



Photo by MC1 Peter D. Lawlor

Chief of Naval Operations (CNO) Adm. Jonathan Greenert conducts a press conference at the Pentagon to provide an update on the status of the Navy. Greenert discussed subjects such as international partnerships, sexual assaults and budget issues among other topics of interest.

# CNO Updates Status of the Navy

By Mass Communication Specialist Seaman Jennifer Lebron  
*Defense Media Activity - Navy*

WASHINGTON (NNS) — Chief of Naval Operations (CNO) Adm. Jonathan Greenert discussed the status of the fleet, readiness impact due to sequestration, and modifications to Navy policies at a press conference July 19 at the Pentagon.

“Presence remains our mandate,” Greenert said. “This is what we are mostly about, and it’s an essential element of our defense strategic guidance.”

Greenert pointed out that the Navy has about 95 ships deployed and about 3,700 operational aircraft. The current ship count in the Mediterranean has been higher than it has been through the years.

USS Kearsarge and USS San Antonio are positioned in the Red Sea and stand ready with a range of missions and operations if required. USS Nimitz is deployed to the North Arabian Sea supporting ground operations in Afghanistan with close air support, and piracy in the region is slowly increasing and is becoming more of a concern.

In the Pacific theater, Talisman Saber Exercise, started July 14, off the coast of Australia and in the Coral Sea. TS13 is an ongoing biennial training exercise with

Australia and currently has George Washington Carrier Strike Group and Bonhomme Richard Amphibious Ready Group assets participating.

In the Southern Command, sequestration has caused the reduction to zero combat ships in the region.

“There are other naval forces in the region,” Greenert said. “Non-combatant ships and other forces.”

The Navy’s first spearhead class joint high speed vessel will deploy to the Southern Command area of operation in FY 14.

“Presence forward, assuring our allies and deterring potential adversaries is our primary function,” Greenert said. “I think we are out there at the, what I call, the maritime crossroads where it matters, when it matters.”

CNO addressed the readiness impact of sequestration for FY 13 and FY 14.

There is one carrier strike group (CSG) and one amphibious ready group (ARG) deployed to the each of the Arabian Gulf and Western Pacific theaters.

However, the surge force is a concern, Greenert said.

Currently, there is only CSG and one ARG ready to surge if needed. A year ago, the Navy had three CSGs and ARGs ready to surge.

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## Teens Prepare for Future Careers through Summer Employment

By MC1 (SW/AW) David R. Krigbaum  
*Staff Writer*

NAVAL SUPPORT ACTIVITY, Bahrain — While many teenagers wile the summer months away, 24 on board Naval Support Activity Bahrain have taken the time as an opportunity to prepare themselves for the future with the Navy Child & Youth Programs (CYP) Teen Employment Program.

At first glance it can appear to be just another summer job, but according to Jarod Bailey, CYP director, its more than that. The program is designed to help the teens learn job and life skills, and gain work experience that will enable them to transition into paid employment and become productive members of the community.

“It also creates opportunities for teens to discover careers with various Family Readiness Programs,” said Bailey. “That will hopefully lead to young professionals entering the field in the future.”

The programs’ jobs weren’t handed to the applying teens, but to make it more realistic they attended a job fair that presented the available employment to them then they had to go through the hiring process and sit down for an interview. To prepare them for this CYP and Fleet and Family Support Center (FFSC) set up workshops to teach them how to do these things and guide them through the process. While working during the nine-week program they continue to take classes that impart other workplace-applicable knowledge.

“I think the hiring process was good, it gave us a chance to go through an interview, said Deandra Andrade, a FFSC summer hire. “I think that was really important because now we have experienced what a job interview is like.”

Once employed they began working for FFSC, CYP, MWR and other offices around NSA Bahrain. The teens are integrated into their respective work centers like normal

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Photo by MC1 (SW/AW) David R. Krigbaum

Joyce Locke puts together meals at the food court. Locke worked at Morale, Welfare & Recreation Food & Beverage as part of the Teen Employment Program which provides summer jobs around base for teenagers.

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain

## Children's Musical Fable Shines a Spotlight on Diversity

*"Color is just a color – it's just decorated skin"*

Story and photos by Lt. Dawn Stankus

Expeditionary Strike Group Five Public Affairs

### NAVAL SUPPORT ACTIVITY, Bahrain

— Most children grow up hearing stories and fables that teach life lessons and are comprised of impactful morals. One of the more common fables, "The Tortoise Versus the Hare" stresses that "slow and steady" wins the race, meaning that in life it is best to work smarter, not harder.

The Missoula Children's Theatre (MCT) hosted 42 local students in Bahrain during rehearsals and a musical performance on July 18 of "The Tortoise Versus the Hare" with a few new twists, fun songs, colorful costumes and, of course, lots of smiles.

"This was not the traditional story of the 'Tortoise Versus the Hare,'" said Michelle Gray, a proud parent of one of the student performers. "There was a little rap and some modern dance moves too!"

Over the past two decades, the MCT International Tour has filled an important morale-building need on Air Force, Army and Navy bases around the world by hosting week long residency camps for eligible youth of active duty service members and government employees.

The two professional tour actors and directors from MCT, Alison Swenson and Clair Bancroft, arrived in Bahrain, July 13 and hosted the theatre program from July 14 to July 18. Prior to coming to Bahrain, they presented a program in Germany and will continue to Turkey next.

"This was my first time in Bahrain and I have really enjoyed experiencing the culture and working with the students," said Swenson. "MCT rehearses and performs 'The Tortoise Versus the Hare' for an entire tour, which typically lasts three months. We travel around the world and [engage with such] talented children and young adults."

Jarod Bailey, youth director for Bahrain's Morale, Welfare and Recreation, worked closely with MCT to set up their visit, and organize their rehearsal and performance schedule.



The Missoula Children's Theatre (MCT) production of "The Tortoise versus the Hare" was performed by 42 NSA Bahrain community children with direction and guidance from MCT's Alison Swenson and Clair Bancroft.

"[MCT brings] scenery, costumes, props, make-up and basic lighting," stated Bailey. "They bring everything it takes to put on a play except the cast."

Local students in grades one to 12 were cast and rehearsed for only a week. They memorized lines, songs and choreography for the full-length musical.

"I really enjoyed rehearsing and coaching a wide variety of ages," said Swenson.

The show itself took the common children's fable, about a tortoise and a hare, to a whole new level. The constant fundamental theme of animosity toward diversity echoed throughout the performance between the "mammals" and the "reptiles" who were preparing for the big race day.

The tension amid the two groups of creatures was evident, but in the end the groups looked past their differences and decided to live happily together.

"I appreciated the underlying fact that [this show proved] prejudice is not okay," said Alexander Gray, 16, an actor in the show. "The play was funny and had some great songs, but there was a deeper message."

This is not the first time that Missoula Children Theatre visited and performed with students in Bahrain.

"Last year I worked on 'Robin Hood' with the same theatre company," said Evelyn Gamache, assistant director. "I like doing shows like this because you meet new people and make new friends."

Overall, the performers rehearsed and successfully organized a fairly complex show in a short amount of time. However, despite the hard work, the participants cannot wait to be involved in another MCT musical as soon as possible.

"I was really nervous to sing!" exclaimed Erialeena Gherlone, 7, an actor in the show. "I hope to do something like this again and it was a lot of fun!"

Just this year, MCT will have worked with 65,000 children in more than 1,200 communities in all 50 states and 17 countries.

For more information on Missoula Children's Theatre, please visit: [www.mctinc.org](http://www.mctinc.org) or [www.facebook.com/MissoulaChildrensTheatre](http://www.facebook.com/MissoulaChildrensTheatre)



439-4520  
[www.cnic.navy.mil/bahrain](http://www.cnic.navy.mil/bahrain)

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## Chaplain's Corner

### Anger is Not Healthy



By Chaplain Keener  
NSA Bahrain Command Chaplain

One of our emotions that no matter how hard we try to control, it always show its ugly head from time to time and that is the emotion of anger. We tend to forget that life really is very short and the trivial things that we get frustrated over are short lived and not worth getting all worked up over. But this is easier said than done. We know ourselves and we know when we are getting at that boiling point. There are times when we lash out at people, especially the people we care about and love, and there are many times we wish we would not have said the things that caused hurt. We can never take back words that are exchanged and sometimes it takes a long time for reconciliation and forgiveness.

I would like to share a nice story about how we tend to speak to one another. A Hindu saint, who was visiting the river Ganges to take a bath, found a group of family members on the banks, shouting in anger at each other. He turned to his disciples smiling and asked, 'why do people in anger shout at each other?' The disciples thought for a while, then

one of them said, 'because when we lose our calm, we shout.' 'But why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner,' asked the saint. The disciples gave some other answers but none satisfied the other disciples. Finally the saint explained, 'when two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance. What happens when two people fall in love? They don't shout at each other but talk softly, because their hearts are very close. The distance between them is either nonexistent or very small.' The saint continued, 'when they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love.'

Finally they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other.' He looked at his disciples and said, 'so when you argue, do not let your hearts get distant. Do not say words that distance each other more, or else there will come a day when the distance is so great that you will not find the path to return.'

We all know there will be times when we lose our temper. There will be times when we feel like throwing things, kicking things, punching holes in walls etc., but when we look back over the years at the times we lost control of our emotions we shake our heads. Isn't it amazing that the ones we tend to lash out the most is the people we are closest to? So the next time we begin to raise our voice, take a step back and breathe deeply because what we are about to say when we are angry is not worth it in the long run.

## Suicide Awareness and Prevention

Suicide is now the leading cause of death for Active Duty personnel. It is rarely a spontaneous act. According to the CDC, there were 38,364 suicides in 2010 in the United States--an average of 105 each day, one every 14 minutes. Suicide is the number one preventable cause of death.

When someone commits suicide, there are often warning signs, which could help save that person's life. It is critical to take all talk about suicide seriously, even if someone appears to be joking about wanting to harm or kill themselves, it could be a cry for help or their way of telling you that they are in need. No one is exempt from stress, recognizing when you are under stress and feeling overwhelmed is key in preventing suicide. It is vitally important to seek professional help when you recognize these feelings and/or have no healthy stress relievers. Mental health is just as important as your physical health, having knowledge of what to expect and how to get help may help save a life.

A good acronym to remember is to ACT- Ask someone if they are thinking about suicide, let them know you Care and you are there to support them and assist in providing whatever help they need, get them Treatment as soon as possible, i.e. call 911 or get them to the nearest emergency room and never leave them alone until they are in the hands of a professional. Remember, ACT-ing could save a life, give help a chance.

## LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

Many servicemembers think that wills are only necessary when deploying, when you have a lot of money, or have children. While having a will is vital in those situations, wills are important for all of us to have. Even if you are a single servicemember, you should consider having a will prepared.

### WHAT CAN A WILL DO FOR YOU?

A will is a legal document used to dispose of your property upon your death. If you die without a will, the laws of the state where you are a legal resident will determine who should receive your property. While generally this means that your next-of-kin (spouse, children, parents, etc.) will inherit your property, it may not match your wishes or desires. For example, you may want to leave certain personal items or specific amounts of money to friends or other relatives like cousins, aunts, or uncles. Wills are also good to have because they allow you to name specific people whom you trust to do important jobs, such as a personal representative or executor for your estate, a trustee if you have established a trust, and/or guardians for your children. Last, there are several other important documents like a living will and a healthcare power of attorney that we can prepare along with your will that enable you to authorize certain medical decisions.

Estate planning is very important for all of us; if you have any questions about this topic or wish to consult with an attorney regarding estate planning, please contact our front desk at 439-4237.

## From the Desk of the Command Master Chief



By Command Master Chief Beverly Leedom  
NSA Bahrain Command Master Chief

from the September exam you must be in the most knowledgeable category, therefore, I highly recommend that you study to achieve that goal.

To study for your advancement exam is no different than studying for any other exam; it requires commitment and a plan. The current bibliography will provide the information and insight into what material within your rating you need to study. You can study alone or form a study group; however, there is no substitute for being prepared.

The enlisted advancement exam has 200 questions and is based on Navy Occupational Standards and Professional Military Knowledge. On the exam the occupational questions are first, followed by the Professional Military Knowledge questions. The Occupational Standards and the Professional Military Knowledge question ratios are as follows: for E-6 candidates there are 115 Occupational Standards questions and 85 Professional Military Knowledge questions, for E-5 the ratio is 135 and 65 and for E-4 the ratio is 150 and 50.

More information about eligibility requirements for the September Advancement Exam can be found at the following link: <http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2013/NAV13116.txt>



# NAVCENT Sailors Volunteer at Bahrain Children's Center

By MC2 Mike Wright

U.S. Naval Forces Central Command Public Affairs

**JUFFAIR, Bahrain** — Commander Task Unit 56 (CTU) and Commander, U.S. Naval Forces Central Command (NAVCENT) Sailors participated in a Community Relations project (COMREL) at a children's center in Juffair, Bahrain, July 17.

The center is a non-profit program established in 1999, by Emad Al Attar and his wife Christine Gordon. The center focuses on quality of education, with hopes of increasing each child's confidence in interacting with classmates and adults on a daily basis. The center receives volunteers and playmates from Naval Support Activity Bahrain (NSA) weekly.

"It creates such a great atmosphere. The children are happy to get so much attention and everyone is happy," said Gordon. "A lot of the personnel that come here are humbled by what they experience here; they are enlightened in some respects."

Sailors from CTU and NAVCENT take the opportunity to volunteer time with the children regularly.

Intelligence Specialist 2nd Class Timothy Pass said the volunteer event provides an opportunity for the children and their parents to see service members in a role outside of the military.

"Looking ahead toward the future, we have to start with the children," said Pass. "Our weekly involvement with their child is enough to let the kids know that we aren't bad people, and we are here to help. When they grow older, they will remember us coming to read books, playing games and spending time with them when they were younger."

There are currently more than 150 students enrolled at the school.

NAVCENT is responsible for approximately 2.5 million square miles of area including the Arabian Gulf, Red Sea, Gulf of Oman, parts of the Indian Ocean and 20 countries.



Photo by MC1 Mike Lenart

Intelligence Specialist 2nd Class Tim Pass, assigned to Commander, Task Group (CTG) 56.1, interacts with a child during a community relations event at the Regional Institute for Active Learning center in Adliya, Bahrain. CTG 56.1 provides maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

## Photo From The Fleet

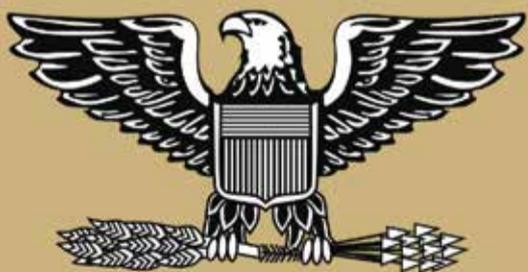
Find out what our fellow shipmates are doing around the fleet at [www.navy.mil](http://www.navy.mil)



Photo by MC2 Sean Furey

The British Royal Navy Daring-class air-defense destroyer HMS Daring (D32) pulls alongside the guided-missile destroyer USS Chafee (DDG 90) during independent deployer certification (IDCERT). The IDCERT exercise is designed to certify select U.S. ships as independent deployers as tasked by Commander, U.S. 3rd Fleet.

## You've Got Questions He's Got Answers!



## ask the Skipper!

If you have a question you'd like to ask  
NSA Bahrain Commanding Officer CAPT David Meron  
send an email to [asktheskipper@gmail.com](mailto:asktheskipper@gmail.com).  
Answers will be provided via Bahrain Desert Times and  
the NSA Bahrain Facebook page.

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Despite reduced operations and maintenance spending in FY 13, Greenert said the Navy's focus is to keep sea commands ready for deployments scheduled for FY 14.

For FY 14, sequestration could reduce each account by 10 percent. The Navy possibly faces deeper cuts for FY 14, because FY 13 used money available from previous years to help pad the effects of sequestration, Greenert explained.

CNO's goal is to preserve shipbuilding and aviation contracts through this process.

Furlough impacts to the civilian force continue to be a challenge.

"Regrettably, we're enduring furloughs," Greenert said. "It's an impact, I felt it last week. I feel it this week. It hurts our readiness and it hurts our productivity as well."

CNO addressed sexual assault organizational changes and a revision to the Navy Exchange alcohol sales policy by further discussing the Navy's newest changes that are taking place fleet-wide. Greenert said with more than half of all sexual assaults involving alcohol, the Navy had to look more critically at the atmosphere and climate of its bases.

Greenert said after a review of Navy Exchange alcohol sales trends at base stores the data showed a high volume of sales occurring late into the night and early morning and were not in line with mainstream retailers.

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employees and are expected to perform the duties and responsibilities of the position. They go through employee orientation, receive on-the-job training and have performance appraisals with constructive feedback for growth and development.

Not just learning how to file papers or make tacos, they've learned about responsibility, organizational skills, time management and social skills necessary for success in any form of employment.

"In the past I've been very shy and I found it hard to look people in the eye and talk," said Isaac Ranero, a MWR Entertainment summer hire. "But that's really improved [since he started working] and I've learned how to talk to others to help or assist them."

The program ends Aug. 20 and while they may not make careers of their summer employment, according to some it has opened them up to future employment opportunities.

"It's opened my eyes more to figuring out what I want to do in life," said

Audriana Ariza, a MWR Marketing summer hire. "It's shown me that not everything is easy, but takes effort and responsibility and hard work."

As part of the program, supervisors will conduct a mid-point performance review and a final written evaluation at the conclusion of employment.

"I think our summer hires are awesome, the level of work they're doing is amazing to me, they're professional, they're courteous," said Terri Johnson-Salter, FFSC Work and Family Life Program Manager. Johnson-Salter instructed workshops on resume writing and interviewing. After giving the classes she decided FFSC would take on a few of the summer hires. "They have taken what they've been taught and are running with it."

The Teen Employment Program was started by Commander, Navy Installations Command (CNIC) in 2002. Today, more than 500 teens participate annually at 62 military bases worldwide all on grants from CNIC.

# EXPERIENCE BAHRAIN

## The Island of Al Dar

By MC2 (SW/AW/IDW) Ashanté Hammons  
Staff Writer

Bahrain has been an interesting experience for me. It's my first time living overseas in more than 20 years and it truly has been exciting. I've taken it upon myself to find beauty in all that this country has to offer. After all the hustle and bustle of the past few weeks, I realized that I was overdue for a much-needed mini vacation from everything. I decided to visit Al Dar Island with a friend just to get away for a day. So, I booked the trip through Information, Tickets, and Tours (ITT) for \$17, which included the sea taxi ride and ticket to enter Al Dar. ITT also provided a bus ride to and from the fisherman's port in Sitra.

Al Dar Island is about three miles off the coast of Sitra via sea taxi. The ride itself is about 10 minutes. If you are looking to do more than relax on the beach, bring extra dinar to experience the different activities the island has to offer. These activities include going on regular pearl dives, snorkeling, fishing trips, and jet skiing. There is an opportunity to take a cruise to Jarada Island or you can also get the chance to see up to 30 types of coral and more than 200 species of fish. Whether it is during sunrise or sunset, dolphin watching along the many surrounding coral reefs is another popular pastime. No need to pack a lunch because the island has a restaurant that serves a variety of foods and drinks for reasonable prices.

The restaurant staff is very friendly and accommodating. There's no need to go to the actual restaurant to order anything because they bring the food and drink menu to you



while you are relaxing on the beach. My favorite thing to do at any beach is to find a nice quiet spot away from crowds. Fortunately, it was early in the morning and not too many people were there yet, so I had a good pick. After renting lounge chairs (1 BD) and having them placed under a tiki roof, I walked around the island for a bit to take pictures. If you are a photo fanatic like I am, Al Dar is a great spot to get beach photos. The water is clear and very blue. The sand is filled with various seashells.

I sat in my chair and listened to the waves crash upon the shore and felt the breeze. Since there's no music playing in

the background, I got creative and used my headphones as speakers so I could listen to my music player. (Note to self: bring speakers.)

You can always visit Al Dar Island on your time but if you do not want to worry about getting there and back, book a trip through ITT. The bus will take you there in the morning and return to pick you up in the early afternoon. This time is perfect if you do not want to deal with a crowded beach. After relaxing and listening to music and realizing the joys of life for four and a half hours, it was time to return to the real world again.

## 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: [ighotline@eu.navy.mil](mailto:ighotline@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](mailto:ig.hotline@me.navy.mil)

### Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: [NAVIGHotlines@navy.mil](mailto: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/>

## THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS DON BARNHART'S ALL STAR COMEDY



Comedians: Jeff Capri, Spanky, Sam Fedele, and Laura Hayden  
Thursday, August 1 @ 1830  
@ Beach Club  
ARMEDFORCESENTERTAINMENT.COM

# Be a YOUTH SPORTS COACH!



## 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



# MWR Cinemoo

## MOVIE COMPLEX

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MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

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



### Al Dar Island Day Trip

Saturday, August 10

- Time: 0930 – 1500
- Min 10 people; ITT Price: \$17.00

### Cooking Demonstration Of Arabic Food & Dinner

Tuesday, August 13

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

## ITT

### Swim With The Dolphins

Friday, July 26

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

### Horse Back Riding

Friday, August 16

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

### Horse Back Riding

Saturday, July 27

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

### Al Areen Wildlife Park

Saturday, August 17

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

### Swim With The Dolphins

Saturday, August 3

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

### Pearl "Snorkel" Hunt

Saturday, August 17

- Time: 0630
- Min 8 people; ITT Price: \$64.00

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.



# MWR NSA BAHRAIN COMMUNITY YARD SALE

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

**Saturday, July 27**

**0800-1200**

at the Freedom Souq Gymnasium

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

Cost of table: \$5.00 / 1 Vendor per table

Last day to sign up at the ITT office is the Thursday before each event.

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



Friday, July 26

**4 Man Sand Volleyball Tournament**

- Time: 1800

Sunday, August 4

**Sunday Sundaes**

- Free Ice Cream Sundae (while supplies last)

Saturday, July 27

**Glow In The Dark Ring Toss**

- Time: 1800

Monday, August 5

**Speed Pool**

- Time: 1130; Free Pizza for players

Sunday, July 28

**Sunday Sundaes**

- Free Ice Cream Sundae (while supplies last)

Tuesday, August 6

**4 pictures 1 word**

- Time: 1130

Monday, July 29

**Speed Pool**

- Time: 1130; Free Pizza for players

Wednesday, August 7

**Minute to win it**

- Time: 1300

Friday, August 2

**Spades Tournament**

- Time: 1300

Thursday, August 8

**Happy Birthday August Babies**

- Free cake while supplies last.

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



@NSA Bahrain