



Photo by MC2 Derric Cushman

Chief Warrant Officer 3 Michael Matthews speaks to a group of Sailors aboard Naval Support Activity (NSA) Bahrain about the various programs available through the Navy to become a commissioned officer.

# “Mustang Road Show” Provides Guidance on Commissioning Programs

By MC2 Derric Cushman  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — The Bahrain Mustang Association presented Sailors aboard Naval Support Activity (NSA) Bahrain with information on enlisted to officer commissioning programs during their first “Mustang Road Show” Nov. 14.

The Mustang Road Show provided Sailors with guidance and one-on-one counseling by officers who have been commissioned under the various programs within the Navy.

“The officers of the Bahrain Mustang Association wanted to make sure all of our Sailors and Marines are aware of the programs available,” said Chief Warrant Officer 3 Michael Matthews, president of the Bahrain Mustang Association.

Matthews said he personally strives to ensure service members aboard NSA Bahrain are able to take full advantage of the resources the Mustang Association provides to those interested in obtaining a commissioning.

“I joined the Navy almost 23 years ago as an E-1 and went up through the ranks just like many of us are doing today,” said Matthews. “There was a certain point in my career when I made the decision to aspire for a commission. Because of the opportunities provided to me by other officers, I was able to obtain a commission. I wanted to

give that opportunity to other Sailors and to be able to put Sailors in a position to lead and to flourish. That should be a motivator for all of us.”

Mustang Road Show attendees were able to ask questions and get the most recent information on commissioning programs, such as Officer Candidate School (OCS), the Medical Enlisted Commissioning Program (MECP), Limited Duty Officer (LDO), and Chief Warrant Officer (CWO).

“The Mustang Road Show gives great information to junior Sailors who potentially may not know about the other programs outside of LDO, CWO, or the Seaman to Admiral-21 (STA-21) program,” said Intelligence Specialist 1st Class Steven Martel, assigned to U.S. Naval Forces Central Command (NAVCENT). “They may not know how to apply to OCS if they already have a degree. I think the Bahrain Mustang Association has done the right thing to give Sailors all their options and to learn all the information on the programs.”

Bahrain Mustang Association members such as Lt. Cdr. Jacqueline Williams, assigned to Naval Branch Health Clinic Bahrain, wanted to ensure Sailors there is plenty of support at NSA Bahrain for those who are interested in obtaining a commission, and who are willing to work hard to achieve their goals.

MUSTANG Page 4

## IT Dept. Brings New Building Online

By MC2 Derric Cushman  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Naval Support Activity (NSA) Bahrain’s Information Technology Dept. (N6 IT) provided their technical knowledge and manpower to ensure the new Project 908 Temporary (P908T) building aboard NSA Bahrain was ready for operation by opening day.

The building is designed to support 13 NSA Bahrain tenant commands along with several coalition partners, totaling more than 190 people who are expected to move into the new facility.

The building is being constructed as temporary office spaces for the commands currently using trailers and Conex containers as their office facilities. After approximately two years in P908T, occupants will then be moved to a new \$38 million, four story administration consolidation building, which is currently under construction.

One of the operational requirements for P908T, was for tenants to have communication capabilities. That responsibility was given to the N6 IT Dept.

“We knew this building’s unique requirements would be with the different sensitivities each space has with the different communications systems,” said Chief Construction Electrician Jonathon Heintz, Senior Enlisted Leader of Public Works Dept. (PWD) Bahrain. “I could build a \$100 million facility, but if the computers didn’t turn on, nobody would move in.”

The N6 IT department is working to ensure, not only will the computers work, but that all communication systems are running within standards so tenants of P908T are able to work using the systems.

“The N6 Team has been with me every step of the way, coordinating the multiple U.S. Navy Central Command (NAVCENT) and U.S. Naval Computer and Telecommunications (NCTS) requirements,” said Heintz. “We have done at least 700 meetings in the last year with all the individual tenants of P908T and all the separate

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Photo by MC2 Derric Cushman

Information Systems Technician 1st Class Ty Lamberth, assigned to NSA Bahrain’s IT Dept. (N6), checks network connectivity to ensure building Project 908 Temporary (P908-T) is ready for its occupants.

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- 6 - MWR EVENTS & INFO



KIDS VS. MARINES NERF BATTLE, P. 2



NAVY RESERVE E-4 TO E-6 ADVANCEMENT QUOTAS RELEASED, P. 4



THESE STORIES AND MORE...

# Family Life at NSA Bahrain



## Kids Vs. Marines Nerf Battle

Photos by MC1 (SW) Steve Smith

More than 200 kids ages six to 18 gathered in the gym to take on the Marines of Marine Corps Forces Central Command (MARCENT) and U.S. Marine Corps Fleet Anti-terrorism Security Team, Central Command (FASTCENT) during the MWR Nerf Battle, Nov. 21.

Kids donned face paint and tactical gear to prepare for the fight. They were sent out in waves by age group to battle the Marines. MWR provided an arsenal of 25 Nerf guns and more than 2,000 rounds of foam darts.



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

## Happy Thanksgiving!



By Shaun S. Brown  
NSA Bahrain Command Chaplain

I must admit, a recent e-mail from my aunt really did tug at my heartstrings; all she had to do was mention the wax turkeys she dragged out of storage to put up for Thanksgiving and I got a lump in my throat. Ever since I was a little kid I used to love seeing those two little multi-colored decorations - definitely old school. Now, so far away and having not seen them in years, the thought of those par-

ticular decorations evoke fond and happy memories of many good times and many beloved people from years gone by.

Even as a nation, our collective memory is replete with fond historical memories of peoples in a new world mingling with those who settled the land centuries before - together, all grateful for the bounty of the harvest, provided by the hand of Providence (yes, the early Thanksgivings were religious in nature). From Colonial days through the Revolutionary and Civil Wars, the people of our great nation paused for occasions of thanksgiving - SPONSORED, in fact, BY our great nation!

And, still today, for many of us, Thanksgiving is still an occasion to exercise our religious and spiritual sensibilities and render thanks for blessings received.

So, no matter what we do this Thanksgiving - eat turkey, visit friends and family, watch or play sports, sleep in, work - may each of us in our own way pause, reflect on all for which we are grateful and, in some way, shape, or form, render thanks as did so many generations of our predecessors.

Happy Thanksgiving!

## Send Holiday Greetings

- Joint Hometown News Service (JHNS) has partnered with SiriusXM radio to allow military men and women anywhere in the world to send Holiday Greetings to their loved ones back home.
- No matter the location, military folks can call a toll-free number or DSN and leave a message for airing on SiriusXM.
- It's very simple. All that's needed is RANK, FULL NAME, HOMETOWN, WHERE YOU'RE STATIONED, AND A QUICK GREETING...
- Toll-free: 888-776-2790  
DSN: 312-733-4660
- The greetings will be aired on SiriusXM's Holiday Traditions channel now through January 1, 2014.



## 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.

## 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/>

## 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



## Family Turkey Trot 1.5 Mile Walk/Run

Wednesday 27<sup>th</sup> NOV  
@ 1630



Registration will start at 1600  
Race sign-ups and starting point  
at the NAVCENT Roundabout.

For more information call Fitness Center @ 439-9306.

# Navy Reserve E-4 to E-6 Advancement Quotas Released

From Chief of Navy Reserve Public Affairs

WASHINGTON (NNS) — Fall Reserve Petty Officer Advancement quotas were released today and 1,881 Reserve Sailors will be promoted to E4, E5 and E6, representing an overall 2.2 percentage point increase from the last promotion cycle.

“These improvements reflect that our Force management efforts are working,” said Vice Adm. Robin R. Braun, Chief of Navy Reserve. “These quotas meet our Force manning requirements and are an important step toward stabilizing advancement opportunities from cycle to cycle.”

The advancement opportunity for Reserve E6 Sailors this cycle has increased to 8.7 from

6.5 percent while E5 Sailors opportunities rose to 15.1 percent from 11.5 percent. Sailor advancement rate to E4 slightly decreased to 32.5 percent from 35.4 percent due mainly to an increase in the number of eligible Sailors.

In addition, rating demand increased across the board. For E6 the number of ratings with no demand signal is 21, down from 26, E5 decreased to 18 from 23, and E4 dropped slightly to 6 from 7.

“This is good news for our Sailors,” said Navy Reserve Force Master Chief CJ Mitchell. “By effectively managing accessions and accurately forecasting attrition rates, the Navy Reserve is stabilizing and gradually improving Sailors’ advancement opportunities.”



Photo by MC2 Aaron Chase

Chief of Navy Reserve Vice Adm. Robin Braun presents Engineman 1st Class Grantley Thornhill with a Letter of Commendation for his selection as Sailor of the Quarter, Third Quarter, for Navy Operational Support Center (NOSC) New York City. Braun then held an Admiral’s Call at NOSC New York City in which she spoke about the current state and the future of the Navy Reserve.

## Thanksgiving

### FREE LUNCH & DINNER

\*Active Duty Military Personnel, DOD Civilians & Family members

MENU

\*PLEASE SHOW VALID ID

- Caesar Salad
- 
- Selection of Dinner Rolls
- Roast Beef
- Roast Turkey with Giblet Gravy
- Honey Baked Ham with Raisin Sauce
- Cornbread Stuffing
- Mashed Potatoes
- Green Beans
- Corn
- Sweet Potatoes with Marshmallows
- 
- Pumpkin Pie
- Pecan Pie
- 
- Soda and Iced Tea

## 28 NOV

1100-1400 • 1700-2000

Civilian Guests  
and Contractors: \$12.00

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meetings we have done with the U.S. Army Corps of Engineers. The N6 IT Team is there night and day making sure that all the wiring that we have put in place actually turns on and works, and there is a lot that goes into that.”

“I like to interact with the equipment and to be on-site as much as possible to get the network services up,” said Jason Truax, support specialist for the N6 IT Dept. “I then follow up with the tenants to ensure the connectivity is available and they are able to continue their job functionality in their new location. It definitely took a lot of man-hours to get this going from the start, up to the point where people are actually moving into P908T.”

Information Systems Technician 1st Class Ty Lamberth, assigned to NSA Bahrain’s N6 IT Dept. said he has enjoyed the experience and the opportunity to learn new things.

“The best experience was getting to work with my N6 IT team and gaining knowledge on how to do the Protective Distribution Systems (PDS),” said Lamberth. “It was a learning experience to actually go through the inspection process and being able to work collectively as a team.”

## CYP Fine Arts Exhibit

Artwork must be submitted by **Thursday, Nov. 21,**

at the SAC or Teen Center and entered into one of the following categories:

Monochromatic Drawing   Multicolored Drawing   Pastel   Watercolor   Sculpture  
 Oil or Acrylic   Printmaking   Mixed Media   Collage   Group Project

Fine Art Clubs will be offered at Teen Center and SAC leading up to the exhibit.  
 Stop by either program for schedules.

-Art will be judged based on category & age group.  
 -Local winners selected may participate in the regional Fine Arts exhibit  
 -with a chance to be selected for the National Fine Arts exhibit.

All members of the Bahrain School Age Care & Teen Center ages 6-18 are eligible to participate.  
 For additional rules on submitting entries please stop by School Age Care  
 or call 439-4901 or email Jarod.Bailey@me.navy.mil

\*Navy Child & Youth Programs welcomes children of all abilities.

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“What I would like for Sailors to take away from today’s Mustang Road Show is they have help, they don’t have to do it all by themselves,” said Williams. “There are people here who will help them, show them, and guide them in what they need to do. It’s a lot of work, but it’s rewarding and in the end they will be happy they put in the blood, sweat, and tears to get it done.”

Machinist Mate Fireman Alexa HamiltonDecker, assigned to Port Operations at NSA Bahrain, is one Sailor who feels the hard work would be worth it.

“It’s something that I grew up wanting to do,” said HamiltonDecker. “My father was

in the Navy. He would take me to the Naval Academy every summer and I would see all the officers. The nostalgia around them is just amazing for me. They can do so many things, no matter what rank you are, you can help people and help change the way the Navy operates for the better.”

There are plans for future Mustang Road Shows which will include information for commissioning programs from all branches of the military. The Bahrain Mustang Association plans to have representatives from each branch of service who can help to guide service members in achieving their goals of obtaining a commission.



### 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<sup>th</sup>

**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<sup>th</sup>  
 Parcel Post November 12<sup>th</sup>

**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](http://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

# Navy Reserve Ready Mobilization Pool Disestablished

From Commander, Navy Reserve Forces Command Public Affairs

**NORFOLK, Va. (NNS)** — Beginning Jan. 1, 2014, the Reserve Ready Mobilization Pool (RMP) will no longer be used to involuntarily recall Reserve Sailors.

The RMP is being eliminated due to the drawdown in Iraq and Afghanistan and the extremely high mobilization volunteer rate throughout the Navy Reserve Force.

“Although our immediate need for a large forward deployed force has been reduced in correlation with the drawdown in Afghanistan, our Reserve Sailors will continue to stand, ‘Ready. Anytime. Anywhere,’” said Rear Adm. Bryan Cutchen, commander, Navy Reserve Forces Command.

Across the force, the volunteer rate has consistently remained near 75 percent, with a September 2013 volunteer rate of 87.7 percent. This high volunteer rate is projected to continue due to the opportunities mobilizations provide for valuable career growth in a variety of joint and specialized billets.

The Ready Mobilization Pool (RMP) was first implemented in 2009 to manage the mobilization of Reserve Officers. In 2010, Reserve Enlisted personnel were added to the pool, coinciding with an increase in the number of mobilizations across the entire Reserve Force, which had reached their highest level since 2003.

The mission of the Navy Reserve is to deliver strategic depth and operational capability to the Navy, Marine Corps, and Joint Forces.



**Thursday, December 5**  
**1700 - FREEDOM SOUQ COURTYARD**

Think you have the world's greatest dessert recipe?  
 Consider entering Santa's Sweet Treat Contest!  
 Presented by: Bahrain Family Readiness Group

Participants may bring as many desserts as they desire to the Holiday Tree Lighting Ceremony. Desserts will be collected at the Dessert Tent, and judging will be based on People's Choice Ballots. Everyone will have the opportunity to try your dessert and vote on the best "Sweet Treat."

Must sign up in advance at the ITT Office  
 Judging begins at 1700!  
 Prizes awarded to the top 3 best desserts!

For more information email: [suz.mcallister@gmail.com](mailto:suz.mcallister@gmail.com)

NSA Bahrain MWR

# Tree LIGHTING CEREMONY

Night of Extraordinary Lights

## THUR, 05 DEC.

Freedom Souq Courtyard  
 1700-2000

Join MWR to kick off this year's holiday season with our very own Tree Lighting Ceremony!

- Arts & Crafts for the kids.
- Holiday face painting and henna.
- Enjoy Free Santa's Hot Chocolate & Cookies while supplies last.
- Rock around the tree with special entertainment from The AFCENT Band.
- Meet Santa & Mrs. Claus

**\*\*Must bring your own camera to capture the moment\*\***

- Meet Santa's Desert Camel
- F&B holiday menu available for purchase.
- Enter your favorite holiday dessert in Santa's Sweet Treat Contest.
- NEX Bazaar-start your holiday shopping now with our wonderful local vendors.

For more information email: [Gina.Woodley@me.navy.mil](mailto:Gina.Woodley@me.navy.mil)



**MWR NSA BAHRAIN**

# COMMUNITY YARD SALE

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

**Saturday, Dec. 7 • 0900-1200**  
at the  
Freedom Souq Courtyard

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

Cost of table: \$5.00 / 1 Vendor per table  
Sign up and pay at ITT office.

FOR MORE INFORMATION, CONTACT: ITT @ 439-3531/4206

# MWR Cinem

## MOVIE COMPLEX

**REGULAR TICKETS:** ADULTS: \$4.00 CHILDREN (6-12): \$2.00

**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**  
Sunday, December 1

• Time: 0930 – 1400

• Min 5/Max 11 people; Price: \$5.00

**Arabian Experience: Horse Race At Sakhir & Dinner At Veranda Restaurant**

Friday, December 6

• Time: 1400 – 1900

• Min 8/Max 12 people; ITT Price: \$28.00

**Guided Cultural Tour Of Bahrain**

Saturday, December 7

• Time: 0900 – 1600

• Min 14 people; ITT Price: \$35.00

**Site Seeing Tour**

Monday, December 9

• Time: 1000 – 1400

• Min 5/ Max 11 people; Price: \$5.00

**Horse Back Riding**

Friday, December 13

• Time: 0930 – 1200

• Min 8 people; ITT Price: \$26

## ITT

**Horse Back Riding**

Friday, November 29

• Time: 0800 – 1100

• Min 8 people; ITT Price: 26.00

**Arabian Experience: Horse Race At Sakhir & Dinner At Veranda Restaurant**

Friday, November 29

• Time: 1400 – 1900

• Min 8/Max 12 people; ITT Price: \$28.00

**Al Areen Wildlife Park**

Saturday, November 30

• Time: 0900

• Min 10 people; ITT Price: \$11.00

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.



Thursday, November 28

**Spades Tourney**

• Time: 1800

Saturday, November 30

**Beauty Garden Spa Day Moroccan Bath**

• \$5.00 for Transportation only

Sunday, December 1

**Sunday Sundaes**

• Free Ice Cream Sundae (while supplies last)

Monday, December 2

**Speed Pool**

• Time: 1130; Free Pizza for players

Tuesday, December 3

**Holiday Mad Lib**

• Time: 1130

Thursday, December 5

**Texas Hold'em**

• Time: 1800

Saturday, December 7

**Pottery, Causeway, & Camel Farm Trip**

• Time: Van Leaves @ 0830

Sunday, December 8

**Sunday Sundaes**

• Free Ice Cream Sundae (while supplies last)

Monday, December 9

**Speed Pool**

• Time: 1130; Free Pizza for players

Wednesday, December 11

**Happy Birthday December Babies!**

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



PRESENTS THE FIRST EVER!

# SOCCER LEAGUE

*for Youth!*

• For youth 3-18 years old

• Registration fee: \$45

• Registration period: Nov.10 - Dec. 19, 2013

• 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](mailto:Seamus.Corry@me.navy.mil)

439 4903 | 1785 4903 or CDC: 439 9092 | 1785 9092



@NSA Bahrain



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**BMW 640i Gran Coupe**

**Style, Sophistication  
Elegance**



**BMW 435i M Sport**

**Our latest Sport  
Thoroughbred**



**BMW 335i M Sport**

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**1781 3883**

**Located right outside the Walk-in gate, opposite Chili's on American Alley**

Presented by  
**Punchline**  
Media

Returning to Bahrain for a second year, the interactive comedy show that tours the world.



“A Fault-less dining experience”  
**Gulf Daily News**



“An evening of authentic British Humor”  
**Gulf Weekly**



“A two-hour eat, drink and laugh sensation”  
**Daily Telegraph**



“Ingenious...the best comedy show I have ever been to”  
**Sunday Express**



Shows between November 21 and December 3  
For more information and to book your table, visit:

[www.faultytowers.bh](http://www.faultytowers.bh)

For sponsorship queries and group/corporate bookings please contact [basil@faultytowers.bh](mailto:basil@faultytowers.bh) or call 3666 3509

 **INTERCONTINENTAL**  
REGENCY BAHRAIN

**bahrain**  
this month

 **tickets**  
MEGASTORE [virginmegastore.ae](http://virginmegastore.ae)

## 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 Bareh 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 (Leica, Minolta)	1721 0959

### 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 (Pioneer, JVC)	1721 5454
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
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### 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 Odra	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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## Dining — Eating Out

American	Asian
Bennigan's 1781 3750	Chin Li 1771 7717
Blaze Burgers 7705 5772	Curry Country 1753 7555
Burger Lounge 1774 4773	David's Stir Fry 1754 0188
Burger Wisconsin 1759 4458	House Boat 1601 0321
Chili's 1727 1701	Kontiki 1752 5455
Elevation Burger 1758 7828	Memories 1717 8646
Fat Burger 1713 1414	Monsoon 1774 9222
Franks A Lot 1781 1970	Noodle Factory 1601 0534
Fuddrucker's 1774 2266	Nuasia 1758 7171
Hard Rock Café 1729 1569	Panasia 1772 1600
Johnny Rockets 1756 6565	Peppers Fusion 1771 7808
Ponderosa 1756 4228	Rice Bowl 1717 9600
Ric's Kountry Kitchen 1772 5550	The Noodle House 1766 6353
T.G.I.Friday's 1717 9041	Wok 1763 6415
Tony Luke's 1749 4940	
Tony Romas 1787 0070	



Brazilian	European
Brasa De Brazil 1758 2225	Block 338 1771 0338
Brazil Rodizio 1782 6686	Camelot 1771 7745
	Coco's 1771 6512
<b>Chinese</b>	Cyprus Taverna 1771 6316
Beijing Chinese 1771 7969	Déjà Vu 1365 7770
China Express 1771 7439	JJ's Irish Restaurant 1774 2323
China Garden 1774 6423	Sizzlers 1771 6999
Ching 1756 4424	Zytoun 1729 8008
Foli 1772 2199	
Hong Kong 1772 8700	<b>Fusion</b>
Magic Wok 1750 6070	Fusions 1774 6427
Shanghai Hut 1729 2988	
Soie 1753 3533	<b>Indian</b>
	Aachi's Chettinad Kitchen 1723 3110
<b>Café Restaurants</b>	Akbar 1729 6660
Café Delices 1774 6434	Bright Candle 1722 9076
Le Bateau 1736 9165	Charminar 1726 1896
Paul Bakery & Rest. 1717 2321	Clay Oven 1771 7008
T-Spoon 1717 1000	Copper Chimney 1772 8699

Curry Tree 1603 0662	La Fontaine 1723 0123
Hyderabad House 1672 0031	Le Jardin 1774 2000
It's Mirchi 1772 7230	Links 1775 1262
Kalpaka 1729 7000	Little Chef/Wholesale 1759 5950
Khazana 1727 4767	Mei N Yu 1601 0160
Lanterns 1759 0591	Muju 1603 9800
Moti Mahal 1782 5333	Nando's 1782 5100
Mumbai Spices 1738 2255	Rendezvous 1717 8712
Nattinpuram 1729 0600	Salad Boutique 3666 4427
Nirvana 1758 9318	Trader Vic's 1758 6555
Papadom 1756 4434	Upstairs Downstairs 1771 3093
Rajadhani 1771 5222	Vins Bistro 1771 7101
Shamiana 1717 8085	Wafi Gourmet 1717 9999
Saravanaa Bhavan 1724 5577	Zoë 1771 6400
Spices 1753 1122	
The Yellow Chilli 1758 0480	

International	Iranian
Café Marisol 1770 1201	Golestan 1752 4579
East West Cuisine 1721 0012	Isfahani 17 369-269
Healthy Calorie 17 369-399	Parsian 1781 1511
Jim's 1771 0654	Persian Garden 1758 0600
	Persian Room 1601 0166
	Takht Jamsheed 1772 6431
	Tehran Grill 1755 5989



## For the Love of Chocolate



There's nothing like chocolate to raise your spirits. You can now indulge in a multitude of preparations at this popular café.

You don't need a reason to indulge in chocolate. As a flavour and dessert, it has captivated our taste buds and senses for centuries. From candy bars to gourmet creations or even a simmering cup of hot cocoa, the forms are many but the effect is universal — absolute delight!

Paul Bakery and Restaurant has perfected the art of tempering chocolate and has prepared a variety of desserts. The bistro invites you to sample these sinful treats.

An array of cakes, pies, mousses, tarts and truffles are on offer. The experienced kitchen brigade combines the deep, dark and calming flavour of cocoa with the effervescent fruitiness of summer berries, apricots and other fruits.

This variety is available only for a limited period, so we

suggest you make the most of it. After all, there's no such thing as excess when it comes to chocolate. With the growing spirit of festivity in the air, these delights make for great gifts.

**Breaking bread**

Aside from its chocolate fiesta, Paul Bakery and Restaurant is known for its extensive variety of breads. Pain de mie loaves, available in 250g or 500g packages, are an ideal accompaniment to your canapés and buffet spread.

The walnut bread is the ideal partner to any cheese selection. They also offer rye bread, which is a rustic loaf boasting a genuine flavour, that goes best with seafood. The chestnut and orange bread is a seasonal favourite as is the one made with a mix of nuts and apricots. Topping this range is the six cereals and fig loaf.

**A heritage of quality**

With a history dating back to 1889, this venue started off as a bakery but has established itself over the years as a full-service restaurant. Fresh bread is baked up to four times a day to ensure constant freshness and quality. Customers can see the bakery from the shop floor and experience for themselves the skill and expertise of the master bakers at work.

Paul Bakery and Restaurant's passion for preserving and respecting French heritage is obvious in all that they do. Each dish, drink and dessert is freshly prepared on the premises and reflects the traditional home-cooked style of preparation, native to France.

For information, call 17 172-321 (Bahrain City Centre) or 17 580-073 (Seef Mall).





**Italian**

Café Italia	1774 4774
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

Primavera	1758 0000
Roma	1772 5885
Romano's Macaroni Grill	1750 6070
Vapiano	1749 1391

**Japanese**

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	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



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nett per person

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