

Capt. Meron Takes Command of the Most Operational Base on Earth



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

Capt. David Meron, Naval Support Activity Bahrain commanding officer, gives his remarks during the change of command ceremony after relieving Capt. Colin Walsh.

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

NAVAL SUPPORT ACTIVITY, Bahrain — Naval Support Activity (NSA) Bahrain held a change of command ceremony, June 27.

Captain David Meron relieved Captain Colin Walsh as NSA Bahrain's commanding officer during the ceremony.

During his tenure Walsh oversaw a multitude of projects, to include a \$570 million military construction program and the establishment of the base fire department.

Guest speaker Rear Adm. Anthony Gaiani, commander, Navy Region Europe, Africa, Southwest Asia, acknowledged these improvements and stressed the importance of NSA Bahrain when he stated it is the most operational and relevant base in the Navy.

"[NSA Bahrain is] the base that sets the standard and is developing them for forward deployed, and leading support to operational forces. What's being learned here in terms of effective and efficient basing is being adopted by the Navy around the globe." Gaiani lauded

Walsh's ability to run a base that ably supports the Navy's mission, its ships and aircraft and doing so on a base working at more than 150% operating capacity on a relatively small budget. "He's kept his head, his sense of humor and perspective, often under very difficult circumstances. He's been the right man, in the right place, at the right time!"

After the admiral spoke Walsh was presented with the Legion of Merit and his command pennant.

"This has been an eventful tour loaded with many highs and lows," said Walsh. "I shall recall from this tour the fantastic support displayed by all the Sailors and Marines here in Bahrain that will be ever present in my heart."

He closed out by thanking everyone that contributed to the success of his tour and wishing his successor the best. Walsh is heading to Allied Military Command Northwood, in London, England where he will be the Assistant Chief of Staff for Maritime Air.

Capt. Meron affirmed his commitment to continuing with plans set forth by Capt. Walsh for NSA Bahrain.

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

Cmdr. Leif Hammersmark, Naval Support Activity (NSA) Bahrain executive officer, briefs Sailors during NSA Bahrain's Sexual Assault Prevention and Response (SAPR) stand down, June 17. The intent of the stand-down was to ensure service members clearly understand SAPR principles and the resources available.

“Leadership Starts With You”

By MC2 (SW/AW/IDW) Ashante Hammons
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — The command triad of Naval Support Activity (NSA) Bahrain conducted a sexual assault prevention and response (SAPR) stand-down, June 17-19.

All Navy commands have been directed to conduct a SAPR stand-down between June 10 and July 1st. The intent of this stand-down is to ensure service members clearly understand SAPR principles and the resources available.

"We own this problem now and we're going to eradicate it," said Capt. Colin Walsh, NSA Bahrain's commanding officer.

The commanding officer, executive officer, and command master chief conducted the interactive training with Sailors to discuss their roles in eliminating sexual assault, creating an environment with no stigma or shame, and upholding the Navy Core Values of Honor, Courage, and Commitment. The material presented during the stand-down builds upon the previous SAPR-Fleet and SAPR-Leadership trainings.

"This training focuses on every Sailor, no matter what rate or rank, on being able to make a difference in preventing sexual assault. We honor the Sailor's Creed and the Navy Core Values and must do the right thing by helping one another in need. As Sailors, we must stand up for each other," said Cmdr. Leif Hammersmark, NSA Bahrain executive officer. "One person can make a difference."

The training focused on Sailors taking an active role as bystanders on and off base. Command leadership encouraged Sailors to speak up when there was an uncomfortable situation at hand.

"Everyone must be held accountable for their actions, whether on duty or off," said Hammersmark. "Leadership starts from the deck plates on up."

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STORIES
AND
MORE...

Family Life at NSA Bahrain



D-Day for Operation Thin Mint

Girl Scouts give Sailors free cookies from Operation Thin Mint. Girl Scouts handed out many of the 5,000 boxes of cookies sent to NSA Bahrain.



Information Systems Technician 1st Class James Pettigrew, assigned to U.S. Naval Forces Central Command, helps unload and distribute Girl Scout Cookies donated by the Girl Scouts' Operation Thin Mint on board Naval Support Activity (NSA) Bahrain. Operation Thin Mint sent more than 5,000 boxes of cookies and cards thanking military members for their service.



Naval Aircrewman (Mechanical) Felix Gonzales, assigned to Naval Support Activity (NSA), helps unload and distribute Girl Scout Cookies donated by the Girl Scouts' Operation Thin Mint on board NSA Bahrain. Operation Thin Mint sent more than 5,000 boxes of cookies and cards thanking military members for their service.

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

NAVAL SUPPORT ACTIVITY, Bahrain — Pallets of vital supplies have arrived on board Naval Support Activity Bahrain, though not of parts, weapons, fuel or ammunition, but Girl Scout cookies. The cookies were sent to Bahrain as part of Operation Thin Mint, a Girl Scouts program that sends cookies and notes of appreciation to deployed service members.

More than 5,000 boxes were brought to Bahrain and have been distributed to both commands and individuals. Along with the boxes thank you cards from Girl Scouts were also passed out with them. On Thursday morning Cookie Coordinator Yeoman 1st Class Jan Smith and her team prepared pallets of cookies to be sent to Bahrain commands but in the afternoon many boxes of cookies were brought to the Freedom Souq to be handed out by local Girl Scouts.

"It's a rewarding experience and it feels good to help children give back," said Smith, whose daughter is a Girl Scout.

Operation Thin Mint is an annual Girl Scouts San Diego-Imperial Council exercise that began in 2002 as a way to thank deployed military members for their service. This year 180,968 boxes and accompanying cards were sent overseas to U.S. military bases in the Pacific, Asia and Africa.

"I think it's a wonderful thing that they're providing for us, it helps us feel connected to home," said Electronics Technician 1st Class Todd Richard, assigned to Naval Security Forces Bahrain. He said the Girl Scouts should be proud of what they've done and considers Operation Thin Mint their significant contribution to the military community.



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

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Naval Support Activity Bahrain
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Logistics Specialist Seaman Lisa Thepvongsa, assigned to Naval Supply Systems Command Fleet Logistics Center Sigonella Bahrain and Personnel Specialist Seaman Whitney Tyler, assigned to Personnel Support Detachment Bahrain, sort 'thank you' cards donated by Operation Thin Mint. Operation Thin Mint sent more than 5,000 boxes of cookies to Bahrain which will be given for free to service members serving in Bahrain.

Chaplain's Corner

God Knows



By Chaplain Keener
NSA Bahrain Command Chaplain

Have you ever had a job where you felt like you received "No Love" or did not get the simple respect that you deserved? Ever felt like the person that goes the extra mile trying to make sure everything and everyone is being taken care of only to find out that other people are getting the credit for your generosity and hard work? This happens in life and it is very frustrating at times. We want to be appreciated and we want to receive the acknowledgement that we deserve but often this is not the case. I shared this story at Mass the other day and would like to share it with you: There was a farmer who had a horse and a goat. One day, the horse became ill and he called the veterinarian, who said, "Well, your horse has a virus. He must take this medicine for three days. I'll come back on the 3rd day and if he's not better, we're going to have to put him down."

Nearby, the goat listened closely to their conversation. The next day, they

gave the horse the medicine and left. The goat approached the horse and said, "Be strong, my friend. Get up or else they're going to put you to sleep!"

On the second day, they gave the horse the medicine and left. The goat came back and said: "Come on buddy, get up or else you're going to die! Come on, I'll help you get up. Let's go! One, two, three."

On the third day, they came to give him the medicine and the vet said: "Unfortunately, we're going to have to put him down tomorrow. Otherwise, the virus might spread and infect the other horses."

After they left, the goat approached the horse and said: "Listen pal, it's now or never! Get up, come on! Have courage! Come on! Get up! Get up! That's it, slowly! Great! Come on, one, two, three. Good, good. Now faster, come on. Fantastic! Run, run more! Yes! Yay! Yes! You did it, you're a champion!"

All of a sudden, the owner came back, saw the horse running in the field and began shouting: "It's a miracle! My horse is cured. We must have a grand party; we must have a cook out. Let's kill the goat!"

How often do we feel like the goat, the one that did all the encouragement, the one that if it were not for us things would not have gotten done or something would have fallen apart? This happens in our work environment and in life in general. There are times when no one really knows who deserves the merit of success or who is actually contributing the necessary support to make things happen. We do it because we should and it is the right thing to do. Learning to live without being recognized is OK because at the end of the day our God watching out for us misses nothing!

From the Desk of the Command Master Chief



By Command Master Chief Beverly Leedom
NSA Bahrain Command Master Chief

The Kingdom of Bahrain's attractive conditions and strong economic opportunities continue to appeal to citizens from all over the world. Residents include people from the United States, Britain, India, Pakistan, Iran and the Philippines, as well as people from a number of other nations throughout the world which add to the diversity of the Kingdom of Bahrain.

Our workforce at Naval Support Activity Bahrain is also comprised of a diverse group of personnel; diversity should never be based or measured by quotas, percentages, or statistics. Diversity is measured in terms of the talent, which results in peak performance that we collectively bring to our team of

highly skilled and gifted professionals. Our strength is in the unique personal characteristics and abilities that each of us, Military or Civilian, bring to NSA which continuously adds value to our workforce which relies upon the widest possible set of talents and backgrounds to maximize our capability, take advantage of new opportunities and adapt to new challenges.

We must make every effort to adhere to a professional culture of fairness and respect, and value the contributions each of us makes to NSA Bahrain's capability and to our forward operating presence. We are obligated to ensure that everyone is afforded the same opportunity in an environment free of discrimination, preferential treatment, or any manner of exclusion or intolerance that hinders personnel from developing their talents to their fullest potential.

Our policies and programs have been developed to inspire all of us to be empowered to contribute and to attain the highest levels of leadership based upon our levels of sustained superior performance. Diversity within our force is viewed from the top down as an integral part of the military's effectiveness in operating forward and always being ready. We are also as professionals expected to understand the cultures in which we operate. I encourage each of you to understand and adhere to the local culture, customs and traditions of our diverse host nation.

Which Side Are You On?

By Hospital Corpsman John LeBlanc
Health Promotions & Wellness

What if I told you, "You could lose 10 pounds in one day! You could gorge on snacks and soda until your heart's content. And here is the kicker, you could still fit into your skinny jeans later!" It sounds too good to be true, right? While you might not be able to lose 10 pounds in such a short order, except for dangerous surgeries and weight loss pills, you can lose weight with proper diet and exercise.

Weight loss is a process that takes time and physical and mental effort to achieve. The first steps to weight loss is dropping unhealthy eating habits and increase your aerobic activity. Secondly, be aware that we all signed on the dotted line and raised our right hand committing to a greater cause than ourselves, and a readiness posture.

Junior sailors are confronted with a host of unhealthy eating options daily. Limited cooking resources, tight schedules, and the convenience of fast food bombard a Sailor's every day routine. These can be hard obstacles to overcome. It's easy to say, "I am tired, and all I want is something to eat, regardless." Healthy options lay in wait all around us and with a little effort; healthy options can be found, consumed and enjoyed.

Here is a simple healthy eating challenge. Try replacing 1 - 2 unhealthy foods in your diet with something cleaner and leaner. Do some moderate cardio for 30-45 minutes, 5 times a week. Watch your baseline and waistline shrink, much to your delight and surprise.

Changing your diet can be tough on many levels. Healthier options are available, and portion control is paramount to weight loss success. No matter if you are in the NEX for a sub, the Oasis for a salad, picking up a burger without the bun or even purchasing groceries, options are available. Here are a few pearls to search for.

-Instead of a sugary soda, try some water fortified with electrolytes or add a lemon, lime or cucumber slice to your water container to change it up.

-Pack in some vitamins with fresh squeezed fruit juice as part of your breakfast or lunch. If you must have a dessert twice a week, go for an oatmeal cookie instead of chocolate chip. Oats contain a special type of fiber called beta-glucan which strengthens your immune system, stabilizes blood sugar levels and lowers cholesterol.

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-Pecans, dry roasted almonds mid-morning or mid-afternoon will curb those hunger cravings.

-Try replacing ice cream with frozen yogurt or order a smoothie made with fresh fruit, water, yogurt and protein powder.

-Kick the white rice habit and try brown rice. More fiber, more protein, more muscle power!

Skip the coffee habit and try an apple. Studies have shown that an apple in the morning does a better job of waking you up than a cup of coffee. It also contains healthy fibers and less sugar! In addition, go for a white, green or black tea, it helps trim fat cells.

The perimeters of most grocery stores offer a variety of healthy, clean foods. Try tuna or salmon pouches, fresh vegetables and fruit, chicken breasts, turkey and fish like Tilapia. Replace things like ketchup and mayo that own bragging rights to sugar, fats and high calories, with mustard and pepper, members of Club Zero.

There you have it: a sprinkling of great options and pearls of wisdom to maximizing a healthier lifestyle. Do it for you, do it for the team!

U.S. Marines conclude training in Jordan, return to sea

By Cpl. Kyle N. Runnels

Combat Correspondent, 26th Marine Expeditionary Unit

AL QUWEIRA, Jordan — Marines and Sailors assigned to the 26th Marine Expeditionary Unit (MEU) participated in a combined arms live-fire exercise (CALFEX) in conjunction with members of the Jordanian Armed Forces June 19, 2013. The CALFEX was the final demonstration concluding Exercise Eager Lion 2013, an exercise planned for over a year, June 20, 2013.

Many Jordanian distinguished visitors and more than 100 media gathered to view the showcasing of the two armed forces abilities and cohesion.

“[CALFEX] is a demonstration of the combined arms capabilities of both the ground and air forces of the Exercise Eager Lion force,” said Brig. Gen. Gregg P. Olson, Marine Corps Forces Central Command Forward commanding general. “We have been training together for a couple of weeks, from the squad level all the way up to the brigade level.”

The exercise began as faint whistles turned into concussive explosions as artillery and mortars began their indirect-fire. Next, U.S. Air Force F-16 Fighting Falcons and U.S. Marine Corps AV-8B Harriers screeched across the sky, dropping live-ordnance. They were followed by AH-1 Super Cobras from both militaries displaying their firepower and giving an impressive effect as they banked, releasing flares. The groundside assault came next as M1A1 Abrams main battle tanks and JAF Challengers fired volleys from their 120 mm main guns with .50 caliber rounds to follow. Once the tanks started to encroach on the target amphibious assault vehicles followed which led to troops unloading and closing in on the objective. To finish off the exercise, red smoke targeted a simulated casualty which was loaded onto a UH-1N Huey and flown to safety.



Photo by MC2 Corbin J. Shea

Ships of the Kearsarge Amphibious Ready Group (ARG) sail in formation. The Kearsarge Amphibious Ready Group is made up of USS Kearsarge (LHD 3), USS San Antonio (LPD 17) and USS Carter Hall (LSD 50) and is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

LEGAL CORNER

LCDR Tahmika Jackson, JAGC, USN
Staff Judge Advocate, NSA Bahrain

The Commanding Officer, NSA Bahrain, would like to sincerely thank this year's Volunteer Income Tax Assistance (VITA) program volunteers for their dedicated efforts during the tax season. Thanks to their contributions, the VITA program processed over 460 federal and state returns, which saved tax payers over \$60,000 in tax preparation fees and assisted them in receiving over \$450,000 in refunds.

VITA Center OIC
LT Candace Holmes, JAGC, USN

VITA Volunteer Site Coordinators
Ann Snyder
ENFN Ashley Key, USN

VITA Volunteers:
Adrianna Grimsley
Kristina Ferguson
LSC Paul Candaza, USN
LS1 Ramiro Vazquez, USN
OS2 Dawana Brown, USN
ET2 James Vance, USN
BM2 Christine Bond, USN
MA3 Dominique Jilestooke, USN

THANK YOU AND BRAVO ZULU!!



Photo by MC2 Jonathan Vargas

A landing craft air cushion (LCAC) from Assault Craft Unit (ACU) 4 lands on a beach after departing the amphibious assault ship USS Kearsarge (LHD 3) upon conclusion of Exercise Eager Lion. Exercise Eager Lion 2013 is an annual, multinational exercise designed to strengthen military-to-military relationships and enhance security and stability in the region by responding to realistic, modern-day security scenarios. Kearsarge is the flagship for the Kearsarge Amphibious Ready Group and, with the embarked 26th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

“This was a lot of combat power to bring to bear,” said Col. Matthew G. St. Clair, 26th MEU commanding officer and a Jarrettsville, Maryland, native. “That is what our focus has been on these last 12 days.”

St. Clair said this exercise, as well as all exercises performed during 26th MEU's 5th Fleet deployment, strengthened the ties between U.S. and Jordan, and helped the nations continue to share and practice tactics, techniques and procedures.

“We have done exercises in Oman and we have done exercises in Qatar, and this was the same type of exercise demonstrating how the U.S. can integrate its combat power with its partner nations [to demonstrate a] very capable force,” said St. Clair.

Olson stressed that the significance of Eager Lion is to give great opportunity for U.S. and Jordan forces to partner together in really positive training areas.

“Building partnership capacity and executing safe, but realistic training, I think, [is] our message for Eager Lion,” said Olson. “...We are more than willing to train with our Jordanian partners to build their partner capacity, to build our partner capacity, and to do so on some excellent facilities in a live-fire environment. The Jordanians and [U.S. military members] have a strong friendship. We have a strong military affiliation for each other, and it is a pleasure to train with this excellent partner.”

With the conclusion of the exercise, Marines and Sailors of the 26th MEU are making their way back to the ships of the Kearsarge Amphibious Ready Group where they will return back to sea to continue their 2013 deployment in the 5th Fleet area of responsibility.

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Personnel Specialist 3rd Class Aston Asamoah believed the training was very helping and demonstrated how important this topic is throughout the Navy.

“The speakers had their own set of messages that revolved around everyone being a leader,” said Asamoah. “They also backed their points with their experiences. These people given the training have been in the Navy for a long time, which means they have seen much. So for them to share their knowledge and experience with us was a step in the right direction.”

The training included Fleet and Family Support Center counselors, chaplains, judge advocate general personnel, and leadership throughout the base.

The sexual assault prevention and response policy was implemented in October 2005. Its mission is to provide tools and guidance to educate military members on the prevention sexual assault.

As part of the stand-down, the Navy will conduct an active review of credentials and qualifications of recruiters, sexual assault response coordinator's (SARC), victim advocates (VA), training center and institutional instructors, recruit training center division commanders, NCIS investigators, sexual assault nurse examiners and those qualified to conduct sexual assault forensic examinations.

For more information on the Navy Sexual Assault and Prevention Program, visit www.sapr.navy.mil.



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

Capt. Colin Walsh, Naval Support Activity (NSA) Bahrain commanding officer, briefed Sailors during NSA Bahrain's Sexual Assault Prevention and Response (SAPR) stand down, June 17.

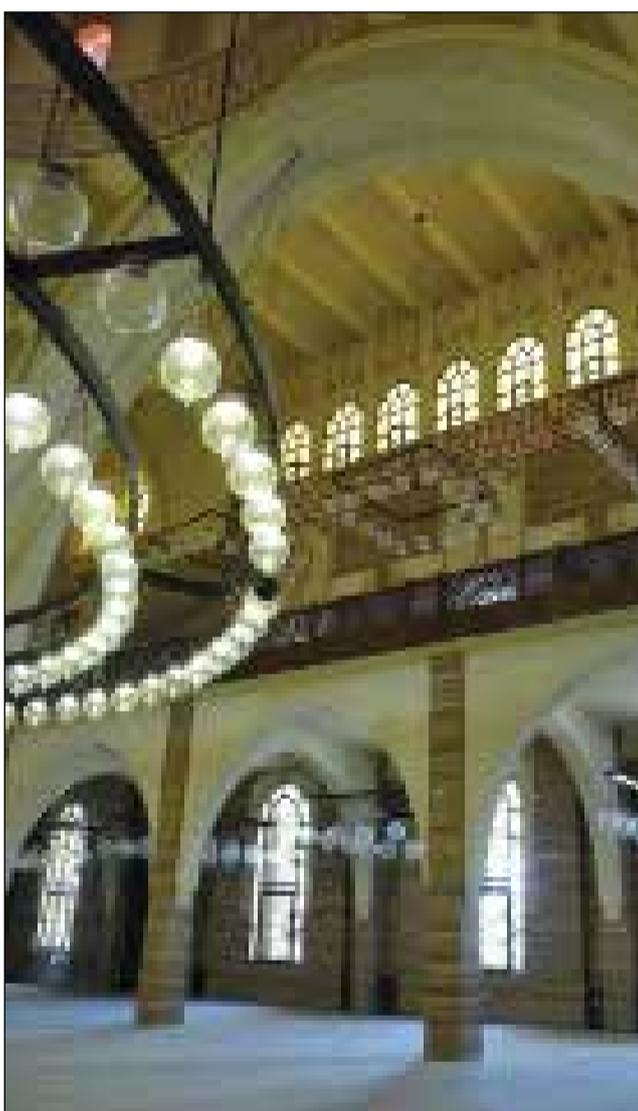
EXPERIENCE BAHRAIN

Ahmed Al Fateh Mosque (Grand Mosque)

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

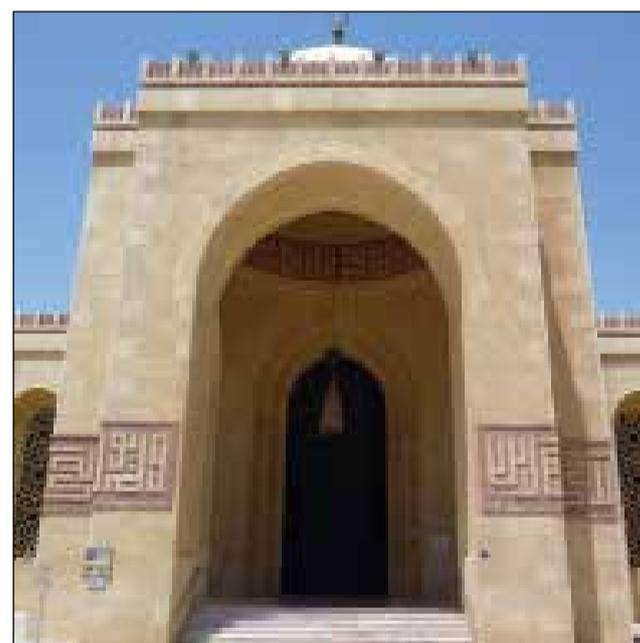
The other day I had a realization and for once, thankfully, it had nothing to do with a soon to be late bill. I've been in Bahrain almost a year and have never visited the Grand Mosque, which is just a few blocks from my house. I've been to all the forts and took the long drive out to the Tree of Life at one point, but the Grand Mosque is so close I kept telling myself I'll run down and see it next weekend. Then I realized I was running out of weekends.

The mosque was named for Sheikh Ahmed bin Muhammad bin Khalifa, also known as Ahmed Al Fateh, which means "Ahmed the Conqueror." He conquered Bahrain and his family rules the country to this day. The Grand



Mosque opened in 1988. Its design is based on a centuries old mosque in Egypt, though it has a contemporary feel to it. If you want to get a feel for Islamic architecture this is a convenient place to do it as it incorporates all the major features of the style.

I visited on a Saturday morning and was one of three visitors, which is how I prefer sightseeing. Architecturally I found the mosque to be very beautiful and I enjoyed taking in the detail work throughout the structure. The tour itself runs 20-30 minutes based on how much you want to learn from your tour guide. My guide Raheim took the time to answer questions and explained a lot about the mosque, its construction and explanations of its details, what the Quranic sciences were, and a bit about Islam. I've been to other places of worship before, churches, cathedrals, temples and shrines, but never a mosque so I had a few things to ask about his religion which he did. Islam is Bahrain's national religion so as a service member stationed here it makes sense to take a little time to better understand it and the surrounding traditions and customs to better understand Bahrain.



IG HOTLINES

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CNREUAFSWA Inspector General (NSA Bahrain)

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

CAPT. MERON from Page 1

"To the men and women, civilian and military of Bahrain," said Meron. "I'll give my absolute best each day to provide you with continued leadership and guidance you deserve so that our team performs at the highest possible level and that NSA Bahrain is known throughout the fleet for its excellence."

Capt. Meron joined the Navy in 1982, and before coming to Bahrain served as Executive Assistant to Commander, U.S. Sixth Fleet and Deputy Commander, U.S. Naval Forces Europe and Africa. He is a 2007 graduate of the Naval War College where he earned a Masters of Arts in National Security and Strategic Studies and was selected to participate in the Halsey Group, a joint/interagency team focused on Ballistic Missile Defense.

NSA Bahrain provides operational support to U.S. and coalition forces operating throughout the Central Command area of responsibility. NSA Bahrain operates and sustains superior facilities and services for its tenant commands, their deployed assets and military members, Department of Defense civilian personnel and dependents living in Bahrain, and provides security to ships, aircraft, detachments, and remote sites throughout the region.

NSA BAHRAIN MWR



4th of JULY
Weekend Celebration
2013

Thurs, 4 July

- ★ 4TH OF JULY MIDNIGHT MADNESS ONE PITCH SOFTBALL TOURNAMENT
- ★ DODGEBALL TOURNAMENT
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Sign up at the sports desk in the Freedom Souq Gym, 2nd Deck.
For more information call: 439-8916

1000 ★ 4TH OF JULY 500M SWIM
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1330 ★ Football Clinic • Gymnasium

1530 ★ Meet and Greet • Freedom Souq Hallway

1630 ★ 4th of July Party!
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1900 ★ Performance • Freedom Souq Courtyard
2030 ★ Meet and Greet • Freedom Souq Hallway

★ WED, 3 JULY
• INDEPENDENCE DAY 3K HDH
0830 | HAVCENT Roundabout
• 9-BALL TOURNAMENT
1130 | Liberty Center

★ THURS, 4 JULY
• TEXAS HOLD'EM
1300 | Liberty Center
• LIBRARY FAMILY EVENTS
1600 | Library
• ARABIC FOOD COOKING DEMONSTRATION & DINNER
1700 | PPT Tour - x3551

★ FRI, 5 JULY
• AL DAR ISLAND DAY TRIP
0900 | ITT Tour - x3551
• GLOW IN THE DARK RING TOSS
1800 | Liberty Center

★ SAT, 6 JULY
• AL JASRAH HANDICRAFT & BAHRAIN FORT TOUR
0900 | ITT Tour - x3551
• HALO 4 TOURNAMENT
1300 | Liberty Center
• CAPT'S CUP 4X4 AQUA BASKETBALL
0900 | Training Tank

★ SUN, 7 JULY
• SUNDAY SUNDAYS
1600 | Liberty Center

MWR **Cinem** 

MOVIE COMPLEX

REGULAR TICKETS: ADULTS: \$4.00 CHILDREN (6-12): \$2.00
3D TICKETS: ADULTS: \$5.00 CHILDREN (6-12): \$3.00
Children 5 and under: FREE Admission

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



Al Jasrah Handicraft & Bahrain Fort Tour
Saturday, July 6
• Time: 0900 - 1300
• Min 10 people; Price: \$11.00

Horse Back Riding
Friday, July 12
• Time: 0800 - 1200
• Min 8 people; ITT Price: \$26.00

Swim With The Dolphins
Saturday, July 13
• Time: 1000 - 1300
• Min 8 people; ITT Price: \$49.00

Pearl "Snorkel" Hunt
Saturday, July 20
• Time: 0630
• Min 8 people - Max 12 people;
ITT Price: \$52.00

Tree Of Life
Sunday, July 21
• Time: 1000 - 1300
• Min 5 people; Price: \$5.00

ITT

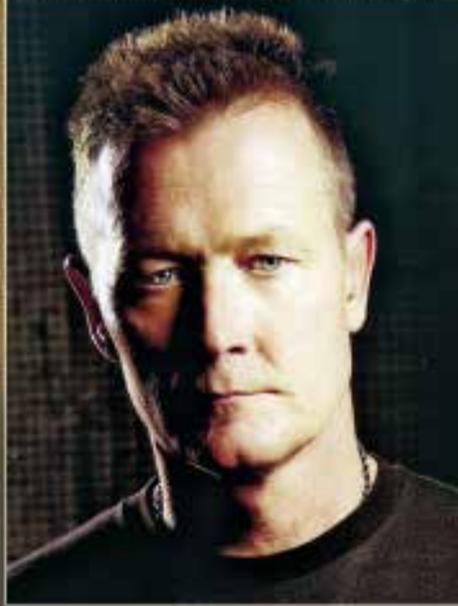
Cooking Demonstration Of Arabic Food & Dinner
Thursday, July 4
• Time: 1700
• Min 5 people; ITT Price: \$23.00

Al Dar Island Day Trip
Friday, July 5
• Time: 0930 - 1500
• Min 10 people; ITT Price: \$17

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



Meet

Anthony ANDERSON **Robert PATRICK**

Friday, July 12 @ 1130-1230
Freedom Souq Hallway
For more information please call Mario Farrulla @ 439-4927

Downloaded through the CPC

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.



Monday, July 1
Liberty Photography Contest
• See Liberty center FMI
Speed Pool
• Time: 1130; Free Pizza for players

Tuesday, July 2
Words With Friends
• Time: 1130

Wednesday, July 3
9 Ball Pool Tournament
• Time: 1130

Thursday, July 4
Texas Hold' em Tournament
• Time: 1300

Friday, July 5
Glow in the dark ring toss
• Time: 1900

Saturday, July 6
HALO 4 X Box 360 Tournament
• Time: 1300

Sunday, July 7
Sunday Sundaes
• Free Ice Cream Sundae (while supplies last)

Monday, July 8
Speed Pool
• Time: 1130; Free Pizza for players

Tuesday, July 9
Liberty Advisement Council Meeting
• Time: 1130

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



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