

A man in a military uniform is shown from the chest up, looking slightly to the right and speaking into a microphone. He is wearing a camouflage uniform with "U.S. NAVY" visible on the sleeve. The background is a ship's bridge with various control panels, dials, and equipment.

# USS THEODORE ROOSEVELT ROUGH RIDER

JANUARY 5, 2018

## A VISIT FROM THE TOP

CNO AND MCPON WRAP UP 2017 WITH  
A VISIT TO THEODORE ROOSEVELT

NEW YEAR'S  
RESOLUTIONS

7

ENTER THE DOJO  
WITH MCMAP

|

AN AMERICAN  
TRADITION



# TR CONTENTS

## On the Cover

Chief of Naval Operations Adm. John Richardson speaks over the 1MC in the pilot house. Photo by MC3 Spencer Roberts.

### A Visit from the Top

CNO and MCPON pay a visit to Theodore Roosevelt

3

4

### Photos of the Week

Highlighted photos from TR's Media Department

### Resolutions for the New Year

Sailors and Marines share their goals and aspirations for the new year

6

10

### TR's MCMAP Dojo

An inside look at the Marines' hand-to-hand combat training program

### An American Tradition

A childhood dream of becoming a professional artist

13

## STAFF

COMMANDING OFFICER  
Capt. Carlos A. Sardiello

EXECUTIVE OFFICER  
Capt. Fred Goldhammer

COMMAND MASTER CHIEF  
CMDM Andrew Frederick

PUBLIC AFFAIRS OFFICER  
Lt. Cmdr. Beth Teach

ASST. PUBLIC AFFAIRS  
OFFICER  
Lt. j.g. Brittany Stephens

SENIOR EDITORS  
MCCS Misty Hubbard  
MCC Jay Pugh

EDITOR  
MC1 Michael Russell  
MC1 John Hetherington  
MC2 Jason Pastrick  
MC3 Alex Perlman

ROUGH RIDER  
CONTRIBUTORS  
MC2 Jimmi Lee Bruner  
MC3 Alex Corona  
MC3 Andrew Langholf  
MC3 Alex Perlman  
MC3 Spencer Roberts  
MC3 Rachael Treon  
MC3 Joseph Yu  
MCSN Michael Hogan  
MCSN Michael Colemanberry

COMMAND OMBUDSMAN  
cvn71ombudsman@gmail.com

The Rough Rider is an authorized publication for the crew of USS Theodore Roosevelt (CVN 71).  
Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR.  
All items for publication in The Rough Rider must be submitted to the editor no later than three days prior to publication.

Do you have a story you'd like to see in the Rough Rider? Contact the Media Department at J-Dial 5940 or stop by 3-180-0-Q.

CHECK US OUT ONLINE  
about.me/ussTheodoreRoosevelt  
@TheRealCVN71



## Friday, January 5th

|           | CH. 121              | CH. 122                    | CH. 123              |
|-----------|----------------------|----------------------------|----------------------|
| 0900/2100 | SILENCE OF THE LAMBS | NO COUNTRY FOR OLD MEN     | MOTHER'S DAY         |
| 1220/0020 | HAIL, CAESAR!        | THE USUAL SUSPECTS         | THINK LIKE A MAN TOO |
| 1430/0230 | HAPPY DEATH DAY      | RUSH HOUR                  | THE QUIET ONES       |
| 1615/0415 | THE MONUMENTS MEN    | WINTER'S TALE              | THE WAR OF ROSES     |
| 1800/0600 | EDDIE THE EAGLE      | HOW TO TRAIN YOUR DRAGON 2 | FOCUS                |
| 1945/0745 | L.A. CONFIDENTIAL    | FURIOUS 7                  | BACKDRAFT            |



The CNO and MCPON give a speech in the fo'c'sle. Photo by MC3 Spencer Roberts.

# CNO & MCPON Visit USS Theodore Roosevelt

Story by MC1 John Hetherington,  
USS Theodore Roosevelt Public Affairs

Chief of Naval Operations (CNO) Adm. John Richardson and Master Chief Petty Officer of the Navy (MCPON) Steven Giordano got underway aboard the aircraft carrier USS Theodore Roosevelt (CVN 71), Dec. 29-30, following the ship's scheduled port call in Jebel Ali, Dubai.

While aboard Theodore Roosevelt, Richardson reenlisted 60 Sailors and recognized them for their dedication and resolve while forward deployed to the 5th Fleet Area of Operations.

"To all the Rough Riders, I just wanted to tell you how much I appreciate and respect everything that you're doing, particularly deployed. You've come together as a TR family. You're executing your mission," said Richardson. "The words of this oath, words like faith and allegiance, bind us all together. We're all one team bounded by our commitment of this oath."

Richardson and Giordano toured several of the ship's spaces and spoke with senior leaders in the Chiefs' Mess and Wardroom.

"These platforms are nothing without each and every one of our Sailors operating and doing extremely well," said Giordano. "To all the Sailors deployed including those here operating forward deployed on the Theodore Roosevelt thank you. Thank you for being there, Ship-mates."

The CNO also addressed the crew over the ship's general announcement system and commended their efforts and sacrifices supporting the nation's mission in the U.S. 5th Fleet area of operations.

"Theodore Roosevelt Strike Group is here in the gulf, contributing to strikes that will be the final death blow to ISIS. You have done a magnificent job and everybody is grateful and completely impressed with the level of warfare that you have demonstrated," said Richardson. "There should be no safer place in the world than to be a member of the Theodore Roosevelt strike group and there should be more dangerous place in the world than to be on your target list."



Chief of Naval Operations Adm. John Richardson speaks to naval aviators.



# THIS WEEK IN REVIEW



1



2



3

1. A sculpture of a man diving at the Dubai Mall. Photo by MCC Jay Pugh.

2. Sailors practice pipe patching techniques during damage control training. Photo by MCSA Bill Sanders.

3. Lt. Aaron Castro ties his boots to a catapult during a 'boot shoot' on the flight deck. Photo by MC3 Alex Perlman.

4. ABFAN James Canady visually inspects fuel for purity. Photo by MC3 Andrew Langhoff.



4





5. Flight deck sideboys lay red carpet in preparation for Chief of Naval Operations Adm. John Richardson's arrival. Photo by MC3 Andrew Langholf.

6. ND2 Nathan Fisher, assigned to Mobile Diving and Salvage Unit One, front, shows Chief of Naval Operations Adm. John Richardson a recompression chamber. Photo by MC3 Spencer Roberts

7. AO3 Jeremiah Fitzgerald, left, and AN Thomas Goff stand at attention after raising the union jack on the flight deck during morning colors. Photo by MCSN Michael Colemanberry.





# RESOLUTIONS for the NEW YEAR



**AZ2 Lowell Wilson**

“... to live a healthier and blessed lifestyle and promote positivity to others around me.”



**BMSN Yara Schmidt**

“... to get in better shape so I can be a SAR swimmer.”



**AEC Grady Tucker**

“... to get in shape because right now I'm 35 and I'm trying to look like I'm 25.”



**IT3 Rachelle Perry**

“... to be tri-warfare pin qualified.”



**AZAN Adrian Carysanchez**

“... to legit be a better person and help everyone around me.”



**HMI Dominique Navarro**

“... to learn how to play the guitar to bring something new for my daughter to enjoy that's not TV.”



**EN2 Kodey Eddington**

“... to get my IW pin, and help my Sailors get primary and secondary warfare pin qualified.”





## QM3 Jacqueline Porter

“... to keep working out so I can look good as a bridesmaid in my aunt's wedding.”

## MCCS Misty Flynn

“... not to waste any more time.”



## LSSN Asia Holland

“... to make rank, be tri-warfare pin qualified, and stay in my glow.”

## AVCM Charlie Williams

“... to be physically, mentally, and spiritually stronger.”



## SN Payson Walbridge

“... to eat better because I'm already healthy but I want to be healthier.”

## BMCS Leonard Miller

“... to listen, process, and work on getting my point across in a positive format.”



## SGT Brian Kimberling

“... to start college so I can become an officer.”

## LTJG Kenneth Stout

“... to improve my overall fitness and leadership skills and to have better foresight and planning. The most important resolution of all for me is to strive to be the best father I can be every day to my little girl.”











*Chief of Naval Operations Adm. John Richardson is briefed in the Combat Direction Center. Photo by MC2 Alex Millar.*



# Enter the TR Dojo with MCMAP

Photos and Story by MC3 Joseph Yu  
USS Theodore Roosevelt Public Affairs

*AD3 Adam Camacho and Lance Cpl. Samuel Erdly practice combat in the hangar bay during a MCMAP course.*

**S**creches of aircraft launching and landing overhead, whirs of tractor engines, and clinks of chains power the ambience along the vast space, dimly lit by orange and red lights. Unified counts, yells, and grunts are heard from a group of Sailors and Marines, increasing the volume. Like an oasis in a desert, we have just entered a dojo in the hangar bay.

The Marine Corps Martial Arts Program (MCMAP) is a combat system that combines martial arts techniques from all over the world as a training platform for Marines. It consists of physical training but also maintains a high emphasis on mental discipline and developing character. MCMAP uses an advancement sys-

tem with belts similar to most traditional martial arts, but omits certain colors to conform with Marine Corps uniform regulations. The belts progress from tan, gray, green, brown to black belt, which can extend to six degrees.

“In order for students to obtain the next belt, besides being able to execute certain techniques, they must pass a knowledge test, answer questions on what it means to be a leader, and understand the three disciplines of MCMAP: physical, mental, and character” said Gunnery Sgt. Johnmondo Rotellini, TR’s lead instructor of the course.

The course for each belt includes a two-hour session, seven days a week, with the number of weeks



varying for each level.

“In a typical class session, we usually start by letting the students lead the warm up,” said Sgt. Brianna Clarke, assistant instructor. “It can be a light jog or high-knees, just to get the blood flowing. Then we do a physical training session, followed by sustainment training where we review learned techniques or introduce new ones. Toward the end of the class, we bring out the mats and practice what we learned. We do a lot of sparring, ground fighting and team PT. MCMAP isn’t about just yourself, it’s about the people to the left and right of you.”

Leadership and team-building are instrumental values taught in this course.

“It helps to build camaraderie, even between Marines and Sailors,” said CS2 Ryan Brodan, a student in the course. “We look out for each other and protect each other. Everybody may not always get along, but when we are out there training, we are one big family.”

However, it’s not just fun and games when it comes to MCMAP. The course is designed to push every student to their limits.

“It’s not an easy course,” said Brodan. “After we

have been physically training, our heartrate’s at around 100 beats per minute. The strain and shake make it difficult to focus and make small movements. The instructors purposely make us uncomfortable, which would be closer to how it would be in a situation where you’d have to save your own life.”

The course may be difficult, but to Sgt. Ian Fay, the rewards are well worth it.

“It definitely gets you in shape,” said Fay. “My favorite part is the PT. Just seeing everyone struggle and pushing through it. It’s funny, exhilarating, and rewarding. I almost get a little sad when it’s over and we have to get back to work.”

It is mandatory for Marines to reach a certain belt, but all Sailors are welcome to sign up, as long as they plan to commit until the next belt. To sign up, contact Gunnery Sgt. Johnmondo Rotellini.

“Anybody who has motivation to learn and train is welcome to come,” said Rotellini. “I like to teach my classes where the Marines and Sailors intermingle, simply because it builds relations between the Navy and Marine Corps and allows them different perspectives on training.”



*Sailors and Marines go through combat training in the hangar bay during a MCMAP course.*





## Cinema at Sea Hanger Bay 5 Jan 18 @ 2000

Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists newfound ally Diana Prince to face an even greater threat. Together, Batman and Wonder Woman work quickly to recruit a team to stand against this newly awakened enemy. Despite the formation of an unprecedented league of heroes -- Batman, Wonder Woman, Aquaman, Cyborg and the Flash -- it may be too late to save the planet from an assault of catastrophic proportions

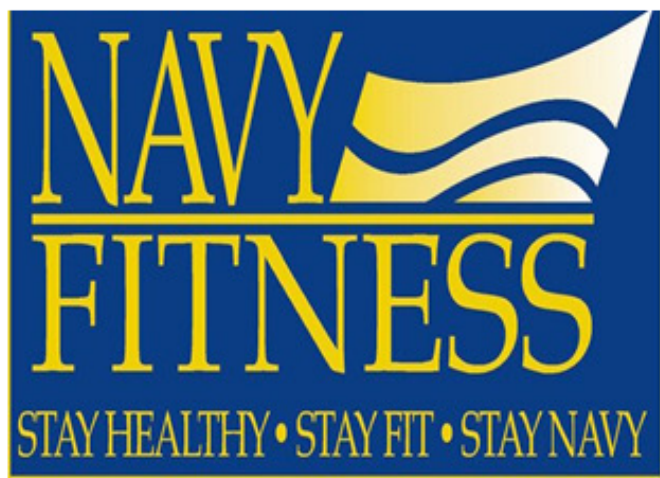
**BYOC: Bring your own chair**

### NUTRITION 101

Training Classroom #1 (02-88-8-Q)  
1/24 @ 1000

\*Pre-registration required. Please have departmental ACFL's email FITBOSS with list of names. Specify date/time requested.

Any additional information please email:  
[fitboss@cvn71.navy.mil](mailto:fitboss@cvn71.navy.mil) or call: J-dial • 5376



## Bahrain MWR Sale Dates

### Khaki Hotel Sale ONLY:

**Officers: 3 Jan and 4 Jan**

Wardroom III Lounge  
1400-2000

**CPOs: 4 Jan to 5 Jan**

CPO Conference Room:  
1400-2000

### Hotel Sale ONLY:

**E5-E6: 6 Jan and 7 Jan**

MWR Ticket Window  
0900-1200; 1400-1800; 1900-2300

**All paygrades : 8 Jan to 11 Jan**

MWR Ticket Window  
0900-1200; 1400-1800; 1900-2300

**ALL Tour Sale ONLY: 12 Jan– 17 Jan**

Ticket Window Hours: 0900-1200; 1400-1800; 1900-2300

**2-89-1-Q ☎ : 5364**

MWR Ticket Window Hours: 2-89-1-Q ☎ : 5364 \* MWR Admin Office: 2-102-5-Q ☎ : 5376





# AN AMERICAN TRADITION



Story and photo by MC3 Andrew Langholf  
USS Theodore Roosevelt Public Affairs

**M**M2 Steven Murphy's daily routine working in the reactor propulsion division varies from long hours spent operating and maintaining equipment, to studying for qualifications, to responding to propulsion plant casualties. Murphy combats the stress and fatigue of underway life through his love of creating artwork.

"It's a way for me to blow off steam," said Murphy. "When I have a little bit of free time, drawing is a good way to relax my mind and how I choose to express myself. I can just get lost in the moment and not have to worry about anything."

From an early age, Murphy, a native of Jacksonville, Florida, had a fascination with the visual arts. Murphy's interest began in high school and college, which led him to spending any spare moment in his hometown tattoo shop, West Side Tattoos. There he learned how to draw and paint from professional tattoo artists.

"I've always liked art," said Murphy. "High school is really when I was exposed to traditional American tattoo art styles, especially being in a Navy family."

Murphy's mother, a retired Builder 1st Class Petty Officer, was stationed at Naval Air Station Jacksonville when Murphy's budding fascination with tattoo-style artwork started to emerge.

"I would see my mom's friends and coworkers at barbecues or work functions showing off new tattoos, and a lot of them had American traditional-style tattoos," said Murphy, "I thought that was a cool, tough look that I wanted to be a part of."

Tattoo designs found on the walls of tattoo shops to help attract walk-in customers are known as "flash art." Trading or selling flash among tattooists is common practice, which can add variety and creative inspiration to a shop. Murphy put his drawing talents to use by first

*MM2 Steven Murphy draws traditional style American tattoo art.*



learning how to create flash.

Murphy apprenticed for West Side Tattoos, where he learned how to draw and paint properly. After he mastered the fundamentals of producing flash art with pen and paint brush, he earned the opportunity to pick up a tattoo gun and practice on the skin of oranges. Eventually, he was allowed to tattoo a slab of pork skin, as it's very similar to human skin.

"Typically, if you want to learn to draw and paint traditional flash, go to a tattoo shop and ask to apprentice, then go from there," said Murphy.

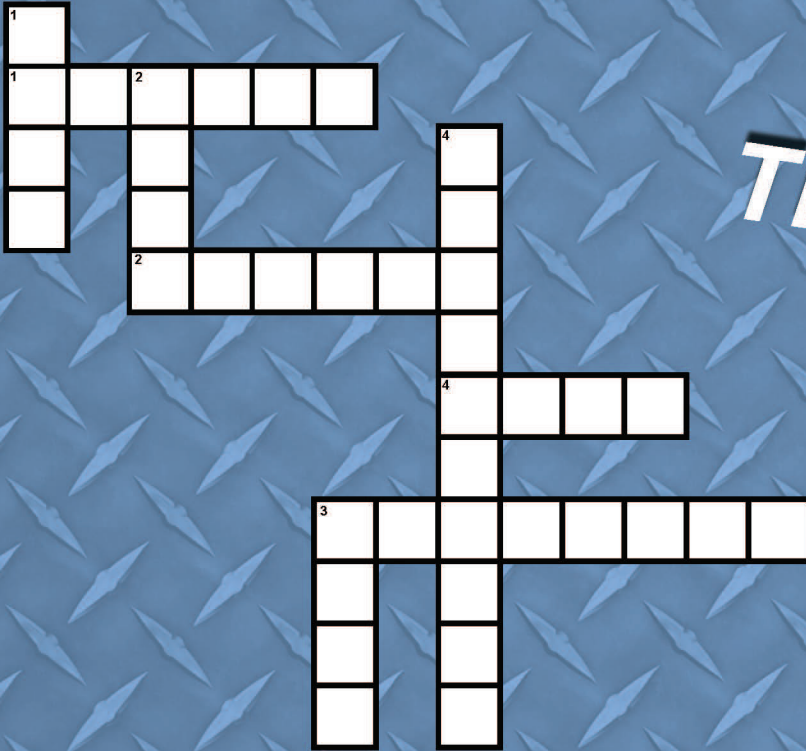
After the birth of his son, Murphy left his hometown tattoo shop, but continued improving his skill for traditional American-style drawing in the Navy.

When Murphy's enlistment with the Navy comes to an end, he plans to finish his tattoo artist apprenticeship with ambitions of eventually tattooing professionally. He can usually be found on the mess decks with a sketch pad and pencil, creating tattoo designs after work.



How well do you know...

# ANTI-TERRORISM



Answers:  
Across: 1. Normal 2. Sentry 3. Unknowns 4. Arms  
Down: 1. Unit 2. RAMS 3. UCMJ 4. Skyjacking

## Across:

1. No terrorist activity
2. Maintains security, good order, and discipline
3. Personnel not positively identified
4. Weapon types carried

## Down:

1. Part of S.A.L.U.T.E report
2. Security measures conducted randomly
3. Foundation of military law in the United States
4. How terrorists conducted their attacks on Sept. 11, 2001



Unraveled loofah

## CARE PACKAGE STARTER KIT

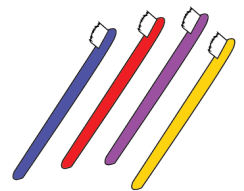
A Theodore Roosevelt comic by MC2 Jimmi Lee Bruner



Enough candy to kill a hippo



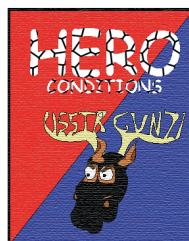
2x Chapstick



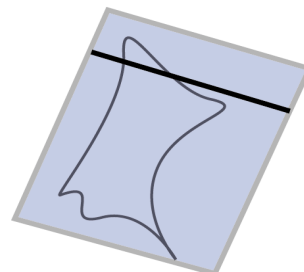
8-pack of \$0.99 toothbrushes



Dry soap for over-moisturized skin



Four page comic book



Single moist towelette (in ziploc baggie)



Playing cards

juiceless fruit

5-piece pack of "long-lasting" gum



One vitamin-c mix



6 in. scarf



WE ARE  
TR



**Name:** YN3 Chanelle

**Knottnerus**

**Hometown:** Woodbury,  
Minnesota

**Favorite thing about the Navy:**  
Getting paid

**Message to the crew:** There's  
always a light at the end of the  
tunnel

**Favorite food:** My dad's  
chicken alfredo

**Favorite movie:** Inception

## THIS WEEK IN NAVY HISTORY



Jan. 5, 1945 - Kamikaze attacks continued against the U.S. Navy force bound for the Lingayen Gulf. Eight ships were hit and Rear Adm. Theodore E. Chandler was among those killed.

Jan. 6, 1942 - The Japanese captured 11 Navy nurses in Manila, Philippines. They served most of their internment at Los Baños before being liberated, Feb. 1945.

Jan. 7, 1822 - The schooner USS Porpoise captured six pirate vessels off Cuba and destroyed their base, while the brig USS Spark recaptured a Dutch sloop that had been taken as a prize by pirates.

Jan. 8, 1863 - During the Civil War, the screw-steam gunboats Sagamore and Tahoma captured blockade running ships with cargo of salt and cotton in Florida.

Jan. 9, 1945 - Amphibious ships from Task Force 7 landed the Sixth Army on Lingayen Gulf, Luzon, Philippines. The troops were lightly opposed and the amphibious stage proceeded smoothly, yet the kamikaze presence was felt after sunset.

Jan. 10, 1934 - In the first nonstop formation flight from the U.S. to Hawaii, six consolidated P2Y-1 aircraft from Patrol Squadron (VP) 10 departed San Francisco. After flying 2,399 miles in 24 hours and 35 minutes, the aircraft arrived at Hawaii, Jan. 11.

Jan. 11, 1944 - Torpedo-bombing aircraft from the Bogue-class aircraft carrier USS Block Island (CVE 21) made the first aircraft rocket attack on German submarine, U-758.



# RULES FOR PERSONAL earbuds speakers headphones

ONE Earphone During Cleaning Stations  
TWO Earphones While Exercising  
NO Earphones While Transiting

## Per XO MEMO 2-16A

- Earphones are authorized for use, as long as the cell phone is only being used for music, during material condition hour, or while exercising in designated gyms or ship provided aerobic fitness machines outside of the ship's gyms.
- Earphones are NOT authorized while running in the hangar bays or on the flight deck unless otherwise authorized by the CO.
- Earphones are NOT authorized for use while transiting the ship.
- Portable speakers are authorized for use at a low volume in work centers and work areas.
- Portable speakers are authorized for use during organized group (departmental/divisional, CPO 365, FITBOSS) physical training sessions in the hangar bay. Music with racial overtones, sexual, or otherwise innapropriate lyrics is not authorized at any time.
- Cell phone use is NOT authorized while waiting in any line.