

# RUSH



USS RUSHMORE MAGAZINE | VOL. 1 ISS. 3

**THE KEY  
TO YOUR  
ADVANCEMENT  
PAGE 4**

**REMEMBERING  
SEPTEMBER  
11TH  
PAGE 6**

**WELCOME TO  
THE CHIEF'S  
MESS  
PAGE 14**





**COMMANDING OFFICER**  
CDR Robert C. Tryon

**EXECUTIVE OFFICER**  
CDR Robin Marling

**COMMAND MASTER CHIEF**  
CMD CM Joseph Silveira

**PUBLIC AFFAIRS OFFICER**  
ENS James Callahan

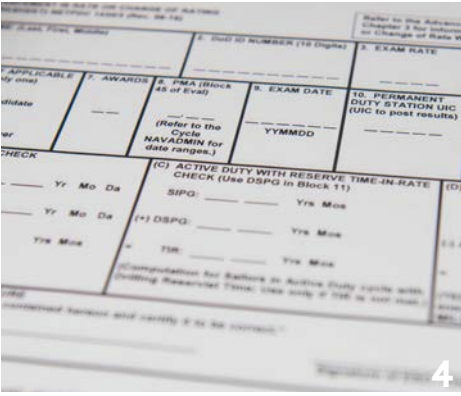
**EDITOR/DESIGNER**  
MC3 Reymundo A. Villegas III

**CONTRIBUTORS**  
CPL Danny Gonzalez

"RUSH," The USS Rushmore (LSD 47) magazine, accepts submissions. All submissions are subject to review and editing. "RUSH" is an authorized publication for members of military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby.

**ON THE COVER:**  
GULF OF ADEN (SEPT. 14, 2018) – A CHIEF’S COMBINATION COVER SITS ON TOP OF A CHIEF SELECTEE’S INITIATION BOX. (U.S. NAVY PHOTO BY MC3 REYMUENDO A. VILLEGAS III)

# CONTENTS



- 4 GOT POINTS? YOUR FINAL MULTIPLE SCORE IS THE KEY TO ADVANCEMENT**  
BY ENS YIXUAN LIU  
HOW TO ADVANCE IN A COMPETITIVE SYSTEM
- 6 WE WILL NEVER FORGET**  
BY MC3 REYMUENDO A. VILLEGAS III  
RUSHMORE REMEMBERS  
SEPTEMBER ELEVENTH VICTIMS
- 10 SUICIDE PREVENTION: TAKE ACTION TO SAVE A LIFE**  
BY YAN KENNON  
CARING FOR YOUR SHIPMATES AND YOURSELF
- 12 HARD CHARGERS FROM USS RUSHMORE | 13TH MEU**  
SEE WHO HAS BEEN HARD CHARGING FOR THE MONTH OF SEPTEMBER.
- 14 WELCOME TO THE CHIEF'S MESS**  
BY MC3 REYMUENDO A. VILLEGAS III  
RUSHMORE PROMOTES SEVEN CHIEF PETTY OFFICER SELECTS.

# TEAMWORK - TOUGHNESS READINESS - RESPONSIBILITY:

All of which are attributes that are expected and demanded of each and every RUSHMORE Sailor or Marine. This month has been both physically and mentally demanding of our ship and her great crew, and our team has met every demand asked of us. Looking back, we had the distinct honor of pinning seven newly minted Chief Petty Officers, all of whom persevered trials and adversity, truly demonstrating the temper of their collective metal. We remembered and honored the legacy of those fallen on 9/11, and we took a tactical pause to focus on the courage and dedication necessary to prove that EVERY RUSHMORE family member has what it takes to ask the tough questions, take action and save a life. We administered 98 Navy advancement exams to those in pursuit of that next coveted paygrade, and we endured the rigors of sustained military operations in one of the harshest climates this earth has to offer. All this and more, our entire RUSHMORE team did with the sort of rare good grace that few others may ever experience, and even fewer will truly understand. Keep Charging! #PROUD

With the GREATEST respects,



Command Master Chief  
CMD CM Joseph Silveira





**PENSACOLA, Fla. (NNS) -- Sailors studying for the fall 2018 Navy-wide enlisted advancement examinations (Cycles 240 and 103) need to know that the exam is just one of several factors used to determine advancement to the next-higher paygrade.**

The Final Multiple Score (FMS) determines if a E3-E5 Sailor will be advanced, and is a calculation that takes into account several elements, including Advancement Exam Score, Performance Mark Average and additional points for awards, education, previous exam performance and Individual Augmentee assignment.

"The FMS factors that have the greatest impact are their Advancement Examination results and Performance Mark Average," said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief James Berhalter. "These two components account for over 80 percent of the total E4-E6 FMS, but since one or two points can make the difference in whether you get advanced or not, Sailors need to take advantage of all the points they have earned."

To ensure that all eligible points are in the system, Sailors need to review and sign their Advancement Worksheet with their command's Educational Services Officer (ESO) prior to taking an advancement exam. The Advancement Worksheet should list and contain all the correct data necessary to accurately calculate each service member's FMS.

Senior Chief Construction Electrician Nicholas Whitbeck, a military rating exam strategist at NETPDC, stressed that Sailors need to verify all the elements of their Advancement Worksheets, making sure they are accurate and up-to-date as soon as they are eligible for advancement.

"Sailors need to make sure that their personal awards are updated in Navy Standard Integrated Personnel System (NSIPS) and Navy Department Awards Web Service (NDAWS) and can do so with the help of their respective Administration Departments," said Whitbeck. "This will ensure that their proper award points will be reflected on their worksheets for that exam cycle. They must also ensure that all of the evaluations are listed on their worksheets to ensure that the proper PMA is reflected prior to the exam taking place. This will help alleviate some of the stress of trying to update

or correct their worksheets after the results are posted."

Sailors seeking to better understand the FMS system can do so using the Navy's FMS Calculator app. The app uses data entered by service members to calculate their projected FMS. The app also contains a tutorial that explains the calculations used to obtain the Final Multiple Score and historical FMS minimum advancement scores for each of the different ratings. The FMS Calculator app can be found by searching "FMS Calculator" on Google Play or in the Apple Store.

"I used FMS when I was an E5 getting ready for my advancement exam," said Personnel Specialist 1st Class Orazai Aydogdiyev, Leading Petty Officer for Navy Recruiting Station Dothan, Alabama. "I wanted to strategically study for my exam, so by using the calculator, I was able to get the projected minimum score I needed on the exam to be competitive for promotion. The app accounts for all of your cycle, paygrade, evaluation scores, etc.; it compiles all of that for you. I encourage junior Sailors to use the FMS app to see how competitive they are and gauge their percentile standing according to their peers. It is an excellent exam strategy."

A complete breakdown of the latest Navy Enlisted Advancement and FMS calculation details can be found at <https://www.public.navy.mil/bupers-npc/reference/instructions/BUPERSInstructions/Documents/1430.16F.pdf> and NAVADMIN 114/14.

For more information about the Navy Advancement Center and Navy Enlisted Advancement System, visit <https://www.facebook.com/Navy-Advancement-Center-213190711299/>.

NETPDC, located on board NAS Pensacola's Saufley Field, provides products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the Navy Advancement Center, and the Resources Management Department.

Additional information about the Naval Education and Training Professional Development Center can be found via <https://www.public.navy.mil/netc/netpdc/Default.aspx>.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Naval Education And Training Professional Development Center, visit [www.navy.mil/local/NETPDTC/](http://www.navy.mil/local/NETPDTC/).

BY ENS. YIXUAN LIU, NAVAL EDUCATION AND TRAINING PROFESSIONAL DEVELOPMENT CENTER PUBLIC AFFAIRS

# GOT POINTS?

YOUR FINAL MULTIPLE SCORE IS THE KEY TO ADVANCEMENT



NEW YORK, N.Y. (SEPT. 15, 2001) — A NEW YORK CITY FIREMAN CALLS FOR 10 MORE RESCUE WORKERS TO MAKE THEIR WAY INTO THE RUBBLE OF THE WORLD TRADE CENTER. (U.S. NAVY PHOTO BY JOURNALIST 1ST CLASS PRESTON KERES/RELEASED)

# *we will* NEVER FORGET

A TRIBUTE TO THOSE WHO PERISHED IN THE SEPTEMBER 11TH ATTACKS





GULF OF ADEN (SEPT. 11, 2018) – YEOMAN 1ST CLASS STACEY BRENNEN PROVIDES OPENING REMARKS AT A SEPTEMBER 11TH TRIBUTE HELD ON THE MESS DECKS OF WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE (LSD 47) DURING A REGULARLY SCHEDULED DEPLOYMENT OF THE ESSEX AMPHIBIOUS READY GROUP AND 13TH MARINE EXPEDITIONARY UNIT. (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)

# RUSHMORE

## PAYS TRIBUTE TO SEPTEMBER 11TH VICTIMS

*“The ceremony reminded me of the sacrifices our country has made since that day and continues to make.”*



GULF OF ADEN (SEPT. 11, 2018) – NAVAL OFFICERS WATCH A SLIDESHOW PRESENTATION AT A SEPTEMBER 11TH TRIBUTE HELD ON THE MESS DECKS OF WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE (LSD 47) DURING A REGULARLY SCHEDULED DEPLOYMENT OF THE ESSEX AMPHIBIOUS READY GROUP AND 13TH MARINE EXPEDITIONARY UNIT. (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)

U.S. NAVY STORY BY MC3 REYMUNDO A. VILLEGAS III

**G**ULF OF ADEN -- Chief Selects aboard Whidbey Island-class dock landing ship USS Rushmore (LSD 47) held a 9/11 tribute on the mess decks Sept. 11.

“The purpose of our tribute was to remember over 3,000 people who were killed during the attacks, including more than 500 military service members and first responders,” said Yeoman 1st Class Stacey Brennen, a chief selectee aboard Rushmore. “We wanted to remember the sacrifices of so many on that tragic day.”

The tribute included an invocation and benediction from Lt. Stephen DiCenso, Rushmore’s chaplain, chief selectees accounts of their whereabouts that day, a slideshow presentation with imagery that displayed a timeline of events of how the attacks unfolded, a moment of silence and closing remarks from Cmdr. Robert Tryon, Rushmore’s commanding officer.

“The ceremony reminded me of the sacrifices our country has made since that day and continues to make,” said Ens. Jacob Price. “All of us who have grown up or served since 9/11 have been influenced by it in ways we often don’t

even recognize. As we operate in complex parts of the world, we better understand why we’re here and the important role we play. I’m proud to be a part of an organization that is dedicated to that cause.”

Brennen said she believes all Sailors, Marines, Soldiers, Airmen and Coastguardsmen continue to perform daily acts of heroism in response to the attacks. The legacy of that September day lies in the worldwide embrace of freedom that followed.

Rushmore, which is part of the Essex Amphibious Ready Group (ARG), and the 13th MEU are deployed to the U.S. 5th Fleet area of operations in support of naval tasking to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](https://www.facebook.com/usnavy) or [www.twitter.com/usnavy](https://www.twitter.com/usnavy).

For more news from USS Rushmore (LSD 47), visit <http://www.rushmore.navy.mil> and <https://www.facebook.com/USSRushmore>.





# SUICIDE PREVENTION: TAKE ACTION TO SAVE A LIFE

**BY YAN KENNON, PUBLIC AFFAIRS SENIOR WRITER  
NAVAL HOSPITAL JACKSONVILLE**



GULF OF ADEN (SEPT. 15, 2018) COMMANDING OFFICER OF WHIDBEY ISLAND-CLASS DOCK LANDING SHIP, CMDR. ROBERT TRYON, AND CHIEF INFORMATION SYSTEM'S TECHNICIAN JEFFREY CARLISLE SPEAK AT A SUICIDE PREVENTION AWARENESS PRESENTATION HELD BY THE MULTICULTURAL COMMITTEE ON THE MESS DECKS. (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)

JACKSONVILLE, Fla. (NNS) -- Military life can be challenging. Reach out and be there for those at risk. Everyday connections can make a big difference to someone feeling alone, in crisis, or having thoughts of suicide.

People don't need special training to safely talk about suicide or show concern for someone in crisis. There are many ways — calling, reconnecting, or physically meeting — to be there for service members, veterans, and family members. Recognizing risk factors early is essential. Equally important are simple acts or words of kindness.

"Preventing suicide is about being there for every Sailor, Marine, and family member, every day," said Cmdr. Rachel Baudek, Naval Hospital Jacksonville's director for mental health. "Your words or gestures could make a significant difference in someone's life."

Building resilience and preventing suicide requires all members of the Navy and Marine Corps community to work together.

Know the warning signs, which include thoughts or comments about suicide, substance abuse, purposelessness, anxiety, feeling trapped or hopeless, withdrawal, anger, recklessness, and mood changes.

Effective treatments and interventions are available for depression, situational stressors, and other health problems that are risk factors for suicide. Military members who seek behavioral health care are protected by law against discrimination.

Tips to help sailors and Marines stay mission-ready include: find time for oneself (improve sleep habits, try yoga or meditation, participate in enjoyable activities); break down obstacles (break challenges down into small steps and tackle one at a time); improve physical conditioning (regular physical training strengthens the muscles and the mind); avoid alcohol and substances (in order to manage stress, sleep, relationships, and responsibilities); and identify people to turn to when in need (a friend, family member, chaplain, or health care professional to speak with).

For free, confidential support 24/7, call the Military Crisis Line at 800-273-TALK (8255), text 838255, or chat online at [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net). The Crisis Line is available to current and former service members, their families, and friends.

There's also a Be There Peer Support outreach center, staffed by veterans and military spouses. Call 844-357-PEER (7337), text 480-360-6188, or chat online 24/7 at [www.BeTherePeerSupport.org](http://www.BeTherePeerSupport.org).

Active duty service members can schedule an appointment with their primary care manager at 904-546-7094. The PCM can make a referral to mental health. For urgent needs, the mental health clinic is available for walk-ins. Call the mental health clinic at 904-546-6351 for more information. The Deployment Health Center (904-546-7099) also offers pre- and post-deployment physical and mental health services.

In addition to the above resources, the hospital's family medicine clinic also has an on-site mental health specialists that PCMs may refer their patients to if needed.

For someone in immediate danger, go to the nearest emergency room or call 911. Remember to ACT (Ask, Care, Treat). ASK if someone is depressed and if they are thinking about suicide. Let them know you CARE. Get them assistance (TREATment) as soon as possible.

Suicide can be prevented. Every life lost to suicide is one too many.

Naval Hospital Jacksonville's priority, since its founding in 1941, is to heal the nation's heroes and their families. The command is the Navy's third largest medical treatment facility, comprised of a hospital and five branch health clinics across Florida and Georgia. Of its patient population (163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen, and their families), about 84,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities. To find out more or download the command's mobile app, visit [www.med.navy.mil/sites/naulhospitaljax](http://www.med.navy.mil/sites/naulhospitaljax). For more news from Naval Hospital Jacksonville, visit [www.navy.mil/local/nhjax/](http://www.navy.mil/local/nhjax/).





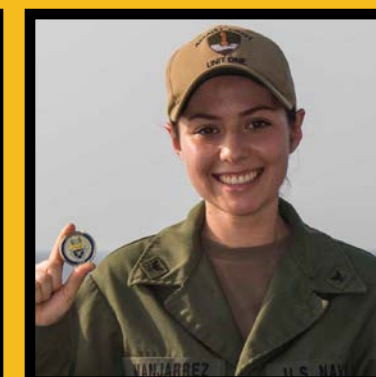
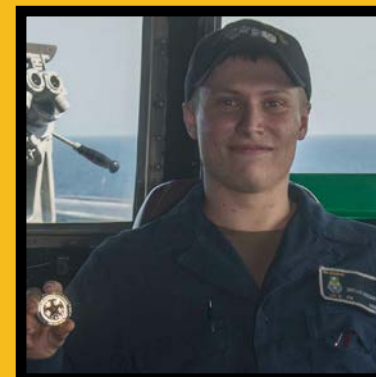
# HARD *chargers*

It's no secret that United States military personnel work days consist of long hours and hard work. Beyond those that work hard are individuals who go above and beyond the call of duty. While every branch and installation has their own unique terms for their service members who go the extra mile, USS Rushmore (LSD 47) recognizes these service members as "Hard Chargers." While underway, Rushmore recognizes hard charging personnel who put in the extra man hours to improve the welfare of

the crew.

The captain of the ship, Cmdr. Robert Tryon, visits with one motivated Sailor or Marine and thanks them for their hard work with their department present. As a sign of gratitude, he presents the "Hard Charger" with his personal command challenge coin and announces them over the 1MC to all embarked aboard the ship.

The challenge coin is a staple of American military tradition. It instills pride, improves morale and rewards excellence.





# Welcome to the Chief's MESS



U.S. NAVY PHOTOS AND STORY BY MC3 REYMUNDO A. VILLEGAS III

GULF OF ADEN (NNS) --  
USS Rushmore (LSD 47) promoted 7 Sailors to the  
rank of Chief Petty Officer (CPO) during a chief  
pinning ceremony held on the flight deck, Sept. 14.



GULF OF ADEN (SEPT. 14, 2018) - CHIEF MACHINIST'S MATE TREVOR BARLOW DONS CHIEF QUARTERMASTER TAPU TAGALOA'S COVER ABOARD THE WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE'S (LSD 47) FLIGHT DECK DURING A CHIEF PINNING CEREMONY WHILE ON A REGULARLY SCHEDULED DEPLOYMENT OF ESSEX AMPHIBIOUS READY GROUP AND 13TH MARINE EXPEDITIONARY UNIT.

GULF OF ADEN (NNS) -- Whidbey Island-class dock landing ship USS Rushmore (LSD 47) promoted seven Sailors to the rank of chief petty officer (CPO) during a chief petty officer pinning ceremony held on the flight deck, Sept. 14.

The newly advanced CPOs completed a six-week training course now known as "Initiation," which began Aug. 1, the day after CPO advancement results were released. During this course, chief selects are mentored and molded to help the next generation of Sailors.

"Throughout this 'Initiation,' it was our Chiefs' Mess mission to build newly minted and polished Navy leaders who are ready to lead, anywhere, on day one," said Rushmore's Command Master Chief Joseph Silveira. "It's a responsibility to our Navy that is left to few, and not something we take lightly.

Putting forth capable, visible and confidently humble new chiefs on September 14th was always the only acceptable outcome; and we've reenergized the mess through their selflessness, toughness and resiliency. I'm confident and proud that Rushmore's CPO Mess successfully answered that call to arms".

The pinning ceremony commenced with chief selects marching in formation singing "Anchors Aweigh." The Chief selects were then pinned by their fellow chief mentors and had their combination covers donned by their chief sponsors. Each chief was then piped into the chiefs' mess and greeted by Silveira.

"Being pinned to chief brought on 12 years' worth of emotions," said newly pinned Chief Quartermaster Tapu Tagaloa. "I have even more pride than before because I had so many obstacles to overcome to achieve this. I'm so thankful for the process we went through as



# "CHIEFS ARE BOTH THE CARETAKERS AND GUARDIANS OF NAVAL HISTORY AND NAVY PRIDE."

**-CMDR. ROBERT TRYON**

chief selects because we were able to gain insight and learn from the experiences from the mess. I feel ready for what's to come."

The chief pinning ceremony concluded with Chief Information Systems Technician Jeff Carlisle reading the CPO's Creed.

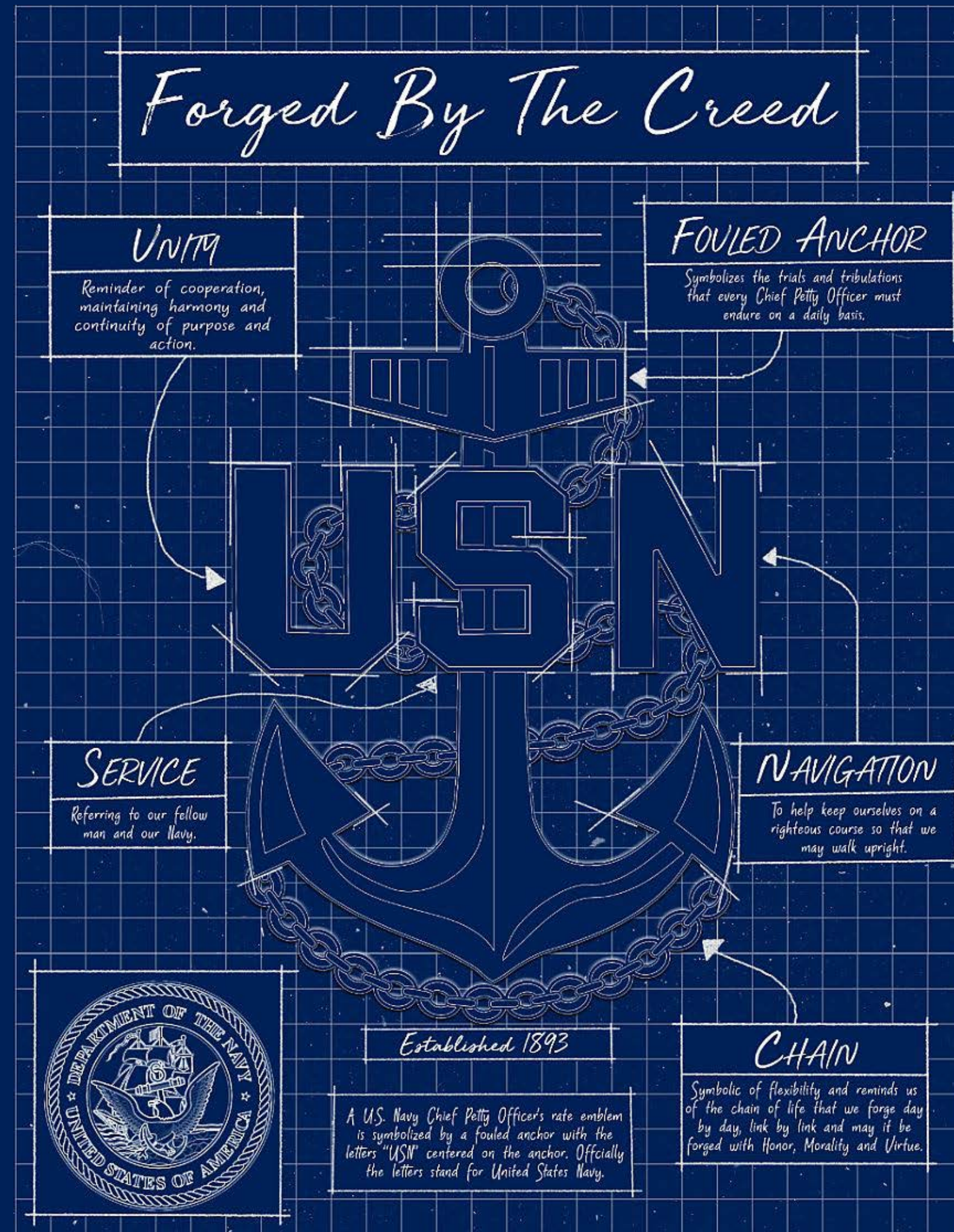
"As a chief petty officer, a chief's impact on the Navy is unlike any other service," said Cmdr Rob Tryon, commanding officer of Rushmore. "Chiefs are both the caretakers and guardians of Naval history and Navy pride, but they also shape the future, and they do that primarily through the relationships they have with their division officers and junior Sailors."

Rushmore, which is part of the Essex Amphibious Ready Group (ARG), and the 13th MEU are deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

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For more news from USS Rushmore (LSD 47), visit <http://www.rushmore.navy.mil> and <https://www.facebook.com/USSRushmore>.

GULF OF ADEN (SEPT. 14, 2018) - NEWLY PINNED CHIEFS POSE FOR A PHOTO ABOARD THE WHIDBEY ISLAND-CLASS DOCK LANDING SHIP USS RUSHMORE'S (LSD 47) FLIGHT DECK DURING A REGULARLY SCHEDULED DEPLOYMENT OF ESSEX AMPHIBIOUS READY GROUP AND 13TH MARINE EXPEDITIONARY UNIT.





# SEPTEMBER IN REVIEW



# BLUE GREEN SPOTLIGHT



**SN JOHN MIZE**  
USS RUSHMORE (LSD 47)

**HOMETOWN:** SAN ANTONIO, TEXAS

**TIME IN THE NAVY:** I'VE BEEN IN A YEAR AND SOME CHANGE.

**JOB TITLE:** PACT SEAMAN

**DEPLOYMENT GOALS:** PICK UP A RATE AND GET MY ESWS PIN.

**BEST ADVICE FOR SAILORS:** STAY MOTIVATED. ONLY THE STRONG SURVIVE.

**HOBBIES/INTERESTS:** BASKETBALL, MUSIC AND DANCING.

**FAVORITE TV SHOW:** I DON'T HAVE ONE, BUT I LIKE "THE OFFICE."

**FAVORITE MOVIE:** "A BRONX TALE"

**FAVORITE BOOK:** I HAVE TOO MANY TO COUNT.

**MOST MEMORABLE MOMENT FROM DEPLOYMENT:** I HAD A LOT OF FUN WORKING WITH THE GUYS IN JAKARTA ON THE JLG. WE TALKED ABOUT EACH OTHERS' CULTURES AND WE DANCED.



**CPL. CHANDLER BUNN**  
COMBAT LOGISTICS BATTALION 13

**HOMETOWN:** ROCHESTER, NEW YORK

**TIME IN THE MARINES:** MY BIRTHDAY MARKED FOUR YEARS IN THE MARINE.

**JOB TITLE:** MOS 0161/POSTAL CLERK

**DEPLOYMENT GOALS:** SAVE UP MONEY AND GET MY MARTIAL ARTS INSTRUCTOR TAB.

**BEST ADVICE FOR MARINES:** WAKE UP EVERYDAY WITH A SMILE ON YOUR FACE.

**HOBBIES/INTERESTS:** I LIKE TO WORKOUT AND WATCH NFL AND NBA.

**FAVORITE TV SHOW:** "GAME OF THRONES"

**FAVORITE MOVIE:** "GOODFELLAS"

**FAVORITE BOOK:** "THE GREAT GATSBY"

**MOST MEMORABLE MOMENT FROM DEPLOYMENT:** WHEN THE MAIL FINALLY CAME IN AND SEEING THE SMILES ON EVERYONE'S FACE WHEN THEY PICKED UP THEIR PACKAGES.





GULF OF ADEN (SEPT. 12, 2018) - CULINARY SPECIALIST 3RD CLASS JUAN ROSAS AVILA CUTS BELL PEPPERS IN PREPARATION FOR DINNER DURING A REGULARLY SCHEDULED DEPLOYMENT OF ESSEX AMPHIBIOUS READY GROUP AND 13TH MARINE EXPEDITIONARY UNIT. (U.S. NAVY PHOTO BY MC3 REYMUNDO A. VILLEGAS III)