

# USS THEODORE ROOSEVELT ROUGH RIDER

DECEMBER 1, 2018



## SHIFTING THE MINDSET

THEODORE ROOSEVELT SAILORS PREPARE  
TO TRANSITION FROM PIA TO SEA

WWI  
REMEMBRANCE

7

UNDERWAY  
CHECKLIST

SHIP YOU FORGOT  
UNDERWAY



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Photo illustration by MC3 Alex Perlman.

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Bully a Theodore Roosevelt Comic by MC2 Jimmi Lee Bruner



## STAFF

COMMANDING OFFICER  
Capt. Carlos A. Sardiello

EXECUTIVE OFFICER  
Capt. Pete Riebe

COMMAND MASTER CHIEF  
CMDCM Andrew Frederick

PUBLIC AFFAIRS OFFICER  
Lt. Cmdr. Julie Holland

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

SENIOR EDITORS  
MCCM Misty Flynn  
MCC Jay Pugh  
MCC Michael Russell

EDITORS  
MC2 Alex Corona  
MC3 Alex Perlman

ROUGH RIDER  
CONTRIBUTORS  
MC2 Jimmi Bruner  
MC2 Rachael Treon  
MC3 Michael Hogan  
MC3 Janine Jones  
MC3 Spencer Roberts

COMMAND OMBUDSMAN  
[cvn71ombudsman@gmail.com](mailto:cvn71ombudsman@gmail.com)

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Members of the Naval Heritage Committee salute the ensign during a World War I Centennial Remembrance ceremony. Photo by MC2 Rachael Treon.

# USS THEODORE ROOSEVELT CVN 71

## HOLDS REMEMBRANCE CEREMONY ON THE 100-Year Anniversary of Armistice Day

Story by MC3 Michael Hogan,  
USS Theodore Roosevelt Public Affairs

Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) held a remembrance ceremony Nov. 9, organized by the ship's Naval History and Heritage Committee (NHHC), to recognize the 100-year anniversary of the armistice that ended World War I, Nov. 11.

The crew held a two-minute moment of silence, tolled the ship's bell 21 times, and Sailors from the NHHC saluted the national ensign to pay tribute to fallen service members and their families.

"We do our jobs day in and day out and sometimes you can lose sight of what is important about remembering our fallen heroes," said Chief Aviation Electronics Technician Christopher Blakeman, one of NHHC's chief petty officer advisors. "Taking part in something like this is a way to step back and reflect on what the servicemembers who have gone before us went through."

A moment of silence is a tradition practiced throughout the nation at this time of year to reflect on those who gave the ultimate sacrifice. The first minute is intended to honor service members that gave their lives, and the second minute is meant for their families.

"It gives us a sense of pride and purpose," said Aviation Electronics Technician 1st Class Nathan Delamar, president of the NHHC. "Remembering our traditions, such as ringing the bells or wearing our dress uniforms,

helps us keep in touch with time-honored traditions. When we have ceremonies like these, it helps remind us of principles we may forget about."

The 21 rings of the bell are referred to as the "Bells of Peace." The striking of bells on Theodore Roosevelt signified the ending of WWI on the 11th hour, of the 11th day, of the 11th month of the year.

"It makes me feel proud to be a Sailor," said Aviation Electronics Technician 3rd Class Justin Byrd, a member of NHHC and participant in the ceremony. "It's always good to commemorate those who have come before us, because we wouldn't be where we are today without them. It shows a solidarity between us and veterans we have today."



Sailors strike the ship's bell during a World War I Centennial Remembrance ceremony. Photo by MC3 Michael Hogan.





# SHIFTING THE MINDSET

Story by MC2 Rachael Treon,  
USS Theodore Roosevelt Public Affairs

**B**lue seas are on USS Theodore Roosevelt's horizon as the ship finishes its Planned Incremental Availability (PIA). The scheduled six month PIA enabled the required maintenance, modernization, and preservation the Navy wanted to keep the Big Stick on the cutting edge of 21st century Naval power. Transitioning from a pierside construction zone into the work-up cycle means a change in mission focus, lifestyle, and most importantly, mindset.

"Over the last six months the crew worked hand-in-hand with our Shipyard Maintenance team and contractors to ensure our ship was ready to go back to sea," said Commanding Officer Capt. Carlos Sardiello. "We performed extremely well completing the required work safely and efficiently, allowing us to finish on time. Everyone has done a great job identifying possible hazards, applying risk management, and correcting discrepancies immediately during the maintenance period. But now we must transition from a maintenance focus to an underway mindset. Our job is to be prepared to conduct sustained combat operations at sea. There is no second place in combat. We don't get there overnight. It is critically important for every Rough Rider to complete each phase of our in-port and at-sea operational training, doing all the reps and sets to build the necessary muscle memory over the 2019 training

cycle and guaranteeing flawless execution. This is an inherently dangerous business, and we have a solid method to manage those risks and get mission done. It is the same methodical Plan, Brief, Execute, Debrief process we have used in the past. Every Rough Rider is trained and equipped to meet the mission. Work to get to 'yes' on TR in your jobs; as mission enablers and supporters of the air wing and strike group it is important. 'Yes' speeds our support by handling challenges at the appropriate level. If you can't do something at your level then stop and raise the 'no' to your supervisor. They will provide you mitigations within policy or raise the 'no' to the next level until it comes to me. Bottom line, in the manner of President Theodore Roosevelt, you are the quiet professionals who get the job done. Your collective ownership, getting to 'yes', waiting for no one, and care and loyalty for your shipmates to your left and right, means we continue to succeed and meet our CNO's charge to be the best Navy each day."

According to Executive Officer Capt. Peter Riebe, a recent incident aboard USS George Washington (CVN 73) should serve as a cautionary tale for TR Sailors.

"Not too many years ago, Washington emerged from a maintenance availability and rapidly moved into an operational mindset," said Riebe. "The squeeze of getting the ship prepared for sea and the planned homeport shift pushed the leadership and crew to get the ship ready for the move. What transpired were small degradations in their Zone Inspection





## TRANSITIONING FROM LAND TO SEA

program, shortcomings in their HAZMAT handling and stowage, and a weak DC training program with equipment deficiencies. Those small degradations came to a head on May 22, 2008, when a fire broke out aboard Washington.”

Reports stated that the fire required damage control efforts by more than 1,000 Sailors over a 12-hour period. A large amount of improperly stored hazmat caused the fire, and firefighting efforts were weakened by factors such as missing DC plates, lack of radios, poorly maintained equipment, and an unexpected location for a class Bravo fire. More than 30 Sailors suffered injuries from smoke inhalation and burns. The repair cost was estimated at \$70 million and a several-month delay in the ship’s homeport shift.

This event was completely preventable and Sailors of all ranks played a role in this incident. The time is now to ensure the ship and its crew are ready to go to sea.

The majority of the Rough Riders have previously been underway and know what to expect. However, experience does not automatically ensure preparedness, and hundreds of new Sailors will be sailing for the first time.

Command Master Chief Andrew Frederick leads the TR in saltiest Sailors with 15 deployments under his belt.

“I think the hardest part about getting underway after PIA has two parts. The first is getting back into an underway routine and remembering what your underway job was,” said Frederick. “It can be very different in the maintenance period. The second is making sure everything is ready at home. It doesn’t matter if you’re single or married, you still have obligations at home. If you are not ready to go

personally, it can severely impact job performance.”

Frederick said he forgets things every time the ship gets underway, which shows that even the most experienced Sailors aren’t automatically prepared.

“I’ve already started moving everything onto the ship because I know I always overlook things,” said Frederick. “Every morning I look in my closet and bring a few things I know I’ll need so I get it done little by little and don’t have to rush at the end.”

Sailors who have never been underway are at a disadvantage because they may not know the tips and tricks it takes to survive life on an aircraft carrier. Things that seem routine to most such as the difference in chow lines, internet connectivity, ship’s laundry, and even working hours may be unknown to the new Sailors.

With the upcoming holidays, it can be easy for Sailors to be more focused on what’s to come, before the work gets done. It is the responsibility of every Rough Rider to remain focused and do their part in supporting the ship’s mission. From the engineering spaces to the flight deck, from the fo’c’sle to the aft lookout, every part matters.

“You have worked hard to get to this point, the ship is almost ready,” said Sardiello. Let’s get the last part complete and the ship will be ready and waiting for us in the new year to complete the planned training cycle. We have a good plan for you to gain some ground on resilience. Take that time with family during the leave, liberty, and adjusted working hours we have coming up to make some lasting memories. Ensure your financial and personal obligations are all set for you to be at sea for extended periods during 2019. Being prepared and spending time with your family and friends ensures you are ready for the exciting times and challenges at sea.”



# THIS MONTH IN REVIEW



1. ABHAN Lawrence Holland tapes an axe on the flight deck. Photo by MC3 Michael Hogan.

2. CSCM Andre Harris sheds a tear during his retirement ceremony from the Navy after 30 years of service. Photo by MC3 Spencer Roberts.

3. SN Sabrina Janbaptiste serves a Thanksgiving meal to a Sailor on duty for the holiday. Photo by MC2 Alex Corona.







4. SN Ryan Finneran grinds a lock off a berthing rack. Photo by MC3 Michael Hogan.

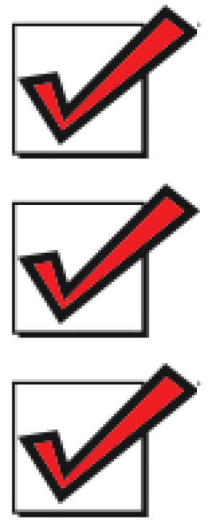
5. Lt. Long Nguyen clears brush during a beautification of Waldo D. Waterman Park. Photo by MC3 Alex Perlman.

6. CS3 Benjamin Cortinez, left, and CS3 David Garcia serve food during a Thanksgiving meal in the galley of a non-self-propelled barracks ship. Photo by MC2 Alex Corona.





# Underway Checklist



## PRACTICAL PREPARATION

- ☐ Dependent ID cards (DEERS verification 1-800-538-9552)
- ☐ Updated Emergency Data Form or Page 2
- ☐ Updated Family contact information in the Navy Family Accountability and Assessment System (NFAAS)
- ☐ Powers of attorney
- ☐ Valid will
- ☐ Updated Service Members Group Life Insurance (SGLI) with correct beneficiary
- ☐ Family knows complete official mailing address, command name, and social security number
- ☐ Family has command contact information including ombudsman information
- ☐ Renters' or homeowners' insurance current
- ☐ Home or apartment in good repair

## SERVICE MEMBER PERSONAL PREPARATION

- ☐ Uniforms, civilian clothes and personal items while underway
- ☐ Phone numbers/addresses/email addresses
- ☐ Arrangements for birthdays and special occasions
- ☐ Discuss keeping in touch with friends and family
- ☐ Plans for education and courses while underway.

## HOUSING

- ☐ If planning to sublet your house or apartment did you do a credit check on potential tenants?
- ☐ Is your renter's/homeowner's insurance current and does it cover replacement costs?
- ☐ Do you have a plan for routine maintenance and lawn care?

## VEHICLES

- ☐ If necessary, storage or someone to take care of it.
- ☐ Current insurance, tags, registration/title, routine maintenance.
- ☐ Name of a trusted mechanic/repair garage left with family.

## COMMUNICATION/OPSEC

- ☐ Do you have a plan for making telephone calls?
- ☐ Have you discussed email use?
- ☐ Have you discussed regular mail and care packages?
- ☐ Have you discussed emergency communication?

## FINANCIAL PREPARATION

- ☐ Spending plan for the underway periods including any pay changes and additional expenses
- ☐ If married, separate checking accounts and/or split pay
- ☐ Arrangements to pay bills including payments to creditors
- ☐ Allotments or online banking set up
- ☐ Phone bills (long-distance, cell phone plan)
- ☐ Once a year expenses such as taxes or insurance covered
- ☐ Taxes due while underway? Plan for payment or extension
- ☐ Credit card limits. If married, who will be using which cards?
- ☐ Emergency funds
- ☐ Savings plan or Savings Deposit Program if eligible. Thrift Savings Plan (TSP)

## EMERGENCY PLANS

- ☐ Location of important papers
- ☐ Does your spouse know how to access the TRICARE system for medical care when outside the local area?
- ☐ Do you need to consider signing a preauthorization form with Navy-Marine Corps Relief Society?



## OPSEC SOCIAL MEDIA DOs and DON'Ts

### DOs

- Generalizations about our duties
- Port calls after their media release
- Released photos from navy.mil
- Pride and support for your crew

### DON'Ts

- Future operations and planning
- Daily military activities and morale
- Technical information
- Details of weapon/radar systems



# American Red Cross

1 877-272-7337

Emergency communications (AMCROSS messages) regarding birth, death, illness or other family emergencies (i.e. breakdown in child care or child care emergency):

- Health and welfare inquiries
- Emergency financial assistance
- Information, referral and advocacy
- Health and safety courses
- Volunteer opportunities

In case of a **death**, you must provide:

- Name of decedent
- Relationship to service member
- Name and phone number of funeral home, coroner, etc.

In case of a **illness**, you must provide:

- Name of family member
- Relationship to service member
- Name and phone number of attending physician

Around the clock and around the world, ARC is standing by to help you 24 hours every day. To ensure prompt notification by AMCROSS message, you must provide the following information on the service member:

- Rate/rank and full name
- Date of birth
- Branch of service
- Social security number
- Command address

You must advise the physician that you are sending an AMCROSS message and that you grant them permission to discuss the patient's information. For break down in child care or child care emergency, you must provide:

- Name and phone number of guardian
- Name and phone number of child care
- Name and phone number of case worker (Child Protective Services)
- Case number (Child Protective Services)



# SHIP YOU R U N D E R W

& THINGS THAT YOU JUST  
MIGHT WANT TO BRING

## C O M F O R T

- ⚓ Extra shirts, socks, underwear
- ⚓ Blankets
- ⚓ Mattress topper
- ⚓ Gym towel
- ⚓ Baby powder
- ⚓ Extended phone charger
- ⚓ Downloaded music
- ⚓ External hard drive
- ⚓ Reading material
- ⚓ Water bottle
- ⚓ Vitamins/supplements
- ⚓ Non-perishable food items
- ⚓ Laundry detergent
- ⚓ Fabric softener
- ⚓ Flash light/headlight
- ⚓ Coffee mug
- ⚓ Canned food
- ⚓ Notepad
- ⚓ Resealable bags
- ⚓ Envelopes
- ⚓ Lighter
- ⚓ Contact solution
- ⚓ Gym clothes
- ⚓ Phone card
- ⚓ Gaming system
- ⚓ Condiments
- ⚓ Small backpack
- ⚓ Coffee/creamer

**Keep in mind the ship store only has basic necessities and a limited number of items.**

⚓ Sk  
⚓ M  
⚓ F  
⚓  
⚓

F  
B



# FORGET / A Y

- Shower shoes
- Mesh laundry bag
- Plastic soap holder
- Plastic toothbrush holder
- Feminine hygiene products
- Non-aerosol deodorant
- Extra razors and shaving cream

- Anchor Lip balm
- Anchor Cotton swabs
- Anchor Hair brush/comb
- Anchor Shower bag
- Anchor Loofah
- Anchor Nail clippers
- Anchor Small first-aid kit

- Anchor Wash cloth
- Anchor Towels
- Anchor Toothpaste
- Anchor Extra toothbrush
- Anchor Face wash
- Anchor Hand sanitizer
- Anchor Lotion

## HYGIENE

You must have  
a hand towel  
when using any  
of the gyms on  
board.

After 30 days, you will  
not be able to use  
downloaded music  
from digital music  
subscriptions  
services.

## REMEMBER

Bluetooth headphones and wireless devices  
**MUST** be turned off during EMCON!  
Bring a wired pair of headphones.



**FCPOA Presents:**

# CHILDREN'S HOLIDAY PARTY

**DECEMBER 8, 2018 1100-1400**

**Spark at Encore Event Center**

**8253 Ronson Road**

**San Diego, CA 92111**

**Santa's Elves can  
hardly wait,  
It's a festive time to celebrate!**

**Join us in a joyous cele-  
bration! Fun for the  
whole family!**

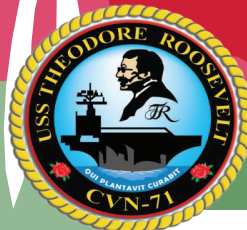
**Bouncy houses!**

**Face painters!**

**Piñatas!**

**Crafts!**

**A special visit from  
Santa and his helpers!**



**POC: MA1 IKE J-5564, HM1 NAVARRO J-5444, AZ1 QUENGA J-6119**