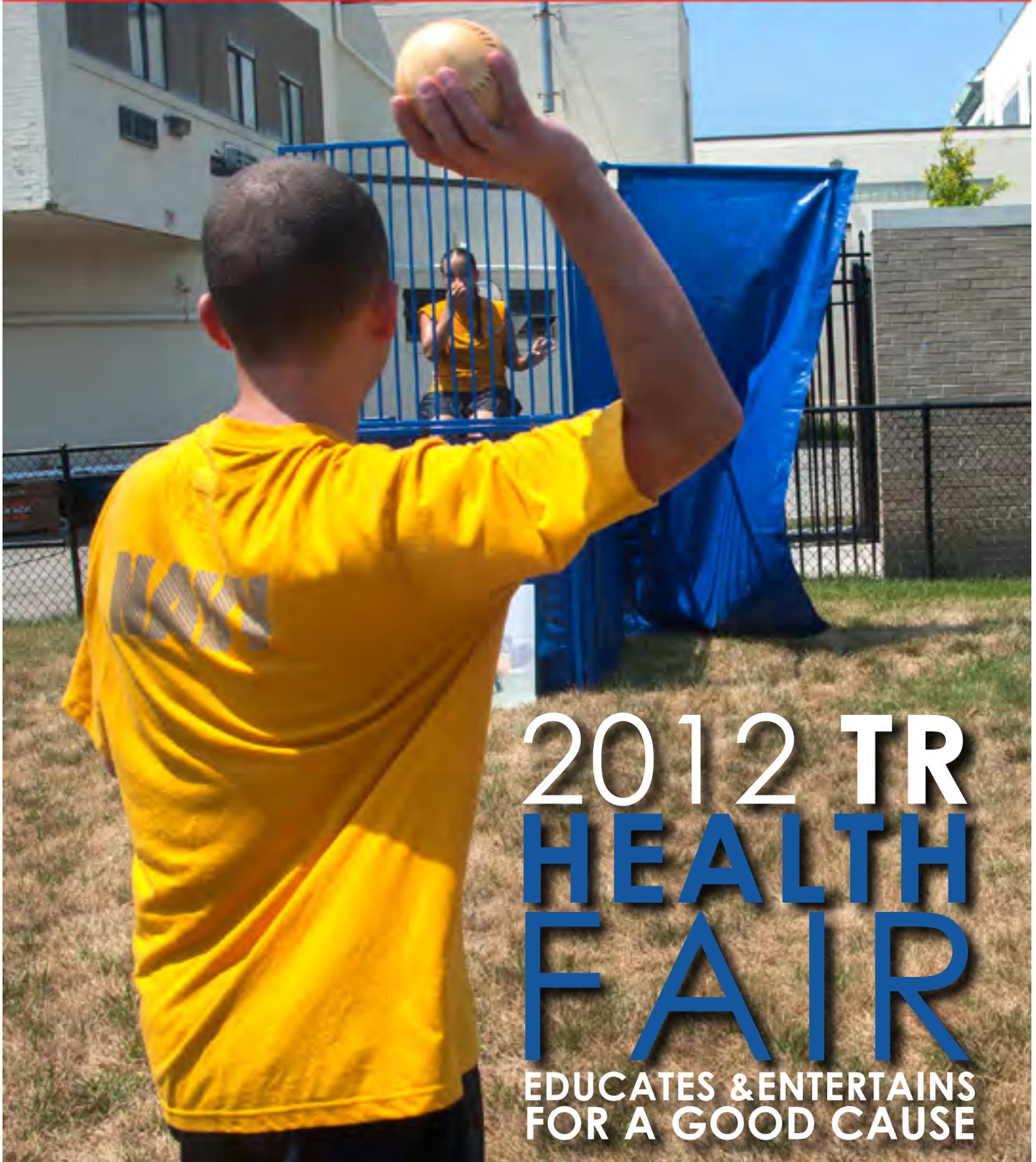


SAILOR HONORS GRANDFATHER
AT USS FORRESTAL MEMORIAL

KNOW YOUR RATE:
CAREER COUNSELOR

USS THEODORE ROOSEVELT

ROUGH RIDER



2012 TR HEALTH FAIR

EDUCATES & ENTERTAINS
FOR A GOOD CAUSE

KNOW YOUR RATE: NAVY COUNSELOR

Story and photo by
MC3 William McCann
USS Theodore Roosevelt (CVN 71)
Public Affairs



Navy Counselor 1st Class (SW/AW) Latisha Miller

Offering guidance and direction to sailors at sea or on shore, the Navy Career Counselors make an impact that will affect careers and touch lives. There are two types of NC's in the Navy: Ship board counselors, also called "straight stick" counselors, who take care of those already serving, and Career Recruiting

Force (CRF) counselors, who are responsible for enlisted and officer recruiting.

The NC rating is only open to 1st and 2nd class petty officers who have demonstrated good leadership qualities and a familiarity with shipboard life through a diverse range of duty assignments.

Navy Counselors assist with varied aspects of a Sailor's career, such as officer recruitment, rating information for enlisted, establishing a liaison with local media groups, and providing information on VA benefits and relocation programs.

"I enjoy helping sailors by giving career guidance, helping them become more successful in their careers," said Navy Counselor 1st Class (SW/AW) Latisha Miller.

"I am touched by touching others' lives."

The advantages of having someone available to provide guidance in career management as well as opportunities in the Navy are invaluable. Visit your Command Career Counselor often and see the doors that can open by just one visit.



FAMILY CARE PLAN



WHEN:
AUGUST 2-3
0900-1500

WHERE:
AFT MESS DECKS
NEAR SCULLERY

**POWER OF ATTORNEY
LEGAL SUPPORT:**
1000-1100 & 1330-1430

THE PERSONNEL OFFICE WILL BE HOLDING A FAMILY CARE PLAN (FCP) UPDATE ON THE AFT MESS DECKS.

IF YOU HAVE COMPLETED ONE, A RE-VERIFICATION OF CURRENT INFORMATION IS ALL THAT IS NEEDED.

REFER TO EMAIL FOR DOCUMENTATION NEEDED AS WELL AS A LIST OF PERSONNEL REQUIRED TO COMPLETE AN FCP.

IF YOUR NAME IS NOT ON THE LIST, PLEASE STILL STOP BY IN ORDER FOR THE SHIP TO GET AN ACCURATE LISTING OF FCPS ON FILES.

Sailor honors grandfather at USS Forrestal memorial

Story and photos by MCSN Joshua Petrosino
USS Theodore Roosevelt (CVN 71) Public Affairs

A memorial was held in Norfolk, Va. July 20, 2012 for USS Forrestal (CVA 59) victims and survivors who served during the July 29, 1967 fire that erupted onboard.

Hospital Corpsman 3rd Class Ashley McNelis, stationed aboard TR went to the memorial in honor of her grandfather Petty Officer 2nd Class Frank C. McNelis Jr. and to show support for her grandfather's shipmates that served alongside him on Forrestal.

"I get the chance to meet people that served with my grandfather," said McNelis. "It's a meaningful time for my family."

The memorial service was a very emotional event for McNelis. She knows how much it means to her and others that have lost friends or family during the fire that took the life of her grandfather.

"It's an emotional day," said McNelis. "It feels unreal and overwhelming. I hope to tell my children when they get older about how I met the people that served with their grandfather."

Rear Adm. Ted Branch, commander of Naval Air Force Atlantic, was also in attendance. During his speech he mentioned McNelis and gave praise for her presence at the memorial which was welcomed

with applause from honored guests and veterans from Forrestal.

"I was not expecting that," said McNelis. "For me, it was rewarding to shake hands with him after the service. I really appreciated it."

McNelis was also reminded of just how important ship-board firefighting really is and recommends everyone pay attention to the firefighting lessons provided aboard TR.

"Learn to work as a team and take damage control seriously," said McNelis. "Pay attention to the drills because we may need to fight fires aboard our ship one day."

The Forrestal was a tragic incident that left its mark in America's Naval history. With routine firefighting training across the Navy, the USS Forrestal fire stands out as the leading example of why all firefighting training is important.

For McNelis, the fire aboard Forrestal and the death of her grandfather gave her a deeper appreciation for life, and has advice for Sailors aboard TR.

"The memorial reminds me to enjoy and appreciate everything in my Navy," said McNelis. "You should appreciate your life and don't take any day for granted. You don't ever know if it will be your last."



Hospital Corpsman 3rd Class Ashley McNelis attends the USS Forrestal memorial July 20 in honor of her grandfather, Petty Officer 2nd Class Frank C. McNelis Jr. who died in the 1967 fire along with his shipmates who served with him.

INFORMATIONAL BOOTHS AND ACTIVITIES EDUCATE AND ENTERTAIN SAILORS

Story by MCSN Casey Cosker

USS Theodore Roosevelt (CVN 71) Public Affairs

Sailors aboard USS Theodore Roosevelt (CVN 71) attended a health fair at Huntington Hall on July 19, to obtain information about health and wellness.

The event, was hosted by Huntington Hall's Liberty Center, MWR staff and medical personnel from TR, allowed Sailors to learn about healthy decisions making and fitness opportunities available to them all.

"When we think about combat readiness we think about equipment and planes and the ship, but the most important element to combat readiness is the person. It's us," said Commander Mark Colombo, TR's executive officer. "We can take care of our planes and our equipment and our ship all day long, but if we're letting our bodies break down and we don't take care of ourselves then all else is for naught. So that's what this gives us a chance to do in my opinion: take care of the most important national asset we have."

Representatives from various organizations manned 18 tables in Huntington Hall's gym. These organizations included shipboard organizations such as the Coalition of Sailors Against Destructive Decisions (CSADD) and the TR's run club, as well as external organizations such as Tricare Medial Insurance and the Vaccine Healthcare Centers

Network.

"I'm happy that a lot of Sailors came out to participate in this health fair," said Chief Logistics Specialist (SW/AW) George E. Onodu, TR's Drug and Alcohol Program Advisor. "I hope that they take advantage of the opportunities and all the information that is out here for them to put to use."

Several outdoor fitness activities were made available to the Sailors on the field, said Marley Oldham, the MWR Fitboss. MWR inflated an obstacle course for Sailors to run and hosted fitness competitions. These competitions included an event to see which Sailors could hold a plank position the longest; Sailors slamming weighted balls against the ground over a minute for count; and a race where Sailors flipped a 115-pound tire the length of a football field and then hauled a 180-pound dummy back to the starting point.

Before going home, TR Sailors participated in a water balloon fight on the field behind Huntington Hall, a welcome event in the summer heat.

"Everybody I see is smiling," Colombo said. "I see a lot of thumbs up. It's a great day weatherwise. My personal opinion is that it's been a success."

2012 TR HEALTH FAIR

Airmen Melanie Weatherly, Aviation Boatswain's Mate Handling 2nd Class Carmine Bosco and Aviation Boatswain's Mate Handling 2nd Class Alexis Tiefert compete in a tire flip competition at the TR health fair. The fair featured many booths and activities to help educate, inform and promote a healthy lifestyle for all Sailors. Photo by MC3 Katie Lash.

TR Sailors attend Sacramento Navy Week

Story by MC3 Sean Hurt
USS Theodore Roosevelt (CVN 71)
Public Affairs

Three Sailors aboard USS Theodore Roosevelt (CVN 71) attended Sacramento Navy Week, July 16-22 to attend several community relations projects (COM-RELS) throughout the area.

Navy Week is designed to bring awareness of the U.S. Navy to towns that don't have a large Naval presence. There are 15 Navy Weeks planned across America during 2012.

TR Sailors teamed up with Sailors from USS California (SSN 781) and visited the Sacramento Parks and Recreation 4th R Summer Program, Shriner's Hospital of California, Sacramento Boys and Girls Club and the Sacramento Food Bank.

"The best thing we did would have to be visiting the Shriner's Hospital" said Airman Chaz Martin from TR's Training Department. "Those kids were in such a terrible situation, but they had more enthusiasm and excitement than any of the kids we saw all week."

The Sailors enjoyed the break from their day-to-day tasks on the ship and getting a chance to help people in the community.

"I really enjoyed working at the

food bank" said Mass Communication Specialist 3rd Class Sean Hurt. "It gave me a chance to put the camera down and actually get dirty for once."

The Sailors also augmented Naval Recruiting District San Francisco on various recruiting drives while they were at Navy Week.

"I had a great time hanging out with people and talking about the Navy," said Martin. "As soon as I make second class, I really want to go recruiting"

The excitement of the week's events ran through both the Sailors and the community they were involved in.

"The kids wouldn't stop talking about it all week" said Samantha Hoshida, a school leader for the Sacramento Parks and Recreation 4th R Summer Program, "I had a blast hanging out with the Sailors. I think everyone in Sacramento is really excited to have another Navy Week in the future."

Top: Airman Chaz Martin plays Battleship with a Student at Sacramento's 4th R program. Bottom: Information Systems Technician Seaman Sara Fields makes a paper iguana with a student at the program. Photo by MC3 Sean Hurt



MISSING TR MUGS
PLEASE RETURN ME TO THE MESS DECKS
WE STARTED WITH 800 TR MUGS.
WE NOW HAVE 90.

LAST SEEN: MESS DECKS
AMOUNT: 710 MUGS

PHOTO FIND



Photo illustration by MCSN Casey Cosker

Can you find the 7 out of place items in this photo?

1. Waldo
2. Mouse
3. Ruler
4. Theodore Roosevelt
5. Goblin
6. Smiley face
7. UFO

PHOTO OF THE WEEK



Photo by MC3 Katie Lash

Gunner's Mate Seaman Cedric Morris races through the inflatable obstacle course at the health fair July 20 at Huntington Hall. Many events such as a BBQ and dunk tank were also available for Sailors to enjoy. The TR health fair featured many booths and activities to help educate, inform and promote a healthy lifestyle for all Sailors.

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Do you have a story you'd like to see in the Rough Rider? Contact the Media Department at 534-1406 or stop by 3-180-0-Q.

OFFICER OF THE DECK

LTJG CARLOS WATKINS
WEPS: G-1 DIVO

QUALS:
OOD

“ OOD IS SIGNIFICANT BECAUSE WE MAINTAIN THE SECURITY OF THE SHIP, CARRY ON THE PLAN OF THE DAY AS OUTLINED, AND PASS DOWN ALL ORDERS FROM THE CO, CDO, AND ACDO. ”

“ I ’ M A ROUGH RIDER ”