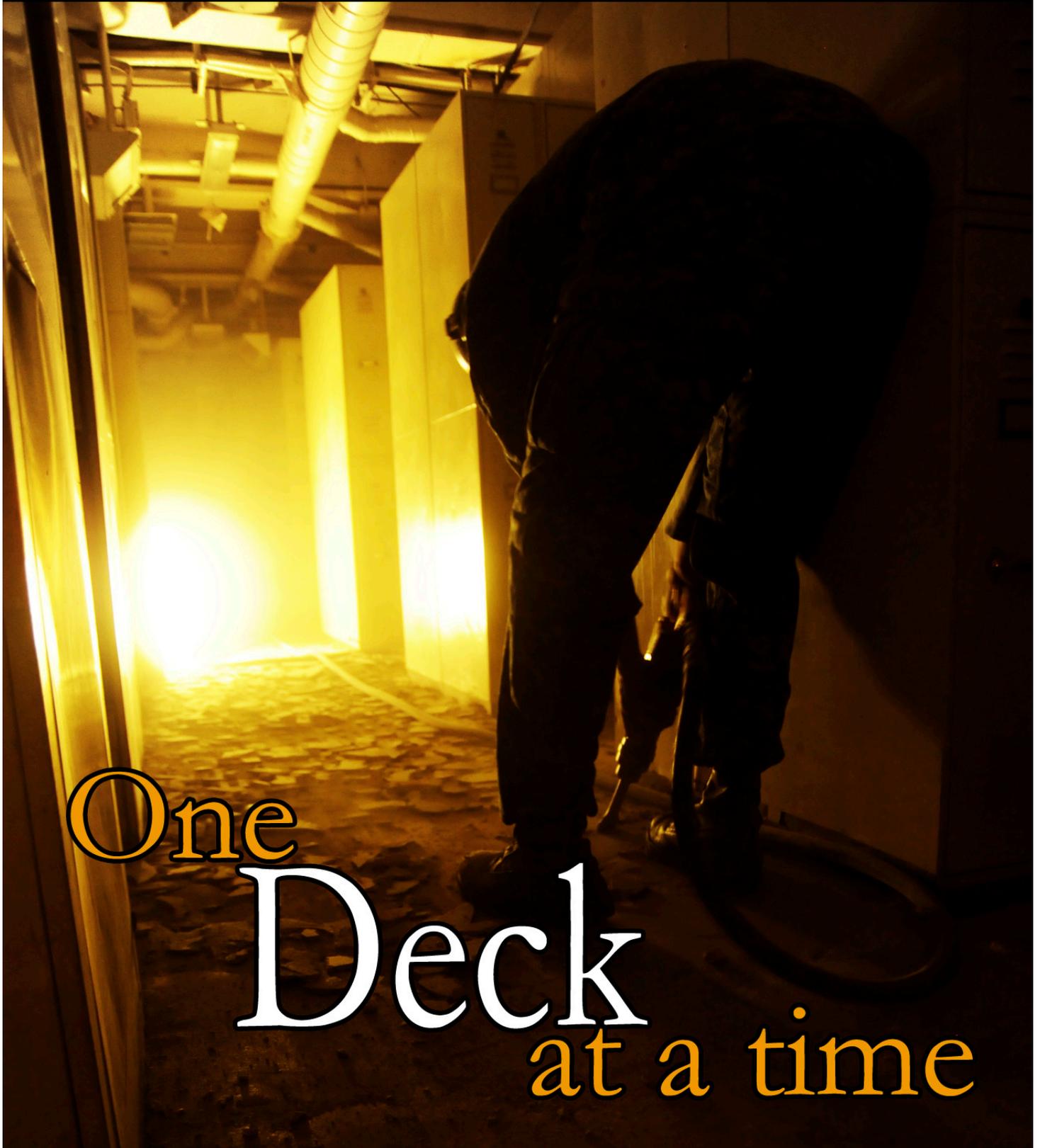


**A message from the CO:  
Completing the Command Climate Survey**

**It's a small Navy  
Recruiter, shipmate, mentor, friend**

USS THEODORE ROOSEVELT

# ROUGH RIDER



One  
Deck  
at a time



It's a  
**SMALL**  
**NAVY**  
after all

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

**T**he phrase “it’s a small Navy” is well-known by most Sailors currently serving around the world. Some think the saying is supposed to be ironic, since with more than 300,000 active-duty Sailors currently serving worldwide, the Navy is hardly what most people would consider “small.”

Others, such as Hospital Corpsman 3rd Class Cal Rastall of USS Theodore Roosevelt’s (CVN

71) Medical department, have learned firsthand that there is truth in the famous phrase. More than four years since he joined the Navy, Rastall’s current mentor onboard TR is the same person who recruited him.

Rastall’s first meeting with Aviation Electronics Technician 1st Class (AW/SW) Justin Olson took place in Wisconsin in Sept. 2007. At the time, Rastall was a college student who was interested in joining the Navy, but didn’t know what to expect when he

walked through the door of the recruiter's office.

"The first time I met Rastall, I thought 'who is this cocky college kid telling me what he deserves from the Navy?'" joked Olson. "Still, my recruiters were honest with me when I joined so I used the same honesty with him and helped him figure out what the Navy was going to be like."

Once he left Wisconsin for Recruit Training Center Great Lakes, Rastall said he was the only recruit in his boot camp division to receive a letter of encouragement from his recruiter.

After receiving the letter, Rastall said he assumed he would probably never see Olson again. He was soon proven wrong.

"I always heard people say that it's small Navy," said Rastall. "I just didn't believe it until I was in 'A' School."

Rastall ran into Olson again during a break at his 'A' School class in Great Lakes - just months after they last saw each other in Wisconsin. Rastall said he quickly learned that he now had to refer to his former recruiter as "AT1 Olson," after making the mistake of calling him "Justin" upon first seeing him.

From there, Rastall left to his new duty station in Japan, and once again thought he would never see his recruiter again. Once again, he was proven wrong.

"A short time after I reported onboard the Roosevelt I had to go to Medical for my birth month recall, and Rastall was standing at the pharmacy window" said Olson. "I definitely didn't expect it."

Rastall was new to being onboard a carrier, and said he was glad to see a familiar face. Ask-

ing Olson to be his mentor was a no-brainer.

"I wanted to have a mentor onboard that I was comfortable with," said Rastall. "He's been a huge influence on me, and he really goes out of his way to help me out."

TR's mentorship program has grown substantially in the past year, and Rastall and Olson's mentor-protégé relationship is a prime example of how to correctly utilize it for the better.

"It was a natural fit for me," said Rastall. "I'd really recommend everyone onboard to choose a mentor that really cares about you and will push you to do better, not just someone looking for an eval bullet."

Olson said his experience mentoring Rastall has been positive, and agreed that the protégé must

choose a mentor they are comfortable with to ensure the relationship works.

"You really have to take the time to get to know your protégé on a personal level," said Olson. "That's an advantage Rastall and I already had."

The modern Navy is a demanding job, which is becoming more and more competitive each day. Mentor-protégé relationships such as Rastall and Olson's highlight the importance of the mentorship program for Sailors throughout the Navy.

Above all, Rastall said he now believes that it is a "small Navy."

"No matter what happens later in my life, I don't think I'll be as surprised if I run into AT1 again after leaving this ship," said Rastall.



Aviation Electronics Technician 1st Class (AW/SW) Justin Olson (left) talks with his protege, Hospital Corpsman 3rd Class Cal Rastall (right) during a mentor-protége meeting onboard USS Theodore Roosevelt's (CVN 71) Floating Accommodation Facility (FAF) Feb. 21.

Photo by MC2(SW) Austin Rooney

# DEMOLITION

A day with USS Theodore Roosevelt

Story and photos by MC3 Sandra Pimentel  
*USS Theodore Roosevelt Public Affairs*

Being a member of the Deck Team onboard USS Theodore Roosevelt (CVN 71) is not a glamorous life by any means. The days are filled with long hours, loud constant noise, dirt and dust. However, no matter how difficult the task, the Sailors who make up the team rise to the occasion and complete their job on a daily basis.

The team consists of 20-30 Sailors, ranking anywhere from E-1 to E-6. The primary goals of the team are as they sound, tearing up any and all remaining decking and then replacing it with new, updated deck.

While the process seems simple on paper, it does have its challenges. With many varying kinds of deck, completing an average berthing space can turn into a virtual nightmare.

“Tearing up average tile is not the hard part,” said Electronics Technician 3rd Class (SW) Alexander Awogu, who is temporarily assigned to the Deck Team from Combat Systems department. “When the deck is a different material, like rubber, it can turn a small project into a large project because the deck is breaking your tools.”

A basic breakdown begins with tearing up any and all existing deck using jack hammers, which break apart the decking into smaller pieces. After most of



1) Aviation Ordnanceman Airman Jeremy Coleman spreads a sealant coat on top of a grout coat in a berthing onboard USS Theodore Roosevelt (CVN 71) Feb. 27.

2) Aviation Administrationman Airman Stephen Spaulding breaks up old tile using a jackhammer in a berthing.

3) Electronics Technician 3rd Class (SW) Alexander Awogu breaks up deck using a jackhammer.

4) Coleman pours sealant into a passageway in order to prep the deck for the PRC coating.



# ION MEN

## Roosevelt's (CVN 71) Deck Team

the deck is broken up, the Deck Team follows up using a “deck crawler,” which is a small piece of machinery with metal “teeth” that chews up any remaining deck material.

Once the deck is bare metal the underlay process begins, which consists of laying down a cement coat that primes the decking for the grout coat.

“The grout coat looks like thousands upon thousands of tiny little bubbles,” said Cryptologic Technician (Technical) 2nd Class (SW/AW) John Pham, work center supervisor for PM 30 division. “It looks strange but it is actually very important.”

Once laid, the deck is then sealed with a coating of sealant and then flaked with paint chips and set to dry and cure for 24 hours. Once set, the space is then ready for turnover.

The Sailors assigned to Deck Team spend most of their days on the ship working in small, dark spaces, covered head to toe in dust and debris. Despite their appearance, these Sailors are among the most important on the path to getting “America’s Big Stick” operational again.

“It’s dirty, challenging work,” said Awogu. “There can be times when it’s frustrating, but we know that we are mission-essential; if we don’t have our work done then no one else can move on and do what they need to do.”



# A message from the Commanding Officer

By Capt. William Hart  
USS Theodore Roosevelt  
commanding officer



The survey I am asking you to complete gives you the opportunity to provide opinions on where I should focus attention to improve the human relations climate of our organization. No attempt will be made to identify you, so please respond openly and frankly.

This survey asks you to give opinions about whether something might happen, or could happen; you do not need to prove it actually did happen. Your perceptions are valuable because they give me insight into the general attitudinal climate of our organization. In addition to seeking your opinion about human relations and unit cohesion issues, I also want to know how well you think your workgroup operates and produces in comparison to other similar workgroups.

For your answers to be useful, you must be honest. Do not tell me what you think I want to hear, or say what others might say; tell it as you see it.

I am requesting you complete a survey no later than 03/23/2012.

The survey will ask you to provide demographic information such as your rank, race, and sex. Demographic information is used to ensure we have a proper representation of participants. To begin the survey you must connect to the Internet. The survey can be found at URL:

<https://www.deocs.net/user/login/login.cfm>

An ACCESS CODE is required to gain access to the survey. This case-sensitive code was randomly generated and is not associated with your name or any other personal identifying source to ensure anonymity. Utilize the following survey access code: 1225849aF3zBg

I appreciate your assistance and assure you the time you devote to the survey will not be wasted. I



look forward to sharing the results of the assessment with the members of our organization in the near future.

If you have questions concerning the assessment or the survey, my point of contact is Electronics Technician Chief (SW/AW) Sean Sandberg at (757)-688-8881.



## TR ANNOUNCEMENTS

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.cnic.navy.mil/Yorktown/FleetAndFamilyReadiness/SupportServices/Families/FamilySupport-Programs/index.htm>.

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

# RROW: PSSN Cody R. Benard

By MCSN Andrew Sulayao  
*USS Theodore Roosevelt public affairs*

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Personnel Specialist Seaman Cody R. Benard from Training Department's Educational Services (ESO) Division.

Benard, a native of Alamo, Tenn., joined the Navy in March 2010 and was assigned to TR two months later in July 2010.

"I think I was chosen because of my commitment, work ethic, and positive attitude," said Benard. "While in the Navy, I want to obtain both of my pins, become a Commissioned Officer, and always work harder than the day before."

According to Chief Personnel Specialist (AW/SW) Tia Middlebrook, the work that Benard does for training is vital to their success.

"He ensured advancement examinations for three cycles were ordered and worksheets were completed and ready for candidates to sign while single-handedly critiquing each customer for eligibility requirements," said Middlebrook. "He also instrumentally processed 100 good conduct awards and 25 Accelerated, Advanced Electronics Field and Advanced Technical Field advancements with no discrepancies."

Because of Benard's work ethic, superiors see that Benard is prideful of his job and always displays it in his

work.

"He unfailingly displays exceptional pride in his work," said Middlebrook. "Benard is a direct reflection of his own military bearing and desire to excel."

While Benard's leaders have nothing but respect and pride for the Rough Rider of the Week, he himself is humble toward earning his recent title.

"I'm not the type to put myself out there and brag," said Benard. "I've always been a go-getter and I appreciate my superiors for making sure that my work hadn't gone unnoticed."

At the moment, Benard is working

to secure his future as a career Sailor.

"At the moment, I am striving on becoming a commissioned officer as well as making the Navy a career," said Benard.

In his spare time, Benard enjoys playing baseball and going to the gym.

Overall, Benard's chain of command cited him as being a key asset to ESO, and a deserving recipient of the Rough Rider of the Week title.

"Benard is a consummate team player," said Middlebrook. "His work ethic, reliability, and professionalism are paramount to ESO Division and Training Department's success."



# Photo of the Week



Hospitalman A. J. Nicholas, a member of USS Theodore Roosevelt's (CVN 71) Medical Department, is named Sailor of the Week by USS Vella Gulf (CG 72) Commanding Officer Capt. Mark Harris during a temporarily assigned duty deployment onboard the cruiser Feb. 20.

Photo courtesy of USS Vella Gulf (CG 72)

## PHOTO FIND



Photo Find by MC2(SW) Austin Rooney

Can you find the **11** out of place items in this photo?

1. Telescope
2. Do Not Enter
3. Golf ball
4. Christmas ornament
5. Shovel
6. Birthday cake
7. Sneaker
8. Loudspeaker
9. Ice
10. Playing Cards
11. TR the man

Members of USS Theodore Roosevelt's (CVN 71) honor guard parade the colors during a military appreciation night in Norfolk, Va., Feb. 22.

Photo by MCSN (SW) John Kotara

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

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