

# Chief of Navy Reserve Visits Sailors in Bahrain

By Lt. j.g. Alex Cornell de Houx and Ensign David Copley  
U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — Chief of Navy Reserve, commander, Navy Reserve Force, arrived in Bahrain Dec. 22, as part of a region-wide trip to thank mobilized Sailors for their service and listen to ideas from the fleet.

Following a stop in Djibouti, Vice Adm. Robin R. Braun spent two days in Bahrain meeting with Sailors and holding question and answer sessions.

“I’m here to thank all of you. It’s the holiday season, and you’re out here doing the work your Navy and your country, have asked you to do,” said Braun during an all-hands call with Reserve Sailors.

More than 3,000 members of the Navy Reserve are currently mobilized, leaving behind their families, friends and civilian jobs to support the Navy across the globe.

“Navy Reserve Sailors have continued to answer the call. Almost 80 percent of our mobilizations are filled by volunteers. It really shows the commitment of our Sailors,” said Braun.

In discussions with Sailors, Braun emphasized how the Reserve community is working hand in hand with active duty Sailors to achieve the three tenets of Chief of Naval Operations (CNO) Adm. Jonathan Greenert.

“The CNO expects our priorities to be warfighting first, operating forward, and being ready. My goal is to get the skill sets in places the Navy needs. We need to have every Sailor ready to go if the Navy calls on us; whether it’s for one Sailor or 1,000 Sailors,” said Braun.

*CHIEF OF NAVY RESERVE Page 4*



Photo by Lt. j.g. Alexander Cornell du Houx

Vice Adm. Robin R. Braun, chief of Navy Reserve, commander, Navy Reserve Force, talks with Reserve Sailors during an all-hands call. Braun visited Bahrain as part of a Middle East tour to greet Sailors and Marines during the holidays and listen to ideas from the deck plate.

# NSA, MWR Dedicates Courtyard to Mario



Photos by MC1 (SW) Steve Smith

Capt. David Meron, commanding officer of Naval Support Activity (NSA) Bahrain, speaks about Mario “Papa” Farrulla at the Freedom Souq courtyard dedication ceremony. Meron discussed Farrulla’s service to the Fleet and commitment to his employees.

By MC1 (SW) Steve Smith  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Capt. David Meron, commanding officer of Naval Support Activity (NSA) Bahrain, and staff members from Morale, Welfare and Recreation (MWR) Bahrain, dedicated the courtyard outside the Freedom Souq to Mario “Papa” Farrulla, recently deceased Community Activities Manager, Dec. 29.

Farrulla worked in almost every area of MWR during the span of his 35-year career with MWR and had been aboard NSA Bahrain since July 2012.

“Mario was always about taking care of the community,” said Mark Richards, director of MWR Bahrain. “He came back overseas from a very good job in Annapolis, Md., where he was their MWR Director. This job (in Bahrain) was a down-grade for him but he wanted to come back out and ‘make a difference.’”

As the Community Activities Manager, Farrulla was responsible for managing the



A plaque officially dedicates the courtyard outside the Freedom Souq as the “Mario ‘Papa’ Farrulla Courtyard.”

movie theaters, multi-purpose room (MPR), entertainment, special events and other leisure programs.

According to Richards, Farrulla hosted a number of Navy Entertainment, AFN and USO shows that were held in the courtyard. He was a fixture at each, always sitting at his table, enjoying the show and supporting the entertainers.

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain



## NSA Bahrain Holiday Meal

Photos by MC2 Derric Cushman

Capt. David Meron, commanding officer of NSA Bahrain, with volunteers and base organizations, served a holiday meal for service members, families and employees on board NSA Bahrain Christmas Day.



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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## Chaplain's Corner

### Loving Wondrous Varieties



By Shaun S. Brown  
NSA Bahrain Command Chaplain

"Because Allah loves wondrous varieties," says Morgan Freeman's character in the 1991 blockbuster, "Robin Hood: Prince of Thieves." I can remember the scene, the dialogue, as though I just heard it moments ago. And equally as clear is my recollection of my reaction: "Yes, indeed! God DOES love wondrous varieties!"

Now I cannot say, for certain, what the God of anyone else's understanding might or might not love, but the God of my understanding certainly does love diversity. And we, in the U.S. military, love diversity, too. Why, just one look at the Defense Equal Opportunity Management Institute's website proves it: almost every month of 2014 will celebrate some aspect of ethnic- or gender-related identity.

To be sure, the government goes to great lengths, mandating and protection diversity. For example, there's SECNAVINST 1730.8B, "Accommodation of Religious Practices,"

which states, in part: "The DON recognizes that religion can be as integral to a person's identity as one's race or sex. The DON promotes a culture of diversity, tolerance, and excellence by making every effort to accommodate religious practices absent a compelling operational reason to the contrary. During a service member's career in the DON, he or she will be exposed to a wide variety of religious expressions from both chaplains and other service members. It is DON policy to foster mutual respect for diverse religious expressions, which includes accommodating as many of them as possible AT THE COMMAND LEVEL." Yes, that's right; at the command level!

Also, to be sure, as one of the "the Navy's only trained professional religious accommodators" [SECNAVINST 1730.8B] aboard NSA Bahrain, I forward, monthly, to the NSA Bahrain department heads such things as information about upcoming noteworthy religious celebrations – for all the faiths, not just my own. And given the plurality of religious practices in these environs, I'm sure that comes in handy for leaders and shipmates, when trying to understand what is important to those whom we lead and those with whom we serve.

So, in an effort to help you cherish diversity in all its wondrous varieties, I urge you to take a look at such interfaith calendars found at <http://www.interfaith-calendar.org/2014.htm> or <http://www.bbc.co.uk/religion/tools/calendar/date.shtml?month=&year=2014>.

And, as you explore more of the wondrous varieties human life on the face of this good earth has to offer, a happy and healthy New Year to you, your loved ones, and those whom you lead and with whom you serve.

## OPSEC CORNER

Mr. Larry Colvin, Installation Security Manager

### ATM Skimming

From the Interagency OPSEC Support Staff Newsletter

As OPSEC practitioners, we are, of course, always aware of our surroundings and careful with our ATM and credit cards... aren't we?

Next time you walk up to your favorite ATM, or any credit card reader, take a closer look at it. One customer was getting ready to make a withdrawal when he noticed a slight gap behind the metal faceplate of the ATM. Looking more closely, he noticed double-sided tape was all that was holding the faceplate in place. After a small yank, the entire faceplate fell off - welcome to ATM skimming.

What the customer had found was a skimming device. If he had slid his ATM card into the machine, the skimmer would have read the black magnetic strip. This strip electronically holds information including an enciphered personal identification number (PIN), country code, currency units, amount authorized, subsidiary account information, and other restricted data.

A skimming device can either store information electronically, like a thumb-drive, or allow thieves to download it wirelessly from a short distance away. A crime ring installed more than 20 skimmers on ATMs in New York and compromised over 26,000 transactions and thousands of cards from more than 1,400 people. The associated losses were over \$3.5 million.

Skimmer thieves also use small wireless pinhole cameras to steal information. They place them in ATMs deposit envelope holders, aimed at the keypad. As you type in your PIN, they record the information. While identity thieves and skimmer thieves are getting more high-tech these days, they still shoulder-surf (steal information by looking over a victim's shoulder) because it still works.

These steps will help you protect your ATM cards and information:

- Always protect your PIN.
  - Don't write it down, memorize it
  - Cover the keypad while you enter your PIN
  - Don't give your PIN to anyone
- Be aware of your surroundings and be wary of anyone who offers to help you, tries to look over your shoulder, or is taking pictures in the area.
- Be suspicious of an ATM that has different signs than you are used to seeing or if there is a sign indicating you should use a specific machine.
- Use a different machine if you feel uncomfortable about the ATM instructions.
- Report anything that seems suspicious or strange about the ATM to your financial institution.

## LEGAL CORNER

LT Tanya Nikam, JAGC, USN  
Legal Assistance Attorney

The NSA Bahrain Volunteer Income Tax Assistance (VITA) Center is looking for volunteers during the upcoming tax season. You don't have to know anything about taxes, just be willing to learn! All volunteers will be trained in tax preparation and receive IRS certification.

Although the VITA Tax Center will be completely self-service this year, volunteers are necessary to answer questions for individuals completing their taxes through the Military One Source and other online tax programs. This service will not be successful without the essential support that volunteers provide. This is a great way to help out your NSA Family!

Last year VITA volunteers processed over 460 federal and state returns, which saved tax payers over \$60,000 in tax preparation fees and assisted them in receiving over \$450,000 in refunds.

All personnel (military/civilians/dependents/etc.) are eligible to volunteer. Interested individuals should contact LT Tanya Nikam at [tanya.nikam@me.navy.mil](mailto:tanya.nikam@me.navy.mil) or call 439-4237.

CREDD DET Bahrain

### PERSONAL RESILIENCY RETREAT

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CREDD also offers training for commands, units and individual groups, such as:

- |                               |  |                           |
|-------------------------------|--|---------------------------|
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# Random Synthetic Marijuana Testing



Photo by MC2 Mark Logico

The Criminal Investigative Division at Commander, Navy Region Hawaii, displays examples of seized evidences of synthetic drugs, commonly known as "Spice" as part of an awareness campaign and training against its usage. Spice looks similar to marijuana or oregano and is used for its psychoactive and hallucinogenic effects. Spice and other designer drugs are falsely marketed by manufacturers in commercial-like packaging as a safe way to get high while avoiding drug testing.

From Navy Personnel Command Public Affairs

**MILLINGTON, Tenn. (NNS)** — As part of a new Department of Defense (DoD) policy, the Navy began testing for synthetic marijuana compounds during random urinalysis, officials announced Dec. 31.

According to NAVADMIN 334/13, testing for synthetic marijuana compounds will be randomly conducted on samples submitted to all drug screening laboratories, and positive results will subject members to disciplinary action under the Uniform Code of Military Justice.

The Navy expects to test more than 1.1 million samples this year, and a portion of them will be screened for synthetic marijuana. Those that test potentially positive will be forwarded to the Air Force Drug Testing Laboratory at Lackland, Texas for confirmation.

"We are testing synthetic cannabinoids - also known as Spice, K2, Herbal Essence and other names - within the standard testing panel conducted for urinalysis samples," said Lanorfeia Parker, deputy director, Navy Alcohol and Drug Abuse Prevention Office (NADAP).

The change will be largely transparent to the command, requiring no changes to

the way they currently collect and ship urine samples for drug testing. In contrast to the Navy's previous synthetic drug testing program, no action is required by the command to have random synthetic drug testing performed on the samples that are submitted.

The DoD estimates that nearly 1 percent of military personnel may be using synthetic marijuana. In fiscal year (FY) 2012, illicit marijuana use among active duty military personnel was 0.43 percent and for the entire DoD the prevalence rate was 0.64 percent. FY 2013 testing for Navy personnel indicated that .09 percent of all samples were positive for marijuana.

If a member uses, possesses, promotes, manufactures, or distributes synthetic drugs, they face disciplinary action that could result in unfavorable separation from the Navy. According to Parker, the Navy's policy on substance abuse is zero tolerance.

"Substance abuse puts lives and missions at risk, undercuts unit readiness and morale, and is inconsistent with our Navy ethos and core values of honor, courage, and commitment," said Parker.

For more information about Navy Alcohol and Drug Abuse Prevention, visit [www.npc.navy.mil/support/nadap](http://www.npc.navy.mil/support/nadap).

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**CHIEF OF NAVY RESERVE** from Page 1

Another major purpose of her trip was to hear the views of mobilized Sailors and Marines.

"The best ideas always come from the deckplate, not from the halls of the Pentagon," said Braun. "We are always looking at ways to improve and provide the tools necessary for Sailors' quality of work, life and service."

Braun also explained how the Navy's "Total Force team" of active duty and Reserve Sailors, their families and employers combine to help Sailors effectively accomplish their mission.

Following her discussion with Sailors and U.S. Naval Forces Central Command (NAVCENT) leadership, Braun departed Bahrain to continue her Middle East tour.

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"Mario was an amazing person with a love of serving the community and service members," said Meron. "He personally touched the lives of thousands of service members and families and led countless shows and events from the stage in the courtyard. It was with great pride that we dedicated the Freedom Souq courtyard as

'Mario's court'.

Farrulla was born in San Juan, Puerto Rico and he began his career with MWR upon completing his master's degree from Inter-Americana University in Puerto Rico. His time with MWR included assignments in five countries on three continents, and for three branches of the U.S. military.

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

# The 106.3 HEAT

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# US, French Navies Work Together to Ensure Security, Stability

From USS Harry S. Truman Public Affairs

**GULF OF OMAN (NNS)** — Harry S. Truman Carrier Strike Group (HST CSG) began combined operations with the French navy's Task Force 473 in the U.S. 5th Fleet area of responsibility (AOR) Dec. 29.

HST CSG, comprised of the aircraft carrier USS Harry S. Truman (CVN 75), guided-missile cruisers USS Gettysburg (CG 64) and USS San Jacinto (CG 56) and guided-missile destroyers USS Bulkeley (DDG 84), USS Carney (DDG 64), USS Hopper (DDG 70) and USS Mason (DDG 87) is operating with the French navy's Task Force 473 to enhance cooperation and interoperability in the region.

"This is a wonderful opportunity for our ships, Sailors and Marines to work together and gain a better understanding of each other," said Rear Adm. Kevin Sweeney, commander, HST CSG. "Our operations with Task Force 473 will increase both of our maritime capabilities while helping promote long-term stability in the region."

The French ships include aircraft carrier FS Charles de Gaulle (R 91), destroyers FS Forbin (D 620) and FS Jean de Vienne (D 643) and replenishment oiler FS Meuse (A 607).

"This mission is a big challenge," said Rear Adm. Eric Chaperon, commander, Task Force 473. "France and the USA have been partners for a longtime, but with this new and rare opportunity to integrate two CSGs, our cooperation is becoming ever closer. All of our sailors are really proud to have a role to play in building the operational interoperability of our two nations."

In addition to conducting combined maritime security operations, ships from the two navies have participated in a variety of training and operations together including visit, board, search and seizure training, live-fire gunnery exercises, small boat operations, deck-landing qualifications, underway replenishments, combat search and rescue training and air defense exercises. U.S. and French personnel have also traveled to visit counterparts on the other ships, sharing techniques and experiences.

"Not only is this a great opportunity to conduct operations with a close and trusted ally, this is a great time to learn from each other," said Sweeney. "There are a lot of similarities in the way we operate across the different platforms, but there are also some differences. Understanding those differences will make both of us better, stron-

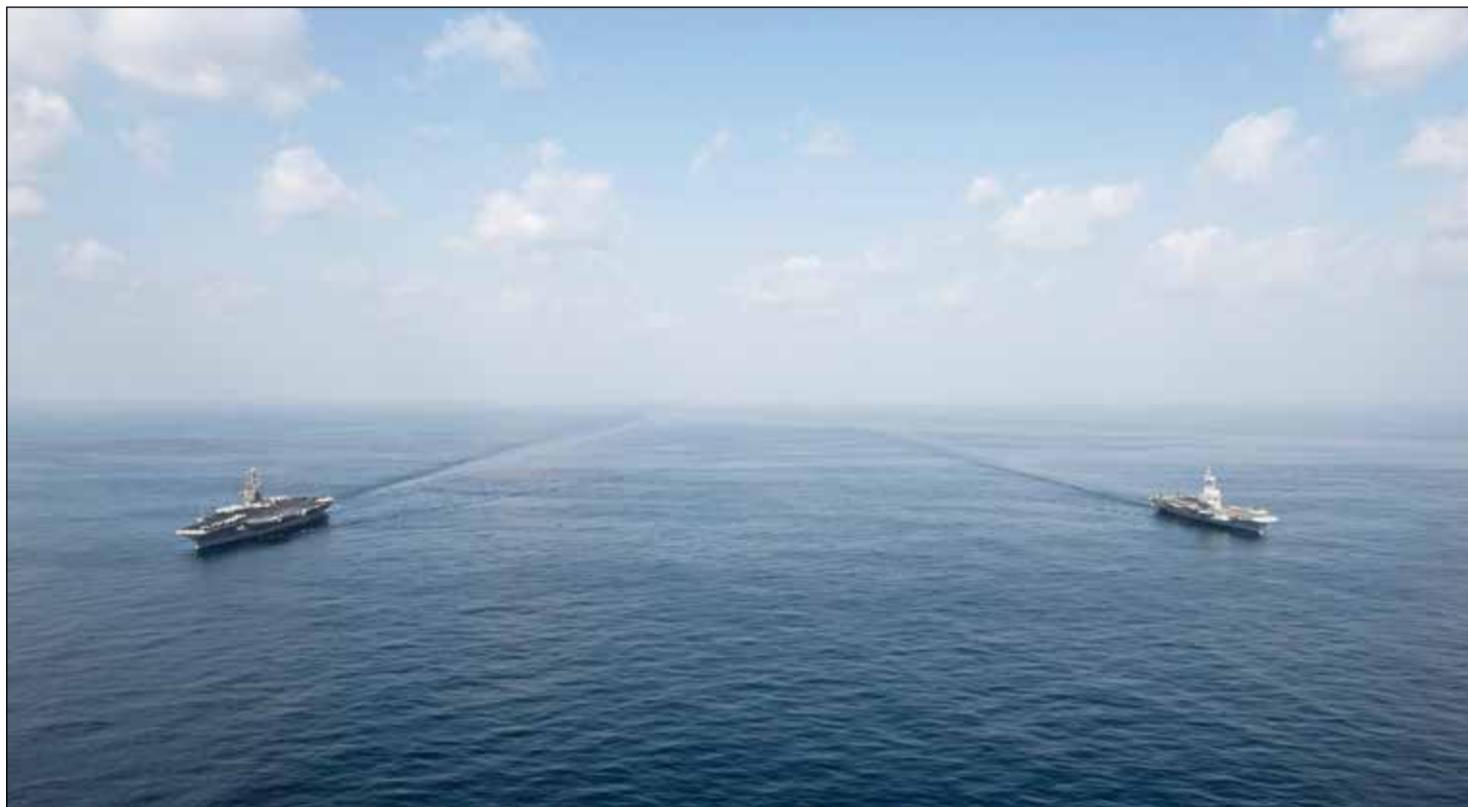


Photo by MC3 Taylor M. DiMartino

The aircraft carrier USS Harry S. Truman (CVN 75) sails alongside the French aircraft carrier Charles de Gaulle, flagship for Task Force 473. Harry S. Truman, flagship for the Harry S. Truman Carrier Strike Group, is conducting operations with Task Force 473 to enhance levels of cooperation and interoperability, enhance mutual maritime capabilities and promote long-term regional stability in the U.S. 5th Fleet area of responsibility.

ger, and enable us to operate with each other, and with other navies, more effectively. Our presence goes a long way in reassuring our regional partners and allies."

The commanding officers of both aircraft carriers also recognize the opportunity the two navies have to learn from each other.

"This mission is a decisive opportunity to share knowledge and build upon our friendship in order to be able to successfully handle future contingencies together," said Capt. Pierre Vandier, commanding officer, FS Charles de Gaulle. "It is also an opportunity to check our interoperability that allows a lot of common procedures and aircraft exchanges."

Capt. Bob Roth, commanding officer, Harry S. Truman, fully appreciates the opportunity to work closely with a long-time partner.

"It's a rare and very fulfilling experience to sail alongside and operate closely with another aircraft carrier, especially a CVN from a navy with whom we have so many lasting personnel exchange programs," he said. "I think we're going to further develop our already deep trust and mutual operational understanding."

## IG HOTLINES

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

**CNREUAFSWA Inspector General (NSA Bahrain)**

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: [ig hotline@eu.navy.mil](mailto:ig hotline@eu.navy.mil)

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

**NAVCENT Inspector General**

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: [ig.hotline@me.navy.mil](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

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Tuesday, January 14

• Time: 1000 – 1300

• Min 5/ Max 11 people; Price: \$5.00

### Pearl "Snorkel" Hunt

Friday, January 17

• Time: 0745

• Min 8 people; ITT Price: \$64.00

### Al Areen Wildlife Park

Saturday, January 18

• Time: 0900

• Min 10 people; ITT Price: \$11.00

### Guided Cultural Tour Of Bahrain

Sunday, January 19

• Time: 0900 – 1600

• Min 14 people; ITT Price: \$35.00

### Site Seeing Tour

Monday, January 20

• Time: 1000 – 1400

• Min 5/ Max 11 people; Price: \$5.00

## ITT

### Arabian Experience: Horse Race At Sakir & Dinner At Veranda Restaurant

Friday, January 10

• Time: 1400 – 1900

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

### Guided Cultural Tour Of Bahrain

Saturday, January 11

• Time: 0900 – 1600

• Min 14 people; ITT Price: \$35.00

### Cooking Demonstration Of Arabic Food & Dinner

Sunday, January 12

• Time: 1700

• Min 5/ Max 10 people; ITT Price: \$23.00

### Horse Back Riding

Friday, January 24

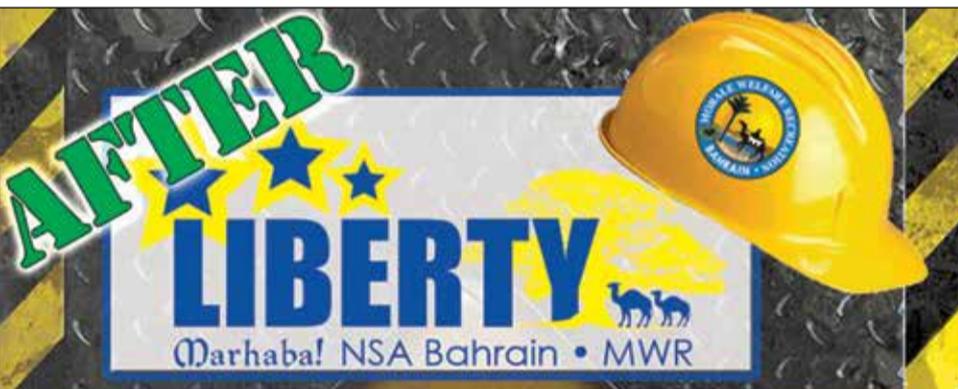
• Time: 0830 – 1100

• Min 8 people; ITT Price: \$26.00

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.



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Wednesday, January 15

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Sunday, January 12

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Monday, January 13

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Sunday, January 19

**Sunday Sundaes**

• Free ice cream while supplies last.

Tuesday, January 14

**Foosball Tournament**

• Time: 1130

Monday, January 20

**Speedpool Monday!**

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



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