

Greenert Stops in Bahrain on First Trip as CNO

By MC1(SW) Sonja M. Chambers
Staff Writer

MANAMA, Bahrain — The chief of naval operations (CNO) visited Sailors at Naval Support Activity (NSA) Bahrain, Oct. 6.

Adm. Jonathan W. Greenert, the 30th CNO, stopped in Bahrain as part of his first trip to the fleet as CNO. He reenlisted 10 Sailors during an all-hands call with Sailors, civilians and family members. Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West joined the CNO at the all-hands call to answer questions.

Greenert said he was very happy to get a chance to visit Sailors in Bahrain.

“This is where our Sailors are in a combat zone and getting it done,” he said. “They are supporting our ground forces and also making sure that we have maritime security and that those sea lines of communication are open, which is a very important part for the world economy.”

Greenert spoke about the future of the Navy and highlighted current global naval issues. He also gave Sailors plenty of opportunity to ask their questions.

“The message I’m bringing to [forward deployed Sailors] is I’d like to listen and know what’s important to them,” he said. “I’m here to listen and learn and find out what they need so that as I work back with my staff, we provide our forces what they need to be ready today.”

Greenert said that although current readiness is his top priority, he needs to keep looking ahead. “I have to build the force of the future, and I want to make sure we’re taking care of the Sailors, civilians and the

GREENERT Page 5



Photo by MC2(EXW/SCW) John Hulle

Chief of Naval Operations (CNO) Adm. Jonathan Greenert shakes hands with a reenlisting Sailor during an all-hands-call at Naval Support Activity (NSA) Bahrain, Oct. 6. This was Greenert’s first visit to NSA since becoming CNO.

NSA celebrates 236 years of Naval heritage

By MC2(SW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Personnel assigned to Naval Support Activity (NSA) Bahrain and its resident tenant commands gathered at Manama’s Gulf Hotel, Oct. 14, in celebration of the U.S. Navy’s 236th birthday.

Commonly referred to as the ‘Navy Ball,’ the celebration offers service members the chance to come together in remembrance of long-standing naval traditions and heritage.

Traditionally attended by personnel for an evening of fine dining and comradery, events such as a ceremonial flag folding to honor missing and fallen service members and the singing of the Navy Hymn are also held in high esteem.

Naval Security Forces (NSF) Bahrain’s Chief Master-at-Arms James Jones, P.O.W./M.I.A. commemorator, said it was an honor for him to take part in the ceremony and this year’s Navy Ball was extremely important to all service members.

“I was very excited to do this especially at a time in our country where there’s so much turmoil and so many things happening. It’s great that the military is able to come together to celebrate such a tradition,” Jones said.

The United States Navy traces its origins to the Continental Navy established by Congress on Oct. 13, 1775, which authorized the procurement, fitting and manning of two vessels to cruise in search of munitions ships supplying the British Army in America. Later, during the ratification of the United States Constitution in 1789, Congress was empowered to provide and maintain a Navy, which led to the construction of six frigates in addition to the administration of naval affairs by the War Department.

At the conclusion of the dinner and preceded by dancing, a cake-cutting ceremony is traditionally held by the base commanding officer who cuts the cake with the assistance of the oldest and youngest service member in attendance.

Master-at-Arms Seaman Brittany Mistler, assigned to NSF Bahrain, said that as the youngest person in attendance she didn’t realize to what extent some service members have committed themselves to a life in the Navy.

“I’ve been to the Navy Ball before and there was someone younger than me so I didn’t expect to be the youngest person this time,” she said. “But it was shocking to learn that there are people who have been in the Navy since my mother was born and are still serving.”



Photo by OS2(SW) Antwone Adams

Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Rick Sadsad, right, cuts the ceremonial cake with Master-at-Arms Seaman Brittany Mistler, left, and Cmdr. Deborah Williams at the 2011 NSA Bahrain Navy Ball held at the Gulf Hotel, Oct. 14.

INSIDE

- 3 - NSA CELEBRATES OKTOBERFEST
- 4 - 65 MILES FOR 65 ROSES
- 5 - NSA PROMOTES SAFE RIDING
- 6 - MWR EVENTS & INFO



BAHRAIN SCHOOL STUDENTS LEARN GOOD HYGIENE, P. 2



FROM THE DESK OF THE COMMAND MASTER CHIEF, P. 3



MWR ART ENRICHMENT STUDIO, P. 5

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

NSA Bahrain Firefighters take fire safety to Bahrain School Students



Photo by David Sidney



Photo by David Sidney



Photo by David Sidney

Top left photo
Naval Support Activity (NSA) Bahrain firefighter, Aviation Boatswain's Mate (Handling) 3rd Class Jesse Lamb, show students what a firefighter will look like in a breathing device.

Top right photo
Naval Support Activity (NSA) Bahrain firefighter, Aviation Boatswain's Mate (Handling) 3rd Class Jesse Lamb, speaks with Bahrain Elementary School students about fire safety, Oct. 10. As part of Fire Prevention Week, members of NSA Bahrain's Fire and Emergency Services taught children about fire alarms, fire prevention techniques and showed them firefighting equipment.

Bottom photo
Children cover their ears as the fire truck siren goes off.

the Bahrain
DESERT TIMES

www.cnic.navy.mil/bahrain

Commanding Officer
Naval Support Activity Bahrain
Capt. Rick Sadsad

NSA Bahrain Executive Officer
Cmdr. Kevin Boykin

Public Affairs Officer
Jennifer L. Stride

Leading Petty Officer
MC1(SW) Sonja M. Chambers

Staff Photojournalist
MC2(AW) Jason T. Poplin

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Bahrain School Students Learn Good Hygiene



Photo by Heather Furlong-Hasdemir

Sgt. Revey Aponte, middle, from HHC, Area Support Group Kuwait (Veterinary Service) Bahrain Branch shows Bahrain Middle School students the importance of hand washing, Sept. 25. Presenters Sgt. Leon Byasse, Sgt. Carmelo Vajentin, Staff Sgt. Jason Becker and Aponte highlighted the six steps of hand washing and explained how washing hands for 20 seconds with soap and water is essential for the student's safety. Bahrain School Nurse Victoria Kyte, right, was also there to answer questions.

Chaplain's Corner Drinking Problem

By Cmdr. Chin Van Dang
Supervisory Chaplain

A young man had just graduated from bible college and was called to pastor a church close to his home town. He was so nervous at his first service that he could hardly speak, so he went to ask his former pastor how he could relax. The older minister said, "Next Sunday, it may help if you put a little vodka in your water glass. After a few sips, everything should go smoothly. I will be visiting your church next week to see how things go for you." The next Sunday, the young minister was able to talk up a storm. He felt great! However, after the service, his former pastor pulled him aside and offered this advice for him.

1. Next time sip rather than gulp.
2. There are 10 commandments, not 12.
3. There are 12 disciples, not 10.
4. We do not refer to the cross as the "Big T."
5. The grace before meals is not "Rub-a-dub-dub, thanks for the grub. Yeah, God!"
6. We do not refer to Our Savior, Jesus and His disciples as "J.C. and the big boys"
7. David slew Goliath; he did not "kick the crap out of him."
8. Last, but not least, the Father, the Son and the Holy Ghost are never referred to as "Big Daddy, Junior and the Spook."

People have been brewing and fermenting alcoholic drinks since the dawn of civilization. Consumed in excess, alcohol is poisonous to human systems and is considered a drug. Nearly 100,000 Americans die each year as a result of alcohol abuse, and alcohol is a factor in



more than half of the country's homicides, suicides and traffic accidents. Alcohol abuse also plays a role in many social and domestic problems, from job absenteeism and crimes against property to spousal and child abuse.

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If you answered "Yes" to the above four questions, you do have a drinking problem. Go talk to your chaplain about your alcohol problem, see a doctor or other health care provider who can help you determine if a drinking problem exists and plan the best course of action. Don't wait to "hit rock bottom" to act. We need to acknowledge that our lives and everything we possess belongs to God and not to ourselves and pray for God's help and guidance to overcome any problems in our daily lives.

NSA celebrates Oktoberfest

By MC2(SW) Class Jason T. Poplin
Staff Writer

NAVAL SUPPORT ACTIVITY BAHRAIN, Bahrain — Members of the Naval Support Activity (NSA) Bahrain community experienced traditional German food and beverages during an Oktoberfest celebration held in the Freedom Souq Courtyard, Oct. 13.

Sponsored by NSA Bahrain's Morale, Welfare and Recreation (MWR) Department, the event provided attendees an opportunity to pay homage to one of the world's largest events held annually in Munich, Germany.

Introduced by NSA Bahrain Food and Beverage Director Habib Abubakr and his managerial team, Abubakr said they generated the idea to host local version of the festival to bring the NSA community together and taste "the flavor of other cultures" from abroad.

"Good community service is the goal," Abubakr said. "Whether the event is Oktoberfest, Thanksgiving or New Year's dinner, I want the community to touch on the feeling of being at home instead of 'We're stuck in Bahrain.'"

In keeping of the Food and Beverage Department's pledge to provide exemplary community service, Abubakr's team began logistics approximately three weeks ago to bring mugs and Paulaner beer from Europe. Their efforts to embrace authenticity did not go unnoticed by attendees.

"My family and I were just in Munich on vacation and those mugs were the same ones we saw when we visited the Hofbräuhaus brewery," said Cathi Cox. "The food is excellent and the beer, they really got it right."

With its roots planted firmly in the 19th century, Oktoberfest originated as a festival to celebrate the marriage of King Ludwig I and Princess Therese of Saxony-Hildburghausen on Oct. 12, 1810. The festival concluded with a horse race held in the presence of the Royal Family. As the decision was made to hold the race subsequent years, the tradition of Oktoberfest was born.

For more information on upcoming MWR events, visit <http://www.facebook.com/pages/MWR-Bahrain/163183121110>.



Photo by MC2(AW) Jason T. Poplin

Cathi Cox samples the buffet during the Naval Support Activity (NSA) Bahrain Morale, Welfare and Recreation Oktoberfest celebration held in the Freedom Souq Courtyard, Oct. 13.

From the Desk of the Command Master Chief

By CMDCM Ed Lambert
NSA Bahrain Command Master Chief



Shipmates,

I would like to take this time to personally thank everyone who had a part in planning and executing this year's Navy Birthday Ball. This event took place last Friday night at the Gulf Hotel and was a huge success. I believe everyone that attended would attest to the success of this event and we are already looking forward to an even more successful one next year, the last one of my active Naval Career. Preps for next year's event will be starting early, next month, so if you are interested in participating on the committee, please contact me. Thanks again to everyone who made it a success and looking forward to next year's event!

MWR NSA BAHRAIN

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65 Miles for 65 Roses: Marcent Marine runs 65 consecutive miles to raise awareness for Cystic Fibrosis

By Cpl. Lucas Vega
Marcent (Fwd) Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain — Thirteen years ago, Maj. Jesse Sjoberg made a promise to spend the rest of his life with a woman named Jacquelyn — “for better, for worse, for richer, for poorer, in sickness and in health,” as the wedding vow reads.

In sickness and in health, hits “too close to home” to the athlete who has participated in nearly 50 physically enduring events to include: marathons, ultra-marathons and triathlons. His wife, whom he calls Jacqui, is one of the one percent of people around the world who suffer from a life-threatening illness called Cystic Fibrosis — a condition that limits its victim’s life expectancy to their mid-30s.

Sjoberg completed a 14-hour, 65-mile trot at Naval Support Activity Bahrain, Oct. 6-7 to raise awareness and financial contributions for the Cystic Fibrosis Foundation.

“She’s why I do this,” said Sjoberg, a Marine on temporary additional duty with Marine Forces Central Command Forward from Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing. “I worry all the time about her, but she’s tougher than any two Marines I know. By looking at her, you’ll never be able to tell she has this condition.”

About one percent of the world’s population inherits a defective gene and its protein product that causes the body to produce unusually thick mucus in the lungs and digestive system. This mucus obstructs the lungs and leads to life threatening lung infections. In the digestive system, it stops natural enzymes from breaking down and absorbing food, according to the Cystic Fibrosis Foundation website.

“She only has about 50 percent of a normal person’s lung capacity,” said Sjoberg.

His lungs were tested during this 65-miler.

“I... struggle to breathe for 12-13 hours in this endeavor (maybe 13-15 if it’s really bad). Jacqui fights to breathe every day... even on the best of days. The comparison is hardly fair.”

He has participated in the Great Strides walk for the last 12 years. The Cystic Fibrosis Foundation hosts this event every year to help raise money to research a cure and raise awareness about the rare disease that roughly 70,000 individuals have been diagnosed with across the globe.

“Usually the walk is about one to three miles so the people with CF can complete it,” said Sjoberg. “The number 65 is significant to the fight against Cystic Fibrosis as it can be difficult for the children affected by the disease to pronounce the name of their affliction. When asked what is wrong with them, their response often comes out sounding like “65 roses.”

One to three miles did not suit the marathon-veteran with a passion for pushing his body beyond the limit.

“I thought 65 miles would be a good distance, I wanted to take it to another level,” he said.

He would have participated in the Great Strides walk in San Diego, but the Marine Corps needed Sjoberg somewhere else.

“This year, I could not participate in the local Great Strides walk due to my all-expenses paid trip to the Middle East (aka my current deployment),” he wrote on his personal, fundraising Great Strides webpage. “Nevertheless, it is my goal to raise money for this very worthy cause even while deployed.”

This was the 13th time he participated in a Great Strides event — one annual occasion for each year he has been married. Even though his run was not officially sponsored by the CFF, he managed a way to show his support from the opposite side of the world.

Preparation and Motivation

The Bellevue, Neb., native spent most of his exercise time preparing for the event.

“I did Crossfit, running and biking,” said the athlete who dead lifts more than 300 pounds and has the ability to knockout 40 pull-ups in a single set. “Sometimes I would work out twice a day.”

His typical week leading up to the 65-miler consisted of two to three one hour runs, three times weekly and either a 60-70 mile bicycle ride, or a 20-25 mile run on the weekends.

Sjoberg has a passion for fitness, the Marine Corps, his wife and his family. He shared how he combined the four most important aspects of his life into one event.

“I was just born to do it,” Sjoberg said about his love for running. “[Jacqui] is an absolute miracle to the CF community. Her parents were told she wouldn’t make it to kindergarten. When she was growing up, they said she wouldn’t make it to middle school. She finished middle school and they told her she wouldn’t make it to high school. She made it to college, she got married and we have two beautiful boys together now; defying all odds. She’s amazing.”

Sjoberg had once heard that only 100 people around the world who suffer from CF have successfully given birth. Jacqui has now done it twice.

“To know every day that you don’t know how it’s going to turn out is a challenge in itself,” said Sjoberg. “She represents hope. She has come this far in life and has never complained.”

Support from the Command

“He originally only told a few of us that he was running 65 miles on Oct. 6,” said Lt.Col. Albert K. Kim, a Marine on the staff of Marcent (Fwd). “He’s a really humble guy; the fact that he is so humble made me want to help him even more.”

Kim sent an e-mail to the command with the hyperlink to Sjoberg’s fundraising page

revealing to readers the situation behind his 65-mile run. The page also provided a link for contributors to donate money to the cause.

“Any type of long distance run requires a support team,” said Lt. Col. Jason C. Perdew, a fellow marathoner who exchanges running tips with Sjoberg on a regular basis. “It’s very difficult to do by yourself; you’re pushing your body to the limit.”

Before the e-mail branched out to the command, Sjoberg had raised \$5,000 in monetary contributions. A few days after the entire command was aware of Sjoberg’s 65 mile run, his collection total had doubled to more than \$10,000.

“That’s what Marines do,” said Kim. “We look out for each other and help each other.”

Not expecting a lot of support, Sjoberg was amazed when large numbers of Marines within the command volunteered their time to man the aid station, as well as run alongside him during the event.

“I love Marines, I love the Marine Corps and I love how Marines treat my family and me,” said Sjoberg.

The Finish Line

He usually participates in the endurance events to test himself in challenges most would see as “unattainable.”

“People can do more than they think,” said Sjoberg. “I love endurance events and testing myself.”

“When the sun rose that morning, it started to get pretty rough,” shared Sjoberg, explaining his fatigue as the finish line grew closer. “Each step was a challenge. My feet and legs were done; every muscle was just done.”

On the final lap, there was not a single person at the finish line — all his supporters were running with him, ensuring he finished. “It was motivating,” he said.

After running for 14 hours and five minutes, he finally crossed the finish line.



Photo by Cpl. Lucas Vega

Maj. Jesse Sjoberg, left center, from Marine Forces Central Command (Marcent) Forward, leads the way for Marines and Sailors with Marcent (Fwd) during a 65-mile run at Naval Support Activity Bahrain, Oct. 6-7. Sjoberg’s wife suffers from the deadly lung disease Cystic Fibrosis. He ran the event to raise awareness and funds for the Cystic Fibrosis Foundation.



Photo by Cpl. Lucas Vega

Two figures depicting Maj. Jesse Sjoberg’s children look on from the support table as Sjoberg runs to complete 65 miles for the Cystic Fibrosis Foundation.

NSA Promotes Safe Sport Bike Riding

By MC1(SW) Sonja M. Chambers
Staff writer

MINA SALMAN PIER, Bahrain — The Naval Support Activity (NSA) Bahrain Safety Office conducted a Motorcycle Safety Foundation (MSF) Military Sport Bike Rider Course (MSRC), Sept. 23. Participants in this advanced rider course were taught how to handle a sport bike at highway and street speeds while maintaining control and safety.

NSA Bahrain Lead Safety Specialist Asif Thaj said all military personnel who operate a motorcycle on or off base and all DoD civilian personnel who operate a

motorcycle on base are required to complete a Naval Safety Center approved motorcycle rider safety course prior to operating these vehicles.

“If the Basic Rider Course (BRC) is completed on a trainer motorcycle (500cc or less) and the course graduate plans on operating a privately-owned motorcycle greater than 500cc, the MSF Experienced Rider Course (ERC) or MSRC as appropriate, shall be taken on the privately owned motorcycle as soon as possible after completion of the BRC and, ideally, no later than 60 days after completion of the BRC,” Thaj said.

Thaj said the main thing that is stressed in the course is safety.

“While some would say the most important thing to learn is skill, truly the most important aspect of the course is becoming self-aware, and that the rider is responsible for their safety,” he said. “One must manage risk at all times while riding.”

MSRC instructor, Master-at-Arms 1st Class (SW) Jason Sherrill, has been riding since 1994 and has been an MSF Instructor since 2005. He said new riders should attend the required classes and ride within their limits.

“[Riders should] learn how their bikes handle in different situations, and most of all enjoy riding with their friends and peers alike,” he said. “Riding is like no

other freedom.”

MSRC student Curtis Jones said he really enjoyed the course because it allowed riders to sharpen their skills in a closed environment.

“I think it was a great idea and all sport bike riders should really consider taking the class to enhance their riding skills,” he said. “It’s important because Bahrain can be an extremely dangerous place to drive and especially ride. The skills learned in this course could potentially be lifesaving on the road.”

For more information on any motorcycle safety course, contact Asif Thaj at 439-3527, Cell: 3947-2267, asif.thaj.in@me.navy.mil.



Photo by Asif Thaj

Motorcycle Safety Foundation (MSF) Military Sport Bike Rider Course (MSRC) instructor, Master-at-Arms 1st Class (SW) Jason Sherrill, left, confers with MSRC instructor Dave Gherlone during the Naval Support Activity Bahrain Safety Office MSRC, Sept. 23.



Photo by Asif Thaj

MSRC student Curtis Jones navigates the course.

GREENERT from Page 1

families that are with us in the Navy today and build the future force.”

Master-at-Arms Seaman Nichole Currotto, who heard the CNO speak, said she thought the all-hands call was a great opportunity to hear about various naval issues around the world.

“I think that’s important for us to know because we may be deployed to one of those locations,” she said. “As MAs, it’s nice to know what’s going on around the world, especially since we’re the ones standing the gates everywhere.”

Master-at-Arms 1st Class (EXW/SW) Marvin Montgomery, a Naval Security Forces watch commander, reenlisted for six years during the all-hands call. He said having the CNO reenlist him was a great moment in his career and would encourage junior Sailors to do the same.

“Anytime they have an opportunity to have senior leadership reenlist them, it’s a great feeling. It’s an honor,” he said.

Fire & Emergency Services



Naval Support Activity Bahrain now has an interim response capability consisting of trained, certified firefighters that are available 24 hours a day, seven days a week to assist with any emergency. To report emergencies on NSA, call DSN 439-4911 or Commercial 1785-4911. On Mina Salman or the Aviation Unit, contact Bahrain Emergency Services at Commercial 999.

When calling, please be prepared to give your name, contact number, location of the emergency and a brief description. Do not hang up until told to do so by the NSF or Bahraini Dispatcher. Your safety is the primary concern, so leave the area of danger first and then make an emergency notification.

For more information, contact Fire Chief Corey White at 3615-6250 or Assistant Fire Chief John Rodgers at 3835-2170.

MWR Art Enrichment Studio



Photo by James Myers

Naval Support Activity Bahrain’s Morale, Welfare and Recreation Art Enrichment Studio Ceramic Art Adventures students display their final projects from the three-week course offered at Bahrain School, Aug. 27-Sept. 20. The course explored the art of ceramics using earthen clay and glazes.

HR Classified Ads

BG POSITIONS:

Who May Apply: CURRENT BG EMPLOYEES ONLY.

Announcement: NSA-11-115

Position: Safety & Occupational Health Specialist,
BG-0018-07/09/11

Department: Safety Department, NSA Bahrain

Opening Date: 16 October 2011

Closing Date: 24 October 2011

Announcement: NSA-11-116

Position: Customer Service Clerk - Top Floor, BG-2091-05

Department: NEX Bahrain

Opening Date: 19 October 2011

Closing Date: 25 October 2011

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Movie Schedule

Saturday, October 20

Theater A

- 10 a.m. - Cars 2 (G)
- 12 p.m. - Zoo Keeper (PG)
- 2 p.m. - The Conspirator (PG-13)
- 4 p.m. - Green Lantern (PG-13)
- 7 p.m. - The Hangover Part 2 (R)
- 9 p.m. - Patriot Games (R)

Theater B

- 11 a.m. - Kung Fu Panda 2 (PG)
- 1 p.m. - Rango (PG)
- 3 p.m. - Priest (PG-13)
- 5 p.m. - Horrible Bosses (R)
- 7 p.m. - Green Lantern (PG-13)
- 9 p.m. - Thor (PG-13)

Sunday, October 21

Theater A

- 10 a.m. - Mr Popper's Penguin (PG)
- 12 p.m. - Judy Moody and the Not Bummer Summer (PG)
- 2 p.m. - Lean On Me (PG-13)
- 4 p.m. - Arthur (PG-13)
- 7 p.m. - Horrible Bosses (R)
- 9 p.m. - The Lincoln Lawyer (R)

Theater B

- 11 a.m. - Cars 2 (G)
- 1 p.m. - Kung Fu Panda 2 (PG)
- 3 p.m. - Source Code (PG-13)
- 5 p.m. - Priest (PG-13)
- 7 p.m. - Navy Seals (R)
- 9 p.m. - Transformer: Dark of the moon (PG-13)

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.

ITT

COOKING DEMONSTRATION OF ARABIC FOOD & DINNER

Thursday, October 27

- Time: 1645, Min 6 people
- Oct 24 cut-off day
- ITT Price: \$23.00

SWIM WITH THE DOLPHINS

Friday, October 28

- Time: 1000 - 1300, Min 5 people
- Oct 25 cut-off day
- ITT Price: \$37.00

AL DAR ISLAND DAY TRIP

Saturday, October 29

- Time: 0930 - 1400, Min 5 people
- Oct 25 cut-off day
- ITT Price: \$12.00

GUIDED CULTURAL TOUR OF BAHRAIN

Sunday, October 30

- Time: 0900 - 1600, Min 14 people
- Oct 26 cut-off day
- ITT Price: \$35.00

****Please arrive 15 minutes prior****

All dates and times are subject to change



Friday, October 21
\$3 Mall Shuttle: Seef Mall
 • Time: 1200 - 1600

Saturday, October 22
GO-Karting
 • Bahrain International Circuit (BIC)
 • Cost: \$22/\$27

Sunday, October 23
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, October 24
Speed Pool
 • Time: 1200

Tuesday, October 25
Fear Factor Challenge
 • Time: 1700

Thursday, October 27
Terrifying Texas Hold'em
 • Time: 1800

Friday, October 28
\$3 Mall Shuttle: City Centre Mall
 • Time: 1200 - 1600

Saturday, October 29
Scary Movie Marathon
 • Time: 1200 - 0000

Sunday, October 30
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, October 31
Halloween Party
 • Time: 1730
 • Prize for Best Costume

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