

**ANNUAL SAFETY STANDDOWN**

Custom-made videos promote safety at standdown

**KEEPING THE GARDENS BEAUTIFUL**

TR Sailors volunteer at Norfolk Botanical Gardens

USS THEODORE ROOSEVELT  
**ROUGH RIDER**



**SWING FENCES**  
*FOR THE*

# Rough Rider of the Week: YNSN Miles

By MC3 Corey Hixson

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Administration Department's Yeoman Seaman Brittany Miles.

Miles, a native of Baltimore, Md., did not follow in her families footsteps when she joined the Navy. She is the first in her family to enlist in the military and may have started a new tradition. Her twin sister recently joined the Navy and Miles is basing her decision to make the Navy a career in part on what her sister's future plans are.

"I'll probably stay in," said Miles. "It depends on what my sister does because she just joined. She graduates next week from boot camp."

Miles said her family was very supportive of her decision to join the Navy. She also said they consider her to be the pride and joy of the family for her decision to serve her country.

Like her family, Miles' chain-of-command is also very fond of her dedication and work ethic. On a typical work day, Miles handles various forms of paperwork that are critical to the careers of her shipmates including awards, leave chits and screenings. Her leadership has been impressed with the work she has done so far.

"She's a hard charger," said Yeoman 2nd Class (SW) Terence Richardson, command security manager. "Miles hit the deck plates running as soon as she checked on board. Her professional appearance, her military bearing, she's on time, and she works hard at everything she does."

When Miles was asked why she felt her superiors selected her as Rough Rider of the Week, she replied with four simple

words.

"I get it done," said Miles.

Miles not only gets things done at work, she also enjoys doing a variety of off-duty activities during her free time.

"I love to eat," said Miles.

"I love to sleep, I love to watch TV, go shopping, go to the beach and watch movies. But, I really like to eat though."

Although Miles is unsure whether or not she wants to make the Navy a career, while stationed aboard TR, she has two main goals in mind.

"I want to make rank and go to school," said Miles.



# TR uses custom-made videos to promote safety

By MCSN Tyrell Morris

USS Theodore Roosevelt (CVN 71) kicked off its summer safety program by using a series of custom-made videos, produced by TR's Media department, which were presented to the crew at the command's annual safety standdown at the Hampton Convention Center, May 26.

This is TR's first safety standdown since the ship left dry dock and returned to the water May 21.

Every year TR has a safety standdown in June to co-inside with National Safety Month, highlighting safety concerns that can occur during the 101 critical days of summer. The primary objective of the all-day event is to address safety issues before they become serious problems.

The major difference in this year's safety stand down was the implementation of several media products used to convey the intended message instead of a program consisting solely of powerpoint presentations. TR is taking an educational video approach to ensure they reach as many Sailors as they can and keep their interest long enough to deliver the necessary information.

"It's a challenge to keep 2,000 people entertained for eight hours but programs like these are vital to the command because we can get as much info to the crew as possible in a relatively short period of time," said Cmdr. Richard Norvell, TR's safety officer.

Sailors from TR's Media Department produced a host videos to educate and entertain the crew during the safety stand down, which are now available on You Tube. The videos covered electrical safety and shipyard safety. These videos showed the possible dangers that can occur when the correct procedures are not followed. All of the videos featured TR Sailors in them as actors which helped to enhance the program and keep the attention of the audience.

The highlight of the stand down was the 8-minute video "Wizard of RCOH" (Refueling Complex Overhaul), a spin-off of the

classic movie "Wizard of Oz." The video follows Dorothy through a dream after she is knocked unconscious and awakes to find herself in the shipyard environment. She quickly sets out through the ship to find the Wizard of RCOH, played by TR's Chief Engineer Cmdr. Gunter Braun, who holds the secret to her safe return home. Along the way, she encounters many of author L. Frank Baum's familiar characters who teach her about slips, trips and falls, personal protective equipment and safety boundaries.

The safety stand down also allowed the command to complete its mandatory annual safety training in one big setting. In addition to videos, guest speakers discussed various topics including heat stress, hurricane preparation, sports injuries, electrical safety, sexual assault, and suicide.

During his remarks, Capt. William Hart, TR's commanding officer, expressed his concern for the well-being of every TR Sailor and emphasized how important it is to him not to lose any Sailors in casualties caused by negligence.

"It is critical that we pay attention to detail and look out for each other," said Hart. "Every Sailor is vital to the TR team and plays a role in the ship's readiness."

Lt. Elena Mathis, TR's industrial hygiene officer, said the operations tempo is picking up now that the ship has moved from drydock to its pier-side location.

"It is the goal of TR leadership to gauge the mindset of TR Sailors now that the ship is back in the water and closer to being operational again," said Mathis. "We want to make sure our Sailors are thinking carefully about the decisions they make and the potential



USS Theodore Roosevelt's (CVN 71) Commanding Officer Capt. William Hart speaks at the command's annual safety standdown at the Hampton Convention Center, May 26.

Photo by MCSN Jennifer Castillo

outcomes of those decisions."

Norvell said a lot of people stepped up and wanted to participate in this year's event.

"This year's safety stand down took almost two months to plan and every department was involved in the orchestration of the program in some shape or form," said Norvell. "If this training helps to save one life or make one person think before they take action, it was a success."

In addition to the videos, TR Media Department produced a series of suicide prevention posters at the request of the ship's Command Religious Ministries Department. The posters are designed to raise awareness that suicides can happen all year round and are not exclusive to a particular season. To view TR's posters, visit TR's Facebook page at <http://www.facebook.com/pages/USS-Theodore-Roosevelt/99861510779>

To view TR's videos, visit the following links:

Wizard of RCOH: <http://www.facebook.com/pages/USS-Theodore-Roosevelt/99861510779>

Electrical Safety (Proper Equipment): <http://www.youtube.com/watch?v=ATpcQv1fH34>

Electrical Safety (Electrical Shock): <http://www.youtube.com/watch?v=yn-NTdUxti0>



**TAKE  
TR  
OUT TO THE  
BALL  
GAME**

Story and Photos By MC3 Dominique Watts

As dusk settled June 1 on the Scott Annex softball fields in Portsmouth, Va., 15 Sailors from USS Theodore Roosevelt (CVN 71) took the field for a double-header in the Portsmouth Recreational Softball League.

TR's team came together in part by combining both of last year's teams. Named B&B as a tribute to the two teams TR had last year, Big Stick and Bohicas, the squad entered the first game of the double-header with a league best 13-1 record. By the end of the evening they were 14-2, winning the first game, and barely losing the second. Although they were not able to come out with the second victory, TR escaped the day with their first place position still intact.

"I was pleased with the outcome of the games," said Aviation Boatswain's Mate (Handling) 3rd Class (AW), who usually plays left field. "We won one and lost the second only by one run. All of us played hard and fought until the end."

B&B is comprised of Sailors from various departments onboard TR. Each player has committed to the team with the hope of using softball as a tool to build command morale and teamwork.

"Command sports teams are important because it builds morale and leadership," explained Mattie. "It also shows command and Navy pride."

The TR softball team only has about 10 games left on their schedule. The team hopes to continue in their winning ways by using the same determination, teamwork and athleticism that has propelled them to the top of the standings so far this season.

"This team has a lot of heart and a lot of dedication," explained Mattie. "We all go out and play hard until the very end and I think our record shows that."

With only a few weeks left in the season, B&B is encouraging TR Sailors to support the softball team by attending a game.

For information including game times and locations, visit TR's Morale, Wellness and Recreation office onboard the Floating Accommodation Facility.



1.



2.



3.

1. Left fielder, Aviation Boatswain's Mate (Handling) 3rd Class (AW) Brian Mattie, fields a ball hit down the first base line late in the game.

2. Electrician's Mate Fireman Jacob Michel gets a base hit during the TR softball team's second game of a double header in Portsmouth, Va.

3. Sailors from TR's softball team shake hands with opponents after the second half of a double header, June 1.

# TR teams up with Armed Services Blood Program for blood drive

By MCSN Jennifer Castillo

To provide quality blood products and services for all worldwide customers in peace and war is the mission of the Armed Services Blood Program (ASBP). Friday, June 3 USS Theodore Roosevelt (CVN 71) is sponsoring a blood drive at Huntington Hall in part with its Health and Fitness Fair.

ASBP will be providing the services for the blood donations.

Hospital Corpman 3rd Class Jennifer Henkins, health fair and blood drive coordinator, said that the two event's go hand in hand.

"Everyone is going to be there," said Henkins. "It's a great time to get people to donate especially since we won't be on the ship."

According to Hospital Corpsman 2nd Class (SW) Myrna Castillo, this is a great opportunity for the ship.

"The ship has been in the yards for over a year now which means most people haven't been deployed in that time," said Castillo.

One of the requirements for giving

blood is that you must not have been overseas in the past 6-12 months explained Castillo.

"That is why this is such a great opportunity for our ship to show its support and help others," said Castillo.

The vision for ASBP is to be a permanent quality, cost effective blood system providing blood products and services wherever and whenever needed. The blood given supports military families and servicemembers worldwide. One donation can save up to three lives.

"You never know when you or someone you know might need that blood," said Henkins. "It's such a great, unselfish way to help others. It is awesome to donate something that means so much to others."

The overall goal of Friday's blood drive is 30 units, or volunteers. There will be food and beverages offered to those who give following the donation.

Half of the blood will go down range to support the war effort and the

other half will go to places such as hospitals, ships and clinics.

According to the ASBP, the number one reason people donate is to "help others" and the number one reason people don't is because they're "afraid of needles." ASBP encourages people to put aside their fears to help their brothers and sisters around the world.



## PHOTO FIND

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

1. Cat
2. 100 Grand Bar
3. Football
4. Sand Lizard
5. Saturn
6. Ruler
7. Mouse
8. Batman
9. TR the Man

USS Theodore Roosevelt (CVN 71) Sailors listen to a safety brief at the command's annual safety standdown at the Hampton Convention Center, May 26.

Photo by MCSN Jonathan Donnelly

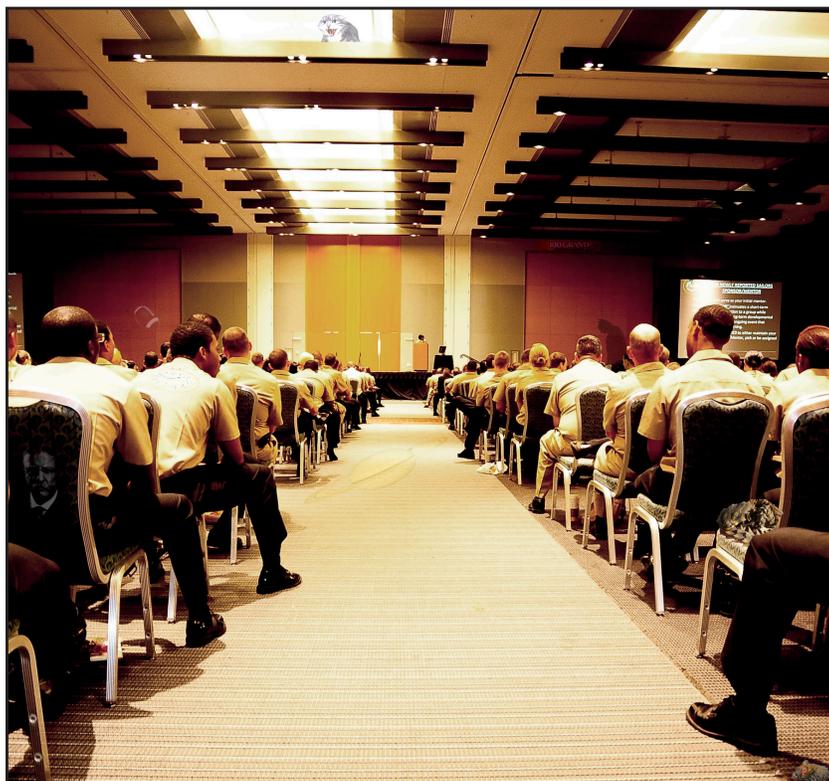


Photo Find by MCSA John Kotara

# TR keeps Norfolk Botanical Gardens beautiful

By MC3 Dominique Watts

USS Theodore Roosevelt (VCN 71) Sailors have been volunteering their time to the Norfolk Botanical Gardens in Norfolk, Va., in order to help the staff spread mulch, rake leaves, and various other tasks that keep the site looking beautiful. Each week, Sailors visit the Norfolk Botanical Gardens in support TR's Command Religious Ministries Department-sponsored community relations (COMREL) project.

Ten to 15 Sailors meet each Wednesday in the early morning at the garden's entrance and prepare for a day the Sailors say is full of hard work that is fun and in the end, rewarding.

"I really enjoyed how we all came together and finished a project using teamwork," said Hospital Corpsman 2nd Class Melissa Cason, who joined 14 other Sailors to spread pine straw over 2 acres of land in the hydrangea garden. "To go out and help in the community gives us a sense of ownership and accomplishment and to see the finished product of that work is rewarding."

Without the help of TR Sailors, the

staff members of the Norfolk Botanical Gardens would be hard pressed to accomplish all the work needed to be done to keep the doors open.

has worked at the Norfolk Botanical Gardens for seven years. "It is amazing how hard they work. We never have to worry about whether or not they are

doing a good job, because they always do. What they accomplish together in a couple of hours would take me about two full work days to finish."

The opportunity to help the community is a large part of the reason TR Sailors say they continue to volunteer for COMRELs.

"When we have a chance to get out of our workspaces and volunteer, it gives us a chance to connect with the people in the community we are living and working in," explained Cason.

In addition to connecting with the community, COMRELs can also have a positive effect of military families.

"I have seen children come here on field trips with their schools and every once in a while I hear a little kid say, 'my daddy helped rake that garden,' or 'my mommy

helped plant those flowers.' That is really cool to see that visitors can see how the Sailors have directly contributed to their experience at the Norfolk Botani-



*Hospital Corpsman 2nd Class Melissa Cason picks up pine needles during a USS Theodore Roosevelt (CVN 71) sponsored community relations project at the Norfolk Botanical Gardens.*

Photo by MC3 Dominique Watts

"There is no way we would be able to operate without these Sailors coming out all the time to help us," said Gardener Mariah DiFernando, who

# Photo of the Week



*Lt. Tony Clark, from USS Theodore Roosevelt's Aviation Intermediate Maintenance Department puts on his new rank for the first time during a promotion ceremony at the G.E. warehouse June 1.*

Photo by MCSN Jonathan Donnelly

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## ANNOUNCEMENTS From MWR

### SWIM CLINIC

Multiple world record holder Karyl Nielsen will be at the NMCP indoor pool, building 252 June 13 for a freestyle swim clinic. She will be teaching techniques used by top triathletes and Olympians. Cost is \$20 for active duty military members. \$40 for retired military members, reservists and family members and \$95 for Department of Defense civilians. Call 757-967-2500 for more details.

### FISHING TOURNAMENT

A bass fishing tournament will be held at the Cheatham Annex June 10 from 8 a.m. to 2 p.m. The cost is \$25 per boat with two persons per boat. Plaques will be awarded for the top three biggest bass. Call 757-886-2681 for details.

### FREE STATE PARK ADMISSION

In celebration of the 75th anniversary of Virginia State Parks Governor Bob McDonnell announced that all active duty and retired military members will receive free admission to all Virginia State Parks for the remainder of this year.

To take advantage active duty members must show their valid military I.D. Retired military members must either show a retired military I.D. or a standard discharge form.