

February 25, 2011

ANTI-BULLYING AT CAMPOSTELLA
TR Sailors speak to elementary school students

MOTORCYCLE SAFETY
Annual safety brief kicks off season

USS THEODORE ROOSEVELT

ROUGH RIDER



TR's award-winning
Chefs show what makes
them the **BEST
MESS
AROUND**

Rough Rider of the Week: RP3 Crystal Castro

By MCSN Sean Hurt

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Religious Programs Specialist 3rd Class Crystal Castro from Command Religious Ministries Department (CRMD).

Castro, a native of the U.S. territory of Guam, joined the Navy in June 2007 to further her education and travel the world.

She reported to TR in Dec. 2007 for her first duty station as an undesignated fireman, hoping to strike as an electrician's mate. After working one-and-a-half years in Damage Control division, she decided to strike for religious programs specialist.

"I decided to become an RP because I like helping people," Castro said. "If I can help even one person feel better, then I'll feel good about myself and my job."

Castro is CRMD's Repair Parts Petty Officer. She manages all of the department's supplies as well as a \$36,000 annual budget. She also manages appoint-

ment schedules for three chaplains to ensure TR personnel have access to religious counseling.

Castro managed TR's community relations projects in 2010 when TR was awarded the Personal Excellence Award for community service.

"I think I was selected because I am a dependable hard worker," said Castro. "Even though I am the most junior third class in my department, I can always be counted on to tackle the hardest jobs. I make it known that I

can run the show."

Castro has impressed her chain of command with her motivation and hard work.

"[Castro] is an outstanding Sailor," said

Machinist's Mate First Class Rory Rice, Castro's supervisor. "She always has a positive attitude and is willing to go the extra mile. No matter how hard it gets, she always has a smile on her face."

Castro said her motivation to work hard comes from seeing the world around her.

"At the end of the day, somebody always has it worse than I do," she said. "I'm happy to be where I am today, and that's what drives me."

Outside of work, Castro enjoys cooking Asian and native Guamanian cuisine.



TR Sailors Host Anti-Bullying Assembly



Cmdr. Richard D. Jones, Assistant Air Officer of USS Theodore Roosevelt (CVN 71), listens as students respond to a scenario during a bullying panel discussion at Campostella Elementary School in Norfolk, Va. Jones served as a moderator during the school's bullying assembly, while other TR Sailors sat on the panel.

Photo by MCSN Sandra Pimentel

By MCSN Sandra Pimentel

USS Theodore Roosevelt (CVN 71) Sailors partnered with Campostella Elementary School staff during an assembly, Feb. 17, in Norfolk, Va., to address bullying in schools.

In attendance were students and Sailors who participated in an interactive video and judging panel.

"The children are our future," said Cmdr. Richard D. Jones, TR's Air Department assistant air officer. "Interacting and sharing the information with them while they are

young is everyone's responsibility."

The goal of the assembly was to educate children in the different ways to handle a bully situation and the effects it can have on a child.

"TR and Campostella have had a long standing relationship," said Jones. "Our participation helps bring the Navy and the Norfolk County School system together."

The videos showed four different scenarios in which Sailors played both the bullies and

the victims. During the video, Jones addressed the students and Sailors as to whether the scenarios presented were in fact bullying or horseplay. This allowed for students to ask questions and give feedback on personal situations where bullying was present.

"It was good to learn how bullying could affect you," said Angellee Hayes, a fifth grader at Campostella. "I liked the video and was happy the Sailors came; they made it fun."

One Sailor, who

was depicted as both the victim and the bully, felt proud to help in the making of the video.

"I think that having this kind of learning for the children so young is great," said Yeoman 2nd Class (SW/AW) Sheena Taylor. "It helps them become comfortable enough to talk to an adult when something happens."

"If you are being bullied you should tell someone," said Hayes. "Children should never feel helpless. They need to know that they can go to anyone they trust, a parent, teacher or even the janitor."

Norfolk Public School District Superintendent, Dr. Richard Bentley, and Campostella's principal, Dr. Laguna Foster, said they hope the program will filter to neighboring schools, and throughout the school system itself.

"I appreciate the Navy being present," said Bentley. "My son is in the military, and I know how important service is."

Bullying has become a national issue. This is one way TR is attempting to reach out to the community and help alleviate the problem.



**BEST MESS
SERVES
BEST SAILORS**

By MCSN Sandra Pimentel

The culinary specialists aboard USS Theodore Roosevelt (CVN 71) continue their level of excellence by hosting a monthly departmental breakfast Feb. 23, in the galley on the Floating Accommodation Facility (FAF) in Newport News, Va.

The idea for the monthly meal was created by Chief Warrant Officer Eugene Chestnutt, TR's food service officer, as an opportunity for all the departments aboard ship to award Sailors for their outstanding performance. The event also provided an opportunity for TR's food service personnel to practice skills they will need for when the ship returns to sea.

"We practice daily, cooking meals for the ship," said Culinary Specialist 1st Class (SW/AW) Steven Sidebottom. "There are certain things we don't get to practice very much while being in dry dock, such as presentation of the meals, fine-dining set-up, and customer service etiquette. This breakfast provides an opportunity to bring all the elements together and boost morale at the same time."

TR's food service personnel recently accepted an award for winning a charity competition called Best of the Mess, in which they competed against five other commands in Virginia Beach, Va. Feb. 11.

Once a month, each department takes turn in selecting individual Sailors. This month, Sailors from Combat Systems Department were selected to enjoy breakfast and fine service provided in recognition of a job well done, said Sidebottom.

With nods of appreciation, Sailors enjoyed pastries, omelets, sausage, orange juice and fresh coffee.

"The breakfast was good," said Interior Communications Electrician 3rd Class (SW) Adam Armstrong. "It was different to sit down and have someone wait on me. That was the first time that has happened to me since being on the ship."

As TR's crew works through the remaining months of Refueling Complex Overhaul, the Sailors in food service will continue to maintain high levels of customer service and culinary treats.



1. Interior Communications Electrician Fireman Adalberto Sosa, from Combat Systems Department, enjoys a departmental breakfast prepared by the Culinary Specialists aboard USS Theodore Roosevelt (CVN 71) Feb. 23.
2. Culinary Specialist 2nd Class (SW) Angel Vasquezvelez prepares dishes for a departmental breakfast Feb. 23. The breakfast is a monthly event hosted by the food service personnel.
3. A Culinary Specialist takes Sailors' orders from TR's Combat Systems Department during a departmental breakfast.
4. Culinary Specialist 2nd Class Gabrielle Samuel lays out pieces of fruit on dishes during a departmental breakfast Feb. 23.

Spiritual Fitness: Strengthening Spiritual Muscles

By Lt. David Daigle

We've been hearing about the upcoming physical health assessment (PHA) in the Plan of the Day for a while now. Before long, it'll be time once again to test fitness and endurance. The Navy measures us to see if we are in standards and in good physical shape. Even now, we are encouraged to get ready for the PHA by working out and being physically active.

In getting ready for the PHA, there is a price to be paid—a commitment we need to make. Day by day, we have to make a commitment to be fit in body.

In much the same way, we can think of getting spiritually fit. Just like the body, now is the time to work out our

spiritual muscles and be spiritual active.

In getting ready for the PHA, many Sailors will go to a gym to exercise, maintain a strict diet, and solicit the aid of accountability partners. Similar steps are taken by those desiring to grow spiritually. Like exercising our body on a regular basis, we need to exercise our "spiritual muscles" on a regular basis. To grow spiritually requires regular time set aside for reading, praying, and worship at church.

The key to exercising our body is to do it every day, even if at times you can't always make it to the gym consistently. It is the individual who makes the decision to exercise. It does not

happen by osmosis—laying the exercise video on your body and thinking that your stomach will magically get smaller, or going to the gym and watching everybody else exercise.

The same is true for us to grow spiritually. We must take positive steps toward spiritual growth. This means doing more than just watching a preacher on TV or dropping by church every once in awhile. After all, just as going to the gym to exercise can help you lose weight and gain muscles easier and quicker, so, in similar fashion, going to church for worship services can help you build your spiritual muscles quicker and easier.

Bottom line: if Sailors start

now with an exercise routine that is consistent, those Sailors will lose fat tissue and build muscle. Thus, when the time comes for the PHA they will perform well. Moreover, they will be able to look into the mirror and see how much their bodies have improved: giving themselves something to feel good about and celebrate.

Similarly, if a Sailor starts and stays on the path of spiritual growth, and consistently applies spiritual principles and practices in his/her life, he/she is guaranteed to become spiritually mature. By building their spiritual muscles, such Sailors are able to look into the mirror and behold God's image more fully reflected there. Now, that's certainly worth celebrating!



PHOTO FIND

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

1. A Hammer
2. A Bowling Pin
3. A Knife
4. A Penny
5. Batman
6. A Ruler
7. A Key
8. An Eagle
9. A Ring
10. A Baseball Bat
11. The Letter 'T'
12. Pin-up Girl
13. A Pistol
14. An Up Arrow
15. A Cane
16. TR The Man

Aviation Boatswain's Mate (Handling) 2nd Class (AW/SW) George Schmidt re-enlists aboard USS Wisconsin at the Nauticus Museum in Norfolk, Va. Feb. 17.

Photo by MCSN Jennifer Castillo

Motorcycle Safety Revs Up TR

By MCSN
Christopher Church

While most of the country was being pelted with snow, USS Theodore Roosevelt (CVN-71) started gearing up for motorcycle season. TR held its annual kick off brief, Feb. 23, preparing for the first command motorcycle ride of 2011.

The briefing was to teach all Sailors the safety concerns and requirements needed to participate in the motorcycle rodeo scheduled for March 4.

“The goal of the event is to go out safely, come back safely and learn something,” said Cmdr. Richard Norvell, TR’s safety officer.

TR is expecting approximately 150 Sailors to attend the March motorcycle ride. Last year, TR won the Sewell’s Point Safety Participation Award and is hoping to repeat this year.

“The brief was important



Cmdr. Richard Norvell goes over safety tips and specific hand signals for motorcyclists during USS Theodore Roosevelt’s (CVN 71) annual kick off brief Feb. 23. The brief is held yearly to prepare TR Sailors for the upcoming motorcycle season starting with the motorcycle rodeo scheduled for March 4.

Photo by MC3 Christopher Church

to attend because riding by yourself is different than riding with a group,” said Culinary Specialist 3rd Class Larisha Davis, one of the motorcycle riders attending the event. “There’s a lot you need to know about turning, braking and keeping consistent speed while riding with a group.”

All Sailors must complete the Navy’s Basic Rider’s Course to participate in the event. Sailors also need to complete the Sport Bike Rider’s Course if they are using a sport motorcycle.

Each Sailor is responsible for bringing an up-to-date maintained motorcycle and the proper protective gear.

“Over the long winter, bikes have been in storage,” said Norvell. “We want to make sure they have been checked for any new maintenance, and all the riders have the proper helmets, gloves, boots and gear.”

The briefing not only emphasized safety, it also explained the fun and informative experience the group motorcycle ride can

provide.

“The best thing about the ride is we get all the Sailors out together with the purpose of safety and training,” Norvell explained. “There is also camaraderie, and the varying degree of experience can provide teaching lessons for the new riders.”

TR’s command rides are held monthly from March through November and are open to all personnel of any motorcycle skill level. For more information regarding motorcycle safety, see TR’s Plan of the Day.

Photo of the Week



Congressional staff members from the House Armed Services Committee (HASC) toured the Northrop Grumman Newport News Shipbuilding site Feb. 22 in Newport News, Va. The tour, led by USS Theodore Roosevelt's (CVN 71) Executive Officer Capt. Douglas Verissimo, Todd West and Dan Klemencic from NGNN, viewed sites from the aft drydock, to the the flight deck.

Photo by MCSN Sandra Pimentel

MWR Upcoming Events

Mega BINGO

BINGO at the Newport News Ship Yard drydock club featuring six \$1,000 winners, multiple \$500 winners and plenty of door prizes.

Games start at 7 p.m. March 15. Advanced ticket sale ends March 14. \$80 per person. Call 396-2660 for details.

Golf Tournament

Eagle Haven Icicle Open at Joint Expeditionary Base Little Creek's Eagle Haven Golf Course Feb. 26.

Nine-hole, four-person tournament event. 10 a.m. tee time. Sign up at the club's pro shop or call 757-462-8526.

\$20 per person
\$25 per guest

Ski Trip

The Naval Station Norfolk Liberty program has some great trips coming up for the new year starting with two ski trips to Wintergreen Resort, Feb. 26.

E1-E3 \$55

E4-E6 \$65

E7- Up \$85

Guests \$95

Cost includes transportation, ski or board rental, and lift ticket.

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