

TR PREPARES FOR OPERATIONS

Deck Department gets UNREP training

TR SAILORS CLEAN UP THE STREETS

COMREL helps clean downtown Newport News

USS THEODORE ROOSEVELT

# ROUGH RIDER



## MEET TR'S SAILORS OF THE QUARTER

ROUGH RIDER OF THE QUARTER  
 3rd Quarter FY 2011  
 PO1 (SP-10) Brandon Cook

ROUGH RIDER OF THE QUARTER  
 3rd Quarter FY 2011  
 LTJG (SP-10) Leana Dixon

ROUGH RIDER OF THE QUARTER  
 3rd Quarter FY 2011  
 PO1 Edward Post

ROUGH RIDER OF THE QUARTER  
 3rd Quarter FY 2011  
 PO1 (SP-10) Wade Kinley

# TR's Sailors of the Quarter Selected

Story & Photos By MC3 Christopher Church



*Interior Communications Electrician 3rd Class (SW/AW) Elizabeth Stark*

TR Sailors of the Quarter receive a plaque as well as special liberty. They also become candidates for TR Sailors of the Year.

When a Sailor goes up for a board they are being judged on their military bearing, knowledge about TR and general military instructions.

“I believe I was selected because I showed great military bearing during my board, a strong knowledge about TR, and because I’m involved in honor guard and TR’s soccer team,” said Kihnley, TR’s Rough Rider of the Quarter. “I also took part in a lot of community relations projects like the Special Olympics and the Playground for Poquoson.”



*Cryptologic Technician Technical Seaman (SW/AW) Nicole Kihnley*

Cryptologic Technician Technical Seaman (SW/AW) Nicole Kihnley, Interior Communications Electrician 3rd Class (SW/AW) Elizabeth Stark, Master-at-Arms 2nd Class (SW/AW) Brandon F. Sischo, and Electronics Technician 1st Class (SW/IDW)(Chief Select) Latoya R. Blaine were named USS Theodore Roosevelt’s (CVN 71) Sailors of the Quarter for the 3rd quarter Aug. 8.

Each candidate competed against Sailors in their respective pay grade for Rough Rider of the Quarter, Blue Jacket of the Quarter, Junior Sailor of the Quarter, and Sailor of the Quarter. After completing individual boards, they were chosen as the best representatives for the “Big Stick.” Sailors named as

Qualifications are another factor that is considered when choosing a Sailor of the Quarter. Sailors who have the mandatory qualifications for their rate and rank look good but those who have more than required stand out above the rest.

“I think I was chosen because I am the most senior 3rd class petty officer in engineering, so I have a lot of different responsibilities,” said Stark, TR’s Blue Jacket of the Quarter. “I’m only one of three Internal Communications Electricians in engineering, so I am very busy but I still took the initiative to get a lot of qualifications and my warfare pins.”

The boards look for top tier Sailors who not only carry out their assigned duties but volunteer for command functions and perform collateral duties.

“Sailors need to do something to break out from their peers,” said Sischo, TR’s Junior Sailor of the Quarter. “There’s no other way to progress one’s career. Take college classes, do volunteer work, and



*Master-at-Arms 2nd Class (SW/AV) Brandon Sischo*



*Electronics Technician 1st Class (SW/IDW) (Chief Select) Latoya Blaine*

anything one’s peers aren’t doing they should be doing.”

Sischo teaches TR’s Security Reaction Force Basic course and redesigned the security training program in addition to executing his required daily tasks.

The Sailors of the quarter were all asked questions relating to Navy current events.

“The boards are meant to get you thinking,” said Blaine, TR’s Sailor of the Quarter. “It’s good to keep up with recent information and current events. Knowledge is the key to a successful Navy career.”

Blaine was also Sailor of the Quarter for the 1st quarter.

“To stay competitive we need to set goals and achieve them and never get complacent in our careers,” said Blaine. “My goal is to become the first female Master Chief Petty Officer of the Navy.”

# GETTING READY

TR PARTICIPATES  
IN UNDERWAY  
REPLENISHMENT  
TRAINING



## Story and photos by MC3 Sean Weir

**F**orty-seven USS Theodore Roosevelt (CVN 71) Deck Department Sailors spent two days conducting Underway Replenishment (UNREP) training at Joint Expeditionary Base Little Creek in Virginia Beach, Aug. 9-10 to learn how to transfer fuel, munitions, and stores from one ship to another while underway.

The purpose of the course is to train and keep Sailors up-to-date on the UNREP process and make sure they can load and unload cargo safely. The first day of the course focuses on using rigs to move dry cargo and the second day focuses on transferring fuels.

“The UNREP training was very informative because I have never seen or participated in an underway replenishment before so a lot of the stuff that I am learning here is new to me,” said Seaman Recruit Nakia Carter. “By the time we actually get underway I am sure I will have a good idea of what to do because I attended this training.”

In order to carry out the Navy’s mission effectively, Navy ships must be capable of remaining out at sea for prolonged periods of time, possibly in areas of the world where friendly re-supply ports are not available, and remain fully ready to carry out any assigned tasks.

“A lot of ships come through this training and I can honestly say that the TR came with a plan and are sticking to it,” said Boatswain’s Mate 1st Class (SW/AW) Gregory Simms, course manager at the UNREP Training Facility. “The TR has great leadership who took time out of their schedules to be here with their junior Sailors and set them up for success.”

The Sailors divided into two teams and took turns receiving supplies and sending them.

“One of the best things you get from this training is seeing the excitement when the students grab something, learn about it and all the confusion they previously had is eliminated,” said Simms.

Underway replenishment is a dangerous evolution when being performed underway. It is important that the proper procedure is followed and the Sailors involved pay attention to detail to prevent a casualty.

“When we get underway, performing an UNREP is a lot more dangerous so this is great that we have the opportunity to practice in a safe and controlled training environment and get that experience,” said Boatswain’s Mate 2nd Class Trent Bridgeman.



1. Seaman Yeimmy Castano mans signalman/phonetalker station at an underway replenishment (UNREP) training facility.

2. Sailors from USS Theodore Roosevelt’s (CVN 71) Deck Department secure crates to a crane in an UNREP training evolution.

3. TR Sailors receive a brief before they begin the UNREP training evolutions.

# Continuous Process Improvement kicks off in Medical

Story by MC3 Sandra Pimentel

**A**s USS Theodore Roosevelt (CVN 71) undergoes a 25 year Refueling Complex Overhaul, the inner workings of her operational procedures are receiving an upgrade.

Recently, a new division, known as Continuous Process Improvement (CPI), has begun to cycle through the various departments aboard the ship. The process, geared toward the continuous improvement of customer service, uses recommendations made by the department's customers to help streamline how a department is run in order to help minimize waste.

"Everything we do has a customer," said Chief Aviation Support Equipment Technician (AW/SW) James Bibow, leading chief petty officer for CPI Division. "Our job is to make improvements based on what the customer wants, as opposed to what we want."

The first department to receive the

stream-lining process is medical department. Medical is using Post-it notes to document the step-by-step process. The notes are highlighted and discussed in order to trim out redundancies that may cause unnecessary waste.

"We try to find a deeper level of understanding based on the data at hand," said Bibow. "Out of the box thinking is used, to give us a new way to look at the process."

Once data and recommendations are compiled, the information is taken directly to the Commanding Officer for approval and immediate implementation.



*Hospital Corpsman 3rd Class Ruben Burgos highlights Continuous Process Improvement steps as part of a process to improve customer service in Medical Department.*

Photo by MC3 Sandra Pimentel

"We have the money, the resources and the intelligent people to operate more modern. This will allow everyone on the deck plate to make a difference."

For more information on training schedules and times refer to the Plan of the Day or speak with Chief Bibow.



Photo Find by MC2 (EXW) Joey Morgon

## PHOTO FIND

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

1. Football
2. Soccer ball
3. Broom
4. Penny
5. Bottle
6. Wrench
7. Ruler
8. Batman
9. TR the Man

*Sailors from USS Theodore Roosevelt's (CVN 71) Deck Department attend a underway replenishment training brief at the Center for Service Combat Systems Detachment East Underway Replenishment (UNREP) Training Facility on Joint Expeditionary Base Little Creek in Virginia Beach, Aug. 9.*

Photo by MC3 Sean Weir

# TR Sailors beautify downtown Newport News

Story by MC3 Sandra Pimentel

Since pulling into the Huntington Ingles Newport News Shipbuilding in Aug. of 2009, Sailors aboard USS Theodore Roosevelt (CVN 71) have participated in numerous community relations (COMREL) projects throughout the Newport News and Hampton Roads area, but to date none have been so close to home as the newest COMREL.

As part of a more close to home effort, TR's Sailors will help to support an ongoing project every 1st and 3rd Monday of the month by picking up trash in the surrounding areas of the Bank Building, Huntington Hall, PPV and the parking garage.

"The ship is going to be in

this area for a while," said Chief Aviation Boatswain's Mate Equipment (AW/SW) Dana Bickham, leading chief petty officer for COMREL, "It's a great way to show our support for the community."

For its first run, roughly 27 TR Sailors came out to support the new COMREL and collected an estimated eight

bags of trash and debris from surrounding buildings and housing. Initially mustering in front of the flag pole outside Huntington Hall, Sailors then split into two groups and moved first toward the rear of the building and sweeping toward the front, finally resting out front of the bank building. As an added bonus and a way to maintain hydration, Bickham purchased water for those Sailors in attendance.

The project was created for Sailors to take pride in their surrounding areas while giving them a sense of purpose in their community as they maintain cleanliness in the spaces which they occupy. In an effort



Sailors from USS Theodore Roosevelt (CVN 71) pick up trash near the Bank Building, Huntington Hall and the parking garage as part of a community relations project.

Photo by MC3 Sandra Pimentel



Sailors from USS Theodore Roosevelt (CVN 71) pick up trash as part of a community relations project designed to clean up the areas closest to the TR.

Photo by MC3 Sandra Pimentel

to sustain the project, TR's First Class Petty Officer Association (FCPOA) and Second Class Petty Officer Association (SCPOA) will be managing and maintaining its progress.

"By doing this we help to reduce the Navy's footprint," said Aircrew Survival Equipmentman 1st Class (AW) Jason Etheridge, FCPOA President. "We hope to leave the area better than we found it."

For those interested in getting involved, they can sign up in the Library Media Resource Center (LMRC) located on the 3rd Deck of the Floating Accommodation Facility. All individuals looking to participate must route a chit through their chain of command prior to the actual event.

"I think we could show the community what Navy pride looks like," said Bickham. "Show them what Navy standards really are."

For more information on upcoming COMRELS stop by LMRC or refer to the Plan of the Day.

# Photo of the Week



Aviation Ordnanceman 1st Class (AW/SW) Darius Christian, USS Theodore Roosevelt's (CVN 71) Continuous Process Improvement division leading petty officer, explains to Medical Department how Continuous Process Improvement works.

Photo by MC3 Sandra Pimentel

## ANNOUNCEMENTS — From the TR —

### MANDATORY CAC LOG-IN

Effective Aug. 16 TR will enforce CAC login command-wide for all network computers. When the change goes into effect, users will no longer be able to login with a username and password. Please contact Personnel Department in the bank building if you need to reset your CAC PIN.

### MEMBERS WANTED

The TR Diversity Team is looking for new members. If you are creative and have great ideas to help teach the crew about diversity then bring them to the Diversity Team. Route a special request chit through your chain of command requesting permission to join and give to HM1 Pamela Patterson or ABE1 Antonio Williams.

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