GO GOLD

Published by Battalion Cadets for Family, Friends, and Alumni

Cadet Battalion Fund

All donations to Go Gold’s Cadet Battalion Fund go toward our dining in and dining out ceremonies as well as to facility renovations and improved training events. The cadets of the Go Gold Battalion greatly appreciate every donation and thank our wonderful alumni and friends for your endless support.

To make a donation please visit: http://www.Vanderbilt.edu/alumni/army-rotc.php

Upcoming Events

February 27 - Color Guard at Vanderbilt Men’s Basketball game
March 1 - APFT, Ambush and Raid Lab
March 2 - MS III Ruck March
March 3 - Begin Vanderbilt, Belmont, Fisk, Trevecca Spring Break
March 10 - Begin TSU Spring Break
March 15 - Tactical Movement Lab
March 17 - MSIII-focused ‘Super Lab’
March 22 - Tatical Combat Casualty Care Lab
March 23-25 - JFTX @ Ft. Campbell
March 29 - Equipment Turn-In, ASU Uniform Inspection

Starting Off Strong!

Vanderbilt ROTC is well underway with a new semester and we have hit the ground running. We have already conducted an APFT, the Combat Water Survival Test (CWST), multiple tactics-focused labs, and two MS III road marches – and there are still exciting things we have to look forward to!

In this month’s newsletter, MS IV Cadet Cristah Artrip talks about the Cadet marathon training group she is leading, MS III Cadet John Fangmeyer discuss how he leads and prepares for our color guard events, MS III Cadet Catherine Palka recounts the planning and experience of the battalion Dining-In ceremony, and our new cadre member, SFC Justin Golding, introduces himself. Enjoy!

Vanderbilt University
Army ROTC
Go Gold Battalion
Marathon Training:

Cadet Artrip

Saturday mornings are for the runners of Vanderbilt’s Go Gold Battalion. Last semester, CDT Sean Patterson proposed the possibility of putting together a marathon team to train for long distance running. With this in mind, interested cadets coordinated a time to build this long-distance stamina in addition to Go Gold’s regular weekly physical training obligations. Ultimately, Vanderbilt ROTC Cadets will be running the St. Jude’s Rock N’ Roll music City Marathon taking place April 26-28, 2018 here in Nashville, TN.

Since the race takes place right around the end of the semester, Cadets will spend approximately four months preparing for the 13.1 and 26.6 mile runs, all while running for a good cause. Each week on Saturday mornings, a few Cadets meet at our ROTC headquarters or various greenways around Nashville and put in the work for a long run. With each of these runs, we increase our mileage, which contributes to our long-term goal in April. The opportunity to begin the weekend with a long-distance run in our beautiful city, taking on the rolling downtown sidewalks and the lush terrain near the Cumberland River, yields a sense of accomplishment, camaraderie, and growth. Often, Cadets do not get the opportunity to train for long-distance runs within the time constraints of our normal PT sessions. With a consistent weekend run, we are able to hold each other accountable, push each other, and eventually run across a new finish line in April.

If you wish to contribute to our race fees, cheer us on, join us for our Saturday morning runs, or know more about our training, reach out to CDT Cristah Artrip at cris-tah.e.artrip@vanderbilt.edu.
Color Guard Operations:

Cadet Fangmeyer

The color guard events to date for spring 2018 include women’s basketball games and the dining in battalion event. The procedure for each of the events is the same. Each event requires four primary members and one alternate. A meeting time is selected prior to the event where each cadet is assigned a role (U.S. flag, Army flag, or one of the two rifles) and a rehearsal is conducted. The Cadets will rehearse individually and as a group until they are confident and proficient. The alternate will then switch in and the group will rehearse again to be sure everyone is confident. If additional time or one-on-one attention is required, those meetings are discussed and scheduled at this first rehearsal. If no additional meetings are necessary, then the meeting time for the day of the event itself is given. This meeting will occur at HQ. The meeting time on the day of the event is determined by the event itself. For example, for a normal event on campus, such as a basketball game, the meeting time will occur 1 hour 15 minutes before the event. This will allow for uniform inspections and a full-dress rehearsal to occur before leaving for the event location no later than 40 minutes before the event start time. This is a typical situation that has been standardized - outside events will have different times based on their requirements, but the order of events will be the same.

Our color guard events are extremely exciting. It’s an honor to represent the Army and the Vanderbilt Army ROTC (AROTC) while displaying our nation’s colors. Our hard work and disciplined training ensure that the event goes smoothly and we represent ourselves and our battalion well.

There are several exciting events coming up in which the color guard will be participating. There are two upcoming basketball games, one male and one female, where the color guard will be presenting colors for the opening singing of the national anthem. There is also an upcoming Nashville Predators game at which our team will be present the colors. This is the first time Vanderbilt’s AROTColor Guard will have the opportunity to present at an event in Bridgestone Arena which makes this a very special occasion and an honor. The final scheduled event is yet another unique opportunity. The color guard will be presenting colors for the opening ceremony of the 2018 APAGA Federal Forum at the Omni Hotel. This event comes to the program from a retired Army Colonel and provides an excellent opportunity for the program to gain name recognition and potential fundraising.

Overall, the cadets involved with color guard work hard, perform well, and are rewarded with exciting opportunities and experiences while representing the Go Gold Battalion.
Dining In: Cadet Palka

This year I had the honor of planning the Go Gold Battalion’s Dining In ceremony. As with any large event, there were a lot of things to consider, especially with an event for an organization steeped in tradition. The first step in the planning process was to do research and find three practical options for food and venue that were presented to the Go Gold cadre and MSIV class. The research process involved a visit to each location as well as an analysis of their pricing and the feasibility of each option. After presenting the options, the Cadre decided on one. I then reserved the option chosen.

The next step of the planning process involved figuring out all the details that make a Dining In more than just a group meal. This included making personalized invitations, nameplates, purchasing silverware, preparing the Missing Soldier/POW table, arranging the color guard, assigning speaking roles, writing a script, and finding the necessary battalion supplies.

After moving dates to a few weeks later, the night of Dining In arrived. As the adage goes, “the best laid plans of mice and men often go awry.” I began the evening by discovering that many of the iconic items necessary for a Dining In had been mistakenly discarded during renovations. The rest of the time leading into the Dining In became a flurry as I now was responsible for finding an eclectic bunch of items from among my peers in addition to buying extra supplies that I had neglected to acquire beforehand.

Despite all of this, the Dining In itself ran rather smoothly and it was incredibly rewarding to see my plans come to fruition. In the end, the experience was incredibly beneficial to my personal development as a leader, since I got to learn first-hand all that must be planned and accounted for, even for something as seemingly simple as a two-hour dinner. The event would not have, of course, been successful without the help and support of cadre and peers. I am very thankful for the opportunity and look forward to helping the MS III who plans the Dining In next year.
Introduction: SFC Justin Golding

Hello all, I would like to begin by introducing myself and telling you all a little about me. My name is Justin Golding and I am originally from Chicago, Illinois. I am a big sports fan including all Chicago major league sports and Kansas State University athletics. I am married, and as some of you have already seen, I own two wild and crazy dogs, Walter and Kane.

I am a Sergeant First Class, a 12B (Combat Engineer), and I am currently serving as a military science instructor and training noncommissioned officer here at Vanderbilt. A brief history of my career includes time spent at Fort Hood, TX, Fort Riley, KS, and Fort Carson, CO. I have served as a combat engineer, team leader, squad leader, personal security officer, platoon sergeant, and operations sergeant. I have deployed four times in support of operations in the Middle East and I look forward to sharing my knowledge, experience, and expertise with all of you.

The opportunity that the Army has given me here at Vanderbilt is one that I have looked forward to since I previously served as a Warrior Leader Course instructor. The Army has provided me with time and opportunity to travel around the world, to train with Soldiers from all different branches of the Army and even Soldiers from foreign military forces. Now, it is my turn to pass that knowledge to the future officer corps of the Army so that when you all commission as lieutenants, you will take with you as much information as possible to be successful at leading Soldiers. The vast wealth of knowledge from your cadre and all of your different backgrounds and branches will ensure you are ready for the future. I am happy and honored to be a part of that. Please do not hesitate to reach out to me for anything that you think I may be able to help you with. I am here to help in any way that I can. Remember, the only dumb question is the one that you failed to ask because your pride prevented you from asking.