

Bahrain Chiefs and CSADD celebrate CPO 118th Birthday



Personnel assigned to Naval Support Activity Bahrain participate in a three-kilometer fun run in celebration of the Chief Petty Officer community's 118th birthday.



Personnel assigned to Naval Support Activity (NSA) Bahrain bob for apples during the Coalition of Sailors Against Destructive Decisions obstacle course event at NSA's community park.

Photos by MC2(AW) Jason T. Poplin

Personnel assigned to Naval Support Activity (NSA) Bahrain participate in the three-legged race event during the Coalition of Sailors Against Destructive Decisions obstacle course at NSA's community park, April 1.

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Members of Naval Support Activity (NSA) Bahrain's Southwest Asia Chief Petty Officer (CPO) Association came together for a three-kilometer fun run and cookout in celebration of the CPO community's 118th birthday, April 1.

At the start of the run, CPOs lined up in formation to

lead other runners while carrying their 'Season of Pride 365' guidon and singing cadence. At the conclusion of the run, the Chief's grilled hotdogs and hamburgers for the NSA community while members of the Coalition of Sailors Against Destructive Decisions (CSADD) organization hosted an obstacle course to test the physical fitness of willing participants.

Senior Chief Intelligence Specialist Reginald Ball,
CPO Page 4

Naval Support Activity Bahrain celebrates Women's History Month

By MC2 Eric Dietrich
COMUSNAVCENT/5th Fleet Public Affairs

MANAMA, Bahrain — Sailors aboard Naval Support Activity, Bahrain celebrated "Women's History Month" during a luncheon, March 30.

This year makes the 30th national observance of women's history in the United States. The luncheon highlighted some of the experiences and progress that women have made in the Navy. Guest of honor, U.S. Navy Capt. Ann Kubera spoke about some of the changes she has seen during her career. "A lot changes in twenty-four years. Title 10 was change! This was a huge milestone for women in the military. It allowed women to serve on combatants [ships], go into nontraditional career paths that were barred for us."

Kubera also talked about the wage gap between men and women that exists in some civilian careers, but not the military. "That's

one of the wonderful things about the military. It's not your gender, it's not your race or ethnicity; it's what you personally can do and it equalizes the pay. That's what I love about the Navy."

Other attendees recounted how women in their lives had been sources of inspiration and strength.

"I truly believe what helped me succeed in this Navy, even though it was male dominated and still is, was that I had a truly good work ethic that I got from my grandmother," said U.S. Navy Cmdr. Gwendolyn Willis. "It hasn't been easy for any of us. Our mothers, our grandmothers, our sisters, everything we do, we do because we have a passion for it."

The celebration originated in California in 1978 as "Women's History Week" and was made a nationally recognized event by Congress in 1981. In 1987 Congress declared the entire month of March to be "National Women's History Month." This year's theme is "Our history is our strength."



Photo by MC2 Lewis Hunsaker

Yeoman 1st Class Toni Octave, left, talks about her experiences in the Navy during the Women's History Month Celebration Luncheon, held onboard Naval Support Activity, Bahrain. This event marked the 30th annual National Women's History Month.

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THESE STORIES AND MORE...

Family Life at NSA Bahrain

NSA celebrates Month of the Military Child

By Ann C. Wilson

Family Advocacy Representative

MANAMA, Bahrain — April is Child Abuse Prevention Month and Month of the Military Child, a time to focus on the protection and care of our most vulnerable and trusting. In 1982, President Ronald Reagan declared by Presidential Proclamation that April is Child Abuse Prevention Month to raise the public's awareness of child abuse/neglect and its prevention.

The Month of the Military Child is part of the legacy left by former Defense Secretary Casper Weinberger, who established this Defense Department commemoration in 1986.

Today, more than 1.7 million American children, under the age of 18, have at least one parent serving in the military and about 900,000 with one or both parents deployed

multiple times.

On March 23, Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Rick Sadsad, signed a proclamation declaring April 2011 as Child Abuse Prevention Month and Month of the Military Child. According to the proclamation, "... well-informed and strong families are an effective defense against child abuse. Every child deserves to grow up in a nurturing environment, free from harm and fear. Our children are the embodiment of innocence and hope for the future. Now is the opportunity for us to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience. Everyone has a responsibility to end child abuse and celebrate the contributions and personal sacrifices of our children. When we nurture our children, they blossom!"



Photos by MC2(AW) Johansen Laurel

Service members and their families enjoy the festivities at Naval Support Activity Bahrain's Freedom Souq courtyard during its annual Month of the Military Child Celebration, April 2.



Sadsad encouraged "all members of our military family to come together and form a network that supports families and ensures that our children are safe and given the opportunity to have happy, healthy childhoods." Attending the proclamation signing with Sadsad were NSA Bahrain Executive Officer, Cmdr. Kevin Boykin; CMDCM Ed Lambert; Fleet and Family

Support Center Director Carolyn L. McCorvey; Morale, Welfare and Recreation Director Tom Linscott; Family Advocacy Representative Ann C. Wilson; Child and Youth Programs Director Beatrice Broadnax and the children and staff of the Child Development Center.

You have the power to prevent child abuse.



the Bahrain **DESERT TIMES**

www.cnic.navy.mil/bahrain

Commanding Officer
Naval Support Activity Bahrain
Capt. Rick Sadsad

NSA Bahrain Executive Officer
Cmdr. Kevin Boykin

Public Affairs Officer
Jennifer L. Stride

Leading Petty Officer
MC1(SW) Sonja M. Chambers

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MC2(AW) Jason T. Poplin
MC2 Daron Street

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Chaplain's Corner Argument



By Cmdr. Chin Van Dang
Supervisory Chaplain

All of us have arguments, because no two of us are exactly alike. No two of us look at the same thing in exactly the same way. We have differences and we express those differences. Argument is healthy in many ways if we really exchange ideas, viewpoints and reasons. We can learn a lot by exchanging thoughts with others.

If we have to argue, follow the Golden Rule: "Do unto others as you would have others do to you." Argue with others as we

would have others argue with us. Listen, really listen. Be open to ideas different from our own. Admit that others may have information or experience beyond our own. Don't curse or swear or call names, or be unfair, unjust or insulting.

A Sailor was interviewed by his Division Officer for talking back to his Leading Petty Officer. "Is it true that you called him a liar?" "Yes, Sir. I did." "Did you call him stupid?" "Yes, Sir." "Did you call him an opinionated, bull-headed egomaniac?" "No, Sir. But would you write that down so I can remember it?"

Keep your voice normal. Speak calmly.

An irate person asked a telephone operator, "Am I crazy or are you?" She softly said, "Sir, I'm sorry, but we do not have that information."

Don't make threats of any kind. Try to listen to yourself as well as to the other person. Above all, pray for understanding and peace.

There are always differences. There are always arguments. We need to tackle them in a spirit of God, in a spirit of His Golden Rule.

A preacher had an auto mishap with another driver. That driver used foul and abusive language and the preacher looked him straight in the eye and said, "Brother, God loves you, and I'm trying."

NSA teaches child abuse prevention



Photo by MC2 Daron Street

Cmdr. Christina Jamieson, Pediatric Nurse Practitioner at Naval Branch Health Clinic Bahrain, speaks to the crowd during a child abuse awareness and prevention forum at Naval Support Activity Bahrain, March 29.

By Daron Street
Staff Writer

MANAMA, Bahrain — In honor of Child Abuse Prevention Month in April, Naval Support Activity Bahrain along with Morale, Welfare and Recreation, Navy Child and Youth Programs, Fleet and Family Support Center and Naval Branch Health Clinic held a training of interest for parents, educators, investigators and childcare providers, March 23.

Pediatric Nurse Practitioner, Cmdr. Christina Jamieson, was the speaker and presenter for the training.

The training began with child abuse history, prevalence, recognition and prevention.

"The most important thing is awareness," said Jamieson. "Abuse is out there and people tend to ignore it and not recognize the signs because most abused children aren't going to come out and say 'My mom beats me.' It's the job of others to see the signs and notice that something is wrong."

Jamieson used personal stories and

experiences from her life and career to bring light to attendees of the affects of child abuse.

"I'm very passionate about what I do, it's very rewarding," she said. "If I had to give up an hour and a half of my time and one person saved a child from something that could have been terrible then that's the best reward I could ever receive."

The people in attendance were also given training on the damages and causes of Shaken Baby Syndrome and ways to recognize and deal with bullying.

"I hope that after this training that radars will go up and that people will pay more attention to the subtle signs of a child reaching out for help," Jamieson said.

Jamieson said the best way to stop abuse is to set a good example for children.

"I believe that children live what they learn," she said. "If a child is brought up in a hostile environment, how can someone expect them to live a life of their own without carrying on those hostilities? It's a cycle of abuse and somehow we have to break it."



Personal Financial Management (PFM) Lunch and Learn

Consumer Awareness
Tuesday 19 April 2011: 1130-1300

Learn how to deter, detect, and defend against consumer fraud in the marketplace.

Credit Management
Thursday 28 April 2011: 1130-1300

Assist learners in establishing and maintaining good credit and avoid excessive debt.

These classes will be held at their FFSC Annex Bldg 109 (next to chapel). Come on out and bring your lunch. Pre-registration is required, please call FFSC at 439-4046 to sign up and for additional information.



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DSN 626-2964, COMM 081-568-2964
E-Mail: ighotline@eu.navy.mil
Web Site: www.cnic.navy.mil/europe/index.htm
You can choose to remain anonymous or confidential.

Preventing sexual assault is everyone's duty

By Ann C. Wilson

Sexual Assault Response Coordinator (SARC)

MANAMA, Bahrain — Nationally, Sexual Assault Awareness Month (SAAM) is observed in April to raise awareness about and promote the prevention of sexual assault through special events and public education. It is a time to recommit ourselves not only to lifting the veil of secrecy and shame, but also to raising awareness, enhancing support for victims and strengthening our response to sexual assault.

The Department of Defense's theme for 2011, "Hurts One. Affects All. Preventing Sexual Assault is Everyone's Duty," echoes the department's no-tolerance policy toward sexual assault, which does unconscionable harm to victims and destabilizes the workplace.

On March 22, Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Rick Sadsad, signed a proclamation which declared April 2011 as Sexual Assault Awareness Month on the installation and throughout the NSA Bahrain community. According to the proclamation, "Preventing

sexual assault is a MORAL duty; one that should be taken seriously because it is the right thing to do. It takes leadership and courage to be willing to step in and do the right thing, even when others do nothing! We are family... what would you do to protect your family?" In attendance at the proclamation signing were NSA Bahrain Executive Officer, Cmdr. Kevin Boykin; NSA Bahrain Command Master Chief, CMDCM Ed Lambert; Fleet and Family Support Center Director Carolyn L. McCorvey; Sexual Assault Response Coordinator Ann C. Wilson; Sexual Assault Prevention and Response (SAPR) Victim Advocates and SAPR POCs.

The prevention of sexual assault is an all-hands mission. It takes Honor, Courage and Commitment to eradicate sexual assault within our community. Each and every one of us must take an active role in prevention. We must intervene when we observe behaviors that may lead to this crime. It is our responsibility to treat ourselves and each other with dignity and respect. When it comes to sexual assault, there are no innocent bystanders. Sexual assault can be



Photo by MC2 Daron Street

Naval Support Activity Bahrain Commanding Officer, Capt. Rick Sadsad, signs the proclamation declaring April 2011 as Sexual Assault Awareness Month on the installation during a ceremony, March 22.

stopped right now today, if no one committed the crime. There are no victims when there are no offenders.

As we observe SAAM this April,

remember that every day is an opportunity to prevent sexual assault. We can make a difference in our corner of the world.

Sexual Assault is a Crime... Don't Do It!!

CPO from Page 1

assigned to Naval Forces Central Command, said the formation run signaled unity and cohesiveness among the Chief community.

"Every quarter we host a Chief's run, but this quarter is extra special because of the Chiefs' birthday," Ball said. "It also kicks off 'Season of Pride 365,' which acts as a reference point for our commitment toward excellence and pursuing it with renewed vigor."

According to the Naval History and Heritage Command Web site, the rank of Chief Petty Officer followed from Navy General Order 409 on April 1, 1893. The Navy later expanded the enlisted ranks to include Senior Chief Petty Officer and Master Chief Petty Officer on June 1, 1958. The Navy named the first Master Chief Petty Officer of the Navy in 1967.

By coming together to celebrate their memory, NSA Bahrain Command Master Chief Ed Lambert said that present day CPOs honor the accomplishments of Chiefs over the years.

"The Chief community has been the backbone of the Navy for 118 years," he

said. "It's extremely important that we remember those Chiefs that came before us, and the lessons they've passed down over the years. It is our responsibility to ensure these traditions continue to be passed down to all future generations of Chiefs."

The obstacle course hosted by CSADD saw eight teams compete in categories such as apple diving, three-legged race, spoon race, water balloon toss, sponge race and the two man balloon race.

CSADD's Chief Cryptologic Technician Networks Cliff Brown said the group got together with the Chiefs to "put the word out" about physical health readiness.

"CSADD wanted to team up with the Chiefs to promote the CPO community, but also to circulate information about staying in shape and maintaining a healthy lifestyle," he said.

CSADD's mission is to provide military members from all branches of service prevention and intervention tools that assist them in making positive life decisions while maintaining healthy lifestyles as well as good order and discipline in keeping with military core values.



Photo by MC2(AW) Jason T. Poplin

Members of Naval Support Activity Bahrain's (NSA) Southwest Asia Chief Petty Officer (CPO) Association take the lead at the start of three-kilometer fun run in celebration of the CPO community's 118th birthday.



Photo by MC2(AW) Jason T. Poplin

Members of Naval Support Activity Bahrain's (NSA) Southwest Asia Chief Petty Officer Association grilled hotdogs and hamburgers during the Coalition of Sailors Against Destructive Decisions obstacle course event at NSA's community park, April 1.

From the Desk of the CMC



By CMDCM Ed Lambert
NSA Bahrain Command Master Chief

Shipmates,

Perform to Serve (PTS) Policy directs commands and Sailors to ENSURE Fleet RIDE/PTS applications are submitted for all rated E3-E6 Sailors with 14 years of

service or less. PTS can be submitted 15 months prior to your end of active obligated service (EAOS) as extended or Soft EAOS (SEAOS) or PRD.

Unless you are on a 24 month or more tour here in Bahrain, PTS MUST be submitted IMMEDIATELY upon reporting onboard.

Performance is and will always be the key factor in Staying Navy. With PTS however, other factors are involved. Among these are Year Groups (Fiscal Year you joined the Navy), available Quotas for your rating and your pay-grade. The key to success in PTS is to stay engaged. If you haven't had a CDB and discussed PTS, ask for one. You should actively weigh your options with your Chain of Command and Career Counselor to see which of the options within PTS you should be applying for. Whether it is the Conversion, In rate or Selective Reserve option there is plenty of opportunity to Stay Navy if you are performing and are proactive. For more information see your CCC.

Successfully managing stress in uncertain times

By Cmdr. Brice A. Goodwin

Mental Health Division, Naval Branch Health Clinic

MANAMA, Bahrain — Sudden and unanticipated disruptions in normal routines create stress and tension that may initially go unrecognized. Recently, local events changed daily patterns for all here in Bahrain, and weekly schedules of school, sports, outings and travel were curtailed. Many sought a multitude of news sources to get additional information and updates on the situation. These included newspapers, television, Internet, friends and coworkers. This information may initially be absorbed with little awareness or evidence of being negatively affected by it, however, over time it has the potential to increase stress.



becoming more confrontational and rebellious to basic requests and routines. Difficulty with sleep and vivid dreams and nightmares can occur. Conversely, girls may withdraw and become more quiet and isolative, preferring to spend time alone than with others.

Personal awareness, which is the ability to recognize the effects of stress on you or other family members, is important to protecting yourself and your family members.

Physical symptoms of stress include muscle tension (jaw, neck, shoulder and/or back pain), stomach upset (acid reflux), headaches (tension, migraine) and appetite changes (increase or decrease). Emotional signs and symptoms of stress include anxiety (chest tightness, shortness of breath), decreased attention span and memory, lowered self-esteem, increased cynicism and negativity and depressed mood. Finally, behavioral signs include increased alcohol, tobacco, and caffeine use, irritability and insomnia.

Equally important is understanding the effects of stress on children and adolescents. Younger children do not have the verbal skills to express their worries and fears adequately. As a result they often express themselves through physical and behavioral responses. Younger children may regress to earlier developmental stages. For example, they may begin sucking their thumbs or wetting the bed again; there may be an increase in clingy and “whiny” behaviors, becoming afraid of the dark or pretending to be a “baby” again and wanting to be held and cuddled. Older children, particularly boys, may express their anxiety and tension through disruptive behaviors,

One of the most effective ways to reduce stress is limit the amount of exposure to these events. Reduce the time spent watching television or the Internet, and also limit your children’s exposure to these sources. When traveling, try to limit the visual cues that may suggest danger to them, such as tanks, check-points and concentrations of armed personnel. Do not discuss current events or concerns in front of children. While they may appear to be engaged in a book or with a movie, they are likely listening to your conversation. Attempt to maintain the same routine that was previously established.

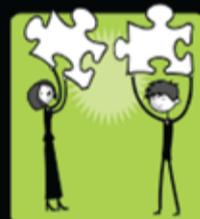
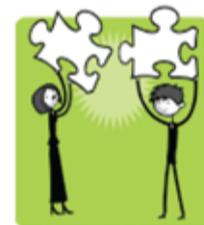
While school may be out, time commitments for studies, recess, and lunches can be maintained. Remain with similar nighttime routines of homework, story-time and bath times, if appropriate. For adults, regular exercise, spending time alone and with others, reducing alcohol intake and managing your diet are all important steps in moderating stress. A final method shown to reduce stress is to show consideration toward others. Let someone go before you when entering a building; greet someone in passing. While simple gestures, each has shown to reduce stress by displaying solidarity with each other. Observing some of these steps will help to reduce your stress during this adventure.



Save up to 30% on purchases April 11th or 12th!
 Help raise funds for the local Bahrain NMCRS Campaign
Receive a coupon good for discounts throughout the store
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 (see Customer Service for details)

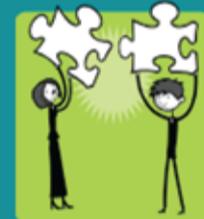
April is...

Sexual Assault Awareness Month (SAAM),
Month of the Military Child & Child Abuse Prevention Month



COME ONE...COME ALL!
 Thursday, 14 April, 0830-1130
 Freedom Souq Courtyard

0830-1000: Sign up for the 6th Annual SAAM Walk
Free T-shirts (while supplies last)
1000-1030: SAAM Fun Walk
1030-1130: Observance Ceremony



WORD ON THE STREET:

Who is your most memorable Chief, and how did they influence you or your career?



Lt. John Clark
NAVCENT

"It's Senior Chief Jerry Jones, an Operations Specialist on my first ship. One day he said to me, "Don't change who you are. Continue to be a professional, continue to do your job and you will go places." That stuck with me."



IS2 Dustin Douglas
NAVCENT

"That would be ISCS Reginald Ball, who has been like a big brother to me my whole career. He was with me in "A" and "C" schools. At my first command he was at the ship right next to mine. He's also my senior enlisted leader here. Whenever I need guidance, a strong hand or the honest truth, I know I can go to him."



HM2 Jerry Rice
NBHC

"Master Chief Kevin Hughes. He was the CMC at 29 Palms. He had a motto called M.U.S.T. It stood for: Mission. Unit. Self. Team. What are you doing for the Mission? What are you doing for the Unit to help achieve that Mission. In the process of that, what are you doing for your Self and what are you doing to help your Team? That really gave me direction in my career."



RP1 Russell Trimp
Chaplin's Office

"RPCS Bryan Bautista. He was my Chief in Rota. He showed me what a true leader was like. He showed me the ropes of the administration side of my rate vice the stuff I did when I was with the Marines. The two sides of the rate handle things very differently. He also pushed me to go to college to help make me a more well-rounded Sailor."



IT1 Marlin Malcolm
NCTS

"My most memorable Chief was ITC George Harris onboard USS Nicholas (FFG 47). He showed me that perseverance and focus are keys to success and I will never forget that."



Lt. Cmdr. Donald Hocutt
NCTS

"RMCS Cy Carille. I was stationed with him at NTCC Corpus Christi, Texas, from 1988 to 1991. He always let me know that I was capable of anything I put my mind to, set my goals and keep them alive and I'll always be successful."

HR Classified Ads

CONUS:

Announcement: SE1-2150-12-N6993234-05-IN
Position: BASE SUPPORT VEHICLE AND EQUIPMENT
 BRANCH HEAD, GS-2150-12
Department: NAVFAC EURAFSWA, Bahrain
Opening Date: 04/01/2011 - **Closing Date:** 04/15/2011

BG POSITIONS:

Who May Apply: Bahraini Citizens (1st Priority consideration), Non-U.S. citizen Spouses (2nd priority consideration) GCC Nationals, Local Foreign Nationals, or Current BG employees.

Announcement: NSA-11-031

Position: Administrative Officer, BG-0341-11
Department: 831st Transportation Battalion, NSA Bahrain
Opening Date: 23 Mar 2011 - **Closing Date:** 12 Apr 2011

Announcement: NSA-11-037

Position: Child and Youth Program Assistant, BG-1702-04/05/06
Department: MWR, NSA Bahrain
Opening Date: 23 Mar 2011 - **Closing Date:** 12 Apr 2011

Announcement: NSA-11-037

Position: Loss Prevention Investigator, BG-0083-05/06
Department: Navy Exchange, Bahrain
Opening Date: 29 Mar 2011 - **Closing Date:** 18 Apr 2011

Announcement: NSA-11-035

Position: Environmental Engineer, BG-0819-09/11/12
Department: NAVFAC, Environmental Department, NSA Bahrain
Opening Date: 30 March 2011 - **Closing Date:** 20 Apr 2011

Announcement: NSA-11-038

Position: Recreation Aid (9 Vacancies), BG-0189-04
Department: MWR, Isa Air Base
Opening Date: 31 March 2011 - **Closing Date:** 20 Apr 2011

Announcement: NSA-11-039

Position: Recreation Aid (3 Vacancies), BG-0189-05
Department: MWR, Isa Air Base
Opening Date: 31 March 2011 - **Closing Date:** 20 Apr 2011

Announcement: NSA-11-040

Position: Recreation Assistant (3 Vacancies), BG-0189-06
Department: MWR, Isa Air Base
Opening Date: 31 March 2011 - **Closing Date:** 20 Apr 2011

Associations clean up NSA Bahrain



Photo by MC2(AW) Johansen Laurel

Members of the Naval Support Activity Bahrain Chief's Mess and First Class Association walk around base to pick trash as part of a base-wide clean up, March 31. Members of the base's Echo Six Association and Junior Enlisted Association also participated in the clean up.

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ITT

Cooking Demonstration Of Arabic Food & Dinner

Thursday, April 7

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

Group Fishing Trip At Al Bander

- Friday, April 8
- Time: 0700 – 1100
 - ITT Group price for maximum of 8 ppl: \$352.00

Swim With The Dolphins

- Saturday, April 9
- Time: 1000 – 1300
 - Min 5 people; ITT Price: \$37.00

Go-Kart Racing

- Thursday, April 14
- Time: TBA
 - Min 10 people; ITT Price: TBA

Pearl "Snorkel" Hunt

- Friday, April 15
- Time: TBA
 - Min 8 people – Max 10 people; ITT Price: \$47.00 per person

Scuba Dive

- Saturday, April 16
- Time: 0800
 - Min 8 people; ITT Price: \$82.00

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

All dates and times are subject to change

Movie Schedule

Friday, April 8

- Theater A**
- 10 a.m. - Remember The Titans (Pg)
 - 12 p.m. - Yogi Bear (Pg)
 - 2 p.m. - The Next Three Days (Pg13)
 - 4 p.m. - Skyline (Pg13)
 - 7 p.m. - Caddyshack (R)
 - 9 p.m. - White Men Can't Jump (R)

Theater B

- 11 a.m. - Little Fockers (PG13)
- 1 p.m. - Tangled (Pg)
- 3 p.m. - Heaven Can Wait (Pg)
- 5 p.m. - The Warriors Way (R)
- 7 p.m. - Due Date (R)
- 9 p.m. - The Kings Speech (R)

Saturday, April 9

- Theater A**
- 10 a.m. - Tron - Legacy (Pg)
 - 1 p.m. - Tangled (Pg)
 - 3 p.m. - Little Fockers (Pg13)
 - 5 p.m. - The Fighter (R)
 - 7 p.m. - Other Peoples Money (R)
 - 9 p.m. - Love And Other Drugs (R)

Theater B

- 11 a.m. - Megamind (Pg)
- 1 p.m. - Yogi Bear (Pg)
- 3 p.m. - Skyline (Pg13)
- 5 p.m. - The Tourist (R)
- 7 p.m. - Burlesque (R)
- 9 p.m. - Black Swan (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.



Want to hear something on air? (Song requests, Shout-Outs, Announcements, etc.)
 Airs Sunday thru Thursday 6-9 a.m. - 11-1 p.m.



- Friday, April 8
Bahrain Museum & Lunch
- 1000
 - Active Duty 18-25 yrs: \$5;
 - Others: \$7.50

- Saturday, April 9
Swim with Dolphins
- 1000
 - Active Duty 18-25 yrs: \$23;
 - Others: \$30; Min: 6 persons

- Sunday, April 10
8 Ball: Team Tournament
- 1130

- Monday, April 11
Go Carts
- 1600
 - Active Duty 18-25 yrs: \$15;
 - Others: \$23

- Tuesday, April 12
Gold City & Dinner
- 1700
 - Active Duty 18-25 yrs: \$3;
 - Others: \$5; Min: 6 persons

- Wednesday, April 13
Liberty Advisement Meeting
- 1200

- Thursday, April 14
Last Buck Party
- 1200
 - 6 Ball Single Elimination Fleet Park Tournament**
 - 1200

- Friday, April 15
Wahoo Water Park
- 1200
 - Active Duty 18-25 yrs: \$TBD;
 - Others: \$TBD

- Saturday, April 17
Lunch & Learn
- 1100-1230

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