

NSA celebrates Earth Week 2010

By MC1(AW) Felix Garza Jr.
Staff Writer

MANAMA, Bahrain — More than 300 volunteers participated in base beatification and clean up projects during Earth Week, celebrated on board Naval Support Activity (NSA), Bahrain, from April 18 to 22.

Volunteers assisted by Jayakumar Nair, Nimmy Joseph and Regional Environmental Coordinator, Awni Almasri, who provided plants, equipment and landscaping advice planted more than 75 trees, flowers and seasonal plants in front of building one, P911, the walk-in gate and throughout the spine.

"I am truly honored and thankful to have this opportunity to work with this great team", said Awni. "This past week's success was just an example of the many outstanding supporters I get on this Base."

Total garbage collected around the base including broken office furniture was in excess of 68,500 lbs of which only 14,300 lbs (21%) were disposed at Asker Landfill in Bahrain. The remaining 54,200 lbs of plastic, aluminum cans, paper, cardboard, and scrap steel were taken by the Base recycling facility for recycling purposes.

"It's very important that we have days like this because trash accumulates over time", said Yeoman

2nd Class Evan Seller. "It's also good for everyone come out together to help knock it out".

A Booth was set outside the entrance of the Freedom Souq to offer information on present day environmental concerns and solutions that everyone can take part in.

"We have to do our part and show our support," said Yeoman 3rd Class Deron Bennett. "When base Admin comes out, there shouldn't be a reason why anyone else can't come out."

Volunteers were treated to a free barbeque lunch of hot dogs and burgers with all the fixings and an Earth Day 2010 T-shirt.

Earth Day was founded by Sen. Gaylord Nelson, recipient of the Presidential Medal of Freedom on Apr 22, 1970. He proposed the first nationwide environmental protest "to shake up the political establishment and force this issue onto the national agenda." Earth Day 1970 led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species acts. Now Earth Day is celebrated annually around the globe. Through the combined efforts of the U.S. government, grassroots organizations, and citizens, what started as a day of national environmental recognition has evolved into a worldwide campaign to protect our global environment.

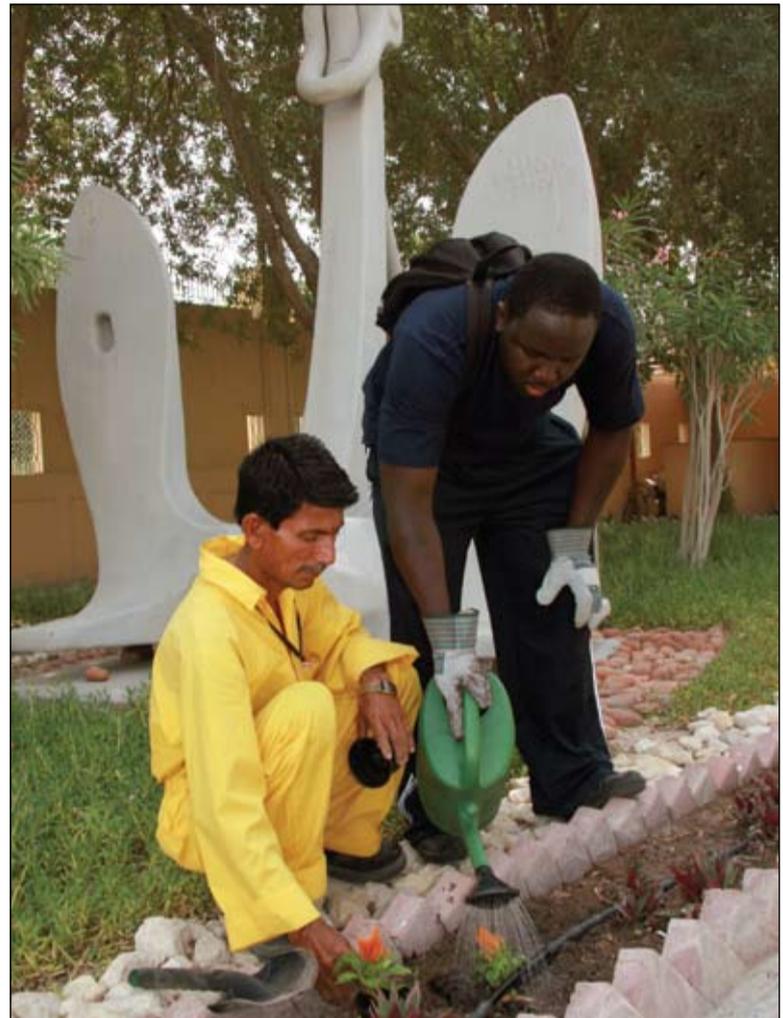


Photo by MC1(AW) Felix Garza Jr.

Quarter Master 2nd Class Michael Torto pours water on flowers that Mohamed Shiraz planted in front of Naval Support Activity, Bahrain's walk-in gate on Earth Day 2010, Apr 21.

Spring Fling parade

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Service members and their families took part in a variety of activities during the Spring Fling festival hosted by Morale, Welfare and Recreation (MWR) on board Naval Support Activity (NSA), Bahrain, Apr 22. The celebration was held during the Month of the Military Child, a month dedicated to recognizing the contributions of military kids and celebrating their spirit.

"When MWR and NSA work together to do something like this for the community, it really brings everybody together," said Master Sgt. Nakia Arrington, MWR volunteer. "It let's everyone know that this is a home environment that everyone can enjoy."

Children enjoyed face painting, a dunk tank, inflatable rides, balloon artists and jugglers. Some of the more adventurous kids competed in pugil stick jousting, boxing using oversized gloves and wrestling while wearing inflated sumo suits.

"This is just a small effort made for the

kids and the community to have a good time," said Arrington. "It's good for both the children and the parents. When the children are really enjoying themselves, it always makes the parents happy."



Photo by MC2(AW) Jason T. Poplin

Children, parents, service members and Child Youth Programs staff members walk in parade fashion to bldg. P911's courtyard to commence Spring Fling on board Naval Support Activity, Bahrain, Apr 22.



United Airlines provides service to Bahrain

By Jennifer Stride
Public Affairs Office

MANAMA, Bahrain — Mark Schwab, United Airlines Senior Vice-President Regulatory Affairs, announced a new service from Bahrain to the U.S. during a visit to Commander, Naval Forces Central Command on board Naval Support Activity, Bahrain Apr 18.

United now offers daily flights between Bahrain and Washington Dulles Airport.

The Boeing 777 aircraft offers

United First, Business, Economy Plus, and Economy classes and stops briefly in Kuwait before continuing on to its destination.

Flight 981, departs Bahrain at 9:25 pm, arrives in Kuwait at 10:30 pm, departs Kuwait at 11:45 pm, and arrives at Dulles at 6:47 am Eastern Time. Total travel time is 16 hours 22 minutes.

Flight 982, departs Dulles at 6:12 pm, arrives in Kuwait at 1:35 pm (the next day), departs Kuwait at 2:50 pm, and arrives at Bahrain at 3:55 pm. Total travel time is 14 hours 43 minutes.

INSIDE

- 3 - CHAPLAIN'S CORNER
- MASTER CHIEF'S CORNER
- 4 - ENERGY SAVING GOLF CARTS
- NAVY JAG VISITS UNIVERSITY OF BAHRAIN STUDENTS
- 5 - US ARMY PROVIDES VETERINARIAN SERVICES
- TEMPERATURES RISING
- 8 - MWR EVENTS & INFO



MILITARY CHILD MONTH, P.2



MEDAL OF HONOR RECIPIENTS VISIT NSA, P.3



EARTH DAY CLEANUP AND LANDSCAPING, P.6-7

THESE STORIES AND MORE...

Family Life at NSA Bahrain

Month of the Military Child

By MC1(AW) Felix Garza Jr.
Staff Writer

MANAMA, Bahrain — More than a hundred family members were entertained with clowns, slideshows, dance and songs in the Multi-Purpose room during Naval Support Activity (NSA) Bahrain's celebration of Month of the Military Child, Apr 17. The Fleet and Family Support Center, along with Morale Welfare and Recreation, organized the event providing pizza, cake, drinks and ethnic experiences such as a henna tattoo artist, a necklace maker and a hair braider.

The Department of Defense Education Activity joins the Department of Defense (DoD) and military communities around the world in honoring military children during April, the Month of the Military Child.

"It's a lot of fun and I get to play with my friends" said Nicholas Jones. "I like coloring on the wall too"

It is well known the sacrifices that U.S. service members make by serving this great country; they show their courage and com-

mitment to freedom every day. But they're not the only ones who serve. Military children also make sacrifices and serve in their own ways. In 1986, Secretary of Defense, Caspar Weinberger, designated April as the "Month of the Military Child" to highlight the importance of military children and their role in military families. This month is dedicated to recognizing the contributions of military kids and celebrating their spirit. The sacrifices they make to help keep our nation's defenses strong are sometimes overlooked or underestimated. Parents of these children recognize the strength and courage their children display as they support their families. Frequent moves and deployments are two of the biggest challenges these children face.

"When I see my Sailors, I know they are always thinking of their families," said Executive Officer, NSA Bahrain, Cdr. Patrick J. Moran. "This celebration is our way of saying to the kids, thank you for putting up with the time away, the moves and all the challenges that come with being a military child."



Photo by MC1(AW) Felix Garza Jr.

Children color on a wall size coloring book in the Multi-Purpose room during the Month of the Military Child celebration held by Fleet and Family Support Center on board Naval Support Activity, Bahrain, Apr 17.



Photo by MC1(AW) Felix Garza Jr.

Aladin the balloon sculptor makes hats for kids in the Multi-Purpose room during the Month of the Military Child celebration held by Fleet and Family Support Center on board Naval Support Activity, Bahrain, Apr 17.

Climbing to the top



Photo by MC1(AW) Felix Garza Jr.

Brandon Burton, son of Yeoman 1st Class Adrienne Burton, smiles at on-lookers after reaching the top of the climbing wall in bldg. P911 on board Naval Support Activity, Bahrain, Apr 23.

the Bahrain DESERT TIMES

www.cnmc.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

Leading Petty Officer

MC1(AW) Felix Garza Jr.

Staff Photojournalists

MC1(AW) Felix Garza Jr.

MC2(AW) Johansen Laurel

MC2(AW) Jason T. 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.



Photo by MC2(AW) Jason T. Poplin

Medal of Honor recipient Don Jenkins spoke to Sailors and Marines on board Naval Support Activity, Bahrain, Apr 14. The speaking engagement was arranged by Armed Forces Entertainment as part of their effort to provide the best in American entertainment to US troops and family members stationed overseas.

Medal of Honor recipients visit NSA

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Medal of Honor recipients Don Jenkins and Alfred Rascon addressed service members in building P911's Multi-Purpose room on board Naval Support Activity (NSA), Bahrain, during an Armed Forces Entertainment sponsored event, Apr 14. The two men thanked the audience for their military service, while downplaying their own heroism and telling several stories of average men performing extraordinary feats in dire circumstances.

"I think it's important for people to understand that a Medal of Honor recipient is just a human being, we're not super heroes and we're not winners," said Rascon. "We were awarded these because those who

were with us that day decided to come back and write something to honor us for what they thought we did, when in fact, we were just doing our jobs."

At the conclusion of their speaking engagement, the pair spoke with audience members individually and autographed copies of their award citations.

"It's inspiring how humble they are, how they don't look at themselves as heroes," said Staff Sgt. Tom Smith, C-4 Platoon Sgt, Fast Fleet Anti-Terrorism Security Team, Central Command, Bahrain. "They're just average guys who aren't corporate leaders. They're coalminers or gas stations attendees. They don't talk or brag about it. They tuck it away and just go about their lives. They don't live off of it which is very respectful."

Chaplain's Corner

Someone's Watching

By Chaplain (Cmdr.) Michael Hall
NSA Bahrain Chaplain

The windows at the chapel are one way in that you can see out but not in. On the outside the windows are reflective and so they make a wonderful mirror. A couple of Fridays ago right during the sermon in the worship service a young woman was walking by the chapel windows with a group of friends and she stopped to check herself in the window. What she did not know was everyone, all 200 plus in the chapel were checking her out as well.

How many times do we do things because we think no one is watching? We start whispers about others sure that no one will know it is us. We take a little here and there, we touch where we shouldn't, we look at what we shouldn't. The thing is, even when we think we can get away with it because we can't see anyone watching, there is someone who is always watching. He watches when we are kind and generous, warm and loving, short and grumpy, rushed and rude, and even when we are



doing things we know we shouldn't because we think no one is looking. It is what we do precisely when we think no one is watching that reveals what kind of person we really are. So next time you do something and you can't see anyone watching, remember there is someone who is always watching. No, not Santa Claus!



Photo by MC1(AW) Felix Garza Jr.

More than forty personnel stationed on board Naval Support Activity, Bahrain, participated in the NSA Multi-Cultural Heritage Committee sponsored Jewish Holocaust memorial candle light walk, Apr 18. The walk began at the Freedom Souq, continued down the parking lot boulevard, then up the spine and ending at the P911 courtyard. At the conclusion of the march, participants enjoyed food and drinks provided by the Morale, Welfare and Recreation department.

Master Chief's Corner

By NAVCENT Staff CMDM(AW) Marco Ramirez

In the last issue of the Bahrain Desert Times, NSA Bahrain Command Master Chief James Key wrote about "Season of Pride: 365."

I've recently reported and been on board less than 90 days. Let me share my personal vision with you: "to develop combat ready Sailors, improve lives and positively influence our people." I am a United States Sailor who is committed to excellence and the fair treatment of all.

I am very proud of our Sailors, sister services, coalition forces, civilian/contractor employees, and family members who continue to do the right thing the first time, each and every time, even if it takes longer.

Undoubtedly, service members serving in the NAVCENT area of responsibility (AOR) have a lot to be proud of: our men and women represent every branch of the U.S. armed services and are the best and most able in history. There is no doubt we'll prevent first... when directed, win decisively. Every day, we live and serve in

the hottest spot on the planet, taking the fight to the enemy in two wars, while preventing a third.

There is another enemy out there that we're having a hard time identifying, finding and eliminating. This enemy goes unnoticed until it is too late, and creeps up on our service members without notice. It's a constant fight against an enemy that continues to pick off Sailors at will without respect to performance, gender, age, or rank. This enemy has many names, but I call it "Complacency," "Overconfidence," "Inattentiveness," and "Ignorance."

Specifically, I'm talking about "Liberty as a Mission" – safety/alcohol-related incidents, violence and other mostly off-duty incidents that destroy careers and families, and always adversely impact mission readiness. One incident is one too many, and we are seeing a lot more than that in the Fifth Fleet AOR in 2010. There have been no fewer than three alcohol-related injuries, eight DUIs, five charges of public drunkenness, seven assault cases, three cases of Sailor on Sailor assaults, four sexual assaults and one incident of

domestic violence. This is simply unacceptable, and each of you is already aware of this.

While we are clearly winning the battle against well-organized, highly motivated and extremely dangerous rogue nations, terrorists, insurgents and pirates, we are just as clearly losing this equally important battle within our own lifelines.

The culprits? "Complacency," "Overconfidence," "Inattentiveness," and "Ignorance." If you combine these elements with rationalizations that include "it's easier to ask for forgiveness than permission," and "the mistake is in getting caught, not the wrongdoing itself" and a mindset absent of integrity and our Navy's core values (honor, courage and commitment), then negative results will surely follow. The question is how to send a clear message to everyone about not tolerating this type of behavior, and how can we give the Sailor the ability to recover? Should we give the Sailor the ability to recover?

Shipmates, help me build combat-ready Sailors. We need to continue to do the right thing the first time, each and every time, even if it takes longer. We need to continue to take care of each other. Most of all we need to take care of our-



selves. When we fail to do that we end up taking shortcuts and getting blindsided by the enemy.

In the military, we are besieged by numbers, especially sevens, 24s and 365s. The number I'd like to start hearing a lot about is zero, which is the number of on- and off-duty incidents we should all be striving for while serving in the Fifth Fleet AOR in specific, and throughout the military in general. That's something we can all take pride in, 24/7 and 365.

Energy saving golf carts

By John Kitson

MANAMA, Bahrain — Every person checking on board Naval Support Activity (NSA), Bahrain, quickly notices a couple of things. First, Bahrain has a lot of sunshine. Second we have a lot of electric vehicles or, “golf carts”. More than 60 electric vehicles are used to traverse the streets of NSA.

One can look in any direction and see at least one of the sturdy vehicles moving quietly about the streets and alleys from one end of the base to another.

These electric workhorses make it easier, safer and more efficient to accomplish much of the daily work for most of the 80-plus commands who are posted here.

Commanding Officer, NSA, Bahrain, Capt. Rick Sadsad, immediately noticed an opportunity to combine electric vehicles with an abundant, clean natural resource like the sun.

He believed that a few solar panels mounted on a rooftop would be able to effectively charge the electronic vehicles in order to reduce the energy consumed by plugging them into an outlet overnight to refill their batteries. Preliminary engineering analysis however, soon showed the cost involved with constructing such systems as unrealistic when compared with the very low local energy rate. The same concept would easily work in other regions where energy costs are higher, such as NSA Souda Bay where a single kilo-watt (1000 watts) of electricity costs nearly 25-cents, compared to NSA Bahrain energy rates at less than 5-cents per kW.

New breakthroughs in solar or photo-voltaic (PV) technology have made it easier and more affordable to upgrade most electric golf carts to solar power. Rather than use a large expensive central solar-powered charging station to recharge the vehicles, a simpler, more efficient and far more viable opportunity came to light. Utilizing single PV panels for each cart will enable it to recharge not only while parked, but during day use as well.

As the vast majority of electric vehicles on base travel less than 5 miles per day, it is possible to replace the roof of a vehicle with a solar upgrade kit which includes all of the components required to recharge batteries to maximum levels which eliminates the need to plug them into AC power at night. Not only does this innovative approach eliminate the costs associated with charging these vehicles every night meet the ongoing power needs of the vehicles themselves. It also dramatically reduces all green-house gas emissions associated with using electricity supplied through petroleum fueled generation.

The EPA states “For every 1.0 kilowatts of electricity generated by fossil fuel power, nearly 2.5 pounds of carbon dioxide is released into the atmosphere. Using solar power rather than fossil fuel power reduces the CO2 released into the air by 452 pounds per year per golf cart.”

It’s common knowledge that burning fossil fuels, either in our factories, generation plants, or in our vehicles, is not only bad for the environment, they are also being depleted at an alarming rate. Additionally, people are learning solar energy is by far one of the best forms of energy as well as one of the fastest progressing technologies of the 21st century.

The original solar power systems used glass panels and these are still widely available; however, they are expensive, heavy, and tend to break easily. Glass panels must also have direct “peak” sunlight to charge. After a certain point in the day or in cloudy weather they stop charging and simply run on battery power. Glass panels must also be rated at twice the watts to compare to some of the new generation of high-efficiency photo-voltaic films.

One of the best technologies on the market today uses “Amorphous Silicon” to create a three layer cell. This is the type of PV technology used in the roof upgrade kits now under consideration for use throughout NSA Bahrain. Each layer is tuned to a different frequency of sunlight, allowing the cell to convert more of the solar spectrum into electricity.

These revolutionary panels are able to produce watts constantly during direct sunlight, under artificial/fluorescent lighting, in cloudy or shady conditions, and even during rain or stormy weather! For every hour the top is charging in peak sun, the original charge will maintain its distance; one additional mile will be added when driving on flat terrain.

The kits under evaluation can be installed in minutes directly replacing the existing top. The panels are constantly charging during daylight whether the vehicle is in use or not. This increases the carts range, extending the life of the batteries, and save approximately 452 lbs of CO2 emissions per year.

While the project is still under evaluation, initial analysis looks excellent with cost, savings, and payback well within reasonable limits. In short, Capt. Sadsad’s vision may soon become a reality. If the process continues in its current direction, you will be seeing the new solar golf cart tops popping up all over the base in the next year.

If you have any energy saving ideas or suggestion you would like to see covered in a future issue of Energy Smart, please contact me at ENERGY SMART, john.kitson.ctr@ue.ctr.navy.mil.



Photo by Lt.j.g. Jennifer Womble

Expeditionary Strike Group Five (ESG 5) Judge Advocate General, Lt. Cmdr. Valerie Small interacts with a group of students from the American Studies class at the University of Bahrain. ESG 5 provides command and control, afloat or ashore, of assigned forces in the conduct of contingency, Maritime Security Operations, and Theater Security Cooperation Operations in support of U.S. 5th Fleet.

Navy JAG visits University of Bahrain students

By MC1 Brianna K. Dandridge
Expeditionary Strike Group Five

MANAMA, Bahrain — Lt. Cmdr. Valerie Small, Expeditionary Strike Group Five (ESG 5) Staff Judge Advocate, was a special guest lecturer to the American Cultural Studies class at the University of Bahrain, Apr 7.

“This was a great opportunity to share my pride in my career and my country,” said Small. “I just hope that the students left both entertained and informed.”

According to John Hillis, Director, American Studies Center University of Bahrain, the lecture series provides students the opportunity to improve their English language, study skills and marketability.

“The course allows students to increase their knowledge of U.S. history and culture enhancing the understanding between Arab-Muslim culture and that of the United States,” said Hillis.

The University of Bahrain program offers courses in American literature, history, government, and culture.

“In this connection, the current lecture series is designed to acquaint students with aspects of American life and culture they would not normally encounter in their classes,” he said.

Small lectured the class specifically about the Fifth Amendment and Miranda Rights. “The students have only a cursory knowledge of

U.S. law and most of that is via television and movies,” said Small. “I tried to teach a small but important section of U.S. law using television clips to illustrate and highlight Miranda warnings.”

Congress created the amendments to the Constitution to provide essential civil liberties not specifically addressed in the Constitution. Miranda Rights were created in 1966 as a result of the United States Supreme Court case of *Miranda v. Arizona* and intended to ensure that every suspect knows his or her basic rights under the Fifth Amendment.

According to Small, the Amendment Rights are fundamental to all aspects of U.S. law and vital to understanding the legal system.

After the lecture, students gathered around Small for a question and answer session on amendment rights, American culture, and information on pursuing future careers in the legal field.

“We like to offer students an opportunity to interact with speakers who can present an authentic slice of American life,” said Hillis.

ESG 5 serves as the primary advocate for amphibious forces deployed to the region, mine warfare, planning and execution of contingency response missions, and maritime humanitarian aid and disaster relief operations within the U.S. 5th Fleet area of responsibility.

WORD ON THE STREET:

What would you like to see in the Navy Exchange if anything?



KHMC Sanket Sadalge
NAVCENT

I'd like to see more items that help stimulate a child's mental and physical development, such as Baby Einstein or Sesame Street products.



Fire Chief David Farrell
NSA Fire Emergency Services

A bigger selection of women and children's clothing would be good, seasonal items such as bathing suits are lacking.



Subah Khawaja
Teacher at DoDDS Bahrain

I've noticed that a lot of the products in the frozen section are pork. I don't eat pork at all, so I'd like to see more beef products in the frozen section.



EO1 Maria Vankirk
Naval Special Warfare Unit 3

I'd like to see more meat variety in the deli section such as freshly butchered chicken and beef.



Giuseppe Chiarizia
Bose/Nikon/HP Rep

More recreation items such as bicycles and balls, any toys that would provide children with something to do outside would be nice to see at the Navy Exchange.



ET1 Latoya Blaine
NCTS

I would like to see a specific section dedicated to toys, games, and children-friendly movies in the store. I'd also like to see changing stations added to bathrooms and in other facilities.

US Army provides veterinarian services

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Naval Support Activity (NSA), Bahrain's animal health technicians and food inspectors provide many different services here in Bahrain. Many service members are unaware of the Army Vet's role according to United States Army Capt. Jennifer A. Viviano, Officer in Charge, Branch Veterinary Services.

"We inspect daily deliveries that are brought onto the base," she said. "We also provide support to the ships in port when they have load outs to restock their food supply."

The care of the Military Working Dogs (MWDs) and conducting food and sanitary inspections are the primary focus of the animal health technician.

The organization ensures the health of 24 MWD's by providing comprehensive medical and surgical care to the dogs. Veterinary Services personnel also perform food inspections at more than 20 on and off-base government facilities, including the Navy Exchange, Department of Defense School and eating establishments at the Freedom Souq, and sanitary inspections on more than 25 commercial facilities in this area of operations.

The staff also provides services to family pets including routine vaccinations, exams, heartworm testing for dogs, FELV/FIV testing for cats, micro-chipping, spaying/neutering and limited blood work. The clinic also offers a basic stock of health care supplies, such as heartworm preventative medication, flea/tick preventives, shampoos, joint supplements and a limited supply of prescription medications.

Service members stationed here who would like to have an animal need to adhere to several regulations when purchasing,

adopting or taking in a cat, dog or other pet.

"The pet is required to have a current rabies vaccination given within the last year and I recommend that the other routine vaccines, also given within the last year, to include the canine and feline distemper vaccinations, canine kennel cough vaccine, and the feline leukemia virus vaccine," Viviano said. "I also highly recommend that the pet be micro-chipped and wear a collar with an identification tag at all times."

Transferring service members also need to be aware of the many procedures and policies in place for the transfer of animals to other countries. Though it is encouraged to have a pet, service members should only do this in the event they intend on transferring with the animal. Information regarding importing or exporting a pet can easily be obtained at the vet hospital next to the MWD kennels.

"A service member should not get a pet if they do not intend to take the animal with them when they leave Bahrain," Viviano said. "Although having a pet while deployed may benefit the service member, there is no benefit for the pet to be abandoned."

Service members unable to transfer with an animal are encouraged to take every action to ensure the animal will be cared for upon their departure, according to Viviano. As a last resort, transferring service members can contact the Bahrain Society for Prevention and Cruelty of Animals as an alternative to simply abandoning a pet upon transfer.

The Branch Veterinary Services, NSA Bahrain hours of operation are Sunday from 9 – 11:30 a.m. and Monday – Thursday from 9 – 11:30 a.m. and 1 – 4 p.m. Hours for the facility are subject to change. Individuals with questions on family pets are encouraged to call DSN 439-4295.



Photo by MC1(AW) Felix Garza Jr.

Officer in Charge, Branch Veterinary Services, Naval Support Activity, Bahrain, Army Capt. Jennifer A. Viviano prepares a microscope and slide to view skin samples removed from a service member's pet.

Temperatures rising

By HM1 Daniel Feedback

MANAMA, Bahrain — Heat stress can affect anyone and occurs when their bodies are unable to compensate and properly cool themselves; normally by sweating. However, under some conditions, such as when a person's body temperature rises rapidly sweating just isn't enough. If left uncorrected very high body temperatures can cause damage to the brain and other vital organs.

There are risk factors that can increase your risk of heat injury which include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. Drink plenty of water as you will need to increase your fluid intake regardless of your activity level. Don't wait until you're thirsty to drink.

During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. When you are sweating excessively, you lose needed salts and minerals. A sports beverage can replace the salt and minerals you lose in sweat. Do not take salt tablets unless under medical supervision.

Doing too much on a hot day, spending too much time in the sun, or staying too



Photo by MC1(AW) Felix Garza Jr.

Hospital Corpsman 2nd Class Allen Neese adjusts the "Heat Index" indicator located in front of Naval Branch Health Clinic on board Naval Support Activity, Bahrain, Apr 25.

long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment. Also, be aware of the heat flag conditions indicating the intensity of exercise.

Heat Exhaustion symptoms include headache, dizziness, nausea/vomiting, and elevated temperature. Remove the injured person from the hot environment, cool them off, and provide cool, non-alcoholic drinks. Do not let them return to the hot environment until they have been seen by a medical professional.

We will be getting into the hot months now is good time to start good hydration habits. Keep an eye for your workout partner and those enjoying the summer sun around you.

Employment opportunity at NBHC

By Lt. LaShelle R. Hamilton
NBHC

MANAMA, Bahrain — Naval Branch Health Clinic (NBHC), Bahrain, is accepting applications for an eligible command sponsored family member to fill a volunteer position to be a part of the NBHC Clinic Leadership Team on a monthly basis. The position requires a positive, proactive voice, providing both inputs on beneficiary issues, and proposed solutions to those issues. The duration of this position is six months at which time a new member will be selected.

Applications are due no later than May 6, 2010. Please Contact Lt. Hamilton at DSN: 439-4859 for an application.

MWD Memorial Service



Photo by MC2(AW) Johansen Laurel

Master-at-Arms 2nd Class Patrick Mihalko, assigned to Naval Security Force, Bahrain, renders honors during a Military Working Dog memorial service held on board Naval Support Activity, Bahrain, Apr. 14.

Earth Week

Photos by MC1(AW) Felix Garza Jr.



French Navy Chief Nicolas Nigon, Quarter Master 2nd Class Michael Torto and French Navy Petty Officer Ronin Garin plant trees near the walk-in gate on Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 21.



Water and soil is poured on a sapling being planted on board Naval Support Activity, Bahrain, during Earth Week 2010.



Electronics Technician 1st Class Mark Gates and Logistics Specialist 3rd Class Mathew Carlock plant trees in front of building P911 while participating in Earth Week 2010 on board Naval Support Activity, Bahrain, Apr 21.



Master-at-Arms 3rd Class Xavier Williams digs holes in front of building one to place flowers in on Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 21.



Information Systems Technician 1st Class Antonio Roberts plants flowers in front of building one on Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 21.



Trash collected during a base wide clean-up effort is loaded into carts



Volunteer's stage discarded furniture for removal during a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.



Trash bags for disposal during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.



Volunteers are handed "Earth Day 2010" T-shirts after completing a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.



Volunteers load up with trash bags and gloves in preparation for a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.

Earth Day cleanup and landscaping

Photos by MC1(AW) Felix Garza Jr.



Volunteers patrol streets and back-alley ways looking for trash and recyclables during a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.



Master-at-Arms Chief Dennis Stoltz collects trash and recyclables during a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.



Shelly Snell, spouse of Cdr. Benjamin Snell, utilizes the Navy Exchange (NEX) green bag while shopping at the NEX on board Naval Support Activity, Bahrain, during Earth Week 2010. The bag offers shoppers an opportunity to minimize the use traditional paper and plastic bags.



Aviation Maintenance Administrationman 1st Class Alfred Christopher collects debris during a base wide clean-up effort during Earth Day 2010 on board Naval Support Activity, Bahrain, Apr 22.

HR Classified Ads

CONUS POSITIONS:

Announcement Number: SE0-0018-12-N5638691-OS-IN

Position: Safety & Occupational Health Specialist, GS-0018 -12

Open Date: 04/12/2010 - **Closing Date:** 05/10/2010

Announcement Number: SE0-0873-13-N5567565-OS-IN

Position: Supervisory Marine Surveyor, GS-0873-13

Open Date: 04/22/2010 - **Closing Date:** 05/06/2010

BG POSITIONS:

Announcement: NSA-10-035

Position: Cash Clerk, BG-0530-04

Department: MWR

Opening Date: 13 April 2010 - **Closing Date:** 03 May 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-10-034

Position: Food Outlet Duty Manager, BG-1101-07

Department: MWR

Opening Date: 13 April 2010 - **Closing Date:** 03 May 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-10-033

Position: Financial Technician, BG-0503-08

Department: Comptroller, NSA Bahrain

Opening Date: 15 April 2010 - **Closing Date:** 05 May 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-10-036

Position: Telecommunication Mechanic (Not to Exceed 5 years), BG-2502-007/08/09/10

Department: NCTS, Bahrain

Opening Date: 15 April 2010 - **Closing Date:** 05 May 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.

50 meter swim challenge



Photo by MC1(AW) Felix Garza Jr.

Commander Task Force 57's Lt. Scott Hook and United Kingdom's Maritime Component Commander's Lt. Cmdr. Mark Northcote present their trophies at the conclusion of a 50 meters free style swim hosted by Morale, Welfare, and Recreation on board Naval Support Activity, Bahrain, Apr 22. Hook and Northcote took first and second place with a time of 26.01 seconds and 26.31 seconds respectively.

Bingo! \$1,000.00



Photo by Xxx

Master-at-Arms 1st Class James Jenson holds one thousand dollars after winning black-out Bingo at the Desert Dome on board Naval Support Activity, Bahrain, Apr 14. Also in the photo is caller Renée Menge and Bingo verifier Hussain Alsaffar.



ITT

Trip to Lost Paradise Water park Saturday, May 1

- Time: 0900 – 1500
- ITT Tour Price with transpo: \$33
- Min 10 people

Hummer 4X4 Obstacle Rides Thursday, May 6

- Time: 1400 – 1900
- ITT Price: \$27.00
- Min 8 people, May 3 cut-off day

Pleasure Cruise @ Al Bander Resort Friday, May 7

- Time: TBA
- ITT Price: \$59.00 per person
- Min 6 people – Max 12 people, May 4 cut-off day

Shopping at City Centre Mall Saturday, May 8

- Time: 0930 – 1300
- ITT Price: \$4.00
- Min 5 people

Mother's Day Spa Packages @ Dessange Spa Sunday, May 9

- 0900 (Times subject to availability)
- Harmony Package: ITT Cost: \$115
- Body & Soul Package: ITT Cost: \$126
- Zen Package: ITT Cost: \$149
- Serenity Package: ITT Cost: \$154
- Ultimate Package: ITT Cost: \$168
- Escape Package: ITT Cost: \$210

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

All dates and times are subject to change

Movie Schedule

Saturday, May 1

Theater A

- 10 a.m. - FLICKA: 2 (PG)
- 12 p.m. - DIARY OF A WIMPY KID (PG)
- 2 p.m. - WHEN IN ROME (PG13)
- 4 p.m. - DID YOU HEAR ABOUT THE MORGANS (PG13)
- 7 p.m. - FROM PARIS WITH LOVE (R)
- 9 p.m. - HALLS OF MONTEZUMA

Theater B

- 11 a.m. - PRINCESS & THE FROG (G)
- 1 p.m. - ESCAPE FROM ALCATRAZ (PG)
- 3 p.m. - EXTRAORDINARY MEASURES (PG)
- 5 p.m. - ARMORED (PG13)
- 7 p.m. - SNATCH (R)
- 9 p.m. - LOVELY BONES (PG13)

Sunday, May 2

Theater A

- 10 a.m. - 1000 LEAP YEAR (PG)
- 12 p.m. - TOOTH FAIRY (PG)
- 2 p.m. - ESCAPE FROM ALCATRAZ (PG)
- 4 p.m. - INVICTUS (PG13)
- 7 p.m. - LEGION (R)
- 9 p.m. - IT'S COMPLICATED (R)

Theater B

- 11 a.m. - CLOUDY WITH CHANCE OF MEATBALLS (PG)
- 1 p.m. - OUR FAMILY WEDDING (PG13)
- 3 p.m. - DIARY OF A WIMPY KID (PG)
- 5 p.m. - NINE (PG13)
- 7 p.m. - ENTER THE DRAGON (R)
- 9 p.m. - BROTHERS (R)

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.

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



Saturday, May 1

Lost Paradise Water Park

- Departs 0900
- E6 & Below: \$20; E7 & Above: \$25

Shore Fishing

- Departs 1700
- E6 & Below: \$5; E7 & Above: \$10

Sunday, May 2

Poker Bowling & Lunch

- 1200; Free
- Gold City and Arabic Dinner
- Departs at 1700
- E6 & Below: \$3; E7 & Above: \$5

Monday, May 3

Asian Dinner

- E6 & Below: \$3; E7 & Above: \$5

Tuesday, May 4

Build-a-thing Competition

- 1200
- City Centre Mall
- Departs 1700
- Free transport

Wednesday, May 5

Cinco de Mayo

- 1700
- Free dinner while supplies last!

Thursday, May 6

Go Carts!

- Departs 1630
- E6 & Below: \$15; E7 & Above: \$20

Wii bowling

- 1800; Prizes to winners!

For more information call the Liberty Center at 439-3192