

USS THEODORE ROOSEVELT

# ROUGH RIDER



## SHAPING MORALE

HIGHLIGHTING SHIPWIDE CONTRIBUTIONS TO DEPLOYMENT READINESS

### SAVE A LIFE

KNOW THE SIGNS &  
START THE CONVERSATION

### INCH BY INCH, YARD BY YARD

AN INSIDE LOOK AT OUR NEW  
COMMAND MASTER CHIEF

### STAYING CONNECTED

MEET THE DEPARTMENT HELPING US  
CONNECT WITH OUR FAMILIES

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## **ON THE FRONT**

U.S. Navy Chief Logistics Specialist Annyssa Lujan receives her combination cover in the hangar bay of aircraft carrier USS Theodore Roosevelt (CVN 71) during a chief pinning ceremony, Sept. 18, 2026. (U.S. Navy photo by Mass Communication Specialist 3rd Class Cesar Nungaray)

# PLAN OF THE MONTH



Your Leadership Tool for Communicating Internally

## OCTOBER 2026

### IMPORTANT DATES:

OCT 12- COLUMBUS DAY

OCTOBER 13- U.S. NAVY BIRTHDAY

OCTOBER 25- TR'S 40TH BIRTHDAY

OCTOBER 26- NATIONAL DAY OF THE DEPLOYED

OCTOBER 27- NAVY DAY

OCTOBER 31- HALLOWEEN

### DEADLINES:

OCT 1- APPLICATION DEADLINES FOR ACTIVE-DUTY LIMITED DUTY OFFICER (LDO) AND CHIEF WARRANT OFFICER (CWO) COMMISSIONING PATHS..

OCTOBER 19-23 - FIRST SCHEDULED DATE WINDOW FOR THE 2026-2027 NAVY ROTC SCHOLARSHIP SELECTION CYCLE.



## PROFESSIONAL DEVELOPMENT



### NAVY COOL

NAVY CREDENTIALING OPPORTUNITIES ON-LINE CAN BE FOUND ON QUICKLINKS, THIS TOOL HELPS MAP RATING REQUIREMENTS TO CIVILIAN CERTIFICATIONS, LICENSES, AND APPRENTICESHIPS.

## MONEY MATTERS

### SAVINGS DEPOSIT PROGRAM

ALLOWS DEPLOYED SERVICE MEMBERS IN DESIGNATED COMBAT ZONES TO DEPOSIT UP TO \$10,000 AND EARN A GUARANTEED ANNUAL INTEREST RATE OF 10%.



## FIT TO FIGHT



### TR FIT

CLASSES WILL BE HELD MONDAY -SATURDAY AT 0500, 1600, 1700, AND 2000. CHECK TO SEE WEEKLY FITNESS CALENDARS TO INCLUDE SPIN, YOGA, JIU JITSU, AND ZUMBA.

## RESOURCES

### MILITARY ONE SOURCE

OFFERS ACTIVE-DUTY SAILORS, RESERVISTS, AND THEIR FAMILIES UP TO 12 FREE SESSIONS OF CONFIDENTIAL NON-MEDICAL COUNSELING PER ISSUE. YOU CAN ACCESS CARE AT MILITARY ONE SOURCE PORTAL OR BY CALLING 800-342-9687.



# ASK. LISTEN. SUPPORT.

## SAVE A LIFE.

### RECOGNIZE

KNOW THE WARNING SIGNS

- WITHDRAWAL FROM FRIENDS OR NORMAL ACTIVITIES
- CHANGES IN MOOD OR BEHAVIOR
- TALKING ABOUT HOPELESSNESS OR BEING A BURDEN
- GIVING AWAY POSSESSIONS
- INCREASED ALCOHOL OR DRUG USE
- SAYING GOODBYE OR TALKING ABOUT DEATH

### CONNECT

START THE CONVERSATION

- "HEY, I'VE NOTICED YOU HAVEN'T SEEMED LIKE YOURSELF LATELY.
- WHAT'S GOING ON?"
- "ARE YOU THINKING ABOUT KILLING YOURSELF?"

**IT'S OKAY TO  
ASK;  
IT CAN SAVE A  
LIFE**

### RESPOND

STAY WITH THEM

- DON'T LEAVE THEM ALONE.
- REMOVE IMMEDIATE DANGERS, IF IT IS SAFE TO DO SO.
- LISTEN WITHOUT JUDGMENT.
- SHOW YOU CARE AND KEEP THEM ENGAGED.
- GET HELP – DON'T TRY TO HANDLE IT ALONE.

### GET HELP

RESOURCES ARE AVAILABLE

- CHAPLAIN
- DEPLOYED RESILIENCY COUNSELOR (DRC)
- EMBEDDED INTEGRATED PREVENTION COUNSELOR (EPIC)
- MEDICAL/ER
- COMMAND LEADERSHIP
- CDO

## NEED HELP?

**DIAL 5393 OR  
VISIT SHIP'S MEDICAL**

# ABHC COLE & ABEAN ROSALES

STORY BY MC2 BUCKLES

For Sailors experiencing their first deployment, leaving home can bring a mixture of anticipation, uncertainty and excitement. The months leading up to deployment are filled with preparations: organizing personal gear, managing finances, arranging vehicle storage and saying goodbye to family and friends.

Once underway, however, the focus shifts from preparing to deploy to learning how to live and work as a team far from home.

For Aviation Boatswain's Mate Airman (Equipment) Angelee Rosales, assigned to the USS Theodore Roosevelt (CVN 71) Air Department, her first deployment is an opportunity to embrace the challenges ahead while helping the Sailors around her do the same.

"I just want to be positive and uplifting for everyone in my department," said Rosales. "We get a lot of really young people in our department and we pretty much just have each other out there with how busy our work schedule is with the air wing onboard, so it's a lot like a very big family outside of your actual family."

Rosales is also using the deployment to pursue professional goals. She is working toward qualifying as a shooter, a flight deck position responsible for launching aircraft from the carrier. The qualification carries significant responsibility and represents another step in her development as a Sailor.

For Rosales, however, success during deployment is about more than qualifications.

She wants to return home with experiences that demonstrate to her family that she remained resilient, even when circumstances became difficult.

"I want to be able to tell them about how when we got extended, I didn't let it get to me," said Rosales. "I want them to know I wasn't a quitter."



"I WANT THEM  
TO KNOW  
I WASN'T  
A QUITTER."

- ABEAN ROSALES

While Rosales is experiencing her first deployment, Theodore Roosevelt's crew also includes Sailors who have learned through years of service that the challenges of deployment are easier to navigate when Sailors rely on one another.

Chief Aviation Boatswain's Mate (Handling) Michael Cole, who recently advanced to chief petty officer, understands the importance of maintaining focus while operating far from home. As an experienced Sailor and leader, Cole also recognizes the responsibility that comes with helping junior Sailors navigate their own deployment experiences.

"You've got to be able to stay true to yourself," said Cole. "Obviously you're always going to be thinking about home, but sometimes that can be a distraction to what you do out there, especially if you have one of those high-risk jobs, like myself."

For Sailors working on an aircraft carrier, maintaining that focus is particularly important. The flight deck is a demanding environment where Sailors must communicate effectively, trust their training and rely on the people working beside them.

That resilience extends beyond the work itself.

Cole said the relationships formed during deployment can become one of the crew's most important sources of strength, particularly when Sailors are separated from the people they know and love at home.

"Deployment tests you, but it also builds something unbreakable," said Cole. "When you're thousands of miles from home and communication is cut off, the Sailors standing next to you become your lifeline. You learn to rely on each other for absolutely everything. In the end, they aren't just your crew—they are your family."

For Rosales, that sense of connection is already becoming part of her first deployment experience.

From pursuing new qualifications on the flight deck to supporting the Sailors in her department, she is learning what many experienced Sailors already understand: deployment is not defined solely by the miles traveled or time spent away from home. It is defined by the people who make the journey together.



DEPLOYMENT IN THE SPOTLIGHT

# PHOTOS OF



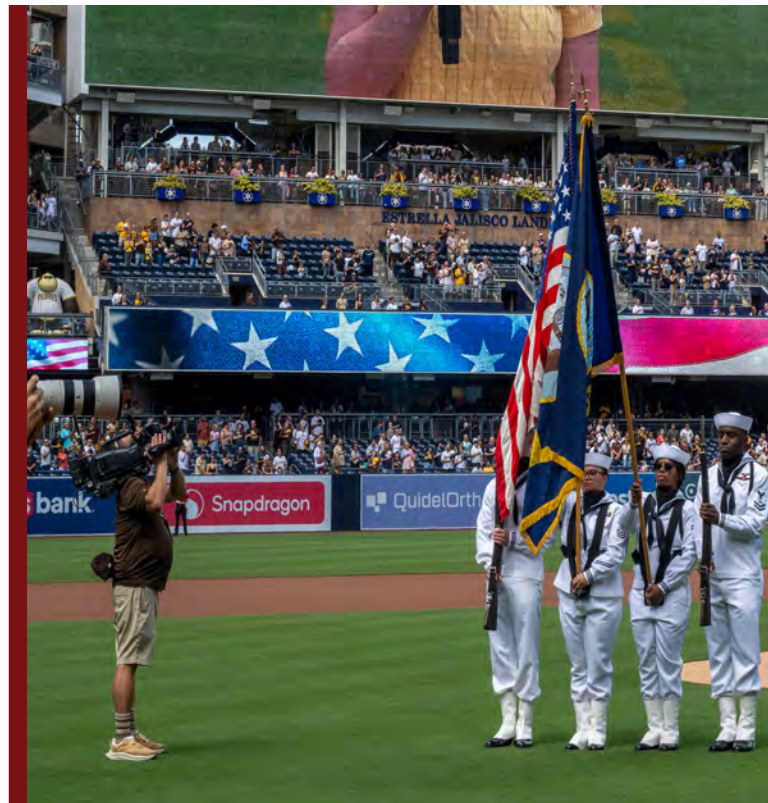
U.S. Navy Chief Aviation Boatswain's Mate (Handling) Joshua Goolsby guides an F/A-18E Super Hornet during flight operations on the flight deck. *Photo by MC3 Alexander Bussman*



U.S. Navy Aviation Boatswain's Mate (Handling) Airman countermeasure washdown on the flight deck. *Photo by M*



U.S. Navy Sailors conduct routine flight operations with an MH-60S Sea Hawk, assigned to Helicopter Sea Combat Squadron (HSC) 8, on the flight deck. *Photo by MCSN Tyler Harstad.*



U.S. Navy Sailors parade the colors during a San Diego

YOU ARE TRAINED.

YOU ARE

# THE MONTH



Isaiah Brown monitors sprinkler systems during a fire drill. Photo by MC3 Alexander Bussman



U.S. Navy Sailors, assigned to Electronic Attack Squadron (VAQ) 137, conduct maintenance on an E/A-18G Growler. Photo by MC2 Aaron Haro Gonzalez.



Padres game at Petco Park. Photo by MC3 Alexia Mezick.



Aviation Machinist's Mate 3rd Class Odalis Carroll, assigned to Electronic Attack Squadron (VAQ) 137, conducts training on an aircraft firefighting hose. Photo by MC2 Aaron Haro Gonzalez.

WE'RE READY.

YOU ARE VALUED.

# LEAD WITH A PURPOSE



STORY BY MC1 STORM HENRY

For Command Master Chief Jackey Smith, leadership is defined by people.

It is reflected in Sailors who find the confidence to overcome difficult days, in teammates who trust each other when circumstances turn dangerous, and ultimately, in whether every member of the team returns home together.

Smith's perspective was shaped over a Navy career that began as an undesignated Seaman in the deck department, included combat service in Iraq, a battle with breast cancer, and ultimately led to her current role as Command Master Chief aboard the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71).

Her journey to the Navy began far from the coast. Raised in Nebraska, Smith was pursuing a Marine Corps option through the University of Nebraska's ROTC program when she decided to change course. After telling her gunnery sergeant she intended to enlist, Smith remained determined even after the Marine Corps recruiter could not secure her commitment.

The Navy recruiter next door offered her an undesignated Seaman contract and a \$3,000 enlistment bonus. Smith accepted.

Her first assignment in deck department laid the foundation for her development as a Sailor and leader.

"I tell a lot of undesignated Seamen that life in deck is not for the weak," said Smith. "It's where you learn your basics of being a Sailor. It's where you learn the work ethic of making sure that you are pulling your weight on a team. I would never, ever give back that experience."

Although her supervisor believed she would make a great BM3, Smith had a different goal. She wanted to become a journalist and pursue a career in public affairs. With the help of her career counselor, Smith struck journalist and began her public affairs career at Naval Air Station Jacksonville. Unable to attend "A" School, she relied on self-study, learning from rating publications and guidance from her leadership to master the fundamentals and become fully qualified.

Her assignments included USS Ashland (LSD 48), Navy Region Mid-Atlantic, and later the Combat Camera detachment in San Diego.

At Combat Camera, Smith found herself serving as a journalist among photographer's mates. Rather than allowing the difference in ratings to limit her role, she

sought opportunities to broaden her capabilities. She attended Survival, Evasion, Resistance and Escape school and pursued small-arms qualifications, determined to become a fully qualified member of the team.

That training would later become critical.

“Utilizing all of that training, once we went into harm’s way, it became second nature to make sure that me and my fellow shipmates and my fellow Army buddies got back to our families,” Smith recalls.

Smith deployed to Iraq with a team assigned to search for enemy targets. During one mission, as her team moved through a village, her training became instinctive.

“I had the training to know that there was probably a time when I would need to put my camera down and bring my weapon up,” Smith says.

That moment arrived when insurgents attacked, triggering an intense firefight.

Smith picked up her M4 and returned fire. When the team commander hesitated under threat, she helped refocus the team and led them to the Humvees, returning to the forward operating base.

Smith received the Bronze Star for her actions during the firefight.

She credits the recognition to the leaders and teammates who invested in training and prepared the team to perform under pressure.

In her first eight years, Smith advanced from undesignated Seaman to decorated combat veteran and chief petty officer. She later served as Public Affairs Chief for the Master Chief Petty Officer of the Navy, a role she considered the pinnacle of her career.

In 2014, Smith’s career took another unexpected turn. Smith was diagnosed with breast cancer and learned the disease was advancing. As a Chief, her instinct was to continue fulfilling her duties and not let cancer interfere

with her service.

Her Chiefs Mess and leading petty officer saw it differently. They encouraged Smith to take a leave of absence and focus on her health.

“At the height of everything, I’m a faithful person. God said, ‘Hey, slow down. Slow down. Make sure you’re taking care of yourself,’” Smith says. “And taking care of myself meant I needed to be vulnerable.”

The experience changed not only Smith’s outlook on life, but also her approach to leadership. Recovering from cancer reinforced for Smith that every Sailor carries a story that may not be visible to those around them. She became more deliberate about understanding the individual behind the uniform and more patient with Sailors as they worked through personal and professional challenges.

Smith’s leadership philosophy evolved further during the 2018 Pacific Partnership humanitarian exercise. While she valued supporting Sailors within her rating, the experience showed her the importance of serving the broader team.

At her next command, Smith was regularly asked to fill in for the Command Master Chief. These experiences reinforced her commitment to developing Chiefs and supporting Sailors across the command, leading her to pursue the Command Senior Enlisted Leader program.

Through the program, Smith served as Command Senior Chief aboard a destroyer and as executive assistant to Master Chief Petty Officer of the Navy James Honea. She later became Command Master Chief of Destroyer Squadron 23 before reporting to USS Theodore Roosevelt.

Now, as Theodore Roosevelt’s Command Master Chief, Smith emphasizes that the aircraft carrier’s success depends on the entire crew working as one



# LEAD WITH A PURPOSE

... STORY CONTINUED FROM PREVIOUS PAGE

team. She challenges leaders to understand their Sailors, recognize what they need to perform at their best, and help them navigate challenges. She expects junior Sailors to contribute to the team's success by mastering the basics: arriving on time, wearing the correct uniform, and being ready to work, even when the job is demanding.

For Smith, leadership is measured by the team's ability to succeed together.

"I truly believe no one joined the Navy to fail," Smith emphatically states. "For the Sailors who think, 'I'm just doing this,' or, 'I only do this,' my legacy that I wish to have is to allow Sailors to know that whatever it is that they believe that they want to do, they can achieve it. And they can achieve it through hard work. They can achieve it by making sure that whatever mentally is blocking them, they push past it. If I could choose what my legacy on this ship would be, it is making sure that all of our Sailors we deployed with, we came back with."

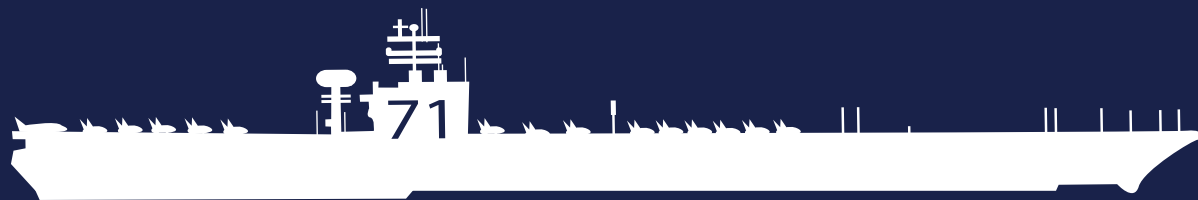
Smith's perspective on legacy is rooted in a lesson learned throughout her life: tomorrow is never guaranteed.

"People often ask why I'm so happy. It's simple: I'm a cancer survivor. I survived war in Iraq. And every morning I wake up is another day God has given me. I've seen enough in this life to know that tomorrow isn't promised," Smith says. "So, when I have been given another day, I'm going to smile, be grateful, love hard, lead with purpose, and make the most of it."

For a Sailor who began her career as an undesignated Seaman, survived combat and cancer, and rose to senior enlisted leadership aboard an aircraft carrier, Smith's legacy continues to unfold.

And the measure of that legacy is clear: ensuring the Sailors who deploy together return home together.





# OMBUDSMEN



## CONTACT INFO

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- Facebook:  
Follow the official page ----->



## USS Theodore Roosevelt Ombudsman

Government organization

6.2K followers · 105 following · 4K posts

 Follow



## WHAT IS AN OMBUDSMAN?

Ombudsmen are Official Command Representatives appointed by the Commanding Officer as a point of contact for Sailor's family members. They provide information and referral services, facilitate communication between command and families, and provide official and accurate command information.



## WHEN TO CONTACT AN OMBUDSMAN?

- Resources and referral
- American Red Cross messages
- At-risk pregnancies, births, or a death in the family
- Financial matters
- Hospitalizations
- During crisis or disaster



## WHAT RESOURCES CAN OMBUDSMAN PROVIDE?

- Add family members to email distribution list and Facebook Group
- Provide information
- Maintain confidentiality unless it is mandatory to report
- Available for emergencies and routine assistance

# ADP



Sailors assigned to Combat Systems department Automated Data Processing (ADP) division pose for a photo. *Photo by MCSN Devin Kraemer*

## STORY MCSN DEVIN KRAEMER

Aboard USS Theodore Roosevelt (CVN 71), nearly every Sailor depends on computers, networks, and digital systems to carry out daily operations. The Automated Data Processing (ADP) division is responsible for delivering and maintaining the technology that enables the crew to communicate, coordinate, and execute the mission.

ADP Sailors respond to technical issues across every deck and workspace, tracking down trouble tickets wherever they arise. Their responsibilities range from resolving network connectivity and hardware failures to securing databases, ensuring that every Sailor has reliable

access to the systems required for mission success.

“We maintain extremely important aspects of the mission everywhere we go” said Chief Information Systems Technician Timothy Highland. “Not only every system we rely on when using the CANES computers, but we also allow the destroyers to connect to our targeting programs while they launch missiles and track any that are incoming.”

ADP maintains the ship’s networks that support daily operations, from individual computer accounts and email to maintenance tracking and scheduling systems. Both



**“WE’RE OUT THERE HELPING PEOPLE OUT;  
FROM SETTING UP WORKSTATIONS TO FIXING  
IMPORTANT SYSTEMS, OVERALL MORALE  
AND MISSION EFFECTIVENESS RELY ON ADP.”**  
-INFORMATION SYSTEMS TECHNICIAN 2ND CLASS CARLOS RODRIGUEZ.

Non-classified Internet Protocol Router (NIPR) and Secret Internet Protocol Router (SIPR) applications rely on these networks. Through ongoing training in software troubleshooting and hardware repair, ADP enables the crew to focus on their duties without interruption from technical problems.

For the ADP Sailors, the work extends beyond technical repairs. Each call brings them into contact with shipmates from every department, allowing them to resolve issues that directly impact daily life and mission readiness.

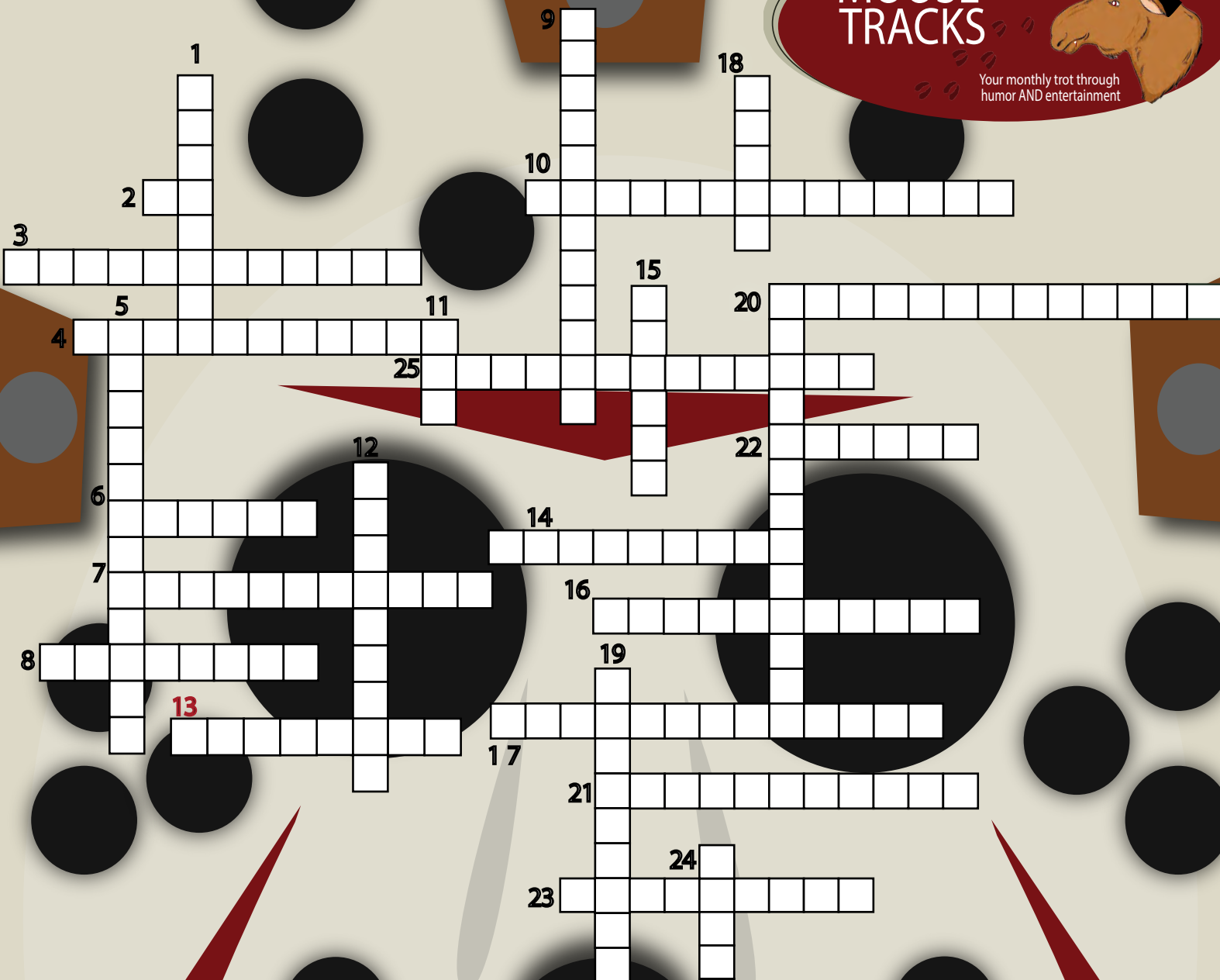
“You get to go around the ship, talk to people and help a lot of people every day,” said Information Systems Technician 3rd Class Tanner Kattke. “My favorite part of the job is making connections while traveling around the ship and helping people.”

The pace is constant, with requests coming from every corner of the ship. For the ADP team, the reward is seeing Sailors return to their duties. Their work often goes unseen when systems run smoothly, but when a network fails or a critical connection is lost, their expertise becomes essential to restoring operations.

# MOOSE TRACKS



Your monthly trot through humor AND entertainment



## ACROSS

2. "We all float down here"
3. In trouble in the navy? it's worse than any horror movie.
4. The crew of the USS Theodore Roosevelt
6. Ghostface asks "Whats your favorite scary movie?"
7. Hired Lock, Shock, and Barrel to kidnap "Sandy Claws"
8. Michael Jackson song played often in October.
10. Dress to impress, winner gets a prize!
13. Leatherface's weapon of choice, y'all.
14. Art the Clown stalks his prey in this movie, not for the feint of heart
16. It caught on in a flash, it was a graveyard smash.
17. You might find him and his iconic mask at Camp Crystal Lake.
20. Look out for machetes on this unlucky day.
21. Portrayed Frankenstein's Monster opposite Oscar Isaac.
22. Beelzebub, Asmodeus, and Pazuzu are among the most famous...
23. Beloved Halloween treat; break me off a piece of that!
25. The original name for the holiday on Oct. 31st

## DOWN

1. A John Carpenter classic! It could be any one of us...
5. Late, great lead singer of Black Sabbath, and the Prince of Darkness
9. If you run out of candy, you may get your house TP'd.
11. 2004 film by James Wan. "I want to play a game."
12. Rotting flesh, maggots, and exposed bones appear when zombies do this.
15. Rick and Carl Grimes fend off against this type of monster; but its not what we call it.
18. Sabrina's cats name, don't get put on trial here.
19. If a ghoulish nun and a haunted doll scare you, don't watch these movies.
20. Haunting Elm Street one night at a time. Don't fall asleep!
24. 2004 Sack Snyder horror film; Nothing like smell of zombies in the morning.

Find answers at  
S:/\_ALL HANDS/MEDIA/MOOSE TRACKS

# A New Recipe For Readiness

Story by LTJG Mitchell Duncan



Michelin-starred Chef Adam Sobel and Assistant Chef Jonathan Rivera visited the TR to deliver hands-on training designed to elevate galley operations and food preparation for the ship's crew, Sept. 4, 2026.

Over the course of three days, Sobel and Rivera led immersive culinary workshops for the ship's culinary specialists, introducing advanced commercial techniques and creative recipe enhancements tailored for large-scale fleet food service. Training covered improved vegetable cutting for better texture and advanced seasoning methods for meats and fish to enhance overall flavor.

High-quality galley operations are essential to maintaining warfighting readiness and boosting shipboard morale. The ship's leadership recognizes that providing Sailors with nutritious, well-prepared meals is a crucial mission priority during both demanding underway periods and in-port cycles. The chefs emphasized that even simple enhancements, such as garnishes or flavorful sauces, can dramatically improve both the appearance and taste of a meal. "We want to share our knowledge and apply it to what the culinary specialists are doing every day, giving our advice and guidance on how to elevate the experience," said Sobel.

"We want the culinary specialist team to know just how vital their job is. The power they possess and the joy they can bring to the crew by putting extra dedication into the food is significant."

Training sessions focused on practical strategies for adapting standard Navy recipes to create memorable, restaurant-quality meals at sea. The chef demonstrated how a strong galley directly supports operational stamina and mission focus

**“...the joy they can bring to the crew by putting extra dedication into the food is significant.”**  
- Chef Adam Sobel

across all departments. Additional instruction covered more effective use of kitchen utensils and equipment to maximize flavor.

Chef Sobel and Chef Rivera's visit to the USS Theodore Roosevelt left culinary specialists with more than just new cooking skills, it reinforced the vital role they play in shaping crew morale. Chef Sobel's passion for authenticity and teamwork mirrors the Navy's core values, inspiring culinary specialists to take pride in their mission.



