

# Chief of Navy Reserve visits NSA Bahrain

By MC1 Cynthia Z. De Leon  
U.S. Naval Forces Central Command

**NAVAL SUPPORT ACTIVITY, Bahrain** — The Chief of Navy Reserve and Navy Reserve Force Master Chief spoke to Sailors during an all-hands call held onboard Naval Support Activity (NSA) Bahrain, March 20.

Vice Adm. Dirk Debbink and Force Master Chief Chris Wheeler visited NSA Bahrain as part of a world tour to meet and speak with Sailors and Marines about the new 21st Century Sailor and Marine initiative.

Though the trip is primarily to speak about the initiative, here in Bahrain, the pair spoke exclusively to Reservists serving on active duty about reserve affairs and to thank them for their service.

Debbink shared how he is constantly told by active duty leadership about the importance of the reserve component.

“I’m proud to say there’s great support for our Navy Reserve, that’s demonstrated in the budget,” said Debbink. “We’re fully funded for [various types of orders] for the current fiscal year.”

Wheeler thanked the group and extended his thanks to families back home.

“It is our honor and privilege to be here,” said Wheeler. “We thank you and we want to make sure that you understand that, and not just you, but your families as well. Your families serve right alongside you.”

Wheeler stated that of the 100,000+ Sailors who have served as individual augmentees (IA) during the past 10 years, 67,000 have been Reservists.

“You can’t tell a reserve from an active duty Sailor, we integrate so well,” said Wheeler.



Photo by MC2(EXW) Timothy Wilson

Chief of Navy Reserve, Vice Adm. Dirk J. Debbink, speaks with Navy Reserve Sailors at Naval Support Activity Bahrain to thank them and their families for their willingness to support the Navy’s mission, March 20. Bahrain was his third stop in a worldwide tour after visiting Djibouti, and Kandahar, Afghanistan.

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# Sailors, Marines raise money for NMCRS in Bahrain



Photo by MC2(EXW) Timothy Wilson

Senior Chief Yeoman Kristina Lenore, left, and Yeoman 1st Class Kawanda Carter, fire hot dogs and hamburgers in an effort to raise funds for the Navy-Marine Corps Relief Society (NMCRS) Active Duty Fund Drive (ADFD), March 19. NMCRS provides financial support and educational services for service members and their families.

By MC2(EXW) Timothy Wilson  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — In an effort to raise \$100,000 for the Navy-Marine Corps Relief Society (NMCRS) in Bahrain, the NMCRS Active Duty Fund Drive (ADFD) team began collecting donations, March 1.

Fund-raising methods have included lunchtime cookouts, pie-in-face opportunities and people simply being charitable at donation tables.

“The goal will be difficult to achieve but with the support of the [NSA Bahrain community], I am sure we will come close,” said Lt. Mariusz Drozdowski, the local NMCRS ADFD coordinator.

Drozdowski said that NMCRS is critical because service members can often face financial obstacles.

“The support offered helps our service personnel to keep their mind focused on their military duties,” he said.

The NMCRS will offer assistance to Sailors and Marines, regardless of marital status, and instead, based on need.

“Being a caseworker myself, I have seen

firsthand how the relief fund helps service members,” said Chief Personnel Specialist Diosdado Roxas, assistant coordinator of the Bahrain NMCRS ADFD.

NMCRS provides interest-free loans and grants in emergency situations for things such as food and shelter, vehicle repairs, funeral expenses, medical and dental bills and household set-up.

“We don’t have a full-time office in Bahrain,” said Roxas. “Sailors get stationed here, it’s their first command, and have not planned on living on the economy or staying at hotels, and they can get in trouble. The fund can help them.”

He added that the most common financial need is emergency leave for service members to return home to see loved ones.

“We will never turn away our Sailors and Marines,” said Roxas. “If there are time constraints, we will sign the contract, give them tickets and put them on a plane.”

NMCRS ADFD treasurer, Naval Air Crewman 1st Class (NAC/AW) Michelle Taylor said that the funds are available when people need a little extra money.

“If service members are short on funds and

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THESE  
STORIES  
AND  
MORE...

# Family Life at NSA Bahrain

## BES Desert Day



Photos by Heather Hasdemir

The Bahrain Elementary School Eagles had their 8th annual Desert Fun Games, March 8. Students competed in many events including a water balloon toss and for the best team spirit. Teams made banners and cheered on their teammates. Teachers, parents and U.S. Marines volunteered their time to set up and run events for the 220 participating students.



**the Bahrain DESERT TIMES**

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## Middle School Student Awards



Photo by Heather Hasdemir

Bahrain Middle School students in grades 6-8 were recognized for their achievements during the first semester with an awards assembly in the Great Hall, March 1. Students were recognized for Honor Roll: Principal's List (4.0 GPA); High Honor Roll (3.5 - 3.99 GPA); and Honor Roll (3.0-3.49 GPA). In addition, students were recognized for Perfect Attendance and Citizenship. Students receiving the Citizenship Award were nominated by their teachers. Bahrain School Assistant Principal, Dr. Eldrige Groomes, presented the awards.

## Chaplain's Corner

### God's Love For Us



By Cmdr. Chin Van Dang  
Supervisory Chaplain

After a few of the usual Sunday evening hymns, the pastor slowly stood up, walked to the pulpit and, before he gave his sermon for the evening, briefly introduced a guest minister. The pastor told the congregation that the guest minister was one of his dearest childhood friends and that he wanted him to have a few moments to share whatever he felt would be appropriate for the service. With that, an elderly guest minister stepped up to the pulpit and began to tell a story.

*A father, his son and a friend of his son were sailing off the Pacific coast when a fast approaching storm blocked any attempt to get back to the shore. The waves were so high that even though the father was an experienced Sailor, he could not keep the boat upright and the three were swept into the ocean as the boat capsized. Grabbing a rescue line, the father had to make the most excruciating decision of his life: To which boy would he*

*throw the other end of the lifeline? He only had seconds to make the decision. The father knew that his son was a Christian and he also knew that his son's friend was not. The agony of his decision would not be matched by the torrent of waves.*

*As the father yelled out, "I love you, son!" he threw out the lifeline to his son's friend. By the time the father had pulled his son's friend back to the capsized boat, his son had disappeared beneath the raging swells into the black of night. His body was never recovered. How great is the love of God that he should do the same for us. The guest minister said, "I urge you to accept his offer to rescue you and take a hold of the lifeline He is throwing out to you."*

With that, the guest minister turned and sat back down in his chair as silence filled the church. After the service, two young men approached the guest minister.

"That was a nice story," said one of them politely, "but I don't think it was very realistic for a father to give up his only son's life in hopes that the other boy would become a Christian."

"Well, you've got a point there," the old minister replied glancing down at his worn Bible. A big smile broadened his narrow face. He once again looked up at the two young men and said, "I was that father and your pastor is my son's friend."

God's love for us is immeasurable! And He invites us: "Turn to me and be safe, all you ends of the earth, for I am God; There is no other!" He is good to all and has compassion on all he has made. He offers help to the hopeless and assurance to those who respond to his call. God loves us – and we can love Him in return.

## From the Desk of the Command Master Chief



By CMDCM Ed Lambert  
NSA Bahrain Command Master Chief

Shipmates,

The 2012 election season is upon us, so now is a great time to refresh on absentee voting as well as policies regarding elections.

Throughout the fleet, Navy leaders support participation in the democratic process by: supporting the Federal Voting Assistance Program (FVAP) by publishing factual information about registration and voting laws, with special emphasis on absentee voting requirements, training and equipping voting assistance officers at every level of command, ensuring

expeditious processing of balloting material and proper postmarking and date-stamping of absentee ballots, and by taking all necessary steps to prevent fraud and to protect voters against any coercion. REMEMBER, all personnel, including reservists, when acting in their official capacity, shall NOT: wear military uniforms at political campaign or election events, associate the Navy with any partisan political campaign or election, candidate, cause, or issue, distribute political campaign or election literature while in uniform, or while on a military installation, engage in public commentary – including speeches and written submissions offered for publication – concerning political campaigns or elections without prior clearance, or respond directly to inquiries from political campaign organizations. All inquiries shall be forwarded to a Public Affairs Officer, who will respond with public information unless the request is from elected officials.

Voting assistance resources are available at (800) 438-8683, (703) 588-1584, DSN425-1584, by e-mail: [vote@fvap.ncr.gov](mailto:vote@fvap.ncr.gov), or online at <http://www.fvap.gov>. For more guidance, see DoD Directive 1344.10 and NAVADMIN 382/11 or see your Command Voting Assistance Officer.

## March is Social Work Month



Photos by MC1(SW) Sonja M. Chambers

Susan Cartwright, a licensed clinical social worker with Naval Support Activity Bahrain's Fleet and Family Support Center (FFSC), makes an appointment with a client. The FFSC provides counseling to service members, DoD civilians, contractors and their families.

By MC1(SW) Sonja M. Chambers  
Staff Writer

### NAVAL SUPPORT ACTIVITY, Bahrain

— Military service can be stressful in many ways. Being away from family and friends, an ever-changing schedule and pressure to do more with less can wear a person down.

The Naval Support Activity (NSA) Bahrain Fleet and Family Support Center (FFSC) has the resources to help.

March is Social Work Month and the FFSC's licensed clinical social worker Susan Cartwright focuses on helping others.

"The majority of what a lot of social workers do is counseling," she said. "Many people may not think of social workers as licensed therapists, but with a credential behind your name, licensed clinical social worker (LCSW), that qualifies you to have an independent, private practice and you can meet with people in many venues such as marriage counseling."

Cartwright can help people with a variety of issues.

"Anything dealing with life, stress or anger issues," she said. "We get a lot of clients who have a lot of anger once they get here. Maybe they were told it was going to be a two-year tour and their family could come and they get here and their families can't come. Now that person is here for one or two years alone. There are a lot of stressors that people deal with here that aren't normal and that's where [the FFSC] can come in, be reassuring and help them problem solve."

The FFSC provides counseling to service members, DoD civilians, contractors and their families.

"We help anybody with an ID card from NSA Bahrain and all its tenant commands," Cartwright said. "We don't serve DOD Civilians or contractors back in the States, so that's unique to the overseas environment. Anybody who comes in as an individual, partnership or family can be seen for counseling, classes and workshops."

Cartwright said a lot of people are concerned that if they go see a counselor, their career will be in jeopardy.

"We have no way to interact with any

military system and we have no access to personnel files," she said. "No one from the military has access to our systems. There is no crossing at all, so the military will not even know that they came here."

Sometimes service members are command referred to the FFSC's counseling program, but Cartwright said the sharing of information about the sessions is very limited.

"If they are a command referral, I let them know that I am obligated to contact the command and let them know that they showed up," she said. "One of the things I like to let people know is that their information, with a few notable exceptions like someone who is actively suicidal, actively homicidal or someone who's been involved in any level of child abuse, is confidential. Once we're in the office and the door is closed, that's between us."

Cartwright and the FFSC's mission is to offer short term problem solving counseling.

"There may be a big issue that a person feels that they're tackling," Cartwright said. "We'll break it down into some manageable pieces. We'll take a look at what things we can change and take a look at what your options are, what have you tried, what's worked and what hasn't. There are a lot of things that we can do."

Cartwright is not only the sole licensed clinical social worker at FFSC and conducts all the counseling sessions, she also teaches classes and workshops on topics such as parenting, stress and anger management, couples communication and culture shock.

Cartwright said making that first appointment with a counselor isn't always easy. People may be concerned that she might tell them what to do.

"I want to dispel that myth right now," she said. "I am not here to tell anyone what to do. One of the things that I do and I make this very clear to my clients, I will make suggestions for your decision. It may resonate with you, it may not. I'm not here to make judgments. I'm here to assist and support."

For more information about FFSC's services or to schedule an appointment, contact the FFSC at 439-4046.

# Transition Benefits: ISP Requirements Reminder

By MC1(AW) LaTunya Howard  
Navy Personnel Command Public Affairs

**MILLINGTON, Tenn. (NNS)** — A Navy message released March 19 reminds Sailors of requirements associated with receiving involuntary separation pay (ISP).

According to NAVADMIN 093/12, all Sailors involuntarily released from active duty, to include Sailors affected by the Enlisted Retention Board, may be eligible for ISP. Command leadership, career counselors and affected Sailors must review the message to ensure timely actions are met to receive payment.

ISP has Navy Reserve requirements and obligations. Career counselors and command leadership can assist Sailors with applying for affiliation in conjunction with ISP.

All Sailors who apply for ISP must obligate in the Ready Reserve for a minimum of three years past their initial military service obligation. The Ready Reserve has two branches, the Selected Reserve (SELRES) and Individual Ready Reserve (IRR).

The SELRES consists of drilling reservists and units.

SELRES typically fulfill the traditional service commitment of one weekend a month and two weeks a year.

The IRR offers Reserve affiliation benefits without the SELRES drill requirements or Reserve pay. Sailors in the IRR have to maintain mobilization readiness and must keep the Navy informed of any address changes or conditions that may affect their readiness.

While the Navy wishes to afford every Sailor an opportunity to transition to the Navy Reserve, SELRES billets are limited. Involuntarily separated Sailors E3 through E6 can apply for a SELRES quota via Perform-to-Serve/Fleet RIDE. Once approved for a quota, Sailors can contact the Career Transition Office (CTO) to complete the process. If a SELRES quota is not available, Sailors can request to affiliate with the IRR.

A Sailor who affiliates with the IRR must have their command complete a NAVPERS 1070/613 form and send it to their supporting personnel office. This must be accomplished prior to separation to ensure payment of this benefit, according to the message. If a signed Reserve affiliation contract is not completed prior to separation, Sailors must

petition the Board of Correction for Naval Records to receive ISP.

Under current legislation, Sailors who collect ISP and later collect a military retirement must repay their ISP upon retirement. Under current legislation, ISP must also be repaid upon receipt of Department of Veterans Affairs disability compensation. The Defense Finance and Accounting Service will reduce retirement payments until the ISP amount is repaid.

Read the message for more information or call the Navy Personnel Command Customer Service Center at 1-866-U-ASK-NPC or email CSCMailbox@navy.mil.

ISP is an element of the continuum of service area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

More information on ERB transition assistance can be found on the NPC Web page at <http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/TransitionInfo.aspx>.



U.S. Navy photo

CMDCM(SW/AW) Richard Hatton

## Region's new Command Master Chief checks aboard

By CMDCM(SW/AW) Richard Hatton  
Navy Region Europe, Africa, Southwest Asia

**NAPLES, Italy** — Hello. I'm Commander, Navy Region Europe, Africa, Southwest Asia Command Master Chief Richard Hatton. I recently arrived in Naples and can't tell you how excited and happy I am to be here working with all of you across the Region.

I am originally from Heathsville, Virginia where I graduated from Northumberland High School in 1982 and enlisted in the Navy as a cryptologic technician. I have been through a variety of technical schools, numerous deployments and many overseas tours in the 30 years since my first enlistment. I am a graduate of the Navy's Senior Enlisted Academy and have earned my associate's degree in industrial man-

agement technology as well as a bachelor's degree focused on management. Most recently I served as the installation Command Master Chief at Commander, Fleet Activities Sasebo, Japan.

As the Region's Command Master Chief, I am dedicated to providing efficient and effective shore service support to U.S. and allied forces in the Region. I fully support and look forward to interacting with our total force including military members, GS employees, contract employees, local nationals and their families. The work you do is vital to our continued success and I am excited to be a part of the team.

More news and information from Navy Region EURAFSWA 'like' us at [www.facebook.com/cnreurafswa](http://www.facebook.com/cnreurafswa) or visit [www.cnrc.navy.mil/europe](http://www.cnrc.navy.mil/europe).

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they see the society, they can be assisted," she said.

In 2011, the goal was \$82,000 and donations totaled \$92,000. At NSA Bahrain, 22 cases were handled by Bahrain case-workers for service members on station, providing more than \$43,000 dollars to ease their hardships.

In addition, NMCRS can provide funds for educational purposes, provide need-based scholarships, budget counseling services and provide infant clothing.

Taylor said the NSA Bahrain NMCRS

ADFD is collecting hundreds of dollars a day alone, just from offering hot dogs and hamburgers.

The NMCRS was founded in 1904 and is a private nonprofit charitable organization with almost 250 offices afloat and ashore at Navy and Marine Corps bases throughout the world. The society offers financial, educational and other assistance to active duty Sailors and Marines, their family members and survivors when in need.

The campaign is scheduled to continue until April 15.

### PUBLIC NOTICE: Accreditation Survey

The Joint Commission and the U.S. Navy Medical Inspector General (MEDIG) will conduct a joint accreditation survey of U.S. Naval Hospital Sigonella and its Branch Health Clinics from April 12 – 19.

Patients and staff members may contact a Joint Commission surveyor during this survey and request a public information interview. The Joint Commission surveyors will be located at the U.S. Naval Hospital Sigonella from April 16 – 19 and can be contacted by calling DSN (314) 624-4576 ext. 4.

Concerns may also be brought to the attention of MEDIG by calling DSN (312) 295-9019 or via email at [NavyMEDIGHotline@med.navy.mil](mailto:NavyMEDIGHotline@med.navy.mil). Representatives from MEDIG will be at Naval Branch Health Clinic Bahrain on April 12.

## NEX Cricket Team wins tournament



NEX Photo

The Navy Exchange cricket team NEX 652 won the first Naval Support Activity (NSA) Bahrain Morale, Welfare and Recreation (MWR) Open Cricket Tournament, Feb. 24. The all-day tournament included seven teams comprised of NSA workers. NEX General Manager Dan Cougevan said, "Our NEX Cricket Team represented the NEX at the tournament as well as they do each and every day in the store. They are champions both on the Cricket field and in the NEX!" Pictured left to right: Back row, Mohammad Ajmal, Surango Apphumai, Kashaan M. Butt, Nisar Mandamullathil (Team Manager), Faruk Shaikh, Aslam Biliyar (Photographer) Aslam Mandamullathil. Front row: Aslam Shaikh, Kabeer Ahmed, Rizwan Sharif (Team Captain), Abdul Hameed.

# Select NEXs and MCXs to sell Navy Marine Corps Relief Society Benefit Sales Ticket

By Kristine M. Sturkie  
NEXCOM Public Affairs Specialist

**MECHANICSBURG, Pa.** — Beginning in March, select NEXs and Marine Corps Exchanges (MCXs) will be selling a Navy Marine Corps Relief Society (NMCRS) benefit sales ticket to customers for \$5. The money collected from the sale of each ticket will be given to NMCRS to help Sailors, Marines and their families in need. When purchased, the sale ticket will entitle customers to specific percent-off discounts for a one-time purchase on either April 16 or 17, 2012.

The benefit sales ticket entitles customers to tiered discounts depending on the type of merchandise with some exclusions. Merchandise storewide is 10 percent off, but

excludes tobacco, alcoholic beverages, electronics, digital cameras, computers, computer accessories, software, video games and systems, uniforms, gas, DVDs, CDs, concession departments, gift cards and pre-paid cards, e-commerce, special orders, Autoport services, the Exchange Catalog and Exchange Catalog On-line, layaways or previously purchased merchandise.

The benefit sales ticket offers 15 percent off the entire stock of fine jewelry, excluding Rolex watches, Omega watches and Pandora jewelry. The next tier of 20 percent off includes the entire stock of apparel, shoes, watches and sunglasses. Already reduced furniture with prices ending in .94, .96 or .97 will be 30 percent off. The maximum discount for any item is \$250.

## PSD Bahrain Changes Leadership



Photo by MC2 (EXW) Timothy Wilson

Lt. Brian Dembicky, right, relieves Lt. Leon LeFlore, left, as Personnel Support Detachment (PSD) Bahrain's officer in charge (OIC) as Naval Support Activity (NSA) Bahrain Commanding Officer Capt. Colin Walsh observes, during a change of charge ceremony, March 15.



Photo by MC1(SW) Sonja M. Chambers

Chief of Navy Reserve Vice Adm. Dirk J. Debbink, left, speaks with Senior Chief Electronics Technician (EXW) John Lewis, right, and Lt. Cmdr. Michael Jordan following an all-hands call for Navy Reserve Sailors in Bahrain.

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Yeoman 1st Class Kawanda Carter, a reservist attached to Naval Air Facility, Washington, D.C., serving on IA orders with Commander, Task Force 56 would agree.

Carter feels there is no difference in how a reserve YN operates compared to her active duty counterparts.

"It's good to know I'm contributing. I feel like I'm a part of what's going on," said Carter.

Debbink and Wheeler also spoke about ongoing issues like the Senior Enlisted

Continuation Board, how a form of Perform-To-Serve is coming to the Reserves, Tricare, and Continuum of Service (CoS). CoS is an initiative that supports seamless transitions across Active and Reserve Components (AC/RC) that will encourage a lifetime of Navy service.

The 21st Century Sailor and Marine initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

## HR Classified Ads

**LOCAL GS POSITIONS:**

**Who May Apply:** Current Department of Navy employees and Military Spouse Preference/Family Member's eligible's/NAF interchangeable/VRA eligible residing in the Commuting Area.

**Announcement: NSA-12-027**

**Position:** Recreation Assistant, GS-0189-07  
**Department:** MWR, NSA BAHRAIN  
**Opening Date:** 14 Mar 2012 - **Closing Date:** 27 Mar 2012

**LOCAL NATIONAL POSITIONS:**

**Who May Apply:** Bahraini Citizens (1st Priority Consideration), Non-U.S. Citizen Spouses (2nd Priority Consideration), Gcc Nationals, Local Foreign Nationals, Or Current Bg Employees.

**Announcement: NSA-12-024**

**Position:** Library Aid, BG-0303-05  
**Department:** MWR, NSA BAHRAIN  
**Opening Date:** 08 Mar 2012 - **Closing Date:** 28 Mar 2012

**Announcement: NSA-12-016**

**Position:** Transportation Assistant, BG-2102-07/08/09  
**Department:** PSD, NSA Bahrain  
**Opening Date:** 12 Feb 2012 - **Closing Date:** 4 Mar 2012

**Announcement: NSA-12-029**

**Position:** Transportation Clerk, BG-2012-06  
**Department:** CTF-53, BAHRAIN  
**Opening Date:** 22 Mar 2012 - **Closing Date:** 11 Apr 2012

**Announcement: NSA-12-017**

**Position:** Loss Prevention Investigator, BG-0083-05/06  
**Department:** Navy Exchange, Bahrain  
**Opening Date:** 16 Feb 2012 - **Closing Date:** 29 Feb 2012



## ITT

**Arabian Experience**

*Friday, March 23*  
• Time: 1400 – 1900  
• Min 5 people; ITT Price: \$18.00

**Al Areen Wildlife Park**

*Saturday, March 24*  
• Time: 0900  
• Min 5 people; ITT Price: \$5.00

**Guided Cultural Tour of Bahrain**

*Sunday, March 25*  
• Time: 0900 – 1600  
• Min 14 people; ITT Price: \$35.00

**Belly Dancing Dinner Show**

*Thursday, March 29*  
• Time: 2030  
• Min 10 people; ITT Price: \$30.00

**Al Dar Island Day Trip**

*Friday, March 30*  
• Time: 0930 – 1400  
• Min 5 people; ITT Price: TBA

**Swim With The Dolphins**

*Saturday, March 31*  
• Time: 1000 – 1300  
• Min 5 people; ITT Price: \$37.00

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

**All dates and times are subject to change**

## Movie Schedule

**Friday, March 23**

**Theater A**

10 a.m. - The Big Year (PG)  
12 p.m. - Dolphin Tale (PG)  
2 p.m. - Chronicle (PG-13)  
4 p.m. - Shark Night (PG-13)  
7 p.m. - 50/50 (R)  
9 p.m. - J. Edgar (R)

**Theater B**

11 a.m. - Kung Fu Panda 2 (PG)  
1 p.m. - The Smurfs (PG)  
3 p.m. - Green Lantern (PG-13)  
5 p.m. - Priest (PG-13)  
7 p.m. - Friends With Benefits (R)  
9 p.m. - Captain America (PG-13)

**Saturday, March 24**

**Theater A**

11 a.m. - Happy Feet 2 (PG)  
1 p.m. - The Muppets (PG)  
3 p.m. - Tower Heist (PG-13)  
5 p.m. - Green Lantern (PG-13)  
7 p.m. - What's Your Number (R)  
9 p.m. - The Rum Diary (R)

**Theater B**

11 a.m. - Rio (G)  
1 p.m. - Winnie The Pooh (G)  
3 p.m. - Rise Of The Planet Of The Apes (PG-13)  
5 p.m. - Chronicle (PG-13)  
7 p.m. - The Change-Up (R)  
9 p.m. - Transformers: 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](mailto: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.

**MWR CYP NSA BAHRAIN**

**NAVY CYP**  
Child and Youth Programs

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SUN	MON	TUES	WED	THUR
0600-0900	0600-0900	0600-0900	0600-0900	0600-0900
"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"
11-1	11-1	11-1	11-1	11-1
"Smooth Groove"	"The Old Show"	"Urban Nation"	Classic Rock	"Country Hits"
Smooth Jazz and R&B With	Best of the 80's and 90's	Best of Hip-hop and R&B With	With	Best of Country With
Dj Audity	Big Joe	Guest Dj	Barnacle Biller	Felix The Cat

Feat: Guest Dj's

You can also tune in to channel 12 AFN For Song Request! Call Us At 439-4036

**LIBERTY**  
Navy Morale, Welfare and Recreation

**Friday, March 23**  
\$3 Mall Shuttle-City Center Mall  
• Time: 1200-1600

**Saturday, March 24**  
Wahoo Water Park

**Sunday, March 25**  
National Waffle Day!  
• Time: 0800; Make your own Waffle (while supplies last)

**Monday, March 26**  
Speed Pool  
• Time: 1200; Free Pizza for Players

**Tuesday, March 27**  
9 Ball tournament  
• Time: 1200

**Wednesday, March 28**  
Ladies Spa Trip & Dinner  
• Time: 1700

**Friday, March 30**  
\$3 Mall Shuttle-City Center Mall  
• Time: 1200-1600

**Saturday, March 31**  
Grand Mosque Tour & Lunch  
• Time: 1400

**Sunday, April 1**  
April Fool's Best Joke Contest

**Monday, April 2**  
Speed Pool  
• Time: 1200; Free Pizza for Players

**Tuesday, April 3**  
National PB&J DAY  
• Free Sandwiches (while supplies last)

**Wednesday, April 4**  
8 Ball Tournament  
• Time: 1200 & 1800

**Friday, April 6**  
Dolphin Resort Trip  
• Time: 1200

**Saturday, April 7**  
Dinner at Hard Rock Café  
• Time: 1730

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