

# ERT and Safety teach fire prevention

By MC2 Daron Street  
Staff Writer

MANAMA, Bahrain — As a part of Fire Prevention week, service members from Naval Support Activity (NSA) Bahrain paid a visit to Bahrain School, Oct. 7.

Members of NSA Bahrain's Emergency Response Team (ERT) conducted fire extinguisher training with teachers and taught students how to properly don firefighting gear.

Fire Prevention Week is held every year at the beginning of October.

"This is something that I love to do," said Damage Controlman 2nd Class Felix Renoir. "I like the fact that we can come over here and teach the students and the teachers how to protect themselves and to protect others against fires."

ERT members and representatives from the NSA Safety office taught children about fire alarms, fire prevention techniques and firefighting tips.

"The message we are trying to get out is that the best way to fight a fire is to prevent it from ever happening," said Renoir. "We're trying to inform the kids of the things we do as firefighters and how we put our lives on the line to save others. Maybe one day when they get older, they may want to be firefighters as well."



Photo by MC2 Daron Street

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Engineering Aide Constructionman Jacob Graff places a firefighting helmet on the head of James Scheidt at Bahrain School, Oct. 7.

# NSA celebrates 235 years of Naval heritage



Photo by MN1 Amy Greene

Naval Support Activity Bahrain Command Master Chief Jim Key watches as Master-at-Arms 3rd Class Ryan Kriebel, assigned to Naval Security Force Bahrain, salutes the POW/MIA table set for one during a remembrance ceremony at the 2010 Navy Ball, Oct. 8.

By MC2(AW) Jason T. Poplin  
Staff Writer

MANAMA, Bahrain — Personnel assigned to Naval Support Activity (NSA) Bahrain gathered at Manama's Diplomat Hotel, Oct. 8, in celebration of the U.S. Navy's

235th 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.

During opening remarks, guest speaker

Deputy Commander, Expeditionary Strike Group (ESG) 5, Col. James McGinley, said the celebration is also an opportunity for the Navy to honor its place during the birth and development of America as a nation.

"Celebrating the Navy's birth is especially important because it reminds all Sailors of their proud traditions and its role in American history and defending our nation," he 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.

Contrary to its name, the ball is enjoyed by more than just Sailors. NSA Bahrain Command Master Chief Jim Key said he looked forward to the annual festivities because it offered junior Sailors a chance to interact with and observe how multiple branches of service from

various countries celebrate in a formal, yet festive environment.

"It's so awesome for the junior troops to see all the different uniforms from different services and how we celebrate our heritage because they rarely have the opportunity to experience it," he said. "It's a great chance for people to come out and see the diversity that's within the Navy and military community."

The successful culmination of several months of planning, promotion and fundraising, the Navy ball is the product of a volunteer committee dedicated to organizing and executing the celebration. Navy ball committee member Yeoman 2nd Class Kevin Brinson, assigned to ESG5, said service members join the committee for different reasons, but all are actively involved in securing their place in the continuation of Naval tradition.

"Working on the Navy ball committee symbolized the passing on of a legacy that our forefathers provided," he said. "As a relatively new country, the traditions associated with the beginnings of our military, and especially our Navy, is something we need to remember and cherish. I saw it as my mission, as a Sailor, to participate in it."

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain



Photo by MC2 Daron Street

Sparky the Fire Dog hands out gift bags to students at Bahrain School, Oct. 7.

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The students were taught throughout the week before about firefighters, and the job that they do.

"The classes read books, watched videos and learned about the everyday life of firefighters," said Katie Minehan, a teacher at Bahrain School. "In addition, they learned fire safety rules and how they can stay safe if they are around fire. Having the opportunity to see and handle some of the equipment firefighters use was a learning experience they will never forget."

Members of the ERT helped children don firefighting gear and gave them tours of the

inside of one of their fire trucks. Many of the children expressed how much fun they had learning fire prevention from the service members.

"I learned a lot about the firefighters and the fire trucks," said Gabriel Abdelhamid, a 1st grader at Bahrain School. "I also learned about how if there is a fire, everyone should get out of the house."

Teachers and students both walked away more knowledgeable about fire prevention.

"I love my job because it can save lives," Renoir said. "I love even more that I can teach others ways they can save lives too."



Photo by MC2 Daron Street

Construction Mechanic 1st Class Ben Gagan helps students tour the inside of a fire truck at Bahrain School, Oct. 7.

**the Bahrain DESERT TIMES**

[www.cnmc.navy.mil/bahrain](http://www.cnmc.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 Photojournalists**  
MC1(AW) Felix Garza Jr.  
MC2(AW) Johansen Laurel  
MC2(AW) Jason T. Poplin  
MC2 Daron Street

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## Chaplain's Corner

### Finding comfort in God



By Cmdr. Chin Van Dang  
Supervisory Chaplain

It is of no help to a train if its axles run hot; the heat generated is only a hindrance. It does not generate steam. Because of unnecessary friction, the axles get heated. Dry surfaces grinding together can be kept in smooth cooperation, thus avoiding friction, by a delicate cushion of oil.

So too, we must seek the smoothing grace of God through daily prayerful communion with Him when we experience life's pressures. Stress caused by our grinding daily tasks, often by uncomfortable and un-loving circumstances, by the ingratitude of others and by disappointments in projects undertaken, can lead us to fretting. But through daily communion with God, we can obtain the necessary strength to keep our cool under stress.

Sometimes we come across a place polluted by filth, but then we notice flowers blooming and giving out a sweet fragrance that overcomes even the stench

around them. Likewise, if we turn our hearts regularly to God, the difficulties of the day may even come to nourish our hearts and minds, bringing deep peace and inner contentment.

Reach out and hold on to God's hand and walk trusting in his help. The farmer buries good seeds in the earth trusting that they will grow and provide increase. The merchant places his money in the bank's care, trusting in the honesty of the bank. So too, trust in God. His word is true. He has never forsaken one who has trusted him. It's worthwhile to reflect the following "Footprints In The Sand" by Mary Stevenson:

*One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene he noticed two set of footprints in the sand: one belonging to him, and the other to the LORD.*

*When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life. This really bothered him and he questioned the LORD about it:*

*"LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."*

*The LORD replied: "My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."*



Photo by MC2 Daron Street

U.S. Naval Forces Central Command Manpower Department Head, Capt. Ann Kubera, and Naval Support Activity Bahrain Executive Officer, Cmdr. Kevin Boykin, cut a ceremonial cake to mark the kickoff of the 2010 Combined Federal Campaign (CFC) Overseas campaign, Oct. 4. The CFC is an annual fundraising event that takes place in federal workplaces around the world.

## CFC kicks off at NSA

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain celebrated the beginning of this year's Combined Federal Campaign (CFC) with a cake cutting ceremony, Oct. 4.

The CFC was created after President John F. Kennedy signed Executive Order 10927, authorizing the U.S. Civil Service Commission to develop a way of regulating fundraising for federal employees.

With more than 20,000 non-profit charitable organizations worldwide participating, CFC is the most inclusive workplace giving campaign in the world.

The CFC represents organizations that range from large worldwide organizations to local organizations to help certain communities.

"I think it's important to participate in

the CFC because it's a chance to support military communities," said the Bahrain CFC manager, Lt. Cmdr. Yolonda Mason. "No matter which organization you choose, it's all going to a good cause."

This year service members and government employees will be able to donate directly to NSA Bahrain.

"You can specifically donate to NSA Bahrain this year if you want to help support some of the events and programs that Morale, Welfare and Recreation puts on here," said NSA Executive Officer, Cmdr. Kevin Boykin.

This year Mason said she expects a good fundraising season.

"Our primary goal is to get 100 percent contact and our secondary goal is to reach \$200,000 in donations from Bahrain as a whole," she said.

For more information, contact your department CFC coordinator or visit the CFC website at <http://www.opm.gov/cfc/>.



Join the Naval Branch Health Clinic (NBHC) in its quest to keep women healthy. In honor of Breast Cancer Awareness Month, the NBHC is conducting routine screenings Oct. 25 from 7:45 a.m. to 4:30 p.m. The well woman screenings include tests for cervical cancer, breast cancer and Chlamydia. Call 439-4260 to book appointments.

## MCPON sends 2010 Navy birthday message to the fleet

Special from (MCPON)(SS/SW) Rick D. West  
Master Chief Petty Officer of the Navy

**WASHINGTON (NNS)** — Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Navy Birthday message to the fleet Oct. 5: "Shipmates and Navy Families,

On this wonderful occasion of our Navy's 235th birthday, I would like to express my heartfelt gratitude for your outstanding dedication and commitment to our great Navy.

As you know, our Navy is the best it has ever been; we're operating on land, on, above and below the world's oceans, with the most advanced equipment and technology, but, at the end of the day, we are only as good as our people. It takes Sailors like you to ensure we continually meet the demands of our expanded Navy environment and increased mission requirements.

I would like to thank each and every one of you for your service to our nation and our Navy, and for truly making our great Navy a global force for good.

As we celebrate our anniversary, take a moment to remember those currently on watch around the world and those who have gone before us and laid the foundation to which you build upon.



Photo by MC1 Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West talks with Sailors aboard the guided-missile destroyer USS Stethem (DDG 63) during his visit to Fleet Activities Yokosuka.

I also want to say "thank you" and express my sincere appreciation and gratitude to our Navy families. Your role in your Sailor's life and the Navy is vitally important.

Happy birthday Shipmates! I am really proud of who you are and the outstanding job you do every day.

Happy 235th birthday Navy and HOOYAH!"

## FFSC Happenings

### RELOCATION ASSISTANCE PROGRAM



Moving Made Easy

Your FFSC Relocation Program Manager and Intercultural staff have moved and are now in the main FFSC office upstairs in building 267.

Indoc programs for the remainder of 2010 are scheduled as follows:

- 17-24 October
- 14-21 November
- 28 November - 5 December
- 12-19 December

Visit us in Building 267 upstairs by the library for all your Command and Family Support needs!

Please call the FFSC office at DSN 439-4046 or CIV 1785-4046 for additional information



## NSA celebrates Hispanic Heritage Month

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain celebrated Latinos' culture and contributions to the United States during a ceremony, Oct. 5.

The focus of this year's Hispanic Heritage Month celebration was heritage, diversity, integrity and honor.

"Heritage is very important to me," said U.S. Naval Forces Central Command, Staff Command Master Chief Marco A. Ramirez. "People would always ask me, 'What are you?' and I always respond, 'I'm Texan, what else can I be?'"

Ramirez talked about the importance of diversity in the military and how history shows how people from different backgrounds shaped the armed forces. He also spoke about how Hispanics kept their integrity and honor while enduring discrimination in the military.

The event also included a poem reading by Navy Counselor 1st Class Hamidullah Lebron, guest speaker Combined Task Force 53 Deputy Commander, Capt. Jesus V. Cantu, who spoke about the importance of education, a cultural reading by Personnel Specialist 2nd Class Stacey Nunez and a Hispanic food buffet. Ethnic food was served and sponsored by Morale, Welfare and Recreation (MWR) and more than six different dishes originating from five Latin nations were on the menu.

"I was very impressed that MWR worked with us with on the buffet," said Multicultural

Committee President, Navy Aircrewman 1st Class Maria Frausto. "We didn't have to raise or spend any money for the event."

With the Navy reflecting the ever-changing makeup of society, diversity is a major issue. The United States continues to be enriched by the international cultures and backgrounds of its citizens.

"The event had a great representation of the diversity shown throughout the base and throughout the Navy," said Information Systems Technician 1st Class Corey Nugent. "It's always important to show recognition to the different nationalities, groups and associations that are worldwide, most specifically in the Navy."

According to U.S. Coast Guard, Food Service Specialist 1st Class Eddie Andujar, the event recognized the fact that there is a great diversity in the military and that the multicultural committee's mission is to recognize these backgrounds and cultures. This gives them a way to display where they're coming from, their history or their background.

Multicultural Committee Coordinator Information Systems Technician 1st Class Jorge Handal who organized the event said the luncheon was successful and hopes that it helped educate the people who attended.

"Let's not forget that by celebrating Hispanic Heritage Month we are also celebrating diversity in the Navy, and I think the diversity of cultures and backgrounds that exist in the Navy is the basis for its success, as well as the success of American society," he said.



Photo by MC2(AW) Johansen Laurel

Combined Task Force 53 Deputy Commander, Capt. Jesus V. Cantu, talks about his background as a Hispanic-American during the Hispanic Heritage Month celebration at Naval Support Activity Bahrain's multipurpose room, Oct. 5.

## Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at [www.navy.mil](http://www.navy.mil)



Photo by MC3 Colby K. Neal

Lightning flashes as the aircraft carrier USS Abraham Lincoln (CVN 72) transits the Strait of Malacca. Abraham Lincoln is underway on a scheduled deployment to the U.S. 7th and U.S. 5th Fleet areas of responsibility.

## NSA to issue parking tickets Nov. 1

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain's Commanding Officer, Capt. Rick Sadsad, recently signed NSA Bahrain's new parking instruction into effect.

The new instruction, which takes effect for warnings immediately, establishes policies and procedures for traffic regulations and an NSA Bahrain traffic court. Tickets will be issued for violations, Nov. 1.

"We understand that there are issues that need to be addressed with the parking situation here on base," said NSA Bahrain Executive Officer, Cmdr. Kevin Boykin. "It's an intensive parking policy but its focus is to enforce appropriate parking in appropriate spots. The initial goal of revising our parking instruction is to rectify the numerous violations that occur in the parking lot. It's creating an unsafe environment."

Every motor vehicle, golf cart, all-terrain vehicle, Gator and forklift at NSA will be subject to the new rules.

Offenses like parking by a red painted curb, spaces painted with yellow and/or white diagonal lines indicating "No Parking" or "Loading Zones" will now suffer consequences.

Parking is also prohibited where movement of traffic can be impeded or blocked, where parking is reserved for a particular

official or where prohibited by a security patrolman.

There will be no parking allowed in front of the entrance to any public building, in any unpaved areas not specifically designated by parking signs or in any area for a period in excess of three days.

A traffic court system is being implemented to handle disciplinary actions for offenses.

"There will be a traffic court system set up with a traffic judge who will be an E-7 or above appointed by the commanding officer to handle offenses," said Boykin.

A point system has been devised to monitor the number of offenses.

"The traffic point system provides an impartial and uniform administrative device for evaluating the driving performance of the drivers on base," said Assistant Security Officer, Lt. Abeslam Bousalham.

Individuals who accumulate 12 points within 12 consecutive months will have their on base driving/parking privileges revoked. The points assessed to an individual will remain in effect for accumulation purposes for a consecutive 24-month period, or until separation from the service (applicable in cases of immediate re-enlistment, military retirement and continuation, vehicle registration as retiree or re-employment as a civilian) or final termination of employment, whichever is sooner.

For more information refer to NSABAHRAINISNT 11200.1C.

### WORD ON THE STREET:

## The Navy turned 235 years old recently, what do you think the Navy will like in the next 235 years?



MA1 Robert Holliday  
NSF

"I think the Navy will be more like that cartoon, 'The Jetsons'."



NC1 Hamidullah Lebron  
NSA CCC

"From looking at the Littoral Combat Ship, you can see that we're already moving into the future with the technology we have. I think ships will continue to evolve with smaller crews to complement them."



BM3 Cordera Jackson  
NSF

"I see the Navy continually evolving to have better ships, equipment and manning."



AWOC Lon Vicknair  
VP8

"235 years ago we didn't even have airplanes and now I'm flying them, so we'll probably be doing some kind of space exploration."



MA3 Mark Bailey  
NSF

"The Navy will continue to get better, but it'll still be the world's finest Navy."



MA3 Rich Green  
Mobile Security

"We will continue to incorporate technology and require less people but maintain efficiency."



# FTO course graduates watchstander mentors



Photo by MC2(AW) Johansen Laurel

More than 20 Sailors assigned to Naval Support Activity Bahrain's Security Force graduate from the Field Training Officer Course, Oct. 4. The two-week course is designed to train Sailors to become proficient in law enforcement and force protection.

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity Bahrain's Naval Security Force's (NSF) Field Training Officer course graduated its class for the quarter at the Desert Dome, Oct. 4.

These graduates will now be responsible for training and mentoring NSF's watchstanders.

According to the NSF Training Officer, Chief Warrant Officer 3 Joselito Sarmiento, the Field Training Officer's job is the most integral part of NSF security because they are responsible for training all of the newly reported NSF watchstanders.

"They possess knowledge and maturity and all around aspects of force protection and law enforcement," said Sarmiento. "They are the cream of the crop when it comes to training junior security personnel."

The FTO course involves various scenarios such as quick thinking and rapid adaptation to different situations. Each class member is responsible for performing all the duties assigned to a watchstander and must know and be able to perform the different techniques used to pass information to the sections. As they transition through the course, undergoing several reaction and

quick-communication tests, the students become increasingly more confident, and such a trait is necessary for all security force members.

"This class requires the FTO to put his abilities to the test," said Sarmiento. "They were hand picked to attend this class for a reason."

According to Sarmiento, the two-week course is designed to evolve and adapt to current situations in order to improve the quality of the training. By doing this, the watchstanders will be fully trained and be able to react accordingly to emergencies and security threats.

"You have to be the subject matter expert in your field and have the basic knowledge of the standard operating procedures of naval security and law enforcement to be able to graduate from the course," said Sarmiento. "It takes dedication and a high level of maturity to perform what is expected of an FTO."

To FTO class member Master-at-Arms 3rd Class Xavier Campbell, the training was very important and put out a lot of good information.

"A lot of these Sailors are junior in the security field so it's important to improve them as watchstanders," Campbell said. "Our security department is being turned into a better force through this course."

## DISA Leadership speaks to work force

By MC2(AW) Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — Leadership from the combat support organization, Defense Information Systems Agency (DISA), met members of the DISA Bahrain field office at Naval Support Activity Bahrain, Oct. 4.

DISA Senior Enlisted Advisor, U.S. Army Command Sergeant Major Donald G. Manley, visited the command to meet members of the local work force, thank them for their service and receive input from within the community.

"DISA is globally dispersed and there are a lot of things going on right now in the chief information officer arena for communications and information technology," Manley said. "It's important for leadership to get out and talk to the work force, find out what their concerns are and see where we can help."

Comprised of military, federal civilian and contractor personnel, DISA provides command and control capabilities to maintain enterprise infrastructure by continuously operating direct global net-centric support to joint warfighters, national level leaders and other mission and coalition partners.

The visit culminated with an all-hands call where Manley recognized service members for their contributions to the command.

"The senior enlisted advisor wanted to recognize some of the military personnel for their hard work and dedication," said Chief Information Systems Technician Remangel Crawford, DISA U.S. Central Command Field Office Bahrain. "He presented members of the Army, Navy



Photo by MC2(AW) Jason T. Poplin

**Defense Information Systems Agency's (DISA) Senior Enlisted Advisor, U.S. Army Command Sergeant Major Donald G. Manley, speaks with members of DISA U.S. Central Command Field Office Bahrain at Naval Support Activity (NSA) Bahrain. DISA, comprised of military, federal civilian and contractor personnel, provides command and control capabilities to maintain enterprise infrastructure by continuously operating direct global net-centric support to joint warfighters, national level leaders and other mission and coalition partners. NSA Bahrain provides operational support to U.S. and Coalition Forces operating throughout the U.S. Central Command area of responsibility.**

and Air Force with a DISA [challenge] coin which, for the Army, is a sign of excellence."

Manley said he was very impressed with the positive atmosphere and strong sense of family promoted within the command.

"When I see that in an organiza-

tion, I know that the leadership is pushing the right things for success," Manley said. "When you have a family environment like that, you're always going to be successful, regardless of what mission we give you to do."

For more information visit <http://www.disa.mil/>

COME ONE  
COME ALL

MURAL  
CONTEST

Be a part of the Navy P'Ways in P911

In an attempt to personalize our buildings, we are having a contest to seek out murals to bring in some Navy Heritage/Pride to our everyday life. The P'way entering P911 by NFCU and ITT, will be named "Khaki Alley" and the P'way beside NEX entrance has been dedicated "Blue Shirt Blvd".

Contest will run from OCT 14<sup>th</sup>-OCT 30<sup>th</sup>

Murals will be accepted on paper (no smaller than 12"x12"), jpeg, or electronic form suitably for viewing. Entries can be turned into MWR Marketing office or your CMC/SEL, please include full name/rank, command and contact number.

One winner will be selected, a mural for "Khaki Alley" and it will be announced Nov 4<sup>th</sup>. We are also seeking drawings/pictures depicting our Navy Core Values "Honor, Courage, Commitment" for random placement throughout P-911 building.

MWR will be participating by giving prizes away to the top winner in each category.



# Empowering NSA Bahrain through Energy Awareness

By Roger Coronel

UEM Energy Manager, NAVFAC EURAFSWA,  
NSA Bahrain Public Works Department

Each year for Energy Awareness Month, the federal government encourages all personnel to promote energy-saving practices at their facilities.

The 2010 Energy Awareness Month theme is "Powering America; We're on target." Across the nation, federal agencies continue to zero in on energy targets to stimulate the economy by lower operating expenses, reduce greenhouse gas emissions and achieve long-term energy and economic security.

Naval Support Activity (NSA) Bahrain developed a base-wide Building Energy Monitor (BEM) program to establish strong, proactive energy awareness within each facility. The BEMs meet every other month with NSA leadership to discuss their efforts to conserve energy, including reviewing energy checklists. They also solicit ideas for improving energy conservation. This is a fantastic venue to get involved. Leaders, assign your best and brightest to the position of BEM to do your part in making a difference.

During fiscal year 2010, NSA Bahrain completed two energy/water conservation projects. By changing to low flow shower heads at the Transient Quarters and replacing natural grass with artificial turf at the softball field, NSA Bahrain conserves 4,600,000 gallons of water per year and will generate an annual savings of \$57,000.

NSA Bahrain Commanding Officer, Capt. Rick Sadsad, has an aggressive agenda for the energy program. We are planning projects to include induction lighting upgrades with solar back-ups for all external lights, low energy high-pressure cooling fans for security gates and replacement of existing incandescent and fluorescent light fixtures with LED lighting.

To recognize NSA Bahrain for its efforts, the Secretary of the Navy awarded the Energy and Water Management Blue Level of Achievement in 2009. With a commitment from everyone on board NSA Bahrain to conserve energy, promote energy saving initiatives and lead the way in the



most efficient technologies, together we will strive for a Gold certificate for 2010.

## Energy Savings at NSA Bahrain

Become more aware of your own consumption. Spending at least 40 hours a week at work, we tend to lose sight of the fact almost everything around us is tied to energy consumption: lighting, computers, air conditioning, vehicles and tools. Moreover, individuals don't see their

usage through a utility bill. However, you can make a difference by being more aware and making small changes in your work environment:

**Monitors and Computers** – Computers and monitors are a heat load. Air conditioners have to compensate for that load which equates to wasted energy if they're not in use. A typical computer left switched on 24 hours a day will cost up to \$50 more a year to run than one that is turned off in the evening. For an organization of 2,000 employees, this can add an extra \$100,000 in the annual utility bill.

**Switch monitors to off when not in use.** The auto power setting on monitors is good, but off is better. When you go to lunch, a meeting and especially before going home, switch them off. The same goes for other equipment such as printers, photocopiers, faxes, chargers, shredders, fans, etc. Turn on equipment only when needed.

**Lighting** – Lighting accounts for around a third of an office's utility bill. Make use of natural light whenever possible. Only turn on lights in areas when necessary and turn it off whenever they are not needed.

**Air conditioning** – Maintaining an efficient and stable temperature of your office is essential to an effective energy policy. The thermostat is required to be set in accordance with NSA Bahrain Instruction 4100.1. For administrative and Bachelor Quarters spaces, the temperature should not be set lower than 78°F (26°C). Your BEM ensures your spaces are in compliance with the instruction. Portable heaters and coolers are not authorized on NSA Bahrain.

**Water** - The treatment and distribution of water requires large amount of energy, mainly electricity. Therefore when we save water, we also save energy. Make sure taps are fully turned off after use and report any leaks or dripping taps to your BEM.

With NSA Bahrain's continuous efforts to find ways to become more energy efficient, we anticipate a large degree of energy savings and a better environment in the future.

If you have questions about how to save energy and lower utility costs or you would like to share a suggestion, please contact the Public Works Department Utilities and Energy Management Branch at 439-3663 or send an email to [rogerio.coronel.ph@me.navy.mil](mailto:rogerio.coronel.ph@me.navy.mil).

## “New Dawn” arriving in Iraqi waterways

By Lt. John Rogers

USS Chinook (PC 9)

**ARABIAN GULF** — With Operation Iraqi Freedom drawing to a close in August and Operation New Dawn beginning Sept. 1, the Iraqi navy shifted toward a leading role in providing security for Iraqi territorial waters.

Coalition forces had been leading security operations in the Iraqi maritime environment until the day that Iraqis would take over responsibilities.

The security of this compact and challenging operating environment is crucial due to the enormous volume of trade conducted at the oil terminals and the ports of Umm Qasr and Basrah.

Iraqi Patrol Ship Nasser (702) conducted joint training with USS Chinook (PC 9), and the Iraqi Training and Advisory Mission – Navy (ITAM-N), Aug. 4. The training was the final step in ensuring Nasser was prepared to take on the full range of operations and lead a successful patrol by the Iraqi navy.

A three-day training event focused on oil terminal defense. Nasser patrolled the water around Al Basrah Oil Terminal (ABOT), while a rigid-hulled inflatable boat from Chinook's small boat simulated a wide range of scenarios, including posing as a fishing dhow that had come too close to the terminal, and simulating a high speed skiff intent on attacking the terminal.

"Nasser did an outstanding job of protecting the water around ABOT and making it difficult to attack the terminal," said Quartermaster 2nd Class Ian Lacombe, the small boat coxswain.

The next day the Chinook crew hosted Nasser's crew for a series of training scenarios focusing on weapons, safety and stern ramp familiarization.

The Italian-built Nasser, similar to U.S. patrol craft, is outfitted with the same M2 .50-caliber machine guns as on the Chinook, making Chinook, which made Chinook a perfect platform to host the weapons training.

During the session, coalition forces trained the Iraqis tips on safe and accurate shooting. Upon completion of the initial training, Iraqi sailors completed a live fire exercise, ensuring each sailor was familiar and comfortable with operating the weapon.

During safety training, Iraqi sailors learned rescue and fire control techniques. Rescue and assistance techniques were taught to ensure the Iraqi sailors were able to proficiently provide assistance to mariners operating in the vicinity of the oil terminals. Chinook's damage control training team conducted scenarios that exercised Nasser's crew members ability to engage fires and flooding casualties.

Chinook Sailors also provided small boat-handling familiarization training to Nasser sailors, focused on how to safely launch and recover small boats from a stern ramp and safely transfer personnel. Small boat operations are critical to the Iraqi maritime environment allowing warships to transfer personnel and material, as well as providing a means of assisting and boarding merchant vessels and dhows.

"I was impressed by the motivation of the Iraqis throughout the entire three-day training event," Engineman 1st Class Blaine Lenzner said.

The training has since proven useful in the real world when Nasser recently assisted a dhow that suffered a mishap to its engineering plant. Nasser crew members helped the vessel repair the bilge pump, and reverse the flooding, so that the dhow was able to safely continue its transit.

## Legends of Aerospace visits NSA



Photo by MC2(AW) Johansen Laurel

Former astronauts, Neil Armstrong, Jim Lovell and Gene Cernan with the United Service Organization (USO) Legends of Aerospace tour speak to service members and their families at Naval Support Activity Bahrain, Oct. 12. The tour was sponsored by Armed Forces Entertainment in association with USO and Morale, Welfare and Recreation. Pictured from left to right, broadcaster David Hartman, Armstrong, Lovell and Cernan.

## HR Classified Ads

**LOCAL POSITIONS:**

**BG POSITIONS:**

**Announcement: NSA-10-081**

Position: Vending Route man, BG-4801-05

Department: NEX Bahrain

Opening Date: 29 Sep 2010 - Closing Date: 19 Oct 2010

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-10-034R**

Position: Food Outlet Duty Manager, BG-1101-07

Department: MWR, NSA Bahrain

Opening Date: 29 Sep 2010 - Closing Date: 19 Oct 2010

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-10-079**

Position: a/c and file Clerk, BG-0305-06/07

Department: Isa Base, FISC Bahrain

Opening Date: 29 Sep 2010 - Closing Date: 19 Oct 2010

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-10-084**

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

Department: Safety, NSA Bahrain

Opening Date: 05 Oct 2010 - Closing Date: 25 Oct 2010

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-10-077**

Position: Health Technician, BG-0640-11

Department: Medical, NSA Bahrain

Opening Date: 29 Sep 2010 - Closing Date: 19 Oct 2010

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.

## Jessica Simpson visits NSA



Photo by MC2(AW) Johansen Laurel

Jessica Simpson visits service members assigned to Naval Support Activity Bahrain and their families during a United Service Organization sponsored tour, Oct. 3.



**FRIDAY OCT 22** FREE POP CORN, CANDY & DRINKS!  
 Movie starts at 1830  
 Multi-purpose Room

**DO YOU WANT TO BE A SCOUT MEMBER?**  
 Register for Girl Scouts, Boy Scouts or Cub Scouts!  
 REGISTRATION TABLES WILL BE SET UP AT THE EVENT.

Disclaimer: Neither the U.S. Navy or any other part of the U.S. Federal Government officially endorses any company, sponsor, or their products or services.



## ITT

### Cooking Demonstration Of Arabic Food & Dinner

Thursday, October 14

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

### Pearl "Snorkel" Hunt

Friday, October 15

- Time: 0600
- Min 8 - Max 10 people; ITT Price: \$47.00 per person

### Group Fishing Trip

Saturday, October 16

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

### Hawar Island Overnight Stay

Thursday, October 21

- ITT Cost: Single Room- \$ 160; Double Room- \$197

### Go-Kart Racing

Saturday, October 23

- Time: 1700
- Min 6 people; ITT Price: \$23.00

### Guided Cultural Tour Of Bahrain

Sunday, October 24

- Time: 0900 - 1600
- Min 14 people; ITT Price: \$35.00

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

All dates and times are subject to change

## Movie Schedule

### Saturday, October 16

#### Theater A

- 10 a.m. - Ramona And Beezus (G)
- 12 p.m. - Space Chimps: 2 (PG)
- 2 p.m. - Grown Ups (PG13)
- 4 p.m. - Anchorman (PG13)
- 7 p.m. - Predators (R)
- 9 p.m. - Macgruber (R)

#### Theater B

- 11 a.m. - Toy Story (G)
- 1 p.m. - Vampires Suck (PG13)
- 3 p.m. - Jonah Hex (PG13)
- 5 p.m. - Hot Shots (PG13)
- 7 p.m. - Get Him To The Greek (R)
- 9 p.m. - Twilight: Eclipse (PG13)

### Sunday, October 17

#### Theater A

- 10 a.m. - Vampires Suck (PG13)
- 12 p.m. - The Back Up Plan (PG13)
- 2 p.m. - Jonah Hex (PG13)
- 4 p.m. - She's Out Of My League (R)
- 7 p.m. - Never Let Me Go (R)
- 9 p.m. - The Rock (R)

#### Theater B

- 11 a.m. - How To Train Your Dragon (PG)
- 1 p.m. - Furry Vengeance (PG)
- 3 p.m. - Letters To Juliet (PG)
- 5 p.m. - Ironman: 2 (PG13)
- 7 p.m. - Prince Of Persia: Sands Of Time (PG13)
- 9 p.m. - Machete (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.



Thursday, October 14

### Last Buck Party

- 1200
- Free Pizza while supply last
- Asian Dinner
- 1730
- E6 & Below \$3; E7 & Above \$5

Friday, October 15

### Video Game Friday

- 0830

Saturday, October 16

### Volunteer at the Animal Shelter

- 1700
- E6 & Below \$3; E7 & Above \$5

Sunday, October 17

### Manama Souq & Arabic Dinner

- 1700
- E6 & Below \$3; E7 & Above \$5

Monday, October 18

### Build -a-thing Competition

- 1200

Tuesday, October 19

### Puzzle Madness

- 1200

Wednesday, October 20

### Liberty Advisement Council Meeting

- 1200; Free Pizza
- Soccer
- 1700; Old Gym

Thursday, October 21

### Liberty Rock Wall Climbing

- 1100; Freedom Souq
- Shore Fishing
- 1530
- E6 & Below \$5; E7 & Above \$10

Friday, October 22

### Tree of Life Tour

- E6 & Below \$3; E7 & Above \$ 5

Saturday, October 23

### Go-Kart Racing

- E6 & Below \$15; E7 & Above \$23

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