



(July 20, 2018) New Sailors celebrate after the completion of their pass-in-review ceremony at Recruit Training Command. About 38,000 to 40,000 recruits graduate annually from the Navy's only boot camp.

U.S. Navy photos by  
MC2 Spencer Fling

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U.S. Navy Flight Demonstration Squadron, the Blue Angels, C-130 transport aircraft, affectionately known as Fat Albert, flies over the crowd during the Pensacola Beach Air Show in Pensacola Beach, Florida.



## An appointment missed by you is an appointment missed by 2

BY RODNEY FOUSHEE  
Naval Hospital Jacksonville

Naval Branch Health Clinic Key West has launched a new

service to make it easier for patients to cancel appointments in time to allow another patient to take their slot.

“An appointment missed

by you is really missed by two,” said Cmdr. Valerie Littlefield, NBHC Key West’s officer-in-charge. “This new phone reminder system makes it easier

for patients to cancel their medical or dental appointment in time to allow other patients to take their time slot. We also plan to launch a text reminder system in

the next few months to allow patients to cancel or reschedule their appointment via their smart

see **APPOINTMENTS** page 5



U.S. Navy photo by MC3 Arnesia McIntyre

Naval Air Station Key West military and civilian personnel participated in suicide prevention training at Boca Chica Field. During the training, Jochebed Swilley presented a video of Sailors helping each other out after they saw warning signs of suicide.

## NAS Key West civilians, military conduct suicide prevention training

BY MC3 ARNESIA MCINTYRE  
NAS Key West Public Affairs

Suicide is a conscious and deliberate ending of one’s own life. It occurs as a result

of extreme emotional pain caused by various factors. Individuals who die by suicide often experience personal issues for which suicide is seen as the best or, sometimes, the only solu-

tion. “Suicides have increased this year,” said NAS Key West Fleet and Family Support social worker, Jochebed Swilley. “It is important for everyone to

be aware of the warning signs and to look out for each other.

One out of every five suicides in the United States involves a Service member or veteran. For the first

quarter of this year, the military has had 80 suicide deaths in the active component, 18 suicide deaths in the Reserves, and 23 sui-

see **SUICIDE** page 3



**July 27**

1917 - Construction of the Naval Aircraft Factory, Philadelphia is ordered to produce enough aircraft for Americas entry into World War I.

**July 28**

1973 - Skylab 3 is launched. The mission is the second to the first U.S. manned space station.

**July 29**

1920 - USS St. Louis (CA 20) is ordered to Turkish waters to protect American nationals and citizens during the Greco-Turkish War (1919-1922).

**July 30**

1918 - Headquarters Company and Squadrons A, B, and C of the First Marine Aviation Force arrive at Brest, France, on board USS DeKalb (ID #3010), as U.S. enters European Theater of World War I.

**July 31**

1874 - USS Intrepid is commissioned, the first U.S. warship equipped with torpedoes.

**Aug. 1**

1849 - Pope Pius IX and King Ferdinand of the Two Sicilies, briefly visit USS Constitution and marks the first time that a Roman Catholic pope steps foot on American territory.

**Aug. 2**

1944 - USS Tautog (SS 199) attacks Japanese (KO 8801) convoy, sinking army cargo ship Konei Maru off Miki saki, Honshu.

# 'Be strong and courageous'

Can you think of a time of great suffering or trial in your life? What did you learn and in what ways did you grow through it? As we all know wisdom can be listening to advice from others but it can also include listening to what life itself tells you through experience.

No one likes to suffer or have trials but they can grow in many ways. It can break us of being overconfident, showing us our weaknesses, making us more sympathetic, helping us to be more resilient and dependent on God. Of course this never happens overnight and definitely is not automatic. There are some

people who can go through some pretty excruciating times but learn nothing. Great suffering or trials can drive some people deeply into God's love but can convince others that a God of love cannot exist. So what will make the difference? The nature of foolishness is to be "wise in your own eyes." There is a great temptation for those who suffer to assume that because we can't think of any good reason for this suffering that God surely does not have a good reason for it either. If you cannot imagine a God who is infinitely wiser and more loving than you, then you will never be able to trust the

**CHAPLAIN'S CORNER**



NAS Key West Command Chaplain Lt. Cmdr. Scott Mason

character of God. We are reminding numerous times in scripture that God is sovereign, trustworthy and will not forsake those that seek Him. In Joshua 1:9 it says "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Please come and join us on Sundays at 10:30 a.m. this Sunday we will be at the Community Center on Sigsbee Annex for worship service with our Praise Band and Children's Church. Please visit our Facebook page (NAS Key West Chapel) for upcoming events. If you are in need of Chaplain Care, please call your Chaplains at 305-293-2318, Naval Air Station Key West, or 305-292-8788, Coast Guard Sector Key West.

## Navy College Program launches new survey

BY ED BARKER  
NETPDC Public Affairs

The Navy College Program (NCP) announced a new, more efficient customer service opinion survey July 24, as part of the continuing improvement process for Voluntary Education.

"The survey asks for Sailors' opinions about the Navy College Program's education support, counseling services, information, and admin," said Don Squibb, Navy VOLED assessments program manager. "We're seeking feedback on their experience so we can adjust and improve our service."

According to Squibb, the new survey asks only ten questions, and the average Sailor completes their input in just over four minutes.

"The surveys are the primary channel we have to gather cus-

tomers input on how we're doing, and we use the fleet feedback to refine the service delivery of the Navy College Virtual Education Center," he said. "By shortening the survey, we hope to increase participation while retaining key information."

Navy VOLED Director Ernest D'Antonio noted that constant process improvement is key to serving Sailor's educational needs.

"Over the past two years, we've made significant improvements to the Navy College Program's customer service, and much of that was based on Sailor input," said D'Antonio. "We've completely revamped the Navy College Program website, added customer-friendly improvements such as our mobile application, automated WebTA processing, chat and trouble-ticket features, made self-service improvements in My Education and to NCP

internal processes to ensure we are meeting Sailor's high expectations in keeping with CNP's transformation guidance. Any Sailor, CONUS or OCONUS, can use the survey link to provide feedback."

One measure of NCP success that has been identified by the customer satisfaction surveys is the number of times a Sailor has to contact the Navy College Virtual Education Center (NCVEC) in order to solve a problem.

"According to our latest survey feedback, 80 percent of Sailors are able to resolve their issue with their first call to the NCVEC," said Squibb. "That's not perfect, but it's a great indication that we're moving in the right direction."

The link to the new NCP customer service opinion survey is: [http://www.research.net/r/NCVEC\\_CSAT\\_SURV\\_V2](http://www.research.net/r/NCVEC_CSAT_SURV_V2).

**Southernmost Flyer**

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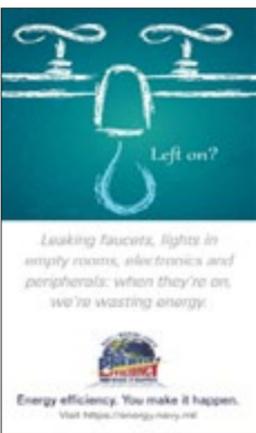
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MC3 Arnesia McIntyre

**STAFF**  
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This newspaper is an authorized publication for members of the military service and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy and do not imply endorsement thereof.

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Naval Air Station Key West, Florida. Additional copy and photographs provided by the readers of the Southernmost Flyer should be addressed to: Editor, Southernmost Flyer, Public Affairs Office, Naval Air Station, Box 9001, Key West, FL 33040-9001. Copy can also be e-mailed to arnesia.r.mcintyre@navy.mil. Telephone (305) 293-2425/2434. DSN 483-2425/2434.

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.



## NGIS AWARD CEREMONY



U.S. Navy photo by MC3 Arnesia McIntyre

Navy Gateway Inns & Suites recognized outstanding employees during an award ceremony at the Fly Navy on Trumbo Point. NGIS Key West consists of 611 rooms in nine buildings spread over the three primary NAS Key West Annexes. Their mission is to provide a professionally managed DOD lodging program that contributes to and supports mission readiness.

Naval Air Station  
**KEY WEST**

**Meet a Teammate**

**Job Title:** Master-At-Arms  
**Hometown:** Detroit  
**Prior Duty Stations:** Naval Technical Training Center, Texas  
**Hobbies:** Playing instruments, gaming.  
**Most Interesting Experience:** Joining the military, boot camp.  
**Future Plans:** Save money, make chief.

**MASN**  
**Brandon Deshields**

**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.

**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 or daniel.a.suggs@navy.mil.

## Briefly...

**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 (AW) Amy-Shirelle Santos at amy-shirelle.santos@navy.mil.

**Car Club**

All automotive enthusiasts' military, non-military,

## Suicide

continued from page 1

tionship issues or depression, but all of these have a common factor of producing stress. Understanding and managing stress cannot only help prevent suicides, but can improve a person's overall quality of life.

Understanding suicidal issues and mental health is one of the first steps in suicide prevention. The Navy's message for Suicide Prevention Month is again "1 Small ACT." This message promotes that simple, everyday actions of caring can save lives by using the Navy's ACT (Ask Care Treat) bystander intervention model.

Throughout the month of August, NAS Key West will be getting volunteers to pose with posters demonstrating their commitment to support every Sailor. The little things that we can do as shipmates, leaders and family members every day can make a big difference in the lives of others.

There are many factors that may lead a person to contemplate suicide such as financial problems, rela-

and DOD are invited to join the Southern Keys Car Club. The SKCC meets up every Saturday at the local Miami Subs on Roosevelt Blvd. in Key West at 7 p.m. The club puts together trips up the Keys, and to Miami. They attend big car events up north and support local businesses or organizations. Events are posted on their Facebook page at Southern Keys Car Club. For questions or more information contact OS2 Woolbright at 305-293-5758.



## 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.

### Reading Program

Until Aug. 11, sign your child up for the Summer Reading Program online at <https://keywestlibrary.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.

### Back to School

The Sigsbee Youth Center is hosting an Open House on Thursday 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 [naskwsl016@gmail.com](mailto:naskwsl016@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 beverage.

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. 8:** Weathered Paint Stick Beach Sign  
**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](http://www.NavyMWRKeyWest.com/events).

**Aug. 4:** Miami Shopping Trip

### Liberty Programs

This program is for single or unaccompanied Active Duty Military E-6 & below. To find out more about these events call 305-797-4468 or email [naskwliberty@gmail.com](mailto:naskwliberty@gmail.com).

**Friday:** Nintendo Switch at the Barracks at 6 p.m. – Free Ice Cream Sundaes

### 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 fit-

ness schedule is subject to change without notice. Call 305-293-2480 for more information.  
 BCCS: Boca Chica Cycling Studio  
 BCES: Boca Chica

Exercise Studio  
 BCG: Boca Chica Gym  
 SCC: Sigsbee Community 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.,  
 see MWR page 6

**HIGH INTENSITY INTERVAL TRAINING**  
**HIIT**  
**BUILD MUSCLE**  
**BURN FAT**

**Boca Chica Gym**  
**Wednesdays • 4:30-5:15 p.m.**

MWR  
 NAVYMWRKeyWest.com

## Appointment

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phone.”

Patients of NBHC Key West receive an automated appointment reminder phone call two days before their scheduled appointment. This reminder call now allows patients to cancel their appointment directly from the phone call's menu. Patients can also cancel or reschedule by calling the appointment line or using [www.TRICAREonline.com](http://www.TRICAREonline.com).

To cancel an appointment, please do so at least 24 hours in advance.

When you miss or “no-

show” for a medical or dental appointment, it keeps another sailor, Marine, family member, or retiree from using that appointment slot for the care they need. This means it can also impact the medical and dental readiness of the Navy fighting force.

When a patient doesn't cancel in time, or doesn't show up, the provider can't simply shift the rest of the day's patients to fill that space. The time slot goes unused and is wasted for the provider, staff, and another patient who could have used the appointment.

When a patient doesn't show up, it prevents another patient (who might have an urgent need) from being

seen at that time.

Although some cancellations are inevitable, in the private sector, providers can sometimes charge a no-show fee (up to \$50) for no-shows or cancellations made less than 24 hours in advance.

While military treatment facilities don't function this way, no-shows do have a negative impact. Without advance notice, staff are unable to rebook no-shows, although taxpayers are paying staff.

So, to cancel or reschedule, please do so at least 24 hours in advance. Go to [www.TRICAREonline.com](http://www.TRICAREonline.com)

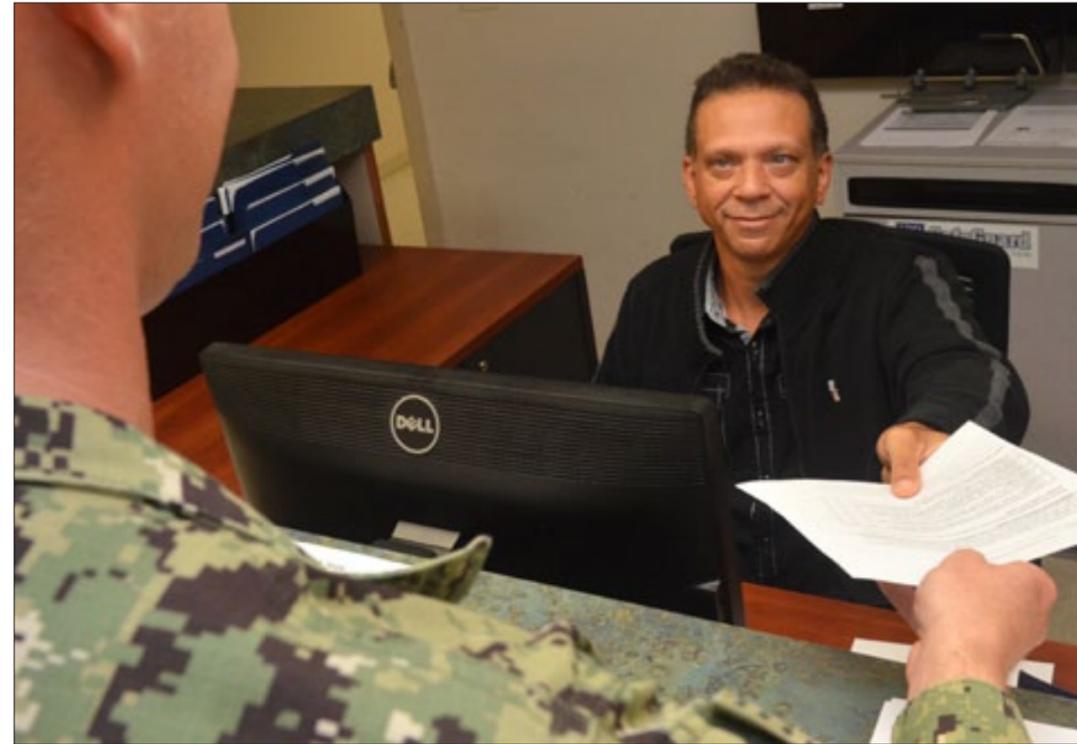
(available 24/7), or respond to the reminder phone call, or call the appointment line

at 305-293-4600, Monday – Friday, 7:30 a.m. – 4 p.m.

NBHC Key West is one of Naval Hospital Jacksonville's six health care facilities located across Florida and Georgia.

NH Jacksonville's priority, since its founding in 1941, is to heal the nation's heroes and their families. Of its patient population (163,000 active and retired sailors, soldiers, Marines, airmen, guardsmen, and their families), about 84,000 are enrolled with a primary care manager and Medical Home Port team at one of its facilities.

To find out more or download the mobile app, visit [www.med.navy.mil/sites/ navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax).



U.S. Navy photo by Jacob Sippel

**William Kay, a medical support assistant, checks in a Sailor for an appointment. Naval Branch Health Clinic Key West has launched a new service to make it easier for patients to cancel appointments in time to enable someone else to take their slot. Patients can also call the appointment line or use [www.TRICAREonline.com](http://www.TRICAREonline.com) to cancel appointments at least 24 hours in advance.**

## This week at FFSC

### IA Spouse & Family Discuss Group

**Monday, 0900-1000**

Meet and catch up with other IA families in the area, and explore some of the unique challenges faced by IA Families. The time together helps make connections with other families facing similar issues. Sign up with Amanda Slater at 305-293-2766 or [amanda.slater@navy.mil](mailto:amanda.slater@navy.mil).

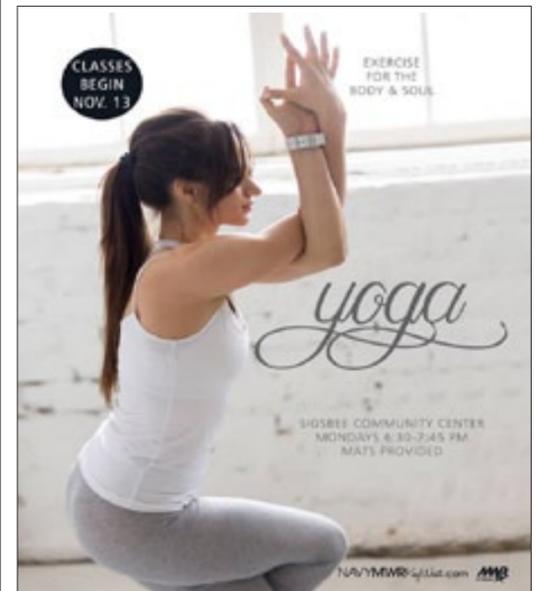
### Transition Assistance Management

**Monday-Friday, 6-10 August, 0730-1600**

Held @ Boca Chica A-515

This five-day workshop provides the most current information and referral services to exiting military members and their spouses. Topics offered include individual skills assessment, career research, understanding the civilian workplace, the job search, interviewing techniques and veteran benefits. Contact your career counselor to sign up.

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

continued from page 4

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

### MWR Website

MWR has a website and APP that provides our patrons with a full list of facilities, programs, services and current employment opportunities. Visit [www.navymwrkeywest.com](http://www.navymwrkeywest.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](mailto:mwrnaskw@gmail.com).

## 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.

**Key West - House for sale, 3BR/2BA, 1610 SQ FT, fenced double lot with crystal clear 15x35' lap pool, hot tub, concert patios, tropical landscape, large bedrooms, remodeled master bath w/ walk in shower and bench, Brazilian hardwood floors throughout, Florida sunroom and many more features. Lots of storage, move-in-ready, furniture negotiable. Call Laurie at 407-334-7910 or email at [marian.ringle@yahoo.com](mailto:marian.ringle@yahoo.com).**

### 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 - 2BR/2BA Stilt custom house for rent, covered screen porch and patio, fenced pearock yard, wood**

dock and davits, beautiful canal and boating access to Pine Channel. No pets, non-smokers. Utilities not included, available Aug. 1, unfurnished. First, last, and security to move in, \$2600 monthly. Call Laurie at Rosie Dell & Associates 706-699-1442.

**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 [hinkel100@gmail.com](mailto:hinkel100@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 Duesler at Rose Dell & Associates at 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 per month. Call Laurie Duesler at Rose Dell & Associates at 706-699-1442 for more information or questions.**

### HELP WANTED

**JIATF - Joint Interagency Task Force (JIATF) South** is accepting applications in the local recruiting area only for a Lt 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](mailto:southcom.key-west.jiatfs-j1.list.jobs@mail.mil)

**Womankind - Key West's** non-profit provider of family planning, gynecological, and primary care, is looking an administrative assistant. Applicants with top customer service skills and strong computer proficiency are sought to join our happy office. Tasks include assisting with grants; fundraisers; outreach; and the administrative side of the office including scanning, faxing, and filing, etc. Flexible hours are available. So, if you'd like to work only while your kids are in school, this could be that perfect opportunity. Email resumes to Cali Roberts at [croberts@womankindkeywest.org](mailto:croberts@womankindkeywest.org)

**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](mailto: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.

## Safety is everyone's job!

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

Days since last civilian DART\* mishap: 122  
Days since last military mishap: 460

\* 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 25, 2018

# CYCLING



GET A GREAT CARDIO WORKOUT WHILE RIDING A STATIONARY BIKE. ALL LEVELS WELCOME!

## TUESDAYS

5:30-6:15 PM

### BOCA CHICA CYCLING STUDIO

NAVYMWRKeyWest.com 