

# U.S. Navy Flyover Bridge Moved Into Place

From Naval Support Activity Bahrain Public Affairs

**MANAMA, Bahrain** — A tied arch bridge, known as the flyover bridge, was moved into place over the Khalifa Bin Salman Causeway connecting Naval Support Activity (NSA) Bahrain to the U.S. Navy port facility (NSA II), Jan. 30.

The 122.5 meter long, 21.4 meter high, 2,650 metric ton bridge was constructed on NSA II, then driven across the causeway on self-propelled modular trailers, and set in place on pre-constructed abutments. The greatest benefit of this process was that Bahrain traffic was only disrupted for hours as opposed to months it would have taken to build the bridge in place.

“Our goal was to ensure there was no negative impact on the Government of Bahrain’s utility corridor,” said Mark Wittrock, U.S. Army Corps of Engineers project leader. “Additionally we did not want Bahrain to have to reroute commercial traffic.”

Wittrock said the causeway is a major corridor for commercial and private vehicles. Any major detour would have resulted in an economic loss to local businesses, as well as a marked increase in traffic on other highways and secondary roads.

The bridge will reduce transit time from 30 minutes to 10 minutes, which will decrease response times for emergency services. The NSA Bahrain Public Works Dept. will have an approximate 60 percent reduction in service call response time.

Another benefit is the cost savings by reducing the NSA Bahrain vehicle fleet by 10 percent, which will save more than \$500,000 annually. NSA Bahrain will also eliminate the shuttle bus service contract between the two bases saving an additional \$130,000 a year.

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Photo by MC1 (SW) Steve Smith

A tied arch bridge, known as the flyover bridge, was prepared to move into place over the Khalifa Bin Salman Causeway connecting Naval Support Activity (NSA) Bahrain to the U.S. Navy port facility (NSA II). The bridge was constructed on NSA II, and was driven across the causeway on self-propelled modular trailers (SPMT), and set in place on pre-constructed abutments.



Photos by MC2 Derric Cushman

Military construction (MILCON) project 928 (P928), Harbor Patrol Unit and Port Operations Facility, aboard Naval Support Activity (NSA) Bahrain, achieved the first ever Leadership in Energy and Environmental Design (LEED) Silver status to be accomplished in the Middle East.

## LEED Silver Facility Opens in Bahrain

By MC2 Derric Cushman  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — The new waterfront development phase two facilities aboard Naval Support Activity (NSA) Bahrain have been awarded the first ever Leadership in Energy and Environmental Design (LEED) Silver status accomplished in Bahrain.

LEED Silver is a significant qualification that deals with green building incentives from the U.S. Green Building Council (USGBC), which oversees the LEED program. To obtain a LEED status for a building, the facility has to meet certain points within a rating system. The rating covers design, construction and operation of the buildings. The LEED statuses of Silver, Gold, and Platinum are achieved within the LEED point system. LEED Platinum being the highest followed by Gold and then Silver.

“We have to demonstrate that we are putting in technologies that are cost effective and environmentally friendly,” said Chief Construction Electrician Jonathon Heintz, military construction (MILCON)

officer of Public Works Dept. (PWD) Bahrain. “We must also show a significant decrease in the amount of power being consumed and lower maintenance costs over the lifespan of the building, which typically spans 30 to 50 years. If we can demonstrate, how we are going to save money in the long run, by implementing these green technologies, not only do we have the chance to achieve a certain LEED status, we help preserve environment.”

These facilities will provide a port operations and harbor patrol unit (HPU) building, which will be utilized as a shared asset. This is a three story; \$30 million dollar building that will primarily be used to house HPU personnel who maintain patrol craft and manage operations. The 27, 000 square-foot building will also give Port Operations and security personnel overview of the quay wall and the port. This building is accompanied by three floating dock stations, a boat ramp, and mobile boat hoist, all designed to make the transport of ships’ supplies and personnel faster and safer.

“Altogether, you’re looking at about a \$30 million dollar project,” said Heintz. “In order to make

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STORIES  
AND  
MORE...

# Family Life at NSA Bahrain

## The Bridge Has Arrived!

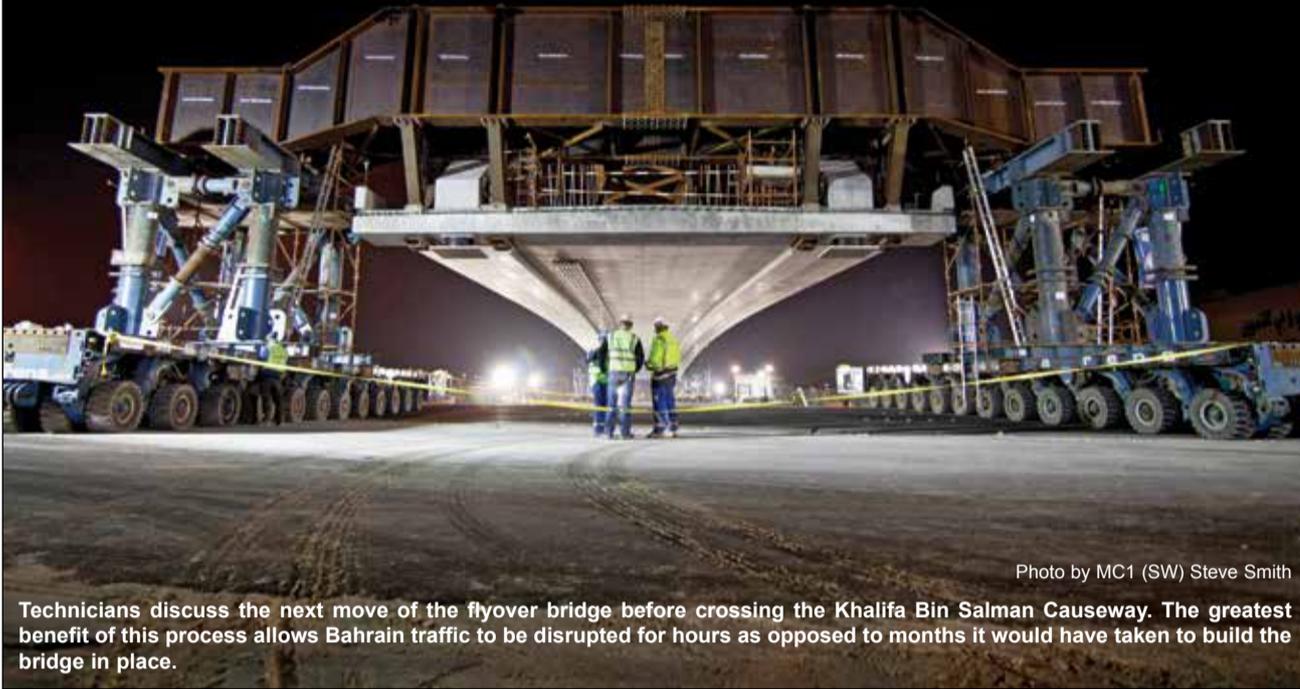


Photo by MC1 (SW) Steve Smith



Photo by MC1 (SW) Steve Smith

The NSA Bahrain flyover bridge stops at its final position connecting NSA to NSA II over the Khalifa Bin Salman Causeway.



The Bahrain **Desert TIMES**

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

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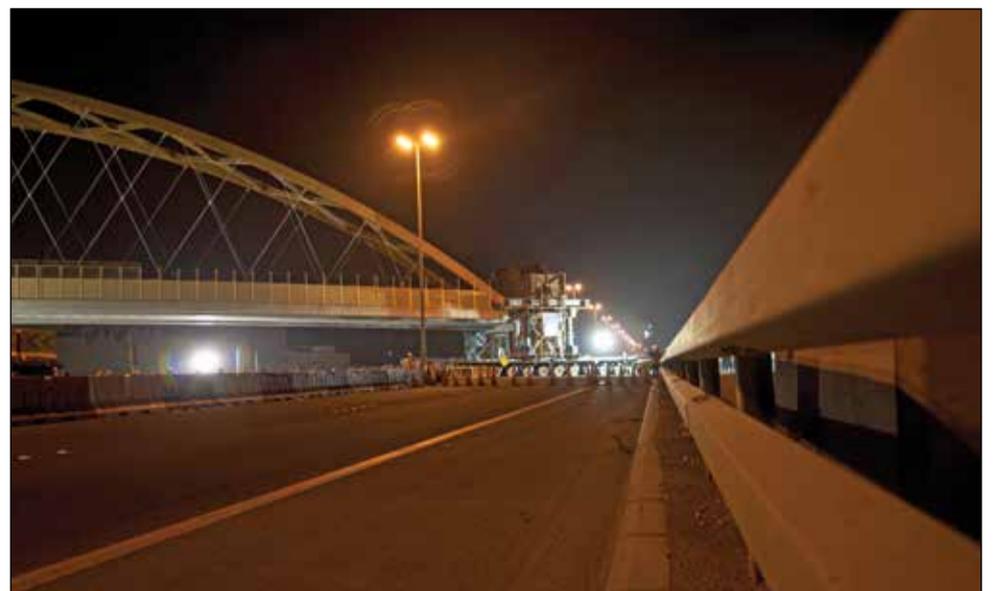


Photo by MC1 (SW) Steve Smith

The flyover bridge prepares to leave the Khalifa Bin Salman Causeway road surface to enter NSA Bahrain.

## Chaplain's Corner

### Chaplain Events



By Shaun S. Brown  
NSA Bahrain Command Chaplain

The NSA Bahrain Chaplains are pleased to announce the following:

#### 1) Lean In:

**Who:** Women looking to achieve professional and personal goals — as well as those (e.g., leaders, co-workers, spouses, etc.) who are eager to support in the effort.  
**What:** Lean In Info Session  
**When:** Thursday, 06 Feb 1100 SHARP (i.e., on time is TEN minutes TOO LATE!) to 1130  
**Where:** NSA Chapel/Training Center (bldg. 202)  
**Why:** This is a tool to help women them achieve their career and personal goals and a means for men who want to contribute to a more equitable society by supporting the women in their professional and personal lives.

For more information please contact or RSVP to Chaplain Brown at x4303 or shaun.brown@me.navy.mil and visit: <http://leanin.org/> and <http://leanin.org/circle-hub/how-i-started-a-military-mentor-network/>.

#### 2) Men's Summit with Mr. Jerry Leachman (former chaplain for the Washington Redskins)

**Who:** Men looking to answer some of the basic questions they face as fathers, professionals, parents, etc.  
**What:** Men's Summit with Mr. Jerry Leachman, former chaplain for the Washington Redskins (refreshments served)  
**When:** Saturday, 22 Feb 1400-1700  
**Where:** P911 Conference Room  
**Why:** To hear an inspirational chaplain, father, grandfather, football player, author, missionary share his insights and lessons on life.

For more information please contact

Chaplain Jones at 439-4303 or clayton.jones@me.navy.mil.

#### 3) Ash Wednesday

**Who:** Those who observe  
**What:** Ash Wednesday Masses — the beginning of Lent  
**When:** Wednesday, March 5 at 0645, NOON, 1530 (i.e., after school)  
**Where:** NSA Bahrain Chapel (bldg. 202)  
**Why:** To mark the beginning of Lent and prepare for Easter.

For more information please contact Chaplain Brown at 439-4303 or shaun.brown@me.navy.mil.

#### 4) A Sampling of religious feasts and festivals for FEBRUARY 2014:

**Sunday, 02 Feb:** Candlemas and Presentation of Jesus in the Temple: Christian: Remembrance of the infant Jesus being brought to the temple in Jerusalem. His Godly presence was recognized, and; Imbolc: Neo-pagan celebration of the return of the sun and lengthening of days and reflection on the power of the gods from which physical and spiritual harvest will come.

**Monday, 03 Feb:** Setsubun-sai: Shinto celebration of the change of seasons with the coming of spring.

**Tuesday, 04 Feb:** Vasant Panchami: Hindu celebration dedicated to Saraswati, goddess of learning.

**Friday, 14 Feb:** Valentine's Day: Christian/Secular: Originally a religious commemoration of a third-century martyr and celebration of the love of God, this day is widely observed in the USA as a secular celebration of love and romance (and is included so you won't be in the dog house for forgetting to get your special someone a card, candy, etc.).

**Saturday, 15 Feb:** Parinirvana or Nirvana Day: Buddhist/Jain (also celebrated by some on the 8th): Marks the death of the Buddha.

**Sunday, 16 Feb:** Triodion begins: Orthodox Christian pre-Lenten preparation.

For more information please visit: <http://www.interfaithcalendar.org/2014.htm>  
<http://www.bbc.co.uk/religion/tools/calendar/date.shtml?month=&year=2014>

Some celebrations begin the evening prior to the date listed. There may also be some regional variations regarding the start of some feasts.

## LEGAL CORNER

### Self-Service Volunteer Income Tax Assistance (VITA) Center Opens on February 2nd!

The VITA Center onboard NSA Bahrain will open on Feb. 2, 2014, and will be open Sunday-Thursday from 0830-1630 in the VITA Center Trailer located by the kennels and USO store. You may walk-in to complete your taxes, although setting up an appointment may decrease your wait time. If you would like more information, or to set up an appointment, please e-mail LT Tanya Nikam at tanya.nikam@me.navy.mil.

#### What does self-service mean?

This year all VITA sites run by Naval Legal Service Command, including the one here in Bahrain, have transitioned to a self-service model. The self-service model provides you with a way to prepare your own tax returns online with the assistance of IRS-certified volunteers. Active duty members and dependents will use the free tax return program provided by Military One Source. Other eligible individuals (i.e. retirees, GS civilians) will use one of various IRS Free File Alliance programs.

#### Why the changes?

In the past, we were able to offer one-on-one tax preparation to our customers on the basis of ample staff and support for this service. Over the past several years, both the number of volunteers available and the demand for full-service tax assistance have decreased. This is related to the introduction of alternate, low-cost online tax assistance preparation programs.

#### What are the benefits of using the VITA Center instead of doing my taxes at home?

The VITA Center will have IRS certified volunteers standing-by to answer your questions that may arise while you are completing your taxes.

#### Do I have to use the VITA Center to complete my taxes for free?

No! You have the option of accessing the online programs by yourself. If you are an active duty member or dependent you may use the services provided by Military OneSource. Military OneSource also has a hotline to call with questions that arise while you are completing your taxes. If you are not an active duty member or dependent you may qualify for IRS Free File Alliance partner services. If you have any questions about these services please contact LT Tanya Nikam at tanya.nikam@me.navy.mil.

## From the Principal's Desk

### School and Personal Safety

By Stephanie M. El Sayed  
Principal, Bahrain Middle High School

The Bahrain Schools have made it through the first half of the school year, and February brings about second semester assemblies to review school and classroom expectations, refills on much needed school supplies, report cards with "grades" for kindergartners, and multiple requests for school transcripts for seniors.

February is also a perfect time to remind students of the reasons we practice our Emergency Safety Exercises each month and why we take them seriously. Our schools practice fire drills, shelter-in-place, lock-downs, and building evacuations in the hope we never have to use these safety measures, but in the event we do, we are prepared and know how to respond quickly and safely.

Parents can help support the schools' efforts in developing a foundation for personal safety by reviewing a few life-long security awareness tips with their children:

- Stay alert and notice your surroundings when walking down the street, riding in a car, or shopping at the mall.
- If you notice something is out of place or unusual, stay away from it and the area and report it to an adult. Children often notice when something is different from their routine, so they may be the first to notice things out of the ordinary.
- Walk with a friend or a small group and stay in well-lit areas.
- Maintain a low profile and try not to call attention to yourself. Stay sensitive to local customs and standards of behavior.
- Give your children hypothetical scenarios and ask them how they would respond in a particular situation. This will increase their security awareness and may help them respond more quickly and calmly if an emergency event really occurs.

Let's continue to work together to help keep our Falcons and Eagles safe on or off the school campus. Practicing our safety exercises is essential to a safe school environment, and instilling in our children security awareness skills may help protect them in the future.

For more information on personal security measures and the DoDEA Safe Schools Program, please visit <http://www.dodea.edu/Offices/Safety/securityAwareness.cfm>.

# [CHECK YOUR VISA EXPIRATION DATE]

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



Photo by MC2 Danielle Brandt

Master Chief James DeLozier salutes as he is piped ashore during the Commander, U.S. Naval Forces Central Command, U.S. 5th Fleet Command Master Chief retirement and change of office ceremony held aboard Naval Support Activity Bahrain. Master Chief Scott Fleming relieved DeLozier who is retiring after 30 years of naval service.

## 5th Fleet Conducts Change of Office for Command Master Chief

By MC2 Mike Wright

U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — U.S. Naval Forces Central Command (NAVCENT) bid farewell to the NAVCENT, U.S. 5th Fleet Command Master Chief during a combined retirement and change of office ceremony held aboard Naval Support Activity (NSA) Bahrain, Jan. 22.

Command Master Chief James DeLozier served at 5th Fleet for fifteen months and is capping off a 30-year naval career. Command Master Chief Scott Fleming relieved DeLozier.

“Thank you for your role in the greatest fleet, in the greatest Navy to ever sail,” said guest speaker Vice Adm. John Miller, commander, NAVCENT, U.S. 5th Fleet, Combined Maritime Forces. “Every single day, Master Chief DeLozier helps me lead thousands of 5th Fleet Sailors as they conduct persistent maritime operations to advance U.S. interests, deter and counter disruptive countries, defeat violent extremism and strengthen partner nations’ maritime capabilities in order to promote a secure maritime environment in the USCENCOM [U.S. Central Command] area of responsibility.”

During the ceremony, Miller presented DeLozier with a Legion of Merit medal for his service with NAVCENT and 5th Fleet.

“This has been a great tour,” said DeLozier. “I feel like we did some great things out here and impacted a lot of Sailors. I’m proud of what we do on a daily basis here.”

DeLozier said his father and his uncle were his inspiration for enlisting in the Navy in 1984. His father served in the Vietnam War, and his uncle served in the Korean War.

“I was fascinated with their sea stories and their cruise books with pictures of far away ports that helped convince me there was more to the world than Deepwater, Miss.,” said DeLozier. “I know my dad would be really proud of my career, and I wish he was still here to help me celebrate my 30 years of service.”

Previous tours of duty for DeLozier include USS Chandler (DDG 996), USS Ronald Reagan (CVN 76), USS John Paul Jones (DDG 53) and USS Constellation (CV 64). He will now head to San Diego where he will have a retirement ceremony that will include his wife and children.

Fleming is reporting from NAVCENT Forward Headquarters Afghanistan where he served as the command master chief. He enlisted in the Navy in 1986, and previous tours of duty include USS Thach; Joint Task Force Guantanamo, Guantanamo Bay, Cuba; and Executive Assistant to the Master Chief Petty Officer of the Navy.

*FLYOVER BRIDGE from Page 1*

“NSA Bahrain has significantly expanded with the ongoing construction of our port facility,” said Capt. David J. Meron, commanding officer of NSA Bahrain. “This bridge will make it possible for emergency vehicles, pedestrians, and electric carts to quickly and easily transit between facilities, enhancing our ability to support our tenant commands, their missions, and ongoing operations.”

The bridge project began in August 2012 and is scheduled to be completed in August 2014. The work on the bridge is being overseen by Naval Facilities Engineering Command Europe Africa Southwest Asia, headquartered in Naples, Italy. The executing agent is the U.S. Army Corps of Engineers.

NSA Bahrain occupies 137 acres of land in Juffair, and hosts more than 90 tenant commands, including U.S. Naval Forces Central Command, U.S. 5th Fleet. It is the primary naval base supporting regional maritime operations in the Arabian Gulf.

## Art Collection Illustrates Need for Creative Sailor Submissions

By Tim Comerford

Naval History and Heritage Command Communication and Outreach Division

**WASHINGTON (NNS)** — With artworks ranging from paint on canvas to charcoal illustrations to comical snippets, the Navy Art Collection has it all. Or so you would think. But what they’re missing from their collection is your work.

Naval History and Heritage Command (NHHC) art curators said, Jan. 29, they are eager to add talented Sailors’ illustrations, paintings and, yes, comics to the Navy’s collection.

Why the need? Because there is a lack of art from the recent past.

“There are some wars that we are better represented in art, than others,” said Gale Munro, Naval History and Heritage Command Navy Art Collection head curator. “The wars that we are really strong in: World War II, which is when the combat artist program started. From the Korean War, we are better off than the other services because we had three combat artists.”

Munro said the collection includes an adequate amount of art from Vietnam and Desert Shield and Storm, but has only a few pieces from Operations Enduring Freedom and Iraqi Freedom.

This is where you, or a shipmate, come in. You have seen them in the passageway painting a division’s logo, designing the ships deployment t-shirt or maybe sketching while in berthing or the mess decks. Let them know that NHHC’s Navy Art Branch would like to see some art donated from Sailors for their collection.

“We will take submissions,” Munro said. “We have gotten a few drawings from guys on ships that created a really nice artwork and thought they would be kind to us. They sent them, and they are a part of the collection now.”

She advises that the creator just to let them have a look at the artwork.

“No need to send the artwork itself, they could take a digital snapshot of it and email it to us here at the Navy Art Collection,” Munro said. “We will take a look at it.”

If it meets their criteria, they will add it to the collection.

“The criteria are that we can foresee a use for it in an exhibit and that it is in tolerably good condition,” Munro said.

She said NHHC will not take the work unless it was to be exhibited. “It’s not fair to them if we take it and then not use it,” she said.

Just because it isn’t a painting or an ink piece of art doesn’t mean that it isn’t worthy. They will consider taking an illustration on a piece of notebook paper.

“If it’s something really remarkable that we do not have any other images of, yes, we will take notebook paper,” Munro said. “From World War II we have lots of cartoons. Guys, off on a deployment, did silly cartoons of the idiosyncrasies of shipboard life - we love stuff like that, and those tended to be drawn on notebook paper. Some modern cartoons would be great to go along with our WWII cartoons.”

A portion of the Navy’s art collection travels to museums around the country.

“Our best customers are state and county type museums,” Munro said. “We send out exhibits showing people the great things the Navy does, and has done for them in the past.”

If someone you know is regularly doodling, sketching or painting, let them know they could be a part of history. Tell them to submit their artwork to the Navy’s art collection by sending an email with their contact information and a photo of their work to [gale.muro@navy.mil](mailto:gale.muro@navy.mil), and who knows? Maybe you will see their work in a gallery near you.

For more information about the Navy Art Collection, visit <http://www.history.navy.mil/branches/nhcorg6.htm>.

For more news from Naval History and Heritage Command, visit [www.navy.mil/local/navhist/](http://www.navy.mil/local/navhist/).



Photo by MC2 Gael Rene

Yeoman Seaman Michael Adams from McMinnville, TN, adds the finishing touches to his mural adorning the ship’s store. Seaman Adams, who has been painting since he was a child, was asked to repaint the ship’s store after it was renamed “Enduring Freedom Depot.” Dedicating time during his off hours to paint the mural, he regards this as his most meaningful work to date.

# Abandoned Bicycle Roundup

Naval Security Force (NSF) Bahrain

NSF Bahrain is collecting bicycles abandoned around NSA Bahrain and storing them for possible disposal. The photos posted here show every bike currently removed from locations around NSA by the NSF Command Master-At-Arms (CMAA). If you see your bike shown here, please contact MA1 Steve Fernandez, LPO of the CMAA, at ext. 2830 or e-mail [steve.e.fernandez@me.navy.mil](mailto:steve.e.fernandez@me.navy.mil) to arrange pick up.



6 a.m. - 9 a.m. 11 a.m. - 1 p.m.

## The 106.3 HEAT

**Sunday - Thursday**

~ FEATURING THE BEST DJs IN THE FLEET ~

LEED from Page 1

the building more efficient, facility designers used technologies such as a chilled water plant, as opposed to using local air conditioning systems. Using a chilled water system decreases the amount of maintenance needed. The system also minimizes harm to the environment because these units will not need to use Freon, which is known to have adverse affects on the atmosphere's ozone layer."

By implementing other green technologies such as motion-activated LED lighting, along with electronic temperature sensors and controls, money will be saved over the duration of the facilities lifespan. Through achieving LEED status, NSA Bahrain can be an example of how facilities can be built while keeping the environment and efficiency in mind.

"There is so much construction with new skyscrapers and other buildings opening in Bahrain, and with the amount of heat

that this part of the world receives, energy usage is a very delicate thing," said Heintz. "With that in mind, we are able to demonstrate what NSA Bahrain is doing to help the future usage of power in Bahrain and in the Juffair area. That helps to further develop our host nation relationships through leading by example."

The development of the waterfront project into a LEED Silver status winner has also been a point of pride for those involved in the planning and oversight of the project.

"Although achieving LEED Silver status is very desirable, it is not easy," said Lt. Cmdr. Ian Kelly, director of Facilities Engineering and Acquisition Div. of PWD Bahrain. "I think it's definitely a great achievement for everyone involved to be able to help us reach this status. It's important to the base and the Navy, and I look forward to other future building projects that come online with the same or higher rating."

**NAVY ENTERTAINMENT**  
PRESENTS

## VERTICAL HORIZON

WWW.VERTICALHORIZON.COM

**SATURDAY, 8 FEBRUARY**  
**SHOW STARTS @ 1800**  
**MARIO'S COURT**

For more information, contact [Raymond.Santiago@me.navy.mil](mailto:Raymond.Santiago@me.navy.mil)

## HR Classified Ads

**FLC Bahrain Executive Director Job Announcement for GS-0346-15 Logistics Management Officer - See USAJOBS.gov for details**

**ANNOUNCEMENT: NSA- 14-004**

Position: Facilities Operations Specialist  
Department: NAVFAC EURAFSWA, PWD Bahrain  
(2 Positions at NSA and 2 Positions at ISA)  
Closing Date: 15 February 2014

**ANNOUNCEMENT: NSA- 14-006**

Position: Contract Specialist  
Department: FLC, Bahrain  
Closing Date: 10 February 2014

**ANNOUNCEMENT: NSA- 14-007**

Position: Warehouse Worker Leader  
Department: Distribution Center, Navy Exchange Bahrain  
Closing Date: 17 February 2014

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.

THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS  
**MMA PAC**



Athletes: Shayna "The Queen of Spades" Baszler, Zak Cummings, James Krause, and Sean "Big Sexy" McCorkle  
**MEET THE MMA PAC TOUR**  
FRIDAY, 7 FEBRUARY: 1300 MEET & GREET @ CLIMBING WALL  
1500 DEMO CLINIC @ GYMNASIUM  
ARMEDFORCESENTERTAINMENT.COM

**Valentine's Day**

3k run/walk

Thursday, 13 February @ 0630  
NAVCENT Roundabout  
(Registrar opens at 0600)

Medals awarded to 1st-3rd place male and female participants!  
\*T-shirts for participants while supplies last.

For more information, contact the Fitness Center at 439-9306.

**Gulf Air Bahrain Grand Prix**  
4-6 April 2014

**DISCOUNTED TICKETS ON SALE at ITT Office!**

TICKET SALES FROM FEBRUARY 6 - MARCH 27 2014.

Gulf Air Bahrain Grand Prix 2014  
4th - 6th of April 2014

Grandstand	ITT Price (\$)	Gate Price (\$)
Main Grandstand	360	400
Oasis Grandstand	238	320
Turn 3 Grandstand	240	267
University Grandstand	135	160
Victory Grandstand	145	160

1 Day Ticket (University 3 Grandstand)		USD
Friday		80
Saturday		107
Sunday		135

Gulf Air Club		USD
Pass		135
Gulf Air Club is NOT a race ticket. It is an add-on. Access to a separate shaded enclosure. Food & Beverage (excluded from entrance price). Screens to watch the race.		

Car Park Passes		USD
Extra Passes		27

3 Day Ticket holders will be entitled to a Pit Walk on Thursday (Timing TBC)

Please note: F1 Tickets Are Non-Refundable

For more information or to purchase tickets, visit ITT or call 439-4206/3531.



## 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 \*\*\*\*\*



**Group Fishing Trip**

Friday, February 14  
• Time: 0800  
• Group of 6 people Cost: \$448, maximum 6 people (4 hours trip including boat ride) Transportation round trip: \$40

**Horse Back Riding**

Saturday, February 15  
• Time: 0830 - 1100  
• Min 8 people; ITT Price: \$26.00

**4X4 Xperience Lr4 Passenger Rides**

Sunday, February 16  
• Time: 0900  
• Min 4/Max 12 people; Price: \$5.00

**Cooking Demonstration Of Arabic Food & Dinner**

Saturday, February 18  
• Time: 1700  
• Min 5/ Max 10 people; ITT Price: \$23.00

## ITT

**Arabian Experience: Horse Race At Sakir & Dinner At Veranda Rest.**

Friday, February 7  
• Time: 1400 - 1900  
• Min 8/Max 12 people; ITT Price: \$28.00

**Guided Cultural Tour Of Bahrain**

Saturday, February 8  
• Time: 0900 - 1600  
• Min 14 people; ITT Price: \$35.00

**Tree Of Life**

Monday, February 10  
• Time: 1000 - 1300  
• Min 5/Max 11 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.



Friday, February 7  
**Animal Shelter Trip**  
• Time: Van leaves @ 0800; Cost \$5.00

Sunday, February 9  
**Sunday Sundaes**  
• Free ice cream while supplies last.

Monday, February 10  
**Speedpool Monday!**  
• Time: 1130; Free sandwiches for players! While supplies last.

Tuesday, February 11  
**Fondue Tuesdays!**  
• Time: 1130

Wednesday, February 12  
**Happy Birthday February Babies!**

Friday, February 14  
**Lasertag @ The Ozone**  
• Time: Van leaves @ 1000  
2.5BD/game & only \$2 for Transportation.

Saturday, February 15  
**Souq Trip!**  
• Time: Van leaves @ 0830  
Only \$2 for transportation.

Sunday, February 16  
**Sunday Sundaes**  
• Free ice cream while supplies last.

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



@NSA Bahrain