

TR'S FOOD DRIVE A SUCCESS

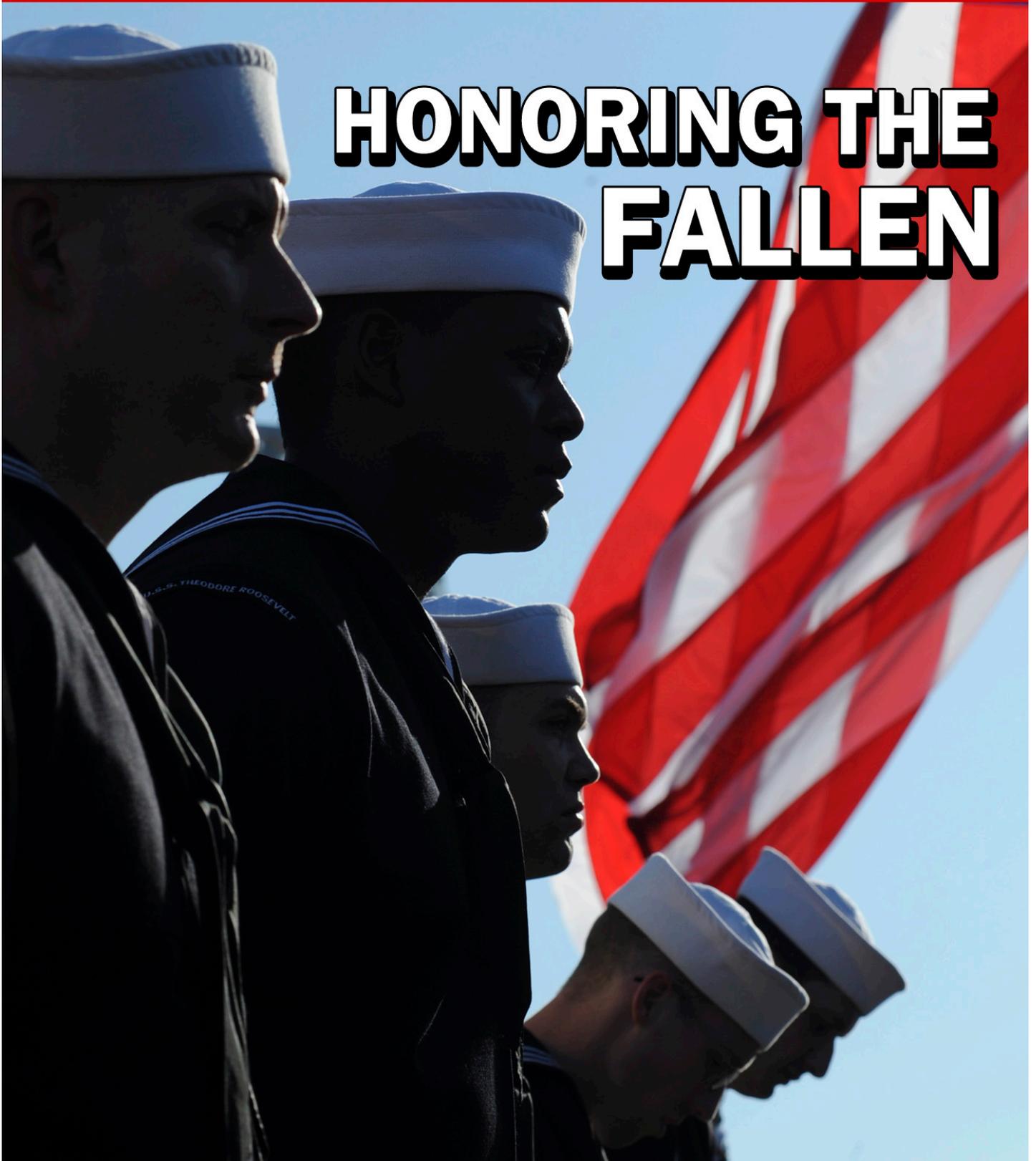
TR meets 1,000 lbs. goal for Feds Feed Families food drive

LABOR DAY WEEKEND SAFETY TIPS

Advice to make your weekend holiday a good one

USS THEODORE ROOSEVELT
ROUGH RIDER

**HONORING THE
FALLEN**



Rough Rider of the Week: CTR3 (SW) Pennington

By MC2 (EXW) Joey Morgon

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the week is Cryptologic Technician Collection 3rd Class (SW) Robert Pennington from Operations Department, currently temporarily assigned to the ship's Security Reaction Force (SRF).

Pennington, a native of Beaufort, S.C., joined the Navy in May 2010 and was assigned to TR after completing 'A' school.

Pennington says his family's influence is what helped him decide to join the military.

"My dad was in the Marines and most of my family has served," said Pennington. "I've spent my whole life around the military and when it was my turn to join up it just seemed obvious."

While with his parent department, Pennington earned the trust of his chain-of-command by being a hard working Sailor who stood out by taking on the collateral duty of divisional Physical Training Coordinator. In that role, Pennington implemented a weekly training challenge that improved his division's physical fitness and morale.

Since being assigned to SRF, Pennington has continued to impress his supervisors with his work ethic and drive.

"He's a top of the line third class," said Aviation Ordnanceman 1st Class (AW) Dan Merrick, Pennington's watch commander. "He is a poster child for the Navy."

In SRF, Pennington is tasked with reacting to any casualty the ship may experience.

"I'm standing a watch that is stationed that if something goes wrong I'll be there to respond immediately," said Pennington. "Right now I'm working towards getting my Chief of the Guard qualification so I can have more

responsibility within SRF."

According to Merrick, it won't be long before Pennington gets what he wants.

"If I had a whole work center of guys like Pennington I would never have to come to work," said Merrick.

In his spare time Pennington enjoys outdoor activities like camping and hunting.



TR Sailors feed families with over 1,000 lbs. of food

By MCSN Cory Asato

USS Theodore Roosevelt's First Class Petty Officers Association (FCPOA) and Second Class Petty Officers Association (SCPOA) ended their food drive Aug. 31.

FCPOA and SCPOA personnel collected non-perishable food items at the main entrance to the parking garage in support of the Feds Feed Families national food campaign.

"We were [intent] on keeping it convenient for TR Sailors," said Aviation Ordnanceman 1st Class (AW) Terrance Raymond, TR FCPOA's public affairs officer. "We held the collections at the entrance of the parking garage so that Sailors could easily drop off their canned-goods before

work [every morning for two weeks]."

The FCPOA and SCPOA held a meeting to organize the ship's food drive in support of the program which has a national goal of more than 2,000,000 lbs.

"Our goal ended up being 1,000 lbs.," said Raymond

The FCPOA and SCPOA counted on

Sailors being able to donate a can each since TR has more than 2,000

personnel currently on board.

"I'm confident that our Sailors had it in their hearts to not only help us meet our goal, but to help others to feed their families," said Parachute Survival Equipmentman 1st Class (AW/SW) Jason Etheridge.

Sailors gave everything from dried pastas and sauces to soups, vegetables, fruits, meats and mashed potatoes. Some Sailors showed up with



Aviation Ordnanceman 1st Class (AW) Terrance Raymond drops off the last of USS Theodore Roosevelt's (CVN 71) food drive donations at the Norfolk Food Bank.

Photo by MC3 Sandra Pimentel



Aviation Ordnanceman 1st Class (AW) Terrance Raymond unloads food donated as part of the Feds Feed Families food drive.

Photo by MC3 Sandra Pimentel

bags and boxes full of canned goods.

"The last drop off brought TR's total donations to more than 1,000 lbs.," said Raymond.

The FCPOA and SCPOA appreciate the whole-hearted-generosity of TR's Sailors and their support of the food drive campaign.

"I know what kind of Sailors we have on board," said Etheridge. "The 'Big Stick' can step up."



**HONOR OUR
FALLEN**

**REMEMBER
THEIR
SACRIFICE**

By MCSN John Kotara

More than 1000 Sailors from USS Theodore Roosevelt (CVN 71) participated in a ceremonial event to honor the 17 fallen SEAL Team SIX members who were shot down last month in Wardak Province, Afghanistan Aug. 25 at the Virginia Beach Convention Center.

TR Sailors lined up in waves for the opportunity to volunteer at the event honoring the Navy heroes.

“I thought it was great that TR showed up to pay respects to the men who gave such a huge price,” said Aviation Ordnanceman 1st Class (AW) Daniel C. Merrick.

The Sailors showed their support with the long standing naval tradition of “manning the rails” outside the Convention Center in remembrance of the fallen heroes.

“I was devastated when I heard the news,” said Aviation Ordnanceman Airman April Cornell, “One fallen member is too many, and more than one is a tragedy.”

The ceremony was kept to a private setting allowing only service members and those who knew the fallen members to enter.

The Sailors stood alongside the streets for approximately one and a half hours as the family and official party members arrived. One-by-one, bus-by-bus, the family and friends arrived to see Sailors standing at attention, showing the pride and camaraderie displayed in all military branches.

“We wanted to show the families that they not only have support from within their own community, but they also have support from within the Navy,” said Merrick

With the last of the family member’s arrival, and the start of the ceremony, the Sailors departed the ceremony proud that they were given the opportunity to pay their tributes to the heroes who gave the ultimate sacrifice.

“TR and crew give our condolences to the families out there and we are sorry for their loss.” said Merrick, “and our prayers go out to the families.”



1.



2.



3.

1. Sailors from USS Theodore Roosevelt (CVN 71) and members of the Hampton Roads community line the streets to attend SEAL Team Six’s homecoming.

2. Sailors from TR honor the arrival of SEAL Team SIX by manning the rails.

3. Sailors from TR await the arrival of SEAL Team SIX team members during a ceremony honoring the Navy SEALs.

Photos by MCSN John Kotara

Obama speaks on 91st anniversary of women's right to vote

By MC3 Sandra Pimentel

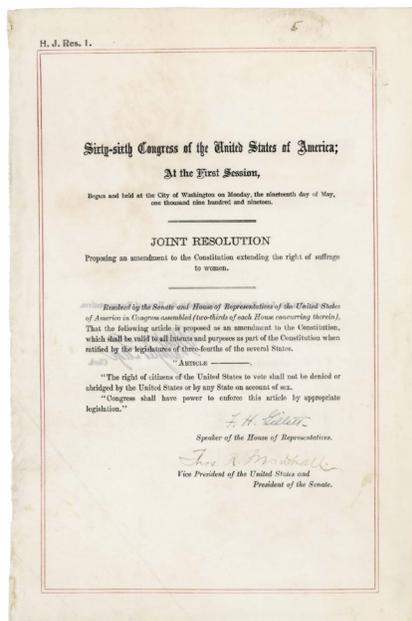
President Barack Obama declared Aug. 26 the 91st anniversary of the Constitutional amendment that granted women the right to vote.

In the U.S. women were given the right to vote on Aug. 26, 1920, when the 19th Amendment to the United States Constitution was certified. The amendment was first introduced many years earlier in 1878. Every president to this date has published a proclamation for Women's Equality Day since 1971 when legislation was first introduced in Congress by Bella Abzug.

Obama gave his proclamation on the day marking the 91st anniversary of the end of women's suffrage.

"I call upon the people of

the United States to celebrate the achievements of women and



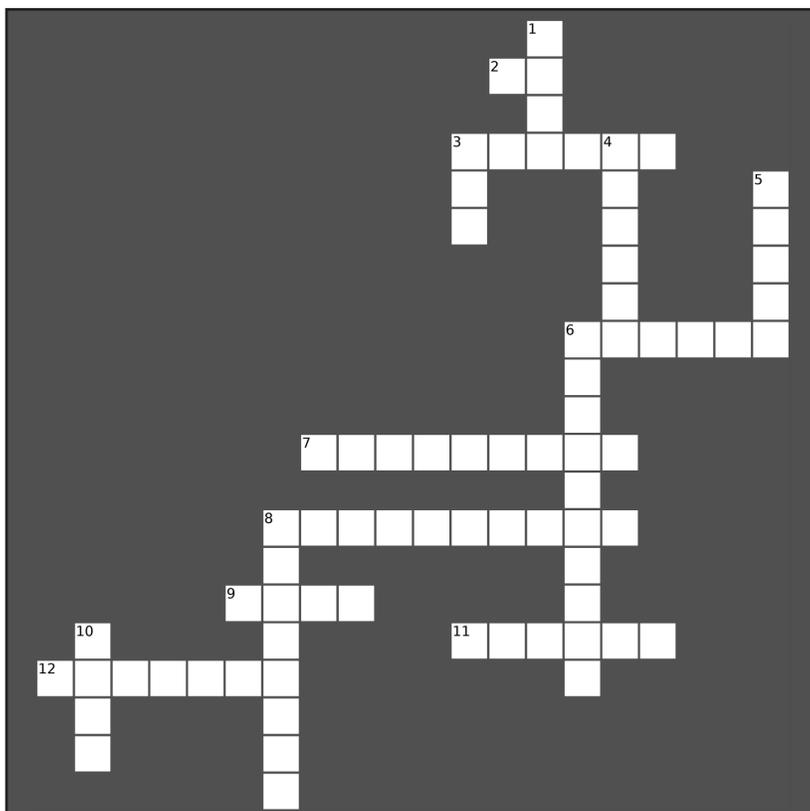
recommit ourselves to the goal of gender equality in this country," Obama stated in the proclamation,

published by the White House, "The 19th Amendment to the United States Constitution tore down the last formal barrier to women's enfranchisement in our Nation and empowered America's women to have their voices heard in the halls of power.

"On the 91st anniversary of this landmark in civil rights, we continue to uphold the foundational American principles that we are all equal, and that each of us deserves a chance to pursue our dreams."

Women now represent one in four state legislators, 17 members of the Senate, three justices on the Supreme Court, 74 generals in the armed forces, and seven Cabinet-level positions in the Obama Administration.

ESWS CROSS WORD PUZZLE



Across

- 2. TR's 3-M manager.
- 3. CS-6.
- 6. Where the Boatswain Mate of the Watch stands watch.
- 7. A means of controlling off ship communications.
- 8. A category of HAZMAT.
- 9. Color of a classified MRC
- 11. Color of the warning shot in the anchor chain.
- 12. Used to pay in/pay out the anchor chain.

Down

- 1. 3-84-18-V is what type of space?
- 3. Weapons system with loadout of 21 missiles.
- 4. Emergency Water Activated _____ Patch.
- 5. Number of categories of classified information.
- 6. Quebec Flag
- 8. Where is the SLQ-25 located?
- 10. Weapons system with max range of 1n Mile.

How to have a fun and safe Labor Day Weekend

By MC3 Sean Weir

Labor Day Weekend marks the unofficial end of summer and is a holiday weekend that is often used for taking trips to the beach or having backyard barbecues for one last summer blowout.

“With it being a four day holiday weekend our concern is for Sailors to make it back on time, not drinking and driving, and overall, using proper operational risk management (ORM),” said Safety Department’s Leading Petty Officer Aviation Ordnanceman 1st Class (AW) Steven W. Bailey.

Last Labor Day weekend there were 38 reportable mishaps in the Navy, with 29 of those attributed to off-duty recreation activities. One Navy officer was killed in a motorcycle crash.

“Proper ORM should be implemented in any recreational activity,” said Bailey. “That includes water sports, boating, barbecues, driving and the use of any recreational vehicles such as ATVs or dirt bikes. Always use the proper personal protective equipment.

“Having a plan and sticking to it will usually prevent any incidents that are alcohol related. If you find yourself in a situation you didn’t plan on, please, use your safe ride card.”

If you plan to travel outside of the local area, use the Travel Risk Planning System (TRiPS) to enhance your chances for success on the road. To date, no naval personnel have died while traveling on a TRiPS-assessed journey.

Just because summer is drawing to a close, don’t feel like you have to pack an entire season’s worth of activities into one weekend. It’s better to do less and have a great time than to try to do it all and end up in the hospital.



TR’s emergency reaction procedures put to the test

By MC3 Sean Weir

Last week was unpredictable, with an uncharacteristic 5.8 earthquake to a category one hurricane, Sailors from USS Theodore Roosevelt (CVN 71) got firsthand experience when it came to natural catastrophe emergency procedures.

One procedure that was tested is accurate and timely ship-wide accountability.

“We tried to muster everyone by 9 a.m. on Sunday,” said Personnel Leading Chief Petty Officer Victor H. Gutierrez (SW/AW). “About 40 percent of the crew hit that goal which given the circumstances, such as loss of power and it being a Sunday, isn’t too bad.”

Gutierrez, who was one of the essential personnel for last week’s hurricane, was in charge of personnel accounting.

“The departments had their own phone trees,” said Gutierrez. “They

needed to notify their department heads for them to let us know so we could account for them through Navy Family Accountably and Assessment System (NFASS).”

NFAAS standardizes a method for the Navy to account, manage, and monitor the recovery process for personnel and their families affected or scattered by a wide-spread catastrophic event.

“The reason to update NFASS is it lets us know if you need to be mustered, or if your family needs to be accounted for,” said Gutierrez. “For instance, say two years ago your family lived here in Norfolk with you but they later move to California. In that case there is no need for NFASS to try to account for your family since they are no longer in the area; but if you never updated NFASS that is time wasted that could have been spent

helping people that are here.

“One thing that will definitely help and if we have another hurricane is Sailors need to realize that this is highly important and that they must log in to NFASS and muster.”

Gutierrez said that if departments become more proactive and provide training so all hands know what is expected from them as far as personal accountability, future situations when mustering is required will go much smoother.

“If you can’t access NFASS because of reasons like loss of power you need to find a way to contact your chain-of-command so they can muster you in NFASS,” said Gutierrez.

“Every Sailor must muster after a major situation. Whether it be a hurricane or earthquake, Sailors need to take their personal accountability as their own responsibility.”

Photo of the Week



Second Class Petty Officers from USS Theodore Roosevelt (CVN 71) take the E6 advancement exam at the Hampton Raads Convention Center Sept. 1.

Photo by MC2 Corey Hixson

Staff

Commanding Officer

Capt.
William Hart

Executive Officer

Capt.
Douglas Verissimo

Public Affairs Officer

Lt. Cmdr. Karen Eifert

Media Officer

Ensign Michael Larson

Senior Editor

MCC (SW/AW) Jerel Jones

Editor

MC2 (EXW) Joey Morgon
morgonjl@cvn71.navy.mil

Rough Rider Contributors

MC2 Corey Hixson
MC3 Sean Weir
MC3 Sandra Pimentel
MC3 Sean Hurt
MCSN John Kotara

Command Ombudsman

Ellasin Allen
edaomb71@msn.com
Jennifer Hood
cvn71ombudsman@yahoo.com

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UPCOMING EVENTS

— Teddy Bears for kids —

By MC3 (SW) Austin Rooney

More than 80 Sailors assigned to USS Theodore Roosevelt (CVN 71) are scheduled to deliver teddy bears to the Children's Hospital of the King's Daughters in Norfolk Sept. 7 to show their support for the local community.

All of the Sailors involved are part of the ship's Theodore Roosevelt Motorcycle Group, and plan to deliver the bears to the hospital via motorcycle.

Lt. Cmdr. Rodney Norton, TR's administrative officer and leader of the TR Motorcycle Group, said he hopes the children will enjoy the chance to see all of the motorcycles and to receive the free teddy bears.

"We wanted to take a chance to show the ship's support for our community and for these kids," said Norton. "The kids are cooped up in a hospital most of the time – I hope this will bring a little joy to them and brighten up



ANNOUNCEMENTS

MEDICAL IMMUNIZATIONS

All hands are required to get their influenza immunizations next week between Sept. 6-8. The immunizations will be given out in the Brown Bag area from 7:30 a.m. to 2:30 p.m.

TR SOCCER TEAM

The USS Theodore Roosevelt (CVN 71) soccer team will be holding tryouts Sept. 6-7 at 5: p.m. at the Huntington Hall field. Any Sailors interested in joining please call MC3 Christopher Church at 4-2352 or e-mail him at churchcj@cvn71.navy.mil.