

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), in collaboration with Morale, Welfare and Recreation and the Fleet and Family Support Center, hosted its semi-annual Health and Wellness Fair, May 5.

Organized and arranged into multiple information stations, attendees interacted with numerous health care providers who passed out free literature as well as screenings for various services. MWR also hosted a 6 a.m. Mother's Day three-kilometer fun run as part of the fair's fitness promotion segment.

The event, designed to promote health awareness, afforded NBHC the opportunity to invite multiple health care providers from the local community to NSA to showcase services available to service members, Department of Defense civilians and their families.

NBHC Health Promotions 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 and Wellness Fair helps to build relationships within the health care community by inviting local Bahrain facilities to come on the base and to showcase their products and services, thereby encouraging a group team effort to promote quality of life and health and wellness to the community as a whole," she said.

Sanabia added that the collaboration between the NSA health care providers and the local community to host an informative venue such as the Health and Wellness Fair was extremely important because it generated an opportunity to highlight services to personnel who otherwise might not know of their availability.

"Sometimes people aren't aware of the services that are available until they step inside the clinic" she said. "This venue sparks peoples' interest by reaching out to them and encouraging question and answer sessions by making providers available for one-on-one conversations."

Operating the fair's Healthcare Effectiveness Data Information System (HEDIS) station, a system that tracks multiple quality care screenings for service members and their dependents, NBHC's Lt. j.g. Lani Kuhlow said that another aspect of the fair was to let people know how well military treatment facilities are tracking and caring for personnel and their beneficiaries.

"It's all about taking care of the people who are working day-in and day-out in the military and their families," she said. "The system that we utilize here at NBHC helps to identify delinquencies for routine screenings that are crucial to maintaining a healthy lifestyle. The HEDIS system allows us to inform personnel of these delinquencies and enables them to be more proactive in their personal well-being as well as the well-being of their loved ones."

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

Naval Branch Health Clinic (NBHC) Bahrain's Lt. j.g. Lani Kuhlow discusses the Healthcare Effectiveness Data Information System with Public Works Department's Lt. j.g. Jonathan Fischer during NBHC's Health and Wellness Fair at Naval Support Activity (NSA) Bahrain, May 5.

NEX Bahrain donates to NMCRS



Photo by MC1(SW) Sonja M. Chambers

Navy Exchange (NEX) Bahrain General Manager Dan Cougevan (far right) and NEX Store Divisional Manager Vickie Mackey (second from left) present a check to the Navy-Marine Corps Relief Society (NMCRS) Active Duty Fund Drive, May 12. The fund drive raised \$92,796 to help service members in need. Pictured left to right: Naval Support Activity (NSA) Bahrain Executive Officer, Cmdr. Kevin Boykin; Mackey, NMCRS Active Duty Fund Drive Coordinator, Lt. Mariusz Drozdowski; NSA Bahrain Commanding Officer, Capt. Rick Sadsad; and Cougevan.

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Family Life at NSA Bahrain

Library celebrates Mother's Day



Photo by MC2 Daron Street

Naval Support Activity Bahrain librarian Maria Fernandes assists children with an arts and crafts project as part of a Mother's Day Breakfast Celebration at the base library, May 8.

History comes to life at Bahrain School



Photos by Heather Furlong

Fourth and fifth-grade classes at Bahrain School held Living Biography Day for its students, May 5. The students researched their favorite famous person from history or the present, wrote scripts in first-person and dressed or performed as that person for both the elementary students as well as adult visitors.

Bahrain School holds Sports Day



Bahrain School Middle School students celebrated their annual Sports Day, May 5. The event featured a variety of sporting events and games for the sixth, seventh and eighth-graders, including tug-of-war, egg carry relays, three legged races, sponge fire brigade, capture the flag and many more. The eighth-grade won overall.

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Chaplain's Corner God's providential care



By Cmdr. Chin Van Dang
Supervisory Chaplain

There are times in our lives when we wonder about God's existence for His people and want to be reassured that God definitely loves and cares about ALL that happens in life. In the midst of our journey of life, we are invited to trust in God, to know that He is always with us, even when things might not be what we had hoped for or even expected. It is definitely easier to trust and believe in God's care when things are going well in life. When we have what we want and need. When we know and feel that our prayers are being answered. When everything is working the way we "had hoped for and expected." When one's journey of life seems to be "on course" as one had planned and expected. When we feel/think we are in control of life and all that happens to us. But when one faces a difficult experience or period of life? When things are NOT as expected or life seems out of control? Do we still trust in God's

providential care?

A woman received a phone call that her daughter was very sick with a fever. She left work immediately and stopped by the pharmacy to get some medication. She got back to her car and found that she had locked her keys in the car.

She didn't know what to do, so she bowed her head and asked God to send her some help. Within five minutes an old rusty car pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head. The woman thought, "O God, this is what you sent to help me?"

The man got out of his car and asked her if he could help. She said, "Yes, my daughter is very sick. I locked my keys in my car. I must get home to her. Please, can you unlock my car?" He said, "Sure" and in a few minutes the car was opened. She hugged the man and said in tears, "Thank you, so much! You are a very nice man."

The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about half an hour."

The woman hugged the man again and cried out loud, "Oh, Thank you, God! You even sent me a professional!"

God is always in our lives and we need to trust that He knows what we are facing and gives us the support and courage to endure these experiences. We also need to accept and believe that God knows what we need, what is best for us and trust that He will always provide what is needed, even when it differs from our hopes and expectations. As we walk with God - know that He cares about and loves us. Never be afraid to turn to Him, to call upon Him. He is always there - ready and waiting.

Conversion opportunities for ERB eligible Sailors

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — In an effort to provide conversion opportunities ahead of the Enlisted Retention Board, NAVADMIN 160/11 was released May 9, to waive some standard conversion requirements and provide Sailors with the guidelines for submitting applications.

The goal of the ERB is to re-balance manning in 31 overmanned ratings, improve advancement rates, and increase Perform to Serve (PTS) opportunity.

"Leadership respects and values the service of our Sailors," explained Rear Admiral Tony Kurta, head of personnel policy. "By providing increased opportunity to convert to undermanned rates, our goal is to keep high performing Sailors in the Navy while increasing competition and advancement opportunity in those overmanned ratings."

As part of Navy efforts to increase conversion opportunities for ERB eligible applicants, some of the waived conversion requirements include:

- Years of Service: Personnel with greater than 12 years of service will be considered for conversion.
- Paygrade: All personnel, regardless of paygrade, will be considered for conversion.

- Personnel who are more than 12 months from their rotation date will be considered for conversion.

- Minimum activity tour requirements are waived.

- Personnel in receipt of PCS orders will be considered for conversion.

- Existing obligated service requirements incurred as a result of reenlistment, training, or other programs are waived.

Sailors who desire a conversion will need to submit, by June 15, a NAVPERS 1306/7 signed by their commanding officer or officer in charge (OIC), a signed memorandum prioritizing conversion requests, copies of all evaluations for the previous three years, a PRIMS print-out showing PFA scores for the previous four years, a print out of FleetRIDE qualification to the rating(s) they are applying for and any additional documents required for their targeted conversion ratings.

To learn more about the ERB, including eligibility requirements, read NAVADMIN 129/11 on Navy Personnel Commands website at, www.npc.navy.mil.

To learn more about the conversion opportunities available, to include a list of the eligible undermanned ratings, read NAVADMIN 160/11 at www.npc.navy.mil.

Correction: May 4, 2011 Desert Times

In the last Desert Times, we published a photo of Naval Support Activity Bahrain Commanding Officer, Capt. Rick Sadsad, handing a relief donation to Japanese Ambassador to Bahrain Hideo Sato. The correct amount of the donation was BD 2,457.85 (\$6,537) not \$800.

CENTCOM Visits Service Members at NSA



Photo by MC2(AW) Jason T. Poplin

Commander, U.S. Central Command, Marine Corps Gen. James N. Mattis, speaks with service members during an all hands call at Naval Support Activity, (NSA) Bahrain, May 9. Mattis spoke about the importance of the service members' mission in the area of responsibility (AOR) and answered questions regarding operations in the area. NSA Bahrain provides operational support to U.S. and coalition forces operating throughout the U.S. Central Command AOR.

MWR NSA LIBRARY PRESENT

LEARN COMPUTER BASICS

All Wednesdays in May

COMPUTER BASIC LEVEL I FOR BEGINNERS

Time: 1600 -1700

Computer Basics is designed for patrons with little to no experience using a computer. The focus of this class is to provide general guidance about Microsoft Word, Internet Browsing, Excel Spreadsheets, email, file management, printing, and editing options.

COMPUTER BASICS LEVEL II FOR INTERMEDIATE COMPUTER USERS

Time: 1700 - 1800

Learn how to navigate on the internet and how to use search engines. Learn what URL, hyperlinks, favorites, pop ups, cookies, toolbars, trusted sites and certificates are and how they can help you make your browsing experience easy. Learn how to download images, text and webpages form the internet. Must be familiar with keyboard and mouse.



These classes are currently offered on a walk-in basis (no registration required)
For more information:
Contact NSA Library, POC: Maria @ 439-9089 /1785-9089
Bldg: 267 Quality of Life Building



Desert Sailor 2011 trains ERT

Photos by MC2 Daron Street

Naval Support Activity (NSA) Bahrain Emergency Response Team (ERT) members fight a simulated gas leak fire at the Bahrain Ministry of Interior fire training academy during Desert Sailor 2011. Desert Sailor is an intense two-week program designed to prepare the NSA ERT to handle a variety of emergency situations.

By MC2 Daron Street
Staff Writer

MANAMA, Bahrain — Sailors from the Naval Support Activity (NSA) Bahrain Emergency Response Team (ERT) along with members of Bahrain Civil Defence and the Bapco fire department participated in Desert Sailor 2011, May 1-12.

Desert Sailor is an intensive two-week program designed to prepare the NSA Bahrain ERT to respond to terrorist incidents or national disasters aboard NSA Bahrain or which involve any other Department of Defense units in Bahrain, including the Bahrain School, aviation unit, and Mina Salman pier.

The training during Desert Sailor covers a wide array of emergency situations.

“ERT only essentially has two days of training a month,” said ERT Leading Petty Officer, Hospital Corpsman 2nd Class Don Gentry. “In order to be proficient, especially with all the new people coming in, we brought in civilians to teach hazardous material training, first aid, firefighting and rescue techniques.”

Host nation personnel attended hazardous material training and first responder courses at NSA Bahrain. ERT members practiced drills at Bahrain’s Ministry of the Interior fire training academy in Riffa. ERT Sailors and Bahraini counterparts both benefitted from training together.



Bapco fire chief Richard Carroll goes over emergency medical procedures to ERT members.



Hospital Corpsman 3rd Class Sergio Flores shows Bapco fire department members and Sailors the proper way to splint a fractured leg.

“When we work with the [Bahrain] Civil Defence, we learn their equipment as well. It’s a little different from what we have back home or here on base, but if anything happens, they can come support us and we can support them,” said Gentry.

Not only were the Sailors training each other, but experts from the area also were on hand to give training on the life saving knowledge and skills they possess.

“I’ve already been involved with helping ERT for over a year,” said Bapco Fire Chief Richard Carroll. “I’ve been in this field for 32 years, both medical and fire, so when they asked me to be involved, I was more than happy to do it.”

Sailors participated in trauma simulations, classroom type trainings and live firefighting activities during the two-week course. At the end, all participants received certificates of completion.

“I think it’s great that we have the opportunity to learn all these different things,” said ERT Member, Logistics Specialist 2nd Class Chardonnae Murray. “I haven’t been on the ERT as long as some of the others, but after this training, I’m confident we could handle whatever situation may arise.”

Gentry said the ERT is the best line of defense the base has and trains to every situation.

“I hope that nothing ever does happen, but if we’re needed, we’ll be ready,” he said.

If interested in becoming an ERT member, contact Gentry at 439-9038.



NSA Bahrain Commanding Officer Capt. Rick Sadsad congratulates Desert Sailor graduates during a graduation ceremony in the Multi-purpose room of building P-911.



Sailors learn how to fight a fire “rollover” at the Bahrain Ministry of Interior fire training academy.



Hospital Corpsman 3rd Class Sergio Flores holds medical first responder training for ERT members and Bapco fire department members.



Sailors feel along the wall in a dark, smoke filled room while performing a search and rescue drill at the Bahrain Ministry of Interior fire training academy.

HR Classified Ads

BG POSITIONS:

Who May Apply: 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-11-061

Position: Store Worker, BG-6914-03
Department: NEX Warehouse Depot, Bahrain
Opening Date: 11 May 2011 - **Closing Date:** 24 May 2011

Announcement: NSA-11-063

Position: Cashier/Stockler, BG-2091-04
Department: Main Store - Top Floor, Bahrain
Opening Date: 11 May 2011 - **Closing Date:** 24 May 2011

Announcement: NSA-11-065

Position: Laborer (2 Vacancies), BG-3502-05
Department: Navy Gateway Inns & Suites, NSA Bahrain
Opening Date: 17 May 2011 - **Closing Date:** 06 June 2011

Bahrain Baseball League closes out season



Photo by MC2 Daron Street

Jonathan Hayes winds up for a pitch in the final game of a Bahrain Baseball League season ending tournament game between the Reds and the White Sox at Bahrain Memorial Field on Naval Support Activity Bahrain, May 14. The Reds beat the White Sox, 9-8.



ITT

Cooking Demonstration Of Arabic Food & Dinner

Thursday, May 19

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

Group Fishing Trip Al Bander

Friday, May 20

- Time: 0530 – 1300
- ITT Group price for maximum of 8 people: \$352.00

Pearl "Snorkel" Hunt

Saturday, May 21

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

Belly Dancing Dinner Show

Thursday, May 26

- Time: 2030
- Min 10 people; ITT Price: \$30.00

Memorial Day Weekend Over Night Stay At Hawar Island

- ITT Price: (Prices are inclusive of all 3 meals); Single occupancy \$160; Double occupancy \$187

Memorial Day BBQ At Al Bander Resort

Sunday, May 29

- Time: 0930
- Min 10 people; ITT Price: \$29.00

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

All dates and times are subject to change

Movie Schedule

Friday, May 20

Theater A

- 10 a.m. - Despicable Me (PG)
- 12 p.m. - Legend Of The Guardians (PG)
- 2 p.m. - Skyline (PG13)
- 4 p.m. - The Tourist (PG13)
- 7 p.m. - No Strings Attached (R)
- 9 p.m. - A Few Good Men (R)

Theater B

- 11 a.m. - Big Mommas House 3 (PG13)
- 1 p.m. - The Incredibles (PG)
- 3 p.m. - Country Strong (PG13)
- 5 p.m. - The Rite (PG13)
- 7 p.m. - The Fighter (R)
- 9 p.m. - 127 Hours (R)

Saturday, May 21

Theater A

- 10 a.m. - The Last Airbender (PG)
- 1 p.m. - Toy Story 3 (PG)
- 3 p.m. - Killers (PG13)
- 5 p.m. - Little Fockers (PG13)
- 7 p.m. - The Mechanic (R)
- 9 p.m. - Tin Cup (R)

Theater B

- 11 a.m. - Rudy (PG)
- 1 p.m. - Gulliver's Travels (PG13)
- 3 p.m. - The Tourist (PG13)
- 5 p.m. - I Robot (PG13)
- 7 p.m. - Caddyshack (R)
- 9 p.m. - Win Win (R)

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil

If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



SUN	MON	TUES	WED	THUR
0600-0900	0600-0900	0600-0900	0600-0900	0600-0900
"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"
11-1	11-1	11-1	11-1	11-1
"Smooth Groove"	"Mid-day Melt Down"	"Urban Nation"	"Big Hair Wednesday"	"Country Hits"
Smooth Jazz and R&B With	Best of Alternative Rock With	Hip-hop and R&B With	Classic Rock With	Best of Country With
Dj Audity	Dj Sharpe	Dj Swag	Felix The Cat	Felix The Cat

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Friday, May 20

Dodgeball Tournament

- Time: Noon
- At the Bowling Alley

Sunday, May 22

8 Ball Pool Team Tourney

- Time: Noon

Monday, May 23

May Birthday

- Free cake while supplies last

Tuesday, May 24

Gold City and Lunch

- Time: 10:30 a.m.
- Active Duty: 18-25 yrs \$3; Others: \$5

Thursday, May 26

Texas Hold'em Tournament

- Time: 6 p.m.

Friday, May 27

Bahrain Museum with Lunch

- Time: 10 a.m.
- Active Duty: 18-25 yrs \$5; Others: \$7.50; May 22 cut-off day

Sunday, May 29

Swim with the Dolphins

- Time: 10 a.m.
- Active Duty: 18-25 yrs \$23; Others: \$30; May 24 cut-off day

Monday, May 30

Last Buck Party

- Time: Noon

Tuesday, May 31

Indian Lunch

- Time: 11:30 a.m.
- Active Duty: 18-25 yrs \$3; Others: \$5; May 26 cut-off day

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