

WHEN DISASTER STRIKES

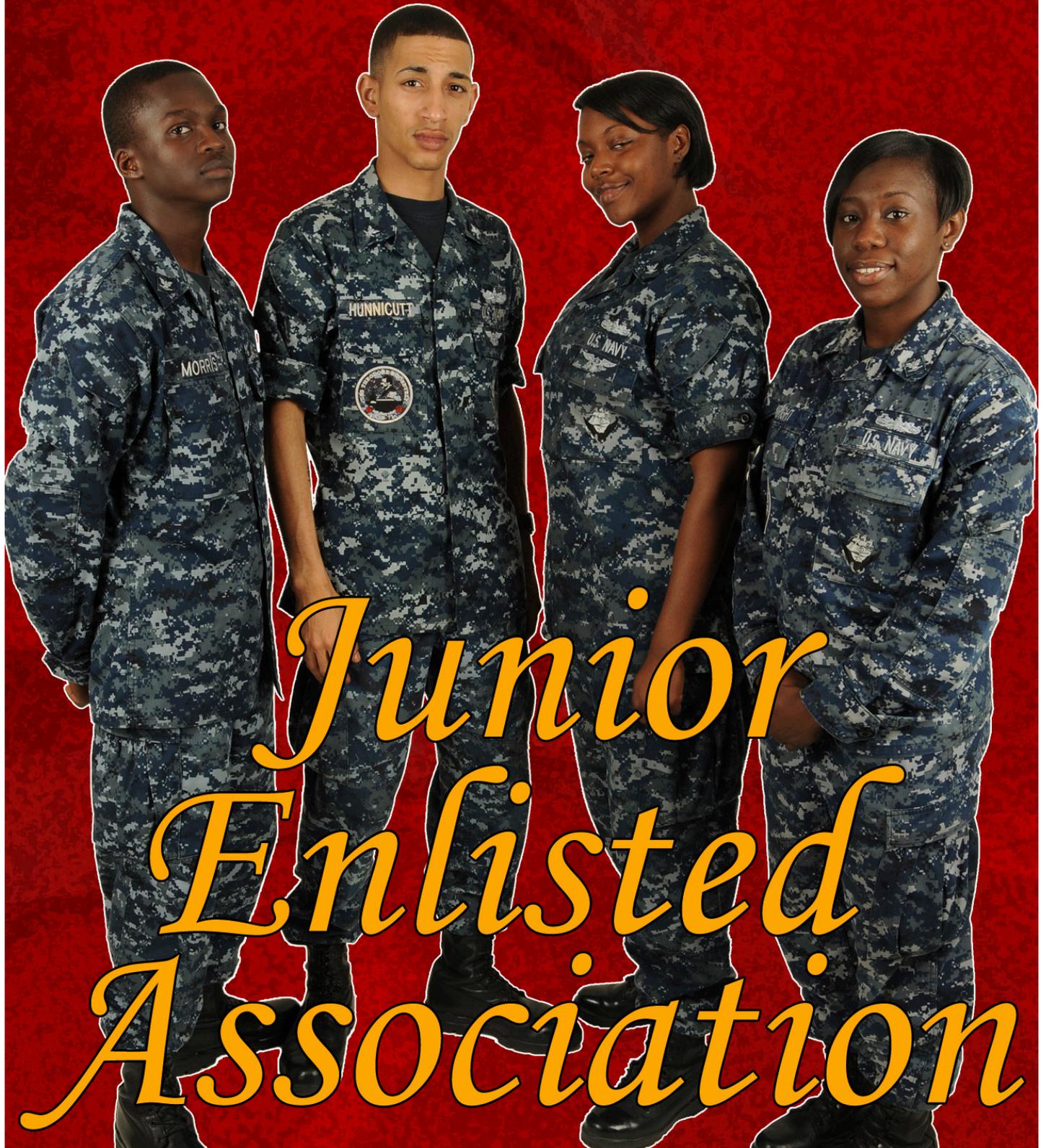
How TR Sailors stepped up to help a shipmate

HOW TO KEEP YOUR COOL

Advice on proper hydration

USS THEODORE ROOSEVELT

ROUGH RIDER



*Junior
Enlisted
Association*

TR Sailors step up, help out a shipmate in need

Story by MC3 Kimberly Romanowski
USS Theodore Roosevelt Public Affairs

When a tragic fire struck Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Germain T. Stabler's home in Newport News, Va., March 3, he thought he had lost everything. Fortunately, Stabler's shipmates onboard USS Theodore Roosevelt (CVN 71) stepped up and helped him by donating money and supplies to replace what he had lost.

The fire started while Stabler, the leading petty officer of TR's production team, was out washing his car.

"While we were gone, my security system called and alerted me that there was a power outage or power shortage," said Stabler. "I came home and that's when I noticed the fire."

According to Stabler, it was hard to register what was happening when he first saw the flames.

"I thought, 'is this really happening to me?'"

said Stabler. "I always thought I was careful, and that things like this would never happen to me, but I guess they can happen to anyone."

Stabler later discovered the fire had been caused by leaving his downstairs television turned on, which led to the wires heating up and causing a spark. Thanks to that one moment, Stabler had to start all over again.

"Anything that wasn't burnt was damaged from smoke and soot," said Stabler.

When Stabler's shipmates onboard TR found out

about the fire, the response was almost immediate. In a matter of days, Stabler was receiving donations and other forms of aid to help him rebuild his life.

"The TR has always been a family - even people I don't know have really come forward to help," said Stabler. "This shows you how close a Navy family gets, and it's closer than anything."

Stabler said that out of all the commands he has been stationed to, TR has been the tightest-knit.

"To see the amount of people go out of their way to make sure a shipmate is taken care of makes me feel like I am in the right place doing the right thing," said Senior Chief Aviation Electronics Technician (AW/SW) James w. Beckwith, Stabler's leading

chief petty officer. "People have recognized that something happened to a shipmate, and they stepped up to the plate."

Stabler said the amount of donations he received shocked him, and with the command's help he has almost replaced everything he lost.

"There was so much support; so far my house is

almost refurnished, and people have even given me new clothes," said Stabler. "To this day people still ask me if I need anything."

To many onboard, TR is more than just a ship - it is a large family. When one member of the family is in trouble, the other members step up and help.

"TR has showed what the true meaning of shipmate is," said Sonar Technician Surface 1st Class (SW) James M. Blaine. "It is when a tragedy happens everyone comes together to take care of that person."



Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Germain Stabler (left) accepts money from Sonar Technician Surface 1st Class (SW) James M. Blaine May 2 in Hab Central onboard the ship, as a donation to help refurbish his home, which recently burned in a house fire.

Photo by MC3 Kimberly Romanowski

TR Sailors establish Junior Enlisted Association

Story by MC3 Tyrell Morris

USS Theodore Roosevelt Public Affairs

Junior enlisted Sailors aboard USS Theodore Roosevelt (CVN 71) recently formed the ship's first Junior Enlisted Association (JEA).

The JEA is currently operating on an interim basis while the Association's bylaws are approved by the chain of command. The first JEA officers were elected by a board process that was conducted by the officers of the First Class Petty Officer Association.

The officers for TR's Junior Enlisted Association are Operations Specialist 3rd Class (SW/AW) Clois McConico (President), Yeoman 3rd Class (SW/AW) Trevor Hunnicutt (Vice President), Quartermaster 3rd Class (SW/AW) Shaundell Wright (Public Affairs Officer), Mass Communication Specialist 3rd Class Tyrell Morris (Treasurer), and Interior Communications Fireman Alexis Russell (Secretary).

"We have been working diligently for more than a year to get the Junior Enlisted Association started onboard the TR and to finally see it all come

together is proof that hard work and persistence pays off," said Hunnicutt.

The JEA is a positive influence and motivational tool for enlisted members. The goal of the JEA is to foster camaraderie, prioritize concerns, promote goodwill, and incorporate unity within the Hampton Roads community.

"Our Association is important because it provides E4 & below Sailors onboard an opportunity to develop and strengthen leadership and organization skills that they will need as they further their Navy careers," said McConico.

What makes TR's JEA so unique is they are one of the few, if not the only Junior Enlisted Association, that is only E1 to E4. Most other commands include E5s in their Junior Enlisted Association.

"We are here to promote morale," said Wright. "As a junior Sailor on an aircraft carrier it can be difficult and stressful especially going through a Refueling Complex Overhaul (RCOH) in the shipyard. We want to see junior

Sailors happy, coming to work motivated and ready to start the day."

One of the major projects the JEA is working on is with the Coalition of Sailors Against Destructive Decision Making (CSADD). This program is designed to positively influence Sailors behavior through resources and tools that promote good decision making processes, enabling leadership development and influence among peers at the junior level which, in turn, fosters both an attitude and atmosphere conducive to good order and discipline.

"We saw the great things the SCPOA and the FCPOA were doing and the impact they were having on the ship and in the community," said Hunnicutt. "We wanted to do the same thing for the E4 and below."

Some of the things the JEA hopes to implement are JEA coins and certificates for its members who advance to the next paygrade or make PTS approval. They also plan to sponsor liberty events and socials where the Sailors can network and fellowship outside of work and coordinate with senior leadership to host a "PQS Party" where Sailors can meet with qualified individuals at a set date and time to get the necessary qualifications.

At least one representative from the Association will be volunteering at each ship sponsored COMREL. The Association is currently sponsoring an ongoing COMREL collecting Box Tops for Education. Every month the Association will be sponsoring a different school. The school for this month is Victory Elementary School in Portsmouth, Va. JEA members will be collecting your box tops on Tuesdays and Thursdays from 1100 to 1200 on the second deck of the FAF.



What the Cool Kids Do

Story by MC3 William McCann
USS Theodore Roosevelt Public Affairs

Inadequate hydration can lead to dehydration, which in turn can get you a quick trip to medical

It is what our ship is made for, it's in the air and you cannot live without it - nor would you want to. Going without water for long periods of time can deteriorate your health and will make you sluggish throughout the day. With crew move aboard peeking around the corner and the PRT in full swing, it is more important than ever to make good hydration part of your daily routine.

Inadequate hydration can lead to dehydration, which in turn can get you a quick trip to medical, which you can go voluntarily or involuntarily.

"Hydration gives oxygen to your muscles and brain," explained Hospital



Corpsman 3rd Class Jose Seanz. “Your body is made up of seventy percent water, so it is common sense to drink a lot of it.”

Throughout the day, Seanz recommends regulating water intake, so that you are prepared for whatever workload you may encounter throughout the day.

“Eight cups of water a day - depending on your body type, the type of work you’re doing and the climate is the norm,” Seanz instructed.

Dehydration decreases the flow of oxygen to the brain and muscles, therefore creating the feeling of being tired, or resulting in diminished problem solving skills.

“Summertime is coming and heat stress is coming with it,” cautioned Hospital Corpsman 1st Class (SW/FMF) Sharla Bustamante. “Heat stress can lead to more complications, so don’t become a heat casualty.”

Complications from heat stress can lead to heat cramps, which in turn can escalate into heat exhaustion before turning into heat stroke - which can be fatal.

Gatorade and Powerade both have

electrolytes, which help out with the hydration process. However, a cheaper and more accessible alternative is H₂O.

“Even swimming can dehydrate you if you’re not careful,” said Bustamante. “Hydrate while you’re at the pool as well.”

Camelback hydration backpacks are convenient for Sailors who spend their work day on the ship, and the ship provides drinking fountains on the enlisted brow elevator, as well as the elevator on the starboard side of hangar bay 3.

gar bay 3.

When working in a high-stress, high-heat environment such as TR in the summertime, proper hydration can be the difference between a good day and a trip to medical.



KNOW YOUR RATE: MA

Story by MC3 William McCann
USS Theodore Roosevelt Public Affairs

Since the inception of the US Navy, there has always been a need to keep the peace. Almost as old as the Navy itself, the master at arms rate was introduced in 1797 to provide security on both water and land for all Naval personnel.

MA personnel provide force protection, physical security, and law enforcement to the Navy, while also organizing and training the ship's force to provide the same protection.

"The Master at Arms rating is the forefront of the Navy's Law Enforcement, Physical Security, and Anti-terrorism programs," said Lt. Mark Reid, USS Theodore Roosevelt's (CVN 71) Security Officer (SECO). "It is constantly changing, adapting to new threats, safeguarding critical assets, and ensuring optimal training for the challenges of tomorrow."

Historically, the Master At Arms was an officer appointed by the captain to perform security and disciplinary duties onboard a ship at sea. Unofficially referred to as the "Jaunty" by the seamen onboard, the position received the name "Master At Arms" because the man filling the position was also responsible for training the crew in the use of small arms.

The rating was disestablished in 1921 and responsibilities of the master at arms were delved out as collateral duties to other ratings. Reestablished in 1973, the master at arms rating would only draw per-

sonnel from the paygrade of second class petty officer and above of other ratings, until 2003, when Navy Recruiting Command allowed entry level Sailors to serve in the rate as a collateral duty.

"Since the tragedy of 9/11, the MA rate has become more focused on anti-terrorism," stated Master Chief Master at Arms (SW/IUSS) Gregory Keefer. "We guard everything from strategic weapons to mobile security nets and perform counter drug and counter explosive operations."

The modern MA community is comprised of Sailors from all paygrades, including those straight out of boot camp. Since 2001, MA's have shifted focus from internal security to anti-terrorism and force protection. Because of this, the rate has grown significantly – from only 3,500 personnel in 2000 to more than 10,000 currently.

Being onboard a ship, many TR Sailors know MA's as those in charge of the ship's security force; however, the rate has many different specialties and purposes throughout the fleet. MA's can work as anything from Military Working Dog handlers, to detectives, to brig guards in some cases. They can be stationed in a very wide va-

riety of bases and ships, including smaller commands such as Riverine squadrons or special forces units. "The versatility of this rate is one of the best parts about it," said Keefer.

While MA's have important jobs in various commands throughout the fleet, their job onboard TR is equally important. Maintaining an entire ship's security force, while also looking out for any wrongdoing or criminal behavior on the ship are difficult tasks which require a well-trained force to oversee.

"At sea, our job is very dynamic," said Master-at-Arms 2nd Class (SW/AW) Brandon Sischo. "The opportunity to perform physical security is tough, and it really keeps you on your toes."

No matter how difficult the mission, MA's enjoy a strong and proud community – ready to work hard to accomplish whichever mission they are called upon to complete.

"I am absolutely proud to be an MA," said Keefer.



The Master at Arms force assigned to Marianas ammunition depot poses for a photo, circa 1945.

Photo courtesy of navy.mil

TR Gears Up for Crew Move Aboard

Question: What are you most excited about with Crew Move Aboard approaching?



"It'll be nice to get everyone on board. Everyone can work together on the ship as a team."

CDR Dan Case
P-Air Boss



"I'm most looking forward to having my own rack to sleep in. And, we'll be able to finish with the berthings and focus on getting the mags ready to hold ordnance."

AOC(AW/SW) Jason Burch
- G3 division



"We get to see everything working, what the ship will really look like."

MMFN Tomas Martinez
- A division



"It's one step closer to the ship being out to sea. I didn't join the Navy to be stuck in the yards."

MM2 Chris Hodgson
- RM division

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PHOTO OF THE WEEK



Construction workers work to demolish the “bank building” May 2 in downtown Newport News, Va. The bank building was used to house USS Theodore Roosevelt’s (CVN 71) Media department, Personnel department, Drug and Alcohol Prevention and Response, the ship’s psychologist, educational service office, and Fleet and Family Services during the ship’s extended shipyard period, Refueling Complex Overhaul.

Photo by MC2(SW) Austin Rooney

Photo Find

Can you find the 6 hidden objects?

- 1) Leprechaun
- 2) Clock
- 3) Tiger
- 4) The Batman
- 5) TR The Man
- 6) iPhone



Photo illustration by MC3 Sean Hurt