

# NSA fires it up on Labor Day



Photo by MC2(AW) Johansen Laurel

Yeoman 2nd Class Kevin Brinson from Expeditionary Strike Group 5 volunteers to grill steaks during the grand opening of the softball field and Labor Day celebration at Naval Support Activity Bahrain's athletic field, Sept. 3.

By MC2(AW) Johansen Laurel  
Staff Writer

**MANAMA, Bahrain** — Naval Support Activity (NSA) Bahrain Morale, Welfare and Recreation department hosted a series of events in celebration of Labor Day and the grand opening of the base's new sports complex, Sept. 3.

Activities for adults and children included softball, pony rides, airbrush tattoos, a horseshoe tournament, watermelon eating contests and a barbecue hosted by Morale, Welfare and Recreation Department (MWR).

The new softball field was constructed by MWR with the help of NSA's Public Works department. This new recreational asset was the work of years of planning according to MWR Recreation Director Mike Jones.

"I think the softball field speaks for itself," said Jones. "The field is an absolute welcome addition to the MWR sports department and the grand opening culminates the completion of the project."

The event took a month of planning and organizing said MWR Community Programs Manager, Jeffrey Shaw.

"I think it was a huge success," said Shaw. "There were more than 1,200 people in attendance and we made sure there was an activity for any age group."

Personnel Support Detachment Officer in Charge, Lt. Leon LeFlore, volunteered to grill steaks during the event for service members and their families.

"This is a wonderful and important event to give back to the community," he said. "There are so many kids running around and having a good time. I would say that this is a great day to be stationed here in Bahrain."

Minerva Cavalier, the wife of CJ Cavalier, a DoD contractor, brought their children, Danaka, 1, and Mackenzie,

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## Rear Adm. Gaiani outlines vision for CNREURAFSWA

Men and women across Navy Region Europe, Africa, Southwest Asia, I am thrilled to join a great team. This assignment was much anticipated in my family. My wife, Colleen, and I lived in Naples during our first overseas assignment years ago. And now our dream to return has come true.

This is my third assignment in the shore infrastructure management community. I previously served as commanding officer of Naval Base Coronado in beautiful San Diego. Most recently, I served as commander of Navy Region Midwest, in our nation's heartland.

I understand the enormous pressures to do more with less. I'll be traveling throughout this region visiting each installation over the next couple of weeks, and I look forward to meeting with your leadership teams to see firsthand how we can better support you at your bases. I realize the diverse array of challenges we face abroad. Nevertheless, in the presence of challenging circumstances, new opportunities to make positive change can arise.

This region has certainly experienced tremendous change over the past few years. The closure of Joint Maritime Facility St. Mawgan, the realignment of Gaeta,

the addition of the only U.S. base on the African continent in Djibouti and the merger with Region Southwest Asia are significant milestones. In addition, the realignment of our workforce to meet reduced operational demand in Naples and Sigonella is underway.

The time to maximize efficiency in the employment of our resources is now. To keep our presence in this diverse region strong, vibrant and relevant, we must continue to provide efficient and effective shore service support to Navy, joint and allied forces. This will require our most creative thinking and innovative approaches to meet our charge.

To our families who sacrifice and provide the stability, balance and love we need, we have a sacred obligation to you. We remain committed to providing you the top-quality support services you deserve. To that end, our Navy Fleet and Family Support Centers throughout the region are at work adopting a more proactive approach to addressing your needs, including those directly impacted by individual augmentee deployments.

It is no coincidence that this region has so quickly matured into one that has become a model for others to

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U.S. Navy photo

Rear Adm. Tony Gaiani

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain

## Flu season is here!

By Branch Medical Clinic

**MANAMA, Bahrain** — 'Tis the season! That's right, cold and flu season is just around the corner and the Naval Branch Health Clinic is gearing up to ensure our beneficiaries are prepared. In the coming months we will provide annual flu vaccinations.

While the term "flu" is often used to describe other illnesses, the flu, by definition, is a contagious disease caused by the influenza virus. In most cases symptoms only last a few days and may include: fever, cough, chills, sore throat, headache, fatigue and muscle aches. Symptoms can be more severe among the very young, the elderly and people with heart or lung disease or weakened immune systems.

Each year thousands of people die from seasonal flu and many more require hospitalization. For a young healthy population, such as our active duty personnel, the loss of work days and decrease in fighting strength are the biggest issues. Annual vaccination against the flu can prevent illness, lost work days and more severe cases of flu.

Annual vaccination is highly recommended because the influenza virus is always changing. Each year scientists determine the strains most likely to cause flu that year and prepare vaccines accordingly.

There are two types of vaccine available: live, attenuated or weakened vaccine, which comes as a nasal spray, and inactivated vaccine that is administered as a shot.

The nasal spray contains live but attenuated virus and is recommended for healthy people ages 2 through 49. Pregnant women and people with certain medical conditions should not receive the nasal spray. The flu shot, or killed virus, can be given to a larger portion of the population, including children older than 6 months and adults over age 50. Other criteria factor into determining which vaccine is appropriate for a given patient, so please visit the immunizations department for screening.

The clinic expects the vaccine to be available mid-September. More information can also be found on the Centers for Disease Control and Prevention (CDC) website [www.cdc.gov](http://www.cdc.gov).



Photo by MC2(AW) Jason T. Poplin

**Razan Alshehabi, a senior at the Bahrain School, speaks with Commander, U.S. Naval Forces Central Command, Vice Adm. Mark Fox during a luncheon at Naval Support Activity Bahrain.**

## NSA and Bahrain School form partnership

By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Commander, U.S. Naval Forces Central Command (NAVCENT), Vice Adm. Mark Fox, and Bahrain School Principal Gail Anderson announced an official partnership between the school and NAVCENT during a luncheon Sept. 2.

"I think this is one of the most important things that any of us could be a part of," Fox told luncheon attendees. "The school has my commitment, and I'm going to do all I can to encourage the young Sailors and Marines here to help. These long term relationships are the most important part of what we're about as the U.S. Navy."

The Bahrain School, a part of the Department of Defense Education Activity, enrolls kindergarten through 12th-grade students from more than 45 countries.

"The school is unique because we offer the American diploma and the International Baccalaureate program. Because of that, our school attracts some of the finest scholars, not just in Bahrain, but in the world," said Anderson.

NAVCENT Force Chaplain Brent Scott also spoke at the luncheon and echoed Fox's comments on the relationship between the U.S. Navy and the school.

"The relationships we develop here are building bridges with our host nation through

the exchange of ideas, cultures and values," Scott said. "Our partnership with Bahrain School will now be the centerpiece of what we do on the island as we continue to build engagement with our local community.

"We've never had an organized, consistent, intentional program of support to the school. We have organizations and partnerships with all kinds of groups in Bahrain, but we felt the school needed to be a priority. They take care of children from military families and because of the diversity of the school, and the many different nations that are represented in the student body, the potential of making an impact with students from all around the world is incredible," he said.

Scott said when NAVCENT representatives met with school faculty in the past, teachers and staff expressed a need for volunteer help with sports programs, interaction with students in and out of the classroom also with afterschool programs.

High school senior Bianca Hyett attended the luncheon and looks forward to seeing service members working with students at the Bahrain School.

"It's great to see that [Sailors] see Bahrain School is also a part of their community," said Hyett, who is from South Africa. "To see that, gives me such great school pride." For more information, contact Chaplain Scott or Chaplain Marc Massie at 439-3109.



**the Bahrain DESERT TIMES**

[www.cnic.navy.mil/bahrain](http://www.cnic.navy.mil/bahrain)

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Cmdr. Kevin Boykin

**Public Affairs Officer**  
Jennifer L. Stride

**Leading Petty Officer**  
MC1(AW) Felix Garza Jr.

**Senior Editor**  
MC1(SW) Sonja M. Chambers

**Staff Photojournalists**  
MC2(AW) Johansen Laurel  
MC2(AW) Jason T. Poplin  
MC2 Daron Street

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### Volunteers Needed

USA Girl Scouts Overseas (USAGSO) Bahrain is looking for volunteers to help kick off the first year of scouting since dependents left in 2004. USAGSO members enjoy the same excitement, fun and adventures in Girl Scouting as their stateside Girl Scout sisters. Girl Scouts are 5 through 17 years of age. Girl Scouting builds girls of courage, confidence and character, who make the world a better place. If you would like to volunteer or get your daughter registered for Girl Scouts, please contact Dawn Bunting at 3652-6298 or at [rbunting29@googlemail.com](mailto:rbunting29@googlemail.com).



## Chaplain's Corner

### Meet Chaplain Dowdey



Lt. j.g. Kenneth Dowdey  
Chaplain

Chaplain Kenneth Dowdey was born and raised in Austin, Texas. He entered the Navy in February 2010. He came to Bahrain from the Chaplaincy School and Center in Fort Jackson, S.C. Before chaplain school, Dowdey attended Officer Development School in Newport, R.I. His personal awards include an award for excellence in writing presented by the Commanding Officer of the Naval Chaplaincy School and Center.

Dowdey has been involved with youth ministries for more than 12 years. For the past three years he has been a pastor of a Baptist church near Ardmore, Okla.

Dowdey received his Master of Arts in Christian Education at Southwestern Baptist Theology seminary in December 2006. He also received his Bachelor of Arts in Christian Studies with emphasis in youth ministry in August 2000.

Dowdey is joined here by his wife Emily and daughter Cassandra.



Photo by MC1(AW) Felix Garza Jr.

Naval Support Activity Bahrain's Environmental Office employees (left to right) Ajith Kumar and Sam Mathew collect plastic bottles from one of the many recycling bins located throughout the base Sept. 14.

## NSA Bahrain — recycling for the future

By Awni M Almasri  
Regional Environmental Coordinator

**MANAMA, Bahrain** — The environmental program at Naval Support Activity (NSA) Bahrain is dedicated to the protection and preservation of Earth and its natural resources and strives to promote environmental stewardship.

Recognizing the need for environmental consciousness, NSA Bahrain established a voluntary recycling program several years ago to improve environmental conditions and protect natural resources and minimize the threat of improper waste handling to the health and safety of the island's population. These activities endeavor to make environmental protection part of everyday life and encourage environmental protection initiatives that conserve natural resources and improve the overall quality of life in the Kingdom of Bahrain.

From industry to government and from schools to our very own households, recycling is everyone's business. With the return of families to Bahrain and the continued increase of the base population, the U.S. government is counting on us to be good ambassadors and stewards of the environment in Bahrain and anywhere we are deployed.

Each year, NSA Bahrain's recycling program has managed to divert an average of 1,000 tons of aluminum cans, paper, cardboard, plastic bottles and other recyclables from the landfill to be recycled and reused. We are counting on each and every one of you to commit to recycling and influence others to recycle. We have done well, but we can do much better. With a little bit of additional effort, we can educate our kids, students, staff and everyone to recycle more, and soon we can double or even quadruple the 1,000 tons we have recycled each year.

A few years ago, NSA Bahrain's environmental program introduced a tremendously beneficial program to collect used clothing for the needy in Bahrain. This continuing program has helped clothe hundreds of people in the community. Several bins for the collection of used clothes are

located in the parking lot in close proximity to Pass and ID.

Throughout the base, recycling bins have been placed for the collection of specific materials, aluminum cans, plastic bottles, card board and mixed paper. Each bin has a label on it indicating the type of recyclable material the bin is intended for. You can help the recycling collection personnel by ensuring that only recyclable material indicated on the label is thrown into the bin.

Families are welcome to bring recyclables from home. If you are driving, the most convenient location to drop off your recyclables would be the recycling bins located in the parking lot. If you are walking, you can drop off your recyclables using any of the bins in the vicinity of Pass and ID. If neither location is right for you, please use any of the recycling bins throughout the base or contact the environmental office for assistance.

To expand the recycling program beyond the boundaries of NSA Bahrain, we have placed many recycling containers for plastic bottles, aluminum cans and paper throughout Bahrain School. We commend the Bahrain School community for their strong participation and hope to see stronger participation in the near future.

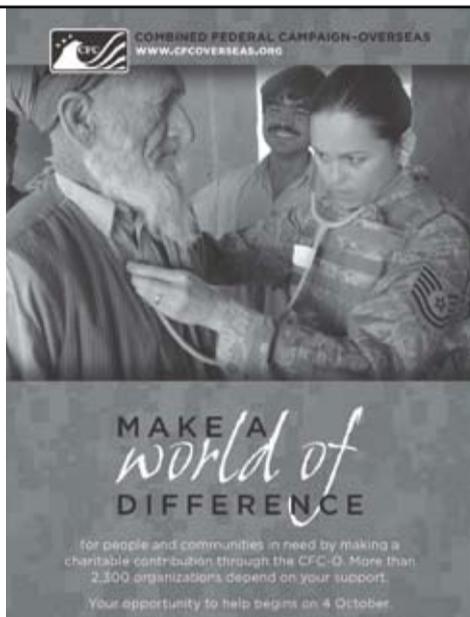
A clean and healthy environment is an absolute necessity for a healthier future generation and a better quality of life. Teaching our children the value of teamwork and reaffirming a strong environmental ethic will definitely encourage the desire to care of and take part in ensuring our environment is clean and healthy. The ultimate goal is for everyone to realize that environmental protection is not the responsibility of a few, but the responsibility of everyone who wants to enjoy life and provide a healthier future for our children. Environmental protection is not a one day activity, but a way of life that we all must abide by and make part of our daily lives.

If you ever have a question on recycling at NSA Bahrain or if you need recycling bins for your office or facility, please do not hesitate to contact the environmental office at ext. 4602 or e-mail at awni.almasri@me.navy.mil.

### Looking for 2010 Combined Federal Campaign Representatives

The 2010 Combined Federal Campaign will be kicking off Oct. 4 and run through Dec. 3. Now is the time to identify all tenant command and departmental points of contact for this year's campaign.

Please submit departmental or command representative names to the Command Area Project Officers MAC Dennis Stoltz at 439-6616 or NC1 Theresa Pierson at 439-4082.



## 9/11 Remembrance

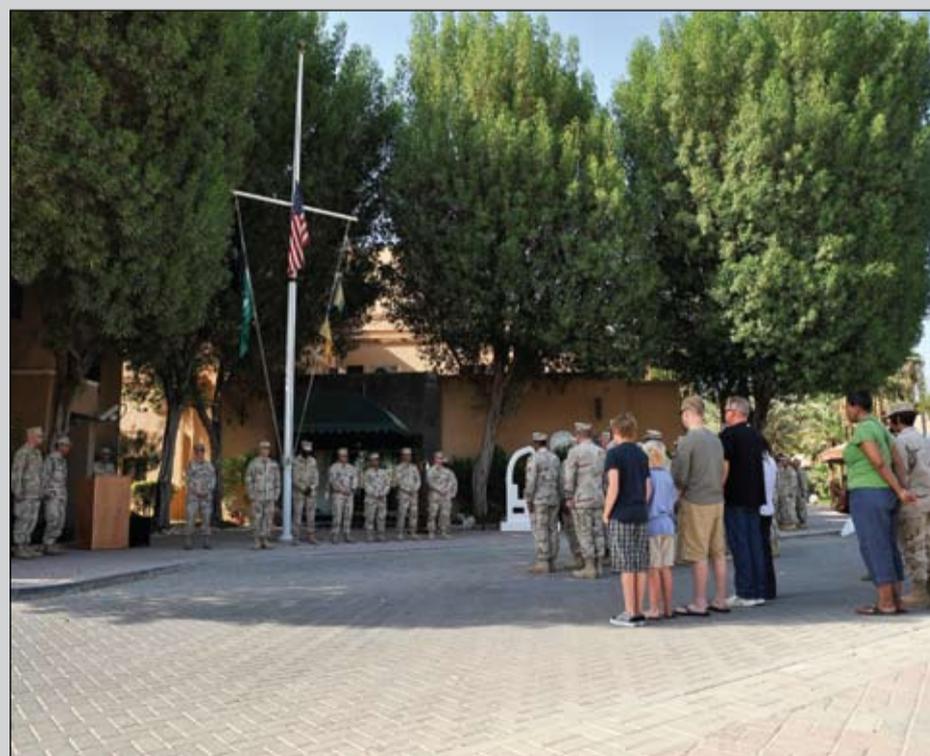


Photo by MC2 Daron Street

Sailors and civilians stand solemnly in remembrance of the terrorist attacks of Sept. 11 on Naval Support Activity Bahrain. This observance ceremony, put on by the Chief Petty Officer Selectees, was to observe and pay homage to those who lost their lives on that day nine years ago.

# Helping Sailors navigate their careers

By MC2(AW) Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — At any Navy command, the principal advisor on policies and regulations that deal with Sailors' career planning is handled by the command career counselor — which is usually a position held by a Sailor who possesses the Navy Counselor (NC) rating.

Onboard Naval Support Activity Bahrain (NSA), Navy Counselor 1st Class Theresa Pierson, assigned to Naval Security Force Bahrain (NSF), is the one who helps NSF Sailors make the best career decisions possible.

"I engage Sailors to let them know about new polices and what's going on in the fleet, so they can make sound career decisions," Pierson said. "I feel it's my obligation to ensure they receive the most current information needed to have a successful naval career."

Her daily career counseling responsibilities include working with Sailors to facilitate their reenlistments, retirements, career development guidance and special program requests.

NSA Bahrain Installation Command Career Counselor, Chief Navy Counselor Jean-Hero Lamy, said Pierson is an invaluable

part of the NSF career counseling team.

"She's a hard working professional whose actions and decisions directly affect the lives of many Sailors," Lamy said. "I wish I had two more Sailors just like her."

Pierson, a native of Fayetteville, N.C., joined the Navy in February 1994. Initially serving as a Navy Personnelman (PN), Pierson cross-rated to NC in 2007 after performing as a career counselor while stationed at Navy Personnel Support Activity Detachment, Sigonella, IT.

"I've been in the Navy for a long time and junior Sailors had always asked me for advice, but I was never in a situation where I could really assist them," Pierson said. "By becoming an NC, I am finally in a position where I have the knowledge and training to be able to say, 'This is what I can do for you.'"

Pierson said she enjoys her interactions with Sailors, and feels that supervisors should take a more active role in communicating with their personnel about their careers.

"We (the command career counselors) want to be super NCs and make contact with every Sailor, but we need the entire chain of command to be engaged to help the Sailors," she said.

Helping Sailors make informed decisions



Photo by MC2(AW) Jason T. Poplin

**Navy Counselor 1st Class Theresa Pierson, assigned to Naval Security Force Bahrain, helps guide Sailors through their careers by ensuring they have current and accurate career information.**

is a reward within itself, Pierson added. someone's career is the most valuable job "I think helping make a difference in you can have in the Navy."

## Exercise tests UK - US mine countermeasures capabilities

By Lt. Liz McMullen  
COMCMRON FIVE Public Affairs

**ARABIAN GULF** — The U.S. Navy and U.K. Royal Navy completed a mine countermeasures training exercise Aug. 25.

U.S. mine countermeasures ships (MCMs) assigned to Task Force 52.1, U.S. Navy Explosive Ordnance Disposal (EOD) personnel assigned to U.S. Task Force 56, Royal Navy MCMs, from the U.K. and Royal Fleet Auxiliary (RFA) landing ship dock Lyme Bay (L3007) participated in the 10-day bilateral training exercise in the Arabian Gulf which focused on improving both navies' mine countermeasures capabilities.

MCM crews and capabilities were tested in a challenging environment throughout the 10 days, during which temperatures reached 100 degrees Fahrenheit each day.

"We specifically scheduled the mine countermeasures exercise during this time of year because it tests the crews and equipment. If you can conduct sustained operations in

these conditions, you can do it anywhere," said U.S. Navy Capt. Jerry O'Regan, commander of Mine Countermeasures Squadron 5 and Task Group 52.1.

The training exercise was executed in three phases: combat enhancement training, mine threat scenarios and exercise mine recovery.

O'Regan emphasized that if there were a situation which required MCMs neutralizing live mines, the ships and crews would need to act quickly.

"Should a mining event occur here, there will be tremendous pressure to get the waterways back open and safe for commercial traffic," he said. "It's going to be a time problem, and we've got to be ready to respond quickly and effectively. Exercises like this one help us to achieve that goal."

Cdr. David Bence, commander, U.K. MCM Force and Surface MCM, and commander for this training, recognized the importance of this training in improving coalition readiness. "This training is crucial in improving the application of mine warfare tactics in U.S. and U.K. mine countermeasures operations. The exercise was an unequivocal

success. Our combined capability is greater than the sum of our individual strengths," he said.

Vice Adm. Mark Fox, commander, U.S. Naval Forces Central Command and Combined Maritime Forces, visited a number of the participating ships where he observed a live demonstration of the U.K.'s "Seafox" mine neutralization system aboard HMS Chiddingfold (M37). During a visit to USS Gladiator (MCM 11), Fox emphasized that mine countermeasures are critical to operations within the U.S. 5th Fleet and a key element of the Partnership, Strength and Presence (PSP) line of operation.

"Watching our two navies work together to improve their mine countermeasures showed me what a cohesive team we are," Fox said. "Our coalition team was strengthened through this exercise, along with our capabilities which means security and stability in the region were also strengthened."

MCMs operate in support of U.S. 5th Fleet maritime security operations by conducting waterborne security missions, protecting oil platforms and conducting joint operations with coalition patrol forces.

### WORD ON THE STREET:

#### Did you participate in any Ramadan related activities?



Judineth Castillo  
NEX Sales Associate

"I mostly stayed home. I did go to a few house parties."



Lance Cpl. Luis Lerma  
FASCENT

"Mostly I stayed here on base and trained."



Zahraa Abdul Jalil Butti  
NEX Sales Associate

"I visited my family during the nights to have Iftar dinners with them. We also barbecued on the weekends."



Awni Almasri  
Environmental Director

"I spent this Ramadan praying, fasting and getting closer to God."



Ed Faulk  
Private Contractor

"I went with a Bahraini friend of mine and we purchased enough lamb to feed about 24 needy families."



Lt. Miles Hicks  
CTF 53

"Besides going to the malls to buy presents at night, I went home and spent a lot of time with my family."

## Child care fees adjust, care stays high quality

By MC1(SW) Sonja M. Chambers  
Staff Writer

Naval Support Activity (NSA) Bahrain's Child Development Center (CDC) is adjusting its fees Oct. 1.

The Department of Defense (DOD) dictates fees, which have been revised to reflect inflation, increased incomes and increased caregiver salaries. Three new income categories have been added as well.

"These revisions represent the first adjustments in the fee policy since school year 2004-2005," NSA Bahrain's Morale, Welfare and Recreation Director, Thomas Linscott, said in a letter to parents. "Navy Region Europe, Africa, Southwest Asia child care fees have been roughly four percent lower than the Navy-wide established fee schedule. This increase will place our region in compliance with mandated DOD policy and guidance."

Commander, Navy Installations Command's Navy Family Readiness Program said under the new fee schedule, families with a total income of \$85,000 or less will see their child care cost rise by one dollar a week. Child care costs for families earning more than \$85,000 will rise between \$10 and \$16 a week.

The new fee schedule is as follows:

**Category I** – incomes of \$29,400 or below – will pay \$56 per week (no change)

**Category II** – incomes from \$29,401 to \$35,700 – will pay \$70 per week (+\$1.00 per week)

**Category III** – incomes from \$35,701 to \$46,200 – will pay \$83 per week (+\$1.00 per week)

**Category IV** – incomes from \$46,201 to \$57,750 – will pay \$99 per week (+\$1.00 per week)

**Category V** – incomes from \$57,751 to \$73,500 – will pay \$109 per week (+\$1.00 per week)

**Category VI** – incomes from \$73,501 to \$85,000 – will pay \$122 per week (+\$1.00 per week)

**Category VII** – incomes from \$85,001 to \$100,000 – will pay \$131 per week (+\$10.00 per week)

**Category VIII** – incomes from \$100,001 to \$125,000 – will pay \$134 per week (+\$13.00 per week)

**Category IX** – incomes of \$125,001 or above – will pay \$137 per week (+\$16.00 per week)

Categories are determined by using the Application for DOD Child Care Fees DD Form 2652. Total Family Income is calculated by taking base pay, basic allowance for subsistence and the non-locality basic allowance for housing times 12. Cost of living allowance and overseas housing allowance are not included.

The Child and Youth Program's (CYP) Training and Curriculum Specialist, Nicole Jones, said the fee change will not affect the program.

"Our staff will continue to educate, stay committed and nurturing to our children," she said. "CYP staff will also continue to help parents feel that their children are safe and secure in our environment."

The CYP opened its doors Jan. 19 this year to provide care to returning dependent children. The center has the capacity to care for 67 children ranging in age from 6 weeks to 12 years of age.

For more information, please contact the CDC at 439-9092.

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## Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at [www.navy.mil](http://www.navy.mil)



Photo by MCSA Tyler Caswell

Steam from a catapult surrounds a flight deck director as he signals an E-2C Hawkeye assigned to the Seahawks of Airborne Early Warning Squadron (VAW) 126 toward the catapult for launch aboard the aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is deployed as part of the Harry S. Truman Carrier Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

## Training prepares CACOs

By MC2(AW) Jason T. Poplin  
Staff Writer

**MANAMA, Bahrain** — More than 40 service members from Naval Support Activity (NSA) Bahrain and local tenant commands attended Casualty Assistance Calls Officer (CACO) training, Sept. 2 held onboard NSA.

The CACO information session provides the necessary training on how to notify family members in the event of a casualty, such as the death or injury, of a service member.

"When the service member passes away, they usually have family who will be impacted by that loss," Leahy said. "It's important that the military take steps to support those family members by being sensitive to their needs and ensuring those family members are properly notified."

CACO Program Manager for Navy Region Europe, Africa, Southwest Asia, Chief Warrant Officer Charles Lyons said a CACO will ensure the families' immediate needs are met and will assist with any other beneficiaries in

the preparation and submission of benefit claims to various government agencies.

"The CACO will provide the family with as much information as available regarding the circumstances of the Sailor's death or injury and will answer any questions they may have," he said. "They will also begin the process of providing the family with any Navy assistance available in making funeral or memorial arrangements as appropriate."

The CACO will continue to assist family members until their claims are filed and settled, or until any issues regarding their benefits are resolved. Lyons said the family may release the CACO at any time they feel their assistance is no longer required, but often an emotional bond can develop between the two entities that can last for years.

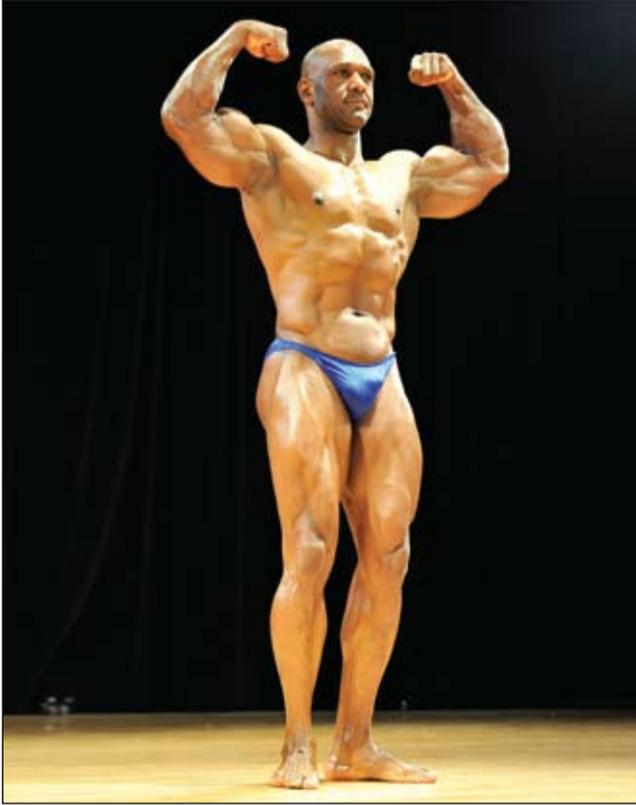
"We've had CACOs in our classes that have continued to maintain personal bonds with families well after the case has been closed out," he said. "Sometimes the person in uniform is the last thing a family member may remember their loved ones by, and may become attached through that association."



Photo by MC2(AW) Johansen Laurel

Casualty Assistance Calls Officer (CACO) Program Manager for Navy Region Europe, Africa, Southwest Asia, Chief Warrant Officer 3 Charles Lyons, speaks to personnel assigned to Naval Support Activity Bahrain during CACO training, Aug. 31.

# Bodybuilders win chance to compete



By MC2 Daron Street  
Staff Writer

**MANAMA, Bahrain** — Morale, Welfare and Recreation (MWR) Bahrain held a pre-judging contest to determine who would represent Naval Support Activity (NSA) Bahrain at a larger event Sept. 13. The competition in Rota, Spain will be held Oct. 16.

“We had to find a way to choose the best competitors to send since we can’t afford to send all of the people who would like to compete,” said Mike Jones, MWR Bahrain recreation director. “That’s why we chose this type of audition. We had to have some type of competitive scenario and allow everyone that wanted to participate the opportunity.”

Two competitors, one male and one female, were selected, to go on to the next level of the competition.

One was Chief Warrant Officer 4 Kip Parquet from Port Operations and the other was Master-At-Arms Seaman LaKwanteira Braddy from Naval Security Force.

“Fitness has always been a part of my life,” said Parquet. “When I first joined the Navy years ago, I always wanted to be fit. Coming up through the ranks, I would see people that out ranked me and we’re slightly out of shape. I told myself that I wanted to be better than them.”

“It’s very important to stay fit,” said Braddy. “Being in the best health and being able to carry out the Navy’s mission is essential. I’m ready to get on that stage, and show them what I’m made of.”

Photo by MC2(AW) Johansen Laurel

Chief Warrant Officer 4 Kip Parquet and Master-At-Arms Seaman LaKwanteira Braddy were selected by Morale, Welfare and Recreation Bahrain to represent Naval Support Activity Bahrain at a body building contest in Rota, Spain.

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12, to take part of the event.

“It’s really fun and the activities are great,” said Mackenzie.

MWR provides services to more than 500,000 Sailors a year, accommodating numerous ship visits and improving the quality of life of more than 3,000 Sailors

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emulate. The loyalty and dedication of region and installation host nation employees, U.S. employees and military members is readily evident in everything you do each day. I am honored to serve with you.

As I continue to travel throughout the region, I am excited by the opportunities

and family members stationed at NSA Bahrain. MWR also sponsors more than 100 sports and fitness events and numerous recreational programs by Armed Forces entertainment, United Services Organization and Navy Entertainment annually.

that lie ahead. I look forward to meeting with each of you. Until then, please take care and keep charging.

Yours very sincerely,

Rear Adm. Tony Gaiani, Commander, Navy Region Europe Africa Southwest Asia.

**Celebrating HISPANIC HERITAGE MONTH**  
SEPTEMBER 15 - OCTOBER 15

Starting 15 Sept and ends 13 Oct  
**LATIN NIGHT WEDNESDAYS**  
1830 @ Beachclub  
Dance and Learn Salsa, Karaoke, DJ Music and Complimentary snacks  
COST: FREE

October 5  
**Hispanic Heritage Month Luncheon**  
1200 @ Multi-purpose Room  
Delicious Hispanic Food, Guest Speakers and Performances  
COST: TBA

October 15  
**Dia de Familia (Family Day)**  
1330 @ Multi-purpose Room  
Hispanic Crafts, Art, Demonstrations, Free Food and MORE!  
COST: FREE

FOR MORE INFORMATION, CALL: X4802



# Labor Day

Photos by MC2(AW) Johansen Laurel

Naval Support Activity Bahrain Commanding Officer, Capt. Rick Sadsad, throws the first pitch during the grand opening of the softball field and Labor Day celebration, at NSA's athletic field, Sept. 3. The pony rides and other activities such as airbrush tattoos, horseshoe tournament, sandy candies, watermelon eating contest, slides and dunk tank, were organized and sponsored by Morale, Welfare and Recreation.



Kids of all ages enjoy the jumbo slide during the grand opening of the softball field and Labor Day celebration at Naval Support Activity Bahrain's athletic field.



Children gather at the sand candy station during the grand opening of the softball field and Labor Day celebration at Naval Support Activity Bahrain's athletic field.



Katelyn Dameer, a 4 yr. old family member, throws a softball at the dunk tank target during the grand opening of the softball field and Labor Day celebration.



Kids ride ponies during the grand opening of the softball field and Labor Day celebration.



Ashley Boykin, hits the target at the dunk tank while her father, NSA Bahrain's Executive Officer, Cmdr. Kevin Boykin, anticipates the fall during the grand opening of the softball field and Labor Day celebration.

## HR Classified Ads

**LOCAL POSITIONS:**

**Who May Apply:** Current Federal Employee; Military Spouse Preference/Family Member's eligible residing in the Commuting Area; Veterans Employment Opportunity Act (VEOA) Eligible.

**Announcement: NSA-10-044R**

**Position:** Housing Referral Assistant (2 Vacancies), GS-0303-05

**Department:** Housing Office, NSA Bahrain

**Opening Date:** 09 Sep 2010 - **Closing Date:** 22 Sep 2010

**BG POSITIONS:**

**Announcement: NSA-10-075**

**Position:** Environmental Protection Specialist, BG-0028-11/12

**Department:** Environmental, NAVFAC Bahrain  
**Opening Date:** 09 Sep 2010 - **Closing Date:** 29 Sep 2010  
**Who May Apply:** Bahraini Citizens (1st Priority consideration), Non-U.S. citizen Spouses (2nd priority consideration) GCC Nationals, Local Foreign Nationals, or Current BG employees.

**CONUS:**

**Announcement: SE0-0343-12-N5816407-OS-IN**

**Position:** MANAGEMENT ANALYST, GS-0343-12

**Department:** COMUSNAVCENT Bahrain

**Opening Date:** 09 Sep 2010 - **Closing Date:** 23 Sep 2010

## Patriot run



Photo by MC2(AW) Jason T. Poplin

Personnel assigned to Naval Support Activity (NSA) Bahrain participate in a three kilometer fun run at NSA, Sept. 10. Sponsored by Stars and Stripes, the event concluded with a raffle drawing and a free t-shirt giveaway for all participants.



## ITT

**Al Dar Island Day Trip**

**Friday, September 17**

- Time: 0930 – 1400
- Min 5 people; ITT Price: \$23.00

**Scuba Dive**

**Saturday, September 18**

- Time: 0800
- Min 4 people; ITT Price: \$82.00

**Cooking Demonstration of Arabic Food & Dinner**

**Thursday, September 23**

- Time: 1700
- Min 5 people; ITT Price: \$23.00

**Hawar Island Day Trip**

**Friday, September 24**

- Time: 0800
- Min 10 people; ITT Price: \$67.00 per person

**Group Trip To Lost Paradise Water Park**

**Saturday, September 25**

- Time: 0900 – 1700
- ITT ticket Price: \$26.00
- Transportation Cost round trip: \$160 per 24 passenger bus, \$107 per 12 passenger van

**Guided Cultural Tour of Bahrain**

**Sunday, September 26**

- Time: 0900 – 1600
- Min 10 people; ITT Price: \$35.00

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

**All dates and times are subject to change**

## Movie Schedule

**Saturday, September 18**

**Theater A**

- 10 a.m. - Shrek Forever After (PG)
- 12 p.m. - Letters To Juliet (PG)
- 2 p.m. - Happy Gilmore (PG13)
- 4 p.m. - Valentine's Day (PG13)
- 7 p.m. - The Rock (R)
- 9 p.m. - G.I. Jane (R)

**Theater B**

- 11 a.m. - Marmaduke (PG)
- 1 p.m. - Spy Next Door (PG)
- 3 p.m. - The Back Up Plan (PG13)
- 5 p.m. - The A-Team (R)
- 7 p.m. - Ironman: 2 (PG13)
- 9 p.m. - Macgruber ( R )

**Sunday, September 19**

**Theater A**

- 10 a.m. - The Karate Kid (PG)
- 12 p.m. - The Losers (PG13)
- 2 p.m. - The Bounty Hunter (PG13)
- 4 p.m. - Sweet Home Alabama (PG13)
- 7 p.m. - Death At A Funeral (R)
- 9 p.m. - Sex And The City: 2 (R)

**Theater B**

- 11 a.m. - How To Train Your Dragon (PG)
- 1 p.m. - Toy Story (G)
- 3 p.m. - Furry Vengeance (PG)
- 5 p.m. - The Joneses (R)
- 7 p.m. - The Rocketeer (PG13)
- 9 p.m. - Macgruber (R)

## 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.

SUN - THUR  
 6 am - 9 am  
 11 am - 1 pm  
 - Da Wolf -  
**THE HEAT**  
**106.3**  
 PHONE: 439-4036



**Friday, September 17**  
**Trip to Tree of Life**

- 0900
- E6 & Below \$3; E7 & Above \$5
- Battle of the Bands**
- 1200
- Fooseball Tournament**
- 1800

**Saturday, September 18**  
**Seef Mall**

- 1200, Free Transport

**Sunday, September 19**  
**Visit to Animal Shelter**

- 0900
- Sand Volleyball Tournament**
- 1700

**Monday, September 20**  
**Beach Clean up & Picnic**

- 0800

**Tuesday, September 21**

- PB & J**
- 0800
- While supply last
- Liberty Advisement Council Meeting**
- 1200, Free Pizza

**Thursday, September 23**

- Liberty Rock Wall Climbing**
- 1700, Freedom Souq

**Friday, September 24**

- Battle of the Bands**
- 1200
- Texas Hold'em Tournament**
- 1800

**Saturday, September 25**

- Lost Paradise Water Park**
- 0900
- E6 & Below \$20; E7 & Above \$26

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

## Athletics Calendar

**Sunday, September 19**

- 6 a.m. - Spinning (Jon)
- 9 a.m. - Yoga 75 mins (Sara)
- 5:30 p.m. - Spinning (Lisa)

**Monday, September 20**

- 6 a.m. - Spinning (Susan)
- 5 p.m. - Spinning (Erica)
- 5:30 p.m. - Captain's Cup 4 on 4 Sand Volleyball Tournament

**Tuesday, September 21**

- 6 a.m. - Spinning (Jon)
- 12 p.m. - Yoga 75 mins (Sara)
- 12 p.m. - 21st Squat Competition
- 5:30 p.m. - Spinning (Lisa)

**Wednesday, September 22**

- 6 a.m. - Spinning (Susan)
- 6 a.m. - Step Up (NSA CMC)
- 12 p.m. - Sculpt Express (Lesa)
- 12:30 p.m. - Core Express (Lisa)
- 5 p.m. - Spinning (Erica)

**Thursday, September 23**

- 6 a.m. - Spinning (Susan)
- 11 a.m. - Free Style Record Breaker 100M (Men & Women)
- 5:30 p.m. - Spinning (Lisa)

**Friday, September 24**

- 10 a.m. - Yoga 75 mins (Sara)

**Saturday, September 25**

- 10 a.m. - Step Up (NSA CMC)

**Sunday, September 26**

- 6 a.m. - Spinning (Jon)
- 9 a.m. - Yoga 75 mins (Sara)
- 5:30 p.m. - Spinning (Lisa)

**Monday, September 27**

- 6 a.m. - Spinning (Susan)
- 5:30 p.m. - Spinning (Erica)

**Tuesday, September 28**

- 6 a.m. - Spinning (Jon)
- 12 p.m. - Endurance Challenge
- 12 p.m. - Yoga 75 mins (Sara)
- 5:30 p.m. - Spinning (Lisa)

**Wednesday, September 29**

- 6 a.m. - Spinning (Susan)
- 6 a.m. - Step Up (NSA CMC)
- 12 p.m. - Sculpt Express (Lisa)
- 5 p.m. - Spinning Erica)

**Thursday, September 30**

- 6 a.m. - Spinning (Susan)
- 5:30 p.m. - Spinning (Lisa)