

# New exercise and nutrition program kicks off at NSA Bahrain

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — A new fitness and nutrition program that complements command physical training was introduced to command fitness leaders (CFLs) and Sailors from tenant commands at Naval Support Activity (NSA) Bahrain, July 8.

The Navy Operational Fitness and Fueling Series (NOFFS) was created by the Center for Personal and Professional Development (CPPD) for the mobile, operational lifestyle of Sailors, and focuses on proper exercise, injury prevention and nutrition. NOFFS provides a performance training resource that offers specialized guidance to Navy health and fitness professionals for Sailors, and was developed in partnership with the Athletes' Performance Institute to train safely and effectively.

More than 30 Sailors attended the first class held at NSA Bahrain's gym, which lasted for two hours.

"NOFFS is a balanced and functional training system tailored to mimic the movements that Sailors perform everyday on the job, like lifting, pushing, pulling and carrying," said Morale, Welfare and Recreation (MWR) Fitness Coordinator Erica Realmuto. "It is designed to increase performance, prevent injuries, and develop and maintain operational readiness."

The focus of NOFFS is optimal operational physical performance and fueling that includes more than 90 exercises. It is a series of four separate physical fitness programs designed to eliminate the guesswork in developing Sailor workout routines.

"NOFFS training is an excellent fitness tool available to all Sailors, whether they're beginners or already performing at an advanced level," said Chief Cryptologic Technician Walter Hernandez, CFL for U.S. Naval Forces Central Command (NAVCENT). "The program outlines safe, effective, and challenging workout routines

*EXERCISE Page 5*



Photo by MC2(AW) Johansen Laurel

**Cryptologic Technician 1st Class Mark Snoddy, assigned to Naval Information Operations Command, participates in Navy Operational Fitness and Fueling Series (NOFFS) exercises at Naval Support Activity Bahrain, July 8. NOFFS is the Navy's new fitness plan that complements command physical training and was created by the Center for Personal and Professional Development (CPPD) for the mobile, operational lifestyle of Sailors, and focuses on proper exercise, injury prevention and nutrition.**

## Vice Admiral visits His Royal Highness



Photo by MC1(AW) Aramis X. Ramirez

**His Royal Highness Prince Khalifa Bin Salman Al Khalifa, Prime Minister to the Kingdom of Bahrain, speaks with Vice Adm. Mark Fox, Commander, U.S. Naval Forces Central Command / Fifth Fleet / Combined Maritime Forces during a meeting held at the Court of the Prime Minister. The meeting was an opportunity for the prime minister to formally introduce himself to Fox, who took command July 5.**

## Post-9/11 GI Bill transferability requires obligated service

By Wm. Cullen James  
Navy Personnel Command Public Affairs

**MILLINGTON, Tenn.** — For those Sailors with children approaching college age, about to start higher learning or with spouses with college aspirations, now is the time to ensure your Post-9/11 GI Bill transferability is properly set up.

Qualified active duty and Reserve Sailors may elect to transfer benefits to a spouse or children, with some or all benefits allocated to those named.

"We still have a lot of Sailors whose transferability requests are being rejected because they don't have the four years of obligated service remaining," said Kathy Wardlaw, the Navy's GI Bill program manager.

The Navy announced the transferability process in NAVADMIN 203/09. Basically, it states that transferability requires two additional years for Sailors eligible for retirement between Aug. 1, 2010, and July 31, 2011, or three additional years for those with 20 years service between Aug. 1, 2011, and July 31, 2012.

Otherwise, Sailors generally must have served at least six years in the Armed Forces and agree to an additional four years. See the NAVADMIN for exceptions.

"Before submitting their transferability requests, their obligation requirement must be reflected in their electronic service record (ESR) or the request will be rejected until corrected," said Wardlaw.

Sailors can review their ESR at <https://nsips.nmci.navy.mil/>.

In addition to the ESR, the Defense Eligibility Enrollment System (DEERS) is used to validate a family member's eligibility for transfer.

For enlisted personnel that means having sufficient obligated service prior to their end of active obligated service. For officers, it means they must have an administrative remarks entry (Page 13) in their ESR agreeing to serve four more years from the date their transferability request is submitted.

After obligating service, Sailors must elect the transferability option while still serving.

*POST-9/11 Page 3*

INSIDE

- 3 - CHAPLAIN'S CORNER
- 4 - USS PELELIU BEGINS 5TH FLEET DEPLOYMENT
- 5 - LOOK COOL WHILE KEEPING YOUR EYES HEALTHY
- 6 - MASTER CHIEF'S CORNER
- 7 - DRINKING WATER CONSUMER CONFIDENCE REPORT
- 8 - MWR EVENTS & INFO



COUNTRY AND ROCK MUSIC ARTISTS VISIT USS SCOUT, P. 3



A WEEK IN THE LIFE OF USNS ROBERT E. PEARY, P. 4



MAP SUPPORT OFFICE OPENING IN BAHRAIN, P. 6

THESE STORIES AND MORE...

# Family Life at NSA Bahrain

## Play and learn

Photos by MASA John'Nay Spannreno

Right: Annie King plays with magnetic shapes to during play period at the Child Development Center on board Naval Support Activity, Bahrain. July 11.

Below: John Vanda plays an educational game on the computer at the Child Development Center on board Naval Support Activity, Bahrain, July 11.



Families seeking information regarding child programs can contact Beatrice Broadnax, Child and Youth Program Director at 439-9125.



## Summer Camp splash



Photo by MC1(AW) Felix Garza Jr.

Children participating in Child and Youth Programs' Summer Camp shoot hoops at the Al Shamal family pool. Child and Youth Programs is conducting summer camp for children ages 5 - 12. The summer camp involves weekly field trips off base, special events, swimming, recreational sports activities, and arts and crafts that include tie-dying, sand art, paper-mache and painting. Camp runs from 8:30 a.m. to 5:30 p.m. in the upper deck of building 267. For more information contact the Child Development Center at 439-9092.

**the Bahrain DESERT TIMES**

[www.cnic.navy.mil/bahrain](http://www.cnic.navy.mil/bahrain)

**Commanding Officer**  
U.S. Naval Support Activity Bahrain  
Capt. Rick Sadsad

**NSA Bahrain Executive Officer**  
Cmdr. Patrick J. Moran

**Public Affairs Officer**  
Jennifer L. Stride

**Leading Petty Officer**  
MC1(AW) Felix Garza Jr.

**Staff Photojournalists**  
MC1(AW) Felix Garza Jr.  
MC2(AW) Johansen Laurel  
MC2(AW) Jason T. Poplin

*The Desert Times* is an authorized publication primarily for members of the Navy and Marine Corps military services in Commander Navy Region Southwest Asia.

Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof.

All editorial content is prepared, edited, provided and approved by the staff of the NSA/CNRSWA, Bahrain, Public Affairs Officer.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD, the U.S. Navy or Marine Corps, Commanding Officer Naval Support Activity Bahrain or Commander, Naval Region Southwest Asia of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

*The Desert Times* is published bi-weekly by Red House Marketing, P.O. Box 20461, Manama, Kingdom of Bahrain, a private firm in no way connected with DoD, the U.S. Navy or Marine Corps.

**Red House Marketing**, is responsible for commercial advertising, which may be purchased by calling (973) 1781 3777 or send in a Fax to (973) 1781 3700.

MWR NSA Bahrain

**FITNESS CENTER**

**Family Fitness Hours**

MWR Bahrain

Sunday's-Tuesday's-Thursday's

- 0900-1100
- 1300-1600
- 1930-2200

Friday's & Saturday's  
**OPEN**

### Program Requirements:

1. Minor family members 11 years old and under will not be able to use the facility (BUPERSINST 1710.11 C).
2. Minor family members from 12 to 16 must be accompanied at all times by a parent or legal guardian.
3. Family members must attend a fitness program and facility orientation conducted by an MWR fitness professional staff member prior to begin their initial workout. An orientation completion card will be issued upon completion.
4. Family members must present this card at the front desk to be able to utilize fitness equipment.
5. Children under 14 years of age will not be allowed to use the free weight area.

For more information contact Athletic Department @ 8184/3324/3161



Photo by MC2(AW) Johansen Laurel

Country music artist Natalie Stovall performed at Naval Support Activity, Bahrain for service members, Department of Defense civilians, contractors and families July 7.

## Country and rock music artists visit USS Scout

By MC1(SW) Brianna K. Dandridge  
Expeditionary Strike Group 5

MANAMA, Bahrain — Sailors assigned to USS Scout (MCM 8) took a much needed break from daily maintenance operations as country artist Natalie Stovall and members of the rock band SafetySuit paid a visit to the ship July 8.

According to Stovall, this visit was important and allowed her to do something special for the armed forces community.

The musicians were thrilled by the opportunity to play for the troops and visit a U.S. Navy ship, she said.

"This trip has been a great experience and it has been an honor to be able to play for the troops."

Natalie Stovall is relatively new to the country music scene, beginning her career as a child performer in the Opryland Kid's Club, and has recently become known as an up-and-coming artist.

The performers also held a free concert at Naval Support Activity Bahrain July 7, sponsored by Navy Entertainment and the base's Morale, Welfare and Recreation (MWR) Division.

During the tour of Scout, the artists visited the ship's bridge, mess decks and Combat information center. Following their tour, Stovall and the members of SafetySuit

met with Sailors for autographs and pictures.

Many of Scout's Sailors were able to attend the concert at NSA Bahrain and were excited by the opportunity to meet the performers.

"The concert was really good," said Mineman 2nd Class Christopher Southland. "It was cool to meet them."

"It was great that they braved the heat to put on a show for us out here," said Seaman Gabriel Sancuda. "It was an awesome show!"

Following their visit to Bahrain, Stovall and SafetySuit traveled to Djibouti and USS Nassau (LHA 4) to perform.

"Serving the troops was an opportunity that I just couldn't pass up," said Zack Morse, SafetySuit band member. "It has been a pleasure to perform for them."

Scout operates in support of ongoing 5th Fleet area of responsibility maritime security operations (MSO), with the ability to protect ships and their crews from seemingly invisible threats in the water. Additionally, seaborne mine countermeasure ships contribute to MSO by conducting waterborne security missions and protecting oil platforms. The ships also perform escort duties, direct liaison and joint operations with coalition patrol forces and combatants.



Photo by MC2(AW) Johansen Laurel

Stovall and SafetySuit held a free concert on base sponsored by Morale, Welfare and Recreation.

## Chaplain's Corner

### A Wink From God

By Chaplain (Cmdr.) Michael Hall  
NSA Bahrain Chaplain

A "Sesame Street" song called "The Big Become the Little" was accompanied by a cartoon which began in the undergrowth of the human scalp and then continued to zoom out until one had a view of the universe. The message was all about perspective. When considered against the vastness of the universe we are but a tiny speck. The incredible thing is that God, the Creator of the universe, has made us human beings the pinnacle of His creation and called us into relationship with Him and each other.

One way we can engage this relationship is with a simple "hello." I decided a long time ago to say "hello" to everyone I meet so that no one could say the chaplain doesn't like them. But what amazes me is the reaction. Some come back with a cheery hello, others a mumbled hello, and the Marines with a good strong "good morning, Sir" which always makes me smile. But what gets me the most are those who just keep their faces straight and walk on by with no response at all. I always wonder what is going on with them. Are they just not paying attention? Have they been hurt by someone? Are they mad at God? Do they think I am try-



ing to pick them up? Does it take too much effort to engage? I mostly feel sorry for them and say a prayer for them as I walk on by. If someone reaches out to say hello, the least you can do is offer a smile back. A smile or a simple hello can be a wink from God.

Well Bahrain, it has been a fun ride. This is my last article as I PCS this coming week. I have enjoyed talking with you these past two years. God Bless and good-bye.

MWR  
Bahrain  
Activities Unit

# NEW POOL

Hours of Operation

## Family Pool Hours

Tuesday-Sunday  
1100-2000  
Monday Pool CLOSED

## Training Tank Hours

Monday-Thursday  
0600-0930 & 1030-2000  
Friday & Saturday  
1000-2000  
Sunday Pool CLOSED

POST-9/11 from Page 1

"Sailors can allocate any percentage of their benefit to their spouse and children and change it any time, but if they don't elect the benefit while serving, they won't be able to go back and do it," said Wardlaw.

Family members must be in DEERS and eligible for benefits in DEERS before a Sailor can request transferability. This means those dual-military members whose

children are reflecting under only one sponsor's record, must be reflected under both sponsors. For example, to establish a child as a family member under both military parents, the child should be enrolled in DEERS under one parent for benefits and under the other parent as a child drawing benefits from another military sponsor.

Navy career counselors are a valuable source of information and an important piece in the service obligation requirement.

# A week in the life of USNS Robert E. Peary

From Sealift Logistics Command Central Public Affairs

**MANAMA, Bahrain** — As the lines are thrown over for mooring at the Port of Djibouti, Military Sealift Command's dry cargo/ammunition ship USNS Robert E. Peary (T-AKE 5) wraps up another underway period providing replenishment to U.S. Navy and Coalition ships working the counter-piracy mission in the Gulf of Aden and Horn of Africa.

Nearing the end of an eight-month deployment to the 5th Fleet area of responsibility, the Peary crew of more than 120 civil service mariners and 11 U.S. Navy Sailors have provided food, cargo, mail and millions of gallons of fuel to U.S. and Coalition naval ships.

"Today, we're wrapping up our latest cycle," said civil service mariner Capt. Gregory Horner, Master of Peary. "We've gone into Djibouti, loaded cargo for customers at sea - food and fuel for ships and aircraft. We'll go back into Djibouti to start the next cycle. It's like a round robin."

While at first glance, Peary's operations could almost be mistaken for the movie "Groundhog Day," where the same day is repeated over and over until the main character gets it right, nothing could be further from the truth.

On Peary, every day presents new challenges in accommodating customer ships' mission priorities, while still ensuring they receive the fuel, food and cargo they need. Aboard Peary, they have to get it right every day.

Flexibility has proven to be the key to Peary's success.

"These ships are conducting counter-piracy operations and we have to be flexible with them and work through their

schedules," said Horner. "We have a job to do, we like our job, and it's nice to be able to support the Navy in counter-piracy operations."

The last week at sea for Peary was typical - it was busier than some, but not as busy as others, according to civil service mariner Third Officer John Akerson. Peary saw a total of eight ships, including one aircraft carrier, three guided missile destroyers, one guided missile cruiser, two Military Sealift Command ships and one Coalition ship. Peary conducted vertical replenishments, connected replenishments, refueling at sea, personnel transfers, helicopter operations and an emergency breakaway drill. She delivered fuel, parts, cargo, mail, personnel, fresh vegetables, dry and frozen foods - including morale boosters such as ice cream and soda.

On hand to capture this particular week of operations was a production crew from the Discovery Channel Canada, who were filming an upcoming episode of the television series, "Mighty Ships," which will feature Peary and her crew.

"The shoot has been pretty interesting because I didn't expect to be so involved," said civil service mariner James "J.B." Brown, Peary's supply officer. "I am glad to help show them around and show them what we do. They saw a full spectrum of underway operations, including deck, engineering and cargo operations. Hopefully, this will help people understand what goes on in the supply department."

The production crew learned firsthand that carrying out operations at the pace Peary experienced during their time aboard meant any delay could impact the next replenishment mission.

"You must have a sense of humor in this job," said Akerson. "We could be heading for



Photo by MC1 Elizabeth Allen

**Sailors aboard the Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99) hold the phone and distance lines during an underway replenishment with the Military Sealift Command dry cargo/ammunition ship USNS Robert E. Peary (T-AKE 5).**

a ship when they have to change the rendezvous point. Sometimes, we get to a location and the ship has been called away for a priority mission. You must be flexible."

One way to remain flexible is to be prepared.

"When I get orders, I'll start on stock control items, sometimes five days ahead, just in case there's a schedule change," said Brown. "I like to prepare myself because we're doing events at the same time we're prepping for the next event."

While everything delivered is important, certain commodities seem to be a bit more precious than others and it's not machine parts.

"Ice cream is gold out here," said civil service mariner assistant yeoman storekeeper Renee Sanderlin.

A little moment of lightheartedness

aboard USS Farragut (DDG 99) came when a pallet of ice cream delivered from Peary was rang aboard. This may have been meant in fun, but it underscored the positive impact the presence Peary has on U.S. Navy ships sailing the Gulf of Aden in support of counter-piracy operations.

"Supply ships like Peary are absolutely important to us conducting our counter-piracy mission," said Cmdr. William Daly, Farragut's commanding officer. "We work out of remote places and don't always have the ability to pull into port to replenish."

The crew on Peary realizes the importance of their missions.

"When it all boils down, we know we're out here to support the military mission, to support the fleet," said Brown. "We do the best we can and take pride in our work."



Photo by MC2 Michael Russell

**A CH-46 Sea Knight helicopter practices vertical replenishments as it approaches the flight deck of the amphibious assault ship USS Peleliu (LHA 5) before sunset. Peleliu is part of Peleliu Amphibious Ready Group, led by Commodore Dale Fuller, which is on a scheduled Western Pacific deployment with 15th Marine Expeditionary Unit.**

## USS Peleliu begins 5th Fleet deployment

From Peleliu Amphibious Ready Group Public Affairs

**USS PELELIU, At Sea** - Amphibious assault ship USS Peleliu (LHA 5), the command ship of the Peleliu Amphibious Ready Group (ARG), and embarked Marines from 15th Marine Expeditionary Unit (MEU) arrived in the U.S. 5th Fleet area of responsibility (AOR) July 14.

The Peleliu ARG is comprised of Peleliu, amphibious transport dock ship USS Dubuque (LPD 8) and amphibious dock landing ship USS Pearl Harbor (LSD 52). Dubuque and Pearl Harbor are scheduled to arrive in the 5th Fleet AOR later in the month.

"I am very confident in the capabilities of the Sailors and Marines assigned to this team," said Commodore Dale Fuller, commander, Peleliu ARG. "The successful training and careful preparation we have done since the beginning of the year gives me confidence in our ability to carry out any mission required of us."

PEL ARG and 15th MEU departed San Diego in May for their regularly scheduled deployment, which began in the 7th Fleet AOR, where embarked

Sailors and Marine participated in Exercise Crocodilo in Timor-Leste and Marine Exercise in Indonesia.

PEL ARG and 15th MEU will operate in support of ongoing maritime security operations in the region, and serve as the theater reserve force for U.S. Central Command (CENTCOM) and report directly to Expeditionary Strike Group (ESG) 5, which is respon-

sible for all amphibious forces deployed to 5th Fleet, and oversees the planning and execution of contingency response missions and maritime humanitarian aid and disaster relief operations.

The 5th Fleet's AOR encompasses 2.5 million square miles of water and includes the Arabian Gulf, Arabian Sea, Red Sea, Gulf of Aden, Gulf of Oman and parts of the Indian Ocean.



Photo by MC1(AW) Felix Garza Jr.

**A pair of SA-330J Puma helicopters assigned to Military Sealift Command dry cargo/ammunition ship USNS Amelia Earhart (T-AKE 6), (right), move supplies to amphibious assault ship USS Peleliu (LHA 5) during a replenishment at sea.**

**EXERCISE** from Page 1

that Sailors can use anytime, anywhere, whether on the ground or at sea.”

According to Hernandez, NOFFS training requires little fitness equipment or space and a Sailor can choose various workout routines based on the amount available.

“So far, we’ve been successful in getting CFLs and Sailors from various commands to participate

in our NOFFS sessions,” Hernandez said. “We’ve also been getting very positive feedback from Sailors about the effect NOFFS training is having on their bodies during and after working out.”

NOFFS includes training in movement preparation, multi-directional movement training, strength training, cardiovascular training, recovery training and nutritional fueling strategies.



Personnel Specialist 1st Class Jesus Pedron, assigned to Naval Support Activity (NSA) Bahrain’s personnel department, participates in NOFFS.



Photos by MC2(AW) Johansen Laurel

Morale, Welfare and Recreation Fitness Coordinator Erica Realmuto assists Personnel Specialist 1st Class Richard McKinney and Personnel Specialist 2nd Class Stacey Nunez, to properly execute Navy Operational Fitness and Fueling Series (NOFFS) exercises.



Chief Cryptologic Technician Walter Hernandez, assigned to Commander, U.S. Naval Forces Central Command, and Morale, Welfare and Recreation Fitness Coordinator Erica Realmuto, demonstrate Navy Operational Fitness and Fueling Series.



Intelligence Specialist 1st Class Clora Ross, assigned to Commander, Naval Central Command, participates in Navy Operational Fitness and Fueling Series (NOFFS) exercises.



## Look cool while keeping your eyes healthy

By HM1(FMF/SW) Daniel Feedback  
Branch Medical Clinic, Bahrain

**MANAMA, Bahrain** — If you know you are going to be exposed to the sun, you should always wear sunscreen and protect your skin from the damaging effects of ultraviolet (UV) rays.

Because the sun does not only damage your skin, UV-blocking eye protection should be worn as well. Harmful UV rays are present from the sun reflecting on sand, water, asphalt and snow.

According to the Environmental Protection Agency, Americans are spending an average of 3.5 hours per day outdoors and these amounts to more than 1,000 hours of UV damage to their eyes each year. Whether patrolling the base or enjoying a day off outdoors, everyone should wear eyewear that blocks 99-100 percent of UVA and UVB rays, in conjunction with a brimmed hat. Wraparound sunglasses are the most effective in protecting the delicate skin around the eyes as well.

Children are also susceptible to UV damage and should wear UV-blocking eyewear for all daytime outdoor activities, specifically between the hours of 10 a.m. - 3 p.m., when UV rays are the most intense. Eye protection should be worn during overcast days.



Chief Cryptologic Technician Walter Hernandez, assigned to Commander, U.S. Naval Forces Central Command, demonstrates a NOFFS exercise at the Naval Support Activity Bahrain. NOFFS is the Navy’s new fitness plan to be implemented for command physical training and will be used for upcoming chief petty officer selectee induction.

# Map Support Office opening in Bahrain

By MC1(AW) Felix Garza Jr.  
Staff Writer

**MANAMA, Bahrain** — Defense Distribution Mapping Activity (DDMA), responsible for the worldwide physical distribution of all maps, charts, and other geodetic material, will be relocating Map Support Office (MSO) Kuwait to Naval Support Activity, Bahrain Aug. 1.

DDMA operates nine manned satellite facilities around the globe, which are geographically located to provide responsive distribution support to unified and major theater commanders in support of peacetime and crisis contingency operations.

“This move will shorten our supply line, provide us

with more shipping options, make our products more accessible to local users and cut 1-3 days off of small parcel shipping outside of Bahrain,” said Keith Putnam, officer in charge of MSO Kuwait. “This move will also consolidate the map mission in Kuwait with a small detachment that had been maintained in Bahrain. It will better utilize assigned personnel by having them manage both areas.”

MSO Bahrain will provide support to all DOD activities operating in the U.S. Central Command’s area of responsibility.

The MSO is a joint unit consisting of Army, Navy and Air Force personnel, all contributing to serving the customers. MSO Bahrain’s three permanent staff members, along with a team of four DDMA military and civilian employees



Photo by MC1(AW) Felix Garza Jr.

Logistics Support Specialist 2nd Class Louis Gottal verifies map storage locations July 14, during the relocation of Map Support Office, Kuwait to Naval Support Activity, Bahrain.



Photo by MC1(AW) Felix Garza Jr.

Army Staff Sgt. William Joyner palletizes maps that will be stored in the Banz warehouse.

from Richmond, Va. and Naples, Italy, are currently processing the stock transfer to Bay 8 in the Banz warehouse.

More than 18,000 transactions are conducted each year at the Kuwait site, with more than 2.8 million products reaching customers in the region. This number is expected to increase as the Bahrain site comes online.

“The biggest challenge right now is taking customer requests, going through maps and readying a warehouse all at the same time,” said Air Force Staff Sgt. Xavier Zaragoza. “We communicate well, and working with this great team we are able to support out customers and move forward.”

DDMA was established in 1999 as part of the overall transfer of distribution services for map products to Defense Logistic Agency’s primary distribution facility, located in Richmond, Va.

## Master Chief’s Corner

### The Right Thing to Do

By Command Master Chief, NSA, Bahrain,  
CMDMCM(AW/SW) Jim Key

**MANAMA, Bahrain** — Shipmates, I believe at some point in all of our careers we have been faced with adversity, a challenging situation or dealing with a violation of rules, instructions or regulations. It literally hurts me to say this, however, here in Bahrain we all need to be more proactive and stay familiar with — and abide by — the established rules, instructions and regulations.

Many things are different here than in the United States. Base-wide there appears to be an outbreak of either one or two categories, “not knowing” the rules or “not caring” about them. I will give you some examples; but first, I want to share this quote made by a politician, businessman and prior quarterback for the University of Oklahoma, J. C. Watts. He stated “Character is doing the right thing when nobody’s looking. There are too many people who think that the only thing that’s right is to get by, and the only thing that’s wrong is to get caught.” Please reflect for a moment on this

quote before continuing into this article.

I don’t make these things up, and we all must continue to educate our troops along with each other by setting the right example and enforcing the standards. Now, here are five examples where individuals fall into one of the two categories mentioned above.

1. Bicycle helmets, per COMUSNAVCENT/COMUSFIFTHFLEET OPORD 1000-07, when bicycling; a helmet must be worn both on and off base. This doesn’t mean worn strapped to the handlebar or unstrapped on your head. Just think about it.

2. Frayed clothing, especially jeans, per the same instruction listed and NSABAHRAININST 10120.1 all clothing shall be in good repair. It will not be frayed or have holes, rips or tears, either by manufacture or wear.

3. Du-rags or bandanas. I personally wear a bandana all the time back in the United States, especially when on my motorcycle; however, here in the U.S. 5th Fleet area of responsibility, they are not authorized. A single sweat band may be worn during PT and only specific items of headgear

as listed in those instructions are allowed.

4. Headphones. This is probably the one that I have to speak to folks the most about. Again, the same two references: they are not allowed in uniform. While transiting, in civilian clothes, or while running/jogging, one ear piece must be removed for safety purposes.

5. Backpacks and Civilian Bags. As per Navy Uniform Regulations, Chapter Two, Section 2101-General Information. All bags worn with uniform must conceal its contents and be either solid black or navy blue in color. There are desert issued packs that are authorized as well. There are more specifics in the instructions, so please review as needed.

Remember, these are only a few. There are many other items that could be listed so be looking for more examples in future articles. My hope is that eventually, as we continue to educate folks, we will run out of examples to print. As an installation, we have posted signs for designated smoking areas, items not to be worn on liberty or while in the gym and sweaty PT gear not to be worn in common areas of the NEX.

The instructions and various signs were put into place and bottom lined by our bosses for a reason. We all need to accept them for what they are and whether you agree with those reasons or not, abide by



them. Go through your chain of command or drop a note in one of the CO’s suggestion boxes with your thoughts for base improvements or a recommendation to amend a current policy. Please review the instructions, pay attention to the signs around the base and help NSA Bahrain set and keep high standards. Don’t be one of those folks that has to “get caught” before they do what is right. Be a good example for others to follow and set the standard because it’s “The Right Thing to Do.”

# Drinking water consumer confidence report

From NAVFAC EURAFSWA

## Is our water safe to drink?

NSA Bahrain's drinking water system provides water that is safe to drink, and we are proud to support the Navy's commitment to provide safe and reliable drinking water to our service members and their families. This annual Consumer Confidence Report includes general and mandatory information to educate everyone about our water source(s), treatment processes, standard requirements, and other details to help assure you that our water is safe to drink.

Our drinking water fully complies with the DoD's Final Governing Standards (FGS), which are derived from U.S. Environmental Protection Agency (EPA) and Bahraini drinking water standards. The FGS prescribes regulations that limit the amount of certain contaminants in water provided by our water systems, and our results show that all chemical analyses are below the maximum allowed contaminant levels. A detailed list of constituents found in our drinking water is included in this report, along with a comparison to the maximum levels considered safe for the general public by these standards.

## Where does our water come from and how is it treated?

NSA Bahrain purchases treated water from the City of Manama. This water comes from the ocean and is treated at the Al Hidd Water Plant, a multi-stage flash distillation plant; such plants are extremely effective and used world-wide. NSA Bahrain provides further water treatment using filtration and reverse osmosis to remove any remaining trace salinity and other contaminants. The water is then chlorinated to provide disinfection throughout NSA's distribution system, which includes storage tanks, pumps and piping.

## Why are there contaminants in drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. Bahrain's drinking water source is distilled; however, distillation is not 100% effective in removing all contaminants because: 1) droplets of un-vaporized liquid can be carried with the steam prior to distillation, and 2) some contaminants have boiling points similar to water and will be vaporized and condensed with the distilled water. Due to this, some substances may be present in source drinking water, such as:

- Microbial contaminants, such as viruses and bacteria, that may come from wildlife, sewage treatment plants, septic systems, and livestock;

- Inorganic contaminants, naturally occurring such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming;

- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses;

- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and

- Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

The presence of contaminants does not necessarily indicate that water poses a health risk. In order to ensure that tap water is safe to drink, regulations limit the amount of certain contaminants in water provided by public water systems. You can learn more about contaminants and any potential health effects by visiting the EPA's Drinking Water Standards web site: <http://permanent.access.gpo.gov/lps21800/www.epa.gov/safewater/standards.html> or by calling their Safe Drinking Water Hotline: 1-800-426-4791.

## What standards apply to drinking water overseas?

DoD potable water systems in Bahrain must comply with Final Governing Standards (FGS). FGS are developed after a comprehensive review and comparison of U.S. EPA's Safe Drinking Water Act (SDWA) and Bahraini drinking water standards. When Bahraini and U.S. standards differ, the most protective requirement is adopted into the FGS.

NSA Bahrain's drinking water is monitored frequently for various parameters to ensure consumer's health and safety. Regular sampling is conducted to detect:

- Bacteriological
- Inorganic and Organic Compounds
- Pesticides and PCBs
- Total Trihalomethanes (disinfection by-products)
- Radionuclide

## Source water assessment

In September 2009, the Naval Facilities Engineering Command conducted a comprehensive sanitary survey of the NSA Bahrain drinking water system. This survey provided an evaluation of the adequacy of the drinking water source, facilities, equipment, operation and maintenance for producing and distributing safe drinking water.

## Some people must use special precautions

There are people who may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons, such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the EPA's Safe Drinking Water Hotline: 800-426-4791.

## Points of Contact

If you have any questions regarding this report or about the drinking water processes, please contact Awni M. Almasri Regional Environmental Director, Commercial Phone +973-1785-4603, DSN:439-4603.

## Water Quality Data Table

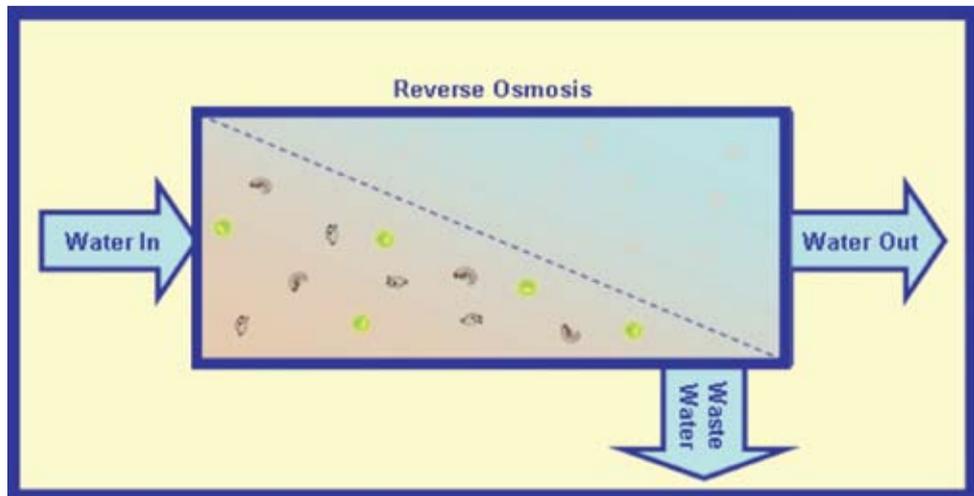
The table below lists all of the drinking water contaminants and relevant data collected during 2009 sampling (unless otherwise noted). The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. All substances detected in NSA Bahrain's drinking water are below allowed levels and meet FGS requirements.

DRINKING WATER Page 8



Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Units	Sample Date	Violation	Typical Source
<b>Inorganic Components</b>							
Sodium	N/A	N/A	8.0	mg/l	Nov-'09	NO	Erosion of natural deposits; Leaching
Boron	N/A	N/A	64	mg/l	Nov-'09	NO	Erosion of natural deposits; Leaching
Silica	N/A	N/A	111	mg/l	Nov-'09	NO	Erosion of natural deposits; Leaching
Calcium	N/A	N/A	14	mg/l	Nov-'09	NO	Erosion of natural deposits; Leaching
Magnesium	N/A	N/A	1.3	mg/l	Nov-'09	NO	Erosion of natural deposits; Leaching
Sulfate	250	N/A	1.6	mg/l	Aug-'09	NO	Runoff/leaching from natural deposits
Potassium	N/A	N/A	2	mg/l	May-'09	NO	Erosion of natural deposits; Leaching

Note: All other Inorganic Compounds, Organic Compounds, Pesticides, PCBs, Total Trihalomethanes and Radionuclides, Lead, Copper and Total Coliforms were not detected. N/D= Not Detected, i.e below PQL; PQL= Practical Quantitation Limit of the best method



Unit Descriptions	
Term	Definition
ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter (µg/L)
pCi/L	pCi/L: picocuries per liter (a measure of radioactivity)
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.

## HR Classified Ads

### BG POSITIONS:

#### Announcement: NSA-10-060

**Position:** Cargo Handler, BG-2102-05/06  
**Department:** Personal Property, FISC Bahrain  
**Opening Date:** 08 July 2010 - **Closing Date:** 28 July 2010  
**Who May Apply:** Bahraini Citizens (1st Priority consideration), GCC Nationals, Local Foreign Nationals, or Current BG employees.

#### Announcement: NSA-10-059

**Position:** Material Handler, BG-6907-06  
**Department:** FISC Bahrain  
**Opening Date:** 08 July 2010 - **Closing Date:** 28 July 2010  
**Who May Apply:** Bahraini Citizens (1st Priority consideration), GCC Nationals, Local Foreign Nationals, or Current BG employees.

### LOCAL POSITIONS:

**Who May Apply:** Current Federal Employee; Military Spouse Preference/Family Member's eligible residing in

### the Commuting Area; Veterans Employment Opportunity Act (VEOA) Eligible

#### Announcement: NSA-10-061

**Position:** Facility Operations Specialist, GS-1640-11  
**Department:** PMWR, NSA Bahrain  
**Opening Date:** 12 July 2010 - **Closing Date:** 25 July 2010

#### Announcement: NSA-10-062

**Position:** Recreation Assistant, GS-0189-07  
**Department:** MWR, NSA Bahrain  
**Opening Date:** 12 July 2010 - **Closing Date:** 25 July 2010

#### Announcement: 10-032

**Position:** Child and Youth Assistant, CY-I KPP CY-II  
**Opening Date:** 29 March 2010 - **Closing Date:** Open until filled

#### Announcement: 10-090

**Position:** Child and Youth Program Operations Clerk, NF-0303-02  
**Opening Date:** 19 July 2010 - **Closing Date:** Open until filled

DRINKING WATER from Page 7

Important Drinking Water Definitions	
Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements. which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level

What commands and departments are involved in providing safe drinking water? What are their responsibilities?

### NAVFAC Bahrain Public Works Department (PWD) – Utilities:

- Operation and maintenance of drinking water treatment and distribution systems including cleaning of tanks, system disinfection, flushing, and backflow prevention. Note: PWD contracts with INTERCOL to operate and maintain the reverse osmosis treatment system.
- Coordinate with Environmental Division to update the master plans.

### NAVFAC Bahrain Public Works Department – Environmental Division:

- Overall compliance with FGS (includes EPA and Bahraini Drinking Water Standards).
- Coordination of drinking water sampling and laboratory analysis.
- Recordkeeping
- Source water surveys, master plans, sanitary surveys, and laboratory contract services.

### US Naval Branch Health Clinic Bahrain (Cognizant Medical Authority):

- Certification of base drinking water sys-

- tems as potable.
- Bacteriological monitoring.
- Health effects advice and implementation of protective measures associated with any instances of non-compliance.

### Naval Facilities Engineering Command:

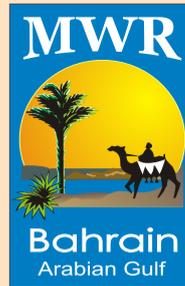
- Treatment plant construction/upgrades.

### NSA Bahrain Public Affairs Office:

- Public notification of any non-compliance issues associated with on-base drinking water systems. Public notification covers potential adverse health effects/risks, corrective actions, alternative water supplies and protective measures.
- Public notification of any non-compliance issues associated with off-base systems in the surrounding community which may affect station personnel.
- Issuance of CCR's.
- Community Outreach.

### NSA Bahrain Housing Office:

- Coordination of drinking water issues relating to base housing.



## ITT

### Cooking Demonstration of Arabic Food & Dinner

Thursday, July 22

- Time: 1700
- Min 5 people; ITT Price: \$23.00

### Group Fishing Trip

Friday, July 23

- Time: 0530 – 1300
- Maximum 8 people; Group Cost: \$352

### Group Trip to Lost Paradise Water Park

Saturday, July 24

- Time: 0900 – 1700
- ITT ticket Price: \$26.00
- Transportation Cost round trip: \$160 per 24 passenger bus \$107 per 12 passenger van

### Belly Dancing Dinner Show

Thursday, July 29

- Time: 1930
- Min 10 people; ITT Price: \$30.00

### Camel Farm & Saudi Causeway

Friday, July 30

- Time: 1100 – 1400
- Min 5 people; Cost: \$5.00

### Shopping at City Center Mall

Saturday, July 31

- Time: 0930 – 1300
- Min 5 people; ITT Price: \$4.00

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

All dates and times are subject to change

## Movie Schedule

Thursday, July 22

### Theater A

- 10 a.m. - An American Girl: Kit Kittredge (G)
- 12 p.m. - Knight and Day (PG-13)
- 2 p.m. - Love Happens (PG-13)
- 4 p.m. - Remember Me (PG-13)
- 7 p.m. - Cyrus (R)
- 9 p.m. - Friday Night Lights (R)

### Theater B

- 11 a.m. - Furry Vengeance (PG)
- 1 p.m. - How to Train Your Dragon (PG)
- 3 p.m. - The Ghost Writer (PG-13)
- 5 p.m. - She's Out of My League (R)
- 7 p.m. - Hot Tub Time Machine (R)
- 9 p.m. - Predators (R)

Friday, July 23

### Theater A

- 10 a.m. - Open Road (PG)
- 12 p.m. - When in Rome (PG-13)
- 2 p.m. - Why Did I Get Married Too (PG-13)
- 4 p.m. - The Back Up Plan (PG-13)
- 7 p.m. - She's Out of My League (R)
- 9 p.m. - Kick Ass (R)

### Theater B

- 11 a.m. - Space Chimps (G)
- 1 p.m. - Field of Dreams (PG)
- 3 p.m. - The Bounty Hunter (PG-13)
- 5 p.m. - The Joneses (R)
- 7 p.m. - The Ghost Writer (PG-13)
- 9 p.m. - Outlander (R)

## 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.



SUN - THUR  
 6 am - 9 am  
 11 am - 1 pm  
 - Da Wolf -  
**THE HEAT**  
**106.3**  
 PHONE: 439-4036



Thursday, July 22  
**Indian Dinner**

- 1830
- E6 & Below \$3, E7 & Above \$5

Friday, July 23  
**Tree of Life, Pottery & Saudi Causeway tour**

- 0900
- Includes picnic lunch

Saturday, July 24  
**Seef Mall**

- 1200
- Transport Free

Sunday, July 25  
**BBQ Night**

- 1800

Monday, July 26  
**Gold City & Arabic Dinner**

- 1700

Wednesday, July 28  
**Movie Night: Avatar**

- 1800

Thursday, July 29  
**8 Ball Tournament**

- 1800

Friday, July 30  
**Lost Paradise Water Park**

- 0915
- E6 & Below \$20, E7 & Above \$25

Saturday, July 31  
**Swim with the Dolphins**

- 1000
- E6 & Below \$30, E7 & Above \$35

For more information call the Liberty Center at 439-3192