

March 18, 2011

TR MARKSMANSHIP TEAM

Team trains to compete, deploy

KICK-OFF MOTORCYCLE RIDE

TR's Motorcycle season starts with safety ride

USS THEODORE ROOSEVELT

ROUGH RIDER



THE NEW CMC

ONE-ON-ONE WITH
TR'S NEW COMMAND
MASTER CHIEF



Rough Rider of the Week: IC2 Rasheedah Johnson

By MCSN Sean Weir

Interior Communications Electrician 2nd Class (SW/AW) Rasheedah Johnson is this week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week.

Johnson, a native of Canton, Ohio, currently works in TR's Engineering Department and is the ship's combat systems lead analyst. Her main responsibilities are setting boundaries and using tag outs to make spaces safe for work to be done.

Johnson has been in the Navy for five years and recently re-enlisted. Her goals for her naval career are to go to Officer Candidate School and serve for more than twenty years as an officer.

"I want to go as far as I can," said Johnson. Since joining TR's team four years ago, Johnson has consistently impressed her chain of command.

"Petty Officer Johnson has demonstrated mature leadership skills, unparalleled dedication and outstanding commitment to grow and develop junior Sailors," said Senior Chief Hospital Corpsman (SW/AW) Christopher Justice, the leading chief petty officer of the ship's maintenance management division. "She has the leadership qualities identified with the foremost performers in the second class petty officer community. She accomplishes all this while completing graduate work toward her masters degree in business administration."

Even though she takes great pride in her work, Johnson said she was still surprised to be chosen for the Rough Rider of the Week.

"I love being an IC, it's the best rate in the Navy," said Johnson. "I just do my job and I guess I got recognized for it. I really do pride myself on my work ethic."

Keeping busy doesn't seem to be a problem for Johnson. Aside from her regular duties she is the leading petty officer of the ship's honor guard, serves on the command assessment team and the command training team. In her

free time, Johnson goes to college and still finds time for her four children and their various activities.

"She stands alone among her peers and is highly deserving of recognition as the Sailor of the week," said Justice.



Questions and Answers with TR's New CMC

By MC3 Dominique Watts

What are some of your greatest strengths you will be bringing to the Command Master Chief position?

One of my greatest strengths would be my leadership, particularly my deck plate leadership. I make sure I get down to see our Sailors and to talk about their concerns. I give them clear guidance to make sure they know what their tasks are. I also make sure they know the programs that are available to them. I also strive to ensure that they know their upper leadership wants to hear their voice and take their concerns seriously.

How do you feel taking on the CMC role of an aircraft carrier that is in the shipyards?

I'm very excited about the task. I am coming from an engineering background and it's exciting to be going into the aviation field for my first CMC tour. I really want to see what this ship and community can do. I'm very much looking forward to putting my experiences and training into this command bringing everything together.

What are some lessons you took away from your previous commands that will help you fill the CMC role on TR?

I've learned a lot in my time in the Navy. I know the main thing we need to do is get our Sailors geared up and ready to go back out to sea. This is a sea-going ship and we are on sea duty. I also know that we need to get a lot of the programs running and pushed to the forefront.

Programs like electrical safety, shipboard fire safety, general firefighting are crucial to making the ship run smoothly.

The mentorship program on TR is something that has always been important to the command. What are your thoughts on the program?

With mentorship the key is to find those individuals that you're able to talk to and learn from. You need to take their good traits and put those traits into practice for yourself. The thing is that with every leader there are good qualities and bad qualities. You need to be able to take the good qualities while remembering the bad so that you can ensure you don't continue with the negative ones. Having a mentor and having someone you can talk to whenever you have questions and a concern is truly a great thing. Even to this day I still have mentors I go to and ask for advice.

Can you give us an idea of what your leadership philosophy is?

My leadership philosophy is to always be down on the deck plate and to hear what the Sailors have to say. I follow up on that and put out to the upper leadership to handle our Sailors issues and concerns.

What do you think sets you apart from other Navy CMCs?

I would say that I am a "follow me"



kind of leader. I really like to get down on the deck plate and I try to understand and relate to the junior Sailors. Communication is one of the biggest pieces of the puzzle. Getting the word passed from the upper command to our most junior Sailors is key to our success.

Is there anything you want the crew to know as you take on the CMC role?

Communication is everything. Communicate your concerns with your chain-of-command. If the upper leadership doesn't know what is going on personally and professionally we cannot help our Sailors. My door is always open but make sure to use your chain-of-command first. But, if there is an issue I want to take care of that issue as soon as possible to help you become a productive Sailor.



Motorcycle Kick-Off: TR Sailors Ride Hard

By MC3 Christopher Church

Engines were roaring while Sailors lined up in the parking lot waiting for the start of USS Theodore Roosevelt's (CVN 71) 2011 "Kick-Off Motorcycle Ride" in Suffolk, Va. March 14. The event was a day for TR personnel to take a break from their normal routine and ride with fellow Sailors.

"The command gives Sailors the day off to ride and familiarize them with command and Navy motorcycle safety," said Lt. Cmdr. Rodney Norton, the administration officer aboard TR. "We basically want to tell them to ride safely."

The event began with each participant

checking their motorcycles using the Tires and Wheels, Controls, Lights, Oil, Chassis and Stands (TCLOCS) Inspection Checklist, a document created by the Motorcycle Safety Foundation to help guide a rider while pre-inspecting their motorcycle before a trip.

"Most people just hop in their car without checking for basic things like tire pressure," said Norton. "In a car, if a person blows a tire, they can steer to the side of the road safely. On a motorcycle, there are only two tires and you are reliant on them to work properly. That's why it is so important for everyone to check their bikes."

TR Sailors rode 97 miles through Suffolk to Surry, Va., where they crossed the James River into Jamestown, through the Colonial Parkway to Yorktown, and back down to Newport News.

“It was a fun ride through a nice area,” said Intelligence Specialist 2nd Class Nick Russell. “It wasn’t my normal path, so I got to see some new things.”

Approximately 60 riders attended the event, giving Sailors the opportunity to interact with fellow motorcycle riders.

“I like how you get to see [different people] from the command,” said Russell. “I didn’t know certain people rode. It was a big morale booster because it gets everyone together.”

Riding with a group gave Sailors an opportunity to add to their skill set and to learn things they may not learn riding alone.

“The ride brings out camaraderie between all ranks and rates,” said Norton. “Sailors meet other crew members and can ride into work with them. It’s safer. A group is easier to see than individuals.”

Riding in a group also allowed Sailors who broke down to receive assistance from their shipmates.

“When you break down you are either one Sailor on the side of the road waiting for help or you are with a group that can help right away,” said Norton. “On our ride we had two Sailors break down. When our riders broke down, we had other riders pull over and help them. If the rider didn’t know a lot about bikes, there were others to help diagnose the problem.”

When the group took a break for lunch, the Sailors shared stories from the ride and from their previous experiences.

“It doesn’t matter what you ride,” said Norton. “We’re not a Harley group and we’re not a sport bike group. We’re kind of a rag tag bunch of Sailors that ride.”

TR continues to hold monthly motorcycle rides through the year while weather permits.

“It was my first long ride of the year,” said Russell. “This ride was a great start to the season.”



1. USS Theodore Roosevelt (CVN 71) Sailors start this year’s “Kick-Off Motorcycle Ride” in Suffolk, Va. March 11. The event is designed to boost morale and ensure motorcycle riders are riding safely by giving Sailors a day off to ride with fellow crew members.

2. Lt. Cmdr. Thomas Purvis, USS Theodore Roosevelt’s (CVN 71) assistant navigator, directs traffic during this year’s “Kick-Off Motorcycle Ride” in Suffolk, Va. March 11.

3. Lt. Cmdr. Rodney J. Norton, USS Theodore Roosevelt’s (CVN 71) administrative officer, talks to a Sailor who has stalled at the beginning of this year’s “Kick-Off Motorcycle Ride” in Suffolk, Va. March 11.

Air Department Holds Mass Re-enlistment

By MCSA Cory Asato

Air Department held a re-enlistment ceremony in which seven USS Theodore Roosevelt (CVN 71) Sailors reaffirmed their dedication to the U.S. Navy. From left to right: Aviation Boatswain's Mate (Equipment) Airman James D. Ferrante, Aviation Boatswain's Mate (Fuel) 2nd Class (SW) Lowell A. Shorey, Aviation Boatswain's Mate (Equipment) Yuri F. Fernandez, Aviation Boatswain's Mate (Handling) 3rd Class (AW/SW) Natalia L. Fraser, Aviation Boatswain's Mate (Equipment) 2nd Class (AW/SW) Nelson Ruiz-Lugo, Aviation Boatswain's Mate (Fuel) 2nd Class (AW) Demarcus W. Stokes, Aviation Boatswain's Mate (Fuel) 3rd Class (AW) Orvon Freeman.



PHOTO FIND



Photo find by MC3 Andrew Skipworth

Can you find the 14 out of place items in this photo?

1. A leprechaun
2. A Penny
3. A King
4. A Broom
5. A Pocket Watch
6. A Bus
7. A Car
8. A Dumb Bell
9. Two Mice
10. A high Heel Shoe
11. A Ruler
12. A Grenade
13. A Soccer Ball
14. TR the Man

Aviation Boatswain's Mate (Equipment) Airman Robert Bohnhoff sands a deck on USS Theodore Roosevelt (CVN 71) with a deck crawler Mar. 15.

Photo by MC3 Eric Lockwood

TR's Marksmanship Team Takes Aim

By MCSN Sandra Pimentel

USS Theodore Roosevelt's (CVN 71) marksmanship team competed in its first pre-competition shoot March 5, along with approximately 60 other U.S. Navy Marksmanship Team (USNMT) hopefuls at the U.S. Training Center in Moyock, N.C. The competition was in preparation for the annual Fleet Forces Shooting Match slated for April 10-22 in Quantico, Va.

Sailors who compete in the match will represent their commands in individual and team events while earning marksmanship medals and badges, and qualify to stand armed watches aboard ships and various other commands. The USNMT is a lead advocate in small arms marksmanship and safety training for U.S. Navy personnel.

"Most Sailors that join the team are first time shooters," said retired Navy Capt. Bob Ryan, Assistant Match Director for the Norfolk County Rifle Range and former competitor in the USNMT. "This is definitely a great way for someone to

become proficient with the Navy's service rifles and pistols."

Each rifle and pistol match is divided into multiple stages. Each stage is set to develop, time and test the ability of the shooter, to achieve a particular shooting position (standing, sitting or kneeling, or prone). During these competitions inexperienced shooters are aided in proper breathing and stance techniques to build and develop proper shooting habits.

"Competitions like this can easily translate to military combat training that is critical to IA training," said Cmdr. Roger Curry, TR's Navigator and team captain. "After a Sailor has shot our fleet match, they are



Fire Controlman 3rd Class Robert Feil, a member of USS Theodore Roosevelt's (CVN 71) marksmanship team, checks the distance to the target with a scope during a pre-competition shoot March 5. The competition was in preparation for the annual Fleet Forces Shooting Match.

Photo by MCSN Sandra Pimentel



A member of USS Theodore Roosevelt's (CVN 71) marksmanship team fires at a target downrange during a pre-competition shoot March 5.

Photo by MC3 Christopher Church

much better prepared for the IA training and are more likely to hit what they are shooting at."

Depending on the total number of shooters in the competition, the match winner receives a 10-point gold medal toward

the 30-point total. Points are then awarded to the top 10 percent of shooters in each excellence in competition (EIC) match. The remaining top shooters will receive 8-point silver and 6-point bronze medals. Pistol shooters may also compete in sanctioned EIC pistol matches, which are shot with the 1911 .45 semi-automatic pistol or the M9 9mm pistol.

"The prizes are just part of the whole experience," said Ryan. "When a Sailor competes with the team, he becomes a trainer of other Sailors. We rely heavily on our people to train other people to keep marksmanship training alive. Earning a trophy is just a bonus."

TR will be competing in its final pre-competition shoot being held in Moyock scheduled March 26. For those interested in competing in this or upcoming events, or for information on how to join the team log on to the team's web site at www.usnst.org.

Photo of the Week



Electrician's Mate 3rd Class Jerod Bridenstine and Electrician's Mate 2nd Class (SW) Arthur Luke participate in a level of knowledge interview with inspectors during last week's Mobile Training Team (MTT) visit. MTT is a significant milestone in returning the ship's power plants to full operation.

Photo by MCSN Sean Hurt

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The Rough Rider is an authorized publication for the crew of USS Theodore Roosevelt (CVN 71).

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MWR Upcoming Events

MWR AMUSEMENT PARKS TICKET SALES

Busch Gardens Single Day Pass

\$35

Water Country USA Single Day Pass

\$25

Busch Gardens/Water Country 1 Park Season Pass \$60

Busch Gardens/Water Country 2 Park Season Pass \$80

Busch Gardens Meal Voucher \$9

Busch Gardens Parking Pass \$5

Kings Dominion \$20

FEMALE 3-ON-3 BASKETBALL TOURNAMENT

A 3-on-3 female basketball tournament at Huntington Hall March 30-31 from 4 p.m. to 6 p.m.

Sign up at the MWR ticket office or at the Huntington Hall Recreation Center by March 25.