

TR Sailors work together, fight together

RROW: AOAN Bryan Billings

USS THEODORE ROOSEVELT

ROUGH RIDER



The ART OF Giving back

TR boxing champions fight for the gold

Story by MC3 William McCann
USS Theodore Roosevelt Public Affairs

Getting into fights is not how most people would like to spend their spare time. The same is not true for USS Theodore Roosevelt's (CVN 71) Boxing team.

Aviation Boatswain's Mate (Handling) 3rd Class Matthew Wegner, Hospital Corpsman 3rd Class Jose Saenz, ABHAN Daniel Silva and ABHAN Charles Denton are hard-charging and heavy hitting title contenders, who are quickly making names for themselves in the Navy boxing community. In 2011, the pugilists took home the coveted championship trophy that was up for grabs at the JEBCFS (Joint Expeditionary Base Little Creek/Fort Story) "Smokers" Intramural boxing tournament.

Along with taking the tournament trophy, Wegner, in the light-weight division, took home the "fight of the night" trophy, which is given to the fighter who demonstrates courage, relentlessness, and a true passion for the "sweet science."

Silva, who is in the light heavy-weight division, came out with two wins, one by decision and the other by forfeit.

"The other guy came up to me and told me he didn't want to fight because he was too intimidated and thought it was too risky," said Silva, laughing. "He said he had to think of his family and kids."

A technical knockout

(TKO) was the outcome of Saenz's first fight of the night when he faced off against one of JEB's Navy Seal boxers.

"I just kept circling around with straight jabs, dancing around the ring," said Saenz. "I just kept connecting with strong jabs."

Saenz has two years of experience of Navy boxing as a junior middleweight contender

Denton, who is classed in the Heavyweight division and has a Mixed Martial Arts background, came out swinging during his fight at the tournament.

"I never stopped fighting, and I swung with everything I had," said Denton. "I'm glad I had the perseverance not to give up and did not fall."

It is a long road to

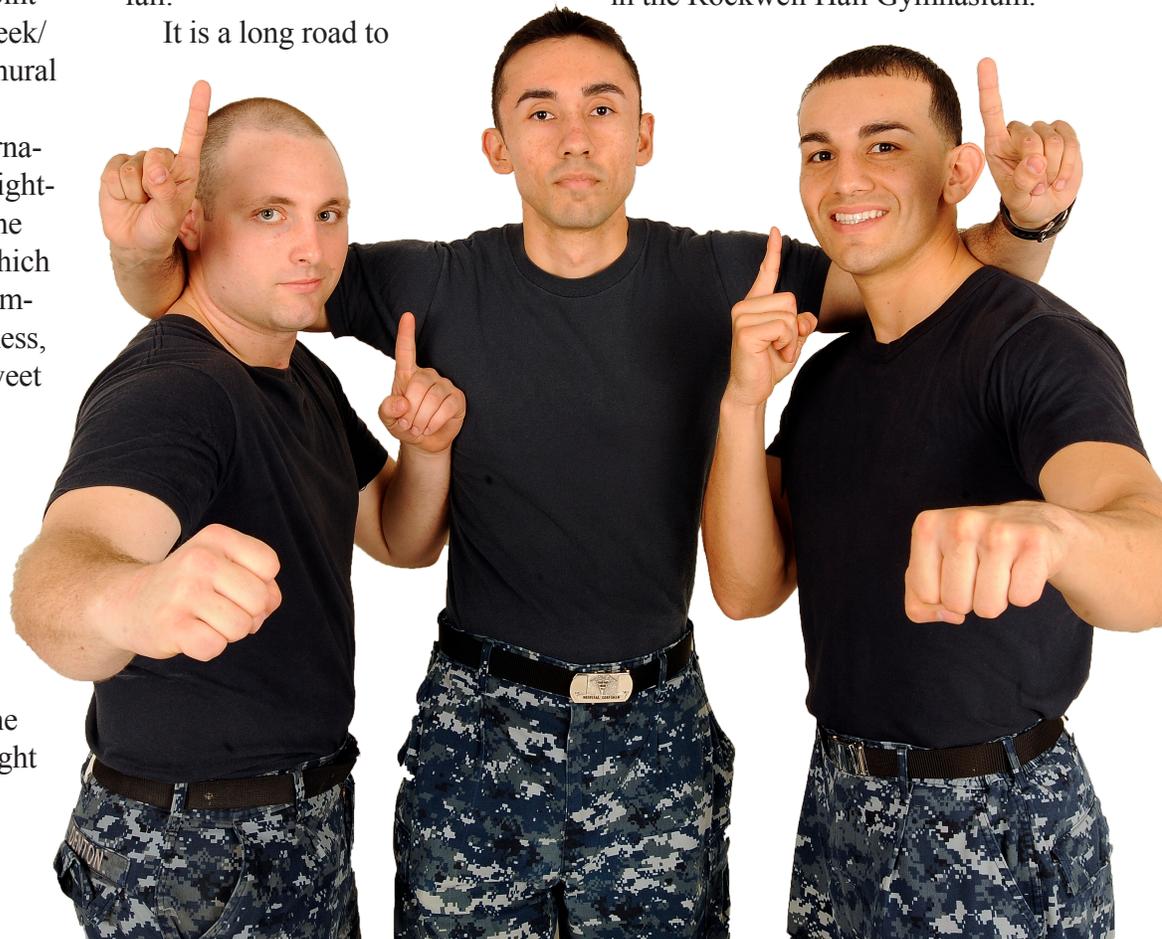
become a Navy boxer, and lifestyle changes need to be made to be successful in the world of Pugilism.

"It's different than other sports where there are other team members playing with you," said Saenz. "In the ring, it's just you and the other guy with nobody to back you up."

Saenz said cardio training is a must when considering taking up boxing or any other sport that requires endurance for long periods of time.

"Guys who make healthier lifestyle changes are usually the ones who win more matches," added Saenz.

The 2012 "Smokers" JEBCFS Intramural Boxing Tournament will be held on April 13th, with the first bout starting at 6 p.m. in the Rockwell Hall Gymnasium.



KNOW YOUR RATE: HM

Story by MCSN Andrew Sulayao
USS Theodore Roosevelt Public Affairs

Isolemnly pledge myself before God and these witnesses to practice faithfully all of my duties as a member of the hospital corps.

The rating of Hospital Corpsman is arguably one of the most significant rates in the Navy. Throughout history, Navy corpsmen have always been respected because of their professionalism and knowledge of their rate. But most importantly, Navy corpsmen have always been respected, because Navy corpsmen save lives.

I hold the care of the sick and injured to be a sacred trust and will assist the medical officer with loyalty and honesty.

The rate of Hospital Corpsman dates back to the late 1700s. Medical personnel were referred as “Loblolly Boys,” which refers to “loblolly” - a

thick liquid that was fed to the sick and was considered a universal cure. In 1839, senior enlisted medical personnel were called Surgeon’s Stewards. In 1866, the rate of Surgeon’s Steward was abolished to become the rating of Apothecary, and in the 1870s the rating of Bayman was established – referring to the term “sick bay.”

As medicine rapidly advanced in the late 1800s, President William McKinley signed a law establishing the U.S. Navy Hospital Corps on June 17, 1898 – a date known by Navy hospital corpsmen around the world.

In 1917, the rate of Pharmacist’s Mate was established. In 1948, the rates of Hospital Corpsman (HM) and Dental Technician (DT) were established. In 2005, both ratings merged to become HMs, and to this day HMs continue to serve at sea and on shore around the world.

I will not knowingly permit harm to come to any patient.

So, what exactly is an HM?

“Hospital corpsmen are the highest trained medical personnel in the military,” said Lt. Trevor Telman, USS Theodore Roosevelt’s (CVN 71) Medical Division Officer and former HM. “We are the highest decorated enlisted rate in the Navy and we are everywhere. In hospitals, on ships and on the front lines – we’re there.”

According to corpsman.com, there have been 1,582 Bronze Stars, 946 Silver Stars, 31 Army Distinguished Service Crosses, 174 Navy Crosses, and 22 Medals of Honor earned by Navy corpsmen since the rate was established.

“When corpsmen are embedded with Marines – in essence, they’re one of them,” said Chief Hospital Corpsman (FMF) Michael Mann, the medical leading chief petty officer aboard TR. “Doc (the common nickname given by Marines to corpsmen) is always going to be there to have your back. Marines don’t need to worry because we don’t think twice about saving our brothers’ lives.”

I will not partake of nor administer any unauthorized medication.

On ships and shore commands, professional knowledge and expectations are not lessened. Corpsmen are trusted with others’ health constantly on an everyday basis.

“You are expected to take care of patients with confidence,” said Senior Chief Hospital Corpsman (AW/SW) Shannon Surret, the medical department leading chief petty officer aboard TR. “Our job never ends – it takes a special person who has a strong love



Hospital corpsmen circa World War II.

Photo courtesy of corpsman.com

Story continued on pg. 6

Helping those who Help Others

Story by MCSN Andrew Sulayao

USS Theodore Roosevelt Public Affairs

Eight Sailors stationed aboard USS Theodore Roosevelt (CVN 71) volunteered in a renovation project for Habitat for Humanity, a non-profit organization that addresses the issue of poverty housing in the U.S., Mar. 18 in Williamsburg, Va.

The Sailors aided in the construction of Habitat for Humanity's local headquarters and helped prepare the building for opening in the near future. The headquarters will be used in order to distribute events and store items to aid in future missions.

TR Sailors often volunteer for local community relations projects in order to better the ship's relationship with the surrounding area.

"We've been good about getting volunteers for the Habitat for Humanity," said Legalman 2nd Class (SW/AW) Jessica Everett, TR's Habitat for Humanity coordinator. "It's a great opportunity to show that TR is there to help the community when we're needed."

Habitat for Humanity is known to help those in need by aiding in the construction of houses and using volunteers to help. However, this mission was different.

"We cleaned, washed and painted the building," said Personnel Specialist 3rd Class (SW) Jovann Johnson. "Anytime you can help a program that helps others, it's a good thing to do your part no matter how big or small the job is."

TR Sailors said they felt proud to help the non-profit organization.

"Not only did we get to leave the shipyards, but we got to represent the TR by helping Habitat for Humanity," said Yeoman 3rd Class Cedric Ridley. "I'm happy to help in any way possible, and I'm sure my TR shipmates feel the same."

Many of the TR Sailors felt as if this project was a chance to do their part in the community.

"Participating with the Habitat for Humanity was great because we got to paint and clean, we did what we could to do our part," said Personnel Specialist 3rd Class (SW) Chelsie Newsom. "You have to do what you can to help others because you never know when you may need others' help in the future."

Overall, the mission was a success and TR Sailors should look in the near future to help Habitat for Humanity.

"We need to let others know that if we're not underway, the TR is there to represent and show that we are there for the community," said Everett.





Photos by MCSN Andrew Sulayao

1) Aviation Boatswain's Mate (Equipment) Airman Julia Ortega uses a paint roller to paint the wall at the Habitat for Humanity headquarters building in Williamsburg, Va., March 18.

2) Yeoman 3rd Class Cedric Ridley paints the ceiling of the Habitat for Humanity headquarters building.

3) Airman Douglas Spencer paints a wall while taking part in a community relations project between USS Theodore Roosevelt (CVN 71) and Habitat for Humanity.

4) Ridley uses blue paint to touch up a support beam while taking part in a COMREL at the Habitat for Humanity headquarters.



NMCRS: a safety net for servicemembers

Story by MC3(SW/AW) Jessica Echerri

USS Theodore Roosevelt Public Affairs

The Navy provides a wide variety of resources, from family planning to college education, to help Sailors keep their lives on track. The Navy Marine Corps Relief Society (NMCRS) is the resource provided for when a Sailor's life goes off track.

"I'm from Georgia but when I was an E-3, I was stationed in San Diego," said Chief Logistics Specialist (AW/SW) Katina Houston, the command's NMCRS donation coordinator. "I found out I needed to go back home for a family emergency but I couldn't afford a ticket across the country on short notice. I

went to the NMCRS and I was on a plane that night."

The NMCRS is a non-profit organization that provides, among other benefits, financial relief to active duty and retired Sailors and Marines. They offer low or no-interest loans and grants to help pay for unexpected emergencies like emergency leave plane tickets, medical bills, and car and appliance repairs. Sailors can visit one of the NMCRS locations and a representative there will help them get the best loan or grant for their situation.

In most situations, a quick assist loan can be given to any Sailor in need of cash. In less than one hour after visiting an NMCRS office, the Sailor can walk out with a

\$300 cash loan without needing a specific reason for the money. This program keeps Sailors from using payday advance loans that would end up taking even more money from them.

"You can go there and your command doesn't have to be notified unless you start abusing it," Houston said.

Each year, the NMCRS reaches out to Sailors at different commands for donations. The goal is 100% contact but no one is required to donate.

"It's important for all Sailors to know about the NMCRS and know everything they have to offer," Houston said. "Use them because they're here to help us."

"HM," continued from pg. 3

for helping others in order to be a successful corpsman."

I will hold all personal matters pertaining to the private lives of patients in strict confidence.

Along with the passion, successful corpsmen show strong people skills and an observant eye.

"Being an HM isn't just caring for patients," said Hospital Corpsman 3rd Class (SW) Tereca Harris. "It's a must to possess the abilities of giving great customer service, knowing how to communicate, and observing physical signs to determine the problem and solve it. We took an oath to take care of our patients with the best of our ability, and we accomplish that by being someone you can confide your feelings and pains to."

I dedicate my heart, mind, and strength to the work before me.

Although the work can be difficult, most corpsmen say they enjoy their rate.

"I've been an HM for 21 years and love it," said Mann. "I like the adrenaline rush of a medical emergency. I love the aspect that something I do will save lives. It makes me feel good after those 21 years because it's so rewarding."

I shall do all within my power to show in myself an



Navy nurses and corpsmen at the entrance to Navy Base Hospital 5, Brest, France, during WWII.

Photo courtesy of corpsman.com

example of all that is honorable and good throughout my naval career.

If the rating of Hospital Corpsman was not established, the U.S. Navy may not have been as successful as it is today. "Without us, who is going to take care of the Sailors and Marines?" said Surrett. "I don't know if anyone else will sacrifice themselves for their fellow men like corpsmen, but what can we say? We're the best."

RROW: AOAN Bryan Billings

Story by MCSN Andrew Sulayao

USS Theodore Roosevelt Public Affairs

This week's Rough Rider of the Week (RROW) is Aviation Ordnanceman Airman Bryan Billings from USS Theodore Roosevelt's (CVN 71) Light Industrial Facility (LIFAC).

A native of Orlando, FL, Billings enlisted in the Navy in Aug. 2007 and arrived onboard TR May 2008. Joining the Navy for a change of scenery and to see the world, Billings is now a key part in LIFAC's success.

"I think I was chosen for RROW because I'm an AO out of his element," said Billings. "I am a hard worker, I always look for ways to excel, I never complain, and I always take exceptional pride in my work."

As an upholstery specialist, Billings has directly contributed to the refurbishment of 213 Ready Room chairs. However, Billings is not one to excel in one aspect of his job, but in many.

"Billings' best trait is his ability to work well as a team member," said Senior Chief Aircrew Survival Equipmentman (AW/SW) Todd Lepsch, Billings' divisional leading chief petty officer. "He constantly ensures junior Sailors cross-train and rotate positions throughout the day to increase crew qualification and capability."

Billings said he is also not one to brag, so when he was notified of his recognition as RROW, he simply said he was "surprised."

"I asked my chain, 'are you sure you have the right person for RROW?'" said Billings. "It's surprising – but it feels good to be seen and recognized by your superiors."

With nothing but praise from his chain of command, this week's RROW was chosen with no questions or doubts.

"Integrity, dedication, and technical ability make him an invaluable member of the department," said Lepsch. "His performance, military bearing, and use of proper military protocol are in keeping with the highest military standards. Billings is an extremely productive and dedicated team member who strives for excellence in all he does."

Overall, Billings is an outstanding Sailor whose efforts are appreciated aboard TR.

"While I'm in the Navy, I just want to continue to work hard and get the Roosevelt back out to sea where she belongs," said Billings. "My advice for others? Do as you're commanded and try not to complain, because in the end, you're going to have to do it anyway!"

On his spare time, Billings enjoys skim boarding and surfing along the oceanfront. He plans to attend college full-time after serving the remainder of his enlistment.



Aviation Ordnanceman Airman Bryan Billings works with an engraver March 22 at the Light Industrial Facility in Newport News, Va.

Photo by MCSN Andrew Sulayao

Staff

Commanding Officer

Capt.
William Hart

Executive Officer

Cmdr. Mark J. Colombo

Public Affairs Officer

Lt. Cmdr. Karen Eifert

Media Officer

Lt. j.g. Michael Larson

Senior Editor

MCCS (SW/AW/EXW) David Collins

Editor

MC2 (SW) Austin Rooney

Rough Rider Contributors

MC3 William McCann

MCSN Andrew Sulayao

MC3(SW/AW) Jessica Echerri

Command Ombudsman

April Kumley

cvn71ombudsman@yahoo.com

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

Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR.

All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.

PHOTO OF THE WEEK



Aviation Ordnanceman 2nd Class (AW) Lemuel Foster competes in the tug-of-war event of the weekly Captain's Cup challenge held March 21 at the Huntington Hall basketball court. Engineering department took home first place after beating out more than six other teams.

Photo by MC3 William McCann



Can you find the 8 out of place items in this photo? 5. Birthday Cake

- 1. Heart
- 2. Cobra
- 3. Whale
- 4. Shovel
- 6. Sandwich
- 7. Shrimp
- 8. Gold ball
- 9. TR the man