

**GOAT LOCKER CHALLENGE**

TR Chiefs compete in annual competition

**BECOMING A CHIEF PT. 2**

PO1's looking to rank up get advice from TR's Chief's Mess

USS THEODORE ROOSEVELT

# ROUGH RIDER



## A VERY SPECIAL DAY

TR Sailors Volunteer at  
"Little Feet Meet"

# Rough Riders of the Week: Four Heroes

By MCSN Tyrell Morris

This week there are four Rough Riders of the Week, all from USS Theodore Roosevelt (CVN 71) Reactor Department. They are Electronics Technician 1st Class (SW/AW) Daryl Pearson, Machinist's Mate 2nd Class Max Tremblay, Machinist's Mate 2nd Class Joshua Pridgeon, and Machinist's Mate 2nd Class James Herman.

These four TR Sailors were underway with USS George H.W. Bush (CVN 77) for 15 days to obtain qualifications. While underway, these TR Sailors became heroes overnight. Around 3 a.m. one morning, a Sailor got out of his rack and immediately fell to the deck in pain. The Sailor was shaking uncontrollably and grabbing his side.

"I have never seen someone in so much pain before," said Pearson. Pearson, Tremblay, Pridgeon,

and Herman were all awake in the berthing because they were mid-shift and in between watches. They responded immediately to the Sailor. The Sailor was incoherent when they attempted to talk to him so they immediately reported the medical emergency.

"We wanted to figure out if medical emergency was needed and when we saw how much pain he was in we knew we had to call it away," said Herman.

Pearson ran ahead to Medical to inform them of the situation then came back to help Tremblay carry the Sailor to Medical. Herman and Pridgeon stayed behind in the berthing to man the phone in case someone from Medical or the Sailor's chain of command called.

"I just felt obligated to help a fellow Sailor," said Pridgeon. "I didn't know that we would get all this attention because of it."

The TR Sailors found the Sailor's leading petty officer, woke him up, and informed him of the issue. As if they hadn't done enough already, they waited in Medical for approximately 2 hours until the doctor came out and gave a diagnosis for the Sailor.

"I'm all about doing the right thing and it just felt like the right thing to do. I would hope someone would do the same for me," said Tremblay.

The doctors determined the Sailor had a kidney stone that was turned the wrong way and lodged in his kidney causing him severe pain. He will be fine. If our very own TR shipmates had not reacted so quickly the outcome may have been different. For that very reason these four Sailors are being recognized as heroes and the TR's Rough Riders of the Week.



# TR Sailors Give a Hand at “Little Feet Meet”

By MCSA John Kotara

Sixty Sailors from USS Theodore Roosevelt (CVN 71) volunteered in the community Apr. 7 at Old Dominion University (ODU) in Norfolk, Va. to help more than 200 elementary school children from Norfolk Public Schools participate in this year’s Special Olympics event, dubbed “Little Feet Meet.”

The event was put together by Patrick Doyle, an Adapted Physical Education teacher with Norfolk Public Schools. Doyle has been the director of this event for the last two years, and explains that the attendance grew from 88 children last year to more than 200 children this year.

“This is a great opportunity to advocate for these children,” said Doyle. “My goal is for this event to grow and include every child.”

Doyle said he is proud of the turnout, both of the kids and support.

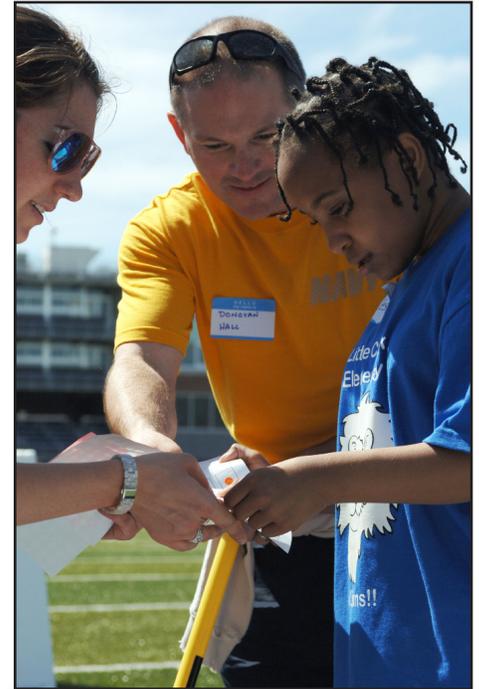
“This is the first year the Navy

has come out and we are very proud to see them out here,” said Doyle.”

When TR Sailors took the field they were divided into groups, each assigned to a corresponding group of students. From start to finish, the Sailors looked to enjoy every moment they spent there. Sailors did everything from running hand in hand, jumping and cheering alongside students in 18 events which lasted two hours. The events held were well rounded and offered a variety of exercises such as a 50-meter dash and standing long jump, as well as: softball throw, hula hoop toss, football throw, golf putting, tee-ball hitting, tossing station, parachute activities, obstacle course, soccer kick, weightlifting, bean bag toss, fitness station, ladder ball, track events, hockey shot and races.

“Just to see the smiles on their face, that’s enough for me,” said Engineman 1st Class (SW) Ryan Giddens. “This means a lot to me, it felt like something I had to do.”

Giddens explained that while he does not have a special needs child, he loved spending time with them and was laughing, smiling and interacting with the students.



Aviation Boatswain’s Mate (Equipment) 1st Class (AW) Donovan Hall, stationed aboard TR, participates in the Special Olympics event “Little Feet Meet” by helping record finished events.

Photo by MCSA John Kotara



Sailors stationed aboard USS Theodore Roosevelt (CVN 71) participate in the Special Olympics event “Little Feet Meet” by assisting in a parachute activity at Old Dominion University (ODU).

Photo by MCSA John Kotara

The Navy and other volunteers were not the only ones enjoying themselves. The students participating were alive with excitement.

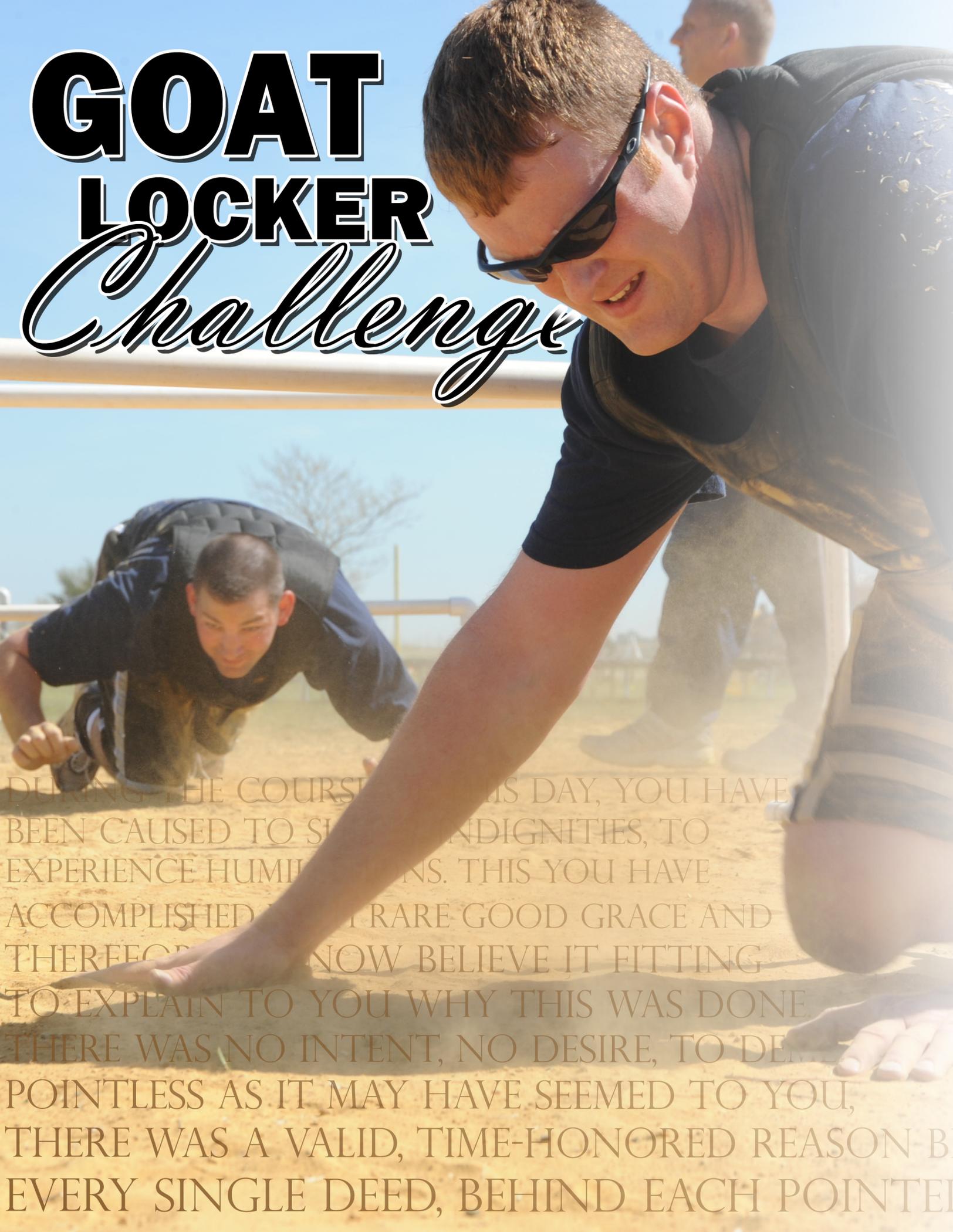
“The kids love it, you can tell by the big smiles on each of their faces,” said Aviation Boatswain’s Mate (Equipment) Airman Mitchell Mackenzie.

Mackenzie said that throughout the exercises his child kept saying “I’m winning, I’m winning!”

Mackenzie said, “It shows that we care for the community and are willing to give back for everything we get from them.”

With most of the year still ahead, TR plans to keep an active role within the community and keep giving back in any way possible.

# GOAT LOCKER *Challenge*



DURING THE COURSE OF THIS DAY, YOU HAVE BEEN CAUSED TO SUFFER INDIGNITIES, TO EXPERIENCE HUMILIATIONS. THIS YOU HAVE ACCOMPLISHED WITH RARE GOOD GRACE AND THEREFORE I NOW BELIEVE IT FITTING TO EXPLAIN TO YOU WHY THIS WAS DONE. THERE WAS NO INTENT, NO DESIRE, TO DEMONSTRATE AS IT MAY HAVE SEEMED TO YOU, THERE WAS A VALID, TIME-HONORED REASON BEHIND EVERY SINGLE DEED, BEHIND EACH POINTED

By MCSN Jennifer Castillo

More than 100 Chiefs from commands around the Hampton Roads area, including six chiefs from USS Theodore Roosevelt, gathered together April 7 for a day of fun, laughter, excitement and physical activity for the 14th annual Goat Locker Challenge in honor of the Chief Petty Officer (CPO) birthday.

The Goat Locker Challenge's main purpose is to help raise money for the CPO Scholarship Fund. This year the Chiefs raised more than \$2,000.

The event was held at Naval Station Norfolk and sponsored by Waterfront Fitness. There were 28 physical events in total where each team had to obtain as many points possible in the time allotted at each event. The team with the most points at the end won a golden anchor and bragging rights. The events included kettle ball pull, relays, tricycle race, sled push, obstacle courses and many more.

"It was a tough challenge, as being a CPO is," said Chief Cryptologic Technician (SW/EXW) Tricia Ghunney, from TR. "It took teamwork and perseverance to get us through. Just seeing over 100 fellow CPO's sweating, to complete challenges, cheering each other on is just a show of force of our Mess."

The stations tested the chiefs' teamwork, effort and communication.

"I didn't realize it was going to be such a challenge," said Chief Fire Controlman (SW/AW) Joshua Curry, also from TR. "It was a great time and great camaraderie!"

Many stations were trying on one's physical endurance, whether it was passing heavy weighted bags from one to another, pulling a kettle bell 50 feet or running back and forth wearing fins and carrying an egg.

"I think it's very important to get CPO messes from different commands together for events like this," said TR Chief Fire Controlman (SW) James McPheeters. "It shows pride in our mess and our command."

After hours of sweat, blood and more sweat, Norfolk Naval Shipyard came out on top defeating two-time champion Afloat Training Group, Norfolk and took home the golden anchor.

"The event is a great opportunity to meet members of the mess from many commands spread out across the Hampton Roads area and it was very competitive," said Chief Mass Communication Specialist (SW/AW) Jerel Jones. "It gives us crusty, old Chiefs a true measurement of what type of shape we're really in just prior to kicking off the transition season."

"CPO's have a motto, 'One Mess - One Mission,'" explains McPheeters. "Events like the Goat Locker Challenge allow all CPO's to get together to not only have fun but reinforce our motto."



1. Chief petty officers from Naval Information Operations Command, located in Norfolk, Va., make their way under obstacles during the 2011 Goat Locker Challenge. The competition took place at Naval Station Norfolk with more than 100 chief participants and consisted of 28 different events.
2. Chief Fire Controlman (SW/AW) Joshua Curry passes a mint to Chief Operations Specialist (SW/AW) CJ Dillard during an event at the 2011 Goat Locker Challenge.
3. Chief Mass Communication Specialist (SW/AW) Jerel Jones, from TR, crawls through an inflatable tube during an event at the 2011 Goat Locker Challenge.

# TR Wins Volunteer Achievement Award for Community Work

By MCSA John Kotara

**L**t. Cmdr. Raynard Allen, a USS Theodore Roosevelt (CVN 71) Chaplain, accepted the Hampton Roads Volunteer Achievement Award on behalf of TR April 6 at Waterside Marriot in Norfolk, Va. in recognition of volunteer community service.

Volunteer Hampton Roads Association presented the award. This annual award recognizes the region's most outstanding volunteers based on their length of service, initiative and impact on the community.

"Being nominated and picked for this award is an outstanding achievement," said Allen.

Norfolk Botanical Garden was the pressing organization for submitting TR's nomination due to the amount of work put into the Gardens.

TR Sailors carry out many important projects in the Garden on a weekly basis. A prime example is the Bicentennial Rose Garden, which displays more than 3,000 rose plants and is accred-

ited as one of 130 All-American Rose Selections Display Gardens. Sailors prune, rake and re-mulch every bed in this three-acre Garden.

Sailors paint fences and buildings, as well as pull vines out of azalea bushes, pack truckloads of mulch onto wheelbarrows, and mulch every tree in the Flowering Arboretum.

"[TR Sailors] can do in one day what we thought would take two weeks to accomplish," said Debra A. Burrell, Volunteer Service Manager at Norfolk Botanical Garden. "The crew members who come here work extremely hard and we are grateful for their service."

TR was in close competition with other carriers stationed around Norfolk.

"With TR winning this award against other military ships, it shows what the community thinks of us," said Allen.

Allen goes on to explain that TR participates in a number of different programs within the community.

The first program is Environmental

Stewardship. This program encourages Navy and Marine Corps commands to provide education on domestic and international environmental initiatives and to encourage the preservation, protection, restoration and enhancement of the environment.

The second is the Personal Excellence Partnership. This program helps develop American youths.

"Going to the elementary schools and seeing all the faces brings a feeling of joy to my heart," said Allen.

The last program is Project Good Neighbor. This is a year-round program that provides opportunities to volunteers to contribute and to improve the quality of life in their communities.

"These projects are the ones that TR is currently working towards," said Allen. "We hope to keep participating in this for years to come. The participation of TR preserves the image of giving, as well as being a wonderful right hand to the community."



Photo Find by MC3 (EXW) Joey Morgan

## PHOTO FIND

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

1. Basketball
2. Arrow
3. Volleyball
4. Shoe
5. High Heel Shoe
6. Clipboard
7. Coffee Cup
8. Stapler

USS Theodore Roosevelt's (CVN 71) Security division holds a dress whites inspection April 14 at the Huntington Hall gym.

Photo by MCSN Jessica Echerri

# What it Takes to Become a Chief Pt. 2: Variety

By MCSN Tyrell Morris

**A** Chief Petty Officer in the Navy is a technical authority, expert, and supervisor in their particular rating. Chiefs provide direct supervision, instruction, and training to lower enlisted personnel to ensure the daily tasks are completed efficiently.

The “Chief’s mess” is a brotherhood similar to that of a fraternity and they do not just let anyone into their tight group. To put it in a little more perspective, less than 10 percent of the Navy fleet can be Chiefs and they try to make sure they only select the upper echelon of the fleet.

The 104 First Class Petty Officers assigned to USS Theodore Roosevelt (CVN 71) who are board eligible are hoping they have what it takes to gain admittance into this sacred organization.

Master Chief Aviation Maintenance Administrationman (AW) Dale McComsey, Aircraft Intermediate Maintenance Department’s leading chief petty officer, said very few people have the balance it takes to stand out in a Chief’s selection board.

“You can’t just be great at one thing you have to be good at a few things,” said McComsey.

Not only has McComsey been in the Chief’s mess for some time now, he has also had the opportunity to sit on a selection board so he is familiar with both sides of the selection process.

Collateral duties, evaluations, test scores, participating in command functions and community service all play a part in the Chief selection process.

“The people that stand out do a little bit of everything,” said McComsey.



*Chief Cryptologic Technician Interpretive (SW/AW) Tricia Ghunney mentors Cryptologic Technician Interpretive (SS/SW/AW) Robert Hutton on his future goals and what steps he can take to make Chief Petty Officer.*

Photo by MCSN Tyrell Morris

“Add variety to your collateral duties. Also don’t just do the same thing all the time. If you were the Enlisted Surface Warfare Specialist coordinator at your last three commands that is well and good but the board will question if that is all you know how to do.”

When you ask someone what does it take to advance in the Navy, there is generally a common answer: sustained superior performance. But what does sustained superior performance really mean?

“Sustained superior performance simply means a constant upward mobility in your Navy career if you got a promotable on an eval, your next eval should be a must promote. There should always be an obvious move to the right,” said McComsey.

The Chief of Naval Personnel (CNP) establishes a maximum quota for each rating and gives the number of selection possibilities to each

panel. Each panel must fill the quota with the best qualified candidates competing for advancement.

“The quota is based on manning only, not gender, race, or anything else,” said McComsey.

A couple of things that can almost guarantee a Sailor will not make Chief are not having their primary warfare pin or expected qualifications for their rank and rating.

There is a joke around the fleet that a Sailor has to have been to captain’s mast at least once in order to make Chief, however, that is definitely not the case.

“There are Sailors who have squeaky clean records that make Chief as well as Sailors who have had an NJP or two,” said McComsey. “For those who have been to NJP, your record will clearly show if you learned from your mistake and overcame it to become a better Sailor.”

# Photo of the Week



Mass Communication Specialist 1st Class (SW) Kayla Thompson takes Navy and Marine Corps Relief Society (NMCRS) donations from USS Theodore Roosevelt (CVN 71) Sailors. April 15 is the last day for Sailors to donate to the NMCRS.

Photo by MC3 Corey Hixson

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## ANNOUNCEMENTS — FROM THE TR —

### **MENTORS WANTED**

The TR has received numerous requests from the local community for Sailors to act as youth mentors to children in the Hampton Roads area.

If you are interested in volunteering your time to this important and fulfilling cause please stop by the Public Affairs Office (Rm. 410) on the FAF or call 4-1439.

### **SOCIAL MEDIA**

The TR strongly supports Sailors using the various social media sites such as Facebook and Twitter to stay connected to their commands and the Navy but would like to encourage Sailors to not use these sites to bypass their chain-of-command.

TR's Commanding Officer, Executive Officer and Command Master Chief have an open door policy and encourage Sailors to take full advantage of this resource.

### **NMCRS DONATIONS**

Today is the last day to donate to the Navy and Marine Corps Relief Society (NMCRS) fund drive for 2011. Last year TR donated \$34,661 and was granted \$234,655 by the NMCRS. Sailors and Marines everywhere have relied on the NMCRS to help them through difficult times; it's our turn to do our part.

Command NMCRS representatives will be on hand at the FAF quarterdeck to accept all donations.