

ROUGH SEAS

USS THEODORE ROOSEVELT

OCTOBER 1, 2018

**TRIED. TESTED.
ACCEPTED.**

USS THEODORE ROOSEVELT RECEIVES
NEWLY PINNED CHIEFS

KINGS OF THE TURF

7

SAILORS FEED
SAN DIEGO

FROM CHRISTENING
TO CONTRACTOR

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ABEC Brian Gillies receives his cover during a chief petty officer pinning ceremony at Lowry Theater. Photo by MC2 Alex Corona.

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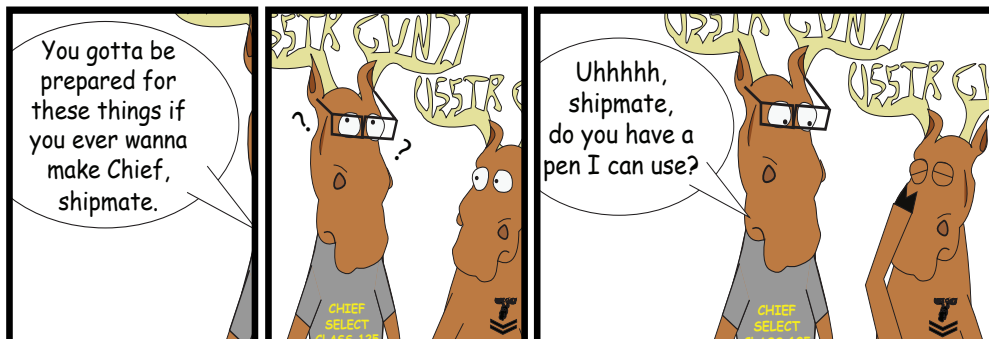
A Theodore Roosevelt plank owner re-visits his past

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A USS THEODORE ROOSEVELT CVN 71 COMIC BY MC2 JIMMI LEE BRUNER



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KINGS OF THE TURF

Story by MC2 Rachael Treon,
USS Theodore Roosevelt Public Affairs

The purple and gold jerseys of the aircraft carrier USS Theodore Roosevelt's (CVN 71) flag football team exemplify power as the team battles for victory. The team, "No Fly Zone," is comprised of motivated Sailors from various departments throughout the ship who come together for the love of football.

The league, hosted by MWR, contains eight teams from commands across Naval Air Station North Island who compete to become the flag football champions. "No Fly Zone" is led by Logistics Specialist 1st Class Brandon Brown, who formed the team to give Sailors a chance to devote their free time in a fun and positive way.

"There's nothing better than being a part of a team that represents you and your command," said Brown. "It gives people a chance to say they accomplished something all while holding a greater representation when doing so."

Nearly 40 Sailors fill the roster, and their drive for success is evident when they work together on the field. The team is undefeated in their first five games of the season.

"It definitely impacts them because I see a big group of Sailors that may not have known each other before this team was created," said Brown. "It gives them a chance to build friendships, and even more, a family within the team."

The players dedicate countless hours to practice and team-building events three nights a week.

"I would definitely say I

love being a part of this team," said Aviation Support Equipment Technician 3rd Class Kasey Hubbard, one of the team's quarterbacks. "I didn't know most of these guys when I came out, and now I've made some good friends. I've really missed the competitive aspect of sports, so I really look forward to practice and games."

Flag football is only one of many team sports offered by MWR. Fall leagues for softball, football, volleyball, soccer, and basketball will begin Oct. 22 on Naval Base San Diego.

Any Sailor who wants to participate can form a team, and commands can have more than one team. Individuals without a full team can reach out to Tara Redshaw, Theodore Roosevelt's Fitboss, and she will help find an open spot. (Tara.Redshaw@cvn71.navy.mil)

"I encourage everyone to take advantage of the sports offered this fall through our base MWR Sports Department," said Redshaw. "It is a fantastic and rewarding opportunity to stay active during our maintenance period. Please do not hesitate to contact me for additional information on how to take advantage of these opportunities."

"No Fly Zone" will continue their pursuit for the throne as flag football champions into mid-October.

"I hope to see this team continue into the fall league," said Hubbard. "I'm glad I reached out and got involved because it's been a blast. I'll definitely take advantage of these teams again in the future."



AS3 Kasey Hubbard throws a football.
Photo by MC2 Rachael Treon.

FEE D I N G S A N D I E G O

Story and photos by MCSN Jessica Hattell,
USS Theodore Roosevelt Public Affairs

Sailors assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71) volunteered at the San Diego Food Bank, August 21.

For three hours, 16 Sailors unpacked various canned goods, sorted cans, and stacked boxes. The San Diego Food Bank always accepts people to help sort ready-to-go boxes of food to give to families in need.

“It’s great to come out and do some volunteer work because it feels good to help those in need,” said Logistics Specialist 2nd Class Leonard Aradanas. “Today has actually been the most fun I’ve had volunteering since I’ve been in the Navy.”

David Ruiz, the senior project coordinator for the San Diego Food Bank, said he was thrilled to have Sailors volunteer.

“When we have Sailors come, I know the job is going to get done, and it’s going to get done right,” said Ruiz. “I am happy to have any help I can get but when the Navy is



here, they do an outstanding job.”

Ruiz also said that some of the food the Sailors packed was for single military parents.

“People don’t realize that it can be tough even if you’re in the military, especially as a parent,” said Ruiz. “That’s why we make sure some of our boxes go to military families.”

Sailors who volunteered at the food bank not only helped military families but also gained a unique point of view.

“It’s a sobering reminder that many in our local community are going through hardship,” said Lt. Cmdr. Ken Espinosa, a chaplain assigned to Theodore Roosevelt. “Volunteering at these types of events is a good way to remind ourselves that no matter what our personal challenges are, there are always those going through much worse.”



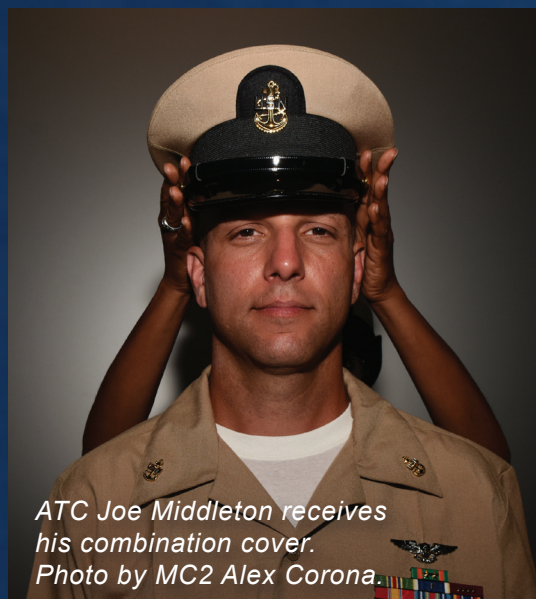
CONGRATULATIONS FY19 CHIEFS



Sideboys render honors to ABHC Paul Hall. Photo by MC3 Janine Jones.



OSC Rafael Falcon is pinned by his family. Photo by MC3 Alex Perlman.



ATC Joe Middleton receives his combination cover. Photo by MC2 Alex Corona.



Chief petty officer covers sit in a row prior to a Chief Petty Officer pinning ceremony. Photo by MC3 Alex Perlman.



THIS MONTH IN REVIEW



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1. Sailors enter a space during an active shooter drill. Photo by MCSN Sean Lynch.

2. Sailors play flag football on Naval Air Station North Island. Photo by MC2 Rachael Treon.

3. AOAN Junacie Godoy and ship yard contractor, Tim Stover, attach a gasket to a hatch. Photo by MC3 Michael Hogan.

4. IS2 Anthony Salvo stands petty officer of the watch. Photo by MCSN Jessica Hattell.



5. ABHAN Anthony Dawson transits a temporary ladderwell. Photo by MC3 Andrew Langholf.

6. ABH3 Carlos Perezperez cuts mats on the pier. Photo by MC3 Michael Hogan.

7. Sailors treat a simulated casualty during an active shooter drill. Photo by MC2 Robyn Melvin.



Chillin' with A. Corona

Story by MC2 Alex Corona,
USS Theodore Roosevelt Public Affairs

Where I grew up, in Wayne, New Jersey, it was full of suburban kids who got BMWs for their 16th birthday,” said MMNC Lisa Bielauskas, assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71). “My family wasn’t that well off, but with such a big family our parents did a hell of a job raising us.”

Bielauskas said that being the youngest of five siblings, and the only female, wasn’t a challenge but an experience that made her stronger.

“I’m not gonna lie, my brothers weren’t afraid to remind me that I was the youngest and weakest of the siblings,” said Bielauskas. “It helped prepare me for the military. Being constantly surrounded by men and needing to show that tough and resilient side.”

Bielauskas continued to exhibit those traits as she made her way through adolescence.

“I eventually joined girl scouts, but right away I knew it wasn’t for me,” said Bielauskas. “When I was 14 I joined the venturing program, where young women could go out with the boy scouts, and learn all of the same survival skills.”

As Bielauskas navigated her way through high school she began to find herself failing academically and getting into trouble.

“When I was 18 my brother was in and out of the hospital and I just lost a lot of my motivation for the things I use to really enjoy,” said Bielauskas. “I noticed right away I needed a change. Once I got out of high school I tried to join the Army.”

Bielauskas said that all the Army had to offer were jobs in the medical field.

“I had no interest in doing anything medical,” said Bielauskas. “When I went into the Navy recruiter’s office they were surprised at how high my test scores were and offered to give me the ‘nuke’ test.”

After successfully passing the Navy Advanced Programs Test, and scoring high in the potential for the Nuclear Field, it was six months before Bielauskas left for boot camp. It gave her a lot of time to decide on whether or the Navy was right for her.

“After finishing boot camp I debated on whether or not this was the direction I wanted to go with my life,” said Bielauskas. “The next two years at nuke school would turn out to be the turning point where I decided that this would be my career.”

After she finished her training at Naval Nuclear Power Training Command Bielauskas reported aboard her first ship, the aircraft carrier USS Enterprise (CVN 65).

“I was at the command for about two years when one of my brothers, Mark, passed away due to medical complications after receiving a kidney transplant,” said Bielauskas. “It was a really hard time for me. I was dealing with the death of my brother and had to have surgery on my foot. Being able to take that convalescent leave allowed me to process the death of my brother. Without having that time and the support of my chain of command I don’t know where I would be today.”

Over the next year and a half Bielauskas supported her parents, both emotionally and financially. After the loss of her brother, her mother and father lost their jobs. “No parent should have to outlive their child,” said Bielauskas. “Eventually as a family we bounced back



and I got orders to the USS Harry S. Truman (CVN 75) in 2011, and made 1st class during my tour.”

After the Truman, Bielauskas got orders to be an instructor in Ballston Spa, New York at Naval Nuclear Power Training Unit.

“My time in New York was by far the most exhausting,” said Bielauskas. “We would work days one week, nights the next, with swing shifts. It was rough. I’m extremely grateful for the experience though because it was here that I began to influence the lives of Sailors.”

Bielauskas guided a Sailor who struggled learning all the material involved in a nuclear rate.

“I was never the type of nuke to just get it,” said Bielauskas. “I had to study and this Sailor was just like me. A hard worker who just needed some guidance.”

Bielauskas lost another brother, Matthew, in 2016 when he suddenly passed away from a brain aneurysm.

“We have been through a lot these past several years

as a family, but we always overcome,” said Bielauskas. “I look forward to continuing this journey and helping Sailors deal with all the hardships that life throws at you.”

Bielauskas was promoted to chief petty officer and was able to have her parents in attendance at the ceremony.

“It was great to have them and my husband there to see the culmination of 12 and half long years of hardship and hard work,” said Bielauskas. “I will finally be able to get my dad all of the chief stuff he has so desperately wanted for the last several years.”

Moving forward Bielauskas said that she would like to remain on active, sea duty. She enjoys the routine of being out to sea and being there for her junior Sailors.

“I really just want my Sailors to remember to take it day by day and I will always do my best to help them in their time of need,” said Bielauskas. “I may not give my Sailors what they want, but I will always have their best interest at heart.”

MWR EVENTS HAPPENING IN OCTOBER



NATIONAL PIZZA DAY CORNHOLE TOURNAMENT

Tuesday, Oct. 9, 4 p.m.

\$10 team entry/ \$5 free agent

World Famous "I" Bar, NASNI

All participants receive a complimentary drink/slice of pizza ticket for the award ceremony inside the "I" bar.

GHOSTS & GRAVESTONES FRIGHTSEEING TOUR

Friday, Oct. 12, 6 p.m., \$32

Meet at: Old Town Market, 4010

Twiggs Street, San Diego, 92110

If you dare, join us for a 90-minute tour including stops throughout Old Town and the infamous Whaley House.

PINK/PURPLE IT OUT! GOLF TOURNAMENT

Friday, Oct. 19, 1-7 p.m., \$60

Sea 'N Air Golf Course, NASNI

Honor those affected by breast cancer or domestic violence. Dress in your best pink/purple golf wear for a fun 18-Hole tournament. Includes dinner, prize drawing entry, and contests for prizes.

TEMECULA WINE TOUR

Saturday, Oct. 20, 9 a.m., \$50

Price includes transportation, three winery experiences, including an educational winery tour, plus snacks and beverages on the bus. Pick up locations: 9 a.m. Silver Strand Youth Center/ 9:30 a.m. Admiral Baker Recreation Center Parking lot (Friars Rd. East & I-15) (21 yrs.+)

For more information and sign-up, call (619) 437-3190. Registration required 24-hours in advance to most events.

STAR OF INDIA EXPLORATORY TOUR

Sunday, Oct. 21, 10 a.m., \$18

Meet at 1492 N Harbor Dr.,

San Diego, 92102

Bring history to life through storytelling and reenactment on this guided tour encompassing visits to the Star of India, HMS Surprise, San Salvador, B-39 Submarine, the 1898 Berkeley, and the 1904 Medea. Also take a harbor voyage on the "Pilot," where you can help navigate and perform water quality experiments while touring the bay. We'll hold a picnic in Waterfront Park following the tour, so be sure to bring a brown bag lunch!

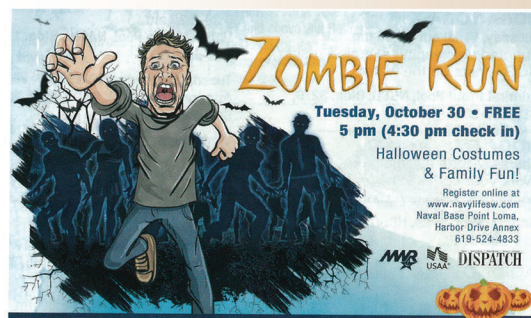
NAVY VS. NOTRE DAME GAME

Saturday, Oct. 27, 5 p.m., \$70-\$110

SDCCU Stadium, 9449 Friars Rd,

San Diego, 92108

As the country's second largest Navy town, and home to more than 1,500 Notre Dame alumni, San Diego is a natural fit to host this game. Be a part of the crowd to cheer on Midshipmen as they play the Notre Dame Fighting Irish!



BIG STICK HOLIDAY PARTY PRE-SALE TICKETS

Monday, Oct. 1- Wednesday, Oct. 19

E7 and above-\$65, E6 and below-\$35

Early sales are \$5 off. Sailors will be inputted into a drawing to win one of two hotel rooms for the night of the party. Pick up at MWR ticket window.

CHRISTENING CREW TO CONTRACTOR

Story by MCSN Sean Lynch,
USS Theodore Roosevelt Public Affairs

James Doubikin, a contractor working aboard the aircraft carrier USS Theodore Roosevelt (CVN 71), uses the enlisted brow to come on the ship just like he did when he was a Ship's Serviceman more than 30 years ago.

Doubikin's career trajectory led him back to Theodore Roosevelt as a team lead for heating, ventilation, and air conditioning.

"It's an honor to be a plankowner," said Doubikin. "Knowing that you were a part of a crew that brought life to the ship is a great feeling. I'm happy that I get to contribute comfort to the crew of the ship with the work that I do now as a contractor."

Many things have changed in the time since Doubikin first reported as an official Theodore Roosevelt plankowner prior to the ship's commissioning, October 25, 1986.

When Doubikin first arrived in 1985, it was nine years until the first orders for women aboard combat ships became available.

"Capt. Paul W. Parcell, then commanding officer, would address the crew by saying 'Gentlemen, this is the captain speaking,'" said Doubikin. "The captain would say this because there were no female members of the original crew."

While Doubikin enjoys reminiscing about the changes he has seen in the ship and the Navy his favorite memory of his time aboard Theodore Roosevelt was its maiden voyage from December 1988 to June 1989. The ship patrolled the Mediterranean Sea and earned the first Battle "E" in its history.

"We were able to go to many interesting places that Sailors today are not able to go," said Doubikin. "We visited exotic places like Egypt, Turkey, and Israel. If I had never joined the Navy I wouldn't have had the opportunity to go on the ship's initial deployment and visit such different and exciting places."

After serving aboard Theodore Roosevelt, Doubikin was stationed aboard the Spruance-class destroyer USS

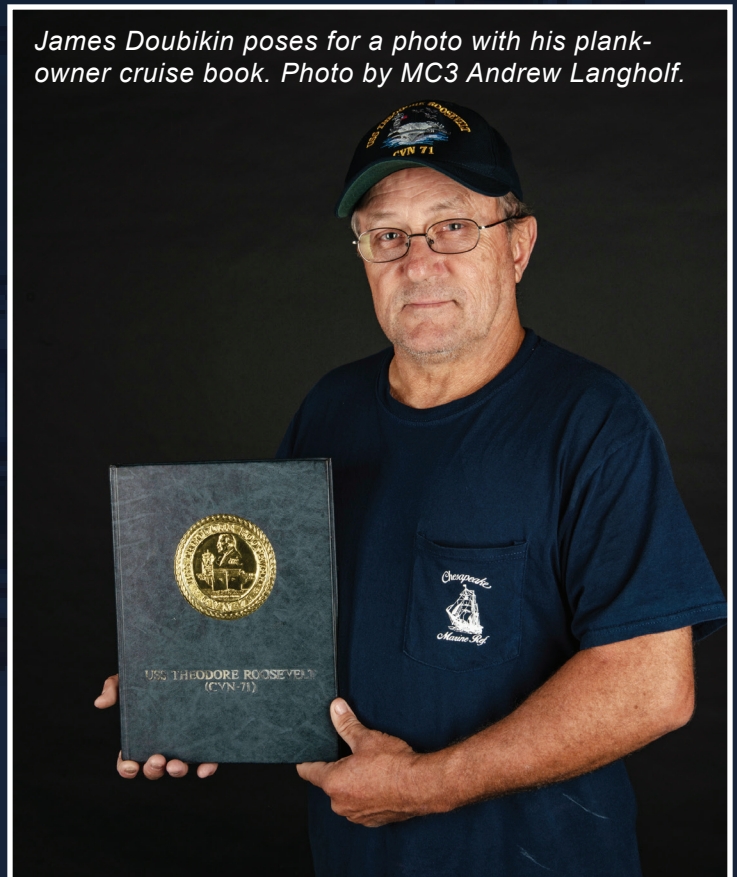
Kinkaid (DD-965), the aircraft carrier USS Dwight D. Eisenhower (CVN 69), and at Recruit Training Command Great Lakes before retiring as a Ship's Serviceman 1st Class in 2002.

Doubikin moved to Norfolk in 2007 with his wife and three sons to become a contractor for Chesapeake Marine Refrigeration, which laid the groundwork for him to return to Theodore Roosevelt.

"If I had to go back to the beginning of my career I wouldn't change a thing," said Doubikin. "I had a great career. It gave me a sense of pride in my country and allowed me to interact with people from all walks of life. I enjoyed it immensely and will always remember the friendships I made."

Despite many changes in the Navy, Doubikin has returned to Theodore Roosevelt, after beginning his career there, to continue his service. He passes along his knowledge of the ship and the Navy to his fellow workers and members of the crew.

James Doubikin poses for a photo with his plankowner cruise book. Photo by MC3 Andrew Langholf.





LIFT WITH THE LEGS! NOT YOUR BACK!

JOINT OR BACK PROBLEMS?

If you feel any strains or pains in your back visit ship's Medical Department and make an appointment with the physical therapist.

Medical is located J-Dial
2-112-0-Q 5393

Sick hall hours:
Monday - Friday
0730-0830

Back injury specialists on board:
Lt. Nicholas Freidlein
HM1 Edgar Cross



MEDICAL DEPARTMENT

