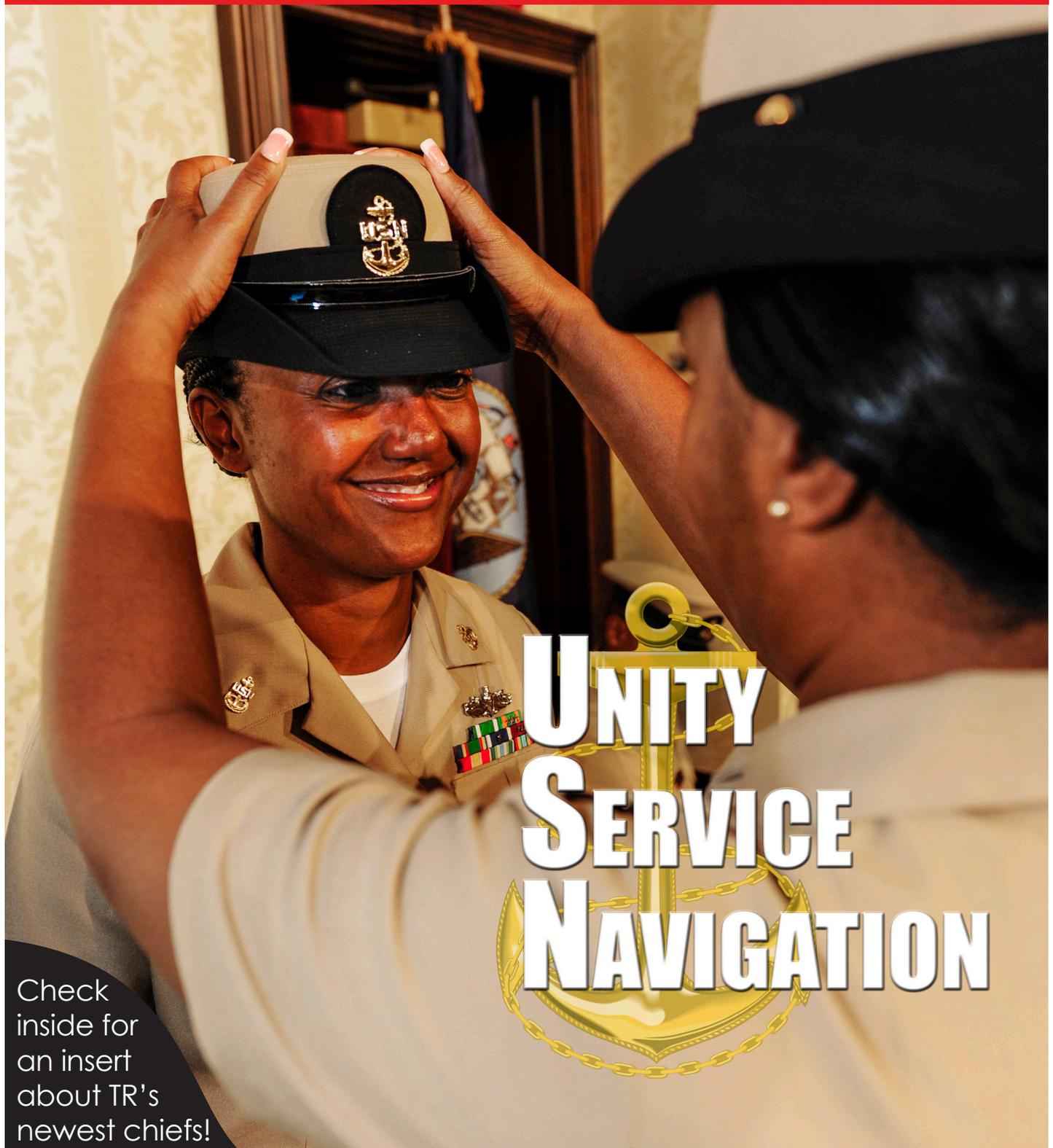


MARRIED TO THE NAVY
Husband & wife pin each other

ROUGH RIDING RAPIDS
TR Sailor kayaks white waters

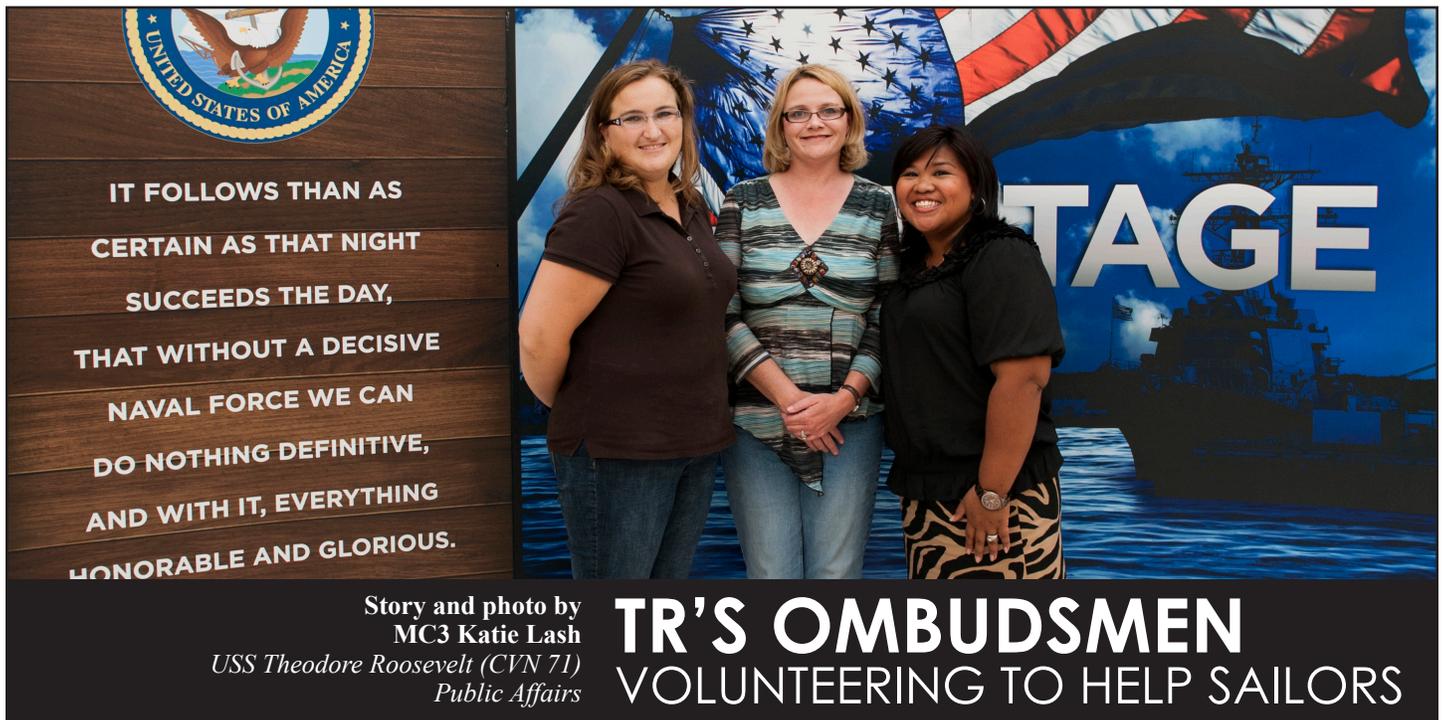
USS THEODORE ROOSEVELT
ROUGH

RIDER



**UNITY
SERVICE
NAVIGATION**

Check
inside for
an insert
about TR's
newest chiefs!



IT FOLLOWS THAN AS
CERTAIN AS THAT NIGHT
SUCCEEDS THE DAY,
THAT WITHOUT A DECISIVE
NAVAL FORCE WE CAN
DO NOTHING DEFINITIVE,
AND WITH IT, EVERYTHING
HONORABLE AND GLORIOUS.

Story and photo by
MC3 Katie Lash
USS Theodore Roosevelt (CVN 71)
Public Affairs

TR'S OMBUDSMEN VOLUNTEERING TO HELP SAILORS

The shipyard can present many challenges to new and seasoned Sailors. Although there are many resources available to help face these challenges, some Sailors go uninformed and may lose out on opportunities available for their families.

Ombudsmen. The Scandinavian term, meaning “safeguarding the rights of citizens,” is just one of these resources that reaches out to Sailors and their families, becoming an invaluable service on USS Theodore Roosevelt (CVN 71) and the Navy as a whole.

The goal of the Navy Family Ombudsman Program is to promote healthy, self-reliant families. Ombudsmen are official representatives of the Commanding Officer. They play an important role in keeping communication open and accurate between families and the command. Navy Family Ombudsmen are communication links, information and referral resources, and advocates for command family members.

According to TR Ombudsman April Kumley, although a majority of Sailors come to the command’s ombudsman for financial matters, help is also available for a wide range of issues that Sailors face in the Navy and in family life. From crisis calls to just being new in the area and not sure where to start, they can help. If they are unable to solve a problem, they have the training and resources to help Sailors find the resources they need.

“We are here to help Roosevelt families,” said Kumley. “We have the resources and hope that families seek us out when they need help.”

Depending on a Sailor’s command, there will be at least one ombudsman available to offer help. Often there are more. There are three ombudsmen available to help Sailors and their families on TR.

Kumley has five years of ombudsman experience. She served as the ombudsman aboard USS Dwight D. Eisenhower (CVN 69), where her husband, Chief Aviation Electronics Technician (AW/SW) William Kumley, was stationed before coming to TR. Kumley is also a stay at home mother.

Linda Watford, wife of Chief Aviation Boatswain’s Mate (Handling) (AW/SW) Damon Watford, also served as an Ombudsman

on Eisenhower for 15 months before coming to TR. She works as a licensed practical nurse.

Michelle V. Thomas, wife of Chief Machinist’s Mate (SW/AW) Phillip L. Thomas III, previously served as an Ombudsman for the amphibious assault ship USS Iwo Jima (LHD 5). She has 15 months of ombudsman experience aboard TR. She also works as an advisor at Coastline Community College.

“The best part of this job is the opportunity to give back,” said Thomas. “We are here for the Sailors. They are not alone. We don’t want anyone to be afraid to approach us. We are Navy wives just like anyone else. We have information, and we are here to help.”

The Navy Family Ombudsman Program was created in 1970 by the former Chief of Naval Operations Adm. E.R. Zumwalt, Jr. in order to improve and promote communication between service members and the Command. In 2006, Adm. Michael G. Mullen signed an updated instruction, emphasizing the programs importance and stressing the fact that all Navy families should have access to a Navy Family Ombudsman.

It is important to note that although they are screened, selected and appointed by the commanding officer, ombudsmen are volunteers and dedicate their time to helping families.

Ombudsmen are also given several days of training to help them become familiar with issues Sailors face and the resources available to help solve problems that often arise. A large amount of information is given to them. PowerPoint presentations and role playing are used to help future ombudsman learn how to problem solve. Ombudsman also continue their learning and training on a monthly basis.

“We want people to call,” said Kumley. “No question is stupid. We want Sailors to make the best of this journey and use the benefits and resources available to them.”

If you would like to get in touch with one of the three TR ombudsmen, contact cvn71ombudsman@yahoo.com or call 757-445-0345. If it is an emergency, call 757-444-6289 to get help 24 hours a day.



Story and photo by
MC2 (SW) Austin Rooney
USS Theodore Roosevelt (CVN 71)
Public Affairs

A TALE OF TWO CHIEFS HUSBAND & WIFE PIN EACH OTHER

Chief Operations Specialist (SW/AW) Priscilla Jones and Chief Master-at-Arms (SW) Mark Jones, who have been married for eight years, pinned anchors on each other during two separate chief pinning ceremonies at the Waterside Marriott Hotel in Norfolk and Naval Station Norfolk, Sept. 14.

The couple said they both shared the goal of being promoted to chief for years, but seeing both of their names on the list of selectees at the same time shocked them.

"I really didn't expect I'd make chief this time up," said Priscilla. "I thought my husband would make it, but not both of us."

Mark said he disagreed, as he always thought his wife would get the promotion before he did. Upon realizing that they both made it together, he said he felt blessed.

"I'm so glad she was able to pin me, and I was able to do the same for her,"

said Mark. "She's been with me through most of my career, and we've made a lot of sacrifices to be together, so this is like a reward for both of us."

Ever since the two met aboard USS Tortuga (LSD 26) in 1999, they knew that they would have to make sacrifices beyond what a normal couple would make as a result of being dual-military. For much of their relationship, Mark would be at sea and Priscilla at shore or vice versa. Still, the two were able to maintain their commitment to the Navy and each other successfully.

"It's really important to leave work at work," said Priscilla. "Spending time at home should be relaxing. If you can keep those two separate, then it makes the relationship a lot easier."

When they found out that they had both been selected, both Priscilla and Mark knew they would be spending the next few weeks apart, since they would be attending different induction activities in different

places. After five weeks of waking up at three in the morning and coming home at nine in the evening, the couple said being able to attend each other's pinning ceremonies made the entire process worth it.

"I think we were really lucky, and we both deserved it," said Priscilla. "Words can't even describe how good it felt. It was the best experience in the world."

Now that the couple are both chiefs, they have new goals lined up for their future careers in the Navy. Mark said he plans on transitioning to the wardroom next, while Priscilla said she has her eyes set on making senior chief. Since Priscilla's ceremony at the Waterside Marriott in Norfolk happened two hours earlier than her husband's in building C-9 on Naval Station Norfolk, she jokingly insists that she made chief before he did.

"I already made chief before Mark did," said Priscilla, laughing. "I think I'll get my senior chief star before he does too."

ANCHORED IN TRADITION

Story by MC2 (SW) Austin Rooney
USS Theodore Roosevelt (CVN 71) Public Affairs



In unison, USS Theodore Roosevelt's (CVN 71) 22 chief petty officer selectees chanted: "Navy chief, Navy pride!" This set the tone for the day Sept. 14 at the Waterside Marriott Hotel in Norfolk, the last day these 22 Sailors would be known as selectees.

"You will represent the current mess of chief petty officers and even retired chief petty officers from our Navy's history," said Force Master Chief Gary McClure, Naval Air Force, U.S. Atlantic Fleet, the guest speaker at the chief's pinning ceremony.

The grade and title of chief petty officer carries with it a significant amount of history and tradition in the Navy since its inception on April 13, 1893. Since then, the title of chief petty officer is primarily looked upon as a deckplate leader and carries the added weight of making sure the day-to-day operations run smoothly.

While most first class petty officers have spent years in leadership roles, the transition to chief is a large step up in terms of responsibility and the overall scope of their job.

"Welcome to joining us [leaders] as 'they' —as in, 'they' told me to do this, 'they' told me to do that," said Capt. William J. Hart, TR's Commanding Officer.

The journey from being selected as a chief petty officer to the day of the pinning is not an easy one. The five weeks leading up to the pinning are filled with early mornings, late nights, physical challenges, and above all, training and mentorship from other chiefs aboard the ship. While the process, known as induction, is voluntary, every selectee onboard TR opted to participate.

"It was mentally, physically, and emotionally challenging," said Chief Operations Specialist (SW/AW) Priscilla Jones, one of the newly-pinned chiefs. "I'm glad that I'll finally be able to get more than three hours of sleep per night now."

Once pinned, the new chiefs said they were able to feel the difference between their old and new ranks almost immediately.

"It feels really good to have the anchors on," said Jones. "Somebody called me 'chief' this morning and I didn't even realize they were talking to me at first. That's when it really hit me."

These new chiefs are now tasked with a large amount of responsibility in leading 18 departments and more than 2,500 Sailors aboard TR.

"Your leadership will be crucial as TR prepares to get out of Newport News and get back in the fight," said McClure. "I know that's where you all want to be."



Top: Chief Machinist's Mate Thomas Bailey is pinned by his daughter during the Chief Pinning Ceremony. **Bottom left:** Chief Fire Controlman David Blake is pinned by his wife and son. **Bottom right:** Chief Aviation Ordnanceman Terrence Raymond proposes to his girlfriend, Jennifer Fass, after TR's Chief Pinning Ceremony

Story and photo by
MC3 Cory Asato
USS Theodore Roosevelt (CVN 71)
Public Affairs

WHITE WATER SAILOR ROUGH RIDER KAYAKS OFF-DUTY

Serving in the Navy is an immense commitment which may require long hours or even working out-of-rate, as many Sailors aboard USS Theodore Roosevelt (CVN 71) do. Aviation Structural Mechanic 3rd Class Kurt Dobbins doesn't let long hours and the shipyard environment keep him from pursuing one of his his favorite off-duty hobbies—white water kayaking.

While he said he has enjoyed this hobby long before he joined the Navy, Dobbins said kayaking is a positive way for Sailors to spend their time.

“Anything that you're passionate about is a great way to stay clean,” said Dobbins. “I go kayaking since it's a great work-out, fighting against the river and trying to not get smashed on the rocks.”

Since Dobbins was sent to TR's security department for temporary assigned duty, his new schedule has allowed him more time to pursue his hobby when he is off-duty. Dobbins said he is sometimes able to go to neighboring states when he has a long weekend.

“My schedule in security allows me to go kayaking for two days to North Carolina,” said Dobbins. “It was a great time and I met up with some of my buddies from other kayaking trips. It's a great way to get away from the ship yard.”

Dobbins said kayaking can also be a good way to make friends outside of the ship.

“Kayaking is actually very social,” said Dobbins. “I've met a lot of cool people and we meet up every time I go kayaking. Some of them live in Maryland and some live in Georgia. Kayaking is the kind of sport that you can just meet up with people and do what



you love.”

Dobbins said that his love of the sport keeps him busy when he leaves work.

“This weekend I'm going up to Gauley Fest in West Virginia,” said Dobbins. “It's a huge event with a lot of sponsors and cool people.”

Dobbins added that he is currently searching for other Sailors to go kayaking with.

“It would be great to get a team from the ship to go to kayaking events together,” said Dobbins. “I'm currently trying to figure out how to make that happen, but I still haven't met many people interested in kayaking who are on TR. I'll always be looking for people to go kayaking with; it's a sport that brings people together.”

If interested, Dobbins said Sailors can email him at kurt.dobbins@cvn71.navy.mil or ask him about the sport.

Chaplain's Corner: Encouragement

Story by Lt. Cmdr.
Michael Bigelow

Think About It: Years ago, I was sitting in a college class on a Kansas campus taking a Greek course. Some 50 yards or so away, we could witness the construction of the new campus building that would house all the classes and faculty come the new school year. Rapidly as the process was occurring, we knew it would take some time. Across the street, off campus, we saw a wrecking ball demolishing an old home to make way for a burger joint. No matter how we tried to focus on our lesson, the crashing sound of the wrecking ball would inevitably draw our attention to the destruction at hand. At one point, even the professor became involved. He got up from his chair,

looked out the window and remarked, “You know, it takes a lifetime to build something up, but only a few minutes to tear it down.”

For the life of me, I can't recall what we studied that day, but I've always remembered that remark. It takes a lifetime to build a career, a reputation, a friendship or a person, but all that can come crashing down in just a few minutes with a careless whisper, a snide remark, a cruel gesture, or a thoughtless act. It takes very little effort to destroy, but great care and expertise to create and build.

With people, the building process is called encouragement. From the Greek, it literally means to build in courage. It's exhorting a young person to do more than she or he thinks is possible. It is unlocking the potential of the Sailor in ways that

he or she did not imagine. It is not simply putting the Navy's trust in someone; it is expressing your own personal trust in their abilities, character, and their dreams.

The early church had a fellow who gave the proceeds of a property deal to the church leaders to distribute to the poor and needy. Joe, who hailed from Cyprus, was so good at seeing the good in others, that they changed his name. They called him Barnabas, Son of Encouragement.

Action: Who's the person in your work center, office, or home that you can encourage? Become a Barnabas – a person who encourages others.

Prayer Thread: May we use our words and actions to build people up and give them hope.

The “Chaplain's Corner” will appear in the Rough Rider every fourth week of the month

PHOTO OF THE WEEK



Sailors stationed aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) take the examination for advancement to second class petty officer.

Photo by MC3 (SW/AW) John Kotara

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

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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.



PHOTO FIND

Can you find the **8** out of place items in this photo?

1. Birthday Cake
2. Burger
3. Baby
4. Cap
5. Orange
6. Penny
7. TR the Man
8. Ruler

Soon-to-be pinned chiefs stand at attention at the Waterside Marriott in Norfolk Sept. 14.

Photo Illustration by
MC2 (SW) Austin Rooney

NAME TR'S NEW COFFEE SHOP!



A new coffee shop is opening aboard TR in 2013. All hands are invited to help name the coffee shop. Email funboss@cvn71.navy.mil or stop by the ticket office Sept. 24 to Sept. 28 to place your entry.

You could win a prize and have the honor of knowing you personally named TR's first-ever coffee shop!

Name ideas must be appropriate and related to TR.

The ultimate decision will be approved by SUPPO.

The winner will be announced Oct. 3.

ROUGH RIDER OF THE WEEK

HN MALCOM RODRIGUES

DEPARTMENT: MEDICAL **RATE:** HOSPITALMAN
JOB WITHIN RATE: RADIATION HEALTH TECHNICIAN

GOALS: COMPLETE MOTORCYCLE SAFETY COURSE,
FINISH ASSOCIATE DEGREE IN BIOLOGY,
EARN SURFACE AND AIR WARFARE PINS

TIME IN THE NAVY: 1 YEAR **TIME ON TR:** 5 MONTHS

HOBBIES: MOTORCYCLING, WATCHING MOVIES,
READING, LISTENING TO MUSIC