

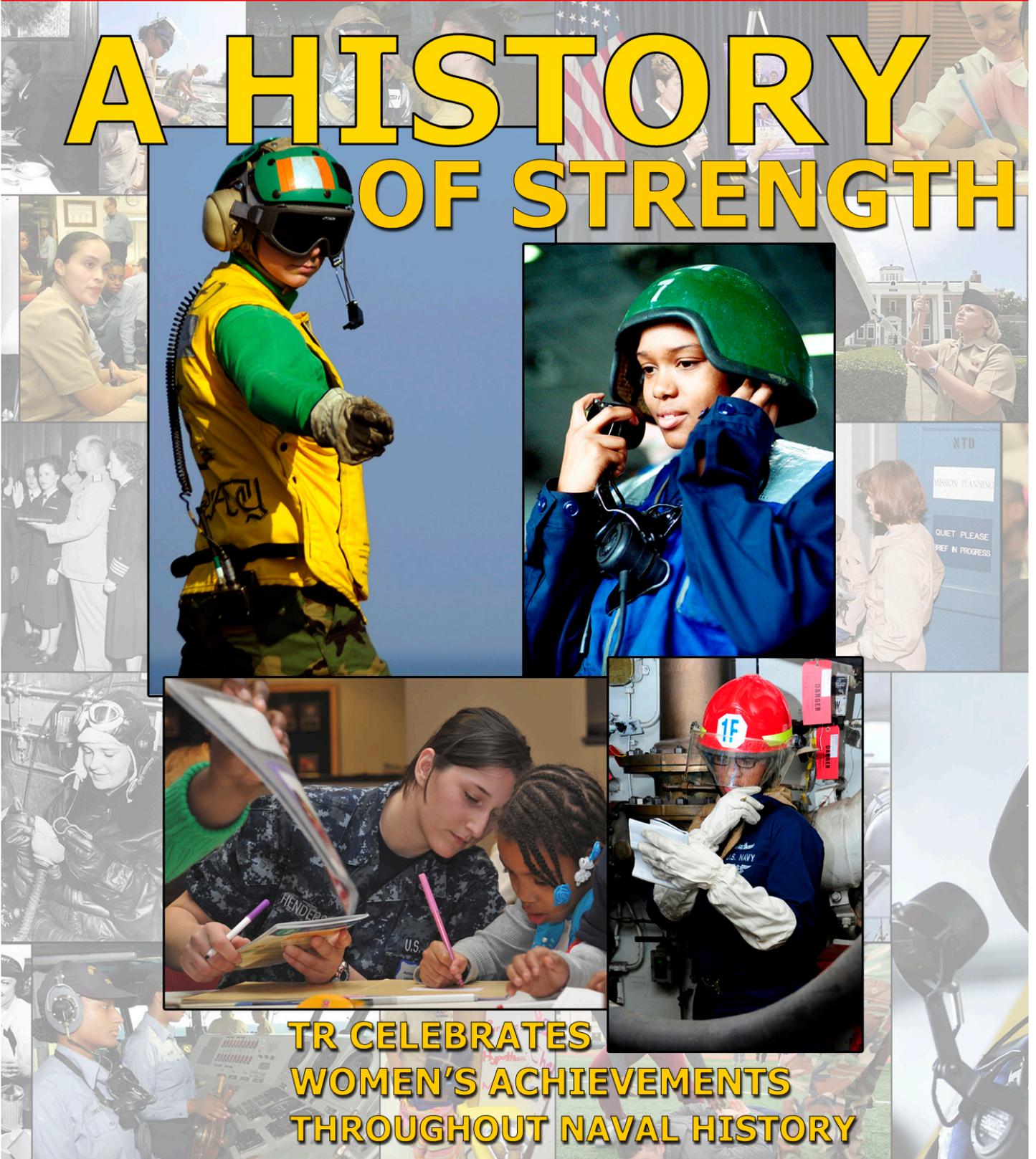
FLOODING THE DRY DOCK
TR prepares to take the next step

ENGLISH ACADEMIC SKILLS CLASS
TR Sailors graduate from course, eye the future

USS THEODORE ROOSEVELT

ROUGH RIDER

A HISTORY OF STRENGTH



**TR CELEBRATES
WOMEN'S ACHIEVEMENTS
THROUGHOUT NAVAL HISTORY**

Rough Rider of the Week: LN2 (SW) Jessica Everett

By MCSN Cory Asato

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Legal Department's Legalman 2nd Class (SW) Jessica Everett.

Everett, an Ohio native, joined the Navy in 2007. After switching rates and completing training to become a Legalman she reported to TR in December 2010 where she quickly made a positive impression.

"Everett is a hard charging and reliable Sailor," said Legalman 1st Class (SW/AW) Kristen Spakoski, Everett's supervisor. "She is already an essential member of TR's Legal team. She has completed more than 20 administrative

separations, and 18 non-judicial punishments. She demonstrates superb initiative and even implemented a new legal correspondence tracking system, all while taking the reigns of the command's citizenship program."

Everett's chain-of-command took notice of her proactive attitude toward her duties.

"Everett hit the ground running with collateral duties, assuming the role of Training Petty Officer, Safety Petty Officer, MWR representative, and Navy and Marine Corps Relief Society representative," said Spakoski. "As Legal Department's Training Petty Officer, she provides a detailed legal brief to all newly assigned personnel at TR's indoctrination course."

Everett's initiative has led her to undertake and complete multiple responsibilities and tasks in the short time she's been on board.

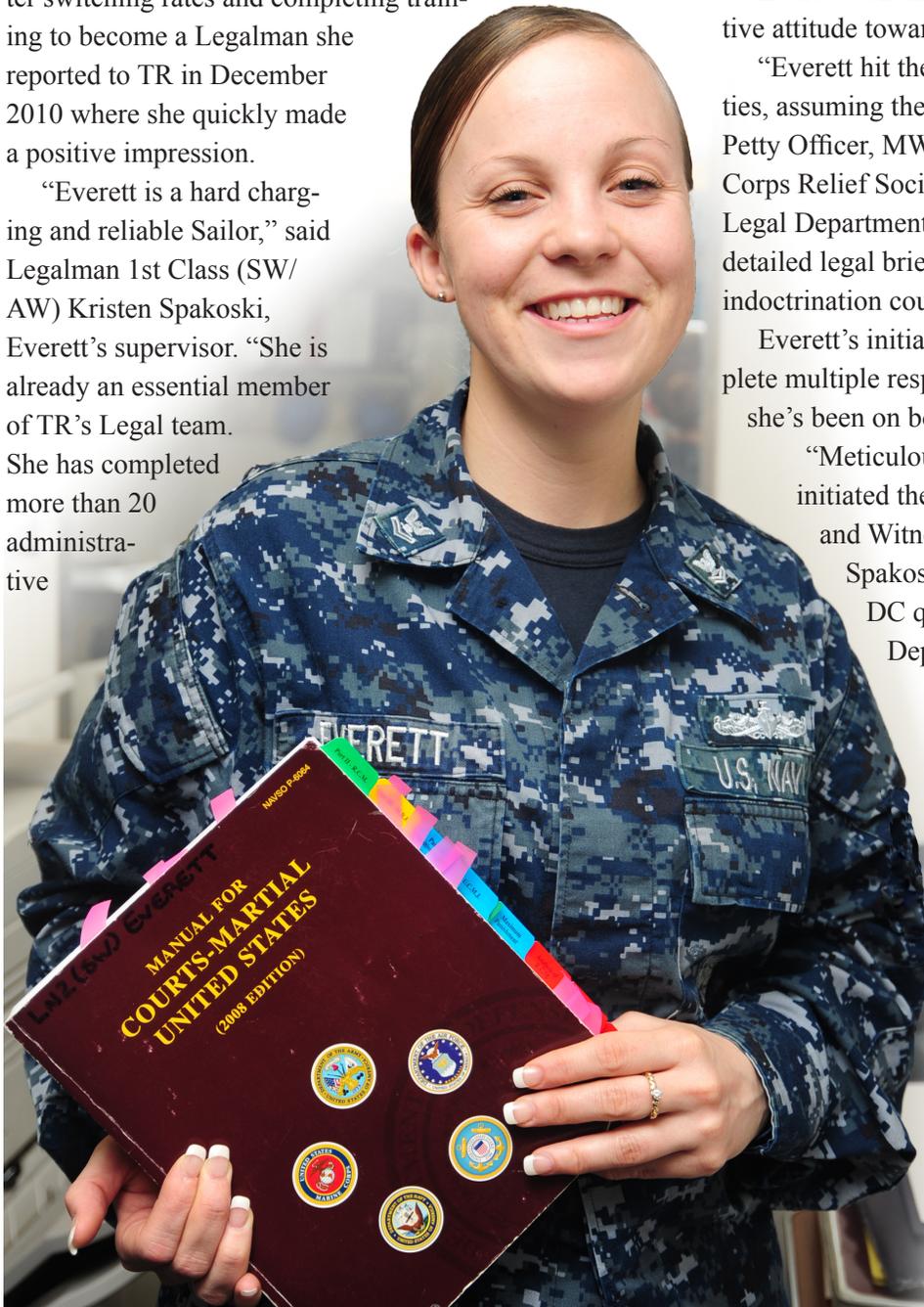
"Meticulous and organized, Everett has expertly initiated the implementation of the Command Victim and Witness Assistance Program instruction," said Spakoski. "She rapidly pursued her 3M and DC qualifications and has taken over as Legal Department Work Center Supervisor."

In addition to her Navy responsibilities, Everett also gives back through community service.

Everett has been actively volunteering with the Big Brothers, Big Sisters program, helping to mentor troubled teenage girls.

"When it comes down to it, I honestly enjoy helping people," said Everett. "I do it all day at work and I volunteer with people who really need it."

Everett also enjoys running 5k races and spending time with her three-year-old daughter, Jaella.



USS Theodore Roosevelt (CVN 71) Media Department's Mass Communication Specialist 3rd Class Austin Rooney awarded:

**CHIEF OF INFORMATION MERIT AWARDS
OUTSTANDING NEW NAVY WRITER 2010**



TR to Hit the Water, Huge RCOH Milestone

By MCSN Tyrell Morris

After 25 years of service, all Nimitz-class aircraft carriers must trade in the fair winds and following seas for shipyard dust and undergo a Refueling Complex Overhaul (RCOH). RCOH is a three-year maintenance period to refuel the nuclear reactors, upgrade and modernize combat and communication systems, and overhaul the ship's hull, mechanical and electrical systems.

TR is the fourth Nimitz-class aircraft carrier to participate in the RCOH at Northrop Grumman Shipbuilding and has been in the shipyard since Aug. 29, 2009. Now the time has come for "The Big Stick" to splash in the water again and begin the phase of RCOH where the dry dock is flooded.

The flooding of the dry dock is an extensive process that is tentatively slated for April 16-21. This will be the first step in bringing the ship back to life.

Getting water on the hull is going to take a lot of preparation and hard work from the entire crew. However, there are four departments who will have major roles in this evolution: Engineering, Reactor, Combat Systems, and Deck.

"The Engineering Department had more than 1,900 tasks and tests to complete to prepare for the flooding process," said Cmdr. Gunter I. Braun, TR's chief engineer.

"The ship's vital systems have been disengaged while in the shipyard so we have to ensure the ship's internal system is working properly before we move to Pier 3," said Braun.

There are a lot of areas on the ship that need to be checked and proven safe before the flood process takes place. The majority of these areas are Reactor Department spaces.

"Once the water is flooded to a



Machinist's Mate 2nd Class (SW/AW) Juan Cardona and Machinist's Mate 1st Class (SW) Raul Ayalasagun communicate with other spaces on the ship through sound-powered telephones during a flooding dry dock rehearsal March 24.

Photo by MCSN Jennifer Castillo

preset level on the hull of the ship, we will have watches in spaces to keep a constant check on the water level, pipes, and valves," said Master Chief Electronics Technician (SW) James L. Gilbert, Reactor Department's leading chief petty officer.

During the three to four day period, there will be several rounds of inspections and testing.

"This evolution will require a new mindset for our Sailors and the coordination of the entire crew because our department will collapse and begin working 12-hour days," said Gilbert.

Combat Systems Department is charged with making sure the ship's communication systems are in working order. The primary concern is accounting for and testing all sound-powered telephones.

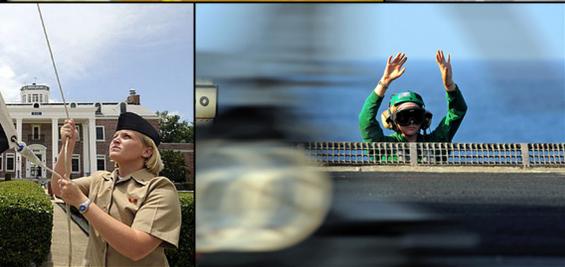
"Sound-powered phones are going to be needed in every space with a watchstander so in the event it does start flooding they can immediately get on the sound powered phone and let

Damage Control Central know," said Electronics Technician 2nd Class (SW/SS) Matthew R. Lynch, CS9 division Assistant Leading Petty Officer.

Deck Department will be working with Combat Systems to make sure all communication systems are up and running. Deck Department will also have representatives throughout the ship to act as liaisons between the civilians and TR Sailors directly involved in the flooding process.

"The shipyard is overall in charge of the flood dry dock process and transiting the ship to pier 3, so our main objective in this evolution is to assist Northrop Grumman and the contractors in any capacity that they need," said TR's Boatswain Chief Warrant Officer Cary Carrigan.

Getting a ship out of dry dock and floating again is a major milestone; however, the RCOH process is far from complete. TR Sailors must continue to work diligently and stay prepared for the next phase of RCOH.



By MC3 Dominique Watts

As the month of March reminds the country of the contributions made by women in history, it is important to recognize the path of the United States Navy and how it is worn with footprints of strong, powerful women who have helped make the military what it is today.

Through his young adulthood and presidency, Theodore Roosevelt was a champion for women's rights. He wrote his college thesis on the subject at Harvard University and was a vocal advocate for allowing women the right to vote and the right to equal working opportunities.

In his autobiography, Roosevelt wrote, "Women should have free access to every field of labor which they care to enter, and when their work is as valuable as that of a man, it should be paid as highly."

The legacy Roosevelt left in regard to women's equality has not been lost on his namesake.

In 2003, Beth Lambert, retired Master Chief Aviation Structural Mechanic (AM), was selected to be USS Theodore Roosevelt's (CVN 71) fifth CMC, and the Navy's first woman to serve in that role.

"I am very proud of the legacy I left," said Lambert, now a high school science teacher. "I am proud of the women who came before me."

Since Lambert, TR has been graced with thousands of women who have served honorably in roles ranging from flight deck personnel, to enginemen, to reactor crew, and every rate in between.

"There was a time when women were very restricted to what ratings they could go into," said Master Chief Personnel Specialist (SW/AW) Bridget Edwards, TR's Educational Service Office leading chief petty officer.

The importance of mentorship from senior to junior Sailors has always been an important part of TR's mission and each crew member's personal success. That importance is especially prevalent in the careers of women.

"I joined the Navy as a Personnelman," said Lambert. "I couldn't type for anything. My first command was at a squadron and one day an officer brought me a 16-page document and asked how fast could I type it up? I said, 'two days?' That's when my chain of command and I decided that was probably not the best rate for me. So they offered to let me go work on the line as an undesignated airmen. I was in the first group of women to be allowed to strike as an AM. It was because of their recommendation that I switch."

While the Navy, and TR in particular, has helped advance the careers of women Sailors, the responsibility of carrying the legacy through the next generations falls on the shoulders of each woman in uniform.

"In the history of our Navy, there have been a lot of firsts," explained Lambert. "I have been the first of a lot of things; first Navy-wide female Sailor of the Year, first group of women to go to sea. It is not enough to be the first anything. You have to be the first and excel. You have to kick that door in, but then make sure you leave it open behind you for someone else to kick in the next door."

For more information about Women's History Month and women in the military, visit the Web site for the office of women's policy at www.npc.navy.mil/aboutus/bupers/womenspolicy.

A Sailor's Path to Becoming Command Master Chief

By MCSN Cory Asato

The position, and rank, of command master chief (CMC) is an immense responsibility and extremely valuable asset to any command according to the goat locker.

USS Theodore Roosevelt's (CVN 71) Master Chief Intelligence Specialist (SW/AW) Laura S. Dejulio, Operation Department's leading chief petty officer, was selected February to become a CMC her first time putting in a package, and with only 16 years in the Navy.

To reach her goal of becoming CMC, Dejulio said she had to take the hard jobs and every opportunity available to her.

"Coming in as a seaman recruit, there weren't many ship billets available," said Dejulio. "I took overseas, since it counted as sea duty, the first chance I got. I wanted to learn as many different things as possible and sea duty is one of the best ways to do that. I feel that

diversity is the key."

That diversity paid off for Dejulio. Her background has molded her into an ideal Sailor.

"I honestly could say that she's been one of the best master chiefs I've had the pleasure of working with," said Lt. Cmdr. John E. Williams Jr., TR's Training Officer. "I could literally fire and forget; she's very thorough with a great turn-around time, efficient and honest. I believe she will be a game changer who will bring her mess together and will do great things as CMC."

Dejulio also makes an immediate impression on the Sailors she works with.

"I've worked with her for about a week as I was transitioning into Training Department and she was transferring out," said Yeoman 3rd Class Iesha M. Reeves. "She's a very proactive master chief; she would approach me in another office to just to see how I was adjusting

as she was leaving the department."

In preparation for becoming a CMC, Dejulio will be attending the

United States Army Sergeants Major Academy in Ft. Bliss, Texas.

"I'll be in the course for ten months as opposed to the Navy Senior Enlisted Academy which is six weeks," said Dejulio. "I don't know which command I'll be stationed at after the academy, but I'm focused on being the best CMC I can."



Photo find by MC3 Andrew Skipworth

PHOTO FIND

Can you find the 11 out of place items in this photo?

1. High Heel Shoe
2. Baseball
3. Candy Cane
4. Football
5. Soccerball
6. A Horse
7. Cheese Burger
8. TR the Man
9. School Bus
10. Pistol
11. TR the Man (Again)

A USS Theodore Roosevelt (CVN 71) Sailor rides his motorcycle during this year's "Kick-Off Motorcycle Ride" in Suffolk, Va. March 11.

Photo by MC3 Christopher Church

TR Sailors Take Educational Steps

By MCSN Jessica Echerrri

Twelve Sailors on board USS Theodore Roosevelt (CVN 71) graduated from the English Academic Skills course March 18.

The four-week course is designed to give students a review in basic English and writing skills to before taking a college English course or retaking the Armed Services Vocational Aptitude Battery (ASVAB).

“For several of the students, it’s been quite a few years since they have been to school so the review is very beneficial,” said Ava Plemmons, a Program for Afloat Education (PACE) instructor from Central Texas College. Plemmons teaches the English and Math Academic Skills courses on the ship. Students take a practice ASVAB at the beginning of the course and again at the end to gauge improvement. Every student in this graduating class improved

the English portion of their ASVAB score during the course.

“I’m very proud of these students,” said Senior Chief Aviation Boatswain’s Mate (Equipment) (AW/SW) Fredrick Hardy, Training Department’s leading chief petty officer. “It’s a mini-footstep to get them where they want to go.”

Many Sailors in overmanned ratings are having a hard time getting their Perform to Serve (PTS) package approved. Some students chose to take the class to improve their ASVAB scores to increase their options for cross-rating.

“I wanted to be on the safe side when it comes to PTS,” said Yeoman 3rd Class Iesha Reeves. “I have a better chance of staying Navy if I can get a better ASVAB score.”

The class is separated into separate modules to teach different writing and grammar skills. Students go through the modules at their own pace and take a test administered by the instructor after each mod-



Aviation Boatswain’s Mate (Handling) Airman Lauren Frost ponders a question while taking a test during the Academic Skills class March 23. The class is designed to help improve Sailors academic skills.

Photo by MCSA John Kotara

ule. Students can also ask the instructor questions for clarification if they are ever confused about a subject. Plemmons said this style of teaching fits can be more suitable for Sailors on the ship.

“With this type of class, they students take more ownership of what they learn,” she said. “All the students worked hard to complete the course and learn the material.”

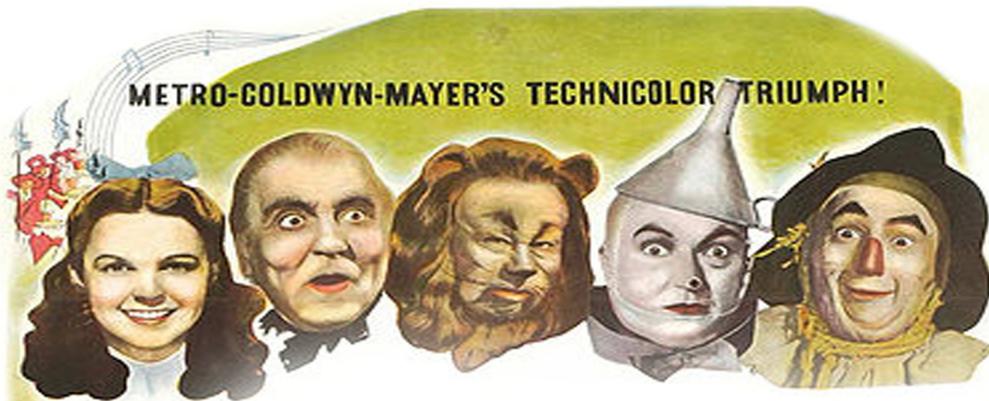
Plemmons said she believes this class can be beneficial to anyone without a college degree and recommends other Sailors sign up for the next available course.

“I encourage everybody to further their education and to continue learning,” she said.



Airman Taylor Graham receives instruction on her assignment from Ava Plemmons, an instructor in the Academic Skills class March 23.

Photo by MCSA John Kotara



ATTENTION: CASTING CALL!

What: Media Department will be hosting a casting call for an upcoming video project.

The Project: Three short safety videos featuring a Wizard of Oz theme.

Who: Open to TR Sailors of all ranks.

The Roles:

Looking for a Sailor to portray the role of "Dorothy."

Looking for a Sailor to portray the role of "The Wicked Witch of the West."

Looking for a Sailor to portray the role of "The Scarecrow."

Also looking to cast various extra and support roles.

Contact: Media Department by C.O.B. Monday, March 28.

Phone: 4-2369

E-MAIL: churchcj@cvn71.navy.mil

Disclaimer: Shooting planned to begin Tuesday, March 29. Get Chain-of-Command approval to be with Media Department all day.

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

Editor

MC3 (EXW) Joey Morgon
morgonjl@cvn71.navy.mil

Rough Rider Contributors

MC3 Dominique Watts
MC3 Andrew Skipworth
MC3 Christopher Church
MCSN Cory Asato
MCSN Tyrell Morris
MCSA John Kotara

Command Ombudsman

Ellasin Allen
tombudsman@yahoo.com

Web site

www.tr.surfor.navy.mil

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

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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.

MWR Upcoming Events

TR HOCKEY NIGHT

Admirals "TR fan night" game. \$7 red level seat tickets. TR's commanding officer to drop the puck. TR Sailors will participate in "shenanigans on the ice".

April 2. Faceoff at 7:15 p.m.

SOFTBALL TRYOUTS

TR command softball tryouts. March 30-31 at 5 p.m. at the Portsmouth Scott Annex softball field.

NASCAR TICKETS

NASCAR tickets are on sale in the MWR office for \$90. Includes a seat in the Henrico Towers and a pre-pit pass valid from 2 p.m. to 5 p.m. Tickets on sale until 2 p.m. April 6.