



USS THEODORE ROOSEVELT

# ROUGH RIDER

FEBRUARY 9, 2018

## STAYING STRONG ON DEPLOYMENT

FITNESS INSTRUCTORS SHARE THEIR STORIES  
ABOUT LEADING SAILORS TO A FIT LIFE

SUPPLY DEPT.  
WINS AWARD

7

CHILLIN' WITH  
A. CORONA

|

BLUEBERRIES  
TO AVOCADOS



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ABEAN Robert Rodriguez removes a bumper from a catapult on the flight deck. Photo by MC3 Spencer Roberts.

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0150	SUFFRAGETTE	X-MEN ORIGINS: WOLVERINE	THE MUMMY
0340	ANGELS AND DEMONS	FENCES	PIRATES OF THE CARIBBEAN: THE CURSE OF THE BLACK PEARL
0600	BIRDMAN	GUARDIANS OF THE GALAXY	COLLATERAL BEAUTY
0800	PARANORMAL ACTIVITY: THE GHOST DIVISION	LUCY	THE SECRET LIFE OF PETS
0930	THE WATERBOY	JOE DIRT	MINIONS
1100	BULLY BROADCAST	THE BULLY BROADCAST	THE BULLY BROADCAST
1100	RUSH HOUR	FROZEN	JOHN WICK
1330	LAST FLAG FLYING	WONDER	JOHN WICK CHAPTER 2
1540	JUSTICE LEAGUE	SPIDERMAN: HOMECOMING	THREE BILLBOARDS OUTSIDE EBBING MISSOURI
1740	IT	SPIDERMAN: HOMECOMING	FURY
2000	THOR: RAGNAROK	AMERICAN SNIPER	LA LA LAND
2210	MURDER ON THE ORIENT EXPRESS	ANTWONE FISHER	SELF/LESS

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# SUPPLY DEPARTMENT WINS JACKIE G. BROWN AWARD

Story by MC3 Andrew Langholf,  
USS Theodore Roosevelt Public Affairs

**S**upply Department aboard USS Theodore Roosevelt (CVN 71) made history by being the first West Coast aircraft carrier to earn the Jackie G. Brown (JGB) Fleet Logistics Excellence Award, Jan. 31, 2018.

The award recognizes excellence among supply department carrier readiness divisions across the Fleet, consisting of S-1, S-1P, S-6, S-8, S-8A, and S-10, which display superior performance on inspection criteria of supply readiness.

The awards namesake, Jacquelyn “Jackie” G. Brown, served for more than 35 years of dedicated federal service. She spent 26 of those years serving aircraft carrier supply departments.

“Back in January 2017, we challenged our Sailors to be part of history and be the first ever to win this award,” said LSCS Noel Navidad, S-6 aviation stores division



*Sailors prepare cargo for transport in the hangar bay. Photo by MC3 Andrew Langholf.*

leading chief petty officer. “They took the challenge and made it happen.”

The readiness divisions competed against each other by measuring how well they were able to execute supply readiness inspections, certifications, assessments, and qualifications throughout 2017.

“Our readiness team led us to conquer our Supply Management Inspection deployment certification with one of the highest recorded scores among other carriers in the fleet, thus ensuring TR Supply would be a top contender for the JGB award,” said Lt. Christopher Okimura, aviation support S-6 division officer.

Once Commander, Naval Air Forces announced the addition of the Jackie G. Brown Award for 2017, TR’s Supply Department knew they wanted to be recognized as the best. A strategic timeline to train Sailors was set in motion, and TR’s supply readiness team attacked by laying out a detailed plan of action to prepare for each inspection cycle.

“The supply readiness team received the Jackie G. Brown award due to great leadership from top to bottom,” said LS1 Joshua Pangco, S-6 repairable asset management leading petty officer. “Our leadership made the plan, and our junior Sailors executed flawlessly.”

In the end, TR’s supply readiness team proved to be the best in the Pacific Fleet.

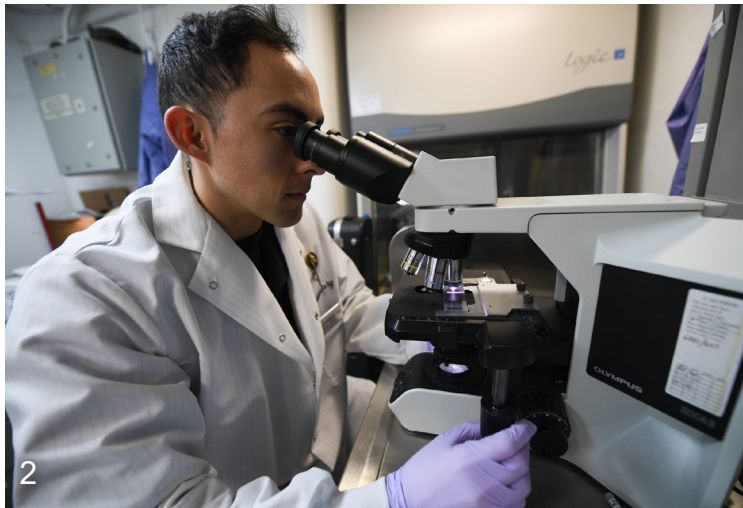
“I’m very excited about winning this award, and even more excited for my Sailors,” said Okimura. “My Sailors are the smartest and hardest working I’ve seen in my 23 years of service. I’m very proud of their accomplishments, and know that the future of naval supply will be in good hands.”



*LSSN Sean Stewart inventories parts in a supply storeroom. Photo by MCSN Michael Hogan.*



# THIS WEEK IN REVIEW



1. An F/A-18E Super Hornet, assigned to the Stingers of Strike Fighter Attack Squadron (VFA) 113, launches from the flight deck. Photo by MC3 Spencer Roberts.

2. HM2 Jesus Contreras examines a specimen with a microscope. Photo by MC3 Victoria Foley.

3. Sailors handle the phone-and-distance line on the flight deck during a replenishment-at-sea. Photo by MCSN Michael Hogan.

4. Lt. Cmdr. Doug Enos inspects the overhead during a zone inspection. Photo by MC3 Victoria Foley.







5. AMAN Joseph Somers fills a servo test stand with hydraulic fluid. Photo by MC3 Andrew Langholf.

6. Vice Adm. Fahad Ghofaily, commander, Royal Saudi Naval Forces, briefs Sailors in the combat direction center. Photo by MC3 Spencer Roberts.

7. AE2 Ryan Kanetis, assigned to the Stingers of Strike Fighter Attack Squadron (VFA) 113, checks maintenance systems of an F/A-18E Super Hornet on the flight deck. Photo by MC3 Alex Corona.





# Chillin' with A. Corona

Story by MC3 Alex Corona,  
USS Theodore Roosevelt Public Affairs

"Life in Vietnam was so much different than being in the U.S.," said Lt. Long Nguyen, Catholic chaplain recently assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71). "My father fought alongside the Americans in the war, and after they left our family was treated very badly by the local police."

Nguyen said that the highest education a South Vietnamese soldier could get during the Vietnam war was a high school diploma. His father and mother, wanting to escape the violence and provide more opportunity for their children, were sponsored by the U.S. government to come to America in

1992. At age 13, Nguyen got his first taste of American culture living in southern California.

"The transition was hard," said Nguyen. "New culture, new language and friends. It took me some time to get to use to and still I fought it."

Nguyen said that as a teenager, at 17, he hated religion and church, but was forced to attend church every Sunday with his grandfather.

One day a friend of his was shot eight times and he went his friend's house to ask the family what had happened. It turned out that he was hanging around gang members at the time.

"After I found out that he was in a coma because of

the shooting, I walked home and just had this feeling like I was wasting my opportunity and I wanted to know the meaning of life," said Nguyen.

It was in 1996 at a small church named St. Michael Abbey, in El Toro, California, that Nguyen had his first real experience with God.

"I just saw all these young priests, my age, and I felt the Holy Spirit so powerfully," said Nguyen. "It was leaving that when church I looked down the mountain and saw the world for what it was. A place of struggle, yet a place of peace. I can help people, I thought."

In 1998, Nguyen finished high school and went right into seminary school to become a priest. For the next 10 years Nguyen would eat, sleep, and study the word of God.

"I think the biggest experience of me going to

seminary was when we did a missionary trip to Peru to care for children with HIV," said Nguyen. "At the time I was so ignorant of the infection that I thought it was contagious, and I was afraid to touch these children."

Nguyen said he felt like a hypocrite. He was in Peru to pray and care for those children, yet he was afraid to touch them. He struggled sleeping and was ready to pack up and leave.

"It was then that I prayed to God and asked for guidance," said Nguyen. "I remembered the story of St. Damian, who lived among the lepers in Molokai, Hawaii. He was my inspiration, and at that point I became willing to become infected with HIV if it meant

*"Travelling alongside Sailors has been a tremendous blessing for me. The struggles the military faces are so different from civilians and the culture of a Sailor is different than those of other military branches."*

*- Lt. Long Nguyen*





helping these children.”

In 2005, Nguyen watched the war in Afghanistan escalate and felt the pain of the service members losing their lives in battle.

“I knew it was going to be a calling for me,” said Nguyen. “I felt the need for priests in the military and knew my opportunity to help would come one day.”

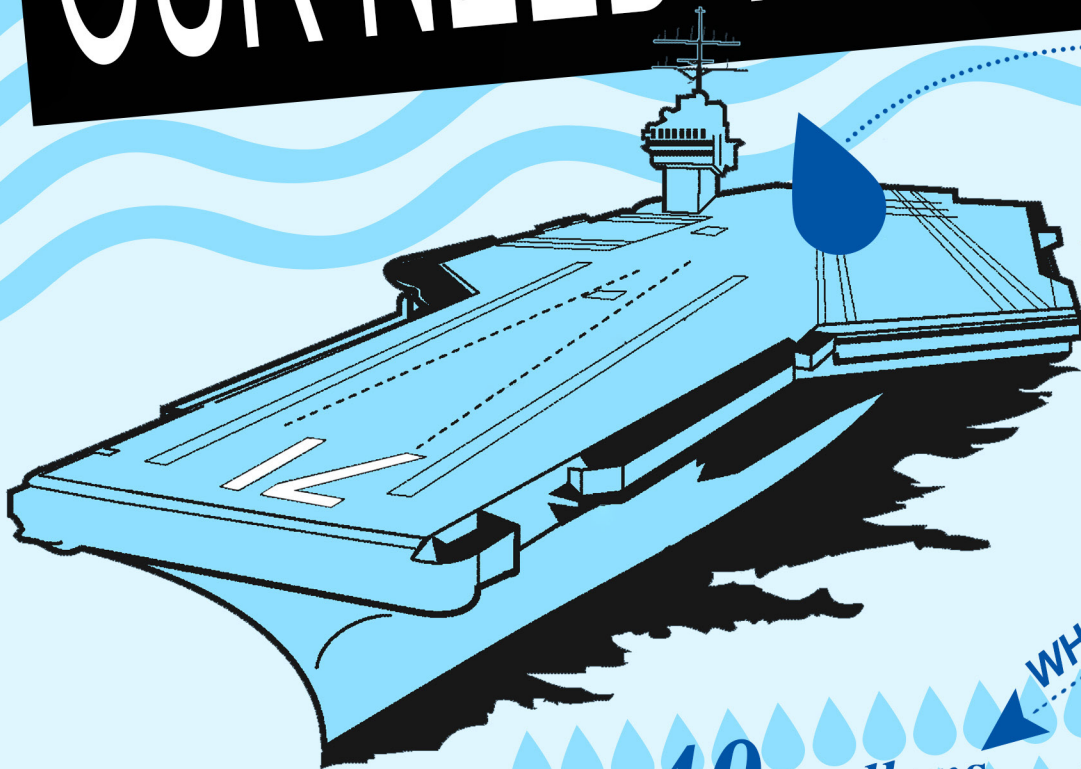
It wasn’t until September 2017, at age 38, that Nguyen was finally able to answer the call of serving as a priest in the military. This is his first command and while being out to sea has its challenges, he is happy to take this journey.

“Travelling alongside Sailors and Marines has been a tremendous blessing for me,” said Nguyen. “The struggles the military faces are so different from civilians, and the culture of a Sailor is different than those of other military branches.”

Nguyen wants Sailors aboard Theodore Roosevelt to know that he will work day and night to provide the services they need to help get through this deployment. He is here because of his passion, not only to help people, but service members who sacrifice so much to serve their country and provide safety to their loved ones back home.



# OUR NEED TO CONSERVE

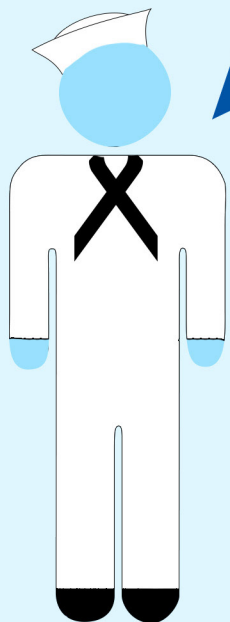


**USS THEODORE**  
*produces*  
**200,000 gallons of**

**WHICH IS ENOUGH FOR...**

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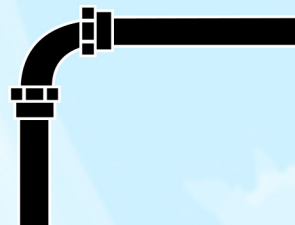
**40 gallons**  
**per Sailor**



**1** *Sailor's water allowance goes toward...*

laundry  
washing  
cooking  
drinking  
brushing  
washing  
**SHOW**

(where we was





# WATER

## ROOSEVELT

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hower  
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00 (before we go to bed)

dishes

teeth  
hands

**VERING**

te the most water)



IF WE CAN NOT LIMIT OUR USAGE...

*Gyms* **WILL BE Secured**



*Laundry* **WILL BE Secured**

*Water hours* **WILL BE  
Implemented**





# SAILORS KEEP EACH OTHER **FIT** *While on Deployment*



*Fitness instructors pose for a group photo in the hangar bay. Photo by MC3 Victoria Foley.*

Story by MC3 Victoria Foley,  
USS Theodore Roosevelt Public Affairs

**S**ailors dart through the crowded hangar bay with flashes of multi-colored jerseys between the bulk of disassembled helicopters, moving jets, and massive stacks of supplies. The high-pitched whir of tools and the cacophony of aircraft launching overhead drown out shouted orders. To the side, Sailors squat, sweat, and swing kettle bells to the sound of crashing ocean waves.

“There’s nothing like it at home,” said IT1 Richard Flores, an Insanity student. “Even though there’s grinding going on or pallets being moved there’s still an ambience in the hangar bay. Everyone working on aircraft are focused on their day to day routine while the class continues to workout. It’s a different experience.”

MWR offers a variety of classes including TR Fit, yoga, spin, Insanity, Zumba, and EOD Fit. Classes held throughout the day require one to three volunteer instructors.

“We offered 116 classes over the course of the transit between Guam and Dubai and serviced just over 1,600 participants,” said Tara Redshaw, TR’s Fitboss. “People are listening to what the captain is saying out here during deployment and taking that one hour for them.”

A Sailor or Marine, with a passion for keeping fit, teaches nearly every class aboard TR.

“Every instructor has something different to bring to the table and we’re really fortunate to offer so much variety,” said Redshaw. “We’re lucky enough to have instructors volunteer. It’s perfect to be able to offer 12 to 15 instructors including myself. People who work on smaller ships are normally a team of one and don’t really have anyone who steps up to volunteer.”

For many instructors, that one hour is hard to come by. Much like their coworkers and junior Sailors, instructors also focus on warfare specializations, qualifications, and collateral duties, on top of their daily responsibilities.

Despite balancing so many responsibilities, they still find time to help the crew by teaching fitness classes.



“I teach four spin classes a week,” said FCCS Robert Church, a TR spin instructor. “I used to teach nine classes and that was overwhelming. Having this schedule allows me more time to focus on tailoring my Sailors’ workouts.”

Church also says tailored workouts make Sailors work harder. Lt. Christopher McMahon, an EOD Fit student, welcomes the challenge.

“I would never do these kinds of workouts on my own,” said McMahon. “It really helps me that they take time out of their day. I’ve seen the results and I really appreciate them. I’m in better shape now than I’ve ever been.”

TR’s fitness instructors provide Sailors a healthy way to liberate themselves of stress, anxiety, and worry.

“It helps you build a routine and self-confidence,” said Lt. Robert Reinheimer, an EOD Fit student. “If you feel good about yourself, then it helps you carry on with your work day, and it helps with your sleep.”

The TR isn’t just limited to its present fitness leaders. Volunteering is simple.

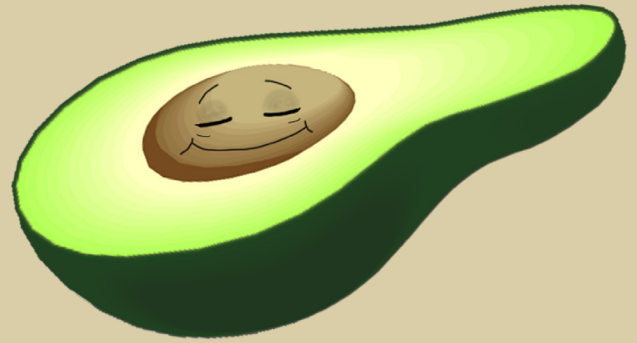
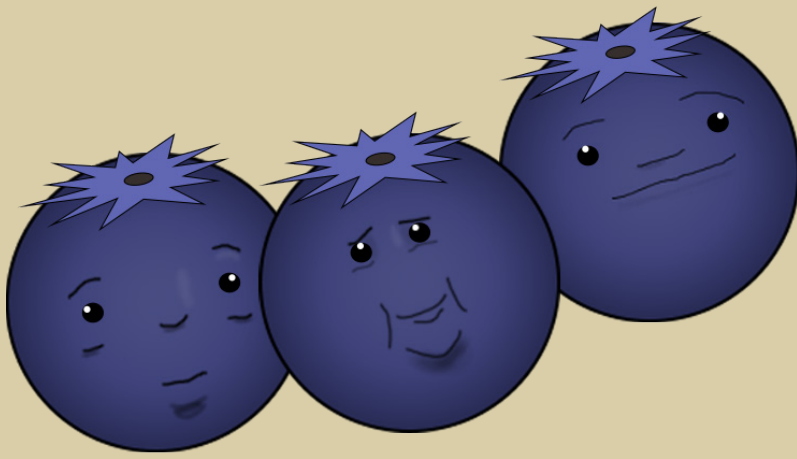
“Don’t be afraid to come to Fitboss about ideas,” said Church. “We have all these different workouts but there are things others are good at. Don’t be afraid to step out and assist.”

Anyone can volunteer and become one of TR’s fitness instructors. Contact Tara Redshaw at [Tara.Redshaw@cvn71.navy.mil](mailto:Tara.Redshaw@cvn71.navy.mil) for more information.



PS2 Nicholas Smith instructs a fitness class in the hangar bay. Photo by MC3 Alex Perlman.





# BLUEBERRIES TO AVOCADOS

Story by MC3 Spencer Roberts,  
USS Theodore Roosevelt Public Affairs

**T**he Navy announced the transition from wearing the Navy Working Uniform (NWU) Type I to the NWU Type III and command regulations Sailors will need to follow in NAVADMIN 214/17.

Over the next five months, Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) will have to acquire this uniform and follow the command-specific requirements.

“By June 30 everyone on Theodore Roosevelt will be in the NWU Type III,” said CMDRCM Andrew Frederick, TR’s command master chief. “All Sailors will be required to have this uniform and have the specific requirements for our command. TR Sailors will wear a coyote brown command ball cap and black-steel toed boots with their Type IIIs.”

TR will still be deployed into the spring months, but Sailors will be able to order their Type IIIs online. However, the NWU Type IIIs fit differently than the Type

I uniform, so being fitted for them is another step Sailors will have to plan for.

“Our command is going to have tailors from the Navy Exchange available for Sailors,” said MACM Charles Sardono. “They will be arriving aboard TR from Feb. 8 until Feb. 12 to take measurements while we are underway. This will give Sailors a chance to get fitted and place their order for the Type IIIs.”

LSCM Luis Estrada said the coyote brown command ball cap will be issued to Sailors aboard TR. The ship’s store will also have additional command ball caps for sale, as well as coyote brown undershirts.

Deployment makes the transition to Type IIIs a bit more challenging, but ship’s leadership is dedicated to overcoming these obstacles so all hands will be outfitted by the mandatory wear date of June 30.

For more information regarding the components and regulations of the NWU Type IIIs, check out NAVADMIN 214/17. Sailors can order their uniforms online at [www.mynavyexchange.com/nex/uniforms](http://www.mynavyexchange.com/nex/uniforms) or [mcmxuniforms.nexweb.org](http://mcmxuniforms.nexweb.org).



# NWU TYPE III

The woodland version of the Navy Working Uniform is based upon the blue NWUs. It also has many new features, including Velcro pockets, center rank tab, breathable fabric, and a flippable collar for combat.

## COLLAR

The collar flips up and can be closed to protect your neck while wearing body armor.

## RANK INSIGNIA

It's worn on the tab in the center of the chest, not on the collar like blueberries.

## WAISTLINE

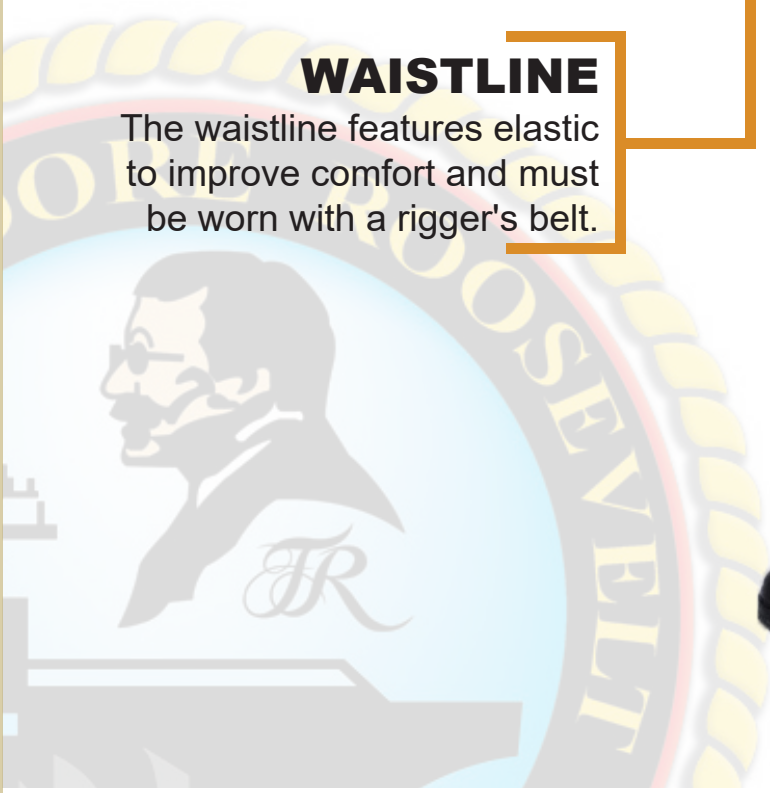
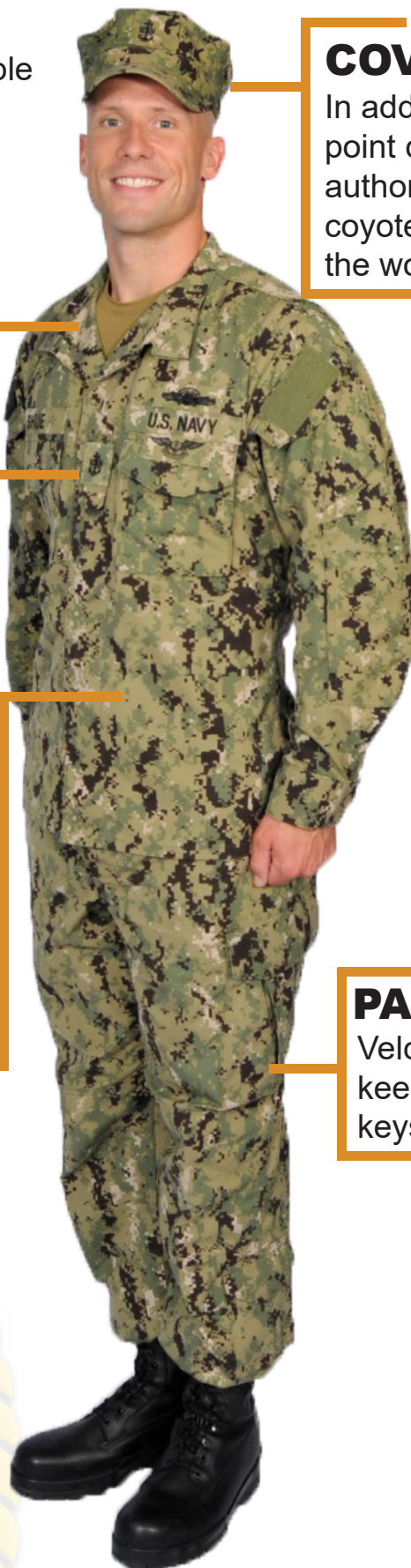
The waistline features elastic to improve comfort and must be worn with a rigger's belt.

## COVER

In addition to the eight-point cover, Sailors are also authorized to wear blue or coyote brown ball caps with the woodland cammies.

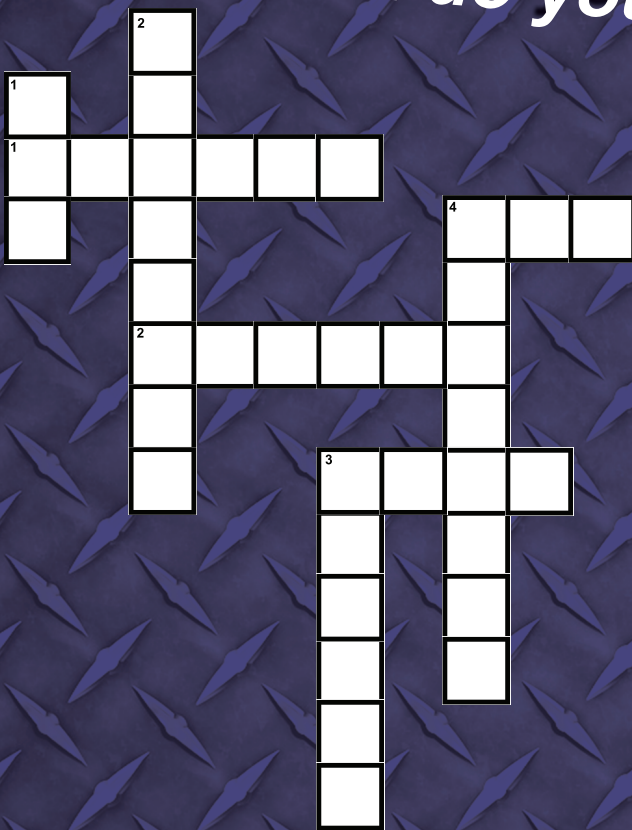
## PANTS POCKET

Velcro-sealing pockets keep your change or keys from falling out.





# How well do you know...



# AIMD

## Across:

1. Workcenter that performs oil analysis of aircraft and shipboard systems
2. Ship's calibration shop
3. Automated electronics testing station
4. Seven digit alphanumeric code that corresponds to aircraft, engine, or support equipment

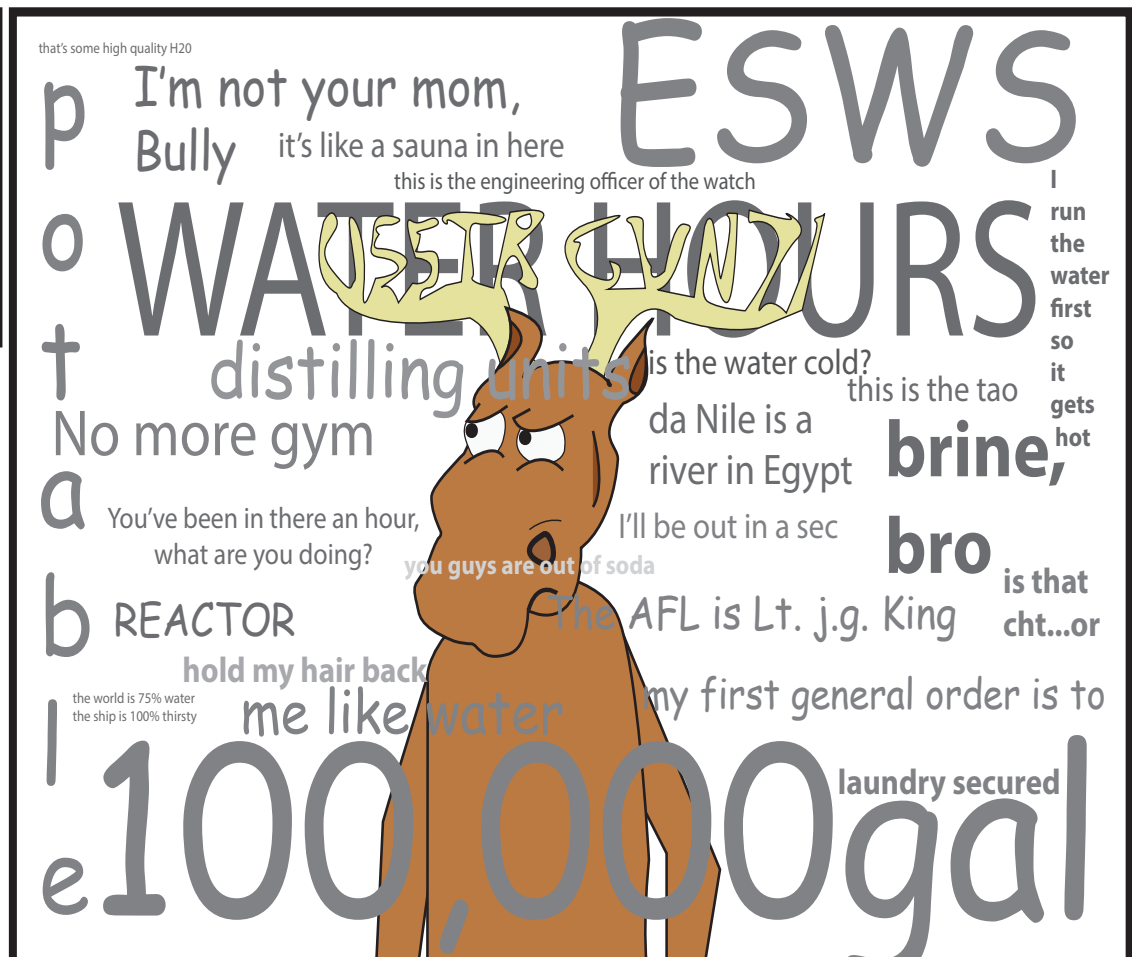
## Down:

1. Causes aircraft damage
2. Computer system used to monitor and document production in AIMD
3. Uses "suitcase testers" to test various communication and navigation radios
4. Workcenter performs the welding of gear and metals required for an aircraft

Answers:  
Across: 1. OILLAB 2. METCAL 3. CASS 4. WUC  
Down: 1. FOD 2. NALCOMIS 3. COMSEC 4. WeldShop



A Theodore Roosevelt Comic  
by MC2 Jimmi Lee Bruner







Feb. 15, 1960 - Icebreakers USS Burton Island (AGB 1) and USS Glacier (AGB 4) became the first U.S. Navy vessels to reach Thurston Peninsula in the Antarctic.



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