

USS Green Bay Visits Bahrain

By MC1 Elizabeth Merriman
Green Bay Public Affairs

MANAMA, Bahrain — Amphibious dock landing ship USS Green Bay (LPD 20) departed Manama, Bahrain, after a port visit, Jan. 26, 2013.

“We’ve conducted a lot of operations and training with some of our friends in the region. When we’re underway we’re always conducting some type of training or exercise. We don’t take a lot of breaks at sea so it is well deserved to be able to come to port and relax a bit,” said Cmdr. Luis Eliza, Green Bay’s executive officer.

The port offered a combination of culture, shopping, night life and access to Naval Support Activity Bahrain.

“We hung out on base to stock up at the [Navy Exchange], get some Wi-Fi and relax a little bit,” Interior Communications Electrician 3rd Class Samantha Fry said. “We also went to the gold souk where I wanted to buy everything.”

The ship’s Morale, Welfare and Recreation (MWR) also provided numerous tours for service members including go karts, grand mosque tours, swimming with dolphins and spa treatments.

“The spa tour was amazing. We got pampered. We spent time in the steam room, the Jacuzzi then we got facials and massage it was great I loved it,” said Gas Turbine Systems Technician (Electrical) 2nd Class Jamila Jefferson. “It was really the best way to relax.”

Some service members took time out of their port call to give back to their hosting community.

“We took two groups of volunteers to the Bahrain Society for the Prevention of Cruelty to Animals and it was very successful and very de-stressing because we got to go
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Photo by MC1 Elizabeth Merriam

Electronics Technician Seaman Jasmine Ruiz spends time with Kiwi, the dog, while volunteering at the Bahrain Society for the Prevention of Cruelty to Animals. Sailors from the amphibious transport dock ship USS Green Bay (LPD 20) volunteered at this organization during their port visit to Bahrain. Green Bay is part of the Peleliu Amphibious Ready Group and, with embarked 15th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

DoD Leaders: Budget Deadlock Could Spark Readiness Crisis



Photo by Erin A. Kirk-Cuomo

Secretary of Defense Leon E. Panetta and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey brief the press at the Pentagon. Panetta and Dempsey went in depth on the drastic effects of sequestration should it take effect at the end of March.

By Karen Parrish
American Forces Press Service

WASHINGTON — Issuing perhaps their strongest warnings yet, Pentagon leaders said the budget impasse threatens to create a military readiness crisis Feb. 3. Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, joined in interviews, televised Feb. 3, with CNN’s Candy Crowley on “State of the Union” and NBC’s Chuck Todd on “Meet the Press.”

The budget provision known as “sequester,” which is set to take effect March 1 unless Congress acts, would trigger a half-trillion dollars in defense spending cuts over 10 years, beyond major spending cuts already in place over that period.

Defense Department staffs are preparing for the worst, Panetta said. “If sequester goes into effect, and we have to do the kind

of cuts that will go right at readiness, right at maintenance, right at training, we are going to weaken the United States and make it much more difficult for us to respond to the crises in the world,” Panetta said.

“We’ve got to plan for that possibility,... but I have to tell you, it is irresponsible for [sequester] to happen,” the secretary added. “I mean, why - why in God’s name - would members of Congress elected by the American people take a step that would badly damage our national defense, but more importantly, undermine the support for our men and women in uniform? Why would you do that?” Dempsey noted sequester is only part of the vise closing around DoD.

Under the continuing resolution that sets government spending at previous levels when an appropriations bill isn’t passed, Pentagon spending for the fiscal year

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PHOTO FROM THE FLEET, P. 5

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

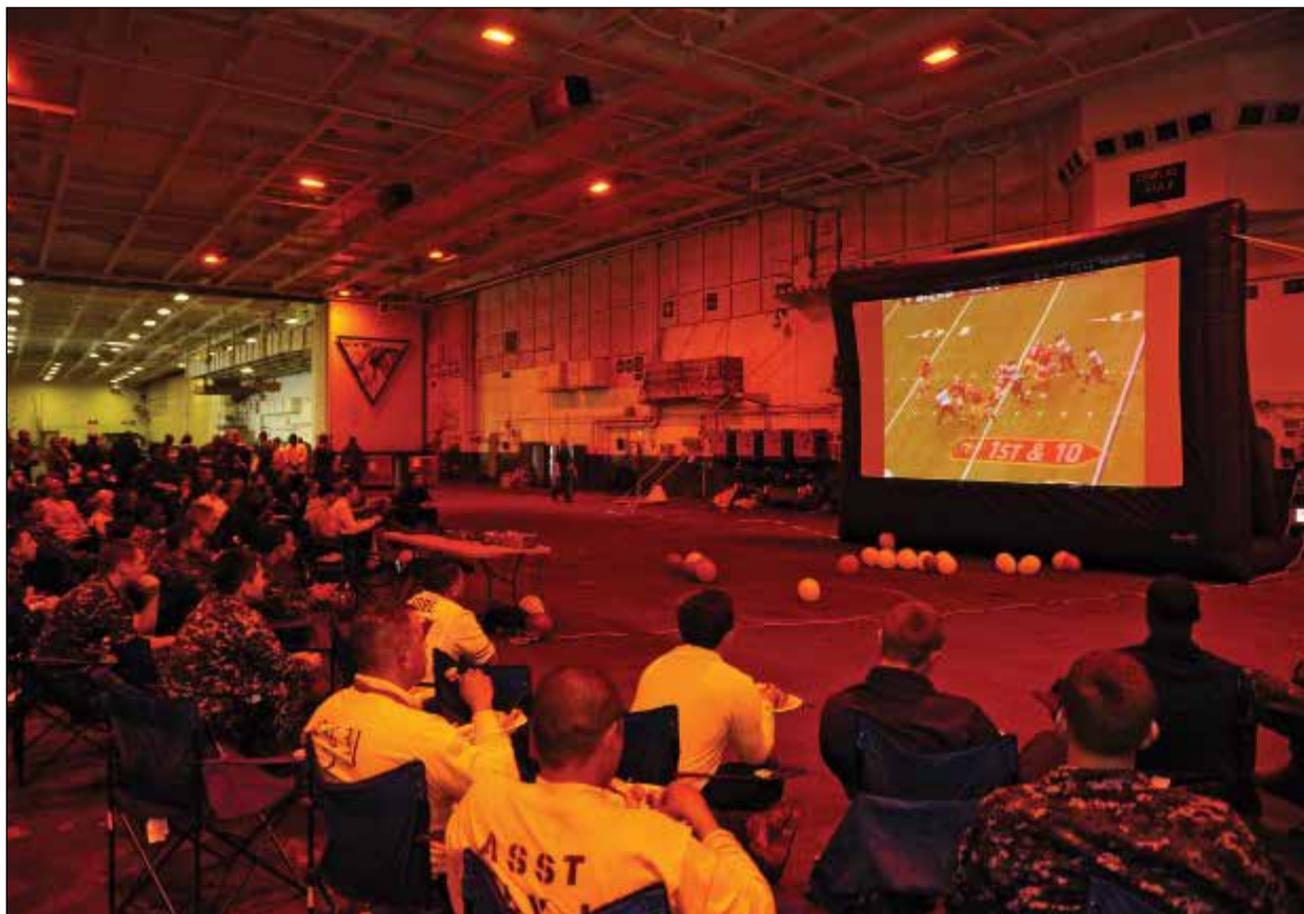


Photo by MC3 Giovanni Squadrito

Sailors watch Super Bowl XLVII in the hangar bay aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson is underway conducting sea trials as the final stage of a six-month planned incremental availability.



Photo by MC2 Tony D. Curtis

Lt. Derek Bintz signals to the pilot of a T-45C Goshawk training aircraft from the Eagles of Training Squadron (VT) 7 while wearing a jersey in support of the San Francisco 49ers on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77). Sailors assigned to George H.W. Bush will be underway during Super Bowl XLVII and took an opportunity to show their team pride during flight operations. George H.W. Bush is conducting training and carrier qualifications in the Atlantic Ocean.



Photo by MCS Kristopher S. Haley

the Bahrain DESERT TIMES

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www.cnic.navy.mil/bahrain

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Photo by MC3 Giovanni Squadrito

Chaplain's Corner

Feasts and Fasts



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

I was told to go on a fast recently in preparation for a medical test. As soon as the HMC told me I had to fast the first image that came to mind was a giant Jelly Belly. It was bright red, with speckles of yellow in it, and seemed to call out to me just like the cake at the Mad Hatter's tea party in Alice in Wonderland, "Eat me." What is it about the mere suggestion of fasting that makes people crave food? It is like we are all subjects in some vast experiment by a hidden Dr. Pavlov and we drool when his bell rings.

Many faiths also use fasting as a spiritual discipline for their members. Not only that they have feasts in order to celebrate the goodness of God and the joy of community life. We all look for-

ward to the feasts. It is the fasting that frustrates us. In the middle of February many Christians will begin Lent, a period of fasting that lasts until Easter, which this year is at the end of March.

What I didn't about Lent when I was younger is that fasting is a time to give up something, usually food, and replace it with something new, usually a spiritual practice like a new reading plan for scripture or a disciplined pattern of prayer. There are many practices to choose from. So Lent is not just about giving up, but also receiving something new from God.

This spring we will welcome Rabbi Phil Lieberman to NSA Bahrain to celebrate Passover with a Seder meal. The Seder is one of the great feasts of the Jewish faith. Rabbi Lieberman will be here in late March. As Passover nears we will publish the exact date, time, and place of the Seder meal. Rabbi Lieberman would like to know how many people will be attending so that he will be able to plan for the right size crowd. If you are interested in knowing more about the Seder meal or attending contact Chaplain Brent Johnson at brent.johnson@me.navy.mil.

Feast or fast this spring. It is your choice. Hopefully you will do both. Fasts sharpen our individual spiritual lives, feasts bring communities together. The more I fast the less I imagine giant Jelly Bellies and all the sugar that I really do not need. The more I feast the better I get to know my neighbors. How about you?

Cubicle Workouts

By **Cmdr Christine Ward**
Health Promotions and Wellness Department
Coordinator

If your biggest obstacle to a fitter lifestyle is sitting all day at a desk, try this: Join Ship Shape by contacting the Health Promotions Office at Medical or work out in your office space or cubicle.

Simple exercises at your desk can boost alertness and reduce risk of overuse injuries, such as carpal tunnel syndrome, as well as back pain, fatigue and muscle tension. On your breaks you might try:

1. **Shoulder Shrugs:** Inhale deeply, then shrug your shoulders and lift them up to your ears. Hold, release and drop.
2. **Arm Circles:** Stretch your arms straight out in front of you with hands curled into fists. Rotate your arms making small circles in the air in one direction, then reverse.
3. **Leg Extensions:** Holding the seat of your chair, extend your legs straight out in front of you. Flex and point your toes 5 times, and release.
4. **Triceps Presses:** Place both hands on your chair arms and slowly lift your



U.S. Navy photo

bottom off the chair. Lower yourself back down and stop short of sitting. Hold for a few seconds.

Don't forget to stretch! Five minute stretch before and after your simple workout helps prevent injuries. Note: if you have a back injury or other physical condition, get your health care provider's okay first before trying these exercises.

From the Desk of the Command Master Chief



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

Shipmates,
E7 Candidates who recently took the Active Duty CPO Navy-wide advancement exam are waiting for the results. Do you know how that process works? Navy Advancement Center is in the process of grading all exams in each rating, so they can rank-order candidates by their Final Multiple Score (FMS). The factors that make up the E7 FMS are performance (Eval average) and knowledge (exam standard score) only. Those candidates with an FMS that falls in the top 60% of the rank-ordered list for each rating will be board eligible. Also, an additional number of candidates in an Individual Augmentee (IA) status were waived from taking the exam and are automatically board eligible (see paragraph 9 of NAVADMIN 139/07). Good luck to all candidates!

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/>

Marines Shoot it Out at the Liberty Center in Competition of Accuracy

Story and Photos by Cpl. Fenton Reese
U.S. Marine Corps Forces Central Command

NAVAL SUPPORT ACTIVITY, Bahrain — Marines tested their steady hands, eyes and accuracy in the first Dart throwing competition of 2013, here on Naval Support Activity Bahrain, Jan. 16.

"It was a good event. It was great to take some time during the day, and put on a dart tournament, was a terrific way to go," said GySgt. Robert Jox, current NSA Bahrain MWR Dart Champion.

The competition was a single elimination, one-on-one tournament of Cricket.

Cricket is a darts competition that uses the standard 20 number dartboard with the triple and double rings. Typically it's played between two, three or four players, or teams of players, although the rules do not discount more.

Aside from the opportunity to test their accuracy, the competitors found much greater benefits in this competition, said Jox.

"I don't play darts often. I think, for myself and other Marines, anything that is competitive is usually something we really enjoy. Even if it's all in good fun," he said.

GySgt. Orlando Jimenez agreed and added that for him the competition was more about the camaraderie that was built between Marines, old friends and new.

"It's great to get to hang out with my Marine Corps brothers," he said. "It was a great competition, and we got one of our new Marines out there for a little fun."

In addition, one of the greatest rewards was simply get-



GySgt. Douglas Billiot concentrates and prepares to fire his opening dart during the first Naval Support Activity Bahrain Morale, Welfare and Recreation first Dart Competition of 2013, Jan. 16.

ting away from the office for awhile, according to GySgt. Douglas Billiot.

"It's a great break from the work day and out of the normal routine in the company of other Marines," said Billiot. "What more could you ask for?"

The competition was intense, but in the end Jox walked away with the win, the title and bragging rights.

"It was good to take a break from our busy schedules, hangout with Marines and throw some darts," said the champion.



GySgt. Robert Jox tosses the winning dart to claim the title as the Naval Support Activity Bahrain Morale, Welfare and Readiness first Dart Throwing Champion of 2013, Jan. 16.

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play with animals for a couple hours," Lt. Larry Brant, command chaplain said. "We walked the dogs and just [loved spending time with them]. I went the first day and all my stress just went away."

Due to operational commitments this is the first port visit for many of the Marines since the ship visited Bali in October. "It was awesome to be able to get some time off the ship," Sgt Paul Loebe said. "We

spent time at the mall, playing pool and I mingled with some of the local people. They were [all] friendly."

Green Bay is part of the Peleliu Amphibious Ready Group and, with embarked 15th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

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already is out of balance, he said. "The combined effects of sequester and the continuing resolution creates a magnitude of cut in the last half of the year," Dempsey said.

"We have to absorb \$52 billion when you count the effects of both sequestration and the continuing resolution in the last half of the year." Panetta and Dempsey both have stated repeatedly that defense spending priorities always will be supporting troops in combat and training those next to deploy. The chairman yesterday detailed what civilian employees can expect if sequester happens and they are furloughed.

"They will lose two days per pay period, 20 percent less pay for the rest of the year," he said. Dempsey noted that despite public perception, less than a quarter of defense civilian employees work in the Washington area.

"There's this notion that [civilian furloughs are] probably okay, because they are just a bunch of white-collar bureaucrats," he said. But 86 percent of DoD's civilian employees "live outside of Washington, D.C., are in our schools, in our clinics, in our motor pools, in our depots, in our factories," Dempsey added. "This will affect the entire country, and it will undermine our readiness for the next several years."

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About the services offered:

- E-6 and below/Dep/GS equivalent: FREE full-service tax preparation and filing services
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You MUST bring the following required documents for tax services:

1. Military or Dependent ID
2. Social Security Cards or copies (for you and your children) or Social Security Verification letter
3. If you are not a U.S. Citizen: Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse or dependents
4. Birth dates for you, your spouse and all dependents to be included on the tax return
5. Wage and earning statement(s) Form W-2, W-2G, 1099-R (from all employers)
6. Interest and dividend statements from banks and/or investment companies, i.e., Merrill Lynch, AmeriTrade, e-trade, etc. (Form 1099)
7. Copies of last year's federal and state returns (if available)
8. Proof of bank account and routing numbers for Direct Deposit, i.e. a blank check
9. Special Power of Attorney (SPOA) for spouse for taxes if filing jointly

Navy to Implement New Fleet RIDE/PTS Rules

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The Navy will implement two new programming changes within the Fleet RIDE-Perform to Serve (FR-PTS) system that are designed to align the FR-PTS and Career Management System-Interactive Detailing (CMS-ID) application windows, helping Sailors with order negotiation, and improving system efficiency for career counselors, according to a Navy message released Feb.

1. NAVADMIN 021/13 announces the automation of Special Circumstance FR-PTS Applications for Projected Rotation Date (PRD) for Sailors who will have less than 24 months of obligated service remaining at their PRD. Sailors who will have more than 24 months of obligated service remaining at their PRD do not require FR-PTS approval to negotiate orders.

Beginning Feb. 4, FR-PTS will automatically generate a Special Circumstance Application 15 months prior to a Sailor's PRD if they will have less than 24 months of obligated service remaining at their PRD. This gives career counselors three months to submit the application. These Sailors will receive up to three looks in FR-PTS 12, 11, and 10 months prior to their PRD.

Sailors who receive a special circumstance quota will be able reenlist for up to 6 years to cover any obligated service for their next set of orders. If a Sailor does not receive a quota, detailers will be able to make a determination sooner if the Sailor will remain at their current command or if orders will be issued in accordance with sea

shore flow. Under the old method, detailers would wait for FR-PTS determination.

Some Sailors didn't get FR-PTS approval prior to their PRD placing them in the needs-of-the-Navy-window and creating additional work for career counselors who continued to work with their Sailors through the order negotiation and FR-PTS submission process. In addition, Sailors with less than 12 months of obligated service remaining were often left in place but orders were already generated to relieve the Sailor at PRD, creating a situation where two Sailors were filling one billet.

This change aligns the FR-PTS with the CMS-ID window while preventing many Sailors from missing their opportunity to negotiate for orders during their prescribed orders negotiation window, benefiting both the Sailor and the Navy. In other cases, Sailors who didn't actually require a special circumstance FR-PTS application were submitted in FR-PTS creating unnecessary competition for FR-PTS quotas.

The new special circumstance FR-PTS application will prevent Sailors from applying if they don't need a FR-PTS quota which will improve opportunities for Sailors who do require a quota. Sailors who don't receive a special circumstance FR-PTS quota at their PRD are still required to submit a regular FR-PTS application during their next FR-PTS application window when they are 12 months from their end of active service.

The second change covered in the NAVADMIN improves career counselor efficiency by eliminating monthly denial letters and generating a single final deter-

mination letter for Sailors. The denied final active letter has also been reformatted to include the Sailor's entire FR-PTS end of active obligated service, as extended (SEAOS), application history to help authorizing officials in determining a Sailor's eligibility for involuntary separation benefits.

Unless specifically changed by

NAVADMIN 021/13, all other FR-PTS program policies remain in effect. Contact the Navy Personnel Command Customer Service Center, at 1-866-U-ASK-NPC/1-(866)-827-5672 or via e-mail at cscmailbox@navy.mil with questions concerning this policy update and new FR-PTS implementation procedures.

Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at www.navy.mil



Photo by Mass Communication Specialist Iain L. Stratton

Sailors participate in a flight deck scrubbing exercise aboard the aircraft carrier USS Carl Vinson (CVN 70). Carl Vinson is underway conducting sea trials as the final stage of a six-month planned incremental availability.

MWR NSA BAHRAIN

Dr. Seuss Birthday Celebration

Hold on to your hats, and start the Seass-a-bration!

Lots of fun activities, prizes, inflatables and goodies to help you and your child celebrate reading.



Thurs, Feb 28, 2013

0900-1100

at the Fleet Park
(beside the Softball Field)

'Green eggs and ham' breakfast plus door prizes will be given out to participants!

Prizes will be awarded to the best Dr. Seuss themed dress!



For more information, contact: NSA Library 439-9089

NSA BAHRAIN SAFETY

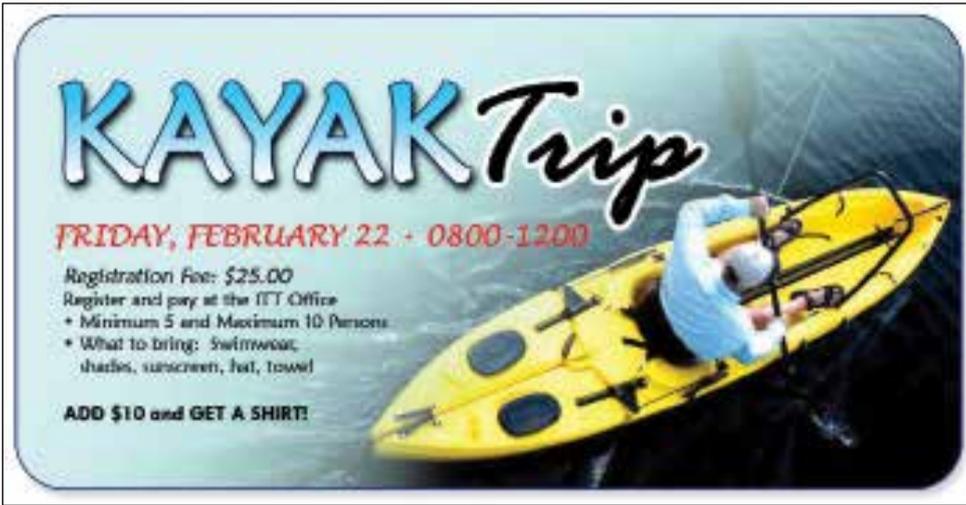
How to Protect Yourself from the FLU in the Workplace

The best strategy to reduce the risk of becoming ill with influenza is to avoid crowded settings and other situations that increase the risk of exposure to someone who may be infected. Some basic hygiene and social distancing precautions that can be used in every workplace include the following:

- Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available
- Avoid touching your nose, mouth and eyes
- Cover your coughs and sneezes with a tissue or hands. Dispose of tissues in no-touch trash receptacles
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose
- Avoid close contact (within 6 feet) with coworkers and customers
- Avoid shaking hands and always wash your hands after physical contact with others
- If wearing gloves, always wash your hands after removing them.
- Keep frequently touched common surfaces (for example, telephones, computer equipment, etc.) clean.
- Try not to use other workers' phones, desks, offices, or other work tools and equipment
- Minimize group settings/meetings; use e-mails, phones and text messaging. If meetings are unavoidable, avoid close contact (within 6 feet) with others and ensure that the meeting room is properly ventilated
- Limit unnecessary visitors to the workplace
- Maintain a healthy lifestyle; attention to rest, diet, and exercise with periods of relaxation helps maintain physical and emotional health

SAFETY BULLETIN

SAFETY BULLETIN



KAYAK Trip

FRIDAY, FEBRUARY 22 • 0800-1200

Registration Fee: \$25.00
Register and pay at the ITT Office

- Minimum 5 and Maximum 10 Persons
- What to bring: Swimsuit, shades, sunscreen, hat, towel

ADD \$10 and GET A SHIRT!



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BUY or SELL - USED or UNUSED, IN GOOD CONDITION
APPLIANCES • ELECTRONICS • CLOTHES • DECORATIONS • BIKES

Saturday, Feb 9 • 0900-1200
at the
Freedom Souq Courtyard

**Hurry VENDORS!!
Reserve your table today!**

Cost of table: \$5.00 / 1 Vendor per table
Sign up by Thursday, Feb 7th in the ITT Office.

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

6 a.m. - 9 a.m. 11 a.m. - 1 p.m.



106.3 The HEAT

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ITT

Cooking Demonstration Of Arabic Food & Dinner

Thursday, February 7

- Time: 1645
- Min 5 people; ITT Price: \$23.00

Tree Of Life

Friday, February 8

- Time: 0900
- Min 5 people; ITT Price: \$5.00

Al Jasrah Handicraft & Bahrain Fort Tour

Saturday, February 9

- Time: 0900 - 1300
- Min 5 people; Price: \$5.00

Valentine's Package @ Al Bander Resort

Thursday, February 14

- This package includes: One day overnight stay, dinner, live music & red rose for lady. In the room heart shape cake with bottle of bubbly followed by breakfast on the 15th.
- Check in @ 1500
- ITT Price: Cabana \$ 265; Chalet \$400; Price includes all above & for couples.

Pearl "Snorkel" Hunt

Friday, February 15

- Time: 0630
- Min 8 people - Max 10 people;
- ITT Price: \$47.00 per person

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

Movie Theater Announcement

We are excited to announce that we are in the process of renovating and installing new digital equipment for the MWR Movie Theater. This will allow us to offer first-run movies the day that they are released in the U.S. During this time, the base theater will be temporarily closed beginning Mon. December 10th.

We apologize for any inconvenience this may have caused. We look forward to enhancing your recreational experience in the future.

MWR

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.



Thursday, February 7

Big Time Video Game Tournament: Halo 4
• Time: 1600

Friday, February 8

\$3 Gold City / Mall Trip
• Time: TBA

Saturday, February 9

Grand Mosque & Lunch
• Time: 1000

Sunday, February 10

Sunday Sundaes
• Make your own ice cream sundaes. Free

Monday, February 11

Speed Pool
• Time: 1130; Free Pizza for players

Tuesday, February 12

Crab Hunting
• Time: 1900

Wednesday, February 13

*** Last Buck Party**
• Time: 1100
*** Happy Birthday February Babies**

Thursday, February 14

Saudi Causeway & Camel Farm
• Time: 1000

Friday, February 15

4 Man Sand Volleyball Tournament
• Time: 1600

Saturday, February 16

Moroccan Bath, Ladies Only
• Time: 1100; For more information visit Liberty Center

Sunday, February 17

Sunday Sundaes
• Make your own ice cream sundaes. Free

Monday, February 18

Speed Pool
• Time: 1130; Free Pizza for players

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