

# Memorial Ceremony Honors Fallen Sailors, Coast Guardsman

By Mass Communication Specialist 2nd Class Bryan Blair, U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — U.S. Coast Guard Patrol Forces Southwest Asia held a ceremony at Naval Support Activity (NSA) Bahrain in remembrance of the ninth anniversary of the attack on patrol coastal ship USS Firebolt (PC 10), April 24.

On Saturday, April 24, 2004, Firebolt was attacked near Iraq's oil terminals while conducting maritime security operations in the Northern Arabian Gulf. The attack claimed the lives of three U.S. servicemembers: Boatswain's Mate 1st Class Michael Pernaselli, U.S. Navy; Signalman 2nd Class Christopher Watts, U.S. Navy; and Damage Controlman 3rd Class Nathan Bruckenthal, U.S. Coast Guard.

These three fallen servicemembers are now immortalized at a memorial on NSA Bahrain, in the courtyard outside the U.S. Coast Guard office, where today's ceremony was held. Naval Mobile Construction Battalion 133 completed construction of the memorial in just over a month on Feb. 24.

Speakers at the ceremony included Deputy Commander, U.S. 5th Fleet, U.S. Naval Forces Central Command, Rear



Photo by Lt. Colby Drake

Chaplain Lt. Clayton Jones, from Destroyer Squadron 50, gives a benediction to begin a memorial ceremony for the three crewmen of USS Firebolt (PC 10) that were lost on April 24, 2004, when a suicide attack on an oil platform was thwarted in the Arabian Gulf. The memorial was constructed by Naval Construction Battalion 133 in February on Naval Support Activity Bahrain.

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# NSA Bahrain Gives Tribute to Mother Earth



Photo by Weam Ahmed

Volunteers plant a tree as a part of Earth Week at Naval Support Activity Bahrain

By Weam M. Ahmed

**NAVAL SUPPORT ACTIVITY, Bahrain** — Members of the Naval Support Activity (NSA) Bahrain community celebrated 'Earth Week' in observance of the internationally recognized Earth Day, April 22-25.

"Earth Day was founded by U.S. Senator Gaylord Nelson as an environmental teach-in first held on April 22, 1970," said Regional Environmental Coordinator Awni Almasri. "An organization launched by Denis Hayes, who was the original national coordinator in 1970, took it international in 1990 and organized events in 141 nations."

According to Almasri, NSA Bahrain celebrates Earth Week instead of Earth Day, in order to show its commitment to environmental protection via various activities throughout the week.

"Earth Week comes to show our host nation that we really do care about the protection of their environment and that we are their partners in protecting it," said Almasri.

Environmental Department set up a booth in the Freedom Souq to help spread

awareness about energy saving and recycling programs available on base.

"We have a good recycling program on base," said Environmental Protection Specialist and Qualified Recycling Program (QRP) Manager TN Sunil Kumar. "We are here —at the booth— to encourage people on base to celebrate Earth Week and participate in our recycling programs."

According to Almasri, NSA Bahrain QRP collects more than 1,000 tons of scrap metals, mixed paper, aluminum cans, plastic and wood pallets each year.

The booth offered informative flyers, Earth Week events sign up sheets as well as give away items and recycle bins issuing.

"We receive at least 70 visitors everyday where we provide them with guidance and easy to follow steps they can do at home to help protect the environment," said Almasri.

With the support of the Environmental Department, members of NSA Bahrain community participated in different events.

Volunteers dedicated a morning to the planting of trees on base. A total of 55

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THESE  
STORIES  
AND  
MORE...

# Family Life at NSA Bahrain



Master-At-Arms First Class Russell Rosenwirth, left, and Sammie Benjamin take fingerprints of a child in order to create a fingerprinting package.



Master-At-Arms First Class Henry Alderete, left, and Felicia Hartville take fingerprints of a child in order to create a fingerprinting package.

## MONTH OF THE MILITARY CHILD

Photos by: Weam M. Ahmed

In observance of National Safety Day, Fleet and Family Support Center partnered with Morale Welfare and Recreation, Naval Criminal Investigative Service and base security to spread safety awareness to youth in support of Month of the Military Child, April 30.

Children listened to a presentation explaining the importance of safety. During the presentation, kids had the chance to get their fingerprints taken.

The fingerprinting packets includes a picture of the child, parent contact information and a fingerprinting card.



Master-At-Arms First Class Henry Alderete, left, and Russell Rosenwirth wipe the fingers of a child after taking his fingerprints in order to create a fingerprinting package.



Master-At-Arms First Class Felicia Hartville take fingerprints of a child in order to create a fingerprinting package.



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## Chaplain's Corner

### Who You Gonna Call?



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

I grew up in a family that enjoyed a good dance. My great grandfather, a musician by training, used to host Saturday night dances in his farm house in White Earth Valley, N.D. Everyone would clear the furniture out onto the lawn so that there was room for dancing inside. Grandpa Haakon would play a few classical pieces at the beginning as a way of providing some musical appreciation to his fellow homesteaders and then the dancing would commence. Old timers back in the White Earth Valley still talk about those Saturday nights.

One of the most unique dances I ever attended was put on by a sorority house at the University of Wyoming back in the mid-80s. It was called "Opposites Attract" and couples had to come in costumes that reflected the theme. I was in school in Oklahoma and a friend who worked at youth camps with me in Montana during the summer invited me up to Laramie to attend the dance. She dressed as a ghost and I found some coveralls and sewed on all the Ghostbusters

patches I could find before we arrived at the party. The DJ busted out the theme from the movie and we had the dance floor to ourselves. It was a blast.

Some of the people at the dance heard that I was studying for the ministry so they began to take the tag line from the movie, "Who you gonna call?" seriously and I got some counseling sessions out of that night. People often have some kind of crisis going on and wonder where they can turn for help. Near the end of the chapter, James asked if anyone is suffering or sick. He encouraged his readers to request elders to pray for them.

Elders are leaders in churches who are either ordained to minister to the needs of the congregation, or are lay people (depending on the type of church you are attending) who are mature and experienced in ways of faith that can be relied upon for care and guidance.

Here at NSA Bahrain, we have several chaplains who are ready to assist you when you need to ask the question "who you gonna call?" We have a duty chaplain standing by after business hours every day of the week to answer those calls. The duty chaplain can be reached by calling the NSA Bahrain CDO at

3940-4760. Chaplain Keener work in Building 23 and can be reached at 439-4303(dial 1785-4303 if off base.) NAVCENT chaplains can be reached through their Religious Program specialist at 439-3109. For Marines deployed with MARCENT the number is 439-8091. So the next time you get to wondering who "you're gonna call" reach out to one of us. Meanwhile, see you on the dance floor. (Although nowadays it's ball room dancing for this old guy.)

## Barefoot or Minimalist Running: The Experience and the Facts

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



U.S. Navy photo

**HN Shaffhouser**, a Corpsman at the Medical Clinic in Bahrain, has been an avid minimalist runner since 2010. Wearing the Vibram FiveFingers, he is often approached with the question, "How do I keep from getting injured as I transition to those odd looking running shoes"? There is a wealth of information, historical data and benefits written about this topic in the literature. Stride along side me as I relate the facts.

First, when it comes to running and fitness, few people stop to think about the most important anatomical tools you own, your two feet. They contain 52 bones, 66 joints, 40 muscles and hundreds of sensory receptors, tendons and ligaments, collectively forming the body's most efficient mechanism of collecting information. Thousands of neurological receptors in the feet send valuable information to the brain to tell your body where it is in space and what the terrain is like. As you actively stimulate these receptors, your balance improves, circulation increases and your overall foot health is enhanced.

Cushioned running shoes do not allow this type of stimulation and have been blamed for most running injuries. Shoes like the Vibram FiveFingers, known as barefoot shoes, mimic going barefoot while providing the protection of a shoe. So not only do you have a thin, responsive sole that lets you feel the ground beneath you, but you also have use of your toes, especially your pinkie toe giving you greater control at the base. Switching to barefoot or minimalist running shoes can take weeks or months, you will reap what you sow. Don't be in a hurry. To avoid injury, you must walk and transition slowly, 20-30 min per day for at least two weeks. Much will depend on your foot type, activities you already engage in and the amount of pronation you allow yourself to experience. When minimalist run-

ning, it is important to run on the ball of the foot and not the traditional heel-strike. Consult your health care provider regarding the condition of your feet at your next exam, or talk with a physical trainer familiar with minimalist running shoes. Read the literature. Treat yourself to a foot massage by a massage therapist educated and experienced in the art of reflexology.

The following is a very basic sensory foot exercise to start you off on the right foot, getting you familiar with your feet. This will help you understand and identify changes that will take place as you transition to walking, moving and running in fivefinger minimalist shoes. Take off your shoes and socks. Take a good look at your feet. Become familiar with the shape and condition of your feet.

- \* Run your fingers between your toes, pushing back and forth, twisting your hand.
- \* Use your elbow to rub the entire base of the foot.
- \* Use your hand to push your toes back and forth creating a gentle stretch.
- \* Administer gentle pressure with your thumbs, moving in the direction from your arch, to the forefoot, to your toes. Feel and press on your tendons, ligaments and connective tissue.

After practicing these exercises, notice how your foot feels. Remember these tips and sensations the next time you practice self-foot massage and as you begin and continue your quest to conquer your new world of minimalist running.

## LEGAL CORNER

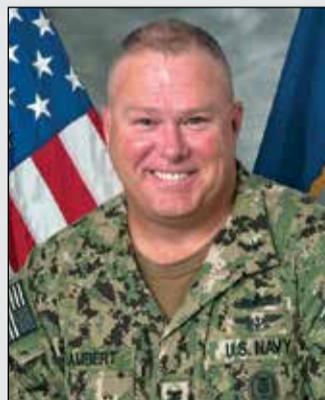
### LT Candace Holmes, JAGC, USN *Legal Assistance Attorney*

#### BUYING A USED CAR

Most servicemembers will buy a used car sooner or later. In Bahrain, it is especially popular to buy used "beaters." Unfortunately, there is no "lemon law" that applies in Bahrain; if you buy a car "as is" and later have problems with it, you have no right to return the car or get your money back. However, there are some steps you can take to protect yourself in purchasing a car here or back in the States:

- Check to see whether the price is fair. Research the automobile's value on Kelley Blue Book at [www.kbb.com](http://www.kbb.com).
- Check the car's quality and repair record through available consumer reporting agencies and publications. The U.S. Department of Transportation Auto Safety Hotline (1-888-327-4236) will tell you whether a car model has ever been recalled and will send you information about that recall.
- Always examine the car yourself using an inspection checklist or have the vehicle inspected by an independent third party. Test-drive the car under varied road conditions - on highways and in stop-and-go traffic.
- Ensure all of your information is up to date so that you will be in compliance with the insurance and registration requirements on the base.
- In the U.S.: if you buy a car from a private person, prepare and sign a contract. A Bill of Sale is not a contract. If you do not have a contract stating your rights, you have no protection. NEVER RELY ON SPOKEN PROMISES!
- If you do form a contract, read the entire contract before signing. After a contract is signed there is very little that one can do to change the terms. Ensure you understand exactly what you are signing.
- Before signing any purchase agreement, you should know the total sale price of the vehicle, the amount of down payment, the annual percentage rate (APR), and the monthly payment amount. Beware of advertisements offering financing to first-time buyers or buyers with bad credit. These offers typically require a big down payment and a very high APR.

## From the Desk of the Command Master Chief



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

Shipmates, Families and Friends,  
This will be my last article for the Desert Times and I just wanted to say thank you for all your support these past 2 1/2 years. I can honestly say that it has been a pleasure serving as the NSA Bahrain Command Master Chief and I will truly miss it here. I will be retiring after 30 years, but my memories of the Navy will be with me for a lifetime. I have turned over to CMDCM Beverly Leedom who is very excited to be here. To my NSA Men's and Women's Softball Teams, good luck in Dubai, keep up the winning traditions in the MESC. Thanks again for all your support and Fair Winds and Following Seas to everyone.



# Sailors Take Aim at NSF Gun Range

By Mass Communication Specialist 1st Class (SW/AW) David R. Krigbaum  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — They have badges and guns... but only after they pass the qualification course at the Naval Security Forces (NSF) Bahrain Mobile Range.

“We’ve got one of the biggest security departments in the Navy,” said Master-at-Arms 1st Class Paul Joya, Jr., NSF Mobile Range leading petty officer. “If the MAs can’t hold weapons then they’re no good to us on patrol.”

Every year he and his four Sailors help hundreds of service members keep up weapons qualifications with pistols, carbines and shotguns at the NSF Mobile Range. Most Sailor’s tours are short giving NSF Bahrain has a high-turn over rate. The need to qualify and re-qualify its personnel makes maintaining the range a vital job, said Joya.

Shooting isn’t just a day at the range though, as before a Sailor picks up a weap-

on, classroom training on safety and weapon familiarization and online courses are completed to ensure the individual is competent to handle the weapon.

Each Sailor is background checked to ensure the individual can legally carry a weapon before taking them to the range to qualify. The end result for the NSF Mobile Range is hundreds of qualified personnel and up to 3,000 rounds of spent brass a day.

Sailors don’t shoot often, so the hardest part of his job, according to Joya, is seeing people make common shooting mistakes or not being able to perform proper remedial action for a malfunction.

On the range they bring these to the shooter’s attention to help correct their shooting deficiencies. There the mistakes lead to a bad score, but in a real world armed confrontation situation, the MA’s ability wield a weapon well can be a life or death matter.

“God willing the situation never arises for any Sailor,” said Joya. “Hopefully what we teach will save a Sailor’s life should the situation arise.”



Photo by Mass Communication Specialist 1st Class David R. Krigbaum

**Master-at-Arms 3rd Class Jonathan Johnson, assigned to Naval Security Forces (NSF) Bahrain, goes through M9 qualification on the NSF Mobile Range.**

# Sexual Assault... Not in NSA Bahrain!



Photo by Weam M. Ahmed

**Logistics Specialist First Class Katrina Kyner places a pin on the chest of a French service member at the Community Education and Awareness Event as a part of the Sexual Assault Awareness Month at Naval Support Activity Bahrain.**

By Weam M. Ahmed  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — To reinforce the Navy’s policy of zero tolerance for sexual assault, Naval Support Activity (NSA) Bahrain recognized Sexual Assault Awareness and Prevention Month (SAAPM), April 17.

According to Fleet and Family Support Center (FFSC) Sexual Assault Response Coordinator Ann Wilson, the word ‘prevention’ was added to the title of SAAPM this year because the main goal is to prevent sexual assault crime.

“The prevention of sexual assault is an all-hands mission,” said Wilson. “Each and

every one of us must take an active role in prevention and intervene when we observe behaviors that may lead to this crime.”

According to Wilson, Department of Defense’s 2013 campaign theme is ‘We own it ... We’ll solve it... Together’.

“Although sexual assault awareness is recognized in the month of April, we have to continually educate our service members and keep them aware of the crime of sexual assault for their own safety and for the protection of their shipmates,” said FFSC Sexual Assault Prevention and Response Victim Advocate Specialist Enid Murphy.

FFSC SAPR program, Coalition of Service members Against Destructive Decisions (CSADD) and Naval Forces

Central Command Junior Enlisted Association combined efforts to organize a community education and awareness event.

“Community awareness and education is an ongoing event for FFSC, we have to continually get the word out,” said Murphy.

Volunteers from NSA Drug and Alcohol Program Advisor, Naval Branch Health Clinic Behavioral health, NSA Equal Opportunity Advisor and the Chaplain Corps also provided support for the event with the help of Morale, Welfare and Recreation.

The main event addressed NSA community aiming to raise awareness about sexual violence and ways to prevent it.

“April recommit us to raising awareness, promoting prevention through special events and education,” said Wilson. “We want to keep this issue out in front of everybody because education is powerful and can make change.”

In addition, Southwest Asia Chief Petty Officers Association hosted a free burger/

hotdog cook-out during the event.

Events sponsored by various departments and organizations were also organized throughout the month.

CSADD sponsored a self-defense training seminar as well as The Clothesline Project forum, which focuses on finding alternative and creative ways to express feelings against sexual assault by designing white t-shirts and hanging them for display.

“We have to make sure that we have services and resources emplaced in a timely response to those who are suffering from sexual assault crime,” said Wilson.

On the last day of April, members of NSA community participated in a Take Back the Night walk around the base.

“Every sailor needs to practice bystander intervention, look out for their shipmates and keep their own awareness and safety,” said Murphy.

For more information visit <https://www.sapr.navy.mil>



Photo by Weam M. Ahmed

**Volunteers hang t-shirts of the Clothesline Project at the Community Education and Awareness Event as a part of the Sexual Assault Awareness Month at Naval Support Activity Bahrain. The Clothesline Project is a way to express feelings against sexual assault by writing messages on white t-shirts.**

# Navy Embraces Inclusion During 2013 Asian American and Pacific Islander Heritage Month

By Navy Office of Diversity and Inclusion Public Affairs

WASHINGTON (NNS) — The Navy joins our nation in celebrating the contributions of generations of patriots during Asian American and Pacific Islander Heritage Month throughout May.

The Navy announced April 29 in NAVADMIN 115/13, this year's national theme is "Building Leadership: Embracing Cultural Values and Inclusion."

Inclusion is a recognition that diversity of ideas, experiences, areas of expertise, and backgrounds contribute significantly to the Navy's ability to fulfill its variety of missions both today and in the future. USS Winston S. Churchill (DDG 81) exemplified this year's theme of embracing cultural values and inclusion by utilizing the talents, language skills, and cultural backgrounds of three Sailors to further their mission in the US Navy's first bilateral anti-piracy exercise with China's People's Liberation Army (Navy) (PLA(N)).

In September 2012, USS Winston S. Churchill (DDG 81) and the Chinese Frigate Yi Yang (FF 548) conducted visit, board, search, and seizure (VBSS) drills near the Horn of Africa to enhance cooperative anti-piracy efforts. During the exercise, three Churchill Sailors were utilized as translators.

Ship's Serviceman 2nd Class Junwen Liang, Ship's Serviceman Seaman Qing Su, and Logistics Specialist 3rd Class Guo Rui Liu, all Chinese immigrants, played an integral role in the success of the exercise by bridging both the language and the cultural gaps between the two crews.

Liang, who immigrated to the United States from China at age 20, said he came to America speaking almost no English and joined the Navy after pursuing further education in New York. During the exercise, Liang performed as translator for Cmdr. Chris D. Stone, commanding officer of USS Winston S. Churchill.

"This is a unique opportunity to use both my native and adopted languages in service of my country," said Liang.

According to Stone, "On-site translation and briefing on customs helped ensure solid communication between U.S. Navy and PLA(N) Sailors, along with aiding us in understanding the cultural nuances that help both sides better understand each other."

"My opportunity to take part in this exchange, and in the Navy itself, reminds me that I serve a country that accepts people from many different parts of the world," said Liang. "No matter where and how I serve, I'm still serving for my freedom and my country."

Asians and Pacific Islanders of various nationalities and ancestry have been serving in our Navy since the early 19th century. Asians and Pacific Islanders have continued to be at the forefront as leaders in every aspect of American life, including Senator Daniel K. Inouye, Hawaii's first Congressman and the first Japanese American to serve in Congress. Having enlisted in the US Army at age 17 and serving during the Second World War, Senator Inouye was a great champion of all the armed forces throughout his career. He received the Medal of Honor for his extraordinary heroism and indomitable leadership during an engagement in World War II. On Dec 17, 2012 Senator Inouye passed away, leaving behind a noted legacy of leadership and a drive to enhance inclusion in our Armed Forces and across our country.



Photo by Mass Communication Specialist 3rd Class Dominique Pineiro

Cmdr. Brian Schorn, left, executive officer of Fleet and Industrial Supply Center San Diego, and Cmdr. David Garcia, executive officer of Naval Base San Diego, take part in a traditional Filipino dance during an Asian-Pacific American Heritage Month barbecue at Mariners Park. Asian-Pacific American Heritage Month is held in May to celebrate the contributions of Asian and Pacific Islanders have made in the United States.

In 2013, Sailors of Asian and Pacific Islander heritage comprise 6.5 percent of our active duty Naval force. Over 20,000 active duty Sailors, 4,000 Reservists, and 18,900 Navy civilian employees identify as Asian American or Pacific Islander, including 10 flag officers, 9 members of the Senior Executive Service (SES), and 176 master chief petty officers. Asian Americans and Pacific Islanders encompass over 50 ethnic and language groups, representing a vast array of cultures, nationalities, and historical roots.

Directed by Congress in 1978 and established by Presidential Proclamation in 1979, Asian/Pacific American Heritage Week was first observed the week of May 4, 1979. In 1990, President George H. W. Bush expanded the observance to encompass the entire month, and in 1992, Congress passed a law permanently designating May as Asian/Pacific American Heritage Month.

The Defense Equal Opportunity Management Institute provides printable posters, presentations, guidance for organizing observance, and educational facts on their website, <http://www.deomi.org/> under the section "Special Observances."

## MEMORIAL CEREMONY from Page 1

Adm. Kevin Scott; Commodore, Commander, Task Force 55, Capt. Stephen Evans; and the host of the ceremony, Commodore, U.S. Coast Guard Patrol Forces Southwest Asia, Capt. Paul Flynn.

Chaplain Lt. Clayton Jones, from Destroyer Squadron 50, ended the memorial ceremony with a solemn prayer to look after the families and friends of those that were lost, and the Sailors and Coastguardsmen that serve today and honor their memory.

## IG HOTLINES

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

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### Navy Region Inspector General (NSA Bahrain)

Telephone #: +39-081-568-2983 DSN: 314-626-2983

E-mail: [ig Hotline@na.navy.mil](mailto:ig Hotline@na.navy.mil)

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

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## NSA BAHRAIN from Page 1

plants were planted including Ficus, flower plants and other indigenous trees.

"We've got to preserve the environment that we have to make sure it's still there and remains healthy," said Electronics Technician Second Class James McClellan.

On the last day of the week, NSA Bahrain Commanding Officer Capt. Colin Walsh joined the volunteers who divided themselves into teams and took part in a base-wide clean up event. "We impact the ecosystem, so we need to make sure we are taking care of it," said Walsh. "I would like to thank everyone who does a great job trying to keep the base clean."

Almasri said that about 300-500 people participate in the base clean up every year.

"More than 50% of what we consider trash is recyclable material that we take to the recycling facility," said Almasri.

Fire Controlman First Class Esther Solomon said that having events of this kind builds morale and makes people aware of the environment and that everybody plays a part in making it a better place. In addition, Almasri sent out daily tips and 'fun facts' about Earth Day and environmental protection.

"I want to thank the base personnel for being such a dedicated and cohesive team, and I hope we continue to do more and look at ways to improve our contribution to protecting the environment," said Almasri.



Photo by Weam M. Ahmed

Environmental Protection Specialist TN Sunil Kumar helps Chief Lloyd Samuel sign up for the base clean up event as a part of Earth Week at Naval Support Activity Bahrain.



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FOR MORE INFORMATION, CONTACT: MARIO FARRULLA @ 439-4927 OR  
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## ITT

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Friday, May 3

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

### Horse Back Riding

Saturday, May 4

- Time: 0900 – 1300
- Min 8 people; ITT Price: \$26.00

### Mall Trip

Sunday, May 5

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

### Cooking Demonstration Of Arabic Food & Dinner

Thursday, May 9

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

### Al Dar Island Day Trip

Saturday, May 10

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

### Guided Cultural Tour of Bahrain

Saturday, May 11

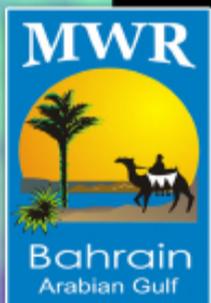
- Time: 0900 – 1600
- Min 14 people; ITT Price: \$35.00

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](mailto: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.

NSA BAHRAIN PRESENTS THE 2ND ANNUAL



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**Thursday, May 9 • 1000 - 1400**

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Information booths from different MWR Divisions available!

- MWR Divisions will provide information of what services they do and answer questions you have.
- See what new facilities and programs MWR has for you.

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



Thursday, May 2

### Watermelon Eating Contest

- Time: @ 1800

Friday, May 3

### 4 Man Sand Volleyball Tourney

- Time: @ 1800

Sunday, May 5 & 12

### Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Monday, May 6 & 13

### Speed Pool

- Time: @ 1800

Tuesday, May 7

### 8 Ball Pool Tourney

- Time: @ 1800

Wednesday, May 8

### Poker Bowling

- Time: @ 1830

Thursday, May 9

### Beverage Pong

- Time: @ 1800

Saturday, May 11

### Snag

- Time: @ 1800

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



@NSA Bahrain