

ADVANCING THROUGH CAP

Five TR Sailors earn special promotions

FOURTH OF JULY WEEKEND SAFETY TIPS

Follow these safety tips for a successful holiday weekend

USS THEODORE ROOSEVELT

ROUGH RIDER



COOLING OFF

**TR Sailors enjoy
the command
picnic**

TR Sailors promoted through command advancement program

By MC3 Tyrell Morris

Five USS Theodore Roosevelt (CVN 71) Sailors were advanced to the next paygrade by Commanding Officer William J. Hart via the command advancement program (CAP), June 23.

Hospital Corpsman 1st Class (SW/AW) Pamela Patterson, Aviation Boatswain's Mate (Equipment) 2nd Class (AW) Hannah Jamison, Aviation Boatswain's Mate (Handling) 3rd Class Todd Brockett, Hull Technician 3rd Class Vanessa Morrison, and Logistics Specialist 3rd Class Troy Powell were advanced at TR's command picnic at Ocean Breeze

Water Park.

The command advancement program authorizes the commanding officer to advance a certain percentage of their assigned enlisted personnel as a reward for their superior performance. Personnel in paygrades E-3, E-4, and E-5 may be advanced to the next paygrade under this program.

"CAP provides well-deserved personnel another great opportunity to advance," said Logistics Specialist 3rd Class Troy Powell.

Powell took the E-4 advancement exam three times and still hadn't made rank yet.

"I tried to stay positive and not let my disappointment affect my work ethic," said Powell. "When I found out I was going to be capped I knew my hard work and perseverance had finally paid off."

The command advancement program is outlined in BUPERS Instruction 1430.17 and was established in 1978 to work as an incentive for personnel to be recognized for their



Logistics Specialist 3rd Class Troy Powell

sustained superior performance at sea or while forward deployed.

"When I found out at the picnic that I was being advanced I was extremely excited," said Aviation Boatswain's Mate (Equipment) 2nd Class (AW) Hannah Jamison.

The five TR Sailors who advanced are able to wear their new rank on their uniforms immediately.

"This should be extra motivation for TR Sailors to keep working hard because when you think no one notices your efforts, you're wrong, someone always notices," said Jamison.



Hospital Corpsman 1st Class (SW/AW) Pamela Patterson



SUMMER DAYS

**TR's Command
Picnic
Ocean Breeze Waterpark 2011**

By MC3 Tyrell Morris

USS Theodore Roosevelt (CVN 71) had its annual command summer picnic at Ocean Breeze Waterpark in Virginia Beach, June 23.

TR's Morale, Welfare, and Recreation (MWR) department sold approximately 2,000 tickets for this year's command picnic. Ocean Breeze closed its doors to the general public on the day of the event and accommodated just TR Sailors and their families.

TR had access to Ocean Breeze and Motor World from 1000-1700 for a discounted price. An all-you-can-eat lunch was also provided.

The 16 waterslides, wave pool and water playground provided Sailors a chance to cool off from the scorching temperatures Hampton Roads has been experiencing.

Aviation Boatswain's Mate (Handling) 3rd Class Carlos Collins was very pleased with this year's picnic.

"The picnic used to be held at Kings Dominion every year," said Collins. "Ocean Breeze was definitely a better choice because it was closer so we didn't have to drive far and the lines weren't long since we had the park to ourselves."

In addition to the waterpark, TR Sailors and their dependents had the opportunity to practice their speed racing skills on the 11 go-kart tracks at Motor World. They could also play miniature golf, volleyball, cornhole, and 500 free rounds of paintball.



1. USS Theodore Roosevelt (CVN 71) Sailors enjoy a day full of fun-in-the sun with water rides, mini-golf, paintball, and go-karts. Sailors had the day off for TR's annual ship wide picnic that was held at Ocean Breeze Waterpark located in Virginia Beach, Va.
2. TR Sailors take turns teeing-off while playing a game of mini golf.
3. TR Sailors relax next to the Ocean Breeze Waterpark wave pool.
4. TR Sailors enjoy the day outside while racing around a track on mini go-karts during the command's picnic day.

Photos by MCSN John Kotara



ANNOUNCEMENTS FROM MWR

Tide Night is July 9 at 7:15 p.m. The theme is the celebration of Naval Aviation. The event includes a helicopter flyover with SEAL team repelling out and delivering the game ball. Tickets are \$9.50. Order tickets online at www.wingsoveramerica.us



SALUTE TO THE ARMED FORCES

July 3, 4

**ONE FREE *ADMISSION FOR ALL ACTIVE AND RETIRED
MILITARY PERSONNEL ON THE ABOVE DATES.**

*1 free admission ticket will be given to all active duty and retired personnel at the park entrance on the day of your visit. To receive your 1 free ticket you MUST present your military ID or discharge papers.

**Your 1-free admission will include an all day pass to Kings Dominion,
including Water Works water park, evening fireworks.**

**You can purchase additional discounted military admission ticket at your MWR office
or you can take advantage of our discounted military gate price of \$34.99 per person.**



MWR will be raffling off four sets of tickets to the Manchester United Vs. Barcelona soccer game on July 30 at 7 p.m. at FedEx Field in Landover, Md. The ticket sets include 2 tickets in the Club Level Section 318. Cost to the winner will be \$200. Deadline to enter is 2 p.m. July 19. Stop by the MWR office to enter.

PHOTO FIND

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

1. Penny 2. Pin-up model 3. Bat Signal
4. Tiger 5. High Heel
6. Cat 7. Ruler 8. TR the Man

USS Theodore Roosevelt (CVN 71) Engineering Department Sailors stand at ease during an awards at quarters at the Huntington Hall gym.

Photo by MC3 Eric Lockwood



Photo Find by MC3 Sean Hurt

Celebrating the Fourth of July

Safety tips for the holiday weekend



By MC3 Sandra Pimentel

The Fourth of July celebrates the day the U.S. adopted the Declaration of Independence and became its own nation. It is also known for its barbecues, picnics, parades, carnivals, baseball games, family get-togethers and a night-time celebration of fireworks displays lighting up the sky.

The more somber side to this celebration is that in 2010, 127 personnel died in mishaps during the holiday weekend, according to the Naval Safety Center. Statistics show that more than 7,000 people each year get treated for injuries related to the holiday. Last year one Sailor and three Marines died and 65 were injured.

The following are safety tips all Sailors should follow to have a safe and enjoyable holiday weekend.

Fireworks Safety



Fireworks are illegal in most cities and are a fire hazard. Outside city zones, where you are allowed to use fireworks, there is still the danger of fire and bodily injury. Ensure that all instructions are read prior to firework usage and have water available to put out any flame caused by sparks.

Never point fireworks at people. Do not allow children to play with fireworks or firecrackers unsupervised.

Driving

Do not drink and drive. Prior to any extracurricular activities have a plan of action. Know where you are going, how to get there and how you will get home. Never get behind the wheel if intoxicated. Use your Safe Ride card.

Be aware of other drivers who could become distracted by fireworks displays. Even if you are not drinking others might be. Be extra cautious at night.

Cook-outs



Be careful during barbecues and ensure that all coals are completely out before leaving the barbecue unattended. Be cautious of children playing around the barbecue area. Ensure all food is stored at the proper temperature and remember to drink plenty of water.

Swimming areas



Be vigilant at the beach, pools or lakes. Do not leave children unattended around water. Always wear sunscreen and remember to drink plenty of fluids throughout the day.



“The prospect of losing any of our people to safety-related mishaps becomes more unacceptable each day,” said Chief of Naval Operations Admiral Gary Roughead, during a visit to Norfolk for a change of command ceremony held at the Naval Safety Center. “We cannot spare a single Sailor or Marine to the avoidable tragedies that you work so diligently to eliminate from within the ranks.”

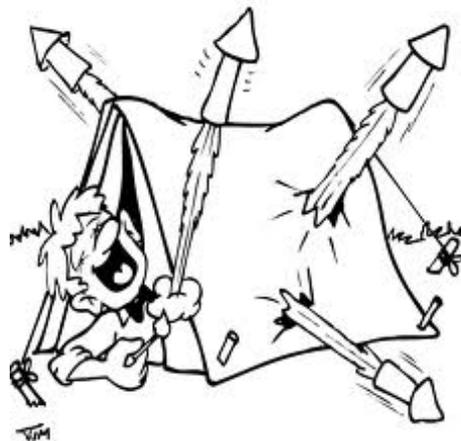


Photo of the Week



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

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Cmdr. Gunter Braun departing



Above: USS Theodore Roosevelt (CVN 71) Chief Engineer Cmdr. Gunter Braun walks with TR's Commanding Officer Capt. William Hart after being 'Bonged' ashore during his final departure as a TR crewmember. Left: Braun salutes the Officer of the Deck one final time before crossing the quarter-deck and departing the ship.

Photos by MCSN Cory Asato