

NSA hosts Inaugural Hardbody Challenge

By MC1 Felix Garza Jr.
Staff Writer

MANAMA, Bahrain – More than 25 contenders competed in the first Hardbody Challenge fitness and body-building competition, flexing for onlookers crowded in the Multi-purpose room in the Freedom Souq on board Naval Support Activity (NSA), Bahrain Mar. 2.

The event consisted of three categories for men; Masters Division, Men's Class 1 Division (consisting of weights from 130-199 lbs), Class 2 Division (consisting of weights from 200 lbs and up), and Women's Figure and Bikini competitions.

"Before hitting the stage, competitors underwent strict dieting and training to transform their physiques in 15 short weeks. They mentally and physically pushed themselves to limits they never thought they could reach," said Lt. Steve Croney, one of the event coordinators and a fellow competitor.

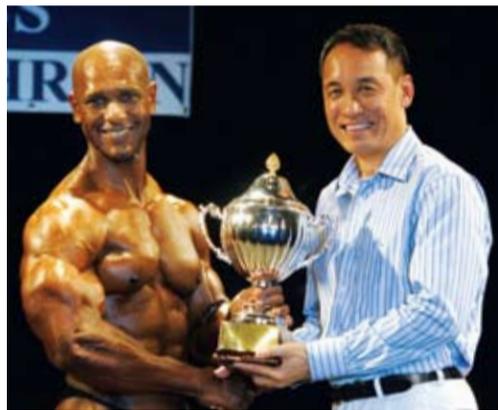
All competitors received medals from the Commanding Officer NSA Bahrain, Captain Rick Sadsad. Trophies were given to the 1st, 2nd and 3rd place finishers and to the best overall for both men's and women's groups..

"We only had a few months to prepare for this but it's a good start for getting ready for the next competition," said Lt. Cmdr. Phil Gutierrez, a competitor. "I think it's an outstanding program and I'm looking forward to more people getting into it".

Fahad Taqi, Executive Director of the Asian Federation for Bodybuilding & Fitness and his staff of certified judges scored the event.

"It brings us great pleasure to see the sport of Bodybuilding grow in the Kingdom of Bahrain," said Fahad Taqi. "I congratulate you on a successful event. It's great to see the huge turnout plus the magnificent competitors."

The two overall winners will participate in the regional competition to be held at Naval Air Station Sigonella in June.



Photos by MC2(AW) Jason Poplin

Contenders participate the inaugural Hardbody Challenge fitness and body building competition, March 2. Top left: Female contenders pose for judges. Top right: Commanding Officer Naval Support Activity, (NSA), Bahrain, Capt. Rick Sadsad, presents Lt. j.g. Melanie Asplund with the Overall Winner trophy for Women's Figure and Bikini events. Lower left: Commanding Officer (NSA) Bahrain, Capt. Rick Sadsad, presents Chief Warrant Officer Kip Parquet with the Overall Winners Trophy for the Men's events. Lower right: Male contenders pose for judges.

NSA celebrates Black History Month



Photo by MC2(AW) Johansen Laurel

Naval Support Activity (NSA) Gospel Choir performs a song during the celebration of Black History Month on board NSA, Bahrain, Feb. 23. Black History Month is a remembrance of important people and events in African-American history. It is celebrated annually in the U.S. and Canada during February and the United Kingdom in the month of October. The remembrance was founded in 1926 by U.S. historian Carter G. Woodson. He chose the second week of February because it marked the birthdays of two Americans who greatly influenced the lives and social condition of African Americans: former President Abraham Lincoln and abolitionist and former slave Frederick Douglass.

Desert Sailor 2010



Photo by MC1(AW) Felix Garza

Members of Naval Support Activity, Bahrain's Emergency Response Team advance on a wall of fire at the Bahrain's Civil Defense School Fire Training Center in Riffa during Desert Sailor 2010.

INSIDE

- 2 - SERVICE MEMBERS VOLUNTEER TO INTERACT WITH KIDS
- 3 - CHAPLAIN'S CORNER
- 4 - NSA CONDUCTS EXERCISE DESERT SAILOR 2010
- 6 - 2009 SAILOR OF THE YEAR



ASH WEDNESDAY OBSERVED AT NAVAL SUPPORT ACTIVITY, BAHRAIN, P.2



NAVY INFORMATION OPERATIONS COMMAND TAKES TIME OUT FOR FURY FRIENDS, P.3



COMMANDER, TASK FORCE 53 WINS 2009 CAPTAIN'S CUP TOURNAMENT, P. 8

THESE STORIES AND MORE...

Family Life at NSA Bahrain

Service members volunteer to interact with kids



Photo by MC2(AW) Johansen Laurel

Volunteer, Religious Program Specialist 3rd Class Ralph Oliver, paints with a student at the Regional Institute for Active Learning (RIA) School in Adliya, Bahrain, Feb. 10. Sailors frequently volunteer their time at the RIA School socializing with special needs children.

By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain – Every Wednesday, volunteers assigned to Naval Central Command (NAVCENT) participate in a Community Relations project at the Regional Institute for Active Learning (RIA) School in Adliya, Bahrain.

RIA School, created in 1999 to help students with Autism, is a non-profit organization that has minimal government funding, stated Deputy Force and Fleet Command Chaplain, Lt. Cmdr. Ron Nordan, assigned to NAVCENT.

“RIA has been very open about allowing our Sailors, Marines, and Coast Guardsmen to come in and interact with the students,” said Nordan. “It is good for the autistic children to interact with the outside world with the help of other adults.”

Information Systems Technician 2nd Class Michelle Venner has been volunteering for a

month and thinks that the program benefits the students by giving them confidence to interact with anyone.

“The volunteers love it. I have Sailors here at NAVCENT that go out several times a month and every time they go to the school, the kids run to them and hug them. The kids love them,” said Nordan. “My Sailors will tell you they get as much, if not more satisfaction being there with the kids than the kids do.” Chaplain Nordan believes there are a lot of meaningful interactions between the volunteers and the kids and says the parents appreciate the fact that the volunteers make a positive impact on the students.

“I’ve been teaching here for two years now and the volunteers help me a lot,” said Detty Lopencillo, a RIA kindergarten teacher. “I’m really happy that the service members from the base are involved.”

Ash Wednesday observed at Naval Support Activity, Bahrain

By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain – The religious ministries department conducted a special service in observance of Ash Wednesday in the Base Chapel on board Naval Support Activity (NSA), Bahrain, Feb. 17.

Ash Wednesday is celebrated by the Catholic Church and is recognized as a time of repentance, prayer, self-examination and consecration.

Hershey Murray, NSA Comptroller, said that Ash Wednesday reminds her of the suffering and sacrifices of Jesus Christ.

“This is a great time of year to focus more on our spirituality and reflect on our mistakes and it gives us a chance to come up with plans to avoid repeating them,” said Religious Program Specialist 1st Class Michael Willis.

During the service, parishioners said prayers and had sacramental ashes spread on their foreheads in the shape of a cross.

NSA Chaplain, Lt. Cmdr. Ronald Stake explained that as he performs the ceremony, he recites “Remember that you are dust, and to dust you will return” and “turn away from sins and be faithful to the gospel.”

This process symbolizes fragility and mortality within the person and the need to be redeemed by the mercy of God.

“The importance of Ash Wednesday is it signifies the beginning of the Lent season,” said Willis.

Lent is a season of fasting and repentance which lasts for 40 days prior to Easter, excluding Sundays.

“It’s the remembrance of the 40 days Jesus fasted in the desert, and is also reminiscent of the 40 years the Israelites wandered in the desert before they entered the promise land,” said Stake. “In ancient times when someone was in trouble, they would sit down on the floor and they would rip their clothes off and pour ashes on their head as a sign that they were in mourning. In a sense we are also in mourning during this period.”

According to Stake, Lent is a time of prayer and retreat to recollect yourself before celebrating the most important feast of the year, which is Easter.

Worshippers on board NSA are welcome to attend services held at bldg. 32 at 1200 Sunday to Friday during the Lent Season.



Photo by MC2(AW) Johansen Laurel

Naval Support Activity (NSA), Bahrain Chaplain Lt. Cdr. Ronald Stake, holds Ash Wednesday Service for parishioners on board NSA to mark the beginning of the Lent Season, Feb. 17.

Navy Exchange rewards students with savings bonds

By Kristine M. Sturkie
NEXCOM PAO

MANAMA, Bahrain – The Navy Exchange (NEX) helps customers pay for their children’s college education through the A-OK Student Reward Program. Four times per school year, four students will be awarded a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond. The last drawing was held at the end of February 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter future drawings. Eligible students include dependent children of military members and retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card

must be accompanied by their sponsor to submit their entries. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by the NEX with a current report card. Have a NEX associate verify the minimum grade average, fill out an entry card, and obtain an A-OK identification card entitling the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has awarded \$504,000 to students through the A-OK Student Reward Program with the help of its generous vendor partners since the program began in 1997.

the Bahrain **DESERT TIMES**

www.cnic.navy.mil/bahrain

Commanding Officer

U.S. Naval Support Activity Bahrain

Capt. Rick Sadsad

NSA Bahrain Executive Officer

Cmdr. Patrick J. Moran

Public Affairs Officer

Jennifer L. Stride

Managing Editor

MC2(AW) Johansen Laurel

Staff Photojournalists

MC1(AW) Felix Garza Jr.

MC1 Melvin Nobeza

MC2(AW) Johansen Laurel

MC2(AW) Jason Poplin

The Desert Times is an authorized publication primarily for members of the Navy and Marine Corps military services in Commander Navy Region Southwest Asia.

Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof.

All editorial content is prepared, edited, provided and approved by the staff of the NSA/CNRSWA, Bahrain, Public Affairs Officer.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD, the U.S. Navy or Marine Corps, Commanding Officer Naval Support Activity Bahrain or Commander, Naval Region Southwest Asia of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

The Desert Times is published bi-weekly by Red House Marketing, P.O. Box 20461, Manama, Kingdom of Bahrain, a private firm in no way connected with DoD, the U.S. Navy or Marine Corps.

Red House Marketing, is responsible for commercial advertising, which may be purchased by calling (973) 1781 3777 or send in a Fax to (973) 1781 3700.

Navy Information Operations Command takes time out for furry friends



Photos by MC2(AW) Johansen Laurel

Cryptologic Technician Collection 1st Class Cassie Lovings (left), Cryptologic Technician Collection 1st Class Michael Schmidt (middle) both assigned to Navy Information Operations Command, and Aviation Warfare Systems Operator 1st Class Dan Shaffer assigned to Commander, Task Force 57 (right), spend time with dogs at the Bahrain Society for Protection of Cruelty to Animals (BSPCA) kennel. U.S. Inset: Cryptologic Technician Collection 1st Class Cassie Lovings assigned to Navy Information Operations Command plays with a puppy at the Bahrain Society for Protection of Cruelty to Animals kennel.

By CTH Traca Tuthill

MANAMA, Bahrain – Volunteers from Navy Information Operations Command (NIOC) Sailors walked dogs, played with cats, and cleaned litter boxes and cages at the Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) 25 Feb.

“I think one of the most important reasons for us to get out there and help is to keep the dogs and cats social and active and in turn, hopefully, more adoptable,” said Petty Officer 2nd Class Heather Burns. “I like being able to walk the dogs in groups to let them play and get exercise.”

Sailors took dogs for 30-minute walks throughout the surrounding neighborhoods and nearby horse ranch. The dogs were well behaved and seemed to thoroughly enjoy the attention.

“The BSPCA workers do an outstanding job and are eager to teach us the proper way to care for and nurture these animals,” said Petty Officer 1st Class Christopher Kenney.

Volunteers set up an assembly line in the cat facility where they took cats from their enclosures and gave them one-on-one attention while others cleaned litter boxes

and living spaces.

“This opportunity benefited both the animals and the Sailors that are away from loved-ones and pets back in the United States,” said Petty Officer 2nd Class Elizabeth McWilliams, “It gave the Sailors an opportunity to spend time around animals and lend a hand to a much-deserving society.”

Kenney stressed the need for simple things like paper towels. The BSPCA relies on donations, both monetary and material such as pet food, cat litter, and cleaning products.

“We love going out and helping the BSPCA. The Sailors have a great time and we plan on continuing to support this community relations event,” said Master Chief Petty Officer Philip Lopez, NIOC Bahrain Command Master Chief. “It’s great to see our Sailors making a positive impact in the local community.”

NIOC frequently provides between 20-30 volunteers for planned community relations days in their ongoing efforts to support the local community in Bahrain.

What Women Want group offers social network to women of NSA

By Susan Cartwright

MANAMA, Bahrain – A new group called “What Women Want” formed last fall to meet the needs of Active Duty, family member, Civil Service, and base employee females. It is a social networking group emphasizing networking, activities, and information exchange in a fun and friendly environment.

All women eligible to be on base are invited to join. We meet the second Tuesday of every month where a different activity is planned based on what YOU- the women of NSA- want!

Day and evening events are planned so that maximum attendance is available! We welcome you to join us. Our next activity, scheduled for Mar. 9, is a “Cultural Tour” of Muharraq with a “no host” lunch to follow. More information about this tour will be disseminated next week.

For more information about the group or events, please call 1785-4046 or from a base phone 439-4046. Ask for Susan or Bonnie. We are waiting to hear from you!

Chaplain’s Corner

Let’s Go for the Strike

By Chaplain (Cmdr.) Michael Hall
NSA Bahrain Chaplain

I went bowling with some of the men from the chapel this past Saturday. I am not a great bowler. In fact I think that my role is to make everyone else feel good. One of the problems with my bowling is I am very inconsistent. I have bowled a one hundred and eighty and a sixty in the same day. My goal is usually to break a hundred.

The funny thing about bowling is I can usually tell what is going to happen as soon as the ball leaves my hand. Sometimes I can feel it slip like I have lost my grip and I know then the ball will be in the gutter. At other times I can feel that I have curved too much and the ball has no control and when that happens I might pick off a pin or two from the edges. To get a strike I have to twist my wrist to stabilize my curve and then deliver it low to the ground right on the center mark. When that happens I can feel it and I know that I will pick up all the pins.

I think bowling is a lot like the things we say. Sometimes we are very inconsistent in our speech. We tilt things in favor of those we like or who share our beliefs. We may criticize someone else’s behavior but we justify our own when it is exactly the



same. Or sometimes we let things slip. Things that we really know we should not say and we immediately know that we should not have said that and it takes us right to the gutter. Or we are just careless throwing our words out there not really knowing where they will land and who they will hurt. Our words are best when they are controlled, well thought out and right on point. In the Book of James it says that with the same tongue we can both curse and praise. Let’s go for the praise!

Naval Support Activity Bahrain wins two Chief of Naval Operations Environmental Awards for Fiscal Year 2009

By Awni Almasri
Regional Environmental Director

MANAMA, Bahrain – U.S. Naval Support Activity (NSA), Bahrain and its Regional Environmental Director, Awni Almasri are recipients of Fiscal Year 2009, Chief of Naval Operations (CNO) environmental awards. NSA earned the award in the Environmental Quality for Non-Industrial Installation category. Awni Almasri, NSA Environmental Director, received the award for individuals or team.

These awards recognized NSA Bahrain’s efforts in implementing waste minimization techniques that resulted in a massive reduction of more than 50 percent of its hazardous waste disposal quantity. The award also recognized NSA’s outreach efforts that continue to improve its long-lasting relationship with the Kingdom of Bahrain. The annual CNO Environmental Awards program recognizes Navy people, ships, and installations for their outstanding environmental stewardship.

The major FY 2009 competition categories included cultural resources management, environmental quality, natural resources conservation, and environmental restoration.

The 25 CNO awards will be presented at a ceremony on 15 April 2010 at the Navy Memorial in Washington, DC. Mr. Almasri will receive the awards on behalf of NSA Bahrain.



Photo by MC1(AW) Felix Garza

Regional Environmental Director, Awni Almasri earned the Fiscal Year 2009, Chief of Naval Operations environmental award for individuals or team for his outstanding management of the environmental program here at NSA.

NSA conducts Exercise Desert Sailor 2010



Photo by MC1(AW) Felix Garza

Members of Naval Support Activity, Bahrain's Emergency Response Team Yeoman 2nd Class Chad Vaneffen (left) and Information Technician 2nd Class Michael Mitchell, are moved in position to conduct a simulated rescue during exercise Desert Sailor. Exercise Desert Sailor is an annual two-week exercise to ensure emergency response efforts are well coordinated with local Bahraini directorates.

By MC1(AW) Felix Garza
Staff Writer

MANAMA, Bahrain – Sailor on board Naval Support Activity (NSA), Bahrain participated in emergency response training with host nation counterparts Feb. 14-25, during the Emergency Response Team's (ERT) 9th annual core training program, Desert Sailor 2010.

Desert Sailor is an intensive, two-week evolution designed to prepare the 80-member ERT to respond to incidents or natural disasters aboard NSA Bahrain and other Department of Defense installations in Bahrain.

Officer in Charge Ensign Brett Sauers, Deputy Emergency Management Officer at NSA Bahrain, said ERT members are trained in specific elements, including logistics, medical, technical rescue, decontamination, fire, and hazardous materials, in order to gain expertise in a specific skill set.

The program consisted of daily physical training, classroom instruction and hands-on practical exercises.

"We use this opportunity to develop the installation's response capabilities and those core competencies [necessary of responders]." Said Sauers. "We train all of our Sailors before the training personnel turnover so we maintain a qualified and experienced first response team."

During the first week of the program, ERT members received intensive classroom training in accordance with Department of Defense, international and U.S. National Fire Protection Association standards. During the second week members began more specialized training which included collaborating with Bahraini emergency response and civil defense personnel.

"I've repelled before but this is the first time I've done anything like this" said Information System Technician Seaman, Paul Brukett. "It's really cool learning all the systems and developing confidence in my gear."

Host nation personnel attended hazardous material training and first responder courses at NSA Bahrain. ERT fire brigade members practiced drills at Bahrain's Civil Defense School Fire Training Center in Riffa and ERT technical rescue personnel conducted rescue operations in a collapsed-structure scenario at Bandr Al Dar.

Desert Sailor 2010 came to an official close with a graduation ceremony at the Freedom Souq Feb. 25, where more than 50 U.S. Sailors and 13 Bahrainis received completion certificates.



Photo by MC1(AW) Felix Garza

Inset: Electronic Technician 1st Class Jeffrey Brooks from Naval Central Command and a member of Naval Support Activity, Bahrain's Emergency Response breaches a vehicle

Top right: A team member of Naval Support Activity, Bahrain's Emergency Response Team perform technical rescue operations during a collapsed-structure scenario at a former Bahraini Coast Guard barracks in Bandr Al Dar.

Center: Members of Naval Support Activity, Bahrain's Emergency Response receive instruction from Chief Instructor Mohamed Dawood of the Bahrain's Civil Defense School Fire Training Center in Riffa.

Center right: Members of Naval Support Activity, Bahrain's Emergency Response Team prepare to enter a burning structure at the Bahrain's Civil Defense School Fire Training Center in Riffa.

Right: Members of Naval Support Activity, Bahrain's Emergency Response Team carry a simulated victim to a staging point at the Bahrain's Civil Defense School Fire Training Center in Riffa during Desert Sailor 2010.



Photo by MC2(AW) Johansen Laurel



Photo by MC2(AW) Johansen Laurel



Photo by MC1(AW) Felix Garza



Photo by MC2(AW) Johansen Laurel

Naval Supply Systems Command announces 2009 Sailor Of the Year

By Nannette Davis
COMFISCS

SAN DIEGO, California – Logistics Specialist 1st Class (LS1) Michael “Kelly” Hendricks, Leading Petty Officer and assistant official mail manager for the Navy’s largest fleet mail center operation located in Muharraq, Bahrain, has been named Naval Supply Systems Command’s 2009 Sailor of the Year.

Hendricks was recognized by RADM, Michael J. Lyden, Commander, Naval Supply Systems Command for providing exceptional postal support to U.S. military forces operating in the 5th Fleet area of responsibility to include Fujairah, Jebel Alai detachments, and Marine contingency units in Iraq, Afghanistan and Djibouti, Africa.

“Our selection for Sailor of the Year was a difficult one. In the running were two other outstanding Sailors who have also gone above and beyond their calls to duty, LS1 William Barr, Naval Inventory Control Point’s 2009 Sailor of the Year; and GM1 Julia Neuweiler, Naval Operational Logistics Center’s 2009 Sailor of the Year,” said Lyden.

Under Hendricks leadership, Fleet Mail Center Bahrain handled more than 15 million pounds of mail and cargo for 88 deployed ships, 24 mobile units and 50 shore-based commands in 2009. Customer support services were provided 24 hours a day, seven days a week.

“I am extraordinarily proud of LS1 Hendricks and congratulate him and all our outstanding Sailors on their accomplishments and demonstrated professionalism,” said Adm. Mark Heinrich, Commander, Fleet and Industrial Supply Centers (COMFISCS). “It’s because of Sailors like Petty Officer Hendricks that COMFISCS is able to contribute to fleet readiness and deliver unmatched global operational logistics support to our Navy and joint war fighters.”

“It’s an honor and an extremely humbling experience to be selected Naval Supply Systems Command’s 2009

Sailor of the Year. The feeling of pride is unlike anything I have ever experienced,” said Hendricks.

As career counselor, LS1 led a retention team completing 30 career development boards, three selective reenlistment bonuses and four rate conversion packages. His strong leadership and mentor skills helped FISC Sigonella Detachment Bahrain achieve a 92 percent retention rate contributing to the selection of one Senior Sailor of the Year, three Junior Sailor of the Year, two Bluejackets of the Year, and advancing 12 Sailors to the next rank under his supervision.

“I hope I can continue to represent COMFISCS and everyone who has shown so much faith in me,” Hendricks said. “I would not be where I am if it were not for the hard work and dedication of the Fleet Mail Center Bahrain team and my chain of command. In particular, my mentors, Senior Chief Logistics Specialist Shawn Gibbons and Chief Logistics Specialist John Lampkin who have shown tremendous confidence in me.”

According to FISC Sigonella Commanding Officer, Capt. Dana Weiner, Hendricks and his team consistently deliver timely and tailored logistics support to forward deployed warfighters engaged in real-world exercises and operations.

“Petty Officer Hendricks serves 14 geographically dispersed locations and his laser focus on the mission at hand is genuine and contagious. “His selection as COMFISCS’ Senior Sailor of the Year is a very fitting recognition of his many contributions to ships and units operating in the 5th Fleet and U.S. Naval Central Command areas of responsibility,” said Weiner. “Equally impressive is his genuine concern for the welfare and readiness of the 40 logistics specialists under his charge. He is an articulate and grounded ambassador for our Navy and nation. He has earned my trust and confidence but, more importantly, the trust and confidence of his customers and shipmates.”

Hendricks’ selfless giving has become of benchmark



Photo by MC1(AW) Felix Garza

Logistics Specialist 1st Class (LS1) Michael “Kelly” Hendricks was awarded Naval Supply Systems Command’s 2009 Sailor of the Year Feb. 19.

throughout FISC Sigonella. He is an active member of the Southwest Asia Echo Six Association, routinely volunteering for events such as Commander, Navy Installations Command’s Holiday Gift Program, Stockings for Sailors, and numerous Department of Defense Dependents School (DoDDS) functions and is pursuing an applied associate’s degree in information security from Central Texas College.

LS1 Hendricks will next compete for the Vice Chief of Naval Operations Sailor of the Year competition in Washington, D.C.

NAVCENT announces 2009 Sailor Of the Year

By MC2 Rachel McMarr
NAVCENT

MANAMA, Bahrain – Commander, U.S. Naval Forces Central Command (NAVCENT) Vice Adm. Bill Gortney joined NAVCENT Staff Command Master Chief Marco Ramirez in announcing the 2009 NAVCENT Sailor of the Year during a ceremony held Feb. 15 onboard Naval Support Activity Bahrain.

“It’s an honor to pay tribute to the men and women who set the example everyday, only to exceed it the following day,” said NAVCENT Staff Command Master Chief Marco Ramirez. Boatswain’s Mate 1st Class Tychicious Turner, from San Diego, was named Sailor of the Year, Operations Specialist 2nd Class Shannon Meyers, from Columbus, Ga., was named Junior Sailor of the Year (JSOY) and Intelligence Specialist 3rd Class Richard Mace, Jr., from Montclair, Va., was named Bluejacket of the Year.

Turner will go on to compete for Vice Chief of Naval Operations Naval Shore Activities Sailor of the Year in March. “These Sailors are the best of best,” Ramirez said, “and now it is time to recognize them for their achieve-

ments and for their dedication to professionalism, integrity and the U.S. Navy.” Sailor of the Year nominee packages, which are submitted from departments within the command, are reviewed by NAVCENT senior leadership. Following this appraisal, the nominees have individual interviews with a five-member board made up of senior enlisted command leaders.

“It was challenging, because you don’t know what they’re going to ask during the board,” Meyers said, laughing. “I did better than I thought I would.”

Sailors are evaluated on their leadership abilities, professional knowledge, performance, military bearing, command collateral duties and other significant individual accomplishments. Meyers will not be the only one in her family to take the JSOY title home, she said. Her sister, Logistics Specialist 2nd Class Stacey Meyers was also selected as a 2009 JSOY, at Naval Air Station Jacksonville, where she is currently stationed.

“I’m so proud. We’ve been stationed together before and it seems every time something good happens to her, it happens to me and vice versa,” Meyers said. “I’m at a point in my life I never thought I’d be.”



Photo by MC2 Rachel McMarr

Commander, U.S. Naval Forces Central Command (NAVCENT) Staff Command Master Chief Marco Ramirez (left), Bluejacket of the Year Intelligence Specialist 3rd Class Richard Mace, Jr., Sailor of the Year Boatswain’s Mate 1st Class Tychicious Turner, Commander, NAVCENT Vice Adm. Bill Gortney and Junior Sailor of the Year Operations Specialist 2nd Class Shannon Meyers pose for a photo after an awards presentation Feb. 16 at Naval Support Activity Bahrain. Gortney applauded the Sailor’s performance and congratulated them for their selection.

What is your opinion of the Desert Times and what would you change about it if anything?

WORD ON THE STREET:



LSCS(AW/SW) Cesar Lelis
CTF 53

“I’ve only been here a few weeks and the only time I saw the Desert Times was online before I checked on board and I thought it was pretty informative. There’s a lot of good information about the base.”



EN3 Stephanie Williams
HPU

“I think it does a good job covering all the events. I don’t really see anything I would change about it except that I would like to see more of the upcoming events.”



EN2 Chamalcam Salazar
HPU

“I like the fact that the Desert Times keeps up to date with everything. It expresses everybody’s opinion in it. The higher-ups get to see what lower ranking personnel and civilians think.”



Chief Lex Davison
Australian Navy

“I usually don’t have a chance to read it, but when I do, I think it’s pretty good the way it is. I would not change anything.”



LS2 Adrian Bataan
NAVCENT

“I really can’t complain about the Desert Times, it’s actually better than the base newspaper from my last base. There’s a lot of good information here that I can send back home to show my wife. It gives her peace of mind that I’m doing well here.”

College Office helps Sailors achieve educational goals

By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain – Navy College Office (NCO) on board Naval Support Activity (NSA), Bahrain assists service members, families, and Department of Defense civilians and contract workers achieve their educational goals by providing information about educational opportunities available on base.

“We offer a variety of tests, to help members decide which school they would like to attend or which degree they would like to earn,” said NCO Educational Technician Christine Parshall. “We also inform students that we have two local schools here, University of Maryland University College (UMUC) and Central Texas College which offers online courses or face to face classes.”

Parshall also added that they educate service members about tuition assistance and managing their student accounts. NCO offers assistance for Academic Skills Enhancement, SAT, ACT, ASVAB, and officer commissioning programs as well.

“We offer twelve-day classroom courses for students who are interested in pursuing a

degree in law or criminal justice,” said CTC representative Eniye Abay. “We understand the students have demanding schedules so our instructors work with them.”

While on shore duty prior to being assigned to Naval Central Command on board NSA, Electronic Technician 2nd Class Pablo Schwilch began classes at Southern Illinois University.

“I did four years on a ship and I was considering getting out of the Navy. I’m glad I stayed in because the Navy helped me achieve one of my goals,” said Schwilch. “I didn’t know where I was going with my life but I knew one thing; I needed to get a degree or close to it, so I hit the books hard.”

Schwilch finished his Bachelor of Science Degree in Electronic Systems Technologies in less than four years by earning transferable credits from UMUC to Southern Illinois University on board NSA in Aug. 2009.

The Navy College Office is located in bldg. 66 and is open from Sun. through Thur., 7:30a.m. to 4:30 p.m.



Photo by MC2(AW) Johansen Laurel

Electronic Technician 2nd Class Pablo Schwilch assigned to Naval Central Command shows Navy College Office Director, Mrs. Mirza Henderson the degree he earned from Southern Illinois University on board Naval Support Activity, Bahrain, Feb. 22.

Personnel Support Detachment Bahrain prepares transition to Electronic Service Records

By MC2(AW) Jason Poplin
Staff Writer

MANAMA, Bahrain – Personnel Support Detachment (PSD) Bahrain is geared up to take part in the Navy’s transition to the Electronic Service Record (ESR) program beginning in Jun. 2010 on board NSA Bahrain. NAVADMN 040/10, released Feb. 3, outlines the Navy’s plan to close-out the field service record (FSR) by Sept. 30.

Service record information will be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS). All active duty and drilling Reserve Sailors can access their ESR by signing up for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled computer.

Sailors can make minor changes to their electronic records, including emergency contact information, home and mailing address, official email address and other personal information. Navy Reserve Sailors can also input their civilian employment information.

“Sailors will be able to directly access their records and

download documents they need, instead of contacting the command liaison,” said Chief Personnel Specialist Tomas Barbosa. “It will be beneficial to them because it will cut down the time it takes to access to their service records.”

Although Sailors will be able to take a more hands-on



Photo by MC2(AW) Jason Poplin

This familiar brown folder, or Field Service Record (FSR), is a collection of important documents for each individual Sailor in the Navy or Naval Reserve which follows them throughout their career.

approach to their records, Barbosa cites that neither the role of PSD, nor that of the command liaison will completely dissolve. Administrative personnel at PSD’s and Navy Operational Support Centers will have full access to ESRS to update records. A shipboard version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

“PSD customer service will continue as normal. The command liaison program will still be in place, but it will be used at a minimum and will no longer be utilized for that capability,” said Barbosa. “Instead of Sailors reporting to PSD with service records, they will report with official orders. The Sailors that still have hard copy records will do business as usual until the scanning process is complete. The record will be taken in, scanned and sent to the Bureau of Naval Personnel for microfiche inclusion. Once they acknowledge receipt, the record will be returned to the service member.”

PSD Bahrain will ultimately be responsible for 2,000 to 3,000 records once the scanning process begins. Tennant commands are encouraged to turn in all service records in their possession to PSD. Officer FSRs have already been eliminated.

Innovative Lighting Technology Brings Bright Future for Energy Efficiency

By John Kitson, Regional Energy Manager

In the 1930’s the invention of the fluorescent lamp revolutionized how we lit our homes, businesses, and schools for generations to come. In the late 1980’s more efficient fluorescent lamps and ballasts were produced and the technology bar was again raised another notch. By the mid 1990’s LEDs (light emitting diode) were regularly replacing desk lamps and traffic signals. By 2009 bases as large as Quantico and as small as NSA Souda Bay were undertaking large projects to upgrade their aging street lights with high-efficiency LED units. NSA Bahrain has similar energy projects currently under evaluation.

In 2010, the global march toward more energy efficient technology continues a flank speed. An example of the renaissance in energy conservation and innovation can be found in a new product being marketed by the Welsh company, LOMOX – lighted wallpaper.

The company has been active in developing ultra-efficient “organic” LED

(OLED) lighting technology for several years, and has recently received a grant amounting to €520k (approx \$700k USD) by the European based Carbon Trust.

The OLED materials, being pioneered by LOMOX, have a wide variety of potential applications and when coated onto a film used to cover walls creating a light-emitting wallpaper which could ultimately replace traditional, less-efficient incandescent or fluorescent lamps. As well as being flexible, OLED film requires a very low operating voltage (between 3 to 5 volts) so it can easily be powered by solar panels, wind generators and batteries making it ideal for applications where a large supply of power is not available such as with roadside traffic warning signs, security gates, and even ships at sea.

Lighting accounts for nearly 20% of total electricity used in the US annually. The LOMOX OLED technology promises to be 2.5 times more efficient than standard energy saving bulbs. It has been estimated that, by replacing current lighting technolo-

gies, it could reduce annual global CO2 emissions by over 2,500,000 tons by 2020 and nearly 7,400,000 by 2050. The company aims to have the first lighting products using its technology widely available in 2012.

Mark Williamson, Director of Innovations at the Carbon Trust, said: “Lighting is a major producer of carbon emissions throughout the world. This technology has the potential to produce efficient lighting for a wide range of applications, and is a great example of the kind of innovation that makes the lighting industry a hotbed of clean technology development.”

OLEDs are new light emitting devices for low energy lighting and flat panel display applications. LOMOX believes their OLEDs are more efficient, cost effective to produce and do not suffer from the oxidation defect of earlier polymer OLED designs, thereby providing substantially longer lifetimes than traditional incandescent lamps, and even many fluorescent bulbs.

In the past, operating lifetime has been

a problem with OLED technology, but LOMOX has found a way to achieve significantly longer lifetimes than fluorescent lamps, or earlier OLED panels. The technology will also be more efficient (producing 150 lumens/watt) as it only emits light along one axis. With inherently high CRI (color rendering index) ratings, OLEDs produce a more natural looking light than other forms of lighting. US firms like GE and AT&T are also actively exploring potential applications for the flexible energy efficient technology.

Like the Carbon Trust in England, the US DOE (Department of Energy) is also currently on the lookout for other new technologies with significant energy and carbon saving potential. Grant funding is growing in the industry and if sustained, is sure to contribute to bringing new high-efficiency energy technologies to the marketplace in the next few years.

If you have an energy saving idea, suggestion, or question please drop me a line at: “ENERGY SMART” John Kitson, REM - john.kitson.ctr@eu.navy.mil

HR Classified Ads

CIVIL SERVICE POSITIONS IN BAHRAIN:

Announcement Number: SE9-0301-02-N5544919-OS-IN
Position: Supv Mobilization Readiness Specialist, YC-0301-02, Open Date: 11/30/2009, 1st Cut-Off Date: 12/09/2009 Closing Date: 05/30/2010

Announcement Number: EUR9-YC1102-02-N5362476-I
Position: Supv Contract Specialist, YC-1102-2 Opening Date: 06/04/2009, Closing Date: 05/30/2010

Announcement Number: SE9-0343-02-N5413984-OS-IN
Position: Program Analyst, YA-0343-2, Open Date: 11/30/2009, Closing Date: 05/30/2010, 1st Cut-Off Date: 12/09/2009

Announcement Number: SE0-0343-02-N5571480-OS-IN
Position: Management Analyst, YA-0343 -2, Open Date: 01/08/2010, Closing Date: 07/08/2010, 1st Cut-Off Date: 01/22/2010

LOCAL POSITIONS:

Who May Apply: All Eligible Candidates in the Local Commuting Area

Announcement: NSA 09-080R

Position: Management & Program Analyst, YA-0343-02, Department: IG Office, NSA Bahrain, Opening Date: 11-25-09 First Cut off: 12-08-09, Open Until filled

Announcement: NSA 09-087

Position: Materials Handler Supervisor, WS-6903-03, Department: MWR, Opening Date: 10-21-09, Open Until filled

Announcement: NSA 09-086

Position: Sup recreation Tech (ITT Manager), YC-0189-01 Department: MWR Opening, Date: 10-21-09, Open Until filled

Announcement: NSA-10-008

Position: Executive Administrator, YB-0303-02, Department: Security, NSA Bahrain, Opening Date: 21 JAN 2010 First cut off - 03 Feb 2010, Opened Until Filled

LINK FOR OVERSEAS POSITIONS:

<https://chart.donhr.navy.mil/index.asp>

BG POSITIONS:

Announcement: NSA-10-022

Position: Cashier/Stocker, BG-2091-04, Department: NEX Bahrain, Opening Date: 11 Feb 2010, Closing Date: 10 Mar 2010, Who May Apply: Bahraini Citizens (1st Priority consideration), Non-US Citizen Spouses (2nd Priority Consideration) GCC Nationals, Local Foreign Nationals, or Current BG employees.

Announcement: NSA 10-028,

Position: Child and Youth Program Assistant, BG-1702-05 (Temporary - NTE One year), Department: MWR, NSA Bahrain, Opening Date: 02-22-10, First Cut off: 03-07-10, Closing Date: 03-23-10, Who May Apply: Bahraini Citizens (1st Priority consideration), Non-US Citizen Spouses (2nd Priority Consideration) GCC Nationals, Local Foreign Nationals, or Current BG employees.

Announcement: NSA-10-022

Position: Financial Technician, BG-0503-08, Department: Comptroller, NSA Bahrain, Opening Date: 01 Mar 2010 Closing Date: 14 Mar 2010, Who May Apply: Current BG employees

Commander, Task Force 53 wins 2009 Captain's Cup tournament

By MC1 Melvin Nobeza
Staff Writer

MANAMA, Bahrain – Naval Support Activity (NSA), Bahrain and its tenant commands competed in Morale, Welfare and Recreation's (MWR) Captain's Cup tournament on board NSA from February to December. The 2009 Captain's Cup championship trophy was awarded to Commander, Task Force (CTF) 53 for earning the most points overall Feb. 15, 2010. The Captain's Cup is a highly competitive sports program consisting of basketball, flag football, tennis (singles and doubles), water polo, racquetball, water basketball, soccer, and softball.

Teams are divided in two divisions based on command size. Three large commands competed in one division in 2009 while seventeen smaller commands competed in another. Teams accrue points for achievements in different sporting events throughout the year. The team with the most points at the end of the year wins the coveted Captain's Cup Trophy.



Photo by MC1 Melvin Nobeza

Commander, Logistics Forces, Naval Forces Central Command; Commander, Task Force 53, Capt. Donald Hodge holds aloft the Captain's Cup Championship trophy presented to him by Capt. Rick Sadsad, Commanding Officer, Naval Support Activity, Bahrain at the U.S. Navy's Aviation Unit for winning the Morale, Welfare and Recreation's 2009 Captain's Cup tournament, Feb. 15.

NSA DUTY SAFETY OFFICE

Available 24 / 7 to assist all concerns and needs

NSA Safety Office

0630-1600 Phone: 1785-4601 / 8226 / 3527 / 3455

Fax: 1785-3526

NSA Safety Officer

1600-0630 Phone: 3940-0734

NSA Safety Director

Phone: 1785-3528 Fax: 1785-3526

Explosive Safety Officer

Phone: 1785-3528 Fax: 1785-8911

All mishaps must be reported to the Safety Office to ensure a "Lessons Learned" training is conducted to assist the prevention of future occurrences.

ITT

Cooking Demonstration of Arabic Food and Dinner

Thursday, March 4

Time: 5:00 p.m. ITT Price: \$23

Minimum of five people required

Group Fishing Tour

Friday, March 5

Time: 5:00 a.m. to 10:30 a.m.

ITT Group price for maximum of eight people: \$352 (\$44 per person)

Wahoo Water Park Trip

Saturday, March 6

Time: 10:00 a.m. to 3:00 p.m.

ITT Price: Adult \$20; Children under 1.2m \$12; Children under 3yrs \$6
Minimum of eight people required

Guided Cultural Tour of Bahrain

Sunday, March 7

Time: 9:00 a.m. to 4:00 p.m.

ITT Price: \$35
Minimum of ten people required

Belly Dancing Dinner Show

Thursday, March 11

Time: 8:00 p.m.

ITT Price: \$30

Minimum of eight people required

F1 Weekend

Friday, Saturday, Sunday, March 12-14

****Please arrive 15 minutes prior****

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 address to the above e-mail address.

Movie Schedule

Friday, March 5

Theater A

10 a.m. Cloudy with Chance of Meat Balls (PG)

12 p.m. Amelia (PG)

2 p.m. Carriers (PG13)

4 p.m. The Step Father (PG13)

7 p.m. Marine 2 (R)

9 p.m. The Box (R)

Theater B

11 a.m. Princess and The Frog (PG)

1 p.m. Old Dogs (PG)

3 p.m. Couples Retreat (PG13)

5 p.m. Aliens vs. Predator (PG13)

7 p.m. Marine 2 (R)

9 p.m. 2012 (PG13)

Saturday, March 6

Theater A

10 a.m. Alvin & the Chipmunks: Squeakouel (PG)

12 p.m. Love Happens (PG13)

2 p.m. Surrogates (PG13)

4 p.m. Transporter (PG13)

7 p.m. 2012 (PG13)

Theater B

11 a.m. Tooth Fairy (PG)

1 p.m. Cirque De Freak (PG13)

3 p.m. Couples Retreat (PG13)

5 p.m. The Step Father (PG13)

7 p.m. Ninja Assassin (R)

9 p.m. Pirate Radio (R)

Sun - Thur 6 a.m. to 9 a.m.

Sadi Vee Da Wolf

THE HEAT *Johnny Bravo* THE HEAT

106.3 Phone: 439 - 4036 106.3



Asian Dinner

Time: 5:00 p.m.

E6 & below: \$3; E7 & above: \$5

Thursday, March 4

City Center Mall

Free Transport

Departs at 6:00 p.m.

Friday, March 5

Tree of Life, Pottery & Saudi

Causeway Tour

Time: 9:30 a.m.; includes picnic

lunch

E6 & Below: \$3; E7 & above: \$5.

Hard Rock Cafe

Time: 5:00 p.m.

Free Transport

Saturday, March 6

Desert Bike Tour

Departs at 9:00; Includes bike, gear, transport to/from drop off point, BBQ lunch.

Thursday, March 11

Volunteer at the Local Animal Shelter

Departs at 8:30 a.m.; Free

Gold City and Arabic Dinner

Departs at 5:00 p.m

E6 & Below: \$3; E7 & above: \$5

Friday, March 12

City Center Mall

Free Transport; Departs at 10:00

a.m.

Indian Dinner

Time: 6:00 p.m.; All U can eat buffet

E6 & below: \$7.5; E7 & above: \$10

Saturday, March 13

Shore Fishing

Departs at 9:00 a.m.; includes equipment, bait and picnic lunch

E6 & Below: \$5; E7 & above: \$10

For more information call the Liberty Center at 439-3192