

ALUMNI NEWS



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Captain John "Cosmo" De Pree, CO, PNS

Commanding Officer's Comments

Greetings Alumni, and Welcome to the Fall Edition of Your Newsletter!

As summer comes to a close, we're excited to kick off the Fall Term and share some updates from the Beaver Battalion. Our midshipmen had an eventful summer filled with exciting cruises and preparations for the new academic year. Though the summer break has ended, our students have been busy with activities such as New Student Orientation (NSO) and unit events. We're thrilled to share all that has been happening!

C.O. Comments . . . continued

Summer Cruises

This year, our midshipmen participated in CORTRAMID, attended an Information Warfare cruise, completed Officer Candidates School (OCS), and attended Submarine Dive School. CORTRAMID is a month-long event that provides midshipmen with exposure to Naval Aviation, Subsurface and Surface communities, along with a dedicated week for Marine Corps training. OCS, held in Quantico, VA, is a significant milestone for our Marine-option midshipmen. MIDN Aeschbach had an especially notable summer, earning his dive pin during his cruise – a new incentive for ROTC MIDN who early-commit to SUBS in their junior year.



C.O. Comments . . . continued

New Student Orientation (NSO)

This year, we proudly welcomed 14 scholarship midshipmen and three college programmers into the Beaver Battalion. New Student Orientation (NSO) is an intensive four-day experience focused on military indoctrination, training, and team building. Highlights of the program included firefighting training at the Corvallis Fire House, a Motivational Run on Bald Hill, and a fun paintball session.



Scholarships

We are thrilled to announce that four of our midshipmen recently activated scholarships! A big congratulations to MIDN JordanMagdalena Moreno, who activated a four-year National Scholarship, and to MIDN Archer Davies, Cole Voelpel, and Samuel Logan, who activated Sideload Scholarships in September. We are incredibly proud of their hard work and dedication.

C.O. Comments . . . continued

Summer Commissioning, Promotion, and Interviews

On September 13th, we commissioned two STA-21 Officer Candidates as Ensigns in the Navy. The ceremony took place on the quarterdeck and was streamed live on Facebook for all to enjoy. You can still view it at <https://www.facebook.com/osunrotc.pao/videos/1933734103741286>. In addition, our very own MOI was promoted to Captain, and two of our Officer Candidates successfully passed their Nuclear Interviews in Washington, D.C. Congratulations to Capt Corey Coffey, ENS Jessica Allison, ENS Amanda Casupang, OC Diana Cruz, and OC Dylon Nichols! Naval Reactors has increased the Nuke Bonus to \$30,000 for those successfully completing the NR interview. This is a significant incentive for those folks interested in surface nuke and submarines.



C.O. Comments . . . continued

Alumni Tailgater

We were honored to take part in the annual Alumni Tailgater at Cascade Hall, generously hosted by the OSU NROTC alumni. It's always a special occasion for our current students to hear the incredible sea stories and experiences of our alumni and to connect with those who have proudly served in the Navy and Marine Corps.



C.O. Comments . . . continued

UPCOMING – Fall Ball

Our midshipmen and active-duty personnel are eagerly preparing for the Fall Ball, which will take place on November 15th at the Corvallis Club. This event celebrates both the Navy and the Marine Corps birthdays, fosters camaraderie, and provides an opportunity for networking and sharing stories. It's a cherished tradition that connects us all to the rich history and legacy of the Navy and Marine Corps. Our guest of honor this year is OSU alum and retired Rear Admiral, Mike Sharp, OSU Class of 1974.

UPCOMING – Pistol Qualifications

We're fortunate enough to have a qualified small arms instructor in our student body to train and qualify our midshipmen again this year. Last year, all 17 participants qualified on the M18 9mm service pistol, with 5 earning expert and 10 earning sharpshooter distinctions. We have a smaller group this year, but we're excited to see more qualifications by the time of our next newsletter. Our continuing partnership with the Corvallis Elks Lodge #1413 lets us complete this required training locally at the Elk's 600 yard rifle range.

C.O. Comments . . . continued

As we move into the fall and winter seasons, we are excited about the many opportunities ahead for our midshipmen and our unit. Your continued support and involvement mean the world to us, and we are proud to keep you updated on all of our progress and achievements. Stay tuned for more exciting updates and thank you for being a valued part of the Beaver Battalion family! You are welcome to follow us on social media at <https://www.facebook.com/OregonStateNROTC>, <https://www.instagram.com/oregonstatenavalrotc/> and on our website at <https://nrotc.oregonstate.edu/>

Skipper sends!

All in a Day's Work

Glenn Munkres, USN '56

Near the shores of Viet Nam aboard USS Repose AH16:

It was early in the day and I had just finished breakfast when the 1MC blasted out an invitation for me to join the Captain in his quarters. Now I was the ships Supply Officer and a Supply Corps LCdr.

When I arrived I found the Captain of the Hospital there with his "Supply" Officer awaiting me. It seemed that a young Marine had come aboard in the middle of the night shot through and through the buttocks. He needed an old fashion sits bath to keep the wound open, but alas the Navy does not have any soap, except hand soap. We only carry detergent. He needed something like Lux Flakes!

Well I offered the little boxes of such soap from the ships store that we sold to the nurses and I would figure out some way to pay for it. Good they said but this young Marine needed much more! He would use all we had in one or two sits baths. How do we get more? Well, when we were not on the line near Viet Nam, we were at Subic Bay. So I said, we will send the requisition to Supply at Subic, and have them buy the soap for us at the Navy Exchange. I asked permission to use the Hospital's Priority so that they would JUMP at the request. In the Priority 2 request to Subic Bay Supply, I explained why we needed the Lux Flakes and NOW!

So our radio message went out before 9AM! We heard nothing and hoped that every thing was moving in the right direction.

The next day, a Navy oiler hailed us by light saying they had mail and some freight. So we got ready. Soon the mail was coming by hi-line, then some freight, and we waited. Soon our skipper asked if that was all and was told by the oiler: "One more package." We noticed the crew of the oiler gathering on deck, and then a case of Lux Flakes, adorned with lipstick kisses, love notes for our nurses and crepe paper streamers came floating over the hi-line. The Oiler's crew manned the rail whistling and shouting out to our nurses. The whole 7th Fleet knew that the Lux Flakes were for the Nurses undies! I never even tried to defend myself, I would never be believed!

Glenn Munkres Lcdr, SC, USN (ret)

A Lifetime of Fitness Thanks to the US Navy Vivian Zumstein, USN '80

Before I begin my story....

I do not wish to hog the newsletter. This article appears only because we didn't have enough submissions from others for this edition. If you have a story to tell, but you don't like to write, I would be happy to collaborate with you to put it down so YOUR name can go here rather than mine. Your memories are just as important, and probably more interesting, than mine! Contact me via editor kencollyer73@gmail.com.

It is a gorgeous September day in the English Lake District, and I am climbing a big hill the English call a mountain. The summit is a measly 1100 feet, but the trail to get there is impressively steep and rugged. As I step my way up the rocky path, my heart pounds, my breath labors, and sweat gathers at my hairline and trickles down the sides of my face. It's hard work, but at 67, I can do it. It even feels good. Why? In large part because the Beaver Battalion, and then later the Navy itself, forced me to establish lifetime habits that have kept me fit over the years, even well after retirement. But the process wasn't a smooth one.

I well remember my first day of Rookie Orientation. Over 100 midshipmen 4/c gathered with a smaller number of upperclassmen that dank and pitch-black September morning. We started with a run in formation from the old NROTC Quonset hut to St. Mary's Park. It was a hard day. I was never much of a runner, and my situation was made even worse by having had my tonsils ripped out just 5 weeks earlier. I had ended up with complications—not unusual for “mature” tonsillectomy patients—which caused me to lose 17 pounds in one week. In the end, I'd barely had time to recuperate for Rookie-O much less prepare for its physical demands.

In the dark, we splashed through puddles from overnight rain and jogged past Campus Villa apartments. We were under strict orders to be quiet as we passed. Of course, we were not. “WAKE UP, CAMPUS VILLA!” we roared at the order from our company commander. Then we returned to singing jodies that, very appropriately, disparaged the Air Force and Army. Singing AND running! That was a new one for me. The combination did not make my efforts any easier.

Several times that day, I wanted to quit. I didn't think I could run all the way to St. Mary's Park, certainly not at the pace of my male counterparts. But I did. I didn't

A Lifetime of Fitness Thanks to the US Navy

Vivian Zumstein, USN '80

think I could do all the calisthenics in the wet grass. Dead bugs, anyone? But I did. I didn't think I could hold up my arms another second while shouting, "Good morning, Sun God!" while watching the sun's first rays glint off the tops of the surrounding trees and begin their glacial creep toward the ground. But I did.

So many times, I thought I could do no more. But I did.

That day taught me that even when my body felt awful, I could keep going. My body would want to stop well before it really needed to. I could choose to force it to do more; although, I do confess that I was ever so sore after the experience. Oh, so, so sore! For the better part of a week, my stomach muscles went on strike. I could not go from supine to sitting up without using my arms to push myself upright.

I was also lucky. In those days, when female midshipmen were few, my class had ten (we eventually graduated four over the span of 2 years). Also, I was blessed with a gentlemanly company commander, Midn LT Pat Casey, and an understanding team leader, Midn 2/c Mark Foote (of note a Legion of Merit Bronze Cross winner). When I started to flag, they did not berate; instead, they encouraged. So, that day I learned another important lesson: what kind of leader I wanted to be. In addition, two male midshipmen in our company were far less physically capable than I was, so they drew the most attention. I can't recall their names, but I do remember that they were chubby guys with 800 math SAT scores. Both eventually quit NROTC.

Later I joined the women's physical fitness team. I was by far one of the weaker team members because I never was and never would be much of a runner, but membership forced me into regular workouts led by Maureen Sergent—the Beaver Battalion's star at two NW Navies. Maureen was unquestionably an athletic "stud." Because of Maureen, my physical fitness scores steadily rose. I was never anywhere close to the perfect 300, like my classmates Clarke Lethin with his seemingly effortless 20 pull-ups or Clive Campbell with his consistent under 18-minute, 3-mile runs. I know it wasn't effortless for Clive. He consistently

A Lifetime of Fitness Thanks to the US Navy

Vivian Zumstein, USN '80

crossed the finish line at an all-out sprint only to then stagger over to the azaleas that once edged the unit to dry heave from his exertions.

By the time I was a midn 2/c, it was my job during PFTs to run the last $\frac{1}{4}$ - $\frac{1}{2}$ mile with underclass women who might otherwise fail. I was still no speedster on the run, but by this time I could run the entire $1\frac{1}{2}$ miles required for the PFT. So, I could easily run just a $\frac{1}{2}$ mile at the pace of a female midshipman who had already run a mile, and who was now flagging. Emulating the effective leadership examples of Pat Casey and Mark Foote, I tried to encourage the ladies. They usually passed, though sometimes it was close—really close.

I can recall running with Monica Smith (later Jaszowski). As Monica hit the end of the tennis courts nearing the home stretch to the unit, her bra strap broke. Now you male readers probably cannot imagine that this is a big deal, but for a woman it is—it REALLY is. Without the support of a bra, things bounce and sway in ways that are not at all conducive to making speedy forward progress. And all that bouncing can actually be painful. This isn't too miserable for less endowed women (like me) but is really awful for those who are "ample." Monica was in serious pain, but she persevered. At one point she was whimpering so badly that I suggested she just stop and run another time, but she was having none of it. Most of the run was behind her, and she was desperate to avoid repeating it. With tears streaming down her face, she crossed in front of the unit and passed with just seconds to spare. That was grit!

Once I was on active duty, my involvement in physical fitness grew, though not necessarily by choice. At my first duty station in London, I was the most junior officer in a command with only eight officers (many of whom were older warrants and LDOs). I was, therefore, the SLJO. I had 22 collateral duties (yes, count them—22!), several of them quite time consuming, like physical fitness coordinator, urinalysis officer, and command newspaper editor (of a monthly 16-page paper). Collectively my SLJs constituted a full-time job. It was a good thing I had an excellent master chief to run the division while I was off working on this or that collateral job.

A Lifetime of Fitness Thanks to the US Navy

Vivian Zumstein, USN '80

After the Navy physical fitness instruction came out in 1980, I was given the unenviable assignment of implementing Naval Communications Unit London's very first physical fitness test. Needless to say, I was not incredibly popular in the command for having to do so.

During the later part of the Vietnam Era then-CNO Admiral Elmo Zumwalt attempted to make the Navy a less onerous place to be. One result was that fitness requirements were rather ignored. Sailors were not particularly pleased to have the topic resurface in 1980. The chiefs, many of them sporting impressive guts, were especially displeased—and if you don't have the chiefs' support, any JO task will be a nightmare. And lots more of the sailors back then smoked, because they could do so while working inside. The idea of running 1½ miles did not appeal.

But orders are orders.

Running spots in London were few those days, so I arranged for the MRW representative to line out a ¼-mile track in white chalk on the grass of one of the ball fields at an outlying Navy facility. It was a cold and dreary London day in October—rather reminiscent of my first day of Rookie-O—when the first group assembled to take the test. Of course, there was plenty of grumbling. The biggest request before the run was, “Let me just finish my smoke, Ensign,” which I allowed until I realized there was a coordinated effort among the sailors to rotate their light-ups in an attempt to forever delay the start. Once the run got going, it was readily apparent who was and was not in shape. A 35-year-old CTO1 blazed around the improvised track, posting a time 9:49. (I know the precise time because I kept all those newspapers I edited way back then.) Most participants, however, took much longer, mixing jogging with fast (and not-so-fast) walking. Several participants failed.

Another CTO1 decided to add a little levity to the event. He was a skinny guy who made decent enough time despite his one-pack-a-day habit. At the far end of the track during his last lap, he realized he had plenty of time to pass, so he stopped to light up a cigarette before he began to casually stroll toward the finish. I had a

A Lifetime of Fitness Thanks to the US Navy

Vivian Zumstein, USN '80

good relationship with the sailor, so I ran out on the improvised track to force him to run. He responded by running back the way he had just come. Not the brightest decision, but after about 15 yards, he realized the folly of this move, and he did run past me—timing a defiant puff on his cigarette and a dramatic plume of smoke as he crossed the finish line.

In 1982, the Navy announced height/weight standards. Initially, only incoming members were weighed and held to the standards. This, of course, was my task—another one that made me less than popular. As I weighed one incoming CTOSA who was 5 pounds overweight, I realized that she was getting slammed for something I was already guilty of. At that time, I was about 15 pounds overweight myself. Remember the fifth leadership principle: set the example? I needed to do something. With the help of Weight Watchers, I trimmed down so that I could be that good example. With a great deal of effort, I managed to maintain that weight through the rest of my naval career. I do confess, however, that I was ever so pleased when sometime around 1990, the Navy rethought its standards and established a new weight for my height that was 20 pounds higher. Nice to have a safe cushion.

The Navy's focus on fitness and weight forced me to pay attention to both. By the early 1990s, if an officer just once failed the PFT (or the physical readiness test (PRT), as it was known by then), it was a career ender. The officer would not be immediately separated, but a failed PRT—and the associated mandatory comment in a fitrep—meant that officer could never again be promoted, and would have to leave the Navy at whatever the high-year tenure was for his or her rank. For some, this eliminated the opportunity to earn retirement benefits. My ego would never let me face that, so I made it a priority to avoid it.

So, what about the 24 years since I retired from the Navy? Have I been perfect since then. No, but I had already established healthy habits, so they were easier for me to re-embrace when evidence from a tighter belt or less physical stamina while gardening indicated I needed to pay attention to either my weight or my fitness. Or both.

A Lifetime of Fitness Thanks to the US Navy

Vivian Zumstein, USN '80

Overall, am I as slender as I would like to be? Heckl no! Is my waist as narrow as I wish? Hardly. Although my weight is the still the same as it was pre-pregnancy, carrying four kids did a number on my waist measurement. (I am still trying to figure out where on my body I might be skinnier due to the incredible increase in my waist. Or am I just breaking some universal law of physics related to the conservation of mass?) Can I still run? Oh, please, don't be silly! Can I do all the things I could do before? No. But I am reasonably healthy and able to do most of the things I would like to do.

Do I realize that many people my age—even those who were in the Navy—struggle to stay in shape? Yes. Maybe others were fit when young, and didn't need to struggle as I did. When staying fit became difficult, they had not earlier learned the necessary skills to remain fit. Or maybe they developed medical challenges that made it harder or even impossible to stay fit. Or maybe for them staying fit just wasn't a priority in the myriad demands of their lives. We all make different choices, and all have different challenges. Maybe I had the luck of better genetics. As I reach the first level of "mountain's" upper slopes, I pause to catch my breath. Both it and my heart recover quickly. I wipe the sweat from my face, and turn to look at the view. This view (and others like it) is one of the primary reasons I try my best to stay in shape. Spread out before me is the stunning vista of northern Lake Windermere. The lake's cobalt waters are framed by golden dying summer grasses at the crest of the hill and by dark green trees and brilliant emerald farmers' fields close to its shores. Just lovely.

And thanks to what I learned at the Beaver Battalion and in the Navy, I can still climb to points like this.



HAPPENINGS

Editor's Note: In an effort to perhaps receive more input from alums I'll try this format for brief items, kind of a 'proof of life' idea. If you don't feel all Shakespearian with long tales of adventures, just send me a short blurb (with a photo would be nice) of what you're doing.

San Diego Get Together

Rick & Patti Gress hosted an 80's OSU NROTC reunion in July 2024 at their home in Rancho Peñasquitos, CA. The group consisted of San Diego locals, two out-of-towners, and everyone's spouse. Good times were had catching up on life over the years and recounting memories of our spirited life in Corvallis.



L-R: Rick Gress '83, Victor (Mike) Warriner '82, David Leingang '82, Bing Stickney '83, Kevin Murray '83, Craig Batchelder '83

HAPPENINGS

A Gathering of Hogs; Ken Collyer, USMC '73

It seemed like a good idea at the time that the offer was made to do some wild hog hunting here in the beautiful confines of Central Texas. Naturally, when I relocated to Texas back in '17 I figured there would be lots of ranchers jumping at the chance of ridding their property of these prolific pests. And who better to do it than highly skilled former military folks like me. Well, as it turns out there are indeed such ranchers that do. But, like most things in a great capitalist society they want to charge you for such a privilege. So I sucked it up and convinced one of my long time Marine F-4 buddies to go with me and we each paid the \$500 fee for the opportunity. We both agreed that getting some wild game in the freezer was worth the cost. I got my limit of 2 on the first day. As it turns out, the resulting spoils of the hunt comes to around \$39 a pound for breakfast sausage. My chief of staff was not overly impressed.



Our senior hunting group with the first day's gathering of hogs.



Intrepid hunter with hog #1.

Alumni Coordinator

The primary activity since the last newsletter was the NROTC Beaver Battalion – Alumni Tailgater, held October 19th. Attendance was down from last year at 54 Alumni and guests, and 61 Beaver Battalion and Staff. Many thanks for the generous donations that made the event possible. Oregon BBQ Company was our caterer this year and provided plenty of good eats. Feedback from attendees has been positive with a common theme that the interaction between students and alumni could be improved. The planning team is looking into ways to improve that area. Glenn Munkres (USN 1956) was not able to attend, but provided a great sea story that we shared at the tailgater. Look for the sea story elsewhere in this newsletter. The Beavers lost to UNLV by a score of 33 to 25, which was a disappointment. Better luck to the Beavers next year!

Next year will be milestone anniversaries for the classes of 1955, 1965, 1975, etc. If anyone would like to head up reunion activities for those classes (or any other), please let me know and I will provide database excerpts so you can round up your classmates.

Next up for us is Dam Proud Day in April. We are approximately half way to our goal of \$250,000 endowment to provide three scholarships at \$3,000 each.

Please update your contact information if your email address changes. We have lost track of several alumni when they have retired and left us with a business email address. Also please encourage other alumni you know to get in touch with us to be added to the email list. They can either contact me directly or sign up from the website.

Fair winds and following seas to all!

Doug Neve USN 1981

OSU NROTC Alumni Coordinator

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Farewell Shipmate



Stephen Douglas Lambert

6 Sept 1943-27 March 2024

Stephen Douglas Lambert, a distinguished fighter pilot, dedicated professional, and passionate sports enthusiast, passed away on March 27, 2024, at the age of 80, following a courageous battle with stage 4 glioblastoma brain cancer.

He was born and raised in Sacramento. A standout athlete he was encouraged by his baseball coach to pursue higher education at Oregon State University. There, Steve joined the Navy ROTC, setting the stage for his future military career.

After graduating, Steve served as a fighter pilot in the Vietnam War, where he demonstrated remarkable skill and bravery. His career in the Navy continued with his role as an F-8 instructor at Miramar, a position that preceded the renowned Top Gun program. His service reached new heights as a member of the Blue Angels in 1972 and 1973, where he became known for his precision and dedication.

Farewell Shipmate



Thomas Evan Schaible

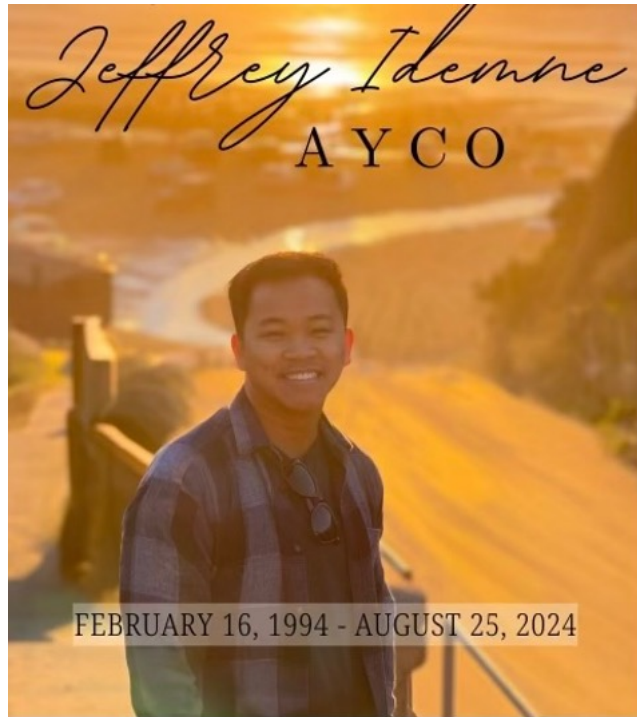
Thomas Schaible, USN '73

Thomas Evan Schaible, age 73 of Manasquan, N.J. passed suddenly May 9th, 2024. Thomas was born in Bethesda, Maryland. Thomas graduated from High School in Colorado Springs, Co. Thomas went on to Oregon State University where he was a member of the Phi Delta Theta fraternity. After graduating and serving time as an officer in the U.S. Navy, he and the love of his life Ann, began a family in Bothell, WA and later moved to High Bridge, NJ. Tom enjoyed working for AT&T Corporate real estate for 39 years until retiring to Manasquan, NJ.

Thomas was an accomplished runner and lover of the outdoors. He loved fishing, working in his yard and watching his children and grandchildren in all their many sports, theater, dance and musical endeavors. With three children and 6 grandchildren that is a busy schedule, but one he never strayed from! To put it simply, he was an amazing husband, father, and grandfather! His legacy of patience, humor, devotion and love of life will live on in the many family members who were lucky enough to call him theirs.

Thomas leaves behind his wife Ann Schaible of 51 years, his 3 children and their spouses and

Farewell Shipmate



LT Jeffrey Ayco

IN DEDICATION

Before closing, it is with a heavy heart that we share the sad news of the passing of LT Jeffrey Ayco, our former Submarine Warfare Officer (2021-2024), who was killed in an ice cave collapse while on leave in Iceland in August. His is survived by his wife Sarah, who is pregnant with their first child. The unit held a memorial hike on October 6th at Mary's Peak, to honor his memory. Fair winds and following seas Jeff...you will be missed.

OSU NROTC ALUMNI WEBSITE

<http://www.osu-nrotc-alumni.us/>

Editors Note

Following discussions with CAPT. De Pree and the Alumni Group we decided that we will publish 3 Alumni Newsletters each year. These will 'appear' in February, June, and October. I'd like to have your inputs by the start of those months.

Thanks to those who have contributed the articles included within. And "YES" inputs from current midshipmen and especially recent grads are welcome!!!

OK!! I'm officially out of articles. Please see the "Happenings" idea.

Email me at kencollier73@gmail.com

Semper Fi

Ken

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