



(July 9, 2018) BM2 Mele Filiai directs a helicopter from the flight deck of the Ticonderoga-class guided-missile cruiser USS Antietam (CG 54). Antietam is on patrol in the U.S. 7th Fleet area of operation supporting security and stability in the Indo-Pacific region.

U.S. Navy photo by
MC2 William McCann

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TOP OF PAGE ONE:
An MH-60S Sea Hawk helicopter assigned to the 'Black Knights' of Helicopter Sea Combat Squadron (HSC) 4 fires flares during an aerial change of command near the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

Southernmost Fixer

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NAVAL AIR STATION KEY WEST, FLORIDA

Key West moving delays

BY CAROL WILLIAMS

NAVSUP Fleet Logistics
Center Jacksonville Corporate
Communications

With our minds on backyard barbecues, trips to the beach and ice cold pop-sicles on a hot day, it is easy to forget that summertime is also the most popular season for PCS moves. As families move into and out of Key West, your Household Goods Processing Office is working around the clock to facilitate your move in the best possible manner.

We got a chance to sit down with Ms. Dawn Kissel, Lead Transportation Assistant for Naval Air Station Key West, who offered words of advice for service members and their families as they prepare to conduct a PCS move to or from Key West.

"I'm always surprised by the number of service members I assist who had no

idea my office even existed," said Kissel. "I am ready and available to assist customers in need of HHG counseling, an explanation of the process, or to help track down their belongings. I can provide the most assistance before and during a Sailor's move. I encourage everyone to stay proactive and reach out for assistance before their move to be sure they've checked all the boxes."

Because of the semi-remote nature of Key West, only one local carrier supports the majority of inbound and outbound moves to the island.

With a higher-than-usual volume of moves this summer, the company's employees are clocking 20-hour days, 7 days a week to support military families as they pack up their belongings and ship out to their next duty station, or settle in to call Key West home.

see DELAYS page 5

AIR FORCE VISITS NAS KEY WEST



U.S. Navy photos by MC3 Arnesia McIntyre

An Airborne Warning and Control System aircraft from the 552nd Air Control Wing squadron from Tinker Air Force Base, *top*, and Joint Surveillance Target Attack Radar System aircraft from the 461st Air Control Wing squadron from Robins Air Force Base, *bottom*, are at Naval Air Station Key West conducting operational training with Joint Interagency Task Force South.

Navy announces FY-19 Senior Enlisted Continuation Board

FROM NAVY PERSONNEL
COMMAND PUBLIC
AFFAIRS

The fiscal year 2019 (FY-19) Senior Enlisted Continuation Board

(SECB) will convene Dec. 3, according to NAVADMIN 159/18 released July 5.

The board has no quotas and is a performance-driven review of senior enlisted person-

nel conducted primarily by senior enlisted personnel to identify Sailors whose continued service is no longer in the best interest of the Navy. Among the many factors reviewed,

documented misconduct and/or standard performance within the past three years will be a consideration in determining whether to continue a board-eligible Sailor.

As outlined in the NAVADMIN, the board will review records of active component (AC) and full-time support (FTS) E-7 to E-9 Sailors with at least 19 years

of active service computed from their active duty service date as of Aug. 31, 2018 and three-years' time-in-rate (TIR) as of Aug.

see BOARD page 2



July 13

1939 - Rear Adm. Richard Byrd is appointed to command the 1939-1941 U.S. Antarctic Service Expedition. Under objectives outlined by President Franklin D. Roosevelt, Byrd establishes an east and west base and holds a wide range of scientific observations.

July 14

1813 - During the War of 1812, Lt. John Gamble becomes the first Marine to command a ship in battle, USS Greenwich.

July 15

1942 - USS Terror (CM 5), the first minelayer built as such, is commissioned.

July 16

1862 - Congress establishes the rank of Rear Admiral, with David G. Farragut named as the first Rear Admiral.

July 17

1898 - Santiago, Cuba surrenders to U.S. Naval forces during the Spanish-American War.

July 18

1981 - USS Dallas (SSN 700) is commissioned at Groton, Connecticut, her first homeport.

July 19

1960 - USS Ammen (DD 527) and USS Collett (DD 730) collide in the fog off California, killing 11 men and injuring 20 other shipmates.

Board

continued from page 1

31, 2018; and selected Reserve (SELRES) and voluntary training unit (VTU) E-7 to E-9 Sailors with at least 20 years qualifying service and three-years TIR as of Aug. 31, 2018.

Sailors who have a final authorization to transfer to the Fleet Reserve or an approved retirement request for Sept. 1, 2019 or earlier will be exempt from the SECB. Those Sailors selected for chief warrant officer (CWO) by the procurement board held in January 2018 or selected by the FY-19 advancement boards will not be considered by the SECB, however, CWO selectees who meet eligibility criteria and decline appointment or are removed from selection prior to Nov. 15, 2018, will be considered.

Naval Education and Training Professional Development Center will publish the names of board-eligible Sailors on Oct. 8, 2018. Command-designated personnel will be able to view their impacted Sailors on the Navy Enlisted Advancement System website at <https://prod.neas.netc.navy.mil>. Individual candidates will be able to view their SECB eligibility at

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<https://prod.neas.netc.navy.mil/NEASRpts/ContinuationBoardInd.aspx>.

Commands must review their FY-19 SECB listing for accuracy every week from Oct. 8 to Nov. 15, 2018. If an eligible candidate is not listed, or to remove someone from the list, commands must contact Navy Personnel Command (NPC) to make the required

adjustment. Nov. 16, 2018, is the last day for commands to add or delete a candidate from the eligibility list. Any Sailor on the eligibility list after Nov. 16, 2018 will be reviewed by the SECB.

Board results will be posted on BUPERS On-Line for command access only, and commanding officers will be notified via a Personal For NAVADMIN when

this occurs.

Sailors who are not selected for continuation must transfer to the Fleet Reserve or retire by Sept. 1, 2019, unless operationally waived by the deputy chief of naval personnel (for AC and FTS) or Commander, Navy Reserve Forces Command, for SELRES Command, for SELRES and VTU. Sailors with an approved operational waiver must transfer by Dec. 1, 2019.

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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.

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NAS Key West MWR

NavyMWRKeywest.com

To be placed on the e-mail distribution list:
cathy.robinson1@navy.mil - please provide your name & command

Navy enables medical appointments from work, home



U.S. Navy photo by Jacob Sippel

HM1 Patrick Goldsmith, an independent duty corpsman at Naval Branch Health Clinic Jacksonville, conducts a virtual periodic health assessment (ePHA) with a Sailor. The Navy Care app allows active and retired service members and families to have a virtual visit with a clinician on their smartphone, tablet, or computer.

BY RODNEY FOUSHEE
Naval Hospital Jacksonville

Naval Hospital Jacksonville now offers a faster, innovative way to complete health visits without a trip to the hospital or clinic: virtual visits. These decrease time away from the mission, work, and family.

The Navy Care app enables patients to have a live, virtual visit with a clinician, using a smartphone, tablet, or computer. It's private, secure, and free.

"Navy Care catapults the military health system into the 21st century," said Hospital Corpsman 1st Class Patrick Goldsmith, an independent duty corpsman at Naval Branch Health Clinic Jacksonville.

"The app provides real-time access to care for Sailors and Marines in remote

environments, and decreases the warfighter's time away from the workplace." Active duty, retirees and families can also use the virtual app for follow-up medical visits. The Navy Care app allows Sailors and Marines to complete their Periodic Health Assessment from their unit or home, decreasing the amount of time away from their job.

Clinicians work from their office at the hospital or branch health clinic, during a virtual visit. The patient and clinician see and talk to each other in real time, using Navy Care's secure app or website, from any video-enabled device (such as a smartphone, tablet, laptop, or desktop computer).

The best thing is that it's private, secure, and free. Patients simply schedule with their medical provider

and connect.

Navy Care virtual visits are available for many types of follow-up visits in allergy, behavioral health, clinical pharmacy, diabetes wellness team, family medicine, IDC clinic, neurology/sleep medicine, nutrition, orthopedics/podiatry, and periodic health assessment. In addition, virtual visits are available for breastfeeding support and chaplain services.

Navy Care is an extension of value-based care, which focuses on improving health outcomes and access for patients. The app delivers convenient care with the quality of a face-to-face visit.

If the patient's medical needs are appropriate for a virtual visit, the patient's provider will discuss Navy

see MEDICAL page 5

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.

ID renewal

All DOD ID cards can be renewed up to 90 days in advance, CAC and depen-

dent 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.

MCHC members

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

CSADD members
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.

NAF JOBS

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

MWR Update

Bowling 101 for Adults

Join MWR’s Airlanes Bowling Center on Boca Chica for this 4-week bowling class for adults. Classes will be held from 5 – 6 p.m. every Thursday through Aug. 2. Shoe rentals included. To sign up or to ask questions contact 305-293-2976. Learn the basics with MWR.

Summer Reading

Sign your child up for the Summer Reading Program online at <https://key-westlibrary.beanstack.org>. It is open to children 5 – 18 years old. Prizes can be picked up at the Youth Center on Sigsbee Park. For more details, call 305-293-4437.

Theater camp

The Youth Center is hosting a week-long theater camp from July 16-20. Auditions will be held on Monday from 10 a.m. – noon at the Sigsbee Community Center. Open to children in grades K-12. Sign up in advance at the Sigsbee Youth Center. There will be a performance of “Snow White and the Seven Dwarfs” on July 20 at 5 p.m. at the Sigsbee Community Center. For more information, call 305-293-4437.

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:

Aug. 15: Wine Glass Painting

Community rec

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.

Saturday: Miami Seaquarium Trip

July 20: Lobster Mini Season Seminar

July 21: Mango Fest Shuttle

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. 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. The new SCC (July 16, class held at Sigsbee Tennis Court) Monday.

Monday
Yoga - 6:30 - 7:45 p.m., p.m., BCCS

Wednesday
HIIT – 4:30 – 5:15 p.m., BCG
Yoga Strength – 5:30 – 6:30 p.m., BCES

Thursday
Command PT * - 6:45 –

see MWR page 6

A colorful poster for a bowling class. It features a large yellow bowling ball in the center with the text "Bowling 101 FOR ADULTS" and "THURSDAYS JULY 12-AUG 2 5-6 PM". Below this, it says "LEARN THE BASICS", "1 HOUR CLASSES EVERY THURSDAY FOR 4 WEEKS*", "SHOE RENTAL INCLUDED", "CALL OR COME BY AIRLANES AT BOCA CHICA FIELD TO REGISTER", and "305-293-2976". The background is dark blue with stylized bowling pins and balls. The MWR logo is in the bottom left corner, and "NAVYMWRKeyWest.com" is in the top right corner. A small note at the bottom right says "*LIMITED SPACE".

SECURITY SAILORS, CIVILIANS RECEIVE AWARDS



U.S. Navy photo by MC3 Arnesia McIntyre

Left to right, MA2 Jonathan Martinez, and MA2 Kevin Couch are awarded the Navy and Marine Corps Achievement Medal, Dave Oswald, NAS Key West’s physical security specialist, and Maj. Travis Earl, NAS Key West’s police officer instructor, are awarded time off for their outstanding contributions during the Command Assessment of Readiness and Training.

Delays

continued from page 1

Long hours coupled with only one warehouse to store families’ belongings inevitably led to delays this season, and in some cases, lost items. NAVSUP Fleet Logistics Center Jacksonville (FLCJ) recently sent a team of U.S. Marine Corps household goods (HHG) inspectors to Key West to assist with quality control inspections and help to expedite delayed moves and HHG shipments.

According to Lt. Jessica Chamberlain, NAS Key West site director for NAVSUP FLCJ, the extra boots on the ground are beginning to make an

impact. “This small team of Marines, coupled with our resident experts in the NAS Key West Joint Personal Property Support Office (JPPSO) are working hand-in-hand with our customers to clear backlogs and assist during the busy season. We recognize the frustration and stress that can come with PCS moves, and we are working tirelessly to enhance customer service to our military families.”

The JPPSO’s team of professionals will assist with tracking shipments, resolving scheduling conflicts and coordination with assigned carriers to ensure a successful and timely move to their next duty station. The Personal Property and Household

Goods Offices are specifically to support service members as they execute their moves and transport their belongings and families to carry out the military mission.

“I am committed to supporting each and every customer who calls or walks through my door,” said Kissel. “I love helping military families navigate the moving process and get them – and their belongings – where they need to be.”

Service members and their families with questions regarding military moves are encouraged to visit the website <https://www.move.mil>, or contact the Naval Air Station Key West JPPSO at (305) 293-2973.

Medical

continued from page 3

Care with them. Hospital or branch clinic staff will create an account for the patient. Once an account has been created, patients can access their accounts by visiting <https://navy.care>, or by downloading the free Navy Care app (for iOS on the Apple App Store, or for Android phones at the Google Play Store). Patients receive an email confirming the appointment, and when it’s time for a virtual appointment, patients check-in either by using the link sent via email, or by logging in to the app or website. A technical support team is available by phone 866-795-8900 or by

This week at FFSC

Federal Employment Basics

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

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 at david.patrocky@navy.mil.

Resume Writing Workshop

Thursday, 1 p.m. – 2:30 p.m.

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 at david.patrocky@navy.mil.

Fleet and Family Support Center 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.

email at navycare@americanwell.com.

To use Navy Care, a patient needs a video-enabled device that’s connected to a 3G, 4G LTE, or wireless network.

Each of the nearly fifty virtual health providers, at the hospital and branch health clinics, have completed specialized training to provide care through this service. The Navy Care app, launched at Naval Hospital Jacksonville in February 2018.

NH Jacksonville’s priority since its founding in 1941 is to heal the nation’s heroes and their families. The command is comprised of the Navy’s third largest 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), almost 85,000 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, or visit www.med.navy.mil/sites/navalhospitaljax.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Naval Hospital Jacksonville, visit www.navy.mil/local/nhjax/.

Stay informed!
Follow NAS Key West on



MWR

continued from page 4

BCCS: Boca Chica Cycling Studio

BCES: Boca Chica Exercise Studio

BCG: Boca Chica Gym

SCC: Sigsbee Community Center

*Active Duty Only

Job opportunities

There are currently a number of open positions within MWR and NGIS. This week's highlighted

jobs are: Bartenders and Recreation Assistant at multiple MWR facilities. There are also open positions for bartenders, child care workers, maintenance workers and more.

For a full list of jobs, visit www.NavyMWRKeyWest.com/jobs.

MWR Website

MWR has a new website and APP that provides our patrons with a full list of facilities, programs, services and current employment opportunities. Visit

www.navymwrkeywest.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 SALE

2004 Champion 198 Bass Boat with 2014 Mercury 225 Pro Max Gen 2 engine with 280 hours with a 2004 Champion Tandem wheel trailer with stainless steel fenders and custom wheels. Electronics package with Lowerance GPS, 8-foot and 10-foot HD fish finders. Boat comes with bow mount electric trolling motor, jack plate and numerous extras. Call 561-602-3461.

FOR RENT

Big Pine Key - House for rent, 2BR/1.5BA, furnished, W/D available. Basic cable included. Quiet area. No smoking, no pets. Yearly lease. \$1,850 per month plus utilities. F/L/S. Call Deb at 305-304-4855.

Key Haven - 3BR/1BA, storage and

laundry room, W/D, full kitchen family room. Exclusive use of one driveway. Shared use of back yard deck and firepit. Pet friendly with a fenced yard. Open water/no canal. \$2,700, includes electric, water, sewer. F/L and \$1,000 security deposit. No regular boat dock use; occasional boat dock use by agreement. Call Ron at 305-923-0550.

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 for more information at 305-434-2047

New Town - Cozy studio apartment; walk to Navy clinic. Available July 1. Utilities included. 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

NAS KEY WEST CLASS-IFIEDS 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, arnesia.r.mcintyre@navy.mil; mail, P.O. Box 9001, Key West, FL 33040-9001; or fax submissions to 305-293-2627. Unless otherwise directed, ads will run for four issues. Name and phone number must accompany all requests in order for them to be considered for publication. For more information, call 305-293-2434.

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2018

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4-7 PM

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Safety is everyone's job!

2018 Total Military and Civilian Mishaps: 1
Military - 0; Civilian - 1

Days since last civilian DART* mishap: 108

Days since last military mishap: 446

*** DART (Days Away, Restricted/Transferred) - a mishap that results in light duty, days off or work transfer due to injury.**

Edward P. Donohue
NAS Key West Safety Manager
(305) 293-2314

Information as of July 11, 2018