Canisius College ROTC MS4 Cadets celebrated their branching ceremony at the Hofbrauhaus Buffalo on December 2, 2021. The Cadets were met with surprise as their branches were revealed. All of the Cadets walked away embarking on their bright futures in the Army! See where each Cadet is headed on page 2.

“Leadership & Learning are indispensable to each other”
- John F. Kennedy, 35th President of the United States

A Message from our PMS, LTC Gosney...

Golden Griffin Family and Friends,

I hope this inaugural newsletter finds you in good health. We hope this newsletter will help inform and reconnect those that have been a part of Canisius ROTC in the past, present, and future. To say the Cadre and I are proud to carry the guidon of the prestigious Golden Griffin Battalion is an understatement. We all are excited to coach, teach, and mentor the future of the Army here. You should all be happy to know the Cadets graduating in 2023 will without a doubt continue the legacy of the Golden Griffins in their service to this great nation. To the families that have entrusted their loved one’s welfare and development in us, thank you and know we do not take it lightly. I look forward to seeing each one of them pin on the coveted Gold Bar as a 2nd Lieutenant, and any opportunity to meet you and shake your hand.

“Buffalo’s Own”
The 369th Infantry Regiment, originally known as the 15th New York (Colored) Infantry Regiment would eventually be known as the Harlem Hellfighters. The Hellfighters were an African-American infantry unit in WWI who spent more time in combat than any other American unit. Despite their courage, sacrifice, and dedication to their country returned home to face racism and segregation from their fellow countrymen.

One Medal of Honor and numerous Distinguished Service Crosses have since been awarded to the members of the regiment.

- In 1941, the 926 all-black Tuskegee Airmen (one of whom was recently honored during the State of the Union address) carried out hundreds of escort missions during World War II, never losing a single plane to the enemy. In the same war, Oleta Crain was one of three black women who entered officer training and the only female black officer to be retained after the war. During her years in service and later as a civilian, she fought against racism and segregation in military training and was a trailblazer for both female and minority service members.

- In 2005, Sgt. 1st Class Alwyn C. Cashe suffered second and third degree burns while rescuing trapped soldiers from a burning vehicle in Iraq. Refusing to evacuate via helicopter until all other soldiers had been safely moved, his first words upon regaining consciousness later were, “How are my boys?” He died as a result of his injuries and posthumously received the Silver Star; there is an ongoing campaign to upgrade Cashe’s Silver Star to the Medal of Honor.
Alumni Spotlight

Christopher Bigouette, CPT, QM, Army Reserve

CPT Bigouette graduated from the University at Buffalo, Canisius College ROTC Program in 2012 with a Bachelor of Arts. He started his career with the 277th QM Co, Niagara Falls, NY. From 2012-2018, CPT Bigouette would serve as a Platoon Leader, Executive Officer and Company Commander. After completing his tenure at the 277th QM Co, CPT Bigouette would serve as the 402nd QM BN SPO until 2019 when CPT Bigouette was selected to serve as the Aide de Camp to BG Linton, 316th ESC.

CPT Bigouette is a graduate of the LOG CCC, Support Operations Course, Petroleum Water Officer Course, and Master Resiliency Course.

CPT Bigouette has achieved a Master of Education from Buffalo State College, and currently teaches high school social studies at the Charter School for Applied Technologies in Buffalo, NY.

In his free time, CPT Bigouette enjoys his family life and the art of woodworking.

Mental Health Corner

Stress Management in Your Life

Stress is something everyone experiences. Despite being unpleasant, stress in itself is not an illness. But there are connections between stress and mental health conditions including depression, anxiety, psychosis and post-traumatic stress disorder (PTSD). The more we understand stress, the better we can tackle it.

There are lots of ways to help anyone who is stressed. The first advice is to try and identify the cause of stress and tackle it. Avoiding the problem may make it worse. Often it isn’t possible to change a situation and prevent stress. But, there are many ways to help control it, and stress management may be effective in improving health.
COMMUNITY SERVICE & EVENTS:

COMMUNITY CRISIS SERVICES:
- WNY Crisis Services: 716-834-3131
- National Suicide Prevention Hotline: TEXT “HELLO” to 741741 or Call 1-800-273-TALK
- 24 Hour Domestic Violence Hotline: 716-862-HELP
- Veterans Crisis Hotline: 1-800-273-8255
- Sexual Harassment & Assault Services – Utilize your campus Title IV Coordinator or Army SHARP Representative

BUFFALO SABRES 50/50 RAFFLE

WNY FOOD DRIVE

Check out Tabata Songs on Spotify to get you through your workout!

**Bodyweight Tabata Workout**

1) Burpee (4 minutes)
2) Squat (4 minutes)
3) Lateral Slide (4 minutes)
4) Reverse Lunge (4 minutes)
5) Mountain Climber (4 minutes)
6) Scissor Kick (4 minutes)
7) Spiderman (4 minutes)

*Perform workout in Tabata fashion*

*Rest for one minute between each exercise*

On the morning of the ACFT, follow the guidelines in the box shown here, based on hours prior to the event.

<table>
<thead>
<tr>
<th>Hours prior to event</th>
<th>Grams of carbs per kg body weight</th>
<th>Ex: Grams of carbs for 180-pound (82kg) Soldier</th>
<th>Example sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>80</td>
<td>1 Tbsp. PB + 2 tsp. jelly + 2 slices whole wheat bread, 8 oz sports drink</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>165</td>
<td>6 oz yogurt + 1/2 cup granola + 1 box raisins + 1 sports bar + 16 oz sports drink</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>245</td>
<td>1.5 cup oatmeal + 1/3 cup dried fruit + 1/4 cup nuts, 1 biscuit + 2 tbsp honey + butter, 1/2 cup trail mix, 32 oz sports drink</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>325</td>
<td>1.5 cup breakfast potatoes + 1 egg; 1 biscuit + butter + 2 tbsp honey, 1 banana, 1/2 cup trail mix, 1 sports bar, 12 oz chocolate milk, 32 oz sports drink</td>
</tr>
</tbody>
</table>

(Note: to convert pound to kilograms, divide your weight by 2.2.)

If breakfast is not feasible, consume 30 grams of easily digested carbohydrates like a banana or sports drink five minutes prior to start of the event.

Check out Tabata Songs on Spotify to get you through your workout!