

TR'S RESIDENT TWINS

Seeing double with Miles and Miles

GETTING DIRTY AT THE GRUNT RUN

TR Sailors participate in the 2011 Fleet Week Grunt Run

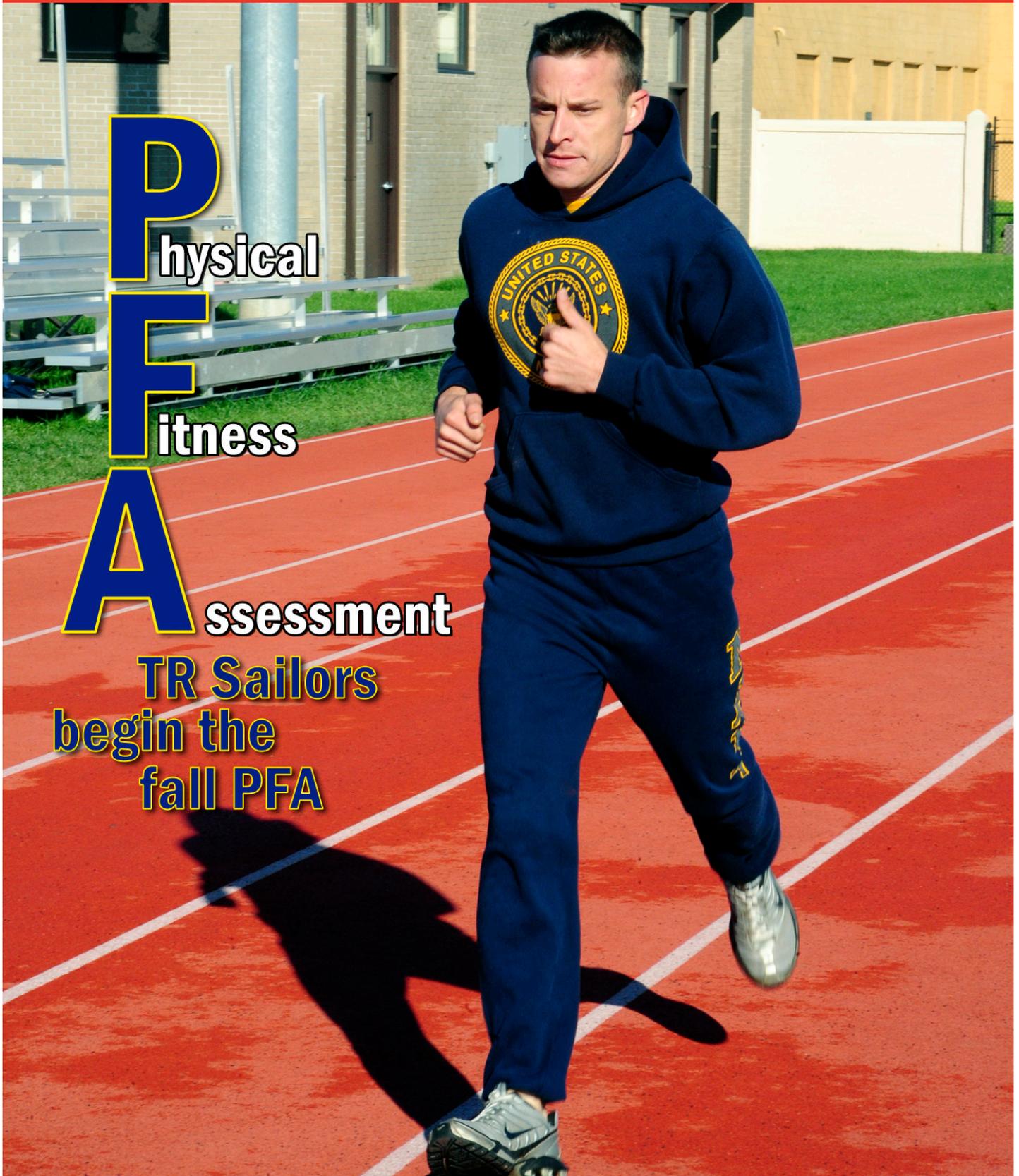
USS THEODORE ROOSEVELT
ROUGH RIDER

Physical

Fitness

Assessment

**TR Sailors
begin the
fall PFA**



You're walking in the hangar bay on your way to the quarterdeck to go home after a long work day. The breeze is blowing the sweat from your eyebrows. You greet your good friend, Miles, who walks past you to the quarterdeck. As you exit the ship, you walk next to Miles on your way to your car. Suddenly, a spitting image of Miles walks past you both.

You wipe your eyes, thinking the salt from your sweat must have done something to your vision. You turn around and see the doppelganger Miles walking to the quarterdeck.

"Hey Miles, I swear that I just saw you walk by us," you say with surprise.

"Oh yeah," says Miles. "You didn't know I had a twin?"

Seeing Double Twice as nice Miles x 2 Double Miles & Miles & Miles te Two h... better than 1 2 Nautical wins Miles Miles²



Story and photos by MCSN Andrew Sulayao

This is nothing but a common occurrence for the twins that look exactly alike. Yeoman Seaman Brittany R. Miles and Aviation Boatswain's Mate (Handling) Airman Blakney V. Miles were born in Baltimore, Md., Feb. 12, 1991, and joined the Navy at different times after high school.

Brittany enlisted June 2010 and arrived November 2010, Blakney enlisted April 2011 and arrived August 2011.

When Brittany found that Blakney could come to TR in August, she was excited. She hadn't spent quality time with her for more than a year.

"I was ecstatic to know that my sister could serve on the ship with me," said Brittany. "It's good to know that I can have her by my side."

According to MILPERS 1300-1100, Chapter 3, Immediate Family Member Assignment or Reassignment Policy, siblings or family members in the service of whole blood, half blood or adoption are eligible to request family co-location. A NAVPERS 1306/7 request form must also be routed through both members' commanding officers and each rating detailer must obtain a copy of both requests.

"It wasn't difficult to have Blakney with

me at TR," said Brittany. "I asked, and there was no stress involved."

On Nov. 13, 1942, five brothers aboard USS Juneau (CL 52) were killed in action during the Naval Battle of Guadalcanal. They were known as the "Sullivan brothers." Because of their deaths, there was a misconception that a law called the "Sullivan's Law" which prohibits siblings from serving

being stationed together, but if something happens to one of us, it might as well be both of us."

Because the two are identical twins that look exactly alike, many Sailors confuse them for one another. According to both Miles, it can be taxing.

"Being mistaken for one another gets annoying after a while," said Blakney. "People will go up to her and ask her questions regarding yeomen, and vice versa to me about aviation. We'll just look at them and wonder if they catch the difference."

According to both twins, the confusion is worth it. They say being close to one another is a positive experience in many ways.

"We keep each other in check," said Blakney. "Although we don't work together, we still push each other when things get rough. Our time in the Navy could be more difficult if we didn't



together on the same ship, was established. It is not true; but this legend is known – which leads to confusion aboard commands with siblings.

"We hear of the Sullivan's law often," said Blakney. "We know about the risk of

have that."

Outside of work, they spend most of their time together watching movies, exercising and making new friends.

After the Navy, Blakney hopes to become a veterinarian and Brittany hopes to be a math teacher.

TR's implements largest sea command CPI event ever

Story by MCSN Kimberly Romanowski

USS Theodore Roosevelt's (CVN 71) Continuous Process Improvement (CPI) Department conducted a meeting at the ship's Floating Accommodation Facility (FAF) Oct. 13 to discuss issues regarding duty section production during Refueling Complex Overhaul (RCOH).

According to Chief Aviation Support Equipment Technician (AW/SW) James Bibow, CPI's leading chief petty officer, this topic is the biggest CPI event that has taken place at any sea-going command and will take two weeks to complete.

CPI is a program designed to improve processes that allow Sailors to perform more efficiently and repair problems at their immediate work centers.

"CPI is an opportunity for Sailors to change things in their workplace," said Bibow. "Being in RCOH leads to a lack of resources on the ship and decreased motivation from Sailors, resulting in less productivity in duty sections."

In order to effectively use CPI, team members must: identify the problem, make an event charter, collect the voice of the customer, walk through processes, and then removing what the customers

feel is not needed. The CPI team finds these problems by surveying Sailors.

"Team members of CPI discuss issues that have been occurring among duty sections," said Bibow. "If two different team members see the same problem in the command, we know that the issue is apparent."

CPI is currently in the learning phase of the process – focusing on the specific issues of the structure and production of TR's duty sections. According to Bibow, the process of CPI is not restricted to just department members.

"We are trying to find the voice of our Sailors and what they want," said Bibow. "This process is to let lower-level Sailors give their views and make a difference."

According to Machinist's Mate 2nd



Aviation Ordnanceman 1st Class (AW) Paul Riggs posts a note to the CPI board as part of the CPI techniques being used to restructure the command's duty section production efforts.

Photo by MCSN Andrew Sulayao



Members of USS Theodore Roosevelt's (CVN 71) Continuous Process Improvement Department use CPI techniques to restructure the ship's duty section production efforts.

Photo by MCSN Andrew Sulayao

section production could be run better," said Leinaar. "We need to be productive before it's too late, so any suggestions would help the process and our ship in the long run."

According to the CPI Event Charter, in the current process, if the productivity of duty sections stays low in the future, negative repercussions may surface.

"If we don't improve production while we're in RCOH, leadership could be forced to mark a hard decision to extend working hours and collapse duty sections," said Bibow.

TR is reportedly the last aircraft carrier to establish a CPI department because it was said that it was not needed in RCOH. But according to Bibow, RCOH is where CPI is needed the most and will make the most difference.

"We have so many issues here on RCOH, but Sailors can make a change," says Bibow. "If a Sailor doesn't like how things are at his workplace, he can change it. We need Sailors to know that they are important and we need them to feel that sense of accomplishment during RCOH – that's when we need it the most."

Class Mark Leinaar, a team member of CPI department, CPI will raise the morale and production of duty sections through the process research and discussion.

"We are looking for ideas of how duty



The extra mile...
and a half.

TR Sailors begin the PFA

Story and photo by MC3 Tyrell Morris

USS Theodore Roosevelt (CVN 71) began the physical fitness assessment (PFA) cycle Oct. 17. Since the last PFA cycle, the Navy has revised its Physical Readiness Program in OPNAV-INST 6110.1J in an effort to improve the health of Sailors.

In accordance with these changes, TR's new command fitness leader (CFL), Lt. Cmdr. Jack Morris, wants to ensure TR Sailors are educated on what is expected of them this PFA cycle.

"My duty as command fitness leader is to ensure all assistant command fitness leaders (ACFLs) know the standards and enforce them," said Morris. "I want our Sailors to know that this program does have integrity and we are holding everyone to the same standard regardless of rank."

Sailors are now required to complete a medical screening including a periodic health assessment

(PHA), as well as the physical activity risk factor questionnaire (PARFQ) prior to participating in the PRT. Sailors who receive two medical waivers in a 12-month period will be referred to a medical treatment facility for a medical evaluation board.

The three exercises required for the PRT portion



of the PFA remain the same. Sailors have to complete the required amount of push-ups and sit-ups for their respective age group as well as the cardio portion. Sailors still have the option to do the 1.5 mile run, treadmill, elliptical, bicycle, or swim for their cardio.

“It is important Sailors train for the event they will participate in to maximize success,” said Morris. “If you are going to do the elliptical then train on the elliptical, if you are going to run on the treadmill then train on the treadmill.”

The alternate cardio for Sailors doing the elliptical and treadmill will be held at Portsmouth gym only during the hours of 8 a.m. to 12 p.m. daily. It is each Sailor’s responsibility to ensure all scores are properly recorded prior to leaving the gym.

It is the Sailors responsibility to inform the CFL within 24 hours if they want to claim a “bad day” and they must retest within seven days. Also, failing the body composition assessment (BCA) is now an overall PFA failure and no “bad day” exceptions will be accepted for BCA either.

Sailors who wish to perform the swim for their PFA need to notify Lt. Cmdr. Morris on the date they want to execute the swim so they can make sure an ACFL will be available to meet them at the Fleet Rec Pool.

“The PFA has gone smoothly thus far and this is the best planned and organized PFA cycle I have seen since I became a CFL,” said Logistics Specialist 1st Class (SW/AW) Alhaji Kabba.

The scoring categories have been reduced to five: outstanding, excellent, good, satisfactory, and failure.

“If a Sailor fails the PFA they will automatically be placed on the Fitness Enhancement Program (FEP) until they pass the next PFA,” said Kabba. “Passing the PFA isn’t a guarantee to boost your career but failing the PFA is a guarantee to end your career.”

Mandatory administrative separation will continue for Sailors who have failed three PRTs within the most recent four-year period. PFA scores make you competitive against your peers when it comes to evaluations, awards, and retention boards.

“Sailors should be maintaining their level of physical fitness year-round instead of waiting until

the 10-week notice is sent out,” said Kabba. “It is our responsibility as United States Sailors to make sure we are mentally and physically prepared to carry out our mission.”



Top: USS Theodore Roosevelt (CVN 71) Sailors talk with an assistant Command Fitness Leader before taking their mile and a half run as part of the Physical Fitness Assessment Oct. 20.

Above: Machinist’s Mate 1st Class (SW) Bradley Miller performs curl-ups as part of the PFA Oct. 20.

TR's female Sailors attend Women in the military symposium

Story and photo by MC3 Sandra Pimentel

Female Sailors stationed aboard USS Theodore Roosevelt (CVN 71) joined with more than 200 other Sailors and civilians Oct. 18 in Norfolk, Va., to attend a Surface Force Women's Waterfront Symposium hosted by Naval Surface Force, U.S. Atlantic Fleet's diversity committee.

Women from around the fleet came together to interact, discuss and share information with other members of the surface warfare community on topics geared towards female Sailors. Though the symposium was designed for women in the Navy, men were not excluded.

Guest speaker, Capt. Matt Beaver, chief of staff, Commander, Naval Surface Force Atlantic, began the all-day event with opening remarks. In them he stressed the importance of the symposium to each and every individual in attendance and their potential impact on the Navy.

"I encourage you to take advantage of today's panel discussion, the mentoring discussion and the detailer break-out session at the end of the day," said Beaver. "Share your experiences with each other and the members of the panel. All of this will help you to navigate through your career and make our Navy stronger."

The symposium's key note speaker was Vice Adm. Carol Pottenger, deputy chief of staff, Capability Development, NATO Headquarters Supreme Allied Commander Transformation, who

was one of the first women to be selected for sea duty, spoke about the progress she has personally seen the Navy make during her career.

"We will always be a minority and that's okay, let's be a minority that helps each other," said Pottenger. "I want you to put yourselves in one particular aspect of leadership that takes some courage; the courage to actively mentor other women. To the women coming up behind you, show them they can do anything and be anything they want to be in the U.S. Navy. The chance

to make a difference is right here, right in front of me; even the most junior women out here today have already made a difference."

Following opening remarks and key note speaker address, panel discussions with women from chiefs to admirals were held on career and family balance described from their own personal experiences. Overviews from the Mid-Atlantic Regional Child and Youth Program covered briefly programs available to Navy families.

"I really enjoyed being around



Lt. Maura Garrity, deputy director of women's policy for the Chief of Naval Personnel, speaks at the Surface Force Women's Waterfront Symposium hosted by Naval Surface Force, U.S. Atlantic Fleet's diversity committee.

such powerful influences," said Personnel Specialist Seaman Anisha S. Brumfield. "Seeing that someday I could be in a position of great importance or even influence someone else to do the same really inspires me to push forward in my career and strive to be that Master Chief or that Admiral someday."

The day concluded with break-out sessions with enlisted and officer detailers. For those who missed the event another all female symposium will be held in March 2012 in the Washington, D.C. area.

TR Sailors run, jump, crawl to complete 2011 Grunt Run

Story and photos by MCSN Andrew Sulayao

Sailors from USS Theodore Roosevelt (CVN 71) participated in the 2011 Fleet Week Grunt Run at Naval Support Activity (NSA) Northwest Annex at Chesapeake, Va. Oct. 15 to test their athleticism through five miles of terrain including obstacles and challenges.

The Grunt Run is a race organized by Navy Fitness and Morale, Welfare and Recreation (MWR) to promote physical readiness in the military. The obstacles included carrying ammunition cases, jumping and running through mud pools, climbing over walls, jumping over logs, push-ups and climbing over sand hills – all while Marine ‘drill instructors’ with megaphones shouted out motivation.

There were 550 finishers of all ages in the race from commands all across the Hampton Roads area.

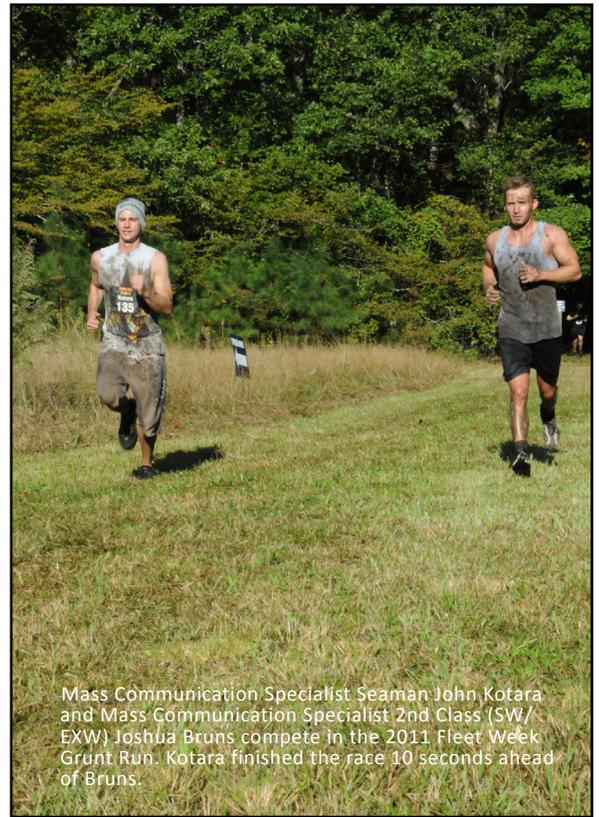
One of those who finished was TR’s own Mass Communication Specialist 3rd Class Sandra Pimentel. Pimentel finished in third place for age

group 30-34 with a time of 56 minutes and 32 seconds.

“It was difficult,” said Pimentel. “But I kept on pressing and I told myself that I had to finish. Marines were yelling ‘encouragements’ at me as well, so I’d like to think that helped.”

Pimentel wasn’t the only associate of TR to finish. Sofia Babaie, wife of Mass Communication Specialist 3rd Class (SW) Austin Rooney, finished with her husband while earning third place in age group 15-19 with a time of 1 hour, 15 minutes and 10 seconds.

“Five miles are tough to run,” said Babaie. “It was definitely a challenge, but it was fun going



Mass Communication Specialist Seaman John Kotara and Mass Communication Specialist 2nd Class (SW/EXW) Joshua Bruns compete in the 2011 Fleet Week Grunt Run. Kotara finished the race 10 seconds ahead of Bruns.

through those obstacles with my husband and it was worth the hard work for the experience.”

At the end of the race, there were volunteers handing out water bottles at the finish line. When the racers returned from the run, there were free pizzas, fruits, and drinks waiting for them. Almost all of the racers let out a sigh of relief and sat down in the shade.

“When I finished, I was so relieved that it was over,” said Pimentel. “The first thing I wanted to do was to sit, and then eat.

“It was hard but worth it. I look forward to running more races with TR Sailors,” said Pimentel.



A Marine shouts encouragement at a runner during the 2011 Fleet Week Grunt Run at Naval Support Activity Northwest Annex, Chesapeake, Va., Oct. 15.

Photo of the Week



Adm. John C. Harvey Jr., Commander, U.S. Fleet Forces Command talks with Air-Traffic Controller 2nd Class Michael Kearney during a visit aboard USS Theodore Roosevelt (CVN 71) Oct. 18.

Photo by MCSN Andrew Sulayao



Photo Find by MC2 (EXW) Joey Morgon

PHOTO FIND

Can you find the 9 out of place items in this photo?

1. Ruler
2. Baseball bat
3. Key
4. Hammer
5. Grenade
6. Tiger
7. Wrench
8. Batman
9. TR the man

USS Theodore Roosevelt's Executive Officer Capt. Douglas Verissimo talks to Aircraft Intermediate Maintenance Department during an awards at quarters.

Photo by MC3 Sandra Pimentel

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All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.