

NATIONAL BLOOD DONOR MONTH

**FOOD SERVICE TEAM SERVES
HOLIDAY DINNER**

USS THEODORE ROOSEVELT

ROUGH RIDER

New Year's Resolutions?

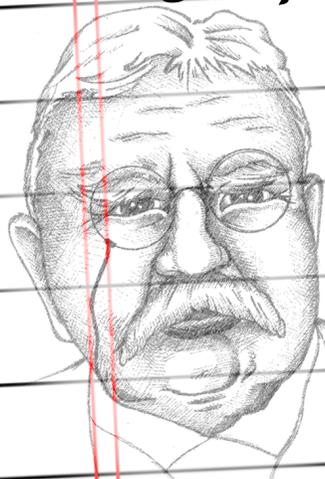
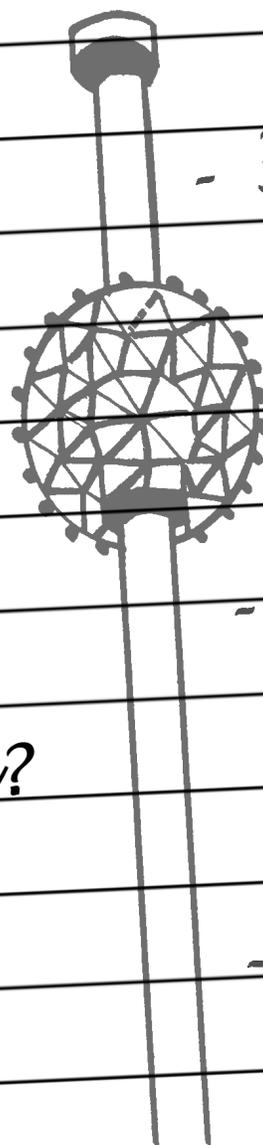
1. Quit Smoking?

2. Get in shape?

3. Get out of debt?

4. Get Quals?

5. Get an education?



"Happy New Year,
CVN 71!"

-TR The Man

Financial Stability: A Resolution That Makes Cents

Story and Photo by MC3 (SW/AW) Jessica Echerrri

Most Sailors begin the New Year planning to better their health, career and relationships. Financial goals are also popular each year but are often over-shadowed and given up on in favor of other goals. Realistically, however, setting and

achieving goals to improve your bank account can help to achieve success in other areas of life.

“It takes finances to do almost everything,” said Chief Operations Specialist (SW/AW) Clarence Fontenot, a command financial specialist (CFS) on board USS Theodore Roosevelt (CVN 71). “A lot of arguments are about money so it can solve that problem. It removes stress to improve health. Finances drive these things to happen.”

Common goals include paying off debt, increasing savings and investing money.

The best way to accomplish these goals is to stick to a budget and use paycheck allotments

to put money where it needs to be before it can be spent elsewhere, said Fontenot. Allotting \$50 a paycheck to your savings account is a good way to begin saving money.

“Pay yourself first before paying everything else,” said Fontenot. “It’s important to have that savings.”

Sailors can use MyPay to set up an allotment online with a bank account number and bank routing number.

After savings, other budgets include food and grocery, rent or mortgage, car maintenance, gas, insurance, clothing, entertainment, and miscellaneous purchases.

Sailors are encouraged to attend budgeting classes offered by Fleet and Family Services or meet with their CFS for help creating a sensible budget plan.



Aviation Ordnanceman Airman William Garrison fills out a budget during financial counseling at the Command Financial Specialist’s office Jan. 10.

TR Sailors kick off National Blood Donor Month

Story and Photo by MC3 Sandra A. Pimentel

January 1st marked the official ‘kick-off’ date for National Blood Donor month. Military installations around the globe, including USS Theodore Roosevelt (CVN 71), have kicked off their blood drives to support the effort.

The TR-sponsored blood drive, along with the help of the Armed Services Blood Program (ASBP), set up stations inside the Huntington Hall auditorium in Newport News, Va. Jan. 11. After carefully screening Sailors to ensure they were physically qualified to donate, Sailors proceeded to a donation van outside where corpsmen processed one final screening before donating their blood.

The goal of the drive was to collect about 70 units of blood, which

will then be dispersed to the fighting forces and military families stateside and abroad.

For every one unit/donation given, three lives could potentially be saved during a combat casualty or trauma. During these times, victims could use as many as 50 units to be kept alive. In this region, the average price per unit of blood could cost the DoD \$260 to \$400.

In a message issued on the Web site of the ASBP, Col. Francisco Rentas, director of the ASBP, stated “The loyalty of our donors is what continually keeps the military blood program successful. We are incredibly thankful for their dedication and unflagging efforts to ensure ill or injured service members, veterans and their families worldwide receive the blood they need. Please accept our

deepest gratitude for your services.”

For more information about being a donor or to find the next drive in your area, contact your local blood donation center or visit their Web site at www.militaryblood.dod.mil.



Information Systems Technician Seaman Kathy Currie gives blood at a blood drive at Huntington Hall January 11 as part of a TR effort to support Blood Donor Month

TR Plans First Captain's Cup

Story by MCSN Tim Haake

Sailors aboard the USS Theodore Roosevelt CVN71 will have the opportunity to represent their departments in a 12-week Captain's Cup competition at Huntington Hall scheduled for Wednesday, Jan. 23.

Held every Wednesday at 7 a.m., the wide range of events will have departments competing head-to-head for bragging rights and the title of 2012 Captain's Cup Champion.

"Events like Captain's Cup can increase the overall morale of the ship," said EM3 (AW/SW) John Gee, who took the initiative to develop and gain approval for the competition. "It has the potential to bring the ship together and can help sailors become better prepared for the upcoming PRT."

Each department will be represented by their selected Sailors in a series of events that will include

both physical and mental challenges.

"Captain's Cup will have a wide range of activities," said Gee. "There will be 5-on-5 basketball, weight lifting, and tug-of-war, but will also have events like Navy knowledge puzzles, uniform inspections, and Theodore Roosevelt trivia."

The winner of each event will be announced at Captain's call later that day, and the department that has accumulated the most points at the end of the 12 weeks will be the overall winner and be presented a trophy.

"We are really hoping to get maximum participations from all of the departments," said EM1 (AW/SW) Christopher Wright, a TR captain's cup coordinator. "This is a chance for everybody to get out there and really come together in friendly competition."

Fitboss Corner

It's the new year and I challenge you to create personal goals throughout the year.

Create goals that are:

- Specific
- Measureable
- Realistic
- Time bound

Example: Over the next week I will exercise Monday through Friday at 5:30 a.m. for at least 30 minutes of cardio or strength training.

Start small: Pick two to three small changes you can make for the week. One fitness goal, one nutrition goal, or one professional goal.

Reevaluate: Next week reevaluate the small changes you made, continue to make new goals, or create a different strategy to meet your goals this week.

Long term: Create an overall goal that would like to accomplish.

Keep at it: Last, remind yourself of your goals. Write a motivational quote, or post your goals where you can be reminded daily of what you would like to accomplish.

Check out our 2012 Group Exercise Schedule. Classes are held at Huntington Hall room 126 Monday through Friday.

-Marley Oldham,
Fitboss

For more information, email:
fitboss@cvn71.navy.mil

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
50 lbs Rucksack Relay (4 Person Team)	IRONMAN (4 Person Team)	Navy Knowledge Puzzle (2 Person Team)	5 on 5 Basketball	Bench-press (3 Person Team; 1 must be female)	Swimming (2 Person team)
January 23	January 30	February 6	February 13	February 20	February 27
<u>Week 7</u>	<u>Week 8</u>	<u>Week 9</u>	<u>Week 10</u>	<u>Week 11</u>	<u>Week 12</u>
Uniform Inspection (4 Person Team)	Planks (One Participant)	Theodore Roosevelt Knowledge (2 Person Team)	Tug of war (5 Person Team)	Dodge ball (5 Person Team)	Punt, Pass and Kick (3 Person Team)
March 5	March 12	March 19	March 26	April 2	April 9

Story by MC3 Cory Asato

New Year, New You:

We've questioned some of TR's top experts to get their thoughts on resolutions that while each resolution is not only beneficial for yourself. It's your life and your career, and...

Lose Weight, Gain Health

Marley Oldham, FITBOSS

FITBOSS shares the importance of motivating yourself to make physical fitness and nutrition a priority to achieve your goals. If necessary, you can also take yourself out of the equation by doing it for your family and loved ones.

What if I promised you \$1,500 for every hour you work out tomorrow? The offer is good as long as you exercised everyday and didn't miss a single workout. You also couldn't change anything you currently do in your life such as hobbies, work and family responsibilities.

Would you exercise tomorrow? How about the next day? Bet your bottom dollar you would! Am I offering out money for exercise? No, but how much is your health worth to you?

The problem lies with us. We can all come up with a million excuses why we just don't have enough time, or are too tired, whatever the excuse may be. Thus, you can have excuses or results, not both.

Sailors and departments are encouraged to sign up for Nutrition Boot Camp to learn the ins and out of eating healthy by emailing fitboss@cvn71.navy.mil.

Sailors can also attend the following classes held in Huntington Hall room 126.

Functional Fitness M&F 5:45 a.m.

Step Aerobics MWF 5:30 a.m.

Line Dance W 3:30 a.m.



Kick the Stick -- Stop Smoking Today

Hospital Corpsman 1st Class (SW/AW) Pamela L. Patterson,
TR smoking cessation coordinator

Hospital Corpsman 2nd Class Marcia E. Baker, TR smoking
cessation coordinator

Sailors looking to quit smoking have many resources to aid them with the task. One popular choice is the smoking cessation class. Held at 1 p.m. to 2 p.m. once a week for four weeks, the class provides a wealth of knowledge and support.

The coordinators make sure that every Sailor who decides to participate in the cessation classes understands that they are being coached and not forced to do so. Every Sailor has a choice in how they want to quit smoking.

The class is not a quick fix, but instead, a nurturing environment to help create a non-smoking lifestyle. It provides strong support structure and emphasizes a relaxed environment for Sailors.

The next class is scheduled to begin sometime in March.

Sailors can also visit medical on the ship which offers the patch, pills and gum at no cost. Medical will prescribe the items to the Sailor and they can pick it up at their closest Military Treatment Facility.



Give you some advice and suggestions to aid you with your new year's resolutions. Please take note, they share other similarities such as having you, the sea warrior, taking charge and responsibility it takes your motivation to make a difference.

Get Smart

Chief Personnel Specialist (SW/AW) Tia L. Middlebrook, Education Services Office LCPO

Do your research. It is important to understand the school you want to attend. Know where you will be when you finish your degree whether you will be stationed overseas or plan to finish your degree back home after you separate.

You should also fully understand the credits you're earning. Credits you earn may not be accepted by the college you plan to graduate from. It's also important to let school counselors "help you and not sell you" into attending their schools.

Navy College office counselors can aid you with many of your educational needs including Tuition Assistance Training, College Level Examination Program tests, and college degree plans.

To speak with Navy College Office counselors and College representatives, Sailors can make an appointment by contacting the Navy College Office, NOB Norfolk at (757) 444-7453/7454. The office is located at:

NAVY COLLEGE OFFICE
NAVSTA NORFOLK
1680 GILBERT ST STE 201
NORFOLK VA 23511-2906



Being a Better Sailor

*Chief Navy Career Counselor (SW/AW) Chad W. Krejcarek
Navy Career Counselor 1st Class (SW/AW) Ricaurte L. Escobar*

Sailors on board USS Theodore Roosevelt are highly encouraged to be the best Sailor they can. Three great places to start are your chain of command, mentor and Departmental Career Counselor.

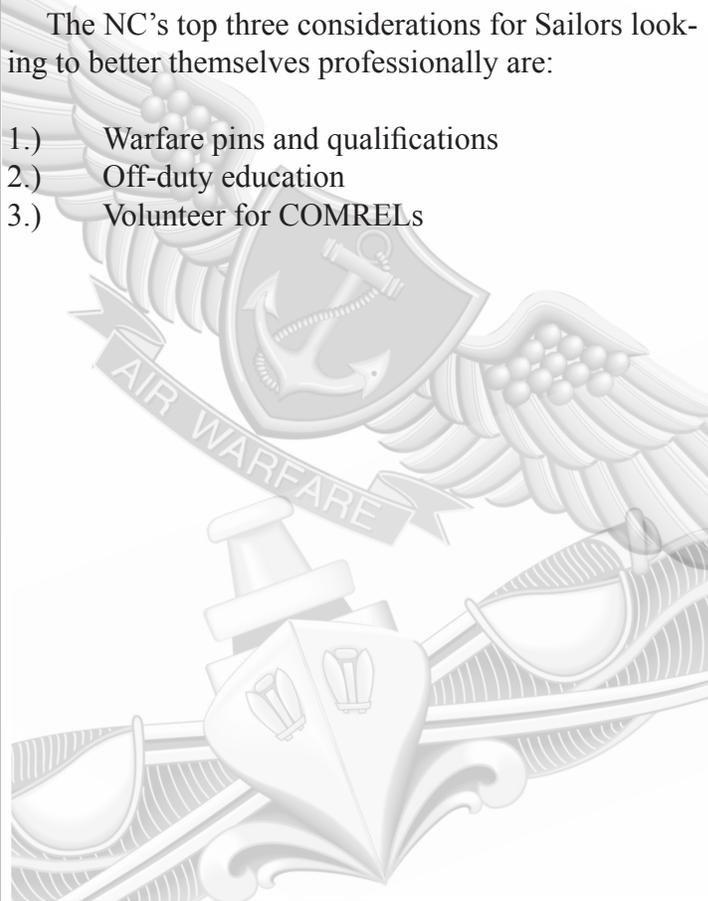
Your supervisor, LPO and Chief can help you identify how to do your job more efficiently and what you can do better in your department. A happy Chain of Command means a happy Sailor.

Your mentor can assist you in covering all of your bases. To be a well rounded Sailor you should look for command involvement, community relation opportunities and the right collaterals.

You Departmental Career Councilor is in place to aid you with re-enlisting, perform to serve, and numerous other things you should be proactive with. Procrastination can be detrimental in a Sailor's career.

The NC's top three considerations for Sailors looking to better themselves professionally are:

- 1.) Warfare pins and qualifications
- 2.) Off-duty education
- 3.) Volunteer for COMRELS



Rough Riders of the Week

LN3 (SW) Sidney R. Williams

Story by MCSN Brian G. Reynolds

The USS Theodore Roosevelt (CVN 71) Rough Rider of the Week for Dec. 23 is Legalman 3rd Class (SW) Sidney R. Williams.

The Norfolk, Va., native joined the Navy in November 2007 and was assigned to the USS Stockdale (DDG-106) before reporting to TR in May 2011.

“Williams is an outstanding Sailor,” said Chief Legalman (SW/AW) Katrina Hall. “She exhibits the maturity and initiative of a seasoned Second Class Petty Officer. Amongst her peers, she is the standard by which excellence is measured.”

Williams’ goals while in the Navy are to advance in rank and obtain a master’s in Criminal Justice. However, Williams is in for the long haul.

“I am planning on making the United States Navy my career,” said Williams. “While being attached to TR, I plan on earning my Air Warfare Qualification within the first six months of being onboard. I am also working to earn my associate’s degree in paralegal studies by February 2013.”

Since Williams has been attached to TR, she has processed 24 administrative separations, 52 non-judicial punishments and notarized 43 powers of attorney.

Williams believes that it is her diligence and motivation to perform her job that earned her the Rough Rider of the Week.

“I think that I was chosen because I’m an energetic highly-motivated self starter who’s dedicated to completing the job by any means necessary,” said Williams.

Her dedication to hard work is something that Williams feels that will help her in her future goals and endeavors.

“I am studying my hardest to advance to Second Class Petty Officer during the 2012 spring cycle, as well as becoming president of the Junior Enlisted Association,” Williams said.

She enjoys playing basketball, working out, babysitting her god-daughter, and volunteering for community relations in her spare time.

“Williams has become an integral part of the Legal Department; always willing to help and learn,” said Hall. “Her comedic sense of humor brings up morale in the office and she sets a great example for others to follow.”

As her supervisor, Hall believes that Williams has become a cornerstone in the legal department onboard TR.



OSSN John C. Converse

Story by MC2 (EXW) Joey Morgon

This week’s USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Operations Specialist Seaman John C. Converse from Engineering Department’s ventilation team.

Converse, a native of Raleigh, N.C., joined the Navy in 2009 and immediately reported to TR after completing recruit training. He has served aboard the ship for a little more than 18 months.

Although Converse is working outside of his rate he has become a key member of the ventilation team. Converse is responsible for removing and installing cooling coils and heaters in the required ship’s spaces. Because TR is currently undergoing Refueling Complex Overhaul, Converse’s job requirements are at an all time high. It is with this increase in responsibility and importance that Converse has been able to stand out from his peers.

“Converse strives to do the best job he can,” said Operations Specialist 1st Class Priscilla Jones. “He continually tries to improve himself and others around him. He always has an outstanding attitude that he tries to emulate to his shipmates. He is a trusted agent when relied upon to get the job done.”

Converse’s strong work ethic and commitment to being the best Sailor he can directly led to his Rough Rider of the Week award.

“I work hard and always try to be an outstanding Sailor,” said Converse.

Converse’s effort is not lost on his supervisors.

“Converse is one of the top-working, hard-charging individuals that I have,” said Jones “He is always willing to go out and get the job done.”

Converse strives to increase his military knowledge and is currently awaiting his Enlisted Surface Warfare Specialist board. His current goals for the Navy are to make Petty Officer Third Class and to organize a community outreach program.

“I would like to be involved in some sort of Ministry community relations public outreach program,” said Converse. “I have a passion for helping people.”

Converse’s hobbies include Bible study, community service, history, art, literature and cross country running.



MC2 (SW/EXW) Joshua B. Bruns

Story by MC3 (SW) Sean Wier

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the week is Mass Communication Specialist 2nd Class (SW/EXW) Joshua B. Bruns.

Bruns, a native of Pioneer, OH., leads 18 Sailors as Media department's Leading Petty Officer (LPO). He is an Assistant Command Fitness Leader and the elected Public Affairs Officer for the Second Class Petty Officer Association.

"It's really an honor to be selected," said Bruns. "I work hard like so many of the people who work for me and it feels great when people take notice and make the effort to commend you for it; but any praise on me is praise on Media department as a whole since I couldn't do my job without all of the fantastic Sailors who work for me."

"Petty Officer Bruns is the epitome of excellence and a model of success for any Sailor," said Media's Departmental Leading Chief Petty Officer, Senior Chief Mass Communication Specialist (SW/AW/EXW) David Collins. "MC2 Bruns continually seeks out new challenges and responsibilities and finds ways to improve his professional skills."

"I've always taken on as many projects and collateral duties as I can handle successfully," said Bruns. "When I had to step forward as the departmental LPO and then continue in the position without a chief, I was forced to grow professionally very rapidly. Even so, it's been very rewarding."

As LPO Bruns capitalizes on junior personnel strengths and improves their weaknesses. He delivered a newly designed Rough Rider newspaper, continually increases the command's social media presence and generates a cohesive climate to produce hundreds of media products for all 17 departments, said Collins.

Bruns is working on finishing a communications and media degree



this year and is also working on earning his Enlisted Air Warfare Specialist designation.

"I'm looking to advance to E-6 soon, which isn't easy for MCs at the moment, so being named RROW is definitely a boost in motivation and assurance that I'm making the right choices."

Bruns' advice for Sailors looking to improve themselves was, "Be conscious of yourself professionally and constantly evaluate yourself to ensure you're developing into a successful Sailor. Picking up the right collaterals, volunteering for comrels, taking college courses, maintaining a good PRT score and providing quality leadership and mentorship to the Sailors below you is all crucial to succeeding in today's Navy."

TR Sailors Deck the Passage Ways

Story and photo by MC2 Christopher Church

Chestnuts roasted on an open fire, empty stockings laid across the floor along with open gifts and families across the nation enjoyed delicious feasts at their dining room tables while USS Theodore Roosevelt (CVN 71) Sailors stood watch.

TR Sailors who stood duty during Christmas enjoyed a special Christmas feast provided by TR's "Best of the Mess" food service team.

"The reason we join the Navy is to serve our nation," said Seaman Ariel K. Chambers, a Sailor enjoying TR's Christmas dinner. "We have to sacrifice certain things sometimes, like sacrificing time with our families, to allow others to enjoy their freedoms and spend time with their families."

TR Sailors stand duty to protect their ship from fires and emergencies that can occur at a moments notice in the shipyard environment. Standing duty and protect-



Machinist's Mate 2nd Class (SW/AW) Vaughn Purkiss fills his plate during USS Theodore Roosevelt's (CVN 71) Christmas dinner.

ing the ship is essential for the mission of getting TR ready to return to the fleet and protect the U.S.

"It makes people at home feel a lot better to know we are on duty," said Chambers. "For anybody, it would be hard to enjoy food at home with family if they're worried about their safety."

TR's food service attendants and culinary specialists are often called upon to stand duty during holidays to cook meals which helps boost the ship's morale and give the Sailors a taste of the holiday spirit.

"Honestly, a lot of the people who are here are happy to make the sacrifice, but would like to be home with their families on Christmas," said Culinary Specialist 3rd Class Tim N. Taylor, TR's duty mess watch captain. "This our way of showing our appreciation and lifting the spirits of the crew."

"With the people who are here, this is my family," said Logistics Specialist 3rd Class Phillip M. Smith. "I spend this time with this family to protect my own family."

Photo of the Week



Captain Douglas Verissimo, USS Theodore Roosevelt's (CVN 71) Executive Officer, shows off the new "TR" watchcap at a CO's Call on the flight deck January 10, 2012. The new watchcaps are available for purchase at TR's Ship's Store. TR's CO and XO expressed their thanks to all the crew who returned from the holiday leave period safely. TR had zero injuries over the 2011 holiday season.

Photo by MCSN (SW) John Paul Kotara

Photo Find



Photo Find by MC3 Jon Donnelly

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

1. Dumbbell
2. Nintendo Controller
3. Shoe
4. Key
5. CD
6. Check
7. Winter Scene
8. Cat
9. Ruler
10. TR the man

Culinary Specialist 2nd Class Amy Calvert wraps fresh-baked brownies in plastic to keep them fresh for the dinner meal January 10.

Photo by MC3 Sean Hurt

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William Hart

Executive Officer

Capt.
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