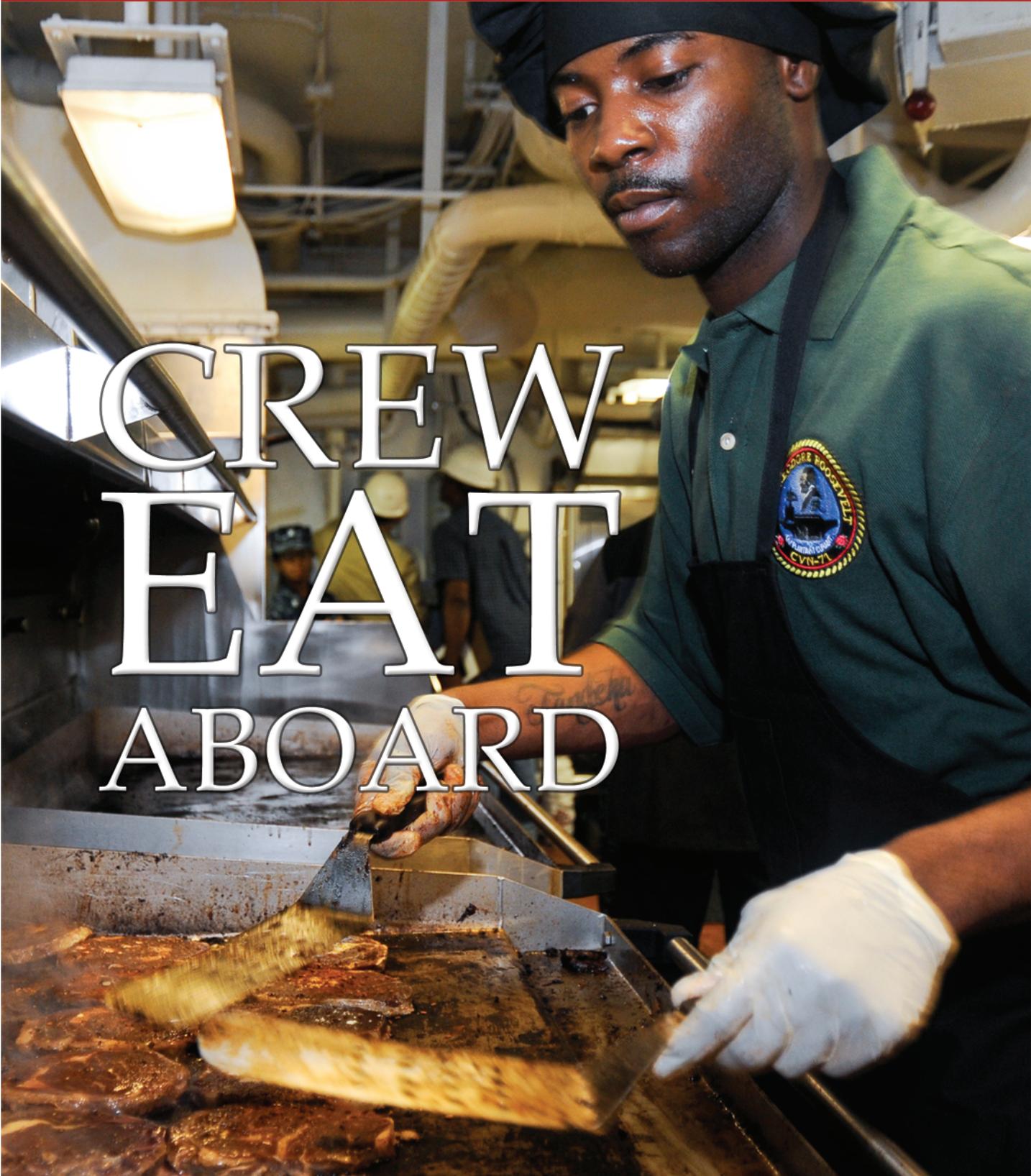


Sailors enjoy command picnic

Nutrition Boot Camp Challenge

USS THEODORE ROOSEVELT

# ROUGH RIDER



CREW  
EAT  
ABOARD

# Rough Riders serve first meal aboard TR

Story by MC3 Katie Lash

Photo by MC3 Andrew Sulayao

USS Theodore Roosevelt (CVN 71)

Public Affairs

Sailors stationed aboard USS Theodore Roosevelt (CVN 71) celebrated the grand reopening of the ship's galley and mess deck Friday.

The reopening marks an important milestone for TR as it continues with the crew move aboard (CMA) process.

TR, which has been in Refueling Complex Overhaul (RCOH) for the last three years, has been using temporary dining facilities on the floating accommodation facility (FAF) located next to the ship, while the galley aboard was being completely renovated.

The highly anticipated ceremony began Friday morning with TR's commanding officer Capt. William J. Hart cutting the celebratory aircraft carrier-shaped cake.

Hart congratulated and thanked the entire crew and everyone involved for the hard work and efforts that were put into preparing the galley and mess decks in the last months leading up to the grand

re-opening.

"I hope this celebration and victory will carry us on through to complete the rest of CMA and until the ship is completely back into our hands," said Hart.

TR's chaplain, Lt. Cmdr. Ryan R. Rupe, blessed the food and the red ribbon was cut to allow the long line of Sailors to enter the galley for their first meal aboard TR.

Executive officer Cmdr. Mark J. Colombo waited until most of the crew ate before sitting down to enjoy his first meal.

"This is an amazing event," said Colombo. "All the hard work has paid off and we are finally bringing our crew back home on board. We are one step closer to bringing our ship back to the fleet."

Preparations for the celebratory lunch started early in the morning as culinary specialists and food service attendants began cooking and baking the meal that included rib eye steak, crab legs, breaded shrimp, roast beef, twice baked potatoes, rice pilaf and vegetables as well as TR celebratory cake and ice cream bar.

"This will be the first time some of these Sailors have cooked on a ship," said Culinary Specialist 1st Class Erica Vittur

(SW/AW), "but we have done plenty of training and are excited to finally be opening."

Supply department, which owns the galley and mess deck spaces, was also on hand to ensure the day's celebration went smoothly and to work out any last minute issues.

"This is a culmination of a lot of people's efforts," said TR's Supply Officer Cmdr. Paul A. Amodio "We've had set backs and our folks are tired, but we are excited. We are finally getting to see one of the first big milestones in bringing our ship back to life."

Amodio hopes that the galley's opening will also improve conditions on the ship for Sailors.

"The mess deck and galley are the lifeblood of the ship right now. Good food equals good morale and I think it will be a dramatic improvement for the crew," said Amodio.

The opening of the galley also means TR is pushing for its next big deadline. In July, the ship is scheduled to meet its next phase in the CMA process called FAF independence. All departments will be required to operate out of their respective spaces on the ship. With many departments already working on TR, the open galley will make eating while at work more accessible and convenient.

Until now, Sailors had the option of providing their own food using their given basic sustenance allowance or paying for food served at the FAF. The ship now no longer relies on the FAF's dining facilities, and all meals will now be served on the ship. However, Sailors will still have to pay for their meals or provide their own food until the end of September when their food allowance pay is discontinued. At that point, meals on the ship will be cost-free.

"It was difficult with the ship still being heavily worked on," said Culinary Specialist 1st Class Jerome McMiller, "but today went great."



Cmdr. John Hughes, TR's Combat Systems Officer aboard serves Aviation Electronics Technician Airman Adrienne N. Atkinson, the command's youngest Sailor, during "Crew Eat Aboard," the milestone of a fully-functional galley aboard the ship during its 39-month Refueling Complex Overhaul (RCOH).

# RRoW: CSSN Rodtrell Sullen

Story by MCSN Joshua Petrosino

*USS Theodore Roosevelt (CVN 71) Public Affairs*

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Culinary Specialist Seaman Rodtrell Sullen from TR's Supply Department.

Sullen, a 20-year-old native of Birmingham, Ala., joined the Navy in November 2010 as a culinary specialist and was assigned to the TR in March 2011.

Sullen says his positive attitude and the help he receives from his chain of command is his key to success aboard the TR.

"The extra stuff you do always pays off in the end," said Sullen. "Even if it feels like none of it matters."

According to his leading petty officer, Culinary Specialist 1st Class (SW) Jerome McMiller, Sullen sets himself apart from other sailors.

"He is the strongest and youngest up-and-coming Sailor in the department," said McMiller. "He is always willing to learn and is passionate about his job."

Sullen's goals while in the Navy are to earn his Enlisted Surface Warfare Specialist and Enlisted Aviation Warfare Specialist qualifications, advance in his rate and earn a college degree in business administration.

"I strive to become a better Sailor," said Sullen

Sullen has advice for new Sailors reporting to TR.

"Come in with your head held high," said Sullen. "Always strive to do your best and don't be afraid to ask questions."

In his spare time, Sullen enjoys shooting pool, hanging out with friends, and meeting new people.



## TR Sailors move off the FAF

Story by MC3 Jessica Echerri (SW/AW)

*USS Theodore Roosevelt (CVN 71) Public Affairs*

While building materials and construction work have started to move out of the passageways inside USS Theodore Roosevelt (CVN 71), Sailors are starting to fill them back up. Most of the ship's crew has moved their work spaces out of the floating accommodation facility (FAF) and back into their spaces onboard the ship as of June 15.

"It's cool to see Sailors back on the ship," said Interior Communications Electrician 3rd Class Brandon Sirmans. "It's starting to look a lot more like an operational ship. It's one step closer to getting the ship out of the yards."

Sailors from various specialty teams throughout the ship have put in countless man-hours to prepare the ship for the crew's working demands. Ventilation, lagging, painting, deck installation and berthing rehab are only a small list of the work that was accomplished since the ship entered the shipyard in August, 2009.

"It's crazy looking around the ship now and remembering how it used to be when we first got to the yards," said Personnel Specialist 3rd Class (SW) David Brewer. "There is actual deck to walk on now, not just bare metal."

Information Systems Technician 2nd Class Marlon Riley, from Combat Systems Department's CS-3 division, Automated

Data Processing (ADP), said his division has been working out of the ship for about one month. He said the move out of the FAF has made it easier to help other departments get their work centers established on the ship.

"We don't have to go back and forth from the FAF to answer trouble calls anymore, we can help Sailors from the ship," Riley said.

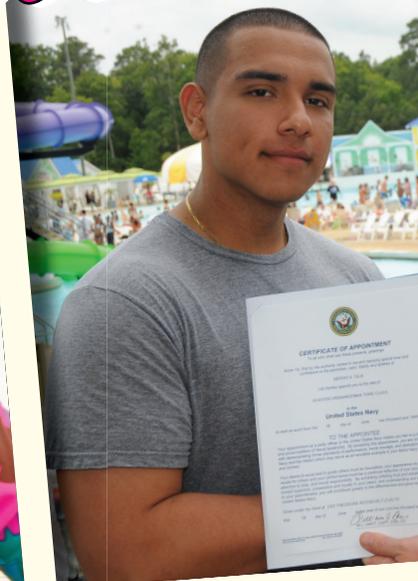
One of the roles of the ITs in ADP is to connect the different work centers on the ship to the shipyard local area network (LAN) by installing different LAN drops in the spaces.

"We'll go to a space to drop LAN connections one day and walk by that space a few days later to see Sailors working in there," Riley said. "It gives you a good feeling of accomplishment. It's inspiring."

With the completion of the first phase of crew move aboard, Sailors are now able to eat and sleep on the ship. Some Sailors say these added amenities make it easier to feel at home while onboard TR.

"Before, we only came on the ship to clean and do maintenance," said Mass Communication Specialist 3rd Class Sean Hurt. "Now we can spend time with friends on the mess decks and in the berthings. It's not just a place to work anymore; it's starting to feel like a home."

# TR Sailors kick back at Command Picnic



Story and photos by MC3

Andrew Sulayao

USS Theodore Roosevelt (CVN 71)

Public Affairs

Sailors onboard USS Theodore Roosevelt (CVN 71) work in a shipyard environment where most of their primary jobs and assignments aren't what they enlisted in the Navy to do. Most are focused on the mission of getting our ship out of a 39-month long Refueling Complex Overhaul (RCOH) and into the fleet. Whether their shipyard jobs entail sitting in front of a computer, painting spaces, or cleaning the weatherdecks, TR Sailors will not hesitate to tell you that shipyard life is stressful.

But June 18 was different. TR Sailors had a chance to break from the shipyard environment at the command picnic held at Ocean Breeze Waterpark located in Virginia Beach, Va.

It was a warm morning. The sun was shining, and the sky was blue. Most TR men wore baggy shorts – cargos, board



shorts, swimming trunks – and TR women let their hair down and wore colorful bathing suits.

The attractions included waterslides, a wave pool, a children's park and a lazy river where Sailors could swim with their fellow shipmates or just lie back on a floatation device and enjoy the weather. It was an environment where TR Sailors could relax and enjoy the day.

"The day has been great," said Holly Scheidt, the Funboss onboard TR. "It's nice to see the Sailors outside their work environment having fun. It's also great for us to reward them for how hard they work in RCOH, so this event allows us to keep our cohesiveness and morale high in a fun environment."

It was an environment where TR Sailors didn't see the rank on each other's collars. Instead, they saw the leaders aboard TR let loose. Decision-making and worrying about meeting deadlines didn't apply.

"Today was a well-deserved fun-day and a great break from the monotony of working hard in shipyard," said Chief Information Systems Technician (SW/AW) Malcolm Tipton. "There are a lot of fun things going on, the food is great, and it's an overall good time. If I had hair, now would be the time where I'd let it down," Tipton said with a huge smile and a hearty

chuckle.

The TR Sailors mingled about and immersed themselves in ice-cold water. There were smiles and laughter everywhere. Sailors exchanged hugs and high-fives.

At around 1 p.m., TR's Commanding Officer Capt. William J. Hart went on the loudspeaker with his authoritative but easy-going voice. He explained that there have been certain Sailors who haven't been advanced in the last exam but who work diligently and with commitment and deserve to be advanced. At that point, he announced the names of eight TR Sailors who meritoriously advanced to the next paygrade through the Command Advancement Program. After his announcement, the Sailors met with Hart and were congratulated by the ship's Executive Officer Cmdr. Mark Columbo and Command Master Chief Jack Callison. The Sailors were then handed their certificates.

Cryptologic Technician (Technical) 3rd Class (SW/AW) Nicole Thompson was with her son when she received the news of her advancement.

"I'm so happy right now because I thought I would never make 3rd Class Petty Officer, but thanks to my chain-of-command and the TR itself, I have, and today was a great day to find out," said Thompson. "It's been strenuous onboard, but today has been great and relaxing and we needed this so much. Tomorrow, I'll be prepared like always to go to work toward the big mission to get the TR up and running, but thank you Capt. Hart for today and the promotion."

After the caps, the Sailors continued to have fun and spent time with their shipmates. There was a dunk tank with TR leadership and heads of departments. Sailors napped, tanned in the sun and enjoyed a body of water that they didn't have to protect.

"I'm having fun with my shipmates without having to think about work," said Aviation Boatswain's Mate (Fueling) 3rd Class (AW) Jamie Vittorio. "I'm having a great time with great people, getting a great tan, and I'm getting to know a little bit more about the people that I'm going to be going to sea with very soon."

The rest of the day didn't have a schedule. The Sailors relaxed for the remainder of the command picnic and left the water park refreshed and ready to work toward getting the ship out of RCOH and into the fleet again.

"If this event wasn't what TR Sailors deserved, then we wouldn't have made it happen," said Hart. "Everyone put a lot of work into this ship, and it's evident for me, the executive officer and the command master chief to see. These next six to eight months are going to be difficult to get through for us to get rolling out to sea, so this was a chance to pay back our Sailors and especially their families for their sacrifice."

# What's in your belly?

Story and photos by MC3 Sandra Pimentel

*USS Theodore Roosevelt (CVN 71)  
Public Affairs*

June 15 was the kick-off date for the Nutrition Boot Camp Challenge course held at Huntington Hall by USS Theodore Roosevelt's (CVN 71) Fitboss, Marley Oldham, which gave Sailors the option to participate in a 9-week challenge designed to monitor fitness and weight loss goals.

Those choosing to accept the challenge were weighed, taped and photographed to help monitor progression throughout the challenge.

During the opening of the course, a syllabus was given outlining a breakdown of topics to be discussed, such as fitness goals, grocery shopping and eating on-the-go, product labeling and weight maintenance.

"The challenge is simply to see who can best put the information that has been provided to the best use and

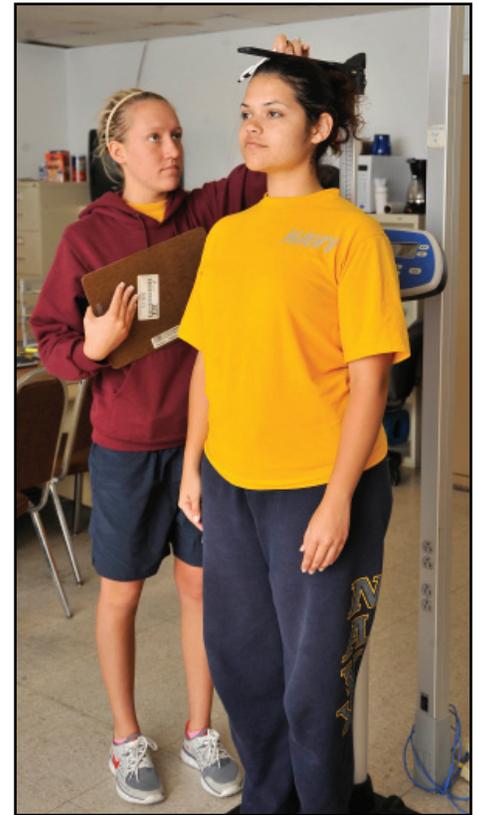
lose the most," said Oldham.

For those participating, a daily food journal must be kept, either physically or online, cataloging anything and everything that is consumed in an average day. Weekly examination and discussion of the journals is a requirement for the course.

Each class, for those who need it, will count towards one session of TR's Fitness Enhancement Program (FEP). All participants who wish the course to count towards FEP must attend six out of eight classes as well as those who wish to participate in the challenge.

"The overall goal is not weight loss alone, but to teach you how to live a healthier lifestyle – to really take a hard look at what goes into your body," said Oldham.

Measurements, body weight and before-and-after photos will be compared at the end of the challenge to determine the winner. Though no



Electrician's Mate 3rd Class (SW/AW) Kendall Gaillard takes the height measurement of Airman Georgeth Petersen for the Nutrition Boot Camp Challenge June 15.



Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Jerone Uter takes the neck measurement of Aviation Boatswain's Mate (Handling) 2nd Class (AW/SW) Mark Broussard for the Nutrition Boot Camp Challenge June 15.

prizes have been set, discussions are in place to award MP3 player, a rafting trip or a gift card to the winner.

"The better the participation, the better the prize," said Oldham.

The challenge will run through August 8 and will be held during normal FEP session hours (0545, 0700, and 1000). All participants are required to check in at the gym's front desk, as locations may vary.

Anyone who wants to participate in the challenge will need to set up a personal appointment with Fitboss for weight, measurements and a course syllabus. For more information on this challenge, contact [fitboss@cvn71.navy.mil](mailto:fitboss@cvn71.navy.mil) or stop by Huntington Hall for details.

# Photo of the Week



Rear Adm. Thomas Moore, Program Executive Officer, Aircraft Carriers, asks for tacos on the newly refurbished mess decks of USS Theodore Roosevelt (CVN 71) June 19. Moore's badge has been blurred for security purposes.  
Photo by MC3 Sean Hurt

# Photo Find



Can you find the 6 out of place items in this photo?

1. Grenade
2. Seabag
3. Tack
4. TR the Man
5. Tiki man
6. Mouse

Sailors attached to the nuclear powered aircraft carrier USS Theodore Roosevelt (CVN 71) gather in line to receive hamburgers and other food at the Ocean Breeze Water Park located in Virginia Beach, Va. (U.S. Navy photo by MC3 Andrew Sulayao)

Photo Find by MCSN Joshua Petrosino

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-L.

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# Security Force

**Fox 1**  
AT3 William Dewart

**Romeo 1**  
ABFAN Danielle Morgan

**Quals:**  
M9 Pistol  
M16  
M240

“We’re keeping the ship safe. If something goes wrong, we will be the first to see it coming. The whole crew is depending on us to react and respond.”

**“We Are Rough Riders.”**