



(July 2, 2018) EODC Alan Sinner, left, assigned to Explosive Ordnance Disposal Mobile Unit 2, signals Republic of Korea navy Petty Officer 1st Class Kim Dunhee, assigned to Special Warfare Brigade Explosive Ordnance Disposal Unit One, to rappel off a simulated building during a Rim of the Pacific exercise rappel and fast rope evolution.

U.S. Navy photo by
MC1 Cory Asato

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An F/A-18E Super Hornet assigned to Strike Fighter Squadron (VFA) 115 lands on the flight deck of the aircraft carrier USS Ronald Reagan (CVN 76).

Navy reestablishes Sailor early return-to-sea policy

FROM NAVY PERSONNEL COMMAND PUBLIC AFFAIRS

In an effort to fill critical billets at sea, the Navy announced June 27 that it has increased detailers' authority to transfer Sailors from their shore duty assignment earlier

than their projected rotation date (PRD).

Announced in NAVADMIN 156/18, the Sailor Early Return to Sea (SERTS) policy enables enlisted rating detailers to begin filling high-priority E4 - E9 sea duty billets by using an increased distribu-

tion authority.

"Navy Personnel Command already has a number of programs and policies that provide Sailors an opportunity to volunteer to return to sea duty early," said Capt. Alonza Ross, director, NPC Enlisted Distribution Division,

Career Management Department. "A number of these programs provide incentives such as money or C-WAY deferment."

"When the available number of Sailors for a key rate or with critical skills-Navy Enlisted Classification Codes - NECs- isn't avail-

able due to any number of reasons, the detailers will use the plus or minus six-month transfer window," said Ross. "In those cases, where the transferring population just isn't there, NPC will use the SERTS

see **POLICY** page 6

DIVE INTO THE MELON



U.S. Navy photo by Danette Baso-Silvers

Children compete during a watermelon competition at Naval Air Station Key West's Morale, Welfare and Recreation 4th of July Bash at the beach celebration. The event was held at Truman Annex Beach Patio and featured live music, carnival rides, games, rock wall, paintball, food, car show, and fireworks by the City of Key West and Rotary Club of Key West. MWR provides recreational, social and community activities to military personnel and their families.

Blended Retirement nears midpoint

FROM CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

Navy issued a reminder for all commands to notify Sailors who are eligible to opt-in to the Blended Retirement System (BRS) in NAVADMIN 158/18, released July 2.

Unlike the current retirement system which provides a retirement pension of 2.5 percent of base pay for every year of service (YOS), BRS provides automatic and government matching Thrift Savings Plan (TSP) contributions, a mid-career Continuation Pay and a retirement pension of 2.0 percent of base pay for every YOS.

Command administration departments must contact their supporting personnel office to verify that

the list of opt-in eligible Sailors within their command is current.

Sailors have until December 31, 2018 to opt-in to the BRS and enrollment can be completed via the "MyPay" website.

Sailors who choose not to enroll in the BRS will remain in the current "legacy" retirement system. If a Sailor elects to enroll in the BRS, that decision is permanent.

The NAVADMIN also notes that the BRS mid-career continuation pay rates for 2019 can be found at: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/readiness/Pages/Personal-Financial-Management.aspx.

To receive the mid-career continuation pay, Sailors must have opted into BRS and requested continuation pay before reaching twelve years of service.



July 6

1747 - John Paul Jones is born in Arbigland, Scotland. Originally appointed to the Continental Navy in 1775, he is known for his quote, "I've not yet begun to fight!" during the battle between Continental frigate, Bonhomme Richard, and HMS Serapis on Sept. 23, 1779.

July 7

1915 - Thomas A. Edison becomes the head of the Naval Consulting Board, which screens inventions for the Navy.

July 8

1960 - USS Proteus (AS 19) is recommissioned and serves as a tender for the Polaris Fleet Ballistic Missile submarines.

July 9

1846 - During the Mexican-American War, Cmdr. John B. Montgomery and his detachment of Marines and sailors from the sloop-of-war USS Portsmouth raise the U.S. flag over (Yerba Buena) San Francisco, Calif.

July 10

1934 - President Franklin D. Roosevelt travels to Cartagena, Columbia, by USS Houston (CA 30). His visit was the first by a U.S. president to South America.

July 11

1798 - President John Adams signs an act that reestablishes the Marine Corps under the Constitution. The following day, Maj. William W. Burrows is appointed Commandant of the Marine Corps.

Actions do speak louder than words

Actions speak louder than words is something we all have heard at some point and time in our lives but where exactly did this saying come from?

The origin can be found in literature and is hundreds of years old. Sources say this expression dates back as far as 1628. It was first used in its current form in the U.S. by Abraham Lincoln in 1856.

You can also look back to an essay written in 1736 entitled "Melancholy State of Province," in which the statement is found. In 1692, Gersham Bulkeley wrote "actions are more significant than words" in his book "Will and Doom."

We can even find multiple scriptures in the Bible that talk about actions being stronger than words. The question of where this phrase originated from is not as important as how often we apply this particular idiom to our own lives?

From a young age, my parents taught me that my actions showed others my true character

and that my words meant nothing if I didn't back them up with my actions. This phrase was something my parents modeled as well. When I look back on my childhood, and even now in my adult years, my parents' actions have been what I most remember. Now that I am a parent, my wife and I try to live this out as well but there are times that it can be harder than others.

CHAPLAIN'S CORNER



NAS Key West Command Chaplain

Lt. Cmdr.

Scott Mason

quote scripture about loving others as myself, but my actions don't reflect that, my words will mean nothing

If I am constantly talking about why we have rules and laws to keep us safe but my actions don't match what I am teaching, my children will eventually follow my actions and my words will have no meaning.

We can quote scripture or give advice all day long, but if we are not acting reflecting the words in our actions, we can expect those

learning from us to do the same. In Matthew 21:28-32 it talks about a man who had two sons. He went to his first son and told him to go work in the vineyard. The son told him he wouldn't but later changed his mind and went. The man went to the second son and told him to go work in the vineyard and the son told him he would but didn't go.

Jesus asked his followers which of the sons did his father's will. He then explained to them it was the first son because though he may have first said no, he later did what his father asked of him. The other son may have said yes it but he didn't do what was asked.

This week I challenge us to all look at our own lives and see where our words are not matching our actions.

I hope your time reading this article has encouraged you. Please come and join us on Sundays at 10:30 a.m. at Truman Annex Chapel 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.



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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.

CHANGE OF COMMAND



U.S. Navy photo by MC3 Arnesia McIntyre

Incoming Commanding Officer Major James Blackburn, left, Sergeant Major Smith, back, outgoing Major James Copp, right, and Battalion Commander Lt Col. T. J. Hanley, front, conduct a change of command June 29 at the U.S. Army Special Forces Underwater Operations School. Charlie Company, 2nd Battalion, 1st Special Warfare Training Group (Airborne) oversees the U.S. Army Special Forces Underwater Operations School on Fleming Key.

FFSC

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Navy was insufficiently attending to family needs and the programs and policies designed to support families were inadequate and fragmented.

"Fleet and Family is a resource for families to come and get confidential support at no cost," said Danielle Martin, NAS Key West

Sexual Assault Response Coordinator. "We help with emotional support, job support, financial services and many other services."

The Navy Fleet and Family Support program is organized into three functional areas critical to mission success, core family

readiness, sexual assault prevention and response program, and the Navy gold star program.

The core family readiness program is for work and family life. The program directly supports mission readiness by preparing service members and their

families for the physical, emotional, interpersonal, and logistical demands of the military lifestyle. Some of the services this program provides are

deployment support, transition assistance, personal financial management, relocation assistance, counseling, new parent support, and domestic abuse victim advocacy.

The sexual assault prevention and response program provides sexual assault awareness and prevention education, victim

advocacy, response coordination, case management and incident data collection to active-duty personnel, adult members and commands.

The Navy gold star program is the Navy's official program for providing long-term nonmedical case management, information and referral, education, recognition and support services to surviving families of service members who pass while on active duty.

"I have worked at Fleet and Family for over twenty years," said Martin. "It has provided me the opportunity to serve military members and give back to them."

Today, the Fleet and Family Support Program continues to deliver its core mission with a growing number of programs and services focusing on deployment support, crisis response, career support and counseling for individuals, families and commands.

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.

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.

ID renewal

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

For more information, call 305-293-3778.

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 at amy-shirelle.santos@navy.mil.

Fleet and Family celebrates 39th anniversary

FROM NAS KEY WEST PUBLIC AFFAIRS

The Fleet and Family Support Program marked 39 years of service to Sailors and their families the first week of July. On July 9, 1979, the first Family Service Center (FSC) opened its doors in Norfolk, Va. FSC San Diego opened its doors shortly there-

after. In 1978, the Navy acknowledged that it was losing some of its very best people because of family issues. Then Chief of Naval Operations Adm. Thomas Hayward, wrote that his number one priority was to improve retention by improving family awareness and implementing a family support program. Shortly afterward, the first

Navy Family Awareness Conference was held in Norfolk. The conference was originally going to be called the Family Support Conference but organizers changed the name to spotlight their goal to develop resilient and self-reliant families, not dependent families. The conference concluded the

see FFSC page 3



Job Title: Air Traffic Control

Hometown: Salisbury, North Carolina

Prior Duty Stations: NAS Pensacola, Florida

Hobbies: Fishing, sports.

Most Interesting Experience: "A" school.

Future Plans: Enjoy the Navy in the Keys.



ACAA Cameron McLendon

MWR Update

Captain's Cup Basketball

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

Summer Reading

Between Jun. 4 and Aug. 11, 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 Jul. 16-20. Auditions will be held on Jul. 16 from 10 a.m. – noon at the Sigsbee Community Center. Open to children in Kindergarten through High School Aged Youth. Sign up in advance at the Sigsbee Youth Center. There will be a performance of "Snow White & the Seven Dwarfs" on Fri., Jul. 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:

- July 11: Stone & Shell Glass Art
- 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.

- July 14: 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.

Monday

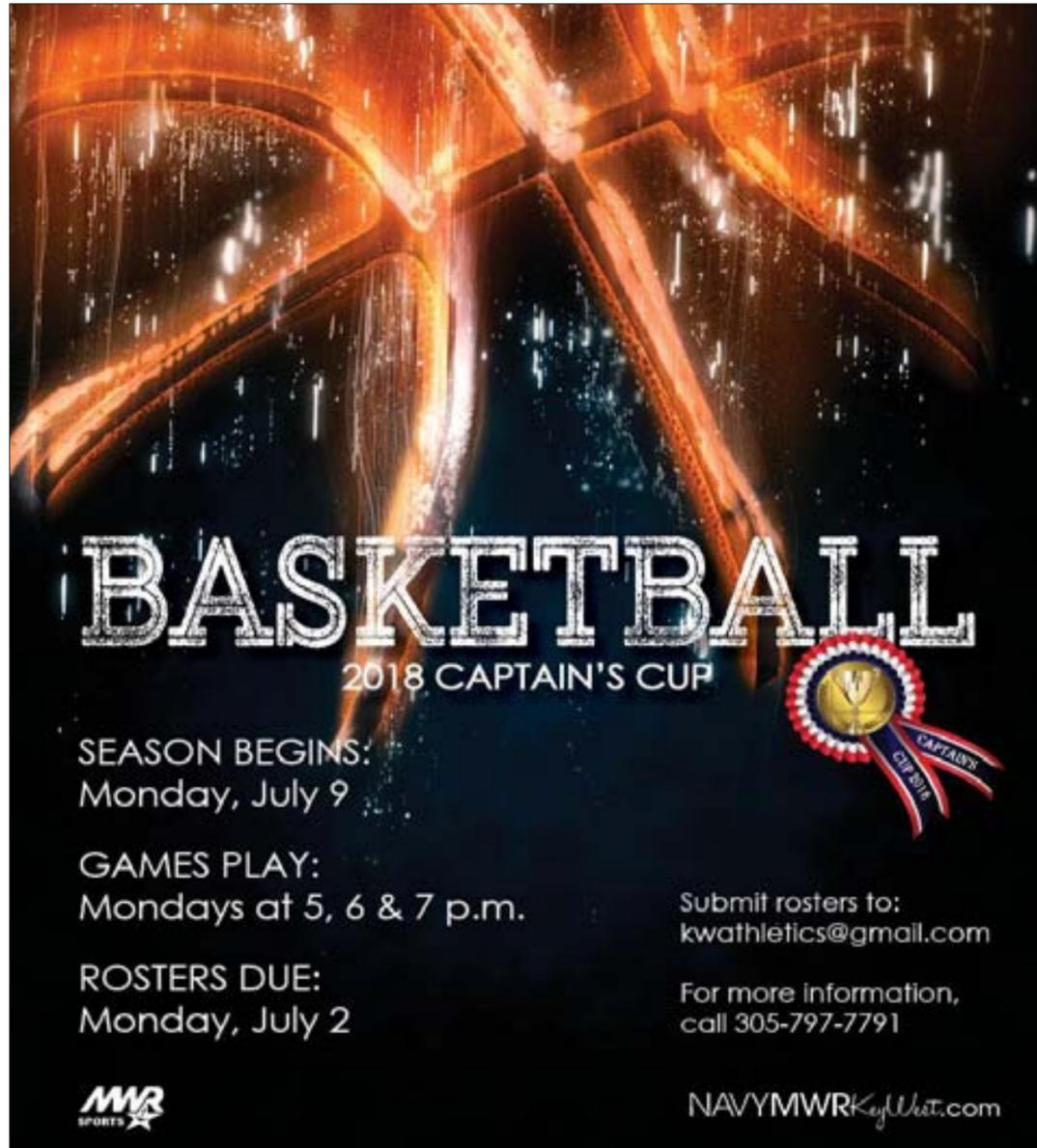
Yoga - 6:30 - 7:45 p.m., Sigsbee Community Center
Class canceled July 9
Class will be held on Sigsbee Tennis Court on July 16

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.navy.mil.

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

SOUTHCOM SENIOR ENLISTED PERSON OF THE YEAR



U.S. Navy photo by SOUTHCOM

OS1 Casey Smith from Joint Interagency Task Force South was honored as the U.S. Southern Command 2018 Senior Enlisted Person of the Year June 22 at the Intercontinental Hotel in Doral, Florida. Presenting the recognition were SOUTHCOM Commander Adm. Kurt W. Tidd, left, and SOUTHCOM Command Senior Enlisted Leader Sgt. Maj. Bryan K. Zickefoose, right. Smith was also presented with the Joint Service Commendation Medal. The citation accompanying the recognitions noted Smith's extensive community outreach contributions, exceptional leadership, superior job performance, and outstanding personal conduct. SOUTHCOM, located in Doral, Fla., is one of six geographic Combatant Commands in the U.S. Department of Defense. JIATF South is one of SOUTHCOM's eight subordinate commands.

MWR

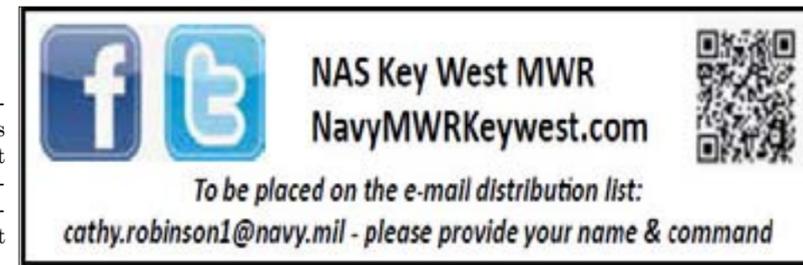
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NavyMWRKeyWest.com/jobs.

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.navy.mwrkeywest.com

to find out what MWR rentals, marinas, lodging, sources of information are has to offer: Restaurants discounted attraction tick- Facebook and Twitter "NAS and bars, sports and fit- ets and more. Key West MWR" and the- ness, child care, leisure Visit the Apple or Android Weekly Activities Sheet. recreation, pool and splash APP store and search for Email your questions to parks, special events, gear NavyMWR Key West. Other mwrnaskw@gmail.com.



NAS Key West MWR
NavyMWRKeywest.com

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

This week at FFSC

Command Indoc

July 9 - 13, 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. Spouses are welcome. The point of contact is CSC Matthew Reikowski at 305-293-2661.

Ombudsman Assembly

Wednesday, 5:30 p.m. – 7 p.m.

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

Stress Management

Thursday, 2:30 p.m. – 3:30 p.m.

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. Sign up with Kristal Mutwiri at 305-293-2774 or kristal.mutwiri@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.

Stay informed!

follow NAS Key West on



Policy

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program to identify Sailors who can be moved back to sea duty early to help address readiness issues in the Fleet.”

Factors that will be considered as to whether a Sailor is eligible for SERTS are length of time on shore, current or frocked paygrade, fleet experience, NECs held, types of previous sea duty, and remaining obligated service

Sailors must have completed at least 18-23 months of shore duty, and

will not transfer until they have at least completed 24 months on shore. Further, the impact on a Sailor's shore duty command will be balanced against at-sea priorities. Sailors in special program billets such as recruit division commanders, recruiters, brig duty, instructors and special warfare operators will not be considered for SERTS. Nuclear-trained Sailors will continue to be detailed according to the Naval Nuclear Propulsion Program.

In addition to filling billets at their current pay grade, SERTS candidates

may be selected to fill vacant requirements within their pay band: supervisor (E7-E9), journeyman (E5-E6), and apprentice (E1-E4). For example, E8s and E9s may be chosen to fill vacant E7 and E8 requirements.

Upon selection, the Navy Personnel Command will notify the Sailor and the Sailor's current command of the possible transfer. Sailors and their command may submit an adverse impact statement within 15 days of notification. For more information, read the NAVADMIN at www.npc.navy.mil.

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CNIC

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 Lowrance 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 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 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; 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 305-293-2425.

Safety is everyone's job!

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

Days since last civilian DART* mishap: 101

Days since last military mishap: 438

* 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 3, 2018

SNOW WHITE & THE SEVEN DWARFS

A WEEK-LONG THEATER CAMP
July 16-20, 2018

Culminating with a performance of
"Snow White & the Seven Dwarfs"
Fri., July 20 at 5 p.m. at the Sigsbee Community Center

AUDITIONS

Monday, July 16 • 10 a.m.-12 p.m.
Sigsbee Community Center
Kindergarten to High School Aged Youth
Sign up in advance at the Youth Center by July 12

For more information, contact 305-293-4437,
emily.niemczyk@navy.mil or amanda.j.lynch@navy.mil