pole

## **READ ALL BELOW CAREFULLY!!!**

### **General**

1. **ALL CADETS MUST HAVE A COPY OF THIS POM ON THEIR PERSON DURING DRILLS. THERE WILL BE A POM INSPECTION ON SATURDAY.**
2. **ALL CADETS MUST KNOW AND BE ABLE TO RECEIPT THE FOLLOWING:**
  - a. **SAILOR'S CREED**
  - b. **ANCHORS AWEIGH**
  - c. **ELEVEN GENERAL ORDERS**
  - d. **CHAIN OF COMMAND**
  - e. **NAVAL HISTORY (SEE THIS POM)**

### **IMPORTANT NUMBERS / INFORMATION**

NOSC Amityville Phone: (631) 842-4850

Command Toll Free: (877) 684-5956

C.O. LCDR Forrest Woodward, USNSCC (646) 522-2917 (cell) [CommandingOfficer@libertyagtr5div.org](mailto:CommandingOfficer@libertyagtr5div.org)

WEBSITE: <http://www.libertyagtr5div.org>

## Naval History and Terminology



### This Day in Naval History

#### August 14

1813 - HMS Pelican captures USS Argus  
1886 - SECNAV establishes Naval Gun Factory at Washington Navy Yard  
1945 - Japan agrees to surrender; last Japanese ships sunk during World War II (15 August in DC)

#### August 15

1845 - U.S. Naval Academy established at Annapolis, MD on former site of Fort Severn.  
1895 - Commissioning of Texas, the first American steel-hulled battleship. Texas served off Cuba during the Spanish-American War and took part in the naval battle of Santiago. Under the name of San Marcos, she was sunk in weapon effects tests in Chesapeake Bay in 1911. Her hulk continued in use as a gunnery target through World War II.  
1908 - First Navy post offices established in Navy ships  
1944 - Operation Dragoon, Allied invasion of Southern France  
1953 - First naval officer appointed Chairman, Joints Chiefs of Staff, Admiral William Radford. He served from 15 August 1953 until 15 August 1957.  
1958 - USS Lexington (CVA-16) arrives in vicinity of Taiwan



### Navy History and Traditions

#### Why is a ship referred to as "she?"

It has always been customary to personify certain inanimate objects and attribute to them characteristics peculiar to living creatures. Thus, things without life are often spoken of as having a sex. Some objects are regarded as masculine. The sun, winter, and death are often personified in this way. Others are regarded as feminine, especially those things that are dear to us. The earth as mother Earth is regarded as the common maternal parent of all life. In languages that use gender for common nouns, boats, ships, and other vehicles almost invariably use a feminine form. Likewise, early seafarers spoke of their ships in the feminine gender for the close dependence they had on their ships for life and sustenance.



### Navy Terminology

**Chit.** From the Hindstani word "chitti" and referring to a letter, note, voucher or receipt. "Where is your chit for the supplies sailor?"

**Davy Jones' Locker.** The bottom of the sea. Davy Jones being Neptune Rex's first assistant.

**Ditty Box or Ditty Bag.** A small box or bag carried by sailors in which is kept letters, small souvenirs, and sewing supplies. Probably from the Saxon word "dite," meaning tidy. Others suggest the name is derived from dittas cloth, an English fabric.

**Division Officer.** The crew of a naval vessel is divided into departments which may be sub divided into divisions. Each division is headed by an officer or senior petty officer.

## Culture of Fitness



Physical activity helps in keeping the body's metabolism – the rate the body burns calories) working effectively. As one ages, the body's metabolism naturally decreases. Participating in a regular exercise program

assists the body in maintaining a higher metabolic rate. Calories are burned more effectively, and extra weight gain normally incurred as one ages is minimized.

#### **Why do Sailors exercise?**

Sailors interviewed world-wide repeatedly said that exercise decreases stress; increases energy level; helps them feel better, look better, and sleep better; reduces their body fat; and improves how they feel about themselves.

#### **TRAINING IS NEVER OVER**

Visit Military.com's military fitness blog "THE DAILY PT" at <http://military-fitness.military.com/> to get useful hints and ideas from the professionals in the military arena on improving your fitness and athletic performance and handling stressful professions to maintaining your health with a strong immune system. Click on the Navy tab to get started. You might also want to visit Military.com's "FITNESS CENTER" at <http://www.military.com/military-fitness/> where you will find out how to "GET NAVY FIT" and a lot more.

### Diversity Note



**Based on DOD Directive 1350.2, Military Equal Opportunity Program, religious discrimination is "any action, intentional or unintentional, that unlawfully or unjustly results in unequal treatment of persons or groups based on religion and for which distinctions are not supported by legal or rational considerations."**

### Education and Career Development Opportunities



#### **U.S. Naval Academy**

The Naval Academy athletic program is not just an extracurricular activity, it is part of the mission, and as such receives a priority much different than at civilian schools. The athletic teams are an integral part of the overall education of a total person. Athletics provide leadership opportunities and the experiences of team play, cooperative effort, commitment and individual sacrifice for goals that some may or may not be able to achieve. Athletics play a big part of every midshipman's life at the Naval Academy.



#### **Program for Afloat College Education Program (PACE)**

You can earn college credits while you are deployed. The Program for Afloat College Education Program (PACE) allows Sailors to attend free college courses aboard ship. PACE network includes 1,250 colleges. All courses are fully transferable. In addition, most formal Navy training qualifies for college credit.



#### **Chief Warrant Officer Pilot Program**

Sailors interested in piloting or navigating Navy combat aircraft can now earn their Wings of Gold through the flying chief warrant officer pilot program. For more information contact your detailer or go to the PERS-43 Web site at <http://www.navy.mil>



**The Navy Professional Reading Program** was developed to encourage a life-long habit of reading and learning among all Sailors. The books included in these collections can provide readers with a deeper understanding and appreciation for naval heritage, the profession of arms, and the complex modern world in which we operate. The recommended readings included in these collections have been categorized by experience level as well as the nature of the subject matter. Click one of the books to the right to access a particular collection. And, don't forget to take a look at the supplemental reading lists accessible from the top menu bar. In the future audio excerpts, news and information on topics of interest will be included in this site. <http://www.navyreading.navy.mil/>

### Sea Cadet Corner



#### **SHIP'S STORE**

Our new supplier of insignia, ribbons/appurtenances and non-uniform clothing has many additional items i.e. bumper stickers, gym type bags, etc., please visit their link on our Resource page website.



#### ABOUT THE ALUMNI ASSOCIATION

The USNSCC Alumni Association was started in 2003 to provide a forum to allow our membership the opportunity to reconnect with former shipmates and share their experiences. We hope former members will consider connecting with your alumni friends, shipmates and local units through events, programs and services that will be offered. As a member of the USNSCC, you are automatically a member of the Alumni Association. There are no dues or fees. So please, take a few minutes to explore your Association at <http://alumni.seacadets.org>.



#### NSSC/AMAZON.COM INTERNET AFFILIATE PROGRAM

The money earned through our partnership with Amazon.com will be used to fund NSCC Internet Development projects, such as the National Resource Portal web page and the Internet Referral Program. Not only can you purchase books, but music, clothing, and a variety of other items also. Begin your Amazon purchase from the National Resource Portal to help support the program. <http://bookstore.seacadets.org/>

COMMANDING OFFICER  
LCDR Forrest W. Woodward



You-all are really missing the boat when it comes to saving your parents BIG BUCKS while promoting YOUR program. FREE TRAINING is a good thing. Look at what you've been missing out on.

#### **Three Friends – Free Training recruiting incentive program. Recruiting Incentive Program**

The cadet enrollment in the program has been steadily declining and requires some creative methods for recruiting new members.

**Purpose:** To create a recruiting incentive program that will reward cadets/adult staff who actively strive to increase cadet enrollment in the program (not necessarily their own unit).

**Execution:** Program is executed as follows:

1. Cadet/adult staff recruits three (3) new cadets who enroll in NLCC or NSCC program under following conditions:
  - a. Must be new enrollments
  - b. NSCADM001 must reflect enrollment for at least one year.
2. Unit CO submits partially completed "Deposit Certificate" (NSCTNG 026, posted on COMPASS) with copies of the 3 cadet application forms to RD. (NSCADM 001, front side only, clearly showing cadet or adult staff recruiters name on the application in block # 1s). Partially completed means the Deposit Certificate with the unit name, names of the 3 cadets recruited and their recruiter filled in, and unit CO signature. Deposit Certificates are non-replaceable (if lost, no replacements will be issued).
3. RD signs the Deposit Certificate (this completes the certificate) and returns to the unit for cadet use in lieu of any deposit for any training of the cadets choice. RD may spot check with units to ensure maintenance of program integrity.
4. Cadet attaches Deposit Certificate to Request for Training/Local Training Authority in place of monetary payment.
5. COTC – Accepts the Deposit Certificate in place of the training deposit.

**Support A Recovering American Soldier**

Walter Reed Army Medical Center officials want to remind those individuals who want to show their appreciation through mail to include packages, letters, and holiday cards addressed to "Any Wounded Soldier" or "A Recovering American Soldier" that Walter Reed cannot accept these packages in support of the decision by then Deputy Undersecretary of Defense for Transportation Policy in 2001. This decision was made to ensure the safety and well being of patients and staff at medical centers throughout the Department of Defense.

In addition, the U.S. Postal Service is no longer accepting "Any Service Member" or "A Recovering American Soldier" letters or packages. Mail to "Any Service Member" that is deposited into a collection box will not be delivered. Instead of sending an "Any Wounded Soldier" letter or package to Walter Reed, please consider making a donation to one of the more than 300 nonprofit organizations dedicated to helping our troops and their families listed on the "America Supports You" website, [www.americasupportsyou.mil](http://www.americasupportsyou.mil)

Other organizations that offer means of showing your support for our troops or assist wounded service members and their families include:

<http://www.usocares.org/> or <http://www4.army.mil/ocpa/tooursoldiers/> <http://www.redcross.org>

The outpouring of encouragement from the general public, corporate America and civic groups throughout the past year has been incredible. Our Warriors in Transition are amazed at the thanks and support they receive from their countrymen.

**WOUNDED WARRIOR PROJECT** - This is something you will see a lot of in the future of our program.

We are joining forces with Mr. Anthony Ponte to support our local Wounded Warrior Project in our area. I want max participation in this project. Participation in the Wounded Warrior Project is a great way to enable our cadets to learn about and to respect those who gave their all to preserve our way of life. Excellence means being a good citizen. A good citizen means Cadets are involved in their community, and being engaged in programs like this gets the Cadets involved in Community Affairs and that's a good thing.

**EXECUTIVE OFFICER - ENS GARCEAU**  
**XO@libertyagtr5.org**



As our cadets return from summer trainings, each of you need to keep in mind (and especially our newer cadets returning from RTC) to remember the good things you learned and set aside any bad habits you might have picked up along the way and put those good things to work for you, at home at school and especially HERE at drill. Remember that whether in uniform or not, those who know you know that you represent the United States Naval Sea Cadet Corps; and your actions reflect on your Corps and your unit not to mention the Navy. I fully expect that each of you come to drill fully prepared and looking sharp!!! You will be expected to provide us with some feedback on your training experiences and help us to identify those trainings that are good and those that are not so good so we can help to guide cadets to the best trainings and away from those that are not so good. Bring your collective thoughts with you and be prepared to give us input.



**COLOR GUARD** – The color guard is the most visible part of our unit. If you think YOU are good enough to be a member of the color, we will be accepting applications for membership in this elite detachment. It will take dedication and attention to detail and being a member of a team. Not everyone can "cut the mustard" but if you think you are one of the best of the best, let your chain of command know and we will see if you are ready for this selective opportunity on Saturday.

**ADMINISTRATIVE OFFICER - ENS GONZALES**

Any cadet who is on the honor roll at school who has not received their honor roll ribbon need to bring a copy of something issued by their school to show they are on the honor roll and provide it to me at drill. I will also accept a copy by email attachment or fax.



Keep track of your community service time; you need to accumulate 40 hours or more of “qualifying” community service work. A standard operating procedure (SOP) will be published in January to clarify what qualifies as community service.



ALL personnel returning from training MUST check-in with Personnel and sign in their personnel jackets on your first day of drill following training. NO EXCEPTIONS.

**SUPPLY DEPARTMENT**

**Cost of Meals** – It is your responsibility to bring meal money (\$10.00 for lunch EACH DAY) for both drill days. NOTE: Saturday meal will (generally) be a sandwich or cold cuts; the Sunday meal will be a hot meal. You may, if you wish, bring a sack lunch on one or both days, in which case, you will not be charged for the meal(s) you bring. Due to a requirement by NOSC Supply we need to provide a list of all who will be receiving meals by 0800 each day. Because of the Sunday drill hours, everyone who plans on eating the catered meal on Sunday MUST let us know on Saturday. No notice – NO meal; bring your lunch if you did not make arrangements on Saturday.



We will be changing the way in which we issue uniforms as of now. New recruits will now only be issued the utility uniform until they have completed their BMR and the X-Ray orientation training. Once completed, supply will issue the appropriate uniform for the season. The enrollment and re-enrollment fees for NEW cadet recruits will be significantly reduced and we will implement a one-time (refundable) uniform deposit. When cadets leave the Corps they will be required to turn in all unit issued property.

**OPERATIONS DEPARTMENT**  
**OperationsOfficer@libertyagtr5div.org**

**Reporting time** – Cadets are to report aboard the station NO LATER then 0715 (7:15 a.m.) and be present for morning muster. Morning muster is at 0730 (7:30 a.m.) on the drill deck. Staff and CC's are expected to be on station NLT 0700 to prepare for the day's activities. Following muster on Saturday, if colors have not been raised, the LPO will designate a detail to do so. Sunday formation will be held at the flag pole (weather permitting at 0900. If colors have not been raised, the LPO will designate a detail to do so. All Cadets are to be aboard and in formation at this time. Final muster is at 1500 (3:00 p.m.) on Saturday and 1500 (3:00 p.m.) on Sunday. Cadet personnel must depart the station within (30) minutes of the last formation of the drill day.



**NEXT DRILL: 18/19 Sep 10, September is Family Day activities.**



**Field Day Activities:** The duty Company Commander is directly responsible for supervising cleanup and inspecting the cleanliness of common areas at the conclusion of drill. The LPO is responsible for final inspection and reporting to the XO that all common areas are shipshape before any cadet will be released. This includes the coat rack area—ensure that no coats, shoes, sea bags or other paraphernalia are left behind.



**ATTENDANCE** – IAW new command policy, your attendance will be reviewed quarterly instead of annually. NSCC Regulations state that you must attend 75% of all scheduled drills. That is four of six drills per quarter. If you do not meet this minimum standard, you will be administratively warned. If you continue to fail to meet minimum attendance standards, you will be discharged from the NSCC/NLCC. Failure to maintain 75% level of attendance (90% for CC's/LPO) will result in cadets who are other wise eligible for promotion will have their promotions held up until he/she brings attendance back to an acceptable level. Additionally, failure to maintain the required level of attendance at drills will result in non-issuance of orders to attend advanced trainings.

#### TRAINING DEPARTMENT - CWO BLATZ



**WEBSITE:** CHECK the division website (<http://www.libertyagtr5div.org>) frequently for updates, changes and announcements. **There have been significant additions and changes to the Division's Web site.** You are responsible for knowing the contents to include but not limited to recent changes and additions of Command Directives and Memorandum (see Cadet Resources and Information pages).



**Correspondence Courses.** Select unclassified Navy correspondence courses are available to the cadets and adults at the unit level and on line from the USNSCC "COMPASS" Website. Certain mandatory courses are the "homework" cadets must complete for advancement. The BMR is recommended for adults not having a military background. Additionally, for any Cadet who does not have access to a computer, all correspondence courses can be separately provided on a CD disc. **BRING CORRESPONDENCE COURSE MATERIALS;** Time may be allotted for cadets to work on correspondence courses. A reminder that NSCC Regulations require that "assignments are due each drill" You must complete at least one course per year to remain in the USNSCC.  
– see NSCC regulations for requirements.



**All new Cadets** will bring their 3-ring binder with a copy of the Division SOP and any other hand out materials you have been provided with to include, but not limited to: the Eleven General Orders; Navy's Core Values; Sailor's Creed; NSCC Regulation (for NSCC Cadets); NLCC Syllabus (NLCC Cadets); Uniform Manual and the current POD. These materials can be accessed through the Division's Web page (on the Cadet Resources page).



**Physical Training.** Physical fitness training is a regular part of the units overall training program. The Physical Fitness Standards are listed on form NSCTNG 020.

#### Drill Instructor - ENS George PORCELLA



**ALL X-Ray and Alpha Company cadets** are reminded that they are **required** to bring your three-ring binder to every drill, and you must bring the chapter of the BMR that you are currently working; use drill time **to ask questions and get answers or help with any areas of your correspondence courses you might be having trouble with.** In addition, you must commit to memory your 11 General Orders, the Navy song: Anchors Aweigh; the USNSCC Chain of Command, from the National level down to and including this Division command structure; The Sailor's Creed; and any/all Naval History information contained in the current POM. You **MUST** have on your person, at all times during drills: a pocket-size notebook, a pen w/black ink, a copy of the current POM and a copy of your "cheat-sheet" you were issued, which has the above items that you must commit to memory. If you do not have your copy, you need to get a copy from one of your shipmates. There are no excuses for loosing or not having a copy on you.

#### LEADING PETTY OFFICER / LPO

*Forrest W. Woodward*

F. Woodward  
LCDR, USNSCC  
Commanding Officer