

IMCMEX 13

Military Exercise Concludes

By Commander, U.S. Naval Forces Central Command Public Affairs

MANAMA, Bahrain — Bahrain (NNS) -- International Mine Countermeasures Exercise 2013 (IMCMEX 13) concluded at U.S. Naval Forces Central Command May 23, after two weeks of seminars and training operations in a wide spectrum of defensive operations designed to protect international commerce and trade.

“From my standpoint, the exercise has been a great success. We had more than a week of very complex at-sea operations with both our partners here that are from the region here and then from outside the region in fact from across the entire globe and we also had great participation from industry as well.

From that standpoint, we are very pleased with the success of the exercise. We did have an opportunity to test a lot of technology, in particular, an opportunity to learn more about our UUVs, how well they worked how, to best utilize them,” said Vice Adm. John W. Miller, commander, U.S. Naval Forces Central Command.

Over 6,500 service members, 35 ships, and three Task Forces operated the length of the Gulf, through the Strait of Hormuz, and into the Gulf of Oman. Task Force platforms included helicopters conducting over 70 sorties, ships steaming over 8,000 nautical miles, and UUVs searching over 70 square nautical miles. More than 40 nations, including Japan, United Kingdom, Qatar, Saudi Arabia, Kuwait, France, Belgium, Australia, Canada, Norway, Netherlands, and Estonia, participated in the largest exercise of its kind in the region.

“We cannot constrain these exercises to merely mine countermeasures when the problem is clearly from port of departure to port of arrival. We have to include maritime security more broadly and we have to include maritime infrastructure protection,” said Commodore Simon Ancona, RN, deputy commander, Combined Maritime Forces, and Commander of this year’s International Maritime Exercise Force (IMEF).

Mine countermeasures (MCM) operations included ships, crews and observers underway to conduct training in at-sea maneuvers, mine hunting operations, helicopter (MCM) operations, Explosive Ordnance Disposal (EOD) operations, and (UUVs). The exercise continued to validate the afloat staging base concept, employing the British Royal Fleet Auxiliary amphibious assault vessel RFA Cardigan Bay (L3009) and the Afloat Forward Staging Base (Interim) USS Ponce (AFSB(I) 15), as a platform for mine countermeasures.

Maritime security operations focused on an outward facing force protection concept that provides a safe environment for ships to conduct MCM and MIP. These operations allow naval vessels to escort convoys and ensure that commercial shipping navigates safely through chokepoints and de-mined sea lanes for the free flow of international goods. The exercise also focused on naval forces and civilian mariners planning and executing a multi-national convoy including a large natural gas tanker through the Strait of Hormuz. Maritime security operations (MSO) including search and rescue, mass casualty

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Photo by Mass Communication Specialist 1st Class Gary Keen

As Aerographers Mates, assigned to Naval Oceanography Mine Warfare Center, Stennis Space Center Mississippi, stand by an unmanned underwater vehicle leaves the surface to search for mines as part of a training exercise during the International Mine Countermeasures Exercise 2013. IMCMEX 13 includes navies from more than 40 countries whose focus is to promote regional security through mine countermeasures operations in the U.S. 5th fleet area of responsibility.



Photo by Chief Mass Communication Specialist Brian Tallette

Secretary of the Navy (SECNAV) Ray Mabus, speaks to Sailors and Marines stationed on board Naval Support Activity Bahrain, strategically located in the U.S. Navy’s 5th Fleet area of operations. Service members took the opportunity to ask Mabus questions concerning the status of the Navy, sequestration and budget impacts.

SECNAV Visits Bahrain

By U.S. Naval Forces Central Command Public Affairs

U.S. 5TH FLEET AREA OF RESPONSIBILITY — The 75th Secretary of the Navy (SECNAV), Ray Mabus, visited Sailors and Marines in the U.S. 5th fleet area of responsibility, May 16.

Secretary Mabus stopped at Naval Support Activity (NSA), Bahrain as part of a larger visit throughout the region. He held an All-Hands Call to talk to service mem-

bers about current Navy concerns and thank them for their service.

During the All-Hands Call, Mabus re-enlisted five Sailors before answering questions from the assembled Sailors and Marines.

“It was a really big honor to be re-enlisted by SECNAV, and I wouldn’t have traded it for anything in the world,” said Master-at-Arms 3rd Class Devyn Meadows, assigned to Naval Security Forces Bahrain.

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The Bahrain Desert **TIMES**

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Members of the community are seen working on a quilt during a community event.

Chaplain's Corner

There are times when we need each other



By Chaplain Keener
NSA Bahrain Command Chaplain

Many times in life we walk a journey feeling like we are all alone. We may live amongst many people but sometimes feel like we are just an island, going through the motions as if no one really cares. How we are wrong. We are never alone regardless how we are feeling. People care about each other even when we do not know the other person. There is a story about a famous test pilot who stepped up to the plate one day. This pilot was flying a fighter jet in bad weather and about to make his instrument approach to an airport. The air traffic controller called and asked how much fuel he had. "Plenty," he said. "Well," the controller said, "we've got a little problem. There's a young pilot who is not instrument rated. He's lost in the

clouds, and we were wondering if you could intercept him and lead him back to the airport." "Sure," the pilot responded. He found the lost plane and pulled up beside it. He called on the radio and told the pilot to look out to his left. There the pilot of this small plane saw the powerful fighter jet, and the man burst into tears. As far as he was concerned at that point his life was about over. He would soon run out of fuel and crash. "Don't worry," the test pilot said. "Everything's going to be OK. I'm going to pull in front of you several hundred yards. Do everything I do. When I turn, I'll turn gently. All you have to do is do exactly what I do." So carefully the leader and the follower turned on the course to the airport and slowly descended. When they finally broke through the clouds at 500', the frightened pilot saw the most beautiful sight. There in front of him was the runway, and he was perfectly set up to land.

There are times when we need a guide we can depend on. Where would we be without mentors, coaches, counselors, consultants, family, and friends when we are engaged in tasks that are beyond our expertise? We all care regardless what the media might say. There are more good out in this world than bad. At the end of the day the one who will always be with us no matter what is 'God'. He will always be there to guide us on the right course.

From the Desk of the Command Master Chief Sexual Assault Prevention



By CMC Leedom
NSA Bahrain Command Master Chief

As Sailors we share a commitment to eliminate sexual assault from our Navy.

In essence, we must ensure that everyone understands that sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned, or ignored. We need an enduring culture:

Where every Sailor is treated with dignity and respect; where all allegations of inappropriate behavior are treated with the utmost seriousness; where victim privacy is protected, and they are treated with sensitivity; where bystanders are motivated to intervene; and where offenders are fully aware they will be held accountable.

Our mission requires an all-inclusive and coordinated effort to ensure that we are aligned in working toward this end.

The CPO Mess has been instructed by the MCPON, at a minimum, to talk to one Sailor per week about sexual assault prevention. The conversation will stress how sexual harassment, assaults, and overall sexist behavior do not align with our core values.

You will be encouraged to share ideas about sexual assault prevention with your Chief. Your Chief's will be asking you to make a commitment to have a conversation about sexual assault prevention with one of your shipmates, and you are encouraged to have your shipmates have the same type of conversation with their shipmates. This level of unrelenting vigilance will foster the enduring culture of dignity and respect we as Sailors strive to achieve.

You have more than proven that you strongly desire to serve our country and should be able to serve with pride and professionalism without fear of inappropriate behavior, sexual harassment or sexual assault. If there are concerns that need to be raised, provide the information to your chain-of-command, who will take the appropriate action.

"They Think We're An Easy Target"

By Mass Communication Specialist 1st Class (SW/AW) David R. Krigbaum

Members of the Naval Support Activity Bahrain community attended a self-defense seminar hosted by the Coalition of Service members Against Destructive Decisions (CSADD), May 20. CSADD started the class in early 2012 as a way to help people learn to protect themselves from assault, such as street crime. Cryptographic Technician (Technical) 2nd Class Nicholas Goodson, CSADD First Secretary, said that though the focus is on women anyone can participate in the free class. Marine Sgt. William Mullen, assigned to U.S. Marine Forces Central Command, instructed the course. Mullen has a decade of combat-ives-oriented martial arts training which includes experience with Krav Maga, Sambo and Brazilian Ju Jitsu. He is also a trained Marine Corps Martial Arts Program instructor.

Mullen said teaching this seminar was unique because he usually trains people with some experience in a martial or defensive art. His students in the seminar were mostly first timers so he kept it simple and focused on teaching defensive measures for the most common types of attacks. The most important thing he believed students could take from the class was a solid understanding of the fundamentals and understanding that survivability is not a single dimensional thought. "Brilliance is always in the basics," said Mullen. During his two-hour seminar he taught basic strikes, blocks, proper falling technique and how to handle an armed assailant. "Techniques should be realistic, quick and effective. In moments of friction the simplicity of the techniques are a gross motor skill that can be done without much thought and be reactive and to a point instinctive."

When dealing with an armed attacker he taught using the acronym "DRAC," which means "Distract, Redirect the weapon, Attack and Control." He demonstrated the principle with the help of Marine Cpl. Jacob Shellenberger, assigned to U.S. Marine Corps Force Central Command, who played the role of an attacker armed with a knife and then a pistol.

"For women they [criminals] think we're an easy target and we're very docile and that's not true," said Information Technician 2nd Class Tameka Cockerham, assigned to Naval Computer and Telecommunications Station Bahrain. This was her first experience with a martial arts class or seminar. "It was very informative and helpful, especially being a woman out here in a different environment and a mother."

The next class is planned for late June.



Photo by Mass Communication Specialist 1st Class David R. Krigbaum

A civilian student practices self-defense techniques with Sgt. William Mullen and Cpl. Jacob Shellenberger, both assigned to U.S. Marine Corps Forces Central Command, at a Coalition of Service Members Against Destructive Decisions sponsored Self-Defense Training Seminar, May 21.

LEGAL CORNER

LT Candace Holmes, JAGC, USN

There are two online legal resources that all servicemembers should be aware of in the event a legal issue arises. These websites are extremely useful if you ever need to hire a civilian attorney or want to educate yourself on a legal issue.

- American Bar Association Home Front for Military Families http://www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html

This website is a great resource if you are looking for legal assistance in your state. You can select the appropriate state and see a listing of military legal assistance offices, legal aid and pro bono organizations, and lawyer referral services. Some of the programs may have income-eligibility limits, but they will let you know when you call. Many of the states have military specific programs where attorneys take cases of servicemembers for free or at a discounted rate.

- Law Help <http://www.lawhelp.org/>

This website is great for educating yourself on various legal issues. The website is organized by state and contains information about landlord/tenant issues, divorce, custody, child support, small claims court, adoption, paternity, disability, and consumer issues. Additionally, some of the state sites have self-help court forms available for divorces or other legal matters.

If you have any questions about this topic, please contact our front desk at 439-4237.

NSA Honors Fallen with Memorial Day Remembrance Ceremony

By Mass Communication Specialist 1st (SW/AW) Class David R. Krigbaum

NAVAL SUPPORT ACTIVITY, Bahrain — A Memorial Day remembrance ceremony was held at Naval Support Activity Bahrain, May 27. It honored not only the 1.2 million Americans who have died defending the United States but also prisoners of war (POW) and those still missing in action (MIA).

“We must never forget the sacrifices these brave men and women have made and continue to make and the suffering that some still endure for us and our way of life,” said Capt. Colin Walsh, NSA Bahrain commanding officer, during his opening remarks. He concluded his remarks with the Gettysburg Address.

“Memorial Day is a good time for Americans to reconnect with our history and core values by honoring those that gave their lives for the ideals we cherish,” said guest speaker Capt. Edward D’Angelo, Shore Battle Space chief of staff. He gave a brief history of Memorial Day and how it began as a day when flowers would be laid at the graves of Soldiers who died in the Civil War. After the history he asked what drove and enabled common citizens to be willing to fight and die for their country.

“The answer I think is values,” he said. “The proud legacy of our Navy and our nation is grounded in these core values of honor, courage, commitment as well as duty, loyalty, respect, integrity and selfless service. These values made our Navy and our nation strong; they’ve carried us for more than 230 years. We in this country owe a great debt of gratitude to those that have sacrificed their lives so we could live free. We can start to pay back that by not forgetting but instead remembering what they did and what they stood for.”

Part of the ceremony honored POW/MIAs with a traditional POW/MIA table, an unoccupied table with six seats, representing the services and DOD civilians, and six places set. On each table is a slice of lemon and pinch of salt. Chaplain Lt. Cmdr. Robert Keener laid ceremonial laurels and flowers upon the table as the Master of Ceremonies, Cmdr. Justin Rubino, NSA Bahrain’s executive officer, explained their symbolism. Later six personnel representing each branch and civilians would lay a hat at the table and finish the table ceremony by inverting the glasses and pushing in the chairs, as their symbolic occupants could not be there to sit in them.

After, a flag detail folded an American flag as Rubino read a patriotic quote for each fold. The ceremony ended with the laying of a memorial wreath by Walsh and D’Angelo.



Photo by Mass Communication Specialist 1st Class David R. Krigbaum

Capt. Edward D’Angelo, Shore Battle Space Chief of Staff, speaks at Naval Support Activity Bahrain’s Memorial Day ceremony.

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treatment, boarding, search and seizure, and 470 nautical miles of shipping escort from Fujairah, United Arab Emirates to Qatar.

A three-day Maritime Infrastructure Protection Symposium provided an exchange of ideas as industry representatives discussed means to ensure the safety of maritime commerce through vital sea lanes and at strategic sea ports with senior leaders from participating countries. Maritime infrastructure protection (MIP) included close engagement with industry partners, conducting a table-top oil-spill exercise, and standing up a cell to coordinate military and civilian shipping. In addition, mass casualty drills that simulated maritime accidents extended the infrastructure protection concept to include medical triage and evacuation of injured personnel. “We had representatives here as part of the exercise from North America, South America, Europe, Asia, the Western Pacific... That gives us a very good idea of the fact that many nations understand this is a global problem with global consequences that will require a global response,” said Admiral Miller.

IMCMEX 13 took place in the U.S. Central Command area of responsibility, which encompasses about 2.5 million square miles of water and includes the Arabian Gulf, Arabian Sea, Gulf of Oman, Red Sea, and parts of the Indian Ocean. Twenty countries comprise this expanse which includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.



Photo by Mass Communication Specialist 1st Class Michael Sandberg

Ships line up in formation for a photo exercise during International Mine Countermeasures Exercise (IMCMEX) 13. IMCMEX includes navies from more than 40 countries whose focus is to promote regional security through mine countermeasure operations in the U.S. 5th Fleet area of responsibility.

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Later that day while touring guided-missile cruiser USS Monterey (CG 61) Mabus commissioned former Fire Controlman First Class, Ensign Earl Thurman. Mabus talked about the importance of our international partnerships and the future of Navy shipbuilding. He said he appreciates speaking to Sailors and Marines about current issues and hearing them voice their concerns. Mabus thanked the Sailors and Marines for their sacrifices.

“You’re the best we’ve got,” he said. “America has the greatest expeditionary force the world has ever known.”

“A lot of times, the only American a foreigner ever meets is a Sailor or Marine and the diplomacy the Sailor and Marine practices everyday is not just at sea, it’s also the work you do ashore. The interactions you do, you represent America.”

While in Bahrain, Mabus also met with His Royal Highness Prince Salman bin Hamad Al-Khalifa, Crown Prince of Bahrain.

“The meeting with our Bahraini partners is to make sure we have the support that the Navy and the Marine Corps are going to need as we go forward,” he said.

Mabus left Bahrain and continued on to visit Sailors and Marines at forward-deployed units operating in the U.S. Naval Forces Central Command area of responsibility.

IG HOTLINES

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NAVCENT Inspector General

Telephone #: +973-1785-3574 DSN: 439-4213 Fax: 439-9116
E-mail: ig.hotline@mc.navy.mil

Navy Region Inspector General (NSA Bahrain)

Telephone #: +39-081-568-2983 DSN: 314-626-2983
E-mail: ighotline@eu.navy.mil

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

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>

Marine Corp Inspector General

Telephone #: 703-604-4526 DSN: 312-664-4526
Website: <http://www.hqmc.marines.mil/igmc/>

Army Inspector General

Telephone #: 703-545-1845 DSN: 312-865-1845
Website: <http://www.daig.pentagon.mil/>

Air Force Inspector General

Telephone #: 202-404-5354 DSN: 312-754-5354
E-mail: SAF.IG@Pentagon.AF.Mil

DoD Inspector General

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



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HERITAGE MONTH
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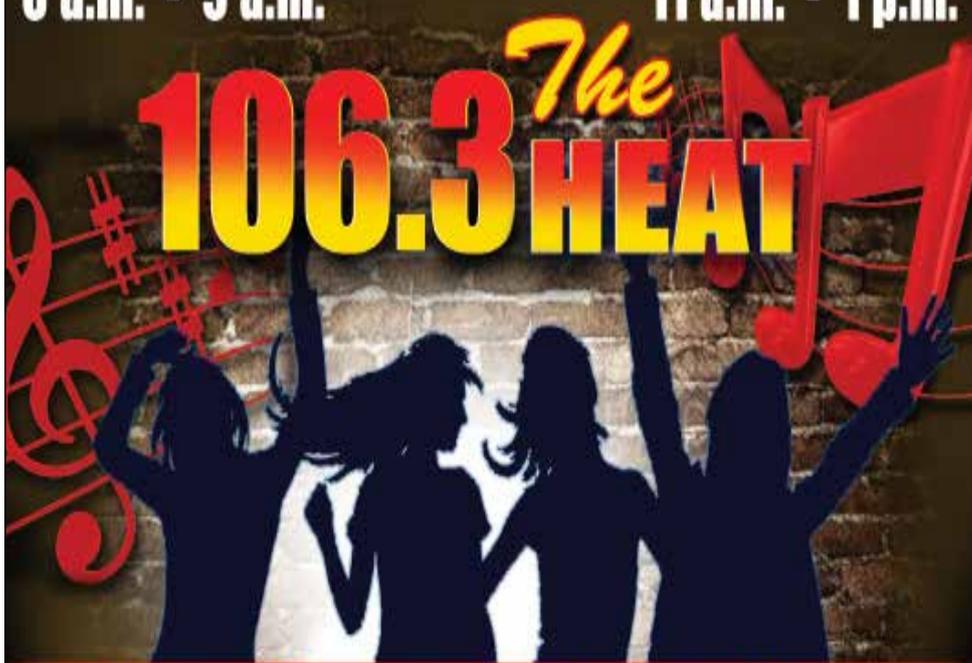
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 Min 10 people, ITT Price: \$17

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 • Min 5 people; Price: \$5.00

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Saturday, June 8
 • Time: 0900 - 1600
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Thursday, June 6
 • Time: 1700
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Tree of Life

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 • Min 5 people, Price: \$5.00

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

Comments & Suggestions

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 If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



<p><i>Sunday, June 2</i> Sunday Sundaes • Free Ice Cream Sundae (while supplies last)</p>	<p><i>Thursday, June 6</i> Watermelon eating competition • Time: @ 1130</p>
<p><i>Monday, June 3</i> Speed Pool • Time: @ 1130</p>	<p><i>Sunday, June 9</i> Sunday Sundaes • Free Ice Cream Sundae (while supplies last)</p>
<p><i>Tuesday, June 4</i> 9 Ball Pool Tournament • Time: @ 1130</p>	<p><i>Monday, June 10</i> Speed Pool • Time: @ 1130</p>
<p><i>Wednesday, June 5</i> Words with Friends • Time: @ 1000</p>	<p><i>Tuesday, June 11</i> 8 Ball Pool Tournament • Time: @ 1130</p>

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



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