

TR CELEBRATES MARTIN LUTHER KING JR

BMR ADVANCEMENT TRAINING

USS THEODORE ROOSEVELT
ROUGH RIDER

THE PERFECT SAILOR

Everything you need to know about the NWU



BMR Training

Story by MCSN Andrew Sulayao

Sailors from aircraft carrier USS Theodore Roosevelt's (CVN 71) First Class Petty Officer Association (FCPOA) have organized one-hour training sessions for the Navy's Basic Military Requirements (BMR) every Tuesday and Thursday at 3:30 p.m. starting Jan. 10 at the Floating Accommodation Facility (FAF) in Newport News, Va.

"If a servicemember chooses to make the Navy a career, BMR is the foundation," said Logistics Specialist (SW/AW) 1st Class Alhaji M. Kabba, head of the Junior Enlisted Training Team (JETT) and FCPOA Treasurer.

The enlisted Navy advancement exam has 200 questions based on Navy Occupational Standards and Professional Military Knowledge.

"As we go through our Navy careers, rules and regulations are the most important things for a Sailor to know," said Aircrew Survival Equipmentman 1st Class (AW/SW) Jason L. Etheridge, TR's Sailor of the Year. "Knowing your BMR is your job in the Navy. If you only know BMR or your rate, you're basically half of a finished product."

JETT exists to raise the overall percentage of advancement of TR Sailors.

"JETT is a successful program that sees results,"

said Kabba. "We are 7th overall compared to other aircraft carriers, so we want to raise the bar to show what TR Sailors are capable of."

It would be beneficial for TR Sailors to sign up for this class to better prepare themselves for not only the exam, but their Naval careers.

"With today's Navy, the Enlisted Retention Boards, Perform-to-Serve, and continuation boards can hinder a Sailor's career," said Etheridge. "Advancing and knowing both your BMR and rate is the only way to succeed and to stay Navy."



Photo by LS3 William McCann

YN1 (AW/SW) Nicole K. Oliver, First Class Petty Officer Association member, teaches basic military requirements training to junior Sailors January 17, 2012 in the Floating Accommodation Facility.

Maintenance University

Story by MC2 (AW) Eric J. Cutright

USS Theodore Roosevelt's (CVN 71) 3-M Office is offering a Maintenance University class to TR Sailors held every Wednesday at 0900 in room 263 onboard the FAF.

The class was created by Machinist Mate 1st Class (SW/AW) Jerome Hilliard to help educate the top divisional 3-M personnel so those Sailors could further disseminate the knowledge to their junior enlisted.

"We teach them how to properly perform tag out procedures, navigate SKED, how to do Force Revisions, and close out revisions and just basically how to be an efficient Work Center Supervisor," said Hilliard.

The class is instructed by several knowledgeable personnel, including Machinist Mate 1st Class (SW) James Guess, who works as an assistant to TR's 3-M

Coordinator.

"This class is very important to a command like the TR coming out of the yards right now because if we don't maintain a certain level of maintenance and condition readiness on the ship, then it will impact our command's ability to actually come out of the yards on time," said Guess.

Petty Officer Hilliard reiterated the importance of his class and how it ties into the command's overall mission readiness for those who haven't attended Maintenance University.

"This is the world's finest organization and what we teach in this class is essential to keeping this fine organization going," said Hilliard, "and I encourage all Work Center Supervisor personnel to attend."

TR Celebrates Martin Luther King Jr.

The USS Theodore Roosevelt (CVN 71) Diversity Team sponsored a memorial program to honor the late Rev. Dr. Martin Luther King, Jr. on the FAF mess decks, Jan. 12.

Lt. Cmdr. Christian Ross, V-3 Divisional Officer, was the speaker for the event. Ross gave a motivational speech on how we can apply the teachings of Dr. King to our lives and careers. A portion of his speech is included below for the viewing of those who were unable to attend the program.

As we move into a new year filled with new challenges and opportunities, there is still an increasing sense of urgency and a certain amount of pressure that has been placed on you to carry out your duties in the spirit of what Dr. King stood and fought for. All of Dr. King's struggles, to include arrests, unlawful beatings, extreme discrimination, and countless threats against his life, would break the spirit of the average human, and definitely deter most anyone with dreams, during that era of turmoil, of achieving racial equality in America. But it didn't.

On its most basic level, Dr. King's perseverance and unwavering beliefs created a foundation that the Civil Rights Movement would continue to build upon brick by brick. These bricks would eventually form something great and lead our country into a new era of understanding and compassion for the fellow man. Plessey vs. Ferguson, a Louisiana Supreme Court decision that would later be upheld by the US Supreme Court backed the constitutionality of state laws requiring racial segregation. This doctrine would continue to be lived out for close to 60 years, until Brown vs. Board of Education in 1954 which ruled that state laws establishing separate public schools for black and white students was unconstitutional.

Dr. King's role in the Civil Rights Movement coupled with a steadfast legal devotion to do the right thing, would eventually lead to the Civil Rights Act of 1964, which outlawed major forms of discrimination against African Americans and women, to include racial segregation. What does this brief history note mean to you? How can we use this information to help us achieve greatness? By realizing that without a struggle, there is no progress. Webster

defines the word struggle as to make a strenuous or violent effort in the face of difficulties or opposition. Whether it be PQS, C schools, professional education, physical readiness, or personal appearance in and out of uniform, struggle will be the precursor to how well or badly you perform these tasks. In the face of opposition and difficulty, will you quit?

It's really that simple. If studying to not only PNA a advancement exam, but to destroy the multiple becomes too overwhelming for you, will you defer to something easier? Life can be extremely unforgiving to quitters. The reason why is because when you endure a little pain to achieve something, that pain with eventually be replaced by something good if you continue to move forward. But life also loves to dish out more pain to those who take the easy road because the struggle has and will be appreciated one way or another.

Talent will only get you so far in this world. But it's really the skills developed through countless hours of painful appreciation of your job that will carry you, this crew, and this Ship through RCOH into Operational greatness. Remember, while you are sleeping, someone is out there struggling to become better. I challenge you all to sleep lightly. Dr. King's work has alleviated, in many aspects, the need for us to worry about weather our basic constitutional rights will be violated when we walk out of the door every morning. It's imperative that we constantly remind ourselves and others, of what our past leaders have done to make our dreams achievable. Dr. King's day of observance is not a day off, it's a day on.

- Lt. Cmdr. Christian Ross

Navy Working Uniform

The regs and the changes you need to know

Story and photos by MCSN Brian Reynolds

I've always been proud of serving," said Electronics Technician (SW/AW) 2nd Class Joel Cureton. "Being able to wear my uniform in more public places is a great way for me to advertise my pride."

For three years Sailors have worn the Navy Working Uniform just as the name suggests – as a working uniform. In the past, the uniform was only allowed to be worn during working hours, the commute to and from work and emergency stops, however, things have recently changed.

On Dec. 9, 2011, Chief of Naval Operations,

Adm. Jon Greenert approved a change in policy that authorized Sailors to wear their NWUs in areas where it was previously prohibited.

"The change in the uniform policy was primarily made because of the massive input from sailors," said USS Theodore Roosevelt (CVN 71) Command Master Chief (AW/SW) Jack Callison. "Sailors on the TR are proud of their uniform. I think they are proud of the tradition that it represents."

In the past, Sailors were only authorized to wear the uniform during routine stops and eating establishments during the prescribed work day. Sailors now have the luxury of performing all regular errands before, during and after the workday.

With the change in policy though, there also comes more responsibility. It is important for Sail-

ors to understand exactly what the new policy entails so they can stay within the regulations.

"It's important for everyone to understand the regulations and ensure they are upholding our standards and putting their best foot forward," Callison said.

Since the NWU is a working uniform and not a liberty uniform, the consumption of alcohol off base is prohibited while wearing it. Sailors are also restricted from wearing the uniform while



- Navy watch caps are to be worn on military installations only, and is not authorized between transit from home to work.
- NWU Parkas should be worn with rank insignia for E-4 and above and is required to be zipped three-fourths the way up.
- Backpack must be navy blue, black or degicamo-flage pattern and must be worn of the left shoulder or both.
- NWU trousers are required to be bloused over the top three rows of eyelets.

traveling on commercial airlines or appearing in civilian court.

Not only is it important for Sailors to know when and where to wear the NWU, it is also imperative that they understand how the uniform is to be worn.

The Navy knit watch cap may be worn on military installations only. It is to be worn diagonally from the base of the back of the neck, across the ears, and on the forehead. The watch cap is not authorized for wear during transit between home and work.

The NWU parka is only authorized to be worn with the rank insignia on the pull tab for E4 and above. The zipper on the parka must be zipped at least three-fourths of the way up.

The NWU trousers is required to be bloused so the blousing covers the top three rows of eyelets. Black leather steel-toe boots are to be worn with the NWU trousers. The smooth leather boots are to be blackened, buffed and clean.

The hardhat, although not an actual uniform item, is to be worn in the shipyard only. It is mandatory to wear the hardhat while anywhere on the ship. The hardhat is also required when transiting around the pier.

It is mandatory for Sailors to have the issued hearing protection in their possession at all times and mandatory to wear it whenever transiting in or through areas where hearing protection is required.

Sunglasses can be worn with the NWU, but they must be conservative in style and cannot be worn while in formation.

Sailors may

also wear the fleece liner of the parka independantly. To do so, the rank tab must be affixed to the fleece, regardless of the Sailor's rank. Sailor's are required to wear their NWU blouse under the fleece at all times.

The blue undershirt is to be worn beneath both the parka liner and the NWU blouse.

Backpacks may also be worn with the NWU. The backpack must be navy blue, black or the same de-gicamouflage pattern as the rest of the uniform. The backpack must also be worn over the left shoulder or both shoulders.

While implementing the new uniform standards, the command aboard the TR believes the new regulations will greatly benefit Sailors with their daily routines and liberty hours.

"I believe that this will definitely boost morale," said Callison. "Sailors like the idea that they can go out in town and show their pride in their service."

The hard hat, although not an actual uniform item, is to be worn in the shipyard only.

It is mandatory for Sailors to have the issued hearing protection in their possession at all times and utilize it when working in or transiting through areas where hearing protection is required. Ear protection shall sit in the back position when not in use.

Sailors may wear the fleece liner of the parka independantly but are required to have the rank tab affixed to the fleece regardless of the Sailor's rank



Chaplains Corner: The New Year

By LT. Cmdr. Ryan R. Rupe

Greetings Shipmates! You may not have met me yet, but I'm the new chaplain aboard the TR. I'm the guy walking around giving away candy doing loud imitations of people like Homer Simpson and Krusty the Clown. As always, the Religious Ministry Team aboard our ship is here to care for the needs of you and your family. If you would like to stop by, our main office is on the 3rd deck of the FAF. Please remember that if you speak with me or our other chaplains, our conversations are always confidential and you can seek us out anytime.

As we begin a new year together working through RCOH, it may be difficult for you to imagine what lies before us and where we will be a year from now. We will be transitioning out of the yards to take our place back into the fleet, to carry out the missions that will be put before us. Make no mistakes; yard work is tough, repetitive and is probably not the reason you joined the Navy in the first place. However, what you do each day as a part of the command is important and will bear good fruit in the near future.

With a goal in mind it is easier each day to endure the tough tasks that do not seem to end. Lamentations 3 tells us that our Lord's mercies and his love are "new every morning" and it is a promise like that that helps us as we come to work on the ship even before

the sun rises on an average day. It is important for us to remember we are not just part of the chain-of-command but also a part of a community that relies of each of us to finish the RCOH process. The command trusts each of us to do our part so we can get back to the open seas and protect our Republic and secure the freedom of our allies.

The New Year is always a good time to reaffirm our oath as Sailors and make new goals for ourselves as individuals as we work together to complete our mission. The Lord bless you and your families as we celebrate the beginning of 2012.



— PHOTO FIND —

Can you find the **10** out of place items in this photo?

1. Horse
2. High Heel
3. Bowling Pin
4. Ruler
5. Hammer
6. Ring
7. Wrench
8. Batman
9. Penny
10. TR The Man

Photo find by MC3 Sean Hurt

Rough Rider of the Week: HM3 Olds

Story and photo by MC3 Kimberly Romanowski

The Rough Rider of the Week for Jan. 18, 2012 was Hospital Corpsman 3rd Class Jeremy L. Olds from the USS Theodore Roosevelt (CVN 71) Command Medical Department.

Prior to enlisting May 2007, the Dallas native worked at a local Wal-Mart and fed-ex.

"I made a decision to join the navy because I couldn't see a career in those jobs and wanted to better my life with a solid career," said Olds.

Olds just returned from the USS Dwight D. Eisenhower (CVN 69) where he volunteered to go underway during their last set of workups.

"Olds selflessly volunteered to go underway with the Eisenhower where he provided quality health-care services for their crew Oct. 12, 2011 through Nov. 4, 2011," said Chief Hospital Corpsman Michael Mann, who referred to Olds as a "true team player."

"I believe that I set the standard for the others to emulate in my work space as well instill team cohesiveness by cross training six Corpsman on proper techniques of multiple producers," said Olds.

Already performing as a seasoned Second Class Petty Officer, he expertly triages patients on a daily basis for evaluation of care.

"He assisted medical providers with over 2,000 patients in performing various procedures to include EKG's, Immunizations, IV Therapy and Minor Surgical procedures," said Mann. "His compassion for quality health care resulted in 100% patient satisfaction."

"I have also assumed some of the responsibilities of the Leading Petty Officer of sick call during low manning periods," said Olds.

His short-term goals are to earn his Enlisted Surface Warfare Specialist pin, Enlisted Air

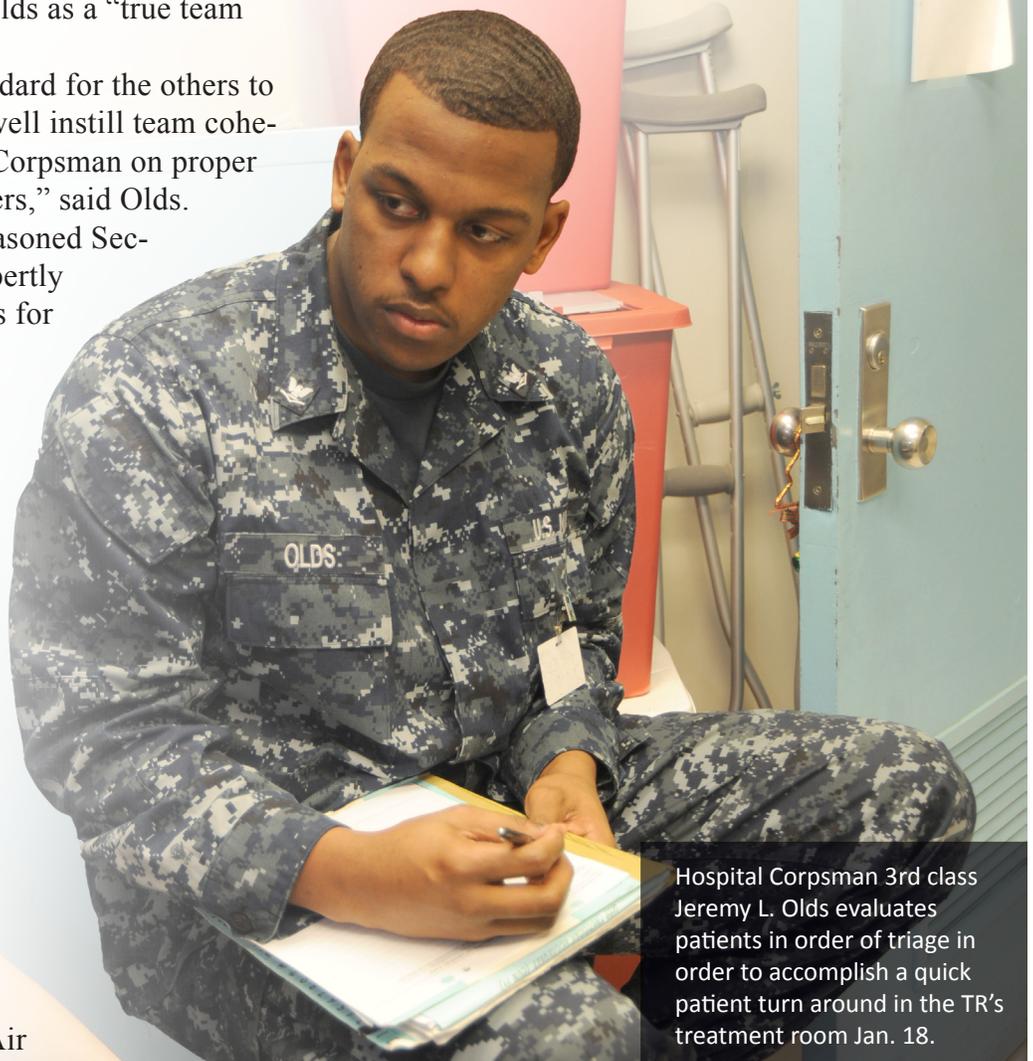
Warfare Specialist pin and advance to Petty Officer Second Class. His long-term goals include advancing within the Navy as well as obtaining a college degree. "I want to finish my Criminal Justice degree in pursuit of becoming a Probation Officer," said Olds.

When Olds isn't working he spends his time with family.

"My wife and my daughter Kynnedi, 11 months, are the reason I can put one hundred percent into this because they are here to support me," said Olds.

Olds is a family man, a goal oriented Sailor, and a driven individual.

"Olds is consistently a top performer that always seeks a challenge and additional responsibilities," said Mann.



Hospital Corpsman 3rd class Jeremy L. Olds evaluates patients in order of triage in order to accomplish a quick patient turn around in the TR's treatment room Jan. 18.

Photo of the Week



Photo by MC3 Tyrell Morris

Capt. William J. Hart, Commanding Officer of USS Theodore Roosevelt (CVN 71), cuts the cake after TR Diversity Team's Martin Luther King, Jr. birthday celebration with TR Diversity Team member Aviation Boatswain's Mate (Handling) Airman Janet Salas and the speaker for the event Lt. Cmdr. Christian Ross on the FAF mess decks, Jan. 12.

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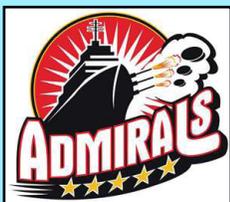
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ANNOUNCEMENTS From TR



**Admirals
VS
The Admirals**



The Norfolk Admirals will take on the Syracuse Crunch in a fundraising event benefitting Navy scholarships, Saturday Feb. 18, at 7:15 pm.

Red level tickets will be available for \$12.

To purchase tickets online got to norfolkadmirals.com/groups.