

EYE ON THE FLEET
NORWEGIAN
SEA



(June 13, 2018) Sailors assigned to the guided-missile destroyer USS Farragut (DDG 99) conduct an in-flight refueling with an MH-60R Sea Hawk helicopter assigned to the 'Proud Warriors' of Helicopter Maritime Strike Squadron (HSM) 72 aboard the aircraft carrier USS Harry S. Truman (CVN 75).

U.S. Navy photo by MC2 Cameron Stoner

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An F/A-18E Super Hornet assigned to the 'Golden Dragons' of Strike Fighter Squadron (VFA) 192 performs in an air power demonstration aboard Nimitz-class aircraft carrier USS Carl Vinson (CVN 70).

Southernmost

Fixer

FRIDAY, JUNE 22, 2018

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NAVAL AIR STATION KEY WEST, FLORIDA

Naval Branch Health Clinic Key West holds Change of Charge ceremony



Cmdr. Valerie Littlefield, Naval Branch Health Clinic Key West's newest officer in charge, salutes the sideboys following the clinic's change of charge ceremony in which Littlefield assumed command from Cmdr. Duneley Rochino June 15. Littlefield, a native of Dallas, most recently served as senior nurse officer for mental health directorate at Naval Medical Center San Diego.

FROM NAVAL HOSPITAL JACKSONVILLE PUBLIC AFFAIRS

Cmdr. Duneley Rochino was succeeded as officer-in-charge of Naval Branch Health Clinic Key West by Cmdr. Valerie Littlefield, in a change of charge ceremony June 15.

Rochino assumed the duties as officer in charge May 21, 2015, after a successful tour as OIC of Fisher Branch Medical Clinic at Naval Station Great Lakes.

"Thank you to the entire Naval Branch Health Clinic Key West staff for your hard work and dedication to the mission," said Rochino. "I'd also like to thank all

see COC page 5

Navy launches program for senior enlisted

FROM NAVY PERSONNEL COMMAND PUBLIC AFFAIRS

A new rating modernization initiative will provide active-duty, senior enlisted Sailors looking for their next billet the opportunity to get a jump on the process thanks to a new selection

board pilot program, the Navy announced June 14. The Fiscal Year 19 Enlisted Advancement-to-Vacancy Selection Board, announced in NAVADMIN 144/18 is a pilot program where active-duty, senior enlisted Sailors apply for specific priority billets listed in the NAVADMIN and,

if selected, are temporarily advanced to the billet paygrade. This pilot will be limited to critical E8 and E9 billets only. Pending the outcome of the pilot, we expect to expand this program to other enlisted paygrades. To be permanently

see SENIOR page 2

Spotlight focuses on PTSD awareness

FROM PTSD.VA.GOV

Post traumatic stress disorder can occur after someone goes through a traumatic event like combat, assault, disaster or mass violence. It also affects family and friends of the person suffering from PTSD.

Thursday is PTSD Awareness Day, which was established by Congress in 2010. The Senate established June as PTSD Awareness Month in 2014. Resources are available that can help those affected to understand common reactions and coping strategies.

The National Center for PTSD is dedicated to research and education on trauma and PTSD, working to assure that the latest research findings help those exposed to trauma. The center promotes awareness of PTSD and effective treatments.

see PTSD page 3



June 22

1963 - The nuclear-powered submarines USS Tecumseh (SSBN 628), USS Daniel Boone (SSBN 629), USS Flasher (SSN 613), and USS John Calhoun (SSBN 630) are all launched in one day, emphasizing the Navy's accelerated nuclear-submarine construction program.

June 23

1812 - The first shot of the War of 1812 is fired by USS President during battle with HMS Belvidera.

June 24

1944 - Torpedo bomber TBM aircraft (VC - 69) from USS Bogue (CVE 9) sink Japanese submarine (I 52), 800 miles southwest of Fayal, Azores.

June 25

1942 - USS Nautilus (SS 168) sinks the Japanese destroyer, Yamakaze, southeast of Yokosuka, Japan.

June 26

1917 - The first Navy convoy of troopships carrying the American Expeditionary Forces arrives in France during World War I.

June 27

1945 - PV-1 (VPB - 142) sinks the Japanese submarine I 165, 450 miles east of Saipan, Mariana Islands.

June 28

1869 - The Navy's first surgeon-general William Wood is appointed, and serves until Oct. 25, 1871.

Self-control

I am reminded daily about how I need to have self-control. May it be in my daily scheduling or tasking of being a chaplain or everyday being a father and husband.

I must be able to control my actions because nobody is more in control of me than me.

I came across a humorous story that may be able to put this insight of self-control into perspective.

Three cowboys had been riding hard all day. There had been no time for lunch and dinner was still about an hour away. Two of the cowboys began talking about the big meals they were going to eat once they got to town.

The third cowboy didn't enter the conversation so they asked him, "Aren't you hungry?" He shrugged his shoulders and said, "No."

When the threesome arrived at their destination they ordered large meals and started filling their empty stomachs. The third cowboy ate faster than the other two and reached for any food that wasn't nailed to the table.

The pair that had been talking about being hungry laughed and reminded him that less than an hour ago he said that he wasn't hungry.

CHAPLAIN'S CORNER



NAS Key West Command Chaplain

Lt. Cmdr. Scott Mason

He poetically responded, "It wasn't wise to be hungry then. There was no food."

As we see in this story, self-control has wisdom along with it.

At the time, the third cowboy didn't need to remind himself of his hunger because the solution wasn't there on the trail.

We must use self-control in order to be good stewards of our time, our finances, our relationships and our spiritual growth.

Take the time to think about how you react to certain situations and use the wisdom that God provides in His word to be a guide - Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Please come and join us on Sundays at 10:30 a.m. at the Sigsbee Park Community Service for worship service with our praise band and children's church.

Please visit our Facebook page (Truman Chapel) for upcoming events.

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.

Senior

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uled FY-19 Active Duty SCPO or MCPO advancement selection boards. Applicants must receive a favorable endorsement from their commanding officer (CO) via a NAVPERS 1306/7.

Applicants must sign, and have their CO witness, a NAVPERS 1070/613 with the following statement: "I understand that by submitting an application for consideration by the FY-19 Enlisted Advancement-to-Vacancy Pilot Selection Board I am certifying that I am assignable to any billets for which I applied and will execute orders to those billets if directed."

Applicants must possess any required Navy Enlisted Classification codes for the billets advertised or have the experience to obtain the NEC en-route to the billet. Specific prerequisites for each billet are outlined in the NAVADMIN. Sailors who have submitted voluntary Fleet Reserve/retirement requests are not eligible.

A full list of available billets, board application and communication procedures can be found in the NAVADMIN at www.npc.navy.mil.

NAS Key West MWR
NavyMWRKeywest.com

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

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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.

Looking for ways to save energy in empty rooms, electronics and peripherals: when they're on, we're wasting energy.

Energy efficiency. You make it happen. Visit www.energy.gov

PTSD

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ments throughout the year.

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over.

Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of

PTSD and effective treatments. We can all help those affected by PTSD.

"Greater understanding and awareness of PTSD will help Veterans and others recognize symptoms, and seek and obtain needed care," noted Dr. Paula Schnurr, executive director of the National Center for PTSD.



The Veterans Administration provides effective treatment for the nation's veterans and conducts research on PTSD, including the prevention of stress disorders.

The PTSD campaign supports veterans, their families, and all those who have experienced trauma to get care.

For more information, visit <https://www.ptsd.va.gov/public/index.asp>.

Job Title: Air Traffic Control
Hometown: Orlando, Florida
Prior Duty Stations: NAS Pensacola, Florida
Hobbies: Hunting, fishing, being outdoors.
Most Interesting Experience: Joining the Navy.
Future Plans: Get a degree.

ACAA
Kristin Gillooly



U.S. Navy photo by Jolene Scholl

A Sailor assigned to Strike Fighter Squadron (VFC) 143 cleans the window of an F/A-18E Super Hornet following a training sortie at Boca Chica Field Friday. The flight line is busy this month as Navy and Air Force squadrons and Army units are training at Naval Air Station Key West.

Briefly...

Pride Month

The Multicultural Heritage Committee hosts a Pride Month celebration from 11 a.m - 1 p.m. June 28 in Bldg. A-515, Boca Chica Field.

Food and beverages will be available. Donations are accepted.

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

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 Key West 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 is July 27 - 29, also at the DoubleTree. The team-building retreat is free.

Retreats

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. 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.

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 Sailors on the importance of good decision making.

For more information, email AZCS (AW) Amy-Shirelle Santos at amyshirelle.santos@navy.mil.

ID renewal

All Department Of Defense 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.

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 information, 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.

For additional information call 305-797-7791.

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.

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

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

Summer reading

Youngsters can register for the Summer Reading Program, which runs from

June 4 - Aug. 11, online at <https://keywestlibrary.beanstack.org>.

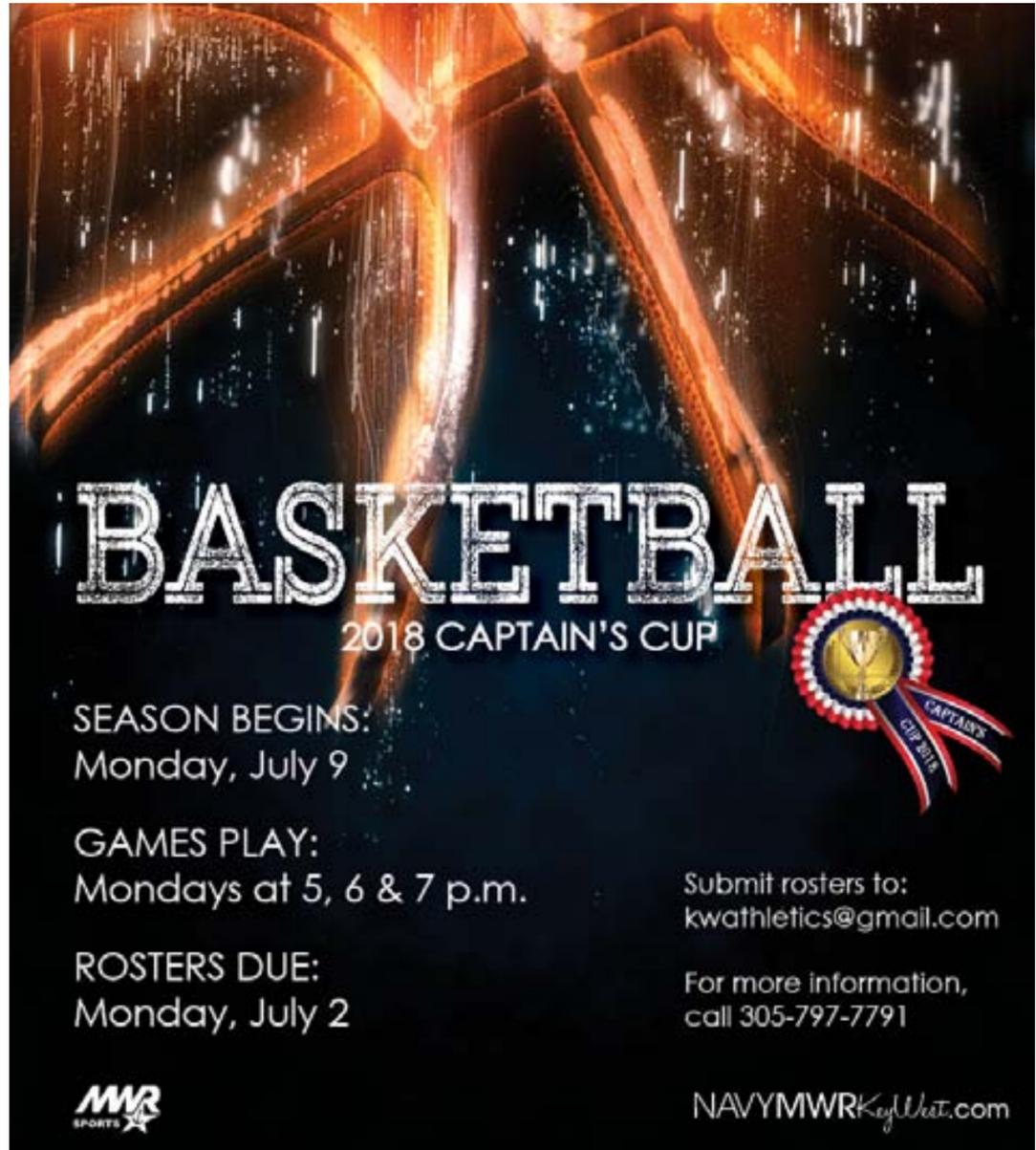
The program open to children of all ages. Prizes can be picked up at the Youth Center on Sigsbee Park.

For more details, call 305-293-4437.

Fitness hours

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

see MWR page 5



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

NAVYMWRKeyWest.com

COC

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the commands at NAS Key West for letting us be your medical team, and for navigating with us through the Keys' medical seascape."

Rochino, a native of Los Angeles entered active duty in 1999 after two years of civilian practice as a physical therapist.

As a Medical Service Corps officer, Rochino's past assignments include Branch Medical Center Oceana, USS Nimitz (CVN 68), Naval Hospital Naples, USS John C. Stennis (CVN 74), Captain James A. Lovell Federal Health Care Center and Fisher Branch Medical Clinic.

Over the past three years

under Rochino's leadership, NBHC Key West has:

Supported more than 2,000 patients from four major commands, eight ships, 23 tenant commands, 19 allied nations' staff, and 2,500 Department of Veterans' Affairs patients; stood up a Medical Readiness Clinic that achieved 92 percent medical readiness for area and tenant commands; expanded physical therapy services by working with the Department of Veterans' Affairs; provided direct support in returning the American Red Cross to the Florida Keys; developed a relationship with Lower Keys Medical Center in support of emergency and inpatient care for service members and families; and fought the Zika virus along-

side colleagues from the department of health.

When Hurricane Irma hit the Lower Keys as a Category 4 storm, Rochino supported patient evacuations and returns, worked to recover local medical capabilities (by partnering with public- and private-sector assets), and brought NBHC Key West back up to full operations

Rochino's next assignment will be as Naval Hospital Jacksonville's associate director for branch health clinics.

Littlefield, a native of Dallas, is NBHC Key West's newest OIC. Most recently, she served as senior nurse officer for the mental health directorate and department head for inpatient mental health at

Naval Medical Center San Diego. Littlefield thanked Rochino for preparing the staff for any potential contingency and acknowledged the exceptionally high standard set by Rochino.

"I am thankful to be a part of Naval Hospital Jacksonville's team, and look forward to our journey ahead," said Littlefield. Littlefield brings with her more than 18 years of Navy health care experience, with tours of duty at Naval Medical Center Portsmouth, U.S. Naval Hospital Naples, Naval Branch Health Clinic Groton, Naval Hospital Twentynine Palms, and Naval Medical Center San Diego. Littlefield also deployed as part of Expeditionary Medical Facility Kuwait.

This week at FFSC

IA spouse & family discussion

Monday, 9 - 10 a.m., FFSC

Meet and catch up with other IA families in the area, and explore some unique challenges faced by IA Families. The time together helps make connections with other families facing similar issues.

Register with Amanda Slater at 305-293-2766 or email amada.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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NavyMWRKeyWest.com/jobs

MWR Website

fitness classes are free to authorized patrons and are designed for all fitness levels, from beginner to advanced.

Call 305-293-2480 for more information.

Yoga - 6:30 - 7:45 p.m., Monday, 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, and forms, visit the following site: www.mwrnaskw@gmail.com.

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.

Go to 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.



U.S. Navy photo by MC3 Arnesia McIntyre

Cmdr. Duneley Rochino, *left*, Naval Branch Health Clinic Key West officer in charge; Capt. Matthew Case, *middle*, Naval Hospital Jacksonville commanding officer; and Cmdr. Valerie Littlefield, *right*, Naval Branch Health Clinic Key West prospective Officer In Charge, stand at attention during the presentation of colors at the clinic's change of charge ceremony June 15 at Sigsbee Community Center.



U.S. Navy photo by Danette Baso Silvers

AIRBORNE

Father and daughter dance the night away at the Naval Air Station Morale, Welfare and Recreation daddy and daughter dance June 15 at Trumbo Palms ballroom. The daddy daughter dance is an annual event for active duty that includes dinner, dancing, and photo booth photos for daughters and father figures.

NAS Classifieds

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 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 lvzroom@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 before 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; For information, call 305-283-2434.

MCHC CELEBRATES PRIDE MONTH

DATE AND TIME: 28 JUN 18 / 1100-1300
 LOCATION: TRAINING BUILDING (BLDS. 515)
 FOOD AND DRINKS WILL BE AVAILABLE.
 DONATIONS WILL BE ACCEPTED.
 COME ON OUT AND JOIN US!

4th of July BASH AT THE BEACH 2018

WEDNESDAY, JULY 4 • 5-9 PM • FREE BEACH PATIO, TRUMAN ANNEX

*REQUIRES TICKET PURCHASE • CASH ONLY • NO REF ON SITE • FOR MORE INFO OR TO VOLUNTEER CALL 305-293-2753

GAMES, FOOD & FUN 5-8 PM
 Paintball & Carnival Games*
 Rock Wall, Rides, Inflatables, Dunk Tank, Face Painting, Family Games & Car Show
 Food & Drinks for Sale
 Fireworks by City of Key West at 9 PM

LIVE MUSIC 5-9 PM
DYNAMO

NAVY MWR Key West.com

Logos: USAA, ICE, WM, SERAGO, FURY, Key West, Captain's Choice, and others.

Safety is everyone's job!

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

Days since last civilian DART* mishap: 88

Days since last military mishap: 425

* 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 June 20, 2018