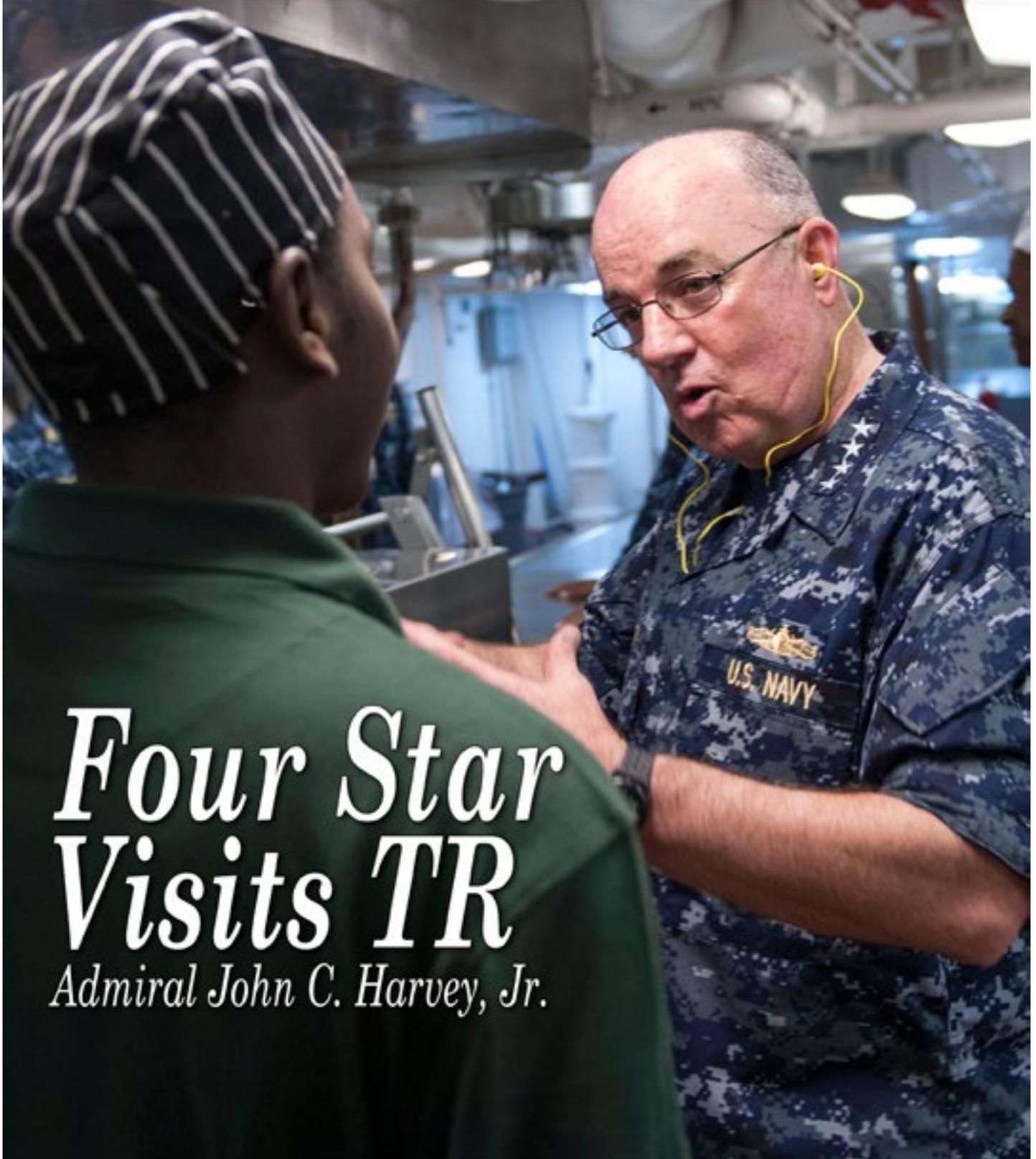


DIVISION 258: FINAL PRT

THREE GYMS NOW OPEN

USS THEODORE ROOSEVELT

# ROUGH RIDER



## *Four Star Visits TR*

*Admiral John C. Harvey, Jr.*

# Admiral Harvey tours TR

Story by MCSN Casey Cosker  
USS Theodore Roosevelt (CVN 71)  
Public Affairs

Admiral John C. Harvey, Jr., Commander, United States Fleet Forces, visited USS Theodore Roosevelt (CVN 71) August 13, 2012 to tour the ship and visit with Sailors about TR's progress in its multi-year Refueling Complex Overhaul (RCOH) in Newport News, Va.

During his visit, Harvey toured the ship's flight deck, hanger bay, medical spaces, aft galley and chief's mess.

Captain William J. Hart, TR's commanding officer, greeted Harvey and led him on a tour of the aircraft carrier with TR's Command Master Chief, CMDCM (SW/AW) Jack Callison, at his side. Their first stop was TR's flight deck, where Harvey inspected the aircraft carrier's catapult launch system and spoke with Dan Klemencic, the civilian construction director at Newport News Shipbuilding.

"They're doing everything they can to get us back up and running," Klemencic said to the admiral of the Sailors and shipyard workers on the flight deck.

After visiting the flight deck, Harvey descended through the ship's hanger bay and toured its medical department.

"For our Sailors, it really lets them know that 'big Navy' cares about what's going on, how we're doing, how we're progressing so that we can get back to what we're designed to do. We're a war-fighting ship," said Lt. Cmdr. Charlene Oligher, the ship's nurse. "He was concerned with what each person's job was and what they were doing. The questions gave a sense that he was asking personally about the Sailor."

Harvey then visited TR's aft galley, where he spoke with Sailors.

"It was very nice meeting the admiral, someone that high in the Navy," said Culinary Specialist Seaman Recruit Kash Michaels, one of the galley workers Harvey spoke with. "Since this is just my first command, I feel great."

Next, Harvey moved on to the newly renovated chiefs' mess, where he spoke to senior enlisted about TR moving out of the shipyards and back into open waters.

"The chiefs' mess is the soul and backbone of the ship," Harvey said. "I'm honored to be down here with you while you go through this process."



(top) Admiral John C. Harvey, Jr., Commander, United States Fleet Forces, approaches sideboys at the officers' brow of USS Theodore Roosevelt. (bottom) Admiral John C. Harvey, Jr. shakes hands with Senior Chief Culinary Specialist (SW/AW) Muhammad Cole in the aft galley aboard USS Theodore Roosevelt.

# BACK TO BOOT CAMP

Story by MC2 (SW) Christopher Church  
USS Theodore Roosevelt (CVN 71) Public Affairs

USS Theodore Roosevelt (CVN 71) Sailors visited Recruit Training Command (RTC) at Great Lakes, Il. Aug. 9 to motivate its sponsored division 258 through their final Physical Readiness Test (PRT) before graduation.

Senior Chief Aviation Ordnanceman (AW/SW) Timberlain Woodruff, Chief Aviation Support Equipment Technician (AW/SW) James Bibow, Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Jerome Uter, TR's assistant command fitness leader, and Electronics Technician 2nd Class (SW/EXW) John Meisner participated in the PRT alongside the recruits.

"It was important for us to show them this is what Sailors are like out in the Fleet," said Uter. "We wanted to show them we are not Recruit Divisional Commanders. We are here to motivate them, help them, mentor them, hoping they will one day be able to relieve us on our watch."

The PRTs are an integral part of boot camp, as they test and promote the physical fitness recruits will need when they enter the fleet. Recruits are not able to graduate from RTC until they pass their final PRT.

"Motivation is important here because some of these recruits need a little help," said Meisner. "There are some people here who may not have passed if they weren't pushed. I'd like to think we did that and were pretty successful today."



Chief Aviation Support Equipment Technician (AW/SW) James Bibow addresses recruits at Recruit Training Command in Great Lakes, Il.

TR's Sailors also had an open discussion with the recruits, giving them advice for their futures as Navy Sailors.

"It felt outstanding to be able to talk to recruits," said Woodruff. "It was great to see how they've made it this far and are really curious about the real Navy."

Recruits also had the chance to ask Sailors about any questions they had concerning the Fleet.

"We all sat here at in this exact position, whether it was two years ago or 20 years ago," said Bibow. "They are getting ready to go through the toughest part of their recruit training, and it is important to let them know there is something on the other side."

## ROUGH RIDER OF THE WEEK: SN DAVID WADE

Story and photo by  
MCSA Amber O'Donovan  
USS Theodore Roosevelt (CVN 71)  
Public Affairs

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the week is Seaman David Wade from the Deck Department.

Wade, originally from Palos Park, Il., has been in the Navy for four years. During his time aboard TR he has become 3M qualified, recognized as a team builder and has helped prepare 30 crew move aboard-ready spaces.

Wade plans on striking Boatswain's Mate in September. He is known around his department as a hard worker and dedicated Sailor.

Upon finding out he was Rough Rider of the Week, Wade was very surprised and appreciative.

"Everyone in deck works so hard, and it's an honor to be picked out of all those hard workers," said Wade.

Wade's contributions and positive attitude in his department do not go unnoticed by his chain of command.

"He has been proven to be one of the top notch Sailors," said Boatswain's Mate 2nd Class (SW/AW) Demour Christian, leading petty officer. "He is very reliable, he takes his job and runs with it."

Wade says he performs well because he enjoys the work he does.

"I love needle gunning and sanding," said Wade. "My goals are more like get a space, finish it and get it looking good."

The love Wade has for his job and the goals he sets make him one of the most reliable workers in his department.

"He's one of the best Sailors I have,"



said Christian. "He does it right the first time without any rework or without me having to watch him."

Wade has also helped his department by getting his division to come together and work as a team, Christian added.

"I love my department. I can't imagine being in another department," said Wade.



# CLEANING our LADDERWELLS

Story and photos by MC3 Andrew Sulayao  
*USS Theodore Roosevelt (CVN 71) Public Affairs*

**“Wire brush the dirt and glue and then use a foxtail to clean the small debris.”**



**O**n any Navy ship, ladders are vital means of getting from place to place. The condition of a ship’s ladderwells is a strong indicator of the overall condition of the ship.

Recently, Sailors aboard USS Theodore Roosevelt (CVN 71) have been tasked with renovating the ship’s ladderwells to make them shine. One Sailor has gone above and beyond in her duty to clean TR’s ladders, according to her leading petty officer.

Airman Recruit Eriel Ingram from Toledo, Ohio, assigned to TR’s IM-1 division, has been stationed onboard TR since April 2012. For the last couple weeks, Ingram has been chosen to strip and clean ladderwells every day.

“The ladderwells are important because the cleanliness of the ship is paramount to our safety and health,” said Ingram. “We are responsible for our ship now, so we must take ownership, especially for the ladderwells that we walk on many times every day.”

According to Ingram, the job of making the ladderwells look as good as new is not difficult, just repetitive.

“I use a wire brush to clean the small crevices and to strip the ladders,” said Ingram. “When the foot traffic is low, wire brush the dirt and glue and then use a foxtail to clean the small debris. Although it can be time-consuming, I’m good at it and my division lets me listen to music to get my mind off of it.”

According to Ingram, foot traffic has is one of the biggest challenges to working on ladderwells.

“It slows down the progress when ladderwells cannot be secured while Sailors are taking care of them,” said Ingram. “However, even though I have to continuously stop for traffic, I just smile and get out of the way. After all, there’s nothing I can do. I can’t get mad at these Sailors for doing what they have to do. So when I listen to my music and I’m in my groove, I can care less.”

Ingram has advice for those cleaning ladderwells aboard TR.

“Because of my great division allowing me to listen to music, I just listen and tell others that that’s how I get through the task,” said Ingram. “Really, just stay motivated and your job will be over before you know it.”



# SHIPBOARD FITNESS:

## Gyms now open for Sailors to work out onboard

Story and photos by  
**MC3 Andrew Sulayao**  
*USS Theodore Roosevelt (CVN 71)*  
*Public Affairs*

**U**SS Theodore Roosevelt Supply Department opened three newly-renovated gyms onboard August 3 allowing TR Sailors the convenience and ability to exercise while the ship continues its mid-life overhaul at Newport News Shipbuilding in Newport News, Va.

The gyms consist of two cardio rooms, one forward and one aft, consisting of brand-new treadmills and cardio bikes, and a weight room consisting of free weights and weight-training equipment.

Newport News Shipbuilding aided the gyms' reconstruction by using cranes to transport exercise equipment onboard TR. TR's Supply department then assembled the machines inside the three gyms.

"It's been a lot of sweat," said TR's Fitboss, Marley Oldham. "Sailors from Supply were putting together the equipment piece-by-piece—from 100 pound dumbbells up laddercells to craning in equipment—and it was not easy. I hope TR takes pride in their gyms and is excited to have brand-new equipment."

Sailors who have anticipated the arrival of the ship's gyms are happy to begin adding the TR's new amenity to their workout regimens.

"It's exciting to see these new gyms," said Aviation Boatswain's Mate (Handling) 3rd Class Daniel Silva, a member of the 2012 All-Navy Boxing team assigned to TR. "You can see the ship working hard to have everything from the gyms to the mess decks, and it's happening slowly but surely. Now that there are gyms, there's no excuse for Sailors to not work out at TR."

The addition of the gyms will improve life onboard TR for the next 25 or more years.

"I'm excited for the gyms to be opened," said Oldham. "There will be new Smith machines, cardio cinema (where a television is added to a treadmill), and a functional fitness program coming soon. We wanted to give our Sailors the opportunity to exercise if they want to. So come work out with us, and don't forget to bring a towel and water."



**Big Stick Gym: 02-79-2-L**  
**Forward cardio room: 01-13-0-Q**  
**Aft cardio room: 03-255-2-L**



# PHOTO OF THE WEEK



Command Master Chief Jack R. Callison presents a coin to Admiral John C. Harvey, Jr. Commander, United States Fleet Forces, in TR's Chief's Mess August 13, 2012.

Photo by PSCS (SW/AW) Lance Partain



Photo illustration by MC2 (SW) Austin Rooney

Can you find the **11** out of place items in this photo?

1. Waldo
2. Tiki Man
3. AC/DC
4. Grenade
5. Stopwatch
6. Bike Helmet
7. TR the Man
8. Broom
9. Hamburger
10. McLovin
11. Dumbbell

## Staff

### Commanding Officer

Capt.  
William Hart

### Executive Officer

Cmdr. Mark Colombo

### Public Affairs Officer

Lt. Cmdr. Patrick Evans

### Media Officer

Lt. j.g. Michael Larson

### Senior Editor

MCCS (SW/AW/EXW)  
David Collins

### Editor

MCSN Casey Cosker

### Layout & Design

MC3 (SW) Tyrell Morris

### Rough Rider

### Contributors

PSCS (SW/AW) Lance Partain  
 MC2 (SW) Christopher Church  
 MC2 (SW) Austin Rooney  
 MC3 Andrew Sulayao  
 MCSA Amber O'Donovan

### Command Ombudsman

April Kumley  
 cvn71ombudsman@yahoo.com

The Rough Rider is an authorized publication for the crew of USS Theodore Roosevelt (CVN 71).

Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR.

All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.

Do you have a story you'd like to see in the Rough Rider? Contact the Media Department at 534-1406 or stop by 3-180-0-Q.

# COMBAT SYSTEMS

“COMBAT SYSTEMS SUPPORT CENTER IS THE ONE-STOP SHOP FOR COMBAT SYSTEMS. IF YOU CONTACT US, WE SHOULD HAVE THE ANSWER OR BE ABLE TO GET YOU THE ANSWER FOR ANYTHING RELATED TO COMBAT.”

ET3 JOSEPH EVERETT

QUALS:

- 3M 301
- MESSENGER OF THE WATCH
- COMBAT SYSTEMS SUPPORT CENTER WATCHSTANDING

“I’M A ROUGH RIDER”