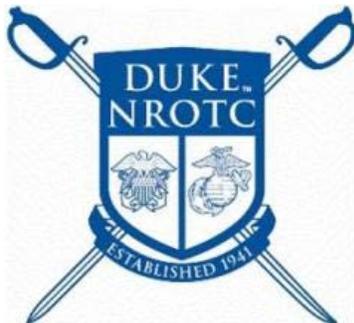


## September Newsletter



Dear Friends and Family,

It is my pleasure to inform you of the activities of the Duke NROTC battalion that have occurred throughout August and September of this year. The 2013-2014 school year has started off in a slightly different way than in the past as the New Student Orientation program underwent some changes this year. The new 4/C Midshipmen spent a few days at Duke prior to the start of classes becoming oriented to the Duke NROTC program and acclamation to the atmosphere. The additions to the battalion have added even more talent and diversity to our great program. These additions include another strong Marine option, MIDN Brennan, who has contributed even more motivation to events, as well as ten Navy options that appear to have transitioned into the NROTC lifestyle very well. We hope to see their development continue as the semester progresses and their professional knowledge grows.

The PT plan for this semester has been changed as the Athletics Officer, MIDN Lehn, has restructured battalion workouts to focus on improvement on the Navy PRT and Marine PFT. A majority of events involve intense competition and strive to make Midshipmen challenge themselves and improve on every aspect of their fitness. The iPRT and iPFT were conducted shortly after classes began and the results were strong across the board, though we always look towards improvement. PT has also included a number of workouts consisting of ability group activities,

which allows Midshipmen to compete and challenge their peers to always give 100% effort.

Other highlights of the past month have been a challenging, yet very enjoyable lab in which the battalion took on the events in the Project Wild ropes course. Through this, Midshipmen were able to gain leadership experience as planning and effective communication were needed to overcome obstacles. In addition to labs and PT, the battalion is once again participating in Guest Services for Duke Football. The First Lieutenant (MIDN Blanchard) and Guest Services Petty Officer (MIDN Bill) have effectively coordinated NROTC involvement in these events and made them run very smoothly.

In the coming month, the battalion looks to continue operating efficiently and improving overall performance in all areas. There is also a goal of becoming a more cohesive battalion as a whole and developing leadership traits at all times.



MIDN Bill and MIDN Stefanus attempt to balance on parting wires during the Project Wild ropes course lab.

Have a great month and thank you for your constant support!

Very respectfully,  
G. F. Petrilak  
MIDN 3/C USNR  
PAO