



(July 13, 2018) The U.S. Navy flight demonstration squadron, the Blue Angels, Diamond pilots perform the Low Break Cross at the 2018 Pensacola Beach Air Show. The Blue Angels are scheduled to perform more than 60 demonstrations at more than 30 locations across the U.S. and Canada in 2018.

U.S. Navy photo by
MC2 Jess Gray

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An F/A-18E Super Hornet assigned to Strike Fighter Squadron (VFA) 195 launches from the flight deck of the Navy's forward-deployed aircraft carrier, USS Ronald Reagan (CVN 76).

SEABEES REPAIR BOCA CHICA



U.S. Navy photo by MC3 Arnesia McIntyre

Naval Air Station Key West Seabees CE1 Aaron Suelter, *left*, and BUCN Matthew Coward assemble rails for a firefighting training facility that was destroyed during Hurricane Irma on Boca Chica Field.

Navy uniform update released

FROM CHIEF OF NAVAL
PERSONNEL PUBLIC AFFAIRS

The Navy announced the expansion of hair styles for women along with several other uniform policy changes and updates in NAVADMIN 163/18, July 11.

Among the several hair style changes is the authorization for women to wear locks. The NAVADMIN provides specific and detailed regulation on how locks can be worn.

Women are also authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and

be consistent with the color of the hair. The hair cannot be worn below the bottom of the uniform collar where there are hazards such as rotating gear.

Women may now wear a hair bun that does not exceed or extend beyond the width of the back of the head.

Other uniform changes include the approval of the Navy Optional Physical Training Uniform (OPTU) that consists of a navy blue high performance shirt and five-inch running shorts. The uniform is expected to be available at Navy Exchange Uniform and Customer Care Centers starting October 2018.

Navy is also developing a standard navy blue Physical Training Uniform (PTU) that will be phased into the seabag issue at Recruit

see **UNIFORM** page 3

Changes announced to Post-9/11 GI Bill transferability

FROM CHIEF OF NAVAL
PERSONNEL PUBLIC AFFAIRS

Department of Defense released changes to department policy on the transfer by service members in the Uniformed Services of "Post-9/11 GI Bill" edu-

cation benefits to eligible family member, July 12.

Effective July 12, 2019, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service, active duty service and/or selected Reserves as applicable.

Previously, there were no restrictions on when service members could transfer education benefits to their family members. The provision for a Sailor to have at least six years of service to apply to transfer benefits remains unchanged.

"After a thorough review

of the policy, we saw a need to focus on retention in a time of increased growth of the Armed Forces," said Stephanie Miller, Director of Accessions Policy, Office of the Secretary of Defense. "This change continues to allow career service members that earned this ben-

efit to share it with their family members while they continue to serve." She added "this change is an important step to preserve the distinction of transferability as a retention incentive." What does this mean

see **GI BILL** page 5



July 20

1969 - Former Navy pilot Neil Armstrong is the first man to set foot on the moon, saying "That's one small step for (a) man, one giant leap for mankind."

July 21

1946 - In the first U.S. test of adaptability of jet aircraft to shipboard operations, an XFD 1 Phantom piloted by Lt. Cmdr. James Davidson makes landings and takeoffs without catapults from USS Franklin D. Roosevelt (CVB 42).

July 22

1951 - Adm. Forrest P. Sherman, the 12th Chief of Naval Operations, dies while at Naples, Italy.

July 23

2017 - After a two-year restoration at historic Dry Dock 1 at Charlestown Navy Yard, Boston National Historical Park, America's oldest commissioned warship, USS Constitution is refloated.

July 24

1843 - David Henshaw takes office as the 14th Secretary of the Navy, serving until Feb. 18, 1844. USS Henshaw (DD 278) was named in his honor.

July 25

1943 - The first Navy ship named for an African-American, USS Harmon (DE 678), is launched.

July 26

1912 - The first tests of an airborne wireless are conducted near Annapolis, Md. using the Wright (B 1) piloted by Lt. John Rodgers.

'Pursuit is intentional'

Pursuit is intentional! How many times do you find yourself longing for something but never doing anything to make it happen? You continue doing what you have always done, yet hope for different results. Pursue the things that will enable you to model God and share the life that He has given you with those that

you meet each day. "Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresea, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein." -Life's Little Instruction Book Proverbs 21:21

23 says: "Whoever pursues righteousness and kindness will find life, righteousness, and honor. Whoever keeps his mouth and his tongue keeps himself out of trouble." Don't let complacency get the better part of you either. As we live our daily lives we need to be encouraged to stay in shape in our spiritual lives. Just like this passage in Proverbs we have core values in the Navy that guide us and direct us to pursue what a good sailor is like. This Proverb shows us how to pursue God. It encourages us to stay intentional every day.

CHAPLAIN'S CORNER



NAS Key West Command Chaplain Lt. Cmdr. Scott Mason

NEX offers mobile coupons and more

BY KRISTINE M. STURKIE, NAVY EXCHANGE SERVICE COMMAND PUBLIC AFFAIRS

The Navy Exchange (NEX) is now able to deliver coupons right to its customers' fingertips by sending text messages to their wireless device. NEX customers in the continental United States can now sign up to connect with the NEX through their mobile device which will give them access to special offers and coupons through SMS messages as well as special online offers. Customers can sign up for the mobile information by texting JOIN to 57662.*

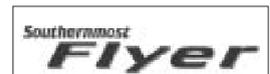
"We are excited to be able to communicate with our valued NEX customers with

this new service," said Rich Honiball, Navy Exchange Service Command's (NEXCOM) Executive Vice President, Global Merchandising and Marketing Officer. "Our goal is to be able to communicate with our customers 24/7. As we continue to enhance our digital capabilities, it was only natural that we engage our customers from a mobile perspective because as for many of them, this is their preferred way of connecting with us."

Upon signing up, customers will receive via text message a one-time-use mobile welcome coupon for \$10 off a purchase of \$50 or more. The welcome coupon is valid for 14 days from time of signup and is valid in

store or online at myNavyExchange.com. Subscribers must be authorized NEX customers in order to redeem coupons. To sign up, customers must have a text messaging-enabled mobile device provided by a supported carrier including AT&T, Verizon Wireless, Boost, Cellular South, Midwest Wireless, MetroPCS, nTelos, Suncom, Virgin Mobile, Sprint or T-Mobile.

*Message and data rates may apply. Customers will receive one message each time JOIN is texted to 57662 and then monthly recurring messages after sign up is completed. Terms, conditions and privacy can be found at: <http://www.mynavyexchange.com/textingtermsconditions>.



- COMMANDING OFFICER**
Capt. Bobby J. Baker
- EXECUTIVE OFFICER**
Cmdr. Greg Brotherton
- PUBLIC AFFAIRS OFFICER**
Trice Denny
- EDITOR**
MC3 Arnesia McIntyre
- STAFF**
MC3 Arnesia McIntyre

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

Looking for a light in empty rooms, electronics and peripherals when they're on, we're wasting energy.

Energy efficiently. You make it happen.

NATIONAL GUARDSMEN VISIT SAR



U.S. Navy photo by Trice Denny

Pilot Lt. Tres 'Puma' Penny of Naval Air Station Key West's Search and Rescue Detachment describes the SAR mission and one of the air station's MH-60 Seahawk helicopters to a group of Missouri Army National Guardsmen Friday. The Guardsmen toured the air station as part of an annual professional development tour.

Job Title: Electronics technician
Hometown: Beaumont, Texas
Prior Duty Stations: Great Lakes Recruit Training Command, Illinois
Hobbies: Playing basketball, watching sports.
Future Plans: To be part of law enforcement.
Words of wisdom: If you keep your head up, you'll never be down.

ETSN
Dmetrius Williams

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 RP3.Hooker@navy.mil or RP1.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.

Uniform

continued from page 1

Training Command in the next 12-18 months.

The Black Relax-Fit Jacket (Eisenhower Leather Safety Boot Jacket) has been designated a unisex item and Sailors can wear the men or women's jacket sizing that best suits their uniform requirements.

To allow for greater visibility female Sailors have the option to wear identification badges on the right side above the pocket of their uniforms.

Wear testing of the improved female officer and chief Service uniform skirts and slacks will be complete this summer. Improvements include a straight line Service skirt, and redesigned khaki and white Service slacks with lower waist and reduced

rise (waist to top of the inseam). These items are expected to be available at Navy Exchange Uniform and Customer Care Centers at the end of the year.

An improved Black Leather Safety Boot (I-Boot 4) for optional wear with all Navy working uniforms and coveralls will be for sale at designated fleet concentration locations beginning this October.

The boots were selected based on Sailor feedback and the 2017 Navy Boot Study.

New uniform policies are the result of fleet feedback and the ongoing efforts to improve Navy uniforms, uniform policies and Sailor appearance. The Navy Uniform mobile app will be updated in late July. The update will include all of Navy Uniform regulation illustrations, policies and NAVADMINs.

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 amy-shirelle.santos@navy.mil.

MWR Update

Bowling 101 for Adults

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

Summer Reading

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

Theater camp

There will be a performance of "Snow White and the Seven Dwarfs" on Friday at 5 p.m. at the Sigsbee Community Center. The show is free and open to all-hands. For more information, call 305-293-4437.

Back to School

The Sigsbee Youth Center is hosting an Open House on Aug. 2 from 4 – 7 p.m. There will be giveaways, games & activities along with free school supplies, backpacks and school program information. Open to MWR authorized patrons – military ID card holders. For more details call 305-393-9510 or email naskwslo16@gmail.com.

Craft night

MWR Community Recreation offers a number of crafting opportunities each month at the Sigsbee Community Center. All supplies are provided and patrons are welcome to bring their favorite beverages. Most activities are open to children unless stated otherwise. Pre-registration is required. To register, make full payment at the Tickets & Travel Office on Sigsbee Park. Upcoming events:

Aug. 15: Craft & Cocktails - Wine Glass Painting
Aug. 29: Essential Oils Sugar Scrubs

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.

Friday: Lobster Mini Season Seminar
Saturday: Mango Fest Shuttle
Aug. 4: Miami Shopping Trip

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.

Exercise Studio
BCG: Boca Chica Gym
SCC: Sigsbee Community

Cycling Studio
BCCS: Boca Chica
BCES: Boca Chica

see MWR page 6

Registered dietitians now available throughout the fleet

FROM CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

The Navy announced an initiative to provide registered dietitians to units throughout the fleet in NAVADMIN 160/18.

The joint initiative between the Office of the Chief of Naval Personnel and the Bureau of Medicine and Surgery, authorizes commanders to request dietitians to temporarily join their commands, in order to increase Sailors' knowledge about nutrition and health resources.

This initiative makes registered dietitians available to assume a temporary additional duty (TAD) status to commands, providing education on performance nutrition, healthy eating habits, hydration, and safe dietary supplement use. Bringing registered dieti-

tians directly to the fleet greatly enhances Sailor access to nutrition education, which in turn increases medical readiness.

"Before this initiative, Sailors had to take time away from work to travel to a medical treatment facility for preventative treatment," said Navy Nutrition Program Manager Lt. Pamela Gregory. "Now this can be done at the command which will increase productivity and decrease time away from work."

In their TAD role, registered dietitians will advise command leadership and Sailors on the importance and benefits of diet modifications, food selection and food preparation in preventing disease, sustaining health and improving quality of life. They will also be an on-hand asset to the medical department.

"This initiative opens up

access for more Sailors to registered dietitians who know the most about creating and sustaining energy, rapid recovery for the physical demands and long hours of Navy life," said Navy Dietetic Specialty Leader Cmdr. Kelly Mokay. "Our goal is to educate Sailors on what makes for a healthier, better balanced diet."

Registered dietitians will also be available to counsel individuals and groups on the importance of timing meals and snacks, what foods provide the most energy, help with physical recovery, and how nutrition monitoring can optimize Sailors' quality of life.

Additionally, they can collaborate with command food service officers and culinary staff on increasing the quality and nutrients of food service, menu development, budgeting, evaluation of food service facilities

and developing nutrition programs.

"Having registered dietitians in the fleet is going to create a paradigm shift in the culture of nutrition - shifting from a focus on disease treatment to one of disease prevention," said Bill Moore, director, Navy Physical Readiness Program. "And this initiative provides our Sailors access to a resource that allows them to take greater control over their personal health." To learn more about nutrition education resources available to you, visit www.nutrition.navy.mil

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/. For more information and news, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

This week at FFSC

Couples Connect

Wednesday, 1300-1430

At this workshop you will learn tools to better communicate and reconnect with your partner. Sign up with Theresa Burek at 305-293-2680 or theresa.burek@navy.mil.

Suicide Awareness

Thursday, 1430-1530

This workshop will help you identify signs and symptoms to watch for and address steps to take if a peer is showing these signs.

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.

GI Bill

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for our Sailors?

The change will allow Sailors to retain their eligibility to transfer education benefits even if they have not served the entirety of their obligated service commitment through no fault of their own. This means if a Sailor fails to fulfill their service obligation because of a "force shaping" event (such as officers involuntarily separated as a result of being twice passed over for promotion, or enlisted personnel involuntarily separated as a result of failure to meet minimum retention standards, such as high-year tenure) the transfer of benefits to a family member would not

be impacted.

Exceptions that permitted service members with at least ten years of service to obligate less than four years if prevented by statute or policy from doing so, such as enlisted high year tenure, have been cancelled. All approvals for transferability of Post-9/11 GI Bill require a four-year commitment in the Armed Forces and, more importantly, the member must be eligible to be retained for four years from the date of election. A NAVADMIN with Navy's implantation guidance will be released shortly.

MWR

continued from page 4

Center

***Active Duty Only**

Monday

Yoga - 6:30 - 7:45 p.m.,
SCC

Tuesday

Cycling - 5:30 - 6:15
p.m., BCCS

Wednesday

HIIT - 4:30 - 5:15 p.m.,
BCG

Thursday

Command PT * - 6:45 -
7:45 a.m. BCG

Yoga Strength - 5:30 -
6:30 p.m. BCES

Job opportunities

There are currently a number of open positions within MWR and NGIS. This week's highlighted jobs are: Bartenders and Recreation Assistant at multiple MWR facilities. There are also open positions for bartenders, child care workers, maintenance workers and more. For a full list of jobs, visit www.NavyMWRKeyWest.com/jobs.

MWR Website

MWR has a new website and APP that provides our patrons with a full list of facilities, programs, ser-

vices and current employment opportunities. Visit www.navywrkeywest.com to find out what MWR has to offer: Restaurants and bars, sports and fitness, child care, leisure recreation, pool and splash parks, special events, gear rentals, marinas, lodging, discounted attraction tickets and more.

Visit the Apple or Android APP store and search for NavyMWR Key West.

Other sources of information are Facebook and Twitter "NAS Key West MWR" and the Weekly Activities Sheet. Email your questions to mwrnaskw@gmail.com.

Safety is everyone's job!

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

Days since last civilian DART* mishap: 115
Days since last military mishap: 453

* 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 18, 2018

NAS Classifieds

FOR SALE

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

FOR RENT

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

Key Haven - 3BR/1BA, storage and laundry room, W/D, full kitchen family room. Exclusive use of one driveway. Shared use of back yard deck and firepit. Pet friendly with a fenced yard. Open water/no canal. \$2,700, includes electric, water, sewer. F/L and \$1,000 security deposit. No regular boat dock use; occasional boat dock use by agreement. Call Ron at 305-923-0550.

Key West - 1BR/1BA, apartment on the 7th floor. No pets, central A/C, basic cable, security, parking, pool. All tiled floor, laundry on each floor. \$1800 per month, plus water and electric. Call or text Didier at 305-304-1758.

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.

Old Town- 1BR/1BA, small furnished studio, W/D on site, no kitchen but microwave and refrigerator. F/L and \$1,000 security deposit. Separate entrance, family setting, off-street parking, one person only. \$1,000 per month, utilities/ high speed internet included. Minimum six month lease; one year lease preferred. Text Bob at 305-744-3350 or email at henkel100@gmail.com.

Stock Island- 1BR/1BA, apartment for rent. \$1,850 per month, utilities included. Central A/C, non-smoking, no pets, totally private, separate entry and yard. Available August 1st. Call or text Didier at 305-304-1758.

Summerland Key- 2 BR/2BA 1300 sqft long term annual rental. Airport house, flow thru wide boating canal with concrete seawall davits. Screened porch 400sqft and huge garage airport hanger downstairs 1300sqft enough to park all your toys. Open floor plan and spacious master bedroom. central a/c. nice neighborhood. \$3400 Monthly. Call Laurie at Rose Dell & Associates 706-699-1442.

Summerland Key- 2BR/2BA 1554 sq.ft unfurnished on ocean side of US-1. Wide flow through canal good boating access, open spacious floor plan. W/D hook up, stove fridge, microwave, dishwasher, central ac & heat. Tile and carpet, each bedroom has all tile bath. \$3400 Monthly. Call Laurie at Rose Dell & Associates 706-699-1442.

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

JIATF - Joint Interagency Task Force (JIATF) South is accepting applications in the local recruiting area only for a IT Specialist (Projmgt), GG-2210-12 "Term" position located in Key West, FL.

Incumbent will serve as Primary DISA Circuit Officer performing duties as described in applicable DISA instructions and command policy, including ordering new circuits, maintaining circuit records and diagrams, tracking and resolving circuit outages within the Command for the Joint Interagency Task Force (JIATF) South, Truman annex, Key West, FL. If interested please reference JIATFS-020 for more information at southcom.key-west.jiatfs-j1.list.jobs@mail.mil

NAS KEY WEST CLASS-IFIEDS are free for active-duty and retired personnel, their families and civilian base employees only. Deadline for submissions is noon the Tuesday prior to that Friday's issue. Make submissions to the NAS Key West Public Affairs Office by email, arnesia.r.mcintyre@navy.mil; mail, P.O. Box 9001, Key West, FL 33040-9001; or fax submissions to 305-293-2627. Unless otherwise directed, ads will run for four issues. Name and phone number must accompany all requests in order for them to be considered for publication. For more information, call 305-293-2434.

NAVYMWRKeyWest.com



Bowling 101

FOR ADULTS

THURSDAYS
JULY 12-AUG 2
5-6 PM

LEARN THE BASICS

1 HOUR CLASSES
EVERY THURSDAY FOR 4 WEEKS*
SHOE RENTAL INCLUDED

CALL OR COME BY AIRLANES AT
BOCA CHICA FIELD TO REGISTER

305-293-2976

*LIMITED SPACE