
THE SHAMROCK

Newsletter of the Fightin' Irish Battalion

Vol. XX, No.3

Winter 1996

Battalion Thanks Major Norfolk For His Service

C/MAJ Jack Dwyer

I remember asking myself many times, while studying tactics or map reading, "What am I doing at the ROTC building at 8pm?" However, then I would realize that the person helping me was putting in double duty. After assisting me, he still had to return home and share the duties associated with fatherhood and marriage. The man I refer to, Major Roger Norfolk was honored for his unwavering commitment to

service at his retirement ceremony on 25 January 1996 at 0700.

The ceremony, held inside Loftus Center, was simple, yet dignified. With the battalion standing at attention, C/SFC Ben Rost read Major Norfolk's citation for the Meritorious Service Medal and retirement orders. LTC O'Brien spoke of the Major's history of army service and thanked him for his many contributions to the Fightin' Irish Battalion

Immediately thereafter, C/LTC Monica Scales attempted to express the depth of feelings the battalion, and in particular the MS IV's held for Major Norfolk. After trying fruitlessly to come up with a succinct description of what the Major had accomplished here, the
See RETIREMENT on Page 3

Remembering "The Colonel"

C/2LT Patrick Shane

On January 29th family and friends gathered in Sacred Heart Basilica to pay their final respects to Colonel John Joseph Stephens. At the age of 83, "The Colonel" lost his fight against cancer. His life was long and very full and those who were fortunate enough to have known him will miss him dearly. The numerous and varied people in attendance at
See "THE COLONEL" on Page 3

Notre Dame Loses Two Legends



*Members of the Notre Dame Drill Team, led by C/CPT Tim Wickham, march at the funeral of former PMS Colonel John Joseph Stevens. The cadets were part of a 21-gun salute detail to honor "The Colonel." Funeral services for Major General Francis L. Sampson were conducted during the same week.
Articles on Pages 1 & 6*

Cadet Feature Article Inside!!!

See Pages 4 & 5 for the Secret Behind Cadet Emily Lord's Musical Success...

Letter from the Professor of Military Science, LTC O'Brien

The week marking the end of January and the beginning of February was a tough week. The weather was dangerously cold—dipping under 15 degrees below zero before week's end. It didn't get bright outside until well after 7:30 in the morning—and light was fading by 4:30 in the afternoon. The Christmas holidays were a distant memory, with spring break over a month and a half away. Even the groundhog felt the lack of mirth in the week, scurrying back into its burrow after seeing its shadow and thereby "promising" six more weeks of dreary winter.

We buried the bodies of two of my heroes during that tough week. Colonel Jack Stephens and Monsignor Francis Sampson, both staunch supporters of the Fightin' Irish Battalion, both 83 years old, died within a few days of each other.

Colonel Jack Stephens was the PMS of the Fightin' Irish Battalion from 1964-68. He was the person most responsible for the Shamrock being designated by the US Army Department of Heraldry as the distinctive unit insignia for our battalion—no simple feat. His contributions to both the US Army and Notre Dame are legendary. He and Mrs. Stephens were regulars at battalion functions—I can still picture them sitting together at a Presidential Review or a Veterans' Day Retreat ceremony. He made a difference in others' lives.

Monsignor Francis Sampson lived a full life—chaplain of a unit in the 101st with three combat parachute jumps in WWII, twice taken POW, awarded the Distinguished Service Cross (second only to the Medal of Honor) and the Purple Heart; service in the Korean War; rising through the ranks to become a two star general and Chief of Chaplains; President of the USO; and Special Assistant to the President of Notre Dame for ROTC Affairs. To his dying day, he continued to work with a Catholic high school in Sioux Falls, SD. His love for the Army was obvious—he requested to be buried in his Army uniform after his death. He, too, touched and made a difference in peoples' lives.

I hate wakes, viewings, and funerals. Yes, my intellectual side says it should be a time for rejoicing as these noble persons are at last enjoying their heavenly rewards, at peace with their Maker. The ache in my heart, however, is not swayed by this reasoning. I will miss the physical presence of those who have died. I am moved by the sorrow and pain of other friends and family. The end of the temporal lives of these persons is too recent, too fresh in our minds to not be overwhelmed with the pain of our own loss of their company.

Despite this, there was no way that I would miss either of these funerals. I wanted to be fully a part of remembering these great men. I wanted to do what I could do to comfort their families and friends. I wanted to do what I could to say a final thanks to these men for their contribution to each of us. I participated in their funerals to honor the memory of these great people.

The weather will change. We're in for some good weeks ahead. One thing will not improve—we'll not have the physical presence of these two heroes with us again. Let's do all we can to keep their spirits alive in us and in our actions.

LTC O'BRIEN

("THE COLONEL" from 1)

attendance at the funeral were a impact he made in his life.

Military personnel were there to remember a soldier. Colonel Stephens served in the Philippines during World War II. After the war he became a military attache in India, and adviser in Turkey and South Korea, and finally head of the Army ROTC program here at Notre Dame. During his years in the military he received numerous awards including the Legion of Merit, the Silver Star, the Bronze Star with two oak-leaf clusters and the Purple Heart.

Faculty, staff and administrators from the University were in attendance to remember a fellow worker. Upon retiring from the Army in 1968, "The Colonel" teamed up with Ed "Moose" Krause in the athletic department. Serving as Ed Krause's right-hand man, the two close friends would be all but inseparable. Even after officially retiring from his post as associate athletic director in 1982, Colonel Stephens continued to work on special projects and assist subsequent Athletic Directors. "The Colonel" maintained an office in the JACC until only a few months ago.



Major Norfolk addresses the cadets at the close of his retirement ceremony. After his farewell speech, cadets individually thanked him for his service.

Rugby team members came to the Basilica to remember an advisor and coach. Serving as the Rugby teams faculty advisor, Colonel Stephens brought class and dignity to a sport which frequently lacks such a combination. He often demonstrated his physical prowess by doing more push-ups than anyone on the team, and he never missed the opportunity to give young men lessons on life. The field on which Notre Dame Rugby plays is named in his honor.

The various backgrounds of the visitors to Sacred Heart Basilica had one thing in common, Colonel John Stephens had touched their heart. May he always do so.

(RETIREMENT from 1)

cadet Battalion Commander characterized Major Norfolk's service perfectly, as "selfless".

C/LTC Scales also presented the Major with a memorable collage, compiled and matted by C/1LT Brent Tadsen.

Finally, Major Norfolk, with a lump in his throat, imparted several words of wisdom to the battalion and concluded with a heartfelt farewell. After the ceremony, every cadet approached the Major and expressed their gratitude for all he had done. Major Norfolk may be gone, but will not be soon forgotten by the members of our battalion.

Beginnings Full of Promise

C/SFC Heidi Urban

Webster defines "diverse" as something "distinct in kind" or "unlike" anything else. Upon meeting the multi-talented, unique, and accomplished Emily Lord, one soon realizes that even the word "diverse" is insufficient to describe this particular cadet.

Those who know Emily only through ROTC might be unaware that the unassuming MSIV from Massachusetts is an accomplished musician and budding star.

Like her fellow seniors in the Fightin' Irish

Battalion, she has quietly gone about her duties this year, serving as Alpha Company Commander and Battalion S5.

However, after getting to know Emily, you soon realize that she is not a typical cadet.

She will be the first to admit to you that while growing up, a future in the Army was probably the furthest thing from her mind. Nevertheless, she arrived at Notre Dame in the fall of 1992, an eager, but nervous freshman and MSI cadet. "Looking back, I was so intimidated that first year," Lord remembers. Yet three years later, she went on to achieve one of the highest scores

at Camp All-American, and assess into the highly selective branch of Military Intelligence.

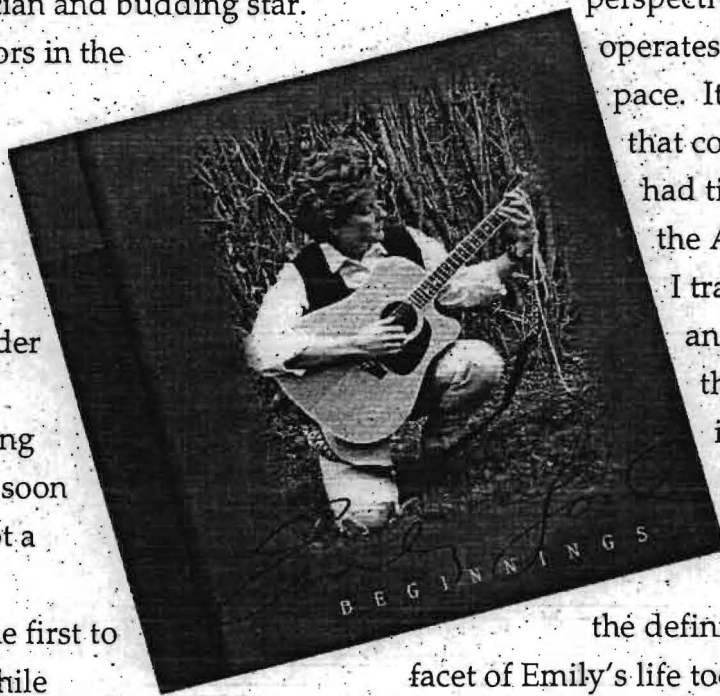
"ROTC has changed my life," Lord admits. "I've met some of the best friends I'll ever have."

But as Lord will also admit, ROTC is only one part of Emily's life. For example, the honor student spent her sophomore year abroad studying in Spain — an experience Lord says opened her eyes to a new

perspective on life. "Spain operates at a much slower pace. It was the best thing that could happen to me. I had time to think about the Army and my future, I traveled everywhere and saw incredible things, and most importantly, had more time to spend on my music."

Music certainly is the defining and most visible

facet of Emily's life today. Even as a child Lord knew that music would always play a part in her life. Growing up listening to Elvis Presley and John Denver influenced Emily to try an early stab at songwriting. "I wrote my first song when I was in the fourth grade." Lord reminisces with a smile. "My friend and I used to put on shows for our parents in the basement of our house."



What is most interesting is that Emily Lord never even wanted to play the guitar. Well, not at first. "When I was a kid, I actually wanted to play the banjo," the senior confides with a laugh. "But my mom convinced me to try guitar lessons instead."

"Each song is very personal for me, and I think it's better for each person to have their own personal interpretation."

With the successful smash release of her first CD, *Beginnings*, it's probably safe to say that sticking with the guitar was the right choice.

She describes her music as "raw acoustics" and her fans like to think of her as a cross between the Indigo Girls and Tori Amos. Her CD has made her a local celebrity, and its songs can be heard from the packed Corby's Pub on Thursday night to the quiet halls of any dorm on a Sunday afternoon. *Angelina* and *Hey Joe* have become household names, and are played with the frequency of any Billy Joel or Elton John ballad.

Her popularity is so high on campus, that Lord has even received phone calls from strangers asking her to explain the meanings to some of her songs. However, she is often reticent to tell people. "I think that by telling people what the song means causes the song to lose something. Each song is very personal for me, and I think it's better for each person to have their own personal interpretation."

With graduation looming, one song stands out and has quickly become a favorite for the seniors who will soon have to say goodbye. The lyrics to *Through the Tears* are simple but touching: "I wonder if a year from now if things are gonna change/and how'd I do the years before I ever knew your name?...but I wish upon your love and tears and then, like drifters on an open sea, stop sometime and think of me, soon I'll be here with you again."

Lord's friends in the Fightin' Irish Battalion will be sad to see the senior leave, but can always think back on the fond memories they've shared through the years by remembering their "Beginnings."



Emily Lord glows with pride after presenting Major Norfolk with his Battalion retirement gift, a matted collection of memorable photographs.

Cadets Go the Extra Mile in CPDT

C/1LT JJ Merriam

January 29th marked the beginning of Cadet Professional Development Training, or CPDT, at Notre Dame. This program is designed to prepare Notre Dame Army Cadets for specialized training at one of several Army schools - Airborne School, Air Assault School, and the occasional slot that opens up at Mountain or Northern Warfare Schools. The program is administered by MS-IVs who have completed both CPDT and one of the Army schools in years past. CPDT concludes February 23 after four grueling weeks.

At 0530 every Monday, Wednesday, and Friday morning, the CPDT candidates form up and march to Pasquerilla Center for inspection. Over the course of the next twenty minutes, they are

grilled by the "blackhats" (MS-IV trainers) on their knowledge of various facts about their future training, their appearance, and motivation (or lack thereof). Invariably mistakes are made and are pounced on by blackhats, resulting in exorbitant amounts of push-ups and flutter-kicks. Following inspection, the class then moves to the pull-up bars to complete their weekly goal - 3 sets of 6, 8, 10 and finally 12 pull-ups (corresponding to the week of training that they are in.) Finally, at about 0615, the class moves inside Loftus and PT begins in earnest!

The CPDT program is intense and extremely demanding, both physically and mentally. The candidates work out until muscle failure occurs, while the blackhats maintain a constant, "in your

face" attitude. However, CPDT is not designed to break one's spirit or body. Rather, it is designed to give the candidates the necessary upper-body strength and mental toughness to handle Airborne, Air Assault, Mountain, or Northern Warfare Schools. The MS-IV trainers do their best to stimulate the attitudes of the real Army blackhats at these schools, and the focus is constantly on team-building and "helping your buddy." Without these skills, in addition to good physical conditioning, many cadets would find Airborne School very difficult. After completing four weeks of CPDT, however, most will find the actual Army schools very manageable.

To those of you who opted not to try for a slot, all I can say is "you don't know what you're missin'." For those who are, congratulations on the hard work you've already put in, and keep it up...by Fall Semester 1996, you'll be wearing the coveted wings on your chest!

Monsignor Francis L. Sampson

C/CPL Lingenfelter

Retired Chaplain Major General Francis L. Sampson, a Notre Dame graduate, passed away on January 28, 1996. His career in the military and the religious life was long and distinguished. After graduating from Notre Dame in 1937, he attended St. Paul's seminary in St. Paul, MN and was ordained a priest on June 1, 1941. He was commissioned as an Army Chaplain in

1942. During WWII, he jumped with the 101st Airborne Division into Normandy. He was captured by German troops, but soon escaped and jumped again in Europe on December 19, 1944. During the Korean war, he jumped with the 187th Airborne Division. He was ordained a Monsignor on August 18, 1967 and was soon promoted to the rank of Major General. He retired from the service on July 31, 1971, but served as the ROTC, special assistant to the president of the University of Notre Dame from 1983-1986.

AIRBORNE
ALL THE WAY!!!

The Fightin' Irish Battalion

Army R.O.T.C. University of Notre Dame

Army R.O.T.C. Goes On-Line!

C/1LT Jeff Catalina

Picture this: you're in the Nieuwland cluster finishing up that lab report, and you can't remember what time the ROTC awards ceremony is scheduled for. Simple. Just pull up the Army ROTC home page and scroll to the battalion calendar, and you have your answer! Need to call your platoon sergeant but forgot her phone number? Click on the Battalion Directory link, and there it is. The Army ROTC World Wide Web page has grown to provide a wealth of information to cadets, past, present, and future.

Anyone in the world can access the Fightin' Irish Battalion's Web Page, located at <http://www.nd.edu/~army>. Created by LT Craig Roman '95 and me, the opening screen contains a list of links to several different sections.

The first section, "Army ROTC at Notre Dame," is geared towards prospective cadets. These students can read about our program, its history, expectations, and benefits. Another section,

"Cadet Information," contains a wealth of information about the Fightin' Irish Battalion. Here one will find the battalion calendar, chain of command, battalion directory, and even syllabi for the military science classes. Future plans call for the "Cadet Handbook" to be placed on-line. Such a detailed resource would be helpful to all cadets, especially when all dorm rooms are networked for access to the internet starting this Fall.

The Web page has a photo scrapbook, containing pictures of cadets over the past few years, and the Shamrock on-line, an

internet version of this publication. Finally, one can visit the "E-mail Forum," containing the e-mail addresses of Cadre and numerous alumni of the Fightin' Irish Battalion.

The World Wide Web has undergone a terrific expansion over the past two years. Notre Dame Army ROTC is one of many to have eagerly jumped on the information superhighway.

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Cadet Jack Dwyer and his date Susan Riemann enjoy the Joint-Military Ball at South Bend's Union Station. For many seniors, this was the last military ball of their ROTC careers.