



(June 8, 2018) Ensign Damon Walthall, security officer aboard the amphibious assault ship USS Bonhomme Richard (LHD 6), demonstrates tactical team movement techniques to Naval ROTC Midshipmen during anti-terrorism force protection training on the ship's flight deck.

U.S. Navy photo by
MC2 Class Jeanette Mullinax

Swimmers: Use designated swim areas

FROM NAS KEY WEST
PUBLIC AFFAIRS

Installation safety officials remind base residents and visitors that although Naval Air Station Key West annexes are surrounded by water, only two beaches are truly designated for swimming.

Boca Chica Marina beach, on Boca Chica Field, and Truman Annex beach, behind the Beach Patio Recreation Center, are the only designated swimming



U.S. Navy photo by Jolene Scholl

Boca Chica Marina beach on Boca Chica Field is one of only two designated swimming areas on NAS Key West. The other is Truman Annex Beach, behind Beach Patio Recreation Center. Installation safety officials say swimmers should only swim in approved, designated areas as some offshore waters may have dangerous currents.

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A U.S. Marine Corps F-35B Lightning II aircraft assigned to Marine Fighter Attack Squadron (VMFA) 121 hovers during a level III flight demonstration.



U.S. Navy photo by Jolene Scholl

Put a lock on suicide

FROM NAS KEY WEST
PUBLIC AFFAIRS

Naval Air Station Key West's Fleet and Family Support Center is encouraging Sailors and DOD civilians to take advantage of free gun locks, which have proven to be effective in reducing suicides during and at-risk periods. A few extra moments to retrieve and unlock a firearm can interrupt the impulse for suicide and open the door for help.

The gun locks are free to military members, their families and DOD civilians. The give-away is made possible by Navy Suicide Prevention Branch in partnership with the Defense Suicide Prevention Office and Department of Veterans Affairs,

To get locks, or for more information, call Fleet and Family Support Center at 305-293-4408 or stop by the office at 804 Sigsbee Rd, Hours are 8 a.m. - 4 p.m., Monday - Friday.



June 15

1963 - The combat stores ship, USS Mars (AFS 1), combines the functions of the stores ship (AS), the stores issue ship (AKS), and the aviation supply ship (AVS) is launched.

June 16

1965 - The first hospital ship for the Vietnam War USS Repose (AH 16), is scheduled to reactive.

June 17

1898 - President William McKinley signs into law a Congressional bill authorizing the establishment of the U.S. Navy Hospital Corps.

June 18

1957 - Adm. Arleigh A. Burke, Chief of Naval Operations, approves the ship characteristics of the Fleet Ballistic Missile submarine.

June 19

1944 - The largest aircraft carrier action in World War II, the Battle of the Philippine Sea begins as Task Force 58 shoots down hundreds of enemy aircraft in what becomes known as the “Marianas Turkey Shoot.”

June 20

1913 - Ensign William Billingsley is the first fatality of Naval Aviation.

June 21

1944 - TBF/Ms and F4Fs from USS White Plains (CVE 66) sink Japanese cargo ship Shoun Maru off Rota, Saipan.

VACATION BIBLE SCHOOL



U.S. Navy photos by Jolene Scholl



Southernmost
Flyer

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Deadline for all editorial copy is 4 p.m. the Friday preceding publication. All articles must be submitted on disk in text format, written in upper/lower case style.

BRAVO ZULU



U.S. Navy photo by Trice Denny

Chief of Naval Operations Adm. John Richardson conducts a video conference Wednesday with Naval Air Station Key West Commanding Officer Capt. Bobby Baker, *bottom right*, and Environmental Division staff to award them the 2017 CNO Environmental Award for Natural Resources Conservation - Small Installation.

Briefly...

Gift cards

Navy Exchange Service Command and the Defense Commissary Agency have teamed up to sell commissary gift cards at more than 40 NEX locations, including the Naval Air Station NEX on Sigsbee Park.

The DeCA gift card can be loaded with an amount range of \$5 - \$300. The gift cards will be located at NEX registers at the front of the stores.

The Single Service Member Leadership Retreat is July 27 - 29, also at the DoubleTree. The team-building retreat is free.

For more information, call 305-293-2318 or email victoria.s.hooker@navy.mil or leonel.torrente@navy.mil.

Naval Air Station Key West’s Religious Ministries Department is hosting two retreats in July, one

for married couples and a second for single enlisted Sailors E1 - E6.

The CREDO Southeast Marriage Enrichment, set for Wednesday - Friday at the DoubleTree Grand Resort, is for married active-duty service members and their spouses. Childcare isn’t provided. The retreat is free.

ID card renewal

All DOD ID cards can be renewed up to 90 days in advance, CAC and dependent ID cards included. Two forms of ID are required; sponsors must sign/digitally sign Form 1172 for all dependent children.

For more information, call 305-293-3778.

Join MCHC

The Multicultural Heritage Committee is looking for more people - Sailors and DOD civilians - to join the organization. The MCHC meets every Thursday at noon in Bldg. A-324 conference room,

Morale, Welfare and Recreation maintains the Boca Chica and Truman Annex swimming areas; Boca Chica has a roped area for swimmers. Signs are posted at both sites with rules and include the notice that life-guards aren’t on duty; beachgoers swim at their own risk.

“They are only the two designated swimming areas on base, all other water front areas are not for swimming,” noted MWR Director Tim Campbell.

Donohue said ‘no swimming’ signs are being made and will be posted cautioning swimmers to stay out of near shore waters.

Swim

continued from page 1

areas, according to Safety Officer Ed Donohue.

“We’ve notice people fishing and swimming in the

water at the Fleming Key channel on Trumbo Point,” Donohue said. “That current can be extremely

dangerous. Only the designated areas are approved for swimming.”

At least one near-drowning occurred in water off of Sigsbee in 2017 when a child slipped under the water. The child was revived, taken to a hospital and had a full recovery.



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near shore waters.

Boca Chica Field. For more information, email PRC Michael Dees at michael.dees@navy.mil.

Join CSADD

The Coalition of Sailors Against Destructive Decisions is currently looking for new members. Meetings are every Tuesday at 2 p.m. in the Air Ops Conference Room. CSADD a peer-to-peer mentorship program focusing on volunteerism and educating our young Sailors on the importance of good decision making. For more information, email AZCS (AW) Amy-Shirelle Santos at amy-shirelle.santos@navy.mil.



ACAA
Jake Brandenburg

Naval Air Station
KEY WEST

Meet a Teammate

Job Title: Air Traffic Control

Hometown: Mansfield, Ohio

Prior Duty Stations: NAS Pensacola, Florida

Hobbies: Dirt bike/ moutain bike riding, snowboarding.

Most Interesting Experience: Boot camp.

Future Plans: Go to college.

MWR Update

Beach bash

This year's Fourth of July Bash at the Beach celebration is once again at the Truman Annex Beach Patio Recreation Center. The event, which will feature activities, food and music, is from 5 - 8 p.m., about the time the city's fireworks display begins. The fireworks can be seen from the Truman Beach, just steps from the recreation center.

There will be some ticketed activities: Paintball, carnival rides & games and the rock wall. Free activities include the dunk tank, face painting, family games and competitions and live music. Food and beverage sales support the the Navy Ball Committee. For more details, call 305-293-2783.

This year's sponsors are USAA, Warren Henry Auto, Waste Management, Fury Water Adventures, Sebago Watersports, Lazy Dog, Captain's Corner, Sparkling Ice, Key West Military Affairs Committee, Navy League Key West Council, Key West Area Chief Petty Officers Association and VFW Post 3911.

Captain's Cup Basketball

The 2018 Captain's Cup Basketball season begins at July 9 with rosters due on July 2. Games will play Mondays at 5, 6 & 7 p.m. at the Boca Chica Fitness Center Gymnasium. Submit rosters to kwathletics@gmail.com and for additional details call 305-797-7791.

Summer reading

Youngsters can register

for the Summer Reading Program, which runs from June 4 - Aug. 11, online at <https://keywestlibrary.beanstack.org>. The program is open to all ages. Prizes can be picked up at the Youth Center on Sigsbee Park. For more details, call 305-293-4437.

Theater camp

The Youth Center hosts a week-long theater camp with the Missoula Children's Theater company from July 16 - 20 for children in kindergarten through high school. Auditions are 10 a.m. - noon, July 16, at the Sigsbee Community Center. Register in advance at the Sigsbee Youth Center. The company and student actors will put on a performance of "Snow White & the Seven Dwarfs" at 5 p.m., July 20 at the community center. For more information, call 305-293-4437.

Youth bowling

Child and Youth Programs hosts a youth bowling league at the Airlanes Bowling Center & Grill on the first Saturday of each month. The clinic is for children 5 - 18 years old; the group size is limited to 18 per session; register, drop off and pick up at the Youth Center on Sigsbee Park. Transportation departs at noon and returns by 3 p.m. For more information, call 305-293-4437.

Vet Clinic

NAS Key West is hosting a vet clinic on Tuesday and Wednesday from 9 a.m. - 4 p.m. in Bldg.-1509 Spadefish

Court on Sigsbee Park. To schedule an appointment or for questions, email KeyWestVetServ@gmail.com. Please give 48 hours for a reply. Appointments are scheduled every 30 minutes and are open to active duty, retirees and dependents. Those seeking an

appointment must provide valid military ID.

Craft night

MWR Community Recreation offers a number of crafting opportunities each month at the Sigsbee Community Center. All

supplies are provided and patrons are welcome to bring their favorite beverages. Most activities are open to children unless stated otherwise. Pre-registration is required. To register, make full payment at the Tickets & Travel Office on Sigsbee Park. Upcoming

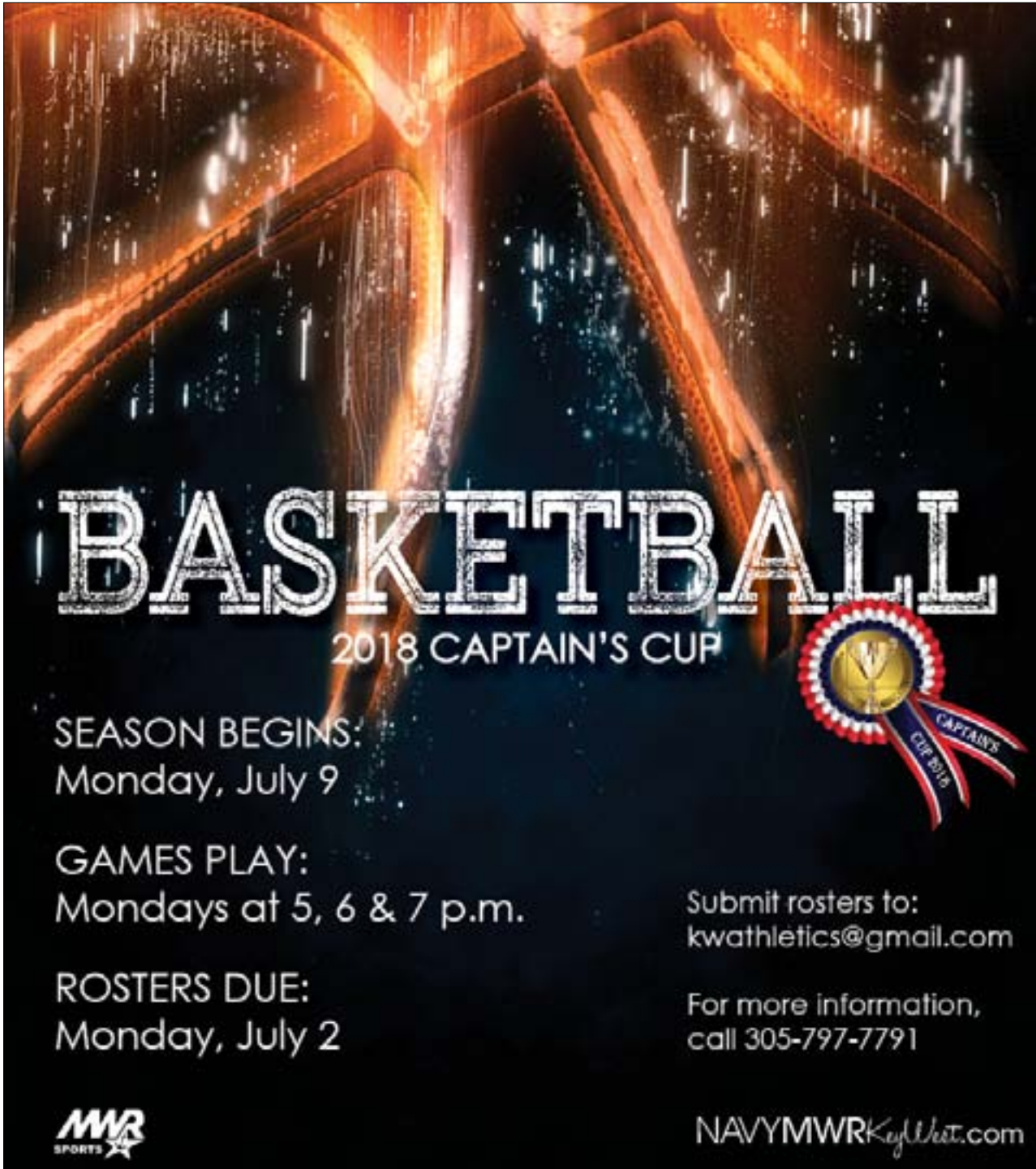
events:

Wednesday: American Flag Paint Stick Craft

June 27: Driftwood Wreath

Community rec

see MWR page 6



BASKETBALL
2018 CAPTAIN'S CUP

SEASON BEGINS:
Monday, July 9

GAMES PLAY:
Mondays at 5, 6 & 7 p.m.

ROSTERS DUE:
Monday, July 2

Submit rosters to:
kwathletics@gmail.com

For more information,
call 305-797-7791

MWR SPORTS

NAVYMWRKeyWest.com

Don't let heat cramp your lifestyle

FROM NAVAL SAFETY CENTER PUBLIC AFFAIRS

In the last five years the Navy has recorded 698 instances of heat stress, two of which were fatal. Working or playing in hot weather can lead to illness or death if you're not prepared. "To minimize the likelihood of heat-related illness, Sailors and civilians should familiarize themselves with the heat stress index and avoid strenuous activity or the heaviest work during the hottest times of the day," said Capt. Paul DeMieri, M.D., the Naval Safety Center's flight surgeon. "They should hydrate frequently, about a cup of water every 15 - 20 minutes in extreme heat, and avoid consuming liquids with any caffeine or alcohol."

According to the Occupational Safety and Health Administration, the heat index takes into account both humidity and air temperature. The higher the heat index, the hotter the air temperature feels, since sweat does not evaporate and cool the skin.

OSHA and the National Institute for Occupational Safety and Health report that most common heat-related illnesses are heat stroke, heat exhaustion, heat rash, and heat cramps. "It's important to become familiar with signs of heat illness and know the basics of how to start treatment," DeMieri said. Heat exhaustion is a serious heat-related illness. Symptoms include elevated body temperature, decreased urine output, headache, nausea, vomit-

ing, dizziness, weakness, irritability, thirst, and excessive sweating.

If you notice these signs in a shipmate, take them to a medical clinic or call for emergency services. While you are waiting for medical personnel to arrive, move the person to a cooler area and give them liquids to drink, remove all unnecessary clothing, place a cool compress on their head, neck and face or have them wash their head, neck and face with cold water. Heat stroke is the most dangerous heat illness and can lead to death if not treated immediately. Symptoms of a heat stroke are elevated body temperature, confusion, seizures, hot, dry skin or excessive sweating, or loss of consciousness.

If you notice these symptoms in a shipmate, immediately call for emergency

personnel. Also, move the person to a cool area, wet them with cool water, place cold wet clothes, or ice on their body and stay with the person until help arrives. DeMieri said it's important to take all heat illnesses seriously. "Heat cramps are usually caused by exercise or heavy exertion in warm weather and most commonly affect localized muscle groups," he said. "They can be a precursor to more severe heat-related injury and can usually be managed with rest, decreased activity, and increased fluid intake."

Take the following steps to keep cool when working outdoors: drink water or sports drinks frequently, make sure to eat regular meals throughout the day, schedule frequent rest periods and create a buddy system.

This week at FFSC

SAPR VA training

Monday - Friday, 8 a.m. - 4 p.m., FFSC

This 40-hour training is designed to provide SAPR VAs with the education, skills and resources needed to deliver high-standard services directly to victims of sexual assault. For more information, or to register, call Danielle Martin at 305-293-2408

Anger management

Monday, 1:30 - 2:30 p.m., FFSC

This workshop helps people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Participants will practice skills that prevent conflicts from escalating. Register with Kristal Mutwiri at 305-293-2774.

Federal employment

Tuesday, 9 - 10:30 a.m., FFSC

Understanding the complexity of the federal hiring process can lead to success in gaining a federal job. Register with Dave Patrocky at 305-293-3770 or email david.patrocky@navy.mil.

Resume writing workshop

Thursday, 1 - 2:30 p.m., FFSC

The properly constructed resume will help you stand out in today's highly competitive job market. Topics include the basics of resumes, key words and formatting. Register with Dave Patrocky at 305-293-3770 or email david.patrocky@navy.mil.

FFSC Services

FFSC offers many services including deployment support, relocation assistance, family employment readiness, life skills education, personal financial management, crisis incident response and training, sexual assault prevention and response, ombudsman support, transition assistance management, family advocacy and professional counseling. For more information or to request services, call 305-293-4408 or visit the center at 804 Sigsbee Rd., Sigsbee Park.

Stay informed!

follow NAS Key West on



VACATION with us THIS FALL.

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WWW.NAVYGETAWAYS.COM

MWR NAVY

CNIC

MWR

continued from page 4

MWR Community Recreation offers events each month that offer the opportunity to explore Key West and other sites. All transportation departs from the Sigsbee Community Center across from the dog park. To reserve your seat, make payment at the Ticket & Travel Office on Sigsbee Park.

For pricing and more event details call 305-563-0364 or visit www.NavyMWRKeyWest.com/events.

June 23: Miami Children's Museum

Fitness Center

The fitness center on Boca Chica is open from 5 a.m. - 8:30 p.m. Monday - Friday and 9 a.m. - 4

p.m. Saturday and Sunday. com/jobs.

All fitness classes are free to authorized patrons and are designed for all fitness levels, from beginner to advanced. The fitness schedule is subject to change without notice. Call 305-293-2480 for more information.

Monday

Yoga - 6:30 - 7:45 p.m., Sigsbee Community Center

Job opportunities

There are currently a number of open positions within MWR and NGIS. This week's highlighted jobs are: Bartenders and recreation assistants, which are needed at multiple MWR facilities. There are also open positions child care workers, maintenance workers and more. For a full list of jobs, visit the website at www.NavyMWRKeyWest.com/jobs.

MWR Website

MWR has a website and cell phone application that provides our patrons with a full list of facilities, programs, services and current employment opportunities.

Visit www.navy.mwr-keywest.com to find out what MWR has to offer: Restaurants and bars, sports and fitness, child care, leisure recreation, pool and splash parks, special events, gear rentals, marinas, lodging, discounted attraction tickets and more.

Visit the Apple or Android APP store and search for NavyMWR Key West.

Other sources of information are Facebook and Twitter "NAS Key West MWR" and the Weekly Activities Sheet.

Email your questions to mwrnaskw@gmail.com.

NAS Classifieds

FOR RENT

Key West - 1BR/1BA, kitchen dining area, living room. No pets. Private. \$1,575. Deposit \$1,400. No last. Must see to appreciate. Call Mrs. Sellers at 305-434-2047.

New Town - Cozy studio apartment; walk to Navy clinic. Available July 1. Utilities included. Shared W/D. Nonsmoker, no pets, single person. Private entrance/parking/fenced. \$1,500 per month. F/L/S. Call Paul at 301-602-0373 or email lvzoom@yahoo.com.

Boat slip rental - Hilton Haven Road. Available immediately; \$250 per month.

Slip can hold up to 32' fishing boat, no live aboards. Contact Ali Hyatt 786-691-0880

HELP WANTED

Navy Exchange - Seeks maintenance worker/janitor-RFT (1800009X). Candidates will perform various cleaning tasks, simple maintenance of facilities and equipment, and utilizing heavy industrial type equipment. Apply at <https://www.mynavyexchange.com/nex/work-for-us> or email

lindsey.castro@nexweb.org.

Navy Exchange - Seeks Navy Lodge maintenance worker-flex (18000081). Candidates will perform tasks involved in the upkeep of buildings, grounds, fixtures, equipment, Navy Lodge guest rooms, etc.

Typical assignments include simple painting, plumbing, carpentry and electrical repairs. Apply at <https://www.mynavyexchange.com/nex/work-for-us> or email

lindsey.castro@nexweb.org.

NAS KEY WEST CLASSIFIEDS are free for active-duty and retired personnel, their families and civilian base employees only. Deadline for submissions is noon the Tuesday prior to that Friday's issue. Make submissions to the NAS Key West Public Affairs Office by email, jolene.scholl@navy.mil; mail, P.O. Box 9001, Key West, FL 33040-9001; or fax submissions to 305-293-2627. For more information, call 305-293-2425.

'TOADAL' TREPIDATION?



U.S. Navy photo by Jolene Scholl

A youngster takes a slight pause to check out the toad fountain at the Sigsbee Splash Park Monday. The park is open daily during daylight hours. Parents are required to accompany and supervise their children at the park.

NAF JOBS
Serving our Military personnel and their families. NavyMWRKeyWest.com/jobs