

# First ESG 5 Commander completes tour, second assumes command

From Expeditionary Strike Group 5 Public Affairs

**MANAMA, Bahrain** — Rear Adm. Peg Klein relieved Rear Adm. Sinclair Harris as Commander, Expeditionary Strike Group (ESG) 5 at a change of command ceremony held at Naval Support Activity Bahrain, Nov. 14.

Harris took command of ESG 5 as its first commander, Nov. 8, 2009. As ESG 5, Harris commanded U.S. Task Forces 51, 52, 55 and 59, overseeing a wide range of missions including maritime security operations and crisis response.

While in command of Task Force 59, Harris was responsible for Navy and Marine Corps recent flood relief efforts in Pakistan.

"This is where the action is, this is where everything happens," said Harris. "The U.S. Navy, Coast Guard and Marine Corps come together like no where else."

Harris wished Klein the best and encouraged her to enjoy her time with ESG 5.

"You are in for a most fascinating tour here in Fifth Fleet. You will write new and greater chapters in the future as commander of Expeditionary Strike Group Five," said Harris.

During her speech, Klein thanked Harris for his hard work in getting ESG 5 to its current state and expressed her excitement for her new command.

"I know that our country demands much from us. We will deliver ready, capable people. We will deliver ready, capable ships and aircraft," said Klein. "We will provide options for you as have been delivered so capably by Rear Adm. Harris and his team this past year."

Additionally, Klein welcomed the staff that she would be working with over the year to come.

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Photo by MC2 Daron Street

Rear Adm. Peg Klein, right, relieves Rear Adm. Sinclair Harris, as Commander, Expeditionary Strike Group (ESG) 5 as Vice Adm. Mark Fox, commander, U.S. Naval Forces Central Command, observes during a change of command ceremony held on board Naval Support Activity Bahrain, Nov. 14. Harris was ESG 5's first commander. ESG 5 was established in Nov. 2009 to support amphibious forces deployed to the region, mine warfare, crisis response missions, and maritime humanitarian aid and disaster relief operations within the U.S. 5th Fleet area of responsibility.

## NBHC Bahrain opens new pediatric care and health promotion clinic



Photo by MC2(AW) Jason T. Poplin

Commander, Naval Medical Center Portsmouth and Navy Medicine East, Rear Adm. Alton Stocks, cuts a ribbon to signify the opening of Naval Branch Health Clinic's (NBHC) pediatric primary care and health promotions clinic at Naval Support Activity (NSA) Bahrain. NBHC provides services to a customer base of 4,000 personnel.

By Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — Naval Branch Health Clinic (NBHC) celebrated the opening of its pediatric primary care and health promotion clinic during a ribbon cutting ceremony at Naval Support Activity (NSA) Bahrain, Nov. 16.

The clinic's opening marks the first time personnel assigned to NSA will be able to receive pediatric care for their children at the facility.

NBHC's Pediatric Nurse Practitioner, Cmdr. Christina Jamieson, said the ceremony was critically important for showcasing the clinic's new services available to the community.

"We've had a huge influx of

families since the base opened back up to dependents and I think it's comforting for them to know that this facility now provides pediatric primary care services," Jamieson said.

In 2004, the Secretary of Defense put a temporary halt to family members living on the island.

Jamieson said in the past all pediatric patients were referred to facilities out in town.

"Although the standards of care out in town are quite excellent, a common question that people coming to the base have had is, 'Where am I going to take my child for medical care?'" she said.

In addition to new pediatric services the clinic offers, per-

sonnel now have access to multiple health and wellness programs designed to improve quality of life.

NBHC's Health Promotion Coordinator, Lt. Michelle Sanabia said the new programs include the Ship Shape nutrition and weight management, command health care information by request and tobacco cessation.

"These programs will benefit the community by offering access to resources that educate and expand the knowledge of the population enabling them to make well informed choices in order to maintain a healthy lifestyle."

Sanabia added that the ultimate goal of the clinic is to optimize the quality of life of all individuals that it serves.

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain



Photo by MC2 Daron Street

Students receive candy at one of the many "trick-or-treat" stations.

## Bahrain students get spooked

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — The students of Bahrain School celebrated Halloween during the 3rd annual Spooktacular event, Oct. 28.

Many active duty military personnel and family members from Naval Support Activity (NSA) Bahrain, U.S. Naval Forces Central Command (NAVCENT), USS Harry S. Truman (CVN 75) and other tenant commands in Bahrain volunteered at the event. The volunteers and staff together turned the school into a variety of carnival-like games, activities and haunted houses.

"I'm glad to be here helping out with Spooktacular," said Builder 1st Class Arlista Quimby from the NSA Bahrain Emergency Response Team. "This is the only Halloween

activity for the kids here so I'm happy to help in any way that I can."

Among the activities set up were many games like "brains in a bucket," ring toss and bouncy houses. There were also trick-or-treating stations in the schools halls. The NSA Junior Enlisted Association had a "jail" where students could pay tickets to have their friends arrested. The prisoners had to pay tickets to be released.

USS Harry S. Truman was in Bahrain for a port visit and volunteers from its 2nd Class Petty Officer Association came to the event to provide their support.

"It's great to help out the kids here," said Machinist's Mate 2nd Class Aceola Stephens-Smith of USS Harry S. Truman. "They didn't ask to come to Bahrain, but it's nice that there is something like this that can remind them of home."

## Trick or Treat



Photo by MC2 (AW) Johansen Laurel

Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Rick Sadsad, hands out candy to children from the Child Development Center during their Halloween parade around the base, Oct. 31.



Photo by MC2 (AW) Johansen Laurel

NSA Bahrain's CDC celebrates Halloween by trick or treating around the base.

**the Bahrain DESERT TIMES**

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

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## Chaplain's Corner

You are not alone



By Cmdr. Chin Van Dang  
Supervisory Chaplain

A woman who just got a driver license was driving to the city for the first time.

Arriving at an intersection, she saw all kinds of vehicles speeding toward her. She was too much in a panic to know what to do. Finally she closed her eyes, raised her hands and said, "OK, God. You take the wheel!"

There is so much turmoil in our lives. We all experience it. Just when we think things have quieted down, more turmoil erupts. Your doctor informs you that you have cancer. Your wife tells you she has been seeing another man. Your husband tells you he's found a younger woman and is going to marry her. Your son announces that he has AIDS. Your boss tells you that you were not selected for promotion. Any number of events can bring your life crashing down.

People of faith do not necessarily have trouble free and painless lives and people with little or no faith at all can be found living wonderful, prosperous, and problem free lives, or so it seems on the surface. Life's blows come to us all no matter what things may seem like on the surface. What happens within our hearts and souls when we find ourselves in the midst of life's storms? How painful do our lives seem to be? How lonely do we feel?

You and I wonder, how much more can I really take? Well, we can't take much more, but the thing is, we are not alone. The Lord is with us. He can and will protect us. We have to be aware of God's presence in our lives. We have to waken ourselves up to his consuming desire to care for us. We are the ones who are dozing off, not recognizing His power in our lives. We have to trust in him to quell the turmoil. He loves us.

No matter what our present fears are, no matter what suffering we endure now, no matter what crisis we fear for the future, he is there to keep us from falling apart. He is there for us. There is nothing beyond his power.

So when life deals you its cruelties, its blows, and your life seems to be collapsing all around you, don't immediately jump to the conclusion that God is punishing you or testing you or that He doesn't care about you. He may be a lot closer to you than you think. You may even come to realize that He's in the same boat with you. It is only in the power of faith and in the presence of God that we overcome all of life's cruel trials.

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## NSA Motorcycle Association celebrates Veterans Day



Photo by MC2(AW) Johansen Laurel

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain's Motorcycle Association held their first parade and ceremony to celebrate Veterans Day, Nov. 11.

The event started with motorcycle riders riding to the international race track before heading to NSA. The association, along with riders from the Harley Owners Group (H.O.G.) Bahrain Chapter, paraded around the base before gathering at the U.S. Naval Central Command flag pole for the ceremony.

President of the Bahrain Motorcycle Association, Lt. Cmdr. Joe Mason opened up the ceremony

with a prayer and introduction of himself and the first guest speaker, NSA Commanding Officer, Capt. Rick Sadsad.

Sadsad spoke about what Veterans Day meant to him and how grateful he is to be part of the event.

"This is a day to honor those who served and lost their lives," Sadsad said. "Many have fought wars and will continue to do so as long as our liberty and way of life are being threatened."

Next was Marine Expeditionary Brigade, Chief of Staff, Col. Mark Butler, who talked about the unselfish acts of service members such as U.S. Navy SEAL Team member, Master-at-Arms 2nd Class Michael A. Monsoor, U.S.

Marine Corps Cpl. Dakota Myer and First Sgt. Ken Hunt.

The ceremony concluded with a brief history of Veterans Day and a poem by Linda Ellis, called "Mommy, what is a veteran?" read by Chief Cryptologic Technician Networks Clifford Brown.

Operations Specialist 1st Class Tiffany Crooks participated in the event by riding with the group off base and during the parade on base. Being at the event reminded Crooks how proud she is to be a veteran. She said that if it weren't for the honor and courage of veterans, she wouldn't be where she is today.

"It was a wonderful ride today, and I'm glad I made it," said Crooks. "I hope a lot of people saw us and understood what we are doing."



Photo by MC2(AW) Johansen Laurel

Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Rick Sadsad, talks to the NSA Motorcycle Association and guests during Veterans Day celebration. The NSA Motorcycle Association organized a parade around base to commemorate Veterans Day.

# Cub Scouts become active citizens

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — Local Cub Scouts met with Naval Support Activity (NSA) Bahrain's Commanding Officer, Capt. Rick Sadsad, Nov. 9.

"The Cub Scouts were working on their Citizen Activity Badge and they had to meet with a community leader and learn what they do," said Cubmaster, Jimmy Wiley.

According to Wiley, this is the first time the scouts have had this opportunity since they only started meeting last spring. He said the commanding officer was a perfect candidate, and a lot of the scouts were impressed by being in his office.

Sadsad spoke of his responsibilities as the commanding officer of a U.S. base on foreign soil.

"The scouts are the future for our country and the things that they do now will lead them to success in the future," he said. "They have the leadership, camaraderie, and respect toward authority and the desire to learn and achieve. This is professional and personal development for the youth."

Wiley said the event helped the scouts understand why Americans need to be good ambassadors.



Photo by MC2(AW) Johansen Laurel

**Naval Support Activity Bahrain Commanding Officer, Capt. Rick Sadsad, talks to local Cub Scouts about his role as the commanding officer of the base. The scouts needed to meet a town official and learn about what they do for the community to earn their Citizen Activity Badge.**

After the meeting with the commanding officer, the Cub Scouts learned about the colors ceremony. Each one had the chance to raise and lower the flag, as well as fold and hold it properly.

"There are currently 20 members of the Cub Scouts and it is not a requirement to be American to be in the Boy Scouts of America (BSA)," said Wiley. "We have boys from the local communities as well, but we still follow the

BSA program, which includes American flag etiquette."

The Cub Scouts will be helping with the Bahrain Society for the Prevention of Cruelty to Animals Doggie Dawdle this month and will go camping in December. They will also be attending the Pinewood Derby in January.

For more information, to volunteer or to register for Cub Scouts, email [bahraincubscouts@hotmail.com](mailto:bahraincubscouts@hotmail.com); and Boy Scouts, email [Troop826Bahrain@gmail.com](mailto:Troop826Bahrain@gmail.com).



Photo by MC2(AW) Johansen Laurel

**Cubmaster Jimmy Wiley, teaches local Cub Scouts proper etiquette on raising and lowering the U.S. flag.**

## Vice Adm. Curtis speaks to surface warfare community at NSA

By MC2(AW) Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — Commander, Naval Surface Forces, Commander, Naval Surface Force, U.S. Pacific Fleet, Vice Admiral D. C. Curtis, spoke with members of the Surface Navy Association and surface warfare community during a "brief and discussion" session at Naval Support Activity Bahrain, Oct 28.

The session offered audience members an opportunity to hear about developing programs in the surface force and receive firsthand feedback from questions pitched to the community's top leader.

Lt. Cmdr. Brandon Murray, USS Scout (MCM 8) commanding officer, said the session was an integral part of keeping abreast of what's going on within the community "where the rubber meets the road."

"The Vice Adm. came out to have face time with the surface warriors, which helps to keep the community strong, but it also pro-

vides an excellent opportunity to speak with him and maybe influence some of the decisions made at his staff level," Murray said.

Curtis said it was good to hear the quality of questions that came from the group.

"The reason my staff and I exist is to make sure we're doing the right things for the surface force and to support those warriors out here at the tip of the spear," Curtis said.

The admiral covered topics such as fleet expansion, Ballistic Missile Defense ship upgrades, and the Navy's new Arleigh Burke and Zumwalt-class destroyers, but he said he was most excited about the interest the group showed toward the future of the surface warfare community.

"I found a lot of interest coming from these young commanding and executive officers, as well as their crews, and it's great because they are the future of the surface force," he said. "I think we certainly have the support we need out here and on our ships in the future."



Photo by MC2(AW) Jason T. Poplin

**Commander, Naval Surface Forces, Commander, Naval Surface Force, U.S. Pacific Fleet, Vice Adm. D.C. Curtis, speaks to members of the Surface Navy Association and surface warfare community during a "brief and discussion" session at Naval Support Activity (NSA) Bahrain.**

# NSA gets a little country



Photo by MC2 Daron Street

The country music group Gloriana performs at Naval Support Activity Bahrain during a Veterans Day concert hosted by Navy Entertainment and MWR.

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — The service members of Naval Support Activity (NSA) Bahrain and other commands here in Bahrain were treated to a free Veterans Day concert from Tim Rushlow and the country band, Gloriana, on Nov. 11.

Tim Rushlow, the former lead singer of the bands “Little Texas” and “Rushlow” opened up the show and explained what it meant for him to be at NSA for Veterans Day.

“I live in a free country. I write songs, play music, tour and entertain,” he said. “My entire life I’ve had these freedoms and liberties granted to me that people can take for granted sometimes. I know that everything I get to do in life is because people are in places like this doing what I can’t do. No matter how you look at it, freedom isn’t free, it’s my obligation as an American and my honor to have the opportunity to give back.”

Michael Gossin from the band, Gloriana, also stated his gratitude for being able to perform for U.S. service members abroad.

“This was an amazing opportunity,” he said. “We always have fans at our shows, but we’re fans of all of you guys out here. This was the highlight of my year.”

Service members in attendance expressed their gratitude toward Navy Entertainment, Morale, Welfare and Recreation and to the artists for helping celebrate Veterans Day.

“It really means a lot to me that they’ve come out here to perform for us,” said Builder 2nd Class Rick Merling. “It’s nice to know that someone appreciates what we’re out here doing. It’s also important that they’re helping us celebrate this important holiday. The reason that we’re able to do what we’re doing today is because of the veterans that were here before us.”



Photo by CTR1 Jonathan Tullar

Deputy Commander, U.S. Fleet Cyber Command/Commander U.S. TENTH Fleet, Rear Adm. William E. Leigher (left) renders honors with Cmdr. Danny L. Noles (middle) and Cmdr. Jeffrey S. Scheidt during a Navy Information Operations Command change of command ceremony at Naval Support Activity Bahrain, Nov. 8.

## NIOC Bahrain changes command

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Navy Information Operations Command (NIOC) Bahrain held a change of command ceremony on Naval Support Activity Bahrain, Nov. 8.

Cmdr. Jeffrey S. Scheidt relieved Cmdr. Danny L. Noles as the leader of the Navy’s forward deployed information warriors.

Deputy Commander, U.S. Fleet Cyber Command/Commander U.S. TENTH Fleet, Rear Adm. William E. Leigher spoke of the importance of NIOC Bahrain and everything that they do.

“Whether it’s standing up new missions or logging an impressive number of flight hours with your VQ counterparts, NIOC Bahrain is the cornerstone of information warfare in the Central Command area of operations,” said Leigher.

Noles credited his staff of Sailors and civilians for overcoming the many challenges finding new solutions to increase their support to the fleet.

“The Sailors in this room represent not only our Navy, but the strength of our nation and the wisdom of this command,” he said. “They are the backbone necessary for the successes this command has accomplished in the last year.”

Noles received the Meritorious Service Medal for his contributions to NIOC Bahrain.

Scheidt spoke about his eagerness to assume command of such an important and successful command.

“NIOC Bahrain is a strong command with a bright future,” he said. “One would be hard pressed to find another command of this size with greater contributions to operations in Iraq, Afghanistan and the wider regional security mission. Looking ahead the command is well prepared to tackle coming challenges and succeed in the rapidly evolving world of information dominance.”

NIOC Bahrain personnel have supported more than 250 U.S. and allied vessels and amassed more than 13,589 flight hours, including 769 combat reconnaissance missions in support of Operations Iraqi Freedom, Enduring Freedom and New Dawn.

### WORD ON THE STREET:

#### Giving thanks



Lt. Jason Kardos  
CTF57

*“The things I’m most grateful for are my family and all my fellow Sailors that I serve with today. They prove to me time and time again how inspirational and outstanding people can be.”*



Jim Buchele  
Army Knowledge Online

*“I’m grateful for the opportunity to be here and do my job. I’m thankful for my family that supports me and allows me to be far from home.”*



Lead and Physical Trainer  
Ross McGaffney  
UKMCC

*“I’m thankful for the health of my friends and family. I’m also thankful for being here, to fight for my country and look after the people I love.”*



IS2 Edwin Renninger  
NAVCENT

*“I’m grateful for my family and girlfriend back home who support me.”*



Marine Sgt. Anthony Ortiz  
MARCENT

*“I’m thankful for my beautiful wife, my newborn child and every day that I get to wake up and breathe the sweet air of freedom.”*



HMCM Morrell Lavender  
NAVCENT Medical

*“I’m thankful that during this time of the year we can sit down together with our families and rejoice in the freedoms that our military helps to provide.”*

# Chief of Navy Reserve visits Bahrain

From U.S. Naval Forces Central Command Public Affairs

**MANAMA, Bahrain** — Chief of Navy Reserve held an all-hands call at Naval Support Activity, Bahrain attended by more than 100 NSA and NAVCENT Sailors, Nov. 7.

Vice Adm. Dirk Debbink, who began his current assignment in July 2008, leads the Navy Reserve Force in providing strategic depth and delivering operational capabilities to the Navy and Marine Corps team, and joint forces in the full range of military operations from peace to war.

"The work you do here is very important," Debbink told the Sailors who attended the all-hands call. "Vice Adm. Mark Fox, [commander, U.S. Naval Forces Central Command] tells me this command could not do the work it does without the support of the Reserve component. Thank you for being out here, and accepting the challenge."

The Navy Reserve Force represents about 20 percent - approximately 65,000 men and women - of the Navy's total personnel; more than 3,000 Sailors serving in the 5th Fleet area of responsibility (AOR) are reservists.

Debbink also discussed his top priorities and the work he does at the Pentagon, with members of Congress, the Office of the Secretary of Defense and the Naval Operations staff.

"We are working on three very important areas: delivering a ready and accessible force, defining capabilities that combatant commanders want from the Navy Reserve, and enabling the continuum of service," he said.

Debbink visits Bahrain about once every six months to meet with Fox, the naval component commander, regarding reserve support for Sailors in the U.S. 5th Fleet, said Capt. John McCracken, the operational support officer at NAVCENT who coordinates Navy Reserve support throughout the theater.

"Historically, about half of the individual augmentations have come from the Navy's Reserve component," McCracken said. "The Reserve component is structured by the Navy to provide additional operational and strategic capability and capacity. The operational capacity of the Reserve component provides ready individuals for augmentation assignment and ready units for deployment throughout the AOR."

The all-hands call was an opportunity for Debbink to share information concerning a variety of topics with many of the 200 Navy reservists serving in Bahrain.

"He touched on a number of different issues, including TRICARE Reserve Select and reduced retirement age for Reservists who serve on active duty during this time of national emergency," McCracken elaborated. "He addressed recruiting, retention and advancement concerns for both active

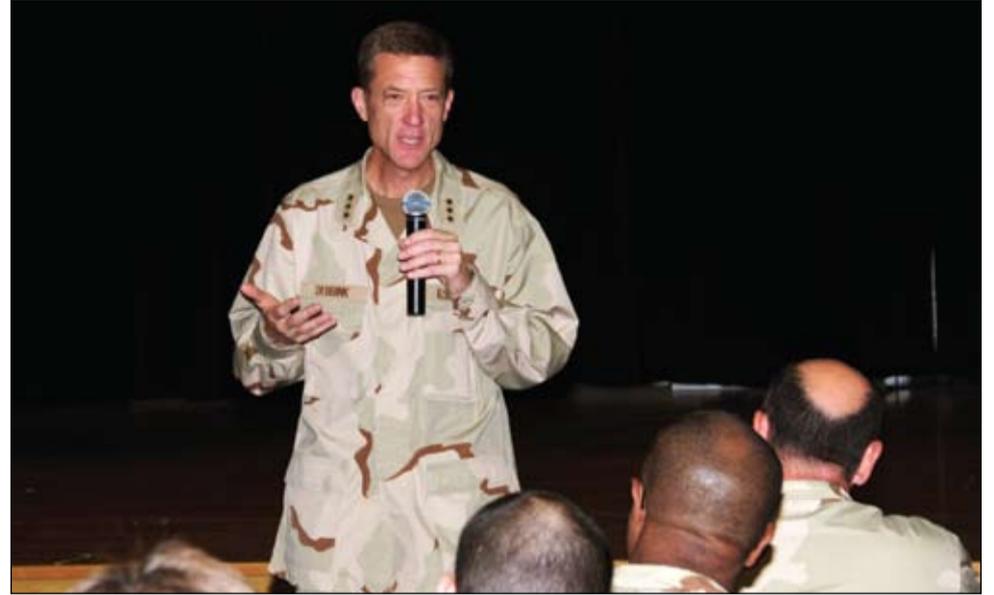


Photo by MC1 Eric Brown

**Vice Adm. Dirk Debbink, chief of the Navy Reserve, speaks to Navy Reservists during an all-hands call at Naval Support Activity Bahrain, Nov. 7. Debbink leads more than 65,000 Reserve men and women to provide strategic depth and deliver operational capabilities to the Navy and Marine Corps team, and joint forces, in the full range of military operations from peace to war.**

and reserve components, and the initiatives that he briefs Congress on as part of his responsibilities."

Electronics Technician 1st Class Jose Arzuaga, one of several Reservists who reported to Bahrain from Navy Operational Support Center, Chicago for two weeks of annual training Nov. 7, attended the all-hands call.

"The admiral talked about important issues that concern all of us," he said. "We got valuable information, such as changes to tuition assistance, and changes to the limited duty officer and chief warrant officer programs. He hit a lot of key notes that are concerns of my shipmates back at home, and I will be passing that information on to them."



Photo by MC2 Daron Street

**Sailors from the visiting USS Abraham Lincoln (CVN 72) participate in "Drunken Jousting," jousting while wearing goggles that give the wearer the feeling of being intoxicated, during the Healthy Living event on Naval Support Activity Bahrain, Nov. 18. The event was to provide Sailors and their families information on living a healthier lifestyle as an alternative to smoking and drinking.**

## NSA hosts Healthy Living fair

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain hosted its first Healthy Living event, Nov. 18.

The event combined The Great American Smokeout and a deglamorization of alcohol day.

Representatives from Naval Branch Health Clinic, the NSA Drug and Alcohol Program Advisor (DAPA) office and Morale, Welfare and Recreation coordinated the event with volunteers from the NSA Bahrain Junior Enlisted Association and many tenant commands. A carnival environment with various games showed Sailors there are alternatives to smoking and drinking and the associated health risks.

"The information presented here today is to help raise awareness and promote healthier lifestyles,"

said NSA Bahrain Executive Officer, Cmdr. Kevin Boykin. "There used to be a lot of advertisements showing people with cigarettes in their hands, promoting smoking as a part of a lifestyle. Those types of ads aren't as prevalent today because our society has realized that's not a healthy way to live. We want to create a clean and healthy environment for everyone to live in."

Boykin said he has lost family members due to smoking-related illnesses.

"I wish they were still here today," he said.

The NSA Command DAPA, Senior Chief Culinary Specialist Colin Small, reminded attendees about the importance of living a healthy lifestyle.

"The holidays are upon us," he said. "During the holidays, we lose more Sailors than any other part of the year. If there is anything learned from these events today, I hope it's that we have to change our thinking to change our behavior."

ESG 5 from Page 1

"To the second ESG 5 staff, welcome. I appreciate your service and time away from your families. It is our time to take the reins," she said.

Vice Admiral Mark Fox, commander, U.S. Naval Forces Central Command (NAVCENT)/5th Fleet/Combined Maritime Forces, praised ESG 5 for its hard work and dedication.

"The ships and crews commanded by ESG 5 have been, in essence, NAVCENT and 5th Fleet's Swiss Army knife; our utility infielder, possessing every kind of tool we've needed to get every mission done, and done well," said Fox.

"Success does not come from one person...success comes from teamwork," said Fox. "Because of the quality of leadership, ESG 5 and the amphibious fleet continue to expand and enhance their capabilities." ESG 5 was established to support amphibious forces deployed to the region, mine warfare, contingency response missions and maritime humanitarian aid and disaster relief operations within the U.S. 5th Fleet Area of Responsibility.

### VITA volunteers needed for 2011 Tax Season

The legal office at Naval Support Activity (NSA) Bahrain runs a Volunteer Income Tax Assistance (VITA) program from January to April each year. The purpose of the VITA program is to provide free basic income tax preparation services to active duty military members and their families.

Last year, the VITA program aboard NSA Bahrain prepared and filed over 500 income tax returns, providing over \$1 million in federal income tax refunds to eligible clients.

The legal office is looking for a volunteer to serve TAD as a full-time tax officer for NSA Bahrain. This will entail an approximately 40-hour per week time commitment from January to April of 2011. This tax officer will assist in the training of other VITA volunteers and will supervise the operation of the NSA Bahrain tax center during the tax season. This position is open to either active duty military or dependents.

Additionally, the office is seeking VITA reps for the upcoming tax season. VITA reps will get valuable training and experience in preparing income tax returns. Volunteers can be available on a part-time basis only.

If interested, or need additional information, please contact the Naval Legal Service Office at: 439-4172, or email LN1 Damillah Brewer at damillah.brewer@me.navy.mil.

# MARINE CORPS 235TH BIRTHDAY CHALLENGE

NOVEMBER 10, 2010



Photos by USMC Sgt. Anthony Ortiz and Cpl. Cassandra Flowers



# Ministry of Interior female cadets graduate NSF Academy

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — The first female Bahrain Ministry of Interior (MOI) cadets graduated alongside Naval Support Activity Bahrain's Naval Security Force (NSF) students from the NSF Academy course, Nov. 14.

The 11-day course consisted of basic law enforcement, hand-to-hand combat and non-lethal force. The students were also given a chance to shoot various weapons the U.S. Navy uses.

"This is all new experience for the MOI students, but for our Sailors, it is more of a refresher course," said NSF Academy Instructor Master-at-Arms 3rd Class Jessie Ramirez. "The MOI students kept an open ear throughout the whole training. They were all willing and eager to learn."

Ramirez said it was a rewarding experience for her. She used to be misled by Bahraini culture and tradition but after working with the MOI cadets, she is more comfortable interacting with the

local community.

NSF Academy Course Instructor Master-at-Arms 2nd Class Angel Morales also said he learned a lot about local culture.

"The interaction between us and them was great," said Morales. "It was a very relaxed environment. I can't wait to teach the next integrated class."

According to MOI student Marwa Majed Salmeen, the course improved her self-defense skills. Salmeen graduated as the top female student for the class.

"The thing I like about this course is the knowledge we shared with each other," said Salmeen.

For MOI Advisor Michael Page, the class was the start of a good relationship between U.S. and Bahrain.

"I am extremely grateful to the United States Navy for hosting this course and I can't wait to work with them again in the near future," he said. "This course strengthens our partnership. When we come together, the better we operate, the safer we all are."



Photo by MC2(AW) Johansen Laurel

Naval Support Activity Bahrain Commanding Officer, Capt. Rick Sadsad, talks to Naval Security Force (NSF) and Ministry of Interior students during the NSF Academy Course.

# Bodybuilding and fitness enthusiasts take the stage

By MC2(AW) Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain's Morale, Welfare and Recreation department hosted a bodybuilding competition at the Freedom Souq, Nov. 10.

Twenty-four contestants competed in five categories including men's class one division for contestants weighing between 165 and 187 pounds, men's class two division for contestants weighing 187 pounds

and over, the age 40 and up master's division and the women's figure and bikini divisions. Each winner from the men's categories then had the opportunity to compete for overall winner.

Contestant Yeoman 2nd Class Joshua Womack, assigned to NSA's administration department, said that the event was more involved than simply getting up on stage and showing off their physiques.

"The average competitor usually preps for approximately three months by dieting

and varying their workout routines," he said. "It really takes a lot of drive and initiative to get ready for a show, and then creativity when we're finally up on stage."

Bahrain's own local bodybuilding professional, Sami Al Haddad, made a special guest appearance during the show and performed the routine he uses in the professional circuits. Haddad said he was very impressed with the NSA competitors.

"They were amazing," he said. "It was a great event. I hear there will be another one

in March, and I'm not going to miss it."

The men's category winners were Daniel Bert for men's class one division, Master-at-Arms 3rd Class Brandan Ast for men's class two division, CWO2 Dexter Allen for master's division and Daniel Bert as men's overall winner.

The women's category winners were Master-at-Arms Seaman Lakwantiera Braddy for women's figure division and Engineman Fireman Apprentice April Hopkins for women's bikini division.



Photo by MC2(AW) Jason T. Poplin

Contestant Daniel Bert poses for audience members during Morale, Welfare and Recreation's bodybuilding competition at Naval Support Activity Bahrain, Nov. 10. Bert continued on to place as men's overall winner.



Photo by MC2(AW) Jason T. Poplin

Competitors for women's figure and bikini divisions pose for audience members at the conclusion of Morale, Welfare and Recreation's bodybuilding competition at Naval Support Activity Bahrain, Nov. 10.

# NBHC/MWR Fair promotes healthy lifestyles

By MC2(AW) Jason T. Poplin  
Staff Writer

MANAMA, Bahrain — Naval Support Activity (NSA) Bahrain's Naval Branch Health Clinic (NBHC) and Morale, Welfare and Recreation (MWR) department hosted its semi-annual Health Fair and Aerobic-a-thon, Nov. 8.

Organized and laid out in multiple information stations, attendees participated in various activities such as diabetes and blood pressure screenings while interacting with numerous health care provider staff. MWR also provided multiple aerobic and yoga classes for the aerobic-a-thon.

The event, designed to promote physical fitness in conjunction with a healthy lifestyle, also afforded NBHC the opportunity to invite multiple health care providers to NSA to showcase services available in the community.

NBHC Health Promotion Coordinator, Lt. Michelle Sanabia, said that hosting the providers was essential to developing a strong rapport between NBHC's beneficiaries and the facilities it uses for referrals.

"The health fair portion demonstrates the good working relationships we maintain with our host nation facilities in addition to advocating health and wellness by providing educational tools, information and promoting available services," she said.

Information Systems Technician 2nd Class Shavale Boone, assigned to Commander, U.S. Naval Forces Central Command, said she enjoyed the fair because it allowed her to ask questions about specific services available in addition to reminding her of the importance of maintaining a healthy lifestyle.

"We get checkups all the time in the military, but with all the time spent working, people tend to forget about their health and this is a great way to bring people's attention back to it," she said.

The event was part of a larger Department of the Navy initiative to promote health and wellness programs that screen, educate and manage health concerns for the purposes of improving individual military readiness by encouraging healthy lifestyles, overall wellness, maximizing individual fitness and improving quality of life.



Photo by MC2(AW) Jason T. Poplin

Cmdr. Carlos Cruz and Lt. Catherine Turmel, assigned to Patrol Craft Squadron One, receive a free blood test and blood pressure reading during a health fair and aerobic-a-thon at Naval Support Activity (NSA) Bahrain hosted by NSA Bahrain's NBHC and Morale, Welfare and Recreation department. The event is part of a larger Department of the Navy initiative to promote health and wellness programs that screen, educate and manage health concerns for the purposes of improving individual military readiness by encouraging healthy lifestyles, overall wellness, maximizing individual fitness and improving quality of life.



Photo by MC2(AW) Jason T. Poplin

Lt. Youngseok Seo, assigned to Naval Branch Health Clinic (NBHC) Bahrain Dental, discusses orthodontic treatment available to service members during the health fair.



Enrich Empower Educate

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Post 9/11 GI Bill Benefits Brief

29 Nov 10 : 0900-1030  
01 Dec 10 : 1500-1630

Veteran's Affairs Benefits Brief

30 Nov 10 : 0800-1200  
02 Dec 10 : 1300-1700

Location: FFSC Annex, Trailer# 109  
(Next to the Base Chapel)

30 minute individual appointments (including 28 Nov 10 from 0900-1630) are available by contacting FFSC

For additional information or to schedule an appointment call FFSC @  
DSN (318) 439-4046, COMM: (973) 1785 4046

<https://cnic.navy.mil/Bahrain/FleetandFamily>
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# Yoga Instructor



Photo by MC2(AW) Johansen Laurel

Morale, Welfare and Recreation Instructor, Sara Ukley, teaches service members and their families yoga poses outside the Naval Support Activity (NSA) Bahrain's Freedom Souq as part of the 2010 Health Fair and Aerobic-A-Thon, Nov. 8.



## ITT

### Hawar Island Overnight Stay

*Thursday, November 25*  
 • ITT Cost: Single Room \$155 ; Double Room \$216

### Pearl "Snorkel" Hunt

*Friday, November 26*  
 • Time: 0600  
 • Min 8 people; ITT Price: \$47.00 per person

### Belly Dancing Dinner Show

*Thursday, December 2*  
 • Time: 2000  
 • Min 10 people; ITT Price: \$30.00

### Hawar Island Overnight Stay

*Friday, December 3*  
 • Time & Cost: TBA

### Holiday Shopping At Manama Souq

*Saturday, December 4*  
 • Time: 0830 – 1400  
 • Min 5 people; Cost: \$ 4.00

### Guided Cultural Tour Of Bahrain

*Tuesday, December 7*  
 • Time: 0900 – 1600  
 • Min 14 people; ITT Price: \$35.00

### Belly Dancing Dinner Show

*Saturday, November 27*  
 • Time: 2000  
 • Min 5 people; Cost: \$ 4.00

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

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

# Movie Schedule

## Wednesday, November 24

### Theater A

- 10 a.m. - The Lottery Ticket (PG13)
- 12 p.m. - The Switch (PG13)
- 2 p.m. - Step Up 3 (PG13)
- 4 p.m. - Dinner For Schmucks (PG13)
- 7 p.m. - The American (R)
- 9 p.m. - Three Kings (R)

### Theater B

- 11 a.m. - Ramona And Beezus (G)
- 1 p.m. - Despicable Me (PG)
- 3 p.m. - Takers (PG13)
- 5 p.m. - Killers (PG13)
- 7 p.m. - Piranha 3 (R)
- 9 p.m. - The Expendables (R)

## Thursday, November 25

### Theater A

- 10 a.m. - Flipped (PG)
- 1 p.m. - Despicable Me (PG)
- 3 p.m. - The Other Guys (PG13)
- 5 p.m. - The Expendables (R)
- 7 p.m. - Piranha 3 (R)
- 9 p.m. - Inception (PG13)

### Theater B

- 11 a.m. - Toy Story 3 (G)
- 1 p.m. - Addams Family (PG13)
- 3 p.m. - Step Up 3 (PG13)
- 5 p.m. - The Switch (PG13)
- 7 p.m. - Jonah Hex (PG13)
- 9 p.m. - Wall Street: Money Never Sleeps (R)

# 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.

# BLACK FRIDAY SALE!!!

## BIGGEST SALE OF THE YEAR FRIDAY / SATURDAY / SUNDAY

AUTHORIZED PATRONS ONLY NO GUESTS

DOORS OPEN 7AM



**NOV. 26, 27 & 28**

EXCLUSIVE MERCHANDISE FRIDAY, SATURDAY AND SUNDAY

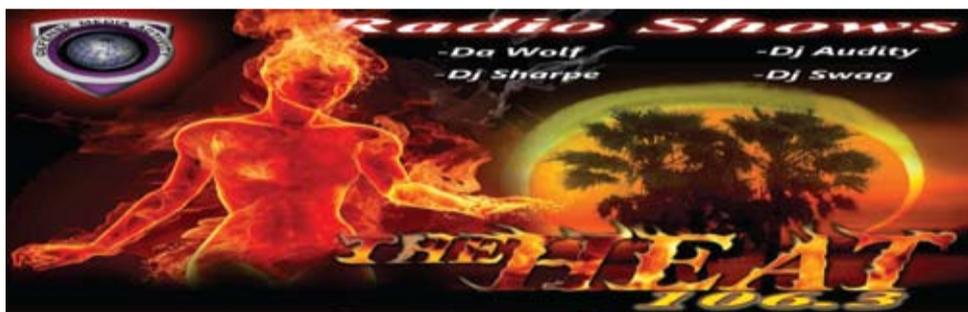
# Thanksgiving FREE LUNCH & DINNER

Active Duty Military Personnel, DOD Civilians & Family members

## MENU

- Potato Salad
- Tossed Salad
- 
- Selection of Dinner Rolls
- Roast Beef
- Roast Turkey with Giblet Gravy
- Honey Baked Ham with Raisin Sauce
- Cornbread Stuffing
- Mashed Potatoes
- Green Beans
- Corn
- Sweet Potatoes with Marshmallows
- 
- Pumpkin Pie
- Pecan Pie
- 
- Soda and Iced Tea

**25 NOV**  
 1100-1500 • 1700-2000  
 Civilian Guests and Contractors: \$ 6.00



*Tuesday, November 23*  
**Shore Fishing**  
 • 1530  
 • E6 & Below \$5; E7 & Above \$10

*Wednesday, November 24*  
**Liberty Council Meeting**  
 • 1200

*Thursday, November 25*  
**Soccer**  
 • 1630, Old Gym

*Friday, November 26*  
**Tree of Life Bike Tour**  
 • 0800 - 1500  
 • E6 & Below \$10; E7 & Above \$15  
 • Min: 12 riders Max: 15 riders  
**Texas Holdem Tournament**  
 • 1800

*Saturday, November 27*  
**Early Morning Beach Trip**  
 • 0730, Free Transportation

*Monday, November 29*  
**Last Buck Party**  
 • 1200, While supply last  
**Pool Hall Challenge**  
 • 1200

*Tuesday, November 30*  
**On a Bargain Hunters Trail: Gold City & Dinner**  
 • 1700  
 • E6 & Below \$3; E7 & Above \$5

*Wednesday, December 1*  
**Red Apple Day**  
 • Free Red Apple while supply last

*Thursday, December 2*  
**Hard Rock Cafe**  
 • 1730  
 • Free Transportation

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