# ROUGHRIDER

APRIL 22, 2018

## PACKING UP TO GO HOME

WITH DEPLOYMENT'S END ON THE HORIZON, THE CREW PREPARES TO HEAD HOME

ACCOMPLISHED

Q&A WITH TR'S NEW XO

HAZARDS ON THE HOMEFRONT

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Sailors transfer parts from the hangar bay to a storeroom. Photo by MCSN Bill M. Sanders.

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Sanday, April 22ad HUNGER GAMES: 0030 SUICIDE SQUAD FALLEN Mockingjay Part 1 THE COLOR OF BIRDMAN 0240 INFERNO MONEY 0510 HEARTBREAK RIDGE 12 STRONG Now You SEE ME 2 0730 THE HOBBIT: AN MAX AMERICAN ASSASSIN UNEXPECTED JOURNEY 0910 KONG: SKULL ISLAND MOTHER'S DAY THE HOBBIT: THE BATTLE of the Five Armies (0850) 1100 SPY TED 2 LORD OF THE RINGS: FELLOWSHIP BLACK RAIN RULES DON'T APPLY 1400 **OF THE RING (1210)** A WALK AMONG LORD OF THE RINGS: THE 1540 THE FOREIGNER THE TOMBSTONES Two Towers (1510) A CURE FOR 1700 GONE GIRL WELLNESS LORD OF THE RINGS: RETURN KING ARTHUR: LEGEND **OF THE KING (1810)** THE INFILTRATOR 2000 OF THE SWORD STAR WARS: CAPTAIN AMERICA: 13 Hours: The Secret 2200 THE LAST JEDI CIVIL WAR SOLDIERS OF BENGHAZI

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CHECK US OUT ONLINE about.me/ussTheodoreRoosevelt





Story by MCSN Michael Berry USS Theodore Roosevelt Media

ailors and Marines aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) are counting down the days until they can pick up the hobbies they left in San Diego as deployment comes to an end.

For those service members whose passion includes two wheels and an open road, there are safety precautions to consider and the Basic Riders Course (BRC) to take before they can get back on a motorcycle.

"After taking the BRC course I absolutely fell in love with riding," said MCC Jay Pugh, command motorcycle safety coordinator.
"It was exhilarating, adrenaline-inducing and just fun. I can honestly say I have fun driving to and from work, because I have my motorcycle."

Pugh said that while his commute to work is fun, safety and returning home every night is the most important thing about motorcycle safety.

"I want to come home to my

wife and kids every night and learning safe riding habits is part of that," said Pugh. "The BRC course may not be fun for everyone but it is a day off work to ride a motorcycle and learn techniques that may one day save your life."

Cmdr. Benjamin Elfert, command safety officer, said while the BRC is required by Navy instruction 5100.12J (Navy Traffic Safety Program), is it important that Sailors know basic safety fundamentals so that they too can return home safely every night.

"As a beginner rider there are a lot of fundamentals that need to be learned," said Elfert. "Checking blind spots, handling the bike and recognizing all the other hazards on the road are just a few of the many skills taught. The BRC provides Sailors with a baseline knowledge and comfort level on a motorcycle."

Pugh said safety concerns should not end once the Sailor finishes the BRC. Safety should be at the front of every rider's thoughts when on the road.

"Keep with the flow of traffic and stay safe out there," said

Pugh. "If you do want to do some stunting, or excessive speeding and to see how fast that bike really goes, the highway is not the place to do that. There are tracks and speedways in San Diego that allow you to do that, and to do that you have to have full leathers, head-to-toe, helmet, gloves and sturdy boots."

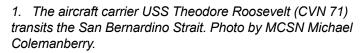
Pugh said that while riding without protection may seem fun, it is the most dangerous thing a rider can do.

"I have had two accidents," said Pugh. "Asphalt will chew through jeans, uniforms and clothes in less than a second. If you go down and are sliding across asphalt for more than a second, which you will if you are going at any significant amount of speed, you will leave skin. Always wear full gear. It will get destroyed, but protective gear is made to get destroyed, not you."

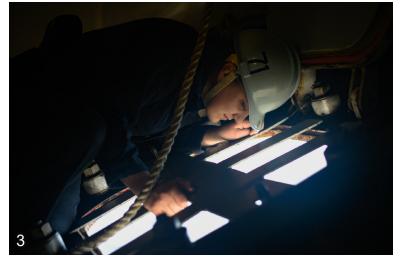
While safety may not be the first thought that comes to mind when it comes to motorcycles, it is the most important. Practicing proper motorcycle safety allows riders to not only do what they love, but to continue doing it.







- 2. Sailors spray down an anchor chain while it is hoisted into the fo'c'sle. Photo by MCSN Michael Hogan.
- 3. Seaman Cassidy Scott checks the anchor chain release from the fo'c'sle. Photo by MCSN Michael Hogan.
- 4. MA3 Michael Svihla runs in the hangar bay. Photo by MCSN Bill M. Sanders.

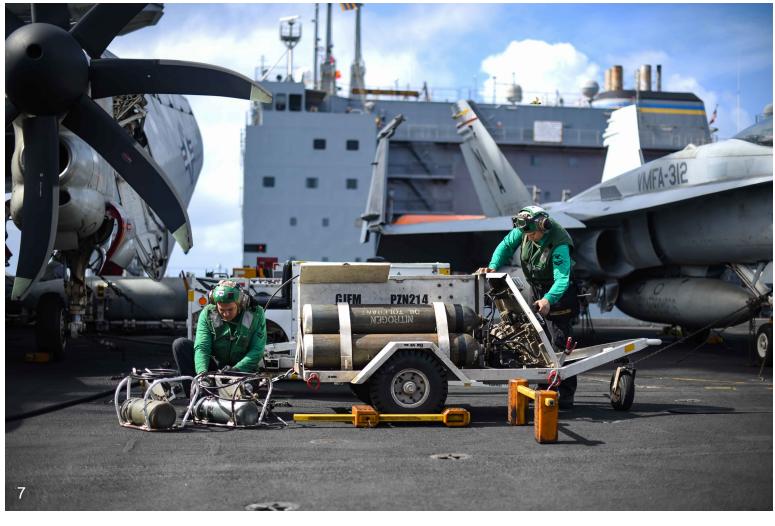






- 5. Sgt. Levi Grooms, assigned to Naval Air Station Oceana, inspects an afterburner in the jet shop. Photo by MCSN Bill M. Sanders.
- 6. ADAN Catherine Eschman cleans an F/A-18F Super Hornet, assigned to the Fighting Redcocks of Strike Fighter Attack Squadron (VFA) 22, in the hangar bay. Photo by MC3 Alex Perlman.
- 7. AM2 Ryan Seely, left, and AM2 Jose Moreno inspect a nitrogen cart on the flight deck. Photo by MC3 Alex Corona.





## ACCOMPLISHED

### Embarked USS Gerald R. Ford Sailors complete a 7-month deployment aboard USS Theodore Roosevelt

Story by MC2 Matthew Fairchild, USS Gerald R. Ford Public Affairs

Sailors begin their day with the same routine they have used for the past six months. An early morning reveille and chow on the mess decks. They place their plates, bowls and cups in the scullery once finished and begin their transit to the work center, as they have for the past six months. Sailors walks into a work center full of morning chatter and discussion about what will be going on today, a normal routine for them. After hearing the plan of the day, they smile and reflect for a moment, for six months ago, many of them had never worked in their rating, and now they're successfully completing their first deployment.

Sailors departed Norfolk,
Virginia, to join the crew of
USS Theodore Roosevelt (CVN
71) on a regularly scheduled
Western Pacific deployment. For
many of these Sailors, this was
the first time any of them had ever
been out to sea for longer than
two weeks. For others, such as the

aviation ordnanceman of the detachment, this deployment would offer another opportunity, a chance to work in their rating for the first time and gain valuable qualifications unique to their job.

"This deployment gave the Sailors their first look at what an operational carrier does and allowed them to see that everything we do has a purpose," said AOC Tony Robeson, from Fayetteville, North Carolina, leading chief petty officer of USS Gerald R. Ford's (CVN 78) detachment.

Deployment provides Sailors time to accomplish qualifications

that may have been difficult to achieve while in port. These qualifications range from specific in-rate training such as ordnance building, logistics training and engineering training, to shipboard life and seamanship. Many qualifications require Sailors to attended classes, stand watches and in some cases, perform the

"This deployment gave the Sailors their first look at what an operational carrier does and allowed them to see that everything we do has a purpose."

#### - AOC Tony Robeson

tasks that encompass their entire rating.

"I came out here wanting to get everything I could," said AOAN Kolton Boyd, from Austin, Texas, temporarily assigned to TR's weapons department. "I had been in for two years when we arrived here and I was behind others that were in my rate. I felt like I had seven months to catch up."

The Ford detachment's Sailors are comprised of six

different ratings and they meet weekly. By and large, the tasks of accomplishing their day to day work load and completing qualifications were done with the support from their adopted divisions aboard TR.

"I had a lot I wanted to accomplish while out here, thankfully, there were a lot of

> people eager to help out and give me advice," said LS3 Michael Benjamin, from Camden, New Jersey, temporarily assigned to TR's post office.

Along with allowing the Ford detachment to gain experience in shipboard and inrate qualifications, TR gave the Sailors the opportunity to begin qualifying as surface, air, and information warfare specialists. These qualifications were not open to the Sailors previously, due to Ford being a newly-commissioned carrier without established warfare programs.

"Starting was the hardest," said Boyd. "It was a new program, new test, new everything. I

was juggling learning my job qualifications and trying to get my air pin at the same time."

The Ford detachment quickly began getting results in their shipboard qualifications and warfare pins. More and more, the leadership found themselves attending award at quarters (AAQ) weekly to see their Sailors pinned as warfare specialists. By the time five months had passed, 17 of the 29 Sailors in the detachment accomplished their goals," said completed their primary warfare pin and were beginning to work on a secondary pin.

"Getting my pin was so difficult at first, that I didn't really care if I would ever get it," said Benjamin. "Once it was all over with and I passed my board, it was an amazing feeling of accomplishment."

In the past six months, Ford Sailors have earned 124 qualifications, 18 pins, and five Sailor advancements.

"The Sailors that came out here AO1 Michael Mabey, from Salt Lake City, leading petty officer of the Ford detachment. "There were hiccups along the way, but they overcame them and will be taking this experience back to Ford to lead and train other Sailors."

Twenty-nine Ford Sailors started off their journey six months ago in Virginia. Now, with the return to San Diego on the horizon, the Sailors are returning home with confidence that what they have accomplished will not go unused, and their newly-earned and well-deserved qualifications will be put to work aboard the Navy's newest class of aircraft carrier.









#### LIBERTY EXPIRATION

PERSONNEL WHO HAVE DUTY MAY 1<sup>ST</sup>:
-LIBERTY EXPIRES AT 2359 ON APRIL 30<sup>TH</sup>

ALL PERSONNEL WHO DO NOT HAVE A TIGER:

-LIBERTY EXPIRES AT 0800 MAY 1<sup>ST</sup>

PERSONNEL WITH A TIGER:

-LIBERTY EXPIRES AT 1000 ON MAY 1ST

#### **BUSES**

THE SHIP HAS ARRANGED FOR BUSES TO PICK UP AT THE PIER ECP

AND DROP OFF AT THE HALE KOA HOTEL IN WAIKIKI -APRIL 27-30: 0700-2359 (NO BUSES ON MAY 1<sup>ST</sup>)

-THE BASE PROVIDES BUSES TO TAKE SAILORS BACK AND FORTH FROM THE PIER TO THE NEX

-THERE IS A CITY BUS STOP OUTSIDE HALAWA GATE THAT WILL BE OPERATING 24/7

-SCHEDULES MAY VARY DUE TO FORCE PROTECTION

REMEMBER\*
RENTAL CARS ARE ONLY AUTHORIZED WITH HOD/CO
APPROVAL ONLY. UBER IS AVAILABLE IN HONOLULU

## 

#### THINGS TO REMEMBER

-THE LEGAL DRINKING AGE IS 21

-LEGAL SMOKING AGE IS 21

-JAYWALKING CARRIES A \$180 FINE

-BE AWARE OF STRONG RIPTIDES AROUND THE ISLAND

-NO BYSTANDERS - SEE SOMETHING, DO SOMETHING

-SIGN OUT IN LIBERTY LOG AND PASCAC

-IF YOU WISH TO SKY DIVE, ROCK CLIMB, SCUBA DIVE,
BUNGEE JUMP, PARASAIL OR DO ANYTHING INHERENTLY

DANGEROUS, YOU MUST HAVE HOD APPROVAL

-NO DRUG STORES OR SMOKE SHOPS

HAVE A PLAN! HAVE FUN!

#### WEATHER FORECAST FOR HONOLULU

FRIDAY 27
82°
71°

81° 69°

SUNDAY 29 80° 70°

MONDAY 30 81° 70° TUESDAY 1 80° 70°

# III B B E BER USS THEODORE ROOSE

#### How long have you been in the Navy?

"I originally enlisted in the Navy in 1990."

#### Why did you join the Navy?

"I originally enlisted for the technical training offered. I enlisted into the nuclear power program, specifically to be an Electrician's Mate. Also, to get money for college."

#### What made you stay in?

"I had fun along the way. I have always said that when the Navy stops being fun is when it's time to go. It's the people ultimately. I believe that people make the world go round, and the Navy is all about the people."

#### What is your favorite memory while in the Navy?

"I am a helicopter pilot and the first time I shot a Hellfire missile was one of the coolest things. Hearing the swoosh as the missile left the rail and watching the target explode."

#### You hit the target?

"Yes I did."

#### Where did you report from?

"For the last two years I have been in the training track for this job. Before that I was the executive assistant for 3rd Fleet working for the three-star there."

#### What was your favorite duty station?

"My favorite duty station is USS Theodore Roosevelt, close second was my command tour at Helicopter Maritime Strike Squadron (HSM) 73."

#### What are your goals for the command during PIA?

"During PIA my goal is for ownership of the ship to remain--we must continue to take pride and ownership of the ship. We don't give the ship to the shipyard. We retain it the entire time. That way we can ensure that the work is getting done right. The ship remains clean, orderly, and we can return the ship to a sea-going state rapidly after the shipyard period ends."

#### After PIA?

"Being able to be ready to go to sea. Training is going to be a big part of that. We will train up and get ready to stand our watches at sea, damage control training, and operate the systems that we have not been using for the time we are in the shipyard."

#### What are your priorities for the crew?

"For the crew members, professionally I want them to continue to own the ship and take ownership in it. Personally I expect people are going to need to recharge their batteries after deployment. That needs to be managed by our deckplate leaders by setting challenging yet obtainable goals to be accomplished every day, followed by liberty at a reasonable time. That is my goal. Accomplish the work that needs to get done at a reasonable time and still get to enjoy time with our families."

#### What advice do you have for Sailors in regards to a successful tour aboard?

"It starts before we even get on our next tour: keep your nose clean, stay out of trouble and work hard to obtain the qualifications you are expected to obtain. If you do those three things, then the Navy is full of opportunities for you. Whether your goal is to become the next MCPON, become an officer, or to set yourself up for transition to civilian life. No matter what your goals are, as long as you do those three things you will be set up for success."

#### What can Sailors do to take advantage of time while back in San Diego?

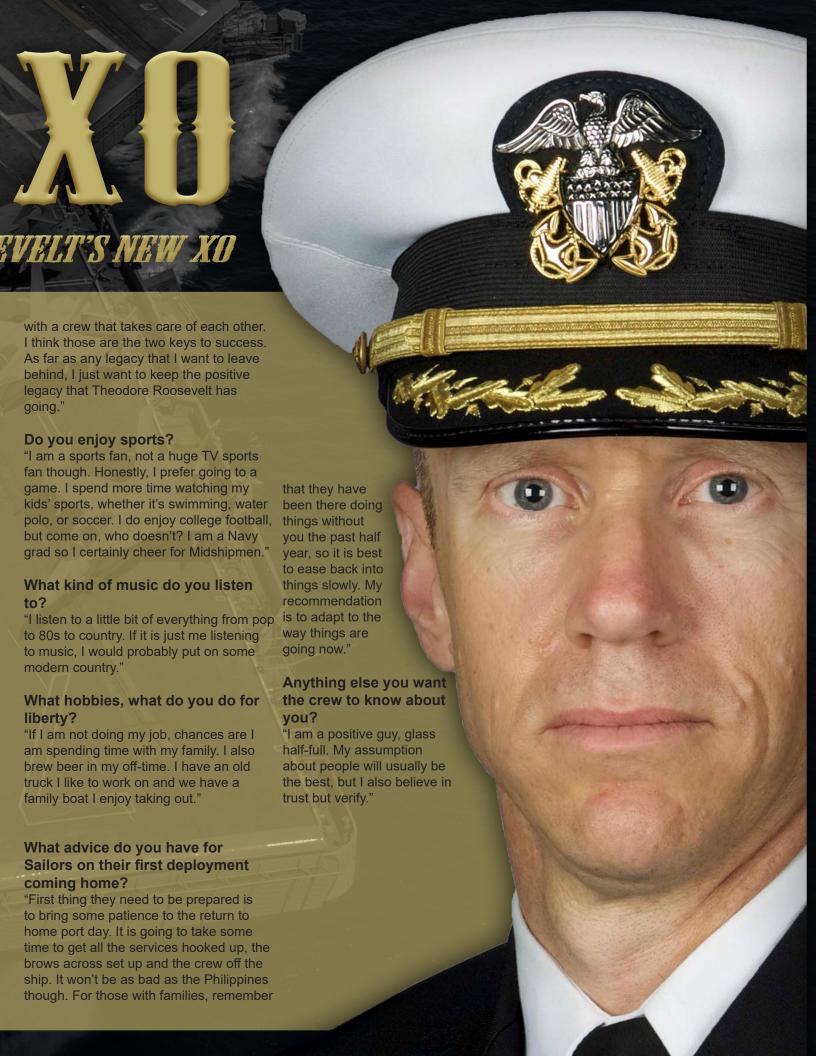
"Professionally, advancement is always a great opportunity. The single most important thing you can do is study for your advancement exam. Do well, study, work hard, and the other things will take care of themselves."

#### When it comes to taking advantage of personal time?

"When I think about San Diego, I think about liberty time. San Diego is the world's finest city. It has the best weather in all of the United States, period. It is a fantastic, warm town. I like to enjoy the beach and being outdoors. Get out and enjoy all that San Diego has to offer."

#### What lasting impression do you want the ship to have of your tour after you transfer?

"I think the Theodore Roosevelt is an incredible ship with an incredible crew. My goal is to keep that legacy going. Even before I got here, I had heard many great things from people that had served on TR, had inspected TR, or had just heard of our reputation. That reputation is a ship that is professionally competent



## HAZARDS THE HOMEFRONT

"The biggest safety issue we're faced

with this summer is over-consumption of

you should, you tend to make bad choices.

alcohol. When you consume more than

Story by MCSN Michael Hogan, USS Theodore Roosevelt Public Affairs

s the Theodore Roosevelt Carrier Strike Group seven-month deployment draws to a close, Sailors are making plans to spend time with friends and family, celebrate, and return to regular homeport routines.

With all the activities in the upcoming summer months, Sailors need to make sure they enjoy themselves with safety at the forefront of their minds.

"I'd say," said LSC Godfrey Catbagan, TR's Command Drug and Alcohol Program Advisor (DAPA). "When you consume more than you should,

you tend to make bad choices. Ultimately, it impairs your ability to make rational decisions and all your emotions are going to be exaggerated. Everything that can happen, will happen."

-LSC Godfrey Catbagan After consuming too much alcohol, a Sailor could be tempted to operate a vehicle and risk a DUI.

"If you're going out with a party of four, that doesn't mean all four of you need to get drunk," said CMDCM Andrew Frederick. "It's always good to have that designated driver. Mainly that person is there, sober, to make sure nobody gets into trouble and everybody makes it home safely."

There are a variety of other alternatives to driving drunk. Sailors can call one of their shipmates or senior leaders for a ride, hire a taxi, or use the Uber or Lyft services.

While alcohol is a major contributing factor to

Sailor incidents, the legalization of recreational marijuana in California creates another potential area for Sailors to get into trouble.

"Sailors aboard the ship are going to be exposed to marijuana everywhere now," said Catbagan. "Whether at the mall, park, beach, or just downtown, people are going to be offering it out. A lot of Sailors, especially when they're already intoxicated, might just grab that joint or eat that edible."

Sailors still have to abstain from using marijuana, and it will be more prevalent and require a more conscientious effort to avoid it. Sailors who are struggling to stay away from marijuana or drink responsibly have numerous options to consider for help

or for alternative activities.

"I think the best resources for our Sailors are right here," said Frederick. "We have the command DAPA, Fleet Everything that can happen, will happen." and Family Service Center, and the Single Sailors club, and I know Morale, Welfare,

> and Recreation and the Coalition of Sailors Against Destructive Decisions also have a lot of activities available for Sailors to do other than going out for drinks."

Frederick explained that most Sailors already know the basics of summertime safety, such as wearing sunblock and staying hydrated, but his main concern was that Sailors enjoy their free time bonding with friends and family responsibly.

Having a plan, being responsible, and taking the proper precautions are the key components to a successful summer for TR Sailors.



#### CRUISEBOOK ORDER FORM

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or relative! Home addresses work 30 \$ 9 covered by MWR 10

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State <u>CA</u> Zip \_

Cover Imprint Information:

Line 1 (29 character max including spaces, no quote marks please)

BM2 MOTIVATED SAILOR

Line 2 (29 character max including spaces, no quote marks please)

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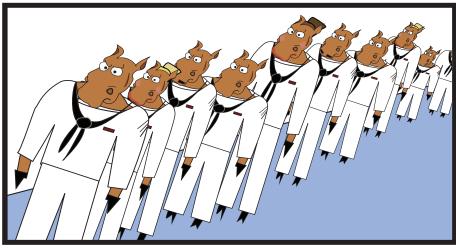
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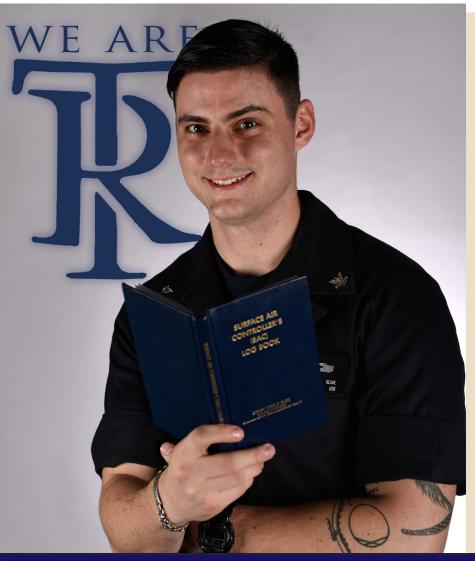
#### How well do you know... EAWS WEAPONS Across: 1. Color-coding that indicates armor-piercing ammunition 2. Red color-coded ammunition 3. G-2 Division 4. Laser-guided rocket-propelled air-to-ground missile Down: 1. Color that identifies ordnance used for practice 2. Guidance detection that tracks targets from a system within the missile itself 3. Air-launched supersonic guided missile 4. Simulated inert training missile -Down: 1. Blue 2. Active 3. HARM 4. DATM -Across: 1. Black 2. Incendiary 3. Armory 4. Maverick











**Name: OS2 Andrew Rease** 

Hometown: Lexington, Ky.

**Favorite thing about the Navy:** 

When I joined, I had two

brothers, now I can say I have

about eight.

Message to the crew: Optimism

pays off.

**Favorite food: Burritos** 

**Favorite movie: The Empire** 

**Strikes Back** 

## THIS WEEK IN NAVY HISTORY

April 22, 1778 - During the American Revolution, two boats of volunteers from the sloop-of-war Ranger, commanded by John Paul Jones, went ashore at Whitehaven, England, burning ships in the harbor and spiking the guns of the fort.

\*

April 23, 1945 - USS Besugo (SS 321) sank the German submarine U 183 in the Java Sea.

April 24, 1945 - German submarine U 546 sank USS Frederick C. Davis (DE 136), 570 miles east of Cape Race, Newfoundland.

April 25, 2009 - Boeing's new P8-A Poseidon test jet, a 737-based submarine hunter for the Navy replacing the P3-C Orion, flew for the first time from Renton, Virginia, to Boeing Field, Seattle.

April 26, 1869 - As a post-Civil War push for reenlistments, Secretary of the Navy Adolphus E. Borie authorized the Good Conduct Medal, then called the Good Conduct Badge.

April 27, 1805 - U.S. Marines attacked Derne, Tripoli, and raised the first U.S. flag over foreign soil.

April 28, 1930 - Secretary of the Navy Charles F. Adams III appointed the first Curator for the Department of the Navy, Dudley Knox.

#### USS THEODORE ROOSEVELT

#### — SUPPORTS THE -

## NAVY-MARINE CORPS Relief Society

NAVY AND MARINE CORPS RELIEF SOCIETY EXISTS FOR ONE REASON: TO HELP SAILORS, MARINES, AND THEIR FAMILIES IN TIMES OF NEED, WITH INTEREST FREE LOANS.

EACH DEPARTMENT AND MANY DIVISIONS HAVE A REPRESENTATIVE ACTIVELY WORKING TO COLLECT DONATIONS.

Funds used by TR Sailors in 2017: \$275,000 Funds raised by TR this season: \$46,000

If everyone gives \$5 a month (\$60 a year),

TR would generate over \$180,000.

#### THINGS THAT COST LESS THAN \$5:

Burger=\$3.99 Hair gel=\$4.15 Milk=\$3.16 Case of Soda=\$4.68

PLEASE PROMOTE AND SUPPORT THIS PROGRAM THAT WAS DESIGNED TO ASSIST YOU!