

SPECIAL GOAT LOCKER INSERT

USS THEODORE ROOSEVELT

ROUGH RIDER

A man in a blue t-shirt and a yellow safety vest is running on a tarmac. He is leaning forward in a running stance. In the background, the nose and cockpit of a fighter jet are visible.

HAZE

ABH2 BRIAN

GRAY

AND

PULLING AWAY

TR officer judges student speeches at TR High School

Story by MC2(SW) Austin Rooney
USS Theodore Roosevelt Public Affairs

When then-President Theodore Roosevelt spoke these words to an audience, he never could have imagined that years later in Washington, D.C., students attending a high school named after him would be delivering those same words to another audience.

The students, all attending Theodore Roosevelt Senior High School in D.C., took turns delivering five-minute speeches about the president's legacy March 29, to an audience consisted of their peers, teachers, members of the Theodore Roosevelt Association (TRA), and even an officer assigned to USS Theodore Roosevelt (CVN 71).

This was no homework assignment; the TRA organized the event as a contest to see which student could prepare the best speech making good use of research, and coming across as confident and engaging while speaking to the group and judges. The first speech contest began two years earlier, and each year the grand prize is a \$1,000 scholarship check written out to the winner.

"Theodore Roosevelt was such an important figure in his day, and he's such a man for our time right now," said Bette McKown, a member of the Washington, D.C. chapter of the TRA. "Our organization works hard to give back to the community while also inspiring people to keep Roosevelt's memory alive."

The TRA brought in three outside judges to critique the speeches, one judge being Lt. Cmdr. Christian Ross, a shooter onboard TR. Ross said he became interested in public speaking after giving a speech about Martin Luther

King to an audience of Sailors aboard Roosevelt.

"Anybody who has the guts to get up in front of an audience and speak about a topic has my respect, that isn't easy," said Ross. "I applaud all of the students who participated today."

While it's a long drive from Newport News, Va, to Washington, D.C., Ross said having a member of the Navy judging the contest shows the students how much Sailors care about their history and heritage.

"This gives [the students] a positive view of the Navy, and it shows them that we haven't forgotten how important Theodore Roosevelt was to our Navy," said Ross. "It's really good for these kids to learn more about such a great man."

The grand prize was awarded to Deron Perkins, who centered his speech around Roosevelt's efforts to increase regulations on food retailers in order to cut back on disease and low-quality produce.

Jacquan Clark, who won second place in the contest, said he enjoyed the experience and appreciated having a

member of USS Theodore Roosevelt present as a judge.

"It was really cool having a member of the Navy here to support us," said Clark. "I'd really like to thank everyone onboard the Roosevelt for the work they do every day to keep us safe."

Genna Rollins, the president of the Washington, D.C. chapter of the TRA, said she hopes to continue to hold the contest at Theodore Roosevelt Senior High School in the future, and hopes to have support from USS Theodore Roosevelt as well.

"We really want to continue to focus our efforts here, and it really helps us to have a positive role model like Lt. Cmdr. Ross in the judge's panel to inspire the students," said Rollins. "Last year, our winner was so inspired by his research and by the Navy presence at the event that he enlisted into the Navy when he graduated."

Overall, the students said they learned a lot from their research, and they found many of Theodore Roosevelt's values and ideas were still relevant today.



Lt. Cmdr. Christian Ross, a shooter onboard USS Theodore Roosevelt (CVN 71), judges a Theodore Roosevelt-themed speech contest at Theodore Roosevelt Senior High School in Washington, D.C., March 29.

Photo by MC2 (SW) Austin Rooney

TR Sailors volunteer at preschool play

Story by MCSN Katie Lash
USS Theodore Roosevelt
Public Affairs

As part of a new partnership between USS Theodore Roosevelt (CVN 71) and the Preschool for Educating Exceptional People (PEEP) in Newport News, Va. Sailors volunteered with students at the school's annual play March 28.

PEEP is a school dedicated to children ages two to five who are mentally handicapped, or have other disabilities that make it difficult for them to attend a traditional preschool.

The play, which has been put on by the school for more than ten years now, is one of play coordinator Pam Paster's favorite events. This year's theme was 'down by the bay,' and featured students in various beach, sea and sailor costumes performing a musical.

"The play lets children perform and have fun," said Paster. "It allows the parents to watch their children participate in something they may not be able to do later in life."

The new partnership between TR and the school will allow Sailors to volunteer every Tuesday and Thursday at the school, as well as help out with special events like the play.

Sailors volunteered their time to help supervise dozens of students before the play, while parents attended a parent-teacher association



Aviation Boatswain's Mate 2nd Class (AW) Jamil Allen entertains Caleb and Lyota, students at the Preschool for Educating Exceptional People in Newport News, Va., while he waits to act in a school play March 28.
Photo by MC2 (SW) Austin Rooney

meeting. They continued to assist the students throughout the show by helping them get on to the stage as well as helping them perform, if needed.

"We greatly appreciate all the help we can get with these events," said Paster. "I'm impressed that the Sailors took time out of their day to come all the way out here to help the kids."

Many of the Sailors who volunteered at the school's play have previous experience with volunteering.

Machinist's Mate 2nd Class Mark Leinaar, who has six children of his own, has volunteered with the school before, as well as volunteering as a soccer coach for children.

"I wanted to help out in the community," said Leinaar. "I think

it's really cool they do this show with the kids. They really get a kick out of it and have a lot of fun."

Leinaar helped supervise the students before and during the event, as well as helping support a student on stage while he performed.

All the Sailors who volunteered say they hope to continue to volunteer with the students at PEEP throughout the school year.

The partnership volunteer program will run through May and pick up again when school resumes in the fall.

"It's really awesome to come out and help the kids perform and have fun," said volunteer and Aviation Boatswain's Mate (Fuels) 2nd Class (AW) Jamil Allen. "I think more Sailors should take time and volunteer in programs like this."

One Good Pull

TR Sailor Competes in Strongman Competition

Story by MC2 (EXW) Joey Morgon

Photo by MC3 Sean Hurt

USS Theodore Roosevelt Public Affairs

On an overcast day in March, Sailors and strongmen gathered to do the impossible—pull a 34,000-pound F/A-18C Hornet. It was easier than expected.

Strapped in a yellow harness, USS Theodore Roosevelt's (CVN 71) own Aviation Boatswain's Mate (Handling) (AW) Brian Gray grabbed a rope and dragged himself and the aircraft the required 75 feet in 23.23 seconds.

"It wasn't as hard as I expected," laughed Gray. "Getting started was the hard part."

More than 50 people showed up at Naval Air Station Oceana March 31 to try and pull the aircraft as an event for Brute Strength Gym in Norfolk. Strike Fight Squadron VFA-15 hosted the jet pull, which raised more than \$3,000 for the Wounded Warrior Project.

The event featured both the petite and powerful. Those new to strength sports watched as seasoned strongmen chugged water out of gallon jugs and warmed up with jump ropes and giant tires.

Gray, although a long-time weightlifter, has never participated in strongmen events. He's never even pulled a car, much less a fighter jet.

"This is a different kind of competition," he said. "I'm used to pure strength competitions. Something like this requires a whole different level of endurance. I'm really excited though, it's a jet! How often can someone say they've pulled a jet?"



Attention Motorcycle Riders



Motorcycle season is upon us. The TR Motorcycle Group is looking for Sailors interested in sharing the benefits of group riding. This year, the main focus is making sure all members of the group have a

strong set of skills. Training will be provided once a month to help build confidence in riding and will give Sailors a chance to rub elbows. Each Wednesday, trip preparation will be held in the brown bag area. Each meeting will run about 30 minutes and will be held either during lunch or at 1500. The trips will take place once a month on Fridays. All riders will need to have proper

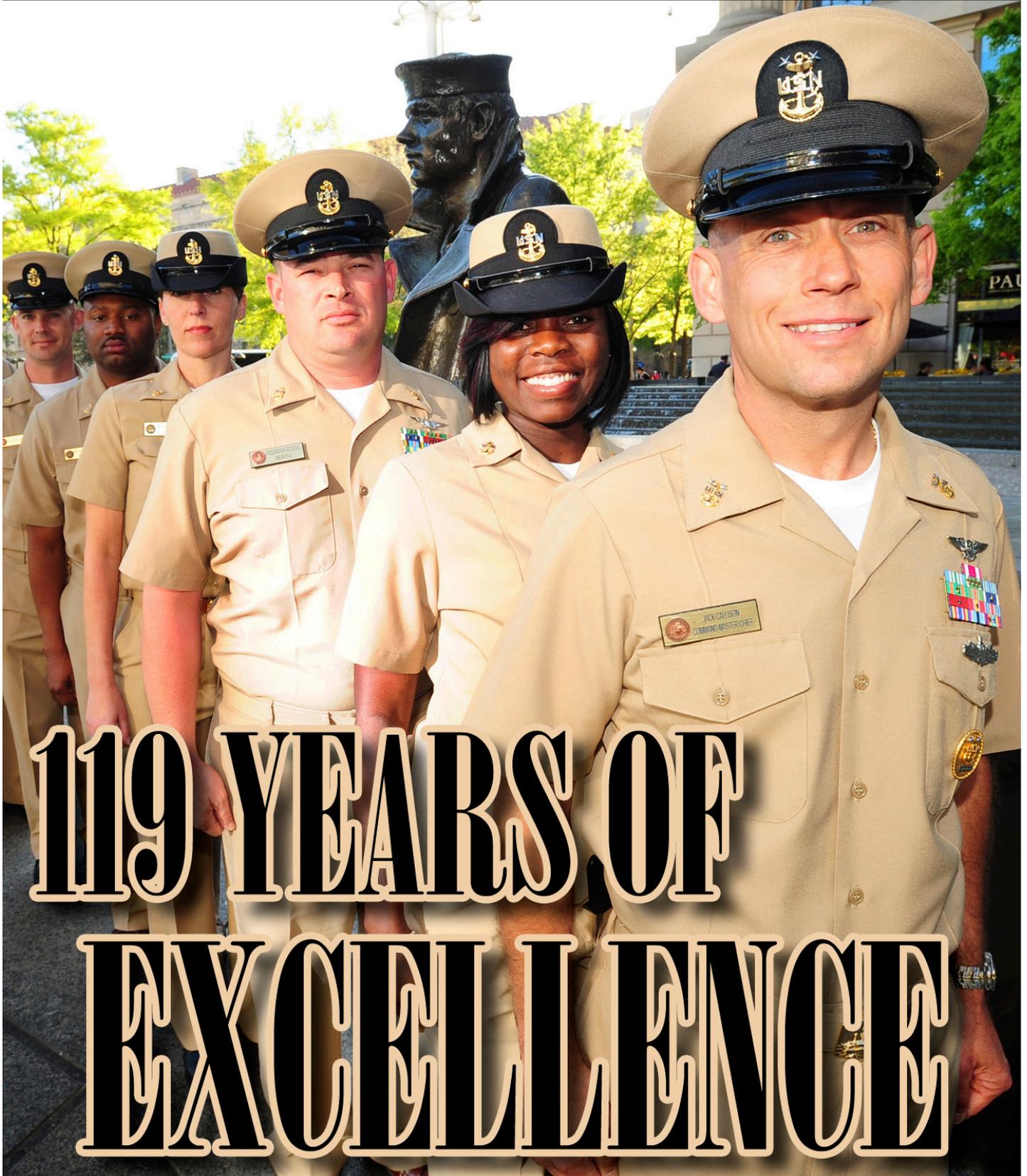
Personal Protective Equipment (PPE) and will undergo a one-on-one informal inspection or safety look-over to ensure motorcycle and rider readiness. The first trip of the season will be the "Back in the Saddle" ride on April 13th.

For more information, contact CDR Hixson at 4-0878, Chief Dick or ET3 Meisner.

THE GOAT LOCKER CHALLENGE YEAR OF THE CHIEF

USS THEODORE ROOSEVELT

GOAT LOCKER



119 YEARS OF
EXCELLENCE

YEAR OF THE CHIEF

Story and photos by **MC2 (SW/EXW) Joshua Bruins**
Layout by **MC2 (EXW) Joey Mergon**

Kicking off on its 119th birthday, April 1, 2012, and continuing through March 30, 2013, the **US Navy Chief's Mess** will be highlighted over the next year for its influence, achievements and rich history.

A few months ago, I told you that the U.S. Navy Memorial Foundation (USNMF) has designated 2012 as the Year of the Chief," said Master Chief Petty Officer of the Navy (MCPON) (retired) James E. Herdt. "In 2012, for the first time, the USNMF will shine a nationwide spotlight on the history and contributions of our Navy's Chief Petty Officer Mess, highlighting you, the group of leaders with a direct impact on every Navy and Coast Guard community."

The USNMF officially kicked-off the year of the chief with a ceremony held at the Navy memorial in Washington D.C. Chief of Naval Operations (CNO) Adm. Jonathan W. Greenert served as guest speaker for the event.

"The chief is the center of gravity," said Greenert. "There is not a seaman, petty officer or officer out there who cannot turn and say, 'I had a chief petty officer take care of me and get me where I am today.'"

MCPON (SS/SW) Rick D. West and the 9th MCPON Herdt also spoke to the huge crowd of Navy Chiefs in attendance.

"You are bold and accountable, executing the Navy's mission wherever you are, and developing the next generation of Sailors," said West to his fellow Chiefs. "Thank you shipmates - including those who have gone before us and those who are no longer with us - you have served your country well and will continue to do so as long as we sail the seven seas."

Following the ceremony, Chiefs and other guests were invited into the Navy Memorial for the official ribbon cutting of the new Chief Petty Officer Exhibit. Showcasing the history and culture of the Navy Chief, the exhibit included artifacts, uniforms, insignia and medals that had been collected from Navy, Coast Guard and private collections.

"To go in there as a chief petty officer and see all the memorabilia from chief petty officers past was simply awe-inspiring," said USS Theodore Roosevelt's (CVN 71) Senior Chief Petty Officer Hospital Corpman (SW/AW) Shannon L. Surratt. "My favorite room was full of all these old uniforms from our yesteryears. I saw the old dress khakis and a lot of us look at those as an example of what CPOs use to look like and what we were looking to become. It was really interesting."

After unveiling the exhibit, special guests including Greenert and West used a Cutlass to cut the Chief Petty Officer Birthday Cake.

"Happy birthday chief petty officers, you've earned it," said Greenert. "Absorb the moment, have a great year, remember your legacy and what got you here."

Chiefs mingled and explored the many displays and artifacts over refreshments and hors d'oeuvres. Many were drawn to specific areas of the memorial.

"I especially enjoyed the display showcasing the CPO collar devices that depicted the many

evolutions it has gone through," said Chief Aviation Ordnanceman (AW/SW) Robert Eidson. "I thought it was really interesting and the whole exhibit was a great way to honor the history of the Chief Petty Officer."

The Year of the Chief exhibit is now open to the general public at the US Navy memorial in Washington D.C.

Providing a strong presence at the ceremony, USS Theodore Roosevelt's Command Master Chief (SW/AW) Jack R. Callison travelled to D.C. with a group of Senior Chief and Chief Petty Officers to represent the TR and take part in the prominent occasion.

"I thought it was important for TR to go up and represent our chief's mess as a whole," said Callison. "It marked the first year of the chief. The Navy Memorial has never done anything like that before and it reinforces just how important chiefs are in our society as leaders, to the American people and to our heritage."

Rising early in the morning, the group visited the Theodore Roosevelt Memorial on Theodore Roosevelt Island located on the Potomac River near Arlington Cemetery. The memorial includes a 17-foot statue of Roosevelt by sculptor Paul Manship and four large stone monoliths with some of Roosevelt's more famous quotations.

"I really liked seeing all of his great quotes displayed on the huge stone monoliths," said Chief Cryptologic Technician (Technical) (SW/



ISC (SW/AW/IDW) Brandi Gutierrez squeezes water from a sponge into CTCRC (SS) Vick Parrish's bucket hat during the 2012 Goat Locker Challenge.



TR Chiefs visit the Theodore Roosevelt Memorial on Theodore Roosevelt Island while visiting the Nation's Capitol.

PSC (SW/AW) Mike Roxas (right) and FCC (SW/AW) Justin Knightes (center) flip a tractor tire to the finish line and back during the 2012 Goat Locker Challenge.



ISC (SW/AW/IDW) Brandi Gutierrez races down and back on a large blue ball during the 2012 Goat Locker Challenge.



TR's Chiefs' Mess prepares to begin a wheel barrow challenge during the 2012 Goat Locker Challenge.

TR chiefs take a photo with MCPON (ret.) James L. Herdt at the US Navy Memorial during the Year of the Chief ceremony.



ISC (SW/AW/IDW) Brandi Gutierrez squeezes water from a sponge into CTCRC (SS) Vick Parrish's bucket hat during the 2012 Goat Locker Challenge.



CMDCM (SW/AS) Jack Callison meets MCPON Rick West at the Year of the Chief unveiling ceremony at the US Navy Memorial!



Members of TR's Chiefs' Mess who competed in the 2012 Goat Locker Challenge.



PSC (SW/AW) Mike Roxas low-crawls under piping during the 2012 Goat Locker Challenge.



ISC (SW/AW/IDW) Brandi Gutierrez (far left), PSC (SW/AW) Mike Roxas (left center), CMDCM (SW/AW) Jack Callison (right center), and FCC (SW/AW) Justin Knightes run with a large PCP pipe held above their heads during the 2012 Goat Locker Challenge.

YEAR OF THE CHIEF

thinks of his 'speak softly and carry a big stick' quote so it was nice how the memorial portrayed him as the philosopher he was. I also liked the fountains and the water they have at his memorial. I felt like it reflected his love for the Navy."

Leaving the island, the group travelled to the Pentagon, one of the world's largest office buildings, where they explored the many paintings and displays adorning the walls of the Navy halls.

"I thought it was awesome to see all of the stuff and just to be in that hall," said Senior Chief Electronics Technician (SW/AW) Chris Neerhof. "It's an over-powering hall with all of those powerful decision-making offices like the Secretary of Navy and Secretary of Defense. The Pentagon was built in the 40s and as I was walking through it I kept thinking of all the different wars our country has been in and the decisions that were made there that significantly affected our military and our country."

Though the MCPON was out, the group also had the opportunity to stop by his office and look around.

"It was awesome to be in the MCPON's office and to see where he works," said Neerhof.

TR Sailors also participated in multiple events here in the Hampton Roads Area including the Anchor Leadership Run 5K at Joint Expeditionary Base Little Creek-Fort Story where almost 40 TR Sailors showed up with running shoes and PT gear to represent CVN 71 March 27.

"Having a group run was a great way to celebrate the 119th birthday of the Chief's Mess since it's our responsibility to be out there pushing PT and keeping our Sailors fit and ready," said Chief Fire Controlman (SW/AW) Joshua Curry. "It was great seeing such a large TR contingency out there giving it their all and it was great being part of it." CMC Callison finished first, crossing the finish line well ahead of the pack while TR's Combat Systems Officer,

Cmdr. John B. Hughes finished in second.

"It's important for me to lead from the front and to be a representative all Sailors can look up to," said Callison. "It's important to be physically fit, to eat right and work out every day."

The leadership run was organized in honor of the CPO 365 program, instituted two years ago by MCPON West. The program promotes strong communication and positive relationships between chiefs and first class petty officers to better train and prepare future chiefs.

The TR Chief's Mess also made a strong showing during the Goat Locker Challenge at Naval Station Norfolk March 30. Commands from every corner of the Hampton Roads area were represented as teams of chiefs continuously worked through a variety of stations earning points. The fourth iteration of the event was comprised of over 40 different stations.

"All the events are somewhat different each year, so they don't know what they are going to get until the day they come," said Susan Lowery, Morale Welfare and Recreation fitness coordinator supervisor. "It is amazing how competitive the chiefs get."

Teams were given three minutes at every station and scored on their performance. The stations varied from flipping tractor tires to assembling a puzzle of the United States to shooting bean bags at targets with three-person sling-shots.

"It was great, all the friendly chiding and banter between the different messes. We went out there and showed what Theodore Roosevelt is all about, trying our hardest, working as a team and having a lot of fun," said Chief Fire Controlman (SW/AW) Justin Knightes. "Flipping the

huge tractor tire was definitely the most difficult challenge and my favorite was where we had to wear beer goggles to simulate drunk driving as we peddled big tricycles through cones. I had to close my eyes and let the chief behind me give directions. It was a lot of fun."

Though not placing in the top three, TR chiefs were far from last, starting and finishing as a team of dedicated and driven leaders.

"The camaraderie was amazing and it really brought us all together as a whole," said Chief Intelligence Specialist (SW/AW/IDW) Brandi Gutierrez. "As a new chief on board with less than a month on the ship, it was easy to come together with everyone as a team and it was a great way to meet people."

As MWR plans to continue the Goat Locker Challenge, TR chiefs look forward to next year's gauntlet and the challenges it'll hold.

TR Chiefs also took part in the 'Ask the Chief' forums, a series of open forums at different Hampton Roads-bases providing Sailors with an open environment to ask a panel of Chiefs any questions they had.

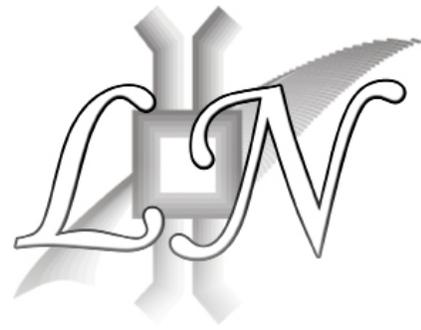
"There were chiefs from every background in the Navy, subsurface, air, LCACS, everything, and we were able to put out a lot of beneficial information to the Sailors," said Senior Chief (Equipment) Aviation Boatswain's Mate (AW/SW) Andre Farrell. "After the NOB Norfolk CMC gave the opening comments, Sailors were free to ask any questions they had. The Command Career Counselors were really impressive. It was very successful and it's always great when chiefs do what they're meant to do, help their Sailors and provide positive guidance."

As USS Theodore Roosevelt chiefs led the charge in events celebrating their mess's 119th birthday, you can be sure they'll lead the charge as we move forward through the year of the chief and celebrate and recognize the culture, history and role of the Chief Petty Officer.



Sailors from USS Theodore Roosevelt (CVN 71) kick-off the 119th Chief Petty Officer Birthday Anchor Leadership 5K run at Joint Expeditionary Base Little Creek March 27 in celebration of the 119th birthday of the Chief Petty Officer rank.

KNOW YOUR RATE:



Story by MCSN Andrew Sulayao
USS Theodore Roosevelt Public Affairs

Ever since the birth of the Navy, there has always been a need for rules and regulations for Sailors to follow. Considering the complexity of both military and civilian law, to expect the average Sailor to comprehend it is unreasonable at best.

That's where Navy Legalmen come in.

According to jag.navy.mil, in 1775, the Continental Congress enacted the Articles of Conduct governing the ships and men of the Continental Navy. However, the Continental's ships were sold and the Navy and Marine Corps became separate branches. In July 1797, Congress authorized the construction of six ships and enacted the Rules for Regulation of the Navy as a temporary measure of discipline for Sailors and Marines. In 1800, Congress enacted a more sophisticated code adopted directly from the British Naval Code of 1749. Because of the simplicity of the law back then, there were no need for lawyers to interpret the codes.

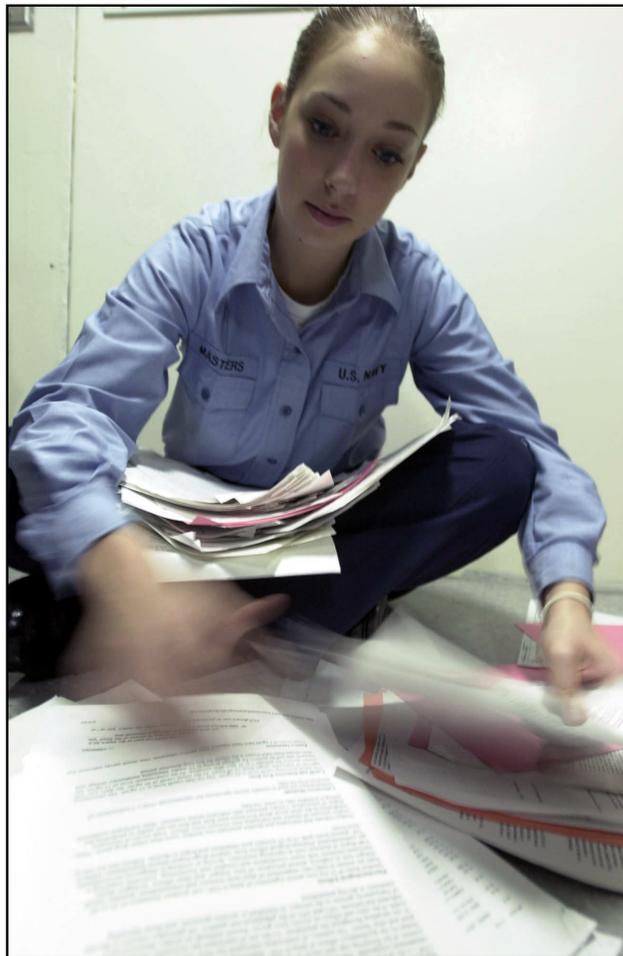
During the Civil War, the Secretary of the Navy (SECNAV) asked a young assistant U.S. Attorney in the District of Columbia to present the government's case in a complicated court-martial. On March 2, 1865, Congress authorized the President "to appoint, by and with the advice and consent of the Senate, for service during the rebellion and one

year thereafter, an officer of the Navy Department to be called the "Solicitor and Naval Judge Advocate General." Congress maintained the billet year-by-year and in 1870, Congress transferred the billet

to a newly established Justice Department with the title of Naval Solicitor.

In 1947, the Navy created a "law specialist" program to allow line officers restricted duty to perform legal services. In 1950, Congress required that the Judge Advocate General (JAG) be a lawyer. On January 4, 1972, the SECNAV approved the recommendation for establishment of the Legalman (LN) rating to aid the lawyers in interpretation of the law. On October 4, 1972, 275 petty officers were selected for conversion to the new Legalman rating. Today, there are approximately 630 Legalmen in the U.S. Navy.

"The life of a Legalman is a tough one," said Chief Legalman (SW/AW) Katrina Hall, the leading chief petty officer of the legal department aboard USS Theodore



Legalman Misty Masters organizes legal documents April, 2004.

Photo courtesy of Navy.mil

Roosevelt (CVN 71). "The CO will look to us if something isn't right with our Sailors administratively, but it's worth it because we're responsible for weeding out the Sailors who don't want to be here for those who do."

Overall, the size of the community and the knowledge required to be a U.S. Navy Legalman constitute strong Sailors in the rating of LN.

TR families go on Easter egg hunt

Story and photos by
MC3 William McCann

USS Theodore Roosevelt Public Affairs

The first annual USS Theodore Roosevelt (CVN 71) Easter Egg hunt sprang into action over the weekend with the help of the First Class Petty Officer Association teamed up with MWR, representatives from the Second Class Petty Officer Association (FCPOA), and the Junior Enlisted Association. The event was held on the park grounds at Fort Monroe March 31 with festivities for Sailors and their families.

“It’s a good way to give back to our Sailors and their

families,” said Aviation Survival Equipmentman 1st Class (AW/SW) Jason L. Etheridge, the president of the FCPOA. “It’s about the kids, it makes them really happy, and of course, the eggs.”

The idea for the event was brought to the FCPOA by Electrician’s Mate 1st Class (SW/AW) Christopher Wright as a way to bring together fellow shipmates and their families.

“It’s great to pass on a tradition that was handed on to me,” Wright said when asked about the event.

“It gives our sailors an opportunity to get away from everyday stress,” said Electronics



A child of a TR Sailor excitedly finds eggs at the annual 2012 TR Easter Egg Hunt.

Technician 1st Class (SW/AW) Cheyenne Shasky, who is the vice president of the FCPOA.

Activities such as a bounce house, inflatable obstacle course, face painting, the egg spoon race and balloon animals set the stage for the main event, which was of course, the egg hunt, led by none other than the Easter bunny himself. Children at the egg hunt had a chance to find a golden egg in their age group to win a secret prize.

After the event was over, the Sailors left with their children smiling, or sleeping soundly on parent’s shoulders, and everyone who was there will remember the event for years to come.



Face painting was one of the activities available for the Children of TR Sailors. Other festivities included balloon animals, an inflatable castle and an inflatable obstacle course.

RROW: IT2 T'kisha L. Morris

By MC3 Kimberly Romanowski
USS Theodore Roosevelt
Public Affairs

This week's Rough Rider of the Week is Information Systems Technician 2nd Class T'kisha L. Morris from USS Theodore Roosevelt's (CVN 71) Combat Systems department, Network Security division.

A native of Suffolk, Va., Morris enlisted in the Navy in Jan. 2009 and arrived on-board TR Oct. 2011. Morris said she joined the Navy to broaden her work horizons, see the world, and to finish school.

Morris's hard work has not gone unrecognized.

"I believe I was chosen to be Rough Rider of the Week because of my strong work ethic," said Morris. "Since I

joined the department, I took on a lot of collateral duties, worked hard, and did what I was supposed to do."

Morris displays meticulous attention to detail and removed more than 150 unauthorized software vulnerabilities in support of the Command Cyber Readiness Inspection.

"Morris was chosen for her outstanding appearance, high standards and her work ethic," said Chief Information

Systems Technician (SW/AW) Newton Allen. "She is a hard worker and always completes her tasks in a timely manner with little or no supervision."

Morris plans on staying in the Navy and making it a career.

"I plan to serve the Navy for thirty years and hopefully retire as a Naval Officer," said Morris.

On her spare time, Morris enjoys playing basketball and reading books.

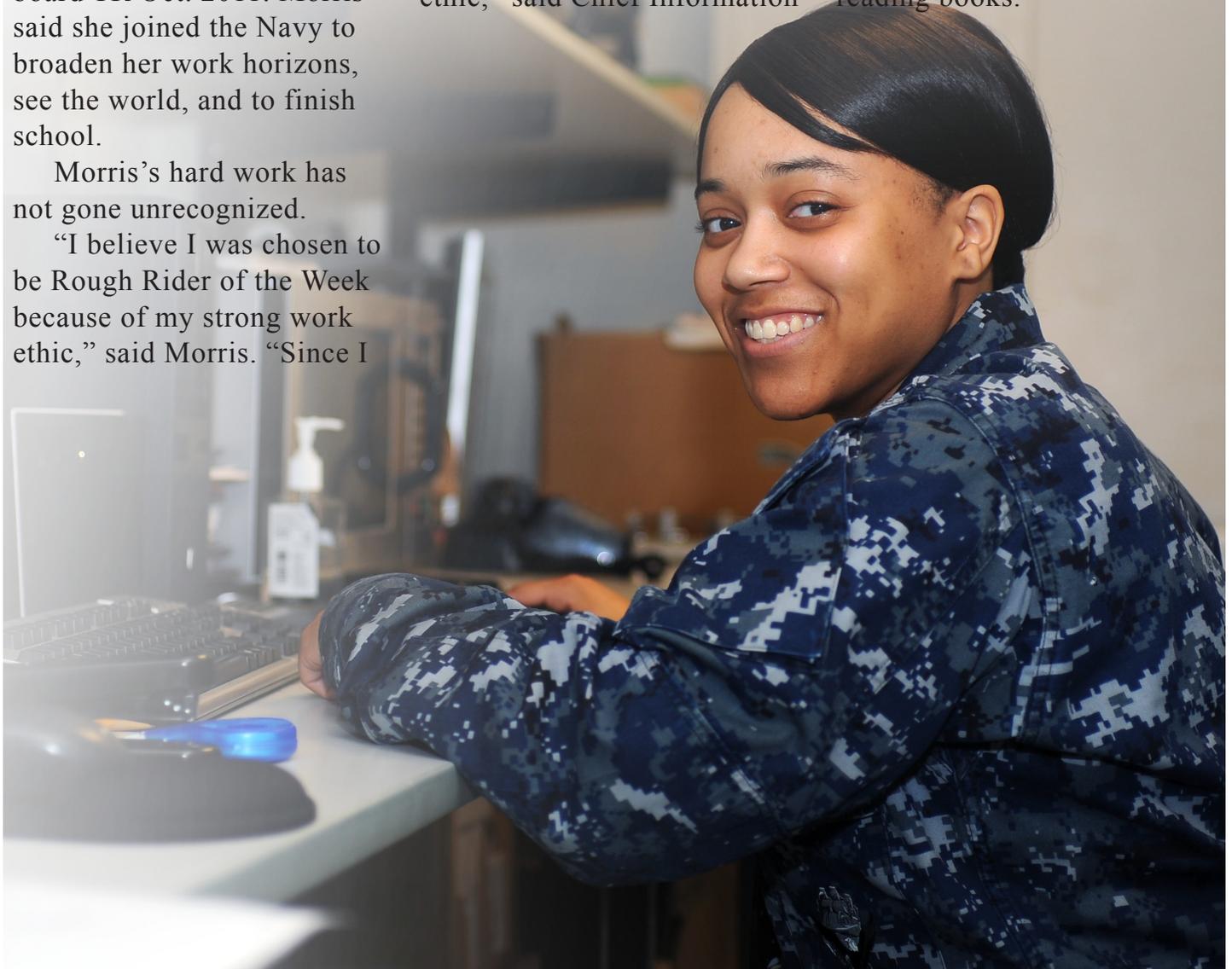


PHOTO OF THE WEEK

CDR Daniel A. Smith (DCA) kicks a football in the “kick, punt, pass” competition in the 2012 TR Captain’s Cup. CDR Smith along with EN3 Patton, YN2 Wilson, and MM1 Cardona won the competition for TR’s Engineering Department. The “kick, punt, pass” competition concludes the twelve-week Captain’s Cup events. Departmental scores will be tallied and an overall winner will be announced by the chain of command.

Photo by MC3 William McCann



Photo illustration by MC3 Jon Donnelly



Can you find all 8 items

1. Apple
2. Basketball
3. Sandwich
4. Pencil
5. Band-aid
6. Volleyball
7. Wrench
8. TR the Man

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