

NSA Hosts Women's Symposium



Chief Legalman Anaestasia Jackson briefs military members and civilians on the topic of diversity during the Bahrain Joint Women's Leadership Symposium.



Master-At-Arms Seaman Brand Tiefel, assigned to CRG-2, signs a poster during the Bahrain Joint Women's Leadership Symposium.



Military members and civilians participate in a speed mentoring session as part of the Bahrain Joint Women's Leadership Symposium.

Story and photos by MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Service members and employees attended the Bahrain Joint Women's Leadership Symposium "Stronger Self, Stronger Service" held on board Naval Support Activity (NSA) Bahrain, Aug. 26.

August 26 marks the anniversary of women in American gaining the right to vote in 1920, and the first women authorized to enlist in the U.S. military in 1948.

"I think it's important to remember the struggles and challenges people in the past have faced and even though we've gained a lot of ground, there are places in the world where women aren't equal. We celebrate that as Americans we can have equality, but remember there are people who don't," said Chief Legalman Anaestasia Jackson, symposium coordinator.

The event was open to all men, women, military and civilians on board NSA Bahrain and its tenant commands. Guest speakers and facilitators were comprised of members various branches of service, as well as civilian employees. Topics included leadership, managing finances, women's health and emotional fitness, and work/life balance.

"It's a great way to come together and recognize that even though we are making great strides in the work world, we're also making great strides at home. We are better mothers, better stewards of our community and so it's real important to get together and share that," said Terri Johnson-Salter, symposium board member.

The eight-hour event provided training, panel discussions and mentoring opportunities to more than 150 attendees.

US, China Conduct Counter Piracy Exercise

By MC2 Rob Aylward
USS Mason Public Affairs

GULF OF ADEN — The guided-missile destroyer USS Mason (DDG 87) participated in a counter piracy exercise in the Gulf of Aden with elements of the Chinese People's Liberation Army (Navy) (PLA(N)), Aug. 24-25.

Mason joined Chinese destroyer Harbin (DDG 112) and Chinese auxiliary replenishment oiler Weishanhu (AO 887) to conduct a series of evolutions including combined visit, board, search and seizure (VBSS), live-fire proficiency, and aviation operations to enhance bilateral interoperability in the U.S. 5th Fleet area of responsibility (AOR).

"The U.S. Navy and People's Liberation Army (Navy) share a common interest in preserving legitimate mariners' access to, and secure use of, the maritime domain by deterring, disrupting and suppressing piracy," said Vice Adm. John Miller, commander, U.S. Naval Forces Central

Command (NAVCENT), U.S. 5th Fleet, Combined Maritime Forces. "Both regional and global security environments call for practical cooperation between navies, this exercise demonstrates a cooperative effort by the U.S. and China to address common maritime security challenges."

The Chinese oiler played the role of a pirated vessel as VBSS teams from both Mason and Harbin performed two boardings as a combined unit. The U.S.-Chinese team successfully completed the VBSS evolutions that included mock medical emergency and hostage scenarios.

"Watching U.S. and Chinese sailors working side by side was amazing," said Cmdr. Wilson Marks, Mason's commanding officer. "We may come from different places and speak different languages, but at the end of the day, we all share a common interest in protecting the maritime domain."

The ships applied synchronized maneuvering techniques during a live-fire exercise involving an inflatable target.

US, CHINA Page 5



Photo by MC2 Rob Aylward

Visit, board, search and seizure team members from the guided-missile destroyer USS Mason (DDG 87) and a group of Chinese sailors listen to final instructions before participating in a combined small-arms exercise aboard the People's Liberation Army (Navy) destroyer Harbin (DDG 112). Mason is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

INSIDE

- 3 - CHAPLAIN'S CORNER
- LEGAL CORNER
- SAFETY CORNER
- 5 - NAVY AND MARINE CORPS PUBLIC HEALTH CENTER LAUNCHES STRESS REDUCTION TOOL FOR SAILORS AND MARINES
- 6 - MWR EVENTS & INFO



TEEN CENTER OPENS, P. 2



MWR CONDUCTS CFL TRAINING, P. 4



DEVASTATOR SWEEPS WATER POLO TOURNAMENT, P. 5

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain



Teen Center Opens

Photos by David Sidney

The new Teen Center opened to the excitement of many of our community teenagers, Aug. 22. The center has many recreational activities available to the teens, ranging from audio recording equipment, PS3's, a pool table and space to knock out that dreaded homework.



439-4520
www.cnmc.navy.mil/bahrain

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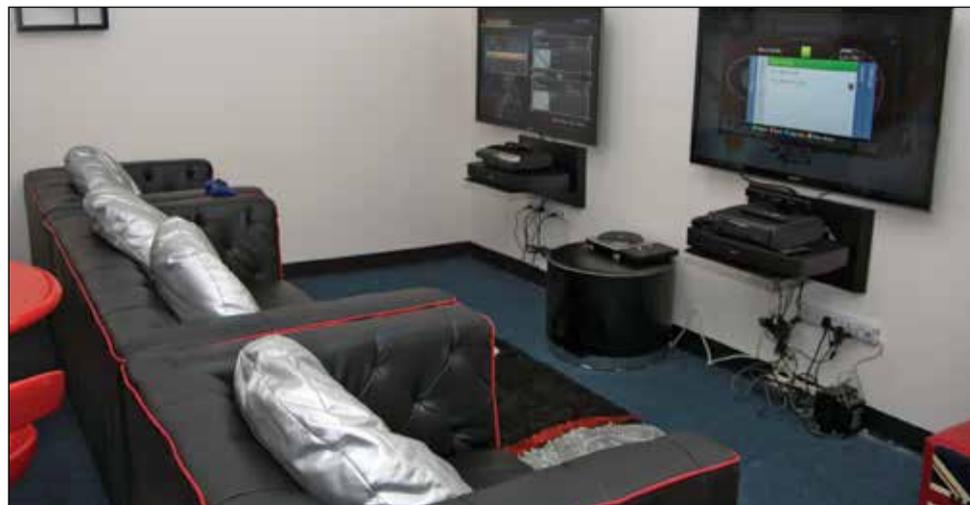
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Chaplain's Corner

Which One Are We?



By Chaplain Keener
NSA Bahrain Command Chaplain

When our heads hit the pillow at night, we should ask ourselves if we were there when someone needed us during the day. Now usually most days everything goes by where it is the same old same old. Sure there will be days where it seems to be filled with stress or we need more hours in the day to accomplish our tasks, but in general, when it comes to people needing our assistance, what kind of a person are we? Are we the caring type that want to help, or are we the type that wish they went to someone else with their problem?

I like to use the example of a man named Larry Sarver who used to be a police officer. He notes that as an officer he was required to respond to several traffic accidents, some of them with very severe injuries. He noticed that at the scene of those accidents there were three groups of people, each with a different response toward those involved in the accident. The first group was the bystanders and onlookers. They were curious and watched to see what happened but had little active involvement. The second group was the police officers, of whom

he was one. The response of the police was to investigate the cause of the accident, assign blame, and give out appropriate warnings and punishments. The third group was the paramedics. They are the people usually most welcomed by those involved in the accident. The paramedics could care less whose fault the accident was and they did not engage in lecturing about bad driving habits. Their response was to help those who were hurt. They bandaged wounds, freed trapped people, and gave words of encouragement.

Three groups, notes Larry Sarver, one is uninvolved, one is assigning blame and assessing punishment, and one is bandaging wounds, freeing trapped people, and giving words of encouragement. I tend to agree with Larry. Now many people in every society like to be mere spectators. Their mantra is, "I don't want to get involved." They are the type of people that like to keep their distance. They like to know what is going on, but they are there to just observe, to be a spectator. Now the ones that like to judge, put blame on others, hand down punishment are like the second group. How often do we like to judge others for their actions, for what they stand for or what they say?

It is hard not to judge others, but how often do we find it so easy to do. At the end of the day, we should be like the paramedics who are there to bandage the problem, free people that feel trapped and giving words of wisdom and encouragement. Reaching out to others may not be easy at times. It is much easier to be a spectator or to simply sit back and pass judgment on others than it is to get our hands dirty seeking to help out, to minister to the needs of others.

We are all called to be a shoulder to lean on, an ear to hear others' vent and a smile for support. So as we place our heads on our pillow tonight we ask our self, what kind of a person are we?

LEGAL CORNER

LT Candace Holmes, JAGC, USN Legal Assistance Attorney

DID YOU KNOW??

Judge advocates (JAGs) are involved at each stage of the process for sex assault cases. The moment a sex assault allegation comes in, we are standing by to provide assistance to the victim, the command, and NCIS. For the victim, we assist them from the initial report through any subsequent proceedings, ensuring that victims' wishes and desires are heard.

We have legal assistance attorneys who offer assistance to victims if they need help with understanding their rights, MPOs, housing, making restricted reports, etc.

We have prosecutors who work very closely with NCIS to make sure that victims' rights are upheld and that they are comfortable with the investigative process and all court proceedings. In the near future, the JAGC will have attorneys called Victim Legal Counsel (VLCs). The mission of a VLC is to be the victim's attorney and represent the victim from allegation to conclusion of any proceeding.

If you have any questions about this topic, please contact the SJA office at 439-4255.

NSA Bahrain Safety Corner



Avoid the Shock... Utilize your Energy Control Program

Electrocution is a very real and present danger when working with electrically powered equipment. Ensuring that the tool you're using or the machinery you're working on is properly locked out or tagged is of the utmost importance. Electrical injury can be life threatening.

Lockout is defined as: the placement of a lockout device on a hazardous energy/substance isolating device, in accordance with an established procedure, so that the hazardous energy/substance isolating device and the equipment being controlled by it cannot be operated until the lockout device is removed.

Tagout is defined as the placement of a tagout device on a hazardous energy/substance isolating device, in accordance with an established procedure, to indicate that the hazardous energy/substance isolating device and the equipment being controlled by it shall not be operated until the tagout device is removed.

All commands and shore activities that perform maintenance and/or servicing of equipment and machinery shall implement an Energy Control Program (ECP).

NSA Bahrain Instruction 5100.24 references ECPs and energy sources that must be locked out or tagged in order to protect workers from injury caused by unexpected energization, start up or release of stored energy during servicing and maintenance of cranes, material or weight handling equipment, machines or other equipment.

If you have a question about electrical safety, contact your command representative or contact NSA Bahrain Safety at 1785-3455 or DSN 439-3455.

IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower
Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ig hotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil

Website: <http://www.ig.navy.mil>

United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

For more information on visas and CPR cards contact Immigration at 1785-4258.

THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS

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Friday, September 6 @ 1830
The Beach Club

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MWR Conducts CFL Training

Story and photos by MCI (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Sailors from commands around Naval Support Activity (NSA) Bahrain attended a five-day, 40-hour Command Fitness Leader (CFL) course provided by NSA Bahrain's Morale, Welfare and Recreation (MWR) beginning Aug. 25.

The course provided instruction to CFL candidates who are typically an E-6 or above, score excellent or above, a non-user of tobacco products, and able to lead and

administer a successful bi-annual physical fitness assessment (PFA) which includes the physical readiness test (PRT).

Candidates also received information needed to successfully run a command fitness program, such as understanding Navy regulations, guidance on healthy living and how to motivate Sailors to maintain proper exercise habits throughout the year.

"What we are doing is empowering these CFL candidates; we're giving them tools to put in their toolbox, so they can lead a safe and robust program. They know how to lead the pre-exercise questionnaire,



Command Fitness Leader (CFL) candidates participate in a group run around the gym as part of the five-day CFL training course.



Chief Master-At-Arms Sean Stull, assigned to NSA Bahrain, explains his group's command fitness program during the Command Fitness Leader training course.

they know how to lead a dynamic warm-up, and they know how to safely execute a cardio work-out, strength training and to cool the Sailor down. They are also there to encourage and motivate," said Nancy Haynsworth, CFL course facilitator.

The course is taught in a "say-show-do" format giving the candidates the opportunity for a dynamic hands-on lesson. The candidates not only perform the exercises and routines they are taught, they must use that training to prepare their own fitness program and present it to the class.

"I've learned a lot of new workouts I can take back to the command and use. Also, the nutrition and the scientific information they add into course is stuff I've never known, said Aviation Maintenance Administration 2nd Class Brandon Gehringer, CFL candidate.

According to Haynsworth, the CFL is the eyes and ears for the commanding officer (CO) who is overall in charge of the

command's physical readiness program. It is the CFL's responsibility to report on the commands readiness to the CO and maintain the Navy's operational environment and maintain the Sailors' optimal fitness, keeping them fit to fight.

"We use the CFLs to make sure people stay motivated. Many people don't like to work out the whole year around. They like to work out two or three months before the PRT and that's not nearly enough time to get ready," said Gehringer.

"A lot of people think you just need to pass the PRT, but there is more to it. The CFL needs to make sure the BCA is done correctly and to make sure we are working out correctly to prevent injuries. We also need to learn how waivers work and the standards of the Navy so we can do our jobs. The course gives you more confidence so you know what you are talking about," said Aviation Survival Equipmentman 2nd Class Corey Branch, CFL candidate.

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These dynamic musicians perform and tour in small ensembles throughout the AOR to positively promote troop morale, diplomacy and outreach to host nation communities. The USAFCENT Band rotates several ensembles through the AOR that perform a wide variety of musical styles to appeal to audiences of all ages and backgrounds.

<http://www.afcent.af.mil/units/afcentband/>

For more information please contact Mario Farrulla at 439-4927 or email Mario.Farrulla@me.navy.mil

Devastator Sweeps Water Polo Tournament

By U.S. Naval Forces Central Command Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain

— Two teams from the Avenger-class minesweeper USS Devastator (MCM 6) took first and second place in a water polo tournament held at Naval Support Activity (NSA) Bahrain, Aug. 24.

Navy Morale, Welfare and Recreation (MWR) held the competition in the training pool for 20 participants including the forward-deployed minesweeper, Explosive Ordnance Disposal Mobile Unit (EODMU) 11 and NSA Bahrain's security force.

"We had great participation; water polo is a fantastic sport and a great work out," said Damian Fernandes, MWR Aquatics Coordinator. "We love to see our patrons happy as they keep themselves healthy, taking advantage of the facilities and the service we provide."

Devastator boasted five alumni water polo players from the U.S. Naval Academy, but the overall tenor of play was inclusive to novice players. Each of the four teams also included members who had never touched a water polo ball before the tournament.

"We want new players to come out and learn the sport," said Lt. j.g. Chris Vahey, Devastator's communications officer. "I bring guys from the ship who have never played the game before. Once they experience the spirit of the game and the open

style of play here, they are hooked."

Ensign Darren McKay, Devastator's electrical officer, led the ship's first-place squad over Vahey's second-place team.

"Everyone had a great time, lots of smiles, even in the final game which was pretty close," said McKay. "I grew up with Chris in Florida and we've played together for 10 years – it is still fun to play with him, and even more fun when I win."

Water polo is an Olympic sport that has gained popularity in many schools and universities in the last decade.

"I have been playing water polo for more than 30 years," said Cmdr. Jason Salata. "The sport thrives in places where there is plenty of sun and water; I think Bahrain certainly qualifies as a great place for this game."

"I want to continue to explore opportunities for people to try this sport and enjoy it as much as I do," Salata said. "The MWR staff supports the sport; all we need is demand for more water polo opportunities."

Salata, McKay, Vahey and other experienced players have begun a five-week youth clinic through MWR at the Family pool in an effort to grow interest in the sport at an early age.

All three players were recruited to play water polo at the Naval Academy out of high school and each attribute water polo as the impetus for current careers in the Navy.



U.S. Navy photo

Two teams from the Avenger-class minesweeper USS Devastator (MCM 6) took first and second place in a water polo tournament held at Naval Support Activity Bahrain. Navy Morale, Welfare and Recreation held the competition in the training pool for 20 participants.

"Older, experienced players took interest in us as kids and taught us the game of water polo," said Vahey. "I owe where I am today to those players, so whether I am playing or coaching, this is my way to give back to a sport that gave me so much."

Navy and Marine Corps Public Health Center Launches Stress Reduction Tool for Sailors and Marines

From Navy and Marine Corps Public Health Center, Public Affairs

PORTSMOUTH, Va. (NNS) — The Navy and Marine Corps Public Health Center (NMCPHC) announced Aug. 27 the launch of their new web-based tool designed to help Sailors and Marines reduce psychological and physical wear and tear through deep relaxation and focus.

"Relax Relax", NMCPHC's online resource, offers techniques to help improve mood, performance and promote resilience while providing methods to manage stress.

"We are excited to launch the Relax Relax tool for Sailors, Marines and their families," said Dr. Mark Long Psychological Health and Emotional Well-Being Coordinator of NMCPHC Health Promotion and Wellness (HPW) department. "This tool can be used by anyone in

any number of situations, from the stressors a person faces day to day at home or work to the bigger challenges that affect their lives."

The Relax Relax tool includes nine sections with relaxation techniques that are applied by listening to audio tracks. These tracks come from a variety of universities, organizations, and expert individuals, feature a variety of styles, music and voices to allow the user to select their preference. The main techniques include:

- Breathing exercises: learning to breathe slowly and rhythmically, sometimes with a count or image.
- Muscle relaxation techniques: learning to systematically tighten and release muscle groups throughout the body.
- Imagery: picturing a certain image or task with detail given to the senses to allow mental focus.

- Meditation and Mindfulness: mind-body techniques used to create inner calm.

- Instrumental music: specifically selected to promote a state of relaxation or well-being.

Military service members are showing an increased interest in complementary and alternative options for assistance with stress relief, anxiety, insomnia, mood, and general health. Along with a medical practitioner's guidance, this tool may provide many benefits when used regularly on a daily or weekly basis.

Visit the NMCPHC HPW Relax Relax website for more information on the tool or to begin listening today: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>



Photo by MC2 Rob Aylward

An MH-60S Seahawk helicopter, assigned to the "Swamp Foxes" of Maritime Helicopter Combat Squadron 74, departs the guided-missile destroyer USS Mason (DDG 87) during a U.S.-China cross-deck landing exercise with the People's Liberation Army (Navy) destroyer Harbin (DDG 112). Mason is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

US, CHINA from Page 1

Mason and Harbin successfully engaged the target with the 5-inch MK-45 lightweight gun and 3.9-inch ENG-2 deck gun.

U.S. and PLA(N) helicopters also conducted cross-deck landing qualifications. These were the first ever such exchanges in which the U.S. and Chinese forces practiced interoperability in a major exercise.

The two navies prepared for this event for months. The Commodore of the U.S. task force assigned with the planning and execution expressed how important and beneficial the training was.

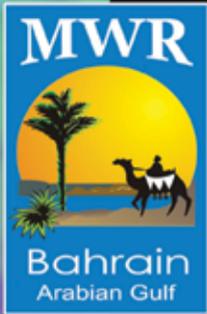
"I am truly pleased with what we accomplished during this exercise. Our combined success demonstrated that our two navies can work together to achieve a common goal," said Capt. Joseph Naman, commander, Task Force 55. "Our partnership and cooperation are essential to stability in not only this region but globally as well."

The first bilateral counter piracy exercise ever conducted between the U.S. and Chinese navies occurred near the Horn of Africa with USS Winston S. Churchill (DDG 81) and PLA(N) frigate Yi Yang (FF 548), September 2012.

Mason is deployed to the U.S. 5th Fleet AOR conducting maritime security operations and theater security cooperation efforts.

U.S. 5th Fleet area of responsibility encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Gulf of Aden, North Arabian Sea, and the Red Sea. The expanse comprises 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.

NSA BAHRAIN PRESENTS THE 3RD SEMI-ANNUAL



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- See what new facilities and programs MWR has for you.

FOR MORE INFORMATION, CONTACT: MARIO FARRULLA @ 439-4927 OR MARIO.FARRULLA@ME.NAVY.COM

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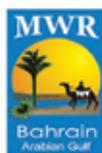


DO YOU ENJOY WORKING WITH YOUTH AND PARTICIPATING IN SPORTS?

MWR Bahrain Youth Sports is looking for enthusiastic individuals to coach young athletes ages 3 to 18.

All coaching applicants must complete a background check and obtain CPR/First Aid Certification (training available). In addition to specific sport training, coaches will receive training and certification through the National Alliance for Youth Sports.

For more information, contact:
Seamus Corry,
Youth Sports Coordinator
Seamus.Corry@me.navy.mil
439 4903 | 1785 4903 or
CDC: 439 9092 | 1785 9092



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MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

***** MOVIE HOTLINE: 439-6916 *****



Tree Of Life

Tuesday, September 10

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

Al Dar Island Day Trip

Friday, September 13

- Time: 0930 – 1500
- Min 10 people; ITT Price: \$17

Al Areen Wildlife Park

Saturday, September 14

- Time: 0900
- Min 10 people; ITT Price: \$11.00

Go-Kart Racing

Sunday, September 15

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

Cooking Demonstration Of Arabic Food & Dinner

Monday, September 16

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

ITT

Swim With The Dolphins

Friday, September 6

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

Horse Back Riding

Saturday, September 7

- Time: 0800 – 1200
- Min 8 people; ITT Price: \$26.00

Site Seeing Tour

Sunday, September 8

- Time: 1000 – 1400
- Min 5 people; Cost: \$5.00

For more information, call x-3531
All dates and times are subject to change

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.



Saturday, September 7

Beauty Garden Spa Day Moroccan Bath
• \$5.00 for transport only

Sunday, September 8

Sunday Sundaes
• Free Ice Cream Sundae (while supplies last)

Monday, September 9

Speed Pool
• Time: 1130; Free Pizza for players

Thursday, September 12

Be a Burger King
• Time: 1730; See Liberty for rules

Friday, September 13

5-A-Side Soccer Match
• Time: 1600

Sunday, September 15

Sunday Sundaes
• Free Ice Cream Sundae (while supplies last)

Monday, September 16

Speed Pool
• Time: 1130; Free Pizza for players

Tuesday, September 17

Apples to Apples
• Time: 1800

Wednesday, September 18

Arad Fort & Dinner
• Time: 1730; \$5.00 for transport only

Thursday, September 19

Hot Mitt Bandit
• Time: 1130

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



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