

CONTINUOUS PROCESS IMPROVEMENT

Continuously proving importance

KNOW YOUR RATE: CULINARY SPECIALIST

CS's sizzling history

USS THEODORE ROOSEVELT

ROUGH RIDER



WOMEN'S HISTORY

Reflecting on the past

Rough Rider of the Week: YN3 Wahl

Story and photo by
MC3 Sandra Pimentel

USS Theodore Roosevelt Public Affairs

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Yeoman 3rd Class Michael J. Wahl from Admin Department.

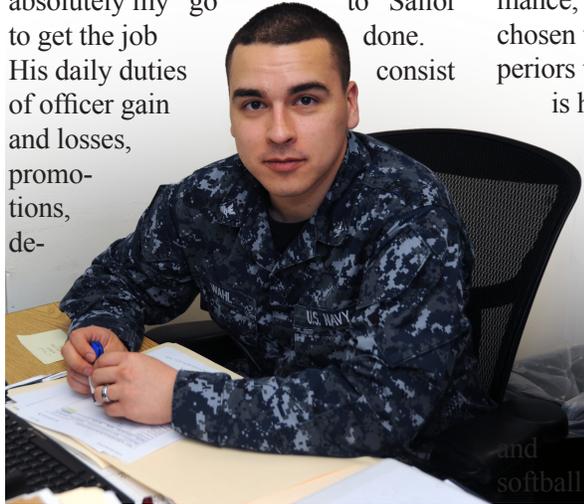
Wahl, a native from Pueblo, Colo., looking to better himself professionally, enlisted into the Navy March 13, 2008 at the age of 19. He was assigned to TR after being stationed at Joint Expeditionary Base Fort Story Sept. 13, 2010.

"I feel that it's the duty of every American to serve their country in one way or another," said Wahl. "I chose to enlist."

Wahl was recommended for RRORW by his Leading Petty Officer, Yeoman 1st Class (AW/SW) Nicole K. Oliver.

Oliver has nothing but praises when it comes to Wahl.

"Wahl is an outstanding Sailor," said Oliver. "He assists with the management and upkeep of all TR's officer records and pay records. He is absolutely my "go to" Sailor to get the job done. His daily duties consist of officer gain and losses, promotions, de-



pendency care verifications, officer retirements, ID card updates, and leave. He ensures the administrative process is smooth and seamless and understands the big picture."

Though modest about his performance, Wahl says the reason he was chosen was that he has proven to superiors that no matter what the tasking is he can complete it in a timely manner.

"I don't do this for recognition," said Wahl. "I do it for the people I help. Everyone should have someone looking out for them and that's what I do."

Wahl enjoys spending his free time with his wife and son. He also enjoys playing and golf.

KNOW your RATE:

Story by MCSN Andrew Sulayao
USS Theodore Roosevelt Public Affairs

In today's Navy, Culinary Specialists (CS) are a key element of everyday life on a ship. The new generation of Navy cooks are skillful, intelligent, and professional. With the long-standing history and tradition that comes along with being a CS, Navy cooks are, and always have been, held with high regard in the U.S. armed forces. CSs for the Navy have been known to be the best compared to other branches, and with technology and personal skill at its highest, the recognition could not be more true.

However, it wasn't always like that.

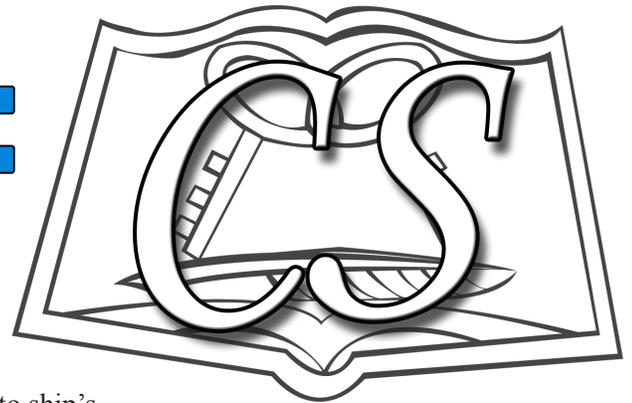
CSs are one of the few first rates in the Navy. The rating of cook was

established in 1797, changed to ship's cook in 1838, and then changed to Commissaryman (then CS) and Steward (SD). In 1975, the MS rating was formed by merging Commissarymen and Steward, and in 2004, the rating has changed into a more suitable name for today's Navy cooks – Culinary Specialist (CS).

Dating back to 1797, according to history.navy.mil, principal foods would be some such as "salt junk" (or partly dried pork/beef, pickled in brine), and "hard tack," (biscuits baked without salt and kiln-dried). Back then, whether or not a man could cook had nothing to do with landing

the position of a Navy cook. The instructions for cooks were simple: he is to take upon him the care of the meat in the steeping tub, he is to preserve meat from being lost in stormy weather, and he is to boil the provisions and deliver them to the men. Without technology to refrigerate and conserve the food, it was difficult for cooks to do their job, so being a Navy cook entailed having a little bit of backbone.

"In the present day Navy, we have technology to help us succeed in our mission to keep our ship's force healthy and ready," said Chief War-



Cont. on Pg. 6

Continuously improving with CPI

Story and photos by
MC3 Kimberly Romanowski
USS Theodore Roosevelt Public Affairs

Continuous Process Improvement (CPI) is not a program that comes in and makes a sweeping change, it's not the Tasmanian devil of changes that comes in and spins around and when it leaves the room is not spick and span.

"CPI is an analytical, incremental method for making instrumental changes; small changes such as 10 percent changes, but it's continuous," said CPI division officer Lt. Chad Hoover. "Over the life time of the program you have to continually evaluate the process to continue to make a gain."



Aviation Boatswain's Mate (Fuels) 2nd Class (AW/SW) Jamil Allen monitors and records data during a CPI event.

CPI is a long term journey, not just a quick project, said CPI team member Machinist's Mate second class (SW/AW) Mark J. Leinaar.

"Change is not hard, it's deciding to change that is hard," he said.

CPI wants to tap into the great ideas of the junior Sailors.

"Start with the junior people onboard first, because they do the work," says CPI department's leading chief petty officer Chief Aviation Support Equipment Technician (AW/SW) James E. Bibow. "The junior Sailors get it already. They see it as making things better."

CPI arms the junior Sailors with the capability to be heard.

"The key point of CPI is for a Sailor to improve their own circumstance," Hoover said. "To empower a Seaman, Airman and Fireman at the absolute lowest level to change the environment that they come and work in everyday, that is historically something that has never happened before."

If you're interested in CPI you need to get on an event and be a team member.

"Don't just complain about the problems you see, get on a team



CPI team members discuss ways to continue to improve the command's process while at LIFAC.

and do something about it," Leinaar said. "That is the only way you can make a difference."

You can't make changes simply from the bottom up alone there has to be help from above.

"There has to be a high level of understanding from the department heads if changes are really going to take effect without having unrealistic changes," Hoover said.

CPI's biggest problem is that it is not being utilized enough by having input on events that make a difference.

"Once we get to the point where we are utilized more we can absolutely make a difference," Bibow said.

CPI is simple and people make this way too complicated, said Hoover.

"Its minor changes, small improvements sustained over a long period of time," said Hoover. "If we can ever get people to understand that concept we will change the Navy."

WOMEN'S HISTORY MILITARY A

Although women have served in and with the Navy since the American Revolution, they did not become an official part of the service until 1908 when Congress established the Navy Nurse Corps. The Navy's first enlisted women, more commonly known as Yeomen, provided primarily clerical support during World War I, but only for the duration of the war.

Nurses remained the only women in the Navy until 1942 when the service launched the program Women Accepted for Volunteer Emergency Service (WAVES). During World War II 85,000 WAVES served as air traf-



Congress Establishes Navy Nurse Corps May 13.

Secretary of the Navy Josephus Daniels announces the Navy will enlist females March 17.

President Franklin D. Roosevelt signs Public Law 689 creating the Navy's women reserve program July 30.

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STORY MONTH

ACHIVMENTS

fic controllers, artists, bakers, couriers, cryptologists, draftsmen, hospital corpsmen, lawyers, meteorologists, and translators at naval shore establishments across the nation and overseas, while 11,000 Navy nurses treated patients from the combat zone, and at stateside and overseas hospitals.

The contributions of these Navy women and their counterparts in the other services convinced military and congressional leaders that women should have a role in the peacetime armed forces. The Women's Armed Services Act of 1948 accomplished that.



Lt. Charlene T. Meson becomes first WAVES officer ordered to shipboard duty.

Lt. j.g. Barbara Allen becomes first Navy women to earn her wings February 22.

Rear Admiral Marsha J. Evans becomes first woman to command a Naval Station.

Lt. Cmdr. Darlene Iskra becomes first woman to command a Navy ship. The USS Opportune.

Cmdr. Maureen Farren becomes first women to command a combatant ship. The USS Mount Vernon.

Secretary of the Navy Ray Mabus announces women would be assigned to Ohio Class Submarines.

Rear Admiral Nora Tyson becomes first woman to command a carrier strike group. Carrier Strike Group Two.

1961 1965 1970 1974 1975 1980 1985 1990 1995 1998 2000 2005 2010 Present

KNOW *your* RATE: Continued

rant Officer 4 Eugene Chestnutt, the food service officer (FSO) aboard USS Theodore Roosevelt (CVN 71). “It’s easy to take what we have for granted – in the old days, our Sailors had to manually create meals by butchering meat and preparing food by hand.”

A couple of centuries later in the middle 1900s, being a Commissaryman entailed serving Navy chiefs and officers, while being a Steward meant you cooked for enlisted Sailors. Also, because of racism during those times, it was very common for the Commissarymen to be of Asian/Pacific Islander descent, and the Stewards to be of African-American or white. When the merger took place in 1975, there was tension between the two former rates.

“To say there was tension between Commissarymen and Stewards is an understatement,” said Chestnutt. “However, the Navy did a great job of breaking that barrier through schools, on-the-job-training, and not associating open billets with race and ethnicity to diversify the skills of Mess Specialists at the time.”

Throughout the late 1900s to present-day Navy, Culinary Specialists

have advanced in many ways and have been able to adapt to changes, particularly with technology and the conservation of manpower.

“Technology is key on how we now cook in the Navy,” said Chestnutt. “Due to our advanced technology, we now can implement smarter cooks who can use that technology to adhere to the Navy core menu and nutritional needs of our Sailors with the least amount of time.”

According to Chestnutt, the U.S. armed forces use a common, yet effective nutritional menu to promote good health and morale.

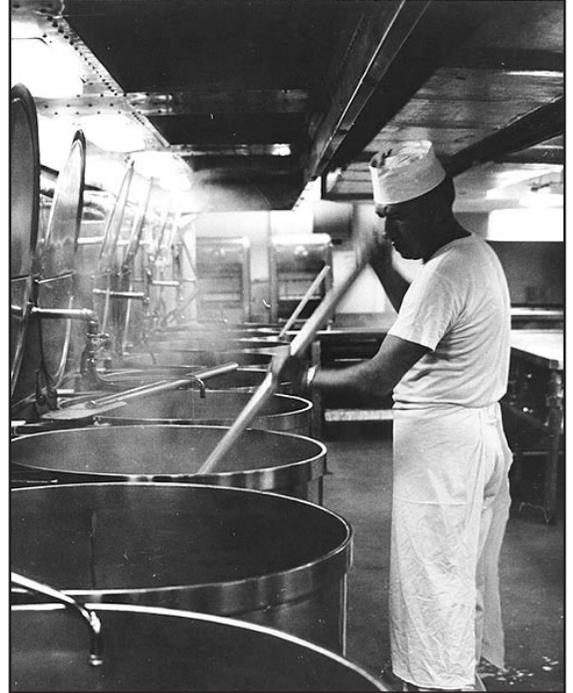
“A third of our menu is pre-made for convenience. Another third is component-cooking, which is basically having more than one basic ingredient and being able to use them in more than one meal. The last third is cooking from scratch,” said Chestnutt. “We like to give our CSs the opportunity to showcase their talents – because let’s face it, Navy

CSs are more talented and skilled than ever.”

Navy CSs are regarded as the best cooks in the military, as it takes a massive skillset to excel in the rate.

“With our platform and our equipment, the quality of our food can sometimes be on par with

42206 Mess cook cleaning "coppers" on board USS Ranger, Aug. 1964



fine-dining restaurants,” said Chestnutt. “But there are many aspects to becoming a successful CS – such as the financial side, decorating, cooking, serving, etc. If one thing goes wrong, then it can be bad. But if everything is right, then the quality of our food is unbelievable because of our skillful cooks.”

With the significant role that CSs have in the Navy, it takes a lot of heart and hard work to succeed.

“Being a Navy cook is special because you affect the crew directly and indirectly,” said Chestnutt. “In more ways than one, we are responsible for the health and welfare of our ship’s force. We touch the lives of Sailors every day.”

Overall, Navy culinary specialists have been a historical part of today’s Navy and will advance as time moves forward.

“Is our rate dying? No,” said Chestnutt. “Is our rate evolving? Yes. CSs are and will continue to evolve and improve every day as long as we are a part of this Navy.”

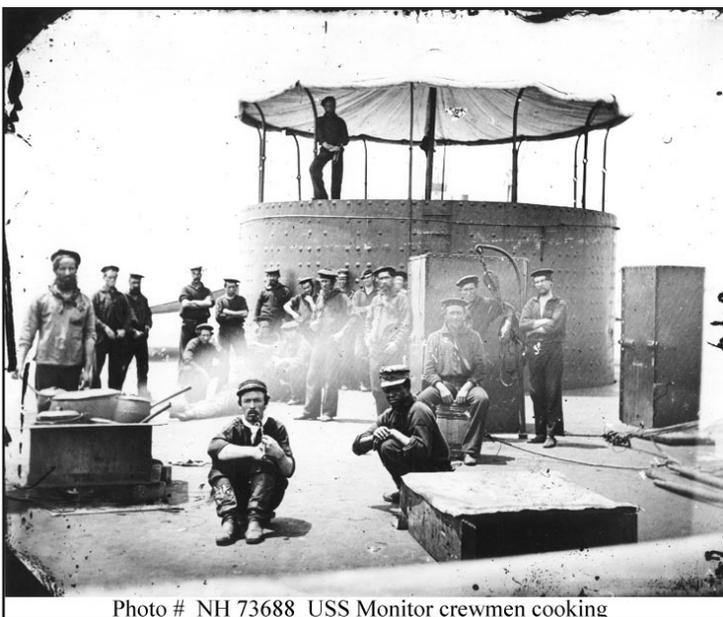


Photo # NH 73688 USS Monitor crewmen cooking

Captain's Cup competition heat's up

Story and photo by
MC3 William McCann

USS Theodore Roosevelt Public Affairs

The competition was fierce in this week's Captain Cup challenge which put a strain on the most important muscle, the brain. This week's challenge was "Theodore Roosevelt knowledge", which engaged departmental representatives in a battle of wits. There can be only one winner and this week the day belonged to Combat Systems in an impressive display of vast knowledge of both TR the ship and TR the man.

"It feels pretty good to have won this event along with my teammate [Information Systems Technician 3rd Class Raine Tafoya]," said Electrician's Technician 3rd Class Stephanie Strache, who was on the two person team for the event.

Strache, along with Tafoya, answered correctly the most questions at the event with an impressive nine out of ten questions correct, and then went on to the bonus round which they also excelled in by answering three of the five questions.

"It was fun and exciting to represent Combat Systems in Captain's Cup 2012", said Tafoya.

With the win, Combat Systems surges to lead all departments in the Captain's Cup competition, followed very closely by Weapons. Trailing the Weapons Department is Engineering, who also is closely followed by Air Department. Stay tuned for next week's event – the grueling Tug of War!

Electrician's Technician 3rd Class Stephanie Strache and Information Systems Technician 3rd Class Raine Tafoya went on to win the seventh Captain's Cup event-Theodore Roosevelt knowledge.



First place: Combat Systems (40 pts.) Second place: Weapons (39 pts.) Third place: Engineering (32 pts.) t4th: Air (31 pts.) t4th: Medical/Dental (31 pts.) 5th: Supply (20 pts.) 6th: Operations (19 pts.) 7th: Admin/Training/CRMD/Safety/Legal/Media (10 pts.) t8th: AIMD (0pts.) t8th: Deck (0 pts.) t8th: Reactor (0pts.)

THE STANDINGS

TR Knowledge Questions

Combat Systems Department answered 9 out of 10 questions to win the seventh Captain's Cup event. How would you compare?

1. What number president was Theodore Roosevelt?
2. How old was Theodore Roosevelt when he became president?
3. Where was President Roosevelt born?
4. Name one of the universities President Roosevelt attended.
5. What branch of service did President Roosevelt serve?
6. What date was the USS Theodore Roosevelt (CVN 71) commissioned?
7. What carrier class is the TR?
8. What is TR's nickname?
9. What is TR's radio call sign?
10. What date was TR's keel laid?

THE ANSWERS: 1. 26th 2. Age 42 3. New York City, NY 4. Harvard/Columbia 5. U.S. Army 6. Oct. 25, 1986 7. Nimitz-Class carrier 8. Big Stick 9. Rough Rider 10. Oct. 31, 1981

Photo of the Week



Master Chief Master-at-Arms (SW/IUSS) Gregory Keefer conducts a dress whites inspection with Security Sections 3 and 4 in Huntington Hall Gym March 13.

Photo by MC3 Cory Asato

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USS Theodore Roosevelt (CVN 71) Commanding Officer, Capt. William Hart, presents Hull Technician 3rd Class (SW) Marie Morrison with her Enlisted Surface Warfare Specialist pin during an awards at quarters on the flight deck.

Photo and Photo Find by MC3 Jon Donnelly

Can you find the 15 out of place items in this photo?

1. Key
2. CD
3. Dumbbell
4. Shoe
5. Cat
6. Bandaid
7. Telescope
8. Megaphone
9. Pile of ice
10. Cake
11. Wooden cane
12. Golf ball
13. Nintendo controller
14. Ruler
15. TR the Man