

ROUGH RIDERS MOTORCYCLE SAFETY

How the Rough Riders became one of the Navy's safest motorcycle clubs

TWO FOR THE TIME OF ONE

Youngest dual-warfare qualified Sailor credits mentor for success

USS THEODORE ROOSEVELT
ROUGH RIDER



ADDRESSING

THE

TR

crew

**MASTER CHIEF
PETTY OFFICER
OF THE NAVY**

Sailor credits mentorship for quals

Story and photo by MC3 Cory Asato

Operations Specialist Seaman Apprentice (SW/AW) Jasmine S. Lee utilized USS Theodore Roosevelt's (CVN 71) mentorship program to become the most junior Sailor onboard to earn her surface and air warfare designators within nine months of starting the warfare programs.

Lee set the example for her fellow junior Sailors to follow using the drive and direction she gained from having a mentor to help her complete her goals.

"When I checked on board, I knew I had to obtain my qualifications to get what I wanted out of the Navy," said Lee. "I've seen Sailors who've been on the ship and in the Navy for years who don't have a pin."

Mentorship is widely-used throughout the Navy, and encourages senior Sailors to help their junior proteges in various capacities. Both share knowledge of skill sets and life perspectives, and guidance is established for the junior Sailor's career.

"The mentorship program is a crucial tool for leaders to use to guide and get to know their Sailors," said Chief Cryptologic Technician (Technical) (SW/EXW) Tricia Ghunney, Lee's mentor. "Junior Sailors are required to seek out and choose their own mentors."

Lee, a 20 year-old-native of Jacksonville, Fl., accredits her chain-of-command's mentorship program for giving her the tools and additional motivation to strive for success in the Navy.

"I've gained a sense of comfort and trust in my chain-of-command through the mentorship program," said Lee. "I feel as though anything is possible after I earned my pins, because it was so much work."

Lee said she quickly appreciated the importance of completing shipboard qualifications from her leadership.

"As time went on, I learned that I had to obtain my surface and air pins and that it was important," said Lee. "Not only would I look good having my pins, I'd gain much needed respect from my shipmates and my chain-of-command."

Ghunney said being a mentor is an important duty, and one that she takes very seriously.



Operations Specialist Seaman Apprentice (SW/AW) Jasmine S. Lee, the most junior Sailor aboard USS Theodore Roosevelt (CVN 71) to earn both the surface and air warfare pins, receives her air warfare pin from Chief Cryptologic Technician (Technical) (SW/EXW) Tricia Ghunney, Lee's mentor, Dec. 28, 2011.

"Some Sailors do what needs to be done, and some Sailors don't," said Ghunney. "The Navy is not a guaranteed career anymore and we need to help our Sailors reach success."

Lee took the encouragement and advice offered by Ghunney and applied it to her goal of getting her pins. Lee noted that Ghunney was there for her at her air warfare board, constantly coaching her, giving Lee a confidence boost.

"Chief Ghunney is a driving force behind me," said Lee. "She doesn't just inform me of what I should do, she makes me feel as though I need to get my pins and stand out from the crowd. Chief also helped me with studying."

Lee also mentioned her father, Senior Chief Electrician's Mate (SS) Deorick C. Lee, as being a source of inspiration and mentorship.

Lee volunteered for a routine seven-month deployment with USS Vella Gulf (CG-72).

"I told Lee that she wouldn't be able to deploy with the Vella Gulf unless she got both her pins," said Ghunney. "Lee passed her air board 6 days before the ship was scheduled to deploy, and that shows her determination."

Cover by:

MCSN Andrew Sulayao

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West talks with Sailors stationed aboard USS Theodore Roosevelt (CVN 71) about mentorship during the ship's "mentorship fair" at the Huntington Hall gym in Newport News, Va., Jan. 19. The mentorship fair was part of an initiative to incorporate a more serious approach to mentorship aboard TR.

Rough Riders set the “handle” bar on motorcycle safety

Story by LS3 William McCann

With the smell of gasoline permeating the air and engines roaring loud enough to rattle someone’s ribcage, USS Theodore Roosevelt’s (CVN 71) Rough Riders Motorcycle Group turns heads wherever they go.

The Rough Rider’s presence isn’t only known in the towns they journey through - they are known throughout the Navy community as one of the finest motorcycle groups around.

“TR’s motorcycle group is successful because of our attentiveness to every Sailor who wants to ride,” said Cmdr. Richard Norvell, TR’s safety officer. “When I first arrived here I coordinated the training for all Sailors riding motorcycles, ensuring they took the proper motorcycle rider safety courses.”

Each Sailor who chooses to ride is required to take the proper safety classes for their own protection. Motorcycle safety is a serious concern with the command, if it isn’t taken seriously, the results could be tragic.

It has been about three years since the Rough Riders Motorcycle Group has had a fatality, which is outstanding statistically, especially considering the national motorcycle

fatality rate over the past three years, which is approximately 13,389 motorcycle deaths, according to the National Highway Traffic Safety Administration.

In September of 2009, a TR sailor passed away from injuries sustained in a motorcycle accident. That tragedy brought to realization the need for a revamped motorcycle safety training program. The consensus-designed program focuses on motorcycle education, safety and experience.

The first step in the revitalization of the motorcycle safety program was to establish a strong foundation with the command’s riders.

After the foundation was set, a focus was initiated to get a motorcycle safety representative for every department to ensure every command rider was accounted for and up to date on motorcycle safety qualifications, as well as official Navy motorcycle safety instruction updates.

The concrete training program allows the motorcycle group to receive strong support from the command. They are often able to organize monthly trips and activities.

“I think we’re the most organized group,” Lt. Cmdr. Rodney Norton TR’s administrative officer, who has been riding motorcycles for 35 years. “The TR has one of the

Story Cont. on pg. 6 “Rough Riders Motorcycle Safety”



125 Weeks TR has been in Refueling Complex Overhaul.

877 Days TR has been in Refueling Complex Overhaul.

21132 Hours TR has been in Refueling Complex Overhaul.



MCPON ON MENTORSHIP

By MC3(SW) Jessica Echerri

“Mentorship fosters teamwork, which fosters success. It’s about reaching out to each other and getting honest advice.”

-MCPON Rick West

Master Chief Petty Officer of the Navy (SS/SW) Rick West visited Sailors onboard USS Theodore Roosevelt (CVN 71) during their first-ever Mentorship Fair Jan. 19.

West spoke at an enlisted all hands call about the importance of mentorship today’s Sailors from a holistic perspective and answered Sailors’ questions.

“Mentorship is a very important part of the Navy,” West said. “Mentorship fosters teamwork, which fosters success. It’s about reaching out to each other and getting honest advice.”

Sailors from various departments onboard TR set up informational booths in the gym, each of which demonstrated areas Sailors might require mentoring in. The advice provided in the displays was designed to help Sailors in their careers and personal lives by providing physical, spiritual and mental health, education, and medical information.

“We set up a booth to educate the command

about dental hygiene,” said Hospital Corpsman 3rd Class Rashad White. “It’s one of the tools the ship provides to help Sailors stay healthy, which helps their career too. It’s important for Sailors and their mentors to learn about everything they can take advantage of to succeed.”

West gave Sailors insight on how mentorship helped him become the highest ranking enlisted Sailor in the United States Navy.

“I’ve had several mentors during my career,” West said. “We always worked as a team. It’s about having that person I could always go to with any question.”

While having a mentor is important to a Sailor’s career, West also stressed the importance of mentoring others and doing what is necessary to help a fellow Sailor.

“When you see a shipmate staring into trouble, that’s when I expect you to step up,” West said.



Above: MCPON Rick D. West talks with Sailors aboard TR during an all hands call at the Huntington Hall gym in Newport News, Va., Jan. 19.

Photo by MC3 Sandra Pimentel



Top left: MCPON Rick D. West answers a TR Sailor's question during the ship's "mentorship fair." The mentorship fair was part of an initiative led by Commanding Officer Capt. Billie Hart to incorporate a holistic approach to mentorship aboard TR. Some of the issues addressed were fitness, nutrition, financial stability, mental health, and spirituality.

Photo by MCSN Andrew Sulayao



Above left: MCPON Rick D. West, Electrician's Mate 1st Class Christopher Wright (left), and Electrician's Mate 2nd Class Ronnie Williams watch a line dance aerobics demonstration during the ship's "mentorship fair" at the Huntington Hall gym in Newport News, Va., Jan. 19.

Photo by MC3 Tyrell K. Morris

Left: MCPON Rick D. West answers a question from Seaman Sarah R. Tenhunfeld during an all hands call at the Huntington Hall gym in Newport News, Va., Jan. 19. West visited the ship to promote the mentorship program during a command mentorship fair.

Photo by MC3 Sandra Pimentel

Rough Riders Motorcycle Safety cont.



the sensation of freedom is like none other.”

The close-knit unity of the group is one of the reasons the Rough Riders are so popular and successful. The camaraderie also allows for a unique learning experience for new riders.

“We promote safe riding and make sure that new riders feel comfortable,” said Electronics Technician 3rd Class (EXW) John Meisner, the president of the TR Motorcycle Group. “You can learn a lot about bike maintenance and what to look for on the road from the more experienced guys.”

“Safety is paramount,” said Meisner. “When you have a large number of riders, other vehicles notice you and pay more attention on the road.”

As president of the motorcycle group, Meisner also keeps the group informed on military instruction changes related to motorcycle safety.

“The saying goes: there are two types of riders; those who have fallen down and those that will fall down,” said Norton. “Our goal is to reduce the chance of falling altogether. That is why we use the T-CLOCS checklist.”

The T-CLOCS inspection checklist reminds riders to pre-inspect their: tires, controls, lights, oil, chassis and stands before each and every ride.

The TR Motorcycle Group can be heard coming from a mile away and their reputation can be heard from much further. Everywhere the TR Motorcycle Group travels they display a sense of professionalism, integrity, brotherhood while looking good in motorcycle chaps.

largest military motorcycle groups in the fleet.”

On any single trip, the Rough Riders have a motorcade of approximately 60 riders.

The Rough Riders travel at a set speed with a pace motorcycle at the front of the motorcade on a pre-planned route. A “chase vehicle” drives behind the motorcade to assist the group if a motorcycle malfunctions, breaks down or some other assistance is required. With this approach to group rides, the TR Motorcycle Group literally leaves no man behind.

“There is a cool factor of riding bikes in large groups,” said Norton. “TR is becoming a family of riders, regardless of rank, with mutual respect among its members who all share a love of the open road. The feeling of the wind blowing past you and

Photo Find

Can you find the **8** out of place items in this photo?

1. Tiger
2. Anchor
3. Shark
4. Submarine
5. Wheel
6. Check
7. Drafting compass
8. TR the man

Electronics Technician 1st Class (SW) David Figg is awarded the Navy and Marine Corps Commendation Medal during his retirement ceremony at the Chamberlan Hotel in Ft. Monroe Jan. 20.

Photo by LS3 William McCann



Photo find by MC3 Jon Donnelly

Rough Rider of the Week: QM3 Bradner

Story by MCSN Timothy Haake

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Quartermaster 3rd Class Timothy Bradner from Navigation department.

Bradner, a native of Woodbridge, Va., joined the Navy in Feb. 2007 as an undesignated seaman and was assigned as his first command to the TR Jul. 2007.

"I believe I was chosen as the Rough Rider of the Week because of my hard work ethic and my leadership abilities," said Bradner.

Bradner is currently his departments work center supervisor, and is responsible for maintenance and getting Sailors qualified in 3M.

According to Chief Quartermaster (AW/SW) Harold Stubbs, his leading chief petty officer, Bradner sets himself apart from other Sailors.

"He is a hard charging Sailor in our department," said Stubbs. "He is always ready and willing to lead others by his example."

Bradner intends on making the Navy his career and aspires to become a chief petty officer. However, his short-term goals are getting his warfare pins, and advancing in rank.

"One of the best things that I did when I joined the Navy was making the decision to surround myself with positive motivated people," said Bradner. "It's important for me to be around people that push me to succeed."

In his spare time, Bradner enjoys sports and playing video games, but most importantly enjoys spending time with his family.

"Being with my family means everything to me," said Bradner. "The reason I joined the Navy was so that I could take care of my daughter."

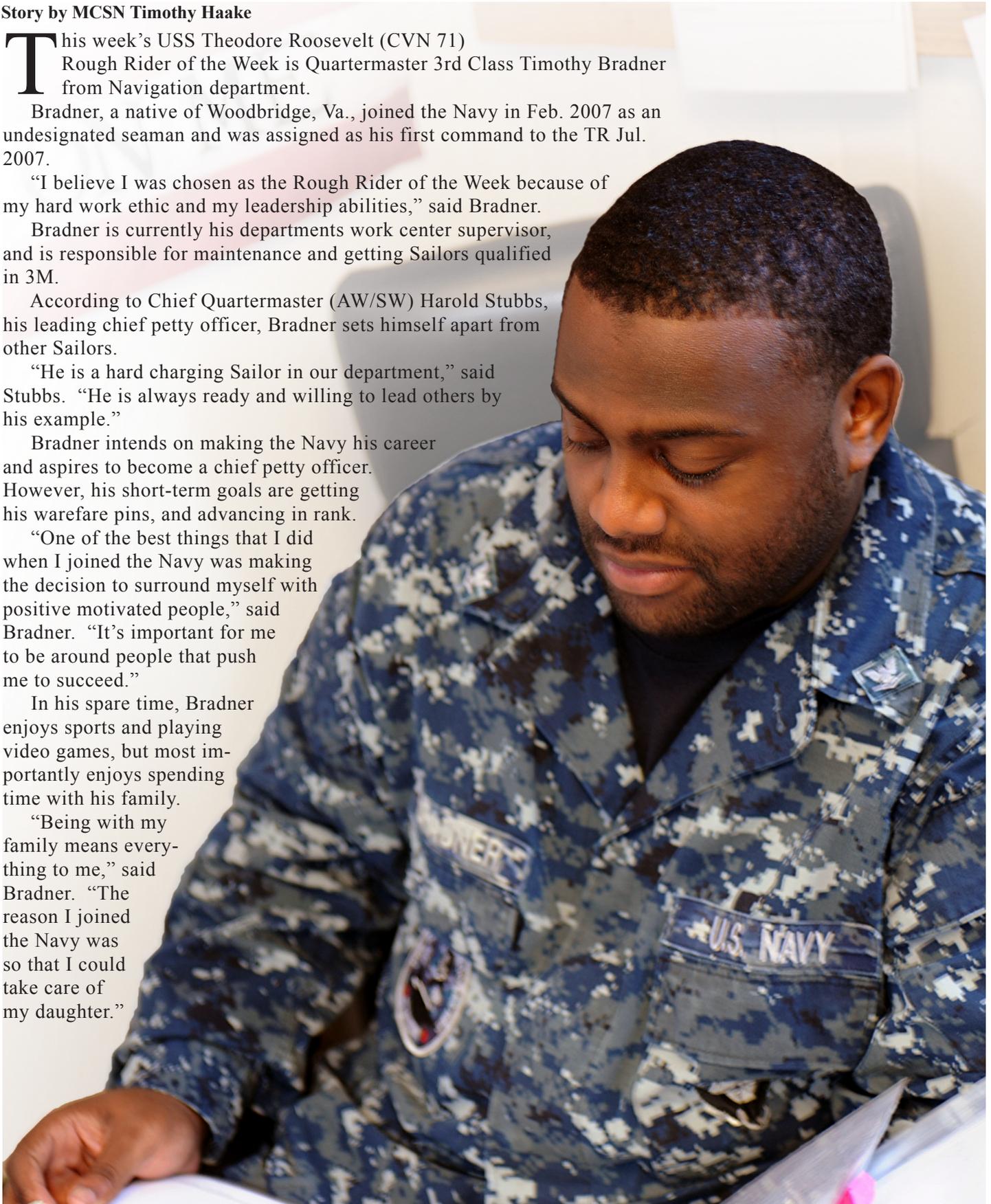


Photo of the Week



Photo by MCSN Timothy Haake

Aviation Maintenance Administrationman 2nd Class (AW) Lakisha L. Quarles prepares to ring the quarter-deck bell at exactly 1:30 p.m. as part of her Petty Officer of the Watch responsibilities aboard USS Theodore Roosevelt (CVN 71), Jan 25.

Staff

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Senior Editor

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David Collins

Editor

MC2 (SW) Austin Rooney

Layout & Design

MC2 (EXW) Joey Morgon

Rough Rider Contributors

MC3 Tyrell Morris
MC3 Sandra Pimentel
MC3 Jon Donnelly
MC3 Cory Asato
MC3 Jessica Echerri
LS3 William McCann
MCSN Andrew Sulayao
MCSN Timothy Haake

Command Ombudsman

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

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SAFETY ANNOUNCEMENT

Hearing protection

Notes on personal protective equipment (PPE) according to AO1 (AW/SW) Steven W. Bailey of Safety Department:

- When you first arrive aboard USS Theodore Roosevelt (CVN 71), hearing protection and a hard hat is issued to Sailors.
- TR's Safety Department is not required to give individual Sailors soft ear plugs due to the expense.
- Newport News Shipbuilding is required to measure sound decibels around areas that are exposed to loud noise to determine if hearing protection is needed in the area.
- **As a result, if a Sailor is in Hangar Bay 1 / Hangar Bay 2, they are required to use the hearing protection provided, regardless of rate and rank.**
- If a Sailor does not possess the hearing protection provided, they are required to present a special request chit routed through the chain-of-command requesting such to FAF Room 248.
- PPE should be enforced by divisions and their supervisors.

