

SAILORS GET IN SHIPSHAPE

TR uses weight management program

SPRAY TEAM LEADS SHIP REHAB

Spray team paints department spaces

USS THEODORE ROOSEVELT
ROUGH RIDER



**ARE
YOU
QUALIFIED?**

**CHAIN OF COMMAND
URGES SAILORS
TO GET QUALS**

July 22 Rough Rider of the Week : HN White

By MC3 Corey Hixson

This week's Rough Rider of the Week is from Theodore Roosevelt's (CVN 71) Dental Department. Hospital Corpsman Seaman Rashad White is from Little Rock, Ark. and he enlisted in the U.S. Navy December of 2007. He spent his first Naval tour in Sasebo, Japan before coming aboard TR in August of 2010. Since being here at this command, White has proved himself to be valuable to the Dental Department.

"He is extremely versatile," said Hospital Corpsman 1st Class (SW) Ladonna Taylor, Dental Department's leading petty officer. "I can give him any task to do in the clinic and know that it will be done correctly. He knows more than the average E-3 in a dental department usually does."

Taylor said White displays his versatility within the Dental Department by assisting in various areas such as x-rays and central sterilization procedures. Through his efforts, White has contributed to the command mission by completing 75 cleanings and assisting with 25 exams. This has led to an increased Dental Health Index and a boost in Operational Dental Readiness. White not only displays good work ethic within his department, he also recently completed the Enlisted Surface Warfare Specialist academy. White feels that these are the type things that have set him apart from his peers.

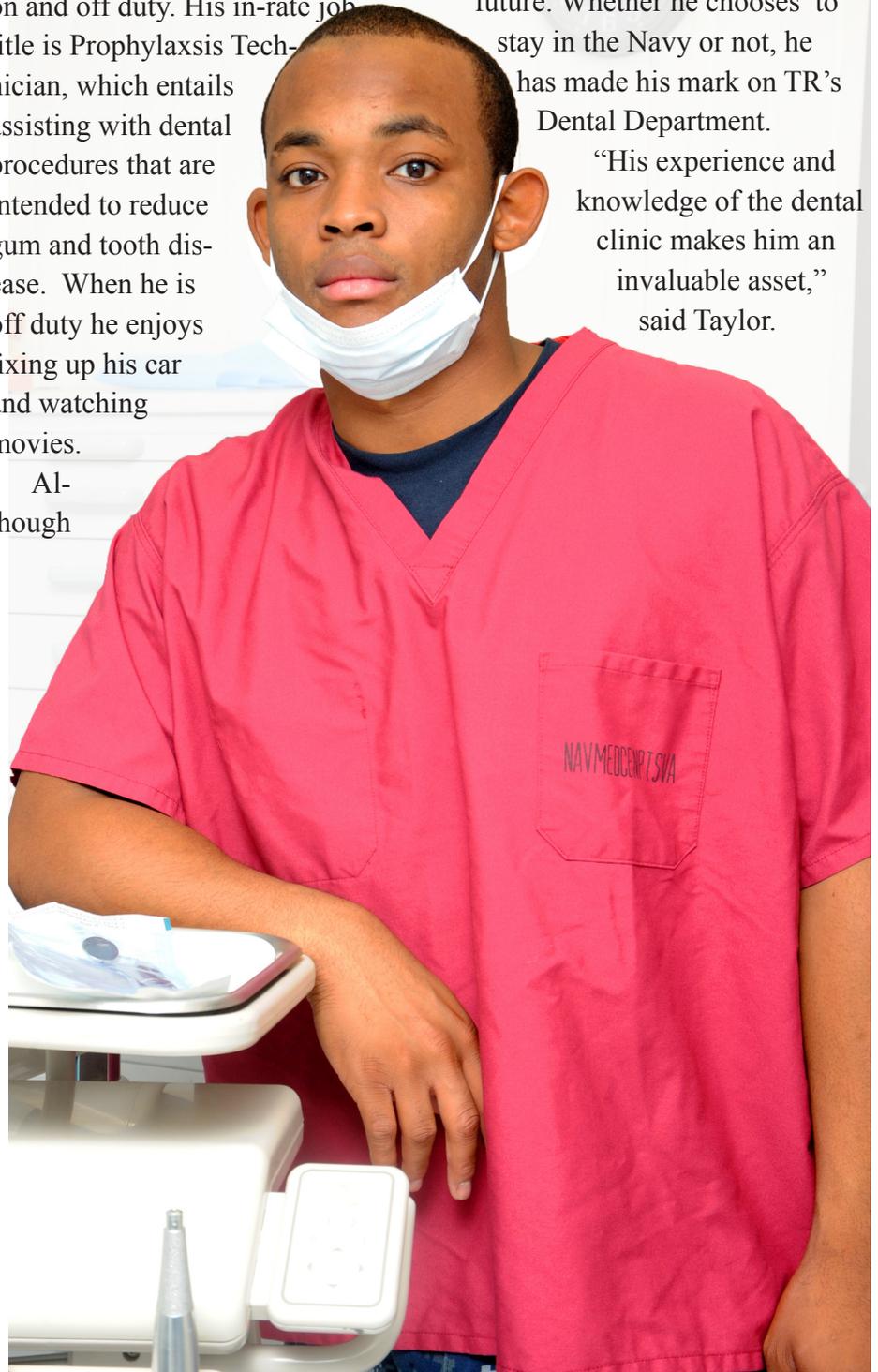
"I think I was selected as Rough Rider of the Week because of my dedication to my department's mission and my strong work ethic," said White.

White likes to fix things while on and off duty. His in-rate job title is Prophylaxis Technician, which entails assisting with dental procedures that are intended to reduce gum and tooth disease. When he is off duty he enjoys fixing up his car and watching movies.

Al-
though

White has not decided whether he wants to make a career of the Navy, he did say that he wants to get as far as can get within the Navy. He also has plans to attend school for Dental Hygiene in the future. Whether he chooses to stay in the Navy or not, he has made his mark on TR's Dental Department.

"His experience and knowledge of the dental clinic makes him an invaluable asset," said Taylor.



TR encourages Sailors to get DC & 3M quals

By MC3 Tyrell Morris

As the ship progresses through RCOH and prepares to become operational again, it is important that every TR Sailor have the necessary qualifications to maintain the ship.

Two major areas where qualifications are crucial are damage control and maintenance and material management (3M).

“While in the shipyard, the ship has to be able to maintain and fulfill the requirements of the in-port emergency team and the ship’s repair lockers when the ship is operational again,” said Chief Damage Controlman (SW/AW) John Scott, Engineering Department’s DC division leading chief petty officer.

It is essential that every TR Sailor has the basic knowledge and skill to fight and extinguish shipboard fires, control flooding, contain hull breaches and affect temporary repairs to restore operational integrity. Damage control training also includes instruction for sailors in self-protection against the effects of smoke and nuclear, biological chemical weapons.

There are Personnel Qualification Standards (PQS) for each watchstation and level of damage control from basic damage control to damage control training team member. TR Sailors are required to go over the applicable information, get their PQS signed off and pass exams to ensure they have a general understanding of the information that is vital to the safety of the ship and ship’s crew.

TR Sailors get basic damage control 301-306 when they go through ship indoctrination but it should be a goal to get qualified all the way up to damage control 313.

“It is important for the departments to push their Sailors to be qualified,” said Scott. “To be qualified as scene leader should be the goal for every TR Sailor.”

In addition to damage control, Sailors also need to be familiar with the maintenance and material management (3M) system.

“As the CO stated, quals need to be brought up to avoid duty section collapsing again,” said Chief Hospital Corpsman (SW/AW) John Joiner, TR’s 3MC.

Sailors have 90 days to get maintenanceman qualified when they check aboard TR. The 90 days begins the day Sailors receive fundamentals of shipboard maintenance training in ship indoctrination class not the day they graduate and report to their respective departments.

Junior Sailors begin at the maintenanceman level where they conduct preventive or corrective maintenance within their respective departments on equipment they use to do their jobs.

As Sailors become more proficient and more senior, they qualify to run the program within their work centers. These mid-level work center supervisors help train junior Sailors on how to perform maintenance and how to properly complete the administrative work that keeps the maintenance sched-



Member of USS Theodore Roosevelt's (CVN 71) in-port emergency team combat a class alpha fire during a drill, July 20.

Photo by MCSN Cory Asato

ules updated and in place.

“Junior Sailors can get with their work center supervisor to go over the maintenanceman PQS and receive training,” said Joiner.

Departments that do not have a lot of maintenance can have their Sailors go with another department to receive training or view maintenance and spot checks.

“Sailors can look forward to the TR beginning a Maintenance University in August,” said Joiner. The Maintenance University will consist of weekly training with work center supervisors who will then train the qualified maintenanceman in their departments and divisions.”

As the ship prepares to become operational again, a lot of equipment will be brought back on the ship and the ship’s crew will need the knowledge and skills required to properly perform maintenance on the new equipment once it is onboard. Every department has to be able to maintain their equipment with either preventive or corrective maintenance.



TR spray team leads the way in ship rehab

By MC3 Tyrell Morris

Some USS Theodore Roosevelt (CVN 71) Sailors are contributing to the aircraft carrier's Refueling Complex Overhaul (RCOH), by making some important upgrades to many of the ship's spaces.

The hardworking members of TR's spray team are doing their part and have the ship looking a lot brighter these days. Thanks to the diligent efforts of TR's spray team, the ship is one step closer to looking like the world-class warship that it is.

The spray team begins their work after regular working hours when most of the crew has gone home, and they waste no time painting the assigned spaces. The spray team finishes five to eight spaces a night. They do this all while performing independently with limited supervision.

"Right now there are not a lot of spaces ready to be painted so the spray team only paints about three nights a

week," said Boatswain's Mate 3rd Class Brian Barnett, who supervises the paint team after hours.

The painting process involves more than TR's spray team. A painting job requires a collaborative team effort from the entire TR crew in order to be completed correctly and in a timely manner.

There is a lot of work that needs to be completed by the departments prior to the spray team coming in to paint. The departments are supposed to contact Boatswain's Mate 2nd Class (SW) Trent Bridgman when their spaces are ready to be painted.

"I'm in charge of scheduling spaces to be painted by the spray team," said Bridgman, spray team leading petty officer. "My goal is to make sure that the entire ship's crew understands the importance of preparing their spaces correctly because that in turn helps make my job a lot easier.

The department that owns the spaces must lead the preparation phase. They are responsible for taking all the

necessary steps to prep their spaces.

“We held training and sent out an email to all the department leading chief petty officers on the proper way to prep spaces to be painted,” said Senior Chief Boatswain’s Mate (SW/AW) Nathan Dalton, Deck Department’s leading chief petty officer. “If the departments prep their spaces correctly then we can get their spaces completed in a timely manner.”

A lot of spaces are scheduled to be painted but the spray team cannot do so because they have not been properly prepared by the departments, thus placing the spaces on the late-to-start list and slows down the rehabilitation process. The majority of the ship’s spaces that are listed as late-to-start for painting have not been properly prepared by the departments.

The individual departments should ensure the pipes and vents must be properly tagged & covered, lights and decks should be covered, and bullseyes and placards should be taped. The deck must be covered with at least two layers of paper and tape the edges tight against the edge of the deck because the paint gun will force paint underneath if not secured properly.

“If department’s need help with preparing their spaces they can take full advantage of the production team for assistance,” said Chief Warrant Officer Cary Carrigan, TR’s Bos’n. “Every duty section has a production team and that is what they are there for.”

The spaces have to be thoroughly cleaned including overheads, bulkheads and angle irons. All furniture needs to be removed from the spaces and furniture that cannot be removed must be positioned in the middle of the space and covered.

“Departments cannot use the excuse that they do not have any paint prep supplies because we have an abundance of them in hazmat on the ship,” said Logistics Specialist 1st Class (SW) Danielle Brown. “If they need supplies to prep their spaces all they have to do is come see me and I will make sure they get what they need.”

The department’s must also coordinate with Newport News Shipbuilding to ensure no shipyard workers will be performing any work in their spaces or the spaces next to them that will affect the spray teams productivity.

When the spray team goes into a space and it is not ready to be painted, they notify the department that owns the space so they can correct whatever issue prevented that space from being painted.

“Once the discrepancies have been corrected it is the department’s responsibility to come back and let us know because we have too many other jobs and tasks to go back and check each individual department’s spaces to see if they made the necessary corrections,” said Bridgman.



SN Ezra Choi, member of USS Theodore Roosevelt’s (CVN 71) spray team, paints a space, July 13.

Photo by MC3 Sean Hurt

Departments can send a representative to Work Control on the ship from 0900-1100 Monday through Wednesday. This is the designated time that Bridgman or a paint team representative will go with the department representative to view the space and ensure that it is completely ready to be painted.

Cold work chits should be routed 72 hours prior to the spray team entering the space. Once the fire marshal approves the cold work chit the departments should make two copies and hang one in the actual space to be painted and turn one in to the deck office on the fourth deck of the floating accommodation facility.

“The coordination between us and the individual departments is a lot better than it was when we first started but there is still room for improvement,” said Bridgman. “Hopefully everyone will be on one accord now and things will begin to run even more smoothly.”

Departments needing a copy of the space paint prep process steps can obtain one from the deck office or contact Bridgman directly.

TR Sailor attends meeting with Archbishop

By MC3 Corey Hixson

One Sailor aboard USS Theodore Roosevelt (CVN 71) recently rubbed elbows with the Archbishop of the Military Services at a round table discussion in the Nation's Capital.

Logistics Specialist 3rd Class William Mccann, who works in the Command Religious Ministries Department (CRMD), participated in an event that was organized to help strengthen servicemembers of the Roman Catholic faith.

The round table discussion took place at the Washington Retreat House with Archbishop Timothy Broglio and various members of the other branches of the armed services.

"They're giving us tools to keep people within the faith," said Mccann. "We got input from all four branches. We had the Army, Navy, Marine Corps, and the Air Force. Everybody was there and they gave their input on what they saw were problems within

their own communities."

Mccann said that Mass attendance throughout the military has been declining, and the discussion was used as a way to brainstorm and come up with ideas to keep those of the Catholic faith active within their religious roots after enlisting into the military.

"The Archbishop was actually giving us feedback," said Mccann. "And telling us better ways, and he was actually listening to us to see ways he can utilize his means and resources to help us out."

One of the points of interest that was discussed to help with improvement among the military's Roman Catholic community was the utilization of technology. The primary source of emphasis was the internet.

"A big discussion was on the media aspect of it," said Mccann. "Coming up with the websites, YouTube videos, blogs, and things of that nature that you can use to connect with

people."

Roman Catholic Mass is held daily in the CRMD library on the 3rd deck of the Floating Accommodation Facility (FAF).

"I think that attending this conference helps out TR because it gives me and the Priest on board, Chaplain Daigle, both insight as to what we can do better to draw people of faith within and bring up Mass attendance and several other Catholic sponsored events."

Besides holding Mass on a daily basis, CRMD also offers a Catholic Study Group every Wednesday morning at 0830. The command religious staff is working to strike the interest of Roman Catholic believers and to increase Mass attendance aboard TR.

"We're still brainstorming right now," said Mccann. "It's an ongoing process. We see that there's a problem and it's a need within the services to keep Mass attendance up and it's important to us. It's a work in progress."



PHOTO FIND

Can you find the 6 out of place items in this photo?

1. Broom
2. Rat
3. Boxing Glove
4. CD
5. Pencil
6. TR the Man

USS Theodore Roosevelt (CVN 71) Sailors attend a Fourth of July celebration at Sagamore Hill National Historic Site July 4.

Photo by MC2 (EXW Joey) Morgan

Getting in shape with ShipShape

By MC3 Sandra Pimentel



With so many advertisements that sell tempting food products everywhere, avoiding fattening and high calorie foods can be difficult. Countless hours are spent at the gym, radical and extreme measures are used, portions are weighed, calories are counted, equal parts of good fat versus bad fat are evenly balanced and yet battling the bulge is still a constant struggle.

As part of the effort to melt away those countless extra pounds USS Theodore Roosevelt (CVN 71) has begun a weight management program known as ShipShape. A simple, yet alternative look, the program not only breaks down what goes into an average workout, but the pattern of behavior we might have towards food.

ShipShape is a Department of the Navy approved weight management program, coordinated by the local Navy Medical Treatment Facilities (MTFs). The program was developed and made available at

the local MTF level to increase accessibility of a weight management program for active duty Sailors and Marines needing assistance in maintain physical readiness standards.

ShipShape is designed to provide active-duty personnel with basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight and body fat percentage that is within Navy standards.

“The program was put in place to help accomplish weight loss goals,” said Aviation Boatswain’s Mate [Handling] 2nd Class (AW/SW) Alex Tubman, Assistant Command Fitness Leader for V3 division. “It gives you different ideas and philosophies, as well as, breaking down all the myths of weight loss.”

Weight control is difficult for many individuals. This program will provide those who attend with the best available tools in order to be successful.

“I was really looking for a change,” said Aviation Boatswain’s Mate [Handling] Airman Andrew Zink. “I noticed that I was working out four-to-five times a week and I wasn’t losing any weight. With the program I learned that if I broke out of my normal habits, made little changes when it came to food I had more energy and I began to see results.”

The eight-week course touches on topics such as building team

support, listening to your body, nutrition facts and fallacies, stress management and emotional eating, and long term success.

“It really is a great program,” said Zink. “I have already lost 14 pounds and by the time the program is done I hope to have lost another two-three pounds. Anyone who says it’s not a great program has not tried it. The program definitely helps you to maintain a healthier lifestyle.”

Even though ShipShape is geared towards active-duty Navy personnel who have failed the body composition portion of the Physical Fitness Assessment (PFA), Sailors who are also concerned about their fitness level are encouraged to attend the program before they reach that point.

“The ultimate goal is to get participation from more TR Sailors so we can have a full class of at least 20 Sailors,” said Tubman.

For more information on the ShipShape program stop by classroom 260 on the FAF Tuesdays and Thursdays from 0600-0700 or refer to any one of the command fitness leaders listed in the POD.

Photo of the Week



CWO4 Luis Quiroga, member of USS Theodore Roosevelt's (CVN 71) Mustang Association, serves lunch on the mess deck, July 6.

Photo by Ensign Michael Larson

Staff

Commanding Officer

Capt.
William Hart

Executive Officer

Capt.
Douglas Verissimo

Public Affairs Officer

Lt. Cmdr. Karen Eifert

Media Officer

Ensign Michael Larson

Senior Editor

MCC (SW/AW) Jerel Jones

Editors

MC2 (EXW) Joey Morgon
morgonjl@cvn71.navy.mil

Rough Rider Contributors

Ensign Michael Larson
MC2 (EXW) Joey Morgon
MC3 (SW) Austin Rooney
MC3 Corey Hixson
MC3 Sean Hurt
MC3 Tyrell Morris
MC3 Sandra Pimentel
MCSN Cory Asato

Command Ombudsman

Ellasin Allen
edaomb71@msn.com
Jennifer Hood
cvn71ombudsman@yahoo.com

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

Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR. All items for publication in the he Rough Rider must be submitted to the editor no later than hree days prior to publication.

ANNOUNCEMENTS — FROM MWR —

ADVENTURES OF THE UNKNOWN WILL BE HELD ON FRIDAY, 29 JULY 2011. MUSTER IN THE BROWN BAG AT 0930. BUS WILL DEPART AT 1000-1015 FROM THE PARKING GARAGE! MAKE SURE TO BRING SUNSCREEN, A HAT, WATER, CLOSE-TOED SHOES, SUMMER CLOTHING AND A BOOK.

SAILORS MUST PRESENT A SPECIAL REQUEST CHIT SIGNED BY THEIR DIVOS WHEN SIGNING UP. SIGN UPS WILL BE IN THE MWR TICKET OFFICE RM 258! HURRY!! SPACE IS LIMITED TO 28!!!

WHERE WILL WE GO THIS WEEK???