



(May 25, 2018) Medal of Honor recipient retired Master Chief Special Warfare Operator (SEAL) Britt Slabinski stands on the stage during his induction ceremony into the Hall of Heroes at the Pentagon Auditorium. Slabinski was awarded the Medal of Honor by President Donald J. Trump for his heroic actions in March 2002 during the Battle of Takur Ghar while serving in Afghanistan.

U.S. Navy photo by  
MC2 Paul Archer

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An MH-60S Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron (HSC) 9 prepares to land aboard the aircraft carrier USS George H.W. Bush (CVN 77).



VOL. 18 NO. 23

WWW.CNIC.NAVY.MIL/KEYWEST

NAVAL AIR STATION KEY WEST, FLORIDA

## Forecast calls for near- or above-normal hurricane season

FROM NOAA

The National Oceanic and Atmospheric Administration Climate Prediction Center last week forecasted a 75 percent chance the 2018 Atlantic hurricane season,

which starts June 1, will be near- or above-normal.

Forecasters predict a 35 percent chance of an above-normal season, a 40 percent chance of a near-normal season, and a 25 percent chance of a below-normal season for the upcoming

hurricane season, which extends from June 1 to Nov. 30.

“With the advances made in hardware and computing over the course of the last year, the ability of NOAA scientists to both predict the path of storms and

warn Americans who may find themselves in harm’s way is unprecedented,” said Secretary of Commerce Wilbur Ross. “The devastating hurricane season of 2017 demonstrated the necessity for prompt and accurate hurricane fore-

casts.” NOAA’s forecasters predict a 70-percent likelihood of 10 to 16 named storms (winds of 39 mph or higher), of which five - nine could become hurricanes (winds

see NOAA page 8

## DODGEBALL DROP



U.S. Navy photo by MGS Arnesia McIntyre

Team members with Strike Fighter Squadron (VFA) 106 and Naval Air Station Key West Weapons Department compete in a dodgeball tournament during the Annual Armed Forces Day Command Challenge Friday at Sigsbee Park. The annual challenge, organized by Morale Welfare and Recreation, had been postponed from May 18 because of inclement weather. VFA 106 took second place overall in the Command Challenge; Fleet Readiness Center Southeast took first place.

## Prepare now for evacuation

FROM NAS KEY WEST  
PUBLIC AFFAIRS

Tropical storm Alberto was an early welcome to this year’s hurricane season and is and Sailors and their families need to be ready to weather any potential storm at home, in a shelter or at an evacuation site.

Whether it’s an active or slow season, it only takes one hurricane over Key West and the Lower Keys to devastate a communi-

ty. Preparation matters; everyone should be ready to shelter in place or evacuate if ordered.

First, pay attention to information put out by the installation. Weather and evacuation notices will be posted on the command social media sites NAS Key West on Facebook, Twitter and Instagram, the command website [www.cnic.navy.mil/keywest](http://www.cnic.navy.mil/keywest), and via AtHoc, which is a DOD

see PREPARE page 4

## Battle of Midway ceremony on Tuesday

FROM NAS KEY WEST  
PUBLIC AFFAIRS

Naval Air Station Key West will host a Battle of Midway Commemoration ceremony at 9 a.m. Tuesday at the Florida Keys Historical Military Memorial at Mallory Square.

The ceremony will honor the pivotal Battle of Midway and the sacrifice and courage of Sailors who fought in that battle. The Battle of Midway, which changed the course of the war in the Pacific, is considered the most signifi-

see MIDWAY page 3



## June 1

**1939** - Capt. Hollis Cooley, director of the Naval Research Laboratory, proposes research in atomic energy for future use in nuclear powered submarine

## June 2

**1941** - The first aircraft escort vessel, USS Long Island (CVE 1), is commissioned.

## June 3

**1785** - The order is given to sell the last ship remaining in the Continental Navy, the frigate Alliance. No other Navy ships are authorized until 1794.

## June 4

**1934** - USS Ranger (CV 4), the first U.S. Navy ship designed from the keel up as a carrier, is commissioned at Norfolk, Virginia.

## June 5

**1945** - A typhoon hits while Task Group 38.1 and Task Group 30.8 are off the coast of Okinawa, damaging almost every ship in the task groups.

## June 6

**1944** - Allied forces land troops on Normandy beaches for the largest amphibious landing in history, Operation Overlord (D-Day), beginning the march eastward to defeat Germany.

## June 7

**1944** - The construction of artificial harbors and sheltered anchorages, also known as Mulberries, begins off the Normandy coast.

## Summer time

If you have children, or have friends who have children, you probably know this week has been full of graduations and award ceremonies as the 2017 - 2018 school year comes to a close.

Many parents have already planned their family vacations, along with other fun activities for their children. As a child I remember being so excited about finishing up school and gearing up for summer. Some of my favorite summer activities as a child was going to camp, vacation Bible school, and spending time on the lake.

This summer there are many opportunities in the local area for families and children, including some activities through Naval Air Station Key West's Religious Ministries Department.

Last summer a group from

Greenville, South Carolina, came to help with vacation Bible school and a marriage enrichment workshop for couples.

This year the same group is returning to help the staff and volunteers active in the NAS Key West Chapel offer a fun-filled week to those staying in town.

### CHAPLAIN'S CORNER



NAS Key West  
Command Chaplain

Lt. Cmdr.

Scott Mason

The Sigsbee Community Center will turn into a shipwrecked island from June 11 - 14 from 9 a.m. -

noon each day as we host vacation Bible school. Children will enjoy three hours of fun each day. If you would like to register your child online, go to [vbspro.events/p/b0ae2e](http://vbspro.events/p/b0ae2e).

You can also register that Monday morning if you are

unable to do so online.

Religious Ministries hosts a Biblically-based marriage enrichment seminar from 5:30 - 8 p.m. June 12 - 13 at the DoubleTree Resort in Key West. This event is free and dinner and childcare are provided.

Couples can register on the NAS Key West Chapel Facebook page or email Chaplain Scott Mason at [scott.p.mason@navy.mil](mailto:scott.p.mason@navy.mil).

Please come and join us for worship service at 10:30 a.m. Sunday at the Sigsbee Community Center with our Praise Band and Children's Church. Also, visit the NAS Key West Chapel Facebook page for upcoming events, including Vacation Bible School in June.

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

**COMMANDING OFFICER**  
Capt. Bobby J. Baker

*Southernmost*  
**Flyer**

**EXECUTIVE OFFICER**  
Cmdr. Greg Brotherton

**PUBLIC AFFAIRS OFFICER**  
Trice Denny

**EDITOR**  
Jolene Scholl

**STAFF**  
MC3 Arnesia McIntyre

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## MWR updates hurricane evacuation, storage policy

### FROM NAS KEY WEST PUBLIC AFFAIRS

Naval Air Station Key West's Morale, Welfare and Recreation Department provides programs and activities through a variety of facilities on base.

Some of those facilities include campgrounds for vacationing and transitory visitors, as well as storage space for boats, recreational vehicles, motorhomes and trailers owned by military and DOD civilians.

During hurricane season, those patrons are also subject to early evacuation once an order is called.

"The commanding officer may direct the evacuation, and that may occur whether or not an evacuation is planned for base personnel," said MWR

Director Tim Campbell.

Additionally, Boca Chica Marina, which is home to live-a-board residents, may also be subject to evacuation depending on the weather forecast, he added.

It's important to get oversized vehicles like RVs and trailers out of the Keys before winds increase, because once winds hit 35 miles per hour it is unsafe for them to travel over bridges, Campbell said.

The Navy Getaways Campground at Sigsbee Park is open year-round. During season, mid-October to April 30, MWR also opens camp sites on Trumbo Point.

Leaving an RV, camper or trailer behind isn't allowed if an evacuation order is given.

"MWR is not responsible for storing any tent, recreational

vehicle, trailer or fifth-wheel because of an evacuation order," Campbell said. "The patron is held solely responsible for evacuating their own personal items."

The evacuation order also applies to the short-term storage sites provided by MWR.

"All short-term storages sites located on both Trumbo and Sigsbee also must be evacuated if a mandatory evacuation order is set forth by the commanding officer," he said.

Patrons must check with the campground office before being allowed to return. The com-

mand's priority will be the air field and family housing, before opening the campground.

MWR also offers long-term storage at sites on Sigsbee Park, Trumbo Point and Boca Chica Field. Property in long-term storage isn't subject to evacuation.

"However, it is the patron's responsibility if they choose to leave it in the storage area to make sure it is secure and that all loose objects are removed or secured," Campbell said.

For more information, call the campground office at 305-293-4432.



## Midway

continued from page 1

cant naval battle during World War II.

The battle took place about six months after Japan's attack on Pearl Harbor, Hawaii, at the Midway Atoll, which is located in the North Pacific Ocean between Japan and Hawaii.

This small island is an unorganized, unincorporated territory of the U.S., which the Navy occupied during World War II. It served as a refueling and break port for Navy ships, a submarine base and it was one of two bases protecting the U.S. West Coast, along with Pearl Harbor.

In the months following the attack on Pearl Harbor, Japan was making strategic plans to maintain their power in the Pacific. Their next target was the Midway Atoll, which they

knew played a significant role in U.S. naval operations. However, the U.S. had broken the Japanese naval code and determined that the planned surprise attack would take place either June 4 or 5. To prepare, the Navy began making plans of its own.

The commander in chief of the Pacific Ocean Areas, Adm. Chester Nimitz, sent for reinforcements, and soon Midway was well-equipped to fight the Japanese. The first initial attacks took place at 12:30 a.m. June 3.

The battle continued for the next four days and finally ceased just after 6 p.m. June 7.

In total, Japan had lost four of its six carriers in the battle, which ended Japan's supremacy in the Pacific. Although Japan continued to expand its war efforts into the South Pacific, the loss it suffered during the Battle of Midway took a toll.

## ASF GRADUATION



U.S. Navy photo by Jolene Scholl

Naval Air Station Key West Commanding Officer Capt. Bobby Baker awarded certificates of completion for the Navy Security Forces Sentry Course to eight Sailors Friday at Boca Chica Field. Those Sailors will now support security forces as watch standers. *Front row, from left*, AS3 Stuart Huesby, ABH3 Corey Bruno, AO3 Derontae Crandall, BM3 Tyteanna Franklin and LSSR Larry Earnest. *Back row, from left*, training staff MA2 Kevin Couch and Travis Earl, Honors Graduate QM2 Brelan Rowles, ADAN Dylan McDonald, class Topgun HM3 Cameron Deelstra, Baker, CMC Craig Forehand, training officer Gerry Earle and Security Officer Lt. Travis Bachorski.

## Briefly...

### FCPOA car wash

Naval Air Station Key West's First Class Petty Officers Association is holding a car wash at 10 a.m. - 2 p.m. Saturday at the corner of Truman Avenue and White Street, Key West.

for two people sharing.

For information, call Vince Melendly at 305-296-1126. For more information and registration is posted at [www.usps.org/keywest](http://www.usps.org/keywest).

### Holiday party committee

Do you want to make a difference? Do you like food tasting and prize shopping? Join the Holiday Party Committee and do all of these things.

Email OS2 Sarah Smart, [sarah.m.smart@navy.mil](mailto:sarah.m.smart@navy.mil) or OS2 Noah Wicks, [noah.wicks@navy.mil](mailto:noah.wicks@navy.mil) for more information.

### Register now for VBS

Naval Air Station Key West's Religious Ministries Department is hosting Vacation Bible School from 9 a.m. - noon, June 11 - 14 at the

Sigsbee Park Community Center. The event is free and open to youngsters aged four through the sixth grade. Register at the following link: <https://vbspro.events/p/events/b0ae2e>. The point of contact, map and other information is available on the website. For more information, call the chaplain's office at 305-293-2318.

### CSADD seeks 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 Sailors on good decision making..

For more information, email AZCS (AW) Amy-Shirelle Santos at [amy-shirelle.santos@navy.mil](mailto:amy-shirelle.santos@navy.mil).

Naval Air Station  
**KEY WEST**



**Meet a Teammate**

**Job Title:** Air Traffic Control

**Hometown:** Hamden, Connecticut

**Prior Duty Stations:** USS Abraham Lincoln (CVN 72)

**Hobbies:** Softball, volleyball.

**Most Interesting Experience:** F-35 JPALS testing.

**Future Plans:** Get a master's degree.



**AC2  
Joseph Presnick**

### Boating class Saturday

The Key West Sail and Power Squadron offers the "America's Boating Course" at the Key West Sail and Power Squadron, 5205 College Road, Stock Island. The course meets from 8 a.m. - 5 p.m. Saturday and 8 a.m. - noon Sunday.

The course will give the individual their Florida State Boater's ID card, which is required for anyone born after Jan. 1, 1988, to operate a boat of 10 horse power or more. The materials fee is \$60 for one person and \$75

# Prepare

continued from page 4

desktop application accessible by Sailors and DOD civilians using their CAC card.

Preparation for evacuation should begin long before a notice is issued. Here are a few tips from those who weathered Hurricane Irma just eight months ago:

*Make sure to keep your vehicle fuel tank full or near-full throughout the season. Fuel tankers travel to the Keys from the mainland, and Key West is the end of the road.*

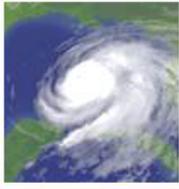
In high winds, fuel tankers won't travel over the bridges, further limiting the fuel supply just at a time when people may be preparing to evacuate.

*Pack important personal and financial documents (printed copies or electronic copies that can be put on a durable storage media such as a thumb drive or CD), family photos and other irreplaceable items in plastic totes that are ready to pack into a vehicle and go at a moment's notice.*

In an evacuation, having the totes ready to go gives you time to prep your home inside and out for wind and possible flooding from a hurricane.

*If evacuating, empty your refrigerator of any food that could spoil; for example: Meat, cheese, vegetables and fruit. After Irma, power was out in some areas for more than a week (some several weeks) and finding rotting food after returning from an evacuation was a headache everyone would have preferred to avoid.*

*Notify friends and family*



## Tropical Cyclone *Quick Reference Guide 2018*

Naval Air Station Key West WEB Site: [www.cnic.navy.mil/Key West](http://www.cnic.navy.mil/Key West)

Command Duty Officer: 305-797-4428 DSN: 483-2268 **Emergency: 9-911**



**Conditions of Readiness (COR)**  
*(time to onset of destructive winds\*)*

<b>COR V</b>	96 hours
<b>COR IV</b>	72 hours
<b>COR III</b>	48 hours
<b>COR II</b>	24 hours
<b>COR I</b>	12 hours

\* Destructive winds = sustained winds  $\geq 50$  kts

**Hurricane Shelter Assignments:**

Residence Location	Shelter Number	Annex
All Residents of Trumbo Annex	437/438	Truman
All Residents of Truman Annex, JIATF-S Watch Standers, Those on PCS orders in Temporary NGIS or MWR lodging	439 Town homes 438 Duplexes	Truman
Sigsbee Park Streets: Bowfin Ct. & Batfish Ct.	A-638	Boca Chica Field
Sigsbee Park Streets: Seahorse Ct., Salmon Ct., Sealion Ct., Spadefish Ct., Tang Ct., Trout Ct., Tinoso Ct., Tunney Ct.	A-639	Boca Chica Field
Sigsbee Park Streets: Stephen Mallory Rd., Matthew Perry Rd., David Porter Rd., On Duty Station 1 Fire Fighters	A-648	Boca Chica Field
Sigsbee Park Streets: Dewey Rd., Truxton Rd., Farragut Rd. Residents on Naval Branch Health, Marina Live-Aboards	A-649	Boca Chica Field
Sigsbee Park Street: Gilmore Drive	A-727	Boca Chica Field
All Off-Base Personnel	Any Available	

**Hurricane Evacuation Site:**  
Naval Support Activity Orlando  
12211 Science Drive  
Orlando, FL 32826

**SHELTER RULES**

- Bring 72 hours worth of food, water, personal items to shelter
- Bring required medications
- Bring a flashlight/batteries
- DO NOT BRING WEAPONS**
- No Alcoholic beverages allowed
- No Pets in shelters
- Pets will be sheltered in A-931 on Boca Chica Field (Must provide kennel and food/water for 72 hours)

Refer to NASKWINST 3440.1B for additional Hurricane Guidance  
**Weather:**  
<http://www.metoc.navy.mil/>



### NFAAS | NAVY FAMILY ACCOUNTABILITY and ASSESSMENT SYSTEM

NFAAS standardizes a method for the Navy to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. The NFAAS provides valuable information to all levels of the Navy chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

**NFAAS allows Navy Personnel to do the following:**

- Update Contact/Location information
- Complete Needs Assessment
- View Reference Information

NFAAS Website --- <https://navyfamily.navy.mil>

*beforehand that cell phone and internet services may be down or overwhelmed*

in the aftermath of a storm and hurricane. They shouldn't attempt to call you; rather, make a plan how you will get information to a single contact outside the area, who will post those updates via social media for all to see.

Use social media, like Facebook, which has a "checked in" status to let folks know you are safe.

*Social media also can keep you connected to what is going at the installation, in the city and in the county. Monroe County posted updates during Irma on*

its website Monroe County BOCC, as did NAS Key West.

In a sheltering-at-home event, have supplies set aside - easily stored in plastic totes - that can last for at least seven days:

*Water* - at least one gallon per person per day.

*Food* - nonperishable, including canned goods with low salt and high liquid content.

*Kitchen implements*, including a manual can opener.

*First aid kit* and prescription medications.

*Personal sanitation supplies* - Clorox, packaged bath wipes, paper towels and garbage bags.

*Flashlights* and a battery-powered radio that can provide NOAA information;

*Extra batteries* of various sizes and quantities.

*Cash* - at a minimum, \$100 in small denominations.

*A tool kit* - and if power is out for an extended period, a barbecue grill to cook food and boil water (be sure to keep propane tanks full during season).

Be ready this season. Make a written family emergency plan and build your emergency supply kits.

Visit [www.ready.navy.mil](http://www.ready.navy.mil) for templates on emergency planning and supply lists.

## Create an emergency kit

To fully prepare your family for an emergency, create one or more emergency kits, well in advance of a crisis, that include enough supplies for at least three days. If you live in a disaster-prone area (hurricanes, floods, earthquakes), consider extending your capability to five or more days. Throughout the year, your kit should expand and evolve depending on your family's needs, the season, and the situation.



Because emergencies can happen with little to no advance notice, you may need to evacuate quickly and may not have time to gather or shop for supplies. It is recommended that you not only have kits at home, but portable versions that you can maintain in your car or at work. These kits will enable you and your family to respond to an emergency quickly and will be useful whether you have to shelter in place or evacuate.



# Tropical Cyclone *Quick Reference Guide 2018*



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# Resources for medical, dental care during evacuation

BY SANDRA MCMURRAY

Naval Branch Health Clinic Key West

Hurricane season is now underway and with six months to go, everyone should be prepared for the possibility of health issues occurring during a hurricane evacuation.

What would you do if you or your family members were involved in a hurricane evacuation and required medical or dental treatment that could not wait until you returned to Key West? Become familiar

with the following guidelines; they will ensure the best care for your family during an evacuation.

*Be prepared* - If you suspect that you will need prescription refills during an evacuation, we recommend obtaining refills at Naval Branch Health Clinic Key West's pharmacy before an evacuation. Avoid attempting last-minute refills. Make a list of family medications and any allergies. In the event of sheltering and/or evacuation, bring all prescription medications in their original bottles.

*Ensure your Defense Enrollment Eligibility Reporting System (DEERS) account is up-to-date* with your local address. An old address will affect any coverage in the event a waiver of PCM referral is issued. Addresses can be updated at [www.tricare.mil/deers](http://www.tricare.mil/deers), at the local RAPIDS/ID card office, 305-293-2165 or 305-293-3778, or call 800-538-9552.

For emergencies call 911 or go directly to the nearest civilian or military hospital emergency room.

For non-emergent care,

but a medical condition that can't wait until you return to Key West, contact the Nurse Advise Line at 800-TRICARE (800-874-2273) for triage advice.

If advised to seek care at a non-military facility, contact Humana Military Health Services customer service at 1-800-444-5445 to find the nearest network provider and verify authorization requirements.

Visit the TRICARE website at [www.humana-military.com](http://www.humana-military.com) anytime for general information. Use of an urgent care facility or

emergency room for routine care is not a covered benefit and you may be responsible to pay for services.

*If a network provider prescribes you medication*, be sure to use a TRICARE network pharmacy. Call Express Scripts at 877-363-1303 or visit [www.express-scripts.com/TRICARE/](http://www.express-scripts.com/TRICARE/) to locate the nearest network pharmacy. Be advised that co-payments will be charged for network pharmacy prescriptions for family members and retirees,

see HEALTH page 7

## Social media, websites

Naval Air Station Key West

[www.cnic.navy.mil/keywest](http://www.cnic.navy.mil/keywest)  
[www.facebook.com/naskeywest](https://www.facebook.com/naskeywest)

[www.twitter.com/naskeywest](https://www.twitter.com/naskeywest)

NOAA/National Weather Service

National Hurricane Center's website: [www.nhc.noaa.gov](http://www.nhc.noaa.gov)

NWS Forecast Office Key West website: [www.srh.noaa.gov/key/](http://www.srh.noaa.gov/key/)

NWS Key West Facebook: [www.facebook.com/NWSKeyWest/](https://www.facebook.com/NWSKeyWest/)

City of Key West

Website: [www.cityofkeywest-fl.gov](http://www.cityofkeywest-fl.gov)

Facebook: [www.facebook.com/CityofKeyWest/](https://www.facebook.com/CityofKeyWest/)

Monroe County

Website: [www.monroecounty-fl.gov](http://www.monroecounty-fl.gov)

Facebook: <https://www.facebook.com/MonroeCountyFLBOCC/>

Monroe County Sheriff

Website: [www.keysso.net](http://www.keysso.net)  
Facebook: [www.facebook.com/floridakeyssheriff/](https://www.facebook.com/floridakeyssheriff/)

Florida Keys Aqueduct Authority: FKA

Website: [www.fkaa.com](http://www.fkaa.com)  
Facebook: <https://www.facebook.com/US1Radio-348398905432/>  
Phone: 305-296-2454

NOAA Weather Radio

Lower Keys 162.400 MHz  
Upper Keys 162.450 MHz

Local radio

U.S. 1 Radio - 104.1FM:  
[www.us1radio.com](http://www.us1radio.com)

## MWR Update

### Family dance

Morale, Welfare and Recreation is hosting its "Daddy Daughter Dance," with dinner, from 5 - 8 p.m. June 15 at Trumbo Palms, inside the Navy Gateway Inns and Suites, Trumbo Point Annex.

The dinner is served from 5 - 6 p.m. and the dance is from 6 - 8 p.m. Tickets are on sale now and available at the Tickets & Travel Office on Sigsbee Park. Tickets are \$15 per couple and \$5 for each additional daughter.

Tickets must be purchased by June 13; tickets won't be available at the event. This event is open only to authorized MWR patrons: Active and retired military and DOD civilians. For additional information, call 305-563-0364.

### Youth bowling

Child and Youth Programs hosts a youth bowling league at the Airlines Bowling Center & Grill Saturday. 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 June 19 and 20 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](mailto: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:** DIY Tea Cup Bird Feeder

**June 6:** DIY Tea Cup Bird Feeder

**June 20:** American Flag Paint Stick Craft

**June 27:** Driftwood Wreath

### 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](http://www.NavyMWRKeyWest.com/events).

**June 23:** Miami Children's Museum

### 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 child care workers, maintenance workers and more. For a full list of jobs, visit [www.NavyMWRKeyWest.com/jobs](http://www.NavyMWRKeyWest.com/jobs).

### 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.

### Monday

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

### 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.navymwr-keywest.com](http://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 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.

For more information, or to be added to the distribution list, email [mwrnaskw@gmail.com](mailto:mwrnaskw@gmail.com).

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**NAS Key West MWR**  
[NavyMWRKeywest.com](http://NavyMWRKeywest.com)

To be placed on the e-mail distribution list:  
[cathy.robison1@navy.mil](mailto:cathy.robison1@navy.mil) - please provide your name & command

# Men's Health Month: Take care of yourself

FROM NAVAL HOSPITAL  
JACKSONVILLE

What really matters these days? Health should be one of the first responses.

Men can set a healthy example for kids, family and friends by getting regular health screenings. Create a plan, based on age, family history, and personal medical history, with your primary care manager.

Men can take charge of their personal health by getting health screenings, eating healthy, being physically active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation, and being tobacco free.

"Prevention is the best medicine, and it's key to a medically ready force," said Cmdr. Duneley Rochino, Naval Branch Health Clinic Key West officer in charge.

According to the Centers for Disease Control and Prevention, the top five

leading causes of death among men are heart disease, cancer, unintentional injuries, chronic lower respiratory disease, and stroke. Heart disease is number one, killing one in every four males in the U.S. Many of the health issues men face are preventable and treatable.

Men should see their medical home port team for regular checkups. Checkups can help diagnose issues early, before they become a problem, and sometimes Ask the doctor what screenings are needed and when. Track personal numbers such as blood pressure, blood sugar, cholesterol, and body mass index. And get vaccinated; immunizations help maintain health, regardless of age.

Insufficient sleep can be associated with a number of conditions such as diabetes, cardiovascular disease, obesity, and depression. One's sleep needs change with age. Seven to nine hours is

ideal for adults.

More than 16 million Americans are living with a disease caused by smoking. Tobacco remains the single largest preventable cause of death and disease in the U. S., killing about 443,000 Americans each year. It's never too late to quit. Quitting produces immediate and long-term benefits, lowering the risk of heart disease, cancer, lung disease and other illnesses. Avoid second-hand smoke, which can also cause heart disease, lung cancer and stroke.

More than one-third of U.S. adults are obese. Adults should get at least two-and-a-half hours of moderate-intensity aerobic activity each week, and muscle-strengthening activities at least two or more days a week. Work all major muscle groups including legs, hips, back, abdomen, chest, shoulders, and arms.

Eat a variety of fruits and vegetables every day, as they are sources

of vitamins, minerals and micronutrients that protect against disease. Choose healthy snacks. Limit food and drinks high in calories, sugar, salt, fat, and alcohol.

To schedule a check-up or screening, call the clinic at 305-293-4834. Contact the clinic's Health Promotions at 305-293-3857 to take a free class on tobacco cessation, healthy weight, or nutrition.

For 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273).

To email the health care team, sign up for secure email messaging at <https://mil.RelayHealth.com> or [www.TRICAREonline.com](http://www.TRICAREonline.com).

Secure email messaging is for non-urgent issues like requesting lab results, routine medical questions, and medication renewals.

To view the PCMs, visit the command website at [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax), click on Medical Home Port and click on each team.

## This week at FFSC

### TAP Workshop

Monday - Friday, 7:45 a.m. - 4 p.m.  
Bldg. A-515, Boca Chica

This five-day workshop provides the most current information and referral services to exiting military members and their spouses. Contact your career counselor to register for the workshop.

### Ombudsman Assembly

Wednesday, 5:30 - 7 p.m., FFSC

A local assembly provides an excellent forum for sharing community matters affecting the well-being of the command family members

## Health

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and non-network pharmacies may charge full price.

When you return to Key West, call the clinic at 305-293-4834 if you have received medical care during evacuation. Retain any paperwork associated with your treatment. TRICARE Prime beneficiaries not enrolled at the clinic should contact their primary care manager.

Non-TRICARE Prime patients should obtain medical care using the normal procedures as outlined for TRICARE Select.

For assistance, contact Humana Military Health Services at 800-444-5445. For questions or concerns contact the clinic's command duty officer, available 24/7, at 305-797-8008.

For evacuated active duty requiring dental care that can't wait until returning to Key West, call United Concordia at 844-653-4061 and request a listing of authorized dental providers in the evacuation area, or visit [www.](http://www.)

[uccitdp.com](http://uccitdp.com). After a network dentist visit, call the clinic's command duty officer at 305-797-8008 so your regular dentist can provide follow up care once you return to Key West.

Dependents and family members who require dental care that can't wait until they return to Key West, call United Concordia at 844-653-4061 and request a listing of authorized dental providers for the area to which they've evacuated.

Dependents and family members MUST be previously enrolled in the TRICARE Dental United Concordia Program to use this service. It is highly recommended to enroll before an evacuation.

Learn more at <https://tricare.mil/Dental.aspx>. Keep all receipts and copies of paperwork associated with your care.

Retirees currently enrolled in the retiree dental program who may require dental care that can't wait until returning to Key West, call Delta Dental of California at 1-888-838-8737.



## Government Civilian Health Carrier Service Day Key West Naval Air Station

Date: Wednesday, June 6, 2018

Time: 1230 to 1400

Room: NAS HQ, BLDG 324, BOCA CHICA

Carriers will be available to provide information and answer questions

# NOAA

continued from page 1

of 74 mph or higher), including one - four major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). An average hurricane season produces 12 named storms, of which six become hurricanes, including three major hurricanes.

The possibility of a weak El Nino developing, along with near-average sea surface temperatures across the tropical Atlantic Ocean and Caribbean Sea, are

two of the factors driving this outlook. These factors are set upon a backdrop of atmospheric and oceanic conditions that are conducive to hurricane development and have been producing stronger Atlantic hurricane seasons since 1995.

“NOAA’s observational and modeling enhancements for the 2018 season put us on the path to deliver the world’s best regional and global weather models,” said Neil Jacobs, assistant secretary of commerce for

environmental observation and prediction. “These upgrades are key to improving hurricane track and intensity forecasts, allowing NOAA to deliver the best science and service to the nation.”

NOAA’s suite of sophisticated technologies - from next-generation models and satellite data to new and improved forecast and graphical products - enable decision makers and the general public to take action before, during, and after hurricanes, helping

to build a more “Weather-Ready Nation.”

“Preparing ahead of a disaster is the responsibility of all levels of government, the private sector and the public,” said acting FEMA Deputy Administrator Daniel Kaniewski.

“It only takes one storm so now is the time to prepare. Do you have adequate insurance, including flood insurance? Does your family have a communication and evacuation plan? Stay tuned to your local news

and download the FEMA app to get alerts, and make sure you heed any warnings issued by local officials,” he added.

In addition to the Atlantic hurricane season outlook, NOAA also issued seasonal hurricane outlooks for the eastern and central Pacific basins. An 80 percent chance of a near- or above-normal season is predicted for both the eastern and central Pacific regions.

The eastern Pacific outlook calls for a 70-percent probability of 14 - 20 named

storms, of which seven - 12 are expected to become hurricanes, including 3 to 7 major hurricanes. The central Pacific outlook calls for a 70-percent probability of three - six tropical cyclones, which includes tropical depressions, tropical storms and hurricanes.

NOAA will update the 2018 Atlantic seasonal outlook in early August, just prior to the peak of the season.

For more information visit the website <https://www.nhc.noaa.gov>.

## NAS Classifieds

### FOR RENT

**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

**Old Town** - Available June 1 or before. Small furnished studio (one room) with bath; separate entrance. One person only. Off-street parking. Family setting. No kitchen but microwave and refrigerator. W/D on site. \$1,000. F/L/S to move in (\$3,000). Utilities/high speed internet included. Minimum six month lease; year lease preferred. Call Bob 305-744-3350 or email at [henkel100@gmail.com](mailto:henkel100@gmail.com).

**Big Pine** - Beautiful 3BR/2BA home available for long-term lease. Dry lot. Small pets accepted with pet fee. \$2,700 per month. F/L/S. Call Linda

at 305-872-4144 for more information.

**Cudjoe Key** - Available now. Lovely 2BR/1BA apartment by the water. Nice kitchen area with new appliances, large dining/living room plus studio area. Central A/C. Utilities included. \$1,600 per month. Maximum of two people/ no pets. Call 305-394-7464 or email Bill at [bwpsg42@icloud.com](mailto:bwpsg42@icloud.com). Please call after 5:30 p.m., or any time over weekend.

### ROOMMATE WANTED

Male or female to share 3BR/2BA in Sigsbee Park BBC housing with DOD-employed male. Non-smoker, no pets. Must be eligible for base house and be clean, qite and respectful with no drama. \$900 per month and includes cable, W/D. Email contact information to [sigsbeerroom@yahoo.com](mailto:sigsbeerroom@yahoo.com). Available

immediately for long/short term.

### 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](mailto: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 [vyexchange.com/nex/work-for-us](mailto:vyexchange.com/nex/work-for-us) or email [lindsey.castro@nexweb.org](mailto:lindsey.castro@nexweb.org).

[vyexchange.com/nex/work-for-us](mailto:vyexchange.com/nex/work-for-us) or email [lindsey.castro@nexweb.org](mailto: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, [lolene.scholl@navy.mil](mailto:lolene.scholl@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 Jolene Scholl at 305-293-2425.

**Safety is everyone's job!**

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

**Days since last civilian DART\* mishap: 66**

**Days since last military mishap: 403**

\* **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 May 30, 2018

