



(Jan. 15, 2018) AWR2 Alexander Grimes sits aboard an MH-60S Sea Hawk helicopter assigned to the 'Black Knights' of Helicopter Sea Combat Squadron (HSC) 4 near Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). The Carl Vinson Strike Group is currently operating in the Pacific as part of a regularly scheduled deployment.

U.S. Navy Photo by MC3 Jake Cannady

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TOP OF PAGE ONE:
An E-2C Hawkeye assigned to the 'Sunkings' of Carrier Airborne Early Warning Squadron (VAW) 116 approaches the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN 71).

Navy installations, commands prepare for force protection drill

FROM NAVY INSTALLATIONS COMMAND PUBLIC AFFAIRS

Navy installations within the continental U.S. will conduct Exercise Citadel Shield-Solid Curtain Jan. 29 - Feb. 9.

Citadel Shield-Solid Curtain 2018 is a two-part anti-terrorism force protection exercise conducted by Commander, Navy

Installations Command in conjunction with Commander, U.S. Fleet Forces Command on all CONUS Navy installations. Information on whether the training will affect the Key West community, e.g. traffic, will be published in the Jan. 26 issue of the Southernmost Flyer.

Citadel Shield is a Field Training Exercise led by CNIC from Jan. 29 - Feb. 4.

Solid Curtain is a Command Post Exercise portion co-led by USFFC and CNIC from Feb. 5 - 9.

This annual exercise is designed to enhance the readiness of Navy Security Forces and ensure seamless interoperability among the commands, other services and agency partners.

This exercise is a regularly-scheduled exercise and is not in response to any spe-

cific threat.

Citadel Shield-Solid Curtain 2018 is of vital importance to our ability to execute the Navy's mission in support of homeland defense and to protect our people, equipment and facilities in situations that pose a significant and immediate threat.

Measures have been taken to minimize disruptions within local commu-

nities and base operations but there may be times when the exercise causes increased base traffic or delays in base access. Area residents may also see or hear security activities associated with the exercise. Advanced coordination has taken place with local law enforcement and first responders to minimize any

see DRILL page 2

One toke by DON civilians is over the line

FROM NAS KEY WEST PUBLIC AFFAIRS

While laws in states like Colorado, Alaska and California have made the recreational use and purchase of marijuana legal, it's not okay for DON civilians to light up.

"Marijuana remains illegal under federal law, regardless of state laws, as a Schedule I drug in the Controlled Substances Act," according to an email forwarded to Navy civilian employees from Cruz Belardo, regional program

see DON page 2

ANCHORS AWAIT



U.S. Navy photo by MC2 Cody Babin

The training room at Bldg. A-515 on Boca Chica Field was full Thursday as first class petty officers assigned to Naval Air Station Key West, as well as its tenant commands and visiting detachments, took the Navywide chief petty officers examination in hopes of advancing and pinning on the CPO anchors. Chief selections are announced in August.



Jan. 19

1840 - USS Vincennes, commanded by Lt. Charles Wilkes, becomes the first Navy ship to reach the Antarctic Continent.

Jan. 20

1903 - President Theodore Roosevelt issues an Executive Order placing Midway Islands under the jurisdiction of the Navy Department.

Jan. 21

1954 - The world's first nuclear submarine, USS Nautilus (SSN 571) is christened and launched at Groton, Connecticut.

Jan. 22

1944 - Operation Shingle, the Allied landing at Anzio and Nettuno, Italy, begins.

Jan. 23

1960 - The Bathyscaph "Trieste" descends on a nine-hour journey seven miles to the deepest part of the worlds oceans, Challenger Deep, at the southern end of the Mariana Trench..

Jan. 24

1991 - Desert Shield/Desert Storm SEAL platoons from USS Leftwich (DD 984) and USS Nicholas (FFG 47) recapture the island Jazirat Qurah, the first Kuwaiti territory, from the Iraqis.

Jan. 25

1963 - The 1st Seabee Technical Assistance Team arrives in Vietnam.

Circumstances and obedience

I am currently preaching a series on Elijah and my scripture references start in 1 Kings 16.

In spite of our challenges in life we can still learn from the example that Elijah sets for us.

Like most characters in the Bible, Elijah is not perfect. I like that he is not perfect because I can relate to people like Elijah and continue to focus on what God wants my ministry to be.

We look at the lessons that Elijah learns during his journey

and ministry and not all of our lives are going to have a perfect journey that will appeal to us.

CHAPLAIN'S CORNER



NAS Key West
Command Chaplain

Lt. Cmdr.
Scott Mason

Even in the times of despair, God still provided water and food to Elijah at the Brook of Cherith. Trusting on the Lord with all your heart

is much easier to say that it is to act upon.

I don't know your circumstance in life but I want to encourage you that in your obedience you will be able to see God's grace and mercy each day.

Please come and join us at 10:30 a.m. Sunday at the Sigsbee Community Center for worship service with our Praise Band and Children's Church. Please visit our Facebook page (NAS Key West Chapel) for upcoming events.

If you are in need of chaplain care, call your chaplains at 305-293-2318, Naval Air Station Key West, or 305-292-8788, Coast Guard Sector Key West.

SPOTLIGHT AWARD



U.S. Navy photo by Jolene Scholl

Naval Air Station Key West Security Clerk Kathleen Cunningham is recognized by Commanding Officer Capt. Bobby Baker with a "Civilian in the Spotlight" award Wednesday for her work in vetting more than 300 hundred contractors and civilians who needed to access base property in the early weeks of Hurricane Irma recovery.

DON

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director, CNRSE Labor/Employee Relations, Total Force Management "Marijuana is therefore illegal for federal employees unless or until there is further specific guidance issued at the federal level allowing for marijuana use in some (or any) situations," he wrote.

Those employees subject to random testing, or any other testing (applicant, reasonable suspicion, post-accident, or follow-up), remain subject to the consequences for illegal drug use, he further stated.

"In other words, nothing changes for us as federal employees based on state laws and we remain accountable to comply with federal law unless there are changes at the federal level."

Drill

continued from page 2

inconveniences.

Navy Installations Command's 53,000 military and civilian employees provide infrastructure management, base operations and fleet support to 71 installations worldwide.

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.

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Briefly...

Volunteer opportunities

The Special Olympics season begins this week and volunteers - active military and civilian - are needed.

The events: Bocce ball, 5:30 p.m. Fridays; cycling at 9 a.m. Saturdays; soccer at 5:30 p.m. Wednesdays; and track and field, time and dates yet to be determined. If you are interested in being a volunteer (military or civilian), call AC1 Tracey Walker at work, 305-293-2770 or cell, 408-215-8705.

There also is an Athletes Leadership Program that is looking for mentors for the athletes. Meetings are on the second Thursday of the month. Contact Walker for time and location.

CPOA hosts run

The Key West Area Chief Petty Officers Association presents the "8 Miler" run Feb. 17 at the CPOA Mess on Boca Chica Field. The run begins at 7 a.m. Registration is \$20, which includes a medal and bib.

Register through Paypal: keywestcpoawaysandmeans@gmail.com. Registration for the Virtual Race is \$25; ensure your address is noted in Paypal payment as medal, bib and pins will be mailed to you.

see BRIEFLY page 6

LEARNING CURVE



U.S. Navy photo by Trice Denny

Members of Leadership Monroe County, Class XXVI, toured Naval Air Station Key West Saturday, and throughout the day heard mission briefings from representatives at NAS Key West, Coast Guard Sector Key West, Joint Interagency Task Force South and U.S. Army Special Forces Underwater Operations School. The MCL program works to build relationships and alliances among Florida Keys leaders with the goal of developing strong, dedicated leadership working for a sense of community throughout the county.

Naval Air Station

KEY WEST



Meet a Teammate

Job Title: Air traffic control

Hometown: Federalsburg, Maryland

Prior Duty Stations: USS Eisenhower (CVN 69)

Hobbies: Animals, reading.

Most Interesting Experience: Joining the Navy.

Future Plans: Retire and work at Walmart.



**AC1
John Elms**

FROM BALFOUR BEATTY COMMUNITIES

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2018-2019 academic year. All residents living in Balfour Beatty Communities housing - including spouses and children - who are pursuing a degree are eligible to apply. The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a

difference both in and out of the classroom. Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university on a full-time basis in the fall of 2018, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community. About 300 academic scholarships have

been awarded to residents, including active duty service members and their dependents, since the program was established in 2009. Scholarship awards range from \$1,000 to \$2,500, with the potential for being larger for exceptional submissions. Achievements made by our applicants, both in academics and community participation, consistently

inspire us every year. We're honored to be able to assist them in their academic endeavors through our scholarship program. For more details requirements and how to complete an online application, visit the Foundation's website, www.bbcommunitiesfoundation.org. Applications must be submitted no later than March 30, 2018.

Scholarship applications available for NAS Homes' residents

Stay informed!
follow NAS Key West on



MWR Update

Kids Fun Day

MWR's most anticipated event of the year, Kids Fun Day, is bringing the carnival to Key West from 2 - 5 p.m., Feb. 10, at Sigsbee Park. Come out and enjoy carnival rides and games, inflatables, face painting, a disc jockey playing music, flea market, cotton candy, popcorn and snowcones. Food and beverages be sold by the Seabee Ball Committee to support the Seabee Ball.

A special thank you to our sponsors for their continued support: USAA, Waste Management, Fury Water Adventures, Navy League Key West Council, Military Affairs Committee, Keys Area Chief Petty Officers Association and the Southernmost VFW Post 3911.

For more information, visit www.NavyMWRKeyWest.com/events or call 305-563-0364.

Outdoor movie

The Community Recreation Outdoor Movie Saturday is Spider-Man Homecoming (PG-13). The movie shows at 6:30 p.m. at Sunset Lounge on Sigsbee Park.

The movie is free and open to all MWR authorized patrons. Enjoy the Sunset Lounge Kids' Menu and dinner specials. Popcorn, candy and light-up toys will be sold for \$1 each (cash only).

Please, no outside food or beverages. Bring a chair to enjoy front row lawn seating.

For additional details, call or text 305-563-0364.

Navigator's music

Navigator's Bar at the Boca Chica Marina has live entertainment during the season from 6 - 9 p.m.

For additional details, call 305-293-2468 or visit www.NavyMWRKeyWest.com/events

Saturday: Island Time Band

Jan. 26: Tom Taylor

Sunset Lounge

Live entertainment and free events are at the Sunset Lounge in Sigsbee Park overlooking the water. All events are from 6 - 9 p.m., unless noted otherwise.

Friday: Karaoke with DJ Gunz

Jan. 26: Karaoke with DJ Gunz

Craft Night

MWR Community Recreation offers a number of craft nights at the Sigsbee Community Center each month. All supplies are provided and patrons are welcome to bring their favorite beverages.

Most activities are open to children unless stated otherwise. To register, make full payment at the Tickets & Travel Office on Sigsbee Park.

Jan. 24: 3D Butterfly Painting, 6 - 9 p.m.

Recreation events

MWR Community Recreation is offering a number of 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

Jan. 21: Snorkeling 101, 1:30 - 3 p.m.

Jan. 25: RV 101, 10 - 11 a.m.

Jan. 27: Miami Zoo Trip, 7:30 a.m. - 8 p.m.

'Healthiest Nut'

The Boca Chica Fitness Center and the Airlines Grill is teaming up to support you in the New Year. Start 2018 off right with the new incentive program: the Healthiest Nut.

The program started Jan. 16 but you are able to jump in at any time. To register and schedule a baseline evaluation, call 305-293-2480 or email bocachicagym@gmail.com.

Pickleball

Open pickleball is from 9:30 - 10:30 a.m. Mondays on the Sigsbee Tennis Courts. Pickleball is a racket sports that combines the elements of badminton, tennis and ping-pong.

For more information call 305-293-2480 or email kwathletics@gmail.com.

Single Sailor

The Liberty Program offers events and activities

for single or unaccompanied E-6 and below.

Follow on Facebook at www.Facebook.com/MWRLibertyKeyWest or register for text updates by texting request to 305-797-4468.

The following are scheduled activities for January:

Friday: Enjoy the Mallory Square Sunset Celebration

at 5 p.m.

Saturday: Skydiving, \$180

Saturday: "Spider-man" Sunset Lounge Outdoor Movie at 6:30 p.m.

Sunday: AFC/NFC Championship at 1 p.m.

Jan. 25: Arts & Crafts Night in the barracks at 6 p.m.

Jan. 27: Disc Golf at Beach Patio from 3 - 5 p.m.

Contact Maria for details at 305-797-4468.

Fitness classes

The fitness center on Boca Chica has returned to regular hours: 5 a.m. - 8:30 p.m. Monday - Friday and 9 a.m. - 4 p.m. Saturday and Sunday.

see MWR page 5

LIVEMUSIC at NAVIGATOR'S

Navigator's live entertainment, cold drinks & dinner specials from Fly Away Café. Tell your friends to meet you at Navigator's at Boca Chica Marina!



ISLAND TIME BAND

**THIS
SATURDAY
6-9PM**

NAVYMWRKeyWest.com

Get healthy: Make a new you for the new year

FROM NAVAL HOSPITAL JAX PUBLIC AFFAIRS

It's a new year; use this opportunity to start fresh for a new you.

Whether it's healthy eating, exercise, better sleep, or quitting smoking, one small change can have a positive effect. Naval Branch Health Clinic Key West has tools to help.

"Give yourself the gift of health in 2018," said Cmdr. Duneley Rochino, NBHC Key West officer in charge.

"Get your health screenings and take advantage of our Health Promotions," he added.

Lifestyle changes don't have to be drastic to be effective. Small changes (over a period of time) can have a big impact.

Here are some tips for a healthier you in 2018:

Focus on real food. Emphasize fruits, vegetables, whole grains, lean

meat, fish, and dairy products. The fewer the ingredients the better. Eating whole foods mean you will be consuming less trans fats, added sugar and sodium.

Move more. Making time in your day to be active

improves mood and decreases stress. Try simple things such as taking the stairs and walking outdoors.

Get enough sleep. It's a necessity, not a luxury. Insufficient sleep is associated with a number of chronic diseases and conditions (such as diabetes, cardiovascular disease, obesity, and depression).

According to the Centers for Disease Control and Prevention, adults need seven to eight hours of sleep every night; teens need nine

to 10 hours; and school-aged children need at least 10 hours.

Be smoke- and tobacco-free.

Take measures to avoid preventable diseases:

Prevent *cervical cancer* with the right test at the

right time. Women should get their first Pap test at age 21, and every three years after that. Starting at age 30, women have a choice: Get a Pap test every three years or get a combined Pap/human papillomavirus (HPV) test every five years.

Mammograms are the best way to find breast cancer early, when it's easier to treat and before it's big enough to feel. The American College of Radiology recommends

mammograms every year starting at age 40. If you're age 50 or over, get screened now for *colorectal cancer*. It's the third leading cause of cancer deaths in the U.S., among cancers affecting both men and women.

Screening can find growths so they can be removed before turning into cancer. If you have risk factors, you might need to be tested earlier or more often. Talk to your PCM.

Bring your child in for a scheduled check-ups - not just in the first month of life, but also at two, four, six, nine, 12, 15, and 18 months of age; and at ages two, two-and-a-half, three, four and five years. Check-ups track growth and development, prevent illness with immunizations, and answer your questions. Also talk to your child's PCM about check-ups during school-age

see HEALTHY page 6



This week at FFSC

Command Indoc

Monday - Friday, 8 a.m. - 4 p.m.
Bldg. A-515, Boca Chica Field

This five-day class advises incoming personnel of base policies, procedures and services available. A multitude of guest speakers will present an array of topics and will take questions from training participants. Contact ABCM Aguirre at 305-293-2744.

Stress Management

Monday, 1 - 2 p.m., FFSC

Through discussion of different strategies to manage stress, this workshop helps participants increase their awareness of sources of stress and how to identify the physical symptoms of stress and its impact. Register with Amanda Slater at 305-293-2766 or email slater@navy.mil.

Parenting Enrichment

Thursday, 8 - 9 a.m., FFSC

Use education as a tool to enhance your experience as a parent. This workshop will provide participants with an opportunity to explore practical methods of positive discipline, among other topics, as a means to build positive family interactions and the parenting process. Register with Amanda Slater at 305-293-2766 or email amanda.slater@navy.mil

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.

MWR

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

The new fitness schedule:

Monday

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

Wednesday

Cycling Power Hour - 5:30 - 6:30 p.m., Boca Chica

Cycling Studio

Thursday

Gentle Yoga - 10:30 - 11:30 a.m., Sigsbee Community Center

Cardio Caliente - 5:30 - 6:30 p.m., Sigsbee Community Center

Job opportunities

There are currently a number of open positions within MWR and NGIS. There is an urgent need for full time and flex Child Care Workers and Housekeepers but many other positions available.

For a full list of open positions and a PDF application form 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.navymwr-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 your Apple or Android APP store and search for: NavyMWR Key West. Have it all at your fingertips and make the most of what MWR has to offer.

Information can also be found Facebook and Twitter "NAS Key West MWR" and in the Weekly Activities Sheet. For more information, email mwrnaskw@gmail.com.



Healthy

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years.

If you have *diabetes*, see your health care team as directed and get your A1C at least every year. This helps you and your provider better manage your health care.

You can discuss strategies with your PCM to manage diabetes at home, work, school, and while traveling. The clinic's Medical Home Port team is standing by to meet your preventive, routine, and urgent health care needs.

The clinic's Health Promotions offer a variety of tools and classes (individual and group) that can help improve the health of

active duty, retirees, and family members.

For starters, get a "Health Fitness Assessment." This gauges one's current physical condition and identifies areas of concern. It provides precise body fat measurements, fitness guidance, and recommended fitness approaches based on personal body calculations obtained during screening.

For those looking to eat healthier, Health Promotions offer "Choose My Plate," a basic nutrition and healthy meal planning course. It offers ideas and tips for healthier eating.

For weight management, "ShipShape" is offered for families, retirees, and active duty.

It promotes healthy lifestyles, weight loss, and

nutrition.

Participants practice techniques for healthy eating, goal setting, dealing with emotional and social situations, problem-solving, and long-term behavior change.

For tobacco users, Health Promotions offer tobacco cessation support (including medication, patch and gum), to help get quit and stay quit.

To get started, stop or call NBHC Key West's Health Promotions at 305-293-3857 or talk to your PCM.

To make a PCM appointment, call 305-293-4834 or go to TRICARE's Online Patient Portal at www.TRICAREonline.com.

For immunizations, stop by or call 305-293-3929.

NAS Classifieds

HELP WANTED

Sloppy Joe's Bar seeks security staff. Candidates must possess customer service skills, sound judgment and good decision making. Prior security, martial arts or military experience is a plus.

Summerland Wines and

Spirits (located at MM25) has a part-time position available; flexible hours. Positive upbeat environment. Respond to steve@summerlandwinesandspirits.com or call 480-888-5910.

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. Unless otherwise directed, ads will run for four issues. Your name and phone number must accompany your request in order to be published. For more information, call [Jolene Scholl at 305-293-2425](tel:305-293-2425).

Briefly

continued from page 3

MS group meets

The Multiple Sclerosis Support Group will meet at 10:30 a.m. Saturday in the Lower Keys Medical Center board room. The meeting is open to those with MS and their caregivers. For more information, please call Sandi at 305-396-7553.

Get active with 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, Boca Chica Field.

For more information on MCHC activities, email PRC Michael Dees at michael.dees@navy.mil.

NAVYMWRKeyWest.com

2018

KIDS FUN DAY

CARNIVAL

SAT, FEB. 10 • 2-5 PM

SIGSBEE FIELD

CARNIVAL RIDES & GAMES • INFLATABLES

POPCORN • COTTON CANDY • SNOW CONES

FACE PAINTING • FLEA MARKET

FOR MORE INFORMATION FOR TO VOLUNTEER, CALL 305-293-2783

FURY

USAA

WASTE MANAGEMENT

Sponsorship does not imply Federal endorsement of product or service. Open to MWR authorized patrons. Military ID card holders. For information or to volunteer call 305-563-8364.

Safety is everyone's job!

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

Days since last civilian DART* mishap: 76

Days since last military mishap: 270

* **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 Jan. 17, 2018