

A large-scale photograph of the USS Theodore Roosevelt (CVN-76) in a shipyard. In the foreground, a sailor in a camouflage uniform and white hard hat walks towards the camera. In the background, another worker is visible on a blue scissor lift platform, working on the ship's superstructure. The ship's complex architecture, including various masts, antennas, and railings, is clearly visible against a clear blue sky.

USS THEODORE ROOSEVELT ROUGH RIDER

OCTOBER 31, 2018

PROGRESSING THROUGH PIA

MAKING STRIDES TOWARDS THE
WORKUP CYCLE

GIRL SCOUTS VISIT
USS MIDWAY

7

FCPOA
VOLUNTEERS

|

THE MODERN
DAY SAILOR



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PS2 Chilee Osuji transits pierside of the aircraft carrier USS Theodore Roosevelt (CVN 71).
Photo by MC3 Spencer Roberts.

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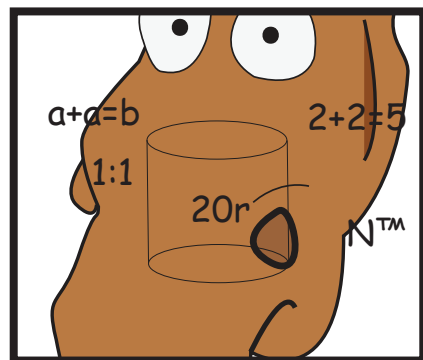
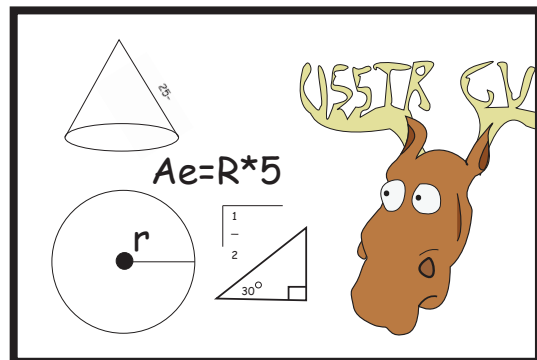
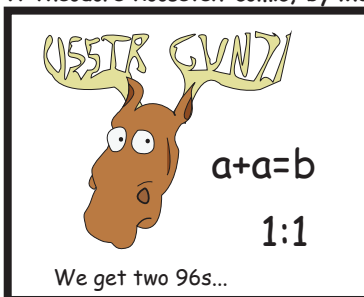
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A Theodore Roosevelt comic, by MC2 Jimmi Lee Bruner



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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
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Drugs cost more than just money.

Don't waste your career getting wasted.

**NOVEMBER IS
DRUG AWARENESS MONTH**

Don't let drugs decide your fate.





Girl Scouts

Visit USS Midway

Photos and story by MC3 Spencer Roberts,
USS Theodore Roosevelt Public Affairs

Girl Scout troops from San Diego toured the USS Midway Museum in support of "Operation Wing Scout," Oct. 6.

The Girl Scouts toured multiple decks of the ship, took a ride on a flight simulator, and were brought aboard the ship by Lt. Elizabeth Hegarty, a pilot assigned to the Wildcards of Helicopter Sea Combat Squadron (HSC) 23, and Midway staff. The goal of the tour was to broaden the girls' horizons of what women can do within the Navy as well as various other Aviation opportunities.

"Operation Wing Scout is a program that gives these young women exposure to jobs in aviation and the military," said Hegarty. "When I went to Girl Scout camp we learned confidence and team building skills that directly applied to every part of life, even within the military."

The Girl Scouts had a sleepover aboard the Midway and began their day in the hangar bay. Then they were given the opportunity to test their aviation skills on a flight simulator.

"My favorite part about the Midway was the flight simulation," said Mia McEntire, a Girl Scout. "Doing flips in the air was really cool. I have a new appreciation for

women in the Navy and military."

After the flight simulator, the Girl Scouts had lunch then were brought to the flight deck to gain more insight into female pilots and all women working in the military.

"We want to empower these girls to be leaders and possibly have a career in the military," said Angelica Wilson, USS Midway Museum tour guide and former Girl Scout troop leader.

"The Girl Scouts taught me self-reliance and exposed me to careers I would have never considered," said Lt. Christi Morrissey, pilot assigned to the USS Theodore Roosevelt (CVN 71). "It helped give me the confidence I needed to pursue my goals and taught me valuable leadership lessons that I have used throughout my Naval career."

The Girl Scouts experienced a vast assortment of events and activities. The tour guides and pilot taught the girls options for their future and informed them that they can succeed in typically male dominated careers.

"I did this to teach these young girls to not limit their options," said Hegarty. "Even if you work in a male dominated field, never let that scare you away from your dreams."



USS MIDWAY MUSEUM

Thanks for Giving

November is the month for giving back. Choose your favorite volunteer opportunity and help those in need!

Command Religious Ministry Department

Help Theodore Roosevelt reach out to the local San Diego community.
Email: RP1 Sandra.Hosier@cvn71.navy.mil for all volunteer opportunities.

First Class Petty Officer Association

Contact the FCPOA to volunteer at local charities during the holiday season.
Email: FC1 Joshua.Marshe@cvn71.navy.mil.

Second Class Petty Officer Association

Contact the SCPOA to volunteer at local charities during the holiday season.
Email: YN2 John.Villamarin@cvn71.navy.mil.

Morale, Welfare, and Recreation

Go to MWR for events and activities around the San Diego area.
Email: Funboss@cvn71.navy.mil or Fitboss@cvn71.navy.mil

Navy Marine Corps Relief Society

Donate at your local NMCRS to help Sailors and Marines.
For more information, Email Traci.Shuck@nmcrs.org

Toys for Tots

Make a child's dreams come true by giving toys and volunteering this holiday season.
Email: Sandiego.toys4tots@gmail.com

THIS MONTH IN REVIEW



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1. AT1 Nathan DeLamar gives a speech during the Navy's 243rd birthday celebration in the barge galley. Photo by MC3 Alex Perlman.

2. HM2 Jason Castricone fills a syringe with flu vaccine. Photo by MCSN Jessica Hattell.

3. Sailors cut a cake in celebration of National Hispanic Heritage Month. Photo by MC3 Andrew Langholf.

4. BM3 Cassandra Liriano, left, hands out candy during a Trunk-or-Treat event hosted by the FCPOA and the SCPOA. Photo by MC2 Robyn Melvin.



4



5. ITSN Tucker Thompson clears brush during a beautification project of Montclair Neighborhood Park. Photo by MCSN Sean Lynch.

6. AN Chelsea Overman, left, and SN Myricle Lewis check inventory of parts and materials. Photo by MC3 Spencer Roberts.

7. HT3 Alex Rivero braises a pipe. Photo by MCSN Jessica Hattell.



USS Theodore Roosevelt **FCPOA** *Volunteers* *at Local* **Habitat for Humanity**



ReStore



Photos by MC3 Michael Hogan, MC3 Alex Perlman, MCSN Jessica Hattell
Story by MC3 Michael Hogan,
USS Theodore Roosevelt Public Affairs

The aircraft carrier USS Theodore Roosevelt's (CVN 71) First Class Petty Officer Association (FCPOA) volunteered at local Habitat for Humanity ReStores, October 10.

More than 20 Sailors took part in the project to assist Habitat for Humanity ReStores, which included unloading building materials from trucks, organizing the store, and putting together and taking apart furniture.

"The FCPOA is here today to give back to our local community," said Electronics Technician 1st Class Roy Nguyen, the project lead at the Kearny Mesa Habitat for Humanity ReStore. "It's important to show support for those in need."

The FCPOA is always looking for ways to get involved in the local community through volunteer events, explained Nguyen.

"Whatever volunteer work comes up for us we will

try to do it," said Logistics Specialist 1st Class Brenda Mensah, the project lead at the National City Habitat for Humanity ReStore. "It can be anything from construction, to picking up trash on the highways, or something like this. It just feels good to help out."

The Sailors who volunteered took on a big task that the staff wouldn't be able to complete without the extra manpower, said Fernando Torres, the National City Habitat for Humanity ReStore manager.

"We think every family, man, woman, or child, deserves a place to call home," said Torres. "Everything we have here is donated, and whatever profits we make goes into building more houses with Habitat for Humanity. We greatly appreciate the volunteers from the Navy."

Theodore Roosevelt is currently moored in San Diego undergoing a scheduled planned incremental availability.



Sailors Across History

Editorial by MCSN Julian Davis,
USS Theodore Roosevelt Public Affairs

Since eyes first saw the boundless blue horizon, mankind sought to overcome the sea: Magellan circumnavigating the world, Marco Polo sailing to China, Erik the Red discovering Greenland.

As technology advances, Sailors venture out even further. Through aircraft carriers and aviation, they cross the world several times over. They dive submarines to the deep and ride rockets to outer space. Sailors do more than sail, they explore the universe.

Sailing is founded in centuries of history and tradition but despite the differences, the fundamentals of a Sailor, whether ancient or modern, are essentially the same.

Although the 'how' of sailing is different today, modern Sailors carry on traditions of the past. For example, Sailors still use log books as a form of intercommunication and accountability between each other. Before their modern day paper versions, log books were once engraved in actual shingles of wood, hinged together to open like a book, and thus the name 'logs.' Although no longer recorded on thick wood slates, the term stuck around.

Before GPS, Sailors used stars, charts, and land markers to navigate direction. Sailing was haphazard and required detailed nautical observation and algebraic calculation. Utilizing human intuition and

knowledge, Sailors braved not knowing where they were but trusted in their skills. In contrast, modern day Sailors have the Voyage Management System, a computer navigation system that takes into account

GPS and gyro inputs to provide an electronic navigational chart. In place of humans, computers take complex calculations and mathematics and provide an accurate image of a

ship's exact location.

Despite centuries of innovation, a Sailor's fundamental knowledge remains anchored in the past. Besides navigation, Sailors still learn the ropes as they utilize ropes, dubbed 'line' by Boatswain's Mates.

Sailors use line to carry out ship functions such as securing the ship to shore and hoisting heavy objects. A modern ship still requires a helmsman to man the helm, the steering wheel, at all times. So despite super computers and pinpoint navigation systems, the actual driving of the ship remains the same across history, within a Sailor's hands.

Over the centuries, the foundation of what makes a Sailor hasn't changed.

The forefathers of the Navy didn't choose the core principles lightly.

Honor--Sailors go out to sea, never seeing land for months at a time. Honor is acting with





Remembering the past, Forging the Future

integrity. A Sailor does the task he set out to do because he said he would do it. A Sailor's words aren't to be taken lightly. His actions speak volumes, and he acts, not on his own desires, but what he knows is right. Courage--for the sake of one's country--a Sailor may experience fear, but he overcomes his base emotions to act in the line of duty.

"Until you have the courage to lose sight of the shore, you will not know the terror of being forever lost at sea," said Charles Cook.

Sailors engage fear. Whether traditional or modern, a Sailor thrusts himself to the forefront as he leaves his homeland for foreign shores.

Commitment--When a Sailor joins the Navy, he becomes more than himself, he becomes part of a team. Every individual on a ship comes together as one cohesive unit.

To be a Sailor is more than a job, it's a marriage of personality and duty. Regardless of personal feelings or motivations, Sailors commit themselves to being present, to work to the best of their ability every single day.

Past or present, a Sailor must exercise adaptive decision making, to be prepared for a change of plan at a moment's notice. Rapid response and undull patience, a Sailor practices both on a daily basis.

Every day, Sailors transform human virtue into action. To dedicate oneself to a greater purpose is an act of maturity that goes beyond lived years. To live out one's time for the sake of one's country and family is one of the greatest displays of love that one can

make. Sailors have depth of character.

Whether past or present, the character of a Sailor is sacrifice. A service contract is more than an agreement to accept the possible sudden expiration of life in the line of duty. To sign a service contract is to give up one's life every single day. Sailors in the Navy make the ultimate payment in time deviated to duty.

Time is life's currency. Nothing in life comes free. When one renders a service and receives a wage, he makes a payment. If a Sailor earns one thousand dollars a month, he is paying a month for a thousand dollars in pocket. For the hours that they dedicate, Sailors make a bare minimum. They sacrifice valuable

time: time with families, time with friends, free time for personal enjoyment or purposes. Those days, months, years can never be given back and are lost forever. Unlike monetary currency, time only pays one

Whether past or present, the character of a Sailor is sacrifice. A service contract is more than an agreement to accept the possible sudden expiration of life in the line of duty. To sign a service contract is to give up one's life every single day. Sailors in the Navy make the ultimate payment in time devoted to duty.

way--out.

Both modern and past Sailors put themselves at the forefront of their respective countries.

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much because they live in the gray twilight that knows neither victory nor defeat," said Theodore Roosevelt.

In one's Navy career, every Sailor will make a mistake. There's no getting around it. To err is human. It is how one recovers from that mistake, that makes the difference. To do what is right, to follow one's better nature, that is a Sailor.

FORGED BY THE SEA

HAPPY
BIRTHDAY
NAVY

243
YEARS
OF
SALT
AND
STEEL

