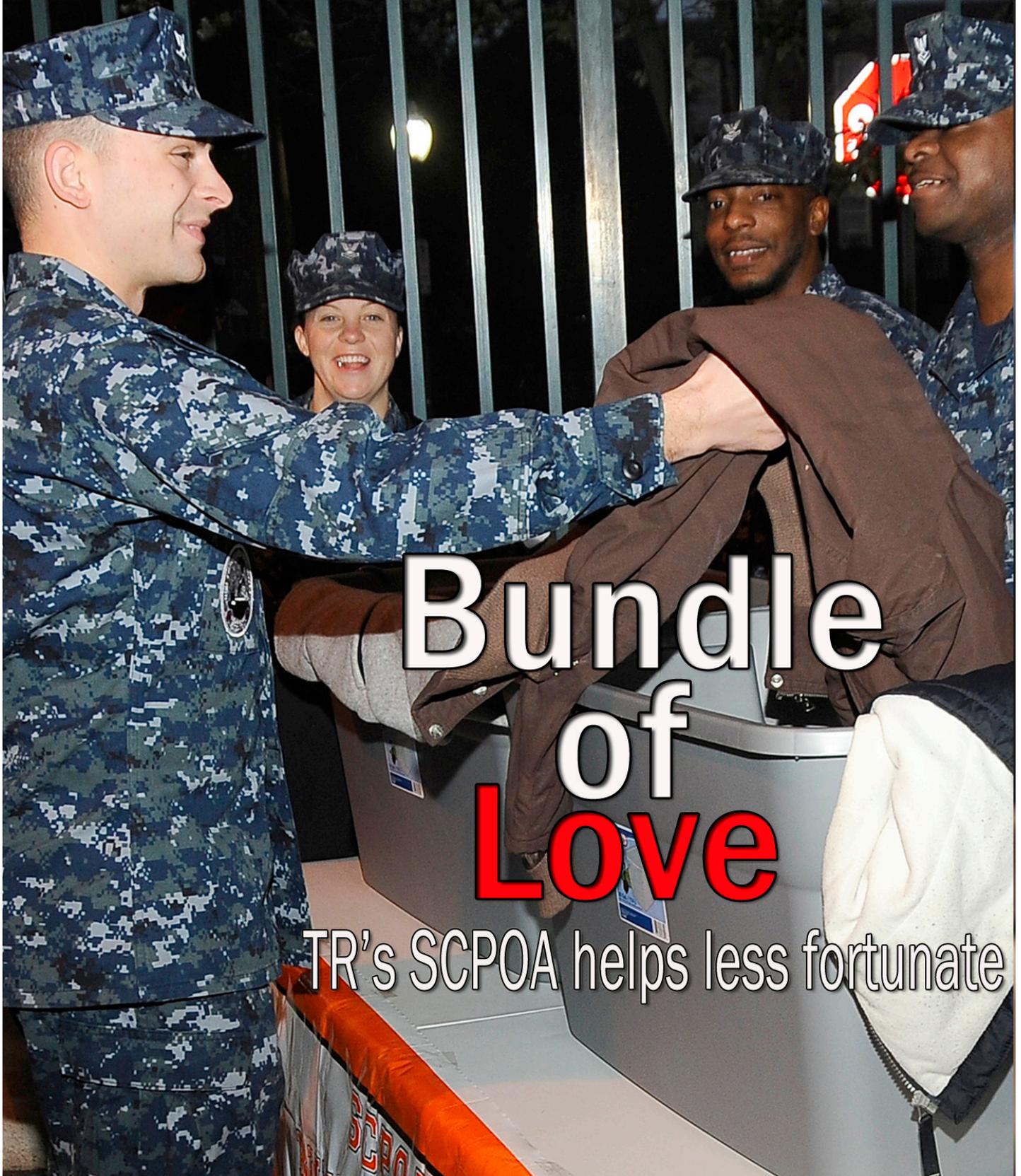


V-4 DIVISION REHABS SPACES

VETERAN'S DAY FREEBIES

USS THEODORE ROOSEVELT

ROUGH RIDER



Bundle of Love

TR's SCPOA helps less fortunate

Rough Rider of the Week: AEAA Howard

By MC3 Tyrell Morris



This week's Rough Rider of the Week is Aviation Electrician's Mate Airman Apprentice Mary Howard from USS Theodore Roosevelt's (CVN 71) Aircraft Intermediate Maintenance Department (AIMD).

The native of Portland, Me. enlisted in the navy in July 2010.

TR is her first command and she has been an integral part of AIMD since she reported aboard.

Howard believes she was chosen as Rough Rider of the Week because of her work ethic.

"I do my job to the best of my abilities and I always follow up to make sure that my work meets the expectations of my supervisors," said Howard.

Howard volunteered to work in the most demanding area in the division and has exceeded the expectations of her chain of command. Howard is a space rehab team member in AIMD's IM-3 division.

"Howard puts forth that extra effort that you don't see in many junior Sailors today," said Chief

Aviation Machinist's Mate (AW/SW) Moses Eadie, IM-3 leading chief petty officer. "Her dedication to hard work, reliability, and professionalism are paramount to the success of Ship's Force."

She coordinated and executed the rehab of six departmental spaces and her efforts have resulted in a 60 percent increase of space completion.

"She is a proactive thinker and sets the standard for all new Sailors to follow," said Eadie.

Howard loves to draw in her spare time and has been actively assisting the Deck Department with the art for the foc'sle.

"Drawing is my hobby," said Howard. "I believe if you can think it, you can draw it."

Howard is currently working on getting all of her qualifications and studying for the upcoming advancement exam.

After her military service is complete, Howard wants to attend college to pursue a degree in the electrical field.

V-4 division working hard to revitalize pump rooms

By MC3 Tyrell Morris

Below decks down in the bowels of the ship, seventh deck to be exact, the USS Theodore Roosevelt (CVN 71) Sailors of Air Department's V-4 division have been working diligently to rehab their spaces.

When the ship is operational, TR's V-4 division below deck Sailors are in charge of overseeing the purification and transfer of jet propulsion fuel number 5 (JP-5). They also perform surveillance to make sure the fuel is clean and clear.

Those hard charging below deck Sailors from V-4 have traded in their purple jerseys for hard hats and safety goggles since TR entered the Newport News shipyard for the ship's midlife Refueling Complex Overhaul (RCOH).

"The main objective for below decks during the ship's RCOH is space rehab and putting the JP-5 system back together," said Aviation Boatswain's mate (Fuel) (AW) Cynthia Zavala, below deck work center supervisor.

JP-5 is the primary fuel for aircraft, emergency diesel generators and ground support equipment, such as tractors and forklifts. In addition to fueling aircraft and support equipment, JP-5 can be used as a substitute fuel for the ship's boilers.

As part of the RCOH process, the JP-5 system and pump rooms are being updated. The upgrades required V-4 personnel to work relentlessly through long hours.

"It has been a collaborative effort between the Sailors, shipyard workers and the civilian contractors who have to make the upgrades to the system," said Chief



Sailors from Air Department's V-4 division have been working hard to restore the ship's pump rooms.

Photo by MCSA John Kotara

Aviation Boatswain's Mate (Fuel) (AW/SW) Ernest Carter, V-4 division's maintenance leading chief petty officer. "Sensors have been added to detect sediment in the water which reduces the amount of samples they have to run, and a new fueling station, 6A, is being added to the flight deck to better serve the carrier wing's aircraft and the purple shirts working on the flight deck."

Working in the pump room is critical to mission readiness and effectiveness. In order to operate the JP-5 fueling system safely and efficiently, all V-4 personnel must have a thorough working knowledge of how the piping system works.

V-4 division has sent many Sailors on temporary assigned duty (TAD) and deployments with other ships to learn their job and get qualifications so they will be prepared when the ship is ready to set sail and go to sea.

"There are some things you just can't teach in the shipyard and that hands-on training is imperative so the only way our Sailors are going to get that experience is by going out to sea," said Aviation Boatswain's Mate (Fuel) 2nd Class (AW/SW) Maurice Marion. "We are going to need Sailors who are filter qualified, pump room operator qualified, and console qualified that is why we send as many Sailors TAD to get those qualifications as we can."

All of the additions and modifications are scheduled to be completed no later than June 2012 and V-4 will begin bringing approximately one million gallons of fuel onboard in Aug. 2012.

"Once all of the legwork is complete and it's time to start bringing on fuel then that means the TR's days in the shipyard are almost over," said Carter.

TR's SCPOA giving the gift of warmth

By MCSA Andrew Sulayao



With the season bringing cold temperatures, the need for warmth is universal for everyone. Thankfully, USS Theodore Roosevelt's (CVN 71) Second Class Petty Officer Association (SCPOA) is there to help meet that need for the less fortunate.

Sailors associated with the SCPOA are accepting clothing for the winter months for the community project, Bundle of Love. Bundle of Love is coordinated by Union Mission Ministries Norfolk, and TR's SCPOA is collecting every Monday, Wednesday and Friday until Dec. 15 to donate to those in need.

"Many of us don't realize how many extra clothes we have in our closets," said Hospital Corpsman 2nd Class (SW) Melissa Cason. "As a result, SCPOA is encouraging those to give items this season to keep those in need warm. Example of items includes, but is not limited to: coats, sweaters, scarves, gloves and

blankets."

While other projects during the holidays focus on toy and food drives, SCPOA decided to differentiate by giving winter items to keep the less fortunate warm.

"Many organizations want to give unwanted toys and canned foods for the holidays," said Hospital Corpsman 2nd Class (SW/AW/FMF) Lennis Graham, SCPOA member. "We just wanted to think outside of the box and give winter items. The Hampton Roads area hosts rough winters, so warmth during the winters is something we'll be happy to give."

Union Mission picks up the items biweekly and is very appreciative that the TR is participating in this project.

"We serve approximately 300 people every night, and more are coming to us for help as the weather is



getting colder” said Linda Jones, Union Mission’s public relations director. “We are excited that the TR has chosen to help us to help those in need. It’s a blessing.”

Other TR Sailors are more than happy to help the community and those who are less fortunate than they are.

“The ‘Bundle of Love’ project is a great thing that the TR is doing for the community,” said Aviation Boatswain’s Mate (Handling) Airman Amber Green. “It’s not every day that we can help those in need, and when we do, it’s wonderful in many ways.”

SCPOA is more than happy to show those that the TR cares about the community.

“It makes us feel good to know that we’re making an effort to keep the less fortunate warm for the holidays,” said Cason. “That’s why it’s called ‘Bundle of Love,’ to show those that we care by giving them the gift of warmth.”



Top: Sailors assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71) collect winter clothing and accessories to donate to the less fortunate as a part of the community project “Bundle of Love.”

Middle: Hospital Corpsman 2nd Class (SW) Melissa Cason organizes the winter clothing donations in the bin for the “Bundle of Love” community project, Nov. 9.

Bottom: A TR Sailor donates a sweater for the “Bundle of Love” community project.

The importance of functional fitness

By: Marley Oldham
"Fit Boss" USS T. Roosevelt

What is Functional Fitness?

Functional fitness is training your body for real-life situations. Constantly varied compound functional movements integrate core strength, speed, endurance, power, agility, and coordination to name a few. The idea is to exercise muscles to work together rather than isolating them to work independently. This develops muscles to make it easier and safer to perform everyday activities.

Is Functional Fitness for me?

We all do some type of pushing, pulling, and lifting in our lives, which are all basic multi-joint functional movements.

1. Do you lift objects off the ground? Sound like a Dead Lift?
2. Do you sit and stand up? Think about Squats.

3. Do you place items on a shelf overhead? Let's replace it with a barbell and call it a Press.

Why should I do it?

1. It's an efficient form of exercise. Meaning you will get more bang for your buck!
2. It's interesting and you will be more likely to stick with it!
3. You will look better and feel better (stronger, faster, better at life)!
4. It works! Why not give it a try?

Functional Fitness classes starting soon at Huntington Hall (room 126).

Contact your Fit Boss for more info!

Questions? Email fitboss@cvn71.navy.mil.



PHOTO FIND

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

1. Wrench
2. Soccer Ball
3. Cup
4. Air Freshener
5. Ruler
6. Batman
7. Penny
8. TR the man

USS Theodore Roosevelt Sailors participate in a scrimmage during tryouts for the two-time defending champion TR basketball team, Nov. 08.

Photo by MC3 Tyrell Morris

Photo Find by MC3 Tyrell Morris

Veteran's Day discounts, deals and steals

Restaurants:

Abuelo's Mexican Food - Abuelo's offerings vary by region, be sure to call ahead to see what the discounts or freebies are

Applebee's - All veterans and active duty military eat free from a limited menu

Chili's - All veterans and active duty military eat free from a limited menu

Golden Corral - Military Appreciation Monday free dinner will be available on Nov. 15 from 5p.m. to 9p.m. Military retirees, veterans, active duty, National Guard and Reservists are all welcome.

Hooters - All veterans and active duty military eat free from a limited menu

Krispy Kreme - All active duty, retirees and veterans get a free doughnut, be sure to call ahead to verify your local Krispy Kreme is participating

McCormick & Schmick's Seafood - Participating McCormick & Schmick's Seafood Restaurants offer a complimentary entree to veterans from a limited menu on a space available basis, online reservations are highly recommended

Outback Steakhouse - Veterans and active duty military get a complimentary bloomin' onion and non-alcoholic beverage

UNO Chicago Grill - UNO is offering a buy one get one free offer to servicemembers and veterans with a military or veteran I.D. or in uniform or with a photo of themselves in uniform. Offer includes a free entree or individual pizza, with purchase of an entree or pizza of equal or greater value.

Texas Roadhouse - Free meal from opening until 4p.m.

T.G.I. Friday's - Veterans and servicemembers buy one get one free from Nov. 11-14. Contact your nearest location for more details.

Retail:

Dollar General - Veterans, servicemembers (active, guard, and reserve) and their immediate families will receive a 10 percent discount with a Veteran's Day coupon. The coupon may be found in store circular ads or by asking a sales associate.

Home Depot - Offers a 10 percent discount to all veterans

Lowe's - Offers a 10 percent discount to all veterans. Offer is available in stores only and is limited to in-stock and special order purchases of up to \$5,000

Sam's Club - Sam's gives away 36,000 collapsible Hugo Canes to military veterans in need of mobility assistance, Sam's Club membership is required

Amazon.com - Free "Veteran's Day Honor" MP3 album download, includes 12 songs by the bands and ensembles of the U.S. Armed Forces

Cabela's Outdoor Store - offers employee discount to all veterans, active duty military and reserves, law enforcement, fire and EMS personnel Nov. 11-12

Build-a-Bear Workshop - All veterans and active duty military will receive a 20 percent discount Nov. 11-15

Fashion Bug - 20% of all plus-size and misses clothing purchases with a copy of military I.D. or spouse's military I.D.

Sports Clips Haircuts - All veterans and active duty military receive a free haircut

Foot Locker - All veterans and active duty military and their immediate families with a Foot Locker Veterans Advantage Card receive a 20 percent discount every day of the year. Offer is good online and in-store at Foot Locker, Lady Foot Locker, Kids Foot Locker, FootAction and Champs Sports

Photo of the Week



Capt. William J. Hart, commanding officer of USS Theodore Roosevelt (CVN 71), gives Congressman Adam Smith (WA) a brief regarding the ship's RCOH as part of a general orientation tour of Huntington Ingalls Industries Newport News Shipbuilding.
Photo by MCSA Andrew Sulayao

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ANNOUNCEMENTS — From MWR —

And the raffles just keep on coming!!! The Redskins play the Jets on Sunday, 4 December at FedEx Field.

The raffle will be held on Wednesday, 21 November at 1230!!!!!! Four winners and an alternate will be drawn to win two box seat tickets and an orange parking pass for \$200!

Send your name to the Fun Boss by 1400 on 17 November to be entered in the raffle! Winners will have 24 hours to claim their tickets.