

MENTORING THROUGH PRT

TR teams up with Lindenwood Elementary School for PRT

THE GREAT AMERICAN CLEAN-UP

TR's Supply Department does their part on Earth Day

USS THEODORE ROOSEVELT
ROUGH RIDER



**FIELD
TRIP TO
LIFAC**

Teaching
5th graders
Science,
Technology,
Engineering and
Mathematics
the Navy way

Rough Rider of the Week: QMSN Johnson

By MCSN Tyrell Morris

This week's Rough Rider of the Week is Quartermaster Seaman Dustin Johnson from USS Theodore Roosevelt's (CVN 71) Navigation Department.

A native of San Jose, Calif., Johnson joined the Navy Feb. 25, 2010 and has impressed his chain of command by being a top tier seaman since reporting to TR Aug. 9, 2010.

"I joined the Navy not only for the opportunity to make some money and see the world but also for the opportunity to serve my country and better myself as an individual," said Johnson.

While TR is undergoing a Refueling Complex Overhaul, a lot of Sailors are unable to perform their regular jobs and Johnson is no different. Even though he is not working directly within his rate, he still keeps an open mind about the duties he is tasked with.

"I try to look at it with an open mind because I know we will not be in the shipyard forever," said Johnson. "I just complete my duties to the best of my ability whatever they may be."

Johnson's primary duty is habitability inspector for TR's Navigation Department. He reports discrepancies to help maintain cleanliness and safety aboard the ship. He is also his department's Morale, Welfare, and Recreation representative. In addition, Johnson gets to choose department fun and education days.

"Johnson's motivation towards job performance and becoming a valuable team member is unequaled in the department," said Quartermaster 2nd Class Candice Stone, Navigation Department's leading petty officer. "He has unlimited potential and a bright future in Navigation Department and in the Navy."

Johnson was handpicked to assist with the enormous task of tracking

the completion of each job relating to the crew moving back aboard the ship. He directly contributes by delivering space drawings for and checking the status of deck tile installations.

Johnson recently showed initiative by volunteering to go on an upcoming deployment with USS George H.W. Bush (CVN 77).

"I'm excited to go on deployment so I can gain some experience and knowledge while working in my rate," said Johnson.

Johnson has a passion for producing music and loves to do so in his spare time. He plays drums, saxophone, keyboard and guitar. He is also working on his disc jockey skills. Johnson loves networking with his shipmates and people in general. His shipmates say he is friendly, outgoing and loves to laugh.

"My advice to other Sailors is no matter what you do, stay positive," said Johnson. "Don't let other people's negativity bring you down."



TR Sailors use PRT to mentor local children

By MCSN Cory Asato

Students from Lindenwood Elementary School in Norfolk, Va., participated in the Navy Physical Fitness Assessment (PFA) with USS Theodore Roosevelt (CVN 71) Sailors at Huntington Hall in Newport News, Va., April 26.

Sixty Sailors aboard TR have taken weekly turns being involved with Lindenwood since December 2010 to emulate First Lady Michelle Obama's initiative, "Let's Read, Let's Move," which encourages communities to become involved with helping children to not only read in their down time, but maintain an active lifestyle.

During these sessions, 100 children have received mentoring from TR Sailors about the Navy's culture of fitness to prepare them for participation in the Navy's semi-annual PFA.

At the PT event, which coincided with the ship's actual PFA, Roosevelt's command fitness leaders measured the student's body weight and height and demonstrated stretches, Navy standard curl-ups and push-ups. Some students did as many

as 40 push-ups and 50 sit-ups. Following the exercises, the students completed a one-mile run, or five laps around Huntington Hall's track.

Incorporating the Lindenwood children's involvement into TR's PFA made an impact on the Sailors, according to Lt. Cmdr. Jared Tharp, TR's command fitness leader.

"It provided an opportunity for TR Sailors to reach out into the community and interact with today's youth," said Tharp. "By spending the time to go to Norfolk to interact with the children showed them the Navy's culture of fitness, and the importance of preparation and effort towards a specific goal."

Lt. Cmdr. Sara S. Pickett, ship's nurse aboard TR, explained the importance of nutrition to Lindenwood students.

"It's really [about educating and encouraging children] to make healthy choices towards nutrition," said Pickett. "If we start now to train these children with healthy habits toward a lifestyle, then this will carry on with the children into adulthood. Obesity is a chronic problem among adults and children, so what we are teaching them here correlates to battling that as well as other illnesses such as diabetes and heart problems."

Darrick Person, a physi-



Lindenwood Elementary School third, fourth and fifth graders and USS Theodore Roosevelt (CVN 71) Sailors take off at the start of the run portion of the Navy Physical Fitness Assessment. TR Sailors have spent 10 weeks visiting and mentoring Lindenwood Elementary students about the Navy's culture of fitness to prepare them for participation in the Navy's semi-annual PFA.

Photo by MCSN Cory Asato



Logistics Specialist 1st Class (SW) Alhaji M. Kabba, a command fitness leader aboard USS Theodore Roosevelt (CVN 71), measures the height and body weight of a student from Lindenwood Elementary School in Norfolk, Va. during the Navy Physical Fitness Assessment.

Photo by MCSN Cory Asato

cal education teacher at Lindenwood, said Roosevelt's involvement with the school and its physical education program models exactly what we want the students to learn.

"Physical education is becoming more important in the lives of our children as it helps to battle childhood obesity, and helps to build social skills," said Person. "TR's Sailors come to Lindenwood and emit a positive influence and reinforce what we teach."

"I've learned that nutrition and exercise are healthy," said fifth grader Davion Rochelle, the student with the fastest mile-run time at the event. "I want to be a basketball player, and the Sailors' help is good for me." Roosevelt's drive for investment in the community is similar to the Navy's investment in its Sailors, according to Pickett.

"These children are our future, our leaders and our replacements," said Pickett. "We need to foster good habits and mentor these children. We need to show them that we care about them."

BRING AN ELEMENTARY SCHOOL TO WORK DAY AT LIFAC



USS Theodore Roosevelt (CVN 71) Sailors showed 36 fifth graders from Campostella Elementary, a Norfolk Science, Technology, Engineering and Mathematics (STEM) school, how they use technology to do their jobs during a field trip to the ship's Light Industrial Facility in Newport News, Va. Apr. 27.

The tour consisted of demonstrations and explanations which were relatable to Campostella's STEM program. Twenty-four Sailors from TR's Aviation Intermediate Maintenance Department were on hand to explain the technical and scientific correlation of each piece of equipment they use and how they use it to sandblast water-tight doors, engrave signs, build wooden plaques and boxes, and rework motors for shipboard fire main and salt water pumps. The application of Campostella's STEM fields was a great driving factor for Campostella's visit to LIFAC.

"School, at times, can be abstract," said Kristal Moses, a fifth-grade teacher at Campostella. "Having the children come in to experience the STEM fields applied first hand can put them into the frame-of-mind to grasp a concept they normally only see in a text book, equation or hearing someone just talk about."

One of the favorite's of the day's nine "stations" was the one that featured welding. Each child donned protective gear that allowed them to safely see the bright arcs that weld two heavy-duty pieces of metal together.

"The welding portion of the tour definitely kept everyone engaged since we had to try on the equipment and actually use it to view the demonstration," said Moses. "Such an opportunity helps our students to use their five senses to experience processes which they are not normally familiar with."

The students also wore protective gear to view the Sailors welding up close, according to Lt. Richard Martinez, officer in charge of LIFAC.

"We ceased production for the day to ensure the safety of everyone visiting, since LIFAC is an industrial environment," said Martinez. "TR's Safety Department visited our facility to give insight on eliminating dangers that could occur during the visit. Everyone was issued personal protective equipment to use."

Martinez said the opportunity TR afforded Campostella to come to LIFAC benefitted both the students and his Sailors.

"Our Sailors strived to show how the different STEM fields are applied to the machines they use and services they provide by LIFAC Sailors while accomplishing their jobs," said Martinez. "It was also a great opportunity to have my hardworking Sailors set a positive example and mentor these students to tie up the 'loose ends' of hands on learning."

The Sailors drove home the point that the water tight doors close extremely tightly and are ultimately designed to keep a ship from sinking. Parent chaperones who visited the facility along with the children appreciated the effort TR invested in Campostella's students.

"Opportunities such as this help our children to realize other options for a career," said Delvon Mack, a parent chaperone with Campostella. "The Sailors were able to break down Navy terminology and relate it to changing oil, which the children could grasp."

In accordance with the school's wishes, LIFAC Sailors taught the students 10 technological words relating to the STEM fields to include Hydraulic, calibration and water tight.

Before leaving the facility, every visitor received a commemorative piece of wood shaped in the likeness of TR's flight deck that was stained and engraved with the school's name and the TR emblem so they could remember the day they visited.

Campostella Elementary is one of the community relations projects TR and its Sailors participate in on a regular basis in the Hampton Roads area to manifest the Navy's motto "A Global Force for Good."



1. Aviation Ordnanceman 3rd Class Nathaniel A. Gonzalez and Logistics Specialist 3rd Class Rebeka Winkel, both from TR's LIFAC, assist a Campostella Elementary School student in donning personal protective equipment.

2. Aircrew Survival Equipmentman Airman Dominique D. Lucas, from TR's LIFAC, demonstrates the embroidering capabilities of the equipment at LIFAC for Norfolk's Campostella Elementary School students.

3. Aviation Structural Mechanic 2nd Class (AW) James D. Suddath, from TR's LIFAC, demonstrates the welding of two pieces of metal together for Norfolk's Campostella Elementary School students while they stand behind a protective shield.

Chaplain's Corner: Resolving conflicts



By Lt. Cmdr.
Raynard Allen

In his book, *The Mediation Process: Practical Strategies for Resolving Conflict*, C.J. Moore

defines conflict

as “struggles between two or more people over values, or competition for status, power, or scarce resources.”

Experts in conflict management believe that conflict is inevitable in any organization or relationship. Many strategies have been developed to mediate and resolve organizational and interpersonal conflicts. What is usually missing in these mediation processes is a biblical understanding of the nature and causes of conflict.

James 4:1-2 indicates that the causes of fights and quarrels among us come from our desires to win, to have our way, to get what we want,

to control the outcome. Therefore, according to God’s direction, the first step in resolving interpersonal conflicts requires a self-examination of our motives, desires, wants, positions, and interests. The Bible teaches us to look within, and discover our own faults, before trying to correct the faults of others. Matthew 7:3-5 illustrates this point, “And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

Although conflict is unavoidable, it is not always negative. In fact there are some very positive outcomes that can be derived through conflict. The Chinese form the symbol for “conflict” by combining two terms: danger and opportunity. Conflict can be a destructive experience, or the opportunity to clarify confusion, roles and expectations. Conflict always provides an opportunity to glorify God, to serve God,

and to grow in grace. Conflict gives us a chance to show God that we love, respect, honor, and trust Him. It also allows us to demonstrate to others God’s principles of love, forgiveness, and humility. Philippians 2:3-4 advocates a spirit of collaboration in dealing with conflicts in interpersonal relationships. That is, to place the thoughts, ideas, and feelings of others on par with our own. As Stephen Covey suggests, “Seek first to understand and then to be understood.”

Conflict mediation techniques and strategies are very useful and necessary. However, God would have us include some more significant ingredients to the resolution processes the two “Great Commandments:” “To love the Lord your God with all your heart, soul, mind, and strength ... and to love your neighbor as yourself” (Mark 12:29-31). Trust these two great commandments and they will take you where you need to go, imbue the right spirit within you, and direct you in the things you do.



PHOTO FIND

Can you find the 12 out of place items in this photo?

1. Ruler
2. Wrench
3. 100 Grand Bar
4. Baseball bat
5. Hamburger
6. Nintendo controller
7. Bowling pin
8. Ipod Touch
9. Hammer
10. Fork
11. Key
12. TR the man

Machinist's Mate 2nd Class Chad Clark, from USS Theodore Roosevelt's (CVN 71) Light Industrial Facility, demonstrates how pump and valve equipment are repaired for Norfolk's Campostella Elementary School students in Newport News, Va., Apr. 27.

Photo by MCSN Cory Asato

TR Sailors go green for the Great American Clean-up

By MCSN John Kotora

More than 60 Sailors from USS Theodore Roosevelt's (CVN 71) Supply Department volunteered their off-duty time to clean-up Lafayette Park and Lakewood Park in Norfolk April 21, in recognition of Earth Day.

TR Sailors spent approximately four hours accumulating 100 bags of leaves, mulch and trash, as well as painting park benches and tables to help beautify the parks.

"The department had the day off, and instead, we decided to come out and show everyone that Theodore Roosevelt is integrated

with the community, and we call Norfolk our home," said Cmdr. Paul Amodio, TR's supply officer.

Lafayette Park is one of Norfolk's oldest parks, having been constructed in the early 1900s. Throughout the last hundred years it has been a city landmark and continues to be the home of several community events.

The preservation of city parks, like Lafayette and Lakewood Park, relies on members of the community like TR Supply Department Sailors. The event coincided with Earth Day, and was organized through both the Keep Norfolk Beautiful program and the Great American Clean-up program. The Great American Clean-up program is the nation's largest community improvement program and takes place annually from March 1 through May 31, according to the organization's website.

"We chose to invest our cleanup efforts with the Great American Clean-up and follow their example," said Ensign Pablo Suarez, one of TR's supply officers. "By doing this we gave our troops something to be proud of, and so they could see the results of their labor."



Sailors from USS Theodore Roosevelt's (CVN 71) Supply Department throw away the trash and debris collected at a departmental community relations project during the Great American Clean-up event at Lafayette Park.

Photo by MCSA John Kotora



Sailors from USS Theodore Roosevelt's (CVN 71) Supply Department participate in a departmental community relations project during the Great American Clean-up event by raking and bagging up leaves and debris at Lafayette Park. This event was conducted by Supply Department and involved more than 40 Sailors from TR working in conjunction to clean two different parks.

Photo by MCSA John Kotora



Logistics Specialist 1st Class (SW/AW) Vobbie Kewell, stationed aboard USS Theodore Roosevelt (CVN 71), participates in a departmental community relations project during the Great American Clean-up event by painting a beam to an outdoor structure at Lafayette Park.

Photo by MCSA John Kotora

TR SAILORS: ON IA — BOOTS ON GROUND —



PS2 (SW) Brian B. Allen *Afghanistan*

Q and A with TR's Sailor in the fight

Q: What duties do you perform?

A: I take care of everyday administrative transactions. For example, I'm tasked with starting and fixing Sailors pay, imputing awards and evaluations, and submitting Selective Reenlistment Bonuses and reenlistment contracts. I am also responsible for tracking the whereabouts of all IA/GSA and Mobilized Reserve Component Sailors in Afghanistan.

Q: What has been the most challenging part of your tour?

A: Dealing with the rocket and mortar attacks has been by far the most challenging part of this IA. You never know where one will land or when. I can tell you the sound and impact of a rocket or mortar explosion at 3 a.m. is a scary thing.

Q: What has been the most rewarding part of your tour?

A: Being able to help a shipmate in-theater when they need it the most is the most rewarding. Whether it is a simple pay issue, the most common at 2 a.m., helping them get home because of a family emergency or just resetting a MyPay personal identification number.

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