

**Personal Space:  
What to Expect at CMA**

**XO Holds Sexual Assault  
Prevention Training**

USS THEODORE ROOSEVELT

# ROUGH RIDER



**CHARGE!**

**SPRING**

**PRT**

**2012**

# TR Kicks off Spring PRT

Story and Photos by MC3 William McCann

*USS Theodore Roosevelt Public Affairs*

It's here, it's not going away and the only way past it is to tuck your chin and charge straight through it with everything you have. It is the 2012 Physical Readiness Test that rears its ugly head twice a year and eats alive those

whom are not prepared to do battle with it. The PRT officially started on April 16 and will conclude on May 11.

For some, it seems that they were "made for greatness," ready to PT since they were born. For others, it is a constant battle of epic proportions to do well in the PRT every year.

the BCA (Body Composition Assessment) portion of the PRT, and as everyone knows, a BCA failure is a PRT failure. Any sailor that fails the BCA portion of the PRT will not be allowed to participate in the PRT according to US Navy regulations.

It would be advisable to any Sailor to not go for the BCA or PRT until they feel they are absolutely sure they are prepared. "Don't go unless you know you're ready," advised the Command Fitness Leader LCDR Tony Cowart, "When you come to me, it's the real deal."

Defeating the monster that goes by the name, PRT and its minion, BCA, takes courage, willpower, and the drive to improve oneself. So put your war paint on your game face and go for the kill, the PRT is a demon that always comes for you, even if you are not prepared it.

*Photos: Aviation Boatswain's Mate (Handling) 3rd Class (AW) Vandyke Ebbin, Aviation Ordnanceman Airman Henry Estrada, and Gunner's Mate 3rd Class Kelvin Rodriguez participate in the Physical Readiness Test April 19.*

For last minute tips on how to tackle this year's PRT, listen to wise words of wisdom from TR's Fitboss, Marley C. Oldham, "The day before your weigh in, limit your sodium intake as well as your carbs."

Another note of interest from Fitboss: No heavy abdominal workouts. It will inflame your abs and hurt you if you have to get taped.

There have been 6 failures already since the start of



# KNOW YOUR RATE: *AB*

Story by MCSN Andrew Sulayao

*USS Theodore Roosevelt Public Affairs*

The Navy is known for its superior power at sea with its ships and aircraft. Aviation is a key part in the success in today's Navy. Naval Aviators and Flight Officers are known to control the aviation itself, but who guides and prepares those pilots?

The Navy's Aviation Boatswain's Mates (AB) do.

According to [history.navy.mil](http://history.navy.mil), the years following World War I saw a rapid development in aviation as technology was rapidly advancing and the beginning of the carrier fleet arose. As a result, the first full-fledged aviation ratings were introduced on July 7, 1921. These included Aviation Carpenter's Mate, Aviation Machinist's Mate, Aviation Metal-smith and Aviation Rigger.

As World War II approached in June 1940, Congress approved the immediate purchase of 13,000 naval aircraft (originally 4,500) that year. Because of the need for Sailors to guide these aircraft, the rating of AB was established on September 6, 1944.

By September 1945, naval air power consisted of 437,000 personnel, more than 10 aircraft carriers and 41,000 planes. 1945 also marked the year of the first jet landing on a carrier, made by Lt. Cmdr. Eric "Winkle" Brown, who landed on HMS Ocean on

December 3. The first mass operation of jets from a carrier took place in 1948 on the USS Boxer. Since then, science and technology advanced greatly, which leads to the success of naval aviation today.

Because of the complexity and the amount of teamwork needed for any type of aircraft to be controlled on a ship, there are three specializations for ABs: ABE (Equipment), ABF (Fueling), and ABH (Handling). ABEs perform aircraft handling duties related to the operation of launching and recovery equipment. ABFs operate fueling equipment and maintain fuel quality for aircraft. ABHs direct the movement for launch and recovery. However, even with the differing specializations, all ABs work together for the job at hand – to recover the aircraft safely and efficiently.

"Our job is one of the most dangerous jobs in the Navy," said Aviation Boatswain's Mate (Equipment) William Bird. "It's hard

work to get a jet on and off a boat safely, but as ABs we put that aside because everybody's life is in the hands of the team."

With undivided attention and focus at the task at hand necessary to accomplish their jobs, the rate of AB can be difficult – but rewarding.

"For pilots to do their task, they need ABs for either fuel, maintenance, and/or launch and recovery," said Aviation Boatswain's Mate (Handling) Janet Salas. "It's a team effort that's worth it at the end of the day – nothing can compare to the adrenaline of just being on the flight deck while all of the action is going on."



Stock image courtesy of [history.navy.mil](http://history.navy.mil).

# 10.8 Cubic Feet

Story by MC3 (SW) Sean Weir

*USS Theodore Roosevelt Public Affairs*

**Crew move aboard (CMA), scheduled to start May 20, will bring many changes for Sailors from USS Theodore Roosevelt (CVN 71).**

One of the biggest changes for the Sailors currently living at Huntington Hall, Portsmouth barracks or PPV will be moving from a very spacious living environment to a cramped by comparison berthing aboard the ship,

CMA will affect everyone in some shape or form but it will have the most impact on those junior Sailors who don't receive BAH and don't live out in town.

"Many of these Sailors who are living in housing are green to the navy and have never lived on a carrier," said Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Gerard Dindial, leading petty officer of TR's Housing Department. "They don't realize how much space they actually have, with the personal locker space [at Huntington Hall] being about 5 times as big as the ship. Their 50" TV screen won't work for the berthing on the ship--all the electronics are going to have to be



## Amount of Storage Space on the Ship

*Trunk Space of an  
average compact car:  
12.5ft<sup>3</sup>*

**Rack Space:**  
77.5" x 27" x 6.25"

**Locker Space (Top Racks):**  
20.5" x 35.5" x 15.75"

**Locker Space (Bottom Racks):**  
20.5" x 35.5" x 6.875"

*Room in a seabag:  
About 4.5 ft<sup>3</sup>*

### **Plan Accordingly!**

inspected and approved to be on the ship."

The smart thing to do would be to begin preparing now. Take a good look at what you own and figure out what you can take with you what you may want to lock up in storage or even sell.

"I suggest Sailors look at what they have and figure out what they really need," said Dindial. "They should try to get with another Sailor, someone who has been on deployment, and figure out what will fit and what won't fit in their allotted storage space."

"Something a lot of people take for granted is not locking their stuff up. They know their roommates now, but when you're going from three

roommates to up to 50 roommates, you don't know everyone and you can't trust everyone. You need to lock up your stuff," said Dindial.

Sailors also need to know the ship's senior leadership will be inspecting the berthings on a constant basis so they will have to be much more thorough with their cleanliness, said Dindial

"This is going to be a process when Sailors are going to have to adapt," said Dindial. "You're going to have to fit your full sea bag into your locker and then see what you can fit in with it. It's going to come down to how organized you are. Living on the ship is completely different. We're in the navy. It's a way of life. It's what we do: we adapt."



# XO Leads the SAPR Charge

Story and photo by MC3 Kimberly Romanowski  
*USS Theodore Roosevelt Public Affairs*

As part of the Navy's Sexual Assault Awareness Month campaign, Cmdr. Mark J. Colombo directed the training as part of a comprehensive review of the command's SAPR programs.

"In addition to the training we are providing each of our Sailors as part of the Navy's Sexual Assault Awareness Month, I wanted to take the time to review our command programs with the core cadre of experts charged with training, preventing, and responding to sexual assaults," said Colombo.

Participants in the high-level discussion included command SAPR representatives, victim advocates, religious ministries, legal, medical, DAPA, NCIS and public affairs personnel.

"Every person in this room plays a role in either training, preventing, or responding to a sexual assault," said Colombo. "To the extent that sexual assault is an attack on a Sailor, I want to make sure we clearly understand our respective roles and have the programs in place to ensure we can adequately address this important issue."

"Prevention and response are equally important in the SAPR program," added Colombo. "In a perfect world, we would focus all of our efforts on successfully preventing sexual assaults, thus eliminating the need for a response capability. Regrettably, we can't rely on the ideal scenario, so we need to be prepared to properly respond to sexual assaults as well, with the primary focus on supporting the victim."

In an effort to achieve 100 percent training for every Sailor, SAPR representatives are also participating in deckplate training with each of the 18 departments aboard Theodoere Roosevelt. The biggest push from the ship's leadership is for Sailors to have a plan and stick with it when on liberty.

"Prevention is key, and intervention is big," said Chief Electronics Technician (SW/IDW) Latoya R Blaine. "The more people see it and more people stop it from happening the less cases we will have."

"If you see a person trying to take your Shipmate out of that plan, you need to have the courage to stand up and stop it," said Blaine. "Bystander intervention is key

for successful prevention."

Theodore Roosevelt is also spreading the word throughout the ship with a comprehensive internal strategic communication plan to promote awareness about sexual assault.

"Action will let others know that sexual assault can happen to them - this will help prevent it," said Blaine. "People will start being more aware of their surroundings and looking for signs when they are on liberty. They will start looking out for their shipmates' best interests without compromising fun."

"We can't save everyone, but if we can save one person, then this training is not wasted," said Blaine. "We want to be there for those who are affected, we want to say, 'we want to help you, Shipmate.' We want others to know the resources that are available, because that emotional burden may be with you for the rest of your life, and it could be our burden too."

Sexual assault prevention and response is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps. The Department of the Navy is working to aggressively prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.



Cmdr. Mark J. Colombo, USS Theodore Roosevelt's (CVN 71) Executive Officer, conducts sexual assault prevention training to promote the Navy's Sexual Assault Awareness month campaign.

# RROW: YN3 (SW) Ariel Jackson

Story by MCSN (SW) John Paul Kotara

*USS Theodore Roosevelt Public Affairs*

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Yeoman 3rd Class (SW) Ariel Jalisa Jackson, who works in Deck department's 1st Division.

Jackson, a native of Fayetteville, N.C., joined the Navy in October 27, 2009 to further her education and to see the world.

Working as a yeoman in Deck department, Jackson said her main responsibilities include daily accountability of 87 personnel to include muster report, NFAAS, UTRINS, training record updates and EVAL, and Award inputs.

In addition to her primary duties, Jackson is also the departmental Career Counselor, Sponsor Coordinator, and Assistant Departmental Readiness Coordinator.

"I do the best of my ability to go above and beyond what is required of me," said Jackson. "I am still excited and surprised I was pick as the RROW." As the Departmental Career Counselor during the March 2012 advancement cycle she ensured all Fleet Ride application were submitted and 14 Seamen were approved for the Navy Wide Advancement test, while processing three reenlistment chits.

Jackson's hard work has not gone

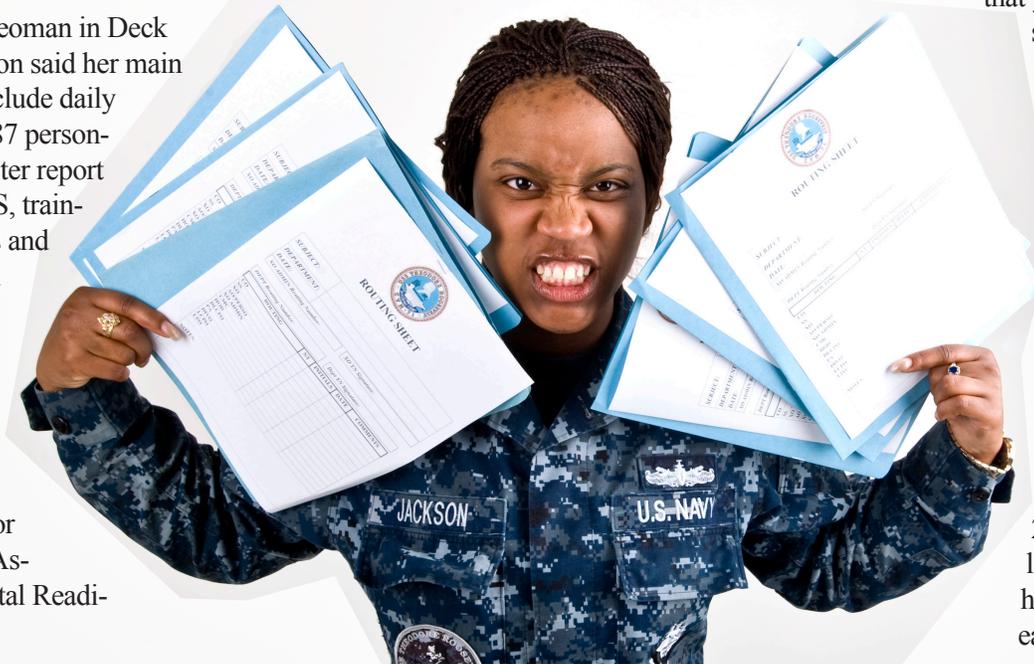
unnoticed by her chain-of-command. Senior Chief Boatswain's Mate Nathan E. Dalton said Jackson is a model sailor who can be relied upon to complete the most complex task with limited supervision.

On her free time Jackson likes to go to the gym and keep and shape. She also works a second job which keeps her busy.

"I try to do everything I can," said

Jackson. "Don't let anyone tell you that you cannot do something, go for it anyway."

Looking to the future Jackson is not sure if she will make the Navy a career but would like to make 2nd class before she leaves the command in 2014 and would like to pursue her degree in early childhood



# Sailor of the Year Rocks the NorVa

Story by MCSN Andrew Sulayao  
*USS Theodore Roosevelt Public Affairs*



Cureton (left) poses with his band.

Many people know Electronics Technician 2nd Class (SW/AW) Joel Cureton as USS Theodore Roosevelt's (CVN 71) very own 2011 Junior Sailor of the Year.

Others know him as the guitarist of Solemn Flight, a local traditional alternative acoustic band in the Hampton Roads area. On April 28, Solemn Flight will be performing at the NorVa in Norfolk, a music venue who normally books national tour full band acts.

According to Cureton, Solemn Flight was created by his wife Julia Butler, Cureton and friend Steve Campell. While Cureton and Campell were stationed in Sasebo, Japan onboard USS Essex (LHD 2), they would write music and record it for Butler in Cureton's hometown, Dyersburg, Tenn. Butler has been writing lyrics and singing for a while, and in combination with the

music provided, the music came together after Butler and Cureton married in March 2010. For a year, Solemn Flight played numerous shows in Sasebo and now plays multiple shows a week in the Hampton Roads area.

One day, the NorVa needed a Saturday night slot filled. Kevin Ramey, a local music booking agent/manager came to Solemn Flight for the offer. After setting up the show with NorVa's booking agent, Solemn Flight is set to perform April 28.

"We got lucky when a Saturday opened up short notice," said Cureton. "The NorVa does not normally (if ever) do acoustic shows. When Kevin came to us, we had to accept unconditionally."

Solemn Flight is slated to perform 7 p.m. Saturday, April 28 at the NorVa on 317 Monticello Avenue, Norfolk, Va.

# TR PHOTO SHOWCASE

Rear Admiral (Upper Half) Ted N. Branch, Commander, Naval Air Force Atlantic, visits the crew of USS Theodore Roosevelt (CVN 71) April 19.

Photos by MCSN (SW) John Paul Kotara  
(Badges altered for security purposes)



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