

RUN FOR THE DREAM

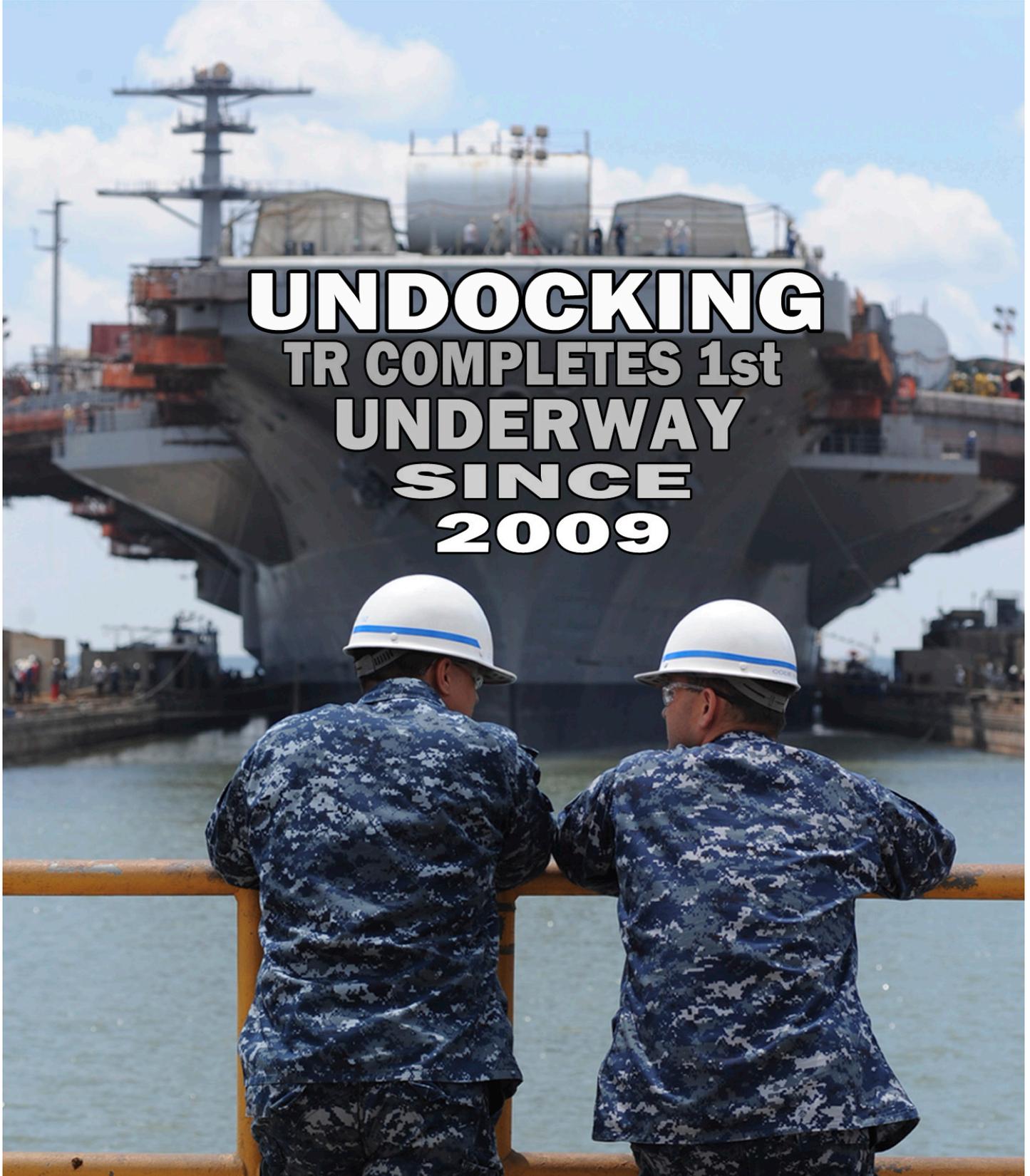
TR Sailors participate in half marathon for charity

ASIAN PACIFIC AMERICAN HERITAGE MONTH

TR Sailors celebrate Asian Pacific Americans in the military

USS THEODORE ROOSEVELT
ROUGH RIDER

UNDOCKING
TR COMPLETES 1st
UNDERWAY
SINCE
2009



Rough Rider of the Week: AOAN Torres

By MCSN Tyrell Morris

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Aviation Ordnanceman Airman (AW) Jessica D. Torres from Weapons Department's G-1 division.

The Rochester, NY native enlisted in the Navy in September 2008.

"I joined the Navy so I could further my education while doing something to make my family proud of me," said Torres.

Torres believes she was chosen as Rough Rider of the Week because of her work ethic.

"I am an exceptionally hard worker who brings the best out of every situation and encourages all my peers to strive to be successful," said Torres.

Her leading petty officer said Torres is his number one airman in Weapons Department. "She

consistently performs head and shoulders above the standards and deserves to be recognized as the TR Rough Rider of the Week," said Aviation Ordnanceman 1st Class (AW/SW) Paul A. McClure, G-1 division leading petty officer. "Her knowledge and superior work ethic have made her a most valued asset to Weapons Department and most certainly to the TR team."

Torres reported to TR in March 2009 and has been motivated to strive for excellence since her arrival. As soon as she checked onboard TR, she volunteered to get underway with the USS Dwight D. Eisenhower (CVN 69). She went on a three month underway with CVN 69.

"I had to learn very quickly because I was out to sea as soon as I graduated from "A" school," said Torres. "I learned how to multi-task, complete my duties quickly, and to work as a team in order to accomplish the mission."

When a ship is operational, aviation ordnancemen are responsible for the handling, stowing, issuing, and loading of all aviation munitions and small arms. However, while in the shipyard Torres' job and duties are a tad bit different.

Torres is G-1 training petty officer, muster petty officer, lagging team member, and division fitness leader.

She flawlessly completed 150 lagging jobs in 70 spaces which reduced ships backlog by 55 percent. She trained and qualified a crew of four personnel on the intricate details of removal and installation of lagging tasks and use of specialized tools.

"Airman Torres demonstrates unfailing diligence, professional aggressiveness, and total dedication to excellence," said McClure.

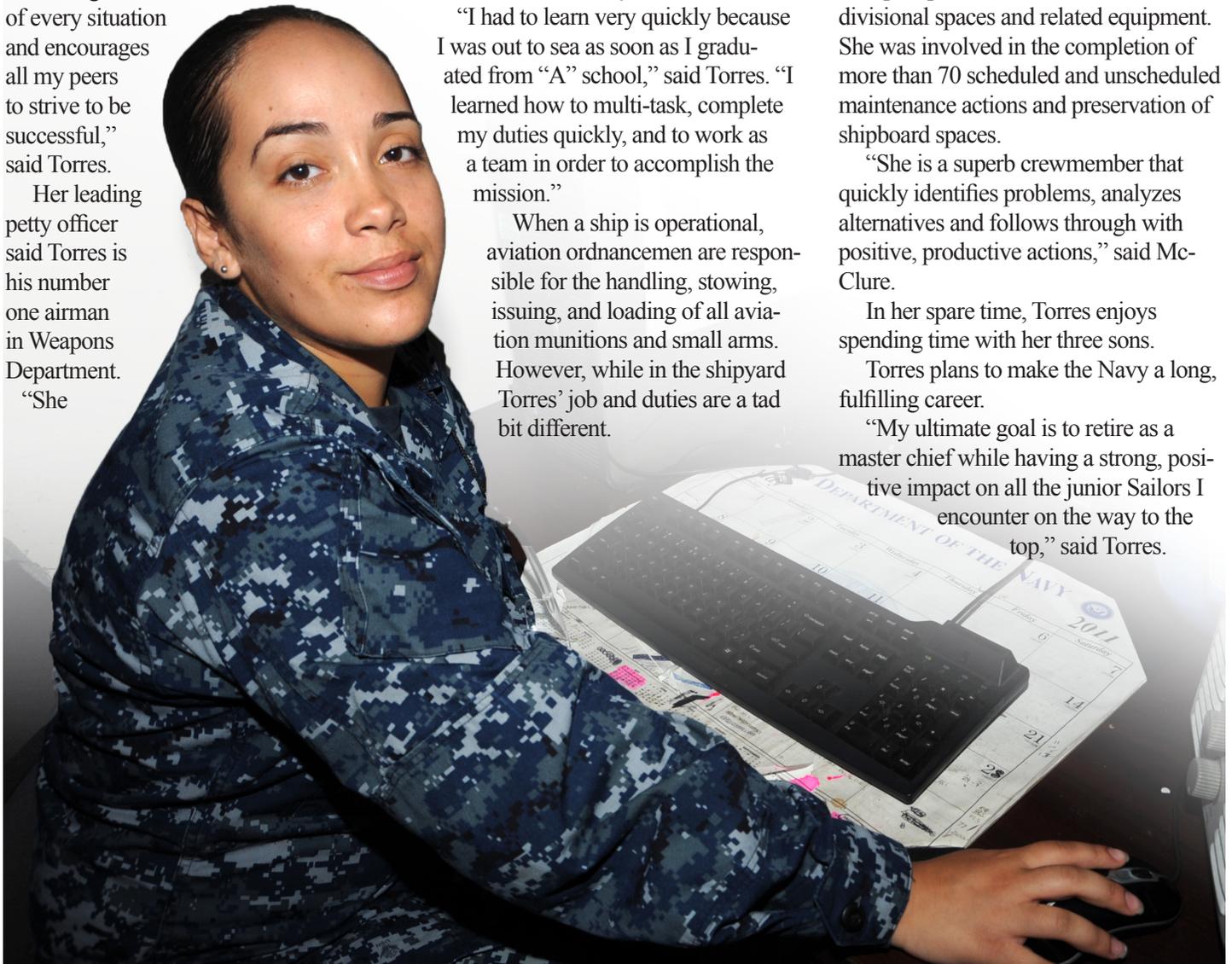
Torres is G-1 division's 3M/DC maintenance man and is responsible for the upkeep and maintenance of over 50 divisional spaces and related equipment. She was involved in the completion of more than 70 scheduled and unscheduled maintenance actions and preservation of shipboard spaces.

"She is a superb crewmember that quickly identifies problems, analyzes alternatives and follows through with positive, productive actions," said McClure.

In her spare time, Torres enjoys spending time with her three sons.

Torres plans to make the Navy a long, fulfilling career.

"My ultimate goal is to retire as a master chief while having a strong, positive impact on all the junior Sailors I encounter on the way to the top," said Torres.



Run for the Dream in support of Wounded Warriors

By MCSN Jennifer Castillo

Sailors from USS Theodore Roosevelt (CVN 71) volunteered and participated in the 2011 Run for the Dream, May 21-22, in support of Wounded Warriors' half marathon race in Williamsburg, Va.

The race raised money to benefit An Achievable Dream Charity and the Armed Forces Wounded Warrior Programs. More than 2,000 people ran the half marathon while more than 500 people volunteered throughout the entire two-day event.

The weekend kicked off early May 21, with an 8-kilometer run accompanied by wounded warriors and the Fun Run that included children. In spirit of Armed Forces Day, the event sponsored a cook out and fireworks show to show support of all active-duty



Runners from around the Hampton Roads area compete in the 2011 Run for the Dream half marathon race in support of the Armed Forces Wounded Warrior program.

Photo by MCSN Jennifer Castillo

military and veterans in attendance.

Sailors from TR's Air Department lined the streets of Colonial Williamsburg to cheer on the event participants. The runners really appreciated the support and cheers and showed their gratitude by yelling "Thank you!" and reaching out for high fives as they ran by.

A number of TR Sailors ran the half marathon, including Hospital Corpsman 3rd Class Allen McLeod and Lt. Cmdr. Jared Tharp, TR's command fitness leader.

"I am very happy I decided to run this," said McLeod. "I was so close to my goal time. I worked long and hard to get to this point."

The volunteers managed road blocks, drove shuttles to and from the race, handed out medals and t-shirts, and cheered from the sidelines during the 13.1 mile race.

"It was great to see our Sailors out there," said Aviation Boatswain's Mate (Handling) 1st Class (AW) Abdoulie Jallow, who volunteered at the event. "They did a great job. Go TR!"

The runners hit the finish line at Zable Stadium on the College of William and Mary Campus.

They were greeted with a warm welcome and a reception held in the field next to the stadium.

All participants, volunteers and their families were invited to partake in the post-run festivities. Booths offering food and drinks were set up and a band entertained everyone with live music.

An Achievable Dream is a foundation set up to help further the education of students in various communities, including Newport News. TR Sailors have partnered with area schools in mentoring and other service projects. Participating in An Achievable Dream was important to the Sailors as they continue to reach out and support the Hampton Roads community.

"Supporting events like this, whether it's volunteering or participating shows the local and military support," explained McLeod. "It's up to [Sailors] to prove we are a global force for good."



Aviation Boatswain's Mate (Handling) 1st Class (AW) Abdoulie Jallow cheers on runners during the 2011 Run for the Dream half marathon race in Williamsburg, Va. May 21.

Photo by MCSN Jennifer Castillo



UNDERWAY

Story By MC3 (EXW) Joey Morgon

USS Theodore Roosevelt (CVN 71) completed a major milestone May 21, by leaving dry dock and transiting down the James River to a pierside location at Newport News Shipbuilding where it will complete the second half of its refueling complex overhaul (RCOH).

TR has been in dry dock since August 2009. Since then, the ship's shafts, propellers, rudders, anchors, catapults and arresting gear machinery have been replaced or refurbished.

In order for TR's first underway in nearly two years to be successful, the Sailors, shipyard and the



USS Theodore Roosevelt's (CVN 71) Commanding Officer Capt. William J. Hart directs the ship's transit down the James River from the ship's pilot house.

Supervisor of Shipbuilding (SUPSHIP) relied on both experience and teamwork to accomplish the mission.

“Everything went according to plan, and I

couldn't have asked for better performance," said Capt. Billy Hart, USS Theodore Roosevelt commanding officer. "This is day one of us taking the ship back. We are no longer in the dry dock, so this is Theodore Roosevelt Sailors' ship. It's now up to every TR Sailor to prove the success of this ship."

For many Sailors, TR's short underway is validation for all the hard work and preparation that was put into getting the ship ready for this milestone.

"Without teamwork there is no way this evolution could have been completed successfully," said Boatswain's Mate 2nd Class (SW/AW) Jesus Lopez, Deck Department's 2nd division assistant leading petty officer. "This is my second time taking a ship out of dry dock, and I know first hand what it takes. It takes every Sailor on board TR working together and having each other's back, and completing their jobs together."

According to the ship's navigator, another reason for the success of the ship's movement was the thousands of man hours of preparation.

"Anytime you move a 90,000 ton vessel even a short distance, it takes a huge amount of preparation," said Cmdr. Roger Curry, USS Theodore Roosevelt navigation officer. "There were no surprises. The shipyard, ship's force and SUPSHIP were able to communicate very well. All the interpersonal relationships and integral communication allowed for one big team effort and the result is that TR is safely pier side after a smooth evolution."

Quartermaster 2nd Class (SW/AW) Candice Stone, TR's navigation detail plotter, was responsible for plotting and tracking the ship's movement during the brief underway. Stone and her team had been training for this day since March.

"I'm very proud of the way TR handled it's first underway in such a long time," said Stone. "We worked hard for this moment, not just my team but everyone on TR involved in this move. Everyone was in place when they needed to be and completed their jobs with excellent communication and expertise. I'm proud to have been a part of this underway."



1. & 2. Sailors aboard USS Theodore Roosevelt (CVN 71) observe tug boats as they move the ship down the James River as the ship relocates from dry dock 11 to a pier 3 at Newport News Shipbuilding, a division of Huntington Ingalls Industries, May 21.
3. Sailors from Deck Department 3rd Division aboard TR discuss line handling techniques at the completion of the ship's transit down the James River, assisted by tug boats, during its relocation from dry dock 11 to a pier at Newport News Shipbuilding, a division of Huntington Ingalls Industries, May 21.

TR Celebrates Asian Pacific American Heritage Month

By MCSN Tyrell Morris

USS Theodore Roosevelt (CVN 71) Sailors celebrated Asian Pacific American Heritage Month May 19 during a ceremony presented by the ship's Diversity Team held at Huntington Hall in Newport News, Va.

The dynamic ceremony featured eight native Asian-Pacific dances and guest speakers portraying the cultural contributions of Asian and Pacific Islanders to American society, the Navy and aboard TR.

"We have a very diverse crew here on the TR so any national holiday or major historical event we try to put together a program to educate our Sailors about other cultures," said Senior Chief Aircrew Survival Equipmentman (AW) Todd Lepsch, TR Diversity Team's enlisted leader.

The dance team Aiga O Toa O Le Pasefika, which included TR Sailor Aviation Boatswain's Mate (Handling) Airman Faitutasi Faafoi from American Samoa, performed all the dances at the event. Traditional Pacific dances included Lau Honey from Samoa, Lupeolo from Tonga, and dances

from Fiji, Hawaii and Tahiti.

"I'm glad I had the opportunity to dance today and introduce my shipmates to my heritage and culture," said Faafoi. "Even though we are a long way from home, we still have that pride to show other cultures our traditions and our beliefs."

The Diversity Team also coordinated with TR's food service division to have a traditional Asian Pacific American meal served in the galley of the crew's Floating Accommodation Facility.

Asian Pacific American Heritage Month originated in 1978 as Asian American Heritage Week. In 1990, Congress voted to expand it from a week to a month-long celebration.

The theme for Asian Pacific American Heritage Month 2011 is "Diversity, Leadership, Empowerment and Beyond." The guest speaker for the event was retired Chief Warrant Officer 2 Gavino S. Bernales, Jr.

He spoke about his 21-year Navy career and encouraged Sailors to always stay positive and strive for their best.



Aviation Boatswain's Mate (Handling) Airman Faitutasi Faafoi performs with her dance team Aiga O Toa O Le Pasefika during the Diversity Team's program for Asian Pacific American Heritage Month.

Photo by MCSN Tyrell Morris

"The Navy afforded me the opportunity to better myself," said Bernales. "I encourage young people to do their best and don't put limitations on their success."



Photo Find by MCSA John Kotara

PHOTO FIND

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

1. Wrench 2. Soccer ball 3. Penny
4. A school bus 5. Nintendo Controller
6. A Baseball 7. A Shield
8. Cup 9. Cat 10. TR the Man

USS Theodore Roosevelt (CVN 71) Sailors purchase food in the TR grill during a transit, via the James River, from dry dock 11 to pier 3 at Newport News Shipbuilding, a division of Huntington Ingalls Industries, May 21.

Photo by Ensign Michael Larson

Adventures to the Unknown: Kayaking Tour

By MCSN Jennifer Castillo

Twenty USS Theodore Roosevelt (CVN 71) Sailors, dressed in swimwear and summer clothes, climbed into two vans and anxiously awaited to find out exactly where they were going. This Adventures to the Unknown trip, sponsored by TR's Morale, Welfare and Recreation (MWR) committee was bringing them on a kayaking and water tour trip.

Adventures to the Unknown take place once a month and provide junior Sailors with an opportunity to do something fun courtesy of MWR.

The trip took place at the Great Dismal Swamp National Wildlife Refuge in Suffolk, Va. Lake Drummond, the largest natural lake in Virginia, was the heart of the swamp and the goal

of the tour. After a safety brief and introduction to kayaking from the four tour guides, everyone set off into the water on the day-long adventure.

"The scenery was absolutely beautiful," said Chief Fire Controlman (SW) James McPheeters, Adventure's to the Unknown coordinator. "It was a long day but a fun day. The scenery made everything worthwhile, just breathtaking."

After kayaking to a park, everyone broke for lunch before heading onto the lake. Lunch consisted of sandwiches, fruit, nuts and plenty of

water.

While on the lake, everyone had the opportunity to go swimming and play around for a while. TR Sailors said they were in amazement of the nature that surrounded them, such as the trees growing out of the water that were said to be hundreds of years old.

"I can't get over how beautiful it is out here," said Seaman Jennifer Martinez. "I'm having so much fun but my arms are so sore now. Kayaking is hard!"

After hours of kayaking in the hot sun, the Sailors made it back to shore tired, sun-kissed and worn out from the day's events. It was a trip to the unknown that turned out to be worthwhile.



USS Theodore Roosevelt Sailors enjoy a day of kayaking at the Great Dismal Swamp National Wildlife Refuge in Suffolk, Va. during a Morale, Welfare and Recreation (MWR) sponsored Adventures to the Unknown trip.

Photo by MCSN Tyrell Morris



USS Theodore Roosevelt (CVN 71) Sailors work together to paddle their kayak during this month's Morale, Welfare and Recreation (MWR) Adventures to the Unknown trip at Lake Drummond, the largest natural lake in Virginia.

Photo by MCSN Tyrell Morris

Photo of the Week



Chief of Naval Operations Admiral Gary Roughead reenlists USS Theodore Roosevelt's (CVN 71) Culinary Specialist 1st Class (SW/AW) Steven Sidebottom along with another Sailor from Norfolk Naval Base prior to an all hands call.

Photo by MCSA John Kotara

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ANNOUNCEMENTS

From the TR

PARKING & HARD HAT REGULATIONS

All hands are now authorized to park in the bank building parking structure. E6 and above will be parking on the first three levels of the parking structure. The fourth level and above is open on a first-come, first-serve basis. E6 and above will enter the parking structure via the 32nd street entrance. All others will enter from the west street entrance.

Hard hats are only authorized for wear on the pier. Soft covers must be worn while transiting from the turnstile to the pier.

VOLUNTEERS NEEDED

TR is looking for volunteers to mentor local area elementary school students during a six-week Science, Technology, Engineering and Mathematics (STEM) summer camp July 11 to August 17. Volunteers will be teaching STEM subjects to students and will need to have a good understanding of the material. For more information contact Media Department at 4-2369 or stop by room 410 on the FAF.

KING'S DOMINION-FREE!

In celebration of Memorial Day weekend, King's Dominion is offering free admission to all active duty and retired military members May 28-29. A valid military I.D. is required upon entrance. Up to six family members or friends will be admitted at a discount rate of \$34.99 each.