



LEADER

"Leader's Training Course: Let Us Take You There"

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Ft. Knox, Ky.

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Fort Knox prepares for cadets' arrival

For the next four weeks your sons and daughters will experience some of the most exciting and challenging times of their lives. They will be tested beyond anything they ever thought they could do. Cadets will meet new people and make lasting friendships. Above all, they will take the first step in becoming officers in the United States Army.

Your sons and daughters will "discover gold" this summer along with about 1,700 other college and college-bound students. They will be placed in one of six 4-week training companies which begin June 1, 5, 11, 16, 20 and 26.

Each training block comprises a series of military "operations," such as *Warrior Leader*. During *WarriorLeader*, they will be challenged to complete rappelling, stream crossing and water survival exercises. Are you having trouble picturing your children descending from a 35-foot-tall rappelling tower? Don't worry. They'll do great, and they'll have some exciting stories to tell their friends.

Other areas of training are first aid, land navigation, marksmanship, and physical training. Every exercise will build their leadership and management skills.

The culmination of their work at Leader's Training Course is the final exercise, *Future Leader*. This 6-day field exercise gives the cadets the chance to use the skills they will learn this summer.

But the Leader's Training Course doesn't just happen. Many months of preparation have gone into making this camp, now in its 38th year, successful. From the barbers who give them that initial haircut to the drill sergeants who will teach and help train them, it's a real team effort.



Leadership is the cornerstone at the Leader's Training Course. Cadets demonstrate this at Orienteering.

Frusha to Command 2004 Leader's Training Course

Throughout your time here at the Leader's Training Course, the paper will feature a member of the Command; Staff and course cadre to highlight some of the opportunities that are available to you once you become a Second Lieutenant. To begin our series we will focus on the commander of Headquarters, Eastern Region (US Army Cadet Command), and the LTC Course Commander.

Col. Robert J. Frusha is a native of Texas. He is a graduate of the Texas Tech University ROTC program receiving his commission as an officer in Infantry in 1975. Col. Frusha received his Masters from the Naval War College. Frusha's career has allowed him to lead at every level in the Army. Prior to his taking command of Eastern Region (US Army Cadet Command) he spent three years as the Commander, 10th Brigade, Western Region (US Army Cadet Command) at Ft. Leonardwood, Missouri. Prior to that he served as the Chief of Staff, U.S. Army South, Fort Buchanan, Puerto Rico, the Army Component to USSOUTHCOM in Miami, FL.

Some of his other significant assignments and contributions include:

Platoon Leader, Executive Officer, and an Operations Officer and Company Commander while assigned to the 82nd Airborne Division and in the Republic of Korea; Battalion Operations Officer and Executive Officer, 4-21st Infantry Battalion, and then Brigade Executive Officer, 3d Brigade, and Commander, 67th Garrison Support Battalion while assigned to the 7th Infantry Division (Light), Ft Ord, California; Commander, 4-10th Infantry Battalion, 3d Training Brigade, Ft Leonard Wood, Missouri.



Col. Frusha receives unit colors from MG Thrasher.

He is no stranger to Army ROTC. In addition to his time as the Commander, 10th Brigade (US Army Cadet Command), Col. Frusha was an Assistant Professor of Military Science at Eastern Illinois University in Charleston, Illinois. Frusha has received numerous awards and decorations throughout his career a reflection of his dedication to service and leadership. Among the highest he has received are; the Legion of Merit, the Defense Meritorious Service Medal, the Meritorious Service Medal with oak leaf Meritorious Service Medal with oak leaf

clusters, the Army Commendation Medal with oak leaf clusters, and the Armed Forces Expeditionary Medal. He has also earned the Ranger and Special Forces Tabs, and the Expert Infantry and Master Parachutist Badges.

For the past two year, Frusha has been the Leader's Training Course Director of Training. He assumed command of the Region and his new role as the Course Commander on May 14, 2004, in a Change of Command Ceremony here at Fort Knox.

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Commander: Course to be challenging, fun, safe

As the 2004 Leader's Training Course Commander, I want to thank you for allowing us the opportunity to work with your sons and daughters over the next 28 days. It is our goal to provide all of the cadets with a World Class Leadership Training experience; training that will be fun and challenging, designed to enhance their personal growth and develop leadership skills that they will use for the rest of their life.



Col. Robert J. Frusha

I want to reassure you now that the safety and well being of each and every one of the cadets is our number one priority. To ensure this, we have compiled a training staff of some of the finest professionals in the Army, focused solely on providing your cadet with outstanding leadership development. Our cadre and staff are comprised mostly of officers and non-commissioned officers with years of experience teaching and leading soldiers in today's Army. Many that come here are from the same universities and colleges that your

cadet attends today. They include Drill Instructors; the 100th Division, a Reserve Component unit that has provided support to the Leader's Training Course for many years, and the great soldiers of Fort Knox. I have charged each and every cadre and member of my staff to assist and help develop your cadet in all areas needed to become a leader of soldiers in the United States Army, Army Reserve and National Guard.

The cadets can expect to be challenged both physically and mentally beginning the day they arrive. Make no mistake about it; the training is tough and very realistic. They will be placed in a variety of leadership positions to determine not only what type of leader they are, but how they handle stress, test their time management and organizational skills; skills many Fortune 500 companies routinely pay a high price to educate their mid-level managers. Their leadership will be continually evaluated and they will receive both written and oral evaluations from the cadre on their performance. This is an important part of their development as leaders, and helps them to identify their weaknesses and strengths. They will participate in a variety of physical fitness programs, from daily physical training, group "fun" runs and road marches. Cadets will rappel from a 35-foot tower, learn how to read a

map and use a compass, water survival, and much more.

I personally want to extend to you my invitation to attend your son or daughters graduation. Within a few days you will receive an invitation in the mail from me inviting you to attend your cadets graduation ceremony. There are numerous activities planned for you during the two days of graduation festivities, the most important part of which is re-uniting with your cadet, spending quality time with them and then watch as he or she marches onto the field with their fellow cadets. Come to Fort Knox and see firsthand the pride that your son or daughter displays as they graduate from the Leader's Training Course.

I am excited about having the opportunity to train your cadet and prepare them for their future, the future of our Army, and the future of this great country.

I am absolutely convinced that when your cadet returns home you will see a change. They will be more confident in their own abilities, be willing to take on greater responsibility, and more importantly, have developed those skills to be a successful leader.

I look forward to seeing you at the Parent's Reception and discussing all of the many new things that your cadet has experienced.

Fort Knox offers 'community' to soldiers, family members

ROTC cadets attending the Leader's Training Course see only a small part of the day-to-day life at Fort Knox, which is perhaps best known as the home of armor and cavalry for the U.S. Army.

Fort Knox has as its primary mission the task of training soldiers to drive, fire, and maintain the Army's armored vehicles. The thundering sound of main-gun tank firing on distant ranges is a frequent reminder of this critical mis-

sion.

On any given work day, almost 33,000 soldiers, civilian employees, and soldiers' families live and work at Fort Knox, making it the sixth largest urban community in Kentucky.

But the post is much more than barracks, training areas, and tank ranges. Fort Knox is a community designed to meet the unique needs of its residents including single and married soldiers.

To house its residents, Fort Knox has

more than 3,400 sets of quarters for married soldiers, ranging from the spacious residence of the post's commanding general to townhouses, duplexes and the newly constructed, 140 unit, Pritchard Place housing area.

Typically, a married second lieutenant permanently assigned to Fort Knox and eligible for housing, would be assigned a two or three bedroom duplex. Single lieutenants are eligible for efficiency-style apartments.

When quarters on post are unavailable, soldiers eligible for housing are given quarters allowance to help offset the cost of housing in surrounding civilian communities.

Fort Knox also has its own school system for approximately 4,000 children from kindergarten through high school. The post's five elementary schools, two middle schools, and one high school are accredited by the Southern Association of Colleges and Schools, and offer a variety of programs including special education for handicapped and talented and gifted students.

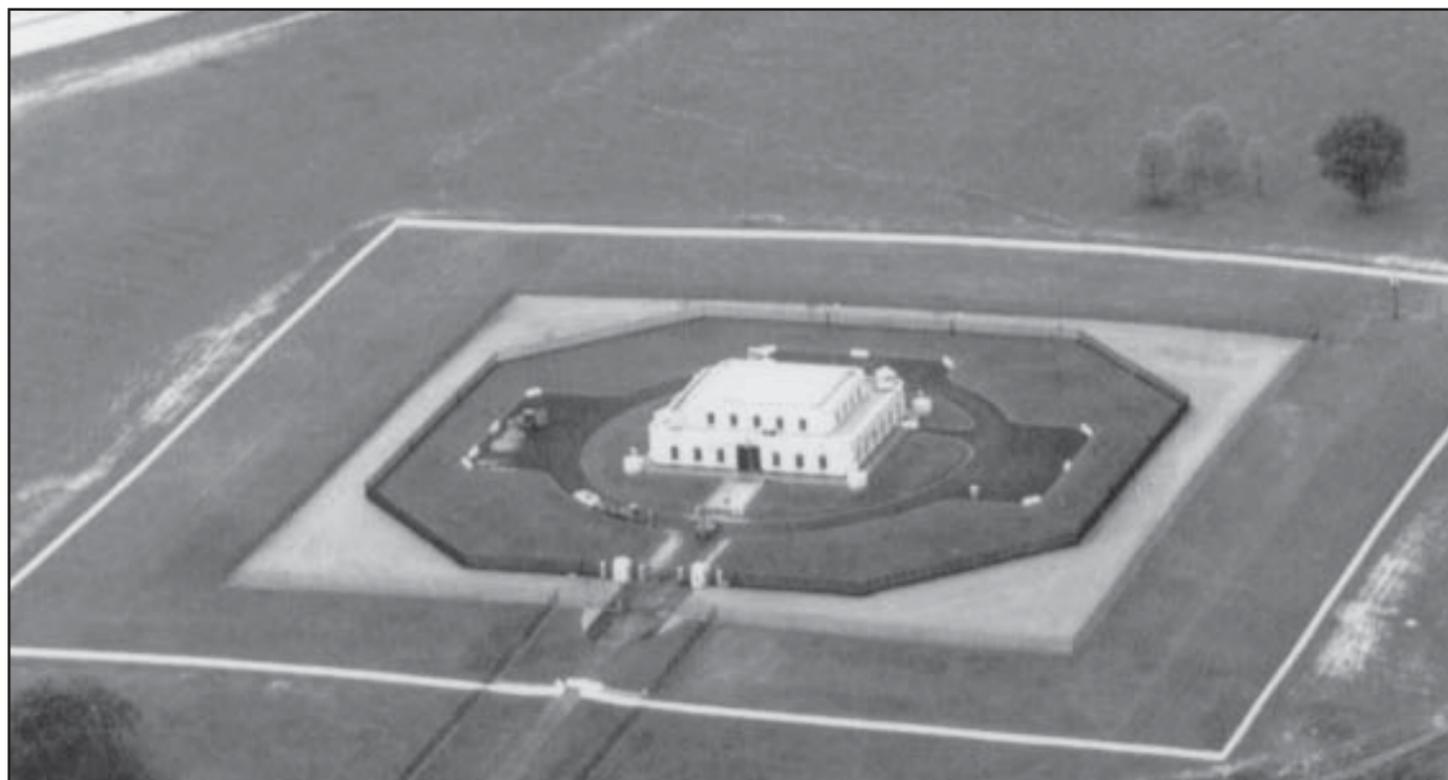
The Powers Alumni Performing Arts Center hosts well-known artists who present arts education programs for students and the community.

Health care is essential to any community and Fort Knox is no exception. Ireland Army Community hospital provides inpatient and outpatient care for active duty and retired soldiers, their eligible family members, and family members of deceased soldiers.

Recreational activities are also available for soldiers and their families. Swimming pools, bowling centers, a golf course, gymnasiums, and fitness centers are just a few ways to pass the time.

Fort Knox also has an active community theater program which gives soldiers and civilians a chance to test their acting abilities. The theater presents several shows per season at the Alumni Performing Arts Center and also sponsors theater workshops.

Although the tank is a powerful symbol of Fort Knox, many people associate the post with gold. The U.S. Bullion Depository, or "Gold Vault," is located here and is operated by the U.S. Treasury Department. Clearly visible from Highway 31-W, the white building is strictly off-limits.



Ft. Knox, the home of Armor and Cavalry for the U.S. Army, is also home of the U.S. Bullion Depository, also known as the "Gold Vault."

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Executives prefer officers over MBAs

The Army Reserve Officers' Training Corps program (ROTC) is designed to help students reach their full potential. The program can accomplish that in numerous ways, including quality instruction, physical fitness training and scholarships for qualified students.

The reported that Army officers with 5-10 years of experience are in high demand in private industry.

Why is the business world interested in military officers over available candidates with MBAs and other graduate degrees?

"When E. Michael Moone was manager of sales recruiting for Proctor & Gamble Company several years ago, he hired a number of young ex-Army officers," said the paper.

Now that he's president of the Beringer Winery in California, he's still hiring them.

"I prefer officers to MBAs," Moone said. "MBAs may be smart, but they can't park their bikes straight."

Edward Hanes, an executive recruiter in Richardson, Texas, feels the same way. A former employment manager for the

Texas Instruments Corporation, Hanes said, "I'd just hire a captain with an accounting degree. The MBAs don't have the sticking power."

The says the Army that men and women leave today "is different from the way it once was; its officers are primed to succeed in business."

This article has generated a new interest in the value of Army training and experience.

Many college students are asking, "How big of an advantage will experience as an Army officer give me in a future career in business of industry?"

The fact is that more than ever before Army officers are prepared to succeed both in and out of the military.

And many are primed for success through participation in Army ROTC.

Army ROTC training will build confidence, develop leadership skills and create self-discipline.

ROTC is a college elective which teaches skills essential for career success, such as management, organization and leadership. In teaching officer skills, Army ROTC combines courses in mili-

tary science with summer training sessions to develop Army, the Army National Guard and the Army Reserve.

The Army ROTC program consists of several courses which are taken as part of a regular course load and usually count for college credit.

It is neither a separate school nor a college major.

Cadets enroll in military science classes the same way they register for all other college courses.

At the Leader's Training Course, cadets undergo rigorous training in leadership and management skills as well as physical fitness.

The Advanced Course provides further instruction in leadership development, organization and management, tactics and administration and builds on the military and personal skills taught at either the Basic Course or the Leader's Training Course.

As part of the Advanced Course, all cadets attend a five-week Advanced Camp usually between their third and fourth years of college.

At this camp, cadets will be tested both

physically and mentally as they put into practice the principles and theories learned in class.

Cadets are paid to attend this camp and receive travel expenses, room and board and other benefits.

After completing the Advanced Course, cadets are commissioned second lieutenants in the United States Army.

Almost immediately, new lieutenants exercise responsibility for equipment and personnel. An Army officer receives good pay and excellent benefits, on par with those offered in private industry.

You're probably wondering how Army ROTC is designed to fit into college life. It is designed to fit in very well.

An Army ROTC instruction amounts to about three hours a week. Beyond that, various activities are offered on weekends, such as camping, mountaineering, marksmanship and rafting.

There are other benefits to the program such as scholarships for two, three and four years. Scholarships cover the cost of tuition and required fees and provide money for books, supplies and equipment.

Cadets also receive a subsistence allowance of \$300.00 a month during their junior year and \$350.00 their senior year, while enrolled in the Advanced Course. Scholarship cadets receive this allowance each year their scholarship is in effect.

Also during the Advanced Course, cadets request the branches of the Army in which they would like to be commissioned. Most students are usually commissioned in one of their first two choices. The Army tries to match officers to positions where they can use the academic skills they have acquired in college.

You should also know service as an Army officer does not mean the cadets have to put their civilian careers on hold. They can choose to serve in either the Army National Guard or the Army Reserve.

By serving in one of the Reserve Components, officers use their college-learned Army skills but at the same time can pursue a civilian career or further their education.

Many Army ROTC graduates enter a Reserve component and serve a weekend a month and two weeks of annual training, which amounts to 38 days a year.

Also, they may serve in a unit close to home and earn retirement credits and educational benefits.

The most important fact you should know about Army ROTC is it gives students the tools they need to start a successful career.

In and out of the classroom, Army ROTC teaches cadets to meet and overcome a variety of challenges.

After four years of hard work cadets will graduate with a college degree, a commission as a second lieutenant, and the leadership skills, confidence and experience necessary to succeed in any career they choose.



Leader's Training Course cadets take charge of graduation ceremonies and bring a colorful end to four weeks of demanding leadership training. Graduations will be June 29, July 3, 8, 14, 18 and 23.

You are invited to graduation

A Leader's Training Course graduation is the proud culmination of four weeks of demanding training.

As you watch your cadet march onto the Fort Knox parade field, you will hardly believe the transformation which changed the college and college-bound students to "spit-and-polished" cadets.

Make plans now to attend graduation and share this special day with your cadet. Graduation dates by Company

are: Company 1, D-1-46, June 29; Company 2, B-1-46, July 3; Company 3, C-2-46, July 8; Company 4, B-2-46, July 14; Company 5, C-1-46, July 18; and Company 6, A-1-46, July 23.

Cadets are given the opportunity to send invitations during their first couple of days here at Fort Knox.

Special activities for parents and friends attending graduation are planned. A parents' and friends reception is scheduled. Activities,

beginning the day before graduation, includes a photo display featuring each company's cadets during various training exercises, and a briefing by the Course Commander. After the graduation ceremony, a reception for visitors will be held.

Information on graduations may be found at www.usaac.army.mil/cc/east/ltc. For additional information, call (502) 624-8149.

Leader's Training Course 2004:



Above: Drill and Ceremony is one of the first things you learn..



Right: Cadets will perfect the art of marching by the end of the Leader's Training Course.

Four phases to graduation

Leader's Training Course training is conducted in the following Four phases:

Phase I-Soldier First Phase

Arrive/Inprocess
Drill and Ceremony

Phase II-Warrior Leader

Rappelling
Teamwork Devel Course
Water Survival, First Aide
Stream Crossing
Road march
Field Leader's Reaction Course
Basic Rife Marksmanship
Basic Map Reading
US Weapons
Night Infiltration Course
Land Navigation
Bivouac
Physical Training Test

Phase III-Bold Leader

Rappelling
Rock Climb
Confidence Course
Tactics
Paintball
Tarzan Assault Course
Thunderbolt Tower
Water Operations
Orienteering

Phase IV-Future Leader

Social
Commander's Outbriefing
Family Day/Graduation



Most Leader's Training Course classrooms are in a field environment.



Running is part of the Leader's Training Course physical training day.

‘Discover Gold’ at Fort Knox

Cadets pack a full day’s work into 24 hours

Standard Training Day

5:30 to 6 a.m.—Wakeup/Personal Hygiene

6 to 7 a.m.—Physical Training

7 to 8:30 a.m.—Personal Hygiene / Breakfast

8:30 to 9 a.m.—Movement to training site by bus or marching

9 a.m. to Noon—Training Period I (e.g., Stream Crossing. Includes one hour of instruction/demonstration and two hours of hands-on use of a one, two and three rope bridge.)

Noon to 1:30 p.m.—Lunch (This could be in the field or in company dining facility. On a typical day, this meal is eaten in the field.)

1:30 to 5:30 p.m.—Training Period II (e.g., Map Reading, includes the fundamentals of land navigation.)

5:30 to 6 p.m.—Movement to company area by bus or marching

6 to 7:30 p.m.—Dinner (Usually eaten at company dining facility)

7:30 to 9 p.m.—Counseling/Troop Leading Procedures

9 to 10 p.m.—Personal Time

10 p.m.—Lights Out

Training is conducted six days each week. Most Saturdays are full training days. Additional training may be required based on the unit performance as determined by the company cadre. Usually there will not be any training on Sundays except for company duty, such as “charge of quarters runner.”



An “I Can” attitude helps conquer the rappelling tower.



Running program. It’s a great way to start the



Water Survival training builds confidence in yourself and fellow cadets.

Cadets learn Military skills in Phase II - Warrior Leader

Warrior Leader helps guide cadets through a variety of military skills.

Cadets will receive instruction on general military subjects like Basic rifle marksmanship and first aid, and will progress to specific military skills like map reading, stream crossing, and land navigation. Cadets will learn the techniques

of rappelling, water survival and U.S. Weapons. Cadets will also participate in a Sports Day. There will be competition among companies and platoons.

One of the highlights of Warrior Leader is a 6-day bivouac where cadets will experience life in the field.



Field Leader's Reaction Course test your leadership and problem solving skills.



The infiltration course teaches cadets how to lowcrawl through hazardous terrain



The Land Navigation course teaches cadets how to read a map and navigate through unfamiliar terrain.



Stream Crossing is one of the many training activities of Warrior Leader. Even with the best intentions, getting wet is sometimes necessary.



Cadets will learn how to operate the M60 machine gun.

Phase III-Bold Leader builds confidence

Cadets hit the ground running during Phase III- Bold Leader. The challenges will be many during this phase of their leadership training. Rappelling from a rock cliff will test their confidence. Paintball is a popular event. Cadets will

compete in Tarzan Assault Course, one of the most popular training activities during Bold Leader. The confidence course is truly a challenge and will test both their physical and mental skills.



Cadets get a chance to test their strength, endurance and stamina while trying to conquer the obstacle course.



The Confidence Course teaches leadership and teamwork. (Above) Cadets use teamwork to conquer one of the challenging obstacles the course offers.

Army ROTC: A part of the American Military History

Every Army unit or organization can trace its roots back to a specific date and place and in some instances a single person; Army Reserve Officers Training Corps, ROTC, is no different.

While military historians will generally use 1916 as the date when the Army officially established the concept of the Citizen's Army, Army ROTC really got its start as early as 1819 when Alden Partridge, often referred to as the Father of ROTC, founded the American Literary, Scientific and Military Academy in Vermont, later to become Norwich University.

As one of the first superintendents of the United States Military Academy at West Point, Alden Partridge considered military subjects to be a necessary part of the college curriculum; regardless of the vocation students would choose as future careers. Military instruction was a profound concept for the hall of academia in 1819; but his idea met

with success and flourished, rapidly spreading to other schools: Virginia Military Institute, the University of Tennessee and the Citadel. Partridge was a visionary and right on target in his thinking. He believed that combining a college curriculum with Army training was cohesive; it prepared the student by developing human relationships, a sense of responsibility and above all leadership.

Many cadets today would undoubtedly cringe at the curriculum that was offered at early Norwich University. Demanding would be to tame of a word to describe what the life of an ROTC cadet was like. They were required to study five different languages, five types of law, and ten types of math courses, this in addition to studying every type of military theory beginning with Biblical times. They marched endlessly and conducted drill and ceremony that was so impressive local villagers would gather to watch.

By the start of the 20th Century, Partridge's experiment was beginning to catch on. One hundred and five colleges and universities were now offering some form of military instruction as part of their academic programs. By 1917, one year after the formal establishment of ROTC, and with the entry of the United States in World War I, some 90,000 officers, who had received their commissions through ROTC, were available in the Reserve pool. More than 100,000 officers commissioned through ROTC served during World War II, and since that time, more than 328,000 officers have prepared for their commissions through Army ROTC.

Like our country, both the Army and Army ROTC have undergone significant changes since its humble beginnings. One hundred and eighty-three years since the establishment of the American Literary, Scientific and Military

Academy later, Army ROTC has grown into a vital program that produces college-trained officers for the Active Army, Army National Guard and the Army Reserves.

Army ROTC has become an integral part of the education for thousands of young men and women, who chose to become Army officers in 270 colleges and universities throughout the nation. It's a unique program that has provided many the opportunity to work toward a college education and a commission as an officer in the United States Army.

Through Army ROTC, the Army gains officers with diverse educational backgrounds and contemporary ideas. ROTC graduates walk away from their campuses academically enriched. They walk away **LEADERS!**

Phase IV-Future Leader: End of training, new beginnings



Quick reactions are required when coming under “sniper fire.”



Phase IV-Future Leader is the final phase of the Leader’s Training Course experience. Cadets will leave camp and set sail on a new adventure in ROTC back on their college campus. They will take what they have learned here and apply it in the advanced program of Army ROTC. They will soon learn that the leadership training learn here will help them in all walks of college life. Before graduation a social is planned for the cadets to unwind from many weeks of challenging and demanding training. The commander’s out briefing is also planned during the phase. The highlight of the outbrief is a 15-minute multimedia show of the cadets training during the past four weeks. Photos from the cadet’s company will be featured. A family day is planned. Family coming in for graduation will be able to spend time with the cadets the day before graduation. And finally, graduation. This ceremony is completely cadet run. The parade, general officer guest speaker is the highlight of the event. .



Graduation is the culmination of activities at the Leader’s Training Course.



Parents, families, and friends are invited to graduation to show their support and appreciation for what the cadets accomplished.