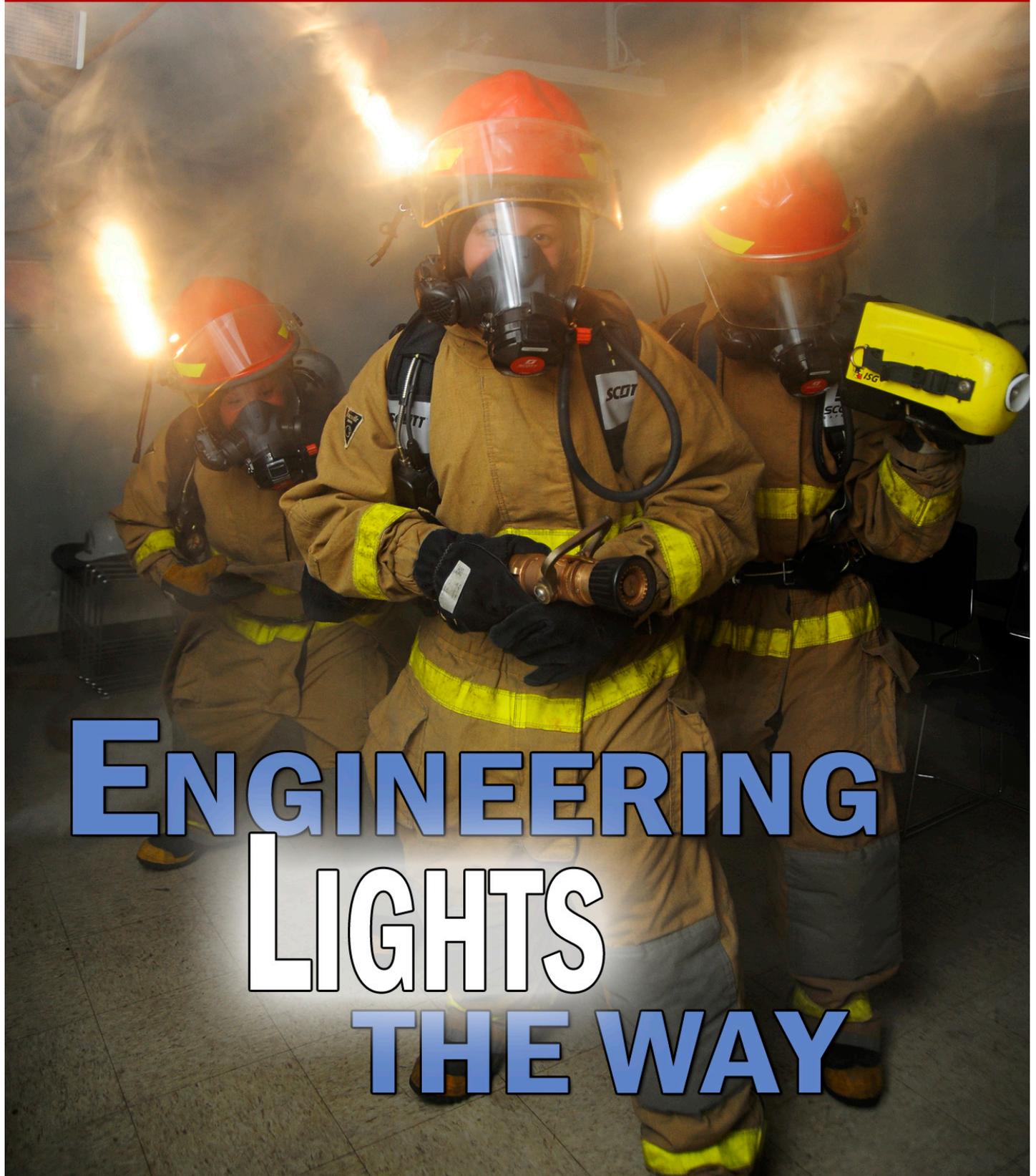


IT'S GONNA' BE A HOT ONE
What TR is doing to prepare for the summer heat

PT WITH THE PO SELECTS
CFL mentors TR's newest PO's

USS THEODORE ROOSEVELT
ROUGH RIDER



**ENGINEERING
LIGHTS
THE WAY**

Engineering Dept. enables CMA

Story and photos by MC3

William McCann

USS Theodore Roosevelt Public Affairs

USS Theodore Roosevelt (CVN 71) Engineering Department has made the ship's crew move aboard (CMA) process possible by distributing power, water and ventilation throughout the ship allowing the crew to live and work onboard.

As the ship enters the final year of its 39-month Refueling Complex Overhaul (RCOH), the crew now works onboard and the duty sections sleep onboard because of the efforts the TR's Engineering Department.

"I think our guys did a great job of getting equipment up and running," said TR's Chief Engineer, Cmdr. William Pollitz. "We made sure the crew has hot water, flushing water, working lights and receptacles, basically establishing an infrastructure to support the crew."

TR's Damage Control division played a big role in making sure that the crew is properly trained and provided the equipment to combat

any emergency situation that could occur in an RCOH environment. This preparation needed to occur before any sailors were allowed to live onboard.

"We made sure that all the damage control equipment was operational, and checked out before CMA," said TR's Fire Marshall Chief Warrant Officer 2 Noel Genao. "Continuous training is paramount to make sure the crew is ready for anything."

Engineering's Electrical division provided power to berthings, heads, mess decks and staterooms. Ship spaces from frame 180 aft now have lighting, ventilation, air conditioning and power to receptacles for the crew.

"Our goal was to get all electrical and ventilation systems up and running," said Electrician's Mate 1st Class (SW/AW) Sedric Jones. "We are coordinating with other departments and divisions. Our ultimate goal is to remove all temporary systems and replace with permanent, efficient systems."

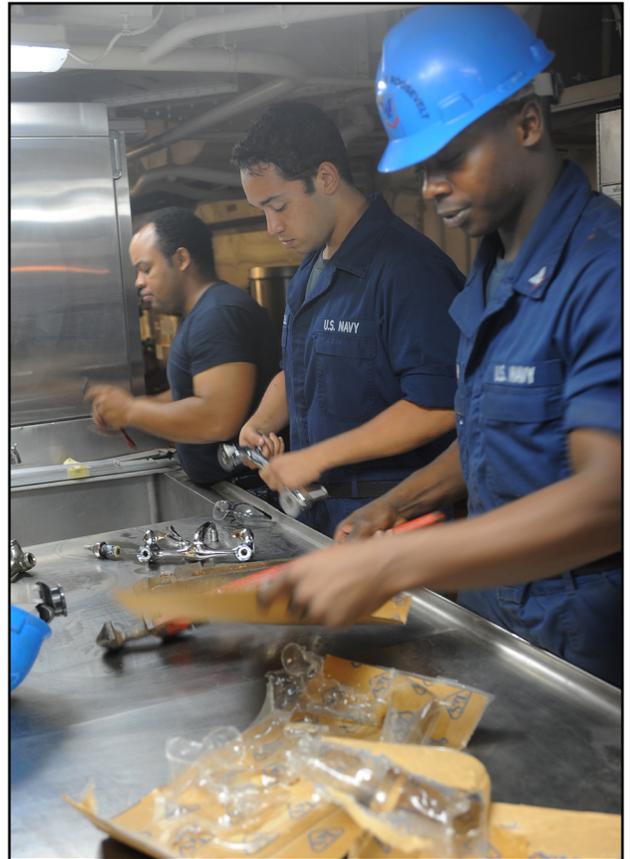
After all jobs are completed, divisional Quality Assurance Petty Officers are tasked by TR's Quality Assurance division to

perform surveillance on the equipment worked on to ensure proper operation.

"We give monthly training for every division that performs maintenance," said Chief Machinist's Mate (SW/AW) Leah Fuscia. "Everyone is required to perform surveillance work on any maintenance onboard."

TR's CMA process is scheduled to run through September where nearly 100% of the crew will eat, work and duty personnel will sleep on board.

"Our goals stay the same," said Ship's Maintenance Manager, Lt. Cmdr. David Etheridge. "We are to complete production and take back the ship."



Hull Maintenance Technicians from TR's R Division install faucets in sinks in the Aft galley May 31 in preparation to bring the galley to full operational status.



Electrician's Mate 2nd Class (SW/AW) Laura Pabon tests galley equipment May 31 in preparation for Crew Move Aboard.

TR prepares for the summer heat

Story by MC3 Sean Hurt

USS Theodore Roosevelt Public Affairs

With temperatures next week climbing into the upper 80s, Sailors aboard USS Theodore Roosevelt (CVN 71) need to start taking steps to protect themselves from the rising temperatures this summer.

TR's Safety Department will be monitoring temperatures and keeping the crew updated on the current heat conditions throughout the day, using the DOD-wide colored flag system.

"Starting at 9 a.m., we will be taking measurements in spaces throughout the ship," said Lt. Cmdr. Elena Mathis, TR's Industrial Hygiene Officer. "We will report those readings to the quarterdeck to put out to the crew."

This year, TR will be the first Navy command to use the new 3M QUESTemp 48N electronic wet bulb reader. TR field-tested the unit in 2010 and it was approved for use by the Navy this year. The use

of this new machine will make readings easier and more accurate, resulting in a safer environment for the crew.

Safety Department can only do so much, and protection from heat casualties ultimately rests on the Sailors.

"Limit your consumption of alcohol, soda, and especially energy drinks," said Mass Communication Specialist 3rd Class Jon Donnelly, Media Department's PT Coordinator. "These will only dehydrate you. Water is really the only way to go if you want to stay properly hydrated."

Sailors need to be aware of the signs and symptoms of heat stress. If a Sailor is sweating profusely, has muscle cramps, headaches, or nausea and vomiting, that Sailor may be experiencing heat stress.

"If you find yourself experiencing heat stress, you need to hydrate immediately," said Hospital Corpsman 1st Class (SW/AW) Lennis Graham. "Find a cool spot and rest. By the time you feel the symptoms it's already too late."

Safety Standdown survey cards show CMA and heat concerns

Story by MC3 Sean Hurt

USS Theodore Roosevelt Public Affairs

Sailors aboard USS Theodore Roosevelt (CVN 71) got a chance to give some safety feedback at TR's Safety Stand Down May 15.

TR's Safety Department provided feedback cards for Sailors to voice their safety concerns both on and off the ship. Of the 2,500 cards that were made, more than 400 were returned to safety department to be evaluated.

"When the CO and XO came to us with this idea, we were immediately on board with it," said Lt.

Cmdr. Elena Mathis, TR's Industrial Hygiene Officer.

The cards produced a broad range of concerns, but a few topics were especially important to the command heading into this summer.

"Concerns about the heat and crew move aboard were the crew's largest concerns," said Mathis.

The next step for Safety Department is to act upon the feedback to provide a safer command climate, using whatever resources are available.

"We are already working with Media Department to run stories

on CMA and heat stress, as well as posters to remind sailors of the dangers they face and how they can better protect themselves from these dangers," said Mathis.

Overall, the cards were a success. They gave Safety Department an overall view of the command's concerns and allowed them to focus their efforts on those areas.

"We'd really like to see these cards at every safety standdown," said Mathis. "They give junior Sailors an opportunity to voice concerns straight to the upper chain-of-command."



PT WITH PO SELECTS

Story by MC3 Sean Hurt

Photos by MC2 (EXW) Joey Morgon, MC2 (AW) Eric Cutright,
MC3 (SW/AW) Jessica Echerri

USS Theodore Roosevelt Public Affairs

Petty Officer Selects from USS Theodore Roosevelt (CVN 71) gathered on the field behind Huntington Hall for morning PT June 7 as part of TR's new mentorship program.

"The PT mentorship program is an added jumpstart to these Sailors' careers," said Senior Chief Aviation Boatswain's Mate (Equipment) (AW/SW) Fred Hardy, Training Department's DLCPO. "It's not just about a promotion. You need all facets of a healthy lifestyle to be a successful leader on the deck-plates."

The petty officer indoc program is designed to prepare both new and seasoned petty officers for their new positions of re-

sponsibility. The new PT program is designed to build camaraderie among all the ranks of new selectees.

"I feel like it brings all the ranks together," said ABH3 Daniel Silva. "I feel like I['m part of a family in the command. It feels like I'm actually accomplishing something."

The new responsibilities of these new petty officers was enforced by the indoc program.

"I've always been responsible," said Silva. "Now I actually have the authority to actually make a difference for the Sailors under me."

TR plans to make the PT mentorship program part of PO Indoc from now on.



BOD POD lets Sailors know how they measure up

Story by MC2 (SW/EXW)

Joshua Bruns

USS Theodore Roosevelt Public Affairs

CVN 71's FITBOSS, Marley Oldham, will be taking all interested Sailors on a trip to the Langley Air Force Base gym June 13th to use its BOD POD.

"It's a machine that you sit in that measures accurate body fat percentage," said Oldham. "It takes about 15 minutes per person."

A command van will be leaving Huntington Hall at 7 a.m.

Interested Sailors can email FITBOSS for available time slots or further questions.

"It is a great opportunity for those who are either worried

about their body fat percentage or working on specific fitness goals," said Oldham. "BOD PODS are available in a variety of locations at a cost but is a free service for service members and dependents by appointment."

The BOD POD determines body mass and body volume using air-displacement technology, which is then used to compute body density, which is used with an equation to provide body composition.

Sailors planning to use the BOD POD should wait at least two hours after exercising or eating and be in a completely relaxed state. They should also dress in form fitting clothes and will be issued a swim cap to ensure the most accurate results.



The BOD POD is one of the most accurate sources for measuring body fat percentage available to the military. The 15 minute test uses advanced air displacement technology to produce a near perfect percentage number.

Photo by Senior Airman Dana Hill (US Air Force)

NAVAL MEDICAL CENTER, PORTSMOUTH

Saturday, June 9

GATES OPEN AT 5 P.M.

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Photo of the Week



USS Theodore Roosevelt (CVN 71) Sailors congratulate the ship's newest Master Chief Petty Officers, (from left to right) Master Chief Gunner's Mate (SW/AW) Elwood Agent, Master Chief Quartermaster (SW/AW) Perry Everix and Master Chief Aviation Machinist's Mate (AW/SW) Gerald Newman, at a Captain's Call June 1.

Photo by MC3 (SW) Tyrell Morris



Photo Find by MC2(EXW) Joey Morgon

PHOTO FIND

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

1. Puzzle Piece
2. Nail
3. Quarter
4. Broom
5. High Heel Shoe
6. Mouse
7. Grenade
8. Clock
9. Tiger
10. TR the Man

A Sailor from USS Theodore Roosevelt (CVN 71) Spray Team prepares to paint a space as part of the Crew Move Aboard efforts.

Photo by MC3 Andrew Sulayao

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

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ASAN Zachery Johnson

IET: BOUNDARYMAN

AIMD/IM3

Quals:
DC 301-308, 310

Checked aboard
Dec 2009

“It’s important to be on IET, because being on a ship the reality of a casualty is possible,” said Johnson. “We need people that are qualified & knowledgeable when it comes to damage control.”

“I’m a Rough Rider.”