

FLC Bahrain Established at NSA Bahrain



By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — The Navy established NAVSUP Fleet Logistics Center (FLC) Bahrain during a ceremony held aboard Naval Support Activity (NSA) Bahrain Oct. 23.

Formerly a detachment of NAVSUP FLC Sigonella, Italy, NAVSUP FLC Bahrain reports directly to NAVSUP Global Logistics Support (GLS) in San Diego, and is the eighth in a network of fleet logistics centers around the world, from Yokosuka, Japan, across the United States to Sigonella, Italy and now, Bahrain.

“NAVSUP FLC Bahrain is now postured to operate forward as a stand alone command to further support the ships and increase services and support across the Southwest Asia area of responsibility,” said Capt. Gerald P. Raia, commanding officer of FLC Bahrain. “My team here is a dedicated, loyal and committed group of professionals who are the unsung heroes – the force enablers, the force multipliers, the ‘team behind the curtain’ who makes things happen,” he continued.

“Whether providing fuel to aircraft at ISA air base, direct delivery of parts and materiel for home-ported and deployed ships, parts and integrated logistics support for patrol coastal and mine counter measures ships, contracting ship repair services for U.S. Navy ships, Military Sealift Command Ships, or U.S. Coast Guard ships; or providing many quality of life services to our warfighters such as U.S. Postal operations or the movement of personal property,

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Photo by MC1 (SW) Steve Smith

Capt. Gerald P. Raia, commanding officer of Fleet Logistics Center (FLC) Bahrain, speaks at FLC Bahrain’s establishment ceremony aboard Naval Support Activity (NSA) Bahrain, Oct. 23. FLC Bahrain delivers combat readiness and sustained logistics support services to U.S. and coalition forces operating in the U.S. Naval Forces Central Command area of responsibility.

NEX Bahrain Wins Bingham Award

By MC2 Derric Cushman
Naval Support Activity Bahrain Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain — Service members, employees, and the local base community joined together as Navy Exchange (NEX) Bahrain received its fourth Bingham Award during a ceremony aboard Naval Support Activity (NSA) Bahrain, Oct. 22.

The award is dedicated to Capt. W.H. Bingham, who in 1945 led an advisory board to develop a resale program known as the Navy Exchange System. The award recognizes outstanding performance in customer service and exchange operations.

Every year, those Exchanges which show superior performance throughout the year compete for the award. NEX Bahrain is now among those elite stores around the world by achieving numerous accomplishments.

“We’re lumped into several categories because we have all sized stores,” said Patrina Jordan, general manager of NEX Bahrain. For this particular award we were in category two, which encompasses 30 million dollars in sales, up to 85 million dollars in sales, so we won out several stores in that category based on our outstanding customer service scores, associate satisfaction scores, our sales and the profit, as well as how we incorporate the NEX programs in our store.”

NEX Bahrain has not only provided award winning service to the base community, but they have also been able to provide continued support to the Fleet as well which has played a role in winning the Bingham award four times since the exchange opened in 2006.

“For us to serve the diverse customer base that we do, meaning our ship stores,



Photo by Noah A. Spevak

NEX Bahrain associates gather for a group photo after receiving their fourth Bingham Award, Oct. 22.

our visiting ships, the coalition forces, and our home ported Bahrain customers; we’re doing a lot,” said Jordan. “That is why we won the Bingham award four times.”

The hard work and dedication of employees and staff members has also played an integral role in maintaining a high level of performance throughout the years and has paid off with winning the Bingham award multiple times.

“It’s a great achievement to win four awards in six years,” said Frank Miller, vice president of the NEX European district office. This is the NEX’s highest award we give to the stores. It’s just wonderful that when you go into the stores and you see their smiling faces, and it’s like that everyday, as far as what I have seen here, and the comments that I get from the customers, and that rings true with them to.”

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THESE STORIES AND MORE...

Family Life at NSA Bahrain

FFSC Bahrain Holds First “Shatter Ball”



Photos by MC1 (SW) Steve Smith and MC2 Derric Cushman

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Fleet and Family Support Center (FFSC) Bahrain held the first “Shatter Ball – Shattering the Silence of Domestic Violence” event in support of Domestic Violence Awareness Month (DVAM), Oct. 26.

The Shatter Ball evening was organized to educate the community about the effects of domestic violence and show individuals they can be empowered to intervene. One hundred seventy five service members and civilians from commands aboard Naval Support Activity (NSA) Bahrain attended the ball.

“We were thinking about an out-of-the-box way to bring the community together to learn about domestic violence,” said Sharmane Delgado-Payne, Family Advocacy Rep., Counseling & Advocacy Supervisor for NSA Bahrain. “Our family advocacy committee came together and created this gala evening to discuss a serious topic and we had amazing presentations by senior military leadership, community representatives and our Sexual Assault Prevention and Response (SAPR) Victim Advocates (VA).”

“The event was effective and raised awareness via a new avenue of approach,” said Master-At-Arms 2nd Class Pauletta General, Naval Security Force (NSF) Bahrain. “There are many people out there afraid to speak up from fear or lack of knowing about available resources. Even seeing a familiar face for a victim can help motivate them to ask of help if needed.”



Special guests gave spoken word readings, performances and speeches, which were followed by dinner and dancing. Guests attended the evening dressed in formal suits and gowns with colors of teal and purple, the colors associated with supporting sexual prevention and domestic violence awareness.

“NSA Bahrain is an island on an island; it’s a small community and we have to take care of one another,” said Enid Murphy, NSA Bahrain’s Sexual Assault Response Coordinator (SARC). “Any event that spotlights issues within our community, such as domestic violence and sexual assault, has to get everyone’s attention and bring everyone on board. That’s why nights like this, a light-hearted approach to a serious topic, is such a great event.”

This year the Navy has adopted, “Silence Hides Violence,” as its DVAM theme to encourage every member of every community to use their voices against domestic violence. The theme will also center on the impact of getting help for a victim of abuse, as well as the consequences of a victim and the community remaining silent in the face of abuse.

“Domestic violence continues to be a problem in our Navy and our military,” said Capt. David Meron, commanding officer of NSA Bahrain. “I have a zero-tolerance attitude toward domestic violence and sexual assault and tonight’s event was an outstanding way to raise awareness and get the word out to our community.”

A “Day of Unity” in October 1981, began a way to highlight the effects of domestic violence. In 1987 the first monthly observance was established. Two years later Congress passed a law, which designated October as National Domestic Violence Awareness Month.

The Shatter Ball event was coordinated by FFSC Bahrain Family Advocacy Program, SAPR Victim Advocate members, Personnel Support Detachment (PSD) Bahrain Non-profit Organization, Command Element - Marine Forces Central Command Forward, NCIS, and Sailors Against Destructive Decisions (CSADD).



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

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Naval Support Activity Bahrain
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NSA Bahrain Executive Officer
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Chaplain's Corner

That Time of Year Again



By Shaun S. Brown
NSA Bahrain Command Chaplain

I can't believe it's that time of year again. Right before Halloween, each year, I fondly recall how I, as a kid, would sit in front of the TV enthralled by that old-school classic, "To Kill A Mockingbird."

Some five decades after I first saw the movie there's one scene that still starts my heart racing, gives me goose bumps, and makes my hair stand on end. My physical reaction amazes me; after all, I've read the book and seen the movie a dozen times, so I already know how it ends. The scene in question is where Jem and Scout, following their school's Halloween party, are menaced in the woods, in the dark, on

their way home. I guess it's that reference to Halloween – one of my favorite feasts of the year – that keeps the connection in my mind so alive.

Despite any controversies that surround her book, there can be no denying that Harper Lee treats many salient issues: Racial injustice, class inequality, gender roles, cultural norms and social custom, the legal system, family life, physical and sexual violence, the loss of innocence, to name a few. Quite bold for a woman author penning a book in the late '50s!

Most of all, I find what the book says about compassion the most compelling. Charles Shields, Harper Lee's biographer, says that the book's "lessons of human dignity and respect for others remain fundamental and universal." And even when I was a kid I felt Atticus' admonition that "you never really understand a person until you consider things from his point of view – until you climb around in his skin and walk around in it" amplify the lessons I learned in religion class.

Well, I guess it's about time to download "To Kill A Mockingbird" and get my heart racing once again. So here's to a safe and happy Halloween to all who celebrate. And to all, regardless of Halloween sensibilities, a heartfelt wish for ever new and higher levels of grace, compassion and moral courage to always know and do the right thing to do.

LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

NEW HOURS OF OPERATION FOR LEGAL ASSISTANCE
MON & WED: 1300-1600
TUES & THURS: 0900-1200

- Powers of attorney and notary services are performed on a walk-in basis during the times stated above.
- Consultations with an attorney are by appointment only.
- All powers of attorney and notary services require TWO forms of identification. Acceptable forms of identification include: military ID card, passport, retiree ID card, dependent ID card, state driver's license, or state ID Card.
- Notary services regarding closing or refinancing documents will require an appointment.

If you have any questions, please contact our front desk at 439-4237.

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

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/>



NEW NSA PARKING LOT TRAFFIC PATTERN

Please be advised there is a change in the traffic pattern exiting the NSA Bahrain parking lot. As you approach the VIG gate area to exit the base, the YIELD signs have been changed to STOP signs.

Please proceed slowly, pay attention, utilize caution, and obey the new signs.

Your safety and security is of paramount importance!

Driving in the "Rain of Bahrain"

- ✓ Many kinds of pavement are the most slippery when it first starts to rain because oil and dust have not yet washed away. Slow down at the first sign of rain, drizzle on the road
- ✓ Turn on your windshield wipers, headlights, and defroster
- ✓ Assess current driving conditions and adjust your speed to those conditions. Under certain conditions, the posted limit may be too fast
- ✓ In a heavy rainstorm, you may not be able to see more than 100 feet ahead. When you can not see any farther than that, you can not safely drive faster than 40 mph

FOR ADDITIONAL INFORMATION CONTACT THE NSA
BAHRAIN SAFETY OFFICE at 439-3528



Keystone Leadership Conference

Saturday, Nov. 2 • 0900-1500

Location: Multi-Purpose Room

The NSA Bahrain Keystone Club will be hosting a youth Keystone Leadership Conference.

All Teen Center members are eligible to attend.
Lunch will be provided.



For more information, contact:
Jarod Bailey @ 439-4902 (1785-4902)

U.S. Navy Child & Youth Programs welcomes children of all abilities.



FFSC Holds “In Her Shoes” Domestic Violence Awareness Training

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — The Fleet and Family Support Center (FFSC) Bahrain in partnership with the Coalition of Sailors Against Destructive Decisions (CSADD) and the Naval Criminal Investigative Service (NCIS) provided “In Her Shoes” a domestic violence awareness training aboard Naval Support Activity (NSA) Bahrain, Oct. 23.

“In Her Shoes” is an interactive program, which engages groups of participants who work through a series of decisions and outcomes based on the life of a domestic violence victim. The training meets the Navy’s requirement for the annual general military training topic for October, which is Domestic Violence Awareness Month.

“In Her Shoes is where all the participants become the victim,” said Sharmane Delgado-Payne, Family Advocacy Rep., Counseling & Advocacy Supervisor for NSA Bahrain. “We think it’s an ingenious way to teach with out the old school PowerPoint slides. The group is living the decisions. They become involved with services that either work or don’t work and ultimately some will move on to do great things and resolve their issues. However, some will eventually result in death.”

Groups of eight to ten read from cards

and discussed the possible results and made a collaborative decision based on the choices provided. Choices included returning to the abuse, seeking medical, legal, religious or family help.

“We help put this event together to show insight as to what can go on inside people’s homes and ways to prevent it if you see the signs,” said Master-At-Arms 3rd Class Harold Howard, president of CSADD Bahrain. “They actually go through the motions and make the decisions of what they would do if they were that person. It helps because you never actually know who is may be a victim of domestic violence and it gives you an idea of what services contact.”

The groups moved around the room to find the table with their choice of service or who to they decided to go to. Once there, the group was faced with the outcome and another set of decisions to make. Often, the group returned to the same outcome multiple times.

“They become involved with services that either work or don’t work, said Delgado. “Ultimately some will move on to do great things and resolve their issues, but then you have some scenarios, which result in death. The funeral home table, I believe, has the most powerful point because statistics show the victim will return to the problem on average seven



Photo by MC1 (SW) Steve Smith

Personnel Specialist 2nd Class Paola Molina, assigned to Personnel Support Det. Bahrain, reads from a scenario card during the “In Her Shoes” domestic violence awareness event.

times before the getting away from the situation or dies. It is a pretty significant statistic for men and women who are victims of domestic violence.”

As the group goes through the course of the scenario, they typically never realize they are controlling how many stations they will visit or the eventual outcome of their situation.

“They are being very creative by doing this,” said Yeoman 1st Class Erika Cook, U.S. Naval Forces Central Command, “It’s important to be aware of abuse and you never know what someone’s situation is. This a good way to get that message out there.”

The program teaches anyone can be a

victim regardless of economic or social status. It also demonstrates that many people never report the abuse and continue to live with it because of children, peer pressure or simply because they may be trapped in situation with no place else to go.

“The point of the training emphasizes being a bystander of domestic violence impacts our whole community regardless of socio-economical status,” said Delgado. “I want them to understand there are services and community support. Sometimes it works and sometimes it doesn’t, but there is help out there. If we don’t talk about it, then the people who need the help can’t get the help.



Photo by MC1 (SW) Steve Smith

Rear Adm. Vincent L. Griffith, commander of Naval Supply Systems (NAVSUP) Global Logistics Support (GLS), speaks via video teleconference during FLC Bahrain’s establishment ceremony aboard Naval Support Activity (NSA) Bahrain, Oct. 23. FLC Bahrain delivers combat readiness and sustained logistics support services to U.S. and coalition forces operating in the U.S. Naval Forces Central Command area of responsibility.

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household goods or automobiles, my team is engaged and razor sharp. They unquestionably are key enablers to the mission success in this theater.”

Read Adm. Vincent L. Griffith, Commander, NAVSUP GLS, spoke via video teleconference from San Diego and noted the NAVSUP FLC Bahrain’s evolution over the years.

“Since our 1992 Defense Cooperation Agreement with Bahrain, and the establishment of 5th Fleet in 1995, you have evolved from, essentially, a base supply department to a fully functioning, dedicated fleet logistics center, delivering combat readiness through logistics to U.S. and Coalition warfighters in the U.S. Naval Forces Central Command area of responsibility,” Griffith said.

NAVSUP FLC Bahrain has offices aboard NSA Bahrain, an expeditionary fuel farm and postal operations at ISA Air Base, and a contracting office in Dubai, U.A.E, with more than 130 military and civilian personnel providing logistics support in the region.



2013 Military Mail Holiday Mailing Dates

One of the challenges of living overseas is that you simply cannot give last minute holiday gifts to loved ones back in the states. To help you prepare for winter holidays, the United States Postal Service and Military Postal Service Agency published recommended mail-by dates for *best chance* delivery prior to 25 December.

Pass this information to your friends and families stateside, and place your online and mail-order gift deliveries early so that your holiday mail enters the mail stream by the recommended mailing dates.

Mail from FPO Bahrain addressed to the United States:

Express Mail:	N/A
First Class Mail Letters and Priority Parcels:	December 10th
Parcel Airlift Mail (PAL)	December 3rd
Space Available Mail (SAM)	November 26 th

Mail from the United States addressed to FPO Bahrain:

Express Mail:	N/A
First Class Mail Letters and Priority Parcels:	December 10th
Parcel Airlift Mail (PAL)	December 3rd
Space Available Mail (SAM)	November 26 th
Parcel Post	November 12 th

Holiday Mailing Checklist:

- Boxes clearly addressed and free of markings
- Customs declaration forms completed and attached – Country is “United States”
- Packages do not contain prohibited items (e.g. wine, pornography, explosives)
- Ship no later than dates above for the *best chance* of delivery prior to 25 December

The post office provides boxes free of charge for Priority Mail®. If you choose to use another box, you must remove or cover any previous markings; such markings could cause delays or prevent delivery altogether. Outgoing mail requires a customs declaration form. View prohibited items at www.usps.com.

Check with your post office for details on size and weight restrictions, applicable rates and items prohibited from mailing.

*“Happy Holidays” from the entire
NAVSUP Fleet Logistics Center Bahrain Team!*

FMC LCPO: 439-4853 / Finance LPO: 439-3199 / Postal Officer: 439-3208

Personnel Exchange Program Can Take You Places

By MC2 Andrea Perez

MILLINGTON, Tenn. (NNS) — For Sailors who have ever wondered what it's like in another branch of the military or in a foreign military, there's a special program offering that experience, said a Navy detailer Oct. 25.

The Navy's Personnel Exchange Program (PEP) lets selected Sailors make a one-for-one exchange with personnel from another military service or foreign service. The program's objective is to integrate participants into the host organization as though they belonged to the service to which they become assigned.

"Sailors should consider serving in the exchange program because they may get the opportunity to work hand-in-hand with foreign militaries and serve in highly-visible and unique billets," said Aviation Electronics Technician 1st Class (AW) Justin Armstrong, PEP detailer, Navy Personnel Command (NPC).

The Defense Personnel Exchange Program (DPEP), the over-arching DoD program, permits military and civilian participants to spend one or more years working in a host nation's defense research and development organizations, joint program offices or operational defense establishments on projects directly related to their expertise. DoD Directive 5230.20 governs visits, assignments, and exchanges of all foreign nationals.

"Officers and enlisted Sailors in pay grades E-5 and above can participate in the PEP program," said Armstrong. "The program is designator and rating-driven as well as NEC-driven (Navy Enlisted Classification), so not all designators, rates or NECs are accepted. Most locations also require a security clearance."

The nature of the PEP is to share professional knowledge with members from other services and nations. Applicants must be able to serve as subject matter experts in their designator or rate. Applicants for foreign PEP billets are military ambassadors of the U.S. and must be able to demonstrate cultural sensitivity.

"Germany, Canada, Italy, United Kingdom and Australia are the foreign nations that currently participate in the PEP program," said Armstrong. "As billets in these countries become available, they show up on CMS-ID (Career Management System - Interactive Detailing)."

According to Armstrong, Sailors selected for a non-English speaking country will be required to get lan-



Photo by Joseph Bara

Rear Adm. Terry B. Kraft, commander of Navy Warfare Development Command, center, Cmdr. Shusuke Kitaguchi, left, Japan Maritime Self-Defense Force Personnel exchange program officer at Navy Warfare Development Command, and Dr. Timothy J. Orr, assistant professor at Old Dominion University, talk about a Battle of Midway display at Navy Warfare Development Command headquarters at Naval Station Norfolk following a Battle of Midway commemoration ceremony.

guage training en route at the Defense Language Institute Foreign Language Center. Training may also be available for accompanying family members on a space available basis.

Required obligated service for the program is 24 months, which does not include training time.

PEP members will receive normal pay and allowances, but may be entitled to special allowances based on their final assignment, such as Overseas Housing Allowance, Cost of Living Allowance, Hardship Duty Pay and Foreign

Language Proficiency Bonus.

A full list of eligibility and application procedures is outlined in MILPERSMAN 1306-921.

The PEP and other Special Program detailers assign Sailors to more than 20 unique programs Navywide, including recruit division commander duty and recruiting duty, the USS Constitution or the USS Arizona Memorial, and assignment to the Blue Angels or Navy Ceremonial Guard. MILPERSMAN 1306-900 contains a complete list of special programs available.

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.
Answers will be provided via Bahrain Desert Times and
the NSA Bahrain Facebook page.

MWR NSA BAHRAIN COMMUNITY YARD SALE

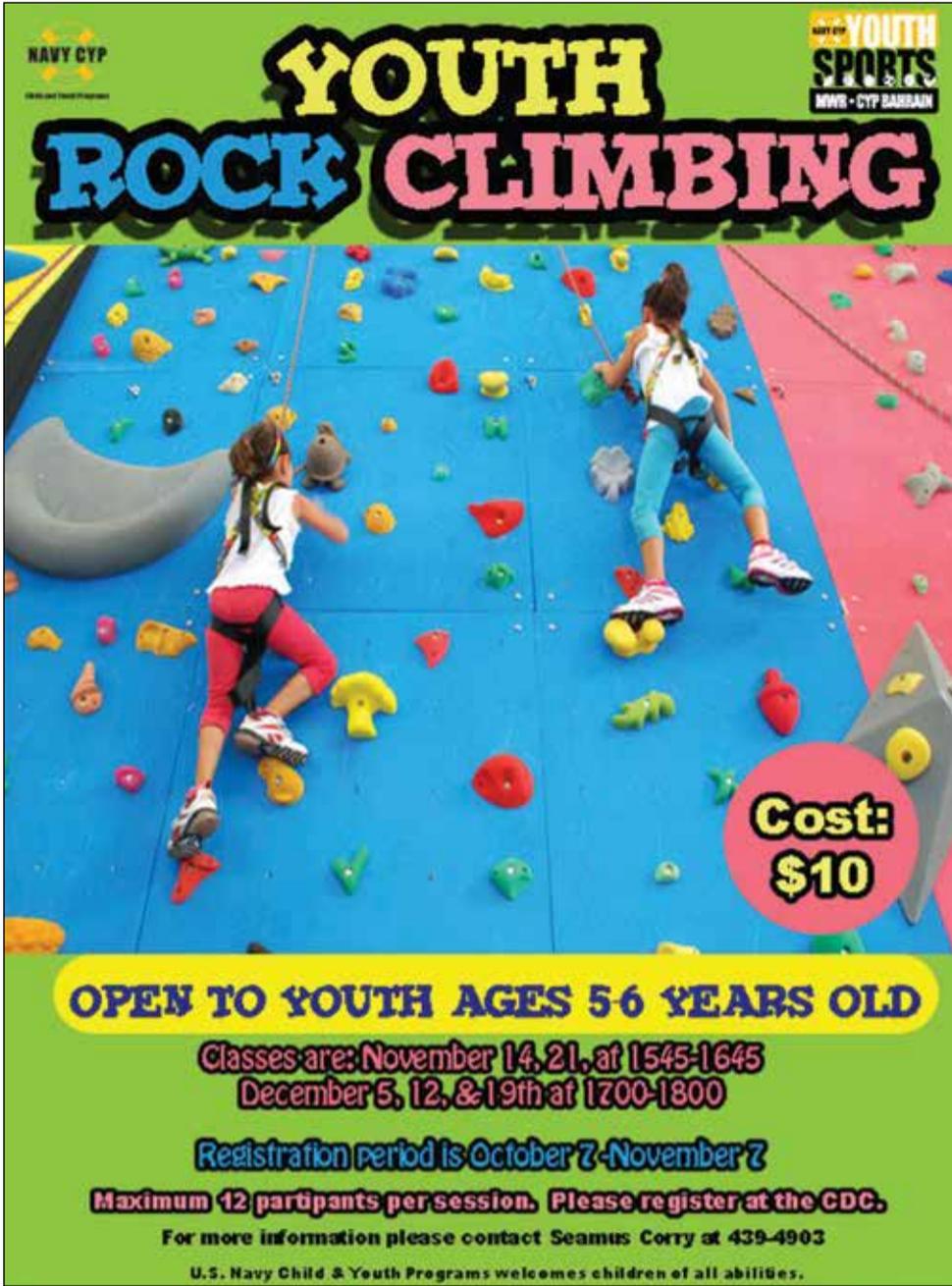
BUY or SELL - USED or UNUSED, IN GOOD CONDITION
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December 5, 12, & 19th at 1700-1800

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For more information please contact Seamus Corry at 439-4903

U.S. Navy Child & Youth Programs welcomes children of all abilities.

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3D TICKETS: ADULTS: \$5.00 CHILDREN (6-12): \$3.00
Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
***** MOVIE HOTLINE: 439-6916 *****



Holiday Shopping Souq: Manama Souq
Tuesday, November 5
• Time: 0930 – 1400
• Min 5/Max 11 people; Price: \$5.00

Swim With The Dolphins
Friday, November 8
• Time: 1000 – 1300
• Min 8 people; ITT Price: \$49.00

Al Jasrah Handicraft & Bahrain Fort Tour
Saturday, November 9
• Time: 0900 – 1300
Min 10 people; Price: \$11.00

Tree Of Life
Monday, November 11
• Time: 1000 – 1300
• Min 5/Max 11 people; Price: \$5.00

Guided Cultural Tour Of Bahrain
Saturday, November 16
• Time: 0900 – 1600
• Min 14 people; ITT Price: \$35.00

ITT

Al Dar Island Day Trip
Friday, November 1
• Time: 0930 – 1500
• Min 10 people; ITT Price: \$17.00

Horse Back Riding
Saturday, November 2
• Time: 0800 – 1100
• Min 8 people; ITT Price: \$26.00

Site Seeing Tour
Sunday, November 3
• Time: 1000 – 1400
• Min 5/Max 11 people; Price: \$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.



NAVY CYP **YOUTH SPORTS** **MWR • CYP BAHRAIN**

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- Register at the CDC by Dec. 19th

Season runs from January 5 - March 1, 2014

FOR MORE INFORMATION, CONTACT:
Seamus Corry, Youth Sports Coordinator
Seamus.Corry@me.navy.mil
439 4903 | 1785 4903 or CDC: 439 9092 | 1785 9092



Saturday, November 2
Pottery, Causeway, & Camel Farm Trip
• Van leaves @ 0830; Sign up in advance \$8.

Thursday, November 7
Nachos in November
• Time: 1130

Sunday, November 3
Sunday Sundaes
• Free Ice Cream Sundae (while supplies last)

Sunday, November 10
Sunday Sundaes
• Free Ice Cream Sundae (while supplies last)

Monday, November 4
Speed Pool
• Time: 1130; Free Pizza for players

Monday, November 11
Speed Pool
• Time: 1130; Free Pizza for players

Tuesday, November 5
Words with Friends
• Time: 1130

Tuesday, November 12
Ping Pong Tourney
• Time: 1130

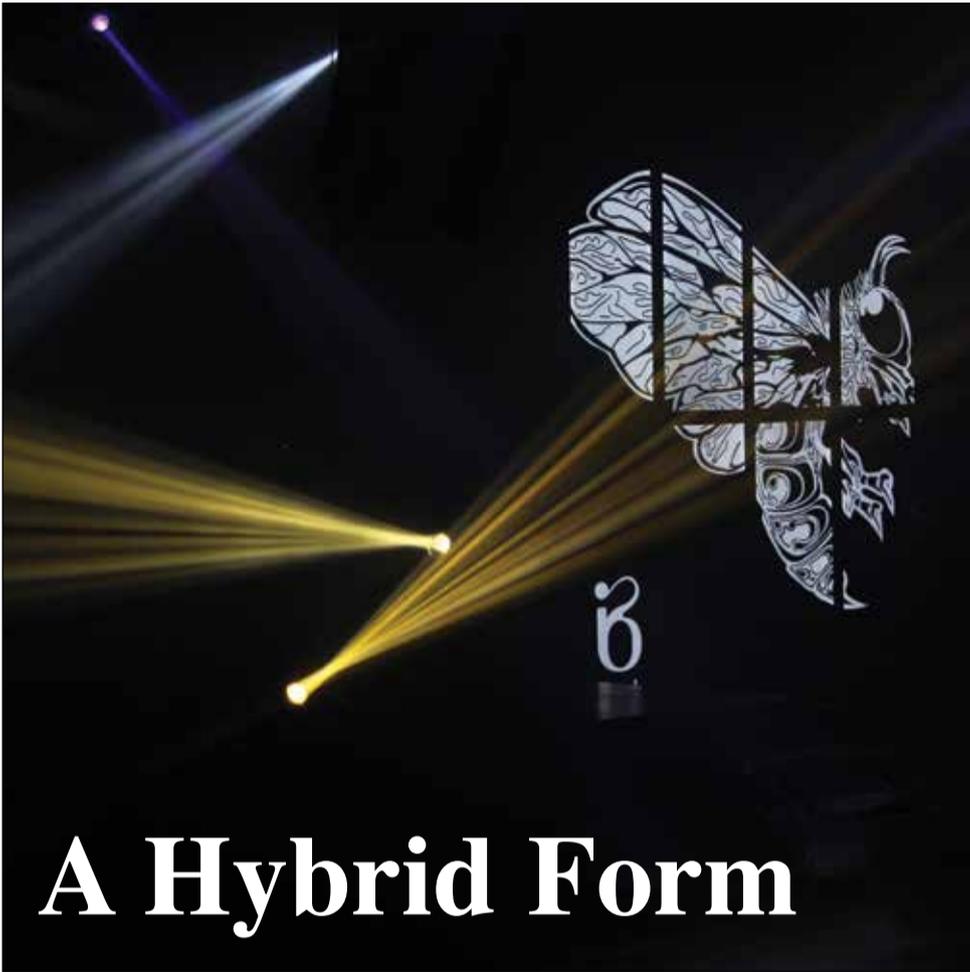
Wednesday, November 6
Lunchtime Bowling
• Time: 1130

Wednesday, November 13
4-Man Sand Volleyball Tournament
• Time: 1800

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



@NSA Bahrain



A Hybrid Form

A new nightclub has come to the rescue of those of us who have grown tired of bar hopping in the usual after dark venues.

Ramee Grand Hotel & Spa in Seef has begun to unveil its outlets. Among the first is Ibrida, the five-star property's nightlife venue. One of the biggest nightclubs in the Kingdom, this venue sets a new beat for the party crowd.

If you want to kick your heels up, let your hair down and dance until dawn, then this is the place to be. From a glittering dance floor to an intimate lounge area, Ibrida boasts several separate venues within its walls.

Move up to the deck to find the lounge area with just as much energy and opportunities to dance.

This premier club boasts a sophisticated design that is chic and minimalist. The focal point, after the large stage and dance floor, is the grand bar, which is as remarkable as it is stylish. The venue features a perfect balance of mirrors and urbane lighting. Other eye candy decor includes the booths and wall units, balancing the modern with the rustic.

From the DJ booth, expect to hear hip hop, rock and house music formats, which are spun nightly. One thing that makes Ibrida so alluring is its amazing resident band. Experience good music and get dancing to the beats of Tune In.

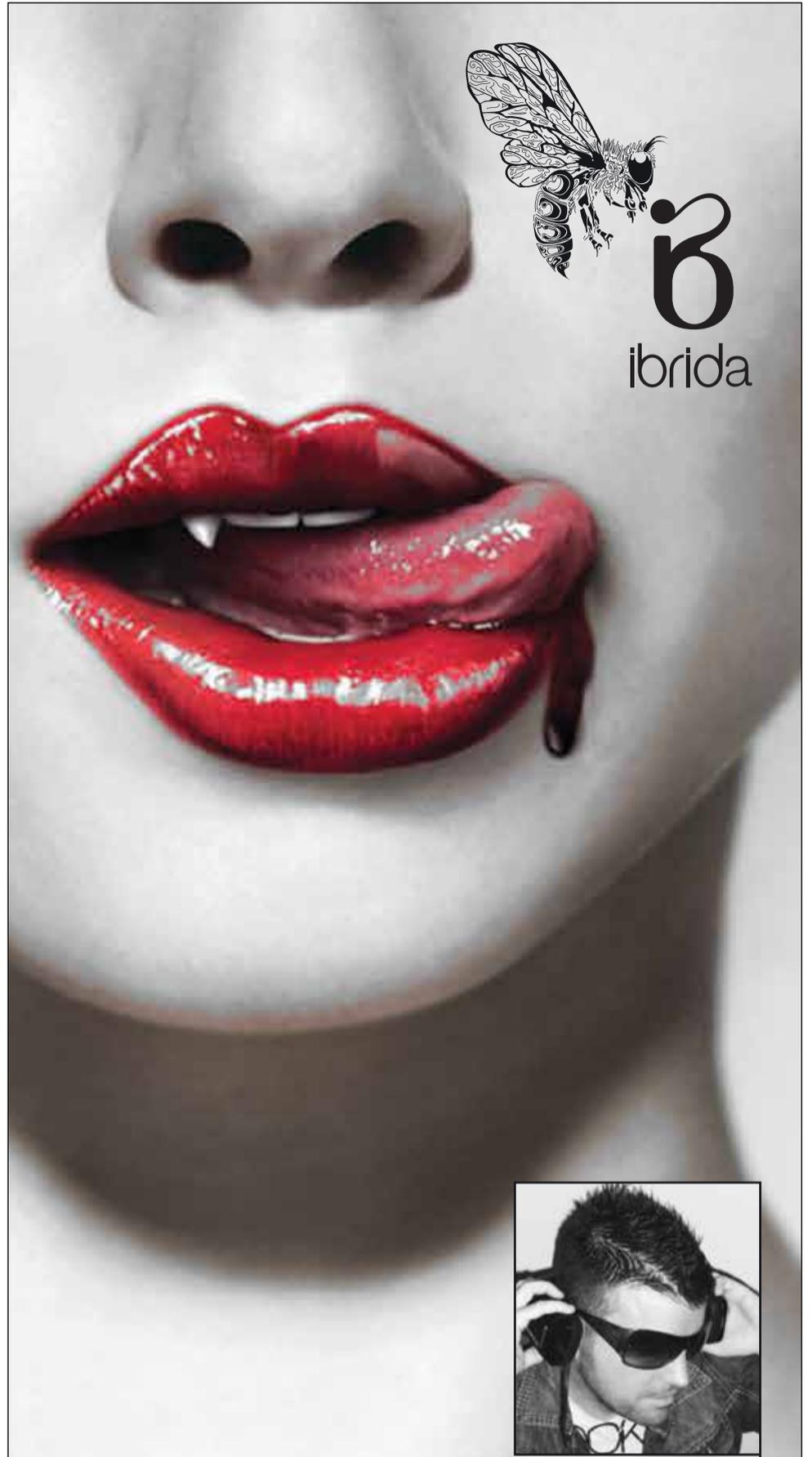
Options abound no matter what you're after — Latino, reggaeton, top hits, hip-hop or the '50s. You will join in the action. The live performance on the saxophone and hand-held drums draws a crowd ready to move on the dance floor.

Steering away from what one would call a typical setting, Ibrida features a blend of light, sound and flavor. Multi-award winning master mixologist M Fadli takes over the bar, creating unique cocktails. Bringing years of expertise in the clubbing industry to our shores, he introduces Bahrain's party-goers to new beverages.

If you aren't the livewire kind and would rather spend an evening of relaxation, opt to be seated in their dining area. Prime Australian steaks that are cooked to your preference are reason enough to stay for dinner. Ibrida has flown in a Japanese chef directly from Tokyo to keep the bar bites and meals authentic.

Their calendar of promotions include ladies' nights, unlimited drinks on Tuesdays, early dining deals and happy hours with 25 percent off on orders made between 8 and 10pm. This new addition to the club scene in Bahrain can accommodate up to 1000 people. Advance booking is advised for larger groups to guarantee their tables. While ladies can enter for free, gents need to pay an entry fee of BD10, inclusive of a free drink. If you're looking for a high-energy and high-class club-of-all-clubs, you won't want to miss the fun at Ibrida.

For information, call 17 111-972 or follow Facebook.com\ibridabahrain.com.



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Dining — Eating Out

American

Bennigan's	1781 3750
Blaze Burgers	7705 5772
Burger Lounge	1774 4773
Burger Wisconsin	1759 4458
Chili's	1727 1701
Elevation Burger	1758 7828
Fat Burger	1713 1414
Franks A Lot	1781 1970
Fuddrucker's	1774 2266
Hard Rock Café	1729 1569
Johnny Rockets	1756 6565
Ponderosa	1756 4228
Ric's Kountry Kitchen	1772 5550
T.G.I.Friday's	1717 9041
Tony Luke's	1749 4940
Tony Romas	1787 0070

Asian

Chin Li	1771 7717
Curry Country	1753 7555
David's Stir Fry	1754 0188
House Boat	1601 0321
Kontiki	1752 5455
Memories	1717 8646
Monsoon	1774 9222
Noodle Factory	1601 0534
Nuasia	1758 7171
Panasia	1772 1600
Peppers Fusion	1771 7808
Rice Bowl	1717 9600
The Noodle House	1766 6353
Wok	1763 6415

**Brazilian**

Brasa De Brazil	1758 2225
Brazil Rodizio	1782 6686

Chinese

Beijing Chinese	1771 7969
China Express	1771 7439
China Garden	1774 6423
Ching	1756 4424
Foli	1772 2199
Hong Kong	1772 8700
Magic Wok	1750 6070
Shanghai Hut	1729 2988
Soie	1753 3533

Café Restaurants

Café Delices	1774 6434
Le Bateau	1736 9165
Paul Bakery & Rest.	1717 2321
T-Spoon	1717 1000

European

Block 338	1771 0338
Camelot	1771 7745
Coco's	1771 6512
Cyprus Taverna	1771 6316
Déjà Vu	1365 7770
JJ's Irish Restaurant	1774 2323
Sizzlers	1771 6999
Zytoun	1729 8008

Fusion

Fusions	1774 6427
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Indian

Aachi's Chettinad Kitchen	1723 3110
Akbar	1729 6660
Bright Candle	1722 9076
Charminar	1726 1896
Clay Oven	1771 7008
Copper Chimney	1772 8699

Curry Tree	1603 0662
Hyderabad House	1672 0031
It's Mirchi	1772 7230
Kalpaka	1729 7000
Khazana	1727 4767
Lanterns	1759 0591
Moti Mahal	1782 5333
Mumbai Spices	1738 2255
Nattinpuram	1729 0600
Nirvana	1758 9318
Papadom	1756 4434
Rajadhani	1771 5222
Shamiana	1717 8085
Saravanaa Bhavan	1724 5577
Spices	1753 1122
The Yellow Chilli	1758 0480

International

Café Marisol	1770 1201
East West Cuisine	1721 0012
Healthy Calorie	17 369-399
Jim's	1771 0654

La Fontaine	1723 0123
Le Jardin	1774 2000
Links	1775 1262
Little Chef/Wholesale	1759 5950
Mei N Yu	1601 0160
Muju	1603 9800
Nando's	1782 5100
Rendezvous	1717 8712
Salad Boutique	3666 4427
Trader Vic's	1758 6555
Upstairs Downstairs	1771 3093
Vins Bistro	1771 7101
Wafi Gourmet	1717 9999
Zoë	1771 6400

Iranian

Golestan	1752 4579
Isfahani	17 369-269
Parsian	1781 1511
Persian Garden	1758 0600
Persian Room	1601 0166
Takht Jamsheed	1772 6431
Tehran Grill	1755 5989

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Café Spasso	1782 2274
Carino's Italian Grill	1758 7878
Cico's	1771 3710
Cucina Italiana	1700 1317
Fiamma	1763 6363
Italiano	1758 1919
Justapasta	1750 6070
La Pergola	1774 6419
La Taverna	1722 9979
Masso	1772 1061
Medzo	1722 7777
Mia Mia	1756 4414
Mino's Pizzeria	1774 4777
Mondo	1752 5484
Nino	1756 6555
Pasta Art	1700 1555
Pastarito Ristoranti	1717 9300
Prego	1775 1263

Japanese

Primavera	1758 0000
Roma	1772 5885
Romano's Macaroni Grill	1750 6070
Vapiano	1749 1391
Bushido	1758 3555
Edo	1729 0945
Frangipani	1758 2422
Fuji Sushi Bar	1753 3383
Fuji Teppanyaki	1753 3383
Hakisushi	1750 6070
Imari	1600 0000
KEI	1753 5000
Maki	1752 2733
Meisei	1700 7770
Mirai	1771 3113
Sato	1774 6429
Sumo Sushi & Bento	1771 8090
Sushi 101	1782 2274
Yo! Sushi	1758 3373

Lebanese

Abd El Wahab	1713 1111
Al Hamra Palace	1722 4000
Carla's Lebanese Bistro	3633 5959
Kenza	1736 0000
Leila	1756 6556
Mashawi Lebanese Grill	1733 9014
Rayés	1731 2700
Yamin Jana	1603 3800
Zahle	1774 6417
Zayt Zaytoon	1731 2222
Zeitouna	1736 5055

Mexican

Casa Mexicana	1771 5521
Margarita Mexicana	1774 6461
Señor Paco's	1772 5873

Middle Eastern

Al Abraaj	1717 8090
Al Bokhari	1731 1186
Leewan Al Khor	1601 0666

Multi-Cuisine

Atayeb Restaurant	1759 0119
Bangkok Int'l.	1774 0666
Caesars	1771 6955
Charcoal Grill	1721 3410
Georgia Chinese	1781 3814
Grand Royal	1772 1787
Silk Restaurant	1774 9750
Spice Nice	1771 3603
Sun & Sand	1731 1366

Pizza

Domino's Pizza	1782 6222
Little Ceasars	1717 9400
Papa John's	1750 6070
Pizza Express	1610 1524
Pizza Hut	1771 1113
Pizza Inn	1781 1666
Ric's Kountry Kitchen	1772 5550
Rolando's	7732 2222
The Pizza Company	1781 1830



Sandwich Bars

Quiznos Subs	1750 6070
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Seafood

Fish Market	1770 1201
La Mer	1763 6363
La Perle	1729 8008
Seafood Market	1753 3383
Waves	1753 1122

Shawarma

Shawarma Express	1772 9922
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Steak Houses

Klounds	1736 0000
Legendz	1722 7777
Plums	1758 0000
The Butcher Shop & Grill	1717 2323
The Meat Co.	1774 2080

Thai

I Am Thai	7704 0454
Baan Saeng Thai	1771 5775

Banana Leaf

Banana Leaf	1774 4171
Orchid Thai	1729 6660
Royal Thai	1774 6421
Shada	1772 1155
Thai Express	1750 6070
Thailand	1771 7040
Wang Thai	1771 0771

Turkish

Kosebasi	1717 2322
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Quick Service Restaurant

Burger King	1750 6070
Burger Land	1771 3778
DQ Grill & Chill	1750 6070
EZ Take Out	1724 1111
Hardee's	1771 1112
Jasmi's	1772 7887
Kentucky Fried Chicken	1771 1111
King of Potato	1749 1914
McDonald's	1781 1812
New York Fries	1717 8436
Pollo Campero	1716 1716



Once Bitten, Never Shy!

It is said that you should never bite the hand that feeds you; well, perhaps you should do just that when the food is as delicious as it is at this iconic venue.

The best bite is surely the one that you never forget; it's the sentiment you will discover when feasting upon the new bar bites selection at the Hard Rock Café. To celebrate restaurant's 16th year of operation in the Kingdom, this standout venue on Exhibitions Avenue will invigorate our senses with 'mini' tastes to savor.

In the same way that the Spanish tapas style of cuisine allow customers to sample many dishes, so, too, does this new menu. These bar bites, though, are not just about amazingly tasty food. Hard Rock Café also looked at drink trends around the globe, from Bali to Dubai to Madrid, and ended up creating a selection of cocktails that are worthy of headlining a world tour.

These include some classics with a twist, and some with very distinctive tastes that do not fall within the 'sweet tooth' category. The combination of both food and drinks in such a manner is, of course, just what we expect from Hard Rock Café.

For a brand that is renowned around the globe, is it little wonder that the new bar bites menu takes flavors from Asia, India and Europe to give us such delicacies such as Asian spring rolls? Alongside this you'll find pulled chicken burgers, mc and cheese burgers, battered fish bites and mini cheeseburgers. Then there's the 'party on a plate' called the All-American platter.

If dieting is all about eating smaller amounts, then we will all land up at the same place. As for the saying, small is beautiful; well, it's absolutely delicious as well at the Kingdom's very own Hard Rock Café!

For information, call 17 291-569.



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DJ Oliver Shine

The Graveyard Shift

Here a spook-tacular night by the beach, featuring an international artist, at one of the island's prime five-star properties.

A celebration that combines the best of October, Sofitel Bahrain Zallaq Thalassa Sea & Spa, presents a beach party that infuses Oktoberfest revelry into Halloween costume drama. Watch out for ghostly tricks and a free-flowing supply of ales at this ultimate blow-out. Make sure your costumes, poses and designated drivers are in order!

Staying with the theme, the hotel is turning its beach into a graveyard for a perfect haunted setting. Dress to impress — the scarier the better. From pirates to princesses, bloodthirsty vampires and creatures of the occult, everyone descends for a night-long megafeast on October 31.

Swiss DJ Oliver Shine gets behind the deck and spins out the latest selection of popular to underground tracks. Collaborating with two Bahraini DJs, the tempo of the evening doesn't drop until the full orange moon rises high, out of the Arabian Gulf. This event features more than 25 brands of international brews. The beer and the barbecue stations are provided by the BMMI group.

Join the intoxicating masquerade at BD35 per person, which includes ten brews or soft drinks and food from the grill. For those still jiving till late; a room package is available at BD150. This includes a luxury room, breakfast for two, as well as entrance to the party with vouchers for ten brews or soft drinks. The hotel expects over 400 people to attend the event.

For information, call 17 636-363.



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Shopping

Endless traditional souqs, malls and shops selling the best of Bahrain. Be prepared to barter! The Kingdom offers first-class shopping malls that cater to every consumer need. Cars, haute couture clothing, electronics, furnishings and sports equipment will likely all be found under the same roof. Free of tax, many designer labels are less expensive here than in their countries of origin. Items, such as gold and jewellery, high fashion, carpets and handicrafts can be bought for amazing deals unmatched anywhere else.

Retail Destinations

- Al A'ali Shopping Complex (Seef)
- Al Hayat Shopping Centre (Segaya)
- Al Murjan Centre (Juffair)
- Bahrain City Centre (Seef)
- Bahrain Mall (Sanabis)
- BFH Harbour Mall (Manama seafront)
- Country Mall (Budaiya)
- Dana Mall (Sanabis)
- Enma Mall (Riffa)
- Gold City (Central Manama)
- Gold Souq (Central Manama)
- GOSI Complex (Exhibition Ave.)
- Isa Town Mall (Isa Town)
- Lulu Centre (Manama)
- Marina Mall (Manama)
- Moda Mall (Manama)
- Najibi Centre (Sa'ar)
- Oasis Centre (East Riffa)
- Oasis Centre (Muharraq)
- Palm Square (Budaiya)
- Ramli Mall (A'ali)
- Reem Centre (East Riffa)
- Seef Mall (Seef District)
- Sitra Mall (Sitra)

- Yateem Centre (Manama Souq)
- Tala Plaza (Budaiya)
- The Centre (Nwaidrat)
- The Jawad Dome (Barbar)
- The Lagoon (Amwaj)
- The Walk (Riffa)
- Wadi Mall (Riffa)

Antiques, Curios & Galleries

- Al Barih Gallery 1771 3535
- Al Riwaq Gallery 1771 7441
- Ella Art Gallery 1729 2815
- Good Life Gallery 1769 9002

Bookshops

- Al Hilal Bookshop 1722 4860
- Books Plus 1758 2263
- Family Bookshop 1721 1288
- Jashanmal Bookshop 1758 1632

Boutiques

- Benetton 1753 5104
- BHS 1770 0123
- Debenhams 1758 1166
- Gucci 1753 1318
- Lacoste 1758 1139
- Max Mara 1753 3573
- Mothercare 1727 7800
- Studio 1 1725 8764
- Sufana & Ruzan 1753 5007
- Wrangler 1753 1553

Cameras

- Ashrafs (Kodak) 1753 4439
- Jashanmal & Sons (Yashica) 1758 2424
- Yaquby Stores 1721 0959
- (Leica, Minolta)

Car Hire

- Budget Car Rental 1753 4100
- Elite Rent-A-Car 1731 1883
- National Car Rental 1731 1169
- Sixt Rent-A-Car 1771 1770

Carpets

- Amirkhan Carpets 3960 0140
- Bradran Persian Store 1722 8655
- Oasis Carpets 1771 3197

- Peacock Carpet Centre 1771 3152
- Royal Carpet 1771 3600

Cosmetics & Perfumes

- Al Hawaj & Sons 1725 5535
- Al Ezz 1729 0055
- Faces 1758 2226
- Jashanmal & Sons 1758 2424
- The Body Shop 1753 5354

Crystal & Glassware

- Crystal Palace 1753 5013
- Royal Doulton Centre 1727 3737

Electronics

- Ashrafs (Sony, Bose) 1753 4439
- Almoayyed Electronics (Aiwa) 1721 1777
- Gajria Electronics 1721 5454
- (Pioneer, JVC)
- Home Electronics 1753 1256
- J A Zayani (Sanyo) 1726 1060
- Mohd Fakhroo & Bros 1725 9534
- Roubens Store (Sharp) 1722 3330
- Yaquby Stores 1721 0959
- Y. K. Almoayyed & Sons 1721 1212

Florists

- Bloom-n-Fantasy 1758 0393
- Singapore Flowers 1774 2456

Framing & Gallery

- Bahrain Art Framing 1771 7165
- Sheema Framing 1771 3235

Furniture

- Bali Angels 3945 9700
- KA International 1740 6016
- Rosewood Collections 1722 5666
- The Home Store 1755 6001

Gifts & Novelty

- Al Hasba Gifts 1765 1811
- Novelty 1771 6667

Handicrafts

- Crafts Center 1725 4688
- Craftland 1771 5348
- Desert Art 1774 9441
- Ethnic Crafts 3374 5196
- Things To Do 1759 0409



Home Décor

- Home Centre 1725 0034
- Manazel 1778 6727
- The Home Store 1755 6001

Jewelry

- Al Hashimi Pearls 1725 3377
- Al Sarraj Jewellers 1727 7521
- Asia Jewellers 1753 4444
- Bahrain Jewellery 1753 5091
- Charming Eyes Jewellery 1724 2105
- Kooheji Jewellery 1758 2848
- Ramzana Jewellers 1722 4659
- Shine Jewellers 1722 5733
- Yaquby Stores 1721 0959

Optician

- Yateem Optician 1725 3397

Pharmacy

- Jaffar Pharmacy (24hrs) 1729 1039
- Nasser Pharmacy (24hrs) 1774 0900

Shoes & Fashion

- A'la Mode 1758 0200
- Bally 1758 1100
- Shoe Mart 1727 2802

Sporting Goods

- Baraka 1753 5343
- Fore Golf 1761 1911

Supermarkets

- Al Jazira Cold Store 1772 0700
- Al Muntazah 1734 6000
- Al Osra 1769 7558
- Geant Hypermarket 1755 8181
- Jawad Supermarket 1769 1010
- Le Marché 1745 7272
- MegaMart/Babasons 1734 1070
- Midway Supermarket 1773 2220

Toys

- Mothercare 1774 1155
- Toys R Us 1758 0860

Travel Agents

- Al Dar Travel & Tours 1771 6446
- Al Fanar Travel 1753 1144
- World Travel Service 1722 5650

Watches

- A'la Mode 1758 0200
- Ashrafs 1753 4439
- Yaquby Stores 1721 0959
- Zahrat Al Khaleej 1721 4321

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