

**Target Practice:
TR Security hones skills on firing range**

**Superbowl Aboard TR
Duty personnel enjoy the game**

USS THEODORE ROOSEVELT

ROUGH RIDER

The Best of the Mess



THE COMPETITION

HEATS UP

Story and photos by MCSN Andrew Sulayao
USS Theodore Roosevelt Public Affairs



Culinary Specialist 2nd Class Rogelyn Cambe, a member of USS Theodore Roosevelt's (CVN 71) Best of the Mess team, flambes banana foster crepes while preparing the ship's entry into the competition Feb. 10 in Virginia Beach, Va.

USS Theodore Roosevelt's (CVN 71) Food Service Administration (FSA) competed in the second annual Best of the Mess charity event Feb. 10 in Virginia Beach, Va.

Over 300 guests attended the charity competition, and the proceeds from their ticket purchases, silent auction, and 50/50 raffle went to the Chief Petty Officer Scholarship Fund, which provides education funds for qualified family members of Chief Petty Officers.

TR, last year's Best of the Mess champions, came in second place this year but were voted as the People's Choice Champions. The Rough Riders competed in the event against Expeditionary Strike Group 2, who took first place, as well as Naval Station Norfolk, USS Bainbridge (DDG-96), Submarine Forces Atlantic.

"There's nothing better than Navy chow, and there is a lot of delicious food here tonight," said Master Chief Petty Officer of The Navy (SS/SW) Rick D. West. "Good food is important on ships because it really sets the tone and morale for our Sailors."

TR's preparation for the event utilized the full FSA team to begin food preparation and setting up some of the dishes needed for the estimated 300 guests. Culinary Specialist 2nd Class (SW/AW) Crystal J. Graham, Culinary Specialist 2nd Class Rogelyn Cambe and Culinary Specialist 3rd Class Amy Calbert were the chefs in charge of cooking for the judges at the event.

"Our ship's mess set the standard last year," said Chief Culinary Specialist (SW/AW) Michael Brinkman, TR's FSA leading chief petty officer. "We planned and worked hard. I'm proud of TR's culinary specialists giving their all in this competition."

This year's event not only used a Marti Gras theme, but the organizers also spiced up the competition by adding a predetermined list of ingredients to use for their custom menu. The Rough Rider Chefs used the list to create their three-course meal – oyster ceasar salad with crabmeat and crawfish for the appetizer, bayou surf and turf with pulled pork shoulder as the main course, and banana foster crepes for dessert.

"Within a week, we bought our ingredients, planned what we were going to cook, and made our meal – catering to enough people for the competition," said Culinary Specialist 2nd Class (SW/AW) Crystal Graham. "Preparing for a competition is dif-



Photo by MCSN Andrew Sulayao
Steve Sadowski, a judge from the Culinary Institute of Virginia, judges TR's entry during the Best of the Mess competition.

ferent from what we do on the ship, and although we were nervous at first, there was no pressure and we were there to have a good time."

After each team presented their meals, the judges graded each team on their use of the ingredients, how it tasted, how it was cooked, how it was prepared, and the difficulty of their dishes. All the attendees were also given the opportunity to vote for their favorite team.

"Although we didn't win first place, it meant a lot to win the 'People's Choice' award because it meant that people loved and enjoyed our product," said Graham. "That's the most important thing that I've taken out of this experience."

Attendees were given the opportunity to burn off some of the calories from the various meals during a dance after the award ceremony.

"I will go home tomorrow and run about five miles to make sure I'm squared away," said West. "Your MCPON has to be squared away."

DownRange



TR Security personnel hone their skills at the firing range

Story by MC3 Cory Asato

USS Theodore Roosevelt (CVN 71) Weapons Department's G-2 division hosted a small arms weapons qualification for TR Security at Cheatham Annex gun range in Naval Weapons Station Yorktown Feb. 1.

TR Sailors utilized the opportunity to qualify or re-qualify on the M-9 pistol, M-16 rifle and M-500 shotgun, as well as night-fire exercises.

Firing weapons at night is a necessary experience for Sailors coming to security, according to Master-at-Arms 2nd Class Benzamar Phillips, the lead instructor for Security Reaction Force Basic.

"It's extremely important that all of our Sailors in security understand how to use these weapons efficiently and have experience with the weapons," said Phillips. "All of the weapons can seriously harm you if not used properly."

Many of the incoming security personnel said they appreciated the opportunity to learn the skills they may have to use to protect the ship and its assets.

"It was a great opportunity for many of us coming to security to become familiar with the weapons we'll be keeping the ship safe with," said Culinary Specialist Seaman Cecil K. Siameh, from TR food services.

Some of TR's Aviation Ordnancemen volunteered to help G-2 with the evolution.

"It's a great opportunity to get some hands-on experience with small arms ammunition," said Aviation Ordnanceman (AW) Timothy J. Johnson. "It's a great experience to help the GM's with these evolutions."

Meticulous planning goes into acquiring a range, ammunition and having enough weapons for a smooth and safe evolution, according to Chief Gunner's Mate (SW) Melissa K. Lehmann.

"This was a very successful event with no injuries," said Lehmann. "Thanks to my Sailors, the AO's who helped us, and the cooperation of TR security, we all had a great time."



Photos by MC3 Cory Asato
1) Culinary Specialist Seaman Cecil K. Siameh, currently going through Security Reaction Force Basic, fires his M-9 pistol.
2) TR Gunner's Mates from G-2 division load M-9 pistol magazines during a weapons qualification at Cheatham Annex.
3) Gunner's Mate Seaman Cedric C. Morris scores a Sailor's target after TR Security trainees finish firing their M-9 pistols.
4) Aviation Ordnancemen (AW) Timothy J. Johnson (right) and Lt. Roger D. Horne, G-2 DIVO, load M-9 pistol magazines.

TR holds Superbowl party for duty section

Story by MC3(SW) Sean Weir
USS Theodore Roosevelt Public Affairs

Super bowl Sunday is usually celebrated like a holiday by many Americans, so inviting a few friends over to watch the game on the big screen, cooking lots of food for a party, or just enjoying the game at home with some cold drinks are very normal situations on that day. One situation most people consider is being tasked to defend an aircraft carrier for 24 hours on the day of the big game.

For the Sailors that were on duty Feb. 5, this situation was a reality. Although the Floating Accommodation Facility (FAF) may not be the most desired location to watch the game, thanks to some help from MWR, Safety department, and the CMC, they made the best of it.

The goal was to provide a location for Sailors on duty, as well as those who didn't have anywhere else to go, with an opportunity to



Photo by MC3(SW) Sean Weir

TR Sailors watch the Superbowl during a Superbowl party held by MWR for Sailors on duty in the Floating Accommodation Facility (FAF) galley Feb. 5.

get together with their shipmates and watch the game, eat some food and have a chance to win some prizes.

"It makes the duty day more enjoyable," said Lt. Cmdr. Rodney Norton, TR's safety officer. "It brings a little bit of home to the Roosevelt."

Both sides of the FAF Galley were opened to all of the sailors on

duty, where they were served over 100 pizzas and over \$400 worth of chicken wings and snacks. In addition to the food there were multiple raffles for Wal-Mart gift cards ranging between 10 to 50 dollars.

"I appreciated it," Said Personnel Specialist 3rd Jamison Ayers. "There was free food and a good environment to watch the game."

TR ANNOUNCEMENTS

Media Department has moved out of the Bank Building and into the Bank of America building at 2600 Washington Ave. in Suite 203 on the second deck.

The department is still in the process of unpacking and setting up systems, so all hands are asked to expect turnaround times to be longer than usual.

Media Department is still able to take in job requests in the new location. If you need to submit a job, please come by the new location in person.

All Fleet and Family Support Center services will be moved to 2600 Washington Avenue, Suite 201 on the second deck.

The FFSC will reopen at its new location March 1.

For any assistance during the move, Sailors may contact NWS Yorktown FFSC at (757) 483-4606 or visit <https://www.cnmc.navy.mil/Yorktown/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/index.htm>.

For further assistance: Sexual Assault Victim Advocate (757) 438-4180, Military One Source (800) 432-9647 or www.militaryonesource.com.

Your guide to Politics in Uniform

Story by MC2(EXW) Joey Morgon
USS Theodore Roosevelt Public Affairs

With election activity steadily picking up, and the increase in social media as an outlet for politics, it is more important than ever for Sailors to understand the rules regulating their involvement in political activities.

The issue of what a military member is allowed to do during election time came to light earlier in January after an Army Reserve soldier in uniform appeared endorsing a political candidate.

There are official Department of Defense rules in place to protect the integrity of the political process, said Lt. Christina Caetano, USS Theodore Roosevelt's legal officer. DOD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members, and military retirees.

These rules are in place to prevent military members from participating in political activities that imply official sponsorship, approval or endorsement.

"Wearing the uniform is a significant thing," said Caetano. "It has a history and a culture that is re-

spected. When you wear the uniform it is no longer just yourself that you are representing. You're representing your service and all the history that comes with it.

"We can't allow the political process to become tainted by using the influence of the military to sway the results."

That is not to imply that military members can't participate in politics. In fact, DOD has a longstanding policy of encouraging members to carry out their obligations as citizens and utilize their right to register to vote, vote as they choose. Service-members can also sign nominating petitions for candidates and express their personal opinions about candidates and issues.

However, they can only do so if they don't act as, or aren't perceived as, representative of the armed forces while carrying out these activities.

Concerning social media sites such as Facebook and Twitter, members should be aware that posting political opinions on a form where they have identified themselves as a military member could result in similar disciplinary action as a member violating directive 1344.10.

Beyond that, members must follow a list of dos and don'ts as outlined by the DOD directive.

For example, military members

may attend political meeting or rallies only as spectators and not in uniform. They're not permitted to make public political speeches, serve in any official capacity in partisan groups or participate in partisan political campaigns or conventions.

A combat engineer assigned to the 416th Theater Engineer Company potentially violated these rules Jan. 3 when he stepped onto a stage at Ron Paul's headquarters in Ankeny, Iowa, during the Iowa Caucus to offer a personal endorsement. Although he appeared in uniform the soldier was not in an active status at the time.

An Army Reserve spokeswoman emphasized that the soldier "stands alone in his opinions regarding his political affiliation and beliefs, and his statements and beliefs in no way reflect that of the Army Reserve."

His chain-of-command is aware of the issue and is considering appropriate disciplinary action to take, she said.

The bottom line, DOD officials have said, is that military members should steer clear of any activity that may be reasonably viewed as directly or indirectly associating DOD or the military with a partisan political activity, or that "is otherwise contrary to the spirit or intent" of the rules described.

Photo of the Week



Photo by MCSN Brian G. Reynolds
Congressman Joseph Courtney (D - Conn.) is greeted by sideboys before he tours the USS Theodore Roosevelt (CVN-71) in Newport News, Va. Feb. 10. Courtney visited the ship as a part of general orientation tour of Huntington Ingalls Industries Newport News Shipbuilding.

PHOTO FIND



Photo Find by MC2(SW) Austin Rooney

Can you find the 9 out of place items in this photo?

1. Cup
2. Orange
3. Grenade
4. Burger
5. Wrench
6. High heel shoe
7. Flip Flop
8. CD
9. Basketball

Culinary Specialist 2nd Class (SW/AW) Crystal Graham, a member of USS Theodore Roosevelt's (CVN 71) Best of the Mess team, prepares a salad to be judged as part of the annual Best of the Mess competition Feb. 10 in Virginia Beach, Va.

Photo by MCSN 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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