

Ponce arrives in Bahrain

By U.S. Naval Forces Central Command Public Affairs

MINA SALMAN PIER, Bahrain — The U.S. Navy's first Afloat Forward Staging Base- Interim USS Ponce (AFSB-I) arrived in Bahrain for duty in the U.S. 5th Fleet area of responsibility (AOR), July 6.

Prior to arriving in theater, Ponce, formerly designated as an amphibious transport dock (LPD), was converted and reclassified as an AFSB(I) in April to fulfill a long-standing U.S. Central Command (CENTCOM) request for an AFSB to be located in its AOR.

"Ponce's role as an AFSB provides us with an enhanced capability to conduct maritime security operations, and gives us greater flexibility to support a wide range of contingencies with our regional partners," said Vice Adm. John Miller, commander, U.S. Naval Forces Central Command (NAVCENT). Ponce's primary mission is to support mine countermeasures (MCM) operations and other missions, such as the ability to provide repair service to other deployed units, including electrical, diesel engine, piping, and machinery repairs. Additionally, Ponce also has the capability to embark and launch small riverine craft.

Commanded by a U.S. Navy Captain, Ponce will remain a U.S. Navy ship. The newly classed AFSB will be manned by a "hybrid" crew consisting of approximately 150 Military Sealift Command (MSC) civilian mariners and 55 U.S. Navy Sailors. Sailors will be primarily responsible for the ship operations. MSC personnel will man the engineering, deck and damage control departments.

"The versatility of Ponce, combined with the teamwork of its 'hybrid' crew, brings a unique capability to the region," said Capt. Jon Rodgers, commanding officer of Ponce. "As the first dedicated Afloat Forward Staging Base, we look forward to working closely with our coalition and regional partners to promote security and stability."

Ponce departed its homeport of Norfolk, Va., June 1. Previously scheduled to decommission, Ponce delayed its scheduled decommissioning to serve as an interim AFSB until a permanent solution can be identified.



Photo by MC2 Ashanté Hammons

Tugboats assist the Afloat Forward Staging Base-Interim USS Ponce (AFSB-I) as the ship pulls into the Kingdom of Bahrain. Ponce is deployed to support maritime security operations and mine countermeasure efforts in the U.S. 5th Fleet area of responsibility.



Photo by Weam M. Ahmed

Canadian band Seven Senses performs live music for attendees during the celebration of Independence Day at Naval Support Activity (NSA) Bahrain Main Street Park, July 4.

NSA Celebrates Independence Day

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain

— In the spirit of the Fourth of July, Naval Support Activity (NSA) Bahrain celebrated Independence Day at Main Street Park, July 4.

The event organized by Morale, Welfare and Recreation (MWR) department allowed the NSA Bahrain community and their families to participate in activities held in light of the occasion.

"The Fourth of July is a huge celebration, so I'm glad that MWR as well as all the units can help sponsor a night of events for the families and Sailors and all the Soldiers who are out here this year," said MWR Recreation Director Raymond Santiago.

The event featured many activities and contests including volleyball matches, hot-

dog eating contest, barbeque, and an open buffet, as a live music performance was provided by the Canadian band Seven Senses.

Children had their share of activities too, with carnival games and rides, basketball shots, watermelon eating contests, camel and pony rides, face painting, henna drawing and inflatables.

"This day celebrates the birth of our nation, and celebrates those who've served in the past and who are serving in the present," said Cmdr Joseph Dupre. "This is a little bit of America overseas."

"This gives us a connection to people back home and what they're celebrating today and reminds us a little bit of why we're here," added Katy Dupre.

For more information on MWR events visit the MWR Bahrain Facebook page.

More Independence Day photos on Page 2

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STORIES
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Family Life at NSA Bahrain



Main Street Park Fourth of July Celebration

Photos by Weam M. Ahmed

U.S. and Royal Navy service members participated in a hotdog eating contest held at Main Street Park.



Three children participated in the final round of the MWR sponsored watermelon eating contest.



Indoor inflatables for children were one of many activities available during the celebration.



Volleyball was one of several activities available to attendees of the Independence Day celebration.



Those in attendance had the opportunity to enjoy free camel rides.



Children practiced their free-throws during the Fourth of July celebration.

the Bahrain DESERT TIMES

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Service members and their families enjoyed free carnival rides during the MWR sponsored celebration.

Chaplain's Corner Ascent and Return



By **Cmdr. Brent Johnson**
NSA Command Chaplain

"So Moses went down to the people from Mt Sinai. When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance and said to Moses, "Speak to us yourself and we will listen. But do not have God speak to us or we will die." But Moses did not hear them because he was listening to Caedmon's Call on his iPod.

No, that is not what happened. Imagine if the Exodus did happen in this era. Humans are so absorbed in their own little worlds they often do not notice what is happening around them unless someone posts a video on Facebook. I even saw a security video from a mall of a guy so intent on his smart phone he walked right into a fountain and soaked his phone and lost a lot of cool points with all the witnesses. How many moments slip by because we are entranced by little

electronic devices? How many soul stirring insights are missed because we were seeing who posted that they just went to the gym?

In the Middle Ages people used various methods when they prayed to help them concentrate and notice little things they might otherwise miss as they practiced the discipline of prayer. One of those was the use of a labyrinth that was often marked out on the floor of their church. As they followed the simple path in toward the center of the labyrinth they confessed faults and admitted their needs to God. In the center of the design they would spend time just listening, in case there was a message for them in the silence. On the way out they thought about what they ought to do to make the world a better place. This is known as ascent and return.

I mentioned the story of Moses at Mt Sinai at the start of this article. Moses went up the mountain wondering what God wanted the people to know, and when he returned he brought the Law, the 10 commandments, for the people at the bottom of the mountain. That is a creative moment, but it happens when we ascend, not when we stay in our same routine lives and get absorbed in mundane things like our current play list or who is on YouTube. If you wish for a creative spiritual life you need to unplug the ear buds, find your mount to ascend, and then return ready to be creative.

Contact your local Chaplains at 439-4303 for more information about study opportunities, prayer times, and services. We are ready to climb with you, on your spiritual journey.

From the Desk of the Command Master Chief



By **CMDCM Ed Lambert**
NSA Bahrain Command Master Chief

Shipmates,

The new HYT policy is outlined in MILPERSMAN 1160-120 and took

effect July 1, 2012. It applies to all active-duty, Full-Time Support (FTS) and Selected Reserve (SELRES) Sailors. HYT sets the maximum number of years an enlisted Sailor may serve based on rank before he or she must advance, separate or if eligible, retire.

NAVADMIN 198/12 highlights other important changes under the new policy, including a reduction in HYT limits for active-duty and FTS Sailors in paygrades E-1 to E-3; elimination of passed not advanced (PNA) for E-3 Sailors to stay on active duty for eight years; a clause allowing approved HYT waivers to be cancelled when not fulfilled as approved; and clarification of reduction-in-rate procedures.

Starting with this March's Navy Wide Advancement Exam, E-3 Sailors who passed, but did not advance, may not continue service beyond the revised HYT limit for their paygrade.

NCTS changes leadership

By **MC1(SW) Sonja M. Chambers**
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — U.S. Naval Computer and Telecommunications Station (NCTS) Bahrain held a change of command ceremony at Naval Support Activity Bahrain, June 27.

Capt. Kathleen Creighton relieved Cmdr. Steven Averett during the ceremony presided over by Commander, U.S. Fleet Cyber Command/Commander, U.S. 10th Fleet, Vice Adm. Michael Rogers.

Averett said he was honored to be commanding officer for the past 22 months.

"On a daily basis, I have witnessed the amazing job our outstanding military, civilian and contractor team has done in providing the absolute best command, control, communications and computer services to the fleet, ground forces, joint and special operations across multiple spectrums," he said. "Your commitment to excellence and tireless dedication has made our command

the most operationally ready and best prepared NCTS in the world."

Creighton said Averett and the NCTS team have a superb reputation as warfighters and she looks forward to playing a role in the next chapter of the command's history.

"Every minute, every hour, every day, NCTS Bahrain is ready and committed to ensuring our military leaders can command and control their forces via agile, reliable and secure C2 networks," she said. "NCTS Bahrain may make it look easy, but it definitely is not. The challenges and threats of cyberspace grow in number, complexity and lethality on a daily basis. NCTS remains ready through constant training, diligence and dedication to mission accomplishment."

Creighton, a native of Ridgefield, Conn., joins NCTS from Commander, U.S. 10th Fleet where she served as Fleet Cyber Command/C10F N6 and Deputy Maritime Operations Center Director.

Averett, of Columbus, Ga., is transferring to Commander, Carrier Strike Group Twelve.



Photo by MC1(SW) Sonja M. Chambers

Capt. Kathleen Creighton, left, relieves Cmdr. Steven Averett as Commanding Officer, U.S. Naval Computer and Telecommunications Station (NCTS) Bahrain during a ceremony at Naval Support Activity Bahrain, June 27.

GENERAL ORDER 12-1

Recently there has been an increase in reported criminal activity, such as petty theft in Bahrain. In each isolated instance, individuals were traveling alone on foot, and during evening hours, becoming a target of opportunity.

NAVCENT, NSA Bahrain and the Bahrain Ministry of Interior (MoI) are closely monitoring these incidents to help mitigate potential risks.

Effective immediately walking, jogging or running without a buddy within Juffair is prohibited between 2000 - 0600 daily. Service members, family members or civilian friends may serve as buddies. The buddy system is required to promote force protection, enhance safety, and bolster military readiness.

Exceptions to the buddy requirement may include but are not limited to:

- Transiting to/from NSA Bahrain and adjacent dirt parking lots.
- Transiting to/from NSA Bahrain and the Taxi Stand located directly outside the NSA Compound.
- Transiting to/from NSA Bahrain to/from and between establishments located in, or within one block of, "American Alley," the Dome Restaurant, Ramee International Hotel and the K Hotel.
- Transiting less than one block to pickup or drop off a buddy.

As always - stay alert, aware, and vigilant!



NSA hosts Health and Wellness Fair

By MC1(SW) Sonja M. Chambers

U.S. Naval Forces Central Command Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain — Naval Support Activity (NSA) Bahrain held its annual Health and Wellness Fair, June 28.

The fair, themed “Fit for Life,” featured displays from Naval Branch Health Clinic (NBHC) Bahrain, NSA Bahrain Morale, Welfare and Recreation (MWR), the Fleet and Family Support Center (FFSC) as well as host nation medical providers.

NBHC Bahrain Health Promotion Coordinator, Lt. j.g. Chelsea Snellen, said promoting health and wellness and showcasing the services of MWR, FFSC and NBHC Bahrain was the overall goal.

“We want to promote health and wellness,” she said. “Being here away from their families, people tend to pick up unhealthy food. They pick up smoking again. We want to promote a healthy lifestyle here, so they can go back to the States and be healthy.”

NBHC Dentist, Lt. James Hawkins, said people have to take care of themselves and the fair can help them.

“We need to focus on health, and by coming out here and being informed as a patient, that’s what’s important,” he said. “We can do all the health care as doctors that we want to do, but if you’re not being an active participant, if you’re not learning and applying what we’re trying to teach you to your life, no amount of medicine or physical therapy or advice will matter. It’s a team effort between the provider, me as the dentist and the patients taking care of themselves and being healthy.”

Attendees could have their blood pressure checked, learn more about healthy eating and see how much alcohol is in a standard drink at the Counting Saloon run by NSA Bahrain’s Drug and Alcohol Programs Advisor.

Intelligence Specialist 3rd Class (SW) Christina Jager, assigned to U.S. Naval Forces Central Command, said she learned a lot from the different booths at the fair and said a healthy lifestyle, including eating healthy and exercising extends a person’s life.

“You’re more likely to live a longer life, communicate with people better if you feel better about yourself,” she said. “It’s good for you and I don’t see why anyone would not want to do it.”

Snellen said keeping a healthy and fit lifestyle will keep you out of the clinic and hospital.

“Starting at a young age is definitely going to be beneficial, but it’s never too late to get into that healthy mindset,” she said. “It’s a way of life, so it’s very important to keep it up.”

NSSA DET Bahrain receives NAVSEA Command Excellence Award

By Susan Lawson

Commander, Navy Regional Maintenance Centers (CNRMC)

NORFOLK, Va. (NNS) — Naval Sea Systems Command (NAVSEA) selected Norfolk Ship Support Activity (NSSA) Regional Maintenance Center (RMC) Detachment (DET) Bahrain for their Command Excellence Award on June 26 in Washington, D.C.

NSSA DET Bahrain was one of five organizations to receive the award for repairs performed on the USS Port Royal (CG 73) in November 2011 while the ship was forward deployed in the Persian Gulf.

“NAVSEA’s award recognizes the hard work and dedication NSSA DET Bahrain and the other supporting organizations displayed during their many efforts made to repair this ship with accuracy and expediency,” said Commander, Navy Regional Maintenance Center (CNRMC) Rear Adm. David Gale, who oversees the operations and management of the Navy’s Regional Maintenance Centers.

“Together, they were able to work quickly to develop a plan and execute required structural repairs in USS Port Royal while she was forward deployed and, in doing so, they reduced any major impacts to the ship’s schedule,” said Gale.

Along with NAVSEA Readiness Directorate (SEA21AR), NAVSEA

Supervisor of Salvage and Diving (SEA00C); NAVSEA Engineering Director (SEA05); Naval Ship Systems Engineering Station (NAVSSSES), NSSA DET Bahrain planned for and conducted a number of repairs to the ship.

Cmdr. William Hardman, Cmdr. Daniel Kidd, Henry Bologna, Emil Fabrigas, and Mike Hobby represented NSSA DET Bahrain as part of the USS Port Royal’s Response Team.

Among the work acknowledged in the award were repairs performed on Stringer 17 between frames 308 and 316 in the ship’s main engine room (MER) 2, several feet below the waterline. Stringers are stiffeners used for strengthening the ship’s hull. Without stringers, the hull’s shape would not be properly formed.

“Because the NSSA DET Bahrain repair team was incredibly dedicated and willing to work a 24-hour schedule, they were also able to permanently repair an additional three stringers in MER 2 and shaft alley, all within a span of 10 days,” said Gale.

“The planning and repair work alone was a major undertaking,” said Gale, “especially when considering the highly pressurized schedule afforded to the team for accomplishing the work.

This effort was truly an outstanding show of the Surface Ship community’s ability to partner and execute in support of Fleet readiness.”



Photo by MC1(SW) Sonja M. Chambers

Regional Alcohol Drug Control Officer/Command DAPA, Master-at-Arms 1st Class (SW) Dane Burgess, right, speaks with Intelligence Specialist 3rd Class (SW) Christina Jager about how much alcohol is in one drink during the Health and Wellness Fair, June 28.

CRIME PREVENTION CORNER

Keep Your Family Safe: Practice Operational Security on Social Media

By Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

WASHINGTON (NNS) — Sailors and Navy families can prevent potential adversaries from discovering critical information on social media sites by practicing operational security.

Examples of critical information includes where a ship is going and when it is returning home or information about Sailors who deploy as individual augmentees.

Navy families, too, should remain vigilant in not volunteering any information that could unnecessarily put their Sailors in harm’s way. Deployed and even day-to-day operations are in many cases classified, and those sharing information with each loved ones or friends should recognize the importance of keeping sensitive information secure.

“Family members are vital to the success of the Navy,” Shauna Turner, manager of the Deployment Support Program at the Fleet and Family Support Program, said. “But, potential adversaries also understand this.”

It is not unprecedented for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is true in the United States and especially true overseas.

Navy family members all know some bits of critical information. It may not be classified, and it may even seem insignifi-

cant. But, to the potential adversary, it is a piece of the puzzle. The power of emerging media tools is a two-edged sword: It makes information exceptionally accessible when posted - for anyone who is interested, including potential adversaries.

When communicating on social media sites do not post the following information:

- Exact deployment dates or return dates. This applies to ships, subs, squadrons and individual augmentees.
- Dates or location of a ship’s upcoming ports of call.
- Detailed information about a mission.
- References to trends in crew’s morale or an individual’s personal problems.
- Details concerning security procedures, response times or tactics.
- Information about equipment readiness.
- Speculations about future operations.

“The main rule is to simply use common sense,” Turner said. “Think before you post. Anything you post on social media, including photos, is instantly available around the world. When in doubt, don’t post it.”

Social media sites allow Sailors and Navy families to keep in contact like never before. It is a wonderful way to feel close to someone who is far away. Sailors and Navy families are encouraged to enjoy the connection that social media offers while practicing operational security and keeping mindful of the risks presented with the widespread dissemination of information.

Navy issues new Shore Energy Policy to achieve energy security goals

From Chief of Naval Operations Shore Readiness Division

WASHINGTON (NNS) — The Navy issued a new energy policy that will drive energy consumption reduction at all Navy installations, transform the shore energy culture and seek new or existing technical solutions for reducing energy, officials announced July 10.

The Shore Energy Management Instruction signifies a complete revision from the previous version published in 1994.

The instruction codifies Navy's policy and strategy to ensure energy security as a strategic imperative, meet federal mandates and executive orders, and achieve Department of the Navy (DoN) shore energy goals.

Since naval forces require constant support from shore installations, Navy is mitigating its vulnerabilities related to the electrical grid - such as outages from natural disasters and man-made events - by lowering consumption, integrating renewable energy sources and increasing control of energy supply and distribution. Energy reliability, resiliency and redundancy are essential components of the Navy's Critical Infrastructure Protection program.

"Energy security is critical because warfighters need assured access to reliable supplies of energy to meet operational needs afloat or ashore," said Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Adm. Phil Cullom. "This instruction is just one example of how we are driving a spartan energy ethos in our shore operations. We are committed to cost-effectively achieving our energy goals by pursuing energy efficiency, transforming our energy culture, and integrating renewable energy technologies, where viable."

The revised instruction includes specific responsibilities and actions that commands and personnel ashore must take in implementing the Navy Shore Energy program. For example, each Navy installation will have a tailored energy consumption reduction goal based on its unique energy situation. By increasing energy efficiency, Navy can reduce operating costs, multiply the impact of current and future alternative energy sources and achieve DoN renewable energy targets.

Secretary of the Navy Ray Mabus laid out five aggressive energy goals in October 2009 to improve energy security and efficiency afloat and ashore and increase our energy security.

For more information about the Navy's Energy Program, visit www.greenfleet.dodlive.mil or www.facebook.com/navalenergy.

Are you prepared to cast your ballot?



Photo by MC1(SW) Sonja M. Chambers

Bernard Rose, assigned to U.S. Naval Computer and Telecommunications Station (NCTS) Bahrain, right, speaks with NCTS Assistant Voting Assistance Officer (VAO), Electronics Technician 3rd Class Rob Zolitor, about signing up for absentee ballots during Armed Forces and Overseas Citizens Voters Week, July 2. Sailors, their eligible dependents, and citizens overseas who want to register to vote can complete a Federal Post Card Application (SF-76) by visiting <http://www.fvap.gov>, printing the completed form and then mailing it to the local election office, postage paid. Voters who require assistance can contact their command VAO for more information.

Bingo Booms Big in Bahrain

By Cpl. Fenton Reese
Special to Desert Times

NAVAL SUPPORT ACTIVITY, Bahrain — Bingo in the multi-purpose room is the place to be on a Wednesday night at Naval Support Activity Bahrain.

The event hosted weekly by Morale, Welfare and Recreation (MWR) Department allows patrons from far and wide to compete for the bingo jackpot.

An Army veteran and MWR Community Recreation Officer, Raymond Santiago has been employed with MWR worldwide for 14 years, and he said he is very impressed with the success of the program.

"It's very popular, as a matter of fact, we actually have veterans and contractors working out of Saudi Arabia who make the trip every week to play," he said. "We've even had some active-duty soldiers on R&R [rest and relaxation] come to Bahrain from Kuwait."

Bingo has become more than just a game; it brings people together, and that's what it's all about, Santiago added.

According to the Commander, Navy Installations Command (CNIC) website, the mission of MWR is to provide clean, safe and wholesome off-duty leisure programs and facilities that maintain and enhance the quality of life of eligible patrons. Bingo Night does this, said Karl Hoffman, a middle school teacher and seven-year bingo regular.

"It's a great thing that brings a lot of people together, military and non-military alike," he said.

Holly Templet, a military spouse, and Yeoman First Class Andre McClain, agree that bingo is a chance to relax, enjoy time with friends, have fun and maybe even



Photo by Cpl. Fenton Reese

Morale, Welfare and Recreation (MWR) patrons compete for prizes at Bingo Night, June 27. The mission of MWR is to provide clean, safe and wholesome off-duty leisure programs and facilities that maintain and enhance the quality of life of eligible patrons.

win something.

Neither McClain nor Templet are strangers to the winner's circle. Both are former jackpot winners; McClain twice.

McClain nodded his head, smiled and said, "Yes, it's true, but I think it's about time for that third title."

Along with the fun, friends and jackpots, there are also raffle tickets. These tickets are for additional prizes that are

awarded throughout the evening.

"All these rewards combined with the simple fact that anyone can win with no skill required, unlike many other sports or games, makes Bingo Night a big attraction and a great program," said Santiago.

An additional bonus for the patrons is that all profits from Bingo Night go back to MWR to use for other programs and events.

HR Classified Ads

LOCAL NATIONAL POSITIONS:

Announcement: NSA-12-034

Position: Arabic Teacher, TP-1701-07

Department: DoDDS Bahrain School, BAHRAIN

Opening Date: 18 Apr 2012 - **Closing Date:** Open Until Filled

Who May Apply: Bahraini Citizens; Non-U.S. Citizen Spouses; Arab Nationals; Third Country Nationals; and Current BG Employees.

The mission of the Human Resources Office (HRO) is to administer Human Resources Management programs for U.S. civil servants and Foreign National employees of the Naval Support Activity Bahrain. HRO provides consultative advice and guidance to various commands and activities in the following program areas: position management and classification; recruitment and staffing; labor management advisory services; Equal Employment Opportunity Program; employee development; employee relations matters; and benefit entitlements.

Questions?

To speak to a Human Resources Specialist, please call: 1785-4763 or DSN (318) 439-4763.



ITT

Go-Kart Racing

Thursday, July 12

- Time: 1700
- Min 6 people; ITT Price: \$27.00

Camel Farm & Saudi Causeway

Friday, July 13

- Time: 1000 – 1300
- Min 5 people; Cost: \$5.00

BBQ @ Lost Paradise Water Park

Saturday, July 14

- Time: 0930 - 1700
- Min 25 people; Price: \$50.00 per person includes ticket, BBQ & Transportation

Go-Kart Racing

Thursday, July 19

- Time: 1700
- Min 6 people; ITT Price: \$27.00

Swim With The Dolphins

Saturday, July 21

- Time: 1000 – 1300
- Min 5 people; ITT Price: \$44.00

Ramadan Iftar Buffet

Thursday, July 26

- Time: 1630 – 1900
- Min 5 people

Group Fishing Trip

Friday, July 27

- Time: 0530 – 1000
- Max 8 people; Group Cost: \$352

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

All dates and times are subject to change

Movie Schedule

Friday, July 13

Theater A

- 10 a.m. - Dr Seuss: The Lorax (PG)
- 12 p.m. - Mirror Mirror (PG)
- 2 p.m. - War Of The Worlds (PG-13)
- 4 p.m. - The Lucky One (PG-13)
- 7 p.m. - One For The Money (PG-13)
- 9 p.m. - China Town (R)

Theater B

- 11 a.m. - The Three Stooges (PG)
- 1 p.m. - The Rookie (G)
- 3 p.m. - A Thousand Words (PG-13)
- 5 p.m. - Man On A Ledge (PG-13)
- 7 p.m. - The Lockout (PG-13)
- 9 p.m. - Act Of Valor (R)

Saturday, July 14

Theater A

- 11 a.m. - The Hunger Games (PG-13)
- 1 p.m. - The Three Stooges (PG)
- 3 p.m. - Gone (PG-13)
- 5 p.m. - Tower Heist (PG-13)
- 7 p.m. - Act Of Valor (R)
- 9 p.m. - Cabin In The Woods (R)

Theater B

- 11 a.m. - Jack And Jill (PG)
- 1 p.m. - Mr. Popper's Penguins (PG)
- 3 p.m. - A Thousand Words (PG-13)
- 5 p.m. - Colombiana (PG-13)
- 7 p.m. - Safehouse (R)
- 9 p.m. - Contraband (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.

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@ 1000, 1300 and 1430

106.3 THE HEAT
Lunch Jams Start @ 11 a.m. - 1 p.m.

Sunday - Thursday
PARTY STARTS @ 6 A.M. - 9 A.M.

FEATURING THE BEST DJs IN THE FLEET

"FELIX THE CAT" | "BIG JOE" | "ICE" | "LADY B" | "TENACIOUS T" | "HOT CHOCOLATE"



Thursday, July 12

Swim with The Dolphins Resort Trip

- Time: 1000

Friday, July 13

\$3 Mall Shuttle to City Center Mall

- Departs: 1200; Returns: 1600

Saturday, July 14

Lost Paradise Waterpark Trip!

- Time: @1000

Sunday, July 15

Sunday Sundaes

- Time: 1100; Free Ice Cream Sundae!

Monday, July 16

Speed Pool

- Time: 1200; Free Pizza For Players

Wednesday, July 18

Old School Game Night!

- Time: 1800

Thursday, July 19

National Hot Dog Day- Free Hot Dog

- Time: 1000

Friday, July 20

\$3 Mall Shuttle to Seef Mall

- Time: 1700-2100

Saturday, July 21

Show a Dog Some Love! Volunteer @ Animal Shelter

- Time: 0900

Sunday, July 22

Sunday Sundaes

- Time: 1100; Free Ice Cream Sundae!

Monday, July 23

Speed Pool

- Time: 1200; Free Pizza For Players

Tuesday, July 24

Words with Friends Challenge

- All day event!

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