

VCNO Visits U.S. 5th Fleet Sailors

By MC2 Bryan Blair

U.S. Naval Forces Central Command Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain — Vice Chief of Naval Operations (VCNO) and Fleet Master Chief for Manpower, Personnel, Training and Education visited the U.S. 5th Fleet area of responsibility (AOR), July 28-30.

During Adm. Mark Ferguson's and Fleet Master Chief April Beldo's three-day tour, they visited Sailors aboard USS Nimitz (CVN 68), USS Higgins (DDG 76), USS Squall (PC 7), and USS Gladiator (MCM 11) and met with Sailors and family members of U.S. Naval Forces Central Command (NAVCENT) and Naval Support Activity (NSA) Bahrain.

On the first day of his trip, Ferguson met with NSA Bahrain's Coalition of Sailors Against Destructive Decisions (CSADD) at NAVCENT headquarters, where he led a discussion about the challenges and stresses that Sailors are faced with in this AOR. Ferguson commended their efforts and charged them with finding innovative ways to reach their fellow Sailors.

Ferguson visited Nimitz on his second day and then held an all-hands call for the Sailors of NAVCENT and NSA Bahrain, July 30. He covered topics including the importance of sustained forward presence as well as sexual assault and suicide. Ferguson made note of all the hard work the Sailors are putting forth and urged them to keep it up.

"Your enthusiasm has really carried over during my three days here," said Ferguson. "I just want to thank all of you for the terrific job that you do as ambassadors for the

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Photo by MC2 Mike Wright

Vice Chief of Naval Operations (VCNO) Adm. Mark Ferguson speaks with senior enlisted Sailors while touring the patrol coastal ship USS Squall (PC 7). Squall is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

Navy Exchange Bahrain wins fourth Bingham Award



Sales associate Aslam Mandamullathil assists customers at the Bahrain Navy Exchange.

Story and photos by MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Navy Exchange (NEX) Bahrain was announced as a FY2012 Capt. Bingham Award winner, July 15, winning Sales Category Two (\$36 million - \$85 million).

"This is an extraordinary accomplishment by an extraordinary group of associates," said Dan Cougevan, NEX Bahrain general manager during fiscal year 2012. "I'm thrilled NEX Bahrain won again for 2012 as the associates are dedicated to excellence each and every day."

NEX Bahrain opened in 2006, and in its short existence has won the Bingham Award four times, 2007, 2008, 2010 and 2012. It services more than 6,300 military personnel stationed in Bahrain, their families, visiting ships and allied military personnel as well as transient ships and personnel. It had 78 million dollars in sales during fiscal year 2012, which for its small size gives it one of the highest sales per square foot in the NEX

system. NEX Bahrain is ranked fifth in NEX retail sales worldwide.

NEX Bahrain achieves these results though it is in an unusual situation where it doesn't have high-ticket departments such as furniture, but its food and beverage department acts as the base commissary.

The Bingham Award was created to recognize outstanding performance in operations, customers service and community support. Stores are judged based on customer satisfaction, associate satisfaction and community support.

Using customer and associate satisfaction indexes NEX Bahrain had 82% customer and 81% associate satisfaction.

"I worked in other locations prior to the NEX and this is one of the best, well-run operations," said Shameer Aboobacker, NEX Bahrain senior lead sales associate in the electronics department. Aboobacker has been with NEX Bahrain since the beginning and worked in the base's Ship Store that pre-dated the NEX.

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THESE STORIES AND MORE...

Family Life at NSA Bahrain



Teen Employment Program

Isaac Renero - Morale, Welfare & Recreation Entertainment



Deandra Andrade - Fleet and Family Support Center



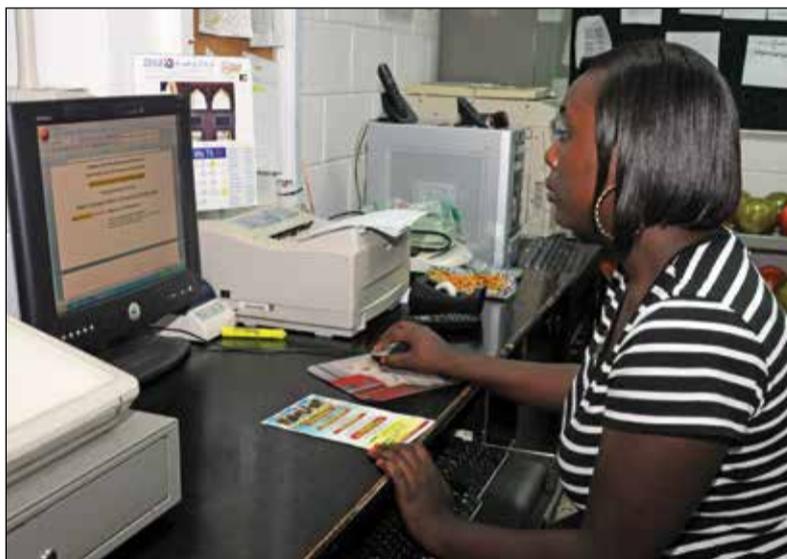
Keshawn Downing - Morale, Welfare & Recreation Administration

Photos by MC1 (SW/AW) David R. Krigbaum

This summer 24 base teens took advantage of the Navy Child & Youth Programs (CYP) Teen Employment Program which helped them gain summer jobs on base and also learn about the employment process.



Triston Messer - Information Tickets and Tours (ITT)



Jessica Bethea - Bowling Alley



Spence Bazen - Morale, Welfare & Recreation Food & Beverage



Joyce Locke - Morale, Welfare & Recreation Food & Beverage



Elijah Jefferson - Morale, Welfare & Recreation Fitness Center



Junior Edens - Morale, Welfare & Recreation Fitness Center



439-4520
www.cnmc.navy.mil/bahrain

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Audriana Ariza - Morale, Welfare & Recreation Marketing

Chaplain's Corner

Only One Thing Is Certain



By Chaplain Keener
NSA Bahrain Command Chaplain

There are a few people in this world whose lives are not dominated in one way or another by our desire to want more. There is a difference between want and need but we are so attracted to 'our wants' for a better life. We tend to forget that true happiness is in love: Love of our family, children, pets, friends and God. We all need to make a living, to support ourselves and our loved ones, but we fall in the web of desire. We desire bigger homes, nicer cars, a boat, a swimming pool, a larger television, a camper, new furniture, designer clothes etc. etc. The list goes on and on. There are many families that are in financial trouble today.

We are told that the average American family operates just three weeks from bankruptcy. One survey by the U.S. Bureau of Labor and Statistics discovered that the average family spends each year \$400 more than it earns. No wonder that another survey reveals that 70% of all our worries these days are about money. There is a story about a successful peasant farmer who was not satisfied with his lot. He wanted more of everything. One day a farmer received a novel

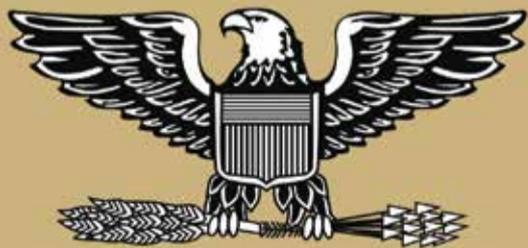
offer. For 1000 rubles, he could buy all the land he could walk around in a day. The only catch in the deal was that he had to be back at his starting point by sundown. Early the next morning he started out walking at a fast pace. By midday he was very tired, but he kept going, covering more and more ground. Well into the afternoon he realized that his greed had taken him far from the starting point. He quickened his pace and as the sun began to sink low in the sky he began to run, knowing that if he did not make it back by sundown the opportunity to become an even bigger landholder would be lost.

As the sun began to sink below the horizon he came within sight of the finish line. Gasping for breath, his heart pounding, he called upon every bit of strength left in his body and staggered across the line just before the sun disappeared. He immediately collapsed, blood streaming from his mouth. In a few minutes he was dead. Afterwards, his servants dug a grave. It was not much over six feet long and three feet wide. So the question in life is: How much land does a person really need? In the end, all a person really is going to own is a six by three piece of earth.

We tend not to realize this until we get a little older and realize that life really is short. If we put our foundation and confidence in what we can acquire we will be sadly disappointed in the end. The only resource that can possibly address our deepest longing is God. It is God who will be our rock and our sanity and our security, not a mutual fund. When the doctor calls us in one day and says 'it is cancer', it is God that will offer us the peace and calm that we will need. There is one thing certain in life and that is we will all die one day.

So let us not be like the foolish man who wanted more land but the wise one who will put our faith and future in God's hands.

You've Got Questions He's Got Answers!



ask the Skipper!

If you have a question you'd like to ask
NSA Bahrain Commanding Officer CAPT David Meron
send an email to asktheskipper@gmail.com.
Answers will be provided via Bahrain Desert Times and
the NSA Bahrain Facebook page.

LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

Know Your Rights:

Naturalization Process For Active Duty Servicemembers

Following the events of September 11, 2001, the President of the United States signed an executive order authorizing expedited naturalization (citizenship) for aliens and noncitizens who have served or are serving honorably in an active-duty status in the U.S. armed forces.

Forms You Will Need to Complete and Submit:

- N-400, Application for Naturalization
- N-426, Request for Certification of Military or Naval Service
- Fingerprints (FD-258)
- Two photocopies of your lawful permanent resident (LPR) card (if applicable)
- Two color passport sized photos
- Cover letter

USCIS Resources for Servicemembers

For more information or to download forms, please visit www.uscis.gov/military. You may also contact the toll-free USCIS Military Help Line, 1-877-CIS-4MIL (1-877-247-4645) for more information. Once your package is submitted, you can track the status of your application online or by calling the USCIS National Customer Service Center: 1-800-375-5283.

The Legal Assistance Office can assist you with obtaining and completing the required forms. If you have any questions about this topic, please contact our front desk at 439-4237.

The Great Hookah Hoax

Some students have told us they think smoking hookah is the same as inhaling fruit-flavored air — in other words, harmless. We did some research to test this theory. Hookah pipes (also known as water pipes, shisha, narghile and argileh) originated in the Middle East. Now hookah bars are popping up in big cities and college towns.

Hookah pipes use a moist tobacco flavored with fruit and honey or molasses. To make smoke, burning charcoal (often quick-started with lighter fluid) is placed on top of the moist tobacco mix. Hookah smoke is then pulled through water, which cools it and makes it feel smoother and easier to inhale than cigarette smoke.

We spoke with Hookah bar employees who told us that the water is usually changed only at the end of the day. So don't assume your water is clean. Research demonstrates that, even if you change the water with each use, very little tar, carbon monoxide, nicotine and other chemical toxins are removed. See chart for comparison.

Another difference between hookahs and cigarettes is the amount of smoke exposure.

An average cigarette smoker takes 10 puffs over five minutes. Because the smoke is hot, a typical cigarette

Toxin Content of Smoke*

A single hookah session compared to smoking a single cigarette

CHEMICAL	HOOKAH	CIGARETTE	COMPARISON hookah to cigarette
Tar	802.0 mg	22.3 mg	36 times the tar
Nicotine	2.96 mg	1.74 mg	1.7 times the nicotine
Carbon Monoxide	145.0 mg	17.3 mg	8.4 times the carbon monoxide

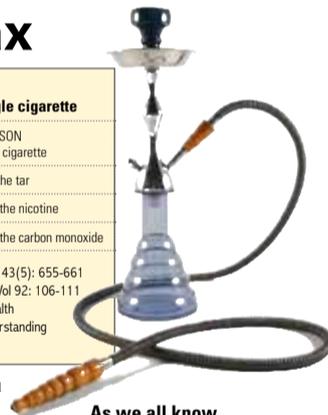
Sources: Shihadeh & Saleh (2005) Food and Chemical Toxicology Vol 43(5): 655-661
Djordjevic et al (2000) Journal of National Cancer Institute Vol 92: 106-111
* We would like to thank Dr. Thomas Eissenberg of Virginia Commonwealth University, who assisted us with the accuracy of this poster and in understanding how to make a fair comparison.

puff is only about 50 ml. Because hookah smoke is cooled, even new smokers can inhale deeply and hold about 500 ml per puff. In a single session, a hookah smoker takes about 100 puffs over about 45 minutes. The hookah smoker's lungs are exposed to approximately 50,000 ml of smoke or the equivalent of 25 two-liter bottles of smoke. In contrast, by the end of a cigarette, smoker's lungs have been exposed to about 500 ml of smoke or a quarter of one two-liter bottle of smoke. For cancer causing chemicals, it's exposure that matters.

Oh, and if you read a package of hookah tobacco, you may be impressed by "0% tar."

There's more to this story. No tobacco has tar — until you light it. Tar is produced by burning. Hookah tobacco has no tar, but hookah smoke looks darker than cigarette smoke because it contains more tar.

So before you hit that pipe, hit the computers to research hookah so you can make an informed decision.



As we all know....

Most college students don't smoke cigarettes, and most who do smoke want to quit. If you know a cigarette smoker or a hookah smoker who wants to quit, there is help. Now two different smoking cessation pills are available with a prescription, Chantix and Bupropion.

In Virginia, call 1-800-QUIT-NOW for free tobacco cessation counseling.

1-800-QUIT NOW

www.smokefree.gov • www.smokefreevirginia.org

This poster was created by VCU Wellness Resource Center ("The Well") with funding from the Virginia State Health Department.

IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower
Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ighotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil

Website: <http://www.ig.navy.mil>

United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

Siblings in Arms

By MC2 Bryan Blair

U.S. Naval Forces Central Command Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain — The two culinary specialists were all smiles as they sat together in the flag mess of Commander, U.S. Naval Forces Central Command (NAVCENT) headquarters, July 21.

“His name is Ariel,” said Master Chief Culinary Specialist Arturo Luna. “Like the mermaid,” he laughed along with his younger brother, Senior Chief Culinary Specialist Ariel Luna, who reported to NAVCENT July 18, and will take over as the enlisted aide. Arturo is the N0 division senior enlisted advisor, and has been stationed at NAVCENT since June 2012.

They were born and raised in Pampanga, Philippines, with two other brothers and three sisters. One of those brothers, Anthony, is a retired Senior Chief Logistics Specialist.

Arturo and Ariel have encountered one another a few times during their naval careers. They began their journeys together when they reported aboard Naval Station San Diego for basic training June 19, 1991.

“They found out we were brothers and separated us into different divisions,” said Ariel. “Obviously, if we got into any trouble the last thing they would want is for my brother to come to my defense or vice versa.”

Following boot camp they went their separate ways and later on as 2nd class petty officers, they found each other in close proximity once again while stationed aboard Naval



Photo by MC2 Bryan Blair

Master Chief Culinary Specialist Arturo Luna, left, his brother Senior Chief Culinary Specialist Ariel Luna and Culinary Specialist 3rd Class Mariechen Bezuidenhout begin preparing lunch for the staff at Commander, U.S. Naval Forces Central Command headquarters in Manama, Bahrain.

Station Alameda, Calif. Arturo worked at the base galley and Ariel worked in the barracks. Ariel said when they weren't together they always found a way to work together.

“We have always called and asked each other for advice,” said Ariel. “If one of us had a function, needed an idea, or if one of us had a problem, we'd call the other and work through it together.”

They said now that they're working side by side, the teamwork will come even more easily. Through their various experiences in their extensive naval careers, they will bring their own brand of leadership to NAVCENT.

“The thing that's most different now is the wealth of

knowledge the two of us have,” said Arturo. “We've both been around the world and mentored not only CS's, but Sailors from all rates, all ranks and duty stations all around the globe. Together, we can take our combined knowledge and share it with the Sailors here in 5th Fleet.”

“A lot has changed since we joined,” said Ariel. “The way the Navy operates and the ways Sailors operate are very different now, but the one thing that never changes is the importance of teamwork and striving to always better ourselves. My brother and I will take the teamwork we've had since we were kids and use it to make this strong NAVCENT team even stronger.”

Water Quality Annual Consumer Confidence Report

By Awni M Almasri

Regional Environmental Coordinator

Distribution of the Naval Support Activity Bahrain's Water Quality Consumer Confidence Report (CCR) to drinking water consumers began in late June 2013. The CCR info covers water quality data at NSA Bahrain and DoDDS for the period of 1 Jul 2012 through 30 June 2013.

As a provider of drinking water, NSA Bahrain is required by the OPNAVINST 5090.1 (series) to report test results on water that has been delivered over the past year. These Annual Water Quality Reports, also called Consumer Confidence Reports, provide data on the quality of drinking water provided to base water consumers by including information on the sources of water, health effects, compliance status, and other related statistics. They also contain tables listing any contaminants detected in the water at levels above the Maximum Concentration Limits (MCLs) set by the DoD Final Governing Standards (FGS). The MCLs set by the FGS are similar to the CONUS applicable limits set by the USEPA Safe Drinking Water Act (SDWA).

The sample collection and testing are done by trained and certified personnel following strict prescribed processes. Results are provided to the Installation's Water Quality Management Board where they are carefully reviewed and analyzed. The source of water provided by the NSA Bahrain and DoDDS water treatment and distribution system is surface water. A significant amount of resources are allocated to ensure that the water treatment and distribution systems, operate properly and efficiently to provide the safest water to all of our users. The CCR is a report to you to show that the water is safe to drink.

Each year, NSA Bahrain Environmental Department posts copies of the CCR in highly visible or high traffic areas including P-911, MWR, Desert Dome, Fitness Center, FFSC, CDC, Youth Center, NGIS, and Water Treatment Plant. Also, the annual CCR is sent out to consumers via the CO's Secretary's All-Hands Email.

Consumers may obtain an electronic copy of the CCR from the NSA website.

Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at www.navy.mil



Photo by MC2 Brian Read Castillo

Sailors man a fire hose during a flight deck damage control training exercise on board the guided-missile cruiser USS Philippine Sea (CG 58). Philippine Sea is participating in the George H.W. Bush group sail to improve strike group interoperability and prepare for an upcoming deployment.

[CHECK YOUR VISA EXPIRATION DATE]

For more information on visas and CPR cards contact Immigration at 1785-4258.

EXPERIENCE BAHRAIN



Bahrain Dhows, Muharraq

By MC1 (SW/AW) David R. Krigbaum
Staff Writer

One of the interesting photo op spots I've found on Muharraq Island (Didn't know it was an island, did you?) is the dhow boatyard and adjoining dhow graveyard. They can be found along the waterfront road leading from the middle bridge toward Arad Fort. Just look for a bunch of abandoned dhows riding low in the water, can't miss it.

Dhows are traditional Arab sailing vessels and though now often powered by diesel engines, yet maintain their classic appearance and pretty much look as dhows have for centuries. Dhow-building was an important craft in Bahrain as the boats were necessary for fishing and pearling, which were vital to Bahrain's pre-oil economy. Large dhows were also used to ferry people and goods between Bahrain's islands.

I like this area because it has an artistic beach junkyard quality to it. From the old boats floating about near the shore in various states of repair, from the half-sunk dhow to others that look like they'll sail again one day- inshallah, to the



VCNO from Page 1

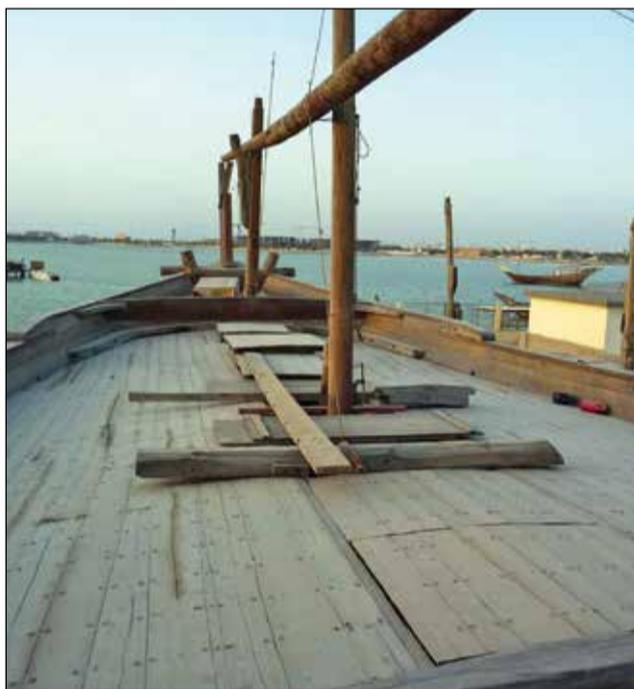
Navy, as representatives of the very best of the American people. I've received nothing but compliments since I've been here about your performance, not only day-to-day, but as representatives to the country of Bahrain."

After the all-hands call, Ferguson met with family members to discuss safety and quality of life issues in Bahrain. He then visited Squall and Gladiator to talk with the Sailors of the forward-deployed ships.

Beldo held all-hands calls with chiefs and first class petty officers on Nimitz as well as at NSA Bahrain where she spoke about personal accountability and her expectations for enlisted leadership in the Navy. She also answered questions about the current status of the Navy and her

piers and surrounding area which are very well-worn, this area has a lot of potential for creative photographers. I shot here both mid-day and at sunset, where the tide and available light affected my shoots. I believe night photography here with colored gels could be rewarding, provided you let the locals know what you're doing ahead of time. I found the people here to be friendly and let me use their pier to get better shots of dhows further out in the water and of a dhow with Arad Fort in the background.

Next to this is one of the last dhow boatyards in Bahrain where dhows are built in the traditional way out of imported Indian teak wood and not fiberglass. The clutter is better managed here, but it still gives the same vibe as its neighbor. The new boats are clean, some with fresh coats of paint and



offer a chance to appreciate the craftsmanship that went into building them. I met one of the boat builders here and when I asked for permission to shoot one of his dhows he insisted I get on and get some photos from the deck! While happy with what I shot, with the right lenses I could have gotten some better shots from the boat's raised vantage point. The boat itself was also fun to shoot because of the detail work carved into the sides and on the bow and to just see what a real dhow looks like up close.



NEX from Page 1

"This entire team of associates and management is so mission-focused on providing the military members with products and services at its best," said Aboobacker. "So much effort is put into taking care of the best people here in Bahrain."

The Navy Exchange Bingham Award was established in 1979 and was named in honor of Capt. W.H. Bingham, Supply Corps, U.S. Naval Reserve. Bingham was the Chief Executive Officer of R.H. Macy's Company and was appointed to lead an advisory board for the establishment of the Navy Exchange System in 1946.



Sales associate Umair Masood rings up a customers purchases at the Bahrain Navy Exchange.

vision for the future.

"Today's Navy faces many challenges, and strong leadership is the best weapon against those challenges," said Beldo. "Our priority needs to be training and equipping our Sailors, especially those who are forward deployed."

NAVCENT is responsible for approximately 2.5 million square miles of area including the Arabian Gulf, Gulf of Oman, North Arabian Sea, Gulf of Aden, and the Red Sea. NAVCENT's mission is to conduct maritime security operations, theater security cooperation efforts, and strengthen partner nations' maritime capabilities in order to promote security and stability in the U.S. Central Command area of responsibility.



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FUN DAY WITH MWR @ FREEDOM SOUQ GYM
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 Karaoke, Musical Walk & More.



For more information, please contact Mario Farrulla @ 493-4927 or email Mario.Farrulla@me.navy.mil



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MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
 ***** MOVIE HOTLINE: 439-6916 *****



ITT

Al Dar Island Day Trip
 Saturday, August 10
 • Time: 0930 – 1500
 • Min 10 people; ITT Price: \$17.00

Cooking Demonstration Of Arabic Food & Dinner
 Tuesday, August 13
 • Time: 1700
 • Min 5 people; ITT Price: \$23.00

Go-Kart Racing
 Wednesday, August 14
 • Time: 1700
 • Min 6 people; ITT Price: \$27.00

Horse Back Riding
 Friday, August 16
 • Time: 0800 – 1200
 • Min 8 people; ITT Price: \$26.00

Al Areen Wildlife Park
 Saturday, August 17
 • Time: 0900
 • Min 10 people; ITT Price: \$11.00

Pearl "Snorkel" Hunt
 Saturday, August 17
 • Time: 0630
 • Min 8 people; ITT Price: \$64.00

Site Seeing Tour
 Sunday, August 18
 • Time: 0800 – 1300
 • Min 5 people; Cost: \$5.00

Tree Of Life
 Wednesday, August 21
 • Time: 1000 – 1300
 • Min 5 people; Price: \$5.00

For more information, call x-3531
 All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil
 If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.

Be a YOUTH SPORTS COACH!

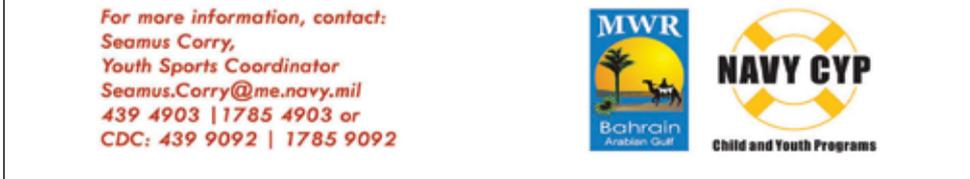


DO YOU ENJOY WORKING WITH YOUTH AND PARTICIPATING IN SPORTS?

MWR Bahrain Youth Sports is looking for enthusiastic individuals to coach young athletes ages 3 to 18.

All coaching applicants must complete a background check and obtain CPR/First Aid Certification (training available).
 In addition to specific sport training, coaches will receive training and certification through the National Alliance for Youth Sports.

For more information, contact:
 Seamus Corry,
 Youth Sports Coordinator
 Seamus.Corry@me.navy.mil
 439 4903 | 1785 4903 or
 CDC: 439 9092 | 1785 9092




Friday, August 9
SNAG
 • Time: 1830

Saturday, August 10
Pumpkin glow in the dark bowling
 • Time: 1930

Sunday, August 11
Sunday Sundaes
 • Free Ice Cream Sundae (while supplies last)

Monday, August 12
Speed Pool
 • Time: 1130; Free Pizza for players

Wednesday, August 14
Last Buck
 • Time: 1130

Saturday, August 17
Pottery, Causeway and Camel Farm Trip
 • Time: 1130

Sunday, August 18
Sunday Sundaes
 • Free Ice Cream Sundae (while supplies last)

Monday, August 19
Speed Pool
 • Time: 1130; Free Pizza for players

Tuesday, August 20
4 pictures 1 word
 • Time: 1130

Wednesday, August 21
Minute to win it
 • Time: 1130

For more information, call the Liberty Center at 439-3192



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