



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

Naval Security Forces Bahrain Security Reaction Force practices tactical team movements during a training exercise. Personnel used unloaded weapons with training magazines.

Fire and Emergency Services Department Train for Success

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — To keep up with the latest medical care techniques, Naval Support Activity (NSA) Bahrain held an Emergency Medical Technician (EMT) course on base, Jan. 8-10.

NSA Bahrain Fire and Emergency Services Department organized the training in cooperation with local organizations with experience in the field of emergency management.

“The fire department role is to support the medics,” said NSA Bahrain Fire and Emergency Services Department Battalion Chief Christopher Lemay. “We want to make sure that our skills are up to date so that we can be of assistance to the branch medical here on the installation.”

The EMT course took place over three days and included lectures, interactive presentations, practical exercises and simulations of trauma and medical situations.

“This is training on emergency medical care, or first responder,” said EMT refresher course Lead Instructor Richard Carroll. “Firefighters are the people who will get there before the paramedic crew; they would render the initial aid prior to any further emergency treatment.”

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Photos by Weam M. Ahmed

Members of Naval Support Activity (NSA) Bahrain Fire and Emergency Services Department participate in a practical exercise at the Emergency Medical Technician (EMT) refresher course held at NSA Bahrain.

When Seconds Count... Security Reaction Force

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

NAVAL SUPPORT ACTIVITY, Bahrain — There are hundreds of Master-at-Arms in the Naval Security Force (NSF) on board Naval Support Activity (NSA) Bahrain, but only a select few are part of the Security Reaction Force (SRF). Similar to a civilian SWAT team they're trained and equipped to deal with situations that regular patrolmen aren't equipped to handle.

“These are the Sailors who are the resident experts at weapons handling, tactics and are physically fit and able to assist in the event we have an incident on the base where we have to have security forces stop or eliminate a threat,” said Chief Warrant Officer Robert Goode, NSF operations officer and SRF division officer.

SRF takes aspects of the Navy Ship Reaction Force training (SRF B), used for shipboard security, combines it with the Marine Corps Urban Combat course and uses the tactics and procedures of a Marine Corps Fleet Anti-Terrorism Security Team (FAST) Company. While a

Marine Corps FAST Company provides expeditionary anti-terrorism and security support, SRF is permanently attached to NSA Bahrain and is tailored to the needs of the base.

“We have to be sensitive to the culture and people around us, to our location. This isn't a FOB [Forward Operating Base] in Afghanistan and it's not a ship,” said Master-at-Arms 2nd Class Michael Woods, SRF assistant leading petty officer (ALPO). “Our program has a law enforcement mindset, we go through our escalation of force to stop or eliminate a threat.”

To prepare SRF team members to react quickly and respond properly to any possible scenario they train in a variety of locations and buildings around the base, day or night. Training drills can focus on single aspects of the job, such as hallway movements and room entries before people are added to it. Sweeping through a building may result in a SRF team facing a single active shooter, a barricaded-in shooter or multiple shooters with hostages. Woods said the training scenarios are created to be so difficult that if an event were to happen and they respond the force isn't concerned

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THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

Where's the Tierra del Fuego? Bahrain School Students Participate in the National Geographic Bee

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

NAVAL SUPPORT ACTIVITY, Bahrain — World-wise students from Bahrain School competed in the 25th annual National Geographic Bee Jan. 10. Ten finalists from the 4th through 8th grades competed at the event, with two finalists from each participating grade. The questions were provided by the National Geographic Society and covered both American and world geography.

Bahrain School students who competed came from the United States as well as Europe. Bahrain School has competed in

the National Geographic Bee since the first one.

The Bee is composed of three rounds with contestants eliminated at the end of each.

The final round was between Netherlands native Jos van Vliet and American Luke Snyder. The question to determine this year's winner was, "The Yaghan were a nomadic tribe indigenous to Tierra del Fuego, an island group that is divided between Argentina and what other country?" Van Vliet, a 7th grader won the bee with the correct answer of "Chile."

"I was really nervous, you have the feeling even though you've studied, it drains out of you," said van Vliet. "I feel happy



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

Contestants give written answers to a question during the National Geographic Bee.

about winning."

Van Vliet, who's lived around the world from the Netherlands to Brunei, says geography is his favorite class. This is his second time competing.

Van Vliet will take a written qualifying test that will be sent to the National Geographic headquarters in Washington, D.C. The National Geographic Bee is open to school in all 50 states, U.S. territories and DOD schools. DOD schools compete as their own entity, like the states and ter-

ritories. If he qualifies he'll go onto the state finals. State winners go to Washington, DC to compete in the televised finals, which is moderated by "Jeopardy!" host Alex Trebek. The national winner receives a \$25,000 scholarship.

According to the National Geographic Society the purpose of the contest is to encourage teachers to include geography in their classrooms, spark student interest in, and increase public awareness about geography.

Can You Beat the Bee?

Questions from the National Geographic Bee
(Answers at the bottom of the page)

1. The Navajo Bridge, with its surrounding Vermillion Cliffs, attracts tourists to which state?
2. A large inland lake called the Salton Sea is located near the Imperial Valley of which state?
3. Lake of the Woods, fed by the Rainy River, lies on the border of Canada and what U.S. state?
4. The Pearl River forms a part of the border between Louisiana and what other state?
5. Name the chain of volcanic islands that stretch about 1,200 miles westward from the Alaskan Peninsula.



Mr. Jack Higbee, the moderator, quizzes contestants on their knowledge of geography.

the Bahrain DESERT TIMES

439-4520

www.cnic.navy.mil/bahrain

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Joshua van Vliet celebrates his win of the National Geographic Bee at Bahrain School.

Answers:

1. Arizona; 2. California; 3. Minnesota; 4. Mississippi; 5. Aleutian Islands

Chaplain's Corner

Care for Clunkers



By **Cmdr. Brent Johnson**
NSA Bahrain Command Chaplain

I looked up the definition of clunker in a dictionary today and found two meanings for the noun; 1. A decrepit machine, especially an old car; a rattletrap. 2. A failure; a flop. There are vehicles on our roads that fit the first definition and need to be removed. I get a kick out of seeing how hard some people labor to keep a "decrepit machine" moving. Yes, there are folks that cannot afford a good, used car. That is another issue altogether, but there comes a point when an old car should be put out to pasture.

I also started to ponder the condition of my soul. Am I becoming a clunker? There are times I have felt like a failure as a believer. Maybe I did not accomplish some spiritual discipline like I should have, or I did not act in a way that properly reflects the standards set by Christian leaders through the centuries. Some days I wonder if I have fallen into a rut spiritually and allowed myself to be "conformed by the world," rather than "transformed by the Spirit," to borrow a phrase from the Apostle Paul.

It isn't hard to become a 'rattletrap' believer. A rattletrap is a car that makes a lot of noise but doesn't perform as it was originally designed. The wheels wobble (but they don't fall down), the suspension creaks; the brakes squeal, and the car cannot get enough speed or power to operate properly. Wow, there have been times when I made a lot of noise, but did very little work that was effective in the Kingdom of God. All someone needs to

do to develop into a rattletrap is to stop practicing the simple virtues outlined so neatly in 1 Corinthians 13; faith, hope, and love. Paul, the author of 1 Corinthians, even says that a person who does not act from the virtue of love, even when performing religious acts, is just a "clanging cymbal." There is lots of noise being made, very little ministry getting done.

People really need a "care for clunkers" program. A care for clunkers program is really very simple. I like the one Chuck Norris outlined in his recent book, *Black Belt Patriotism*. Chuck Norris, who is now 72 years old, writes about how he started adulthood as a Christian, but his martial arts and acting career crowded out his spiritual life. He became very empty, a clunker to use my term for a worn soul. It wasn't until he married his wife and watched her start each morning with a Bible reading that he realized the problem, and he started to join her by listening to her daily reading. Eventually he started reading along with her. Now he doesn't like to imagine a life without spiritual discipline. In his book he suggests reading a selection from the Book of Proverbs each morning since they are so practical, and in the evening a psalm for comfort before going to sleep. That is a good, practical, simple care plan for a clunker soul.

I have a couple of friends who like to restore classic cars. They can't wait to find some old chassis to restore, an engine to rebuild, or a body to putty and paint. Classic cars are fun to look at as they go down the road. I can have a miserable time on the road, then some restored Mustang or '57 Chevy truck rolls by, and I get a smile on my face. Who doesn't enjoy the hometown parade when the restored cars go by after the band shuffles down the parade route? I want a classic soul. That means I need to put the same amount of effort into the care of my soul. Just as a car has a manual that describes how to maintain it, we have the Bible that outlines the proper care and feeding of ourselves as believers. It is time for some restoration.

By the way, Chuck Norris doesn't really age. Birthday candles are afraid of him.

LEGAL CORNER

WHAT YOU NEED TO KNOW BEFORE YOU GET A POWER OF ATTORNEY (POA)

POAs are a great tool for service members to use overseas because it authorizes an individual we trust to handle our affairs while we are away, which in turn enables us to focus on our mission. A POA is one of the strongest legal documents that you can give another person and therefore should only be used when absolutely necessary. Before you give someone a POA, you need to make sure you understand all the risks involved.

TYPES OF POWERS OF ATTORNEY

There are two types of POAs: "general" and "special". A general POA gives your agent (the individual you designate to handle your affairs) very broad powers to act on your behalf. A special POA only gives your agent authority to act on specific matters. For instance, a special POA can be limited to: financial transactions, government housing, real estate, motor vehicles, or child care.

POTENTIAL RISKS ASSOCIATED WITH A GENERAL POWER OF ATTORNEY

A general POA is a very powerful document; it gives your agent the ability to act as you on any matter, which is extremely risky. Because a general POA gives so much power, many financial or business institutions may not accept it. It is more common for these institutions to accept only a special POA that is narrowly tailored for a specific transaction. Our office policy is to recommend that you get a special POA for your affairs.

From the Desk of the Command Master Chief



By **CMDCM Ed Lambert**
NSA Bahrain Command Master Chief

Shipmates,

NOW HEAR THIS!

Apart from hearing aids, the use of portable headphones, earphones, cellular phones, Bluetooth, iPods or other listening devices while walking, jogging, running, bicycling, skating or skateboarding on NSA roadways or sidewalks is prohibited except for the "spine", gym and the ballpark. This is for the sake of ensuring good situational awareness and lessening the possibility of a mishap. Portable listening devices are not authorized while operating a vehicle (Golf carts, ATV, GSA) on NSA.



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

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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/>

Environmental Department Helps NSA Bahrain Go Green

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Many of us might not know the role Environmental Department plays in serving Naval Support Activity (NSA) Bahrain and the mission as a whole.

NSA Bahrain's Environmental Department takes care of all ecological issues on base in the best manner available as well as support the Fifth Fleet.

"Our major customer is the fleet," said Regional Environmental Coordinator Awni Almasri. "The mission of the Environmental Department is to provide timely and cost effective environmental services to the fleet."

Management of hazardous wastes, drinking water quality monitoring, ozone depleting chemicals control, solid waste disposal, management of oil spills and pest control are all examples of programs Environmental Department implements and manages on base.

According to Almasri, those programs are very important and affect the base population directly; for example, the drinking water quality program is very important to ensuring that the water on base is suitable for human consumption.

Environmental Department programs can be divided into two sections, recurring and non-recurring projects.

"Recurring projects are projects that happen every year no matter what, like hazardous waste management, recycling, drinking water monitoring and training," said Almasri. "Non-recurring projects take place every three years or whenever the mission is changed like sanitary surveys of the drinking water system, vulnerability assessments and update of hazardous waste management plans."

NSA Bahrain Environmental Department also provides coordination and support in the event of oil spills.

"We do lots of exercises to make sure our teams are aware of the spill response plan," said Almasri. "We train and we hope we'd never have to respond to a spill, but if it's necessary, and there is a spill or an incident we know our team is ready to handle with it."

Almasri said that the Environmental Department works closely with the host nation to make sure that their oil response plans match.



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

Sam Matthew, an environmental protection assistant at Naval Support Activity Bahrain Environmental Department, uses a forklift to move pallets. The pallets will be loaded onto a truck for recycling.

In addition, NSA Bahrain is one of the Navy's overseas installations selected by the Chief of Naval Operations to implement an Environmental Management System (EMS).

The EMS is an organization structure that controls ecological operations in order to help achieve internal environmental goals.

To Almasri, EMS is like a continuity book that helps all personnel at the department catch up with current environmental issues in an expeditious manner and prevents accidents from happening.

Environmental Department also focuses on training and

awareness within the NSA Bahrain community.

"One of the major keys to the success of the environmental program is training," said Almasri. "We provide frequent training and face to face training to make sure personnel on base are qualified to deal with hazards."

Environmental Department has qualified labs to test samples, and has reduced NSA Bahrain's hazardous waste disposal, and resulted in saving millions of dollars.

For more information on environmental programs and training opportunities contact Environmental Department at 439-4603.

You don't know "Squat!" NSA Bahrain Fitness hosts Squat Competition

By Cpl. Fenton Reese
U.S. Marine Corps Forces Central Command

NAVAL SUPPORT ACTIVITY, Bahrain — The Naval Support Activity Bahrain fitness program hosted its first squat competition of 2013, Jan. 8.

The competition consisted of three rounds in which each contestant squatted their pre-requested amount, increasing with each round. For each lift, the participants were given points for form and amount of weight squatted.

The score was calculated using a formula that compared the contestants' body weights to the amount they squatted. The percentile difference determined the amount of points.

Susan Jensen, NSA Bahrain Fitness coordinator, hosted the event and said she admires these types of contests and finds many benefits in competing.

"I like these competitions because not only do they give our guys something to do that involves physical fitness, it also builds camaraderie and gives them an objective to their training," she said.

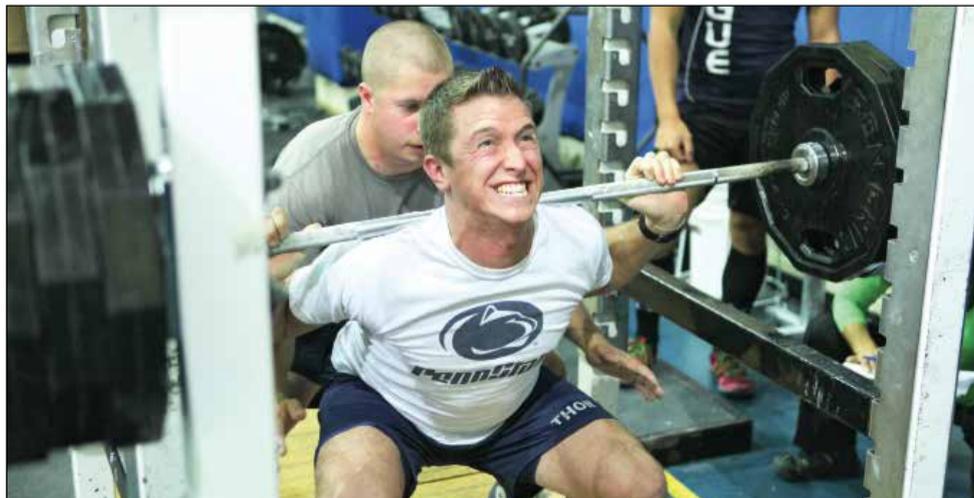
Jensen was recently appointed the fitness coordinator, and she said this was a great start to a new year.

"Although I always hope for more, this was a good turn out," said Jensen. "I am thankful for all those who decided to compete."

Master-at-Arms 2nd Class Bradford



From left: Zachary McDonald, second place; Bradford McClain, first place; and Jumar Balacy, third place; wear their placement medals and hold their complimentary Morale, Welfare and Recreation and Naval Support Activity Bahrain Fitness shirts after competing in the Squat Competition.



Photos by Cpl. Fenton Reese

Jeremy Deiter, Morale, Welfare and Recreation athletic director, performs his third and final squat during the Squat Competition.

McClain, assigned to Naval Security Forces Bahrain, agreed and said that he finds more benefit in the competition than winning.

"I have been looking for competition like this since I got here. These types of events give motivation and a desire to get stronger. It brings out the desire to compete and that is what it is all about," he said. "I use these events to focus on building my strength and just being better."

McClain won the competition with a 455lb final squat.

"I am very proud of myself. It shows my work has paid off," said McClain.

Jensen said that she was dazzled by the feat of strength, but was more fascinated by his encouragement of the other competitors.

"He was very impressive more for his support of his competition, while staying so focused, than strength," she said.

McClain spoke highly of his competition and he said he hopes they will not be discouraged and continue to do what they do and grow.

"You don't need to be the strongest guy in the gym," he said. "You just have to have that will to compete. I see a lot of potential in these guys."

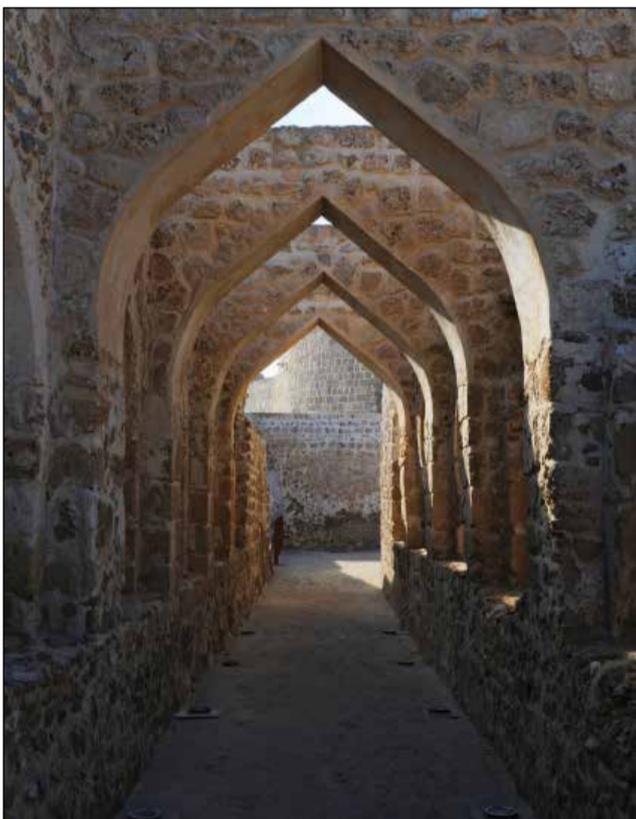
EXPERIENCE BAHRAIN

BAHRAIN FORT (QAL'AT AL BAHRAIN)

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

A place like the Bahrain Fort is one of the reasons I love living overseas. There are few forts in the U.S. as old as the Bahrain Fort and none built on a site with a history reaching back millennia before it. The current fort was started by Middle Eastern rulers of Bahrain in 15th century but finished by the Portuguese in the 16th. It sits atop a tell, which is the accumulated ground built up by the fortresses, palaces and civilizations that came before it stretching back over 4,000 years. In that time this piece of land was a major trading port between the Middle and Far East as well as the capital of the Dilmun civilization.

Visiting the fort museum I found it to be as informative as the Bahrain National Museum, but with the sole focus being the site of the fort and its surrounding environs which are all considered to be part of the fort. Artifacts excavated from the fort's tell encompasses all periods of history from the earliest habitation in 2300 BC when this was the site of the capital of the Dilmun civilization to the 16th century.



This arched hallway was designed as a choke point for invaders trying to get further into the fort.



The moat and walls of Bahrain Fort.

This near continuous occupation is one of the reasons it's a UNESCO World Heritage Site. The museum collection does a good job of conveying the site's story and shows how things gradually changed over time as civilizations rose, fell and were conquered. Being a major trading port for centuries there were a lot of pieces not usually associated with the Middle East on display such as crafts from China and India, all discovered in the tell.

If you really want to learn about the fort and the history of the place pick up the audio guide before leaving the museum, it's free and very informative. It has interviews with the archeologists who've worked the fort site as well as historic narratives.

Approaching the fort you'll see the uncovered remnants of buildings and a small coastal defense fortress. These are much older than the standing fort itself. Immediately outside the standing fort's entrance are an excavated market, warehouse and temple. Like the rest of the archeological sites it's not anything more than foundations, but the audio paints a colorful picture of the place in its heyday.

The fort standing atop the tell is a beautiful piece of work. Since it has a mixed design heritage you'll see some aspects have a Middle Eastern style to them, like the arched hall, but others are more European. It's not like other castles I've visited that have been restored and have some semblance of functionality but it's more accessible than an ar-

cheological site and I found many great places inside and outside the fort for photos. Inside you can wander through many of the halls as well as through the open wards (courtyards) and go into the towers. Again, the audio tour explains things very well.

Overall my visit to the Bahrain Fort was the most satisfying cultural trip I've taken in Bahrain as it had the most history of any place I've seen.



A view of Bahrain Fort's inland facing side.

SECURITY from Page 1

with technique or movement but doing the job at hand. This also entails hours of practice with weapon transitioning, switching from rifle to pistol and back, dry firing and speed reload drills.

"When it comes down to a major incident happening every second counts," said Goode. "Ultimately their goal is not to run in and engage every contact they encounter, it's to go in and use the minimum amount of force necessary to stop a threat."

Training scenarios are also often based on real world events such as the shootings at Fort Hood, Virginia Tech and Sandy Hook, to keep SRF personnel ready for any possibility. Even if such a scenario is unlikely in Bahrain it may happen elsewhere these Sailors go in their Navy careers.

SRF candidates must be Master-at-Arms with their qualifications up to date, excellent PRT scores, no negative counseling or Captain's Mast and recommendations from their chain of command. The candidate is given a Marine Combat Fitness Test, which is performed in body armor, to ensure the candidate is physically capable of being part of SRF then is interviewed by the LPO or ALPO. After joining SRF, members still maintain their regular MA qualifications and requirements.

"The evaluation [Marine Combat Fitness Test] was really intense," said Master-at-Arms 3rd Class Dominique

Day, an SRF member. He said that it was both physically and psychologically challenging but joining the SRF was worth it. "I extended [my tour] here to do this; this is why I joined the Navy to do this hands-on work."



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

Master-at-Arms 2nd Class Michael Woods, assigned to Naval Security Forces Bahrain, coaches members of the Security Reaction Force through a training exercise. Personnel used unloaded weapons with training magazines.

FIRE AND EMERGENCY from Page 1

According to Carroll, the objective of the course is to prepare firefighters to do the initial treatment in both medical and traumatic situations so they can help sustain life as well as educate them on basic identification of the body and the types of injuries.

"This course is going to help our new firefighters who we just brought on board understand the medical aspect of their jobs that we do on base with our firefighting efforts," said NSA Bahrain Fire and Emergency Services Department Battalion Chief Hans Christian. "It's also going to help EMTs get recertified as national registered EMTs for another two years which will help them assist our new medics who we brought on board the installation."

NSA Bahrain Fire and Emergency Services Department Emergency Medical Technician Walter Hernandez said that all firefighters on base should have some sort of medical training and the EMT course is aimed to raise their medical abilities.

"It's more of a memory refresher," said Hernandez. "When we have classes like this, it keeps us up to date with all the training for medical emergencies or any type of emergency we might have on base."

Other than this EMT course, firefighters go through different daily training exercises to ensure they are ready for any emergency.

HR Classified Ads

ANNOUNCEMENT #: NSA-13-001

Position: Material Handler
Department: NSSA Bahrain
Closing Date: 27 January 2013

ANNOUNCEMENT: NSA-13-006

Position: Warehouse Worker
Department: Distribution Center, NEX Bahrain
Closing Date: 27 January 2013

ANNOUNCEMENT: NSA-13-007

Position: Warehouse Operations Clerk
Department: Distribution Center, NEX Bahrain
Closing Date: 27 January 2013

ANNOUNCEMENT: NSA-13-008

Position: Custodian/Store Worker
Department: Main Store, NEX Bahrain
Closing Date: 3 February 2013

The mission of the Human Resources Office (HRO) is to administer Human Resources Management programs for U.S. civil servants and foreign national employees of the Naval Support Activity Bahrain. HRO provides consultative advice and guidance to various commands and activities in the following program areas: position management and classification; recruitment and staffing; labor management advisory services; Equal Employment Opportunity Program; employee development; employee relations matters; and benefit entitlements.

Questions?

To speak to a Human Resources Specialist, please call: 1785-4763 or DSN (318) 439-4763.



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Saturday, January 26

- Time: 0530 – 1000
- Max 8 people; Group Cost: \$352

Arabian Experience

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Friday, February 1

- Time: 1345 – 1900
- Min 5 people; ITT Price: \$18.00

Swim With The Dolphins

Saturday, February 2

- Time: 1000 – 1300
- Min 5 people; ITT Price: \$44.00

Guided Tour Of Mosque & Arabic Lunch

Sunday, February 3

- Time: 1000 – 1400
- Min 5 people; ITT Price: \$16.00

Cooking Demonstration Of Arabic Food & Dinner

Thursday, February 7

- Time: 1645
- Min 5 people; ITT Price: \$23.00

For more information, call x-3531

All dates and times
are subject to change

Movie Theater Announcement

We are excited to announce that we are in the process of renovating and installing new digital equipment for the MWR Movie Theater. This will allow us to offer first-run movies the day that they are released in the U.S. During this time, the base theater will be temporarily closed beginning Mon. December 10th.

We apologize for any inconvenience this may have caused. We look forward to enhancing your recreational experience in the future.

MWR

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.



Thursday, January 24

Texas Hold'em Night

- Time: 1730

Friday, January 25

\$3 Mall Trip

- Departs: 1600; Returns: 2000

Saturday, January 26

Show a Dog Some Love!

- Time: 0900; Volunteer at the Animal Shelter

Sunday, January 27

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, January 28

Speed Pool

- Time: 1130; Free Pizza for players

Tuesday, January 29

National Puzzle Day!

Wednesday, January 30

Learn How to Make Gahwa (Arabian Coffee)

- Time: 1000

Friday, February 1

\$3 Mall Trip

- Departs: 1600; Returns: 2000

Saturday, February 2

Show a Dog Some Love!

- Time: 0900; Volunteer at the Animal Shelter

Sunday, February 3

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, February 4

Speed Pool

- Time: 1130; Free Pizza for players

Wednesday, February 6

Bowling Challenge

- Time: 1600

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