

WOMEN'S EQUALITY DAY
TR celebrates with ice cream

RUN WITH THE CHIEFS 5K
TR chief selectees participate

USS THEODORE ROOSEVELT
ROUGH RIDER



MAKING THE CUT

TR BARBERSHOP RE-OPENS

TR chief selects run 5k at Naval Station Norfolk

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

There were more than 2,000 chiefs, senior chiefs, master chiefs and chief selects—enough to make any recruit cringe—and they were all yelling. They stood inside a baseball field at Naval Station Norfolk, Va., and hollered cadence calls at the top of their lungs.

This was the start of the sixth annual Run with the Chiefs 5K through Naval Station Norfolk, which took place Aug. 24.

Senior enlisted Sailors from commands across the Hampton Roads region assembled on the baseball diamond, watching as chief selects from various commands stood in their individual command's PT uniforms and belted out cadence calls, each command competing to drown each other out through volume.

Chief selects from USS Theodore Roosevelt (CVN 71) were among those ranks, and they were very loud.

"We motivated each other," said Chief (Select) Logistics Specialist (SW) Sylvia Howard.

The run aimed at promoting camaraderie among senior enlisted Sailors and new chief selects, while also encouraging the Navy's culture of fitness.

"It's so we can get together with each other and congratulate the new selectees and prepare them for the future and get them in shape to prepare them for what they're about to face," said Chief Information Systems Technician (SW/AW) Newton Allen.

Registration tables opened for the run at 7 a.m. More than 2,000 Sailors registered for the run prior to arriving, but

approximately 400 more registered that morning, said Duffy Drum, the fitness director at Naval Station Norfolk.

"It's a lot of chief selectees, although anyone that's eligible to run a 5K on the naval station is eligible to run this event today," Drum said.

At 8 a.m., Command Master Chief (EXW/SW/AW/PJ) David Carter, the naval station's CMC, addressed the gathered crowd with words of praise for the new selectees.

"I wanted to take a moment to congratulate all the selectees out there. Congratulations. Good job," Carter told the chief selects. "As you've probably already started to see, this is a huge, momentous occasion in your life, and I wish you all the best in your transition season and look forward to seeing you in the mess after Sept. 14."

After Carter spoke, Capt. David Culler, the commanding officer of Naval Station Norfolk, introduced Rear Adm. Townsend G. Alexander, commander, Navy region mid-Atlantic, who had words of encouragement for the Sailors.

"To all of our CPO selectees—first and foremost congratulations," Alexander said. "You have achieved a tremendous accomplishment in selection for promotion to chief petty officer. You are joining the most exclusive group of any military service. You should be proud of not only what you've done in the past, but what you're about to do."

At approximately 8:30 a.m., the run started. Sailors surged forward on the track, running in ranks under each command's guidon, shouting cadences at the top of their lungs. They ran on a route that took them past the piers where USS Abraham Lincoln (CVN 72) and USS George H.W. Bush (CVN 77) were docked, and through the naval station.

"The run was great," Allen said. "I had a great time. It was very motivating and exciting."

After the run, Culler and Carter, along with other high-ranking Sailors judged each command's guidon design and level of motivation. The participants shouted and screamed, trying to outdo each other. Once the captain and the command master chief made their selections for best guidon and motivation, the senior enlisted Sailors broke for hot dogs and hamburgers, courtesy of MWR.

"It was a good time to get to meet the other selectees and the other genuine chiefs we'll meet sometime down the road," Howard said. "It was exciting."

For more photos of the event, visit TR's facebook page.



Chief (Select) Aviation Electronics Technician (AW/SW) Justin Olsen, from USS Theodore Roosevelt (CVN 71), participates in the Run with the Chiefs 5k in Naval Station Norfolk, Va.

TR honors women's equality with ice cream social

Story and photo by
MC3(SW) Tyrell Morris
USS Theodore Roosevelt (CVN 71)
Public Affairs

Not so long ago, it would have been a shock to see female Sailors working and living alongside their male shipmates on-board aircraft carriers and other ships throughout the Navy. Not so long before that, it would have been strange to see a woman managing a company, or earning as much as an equally-qualified man. And not so long before that, seeing a woman in a voting booth would be unheard of.

Thanks to the hard work and perseverance of women throughout history, females are now treated with respect and equality around the country – and the female Sailors onboard USS Theodore Roosevelt (CVN 71) are no exception.

To celebrate that fact, the TR Diversity Committee held an ice cream social onboard the ship's mess decks Aug. 24, which is officially known as Women's Equality Day.

"It is important for us to remember the struggles and sacrifices made by those who came before us," said Chief Legalman (AW/SW) Katrina Hall, TR Diversity Team's Senior Enlisted Advisor. "This is a fun way of reflecting on everything women have been through and how far we have come while educating our crew at the same time."

NAVADMIN 251/12 announced the observance of Women's Equality Day on Aug. 26. This day commemorates the 1920 passage of the 19th amendment to the Constitution granting women the right to vote.

The Women's Suffrage movement began in 1848 at the Seneca Falls Convention in Seneca Falls, New York. This movement outlined key social,



Chief Legalman (AW/SW) Katrina Hall of USS Theodore Roosevelt's (CVN 71) Diversity Team serves ice cream and cookies on the mess decks to celebrate Women's Equality Day, Aug. 24 to raise awareness for the long struggle for women to gain the right to vote.

civil, and political demands for women which helped the cause of women's suffrage gain national prominence.

Nurses remained the only women in the Navy until the service launched the Women Accepted for Volunteer Emergency Service (WAVES) program in 1942. During World War II, 85,000 WAVES served at Naval shore establishments across the nation and overseas, including 81 nurses held as prisoners of war by the Japanese.

"I feel gender diversity helps society and the military perform better," said Aviation Boatswain's Mate (Equipment) 2nd Class (AW/SW) Kaneshia Davis. "Men and women working together collectively provides a better work environment and a melting pot of viewpoints and ideas."

In 1978, the Navy began its

"Women on Ships" program, assigning women to non-combatant ships. Opportunities were later broadened to include service on combatants, following the repeal of the Combat Exclusion Law. Women's roles on combatant ships were further expanded in 2011, when the first group of women reported onboard submarines.

According to the NAVADMIN, there are nearly 65,000 women, active and reserve, serving in our Navy today. This number is 17 percent of the force. Additionally, nearly 50,000 women serve across our Navy in a wide range of specialties as civilian employees.

These talented female officers, Sailors, and civilians are a key component of our total force, and they are an invaluable asset to the strength of our Navy.

TR barber shop opens doors for first time in three years

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

Anticipation was high the morning of Aug. 27 as Sailors from Supply Department put the finishing touches on the barber shop located aboard USS Theodore Roosevelt (CVN 71). As TR enters the last year of Refueling and Complex Overhaul (RCOH), more services such as haircuts at the barber shop are becoming available in order to make Sailors more comfortable and their time at work easier.

The barber shop opened

its doors for the first time in three years Monday to welcome its first customers. The shop, which has undergone a major renovation, features six cutting stations and two new basins for washing hair.

As soon as TR's barber shop opened, its first customer was already waiting – Cmdr. Mark J. Colombo, the ship's executive officer.

“It's a fantastic day,” said Colombo. “This is the first time in three years we have been able to offer haircuts on the ship - and what's better, they are offered for free. I am honored to





be their first customer.”

Ship’s Serviceman 3rd Class Daren Manganaan was chosen to give the haircut because of his four years aboard the TR and two years of experience cutting hair.

“I always try to be professional and give a quality haircut,” said Manganaan. “I cut the previous XO’s hair, so I wasn’t really nervous.”

Manganaan spent the morning helping other Sailors clean the shop and set up supplies in preparation for the grand opening and first cut.

Ship’s Serviceman Seaman Chase Mabry, who is relatively new to cutting hair, was excited for the shop to open.

“I’m just glad to be back in the shop since the FAF [floating accommodation facility] closed,” said Mabry. “I can do a fade pretty well, so I’m not too nervous for the open.”

Throughout the morning and afternoon, Manganaan also offered tips and know-how to Mabry as he completed his first few cuts.

Although only three barbers were giving cuts at any given time today, the shop has eight total barbers and four more in training.

Navy barbers first attend Ship’s Serviceman A-school in Meridian, Miss. before their first command. While at their command, Ship’s Serviceman work in the ship store, laundry, vending and complete on the job training. They are then given the opportunity to attend C-school to become a Navy barber. The school is four



weeks long and provides hands on training with proper hair cutting techniques and sanitation. After completion of C-school, Ship’s Serviceman will receive the Navy enlisted code 3122. All Ship’s Serviceman are given the opportunity to attend the school, but are rotated through depending on the need of the shop.

The barber shop offers free and convenient haircuts to TR Sailors. It is open from 9 a.m. to 11 a.m. and noon to 2 p.m. during the week.

As services such as the barber shop continue to open on TR, the ship nears completion and the end of RCOH.

“This is just one more step towards becoming a self-sufficient ship and returning to the fleet where we should be,” said Colombo.

LABOR DAY + SAFETY

By MC3 William McCann

“if you see a friend about to do something stupid, speak up!”

20 The percentage of all injuries that are actually reported.

When going on liberty for an extended time, safety is often overlooked by Sailors. Cmdr. Mark Runstrom, USS Theodore Roosevelt (CVN 71) Supply Officer, had some words of wisdom for TR Sailors about to enjoy their long Labor Day weekend.

-Look out for your shipmates - don't be afraid to speak up if you see something dangerous happening. We're all leaders, on and off duty.

-Remember why we got Friday off - our excellence and readiness days are a reward to ourselves for showing responsibility.

-Be safe - if you're going to have a BBQ or do some drinking, be responsible about it.

-Have fun - come back safe and ready for work.

1 How many Sailors and Marines had mishaps on Labor Day weekend between 2007 and 2011?

- A** 10
- B** 50
- C** 250

2 Where do police conduct DUI checkpoints during Labor Day weekend?

- A** Hampton Roads
- B** Nationwide
- C** Newport News, Va

3 What was the number one cause of injuries over Labor Day Weekend between 2007 and 2011?

- A** Riding ATVs
- B** Riding a motorcycle
- C** Driving a car

4 How many Sailors were injured riding in a car during the previous Labor Day Weekend?

- A** 10
- B** 23
- C** 25

PHOTO OF THE WEEK



Sailors assigned to Air Department's V-3 Division work on priming the hangar bay doors onboard USS Theodore Roosevelt (CVN 71) Aug. 26.

Photo by MC3 Katie Lash

Staff

Commanding Officer

Capt.
William Hart

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Lt. Cmdr. Patrick Evans

Media Officer

Lt. j.g. Michael Larson

Senior Editor

MCCS (SW/AW/EXW)
David Collins

Editor/Layout

MC2(SW) Austin Rooney

Rough Rider

Contributors

MC3 William McCann
MC3(SW) Tyrell Morris
MC3 Katie Lash
MCSN Casey Cosker

Command Ombudsman

April Kumley
cvn71ombudsman@yahoo.com

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

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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. Waldo
2. Playing card
3. Quarter
4. School bus
5. Air freshener
6. Bike Helmet
7. TR the Man
8. Smile

Who wants to advance?

It's that time of year again - advancement exams are just around the corner. If you have not yet started studying, check out www.navybmr.com or NKO for helpful study resources and other ways to prepare for the test.

All exams will be held at the Hampton Roads Convention Center in Hampton, Va.



E6 exams will be held on Sept. 6



E5 exams will be held on Sept. 13



E4 exams will be held on Sept. 20

ROUGH RIDER OF THE WEEK

“

A LOT OF WORK HAS BEEN PUT ON MY SHOULDERS IN THE LAST FEW WEEKS. I JUST GET THE JOB DONE. ”

MM3 JASMINE PENA

PRIMARY DUTY

WORKS IN STEAM AND HEAT SHOP

QUALIFICATIONS

3M, QUALITY ASSURANCE, HYDRAULIC, AIR CONDITONING AND REFRIGERATION, REPAIR PARTS PETTY OFFICER, CONVEYOR OPERATOR, WORKING ON OXYGEN/NITROGEN QUALIFICATION

GOALS

COMPLETE CRYOGENICS SCHOOL
COMPLETE ASSOCIATE DEGREE
MAKE 2ND CLASS IN MARCH