



Message from the Presidents

Hello APCSC Members:

It is with great pleasure I welcome you all to what I hope will be a fun, informative and fruitful 2019-2020 program year for all. By now the Class of 2019 has completed the journey and are now called Ensigns or 2LT, and the Class of 2020 is taking the reigns of leadership in Annapolis. As the Class of 2019 takes to the Fleet, we wish them all the safest of adventures and we feel confident that the security of our nation is resting in very capable hands.

As a former Surface Warfare Officer, I can fully relate to the apprehensions that they are feeling as the head to their ships, or follow-on training. But rest assured, they have received some of the finest training available and they are more than well prepared for what lies ahead.

And with Herndon complete, congratulations to the “Plebe no more” Class of 2022. You and your Mids have completed a long year, full of new language, rules and policies. As you all found out, this is definitely Not College, but after finishing this first year, would any of you had it another way?

And finally, a big welcome Aboard to the Parents of the Class of 2023. You have a tremendous ride ahead of you that will be filled with joys and sorrows but overall an experience that you and your Mid will cherish and remember for the rest of your lives.

We here at the Club look forward to being there to help you with this journey. We all have done it, and it is much easier with the help of those that came before.

Julie and I are grateful and excited to be leading the Club this year and look forward to getting to know you all a little better. We will do our best to make it a good year, but as with any organization, it is only as good as you make it. We encourage all of you, from Class of 2020 through Class of 2023 to help make this club the best it could be.

Go Navy! Beat Army!!

Very respectfully,

Toby and Julie

Toby and Julie Nassif
2019—2020 APCSC Presidents
MIDN Samantha Nassif, 2021



May, 2019 Issue

Upcoming Events

Welcome Aboard Luncheon

June 9 @ 11:30 AM

Via Verde Country Club

Tickets at:

**[Welcomeaboardluncheon-
2019.eventbrite.com](https://www.eventbrite.com/Welcomeaboardluncheon-2019)**

In this Issue

**2019—2020 Board
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Advice for Plebe parents

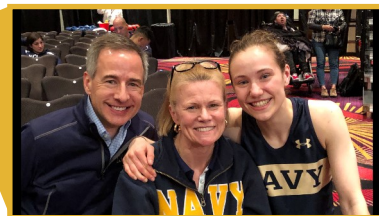
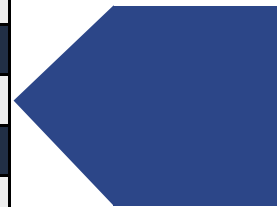
From around the Yard

Calendar of Events



2019—2020 APCSC Board Members

POSITION	NAME
President	Toby & Julie Nassif
VP Meetings & Events	Bryan & Tiffany Shields
VP Membership	Mike & Ann Shires
Secretary	Cindy Murray
Treasurer	John Murray
Welcome Aboard Luncheon	Greg & Nancy Annick
Summer Picnic	Vacancy
Fall Meeting Chili Cook-Off	Stuart & Shirley Lee
Army-Navy Party	Vacancy
Winter Meeting Alumni Salute	Vacancy
Spring Meeting Firstie Salute	Vacancy
All Academies Ball	Need Volunteers Charles & Sunny Cho Dondi Beltran
Mini-Mid Store	Vacancy
Tradewinds Editor	Kenny & Diane Pawlek
Parent Handbook Editor	Mike & Ann Shires
Webmaster/Facebook	Bryan Shields
Birthday Cookie Chairperson	Theresa Miller
Historian	Sonia Carvalhos
Firstie Mom Lunch	Joseph Amaya
Shoremates Coordinator	Vacancy
Inland Empire/Desert Communities	John & Joy Richart
210 Corridor	Greg & Nancy Annick
Central Valley	Vacancy
Santa Clarita/Antelope Valley	Wally & Liz Cadow
Ventura/Santa Barbara Counties	Mike & Ann Shires
Los Angeles County/ South Bay	Kevin & Kelly Navarro
Southeast LA/North Orange County	Wayne & Sonia Carvalhos
South Orange County	Vacancy





Advice for Plebe Parents

- Send them a piece of mail everyday, or at least once a week. I also sent fill in the blank letters for her to send back in case she was too tired to write out a letter. Diane Pawlek (MIDN Sophia Pawlek, 2022)
- I remember at the WAL we met a family that said to us if your son/daughter is having trouble with making it one day at a time, have them think about getting through one meal at a time, smaller chunks of time to make it more manageable. Kathleen Ossenmacher (MIDN Strom Ossenmacher, 2019)
- Plebe year is all what you make of it. Keep a positive attitude. Remember, you're in with the best of the best. It's going to be difficult at times. Our advice to plebe parents? Remember, your mid is in with the best of the best. Be supportive. Listen. Use USPS priority boxes when sending care packages. They are free at the post office and they are a flat fee to ship. Also, write your mid's company# on the sides and on the bottom!! If you can afford it, try to go to a football game! Kevin and Kelly Navarro (MIDN KC Navarro, 2020)
- Have a place for your plebe to sit on I-Day. When she/he emerges for the family visit it is chaos! You will go to the sign with the letter of your last name. Your plebe has been standing most of processing and is exhausted. They need to sit but will be in whites. Some people take a blanket, others buy cheap sports chairs. We did not know and were able to grab a chair from the place the plebes were sitting. Jackie Teepen (ENS Jacob Teepen, 2019)
- My Graduating Mid said, "MAKE SURE YOUR CLOTHES FIT! These are the clothes you have all FOUR YEARS. Know your tee shirt size, your shorts sizes. Do not feel right, tell them. This is exceptionally important with the uniform and ESPECIALLY SHOES! If things don't fit, you must purchase new ones. The people getting you clothed don't judge, it feels fast, but when you try on the uniform including shoes, make sure they fit!" He further said he had several friends who regretted not speaking up and had ill-fitting shoes for four years. ENS Jacob Teepen, 2019
- Continue to be patient, supportive and calm as your Mid navigates their new normal. Encourage them to update you regularly ... and good luck with that! Ann and Mike Shires (MIDN Marshall Shires, 2020)
- Sign up for Facebook parent groups
 - Plebe summer Company parent page
 - Class of 2023 parent pages (look for info on Facebook)
 - Annapolis Parent's Club of Southern California
 - USNA Parent Community
 - USNA MID MOMS!!! (and DADS!)
 - Academy Insider (great tips and videos)

USNA Glossary

- "The Yard" - USNA campus
- "Chopping" - Plebes required to jog through Bancroft Hall
- "Proknow" - Professional knowledge testing each week

"Carry Her Through"*

Sonia Carvalho

There's Plebe Summer
 There before her
 She's going to finish
 With strength not her own
 He's gonna lead her
 Or the detailers defeat her
 Carry her through
 Carry her through
 There's PEP, evolutions and rates
 before her
 She's gonna attempt them
 with strength not her own
 He's gonna save her
 Or the courses and rates break her.
 Carry her through
 Carry her through
 Oh Lord be gentle
 She's a young woman
 Please don't let them crush her
 Help her through.
 Oh Lord remember
 She's tries so hard
 She walks and marches
 Your kingdom love
 There's many Plebes
 There among her
 Please give them
 Strength not their own
 Please, please carry her
 when she gets teary or
 when she get weary
 Carry her through
 Carry her through
 Hallelujah
 Hallelujah
 Lord Sweet Lord
 Carry her through.

*Dave Barnes "Carry Me Through"



Blue
Angels



The Navy women's boxing team won the national title at the National Collegiate Boxing Association Championships in Reno, Nevada. Four Navy women earned individual national titles, including second class Ally Annick ('20), from Pasadena, CA (second from left).

From around the Yard



KC Navarro ('20) Varsity Offshore team and his sailboat "Defiance"



Jacob Teepen ('19) receiving Capstone Leadership Excellence award

Submit pictures with captions to:

Diane and Kenny Pawlek— reyespawlek@gmail.com

Submissions must be received by the 20th of each month for inclusion in the next issue



2019—2020 APCSC Calendar

DATE	DAY	TIME	EVENT	LOCATION
June 9, 2019	Sunday	12:00 – 3:00 PM	Welcome Aboard Luncheon Class of 2023	Via Verde Country Club – San Dimas
June 27, 2019	Thursday	0630 – 1830 Hrs	I –Day, Class of 2023	USNA, Annapolis
July 21, 2019	Sunday	1:00pm	Summer Picnic	Barney's Beach House Seal Beach Naval Weapons Station
August 9-11, 2019	Friday - Sunday		Plebe Parents' Weekend	USNA, Annapolis
September 11-12, 2019	Wednesday – Thursday	Wednesday PM All Day Thursday	Parent Club Officer Conference	USNA, Annapolis
September 13-15, 2019	Friday – Sunday	Per Annapolis Calendar	2 nd Class Parents' Weekend	USNA, Annapolis
Sept/Oct/Nov 2019	Saturday	TBA	Shoremates Meetings	Navy Football on TV in Local Areas
October 9, 2019	Saturday	TBA	Navy beats Air Force Football Game with Air Force Parents Club	TBA
October 19, 2019	Saturday	Noon Arrival Kick-off 12:30	Fall Meeting Chili Cook-off	TBA
December 14, 2019	Saturday	TBA	Navy beats Army Football Game with OC West Point Parents Club	TBA
December 28, 2019	Saturday	6:00 PM	All Academies Ball	TBA
Jan-Feb 2020	TBA	TBA	Shoremates Meetings–Dark Ages Packing Parties	Local Areas
TBA	TBA	TBA	Firstie Mom Luncheon	TBA
January 26, 2020	Sunday	12:00 –3:00 PM	Winter Meeting –Alumni Dinner	Yorba Linda Country Club
March 9-13, 2020			USNA Spring Break	
March 29, 2020	Sunday	12:00 – 3:00 PM	Spring Meeting - Firstie Parent Salute & Elections	Knott's Berry Farm–Buena Park
April 18, 2020	Saturday	TBA	Board Changeover Meeting	TBA