

Combat Systems Prepares for CMA

Running The Murph on Memorial Day

USS THEODORE ROOSEVELT

ROUGH RIDER



*TR Remembers
our Fallen Veterans*

Combat Systems Department

Leading the CMA charge one com line at a time

Story and Photos by MC3 (SW) Tyrell Morris

USS Theodore Roosevelt Public Affairs

Sailors from USS Theodore Roosevelt (CVN 71) Combat Systems Department have worked diligently to meet Crew Move Aboard (CMA) deadlines as the first phase of CMA began last week. These Sailors have worked long hours and unselfishly sacrificed their liberty time to make sure TR is on schedule to accomplish the goals that have been set by the chain of command.

CS3 division is responsible for getting the ship's Integrated Shipboard Network System (ISNS) up and running.

"Servers and switches have been installed and we are waiting on the contractors to provide the connection which is scheduled for June," said Information Systems Technician (SW/IDW) Tiffany Serrecchia.

Combat Systems will be passing out new computers to departments as they move people off the Refueling Complex Overhaul (RCOH) system to ISNS system.

"CS2 division will be receiving and processing SAR forms and CS3 division will handle getting everyone

entered into the network," said Serrecchia.

"SAR forms are a must as we transition to the new network. The new state of the art network will include wireless access points throughout the ship.

A big change that TR implemented recently was the transition to the Hierarchical Yet Dynamically

Reprogrammable Architecture (HYDRA) wireless communication system. The new HYDRA replaces the outdated Motorola radios the ship was using.

The Navy contracted for HYDRA systems to be installed on many ships throughout the fleet.

"The HYDRAs are a more advanced form of technology and allows us to keep in alignment with other carriers in the fleet," said Electronics Technician (SW/AW) Cheyenne Shasky.

The new system provides higher level of accountability and easier communication using lid numbers. Lid number are given to each HYDRA and programmed into system so CS9 division will have the ability to turn off a HYDRA if it is lost.

CS8 division completed the testing of 1,320 1MC speakers for Crew Move Aboard (CMA).

"All 1,320 of those met the CMA requirement and tested satisfactory," said Interior Communications Electrician (SW) Bill Bauer. "We have also installed 805 of 1,053 telephone drops and more than 50 percent of those have tested satisfactory thus far." In addition, approximately 5,000 jack boxes have been installed for sound powered phones.

"Sailors should be mindful to treat all equipment like it is their own," said Bauer. "We have a lot of very expensive equipment coming onboard that we need to take ownership of and be accountable for."



Information Systems Technician 3rd Class Rodney Cretian-Joubert runs cable lines on USS Theodore Roosevelt (CVN 71).

JEA lays wreath at Local Cemetary

Story and Photos by MC3 (SW) Tyrell Morris

USS Theodore Roosevelt Public Affairs

Seven Sailors from USS Theodore Roosevelt's (CVN 71) Junior Enlisted Association participated in the annual wreath laying ceremony at Albert G. Horton Jr. Memorial Veterans Cemetery in Suffolk, Va., May 28.

The Albert G. Horton, Jr. Memorial Veterans Cemetery is one of only two state-operated veterans' cemeteries in Virginia.

"Most people think of Memorial Day as just another holiday that we do not have to work, but as an association, we wanted to do something to remember our veterans and show our appreciation for their sacrifice," said Machinist's Mate Fireman Sabrina Estrella.

The wreath laying ceremony was the first event the newly formed Junior Enlisted Association.

"We are new to the command so we wanted to do something to introduce our organization to the command, as well as the community," said Interior Communications Fireman Alexius Russell.

The goal of the wreath laying ceremony and the Albert G. Horton, Jr. Memorial Veterans Cemetery Wreath Society is to incorporate elements which strive to remember, honor and teach the younger generations about the service and sacrifices of our nation's veterans.

The wreath laying tradition began in 1992 when Worcester Wreath Company donated wreaths for the headstones of veterans in Arlington National Cemetery. All veteran cemeteries across the country were later included in 2005.

The placing of the wreaths signifies the continuous commitment to remember, honor the memories, and teach our

children the stories of heroism, and sacrifices made by our veterans and fallen heroes in defense of America's way of life.

"It was truly an honor for us to participate in this prestigious occasion," said Aviation Maintenance Administrationman Airman Bryan Brown. "The veterans and family members in attendance were very appreciative to see young, active duty Sailors participate in the ceremony which was a very humbling experience."

The ceremony featured guest speakers Navy Capt. Daniel Shultz and City of Suffolk Mayor Linda Johnson.

"It is our duty to find someone younger and tell them what it means to be a hero," said Mayor Johnson. "For that reason, it is a great delight to see these young Sailors from the TR at this ceremony."



Sailors from USS Theodore Roosevelt's (CVN 71) Junior Enlisted Association render salutes during a Memorial Day ceremony at Albert G. Horton Jr. Memorial Veterans Cemetery.

TR Sailors Celebrate Memorial

Story by MC3 William McCann

USS Theodore Roosevelt Public Affairs

For many people the aftermath following Memorial Day can be brutal... Sunburn, lethargy from overeating and the hangover are well known “trademarks” of our beloved national holiday. For most, this is a cycle that repeats every year, but for a select few, it is a time to leave remember the fallen and honor them by physically challenging themselves as never before.

The “Memorial Day Murph” is an annual Memorial Day crosstraining fitness fundraiser that

occurs around the country on the 28th of May in honor of Lt. Michael P. Murphy, a US Navy SEAL who was killed in action in Afghanistan on June 28th 2005.

The participants in this year’s “Murph” were TR’s Supply Officer Cmdr. Paul Amodio, Assistant Supply Officer Lt. Cmdr. John Brickner, and the ship’s Physical Therapist Lt. Paul Harris.

This year’s workout called the “Murph” is nothing to scoff at: a 1 mile run at the beginning, 100 pushups, 200 sit ups, 300 squats, made “easier” with zombie kicks, high kicks, high knees, and topped off with a 1 mile run at the end. One of the most impressive aspects is that all six who participated in the event completed all exercises in under 1 hour.

“I’m glad I made it through it, for those who paid the ultimate sacrifice for our freedom” said Amodio.

Granted that this workout is no small task, it is a “modification” of the exercise used by Lt. Murphy himself. Murphy went through the exercise in



ial Day by “Doin’ the Murph”

preparation for deployments wearing a flak jacket, and called the exercise “Body Armor.” After his death during Operation REDWING, the cross-fit community that carried on the exercise named the workout, the “Murph” in honor of their fallen comrade.

Remember, the next time you think PT is too difficult, or maybe too much for you to handle, it could be worse, it could be a Murph.



1. Marley Oldham, TR’s Fitboss and Lt. Paul Harris start the Murph with a 1 mile run.

2. Commander Paul Amodio, TR’s Supply Officer, Does Pushups as part of the Murph.

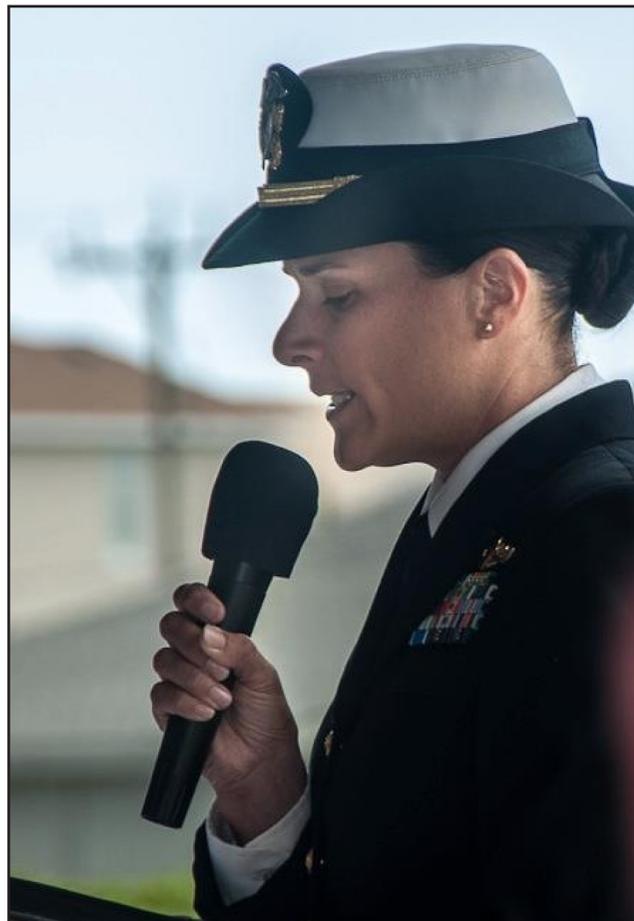
3. Marley Oldham, TR’s Fitboss and Lt. Paul Harris do squats during the Murph.



Command Happenings



Marley Oldham, TR's Fitboss, holds up the new Run Club T-Shirt at the Run for the Dream 8k in Williamsburg, Va.



Lt. Cmdr. Terra McIntyre, TR's training officer, speaks at Nags Head's Memorial Day ceremony.



TR's Run club poses for a picture at the Run for the Dream 8k in Williamsburg, Va.

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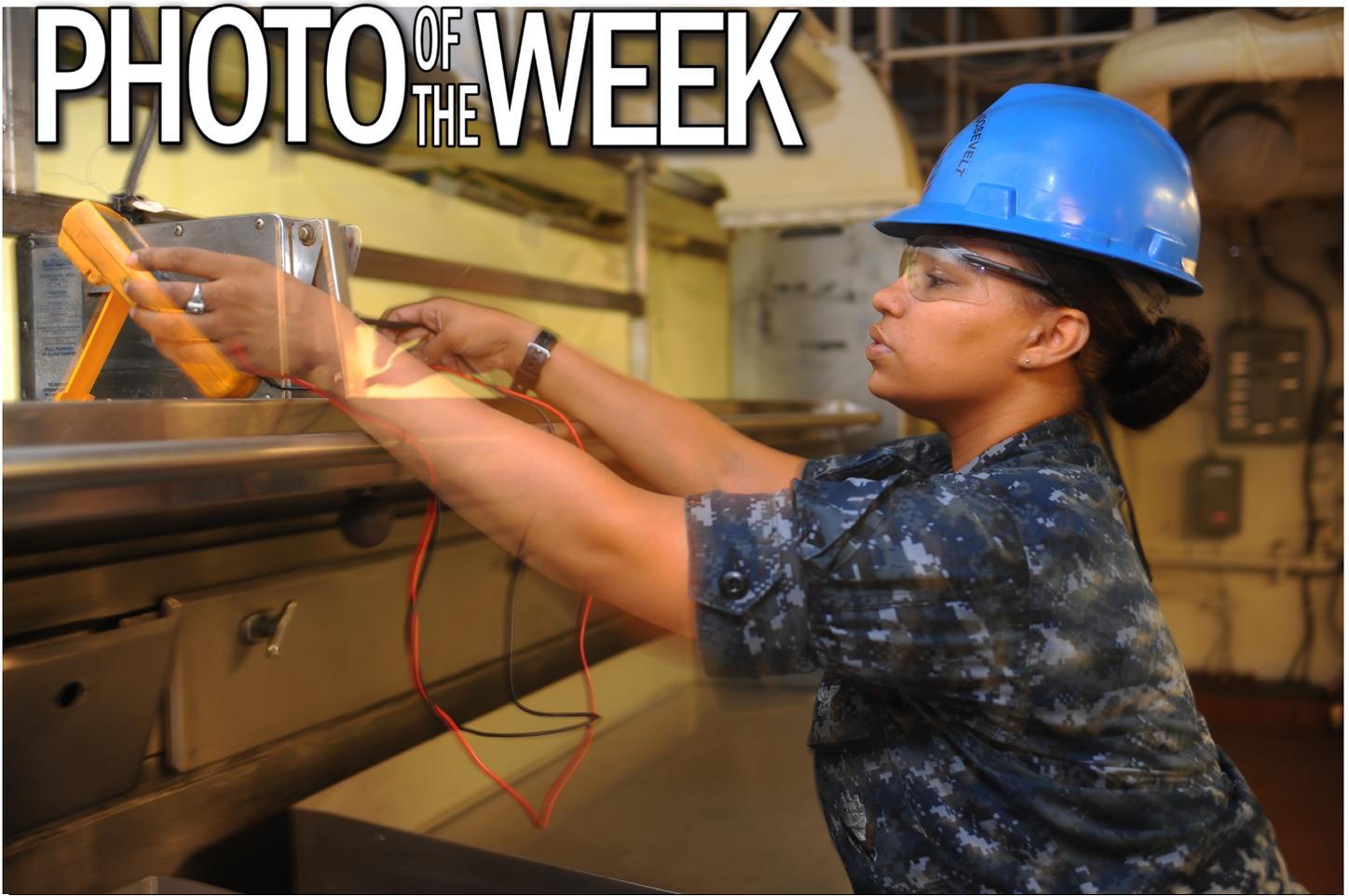


PHOTO OF THE WEEK

Electrician's Mate 2nd Class (SW/AW) Laura Pabon meters electronic equipment in USS Theodore Roosevelt's (CVN 71) aft galley May 31.
 Photo by MC3 William McCann

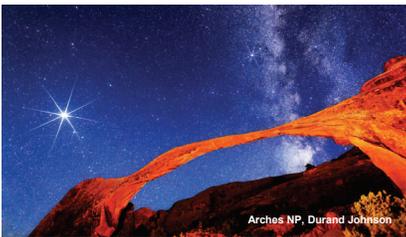


Photo illustration by MC3 Sean Hurt

Photo Find

Can you find the 6 hidden objects?

- | | |
|-----------------|-------------|
| 1. TR the Man | 4. Shoe |
| 2. Baseball Bat | 5. Tiger |
| 3. Diamond Ring | 6. Soda Can |



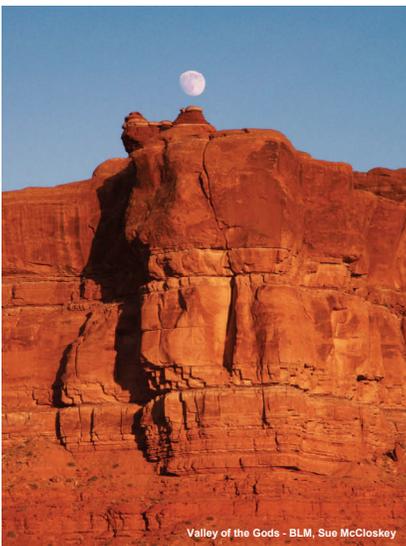
Arches NP, Durand Johnson



Gallatin NF, Colin McWilliams



Edwin B. Forsythe NWR, Eric Reuter



Valley of the Gods - BLM, Sue McCloskey



Bryce Canyon NP, Greg Clure

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