

BEST OF THE MESS

TR chefs win first place in charity cooking event

MILITARY SAVES

Annual savings program kicks off

USS THEODORE ROOSEVELT

ROUGH RIDER

INDIVIDUAL AUGMENTEE



Rough Rider of the Week: IC3 (SW) Adam Armstrong

By MCSA Cory Asato

Interior Communications Electrician 3rd Class (SW) Adam Armstrong, from Combat Systems Department, is USS Theodore Roosevelt's (CVN 71) Rough Rider of the Week.

A native of Shawnee, Okla., Armstrong is TR's only site technician for the ship's television system.

Armstrong has impressed his chain of command by being responsible and eager to learn.

"Armstrong was placed in charge of configuring the commanding officer's and executive officer's trailer in preparation for their arrival and upcoming conferences and meetings," said Senior Chief Electronics Technician (SW/AW) Chris Neerhof, Combat Systems' maintenance branch leading chief petty officer. "He also led a team of three Sailors in the installation of the ship's video surveillance security system which is used to monitor the ship's store and vending ma-

chines."

Armstrong is not only a valuable asset to his department, he is also a family man.

"I'm married with one daughter who's turning one-year old this month," said Armstrong.

With his family in mind, Armstrong is working toward securing a stable job after his enlistment with the Navy.

"I'm more than halfway to my bachelor's degree in networking and communications management," said Armstrong. "I'm attending school full time at DeVry University. After I get out of the Navy, I am looking to get into border patrol or

local law enforcement."

Although his plan is to return to the civilian sector after his first enlistment, Armstrong said he will still work to excel while he is in the Navy.

"I try to do my best at whatever I do," said Armstrong. "While I am looking to get out, I still try to take advantage of all the benefits while I'm still [on active duty]."

Armstrong credits Electronics Technician 2nd Class (SS/SW) Matthew Lynch with helping mentor him while on TR.

"Lynch really reached out to me to help with build-

ing me up as a leader and I really appreciate that," said Armstrong.

Armstrong said one of his favorite things about the Navy is the camaraderie, something he saw first-hand while on deployment.

"How close everyone got on cruise, like when we'd watch Band of Brothers together, is what I like to remember from my stay in the Navy," said Armstrong. "Knowing you can all go out together while in port with a great group of friends, [those are] some of my favorite memories while in the Navy."



New Experiences for IA Sailors

By MCSN Sandra Pimentel

As a member of the U.S. military, acronyms are a part of everyday vocabulary. The words Individual Augmentee (IA) are spoken to a Sailor as early as boot camp. Most may not experience the true meaning of those words, but two USS Theodore Roosevelt (CVN 71) Sailors who recently returned from deployments, give a glimpse as to what life has been like for the past year and share with us their experiences serving their country far away from home.

Operations Specialist 2nd Class (SW) Barry Massey, of Danville, Va., volunteered for IA duty in Sept. 2009.

“I was happy to go IA,” said Massey. “I thought it was going to be a long wait but it was only three weeks after I signed up that they sent me to training.”

In preparation, he was sent to Fort Sill, Okla. and Fort Jackson, S.C., for basic combat training skills and a Mission Readiness Exercise (MRE) to test the new skills he had acquired.

Massey trained to become a Land Based Phalanx Weapons System (LPWS) operator for the Counter Rocket Artillery and Mortar (CRAM) operations. A system used to detect artillery, rockets, and mortar rounds in the air before they hit ground targets. This was Massey’s primary mission

while in country.

Upon arriving in Basrah, Iraq, Massey had a mix of nervous and excited feelings.

“When I first got there everything looked just like it did on TV,” said Massey. “I guess I thought it would look different.”

Through high heat and long days the most memorable moment for Massey was engaging a target for the first time.

“It made me feel good,” said Massey. “We were an important part of the base’s defense. You never knew when something could happen.”

Besides LPWS operator, Massey stood watches at entry control points. He also gathered supplies and distributed them among the different gun mount watches.

After many months away, Massey said that the return home was one of the best feelings he ever had. Now he is preparing to pass the board for his Enlisted Aviation Warfare Specialist pin.

Master-at-Arms 3rd Class David P. Finch, a native of Sutter, Calif., volunteered for IA Jan. 2010.

Finch has been aboard TR since July 2008, and was part of the last combat deployment. Finch said he prefers manual labor

and enjoys getting dirty. He wants to be where the action is.

“The second I got here I signed up to go IA,” said Finch.

Finch was deployed to Guantanamo Bay, Cuba, to assist as a guard for detainees. As an MA, Finch was fully prepared to handle

weapons and act as an armed guard.

With orders in hand, Finch departed ready and eager.

His pre-deployment training made him ready for any situation, making the mission easier than the training implied. The uncomfortable weather was Finch’s only complaint.

“Once you get there, you notice the heat,” said Finch. “It’s really, really hot. With the humidity added, the weather can be really bad.”

He still thought it was worth it to do such a critical job. In addition to his guard duties, Finch also worked in camp operations where he would place purchase

Welcome Back TR’s Returning Sailors

Returning Sailor	Date Returned
PSSN Alexander, Estell	Nov. 4 2010
MC2 Bruns, Joshua	Sept. 7 2010
CS3 Cambe, Rogelyn	Nov. 30 2010
AB3 Campbell, Jason	Nov. 6 2010
AB3 Click, Christopher	Nov. 6 2010
RP1 Credo, Gilbert	Aug. 3 2010
Lt. Cmdr. Eastman, Derrick	April 22 2010
MA3 Finch, David	Jan. 27 2011
MA2 Goggin, Julie	Jan. 27 2011
IS1 Harris, Kimberly	Dec. 2 2010
AB2 Hollenbaugh, Jonathon	Dec. 31 2010
MC2 Hoskins, Steven	Nov. 12 2010
IT1 Jones, Vernon	Nov. 27 2010
ABF1 Kidd, Edric	Nov. 6 2010
YN3 Marcum, Daniel	Oct. 13 2010
OS3 Massey, Barry	Aug. 18 2010
MC3 Morgon, Joseph	Nov. 22 2010
Lt. Pino, Maximiliano	Dec. 25 2010
AO1 Rhoades, Elijah	Aug. 17 2010
SH1 Schmidt, David	Nov. 22 2010
IT1 Spradlin, Robert	Oct. 9 2010
OS3 Wierckz, Aaron	Nov. 11 2010
IT1 Wright, Gena	Nov. 16 2010

requests and order and issue repair parts and general supplies throughout the camp,

For the safety of all military personnel, no one left the base. Morale, Welfare, and Recreation worked hard to ensure that military personnel had creature comforts maintained within the walls of the base. “There are places to go,” said Finch. “There is no going out on the town, but you have fun anyway.”

With no regrets and many positive memories, Finch returned to the States. Finch is unsure right now whether he will reenlist or go blue to green. For now, he just wants to keep staying in the action.



2011 BEST OF THE MESS GRAND CHAMPION

By MC3 (EXW) Joey Morgon

Three USS Theodore Roosevelt (CVN 71) Culinary Specialists competed in and won, the first ever Best of the Mess charity event Feb. 11 in Virginia Beach, Va.

The competition was sponsored by the Chief Petty Officer Scholarship Fund and pitted five local naval commands, TR, USS Dwight D. Eisenhower (CVN 69), USS Churchill (DDG 81), Assault Craft Unit 2 (ACU

2) and COMSUBLANT, against each other in a contest of cooking skill, ability and presentation.

“We had five commands competing to see who had the best chow and hands down it was [TR],” said Patrick Kearney, a chef instructor for the culinary institute of Virginia and a judge during the event. “They did a really good job tonight. It was some really tough competition but they really put their heart and

soul into what they did, and it was apparent and really came through in their food.”

Culinary Specialist 2nd Class Kenyatta Pore, Culinary Specialist 2nd Class (SW) Angel Vasquezvelez and Culinary Specialist 3rd Class Rogelyn Cambe represented TR.

“We’ve got the best mess,” said Cmdr. Paul Amodio, TR’s supply officer. “To be able to showcase that and showcase our guys’ talents

is always a great opportunity, especially when it's for charity."

The team entered the competition confident they could win despite one big disadvantage. Most of the competing commands had been prepping since November. TR entered late—they had one week to prepare, said Pore.

"We had a ton of stresses trying to prepare for this in just one week," said Pore. "Did we have all the supplies and ingredients? Could we feed 300 people on top of getting the job done for the judges? But, it was kind of the same thing as feeding the crew every day so it was stressful but kind of easy in comparison."

Each team had a budget of \$1,250 and a list of ingredients to use. Starting at 4 a.m. TR's chefs began preparing the meal. They cooked for more than 12 hours before the event and continued long into the night.

"When you serve a crew you have to continue to cook during the meal," said Vasquezvelez. "The competition was set up in the same way. We started serving the guests and 45 minutes after that we had to present our meal to the judges."

TR's team accomplished what they set out to do. On short notice and working under pressure, they came together and wowed the judges and guests with a meal that got people talking.

"I had a pretty good feeling we would win," said Pore. "I could hear the guests talking and the way the judges were responding to our food made me pretty confident. We were in it to win it and came away with the trophy."

The event raised money for the Chief Petty Officer Scholarship fund.

"These events are how we help each other and that's what it's all about," said Commander, U.S. Fleet Forces Command Adm. John C. Harvey Jr. "This is a great opportunity to get money into a scholarship fund that will then be distributed by the Chief Petty Officer Association. This is a real win-win for the people and for the Navy; we all come out winners on this. It's a real good thing."

TR will hold the trophy for the next year. TR's chefs are determined to extend their time with the prize.

"We won this with a week of preparation," said Vasquezvelez. "We blew away the competition and impressed the judges. I can't wait to see what we can do next year."

For further information please visit TR's Facebook page.



1. Sailors from USS Theodore Roosevelt (CVN 71) pose with the first place trophy after being named the winners of the first Best of the Mess cooking competition Feb. 11 in Virginia Beach Va.

2. TR's culinary team reacts after hearing they had just been named the winners of the first Best of the Mess cooking competition. The competition, sponsored by the Chief Petty Officers Scholarship Fund, pitted five naval commands against each other in a cooking competition.

3. Patrick Kearney, a chef instructor for the Culinary Institute of Virginia and a judge for the first Best of the Mess cooking competition, congratulates Culinary Specialist 2nd Class Kenyatta Pore and her teammates on taking first place in the event.

Teaching TR to Save: Military Saves Week

By MC1 (SW/AW) Peggy Trujillo

Command Financial Specialists of USS Theodore Roosevelt (CVN 71) will spend Military Saves Week encouraging Sailors to make a pledge to save. Military Saves is a DoD-wide financial readiness campaign that encourages military service and family members to reduce debt and save money on a regular basis. This year it runs from March 21 - 25.

“The goal is to ensure personal financial readiness and positively impact the nation’s personal and household savings rates,” said TR Command Financial Specialist Chief Hospital Corpsman (SW/AW) Jhohn Joiner.

According to Joiner, Sailors, especially those who are most junior, do not always think about saving money until they get close to retirement. The financial specialists want to educate Sailors on building wealth, not debt.

“Overall, Americans have been saving more than in the past,” said Joiner. “However, Sailors aren’t always doing that. Too often they are living paycheck to paycheck.”

The plan for Military Saves Week is to get at least 10 percent of the Sailors aboard TR to make a pledge to save. Joiner said they would like to see everyone saving at least 10 percent of their paycheck, whether it is

through the Thrift Savings Plan (TSP) or other savings plans.

The financial specialists aboard TR will pass out pledge cards and information on the America Saves Web site, located at <http://www.americasaves.org>.

“We want Sailors to go to America Saves and enroll so they can keep their financial awareness up year-round,” said Joiner.

The Web site provides regular e-mails on money-saving tips and investments, as well as information and advice throughout the site.

Sailors will be able to pick up pledge cards, register at the site, and then return their cards so the

command can see how many of its Sailors have taken the pledge to save.

Information and help is available at any time from the command financial specialists in each department. Those Sailors are qualified to provide financial counseling and budgets. They can also provide information on investments, car buying and consumer awareness.

“We want to make sure our Sailors are taken care of both on and off duty,” said Joiner. “If someone has financial issues, they may not be able to focus and we want to avoid that. This is also a good time to be proactive and prepare for the future.”



PHOTO FIND

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

1. Basketball
2. Pencil
3. Quarter
4. Cheeseburger
5. CD
6. Camera
7. Star
8. Theodore Roosevelt

Yeoman 1st Class (SW/AW) Nicole Oliver volunteers at the Norfolk Botanical Gardens, Feb. 9.

Photo by MC1 (SW/AW) Peggy Trujillo

“Forecastle, Fantail, phone check”



Interior Communications Electrician Fireman Adalberto Sosa performs a communications check Feb. 10 on USS Theodore Roosevelt's (CVN 71) newly-refurbished sound-powered telephone system.

Photo by MCSN Sandra Pimentel

By MCSN Sandra Pimentel

USS Theodore Roosevelt (CVN 71) performed tests on its newly-refurbished sound-powered telephone system Feb. 10, during the ship's Refueling Complex Overhaul (RCOH) at Northrop Grumman Newport News Shipbuilding in Newport News, Va.

“It's important to have a reliable form of communication in case of an emergency,” said Interior Communications Electrician 3rd Class (SW) Adam Armstrong. “In the event that something

happens and we lose power, the ship still needs to be able to communicate as a whole and report what might be going on so that proper action can be taken.”

Sound-powered telephones are used on Navy vessels as a form of communication from one space to another in the event a power source is not available for conventional phone use. The phone converts sound pressure from a user's voice into a small electrical current which is then converted back to sound by a transducer at the other end.

With TR's crew preparing to put the ship back onto the water, internal communications will play a key role in informing central control as to any hazards the ship might experience.

“If we lose power, you have the flexibility that conventional phones don't have,” said Chief Electronics Technician (SW/AW) Greg Davis, leading chief petty officer for PM 28 division. “You don't have worries like it is going to busy. With sound powered phones you always have that means of

communication that is always on and always running. With part of the ship running on temporary power you have that guarantee.”

Daily checklists will be used to perform critical maintenance on systems throughout the ship prior to flooding the dry dock to ensure as little compromise as possible.

“We will be going to all the different stations throughout the ship and testing each one individually to ensure that they are operational,” said Armstrong. “With a lot of work still being done to the ship we have to ensure that there are no breaks in the line or faulty connections.”

Once tests are complete, and full function of the phones has been established, turnover of responsibility will be given to the individual departments that occupy the spaces where the phones are located.

Throughout RCOH, the phones will become a part of daily activity for TR's crew. During RCOH the ship will be conducting routine drills and system maintenance to bring Sailors up-to-date on qualifications necessary for the ship to be completely operational.

Photo of the Week



Aviation Boatswain's Mate (Handling) Seaman Recruit Ryan Lyles and Aviation Boatswain's Mate (Handling) 3rd Class (AW/SW) David Ramos, both from USS Theodore Roosevelt (CVN 71), assist students from Lindenwood Elementary School perform proper Navy curl-ups in Norfolk, Va. Feb. 11. TR plans to have select children participate in the Navy's Spring 2011 physical fitness assessment.

Photo by MCSA Cory Asato

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MWR Upcoming Events

Military Saves Seminar

As part of the annual Military Saves Campaign, Financial Educator Karen Melvin of Fleet and Family Support will be speaking about the best ways for Sailors to save money at Wind and Sea, building Q80, at Naval Station Norfolk Feb. 23 at 5 p.m.

All attendees will be entered in a drawing to win a prize. For more information, please call 757-444-1216 from 11 a.m. to 9 p.m.

Ski Trip

The Naval Station Norfolk Liberty program has some great trips coming up for the new year starting with two ski trips to Wintergreen Resort, Feb. 26.

E1-E3 \$55

E4-E6 \$65

E7- Up \$85

Guests \$95

Cost includes transportation,

Ski or board rental, and lift ticket.

Anchor Run 5K

The Surface Officers' Spouses announce that registration for the SOS 5K Anchor Run, scheduled for April 3, is open.

Register online at https://active.com/event_detail.cfm?event_id=1921458.

The event includes a 5K run or walk, a one mile run or walk, and a kids' fun run.

Event t-shirts are guaranteed for early registration.